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Permit No. 140

Volume 4 Number 7

July, 1981

Price \$1

RACQUETBALL TODAY®

National Champions...



C. George photo

Marty Hogan (r.) defeated Craig McCoy for the National Championship.

Hogan wins fourth title

by Bill Perry

Marty Hogan raised four fingers on each hand as the crowd applauded wildly. The four fingers signified an unprecedented four national championships in a row.

Hogan had won the 1981 Leach Pro-Am National Racquetball Championships played June 6-13 at the Arizona Athletic Club in Tempe, Arizona. Hogan had just defeated Craig McCoy 21-9, 21-12 in the final.

Hogan completely dominated the final. His power handcuffed McCoy. McCoy could never seem to unleash his own power game. The lefthander was never really in the first game. In the second game he trailed only 10-9. Hogan lifted his game a notch to score 11 points to McCoy's two for the title and the



C. George photo

Bret Harnett

Amateurs...



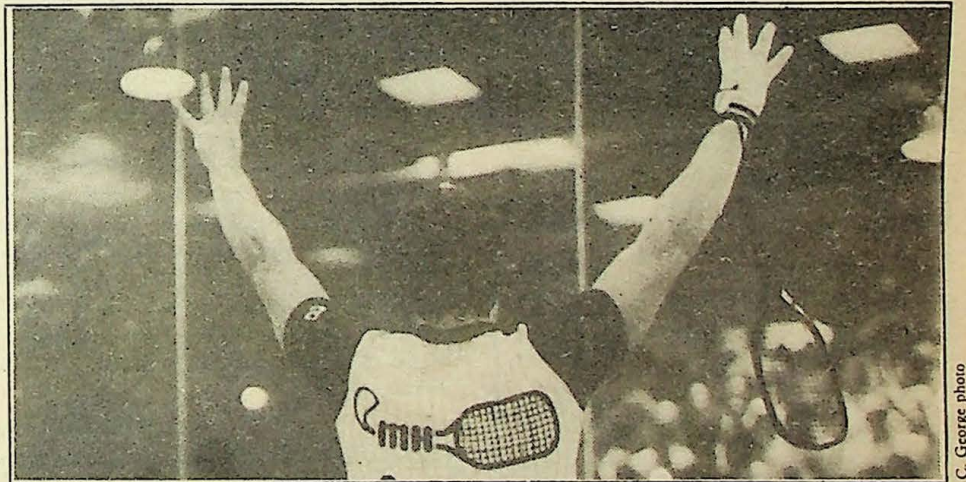
R. Goodman photo

AARA Champion Cindy Baxter.



C. George photo

Ed Andrews, Men's Open Champion in both events.



C. George photo

\$25,000.00 check. McCoy earned \$10,000.00 for his considerable efforts.

The final was anti-climatic after McCoy's excellent play in the early rounds and two moderately close wins by Hogan in the quarters and semis.

McCoy began his march to the final with a pasting of Gary Merritt. His lefty power game appeared to be in good order, but no one expected what came next. Tie-breaker victories over Dave

Peck and Don Thomas vaulted McCoy into a semi-final showdown with Bret Harnett which settled the title of best left-handed player in the world.

Harnett had upset Davey Bledsoe, Jerry Hilecher, and Steve Strandemo in order. The Hilecher and Strandemo matches both went to tie-breakers.

Perhaps Harnett had exhausted his string of miracles for his tournament.

(continued on page 5)



C. George photo

USRA Champion Liz Alvarado.

Inside this issue:

- National Tournament results
- Adams defeats McKay in Ohio
- Senior citizens in racquetball
- Guide to racquetball shoes

We Get Letters . . .

Our ball promotion

Dear RACQUETBALL TODAY,
Enclosed you will find the special offer slips for those persons who have taken advantage of the Ram ball promotion. Thank you for allowing M.A.C. to take part in the marketing of two great products; your publication and the Ram ball.

Sincerely,
Dale T. Rees, Club Manager
Muenscher Athletic Courts,
Puyallup, WA.

Dear Sirs,

Enclosed is my coupon for the 4 free balls. I called to find a club near me and the closest is a 2½ hour drive so I was told to send the coupon to you and would receive them by return mail.

Love your magazine, but was rather disappointed that there are not more instructional articles on technique, serves, etc. Tom Grob-misi is the best!!!

Thanks,
Squeen Denke
Oneida, PA

We know you'll want to read Lynn Adams exclusive article on back wall play in this issue. RT has had many requests for more instructional articles, so watch for them.

Ed.

Rules information

Dear RT,

Please send me available rule books, refereeing guides, quizzes and any other related material as indicated in June 1981 issue.

At this time I will only need information for one person.

You have an excellent publication.

Thank You,
Herb Maloney
Montgomery, AL

RACQUETBALL TODAY is happy to provide these items upon request. Also, watch for Phil Simborg's articles on rules and refereeing.

Ed.

Dear Diane,

Your excellent editorial about playing racquetball through the hot summer months was inspiring. Providing the courts are kept reasonably dry and cool, indoor racquetball is certainly no less fun when it's hot out. But allow me to add that outdoor 3-wall racquetball is a fantastic game too. We have many such courts in Florida where they are used all year round, and I understand it's getting popular throughout the country. What a great way to combine a great sport with sunshine! I love your paper, and keep up the puzzles, too.

Marty Green,
Coral Gables, FL

Dear Phil,

Your article on the avoidable hinder proved to me how complicated the rules are. Isn't there a way to make them simpler?

J. Keel,
Des Moines

Every sport's rules look terribly complicated when they're written down, and that's more the fault of our language than the sport. I could take you into the court and show you quite vividly what constitutes an avoidable hinder (practice makes perfect!), but it just looks very cumbersome on paper. With few exceptions, most of racquetball's rules are simple and logical and don't really inhibit the natural flow of the players' movement, and that's one of the reasons racquetball is so easy for beginners to pick up and learn so fast.

Phil Simborg

In response to the vanishing golden masters divisions:

Dear R.T.

George Dwyer's article on the lack of tournaments offering golden masters was touching. There's no question he's right, but I also sympathize with the tournament promoter. Each division costs a lot of money in court fees, management, and trophies, and those divisions which only draw zero to 6 players see more golden masters players (and you will as time goes by) entering tournaments this problem will take care of itself. In the meantime, an interim solution might be as follows: tournament directors can offer the division (and other divisions that usually don't draw well) and put a notice on their tournament entry forms as follows: any division that draws 6 or less participants will be played as a round-robin and only 1 trophy will be awarded; any division with less than 3 will be dropped and the players entered will be moved to their second choice. Then, and asterik would appear next to those "iffy" divisions and require participants who enter to put down their second choice (ie: C, D, A, Seniors, etc.).

Ralph Moil

Attention Association Members

The mailing label of RACQUETBALL TODAY is coded to show your state amateur racquetball association membership and expiration date. YOUR LABEL IS YOUR PROOF OF MEMBERSHIP. This service is provided to state associations which have contracted with Racquetball Today Promotions, Inc., and includes associations in the following states: CA, CT, FL, GA, IL, IN, IA, KY, MA, MI, MN, MO, NH, NJ, NY, OH, OK, OR, PA, RI, SD, TX, VT, VR, WA, WI. For information as to how your state association can take advantage of this and other services, please call toll-free at 800/323-9167.

Publisher's comments

Amateur Racquetball Associations... up in the air!

The leadership of amateur racquetball used to be a simple matter: there was Bob Kendler's United States Racquetball Association (USRA) and Luke St. Onge's American Amateur Racquetball Association (AARA). Both organizations claimed to be the "ruling body" of the sport; both were tied in with privately-held publications with subscriptions a required part of joining; and the two spent almost as much energy fighting each other as they did promoting. But recent developments show that a lot of things are changing.

Major state associations that were tied in with the USRA have gone independent while the AARA has taken steps in exactly the opposite direction. As a result of the sale of Racquetball Magazine, people can become members of the AARA without being required to subscribe, thereby reducing their rates significantly, but people can no longer join the state association under the new AARA structure without also becoming members of the national organization.

At the same time, the most active associations in many of the major racquetball states like Illinois, California, Ohio, New Jersey and elsewhere, are totally independent of any national association. Many major state groups have contracted with RACQUETBALL TODAY to provide their players with regional and national tournaments, various consumer discounts, and a direct media outlet.

The Women's Professional Racquetball Association now has a membership plan for amateur players as well as professional, and its official literature states goals of the WPRA developing "a network of satellite tournaments, developmental and qualifying schools and a nationwide staff of teaching professionals."

Now there is another new group on the scene out of Memphis called the Player's Organization, and they plan to have tournaments throughout the country and charge a fee for eligibility in their regionals, nationals and other events.

Where all this will lead is difficult to say, but we have some basic ideas we believe important to keep in mind:

1. All these changes have come about as a result of dissatisfaction with the status quo and because of the lack of ability of the AARA and USRA to satisfy the state associations and players. All in all, we think the changes are good for the sport. We've talked to the people at the Players Association, the WPRA, and the AARA, and believe they all want to do everything they can to promote the sport and give the players their money's worth. The state associations we are working with, whether independent or affiliated with the USRA or AARA are generally well-organized and doing their best to work with everyone openly to improve the sport in their area. We're optimistic that all these factions can cooperate and not become embroiled in the unproductive conflicts that held back both the USRA and AARA for so many years and hurt the sport as well.

2. With the sale of the magazine and the restructuring, the AARA is no longer under any direct or indirect "control" of a privately-held company (as we understand the details of the restructuring) and can therefore truly act as it has always claimed to be, the voice of the players. The AARA has yet to prove that they can succeed in becoming influential in many major racquetball areas, that they can restructure their non-democratic selection of many state association leaders, and that they can work openly and cooperatively with those elements of the sport not directly aligned with their organization, but we believe they've taken the first major steps toward accomplishing those goals.

3. As publishers of the only national newspaper, we recognize a very deep obligation to the racquetball community to do our best to report all the news as honestly and objectively as possible. Our personal opinions carry our by-lines and are clearly labeled as "publisher's comments" or as editorial. We'll keep the public informed about news of importance, particularly with regard to major national and state associations. Our personal involvement with state associations is on a contractual basis and is in no way "competitive" with national associations. We applaud and wish success to all groups seeking to promote the sport and will do our best not only to keep the public informed, but also to promote an atmosphere of harmony and cooperation.

Sincerely,
The Publishers

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Published by Racquetball Today Promotions, Inc., P.O. Box D, Posen, Illinois 60469 (312) 371-7618 or call toll-free (800) 323-9167. Second class postage pending at Posen, IL and alternate locations. Subscription rates for 12 issues: U.S. and possessions, \$10; Canada, \$14; Foreign, \$20. RACQUETBALL TODAY reserves all rights throughout the world. Reproduction in whole or in part in any language without written permission is strictly prohibited. All letters sent to RACQUETBALL TODAY will be considered RACQUETBALL TODAY property and therefore unconditionally assigned to RACQUETBALL TODAY for publication and copyright purposes. All such letters photos will be subject for editing by RACQUETBALL TODAY.

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APRO National Convention comes to Chicago

by Chuck Sheftel

If you are a racquetball teacher, program director, pro/manager, pro/owner or manager this event is a MUST for you. It is the only teacher's convention in the world. The dates are Friday, July 31st to Sunday, August 2nd at the Charlie Club in Palatine, Illinois.

Take advantage of this unique opportunity to further your career. The agenda expands to all aspects of teaching and programming racquetball. The topics are as follows: Enjoy Teaching, The Biomechanics of Teaching Racquetball, Wheelchair Racquetball, Rules, Conditioning, Racquetball Injuries, Drills, Lessons and Programming.

The highlight of the weekend will be the lectures by Dave Peck entitled "How to Become a Champion" and "Touring, Tournaments, and Teaching — Do they Mix?" Also, Dave will be on the court for 1½ hours to answer questions about racquetball. This will surely interest those of you who have had questions

about teaching certain shots, strokes and strategies to pupils.

The other speakers also are very knowledgeable and reknown in their respective fields. The following will be presenting topics at the convention: Chuck Sheftel, APRO President; Jim Winterton, teacher of Junior Champions; Jack Groppe, expert in biomechanical sport researcher; Phil Simborg, rules aficionado; Lou Fabian and Connie Peterson, program consultants; Dave Birnbaum, sports medicine doctor and journalist; Norb Duba, physical fitness expert; Wayne Franke and Marc Auerbach, teachers of thousands of students; and Sam DeCrispino, wheelchair racquetball developer.

The convention only happens once a year, so register now. It will be the meeting place of many new and old ideas for experienced and inexperienced teachers.

For information call or write APRO-National Convention, 730 Pine Street, Deerfield, IL 60015, (312) 991-4646.

Shetzer!

by Alan Shetzer

Marty Hogan won the 1981 Nationals in a cake walk in a tournament that was as exciting as bird watching. In fact, there was more action off the courts than on.

Dave Peck decked Lindsay Myers; Charles Drake scuffled with referee, Terry Fancher, ripping his shirt, and Don Thomas punched out the mirror in the mens locker room. But the main excitement occurred at the players' banquet with the announcement of the end of the Mens Pro Tour.

Oh, there will be professional play, but the setup will be a 12-man invitational with four amateur players taken from qualifying tournaments to make a draw of 16.

No announcement was made regarding the 12 players who will be invited to play next year, but the 12 will not be the highest ranked players from the 80-81 season. Informed sources indicate that players such as Jerry Hilecher, Dave Bledsoe, Ben Koltun, Lindsay Myers and Charlie Brumfield won't be invited, and since they have earned over \$1000 this year, won't be able to qualify as one of the four amateur players. Additionally, from what I understand, a player who qualifies twice next year or wins a match in a round of 16 will be eliminated from further competition because he will have earned over \$1000.

The new setup apparently is the brainchild of Charles Drake, head of Leach Industries, who is the man most responsible for raising the prize money and sponsors for professional pro racquetball. The basic idea has some merit.

Professional racquetball has been a failure. In its present form, it can't be televised properly, can't attract major sponsors, lacks adequate facilities to play to large audiences, and is poorly attended until the round of 16, anyway.

