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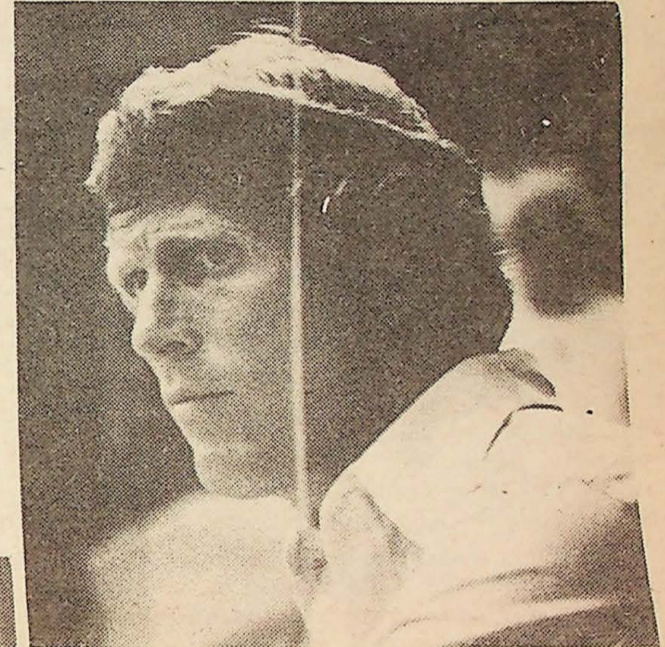
RACQUETBALL TODAY

COMPLIMENTARY

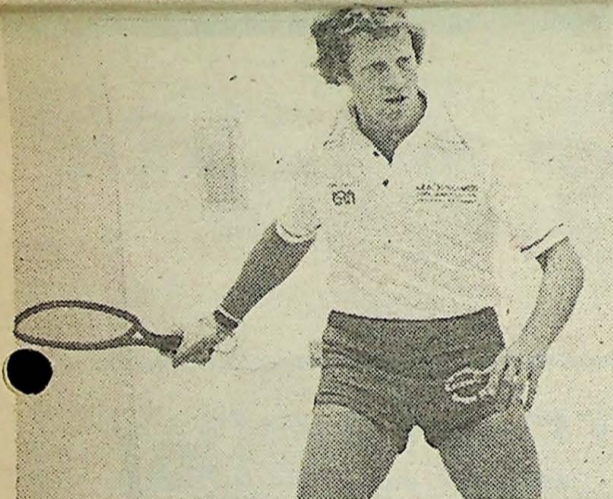
Tom Street Retires As ISRA President *Street Scenes*



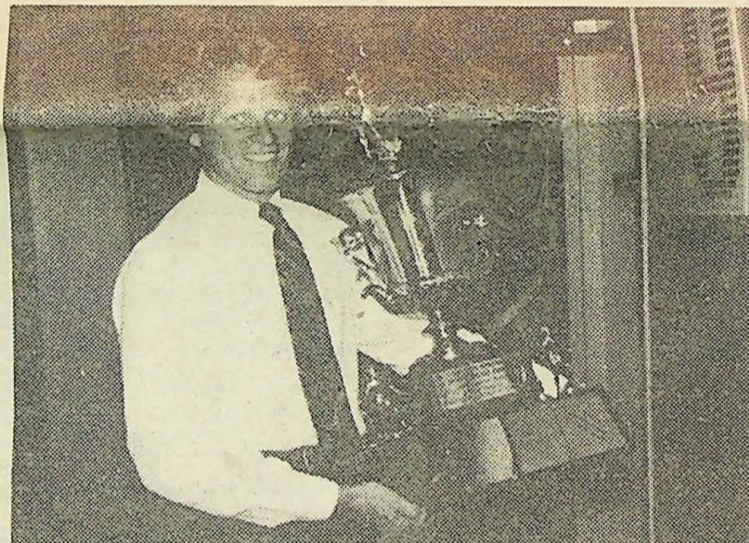
Tom Street



Tom Street — a thoughtful moment



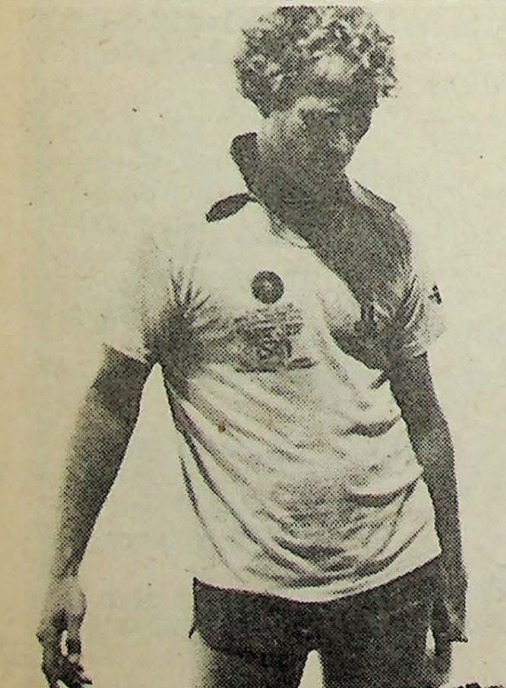
Tom Street playing the game



Tom Street accepting LOUIS ZAHN MEMORIAL GOVERNOR'S TOP AWARD trophy



Tom Street with Governor Jim Thompson



Tom Street — finishing up after the game is over



Tom Street — catching a quick hug with daughter Jennifer

OUR TRIBUTE . . .

Let's all give thanks to Terrific Tom Street
For service to racquetball NO one can beat!
His devotion is legend; his spirit just great

He made Illinois the Number One state.

When Tom appeared, he set his cap
And boosted racquetball high on the map.
All his associates now owe a debt
To the BEST promoter you ever met.

As Tom retires to pursue his way
We hope he remembers this special day
When the members united to raise a toast
To the super guy who deserves the MOST!

We hope you'll never stop "hitting the ball,"
You've brought health and zest to one and all.
There's no reward rich enough for you,
May the Lord bless you, Tom, and all that you do!

By Robert Kendler

Knowing Your Opponent's Weaknesses

By CHARLES GARFINKEL

If you know your opponent's weaknesses, you can capitalize on them to win points. Here are some of the common weaknesses among racquetball players and how to exploit them.

WEAK BACKHAND

Among beginners, the backhand is a very weak shot, but many intermediate and advanced players also have weak backhands. Usually, such players have very good forehands, and will do everything possible to take the shot on their forehand.

Many times, they will take shots on their forehand that should be a backhand shot.

I have seen so many players try to keep the ball over to the backhand side of their opponents without much success. Their opponents always run around the shot to take the ball on their forehand.

The correct way to capitalize on this weakness is to hit two or three shots (preferably ceiling balls) to the deep right corner. You will be opening up the whole

left side. Then hit the ball sharply crosscourt to your opponent's backhand. He will have a difficult shot to hit.

You should also mix up your serves from side to side, so your opponent won't feel that every serve is coming to his backhand.

WEAK SECOND SERVE

If your opponent's second serve is very weak, you should attack it aggressively. Forget about going to the ceiling. Hit the return-shot hard crosscourt to move the server out of the service box, or hit a hard drive down the line occasionally. If you are given a really easy set-up, you even may want to try a kill shot. However, don't try too many of these, as you could easily make an error.

LACK OF STAMINA

If you are playing someone who is not in top physical shape, run him! When you get a shot to hit that you can easily kill - don't! Hit a sharp crosscourt shot instead. Make sure your opponent has to run to the back of the court. When he returns the shot, hit another crosscourt shot. Soon he won't be returning the shots. His lack of stamina will make him very tired and will result in your getting many easy shots to hit and put away.

CANNOT KILL THE BALL

A player may be in great shape, but if he cannot kill, or put the ball away, he is not going to win too many matches. Against a player like this you must be patient. Sooner or later, he will give you a shot that you can put away. A tremendous amount of pressure is taken off you by his inability to hit the ball low for a point. You should get many opportunities to score points.

NOT ENOUGH POWER

Many times you will face players who have nice strokes but don't hit the ball with any power. You should try to hit the ball as hard as you can. You want the ball to travel so fast that even if your opponent gets his racquet on the ball, he will be giving you many easy set-ups to hit, because he can't handle the pace of the shot.

POOR SERVICE RETURN

If a player has difficulty hitting effective service returns, you should try to hit as many hard drive-serves and Z-serves as you can. The more power and the more weird bounces that the ineffective receiver has to cope with, the more errors he will make.

TOO MUCH POWER

There's nothing that a hard hitter likes better than to play someone who tries to hit the ball harder than he does. When playing this type of player, hit slow serves and stay to the ceiling as much as possible. He will become very frustrated and will probably make many unforced errors by mishitting the slower shots.

PLAYER WATCHING THE FRONT WALL ONLY

If you are playing someone who doesn't turn and watch what you are doing when you are behind him, you can score many points. Make sure that you hit a wide variety of shots. I have found that side-wall shots are especially effective, as the opponent can't react quickly enough to determine the angle of the ball. Well placed crosscourt shots and drives down the line are also effective.

(Reprinted with permission of Charles Garfinkel and Atheneum/SMI, New York, 1979)

If There Were a God There Would Be No Crotch Balls

By PHIL SIMBORG

Do you believe in luck? Fate? God? Do you believe there is a master "destiny" that controls our lives? Or do you believe that everything is random, without purpose, predetermination or design. And what the hell does all this have to do with racquetball!

I've always been somewhat of a gambler, and I've participated in many activities that require "playing the odds" and trying to make reasonable predictions about the future from the information available (backgammon, bridge, real estate development, marriage, etc.). The problem is I haven't yet seen a clear pattern. What do it all mean? How do it know?

The problem is that as much as I am sure you have to live your life on the basis that there is a general tendency for "things" to follow a logical course based on historical evidence, I'm also sure that you must make strong allowances for the unexpected, or the exception, or the mutation, in order to succeed (or even survive). And that, of course, brings us to racquetball.

JUST BECAUSE you always hit a good Z-serve whenever you want to, doesn't mean you will be able to in the big match on Sunday. Just because every ref you've ever had before calls the server's score first, doesn't mean the ref you get tomorrow will do it that way. Just because the sheet says you play at 2:00 p.m. doesn't mean that you won't play at 4:30 p.m. And just because you've never before broken your racquet, had a muscle cramp, run into a wall, played someone who cheats, or had trouble hitting a forehand setup off the back wall, doesn't mean that you won't someday experience all those terrible things. The winner of the match, or tournament, is the one who played the best -- not necessarily the best player; and the one

who played best is often the one that was best able to cope with those unpredictable, "chancy" elements.

I guess what I'm saying is that there's two ways to prepare for a tournament or match: the logical, practical way whereby you do everything you can to have ready your physical playing skills and get yourself emotionally "psyched up" to win, and the "stay loose" approach whereby you accept the principal that things may well not go as planned, or as they should, and be flexible enough to adjust.

THE UNEXPECTED IS INEVITABLE. It's as much a part of our past as it will be of our future. You didn't expect to read an article on philosophy in a racquetball paper, and you don't expect to have to play your next match on a glass court -- but it can happen. "BLEP," the world is full of surprises. Don't fight it -- stay loose.

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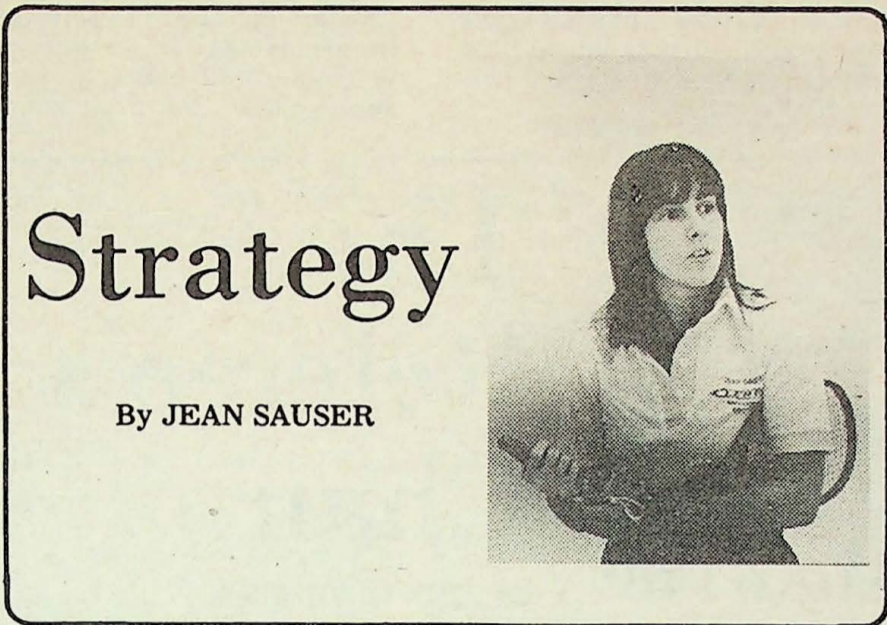
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Strategy Against a Female Opponent

(Editor's note: Jean Sauser, the sixth-ranked women's racquetball pro, and photographer Arthur Shay, are the coauthors of *Racquetball Strategy*, a book devoted to those racquetball players who are absolutely determined to get better and better. With permission of the author and publisher, RACQUETBALL TODAY, will reprint portions of that book.)

ON STRATEGY, Jean Sauser has this to say: "The most room for improvement lies in strategy. Of course you learn to improve your basic arsenal of shots while working on strategy, but the smarts you get from strategy are the real ladder to improving your racquetball. I used to hit hard but indiscriminately. Playing with pros like Terry Fancher, John Lynch, and Marty Hogan — not to sound egotistical — have smartened my play."

SITUATION: YOU'RE MALE AND ARE ABOUT TO PLAY A FEMALE



It is often intimidating for a man to enter a club's B tournament and discover his first round opponent is a woman. The instant pressure — perhaps rising from the possibility of losing to a woman in public — can easily handi-

cap you five points. If you're a gentleman by most standards and have grown up to "the weaker sex," you may start thinking, "I'll win, but not by too much." This kind of thinking leads to disaster.

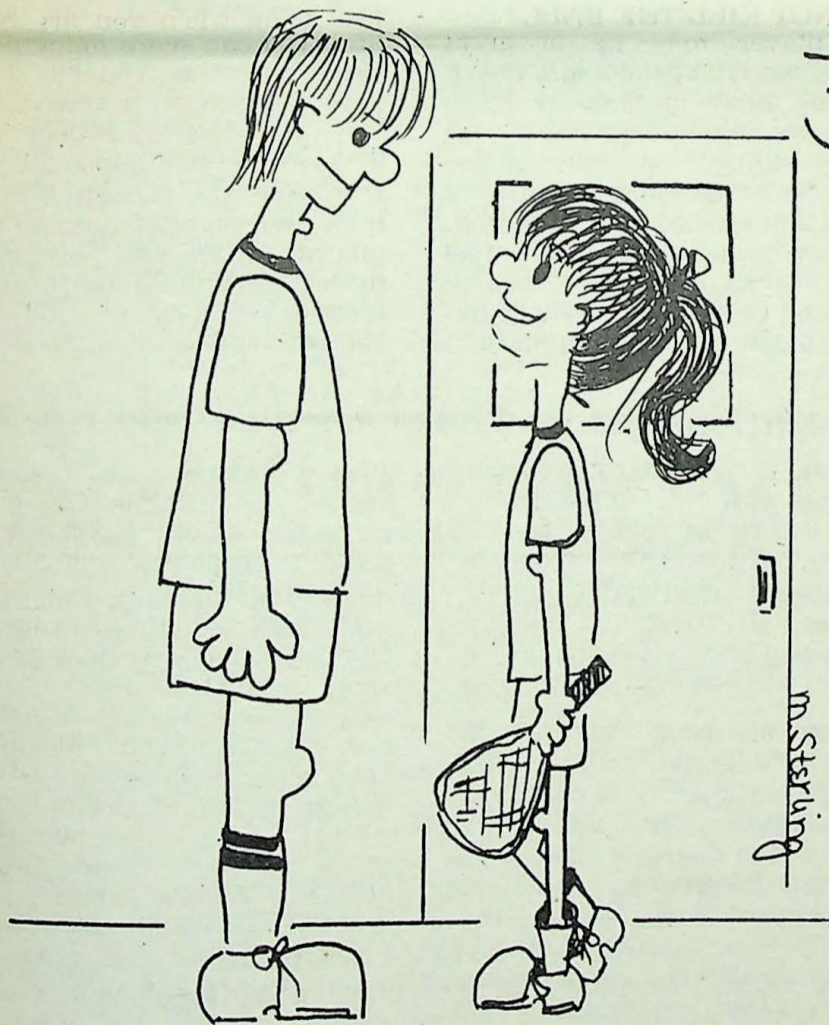
Strategy: Use power.
The advantage you have, generally speaking, is power. Most males are simply more powerful than most women.

