

RACQUETBALL

ILLUSTRATED

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A TOAST to Racquetball:
Comedian DAVID STEINBERG
and Playmate of the Year
DEBRA JO FONDREN

COUPLES

SPECIAL ISSUE!

**Is There Sex After
Racquetball?**

**How to Play
Mixed Doubles**

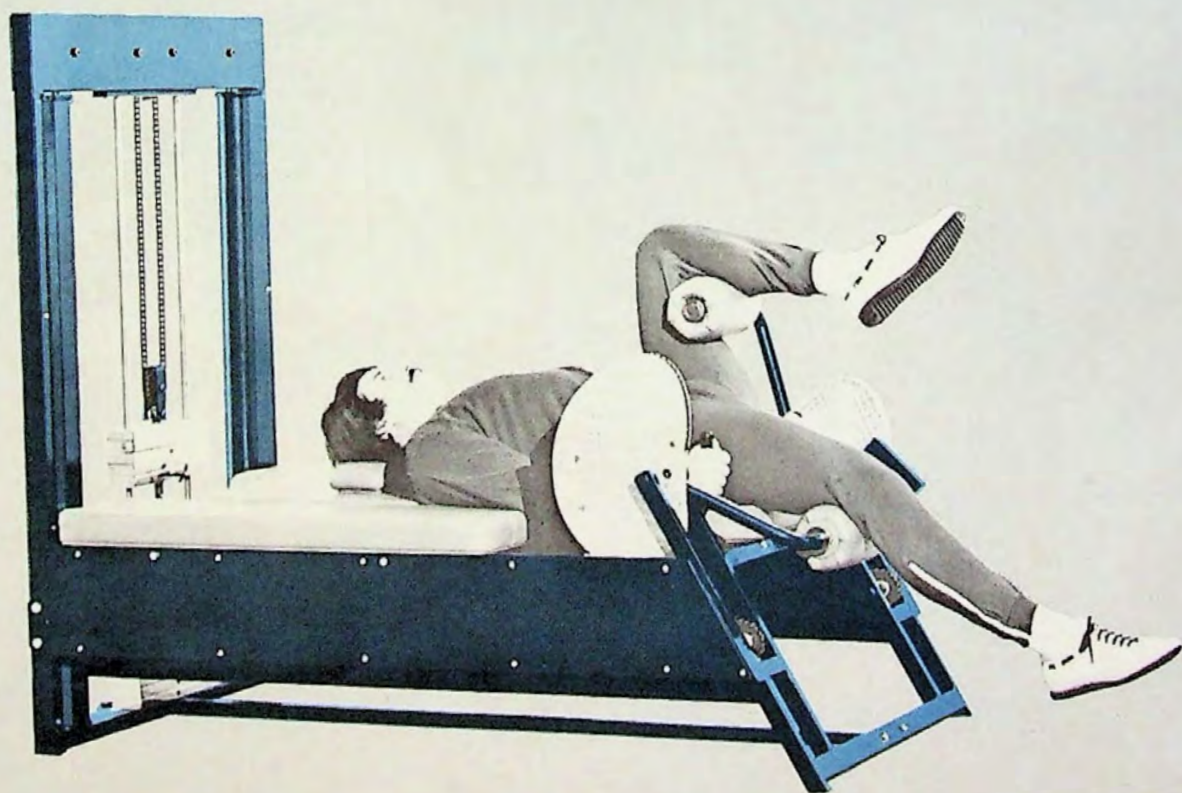
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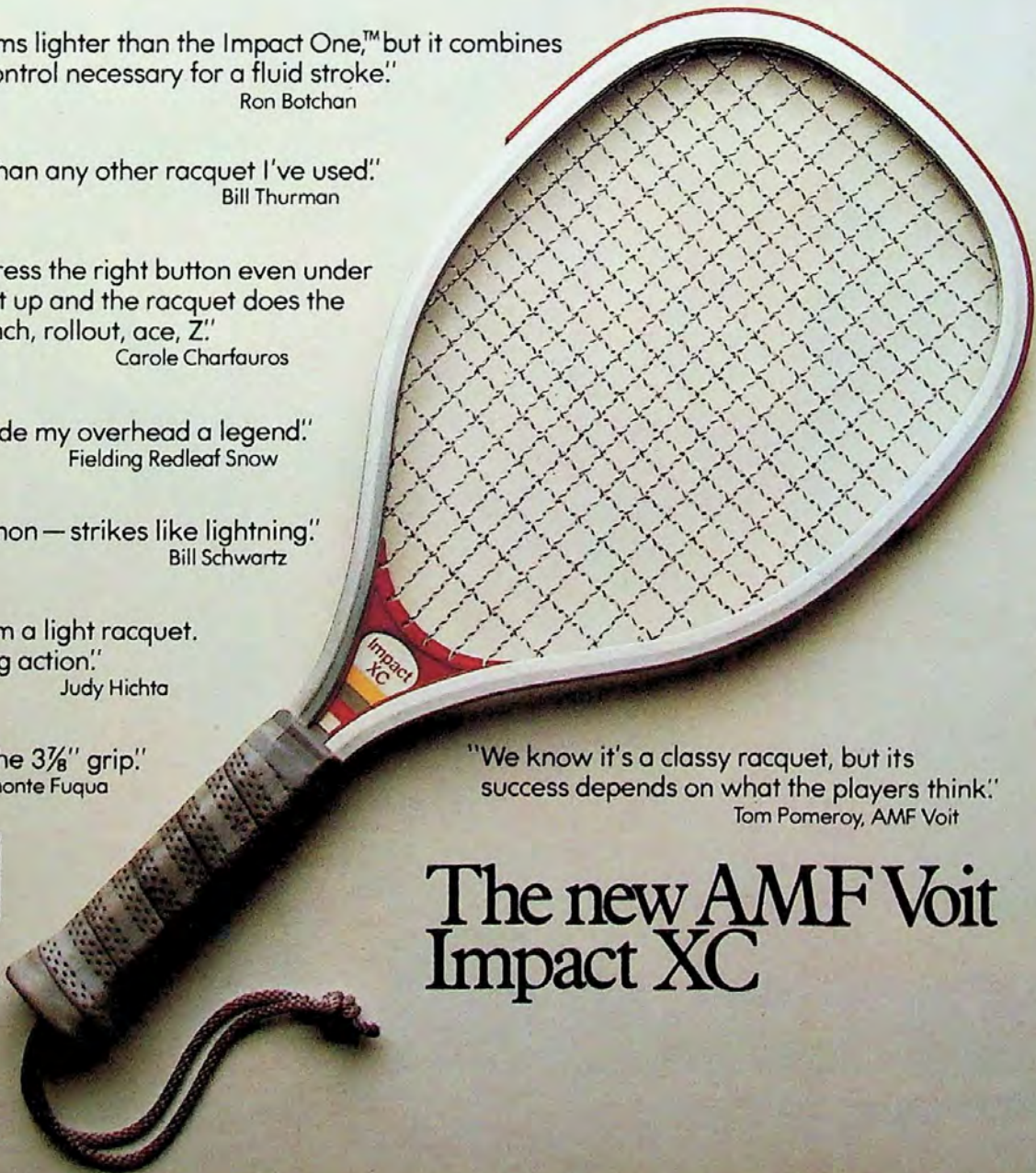
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RACQUETBALL ILLUSTRATED

July/August 1979

Vol. 2, No. 2

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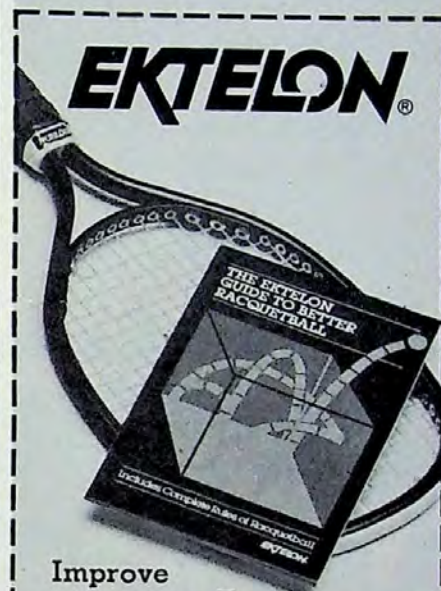
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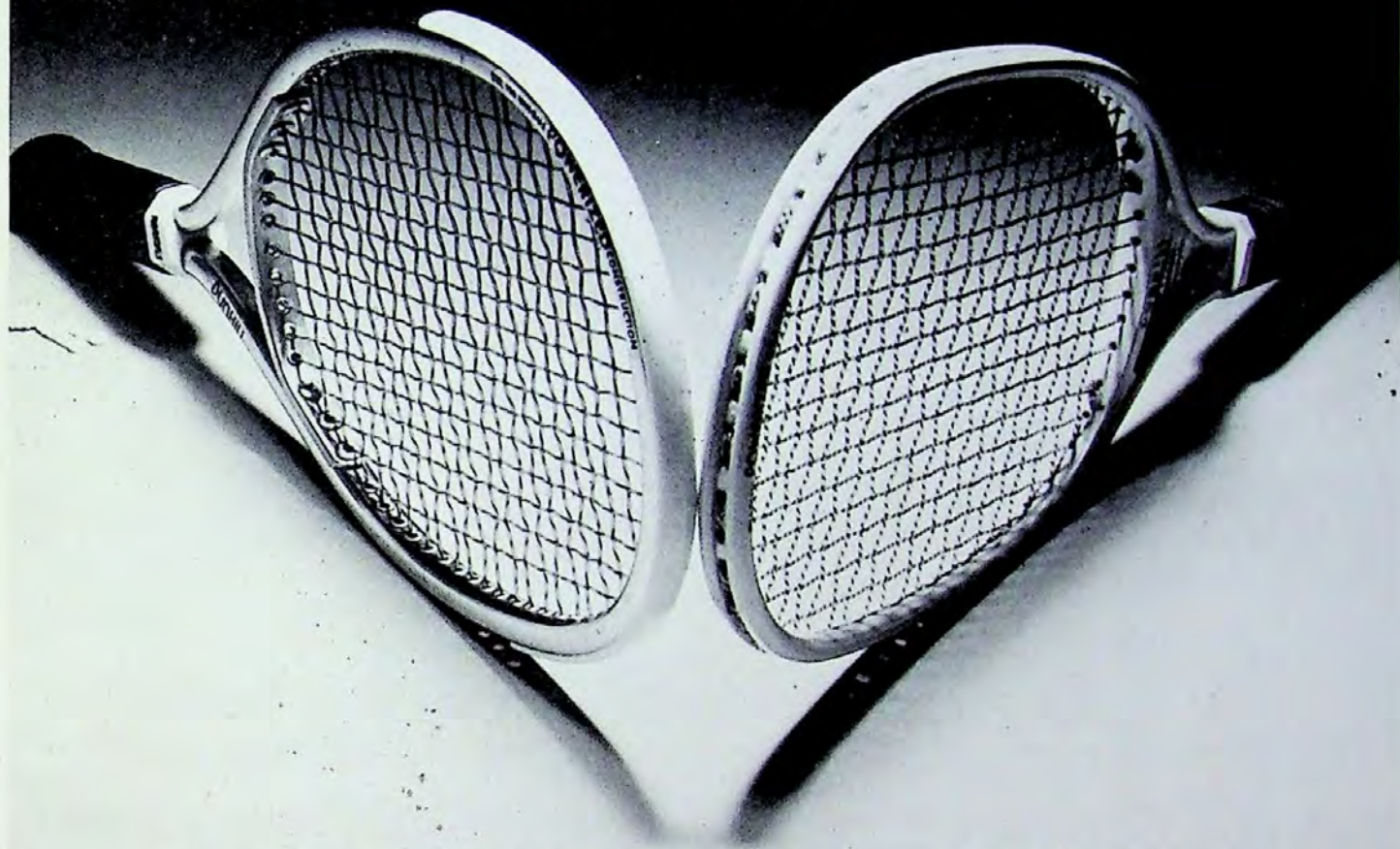
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FICTION

In keeping with our policy of making RACQUETBALL ILLUSTRATED a well-rounded publication, we have instituted another form of writing—fiction—beginning with this issue.

Fiction is a more sophisticated type of writing and is geared toward the reader who wants much more than a few pictures and a few paragraphs on a certain subject.

The fiction here will be interesting and professional. The last thing a magazine wants to do is bore its readers. The plot, of course, will be built around a racquetball theme.

Some magazines run fiction articles in the 15,000 to 20,000-word range. You will never see that long of a story in our magazine. We feel that readers are turned off by articles of that length. A magazine article is to be read for enjoyment, usually at one sitting. A 15,000-word fiction piece is not geared to be read between television commercials.

Our fiction pieces will run around 4,000 words—or about twice as long as our regular features. We will not be running them every issue. We don't want to be obligated to run a fiction story just for the sake of filling the space. We want to make sure that the writing is of high quality.

In this issue, we feel we have just that—a quality piece that is interesting and enjoyable to read. The writer is Mason Stewart, a freelancer based out of Los Angeles who has sold articles to several noteworthy publications. The article is titled "Third And Going Nowhere."

Stewart, a three-time-a-week racquetball player, did a lot of research for this story and racquetball players, especially those who follow the pro tour, will find it quite captivating.

"The reader will probably recognize a lot of racquetball-related people in my story," says Stewart. "But I want to make it clear right from the start, that all characters are fictional."

"Even the characters you think you know are, in reality, combinations of several

people I have run across in my lifetime."

Fiction for some people is hard to get into. But we highly recommend you give this one a try. Our copy editor is a good example. He saved the fiction article for last, figuring he would get bored with it, and it would put him to sleep. But once he got into it, he couldn't put it down. He even remained behind after everybody else had left, just so he could finish it.

We hope the article hits you, our readers, the same way it hit our copy editor.

This issue we have subtitled "Racquetball For Couples." It is geared for couples. Our main article shows how racquetball is becoming an alternative to the disco scene. People are setting up racquetball dates and racquetball clubs are used as a meeting place. It has even led to marriage. We also have an instruction article on mixed doubles, an exercise-for-two section and a story on the Baltimore Colts husbands and wives who play.

We also have a feature on touring pro Linda Prefontaine, sister of distance runner Steve Prefontaine who died in a tragic automobile accident a few years ago; a feature on Michael Talla, who could become a big force in racquetball in Los Angeles; instruction on the kill shot and the first of a two-part series by Ellington Darden on Proper Strength Training.

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Thesis Aid

I am presently attending Penn State University as a graduate student in Sports Administration. As part of my thesis I am exploring several aspects of corporate sponsorship of sports events. With this in mind, I thank you for the articles on "Who's Making Money In Racquetball" and "Racquetball on Madison Avenue" in your April issue. They were very interesting and informative.

Deborah A. Janowski
University Park, Pa.

Consumer Oriented

Until recently I did not even know there was a national magazine geared toward racquetball on the newsstands. That was until I saw your April issue.

The articles on who is getting rich off the sport, the hopefuls who move to San Diego and the psychological aspects of turning your game around were more than I bargained for in one issue.

It is a pleasure to see a magazine not oriented toward a specific organization which is content to run only the news it sees fit to.

D.J. Levine
Phoenix, Ariz.

All-Pro Coverage

I want to thank you for the outstanding coverage on the finals of the Coors All-Pro tournament. It was fair and accurate.

I enjoy the content of your magazine. Keep up the good work.

Al Ferrari
St. Louis, Mo.

'Inner Game'

After reading the article on "Inner Racquetball" in the June issue I decided to apply some of the principles touched upon in Mark Wheeler's fine story. To my surprise, the results were better than I could have realized.

Thanks for introducing me to the psychology of the sport and thereby "upping" me from a hit-and-miss beginner to a more consistent intermediate player.

More of the same, please.

Ken Martinez
Los Angeles, Calif.

From Germany

I would like to see more articles in your magazine about instruction. I started playing racquetball in 1976 when I moved from the United States to Germany. The game is really growing here in our military community. I look forward to reading more basic instruction articles.

T. Sataraka
Weisbaden, Germany

More On Denver

I want to thank you for running an article on John Denver. I have never read your maga-

zine before but I bought it because he was on the cover. After reading your magazine, I plan to get every issue.

J. Smith
Bismarck, N.D.

Doctor's Column

As a person who has very little knowledge of medicine, I usually get all my health knowledge from articles written in consumer magazines.

I read the article in your last issue on foot problems. And although it was informative, it was written like a term paper. I realize doctors are not writers for the most part but I think you are doing a disservice to readers by having doctors do your writing.

Writers are better able to communicate to the public than doctors.

William C. Dunkirk
Miami, Fla.

Editor's Note: Doctors offer more credibility even though they don't make Pulitzer Prize winning writers. In our last issue and in this issue, our Rx for Winning column is written by an author without a medical degree but with some credibility in her field of expertise.

A Compliment

I just thought I'd drop you a note saying I think RACQUETBALL ILLUSTRATED is a great magazine. You people are doing a great job. Keep up the good work.

Kevin Carney
Biddeford, Maine

National Dreams

The article in your April issue on "An Hour Upon The Stage" hit home.

I had seriously considered moving to San Diego to try my luck at making the big time. Now I'm not so sure.

Even though I do well in local tournaments, I'm now not so sure I could handle a national level of competition. I guess I'll wait a little longer.

Janet Owens
Seattle, Wash.

Instruction

The instruction articles in your last two issues have really helped me tremendously. I especially enjoyed the one by Steve Strandemo on forehand center court, Jerry Hilecher's story on how to fake out an opponent and Jennifer Harding's article on pinch shots.

Denyse White
West Los Angeles, Calif.

Dodger Fan

Ever since I moved out to California from Wisconsin I have been a Los Angeles Dodger fan. I usually buy all magazines that have interesting stories on Dodger players.

With this in mind, I picked up the April issue of RACQUETBALL ILLUSTRATED with Steve

Garvey's picture on the cover. The story was interesting and so is your magazine.

Now, in addition to being a Dodger fan, I am also a racquetball fan. I've taken up the game and I play as much as possible.

Beverly Owens
Marina del Rey, Calif.

For The Record

The Steve Garvey Celebrity Racquetball Tournament is for the benefit of Multiple Sclerosis, not Muscular Dystrophy as reported in the article.

'Racquet Guide'

I want to compliment you on your "Racquet Guide." I never knew I had so many different types of racquets to choose from.

I do hope you go into a "Consumer's Guide" approach next time and give us qualified opinions on which racquets are best.

Andrea Hopkins
Denver, Colo.

Racquetball Guide

Now that you have brought us your "racquet guide," I am hoping you will follow with other guides such as one for racquetballs.

At the clubs I've played at, there are several types of balls to be bought, and my friends and I never know which ones to pick.

Janet May
Dallas, Tex.

Editor's Note: No sooner said than done. Plan on picking up our next issue.

Stretching

I was most pleased you ran an article by Rich Wagner on warm-up stretching instruction in your last issue.

I knew several types of exercises but I've always wondered which ones were better geared for racquetball players.

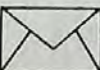
Please give us more of those types of articles.

David Baxter
Alameda, Calif.

Editor's Note: In this issue we have exercises for couples.

Send your letters to:

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Hollywood, CA 90028



PLAYERS

Rita Wins Again

Touring pro Rita Hoff does a little clowning with Los Angeles Rams defensive end Jack Youngblood prior to their "challenge match" at Center Courts in Van Nuys, Calif.

Hoff is the director of the Natural Light beer racquetball program and in each city she visits, an exhibition match is scheduled against a pro football player.

Hoff defeated Youngblood, 21-8, 21-8, giving her a 4-1 record against NFL players.

She has beaten Jim Bakken and Roger Wehrli of the St. Louis Cardinals and New England Patriot center Bill Lenkaitis while losing only to former Patriot wide receiver Randy Vataha.

After the match Youngblood asked for a return . . . of sorts. "His idea of a challenge was to play me in his sport at the Los Angeles Coliseum," said Hoff.



Photography by Long Inc.



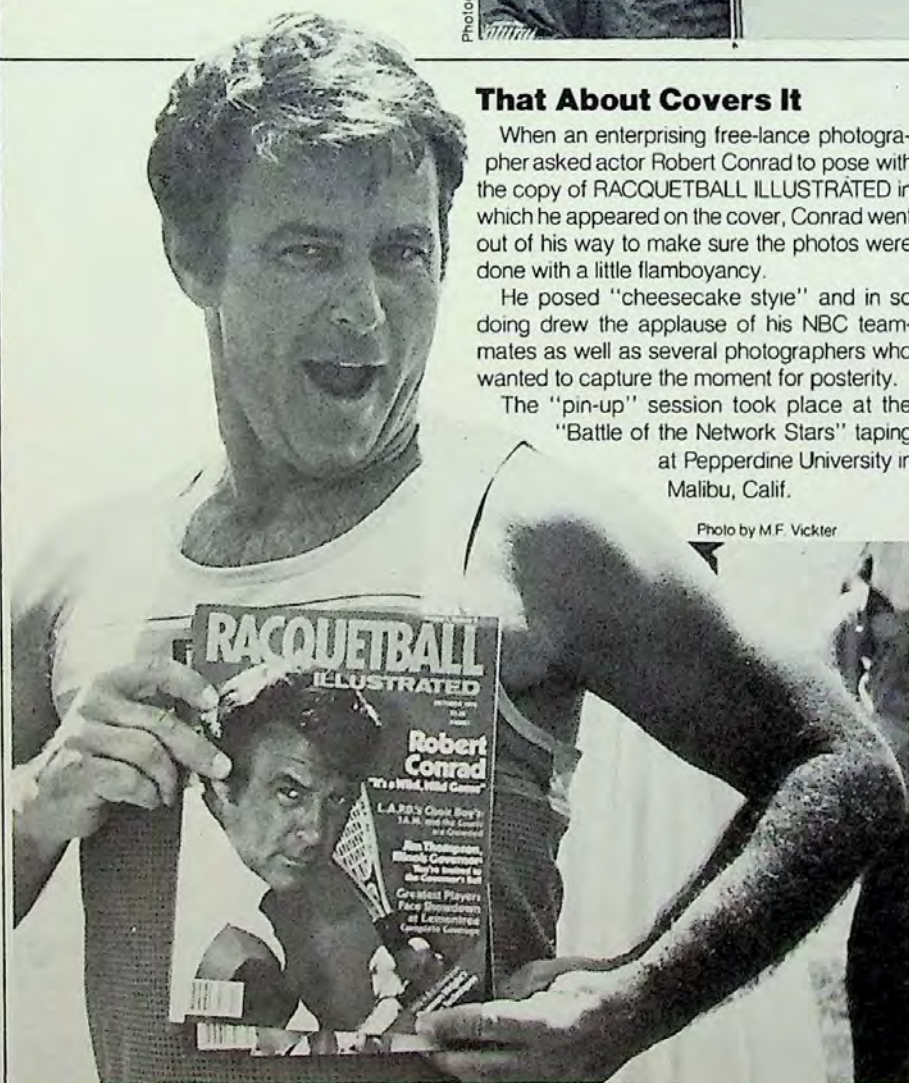
That About Covers It

When an enterprising free-lance photographer asked actor Robert Conrad to pose with the copy of RACQUETBALL ILLUSTRATED in which he appeared on the cover, Conrad went out of his way to make sure the photos were done with a little flamboyancy.

He posed "cheesecake style" and in so doing drew the applause of his NBC teammates as well as several photographers who wanted to capture the moment for posterity.

The "pin-up" session took place at the "Battle of the Network Stars" taping at Pepperdine University in Malibu, Calif.

Photo by M.F. Vickter



Getting A Kick Out Of Racquetball

Dallas Cowboy kicker Rafael Septien gets a few racquetball pointers from touring pro Charlie Brumfield during Coors All-Pro football tourney at the Atlas Health Club in San Diego.

Septien and Philadelphia Eagle kicker Mike



Photo by Carole Charlauros

Michel won their brackets and advanced to the All-Pro finals next January in Las Vegas (see tournament section).

"Kickers aren't appreciated as real football players but we really are talented athletes," says Septien. "We have to stay in condition as much as any other player."

"Racquetball is a game of momentum. If you have confidence in your play, you have a much easier time at it. It's the same thing with field goal kicking. You must have confidence."

6 Important Questions for Racquetball Players

1. Did you ever break your racquet?
2. Were you ever injured while playing racquetball?
3. Would you like a discount on racquetball equipment?
4. Were you ever responsible for someone else getting injured while playing racquetball?
5. Was your racquet ever stolen?
6. If you were disabled playing racquetball, would a weekly disability benefit be helpful?



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'For Heaven's Sake'

Kent McCord, former star of the television series *Adam 12*, gets ready to shoot a scene from a made-for-television movie "For Heaven's Sake" at the Racquet Centre in Universal City, Calif.

"For Heaven's Sake" stars McCord as Mitch Harpster, a professional basketball player for the Fort Wayne Cyclones, a patsy team for the Harlem Wizards.

