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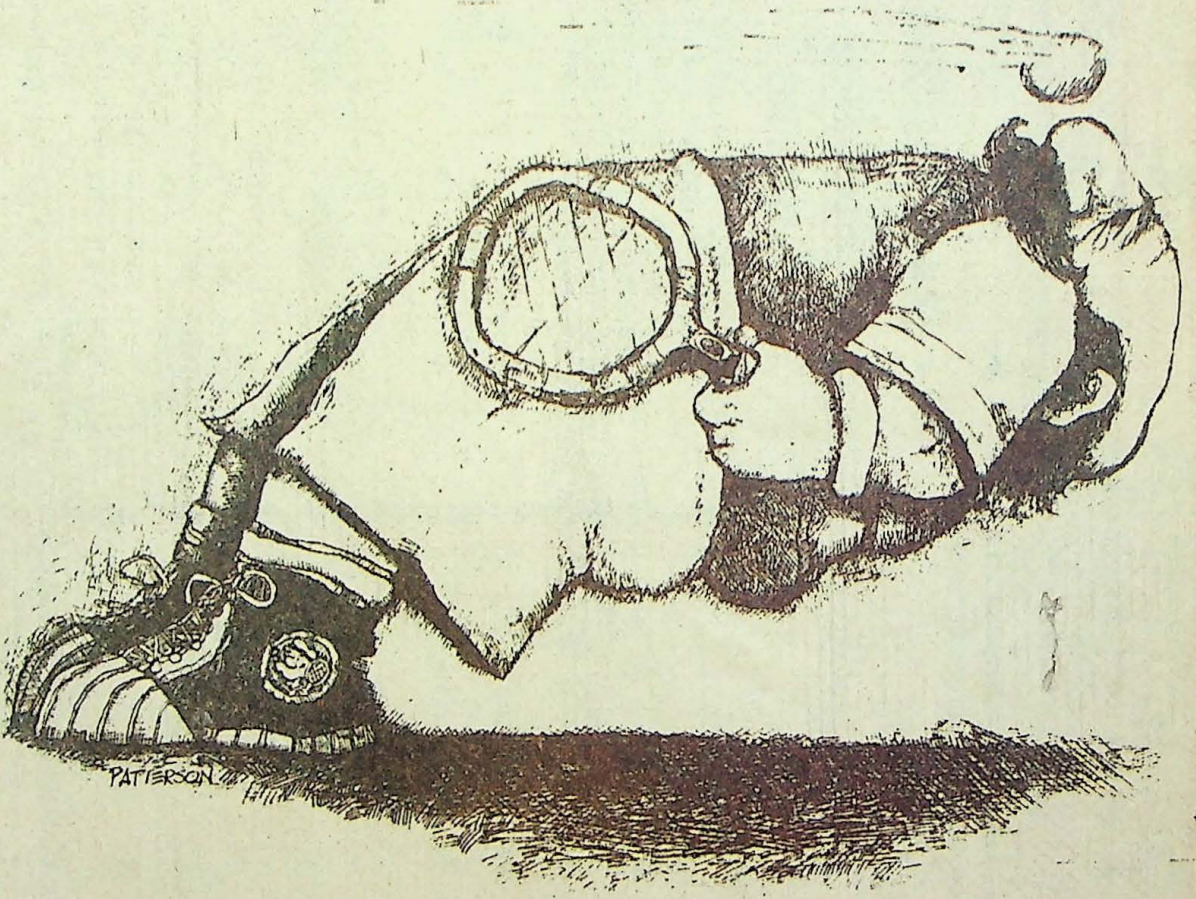


RACQUETEER

International
Racquet
Sports Magazine

VOLUME 2 NUMBER 5
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Keeping Your Eye On The Ball



Courtesy of M. Patterson

Peggy Steding — "The Winningest Woman"

"Ten Most Wanted"

Virginia Slims Snuffed By The W.T.A.



By Ruth Knudsen McGovern

Racquetball Playing Ladies?

In the past, several articles have been written and many comments have been made on how the women involved in racquetball are better representatives of sportsmanship and proper court conduct than are most men. My experience has shown me that for the most part, this is entirely true. But, there is a small but growing number of women whose conduct make the men look like "Knights in shining armor".

Appearance often, though not always, plays a part in a person's attitude on the court. A woman who enters the court wearing clothing which enhances her femininity more often than not has a more than exemplary attitude on the court. But clothes don't make the person. Many times the woman with the nicest clothes and the most impeccable appearance is the one with the worst attitude.

Another problem is language. It has never been looked upon favorably for a woman to swear or use foul language especially publically. But, many times, in the heat of competition the true vocabulary of a person emerges. Can you imagine ever seeing Chris Evert use this kind of language during a match. Racquetball women should follow suit to keep themselves above the level of Roller Derby and Lady Wrestlers.

The biggest problem exists with incidents which often go unnoticed by the gallery and unfortunately all too often by the referee. What I am referring to is the player who takes double bounces, intentionally blocks, makes unnecessary comments and other such unsportsman like actions on the court. It is frustrating to play someone who you know you can't trust to make fair calls during a game. The person who won't ever give you room to hit the ball thinks this will intimidate you so you'll miss your shots. Usually it forces them far enough out of position so that if you play a smart shot you can get the point anyway. One of the worst exhibitions is the players who will aim at their opponent to see what their reaction will be. This has to be the worst

show of court conduct I know of not excluding the fact that it is extremely dangerous. There is also the person who is continually making snide comments between rallies. It's too bad these people feel that the only way they can win games is to breakdown the other person's concentration with this tactic.

Off the court conduct is not always top class among many women either. Too many women players let their egos and ambitions get in the way of common friendliness. It is sad but true that many up and coming players find themselves without associates at tournaments because of their attitudes toward their competitors. Far worse than this are the players who put on a phoney front off the court to win friends and influence people. These "Dr. Jeckel and Mr. Hyde" personalities are usually spotted for what they are and the offenders find themselves only befriended by those of the same kind. I'm sure that there are many more situations than I have mentioned here and unfortunately I'm sure far too many of you have run across some of these people. I just hope they haven't discouraged you from further competition. My experience has shown me that these type of players reside in every division from Novice to Pro and unfortunately the numbers are still increasing. These players are usually those who have come up fast and have great expectations for the future. These players find that when they reach the tough competition they must fall back on tactics other than skill to try to win games. The well adjusted and well established player doesn't need these kind of plays. They can take their wins with their losses and still maintain an even keel.

Let's work to keep Women's Racquetball on the positive side. When you find yourself playing a player guilty of unsportsman like tactics, don't give in to their game. Maintain your even balance and you'll still find yourself on the winning end on many occasions. If you find yourself guilty of any of these plays, how about turning over a new leaf and becoming a good ambassador for women's racquetball. We, as women, have a good image so far, so let's not ruin it. Let's maintain our status as Racquetball playing Ladies!

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Racquetball Serves

By Rita Hoff

Rita Hoff of St. Louis, Missouri, is currently the eighth-ranked player on the women's professional racquetball tour.

There is probably no phase of a racquetball game which offers you a better opportunity to exercise control over its progress than when you are serving. Don't blow it.

Many people just jump into the box and quickly hit the ball into play without

giving enough thought to how or where they are hitting it.

Always play with an overall game as well as match strategy and plan each shot. It's not as difficult as it sounds.

At the beginning of each game, hit a variety of serves — drives, lobs and Z-balls — to your opponent's forehand and backhand to determine where he or she is weakest.

Most people will be weakest on their backhand, but don't count on it. Find out. Likewise, there are different types of backhand shots.

Once you've found the chink in your opponent's armor, hit a high percentage of these kinds of serves. However, it is equally important to mix up your serves and to hit to both sides of the court in order to keep your opponent guessing. In any case, plan each serve and know what you are going to hit and where you are going to hit it before you step into the service box.

Although there are dozens of different kinds of serves, most are variations of three basic serves: the lob, the drive and the Z-serve.

These can be hit to either your opponent's forehand or backhand and they don't differ appreciably when hit to either side of the court. For simplicity sake, let's concentrate on backhand serves. The forehand serves will simply be a mirror image of these.

THE LOB

The lob serve should stay high in the air at all times when it might be returned. Serve from the middle of the service box and contact the ball when it is waist to chest high with a gentle, flat upward stroke. Contact the ball when it is even with your front foot.

As shown in Figure 1, the ball should hit high on the front wall — about eight

feet — and an equal distance between the middle of the wall and the side wall toward which it is being hit.

Coming back off the wall, the ball should describe a high arc almost parallel to the side wall, crest near the ceiling, drop behind the short line and die before it reaches the back wall or the receiver.

THE DRIVE

For the drive serve, you will want to contact the ball much lower — below knee level and even with your front foot. It should strike the wall again between the middle and the side to which you are shooting, but only about two feet high and much faster than for a lob serve. You will have to get down lower yourself in order to keep the shot low.

As shown in Figure 2, the ball should have minimal arc, maximum speed, bounce just behind the short line and bury itself in the corner.

If your opponent is able to reach this serve before it bounces twice, the chances for a low, hard kill are very high. Likewise, if the ball strikes the side wall before it reaches the corner and bounces into mid-court, it will set up a kill shot that will be hard for your opponent to miss.

The half-speed drive follows the path of the drive, except that the ball is hit from knee to waist height, not as hard as the regular drive and contacts the front wall at about the height of the server.

This serve should bounce just behind the short line and rebound to about chest height where it will have to be played by the receiver. It should die before reaching the back wall.

This is a good change of pace shot and one which requires a minimum expenditure of effort on your part.

THE Z-SERVE

The advantage of the Z-serve is that it can sometimes be a confusing one to return. Unlike the previous serves, it should be hit from the side of the court to about five feet up the front wall a foot away from the corner with the opposite side wall.

As shown in Figure 3, the ball will carom from front to side wall, pass behind you, strike the floor, and bounce off the other side wall parallel to the back wall. The potential for confusing an opponent is obvious.

The receiver must decide whether to cut the shot off or wait for it to come off the second side wall, neither of which alternative offers a good angle for a kill return if the serve is accurate.

If the serve is not properly executed, however, the receiver will have a relatively slow-moving lob to return and may turn it into an offensive shot.

Of these shots, the drive is the only true offensive serve and is not without risk. Generally, racquetball serves do not lend themselves to point making through "aces." Hard hit serves often result in kill returns if not properly executed.

The purpose of a good serve is to set up a weak return so that the point can be made on the server's next shot, that is, unless you discover a weakness which makes an ace possible.

After serving, take a position near the center of the court a little toward the side

Continued on page 16

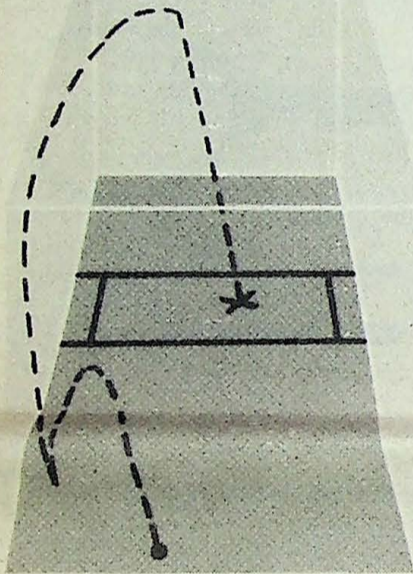


Figure 1. The Lob Serve. Shown to left side of court. Ball arcs high in court, grazing side wall high and near back of court. Ball should drop straight down after hitting side wall and not reach back wall.

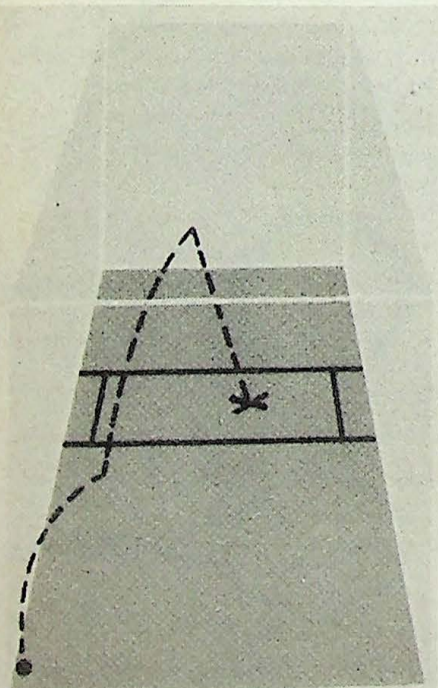


Figure 2. Drive or 1/2 Speed Serve. Both serves essentially follow the same course except at different speeds. Drive serve is hit harder and lower than 1/2 speed serve. Neither serve should reach back wall. Use most accurate stroke to serve.

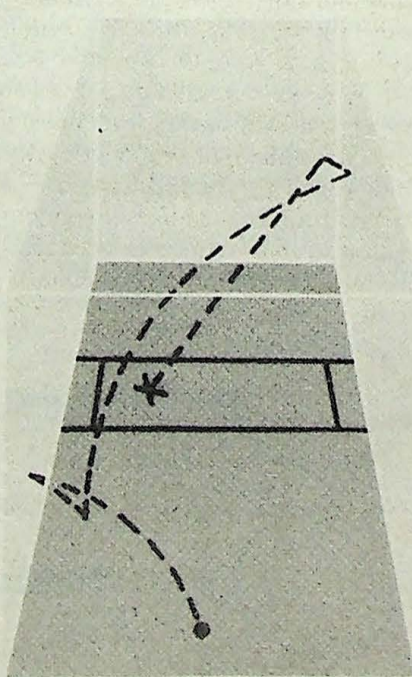


Figure 3. The Z-Serve. Ball is hit at about 3/4 speed about 6 feet up the front wall. The ball should pass behind the server although be ready to duck to avoid being hit by the ball (automatic side out.) Serve should not be too deep or too shallow. This serve requires practice.

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Editor's Note:

The following article is the second installment in a series of stringing guides from the text *A MANUAL FOR RACKET STRINGERS* by A. Paul Lawrence written for Ektelon.

Stringing Rackets

By A. Paul Lawrence

The following sections contain descriptions of procedures for mounting and stringing several types of rackets. These descriptions contain the assumption that the stringer is using a "no-awl" type machine because this is the most common type of stringing done today. For those who are stringing by hand and using awls there should be no problem interpreting these procedures into methods which can be done by hands and awls.

MOUNTING THE RACKET

There are several sizes and shapes of rackets. To compensate for this variance any good stringing machine will have an adjustable table and brackets to allow proper mounting of almost any common racket, with few exceptions. The proper mounting of a racket is actually very important. Aside from anchoring the racket firmly, the mounting is important because it can help prevent the head from being deformed during the stringing of the vertical strings. When all of the verticals are placed into the racket the strings go in only one direction. There are no cross strings (horizontal) to keep the racket from collapsing in the tip-to-throat direction. So, while the vertical stringing is done, the mountings must supply the force that keeps the racket head from deforming. This is not as important on the standard wood racket as it is on the newer metal and

fiberglass rackets. In fact, several of the stringing machines include attachments that are used specially for the purpose of restraining the heads of metal rackets during the vertical stringing. Ignoring special attachments for the moment, the typical mounting clamp will have a slight recessed edge into which fits the inner edge of the head of the racket. When these edges are fitted together the tension in the racket strings will pull on the head but the racket head cannot slip out of the clamp or deform. These mounting clamps usually have a plastic or leather surface where the clamp touches the racket so that when the clamps are tightened the racket will not become scratched or cracked. An example of the clamps with recessed edges is shown in Figure 6.

The mounting clamps mentioned above are generally attached to brackets or arms on the machine and one of these arms is generally movable so that the clamps can be positioned close or far away from each other. It is this movement that allows the machine to firmly hold almost any size racket. These mounting arms are also shown in Figure 6. Aside from familiarizing you with the mounting apparatus on the machine, the main point of this section is to illustrate the various configurations of mounting for the various types of rackets seen today. Although it is evident that a squash racket and a tennis racket will require different adjustments of the mounting apparatus on the stringing machine, it may not be so evident that two tennis rackets, of almost identical size, might also require totally different mounting configurations. For example, although the standard wood rackets and the AMF Head Competition racket are the same length and head size, the AMF Head racket has such a wide throat that it cannot be mounted normally on some stringing machines. By "normally" I mean with the mounting clamps positioned at the centers of the tip and throat of the racket. In order to get a good symmetrical mounting on the

AMF Head racket the throat clamp must be placed halfway down to the handle, on the throat, instead of being placed in the head of the racket.

In Figure 7 several of the racket types shown earlier in Figure 5, are presented with appropriate places for the mounting of these rackets. In general, one clamp is always placed at the tip of the racket and there is often more than one place to clamp the throat of the racket. If more than one place is shown for any racket then it is left to your choosing to find the best place for mounting taking into account the specific shapes of the mounting clamps on your machine. Remember, where any "off the head" mounting is used it is advisable to use any restraining devices provided with the machine to prevent head deformation.

STEPWISE MOUNTING PROCEDURE

1. Make sure that both clamps and movable arm are loose and adjustable so that new racket can be accommodated.

1a. If it is necessary to use any special adapters to hold the racket, such as restraining devices to prevent head deformation, insert these devices now.

2. Position the movable arm so that the two clamps are in approximately the correct positions to receive the racket.

3. Place the racket into the clamps making sure that the clamps lie along the center-line of the racket at the tip and throat of the racket.

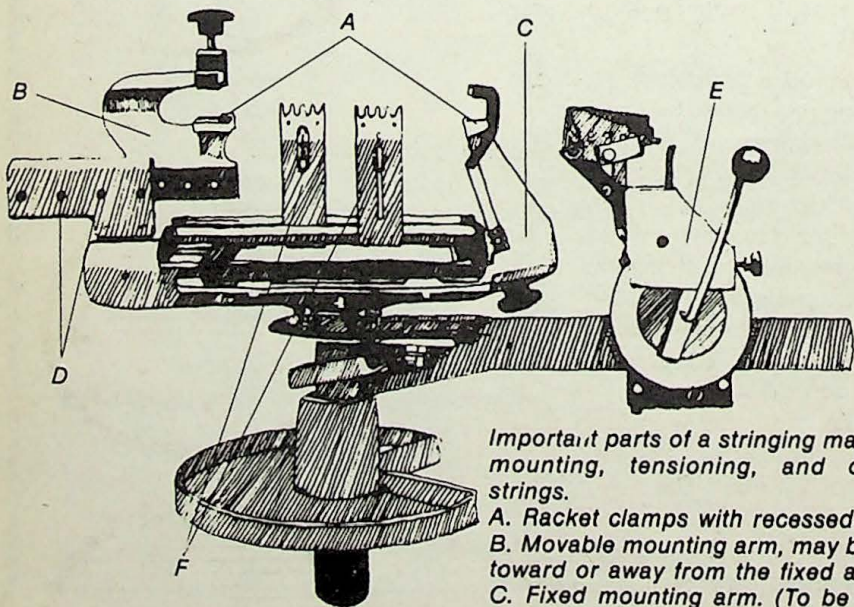
4. Adjust the clamps and movable arms so that the recessed edges of the clamps fit snugly against the mounting surface of the racket. When the clamps are positioned correctly, tighten the two clamps to the racket.

5. The movable arm of the machine will still be free to slide. Slide this arm slightly away from the fixed arm of the machine so that you are slightly elongating the head of the racket. (However, don't actually use enough force to elongate the racket.) While lightly pushing this arm with one hand, use your hand to tighten the arm to the machine.