So use this power to overpower your female opponent. Serve hard drive serves, hard Z serves. Don't get into pitty-pat rallies and other time-consuming defensive maneuvers. Shoot the right shot at the right time as hard as you can, still keeping control of the ball.

Recent studies have shown that the power superiority of males over females is fairly universal, but equally universal is the superiority of female endurance when it has been developed by practice and conditioning.

Using your power edge against female players will inevitably help you develop a formidable weapon for use against other males with varying degrees of power. "Power racquetball" is the game's latest direction. It works for Marty Hogan and other hard hitters. Make it work for you.

The Advantage



"I think it's only fair to tell you.....
I've read Marty Hogan's latest book....."

Grobmisi's Poems

*Doctor J. Fights tooth decay
And anything else that's in his way
He's also known for curly hair
And losing games to Shelly Clar.*

*There is no way to beat Rick Dern:
A victory you'll never earn.
It doesn't take a lot of wit
To know when it's time to just forfeit
(You cannot beat Rick Dern — he'll quit!)*

*Sue Carow is known for shooting —
Her mouth off, and the ball.
If her shots were half as sharp as her tongue
She'd never lose at all.*

*The Pro's thought Bob was over the hill
And tried to organize.
But Kendler is their leader still,
Much to their surprise.
Someday I'm sure they'll get their way
And have their very own circuit,
But I wonder who is gonna pay
With no one there to work it.*

*The women never called him "macho"
(I guess it's 'cause he looks like Groucho).
But Shetzer never lacks for dates:
He just takes Tom Street's second-rates.*

*At 13 Tina Heath is best,
(She's head and shoulders above the rest).
But with her dad helping, it ain't much fun,
'Cause who can win, when it's two against one!*

*Girls, we've found your heart's desire:
He's young and rich and his name's Jim Sheyer.
And in the court he's always sweet
Unless, of course, he's getting beat.*

Committee Develops Rules Awareness

Editor's note:

RACQUETBALL TODAY is pleased to welcome John R. Greene to the paper as a regular columnist on the rules of the game. Phil Simborg, who formerly wrote on this topic, will continue to write feature articles from time to time on that subject. Presently, Phil and John are co-chairmen of the ISRA's Referee Committee and work together.

As the new referee's committee co-chairman, I'd like to respond to the question, "Why a Ref's Committee?" A question that many very concerned, involved and enthusiastic racquetball people here, and across the country, have been asking.

I personally got involved with reffing after the first tournament match I ever played in (oh, so very long ago). The referee I had was the absolute worst. I happened to win that match; and, part of the reason I did, was due to the awful calls the ref made -- in my favor!

I suggested to my opponent, who was a casual acquaintance, that we re-play those bad calls as they occurred. He became so frustrated, that he declined the opportunity in the later stages of the match.

THEN, I had to ref the next match on that court. I had never


reffed before, but I had observed several matches being refereed prior to this tournament, so I had a basic knowledge of what was expected of me.

of developing a greater awareness for the need of each tournament entrant to be the best ref he or she could possibly be. To achieve that, you must know the

say: more power to ya'. Have fun!

You will be pleased to learn that, in our opinion (based on countless hours of monitoring referees), that the quality of the referees here in Illinois, has improved to about 90 per cent efficiency in just this last year. Every tournament player should be ecstatic about that. The calls are better, fairer, quicker.

However, there is still that elusive 10 per cent. Let's all try our hardest to eliminate that small portion of questionable calls. After all, when you send in your signed entry form, you have agreed to the condition that you will ref the next available match should you be a winner. Or, forfeit your spot in the tournament.



The Referee's Chair

By JOHN R. GREENE

Coincidentally, the tournament director happened to watch a sizeable portion of the match I called; and, commented on the good job I had done. Shortly after, I called Phil Simborg and applied for membership on the Referee's Committee.

Many others on the committee got involved for just the same reason -- having had a bad ref, they wanted to improve the art of reffing.

The Referee's Committee was created for the express purpose

rules. (That's why we have a quiz that all prospective members must pass before being allowed on the committee.)

YOU SEE, members of the Ref's Committee are not at tournaments to be "Super-Refs"; but, "SUPER PEACE-MAKERS". You have seen some of the members at tournaments wearing the light blue visors, walking around . . . not appearing to be doing anything. But they are. They are observing other referees calling matches to be sure the ref knows what he or she is doing.

Also, they are there to settle disputes, answer questions and make rulings on questionable calls. Sure, some of the members love to referee as many matches as they possibly can. (My feet give out after a few hours of standing in one spot!) These are the exceptions; and, to them I

KNOWING THAT you will probably be a ref, you owe it to yourself -- as well as your fellow participants -- to know what the rules are, so you can be a good referee.

If you want your match to be called by a quality ref, then you must be one, too. By everyone's constant effort to improve the level of reffing, someday lousy referees will be a thing of the past.

Incidentally, your ISRA Referee's Committee has been praised by the USRA, and many USRA state affiliates, for the innovative, creative and quality work done to improve referees in Illinois. (To Phil, many thanks for your excellent leadership this past year.)

If you wish to be involved, please call me (869-0267 evenings). We welcome your interest, and help.

FOREST VIEW RACQUET CLUB

ARLINGTON HEIGHTS PARK DISTRICT

2nd ANNUAL FOREST VIEW OPEN NOVEMBER 2-3-4

SITE: Forest View Racquet Club, 800 East Falcon Drive, Arlington Heights, Illinois 60005. 640-2574

ENTRY FEE: \$18.00 Players limited to one event.

ENTRY DEADLINE: October 23rd - 5:00 p.m. Entry fee must accompany entry blank. No phone entries.

MAIL ENTRIES TO: Forest View Racquet Club, c/o Jeff Wilke, 800 East Falcon Drive, Arlington Heights, Illinois 60005. (make checks payable to: Forest View Racquet Club) By the Illinois State Racquetball Association

SANCTION: Seamco

OFFICIAL BALL: United States Racquetball Association rules will apply. All match winners must referee the next match on their court.

RULES: Consolation play will be offered in all divisions.

CONSOLATIONS: Trophies for first 3 places and winners of all consolation brackets. Souvenir shirt to all entrants. Hospitality room throughout tournament.

AWARDS: Call Forest View (640-2574) on Wednesday or Thursday, October 31st and November 1st for time of first match.

STARTING TIME:

Name _____ ISRA Card No. _____

Address _____ Phone _____

City _____ State _____ Zip _____

Men: Open _____ Women: Open _____

A _____ A _____

B _____ B _____

C _____ C _____

D _____ D _____

Senior (35 yrs. plus) _____

Masters (45 yrs. plus) _____ Senior (35 yrs. plus) _____

Juniors 17 & Under _____ Masters (45 yrs. plus) _____

12 players needed to complete a bracket

Limitations on entrant: Open Division - Anyone who has qualified in Pro Stop tournament in the past 12 months. Anyone who has won an A (or open) tournament in the past 6 months. A - Have not won an A tournament within the last 6 months. B - Have not been a finalist in any previous "B" tournament or been a finalist in any previous "B" tournament or been in the semi's more than once. C - Have not been a finalist in any previous "C" tournament or been in the semi's more than once. D - Have not gone beyond the first two rounds of the "C" division in any previous tournament, have not been a finalist in any previous "D" tournament or been in the semi's more than once.

I hereby acknowledge and agree to the limitations and conditions of all tournament rules. Furthermore, I hereby certify that I am fully qualified under said limitations and conditions. I also hereby, for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the Forest View Racquet Club, the Arlington Heights Park District, the Illinois State Racquet Association or any of the sponsors of this tournament for any and all injuries which may be suffered by me in connection with my competition in said tournament.

(Signed) _____

Tournament results for last 12 months: _____

Revolutionary Idea Cuts Court Costs in Half!!

Inventor Tom Grobmisi has come up with an idea that he believes will be the greatest boon to the sport of racquetball since the invention of the breakable ball by Seamco. Mr. Grobmisi has figured out a way to cut the cost of court construction in half!

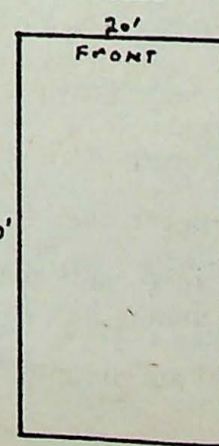
"Like all great ideas," remarked the proud inventor, "the concept is simple. You cut an ordinary court in two and add a door at the back of the extra court that is created." But like most revolutionary ideas, this one has been scoffed at by the "establishment". Club owners who have been approached claim that not only will the game be half as much fun, but they would be faced with the problem of providing twice as many lockers for the increased number of players who they could accommodate.

But the undaunted innovator has an answer for even that problem -- "Simply bar all women from use of the club and let the men use both locker rooms. At

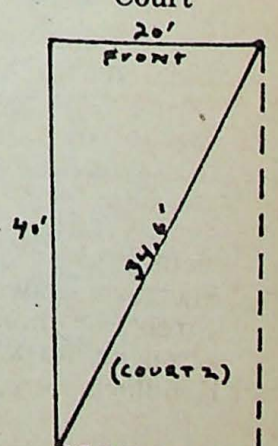
other times, the men could be barred and the women allowed exclusive use of the club (urinals could be draped to protect sensitive younger girls).

The club owners have assured Grobmisi that they will give his ideas serious consideration as soon as they can be satisfied that the racquetballs will indeed bounce reasonably well after they are cut in half.

Conventional Court



Grobmisi Court



Impressions of Tom Street

By JIM HARPER

Tom Street once said to me, "I play for personal satisfaction, the camaraderie and good sportsmanship involved when racquetball players get together."

Tom took this philosophy and worked hard to promote racquetball in Illinois. And it worked beyond anyone's expectations, except maybe Tom's. Denise Boza said to me, "Working with the ISRA was a lot of fun because of Tom. He made things go a lot smoother, and because of that it kept me interested in helping out at the tournaments and stuff like that."

In October Tom Street will relinquish the gavel as President of the Illinois State Racquetball Association, a position he has held for over two years. During that time, membership has grown from around 250 to well over 3,000. How did he do it? Well, he did have a lot of help from his friends. But you have to have a certain personal quality to get that much help from that many friends. I think Bill Feigan summed it up best: "Tom is a very warm guy, although he may not give that impression at first. He gives of himself and likes to see others enjoy life. He's very easy going, really cares for people. A very democratic and very unselfish guy, he devoted himself completely to the improvement of racquetball in Illinois. All this, and he's a fine, fine player besides."

THAT'S HOW I first met Tom, playing. It was a Metro League doubles match in 1975, and my partner "Double Bounce" Duda and I were paired against Street and Shetzer. It was a nice match and a mutual respect was achieved, and through the years of leagues and tournaments and working together in the Racquetball Association, we became good friends.

Some people have had an impasse, though, when first meeting Tom because of his "California" image. "We thought he was a 'showboat' because of all his diving around the court in his 'muscle' shirts, but when we got to know him we found he is really a super guy," said Huff and Puff former Women's Open Champs in the YMCA State Doubles. "As a matter of fact," they continued, "every time we see him we have a Pavlovian desire to light up a cigarette, so we think he's terrific because he supports our habit."

John Weishaar of the Metro Clubs echoes their impressions. "Tom is a very energetic, dedicated guy. At first I saw only his 'image,' but when I really got to know him, I found what a hard worker he is and how much time and effort he devotes to making racquetball a success in Illinois."

In his two plus years at the helm of the ISRA, Tom has achieved a

lot, not the least of which is being the first recipient of the Louis Zahn Memorial Governor's Cup presented annually to the most outstanding racquetball person in Illinois. If there was ever someone who deserved it, Tom Street is the one.

"IN SPITE OF the fact that he started the 'I Beat Ron Paul Fan club,'" said Ron Paul, "Tom has a tremendous list of accomplishments as President. The impressive thing is he didn't do this for a living, he really dedicated himself to the game."

"Tom is a fair person, a hard worker and did much to improve tournaments and seeding," said Jim DiVito.

Computerized seeding, tournament sanctioning, improved league play, a State constitution, Racquetball week in Illinois as proclaimed by the Governor, the ISRA newsletter...the list could go on and on about what Tom Street has done, or been a catalyst for achieving, in Illinois racquetball. In spite of all this there are a few people in racquetball who don't know him.

"I really don't know Tom," said Barry Siegel, "except that I played him once and won. I like that. He sure was a nice guy on the court."

But there are many, many people who do know Tom.

"HE ALWAYS does a great job. Handles everything well," said Sean Moskwa. When Sue Carow heard Tom was stepping down she felt "That's a definite loss. No one is more dedicated to the game than Tom." "He's a good guy, but he's too clean cut for racquetball," said Andy Witt. Tom Golueke chimed in with "Tom is a fun guy. Kind of happy-go-lucky. I like him, he's always got a kind word for everyone." "He's extremely dedicated to the things he believes in. A true sportsman and a gentleman. He's a pleasure to know," from Jim Cartwright.

And Jim Hall said it all, "Tom's a world champion guy."

The ultimate tribute came from 'Mr. Racquetball' himself, Bob Kendler. "Tom Street is one of a kind. They'll never make another one like him from here to eternity. He has made the ISRA the biggest state organization in the country and the USRA is extremely proud of what he has done. The ISRA is used as an example for all other state organizations."

Although Tom is stepping down as President, he will remain on the Board of Directors and still be active in racquetball in spite of that strange looking "squash" weapon he can occasionally be seen with now.

What is my impression of Tom Street? He's the kind of guy I hope will always be a part of my life.

Grobmisi's Laws

1. The bigger they are, the harder they hit.
2. It didn't bounce twice unless someone else saw it bounce twice.
3. Everybody looks good warming up. (corollary: It's easy to kill the ball before the game starts.)
4. Murphy's Law "If anything can go wrong, it will," was created to apply to racquetball tournaments.
5. The difference between a cheater and everybody else is, everybody else ain't been caught yet.
6. The only difference between the pros and the rest of us is 21 points.
7. Never play with a guy called "killer."
8. People who are nice off the court aren't necessarily nice on the court.
9. People who are nasty off the court are usually worse on the court.
10. There's only one thing worse than being hit in the eye with the ball--and you have to be a man to appreciate what that is.
11. People who talk dirty, gossip and generally make fools out of themselves--are fun!!
12. All racquetball referees are bad--it's one of the requirements for the job.
13. Dern's Law: "I never met a man I couldn't either beat or default to."
14. Shetzer's Law: "If I can't play like Hogan, make love like Street, or make money like Bronner, I may as well look like Groucho Marx"
15. Kendler's Law: "I am the law."



