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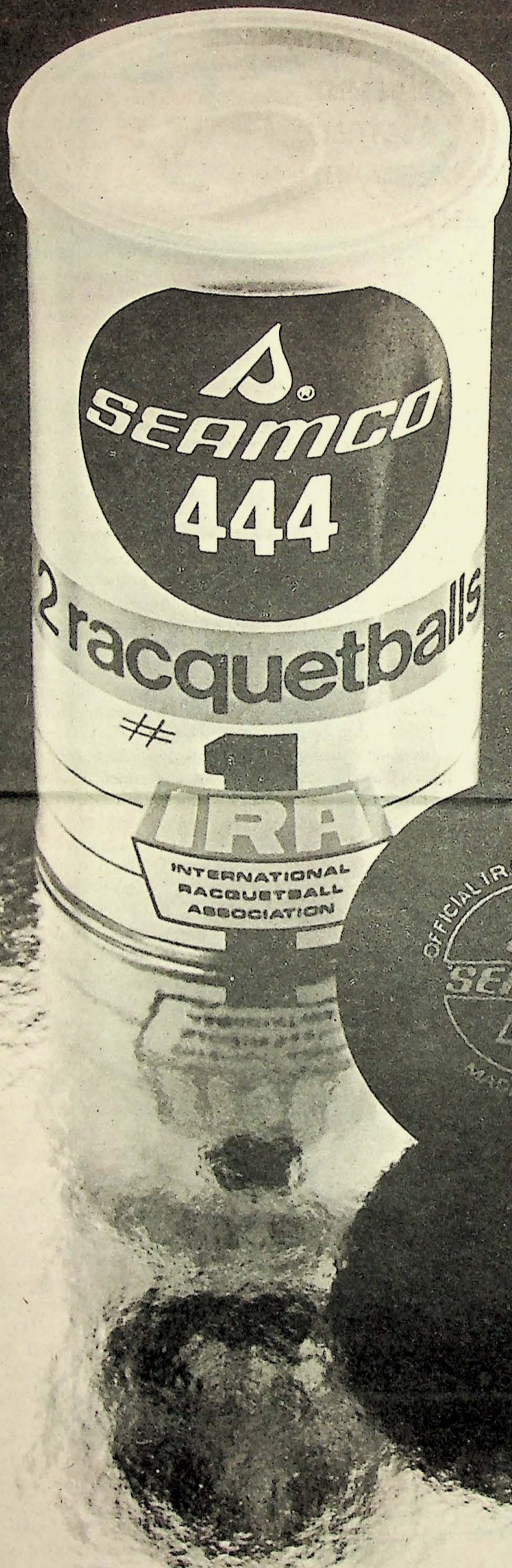
RACQUETEER

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Sports Magazine

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Women in Professional Racquetball



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editorial

Racquetball's Apocalypse: Fear, Hatred, Jealousy, and Greed

Jerry Henderson

If a person were to pick up at random any magazine, paper, or article on racquetball, except the Racqueteer he or she would read that all was well in the sport. Contents or subjects in this literature would be portrayed as either exciting — reflecting the growing national enthusiasm for racquetball or mundane — reviewing the many technical aspects of the sport.

Tranquility and growth is in fact the predominant theme that runs through this literary smorgasboard of racquetball. Individuals reviewed by articles are pictured as good people with the best interests of the sport in mind. Likewise, contributors are represented as out to save consumers money with quality opinions and consultations. Racquetball has been given the appearance of a "Lost Horizon" in sport. A paradise of excitement and fun is projected in every product, court club, and tournament. Racquetball is given the image that unlike other sports its integrity and purity as a competitive outlet has been untouched. The reporting of racquetball's premiere events — tournaments — are especially portrayed to the public as open fair competition to all comers, unbiased in refereeing, where competitors play with tireless energy and when they do disagree with one another or the referee they use "psychological ploys" rather than childish anger to voice their frustrations. The sport appears without blemish or flaw.

The issue of racquetball being an exciting, growing national sport is valid. However, the course of its growth has been poorly represented and its future can and is jeopardized by various elements within its environment. By taking a realistic look at racquetball as the Racqueteer does, one can see an Apocalypse that shadows this pictured paradise of sport. The Four Horsemen that ride in the midst of racquetball are Fear, Hatred, Jealousy, and Greed. They do exist and they have inflicted their ugly blight on several individuals and events. Let's examine how the "perfect" sport has reason for concern.


Our first Horseman is Fear. A handful of individuals currently control the sport and they do so by fear. Participants rarely challenge the authority of organizations such as the N.R.C. and I.R.A. The leaders of

these groups unelected by the players themselves dictate policies to everyday competitors and pros alike. No one seems to challenge their decisions. Even the racquetball professionals are so fearful of these small groups of men that one of the top pros when asked about a sensitive topic in regards to players' behavior on the N.R.C. pro tour replied, "if you were to ask me that question I would say yes, but don't ask for I was told that this issue was to remain a secret among top officials. If I were mixed up with action opposing or probing this activity I was told that my career as a racquetball professional would be through. I would deny on record that I had ever talked to you on this subject, so don't officially ask me and don't quote me." This is only a small example of the fear that people feel in the sport. Individuals are very hesitant to challenge this Horseman.

The second Horseman is Hatred. People and organizations in racquetball hate other people and organizations in racquetball. This is why one racquet interest group will have its players boycott certain tournaments and events. The same racquet concern has its operations run by an individual who is frequently referred to by players and representatives as one of the most hateful people in the sport. Consequently several major tournament events in recent years have been watered down or cancelled. The opportunity to see various players has been reduced to the viewing public and even the nature of tournament competition has turned more vengeful. People using the hate model of competition have seemed to more and more abuse referees, opponents, and spectators. This has left a great deal of bitterness and open splits within the racquetball community that has hindered the wholesome nature of the game.

The third Horseman is Jealousy. Players have been banned from wearing anything but certain clothing with certain names on them in various tournaments from the round of eight on. Other competitors so fearful of their position in the racquetball spectrum belittle fellow players in front of hundreds of people. The media image that several influential professional competitors project is that of "jealous starlets" rather than mature responsible men. It seems to go on and on at this point in time with people and organizations in a traveling burlesque show of racquetball. The issue of gentlemen or gentlewomen and sportsmanship on the court and off appears shaken. Our national organizations cannot even seem to come to grips over a consistent direction for the game. Administrators of one group appear jealous of the fact that administrators of another group score a few more favorable points for

Continued on Page 11



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The Serve: The Beginning of the End

Bill Dunn

Before the types of serves are discussed, a basic concept needs to be mentioned. The server does not want to hit a serve that will give his opponent an opportunity to get set up thereby increasing the probability that his opponent will be able to make an effective offensive return (kill shot or drive). The server does not mind if the returner *attempts* an offensive shot, but he does not want his opponent to be able to set up before he hits it. The server wants the receiver to be off balance and lunging at the ball. Or better yet, the server might want to be able to hit a serve which will force his opponent to hit a particular return. This will allow the server to predict the return, and he should be able to move more quickly into position for his second shot.

There are four basic types of serves: LOB, "Z," JUNK, and DRIVE.

1. LOB SERVE. Many less experienced players use this serve. It is misleading. It seems like an easy serve to hit, but in reality it is a poor serve because it is so difficult to control. Hit it too softly, and the ball falls short giving the returner an easy shot. Hit it too hard, and it will come off the back wall again leaving the returner with a variety of offensive shots to choose from. If the ball is not hit high enough, then the returner can step up and cut the ball off before it bounces. In addition, the receiver can usually predict when the server is going to hit the lob serve. This will take away one of the server's advantages — the element of surprise. The server is removing much of the pressure that a receiver feels because he can tell in advance what serve is coming. He can anticipate the serve which will allow him plenty of time to get set up for his return.

A properly hit lob serve should strike high enough on the side wall so that the receiver can not step up to cut it off. It should also be hit softly enough so that it will barely reach the back wall and die. Easier said than done!

2. JUNK SERVE. This is a serve which is somewhere between a lob and a drive serve. I would describe it as a softly hit drive serve. The ball should be hit towards the back corner. It is hoped that the ball will reach the returner about waist high or a little higher. Again, like the lob serve, the server does not want the ball to hit too short or too long. But, unlike the lob, this serve is much

easier to control. Better players use this as a "safe" serve which means that it is most used as a second serve. Assuming that a good junk serve has been hit which means that the returner will be contacting the ball at waist level or higher, the server wants one of two things to happen. He hopes that his opponent will hit a ceiling shot return, or he will try to kill the ball. The serve appears to be so easy to kill. It comes back at such a slow speed, and the returner feels that he has all day to get set up for the kill shot. But he forgets that he has a bad angle for a kill shot. Striking the ball waist high means that even though his shot hits the bottom of the front wall, the angle of trajectory is such that the odds the ball will bounce up instead of rolling out are greatly increased. This is what the server is anticipating, and he will quickly move in for an easy rekill. On the other hand, if the returner hits a ceiling shot, then this again is exactly what the server wants to happen. Needless to say, anyone who primarily hits the junk serve will feel that he has a better ceiling shot than his opponent. So either the returner goes against the odds by trying to kill the ball, or he goes to the ceiling only to find himself in an exchange of ceiling balls where he will probably make the first mistake. A correctly hit junk serve puts a lot of pressure on the returner whether he realizes it or not. If you do not have a good ceiling ball, then this is not the serve for you.

3. "Z" SERVE. This is a serve that is hit into the corners of the front wall. The ball should strike the front wall close to where the side wall meets the front wall. The ball will then hit the side wall and travel towards the opposite back corner hitting either the second side wall or the back wall. The main reason for using this type of serve is because of the angles involved. The receiver is usually forced to try to return the ball in a direction at an angle to the path of the ball after it has come off the side wall. This makes the return more difficult to control. In addition, if enough of the right type of spin is imparted to the ball, then it will have a tendency to bite into the second side wall and die before striking the back wall. The biggest drawback to this serve is that it is very difficult to control. Most of the time the "Z" serve will end up coming off the back wall or falling short giving the receiver an easy return. This is another one of those serves where if it is used too often, then the server must look out because sooner or later the receiver will start moving up, cutting the ball off, and driving it back at or by the server. I have seen many players get drilled with the ball off the racquet of a player who has moved up to cut off

the ball. So be alert! The pros use the "Z" as an offensive serve. They hit it low and hard with a lot of spin trying for the ace or at least force a weak return. This is a great serve when playing on a court where there is a lot of glass. It is difficult to see the ball since it comes off so many walls.

4. DRIVE SERVE. This is the serve of the pros. Because of the liveliness of many of the balls used today, this serve is hit more often at the pro level than any of the other serves. The server is hoping for an ace, but usually this is a by-product of his original intent which is to force a weak return. If his opponent can't return it, great; but he is really looking for a set up on his second shot. The serve should be hit low and hard. It should be so low that it will not reach the back wall, and it should be angled slightly towards the sidewall.

The serve is designed to present problems to the receiver. First, he will have difficulty seeing the ball. It is coming so fast that more often than not he will be unable to see the ball until it gets by the service line. Secondly, by not seeing the ball he will have difficulty in timing his swing. This is, of course, what the server wants. If he has hit his serve properly, then he should expect a weak return. Because of the nature of this article, I will not be able to go into the detail that this serve deserves. But this will be the main topic for an article in the near future.

In conclusion, let's discuss some of the important items for the server to be aware of. 1) Be sure to notice whether your opponent is left handed or right handed. Many beginning players fail to make note of this fact until it is too late. 2) Analyze your opponent's strengths and weaknesses. Choose the serve that will lead to

a desired return. If your opponent has a weak ceiling ball, then hit him the junk or lob serve inviting him to go to the ceiling. If he has slow reactions, then drive the serve or "Z" it. Force him to hit a weak return setting up your next shot. 3) Try to hit all your serves with the same motion. Make it difficult for your opponent to determine what serve you are going to hit, keep him guessing. 4) Don't hit the same serve too often. You will be making it much easier for the receiver to anticipate the serve enabling him to get set up earlier for his return. 5) Try to hit most of your serves from the middle of the service box. If you stand too far off to one side, then you are automatically eliminating several of the serves you might hit. Again this will give your opponent a better chance to figure out which serve he should expect. If he sees you standing on the left side, then he knows that you will not hit a drive serve down the left side. He also knows that you will be unable to hit a "Z" serve into the left front corner. You may have noticed some of the pros standing on the left side; but they take a couple of steps towards the middle of the serving box, and by the time they hit the ball they are in the center of the box. 6) Watch the better players in your area. See what serves they hit most often. Or better yet, take the opportunity to attend one of the pro tournaments. Serving is the pro's bread and butter. Everything is on the line, and you know that they will be using the most effective serves possible.

Remember, the only time a player has complete, 100% control of the situation is when he is serving. He can hit any shot he wants, where he wants, and when he wants. So take advantage!!



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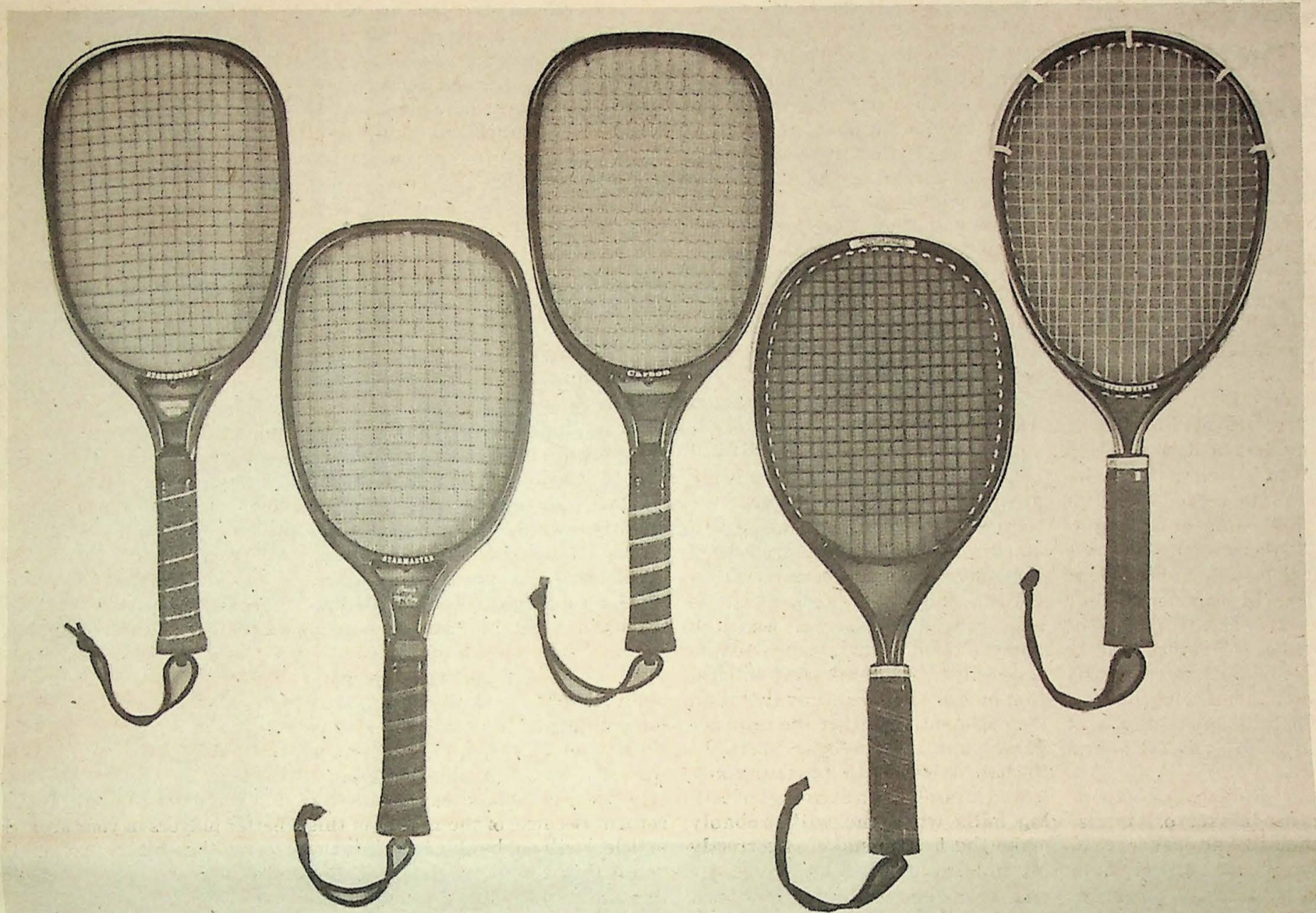
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Introduction to Ron Cey Interview

Jerry Henderson

This interview between Ron and myself took place in Tacoma, Washington where Ron was visiting his parents over the Thanksgiving Holidays. Ron has long been a friend of mine. He and I competed against one another in high school athletics. We both attended Washington State University in Pullman, Washington in the late 1960's on athletic scholarships. We also had the pleasure of living in the same fraternity, Phi Delta Theta, while at W.S.U.