With Seamco dropping its co-sponsoring at the end of this season, only Leach is left — perhaps with some help from Catalina (sponsors for next year haven't been announced). Drake's vested interest is the promotion of Leach, Marty Hogan and a few other players for whom he acts as agent, or who are sponsored by Leach. A 12-



player "pro" exhibition (with a few amateurs thrown in) will be as good or better a show than the long drawn-out format currently being used. Abe Saperstein proved you could pack the house, provide good entertainment, and have a winning record with a few good players beating up on a bunch of amateurs.

If Drake is smart, he will experiment with the scorings, slow down the ball and add some doubles competition (which is exciting to watch) and then, if he gets lucky, television will pick up some of these exhibitions.

And what will happen to the N.R.C.? No one knows, at this point. They will sanction this new format and probably have a limited role in running the events. People close to me indicate that Drake was looking for a "national commissioner" of sorts, to run the events independent of the N.R.C. probably to add more credibility to his new endeavor.

One further development in reaction to the new tour format: Dan Factor and Gary Merritt, ranked 29th and 22th respectively, indicate a new professional players association is being formed to promote an alternative racquetball tour. They should have as much success with this as others have had in the past.

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Corrections to products column

In the June issue of RACQUETBALL TODAY, the Products Column had mentioned a new product "Court Hoops". Our decimal was a little off, the actual price is \$425.00. We had mentioned a product in our May issue (Insta-Pulse heart rate monitor) made by Biosig, Inc. not Beosig. Sorry!!!

Puzzle winners

Congratulations to our June Scramble Puzzle Winners! The winners will receive a free can of balls or a Rippers wallet.

Deborah Thibeau, Faribault, MN
Gabriele Coburn, Glenwood, IL
Maria Tur, Jackson, NJ
Larry Elish, Munster, IN
Jeannie Tapas, Glenview, IL
Denise Delia, Somerville, MA
Richard Huffmaster, Newport, RI
Tami Taylor, Utica, MI
Marty Riedlinger, Minneapolis, MN
Janet Brumfield, Lexington, KY

Independent racquetball pros reacted strongly to the announcement of a new invitational format for next year's pro tour. Charlie Drake of Leach Institute announced the new format at the banquet for the 1981 Leach Pro-Am National Racquetball Championships June 10, 1981, in Tempe, Arizona.

Touring pros Dan Factor and Gary Merritt signed a statement which was handed out in the audience and press room right before the Men's Professional Final on Saturday. The statement read as follows:

ARE YOU CONCERNED ABOUT THE GROWTH OF RACQUETBALL?

It is our understanding that the projected 1981-82 pro tour is not really a pro tour at all, but a 12 man individual exhibition with four amateur qualifiers. This format prevents many professional players from making a living at their chosen profession and also prevents aspiring players from becoming pros.

Many players have invested their time and money in the pursuit of a career and now their future appears limited at best. Due to this, a new professional players association is being formed to promote an alternative racquetball tour. We would appreciate your support and will answer any inquiries on this subject.

Thank you,
Dan Factor
Gary Merritt

Factor said that a meeting of professionals will be held in San Diego within two weeks.

Never too old

Senior citizens in racquetball

by Diane Mason

Can a person be too old to play racquetball?

No, say four senior players, who all tolled log over thirty hours a week on the court, matching stamina and finesse with players twenty years their junior.

Albert DeBoer, who captured media attention in Lansing, IL, last December when he played his 1000th game, is 72 years old.

"That was 1000 games just in one year," he is quick to point out, and he didn't stop there. He added 51 more to his 1980 total, and finished the year with 103 more wins than losses. So far this year he has played over 300 games.

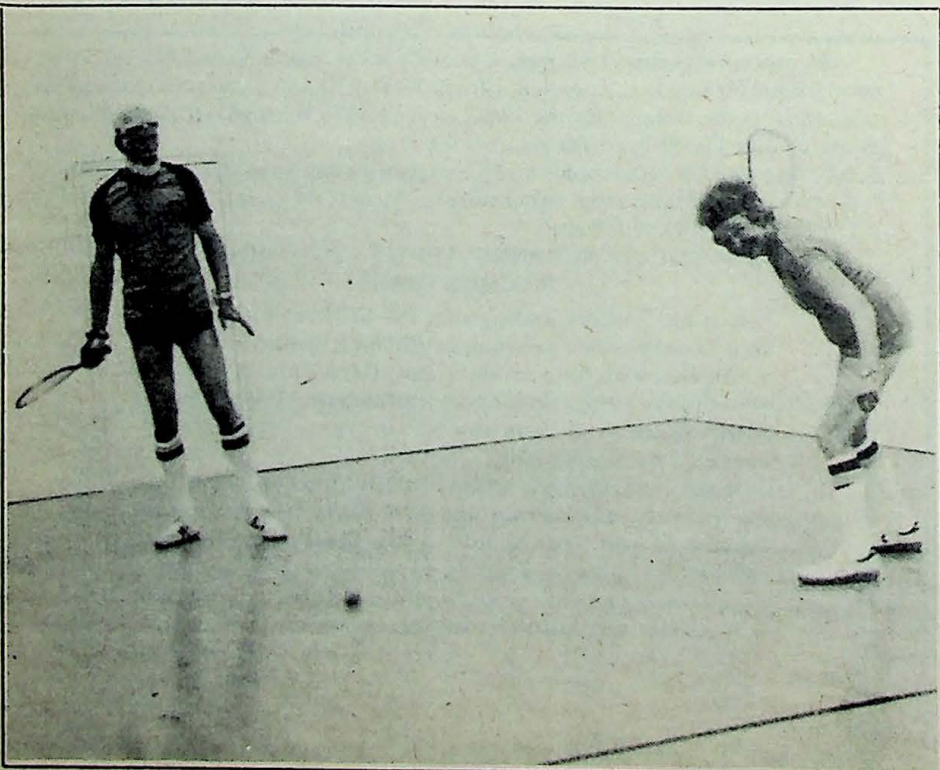
To Zola and Bob Breitenstein, 60 and 61 years old, racquetball is a recent addition to an athletic program that includes snow skiing, water skiing, and for Mr. Breitenstein, kayaking every weekend near their home in Milwaukee, OR. When they aren't running around on the court or outside, the Breitensteins keep busy as owners of a tool and die firm and a company that manufactures plastic parts.

A long-term veteran is Detroit's Joe Finn, who celebrates his 75th birthday next month, and has literally spent a lifetime on the court. A handball and squash player since 1926, Finn played racquetball when it was still called "paddleball." He competed in the First International Tournament in St. Louis in 1969, and was on hand when the name racquetball was dubbed the official title of this fledgling sport.

Retired for eight years, Finn spends six hours each day as the teaching pro for the Maple Courts in Troy, MI, giving lessons and clinics for both men and women players.

What all of these players, and the many more like them, have in common are busy, athletic lifestyles in which activity is the rule, and stagnancy is not allowed.

Says Zola Breitenstein: "When I sit still, I set up like a block of cement. Getting up is much harder. I like to keep moving."



Bob and Zola Breitenstein

SUBSTITUTE SKILL FOR SPEED

Stamina does not seem to be a problem for these players. They concentrate on pinch, ceiling, and passing shots and work for controlled games where strategy, rather than sustaining long rallies, adds the competitive edge.

Both Breitensteins rely on the serve as a key point-getter, calling it their "saving grace" in keeping down the number of running rallies.

Though the Breitensteins feel their eye-ball coordination is not as quick as a younger person's, they have turned this disadvantage into a strength.

"I concentrate harder," says Mr. Breitenstein, "and I think I end up watching the ball better."

Finn's approach stresses the controlled placement reflective of his squash background.

"I don't go for the kill, unless I'm sure I can make it. I aim four to six inches off the flour, and if I kill a shot it's usually accidental."

Reading several books about racquetball got DeBoer off to a good start. His specialty is using a ceiling ball to drive the opponent out of the middle, but he works to improve all of his shots.

"When you're older you don't think quite as fast. It takes a lot of practice."

WARM-UP IS VITAL

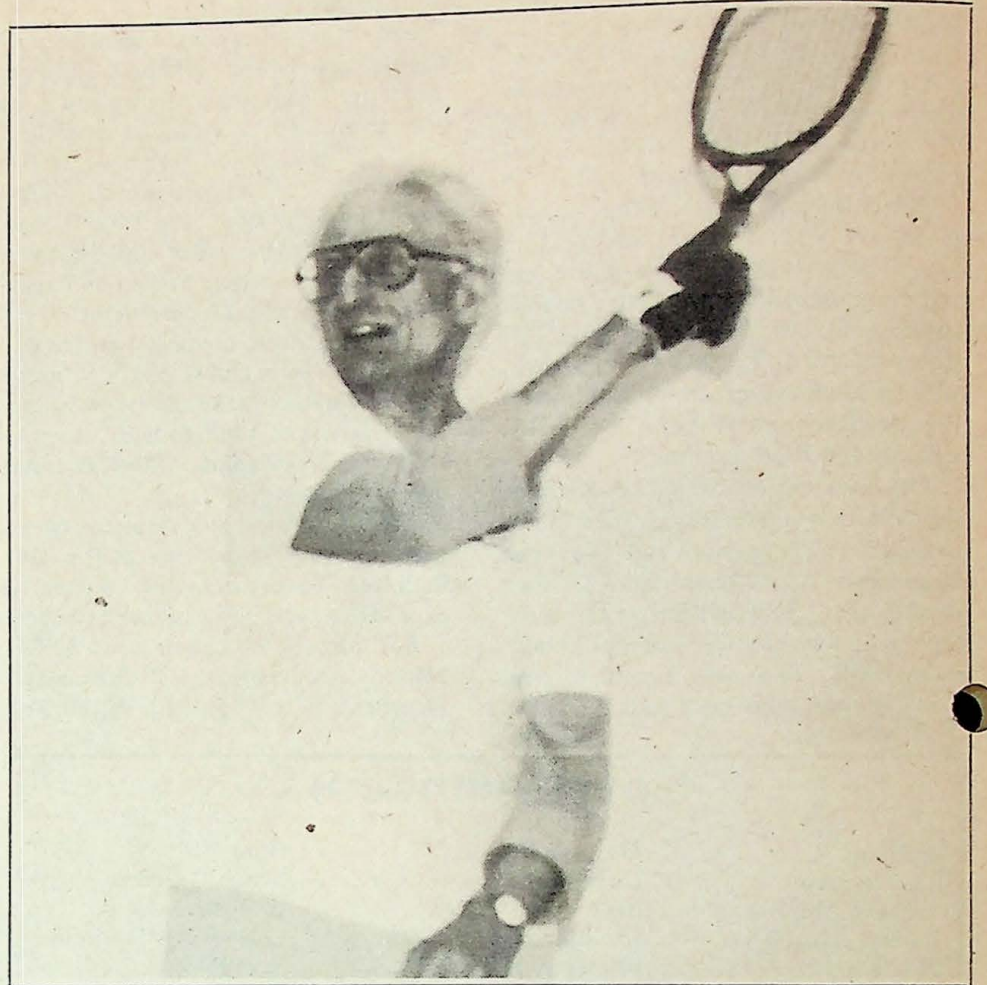
Staying loose is especially important for older players, who find that racquetball is particularly hard on the joints.

The Breitensteins are regular joggers, and usually do sit-ups and leg exercises at least twenty minutes before a match. Afterwards, they work out on Nautilus equipment to avoid post-game tightness.

DeBoer, too, finds running a good way to warm up, and he typically puts in a mile a day.

"It's important for older people to play often," he adds, "Otherwise we get off stiff."

Finn agrees, suggesting a daily exercise routine, pre-game stretching, and five minutes riding a stationary bicycle.



Joe Finn

"I'M TOO OLD" IS NO EXCUSE

If a person is in reasonably good shape, and has no major health problems, there doesn't seem to be any age limit to starting to play racquetball.

One of Finn's recent students is a 73-year-old former tennis player who, Finn reports, "was playing a good racquetball game within a few months." While he notes that a person who has led a sedentary life, or who is 20 or more pounds overweight might have more trouble, he also says: "I believe I can teach anybody to play a decent game of ball."

Mr. Breitenstein, who often draws attention with his youthful look ("he has a body that won't quit," says his wife) does not regard age as a handicap.

"A lot of guys older than me beat me consistently," he admits.

As for aches and pains, no one seems to complain, or see this as a reason to slow down.

"We'd get those whether we played or not," says Mr. Breitenstein.

FOR THE GOOD TIMES

When all is said and done, the thing that drives these four players back to the courts every day is simple: It's fun, and they love it. They're proud of their wins, but can laugh about their losses. They prefer the company and friendships over the trophies they might miss.

Will we start to see more senior players in tournaments? Finn doesn't think so. He has observed that for most older players the work out and the pleasure take precedence over formal competition.



Albert DeBoer

But they all still work hard to improve their games.

As for individual goals, Zola Breitenstein is determined to win a B-C league someday. Her husband, Bob, wants to improve his concentration and his serve. Albert DeBoer is looking forward to topping his 1980 game total, and to rematch with two girls in their early 20's who beat him recently. And Joe Finn, who has watched racquetball flourish since its infancy, looks forward to a bigger groundswell of popularity and national interests in the sport he loves.

Like racquetball, these four players have only just begun.

Coming next month:

Who is Luzell Wilde?

The women in Columbus

Adams comes back in Ohio

by Robert Goodman

It might seem strange that the women would schedule a tour stop after the Nationals, but Columbus was happy to see them at the Sawmill Athletic Club, and the women were as exciting as ever.