The story deals with McCord's life as a comic foil under the guise of a professional basketball player, and how that occupation affects his relationship with his wife (Joanna Pettet) and son (Bobby Rolofson).

The racquetball sequence finds McCord taking his son out for a rare afternoon together—an afternoon that included a little racquetball.

McCord, tired of his role, gets a little help via an angel from heaven, Simon Amister (Ray Bolger), who realizes that in order for McCord to save face he has to play well in front of his wife and child.



Photo by James Louis



Play It Again, Sam

That's no ordinary monkey playing around with that racquet. That's Sam, co-star of television's "B.J. And The Bear."

While participating in "Battle of the Network Stars" taping at Pepperdine University in Malibu, Calif., an astute free-lance photographer put a racquet in his hands and snapped a few shots.

"He took to that racquet like he does to a banana," said his trainer, Marvin Downey.

Sam, who weighs 45 pounds and will grow to about 150 pounds, is a full fledged star. He has his own star's chair, his own dressing room and (are you ready for this?) when the stunts get too risky such as jumping through fire, he even has a stand-in monkey.

Photo by M.F. Vickler



Photo by Oscar and Assoc.

'Big Jim'

Taking time out from his duties as governor of Illinois, Jim Thompson, known to his friends as "Big Jim" because of his 6-foot-6 height, always finds time to play a little racquetball.

"I have played golf but it takes too long to play and you can't get much of a workout," Governor Thompson told RACQUETBALL ILLUSTRATED. "I took a shot at tennis but when an instructor told me where to stand and how to swing and then had me taking mechanical swings at a ball being thrown to me by a machine, I decided that wasn't my game either."

Spalding, knowing Thompson's big interest in racquetball, gave him a racquet and personalized bag.

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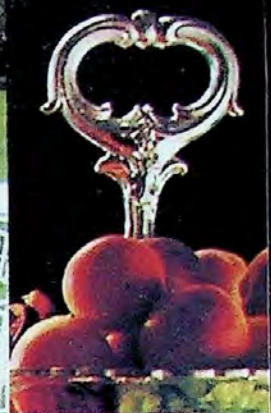
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The Baltimore Colts' wives are as serious about racquetball as their husbands are about football.

By Ellsworth Boyd

This is a story about husbands and wives. Husbands and wives, who in their own athletic world, treat their respective games with seriousness. The husbands are Bert Jones and John Dutton, quarterback and defensive lineman respectively for the National Football League Baltimore Colts. The wives are Danni Jones and Ginny Dutton and their game is racquetball.

"We take our game seriously," says Ginny Dutton. "There's no clowning around or half-hearted efforts. We go all out. It's a real contest."

"The loser buys one of those protein drinks," says Danni. "We're health nuts and we hang out at the local health bar after the game."

"The only time the seriousness gets interrupted," says Ginny, "is when somebody accidentally swats somebody else or when you get beamed with the ball. Both come from lack of concentration, which you need plenty of in this game. Sometimes non-players don't believe it when I tell them you can get hurt in racquetball."

Ginny points to her lower jaw. "Right here is where Danni whacked me when I first taught her the game. My chewing gum saved a tooth from breaking loose."

"Well, you've beamed me more than once," Danni retorts, "and see this?" She points to her cheek. "This scar's from racquetball, when I was playing with Lee Laird and Rhonda Oldham."

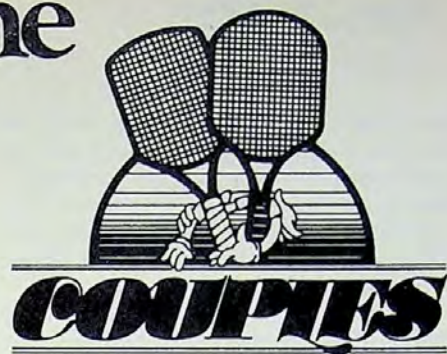
"Yeah, but you did it yourself," Ginny laughs. "She hit herself in the cheek with her own racquet."

Danni shrugs her shoulders. "When people get in my way I lose concentration. But it's better I hit myself than them."

"Enough of this," Ginny says. "People are going to think we're a couple of clods." The two players then took racquets in hand and entered the court.

The friendly rivalry was just like they had described—spirted, unfaltering, and above all, serious. There were combinations of kills and passes—backhand and forehand, anything and everything. Good shots and not so good shots.

Danni's power was offset by Ginny's quickness, which is just the opposite with their husbands. Bert is the quick one in football, John



Danni Jones, wife of Baltimore Colts Quarterback Bert Jones, on the court ready for play.

Photos by D.E. Boyd

Mrs. Jones."

the powerful one. In the beginning, Danni did more passing than shooting, driving the ball cross-court or to the ceiling. She was devastating on one play, hitting a forehand left corner kill from center court. Her sharp eye contact with the ball added power and coordination to her swing.

But Ginny, like her husband, used experience and finesse against her opponent. She hit a drive serve to the left, catching the crack at the left wall, just below the short line, for a service ace. Then she smacked a backhand, back wall kill. Never stationary, she moved fluidly, always positioning and setting up for her next shot. The score was tied three times before Ginny gained momentum at 19-18 and ended it with two keen forehand kills.

For the second game they were joined by Leandra Laird, the wife of strong safety Bruce Laird. Lee was still learning the sport, but she held her own in a game of cutthroat.

This game was viewed on the balcony by

every male in the building: The exercise room instructor, a deliveryman, a construction worker, the custodian, a pro shop customer, the laundryman, and two players who took a thirty minute rest break.

Bruce and Lee Laird have outlined tentative plans to open a racquetball club in Maine.

"Bruce and I are planning a combination health club and racquetball facility in Lewiston," Lee said. "If we can educate some of those people on the merits of racquetball and motivate some of the state representatives from Augusta to come over and work out, the facility might catch on. A lot of people in Maine are just getting turned on to sports and racquetball is one we're hoping they'll like."

Lee wants the club to have a special appeal to women players. "We'll stress the time element and availability of courts for racquetball," says Lee. "A woman can sign up in advance, slip away for a hour of racquetball and be back home in no time at all. It's not like golf—an all day affair. We'll have a babysitting service for those who need it. What we'd like is a small, personable place."

Bruce and Lee have hit the ball around a couple of times together. "Bruce plays racquetball," says Lee, "but he has a real passion for tennis. He runs me ragged on the tennis court. In racquetball he's quick to pick up the angles and his eye-hand coordination is excellent. I guess that stems from football. I'm playing a lot now, to keep in shape, and to give him a run for it when we play again."

Lee gets plenty of encouragement from Ginny Dutton. She and John, in partnership with another couple, opened Sports Court, a racquetball club in Lincoln, Nebraska.

"We started our club with eight courts that paid for themselves in four months. The club grew to 600 members and we built four additional courts. John and I play every day in the off-season," says Ginny.

Does she ever beat him?

"Are you kidding?" she laughs. "Talk about people getting in the way. He stands in the middle, switches his racquet from one hand to the other, and covers the whole court."

"But I almost beat him when the season ended last year. I'd been playing daily and he hadn't touched a racquet in over four months. He won, but only after lots of swearing and sweating."



Bert Jones at his game and wife Danni has hers.



Colts' defensive end John Dutton on his turf and wife Ginny on hers.



Lee Laird, wife of Colt safety Bruce Laird, looks over racquet selection made by Ginny

Dutton at club in Baltimore. Opposite: Danni Jones returns Ginny Dutton's serve.

"We usually play after John finishes his weight-lifting workout. Racquetball serves as a second workout for him. After four or five games we're both ringing wet. It's great for our weight control and muscle tone."

Ginny taught Danni to play in January, 1977 in San Diego while their husbands were practicing for the Pro Bowl. Danni then taught Faye MacLeod, who encouraged a lot of the other wives and girlfriends to try it. "We've got about a dozen Colts' wives playing now, with more anxious to try it this season," says Danni.

Danni has challenged Bert to play her but as of yet the star quarterback has not accepted the challenge.

"He's a great quarterback but I think I can take him in racquetball," says Danni. "He says he played in college (LSU) and keeps showing me a scar above his eye, which he says he got from the game, but I think he's putting me on."

Bert counters by saying that he doesn't get the opportunity to play. "I have only one day off during the season and that's when I attend to personal business and watch more game films. Besides, the coaches aren't real happy about players engaging in other sports during the season, especially the quarterback."

"In the off-season we live in Ruston, Louisiana and there are no racquetball courts there yet. But I like to spend my off-season time hunting or flying my plane."

But even if he doesn't play her, Bert encourages Danni to keep playing. "I think it's important for wives to have their own interests and to get out and do their own thing," says Bert. "I'm real happy Danni gets out to play. Racquetball is a heck of a conditioner. In the off-season she's probably in better shape than I am."

Danni is now trying to talk Bert into investing in a club in Reston.

What Danni likes best about racquetball is the quickness in which she could pick up the game.

"When I played tennis, it took a lot longer to learn, and then I had good days and bad days," says Danni. "I feel much more consistent in racquetball. I like the feeling of power and control in racquetball too."

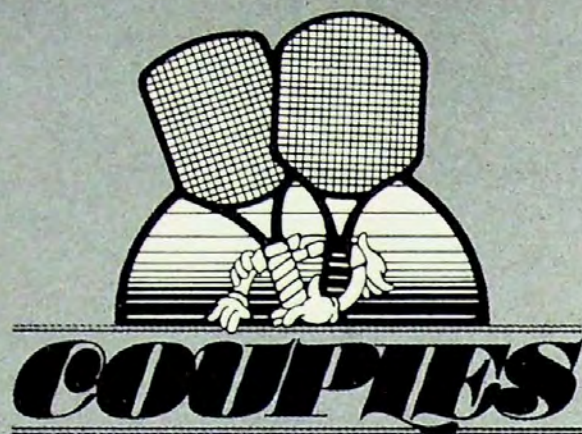
"Racquetball is going to be as explosive as the growth of tennis was ten years ago," Ginny added. "It's a year-round game and women love it. Lots of them are using it to lose weight and tone up muscles. A hotly contested game can burn over 500 calories an hour. In a one-hour match you can lose five pounds. That's equal to four or five hours of tennis."

"And in racquetball, when a rally is over, the ball is still in the court and the game resumes in five seconds. That's not so in tennis and other sports where you might spend five minutes retrieving a lost ball."

"Racquetball got all of us wives together," Danni says, "so it has social values as well. Some people think that the Baltimore Colts' wives just sit around and do nothing, but believe me, we're plenty active."

Just like their husbands.





IS THERE SEX AFTER RACQUETBALL?

Racquetball
clubs are becoming
an alternative
to the disco scene

By Carole Charfauros

With racquetball appealing to young and old, rich and poor, beautiful and ugly, athletic and nonathletic, thin and fat, one could seemingly say it is America's fastest growing sport. And with such a wide variety of players, the sport could also be considered America's fastest growing dating vehicle, perhaps even challenging the discos and singles bars.

With that in mind, RACQUETBALL ILLUSTRATED took a nationwide survey, of sorts. How do racquetball players feel about the bar and disco scenes compared with their own atmosphere? What are the pros and cons of



SEX AFTER RACQUETBALL?

Photo by Carole Charfauros

Charlie Brumfield on racquetball romances:

"The relationship becomes too uni-dimensional when both members share the same interest."

the disco scene and the racquetball club scene? Is racquetball replacing discos as a social outlet? Are racquetball dates being set up? In short, is there sex after racquetball?

Admittedly, the survey is somewhat biased. The interviews took place only in racquetball clubs. No discos were involved. However, many of the people questioned frequent both types of places. And, anyway, it was not the intention of this article to find out which is a better meeting place but to prove that the racquetball club may be a viable dating alternative for some people.

"Racquetball is the greatest way to meet people," said Patty, an advanced player. "Everyone is there for healthy exercise. After a jacuzzi and a shower I feel so good about myself. I've met so many interesting people since I started playing racquetball. Bars and discos just don't offer the same opportunities."

"I used to go to discos a lot because I love to dance and it's good exercise," said Cindy, a college student. "But it seemed like all the guys were just looking for a pick-up. Once I got into racquetball I quit going to discos. The guys who play racquetball are really sincere and dating is only secondary in their minds."

"I've been to discos but everyone is so phony," said Craig. "They all dress alike and gob on the makeup. I ask out a lot of girls I meet at racquetball clubs because they are energetic and outgoing and care about their bodies."

"It's impossible to tell what a girl is like when you meet her at a bar or a disco," says John, 27. "If you ask her out, you've already committed yourself. She could be a real bore or maybe you'll have a hard time dumping her. At racquetball clubs, the girls are more themselves, so you get a better idea whether you want to ask them out or not."

Although the general consensus seems to be that meeting at a racquetball club is preferable to meeting at a disco, some people interviewed didn't think it made any difference where you met people. In other words, it was



Although pro Charlie Brumfield says that racquetball partners don't always make the best dating partners, he ended up married to a pretty fair racquetball player, Pat Spencer.

the individual that counted, not the place where the meeting took place.

"Racquetball and discos are both hot new items," says Candy, who is employed at a racquetball club. "Both are great meeting places."

"Racquetball and disco are both an ego thing," says Steve. "The girls who play racquetball are into their weight and the girls at discos are into fixing up their face."

Even people who are already engaged or married use racquetball clubs as a social gathering place. "I've been married for eight years," says 29-year-old Irene. "But I really dig it at the racquetball club because the guys are always trying to ask me out. I couldn't get away with that at a disco or a bar. We're really happily married but I like the attention just for kicks."

Another tournament player, thirty-four year

old Rita, says, "After being married for eight years I lost touch with the dating scene. I tried night clubs and singles resorts without much success. I felt so plastic when I'd go somewhere just to meet men. To avoid feeling lonely I started playing racquetball with a friend. That was four years ago. Now I play four or five times a week and have never felt better in my life. Plus I have all the dates I could want."

"I met my fiancé at a racquetball club," says Lydia. "I think he was a little turned off at first to my forwardness about asking him to play racquetball. Now he realizes I'm not always like that. I was just dying to play."

And then there are people who don't meet anybody at the clubs and don't care to. They are only interested in playing the game. "I play racquetball a lot but I've never gone out with any of the girls because they are all young," says 38-year-old Kevin. "It's weird. 'I've been playing about five years and I've never even thought about going out with a racquetball player.'"

"I would never go out with a girl who plays racquetball. They don't look feminine," says Paul, who obviously has not seen the football cheerleaders, actresses or models who play the game.

"I don't think racquetball has anything to do with dating," says 47-year-old Ray. "I play because I like the competition and exercise, not to pick up anybody."

Overall, most racquetball players felt that bars were depressing and lonely and the people who frequent them were "hard up." Discos were described as "fun at first, but boring after a while." The people at discos were thought to be putting up a front of happiness when actually they were just as lonely as those at bars.

"Energetic," "Healthy," "sincere," and "friendly" were the most popular descriptions of racquetball players by racquetball players.

"I'm really athletic," says Lisa, "so naturally I like guys who are too. I date lots of racquetball players, but sometimes I think they're too self-centered. When I'm old enough I'll proba-

"I used to go to discos a lot . . . but it seemed like all the guys were looking for a pick-up. Once I got into racquetball I quit going to discos."

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SEX AFTER RACQUETBALL?

"My fiance and I met at a racquetball club. He challenged me to a game and I beat him real bad. He swore he'd keep playing every Friday night until he could beat me. It took three months before I finally lost."

bly go to bars and discos for a while, until the novelty wears off."

Where do racquetball players go when they date? Many of them start out right where they met—on the racquetball court.

"My fiance and I met when I was working at a racquetball club," says Sandy. "He challenged me to a game and I beat him really bad. He swore he'd keep playing me every Friday night until he could beat me. It took three months before I finally lost. After that we started going out bowling and to the movies. We liked each other when we first met, but we never had to commit ourselves to each other because we always used racquetball as an excuse to get together."

"I've taken lots of girls out to play racquetball," stated Bill, a successful restaurant manager. "I think it's the perfect way to get to know someone. If you go dancing or to a movie you hardly need to talk. I like athletic girls anyway because they usually make better lovers."

Dinner and a movie used to be a standard date, but for today's couples the bill for a night out could easily be \$25 to \$50 or more. "I always suggest racquetball to the guys I date because it's cheap," laughed Tita. "I'm a member of a club and guests only have to pay five dollars. We can spend the whole evening playing racquetball, taking a jacuzzi, and watching TV or playing backgammon in the lounge. Besides, where else can you check out a guy's legs when it's snowing outside?"

Not everyone agrees that racquetball dates are a good idea, however. "I would never accept a date to play racquetball," remarked tourney competitor Julie. "unless he was an 'A' or 'B' player. I'm too competitive to let a man beat me, but I'm too smart to let him get beat by me. I think most men can accept a woman's equality, but not superiority."

Some men, in fact, still believe in women's inferiority. "It wouldn't be any fun for me to ask

a girl to play racquetball," says Jim. "I wouldn't even get a workout and she'd probably get frustrated and quit. Or she'd be too embarrassed and self-conscious about sweating and all."

Still, a vast majority of the people interviewed agreed that racquetball players make better dating partners and that playing racquetball is a good way to spend an evening together. Even though racquetball is still a young sport it's not too early to say that there have been many successful romances which evolved out of racquetball.

Do racquetball romances end in marriage? In the case of pro Charlie Brumfield, former national champion, the answer is both no and yes. For three years Brumfield dated Jan Campbell who was then ranked number two on the women's pro tour. Brumfield's second racquetball romance, Pat Spencer, became Mrs. Charlie Brumfield. Ironically, Charlie doesn't recommend becoming involved with racquetball players.

"The relationship becomes too uni-dimen-

"It's impossible to tell what a girl is like when you meet her at a bar. At racquetball clubs girls are more themselves."

sional when both members share the same interest," Brumfield says.

Perhaps it's fortunate that his wife Pat is phasing out of racquetball. "One pro in the family is enough," she says. Pat has too many other interests to devote too much time to playing now. She runs five miles a day, organizes her husband's financial books, and takes care of their luxurious Southern California home.

"I didn't want to date racquetball players," recalls Pat, "because I felt that the girls who did had no private life and became known as groupies. I made an exception with Charlie because I'd known him as a friend for so long. Neither one of us liked the hassle of the dating scene or the bars. I guess we started dating because it was convenient."

Jim and Kathy Pool of Escondido, Calif. became mixed doubles partners before they became marriage partners.

"A mutual friend introduced us at a tournament," says Kathy. "Jimmy had another girlfriend at the time, but after we played in a couple of tournaments together, we started dating."

Even though most married couples discover that it's nearly impossible to play mixed dou-

bles with their spouses, the Pools have done so successfully. Out of a dozen tournaments they've entered together, they've gone to the finals every time.

"It's very easy for me to play doubles with my wife," explained Jim, "because we can communicate on the court and off. We have a very good rapport with each other."

Ken and Linda Frank of Madison, Wisc., also met through racquetball. Linda signed up for racquetball lessons at the local YMCA six years ago and Ken was her instructor. Today there are seven private clubs in Madison and Linda and Ken are among the top-ranked amateurs in the state.

About a year ago, the Franks decided to combine Linda's talents in art and advertising and Ken's experience in teaching and clinics to form a business entitled, "Frankinstruction."

"We incorporated so that we could write off our expenses," says Ken. "We are consultants for all the clubs in this area. We help with promotions for new clubs, but eventually we hope to own our own."

As the Franks will readily verify, racquetball has become big business. Many clubs have incorporated racquetball, disco, and bars together to entice the singles and the dating crowd to join.

Take the Sports Illustrated Court Club in Belleville, Mich., about 35 miles west of Detroit. It was the site of the 1978 Nationals and is known as Lemontree, the name of the apartment (mostly singles) complex where it is situated.

Gaylon Pyle, manager of the club at Lemontree, does not notice the club as any great meeting place for singles but says he notices a lot of "racquetball dates."

"They meet and come here to play racquetball and then go next door to dance or have a drink," says Pyle.

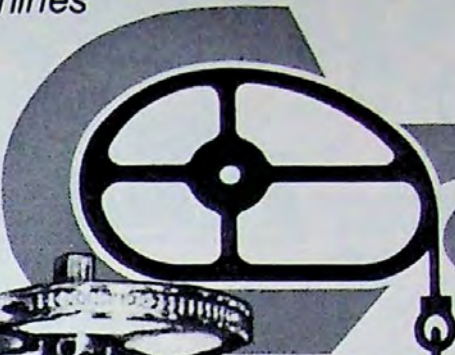
"Next door" is a popular disco-lounge called Paddles. It is housed in the same building as the racquetball club and, in fact, the disco dance floor, is a racquetball court.

Obviously, then, it can be seen that racquetball clubs are not the sweat shops they once had been stereotyped as. They have become a social center.

At discos and bars, people very rarely admit they are there to meet (pick-up, if you will) other people. There are excuses such as "I came here to see the people" or "I came here to dance" or "I came here to have a drink." But, at racquetball clubs, people are not afraid to say they joined for social reasons.

"People nowadays are becoming more aware. They see through the facade of an obvious pick-up, like at bars," says one novice woman player. "At racquetball clubs, the atmosphere is open and friendly. It gives me an opportunity to meet guys casually, at the same time knowing that something serious might develop."

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INSTRUCTION

Exercises for 2

Editor's Note: This is an excerpt from the book *THE ZANE WAY TO A BEAUTIFUL BODY* by Frank and Christine Zane, Simon and Schuster, New York, 1979.



Frank Zane, the current Mr. Olympia, is a former Mr. World, Mr. America and Mr. Universe. His wife, Christine, is a former Miss Americana and Miss Universe Bikini.

Exercising with a companion can make a routine go a lot faster and be a lot of fun besides. This routine is designed for the use of two persons. Most of the movements will benefit both partners at the same time. Some of the movements allow one person to exercise while the other gives support or aid and at the same time gets a chance to catch his or her own breath.

Following this routine as it is set out will allow each person to get a fast-moving, effective physical-fitness workout. An ideal time to do this program is in the morning, before breakfast. This starts the circulation moving, warms stiff joints and limbers you both for a great beginning to your day.

Use your partner to keep the routine moving at a snappy pace. Don't allow yourself or your partner to lag. Keep yourself aware of your partner's movements as well as yours. We think you will find these exercises a great deal of fun, as we have, and very effective. If you find yourself away from a suitable place to train or if you are traveling and without access to weights, and you prefer resistance-type exercises, we think you will find these a good substitute for training with weights. Most important: Laugh and have a good time exercising together.



Towel Curl

Purpose: The person doing the curling movement is working biceps muscles while the partner resisting with the towel is working the latissimus dorsi and triceps muscles. For best results do this exercise very slowly.

Equipment: A towel

Procedure: 1. Stand grasping middle of towel with hands close together while partner holds onto ends of towel. 2. Inhale and curl the towel upward while partner resists. When hands reach chin slowly begin to lower hands as you exhale and partner resists on the way down. Both partners should inhale and exhale at the same times.

Repetitions:

Beginner 10 times
Intermediate 15 times
Advanced 20 times



Chest Crosses

Purpose: This movement works the chest muscles and is most effective when each repetition is done slowly. Be sure to keep the elbows very slightly bent to place maximum effort on the chest muscles.

Equipment: None

Procedure: 1. Sit facing your partner. 2. Partner places hands inside your wrists. 3. Inhale and slowly move arms outward until they form a wide V with your upper body. 4. Slowly close arms together in front of you as your partner resists. Exhale.

Repetitions:

Beginner 10 times
Intermediate 15 times
Advanced 20 times

Slim-kicks

Purpose: This is just about a total body exercise. Your partner and you will both be slimming and firming your waists, hips, buttocks, thighs and upper hip area. Be sure to keep your posture correct and both knees straight but not locked.

Equipment: None

Procedure: 1. Stand face to face with your partner, arms' distance apart. Grasp your partner's hands. Both of you should stand with feet slightly apart. 2. Hold your hands and body steady as you both swing your right legs toward your left, exhaling as you do so. 3. Inhale as you return your legs to the start position. 4. Now alternate and swing your left legs to the right side. 5. Be sure to lift the leg as high as is possible and point your toes.

Repetitions:

Beginner 10 times
Intermediate 15 times
Advanced 20 times



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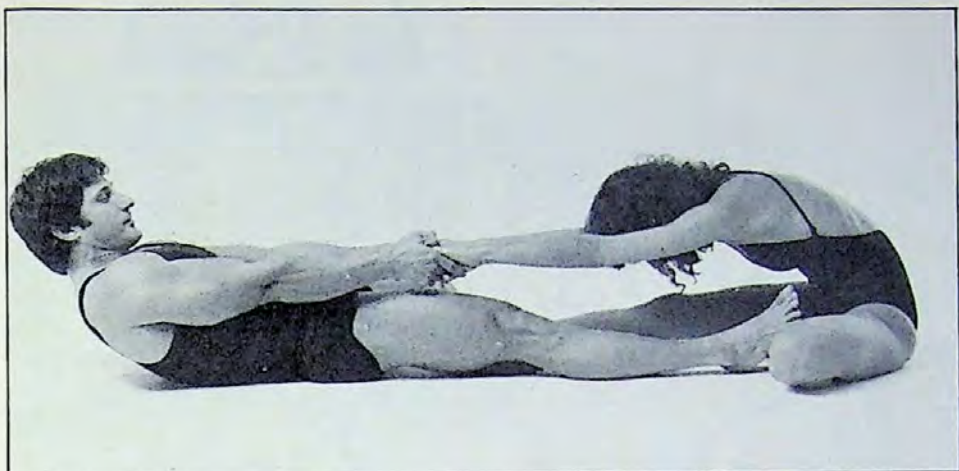
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Thigh Stretch

Purpose: This movement is excellent for strengthening a weak lower back while firming and loosening up the rear of your thighs. Breathe very deeply during this movement.