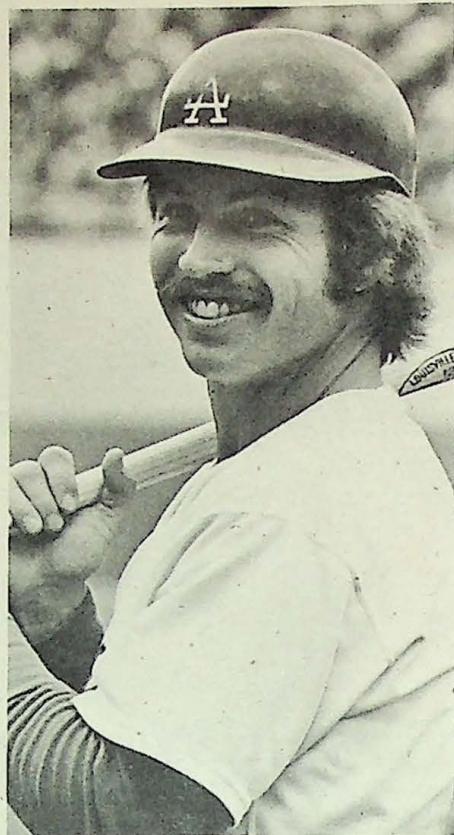
Ron has always been a tremendous athlete and now, as most of you know, he is a perennial All-Star third-baseman for the Los Angeles Dodgers. He recently took up racquetball and I felt you would enjoy his comments on the sport as supplement to his professional activities.

Q: Ron, the first question I'd like to ask you is how you first became involved in racquetball and where did you get your initial instruction or inspiration to take the game up?

A: Well Jerry, I started about three winters ago. I've been playing in the off-season which gives me anywhere from two to four months to play. Originally I was looking for a game that would give me some of the things that the game of baseball does, and some of the things that I have to be relied on during the regular season to perform at. I was looking for a game that would keep me in condition, give me a good workout in terms of using my reflexes, improve my overall ability to react to the ball coming off a wall, using my wrists and keeping strong, and keeping my weight down, (which is always important to professional athletes). Racquetball answered a lot of these questions and I started playing with a few friends. We have a good facility in a club that I'm a member of and we try to play as much as possible.

Q: How do you use this during the off-season to supplement your auxiliary training for baseball? Is this in fact your main supplemental training for baseball?

A: I do a lot of other things besides racquetball, but racquetball does supply a lot of my primary needs. I do a lot of running which I haven't gotten into yet because it's a little early to really get into vigorous running. I do a lot of flexibility exercises the year round and I shoot some baskets. We have a local basketball team in which we play some benefit games with some of the high schools in southern California. Outside of those



Ron Cey of the Los Angeles Dodgers

things, racquetball is the most important thing or the single most important thing that I do to stay in shape.

Q: Do any other of your Dodger teammates or other players in the league that you know of participate much in racquetball?

A: There are not a lot of players that I know of who participate in racquetball but they do stay busy. They have other sports — tennis, golf, whatever it is — that they like to play. Like I mentioned, racquetball answers a lot of needs for me in terms of being able to stay in shape the year round, hitting the ball with my wrist, reacting to the ball, and using my reflexes.

Q: Do you feel that racquetball is more beneficial for one position or another position in baseball?

A: I would say that racquetball would probably be more beneficial for infield players because they are primarily responsible for about 80% of the plays that are made. They have to react very quickly to the ball off the bat. The outfielders get the ball after the infielder cannot make the play or it it's a fly ball.

Q: Potentially, who would be good racquetball players from the Dodgers?

A: Potentially speaking, as far as quickness goes and as far as being able to move and anticipate, the quickest guy we have is Dave Lopes. If he was to apply himself on a year round basis, he might be an excellent racquetball player.

Q: As you travel throughout the country, do you hear much more of racquetball in the last couple of years than when you first began the tour?

A: Jerry, I think it's a very up and coming game. I know that southern California has just opened up enormous possibilities. There are racquetball courts going up all over the place. It's definitely a game that everyone is enjoying. It's a game that is enjoyable simply because it's a fast action game and you are always moving.

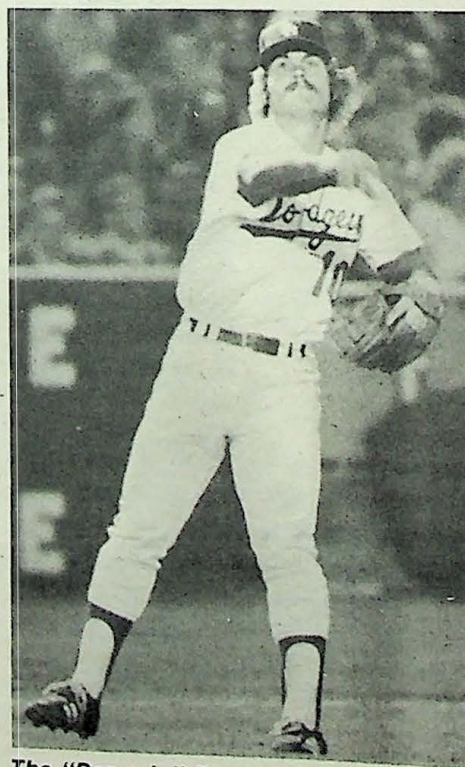
Q: Is there anything in particular that you see as a disadvantage of participating in racquetball for somebody in another sport?

A: I don't see any disadvantage. As a matter of fact, I think it's certainly advantageous for a person to play a game of that nature. You're developing your quickness, you're reacting to a ball off a wall, you're moving at all times, and it's a great conditioner. No matter what sport you do play, for conditioning purposes alone, even if you don't utilize any of the things at all, racquetball is the best short term conditioner that I've ever been involved in.

Q: Do you think this will aid in insuring you longevity in baseball?

A: I would hope so. I'm a firm believer that the easier that you make it on yourself, the better off you are going to be. I'm going to try to make it as easy on myself physically over the next ten years by staying in shape, taking care of myself, and not putting stress and strain on my body by going to spring training out of shape, as other players do. You use up a lot of energy getting into shape that could be utilized working in areas where you know you are going to be asked to perform in during the season. It takes a lot of time to get back in shape after you've lost it.

Q: What do you feel is an optimal period of time that an individual can stay in the major leagues and play at a top flight level?



The "Penguin" fires one to first.

A: Everybody is different, Jerry. It just depends. You've got so many new kids coming into the game who are getting bigger, stronger, faster, and more knowledgeable. There are more facilities around and of course that's why I try to stay in as good shape as I possibly can both physically and mentally. If I do that and if I continue to be as successful as I have been up to this point, and get better and improve myself, then there shouldn't be any reason why I shouldn't be able to play another 8 or 10 years which would give me anywhere from 12 to 14 years in the big leagues. Of course we do have a pension plan that is set up for 4 years, because that is the approximate time that a ball player will play in the major leagues.

Q: You mentioned mental aspects. Do you feel that racquetball aids you in keeping a good mental outlet for let's say some of the emotional things that you might run into periodically?

A: Oh, certainly. Although it is a fast action game, I'm used to that type of game. I'm used to making split-second decisions and racquetball is the same way. But there is still in that split-second time to make a decision. You have time to make your shots. You try to come up with the best answer, you can't always see your opponent in racquetball. You try to anticipate what you're thinking and try to play the game as well as you possibly can. But it's a great mental game — all games are mental. The better attitude you have about each game, the better off you are going to be. You are going to be able to be more successful and you are going to be able to perform at a higher level of efficiency.

Q: My final question is how do you see racquetball integrating itself as a developmental sport for young people?

A: I think it offers an awful lot of things to young people. It gives them a chance to go out and learn a new sport. It is relatively a new sport, and therefore it would be a challenge to go out and try to learn something that would be new, something that hasn't been around for a long time. Mentally, it is going to offer a lot because the game is quick, you've got to make split-second decisions. You are going to meet better and better competition the higher you go. I haven't had the chance to be as good a player as I would like to be. In essence, it really isn't that important to me. What is important to me is that it gives me a chance to stay in excellent shape, it gives me a chance to go out and compete, which I enjoy doing, and staying with my mental frame of mind which I will need to perform up to my capabilities when my season comes around.



Gail Kincaid

Gail, from Vancouver, B.C., is one of the most beautiful women in racquetball. A striking person physically, she is also a graceful fluid competitor on the courts. Her most recent achievement in tournament play was taking the Women's "B" title at the Canadian Nationals this fall. Gail has done a lot to change the image of female competitors in racquetball. She is a welcome companion to any court and a real competitor in match play.



Howard Wasserteil

Howard (L), playing against Jerry Hilecher this fall, has done an outstanding job as manager of Schoeber's Handball-Racquetball-Health Spa in South San Francisco. He has directed that club in the hosting of the N.R.C. Western Regionals last spring and has since supervised several fine tournaments for Bay Area players. Howard has become a

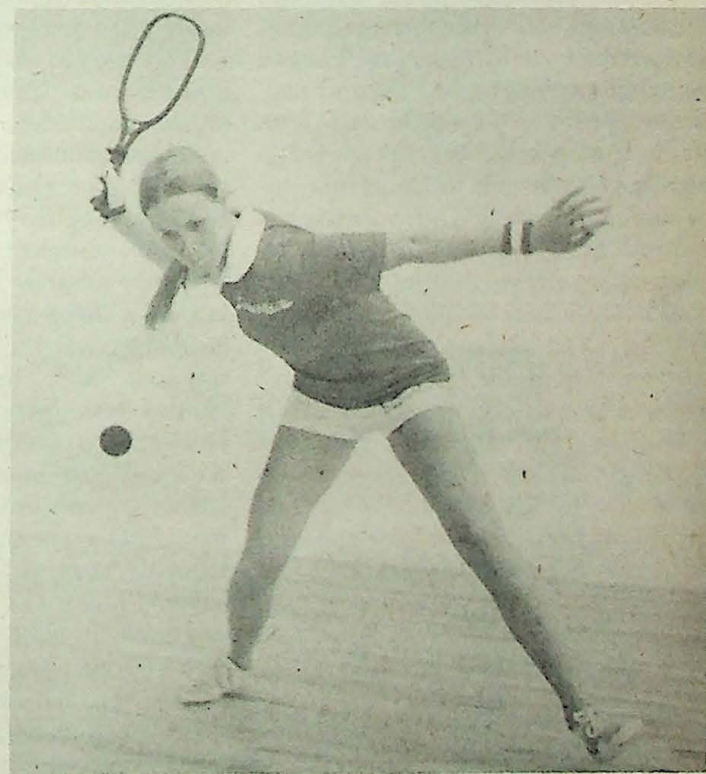
leader among club managers on the West Coast in his promotion and development of racquetball. His insight into the sport and its tournament play has been a big boost for the growth of racquetball in Northern California. Howard's efforts are most impressive in representing Schroebers and racquet sports.



Bob Coate

Bob is the National Sales Manager for Seamco Products. His work with the Seamco line of racquetballs has led to the development of improved balls for play at both the amateur and professional levels. The Seamco 558, 559, and new 444 racquetballs offer a variety of improved playing qualities

and long lasting use. Bob has spearheaded this continued development of racquetball quality and control. A player, through the efforts of individuals like Bob, can always be sure of a good ball product. This has helped the growth of racquetball many times over.



Lynne Murdoch

Lynne, from Vancouver, B.C., has consistently been one of Canada's top Open Women's players. Her most recent success as a player was a second place finish in women's play at the B.C. Totem Open this fall. Apart from her playing, Lynne has given many hours this past summer and

fall in the instruction and development of racquetball in the Northwest. She is truly a devoted sportswoman with an unselfish attitude towards racquetball and others. Lynne is a superb model of the best in women's racquetball play in Canada and the U.S.



tournament section

5th Annual Nittany Lion Open

Luke St. Onge

Charlie Garfinkle successfully defended his title in open singles by defeating Leo Marsocci 9-15, 15-4, 15-7 in a grueling match. Charlie, seeded first as defending champion, found himself in one of the toughest draws of any amateur tournament. Over 125 players entered the open singles with virtually the best players from a 22 state area in attendance. With such players as Mike Luciw, International Open runnerup; Tom Kutas, Mid Atlantic Singles winner; Craig Guinter, N.R.C. Eastern champion, 1975 North Eastern I.R.A. champion, Nittany Lion Open runnerup 1975; Tom Whipple, Mid State Champion; Jack Chelucci, Delaware; Ron York, Kansas City, Missouri; Roy Capattei, New Jersey; Ed Remen, Virginia; and Leo Marsocci, New York. Charlie has no mean task to accomplish if he were to repeat his singles crown.

Upsets were the order of the day as the tournament moved into the round of 32. Highly regarded Tom Whipple of Maryland was upset by Jim Bailey of North Carolina 16-14, 9-15, 15-13, while Roy Capatelli of New Jersey was beaten by Doug Clark of Delaware 2-15, 15-13, 15-8. In the lower bracket, Mike Luciw of Connecticut and I.R.A. open singles runnerup, was having his trouble beating a much improved Tim Groves 15-10, 9-15, 15-6; and Tom Ranker of York beat favored Joe Agulia of New York 10-15, 15-6, 15-8.

The round of 15 found Garfinkle having trouble with Jim Bailey of

North Carolina but prevailing 15-9, 16-14; Jim Dollanger of New York coming off an exciting three game victory over local favorite Luke St. Onge, upset 5th seed Ed Remen of Virginia 15-8, 15-11; Willie Wong of Delaware had little trouble handling Larry Meyers of Pennsylvania 15-9, 15-9; while 4th seeded Craig Guenter handled upstart Doub Clark 15-8, 15-9.

In the lower bracket the upset of the tournament was in the amking as unseeded Paul Saperstein of North Carolina was beating 2nd seeded Mike Lucino with overpowering drive serves 15-10, 9-15, 15-6. Incidentally, Mike, after seeing the strength of the draw, dropped from doubles competition in order to concentrate on singles. Jack Chelucci of Delaware was beating Ron York of Missouri 15-9, 15-13; Leo Marsocci had beaten Ranker 15-10, 15-11; and Tom Kutas, 3rd seed, was extended to three games by local favorite Jere Willey 12-15, 15-2, 15-2. Jere won the first game, but turned his ankle in the second, virtually allowing Kutas to coast to his victory. Thus the stage was set for the quarter finals to be played early Sunday morning.

Garfinkle met Dollanger and although Dollanger played well, Charlie's consistency prevailed 15-11, 15-4. Willie Wong met Guenter and came out on the short end of an 18-16, 15-7 score. Meanwhile, power met finesse as finesse won out as Chelucci mastered Saperstein in three games 12-15, 15-11, 15-13; and Leo Marsocci literally blew highly favored Kutas off the court 15-8, 15-11.

As one can readily see, the semi finals narrowed down to four of the best players this side of the Mississippi. Garfinkle was to meet Guenter who came in second last year in a three game finale. Guenter had been waiting all year for this rematch. Both players entered only singles to maintain stamina and for Guenter the whole tournament was wrapped up in this one match. Guenter came out shooting and did just that—shot everything in sight. Charlie was totally baffled and looked like he was loosing confidence as Guenter rolled to a 15-9 victory. Game two and three were as different as night and day to game one. Guenter started skipping shots and making errors. Charlie kept the ball in play and killed when necessary. Gunter's stamina seemed to wane and Charlie took games two and three 15-4, 15-7. Charlie continues to maintain his mastery over Pennsylvania's finest. In the lower bracket Marsocci was again maintaining his kill shot ratio as he shot his way to victory over Chelucci 15-6, 15-10. The finals pitted Charlie

Garfinkle, the experienced old professor of racquetball against Leo Marsocci, killer extraordinare.

