

National Racquetball®

Vol.13 No.4 • April, 1984

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**RON KITTLE:
HOME RUNS, RBI'S AND KILL SHOTS**

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IN PARADISE**

**SECRETS OF FRONT
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**4 PAGES ON
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On the cover . . .

Ron Kittle, The Chicago White Sox' Rookie of the Year of 1983 carries a big bat, and almost as big a racquetball racquet. To find out how Kittle mixes baseball and racquetball, turn to page 6.

—photo by Arthur Shay

Next issue . . .

May will feature two important racquetball issues, first our annual Glove Guide will lead you through what's available on the glove market and we'll examine pro racquetball, where it comes from, where it's going and how it's all going to happen, plus all of our usual departments.

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Letters

Eyeguards

Dear Editor:

Congratulations on your *February* issue. It represents the single, most powerful statement yet made on eye protection by a racquet sport publication.

Your editorial was most convincing. Readers cannot help but be motivated to buy and wear eye protection after reading it. The bottom line of course is that many of them will be spared painful and costly eye injuries that could have resulted in permanent vision loss. All attendees at our Sports Eye Safety Advisory Committee meeting (January 27-29) saw the publication and echo my sentiment.

Dennis Hirschfelder

Director of Eye Safety Programs
National Society to Prevent Blindness

Dear Editor:

The Michigan Racquetball Association (MRA) runs a statewide series of nine tournaments each year including a State Doubles/State Juniors Championship and a State Singles Championship. In this series of tournaments and in any and all MRA activities eyeguards are mandatory! Eyeguards have been mandatory since the beginning of the series and this applies to all tournament entrants, not just juniors.

During the course of six years, we have stopped match play a few times and have required players to secure and wear a pair of eyeguards or forfeit their match. We have yet to forfeit anyone for lack of eyeguards.

The MRA wishes to commend you for your stand on mandatory eyeguards and on closed eyeguards. We wish to go on record as already having taken this step. We join you in calling on the AARA, WPRA, and PRO to enact this ruling.

To us the cost of eyeguards and the possible minimal sight reduction of wearing them is a very minor irritation when weighed against the cost of permanent loss of eyesight.

Jim Easterling

Dianne Driver

Michigan Racquetball Association

Dear Editor:

I am one of the countless players who has made the trip to the emergency room when my cheap eyeguards shattered upon impact. Because of the scar on my face and the memory of that evening, I am an outspoken critic of those who manufacture products which claim to add an element of safety to

the sport but actually lull the unsuspecting player into a false sense of security which can ultimately cost vision.

Your bold editorial position that . . . "all open eyeguards should be taken off the market" . . . immediately earned your magazine my respect.

Then I hit page 14.

How can you devote 11 pages to the evils of the open eyeguard and then include two pair of them in your annual eyeguard guide?

Your editorial goal of getting open eyeguards off the market is certainly not going to be accelerated by your allowing them to be advertised. How about taking the first step toward your own editorial "changing of the guard." **BAN THE PRODUCT FROM YOUR ADVERTISING.** After all, "enough is enough already."

Jim Irby

Semmes, AL

Dear Editor:

Your article on eyeguards was just fine as far as it went.

But the bottom line is, if we are not convinced to not only wear eyeguards but to wear effective eyeguards, which specific products provide the most eye protection?

Until you can present us with brand names of eyeguards that meet reasonable safety standards, rather than just present a potpourri of everything that is on the market at the present time, you merely whet our appetites rather than satisfy our hunger.

Michael Weiner

Reseda, CA

We agree that there should be a specific products list that meets ASTM specifications. Unfortunately there is not and until consumers become angry enough to insist that their eyeguards be labeled as meeting the specifications, racquetballers will be frustrated.
— Ed.

Oh, My Achin' Back

Dear Editor:

I am 32 years and have been playing racquetball for 12 years. I started playing at the Westside YMCA in Los Angeles in 1972. Two years later I moved to San Diego and played local tournaments for four years. Later I moved to Newport News, VA and played with Carol Frenck on a weekly basis, for 18 months. I then moved to the Washington, DC metro

area and became the first club A champ at the Sporting Club of Mclean.

One day I went down for a shot and never got up. My lower back hurt so much I couldn't move. The first doctor told me I had muscle strain. The pain never went away.

The orthopedic specialist told me I was getting old at 30 and to give up racquetball and all other strenuous sports. I tried to play again, but the pain was too much.

I went to another orthopedic specialist, who put me in a brace, sent me to physical therapy, told me to exercise—but no racquetball. He told me I have a degenerate spine pressing against a disc.

Two years to the day I got hurt I couldn't stand it anymore, the pain was still there. Four attempts to play and no luck. I visited one of the nation's leading back surgeons and told him I wanted to play racquetball again and work out or life wasn't worth living.

He put me in the hospital, gave me a bonescan, catscan, milogram and at least 1000 x-rays. He told me the tests showed nothing wrong with me. He wanted me to see a head shrinker, telling me my pain was all in my head. Here I was lying in a hospital bed with pain and stiffness, I could not even bend enough to put my socks on by myself and this idiot is telling me it's all in my head. At this point I never thought I would play racquetball again.

Later that day a guy in a white coat, who spoke broken English came into my room and examined me. He was an Egyptian orthopedic surgeon. He filled three bottles into one gigantic hypo needle as long as my racquetball racquet. He injected me in the rear end all the way down to the bone. The pain went away instantly and I could move again. He told me I have bursitis in both sides of the hips, and with proper medicine it could be controlled.

It's been two months since I left the hospital. I started working out slowly—running, Aerobics, a little Nautilus and racquetball. Last night I played 2 hours 10 minutes straight on the challenge court without losing a game. I heat my back before play, ice right after and heat before bed. This is the greatest thing that ever happened to me besides my daughter being born. The moral is to keep trying and never give up.

P.S. The medical bills were over \$5000 so if you're ever in Tyson's Corner, VA, please come in to JKJ Chevrolet and buy a car from me.

Alan Winston
Tyson's Corner, VA

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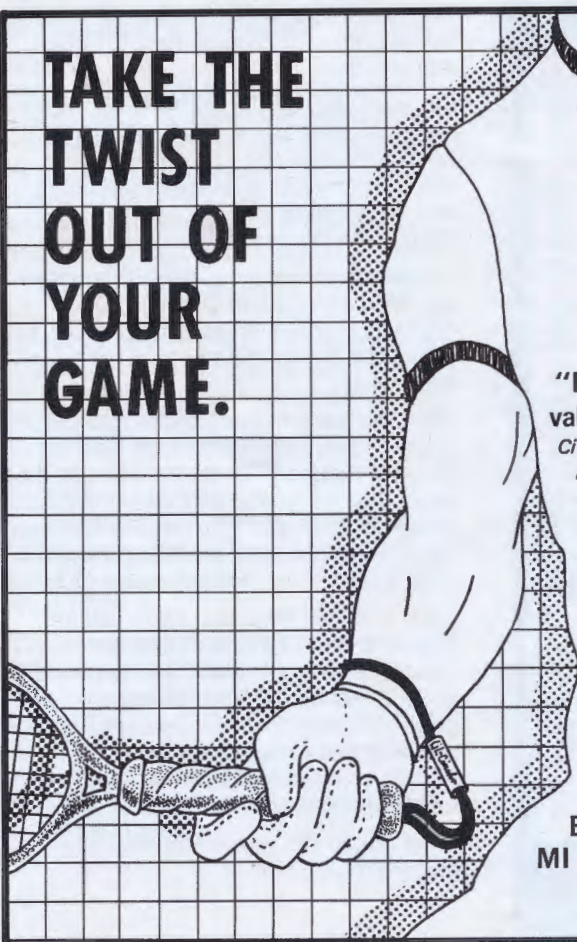
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From The Editor . . .

Portable Glass: Why?

For years some of the racquetball industry's most noted minds have been expounding the virtues of a portable glass court and how such a fixture would lead to a boom in play that would make the mid-'70's look pale.

Now, it appears, such a court is in the offing. It has been built and used for squash (see page 35) and merely applying the same principles of construction to the larger dimensions of a racquetball court is all that stands in the way of portable glass becoming a reality.

Oh yes, a little bit of money also stands in the way. About \$250,000 plus or minus a few.

I find it odd that so much activity surrounds the concept of a portable glass court. Sure, I have a natural curiosity about it, like anybody else. But it seems to me that to plunk down \$250 G's for this thing without a men's pro tour to play on it is rather like using the racquet head as the handle.

Two hundred and fifty thousand could buy you a pretty decent start toward a real pro tour.

But even so, I'm still not sold on the reality of what the portable glass court will do for racquetball. I guess I can't see the connection between the court and the throngs who will flock to courts and clubs as a result.

I know the intent is to wheel this baby into Madison Square Garden or the Chicago Stadium or, at worst, Greenleaf Junior High School gym. Then what?

Well, I've been to the Garden and the Stadium and to Greenleaf for that matter. And I guarantee you the folks in the second balcony wouldn't derive much pleasure from watching two figures the size of fruit flies scurrying around after a nearly-invisible pea-sized ball.

Look at it this way. You and I can sit behind a glass back wall and watch a match, the same match. During play a questionable shot takes place. Skip or good? We all know that you can see it one way and I might see it another. And we're in perfect viewing position, one foot away from the court.

What would the guy in the second balcony see?



Of course, that assumes you'd sell enough tickets to put people in the second balcony. And who would buy them? The best I've ever seen is about 1,000 people in a gallery and that was a National Championship where many of them were in free as part of their entry fee, and thus were players with a special understanding and interest.

How many New Yorkers would pay to go to the Garden to watch racquetball? Could you get a thousand? Two thousand? Do you have any idea how depressing a sight it is to have 2,000 people in a 20,000 arena? Maybe 5,000?

And how much would you pay? Five bucks? Ten? Fifty? Maybe you would, maybe I would, but the average racquetball player? No way. Take that back, I wouldn't. I'd use my press pass.

How long do you think it would take to erect and then tear down and re-pack this baby? What if a glass panel broke? A four day tournament at the prices (assuming you could find available time) they charge to rent out these arenas would be incredible.

Who picks up the tab to transport to the next city? Who pays the specialists who would have to travel with the court to make sure it gets set up right?

I doubt that there's anybody in racquetball who is more in favor of glass courts than I am. I think every club should have some glass; and every significant club at least a full glass back wall. I also believe the development of Twin-Vue glass is a major improvement in the sport.

But portable glass in the Stadium with a thousand people, the spiders and cockroaches? No thanks. I'd rather have a jam-packed, 400 people squeezed into The Glass Court or Sports Connection or Sportrooms or your club.

And I'd rather have a tour. ●

Chuck Lane

Make Racquetball No.1 Again

.....

by Tom Grobmisi

Racquetball used to be the fastest growing sport in America, then, suddenly, its growth took a nosedive. What happened?

A lot of people say it was the economy, but those who are really in the know say that the reason so many gave up the sport is because it was a very easy sport to give up. Unlike golf and a few other sports that have continued to do well in spite of the economy, racquetball players did not have a strong commitment to the sport.

They didn't have a strong commitment because they didn't have a great investment in the sport. The game was easy to learn, the equipment was cheap, and club memberships were cheap. I say, if we want to see the sport grow again, and survive the growth, we've got to make sure the players make a greater commitment.

First, let's make the equipment more expensive. We'll simply require that all racquets must be made by union employees and that they meet federal standards. That should drive up the cost of the average racquet, oh, about 600 percent.

And we'll award the contract for production of the official racquetball on a yearly basis by sealed bid, just like the government does when it wants something done right. I'll bet ya' we'll never see a \$5 can of racquetballs again!

With that kind of investment in equipment, they'll think twice about letting them lay around the garage! And we could require some special equipment, like headgear, to make the investment even greater.

Next, clubs are too cheap. We've got to make sure clubs take only lifetime memberships, like country clubs. And we've got to require that every club pick out some minority group that it won't let join. That will get the rest of the people flocking to join just to prove they're not one of those minority people.

Since it's now illegal to discriminate by race, sex, or religion, we have to create other minorities. For example, one club might have a rule that no one with a profession starting with the letter "B" can join . . . there's no law against that! Can't you just see all the members sitting around telling demeaning jokes and making degrading remarks about bankers, barbers, and butchers! What fun!

Now, the game, itself, is far too easy. All we need is a few rule changes so that the game takes a long time to learn properly. And lots of lessons and clinics. After that kind of investment, the player isn't about to give up just because he's sick of hero sandwiches and donut holes.

To give you an example of some rule changes, we could have a rule that says if the ball comes off the left side wall, it must be returned so that it hits the right side wall; and, of course, if it hits off the right side wall, it must be hit back to the ceiling first (unless it's hit with the backhand, in which case either the right wall or left wall, but not the ceiling, are correct). In doubles, simply reverse the rules, except when serving. Rules like this also make the game more intellectual.

And lastly, we've got to make lessons a more integral part of the process of learning the sport. Racquetball pros need to take a lesson from golf pros (they *really* know how to get their people to take lessons).

First, make it nearly impossible to get a lesson because they're always playing during prime hours. Of course, you can play with a pro if you're willing to play him for money, and, of course, it's an honor to be hustled by a good club pro.

Then make the lessons very expensive. And make sure you're willing to sign up for a series of at least 10 lessons before the pro even agrees to give you the first one.

Once the player has gone through all the above, you can be sure that he's made a mental, financial, and emotional commitment to the sport, and it will be a long time before he decides to give it up. If you agree with me, write your local or national association and tell them you heard it here first. ●

Ron Kittle: Home Runs, RBI's And Kill Shots

by Chuck Leve

He's big, strong and cocky. He's likeable, warm and generous. He's the American League's 1983 Rookie-of-the Year (35 HR, 100 RBI) and if you play to his backhand you can beat him.

He's Ron Kittle, the pride of Gary, Indiana whose rags to riches baseball story contains an intriguing and on-going racquetball element. While he's famous for blasting baseballs on the roof of Chicago's Comiskey Park for the White Sox, he's also been known to blast a few forehands down the right side wall.

Kittle, who helped lead the Sox to their first divisional title in over 20 years (you'll recall they lost to the Baltimore Orioles in the American League playoffs), has lived life out of a jock strap for most of his 26 years on this planet.

"Sports was number one in my life when I was growing up," he said. "My dad made sure I had the best equipment. I was a seasonal sports person. Football in the fall, basketball winter, baseball spring and summer. But baseball was always number one."

The second of six kids in the iron-working family of James and Dorothy Kittle did just fine, thank you, in his seasonal efforts. While at William A. Hirt High School in Gary, Ron was an All-State selection in baseball while earning 10 varsity letters in his four years in school.

His reward? A nice, fat, lucrative contract to some major league team, right? Wrong! How about a juicy, four-year scholarship to the college of your choice? Wrong again!

"When I graduated my dad handed me a pink slip," says Kittle, "telling me I was now an apprentice iron worker out at the mill."

"I had great stats from high school baseball, but nobody ever sees you play around here because of the weather. We played a 15-16 game

schedule; the scouts would rather go where it's warm and watch a kid play 30-40 games.

"As for school, who was I kidding? I didn't figure to open any books, so why lie to myself? I wanted to get a good job, save some money, experience life a little bit. And be a ballplayer."

How does an unknown would-be baseball player become known? The chances are one in thousands, but he goes to a sandlot tryout. And Kittle, who now stands a sinewy 6'4, 220, was a "mere" 6'1, 180 out of high school.

"The Dodgers had a tryout in LaPorte, Indiana the summer after I graduated," said Kittle. "There were about 120 kids there and I was the only one they signed. I almost didn't go to the tryout. I wanted to go to work because I was making pretty good money. But my dad made me go to the tryout. I signed (a Dodger contract) three days later."

By this time, though, all of the Dodgers' minor league rosters were filled. With no place to play, Kittle went back to the iron plant and waited for spring training, 1977. He was 18-years-old, eager, and filled with potential.

But things don't always work out the way you hope and plan. And so it was with Ron Kittle, who never did wear the Dodger Blue in a big league game. Sent to Clinton, Iowa in the Class A Midwest League, he soon began to experience arm problems, including pain, paralysis and later, migraine headaches.

"I was on darvon and a lot of pain pills just to be able to play," says Kittle. "I had a rotten year."

The stats bear him out, hitting .189 with no home runs and only three runs batted in.

"As soon as I got home in September, I had a complete physical. During the season they tried to tell me it was tendonitis in my elbow. That didn't sound right to me."

The home run follow through. Thirty-five "dingers" and 100 ribbies for a rookie year!



And it wasn't. Kittle had three crushed vertebrae in his neck, resulting in "a bunch of pinched nerves." Circulation was cut off causing a numbness in the right side of his body. He ended up with a cervical fusion operation where doctors take a piece of your hip bone and pack it between the vertebrae to make it one solid piece.

"Since then," smiles Kittle, "no problems."

But his problems with the Dodgers weren't over—yet. Disdaining doctors advice to sit out a year, he reported to spring training, 1978, not in shape to play. Soon into the season, he was released.

Admitting to being "slightly depressed," Kittle returned to the iron mills for money, semi-pro sandlots for baseball, and the weight room to "strengthen my body to full capability."

"I'll sign for hours," says Kittle, "as long as I'm not eating."

Kittle's arm is in great shape now. There was a day when he could barely lift it, let alone throw a ball.



"I knew I had the ability to be a major leaguer," he said. "I never knew how I'd get back into it. But I built my body up, continued to grow and I got a break."

The break was that former Sox star pitcher Billy Pierce recommended to then-owner Bill Veeck, that Veeck take a look at this kid who could hit the ball a mile, but had had a few bad breaks. Veeck, never one to let any opportunity pass, took a look.

Taking a page out of Hollywood, there was Kittle and Dad at the batting cage, Comiskey Park, with the White Sox working out on one side of the field and division champion Kansas City Royals on the other. Grousing veterans grudgingly gave up the batting cage to make room for the rookie.

"Another punk kid wasting our time."

"Aw let him have his swings and he'll be gone."

With Veeck in the stands, Dad behind the cage, former major league player and coach Bobby Knoop on the mound, Ron Kittle proceeded to miss the first pitch by 10 feet.

And then, as the vernacular goes, he started smokin'.

"I had a super day, an unbelievable day," he said. "The ball jumped off my bat. I hit everything out of the ball park. I even lost count of how many I hit into the stands. I even hit one onto the roof."

When Kittle pinched himself he found out it was 1979 and he was in Knoxville, Tennessee, Class AA Southern League. But again he headed in the wrong direction when the numbers game squeezed him out and he was sent down to Appleton, Wisconsin Class A Midwest League.

(Appleton's no shame. It's proven to be grooming grounds for such current major leaguers as "Goose" Gossage and Terry Forster, among others.)

Successive good years in Appleton, in 1980, then Glens Falls, New York Class AA in 1981 when he blossomed into a 40 home run hitter and Eastern League Most Valuable Player, left Kittle in Edmonton, Alberta, Canada, Class AAA Pacific Coast League, one step away from the major leagues.

It was in Edmonton where he hit 50 home runs and was named Minor League Player of the Year, the most prestigious minor league award recognizing the outstanding player in all of the minor league baseball. It was during this year that Kittle almost literally bumped into racquetball—and Marty Hogan.



A big forehand is Kittle's strongest racquetball trait. Here he hits one against Terry Austin Hunt at Off The Wall in Portage, IN.

—photo by Arthur Shey

Having only seen racquetball a few times on television, Kittle and a few teammates were enjoying a day off in Hawaii (to play the PCL Islanders) when they drove past a racquetball club. Only Kittle stuck around, paying the \$2 to get in the door only to find the Catalina Pro Tour in progress, featuring Hogan, Peck, Yellen et. al.

"I was amazed by what I saw," he said. "I loved the intensity, the one-on-one competitiveness of an individual sport. The power, the speed and skills fascinated me."

After the season, Kittle bought a racquet, found his local club (Off the Wall, Portage, IN), got on the court and began to get humiliated. With no experience, no practice, no lessons and just a peripheral knowledge of the game, he was lost.

Kittle called on his baseball instincts. "I've got great confidence in myself," he said. "I'm not afraid to work. If someone goes out there and teaches me something, I'm gonna listen and learn. And I'm not afraid to lose. It just makes me want to win that much more the next time."

As Kittle's racquetball game improved, so he feels, did his general eye-hand coordination, the heartbeat for any baseball player.

"I found racquetball helped immensely," he says. "It got to the point where I'd get on the court by myself and hit the ball around for an hour at a time, one hour left-handed, one hour right-handed."

"I'd play as much as I could. I'd even hit drive serves and then try and catch them on their way back. I'd be in the court two or three hours a day."

Showing a strong, even booming, forehand, Kittle's backhand still finds itself poking rather than hitting. But his lankiness, and deceiving quickness for a big man, enable him to reach almost everything.

"When I'm feeling good I can dominate the court," he says, sounding like a Marty Hogan imitation. *"I can play with the best of them. I can keep the ball on the ceiling and kill the front corners. Now that I'm more experienced and improved, well, a lot of the guys I used to play with—they don't beat me anymore."*

Kittle plays at Off The Wall, not just because of their 10 courts, and the generosity of owner Greg Sarkisian and manager Sue Moran. He also frequents the club because of their full workout facilities which include a complete Nautilus line of equipment, indoor, banked running track, whirlpools, saunas and even suntanning beds.

His off-season conditioning includes an abundance of racquetball with Nautilus, free weights, running and Lifecycle workouts. He likes to do the heavy work first and take to the court already tired. He works out hard, very hard.

"When I was injured it was a blessing in disguise," he says. *"It showed me that baseball is not everything. You've got the Lord, your family and then everything else. Then you go out and have fun."*

Kittle has a little extra incentive to workout at Off The Wall, inasmuch as he "built" the club.

