

Passing Shots



Norm Blum

Publisher & Editor

RACQUETBALL'S GREATEST LIES — "I've only been playing about a year." "The entry's in the mail." "I bought the ball the last time we played." "The whirlpool is temporarily out of order."

THE REAL MENACE — One lefthanded player, tired of being abused because he's a southpaw, says the real crooks of the game are "bald people with those ugly shiny domes that reflect the light right into your eyes."

TREAT IT WITH RICE — Next time you pull a hamstring, use RICE. No, not Uncle Ben's kind. Rather, the Rest, Ice, Compression and Elevation kind. . . . For blisters, apply Benzoin sticky spray or Tough Skin to the redenned area. Apply tape, so that the shoe will rub against the tape instead of skin. Then apply petrolatum.

PRACTICE WHAT YOU PREACH — A brother of a priest swears you can hardly tell he's a clergyman while on the racquetball court. "He cusses like a longshoreman and cheats so much they have to put his matches in, the back where no one can see him."

THUMBS UP — Racquetball now exists in the Keys. Wall to Wall Racquetball in Tavanier recently opened and welcomes all vacationing racquetballers. . . . Laurels to the sponsors of tournaments. Players should go out of their way to frequent business establishments of sponsors and thank them. The same logic applies to advertisers in the Journal who make this publication possible.

THUMBS DOWN — Darts to clubs that cut down the competition in town instead of selling themselves when talking to prospective members. . . . Raspberries to referees who appeal to the crowd when they face a rough call. Come on, call the game yourself — don't take a straw ballot. . . . Darts to obnoxious players who try to intimidate referees with their mouths. . . . Darts to the national racquetball magazines that run PR releases verbatim. Racquetball officials are so hung up that the sport can't exist without Marty Hogan they instruct their PR people to downplay his losses. Thus, Dave Peck, who finished the year No. 1, gets slighted.

DIANE BULLARD RANKINGS — National amateur and state champ Diane Bullard, now on the pro tour, says these are the top five amateurs in Florida. 1) Nancy Hamrick. 2) Julie Pinnell. 3) Susan Morgan. 4) M.J. Kazen. 5) Amy Turkell. Bullard, by the way, will be writing the On The Pro Tour column. She replaces Brenda Poe who plans to wed and start a family.

KEEP THOSE BALLS — Racquetball parents: you don't have to buy erasers this fall. Give your kid an old ball. It erases pencil better than anything on the market. . . . Phil Corrente was shocked the last time he looked at the draw in an Orlando tournament. Corrente, believe it or not, has played Gordon Kirkland four straight times in the first round — and won. . . . Congrats to Stuart's Shirley Smith. The Mid Court Club manager was selected as the AARA Regional director. A smart choice. . . . Jacksonville's Curtis Winter qualified for the Sunshine State Games while competing in the junior

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Spectators jockeyed for position to watch the matches

Norm Blum/photo

Melbourne sleeps — racquetballers compete

By Norm Blum
Publisher

MELBOURNE — The streets are barren at 3 a.m. in this densely populated community. The moon reflects on the intra-coastal waterway and the crickets, out in force, chirp in unison. There's little sign of life during the wee hours of the morning. Occasionally a car speeds through the main intersection. The convenience stores are open but there are no customers. Melbourne is asleep for the night.

Almost.

About two miles from the quiet downtown, West NASA Boulevard resembles one giant flea market parking lot. Call it the middle of the night or early in the morning, competitive racquetball is still being played at the Imperial Courts.

The second annual Stroh's Classic, the largest tournament ever held in Florida, if not the nation, forced the Imperial Courts to schedule matches around the clock. Participants breathed a sigh of relief over 8 a.m. starting times. Five hundred and four racquetballers signed up and somehow 802 matches were completed within two-and-a-half days. The C draw was larger than most tournaments. One hundred and fifty four players signed up for the C division and there was barely enough space on the wall to put up the draw

sheets. Add another 90 doubles teams and it's no wonder matches were delayed two to three hours throughout the tournament.

Unlimited Stroh's beer, along with a door prize ticket that enabled participants to win a car or moped, attracted the throngs of competitors.

John Brown, one of the many C players, knew it would be a long weekend when it took him four long distance phone calls to get his starting time. Informed it was 3:30, Brown marveled at the prospects of playing his first round match in the middle of the afternoon. He anticipated a nice leisurely drive from Jacksonville. But his glee was short-lived. Right after thanking the girl at the front desk, he was quickly corrected. "Mr. Brown. Mr. Brown. That's 3:30 in the morning." Brown's silence set the tone for the weekend.

Miss Stroh's, Liz Smith, kicked off the festivities at 5 p.m. Clad in a skimpy outfit, she officially started the tournament. "Come and drink some Stroh's all weekend," she announced.

And drink they did. Half the field was eliminated within the first few hours and the Stroh's booth, located in the Wallbanger Lounge, became a refuge for losers. The winners weren't so fortunate. They were faced with playing at 4 in

the morning and when they showed up at the correct time, the tournament was behind two hours. Most deplored the conditions and bad-mouthed the club. Paying for a motel room and not being able to use it angered several players.

The last match of the first day went off at 4 a.m. Nightowls had a tremendous edge in the competition. Play resumed at 7:30 a.m. Saturday and didn't end until 6 p.m. Sunday. Players caught a couple of hours of shut-eye just about everywhere. One man was spotted sleeping on the hood of his car Sunday afternoon during an electrical storm. However, the Nautilus room appeared to have the most comfortable lodging.

About 125 players competed during the early morning hours. Some enjoyed the change of pace while others deplored it. The Imperial Courts management, aware of the inconvenience, placated the players with a free breakfast pass at Sambo's and all but 15 people took advantage of the offer.

Manager Mike Phillips didn't plan on holding a marathon racquetball tournament and he was the first to admit playing all day and night was not conducive to a good tournament.

"We anticipated 500 entries on nine courts and had 75.

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Where To Play

For \$100 a year, your club can reach all the racquetball players in Florida. Contact the Florida Racquet Journal about placing your club in the Where To Play section. Call (904) 721-3660.

BRANDON
Kingstown Racquetball Club— 939 Oakfield Dr. (813) 685-4155. 4 courts. \$2 guest fee at all times. Non-prime, \$4. Monday-Thursday 8 a.m.-4 p.m. all day Saturday-Sunday. Prime, \$8 — 4 p.m.-11 p.m. Monday-Thursday. Fully equipped lockerroom.

BRADENTON
Westside Racquetball & Health Club— 6500 Manatee Ave. (813) 792-7383. 8 courts. \$2 guest fee. Non-prime time \$6, prime \$8. \$5 per workout. Whirlpool, sauna. 7 a.m.-11 p.m. daily

CORAL SPRINGS
The Quadrangle— Racquetball Complex— 2160 University Dr. (305) 753-8900. 12 courts. No guest fee for NCCA card holders; \$5 for others. Pro shop, cafe, nursery, Nautilus, whirlpool, sauna. 7 a.m.-midnight weekdays. 8-6 weekends.

CLEARWATER
Suncoast Court House— 2147 Pine Forest Dr. (813) 531-8933. 16 courts. 2 glass tournament courts. \$5 guest fee covers court time. Nautilus and pool. Fully equipped lockerroom. 6:30 a.m.-midnight weekdays. 8-midnight weekends.

Kangaroo Courts— 2095 US Highway 19 North. (813) 796-2457. \$3 guest fee. 10 courts. Universal equipment. Whirlpool, sauna in both lockerrooms. Lounge, bar, color TV. We cater to guests.

CRYSTAL RIVER
Citrus Racquet and Swim Club— S. Griffin Rd. (904) 795-3703. 2 racquetball courts. 2 tennis courts. Guests with members \$5 a day plus court fee. Universal, exercise room, soa. jogging track, clubhouse, lounge, swimming pool.

FORT LAUDERDALE
Holiday Courtrooms— 750 W. Sunrise Blvd. (305) 764-8700. \$6 guest fee for out-of-towners. 19 courts. Basketball court, running track, two Nautilus rooms. Swimming pool.

Racquets Too— 5300 Powerline Rd. 305-772-2222. 9 racquetball courts, 2 international, 2 American squash courts. 30 seconds off route 95, Commercial Blvd. exit. Take Powerline N. 1/4 mile on right. Complete Nautilus Fitness Center. Full restaurant and lounge

FORT MYERS
The Racquetplace— 8450 Dayton Ave., SW (813) 939-4477. 10 courts. 7 a.m. to 11 p.m. seven days a week. Country club atmosphere. Fully equipped lockerroom. Outdoor jogging track. Convenient and accessible from all directions.