Equipment: None

Procedure: 1. Sit on the floor facing your partner. Both of you should have the left knee bent, with the sole of the left foot resting on the inside of the right leg. Grasp hands. 2. As you lean backward, pull your partner forward and inhale. Now let your partner pull you for-

ward and exhale as you come forward as far as possible. Try to keep your back flat and pull forward, aiming to touch your chin to your knees. You may not be able to reach this far the first few times, but move slowly and, with a lot of practice, you both will make it eventually. 3. Now change legs and do all repetitions on the other side, working the left leg.

Repetitions:

Beginner 10 times
Intermediate 15 times
Advanced 20 times

Circle-stretch

Purpose: Here you will be making a circular motion with your upper bodies as you both firm and trim your waistline, upper hips and midsection. Lean as far as possible from side to side.

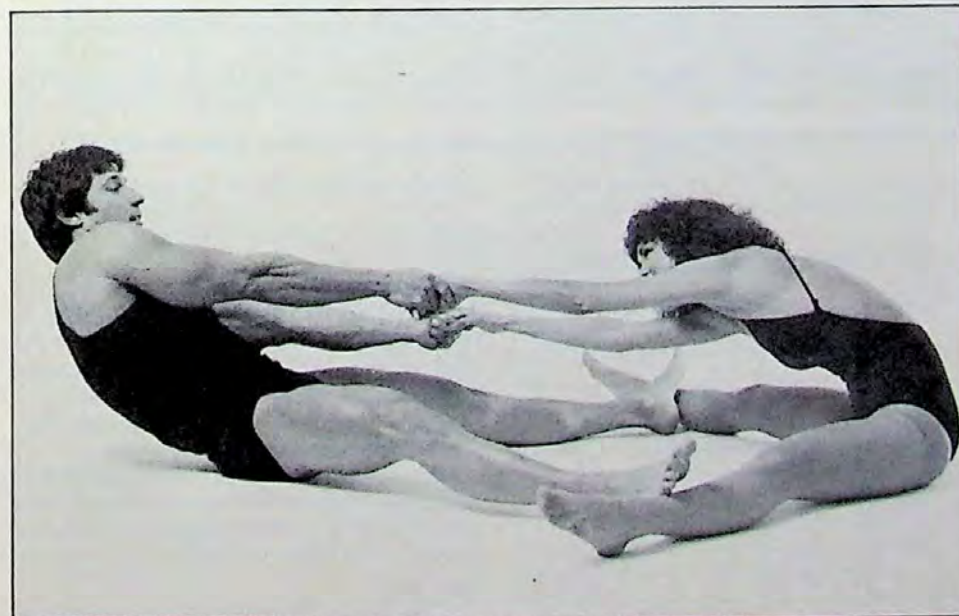
Equipment: None

Procedure: 1. With your partner, sit on the floor facing each other with your legs spread. The person with the more massive legs should place his or her feet on the inside of the other's calves. This will give you both

equal balance in the exercise. Hold on to your partner's hands. 2. You will be breathing in as you lean backward and out as you circle forward. 3. In a large circular motion, move clockwise for one full circle and counterclockwise another full circle. Continue alternating until all repetitions are completed.

Repetitions:

Beginner 10 times
Intermediate 15 times
Advanced 20 times



Towel Triceps Extension

Purpose: Both you and your partner will work the triceps muscles on this exercise. It should be done very slowly.

Equipment: A towel

Procedure: 1. Grasp both ends of towel behind neck while standing. Partner stands behind you and grasps middle of towel with both hands. 2. Inhale and slowly begin to straighten arms out as partner offers resistance. 3. When arms are almost straight, stop, resist, and exhale as your partner pulls downward. Both of you should inhale and exhale at the same times.

Repetitions:

Beginner 10 times
Intermediate 15 times
Advanced 20 times

MIXED DOUBLES

By Jerry Hillecher and Jan Matthews

Have you ever noticed how many people shy away from playing mixed doubles?

Maybe they're afraid. Maybe they want to avoid an argument. Maybe they really don't know how to go about playing with two men and two women on the court.

But they might be missing a good time.

Mixed doubles doesn't require a crystal ball to decipher. There are no deep mysteries to the game.

It's like regular doubles, with possibly one exception: One player on each side might—just might—be a little less strong than the other.

But does that change any strategy or rules or enjoyment?

Absolutely not.

As in regular doubles, you want to capitalize on the weaknesses of the opponents. That doesn't mean "weak" as in lifting barbells. That means poor play, mistakes, bad positioning and unfortunate shot selection.

The theory makes perfectly good sense: If one of your opponents is killing everything he or she hits, while the partner is hitting everything into the floor, hit it to that partner.

Don't be convinced that you'll hit everything to the woman player. Often you'll be sorry to learn that the woman is the one scoring all the points.

There are two basic doubles formations (pictured here): Side by side, or up and back (I formation).

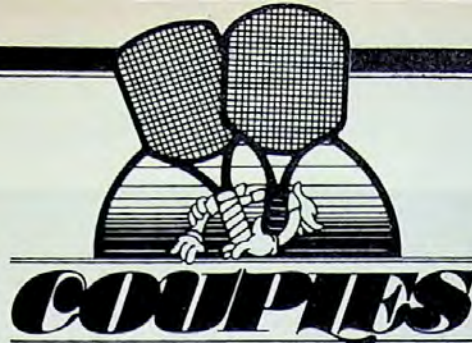
Side by side doubles is fundamentally easier to understand. Each partner covers exactly half of the court, divided by an imaginary line from the middle of the front wall to the middle of the back wall. It's clear which partner has responsibility for each shot. But it's also easier for your opponents to isolate the weaker player in this formation. (See photo.)

"Keep it to the right," you'll hear them say. And the partner on the left is helpless.

In the "I" formation, one partner covers only the front court, while the other plays back. If you and your partner have agreed that one of you is considerably weaker than the other (or one of you is simply injured or in a slump), that weaker player should take the "up" position but cover only the right front corner, leaving three-fourths of the court to the stronger partner. (See photo.)

The "up" player hangs in there near the short line, and never, never hits anything with a backhand. Sticking out that backhand could rob your partner of a forehand setup.

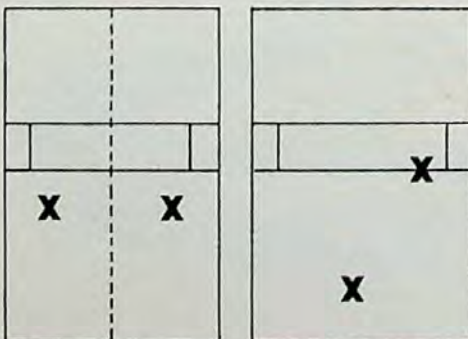
As far as rules, there are a number of proposals to institute special rules for mixed doubles. But for now, there are no differences,



On the receiving end of a serve, Jan Matthews covers the right side of the court and teammate Jerry Hillecher covers the left half. Matthews will focus on forehand shots while Hillecher covers forehand and backhand shots.



The "I" formation has Matthews in the forecourt and Hillecher covering the backcourt.



unless enacted for a specific tournament.

The most common idea is to require men to serve only to the men, and women only to the other women. But for now, your serving strategy should be just like in regular doubles.

If your opponents are a lefty and a righty, serve down the middle. (See photo.)

Mix up your selection of serves with off-the-wall angles, lobs and drives but be sure they end up right down the middle, which means that either opponent will have to return with a backhand.

If both players hold the racquet in the same



Passing shots are more effective than kill shots in doubles. In these two photos Hilecher aims his passing shots toward Matthews' side. This forces the opponent to go around Jan in order to retrieve the shot.



hand—whether left or right—serve to the backhand corner.

You'll probably want to serve more defensively than you would in a singles match. It's very, very difficult to hit an ace in doubles, because the receiver has less court to cover.

So you should be more patient than in a serve-and-shoot singles game. Work on the

other team's mistakes. Hit more ceiling balls. Wear 'em down. Wait for the right offensive opportunity.

You'll want to hit more passing shots for winners in doubles. Sure, the kill is still the basic offensive weapon. But there will be TWO people standing up there to retrieve your kill attempt, eager to bury it for themselves.

If you work the ball, moving one of your opponents out of position slowly with the flow of the rally, you'll eventually have an opportunity to hit a passing shot and add a point.

And speaking of positioning, don't let your own team be caught off guard.

When receiving the serve, your partner should already be moving up toward proper position near the short line as you get set up to hit.

A final, but important point to remember is to trust your partner.

"Poaching," or stealing your partner's shot, as is often done in tennis, only leaves you out of position. It's exactly the opportunity your opponents are waiting for to blow a winning passing shot past you.

Talk to your mixed doubles partner. Decide how you'll divide the court. Stick to your game plan. And have fun.



Serving is done more defensively than in a singles match. It's difficult to hit an ace in doubles. Here, Hilecher serves to the backhand of one opponent and he and Matthews immediately assume a side by side defensive formation.

Doubles Rules

The rules for doubles are basically the same as for singles.

The basic difference has to do with serving.

"At the beginning of each game in doubles, each side shall inform the referee the order of service, which shall be followed throughout the game. Only the first server serves the first time up and continues to serve first throughout the game. When the first server is out—the side is out. Thereafter both players on each side shall serve (and both players must lose their serve) before the opposing team serves. It is not necessary for the server to alternate serves to their opponents.

"On each serve, the server's partner shall stand erect with his back to the side wall and with both feet on the floor within the service

box until the serve passes the short line. Violations are called foot faults.

"If the serve hits the teammate, the ball is out. If either partner serves out of order, the ball is out."

In doubles, "if one player swings at but misses the ball, both he and his partner may make further attempts to return the ball until it touches the floor a second time. Both partners on the side are entitled to return the ball."

In doubles, "both players on a side are entitled to a fair and unobstructed chance at the ball and either one is entitled to a hinder even though it naturally would be his partner's ball and even though his partner may have attempted to play the ball or that he may have already missed it. It is not a hinder when one player interferes with his teammate."

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Proper Strength Training

By Dr. Ellington Darden
(First of a two-part series)

EDITOR'S NOTE: Dr. Ellington Darden is the Executive Program Director of the Athletic Center of Atlanta, Georgia.

Suppose you had never seen an automobile, but you were familiar with the horse as a means of transportation.

One day as you are riding your horse into town, a strange sight—an automobile—appears on the road ahead. As it gets closer you stop in amazement.

The man in the car also stops. It is his job to sell you this new piece of machinery that he confidently says will give you much better results than your horse.

His talk is sane and logical in some respects. In other respects, it seems overzealous.

In an attempt to make you a believer, the salesman says he'll have an automobile delivered to your front door tomorrow morning for a week's free trial. You hesitantly agree.

When the automobile arrives the next morning, you're still fearful and unsure. Nevertheless, you accept. The following day you decide to give the car a try, but only if your horse is roped to the rear bumper. At least if the car fails, you'll have a familiar way to get back home.

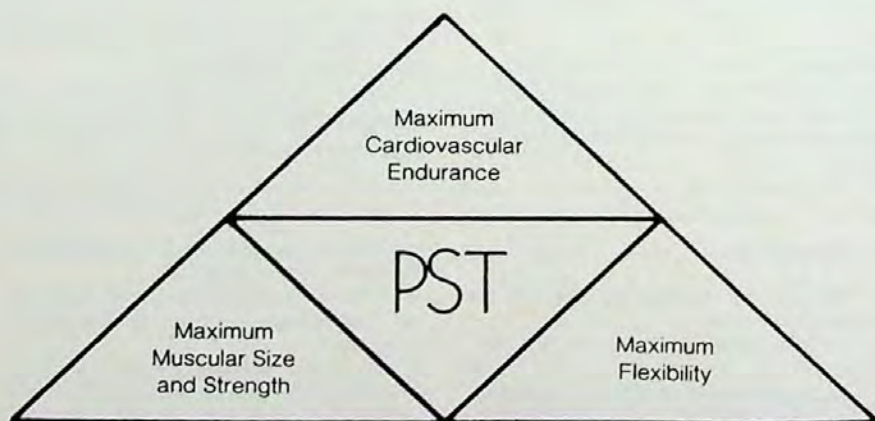
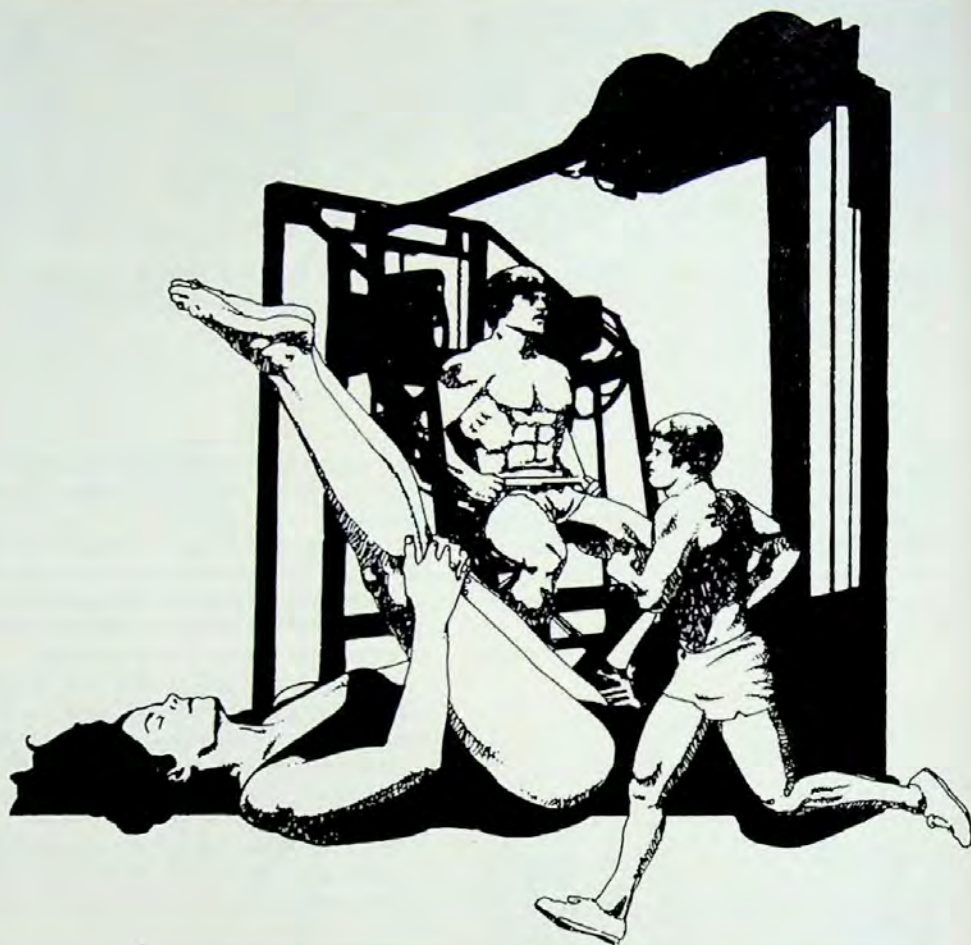
When the salesman returns the next week, you tell him "Thanks, but no thanks." You'll keep riding your horse until a better horse is invented.

You tried the automobile and the results were not satisfying. What you failed to realize, however, was that you tried the car in a most inefficient manner. Even though you were traveling by car, your speed of movement was limited by the requirements of the horse.

A similar situation now exists in the field of supplemental exercise for racquetball. Just as the automobile radically changed the transportation business, at this point in time there exists a means of conditioning that could revolutionize performance on the racquetball court. But because most people who try it, try it in an incorrect or misguided fashion, little or no results are attained for their efforts.

This revolutionary style of conditioning is called *PST* or Proper Strength Training.

Traditionally, most authorities are in agreement that total conditioning requires three



SUPERIOR CONDITION FOR RACQUETBALL

separate training programs: One for cardiovascular endurance, another for flexibility, and yet another for muscular strength. A serious racquetball player might practice long-distance running for endurance, perform calisthenics for flexibility, and lift weights for strength. Since each separate training program requires at least 30 minutes to complete, the athlete would have to be willing to

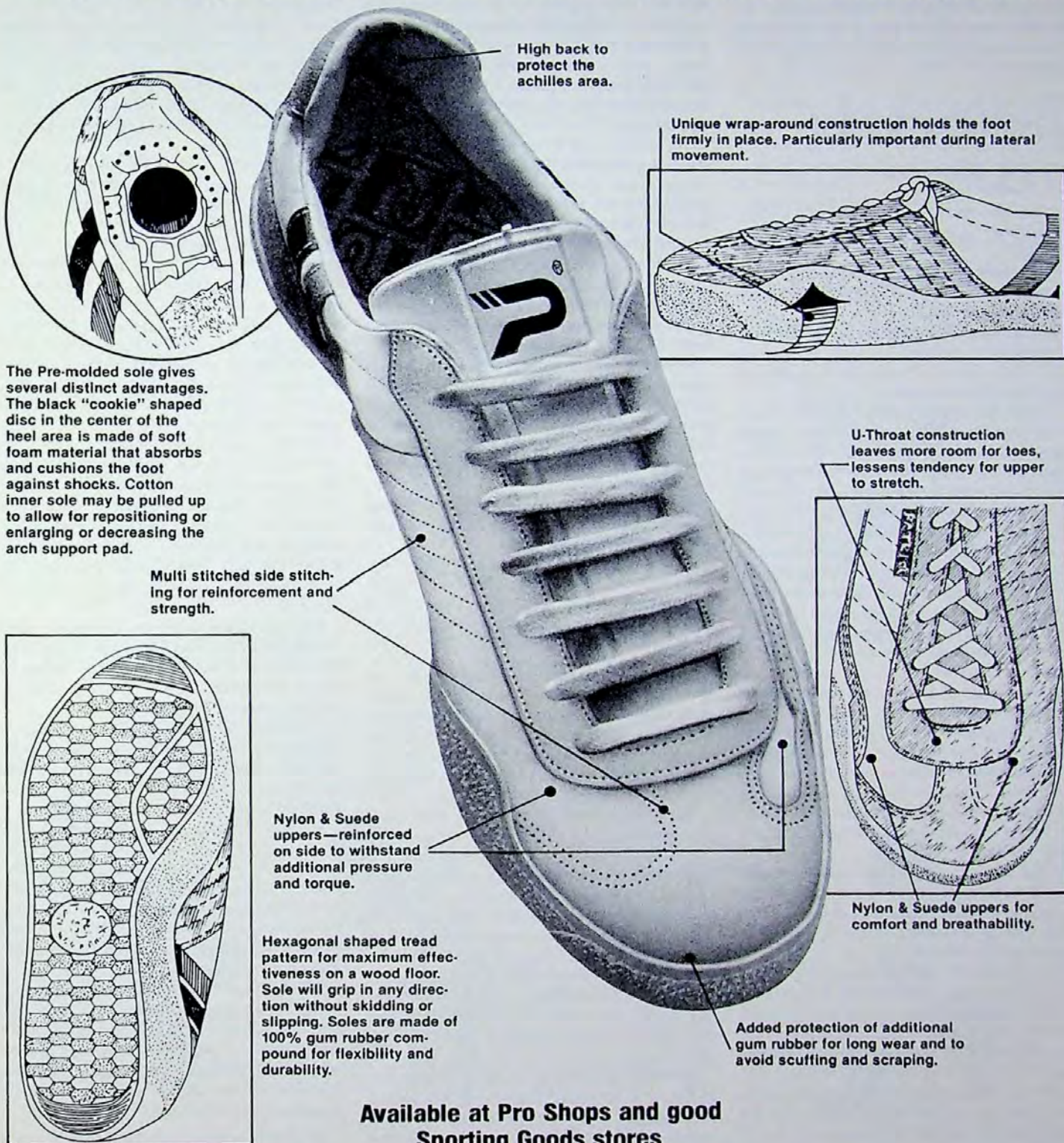
spend one and one-half hours, three times a week, on conditioning.

With *PST*, however, you can get maximum strength, endurance, and flexibility—all in one, efficient, 20-minute workout that is repeated three times a week. In other words, the same or better results are possible in one fourth the time with *PST*.

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tance of PST. PST should be the core of your conditioning program for racquetball.

The relationships between PST and the requirements of maximum cardiovascular endurance, maximum flexibility, and maximum muscular size and strength are obvious when understood.

Cardiovascular Endurance

Three factors are important in exercise that is designed to improve cardiovascular endurance.

1. The exercise must be hard enough to get the heart rate up to 70-85 percent of its maximum beats per minute.
2. This heart rate must be sustained for a minimum of 10 minutes.
3. Such exercise should be repeated at least three times a week.

It does not matter to the heart and lungs which muscles are being worked to raise the heart rate to the desired level. Working the arms has the same effect on the heart and lungs as exercise involving the legs if the total amount of work and the pace are the same.

Strength training is usually performed in spurts, 30 seconds of hard exercise followed by a rest period. Thus, the heart and lungs are not receiving the steady pace of work required for maximum endurance. Cardiovascular training is usually performed at much lower intensity than other methods, but it is sustained for a longer period of time. The heart and lungs, therefore, are being worked at a steady pace.

Traditional steady-pace training will never produce effective strength increases. Training in spurts will do little or nothing for cardiovascular endurance. But a well-planned combination of strenuous exertion with little or no rest periods will produce the perfect training program.

If the program is properly outlined, every major muscle group in the body can be worked to exhaustion while training the heart, lungs, and other bodily systems as a whole in a steady-pace fashion.

A PST program must be designed to stimulate the heart rate of the athlete to a specific level and maintain that level from 10 to 20 minutes. Maximum heart rate depends on the age and condition of the athlete. For athletes ages 20 to 30, maximum heart rates of 200 beats per minute are normal. Depending on the condition of the athlete, he should be trained to perform at approximately 70-85 percent of the maximum, or 140-170 beats per minute. One racquetball player might choose to work at a higher heart rate for a shorter period of time, 170 beats per minute for 12 minutes. Another player might work at a slightly lower heart rate for a longer period of time, 140 beats per minute for 20 minutes.

Strength-training programs *not* designed to achieve this heart rate and maintain it for 10-20 minutes do not provide adequate stimulation for improvements in cardiovascular endurance. Since most strength-training programs are not planned or properly supervised, with maximum cardiovascular endurance in mind, athletes have to resort to some type of running program for the desired stimulation.

As a result, many racquetball players now have a supplemental training program for strength and another for endurance, which means they are probably over-taxing their recovery abilities. As most athletes get stronger and better conditioned, their recovery abilities do not improve in proportion to the level of strength and condition. Instead of getting stronger the athlete's progress stops altogether, or he may actually get weaker. Too much activity is worse than too little activity.

A single program that produces maximum muscular strength and maximum cardiovascular endurance is much more desirable than two separate programs. It's more beneficial to the body as a whole. It's more successful, makes fewer demands on the recovery ability, and saves time.

So, for cardiovascular endurance one should move from one exercise to the next with a minimum delay.

Flexibility

Building strong muscles requires exercise with heavy resistance. Heavy resistance is also necessary for increasing flexibility. For flexibility, the limbs must be stretched into positions far beyond a normal range of movement. It takes heavy resistance to produce such a degree of stretching.

By the performance of limited, mid-range movements it is possible to obtain some increase in muscular strength without stretching. But the development of a maximum degree of muscular size and strength is impossible without the use of full-range stretching movements against heavy resistance.

Flexibility is a product of several factors: The geometry of the joints; individual bodily proportions; percentage and distribution of body fat; condition of the connective tissue; strength of both the contracting and relaxing muscle groups.

Nothing can be done to alter the geometry of the joints or bodily proportions. Although it is possible to reduce the amount of fatty tissue, nothing can be done to improve the distribution of body fats. If the connective tissue has been damaged, it may or may not be possible to repair that damage. But something can be done about the muscles. Doing as much as possible will increase flexibility while reducing the chances of injury.

If the arm is forced into a position that is

well outside its normal range of movement, injury is almost certain. Something must tear in order to permit such an unusual range of movement. But if the range of movement has been gradually increased by stretching against heavy resistance, the same position can be reached with no chance of injury. This does not imply that any degree of flexibility will make injury impossible, but a high degree of flexibility and strength will certainly reduce the incidence of injury.