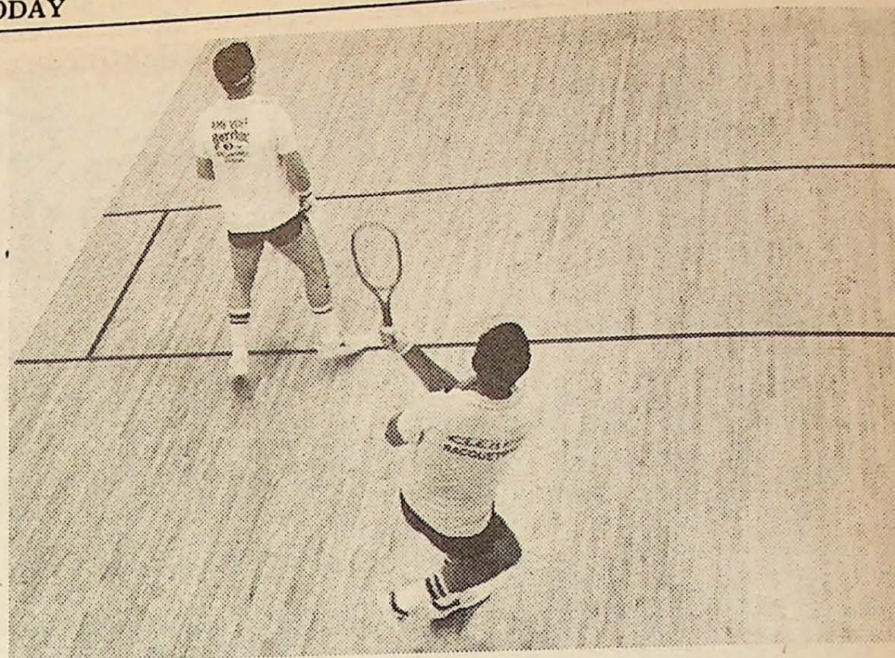
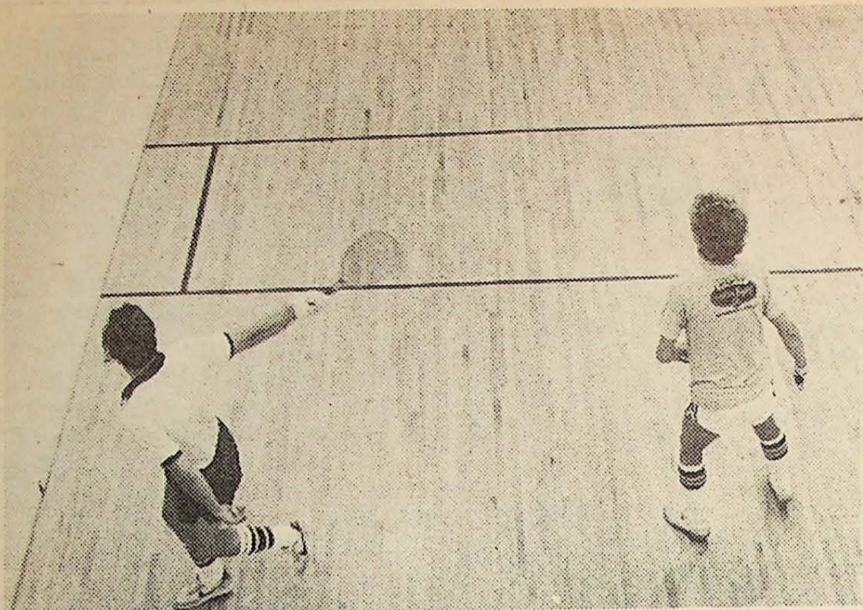
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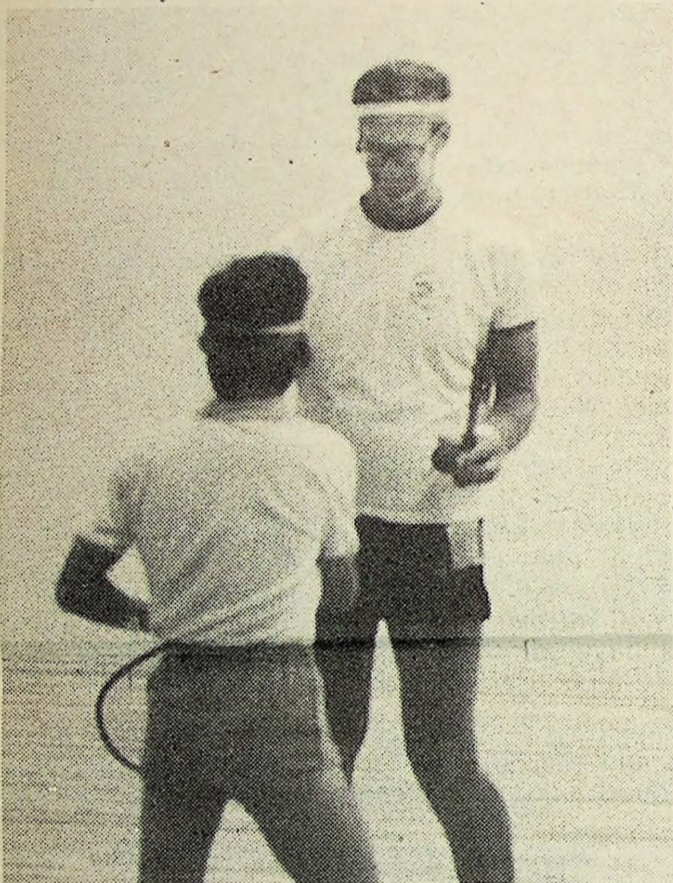
all club members - 10% discount



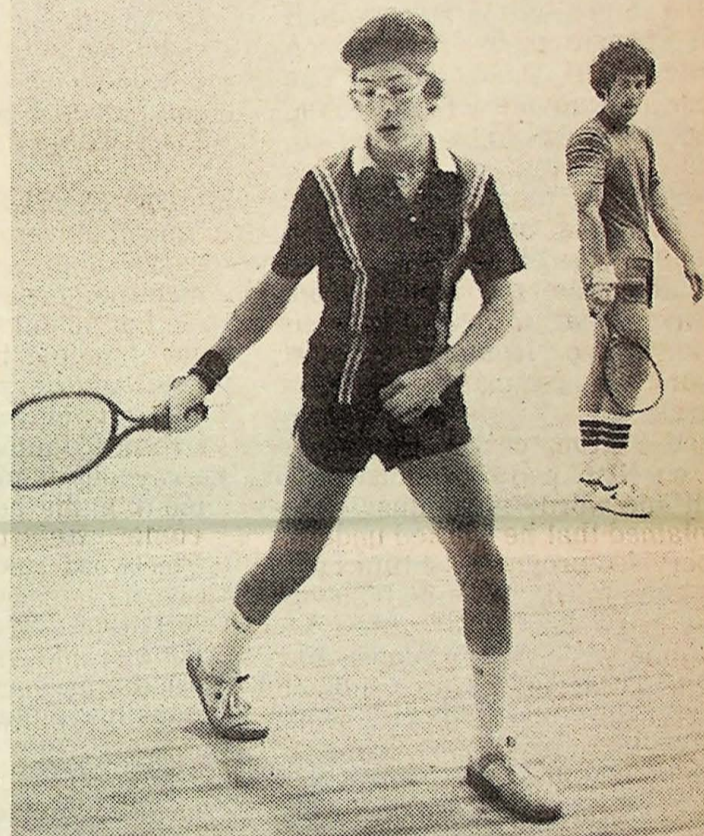
Tinley Park Tourney

Results: Tinley Park 2nd Annual S. W. Shootout Sept. 14-16
 Men's Open: 1. Harvey Miller; 2. Jack Newman; 3. Marshall Waldo; 4. Steve Butler
 Men's B: 1. Bruce Scholtens; 2. Jack Van Kuyken; 3. Steve Little
 Men's C: 1. Fred Kuypers; 2. Joe Vellenga; 3. Al Stanck
 Men's D: 1. Bill Schmeier; 2. Joe Wojcik; 3. Mike Anasewicz

Since there were small draws in both the senior and open divisions, by agreement of the players, the two divisions were combined. It was exciting to see 6'8" Bob Stoy walk into the court with 5'4" Jack Newman (Newman won in a tough match). The semi's were also very exciting as Waldo took 2nd seeded Harvey Miller to a tie breaker, and Jack Newman upset No. 1 seed Steve Butler 11-8 in the tie breaker.



Newman and Stoy — 6'6" vs. 5'3"



Newman and Butler in finals

A. R. P. Meeting Held

By Tom Grobmisi
 R.T. Reporter-at-large

The Association of Racquetball Promoters of Illinois held its first meeting last Saturday at the Holiday Inn in Crete.

According to Phil Simborg, spokesman and organizer of the association, the purpose of the group is "to bring together all Chicago-area tournament promoters so we can work together in harmony to avoid tournament conflicts and to generally develop a friendly atmosphere where we can compete with each other, while at the same time not undermine each other's efforts, or the efforts of the various volunteer racquetball associations." Mr. Simborg is convinced that the

various factions can work together for the benefit of the players in Illinois, and was not disappointed by the poor meeting attendance (he was the only one there). Evidently, there was some disagreement over the scheduling of the meeting that was not able to be worked out in time.

"What am I going to do with all this potato salad?" queried the miffed Mr. Simborg who had requested that everyone bring something.

A second meeting has been called by the undaunted organizer, which will be held Saturday, Oct. 27th, at the Sheraton-Valparaiso. Everyone interested in attending is invited to bring his/her own sandwich and a fork.



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By SUE CAROW

Winning!

Pro's Prose

Many top Pros were in Madison, Wisconsin Sept. 14-16 playing in a \$4,000 Pro-Am Tournament at the Sun Valley Racquetball Club sponsored by Don Simon Altors/Tuff Kote Dinol. The ideas and advice of these top competitors should be of interest.

The following question was presented to them for their responses: **What one training technique, change or advice, contributed the most to your development as a top tournament player?** Also, **How do you feel about the recent "coaching" craze?**

Ben Koltun, currently ranked 7th on NRC pro tour, answered with one word: "Nautilus." Ben explained that he worked under a supervised program 3-4 times per week. As to coaching, he believes they are a great idea -- "...someone to push a player and build confidence." Koltun did not see a coach as a crutch but, as an avenue to improve one's game.

Peggy Steding, 1975 and 76 National Champion, currently ranked 10th, responded: "Playing, playing, and playing. The more one plays, the better the shots and confidence. when playing better players, even losing teaches something. Constant playing develops that 6th

sense...anticipation. Anticipating your opponent 80 to 90 per cent of the time will keep you ahead." Peg said she could see where coaching helps but "I know what I need to be doing in a match; sometimes I just don't execute. But I always know."

DAVE FLEETWOOD, 10th ranked player, explained that his game winnings jumped several month ago when "I quit shooting for flat rollouts -- raised my target a couple inches. I also quit shooting every serve. The floor was my biggest enemy." Dave stressed that giving 6-7 points away per game on skip balls is too big an advantage to overcome. Referring to coaches, Fleetwood said he believes they are most sensible. "It is easier for the player if the suggestions come from someone else -- a person off the court is able to see better; the player has so many things to think about."

Steve Keeley, renowned racquetball author and currently ranked 14, replied: "The most important change was years ago when I started wearing 2 different-colored hi-top sneakers." Seriously, Steve will reply next issue.

Rita Hoff, ranked 6th, like Koltun

gave a one-word answer: "Running." Rita now runs about 4 miles per day and sees a direct relationship between running and her on-court performance. she feels she has increased stamina and improved footwork.

Bill Schmidtke, twice National Open Champ and present National Seniors Champion, said that adapting to Racquetball from paddleball was easy and natural. Bill said his knowledge of court positioning and his strokes were there. "In 1971, the ball was dead: Paul Lawrence was playing excellent ball and I started using the ceiling ball and winning." Schmidtke stressed the importance of mental attitude -- "The top players have all the shots; it is then the mental attitude that makes the difference...they must just go out and do it." As to coaches, Bill felt they can help in the training part. The errors are noticeable in the A and B classes and coaching helps them. "The pros must reach back in their own mind," he emphasized.

SUE CAROW, present National Seniors Champion and currently ranked 20: "From the beginning, I tried to play smart, errorless racquetball, preferring to let the

opponent make the mistakes. Now I am looking for that new technique.... Coaching? A coach, a coach, my kingdom for a coach."

Judy Thompson, currently ranked 15. Judy explained that her tennis background allowed her to enter racquetball with a good "feel" for the game but she had to work on killing the ball. The one biggest improvement occurred when she developed a ceiling ball. Judy's "touch shots" or drop shots (from tennis) drive her opponents bananas. She pointed out that: "The best racquetball is the all-around game, where if one thing is not working, a switch to something else can succeed. A person with a straight power game can't adjust. The all-around game will pay off in the long run."

Ric Dern, Chicago playing coach, and frequent qualifier on the tour. Ric explained the biggest improvement in his game resulted from a physical and mental change. The physical was exaggerated eye contact, which is keeping the head down, focusing on the ball until the stroke is complete, then lifting head. The mental was the positive mental attitude of "being hungry to win" but "taking my lumps." Ric translated this to mean "...accepting the fact that you CAN lose; if you're afraid to lose, you should not be competing."

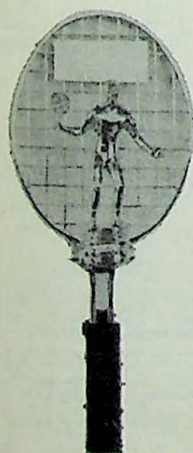
Geoff Peters, marginal A player (his own description). Geoff offered to pass along his technique as soon as he discovered one. Author's note: Gutsy Geoff digs on the floor much of the time and perhaps he'll discover a solution to the oil crisis first. Repeatedly overheard from referee Steve Keeley during Geoff's match: "Nice pass, Geoff." Response from Geoff: "Keeley -- that's my kill shot!"

More Pro's Prose will be elicited at the \$30,000 Pro/Am Robert W. Kendler Classic at the Glass Court, Lombard.

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Hogan Paces Kendler Classic Pro/Am

By JIM HARPER

If you like to mainline racquetball, Lombard, Illinois was the place for you to be September 26-30. The pros came to town to play in the Robert W. Kendler Racquetball Classic, and they put on a show that made the tournament worthy of the name Kendler, the Father of Racquetball.

In addition to the 24 touring pros, another 64 hopefuls came on Wednesday to compete for the eight open spots in the round of 32. Early attendees saw some great racquetball from these players, but very few of them were around by the round of 16, and none made it to the quarters. But the best racquetball was yet to come.

The first quarter final match pitted Rich Wagner against veteran Charlie Brumfield. "The Brum" kept the crowd amused with some straight man help from Wagner, who accused Charlie of serving wet balls, intentionally hindering and hitting screen serves. Charlie faked the "spitter" often and had several choice comments for Wagner who seemed to be making a career out of trying to referee the game from the court. Rich had the lead 20-14 in game one, but had to hang on tight to win it 21-19.

BRUMFIELD SHOT out to a big lead in the second game, but had to hold off a strong Wagner rally. At 19-17 Charlie put a Z serve to Rich's backhand that he couldn't return, and on the next rally, Wagner skipped an easy front court backhand into the left corner to tie the match at one apiece.

In the tie-breaker Rich took the lead 3-2, then aced Charlie to his forehand and his backhand for a 5-2 advantage. Brum put a forehand pinch into the left corner to reduce it to 5-3, but Wagner came back with a three point flurry on a drive right on a missed kill attempt, a Brumfield forehand skip followed by a backhand skip.