FORT WALTON BEACH
Racquetball West— 125 Miracle Strip Pkwy., (904) 244-6106. 8 courts. \$2 guest fee (guests always welcome). Whirlpools

sauna, pro shop, exercise room, nursery. 8 a.m. to midnight daily

GAINESVILLE
Gainesville Racquetball Club— 6916 W. University Ave. (904) 372-2120. 6 courts. \$3 guest fee (call ahead). Universal, juice bar, lounge with color TV

HOLLYWOOD
South Broward Racquet and Sports Club— 555 Ravenswood Rd. (305) 987-6410. 10 courts. No guest fee for NCCA and United States Sports Club members; \$3 for others. \$2 non-playing fee for other facilities. Fully-stocked gym, basketball court, whirlpools, saunas, exercise equipment, nursery, game room, pro shop, cocktail lounge, entertainment Friday nights, juice bar and 7-foot TV

JACKSONVILLE
Jacksonville Racquetball, Health & Fitness Center— 6651 Crestline Dr. (904) 724-6994. Guest fee. \$5 non-prime, \$6 prime, 10 courts. Nautilus. Aerobics. The only club in Jacksonville that caters to out-of-towners.

JACKSONVILLE BEACH
Beaches Racquet Club— 450 Atlantic Blvd. (904) 241-5252. \$3 guest fee, plus court time. Nautilus, nursery, aerobics room, snack bar, complete lockerroom. 6 a.m. to 11 p.m. weekdays. 7-11 weekends.

MELBOURNE
Imperial Courts Racquetball Club— 1525 West N.A. SA Blvd. (305) 725-5120. 10 courts, expanding to 14. \$2 out-of-town guest fee. \$3 in town. Nautilus, whirlpool, saunas. Wallbanger Lounge. Courtside banquet room. Free nursery, universal exercise room, pro shop. Pool to be added in Fall of '82. \$6 non-prime, \$8 prime. 7 a.m. to midnight daily.

MIAMI
Kendall Racquetball and Health Club— 10631 SW 88th St. Dadeland W. Office Park. (305) 596-0600. 11 courts. \$5 guest fee plus court time. Fee waived for NCCA members. No reservations, call. Separate men's and women's health club. Nautilus. Fully equipped lockerrooms. Lounge, pro shop, social area.

Miami Court Club— 9395 Bird Rd. (305) 226-4014. 10 courts. No guest fee for NCCA members; \$3 for others (no reservations). Hotel guests in Miami can reserve non-prime for \$7 (6 a.m.-4:30 p.m. weekdays, 6 p.m.-midnight weekends). Prime \$9 or \$12. Racquets, shoes for rent. Pro shop, whirlpool, sauna, steam room. 6 a.m.-midnight daily.

ston, Debbie Bedell, Mary Holroyd, Jan Taylor. 19-24— Susan Hunt, Rhonda Elias, Mercedes Rodriguez, Janette Diekmann. 25-29— Livingston, Bedell, Taylor, Cary Montano. 30-34— Collette Maxweel, Annette Desormey, Francis Nipe, Cynthia Uhl. 35-39— Barbara Conroy, Agatha, Falso, Libby Laney, Wanda Binnix. 40+— Shirley Elgaway. Girls 14 and under— Dana Conroy. 16 & under— Mary Holroyd. 18 & under— Laurie Mang. Non-championship divisions. Men's B—Tim Edwards def. John Rowlee. 3rd—Julian Andrews def. Tom MacEwan. C—Andy Kenny def. Ed Hamilton. 3rd—Dean Katchel def. Phil Petrozella. D—John Mann def. Todd Bloomdahl. 3rd—Doug Chrystie def. John Ross. Women's B— Rhonda Elia def. Francis Nip. 3rd— Rodriguez def. Jannette Dickmann. C—Uhl def. Mang. 3rd—Penny Swant def. Marsha Goodhart. D— Gladys Nunez def. Dana Conroy. 3rd— Diane Munksgard def. Theresa Todd.

The Club Orlando Qualifier
Men's Open—Joe Nico, Randy Pfahler, Van Dubolsky, Vinnie Ganley. 19-24—Ganley, Nico, Brian Kimball, Dan McKinley. 25-29—Tom Ruffing, Gary Zetrouer, Steve Jones, Steve Ruedlinger. 30-34—Dubolsky, Joe Serabia, Errol Potter, Gary Zetrouer. 35-39—Serabia, Potter, Lee Handley, Graig Shaak. 40-44— Charlie Kramer, Allen Miller, Mike Mojer, Larry Swanson. 45+— Mojer, Gordon Ira Jr., Tom Zetrouer, Vinnie Sganga. Boys 16 and under—Richard Potter, Greg Fane, Robert Taylor, Chris Pheilan. 18 and under—Shaheen Navab, James Fox, John Paspalakis, Cliff Ira. 10-14— Richard Potter, Steve Hull. Patrick Lauteria, Scott Sobel. Women's Open— Julie Pinnell, Susan Morgan, Elena Mildenberg, Sandy Sirico. 19-24—Mildenberg, Donisa Zetrouer, Rose Goldstein, Jan Curtis. 25-29—Pinnell, Sirico, Cheryl Lee, Fay Hodge. 30-34—Hodge, Kim Beecher, Mickey Lewis, Barbara Rotundo. 35-39— Linda Siegler, Joanne Serabia, Joyce

Bogey's Barn— 9300 SW 152nd St., South & Dixie Highway. (305) 233-8603. \$6 guest fee includes court time. Dynacam, aerobics, physical fitness programs. 10 courts. Pool, restaurant and night club.

Bogey's— 5885 NW 151st St. (305) 822-0160. 9 courts. Gymnasium, aerobics. \$6 guest fee includes court time. Restaurant and lounge.

NAPLES
The Olympiad— Under new ownership. 1048 Castello Dr. (813) 262-1112. 8 courts. \$5 guest fee. Pool, restaurant, complete lockerroom.

OCALA
The Fontainebleau— 2120 Northeast 46th Ave. (904) 236-2288. \$3 guest fee. Swimming pool, complete lockerroom. Club 21/20. Lounge, weight room. 10 courts.

ORANGE PARK
Park Avenue Racquet Club— 714 Park Ave. (904) 269-8000. 6 racquetball courts. 8 soft tennis courts. \$3 guest fee plus court time. Nautilus, whirlpool, bar and lounge, pro shop and nursery. 7 a.m.-11 p.m. weekdays. 8-11 weekends.

ORLANDO
The Racquet Ball— 5165 Adanson St. (305) 645-3999. 8 courts. \$6 guest fee. Nautilus, restaurant, complete lockerroom.

The Club— 825 Courtland St. (305) 644-5411. 10 racquetball courts, 16 tennis courts. Pool. \$3 guest fee. Non-prime \$7, prime \$8. Lounge, Nautilus, whirlpool, sauna, pro shop. 7 a.m.-11 p.m. weekdays. 8-8 Saturday 9-9 Sunday.

ORMOND BEACH
Omega 40— 10 S. Kings Rd. (904) 672-4044. 10 courts. \$4 guest fee. Non-prime \$7, prime \$8. Nautilus, swimming pool, whirlpools. 6 a.m.-10 p.m. daily.

PANAMA CITY
The Court House— 3120 W. Highway (904) 796-6184. 6 courts. No guest fee for NCCA members. \$3 for others, plus court time. Non-prime \$6, prime \$7. Exercise facilities, swimming pool, whirlpools. 6 a.m.-10 p.m. daily.

POMPANO BEACH
Tennis Trainer— 1301 W. Copen Rd. (305) 974-4310. \$7 guest fee. Full use of club. 7 racquetball, 3 tennis courts. 2 indoor practice tennis courts. Fully equipped lockerroom.

PORT CHARLOTTE
Charlotte Racquet Club— Loveland Blvd. (813) 629-2233. 4 racquetball courts. 6 tennis courts. \$3 guest fee. \$6 non-prime, \$8 prime. Universal. Snack bar. Ping pong. Plans for expansion.

SARASOTA
YMCA Courts— 1075 S. Euclid Ave. (813) 957-0770. 6 courts. \$2 guest fee. Non-prime \$5, prime \$6. Co-ed whirlpool. We welcome visitors and guests. 7 a.m.-11 p.m. daily.

Sarasota Racquetball Club— 2170 Robinhood Dr. (813) 922-3546. 6 courts. \$2 guest fee. No reservations. Non-prime \$6, \$8 prime. Nursery, lounge, free first-run movies.

SEFFNER
Brandon Racquet Club— 2011 S. Parsons Ave. (813) 689-4410. 5 courts. No guest fee for out-of-town club members. Non-prime \$6, prime \$8. Universal, saunas, 7 a.m.-midnight daily.

ST. PETERSBURG
Tyrone Racquetball Club— 6690 Cross Winds Dr. N. (813) 381-8711. 16 courts. \$3 guest fee for out-of-town club members with current card. Non-prime \$7, prime \$9. Whirlpool, sauna, exercise room. Private club. 6:30-midnight daily.

STUART
Mid Court Racquetball Club— 20 N.E. Dixie Hwy. Rt. 707— (305) 692-9488. 8 courts. \$2.50 guest fee (guests welcomed). Prime \$8 (4 p.m.-11 p.m. weekdays). All other hours \$6. Racquets, balls for rent. Pro shop, game room, lounge, Universal gym, whirlpool, saunas, billiards, nursery. 8 a.m.-11 p.m. daily.

TAMPA
Tampa Bay Court House— 7815 N. Dale Mabry (813) 932-5321. 10 courts. 2 sidewall glass courts. \$5 guest fee covers court time. Nautilus and pool. Fully equipped lockerroom. 6:30 a.m.-midnight weekdays. 8-midnight weekends.