When Arthur Jones first built a Nautilus pullover machine, he incorporated a range of movement of 160 degrees of rotation around the axes of the shoulder joints. This was enough for most athletes. After they used the machines for awhile, however, their flexibility increased. It was necessary to redesign the machine and increase the range of movement. Gradually, over a period of two years, the range of movement of the machine had to be enlarged several more times. Now, at least five athletes have been able to demonstrate more than 290 degrees of rotation around the axes of the shoulder joints.

Within a few months, most athletes can demonstrate a range of movement of about 240 degrees in this exercise, a 50 percent increase in degrees of rotation. Because of individual variations, some athletes would never be able to reach such a degree of flexibility. But any athlete can increase his proficiency by stretching against heavy resistance.

Most conditioning articles and books urge the athlete to practice full-range movements. Such advice is largely wasted. A full-range movement against resistance is impossible in most conventional exercises.

A barbell curl is not a full-range exercise because there is no effective resistance at the start and no effective resistance at the last part of the movement. Stretching should be provided at the start of the movement.

A bench press is not a full-range exercise for much of the same reasons. There is no stretching in the bottom position and no resistance in the finishing locked-out position.

Full-range exercise is very important. Without full-range exercise, only part of a muscle is working. Maximum levels of strength throughout a muscular structure cannot be attained by exercising only part of a muscle.

Most racquetball players have one program for strength and another for flexibility. Calisthenic and yoga-type stretching are designed for flexibility only. The best results are produced when an exercise provides resistance in every position.

Strength training, therefore, can increase flexibility only if it involves stretching. Stretching is best accomplished on machines that provide heavy, full-range exercise. As strength develops, flexibility increases.

Next Issue: How to Develop Muscular Strength.

Kill Shots

With Ben Koltun

Q: You say you go for the kill shot almost every time. Why is that?

Koltun: I go for the kill shot every chance I get because I want to be on the offensive as much as possible.

Q: If you miss the kill shot, do you try and set it up for a passing shot?

Koltun: In my game I try and use double line shots. I hit the ball straight down the line because if I miss the kill shot, the ball will still be low and it can turn into a passing shot.

Q: Why do you go for kill shots as opposed to pinch shots?

Koltun: If you make your pinch shots, great. But if you're not going to make them, you leave the ball up and in the front court, and the opponent has an easy shot. So, I only use it once in a while for a change of pace.

Q: Describe how you set up for a kill shot?

Koltun: I usually set my body parallel to the side wall, so I can swing through the ball, which generates power. I never hit the ball facing the front wall. I just bring my racquet back and let the ball drop to the lowest possible point and follow through with a lower swing. Sometimes I put overspin on it to keep it down.

Q: Describe how you put overspin on the ball?

Koltun: I slightly raise the racquet to the right, so I'm not directly turning my wrist over

in any kind of position. It's just me and the racquet coming over slightly. I meet the ball somewhere between my front foot and my back foot, depending on how I set up for the ball and how low the ball comes to me.

Q: With a kill shot, do you bring your elbow down lower?

Koltun: If I have time to set up I usually try to get my body low, bend my knees and get my back low. So, in that regard the elbow is coming through at a lower point.

Q: Would you recommend going for a kill shot from the back wall?

Koltun: With my forehand, most of the time I do. The backhand is usually weaker and most players won't take as many chances from deep court. They usually wait for a higher percentage shot.

Q: What about for the beginning or intermediate player?

Koltun: I advise them not to shoot backhands from back court. Go for the ceiling instead. As for the forehand, if you have a set up, go for it. If you want to play more of a percentage game, then you can go for the ceiling and wait for a better shot in center court or off the back wall.

Q: What about a backhand kill shot?

Koltun: With the backhand, you again want to wait until the lowest possible point to hit the ball. If your backhand is slightly weaker, you might want to hit it a little higher. Marty Hogan has more power than some other players. He can hit it, let's say, an inch off the ground, whereas others might have to hit their backhand two inches off the ground.

Q: When shouldn't you take a kill shot?

Koltun: If you are playing a percentage game, and that's not really a bad idea for anyone, you should take a kill shot whenever your opponent is out of position. Don't shoot from deep court. Wait until you can get into center court.

Q: What about a kill shot on a return of serve?

Koltun: If the ball is chest high I won't shoot unless it is coming off the back wall. If it's a bad serve, short or off the wall, go for it.

Q: What are the most important ingredients in the kill shot?

Koltun: Patience and timing.

Q: Not power?

Koltun: You don't have to be powerful but power helps get you more velocity. I think timing is the most important factor.



Note how Koltun bends low and swings low on the backhand side.



For maximum performance on a killshot, face the side wall, bring your racquet back, let the ball go to the lowest possible point and follow

through. Don't forget to lead with your elbow and snap your wrist.

Volleying

By Marci Greer

Racquetball instructors all over the country are teaching their students to play all high balls off the back wall—not to rush their shots, but rather, to use the time it takes for the ball to come back to get themselves set.

That's pretty good advice, especially for beginners. But anyone who has seen the pros play must have noticed the number of times that a player will take a ball high out of the air and slam it at the front wall without getting set.

It's called the volley or cut-off and, while it is neither a high percentage shot nor one which should replace back wall play, it can be a real point winner if used correctly.

Volleying radically changes the tempo of the point and, perhaps, the game. It presents your opponent with an unconventional situation and one to which she must immediately react. It keeps her honest in the sense that she can't rely on you to always play the back wall.

Another advantage by volleying is that you maintain center court position rather than giving it up to your opponent as you move out after that back wall ball.

Picture this: You've hit a good shot. Your opponent runs it down, but can't really hit the ball with any control. She just drives it down



Marci Greer shows that a volley should be hit from waist height or higher.

the middle. It comes at you about waist high. Your normal reaction would be to let the ball go past, moving to back court expecting a plum. But then you're giving up center court. You're giving your opponent a chance to re-

gain her balance and move in to cover your kill attempt. If you leave the ball up, she's in perfect position to re-kill.

What you should do is volley. Not all the time, of course, but whenever you sense a chance to catch your opponent napping.

If the ball approaches between knee and chest height while you are near front court, around the service area, pick it off. You gain the element of surprise and you capitalize on your opponent's position behind you or in deep court. Of course, if the ball is about to pass you above the head or above chest height, let it go. It will produce not just a plum, but a super plum.

You can volley when:

- 1** Your opponent is still off balance, or even on the floor, having just thrown up a prayer. Volleying a pass or pinch gives you a big advantage that you would give up by waiting.
- 2** You and your opponent are side by side. Volleying the ball to the other side of the court capitalizes on your body position.

But you have to react quickly. This is an advanced shot that requires alertness, an active search for the opportunity to cut the ball off while it's still in the air.

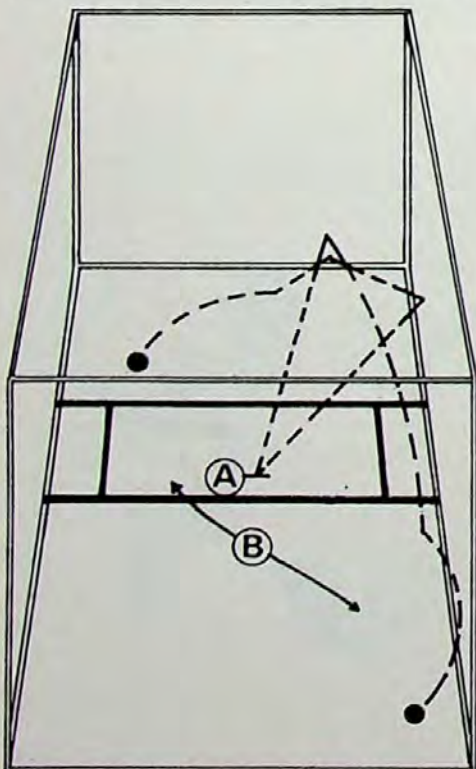
Watch the angle of the ball carefully. Anticipate the situation. Not only where your opponent is at the moment, but where she'll be in another few seconds. Think where you should place the ball. Will a firm passing shot be the most effective? Or should you pinch the ball? The answer is a split-second decision, different in each situation. (See diagrams.)

Your swing should be compact. Volleying requires a punch stroke, not full swing. You won't have time for a full backswing and complete hip and shoulder rotation. Use an open stance to punch the ball, instead of taking a big stride. Solid impact is the most important factor in control, whether it's a pinch, a pass or a straight-in kill that you've chosen.

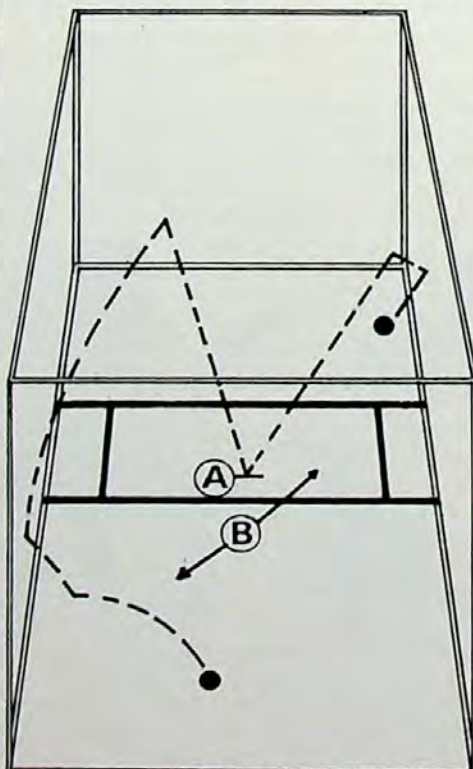
Your grip should be equally firm. Remember, the speed and spin of the ball will be extreme. If you're not ready, your racquet could twist in your hand.

Practice is the key. Hit yourself some set-ups that will reach you about waist high. As you stand in the area of the service zone, be alert for the balls you can volley, knocking them down into the corners or driving passing shots.

If you can master the shot, you'll be points ahead.



A down the wall drive can be alternated with a side wall-front wall kill to take advantage of the element of surprise inherent in a volley.



When you have center court position and your opponent is behind you, you can also volley a crosscourt drive or a front wall pinch shot.

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Third and Going Nowhere

By Mason Stewart

Alex Copperworth was a loner. He was such a loner that only six people besides his relatives showed up for his funeral, five of those being reporters and the sixth a landlord who was trying to collect \$300 in back rent and was hoping one of Copperworth's relatives would be there to pay off his debts.

Alex Copperworth had this underlying hate for his father. Actually he and his father got along well. He always had good things to say about his father. But he hated his father because his father never had connections. Alex wasn't sure what he was going to be but whatever he finally decided upon he wanted his father to have connections to make him a success.

Alex Copperworth had a disappointing love life. He was married once, but only for seven months. He only got married because he didn't want to go through life never being married. He figured if that ever happened someone would think less of him when he eventually died.

Alex Copperworth, 29, was a professional racquetball player, ranked third in the United States. Actually, Alex was third in the world because racquetball was slow to catch on outside the United States. But Alex didn't like his "third best" spot in the pro tour hierarchy. "Third place is like being Secretary of State," Alex Copperworth used to say. "You're big time during your reign but forgotten when you die."

What made matters even more traumatic was that the top two players in the world, Curt Summers and Sal Milton, were under contract to the same racquet company as Alex.

This presented somewhat of a dubious position for Alex Copperworth since he didn't

get the publicity that Summers and Milton received, which, in turn, meant he didn't get the endorsement contracts the other two were offered. He knew he was just as good as Summers and Milton but sometimes when he played them in a match, he would psych himself out and lose, usually in a tiebreaker. He had this underlying attitude that since he was number three with Shark Racquets, he felt obligated to finish number three in every tournament.

The first time I met Alex Copperworth was 15 months ago. My name is Mason Stewart. I'm a sportswriter for New Sports Magazine, the largest circulated monthly magazine in sports. I cover the racquet sports, which means I switch off writing about tennis and racquetball with an occasional squash, ping pong or badminton story thrown in. It also means I get invited to a lot of parties at which cute and foxy as well as gross and ugly groupies gather to meet the players, and a lot of freebie dinner banquets in which old men stand up at microphones and make fools of themselves with stupid speeches filled with passages from the Bible and anecdotes about the good old days.

It was at one of these banquets I met Alex Copperworth. I had been assigned to do a mood piece on him. A mood article is one my editor used to tell me was filled with atmosphere but if the atmosphere wasn't right for my angle I should make up some atmosphere that fit.

It was at our first interview I learned why so many people thought Alex Copperworth was so lonely. It was rather a simple deduction. He

wasn't lonely, but his interests differed so greatly from the other players that he never hung around with them and drank beer with them and made fools of himself with them, so they automatically thought he was introverted even though they never bothered to take the time to find out if it was really so.

"I didn't even want to go to this stupid banquet but Roger said I had to keep up my image," Alex told me that evening. "I thought my image was one of a loner, so if I'm supposed to be alone, why do I have to be here?"

Roger is Roger Sharkness, the founder, owner and president of Shark Racquets and the unofficial organizer of the pro tour. Sharkness has been called every name in the book by everybody not connected with Shark Racquets and he has received every ounce of praise from the people he pays a salary to.

You could tell Alex was uneasy with interviewers if they started asking him questions about racquetball and the politics of racquetball companies. He really couldn't care less which company was number one and which company made the greatest racquets in the history of the universe. All he wanted to do was get paid for winning racquetball tournaments. All he wanted to do was make as much money as he could, so he could buy all the material possessions he wanted. "I'm materialistic as hell," he told me. "If you got the money, spend it."

While other racquetball players were talking about upcoming tournaments and Rod Stewart concerts and Richard Dreyfuss movies, Alex Copperworth was reading Faulkner, Twain and Shakespeare. In our first interview he didn't want to talk about racquetball. He was more interested in a class I used to teach in college on satire. He wanted to talk

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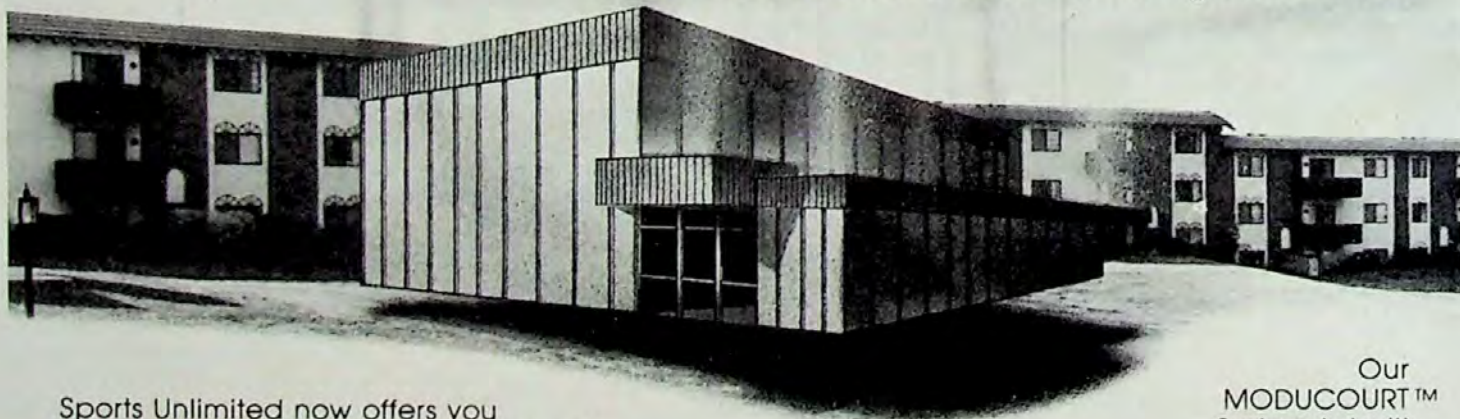
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Third

about *Catch 22* and Art Buchwald and Art Hoppe. He wanted to talk about sports but only in a psychological or sociological context. Politics he didn't care about. "Let everybody kill everybody else. What do I care," he said. "When someone wants the world to end, they will put an announcement in the New York Times, press a few buttons and turn out the lights."

Alex was born in Los Angeles. So were Summers and Milton. They grew up within six blocks of one another, went to the same elementary school, the same junior high, the same high school and learned to play racquetball at the same place—the San Fernando Valley Jewish Community Center. The three were at one time best of friends. They would triple date, cruise Van Nuys Boulevard on Wednesday nights picking up any girl they unanimously voted on as meeting their standards and they even got up in the middle of the night for seven consecutive years and drove together to the Rose Bowl Parade on New Years Day.

But all this buddy-buddy stuff ended three years ago. That was when they all realized that money was thicker than friendship. That was when each realized that every time the other two did well in racquetball tournaments, it took money out of the third's pocket. That was when they realized they couldn't be friends off the court and hate each other on the court. The only alternative was to hate each other as much as possible.

The three players were cordial to each other off the court. They had to be since Sharkness made sure there was no in-house animosity. It's bad for the company's image, you know. But Alex told me he couldn't stand to be around his two "friends."

"They are nice guys, I guess," said Alex Copperworth. "But money does strange things to friendships. As soon as we started playing for a lot of money, we never went out together any more. I don't think we ever even saw each other unless it was on a racquetball court. I wasn't a so-called loner until I got on the racquetball tour."

Alex Copperworth became a racquetball player because he couldn't be a good baseball, football or basketball player. He missed swimming tryouts in high school and finished second to last in tryouts for the cross country team. He knew if he was to be great at something it would have to be in a sport which hadn't really hit the bigtime yet. "I was a good athlete but never great in anything until racquetball came along."

Racquetball came along for Alex quite by accident. His uncle had taken him to the Jewish Community Center to watch him play handball. After watching his uncle a few times, Alex, like most kids, wanted to try it himself. "It hurt my hand," Alex told me. "My hand was red. When I got home I started crying

hurt so much." The next time out, however, his uncle sawed off a tennis racquet and let Alex play that way.

The first several times on the court his uncle would teach him proper strategy. His uncle didn't care about points and winning or losing. He wanted to show Alex the proper techniques. Alex would buy up old tennis racquets from club pros, saw them off himself and sell them to his friends. Pretty soon he had talked about a dozen friends, including Summers and Milton, into playing the game.

The last time anybody saw Alex Copperworth alive was last Sunday.

It was Nationals week and Phoenix was selected as the host city. Usually the Nationals are held at some club with a seating capacity of under 1,000, but racquetball has grown so much that they moved it into an arena, The Phoenix Memorial Coliseum. New Sports assigned me to cover the story but even if they hadn't wanted me to be there, I would have taken vacation time to see it.

ABC was there to cover it. Actually I don't think ABC really cared much about racquetball. They usually prefer such monumental events as World Championship Skydiving and Celebrity Rodeo but when the network found out racquetball was being considered as an Olympic sport in 1988, it jumped at the chance to show a "concern for our prospective Olympic athletes." What that statement to the press meant, of course, was that ABC wanted the rights to the 1988 Olympics and figured this was one way of helping put a foot in the door. Besides, they sold the ad time without problem.

The tournament started a week ago Monday with a fancy banquet scheduled the evening before on the grounds of the Arizona Biltmore Hotel. A huge tent was set up with enough food to feed an entire undernourished country.

They even had one of those 50-foot helium balloons that reminded you of the 1956 movie *Around The World in Eighty Days*. On top of the balloon was a sign that said, "ABC Welcomes You To The Nationals." And above the sign were the logos of Shark Racquets, Back Wall Balls, Monaco Clothes, Steamboat Beer, Smile Toothpaste and Quickey Burgers—the sponsors of the tournaments this past season.

Upon entering the food and drink tent, Alex Copperworth spotted me and came over to shake hands. He looked like a person who had lost all the money he had ever invested. "What's the matter with you?" I asked him.

"I'm about to leave Shark Racquets and Sharkness is ticked off at me," said Alex.

"Why do you want to leave Sharkness?" I asked. "I thought you and he were good buddies."

"You are only a good buddy to Sharkness as long as you let him control you," said Alex. "I think it's in the best interests of my future to leave. I've had an offer from another racquet company, Emerald, and with them I'd be top dog."

"As long as Summers and Milton are around I will be a relative nobody. I'm third and going nowhere. Even if I beat them, Sharkness still makes sure they get the publicity. They are his prize pets."

"For argument's sake, let's say I agree with Sharkness. Milton and Summers have each won a national championship," I said.

"I know but we are all relatively equal and Sharkness knows it," said Alex Copperworth. "I have beaten Summers and Milton more in the past three seasons than they have beaten me."

"So what happened when you told Sharkness?"

"He blew up," said Alex. "He said if I went through with it, he would make sure I would lose the Monaco Clothes contract I already have. He also said he would make sure I get a lousy draw in each tournament. In short, he would do all he could to make my life miserable."

"And what did you say to that?"

"I told him that was the chance I had to take. I told him that I might as well give it a shot because I was going nowhere with him."

"What did he do then?"

"He showed no class, which is typical of Sharkness. Instead of wishing me good luck like a mature person would do, he called me a couple of names and said he never wanted to speak to me again."

"I wish it didn't have to end like that. I wanted to thank him for giving me the help he did. I realize I owe him something, but I owe myself something more. This is the 'me generation' according to Tom Wolfe and me is the person I have to watch out for first."

Word evidently traveled fast.

As other Shark players wandered into the tent, it became increasingly evident that they were ignoring Alex. In fact, after Dana Douglass, Shark's top woman player, kissed Alex on the cheek, Summers took her aside and got angry with her.

"I guess I'm about to be an outcast," said Alex Copperworth. "Well, I'm not going to let it affect me. I came here tonight to pick up a fox and I came here this week to win this tournament."

With that Caesar-like oratory, Alex dragged me over to this classy looking woman with jet black hair. She had a nice figure but only an average looking face. I really didn't understand why Alex was interested in her. I had seen him with women a lot prettier than her.

After the preliminary introductions were over, Alex went into action. "Want to try something different?" Alex asked Ellen.

"What do you mean something different?" she asked.

"Ever try this old Hawaiian custom of two on one?" Alex asked her. "My friend Mason here will join us."

"I'm not really into those kinky things," said Ellen. "Let me know when you want to face me one on one."

Third

"Alex, go with her, I really don't mind," I said. "I've got my eye on that blonde over there with the slim waist."

"Sure you won't mind, pal?" said Alex. "After what's happened, I need this tonight."

I did not see Alex again until Tuesday night's opening round match against Ralph Delaney, which he won and followed with an easy victory over Jeremy Levine on Wednesday. He then won an 11-2 tiebreaker against Mal May in the quarters, which put him up against Milton in the semifinals.

Shark Racquets had a section reserved for their players and employees. The players cheered when Milton came on the court but remained silent when Alex Copperworth entered.

There were about 4,000 spectators in the Phoenix Coliseum, a good size crowd for racquetball but less than half the seating capacity overall. The court used was portable, having been set up in the middle of the basketball floor. It was glass on four sides but a special kind of glass in which the spectators could see in but the players couldn't see out. This was developed for the players' sake, so the ball wouldn't get lost in the crowd coming off one of the walls. This was the first time the court had been used in the Nationals. It had been used in several exhibitions and one tournament in St. Louis.

Milton's match with Copperworth was one of the best ever seen. Alex led 9-0 in the first game before losing 21-19. Milton led 18-10 in the second game before Alex came back to win 21-20. Milton led 5-0 in the tiebreaker, Alex tied it at 9-9 and won 11-10 after each player had three match point serves.

The crowd awarded the two players with a standing ovation. Milton and Copperworth shook hands and hugged each other, knowing that they had both given a great effort regardless of who had won, and Sharkness could be seen spitting out a few four-letter words, pushing aside anyone in his way, and leaving the arena without talking to anyone.

That set the stage for the finals against Summers, the defending National Champion. I had never seen Alex play any better. He destroyed Summers. The match was so one-sided, some fans were asking for their money back. Alex gave up eight points in the first game and five in the second. It was all over in one hour, 10 minutes.

Immediately after the ceremonies in which Copperworth received the \$20,000 first prize and the traditional 24k gold ring (Milton took home \$10,000), Emerald Racquets president William Solon III held out a gold pen and a contract in front of Alex. Noting that Shark-

ness was looking at him, Alex took the pen and signed the contract without hesitation.

Sharkness shook his head, and headed for the dressing room to gather his players. The Shark people were flying to Atlanta and New Orleans for a series of clinics and exhibitions and the rest of the players planned a party that evening before heading off to their respective hometowns.

After the post-match press conference in which each player praised the other and everybody congratulated everyone else for a great tournament and everyone had put on their politician's smiles and shook hands with everyone else, Alex took me aside outside the locker room.

"What a pile of crapola," he said. "Did you see those phonies in there? That's why I hate this scene. The politics and backstabbing can make a guy puke."

"I know," I said. "It's the nature of man. He can look you in the eye one minute and stab you in the back as soon as you turn around."

"At least I have a few months off without seeing these people again," said Alex. "I'm going to take some of this \$20,000 and live like a king on the Kona Coast in Hawaii."

"I've never seen you play as well as you did today," I said.