Charlie earned one more point with two diving gets and a ball that wouldn't come off the side wall that Wagner couldn't return. But then he hit a forehand skip for Wagner's 9th point, Rich hit a forehand pass that cracked out on the left wall, and Brum skipped an overhead kill attempt into the left corner to end the match, 11-4.

Number three seed Dave Bledsoe and Steve Strandemo knocked each other out 21-11 and 8-21, then settled down to a donnybrook tie-breaker that Bledsoe eked out 11-10.

JERRY HILECHER, number two seed, and Ben Koltun had a similar contest, although the first game was closer. Jerry took it 21-16, then watched Ben hit every crack on the court for a 5-21 match evener.

It looked as though Hilecher was going to walk away with the tie-breaker as he put together a string of three forehand kills, a backhand kill, a forehand pass and four ace serves for a 9-2 lead. But Ben was not going to give up. He got his third point on a forehand pass to the right, and two ace serves to Jerry's backhand to bring him up to 9-5. Then a forehand kill into the right corner and a pass down the right side made it 9-7. Hilecher got the serve back, maneuvered Koltun out of position and passed him with a backhand down the left side for 10-7. But Koltun wouldn't die and hit a forehand pass down the right alley for his eighth point. Jerry came up with a beautiful backhand kill into the left corner to preserve the victory, 11-8 and advance to the semi's.

The last quarter final of the day pitted Marty Hogan, Numero Uno, against David Peck. Marty's power was too much for David, 21-9, 21-15, but Peck had a good tournament displaying some power of his own in earlier matches.

That brought it down to four semi-finalists, Hogan, Wagner, Bledsoe and Hilecher. These two match-ups proved very exciting, both going to tie-breakers.

BLED SOE jumped off to a

quick 6-0 lead against Hilecher in their match with four kills, a skip and an ace serve to the left. Jerry inched his way back, taking the lead 7-6 on a forehand rollout to the right. Bledsoe then scored ten unanswered points with an ace serve to the left beginning the surge and a forehand kill off a pop-up on a serve return culminating it for a commanding 16-7 lead. Jerry got a few more points, but Davey was hot, putting a forehand kill to the right, a backhand pinch kill into the left corner, a forehand pass down the right alley off a back wall set-up, and an overhead pinch kill into the left corner to put the game out of reach, 20-11. It remained only for Bledsoe to hit a rocket pass down the right side to wrap it up, 21-13.

After Bledsoe scored the first point in the second game, Hilecher got a string going with a couple of power ace serves, two backhand skips on serve returns and two backhand kills into the left corner on weak serve returns, to take a 6-1 lead. This time it was Bledsoe's turn to inch back to a 9-7 lead, and then watch as Jerry scored nine in a row on three aces, three kills, two skips and a pass to move ahead 16-9. It was just a matter of time then, and at 18-12 Bledsoe skipped a

return of serve, Jerry hit a forehand kill to the right side followed by a forehand kill to the left to wrap it up 21-12.

The tie-breaker had the fans riveted to their seats at the end. Jerry had earned serve based on accumulated total points, and he got off to a great start leading 6-0, the sixth point coming on an overhead serve that was so powerful it hit Bledsoe coming off the back wall before he could get into position to return it. After Davey picked up a point on an ace serve to the left, Jerry ran off three more with a forehand pinch kill to the right corner, a fly kill into the right corner off a back wall return and an ace to the left for an insurmountable lead of 9-1.

But Bledsoe didn't believe he couldn't win. He picked up point two on an avoidable hinder call, point three on a forehand kill to the front wall to end a great rally that featured three diving gets by Hilecher, and point four on a forehand pinch kill into the left corner.

AFTER TWO side outs, Davey picked up four more points to bring it within one at 9-8, and Jerry started sweating inside and out. Jerry recovered serve when Bledsoe splinter balled a plum and picked up his tenth point on

(Continued on Page 9)

Off the Wall at National Pro Stop

By HUFF AND PUFF

The Chicagoland Racquetball Season got off to a great start by hosting a National Pro Stop at the Glass Court. If one could get past the "Gestapo" and watch the pros, you had to be inspired, especially by Hogan's prowess and Greer's determination. There were many out of towners, but our local tournament regulars were still to be seen.

The first observation we made was that a strange car was parked at the door in the spot always before occupied by Tom Street's Corvette. We immediately concurred that it must be Al Shetzer already assuming his new role, but research revealed it was actually Phil Simborg's Jaguar XJS. Phil's attire may be in South Side style, but his car tells us there's more to Phil than polyester. But then again, maybe he borrowed it from a North Sider.

Renee Copland, the new secretary for the USRA, introduced us to Bob Keenan, who recently assumed Chuck Leve's position as National Director of the USRA/NRC. Bob has a new concept in refereeing. When asked what it was,

he replied, "I can be had." Bob's sense of humor, easy going personality and racquetball expertise, make him a welcome addition to the USRA. And take note Simborg, this guy knows how to dress!

SPEAKING OF dress, we became concerned when we noticed Street wearing brown slacks. Is nothing sacred! think of your image Tom. It's always been white. Maybe Bledsoe and McCoy didn't recognize you in brown and thought they were stiffing a devoted groupee when they left you with the check.

Triple S Promotions, which we know stands for Silly, Sloppy and Sane, managed to recruit lots of sane people to help them run this excellent tournament stop, taking time off their regular jobs to do it. And Sue Carow was seen studying her real estate books between matches. Even though Sue now has a straight job, she can still be seen playing, as opposed to Glenda Young, who has retired from the racquetball courts to study Podiatry.

Carolyn Armstrong was overheard to say she was going to get back in the game in be-

tween injuries. Sue Prisching went to Florida and came back a blonde, and no one recognized Shannon Wright with her new perm.

Of course some things never change. Al Barasch got only one phone call, which is amazing since he wasn't even in the tournament. And Paul Franks played his match with both feet off the floor and on one hand.

COACH BILL Fiegan had two of his girls in the Women's A Finals and now we know what he does when that happens. He doesn't show up. Pretty good thinking for someone who still hasn't figured out who Tom Grobmisi is.

A couple of wellknown figures from handball were on hand to watch the tourney. Paul Haber (Haby Baby??) and Terry Muck were seen along with an unknown squash player named Tom Street. And Bob Kendler was overheard to say, watch for 'wall ball', a new handball-like game for all.

We understand Jack Moskwa did a remarkable job of not staying in the budget for the hospitality, and it was great! Now there's an incentive for entering the next tournament. See you there!

Hogan Sets Pace at Kendler Classic

(Continued from Page 8)

an avoidable hinder when Bledsoe couldn't get up in time after a diving get that he hit back toward himself.

But he recovered serve with a backhand pass to the right and scored his ninth point on a forehand kill down the right side on a dive retrieve of an attempted Hilecher pass. Hilecher felt the pressure as he skipped in a backhand down the left to make it 10-10. It looked like curtain time for Hilecher when Bledsoe hit a screamer down the left side, but Jerry made a diving backhand get, then hit a right corner pinch kill off a poor ceiling return by Bledsoe. Then Jerry passed down the right side, but Davey's diving backwall return skipped short at the front wall, and Hilecher squeaked out the win, 11-10.

The Hogan-Wagner confrontation was every bit as exciting, verbally as well as athletically. Rich plays with great intensity, and he was not afraid of Hogan's power, but he tries to intimidate with words instead of shots. He and Marty went back and forth, barb to barb and shot for shot until 12 all. Then Marty pulled away with four aces and some photon passes mixed in with some wall-shaking kills to win 21-14.

Hogan thought he was at the movies in game two as he watched Wagner build up a 19-2 lead with some great gets and some excellent shooting. But Rich stayed at 19 for a long time as Hogan tried his best to get back into the contest. Marty ran off innings of five, four and four to get within range at 15-19. But then Rich rolled a forehand off the front wall and Marty skipped one into the right corner to even the match, 15-21.

HOGAN EARNED serve in the tie-breaker and jumped out to a 5-0 lead, which Wagner could not overcome, try as he might, although he did get back within two at 8-6. But Hogan hit an around the wall ball at the speed of sound that Wagner struck out on for 9-6, a Wagner backhand skipped in for 10-6, and Marty ended it with a forehand pinch kill into the right corner.

The classic confrontation, the number one seed vs. the number two seed in the finals. Could Hilecher pull off the upset? He gave it his best shot, but fell short as Hogan's photons kept him off balance. Jerry started off well taking a 4-1 lead, but Marty moved ahead 8-4, getting his eighth point on an overhead pinch kill into the left corner from back court. Jerry crept back to 12 all, though, then went ahead with two ace serves. The lead changed hands two more times before Hogan regained dominance with an ace to



Marci Greer takes her first pro victory.

the right side to tie it at 17 and an Hilecher backhand skip to go into the lead, 18-17. A fly kill off a back wall return and a forehand pinch into the right corner made it 20-17. Jerry scored once more, then Hogan dazzled the crowd with an overhead backhand cross court pinch into the right corner to end the game 21-18.

The second game seemed to be played with slightly less intensity, but the calibre of play was excellent. Hilecher moved out to a 12-7 lead before Hogan came alive with his mercury passes, running nine unanswered points to lead 16-12. After Jerry's forehand pinch to the right corner for 13, Marty hit two passes down the left side that were untouchable to make it 18-13. Hilecher picked up two more points before the end came with a forehand dump shot into the right corner for a 21-15 final. Hogan picked up a check for \$5,800 and Hilecher garnered \$3,300, a great beginning for the Seamco/Leach NRC pro tour.

It was a great opportunity for the Chicago fans to see racquetball at its best, and an auspicious beginning for S/S/S Promotions who ran the tournament incredibly well.

THERE WERE some stunning upsets in the Women's Pro division as Marci Greer and Rita Hoff barged into the finals with impressive wins. Hoff, a winner in the quarter's over Elaine Lee, 21-11, 8-21, 11-7 took on national champion Karin Walton in the semi's and tore her to shreds. Walton started strong, but lost her momentum at 12-9. Hoff scored seven straight points on some booming serves and passes to lead 16-12. After Walton aced a serve for 13, Hoff got 17, 18 and 19 on a skip and two power passes to Walton's right. Another ace by Walton made it 14, but Hoff pinched right for 20 and Karin



Marty Hogan — some struggles but remains on top.

skipped a forehand to end it 21-14.

Game two was the proverbial "laugher" for Hoff who scored ten before Walton could get on the board. Rita's serves were dynamite, and Walton was not able to return them defensively with any effectiveness. She continually hit the side wall on her ceiling returns, causing the ball to "plum out" in mid court for Hoff to rifle it into a waiting corner or power pass with Walton out of position. The game and match ended 21-1 as Hoff couldn't miss and Walton couldn't hit zilch.

Shannon Wright, number one seed and top ranked women's pro, was moving through the tournament with her usual aplomb, a round of 16 win over Judy Thompson, 6 and 7, a quarter final victory over Lynn Adams, 9 and 15, when she ran into Marci Greer. Greer had come off a tough tie-breaker win over Sarah Green in the quarter's, 21-18, 19-21, 11-8 and her game was sharp. She could only get 15 off of Shannon in the first game, but her serve and shoot style held her in good stead in the second game where she evened things up, 21-17. Wright served first in the tie-breaker, but was quickly out as Greer hit a backhand pinch to the right corner. Marci scored first on a backhand pass that Wright got to on the second bounce. Wright tied it with a backhand kill to the left and went ahead on a Greer skip. Marci tied it with a pass left, Shannon regained the lead with a pass left, but fell behind 4-3 on two ace serves. A Greer skip tied it, then Shannon passed left to lead for the last time, 5-4.

Marci hit a forehand kill from midcourt for 5, aced left and Z-served to Shannon's backhand for 6 and 7. She picked a drive off her shoe tops and rolled it out for 8, and 9 came on a backhand kill from center court. Ten came on a

backhand Z ball, and it was all over, 11-5 on a backhand pinch to the right corner. Greer played with great determination and had excellent shot selection to take the match from Wright.

IN THE FINALS on Sunday, Greer continued to be everywhere and pound everything into submission. Hoff's high point was a first serve Z ace to Greer's forehand to lead 1-0. After that, Greer dominated the action, building leads of 6-1, 12-5, 15-5 and 19-8 before polishing it off with an ace serve to the left and a forehand pass to the right.

Game two was no improvement for Hoff as she could not get it together. Greer's court coverage was phenomenal, and Hoff was not rolling them out as she had been against Walton in the semi's. As a result, Marci was able to get to almost everything Rita hit, and once again pulled out to big leads of 7-3, 10-3, 12-4 and 16-6. After Hoff picked up her seventh and final point, Greer hit four beautifully executed passes and ended it with a forehand kill to the right side, 21-7.

For a job well done, Marci picked up \$2,600 in prize money and Rita had to settle for \$1,600. the next stop on the pro tour will be the Bangor Invitational in Bangor, Maine in mid-October.

McDowell Captures Men's Open

By JIM HARPER

There were twelve divisions of amateur play at the Kendler Classic Pro/Am Racquetball Tournament at Lombard's Glass Court September 28-30.

MEN'S OPEN

The cream of the crop were Dennis McDowell and Bob Deuster, two names that keep coming to the top of the list in Illinois racquetball. Game one was the usual nip and tuck battle between these two fine players.

Quarter's: Dennis McDowell d. Steve Sulli, 21-9, 21-17

John Klearman d. Pete Wright, 21-5, 12-21, 11-7

Mike Levine d. Bobby Stocker, 21-18, 13-21, 11-4

Bob Deuster d. Tim McAuliffe, 21-13, 13-21, 11-3

Semi's: McDowell d. Klearman, 21-12, 20-21, 11-3

Deuster d. Levine, 21-16, 21-13

Finals: McDowell d. Deuster, 21-17, 21-10

MEN'S A

With Tim Dern defaulting it left the field wide open, but num-

(Continued on Page 12)