"My brother's got an ornamental business, 'Kittle's Ornamental Iron,'" he said. *"We put in the steps to the club."*

"The people here are real nice. They gave me my membership and everybody's real friendly. And they let me work out without interruptions."

Interruptions were never part of Kittle's life, until he became a celebrity. And that status emerged based on his incredible continuation of his baseball prowess.

"Every year you have to prove yourself," he said, *"even in the major leagues. But it's even harder in the minors, because you'll be moving up a notch and everybody wonders if you can handle it."*

"I told them (the White Sox) that if they just let me play I'd do the job for them. I went to spring training last year and planted myself in left field. I said, 'just try and move me out of here.' I guess I am cocky, but I really felt I could help the team win."

That he did, nearly carrying the club in the first half of 1983 while sluggers Carlton Fisk, Greg Luzinski and Harold Baines struggled. He was the White Sox only All-Star game representative and his 35 home runs set a White Sox all time team record for a rookie.

The Sox, of course, won their first anything since their 1959 Go-Go White



Foolin' around with White Sox mascots Roobarb and Ribble, Kittle models the latest eyeguards, which he always wears.

Taking his racquetball seriously.



— photo by Arthur Shay

Sox pennant, when they captured the American league West title last year. It was one of those years that ballplayers dream of with the team leading the major leagues with 99 victories. According to Kittle, their four game playoff loss to the Orioles has done nothing but whet the Sox appetite for more playoff action.

"We never really played super baseball," he says matter-of-factly. "We started slowly and then we went on some streaks. Nobody paid any attention to us when we were a game or two out (of first place), or up by a few games.

"Then, all of a sudden we were up by seven and eventually we won by the largest margin in American League history. Unfortunately, we got cold in the playoffs and Baltimore got hot. But I've got a feeling that this team's gonna be there for the next couple of years and I hope to be a big part of it myself."

Kittle credits playing every day as the key to his baseball success. But he's not satisfied, not by a longshot.

"I didn't have a great year," he says of his rookie season. "I know I can do much better. I believe I can hit .300 in the major leagues and I can cut down on my strikeouts. There's plenty of room to improve."

Kittle's life is just where he wants it right now. He's got his eye on a nice piece of property just outside Gary,

"It's where I'm going to build my mansion," and while he wouldn't commit on the question of marriage, he does have a steady girl.

"She's a good girl," he said (he wouldn't give us her name), "and good ones are hard to find these days. You know, there's plenty who look good in bikinis but they've got a mind like a paper cup. Not this one."

Life in the big leagues and the celebrity status that accompanies successful life in the big leagues has made Kittle the target of well-meaning, but sometimes bothersome fans. He handles his fame well, signing autographs, shaking hands and kidding around with well-wishers. Unless he's working out or participating in his true love.

"My true love? smiles Kittle. "Food. I'll put up with almost anything, but don't mess with me while I'm messin' with my food. When I'm eating' I don't talk to nobody. It's just like a workout.

"When I'm done, I'll sign for hours."

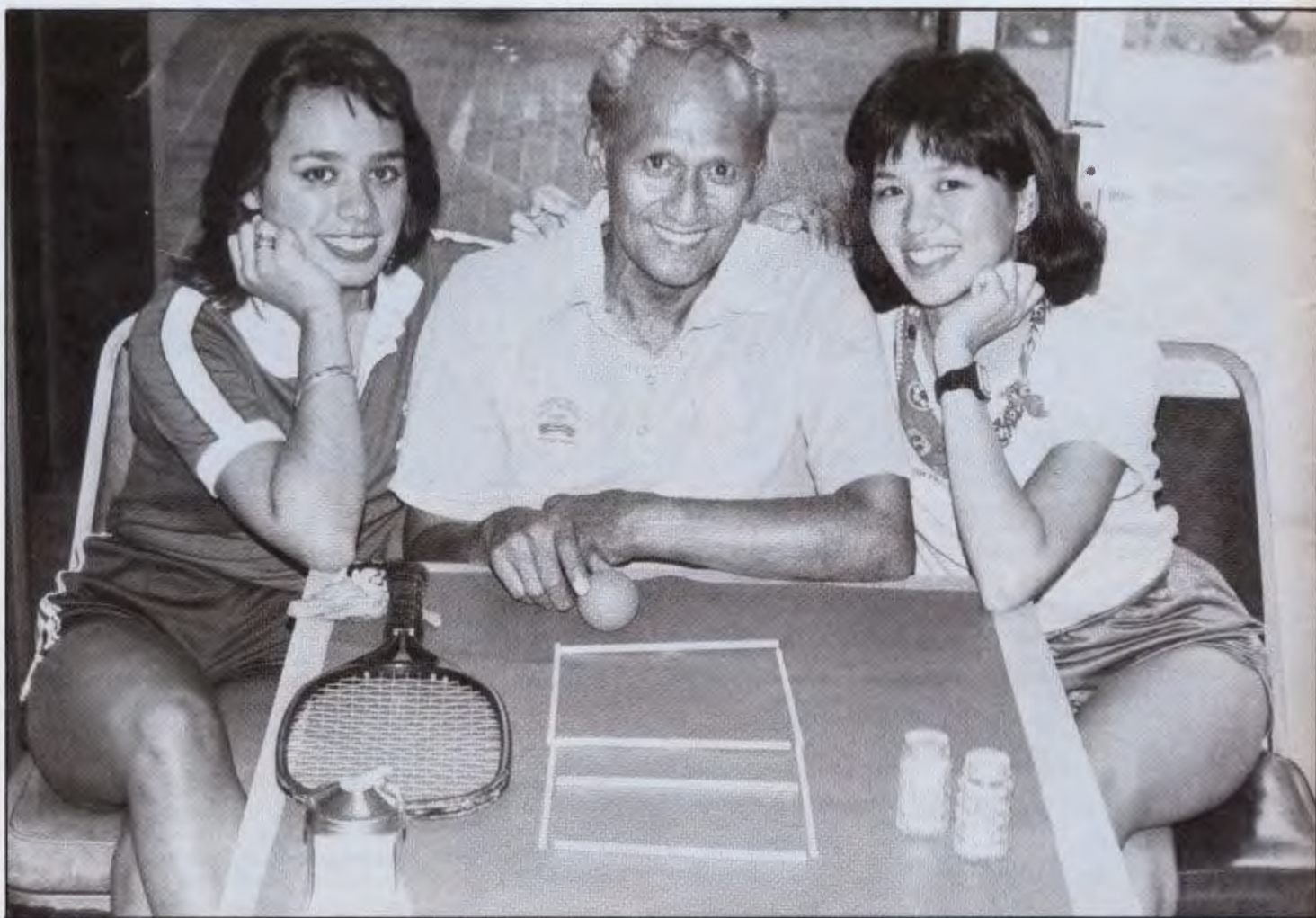
So Ron Kittle, a little brash, a lot confident, serious but fun-loving prepares for his second big league baseball season. He'll take to the racquetball courts only occasionally during the season, but reaffirms his commitment to improving his game.

"Marty Hogan, I want you! I want you, Hogan! Look out, here I come!" Kittle jested.

Or was he jesting? ●

Mr. Racquetball In Paradise

by Bruce Kelly



- Diamond Head . . . The planet's most widely recognized resort image.
- Waikiki Beach . . . Bikini-carpeted as far as the eye can see.
- Three and a-half million tourists last year.
- 400,000 in December.
- Most of them eagerly trodding the terrestrial sands upon which gambol countless celestial bodies.

Do such compelling figures leave room for our indoor sport? Do 20x20x40 enclosures mix amidst year 'round summer sun and temperatures?

Mainland racquetball has had fast growing clubs that boom and/or bust; the pro tour still clutches roller coaster ups and downs; the vagaries of product loyalties; and management interest or disinterest.

But there is one sure place in the world where racquetball has "maintained." A six-year-old Hawaiian boy gave me that word. When things at his home were getting volatile, through a quick smile he called, "*Maintain Mom, maintain!*"

Next to the Honolulu Ala Moana world's largest shopping center there is a tranquil, inviting 1951 vintage Central Branch YMCA. No razzle dazzle billboards, no costly TV ads, no hype. Just comfortable "maintain."

When you walk in day or night, "Mr. Racquetball" of the Islands, Sam Koanui, is there with a South Pacific greeting, "*Aloha, you want a game?*" He and friends John, Randy, Erwin, Ralph, Manny and many more urge you into singles or doubles, as you wish. Four cement courts in constant use.

Mr. Racquetball is a handsome, former authentic beach boy who became famous as a coach for Hawaiian men and women volleyball championship teams. When he moved on to racquetball, Sam established himself as a world class player. The year 1975 saw him win the United States Nationals, Masters Division. In each year from 1975 to 1981 he was a semi or finalist in the Nationals.

Koanui (Hawaiian for Big Warrior) has the stability of a Diamond Head. And in addition to good-natured games each day Sam, now 53, has time to offer a helping hand to new players. Even high school and college students get free instruction. He never turns them down.

When you go to Hawaii be sure to look him up. But one bit of advice. Don't get cocky about your game, for in all good humor you may end up with a local nickname.

A Sam Koanui workout brings a glow to the best young, graceful athletes. Here two students pause during a court session. From left, Sharon Loo, 22, the Y's "China Doll," and Huanani Manginsay, 18, Philippine-Hawaiian right hander affectionately known for her real Hawaiian punch.

After a hard workout on the court, the strategy lesson at the YMCA cafe table is a joy. Manginsay and Loo join Sam in a smile about position to be played on a soda straw court with salt and pepper shakers as players.

If you make a reasonable kill shot and hear, "Shaka Brah!" and see a hand in motion with the thumb and little finger extended, that means "right on." You have been complimented.

But don't be pleased if you hear the word "banana." A banana has two left feet. Difficult to teach. Maybe even stupid.

Worse yet: "mullet." A mullet has an ego problem. You talk a better game than you play. And you think you are much better than you are.

So, go to Hawaii. Past Diamond Head, past Waikiki and past the bikinis.

Call on Mr. Racquetball at the Central YMCA. You are in for some real fun. Some real island hospitality.



Don't be a *banana*.

Don't be a *mullet*.

Do take a helpful lesson from the warm-hearted Big Warrior, Sam Koanui.

You are where racquetball "maintains." It is court heaven.

Enjoy!

... and "Shaka Brah"! ●

Bruce Kelly was a Golden Masters semi-finalist at the 1980 Nationals; a finalist in 1981. He is a member of the Multnomah Athletic Club in Portland, Oregon.

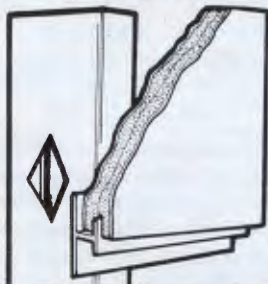


SPORTS

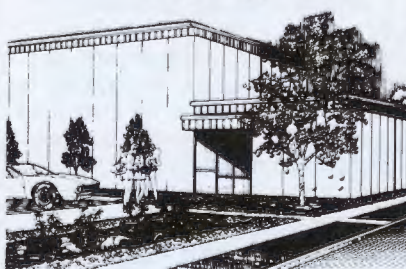
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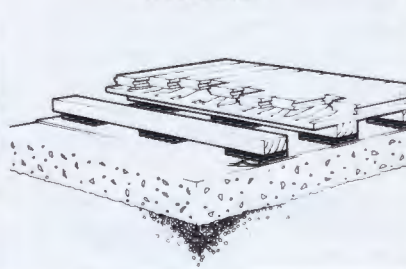
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New Rating System Gaining Momentum

Kevin Deighan (left), the 12th ranked open player in Ohio and Gaylon Finch, the 4th ranked Senior, await their turn at the Michelob Light Challenge Court in the Mentor Backwall Club.



In the past, most racquetball players would answer the question "how do you rate?" with something like, "Oh, I'm probably a high B!" Today, the high B players at the five Backwall Clubs of Cleveland, Ohio will tell you that they have a performance rating of 576, 580, 574, or some other number in the upper 500's.

At the Backwall clubs, individual player performance ratings and the ability to actually handicap games, have become an integral part of their racquetball playing habits since these clubs joined the American Racquetball Handicap System (ARHS).

ARHS is a national computerized player rating system designed and developed by Standard Competitive Rating Systems, Inc. of Minneapolis. After four years of development, it has become the first-ever, objective player performance rating method for one-on-one competitive sports. Although it is currently being used by racquetball clubs around the country, the methodology has application to other sports like tennis, squash and handball.

With so much competitive racquetball being played at the Backwalls, a problem that has plagued management and players alike has been the self-declared

rating shuffle and sandbagging. The club activity directors have always felt that the traditional self-declared categories of A, B, C, and Novice were no longer adequate to organize good, compatible events.

In January of 1983, at the International Racquet Sports Association (IRSA) National Convention/Trade Show, Tony Martin, President of the Backwall clubs, was introduced to the ARHS system. During the show Martin spent considerable time discussing with ARHS the programming problems of his clubs and finally concluded that the ARHS rating and handicapping system was the modern solution to this old problem.

"The ARHS system struck me as a new dimension for racquetball," said Martin. "I saw it as a programming tool that the industry really needed and will benefit players at all levels."

ARHS and the Backwall staff began implementing the system in July of 1983. Since then, the program has caught on quite quickly and has drawn nothing but raves. In the first four months, over 50% of the racquetball players at all five clubs entered the system and are now recording their game scores each time they

play. Martin estimates that by the end of the current season, over 80% of their players will be participating in the ARHS rating program.

"It's great," said Beachwood Backwall Activity Director/Pro, Ken Zaebs. "This is the first time we've been able to rate players based on concrete information rather than guesswork. Now there's no question as to what division we should place players for leagues and tournaments and the players show more interest because they like to know where they rank within the club."

The ARHS system is basically a rating method that uses the actual scores of games to generate performance ratings. Each player's individual performance rating is a three-digit number between 100 and 999. The highly sophisticated mathematical formula that the computer uses to calculate the ratings makes the system very objective.

Initially, the players fill out an ARHS Information Form. Then it's just a matter of every time they play, they record the game scores and the names of their opponents, using a simple score card system conveniently located in the club.

ARHS
AMERICAN RACQUETBALL HANDICAP SYSTEM

HOME PHONE 781-2410
WORK PHONE 788-3160
OCCUPATIONAL INDUSTRY: Sales
EMPLOYED BY: XYZ Company
OTHER INTERESTS: Sailing, Yachting
* Please send the information on the State Racquetball Assoc.
PLEASE PRINT

INFORMATION FORM

RATE YOUR CURRENT RACQUETBALL ABILITY
(Check One ✓)
1 ☐ Novice
2 ☐ Low C
3 ☐ Middle C
4 ☐ High C
5 ☐ Low B
6 ☒ Middle B
7 ☐ High B
8 ☐ Low A
9 ☐ Middle A
10 ☐ High A

OFFICE USE ONLY
P.N. _____
DATE _____

PLAYING PREFERENCE
(Check Any ✓)
BEST TIMES
1 ☐ Morning
2 ☒ Afternoon
3 ☒ Evening
4 ☐ All the Above
BEST DAYS
1 ☐ Sun.
2 ☒ Mon.
3 ☒ Tues.
4 ☒ Wed.
5 ☒ Thurs.
6 ☒ Fri.
7 ☐ Sat.
8 ☐ All the Above

Male ☒ **Female** ☐ **(OPTIONAL)**
Married ☐ **Single** ☒

Paulson **Jim** **A.**
LAST NAME FIRST NAME INIT.
1234 Any Street
ADDRESS
Minneapolis Mn 55400
CITY STATE ZIP
PLEASE MAIL IMMEDIATELY

05 10 57
MO. DAY YR.
BIRTH DATE

The first step for players joining the ARHS program is to fill out an ARHS Information Form.

ARHS
AMERICAN RACQUETBALL HANDICAP SYSTEM

SINGLES SCORE CARD

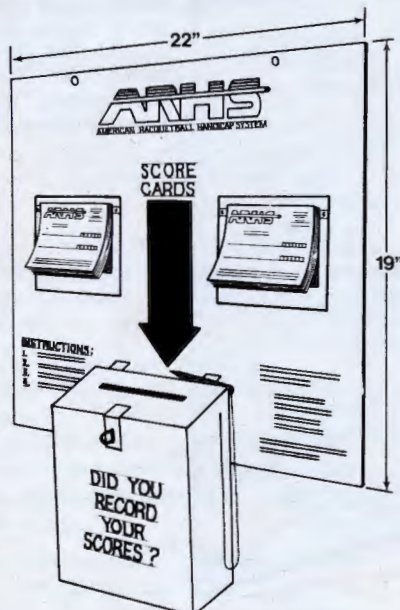
Date Played: 9/15/83

***PLAYER NAMES**
Smith **Harry**
(Last Name) (First Name)
Jacobs **Tom**
(Last Name) (First Name)

SCORES
(Game Game Game Game Game)
1 2 3 4 5
21 21 19 21 15
19 16 21 20 10

RECORD ALL SCORES INCLUDING INCOMPLETE GAMES.
Record the actual scores—not the Handicap Adjusted scores.
* If you are not a member of this club, please include your ARHS player number under your name.
League Number: _____
(Leave blank if not a league match.)

Players on the ARHS program fill out a Score Card every time they play.



The completed Score Cards are dropped in the ARHS Score Card Collection Box conveniently located in the club.

These game scores are then sent in to ARHS for processing. When a set of scores is entered, the computer first identifies the two players, what their ratings were prior to the game, and then computes the expected game result (point spread), based on their ratings. Then the computer compares this expected result against the actual game scores and makes the calculations necessary to produce the appropriate adjustments to each player's rating.

As a by-product of their performance ratings, there is a method to handicap games which serves to equalize play between two players with unequal ability. Now you can play to win the game and/or beat the handicap. In other words, it isn't necessary to win the game in order for your rating to improve.

Example:

Your opponent's rating 545
Your rating 500
Rating difference 45
Expected game point spread ... 4
(see handicap chart)

Actual game results:

Your opponent's score 21
Your score 19
Actual game point spread ... 2

Simply this says, based on the player performance ratings, you were expected to lose this game by four points. But, you actually lost by only two points, therefore, even though you lost, you *beat the handicap* and your performance ratings would go up, while your opponent's rating would go down.

ARHS
AMERICAN RACQUETBALL HANDICAP SYSTEM

DECATHLON CLUB MATCH RESULTS
PAGE 1
AS OF 04/12/83

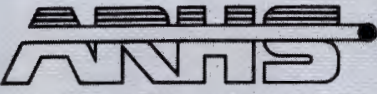
MATCH DATE	--- P L A Y E R S ---	RATING	RATING	SCORES
	LAST NAME		LAST NAME	
04/01/83	A. SAUNDERS	212	R. ALVIC	184
	R. OAKS	369	K. CAVANAUGH	299
	R. PAULSEN	505	L. CRAFF	412
	D. SZEGDA	521	R. PAULSEN	500
	K. CARPENTER	375	J. WEBER	331
04/02/83	J. WEBER	327	J. WAIT	276
	G. KAZRAGIS	473	C. SCHRADER	321
04/04/83				182

The Club Rosters (both Men's and Women's) are processed twice a month and sent to the club for posting on the ARHS Bulletin Board. The Rosters show players how they rank within the club in addition to providing an easy way to set up new, compatible matches.

The expected point spread, based on performance ratings, is condensed into a handicap chart and posted at the club so players can handicap games anytime they want to equalize play. Like, for example, that third game in a match when one player says, "Let's play to see who buys!"

ARHS processes scores twice a month and sends back to the clubs a report listing all games for the period and a Club Roster showing everybody's current rating. The Club Roster is also a valuable tool for players to arrange new, compatible matches. In addition to each player's rating, it shows how they rank overall in

Twice a month, ARHS processes a Match Results Report which is sent to the club and posted on the ARHS Bulletin Board. This report shows players, "who's doing what to whom."

 AMERICAN RACQUETBALL HANDICAP SYSTEM									
DECATHLON ATHLETIC CLUB MEN'S CLUB ROSTER PAGE 1 AS OF 04/12/83									
(a) RANK	NAME	(b) RATING	(c) LAST GAMES PLAYED YTD	(d) --PLAYING PREFERENCE-- DAY OF WEEK	TIME OF DAY	(e) HOME PHONE	WORK PHONE	OCCUPATIONAL CATEGORY	
1	RICHARD A. BISHOP	*840	031183 11	ANY	MOR,EVE	935-9711	778-2713	BANKING	
2	PAUL E. PETERSON	792	031083 8	ANY	EVE	435-8254	933-6000	SALES	
3	JAMES F. O'NEILL	757	022183 13	ANY	ANY	835-3298	854-8500	DEVELOPER	
4	EDWARD V. PASULA	*741	011183 4	ANY	ANY	452-4767		PILOT	
5	PINKY McNAMARA	726	112782	ANY	AFT		835-6850		
6	JIM THAITON	680	031783 11						
7	ORVILLE FISHER	*656	011483 2	ANY	AFT,EVE	835-0131	830-3241	ATTORNEY	
8	ROBERT W. SABES	*651	011483 4	ANY	EVE	935-3988	825-2423	SELF EMPLOYED	
9	BURTON F. DAHLBERG	644	032183 6		AFT	888-6573	332-1241		
10	GEORGE E. KLINE	*642	102982	M,Tu,W,Th,F	AFT		835-0500		
11	TERRY R. JACOBSON	626	032883 44	M,W,Th,F	ANY	925-4917	546-3771	SALES AGENT	
12	ROBERT J. WURST	621	112282	M,W,F	ANY	941-6059	944-2881	INVESTMENT	
13	ROGER			M,Tu,W	EVE				
14				ANY					

A - Rank B - Performance Rating
C - Date Last Played & D - Playing Preference E - Phone Numbers
Games Year-to-Date

 AMERICAN RACQUETBALL HANDICAP SYSTEM				
PLAYER IDENTIFICATION CARD				
Current Period	Performance Rating	Total Games Played Cur. Per.	*Activity Alert	
07/83-09/83	361	7	7	V
PLY ID# 03600890 JAMES GOODLET 620 KENT OH 44240				

JAMES GOODLET
620
KENT OH 44240

 AMERICAN RACQUETBALL HANDICAP SYSTEM			
QUARTERLY EVALUATION REPORT			Current Period 07/83-09/83
Prepared for: JAMES GOODLET			
All Games	Games Won	Games Lost	Performance Rating Movement
7	6	1	Beginning Rating 344
Opponent's Avg. Rating 343	342	351	Highest Rating 361
% of Games Played At or above your Handicap 85%	100%	0%	Lowest Rating 344
% of Games Played Below your Handicap 15%	0%	100%	Ending Rating 361

RACQUETBALL REPORT:

DID YOU KNOW THAT ONE HOUR OF RACQUETBALL BURNS UP 864 CALORIES? HAVE FUN... REMEMBER TO TURN IN ALL YOUR SCORES... SEE YOU ON THE COURTS!