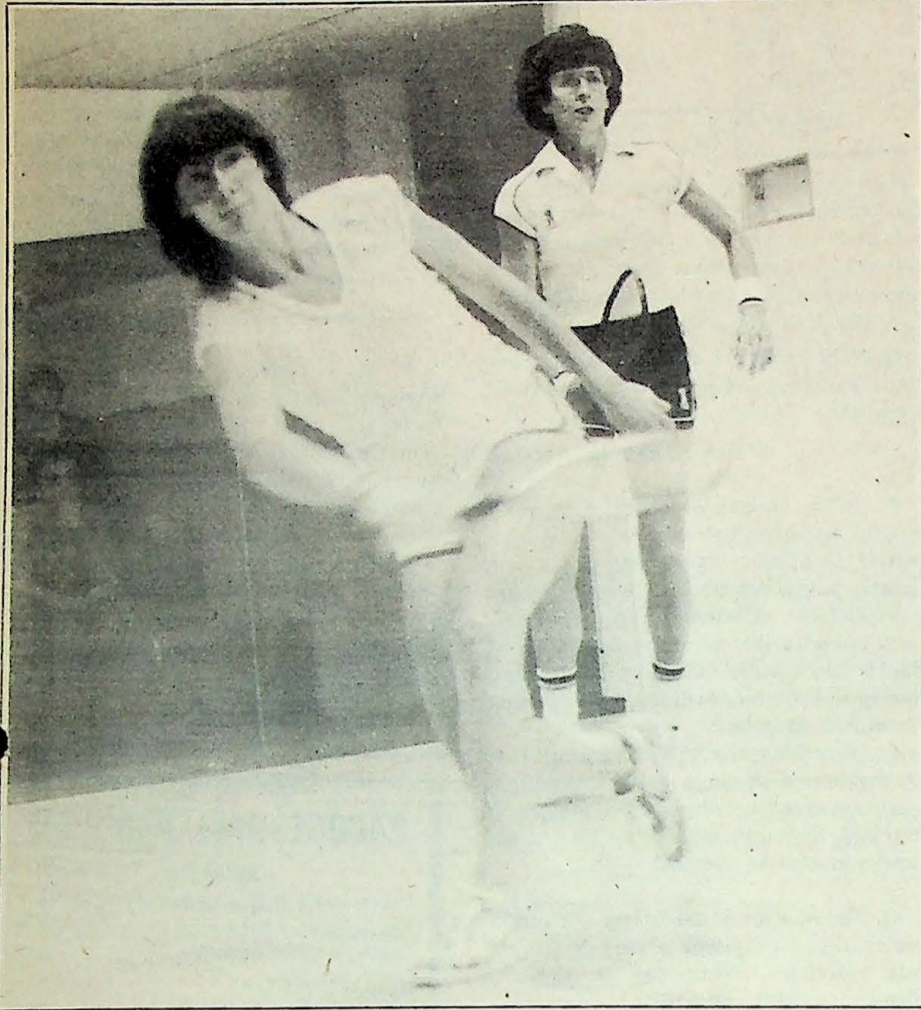
When it finally got down to it, Lynn Adams emerged the victor, for the second time this season, defeating newly crowned National Champion, Heather McKay, who had beaten Lynn in the National finals.

The road to victory was not an easy one for Adams, who faced two-time National and Ektelon/Perrier Champion Shannon Wright in the semi's, battling for two hours for a 2-3, 3-1, 15-9 victory.

McKay easily dispatched Marci Greer in the semi's, 3-1, 3-0.

The final match showed Adams slowing down the fast paced game of McKay, and the strategy paid off. Adams won the seesaw first set 3-2, only to see Heather come back and win the first two games of the second set.

Adams dug in to win the last three 11-9, 11-7, 11-9, for another 3-2 victory in the set, and the Sawmill Championship.



R. Goodman photo

ANSWERS TO THE 20 MOST FREQUENTLY ASKED RACQUETBALL QUESTIONS

by Tom Grobmsi

Beginners learn by asking questions, but there are 20 basic questions that seem to be asked over and over again. Following are the answers to those questions; beginners would do well to memorize them.

1. No
2. Charlie Brumfield and Lon Chaney
3. If you want to
4. Yes
5. The same for both men and women
6. 3'2" approximately
7. They all played wolfman
8. Neither
9. In the corner
10. Marty Hogan and Bo Derek
11. If it feels good
12. Hello
13. The Nationals
14. Sticking up
15. Either
16. The nose, the ears, and the ankles
17. When you're sure you're alone
18. Between games
19. In the stomach
20. No thank you

Hogan takes fourth title

(Continued from page 1)

McCoy made short work of him in their semi-final. The youngster won the Open title at this tournament last year. Reaching the semi-finals this year will vault him from his current number 19 ranking. Of all the young challengers for Hogan's crown he has shown the most polish and poise.

McCoy showed that his slump and back miseries are apparently over. He seems ready to regain his place near the top of the racquetball world.

The upsets by the two lefties of the second-seeded Peck and the third-seeded Hilecher robbed the tournament of some potential drama. Many people expected Peck to be in the final, and some boasted openly that the Texan would handle Hogan for the national crown. The match was never to be.

The top half of the draw ran closer to form. Hogan handled Dan Factor and Dave Fleetwood easily. Scott Hawkins appeared in the quarters as expected, but not without difficulty. Hawkins won tie-breaker matches with Charlie Brumfield and Doug Cohen. Hawkins displayed more composure, patience, and desire than Brumfield who appeared to want only to give the crowd a look at his bag of histrionic tricks. The look back in time was enjoyed by the crowd, and Brumfield won the second game, but Hawkins smashed him in the tie-breaker.

Hogan had some difficulty with Hawkins, losing the second game, but always seemed to be in control. He won the tie-breaker easily 11-2.

Fourth-seeded Mike Yellen had some trouble with a determined Matt Matthews in the first round, but prevailed 21-15, 21-16. Yellen then devastated Keith Dunlap and Gregg Peck.

The younger Peck pulled mild upsets, beating Larry Meyers and Lindsay

Myers. He also reached the final of the Men's Open where he lost to John Andrews. It was a good week for Gregg. He does not have the polish or mental control of Hawkins or Harnett, but may have more physical ability. The El Paso youngster also has a world of heart.

The Hogan-Yellen match produced the best racquetball of the tournament. Yellen scramble, dove, and played his usual control-power game. It always looked as though Yellen was giving 100% while Hogan was cruising at 80%. Yellen led as late a 16-12, but used up his timeouts while he was ahead, and had nothing left for the critical end of the game.

Yellen also led 14-13 in the second game, but fell short in the crisis. The final score was 21-17, 21-16.

Yellen looks so mature and plays so smartly that it is difficult to think of him as only 21 years old. If he can keep from getting discouraged he can be a dominant player in the future.

All the talk about future prospects could be academic if Hogan continues to play at this current level. He is only 23. As the younger players improve Hogan could begin to play closer to 100%. He could even get better! That thought is frightening.

At the presentation ceremony Hogan acknowledged that the journalists who had written him off earlier this year made him question himself. He said that he re-dedicated himself to remain the best player on the tour. Hogan promised the crowd that he would settle for nothing less than being number one as long as he plays racquetball.

Marty Hogan closed by saying that he wants to have to use both hands to show his number of titles two years from now. Don't bet against him.

Junior Forum

By Betsy Koza



Ed Note: RACQUETBALL TODAY is proud to welcome an accomplished Junior player, Betsy Koza, as a regular columnist. Betsy, sponsored by Omega and Nike, graduated cum laude from Lake Forest high school in Illinois after her junior year and now plays in the Pro and Open divisions in tournaments around the country. At seventeen, Betsy has come up against (and still does) many of the problems young people face when trying to play racquetball. Junior players are encouraged to send their questions and comments to Betsy in care of RACQUETBALL TODAY.

Summer is a great time for kids to play racquetball: they're free from school, the clubs are empty, and court costs go way down. The only problem is, most kids are involved in other organized sports during June, July and August. Baseball, softball, soccer, and other sports draw kids away from the 20'x40' and to the great outdoors. However, just because you're on a softball team doesn't mean you have to forego racquetball in the summer. Not only do you have all that time before and after softball practice to play racquetball, but you've got a whole gang of potential racquetball partners.

If you are, for some reason, the only kid on your softball, baseball, or whatever team who plays racquetball, don't let yourself be isolated any longer. Talk to your team's coach and players, and maybe you can fit racquetball into the team's schedule.

Racquetball takes some coordination to play, and, because you're constantly running around on the court, you get a good cardiovascular workout. For these reasons, your team or coach may want to substitute racquetball for a practice schedule of your regular sport. Your

team would be getting a super workout, and everyone would be developing general athletic skills: hand-eye coordination, quick and controlled movement, and ball awareness. Having a racquetball practice session once or twice a week would break the monotony of your team's regular practice schedule, and give the team some time to "hang loose" while still staying in shape. The kids would be less apt to go stale in the middle of the season if they had a diversion within their sport.

If you're coaching or playing an outdoor summer sport, or even if you're a winter athlete trying to keep in shape over the summer, you should seriously consider adding racquetball to your team's schedule. If you're worried about the cost of courts, or getting equipment, just talk with the club manager. Summertime is a slow time for clubs, and if you are going to bring a group in regularly, or even occasionally, the manager will probably agree to a group rate for court and racquet rental.

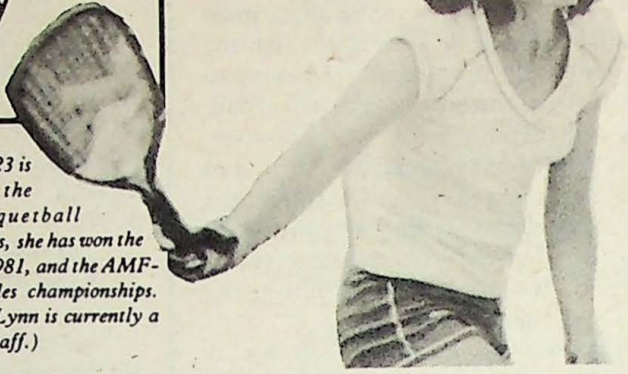
When you get your team onto the courts for an "alternate practice," you're doing the other kids a dual favor: they get to have fun while staying in shape for their team sport, and they'll be learning a sport which they'll probably love and continue to play. You'll have more people to play, and when there's a bunch of juniors at a club, you — the kids — have more clout to get things done the way you want.

So on the next hot, muggy summer afternoon, take a break from shagging fly balls and go hit a few rollouts — and bring the whole team with you. Just remember to leave your cleats outside the court door.

Back wall play

by Lynn Adams

(Editor's Note: Lynn Adams, 23 is currently ranked No. 2 on the Women's Professional Racquetball Association tour. In three seasons, she has won the Columbus Pro Stop in 1980 and 1981, and the AMF-Voit National singles and doubles championships. One of the sport's best teachers, Lynn is currently a member of Ektelon's Advisory Staff.)



C. George photo

When I first made the transition from outdoor racquetball to indoor racquetball, I was so frustrated that I felt like quitting the game a couple of times. The object of my frustrations was that fourth wall — the back wall.

The back wall plays such a dominant role in indoor racquetball, that it can make or break you. I would say that about half of all the shots hit in a racquetball match come off the back wall, so it's very important and worthwhile to practice and perfect a back wall game.

One of the easiest ways to learn is to go on a court without your racquet, and practice a good hand-eye-foot drill. Pretend that your hand is your racquet. With your non-racquet hand toss the ball against the back wall. You should be standing a couple of feet away from the back wall. Let the ball float by you and by using a shuffle side step, step into the ball and catch it with your racquet hand around the ankle area. What you eventually want to accomplish is to catch the ball at the point of your front foot, while bending at the knees in a good forehand stroke position. This drill lets you know what it feels like to let the ball travel by you, as it will when it comes off the back wall in a rally. You should let it drop low, so you can step into it and hit a good solid shot.

Don't cheat on catching the ball by swinging your arm forward so it looks like you caught it off your front foot. This drill is an early indication, and if you catch the ball in the middle or on your backfoot, it will reflect later in your shots.

Assuming that you feel comfortable with this first drill, the next step is to do the same motions, but with your racquet in hand. Toss yourself nice slow balls, so you don't get rushed, and get the feeling of stepping into a traveling ball. Remember it's very important to let the ball go by you a little bit, so you can take those shuffle steps into the stroke.

The next step is to hit balls that hit the front wall first and travel to the back wall and back out again, which constitutes your back wall setup. Start out slowly, because it takes more timing to figure out how far out the ball will travel when it's coming from the front wall. The way to judge this is to start noticing the speed and strength in which the ball is hit. If the shot is slow and high, you should go all the way back to the wall itself, and move out with the ball from there. If it's coming fast and flat, start out a couple of feet away from the wall, and start from there. There will be balls that are between those two points, and only practice will give you the skills to judge the speed of the ball. It will take a little time, but it's an easy skill to acquire.

This next phase of the back wall is the

one that gave me fits in the beginning. But, given a little time everything becomes understandable and not so surprising. Angles, angles, angles! It's harder to set your feet up properly to hit a ball that's coming out of a corner, or that has hit the side wall, front wall, side wall, and then the back wall. I wish I could give you some magic formulas, but I can't. What it takes is practice and experience. You won't know where to set up a side-wall-back-wall shot, until you've seen it and hit off it several times. Hit yourself all sorts of imaginative shots around the walls, and see where they go. Grab a friend, and help each other out, by hitting different shots and setting each other up. Play a game with the intent to watch where the ball goes after it hits the back wall. The more angle shots you see, the better prepared you are. But no matter where the ball is coming from, always let it go by you (slightly) so you can shuffle step into the ball, and hit it off your front foot.

The last major back wall shot is the one that comes off a ceiling ball. This is a bit tougher, because the ball is dropping down instead of traveling out. The main point to remember in this case, is to make sure you use your legs. Getting low is essential for this shot, and the only way to get low is to bend your knees. Not your waist, but your knees. I had problems with this shot for a long time, until I started to exaggerate bending my knees and legs. Even though I felt like I was going way overboard with my legs, it turned out that I could get even lower. So, make sure you use your legs, because with a ball that's dropping down, if you stand straight and hit down on the ball, you end up dumping alot of shots. Remember, you want to hit your shots level, and off your front foot, and the only way to get down there is to bend, bend, bend.

One last hint, and then you can go out and get started. Have you ever run smack into the back wall because you didn't know you were so close to it? I have. It's very embarrassing. But there's a very easy way to prevent that from happening. Use your arms and hand to feel behind you. By extending your arm out behind you, you can keep your eyes on the ball, and still find out when you've run out of room. This helps cut down on accidents and helps you judge how far out the ball will travel after hitting the back wall.