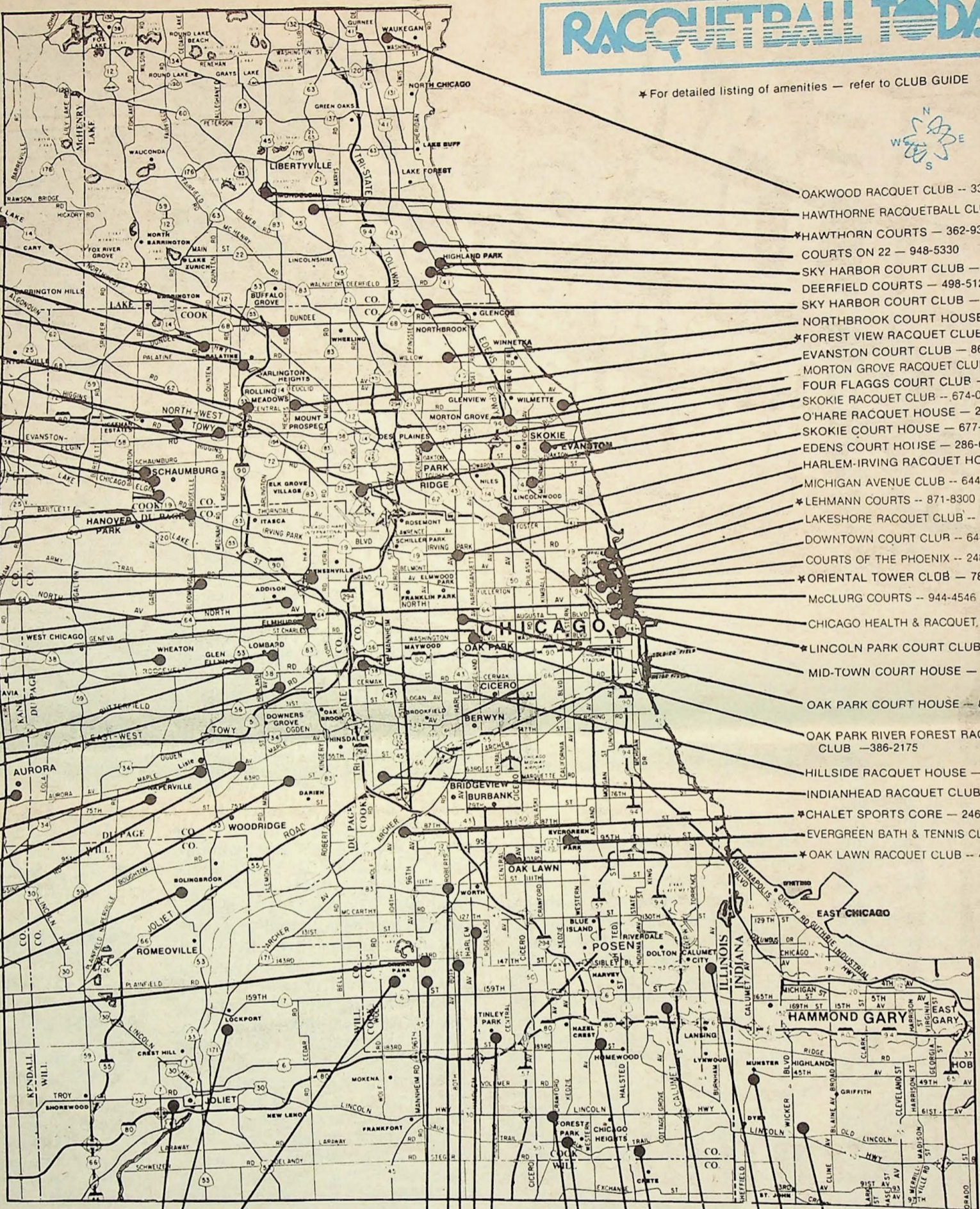
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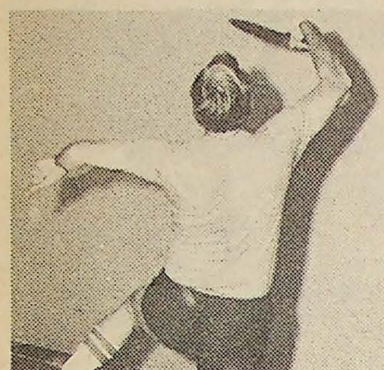
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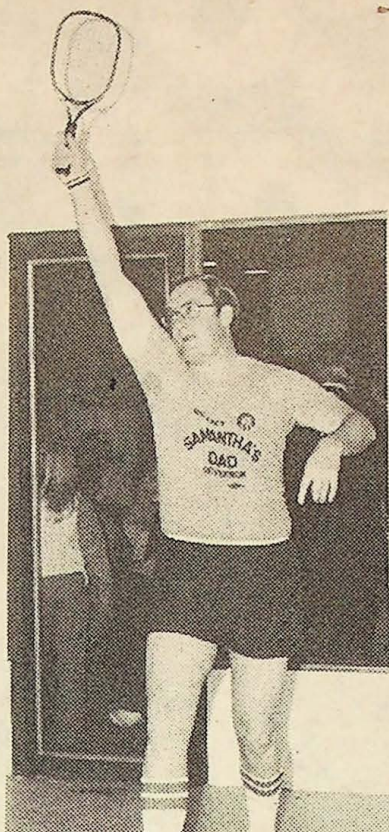
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Thompson Helps Kick Off Kendler



As a kickoff to the R.W. Kendler Classic, Governor Thompson and other celebrities, along with Marty Hogan, Karin Walton, and other top racquetball pros, took part in an exhibition at the Downtown Court Club September 26th. The purpose of the event was to raise money for the R.W. Kendler Scholarship Fund. Thanks to a donation from H. Crown of Material Service Corp. of \$10,000, and a donation from S/S/S Promotions and The Metro Club of \$500, along with generous donations from the spectators, top young racquetballers will receive tuition aid for continuance of their education.



Kendler Open

(Continued from Page 9)

ber two seed Greg Mandell couldn't complete the climb. Jeff Riehl took the title in this division.

Quarter's: Dave Negrete d. Tim Dern, injury default
Rick Ricksecker d. C.C. Melvin, 21-11, 14-21, 11-8
Jeff Riehl d. Jack Newman, 21-11, 20-21, 11-0
Greg Mandell d. Jim Roland, 20-21, 21-19, 11-8

Semi's: Negrete d. Ricksecker, 21-15, 21-15
Riehl d. Mandell, 13-21, 21-3, 11-6

Finals: Riehl d. Negrete, 21-18, 21-10

MEN'S SENNORS

Bill Schmidtke, past National Open Champion and current National Seniors Champion was the formidable opponent in this division. No one came too close to Bill, although Scott Berry gave him a big scare in the finals.

Quarter's: Bill Schmidtke d. Marshall Waldo, 21-12, 21-8
Frank Low d. Shelly Clar, 21-17, 21-9
Al Shetzer d. Dan Seaton, injury default at 18-17 in game one
Scott Berry d. Gary Saretsky, default

Semi's: Schmidtke d. Low, 21-12, 21-16
Berry d. Shetzer, 21-10, 21-9

Finals: Schmidtke d. Berry, 21-19, 21-4

MEN'S B

The youngsters keep coming at us. Eric Scheyer has learned a lot from his big brother, Jim, and is putting the knowledge to good use. He won the Men's B at the Kendler Classic, so watch out you A players, you're next.

Quarter's: Bruce Scholtens d. Paul Weber, 21-7, 21-16
Tom Stanger d. Tim Heuel, 21-8, 21-16
Eric Scheyer d. Chris Lauten, 21-19, 21-7
Dave Budreau d. Rick Sitz, 21-18, 21-13

Semi's: Scholtens d. Stanger, 21-10, 21-11
Scheyer d. Budreau

Finals: Scheyer d. Scholtens, 21-12, 21-4

MEN'S C

Quarter's: Brian Kravitz d. Arch Landreman, 21-15, 21-6
Steve Francis d. Bob Webster, 21-13, 21-10
Keith Vanderveen d. Walt Froehling, 21-8, 19-21, 11-7
Walt Bryniarski d. Rick Farmer, 21-13, 20-21, 11-8

Semi's: Francis d. Kravitz, 21-18, 21-16
Vanderveen d. Bryniarski, 21-14, 21-19

Finals: Vanderveen d. Francis, 21-18, 21-16

MEN'S D

Quarter's: George Olson d. Rick Emons, 21-5, 21-5
Walt Cunningham d. Peter Bloom, 21-15, 21-10
Mike Arnolt d. John Reichwein, 21-12, 21-15
Don Grigas d. Mike Cluck, 21-10, 21-2

Semi's: Olson d. Cunningham, 21-11, 21-5
Grigas d. Arnolt

Finals: Grigas d. Olson, 21-17, 18-21, 11-8

MEN'S MASTERS

When Bob Troyer's not around, Dick Porter knocks 'em dead in this division. He had a barn burner of a match with Saul Sandoval in the finals, and as a matter of fact played three tie-breakers in his four matches.

Quarter's: Howard Lipschultz d. Art Albert, 21-3, 21-8
Dick Porter d. Dorsey Boulton, 21-16, 21-14
Bob Goodman d. Gib Kurtz, 15-21, 21-4, 11-9
Saul Sandoval d. Frank Christensen, 21-16, 21-14

Semi's: Porter d. Lipschultz, 21-13, 14-21, 11-10
Sandoval d. Goodman, 21-7, 21-8

Finals: Porter d. Sandoval, 21-17, 16-21, 11-8

WOMEN'S OPEN

This was as tough a division as the Men's Open because there were players entered that had been eliminated from the Pro qualifying rounds. The local players did not fare as well as they did in the Men's Division as the finals here involved Susie Dugan from California and Mary Dee from St. Louis.

Quarter's: Susie Dugan d. Camille McCarthy, 21-10, 21-8
Cindy Stoll d. Sue Carow, 21-16, 15-21, 11-3
Jean Oeschger d. Judy Sawicki, 21-7, 21-11
Mary Dee d. Nancy Hornak, 21-6, 21-5

Semi's: Dugan d. Stoll, 21-11, 15-21, 11-7
Dee d. Oeschger, 21-20, 21-9

Finals: Dugan d. Dee, 21-19, 21-14

WOMEN'S A

Once again the seeding committee looked good as the number one and two seeds ended up in the finals. Barb Allweiss, number one seed, dispatched all of her opponents in two games until she got to the finals where she was upset in three games by number two seed Lynn Farmer.

Lynn had a tough semi-final match with Brenda Grossnickle that went three games. Brenda played a soft lob game against Farmer who is a basic serve and shoot power player. Lynn was going crazy and lost the first game 14-21. But she changed her style in game two and started moving up to take the ball on the fly, and her deadly power was too much for Grossnickle, 21-10 and 11-6.

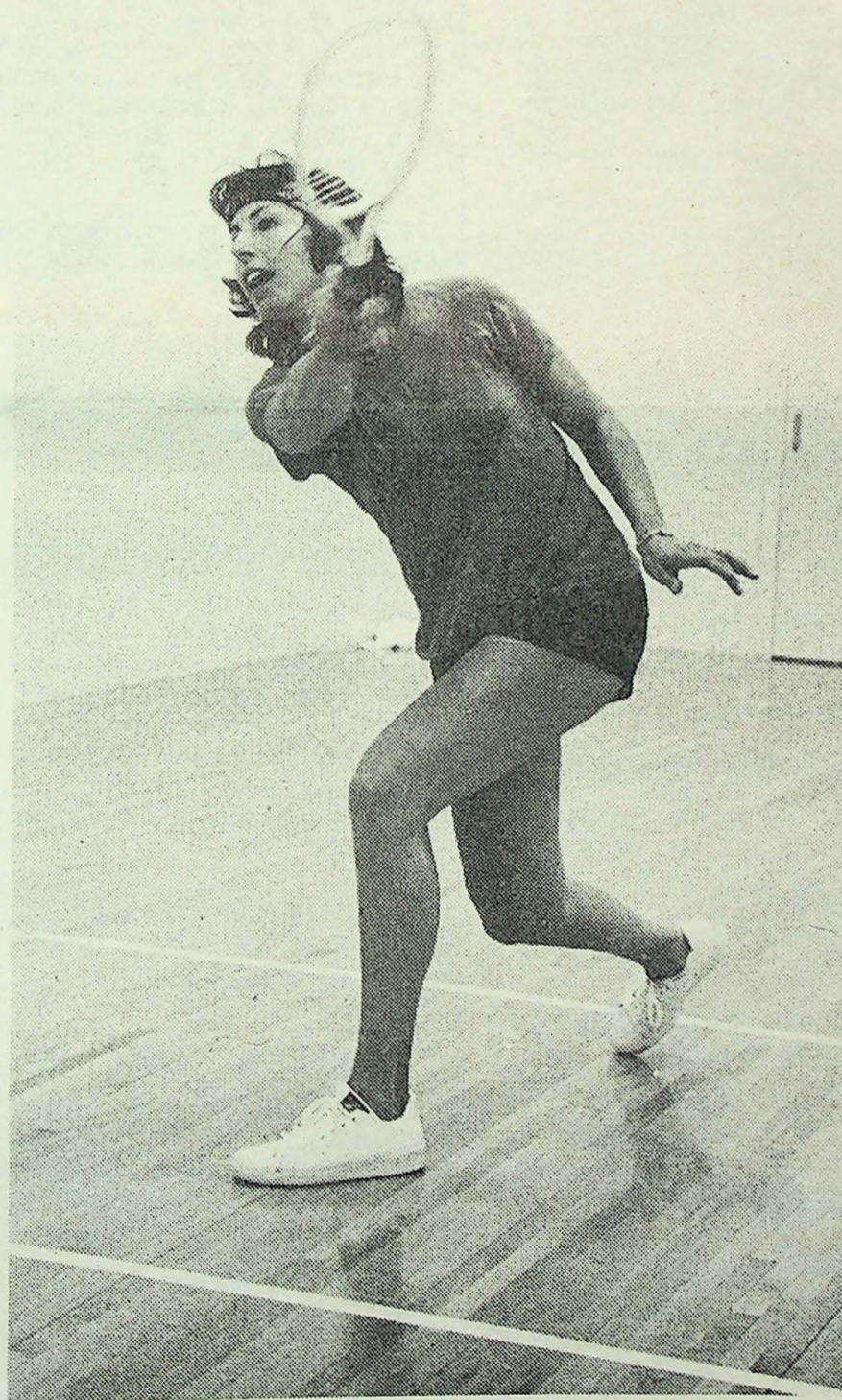
Farmer was tired in the finals and seemed to drag through the first game, which went to Allweiss, 12-21. She decided if she was going to lose she would at least go down shooting, and lo and behold, it all came together in game two as she was shooting and passing with authority and Allweiss could not get to the ball. Farmer evened it at 21-9, and her momentum kept her going in the tie-breaker even though she was ready to drop. Her shooting game held up and Allweiss continued to

(Continued on Page 17)

RACQUETBALL TODAY

1979 - 1980 Tournament Schedule

- October 6 & 7, 1979
Metro Championship Player's
Membership Clinic
Site: The Glass Court
Lombard, Illinois
312-629-3390
- October 12, 13 & 14, 1979
2nd Annual Women's Sharpshooter's Open
Site: Tinley Park
Contact: Mike Bazzo
312-532-7900
- October 19, 20 & 21, 1979
Indian Trails 2nd Annual Summer Open
Site: Indian Trails R/B Club
Contact: John Grandley
312-755-5500
- October 26, 27 & 28, 1979
7th Midwest Invitational
Site: To be announced
Contact: S/S/S Promotions
312-371-2150
- November 2, 3 & 4, 1979
Forestview Open
Site: Forestview Racquet Club
Arlington Heights, Illinois
Contact: Jeff Wilke
312-640-2574
- November 9, 10 & 11, 1979
Dean Foods Pro/Am
Site: The Supreme Court
Rockford, Illinois
Contact: Tom Wirkus
815-332-9422
- November 16, 17 & 18, 1979
"The Turkey Special"
Site: To be announced
Contact: S/S/S Promotions
312-371-2150
- November 30, December 1 & 2, 1979
Star-Tribune Tournament of the Stars
Site: To be announced
Contact: Diane Williams
312-687-4800
- December 7, 8 & 9, 1979
Gemini Doubles Tournament
Site: Tinley Park
Contact: S/S/S Promotions
312-371-2150
- December 14, 15 & 16, 1979
Winter Classic
Site: To be announced
Contact: S/S/S Promotions
312-371-2150



Barb Edelstein

* Denotes ISRA Sanctioned Tournament. To add tournaments or to get up to date information, contact Phil Simborg - 312-371-2150.

- January 11, 12 & 13, 1980
Illini Open
University of Illinois
Contact: Donald Webb
217-328-3143
- January 18, 19 & 20, 1980
ISRA Team Championships
Site: To be announced
Contact: S/S/S Promotions
312-371-2150
- January 25, 26 & 27, 1980
2nd Annual Courtside Open
Site: Courtside
Rockford, Illinois
Contact: Linda
815-877-9549
- February 16, 17 & 18, 1980
St. Valentine's Day Tournament
Site: Killshot, Ltd.
Bloomington, Illinois
312-893-9575
- February 28, 29, & March 1, 1980
ISRA State Doubles
Site: Tinley Park
Contact: S/S/S Promotions
312-371-2150
- March 14, 15 & 16, 1980
St. Pat's Special
Site: To be announced
Contact: S/S/S Promotions
312-371-2150
- March 21, 22 & 23, 1980
Tinley Park Invitational
Site: Tinley Park
Contact: Mike Bazzo
312-532-7900
- March 28, 29 & 30, 1980
YMCA State Singles
Site: Peoria YMCA
Contact: Mich Bernstein
- April, 1980
USRA Regionals
Site: In Illinois to be announced
Contact: S/S/S Promotions
312-371-2150
- April 11, 12 & 13, 1980
Four Corner Tournament
Site: The Glass Court
Lombard, Illinois
312-629-3390
- May 16, 17 & 18, 1980
ISRA State Singles
Site: to be announced
Contact: S/S/S Promotions
312-371-2150

ISRA

ILLINOIS STATE RACQUETBALL ASSOCIATION NEWS



RACQUETBALL NEWS
FROM THROUGHOUT ILLINOIS



Edited
by Diane
Gabrisko

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Vice President - Donald Webb
Secretary-Treasurer - Alan Shetzer
Director of Leagues - Art Michaely

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League and Tournament Committee
Art Michaely, Billy Hoffman
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Nominating Committee - Bill Feigan
Constitution Revision - Phil Simborg
Seeding Committee - Alan Shetzer

From the Editor. . .

