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March, 1985
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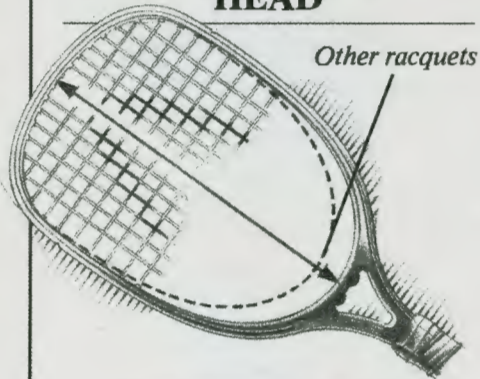


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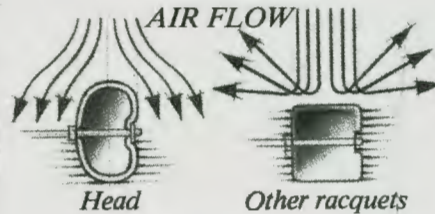
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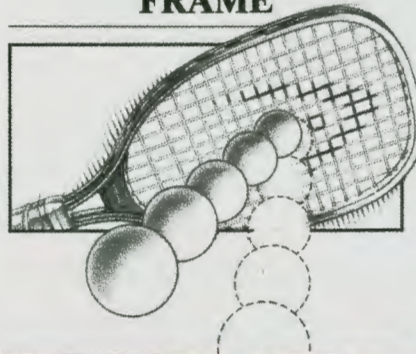
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On the cover . . .

Charlie Brumfield, one of the most colorful characters to ever play racquetball, is this month's feature story. The four time national champion and master clinician dominated the game from 1969 through 1977. A fierce competitor and intimidator on and off the court, Brumfield was known as cocky and arrogant—but always entertaining. As with all number ones, there were those fans who loved him and those fans who hated him. This month's feature covers the full spectrum of the Brumfield years past and present to show that, love him or hate him, Brumfield is never boring.—Cover illustration by Fred Eyer.

Next issue . . .

Super senior Jay Schwartz will be featured in April along with Racquetball Millie who gained nation-wide fame on national television for her racquetball exploits, our annual Glove Guide plus all our regular features, including some big news on the activities of the Racquetball Manufacturer's Association (RMA).

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Publisher

• Hugh Morgan •

Editorial Director

• Rex Dimick •

Senior Editor

• Chuck Leve •

Associate Editor

• Jean Sauser •

Travel Editor

• Victor Block •

Contributing Editors

• Linda Catanzaro Boberg • Sigmund Brouwer •
• Charlie Garfinkel • Marty Hogan • Steve Mondry •
• Patricia Trifunov • Vince Wolanin • Mike Yellen •

Fitness Consultant

• Jacque Hooper •

Design Director

• Milt Presler •

Circulation Director

• Judi Bayer •

Photographic Consultant

• Arthur Shay •

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From The Editor . . .

RMA? Alive & Kicking!



Despite published reports to the contrary, the Racquetball Manufacturer's Association (RMA) is not dead. I repeat, *not* dead. In fact, the little group that believes it can, is once more readying a program to help give racquetball that long-sought-after generic, promotional push.

In case you're not up on your racquetball alphabet, the RMA is made up of five manufacturers who are willing to share the expense to develop programs to get more people to play racquetball. The five firms are bonafide biggies: racquet giants Ektelon, Wilson, Diversified Products, and AMF Head, plus leading ball maker Penn.

Last year the group acquired the services of the H. Marlboro Company, a New York based sports promotion and management firm dedicated to going out and bringing in big bucks so that people will eventually get Mike Yellen and Ivan Lendl mixed up.

After a bit of rah-rah optimism for a Fall, 1984 pro tour was replaced by a "no tour 'til January, 1985," and then silence, most of us who sit around telling everybody how we'd spend a million a year on racquetball decided that the pro tour, a pro tour, any pro tour was about as close as E.T.'s home planet.

Now, we hear that the fire is showing an ember or two. Phrases such as, "we'll have a major announcement in a few weeks," that will be "positive in nature," and "you'll be surprised by the starting date," are coming out of RMA headquarters in West Palm Beach, FL.

But even if the RMA is making a big wind over a small breeze, they have gone one significant step farther this time around—they've established a fall-back position. And if you ask me, the fall-back position has a pretty good chance as ending up as the primary program.

The RMA is about to establish a pilot program to bring together racquetball facilities and secondary schools. Oh, the concept is nothing new, in fact successful similar programs are already up and operating in some parts of the country. And if you use other sports as guidelines (swimming and golf in particular), you can trace the concept back to the 50's.

What is significant, however, is that the RMA is *doing* it. If the pilot is successful (and it should be), it will lead to big-

ger and better things including more players and better clubs.

Nobody questions that for racquetball to reach its potential there needs to be promotion from the top (a cohesive, well-financed, televised pro tour) as well as from the bottom (a cohesive well-financed, grass roots program). Instead of waiting around for the sponsor-hunters to bring back the big one, the RMA is beginning to implement Plan B.

And that's great! It's great because it will mean more players will become exposed to racquetball. And that means more racquetball players.

I remember back when racquetball was still a new sport and we'd tell people that racquetball need only be seen to grow. The thought of the "great unwashed" peering over a court balcony, watching two obviously non-athletes having a helluva time, would convince them that, "hey, I can play that!"

And what better group of people to bring it to than today's teenagers! Certainly, our "sport of fitness" will enhance their physical condition, vent their frustrations and provide a healthy environment.

So when I hear that the RMA is going after a pro tour, I say that's great. I sure hope they succeed. But it's not within their power to make it happen.

When I hear that the RMA is piloting a grass roots program aimed at bringing racquetball to today's youth, I say that's more than great. That's smart. And it is within their power to make it happen.

And what's even better is that the RMA says it's going ahead with the grass roots no matter what the outcome with the pros. Tremendous!

The coup, of course, would be to pull off both. But hey, when you're starving, half a loaf looks—and tastes—mighty good. ●

Chuck Lane

Letters

Vince Wolanin is a Hit Abroad

Dear Editor:

Every month I look forward to your truly outstanding and informative magazine. All the articles are top notch and professional. I would like to personally (along with other American racquetball players stationed in lower Germany) thank one of your contributing editors, Vince Wolanin.

Vince, who owns the 21st Point Club in Albany, NY, was in Germany last November and took time out of his schedule to conduct a clinic at a military installation in southern Germany. Vince geared the clinic for the beginners who attended as well as showing some advanced techniques.

There were approximately 35 individuals who attended, all of whom agreed the clinic was very personable and completely done in a professional manner (even though it was done under the slight influence of German beer).

Vince has helped to promote racquetball in Germany, even though the sport does not need much promoting due to it being very popular among the military and some Germans. Individuals such as Vince, who come over and put forth the time to conduct a professional racquetball clinic are very few and far between.

Sgt. Jim Tadayeski
Bad Aibling, Germany

Seniors Are a Smash

Dear Editor:

Thanks for the story on Eleanor Quackenbush and your editorial on senior racquetball players in the *January issue*. Your observations are correct about the sportsmanship, skill and zest that seniors give to the game. Sure, a "Golden Oldie" likes to win, but seldom will one spoil a match for an opponent or himself by being a poor sport.

It's unfortunate that most clubs won't give even a small amount of consideration to their senior age players. I'm almost 55 and can hold my own against a B player in one match, but I can't play multiple matches on consecutive days against much younger opponents. This is often the case in club tournaments.

At tournament time, if there aren't at least 16 entrants who are over 50, my club won't set up a separate category. I know it's more trouble to establish another classification and provide more

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trophies—but not doing it is a short-sighted policy. One of the primary benefits of a club tournament is to provide a chance to meet opponents of your skill level for future matches. This doesn't happen when the levels are only A, B, and C.

There is also a problem in getting information on other club's tournaments which might have age categories. Can you suggest how we seniors could get flyers in a reasonably organized way? Many times, we don't know about it until results are being published.

Thanks again for the recognition.

William T. Lanius
McLean, VA

One suggestion for obtaining more information about tournaments for your age category would be to join the AARA and your state association (if you haven't already). We agree that with statistics showing the number of seniors increasing yearly, the potential for senior racquetball is tremendous!
—Ed.

Vote Mandatory Eyeguards

Dear Editor:

As a racquetball instructor here at Palomar College for the past nine years, I have been through a great many incidents with and without the use of eyeguards by students. The college requires that all students wear eyeguards—a good requirement.

About 12 years ago I caught a handball in my right eye and got to spend five days in the hospital with both eyes bandaged. I did not enjoy the idea of being even partially blind.

I enjoy reading about the results of your various surveys. Keep up the good work!

G. Vern Ellison
San Marcos, CA

No Respect

Dear Editor:

I saw an article the other day from a magazine or newspaper that was pinned to our racquetball bulletin board. It was by one of the three top pro players. It told how to perform a "legal hinder."

The writer obviously didn't know that to begin with a "legal hinder" was a contradiction in terms. He also had little or no integrity or respect for the rules.

Unlike golf, where the pros appear to have a lot of integrity and have been

known to call penalties on themselves, the pros of racquetball teach how to break the rules.

At least nine out of 10 of our racquetball players at our facility readily admit that they have *never* read the rules of racquetball. I suspect that the 10% who claim to have read the rules—including our pro—haven't read them either. Our pro is proud of the fact that he knows 51 ways to cheat and not get caught.

In a tournament at our facility recently, I saw both players in a match serve obvious screen balls—none were called.

One of the problems of course is the absence of professional or knowledge-

able referees. We have the foxes keeping the foxes out of the chicken coop.

I would like to suggest that you include an article in each issue concerning a particular rule. Please include the clear intent of the rule makers and don't be wishy-washy. Over a period of time your readers might learn the rules.

If you spend some words on integrity, respect for rules, and respect for the opponent, it might also help.

Larry R. Smith
Venice, FL

P.S. Please also print the rules when there is a change. I can't find a dated copy of the rules.

Grobmisi Says . . .

by Tom Grobmisi

I've never lost a match I didn't forfeit.

The more you pay for your racquet, the madder you'll be when you crack it.

The only difference between the back wall and the front wall is one point.

There is a direct correlation between sportsmanship and points (i.e.: It's easy to be nice when you're winning).

You don't need eyeguards any more than you need eyes.

If God had wanted racquetball players to be happy, he'd have made the front wall lower.

If his backhand's as good as his forehand . . . play to his partner.

The serve is the most important part of the game . . . the more you serve the more you'll win.

There are three ways to cheat: sandbag, lie about the call, and play left-handed. Never give up until it's obvious you're going to lose.

I generally have few problems refereeing. I always start out by introducing myself and my mother to the players.

I love to play with kids—they're fun to beat and easy to cheat.

If you're getting beaten real bad . . . stop. Call a time out. Check to be sure you're in the right court.

If God had wanted lefties to play doubles, he'd have put another wall down the center of the court.

The best shot is the last shot.

I can remember every game I ever won whether I did or not.

The surest way to win consistently is to never play anyone better than you.

Play doubles and experience the job of winning and the blame of defeat.

Doubles is really very simple—one player covers one part of the court while the other player covers the rest of the court, unless it's the other way around.

Three things I'll never be: a cancer test patient, a bullet proof vest tester, and a volunteer referee.

"Tournament hospitality" is about as meaningful as "honest politician."

The ref was so bad he wouldn't call a hinder until the ambulance arrived.

Definition of a double-bounce pickup: when you get caught hitting the ball on the second bounce.

Anyone can look good warming up.

Mixed doubles is an exercise in restraint.

We couldn't tell if Larry Smith was angry with one of our authors, at us for printing an article with the words "legal hinder" in it, with the state of the current racquetball rule situation, or with racquetball players in general. In fact, we couldn't even tell if he is a racquetball player himself.

Seven days later, another letter on the same subject arrived from the same author. Now that's making a point! We decided to print both letters and let our readers be the judges.—Ed.

No Respect, Part II

Dear Editor:

Reference "Getting Serious About Court Coverage" by Steve Mondry in your January issue.

Also reference the following excerpts from the rule book:

Hinder. Other Interference. Any other unintentional interference which prevents an opponent from having a fair chance to see or return the ball.

Avoidance. While making an attempt to return the ball, a player is entitled to a fair chance to see and return the ball. It is the responsibility of the side that has just served or returned the ball to move so the receiving side may go straight to the ball and have an unobstructed view of the ball after it leaves the front wall.

Avoidable Hinders. Failure to move. Does not move sufficiently to allow an opponent a shot.

Blocking. Moves into a position effecting a block, on the opponent about to return the ball. (I've always wondered if this means blocking an opponent getting to the ball, blocking the swing; blocking the path of the ball; or all of the above.)

Moving into the ball. Moves in the way and is struck by the ball just played by the opponent.

The above-referenced article says that the "blocking up" method is illegal. I agree. However, I would like to see such articles discuss the illegality in terms of why it is illegal and what specific rules were broken.

The above-referenced article refers to the "cutting down the angle" method as a legal block. That, of course, is a contradiction in terms.

By the rules, a block is a hinder, thus illegal. First, your articles should not contain such terms and secondly, the article should state unequivocally

whether the maneuver is legal or illegal and what specific rule applies.

I am aware that players referee players and may or may not call the rules correctly. However, how competent a referee may be does not change the rule. I would like to know what the rules intend!

Larry R. Smith
Venice, FL

Mondry, W.P.R.A., A.A.R.A., Mike Arnolt, Luke St. Onge, help! By the way, we wonder which rule book Mr. Smith used—since we were unable to find the exact language he quotes.—Ed.

Getting It Right

Dear Editor:

Certainly, Charlie Garfinkel wrote his instructional article "New 5 Foot Rule Bodes Well for Lobs" with the right intent. The content, explaining the rule, unfortunately, was not correct.

On the fly return attempt, the player's follow through may carry the racquet

and player into the safety zone, but never past the short line.

The rule in its entirety is:

1. The receiver may not enter the safety zone until the ball bounces.
2. On the fly return attempt, the receiver may not strike the ball until the ball breaks the plane of the receiving line. The follow through may carry the receiver or his racquet past the receiving line.
3. Neither the receiver nor his racquet may break the plane of the short line during service return.
4. Any violation by the receiver results in a point for the server.

Michael Arnolt
AARA National Rules Commissioner

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Reader Survey

Tell Us About Fitness Equipment At Your Facility

Racquetball is the sport of fitness. Five months ago, *National Racquetball* began "The Fitness Center," for racquetball players who want to continue to improve their games off the court.

Today, many racquetballers exercise at their clubs, thanks to the recent court club conversions of the past few years. Other players prefer the home fitness route for off court conditioning. *National Racquetball* wants to know what kind of player are you?

Tell us how, where and if you use fitness equipment by filling out the survey below. Send your survey to: *National Racquetball*, 4350 DiPaolo Center/Dearlove Road, Glenview, IL 60025 and look for the results in our May issue. All surveys must be received by March 15.

1. Does the facility you play at offer the use of fitness equipment?

☐ Yes ☐ No

2. What types of equipment are offered?

3. Do you use any of this equipment?

☐ Yes ☐ No

4. What type of equipment do you use?

- ☐ Machines
☐ Free Weights
☐ Stationary Bikes
☐ Treadmills
☐ Rowing Machines
☐ Other _____

5. For what purpose do you use this equipment?

- ☐ Improves my racquetball game
☐ Builds muscles
☐ Increases overall fitness
☐ A good form of exercise
☐ Other _____

6. Do you have any home exercise equipment?

☐ Yes ☐ No

7. What do you have in the way of home exercise equipment?

- ☐ Video Cassettes
☐ Free Weights
☐ Treadmill
☐ Weight Machines
☐ Stationary Bikes
☐ Jump Rope
☐ Other _____

8. Who manufactures the home exercise equipment that you use?

9. How often do you use your home exercise equipment?

_____ times per week
_____ minutes per day

10. Do you think you should use it more?

- ☐ Yes ☐ No
If yes, what would make you use it more _____

11. Please tell us what motivated you to purchase that brand as opposed to others used at health club or a friends home

- ☐ Price
☐ Looks
☐ Manufacturer's Reputation
☐ It was the only company that had a machine that would do what I wanted.
☐ Other _____

12. If there was any one thing you wished your home exercise equipment did that it does not now do, what would it be?

13. How much did you pay for your home exercise equipment?

14. If you have worked out at a club and have exercise equipment at home. Where will you work out the most next year?

☐ _____ % Club ☐ _____ % Home

15. If you are planning to put in or add to a home gym in 1985, how much money will you spend?

- ☐ Less than \$500
☐ \$500 to \$1,000
☐ \$1,000 to \$5,000
☐ over \$5,000

16. Are you more concerned with internal (fitness/health) cardiovascular-pulmonary or external strength, tone, appearance?

☐ Internal ☐ External

Brumfield In Another Court

by Sigmund Brouwer

The stooped man with the grey stubble on his lined face wears rough, formless pants and a dark worn coat with the dirt of a hundred nights in a hundred doorways. He steps from the shade and blinks runny eyes, careful, while looking at you, to retain his grip on a bag covered bottle. He was a ball player once, and a damn good one, and if you stop long enough to hear his sad story, you will probably leave a few dollars for his next breakfast.

A familiar story, but 30 years old. Athletic stars today rarely become forgotten bums; they have million dollar contracts for one good year and E. F. Hutton. And racquetball professionals move on gracefully even without the benefit of the big money found in other sports.

Charlie Brumfield, racquetball's first legend, is no exception. When Brumfield talks, E. F. Hutton should listen instead: "another day, another 'A' Charlie" has dusted off his 11-year old law degree, and is now a practicing attorney.

Remember Charlie Brumfield? Brash, outspoken, flamboyant, always entertaining, and, unruly. Now there are traces of gray in his thick black hair, and his beard is neatly trimmed. The navy pin-striped vest and suit are well tailored to his lean body. He speaks with calm authority, and walks as if there is a cream white mercedes awaiting him in the parking lot of the posh Atlas Health Club, and there is. He fits well into the most prestigious racquet facility of San Diego.