After some initial stumbling, you'll find that you will be drooling when a shot presents itself off the back wall. It's a great set up shot, and an easy one to hit. Just remember to stay on your toes, let the ball go by you so you can step into it, and make contact off your front foot.

Conditioning

Fitness for recreation



John Donati



Ken Hutchins

Each month in this column John Donati and Ken Hutchins of Nautilus Sports/Medical Industries answers questions pertaining to training and conditioning. Questions may be submitted to John Donati and Ken Hutchins: P.O. Box 1783, DeLand, Florida, 32720.

Q. Will racquetball players improve their quickness by practicing with ankle weights?

— B.A., Phoenix, Arizona

A. If an athlete practices with ankle weights and seems to think he is quicker, it is merely an illusion. Psychologically he may benefit, physiologically he will not. Actually, neurological efficiency can be greatly impaired with the use of the ankle weights. Skill is very specific. Changing the resistance during skill training will limit the potential for skill development.

To be quicker, the hips and legs must be strengthened through full-range, high-intensity exercise, which must involve an overload. Skill training must be specific and cannot involve an overload.

Q. I have a lot of difficulty with muscle cramps in my legs when I do strenuous activities. What can be done to eliminate these cramps?

— P.S., Dugspur, Virginia

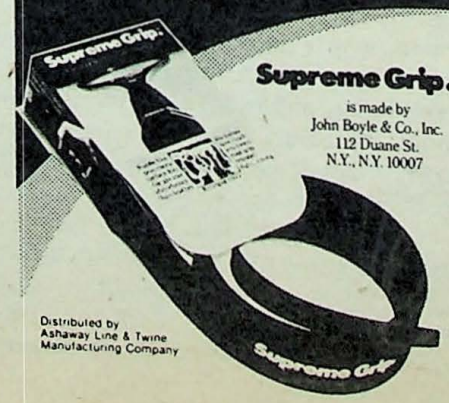
A. Leg cramps are usually a result of fluid electrolyte imbalance and vigorous activity.

Many athletes believe that drinking fluids while competing takes away from their "toughness." But depriving the body of needed fluids will impair movement. The competitive player should consume extra fluids prior to a match. During the match, replenish the lost fluids with plenty of cold water. Drink until the thirst has been quenched.

Racquetball is a vigorous activity. Because of this, it is a wise player who heeds the warnings of the body indicating fatigue and over-exertion. Recognize these warnings and lessen the intensity of the competition or cease the activity entirely.

HOW A REMARKABLE NEW RACQUET GRIP IMPROVES YOUR GAME

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Q. Once you achieve the upper and lower body strength that you feel you need to play racquetball, is it necessary to keep working out?

— L.B., Charleston, South Carolina

A. Many players make the mistake of strength training to a level satisfactory to them, then slack off or totally ignore their conditioning program. They assume racquetball will maintain their newfound strength. Wrong! Absolutely wrong. In fact, studies have indicated that a high level of strength development shows measurable degeneration after as little as 96 hours of abstinence from training. Therefore, to maintain or increase muscular strength, a trainee should continue high-intensity training at least twice a week.

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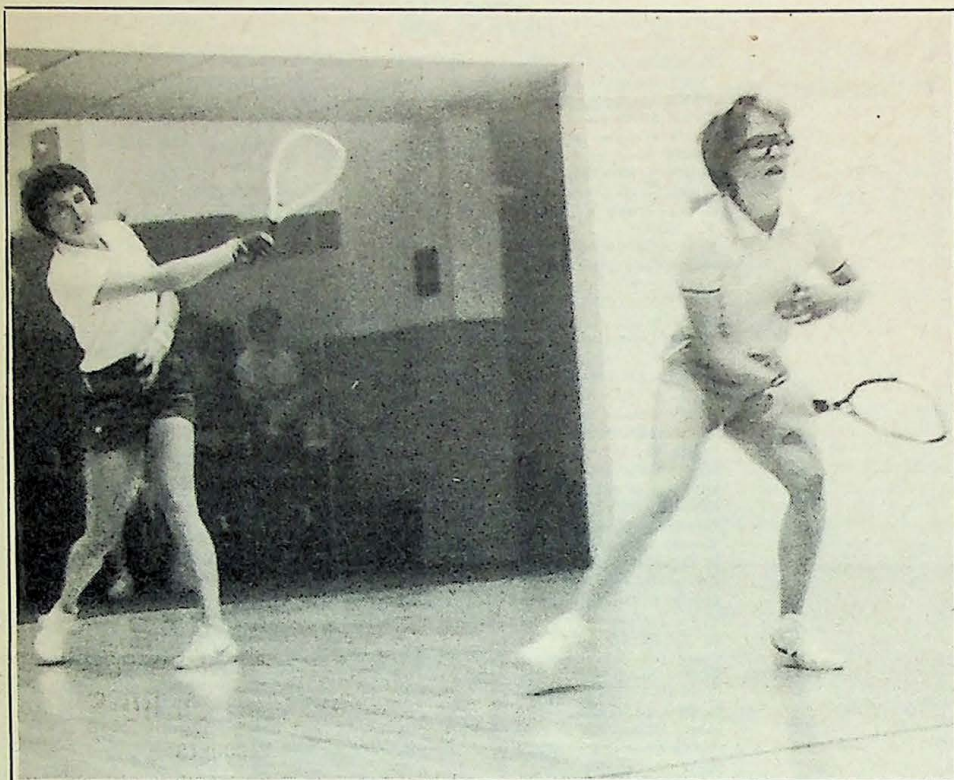
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WEST TOURNAMENT RESULTS



R. Goodman photo

Cindy Baxter (l.) defeated Betsy Koza at the Sawmill Classic in Columbus, OH.



WOMEN'S PROFESSIONAL RACQUETBALL ASSOCIATION

The Sawmill Classic
Sawmill Athletic Club
Columbus, OH
June 4-7, 1981

WOMEN'S PRO
Finals: Lynn Adams d. Heather McKay, 3-2, 3-2
Semi's: Adams d. Shannon Wright, 2-3, 3-1; McKay d. Marc Greer, 3-1, 3-0

WOMEN'S OPEN
Finals: Cindy Baxter d. Betsy Koza, 21-20, 21-11
Semi's: Baxter d. L. Focade, 21-19, 21-9; Koza d. Chris Evon, forfeit

WOMEN'S A
Finals: E. Mardas d. E. Pinto, 21-6, 21-15
Semi's: Mardas d. S. Strickland, 21-8, 21-18; Pinto d. S. Johnson, 21-20, 21-20

WOMEN'S B
Finals: T. Horrocks d. H. Mallett, 21-5, 21-17
Semi's: Horrocks d. M. Randazzo, 21-2, 21-12; Mallett d. M. Hyslop, 21-12, 21-18

WOMEN'S C
Finals: Brown d. D. Yager, 21-13, 21-8
Semi's: Brown d. D. Stuntz, 21-20, 21-13; Yager d. K. Martin, 21-6, 21-6

WOMEN'S NOVICE
Finals: D.D. Freeman d. C. Huddle, 21-17, 21-20
Semi's: Freeman d. D. Palmer, 21-10, 21-17; Huddle d. R. Preston, 21-12, 21-6

WOMEN'S OPEN DOUBLES
1st: Strickland/Thomas
2nd: Caldwell/Muldoon

WOMEN'S B DOUBLES
1st: Mallett/Kunkle
2nd: Yager/Brown

MEN'S OPEN
Finals: Dan Clifford d. Ron Woolard, 21-15, 21-18
Semi's: Clifford d. M. Lavikka, 21-13, 21-17; Woolard d. P. Stepp, forfeit

MEN'S A
Finals: R. Gerberick d. A. McKay, 21-19, 2-21, 11-10
Semi's: Gerberick d. L. Gibbs, 21-4, 21-16; McKay d. R. Russell, 21-13, 21-12

MEN'S B
Finals: E. Davidson d. R. Pinto, 12-21, 21-10, 11-10
Semi's: Davidson d. T. Oilman, 21-18, 21-12; Pinto d. S. Finowski, 21-17, 21-10

MEN'S C
Finals: B. Foster d. D. Vesting, 21-13, 11-21, 11-6
Semi's: Foster d. F. Piper, 21-16, 21-19; Vesting d. M. Cage, 21-14, 21-13

MEN'S NOVICE
Finals: L. Todd d. W. Thompson, 16-21, 21-10, 11-4
Semi's: Todd d. A. Kirkpatrick, 21-12, 21-19; Thompson d. D. McKee, 21-2, 20-21, 11-10

MEN'S SENIOR
Finals: D. Mardas d. W. Hazen, 21-13, 21-15
Semi's: Mardas d. Schmidt, 21-14, 21-11; Hazen d. C. Pavone, 20-21, 21-12, 11-3

MEN'S MASTER
Finals: J. Drake d. K. Varner, 21-11, 21-8
Semi's: Drake d. E. Erwine, 21-16, 14-21, 11-9; Varner d. A. Payne, 21-6, 21-12

MEN'S OPEN DOUBLES
Finals: Kovanda/Woolard d. Kaylor/Davidson, 21-9, 2-21, 11-3
Semi's: Kovanda/Woolard d. Baer/Anthony, 21-11, 21-16; Kaylor/Davidson d. Clifford/Stepp, forfeit

MEN'S B DOUBLES
Finals: Irvine/Bohl d. Alt/Kaylor, 15-14, 15-12
Semi's: Irvine/Bohl d. Cage/Blessing, 15-3, 15-7; Alt/Kaylor d. Steel/Polhamus, 15-9, 12-15, 11-10

**WPRA Pro Stop
Charlie Club
Palatine, IL
May 14-17, 1981**

WOMEN'S OPEN SINGLES
Caryn McKinney d. Barb Maltby, 3-1, 3-1

WOMEN'S A
Pat Folkertsma d. Dina Pritchett, 3-2, 3-2

WOMEN'S B
Carole Lisson d. Jenny Pyne, 3-2, 3-1

WOMEN'S C
Yvonne Puhlman d. Tina Porterfield, 3-2, 3-1

WOMEN'S D
Donna Evan d. Angela Runk

WOMEN'S NOVICE
Diane Mason d. Jacie Levon

WOMEN'S VETERANS OPEN & SENIORS
Camille McCarthy d. Lynne Farmer, 3-0, 3-0

WOMEN'S OPEN DOUBLES
Claudia Lozza/Colleen Shields d. Sue Carow/Gianda Young, 3-2, 3-2

WOMEN'S B/C DOUBLES
C. Brychek/C. Arena d. M. Halverson/R. Green, 3-2, 3-2

AARA National Amateur Championships
The Court House
Boise, ID
May 22-24, 1981

MEN'S OPEN
1st: Ed Andrews
2nd: Larry Fox
3rd: Mark Martino
4th: Scott Shafer

MEN'S B
1st: Don Chamber
2nd: Doug Jones
3rd: Dan Gordeon
4th: Doug Shaddy

MEN'S 30
1st: Steve Dunn
2nd: Ed Remen
3rd: Mark Hegg
4th: Fielding Snow

MEN'S 35
1st: Jay Jones
2nd: Bill Dunn
3rd: Ed Remen
4th: Tom McKie

MEN'S 40
1st: Bob Peterson
2nd: Mark Wayne

MEN'S 45
1st: Bud Muehleisen
2nd: Al Ferrari
3rd: Gene Landrun
4th: Charles Wickham

MEN'S 50
1st: Pat Whitehill
2nd: Bob Troyer
3rd: Floyd Svenson
4th: Bud Held

MEN'S 55
1st: Al Rossi
2nd: Don Goodard
3rd: Bert Morrow
4th: Floyd Svenson

MEN'S 60
1st: Don Goodard
2nd: Ike Gumer
3rd: Luzell Wilde

MEN'S 65 ROUND ROBIN
1st: Ike Gumer

WOMEN'S OPEN
1st: Cindy Baxter
2nd: Lydia Emerick
3rd: Barbara Faulkenberry
4th: Betsy Messie

WOMEN'S B
1st: Patricia Curtis
2nd: Olibu
3rd: Linda LaChance
4th: Rose Hamilton

WOMEN'S 30
1st: Betsy Messie
2nd: Patricia Curtis
3rd: Ali Swafford
4th: Theresa Silva

WOMEN'S 35
1st: Barb Smith
2nd: Judy Pke
3rd: Sharon Kennedy
4th: Kathy Rishell

WOMEN'S 40 ROUND ROBIN
1st: Colleen Sloan

WOMEN'S 45 ROUND ROBIN
1st: Colleen Sloan

1981 April Showers Pro-Am
Palo Alto Supreme Court
Palo Alto, CA
April 23-26, 1981

MEN'S OPEN SINGLES
Finals: C. Brumfield d. G. Price, 9-15, 15-10, 11-7
Semi's: G. Price d. Al Viola, 15-13, 4-15, 11-3; C. Brumfield d. K. Kamalu, 15-10, 15-10

MEN'S A SINGLES
Finals: Brett Zimmer d. Bryan Zimmer, 13-15, 15-10, 11-8
Semi's: Bryan Zimmer d. B. Eshleman, 7-15, 15-10, 11-10; Brett Zimmer d. S. Stewart, 6-15, 15-11, 11-1

MEN'S B SINGLES
Finals: K. Almeida d. H. Sugimura, 15-3, 15-11
Semi's: H. Sugimura d. D. Vannier, 15-8, 15-2; K. Almeida d. J. Smith, 15-7, 15-7

MEN'S C SINGLES
Finals: S. Ferrera d. M. Zarnegar, 3-15, 15-2, 11-10
Semi's: M. Zarnegar d. B. Mansker, 15-8, 15-3; S. Ferrera d. J. Perry, 15-13, 15-13

MEN'S D SINGLES
Finals: S. Cantrell d. J. Bender, 15-9, 15-6
Semi's: J. Bender d. G. Hurtado, 13-15, 15-9, 11-3; S. Cantrell d. T. Riley, 15-5, 15-6