"Do you know what my impetus was? Sharkness," said Copperworth. "Every time I would look over at him, I would get this feeling inside my gut, a feeling like I wanted to beat him to a pulp. I guess I just took it out on Summers."

"When are you going home?" I asked him.

"I'm leaving after the party tonight. I want to reap all the benefits of my victory and then take a nice, leisurely drive home to Los Angeles. I'll rest for a day and then get on a plane to Hawaii."

Alex Copperworth never made that plane. He was killed in an automobile accident while driving to Los Angeles. A moving van had swerved over from the opposite lane and drove head-on into Alex Copperworth's compact-size car. Ironically, the accident took place on a street called Winner's Circle.

An eyewitness told reporters that Alex never had a chance. "He probably never knew what hit him," the eyewitness said. "It was over so fast." Just like the championship he had won the day before.

The driver apologized, said he had been dozing at the wheel and was ticketed by the California Highway Patrol. Presumably, he will lose his license and serve a small jail term, followed by probation. All of which does nothing to bring back Alex Copperworth.

The funeral services were held today. None of the pro racquetball players was present. Most were at their respective hometowns and probably couldn't afford to fly in.

I called Summers in Atlanta yesterday to see if he had planned to fly in and also to find out what the reaction was from Sharkness. "Milton and I wanted to hold a little ceremony in a temple down the block but Sharkness

vetoed it," said Summers. "Off the record, it was kind of a crummy thing to do but right now he calls the shots. Sharkness said he didn't want any of his players having anything to do with Copperworth. He said he would send flowers in all our names but that would be it. He keeps grudges and I think this was his way of getting back at Alex for what happened in Phoenix."

Flowers never came to the services in the name of Shark Racquets. I doubt if Sharkness even sent them. There weren't a lot of flowers around at all. A few relatives, a few reporters. But the funeral atmosphere was rather unique despite the low attendance.

Alex was buried next to Miles Midnight, a famous rock star of the Sixties. He had reserved the grave site about two years ago after visiting Midnight's site for over two hours.

I could see why. Midnight's grave was the only place in the entire cemetery with any life to it. There was graffiti written over surrounding mausoleums; folk singers and poets would gather to sing and read. It was an artistic scene. I assume it was Alex Copperworth's way of hoping people would remember him. He probably figured he would get the overflow from Midnight's fans.

After the services I called Summers again. He said he was sorry he couldn't make it and sent condolences from Milton also. "Sal and I went to services here. We asked the rabbi to say a special something on behalf of Alex."

"What did Sharkness do?"

"He ordered us not to do it but we went anyway. I realize there comes a time when friendship means more than anything—money, politics, threats from Sharkness. We owed it to Alex. He got us into racquetball in the first place."

"Sharkness got angry at us. He turned his usual shade of deep red. But we stood up to him. It's about time someone did. I honestly don't know whether the man has any feelings. Just between you and me, Sal and I may not renew our contracts with him next season. We had been talking about leaving and this may have clinched it."

I went back out to the grave site. Everyone else had gone but one folk singer. Only his soft voice and guitar could be heard except for the bells ringing from a nearby church which blended in with the folk singer's words. The graffiti on the mausoleums, once epitaphs for Miles Midnight, now took on another tenant:

"Can You Give Me Sanctuary? I Must Have A Place To Hide."

"The Future's Uncertain And The End Is."

"You Found Serenity And Gave Us Happiness."

The tombstone on Midnight's grave read, "Miles Midnight—He Must Turn When The Music's Over."

Midnight was lucky to have Alex Copperworth as a neighbor. Two artists in their own place. Alex Copperworth's tombstone read, "The World Will Always Welcome Champions As Time Goes By." Underneath were the words "Racquetball National Champion."

First and going nowhere.



Photos by Barry Hood

"PRE II"

By Kent Patterson

There's no bigger contrast in racquetball than the gap between the performance of a beginner, all elbows, knees, and dumb questions, and the smooth play of the professional. Yet Oregon's Linda Prefontaine has gone all the way from playing as a novice to qualifying in pro tournaments in just three years. "Three years ago, I'd barely heard of racquetball," she says. "I didn't even know the rules."

In those days when a friend suggested a game of racquetball, Linda was hesitant. "I played tennis, and I thought I wouldn't have time for another sport. The first time I played, my friend just blew me off the court. Then I started catching on."

She started catching on so well that in little over a year, she got a job as an instructor at Courtsports, a club in Eugene, Ore. In 1977, she won the Oregon Women's Singles Championship and followed that with a second place finish in the women's amateur division at the Nationals in Detroit. Accepting an offer of full sponsorship from Wilson Sporting Goods, Linda began the pro tour last fall. At first, nothing went well. Then she got her game together. At the Denver Pro Stop in February, she reached the semi-finals, defeating such tough opponents as Karin Walton and Jennifer Harding. Now she is going up, headed for the top. Thousands more are hoping for her, including a good many who couldn't tell a racquetball from a penguin egg, for the name Prefontaine means a lot in Oregon, and is both an honor and a burden for Linda.

To understand why, you would have to have known about Steve Prefontaine, Linda's older brother. Steve, while a distance runner at the University of Oregon, held the American record in 3,000 meters, two miles, three miles, 5,000 meters, six miles and 10,000 meters. Then, at the height of his career with an eye toward the Gold Medal in the Montreal Olympics, 'Pre' was tragically killed in an automobile accident in Eugene. It happened on Memorial Day, 1975.

Stunned, the people of Eugene honored his memory by building one of the finest tracks for running in the nation. Surfaced with

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wood chips and sawdust, "Pre's Trail," as it is known, winds and loops 6.4 kilometers through wooded parkland along the Willamette River. The people of Eugene remember Steve. Linda remembers him best.

"We were very close because we both had a love for sports," said Linda. "He was two and one half years older than me but we spent a lot of time together talking about the work you had to put into sports if you wanted to be good. I ran in grade school and junior high before taking up tennis seriously but I always felt I knew what Steve was going through. He was a great runner and I think he could have been the greatest.

"I try not to remember what happened to him but every so often I have to. Like when I made it to the semifinals in Denver, I thought about how I wished he could be there to see me.

"A lot of times I won't even tell people my last name. When I say it, people remember. While they aren't being cruel, some people will still ask me how my brother is doing in track. They just don't realize."

Naturally, a good deal of the affection that went for Steve has been passed down to Linda.

"A lot of people are interested in me,"

Linda says. "They've seen me grow from just nothing to where I am now. It's like they have a part of me. Like I'm their little girl. They're interested in what I've done. Besides, Eugene is sports crazy in general. They want sports, sports, sports."

The special relationship between the Prefontaines and Eugene is especially strong because Eugenians are not only sports crazy, they are participation crazy. They don't just twist that dial to Monday Night Football, they jog, hike and throw frisbees. They run races with names like the Bohemia Days Thirteen Miler, and the Mazzi's Italian Restaurant Run, Paddle, And Pedal Race For The Fettuccini. Eugene has to be the only town in America where you can see a man dressed in tuxedo, silk tie, and cummerbund whipping down Main Street on a skate board.

It's perfect country for a participatory sport like running or racquetball. When some Eugenians lay their heads down at night, they don't count sheep, they count kill shots. That is, right after they check to see if their stop watch is working. Even the most hopeless klutz is checking his bio-rhythms and fortifying his Granola in hopes of learning racquetball.

But as for Linda, the pro tour offers little glamour. "Since I've started the pro tour, I've become an expert on airplanes, airports, and racquetball courts. When I went to Boise, it took about five hours to get to Portland. The flight to Boise was only an hour, but I got stuck four hours in the Portland airport waiting for it. That's always happening. I just sit in airports

watching people come and go." She emphasizes that it's her love for racquetball and not the so-called excitement of being a pro that motivates her. "People think you get to go to all these big cities and it's like a big vacation. Well, I'll tell you it's not," she says. "It looks glamorous, but spending all your time on an airplane is boring. You go to the airport, to the airplane, to the club, then to the motel. Going out to get something to eat is the big thrill. It's the competition I like, the game itself."

Sitting in one of the gigantic hand-crafted organic looking chairs in the lobby of Courtsports, Prefontaine is very much at home. People nod as they pass by. A young man flips his racquet to wave a greeting. An older one stops by to joke about the outrageous fees a local pro wants for lessons. The music plays "Somewhere My Love" and "The Shadow of Your Smile." Inches from Linda's head, a window looks down into a court where two young women are playing. One is good, the other chops away as if she intended the ball bodily harm. Both players are larger than Linda, who stands a quarter inch short of five-foot-five. Her figure is slender and feminine, and her short hair and round rimmed glasses make her look more like a college sophomore than one of the nation's most promising professional racquetball players.

In order to concentrate on the pro tour, Linda has cut her work at Courtsports down to half time. At first, she was not prepared for the level of competition she found on the pro

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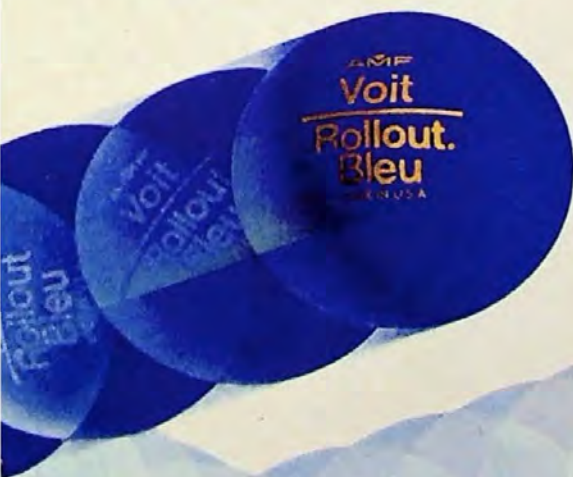
As the season went on, Linda Prefontaine improved considerably, and by the pro stop in Denver, she had made it to the semifinals.

tour. "My game stunk," she says. Part of her problem was a weak backhand. "Of course I knew everyone who played me would play to my backhand," she says. "To get ready for St. Louis, the first pro stop, I stood in one spot for an hour straight for three days in a row practicing my backhand stroke over and over again." This drastic effort did little more than strain her back. "The doctor told me I had worked so hard that I had separated the muscle from my spine. All I knew was it hurt like hell. It even hurt trying to roll over in bed. It hurt for two months."

Like a pro, Linda played through two stops in spite of the injury. "I tried to take extra time to warm up," she says. "The doctor told me to baby it, and that nothing would help but time. During the game itself, I could feel pain when I did certain things. But that's not why I lost. I lost because I didn't have my game together."

After this experience, Linda started a carefully planned training program. "I work out six days a week, two to three hours every day on the court," she says. "Then I worked with weights every other day." The weight training is designed to increase strength and endurance without causing muscle bulk. "A woman's muscles won't bulk up like a man's, usually," she says. "But big bulky muscles aren't an advantage in racquetball. Flexibility and endurance are much more important than

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building a new court. There's been times this winter when we've been so busy here we could have filled both courts just from the waiting list."

It's pleasant to think of a day when racquetball will have all the financial draw of big time

tennis or golf, with sportswriters clamoring at the star's locker rooms and television cameras grinding away.

Until then, Linda must do something to keep the landlord smiling and the hamburger sizzling. She gives lessons for \$10 an hour, minus court fees, but she finds teaching takes time she can't afford. "I enjoy teaching, but don't know how much longer I'll want to do it. You have to teach the same basic beginners' skills over and over again. Not much help for your own game. I teach the same things in different ways each time I teach, but sooner or later, I'll run out of new ways to do things. Then teaching might become boring. I couldn't handle any more students than I have now."

To put more than lint into her pocket, she has taken a job selling advertising space in a local sports magazine. "I thought the magazine was good, and I wanted to help it, but mostly I need the money," she smiles. Her reputation on court and her last name are her best selling points. "A lot of people know me from the court, and that helps get the foot in the door. It doesn't mean they have to buy. But it helps," Linda says. "Businessmen get so many ad people, people wanting things, want, want, want. They know me as a rac-

"A lot of people are interested in me," says Prefontaine. "They've seen me grow from just nothing to where I am now."



brute strength. Ordinary weight lifting may develop strength, but only in certain muscles, and it may actually slow you down."

Her exact training method is a professional secret, but it involves finding out exactly what the maximum lift is for each part of her body. She then takes 63% of that figure as a weight to work out with. "You really feel it when you get finished," she says. "Now I feel much stronger, and more experience has improved my thinking game, too."

The program paid off in Denver. For the first time, Linda qualified. From Denver and a program stop in Boise, Idaho, she picked up \$700, her first real financial break as a professional. "A pro's problem is that if you don't win, you don't get paid. Right now, racquetball doesn't pay much. You couldn't consistently live off racquetball, not if you wanted anything like a good income. Hopefully, things will change soon. Racquetball's still expanding, still just going gunnybags. Here in Eugene, we're



PRE

quetball player, and when they see me come in, I think they realize they'll have something to talk about other than the ad. I suppose I could see more people in less time if I didn't stop to talk. But I like doing it this way."

At home, Linda tries to wall out the tensions of competition. The furniture is well-padded, built for relaxation. Half a dozen plants take up all available corners and nooks. Poco, a pampered black and white cat, wanders in and sniffs delicately at a visitor's shoe. Lobo, a large German Shepherd which was once Steve's dog, has recently graduated from obedience school. There he learned the difference between harmless strangers and dangerous prowlers, and how to deal properly with each. He obeys Linda perfectly, but keeps looking to see if a reporter might turn out to be a dangerous prowler after all. "I am really a homebody at heart," Linda says. "I don't like the constant traveling around, and I'm glad it's only once a month. If it were every weekend, I don't think I would do it. I really like having time to myself."

Even on tour, Linda likes to keep a little time to herself. "I have met some nice people on tour. Sometimes you'll see another one of the pros on the airplane. But I'm not a busy little



bee socializing and getting all the latest gossip."

When asked if she eventually wants to win the Nationals, Linda says "yes and no." Yes, because of the honor. No, because of this fear she has developed of being famous. A fear that can be traced back to her brother, Steve.

Her brother's experiences taught her that winning has its prices.

"There were lots of good things about my brother being famous. Certainly he got some great opportunities. And sometimes people would do all sorts of favors for him. I remember once a man came to fix a broken window. When I asked the man how much for his work, he just laughed and said, 'Tell Pre he can buy me a beer sometime.' I was amazed. He could have charged fifty dollars."

But fame brought problems as well. "It got so he couldn't walk down the street or go into a restaurant without people yelling, 'Hey, Pre! Remember me, Pre?' It's not that he didn't like people, but they would never give him a moment's rest." Some unbalanced superfans even started prowling around the Prefontaine home at night, hoping to catch sight of their hero. On the day of the funeral, police had to guard the house.

But Linda realizes that anonymity is the price of being a famous, recognized racquetball champion.

"I can't be Steve but I can be the best at my own sport," says Linda. "I know he would have liked that."

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A TOAST TO RACQUETBALL



COUPLES

By Mathew Tekulsky

He had asked her out a number of times but she was always "busy." He tried everything. The movies. Dinner. The Beach. Nothing seemed to work. Then came racquetball.

"In the sixties, the liberals would meet at the bomb scares. They'd all be standing outside a building that was evacuated and they'd make their dates for Saturday night that way. Now they only have the anti-nuclear rallies, and I think they'll get more and more popular—although gas lines might become the next new singles place."

David Steinberg is, of course, joking. His face breaks into a smile. But then he turns serious for a moment. "And those pick-up palaces," he adds. "I couldn't go to those places."

Steinberg doesn't have to. He's married. But if the comedian-writer-director-actor were going out on a first date, there's a good chance he'd be found on a racquetball court.

"I'd prefer it," he says. "I'd prefer to go play racquetball. It's a more interesting thing to do. I certainly don't go to discos. I'm not against them. It's just not what I do. So this would be more suited to what I would do."

According to Steinberg, racquetball courts are "a new social atmosphere, and a very healthy one. It's a very healthy way to meet people. You meet people who have things in common with you and it's kind of an interesting phenomenon."

"It's an area you wouldn't think America would have found. America seemed to be heading the other way, into the luxuries that make you fatter, lazier, more slovenly and less social in a curious way. We always used to look to the Scandinavian countries when we saw people real healthy all the time and very social about it."

"But now we're starting to find that here, and I think it's going to last a long time. People just look better now, healthier—certainly in California. It's always surprising to go to another country and see people smoking more

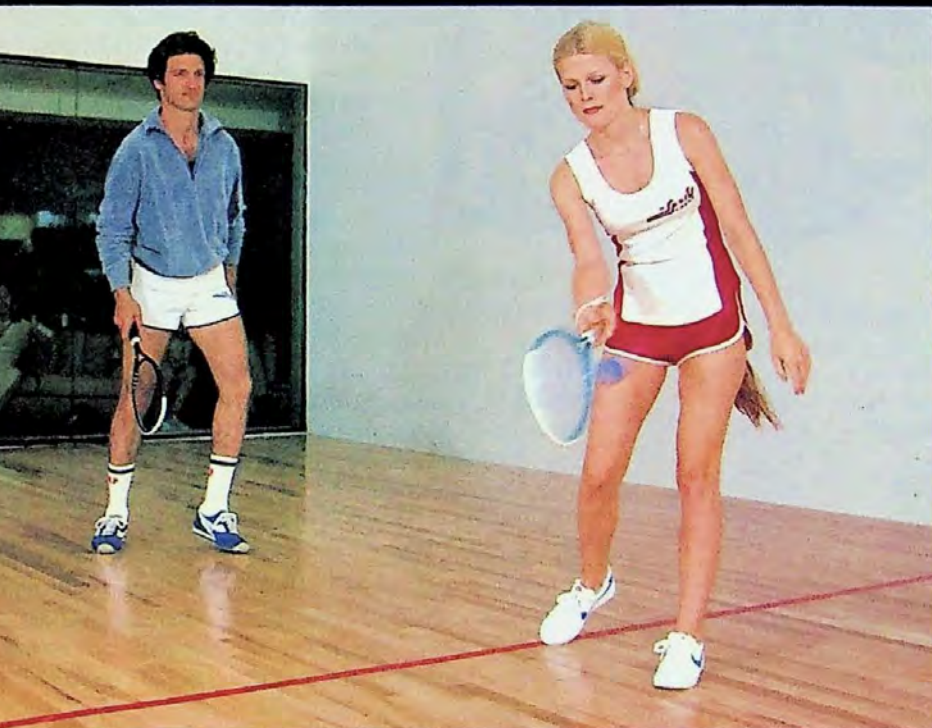


Comedian David Steinberg and wife Judy.



Playboy 1978 Playmate of the year Debra Jo Fondren and boyfriend producer Roger Camras ("Ode to Billy Joe").

Is racquetball a
social alternative?
Yes, says comedian
David Steinberg
and Playboy Playmate
of the Year
Debra Jo Fondren.



and being less athletic. But even that's starting to break down. It's starting to catch on everywhere. People are starting to realize that it just makes sense to take care of yourself."

Steinberg has been taking care of himself by playing racquetball for four years (he considers himself a high "B" or low "A" player) and he gets out on the court at least three times each week. Although he plays a lot with his wife Judy, he also plays with certain friends, male and female, because "racquetball is a very social event for me as well as an athletic one. I like to play people I know as well as people I don't know, but I usually like to know who I'm playing."

And do women give him any competition?

"Absolutely. They're good players. I don't like to play a bad woman and I don't like to play a bad male player, and I enjoy playing a good woman player and a good male player about equally."

Since he's "competitive with everyone," Steinberg would feel bad if he lost to a man or a woman. But he wouldn't feel worse in the latter case.

"I don't see the difference," he says. "If you play a good game, you play a good game. That's all there is to it. You can't enjoy the game if you have some contrivance that has to do with anything other than the sport itself. You really just have to go out and play the game."

So you won't catch him trying to distract a woman on the court with his charm.

"It won't work," he says. "Not on the court."

By his own admission, Steinberg is a shy person. But when he's playing racquetball he seems to be completely at ease, caught up in the activity.

"You can't go on the racquetball court and play a decent game and not be thinking and relaxing," he says. "And you can't take another thought with you. When I have a writing deadline and I carry the writing concept onto the racquetball court, I don't play well. You must give yourself completely to the game. You must literally let the game take you. And on the other hand, you must play the other player too, which is also terrific."

Although Judy's just starting the game, she's a good athlete and David obviously enjoys playing racquetball with her. In fact, he feels that it brings them closer together as a couple.

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TOAST

"It certainly doesn't bring you farther apart," he explains. "If you have problems that come out on the court, in a relationship, they're just problems that were going to come out in other areas. And the nice thing about working on the court is that you're getting it out all the time. You're hitting the ball and you're working yourself up all the time. But if you know each other real well, then you know what areas you're competitive in and what areas you're tight in and all that. And my wife and I enjoy ourselves pretty much all the time."

Steinberg just finished starring in a movie called "Something Short of Paradise," which will be out in September, and he'll also be starring in and directing his first film this fall, "How the West was Shrunk," which is a comedy about the first psychiatrist in a Western town. Meanwhile, he'll do another movie as well as the PBS show "We Interrupt This Week" and regular appearances on the Tonight Show.

But he'll always find time to play racquetball.

Debra Jo Fondren, last year's Playboy Playmate of the Year, has been playing racquetball for about a year and she's very serious about it.

"I don't care about looks or anything," she says. "When I get out there on the court, it's just 'kill.' I'm very competitive and I love to play men. I never could find a sport that I really enjoyed, that I felt I'd like to do every single day as long as I could, and especially a sport where I could compete against a man. Now it's the only thing I have time for and take time for."

But isn't it unfeminine for a woman to be competitive and aggressive?

"Not nowadays," she answers. "I think men like women to be sports-minded and real athletic. My boyfriend does. I think muscles look good on a woman anyway, nice long, lean ones. It's a game where any kind of woman, whether she's in bad shape or good shape, can try and progress. I learned and it only took me a week or so. You just need determination. That's all it takes."

Her advice to women who are trying to beat a man at racquetball is to "never give up. It can

be frustrating, but my secret is never give up. There are times when I just get so angry that if Roger (Camras) beats me another time I'm just going to die. But you have good days and bad days and constant practice will make perfection in the end."

What about using her feminine charm to distract a man on the court?

"Are you kidding?" she says. "That doesn't work." She throws her head back and laughs. "No, it's every man for himself out there on the court."

Fondren's trademark is her long hair and when it's time for racquetball she either braids

it or tucks it underneath her shorts. But she doesn't feel self-conscious about it. Indeed, one would expect an attractive woman who has modeling and acting plans for the future, who "could handle" being the next Farrah Fawcett, to wear a protective shell around herself. But Fondren is totally uninhibited about playing racquetball.

"You can't have any vanity at all out there," she says. "You just can't. Not if you want to win. And I want to win all the time. I hate to lose. Hey, look, I've got bruises all over my legs, but it's because I don't take enough time to put knee pads on and I'll go for any shot if I can get it. But that doesn't bother me. I don't mind it. I get hit all the time."

What does she do about it?

"I just wear long skirts. Anyway, it's the best kind of sport because it exercises every muscle that I have, and it tightens up the rear end especially, where I need to work out. I think you get more of a workout with racquetball and you're bound to expend more calories

Steinberg: "If you know each other real well, then you know what areas you're competitive in and what areas you're tight in. And my wife and I enjoy ourselves pretty much all the time."



TOAST

than any other game. I sweat like crazy out there."

As far as the social level of racquetball is concerned, Fondren has only good things to say about the sport.

"It's a very social game, and men ask me to play all the time. If you don't have a partner to play with, you can come down to the club and pick one up right away."

In addition, if a man asked her out on a racquetball date, she'd be more inclined to say yes.

"I would trust a man like that," she states. "I would know that he didn't have any ulterior motives."

She also feels that couples on first dates are more comfortable playing racquetball than in other situations.

"I think racquetball breaks down all barriers very quickly. When you get out there, and you're having a competitive game, you get to know the person much better, what he's really like mentally, physically and socially. You don't have time to think about where he comes from, what his background is, what he does for a living and worry about all of that. You just get out there and play a game. I'd rather go play racquetball on a first date than go to a movie.

"For couples, especially those that are in love, there's not enough to do to get close to one another. But racquetball's something you can do together and I think it will keep you closer, because you're in-close in a little area and you're competing against one another. You can have an argument every once in a while playing racquetball, but I think it brings you closer together ultimately in the end. The end result is good.

"I don't know why it is but I always seem to



Fondren: "I think racquetball breaks down the barriers very quickly. When you get out there and have a competitive game, you get to know the person much better."

be able to talk better afterwards. Maybe it's because you get light-headed from playing so much, but Roger and I seem to have long talks after playing. We rarely have arguments, but we were playing once and before we went to play we had an argument. I remember I was very angry and we had a real good game and I was hitting that ball very hard and afterwards I was just so tired that I forgot all about what I was mad at in the first place, and we had a good time after that."

And is there sex after racquetball?

"Yes," she laughs, "but Roger always complains he has bad headaches."