He relaxes upstairs in the luxurious club lounge, two decades removed from the wild-eyed, gangly court rat who only wanted to play a game as well as he could, and hit thousands of practice shots daily to do it.

They are the same: both at a beginning.

In the first beginning, he played handball until a dislocated finger prompted him to try the "sissy" sport, paddleball. That was in 1964. Four years later, he won his first National Championship.

The following year, 1969, he won the paddleball nationals again, and, on the side, graduated Magna Cum Laude from the University of San Diego with



degrees in Economics and Business Administration. His grade point average was a phenomenal 3.96 of 4.0, even though he rarely spent less than four hours a day in regimented paddleball practice. And while winning back to back national singles titles in racquetball in 1972-73, he happened to earn a law degree from USD, and waltzed through the California Bar Exam in 1973. He did not touch another book during the next 10 years of world class racquetball competition.

Ironically, though now happy in his new career, Brumfield never anticipated practicing the profession for which he attended university. Dedicated, work-weary law students must snap worn pencils to hear Charlie say, "I had gone to law school simply because it was much easier than it would have been to do anything else." He placed his hard work and dedication elsewhere, and it paid off for him.

Brumfield won the nationals again in 1976; at one point in his career he won 20 consecutive tournaments. He dominated totally during his reign. He was not the "Hogan" of the early and mid-seventies; instead, Marty Hogan had to become the "Brumfield" of power racquetball.

But Brumfield's talent, especially when compared to Hogan's, is negligible. Brumfield was not a natural in racquetball. He says, "Hogan has always been able to go in and play 60% of his maximum and win. I had to come much closer to achieving my absolute outer limit of ability."

Law is a different court for Brumfield's talent. "I'm more in Marty's position in law," he says simply, but with the traces of the old Brumfield cockiness. "I'm a good impromptu speaker, I'm very quick mentally, I have an excellent memory, and an expansive legal imagination or analysis of issues."

And those very same qualities were the hallmarks of the Brumfield game. His off-the-cuff remarks outraged and entertained many galleries over the years. He used his recall and imagination to marshal successful game plans, and to change losing ones to winners. His mental quickness provided him the superior shot selection and court generalmanship to dominate a sport for a decade.

Since Brumfield could not rely on raw talent to become a champion, he used something else. *"Academically I have much more ability potential. What I had in racquetball was a burning desire and the discipline to regiment my game."* Discipline, desire and talent—the ingredients of any champion in any endeavor.

Brumfield had tremendous discipline. After breaking his right femur in 1968, clouding his athletic future, he rehabilitated the leg with such effort that several months later it was inches larger than his normal left one. One year, Brumfield spent an entire summer in Michigan with Steve Keeley, practicing one shot more than a thousand times daily. He wanted that shot in his game plan, and he wanted it to be perfect. This shot was simply a ceiling ball along the left side!

Ask Carl Loveday of San Diego about Brumfield's discipline. Loveday is 62 years old now, but still plays paddleball with the best of them. He has quietly coached some of racquetball's greats—Brumfield, Rich Wagner, Marci Greer and more—to become better. Loveday has been there from Brumfield's start, and probably knows him as well as anyone can. He is the one man largely responsible for Brumfield's analytical approach to racquetball.

Loveday can talk for hours about the iron discipline, but will point out Brumfield actually enjoyed practicing, and that much of the discipline was motivated by fear. This fear was born of the self-admitted lack of talent, and nourished by continuous expectations of defeat.

Loveday states flatly, *"He's afraid if he doesn't practice the thing thousands of times, he won't be able to hit it. After he was good, he still hit all those shots all the time. He practiced and played and worked out six hours a day, and this was after he had won four nationals!"*

It is little consolation for dozens of past destroyed opponents when Brumfield confesses, *"I always presented the facade of blustery confidence as a tool to keep my opponent in awe. I never really had it. I knew if I played poorly, I would lose."*

Fear motivated him, but so did the need to prove himself. Brumfield wasn't always an acknowledged winner sharpening his wits on unwary bystanders. Loveday grins. *"He was actually an introverted person, but he had a desire to excel, and in those days this was his only outlet. The game, and his success in it, led to all kinds of opening up of his personality."*

The Brumfield of the mid and late seventies still had desire. The ball became faster, rewarding power

players, and making dinosaurs of the control players, the Keeleys and the Strandemos. Precision control let Brumfield rule the old game, but nobody can say he faded as the game changed. He remained in the top 10 while the others made room for the younger, more aggressive players. Brumfield switched game plans as coldly analytically as he now meets the challenges in law.

"What I did was to get together with Carl (Loveday) and we worked within the confines of my personality and my strengths and my speed to get the best chance of developing my style to win, and that was enjoyable because it was a new challenge. I was trying to get better; that's one thing very important to me, and is part of the source of satisfaction of moving into a new profession."

"I have that desire every day to read and work in law, and I get better. You lose that in racquetball if you're not careful, because you get to a certain level when you are 30 and from then on it's a slow decline unless you incorporate new shots, new training habits, new diets into your plan of attack; otherwise you don't have anything to look forward to except decay. That's a negative aspect I will not tolerate at any level of work I do."

Discipline and desire to win; in the end,



The Brumfield intensity was second to none. Here he expresses that concentration against arch-rival Steve Serot.



that is what Brumfield lost on the court. Farewell to Brum, hello to Hogan, . . . farewell to Hogan?

Charlie reflects, *"Hogan's been to the mountain so many times, he's won so much, and he's 26 and he doesn't have the flush and adrenalin. You can't artificially generate adrenalin. You may force yourself by gathering your will-power together, but as that gets old, there's only so many times you can force to win."* Brumfield concedes readily that Hogan is not through, only slowly losing intensity.

Brumfield transferred the intensity to law, and fear motivates his discipline there, too, but it is a different fear that drove him in racquetball.

Oddly enough, he is afraid of becoming lazy. The man with little talent in a sport filled with talented men was highly conscious of the athletes with great potential, and he watched them closely. He noticed they relied too often on ability alone, and that lack of preparation led to their downfall, usually at his hands. In the same way, he fears wasting his academic ability.

Comparing himself to gifted athletes, Brumfield says, *"I have a tendency to do what they do, which is nothing, figuring that I can catch up in the last minute, or that I'll gain much more out of doing less than another person of*

less ability might be able to do. I've seen it work against so many great athletes. I'm going to have to constantly fight falling back on my potential."

Obviously, it is desire behind Brumfield's discipline in both careers, and for him desire means one thing. Ego. He states, *"Ego is the major drive behind any champion in any field."*

Charlie Brumfield has more ego than a dozen of the nearly greats he surpassed. According to Loveday, Brumfield *"likes winning and what it brings; the notoriety and the attention. He loves to be the center of attraction."*

The ego drove him to win by any method. *"I constructed an artificial world, made a life or death situation out of the game, and that's why I was willing to do the things I did. I would draw up a hatred for my opponent before the match, and that would only last for the match. Then we would go out for a beer, and then (grin) talk about how I beat him!"*

The ego lets him delight in being a television commentator for racquetball for the CBC Classic that is filmed yearly in Canada. The ego moved him into controversy, and out again, everywhere he went in racquetball. Anyone who watched him play could sense that ego, whether he was clowning around or deadly serious.

It is a gentler ego, too. Loveday smiles. *"He could sit down with 20 beginner racquetball players and within 10 minutes be the happiest guy in the group because he'd be regaling them with stories of the past."*

Brumfield once gave the shirt off his back, literally, to a player down from Canada. For the price of a beer, the awestruck kid received a thorough "tour of the court," and after the match, intimate descriptions of Brumfield's greatest racquetball moments, described modestly but colorfully by the "master" himself.

As a final gesture, Brumfield consented trading his still wet, personalized, \$30 shirt as a souvenir for a shirt he neglected to accept in return. This is the same man who would leave newspaper clippings of himself in locker rooms at tournaments, as one of his many intimidation tactics.

Brumfield concedes leaving the *"excitement and flamboyance of the tournament professional athletic life"* is difficult. For other athletes, *"they stay so uni-dimensional, when it's time to retire, it's almost like dying, like an old person putting their affairs in order."* For Brumfield, instead, there is the challenge of law, and a little less excitement.

He does find similar feelings, though. *"The legal profession is very, very brutal, and because of the adversarial nature of it, there often develops a certain form of hostility very close to that in racquetball. My gift was to maintain the ferocity on the racquetball court, and maintain the disarming charm off the court. I think it's the same thing with law."*

In professional sport, Brumfield was famous for intimidating psyches, and for psyches he used to get himself ready to play, to develop his ferocity. He doesn't find the need to psych up for court cases.

"Preparation," he says. *"It's much more important. Where I've gained the most experience from racquetball for the courtroom is from my speaking engagements. It's primarily entertainment and the ability to captivate an audience that is needed in the courtroom because you've got to get these people off their asses so they actually listen to what is happening."*

"Law courtrooms are tedious in that the information takes a very, very long time to be presented. And it helps if they can be inspired to listen and then

I can present a better package. So it's actually my clinics which have been more instrumental to my legal career than the actual playing."

So Brumfield prepares instead of psyches. Independent of any law firm, he has to spend 12 or 13 hours daily in plodding research. Typical of Brumfield, he is structuring his career with careful planning, and building from basics. Time in research is like perfecting the backhand stroke before moving on to a backhand pinch. If Brumfield gets a case, within a week he knows as much or more about that particular field as any lawyer in San Diego. Brumfield says wryly, *"There is no shortcut to learning the content of 3,000 cases."*

But the challenge spurs Brumfield. The new arena is more complex and expansive than racquetball, and he wants to dominate again.

"I'm in a new game, it's a fresh start, and I'm going to think about it until I'm the best . . . I WANT TO KNOW. I want to know more than everyone else. When I talk to my peer group I want to be recognized as knowledgeable and professional."

Brumfield, now the racquetball player posing as a lawyer, grins. *"I have to develop a reputation in the legal community that I know what the hell is going on, so if I go up before a judge, and there is a marginal call, the call goes my way more often than not. That is what I had for years in racquetball."*

With the same discipline that carried him without talent to great heights in one field, and with the overabundance of talent in the new one, there should be little doubt Brumfield is on his way to yet more reknown. But he is not sure.

He worries about his ability to focus on his new career. His four-year old son, his wife and the arabian horses she raises are important to him too, and take away from the time he could devote to law. But he will also shrug philosophically because he knows his family also gives him stability (*"you know you're not out to set drinking records when you're married"*), and provides more motivation, which he fears he needs the most. He has already proven himself.

"How long can I keep the pace? How long can I keep the desire?" he asks. "That is the key to the second career starting at 35, for anybody."

Charlie Brumfield set no specific goals as he began to play paddleball so many years ago. Becoming national champion was not the carrot on a stick that helped him practice endlessly. He only had a desire to be as good as he could, and that happened to be good enough to win every major title.

The same applies in law. He wants to continue becoming better, with no other goal than having become the best, if possible.

With no other goals in sight, he only fears failure. *"There's much more pressure on me in law," he says, "if I don't succeed, I can't blame lack of ability, which I always had as a background excuse in racquetball."*

Some call it arrogance, but with that wide grin it is only cockiness, and it prevails, even with the doubts. *"I don't know how I get my cases—that's a dumb question—by the force of my*

personality. How do I feel after losing a case? I haven't lost one yet (sounding surprised at this revelation) and I don't plan to start. You may use my quote from racquetball: 'the faces change, but the scores remain the same'."

Whatever happens, and whatever he does, you know Charlie Brumfield will never be forgotten.

It is Monday morning at the Atlas Health Club. The courts are deserted, except one. Familiar craggy grins and gleeful shouts of a rangy figure dominate a glass court. Brumfield versus Muehleisen, 16 years after facing each other in the finals of a national paddleball championship, one now a lawyer, the other a dentist.

Seven times they trade serves tied at game point. Brumfield mis-hits a shot off his frame that travels erratically to the side wall. The spin grabs and the ball carries to die softly on the front wall. Brumfield raises his arms to the applaud of an imaginary crowd, holds, then points to Muehleisen.

"Was there ever any doubt?" he chortles. They close the door behind them, and spend 20 minutes outside the court discussing racquets, grips, and a few new shots. ●



Brumfield on the court: go tell it to the judge.

Military Racquetball: United States Finest Compete

by Linda Catanzaro Boberg

Lunch time arrives. All over the country men and women head for the gym, the club, whatever, for racquetball—an hour of passes, pinches, rollouts, and kill shots. After a heavy workout, they'll go back to their jobs, their families, and other responsibilities.

But some people have slightly different routines from those who work the nine to five day throughout the country. These are the men and women serving in our armed forces.

One would suppose that military life is extremely regimented, with little time allowed for something as relatively unimportant as racquetball. And one would suppose wrong. For although military personnel, by choosing to serve their country, have made a big decision

Some bases' courts double as squash courts, but the enthusiasm for racquetball in the military runs high, as indicated by Ducoff and Major Tom Ochala, U.S. Marine Corps.

A civilian ("I'm just a mister"), Ducoff was in the Air Force 12 years ago as a civil engineer. He plays racquetball "constantly" and has competed in AARA tournaments. His enthusiasm for the sport carries over the phone wires when he describes the work of the Armed Services Sports and Recreation Committee, which he chairs.

"We just made eyeguards mandatory equipment for all members who play racquetball," he states proudly. His committee, composed of Billy Rose, Army, Ochala, Marines, and Bill Fleming, Navy, meet regularly to discuss all aspects of many sports, including organizing tournaments, deciding what equipment should be used, and finalizing technical aspects of the many diverse sports.

Each branch of service has a similar policy regarding sports activity: Sports or physical activity are good both mentally and physically, but work comes first.

"We have a saying in the Air Force," Ducoff points out. "'The Mission Is Essential.' Just as a civilian receives a pay check, so do military people. Therefore, the job comes first. But we feel that sports encourage mental and physical development as well as an 'esprit de corps' among members."

Ochala enthusiastically echoes that feeling, saying, "Although some play racquetball competitively, a good deal more play for the hell of it—for the enjoyment."

The Marines, as well as other branches, allow their personnel to play whenever they have an opportunity such as lunch hours or off duty time. If a Marine is about to be deployed, however, duty comes first and the off time is regulated.

The Army and Navy, too, encourage participation in athletics and, with their service counterparts, offer tournament play eventually leading to an Inter-service championship held each year.

This year's championships will be held at Chanute Air Force Base, May 15-17, Chanute, IL.

The Marines hold East Coast and West Coast division tournaments to get two semi-finalists who play for the chance to be on the All-Marine team. Similarly, the Air Force holds its big tournament in Steamboat Springs, CO.

Navy personnel have a tournament and the Army sends in teams from throughout its 13 commands to compete and select the best team to represent them at the All Service Tournament. The top four men, four women, and four seniors compose these individual teams and are sent to the tournament.

'The military not only serves our country, it serves racquetball by generating much of the promotion our sport needs.'

"We recognize these tournaments as regionals," says Luke St. Onge, executive director of the AARA. "The military always sends its champions to our tournaments and they are seeded as champions."

When the AARA became racquetball's national governing body on the United States Olympic Committee, it became responsible under the Amateur Sports Act of 1978 to invite members of other national government bodies to sit on the AARA board. The Military was quick to accept this invitation; Ducoff writes a monthly column for *Racquetball In Review*, the AARA official publication. Military personnel are not required to become AARA members.

Stephen
Ducoff



with what to do with their lives, they still need the relaxation, competition and enjoyment that racquetball provides.

"The U.S. military is the largest single operator of racquetball in the world," states Stephen Ducoff, Sports Director for the Air Force Sports and Recreation Department and AARA Military Commissioner. He points out that there are 570 courts worldwide which are booked solidly for play. Three years ago there were 300 courts, so buildup has been substantial.

"Virtually every base has some form of racquetball court," Ducoff says.

A scene from last year's Air Force/Marines match.



"The military is an integral part of our association," St. Onge points out. "They've sent many outstanding athletes to our events."

One of these outstanding athletes is Barbara Faulkenberry of the Air Force. While attending the Air Force Military Academy in Colorado Springs, CO, Faulkenberry won the 1981 Women's Intercollegiate title and became one of the first members of the United States National Racquetball Team.

Both the AARA and the Air Force take pride in people like Faulkenberry, but there are many other equally talented military players who as Ochala pointed out "play just for the fun of it."

A recent survey conducted by the Marines revealed that thousands of service people play racquetball, either in intramurals, open racquetball, or competition. Statistics were unavailable for the other branches, but Ducoff points out that "racquetball is very popular with the military."

The influence military racquetball may

have on other countries is something not taken lightly, either. In some countries the only racquetball court may be at a U.S. military installation.

"I'm sure our overseas bases have some influence in a country's use of racquetball," Ducoff said. "Tackle football was introduced to the English through the military."

As for its own promotion of racquetball, Ducoff feels that the military's unique instructor programs are the best promotion the sport can get.

"Racquetball isn't as easy to promote as, say, softball is," he points out. "You can get a bunch of people involved in a softball game, but it's pretty hard to fit more than four people on a racquetball court unless it's for a game of wallyball."

These dedicated men and women who serve our country, whether in the States or overseas, also are serving our sport by generating much of the promotion racquetball needs. Our hats are off to them! ●

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The Most Memorable Racquetball Characters I've Ever Met

by Charlie Garfinkel

During my 15 years of participating on the national and eastern racquetball scene I've met many different players of all levels of play. While I have fond memories of most of them, four players vividly stay ensconced in my mind. The four most memorable players or characters that I've met in racquetball are: Charlie Brumfield, Steve Strandemo, Mike Luciwi, and Victor Niederhoffer. Why I've remembered them above all others follows:

Charlie Brumfield

"The Brum," or just plain "Brum," as he is known in the racquetball world, without doubt, was the racquetball player at the forefront of racquetball's growth in the early and middle 1970's. His tremendous racquetball skills, engaging personality, promotional talents, and extremely high intelligence, were second to none. And his sense of humor was numero uno.