Game one was all Marsocci as Leo came out smoking and virtually could do no wrong. Again Charlie seemed confused as he was in the semi's and making errors and was totally off balance. Leo prevailed 15-9. The second game found Leo changing his game to one of passing while Charlie started shooting. Who changed what, no one is sure but Charlie was definitely in command as he took game two 15-11. Game three was all Garfinkle as Leo began to tire. Leo was the only one of the semi finalists to go both singles and doubles and the demands of the tournament took its toll as Leo succumbed in game three 15-8. Charlie's accomplishment in light of the strongest draw including regionals definitely gives Charlie title to the Best in the East.

Senior singles found a strong draw of 30 players representing the best in the East. 2nd seeded Herman Neumaier of New York outlasted top seeded Charlie Sullivan of Maryland 15-6, 15-13. This was a great accomplishment for Neumair in that biological history was made when Charlie called time out in the 2nd match complaining of dizziness. It was found by attending physician that Charlie was suffering from fumes emanating from Mr. Neumaier. Charlie states that he'll be ready for such tactics next time. John Sergantanis defeated Dick Snyder for third place 15-6, 15-10.

A field of 54 teams entered open doubles. Most players went both singles and doubles and the doubles showed it on the last day. Except for the 1st seeded team of Marsocci-Kutas who ran through their half of the draw with little trouble. The other half found the 4th seeded team of St. Onge-Remen upset by Catignani-Thomas (Tennessee) 15-9, 15-8.

Marsocci-Kutas continued on their winning ways in the finals having little trouble with the Tennessee team of Thomas-Catignani 15-7, 15-4. After loosing to Garfinkle in the open finals this was a sweet victory

for Leo. The team of Saperstein-Bailey defeated St. Onge-Remen for third 15-8, 15-9.

Women's singles found top seeded Carol French of Newport, Virginia playing her usual aggressive game and winning over Pennsylvania State champion Samantha Weaver 15-5, 15-8. Carol is really an underrated player and could have gotten at least into the round of 16 in the open singles. Look for great things from her in the future. Even-improving Luey Zarfos from York defeated Mary Musewicz for third 15-8, 11-15, 15-13.

Women's doubles found the hard hitting duo of Pettinoto-Musewicz beat the team of Weaver-Willey in two games. Local favorites Millar-Stover outlasted the team of Zarfos-Hartenstein 15-13, 15-11.

In consolations: Parker defeated Nicholas 13-18 in open singles; Montague-Brown defeated Zimmerman-Zeitman 31-29 in open doubles; Ackerman defeated Small 31-28 in senior singles; Rood defeated Skibinski 31-10 in women's singles; and Lantz-Ackerman defeated Smith-Burns 31-18 in women's doubles.

Tournament Notes: Our special thanks go out to Aileen Snyder who's drawing commissioned especially for the Nittany Lion Open captured the theme of racquetball in its entirety. To Jere and Carolyn Willey, Denny and Diane Onkotz, Cindy Fite, Candy Butler, Fran Mason, Ev St. Onge, Bill Kluding, Michele Stover, and Maxine Millar who without their dedication and unselfish working the Nittany Lion Open could not have been held. To Tom Kutas who worked untiringly along with floor manager Mark Belden on the scores desk. To: Seamco, Leach, Champion, Vittert, Starmaster, Ektelon, The Racquet Shop, Shenk and Tittle, Centre Sports, manufacturers and local businesses who's loyal support of the 5th Annual Nittany Lion Open is greatly appreciated.

Special Note: The 15 point game was tried with great success. The tournament was won on skill as well as conditioning.



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19th, 20th)

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Morrow Gets "Doc-Tored" In Challenge Ladder Tournament Finals

Mike McClelland

In a match pitting L.A.'s two top open players, Dr. Joel Scheinbaum won the A Division finals of the Center Courts Challenge Ladder Tournament by out psyching Mark Morrow in three games (21-14, 15-21, 11-7) Scheinbaum, in addition to winning the first place trophy, also carried away a Gucci belt. The belt was one of 42 prizes valued at over \$850 awarded to the players in six divisions. Other prizes included radios, binoculars, camera, warm-up suit, racquets, t-shirts, vintage bottles of wine and port, and a blender. The six-month Challenge Ladder Tournament for Center Courts members only began in February 1976 and ran until August 30, 1976. To qualify for the awards, each of the 119 participants was required to play at least six challenges with at least one challenge in each of the last two weeks.

The top six finalists as of August 30th entered a round robin during September. The Center Courts provided free beer, wine and snacks to the spectators while the top two remaining players in each of the six divisions met in the finals on Sunday, October 3rd.

In addition to the Scheinbaum-Morrow match, Rob Boriskin defeated Bernie Cromwell in the B Division and claimed a clock radio in addition to the trophy. Cromwell had to settle for a backgammon set. The C Division held two surprises with Milt Oberman beating Don Barenfeld and capturing the first spot he defended for most of his six months on the Ladder. In the Novice Division, Sandy Weingarten upset Dick Olive who held the top spot on the Novice Ladder during most of the contest. Sandy took home a portable radio and Dick a coffeemaker.

Kelly Radford held her lead in the Women's C Division and beat Leslie Tobin to win a Gucci purse. Leslie consoled herself with a Gucci wallet. Judy Cotterall also carries a Gucci purse, her prize for beating Pam Eyer in the Women's Novice Division.

After the final matches and the awarding of prizes and trophies, all courts opened as challenge courts until owners Mike and Gary finally turned out the lights at 11:00 p.m.

1976 Christmas Racquetball Tournament

Howard Wasserteil

SCHOEBER'S HANDBALL-RACQUETBALL CLUB was pleased to host its first annual Christmas tournament, which provided the playing public with 9 different playing classifications (6 men, 3 women). The tournament was a huge success due to (1) the great turn-out (over 200 participants) (2) the well-organized SCHOEBER'S staff (3) a great Court Club in which it was held.

SCHOEBERS RACQUETBALL HEALTH SPA is the newest, and most complete Court Club in Northern California, with ten tilt-up, concrete courts, two of which are glass exhibition courts, as well as the most complete coed exercise gym in the area, and complete Spa facilities for both men and women. These include a steam room and jacuzzi for men, and a Redwood Finnish Sauna and jacuzzi for the women. The Gym is supervised every weekday evening and special "Business Man's and Woman's Exercise Classes" will be beginning on Wednesday, January 5th, 1977.

Memberships are available, but not obligatory, at SCHOEBER'S, and there are two different ones, to satisfy one's own particular needs. One includes the whole facility, and the smaller package excludes the Courts, and is basically a "gym" Membership.

Schoeber's hours are from 6 A.M. to Midnight, EVERY DAY OF THE WEEK!!, and a Natural fruit juice bar, children's nursery, and color TV lounge area are all a part of the SCHOEBER'S CLUB atmosphere (even the kiddies have their own color TV).

And last but not least, is SCHOEBER'S complete pro shop, extensively equipped with all the clothing, racquets, and miscellaneous things which all racquetball, and handball enthusiasts must have in order to be at their best.

Special thanks go to Mr. Andy Grosz his wife, and his special friend Pearly, for the fantastic spreads of HOT (and cold) foods, that they served throughout the tourney (such as home-made bar-b-que chicken, and chili), and the fine staff at SCHOEBER'S, who worked many long hours to insure a successful tournament, which it was.

Christmas Tournament Results

(Semis and Finals For All Events)

MENS OPEN SINGLES:

Semis: Bill Dunn def. Gene Gibbs (15-6, 9-15, 15-2)
Bob Kraut def. Frank Weis (15-5, 15-3)

Finals: Kraut def. Dunn (10-15, 15-7, 15-10)

3rd: Gene Gibbs

MENS B Singles:

Semis: Terry Gorman def. Mark Ludwig (15-13, 15-12)
Scott Hawkins def. Paul Juarez (15-5, 16-14)

Finals: Hawkins def. Gorman

3rd: Mark Ludwig

MENS B DOUBLES

Semis: Handley-Gorman def. Gibbs-Frame (by forfeit)
Weis-Barkey def. Juarez-Chandler (16-14, 1-15, 15-9)

Finals: Handley-Gorman def. Weis-Barkey

3rd: Gibbs-Frame

MENS C SINGLES

Semis: Paul Lee def. Bob Gallardo
Gene Landrum Def. Ernie Encelan (15-4, 6-15, 15-3)

Finals: Paul Lee def. Landrum (15-4, 15-5)

3rd: Bob Ballard (forfeit)

MENS D SINGLES

Semis: Bob Dziedzic def. Paul Catalli
Bob Montalbo def. Mike Hickman (16-14, 15-3)

Finals: Bob Dziedzic def. Montalbo (15-12, 2-15, 17-15)

3rd: Hickman

Mens 40 and Over

Semis: Lou Concha def. Jack Binns (15-6, 15-5)
Bill Dabney def. Jim Cunningham (15-0, 15-1)

Finals: Concha def. Dabney (15-5, 15-9)

3rd: Binns

Womens Adv

Semis: Alicia Moore def. Jean Oeschger (15-7, 15-12)
Mary Ludwig def. Mindy Childress (15-9, 15-11)

Finals: Moore def. Ludwig (12-15, 15-3, 15-8)

3rd: Oeschger

Womens Int

Semis: Kathy Selsted def. Anne Reading (15-11, 15-10)
Gerie McDonald def. Pat Bunckley (15-11, 15-13)

Finals: McDonald def. Selsted (15-9, 15-3)

3rd: Bunckley

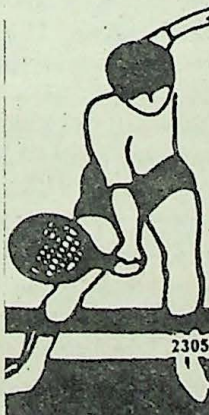
Womens Novice:

Semis: Sherry Redmond def. Joan Holley (15-4, 15-9)
Christie Lanfri def. Jody Polisini (15-4, 15-12)

Finals: Redmond def. Lanfri (15-12, 15-8)

3rd: Polisini

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76 East Coast All Navy Racquetball Championships

G. R. Allen

LCDR Glenn R. Allen, representing the Commander Naval Surface Forces Atlantic staff, Norfolk, Va., captured the singles and doubles titles in the first annual Navy East Coast Racquetball Championships completed during October 1976 at the Little Creek Naval Amphibious Base, Norfolk, Va. In the singles competition, LCDR Allen went undefeated in the week long double elimination tournament, edging out LT Junior Grade Gordon Perry, representing the Naval Station Mayport, Fla, in a hard fought, two hour final match, 21-11, 16-21 and 21-20. The Doubles title was won by LCDR Allen and ABCS Tom Madison, from Naval Air Station, Bermuda over runners up LT Mike Ekdall and LT O.P. Clement representing the Sixth Naval District.

Racquetball, considered by many to be the fastest growing sport in the country, is very popular in the U.S. Navy, as evidenced by the over 30 base and district champions from naval facilities up and down the east coast who participated in this first ever, Navy sponsored and sanctioned East Coast Championship.

1976 Military East Coast Racquetball Championships

Glenn R. Allen

From 12 to 14 November 1976, the Second Annual East Coast Military Racquetball Championships attracted over 100 racquetball enthusiasts to the Little Creek, Naval Amphibious Base Gymnasium, Norfolk, Virginia for three days of intense competition. During the weekend tournament, over 300 matches were played in what has easily become the largest and most popular tournament conducted for United States Armed Forces. This year, all participants were either active duty, retired or reserve military personnel or authorized military dependents (family members).

In the prestigious mens open division, unseeded and unranked Air Force Sergeant, Don Little from Dover Air Force Base, Delaware was crowned the top East Coast Racquetball player, as he defeated the #2

seed, and former West Coast Military Champ, LT Carl Crown, U.S. Coast Guard Reserve, Yorktown, Va, in an exciting three game match, 21-10, 20-21, 21-6. Enroute to the finals, Little defeated the #1 seed and 1975 East Coast Champ, Danny Giordano, an Air Force Sergeant from Hanscomb Air Force Base, Mass 11-21, 21-10, 21-13 in one semifinal match. In the other semifinals, Carl Crown defeated 6th seeded LCDR Glenn Allen, U.S. Navy, Norfolk, Va 21-9, 8-21, 21-11. Third place in the open was won by Danny Giordano over Glenn Allen by forfeit.

A new Womens Military Championship was crowned in '76, as Sue Cumminger; a Navy wife from Norfolk, Va defeated Geneva Allen (also a Navy wife, playing in her first tournament) 21-11, 21-13. Enroute to the Womens finals, Mrs. Allen defeated navy dependent Rosemary Boyd from Norfolk, Va 21-16, 21-14 while Mrs. Cumminger defeated Vicki Luque, an Army wife from Ft Bragg, N.C. in a close three game match. Third place was captured by Mrs. Luque who won by forfeit over Miss Boyd.

In mens Seniors action (age 35 and over), Air Force Reservist, and #1 seed, Charles Sullivan from College Park, Md defeated Major Pete Crummey, U.S. Army, Ft Devens, Mass 21-12, 20-21 and 21-19. LCDR Glenn Allen captured third place in the Seniors Division with a 21-15, 21-6 victory over LCDR Joe Mulkerin, U.S. Navy, Norfolk, Va. In semifinals action, Sullivan defeated Mulkerin 21-10, 21-7 and Crummey defeated Allen 21-6, 13-21, 21-19.

A mens masters division was also featured for older racquetball players (age 45 and over). In this division, unseeded John Webster, a retired Air Force veteran from Myrtle Beach, S.C., defeated the #2 seed, Red Martin, U.S. Army retired, from Ft. Eustis, VA 21-9, 21-11. In semifinals action, Webster defeated the top seed, LTCOL Chuck Lake, U.S. Army, Norfolk, VA in an exciting three game match. Red Martin defeated Air Force Sergeant, Ted Story from McGuire Air Force Base, New Jersey in the other semifinals match. Third place was won by LTCOL Lake, who easily defeated Sgt Story 15-1, 15-8.

To encourage maximum participation in the fast-growing sport of racquetball, a mens B division was conducted which attracted over 64 participants. After many close matches and some exceptionally fast court action, Captain John Panneton, United States Marine Corp, Norfolk, Va was awarded the first place trophy as he defeated army man Rudy Zammarippa, Ft Meade, Md 21-3, 20-21, 21-18. In the semifinals, Panneton defeated navyman Joe Larkin, Norfolk, Va 21-3, 21-19 while Zammarippa defeated Capt George Sum-

ers, U. S. Army, Ft Stewart, Ga 21-20, 13-21, 21-20. Summers defeated Larkin for the mens B third place award.

Consolation tournaments were conducted in Mens Open, Mens B, Womens and Masters/Seniors divisions for all first round losers to insure all participants had the opportunity to play at least two matches. In the Mens consolation open finals, Michael Clegg, U.S. Air Force, Montgomery, Alabama defeated Capt Roger Luque, U.S. Army Ft. Bragg North Carolina 15-12, 5-15, 15-8 to win the first place trophy. In Mens B consolation, LT (Junior Grade) Harry Mcgee, U.S. Navy defeated another navyman, Roy Buell, Dam Neck, Va in a close three game match. Larry Roberson a Navy dependent son, captured third place with a 15-6, 15-4 victory over Robert Frei, U.S. Army from Ft Stewart, Ga. Womens consolation was won by Michelle Pearson, an Air Force enlisted woman from Myrtle Beach Air

Force Base, S.C. who defeated Janice Wright a navy wife from Norfolk in a close match.

Due to the relatively small masters and seniors divisions, first round losers in these events were combined into a Masters/Seniors consolation tournament which was won by LTCOL Robert Browne, U.S. Army, Ft Devens, Mass over Major Fred Mangino, U. S. Army, Ft Eustis Va 15-13, 15-4. The third place award was presented to Mike Kohut, U.S. Air Force, from Dover Air Force Base, Delaware who won by forfeit over Robert Drouin also from Dover, Delaware.