Although racquetball won't wipe out inflation or solve the gasoline shortage, it can, according to David Steinberg and Debra Jo Fondren, help people cope better with life in a modern world.

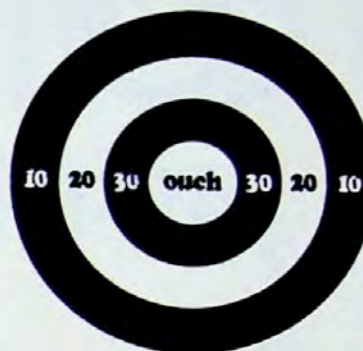
"This is because you're working out tension," says Steinberg. "Everything that counters everything that's going on in society now is stress and one thing that eliminates stress is this kind of activity. I think racquetball does that more than any other sport, at least for me."

Fondren agrees: "It releases tension, anxiety and frustration. It's the best kind of medicine for nervous people. I'm nervous and when I feel like that I just go out and hit that racquetball. I don't think racquetball will solve any problems of the world, but it gives an immediate sense of relief to any of your problems. You forget about them while you're out there and shortly after the game is over you do have a good feeling. You feel pretty happy."

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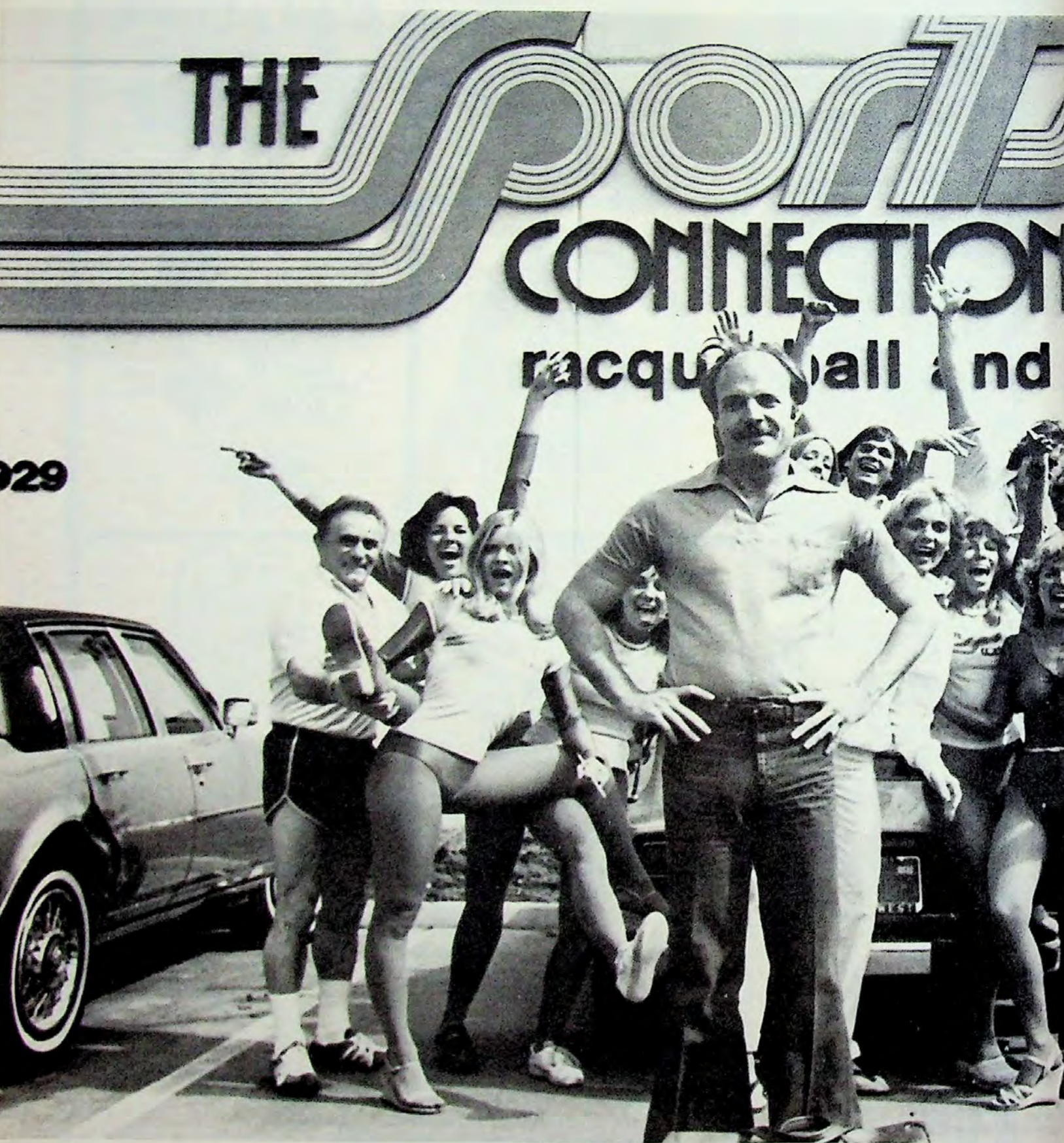


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The Man Behind the SPORTS CONNECTION

By Ben Kalb

When you first meet Michael Talla you are sure he possesses some sort of recurrent throat infection. His sentences are interspersed with throat clearing. Only later do you find out that it's a nervous condition, one which goes away as soon as he feels more comfortable with the visitor or when there is nothing more to be nervous about.

But there has been a lot of throat clearing these past 18 months or so. For Talla it has been a period of nervousness—the nervousness of a father waiting for his new baby racquetball club to be born; the nervousness of day-to-day financial decisions that affect others besides himself; the nervousness that if things go according to dreams he will be a fairly big racquetball force in Los Angeles and maybe in other parts of the country as well.

What has been making Michael Talla nervous these past months are his clubs, The Sports Connection. If it wasn't stranded courts in the Wisconsin snow, it was the replacement of stolen carpeting or finding the right fabric for the weight equipment or the inevitable opening a few months past the scheduled date. Whatever the problem, it meant 18-hour workdays for Talla.

"You can't put in those kind of hours without changing," says Talla. "I notice it in my face. I'm losing my hair and some of my hair is turning gray."

Turning gray at 32-years-of-age is not ordinary but in a lot of ways Talla is not your ordinary racquetball club owner. His start didn't come from money handed down from generations of wealthy relatives. Actually, most of Talla's summers were spent chopping cotton in 115-degree temperatures on his dad's Arizona farm.

"I knew I never wanted to work like that all my life," says Talla. "It freaked me out so bad that all I wanted to do was get out of there."

One can see Talla looking down on the ground like Scarlett O'Hara in "Gone With The Wind" while promising never to be poor again. But Scarlett never had the foresight to go into the bikini business as Talla did. And Scarlett would never consider playing racquetball. She would probably hire two people to play while she watched and sipped mint juleps.

The Sports Connection was not in the mind of Talla while he was picking cotton or driving tractors. But the business of making money—a lot of money—was always a high priority.

"He was always an entrepreneur," says Nanette Pattee, vice president of Sports Connection and Talla's former girlfriend. "Even when he would arrange New Year's Eve parties in college, he made sure he was making some money."

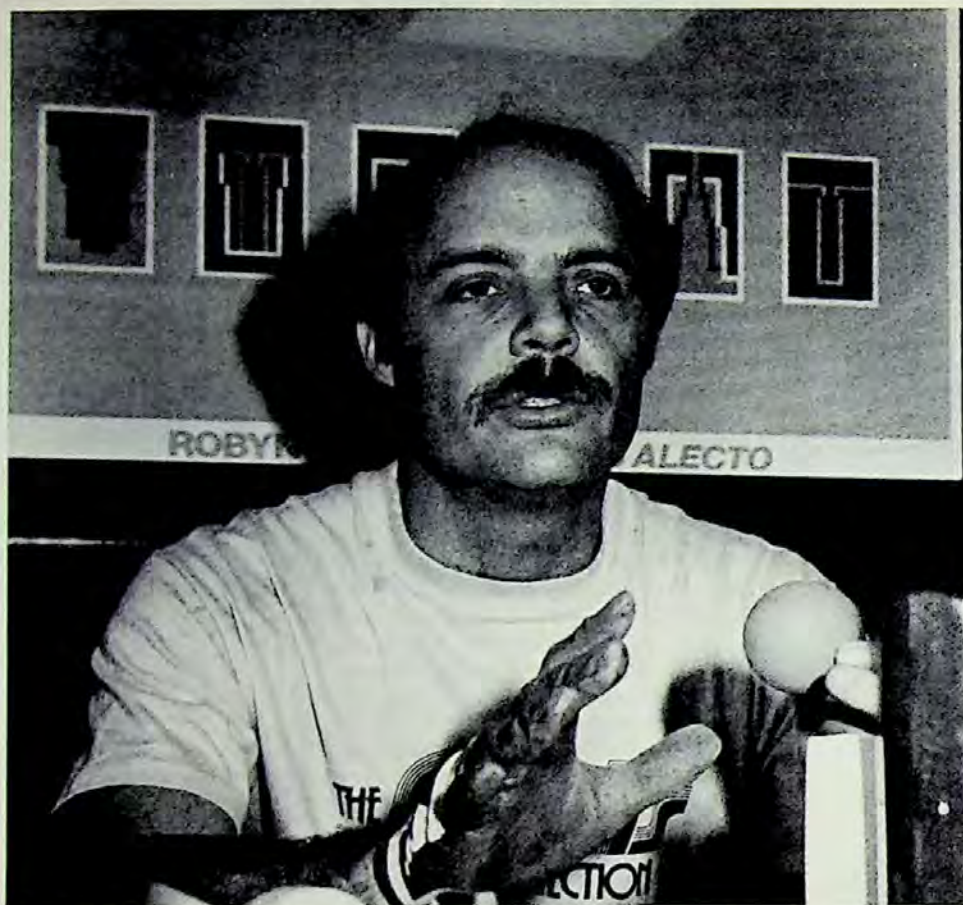
Talla originally had plans to attend law school following graduation from the Univer-



health club

Photos by Joanna Cicinotta

SPORTS CONNECTION



sity of Arizona but he figured school had taken enough of his life. It was time to put his education to work.

"I didn't want to spend three more years in school. I wanted to get out and make money," says Talla. Talla then joined Pattee in Los Angeles and together they formed a mail-order bikini business called "The Foxy Lady."

They did well with that for about six years and made quite a bit of money by selling their operation to a company from New York. "If it weren't for the bikini business I would have never got into the racquetball business," says Talla. "After we sold the business I didn't do anything for about two years. I just looked around for good investments."

He then invested in racquetball clubs—one in Oklahoma, one in California and one in Oregon. Originally he and a partner had an idea to build several clubs in Portland and Seattle but after a split up, Talla kept his one Oregon club (Milwaukie) and headed back to Southern California to begin his "empire."

Talla's "empire" now stands at two clubs, The Sports Connection in Santa Monica and The Sports Connection of Beverly Hills which used to be called the Beverly Hills Health Club and featured such healthful things as a smelly card room in which people could spend all day smoking and exercising their fingers by dealing cards.

The Beverly Hills Health Club is strictly a health club now. The racquetball courts won't

Talla: "I don't get as angry at some people as I should. I'm too sympathetic with people's problems. The more you restrict people's movements, the more trouble you find yourself in and the more people are going to resent it."

be put in until next year. But membership cards are reciprocal at the Santa Monica club or any other Sports Connection Talla finally decides to buy.

Originally he had plans for a Marina del Rey club but since a lot of his Santa Monica members come from the Marina area he may postpone that one in favor of one in the fancy San Fernando Valley section of Encino. In all, he hopes to buy or build anywhere between four and eight clubs.

"I'd like a total domination of the West side of Los Angeles," says Talla. "I'm not sure how many I want to build. I don't know if there's any location left in Los Angeles which would be a good risk to build from scratch. Maybe we'll just buy out present locations which are poorly managed."

Talla also has plans for another club in Los Angeles but one that will not carry The Sports Connection name. That one, he says, will be a monument to extravagance. It will be expensive to build and expensive to join.

Talla's concept of racquetball clubs is health and socially oriented. Those aren't unique concepts by any means. But whereas other clubs pay lip service to those concepts, Talla sticks by his plans. His Santa Monica

club has become so socially oriented that some members are giving up usual nights at discos to spend an evening playing racquetball, working out and finishing things off with a Strawberry-Apple or Coconut-Pineapple protein smoothie at the health bar.

"People are coming in here meeting other people in a relaxed atmosphere," says Talla. "It's not the grind of the swinging singles disco scene. People feel comfortable here."

"I think a place like ours fills a gap, of sorts. You have the disco scene on one side and the hard core health club on the other and now you can get racquetball, health and a social atmosphere all in one."

Some of Talla's statements seem to carry the voice of commercialism in them but there is no unnecessary hype here. He makes good on his promises. There will soon be a pool, an outdoor bar you can swim to, a jogging path, softball leagues and whatever other social events he can dream up.

"People can keep building bigger and bigger facilities but you can do all those things and build a huge dinosaur, too," says Talla. "We don't want a turnstile operation. We want members to stick around and get to know each other."

Ironically, many of Talla's members have come from a nearby health club franchise which has 25,000 members on its roster and several complaints about overcrowdedness. Talla's 18-court club has 2,000 members and more than enough health instructors for personalized service. In fact, there were times during the grand opening when the instructors outnumbered the participants and he had to let a few of them go.

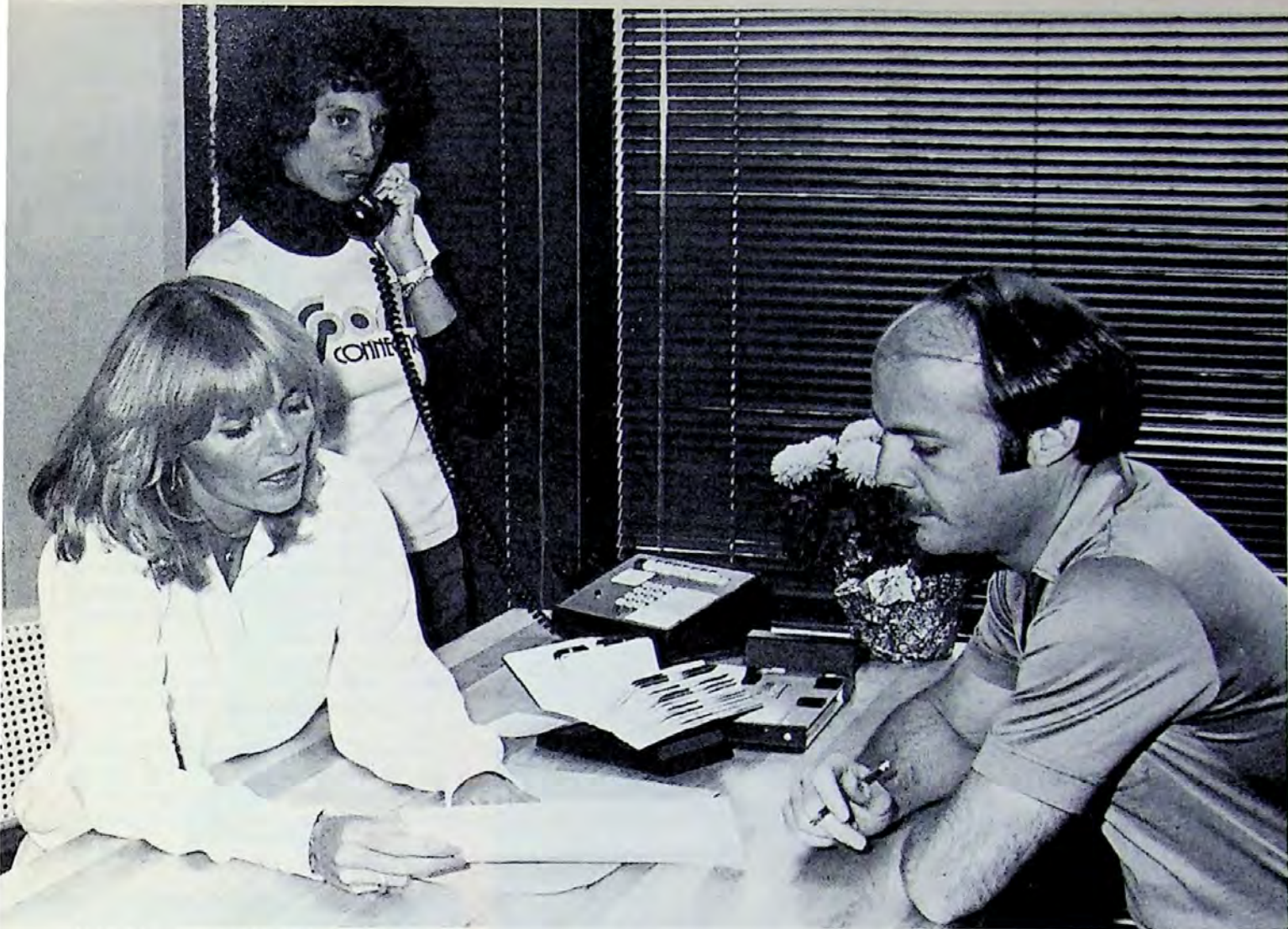
Talla's Sports Connection, whether it be in Santa Monica or Beverly Hills, is not appealing to the Gucci element. "We're not going for snob appeal here," he says. "We don't want Beverly Hills snobbery, whatever that is, around. This is a place where everyone takes off his tennis shoes and shorts and is equal with everyone else. Nobody is special above anyone else. We don't know who the guy is and we don't care."

This anti-money attitude is odd considering that Talla is so money oriented and lives in a fancy house in the upper class section of Los Angeles, known as Mandeville Canyon. But it's not really money he is against but the attitude with which people who have it use it.

"This goes back a long way," says Talla. "My parents didn't have a lot of money (his father later made a lot of money from the cotton industry) and I used to stand in the back of the line at some club or theatre and see guys walk up to the front because they were so and so and that used to burn me up."

There are other things about Talla's personality one comes to know. He has the world's worst temper on the racquetball court. "He expects to go in there and play like Marty Hogan when he's only been playing once a month or so," says touring pro Jennifer Harding, who has a percentage in and manages the club Talla owns in Oregon. "When he comes in the club I make sure he doesn't play on the glass courts. I don't want the other members to see his temper."

"I have an adrenalin problem," says Talla, a



Although once very chauvinistic, Talla now surrounds himself with women administrators to run his clubs. With him here are vice president Nanette Pattee and assistant Sheila Silber.

strong "B" player. "When I get pumped up, I get almost maniacal. When I get pushed to the wall I get really wild. I don't get mad at the other guy. I get mad at situations I let get out of hand."

Talla's court personality is like his business personality: competitive. But whereas he may blow up on the court, he rarely gets angry in business situations. "There is an emotional side to him people rarely see," says Pattee. "He doesn't like to fire people. He gives them ten thousand chances."

"I don't get as angry at some as I should," says Talla. "I'm too sympathetic with people's problems. The old Vince Lombardi discipline theory is passé. The more you restrict people's movements, the more trouble you find yourself in and the more people are going to resent it."

Loyalty is another factor that is important to Talla. He takes care of people who are loyal to him. He does little things for people such as giving his secretary the company car when she wants to go to Palm Springs for the weekend. There are even people in his will who have no family relationship to him.

There are other sides to Talla that only his close friends or associates know. He has this dry sense of humor. He doesn't show it so much these days since business takes up most of his schedule but back in college, for example, he had a practical joker reputation. He would make his dates sit in the back seat while he and his friend would ride up front. He would leave restaurants, making his date pay the check and he would make his date, usually Nanette, chase after the car when leaving a weekend mountain retreat.

If all this sounds terribly chauvinistic, it was just that—chauvinistic. But, don't get the wrong idea about Talla. If there is anybody who treats women on an equal level, it is Talla. Even Nanette and Harding agree to that.

"I'm skeptical about dealing with men," says Harding. "Most men won't let you deal with them on equal terms. Mike does." Harding was vice president of The Sports Connection but the two had a policy disagreement and, according to Talla, Jennifer is now back running the Milwaukie, Ore. club.

Most of Talla's top-level club administrators are women. At staff meetings, the men are always outnumbered. "Women are better organized at getting details done," says Talla. "Sometimes when I hire a man, the job doesn't get done. The women end up doing it better."

"He was probably a chauvinist in college but he hadn't seen what a woman could do," says Pattee, who owns a small percentage in The Sports Connection. "But every time he works with a hot lady, he admits how good a job she has done."

Socially, says Pattee, Talla tends to be shy. It takes time before he feels comfortable with people. But, businesswise, the opposite is true. He's aggressive.

"If Michael wants it, he will have it," says Pattee. "He makes things happen."

Eventually he hopes to retire to a horse ranch to relax and raise race horses. But for now the only thing he is raising is racquetball clubs and money to build more of them.

"It's personally gratifying to see something we planned two years ago and not having the money to do it, and trying to talk people into doing it, and then do it and have it work out," says Talla, who invested about a half million dollars of his own money in addition to the money of other investors. "Personally, I made a commitment to this project. I put everything on the line. I was either going to make it or lose everything. Luckily, it has turned out very good so far."

As the lady said, he makes things happen.

HOGAN WINS AGAIN;

By Richard Wade and David Northcutt



WRIGHT LOSES TO MARRIOTT

Marty Hogan survived a tough quarterfinal match with Mike Yellen and then went on to defeat Jerry Hilecher, 21-6, 21-14, in the finals of the \$20,000 Catalina Classic at King's Court in Westminster, Calif.

In the women's finals, Janell Marriott upset top seeded Shannon Wright, 19-21, 21-17, 11-5, to win the women's division.

It was Hogan's fifth straight championship on the Colgate Pro/Am pro racquetball tour. He has won every tourney this season except the first stop in St. Louis, which was won by Steve Strandemo.

The \$4,500 first prize gave Hogan \$28,300 for the season and \$94,490 in career tourney winnings. Hilecher picked up a check for \$2,500.

As for Marriott, it was her second career victory. Her first came in King of Prussia, Pa. almost one year to the day. Marriott collected \$1,200 with Wright taking home \$800. The only other tourney stop Wright did not win was the St. Louis stop won by Jennifer Harding.

On his was to defeating Hilecher, Hogan had a tough match against Yellen. In fact, one pro said, that except possibly for the 21-20, 20-21, 11-10 Rich Wagner win over Charlie Brumfield in Miami, this had been the best match of the season.

Applause comes easily. Applause with standing ovations comes rare. This match drew a prolonged standing ovation at its conclusion.

Yellen led in the first game 10-2 before Hogan came back to win 21-6. In the second game, Yellen pinned Hogan with his worst defeat of the season. Yellen led 18-3 and won 21-6.

In the tiebreaker, Yellen took an 8-0 lead.



Photos by Dave Scorcisi

Jerry Hilecher goes flying and so does his racquet in a vain attempt to retrieve a shot by



Marty Hogan in the Catalina pro tourney in Los Angeles, Hogan defeated Hilecher in the



finals and acknowledges the crowd's appreciation (opposite page) after match.



Shannon Wright scoops up a shot in the finals against Janell Marriott at King's Racquetball Court. Marriott upset Wright in the tiebreaker. Above: Hogan reaches for a shot against Rich Wagner in the semifinals.

HOGAN WINS AGAIN

Hilecher goes to the ground to pick up a shot against Craig McCoy in the semi's of Catalina tourney.



Marriott rolls one out against Jennifer Harding in the women's semifinals.

Shannon Wright can't quite get the shot and skips it in in semifinal battle with Sarah Green.



At 9-4, Yellen double faulted. He did not score another point. Hogan tied it at 9-9 and won on an ace and a passing shot.

"That match got me over a big hurdle. I barely escaped fire," said Hogan. "Yellen played great but I know what I can do on a court."

Hogan seemed to take the tournament a little lackadaisical. He usually showed up for his match right at the exact time he was scheduled to go on, which didn't give him much time to practice.

Hogan defeated Rich Wagner, 21-18, 21-3 in the semis. Hogan fell behind 6-0 and 11-2 in the first game before narrowing the gap to 11-10 and going ahead 16-10. The second game was no contest.

Hilecher advanced to the finals with a 21-11, 12-21, 11-1 win over Ben Koltun (Koltun had earlier defeated Charlie Brumfield) in the quarters and a 21-15, 21-8 win over Craig McCoy in the semifinals.

But the finals weren't much of a contest. The first game was over in a matter of minutes and the second was only close at 7-7. Hilecher cut things to 15-13 but that was about it.

"He definitely outshot me," said Hilecher. "He didn't need the breaks. He would have beat me without them."

In the women's competition, Wright advanced to the finals with a 21-20, 21-12 victory over Sarah Green and Marriott defeated Harding, 21-12, 21-15.

Wright raced to a 17-10 lead in the first game but Marriott closed the gap to 19-17 and 20-19 before Wright scored the decider.

Wright took a 17-12 lead in the second game but Marriott made her move, tied it at 17-17 and won on four straight points.