I first met Brumfield in the 1971 Nationals in Salt Lake City where we were scheduled to meet in the round of 16. Before the match, some of Brum's close friends informed me that I'd probably get a total of three or four points per game, if I was lucky. Considering that games were to 21 in those days the outlook seemed bleak.

I was also told that The Brum was warming up on a nearby court. When I went over to observe, he was practicing lefthanded against two girls. Knowing I was there, the wily one winked and said, "I'll be ready for you Garl!"

Suffice to say the match was played. Amazingly, I won 11-21, 21-20, 21-16 in what has to rank as one of the greatest upsets in the annals of the game. (If you've ever met Garfinkel, you already know this story—ed.) But, it was a remark that Brumfield made later to me in the day, that really blew my mind.

After defeating Brumfield I had to play a well-rested Bill Schmidtke four hours later. Schmidtke defeated me 21-13, 14-21, 21-16 in a gruelling two and a half hour marathon. Unbelievably,

Brumfield coached him through the entire match.

When I asked Brum why he had done this, he replied, "I had to coach him. There was no way that you could defeat a player of Schmidtke's ability after defeating the world's best player on the same day—namely me!"

Shortly after I defeated Brumfield an article by Charlie appeared in *Racquetball Magazine* describing the "Garfinkel" serve (a soft Z-serve to the right) and the reverse Garfinkel serve. Brumfield later told me, "I was going to call it the anti-Garfinkel serve, but I changed my mind."

Oh yes, I almost forgot. The rematch with Brumfield occurred in the Nationals in 1973. Everyone was looking forward to the rematch, except one person—me!

On the first point Brumfield skipped in an overhead. Unbelievably the referee

awarded a sideout to Brumfield. When I yelled at Charlie, "You know that ball skipped."

He simply smiled at me and said, "I never question a ref's call."

Needless to say I was soundly defeated 21-7, 21-5. And, I later found out that the referee, Jim Trent, was from Brumfield's own club in San Diego.

Soon after that I arrived in San Francisco. I had just been appointed as the feature writer for the old IRA's professional tour. Upon arriving at the hotel, there was a message to meet Brumfield for breakfast the following morning. At breakfast Brumfield gave me a full account of why he was the world's number one. He also explained that he intended to remain at the top for a long time. Therefore, he expected to be getting a lot of ink in the magazine.

One of the remarks that I'll always

Brumfield starts early with the psyche... here taking on referee Chuck Leve prior to a match.



remember from our conversation is Brumfield saying, "I'm playing so well, that when I'm really on my game, no one will score more than 10 points against me."

Seizing a golden opportunity I said to the Great Brum, "Charlie, let's say that you're having a bad day. Your serves are consistently short, your shots are skipping in, you're lethargic, and mentally your mind isn't into the match. What happens then?"

Brumfield really looked puzzled. As he sat there in deep thought I thought that I had him for sure. Slowly, he turned to me. Speaking as seriously as I've ever seen him, he slowly said, "Gar, I'd be in big trouble. My opponent could score as many as 12-14 points off me."

Brumfield wasn't kidding about his game. A short time after our talk he obliterated the field in the National Invitational Singles Championships in Minneapolis. In a semi-final match against Mike Zeitman he even rolled out a shot out from behind his back!

"You don't see shots like that in small towns," he bellowed to the gallery.

In the finals against Steve Serot, Serot blistered a beautiful backhand passing shot that had Brumfield completely off balance. Somehow, Charlie dove, reached the ball, and miraculously re-killed it in the left corner. He whirled and pointed at Serot.

"Don't ever try a shot like that again!" he screamed. Naturally, Serot was devastated. He meekly went down to defeat.

Brumfield didn't spare his friends from his deadly barbs. On a pro stop in Dallas he had to play Zeitman in the quarters. Two of the other quarterfinal matches were Serot versus McCoy and Keeley versus Schmidtke. Brumfield said, "In the other quarterfinal Strandemo has a bye. He plays Muehleisen."

I'm sure that Dr. Bud appreciated that, especially since he was Brumfield's doubles partner.

Brumfield, who went on to win four national singles championships was a great champion. He will always be remembered as an all-time great. Presently, he is finally practicing law in his home town of San Diego.

Steve Strandemo

Although Brumfield and Strandemo were good friends off the court, Strandemo wasn't too thrilled about Charlie ranking him on his list of *Top Five Cheaters of All Time*. In fact, Brumfield referred to Strandemo as "The Rat!"

Strandemo was once known to play it a little close as he did here against Marty Hogan. It wasn't until Steve cleaned up his act that he gained the respect of his peers.



"When you're playing Strandemo you may be all set for your shot. Suddenly, you feel this thing stealthily crawling up your back. Yep, it's Strandemo!"

Of course, Strandemo wasn't as bad as Brumfield said. However, he did play awfully close to his opponents early in his career.

When Strandemo first hit the pro scene in the early 1970's his conditioning, determination, and intestinal fortitude were second to none. In fact, when pro racquetball first started in 1973 Strandemo wasn't signed as one of the original 12 players. However, after defeating Schmidtke, Hilecher, and Serot in the Canadian Nationals that prior summer, he was told that he'd be a tour regular if he did well in Houston.

Of course, the pressure was on Strandemo. But, you'd never know it. In his round of 16 match he defeated Hilecher again. This brought him into the quarter-finals against Brumfield, who had won 20 straight tournaments before Houston.

The superbly conditioned Strandemo literally stayed on the ceiling throughout the match. He wouldn't shoot unless he had to. Eventually he wore down Brumfield. The Brum developed leg cramps and was severely hobbled. But Strandemo had impressed everyone with his intelligent game plan, court coverage, and conditioning. He wouldn't have to worry about being a tour regular any longer.

Although Strandemo will always be remembered for his heady play and

conditioning he was also known to use any methods he could to win. Strandemo's classic performance occurred in a Louisville pro stop in 1974 against Davey Bledsoe.

He was trailing Bledsoe 16-6 in the first game. As Bledsoe was getting ready to serve he turned around to see Strandemo facing the back wall with his racquet held high over his head. When informed by the referee that he must commence play, Strandemo said, "No, I don't have to commence play right away. The IRA just passed a new law stating that you have ten seconds before the server puts the ball into play. You signify that you're not ready by holding up your racquet as I have."

Of course, Strandemo was correct. But Bledsoe hadn't heard of the new rule. Neither had the referee. Naturally, Bledsoe's concentration started to waver.

But Strandemo still had some other tricks up his sleeve. As he started to catch Bledsoe he frequently kept asking for a towel to wipe up sweat spots. Bledsoe claimed that he couldn't see any sweat spots. Of course, Bledsoe's confidence started to vanish along with his concentration. Strandemo went on to an easy 21-16, 21-6 win. In fact, Bledsoe was so upset, that there were rumors that he was still looking for sweat spots on the court two weeks later.

Presently retired from the professional tour, Strandemo works for AMF Head.

He puts on clinics and camps throughout the United States. His reputation as an author, teacher, and strategist are well known.



Mike Luciw

Luciw, a former national double champion with George Rudysz, was also a runner-up to Joe Wirkus in the National Amateur Singles in the late 1970's. Presently standing 5'8 and weighing in at 250 pounds (and still growing at last report) the "Connecticut Carnivore" is now based in Massachusetts. Having reached 35 years of age two years ago he ran up a consecutive streak of over 35 straight tournament wins in the Senior Division before finally dropping a match.

Resembling a Goodyear Blimp, Luciw is incredibly deceptive. He is the possessor of one of the most beautiful forehand and backhand strokes in the United States. That's why he's such a memorable character. You couldn't forget him if you wanted to.

Players who aren't familiar with Luciw and have to meet him in a tournament, usually feel that they'll run him into the

ground. But, Luciw's control and on-court intelligence are remarkable. In addition, his hand-eye coordination is extraordinary. Suffice to say, he destroys unwary opponents time after time.

One of Luciw's favorite ploys is to have a can of beer and a cigarette in between games. If he's playing a tie-breaker, he'll usually add a couple of sandwiches for good measure. You can imagine how this plays on his opponent's mind. And, when Luciw wins 11-2, or 11-3 in the tie-breaker, his opponent really has "food for thought."

If Luciw has a potentially difficult match, he'll be sure to ask five or six people how to play his upcoming opponent. He usually sounds as if he is afraid of playing this player. And, he'll make sure that his future opponent eventually hears of his fears.

Naturally, his opponent walks into the court feeling extremely confident. When the match is over 30 minutes later and Luciw's befuddled opponent is sitting outside the court, after being humiliated in straight games, Luciw can often be seen mischievously smiling in the locker room. The deceiving bulk of Luciw has struck again.

Mike Luciw (left) en route to a national doubles title in 1971.

Mike Luciw today—still winning titles, just not as quickly.

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Niederhoffer after winning another squash tournament.

PhotoSquash News



Victor Niederhoffer

Victor Niederhoffer

I first saw Niederhoffer at the squash nationals in Hartford, CT in 1964. He was playing in the finals. Somehow, music was being piped into the court. Niederhoffer turned and said, "I hear a radio." When someone in the audience asked, "AM or FM," he gave them a puzzled look. Also, when he missed a shot, instead of saying some obscenity or mumbling "darn it!" Niederhoffer would make remarks such as "how strange!" As the famous commercial says, Niederhoffer is indeed "a breed apart."

A few years after, I heard that Niederhoffer, a six times national squash champion, had attended a prestigious social affair at a distinguished New York City private club, dressed in a tuxedo and sneakers.

Little did I realize that our paths would cross on a racquetball court in the very

near future. After Niederhoffer had won his sixth national title he decided to take up racquetball. We played for \$1,000 winner-take-all in Buffalo where I won the match in three hard fought games.

However, Niederhoffer took the racquetball world by storm, defeating a 15-year-old Marty Hogan and Mike Zeitman in two different national tournaments. But, he was remembered more for his racquetball outfits than his outstanding racquetball skills. Wearing two different sneakers he often wore attire that resembled a golfer's outfit. That is, he had 18 holes in both his shirt and shorts.

Niederhoffer's passing game was the best on the tour except for Brumfield's. But his concentration was second to none. Known for practicing in New York at 2, 3, or even 4 a.m. his seemingly indifferent attitude mentally destroyed many a competitor.

A story that illustrates Niederhoffer's unsettling demeanor occurred in the Nationals in Tempe about six years ago. Before Niederhoffer was to play, his opponent approached him outside the court.

"Victor, you were truly a great squash champion," he said. "And I'm equally impressed with the incredible racquetball ability that you've acquired in such a short time. I'd like to shake your hand and congratulate you on your marvelous achievements."

With his hand extended towards Niederhoffer he started walking towards him. Vic got up and walked by his opponent as if he didn't exist, proceeding to the court to warm up.

Later, after his opponent had been defeated badly, he said, "Niederhoffer is a great player but his social graces stink!"

What Niederhoffer's opponent didn't realize was that Vic was merely preparing himself mentally for the match. He probably wasn't even aware that his opponent was talking to him or had even extended his hand! ●



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The Fitness Center



Jean Sausser

God Bless the Nerds

Every school has its nerds. So why should the schools for fitness be any different. By schools of fitness, I mean those numerous health and racquetball facilities around the country that sign up new members year in and year out in hopes of keeping most of them interested in fitness and racquetball programs so they will renew their memberships.

Like all schools though, clubs have their share of members who just don't fit in, nerds, if you will. Now these people don't know they are nerds. They come to the clubs dressed in clothes from another planet, say the wrong things at the right time and in general drive their fellow members and health club staffs crazy.

I've grown to like the fitness nerds. That's because I am a nerd at heart myself—just not where fitness is concerned. For instance, I always feel like a total nerd at formal dinners. It has taken me 20 years to learn how not to run out of the proper silverware by desert and not have to ask for additional hardware so that I can finish the meal in synchronization with the rest of the guests.

So, because I stub my toe frequently in other areas of life, I tend to want to take fitness nerds under my wing and convert them to cool and sophisticated 80's athletic types. Along the way I've had much success combined with inevitable failures, but each situation has proved to be a valuable life lesson.

Dave Lynch* was the first fitness nerd I ever came into contact with. I was working at the club late one night when he entered in what could only have been his hunting outfit. It was deer season and most of our members were getting their aerobic exercise in the woods chasing deer and avoiding being shot by each other.

"Tell me about your arabics," he asked my front desk attendant. "You mean aerobics," she politely informed him and picked up the intercom line to inform me that I had a membership tour. "Let me get someone who can answer your questions about our club for you."

"That's what I said, arabics," Dave shook his head as he walked away from the desk and over to the bulletin board to wait for his tour guide who was about to be me.

When I picked up my phone, my desk attendant said wearily, "Jean, you are not going to believe this one. You've got some deer hunter out here calling aerobics - arabics and he wants a club tour. He's a real nerd."

"Mary Ann, don't jump to conclusions," I warned her. "Besides, it doesn't say nerds can't join our club in our rules and regulations, does it?" I hung up the phone, grabbed a club brochure and headed out to the front desk.

"Hi, my name's Jean," I said as I approached him, at the same time reaching out to shake his hand (my first mistake).

*The names in the story have been changed to protect the innocent (myself included).



He gave me a look that said "Women don't shake hands," then extended his hand and almost squeezed mine off.

"Tell me about this arabics everyone is talking about," he demanded.

"You mean aerobics, that's aerobic exercise. It burns body fat, makes you leaner and at the same time your heart stronger," I explained in my best and most professional sales voice.

"Think I'm fat do ya?" he countered, getting immediately defensive and mistrustful.

"No, I'm just telling you what it is and what it does."

"Okay," he looked at me with a look that indicated that one more smart remark from me would lose any chance of a sale immediately.

"Would you like to walk around the club?" I asked politely.

No answer came.

"You can look around by yourself or I can show you around, it's up to you," I continued at the same time breaking my membership rule of no unescorted tours that I made all my other membership directors abide by. Frankly, I was scared of this guy.

"You can come along," he told me and we began to walk around the club.

"Show me the stuff that's got something to do with sea shells," he said growing more comfortable with my presence.

"You mean Nautilus?" I asked.

"Yes, that's it. I read that the guy that makes the stuff wrestles alligators."

"Well, to my knowledge, he doesn't wrestle them, he has them as pets. You are talking about Arthur Jones, the inventor of Nautilus. Alligators are his hobby."

"Interesting isn't it?" he said.

"Yes, he's a pretty interesting person, way ahead of his time." Of course I was referring to the equipment, but I am sure that Dave thought I was referring to Jones' hobby. Anyhow, this conversation gave us a good common ground and the rest of the tour went smoothly. Dave did join the club (much to my staff's dismay).

It seemed like every week we had a problem with Dave. The first week he told my fitness instructor, Tom, "I don't need no fitness test. I'm in great shape. Just show me how to work out."

Ignoring his pot belly, it took Tom and me a half hour to convince him that we weren't trying to flunk him out of the club, we were using the test as a starting point for a personal program.

Thank goodness I was the one who taught him to play racquetball or my other instructor would have quit over the episode.

"How many weeks do you think it will take me before I can beat you?" he asked me with a dead serious expression on his face.

I was insulted and angry, but I kept my cool as I replied, "Dave, I am a professional player. I've played for 12 years. It could be more than a few weeks."

"Well, you're a girl and we'll see," he smiled as he grabbed a racquet out of my lessons bag, gripped it like a skillet and gave me a look that indicated he was ready for action.

It wasn't long before Dave became the subject of every staff meeting.

"He cheats in league, all the members are complaining," was a common comment from the desk staff.

"He came to class with dirty black soled Keds," my aerobics staff joined in.

"He took a whirlpool in his whole racquetball outfit!" my towel boys informed me.

Complaints kept coming until it got so bad I decided that I finally had to take a stand on the poor guy's behalf before he caught wind of what all of us really thought of him.

"Look gang," I began. "I know that you think Dave Lynch is a nerd. But everyone's a nerd in some part of their lives at one point or another. Let's be professional about this. It's easy to sell fitness and racquetball programs and get good results with people you like. You are all showing me how immature you are about dealing with people you don't like or don't think are cool, right?"

"The next time you come into my office and ask for a pay raise, think about what I am saying. If you can't service Dave Lynch then you are not servicing 100% of the members, are

you? I expect to see Mr. Lynch worked with, given special attention. He doesn't cheat on the court in league play. The poor guy has coke bottle glasses or haven't you noticed? Skips look like kill shots to him.

"As for the old Keds, you might steer the man in the direction of our pro shop. We have one, remember? Lastly, when you see him in the whirlpool fully dressed, it's your job to explain to him that bacterial buildup from sweaty clothing causes whirlpool shut downs. If I have to constantly think for you people, what kind of staff are you? You should know how to handle a guy like Dave."

Well, they listened and they tried and I would like to say that all of us changed Dave from a nerd to a neat guy. But that wouldn't be honest because that didn't happen.

What did happen was that we all became real fond of Dave. He became our "pet project." The weekly problems became our "terms of endearment" and when Dave was transferred out of town, those of us who knew him were sad to see him go.

"What are we gonna do without him?" my staff asked me during a meeting the week after his departure.

"Don't worry," I assured them. "I'll sign up some new nerds for us to work on. There's bound to be more where he came from."

Everybody clapped and laughed, realizing that without nerds, achieving physical fitness might become less challenging, less character building, and certainly too predictable. ●

Marker Goes on a Cruise and Doesn't Gain a Pound!

Since beginning my fitness program, a pleasant interruption of sorts occurred. I went on a cruise! It was a Caribbean Cruise to the islands of Cozamel, Grand Cayman and Ocris.

One of my concerns was of course getting out of shape after I'd gone through all the trouble of getting tested and beginning a fitness program. But heck, life must go on, right? So, I decided to take the parts of my program that I could with me, enjoy the food I would be eating, but try to have some sense of self control.

Much to my advantage, I discovered that on board the ship, there were fitness facilities. So, I devised a modified program for the time I was vacationing in order to take advantage of those facilities.