6. If the racket seems secure, begin to string the vertical strings.

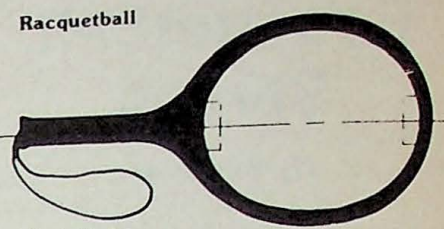
Tennis

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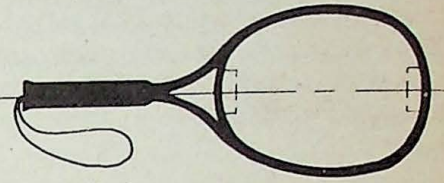


Important parts of a stringing machine for mounting, tensioning, and clamping strings.

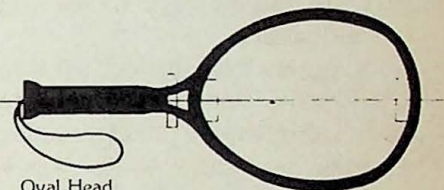
- A. Racket clamps with recessed edges.
- B. Movable mounting arm, may be moved toward or away from the fixed arm.
- C. Fixed mounting arm. (To be used for mounting tip of racket.)
- D. Securing screws for movable mounting arm.
- E. Tensioning device for putting tension into strings.
- F. String clamps for holding strings after tensioning.



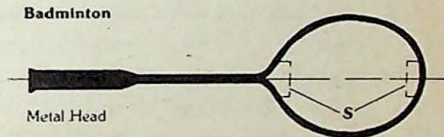
Wood Model



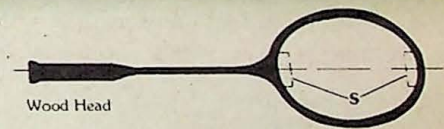
Square Head



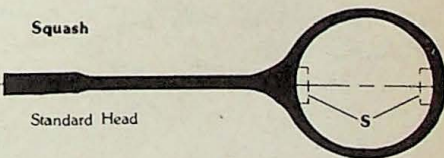
Oval Head



Metal Head

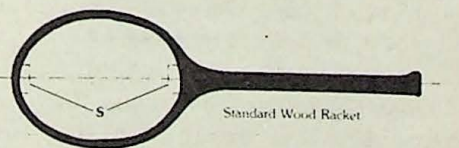


Wood Head

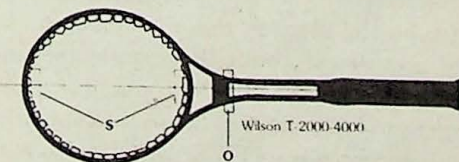


Standard Head

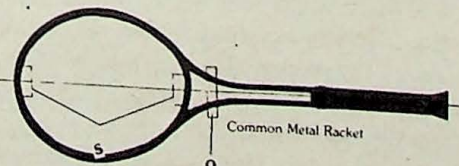
(Figure 7) Suggested and Optional areas for placing mounting clamps on rackets. (S) Suggested mounting plate. (O) Optional mounting plate.



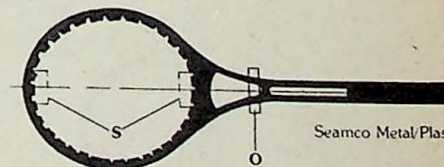
Standard Wood Racket



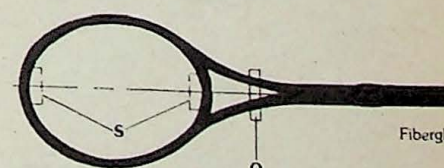
Wilson T-2000-4000



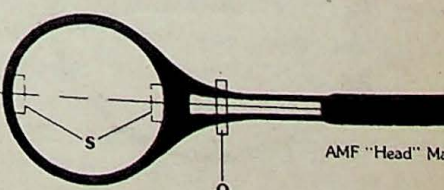
Common Metal Racket



Seamco Metal/Plastic



Fiberglass



AMF "Head" Master

(Figure 7) Examples are Chemold, Spalding, Tensor, AMF Head, Yonex, Etc.

STRINGING THE RACKET

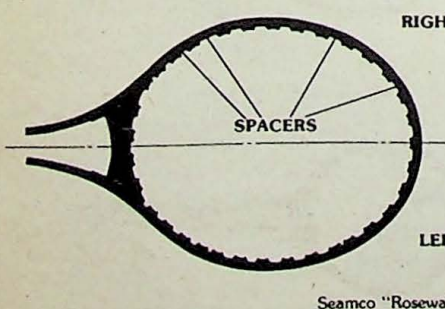
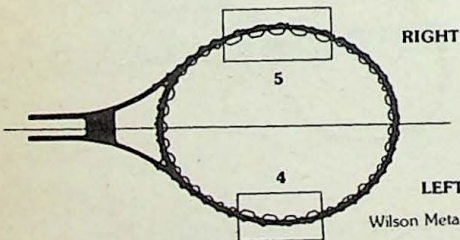
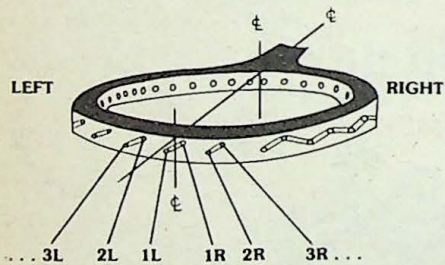
The mechanics of stringing a racket, such as applying tension, weaving, and clamping are quite easy. Surprisingly enough, the complexities of figuring out the string pattern are also quite easy. The reason for this is that there are only about four basic string patterns that basically cover over ninety-nine percent of all existing rackets. Recognizing these four basic patterns will greatly reduce the need to memorize a specific pattern for each racket. In addition, there are two more fundamentals that will greatly aid your initial approach to stringing. These are:

1. Very few rackets have identical string patterns for the total racket. The overall patterns are usually very similar but there is often a minor variation in one or two strings or holes. These variations are usually easy to see and cause no difficulties.

2. Most rackets have distinct RIGHT and LEFT sides. Once you learn to recognize these sides, the job of stringing is straight-forward because you know what to expect from each side of the racket.

The following section will try to present what I consider the four basic string patterns used today. In addition, some of the minor variations that exist in many rackets will also be mentioned. Once you are familiar with the basic patterns and also feel comfortable with the variations that might occur, you

(Figure 8) RIGHT and LEFT sides for critical rackets. Wood Rackets (Tennis, Squash, Badminton, Racquetball). Note: Holes are numbered outward to right and left from center line of racket.



should be able to string any type of racket that enters your shop.

DETERMINING RIGHT AND LEFT SIDE

This section should possibly have been included with the section on "mounting the racket" because many stringers determine right/left before mounting the racket. However, after you have done enough rackets you might not find it necessary to determine right from left until the racket is mounted on the machine. For the purpose of this book, I will later describe string patterns and refer to diagrams which clearly show the right and left sides of the rackets. In order to visualize and understand the string patterns to be presented, I suggest that you follow the right/left conventions described below.

Wood Rackets. On the standard wood racket the key to recognizing right and left is the string grooves to either side of the outside tip of the racket. If you look at the tip of the racket, sighting down the center-line of the racket toward the handle, you will see several slanted grooves, with two holes in each groove on both sides of the racket. To one side of center, all of the holes are slanted in one direction. This side should be positioned so that it is on your left side and is thus called the LEFT side of the racket. The other side of the racket has a series of holes connected by a long zigzag groove, starting at about the fourth or fifth hole to the right side of center. This is now on your right and is called the RIGHT side of the racket. See Figure 8.

Wilson T-2000-4000. On metal rackets there are no string grooves as in wood. On the Wilson metal rackets the key to right and left is in the metal loops on the sides of the racket. When the racket is viewed similarly to the wood racket described above, the side with four long loops (or crowns) is to be called the LEFT side. (The RIGHT side has five long loops. See Figure 8.)

Seamco "Rosewall." This racket is unique in design. The frame is aluminum and the strings are held by plastic channel like string supports which fit into a lot in the aluminum. When viewed from head to handle the RIGHT side of the racket is located by recognizing four braces between the string supports. The position of these braces is indicated in Figure 8. It follows that the LEFT side of the racket is the side without braces.

Other Metal and Fiberglass Rackets. Although this group contains the majority of the non-wood rackets that are on the market, there is no reason to be concerned about the various designs and shapes of all these rackets. The reason is the most of these rackets have no specific RIGHT and LEFT sides and thus there is no real worry about being caught in the wrong place on the wrong side of the racket. On these rackets the string holes are usually mounted centrally in the frame and there are no grooves to synchronize. The rackets can almost be done by free pattern where you first put in the verticals and then put in the horizontals, starting and ending on whichever side you choose.

STRINGING PATTERNS

The four basic types of string patterns are as follows:

1. Standard wood racket. 16 1/2 ft. Vert./16 1/2 ft. Horiz.
2. Standard wood racket. (22 ft. Vert./11 ft. Horiz.)
3. Metal or Fiberglass with string holes, non-grooved.
4. Metal and/or Fiberglass, no string holes.

Although there are four types of string patterns, the average stringer will not see all of these in equal proportions. Making an educated guess at the numbers of rackets of each type that exist in the playing world today, I would estimate that over 80% of the stringing done is on the standard wood racket using equal lengths of string for the Vertical and Horizontal strings, (Type 1, above). Possibly another five percent is done using method 2, (above) but this is primarily because of preference. Type 3 is about 10-12 percent of the stringing, which is actually a fairly significant amount of stringing. However, this type of stringing is of no concern because this is possibly the easiest type of stringing. Type 4 accounts for roughly 3-5 percent of most stringer's business, however, it is usually the most difficult percentage because this type includes the Wilson Metal, Seamco, and Willys metal rackets. Although these rackets are not really "difficult", they are "different". I should mention that the percentages mentioned above vary depending on areas and clubs. Using tennis as an example, a stringer at a wealthy club in Chicago will see more metal and fiberglass rackets than would a stringer in a sporting goods shop on Main Street in a small Midwest town.

STRINGING STANDARD WOOD RACKETS

(16 1/2 ft. Vert./16 1/2 ft. Horiz.) As mentioned above, this is easily the most common type of stringing done for tennis rackets.

This method is essentially duplicated when stringing squash, badminton, and racquetball rackets. So, when you have mastered this method you have taken the biggest of the steps in stringing. The basic principle is that you take the length of string required to string the whole racket (i.e. tennis = 33', Squash = 28' etc.), and divide the string into two equal length pieces. Then use one length to string the vertical strings, also called the main-strings, and one length to string the horizontal strings, also called the cross-strings. Note: The 16 1/2/16 1/2 method is so named out of convenience because tennis string sets usually come in 33 foot lengths. However, as you will find out, most rackets can be strung using 16 feet for the mains, and 15 feet for the cross strings. Rather than come up short on a racket, it is advisable to start with 16 1/2 feet on each length and as you become more experienced, you will learn where string can be saved.

STEPWISE STRINGING PROCEDURE

1. Determine the right and left sides of the racket as shown in Figure 8 (Although the right and left sides are not crucial to this method of stringing, having the racket aligned properly will be an aid in following the description of the stringing pattern.)

2. Mount the racket as described in section on "mounting" and as shown in Figure 7. Make sure that the racket is mounted with right and left sides oriented as in Figure 8.

3. Locate the center holes at the tip and throat of the racket. At the tip of the racket these holes are connected by a groove and there is usually some form of decal or marking to indicate the center area of the head.

4. Insert both center vertical strings into the tip of the racket. Take the length of string intended for the vertical strings and grasp both ends between thumb and forefinger and insert each end into one of the holes in the center groove. Pull both ends through the head and insert each end into the corresponding center holes in the throat of the racket. The strings should come out the last holes down the throat of the racket. Keep both ends of the string together and pull the string through the racket until the mid-

Continued on page 15

(Figure 9) For all Figures: (T) = apply. Tension (C) = clamp.

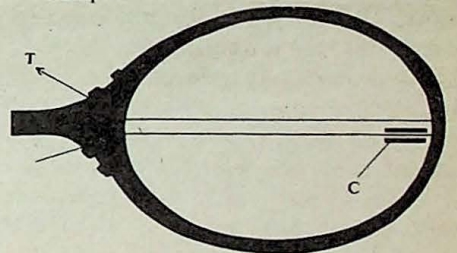


Figure 10

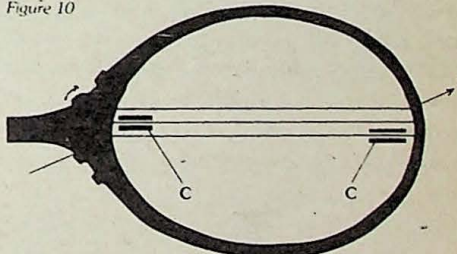


Figure 11

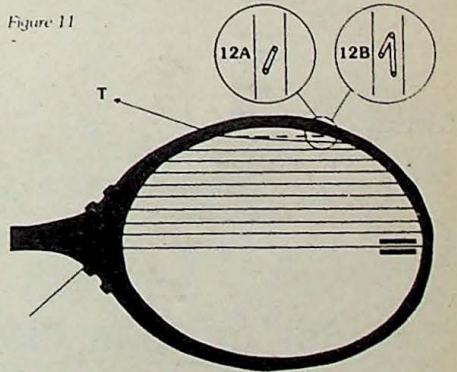
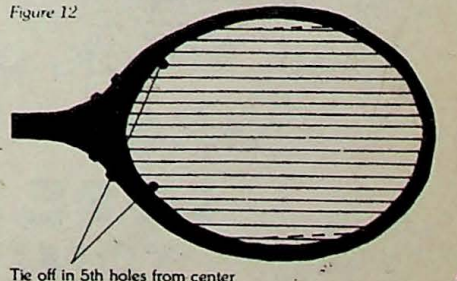


Figure 12



Tie off in 5th holes from center

WOULD YOU PAY LESS THAN \$1.00 A DAY TO BE AS SLIM AS YOU USED TO BE?



Results can be achieved without skipping a meal. You will receive the full SLIM AGAIN PROGRAM. A complete natural and easy to follow weight loss program.

You will receive: 1 Full months supply of Slim Again

- * 1 Full months supply of essential vitamins.
- * 1 Complete recipe guide

MOST OF ALL RESULTS!



1 Full months supply for only \$26.95 plus postage and handling.

CASH, CHECK, OR MONEY ORDER

**SEND TODAY —
LOSE WEIGHT
TOMORROW**

I would like _____ full monthly SLIM AGAIN supply. I have enclosed \$26.95 + \$1.00 postage and handling for each order. ALLOW 2 WEEKS FOR DELIVERY.

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____

**SLIM AGAIN
P.O. Box 19069
Irvine, Ca. 92713**



The Health Department's "Ten Most Wanted List"

Jerry Northwood

For those of you who are paying attention, last month's issue of the "Racqueteer" dealt with the first five most asked questions. This issue will deal with the remaining five.

If any further explanation is needed concerning these ten questions, or if you have additional questions, be sure to send them in and I'll share them with the other readers.

6. IS THERE ANY SOLUTION FOR CRAMPING?

(See article entitled "Tournament Nutrition", January 1978)

In brief, there are two primary considerations for eliminating cramping:

1. Get your body in condition to play racquetball;

2. Get your body in correct metabolic balance with the proper use of the six basic nutrients.

A body that is in condition and has a balance of vitamins, minerals, protein, fats, carbohydrates and pure water will not cramp up. If you are not taking in as good a food as you should, there are a couple of products on the market that have been tried and proven that don't have detrimental side effects. Both come from Mission Laboratories; Slo Salt plus K and Cal-Cet. Taken properly, and all other things being equal, you can forget about cramping. It's such an unnecessary waste to see someone pull out of a tournament in the later rounds due to cramping.

7. WHAT'S THE PROPER PROCEDURE FOR RECUPERATING FROM ATHLETIC INJURY?

(See article entitled "Rehabilitating from Athletic Injury", September 1977)

Primary points for consideration are:

1. **Recognition of the Injury** - The most difficult task for the competitive athlete is to admit he has an injury disabling enough to do something about it other than to rub a little dirt on it, or tape an aspirin to the sore spot and keep right on swinging. It may be "Macho" to play with pain, but in the long run, the degree of injury usually increases, causing even greater layoff from competition.

2. **Analyze the Degree of Injury** - If you have a bone sticking out of your ankle, there is little problem realizing you need professional assistance. However, less obvious injuries sometime go unattended. Once you give into the fact that you need help, select the correct professional. School trainers are excellent for early diagnosis and they can recommend a doctor who handles athletic injuries. In other words, you

wouldn't take your Ferrari or Maserati to other than a specialist in that field, neither should you take your athletic injury to someone not qualified in that particular area. Not just any doctor will do!

3. **Mentally Staying with the Program** - Patience is the key word. You must take the necessary time to stay with the program suggested long enough to completely rehabilitate. Many days or weeks can be wasted if your return to the court too soon, physically. You could reinjure, or just as possible, take on a new injury due to lack of conditioning.

4. **Nutrition is Important** - After having suffered a traumatic shock, the optimum nutritional pattern is a must to correctly rebuild and repair the damaged cells.

5. **Are You Ready for Competition?** - Due to the number of days absence from the sport, regardless of your condition prior to the injury, your body is no longer in condition to play the sport. Get your entire body, not just the injured area, back into shape prior to getting back on the court.

Finally give some thought as to why you became injured in the first place to prevent a reinjury.

8. WHAT TYPE OF NUTRITIONAL PATTERN SHOULD BE FOLLOWED DURING A TOURNAMENT?

(See article "Tournament Nutrition - Before-During-After", January 1978)

Consideration for the correct nutrition to sustain you through the long tournaments of today has to start prior to the tournament. It is recommended that you start carbohydrate loading at least three days prior to competition. For a group listing of the correct type of carbohydrate foods, refer to the suggested article.

The primary consideration is understanding the difference between useable carbohydrates, such as from fresh fruits, and dead, devitalized, detrimental carbohydrates from such popular sources as sugar, flour and starch products. Remember not to eat just carbohydrate-type foods; include fats and protein, but not the degree of carbohydrates. Liquids should be a natural, energy-producing nature, as well as pure (not tap) water. You'll find it helpful to increase your intake of Vitamins "B" and "E"-type foods and food supplements prior to the tournament to assist in increasing energy and endurance level.

During the tournament - Unless you plan on getting put out in the first round, your primary interest during the tournament will still be high carbohydrate foods, such as fresh juice & fruit, raisins, dates, etc. Even three days of carbohydrate loading won't last you through the tournament. If you don't have those type foods available, you're far better off not to eat anything at all. Since protein foods take much longer to digest (some up to four hours) and don't supply any appreciable amount of energy, it doesn't make any sense to have

a big roast beef sandwich.

After the tournament - After a grueling tournament, particularly if you make it all the way to the finals, the poor bod is in desperate need of recuperation. Many cells in the body have been destroyed, and with new ones in the making, it's very important to resupply the body with as well-rounded a nutritional pattern as possible, with slight emphasis on protein-type foods.

During the rebuilding phase is not the time to see how much junk you can eat or drink to celebrate. By consuming quality food, you'll notice that the body will recuperate to "normal" much quicker. Three or four days after the tournament you can go back to your normal "rotten" pattern.