*Activity Alert
F: Frequency - Playing less than once per month.
V: Variety - Playing less than 3 different players in 3 months.
B: Both of the above.

Any questions about this report or the A.R.H.S. system, please call us collect at (612) 933-8400.

The Player Evaluation Report is mailed to individuals each quarter (March, June, September & December). This report contains a synopsis of their play over the last three months with the report mailed in June containing information on a full year's play.

Solon Backwall players, Dee Ulman (left) and Cheryl Dullock, discuss their match while entering their game scores with ARHS.

the club (based on their ratings), how often they play, their playing preference (time of the day, day of the week), phone numbers and occupational categories.

"No longer is a player just one of several hundred 'B' players," said Ed Staskus, Activity Director/Pro at the Solon Backwall Club.

"We think the ARHS system will fast become the standard for the industry," said Pat McGlone, President of SCR Systems, Inc. "In a very real sense, this is the computer age coming to racquetball."

By all reports, management and players both agree that the system has brought order to competitive and recreational play.

"It places people in the right leagues," said league player Jenny Ivan at the Mentor, OH club. "The days of getting wiped out 21-0 are over."

"The best thing about it for our club," said Scott Rogers, the Activities Director/Pro at the Bath, OH club, "is that I have an easier time organizing the leagues. Where someone should or can play is determined objectively, according to their rating."

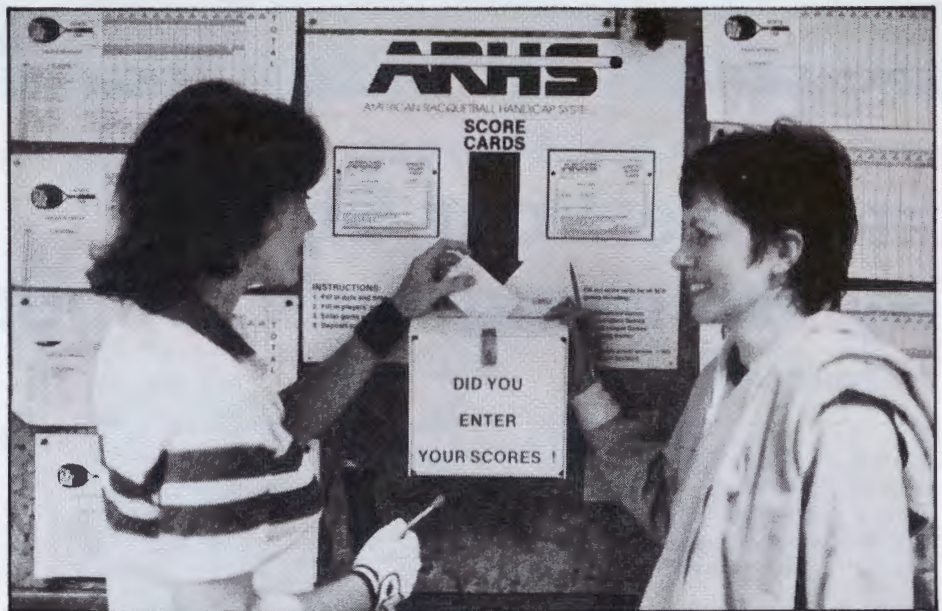
"The system is neat," said Mark Bayzath, one of the Mentor club's teaching pro's, "because you can see exactly where you stand at all times. And players are mailed quarterly and year-end evaluation reports containing a detailed analysis of the player's performance for that period."

"It's an accurate and consistent system," Bayzath continued. "It serves as a reference for people to challenge themselves, to work on upping their rating."

"I like it," agreed Bill Spiss, who plays at the Solon Club, "because it's an effective way to match players inside and outside of their class. It's also opened up a whole new horizon in player events."

"Historically, most racquetball events were set up on the winner-take-all approach to programming," said John Barkan, Activity Director/Pro at the Backwall in Mentor. "With rating and handicapping, we can now program events for players at all levels and reward them for effort and participation as well as winning."

In Mentor, Barkan has established a three times per week handicap challenge court, and the results have been better than anyone expected.



"Racquetball players tend to be creatures of habit," Barkan said, "playing with the same handful of players year in and year out. Our challenge court, sponsored by a local distributor who gives free beer to every evening's winner, brings together a diverse group of players, many of whom had never seen or played one another. What makes it work is our ability to quickly and accurately handicap games."

"They also play with more intensity because, if you are the expected winner but win by less than the projected point spread, your ARHS rating will go down and you lose your position in the challenge court. On the other hand, if you, as the underdog, lose but do it by less than the expected point spread, your ARHS rating will go up and you take over the challenge court."

"In each case, there is more intensity on the part of both players resulting in more fun and improved player skills."

This year's Back Wall Club Championship will be set up using ARHS rating categories and all the tournament entrants will be required to have an ARHS performance rating that will determine which of the six levels of play they may enter.

"The ARHS system," said Ed Staskus, Solon's Activities Director/Pro, "has solved the problem of sandbagging in tournaments once and for all."

Besides being good for both the core and less active player—due to its programming flexibility—the ARHS system has been good for business at all the Back Wall clubs.

"The rating rosters are good tools," said Beachwood Manager Mark Sundra, "for arranging games between members and it encourages other people to get on the system. A majority of the programming today at racquetball clubs is geared to the hard-core players. But the real potential volume increase in most clubs lies in getting the less active players to play just a little more often. And, as a tool, the ARHS system appears to be accomplishing that."

"My point of view is that if, through the use of the ARHS program, we retain 10 to a dozen members who otherwise might have resigned their memberships, then the system is paying for itself."

Linda Kozi, membership sales director at the Mentor club, agrees that the ARHS system is a plus marketing tool.

"It's a great selling point to racquetball players," she says. "When a potential member walks in and worries about finding a match, I take them over to the ARHS roster—which includes telephone numbers—and show them the people in their range. I've had nothing but positive reactions. It's unique."

"Most of our people," said Rob Fairchild, the Manager of the Bath club, "like the computer rating system because it helps them judge their play against other people. It's also a tremendous aid for arranging games for new members who sometimes don't know anyone and feel lost. Using the ARHS roster, they can get into the flow of the club faster than ever."

"We are happy with the ARHS system," said Back Wall President Tony Martin. "Our only complaint is that it wasn't developed years ago." ●

Charlie Garfinkel's 'Spot' Racquetball

Improve Your Serve By Watching Your Opponent!

by Charlie Garfinkel

This article continues a monthly series by former top pro Charlie Garfinkel using the "spot" theory of racquetball, which helps improve your game by hitting a specific spot on the wall, which will give the desired effect for the shot. The spot theory also takes into consideration the "spots" on the court occupied by both you and your opponent.



How many times have you hit a seemingly good serve, only to have your opponent roll out the ball or pass you, as if your feet were imbedded in cement? Did you look to see where your opponent was positioned before you hit those serves? Odds are you didn't and that was your big mistake.

I never serve until I look to see where my opponent is—and neither should you. Why? When I first step into the service box my opponent may be standing in one position. By the time I'm ready to serve he may be standing in a different position.

For instance, he may be standing close to the short line or further back towards the back wall. Or, he may be standing to the left or right of center court to receive serve. (A player who favors one side

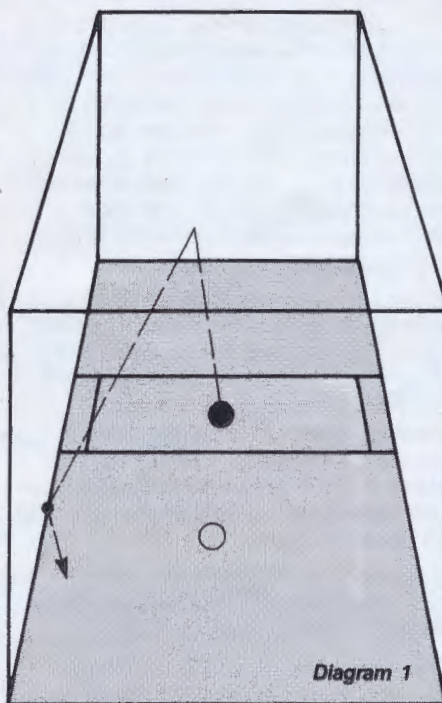


Diagram 1

amazes me. Unless he's as fast as Richard Wagner he's going to lose many points by having an alert server serve to the opposite side from where he is.)

By looking to see where your opponent is before you serve, you will quickly be able to determine what type of serve will be most advantageous for you to score a point or elicit a weak return with. Therefore, by picking a "spot" to hit on the front wall, you can hit a "spot" behind the short line that will cause your opponent great difficulty.

When you serve from the middle of the service box there are many options open to you, especially if the receiver is in "normal" retrieving position as in *Diagram 1*, where your opponent is stationed directly behind you, approximately three feet from the back wall.

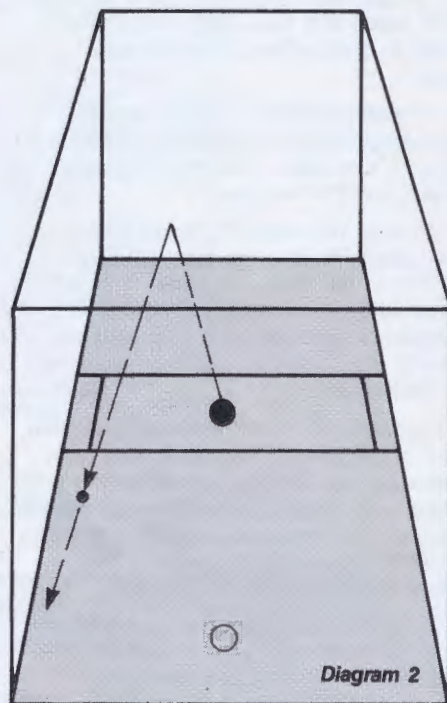


Diagram 2

Your ideal serve should hit to the left of center court on the front wall about three feet high. The ball should then carry just past the short line, hitting the left side wall, as low as possible. If hit correctly, you'll have a sure ace. At worst, you'll be forcing your opponent to travel a great distance from back court to retrieve, increasing the likelihood of a weak return.

Another excellent serve to hit from the same position in the service box is shown in *Diagram 2*. Hitting the front wall about a foot to the left of center and three feet high, you will hit a serve that just crosses the service line about a foot from the left side wall. If the serve is hit correctly, the receiver will not be able to reach the ball until it has bounced twice.

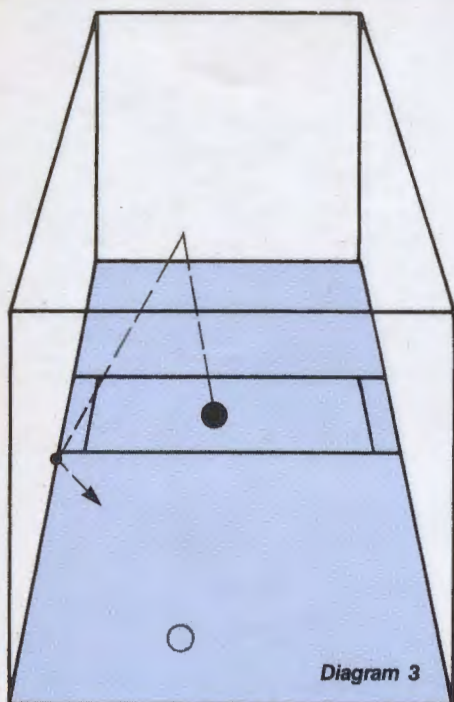


Diagram 3

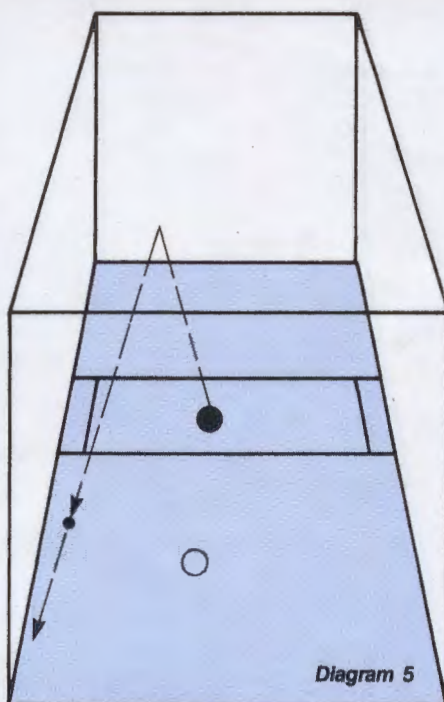


Diagram 5

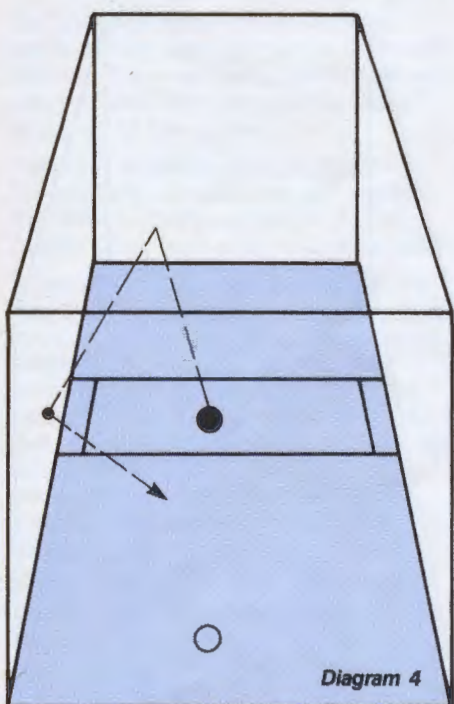


Diagram 4

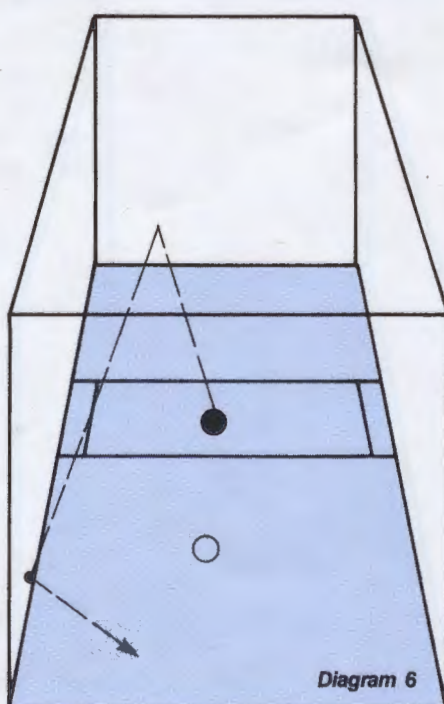


Diagram 6

With your opponent in the same position a third serve that is effective is shown in *Diagram 3*. Again, you're hitting your serve slightly to the left of center on the front wall. After striking the front wall the ball should ricochet and hit the left side wall about a foot from the service line. The ball will then carry just over the short line for an almost sure ace.

The same serves can be used to the right side of the court when your opponent is similarly positioned in deep court

directly behind you. Serving to the right side every two-three serves can prove to be very effective in keeping your opponent off balance.

Diagram 4 shows another serve that can be hit to the left side of the court when your opponent is in deep middle court. However, it's a little risky because it kicks into center court. Be sure you don't screen your opponent. This serve is similar to the front wall-side wall serve in *Diagram 3* with the difference being that

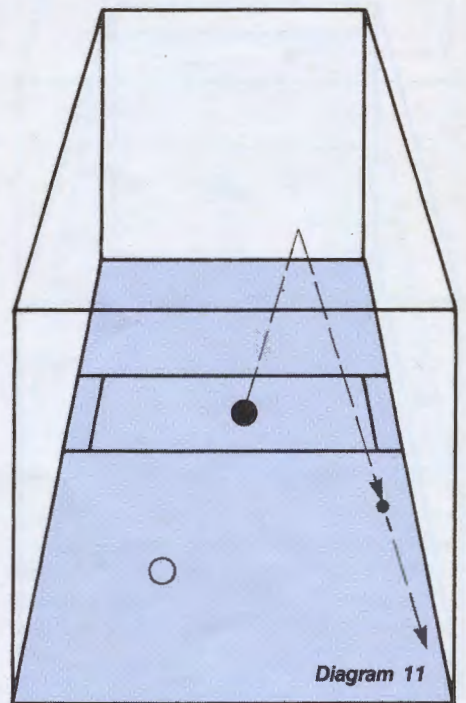
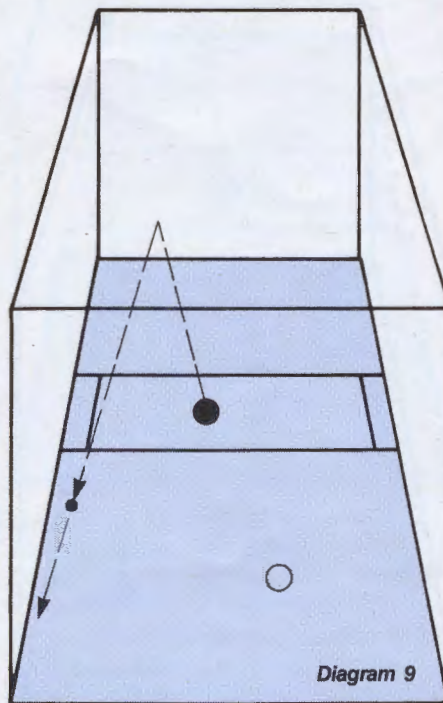
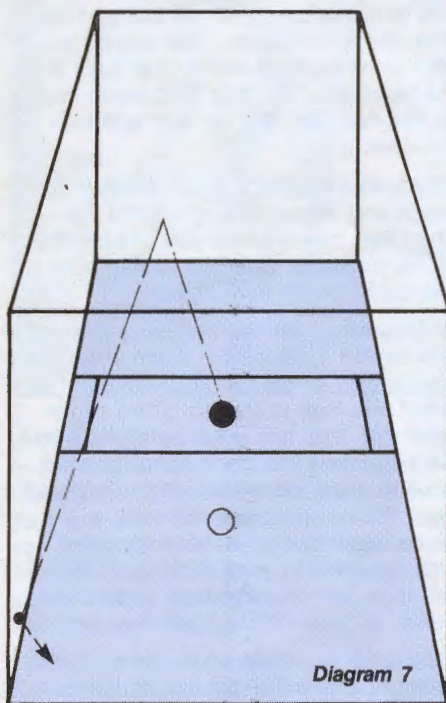
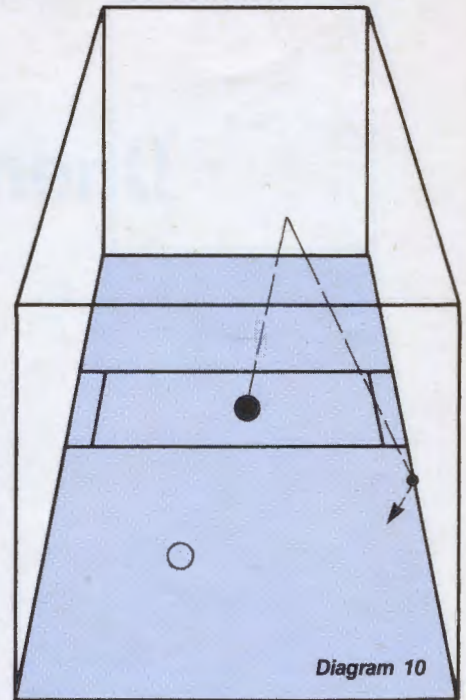
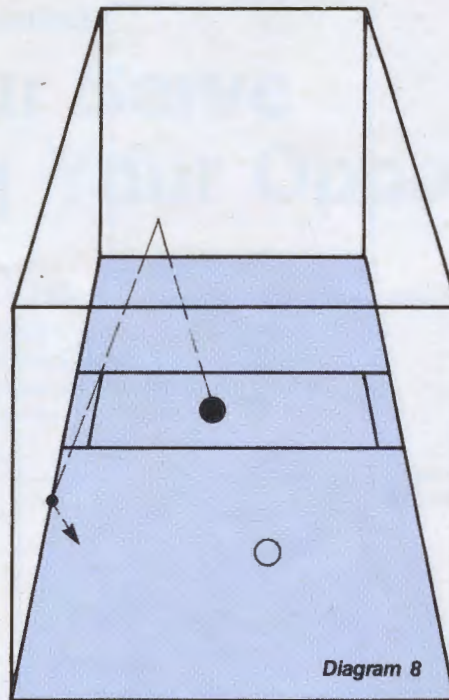
you're hitting the front wall further over from the left of center. This causes the shot to hit the side wall further back from the short line. The shot then lands three to four feet from the left side wall over the short line.