First, there was the ship's pool and the ocean! I swam a lot. Secondly, there were aerobic exercise classes offered with flexibility exercises included. As you remember, flexibility is one of my major flaws. Thirdly, the ship had stationary bikes and a small weight area. I was able to keep up my stationary bike work and do some weight training. Lastly, I kept up my schedule of curl ups and did pushups throughout the entire vacation.

All of this exercise, combined with as much self control as I could possibly muster where the food was concerned, enabled me to maintain instead of slide backward on my fitness program.

A word about the food. It was unreal! There was a tremendous amount of it at every meal and I'm sure most of the people on board the cruise gained weight. I think the fact that I kept a workout schedule that fit in with my vacation enabled me to overeat with discretion, have a super time and not regret my vacation when it was over.

After my week's vacation, it was back to business as usual, working nights at the police department and playing racquetball four days a week. Upon returning from my vacation, I also discovered that my friends and fellow

club members have been reading my diary and at this writing, instead of being a celebrity, I am the subject of many jokes about the poor fitness rating I scored on my first fitness test. (see January issue)

All of this ribbing has added fuel to my burning desire to get into good

shape and achieve a higher fitness rating the next time out. Jacque and I have scheduled another test for sometime in the next few weeks. I'm anxious to see if I am making the progress that I think I am. I've lost weight and inches in spite of my vacation! (See Chart)

Marker's Measurements	Jan. 1985	Mar. 1985
Name: Terry Marker		
Age: 32		
Height: 5' 10 1/2"		
Weight:	178 lbs.	173 lbs.
Chest (in.)	39.5"	37"
Waist (in.)	39.5"	38"
Thigh (in.)	22"	21 3/4"
Arm (in.)	12.5"	12"

*Terry T. Marker
January 1985*



*Am I becoming a "before and after" fitness
story? Judge for yourself.*

*Terry T. Marker
March 1985*



As my tournament schedule picks up, I hope to see if my game is improving. That'll be easy to measure. I'll either win trophies or be out in the preliminary rounds!

See you next month with tournament as well as fitness test results! ●

Pro Files in Fitness— Joyce Jackson



Joyce Jackson

If you want to see the future of women's professional racquetball, just go to a WPPA pro stop and take a seat in the gallery behind one of Joyce Jackson's racquetball matches. She's got it all: shot selection, stroke execution, sound strategy and the power of concentration. Joyce is aiming for a number one spot on the tour and until recently, the main thing standing in her way was her weight.

A gifted athlete with super hand-eye coordination, Joyce first picked up a racquet in 1979. Developing her skills in record time, she began playing on the WPPA tour in 1980! Just holding her own on the tour would have been impressive enough, but by 1981, she was causing major upsets of seeded players. It soon became the consensus among those pros who lost (and even

those who didn't) to her that it was a fortunate thing that she was at that time 30 pounds overweight.

"Let's tell her she's in great shape so she won't lose weight," former top pro Rita Hoff used to joke.

Well, there are no jokes to be told about Joyce now. She's dealt with her weight problem, is currently enrolled in a computerized nutrition program, works out year-round, has gone from 168 pounds to 140 pounds, and can't stop talking about how great it is to finally be "in shape."

Joyce is now the number eight ranked player on the WPPA tour and is extremely optimistic about her future with racquetball. She is now a very enthusiastic, almost "born again" player.

Q: Did you know that in 1980, after watching one of your matches, a few of the pros (including myself) made a pact to never tell you that if you lost 30 pounds you would probably beat all of us?

A: (Laughter) No, I didn't! I didn't listen to many people back then. Someone could have told me and it probably would have gone in one ear and out the other. I decided to make the change when I was ready to change.

Q: When did you decide to lose the weight and get in shape?

A: It was the culmination of a lot of different things. I began to notice that there were times when I just didn't have enough energy to go through a tournament. I was getting tired after one round of play. I knew I needed some kind of outside help.

The first thought that occurred to me was that what I needed was a coach. So, I just started talking to people in general about getting one. At the same time, a very good friend of mine sat me down and said, *"What you need is to train and get some weight off!"*

That was very painful. It was tough advice to take, but I soon came to realize that if I didn't lose weight and start training off the court, I would never develop the strength and speed that go along with the physical aspects of racquetball.

Q: What kind of off-court training program did you develop?

A: I developed two kinds of off-court training programs, one for the off season and one for the playing season.

In the off season (the three months of summer), I work out five days a week, Monday through Friday. I run 30 minutes in the morning and use heavy hands when I run. After that, I hop

on my bicycle and ride for an hour. I also build strength through a combination of machine weight training and free weights three times a week.

In addition to off-court training in the off season, I will go to the courts and practice four hours a day. I do a combination of practicing by myself and playing. After that, I have a coach that I meet at a track and run intervals; 400's, 300's, etc. for strength and endurance.

Once the season starts, things begin to change. I do a different workout, one that will take me through the racquetball season. I'll still run my 30 minutes in the morning but I also have a stationary bike that I can use in place of running when the weather is too cold to run. Instead of intervals, I run about 30 minutes of court sprints a few days a week.

During the season, I also change my weight training routine. Instead of lifting heavy weights three days a week, I reduce the weight load to one third of what I normally lift and train every day. I execute three sets of 10 repetitions on every machine of every weight training exercise I do and I do those sets and repetitions as fast as I can. This takes me about 20 minutes per session.

Q: You adopted a computerized nutrition program. It was instrumental in your dramatic weight loss. What did you learn about your former diet and what changes in your nutrition program did you have to make to achieve a higher level of energy combined with a leaner body?

A: I was amazed to learn how much fat I was taking in on a daily basis! It was unbelievable. Also, I was eating too much protein. The program initially pointed out to me that I needed to cut down on the amount of protein and

Weight training is part of Joyce Jackson's fitness program for racquetball.



At the same time I increased my complex carbohydrate intake for more energy. Nowadays, I consume fresh fruits, vegetables, and legumes. My consultant helped me find great recipes for these new additions to my diet.

Also, I initially thought that I'd be reduced to a rabbit-like diet of raw veggies and lettuce. I was relieved to find that nothing could be further from the truth. Within my new program I can eat almost whatever I want, whenever I want. There's a big difference between my old eating habits (too much protein, fat, sugar, salt and white flour) and my new eating habits (complex carbohydrates, reduced protein and fat intake, switching from white flour to whole wheat flour, cutting down on salt and sugar to almost nil). This has really resulted in good health along with a 30 pound weight loss and I don't feel like I've even given up anything to do it!

Q: Do you think that your new workout schedule and nutrition program is going to translate into better overall performance on the court?

A: It has already. Right now I am quicker, faster, stronger and more agile than ever.

Q: What are your immediate and long-term racquetball goals?

A: Immediately, as the number eight seed, I would like to get to number three. I've noticed that on the women's tour, seeds 10 through three are all evenly matched in terms of how effective their games are. My first goal is getting to the top of that heap to the number three spot.

From there I can begin my assault on Lynn and Heather who, due to their superior shot execution and consistency always hold the number one and two positions. I know that both my short-term and long-term goals will still take me a lot of hard work in the months to come. ●

Rub Your Troubles Away: Muscle Massage for Racquetball

by Patricia Trifunov

Nobody knows muscle tension like the impetuous racquetball player does. For many, the intensity, speed and comprehensive muscular involvement of the sport prompts an almost automatic mecca to the nearest sauna or whirlpool for post-game relief.

Although this suits the bill most of the time, once in a while our muscles need a little more attention. To the rescue? — A massage.

Muscle massage for sports injury, stiffness, pre-athletic warm-ups and post athletic cool downs enjoyed a lot of popularity back in the sixties. Today, however, sports medicine specialists have turned to the time saving benefits of ultrasound therapy

for athletic trauma. A 6-8 minute session of deep penetrating and vibrational ultrasound can accomplish as much as 15-20 minutes of hands-on massage. On top of that, the effectiveness of stretching for pre-game muscle warm-up, post game muscle cool down combined with the convenience of whirlpools and saunas for muscle stiffness and tension has put hands-on massage on back burner in the minds of many athletes.

Nonetheless, in spite of these more "convenient" methods, muscle massage is making a vibrant comeback these days. Athletes of the 80's are adding professional massage to their training regimens to ensure that their muscles

are well taken care of. It is well understood among today's top sports performers that although massage cannot take the place of warm up and cool down exercises, it serves as a direct compliment to those exercises with the end result being that muscles are kept in tip top shape.

Prior to a racquetball game, a muscle massage can relax tense muscles, thus increasing the quality of a player's warm up maneuvers before the match. This contributes to a player's extent and range of movement on the courts.

After a match, massage can ease stiffness and muscle spasm by relaxing contracted muscles through a reflex reaction mediated by the massage. The

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World famous runners Mary Decker and Alberto Salazar are shown here placing themselves in the hands of a professional—on the massage table.



stroking motions of a massage can greatly facilitate removal of waste and fatigue products away from tired or injured areas via the veins and lymphatic system. Some massage therapists use a vast array of creams, ointments and liquids in conjunction with massage to relieve trauma pain and make sorenes a little less discomforting.

Finding a qualified or certified individual to give you a massage can be difficult, depending on where you live. Though the number of states requiring certification of masseurs or masseuses is rising, at present only 25% of the states have made licensing mandatory. By far, the largest portion of certified massage therapists are members of the American Massage Therapy Association. The organization requires some education and clinical experience from its members, plus the completion of a practical and written exam. Incidentally, professionals prefer the title "massage therapist" to masseur or masseuse. In contrast to the old "dough kneading" approach, today's massage therapists study anatomy and kinesiology, and are both skilled and knowledgeable in the area of sports medicine.

Contemporary principles used in professional athletic massage are particularly effective. They are:

1. To always direct massaging movements towards the heart. This aids in the elimination of toxic fatigue and injury by-products.
2. To use a slow, gentle, rhythmical motion, thereby achieving optimum relaxation.
3. To apply pressure evenly and moderately, never being forceful or excessively firm.
4. To do a 10-15 minute massage for areas of the lower body and a 15-20 minute massage for the areas of the upper body.
5. Though an one hour long massage a day was once de rigeur, the shorter, 15-20 minute treatments before and after workouts are considered to be much better.

Keeping in mind these five principles, there are also several massage techniques that you should be familiar with so that your experiences with massage are good ones.

1. Stroking — In this technique, the palm of one or both hands is evenly and flexibly stroked across the muscle surface in a continuous motion.

2. Kneading — Grasping a muscle group, single muscle or part of a muscle begins the kneading technique. Then pressure is applied, followed up and released in a rhythmic, intermittent fashion. The palm and back of the fingers, or thumb and fingers are most often used for kneading.

3. Friction — While keeping firm contact with the skin surface, circular movements are made using the palm or back of the hand applying firm pressure.

4. Percussion — Percussion movements are brisk, rapidly applied hand contact to muscles, like hacking, clapping, tapping and beating. The intensity of these movements are more suitable for application in healthy individuals. The primary function of the percussion technique is to stimulate nerves, muscles and blood flow to the massaged area.

To make muscle massaging a little easier, the slip and slide of a body lotion or oil is especially helpful and is used by most massage therapists. In addition to reducing friction between the hand and massaged skin surface, many muscle rub lotions are also medicated to alleviate muscle soreness. However, if soreness or pain continues in muscles, a massage therapist will tell you to see your physician about it.

Three groups of medicinal ingredients are most commonly used for muscle pain and soreness.

First are the analgesics, or pain killers. These often serve a secondary purpose of reducing inflammation at an injured muscle site. Analgesics act both locally and centrally (in the brain) to exert their effect. However, in order to induce a centrally mediated, pain killing effect, these drugs must be initially absorbed through the skin and into the blood stream. Since drug absorption through the skin is not always predictable or high enough to knock out pain, a much better choice for eradicating pain is to see your physician about what's causing it.

Anaesthetics, or pain desensitizers, are a second group of drugs found in muscle rub preparations. These act directly on the pain areas to create a loss of sensation in the nerves.

The majority of medicinal ingredients found in muscle rubs, however, work on the principle of "counterirritation." This third class of drugs, counter-irritants, divert attention away from muscle pain by creating a heating or cooling action on the skin surface. The theory here is that since pain is only as intense as it is perceived to be, so the perception of other sensation (like warmth or coolness) crowds out the perception of pain.

Though the precise way in which these compounds act is still not clearly understood, there is no doubt that their ability to relieve pain has a strong psychological component to it. The warmth or coolness of lotion on the skin, combined with the pleasant minty aroma of most of these products, has a lot to do with their calming, appeasing effect on the player receiving a massage.

One other muscle massaging medicinal, which does not fall into any of these categories, is making quite a clamor these days. Aloe vera,

marketed in gels, liquids and creams is now being recommended by many sports specialists for massage therapy in athletic injuries. Aloe vera contains a complicated reserve of amino acids, enzymes, vitamins and minerals, which no doubt account for its therapeutic and germ killing properties.

Aloe vera preparations are readily absorbed, having healing, pain reducing and anti-inflammation action. Though a good number of athletes swear by aloe vera products, insufficient controlled scientific studies have been done to document their actual effectiveness. It is known, however, that aloe vera is a safe substance to use.

Although muscle rub preparations can be purchased without a prescription, they must be used cautiously and correctly because they are drugs that can cause problems or side effects. A conscientious massage therapist uses some good general guidelines where muscle rub preparations are concerned.

1. Muscle rub preparations are for external use only and should never be applied to wounds or broken skin.
2. No more than three or four applications per day are recommended by most manufacturers. Read the label.
3. Aspiring sensitive individuals should avoid all muscle rub compounds that contain salicylates, as these can produce cross-over allergic reactions. People with sensitive skin can also over-react to these compounds, resulting in rashes and blisters. Initially there can be some difficulty in distinguishing between the stimulating action of muscle rubs and a sensitivity reaction or irritation. If excessive skin irritation does develop, discontinue use.
4. Contact of these preparations with the eyes is always avoided.

5. Any muscle pain that persists after 7 days may be indicative of an underlying, more serious condition. See your doctor.
6. Pain that cannot be specifically located may not be muscle pain, but a referred pain coming from a deeper site, such as the internal organs. In this case a massage is not recommended; persistence or severity of this type of pain should be attended to by your doctor.
7. Pain in the joints, particularly if they are red, swollen or very tender to the touch, may be a warning signal of a fracture, arthritis, or rupture of ligaments or tendons. Masking these symptoms by eliminating pain with a massage will make a doctor's diagnosis of your problem more difficult.

A muscle massage, with or without a muscle rub product, can be fun, relaxing and therapeutically beneficial. With a little patience and practice it can become a welcome and useful tool for pre or post game relaxation. Try it sometime—it may become an indispensable habit.

Note: A very good guide in terms of muscle massage illustrations is *Athletic Massage* by Rick Phaigh and Paul Perry, Simon & Schuster, 1984. The author, a certified massage therapist for Athletics West, has manipulated the muscles of world-recordholders like Mary Dicker and Alberto Salazar. The book gives detailed explanations of how to do muscle massage on your own, assuring massage tyros that "There is very little that a person can do to cause muscle damage with massage."

For regular racquetball players, Phaigh recommends leg massage after every game, with special attention paid to the feet. Phaigh also advises having upper body and abdominal massaging at least once a week. ■

New Products



Fitness Program Package

For club owners, Fit n' Free Inc. has developed a complete video fitness package designed for instructors of fitness programs at racquetball and sports fitness centers.

The combination of warm up exercises, aerobic activity, floor work, stretching and cool down exercises are "packaged" with video tape demonstrating the routines, two cassette tapes with music and vocal instructions and a complete instructional manual.

Designed for men and women, this fitness package provides fresh new exercise routines and music to give emphasis to social and fitness needs of members.

For more information, contact Fit n' Free Inc. 7728 N. Crestline Drive, Peoria, IL 61615 (309-6915331).



Asahi Introduces Ladies Court Shoes

Buena Park, Calif.—A ladies version of Asahi's most popular and best selling men's court shoe is being introduced by Yamaha, sole distributor of the Asahi line in the United States. The ladies PL-1 has been especially designed to complement Asahi's successful PM-1 and PM-1 (Semi) men's court shoes.

The PL-1 ladies court shoe offers virtually all the same features as the PM-1 and the PM-1(Semi) three-quarter high shoes—durability, playability, and lateral support needed in demanding sports such as tennis, racquetball and squash—but with the addition of convenient speed lacing, a dual-density insole with a second layer of shock absorbing material, and, very importantly, a specially patented shock absorbing heel cushion.

Available in white in regular last sizes 4½ to 10, the suggested retail price of PL-1 is \$49.95.

For additional information on Asahi's new PL-1 ladies court shoe, contact the Sporting Goods Division, Yamaha International Corporation, 6600 Orangethorpe Avenue, Buena Park, CA 90620.



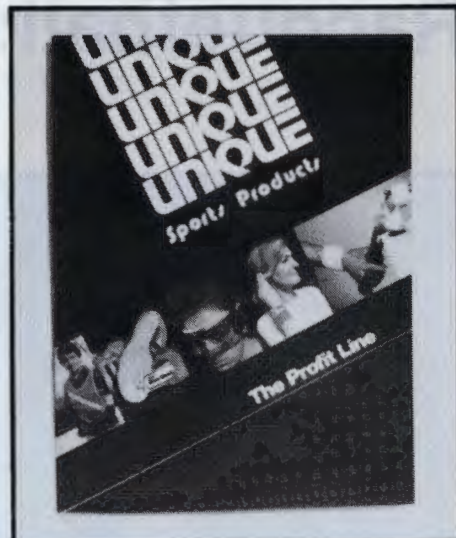
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For more information contact SOLAR GOLD UV-A by EOS, 3101 N. Cicero Ave., Chicago, IL 60641, (800) 525-0214; in Illinois (312) 794-0095.



New Unique Sports Catalog

Unique Sports Products has just printed its latest catalog. All the tennis, racquetball, running and jogging accessories are featured in this full color catalog.

Unique Sports has also relocated to a new facility. The new address as of January 1, 1985 will be: 840 McFarland Rd., Alpharetta, GA 30201.