9. WHAT TYPE OF DIET WOULD YOU RECOMMEND FOR THE PLAYER WHO WANTS TO LOSE WEIGHT?

(See articles "Is Your Problem Too Many Pounds to Move Around", January 1977, and for more extensive food list, "A Safe Approach to Weight Reduction", February 1978).

The primary points to consider to successfully accomplish your weight reduction objective are:

1. **Be Mentally Ready for the Program** - There are hundreds of different type "diets" that could prove successful. None of them will work, however, until the individual is ready to mentally dedicate themselves to the task at hand.

2. **Take the Safe Approach** - Keep in mind that, although the primary objective is to lose weight, you don't want to sacrifice your health for it. There are many so called "quick weight loss diets" on the market which are very poorly balanced. This imbalance, such as an extremely high protein diet (all meat), and trying to totally leave out fats and carbohydrates, can lead to serious problems. The name of the game is to choose foods that provide a balance of the basic six nutrients the body needs for good health. The nutrients are protein, fats, carbohydrates, vitamins, minerals and pure water. Then, it's just a matter of determining the correct amount of foods needed to provide the nutrients,

but allow the body to continue to draw on the stored carbohydrates (fat).

3. **Physical Activity is a MUST** - Once you get the correct proportions, then you can rapidly increase the weight loss by increasing the energy expenditure. Racquetball or jogging is obviously a great way to expend energy.

4. **Establish a NEW Eating Pattern** - After you get your weight where you would like it, consider the foods or liquids you gave up that put you in that overweight condition. You can still take them in moderation, but if you drop back into your old pattern, you'll drop back into your old body. Keep close check on your weight! A couple of pounds up or down is normal, but don't let it get past five pounds. Get back with the program!

10. HOW ABOUT A NUTRITIONAL PATTERN FOR THOSE PEOPLE WHO NEED TO GAIN WEIGHT?

(See article "How to Gain Weight and Stay Healthy", March 1977)

Working on the premise that not everyone is "fat city", there are also several weight gaining diets on the market. Actually, it's much more difficult for the individual who needs to gain weight than for the overweight to lose. It's difficult for the person who needs to lose weight to understand this - it should be easier to eat than to keep from eating. There is a little more to it than that, however. Once again, as with losing weight, the individual should consider the total objective of gaining weight safely, by balancing the nutritional pattern. Many athletes, trying to develop strong bodies, run into the problem of taking in too much protein and not enough of the other five basic nutrients.

Six small meals a day are superior to three large ones. The body will only assimilate so much protein and other nutrients at any one time, so there isn't much point in seeing how much you can eat. Larger quantities of food also inhibit digestion and assimilation. The saying really should be "You are what you assimilate!" instead of "You are what you eat!". Eliminate all junk food from your diet during the weight gaining

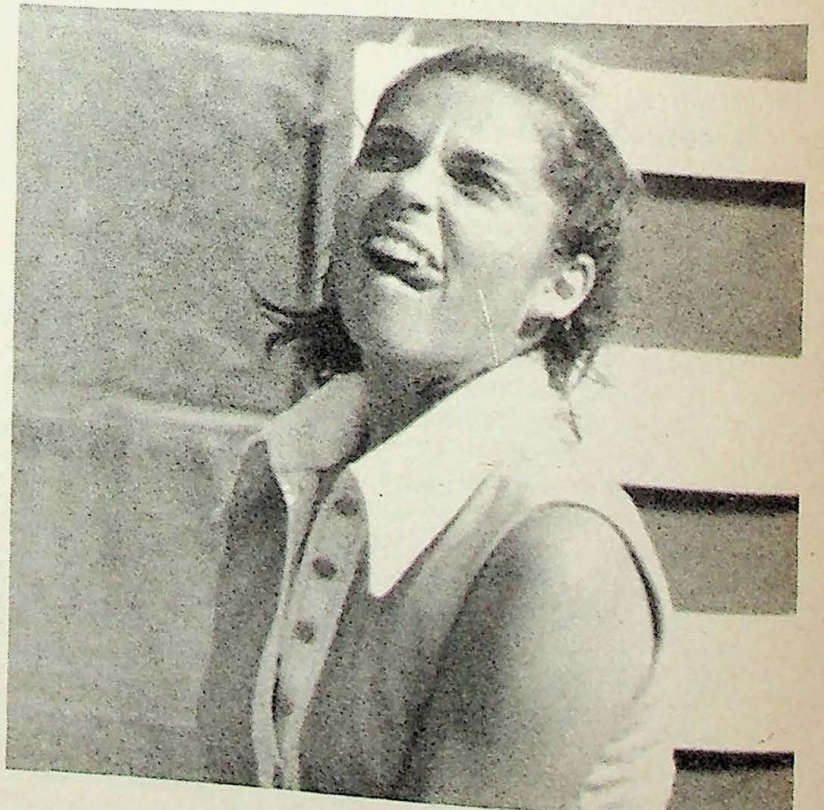
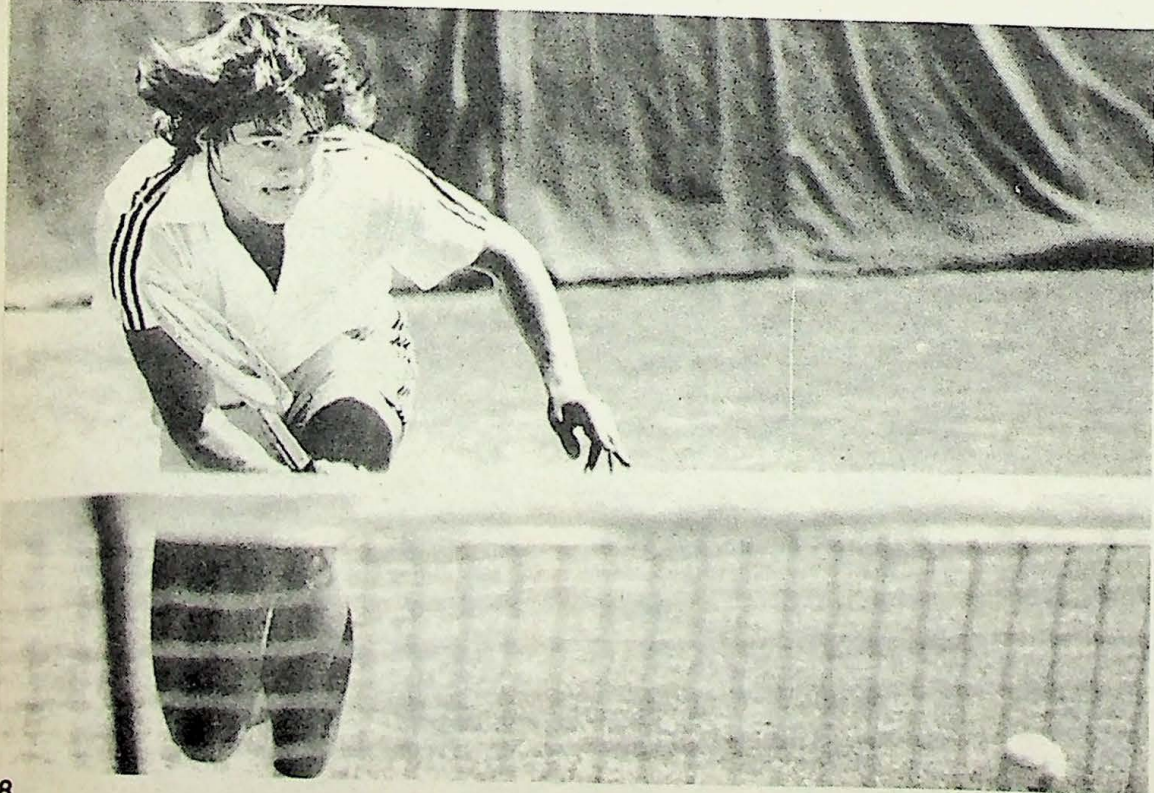
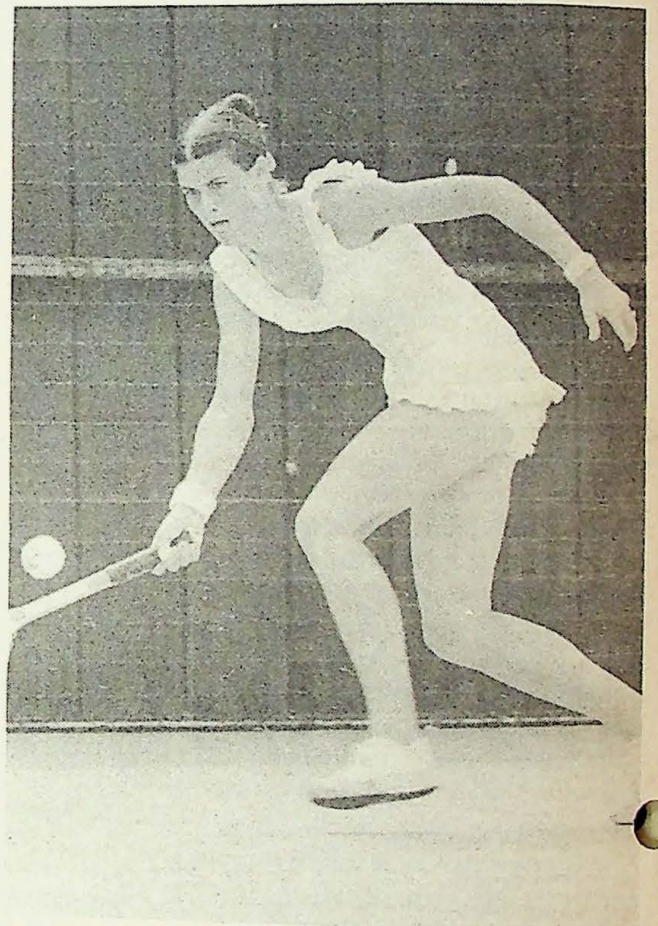
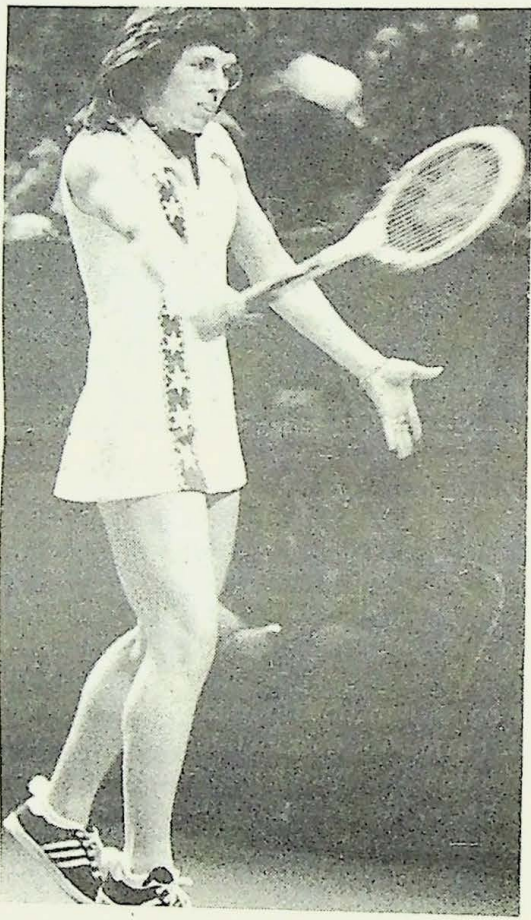
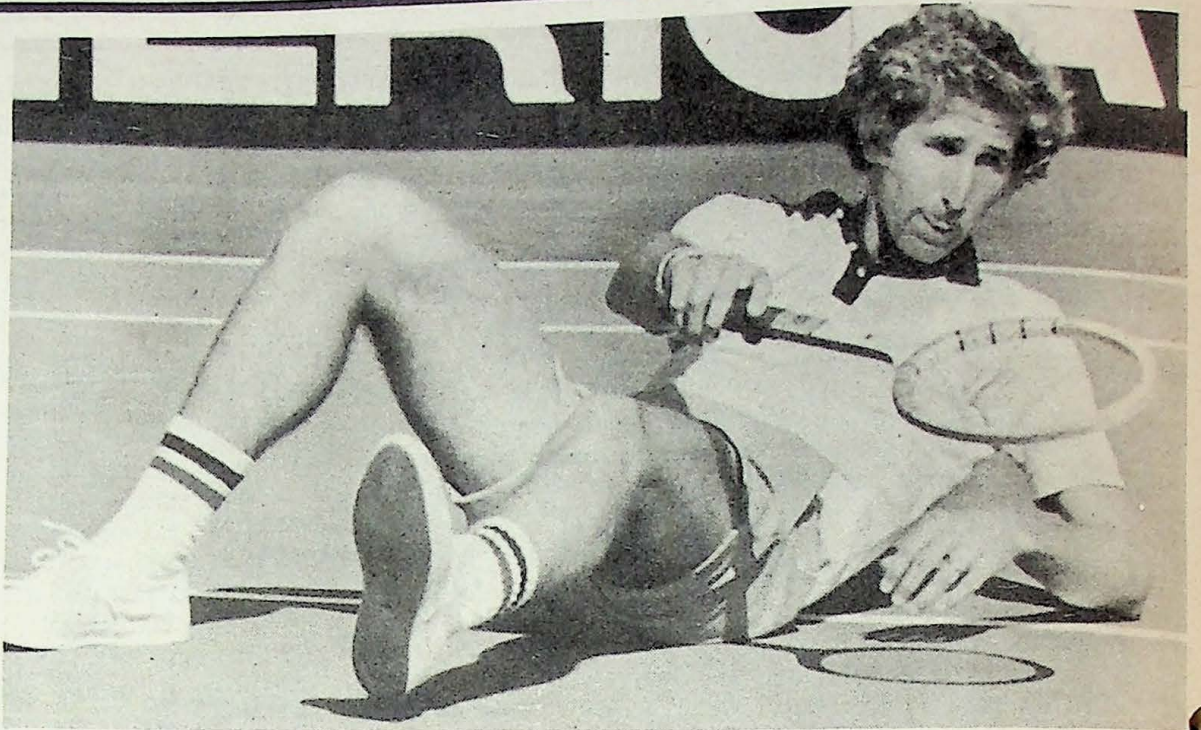
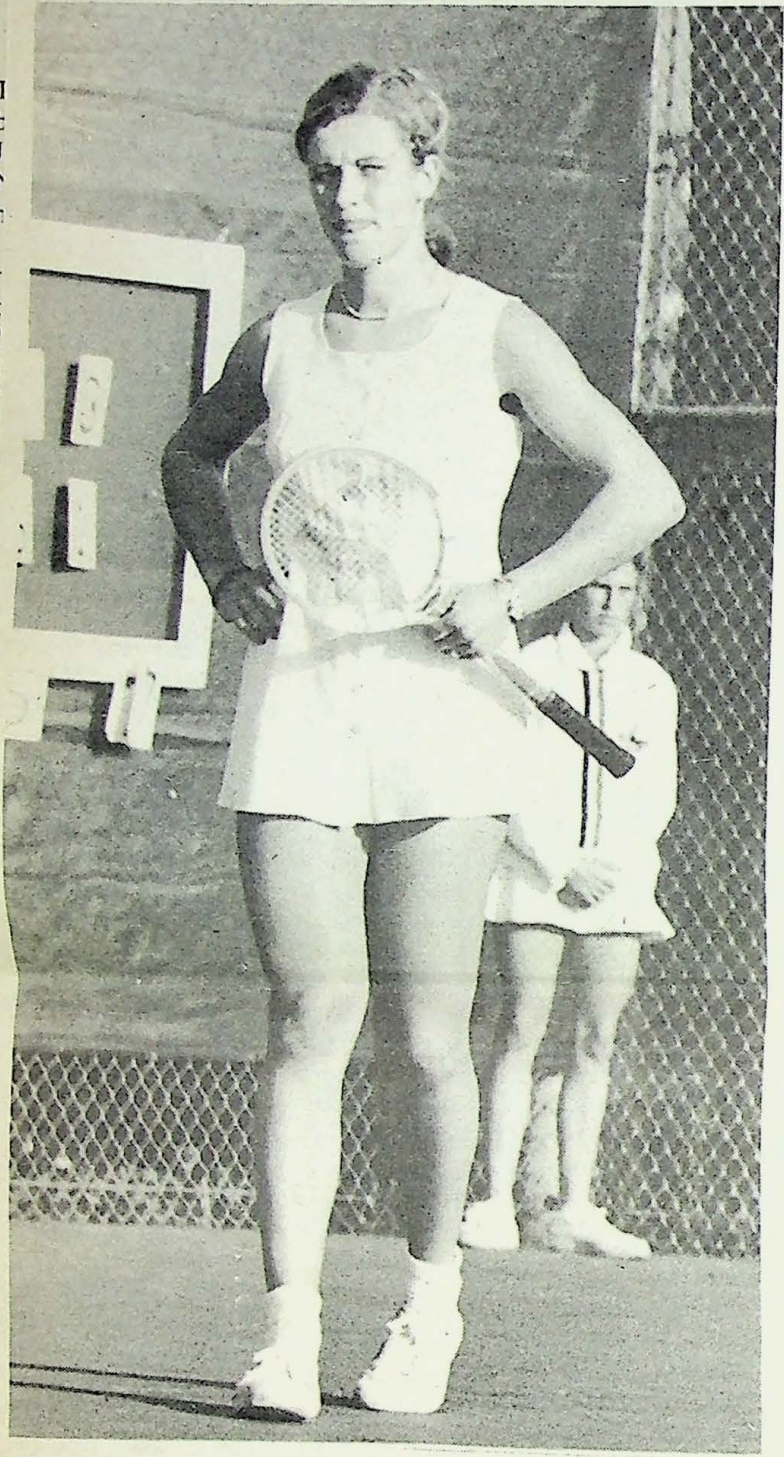
Continued on page 20



Jerry Northwood on his nutrition "hot line."



Tongue in Cheek





Short Shots



Colgate Grand Prix

In the first European tournament on the 1978 Colgate Grand Prix Bjorn Borg defeated Vitas Gerulaitis in a surprisingly easy final 6-3, 6-3. Borg's victory, his seventh straight against Gerulaitis and his second 1978 Grand Prix win, was worth \$30,000.

The doubles were won by Jose Higuera and Victor Pecci over Wojtek Fibak and Raul Ramirez, 5-7, 7-6, 7-6.

At the same time Brain Gottfried was winning his second straight Grand Prix tournament by defeating Eddie Dibbs 2-6, 6-4, 7-6 at the Dayton Ohio Pro Classic.

Gottfried also won the doubles by teaming with Geoff Masters to defeat Butch Walts and Hank Pfister 6-3, 6-4.

* * * * *

By holding off Raul Ramirez 7-5, 7-5 in the final of the MBN World Tennis Tournament in Rotterdam, Jimmy Connors remained the only undefeated player in 1978 Grand Prix competition. Connors has now won four titles and leads the Grand Prix points scale.

In the doubles finals Freddie McNair teamed with Ramirez to defeat Stan Smith and Bob Lutz 6-2, 6-3.

During the same week, Cliff Richey defeated Colin Dowdeswell in the final of the Peugeot Open in Johannesburg. Dowdeswell had defeated Guillermo Vilas in the semifinals.

* * * * *

Raul Ramirez notched a straight three set victory over top newcomer Tomaz Smid 6-3, 6-3, 6-4 in the final of the Monte Carlo Grand Prix tournament. Smid broke into the top twenty on the Colgate Grand Prix point standings by jumping from 30th to 15th.