When your opponent finally starts to get smart and moves way up toward the short line, this is where you change your serve. However, maintain serving from the center of the service area.

In *Diagram 5*, we see that our opponent has moved much closer to the short line. You should hit the ball about three and a-half feet high to the left of the center front wall. The ball will carry about a foot past the short line. If hit correctly it will bounce a second time near the back left wall. You're hitting the front wall at a higher spot than when your opponent was stationed in deep back court. This will force him to move back to take the serve, an unfavorable position at best.

Diagram 6 is a wide angle serve. Notice carefully where the ball hits on both the front and side wall. This is important as you're trying to hit the ball *behind* your opponent. If hit correctly, the receiver will have a very difficult return to make.

In *Diagram 7*, you're hitting a serve that should contact the left side wall, in deep court, beyond where your opponent is standing. If hit correctly the ball will ricochet away from your opponent before he can react to return it. At best, he'll only hit a weak return that can readily be put away.



As always, these serves can be hit effectively to the right side of the court, either against a lefty or to surprise a right hander to his forehand.

A player who stands to the left or right side of center court while receiving serve is inviting disaster. It is your job as server to give him that disaster. Yet, they often get away with it because their opponents aren't looking to see where they are standing before they serve.

Therefore, in *Diagram 8*, we'll assume that you've looked to see where the receiver is standing. You see that he is one to two feet to the *right* of center court. Since you're still serving from center court, simply hit a hard drive to the left. You can hit the crack just past the short line as shown in *Diagram 8*, or you can hit the ball just over the short line, as in *Diagram 9*, causing the ball to bounce twice before the right side "cheater" can react.

If your opponent is standing one to two feet from the *left* of center the same two types of serves can be used to the right. In *Diagram 10*, notice how far to the left the receiver is. The correct serve is to hit a drive serve to the right that cracks out just past the short line. Or, if you want to utilize the straight down-the-line drive, as shown in *Diagram 11*, hit the serve so that it bounces twice after landing past the short line.

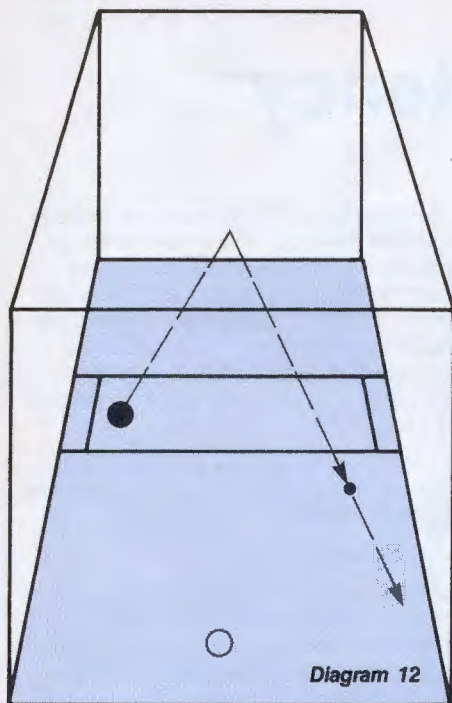


Diagram 12

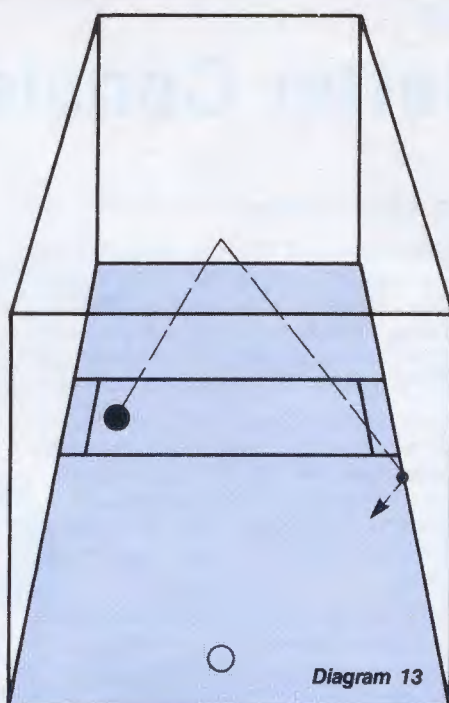


Diagram 13

The message is clear. Even though you're serving from the middle of the service box there are many different serves you can use, depending on the "spot" occupied by the receiver.

However, strategies change. Years ago, serving from any place but the middle of the service box was unheard of. Today, players serve from every spot imaginable.

When you're standing near the left side wall to serve, there is a variety of serves that can be effective. If your opponent is stationed in deep court, a crosscourt serve to your opponent's forehand, as pictured in *Diagram 12*, does especially well. As you can see by the angle of the serve the ball is breaking away sharply from your opponent. Don't be afraid to serve at least one-third of your serves to the forehand side, regardless of the receiver's position.

Another good serve from this position, shown in *Diagram 13*, is the forehand front wall-side wall serve. If hit correctly, the serve will handcuff your opponent in deep court, as it rolls out on the side wall.

In *Diagram 14*, a straight down-the-line serve will catch your opponent by surprise. However, be sure that you're four to five feet away from the side wall so that a screen serve won't be called.

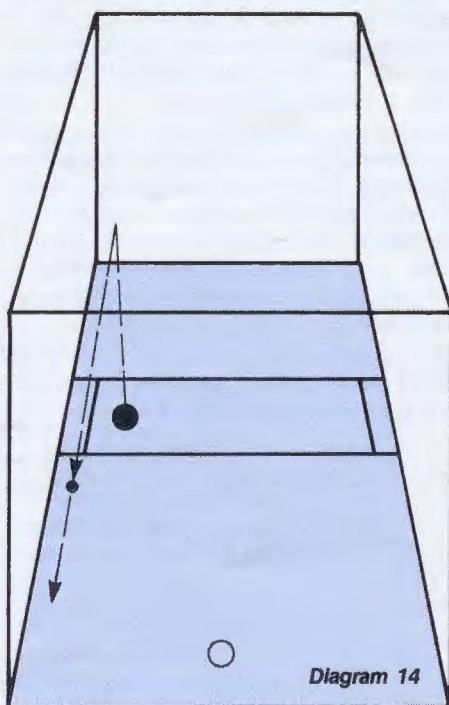


Diagram 14

Remember to adjust your serve according to the "spot" that your opponent has occupied. You'll begin serving better as you win more points.

One final note—you may have to raise or lower the height of your serve, depending on the courts and liveliness of the ball you're using. ●

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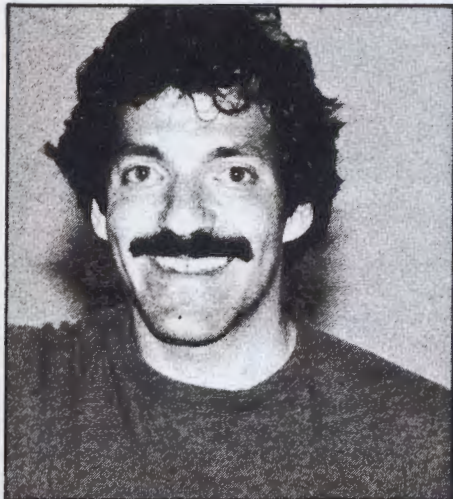
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Steve Mondry's Racquetball Clinic

4 Steps To Better Consistency

by Steve Mondry



In one tournament you make it all the way to the finals. All right! Your forehand is hitting as hard as Hogan's. Your shots during the rally would make Yellen envious of your pinpoint placement. You have reached the next plateau! Or have you?

The very next week you lose in the first round. All of your shots seem mis-hit, some even off the end of the racquet. Still others carom off the handle. You play as if you've never stepped onto a racquetball court before. How can this be? What happened to your game?

You suffer from the disease of inconsistency and it plagues nearly every player to ever step on the court, including Hogan and Yellen. And inconsistency is no fun, primarily because there is no easy remedy. This is a disease of the mind and only the mind can correct it.

I offer, therefore, four steps to better consistency:

1) Learn To Relax

One of the first steps to improving consistency is learning how to control anxiety. No matter what your occupation, you cannot do your best job if you are tense, anxiety-ridden or otherwise uptight. So it is on the racquetball court.

As a matter of fact, I've known players who tensed up on the court because they knew their racquetball workout was to release tension and they became so worried about releasing the tension that they became even more tense.

Well, tense muscles mean jerky shots and jerky shots usually end up scattered all over the court rather than where you want them. Learning how to stay calm in a tournament, league, challenge or even practice match will enable you to hit the same good shots that you routinely place perfectly during your solo court time.

But it's easy to say, "relax." It's much more difficult to do it. In fact many, if not most, players don't even know how to relax. So we'll now take a rapid lesson in progressive relaxation exercise, which relaxes all the major muscle groups as it moves progressively up your body.

(By the way, there's no reason why you can't use this exercise at the office, on the job, or wherever you feel tense.)

- Find a comfortable, quiet area where you won't be disturbed for at least 10 minutes. Either sit or lie down, close your eyes and breathe deeply three times.
- Tighten the muscles in your feet and calves as hard as you can. Hold for 10-15 seconds, then relax.
- As you relax give yourself a "cue word,"—perhaps "easy."
- Continue to tense and relax, next the thighs and buttocks.
- Continue with stomach, chest, arms, shoulders, neck and face.
- If a particular muscle group still seems tense after this, go back and concentrate on that area, again tensing for 10-15 seconds and relaxing.

If you practice this exercise religiously and find yourself in a pressure situation, all you will have to do is close your eyes (we prefer you do this when the ball's not in play), take a few deep breaths, and murmur your cue word. You should find yourself relaxed, yet alert and ready to play within a second or two.

If you're interested in additional information on this technique, I recommend *Sport Psyching*.

2) Concentration

A close relative to relaxation is concentration. While I don't think I ever truly mastered the art of concentration (and it is an art) I do think that I improved my concentration greatly after reading Gallway's famous book, *The Inner Game Of Tennis*.

Either sit or lie down in a quiet room while holding a racquetball in your hand. Focus your thoughts as well as your eyes on the ball and give yourself another cue word(s), this time "the ball." If distracting thoughts come into your mind, slowly repeat your cue "the ball" and begin to focus on it.

Attempt to maintain concentration for at least five minutes. During a match, if you find your mind wandering, give yourself that little cue and your concentration should go back to the ball.

3) Think

During the course of a match there will be occasions where you will play some of the best racquetball of your life—and lose the rally. And there will be times when you'll play some of the worst racquetball of your life—and win the rally. Such are the peaks and valleys of our sport.

When you're riding a peak you want to push hard, keep it going, and not slow down until it's over. Call it a hot streak, lucky streak or whatever, but if you're hitting your 39 foot backhand overhead reverse pinch, then keep on taking it.

Conversely, when things are not going your way, it's time to slow it down, take your good percentage shots and limit unforced efforts until you climb out of the hole.



I think it's rather like the gambler who understands the concept of betting high when he's winning and betting low when he's not. So it is, to a degree, with racquetball. When you're connecting, go for it. When you're not, don't push it.

It takes a unique mental toughness to determine when you are at a peak and when it's a valley. Learn to recognize the reasons for the outcome of the rallies. Are you winning because of your good shots or his poor shots? Are his poor shots the result of your good shots putting him in poor position or is he just not executing?

You can see how important it is to understand what is happening on the court and how you must play accordingly. Many a major match from professionals on down to us regular folk, have been lost by the failure of a player to recognize the reasons for what was happening. The player who misinterprets, is the player who's not going to fare very well.

Sometimes, however, thinking on the court and playing on the court at the same time is difficult, especially for beginning and intermediate players. If that's the case for you, I suggest a friend or coach to watch your matches, and even chart rallies, if only in rough terms. Once your mind understands the ebb and flow of rallies and the cause and effect relationship between shots, only then will you be truly prepared to enter the "real" game of racquetball.

4) Learn To Win

People are creatures of habit. Ask smokers why they can't quit the butts; ask drinkers why they can't stop downing the hatch; ask racquetball players why they can't stop losing close matches. In order to win you have to know how to win.

I've known top players who have gone so far as to have a specific plan of attack (usually more than one) which they automatically use when they reach 18 points. These players have recognized their best shots, know how to maneuver within a rally to get the shot they want, and then connect on it.

Too many players lose consistently during practice matches and offer a "rationalization" (never an "excuse") as they "are developing a new part of their game," or "they're tired because it's their third match of the day," or "they just wanted to get a workout."

If you get used to losing in practice you are practicing losing!

When you get on the court to practice you should play fair, play hard, and play to win. If you don't feel like playing that way, you should go jog, swim or play something non-competitive like tennis. You might even go to the movies or if you're a student, try some homework.

Every time you step onto the court you should be ready to play. If you are

ready to play then you're equally ready to learn how to win. Bill Tyme, past president of the U.S. Tennis Association (I hope you all know I was just kidding about tennis, once said, "you're only as good as your worst day." He's right.

It doesn't matter how great your shots were yesterday, if you can't repeat them today. That is the essence of consistency, which I trust, I've helped you improve with this article. ●

Steve Mondry is head racquetball pro at Lehman Courts, Chicago, a top touring pro for six years and author of numerous instructional articles on racquetball, conditioning and weight training.

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The Value of Videotape

by Steve Strandemo

Looking back, videotape analysis was the best thing we could ever have introduced at our racquetball camps. For the last few years we've been using video so players can analyze their strokes and also their court strategy. At our just-completed 1984 winter camps, we increased the use of videotaping so a player is filmed daily in game situations.

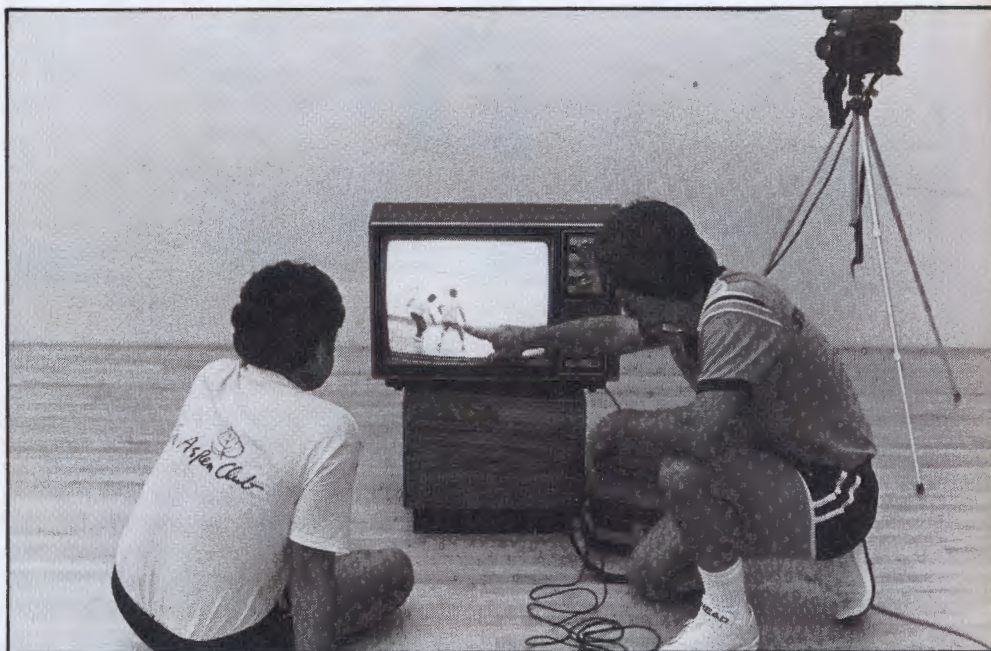
With each new set of students it proves its worth as an indispensable learning tool. Through video feedback, players quickly get a clear picture of their shortcomings and, in addition, the satisfaction of seeing how much they have advanced by the end of their stay.

But be warned! The first time you see yourself on screen can be an exciting, yet deflating, experience. (Is it really me up there with that straight arm forehand?) However, taping before and after instruction can also be a real confidence booster, showing improvement that cannot be denied and giving positive reinforcement to players with poor self-images.

Perhaps the greatest value of videotaping is that it gives us an image of the game in its entirety; players get an overview on tape that they could never get on the court. This overview is especially vital in enhancing a player's understanding of positioning and strategy.

For example, at one of our winter camps in San Diego we had a good open player who, despite having an accurate serve and a fine repertoire of shots, was letting himself down by getting stuck in certain weak and predictable court patterns. He did not realize that he was passing up the open lanes with his offensive kill/passes or that his opponents were playing in his hitting lanes making it tough for him to score.

Author Strandemo points out a strategic flaw—only visible on tape—to his student.



In addition, he tended to position himself too far forward (about a foot behind the short line) and was thus forced to poke too many balls in center court, exposing himself to the wide angle cross court pass.

Held back by these failings, he had reached a plateau in his game, and progress was beginning to seem impossible. This intelligent, capable, but frustrated player did not realize the extent to which his positioning on court was letting him down until he saw himself in action replay.

With instruction, but mostly thanks to the revelation of his errors on screen, he was able to extricate himself from bad patterns of play. Thus a good player was freed from old constraints and able to develop into an excellent player.

In addition to strategy and positioning, video can help impart and perfect racquetball skills in virtually every aspect of the game, from low drive serves to crossover steps to relocation on court to lob serve motions. I have found that filming from the front or back of the court affords a very favorable perspective from which to analyze strokes and strategy, highlight wasted stroke motions, and illustrate hitting lanes.

The video machine also facilitates objective evaluation by both players and instructors. First, there are some players who deep down can never quite grasp how detrimental certain errors are to their game until they see the visible proof.

Second, players naturally get emotionally involved on court, especially during competitive play, and in these circumstances may be less receptive to an instructor's suggestions, perhaps taking criticism too personally.



Third, video increases the quality of the instructors job, allowing him to point out the exact moment when a player is out of position or the potential hazards of wasted motion in his swing or the logistics of ceiling ball rallies.

Video closes the gap between instructor and pupil, giving them both time to sit down and analyze the game objectively, an approach that makes advice much more palatable, and error and improvements easier to illustrate.

At our camps, players also take home the videos made of their play. This means that tapes go on working long after camp is over, acting as tailor-made refresher courses. We also make sure that players are taped making swings and strokes alongside an instructor so that they have a perfect point of reference.

Other uses of video include running highlights of professional games so that players can learn to watch, emulate and begin to understand why

these professionals are the best in the land. In fact, the uses of video in racquetball training go on and on, and I foresee the day when video training will not be regarded as a novelty, but as a necessity. ●

Steve Strandemo has dedicated himself to the study and analysis of racquetball. He is the author of two instructional books, The Racquetball Book and Advanced Racquetball, director of Strandemo Racquetball Camps, a touring professional, and chairman of AMF Head's Racquetball Advisory Staff.

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The Secret Of Front Court Coverage

by Sigmund Brouwer and Carl Loveday

Nothing rattles an opponent more than seeing his best offensive shots returned consistently. It shakes his confidence, making him try to overkill the ball, usually resulting in skips or shots that come off the back wall.

Digging out winners will wear on your opponent's body and mind, especially over the course of a long, or important match. Retrieving capabilities put a great deal of pressure on opponents. Just watch Richard Wagner.

It helps to be in shape to chase down balls, and it helps to have good anticipation and court position. Most players past the novice stage know that. But few players, even at the open level, know the secret of making impossible front court gets look routine.

Here, the important thing to realize is that front court coverage is used in one situation only, but the situation occurs often during rallies. Use front court coverage when you have given your opponent time in the *back third of the court* to set up and shoot the ball. Short ceiling balls, balls off the back wall, gets that float to deep court, and poor serves all put you in the position to use front court coverage.

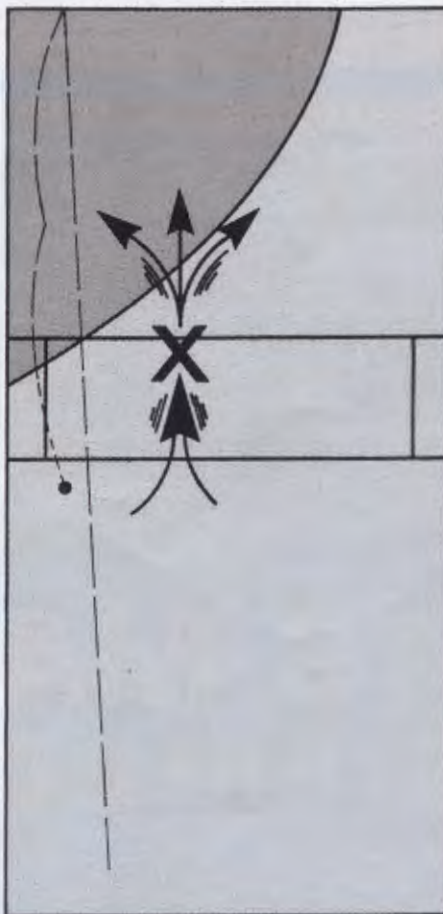
Front court coverage means, simply, covering the part of the court into which your opponent will most likely shoot the ball during a set-up. The shaded area in the accompanying diagrams show that area, and the shots to expect—cross court, down-the-line, or pinch. The shots will usually be low, attempted kills. All diagrams show backhand situations. Forehands would be mirror images.

Obviously, you take a gamble moving up to the front service line (position X), but any anticipation is a gamble, and necessary. Three things make that gamble much less of a risk.