Mini-Insta-Pulse by Biosig Instruments, Inc.

Now you can monitor your pulse, time, day, date and elapsed-time while you run or work out, with Biosig's Mini-Insta-Pulse pulse-meter/chronograph model 107.

The Mini-Insta-Pulse works the same way as a hospital monitor, actually measuring the electrical impulses which cause your heart to beat. The impulses are picked up by the two sensors when you grasp the cylinder.

The Mini-Insta-Pulse baton also houses a digital calendar watch and a stopwatch to accurately measure your running speed. Just touch a button and the seconds flash on the LCD display. A clear plastic shell protects all circuitry and the 3-volt lithium battery (included) is good for approximately half a million readings during two years of use. It also comes with instructions and a 90-day warranty.

For more information contact Biosig Instruments, Inc., P.O. Box 860, Champlain, NY 12919, (514) 733-3362.

Racquetball: The Sure Way To Win In Atlantic City



Jogging on the Boardwalk in Atlantic City. It's a lot easier than finding a decent racquetball court.

by Victor Block

Think of a vacation destination that combines casino gambling, great food and entertainment, a six-mile-long boardwalk, sunbathing (weather permitting) on an outstanding beach and a variety of other attractions and activities. If Atlantic City, NJ comes to mind, you win the guessing game—which, should you visit there, may be the *last* thing you'll win.

Add the chance to combine some racquetball with the *games* of chance and you may soon follow the record number of people that have led to the resurgence of this once—and now, again—proud resort destination.

The original development of Atlantic City into a leading vacation attraction was spurred by construction of a narrow-gauge railroad link with Philadelphia in the late 1800s. By 1890, the shore was lined by 500 hotels, 10 amusement ride centers and the famous Boardwalk. It was built (in separate sections that were taken up before anticipated storms and for winter storage) at the instigation of a hotel keeper and a train conductor who were aggravated by the constant trail of beach sand left by overnight guests and homebound passengers.

The advent of the automobile set off a sharp and continuing decline for Atlantic City, as newly mobile vacationers

At Rogers Racqueteer Club, pro Gary Van Camp towers over his pupil, Fyllis Hockman, as he offers some playing pointers.



sought greater diversity. This lasted until the mid-1970s when New Jersey voters approved casino gambling as a means of revitalizing the resort and earning much-needed tax dollars for the state's coffers.

Few even among the most ardent proponents of gambling could have foreseen the dramatic results of this development. Atlantic City has become the most visited tourist destination in the United States, and possibly the world. More than 26 million visitors a year—an average of some 70,000 every day—are attracted by the lure of big bucks, along with the glitter of top name entertainers, outstanding restaurants and other things to do and see.

The great majority of these get-rich-quick dreamers are "slotters" who trust their luck to the vagaries of the "one-armed bandits" and table players clutching a handful of \$5 chips, rather than the so-called high rollers to whom \$5 is tip money. Even so, largely because of the bus loads of day trippers from New York, Philadelphia, Washington and other East Coast cities, the 10 casinos in Atlantic City rake in more dollars than the nearly eight dozen gaming houses in Las Vegas.

For those who seek a respite from the slots and tables, Atlantic City offers variety enough. The Boardwalk, while now a somewhat tawdry echo of its glory days, still is available for strolling, people watching and shopping. The new \$50 million Ocean One Pier, built to resemble an ocean liner, houses over 125 shops and restaurants, including an attractive "food court" that tempts taste buds with fare ranging from pizza and egg rolls to tacos and gyros.

When weather permits, the broad sand beach beckons sun bathers and swimmers. Deep sea fishing enthusiasts find much to brag about when they return home. And, of course, there are the hotels—each in effect a mini-resort in itself.

For entertainment, Atlantic City can challenge any other destination in terms of the number of headliners who might be appearing on any one night. Among names on the show room marquees might be Joan Rivers, Buddy Hackett, Bill Cosby, Diahann Carroll, Rich Little, Loretta Lynn, Johnny Mathis or any number of other entertainers—each of whom alone would be a major draw in most vacation places.

Those preferring to avoid the rather steep show charges, which can be in the \$20-\$30 a ticket range without dinner, may opt for the lounges that are scattered throughout each hotel. There, for the price of a beverage or two, one may be entertained by a seemingly never-ending parade of musical groups.

Dining, too, provides variety in terms of setting, selection and price. In addition to the first-class dining rooms and less formal 24-hour eateries at the hotels, Atlantic City claims to have over 500 restaurants. Among many that will allow you to save *most* of your cash for the casinos are Tony's Baltimore Grill (2800 block of Atlantic Ave.), where spaghetti with red or white clam sauce costs about \$4; Aw Shucks Oyster Bar in the second floor food court at Ocean One, with its \$8.75 lobster special, and Jilly's Ribs upstairs on the third floor, with a \$10-\$11 all-you-can-eat Monday night deal. Also check out the unlimited

buffet lunch and dinner specials at the casino hotels, but remember that to avoid the crowds attracted by the prices—generally in the \$7-\$10 range—you must arrive either before or after the mealtime rushes.

When it comes to selecting a hotel, the fact is that—while each has a somewhat distinctive personality—all have first-class accommodations, restaurants and entertainment; casinos that can be (and usually are) crowded and noisy on weekends, and rates that hover in the general \$80-\$100 range. (Prices are lowest during the winter months, and the hotels have special packages that can hold down the cost of a visit.)

During my most recent trip to Atlantic City to research this article, I stayed at The Claridge Hotel and Casino, located just off the Boardwalk at Indiana Ave. Built in 1929, The Claridge has been renovated to combine the old-world elegance of times past with the latest of modern amenities. Among these are a glass-enclosed swimming pool; health club, sauna and on-staff masseuse; barber and beauty shops; baby sitting service; six eating places—ranging from the elegant continental London Pavilion to the Stadium Deli; the 24-hour Hi-Ho Lounge, with nightly entertainment, and the Hi-Ho Palace which offers such well-known names as Barbara Mandrell, Charley Pride and the Fifth Dimension.

Racquetball: The Sure Way To Win In Atlantic City



Players on the glass side wall court at Tilton Athletic Club.

For information or reservations, call (609) 340-3400; outside New Jersey, call (800) 257-8585.

When it comes to racquetball, visitors to Atlantic City can find places to play—although it may require a bit of driving to get there. Guests at the Atlantis Casino Hotel (formerly the Playboy Hotel) pay \$10 an hour for use of two glass back wall courts in the 22nd floor health spa area, which also includes a small swimming pool, weight equipment, steam rooms, sauna and whirlpool.

While one court has a standard wood floor, the other has a painted cement floor, a basketball net on the rear wall and water sprinklers on the ceiling. These courts are not heavily booked, and at the time of my recent visit there was talk of converting them to guest rooms or some other use. If you're thinking of staying at the Atlantis, it might be well to check first on the availability of racquetball by calling (800) 257-8672.

Those contemplating future visits to Atlantic City will be able to play at Bally's Park Place, a 512-room casino hotel. A health spa now under construction, scheduled for completion next spring, will include racquetball courts among other facilities. To check on the opening date or obtain other information, call (800) 772-7777.

Outside Atlantic City, the most attractive nearby racquetball facility is the Tilton Athletic Club, about a 20-minute drive. The five-year-old club has 13 racquetball courts, three with a side glass wall and viewing of the others from an overhead gallery.

The \$10 non-member charge for unlimited racquetball play also covers use of the other facilities, which include a fitness center with Nautilus, free weights, Universal equipment, three Life cycles, whirlpool, sauna and steam room. Congenial manager Pattye Field brags about the interesting restaurant menu, while club owner Sam Young notes that future plans call for the addition of a swimming pool.

Tilton Athletic Club is located at Tilton Rd. and Hingston Ave., Pleasantville, NJ 08232; telephone (609) 646-2590. To get there, take Arkansas Ave. out of Atlantic City (it becomes the Atlantic City Expressway) and get on the Garden State Parkway South; take exit 36, go through the first traffic light and turn left at the next light on Hingston Ave. The club is about ¼ mile on the right.

A few minutes further from Atlantic City is Rogers Racqueteer Club (formerly Somers Point Racquet Club)—a 12-year-old facility that is being renovated and expanded by the new management. It has six racquetball courts with upper deck viewing; four tennis courts;

Weight room at Tilton shows off the appropriate unisex mural, painted by a club staff member.



Polaris fitness center; bicycles, saunas, massage and sun tan rooms, and arcade. Plans call for the addition of a year-round swimming pool, whirlpool and boxing room with bags and other equipment.

The racquetball guest fee is \$12 an hour weekdays to 4:30 p.m., \$14 an hour after that and on weekends. This charge includes use of the sauna and a trial of the Polaris equipment, with a \$5 charge for an exercise session. A private racquetball lesson with rangy pro Gary Van Camp costs \$20 an hour.

Rogers Racqueteer Club is at 90 Mays Landing Rd., Somers Point, NJ 08244; telephone (609) 927-8862. To drive there, start out toward the Tilton Athletic Club but take exit 30 off the Garden State Parkway; bear right at the stop sign onto Route 9, and bear right at the next traffic light onto Mays Landing Rd., looking for the club about a half-mile on the left.

Other places to play racquetball in the Atlantic City include the Ocean City Community Center. While members get first priority on courts, non-members may use them if they're available for \$5.50 a person per hour. Call ahead at (609) 398-6900 to check whether a court will be open at the time you'd like to play.

The Jewish Community Center in Margate has three courts. The charge for playing time is \$4 an hour, and the additional \$5 a person guest fee also covers use of the swimming pool, weight room and other facilities. For additional information and directions, call (609) 822-1167.

If you visit Atlantic City, you may well decide to combine some racquetball with your time at the gaming tables. If so, don't forget that the outcome of your racquetball is more likely to depend upon your ability than on how well—or badly—you're treated by Lady Luck. ●

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, 4350 DiPaolo Center/Dearlove Road, Glenview, IL 60025.



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Tournament Results

It's Yellen's Turn in Bangor

When Mike Yellen won three national championships in 1983, some of the experts and all of the skeptics said that even though he was racquetball's first "grand slam" champion, it was a fluke. The reasoning behind this philosophy was that Marty Hogan was having a bad year, seemed semi-bored with playing, and appeared to be growing complacent with his five national titles and hundreds of professional wins.

Many observers said that if Hogan ever got hungry to win again, Yellen would be promptly returned to fighting with Dave Peck and the others for the number two slot on the tour.

The 1984-85 season began with Hogan winning the first two tournaments—the Toyota-Lite Beer East Coast Classic (where he drove home in his first place, \$10,000 Toyota 4x4 truck), and the Bud Light Open in Davison, Michigan, where

his win was accomplished handily (Yellen went out in the round of 16).

So, just when the season was beginning to prove the skeptics correct, along came the Bud Light Pro/Am in Bangor, ME. It was Yellen all the way, eliminating Dave Peck in the finals after Peck had done Yellen the favor of ousting Hogan in the semi's.

Incidentally, it must have been those same skeptics who counted Dave Peck out of professional play when he injured his leg at the 1983 DP nationals. Three surgeries later he seems as good as new.

Ironically, the Bangor stop in 1983 marked Peck's first return to the circuit after the injury, although he lost to Hogan in the semi-finals. At that time however, Peck was content with the fact that on his return to the tour he performed well, almost 100%.

Now, one year later, it was an obviously 150% recovered Peck who defeated Hogan to go on to the finals and face Yellen.

"Yes, I felt a lot better than last year," said Peck. "Some of the differences were subtle, but significant nonetheless."

Still the championship match in Bangor was almost all Yellen as Peck just wasn't on his game for the final matchup.

Game one was never in jeopardy for Mike, who hit kills from both sides and passed Peck for an early game lead. Even though Peck hit some excellent backhand shots, Yellen's momentum in game one was unstoppable, 11-7.

Game two did go to Peck even though Yellen almost caught him at mid-point — 7-6. Peck kept his head and his shots



Where's Hogan? Who cares say Peck and Yellen in their first final matchup this season.

Pay day from the sponsors . . . (from left to right) Bob Dionne (Bud Light), Yellen, Keith Mahaney (Holiday Health and Racquet Club owner) and Peck.



Bud Light Pro/Am Bangor, ME Nov. 30 - Dec. 2 Holiday Health and Racquet Club

Quarter-finals

Yellen d. Ray; Harnett d. G. Peck; D. Peck d. Gonzalez;
Hogan d. Newman.

Semi-finals

Yellen d. Harnett; D. Peck d. Hogan.

Finals

Yellen d. D. Peck.

to score the next four points and tie the match at one game apiece.

Yellen was back on in games three and four as he matched Peck's incredible backhand with some backhand wizardry of his own. Peck did not like the taste of his own medicine and instead of maintaining his consistency allowed his game to go into a tailspin with mis-hit shots and skip balls.

At 7-2, Yellen's favor in the fourth game, Peck lost his head, slammed his racquet on the court and called a time out to try and save himself from impending doom. It worked enough to win him a couple of points, but not the game and match. Yellen went on to win

with a final backhand corner kill shot, 11-7, 6-11, 11-2, 1-4 to take home the \$4,000 first-place check.

Semi-finalists Harnett and Hogan each pocketed \$1,000, while quarter-final losers Mike Ray (to Yellen), Gregg Peck (Harnett), Rueben Gonzalez (Dave Peck) and Jack Newman (Hogan) received \$500 each.

So now the experts and the skeptics are all confused once again as to who the reigning King of racquetball is. Right now it looks like a three-way race between Yellen, Hogan and Dave Peck with younger players such as Bret Harnett and Greg Peck in hot pursuit. ●

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Tournament Results

8th Long Island Open Another Success!

933 Entries!



— Photos by Randy Feldman

The Eighth Annual Long Island OPEN, sponsored by Lite Beer from Miller, Coral House Restaurant, DP, Frozfruit and PENN, continued to prove to be the premier tournament in the country, drawing 993 entries from 21 states to the Sportset Clubs in Syosset, Massapequa and Rockville Centre, November 15-18, 1984.

The tournament continued its commitment to ensuring that every player and spectator goes home feeling like a winner. This commitment is demonstrated in a number of ways: the dedication of the 23+ tournament staff, especially Allan Seitelman; directors, Bob Supple, Ernie Fraas, Jim Mortimer and Regina Corrigan, co-directors, to providing a quality event; the multiplicity of tournament souvenirs; the running of 1,600 matches on time; the awarding of 230 oak laser-engraved plaques in 42 divisions of play; the banquet at the Coral House which is unequaled; the awarding of 200+ prizes including \$3,200 cash, \$1,000 in savings bonds, Windjammer Cruises, DP racquets and bags, Lite displays, Footjoy sneakers and bags, PENN gloves, sweatsuits, Thorlo socks, etc. and the awarding of an individual cartoon portrait to 43 winners.

The food and drink consumed by the players included 5,000 Frozfruit bars, 35 kegs or 7,000 glasses of beer, 3,000 hot dogs, heros, hot dinners, and chicken, etc. combined with the banquet and the rest of the festivities may make you wonder if this was a racquetball tournament or a party. Well, it was a combination of both. Now, onto the courts and the matches.

Players of all skill levels (beginner to National Champion) and ages (10 to 72) provided fierce action in 42 categories. Over 250 women proved that they constitute a meaningful force in tournament racquetball.

The Long Island Open title continues to prove to be the most prestigious title to hold in the Northeast while continuing to attract and satisfy the beginning player. For over 17% of the players, this was their first tournament. Six reigning National Champions competed in various divisions.

Historically, the interest in any tournament focuses on the open division. The interest was well deserved at the Long Island tourney.

Players came from all areas to try and bring the L.I. OPEN Championship title back with them. The Men's OPEN doubles semifinals included teams from Canada, Florida, Pennsylvania, New Jersey, and Long Island. The Men's OPEN singles semifinals featured entries from Canada, Florida, and Rhode Island. The Women's semifinals saw players from Rhode Island, New York, Pennsylvania and Connecticut. The Women's OPEN Doubles had all these states represented as well as Florida and New Jersey.

Men's Open Singles

The Men's OPEN featured many players unknown to the local players but well known on a national level. Tim Hansen, the #1 seed from Florida, battled his way to the finals with a thrilling 9-15, 15-11, 11-7 quarterfinal win over Pete Chardavoyne. This match was a replay of last year's National 19+ Championship match. Tim continued his winning

ways with a 15-8, 15-14 win over # seed, Haydn Jones from Canada. Fred Calabrese, the #2 seed, reached the finals with straight game wins over former champion Charlie Horten, Jr. in the quarterfinals and Bubba Gautier in the semifinals. The Championship match with 900+ spectators was anticlimatic with Fred Calabrese serving and shooting his way to a 15-1, 15-2 romp.

Women's Open Singles

The extreme competitiveness of this division is demonstrated by the fact that except for the first two L.I. OPENs, no women have been able to win a second championship in this event. Three former L.I. OPEN champs, as well as two runner-ups, were on hand to try and win a second title. However, none of these players would emerge as the winner of the Women's OPEN division. Janell Marriott, the #1 seed and former finalist, reached the finals by beating former champion Maryanne Cluess in the quarterfinals, and former finalist Robin Levine in the semifinals by the score of 15-1, 15-8. Molly O'Brien was working her way to the finals by beating defending champion Jessica Rubin 15-7, 15-8 in the quarterfinals, and 1982 champion Bonnie Stoll in the semifinals by the scores of 15-7, 15-9. The championship match proved to be a grueling match with Janell Marriott using her years of experience and home court advantage in an attempt to beat Molly O'Brien whose passes, punches and court coverage was unsurpassed. Molly O'Brien emerged victorious with scores of 10-15, 15-8, 11-4.

Men's Open Doubles

This event featured a battle of North vs. South in the finals. Bubba Gautier and Tim Hansen from Florida beat Haydn Jones and Steve Melosche from Canada by the scores of 15-6, 12-15, 11-2. Champions Tom Montalbano and Ron DiGiacomo lost in the semifinals as did Jim Young and Joe Klein. Art Dremar, playing with his sixth different partner in six years, did not make the finals for the first time since the L.I. OPEN was started.