TAVENIER
Wall to Wall Racquetball— Milemarker 91.5 (behind Harry's Restaurant) (305) 852-2634. Upper Florida Keys 5 courts. \$3 guest fee. Nursery. Ideal resort area. Finally, racquetball in the Keys!! Check it out.

VENICE
Venice Racquetball & Fitness Center— 581 N. Venice By-Pass (813) 484-8427. 8 courts. \$3 guest fee. Non-prime \$4, prime \$8. 2 full gyms, swimming pool, sauna, steam bath, big lounge, inhalation room.

Winners

Summer Sizzler
Mid Court Club
Stuart
Men's Open— Bob Cuillo def. Tico Fernandez. 3rd— John Caldwell def. David Stiff. B— Tim Oulette def. Sal Simeca. 3rd— Steve O'Flaherty def. Tom Cowher. C— Bob Cusano def. Scott Stoex. 3rd—Joey Storey def. Leslie Chambley. Novice— Eric Gray def. Cary Kinne. 3rd— Art Salvi def. Dale Davenport. 35-39— Earl Cornacchio def. Ray Ingelsbe. 3rd— Bob Widman def. Ray Bailey. 40+— George Gowing def. David Harman. A Doubles— Cuillo/Fernandez def. Ingelsbe/Ceravolo. 3rd—Shadley/Shadley def. Stiff/Farrell. B Doubles—Mollenberg/Spence def. Andrew/James. 3rd—Tom MacEwan/Bill Fitzgerald def. Ken Ferguson/Ray Navitsky. Women's B— Tracy Backer def. Cindy Uhl. 3rd— Laurie Mang def. Kathy Carmody. C—Jill Verona def. Ona Ghitto. 3rd—Diane Coen def. Sue Proth. Novice—Jackie Moore def. Kathy Kerr. 3rd—Diane Roulette def. Teresa Evans. Mixed Doubles— Inglesby/Backer def. Simeca/Elias. 3rd—Cornacchio/Smith def. Andrews/Mang. Juniors— Chris Harmon def. John Fedele. 3rd—Rhett Bailey def. Paula Rubino.

The Quadrangle
Coral Springs
Sunshine Qualifier
Men's Open— Tim Hansen, Bubba Gautier, Richard Smith, Bob DeRobertis. 19-24— Gautier, Hansen, Alex Ramos, John Morris. 35-39— John Ehring, Tim Sheehan, Rusty Biddell, Ben Upton. 30-34— DeRobertis, Butch Mysel, Fred Sherbinsky, Dean Kachel. 35-39+— Mike Desormey, Steve Squire, Fred White, Bill Afford. 40-44— Jack Ross, Fred White, Fred Blaess, Ed Hamilton. 45+— Jim McCauley, Ed Lawrence, Joe Ramos, Mel Schwartz. Boys 14 and under— Benny Lee. Joe Pozzuoli, Jeff Wallace, Gary Stiepleman. 16 & under— John Luca, Tim Edwards, Robbie Binnix, Armo Hansen. 18 & under— Tom Cowher, Barry Koran, Sal Scimeca, Oscar Alvarez. Women's Open—Mary Ann Living-

Buckner, Kathy Franks. Non-championship divisions: Men's B—Darian Tenace def. Greg Neimyer. 3rd—Barry Bullard def. Edward Scott. C—Robert Taylor def. Norm Blum. 3rd—Sam Timpano def. Chuck Wason. Open Doubles— Randy Pfahler/Van Dubolsky def. Tom Ruffing/Vinnie Ganley. 3rd—Sid Miller/Jeff Jones def. Brian Kimball/Steve Jones. B Doubles— Roe/Willie Beard def. Tasso Kiriakis-/Greg Fane. 3rd—Barry Bullard/Greg Neimyer def. Sam Timpano/Richard Potter. Women's B— Debbie Townsend def. Kelly Price. 3rd—Linda Siegler def. Susan Strickling.

Tyrone Racquetball Club
St. Petersburg
Qualifier
Men's Open—Bill Cottrill, Jeff Bales, Jim DeLadesmo, Randy Godwin. 19-24— Cottrill, Bales, Mike Hodginson, Scott Smith. 25-29—Ken Anderson, Chuck Rolling, Randy Godwin, Terry Aydt. 30-34—Jim Kelly, Carson Turlington, Ralph Fernandez, Chris Leyschok. 35-39— Charlie Behard, Collin Carlton, Terry Hoff, Carl Weinrich. 40-44— Ed Vlock, Sonny Marcus, Bob Munz, Pete Spoto. 45+— Sonny Marcus, Don Woodington, Gene Fueling, Rodger Swanson. 18 & under— John Schneider, Steve Lardizabal, Cary Reece, Rich Bandel. 16 & under— John Schneider, James Waldren, Tom Cousins, Mark Cohen. 10-14—Gary Lardizabal, Glen Roberts, Matt St. Lawrence, Paul Welch. Women's Open— Julie Ginsberg, Sue Sotelo, Barbara Simmons, Jessica Crist. 19-24— Crist, Debbie DeGrove, Pebbles Ortiz, Sharon Stein. 25-29—Sue Sotelo, Cindy Carter, Suzie Gobel, Barbara Simmens. 30-34—

Nancy Neudecker, Renee Fish, Dennis Stevens, Lily MacIntyre. 35-39— Gretchen Spiegel. 40-44—Judy Schmidt, Julia Knudsen, Carol Munz. 45+—Ruth Swanson. 10-14— Christine Carlton. 16 & under— Julie Ginsberg. 18 & under— Stacey Thompson. Non-championship divisions Women's B—Audrey Matuley, N. Neudecker, V. Cooper. C—Ortiz, E. Eames, S. Thompson. A Doubles— Triplett/Bandell, Voss/Londrigan/Anderson/Murry. B Doubles— Jordan/Gobel, Nehr/Richman Bandell/Georgio. Mixed Doubles—Schmidt/Weinrich, Smith/Smith, Munz/Munz. Men's B— Robert Lin, Gary Brizendine, Dallas Clement. C—Hopeton English, Peter Nehr, Larry Radin. Novice—PeterJennings, John Winters, Curtiz Martinez.

Big Bend Open
Tallahassee
Men's Open—Steve Roe def. Bobby Cuillo. Open Doubles—Rose/Johnny Cason def. Cuillo/Jeff Shields. A—Chip Chaney def. Rick Shook. B—Doug Duncan def. Aln Bagg. B Doubles—Steve Crane/Tom Bart def. Alan Bagg/Steve Cox. C— Steve Hines def. Blain Lyall. C Doubles—David Young/Ed Freeman def. Doug Duncan/Randy McLaughlin. Novice—Gary Davis def. Chuck Britt. Juniors—J.B.Davis def. David Merrell. Women's B— Patti Higdon def. Patti Jackson. C—Sandy Brown def. Pat Harris. Novice—Susan Hall def. Sandy Bart. C Doubles—Sandy Brown/Jill Pearson def. Beth Benners/Penny Seeley.

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Calendar
August 20-22—Quadrangle—Coral Springs
Aug. 27-29—Richey Racquetball—New Port Richey
Sept. 17-19—Sports & Court—Gainesville
Oct. 8-10—AARA State Doubles—Suncoast Courthouse—Clearwater
Oct. 29-31—Mid' Court Club—Stuart

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The finals of the C's

For all "C" players, everywhere and the dream they all share

Whenever players gather for an R'Ball tournament,
They meet and hoist a draft or two in comradely content;
And talk of racquet matches, of the Open and the B's
Then remember fat, old Charlie and the finals of the C's.
Old Charlie wasn't Open class, he wasn't even B;
He should be playing novice, 'stead of five years playing C.

'Cause he was old, and fat, and slow, and had no concentration,
The best that he had ever done was third place consolation.
But a bye, and then a forfeit, then a badly twisted knee
Had put him in the semis where he never thought he'd be;

And then he won a squeaker from the kid who called him "Gramps"
An 11-9 tiebreaker, when the kid developed cramps.
And here it was, a Sunday and the time was getting short
Old Charlie looking tired in the glass walled finals court.

The kid that he was playing hit with merciless precision,
And teased and taunted Charlie with sarcasm and derision.
The first game was a blow-away at twenty-one to two;
Old Charlie hung his head in shame at what he'd just been through.

The next game started like the first, but the kid was getting cruel,
He mimicked Charlie's feeble serves and made him look the fool.
But somehow Charlie stumbled on and when the game was done,
The kid had nineteen points and Charlie twenty-one;

And so came the tiebreaker we never thought we'd see,
And fat, old, tired Charlie in the finals of the "C"!
The kid comes out a-shooting with an ace, a pinch, a pass;
Old Charlie's going down the drain, cause he's run out of gas.

"10 to zip, match point" the kid let a back-hand rip
But the match is not yet over as the referee hollers "skip."
Now, fame is fleeting as the wind and fortunes away,
But the hope that springs eternal may yet have a trick to play.
Old Charlie stands there lost in thought, head down upon his chest,
Remembering days of long ago, when he was at his best.