1) Wait As Long As Possible To Make Your Move

This applies to all court coverage and anticipation, too. It keeps your opponent guessing. Timing your move perfectly means waiting until the moment he commits to his shot. During that half-second pause to shoot, he is watching the ball only, and is blind to

Diagram 1. The down-the-line kill/pass can be covered from the shaded area.



you. He will not see you moving forward to cover, and if you execute properly, he will wonder how you ever managed to reach the ball.

On the other hand, if you move early, he will not only see that move, but have time to choose another shot that will take the ball out of front court. If you move too early, you will have to wait and plant yourself in position X. That is the *last* thing you want to do while covering the front court.

2) Be Moving As You Reach Your Position

Overcome the lack of inertia of rooting your body in one spot. And this, like waiting, applies to all court coverage

Diagram 2. The cross court pass/kill as it moves through the coverage zone.

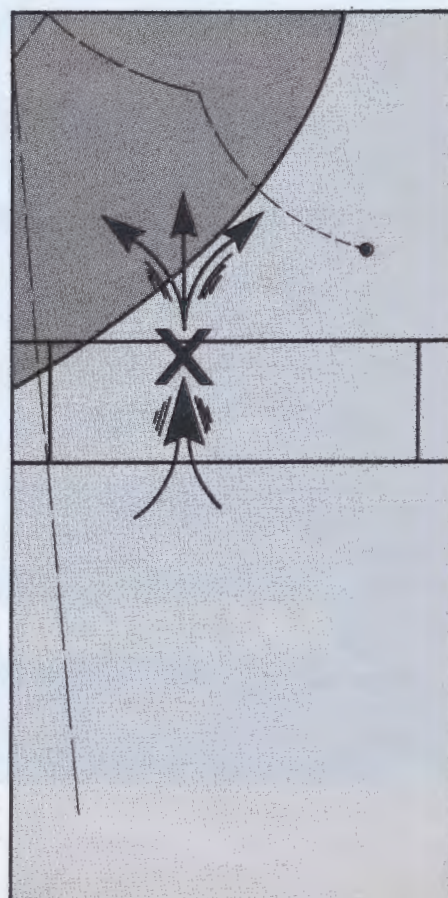
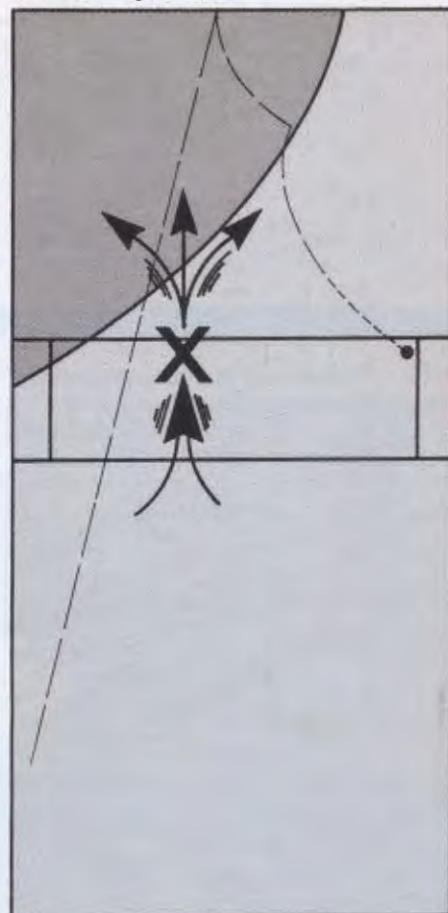
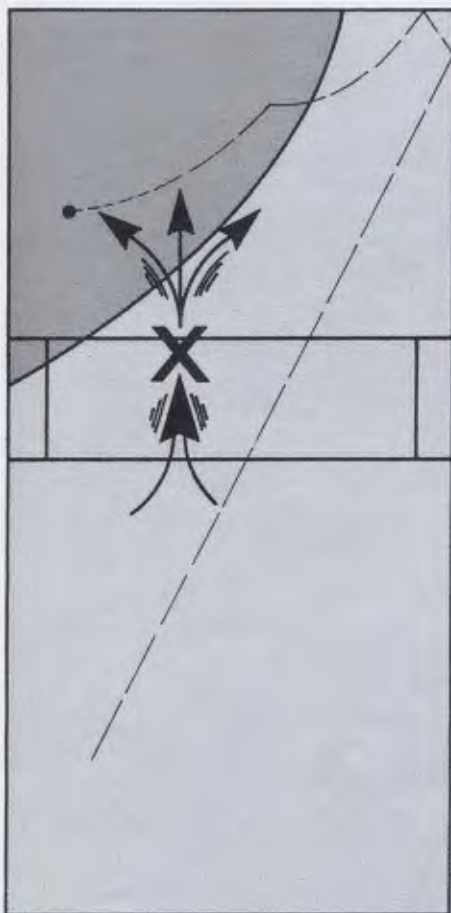


Diagram 3. The often-used pinch kill spends the most time in the front court coverage zone.

Diagram 4. The reverse pinch spends the least amount of time in the coverage zone and is the most difficult shot to pick up visually.



and retrieving situations. It is very difficult to react to and reach any ball while your feet are planted solidly on the floor. It is easier to lunge, and change direction when your body is already in motion.

Watch the pros. Even when they have slowed to a walk, their feet are still moving at any point in a rally. Delay moving into position so that you are moving as you reach the position you want and you will be into the flow of any court coverage.

Once you are flowing into the spot X for successful front court coverage, you will need to do one more thing crucial for generating extra reaction time.

3) Take Your Eye Off The Ball And Your Opponent

The first words of racquetball wisdom are to watch your opponent and the ball at all times. For safety and anticipation reasons, that makes sense. But at a more advanced level, when you have a good idea where the shot is going, and you already know where your opponent is, watch the front wall instead!

You have taken position X as your opponent hits the ball, and given him room for the pinch, cross-court, or down-the-line. If he hits you, it was a mis-hit, and looking back would not have averted that. You have watched him until just before he hits the ball and you know that he is far enough back not to injure you with his racquet. *All you have to worry about now is where the ball will hit the front wall.* And nobody, nobody, can snap their head from back to front court fast enough to accurately follow a racquetball even hit as slowly as 90 m.p.h.

Losing track of the ball means more time used to find it again in front court, and less time to react to it. Watching

the front wall lets you see the ball instantly, and gives you that much more time to react to it. Lower shots like the attempted kills are easy to reach, but many times you can even prevent a pass from escaping you from your position in the front, by executing this coverage properly.

You can also drill to become better in this type of coverage. Find someone who wants to practice kill shots from back court. Have them shoot from behind you while you wait just behind the front service line, watching the front wall to react to the shots. Later, integrate this into your game during practice matches by concentrating on flowing into your position as your opponent sets up to kill. And watch the players who get to everything; consciously or not, they do all three things to make impossible gets look routine. ●

Sigmund Brouwer is an open level player from Grand Rapids, MI. Carl Loveday is a well known racquetball coach and former national masters and golden masters champion.

1984 Summer Schedule

Aspen, CO: June 25-July 27
5-1 week sessions (Mon.-Fri.)
Hidden Valley, PA: Aug. 1-Aug. 26
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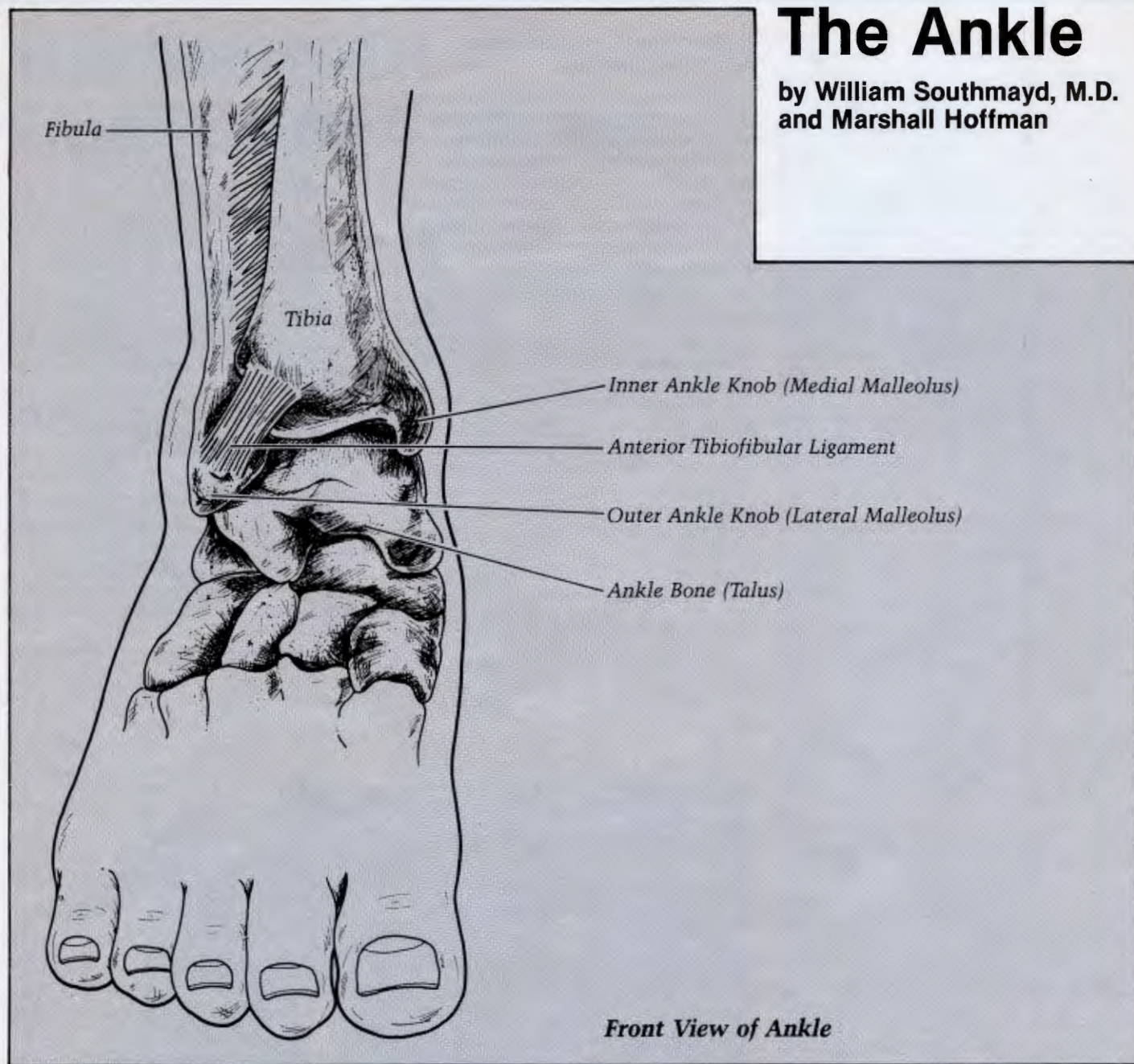
HEAD *Penn* adidas

STRANDEMO/HEAD



The Ankle

by William Southmayd, M.D.
and Marshall Hoffman



Front View of Ankle

Ankle Joint Anatomy

The *ankle* is the most primitive joint in the body. It moves only up and down. Look down at your own ankle and foot. Bring your toes up toward your shin bone as far as they will go. In medical terms, this is called *dorsiflexion*. Now, push your foot completely down the other way. This is called *plantar flexion*.

The ankle cannot rotate side to side, nor can it tilt inward or outward. Because the ankle moves in one direction, it is very stable and relatively resistant to serious injury.

Bones And Joints

There are three major bones and two major sets of ligaments that comprise the ankle joint. The two lower leg bones (tibia and fibula) join to form the top half of the ankle joint. Together, they are the receptacle into which the ankle joint fits. In medical terms, this receptacle is called a *mortice*, a French word that means a hole into which something fits. It is the ankle bone that occupies this hole. The ankle bone is called the *talus*, or *astragalus*. It is unusual in that no muscle or tendon attaches to it. Three-quarters of its surface is covered with joint surface car-

tilage (articular cartilage). The remainder of its surface is regular bone for ligament attachment.

The outer ankle knob is the lower end of the smaller of the lower leg bones, the *fibula*. The inner ankle knob is the lower end of the larger of the lower leg bones, the *tibia*. They are held tightly together by *ligaments* (the tibiofibular ligaments). The ends of these bones are also covered with bone cartilage (articular cartilage). These surfaces match those of the ankle bone.

The ankle bone is held in the mortice by ligaments. The large ligament on the inside of the ankle is called the *deltoid ligament*. It is triangular in shape—like

the Greek letter 'delta.' The apex of the triangle attaches to the inner ankle knob. The broad part of the triangle attaches to the ankle bone itself.

The outside ligament system is a bit more complex. As you look at the outside ankle knob (the lateral malleolus of the fibula), you see that there are three directions in which ligaments can be directed. The front ligament that goes forward from the outer ankle knob is called the *anterior talofibular ligament*. This ligament runs from the lateral malleolus to the ankle bone. It is put to the test when your foot turns under. This may rip or sprain the ligament. Sprains of the front ligament are the most common injuries in all sports.

The second ligament goes from the tip of the lateral malleolus of the fibula straight down to the heel bone. This is called the *calcaneal fibular ligament*. This, too, is put under pressure when the foot is turned under. It is a second line of defense and only tears after the front ligament tears. The third ligament

runs directly back from the outer knob of the ankle to the ankle bone. This is called the *posterior talofibular ligament*. This is never injured in sports.

The ankle is another joint that has a trade-off between mobility and stability. The ankle ligaments must be strong enough to keep the ankle bone from tipping out of the ankle mortice. If the ligaments can't hold the ankle firmly, then the athlete experiences multiple episodes of the ankle "giving out." This simply means that the ankle bone is too loose in its socket and is unstable. On the other hand, the ligaments must be long enough and allow enough play so the ankle bone can move properly. If the ankle ligaments are too tight, the ankle has restricted motion.

Ankle Sprains

Causes

A sprained ankle is the most common injury in sports. It happens when the ankle bone is forced or pried out of the ankle joint. It normally occurs when the ankle is tipped inward. This is called an *inversion sprain*. Basketball players who land on the edges of their feet and runners who fall into pot holes are principle ankle sprainers.

In mild sprains, the ankle bone is forced slightly out of place for an instant. This causes only mild stretching of the ligaments on the outer part of the

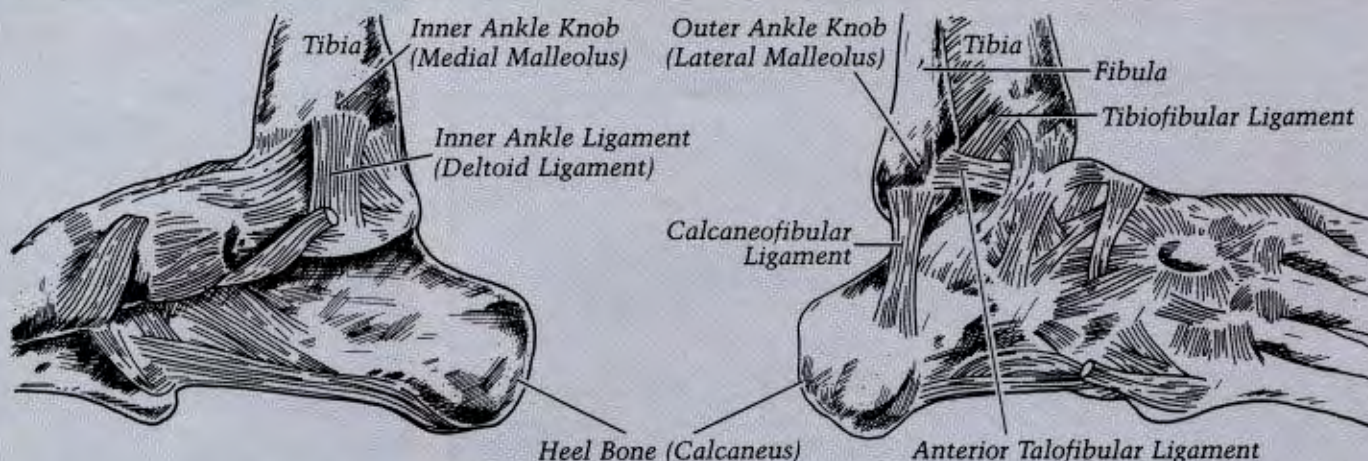
ankle. In severe sprains, the ankle bone actually comes out of the ankle socket. This causes complete tearing of the ligaments.

When your ankle is suddenly tipped inward, the first ligament to restrain this motion and thus sprain is the one that runs from the outer ankle knob to the ankle bone itself. It is called the *anterior talofibular ligament*.

The second ligament on the outer side of the ankle commonly injured in sprains is the one which runs from the outer ankle knob down to the heel bone. It is called the *calcaneofibular ligament*. This is the second line of defense against inversion sprains. I've never seen the second ligament sprained by itself; usually the anterior talofibular ligament tears first.

Depending on how much force is applied to this ligament, it either stretches a small amount (grade I sprain), tears partially through (grade II sprain), or tears completely (grade III sprain). The degree of sprain depends entirely on the amount of force applied to the ankle ligaments and the duration of the force. The bigger the force and the longer it is applied to the ligament, the worse the sprain.

If only the front ligament is sprained, it's called a one-ligament sprain on the ankle. If both ligaments, the front and the bottom, are sprained, it's called a two-ligament sprain. Because the treatment is different, it is very important to make the distinction between one- and two-ligament sprains. A two-ligament sprain takes longer to heal.



View of Inner Side of the Ankle

Anatomy of the Ankle

View of Outer Side of the Ankle

Diagnosis and Treatment

When you sprain your ankle, you will know instantly. You will feel a popping sensation.

Immediately, the outer part of your ankle joint becomes painful. Usually, you can walk off the pain in the next five to ten minutes. Your ankle then goes into a period of pain-free "shock." During this time, you have very little swelling, pain, or muscle spasm. You get a false feeling of security. Even severe ankle sprains feel good for the first thirty minutes. This sometimes makes it very difficult to determine whether one or both ligaments have been torn and also the degree of tearing. Even the doctor can get a false sense of security.

However, after the thirty-minutes. This sometimes makes it very difficult to determine whether one or both ligaments have been torn and also the degree of tearing. Even the doctor can get a false sense of security.

However, after the thirty-minute grace period, tenderness develops. At this point I can more easily determine whether both ligaments have been injured. I do this by touch. First, I begin to feel gently just in front of the ankle knob. This is the front ankle ligament. If there is tenderness here, then this ligament has at least been stretched. I feel down at the bottom of the tip of the outer ankle knob. If there is tenderness here, then you have a two-ligament injury. It is impossible to determine the degree of severity of the sprain during the first twelve hours.

This is why I reexamine ankle sprains twenty-four hours after the injury. In football, the time to determine the degree of severity of an ankle sprain is not Saturday afternoon, but rather Sunday. Even with early treatment, swelling, tenderness, and muscle spasm will happen by the next day. The more swelling, tenderness; and muscle spasms, the worse the sprain.

Treatment of Single-Ligament Sprains

By examination, I have determined that you have a single-ligament sprain. Next, I grade the sprain. If there is only mild swelling and tenderness, it is a grade I sprain, and you will miss four to five days from competition. A grade II sprain has more swelling and more tenderness. You will have trouble moving your ankle up and down. You will miss seven to ten days of activity. A grade III sprain has severe swelling and bruising (ecchymosis). The swelling is so bad that you will not be able to move your ankle up and down. You won't be able to walk without limping; crutches are usually necessary. This will cost you two to three weeks of active competition.

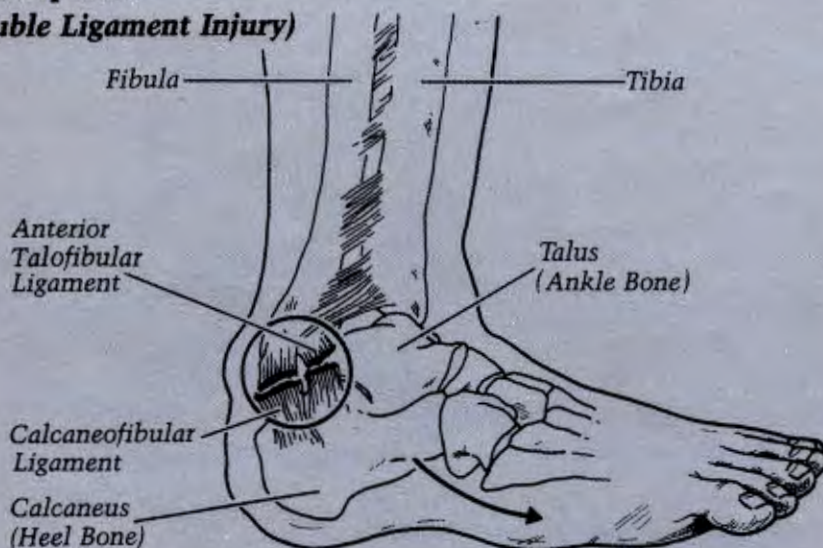
All sprains, single- or double-ligament, should be immediately treated with RICE: rest, ice, compression, and elevation. This should be carried out over the first twenty-four hours.

I compress all sprains for the first twenty-four hours. It is important not to place the ankle in a rigid circular cast, because the swelling could exceed the size of the cast and cause severe pain. Therefore, I always go with a soft bandage in the first twenty-four hours. I always put you on crutches for one day. I don't want you putting any weight on the injured ankle. Then, I reevaluate the next day.

