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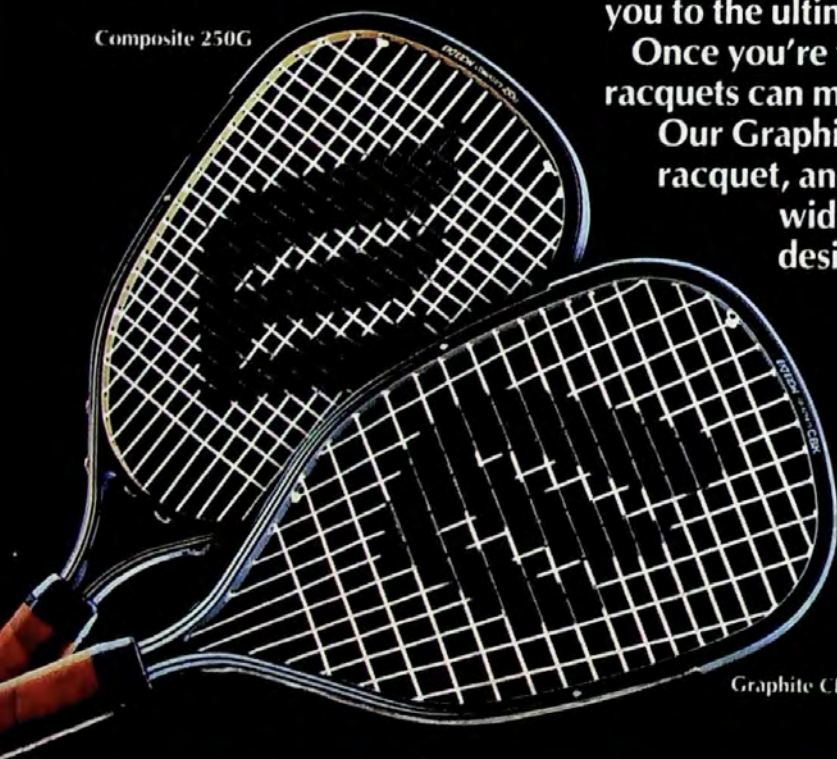
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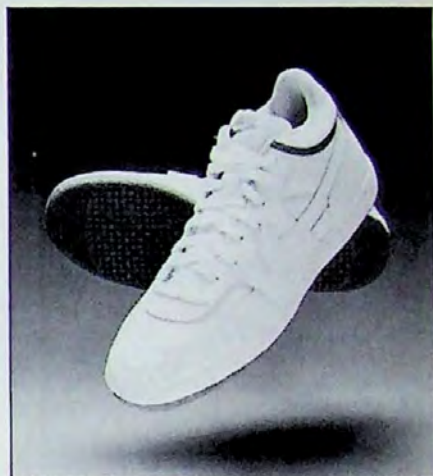
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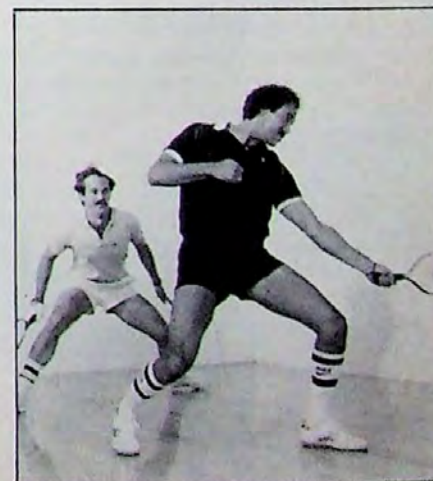
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State of the Sport

First, I'd like to say I enjoy reading *Racquetball Illustrated* very much.

I wonder if you might be able to assist me in gathering current information on the status of the sport. I will be retiring from the Army in about nine months and I am seriously considering opening a racquetball and exercise center. While I have been in contact with a franchiser I am not satisfied with the data offered as to the current growth and profit aspects of the sport.

I would be most appreciative of any pointers you can give me as to where I can get the information cited.

Colonel M.F. Dougherty
Fort Dix, New Jersey

Editor's note: For racquetball statistics of this type, it might be a good idea to contact the American Amateur Racquetball Association (AARA) in Colorado Springs, Colorado. Each year this association compiles information to update their records on the state-of-the-sport. In addition, racquetball manufacturers such as Ektelon (San Diego, California), DP Leach (Opelika, Alabama), Wilson (River Grove, Illinois), Penn Athletic Products Company (Monroeville, Pennsylvania), AMF Voit (Santa Ana, California) and Foot-Joy (Brockton, Massachusetts) all make it their business to chart the current popularity and growth of the sport. And last but not least, the International Racquet Sports Association (IRSA) in Northbrook, Illinois may also be able to provide additional information on the subject.