And suddenly he straightens up, his body filled with power,
Then Charlie gave it all he had; it was his finest hour.
He hit pass and kill and roll-out with amazing accuracy
And the gallery went crazy when he pinched a back-hand z.

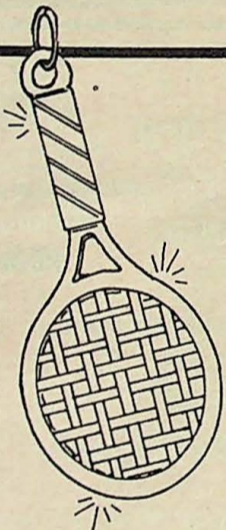
"Ten serving ten, match point" the referee calls the score,
Old Charlie's in the server's box and needing just one more;
And so old Charlie holds the ball, and then he lets it go,
And then the air is shattered by the force of Charlie's blow.

A whack, a crack and into space the rubber bullet flew,
And caromed from the corner walls — the shot was straight and true.
A forehand Z! A rocket! "Where'd he get a serve like that?"
It hit the floor and then the wall and cracked out hard and flat.

They cheered and stomped and yelled his name; the kid— he threw a fit.

No one had ever seen a z, like fat, old Charlie hit.
So if it ever happens when you're playing racquetball,

That things are going badly and your back is to the wall,
When the sky is at its darkest, and fate has you on your knees,
Remember fat, old Charlie and the day he won the "C's."
Mac MacDaniel



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* (Enlarged to show detail)



Avid reader

Dave Peck, the No. 1 rated player game's top teachers, writes an instructional column in the Journal. Improve your game. Read Peck every month.

Winners

(continued from page two)

Doubles— Diane Bullard/Amy Turkell def. Friedman/Goldman. 3rd—Susan Morgan/Sandy Sirico. B
Doubles—Rolfe/Turkell def. Partlow/Moore. 3rd—
Jackson/Gobel. 30+ doubles—Spiegel/Fish def.
McDaniels/Serabia. 3rd—Giordano/Nathan.

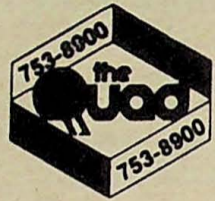
Champs Sport Shops Open
South Broward Racquet Club
Open—Tim Hansen def. Gary Biederman. 3rd—
Richard Smith. B—K. Davis def. G. Diaz. 3rd—P.
Domb. C—Fallie def. Wallace. 3rd—Fort. 30+—
Biederman def. Steve Squire. 3rd—Dennis Hanlon.
50+—M. Wohl def. V. Scanga. 3rd—G. Gowing.
Juniors—J. Wallace def. Scott Hirsch. 3rd—
Stepleman. Women's Open—Debbie Bedell def.
Debbie Cohen. 3rd—Nancy Froelich. C—Martha
Rodriguez def. C. Westfall. 3rd—D. Reichenbaum.

Stroh's Classic

Imperial Courts—Melbourne

Men's Open—Jeff Bales def. Tim Hansen. 3rd—
Vinnie Ganley. B—Tyrone Robinson def. Herb
Weaver. 3rd—Kluza. C—Didnoato def. Thomas.
3rd—Sam Sprout. D—Scarbozi def. Calabro. 3rd—
Brumaster. 30+—Van Dubolsky def. Lee Handley.
3rd—Joe Serabia. 40+—Gordon Ira Jr. def. Mike
Mojer. 3rd—Charlie Kramer. 50+—Ira def. Roberts.
Open Doubles—Bubba Gautier and Tim Hansen def.
Lefler and Kirkland. 3rd—Nichols and Smith. B
Doubles—Nelson and Scott def. Hart and Lester.
3rd—Garrigal and Smith. 40+ Doubles—Fox/Mojer
def. Frank Shumer/Charlie Kramer. 3rd—
Lutz/Allen. Juniors—13-16—Charlie Nichols def.
John Schneider. 3rd—Hansen. 12 and under—
Aguilar def. Mowery. 3rd—Cretowicz. Women's
Open—Diane Bullard def. Elena Mildenerger. 3rd—
Marla Friedman. B—Davis def. Collins. 3rd—
Jackson. C—Maclay def. Schullstrom. 3rd—
Knudson. 30+—Renee Fish def. Lee. 3rd—Albertine
McDaniel. D—Robinson def. Wilson. 3rd—Kay. Open

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ENTRY FEE: \$21.00 First Event / \$10.00 Second Event and/or Doubles (per person)
Make checks payable to: The Quadrangle
\$5.00 per entry will be donated to the Ronald McDonald House.

ENTRY DEADLINE: Entries received later than August 16th will be accepted only if space remains in the division requested and are subject to a \$5.00 late charge. Telephone entries will not be accepted without Visa/Mastercharge.

AWARDS: First and second place in each event, plus first place in consolation.

OFFICIAL BALL: **EKTELON**

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AARA RULES: AARA rules: 3 out of 5 games to 11 points. CONSOLATION matches for all divisions (1 game to 31 points).

REFEREES: The loser of each match must referee the next available match as determined by the Tournament Directors.

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STARTING TIMES: Call the Quad after 4:00 P.M. Thursday, August 19th. (305) 753-8900.

TOURNAMENT DIRECTORS: Fred White, Jan Taylor.

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- MEN'S C
- MEN'S D
- MEN'S 25+
- MEN'S 30+
- MEN'S 35+
- MEN'S 40+

- WOMEN'S OPEN
- WOMEN'S B
- WOMEN'S C
- WOMEN'S D
- WOMEN'S 30+

DOUBLES

- MEN'S OPEN DOUBLES
- MEN'S B DOUBLES
- MEN'S C DOUBLES
- WOMEN'S OPEN DOUBLES
- WOMEN'S B DOUBLES
- WOMEN'S C DOUBLES

JUNIORS*

- JUNIORS 18-
- JUNIORS 16-
- JUNIORS 14-
- JUNIORS 12-
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- UNDER 18 DOUBLES

*GIRLS DIVISION WILL BE HELD IF AT LEAST 6 REGISTER FOR ANY AGE GROUP.

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Crowds need to behave

As the gladiators pounded each other into a bloody mass, the crowd pelted the combatants with verbal obscenities, shouting the loudest with the misfortune and ultimate death of one of the competitors.

Unfortunately, the behavior of the racquetball crowd is not far from that of the Roman crowds. One of the reasons our sport has not been accepted for broadcast by television has been the conduct of the players on the court: cursing, delaying the game and the like. However, the racquetball community should take a hard look at the conduct of its spectators, which is an embarrassment at many of the amateur tournaments. The courtesy that the players maintain toward one another exceeds that of the crowd toward both players.

During a recent tournament, I witnessed the most embarrassing display of crowd response toward an open women's player. Members of the crowd, astonishingly B, A and even a few open level players, were pounding the floor and glass backwall while screaming at every error the woman made. The noise level was dramatically higher for the out-of-towner's errors than for the favorite's winners. The talent displayed on the court was secondary to the commitment of the crowd to unnerve the opponent. Certainly everyone wants his favorite to win, but spectators should have the sophistication

Sideout

By Jim Cullen

and class exhibited by golf and tennis spectators and acknowledge the excellent skill of play and not the errors of play.

Spectators would do well to brush up on these common courtesies:

- 1) Pull for you favorite; don't yell against his opponent.
- 2) Acknowledge the efforts of both players by applause; never pound the floor, glass or walls under any circumstances, especially after a skip or error by one of the players.

Everyone who ever views a racquetball match: wake up; show some class. The players are entertainers who are working hard, not gladiators. Their efforts should be applauded, not sides taken.

Pro wanted

The Jacksonville Racquetball, Health and Fitness Center is looking for a club pro. If you are interested, send your resume to Fred Blaess at 6651 Crestline Dr., Jacksonville, FL 32211 or call 904-724-6994.



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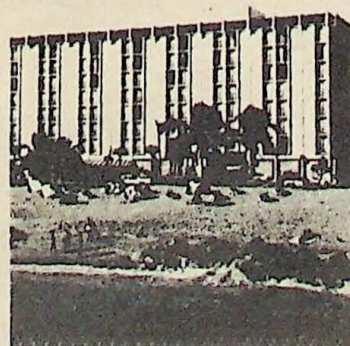
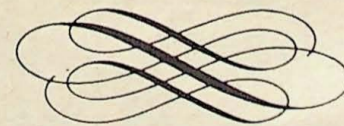
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Reader's turn

Sir: You came to me approximately a year ago to form a corporation for publication of your Florida Racquet Journal. I did not think you had a chance of surviving. I thought it would be too expensive.

About a month-and-a-half ago I joined the Park Avenue Racquet Club in Orange Park. One of the first things I noticed was a copy of, lo and behold, the Florida Racquet Journal with your face smiling up from its front cover. I also immediately noticed that it is in tabloid format on newsprint rather than magazine format on slick enamel. I read it and found it interesting, informative and entertaining. And filled with ads.