Women's Open Doubles

Janell Marriott and Mary Lou Holroyd, a team put together just before the entry deadline, emerged victorious with scores of 15-11, 15-5, winning the semifinals over defending champions Porotty/Burden and a win over Bonnie Stoll and Molly O'Brien.

Men's 25+

John Petersen won the championship in his home club. John Ochevat finished second.

*An overview of the championship action at
the Long Island Open.*



*Janell Marriott goes to the ceiling against
Molly O'Brien in the women's finals.*

Men's 35 +

Mike Clifford continues to dominate the senior division in the Northeast. He went through the draw without losing a game.

Men's 45 +

Charlie Garfinkle finally managed to break his L.I. OPEN jinx and win a championship. He managed to win despite pulling a muscle in the round of 16. Don Costleigh, National 45+ finalist, finished second.

Men's 55 +

Eli Krodman continues to dominate this division. He won his fifth straight Golden Masters Title by beating out 15 other players eager to dethrone him. Eli remains the only player in any division of the L.I. OPEN to never lose a match.

Men's Juniors

Nolan Slanty continued his winning ways in the Boy's 45 and under, while Pierre Dubrin was winning the Boy's 16 and under. Eric Crawford won the Boy's 12 and under.

Men's Open

Fred Calabrese, Florida
Tim Hansen, Florida
Bubba Gautier, Florida
Haydn Jones, Toronto

Men's A

John Miller, New Jersey
Scott Liparelli, Shoreham
Tab Mak, New York City
Tommy Cappa, Brooklyn
1st Place Consolation

Men's B

Craig Drimal, New York City
Frank Ciociola, Bronx
John Lee, Bayside
Artie Mochi, New York
1st Place Consolation

Men's C

Rick Szambel, New Jersey
Mike Sondel, Buffalo
Bob Miller, Syosset
Joe Cosentino, Queens
1st Place Consolation

Men's Vet C

James Bert, Massapequa
Mike Scanlan, Greater Neck
Jeff Rothberg, New York City
Frank Pesik
1st Place Consolation

Men's CC

Mark Rosenbloom, Oceanside
Thomas Vassallo, Seaford
Jeff Blitz, Northport
Andy Berger, Great Neck
1st Place Consolation

Men's 12 & Under

Eric Crawford, Newberg
Ricky Millian, Coram
Mike Meyer, Buffalo
Suds Monchik, Brooklyn
1st Place Consolation

Men's 14 & Under

Nolan Glantz, Cromford
David Pitegoff, Newberg
B.J. Grubber, Woodbury
John Charbonneau, South Beach
1st Place Consolation

Men's 16 & Under

Pierre Dubrin, New Jersey
Jeff Pitegoff, Newberg
Jeff Kerman, Pelham
Scott Liparelli, Shoreham
1st Place Consolation

Men's 18 & Under

Howard Millian, Coram
Aaron Vogel, Mahopac, NY
Danny Cartan, Mahopac, NY

Men's 25+ Junior Vets

John Peterson, Syosset
John Ochwat, Copiague
Jay Rayan, White Plains
Bruce Koller, Woodside

Men's 30+ Vet

Jim Young, Pennsylvania
Brian McDermott, Westbury
Edward Garabedian, Pennsylvania
Paul Ackins
1st Place Consolation

Men's 35+ Seniors

Mike Clifford, Pleasantville
Harold O'Neil, Copiague
Jack Crispi, Rockville Centre
Joe Pezza, Brookville
1st Place Consolation

Men's 45+ Masters

Charlie Garfinkel, Buffalo
Don Costleigh, Sr., Massapequa
Joe Rizzo, Glen Cove
Tony LaSala, New Jersey
1st Place Consolation

Men's 55+ Golden Masters

Eli Krodman, Massapequa
Walter Shur, Port Washington
Andy Kunkel, Carle Place
Thomas Stidheim
1st Place Consolation

Men's Open Doubles

Tim Hansen/Bubba Gautier—Florida
Steve Melosche/Haydn Jones—Canada
Jim Young—Penn./Joey Kline—N.J.
Tom Montalbano/Ron DiGiacomo—Long Island

Men's A Doubles

Steve Lauria/Joel Wolf—New Jersey
Mike Vanora/Mark Benwick—New Jersey
Jeff Kerman—Pelham/Tyson Pecco—Conn.
William Young—Massapequa/Robert Haab—Lindenhurst

Men's B Doubles

Bruce Levy—DixHills/Glen Levy—West Hills
Jim Mulligan—Medford/Tom Dichiaro—Selden
Doug Walsh/Rick Walsh—Massapequa
George Buckley—Bohemia/Paul DiPaolli—St. James

Men's 30+ Doubles

Joe Pezza—Brookville/Artie Diemar
Dave Hoffman—Hicksville/Roy O'Hara—Glen Cove
Joe Rizzo—Glen Cove/Bill Pettas—Oceanside
Dennis Murphy—Queens/Frank Bernardi

Women's 12 & Under

Jackie Charbonneau

Women's 16 & Under

Susan Craddock

Women's Masters

Kaz Burnette

Women's Open Singles

Molly O'Brien, Pennsylvania
Janell Marriot, Rhode Island
Bonnie Stoll, Connecticut
Robin Levine, Fishkill
1st Place Consolation

Women's A

Dianna Cuocco, Terryville
Grace Grillo, Brooklyn
Sara Ali, Buffalo
Pam Filasky, Middle Island

Women's B

Robin Saraceni, Glen Cove
Linda Dougherty, W. Islip
Lisa Correia, Brooklyn
Leanne Nossberg, Woodbury
1st Place Consolation

Women's C

Gail Ganzer, BayShore
Lynn Malonn, Smithtown
Lynne Withers, Queens
Wendy Gannon, Rockville Centre
1st Place Consolation

Women's CC

Chris Lay, Syosset
Doreen Rallo, Brooklyn
Melissa Mandell, Centereach
Linda Lang, Syosset
1st Place Consolation

Women's Novice

Pat Hanson, Queens
Janet Chruce, Ronkonkoma
Jeanne Ruddy, Wantagh
Betsy Zatarin, Stonybrook
1st Place Consolation

Women's Vet C

Kaz Burnette, Bethpage
Lorraine Krebs, N. Babylon

Women's Seniors

Linda Dougherty, W. Islip
Carolyn Saraceni

Women's 14 & Under

Jackie Charbonneau, Sound Beach
Pam Afford, New Jersey
Jennifer Afford
Ann Prentiss

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Tournament Results

Yellen, Great Nationals Highlight 1984 Japan RB



Mike Yellen giving opening remarks before Bashamichi Classic tournament in Yokohama, Japan.

JARA Japan National winners: (Front l. to r.) Emiko Kiuchi, Shoichi Naoi, Mayumi Kurimoto (Second row from left) Masahiro Kiuchi, Yoshikazu Hirasaka, Eriko Watanabe, Shihoko Tozawa, Michio Ishimoto

Ninety-three men and 41 women participated in the Jara Japan Nationals after qualifying in the Eastern and Western Japan regionals in November.

The tournament was sanctioned by the JARA (Japan Amateur National Racquetball Association) and held at the Bing Bang Racquetball Club in Tokyo.

In the Men's singles, Shoichi Naoi defeated Yoshikazu Hirasaka in a hard fought match that flip flopped into a tie-breaker. After winning the first game, 21-9, Naoi's title seemed assured. Hirasaka had different plans for the second game, however. Finding a more consistent rhythm in game two put Hirasaka over the top with a score of 21-7. The momentum of Hirasaka's second game win continued down to the wire in the tie-breaker but ran out of gas in that all important last point of the match, which Naoi snatched from him to win the tie-breaker and the title.

The Women's singles followed a similar scenario to the Men's singles resulting in both matches providing great entertainment for the spectators. Emiko Kiuchi upset defending champion Mayumi Kurimoto with a tie-breaker win of 11-5.

★ ★ ★

Top ranked professional Mike Yellen made a promotional tour of Japan September 19 through 29. Yellen was invited to Japan by the Japan Amateur Racquetball Association (JARA) and conducted clinics at the DO, Kioicho, and Musashino racquetball clubs in Tokyo and the Bashamichi and 21C clubs in Yokohama and Kobe. The clinics were sponsored by Ektelon and Noram Japan Co., Ltd. the Ektelon distributor in Japan.

With the translation of JARA official



Michikane Ishiguro, Mike Yellen gave instruction in basic racquetball fundamentals, strategy, and equipment selection. The over 200 Japanese racquetball instructors and players who participated in the clinics were amazed at the racquet control displayed by the champion. When asked about the level of play in Japan Yellen said "I knew that they hadn't been playing very long but the overall level was better than I expected. They have come a long way in a short time!"

Racquetball was shown on Japanese national television for the first time during

Mike biting into a live shrimp.



ing one of the clinics providing valuable exposure for the new sport in Japan. During Yellen's visit he was also featured in the opening ceremonies of the Bashamichi Classic racquetball tournament. The Bashamichi classic is Japan's largest annual open tournament attracting Japanese players from all over Japan as well as Americans and other foreign players living in the Far East.

After the Musashino clinic Yellen was treated by Mrs. Yamada the club manager to a traditional Japanese seafood dinner. Under pressure Mike displayed the character that has made him a champion when he was faced with eating; 6" long live shrimp, raw fish, squid, and octopus, raw quail's egg, and lastly the beloved fermented soy bean paste wrapped in dried seaweed. After it all he said "why did I say yes to seafood?" ●

—Bill Marklevits

Ask The Champ

by Mike Yellen

Current National Champion Mike Yellen answers questions about improving your game in this ongoing, exclusive series in National Racquetball. Mike is a valued member on the advisory staff of Ektelon. Readers are encouraged to submit questions to Mike Yellen, c/o National Racquetball, 4350 DiPaolo Center/Dearlove Rd., Glenview, IL 60025.



Question: Every time I play competitively, I find myself worrying about the score so much that I usually lose. I feel myself choking especially hard when my opponent jumps out to an early lead, or starts closing the gap when I'm ahead. How does a real winner like yourself keep track of the score during a game so that he uses it to win and not as a reason for choking?

Joe Mindyas
Las Vegas, NV

Yellen: I had that problem in the early stages of my career and had to learn that if I was going to play to the best of my ability I would need to learn to concentrate more on what's going on inside the court, not outside the court. Paying attention to the score, the ref, my personal life, etc. are some of the things that only got me into trouble.

Nowadays I can honestly say that when I'm out on the court, I am not thinking of the score. I concentrate on hitting the shots I need to hit in relation to my opponent's position on the court. My serving strategy and shot selection in relation to who I am playing at the time is all that I worry about. That's probably also why I have no trouble on glass. My concentration on those two factors is so focused, I never see the crowd!

The best advice I can give you is to do what I do myself and that is to think strategy and not score.

Question: I can always flat roll the ball on my backhand side, no problem. However, the kill shots on my forehand side are few and far between. When I try a straight kill, the ball stays up and comes right back at me, sometimes creating a hinder situation. When I try to pinch the ball, I inevitably hit the front wall first for a front wall side wall kill instead of a side wall front wall kill. Lastly, my cross court passes almost always go across the court too high and come off the backhand back wall for a setup. What am I doing wrong?

Ed Lang
Santa Fe, NM

Yellen: Well, if you can "always" flat roll the ball on your backhand side with no problems, I need to take lessons from you!

As for your forehand, there are three problem areas I can see that might be causing your difficulty.

One, you might be overhitting the ball. Trying to hit for power first and control second, is a common error many players make on the forehand side. If that's the case, then you must let up on the speed of your forehand shots and establish control first. Once you've got control, increase your power.

Two, your forehand may simply be your weaker side at this point because you are taking it for granted. Most of us go through life experiences off the court using a forehand in day to day living. Swinging a baseball bat, opening a sliding glass door, throwing sticks for your dog to chase; all of these and more are movements you make using a forehand-like motion.

So, once you get in the court, you tend to take your forehand for granted. Instead of taking the time to set up and

hit the ball properly on your forehand side (like you must do on your backhand side to even make it to the front wall), you simply swing at the ball, forsaking the proper amount of footwork required to set up and hit it properly.

Three, you should try having your forehand video taped. Take a look at where you are making contact with the ball in relation to your body and how high off the floor you are striking it. You'll be able to see if you are contacting the ball too far in front of or behind your body to be effective, or if you are not letting the ball drop low enough before hitting it, or any combination of the three.

Also, if you are overhitting the ball, or not moving your feet properly (problems 1 and 2), you'll see it. If you can get a good instructor to tape you and critique your forehand strokes as well as the shots that are giving you trouble, you'll also be that much closer to solving the problem.

Question: What do you think of video racquetball lessons (video taping your own strokes and your game and reviewing them with your instructor)? Is it beneficial and worth the extra money?

Craig Johnson
Owatonna, MN

Yellen: I think that video taping analysis can be very helpful, provided you and your instructor are able to analyze the tape and learn from it.

I've analyzed my own game on video many times and my coach, Leonard Karpeles, has also helped in this area. However, our usual pattern is for me to analyze my own videos and for him to observe me live on the court. ●

Steve Mondry's Racquetball Clinic

Removing The 'Magic' From Court Coverage

by Steve Mondry



After people get through watching top racquetball players compete, I believe they are most impressed at the differences in the way shots are covered during each rally by the better players as compared to themselves. Although these observers leave the match impressed, I've often heard comments which lead me to believe these same observers are confused as to why they can't cover the court nearly as well.

Some players rationalize that the age difference between themselves and "those youngsters" is the critical element (as was the case of the 65-year-old spectator who couldn't get over the "quickness" of 63-year-old Alex Guerry, a perennial national top-eight competitor in his age category).

Most others leave the court with a questioned look, commenting quizzically "He seems to know where his opponent is going to hit the shot even before it is hit."

This look and feeling is familiar to all of us who have had the opportunity to witness a magician go through his bag of tricks. Although most of us are aware that there is usually a sleight of hand deception involved in the trick, some of us still ponder over whether or not it really *is* magic.

Well, maybe you don't—but I do. Of course, if you ask any good magician to show you how the trick was done, he'll tell you that it would only spoil your fun if you were wise to his scheme and besides, it *is* magic.

Well, not being a magician myself, I take the opposing point of view, at least where racquetball is concerned. I will take all the magic *out* of the trick of covering the court—knowing where your opponent is going to hit his next shot before he hits it—by giving you the thought process one must go through to figure it out.

Once understood, you can be certain that, unlike the magician who believes magic loses its fun if you know the mechanics of the trick, racquetball will become more enjoyable, more challenging and more rewarding if you know what shot your opponent is most likely to hit—even before he does.

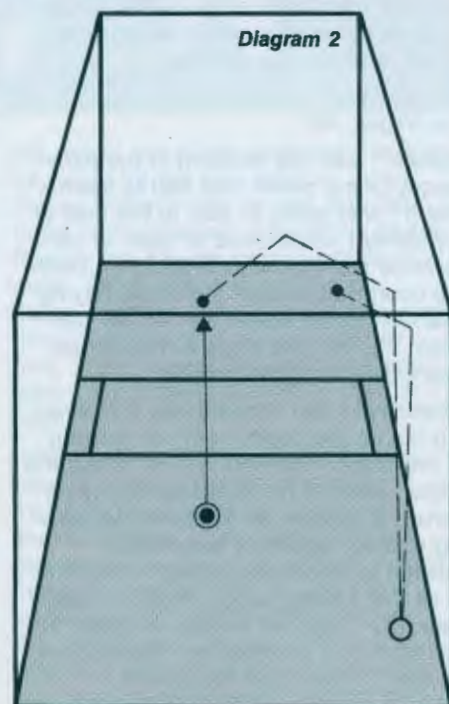
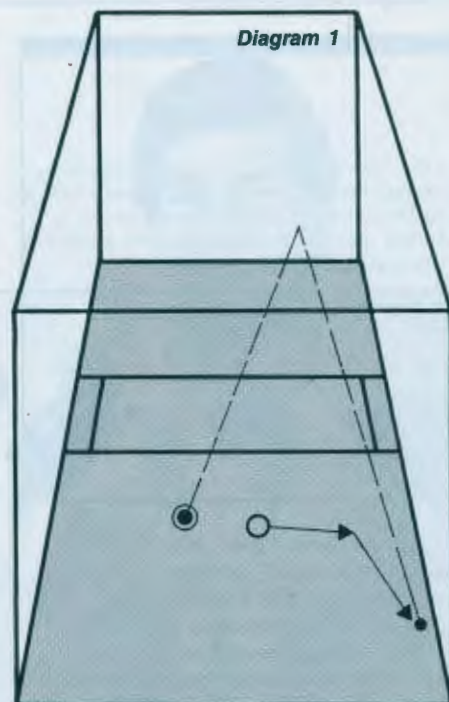
These tips will enable you to dictate the shot that your opponent hits. And when that person comes up to you—and, believe me, he will—and asks you in astonishment, "How do you know where I'm going to hit it before I do?"—just tell him the truth, "it's magic."

Reach Back Down The Line

Whenever you hit a shot that causes you opponent to hit the ball late, i.e., deeper in the back court than he intended, you can disregard the possibility of him hitting the ball effectively cross court. Because his body lags behind the ball, he is forced to bring the ball to the front court with nearly "all arm (or wrist)." There's no way he'll be able to pull that ball across his body cross court.

In this situation, your opponent is forced to attempt to hit the shot down the line. Yet, in all likelihood, he'll end up hitting a pinch, either by design or by misjudging the shot.

In *Diagram 1* you can see your opponent has been forced to retreat deeper than he anticipated with his body nearly facing the back wall. He is off balance



and not ready. (By the way, this also occurs frequently when the player guesses wrong on court coverage and is forced to rapidly change direction to recover for the retrieve.)

In *Diagram 2* you can see his options. He can try to pinch, but that shot probably won't make the front wall; he can try down the line, but that will probably result in a pinch. So your job is to cover the pinch.