For grade I sprains, I continue the elastic compression for seventy-two hours and begin warm whirlpool baths. The athlete may return to action with this type sprain five days after injury, with tape support on the ankle. For grade II sprains, I use the elastic support, but keep it on for five days. Then, I begin you on warm baths or whirlpools. Within ten days, you can return to competition with tape support of the ankle. With grade III sprains, I use a gel cast support. This a gauze roll which is impregnated with zinc oxide. It is rolled on like an Ace bandage, but congeals to form a semi-rigid cast. It gives excellent support of the ankle and keeps the injured area from wiggling and causing more irritation. However, the advantage is that you can wear your shoe and sock with this type of support. The gel cast is left on for one week, and then I reevaluate the ankle. If there is still a lot of hemorrhaging, swelling, and muscle spasm, the cast is reapplied for a second week. Usually, within ten days of the injury, you can start whirlpool treatments or warm baths. I recommend two daily treatments. Range of motion exercises of the ankle should be carried out while you are in the whirlpool bath. After a week of whirlpool treatments, start reverse stair climbers. Within three weeks, you should be able to return to full athletic competition with tape support.

After full motion has been regained, it is important to strengthen the peroneal muscles on the outer aspect of the ankle. These muscles originate on the outer part of the calf. Their tendons drop down behind the outer ankle knob. The outer ankle knob serves as a body pulley. The pulley increases the mechanical advantage of these tendons. They are the ones that enable you to lift up the outer border of your foot. They become weakened after a sprain.

Ankle Sprain (Double Ligament Injury)



Reverse Stair Climbers

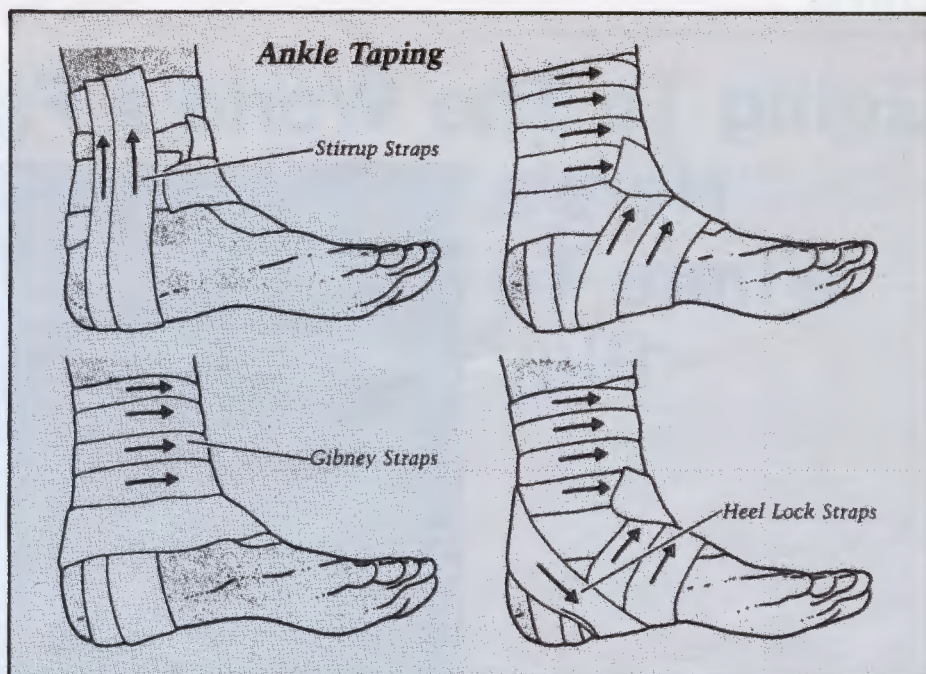
After an ankle sprain, the hardest motion to regain is that one which brings your toes up toward your shin muscles. In orthopedic parlance, this is called *dorsiflexion*. When you sprain your ankle, the most comfortable position is to let your foot hang down a bit. It is this position which accommodates the ankle's swelling most comfortably. Therefore, if your ankle remains in this position for seven to 14 days, it is difficult to get the ankle moving in the opposite direction. That's why I start range of motion exercises as soon as possible.

One way to avoid a stiff ankle is to climb up stairs backwards. In order to mount the stair successfully, you must drive your foot up toward your shin bone. It is the ideal exercise to regain dorsiflexion of the ankle. You should climb three flights of stairs daily. Always lead with the ankle that has been injured. Until full motion has returned, this exercise should be continued.

Peroneal Strengthening Exercising

Here are exercises to strengthen the peroneal muscles on the outer part of the lower leg.

1. Take the inner tube from a bike tire, or cut a circular strip from a car tire inner tube. Loop it under the leg of a chair. Place the opposite end of it over the top and outer part of your foot.
2. Sit in a chair. Move the chair to the side until the big rubber band is tight against the outer border of your foot. Now, move your foot slowly up and out as far as it will go. Hold for three seconds. Do this 30 times. Take a five-minute break. Repeat three times. Do this twice daily.
3. As your muscles get stronger, you need more resistance. Simply pull the chair further back to make the rubber tighter. This will give the muscle a harder workout.



Treatment of Two-Ligament Sprains

Two-ligament ankle injuries usually happen when the first ligament is completely torn (grade III sprain). When I make the diagnosis of a two-ligament injury, I place the patient in a walking cast twenty-four hours after the injury. Within that time, the maximum swelling has occurred. This cast runs from the toes to below the knee. The ankle is placed in a ninety-degree angle. This is the neutral position. I like to use a synthetic cast material—a plastic. It is lightweight, allows plenty of breathing of the skin, and it can become wet. Some of my patients have even water skied wearing the cast. It requires about two hours of drying time in the sun or thirty minutes of drying time with an electric hair dryer.

I leave this cast on for three weeks. The cast allows the ligament to rest at their normal length. Then, the healing scar tissue can reestablish continuity of the ligament without disruption. This is important. If both ligaments are allowed to heal properly, the ankle becomes stable again. If they heal stretched out, the ankle will be permanently loose. After three weeks in a cast, I remove the cast, and you can start physical therapy.

I recommend two warm soaks a day and a series of motion exercises to regain ankle mobility. I also ask you to do reverse stair-climber and peroneal strengthening exercises. Generally, a two-ligament injury will put you out of competition for four to five weeks. Three weeks is spent in the cast, and then an additional ten days to two

weeks is required for full rehabilitation. After this type of injury, tape support for sports should be continued for at least six months.

How You Can Prevent Ankle Sprains

There have been numerous medical studies on preventing ankle sprains. The results: The more external support the ankle has, the smaller the chance of sprain. Especially for high school athletes, I recommend high-top athletic shoes. They come up over the ankle knobs and resist the forces of sprains more effectively than low-cut athletic shoes. It is for this reason that many high school basketball players are now wearing high-top sneakers.

A second excellent method of preventing sprains is to tape your ankles before competition. About one-third of the Cleveland Indians have their ankles taped says Jim Warfield, the team trainer. A first-class tape job runs from the mid-foot to mid-calf. Ankle wraps also are effective. They are easier to apply than tape, but are less effective. They can be worn over socks.

Lenny Moore of the Baltimore Colts was the first national athlete to tape his ankles over his athletic shoes. This looks flashy, but has been no more effective than applying the tape on the skin.

These are measures that can be used for players who have never had an ankle injury. If you have had an ankle injury, it is absolutely essential that some form of external support be used for a year following injury. Even if you haven't had an ankle injury, I would recommend high-top athletic shoes or ankle wraps. ●

Going To The World's Fair?

Here's Where To Play



by Victor Block

New Orleans is a city best known as the home of good food, good music and good times. This spring, it will serve as a magnet attracting an anticipated 12 million Americans interested in yet another kind of experience.

The 1984 Louisiana World Exposition will open on May 12 and run through November 11. Centered on the theme of fresh water as a source of life, the Fair—occupying 82 acres on the Mississippi River adjacent to the New Orleans central business district—will spotlight the rivers and ports of the world through a variety of exhibits, demonstrations and aquatic performances.

A huge international exhibition hall will house the pavilions of the United States and other countries, ranging from Australia, Italy, France and Canada to Israel, the People's Republic

of China and the Vatican. Individual U.S. states, major corporations and other sponsors also will tell their stories through exhibits and displays.

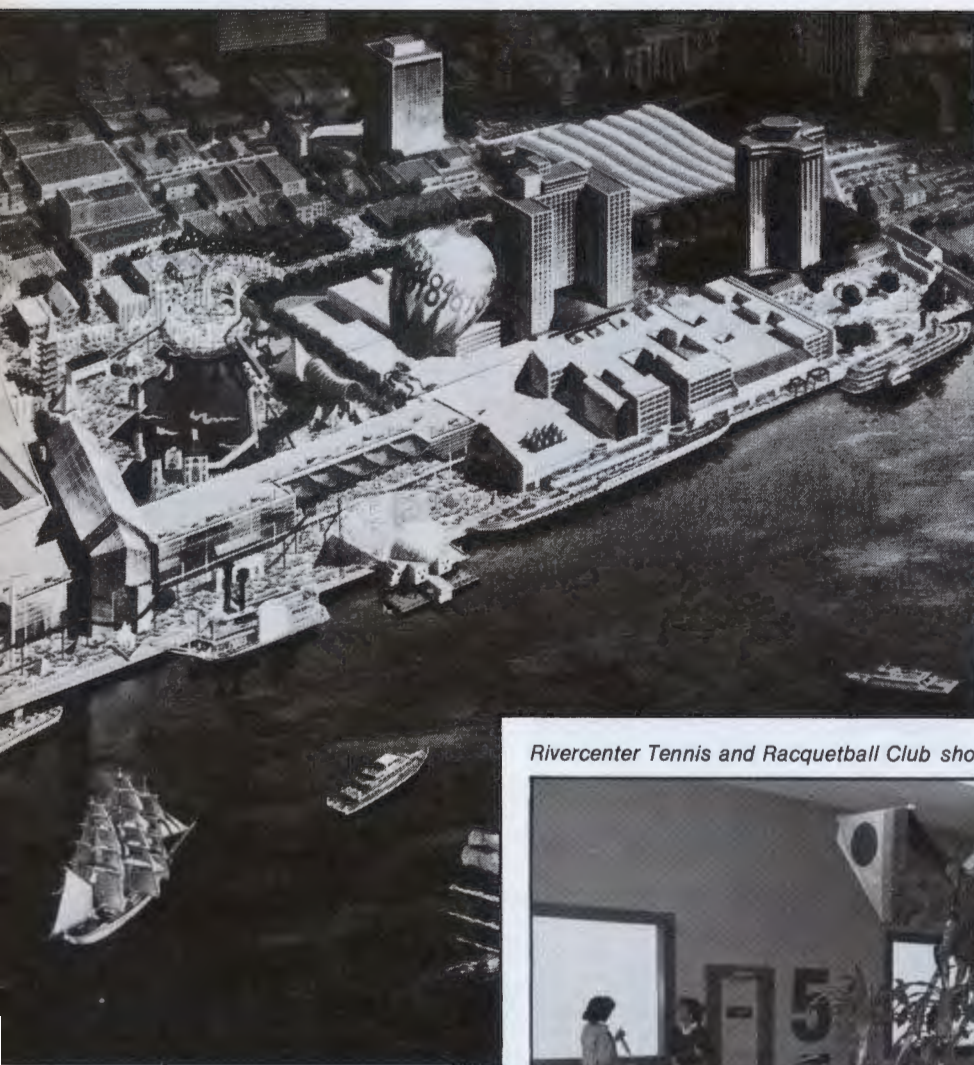
More than 50,000 hours of entertainment will provide a spectrum of live music, dance, drama and other performances on 22 stages. Varied regional and international food specialties will be offered at 75 restaurants and concessions within the Fair grounds.

Admission cost to the Fair includes entry to pavilions, exhibits and regularly scheduled entertainment, plus unlimited monorail rides around the site. Prices are \$15 for one day, \$28 for two consecutive days for adults (ages 12-54); \$14 and \$26 for children and senior citizens (4-11 and 55 and up), and free for infants (up to 3). Additional information is available from the Louisiana World Exposition, P.O. Box 1984, New Orleans, LA 70158, or by calling (504) 525-FAIR.

Racquetball players planning to travel to New Orleans to attend the World Exposition will be happy to know that there are places with courts available to visitors. Below are descriptions of a luxury hotel and racquet club complex; a first-class racquetball club, and a YMCA with racquetball courts. This short but varied list will provide a choice of racquetball facilities at each price bracket for anyone planning to attend the Exposition.

The 1,146-room New Orleans Hilton and Towers overlooks the Mississippi River two blocks from the historic French Quarter. The hotel has a variety of shops, several dining rooms and three lounges. The basic rate for a double room is in the \$108-\$146 range.

Adjacent to and connected with the hotel is the Rivercenter Tennis and Racquetball Club. While operated as a



Louisiana World Exposition site (depiction), New Orleans, slated for May 12 through November 11.

Rivercenter Tennis and Racquetball Club showing the glass windowed back walls and roomy lounge.



private membership club for area residents, it also extends privileges to guests of the Hilton.

The club, which has been rated by *Tennis* magazine among the 50 outstanding places to play in the United States, has eight indoor and three outdoor tennis courts; a health club with Universal gym, bicycles, saunas and whirlpools; outdoor jogging track, lighted for night use; observation deck; indoor garden bar, and other facilities.

The eight racquetball courts have Versaturf surfaces and laminated wood paneling. Court time costs \$13 per hour, which includes the use of the health club.

For further information or hotel reservations, call (504) 561-0500 or the local Hilton reservation number, if available in your area.

New Orleans visitors also may use the court and other facilities at Racquetball One, located at One Shell Square. This also is a membership club, but welcomes both in-town and out-of-town guests. The guest fee is \$8, which covers the use of all facilities including the six racquetball courts.

Reservations for court time are accepted up to three days in advance. Club Manager Jan Novick, in a friendly gesture of southern hospitality, notes

that if a court has not been booked for the following hour, there's no extra charge for continuing to play.

Other facilities at Racquetball One include a workout area and weight room with Paramount equipment and Olympic free weights. There also are separate locker areas, whirlpools and saunas for men and women; a pro shop, and a health and juice bar.

As this issue of *National Racquetball* went to press, work was underway to



Victor Block is a free-lance travel writer for newspapers, newsletters and magazines; a state editor for Fodor's Guidebooks, and a member of the Society of American Travel Writers. When not on the go researching travel articles, he lives in Washington, DC.

Readers are encouraged to send your racquetball travel questions to Victor Block, c/o National Racquetball, 1800 Pickwick Ave., Glenview, IL 60025.



Three views of Racquetball One . . . the glass back walled courts, fitness center and whirlpool.



complete two additional racquetball courts, a squash court, aerobics room and combination bar-lounge in time for opening of the World Exposition. For further information, call Racquetball One at (504) 522-2956.

For those seeking low-cost accommodations—and a place to play racquetball at bargain rates—the Lee Circle YMCA and adjacent Y hotel may suit your preferences and pocketbook. Located at 936 St. Charles Avenue just four blocks from the Exposition site, the hotel has accommodations ranging

in price from \$16 a night for dormitory-style rooms to \$25 for a private room with bath and TV.

Among recreational facilities and activities at the Y are a swimming pool, gymnasium, jogging track, massage, and classes ranging from swimnastics and aerobics to fencing and karate.

The charge for use of the three racquetball courts is \$3-\$4 for those playing as the guest of a member, and \$5 for others. The fee includes use of the

swimming pool and all other recreational facilities, as well as the racquetball courts, from 5:30 a.m. to 4 p.m. Monday through Friday, and 7 a.m. to 5 p.m. on Saturdays.

Additional information is available by calling (504) 568-9622. Julia Young, program director at the Y, is friendly, helpful and eager to have visitors take advantage of the low-cost facilities. ●

New Products



Shoe Pocket

Shoe Pocket, a handy item that holds keys, ID, change, and other small items, is being introduced by Unique Sports Products.

It attaches under shoe laces or to a belt and is available in assorted colors. For more information, contact Unique Sports Products, 5687 New Peachtree Road, Atlanta, GA 30341. (404) 451-2800.



All-Grip

Tennis/Baseball/Racquet Grip Tape. Unique high traction non-slip tape allows extraordinary racquet control under the most demanding competitive conditions.

Unlike any other grip tape on the market, the surface of each ALL-GRIP is covered with tiny "pores" which act as miniature suction cups against the hand.

Available in a variety of colors, easily applied with its durable pressure-sensitive adhesive backing, ALL-GRIP will adhere to most grips without the need for any special preparation. Astrodeck, P.O. Box 2785, Capistrano Beach, CA 92624 (714) 492-6272.



Valet Bags

Humorous message for racquetball players is just one of many themes available in stock-imprinted valet bags offered by MS. Plastics & Packaging Co., Inc. Other messages zero in on tennis and general fitness programs.

The 12" x 18" opaque white valet bags, which come 750 to a roll, are also available plain or with custom imprints. Chrome-plated dispensers for the bags can stand on a counter or be mounted overhead or on wall.

MS. Plastics notes that clubs can provide the sacks at little or no cost by including co-sponsors' messages. Also the company will custom imprint from finished art work or sketches. Thirty-four standard ink colors are available.

For more information contact MS. Plastics & Packaging Company, Inc., 400 Union Avenue, Haskell, N.J. 07420, or phone (201) 831-1802.



Court Shoe

A new men's tennis and court shoe, the PK-Mesh has been developed by Pro-Kennex, the manufacturer of racquets for tennis, racquetball, badminton, and squash.

The shoe combines natural and synthetic rubbers and is constructed with a unique mold to round over the toe for special durability. The light polyurethane midsole is strong enough to provide needed cushion.

The shoe also features a removable, terrycloth insole that adapts to foot shape, a soft tongue, variable lacing system, and jogging shoe strength in the heel counter to provide extra support to the shoe. The split leather Visa™ mesh upper is strong, cleans easier, and breathes better than conventional cotton mesh.

For further information contact Pro-Kennex, 7444 Trade St., San Diego, CA 92121. 1-800-854-1908.



EDC's Biocycle

Biocycle, an aerobic exercise bicycle, is being introduced by Engineering Dynamics Corporation, manufacturer of hospital grade ergometers.

Biocycle is designed to provide all information necessary for aerobic exercise training so that the rider is as fully involved as possible — and having fun. It is manufactured with the same stringent requirements set up by the F.D.A. for EDC's Cardiac Stress System, and is built for continuous use in fitness centers, exercise rooms, rehabilitation facilities, and club houses.

Rugged, sleek, and simple to operate, the Biocycle features a unique video display that shows the rider pulse rate, pedal RPM, calories burned per hour, calories used, speed in MPH, distance traveled, time remaining on the program, fitness score, program profile, and position in program.

For more information and pricing contact Joseph Ress, Marketing Manager, Engineering Dynamics Corporation, 120 Stedman Street, Lowell, MA 01852 (617) 458-1456.

EXTRA!

RMA

Racquetball manufacturers have teamed together to form the Racquetball Manufacturers Association (RMA).

Members of the RMA board include Chairman Greg Eveland of DP Leach, Vice-Chairman Bob Beebe of Penn Athletic, Secretary-Treasurer Jacqui Black of Wilson Sporting Goods,

Richard Smith of AMF Voit, and Norm Peck of Ektelon.

Don Bushore will be Executive Director of the association which will headquarter in the American Sports Association Building in West Palm Beach, FL.

The goal of RMA is to insure the growth of racquetball.

RMA plans to increase awareness of racquetball and expand participation at the grass roots level.

Being part of the American Sports Association family which houses 17 other sports associations in its building, RMA will have immediate public relations capability by way of producing television

spots, educational film and publication programs, flyers, brochures, and other collateral materials to promote the fame of racquetball.

RMA plans to announce a well-organized and highly visible pro in the near future as well as several grass roots and educational racquetball programs.

Larsen Joins AMF-Whitely



Robert John Larsen has been appointed to the post of Merchandising Manager for AMF Whitely, Maywood, NJ, one of the oldest U.S. manufacturers of exercise equipment. Larsen will be responsible for new product development, advertising, public relations and sales promotion for the company's broad range of exercise products including

its newest item, "Lace Weights."

Larsen comes to Whitely after serving as Merchandising Manager, Individual Sports at AMF Voit, Santa Ana, CA. In his five years with Voit, Larsen's responsibilities included coordinating the marketing programs for the exercise, court sports, flying disc, and water sports product

lines. Prior to joining the AMF leisure products group, he was Marketing Manager for the Ampro Corporation's sporting goods and special education equipment divisions.

A graduate of the University of California with an MBA in Marketing, Larsen will operate from the company's Buena Park, CA facility.

Court Builder Honored

The Court Company, the Memphis-based racquetball court building firm, has made Inc. magazine's second annual list of the 500 fastest-growing U.S. companies over the past five years.

Court Company, which has built courts world-wide, posted a 1,059 percent increase between 1972-82 with sales of over \$2 million.

Co-Owners Randy Stafford and Mike Mattingly founded the company after graduation from Memphis State University. Both hold business degrees from MSU and wanted to open a business after graduation.

Stafford, the 1974 racquetball National Intercollegiate Singles Champion, turned

professional that year and noted other companies building racquetball courts. Convinced that a boom was on the way, he and Mattingly took out a bank loan and did the construction work themselves. Their first construction project was building two courts at Vanderbilt University.

The company now builds courts in many areas of the U.S. and abroad. They have sold courts in Saudi Arabia, Canada, Taiwan, Europe, and Australia.

"The key to our success," said Stafford, "is that we're a small company, but we run it like a big company."

Mort Leve Named APRO Executive Director

Mort Leve, with an extensive background in the racquetball industry, has assumed the position of executive director for the American Professional Racquetball Association (APRO), in an announcement made by Chuck Sheftel, the association's president and founder. Sheftel will continue to be active with APRO, mainly in an advisory capacity. The organization has relocated to 8303 E. Thomas Rd., Scottsdale, Arizona 85251, (602) 991-0253.