Leo B. Hill
Orange Park

Sir:

I enjoy reading your newspaper on racquetball but I have one question: why don't you ever have any articles about three-wall racquetball? We here at Kiwanis Island in Merritt Island play outdoor three-wall as well as four-wall. The game is just as exciting as four-wall and in fact requires different strategies as there is no back wall. It also requires more control not to hit the ball out of court.

We hold some three-wall tournaments during the year and perhaps there are other areas around the state who have three-wall tournaments also. We also have a great number of women players.

After all, two of Florida's top players, Mark Morrison and Jeff Bales started here at Kiwanis Island playing three-wall racquetball.

Thanks for your fine publication.
Paul Mularchuk
Merritt Island

Editor's note— Send us information on three-wall racquetball and, with space permitting, we'll print it.

Sir:

It seems to me, the Florida Sunshine State Games are something special. The Governor's announcement lauds the games as an opportunity for Florida athletes to compete, and at the same time share a camaraderie.

In racquetball it is an opportunity for the top four athletes in each age division to meet and compete with their peers from throughout the state. Undoubtedly, it's the only event where competitors from Jacksonville, Orlando, Miami, Tallahassee and all Florida cities get together. Only four entrants are invited in each age group. It seems unjust that players should be allowed to enter more than one division, thus when they place in the top four, eliminate a fellow Floridian from enjoying the games. Only seven participants will compete — instead of the allowable eight.

Charlie Kramer
Jacksonville

Adams, Peck No. 1

DENVER, CO.— Lynn Adams upheld her No. 1 ranking as she slid past former national champion Shannon Wright 2-3, 3-2, 15-14 in the \$12,000 Michelob Light Women's Professional Racquetball Championship at the Denver Sporting Club in Denver. Adams collected \$2,650 and the national women's title, while Wright took home second place earnings of \$1,550.

Wright yielded only one game to her collective opponents to breeze into the finals, blitzing perennial champion Heather McKay 3-0, 3-0 in the semifinals.

"I decided to play a more aggressive game this time," Wright said. "I nearly defeated Lynn the last time we played each other and my confidence was regained. I went back to a serve-and-shoot style and played more off the back wall. Lynn's determination brought her back, though. I'm sure I'll relive the tie-breaker for quite a while."

An emotional Adams, who had never won a national championship, acknowledged the praise from Wright at the awards ceremony.

"She's a great player, and so are all the other women on the tour. I really wanted this one and, after the second set, I was determined to get it."

In the men's DP Leach National Championship, Marty Hogan won the first place \$25,000 check defeating Dave Peck. In the first game Ho-

gan won 11-9, coming from a 6-0 deficit. Peck jumped to an 8-0 lead in the second game and won 11-6. However, Hogan, took a 9-3 lead in the third game and won 11-5. In the fourth and final game, Hogan had a 9-2 lead before putting it away to claim his fifth consecutive DP Leach National Championship.

However, Peck ended the season ranked No. 1 on the tour and proved that Hogan is no longer unbeatable. The two met four times and each won two matches. Peck finished the season with four tournament victories and 920 points while Hogan had four wins and 860 points. Hogan, because he won the \$25,000 finished the year with more earnings despite being ranked second. Hogan won \$53,250 on the tour while Peck won \$39,250.

The Sportrooms in Coral Gables hopes to play host to next year's national championship.

Salesmen

Wanted

We need salesmen to sell advertising for the Florida Racquet Journal. If interested, contact Norm Blum at (904) 721-3660.

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Play: 2 games to 21 points, tie breaker to 11 points, AARA Rules, winners must referee next match

Refreshments: Gatorade served throughout tournament, coffee, fruit and doughnuts on Saturday and Sunday mornings; lunch Saturday afternoon (guest tickets available)

Awards: Trophies to 1st, 2nd, 3rd places in all divisions; consolation for all divisions except doubles (one game to 11). You must register immediately after 1st round loss, 4 entrants minimum.

Entry Fee: \$18.00 (first event), \$7.00 (second event), \$5.00 (third event) (limit of 2 events unless third event is doubles)

T-Shirts: free to all participants - also prize drawing tickets to all entrants for drawings Saturday night.

Entry Deadline: Wednesday, August 25, 1982, 12:00 noon

Ball: Penn Ultra Bisc.

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Tournament Directors: Buzz Adamek and Cindy Clum

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| Men's C | <input type="checkbox"/> | Men's A Doubles | <input type="checkbox"/> | Women's C | <input type="checkbox"/> |
| Men's Novice | <input type="checkbox"/> | Men's B Doubles | <input type="checkbox"/> | Women's Novice | <input type="checkbox"/> |

PLEASE NOTE: All divisions must have at least eight entrants or they may be reclassified and redrawn. B, C and Novice has never won a first place or made it to the semi-finals more than twice.

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Add a little life to your game

Instruction

Dave Peck



Tired of the same old shots? Are you becoming too predicatable and maybe a little bored trying to hit the same old kill shots and pass shots? You can liven your game and confuse your opponent with some change-of-pace shots.

hit with the forehand or backhand and at many different angles, not to mention the variance in speed. Picking up a hard and fast drive from your opponent and returning a slow, finesse pinch does more to throw off his balance than any shot I know of.

Take the ceiling shot, for example. This is a very effective shot in two ways. It drives your opponent into back court and it's difficult for him to be accurate when he's trying to deal with a ball coming virtually straight down at him, only inches from the back wall as well.

There is one disadvantage to this shot when it is ill executed. Since it will hit the side wall then the front wall, if it is not placed low, it will ultimately rebound into the center court.

The well-placed ceiling ball will hit the ceiling one to three feet behind the ceiling-front wall crack. It will then hit the front wall and bounce somewhere near the service line on the floor. From here it should carry high into the air to the back wall and rebound six to ten inches above the floor on the wall.

That leaves your opponent with a set up, a plum which he can put away at his own discretion. Like most other shots in racquetball—low is the word.

An even better shot is one which makes its second bounce before it hits the back wall, but as close to the crack as possible.

Still another shot to be used, though with less frequency than just about any other, is the Z. You should be standing somewhere in the vicinity of the service zone. The ball should be about chest high.

Accuracy in returning a good ceiling shot is difficult. Your opponent will be cramped between the ball and the back wall. Much of the time you can notice the look of panic on his face and in the way he moves. It is at this time that you want to watch him carefully, because you can often be surprised by lucky desperation shots when you relax thinking he can't make a return.

With backhand or forehand, hit the ball high into the front corner opposite your position. The ball should hit the front wall one to two feet out from the crack, then rebound off the side wall, travel in the air (high) to the opposite side wall about one foot from the back wall.

The second way the ceiling shot can be effective is in fatiguing your opponent. To convince yourself, spend 15 minutes shooting to the ceiling and retrieving them. It becomes very tiring.

The spin (English, French or Dutch), will make the ball come off the side wall in the back and travel almost parallel to the back wall. This shot is effective insofar as it leaves your opponent flatfooted and wondering what the ball will do.

There is a way, however, to conserve much energy during a ceiling rally. Use smooth, even strokes and hit the ball with the sweetspot of your racquet.

The Z can be dangerous though, if not accurately placed. If the ball hits the side wall too far from the back wall, your opponent has a good opportunity for offensive action because the ball will be in center back court.

You don't have to blast the ball. This uses up too much energy and many times results in the ball rebounding high enough on the back wall for your opponent to become the attacker with a well-placed shot.

One other "other shot" which you will find effective is the lob. Its intent is the same as that of the ceiling ball, i.e., to make your opponent run and to drive him into back court, leaving center court open for you. Another attraction of the lob is that you can use it from virtually anywhere on the court.

Smooth, easy ceiling shots to your opponent's backhand side prevents offensive shooting by him and saves energy which you may need later.

The lob should be hit about chest high, with a gentle but firm, flat, upward moving stroke. It should hit the front wall high and stay high all the way to back court, where your opponent will be forced to return with a high backhand or forehand. Avoid letting the ball contact the ceiling. It should come close but just miss. If the ball barely grazes the side wall before it bounces, all the better, since then it is unlikely that it will reach the back wall and give your opponent a set up.

Another shot which can unbalance your opponent is the side-wall-front-wall kill. Its name very aptly describes it. This shot is really in a class by itself, even though its effectiveness is determined by the height.

Notice, then, how important angle will be in shooting the lob. If the ball hits the ceiling or directly rebounds off the side wall, it will veer into middle back court and will be at the command of your competition.

In essence it is a form of the kill but has one extra advantage, i.e., it makes your opponent sprint for a split second, then stops him because it has died on the floor. This unnerving, unbalancing shot breaks up the rhythm of the game. It can be



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Horoscope

(The information for this racquetball horoscope was furnished by several experts in the field of astrology).

ARIES (March 21-April 20): You'll be tense on the court August 2nd, but you'll feel better by the third. The full moon on the fourth means you are inclined to try new things. Enjoy the company of your fellow club members. After the 29th, when all your work is completed, you will be more inclined to get exercise on a regular basis.

TAURUS (April 21-May 21): Like Aries, the full moon on the fourth will have quite an impact on you. Your peers will recognize that your game has come along. If you decide to play more, expect your family to support you. Be careful on the 25th. You'll argue with your friends over calls. You had a few bad days and you're taking out your aggressions on him. Something out of the ordinary will happen to you this month. A few rollouts would be nice.