MEN'S NOVICE SINGLES
Finals: J. Hazley d. D. Musgrave, 15-4, 15-3
Semi's: J. Hazley d. W. Camp, 15-5, 15-5; D. Musgrave d. J. Marty, 15-4, 15-14

MEN'S SENIORS SINGLES
Finals: D. Lose d. M. Wayne, 10-15, 15-7, 11-2
Semi's: M. Wayne d. P. Thomas, 15-6, 15-10; D. Lose d. B. Dunn, 15-9, 8-15, 11-6

MEN'S MASTERS SINGLES
Finals: G. Landrum d. D. Hitesman, 15-4, 15-11
Semi's: G. Landrum d. B. Haney, 15-3, 15-3; D. Hitesman d. J. Beardsley, 14-15, 15-10, 11-2

MEN'S OPEN DOUBLES
Finals: C. Brumfield/C. McCoy d. D. Bledsoe/M. Morrow, 15-12, 3-15, 11-7
Semi's: Brumfield/McCoy d. Oliver/Price, 15-7, 15-7; Bledsoe/Morrow d. Wright/Trent, 15-12, 2-15, 11-2

MEN'S B DOUBLES
Finals: Hull/O'Donovan d. Viramontes/Brown, 15-3, 15-5
Semi's: Hull/O'Donovan d. Dougherty/Scardina, 15-7, 9-15, 11-2; Viramontes/Brown d. Handa/Gonzales, 12-15, 15-13, 11-9

MEN'S C DOUBLES
Finals: Pardon/Caldaron d. Petrek/Rinz, 15-10, 15-7
Semi's: Pardon/Caldaron d. Frank/Stephens, 15-13, 15-12; Petrek/Rinz d. Moore/Weber, 15-3, 15-13

MIXED B DOUBLES
Finals: Bain/Gennoy d. Hartnett/Johnson, 15-14, 7-15, 11-0
Semi's: Bain/Gennoy d. Flores/Handa, 15-9, 15-9; Hartnett/Johnson d. Orr/Orr, 15-12, 15-5

WOMEN'S B SINGLES
Finals: T. Morgan d. P. Woodall, 15-14, 15-14
Semi's: T. Morgan d. D. Flores, 15-6, 15-13; P. Woodall J. Borcharding, 15-5, 11-15, 11-1

WOMEN'S C SINGLES
Finals: M. Thielen d. K. Clarke, 15-9, 13-15, 11-6
Semi's: M. Thielen d. M. Walker, 15-5, 9-15, 11-10; K. Clarke d. K. Baker, 15-9, 4-15, 11-4

WOMEN'S D SINGLES
Finals: M. Yamamoto d. J. Keith, 15-7, 13-15, 11-8
Semi's: M. Yamamoto d. T. Quigley, 15-10, 13-15, 11-9; J. Keith d. N. Gleason, 15-14, 15-3

WOMEN'S NOVICE SINGLES
Finals: M. Shields d. C. Stanley, 15-5, 15-12
Semi's: M. Shields d. C. Laidlan, 15-12, 15-8; C. Stanley d. L. Bose, 15-1, 15-11

1981 3rd Annual Pear Blossom
Medford Superior Courts
Medford, OR
April 24-26, 1981

MEN'S OPEN SINGLES
Finals: Kelly Rasmussen d. Jim Boyce, 15-12, 15-9
Third Place: Scott Gaston
Consol: Dave George

MEN'S A SINGLES
Finals: Scott Gracie d. Terry Hadley, 15-12, 15-8
Third Place: Mark Zacharius
Consol: Kevin Murphy

MEN'S B SINGLES
Finals: John Barry d. Nancy Reed, 15-9, 15-12
Third Place: Larry Orcutt
Consol: Kevin Horn

MEN'S C SINGLES
Finals: Tom Cail d. Dave Budreau, 15-12, 15-2
Third Place: Mike Sierck
Consol: Patti Curtis

MEN'S D-N SINGLES
Finals: Tom Blanchard d. Marty Zottola, 6-15, 15-12, 15-14
Third Place: Mike Griffith
Consol: Dave Crawford

MEN'S SENIOR A-B (35+) SINGLES
Finals: Dave Rasmussen d. Jim Barry
Third Place: Bob Michelson
Consol: Bill Peterson

MEN'S SENIORS C-D (35+) SINGLES
Finals: Mike Neyl d. Fred Baida, 15-5, 15-10
Third Place: Leonard Lemons
Consol: Gary Clark

MEN'S MASTERS SINGLES (45+)
Finals: Fred Sapp d. John Becic, 15-3, 15-9
Third Place: Ed Bausserman
Consol: Chuck Bushons

MEN'S OPEN DOUBLES
Finals: John Rude/Jim Boyce d. Dave George/Kirk Diaz, 9-15, 15-4, 15-8
Third Place: Dave Rasmussen/Scott Gracie
Consol: Kelly Rasmussen/Bill Inge

B/C DOUBLES
Finals: Mike Amaranthus/Goff Gates d. Randy Richardson/Sheldon Reike, 15-6, 15-7
Third Place: Mike Sierch/Robert Nunez
Consol: Tony Cail/Kevin Horn

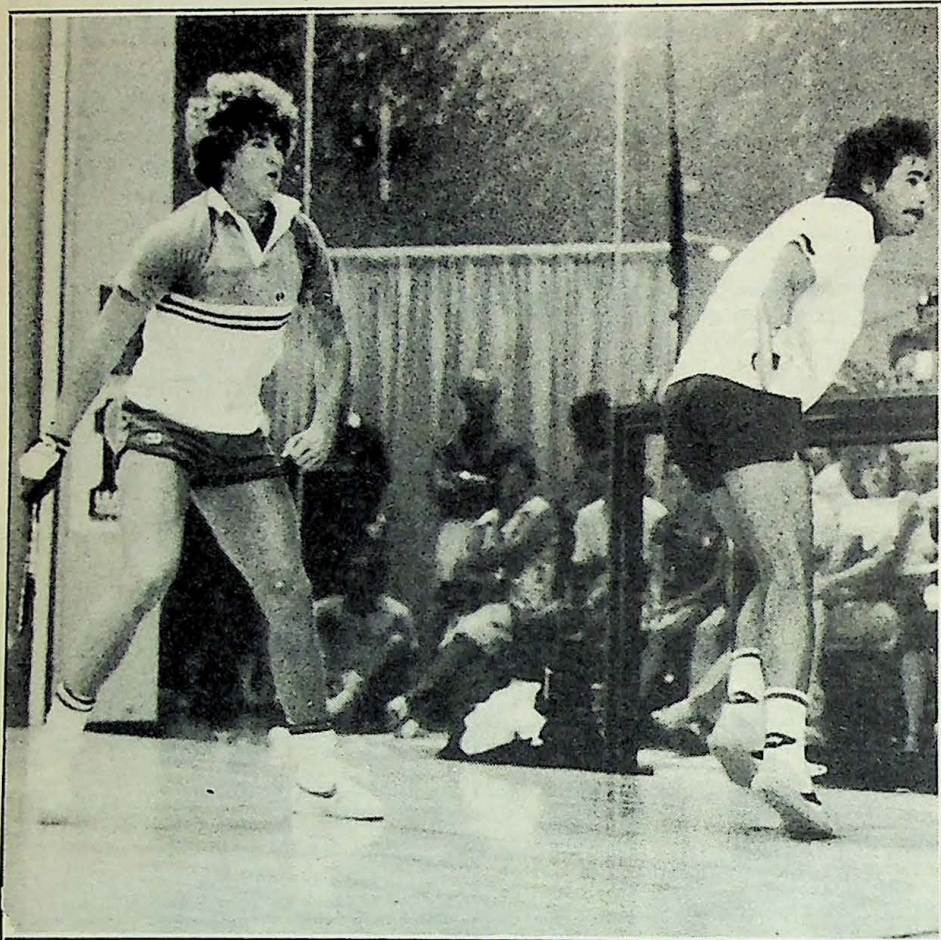
MIXED DOUBLES
Finals: John Rude/Patti Curtis d. Trina Rasmussen/Deryk Loo
Third Place: Fred Sapp/Yvonne Rowland
Consol: Caswell/Woodhouse

WOMEN'S B SINGLES
Finals: Mary Fisher d. Dale Hayden, 15-5, 15-8
Third Place: Yvonne Rowland
Consol: Donna Woodhouse

WOMEN'S C SINGLES
Finals: Linda McRae d. Lee Ann Thompson
Third Place: Sue Baida
Consol: Kim Baker

WOMEN'S B-N SINGLES
Finals: Sheri Carter d. Jody Streetman, 15-5, 15-12
Third Place: Michelle Derr
Consol: Pauline McNealy

WEST TOURNAMENT RESULTS



C. George photo

Ed Andrews pictured (r.) defeated Gregg Peck at the Leach Pro-Am in Tempe, AZ.

Leach Pro-Am National Championships Tempe, AZ June 6-13, 1981

MEN'S PRO
Finals: Hogan d. McCoy, 9-12
Semi's: Hogan d. Yellen, 17-16; McCoy d. Harnett, 14-6

OPEN SINGLES
Finals: Andrews d. Peck, 19 (13) 6
Semi's: Andrews d. Gonzales, 12-14; Peck d. Kwartier, 9-19

MEN'S V. MASTERS
Finals: Frank Leydens d. Bob Troyer, 19-14
Semi's: Troyer d. Swanson, 9-19; Lyden d. Tauner, 21-15, 15-21, 11-5

M. GOLDEN MASTERS
Finals: Fred Zitzer d. Robert Frazer, 14-16
Semi's: Zitzer d. Swanson 17 (3) 7; Frazer d. Hero, (11) 16-9

G.M. DOUBLES
Finals: Skelton/Morrow d. Deeds/Loveday, (19) 18-2
Semi's: Skelton/Morrow d. Brumer/Howard, 18-20; Deeds/Loveday d. Pierce/Wilde, 5-12

M. MASTER SINGLES
Finals: M. Rodriek d. Don Clark, 10-4
Semi's: Rodriek d. Pretuer, 19-3; Clark d. Wickham, 14-11

M. MASTER DOUBLES
Finals: Rodriek/Muehleesen d. Mooney/Lydens, 4, 4
Semi's: Rodriek/Muehleesen d. Troyer/Wickham, 4, 19; Mooney/Lydens d. Banales/Daley, 19, 19

M.V. GOLDEN MASTER
Finals: Luzell Wilde d. B. Kelly, 2, 9
Semi's: Kelly d. Rodeffer, (17) 5, 8; Wilde d. Smith, 11-14

M. SENIOR SINGLES
Finals: Jay Schwartz d. Rewen, 18-16
Semi's: E. Rewen d. Ehren, 19-12; Schwartz d. Jones, (16) 16-1

SR. DOUBLES
Finals: Starkmen/Carson d. Remen/Saperstein, 5 (17) 7
Semi's: Starkmen/Carson d. Beckman/Olsen, (18) 16, 7; Remen/Saperstein, 11-12

M. VET. SENIORS
Finals: Garfinkel d. F. Lowe, 9-8
Semi's: Lowe d. Muehleesen, 19-10; Garfinkel d. Starkmen, 20-12

V. SENIORS
Finals: G. Lusk d. G. Withrow, (17) 12-3
Semi's: Lusk d. Hendrehaw, 11-16; Wirkus d. Withrow, 18, (13) 5

M. OPEN DOUBLES
Finals: G/F d. F/M, 14 (13) 9
Semi's: Garigres/Fleming d. Kwaller/Malowitz, 20 (11) 3; Factor/McRait d. Price/Fitzpatrick, (17) 18, 2

VET DOUBLES
Finals: Romano/Lusk d. Withrow/Lowe, 18, 8
Semi's: Romano/Lusk d. Darrell/Aubrey, 5, 10; Withrow/Lowe d. Ochoa/Durant, 16, 17

WOMEN'S OPEN
Finals: L. Alvarado d. B. Maltby, 10-1
Semi's: Maltby d. raulkenberry, 21-13, 19-21, 11-5; Alvarado d. Sawicki, 8-18

WOMEN'S SENIOR
Semi's: D. Meger d. C. Loizzo, 19-13; L. Slav d. P. Woods, 16, 18-21, 11-2

WOMEN OVER 40 ROUND ROBIN
1st: Geri McDonald
2nd: Sue Graham

Phoenix Open Championship Metro Athletic Club Phoenix, AZ May 14-17, 1981

MEN'S OPEN
Finals: Bob Corcoran d. Tim Swenson, 15-21, 21-14, 11-5
Semi's: Swenson d. Chris Lewis, 21-12, 21-7; Corcoran d. Dave Gordon, 21-14, 8-21, 11-7

MEN'S A ROUND ROBIN
Finals: Dave Gordon

MEN'S B
Finals: Marc Gelb d. Bruce McClain, 21-7, 21-16
Semi's: McClain d. Frank Lara, 21-11, 5-21, 11-9; Gelb d. William Bellow, 21-3, 21-3

MEN'S C
Finals: Tom Linn d. Mark Swenson, 21-9, 21-3
Semi's: Linn d. Dave Henja, 21-11, 21-4; Swenson d. Ernest Tarrago, 21-18, 19-21, 11-10

MEN'S NOVICE
Finals: Tom Martin d. Mick James, 21-14, 21-15
Semi's: Martin d. Wayne Sprouse, 21-17, 21-10; James d. Jack Jacobson, 16-21, 21-15, 11-4

MEN'S BEGINNING NOVICE
Finals: John Blischak d. Jim Stanley, 19-21, 21-20, 11-10
Semi's: Blischak d. Steve Gronbeck, 21-11, 21-3; Stanley d. Jerry McCollow, 21-12, 12-21, 11-7

MEN'S SENIOR B
Finals: Doug Robinson d. John Hensler, 2-21, 21-10, 11-3
Semi's: Robinson d. Willis Arnold, 21-14, 21-6; Hensler d. Scott Griffin, 21-9, 21-8

MEN'S VETERANS
Finals: Jim Barrett d. Perry Ellison, 21-13, 21-13
Semi's: Barrett d. Paul Banales, 14-21, 21-12, 11-5; Ellison d. Ray Bierner, 21-11, 12-21, 11-5