The second annual Military East Coast Racquetball Championships were planned and directed by LCDR Glenn Allen, U.S. Navy Racquetball Commissioner. Tournament results will be utilized to determine seeding in the planned all military championships at West Point, New York (the Army Academy) in June 1977. A special note of thanks is in order for

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International Racquet Sports Magazine

Mr. Del Purden, athletic director; Mr. McGinity, special services director and Captain Olson, commanding officer of the Naval Amphibious Base, Little Creek, Va. Without their generous assistance and complete cooperation, this tournament would not have taken place.

As a result of this tournament, the top military racquetball players on the east coast are ranked in the following order for 1976 and 1977:

MEN

1. Don Little, Air Force, Dover Delaware
2. Carl Crown, Coast Guard Reserve, Yorktown, Va.
3. Dannie Giordano, Air Force, Hanscomb, Mass.
4. Glenn Allen, Navy, Norfolk, Va.
5. Buzz Parker, Army, Ft Monroe, Va.
6. Kevin Dorr, Army, Ft Belvoir, Va.
7. Pete Crummey, Army, Ft Devens, Mass.
8. Charles Sullivan, Air Force Reserve, College Park, Md.

WOMEN

1. Sue Cumminger, Norfolk, Va.
2. Geneva Allen, Norfolk, Va.
3. Vicki Luque, Ft Bragg, N.C.
4. Rosemary Boyd, Norfolk, Va.

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"QUOTE OF THE MONTH"

IN THE GAME OF LIFE, AS IN OTHER SPORTS, YOU CAN PICK OUT THE WINNERS — THEY'RE THE ONES WHO AREN'T COMPLAINING ABOUT THE OFFICIATING.

EDITORIAL

Continued from Page 3

racquetball with the public. These people seem to fight consistently in difference to best interests of their members and don't have what's best for the sport on their minds.

The final Horseman is Greed. This is best represented in the all too frequent examples of tournaments promising one thing, players getting another, and promoting individuals pocketing large chunks of money from these racquetball facades. The player and the sport suffer, as many contestants new to the game get a bad taste about racquetball tournament play that generally lingers for years. The amazing element of this often played situation is that it goes on and on by the same individuals. Local, state, and national organizations operating on the same greed principle turn their eyes the other way as long as they can sanction such tournaments and get money from the event in the dues people pay to qualify for play. The object here is not what is best for the competitor or the sport, but the revenue that is incurred for the outreached hands of individuals and organizations. Certainly tournaments and organizations need money, however the majority of the players' fees to compete should be returned to the individual in a well organized, well provided for competition. This is too frequently not done, and the "greed barons" continue on.

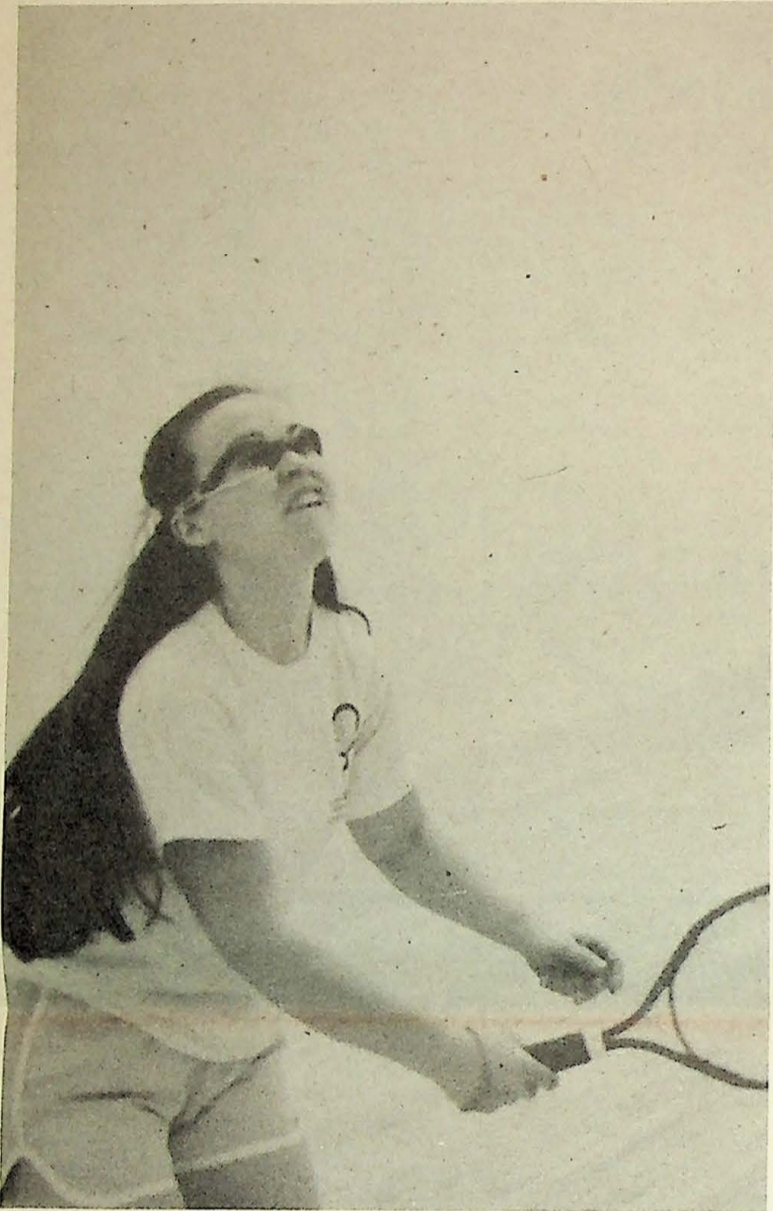
The all too commonly seen heads of the Apocalyptic Horsemen are exposed. All is not well in "River City" and what is racquetball to do about it? I truly don't know other than to use this magazine to speak out for my part. I hope that others will follow. Fear, hatred, jealousy, and greed all feed on the unknown and the weak. I hope that those of you who play and enjoy the game as I do can express your feelings about these detrimental aspects of the sport that we frequently see. People must assert and educate themselves. The recreational and competitive "paradise" that racquetball can be must not be entirely lost, but only the people that participate in the sport can save it. So please speak out, stand up and be counted.

Racqueteer Inquiry: International Racquetball Survey

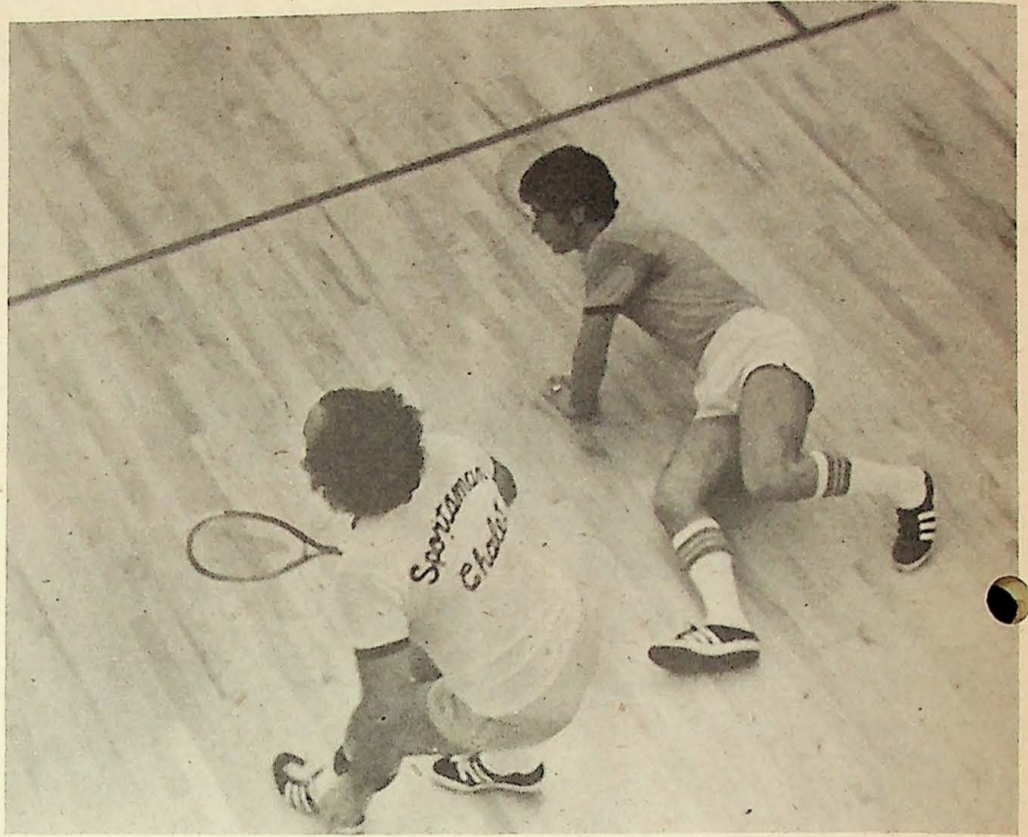
The Racqueteer is helping in the conducting of a survey of racquetball media readers. The survey is in regards to the development of new and existing facilities and equipment. Our attempt is to gain information to better inform readers as to what type of conditions and markets exist for the average racquetball player today. We request that you please complete the survey below and mail to this address:

Racqueteer Magazine
P.O. Box 19069
Irvine, CA 92713

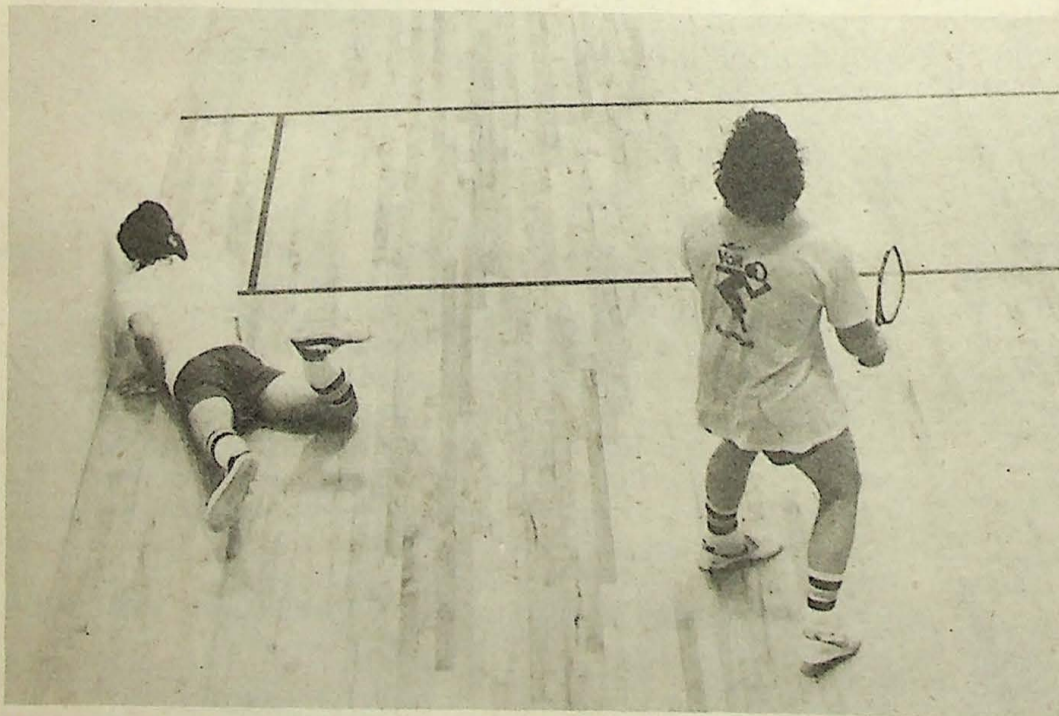
8. LEVEL OF EDUCATION COMPLETED
High School _____
Some College _____
College _____
Post Graduate _____
9. NUMBER OF YEARS YOU HAVE PLAYED RACQUETBALL
Less than 1 year _____
Between 1 and 2 years _____
Between 2 and 5 years _____
Over 5 years _____
10. HOW OFTEN DO YOU PLAY PER YEAR?
50 or fewer times _____
51 to 100 times _____
101 to 150 times _____
151 to 200 times _____
201 or more times _____
11. WHERE DO YOU PLAY?
Membership Club _____
YMCA or YWCA _____
Jewish Community Center _____
Public Courts _____
College or University _____
Military Facility _____
12. YEARLY AMOUNT OR DUES SPENT ON COURT TIME
Under \$100 _____
\$100 - \$200 _____
\$201 - \$300 _____
Over \$300 _____
13. OTHER FAMILY MEMBERS THAT PLAY
Spouse _____
Son(s) _____
Daughter(s) _____
None _____
14. DO YOU PLAY MORE
Singles _____
Doubles _____
About the same _____
15. RACQUETBALL WAS INTRODUCED TO YOU THROUGH:
Group Lessons _____
Private Lessons _____
Clinic Approach _____
Instructions from a friend _____
Self-teaching and watching others _____
16. WHERE DO YOU PRIMARILY PLAY?
NAME OF FACILITY _____
STREET _____
CITY, STATE, ZIP _____
NUMBER OF COURTS _____
1. CITY OF RESIDENCE _____
STATE _____
2. TYPE OF RESIDENCE
Home Owner _____
Home Renter _____
Apartment Renter _____
3. POPULATION OF RESIDENCE
City of 250,000 or greater _____
Suburb of Metropolitan Area _____
City 50,000 to 250,000 _____
City less than 50,000 _____
Rural Area _____
4. TYPE OF HOUSEHOLD
Single Male _____
Single Female _____
Couple Only _____
Couple and ___ no. ___ Children
5. HOUSEHOLD INCOME
Under \$10,000 _____
\$10,000 to 14,999 _____
\$15,000 to 19,999 _____
\$20,000 to 24,999 _____
\$25,000 to 49,999 _____
\$50,000 or more _____
6. INCOME PRODUCING CLASSIFICATION OF THE HEAD OF THE HOUSEHOLD
Professional _____
Business (Administrative) _____
Business (Sales) _____
Business (Clerical) _____
Self-employed _____
7. AGE OF THE RESPONDENT
Under 18 _____
19-24 _____
25-34 _____
35-44 _____
45-54 _____
55 and over _____



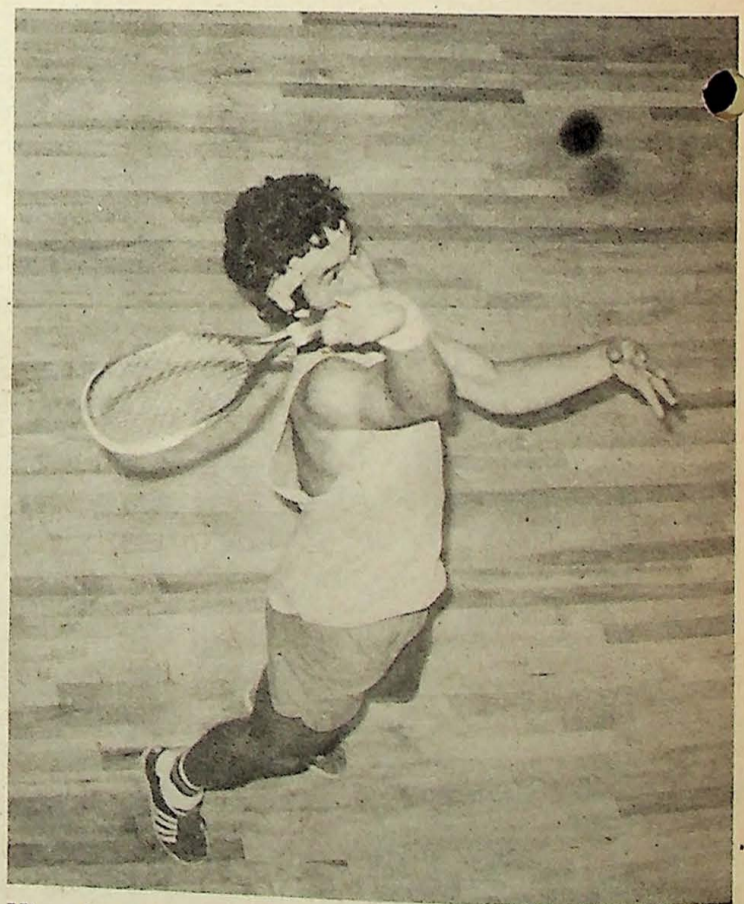
Oh, if Batman could only see me now.