Monte Carlo seemed to be Smids tournament as he won the doubles crown with another top flight youngster Peter Fleming. They teamed to defeat Jaime Fillol and Ilie Nastase 6-4, 7-5.

While in Guadalajara young Gene Mayer also found himself in two finals. Mayer scored his first career Colgate singles win by defeating John Newcombe 6-3, 6-4. Mayer lost to brother Sandy in the doubles final 4-6, 7-6, 6-3. Sandy teamed with Sherwood Stewart and Gene had played with Sashi Menon.

* * * * *

The last week of April saw Arthur Ashe prove he is serious about his professional tennis comeback as he downed Bernie Mitton in a three set final at the \$50,000 Smythe Tennis Grand Prix in San Jose, Ca.

ABN WORLD TENNIS TOURNAMENT

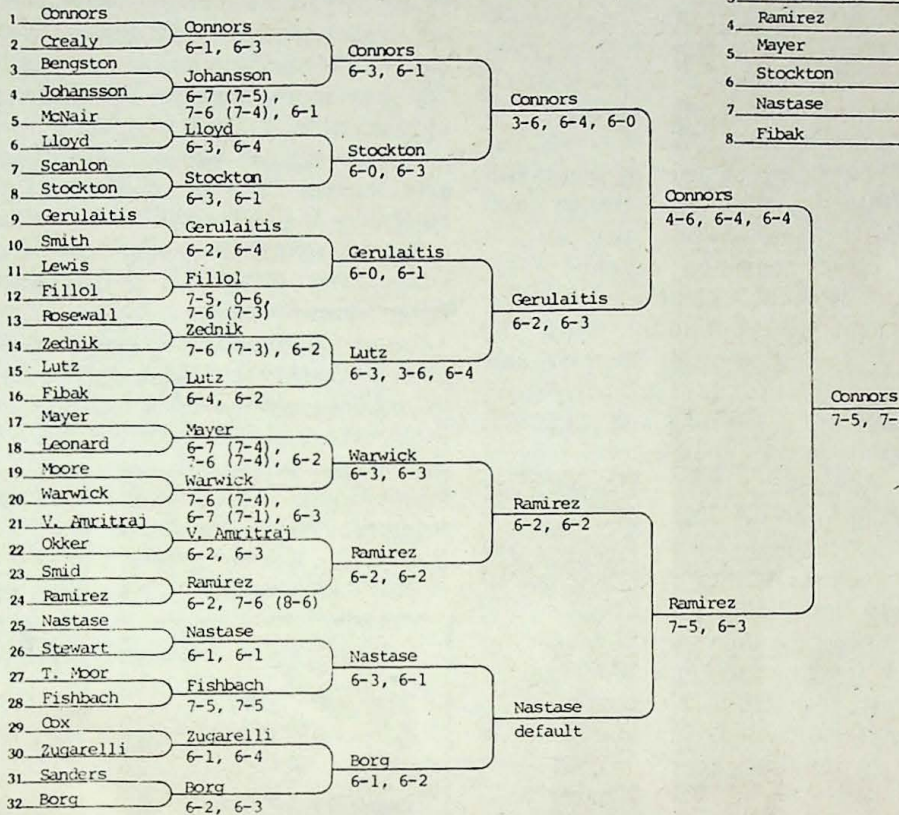
ABN WERELDTENNIS TOERNOOI 1978

Rotterdam, Netherlands April 3-9, 1978

SINGLES SEEDS

1. Connors
2. Borg
3. Gerulaitis
4. Ramirez
5. Mayer
6. Stockton
7. Nastase
8. Fibak

TOTAL PRIZE MONEY: \$175,000



The end of April also saw Brian Gottfried win his third Grand Prix title as he defeated Ilie Nastase 3-6, 6-2, 6-1 in the finals of the River Oaks/Houston National Bank Tennis Tournament.

Brothers Sandy and Gene Mayer won the San Jose doubles by defeating Hank Pfister and Brad Rowe 6-3, 6-4 in the finals.

* * * * *

At the end of the year the top 50 singles and top 35 doubles players in the Colgate points standings will divide a bonus pool of over \$2,000,000. The top eight singles players and the top four doubles teams will qualify for the Colgate Grand Prix Masters at Madison Square Gardens in January.

The current Grand Prix Standings are as follows:

Singles

1. Jimmy Connors (US)
2. Raul Ramirez (MEX)
3. Brian Gottfried (US)
4. Vitas Gerulaitis (US)
5. Roscoe Tanner (US)
6. Bjorn Borg (SWD)
7. Eddie Dibbs (US)
8. Sandy Mayer (US)

Doubles

1. Frew McMillan (S.A.)
2. Bob Hewitt (S.A.)
3. Raul Ramirez (MEX)
4. Freddie McNair (US)
5. Sandy Mayer (US)
6. Bob Lutz (US)
7. Stan Smith (US)
8. Brian Gottfried (US)



The draw for the WCT Dallas Finals:
Borg - Finished second overall season
Stockton - Finished Ninth overall season
Ramirez - Finished Fourth overall season

Gerulaitis - Finished First overall season
Dibbs - Finished Third overall season
Nastase - Finished Fifth overall season
Barazzutti - Finished Tenth overall season
Gottfried - Finished tied for Seventh

Because of other commitments of Sandy Mayer (6) and Jimmy Connors (T-7) they will not be able to play in the WCT Final, so Stockton and Barazzutti qualified.

* * * * *

The final tournament to qualify for the W.C.T. Dallas Finals was held on the clay at, Houstons River Oaks. Only four players had already qualified for Dallas they were: Vitas Gerulaitis, Bjorn Borg, Eddie Dibbs, and Raul Ramirez.

At the Houston tournament Gottfried and Nastase clinched their berths by reaching the quarters and then going on to the finals, so the real battle for the two

Different Strokes

"IN DOUBLES HIT CROSS-COURT"

In any type of doubles hitting a return of serve cross court you will be going for safer shots and more winners for your partner at the net.

By trying to drill the ball down the line you're taking a chance that the net person will volley away a quick winner, (even the scared Little Lady with an oversized racket can miss-hit a drop shot for a winner.)

Hitting with depth and a cross court angle will keep your opponent back on the base line and will allow you to hit over the lowest part of the net as well as into the largest uncovered area of the tennis court.

remaining spots were between, Wojtek Fibak, Peter Fleming, Zeljko Franulovic, John Newcombe and Ken Rosewall. Unfortunately for the others, Stocktons first round victory was enough to get him in as Gottfried and Nastase did the rest of the work by keeping the others out of the finals.

* * * * *



United States Tennis Association

Vitas Gerulaitis, will be a featured guest at the U.S.T.A. National Tennis Teachers Conference in New York, August 30, 31 and September 1.

The Conference, in its eight year, will have over 30 of the countries top tennis teachers on its staff. The meetings will run concurrently with the first days of the U.S. Open.

For more information, contact Eve Kraft, Director, 8th National Tennis Teachers' Conference, U.S.T.A. Education and Research Center, 729 Alexander Road, Princeton, New Jersey 08540.

* * * * *

Results of a recent survey conducted by the U.S.T.A. indicate continued growth in the number of tennis scholarships available in American colleges and Universities.

A fortuitous timing of the tennis boom with title IX legislation which prohibited sex discrimination in all educational institutions receiving federal aid is chiefly responsible for the rapid growth of women's college tennis and, in turn, tennis scholarships. This growth has led to over 1,100 full or partial tennis scholarships in 1978 for women in addition

Continued on page 10



Virginia Slims Snuffed By W.T.A.

By Bob Raedisch

The last week of April marked the end of an era, the era of singular and easy sponsorship for the Women's Tennis Association.

Stating a difference in philosophy the W.T.A. voted not to renew their contract with Virginia Slims, the company that has virtually carried women's professional tennis through thick and thin for eight years.

In 1970 the union between Phillip Morris, Tobacco Company's new "womens" cigarette and the infant Women's Tennis circuit was the work of Gladys Heldman and a few renegade women pros such as: Billy Jean King and Rosie Casals. That was the year that King and Casals led a boycott of the Pacific Southwest Tournament and the lower prize money offered to women by Jack Kramer.

Eight women pros including King, Casals, Judy Dalton, Peaches Bartkowicz, Val Ziegenfuss, Kerry Melville (Reid), Nancy Richey and Kristy Pigeon went to Heldman who was then editor of World Tennis Magazine. Heldman introduced Virginia Slims and women's pro tennis to each other and a trial relationship was formed. The company decided to sponsor two tournaments and see what happened.

The purses were \$7,500.00 per tournament for the eight women and the crowds averaged in the hundreds. Not an overwhelming success for the sponsor, but they stuck with the women and the following year Billie Jean King became the first woman athlete to earn more the \$100,000.00 in a single year.

This year the Virginia Slims lasted well over a quarter of the year and offered \$1.25 million in prize money. Each of the eleven tournaments offered \$100,000. and the tour finished with a season championship for \$250,000. In 1977 Chris Evert pulled in over \$174,-

000. on the Virginia Slims tour while her over all earnings reached over \$500,000.

The one sponsor circuit offered the women much more than security, the W.T.A. had set an amount of prize money at each stop, they knew the circuit, they knew the conditions, they had one major sponsor that helped them promote and sell their product and most importantly they had a viable circuit. Of established tournaments leading up to one championship. Men's tennis has been played and factored by outlandish challenge matches and selected, and picked, "championships" that saw a new world champion crowned every time some sponsor could come up with the right dollar amount. Now the W.T.A.'s rejection of the Slims has sent individual tournament directors scrambling for sponsors and result will probably lead to tournaments ranging from \$20,000 to \$200,000 events all claiming to be the "greatest".

In an attempt to hold on to the women's circuit, that they had helped found, the Phillip Morris Company offered to raise each tournament's purse by \$20,000 to a total of \$120,000 and to increase the season championship to \$400,000 a total of \$1.7 million would be spent by the Slims people in 1979.

In their vote the W.T.A. said, "no" they wanted two special tournaments during the fifth and ninth weeks of the tour. Worth \$200,000 and 64 draw, doubling the usual amount of entries.

With eight years of steady income, the women have probably not heard that tennis sponsorship money is drying up faster than rain in Death Valley. Or perhaps the women know something we don't know about a multi-million dollar company just begging to sponsor the circuit. For the sake of women's tennis and the credibility of all their future sponsors I hope the later is true. But, right now instead of Chris winning a Silver Ginny at the end of 1979 I can see her with a shopping cart of engraved silver detergent bottles, powder puffs and perfume atomizers.

SHORT SHOTS

Continued from page 9

tion to nearly 1,400 that are available to men. N.C.A.A. rules allow for five full scholarships per school for men. Women's tennis teams may have eight full scholarships under the guidelines of the ALAW. It is important to realize that these scholarships are being offered by many different kinds of schools, from junior colleges to private universities. The college bound tennis player, regardless of playing level can find the right size school and team now more than ever with the additional scholarships available.

Survey information has been compiled and published in the USTA College Tennis Guide. Nearly 1,500 schools are listed. The Guide is available at \$3.50 per copy postpaid from USTA Publications, 729 Alexander Road, Princeton, New Jersey 08540.

* * * * *

The U.S.T.A. has announced the

publication of the "1978 USTA Tennis Film List". The list of over 100 films is available for \$2.50 (includes postage) to: USTA Publications, 729 Alexander Road, Princeton, New Jersey 08540.

* * * * *

The first National Tennis Teachers Conference held in Mexico City was sponsored by the Mexican Tennis Foundation and in cooperation with the Professional Tennis Registry of the U.S. The Conference was moderated by Dennis Van Der Meer and was conducted March 24-25.

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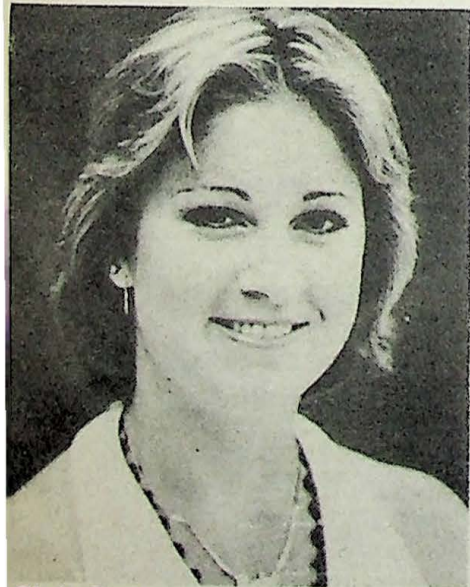
The 1978-79 U.S. Tennis Tournament Directory with over 2,000 tournaments listed is now available. Tournament can be listed free of charge in the U.S. Tennis Tournament Directory by contacting the publisher. Persons wishing to receive the directory service for 1978-79 should send: \$9.95 plus .55¢ postage and handling to the U.S. Tennis Survey, Inc. 1013 Cornwell Place, Ann Arbor, Michigan 48104.

TOURNAMENT SCHEDULE

May 29 - June 11	
French Championships Paris, France	\$300,000
June 12-18	
Davis Cup Quarter Finals European Zone	
John Player Tournament Birmingham, England	\$125,000
International Champ. of Belgium Brussels, Belgium	\$ 50,000
American Express Challengers Shreveport, Louisiana	\$ 25,000
June 19-25	
Rawlings International London, England	\$100,000
Bancroft Cup Berlin, Germany	\$ 50,000
American Express Challengers Raleigh, North Carolina	\$ 25,000
June 26 - July 9	
Lawn Tennis Championships Wimbledon, England	\$300,000
June 26 - July 3	
American Express Challengers Asheville, North Carolina	\$ 25,000
July 3-9	
American Express Challengers Raleigh, North Carolina	\$ 25,000

SATELLITE CIRCUIT

June 19 - August 6	
Missouri Valley Circuit	\$ 55,000
- July 3 - August 6	
Swiss Circuit	\$ 30,000
July 3 - August 6	
Spanish Circuit	\$ 35,000
July 17 - August 20	
French Circuit	\$ 56,000
July 17 August 20	
Italian Circuit	\$ 60,000



Chris Evert



Billie Jean King

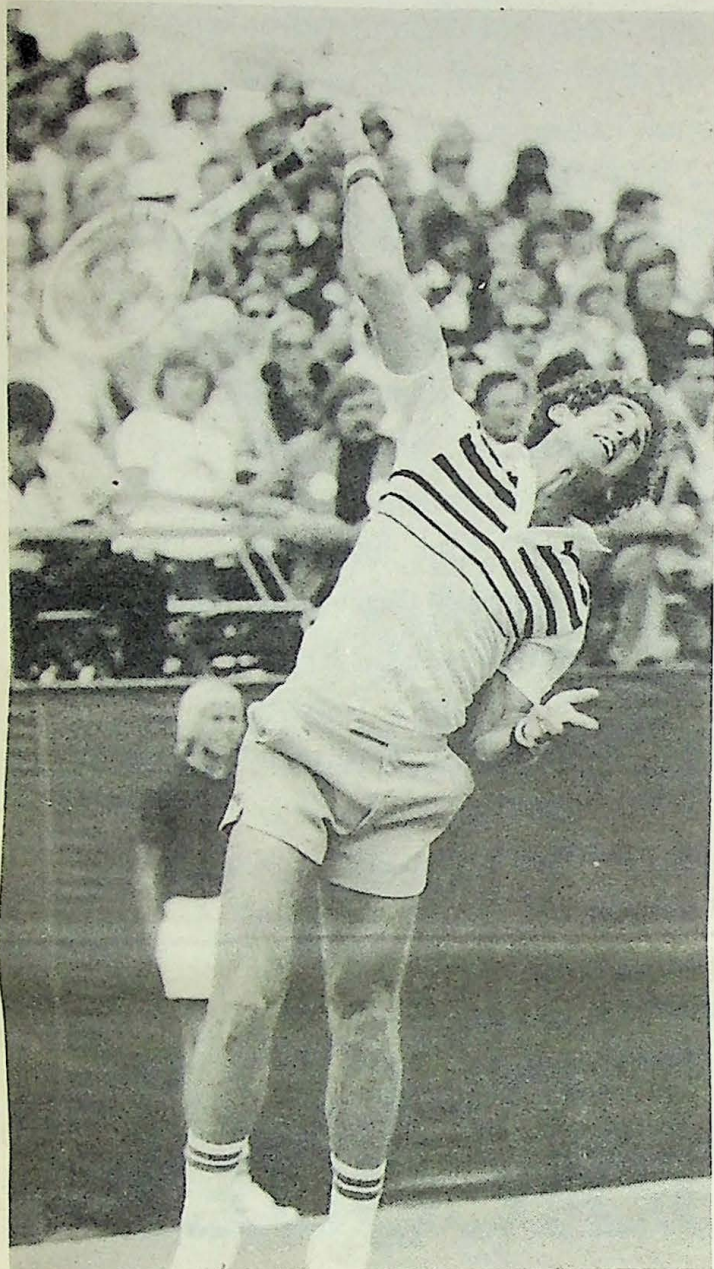
Will the sponsorship be there in 1979?



THE WINNERS



Ashe, Borg, Connors, Gottfried



Brian Gottfried



Bjorn Borg

Bjorn Borg defeated Vitas Gerulaitis for the second time within eight days and thus the Milan 175,000 Ramazzotti cup. Playing before the second largest indoor attendance in the world Borg went through the thirty-two man draw losing only one set. After losing the first set to unseeded Stan Smith 6-7 in the semifinals Borg came back to win the next two sets 6-0, 6-2 and then went on to the title with a 6-3, 6-3 drubbing of Gerulaitis.

*

Number one seed in the Dayton, Ohio Tennis Classic was Brian Gottfried and while living up to his seeding Gottfried had far from the easy time that Borg had in Milan. Gottfried was constantly being challenged from a 4-6, 7-6, 6-3 first round match with Pat DuPre to a 6-1, 3-6, 6-3 semifinal match with fifth seeded Arthur Ashe.

The finals for Gottfried proved no easier as he had to recover from a 2-6 first set loss at the hands of Eddie Dibbs and then survive a tie breaker in the third set to take the singles draw.

The doubles title also was to go to Gottfried as he teamed with Geoff Masters of Australia to defeat unseeded Butch Walts and Hank Pfister 6-3, 6-4 in the finals.