Sometimes you can maneuver your opponent quickly into this situation by using a hard Z serve. If the receiver mis-judges the ball's rebound, i.e., if he thinks it's coming off the back wall but it doesn't, or if he's jammed by the ball that he didn't think would carom back out toward center court, he will undoubtedly attempt a down the line shot, with a pinch as the likely result.

Knowing this, your movement after that Z serve is to cover the pinch and re-kill easily into the opposite corner.

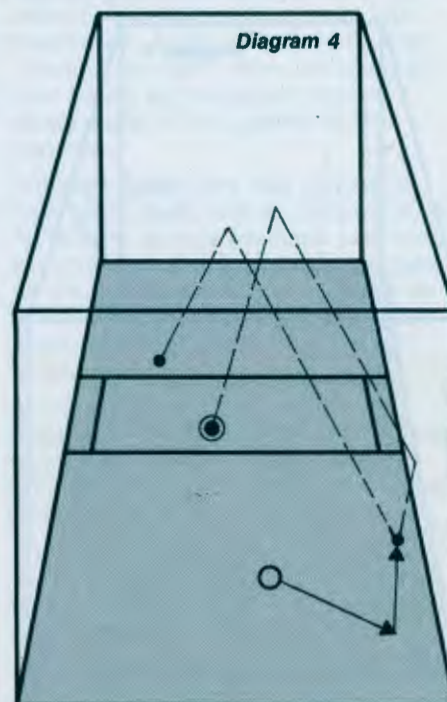
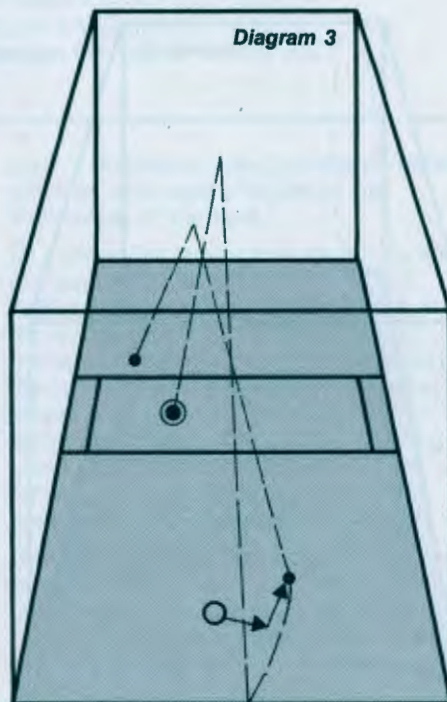
Cross Court Reach Out

Any ball that causes your opponent to reach out or lunge after, will be hit back at you cross court. This happens most frequently with shots that carom off the back wall. The player has planted his feet and is awaiting the back wall set up, but finds (for any reason) that he's misjudged it. A last second lunge is necessary with the result being a cross court return (*Diagram 3*).

I have game tested my theory time and time again, purposely hitting a shot so that it caroms a good distance off the back wall, practically guaranteeing me a cross court return from my opponent.

Another common situation is where your opponent thinks you've got him passed and as he's racing into deep court, the ball catches the side wall (*Diagram 4*). This forces your opponent to screech on the brakes, since he's now run way beyond the ball. The result? A cross court return.

What you do in these situations is meander over to the cross court passing lane and drive the ball down the opposite line for your winner.



Know The Serve Return

They say that the serve is the most effective shot in racquetball because you have total control of where you will hit the ball with your opponent stuck in deep court, forced to await your shot. If this is the case (I believe it) then it makes sense to believe that your opponent's return of your serves should leave you with plenty of offensive, rally-ending opportunities.

Yet I've seen many, way too many, good players serve those ripping drives or near-perfect hard Z's and then squander their offensive opportunity because they seemed nearly shocked at the return! That's playing one shot racquetball, and it's a losing game.

Racquetball is a game of court position and anticipation. Every serve that you hit should be hit with the knowledge that if it's not an ace, it will elicit a specific return from your opponent. If your serves don't achieve this, then you need work on your serves. You can, you must, dictate the shot that the receiver will hit, based on your strengths, i.e., the shot that you want to have as your second shot of the rally.

Usually, this is merely a matter of paying attention to what types of returns your current serves are getting. In other words, the process begins by you *thinking* about it, tuning into this phase of the game. It will take a while, (having a friend chart your matches is extremely helpful) but eventually you will determine which serves are useful for you and which are not. Once that's determined, it becomes a question of whether you want to eliminate the serves that aren't working, or make a modification of them (speed, location in service zone, etc.)

Regardless, if you've got the serve, your second shot of the rally is where the points are.

Ceiling, Ceiling, Ceiling

Serve high—return high. That's an old racquetball adage that has held up over the years. When a player serves a ball

that enters the receiver's hitting zone at shoulder height or higher (lob, high Z, garbage) you can be sure you'll get a ceiling ball return (*Diagram 5*). And, if your game is solid on the ceiling, then this is the type of serve for you.

Again, you've got to be thinking when serving. If you do serve a high lob, then you've got to begin backing out of the server's zone as soon as it's legal i.e., when the ball passes the short line. Take a peek over your shoulder to make sure your opponent's swing is upward (don't worry, it will be) and begin your movement into back court.

If your opponent's shot ends up "short" you'll be in perfect position to hit a corner kill in front of him or a pinch kill to the opposite side of the court.

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Diagram 5

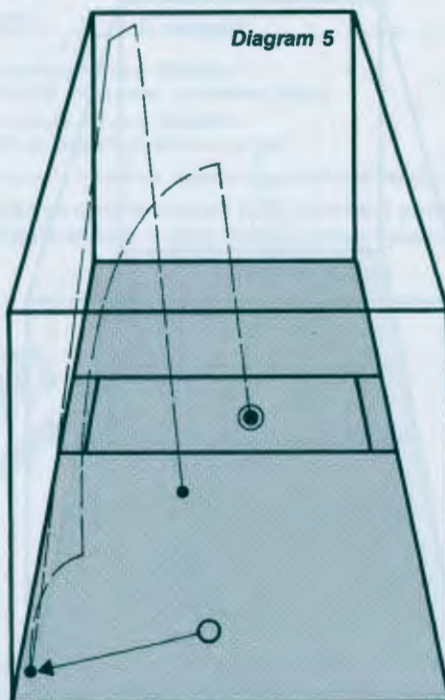
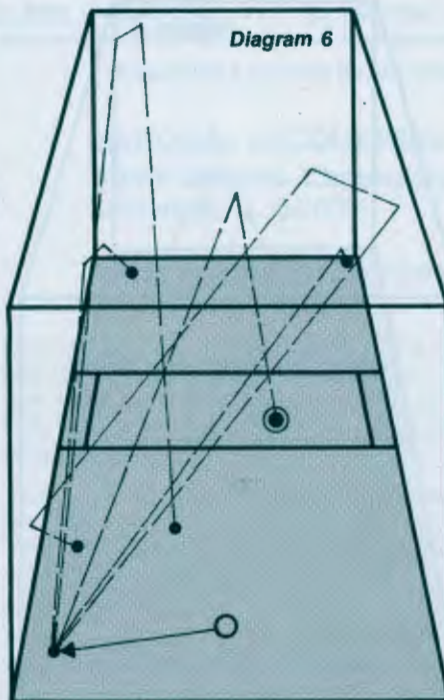


Diagram 6



What's that? You're worried about a surprise backhand, overhead reverse corner kill off your lob serve? Forget it. Only the legendary Steve Keeley was bold enough to actually use that shot and he did it primarily for effect. The shot essentially does not exist, so don't worry about it.

Drive In—Drive Out

If you want to play rippin' racquetball, then this is the strategy for you: if you blast it at him, he'll blast it right back atcha! If your hard, drive serve is not an ace, you'd better be ready for the return.

This situation is not bad, in fact, it's even desirable—as long as you know what kind of return your opponent is likely to give you. The first thing you'll need to do is watch the ball to see what happens on the back end of your blistering ace attempt, because a bunch of things could happen (*Diagram 6*).

If it's a near-ace, then your opponent will likely have to stab at the ball meaning it's coming back to you via the ceiling.

If the ball is behind him, then look for the pinch.

If the ball is not hit that well and he's got time to step up and rip it from the power zone, then it's goin' cross court.

So you see, court coverage, especially court coverage off your opponent's serve return, is a matter of understanding why and where certain shots are hit and then forcing your opponent (either willingly or otherwise) to hit the shot that you want.

There really is no magic to it. Has anybody seen my wand? ●

Steve Mondry, a top touring pro for six years, author of numerous articles on racquetball, conditioning, and weight training, and director of the Mondry/DPI/Penn Clinic Series, is an instructor with the East Bank Club, Chicago.

Charlie Garfinkel's 'Spot' Racquetball

How To Beat The Touch Player

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.



We've all played against the player who has that "unbelievable touch." He's the guy who can roll out forehands, backhands, overheads, reverse corner kills and drop shots with uncanny accuracy. And what makes it even more frustrating, most of the "touch" player's shots appear to be traveling at speeds of 50 miles an hour or less.

Bill Dunn, a northern Californian, Joe Ycaza, a Floridian, Jim Austin, a Houstonian, Dr. Bud Muehleisen, a San Diegian who holds over 60 national titles, and Gary Berberet, another southern Californian, are among the greatest touch players in racquetball. Berberet's amazing touch and control has left many of the superstars, including Hogan and Yellen, shaking their heads in disbelief, as these powderpuff shots pinch and roll out time after time.

As for Dunn, a few years ago he was smiling ecstatically. His smile was the direct result of his realizing that the particular ball that he would be using in the Northern California Senior Regionals had an extremely dead bounce.

Dunn's 30 mile an hour backhand rolled out shot after shot en route to his decimation of the field.

Of course, Dunn was well known on the pro tour in the early 1970's for his affinity for hitting many different balls in the warmup, looking for the one with the least lively bounce so he could play the type of game he played best: slow, slower, and slowest. However, even with a lively racquetball, Dunn's ceiling game was excellent. Just ask Bill Schmidtke, a two time national champion, who Dunn always played tough.

Up until five or six years ago Joe Ycaza was relatively unknown on the west coast. When he ventured forth from Florida to play in the Ektelon National Senior Championships five years ago, he astounded everyone with his amazing ability to consistently drop his opponent's hard hit passing shots into the corners. Austin and Craig Guinter—two of the best—were left shaking their heads as Ycaza held them to single digits in both games of their matches.

Although Austin lost that match, he hasn't lost many others. Jim's ability to hit 25 mile an hour overhead backhand kill shots into the right corner, borders on the unbelievable. His accuracy on 35 foot forehand and backhand pinch shots have frustrated numerous opponents.

Austin's forehand is especially aggravating. Hitting the shot with a tennis swing he often leaves his startled opponents standing 15-20 feet from where the ball has hit on the front wall.

"Austin is amazing," says Bernie Kohout, an east coast senior. "He hits all of his shots similarly to a baseball player who bunts the ball."

Muehleisen, who is affectionately known as "Dr. Bud" or "Fudley" (by Charlie Brumfield), is perhaps the

greatest touch player of all time. Having won the national open singles championship in 1969 at the remarkable age of 37, he still has an extraordinary combination of power and touch that makes him extremely difficult to play. His ability to cut off passing shots and rekill hard kill attempts is nonpareil, as he deftly "dumps" the ball back into the front wall corners.

In doubles, where Muehleisen is rated as one of the two or three greatest to have ever played the game, his ability to hit 39 foot drop shots on both the backhand and forehand sides, has never been equalled.

Of course, most of these player's serves, as with the serves of most touch players, are mostly high or medium lobs. Although they occasionally do hit some drives, they usually serve so slowly, that their opponents can almost read the label of the ball as it approaches.

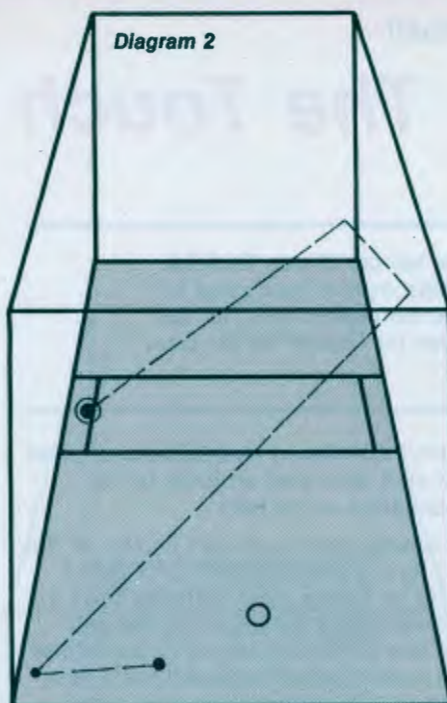
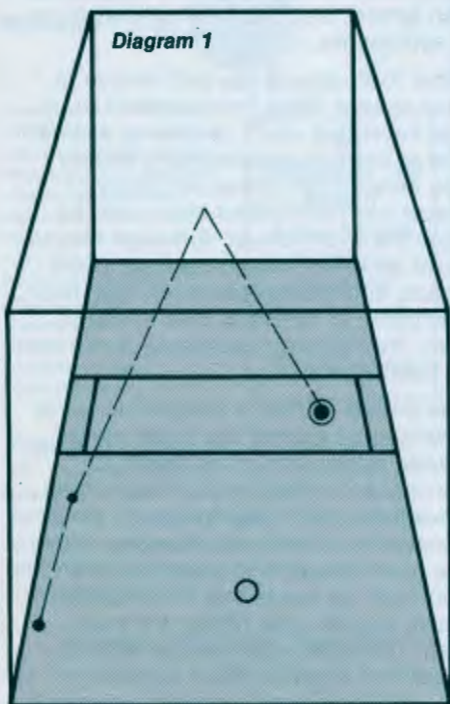
What then, should you do? Refuse to play against these type players? Or, if you know that you'll be playing against one of them in a tournament, should you default? Of course not. Every player has his Achilles heel—and so does the touch player. Although they're great shooters, players such as Dunn, Ycaza, and Muehleisen have often been compared to turtles in their speed of foot. That is, court quickness is not one of their assets.

The answer is then a simple one, as to how to play against the touch player: *Power, power, and more power.* By serving and hitting most of your shots powerfully you'll keep the touch player constantly off balance. However, when the touch player is in proper position you must be aware that his shots don't travel very far after hitting the front wall. Therefore, you must be ready to move into the front court quickly.

Because a touch player likes nothing better than a great amount of time to

execute his return of serve and shots properly, using a variety of hard drive and Z serves, well placed passing shots, and powerfully hit overheads, will prove to be very effective.

A drive serve that is especially productive against the touch player is shown in *Diagram 1*. You'll notice that the server is standing near the right side wall, approximately five feet from the center of the service box. He is going to hit a hard drive serve that will travel in the direction of a "V." This is an excellent serve to use against a touch player because the ball is moving away from him at a sharp angle. Attempting to hit a drop shot or a soft reverse corner will be a very difficult for him. Also, if the ball hits close to, but not on the side wall, the touch player will have a great amount of difficulty returning the ball at all.

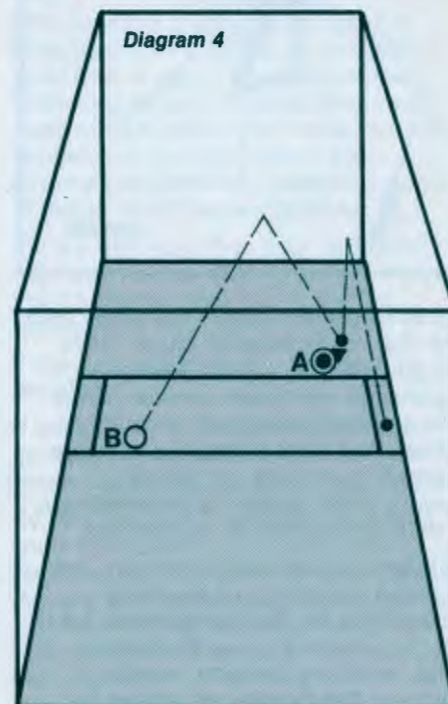
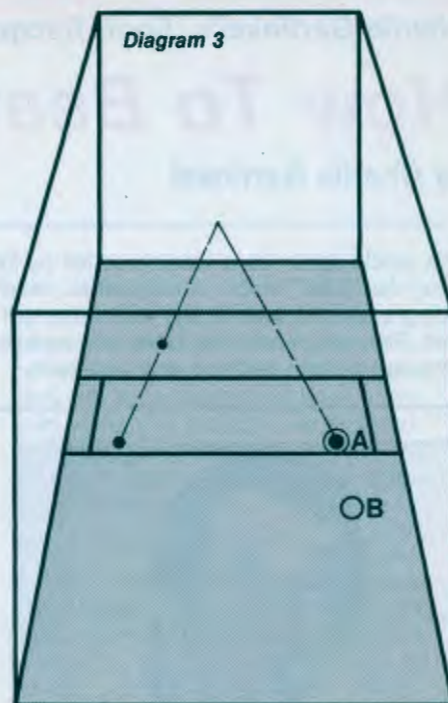


Another serve that can be used for your first or second serve because of its high degree of accuracy is the hard Z to the touch player's backhand (*Diagram 2*). However, you must be sure that the ball lands in the deep left corner. If the serve is hit properly, the touch player will find himself very restricted in his attempt to return the Z serve, as he is virtually pinned against the back wall. Due to his lack of power he will have great difficulty making a forceful return.

When the ball is in play, a well hit cross court pass can be very effective. Because many touch players do move slowly, a pass can be attempted even though a pinch shot might normally be called for.

For instance, in *Diagram 3*, Player A is stationed at the short line in front of Player B near the right side wall. Although the pinch shot is generally the best shot to use in this situation, Player A could be in trouble if the ball stays slightly up, especially if Player B gets to the shot. Player B would then be stationed in front of Player A and with his deadly touch he'll surely hit a soft drop shot into either corner to win the point.

However, if Player A hits a hard cross court pass, Player B will have great difficulty even getting to the ball. And if he does, his return will be very weak. All Player A would do then is hit another passing shot for the winner straight down the right side.