GEMINI (May 22-June 21): A more health-oriented diet, visits to the racquetball club, a new outfit and hair-do programmed around the middle of the month will do wonders for your self-esteem. A growing self-confidence will benefit your game. You'll no longer fear an opponent because he smacks the ball at 100 miles per hour. A soft "dink" shot will handle that. From August 21-31 you'll be playing more racquetball than usual.

CANCER (June 22-July 23): Your husband constantly urges you to play racquetball. You've reluctantly gone along, but now you realize he was right. Go ahead, thank him. Now when he tells you to add the Nautilus program to your exerciseroutine, don't argue. Do as he

says. You are becoming a much more consistent player and enjoy the game more. Lessons are a valuable aid, but it's tough finding a capable instructor.

LEO (July 24-Aug. 23): You like your steaks thick and potatoes loaded with butter. Overdoing it in the food department can put an extra load on that big Leo heart, just as overdoing it in racquetball can reflect on your back muscles. Add magnesium to your diet. Aug. 1-10 will be particularly enjoyable. Take advantage of this time frame and squeeze in an extra game.

VIRGO (Aug. 24-Sept. 23): You'll have less energy on the 2nd, 3rd and 4th. So don't fall to pieces just because you aren't hitting the ball well. Expect some strange developments in your game Aug. 11-20. Your new lunar cycle beginning on the 18th generates a very moody atmosphere. You'll change racquets and experiment with different methods of hitting the ball. You will probably become frustrated and it might be best to take a day off from racquetball.

LIBRA (Sept. 24-Oct. 23): Avoid too many sweets and too much liquor. Iodine, sodium and phosphorus foods are especially recommended for you. Eat well and you'll feel better and thus play with more authority. Enjoy the 21st and 22nd. You'll play the best racquetball of your life.

SCORPIO (Oct. 24-Nov. 22): After playing two hours of racquetball you are exhausted. You don't seem to understand the word moderation. Paste it under your pillow. Otherwise you'll wear yourself down.

You'll settle some old scores on the 3rd and 4th. Beware of a shift in planetary trends from Aug. 21-31. You'll have a difficult time concentrating during that time period.

SAGITTARIUS (Nov. 23-Dec. 21): Relax during the first few days of the month. Just schedule games for exercise and put aside those real tough matches. A new direction on the 18th might cause you to reduce your racquetball playing time. It's good to get a break from your routine. You'll enjoy the game of racquetball much more if you take a little break.

CAPRICORN (Dec. 22-Jan. 20): Good fortune rarely comes your way. You hardly ever get the good bounce or crack serve. You are the type of person who says a glass is half empty instead of half full. Thus, when you are improving your game,

it's hard to tell you that you've improved. You're a ball of fire on the court and even you will take notice.

AQUARIUS (Jan. 21-Feb. 19): You have a yen for adventure. You'll change your game completely if an open player tells you to. Remember, you have your own style so if you do change it it will take time to make an adjustment. Spend more time practicing your game this month and schedule less matches. It won't be nearly as exciting but you'll benefit in the long run.

PISCES (Feb. 20-March 20): You'll be skipping the ball or hitting it too high during the beginning of the month. Don't worry, things will improve drastically. On the 27th, 28th and 29th, people will mistake you for Marty Hogan. Keep humble. Your game has improved but be realistic or you may get blown away.

Lorello takes junior title

Special to the FRJ

CARSON CITY, NEV. — James Lorello, the cover subject in the June issue of the Florida Racquet Journal, captured the 12-and-under national junior championships in Carson City, Nev., last month.

The 5-foot-4, 105-pounder, who plays at the Quadrangle in Coral Springs, defeated Nevada's Matt Rudich 7-15, 15-13, 15-10 in the final. In the semis he defeated New York's Timmy Doyle 15-9, 5-15, 15-9.

"I felt pretty confident and thought I could win it. The competition was hard — especially the last three matches. There were no meatballs out there," Lorello said. Despite the national title and all the praise he's received from club members, Lorello remains humble and puts his title in perspective.

"I feel great and the club members are all proud that I won. But I still have to improve on a lot of things. I'll play B's another year and then try Open. I need more power and I don't think very well on the court. I play in spurts and need to be more consistent. But I'm satisfied with my progress."

"Lorello's coach, Joe Icaza, wasn't surprised when his pupil won the national championship. "I thought he was five to 10 lessons away. But I knew he had the ability," Icaza said.

Lorello wasn't Florida's only national champ. Eight-year-old Nicky Xynidis of Ormond Beach downed Massachusetts' Ricky Donovan 11-4, 11-5 to win the eight-and-under-competition. Fort Lauderdale's Bump Blaess was impressive and was the consolation winner in the 12-and-under competition.

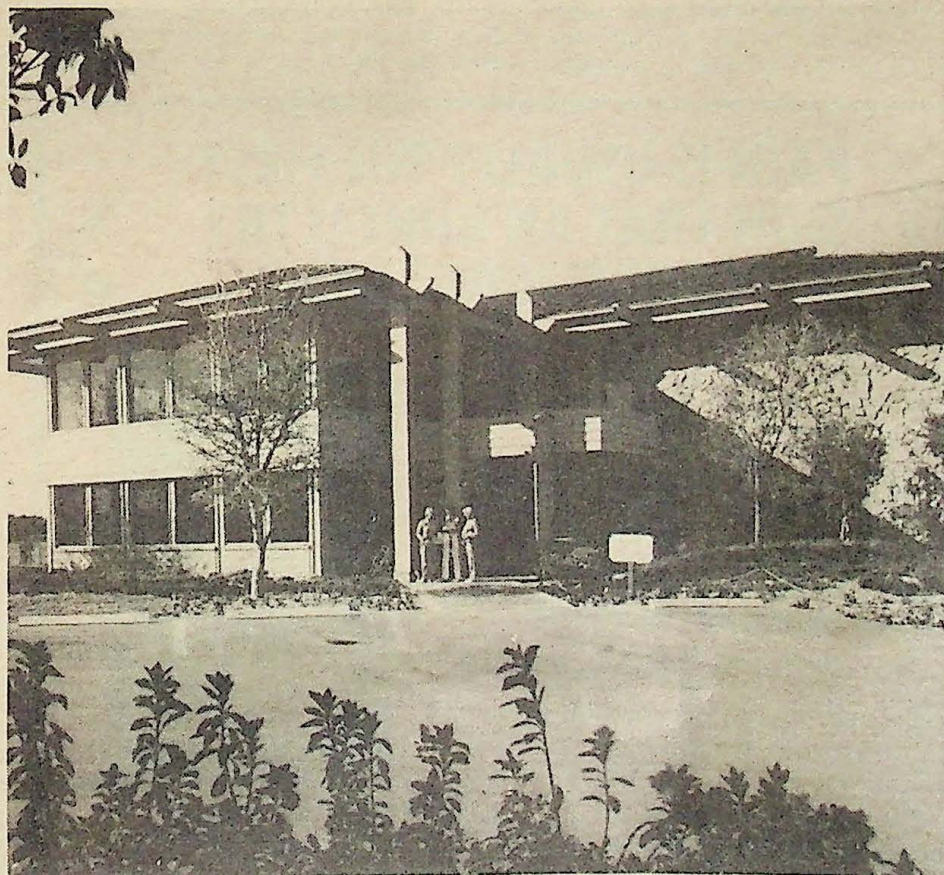
In the girls 12-and-under division, Jennifer Afford and Pamela Afford, also members of the Quadrangle, finished third in the girls 12-and-under doubles. The Affords defeated Tiffany Evans and Angie Peterson of Utah 15-7, 15-1.

Another up and coming youngster who fared well in the national competition was Miami's Mike Altman. Altman took second place in the 10-and-under division, losing to John Gillooly 15-12, 15-10.

Brandon's Joe Icaza finished second in the DP Leach Nationals Tournament (35+) in Chicago last month. He also teamed with Frank Johnson of Chicago and they placed third in the nation in the Open Doubles. . . Miami Kendall racquetball teaching pro Geoff Hunter finished third in the AARA national B singles championship in Buffalo, N.Y.

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Extra protein not necessary

By Nancy Clarke
Special to the FRJ

(Excerpts reprinted from The Athlete's Kitchen. CBI Publishing Company, 51 Sleeper St., Boston, Mass. 02210.)

Everyone knows that as an athlete you need to fortify your body with extra protein. . . Right? Wrong! Research studies have indicated that the competitive cross-country skier has the same need during exercise while at rest. Exercise does not increase your daily protein requirements. Exercise does, however, increase your need for calories from carbohydrates. I recommend that you feast on bread and bananas rather than steak and eggs. Carbohydrate foods cost less than meats, are excellent sources of vitamins and minerals, and are better utilized by the muscles for optimal athletic performance.