So the ball rolled out. Now try a one arm push-up.

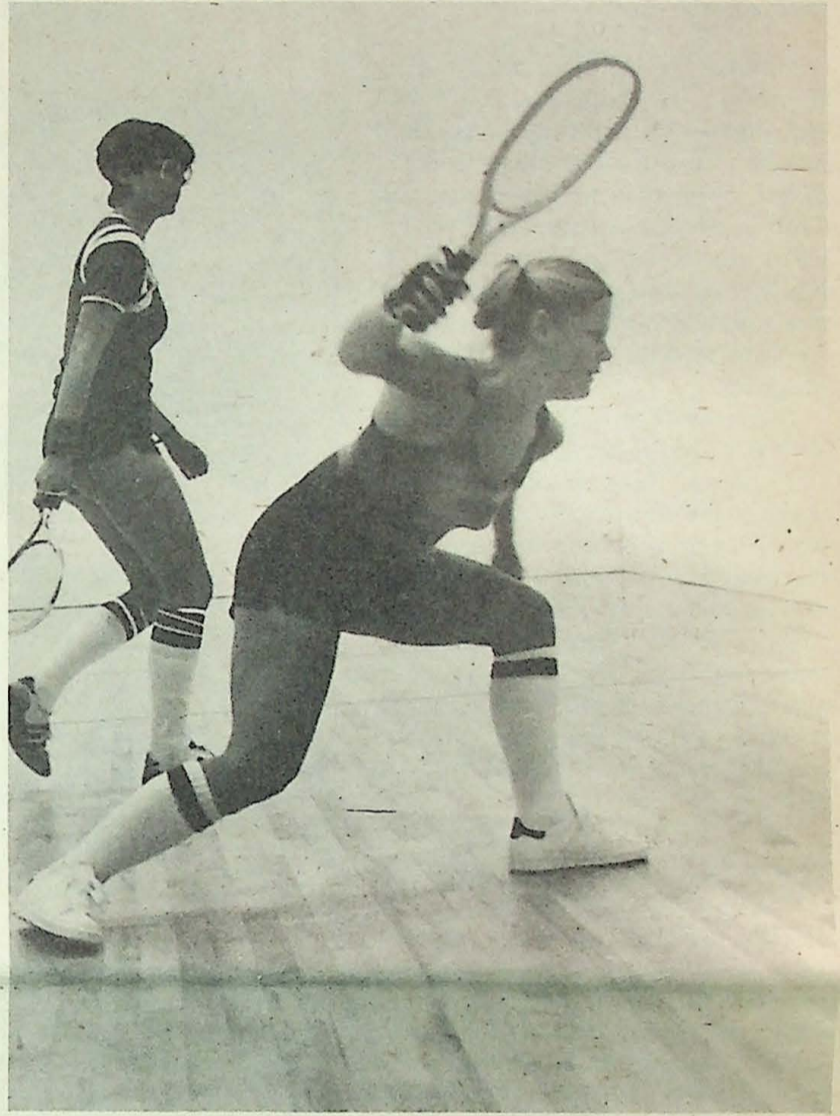
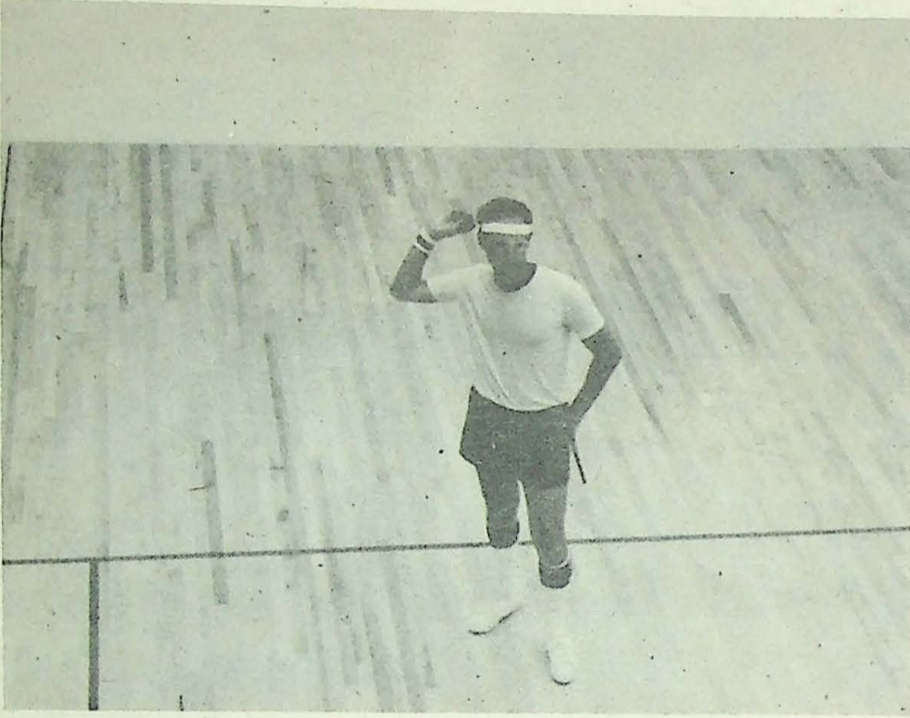


How's this for anticipation?

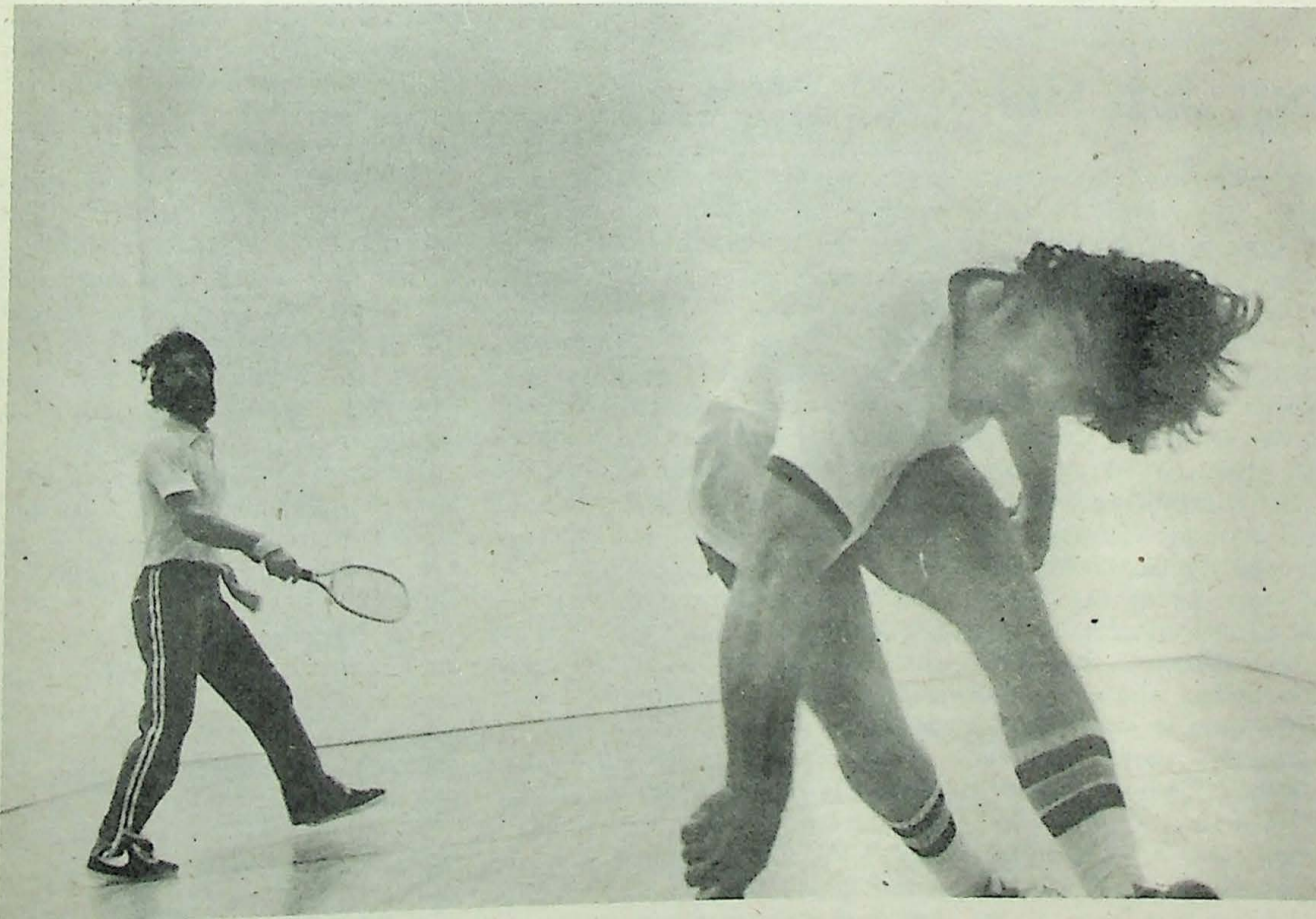


View from the top

Thay you, wanta play catch?



Great RB Form



Is there really a candid camera out there?



King of the Hill

Bob Doyle

Popular CBS sportscaster Jim Hill, formerly with the Green Bay Packers, played an exciting racquetball match with Jeff Jacobs for the "King of the Hill" title at the Commerce Club in West Los Angeles. The segment was shown on CBS Channel 2, KNXT in Los Angeles Monday, November 8 during the sports portion of the 5:00 p.m. evening news program.

November 1, Jim Hill announced a new feature on his TV sports program called "King of the Hill". The object is for viewers to challenge Jim in any sport in which they feel they can beat him. Over 200 letters were received the first week — in every sport. Jim Hill accepted the challenge sent in by Bob Doyle, manager of the Commerce Racquetball Club, because he enjoys the game, and as it was the first of the series — it had to be good.

Direct Quotes from Jim Hill

"People blow sports out of proportion like football, basketball, hockey, and baseball. Everyone cannot play these sports. Racquetball is one of the easiest sports to learn. One can play without years of training and conditioning. Being in good shape of course helps, and having a handball or tennis background is valuable, but the average person can get on the court with a brief period of instruction and play a fairly good game. It's certainly an enjoyable way to develop stamina, coordination, and muscle strength. A player doesn't have to be a certain size or weight such as in football and basketball. Since racquetball is on a one to one basis, the results depend on you alone — not your teammates."

"After an hour of racquetball, because of the continuous movement and long rallies, I am completely exhausted."

"When I played pro football, the running and physical exertion generally lasted for a period of 5 or 6 seconds at a time. Long plays such as a long run last 11 or 12 seconds."

"In racquetball if players are equally matched, they get more exercise out of an hour match, than an hour of football — without the physical contact, the injuries and bruises."

(Jim's final comment after his strenuous match)

Question: Do you have anything to add to your comments about racquetball?

"Yes, Whew!"



Jim Hill of KNXT in Los Angeles

Epilog: Jim Hill

Jim Hill, Channel 2 sportscaster and reporter, joined KNXT's news team in February, 1976 with eight years' broadcast experience, all gained while pursuing a successful career in professional football.

Since 1970, Hill had been weekend sports reporter for KGTU-TV, NBC station in San Diego. He wrote, reported and produced his own segment. But for six months each year at KGTU, Hill was gone. He played defensive back for the Green Bay Packers. And even during the professional football season, while staying in Green Bay, Wisconsin from June through December, Hill continued his part-time work in broadcasting. He was weekday sports reporter there for WBAY-TV from mid-1972 until his retirement from football, just prior to joining KNXT. He first began sportscasting in 1968 with station KCST-TV in San Diego, where he had just begun his pro football career with the Chargers. Hill was

traded to Green Bay in 1970.

"Since the day I'd decided to enter pro football," Hill explains, "I'd been preparing for that day when, like every-pro player, I'd have to leave the game." He credits his foresight to good advice given by his football coach at Texas A & I in Kingsville. "It was my junior year," he recalls, "when he suggested I should go pro." But Hill's coach also convinced him that a football career wouldn't last forever. "He told me stories of pro ball players who, after they'd faded and left the game, ended up as doormen at hotels. I was determined not to let that happen to me." So Hill switched his major from "anything I could pass" to journalism, a field he'd found interesting after holding two part-time jobs in related areas.

One was during his junior and senior high school years in San Antonio. He walked into the studios of KENS-TV, CBS station there, and asked for summer work. "All they had open was a messenger's job, delivering tapes here and there. Jobs were hard to come by then, so I took

it." During his second summer at KENS, Hill worked cameras. "I learned the lingo, all the shots," he says. "It's come in handy now, because I can communicate to cameramen in their own language when I put together my sports segment."

Hill's second part-time job thrust him into broadcasting. "One day my college friends and I were just sitting around and criticizing our local radio station, KINE, because all it played was country and western music. We decided somebody 'loud and boisterous' should go talk to them and straighten things out. They dared me to go." Hill did. And the station hired him as a DJ to play jazz, soul and rock 'n roll. He continued with KINE from 1966 until his graduation in 1968, when Hill became number one draft choice for the San Diego Chargers.

Hill was born October 21, 1946 in San Antonio.

Notes on the Commerce Club

Located in the Commerce Plaza, West Olympic Blvd. and Sawtelle Ave. one block west of San Diego Freeway, one half mile north of Santa Monica Freeway. Address: 11340 W. Olympic Blvd., L.A. 90064. (213) 477-0511.

The Commerce Club is owned by R & B Development, a real estate development firm . . . owners of the Oakwood apartment complexes throughout the country. They own approximately 20,000 units. The Commerce Club with its three floors of amenities was built as a feature of the Commerce Plaza, Aunique Garden office complex.

Membership in the club is limited to 150 members (90% racquetball nuts).

The club, in addition to handball and racquetball courts, offers weight lifting gym, rooftop paddle tennis court, roof lounge, color TV lounge, wet bar, sauna and massage facilities.

The club's membership is composed of professional men . . . doctors, lawyers, engineers, and, believe it or not, owners of other racquetball clubs.

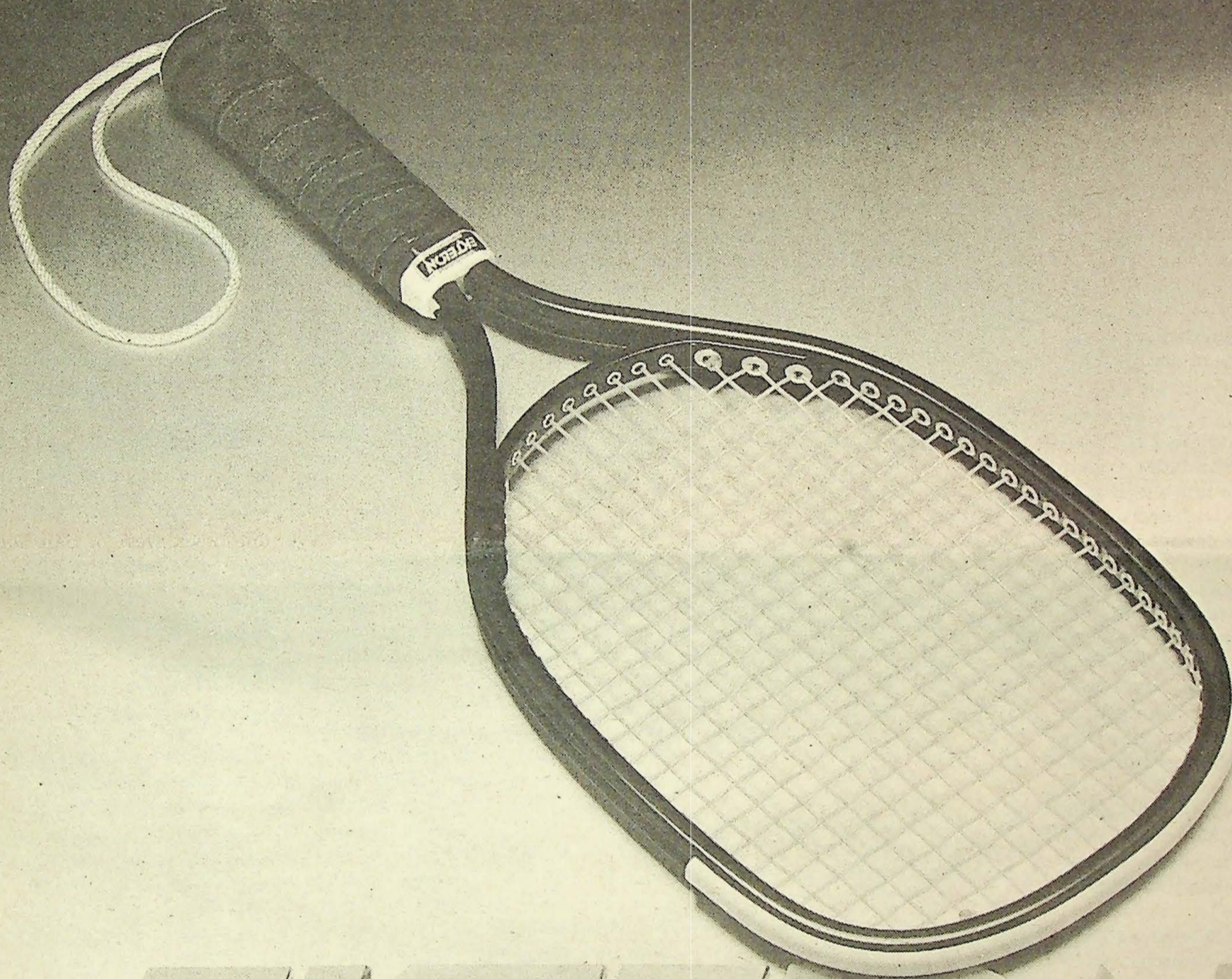
The furnishings and interior are very luxurious. Courts are regulation size, built of brick, cement coated, and hardwood floors. Also, spectator viewing through glass enclosed back.