"Our immediate goals are to revitalize APRO, the association of racquetball teaching professionals; maintain sound communications, schedule a viable 1984 convention, enlarge the teacher's manual, and issue quarterly newsletters, with scheduling of clinics/testings," Leve commented. "I concur with Sheftel and the APRO board of directors

that the changing trends in multi-activity clubs necessitates an expansion of functions to include management, advertising, marketing, programming, and teaching techniques."

The purposes and objectives of APRO additionally cover an administering of a testing and certification program for racquetball teaching professionals and to perform such functions and provide such services as shall promote racquetball and serve the best interests of teaching professionals, participants, and club management.

Recognizing a real need for racquetball grass roots youth programming, APRO will incorporate Leve's proposed Summertime National Teen-Age League program for boys and girls 14 years of age and under.

Sauser Videotape



The crew on Jean Sauser's "How To Play Your Best Racquetball" tape. That's Jean, second from left, bottom row.

"How To Play Your Best Racquetball," a one-half hour videotape is being introduced by Communications Concepts, Inc. in conjunction with Jean Sauser, top woman racquetball player and contributor to *National Racquetball*.

The program, taped at The Club in Melbourne, FL, features Sauser explaining the basics, including equipment, demonstrating fundamental shots, advanced shots, and discussing winning strategy.

Digital graphic segments ac-

company the tape, allowing the viewer a quick reference to a specific shot or point of discussion.

The tape is available on Beta and VHS formats, priced at \$49.50 retail, and is ready for national distribution to videotape outlets across the country. It is also being sold to independent television stations.

For further information contact Craig Kraus, CCI marketing director and producer, P.O. Box 661, Cape Canaveral, FL 32920, 305-783-5232.

Portable Glass A Reality— In Squash

A long-sought dream in the court sports became reality recently with the unveiling of a portable glass squash court at the World Championships Squash Tournament held at Great Yarmouth, England.

The tournament was sponsored by Pro-Kennex, a leading manufacturer of squash, badminton, tennis, the new line of racquetball racquets under the Hogan Racquetball label. One of the primary reasons for the event and the court was to test various television coverage techniques. Squash enjoys significant television exposure in Europe.

The court used Twin-Vue glass (spectators see in, players can't see out) and featured a mid-blue floor with yellow court markings. Each vertical corner has a yellow strip rising from the floor and the ball used was white and slower than normal.

It appears that little other than financial investment stands in the way of the construction of a portable glass racquetball court. Racquetball players have enjoyed Twin-Vue since its introduction a few years ago, making the portability element and its ramifications the significant breakthrough.

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Tournament Results

Hogan Stops Yellen For Budweiser Light Title

by Pete Warner

For Mike Yellen, the surroundings in Bangor, ME have not been conducive to his success on the hardwood.

At the Holiday Health and Racquet Club December 2-4, Yellen became the fourth No. 1 seed in five years to go down to defeat, as second-seeded Marty Hogan eked out a tie-breaker victory in the \$10,000 Budweiser Light Pro/Am.

"I've come into this thing ranked No. 1 twice, and I never made it to the finals before," the 23-year-old Yellen said. Yellen entered the 1980 event ranked first, but bowed out early in the tournament.

Hogan captured his third title in five tries in the Bangor tournament, and increased his lifetime earnings here to \$14,000 of the \$50,000 which has been up for grabs.

"We've been coming here for five years, and every year it gets better," added Hogan. *"We have a good feeling when we come up to Maine."*

The big match pitted defending national champion Yellen against Hogan, a five-time national titlist. Hogan had been ranked No. 1 in two prior tourneys in Bangor, but failed to win.

Hogan came out ready to play, and looked as though he might cruise to the easiest win ever in the Bangor event. The 25-year-old San Diego resident took the first game by an 11-7 score, placing his powerful backhand shots low in the corner on the left side of the court.

One obvious flaw in Hogan's game was his service accuracy. He repeatedly failed to get his first serve to fall, and was thus forced to use a lazy, cross-court lob to Yellen's backhand side for his second serve. In the ensuing action, Yellen won several points with his well-placed forehand shots.

Hogan looked as though he would run away with the second game after he built up a 9-0 advantage. He mixed his backhands and forehands effectively, keeping Yellen off balance and lunging for the ball.

But Yellen was not to be intimidated, as he battled back to 8-9 thanks to his forehand kill and the emergence of a consistent backhand. Hogan knew he would need the game to maintain the psychological edge, and surged back for the final two points, the last coming off an extended rally.

Yellen fell into a hole in the third game when Hogan ran the score to 5-0. It was once again the beautifully placed backhand shot to the left-hand corner which baffled Yellen and enabled Hogan to move in front. Yellen, sensing elimination, came on to jump ahead at 6-5, and the two fought it out the rest of the game. It was his backhand which came to life in Game 3 and kept him alive in the match, which he won 11-9.

In Game 4 it was Yellen who took the early lead (5-1). He mixed the forehand and backhand well, using more pinches to gain an edge. Hogan came back as close as 6-4, before his counterpart countered with three consecutive low drives off the front wall to send the match into a fifth game.

And while Hogan had been his usual jovial self during the early portions of the match, he had changed his frame of mind considerably as Yellen evened things up. Things got considerably more serious in the fifth.

With the game tied at 4-4, Hogan delivered a forehand corner kill on the right side and a backhand low off the front wall to gain an advantage. But Yellen won the serve, drew even with a pair of tantalizing backhands, and took a 7-6 edge on a hard forehand.

Hogan came on to win the last five points and take the match, earning \$4,000 for his efforts.

Budweiser Light Pro-Am Holiday Health & Racquet Club Bangor, ME December 2-4, 1983

Quarter-finals: Yellen d. Levine; D. Peck d. Gonzalez; G. Peck d. Hamett; Hogan d. Wagner.

Semi-finals: Yellen d. G. Peck; Hogan d. D. Peck.

Finals: Hogan d. Yellen.

Medicine Hat Pro-Am

Racquettime Medicine Hat
Medicine Hat, Alta., Canada
January 20-22, 1984

Quarter-finals: Eggerman d. Hendrickson 11-3, 11-4, 11-2; Bowes d. Daku 11-3, 2-11, 11-9, 11-2; Greenfield d. Boland 11-0, 10-11, 11-9, 11-2; Myers d. Harpersad 11-10, 11-7, 7-11, 9-11, 11-6.

Semi-finals: Eggerman d. Bower 10-11, 11-0, 11-4, 11-6; Myers d. Greenfield 10-11, 11-7, 5-11, 11-8.

Finals: Myers d. Eggerman 11-2, 11-7, 11-10.

Myers Manages Medicine Hat Win

by Jeremy Cato

He was once considered the John McEnroe of Canadian racquetball.

Today, Lyndsay Myers of Vancouver hopes that his "bad boy" label is behind him. Instead he'd like to be judged for his skills as a player not for the reputation for baiting referees that has dogged him since he was 15-years-old.

Myers, despite an eight-week layoff, demonstrated those skills that have made him the number one ranked professional racquetball player in Canada since 1977, capturing the \$1500 first place at Medicine Hat Pro-Am, January 20-22, 1984 at Racquetime Medicine Hat.

Displaying the power game that carried him to the number six ranking in North America three years ago, Myers completely dominated John Eggerman of Boise in the finals.

Myers trailed only twice in the match, both times in the third and deciding game, en route to an 11-2, 11-6, 11-10 victory over Eggerman, the tournament's number one seed. Eggerman pocketed \$1,000 for second.

"Sure, our match was lopsided, but I was hitting very well," said Myers. *"I knew what to expect from John, we've played six or seven times."*

"I hit harder and I tried to hit the ball so he was forced to pop it up to centre court where I could kill it."

"That's what happened."

But the game was more than just another win for Myers: it was a non-controversial match that allowed the 24-year-old pro to put on display the warmer side of his personality for over 200 fans to see.

"If people like to believe I'm a bad boy, well... I may make a comment to the referee, but I'm never provocative. I have a reputation to uphold."

"I'm doing my best to behave. I don't want anyone to think I'm not congenial."

"I was brash when I was 16, but I've tried to dispell that reputation. If people don't want to forget..."

Myers showed the crowd enough powerful kills to make any anyone forget. Rather than waiting for Eggerman to make mistakes, Myers, to the constant "oohs" and "ahhs" of the throng, defeated Eggerman with bullet-like shots to the corners.

Hogan Captures LaBatt's Pro-Am; Oliver Surprise Finalist

It's never a surprise when Marty Hogan wins a tournament, but lately it has become a surprise when Mike Yellen doesn't reach the finals. At the LaBatt's Pro-Am February 7-12 at the Griffith Park Athletic Club, Griffith Park, OR, Hogan took the tourney, defeating Scott Oliver in convincing fashion in the finals 11-1, 11-5, 11-5.

The tournament was marked by a wild upper bracket which saw top seed Yellen going out in the quarter-finals to Gerry Price, fourth seed Bret Harnett losing in the round of 16 to Oliver, and fifth seed Ruben Gonzalez also losing to Oliver, in the quarters.

That left the unlikely semi-final match-up in the upper bracket of Oliver versus Price and they had a great battle, playing for the right to meet Hogan in the championship match the next day. Oliver prevailed 11-4, 11-2, 3-11, 6-11, 11-5.

The bottom bracket played almost to form with Hogan, the tournament's second seed going all the way, eliminating third seed Dave Peck in the semi-finals 11-7, 2-11, 11-5, 11-10. Peck had ousted his brother Gregg in a rousing quarter-final battle 2-11, 11-4, 11-10, 4-11, 11-3.

LaBatt's Pro-Am

**Griffith Park Athletic Club
Griffith Park, OR, February 7-12,
1984**

Round of 16: Yellen d. Sell 11-3, 11-7, 11-3; Price d. Andrews 11-2, 11-2, 11-6; Gonzalez d. Antes 11-5, 11-3, 11-4; Oliver d. Harnett 11-10, 3-11, 5-11, 11-3, 11-9; D. Peck d. Levine 2-11, 11-5, 11-5, 11-4; G. Peck d. Egerman 11-10, 11-10, 7-11, 11-0;

Newman d. Hilecher 7-11, 11-10, 2-11, 11-3, 11-3; Hogan d. Cohen 11-6, 11-6, 11-3.

Quarter-finals: Price d. Yellen 11-4, 6-11, 11-9, 11-7; Oliver d. Gonzalez 11-1, 11-10, forfeit; D. Peck d. G. Peck 2-11, 11-4, 11-10, 4-11, 11-3; Hogan d. Newman 11-7, 11-2, 5-11, 11-10.

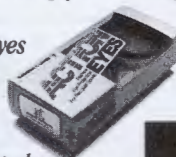
Semi-finals: Oliver d. Price 11-4, 11-2, 3-11, 6-11, 11-5; Hogan d. D. Peck 11-7, 2-11, 11-5, 11-10.

Finals: Hogan d. Oliver 11-1, 11-5, 11-5.

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Gerry Price sets up for a forehand against Scott Oliver in their tough, semi-final battle at the LaBatt's Pro-Am.

The biggest quarter-final match, however, turned out to be Oliver's upset of Yellen, last season's national champion and still the top ranked player in the land. Price made it look almost easy, stopping Mike 11-4, 6-11, 11-9, 11-7.

Hogan's quarter-final win was against intercollegiate champ Jack Newman who had beaten Jerry Hilecher in the 16's in a mild upset 7-11, 11-10, 2-11, 11-3, 11-3. Hogan stopped any Newman thought of another upset 11-7, 11-2, 5-11, 11-10.

Oliver, who thrilled the gallery with his win over Harnett, had the easiest time of it in the quarter-finals, stopping Gonzalez 11-1, 11-10 before Gonzalez was forced to retire due to injury.



Tournament Results

New York

1st Annual Open Racquetball Tournament
Holiday Health Fitness Center — Brighton
Rochester, NY — November 4-6

Men's Open

1st — Levine; 2nd — McCarthy; 3rd — Jones; 4th — Ceresia;
Quarterfinalists — Juron, Vandermolten; Gloeggler; Puerner

Women's Open

1st — Rubin; 2nd — Upson; 3rd — Swartz; 4th — Conforti;
Quarterfinalists — Keiffer; Doyle; Moody; Kitchen

Men's Open Doubles

1st — Juron/Moshides; 2nd — Gloeggler/Shaffer; 3rd —
Jones/Hare; 4th — Depass/Ceresia

Women's Open Doubles

1st — Rubin/Upson; 2nd — Kitchen/Keiffer; 3rd —
Schwartz/Longaker; 4th — Conforti/Kalanga

Men's Seniors

1st — Winterton; 2nd — Shafer; 3rd — Hill; 4th — Scheisser;
Quarterfinalists — Neumeier; Wurzer; Milliman; Conradt

Men's B

1st — Frank; 2nd — Ozuna; 3rd — Wells; 4th — Puskas;
Quarterfinalists — Sweeting, Amato, Lobene; Didio

Women's B

1st — Longaker; 2nd — Nesbitt; 3rd — Upson; 4th — Tshibangu

Men's C

1st — Puskas; 2nd — Didia; 3rd — Mack; 4th — Specht;
Quarterfinalists — Burgasser, Woods, Hayes, Schmidt

Women's C Novice

1st — Driscoll; 2nd — Hamilton; 3rd — Dunn; 4th — Patterson;
Quarterfinalists — Tshibangu, Nesbitt, Capello, Simmons

Men's Novice

1st — Young; 2nd — Whitaker; 3rd — Truax; 4th — Sulli

North Carolina

The Racquet Club
Durham, North Carolina — November 4-6

Men's Open

1st — Clark; 2nd — Yang; 3rd — Little; 4th — Hunt
Quarterfinalists — Williams, McAllister, Watkins, Zaytown

Men's Open Doubles

1st — Yang/Surface; 2nd — Hunt/Murphy; 3rd —
McAllister/Zaytown; 4th — Johnson/Gorson

Men's A

1st — Wilson; 2nd — Babuka; 3rd — Dimoff; 4th — Barrow;
Quarterfinalists — Cuenin, Sharpe, Koury, Miller

Men's A Doubles

1st — Bachera/Fulford; 2nd — Wilson/Kunkle; 3rd —
Hemmingway/Lindsey; 4th — Loehr/Falcone;
Quarterfinalists — Mazart/Hayco; Babuka/Koury;
Fountain/Wiggins

Men's B

1st — MacDonald; 2nd — Rausch; 3rd — Murphy; 4th — Miller;
Quarterfinalists — Smith, Book, Padger, Freeman

Men's C

1st — Evanovich; 2nd — McVeigh; 3rd — Hyatt; 4th —
Throckmorton;
Quarterfinalists — Jackson, Simon, Welbourn, Laster

Men's Novice

1st — Field; 2nd — Larson; 3rd — St. Clair; 4th — Cole;
Quarterfinalists — Gussack, Petersburg, Amaya; Loveland

Women's B

1st — Chaid; 2nd — Even; 3rd — Holt/Johnson

Women's C

1st — Lafferty; 2nd — MacDonald; 3rd — Allison; 4th —
Abernathy
Quarterfinalists — Burnett, Wheeler, Byrd, Wilson

Women's Novice

1st — St. Clair; 2nd — Parker; 3rd — Irwin; 4th — Amaya;
Quarterfinalists — Hustin

Women's Open Doubles

1st — Jacobs/McVeigh; 2nd — Smith/MacDonald; 3rd —
Lafferty/Wheeler

New Hampshire

New Hampshire
Salem Bud Lite Open
Salem Racquetball Club
Salem, New Hampshire, November 4-6
Tournament Director: Al Parchuck

Women's A

1st — Maureen Dailey; 2nd — Della O'Dwyer; 3rd — Hatem;
4th — Drowniak;

Women's B

1st — Tallion; 2nd — LaFlamme; 3rd — Norman; 4th — Ross

Women's C

1st — Ouellette; 2nd — DiBlasi; 3rd — Crowley; 4th — Porcello

Women's D

1st — Benerakis; 2nd — Moll; 3rd — Shain; 4th — Caradonna

Women's Novice

1st — Benerakis; 2nd — Pinciarro; 3rd — Nicolosi; 4th —
Ruggeri

Men's Doubles

1st — Vaillencourt/Proulx; 2nd — Barrett/Normanden; 3rd —
Pattison/Ely; 4th — Lemanski/Waldron

Men's Seniors

1st — Heguy; 2nd — Smith; 3rd — Bischoff; 4th — Drouin

Men's A

1st — Pattison; 2nd — Barrett; 3rd — Martellini; 4th — Marcotte

Men's B

1st — Caro; 2nd — Fransoso; 3rd — Casella; 4th — Pacioppo

Men's C

1st — Goulet; 2nd — Fregoire; 3rd — DeFrancesco; 4th — Howe

Men's D

1st — Sweetser; 2nd — Gazelian; 3rd — Sullivan; 4th —
Ribaudo

Men's Novice

1st — O'Donnell; 2nd — Morris; 3rd — Harper; 4th — Waldron

Florida

Budweiser Tournament
Tacoma Family Fitness Centers
Tacoma, FL — November 4-6

Men's A

1st — Stevens; 2nd — Kubasek; 3rd — Wilson; 4th — Triller

Men's B

1st — Argyle; 2nd — Poitras; 3rd — Smith; 4th — Russ

Men's C

1st — Storaasli; 2nd — Lynch; 3rd — Guaglianone; 4th —
Seaburg

Men's Novice

1st — Watson; 2nd — Croft; 3rd — Sagisti; 4th — Spodnik

Golden Masters Singles

1st — Bushong; 2nd — Jenkins; 3rd — Savage

Open Doubles

1st — Williams/Drukenis; 2nd — Stevens/Chaoasis; 3rd —
Henderson/Wilson; 4th — Kubasek/Poitras

Men's B/C Doubles

1st — Rathbone/Julich; 2nd — Udall/Goddard; 3rd —
Dawson/Reid; 4th — Bond/Fuhrman

Women's A

1st — Tiedeman; 2nd — Hamilton; 3rd — Cartledge; 4th — Fox

Women's B

1st — Betsch; 2nd — Roger; 3rd — Houser; 4th — Chaoasis

Women's C

1st — Carlson; 2nd — Megert; 3rd — Naemura; 4th — Locke

Women's 45

1st — Mannakee; 2nd — Reinhardt; 3rd — Murdock; 4th —
Bushong

Women's B/C Doubles

1st — Hoyt/Dorsey; 2nd — Kerschner/Lammers; 3rd —
France/Post; 4th — Chaoasis/Zeroogan

Pennsylvania

6th Allegheny County Open
Bob Eazor's Racquet Time of Monroeville
Monroeville, PA — November 4-6

Men's Open Singles

1st — Rodgers; 2nd — Behrenberg

Men's B Singles

1st — Kronk; 2nd — Bellew

Men's C Singles

1st — Elliotts, Jr.; 2nd — Shuff

Men's Novice Singles

1st — Robinson; 2nd — Niznik

Men's Open Doubles

1st — Buckler/Shattner; 2nd — Pushak/Sismour

Men's B Doubles

1st — Burkhardt/D'Amico; 2nd — Helsel/Thomas

Men's 30-35

1st — Sismour; 2nd — Kushon

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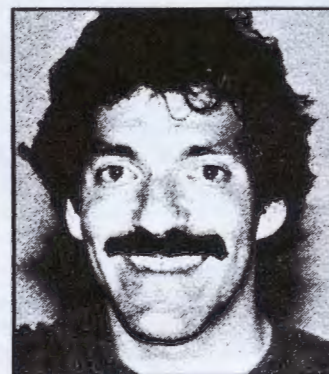
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1st — Witham; 2nd — Jamison

Women's Open Doubles

1st — Gursion/Soergel; 2nd — Ebert/Rosenberger

Women's Novice Singles

1st — Wible; 2nd — Parker

Women's C Singles

1st — Cvitkovic; 2nd — Wagner

Women's B Singles

1st — Spaid; 2nd — Casper

Women's Open Singles

1st — McBridge; 2nd — Conway

Junior's 13

1st — Bugel; 2nd — Kuruzovich

Junior's 18

1st — McCutcheon; 2nd — Ivock

Royal Racquet Club

Riva Open

November 4-6

Men's Open Singles

1st — Wright; 2nd — Hawkins

Men's A Singles

1st — Lowe; 2nd — Garcia

Men's B Singles

1st — Frenne; 2nd — Olson

Men's C Singles

1st — Hemmingway; 2nd — Farber

Men's D Singles

1st — Espino; 2nd — Gonos

Men's Seniors 35+

1st — DeLuca; 2nd — Thomas

Women's Open Singles

1st — Gilreath; 2nd — Passagno

Women's B Singles

1st — Palmer; 2nd — Sherwood

Women's C Singles

1st — Wilson; 2nd — Gallagher

Women's D Singles

1st — Hyde; 2nd — Enquist

Men's Open Doubles

1st — Wright/Hildebrand; 2nd — Dunn/Doyle

Men's B Doubles

1st — Davis/Ettema; 2nd — Donithorne/Kintana

Mixed Doubles

1st — Dziedzic/Hooks; 2nd — Guinn/Nagel

Juniors

1st — Arney; 2nd — Palmer; 3rd — Fregosa, Jr.; 4th — Araghy

Colorado

6th Annual Foothills Tournament

Arvada Auto Wrecking, Sponsor

Colorado Court Sports

Arvada, Colorado, November 3-6

Tournament Directors: Don Hanna & Peggy

Haddon

Men's Novice

Quarter-finals: Shead d. Protic, 21-11, 21-18; Nix d. Lippincott,

21-9, 21-15; Nix d. McCoy, 21-18, 21-15; Hellmer d. Dalgren, 21-5,

21-16

Semi-finals: Snead d. Nix, 21-7, 21-9; Nix d. Hellmer, 21-8, 21-18

Finals: Snead d. Nix, 20-21, 21-14, 11-2

Men's C

Brown d. Neilson, 21-17, 21-14; Scheibaum d. Ross, 21-13, 21-11;

Bernath d. Alonzi, 21-17, 21-11

Semi-finals: Brown d. Boscia, 21-4, 21-11; Bernath d.