WOMEN'S OPEN ROUND ROBIN
Finals: Debbie Swenson

WOMEN'S B
Finals: Kim Berke d. Valerie Arnold, 21-6, 21-16
Semi's: Berke d. Leigh Saffell, 21-19, 21-16; Arnold d. Cheryl Fuentes, 21-8, 21-6

WOMEN'S C ROUND ROBIN
Finals: Ellen Johnson

WOMEN'S NOVICE
Finals: Michele Bonfili d. Debbie Hollister, 21-10, 21-3
Semi's: Bonfili d. Sandy Hejna, 21-8, 21-7; Hollister d. Lisa Farrar, 21-12, 21-16

Miller Lite Spring Fever Charity Pro-Am Coeur d'Alene, ID May 8-10, 1981

MEN'S PRO
Finals: Dave Dorosh d. Gary Retter, 15-10, 15-6
Semi's: Gary Retter d. Rick Rios; Dave Dorosh d. Bob Cooper

MEN'S B
Finals: Stan Johnson d. Carl Schmidt, 15-5, 12-15, 15-14
Consol: Mike Kinney

MEN'S C
Finals: Derek Robinson d. Doug Agar, 15-6, 5-15, 15-4
Consol: Darrel Monasmith

MEN'S NOVICE
Finals: Vern Boddy d. Ivan Rabert, 15-7, 15-11
Consol: Ron Cahalan

MEN'S SENIORS 35+
Finals: Rick Maxey d. Lee Tickell, 15-2, 15-7
Consol: Bob Kivle, 15-4, 15-2

MEN'S OPEN DOUBLES
Finals: Gary Retter/Rick Rios d. Dave Dorosh/Mike Welling, 15-10, 13-15, 15-11
Third Place: Bob Cooper/Brian Boddy

B DOUBLES
Finals: Rick Maxey/Jim Johnston d. Ed Retter/Mark Arbauskas, 15-4, 10-15, 15-2
Consol: Bob Kivle/Karen Edwards

WOMEN'S OPEN
Finals: Jamie Abbot d. Donna Egnew, 10-15, 15-5, 15-6
Third Place: Jeanette Crinch

WOMEN'S B
Finals: Donna Hooke d. Sue Saraceno, 15-10, 15-13
Consol: Sandy Dorosh

WOMEN'S C
Finals: Diana Sperle d. Mary Bollig, 15-10, 8-15, 15-13
Third Place: Kelli Slaughter
Consol: Irma Anderl

WOMEN'S NOVICE
Finals: Gloria Carlson d. Yola Caine, 15-5, 15-7
Consol: Eileen Slate



C. George photo

Liz Alvarado (background) d. Barb Maltby in the Women's Open Division at the Leach Pro-Am.

RACQUETBALL TODAY

WEST TOURNAMENT SCHEDULE

July 2, 3 & 4, 1981

SECOND ANNUAL 4th OF JULY OPEN
Milwaukie Racquetball Club
Milwaukie, OR
503-659-3845

July 3, 4 & 5, 1981

CALGARY STAMPEDE
Calgary, AL

July 3, 4 & 5, 1981

8th ANNUAL OUTDOOR NATIONAL TOURNAMENT
Orange Coast College
Costa Mesa, CA

July 9, 10, 11 & 12, 1981

PERNOD CALIFORNIA GRAND PRIX
West Covina Athletic Club
3211 East Garvey Boulevard
West Covina, CA

July 9, 10, 11 & 12, 1981

ICE CREAM OPEN
Timberhill Athletic Club
Corvallis, OR
503-757-8559

LAKEFAIR TOURNAMENT
YMCA
Olympia, WA

July 10, 11 & 12, 1981

JUNIOR NATIONALS
Court House
Boise, ID
208-377-0040

July 10, 11 & 12, 1981

ANNUAL CELEBRITY OPEN
Tacoma Family Fitness Center
2228 S. 78th St.
Tacoma, WA
Contact: Sid Williams
206-473-2266

July 16, 17, 18 & 19, 1981

PERNOD CALIFORNIA GRAND PRIX
Anaheim Racquetball Athletic Club
2640 Woodland Drive
Anaheim, CA

July 17, 18 & 19, 1981

AURORA OPEN
Aurora Family Fitness Center
Seattle, WA
206-367-5120

COLUMBIA CUP
Tri City Court Club
Kennewick, WA
509-783-5465

July 23, 24, 25 & 26, 1981

ANOTHER RACQUET
613 Westlake St.
Encinitas, CA
Incline Court House
880 Northwood Blvd.
Incline Village, NV
702-831-4212

July 30, 31, August 1 & 2, 1981

PERNOD CALIFORNIA GRAND PRIX
Diamond Racquetball
23425 Sunset Crossing
Diamond Bar, CA
Sacramento Court Club
947 Enterprise Drive
Sacramento, CA

FIRST SERVE SEAFAIR GOLD CUP
First Serve Racquet Club
24228 76th Ave. West
Edmonds, WA
206-775-0667

August 6, 7, 8 & 9, 1981

PERNOD CALIFORNIA GRAND PRIX
Coldwater/Chandler Racquetball Center
5300 Coldwater Canyon Ave.
Sherman Oaks, CA
Four Seasons Racquetball Club
20211 Patio Drive
Castro Valley, CA
415-538-9500

GRAND SLAM FINALS
Beaverton Racquetball & Fitness Center
Beaverton, OR
503-644-3900

August 13, 14, 15 & 16, 1981

PERNOD CALIFORNIA GRAND PRIX
Tournament House Racquetball Club
6250 Brockton Avenue
Riverside, CA
Fairfield Court Club
1471 Holiday Lane
Fairfield, CA
707-429-4363

August 14, 15 & 16, 1981

DOUBLES ONLY TOURNAMENT
Kangaroo Kourts I
Rosedale, CA

August 20, 21, 22 & 23, 1981

PERNOD CALIFORNIA GRAND PRIX
San Diego Tennis & Racquet Club
4848 Tecolete Road
San Diego, CA
Schoeber's Racquetball
425 Eccles Avenue
South San Francisco, CA
415-873-8500

August 21, 22 & 23, 1981

5th ANNUAL CASCADE OPEN
Courtsports I
2510 Oakmont Way
Eugene, OR
503-687-2811

SUPER "C" TOURNAMENT
Burien Family Fitness Center
Burien, WA
206-242-9641

1st ANNUAL OPEN DOUBLES RACQUETBALL CHAMPIONSHIP
Bremerton Family Fitness Center
5600 Kitsap Way & Crawford Road
Bremerton, WA

August 27, 28, 29 & 30, 1981

PERNOD CALIFORNIA GRAND PRIX
Arcadia All Pro Athletic Club
56 East Duarte Road
Arcadia, CA

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Diamond Jubilee
Diamond Racquet Club
Diamond Bar, CA
May 28-31, 1981

MEN'S OPEN
Finals: Corri Brysman d Guy Texiera, 21-16, 21-10.
Semi's: G Texiera d S Gartrell C Brysman d J Olsen

MEN'S A
Finals: Jones d Olsen, 21-13, 21-19

MEN'S B
Finals: Jones d Johnson, 15-21, 21-12, 11-5

MEN'S C
Finals: Manzo d Riggs, 21-10, 20-21, 11-10

MEN'S NOVICE
Finals: P Carvajal d A McMann, 9-21, 21-17, 11-9

MEN'S BEGINNING NOVICE
Finals: G Paley d Fernandez, 21-10, 21-9

MEN'S VETERANS
Finals: Lienhard d B Atwood, 17-21, 21-10, 11-6

MEN'S SENIORS
Finals: Jones d Libby, 21-9, 21-14

MEN'S MASTERS ROUND ROBIN
Finals: G Winterburn d F Texiera

MEN'S OPEN DOUBLES ROUND ROBIN
Finals: Huggins/Sheffield d Brooks/Wright

MEN'S B DOUBLES
Finals: Han/Yothers d Reyes/Savareese, 21-19, 11-21, 11-9

MEN'S C DOUBLES
Finals: McGee/Riggs d Horowitz/Lienhard, 21-20, 21-11

MIXED C DOUBLES
Finals: Partington/Rico d Maronnon/Martinez, 21-10, 19-21, 11-4

WOMEN'S OPEN ROUND ROBIN
Finals: T Esser d J Braasch

WOMEN'S B
Finals: J Braasch d S O'Dell, 18-21, 21-16, 11-8

WOMEN'S C
Finals: Ford d Boyea, 21-10, 21-15

WOMEN'S NOVICE
Finals: Gallego d Bailey, 21-12, 21-8

WOMEN'S BEGINNING NOVICE
Finals: R Green d R Molina, 21-5, 21-12

JUNIORS 15 & UNDER ROUND ROBIN
Finals: J Gonzales d D Cross

Rocky Mountain results

by Bill Perry

Houston touring pro Gary Merritt defeated Jack Nolan of the Flagstaff Athletic Club and Tempe 21-6, 21-17 to win the Pro Singles division in the Fourth Annual Rocky Mountain Racquetball Classic played May 20-24th at the new Rio Grande Yacht & Sporting Club in Albuquerque, New Mexico.

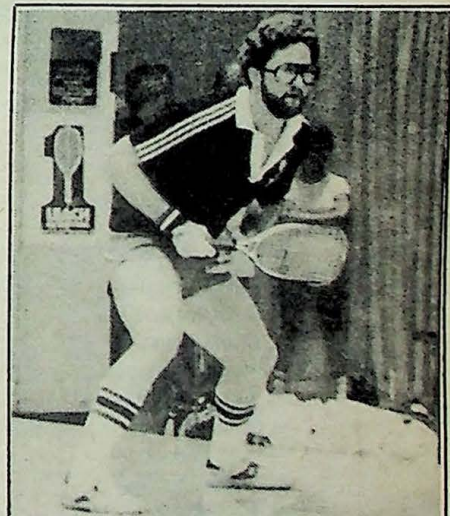
Merritt won the first game easily as both players probed for forehand weaknesses. It looked like the second game would also be a rout as Merritt assumed an early 7-1 lead. Nolan gathered himself to knot the game at 8-8.

The players were never separated by more than two points until Merritt reached 20. Merritt finally prevailed by virtue of his superior tournament experience and toughness.

The second game loss was bitter for Nolan, but he plans to return to Tempe to get in better condition to make an assault on the pro tour.

The Women's Open Singles Final was a classic confrontation between the agile aggressiveness of sixteen year old Brenda Young of Las Cruces, and the cool patient style of Jan Corsie of Albuquerque.

Corsie took the immediate advantage at 6-0, but Young came back to lead 10-6 with aggressive serving. There was only one side out during this period of the match as Young produced aces and set-ups from powerful serves. Corsie steadied and began to solve Young's delivery as she assumed a 14-12 lead by controlling the play with passes, and some helpful errors.



Gary Merritt won the Men's Pro Singles at the Rocky Mountain Racquetball Championship.

The first game see-sawed to 19-18 Corsie's favor. Then Young produced two forehand kills and a forehand pass to win the game.

Young assumed the lead at 10-7 when the most important point of the match occurred. Young ripped a forehand which hit Corsie, stunning her momentarily. Corsie lost the next point, but she didn't lose another point in the game as she seemed to gain new resolve. The forehand which hit her was mishit, and not intentional, but it was the best thing that happened to Corsie in the match.

The tie-breaker was even at 6-6 when Corsie began taking Young's diving saves on the fly and half-volley. This strategy was the antidote for Young's aerial antics, and Corsie ran out the match at 11-6.



By Phil Simborg

The footfault rules

Editor's Note: Phil Simborg was co-author of the USHA rule book in 1965 which was the forerunner of the original rules of racquetball, and is co-author of the current USRA rule book. He has made more enemies enforcing the footfault rules than possibly anyone, and is therefore highly qualified to write on the subject.

For a variety of reasons, the footfault rules are probably the most abused and ignored rules in the sport of racquetball. I personally think the rules are reasonable and necessary and therefore, should be enforced to the letter.

Simply stated: **the server must begin his service motion with both feet inside the service zone, and must remain totally within the zone until the ball passes the short line (back line).** Since the definition of the service zone is the space between the outer edges of the two lines, the server may step on, but not over, the lines. Violations result in a "fault", and two faults an out ("side out", or in doubles, "hand out").

There are three very common infringements of the above rule that should be given special attention:

1) Many players begin their service motion *outside* of the zone and actually walk into the zone while they're serving, or they start out with part (or all) of one foot over the back line. This infraction gives the server an *unfair advantage* in

taking more (or longer) steps, or could catch the receiver off guard who might not have realized that the server was actually beginning his service.

2) In hitting hard, drive serves, many players take too many (or too long) steps and step **over** the front line. This might allow the server to generate more power or achieve a more advantageous angle than he's entitled to.

3) On lob serves, many players tend to back up too soon (before the ball passes the short line). This, in my opinion, is not the most common infraction, but also the most serious in that it may well "hinder" the receiver's ability to make a good return, it gives the server far too great a jump on court position, and it greatly increases the risk of physical contact (even with the new fly-return rules in effect).

In tournaments, referees are often hesitant to call footfaults for fear of being considered too "authoritarian" or "too technical." This is an unfortunate attitude, as proper enforcement of **all** rules should be respected and appreciated as it is the only way to insure the safe and fair outcome of the match. The "safe and fair outcome" is, in my opinion, the referee's primary goal. Some referees argue that it's difficult to watch for footfaults with everything else they have to watch for, but that argument doesn't hold water for me. It's really just a matter of habit and can be easily caught out of the corner of your eye. Further, I find that if a player is a footfaulter, you'll catch him at it very

early in the match if you take extra pains to watch for it at the beginning. You only have to call one or two footfaults to put the players on notice that you're not going to let them get away with it, and it will generally not happen again for the rest of the match.

When there is no referee, either for friendly games (if there is such a thing in racquetball) or for semi-important matches, players do not call footfaults on each other, again for fear of being labeled too "technical". But when there is no ref, and one player is footfaulting, I believe the other player should inform him about the infraction nicely and ask him to watch it. Often the offender either does not realize he's footfaulting or is not aware of the rule and just needs a gentle reminder. (If you have trouble with a blatant footfaulter, why not cut out this article and leave it on the seat of his car!)