Manager: Bob Doyle, a racquetball enthusiast, body builder who accepted the job after a 20 year career with the Rand Corporation and Allen Babcock Computing as Director of Public Relations.

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Rookies Lead U.S. to Davis Cup Win

Bob Raedisch

The U.S. Davis Cup Team, after some soul-searching defeats in the last few years, defeated Venezuela 4-1 in first round cup play.

Arriving in Caracas days early, Davis Cup Captain Tony Trabert wanted to make sure that this year's opening round would not afford the surprise upsets that have plagued the U.S. team in the recent past. The 3,000' plus elevation proved no handicap to Dick Stockton, Vitas Gerulaitis and the doubles specialty team of Fred McNair and Sherwood Stewart.

Playing on an extremely fast surface Stockton, the only team veteran, broke Jorge Andrew in the third game and continued to hold the advantage for a 6-2, 6-4, 9-7 win.

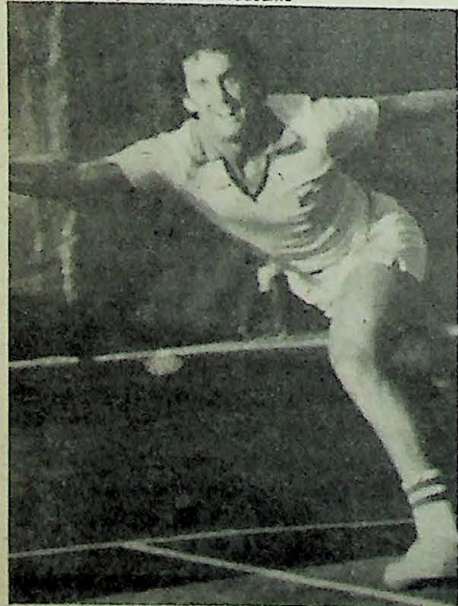
Gerulaitis, who just entered the world's top twenty, faltered to an 0-3 deficit in the first set; but after losing the set 6-3 Vitas pulled out a tight second set 6-4 and proceeded to chip his way through the third and fourth sets, 6-3, 6-4.

Hose and Andrew, both former University of Corpus Christi standouts, paired against one of the best doubles teams in the world. Fred McNair and Sherwood Stewart, ranked #2 in the world, overcame rookie jitters to clinch the victory for the U.S. with an 8-6, 6-3, 6-4 doubles win.

The final day saw Gerulaitis settle into a 6-3, 1-6, 6-3, 7-5 victory over Andrew. The sole U.S. loss came as Stockton fell to a determined Hose 6-4, 3-6, 11-9, 9-7.

Trabert and team now go on to face their most recent nemesis, Raul Ramirez, and the Mexican Davis Cup Team this December in Tucson.

Photos courtesy of Melchior DiGacamo



Fred McNair on the fly in doubles play.

Photos courtesy of Melchior DiGacamo



Vitas Gerulaitis shows the "Vitas touch" in Davis Cup action.

Short Shots

Mark Cox of Britain won the biggest tournament of his career by defeating Manuel Orantes 4-6, 7-5, 7-6 to capture the Stockholm Open. Cox, a 33 year old tournament veteran, took home \$24,000 as his share of the \$155,000 total purse.

Ken Rosewall defeated Ilie Nastase of Rumania in the \$75,000 Hong Kong International Tennis Classic. It was a more-than-typical final for the temperamental Nastase, who not only swore at linesmen and judges but included reporters and spectators in his string of verbal obscenities. Nastase had defeated Chico Hagey of San Diego 6-3, 6-4, and Rosewall eased by Gene Mayer 6-3, 6-2 in the semifinals. The finals saw Nastase jump out to a quick 6-1 first set lead, and he was serving at 0-1 in the second when the Nastase temperament gave way. Questioning bad calls and throwing in underhand serves, Nastase could not rattle the famous Australian. Finishing before a hostile crowd, Nastase went down to Rosewall 1-6, 6-4, 7-6, 6-0.

Coming back from his previous week's semi-final loss to Mark Cox (in Sweden), Jimmy Connors defeated Roscoe Tanner 3-6, 7-6, 6-4 for the \$125,000 Wembley, England Final.

Connors, complaining of back and ankle pains, threatened to withdraw from the declared five set final if it was not shortened to the best of three sets. With a doctor's confirmation and Tanner's approval, the final was set back to three sets.

Tanner Managed to redeem himself in the doubles by teaming with Stan Smith to defeat Brian Gottfried and Wojtek Fibak, 7-6, 6-3 for the finals.

Chris Evert almost single-handedly carried the U.S. Women's Team to a 5-2 victory over Britain's Wightman Cup Team, thus enabling the U.S. to capture their first title in three years.

Ms. Evert had to rally from a one-set deficit to beat Sue Barker, the newest women's tennis hope from England. Completing her personal three-match sweep, Ms. Evert closed out the last two sets 6-2, 6-2 after Ms. Barker had won the first 6-2.

The U.S. doubles team of Ann Kiyomura and Mona Guerrant defeated Britain's Sue Mappin and Lesley Charles 6-2, 6-2.

The U.S. now leads the series by taking 39 out of a total 48 meetings.

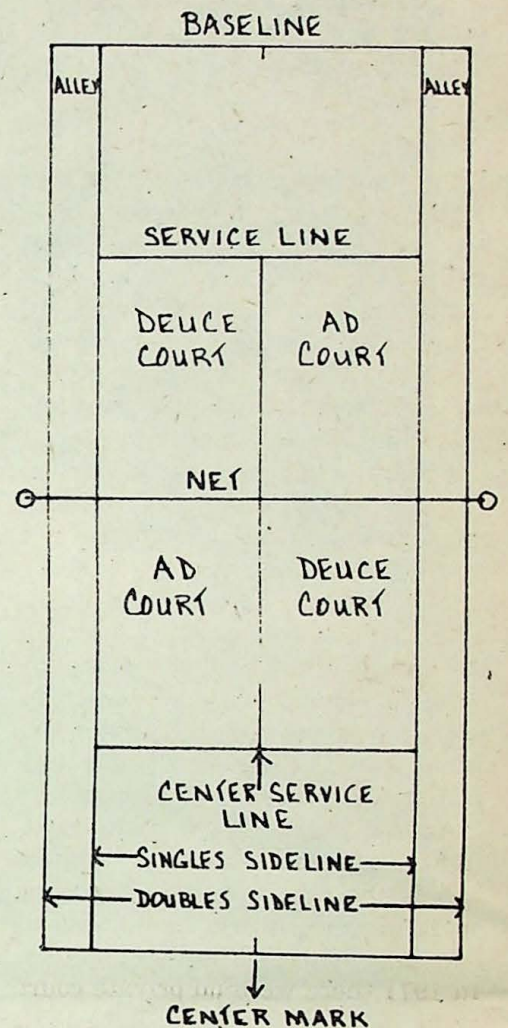
Rosie Casals completed the U.S. team but was plagued by leg problems as she dropped her singles match to Virginia Wade. Ms. Casals won the first set 6-3 and was leading in the second set 5-2, but a service hold and a service break brought Ms. Wade within one game of tying the score. The crucial point in the match came at 5-4 when Ms. Casals tripped and aggravated a recurring strained calf muscle. After receiving treatment Ms. Casals completed the second set but lost the effort 9-7. The third and final set was awarded to Ms. Wade after Ms. Casals consulted the club physician and withdrew because of her leg injuries.

Harold Solomon outlasted fellow American Brian Gottfried 6-2, 6-7, 6-3, 6-4 to take the South African Open. The two players battled for more than three hours before a capacity crowd of 8,000. Solomon picked up \$20,000, while Gottfried received \$10,700 for the Grand Prix event.

Bob Lutz won the Challenge Cup Tennis Tournament at Irvine, Calif., by defeating Peter Fleming in the singles final. The doubles final reversed the outcome as Fleming teamed with Sandy Msyer to defeat Lutz and Roy Emerson 6-3, 6-4.

Lutz earned \$6,000 on his 6-2, 6-4 singles victory.

THE TENNIS COURT



Different Strokes

The Forehand Grip

The easiest way to find a forehand grip is to place the palm and fingers of your racquet hand flat against the racquet face. Keeping the racquet on edge, slide the palm down the handle to the leather grip. Close the fingers firmly around the grip when the head of the racquet starts to drop or feel unmanageable. The lower you grasp the grip, the heavier the head will feel but the more reach and momentum can thereby be obtained.

"Watch the Ball" are probably the first words any of us hear on a tennis court. Yet the reasons for watching the ball go well beyond the hoped-for solid hit.

Watching the ball from the time your opponent approaches his shot will help to give you "ball sense". With good ball sense you will be able to see the short dink or the high flying lob coming well in advance. Thus you will react faster and save energy, time, and most importantly, the point.

The best view for this intense watching is done from 2 to 3 feet behind the baseline. This not only enables you to "read" the shot, but allows virtually any ball that bounces in front of your feet to be seen and playable.



new facilities

Court Sports I Press Release - Special

Court Sports I, Eugene Oregon's new racquetball-handball sports center, has just announced that Ray Anderson will be the managing professional for the facility. Anderson, who is 29 years old and has a master's degree in recreation from Utah State University, has been employed for the past year and a half at the Northbrook, Illinois Courthouse Racquetball Club. He has been manager of the club for the past year and is responsible for all the social programming including lessons, clinics and inhouse tournaments.

"We feel very fortunate in being able to have a person with Ray's background" said Bob McNutt, co-owner of Court Sports I. "He brings expertise to our club in those areas which we wish to develop, and in particular, lesson programs for women."

An "A" rated player in his own right, Anderson feels that racquetball is the fastest growing racquet sport in the country, now boasting over four and a half million players. In 1971 there were no private court clubs in the U.S. but by Jan., 1976 there were close to 500 and the growth continues. Though racquetball dominates the scene, the rapidly growing number of new facilities has

enable the handballers to have access to facilities that are better than ever before.

The Northbrook Courthouse court club is but one of five operating under the same ownership in the suburbs of Chicago, and these, combined with several others operating and proposed to be built are leading to a situation of over-building, feels Anderson. "Unless growth is reasonably controlled, results similar to the past overdevelopment of bowling alleys could occur there and elsewhere in the country." One of the reasons Anderson is excited about coming to Eugene is that he feels that one eight to ten court facility is ideal for a metropolitan area of 150,000 plus, such as Eugene Springfield. Another facility built here at this time, he indicated would be premature.

Though construction of Court Sports I is expected to be completed in early February, Ray Anderson is expected to be moving into Eugene around the 10th of January to assist in promoting and getting the club ready for opening.

Jennifer Harding, of Portland, who is ranked in the top ten in the women's professional tour is scheduled to be at Court Sports for its grand opening.

the clubhouse THE COURTS...

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the activities membership & fee schedule

Initiation fee - \$75.00 (a one-time fee entitles you to membership as long as dues are paid — nontransferable)

Monthly dues - \$25.00 (\$15.00 for each additional immediate family member). Dues rates are guaranteed not to be raised during the first year of the contact.

Non-members - can play (also) by paying hourly fees as follows:

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Supreme Court Sports Center- Van Nuys

The Supreme Court Sports Center, one of the nation's largest racquetball/handball athletic clubs formally opened Thursday, December 16, 1976 in Van Nuys, California, according to actor Wayne Rogers and Lewis N. Wolff, of Wolff-Sesnon Development Company, principals in the project.

Located adjacent to the Van Nuys Airport at 7030 Hayvenhurst Avenue, the Supreme Court features 12 professional quality indoor racquetball/handball courts, steam room, sauna, jacuzzi, locker rooms, snack bar and pro shop.

The Supreme Court is open to men and women on a membership basis and to non-members on an hourly charge.

Ron Botchan, former National Football League player with the San Diego Chargers and Houston Oilers, is the club racquetball pro and will be available for instruction to all club members on Tuesdays and Thursdays from 7:30 PM to 9:30 PM and on Saturdays from 1:00 PM to 3:00 PM.

Stuffy Singer, nationally-ranked professional handball champion and one of the club owners will make the Supreme Court his "home court."

An upstairs gallery allows easy viewing of all courts and the public is invited to watch.

The Supreme Court is open Monday through Friday, 6:30 AM to 11:00 PM and Saturday and Sunday, from 8:00 AM to 8:00 PM. The same hours apply to the pro shop.

Information about membership may be obtained by contacting Rod Delson, general manager of Supreme Court or Steve Lubarsky, manager at (213) 988-5500

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International Racquet Sports Magazine

Kourts in Roseville?

"Hi, welcome to the Kangaroo Kourts. I'm Steve Dunn, the manager. Are you a Roseville resident? You are? That means the Club will be within easy driving distance for you. In fact, the Club is easily reachable for anybody living in the Roseville, Citrus Heights, Orangevale area.

"Can I show you around? Great. Obviously, you are interested in playing either handball or racquetball. Oh, racquetball! Well we have ten of the finest racquetball courts in the Sacramento area, for that matter Northern California. As you can see, our show court here has a full glass back wall, and, looking around the corner, a glass window part way down the side wall. Watch out, don't bump into the carpeted bleacher section facing our glass back wall!

"Past the show court, down this single corridor are the entrances to the rest of our courts. We are using the latest wall surfacing. It's called Desco, a fiberglass reinforced epoxy coating laid over two sheets of particle board 1-1/4 inches thick. The walls are totally smooth, they clean easily, and a charging Rhino probably couldn't dent them. The ball bounces beautifully and there are no seams to make it take a bad hop. All of our courts, by the way, are individually air conditioned.

"Now, going back past our show court, we have the pro shop and lounge area. All of the latest equipment is available from our pro shop. Most of the major racquet companies are represented and we can outfit you all the way from your shoes to the top of your head. When you come off the court after your great workout, you can sit down in the lounge area and relax while having a drink from our cooler. We sell beer, Gatorade, soft drinks, and fruit drinks. Will you play during the Noon hour? You can grab a sandwich from our deli section after your shower. Incidentally, have a seat on one of our comfortable sets of modular furniture. Wouldn't it be

great to sit down here with a beer on Monday night and watch the football game on our color TV?

"I'd love to show you the ladies locker room, sir, but I doubt very much that the ladies in there would approve. I can tell you that there are over 100 lockers available and there is ample space for separate showers and vanity, plus wall mounted hair driers and a Finnish sauna.