Wright took a 3-0 lead in the tiebreaker but Marriott tied it a 4-4 and took an 8-4 lead before closing it out.

"I stayed calm for a change and didn't get up tight," said Marriott after the win. "It really paid off."

"I just can't believe she played that well," said Wright. "I was hitting good shots and she was hitting better ones."

Another exciting match came in the men's A competition which saw John Egerman defeat Scott Hawkins, 21-16, 15-21, 11-10. Both are teenagers.

MEN

Quarterfinals: Marty Hogan def. Mike Yellen, 21-16, 6-21, 11-9; Rich Wagner def. Davey Bledsoe, 11-21, 21-7, 11-2; Craig McCoy def. Steve Strandemo, 21-14, 21-8; Jerry Hilecher def. Ben Koltun, 21-15, 21-8.

Semifinals: Hogan def. Wagner, 21-18, 21-3; Hilecher def. McCoy, 21-14, 21-12.

Finals—Hogan def. Hilecher, 21-6, 21-14.

WOMEN

Quarterfinals: Shannon Wright def. Linda Fontaine, 21-13, 21-4; Sarah Green def. Karin Walton, 21-11, 21-14; Janell Marriott def. Rita Hoff, 21-10, 21-8; Jennifer Harding def. Jean Sauser, 21-12, 21-17.

Semifinals: Wright def. Green, 21-20, 21-12; Marriott def. Harding, 21-12, 21-15.

Finals—Marriott def. Wright, 19-21, 21-17, 11-5.



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FASHION RAC



Due to the gas shortage, these racquetball players had to find an alternate means of transportation to get to their favorite court club.

Wearing the latest racquetball fashions from **TOP SEED**, Sandy Bourbon, Kay Killough, Michele, Shelly Farquhar and Skip George roll through the campus of UCLA as a means of escaping gas lines and bumper to bumper rush-hour traffic.

TOP SEED had been known more for its tennis wear. But the smart-looking fashions here are samples of its new racquetball line.

Skates provided by Road Skates International of Venice, Calif. Skip's shoes courtesy of Nike.



Michele is wearing **TOP SEED**'s two piece wash and wear racquetball outfit made of 60 per cent cotton and 40 per cent polyester. The material is a soft fabric and the outfit features a key pocket with velcro closing. \$26.



Skip is rolling along in a navy, white and red shirt made of 60 per cent cotton and 40 per cent polyester. \$18. To match his shirt, he chose a pair of navy colored shorts which features two front pockets and a built in liner. \$14. Shelly Farquhar has on the same type of outfit as her friends, choosing a yellow and white design with red striping.

Sandy Bourbon has on the smart looking red and white two piece outfit while Kay Killough opts for the clover green, navy and white outfit. The outfits come in several different color designs and all feature striping down the sides. \$26.



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By Frances Sheridan Goulart

Editor's Note: Frances Sheridan Goulart, author of "Eating To Win: Food Psyching For The Athlete," is director of The Pot-snammer School of Natural Cooking in Connecticut.

There is nothing more important than getting a good night's sleep, especially if you're concerned with improving the level of your racquetball game. Yet lack of sleep is a fact of life-after-dark for much of the American public at large and that means a lot of players are not living up to their full playing potential.

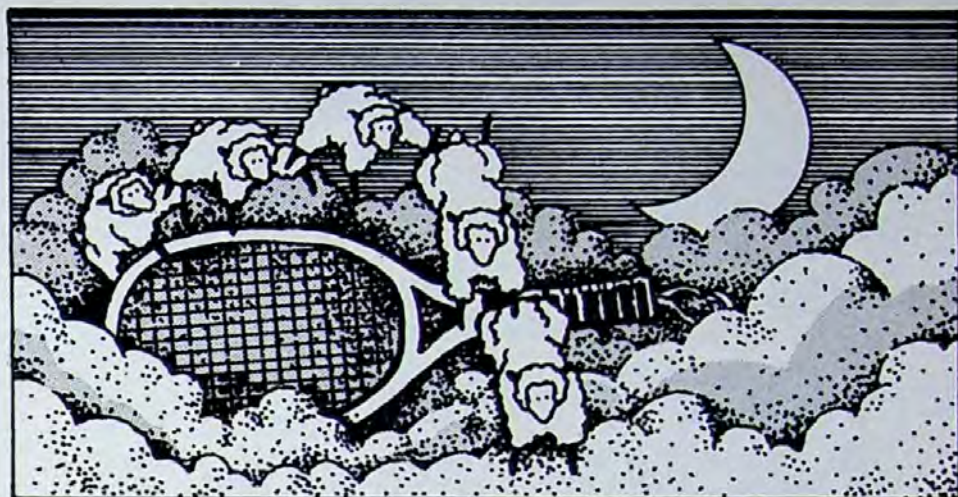
"If you don't get as much sleep as your body needs," says sleep researcher Raymond Schuessler, "you will use up 25 per cent more calories to make up for the deficiency."

Being able to turn your athletic juices "off" is just as important as turning them on because sleep provides us with a sort of port of absentee energy management. One reason is that important B vitamins essential for energy production are synthesized *only* during deep sleep.

And the loss, according to psychologist Rosalind Cartwright of the University of Illinois, goes even deeper than just calories concentration and energy. You may begin dropping games or losing points because you are no longer meeting yourself coming and going—something that sleep sets the stage for. "This sort of processing of information (during sleep) is our regular nightshift work. Mostly it concerns the personally relevant information that has to do with who we are. At night we reconcile the new information to our old self, and put it all together so we can get up and fight another day or play in another tournament," says Cartwright.

If you're off your feet, sleepwise, there are a number of natural non-toxic ways to get back on the right track. A good night's sleep could be no more than an herb, an amino acid or a few push-ups away.

Food, for instance, is often the best sleep



medicine. You may find a good source of cholesterol-lowering fiber in your next leafy green salad as well as a slumber inducement. According to the authoritative *Culpepper's Complete Herbal*, "The juice of lettuce mixed with oil or roses and applied to the forehead and temples procures sleep . . ."

There are other sleepers from the vegetable patch.

Some ordinary common vegetables and fruits, are noted for being quieting to the mind thus encouraging sleep—apples, avocados, carrots, parsnips, tomatoes, and salad greens. And the common onion, taken two or three at a time, also seems to have the ability to turn your damper down off-court. A good way to down onions two or three at a time is to oil them and bake them just like potatoes.

And then there are herbs, which are an inexpensive way to enrich your impoverished post-game sleep life.

One of the favored combinations at Europe's famed Pozan Medical School, for instance, is a combination of chamomile flowers, yarrow, valerian, balm and peppermint—with a little vitamin C, B-6, pantothenic acid and glutamic acid tossed in for good measure. Why? Because medicinal herbs and vitamins such as these used together "potentiate", according to Europe's Plant Research Institute. Other herbs reputed to undo athletic unrest (all available at any health food store) are anise, hops, dandelion, rosemary and woodruff. And yes, it's true, catnip encourages catnaps, too.

And rest is not "short-order sleep." Current studies indicate that a short snooze is 75 per cent as useful to the repair processes of the body as complete sleep.

But if herbs aren't your cup of tea, try ordinary supplements. *L-Tryptophan*, for instance, is a harmless helpful amino acid (amino acids are the building blocks of protein) which apparently induces sleep with none of the side effects of drugs. As little as one gram of tryptophan taken at bedtime ap-

pears to relieve insomnia and enables people to sleep naturally for longer periods of time.

And Tryptophan is safe as a glass of milk, because that's where it is usually found—in milk and other dairy products. So, a sufficient-sized slug of cheddar cheese just might be the snooze food you're looking for.

Says Dr. Ernest Hartmann of the Sleep and Dream Laboratory of Boston State Hospital, "L-tryptophan in foods such as cheese (when) taken into the body, (is) converted into serotonin, a brain chemical that affects sleep. A high protein meal of meat, cheese or eggs and a glass of milk contain enough L-tryptophan in pure form to get you to fall asleep . . . (and) one gram of tryptophan will cut down the time it takes to fall asleep from twenty minutes to ten minutes . . ."

In fact, all the amino acids are important if you want your share of the big sleep.

According to The American Federation for Clinical Research, the amino acid level in the bloodstream dramatically affects your ability to fall asleep. If depleted, sleep is difficult. Behavior is also affected. The secret to getting all the essential amino acids is to eat whole fresh protein foods—eggs, milk, natural cheese, raw nuts, whole grains, beans, fish, poultry and meat, etc.

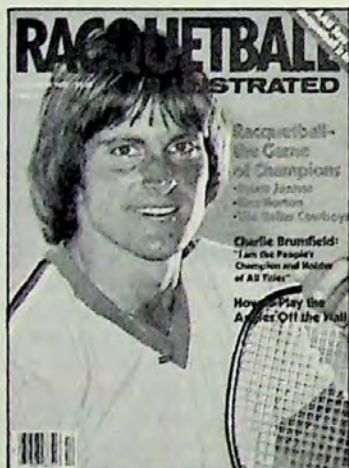
Be forewarned, however, that other experts advise that upsetting the amino acid equilibrium in the blood by radical changes in your food intake can also affect the way you sleep and can even alter your brain functions.

Research indicates that high stress foods can also keep you unpleasantly hyped-up. De-emphasize fried chicken, french fries, even ice cream and dried fruit in large amounts—all of which elevate blood fat levels, blood pressure and resting pulse rates.

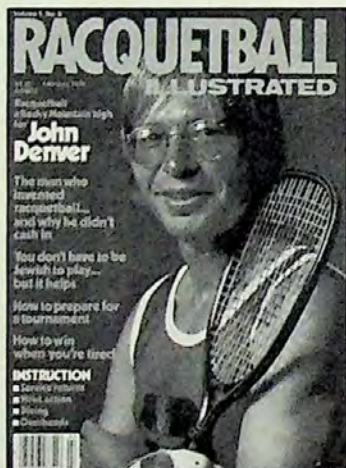
Another safe "sleeper" is the B vitamin *Inositol*, "a moderate-to-mild tranquilizer-sedative" says Dr. Robert Atkins. Dr. Carol Pfeiffer of Princeton's Brain Bio Center uses it in 2000 mg. doses as a potent tranquilizer. This amount at bedtime should send you off to the

Catch up with us!

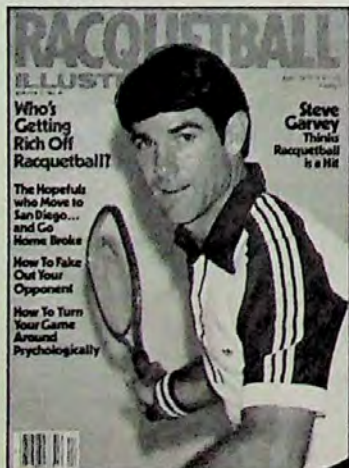
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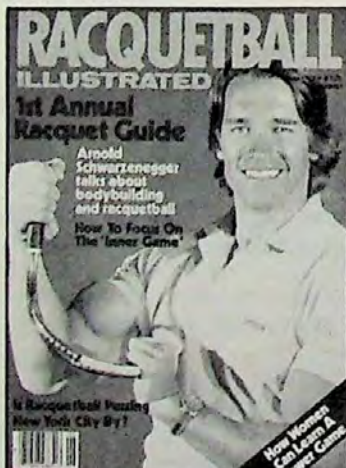
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land of nod while a lesser amount (650mg.) makes an effective and safe daytime sedative.

If after all this, you still can't sleep with visions of tomorrow's match dancing in your head, consider *lecithin*, a derivative of the common soybean.

According to William G. DeLameter, PH.D., "Lecithin rather than sleeping pills should be taken by the individual whose nerves are shot."

And nodding ascent on the nodding-off issue is Dr. Albert C. Pietsch. "Lecithin enables the brain to work with greater intensity and longer hours and better normal sleep is the result."

And don't neglect the role exercise plays in preventing insomnia.

"Physical activity is an important means in reducing tensions," emphasizes one doctor. "Jogging, swimming, brisk walking, are far more useful than taking pills for relaxation. Along with other obvious physical benefits, regular walkers report more energy along with lessened tension. It's a simple, easy prescription for markedly improved health."

Ben Londeree, an exercise physiologist at the University of Missouri, concurs. "The bad stress is the kind that gives you trouble sleeping. But exercise, like running, helps by lowering blood pressure, lowering adrenalin levels and getting the digestive juices flowing so they do a better job of cleaning out the system."

And Herbert P. DeVries, a California exercise physiologist, has demonstrated that simply taking a 15-minute walk produces more relaxation at the muscular level than taking any kind of tranquilizer.

DeVries contends that exercise, the structured kind, in itself turns aging around, reduces flab, blood pressure, increases the ability to produce more oxygen and, therefore, more energy.

Cardiologist Dr. Paul White is also a believer in the superiority of exercise as your best bet in the sleep sweepstakes. The leg muscles, he says, "are an important and unappreciated accessory pumping mechanism to assist our hearts physically. Healthy fatigue of the big muscle is the best antidote known to man for nervous stress..."

Another antidote to stress that should hit the spot after that last point is scored is this:

Sleepytime Tea

- 1 dry ounce dried peppermint leaves (a digestive)
- 1 tablespoon rosemary leaves (a tranquilizer)
- 1 tablespoon sage leaves (a soporific)

Mix and store in tightly closed jar. Use one tablespoon of the mixture to a cup of boiling water. Let steep for one minute, strain, sweeten with honey and sip. (Fortify with milk or cream.)

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Designed by Wilson for Shannon Wright, Women's National Racquetball Champion, 1977, 1978

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Shannon Wright

The Davey Bledsoe Autograph

Designed by Wilson for Davey Bledsoe, Men's National Racquetball Champion, 1977

"Men have a lot of natural power in their swing. But most racquets are designed to give men the momentum they already have. Working with Wilson engineers, I expressed the concern that where power is needed most is in the wrist snap through their swing. They answered with Custom Power Balancing. That is, they redistributed weight through the frame to the throat of the racquet. That headlight balance gives men incredible racquet speed through the power zone of their swing. It helps the racquet snap quicker and cleaner at ball impact for a powerful, yet controlled shot. When I play with the Davey Bledsoe Autograph I feel like I've got the most powerful racquet you can use on the court."



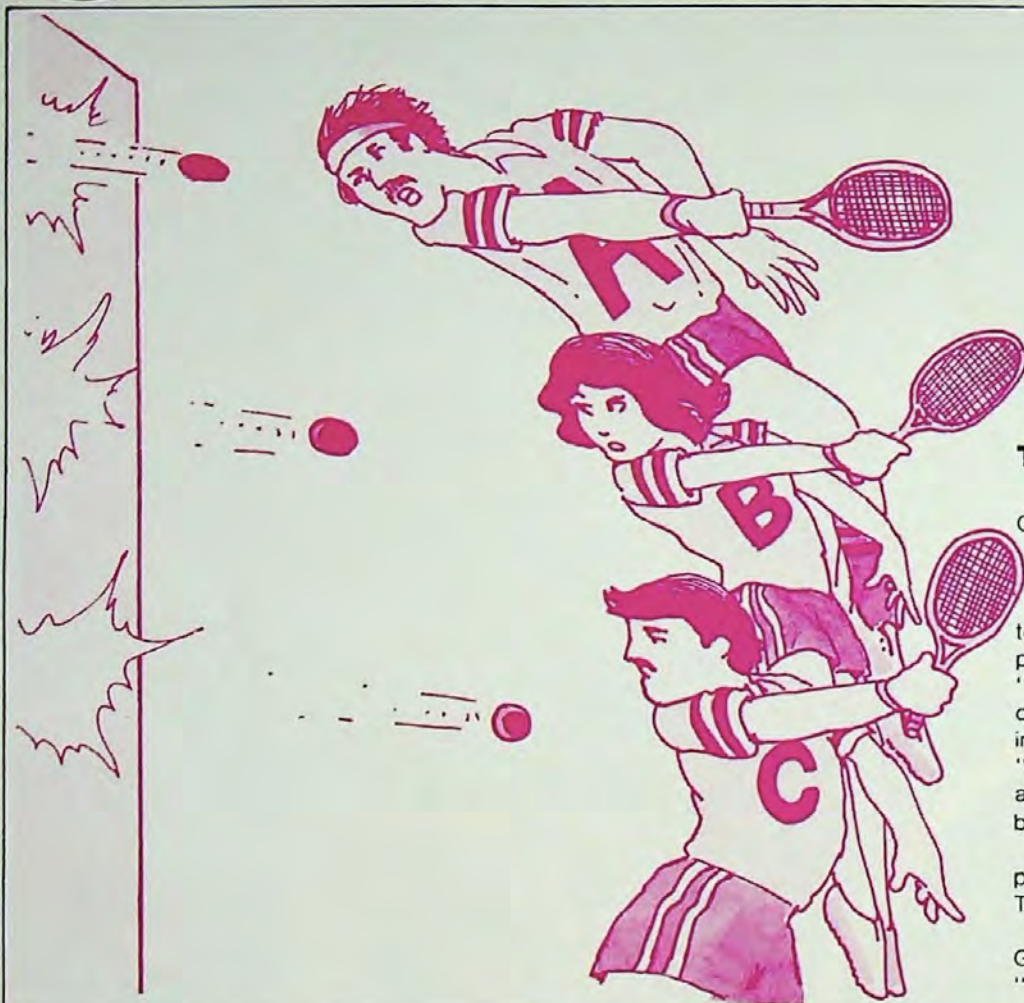
Davey Bledsoe



*The Wilson
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Short Shots



Team Racquetball

The Quail Lakes Athletic Club of Stockton, Calif. has introduced a new concept to the sport of racquetball—Team Racquetball.

The concept, patterned after World Team Tennis, features eight players on each team—two "A" men players, two "B" men players, one "C" male and one "A", "B" and "C" women players. The "A" player from one team plays the "A" player of the opposing team in a one-game match to 21. Then the "B" players play and so on. Points are totaled after each match to decide the winner. Doubles matches are one game to 15 points.

There are other possibilities such as junior players, novice players, mixed doubles. That's up to the individual club program.

"This is not a bowling league," says George Retamaza of the Quail Lakes club. "We try to keep teams as even as possible."

Smoking Less

In a study of "Fitness in America" sponsored by Perrier and conducted by Louis Harris and Associates, racquetball players were found to smoke far less than participants in other sports.

The study showed that only 28 per cent of racquetball players (the total survey questioned 1,500 people) smoke. This can be compared with a 51 percent figure for bowlers, 45 per cent for swimmers and 42 per cent

for basketball players. Runners ranked tops with only 24 per cent.

The study also showed that racquetball ranked as the 20th most popular participant sport with an estimate of 3.1 million players. However, it must be noted that the study was done in March, 1978. If another study were done today, it would most likely show a huge increase.

The study also showed that racquetball is one of the most popular activities with people "considering taking up a new sport."

Williams wins \$18,700

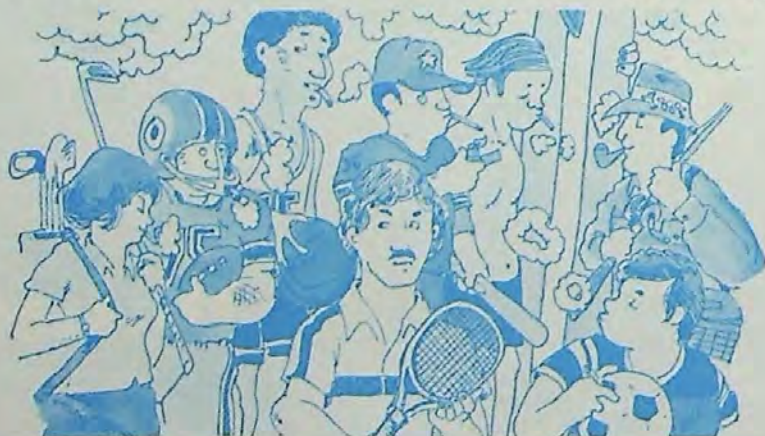
Touring racquetball pro Kathy Williams collected \$18,700—more than all her racquetball winnings combined—for finishing third in the Women's Superstars competition produced by Trans World International for ABC. Competition took place in The Bahamas.

Williams took first in the swimming competition, second in rowing and third in bowling and the obstacle course race for a total of 29 points. First place went to pro volleyball player Linda Fernandez and second went to basketball player Carol Blazejowski.

Fernandez, who calls Hawaii her home and plays for the Seattle Smashers volleyball team, won the obstacle course, quarter mile run, tennis competition and placed second in swimming and cycling and third in the 60-yard dash. She totaled 48 points, ten more than Blazejowski.

"I thought I'd be able to do pretty well since racquetball is such good training," said Williams. "You have to be in condition all the time."

Williams automatically qualifies for next year's competition.



Eye Injuries

Racquetball, squash and tennis are projected to surpass ice hockey as the leading cause of recreation-related eye injuries in Minnesota, according to Dr. Raymond Croissant, president of the Minnesota Association of Ophthalmology.

"We recommend that all players wear some sort of eye protection," says Croissant. "On a racquetball court the most important piece of equipment can be goggles or safety glasses."

WPRA

The Women's Professional Racquetball Association (WPRA), formerly known as the Ladies Professional Racquetball Association, has begun negotiations for a separate women's pro tour.

"We believe women professional racquetball players are good enough to stand on their own," says Dan Seaton, who was voted the group's Commissioner.

While continuing to seek separate sponsors, the women players, says Seaton, will continue to play in the tournaments put on by the National Racquetball Club.

The organization, which consists of virtually all the women touring pros, has approved a constitution, tournament regulations, rules, and a code of conduct. The players have broken down into committees to discuss other subjects such as prize money distribution and rankings.



Aussie Tour

Fifteen members of the Australian Squash Court Owners Association and the Australian Racquetball Association made a fact-finding tour of Los Angeles, San Diego, San Francisco and Las Vegas to learn how to develop and promote racquetball in their clubs.

According to a spokesman for the group, executive director Peter Allen, racquetball has not caught on in Australia in the same way it has in the United States.

Squash is the most popular indoor court sport in Australia and when racquetball is played, squash courts are used. As of now, there are no plans to build regulation racquetball courts but to encourage Australian players to play racquetball on squash courts.

With this in mind, says Allen, a slower ball is used to suit the smaller courts. There is no ceiling and scoring is 15 points with a point being scored on every rally.

The U.S. tour was set up by the court club owners (Ian Hocking of Tasmania, president) to get an idea on how clubs are run in this country, and how the various clubs attract players.

Racquetball Comes to Sardi's

Photo by American International Group



New York City's famous Sardi's Restaurant, where the Broadway theatre performers and patrons dine before and after the shows, served as the site for a press conference announcing the introduction of the National Racquet Sports Association. Touring pros Charlie

Burnfield and Janell Marriott are flanked by John Denley of NRSA and Monte Gollub and Bob Christian of American International Group, who are involved with the insurance program for the NRSA.

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CLUB NEWS



Boston

The recently opened Back Bay Racquet Club is housed in a 28,000 square foot building next to the Arlington Street Armory between Arlington and Berkeley streets.

At a cost of \$1.6 million, the club has twelve racquetball courts, a dining area, whirlpool and sauna areas, exercise room with a Universal Gym, nursery and fully carpeted locker rooms.

The five-story mid-Victorian structure actually has a history behind it. It was built in 1886 as a factory and store for Carter's Ink, and it was later used by the University of Massachusetts for offices and classrooms.

The building was then bought by Boston Racquetball Associates. General partners in the club are Gary Graham and Perini Land and Development Company.

The club was designed by architects Payette Associates/Graham-Meus and construction was handled by H.E. Wile Corporation.

Dallas-Ft. Worth

It's not often that a hotel complex gets involved with racquetball but that will not be the case come the Summer of 1980 when the expanded Airport Marina Hotel opens near the Dallas-Ft. Worth International Airport.

The current Airport Marina Hotel, which has 600 rooms, has announced a \$50 million expansion. The East Tower addition will have 850 guest rooms.

Included in that expansion will be the Bear Creek Golf and Racquet Centre, a 250-acre sports complex featuring a 27-hole golf course, putting green, driving range, four outdoor tennis courts, four indoor tennis courts, jogging trail, picnic areas and, of course, 10 indoor racquetball courts.

Naples, Fla.

Opening its doors recently at 1048 Castello Dr. was the Racquet Club with eight indoor courts,

Boston's Back Bay Racquet Club

including two exhibition courts with spectator viewing for up to 200 people.

The complex also features separate exercise areas for men and women, a swimming pool, platform tennis court, jogging track, sand volleyball court, wet lounge, massage area, hair salon, game room and meeting room.

The lounge area is 2,600 square feet and is complemented by a television, pool tables, backgammon tables and lounge area.

The club also has classes in exercise, yoga and, slimnastics.

Future plans call for the addition of at least four more racquetball courts as well as two tennis courts.

Burnaby, B.C.

Brentwood Racquetball Club, one of Canada's largest clubs, has opened its doors with ten air conditioned racquetball courts.