In doubles, footfault rules apply to the server's partner as well. The partner must be in the box (along either side wall) with **both** feet on the floor and back to the wall, and must remain in that position from the time the server begins his motion until the ball passes the short line. I believe it is just as important in doubles to see that these rules are followed, as violations greatly increase the risk of physical contact and certainly tend to give the server an unfair edge.

If you have specific questions about the rules, write to Phil c/o this paper. Rule books, referee guides and other materials are available free of charge as a service to our readers. Write RACQUETBALL TODAY, PO Box D, Posen, IL 60469.

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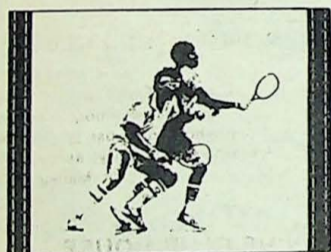
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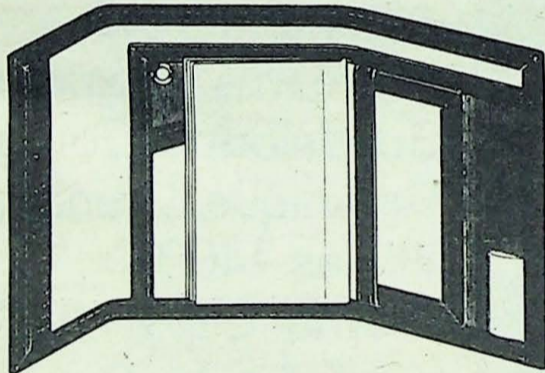
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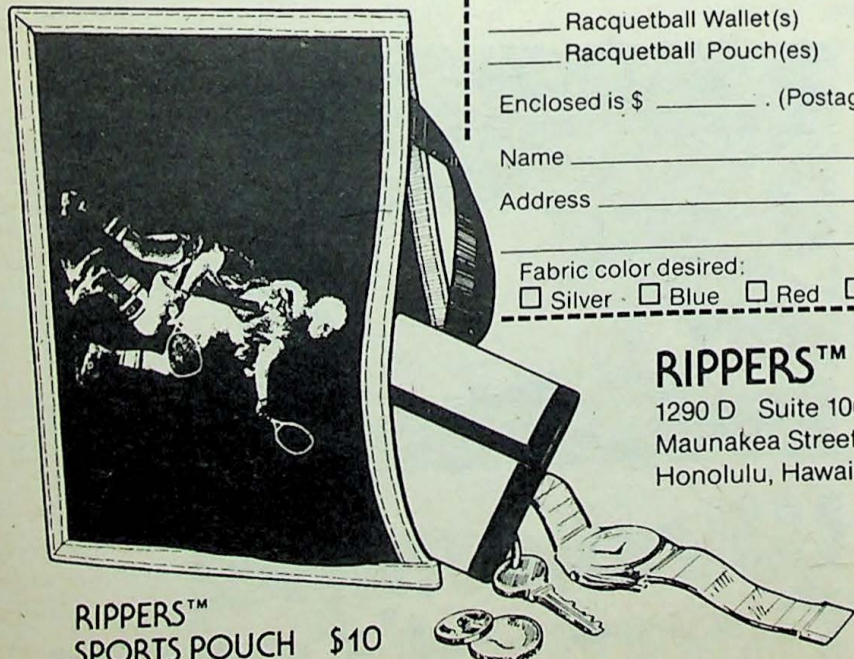


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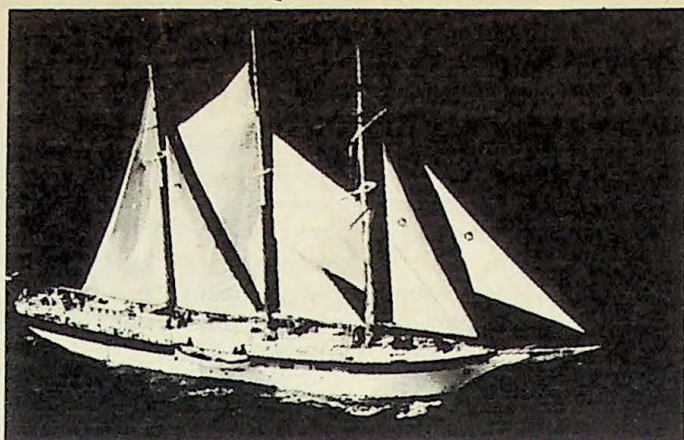
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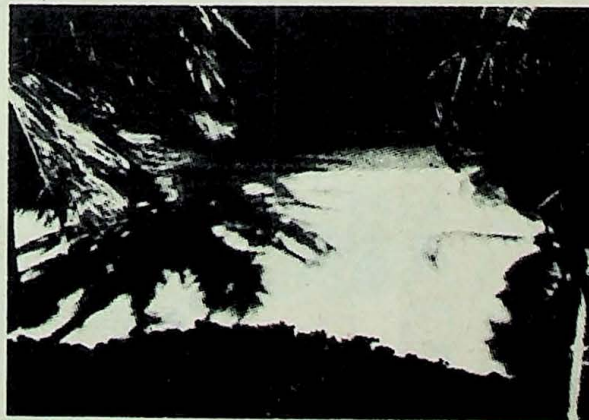
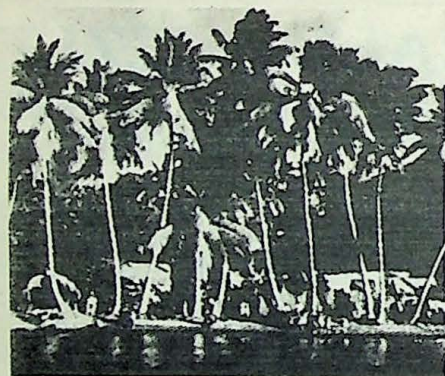
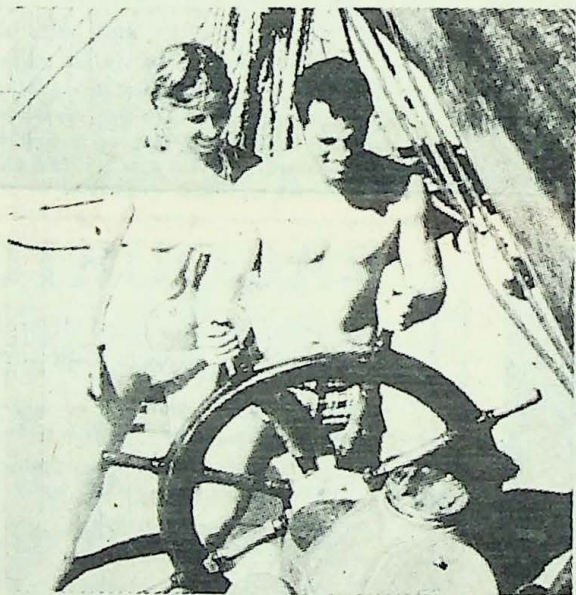
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Guide to Racquetball Shoes

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- Lightweight racquetball shoe. Padded ankle
- Rubber heel counter

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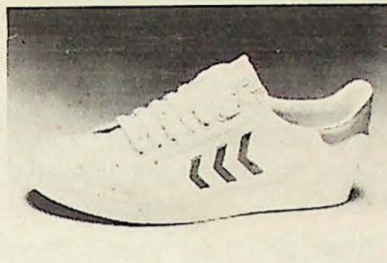
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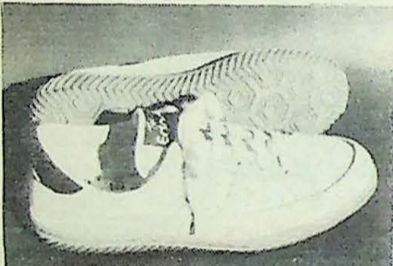
CONVERSE



- 5 New shoes: 2 mens, 3 womens for racquetball
- White herringbone outsole tread for optimum traction with a pivot point for fast turns
- Breathable nylon mesh upper, terry lined for moisture absorption (Classic and Evert models)
- Reinforced with suede at the toe
- Shock compression feature reduces foot fatigue
- Unique heel lock TM system minimizes slip

Sugg. Ret. \$36 (Classic) \$30 (Evert)

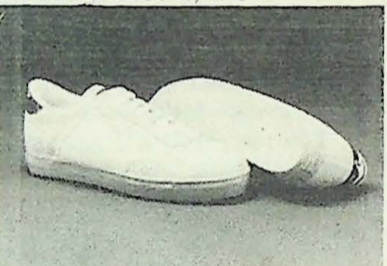
EDGE SHOES



- Upper: 60% suede leather with nylon mesh
- Leather in all heavy wear points: heel counter, perimeter next to sole and eyelet strip
- Padded tricot liner
- Insole double padded with thick foam for comfort
- Sole design is special pattern for racquetball and molded out of gum rubber

Sugg. Ret. \$28⁰⁰

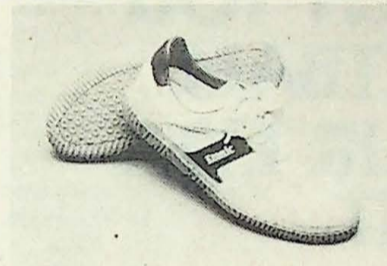
ENVOYS U.S.A., Inc.



- KangaROOS
- Soft padded top quarter lining for ankle comfort
 - Extra padded sponge rubber sock lining
 - Texon inner sole for stability & shape retention
 - Long wearing, super traction, lightweight gum rubber sole
 - Uppers of natural suede leather and durable nylon mesh, made in a "u-ball" pattern and formed on a combination last, for a snug heel fit and extra width at ball & toe areas
 - Pockets for locker key, etc.

Sugg. Ret. \$28⁰⁰

ETONIC



- Mens and womens models
- Tough breathable upper is a long-wearing combination of canvas, mesh and leather
- Supportive mesh forepart provides lateral support
- Has an absorbent terrycloth lining
- EVA heel pad gives proper lift and cushioning
- Rear foot lacing system ensures stability, great ankle fit and support

Sugg. Ret. \$29⁹⁵

FOOT-JOY, INC. STYLE 62216 & 64212



- Mens and womens styles
- White nylon mesh and oyster suede leather
- Unique staggered, eight eyelet lacing system
- White leather reinforced outside quarter
- Blue padded vamp flex area
- FJ blue side stripe
- Blue padded top quarter lining
- Air-flo sponge cushion innersole
- Cushioned tongue
- High traction, lightweight, durable gum rubber outsole

Sugg. Ret. Mens: \$35 Womens: \$34

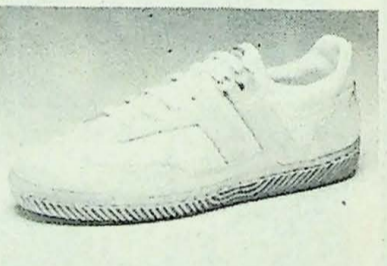
FOOT-JOY, INC. STYLE 62208 & 64202



- Mens and womens styles
- White nylon mesh and oyster suede leather lace to toe design
- FJ white side stripe
- White padded top quarter lining
- Air-flo sponge cushion innersole
- Cushioned tongue
- High traction, lightweight, durable gum rubber outsole

Sugg. Ret. Mens: \$30 Womens: \$29

KEDS



- Three different racquetball shoes
- Uniquely designed lace-to-toe style
- Uppers of reinforced nylon mesh and suede leather
- Dual lacing system with a combination of metal eyelets and "D Rings" allows either conventional or speed lacing
- Suede leather toe cap extends beyond eyestays
- Rubber outsole has exclusive "suction waffle" and bar pattern designed for racquetball

Sugg. Ret. \$32⁰⁰

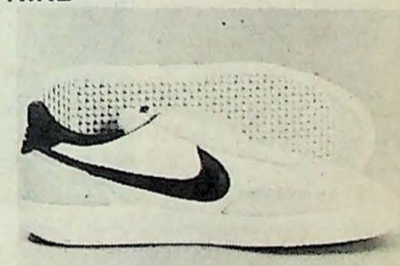
NEW BALANCE - CT



- For traction, spring and durability, the shoe has a rubber outsole within a lightweight polyurethane core and wall
- For strength & comfort, uppers made of ballistic mesh lined with foam and tricot
- For motion control and stress reduction, it features an all leather sway bar toe piece & constructed heel counter
- For comfort & stability, it has a heavy duty foam pillow insert

Sugg. Ret. \$49⁹⁵

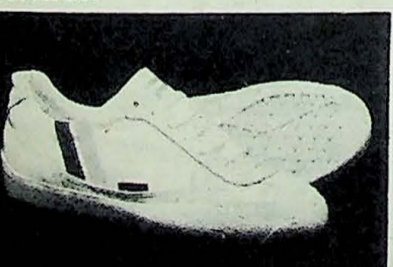
NIKE



- Uppers of white nylon mesh backed with foam-tricot and a navy blue swoosh and heel tab
- Split leather reinforced toe for support
- Padded tongue & ankle collar to protect achilles tendon
- Terrycloth laminated to EVA for cushioning & absorption
- Cupsole with hobnail design for wear and traction

Sugg. Ret. \$31⁹⁵

PATRICK



- Unique wrap-around construction holds foot firmly in place
- U-Throat construction lessens tendency for upper to stretch
- Nylon mesh and suede uppers for comfort and breathability
- Hexagonal shaped tread pattern for maximum effectiveness on a wood floor
- Soles are made of 100% gum rubber compound
- High back to protect achilles area

Sugg. Ret. \$42⁹⁵

PUMA



- Mens and womens styles
- Lightweight nylon mesh for breathability and easy care
- Critical stress points & wear areas reinforced with natural suede
- Cushioned insole with arch support provides extra comfort
- Radial sole design provides superb traction and flexibility and will not mar surfaces

Sugg. Ret. \$28⁹⁵

TRED 2



- Mens and womens models under the "California" name
- Suede and nylon mesh combination uppers
- Suede provides extra support at stress points during lateral movement, white nylon mesh is cool and lightweight
- Pre-molded styrene counters and fully padded ankle collars give extra protection to the heel area
- Tongues are comfortably padded as well as cover-stitched
- Soles are molded 100% rubber with a nubbed sole pattern

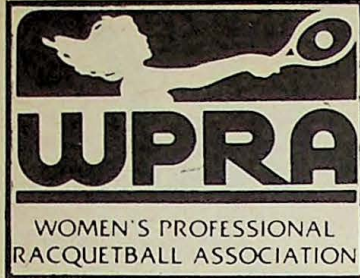
Sugg. Ret. \$27⁹⁵

TRETORN



- Separate mens and ladies lasts
- Foam nylon tricot lined upper and tongue
- Reinforced heel counter for support and protection
- Vent holes for coolness
- Canbrella covered sponge innersole

Sugg. Ret. \$25⁵⁰



News

By Francine Davis, President
Women's Professional
Racquetball Association



The WPRRA is proud to announce another successful year under our belts, and we are planning the new 1981-82 racquetball season. Since our beginning in 1979, we have almost doubled the amount of prize money from a 1979 of \$35,000 to a 1980 of \$73,000 to presently in 1981, \$136,000.