"However, I can show you the men's locker room, which is located just on the other side of the pro shop. This locker room has basically the same amenities as in the ladies; ample shower space, wall mounted hair driers, Finnish sauna, but it has more lockers. When's the last time you saw a carpeted locker room?

"One of the best drawing cards the Kangaroo Kourts has to offer is the hot, bubbly Jacuzzi whirlpool, conveniently located between both locker rooms. You'll notice the tiled tub with air jet fixtures positioned at the right spot on your back. This spa is co-ed and bathing suits are recommended. Adjacent to the Jacuzzi is the . . . please button up your shirt, the tour isn't over yet . . . sun deck. You can sit out here and relax, have a beer . . . put your shoes back on, you can take a Jacuzzi later . . . and get a sun tan.

"I'll bet you didn't know that we also have an extensive Health Club program at the Kangaroo Kourts. Let me show it to you . . . all right, you can leave your tie off . . . Our Health Club features the most modern gym equipment and even has a trained expert on hand to show you how to use it. He'll be able to assist you in anything from weight training to cardiovascular endurance to slimming down your figure. You can use this facility as a Health Club member or participate when you have time off from your racquetball. Did you have to try all the weights?

"What are the prices? This is the most unbelievable part. You can have all that I have shown you (minus of course what you'll need in equipment and food) for just \$25 a month. That's right, no charge for court fees each time you come in. You can play every day if you reserve a court, get a discount off your equipment, have a towel available to you at no charge when you need it, have the right to participate in ladder rankings and tournaments, use the day care center for the tots, and take part in clinics, parties, you name it. You can even save two month's dues by paying annually. By the way, your whole family can participate for only \$40 a month, and they all have the same privileges you do! The initiation fee is \$50 for either you or your family.

"You can play almost anytime dur-

ing the day and night. We'll be open from 6 a.m. to 11 p.m. on weekdays, and from 8 a.m. to 6 p.m. on the weekends.

"Now that the tour is over do you have any questions?"

"Yes, where do I sign up? Do you

take Mastercharge? Where's that Jacuzzi again . . ."

Info. may be obtained by contacting Steve Dunn

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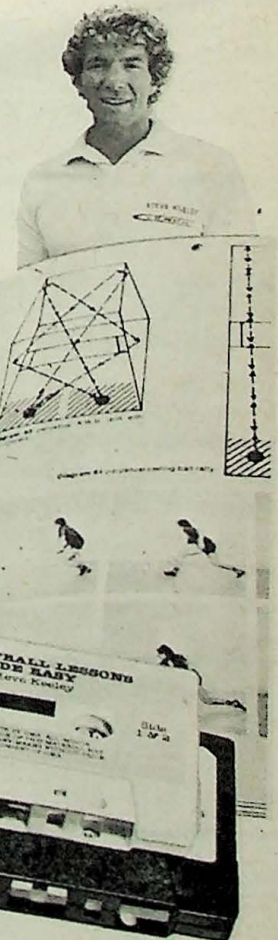
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Women and Professional Racquetball

Staff

The short history of women's professional racquetball is spelled with 12 letters: Peggy Steding.

The wiry housewife from Odessa, Texas, has dominated racquetball courts even more thoroughly than Chris Evert has ruled the tennis circuits the last three years.

But that, says Janell Marriott, could change — in Steding's case, at least — and she could be the player to do it.

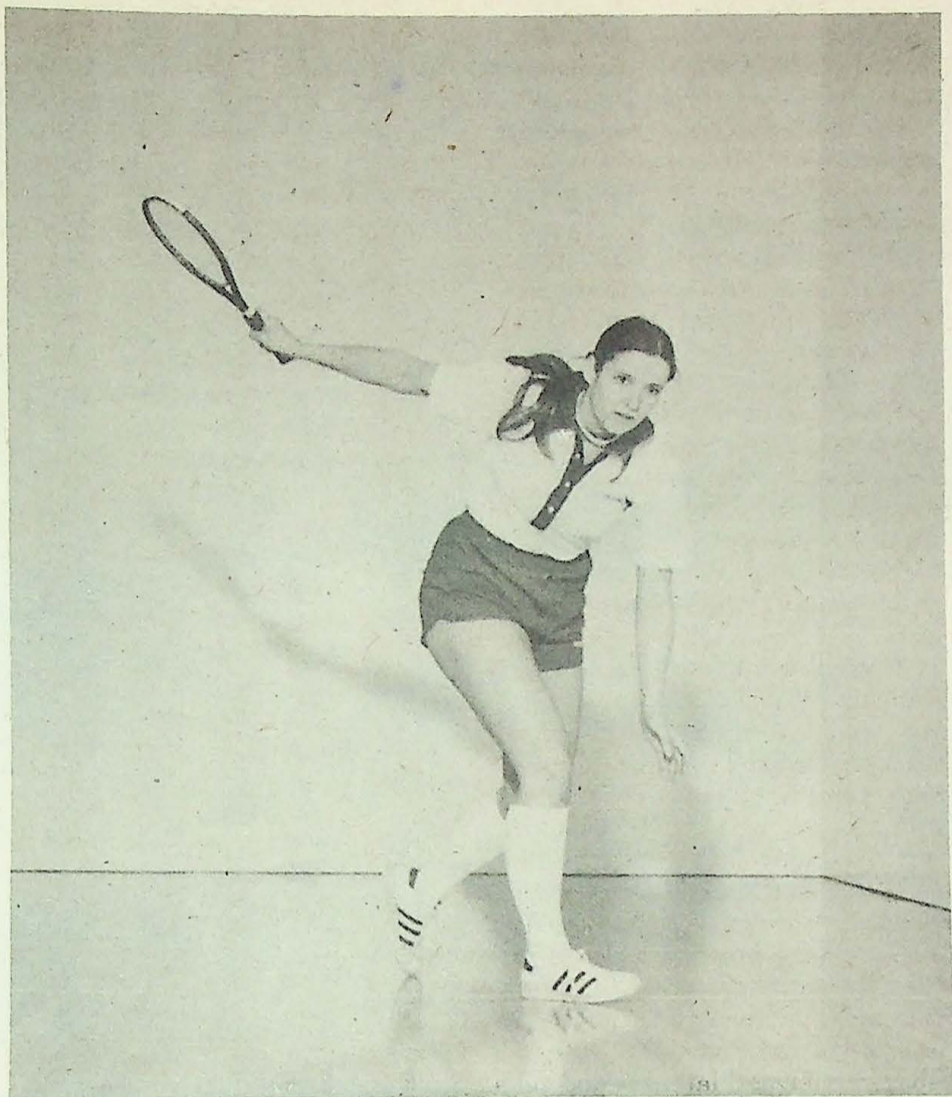
Marriott, a tall slammer from Salt Lake City, speaks of Steding's vulnerability from a position of some authority. She was the first player ever to defeat Steding in amateur or professional competition, and she subsequently beat Steding again. The only other player to get past Steding even once is Shannon Wright, who did it in the finals of the International Racquetball Association championships at Chattanooga last spring.

"Eventually, Peggy isn't going to hold that No. 1 spot every tournament," said Marriott. "There are three of us — me, Shannon and Kathy Williams, — who are getting closer all the time."

Steding, a tireless, relentless shotmaker, didn't start playing racquetball until she was 35, and she didn't lose a match until she was 40 and Marriott beat her, in a Denver pro-am event, in 1975. Janell's second win over Peggy came in the finals of an invitational event at Del Mar, California last January. Marriott's prize that day was \$250, which is part of the problem. Janell thinks she could beat Steding, and the rest of the field, regularly, if only she could devote more time to playing racquetball. Evert can become a millionaire playing tennis, but Janell and the others on the emerging women's pro racquetball tour can't make ends meet unless they reach the finals of every tournament. So it is that Steding, who has won all but one tournament in the sport's professional history, thus far is the only player to make a real living on the tour.

"This is the first year I've really been free to play," said Marriott. Last year, she said, it was hard enough getting off work to go to the tournaments, much less practice.

Until last August, Janell worked as a recreation program director at the Deseret Gym in Salt Lake. Then she became the racquetball pro at that city's Sports Mall, a complex of tennis and racquetball courts,



Janell Marriott, a strong candidate that could replace Peggy Steding at the top of the women's professional racquetball pack.

swimming pool and gym.

She gets a percentage of her lesson fees and small salary. The sport still has not caught on around the Great Salt Lake. "We have trouble getting publicity even for our local tournaments," she said. And she figures that, even if she is among the top four women racquetball players in the world, she is known better in San Diego or St. Louis than she is in her home town.

Now she has decided to forego that small but steady income in favor of a full-time pursuit of Steding's No. 1 position.

"I just want to play racquetball for awhile and see if I can win a few tournaments," said Janell, 23. She still lives with her parents, who, she said, accepted with reservations her design to play full-time.

"They said if I really wanted to do it, to go ahead," she said.

She has saved about \$3,000, she has a sponsor — Ektelon — to pick up her travel and expenses along the circuits, and she has confidence in her potential. After all, she has beaten Steding twice.

"I can support myself, but I couldn't save anything unless I started winning," she said. "Then I could bring home \$800 a month, and next spring, maybe twice that. If you won all 16 tournaments, in the pro

tours, you'd be doing pretty well."

Still, you have to win, and win big, to get ahead on the women's tour.

"This year is a pretty big improvement over last year," said Marriott. "The total prize money per tournament last year for women was \$500. This year, it's \$2,000. The top four can do all right — first place (in a National Racquetball Club event) is \$800, second is \$400. You get either of those, and it's not too bad. Semifinalists get \$200."

Last year, Marriott's winnings were \$750. This year, she has won \$1,000 so far, even though she has not done that well.

Many believed 1976 would be Janell's best year after she beat Steding for the second time early in the year. But she didn't win another tournament, and she missed three NRC events, at Aurora, Milwaukee and Buffalo. She was beaten by eventual champion Wright in the semifinals of the IRA nationals at Chattanooga, and she lost to Steding in the semifinals of the NRC nationals in two games, after beating Williams in the quarters, her first match in the small women's draw.

She finished fourth in 1975-76 NRC earnings with \$450 and sixth in the IRA with \$250.

The competition, in terms of numbers, will be even greater this

season, Janell said, and there will be less room at the top.

"This year, the top pros are going to be fairly tough," she said. They are Steding, Wright, Williams, Jeanie Sauser of Chicago, Jennifer Harding of Portland, Sue Carow of Glenview, Illinois, Sarah Green of Memphis, Jan Campbell of San Diego and Jan Pasternak of St. Louis.

This makes it tougher to bring home the bacon, but still Janell welcomes the bigger and better women's fields, because it means there may be more bacon to bring home.

"We are pushing for more prize money, but we don't think we're ready for equal money with the men," said Marriott. "The women need more participation in the tournaments first."

At the NRC finals in June, there were 32 entries in the men's championship draw and 16 in the women's. That is about what the ratio of prize money should be, Janell thinks.

"We get one-third of what the men get now, and I'd like to see us get half. Then we could work our way up, as we got more players.

The women also would like to obtain for their matches a little better exposure at the tournaments, but Janell points out that the schedule always requires the women to play in the morning. Then the men take over in the afternoon, when most of the crowd shows up.

"The women don't get to play on the main court, either, until the finals," she said.

Janell also would like a shirt that fits. "They give the men as many as they need. The women are lucky to get one. And nobody I know this year has gotten one that fits. Even the small ones are too big.

"It's not that big a deal, I know," she smiled. "But it's indicative."

"I understand that Ektelon will be out with a full line of women's clothing next year. That should help."





New Products

FRAP

The world FRAP record was set in December, 1975, at the University of California at Davis, when two members of the tennis team FRAPPED continuously for 52 minutes without missing the FRAPBALL. During the 52 minutes, the ball was hit back and forth 2,785 times. This record is being challenged on the same campus and on beaches and in backyards throughout the country. Because FRAPPING is just for the fun of it, all it takes to set a new record is two people with the time, the skill and the desire to keep at it.

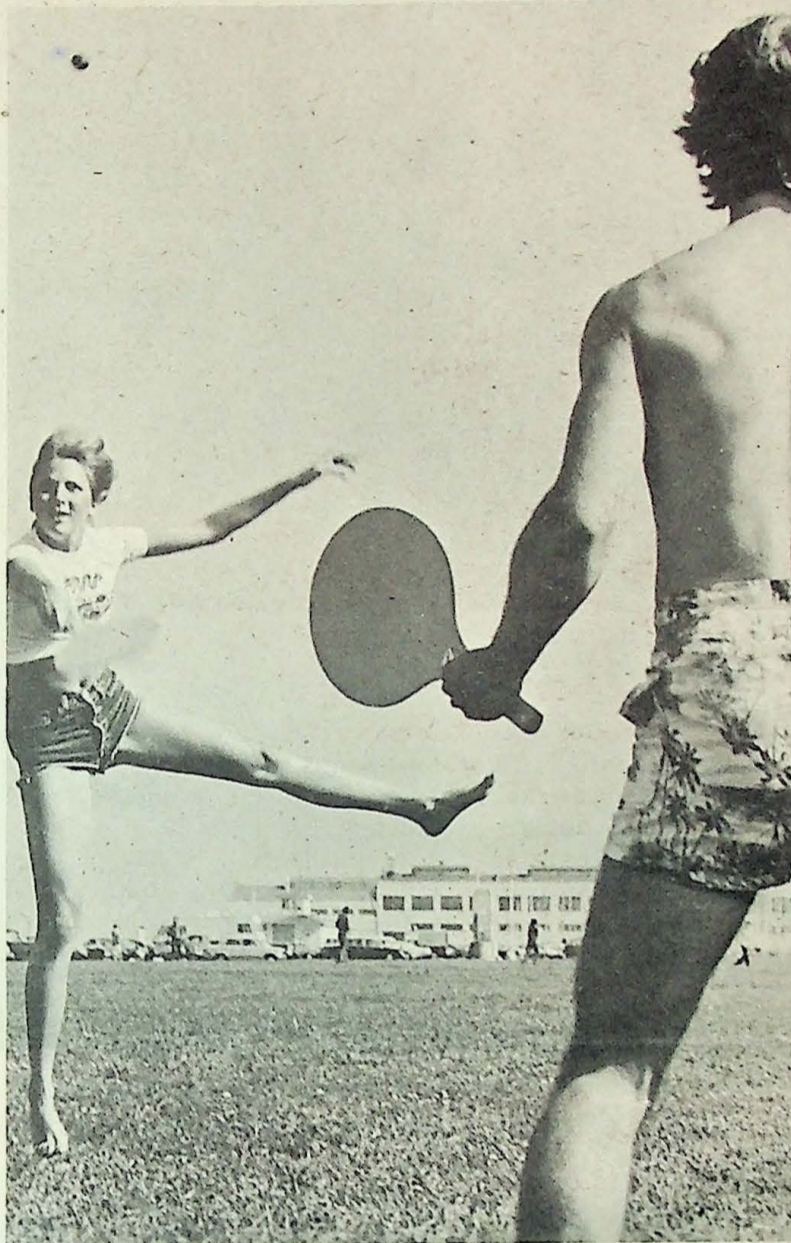
The game of FRAP, whose name is derived from the French word frapper, to hit, has much in common with the game of Frisbee, only it is played with paddles and a ball. Both share a philosophy of cooperative play. In FRAP, a ball is hit back and forth between two or more players, in an effort to sustain a volley as long as possible. There is no necessity of a court or net.