In addition, the club will have men's and women's saunas, whirlpools, a spacious lounge and nursery. Membership capacity is 1,500.

The Brentwood club is the fifth venture into racquetball for its parent company, Conbow Corporation, based out of Niagara Falls. Conbow owns 34 bowling alleys in Canada and the United States and has recently begun moving into racquetball clubs.

The Brentwood Racquetball Club is located next door to Brentwood Lanes bowling alley.

Editor's Note

Clubs are invited to submit for publication general interest notes (announcement of new pros, new general managers, new additions, etc.), announcements and results of big tournaments (no small, local in-house tournneys) and celebrity photos for our "Players" section.

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TOURNAMENTS

All-Pro Football

by Carole Charfauros

Two football players who most assuredly get a "kick" out of racquetball are Rafael Septien (Dallas) and Mike Michel (Philadelphia), both place kickers, who each won \$4,000 in the National Football League's segment of the Coors All-Pro Racquetball Tournament.

Septien and Michel temporarily traded in their cleats for sneakers in order to prove that kickers, most often unappreciated except on fourth down situations, are every bit as well-conditioned and aggressive as any linebacker, quarterback, or wide receiver.

After winning the top two spots in the double-elimination qualifying tournament held at San Diego's Atlas Health Club, the two kickers will have a chance at an additional \$50,000 in the All-Pro Finals next January in Las Vegas.

Last year's winner was Randy Vataha, a former wide-receiver for the New England Patriots. But because Vataha is not playing this season, he is considered a veteran, and was not eligible for this tourney.

Joe Theismann, quarterback for the Washington Redskins, who lost to Vataha in the quarters last year, was expected by many to be a top contender. However, Theismann fell short again, losing

in the first round to Septien, 18-21, 21-16, 11-8 and to Michel 21-11, 21-17 in the semis.

"Both Rafael and Mike are excellent players," Theismann said. "I think Mike will go all the way. I lost to the overall winner last year and I think I've done it again this year. No doubt about it. Michel is the class of the tournament."

In their semi-final match, Michel got off to a slow start, trailing Theismann 8-11. After a needed timeout, Michel stepped back on to the court and blanked Theismann for ten straight points to win the game 21-11.

In the next game, Michel jumped out to a 4-1 lead, only to fall behind 4-5. Theismann's smart control play kept Michel trailing until the score finally tied at 14. Not wanting to break his record of winning each match in two games, the Eagle kicker finished Theismann off 21-17.

Michel has been playing racquetball in the off-season for seven years because he says it keeps his legs in shape for training camp. His chances as a contender for the overall title look excellent according to Theismann, but Mike only shrugged and replied, "It's hard to tell who will win because everyone has a different style. I could lose to a less experienced player if I start playing his game."

One of the least experienced players in the tournament was Septien, winner of the other semifinals against Buffalo lineman Joe DeLamielleure.

Septien may not be familiar with racquetball, but for several years he was champion of Mexico City in front tennis, a game which is similar to jai alai.

In the semis against DeLamielleure, the Cowboy Kicker successfully hustled after every shot that the 250-pounder hit. DeLamielleure appeared to be tiring and Septien easily swept past him 21-8.

Septien entered the second game, perhaps a little overconfident, while DeLamielleure caught his second wind. Septien started out strong enough at 8-3, but relaxed as Joe fired up to a 14-12 lead. Rafael overtook him at 15 and from there on it was neck and neck until DeLamielleure won it 21-18.

Under pressure, as if going for a last-second field goal, Septien kicked past a stunned DeLamielleure in the tie-breaker 11-2.

"Racquetball is a game of momentum," said Septien following his victory. "If you have confidence in your play, you have a much easier time. You must have confidence as a kicker, too. Every time a kicker goes onto the field he is expected to make it—either you do or you don't—but you have to convince yourself that you will make it. I'm used

Mike Michel retrieves shot hit by Joe Theismann in Coors All-Pro Football tourney. Michel won the match, 21-11, 21-17.



Photo by Carole Charfauros



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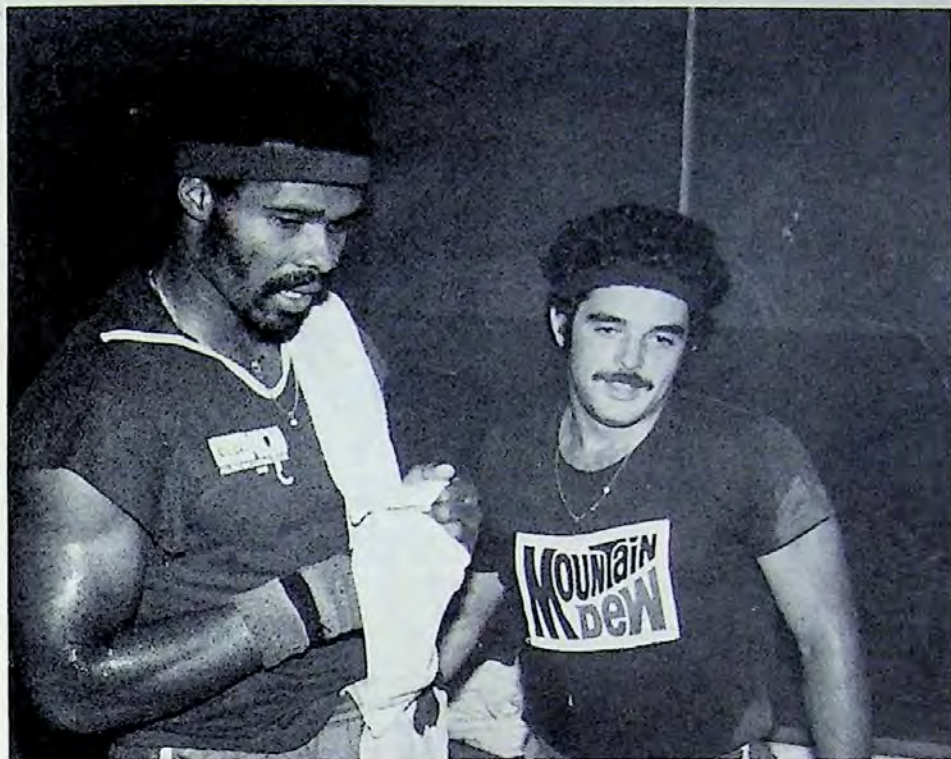
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TOURNAMENTS



Matt Blair of the Minnesota Vikings and Rafael Septien of the Dallas Cowboys cool down following match at San Diego's Atlas Health Club won by Septien.

to the pressure and I'm always 100 per cent confident that I will make the point whether it's football or racquetball."

Not at all discouraged, DeLamielleure summed up what it's like for a football player to compete in racquetball.

"I'm more competitive when I play racquetball because I'm my own quarterback. It's much more physically demanding than football because you're playing one on one."

No wonder so many football coaches encourage their teammates to use racquetball for conditioning. But then again, with a chance to win over \$50,000 in the Coors All-Pro Championships, few football players would need their coaches to tell them that racquetball is a beneficial as well as profitable sport.

Quarterfinals

DeLamielleure d. Bakken, 21-20, 21-16; Joe Theismann d. Benny Ricardo, 21-9, 21-13; Mike Michel d. Carl Mauck, 21-13, 21-7; Rafael Septien d. Matt Blair, 5-21, 21-5, 11-2.

Semi Finals

(Two finalists qualify for January All-Pro Championship) Septien d. DeLamielleure, 21-19, 18-21, 11-2; Michel d. Theismann, 21-11, 21-17.

Kendler Classic

by Bill Zavestoski

Marty Hogan defeated surprising finalist David Fleetwood for his sixth straight championship on the pro tour and Shannon Wright won her fourth title of the season in the \$25,000 Robert W. Kendler Racquetball Classic at the Downtown Racquet Club in New Haven, Conn.

Top-seeded Hogan, third-seeded Rich Wagner, sixth-seeded Ben Koltun and seventh-seeded Mike Yellen advanced to the quarterfinals as expected, but in the other bracket, second-seeded Jerry Hilecher was upset by 11th-ranked David Peck, 21-9, 21-13, fourth-seeded Davey Bledsoe fell to ninth-ranked Fleetwood, 14-21, 21-15, 11-8, and fifth-seeded Craig McCoy dropped a 21-9, 16-21, 11-10 squeaker to 13th-ranked Charlie Brumfield. Eighth-seeded Steve Strandemo managed to nip 10th-ranked Mark Morrow, 18-21, 21-20, 11-10.

So the four highest-ranking players were paired against one another in the upper half of the quarterfinals, where Hogan turned back Koltun, 21-18, 21-18, and Yellen stunned Wagner, 21-6, 16-21, 11n6. After giving up the first three points in the tiebreaker, Yellen scored eight straight for an 8-3 advantage before Wagner closed to within 8-6.

Fleetwood eliminated Brumfield, 21-10, 21-14, while Peck reached the semis for the second time in three tournament stops with a 19-21, 21-17, 11-4 decision over Strandemo. Peck ran off six straight points in the tiebreaker to expand a one-point lead to a safe 10-3 advantage.

Unlike his match against Koltun where he had to overcome 15-18 and 12-14 deficits, Hogan grabbed an early lead against Yellen in the semis and held it through just about the entire match. His first game margin reached 17-7 before Yellen began a spirited comeback which brought him to within 17-12, then 19-14, and finally 20-18 before Hogan could produce the winner.

Yellen remained close to Hogan through much of game two, but at 16-13, Hogan scored five of the final six points to seal the 21-18, 21-14 victory.

In the battle between Peck and Fleetwood to see who would advance to a final for the first time ever, Peck took the upper hand with a 21-17 win in the first game, then built a 14-11 lead in game two before Fleetwood put together an eight-point streak for a 19-14 advantage on the way to a 21-18 triumph.

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The tiebreaker was all Peck until the last few points. Peck jumped to 4-0 and 5-1 leads, and after Fleetwood scrambled back to gain a 6-5 advantage, Peck scored three in a row for an 8-6 lead. It was 8-8 when Peck ran off a pair and had match point at 10-8. But Fleetwood wouldn't fold, pulling into a 10-10 tie before Peck skipped a return of serve to give Fleetwood the berth in the finals against Hogan.

Hogan wrapped up his sixth consecutive title in two games, but his 21-13, 21-20 victory wasn't an easy one. A string of seven points in a row gave Hogan a 10-3 first game lead, and Fleetwood could get no closer than 12-8 before Marty ran seven more for an insurmountable 19-8 edge.

The second game saw Fleetwood take a 10-4 lead, which he stretched to 15-8 before Hogan scored eight of the next nine points to pull even at 16-16. Fleetwood then surged ahead, 20-18. He couldn't convert it though, as Hogan regained his serve and ran off the three points he needed to win a 29th consecutive match.

"He really played well when I had lapses in my game. He's going to be a good player," Hogan of Fleetwood.

There were just two upsets in the women's competition, which featured \$10,000 in prize money and a \$2,600 top prize, double the usual figures. Linda Prefontaine of Eugene, Ore., pulled off the first, edging fifth-seeded Rita Hoff in the first round, 21-20, 9-21, 11-10. In another lower bracket pairing, this time in the quarters, sixth-seeded Sarah Green eliminated second-seeded Janell Marriott, winner of the previous tour stop in California, 21-11, 21-16. Squash champion Heather McKay made her pro racquetball debut, losing to Jennifer Harding 21-7, 21-16 in the first round.

Harding, seeded third, downed Prefontaine in the quarters, 21-13, 21-5, and in the upper bracket, Wright topped Jean Sausser, 21-8, 21-7, and Marci Greer turned back Peggy Steding, 21-13, 21-17.

Neither semifinal match had very much suspense as Wright stopped Greer for the third time this season, 21-10, 21-8, never falling behind in either game after running up 7-0 and 6-1 leads. Harding took Green, 21-12, 21-8 despite falling behind 0-4 in the second game. An eight-point run highlighted Harding's comeback as she scored 21 of the final 25 points in the match.

In the final, Wright led only once in the first game, coming back from a 1-7 disadvantage to take an 11-10 lead. But Harding regained a 13-12 nod before running off the final eight points.

The 21-13 victory wasn't savored for very long, though, as Harding was aced numerous times in a second game that Wright dominated. The domination was to the tune of a 21-0 blanking, with Wright's final 10 points being scored without the loss of her serve. The first three points in the tiebreaker gave Shannon a string of 24 consecutive points.

After the dry spell was broken with a point by Harding, Wright scored five more for what looked like a safe 8-1 lead, but Harding didn't fold. The score went to 9-8 Wright, and then 10-8 and match point when Harding regained her serve and added another point to make it 10-9. On her second match point, Wright powered a kill shot to the left side to wrap up her 12-21, 21-0, 11-9 triumph, the 19th victory in her last 20 matches.

About her impressive string of points, Wright commented, "I just started hitting real, real good serves and I wasn't making any mistakes."



R.O. Carson beats the machine and all other competitors.

"Beat The Machine"

This was a unique tournament of sorts. No hindes were called, no one foot faulted and no rally lasted longer than one hit. It was a "Beat The Machine" tournament at the Anaheim (Calif.) Racquetball Club and the machine in this case was RPM's "Racqueteer," a three-foot tall, green racquetball practice machine.

The rules were simple. Each contestant had five forehand and five backhand shots to return, with points being scored for accuracy within a box. Rollouts were worth 15 points with other boxed in

areas worth either three, two or one.

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R.O. Carson topped the list of competitors with 106 points to win the men's open over runnerup Dave Dennis with 93. Mike McGovern was third.

Other winners were Charlie Chacon (men's A), Mike Rodkin (men's B), Bob Penn (men's C), Jenni Chacon (women's A-B) and Margarita Hlaunicka (women's C).

Etc.

• Craig Gunter defeated Tom Ranker, 15-7, 15-8 to win the first Philadelphia Racquetball Championships at King of Prussia Racquetball Club in King of Prussia, Pa.

Bob Ellis defeated Tom Whipple, 15-11, 12-15, 15-12 for third place. Dave Crocker teamed with Jim Young for a 21-20, 21-19 Open doubles victory over Steve Frenda and Don Holler. Steve Ginsburg defeated Ira Miller in the A finals.

Elaine Lee beat Lee Kennedy 21-4, 21-6 in the women's A division.

• Ektelon has been selected as the winner of Sporting Goods Dealer's 1978 Leadership Award for a specialized manufacturer.

"Few companies have made a more comprehensive effort in the promotion of racquetball," read the award.

Nominations for the award were made by other manufacturers, wholesalers, retailers and sales reps.

• Ron Grimes has been named Vice President of Marketing and Ross Whitley Vice President of Operations of Ektelon.

• Patia Horan defeated Lori Fisher, 17-21, 21-4, 11-3 and Leo Cox topped John Flanagan, 21-15, 21-16, in the finals of a three-club Snowball Tournament held at Racquetball East in Indianapolis.

• Stan Wright of San Francisco and Steve Trent of San Diego took first place in the International Racquetball Association (IRA) California State Doubles Championships.

• Stan Wright defeated Scott Hawkins, 21-15, 21-5 to win the IRA Western Regionals at the Kangaroo Courts in Roseville, Ca. Lori Banks won the women's open with a 21-15, 8-21, 15-7 victory over Barbara McGowen.

Camp Guide

COLORADO

Vail—Steve Strandemo (Head) Camp, Vail Athletic Club, July 9-14, July 16-21. Information: Ron Bullington, Vail Athletic Club, Box 573, Vail, Colo. 81657.

Aspen—Janell Marriott/Kathy Williams (Seamco) Camp, Aspen Athletic Club, Aug. 5-11 (Beginners/Intermediates), Aug. 12-18 (Intermediate/Advanced), Aug. 26-Sept. 1 (B/I), Sept. 2-8 (I/A). Information: Aspen Athletic Club 720 E. Hyman, Aspen, Colo. 81611.

Steamboat Springs—Davey Bledsoe (Wilson) Racquetball Ranch, Steamboat Athletic Club, July 29-Aug. 4, Aug. 5-11, Aug. 12-18, Aug. 19-25. Information: Steamboat Athletic Club, Box 1566, Steamboat Springs, Colo. 80477.

PENNSYLVANIA

Seven Springs—Steve Strandemo (Head), Seven Springs Mountain Resort, July 23-28, July 30-Aug. 4. Information: Jeff Shearer, Seven Springs Mountain Resort, Champion, Penn. 15622.

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Tournament Schedule

June 29-July 1—Atlanta (Racquetball Centre)

July 13-15—Chicago (Killshot—Bloomington)

Aug. 10-12—Los Angeles (Sports Gallery—Anaheim)

Sept. 14-16—New York (site undetermined)

Oct. 5-7—Detroit (Franklin Club)

Nov. 9-11—San Francisco (Telegraph Hill)

January, 1980—National Finals in Las Vegas.

CLUB DIRECTORY

Listed below are some of the finest racquetball clubs in the country. For information on how to get listed in the "Club Directory" write **Racquetball Illustrated** at 7011 Sunset Blvd., Hollywood, CA 90028

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& Racquet Club
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Phoenix
Metro Racquet Club
10251 N. 35th Ave.
(602) 866-0330

Tucson
Oracle Place Athletic Club
7225 N. Oracle Road
(602) 297-8640

ARKANSAS

Fort Smith
Olympic Health Club
8701 Hwy. 59T
(501) 452-9597

CALIFORNIA

Artesia
California Way
17727 Pioneer Blvd.
860-3312

Century City
Century West Club
2040 Avenue of the Stars
(213) 556-3312

Chula Vista
Chula Vista Racquetball Club
1550 Broadway
(714) 426-2590

Chico
The North Valley
Racquetball Center
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Culver City
Racquetball West
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North County
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Fountain Valley
Racquetball World &
Health Club
10115 Talbert Avenue
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Fresno
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(209) 227-8405

Irvine
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Irvine
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Athletic Club
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Lancaster
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Lancaster, California 93534
805 943-0941

Long Beach
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(714) 426-2590

Montclair
Montclair Racquet Time
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Napa
La Cancha
1850 Soscol
(707) 252-8033

North Hollywood
Valley Courts
11405 Chandler Blvd.
(213) 980-2462

North Hollywood
The Racquet Centre
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(213) 760-2303

Oceanside
Love Tennis/Racquetball Ltd.
2249 El Camino Real, Suite F
(714) 757-5683

Pasadena
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Port Hueneme
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Riverside Racquetball Club
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Racquet Time, San Diego
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Westminster
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COLORADO

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Aspen Athletic Club
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(303) 925-2535

Denver
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1325 Glenarm Pl
(303) 534-1518

Denver
International Athletic Club
1636 Welton Ave. Suite 308
(303) 623-2100

Englewood
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Wallingford
Wallingford Clubhouse
Neal Road
(203) 265-2861

FLORIDA

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Fl. Lauderdale
Supreme Court Sports Center
5065 N.E. 13th Avenue
(305) 491-2255

Hollywood
South Broward Racquet &
Sports Club
P.O. Box 616
(305) 985-6410

Miami
Kendall Racquetball
& Health Club
10631 S.W. 88th St
(305) 596-0600

Miami
The Sportrooms
10680 S.W. 113 Place
(305) 596-5677

GEORGIA

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Courthouse I of Columbus, GA
1500 54th St
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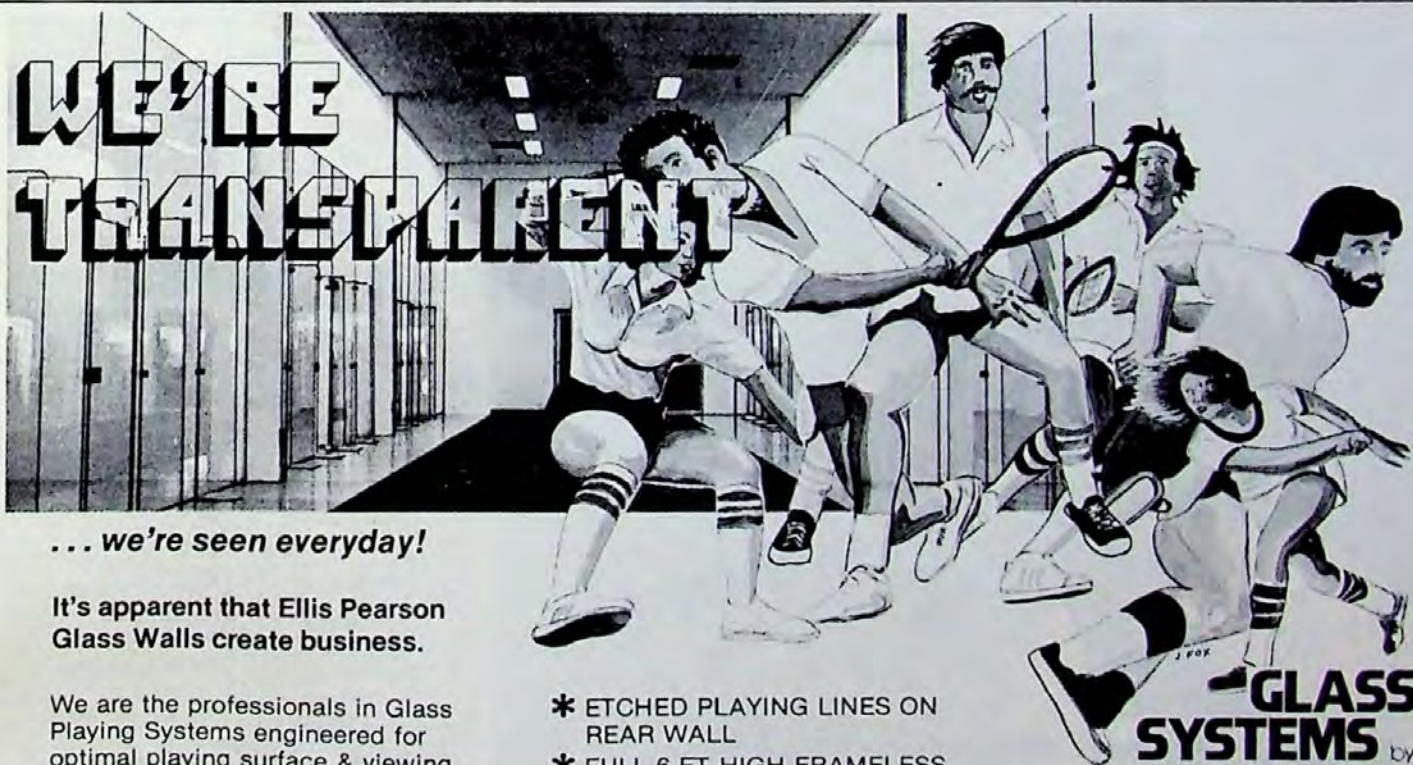
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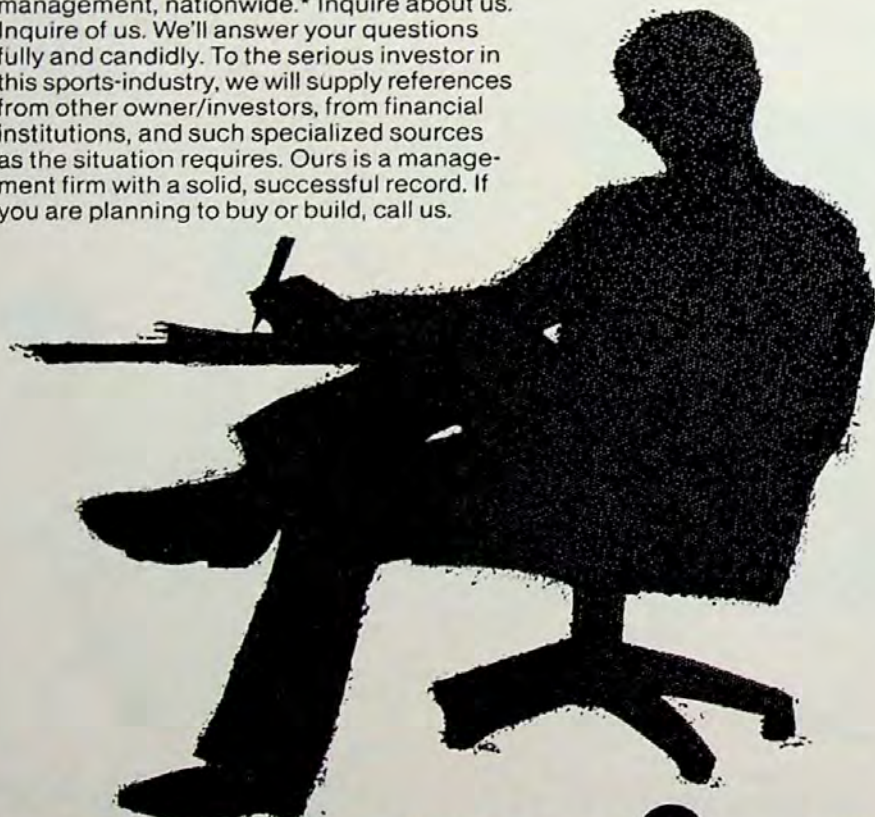
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