Schliebaum

Finals: Bernath d. Brown, 19-21, 21-16, 11-13

Men's B

Quarter-finals: Johnson d. Bloom, 16-21, 21-18, 11-14; West d.

Floerke, 21-19, 21-17; Clark d. Bozich 21-7, 21-18; Hall d. Durbin,

21-14, 21-14

Semi-finals: West d. Johnson, 21-19, 21-20; Clark d. Hall 16-21,

21-16, 11-2

Finals: West d. Clark, 21-4, 21-10

Men's A

Quarter-finals: Creel d. Lopez, 21-13, 21-16; Houck d. Shanks,

21-11, 21-14; Vigil d. Mattson, 21-9, 17-21, 11-5; Campbell d.

Knowles, 21-12, 21-6

Semi-finals: Houck d. Creel, 14-21, 21-11, 11-6; Vigil d.

Campbell, 21-13, 21-11

Finals: Vigil d. Houck, 19-21, 21-7, 11-7

Men's Open

Quarter-finals: Brookens d. Siverson, 21-10, 21-12; Farka d.

Harden, 21-9, 21-8; Helton d. Tanwater, 21-17, 18-21, 11-8; Tarde

d. Conley, 21-10, 21-14

Semi-finals: Farkas d. Brookens, 14-21, 21-19, 11-10; Tarde d.

Helton, 21-6, 21-9; Tarde d. Farkas, 21-13, 21-20

Finals: Tarde d. Farkas, 21-13, 21-20

Women's Novice

Quarter-finals: Barnett d. Struss, 21-12, 21-12; Glomski d. Silva,

21-6, 21-4

Semi-finals: Barnett d. Hoy, 21-3, 21-9; Glomski d. Dolfin, 21-1,

21-5

Finals: Barnett d. Glomski, 21-9, 21-16

Women's C

Quarter-finals: Grass d. Walrath, 21-15, 21-16; Wollesen d.

Neiberger, 21-13, 21-8; Peterson d. Heffelman, 17-21, 21-17, 11-9;

Starns d. Roffes 21-4, 21-10

Semi-finals: Grass d. Wollesen, 21-6, 21-8; Peterson d. Starns,

21-7, 21-9

Finals: Grass d. Peterson, 21-4, 17-21, 11-1

Women's B

Quarter-finals: Havener d. Sundine, 21-7, 21-18; Bozich d.

Potter, 21-12, 21-13; Fortney d. Tjelmeland, 21-12, 10-21, 11-6;

Modisette d. Harding, 21-7, 21-10

Semi-finals: Havener d. Bozich, 21-11, 19-21, 11-9; Fortney d.

Modisette, 21-11, 21-10

Finals: Fortney d. Havener, 21-17, 21-16

Women's A

Quarter-finals: Turner d. Williams, 21-12, 21-18; Carder d.

Swoboda, 21-11, 21-17; Regan d. Hwet, 21-9, 21-15; Wyble d.

Regan, 21-10, 21-9

Semi-finals: Turner d. Carder, 21-9, 21-5; Wyble d. Regan 21-10,

21-9

Finals: Wyble d. Turner, 19-21, 21-9, 11-8

Colorado

Aurora Athletic Club

Aurora, CO — November 9-13

Women's B

1st — Warrender; 2nd — Hanou

Women's C

1st — Mohrman; 2nd — Oakley

Men's 35+

1st — Huber; 2nd — Holm

Men's B

1st — Rife; 2nd — Swartz

Men's A

1st — Parks; 2nd — Hartman

Men's C

1st — Dueker; 2nd — Swanson

Men's D

1st — Riddle; 2nd — Horivchi

Men's Open

1st — Reinsma; 2nd — Giocomo

Women's D

1st — Lasuen; 2nd — Werton

Women's A

1st — Almeida; 2nd — Edwards

California

7th Annual Women's Classic Racquetball

Tournament

Sacramento Court Club

November 11-13

Open Singles

1st — Pulis; 2nd — Ghilarducci; 3rd — Ring

"B" Singles

Quarterfinalists — Franzman d. Maxwell; Stevens d. Sherwood;

Winton d. Flores; Filgate d. Lopez

Semi-finals — Franzman d. Stevens, Filgate d. Winton

Finals — Franzman d. Filgate

"C" Consolation Singles

Quarterfinalists — Wilson d. Restaino; Thompson d.

Thompson; Pierce d. Hadsell; Pulis d. Crets

Semi-finalists — Wilson d. Thompson; Pulis d. Pierce

Finalists — Sadowski d. Yorogo

"C" Consolation Singles

Quarterfinalists — Wilson d. Restaino; Thompson d.

Thompson; Pierce d. Hadsell; Pulis d. Crets

Semi-finalists — Wilson d. Thompson; Pulis d. Pierce

Finalists — Wilson d. Pulis

"C" Singles

Quarterfinalists — Large d. Facio; Wilson d. Jones; Boeger d.

Martin; Selvester d. Bedford

Semi-finalists — Large d. Wilson; Boeger d. Selvester

Finalists — Large d. Boeger

"D" Singles

Quarterfinalists — Brian d. Turgeon; Foster d. Matthews;

Wardup d. Barrow; Botti d. Ciarcia

Semifinalists — Foster d. Brian; Botti d. Wardup

Finalists — Foster d. Botti

"D" Consolation Singles

Quarterfinalists — Ciarcia d. Barrett; Hughes d. Argandona

Semifinalists — Coleman d. Connor; Ciarcia d. Hughes

Finalists — Ciarcia d. Coleman

Seniors Singles

1st — Ulloa; 2nd — Coyne

A/B Doubles

Quarterfinalists — Ring/Filgate d. Glickert/Fowler;

Lopez/Yorogo d. Watson/McDonough; Coyne/Germond d.

Garner/Maksin; Pulis/Cardenas d. Maxwell/Fields

Semifinalists — Ring/Filgate d. Lopez/Yorogo; Pulis/Cardenas

d. Coyne/Germond

Finalists — Pulis/Cardenas d. Ring/Filgate

B Doubles

Semifinalists — Glickert/Fowler d. Garner/Maksin

C Doubles

Quarterfinalists — Large/Botti d. Boeger/Restaino;

Halland/Wilson d. Martin/Jones; Foster/Wardup d.

Wilson/Wilson; Pulis/Wright d. Brian/Ciarcia

Semifinalists — Large/Botti d. Holland/Wilson; Foster/Wardup

d. Pulis/Wright

Finalists — Foster/Wardup d. Large/Botti

Florida

State Outdoor 4-Wall Championships

Auburndale, Florida — November 11-13

Women's Novice

1st — Brown; 2nd — Hurles; 3rd — Chaffin; 4th — Gibson;

Quarterfinalists — Hartley

Men's B Doubles

1st — Delh/Twindahl; 2nd — DelCastillo/Hutchinson; 3rd —

Lundy/Moch; 4th — Rumsey/Smith;

Quarterfinalists — Alderman/Layton; Hartley/Gates;

Anderson/Blitz; Byers/Jordan

Women's C Singles

1st — Parrish; 2nd — Lundy; 3rd — Windisman; 4th — Owen;

Quarterfinalists — Anderson, Denico

Women's B Singles

1st — Whitaker; 2nd — Cheney; 3rd — Strain; 4th — Page;

Quarterfinalists — Bozeman

Women's B Doubles

1st — Cheney/Anderson; 2nd — Strain/Page; 3rd —

Windisman/Lundy

Boys 16 Singles

1st — Roberts; 2nd — DelCastillo; 3rd — Rankin

Men's 40 Singles

1st — Davis; 2nd — D'Amico; 3rd — Rumsey; 4th — Smith

Quarterfinalists — Blitz, Adams

Men's 30 Singles

1st — Wing; 2nd — Owen; 3rd — Heisig; 4th — Dale

Quarterfinalists — Cooper, Davis, Abbott, D'Amico

Men's Open Doubles

1st — Dubolsky/Ganley; 2nd — Cashion/Peterson; 3rd —

Scargle/Klusza; 4th — Smith/Owen

Quarterfinalists — Peterson, Smith, Reynolds, Scargle

Men's B Singles

1st — Gates; 2nd — Delk; 3rd — Heisig; 4th — Del Castillo;

Quarterfinalists — Lundy, Hutchinson, Horne, Moch

Men's Novice

1st — Evans; 2nd — Abbott; 3rd — Trew; 4th — McConkey;

Quarterfinalists — Cooper, McKereghan, Rankin, Price

Men's C Singles

1st — Farrand; 2nd — Arrowsmith; 3rd — Horne; 4th — Stielmick

Quarterfinalists — Meeshans, Moody, Love, Whitaker

Pennsylvania

6th Annual Greenfield Open

Greenfield Court Club

Lancaster, PA — November 11-13

Men's Open

1st — Cascio; 2nd — Obremski; 3rd — Hilt; 4th — Barrett;

Quarterfinalists — Smith, Greer, Martin, Dienerick

Men's A

1st — Cooper; 2nd — Fouco; 3rd — Laird; 4th — Miller;

Quarterfinalists — Martinez, Hummel, McElheny, McNair

Men's B

1st — Rosenberg; 2nd — Kovack; 3rd — Rust; 4th — Pruchett;

Quarterfinalists — Herr, Brennan, Richardson, Rohrbach

Men's C

1st — Breans; 2nd — Denlinger; 3rd — Myers; 4th — Miller;

Quarterfinalists — Sies, Shreiner, Dogger, Fordney

Men's Seniors 40+

1st — Canfield; 2nd — Denlinger; 3rd — Ziering; 4th — Riffert

Men's Novice

1st — Blank; 2nd — Sprecher; 3rd — Long; 4th — Kovack

Women's A

1st — Zarlos; 2nd — Hake; 3rd — Cascio; 4th — Cooper

Women's B

1st — Hake; 2nd — Couter; 3rd — Beans; 4th — Anderson;

Quarterfinalists — Huddle, Simmons, Rust, Miller**Women's C**

1st — Mullaney; 2nd — Thomas; 3rd — Rust; 4th — Santangelo;

Quarterfinalists — Thomas, Huddle, Hartman, Crew**Women's Novice**

1st — Martin; 2nd — Roberts; 3rd — Santangelo; 4th — Rust;

Quarterfinalists — Myers, Stewart, Wollard, Vaughn**Open Doubles**

1st — Cascio/Hilt; 2nd — Smith/Tuschak; 3rd — Miller/Martinez

Quarterfinalists — Greer/Talamo, Cooper/Hummel**B Doubles**

1st — Kroll/Good; 2nd — Kohr/Medleycott; 3rd — Laird/Riccardi;

4th — Rust/Groff;

Quarterfinalists — Ziermg/Ziermg; Kovack/Gerz;

Lounsbury/Brightbill; Richardson/Miller

Mixed Doubles

1st — McElhery/Cascio; 2nd — Brennaman/Mullaney; 3rd —

Owen/Anderson; 4th — Good/Roberts;

Quarterfinalists — Harris/Backer; Andrews/Ketterman;

Carrier/Miller; Kroll/Simmons

Mixed Doubles B

1st — McCarthy/McCarthy; 2nd — Thoerner/Jax; 3rd —

Reese/Armantrout; 4th — Glazier/Destefano

Quarterfinalists — Surrent/McGowen**Women's C Doubles**

1st — Arend/Hatcher; 2nd — Kavanaugh/Oddy; 3rd —

Diaz/Williams; 4th — Lavello/Lyles

Maine

Racquetball International**Maine State Doubles Championships**

November 11-13

Men's Open

1st — Olson/Bonchard; 2nd — Bubord/Larrabee; 3rd —

Wright/Isenberg; 4th — Bouthot/Tito

Quarterfinalists — Mailman/Eon, Richardson/Fasulo,

Lapino/Smith, Miller/Pugatch

Men's Senior (30+)

1st — Wright/Isenberg; 2nd — Eon/Mailman; 3rd —

Richardson/Fasulo; 4th — Belanger/Butt

Quarterfinalists — Cooper/Ehrlich, Jordon/Jordon**Women's Open**

1st — Graham/Eon; 2nd — Gay/Mailman; 3rd —

Fransos/Gerrior

Mixed Open

1st — Ehrlich/Wright; 2nd — Bouthot/Gay; 3rd — Eon/Eon; 4th —

Graham/Quirk

Quarterfinalists — Fasulo/Richardson, Fransoso/Fransoso,

Gerrior/Skeil

Men's D

1st — LaPrino; 2nd — Butts/Belanger; 3rd — Colucci/Terry; 4th —

Sheil/Turner

Quarterfinalists — Cooper/Ehrlich, Babb/Johnson,

Leighton/Smith

Men's C

1st — Tuner/Smith; 2nd — Chamara/LeFerre; 3rd —

Farley/Kuss; 4th — Gordon/Pulkkinen

Quarterfinalists — Morse/Fitzpatrick, Profenno/Babb,

Mahoney/Wood

Women's C

1st — Fasulo/McEwen; 2nd — Luce/Richards; 3rd —

Leadbetter/Dyer; 4th — Sparrow/Parsons

Mixed B

1st — Mailman/Mailman; 2nd — Smith/Morrell; 3rd —

Burger/Johnson; 4th — Gerrior/Kuss

Quarterfinalists — Dyer/LeBlame, Richards/Miller

Florida

Florida Fall Festival**The Place**

Jacksonville, FL, November 11-13

Men's Open

1st — O'Brien; 2nd — Winter; 3rd — Reese; 4th — Davis;

Quarterfinalists — Alpert, Bullard, Neimyer, Chatham**Men's B**

1st — McCarthy; 2nd — Wray; 3rd — Richards; 4th — Flagg;

Quarterfinalists — Chatham, Portney, McNeal, Kerr**Men's C**

1st — Jones; 2nd — Polk; 3rd — Hagg; 4th — Stiff;

Quarterfinalists — Hernandez, Miller, Sharp, Clayton**Men's D**

1st — Parkes; 2nd — Coppock; 3rd — Dean; 4th —

Simmons;

Quarterfinalists — Averitt, Cross, Osborne, Varella**Men's Novice**

1st — Averitt; 2nd — Osborne; 3rd — Morris; 4th — Roane;

Quarterfinalists — Baker, Borges, Peacock, Smith**Men's 19+**

1st — Davis; 2nd — Santo; 3rd — Devaul; 4th — Shalotis;

Quarterfinalists — Miller, McNeal, Destefano, Bezio**Men's 45+**

1st — Clark; 2nd — Alpert; 3rd — Crane; 4th — Stacy

Men's 40+

1st — Kramer; 2nd — Winter; 3rd — Miller; 4th — Fay

Quarterfinalists — Richards, Tatrow, Dean**Women's Open**

1st — Winter; 2nd — Boffy; 3rd — Armantrout; 4th — McNeal;

Quarterfinalists — Sprout, McCarthy**Women's B**

1st — Glazier; 2nd — Zenk; 3rd — Dreshen; 4th — Oddy

Quarterfinalists — Kavanaugh**Women's C**

1st — Ray; 2nd — Flagg; 3rd — Dreshen; 4th — Hatcher;

Quarterfinalists — Fay, Oddy, Tilley, Guilford**Women's D**

1st — Guilford; 2nd — Blum; 3rd — Winter; 4th — Lyles;

Quarterfinalists — McGowan**Women's 19+**

1st — McNeal; 2nd — Armantrout; 3rd — Berry; 4th — Davis

Men's Open Doubles

1st — O'Brien/Devaul; 2nd — Winter/Davis; 3rd — Klammer/Clark;

4th — Bullard/Neimyer;

Quarterfinalists — Crane/Phillips**Men's B Doubles**

1st — Crane/Phillips; 2nd — Winter/Blum; 3rd — Borges/Brown;

4th — Taylor/Herberling;

Quarterfinalists — Kerr/Claxton, Segmour/Lavello**Men's C Doubles**

1st — Hartland/Polk; 2nd — Tatrow/Tyros; 3rd — Andrews/Cross;

4th — Lavello/Seymour;

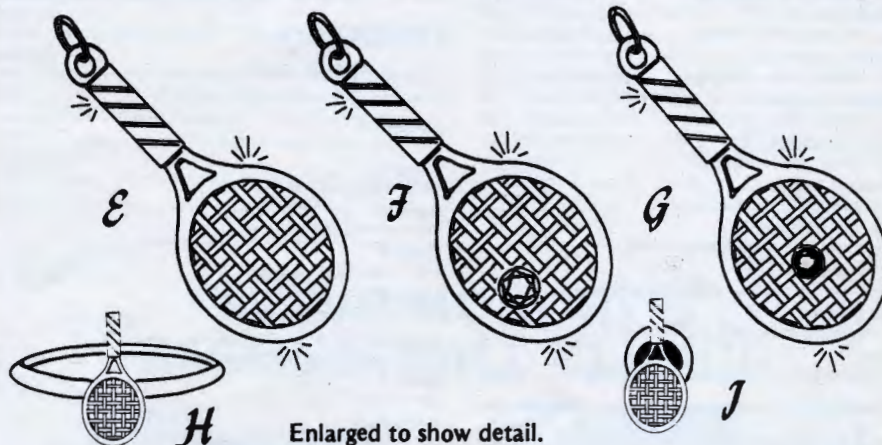
Quarterfinalists — Pathes/Heberling, Bosh/Rehn, Stiff/Valero**Mixed Open**

1st — O'Brien/Davis; 2nd — Winter/Heimann; 3rd —

Kramer/Zeak; 4th — Clark/McNeal

Quarterfinalists — Thoerner/Johnson

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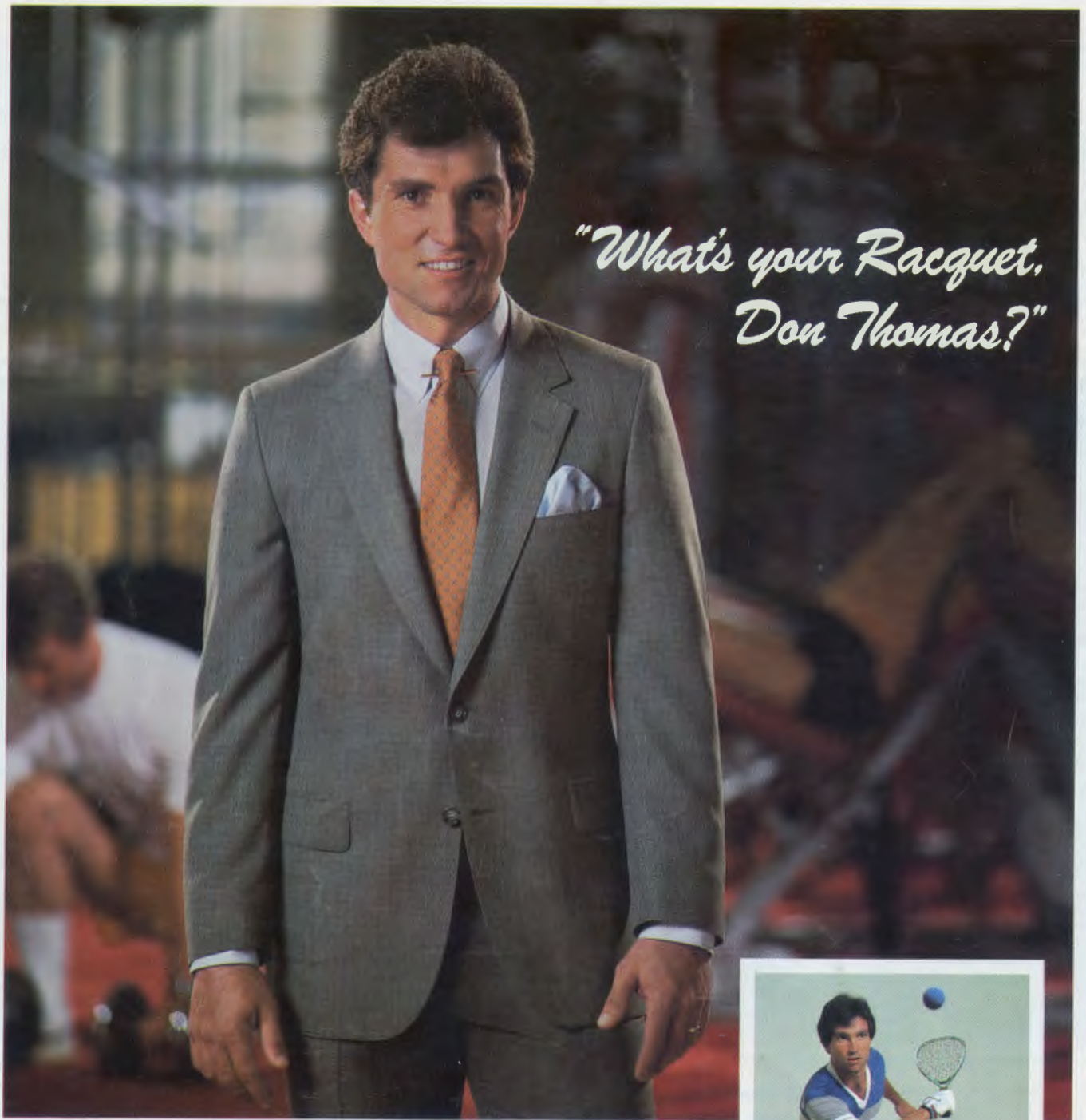
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