The Illinois State Racquetball Association welcomes your comments, inquires and suggestions. If you wish to communicate through the ISRA newsletter please address your thoughts to me, Diane Garisko, Illinois State Racquetball Association, P.O. Box D, Posen, Illinois 60469. Also, if you wish to become more active in racquetball through the association, we welcome you.

New Slate for 1980

As required by our new constitution the nominating committee has submitted the following slate of Officers and Directors:

President:	Alan Shetzer
Executive Vice President:	Phil Simborg
Secretary:	Jim Harper
Treasurer:	Gay Kenna
Zone Vice Presidents:	
Central:	Don Webb
West:	Jim Wirkus
North:	Art Michaely
South:	Unslated
Directors:	
Dan Bertolucci	Karen Minsky
Jim Cartwright	Clyde Senters
Lynn Farmer	Jim Stotz
Bill Feigan	Tom Street
Bill Hoffman	

Opposing candidates to the above slate have been nominated. The elections will take place at the ISRA meeting. The meeting will be held at the Louis Zahn Data Center, 1920 George Street, Melrose Park, Ill., at 7:30 p.m., Oct. 23rd.

Dear ISRA Member:

We've come a long way over the past years and the growth of our sport has been spectacular.

Illinois has been the hub of all the major organizations that have had and currently have an impact on our sport.

The I.R.A. (International Racquetball Association) started in 1968; the ISRA (Illinois State Racquetball Association) in 1972; the N.R.C. (National Racquetball Club) in 1972; the USRA in 1973; the National Court Club Association in 1976.

THE GUIDING forces that created the programs. . . . Bob Kendler, the Leves (Mort and Chuck), John Wineman, Jim Bronner, all are here and deserve your thanks.

The Illinois State Racquetball Association has also had one of those guiding forces whose impact has effected racquetball not only in Illinois but around the country.

For the past several years under Tom Street's guidance your association has set the pattern for organized racquetball in the U.S.A. The list of firsts are numerous:

1. The Metropolitan Racquetball League.
2. National shirt and ball program.
3. Computer handling of membership.
4. ISRA Newsletter.
5. Walkie-Talkie system for tournaments.
6. Largest selection of brackets in tournaments.
7. Mandatory eye protection for Juniors.
8. First State Chairman meeting.
9. First Referee Committee.
10. Bracket rules to govern play.

THESE THINGS didn't just happen. Countless hours of work and thousands of donated dollars were put in to make sure our association was the best.

Tom will retire as President at the end of October and move up to the Board of Directors where we will still be able to benefit from his advice and direction.

All of us owe him our thanks and gratitude for a job well done.

Thomas R. Street
President

Alan M. Shetzer
Secretary-Treasurer

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Sandler Resident Head Pro at Niles

Howard Sandler of Evanston has joined **Tam Tennis & Racquetball Club**, 7686 N. Caldwell avenue, Niles, as resident head racquetball pro.



Howard Sandler

In his new position, Sandler will direct all racquetball activities on five indoor courts at the private club -- including individual and group lessons for adults and seniors; PeeWee instruction; in-house, traveling and industrial leagues; tournaments; and special programs.

Sandler has a noteworthy background as an amateur athlete. While attending high school at Elgin Academy, he earned varsity team letters in four sports: tennis, golf, baseball and football. He turned to racquetball while studying at Loyola university; and over the past four years, has gained ranking as an accomplished A-level club player. He also has several years experience as a racquetball instructor.

For information concerning group lessons and other racquetball activities telephone 967-1400 or visit Tam Tennis & Racquetball Club. Tam is located just north of Howard street on Caldwell avenue, next to the Niles Park District's Little Tam golf course, on the site of historic Tam O'Shanter country club.

TWO FREE RACQUETBALL mixers/clinics will be held at **Tam Tennis & Racquetball Club**, in Niles from 9:30 a.m. to 11:30 a.m. on Wednesday, October 10, and from 7:30 p.m. to 9:30 p.m. on Friday, October 12.

Both free programs, conducted by Tam's new full-time resident head racquetball pro Howard Sandler, are open to the public. Activities include racquetball demonstrations, instruction and free play on the private club's five indoor courts. There will also be prizes and free refreshments.

The mixers/clinics are being held to acquaint club members and racquetball players in the area with Tam's new racquetball pro and the club's full schedule of lessons, leagues and other programs.

Prior registration is requested, and interested persons can telephone 967-1400 or visit Tam Tennis & Racquetball Club, located on the west side of Caldwell avenue, just north of Howard street in Niles.

THE CHALET Sports Core in Willow Springs is undergoing a vast improvement program. Besides adding fourteen new courts for a grand total of twenty-two, there will also be an indoor jog-

ging track and an indoor swimming pool.

It's an evening of racquetball round robin and lots of socializing. Members pay \$6, guests fee \$7.

JEFF WILKE, the manager

Tour of the Courts

New fall leagues are in session. Along with men's and women's leagues, there are children's programs. One new concept, that no doubt will have full participation, is a special women's league. The idea is that while the guys watch the tube, the gals will play. . . . racquetball. Entitled, Football Widow's League, play is every Monday night until Christmas. A special mixed league is held on Friday nights, featuring teams of three men and three women. Each week, each team plays one men's singles, one women's singles and one mixed doubles match and, lo and behold, no one gets stuck; no one has hurt feelings!

More news of renovation comes from the **Hanover Park Club** where they are gearing up for a busy fall and winter season by installing new air-conditioning and shiny new maple floors, so get ready for some fancy foot work. Grand Opening is scheduled for November.

Susan Waltzer of **Lincoln Park Court Club** at Piper's Alley in Chicago reports that their fall programs are in session with group lessons, and co-ed aerobic classes to keep that racquetball body trim and toned while having some fun. Also, she advises that you include in your week-end list of "musts," their Friday Night Special. While that may sound vicious, it's really quite soft-core.

Notice to Club Owners

RACQUETBALL TODAY would like to have your club news in our paper. Our Tour of the Courts column is designed to include items of interest about your club. When you have noteworthy news such as tournaments, special new leagues or programs, parties or charity events, send your information to us: **RACQUETBALL TODAY**, P.O. Box D, Posen, Illinois 60469

News for the next month's edition must reach us by the 10th of the preceding month.

and head pro at **Forest View Racquet Club** reports on a new ladies instructional racquetball league being conducted by Georgia Maskalunas. Monday, Wednesday and Friday from 9 a.m. to 10:30 a.m.; Tuesday and Thursday from 1 p.m. to 2:30 p.m. Coming up in November will be an ISRA sanctioned tournament.

Excitement is mounting at the **Oriental Tower Club** in Chicago as they near the final stretch in their grand opening plans. The club is now open for viewing.

Speaking of explosive growth, of the estimated 5 to 8 million Americans that are sweating it off on the racquetball courts, a healthy 30 per cent are women. Not only is racquetball fast and furious, but it's a calorie burner. You can burn off 880 calories in

one hour. To achieve the same thing in tennis you would need three hours of hard play!

Tinley Park Racquetball Club reports that their fall program is bursting at the seams with a total of 32 special leagues. Along with that they boast two traveling teams. One, a South Suburban Team, the other, a Metro League.

The ladies can mark their calendars for the Second Annual Women's Sharp Shooters to be held Oct. 12-14.

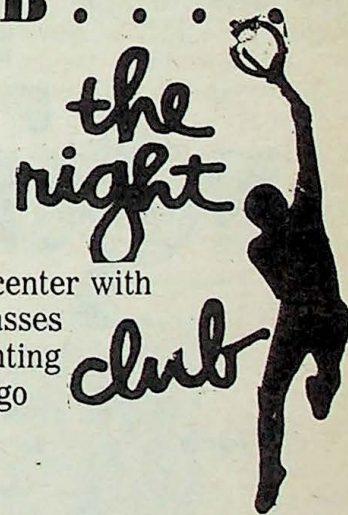
IN ANSWER TO the question, "is there anyway to lose and feel good about it?" consider this.

Tinley Park Racquetball Club is hosting a tourney called "Bet the Pro and Celebrity." the game is played this way: You can challenge either a pro or celebrity and if you win, pay nothing, but if you lose you pay \$8, which goes to the Muscular Dystrophy Association. Muscular Dystrophy is a hereditary disease characterized by a progressive wasting of muscles.

Senior Citizens will have their day Oct. 17, when several bus loads of the older, but wiser, citizens will be transported to the Tinley Park Club for a view of exhibition racquetball and a complimentary lunch. Some eighty people are expected.

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- Instructional and advanced leagues
- Sanctioned Tournaments
- Traveling Teams

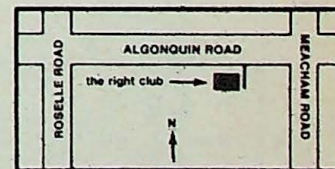
We are the complete club The Right Club . . . a complete recreational facility at ONE location. We also have whirlpools and saunas, a health juice bar, pro shop, attended nursery, instructional and advanced leagues, match arranging and social events and parties.

(312) 397-3300



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(Behind Heddon Place Restaurant, just off Algonquin Road)



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Schaumburg, IL 60195
(312) 397-3300

Signature

New Products:



AMF Voit Skill Builder — Three essential training items — a skip rope, a chest pull and hand grips — go into this new AMF Voit Racquet Sports Skill Builder, now available from retail outlets. Endurance, grip and muscle development can all be sharpened through conscientious use of the items in the package. An instructional manual also is included.

Three Styles of Eye Guards Introduced

SAN DIEGO — Whenever anyone asks Ron Grimes, Ektelon's marketing director, why the company introduced three different styles of protective eyewear for racquetball players, the answer comes up the same.

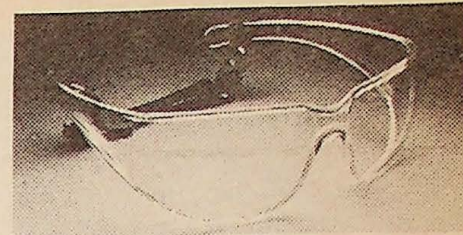
"Ektelon has always been interested in safety on the court," Grimes says, "and primary in that interest was to find an assortment of products to protect the player's eyes."

Grimes noted that the number of players who regularly wear racquetball goggles or safety glasses is growing fastest in the "mature" racquetball markets, areas where players have been around long enough to recognize the value of eye protection on the court.

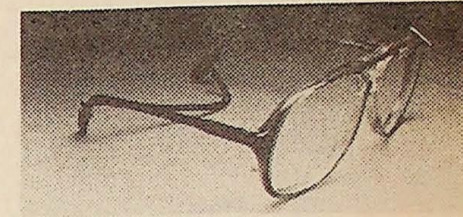
"RACQUETBALL is not a dangerous game, but there's always the chance of a random mishap, one that might mean an eye injury," Grimes said. "Your eyes are just too valuable to risk when protection is so convenient."

Grimes feels eye protection will become mandatory in many future tournaments as it was in the Los Angeles Open.

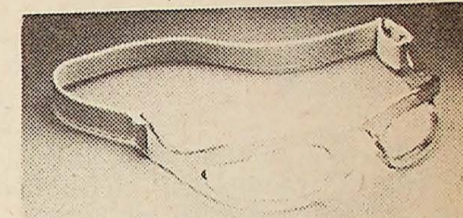
"You're also beginning to see more space in racquetball publications devoted to the consequences of eye injuries. The results of getting hit with the ball are not happy and the obvious answer is to wear an eye guard of some sort," he said. "We've introduced three protectors which vary in price and style to make sure every player can find the right shield."



Ektelon fashion eye protector



Ektelon racquetball eyeguard



Ektelon racquetball goggles

The Ektelon racquetball eyeguard is a basic plastic frame type of protector. It's lenseless, has an adjustable headband and comes with a six-piece padding set so a player can custom-fit it to his or her own facial contours.

EKTELON'S racquetball goggles are futuristic looking protectors. They offer complete wrap-around protection and good peripheral vision.

Ektelon also sells a fashion eye protector. Resembling a stylish pair of glasses, the fashion eyewear features distortion-free ground glass lenses, sturdy frames and a special rim design that prevents the lens from popping inward even if hit directly by the ball.

Ektelon protective eyewear is available in racquetball court club pro shops and sporting goods stores.

John Lynch Leaves As Glass Court Pro

By PHIL SIMBORG

Chicago racquetballers are sorry to say goodbye to a good friend, and also to Illinois State Singles and Doubles Champ, John Lynch (the good friend was Al Delpino who lives across the street from me).

John has left his job as head pro/manager of The Glass Court in Lombard for a sales position with Shell Oil Company, and will move to Cleveland. John took over The Glass Court in 1978 when it had a membership of under 300, and the membership count as of September '79 is just under 3000!

For the past two years John has delighted spectators with many exhibition matches against Charlie Rish (both were Chicago's only serious challengers to the pros), an exciting exhibition match with Marty Hogan (John won 11-10 in the tie-breaker), and also participated in many tournaments (winning them all).

John is also considered to be one of the finest coaches in the game, as many top Chicago-area players and "people in-the-know" can attest. John says he isn't giving up the game and we may well be hearing about him more on the pro tour. I will miss John. He was truly a friend; he was my coach, and helped my game tremendously (I'm now a D player), and he was also a volunteer member of the ISRA's Referee Committee and very helpful in that capacity.

We wish John luck and hope to see him back . . . some day real soon.



DEAN FOODS

PRO/AM

TOURNAMENT 1

NOVEMBER 9-10-11, 1979

\$2,000.00 PRO EVENT

SITE: The Supreme Court
7123 CherryVale N. Blvd.
Rockford, Illinois 61112
(815) 332-9422

ENTRY FEE: \$20.00 per event (except \$35.00 for Pro). Each entrant receives souvenir clothing and hospitality. Make checks payable to The Supreme Court. No entry will be accepted without payment.

ENTRY DEADLINE: All entry forms and entry fees must be received by noon November 3.

SANCTION: The Illinois State Racquetball Association.

OFFICIAL BALL: Seamco 600.

RULES: All current USRA rules will apply. All match winners must referee next match on their court.

AWARDS: PRO—1st \$1,000 2nd \$750 Semis \$250
Prizes or trophies to all 1st, 2nd, 3rd, and 4th places plus Consolation Champion.

STARTING TIMES: Entrants will be notified by post card by November 7. If you do not receive a card by Wednesday, contact the club. Play will begin on Thursday if necessary.

The tournament committee reserves the right to reclassify any entrant to enhance play.