Being able to volley (hitting the ball in the air before it bounces) is especially effective against the touch player. However, I recommend volleying more on your forehand side than backhand, as you'll be able to generate more power and control.

In *Diagram 4*, Player A is at the service line on the right side of the court with Player B at the short line on the left. Player B (the touch player) feels that a

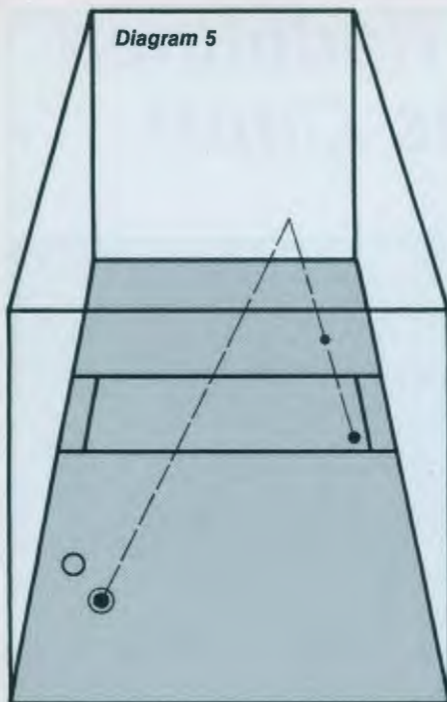


Diagram 5

to the right side. Often, you'll be able to move to the left side to hit a hard forehand overhead to the right side of the court (*Diagram 5*). Even if the touch player can reach it, he'll have a difficult time returning the shot.

Finally, there will be occasions where the touch player is going to have time to set up and hit the shot that he wants. If he rolls the ball out, there's not much that you can do.

Looking at *Diagram 6*, you'll see that Player A (the touch player) is at the short line on the right side. Player B is at the short line to the left of A. It is

quite evident that Player A is going to hit a straight-in drop shot. Sensing this, Player B should move as quickly as possible to the right corner. Being fortunate enough to reach the ball, he should *not* re-drop it. Rather, he should hit a cross court kill as low and as hard as he can.

When you're playing against the touch player, try to hit most of your shots with as much power as possible. Spot Racquetball could put the touch player completely "out of touch" in your next match. ●

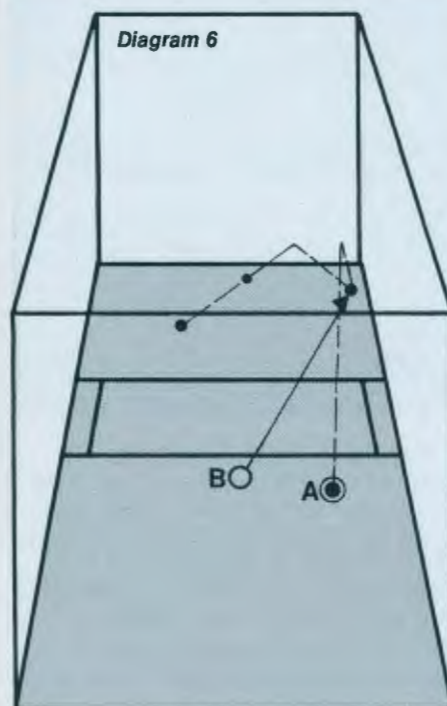
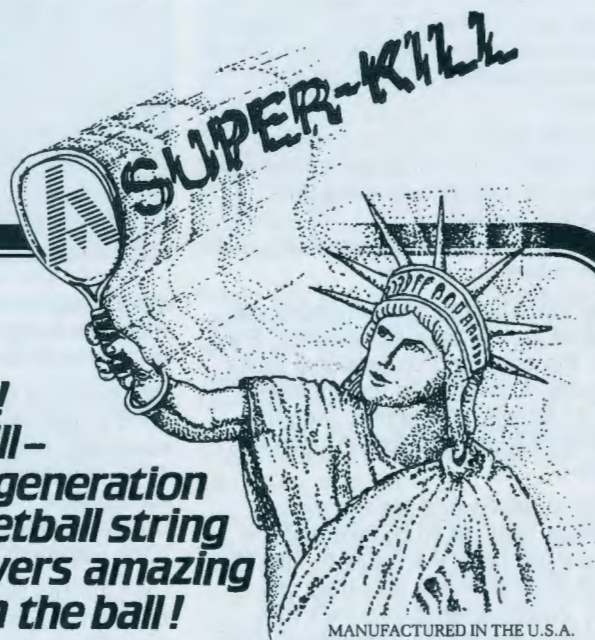


Diagram 6

cross court pass will score an easy point. And he may be right. But because B can't generate a great amount of power, Player A is able to volley the ball out of the air straight down the right side for an easy point.

As for ceiling ball rallies, the touch player loves nothing better than to hit ceiling ball after ceiling ball, hoping that you'll eventually give him a short ball that he can put away. Don't fall into this trap!! My advice is to alternate two or three ceiling balls from the left



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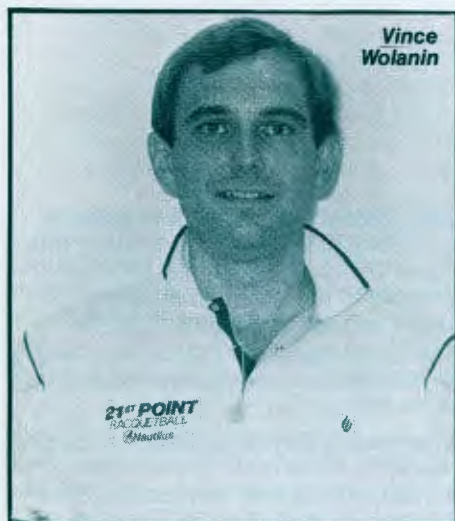
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How The Big Shots Have Redefined The Offensive Parts Of The Court

by Vincent Wolanin



In racquetball it is of primary importance to control the offensive portions of the court floor. The offensive court for years has been defined singularly as a circular area of about eight to 10 feet in diameter which touches the short line at its nearest position to the front wall (Diagram 1).

While this relationship is somewhat valid, there are three factors which have eroded that validity over the years:

- 1) The ball is faster;
- 2) The players are better shooters; and
- 3) The rallies are shorter

These three factors have changed the offensive control area significantly. Players in the open and professional ranks today are vulnerable to the shotmaker who, by altering this control area theory, has changed the way the game is played.

My observations and playing experiences lead me to believe that the best players have the ability to alter the control area on every shot they can reach. To understand this, let's look carefully at the mental processes which dictated the "old" control area.

Before the age of the shooter, the defensive player would put himself into offensive position by playing the game (at least) two shots ahead. The first shot (if I'm the receiver) gets me into the control area and the subsequent shots

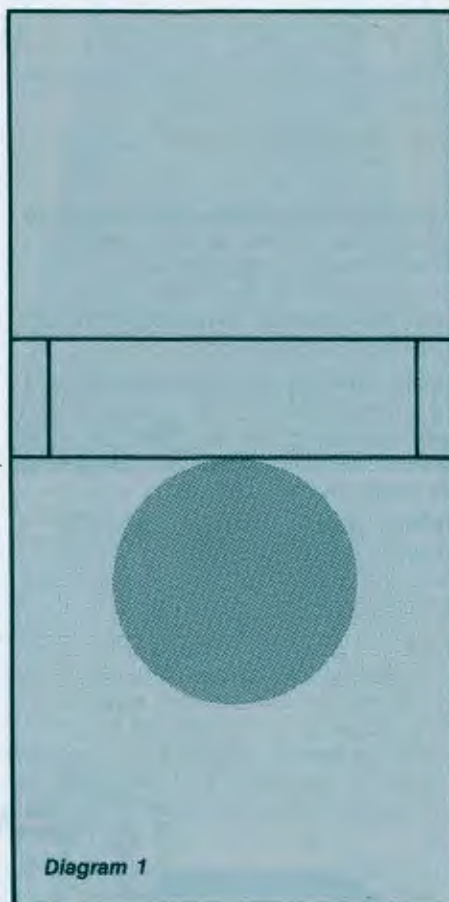


Diagram 1

either retain the control area for me or afford me a high percentage opportunity for an all-out winner.

This two shot theory is used by the world's best squash players to control essentially the same area (known as the "T"). The difference between squash or the old style racquetball and today's racquetball is the introduction of the "One Big Shot."

The One Big Shot is the home run, touchdown bomb, and three point jump-shot all wrapped into one. In addition, it comes in many sizes and shapes using front wall, side walls, splats, straight in and other variations of kill shots that can end a rally not in two (or more) shots, but with One Big Shot.

Because today's players are so adept at playing the One Big Shot, the control area is more or less dictated by the selection of the One Big Shot. Here are a few examples.

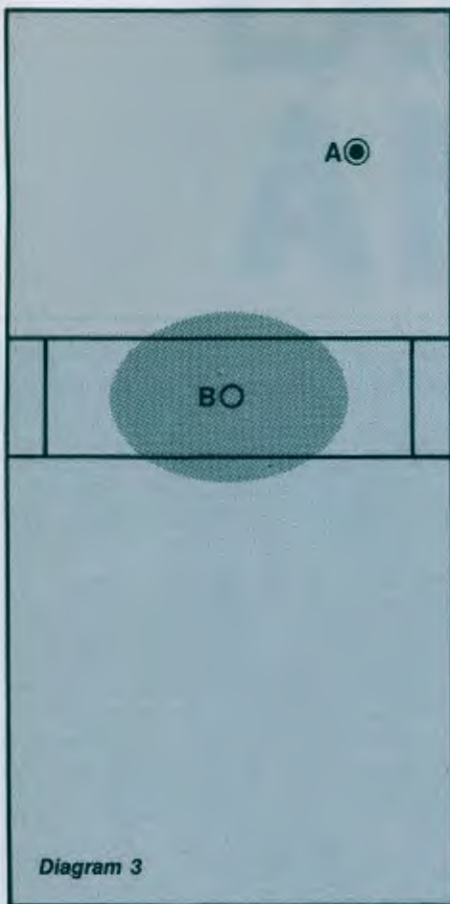


Diagram 2

In Diagram 2, Player A hits a hard, drive serve to Player B's backhand, the normal start to most rallies these days. Player B hits a backhand splat return, his One Big Shot. If B's splat kill attempt stays up, then Player A (who is moving in to cover) has a chance.

Although it's doubtful that A can recover B's shot, if he does, he must still hit a perfect shot on the run as B moves up to cover. Notice in Diagram 3, where the control zone now is for Player B and compare it to that of Diagram 1. While it hasn't moved all that much, it has moved.

Unless Player A can flat kill the ball on the run, B is in a great position to re-kill any of A's shots. You can see that B has forced the control area to move because of his use of the One Big Shot, in this case a backhand splat, one of the '80's dramatic shots.



Significantly, the control area has moved twice, in a sense. First (in the old days) the two players would have traded ceiling shots along the left wall, with each taking turns at the old control area and then to deep left court. Today's control area (in our example) has changed all that.

During a rally, the One Big Shot philosophy also can dictate the course and results of the rally. In *Diagram 4* you'll visualize Player A hitting a cross court pass to Player B, who must hit on the run. In many cases (and many more in the old days) Player B would flip the ball to the ceiling, race back to the control area and get back into the rally.

Not so with One Big Shot.

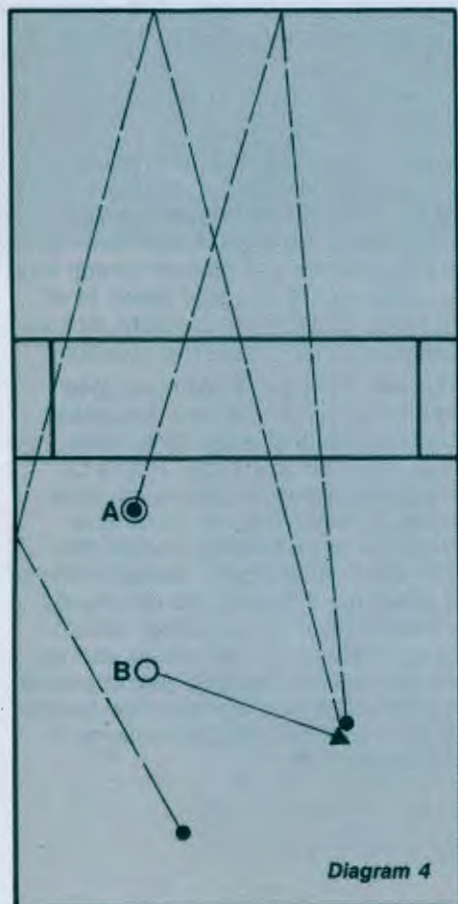
Rather than taking that ultra-defensive selection, B counters with a wide angle V-pass (*Diagram 4*) knowing full well that as long as the shot doesn't come off the back wall, that Player A must scurry into deep court and hit the ball on the run, if he reaches it at all.

The important thing to note is that even though A had control of the "old control area, Player B, by virtue of his One Big Shot has altered the control area by making it useless.

In order to utilize the One Big Shot theory properly, it is vital that you have One (or more) Big Shots in your arsenal. You need to know what your Big Shots are, the paths they travel, and where you need to set up your control zone in case of any return. Remember, your shots really dictate the control area and the proper mixture of Big Shots and "normal" shots will help make you a winner.

It's important to note that there are variables to be watchful for. The speed of your ball, the speed with which you hit it (pace) and the side wall surface on the court you're using all play a role with Big Shots.

I recommend selecting five shots to practice and incorporate into your game, four of which are splats. Hit backhand and forehand splats from 36-38 feet from the front wall; hit the forehand hypotenuse into the backhand side wall (*Diagram 5*) from 34-38 feet; and hit forehand and backhand splats from the short line.



When you first learn to hit these shots, you may experience a lot of "toe balls" which are balls hit into the floor right off your racquet. This is normal in the learning process. You should also be careful not to hit yourself (usually your knee) with the butt of your racquet as you follow through.

Eventually, you will master your own Big Shots to the point that you can try them out in practice, leagues and then, tournaments. Once you're doing that successfully, it will be a short time before you'll become a Big Shot yourself! ●

Vince Wolanin is president of the 21st Point Club, Albany, NY and also a valued member of the Ektelon and Asahi/Yamaha Professional Advisory Staffs.

The Hogan Way

by Marty Hogan

Marty Hogan, five time national champion and all time leading money winner, is on the advisory board of Marty Hogan Racquetball, a division of Pro-Kennex, Leader Sports Eye Guards, NIKE, RAM Racquetball, and Coor's Light. Readers are encouraged to submit questions to Marty Hogan, c/o National Racquetball, 4350 DiPaolo Center/Dearlove Rd., Glenview, IL 60025.



Question: What are your favorite tournament towns?

*Chad Oliver
St. Petersburg, FL*

Hogan: That's a difficult question because I've really enjoyed every town I've ever played in. Clubs have been friendly to me, sponsors have always treated me well, spectators have cheered me and I've always felt right at home wherever I've been.

Still, I have my favorites, those special places that mean a lot to me. Here's my ranking.

First and foremost is St. Louis. I'm sure you're not surprised because it's my home town. I get an extra special warm feeling when I play a tournament in St. Louis. It's where I grew up, where many of my friends still live, where my family lives and where all the people who gave me a start in racquetball play.

When these people come out to see me perform or compete I feel so proud of where I'm from and how all those people helped me to become who I am! I like to put on an especially good show for them.

Right after St. Louis comes Burlington, VT. It's not a very big town, but it's one of the biggest to me because it was there in 1975 that I defeated racquetball's reigning king, Charlie Brumfield, and went on to my first professional tournament win. I've only played in Burlington once since and I won that tournament too. It's a very special place for me.

Los Angeles is next on my list. The clubs, fans and hardcore players treat me very well. L.A. has a very sophisticated sports following and racquetball is no exception. The players there know their racquetball, so when I do well there it's appreciated. And L.A. can really put on sporting events as they proved again with last year's Olympics. The same holds true for their racquetball tournaments.

Las Vegas is another place I really enjoy. It's the glitterdome of the world and I seem to play well there. For some of the other pros I know Vegas can be distracting because of all the activity off the court. But I find all the distractions energize me. It seems that tournaments there are more "big time" in atmosphere than many other places.

Chicago rounds out my top five list. Like St. Louis and Burlington, I hold some very special memories of Chicago from the early stages of my career. I used to drive with my mother and sister from St. Louis to Chicago in the early '70's just to play in the major events there! The people were always very hospitable to us and who could forget Bob Kendler! He did a great deal to help me get started and I will always be grateful to him and his memory. To me, he was the father of the sport.

Question: While on vacation in Oregon last summer I scared up a game at a very, very old facility. Naturally the court floor was wood but so were the walls and ceiling. With no insulation in the walls and no air conditioning it was mighty hot in there. My opponent was very comfortable.

The old court was very fast . . . let's make that extremely fast and so all my shots stayed up. Whether I tried cream-puff dink shots way up front or pass and pinch shots from various spots on the court, there just wasn't anything I could do to get that ball to die. I went to the ceiling but no matter how easy I tried to hit the ball, they just kept coming off the back wall. I tried some Z garbage stuff too, but my opponent took advantage of it all.

So my question is how do you defeat an opponent on his own VERY FAST COURT when he's used to it and you're not?

*Barrie W. Camelon
Seattle, WA*

Hogan: What a perfect example of what I always call "the home field advantage." I hope it didn't ruin your vacation! Seriously though, I don't think you should feel like that game or match was any indicator of your true talent. In all honesty, a victory on a wooden racquetball court is no victory in my opinion.

The only thing you could have done was to try to play the best racquetball strategy, one that works more often than not in all conditions. That is to keep your opponent behind you at all times. In doing that you could have created a lot more forced errors, like skip shots. Additionally, instead of trying to shoot the ball when the opportunity presented itself, you probably should have simply hit the ball where your opponent was not. Keeping your opponent behind you or running from side to side would have been your only chance in this situation. ●

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