The main function of protein is to build body tissue. Since the typical American diet provides two to three times the daily amount recommended for protein, the extra amount is converted into energy. Hence, meat is a very expensive energy source. It is also high in fat and cholesterol, both of which are linked with heart disease. I recommend that the health-conscious athlete or exercis-

Health

er choose carbohydrates as the dietary mainstay. Meat should be a secondary source of calories. Bread, cereal, pasta, fruit, juice, vegetables and other carbohydrate foods are better fuel for your muscles. You do not need to eat red meats — hamburger, pork chops, steak, roast lamb — to have a well-balanced diet. These are heart — unhealthy. Secondly, they are harder to digest than carbohydrates. Fish, chicken, and turkey are lower in fat and are healthier choices. Vegetarian athletes who carefully select the right combination of nuts, beans, peas and grains consume a sufficient diet. The thoroughbred race horse is one example of a top athlete that maintains strength and stamina with a pure vegetarian diet. Special protein supplements that claim to produce high energy, stamina and strength are unnecessary items in your diet. Training and regular exercise rather than meat and eggs will improve your athletic skill.

The key to developing muscular bulk is repeated hard exercises that stresses the muscle. For example,

weight lifting — resistance exercise — builds muscle bulk. Running, on the other hand, develops leaner muscles.

Do you eat too much protein? You are flushing away your food budget if you are an average American who consumes two to three times your body's needs for protein. Extra protein is not stored in your body, but rather converted into energy. Urea, the waste product formed in conversion, is carried by the blood to the kidneys. You flush it down the toilet. Carbohydrates and fats, more efficient energy sources, do not contribute to urea formulation.

Many of my patients want to know how much protein they actually need. I easily calculate this and you can too. Simply multiply your weight in pounds by 0.4 grams protein per pound. The answer, 44 grams of protein, is my recommended daily allowance. This figure is based on the needs of the "average person." We each have a slightly different need — some higher, some lower — due to our particular metabolism. The National Research Council, which established the RDA, adds a generous (100%) margin of safety to compensate for these individual variations. Hence, the RDA is appropriate even for weight-lifters, who are increasing muscle bulk.

Now, to determine the amount of protein that you eat in a day: write down everything you ate and drank in the past 24 hours. You can use the following guidelines to estimate the protein content of your diet.

Simply write down the number of grams of protein in each food item according to the serving size, then total them up. The figure that you calculate will be a rough estimate but, nevertheless will give you a general indication of your protein intake. If you eat more protein than you need, I encourage you to eat less meat and instead, invest the savings in more fruits and vegetables.

Here's an average protein content of some basic foods:

Meat and high protein foods: 7 grams per:

1 oz. meat, fish and poultry. 1 egg. 1 sl. Bologna, luncheon meat, ¼ cup tuna fish, ½ cup baked beans, lentils, dried peas. 2 tbsp. peanut butter. 24 walnut halves.

Dairy products: 8 grams per:

8 oz. milk, 1 cup yogurt, 1 oz. cheese, ½ cup cottage cheese, 2 cups ice cream.

Bread and cereals: 1 grams per:

1 sl. bread, ½ cup rice, noodles, pasta, potatoes.

Starchy vegetables: 2 grams per:

½ cup peas, carrots, beets, winter squash, fruits, vegetables and juices.

Most contain only small amounts, which may contribute to a total of five to 10 grams depending on the quantity eaten. Butter, margarine, oil, sugar, candy, coffee, tonic and alcohol contain no protein. Cakes, cookies, pies and other sweets have small amounts of protein.

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On the Pro Tour

By Diane Bullard
(as told to Norm Blum)

(Diane Bullard, the national, regional and state champion, recently joined the women's pro tour. She'll offer FRJ readers her impressions).

When you first join the pro tour and play in a qualifier, one doesn't expect much respect from the "pros." In tennis, the pros don't even acknowledge the existence of the qualifiers. Not so in racquetball. In my first qualifier at Fishkill, N.Y., in May, the pros made the qualifiers feel like they belonged. They give you encouragement on your play and even provide a few tips. Most of the pros don't feel threatened by the presence of the qualifiers, which usually includes the town's local hotshot. However, when the pros discover you have qualified three or four times, that attitude changes. You are accepted more and regarded as a traveling pro. Suddenly, you go from qualifier to someone to watch. The tips you received as a qualifier are no longer given once you've been accepted.

However, they do provide tips on coping with the pro tour. Tour veteran Martha McDonald, who is also from Gainesville, taught me the ropes. With limited expense money and small purses, the pros are budget conscious. To reduce costs, it is wise to make airline reservations a year in advance and find someone on the tour you are compatible with

and share accommodations.

And if there are any problems with the draw, they'll take care of it. At the nationals in Denver, my entry blank was misplaced. So I called Lynn Adams and she took care of it.

I'm satisfied with my progress. My goal was to compete in three stops and reach the quarterfinals in one of them. In the nationals in Denver, I drew Linda Forcade, the Canadian National Champ in the first round. She was ranked in the top 24 and I defeated her 3-1, 3-0. In the round of 16's I lost to Shannon Wright 0-3, 0-3. They were all close games, except for the last one, but I scored as many points against her as anyone else did. She was hot. She defeated Heather McKay easily and lost 15-14 in a tiebreaker to Lynn Adams in the finals. In my first two stops I lost to the eventual winner and my third stop I lost to the runner-up. I still feel I can hold my own with the players ranked from fourth to 30th. The top three, Adams, McKay and Wright are simply better than anyone else.

The Imperial Courts in Melbourne and the Florida Racquet Journal will play host to a women's pro stop. Instead of October, it will be held either in the latter part of 1982 or early 1983. Details will appear in the Journal.

AARA notes

Which college is the best?

By Van Dubolsky
AARA Editor

The AARA plans to hold a tournament in February among the colleges and universities in Florida to determine the state's representative in the intercollegiate championships.

Each school may enter a men's and women's team. There will be a No. 1 and No. 2 singles player and two different players for the doubles slot. Entry fees are \$10 per player if they belong to the AARA and \$16 for non-members. All players must be full-time undergraduate students during the 1982 fall semester/quarter to be eligible to play for his or her school teams. School teams must play in the state in which their school is located. Penn will be the main sponsor. For more information, call me at 904-378-5093.

Here's a clarification provided by Jim Austin, National Rules Commissioner, on how rules can be changed.

1) AARA state directors and regional commissioners will be asked to poll their players to request proposed rule changes and clarifications. They will be submitted to the AARA National Rules Committee.

2) All rule changes and clarifications will be printed in the Florida Racquet Journal and Racquetball In Review.

3) All proposed rule changes must be submitted to the AARA state director or regional commissioner or directly to the National AARA office by October 1st of each year.

4) All proposed rule changes will be voted on by the AARA Board of Directors at their Board meeting at the National Singles Championship each year in May.

5) New rule changes and books will be available in September of each year.

You have a voice in making these changes. It is up to you. We value your opinions and seek your advice. The AARA wants to represent you.

Passing Shots

(continued from page 1)

nationals in Carson City, Nev. They had so few entries in his age division at the Tallahassee qualifier that he automatically qualified . . . Several clubs are installing pulse-reading machines and, if nothing else, once-a-week players will discover they will register "inactive." . . . There's nothing more depressing than teaching someone how to play racquetball only to be turned down for a match three months later because the pupil has advanced so much.

FUND RAISER — Mike Phillips, manager of the Imperial Courts in Melbourne, and handball standout Dal Deever will team up and play all challengers in a 30-hour fundraising marathon for a local charity. For details call Mike at 305-725-5122.

NATIONALS OR NOTHING — If the Sportrooms of Coral Gables plays host to a men's pro stop event, it will be the national championship or nothing. The Sportrooms brass feels after holding a stop for four years it's earned a shot at the season finale championships. The tour will probably select the Sportrooms, but they've been trying to reach an agreement with Madison Square Garden in New York the last three years to no avail.

PRODUCT NOTES — A company called "Big Eye" has come out with an eye and facial protector for racquetballers. For info call 401-421-1116. Look for clubs to change hands more in the future. The increase in competition for the recreational dollar requires business smarts. . . . Calvina Fay recently married racquetball addict John Fay and says her wedding was scheduled around tournaments.

A BOAT IN A POOL? — Orlando's Alan Sobel, owner of The Club, says Imperial Courts' give-away of a 1982 Toyota Tercel puts pressure on other clubs. "Despite their problem with matches getting delayed, they gave away a car and no other club in Florida has done that." After seeing the car in the lobby, Sobel quipped: "We'll probably have to give away a boat and display it in our pool."

Consultants in demand

By Norm Blum
Publisher

MELBOURNE — Five years ago businessmen like Steve Phillips weren't needed in the racquetball industry. Racquetball was going through a boom period. Courts were full from 6 a.m. to midnight and proud club owners marveled at their perfect timing of entering the racquetball industry. But like many businesses, competition emerged and suddenly most clubs no longer monopolized the 40-mile area radius. The owners, most of them who gained their fortunes in other fields, were unable to compete with the new problems and switching managers every three months became the solution. It hardly worked.

Today, consultants like Melbourne's Steve Phillips are greeted with open arms. Especially Phillips, who has the track record, not just a consultant's title, to prove his worth. Phillips, 45, is president of Racq-Alai Ltd., and he formed the organization to share his proven methods of making money in the racquetball business.