We have also doubled in our membership since 1979: from 32 members to a 1980 of 65 members, to presently in 1981, 136 members.

We have gone through some hard times and slow times, but it is encouraging to see the steady growth and strength of the organization. With all the

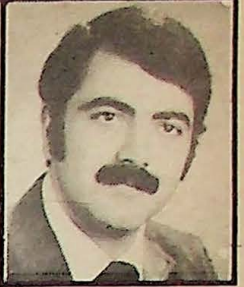
members, Board of Directors and Dan Seaton, Commissioner, working together for common cause, we cannot help but to pull full speed ahead.

We have many new ideas and plans in the works for memberships, rules, clinics, books, amateurs, and the like. As long as we are working for the organization we will continue to share ideas and grow.

If anyone has any questions or would like information about the WPRRA, please write to the WPRRA, 3737 Centennial Circle, Las Vegas, NV 89121 or call 702-454-5864.

Feet First

Ask a podiatrist



by Dr. Louis A. Sorto, Jr.

RACQUETBALL TODAY will feature monthly articles on foot care provided by the Community Health Information Council, a not-for-profit organization of consumers, health professionals and media professionals cooperating in the development and dissemination of health related information at the community level. Readers are invited to submit questions to be answered by Dr. Louis A. Sorto Jr., 420 Lee Street, Des Plaines, IL 60016.

Q. I run about 30 miles per week to help maintain my endurance for racquetball. Recently, I have developed pain on the inside borders of both my kneecaps. A friend of mine told me that it is probably "runner's knee," and that it is caused by flatfeet, which I do have. Is there a relationship between flatfeet and knee pain, and what exactly is runner's knee?

A. Prior to discussing this relationship it is necessary to understand a few basic motions that occur in the foot and leg during a normal walking and running cycle. When the foot initially touches the ground, during the first part of a step, it is normal for the foot's arch to collapse a bit to help absorb the shock of heel contact. This temporary collapse or flattening of the arch is commonly referred to as "pronation". Occurring simultaneously with pronation of the foot is an inward twisting or rotating of the entire leg, from the hip to the ankle. These two motions are dependent upon one another, and must occur together.

On the other hand, during the final

stages of a normal walking or running cycle, just the opposite motions occur; the arch rises (supinates) and the entire leg rotates in an outward direction. This elevation of the arch is necessary to stabilize the bones of the foot so that it can prepare for a more efficient pushoff when the heel comes off the ground and the body's weight is shifted forward to the toes.

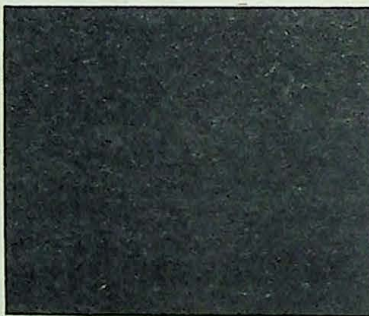
In those individuals who suffer from flatfeet (excessive pronation), their arch remains collapsed during this final portion of the gait cycle, and their lower leg, from the ankle to the knee, remains in a position of inward rotation. The upper leg, from the knee to the hip, on the other hand, continues its normal outward rotation, thus creating a great deal of tension at the knee joint. This tension and its associated pain, seems to be particularly felt on the inside border of the kneecap, and is called "runner's knee".

Treatment of this condition should obviously be aimed at supporting the arch, especially while participating in athletic activities. This is best accomplished with the use of either arch pads or custom made sports orthotics. Most good running shoes have some sort of an arch support built into them. However, if the support provided by the running shoe is insufficient to alleviate the problem, then professional help should be sought.

CHARLIE BRUMFIELD
CAN TEACH YOU
RACQUETBALL
WITH YOUR EYES
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THE HYPNOSIS
RACQUETBALL TAPE.
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Send me _____ Hypnosis Racquetball Tape(s) at \$9.95 each.

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RACQUETBALL TODAY PHOTO CONTEST
FIRST PRIZE: \$1000
SECOND PRIZE: \$500
20 Honorable Mentions Receive RACQUETBALL TODAY T-SHIRTS!



David Gingold photo

Bob Shields winds up his backhand.

CONTEST RULES:

1. You must be an amateur photographer
2. Photo must be a black and white glossy
3. Subject must be racquetball or racquetball-related
4. Photo must not have appeared in any other publication
5. Back of photo must be clearly labeled:

RACQUETBALL TODAY PHOTO CONTEST

Photographer's name, address, phone, shirt size. Name of subject, when and where photo was taken (and any other interesting information.)

All photographs are non-returnable and become the property of RACQUETBALL TODAY. We reserve the right to publish and use photos as we see fit.

Winners will be selected by our panel of expert photographers at the end of the year. Photographs will be judged on the basis of quality, originality, etc. All decisions of our judges will be final.

SEND ENTRIES TO:

RACQUETBALL TODAY Photo Contest
P.O. BOX D POSEN, IL 60469

Classifieds

ATTENTION CLUB OWNERS AND MANAGERS

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Location: Leavenworth, Washington. Leavenworth Court House, 2 years old, 5000 sq. ft. nestled in unique and healthy bavarian village on 3 acres. Owner financing, \$360,000 terms negotiable. For information write or call — The John's Real Estate Corporation, P.O. Box 0127, East Wenatchee, WA 98801, 509-884-3581, 509-663-1535, 509-663-5908.

HEARD A GOOD ONE LATELY? Our Tom Grobmsl is compiling a "Racquetball Jokes for the John and Jill." Send it in to Tom's attention.

Amateur photographers! We're always in need of fresh, new, and original pictures of top amateurs and pros, and will PAY for pictures sent to us exclusively, that have not appeared in any other publication. Write R.T.

PHOTO CONTEST: YOU CAN WIN \$1000 or a variety of other prizes in our RACQUETBALL TODAY amateur photo contest. Look for details elsewhere in this paper.

RACQUETBALL TODAY is looking for correspondents to assist in collecting local tournament results and news. We particularly need people in Arkansas, Colorado, Hawaii, Kansas, Kentucky, Mississippi, Montana, Nebraska, North Carolina and Tennessee. If you'd like to see your local news in print, call toll-free 800-323-9167 and talk to Louise.

JUNIORS: We're looking for Junior Correspondents... kids under 18 who are active in the sport and want to help us get more news and information about junior racquetball leagues, tournaments and general news. With your help we can provide a lot more information about what is available for and happening with kids. Just call and ask for Betsy or Louise at 800/323-9167.

Schoeber's Racquetball Spa needs Asst. Mgr., excellent salary and benefits. One of nicest clubs on west coast. Send resume — 39812 Mission Blvd., Suite 206, Fremont, CA 94538.

We're looking for information leading to the capture or whereabouts of Tom Grobmsl's mother (if he had one). Any information leading to the arrest or capture will be handsomely rewarded.

David Slinger is the greatest. He beat me, Alan Herzel, 21-15, 21-18, and I had to buy the brews and take out this stupid ad.

A message to the dirty rat who stole my Leach 100 at the Ektelon/Perrier tournament. It only has 1 month to go on the warranty and it can't hit backhand killshots worth a darn anyway, so why don't you return it to the club so they can get it back to me. Thanks.

Heard a good, humorous racquetball story or joke lately? Send it to our Comic Editor, Tom Grobmsl, and if we use it in the paper we'll send you a gift. Write R.T.

WANTED: Sales Rep for trophies. Contact Alan Shetzer, R.T., (312) 371-7616 or out of Illinois call (800) 323-9167.

Do you want to find someone looking for a game at 6 a.m. in Waco, Texas? Do you want to congratulate a friend for winning? Looking for someone to share a room at the upcoming Pro Stop? Here's the place to put the ad. See order form below.

Classified Order Form

RACQUETBALL TODAY

CLASSIFIED ADVERTISING RATE: \$10 per issue (25 words or less), 75 cents each additional word. Box inquiry service, \$2 per issue.

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ALL CLASSIFIED ADVERTISING IS PREPAID.

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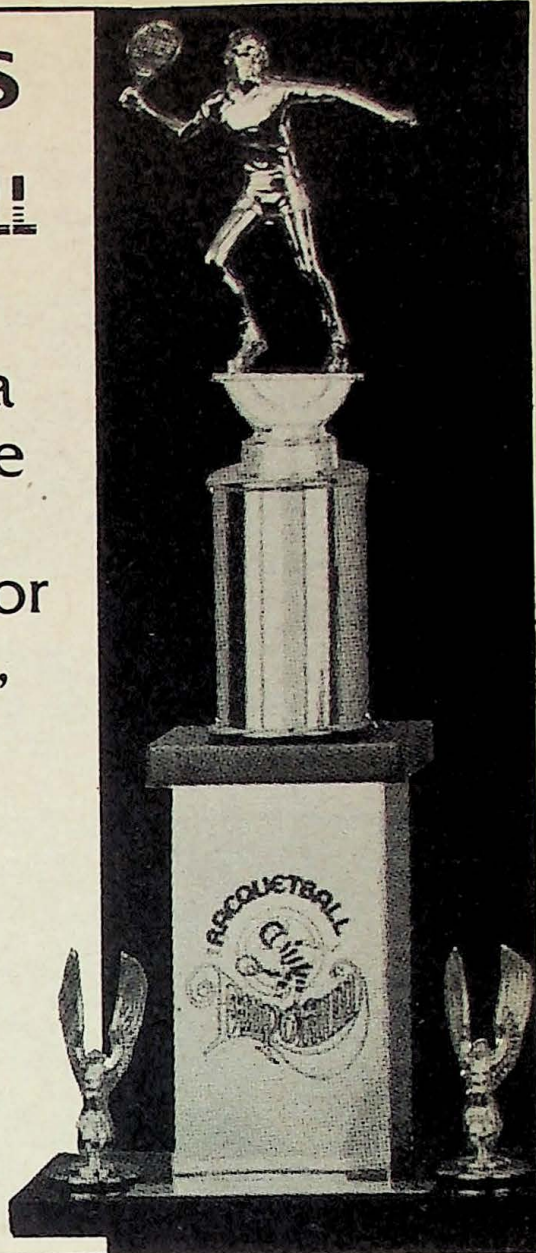
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With Connie Peterson

Recommended for Owners, Managers, Club Pros

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August 17 & 18
All Sport Fitness
Fishkill, NY

August 20 & 21
Brookline Racquetball Club
Boston, MA

August 24 & 25
Mid Town Court
Cincinnati, OH

August 27 & 28
The Supreme Court
Palo Alto, CA

TIMES:

First Day - 1:00 p.m. to 8:00 p.m.

Second Day - 9:00 a.m. to 3:00 p.m.

TOPICS INCLUDE:

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FOR MORE INFORMATION:

Please contact Connie Peterson,
Box 2173, Eugene, OR. 97402 (503) 484-0462



ABOUT CONNIE PETERSON

- B.S. in Physical Education
- WPRA ranked player
- APRO certified professional
- AMF Head Advisory staff member
- 4 yrs. experience in club management & teaching

SPECIAL EVENTS SEMINAR

Aug. 17 & 18
Fishkill, NY

August 20 & 21
Boston, MA

August 24 & 25
Cincinnati, OH

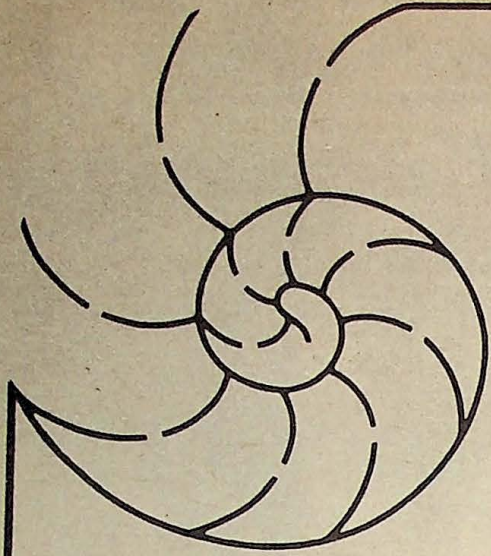
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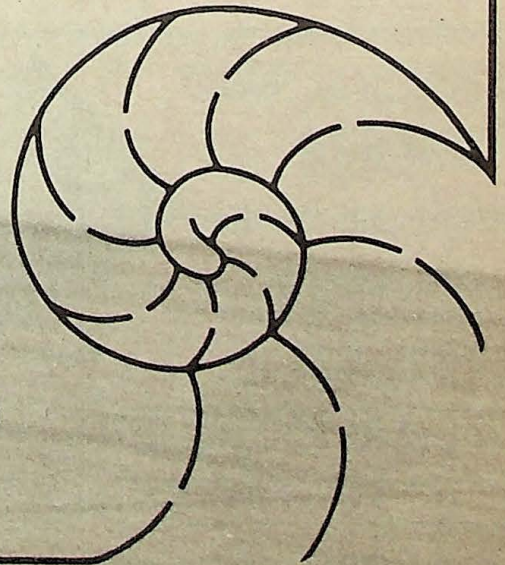
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