*

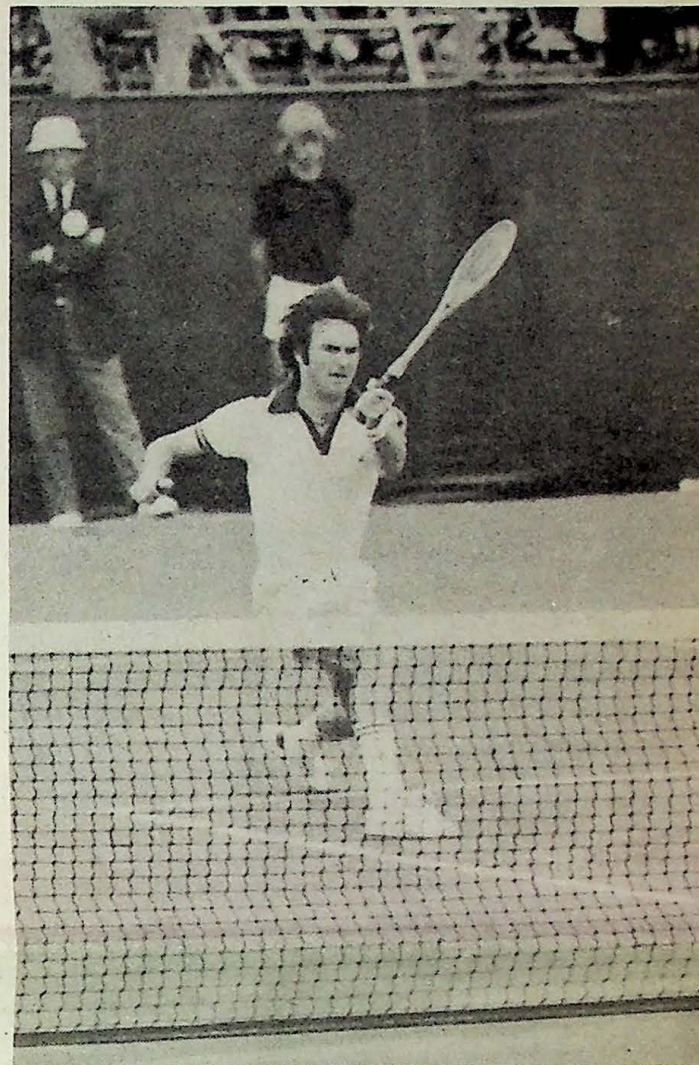
A few weeks later Gottfried showed up in Houston, Texas to again play Pat DuPre in the first round and again the two went the full three set limit 4-6, 6-1, 6-2. After his rematch with DuPre, Gottfried found the going much easier to the finals where Ilie Nastase waited. Using a triple strung racquet Nastase took the first set 3-6, but the young American soon got use to the crazy spins and bounces and took the next two sets and the tournament 6-2, 6-1.

*

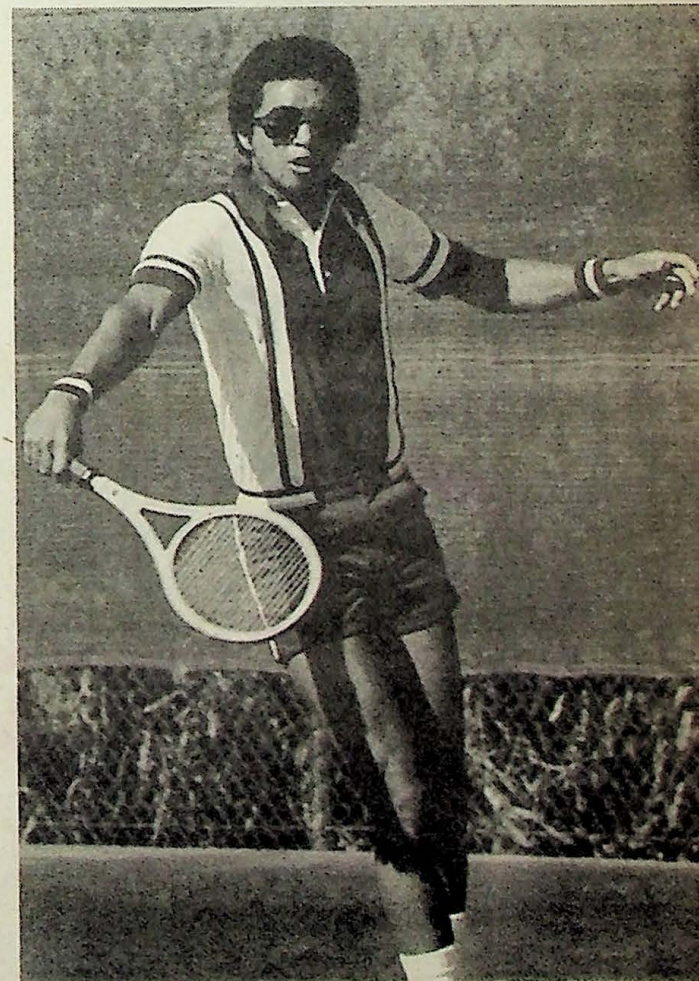
Fourth seeded Arthur Ashe pulled out four three set matches to win \$8,500 and the Smythe Grand Prix Title in San Jose, California. Ashe had to defeat Roscoe Tanner 6-4, 5-7, 7-6 in the semis before winning a lopsided 6-7, 6-1, 6-2 final over unseeded Bernard Mitton of South Africa.

*

So far in 1978 Connors has won four tournaments on the Grand Prix including Philadelphia, Memphis, Denver and now the ABN World Tennis Tournament in Rotterdam. The biggest upset of the tournament was when Bjorn Borg had to withdraw after the quarterfinals due to an infected toe.



Jimmy Connors



Arthur Ashe

THE CHAMPION'S VIEW

STEVE DUNN: CALIFORNIA STATE SINGLES
CHAMPION:

I've used other types of racquets. Starmaster Racquets give me power, durability and the control I need to earn me that critical point when I really need it. My Starmaster Racquet has given me the confidence I need to make the field a distant second. — STEVE DUNN

Nobody plays the game like Steve Dunn whether he's hitting his famous overhead kill shot to end the game or shoot his exciting backhand. Dunn is unique. Just like the quality racquet he uses from Starmaster. Extra light weight and Quadriform head shape only found in Starmaster composite racquets. It all adds up to the finest equipment made for the novice as well as the Pro.

THE FAST RACQUET

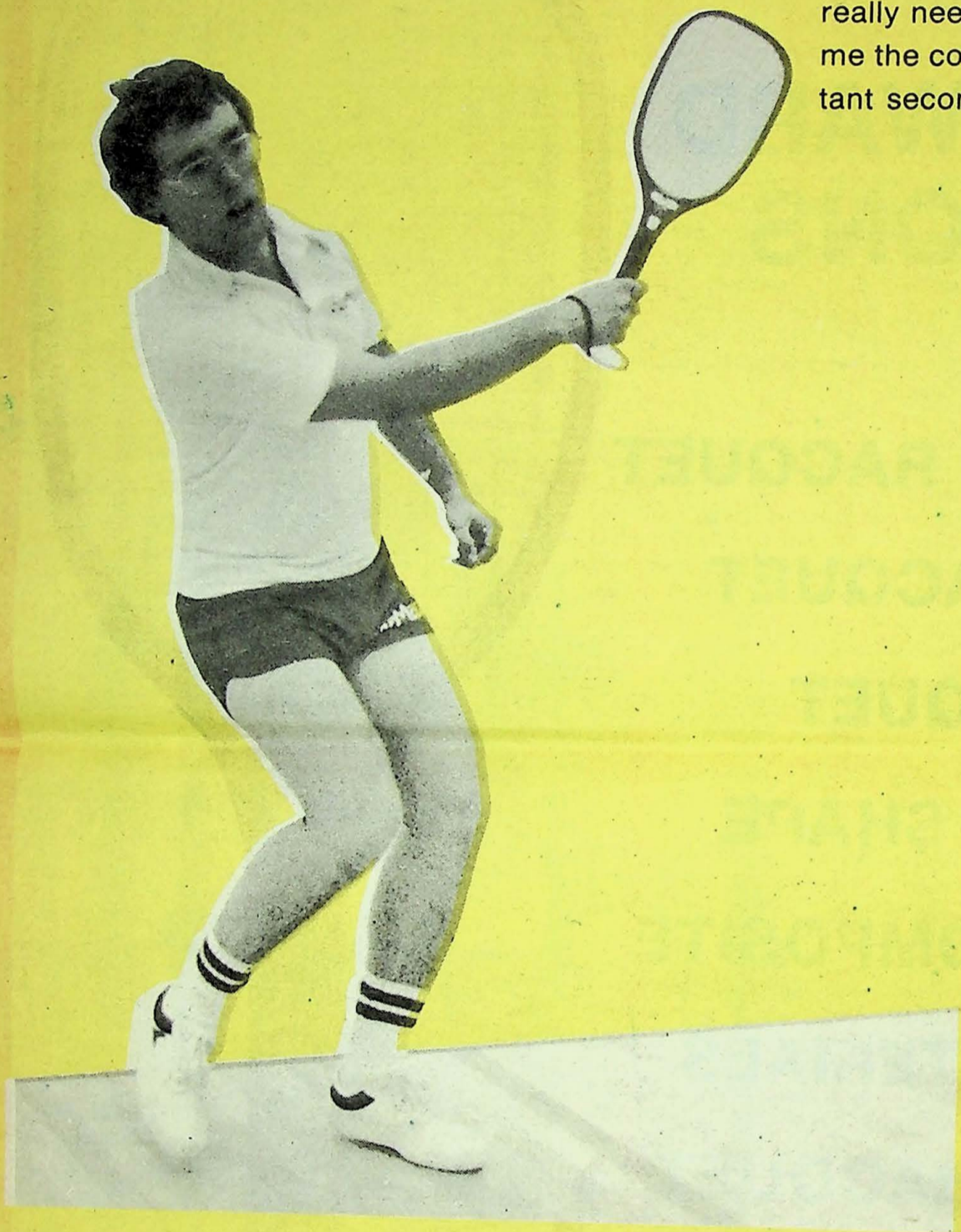
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(THE LEADER IN QUALITY MANUFACTURING)

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7

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"Paradox" Is The Word That Explains Peggy Steding

By Laura Allen

Peggy Steding is somewhat of a paradox. She's 42 years old, could pass for 32 and plays racquetball like she's 22. Her 5-feet-4 1/2-inches and 118 pounds can pack a wallop that makes a ball travel more than 90 miles an hour. And though she still likes a man to open the door of the racquetball court, she'll try her hardest to beat the pants off him once they're on court.

A long-time sports fiend from Odessa, Texas, Peggy Steding is racquetball's "winningest woman." She holds 14 national titles and once played 200 consecutive matches without a defeat. Only three times has she ever finished below third place in a tournament. Not surprisingly, she hates to lose.

Steding was programmed to be a loser early in life. But refused to play by the rules. An anemic child with a heart murmur that remains, she was not expected

to live until 21. "I'm still kicking", she says, "and I'm past 21." She took to following her older brother around from the time she was "little bitty," quickly becoming a top-notch athlete.

After attending Odessa Junior College for two years on a tennis scholarship, she played on a community softball team, which had an 18-0 record the last year she pitched, and a local basketball team, which she also led to an 18-0 season. Then a friend at the YMCA suggested she try a racquetball, a logical next step for a woman who seldom meets a sport she doesn't like.

"I was 35 when I took it up," she says. "I could beat all the men around and they told me I ought to try the nationals." With 40 looming too close for comfort, she decided "if I'm gonna go pro, I need to go now." She went, all right, and in her first pro tournament in

April 1973 she won both in singles and doubles. And she wasn't even seeded. She went on to dominate tournament play for three full years before being dethroned in the 1977 Women's Singles Nationals by 21-year-old Shanon Wright, a former Texan, now playing out of Las Vegas.

Steding may be getting better as she gets older. She is twice the age of most of her competitors because there are no age classifications in women's racquetball. Were she a man, she'd be playing "seniors." But she's just as happy not playing those "old people."

This year she has won three tournaments on the pro tour, took a recent round robin event featuring Janelle Mariott, Rita Hoff and Jeannie Sauser at the grand opening of the Indian Trails Racquet Club in South Chicago Heights, Illinois, and has been appearing at various clubs around the country as a representative of Vittert Sports, her sponsor, to explain the game to neophytes and give exhibitions.

Though racquetball occupies much of her time now, she unflinchingly says her other occupation is "housewife". She's been married to husband George, a private pilot, for 23 years. If her son, 18-year-old Bo had been younger when she began her racquetball career several years ago, "I wouldn't have thought about traipsing here and there." She adds, "There's no way I could have achieved anything I did without her support. They're my number one fans."

Steding remains grateful, though for having been introduced to sports at an early age. It's kept her young and she



Peggy Steding, a member of the Vittert Sports pro advisory staff, is racquetball's "winningest lady."

says, "Sports is very character building. No matter what you do . . . you're going to compete."

Her competition is getting tougher all the time and she's at the age where "I just take it from year to year. I would like to have another year or two (in the pros)," she says, "but I'm not gonna wait until I'm down at the bottom to quit."



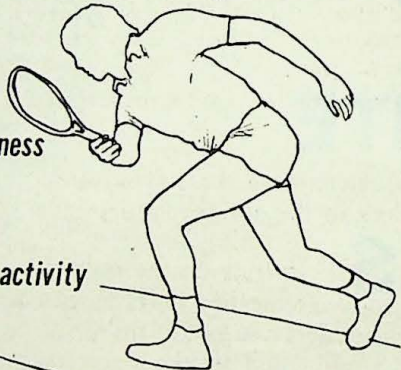
Peggy Steding, racquetball's "winningest lady" follows through on one of her best shots - an overhead forehand.

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written by **BOB ANDERSON**
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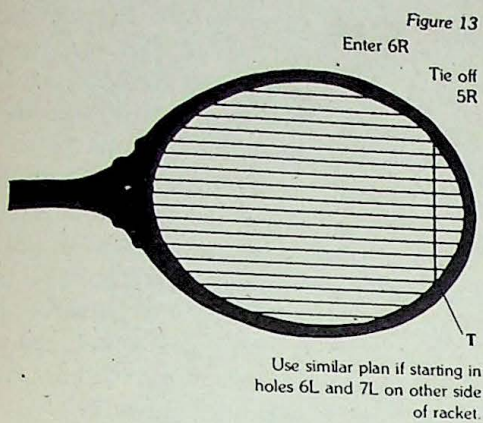
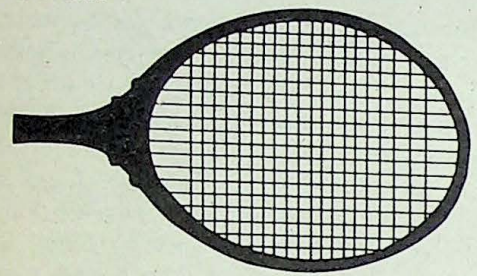


Figure 13
Enter 6R
Tie off 5R
T
Use similar plan if starting in holes 6L and 7L on other side of racket.



STRINGING

Continued from page 6

dle of the string seats in the tip groove of the racket. By doing this you have insured that the length of string to be used in each side of the racket will be equal. The first right and first left vertical strings are now in place.

5. Clamp the first left vertical string at the tip of the racket and begin to string the right side of the racket. See Figure 9.

6. Place the tensioning device opposite the lowest throat hole on the right side of the racket and pull the 1. right vert. string up to tension. See Figure 9.

7. Use the other string clamp and clamp 1. right vert. as close to the throat of the racket as is possible. See Figure 10.

8. Release the tensioning device from 1. right vert. and remove the string from the tensioning device. Insert the string end into the next hole up the throat of the racket. Pull the string through the racket and put it through hole 2. right vert. at the tip of the racket. See Figure 10.

9. Move the tensioning device opposite hole 2. right vert. at the tip of the racket and pull the 2. right vert. string up to desired tension. See Figure 10.

10. Release the clamp from the throat end of 1. right vert. and move the clamp to the tip end of 2. right vert. Clamp 2. right vert. as close to the tip of the racket as possible.

Continue stringing vertical strings, repeating steps 8 through 10, going from the center-line of the racket toward the side, until you have applied tension and clamped string 8. right vert. At this point you should have the eighth vertical string coming out at the tip of the racket. The intent now is to string the ninth vertical string and then tie off this last string to finish the right side of the verticals. However, there is one slight variation that can occur. Depending on the type of racket, follow instruction (a) or (b).

11. Release string 8. right vert. from the tensioning head.

12 (a). On most rackets, such as Wilson, Spalding, Dunlop, Bancroft, Slazenger, etc., put the string through the next hole, 9. right.

12 (b). On certain rackets such as Davis, some Bancroft, and others, skip one hole and put the string into hole 10. right. Notice that there is a specially shaped groove for this. See Figure 11.

13. After completing step 12, pull the string through the racket and skip one hole when entering the throat end of the racket. As a result, if you followed Step 12 (a) then string 9. right vert. will flare out slightly from string 8. right vert. If you followed Step 12 (b) then string 9. right vert. will be parallel to string 8. right vert.

14. Apply tension to string 9. right vert. and clamp. See Figure 11.

15. Release the tensioner and enter the remaining string into the fifth hole from the throat of the racket, 5. right. Pull the string tightly through the hole and without having any slack, tie off the string around string 5. right vert. The method of tying a secure knot will be discussed shortly. You have now finished the right side of the vertical strings. See Figure 12.

The purpose for going back into the fifth hole to tie off the string was simply to get out of the way of the horizontal strings that will come later. Most string holes will accommodate two strings at the most. If you put three strings through any hole you are usually in trouble.

16. Starting with string 1. left vert. follow exactly the same procedure as above to string the nine left vertical strings. After the ninth string has been clamped, tie off the string to the fifth vertical 5. left vert. just as had been done on the right side. All of the vertical strings are now strung. The next task is obviously to start the horizontal strings. In order to insure that the horizontal strings will always fall into the string grooves along the side of the racket it is usually necessary to start the horizontals at the tip end of the racket. The grooves in the tip are designed to start the string in the right sequence. However, a little thought is necessary at this point. All rackets do not start at the same hole.

The idea is to start at the center groove of the racket and start counting out holes to each side of center and look for the first string groove that is available to accept a new string. The side of the racket with the open groove closest to the center is the side where you tie off the first horizontal string and start the horizontals. For example, on the right side of the racket, at the tip, there is often an open groove in the zig-zag groove between holes 7. right and 8. right. There will also be a double wide groove on the left side of the racket between holes 6. left and 7. left. Since the holes on the left side are closer to center you tie off the first horizontal on string 6. left vert. and start the first horizontal string through hole 7. left. In some other wood rackets there will be an open groove in the zig-zag groove on the right side between holes 5 right and 6. right. In this case you start the first horizontal by tying off on string 5. right vert. and string the first horizontal through hole 6. right.

17. Determine the starting point according to the above instructions.

18 (a). If starting on the right side in the groove connecting holes 5. right and 6. right, insert one end of the string into hole 5. right and tie the string off the string 5. right vert. leaving only a couple inches of excess after the knot. Insert the other end of the string into hole 6. right and go under the first vertical string that is crossed, which is string 5. right. After this, weave the string alternately over and under each vertical string until the string comes out through hole 6. left on the other side of the racket. Gently pull the string completely through the racket and apply the desired tension to the string. Clamp the string as close to the left frame as possible. Go to step 19. See Figure 13.

18 (b). If starting in the double groove between holes 6. left and 7. left on the left side start by tying off one end of the string in hole 6. left on string 6. left vert. Then take the rest of the string and put it into hole 7. left and go under the first vertical string that is crossed which will be string 6. left vert. Alternately weave under and over the vertical strings until coming out at hole 7. right on the opposite side of the racket. Gently pull the

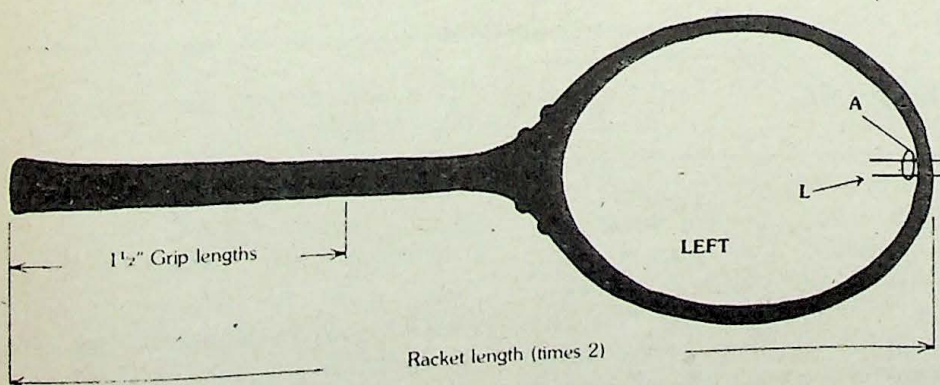
string completely through the racket and apply the desired tension. Clamp off as close to the frame as possible. See Figure 13.