PLEASE ENTER ME IN: MEN'S: Pro (Open) A B C
Senior Master

WOMEN'S: A B C

JUNIOR'S: 13 & under 15 & under 17 & under

Shirt/Jacket size: S M L X-L

Name (please print) _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Business Phone _____

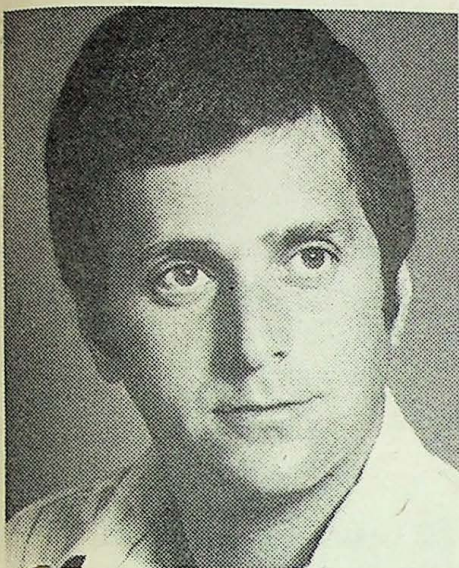
WAIVER

I hereby, for myself, my heirs, executors, agents and administrator, waive and release any and all rights and claims for damages I may have against the USRA, its affiliated clubs, and their respective agents, representatives, successors and assigns for any and all injuries which may be suffered by me in connection with my participation in The Dean Foods Pro-Am Racquetball TOURNAMENT 1 at The Supreme Court—Rockford.

Signature _____

Date _____

Appeals



By PHIL SIMBORG

Whether you're an open division player or a D player, if you play in tournaments, some day you're going to be playing in, or reffing, a match with linesmen. It's important that you understand how linesmen and appeals work so that you can make the most of your rights, while not abusing them.

What Can Be Appealed?

Fault serves (short, long, foot-faults, etc.); Out serves (non-front, etc.); Skip Balls (hits floor before it hits front wall); and Double Bounce Pickups (hits floor twice before being struck) are the only calls that can be appealed. Therefore, you may not appeal hinders, avoidable hinders, technicals, screen serves and other "control" calls. On the calls that can be appealed, keep in mind that you have the right to appeal not only when a call is made, but when no call is made and you think it should have been.

When Can You Appeal?

You must wait until the rally is over, and, of course, you must lodge your appeal before the next rally begins. If you wish to appeal a skip ball or double bounce pickup that the referee does not call on your opponent, you should continue playing, but try to raise your hand after the questionable shot to alert the ref and the linesmen that you will be appealing that shot when the rally is over (if the ref and linesman are not sure which shot you are appealing, the appeal will not be allowed).

How Do You Appeal?

After the rally, you turn to the referee and state "I appeal . . ." and go on to describe exactly which shot or call

you believe was made in error. You must not look to, or address either linesman, or your appeal will not be allowed and you might be awarded a technical for attempting to intimidate the officials.

How Does the Appeal Work?

After the referee recognizes your appeal, he will restate which call is being questioned, and how he made the call. Both linesmen will then simultaneously signal whether they agree with the ref's call (thumb up), disagree with the ref's call (thumb down), or could not be sure of the call (palm down). If either linesman agrees with the referee, the referee's call stands (regardless of the other linesman's signal). If both linesmen disagree with the ref's call, the call is overturned. If one linesman disagrees with the referee and the other linesman indicated he is not sure of the call, the rally is replayed.

In the event both linesmen disagree with the ref's call, the referee must then make a decision to see that "justice prevails." For example, if the ref called a short serve, and the linesmen rule the serve good, the ref has two options: 1) allow the server to take the serve over, or 2) award a point to the server if, in the referee's judgement, the receiver could NOT have returned the serve. If the ref called a skip ball, and the linesmen rule the shot good, then the ref can determine to have the rally replayed, or award the rally to the hitter if there was no way the other player could have returned the final shot. Since the referee's judgement in these matters is final, the referee is instructed to replay the rally unless he is sure the shot was a clear winner.

What Are the Player's Moral Responsibilities When There Are Linesmen?

Anytime we use terms like "morality" and "sportsmanship" we are entering somewhat of a "gray area" as the morality of racquetball, and all sports, is a highly debatable and subjective matter. The racquetball rule book does not require the player to make calls against himself, and I refer here particularly to double-bounce pickups and skip balls. If I were a professional racquetball player, playing against another pro for prize money, with professional referees and linesmen, I can't see why I should just "hand my opponent some money" by calling a double-bounce against myself! (I'd like to see

what would happen if some line-man in football went up to the ref to admit that he was off-sides on the previous play!)

But amateur racquetball has developed, out of necessity, a moral code of its own. The moral code is based on the premise that the game is being played for enjoyment, not for money, and that the referees and linesmen are themselves players and volunteers, not highly trained and experienced professionals. It is also understood that even the best referee is going to make some mistakes because he is over forty feet from the front wall, over fourteen feet from the floor, and last but not least, he is human! **The sportsmanship and cooperation of the players is absolutely necessary to insure a fair and enjoyable racquetball match.** There simply is not the time, money, or personnel available to properly officiate the game without the full cooperation of the participants. I contend that this premise applies whether or not there are linesmen, and therefore, even when there are linesmen to check the referee, each player has a moral obligation to

call double-bounces himself, skip balls, double-hits, illegal hits, being hit by the ball, and other calls that are difficult for the referee and linesmen to catch from outside the court.

There is a further responsibility that players have when there are linesmen: only appeal when you believe the referee made an error. Many players abuse the right of appealing by doing it every time they think there might be a slight chance of getting the call overturned, even when they know the ref made the right call. Excessive appealing slows the game down and makes it very tedious for the other players, the officials and the spectators. The referee has the right to award a technical or technical warning for excessive appealing, but it's a difficult penalty to enforce as the circumstances are so arbitrary.

For more detailed information of the use of linesman and appeals, write me c/o RACQUETBALL TODAY, and I will send you a complete ISRA Referee's Guide which covers this, and many other rules, more thoroughly.

Kendler Open Results

(Continued from Page 12)

move into center court too fast, setting herself up to be the victim of some perfect Farmer passes. Lynn took the tie-breaker, 11-4.

Quarter's: Barb Allweiss d. Chris Evon, 21-9, 21-7

Laurel Davis d. Diane Williams, 21-20, 21-17
Brenda Grossnickle d. Diane Gabrisko, 21-17, 21-13

Lynn Farmer d. Peggy Woods, 21-10, 21-7

Semi's: Allweiss d. Davis, 21-15, 21-7
Farmer d. Grossnickle, 14-21, 21-10, 11-6

Finals: Farmer d. Allweiss, 12-21, 21-9, 11-4

WOMEN'S B

Quarter's: Sue Joy-Sobota d. Peg Gudbrandson

Elizabeth Ann Eaton d. Karen Minsky
Mary Burbury d. Bonnie Juranovich, 21-18, 21-19

Terry Cubberly d. Cindy Bryniarski, 16-21, 21-17, 11-1

Semi's: Joy-Sobota d. Eaton
Cubberly d. Burbury, 21-8, 21-15

Finals: Joy-Sobota d. Cubberly, 21-7, 21-11

WOMEN'S C

The Women's C Division had only four entrants, so they played a round robin of three games each, a great way to participate in a tourney. Peg Cronin came in first, Carol Braje was second, and Dee Ann Koontz was third.

WOMEN'S D

Quarter's: Patti Drendel d. Mary Pinns
Mimi Rose d. Sandra Valasquez

Diane Spahn d. Joyce Paul, 21-6, 21-7
Sandra Zaucha d. Jean Carow, 21-12, 21-20

Semi's: Drendel d. Rose, 21-15, 15-21, 11-0
Spahn d. Zaucha, 21-11, 21-2

Finals: Drendel d. Spahn, 21-16, 21-9

uf281,14,3,0,0

The tournament closed with a feeling of racquetball saturation, as though everyone wondered where do you go from here? Everyone had seen the best of the pros and the best of the amateurs in some outstanding racquetball. But that is the great thing about racquetball. The next tournament will hold the same and even better thrills as players meet in head to head competition. But the Kendler Classic provided enough thrills to hold us over until the next tournament. See you there.

Insurance

Agency Open

Alan Shetzer and Tom Street have announced next year's dates for their Fourth Annual S & S Insurance Agency Open. Their tournament will be held August 22, 23, and 24, 1980.

They also wish to sincerely thank everyone who helped out with this year's tournament and everyone who played in their tournament.

Trainer Offers Fitness Route to Racquetball Joy

By BOB SPACKMAN

(Editor's Note: Bob "Doc" Spackman is a R.P.T., Certified Athletic Trainer, Associated Professor of Physical Education, Southern Illinois University, Carbondale, Illinois and the author of numerous books on conditioning for various sports.)

Spackman has this to say about racquetball: "it's one of the greatest games one can play on all age levels all your life, male or female. It's also a great tournament sport for all age groups. If you stay active and maintain your fitness you can play on into and beyond retirement age. Many men and women play the game all their life."

On Fitness: "Physical fitness research has shown that a muscle will develop, maintain, or lose strength to it's point of use. The same holds true with our cardiovascular endurance and flexibility. The old cliché, "Use it or lose it", is the whole story on physical condition.

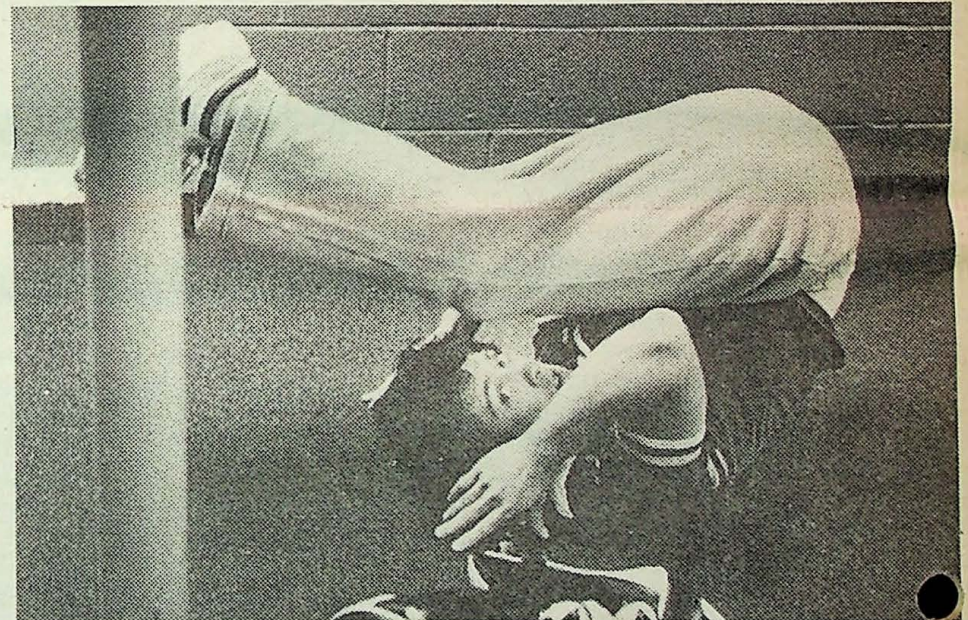
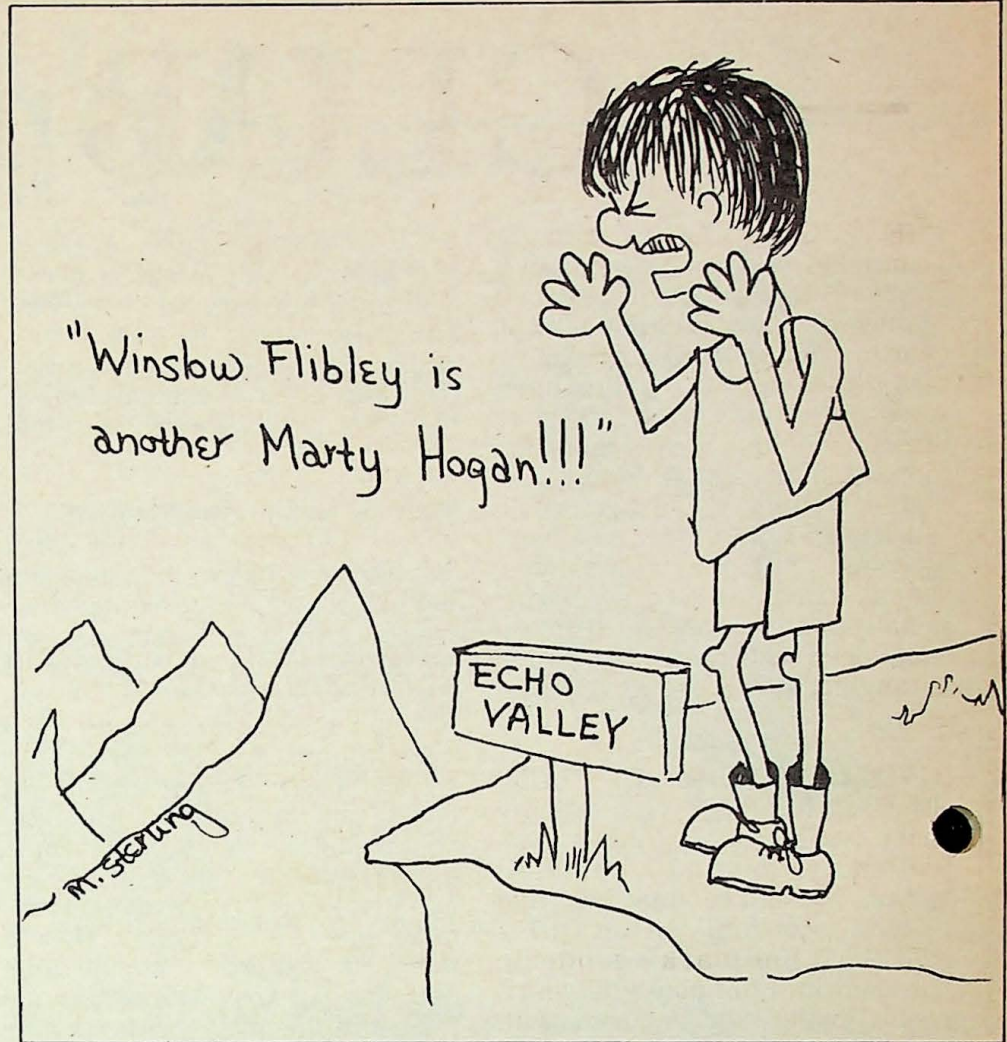
On individual needs: "A specific type of program depending upon body build, muscle strength or weakness, past injury record, age, and many other variables."

HIS ADVICE: "Get to work, get in good physical condition before you begin playing, and enjoy racquetball all your life."

With that advice in mind let's get on with it. The first exercise, heel cord stretch, will prevent shin splints and many ankle sprains. Says Spackman, "You will gain more flexibility in the heel cords which will give you greater jumping ability for lob shots and balls off the back wall or back court. Older athletes many times have achilles tendon problems — stretch daily and especially before you begin playing the game. Stretch again after the game."

1. Standing
 - a. Step forward with the left leg.
 - b. Right leg back, knee held straight, foot straight ahead.
 - c. Keep right heel on the floor and stretch heel cord for 6-10 seconds.
 - d. Step forward with right leg - repeat.
 - e. Repeat 3 times with each leg, stretching a little farther each time.
2. Standing on the stairs
 - a. Balls of feet on the edge of the stairs.
 - b. Rise on toes as high as possible, holding for 6-10 seconds.
 - c. Drop down off the edge of the stairs, stretching the heel cords for 6 seconds.
 - d. Rise up and down 3 times, stretching a little farther each time. Stretch a few times every time you come to stairs if you have a few minutes.
3. Standing
 - a. Walk on heels with the ball of the foot off the ground.
 - b. Stretch the foot up hard, walking at least 30 yards, relax.
 - c. repeat walking heel cord stretch after sprinting to prevent shin splints and to keep heel cords stretched.
4. Standing
 - a. Place both hands against the wall at shoulder height.
 - b. Feet straight ahead, heels on the floor.
 - c. Bring your hips forward and stretch the heel cords, holding for 6-10 seconds.
 - d. Repeat 3 times, stretching a little farther each time.
 - e. Stretch also with the knees bent (flexed), to stretch the lower part of he heel cord. try to get your knee cap in front of your toes.