"We were getting so many calls on how we do things we decided to form a consulting business," Phillips says. "Our staff consists of a current club owner, a club manager/owner and myself. I worked for IBM for 16 years in personnel, finance and administration and in racquetball the last nine years.

Phillips doesn't view himself as a consultant. "We are trouble-

shooters with a multi-faceted fix-it kit for the business of racquetball. We get things accomplished quickly because we know how and we've done it before."

Phillips say his organization will promote its ideas and refund the money if what it promises isn't accomplished. "Take the game racq-alai, which is our trademark. We'll physically promote it, sell it, referee it and train the manager of a club."

For information on Phillips' program, call 305-725-5122.

There have been several management changes among clubs in Florida during the last month. Fred Blaess, head of Racquetball Management Services which owns two South Florida Bogey Barn clubs, has expanded to Jacksonville. RMS is leasing the Jacksonville Racquetball Clubs and has already made an impact. Manager Phil Henderson and sales manager Leon Snearly report that membership sales have doubled in the first month.

In other developments, two former Sportroom executives, Bruno Cerchiai and Ed Torkelson have taken over the Naples Racquet Club and renamed it the Olympiad of Naples. The operations of Olympiad will be under the guidance of Toltec, Inc. ACR Electronics in Hollywood has taken over the South Broward Racquet Club and plans to pour money into the operations for expansion purposes. . . . M.J. Kazen was named manager of the Court Sport in Lantana.

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Melbourne

(continued from page one)

We turned down over 100 entries and those people were ticked off for being turned down. We anticipated on having 14 courts ready and didn't find out until Monday that they weren't ready. It rained two weeks in a row and when the glass came it was busted. Next year we will have the courts and be able to accommodate a large turnout."

Phillips adhered to the entry deadline of midnight Tuesday and along with Ken Lutz, Chip Meadows and Scott Nelson, worked until 4 a.m. the entire week. Due to the large turnout, Phillips was forced to use three of the four courts at the Palm Bay Recreation Center, six miles from Imperial Courts. He scheduled the D (novice) and junior division matches at Palm Bay and gave each player a "Survival Kit" for their trouble. The kit consisted of an Imperial Courts license plate, a map to Palm Bay, a free court pass to the Imperial Courts, a certificate for a free drink at the Walbanger Lounge, an ink pen and a key chain.

"The time element was the only complaint. There weren't complaints about hospitality, prizes, trophies, shirts or hats. We gave quite a bit for \$22," Phillips commented.

The tournament's highlight and the main reason for the large number of entries occurred at 10 p.m. Saturday when the drawing for the car was held. All matches were stopped and Imperial Courts fitness director Charles Dobson began calling out the winning tickets for the lesser door prizes.

Melbourne's Lana Morse won the moped from Con's Kawasaki as ticket holders waited in anticipation for Mike Phillips to draw the winning ticket for the car. After it was drawn, Dobson repeated the winning number several times and waited 10 minutes before asking the crowd if another number should be drawn. A resounding chorus of approval rocked the club and Phillips selected another number from the barrel. Moments later Sarasota's Bernadette Augustine made her way through the crowd and claimed the 1982 Toyota Tercel. The crowd slowly began to thin out and a few disappointed people muttered to themselves how they were only one lousy number away from winning the car.

And the others — they continued to play racquetball while the rest of Melbourne slept.

A look at history

Title: The Other Racquet Sports
 Author: Dick Squires
 Publisher: McGraw, Hill
 Rating: 9

If you are a history buff, you'll be interested in this book. Dick Squires presents the method of play of all racquet sports, court description with illustrations, equipment needed and a glossary of terms. Here are both the popular and the esoteric racquet sports: court tennis, hard racquets, squash, tennis, squash racquets, racquetball and even pickle-ball. The interrelationships of the games' strokes and strategies are described as well as each sport's unique appeal and distinctive qualities. Squires assesses the status of each sport — number of players, where the sport is most popular — and he forecasts its expected growth.

Racquetball fanatics would appreciate Squires look at the sport. He

talks with Joe Sobek, the father of racquetball and all the problems that took place before the sport caught fire.

The only problem with the chapter on racquetball is that so much has happened since the book was published in 1978. He devotes space to Robert Kendler who at the time was head of the United States Racquetball Association. The USRA went bankrupt last month.

If you have an interest in all racquet sports, this book is entertaining. If you just like racquetball, go to your local bookstore and skim through the chapter.

Excellent—	9999
Very Good—	999
Good—	99
Average—	9

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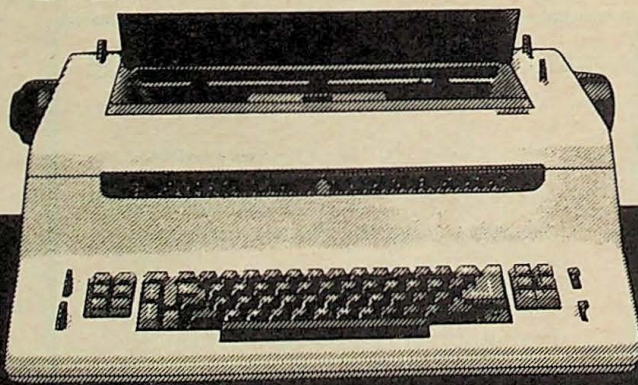
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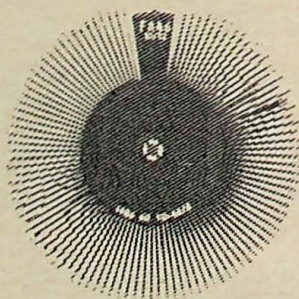
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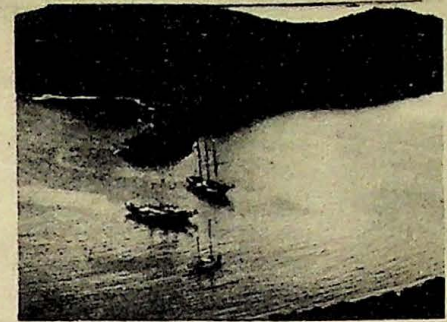
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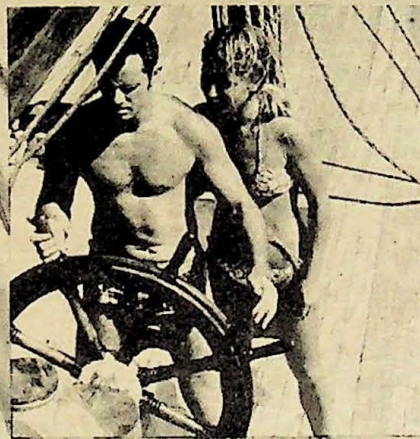
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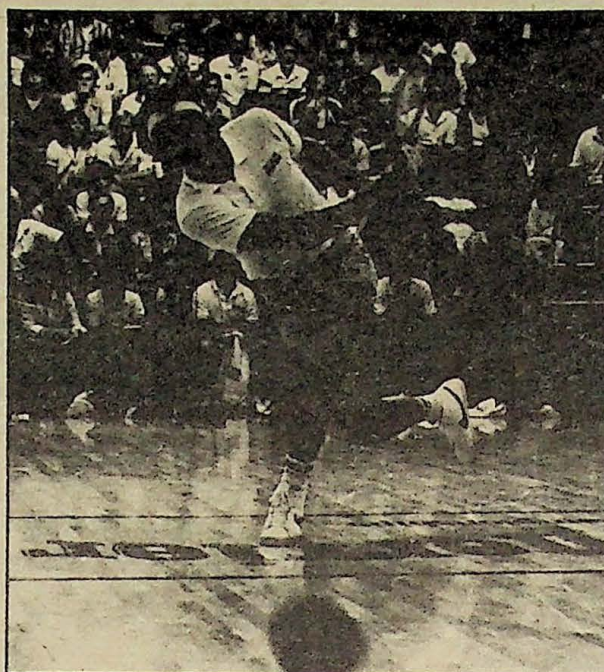
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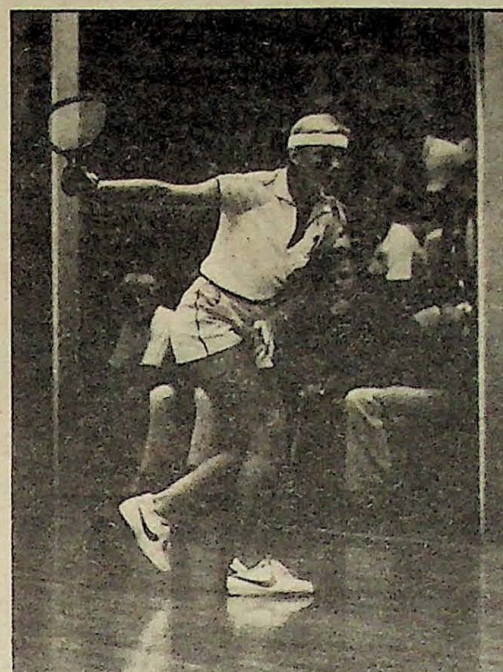
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