19. Check quickly to make sure that the horizontal strings will fall into the string grooves as you work down the sides of the racket. The way to do this is to start at the hole where the string just came out and say to yourself "out". The next hole down the racket will thus be an "in" hole because this is where you will insert the next string. Continue counting down the racket with this "in", "out" scheme. For every string groove there should be an "out" and then an "in" so that the string lays inside the groove.

20. If the hole sequence checks out, release the tensioner and insert the string into the next hole toward the throat of the racket. To decide whether to go over or under the first vertical string you cross look at the previous horizontal string. The essence of a correct weave is that if the previous string went over any given vertical string, then the next horizontal should go under that string, and vice-versa. No two adjacent strings should ever cross any one string on the same side of the string. It is this balanced weave over the entire face of the racket that keeps the strings in place and insures a uniform hitting surface over the entire face of the racket. Weave the string alternately over and under the vertical strings until coming out through the corresponding hole on the opposite side of the racket. Pull the string completely through the racket and apply tension. Clamp the string as close to the tensioning head as possible.

21. Repeat Step 20 until you have 19 horizontal strings into the racket. If you started in the groove between holes 6 left and 7. left you may tie off the horizontal string anytime after the nineteenth horizontal is in place. If you started in the groove between holes 5. right and 6. right you should enter one more horizontal string so that there are 20 horizontals, before you tie off. In either case, you should finish the horizontal string by coming out of hole 7. right on the right throat of the racket. After clamping and releasing the tensioner put the string into the next hole, 6. right and tie off the horizontal on string, right vert. If hole 6. right is too small to accommodate the string, just look for the nearest hole that will allow another string and tie off there. See Figure 14.

22. If everything looks okay then release the string clamps and straighten out any crooked strings. Release the mounting clamps from the racket and remove the racket from the machine. Use a pair of snippers to cut off any excess string at the knots. It is advised not to use a razor blade to cut any string around the racket because you might slip and cut one of the racket strings. Leave about 1/4 inch of string at the knot so the knot will not slip apart. You are finished.



(Figure 15) 1. Pull string L through for 2 racket lengths plus 1 1/2" grip lengths (5 1/2 ft.); 2. Grasp both strings at A and pull through together until string seats in the center groove.

Continued on next page

STRINGING

Continued from previous page

STRINGING STANDARD WOOD RACKETS

(22 feet/11 feet) Method).

This method of stringing has a note of interest behind it. You recall that there are two general species of gut used in stringing, cow (or steer) and sheep gut. Actually, among the "sheep" variety there is another type of gut called "lamb", for obvious reasons. As with so many things in athletics it appears that youth wins again and "lamb gut" is generally considered to be about the best string available. However, it takes about 33 ft. of string to complete a tennis racket and very few lambs have more than 22 ft. of intestine. In order to use this material in tennis rackets, manufacturers began shipping string in 33 ft. sets containing one 22 ft. length and one 11 ft. length, and along with this a different method of stringing was developed. The method is not really complicated and the only crucial point for decision is at the start of the racket when the string is unevenly apportioned to each side of the racket. To do this correctly requires the determination of right and left sides on the racket. By the way, all string that comes in 22/11 packets is not "lamb gut". Some manufacturers have tried to elevate the status and price of their string by selling it in 22/11 sets, and some people have mistakenly bought the string thinking it was lamb. I am not saying that string manufacturers are devious, but rather that you should be aware of what you are ordering.

As mentioned above, the 22/11 method is not really complicated. In essence what is done is to use the 22 ft. length to string all of the verticals and the lower 1/3 of the horizontals near the throat. Then the 11 ft. length is used to finish the remaining horizontals. The stepwise procedure for this method is as follows.

1. Determine the right and left sides of the racket as described earlier in Figure 8, and then mount the racket as shown in Figure 7.

2. Start with the 22 ft. length of string. Grasp the two ends of the string and insert each into the center groove holes at the tip of the racket. However, as soon as the string goes through the wood at the tip of the racket. STOP! At this point you will apportion the string into unequal lengths for each side of the racket. The longer of these lengths will be used to string several horizontal strings after the verticals are finished.

3. Take the string on the LEFT side of the racket, in hole left 1, (recall the left side has the string grooves slanted one way), and pull only the left string through the tip until 5 1/2 ft. of string have been pulled through. A convenient way to measure this without a ruler is to remember that 5 1/2 ft. is about two racket lengths plus a little more than a

grip (leather) length. Most stringers just remember "two racket lengths plus 1 1/2 grip lengths." See Figure 15.

4. After pulling through 5 1/2 ft. on the left string, grasp both strings at the point where they come through the inside edge of the racket at the tip. Hold the strings together and pull both strings through the tip until the string seats in the center groove. If this have been done correctly you should now have 8 1/4 ft. of string on the right side of the racket and 13 3/4 ft. on the left side. See Figure 15.

5. Clamp the 1. left vert. string as close to the tip of the racket as possible and string the vertical strings on the right side of the racket. String the right side verticals exactly as described in the previous section on the 16 1/2/16 1/2 method. Finish the verticals coming out of hole 10. right at the throat and tie off in hole 5. right. See Figure 16.

6. String the left verticals exactly as done in the 16 1/2/16 1/2 method with the last vertical coming out of hole 10. left at the throat end of the racket. Do not clamp this string as close to the edge as possible because the clamp will be in the way of the next horizontal string. Clamp about 4 inches from the inside edge. See Figure 17. The idea is to leave room for the first horizontal string.

At this point you should have about 6 ft. of string coming out of hole 10. left at the throat of the racket. This will now be used to string about 6 horizontal strings at the throat end of the racket. You will now have to use some judgement to determine the placement of the first horizontal string because different makes of rackets vary slightly as to the location of the first groove for horizontal strings. Because of the variation in racket designs it would be difficult for me to accurately describe all of the possible patterns that can arise at this point. Instead what I will do is to give you two objectives that should be followed in this area. I will describe that pattern in detail. This is not really a complex area of the racket. It just takes a little planning.

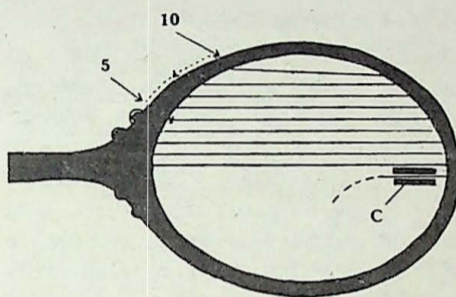
Objective 1. Using the remaining 6 ft. of string, your objective is to string at least 5, and usually 6 horizontal strings at the throat end of the racket.

Objective 2. Locate the first string groove on the side of the racket coming up from the throat of the racket. Depending on the make of racket this groove

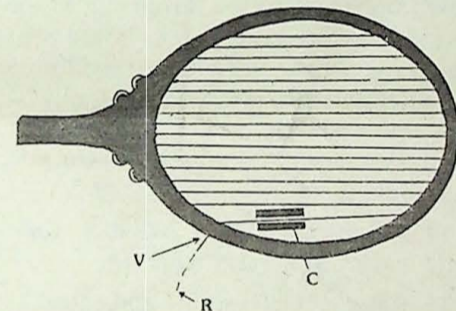
may be on either side of the racket. Also, depending on the make of racket, the first horizontal string will do into or just to the throat side of this first groove. The next 11 foot strand will string all of the horizontal from this groove to the tip of the racket.

The following procedure lists the steps for finishing the most common types of wood rackets, such as Wilson, Spalding, Dunlop, etc.

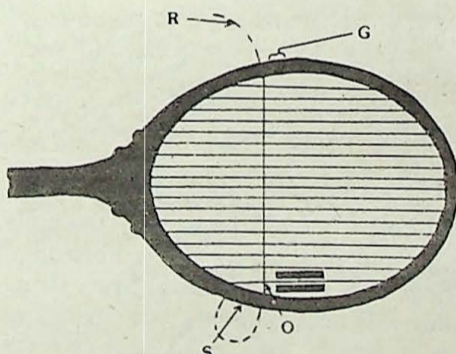
7. On most rackets the first string groove from the throat end is between 13. right and 14. right on the right side of the racket. In these cases take the string coming out of hole 10. left, skip one hole toward the tip of the racket, and enter



(Figure 16) 1. Clamp off left side of verticals C; 2. String all right verticals; 3. Finish coming out of 10R; 4. Tie off in 5R.



(Figure 17) (V) Last vertical string coming out of hole 10L; (R) Remaining 6 ft. of string; (C) Clamp placed about 4 inches in from edge of racket.

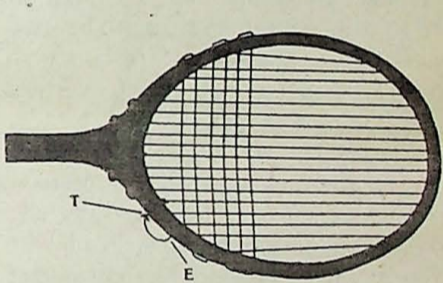


(Figure 18) (S) Skip one hole and enter hole 12; (G) First string groove between holes 13 & 14 on right side; (R) Remaining string; (O) Go over the first vertical string that is crossed.

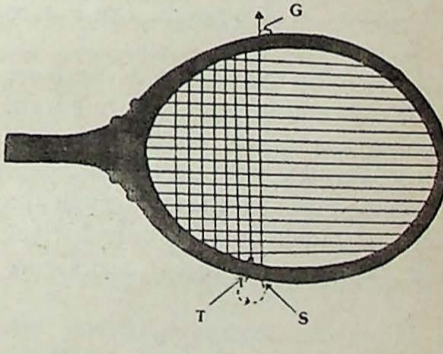
hole 12. left. Go over the first vertical string that you cross (9. left vert.) and continue to weave across the racket coming out of hole 12. right on the right side. Tension and clamp. See Figure 18.

8. With the remaining string enter hole 11. right and string the next horizontal string toward the throat. Continue stringing horizontals toward the throat until you have entered 6 horizontal strings. At this point you should have the string coming out of hole 7. left. Tie off in hole 5. left. See Figure 19.

9. If, as in most cases, the first horizontal string groove is on the right side of the racket, then you will start the next 11 foot strand on the left side, at the point where newly installed horizontals end. Using the 11 foot string, first tie off the end of the string in hole 12. left. Then enter hole 13. left with the remainder of the string. Weave the horizontal string across the racket so that it is opposite in weave to the adjacent string. (Note; if hole 12 left is too small to accept two strings you may have to look for another hole in which to tie off. In this case, tie hole 11. left of 9. left). See Figure 20.



(Figure 19) (E) Exit hole 7L after finishing 6 horizontals; (T) Tie off in hole 5L



(Figure 20) (G) First string groove located between holes 13 and 14R; (T) Tie off next 11 foot strand in hole 12L; (S) Start first horizontal string in hole 13L.

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INSTRUCTIONAL

Continued from page 3

of the serve. While moving there, glance quickly over your shoulder to ascertain the body position of your opponent and, therefore, the side to which the ball is likely to be returned.

The typical return of a serve to the corner would be a down the wall drive. If you have served and positioned yourself correctly, you should have cut off to a certain extent the opportunity for a crosscourt pass.

In summary, find your opponent's weakness and play to it, but always mix up your shots. Don't just walk into the server's box and bang away; make sure you know what serve you are going to hit before you enter the box.

Serve from the center of the box except when serving Z shots and position yourself at about center of the court following your serve. Finally, serve along the walls and in the corners. Balls placed here are much more difficult to return than those that bounce into the middle of the court.



stretching

A Few Stretches For The Ankle And Lower Leg

By Bob Anderson

The ankles and feet are the foundation of the body. With the fast, sudden movements of racquetball the ankles take on an enormous amount of stress. It is a fact that when a joint is limited in strength and necessary flexibility, then the joints above and below must take on added stress. If the ankle is tight and weak, then the foot, knee, and hip will have to adapt to added stress because of the poor condition of the ankle. This sets up a very injury-prone situation.

Since many people have had a sprained ankle at one time or another, these injured ankles have probably never returned to full strength and/or regained efficient range of motion (flexibility) unless a specific program of rehabilitation

was followed. There is no doubt that many ankle injuries are treated too casually, thus "once sprained, always sprained".

Lower leg and ankle injuries can be prevented by strength exercises and proper stretching. With strength and efficient range of motion the racquetballer will also increase his/her quickness and endurance. The push off with the toes will be much easier to do when the ankles are strong and flexible.

There are easy ways to determine the difference in flexibility and stretchability between the right and left ankle. By stretching each ankle separately in the same stretched position, you can deter-

mine by feel and by visual observation the difference in each ankle. Frequently by making this comparison a person is, for the first time, made aware of the great difference that exists between each ankle in terms of feeling and flexibility.

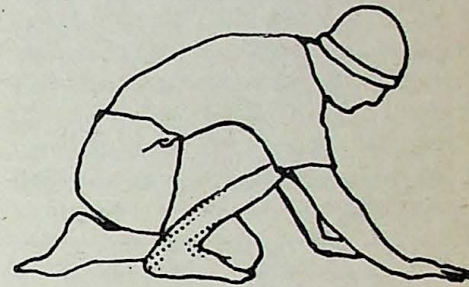
Strength can be somewhat determined by standing on the toes of one foot with the heel up off the floor approximately two inches, holding this position without support for 15 seconds. (Besides testing strength, this is also a good way to develop strength.) Observe and feel for yourself the difference in each ankle. Is one ankle quite a bit weaker than the other? If there is an obvious weakness, injuries are much more probable.

Here are some stretches for maintaining consistency in bilateral ankle flexibility and for stretching the lower leg muscles and achilles tendon. Observe and feel the difference in each ankle as you hold the stretch. Stretch the side which is the tightest first. The reason for this is that we tend to spend more time on the first side that we stretch and we need to work more on our tighter side. When both ankles and lower legs become the same in terms of flexibility and strength there will be better balance and more efficient body movement.

I think it is important to stretch the ankles and the lower legs before and after each racquetball workout. This will help prevent injuries and allow for

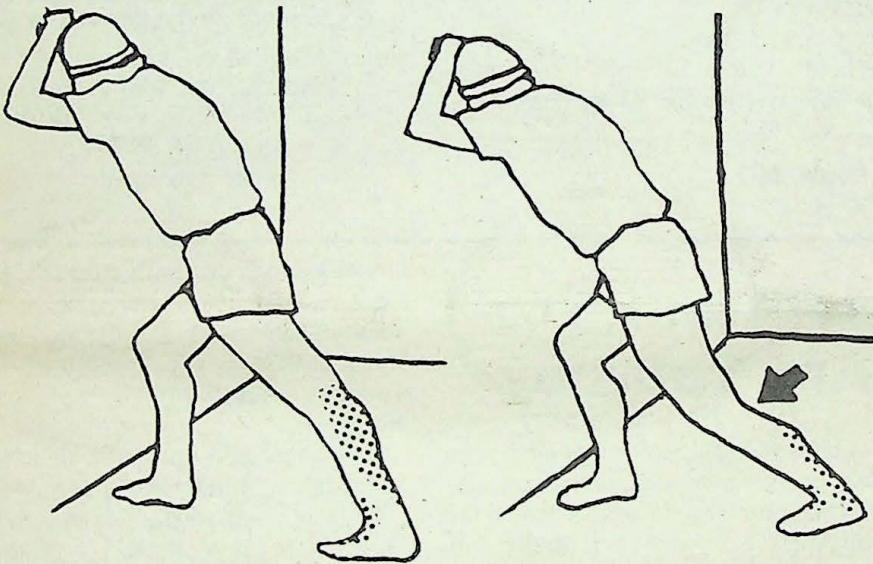
revitalization of the muscles and freer movement of the joints.

A natural way to increase ankle movement and strength is, while walking or running, roll up on your toes and concentrate on pushing off with your toes. This will add life to your step as you concentrate on building the strength and maintaining the necessary flexibility of the foundation of your body—your ankles and feet.

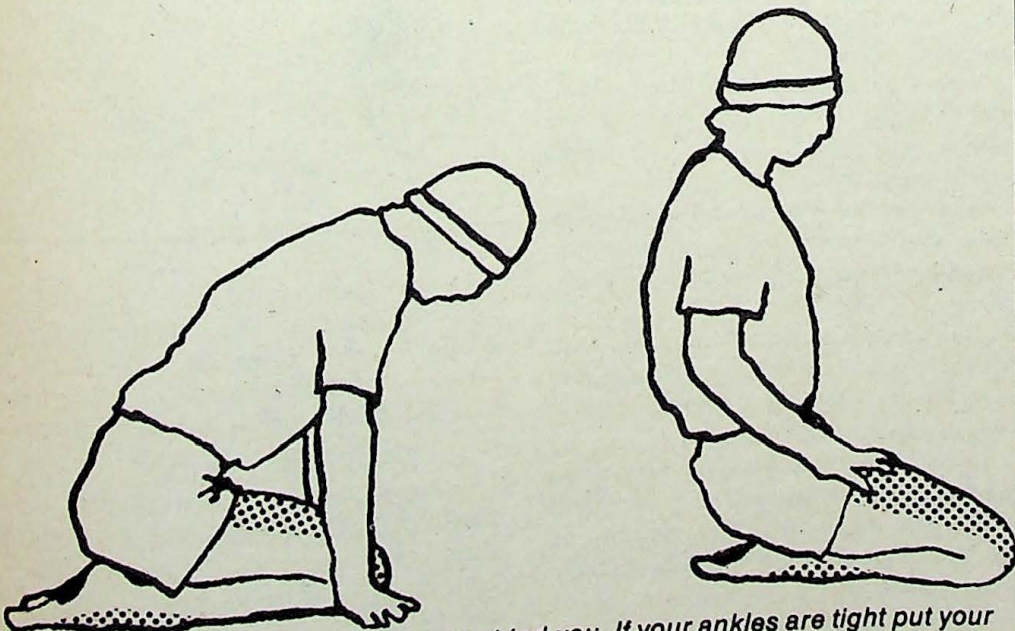


From the toe pointer position (previous stretch), place your big toe even with your opposite knee. Start with your foot flat and use your shoulder to push forward on your knee until your heel comes off the floor about one-fourth to one-half an inch. Then think of making your heel go flat as you lean forward with your shoulder against your knee. This should stretch your achilles tendon. Hold an easy stretch for 20 seconds.

Illustrations by Jean Anderson



To stretch your calf, stand a little ways from a solid support and lean on it with your forearms, your head resting on your hands. Bend one leg and place your foot on the ground in front of you leaving the other leg straight, behind you. Make sure that the back foot is pointed straight ahead or is slightly toed in. Slowly move your hips forward until you feel a stretch in the calf of your straight leg. Keep the heel of the foot of the straight leg on the ground. Hold an easy stretch for 30 seconds. Do not bounce. Stretch both legs. Now, to stretch the soleus and achilles tendon, slightly bend the back knee, keeping the foot flat. This gives you a much lower stretch which is also good for maintaining or regaining ankle flexibility. 15 seconds, each leg.