FRAP has been sweeping the na-

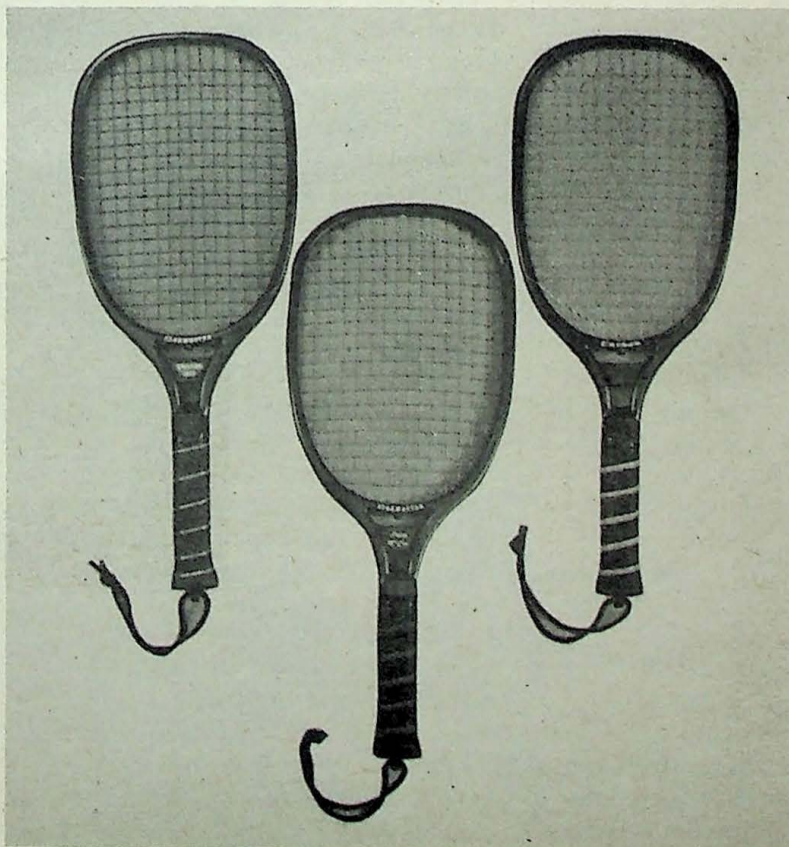
tion since its introduction in 1975. Much of its popularity can be attributed to its adaptability to the temperament and environment of its players. It is played with two different types of balls: a rubber ball for outdoor play, and a fuzzy, soft ball that can be used indoors without damaging furniture or delicate household objects.

FRAP players can create their own rules to make the game whatever they want it to be. It can be played fast and hard by those who want exercise. It can be played in a slower and more relaxed manner by a mixed group of adults and kids. It can be played by men and women at the beach, or in the back yard. It can even be played according to stricter rules by those who wish to make the game competitive.

Anyone interested in challenging the world FRAP record — just for the fun of it — can find FRAP sets at stores throughout the country. Or by writing directly to FRAPCO, P.O. Box 7695, San Francisco, CA 94119.



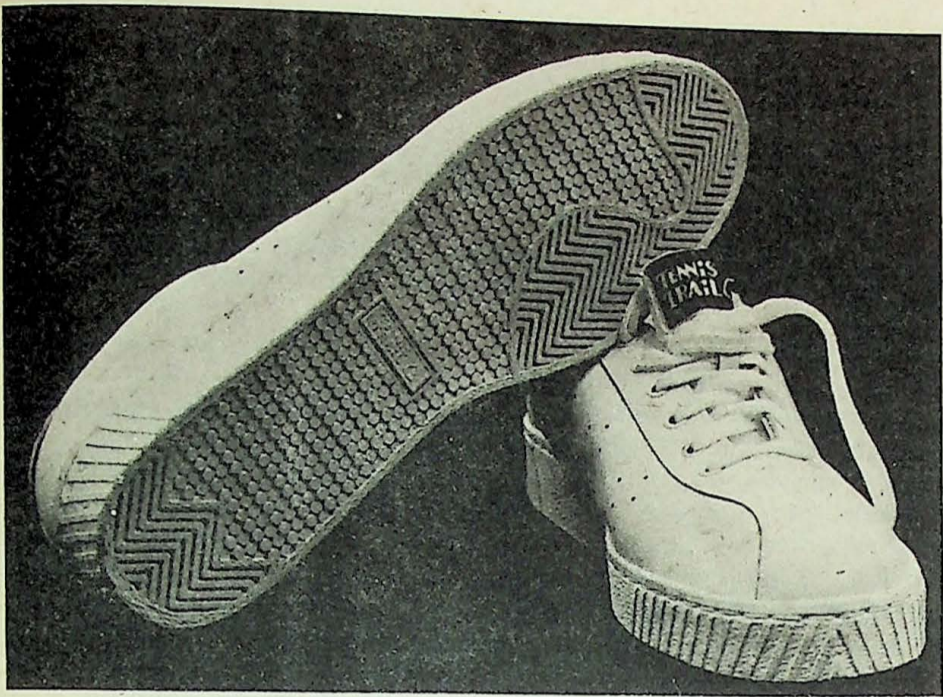
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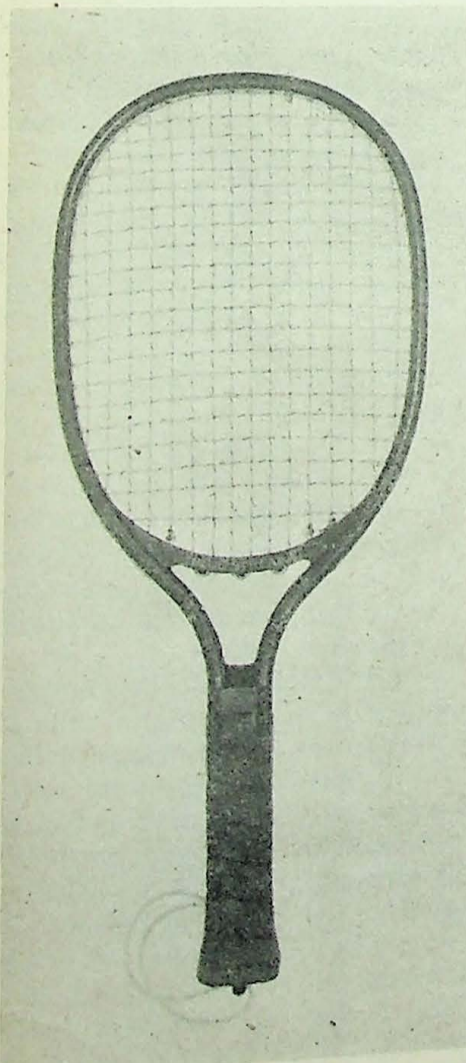
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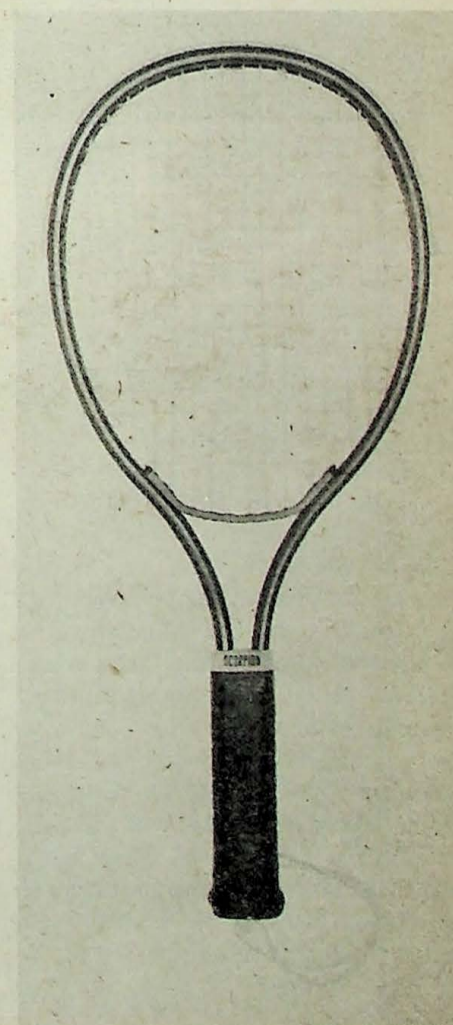
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Scorpion





Is Your Problem "Too Many Pounds To Move Around?"

Jerry Northwood

Nutritional Suggestions for Weight Reduction

The holiday season is over — it's a brand new year. After Thanksgiving, Christmas and New Years, many of our stomachs have swelled to gigantic proportions. While you're contemplating what New Year's resolution you're going to break next, we might as well add another one for the list.

For many of us, it should be apparent, by glancing in the mirror or seeing how slowly you're moving around the court nowadays, that a weight reduction program is a necessity. Now, don't get defensive. I know that many of you are not overweight, you're just *too short* for your weight (a little humor there). Since, at your age, physiology won't permit you to grow to seven feet tall, we'll have to attack the problem from the other direction, and lose a few pounds. When *your height coincides with your weight*, many obvious advantages will be yours both on and off the court.

Before we get into the nutritional pattern, I'm going to suggest a few preliminary comments on diets in general. First of all, the word diet needs to be eliminated from your vocabulary. You'll notice I'm not suggesting diet to lose weight, just change your nutritional pattern. Now, do they both mean the same thing? Sure they do!! But, as soon as you hear the word diet you immediately think you're going to starve to death, and you can't get to the refrigerator fast enough to load up for the oncoming starvation.

Secondly, all fad diets advertising fantastic weight loss in a short period of time (for which you only pay a dollar) should be looked at with great suspicion. Furthermore, before engaging in a program of diet pills or shots to reduce weight, you should thoroughly familiarize yourself with the possible adverse side effects to this *very dangerous* and *unnecessary* practice. In my nineteen years of experience in this field, I have come across many kinds of weight reduction diets. As you can imagine, there are thousands of them. Many of them accomplish the objective, some being better than others. Many others run the gamut from being a downright insult to your intelligence, to an extremely dangerous plan for your overall health.



Jerry Northwood

Two of my favorite comical diets exemplify the former category. The first being, "sew your mouth shut"; the second being "chew any kind of food you want, just don't swallow it". Now, although to me there is a lot of humor there, this has actually seriously been suggested as a method for weight reduction. Have you ever seen anyone who has had their mouth wired shut, or heard of anyone having an intestinal bypass operation? Do these methods accomplish the primary objective of weight reduction? You bet!! *But*, is it in the best interest of the individual engaged in this practice? Is it permanent or only temporary?

The trouble with the majority of the diets suggested for weight reduction today is that they only take that primary objective (weight reduction) into consideration. It is obvious that there is little or no consideration for the total overall health of the individual. Unfortunately, there is more than one organization that bases its total success on pounds lost with no regard to the detrimental foods that they suggest the individual ingest. Pounds lost should only be part of the total objective. Even more important than this, is your total overall physical fitness. Programs that suggest detrimental foods in their pattern may accomplish weight reduction, but at the expense of your health. Why not have both?!

Helpful Hints For Successfully Accomplishing Your Objective

Most people with little willpower have a problem staying away from fattening goodies because they are around (available). HINT — When you go to the store and push the cart up and down the aisles, don't put the fattening foods in the basket. This will instantly cause two good things to happen. The fattening food doesn't get home to tempt you, and your grocery bill will decrease considerably. Unfortunately for some of you, you may get to the check stand with

nothing in the basket. Sad but true, some people buy only junk foods. More education is needed on the proper foods to put into the basket.

Remember — You don't have to starve to death to lose weight. Just eat the correct kinds of food, and eliminate the garbage. Keep in mind that the nutritional pattern suggested to make the initial weight loss is not the pattern that you're going to be following for the rest of your life. After you get your weight down to the desired point, you can maintain with a more extensive nutritional pattern. As you see yourself starting to slip three to five pounds, immediately revert back to the original plan.

Since the majority of us are involved in the very energy expending sport of racquetball, it should not be necessary to go into an activity program for you to follow while on the correct nutritional pattern. However, for maximum success, the more energy you expend, the more carbohydrates you burn off, and the more weight you will lose. This seems like a logical and unnecessary statement. However, one of the largest weight reduction organizations in the US states you should not exercise. Although this policy gives them sole credit for the individual's success in terms of pounds lost, it is not concurrent with basic physiology, and is doing a disservice to its members.

Basic physiology tells us that the more weight the individual has to lose, the greater the necessity for toning and firming exercises. Assuming you are an avid RACQUETEER, it won't be necessary for me to set up a program of activity for you. All that is needed now is a sensible weight reduction pattern to follow. Here are a few comments about the suggested program.

As was suggested before, there are many workable programs, and I do not make any claims that this program is any better than any other. But, *it does work!* This program was devised by me for the members of the health club I manage. I had many requests for a weight reduction pattern that you not only lost a large amount of weight in a short period of time, but you didn't have to starve to death to accomplish the objective. To date, the average weight loss for the seven-day period of time is ten pounds — many have lost much more. *No one* has failed to lose weight on this program.

Why Will This Program Work For You?

As with all weight reduction patterns, the initial weight loss is primarily liquid. This brings one very important physiological point to view. With people who are over-

weight, there is unnecessary excess liquid on the system. With this point in mind, this pattern eliminates all unnecessary excess liquids for a suggested seven-day period. Physiologically speaking, the only liquid truly necessary for the body is *pure* (not tap) water. I stress this point so that after about three or four days into the program, you won't think you're going to die from lack of that good cold glass of milk, or that hot cup of coffee.

People are not conscious about the many different kinds and amounts of liquid they take in on any given day. Many liquids are fattening, and many (like coffee or tea) make your body retain other liquids. If you were to pour into a bucket all the liquid you drank in one day, you'd be amazed. Sure, you pass some of it off through elimination, but no where near what you take in. This obviously adds to your weight problem. Thus, the elimination of this excess liquid is going to be the key point in your initial rapid weight loss.

In addition, you will continue to lose pounds through eliminating excess sugar, flour and starch products. You will not starve to death. As the nutritional pattern suggests, you can intake any kind of fruit, vegetable, nuts, eggs and cheese. The combination of these food elements will provide all the necessary vitamins, minerals and protein your body needs to maintain proper health while eliminating undesirable poundage. Since the amount should be in sensible proportion, (not all you can stuff down your throats to compensate for all you haven't been eating) a multiple vitamin and mineral tablet is suggested to insure your body receives all the necessary nutrients.

This isn't something you have to do forever. This pattern is to be followed for only a suggested seven days. Remember, fat's not where its at, thins in!!! Good Luck, and keep at it. The age old adage still holds, "you're going to get out of it what you put into it (your mouth)". Now, if you'll excuse me, I have to get back to my banana split. Just love 'em! But then again, I can afford to eat a little fattening food now and then, just like you'll be able to do once you've followed this suggested program. Hurry up so you can join me . . .

Sincerely, I would be very interested in hearing your results so that we can keep the data on this nutritional pattern up to date. Everyone's body is different, some metabolism rates are faster or slower, and your success or failure could depend on many variables. If you are having a problem after *truly* following this program, don't hesitate to write for individual assistance.

Jerry Northwood

Starting Weight _____
Goal _____

The Seven Day Wonder!!!

- The only liquid for 7 days....
 - water - distilled or purified
 - no other liquid
 - only when you're thirsty - only the amount needed to quench your thirst....start with 1/2 glass.
- The only kinds of food....
 - any kind of fruit
 - any kind of vegetable
 - any kind of nuts...4 oz. at a time
 - any style of eggs...soft boiled preferably
 - any type of cheese...small amounts.

Suggested Daily Diet

BREAKFAST: (Example of a carbohydrate type on days you're active.)

- all fruit breakfast - any kind...as much as you like...eat any type of melon *alone*
- protein breakfast on less active days
- eggs...2-3 any type (soft boiled or in omelet great) sliced tomatoes...1/2 glass water.

LUNCH:

- large vegetable salad.. all kinds, any amount ... salad dressing ok ... hard boiled eggs ok ... small amount of cheese ok
- large fruit salad...on days with protein breakfast...on lettuce...cottage cheese ok
- protein lunch - 4 oz. nuts, any kind...small vegetable salad...1 or 2 hard boiled eggs...1/2 glass water.

IF YOU HAD A CARBOHYDRATE BREAKFAST (FRUIT) HAVE THE PROTEIN BREAKFAST FOR LUNCH.

DINNER:

- small dinner salad ... steamed vegetables with melted cheese...1/2 glass water...OR PROTEIN BREAKFAST FOR DINNER.

SNACK TIME:

carrot or celery sticks...

REMEMBER - Only seven days, then you get a break. Try not to go *hog wild* (a little humor) during the break, approximately three days. Then go back on the seven day plan again.

Results Guaranteed Or Your Fat Back!!!!



Jerry on his nutrition "hot line."

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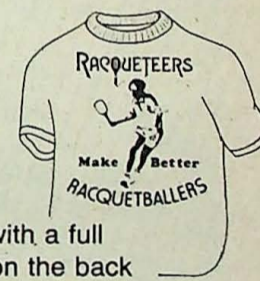
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