(Reprinted with permission of Robert R. Spackman Jr.)



Omega, Hertz Join for 14 Tournaments

Omega Sports, St. Louis-based racquetball manufacturer, and the Hertz Corporation are sponsoring fourteen racquetball tournaments throughout the U.S. and Canada between October 4 and November 11, 1979. Tournament sites include: Los Angeles, San Francisco, Houston, Denver, Minneapolis, St. Louis, Chicago, Detroit, Massillon (Ohio), Pittsburgh, Philadelphia, Fort Lee (New Jersey), Boston and Toronto, Canada.

Divisions of competition for singles play will be Open, B, C, Novice, Seniors (35 and older), Masters (45 and older) and Juniors (17 and under). First and second place awards will be presented for each of the seven categories of competition.

The \$20 entry fee allows the entrant tournament play for one event, \$30 for two events. Tournament shirt, hospitality to include food, and refreshments, a celebration party on the final evening of the tournament and eligibility to win one of a variety of door prizes awarded at the Saturday night finale will be available for all contestants.

A TWO DOLLAR donation per entry will be made to the American Cancer Society in the name of the fourteen participating clubs, Omega Sports, and the Hertz Corporation.

For further information contact Omega Sports, 10850 Metro Court, Maryland Heights, Missouri 63043.

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CLUB GUIDE

THE RIGHT CLUB: 2330 N. Hammond Drive, Schaumburg, IL. 397-3300. 8 racquetball courts featuring 4 new glass backwall courts, complete Nautilus-aerobics fitness center with supervised programs and exercise classes; 5 tennis courts featuring indirect lighting providing the highest ceiling in Chicago; cocktail lounge with viewing gallery; attended nursery, whirlpools, saunas, traveling teams, instructional and advanced leagues, sanctioned tournaments, match arranging, social events and parties.

RIVIERA 400 HEALTH CLUB: 400 East Randolph (Lake Shore Drive), Chicago. Climate controlled racquetball/handball courts, non-glare lighting and gallery viewing. **NO COURT FEES.** Landmark geodesic dome, swimming pool and whirlpool. Double tier sundeck with attended juicebar and private cabanas-chaise lounges available. Separate men and women's health clubs carpeted and attended. Saunas, steam room (men's), Roman Spa whirlpool (women's), Universal gym, weightlifting, sunrooms. Professional massage and facial (appointment). Towels, soaps, and toiletries complimentary. Pro Shop, lessons, programs, laundry service. Executive Health Fitness Program, fitness classes, T.V. lounge. For individual or corporate memberships to this plush Spa call (312) 527-2525. Director: Gale Landers.

PRO RACQUETBALL AND FITNESS CENTER: 1055 Lake Avenue, Woodstock, IL. (815) 338-8222. 8 climate controlled racquetball/handball courts. Fully carpeted locker rooms including saunas and whirlpools. Nautilus fitness center for extensive exercise programs. Spacious lounge with championship court viewing. A place for everyone to see.

HAWTHORN COURTS: 200 Center Drive, Vernon Hills, IL. (NW corner of Hawthorn Shopping Center) 362-9330. Racquetball/handball on 8 regulation courts. Carpeted locker rooms for men and women, sauna, whirlpool, lounge with color TV, free attend-

ed nursery, pro shop, exercise facilities, group and private lessons. Open 7 days a week. Manager/Pro: Mike King.

SUPREME COURT: One Virginia Road, Crystal Lake, IL. (815) 455-3330. 10 air-conditioned racquetball courts, saunas, whirlpools, carpeted locker rooms, attended nursery, fully equipped pro shop. Manager/Pro: John Isaacson.

LINCOLN PARK COURT CLUB AT PIPER'S ALLEY: North Avenue and Wells Street, Chicago. 943-2266. 12 air-conditioned racquetball/handball courts, men's and women's saunas and whirlpools, executive conference room, full service bar, exercise area, Universal gym, free attended nursery. Cut rate parking with direct entrance to club.

OAK LAWN RACQUET CLUB: 10444 South Central Avenue, Oak Lawn, IL. 499-3626. 5 racquetball/handball courts, 8 tennis courts, saunas, whirlpools, exercise room, carpeted locker rooms, attended nursery, T.V. lounge.

KILLSHOT, LTD: 321 Edgewater Drive, Bloomingdale, IL. 893-9575. 15 climate controlled racquetball/handball courts, fully carpeted locker rooms, large co-ed whirlpool, separate saunas, and massage rooms, extensive exercise room, fully equipped pro shop, attended nursery, spacious lounge with viewing gallery. Horseshoe-shaped bar with 2 way fireplace. Private and group lessons. General Manager/Head Pro: Don Jenkins. Manager/Pro: Sue Sulli.

CHARLIE CLUB: 2701 Black Road, Joliet, IL. (815) 729-4503. Open 24 hours, 7 days. Restaurant and Disco (open to the public). 8 racquetball/handball courts, 2 indoor tennis courts with special "Sport Sod". Fully equipped men's and women's exercise rooms with Nautilus, Universal and Paramount equipment. Indoor swimming pool and jogging track, one kilometer outdoor parcours; locker rooms include saunas, steam rooms, massage, showers, and private Swed-

ish massage. Supervised nursery. Members over 18 years, Corporate memberships available.

ORIENTAL TOWER CLUB: 32 W. Randolph Street, Chicago. 782-3199. Ten racquetball/handball courts with non-glare lighting and gallery viewing. Fully computerized environment and noise control system. Deluxe attended locker rooms with steam, sauna, and whirlpool. Separate exercise rooms featuring health training and weight control programs. Sprint track. Laundry service available. Plush social center. Private **EXECUTIVE CLUB** features messenger, answering and valet service, conference and game rooms. Corporate memberships available. Now open for viewing.

SILVER LAKE COUNTRY CLUB: 147th Street and 82nd Avenue, Orland Park, IL. 349-6947. 9 racquetball/handball courts (1 glass walled court for viewing), saunas, free attended nursery, exercise rooms, full length lockers, extensive bar and lounge. Private and group lessons available.

FOREST VIEW RACQUET CLUB: 800 East Falcon Drive, Arlington Heights, IL. 640-2574. 8 air-conditioned racquetball/handball courts, 6 indoor tennis courts, 6 outdoor tennis courts. Separate saunas and whirlpools, men's and women's locker rooms, attended nursery. Manager/head pro: Jeff Wilke. Racquetball pros: Georgia Maskalunas, Scott Thurber.

FOREST GROVE SWIM & RACQUET CLUB: 1760 N. Hicks Road, Palatine, IL. 991-4646. 4 racquetball/handball courts, 8 indoor and 8 outdoor tennis courts, swimming pool. Saunas, co-ed whirlpool, body shop, lessons and leagues. General Manager and Sports Director: Chuck Sheffel.

TINLEY PARK RACQUETBALL CLUB: 17500 Duvan Drive, Tinley Park, IL. 532-7900. Open 7 days, 6 a.m. to 12 a.m. 15 regulation racquetball/handball courts with unique use of glass for uninterrupted playing and viewing. Lux-

urious health facilities including saunas, steambath, whirlpools, Universal exercise areas. Free attended nursery. Pro shop, racquet rental, complete lessons program. Temperature controlled for comfortable year-round play. Home of the plush Prime Time Lounge. Managed by Five Stars International Enterprises, Inc.

LEHMANN COURTS: 2700 N. Lehmann Court, Chicago. 871-8300. 14 racquetball/handball courts, including 3 glass exhibition courts, year round enclosed running track, complete exercise room, cocktail lounge, health juice bar, complete nursery, and on-premise parking available. Manager: Marilyn Gallo. Head Pros/Activities Directors: Judy Sawicki, Dave Milazzo.

CHALET SPORTS CORE: 8300 South Wolf Road, Willow Springs, IL. 246-4031. 9 racquetball/handball courts (1 with glass back wall). Free attended nursery, carpeted locker rooms with showers, saunas, exercise room, membership lounge, restaurant, and ice skating arena.

OLYMPIC RACQUETBALL CLUB: 9245 Calumet Avenue, Munster, Indiana. (219) 936-2000 and (312) 895-2290. 10 deluxe concrete, hardwood floor racquetball/handball courts with non-glare lighting, air-conditioned and humidity controlled for comfortable year-round play. Sauna, steam room and hydro-therapeutic whirlpool in each locker room; 1/5 mile running track; 15 station Universal exercise machine; free attended children's playroom. Pro shop, racquet rental, group and private lessons with experienced instructors. Open 7 days a week.

HANOVER PARK RACQUET CLUB: 1919 Walnut, Hanover Park, IL. 837-6300. 4 racquetball/handball courts, 6 tennis courts, 3 platform tennis courts. Saunas, co-ed whirlpool, nursery and playroom for infants and children. Manager: Rick Heroux. Racquetball Pro: Shar Klein.

Kane, Kelleher Lead Winners in S & S Open

By JIM HARPER

S & S may not yet be a grand old name in business, but if they sell insurance the way they run a tournament, they certainly will be. The third Annual S & S Open ran like clockwork under the auspices of the "Happiness Boys,"

Tom Street and Al Shetzer, ably assisted by Gay Kenna, Don Jenkins, Sue Sulli.

Street was not even playing in his own tournament, which he won last year in the Senior Division.

MEN'S A
1st: Bill Kane
2nd: Perry Deutsch
Con: Ken Stone

Women's A
1st: Alyce Kelleher
2nd: Laurel Davis
Con: Chris Evon

Men's Vet. A
1st: Alyce Kelleher
2nd: Default
Con: Bob Gloden

Men's B
1st: Paul Reed
2nd: Bob Barrett

Men's Senior
1st: Scott Berry
2nd: Frank Boris
3rd: Al Shetzer

Men's Vet. Senior
1st: Ron Johnson
2nd: Bill Williamson
3rd: Al Barrish

Women's B
1st: Ann Breithaupt
2nd: Pat Kettinski
3rd: Terry Cubberly

Women's C
1st: Sharon McGregor
2nd: Peg Cronin
Con: Crystal Durdil

Women's D
1st: Sandra Zaucha
2nd: Charlene Kirshenbaum
Con: Nancy Amaro

Men's Masters
1st: Bob Troyer
2nd: Dan Day
Con: Gob Kurtz

Men's Vet. Masters
1st: Phil Dziuk
2nd: Dorsey Boulton
Con: Tony Lang

Men's C
1st: Scott Brechon
2nd: Bob Barton
Con: Jim Dustan

Men's D
1st: Larry Graziana
2nd: Steve Browning
Con: Bloom

Juniors
1st: Eric Scheyer
2nd: Bobby Clar
Con: Jeff Plazak

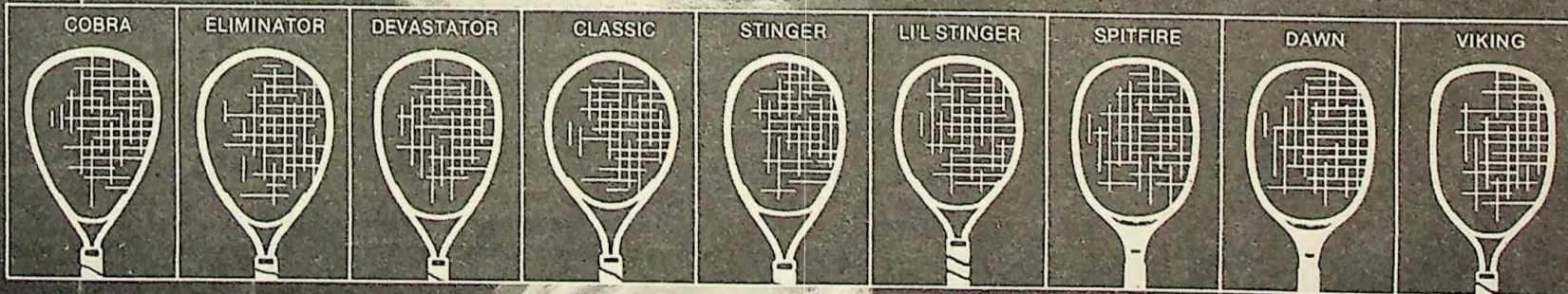
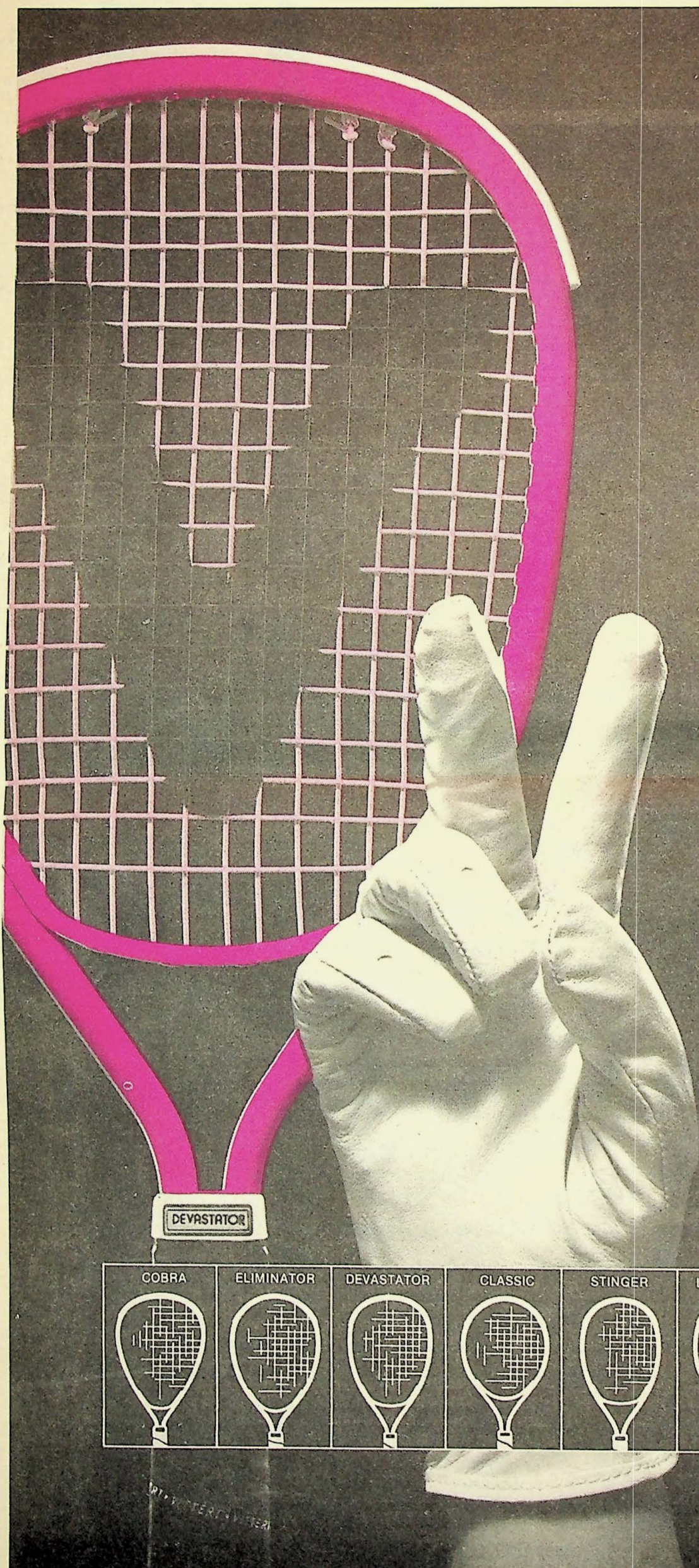
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