Sit on your feet, your toes pointed behind you. If your ankles are tight put your hands on the outside of your legs on the floor and use your hands as support to help you maintain an easy stretch. Do not strain. Hold for 15-30 seconds.

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tournaments

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Twelve cities across the country have been selected to host regional play from June 9-11 in the Ektelon/Pony IRA National Juniors Racquetball tournament.

Sites selected for the regional tournaments are: Detroit, Denver, San Francisco, Los Angeles, Dallas, Minneapolis/St. Paul, Atlanta, Seattle, Chicago, St. Louis, Boston and Meadowlands, New Jersey.

Regional play in the Ektelon/Pony IRA National Juniors Racquetball Tournament will be open to all junior players and offer young men and women competition in three age divisions — 17 and under, 15 and under and 12 and under.

Regional winners in all divisions will receive an all-expense paid trip to the National Finals to be held at the Sports Illustrated Court Club in Lansing, Michigan, July 14-16, trophies and a complete racquetball outfit including an Ektelon racquet and a pair of Pony racquetball shoes.

The two national winners in the 17 and under age division will receive lump sum scholarships of \$1,000 each to be used in furthering their educations in addition to trophies.

Co-sponsors for the national juniors tournament are Ektelon, a San Diego based manufacturer of racquetball racquets and accessory equipment and Pony Sports and Leisure, Inc. of New York, makers of athletic footwear.

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Montreal Pro-Am Tourney

Mike Yellen, playing in his first year on the professional racquetball circuit, posted his first major pro tournament win on April 16, in the Montreal Pro Am Racquetball Championships at the Cote de Liesse Racquet Club in Montreal, Canada.

Yellen, who at 18 years of age is the youngest pro on the tour, attributes his win over Dave Fleetwood of Memphis, Tenn. in the finals and Jerry Hilecher in the semis to his success in pressing a control game.

"I was able to slow down the games," he said, "and take control of the matches away from Fleetwood and Hilecher who are harder-hitters."

Yellen beat Fleetwood 21-11, 21-13 and Hilecher 21-12, 21-17 but said the games were much tougher than the scores indicate.

"Every match was close," he recalled. "My match with Jerry, for instance, lasted more than two hours and we had some 15 to 20 shot rallies."

"But we were playing with the blue ball which is slower than the green ball and Jerry wasn't able to use his fast serve as well against me."

In both the Hilecher and Fleetwood matches, Yellen pressed his opponent with a run and pass-shot game until he worked him out of position and forced a weak return.

Yellen, who recently graduated from high school in Southfield, Michigan was runner-up in both the IRA and NRC National Junior Championships as an

amateur and is currently ranked 11th as a pro.

He picks up \$1,000 for his win in Montreal, but the most important rewards of that tourney, he says, are psychological.

"It's a real ego booster," said Yellen. "I haven't had one since I turned pro."

"This win really helps me by letting me know that I'm capable of competing with and beating the better players."

In other action, Jennifer Harding beat Karen Walton 21-19, 21-7 in the finals of the women's professional competition. Ranked second on the professional women's tour, Harding of Portland, Oregon, took home \$500 in prize money.



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International Racquet Sports Magazine

Santana Courts Hosts April Fool's Festival

Over 300 players decided to spend April Fool's weekend at Santana Courts in Santa Ana. All divisions were filled as the players vied for the championships.

In Men's Open Singles, the division featured close matches and several upsets. The biggest upset of the tournament occurred in the quarterfinals where number one seeded Bill Thurman was taken by Dave Dennis in an exciting three game match 5-21, 21-16, 11-9. In another close quarterfinal. Gary Berberet squeaked past Toni Marti 2-21, 21-17, 11-6. The third quarter was determined in the tie-breaker as R.O. Carson defeated Mike Alderson 21-15, 19-21, 11-9. The fourth quarterfinal match saw Dave Bush defeat Michael McGovern 21-17, 21-13. The semi-finals saw another upset as Bush defeated Berberet 21-19, 11-21, 11-8. The other semi was a

bit more off balanced as Carson defeated Dennis 21-15, 21-5. Carson looked strong from the start as he defeated Bush 21-14, 21-16, in the final match.

In the other men's events, the competition was just as exciting. In the B-Singles Carl Buggs defeated Mark Levin 21-19, 21-20. The C-Singles saw Jay Gordon win over Jerry Jelnick 21-12, 21-17. In Novice, Casey Sisneros pulled it out over Richard Hernandez 21-15, 18-21, 11-6. The Beginner Novice was taken by Humberto Lozano after defeating Tom Archbold 13-21, 21-9, 11-1.

In the older age divisions, the draws were strong and the winners earned their way to the Championships. In the Senior Open Duane Cain defeated Jim Kendall 21-20, 18-21, 11-8. In the Senior B Bruce Hoegh defeated Larry Ryals 21-19, 21-15. After winning the Senior Open, Duane Cain rallied to also win the Masters taking Vance Lerner 20-21, 21-15, 11-10.

In Junior divisions drew very strong draws. Coming through a draw that

Continued on page 20

World Racquets Championship

Guillermo Vilas won half the events and most of the cash but Marty Hogan figures to get no worse than a split television time at the second annual World Racquets Championship played May 6 at the Atlas Health Club in San Diego.

The Vitalis sponsored event brought together six world racquets champions to compete in badminton, racquetball, tennis and table tennis. Each athlete played in every sport but his or her specialty.

Hogan represented racquetball, Vilas, tennis; Rudy Hartono, badminton; Dan Seemiller, table tennis; Sharif Kahan, squash and defending champion and Hilary Hilton, the first woman in the event, paddle tennis.

Hogan took third place behind Vilas and Khan but Marty was a finalist in all his three events and his concluding table tennis match with Vilas actually decided the outcome.

Since the tournament will be shown nationally on CBS June 11 from 3-4 p.m., Marty will gain terrific exposure for his sport in millions of homes that afternoon.

"I think he was the toughest competitor in the tournament," Khan said of Hogan. "He really gave out on every point and did things that really amazed me."

Vilas was suitably impressed.

"I've asked Marty to help me build a racquetball court at my home (Argentina)," Vilas said. "It's a great sport and I'm only sorry that I haven't played it sooner."

Actually, Vilas had played racquetball only twice before the competition and he

had no trouble defeating Hilton in the first round but his championship match with Seemiller, the USA table tennis champion the past two years, was a beauty. Vilas finally won 21-18 but it was a struggle.

Vilas also won the table tennis competition, defeating Khan in their only head to head competition, 21-15, and getting by Hogan, 21-11. The tournament victory was worth \$15,000 to Vilas who is the current U.S. Open tennis champion.

Khan also won a pair of events, twice beating Hogan to do so. He took out Marty 6-1 in tennis and was the badminton winner, 15-8. Khan pocketed \$6,000 while Hogan took away \$5,500 from the \$40,000 purse.

Seemiller was the only other participant to gain any points and finished fourth trailed by Hilton and Hartono.

Hogan, as the tournament rules specified, didn't play racquetball but was involved in the television commentary. He beat Seemiller in tennis, 6-2, whipped Hartono 21-19 and Hilton 21-19 in table tennis and breezed by Seemiller 15-2 in badminton.

"It was a ton of fun," Hogan said afterwards, "and I certainly gained a lot of respect for Vilas. He's strong and has a feel for any sport he's playing. I thought that for someone who had played racquetball only twice before, he was terrific at it. And he really liked the game."

Although the payday was significant for Hogan, he really was most appreciative of the opportunity to gain for himself and for racquetball important national television exposure.

"It'll be a great television show and I think racquetball will come off best of any of the other sports," he said. "The racquetball competition certainly was the closest and most interesting. With all those people watching June 11 I have to believe racquetball will benefit greatly."

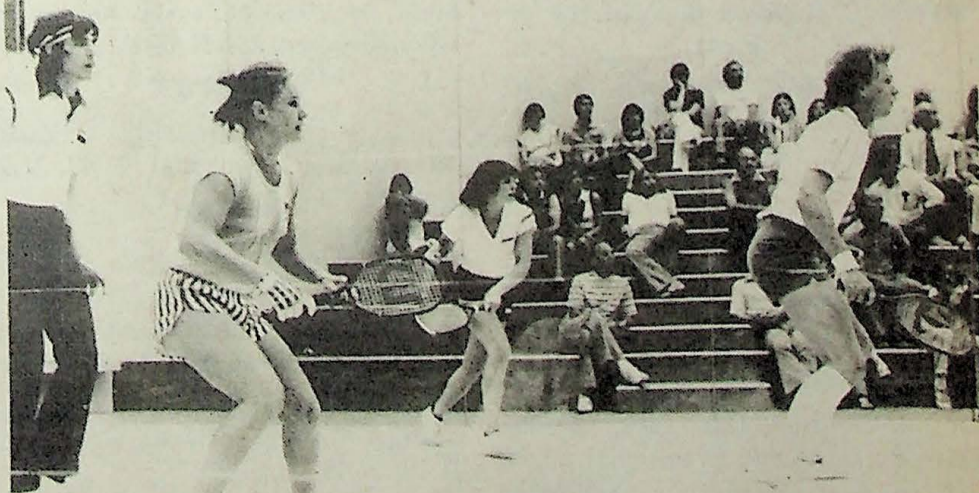


Jerry Hilecher prepares to return a shot by Shannon Wright during professional mixed doubles team competition held recently at King's Racquetball Court in Westminster, California.

Ektelon Claims Professional Team Supremacy With Shootout Victory

SAN DIEGO, CA., May 4, 1978 — Ektelon put up \$2,000 to back its claim that Jerry Hilecher and Jennifer Harding formed the best male/female tandem in professional racquetball. On April 22nd and 23rd Hilecher and Harding made good on that claim as they defeated the Wilson team of defending national singles champions Davey Bledsoe and Shannon Wright in a unique team racquetball shootout at King's Court in Westminster, California.

The shootout was structured as a two-day event. On Saturday night, singles play was featured as Harding took on Wright and Bledsoe tackled Hilecher.



Jerry Hilecher (left) and the team of Shannon Wright (second from left) and Davey Bledsoe await the return of a shot from Hilecher's teammate Jennifer Harding.

On Sunday, Hilecher and Harding teamed up to play Bledsoe and Wright in mixed doubles. Each of the singles matches was played for five team points, with mixed doubles worth ten.

In the ladies singles, Shannon Wright took advantage of her powerful serve and shoot game to get by Harding 21-19, 21-19 and give her team an early 5-0 lead.

That lead was dissipated later in the evening when 1976 IRA National champ, Hilecher defeated Bledsoe 17-21, 21-18 and 11-2 to set the stage for Sunday's mixed doubles encounter to break the deadlock.

The mixed doubles started out as a runaway as the team of Hilecher and Harding notched a 21-14 victory in the first game and jumped out 13-6 in the second. But, mid-way through the second game Bledsoe and Wright team clicked and displayed the talents that made Bledsoe and Wright national champs last year by running off 15 of the last 18 points to set up the tie-breaker.

The tie-breaker looked like the final round of heavyweight title fight as the four players stood toe to toe and traded their best shots in a powerful display of racquetball.

Finally, with the score 8-6 in favor of Harding and Hilecher, Harding served three points with Hilecher rolling out the winner to make the Ektelon duo \$1,500 richer and give them a legitimate claim to team supremacy.

Hilecher, who was at the top of his game both days, gave a lot of the credit for the victory to Harding.

"Jenny's being left-handed gave us an advantage in the doubles," Jerry said. "We had both sides of the court covered and no one could ever play to our backhand. If you combine Jenny and me in this type of singles and doubles mixed team shootout competition, I don't think Wilson, Leach or any of the racquet manufacturers could come up with a team that could beat us."

Over 400 people witnessed the two-day event which raised nearly \$1,000 for the American Cancer Society.

Illinois State Racquetball Singles Tournament

The tournament attracted a record 803 entrants in 17 divisions, though a couple of divisions were subsequently combined.

More than 1200 matches were played during the four-day event. Play the first two days was spread between three Chicago area clubs - Glass Court, Lombard; The Court House, Schamuburg, and Killshot, Bloomingdale.

It is estimated that more than 60 dozen balls were used during the competition. Beginning at 7:00 A.M. Saturday morning, May 6, play was continuous, round the clock until approximately 10:30 P.M. Sunday evening when the last consolation round match was completed. That's over 40 hours of play without a let-up.

Tom Street, ISRA's president, was awarded the first Louis Zahn Memorial Cup/Governor's Award as Illinois' outstanding racquetball person. The cup, a huge thing, was presented by the Louis Zahn Data Service Corporation in memory of the company's founder.

It is estimated that between 4,000 and 5,000 people (particularly on Saturday evening) attended one or more sessions of the tourney. Saturday night was party night for beer and pizza was available.



Sue Carow (background, dark outfit) rises off the floor as she smashes a forehand in her match against Glenda Pommerich in the finals of the Women's Open Division of the Illinois State Racquetball Association's annual singles tournament. Pommerich emerged victorious, 18-21, 21-7, 11-10. Pommerich is head pro at Mid-Town Court House, Chicago.

The Gar Meets Super Tex

Charlie "The Gar" Garfinkel of Buffalo, New York, will take on Peggy "Super Tex" Stedding of Odessa, Texas, in a best-two-out-of-three mixed singles racquetball match on Friday, May 12, at the Racquet Club of Eastern Hills in Buffalo.

Charlie "The Gar" Garfinkel of Buffalo, New York, will take on Peggy "Super Tex" Stedding of Odessa, Texas, in a best-two-out-of-three mixed singles racquetball match on Friday, May 12, at the Racquet Club of Eastern Hills in Buffalo.

Garfinkel, long considered to be one of the best amateur players in the East, will match his skills against the four-time women's national champion who is

currently the top money winner on the women's pro tour.

"If, a 39-year-old amateur men's player can defeat one of the best women on the pro tour," said Garfinkel, "it will prove male supremacy in the sport. Actually, we are both pushing middle age, we should call this the geriatric mixed singles match of the century."

A hundred seats are available for the 7:30 p.m. match which will be taped and televised on International [Cable Channel 10 three times during the week following the match.

It is estimated that the contest will be transmitted to 100,000 homes in the Buffalo-Rochester area.

The winner of the match will collect \$1,000.

"The loser will get \$500," Garfinkel pointed out. "After all, we don't want Peggy to come and play for nothing."

HEALTH

Continued from page 7

period. Although you can gain lots of fat on junk foods (fat's not where its at), these foods actually prohibit the body from properly assimilating the nutrients needed.

Start off by increasing your intake of quality foods a little at a time. Remember, "A yard is hard, but an inch is a cinch!" For the individual who rarely eats breakfast, try a protein milk shake as an excellent substitute for solid food. You'll not only get all the basic necessary nutrients, but its also quick and easy to fix for the person on the go.

Your energy expenditure should be kept to a minimum - slow down the pace. Get lots of rest and sleep. Keep the jogging and racquetball to a minimum until you gain the desired pounds.

To add the desired pounds in the

proper areas, a weight resistance program for each of the major body parts is helpful. Weight training with heavy weight, three-four sets, six-nine repetitions, is suggested with two exercises for each muscle group. Be sure to warm up properly prior to lifting heavy weights.

Finally, keep in mind that everybodys body is different. Metabolism rates are faster or slower, and some bodys assimilate better than others. Be patient, stick with it, and have a positive attitude - you will get bigger and stronger!

That about does it for these ten questions. Remember, if a more extensive answer is needed, refer to the back issues of the "Racqueteer". I'm sure there are other questions that many of you have been pondering. Why not send a couple in next time you think about it in care of Health Department, and I'll be more than happy to share them with our fellow Racqueteers.

SANTANA

Continued from page 19

would have made a good B-draw Beryl Hunter defeated Steve Lerner 21-9, 21-10, in the Junior 17 and under division. In the 13 and under division Jim Case defeated brother Chuck Case 21-11, 21-13.

The Women's Divisions had a good turn out and exciting play. The Women's Open played a roundrobin. Vicki Panzeri of Seattle, Washington went undefeated to win the division. Second place was won by Lynn Adams whose only loss was to Panzeri. In the Women's B Division Shirley Topley defeated Sybelle Hulick 14-21, 21-6, 11-1. Paula Pizzifred took the number one position in Women's C after her win over Darlene Charleston 21-18, 21-6. In the Women's Novice Chris Eltrich defeated Sue Cheslak 21-16, 19-21, 11-2.

Doubles action was also exciting as many fine teams joined in the competi-

tion in each division. R.O. Carson came off wining Open Singles to also win Open Doubles with partner Jim Carson. They defeated Gary and Tim Berberet 21-14, 11-21, 11-9. B-Doubles was exciting right down to the finals as Art Tavison and Bob Hill defeated Mark Hill and Steve Delano 21-18, 16-21, 11-8. In C-Doubles Gary Orgill and Dave Kime defeated Mark Reyes and Joe Pizzifred 21-18, 21-19. Steve Mitchell and Diane Heims won the Mixed Doubles Upper Division by defeating Jim Carson and Lynn Adams 21-12, 21-17. The Lower Division Mixed Doubles was won by Charlie and Mary Hauser after winning an exciting final over LaMont Fugua and Darlene Charleston 21-8, 17-21, 11-4.

Thanks goes to the staff at Santana for putting on another fine Tournament. Help was also given by the Pop Warner Football Association of Santa Ana who are to receive a donation from the tournament to aid their program.

MASTERS

Bob Troyer, Lake Bluff, defeated Roger Eggert, Arlington Heights 21-10, 21-11

GOLDEN MASTERS

Ralph Shively, Lake Bluff, defeated Courtney Gerrish, Evanston, 6-21, 21-18, 11-1

WOMEN'S OPEN DIVISION

Glenda Pommerich, Chicago, defeated Sue Carow, Glenview, 18-21, 21-7, 11-10

WOMEN'S B

Mary Tordella, Peoria, defeated Susan Yovic, Chicago, 21-15, 16-21, 11-4

WOMEN'S C

"Smokein' Sue" Prisching, Chicago, defeated Connie Volkodav, 21-17, 21-9

NOVICE

Linda Eddington, Matteson, defeated Janis Taylor, Highland Park, 21-18, 12-21, 11-10

JUNIORS (Combined both age groups because of small draw)

Karen Paice (age 13), Arlington Heights, defeated Barbara Allweiss, Glenview, 21-19, 21-19

SENIORS

Fran Deuster (mother of Men's Open champion), Mt. Prospect, defeated Georgia Maskalunas, Prospect Heights, 21-11, 21-8

May 4-7, The Glass Court, Lombard, Illinois

MEN'S OPEN DIVISION:

Bob Deuster, Mt. Prospect, defeated Steve Sulli, Elmhurst 21-19, 21-16

MEN'S B

Kevin Semenas, Mt. Prospect, defeated Herb Grigg, Loves Park (suburb of Rockford), 21-17, 8-21, 11-4 Deuster & Semenas are cousins.

MEN'S C (Largest division-192 entries)

Jim Cartwright, Arlington Heights, defeated Ed Burnes, Evanston, 21-19, 18-21, 11-5

NOVICE

Stuart Dubin, Chicago, defeated Walter Mah, Evanston 21-20, 18-21, 11-6

JUNIORS (17 & Under)

Boris Carvallo, Oak Park, defeated Grodon Gallagher, Evanston 21-20, 21-16

SENIORS

Jim Clemons, Chicago, defeated Shelly Clar, Northbrook 21-10, 21-8



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Commerce Club
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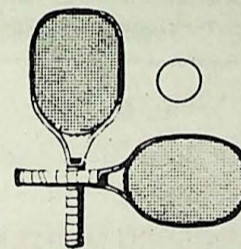
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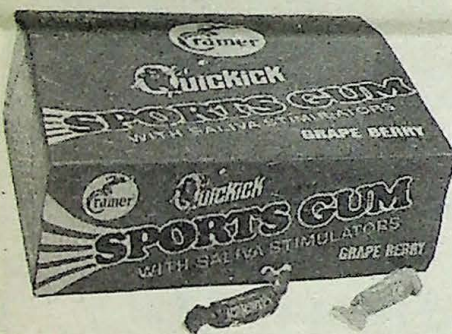
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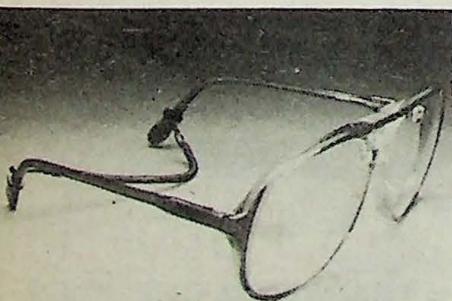
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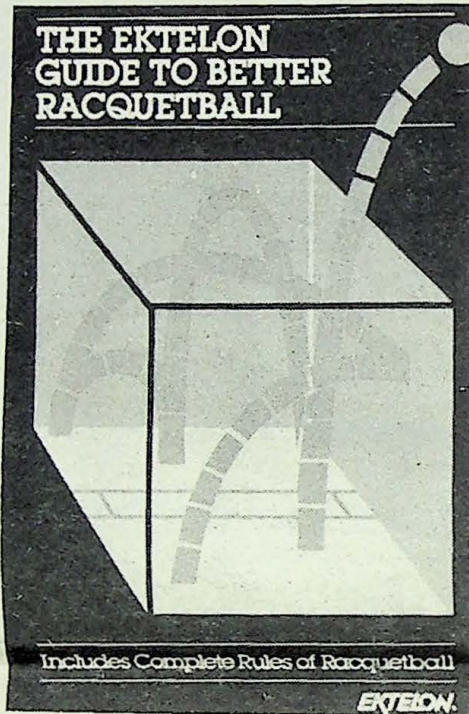
Cramer Quickkick Sports Gum comes in four deliciously tart fruit flavors: cherry punch, lemon-lime, orange, and grape berry. Each flavor is packed in a 200-piece carton, which serves as a convenient team bulk pack. Specify flavor. For information contact: Racqueteer, P.O. Box 19069, Irvine, Ca. 92713.



FASHION EYEWEAR

The Ektelon "Fashion Eye Protector" features shatterproof ophthalmic ground lenses — completely distortion-free — in lightweight, stylish frames, which also can accommodate a player's prescription lenses. The Fashion Eye Protector allows full peripheral vision and comes with a safety strap and carrying case. Suggested retail price: \$24.95.

For more information, write: Ektelon, 7079 Mission Gorge Road, San Diego, CA 92120.

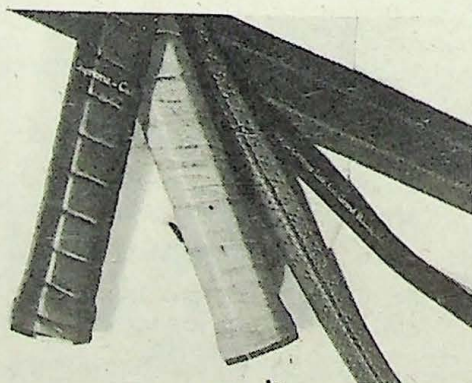


GUIDE TO RACQUETBALL

"Ektelon Guide to Better Racquetball", which we would like to make available free to your readers, compliments of the Racqueteer.

This 20-page booklet provides fully illustrated instruction in basic serves, returns and rally shots as well as a complete set of rules for both IRA and NRC tournaments.

A copy will be sent to any Racqueteer reader who writes to: Ektelon, 7079 Mission Gorge Road, San Diego, CA 92120.



EAGLE OTTAWA

Keeping pace with the changing dimensions of racquet grips, Eagle Ottawa Leather Company has produced a superior line of leather grips. These grip styles can be used on both tennis and racquetball racquets of differing sizes and dimensions.

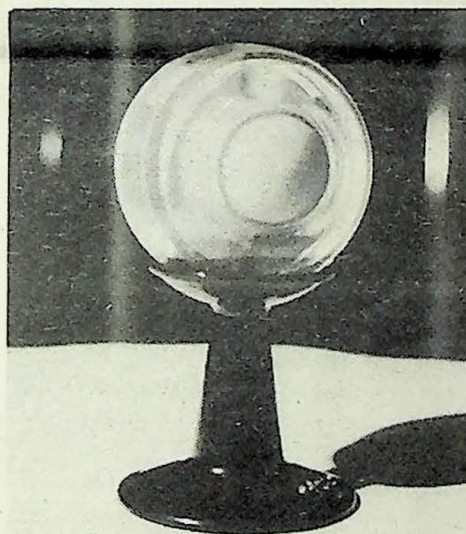
Racqueteer
P.O. Box 19069
Irvine, Ca 92713



ELITE

StarMaster's elite combines power and control. 19" length for hitting full range of all shots with infinite ease. Every inch a sweet spot. Rich jet black color, expert workmanship and years of experience make the StarMaster Elite the ultimate in metal racquets.

For further information contact: StarMaster, Inc., 3415 W. Mac Arthur Blvd., Santa Ana, Ca. 92704.



DYNA-BEE

The Dyna Bee is based on the latest in space-age technology, according to Zeus vice president and general manager Goerge Grunewald. It is a high-precision rotor instrument which produces a gyroscopic force of up to 8,000 revolutions per minute, powerful enough to require muscular force to counteract it.

For racquetball, the device is ideally suited to players who rely on the arm, forearm and wrist muscles for strength and coordination.

For more information, contact the Racqueteer, P.O. Box 19069, Irvine, Ca. 92713.

PACER RACQUETBALL

Years of research and testing and now the newest most exciting racquetball especially made for the novice and professional. "The Pacer." Pacer - means consistent bounce, durability, and liveliness at a cost well

below competitive balls. For more information contact: Racqueteer, P.O. Box 19069, Irvine, Ca. 92713, (714) 979-NEWS.

SAFTI GUARD



Product No. 6565

Weight 2.5 oz. Color: Clear

Designed for the eyeglass wearer.



Product No. 6560

Weight: 2.5 oz. Color: Clear

Designed for the non-eyeglass wearer

The latest development in protection for the sensitive areas of the face and head. The SAFTIGUARD Eye Protector is intended to give protection to the eyes, nose, and temples in any game that utilizes a fast flying ball.

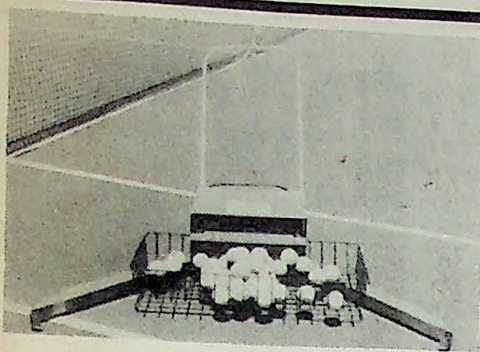
Made of one of the toughest, impact resistant materials known, it is both lightweight and attractive providing maximum visibility for the wearer. SAFTIGUARD also features Temper Foam TM developed by NASA to provide a smooth, shock absorbent surface to flow with the contour of the face. The effectiveness of Temper Foam has been tested and proven in crash helmets and other protective equipment. Improve your game and play in safety and comfort with SAFTIGUARD Eye Protector.

Ideal for racquetball, handball, baseball. Features:

- * Constructed of Super Light - Super Strong poly carbonate.
- * Shock absorbing Temper Foam TM head and cheek pads for additional safety.
- * Unique wrap around wide angle design provides maximum peripheral vision, and fits all faces.
- * Fully adjustable red, white and blue head strap for extra comfort.
- * Folds for easy carrying and storage.

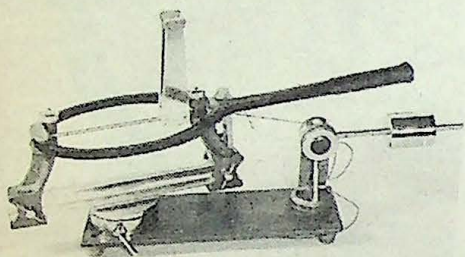
For more information
Safti Guard

P.O. Box 19069
Irvine, CA 92713



RAYCO MOWER VII

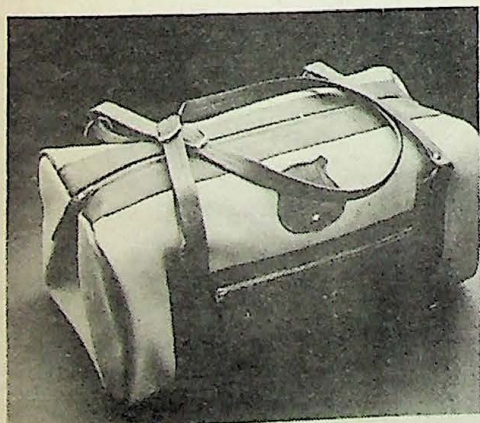
The Rayco Mower VII, a portable, trouble-free ball pickup machine, with nine technical improvements over Rayco Mower VI. New 3/4" clearance virtually eliminates court damage. Sturdier basket creates quieter operation. Jam-proof, no-gear rotor. 56" claw arms for fast fence and net sweep. Compacts for easy mobility. \$149, complete with 1-Yr warranty, all parts. Rayco, P.O. Box 4 San Diego, CA 92104.



BR-3

The BR-3 strings all racquets (including badminton, squash, racquetball, Prince, Wilson T-2000) without additional adapters. This machine comes complete with all the basic tools you need. It features a 9 to 90 pound drop-weight tensioning system that never needs calibration. A precise clamping system features the patented Speed-Clamp. With this clamping system, your string job has superior tension consistency from one string to the next.

The price of this machine is \$149 plus freight. Phone orders welcomed. To order call Rick or Cathy collect at 1-714-452-8601. Or write Associated Tennis Suppliers, 11111 Flintkote, San Diego, CA 92121.



CASSINI DESIGNED BAG

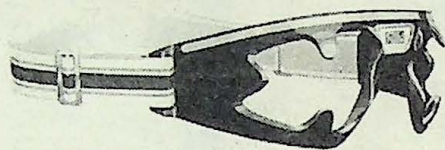
SAN DIEGO, CA. — For the fashion conscious racquetballer, Ektelon of San Diego is offering a new hand-made

equipment bag designed by Oleg Cassini.

The bag combines style and luxury in heavy cotton duck canvas and natural belt leather. Its spacious interior holds racquets, racquetballs and clothing with room left over, and the end-to-end wing-swept zipper opens the bag completely for easy access.

Ektelon's Cassini bag measures 18 inches long, 12 inches wide and 8 inches high, and features a zippered outside pocket for additional carrying space.

Suggested retail list price for the bag — available from fine sporting goods stores and racquetball court pro shops — is \$67.50.



EYE GUARD BY SOLARI

Solari Sports Products has a New Patented concept in eye protection for Handball, Racquetball, Tennis, and Squash Players. The Vertical and Horizontal Fields of Vision are virtually unobstructed. The Revolutionary Patented Design is based on protecting the eyes with Unique Vertical Split Bars that deflect the ball.

The Vertical Split Bars, virtually unseen when worn, are nearly invisible. Solari Eye Guards, made of Space Age Super Strength Poly-Carbon, offers complete eye protection with functional style and flattering fashion looks.

One size fits all faces.

The Exclusive Resilient Wrap Around Design extends back for temple protection.

The Solari Eye Guards, packaged in handsome clear acetate boxes, are available in a variety of colors, models, and prices for men and women.

Inquiries should be made to Solari Sports Products . . . P.O. Box 19069, Irvine, Ca 92713.

MacDONALD'S COURT WHITE PAINT

Most racquetball clubs have been reluctant to paint their courts because there just hasn't been a paint product available to meet the durability demands of a racquetball court.

Now this problem has been solved. MacDonald's Court White Paint will not only hold up under the severest court play, but its easy application and fast drying properties make it the most economical paint system available to the racquetball industry today.

For further information and testimonials write to Bailey-MacDonald Paint Co., c/o Racquetteer Magazine, P.O. Box 19069, Irvine, CA. 92713. Architectural specifications upon request.



Pro-tec PTE 550

Primarily designed for court sports participants who wear glasses, this item has great appeal to any athlete in any sport that endangers a players' upper face area whether or not glasses are worn.

- * Extruded snap on rubber pads.
- * Adjustable comfort band.
- * Total weight: 5 ounces.
- * Color contrasts with the ball but blends with walls.
- * Better peripheral vision than eyeglass frames.

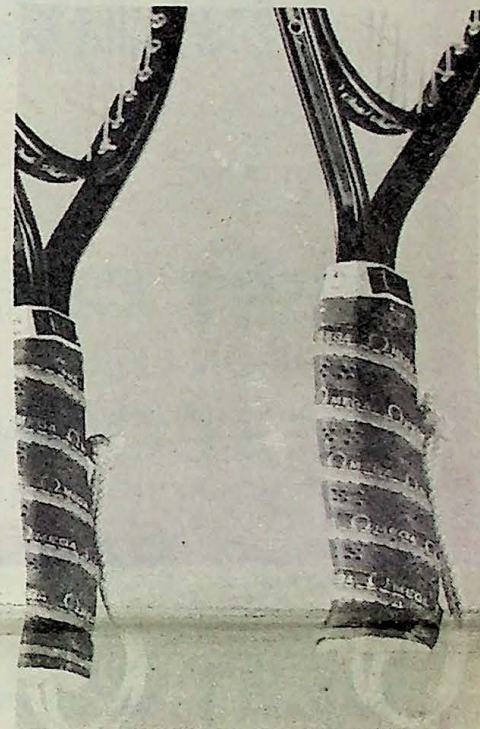
The RACQUETBALL CLOCK is made from a quality name-brand racquet with a leather grain handle. The clock is a guaranteed batter operated clock with a sweeping second hand

The RACQUETBALL CLOCK is available in the following colors: Black, Orange, Yellow, Green, Red.

Order yours today! All Orders Prepaid. Only \$24.59 plus \$2.00 handling. TOTAL ONLY \$26.50.

Send your order to, or for further information write to:

Racquetteer
P.O. Box 19069
Irvine, Ca 92713

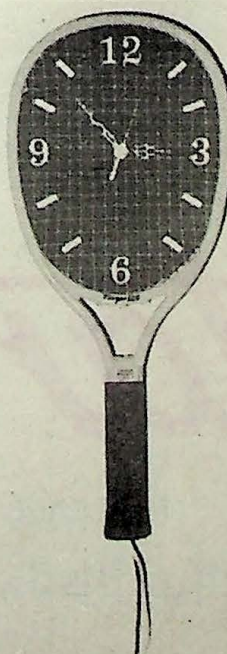


PRO II

Racquetball plyers who purchase Omega's new Pro-II racquet between now and April 15, 1978 will receive a \$5 rebate, simply send the original copy of the sales receipt along with the completed racquet warranty card.

The Pro-II model is Omega's top-of-the-line racquet, backed by the only 5-year warranty available on the market today. The Pro-II features Omega's innovative "total frame" design in which the frame extends completely to the butt of the handle and is bonded to polyurethane. This new model is extremely lightweight, weighing only 265 grams. The Pro-II is 18 1/2" long and is available in grip sizes of 4 3/8", 4 1/8", and 3 7/8". The 3 7/8" grip is another Omega exclusive, designed to allow easier and more powerful wrist action.

For more information or if you are unable to find Omega at retail, contact Omega Sports, 2366 Schuetz Road, St. Louis, Missouri 63141 or call (314) 872-9007.



The Pacer Is Quick

CARBON LIGHT

NEW

7

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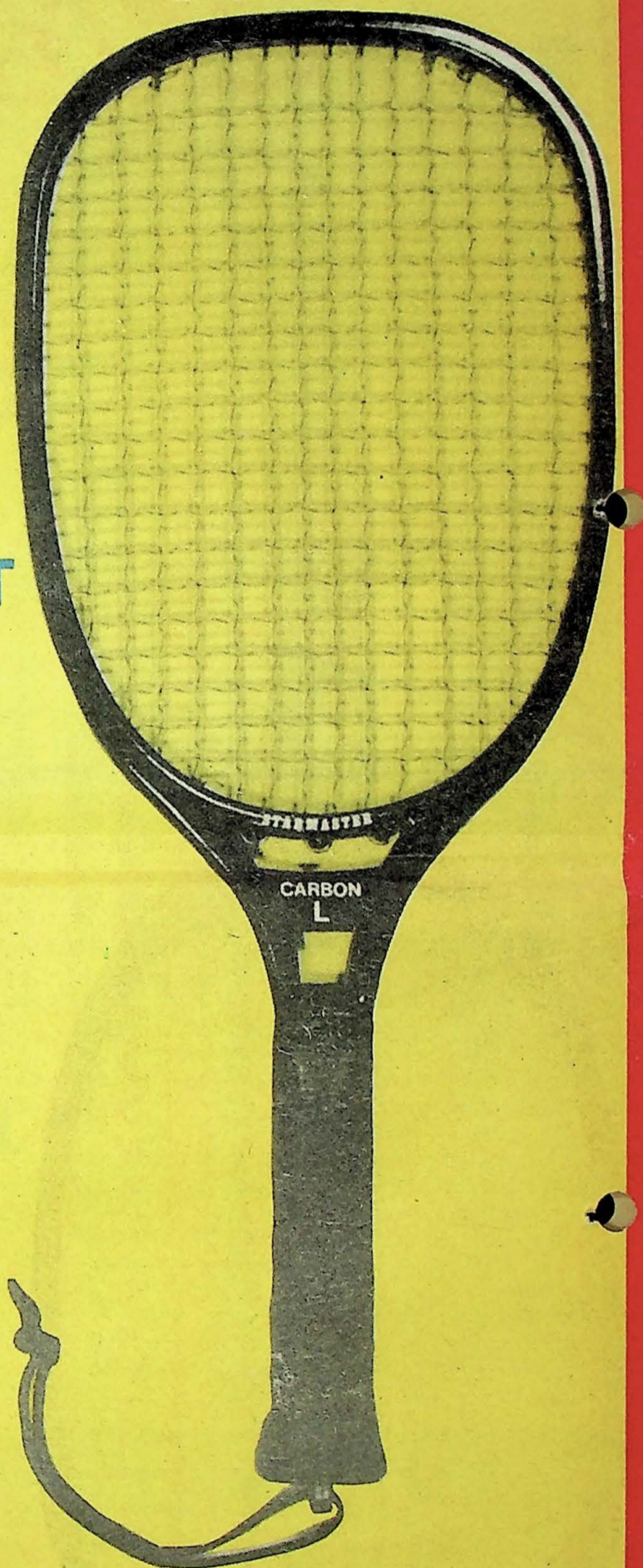
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CARBON LIGHT

BEST BALANCED RACQUET

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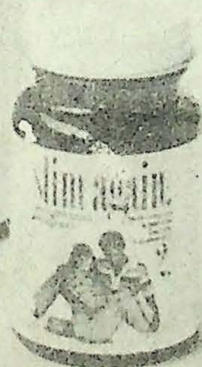
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