Court Construction

To begin, I want to congratulate you on an excellent job done on your magazine. Even though I took up racquetball at a relatively older age, I have found the magazine very interesting and look forward to its arrival as I am a yearly subscriber.

I am writing to request information concerning a project I am considering doing. Because of my interest in the sport and with a background in administration, I have decided to look into the feasibility of constructing and eventually managing a racquetball and fitness center in Hershey, Pennsylvania (Chocolatetown, USA).

However, I need assistance in finding out what steps, information, preparation, monies, etc., are needed in order to determine if this undertaking is possible. Therefore, I am asking if you could refer me to a source(s) in order to assist me in making this decision. Any help will be greatly appreciated.

Glenn A. Worchester
Jonestown, Pennsylvania

Editor's note: If you are interested in reading up on the subject, Racquetball Illustrated published a special feature in our December/January issue, "20 x 40 x 20" detailing all the phases of court construction from start to

finish. Back issues may be purchased through CFW Enterprises, 4201 Vanowen Pl., Burbank, Calif. 91505 at \$2 per issue.

You may also want to contact the Hollman Court System and Sports Unlimited. Both of these court construction companies would be more than happy to answer any of your questions. You may contact Hollman Court Systems at 11200 S.W. Allen Blvd., Beaverton, Oregon 97005 or call them collect at (503) 641-7766. Sports Unlimited may be reached at P.O. Box 1207, Stillwater, Oklahoma 74076 or call toll free (800) 654-6810—Oklahoma residents call (405) 624-1252.

Audio Visual Instruction?

As the librarian of the Instructional Materials Center at Slippery Rock University, I am interested in purchasing some quality audio-visual materials on racquetball. Filmstrips, 8mm film cartridges, media kits, etc. would be heavily used by our faculty and students.

I have searched several media company catalogs and cannot find any audio-visual products for this sport. Do you know of any media companies that have these products?

I would appreciate any suggestions you may have.

Jane Scott
Slippery Rock, Pennsylvania

Editor's note: At the height of the home entertainment video craze, more and more companies are beginning to market racquetball instruction video cassettes. In fact, one company—SyberVision Systems, Inc. in San Leandro, California—has introduced a state-of-the-art racquetball video starring touring pro Dave Peck.

SyberVision's "Muscle Memory Programming for Racquetball" incorporates high resolution videography, special effects and computerized timing and pacing to synchronize the racquetball experience with the nervous system of the viewer. The one-hour video is available on VHS or Beta for a suggested retail price of \$89.95. You may contact SyberVision at (415) 352-3526.

There are two other companies you may be interested in contacting. Racquetball pro Marty Hogan offers a 30-minute racquetball instruction video cassette (VHS and Beta) for the beginning to intermediate player. This cassette is available through Frontier Pro Shop in San Diego, California. This company may be reached at (800) 854-2644.

Another set of racquetball instruction tapes is available through the Athletic Institute in North Palm Beach, Florida. Four ten-minute racquetball instruction films are featured on 16mm film, Super 8 and video cassettes (Beta and VHS). For further information on purchasing these instruction films you may contact the Athletic Institute at (305) 842-3600.

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Advertising Office:
BURBANK: 4201 Vanowen Place, Burbank, California 91505 (818) 845-2656.
Robert Matheney, Advertising Director

CFW Enterprises, Inc.
Curtis F. Wong President
Craig L. Nickerson Executive Vice-President
RACQUETBALL ILLUSTRATED is published bi-monthly (six times a year) by CFW Enterprises, 4201 Vanowen Place, Burbank, California 91505. Second class postage is paid in Los Angeles, California and at additional mailing offices.

(ISSN 0161-4312)
Postmaster send form 3579 to: CFW Enterprises, 4201 Vanowen Place, Burbank, California 91505.



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SIDE OUT

A Worm in the Big Apple

It is very hard to believe the difference between the West and the East Coast in both the popularity and the pricing of the sport of racquetball. I am in the Air Force and I was stationed in the Sacramento, California area for a year-and-a-half.

While I was out on the West Coast, racquetball courts were everywhere. The prices to join a club were approximately \$75 to \$100 for the initial fee (with special reductions all the time) and \$30 per month for unlimited play. For myself, unlimited play consists of about 20 hours a week. In addition, you could find *Racquetball Illustrated* in just about every store which had a magazine rack.

Now I am stationed in Plattsburgh, New York. There is only one racquetball court that I know of in about 40 miles. The cost to join is \$25 a month and \$6 or \$7 an hour, depending on the time you play. If I played there as much as I played in Sacramento, it would cost me about \$145 a month.

That is ridiculous. Needless to say, I am not a member of that club. I play for free on base about eight hours a week. Some people might think that's great but the courts on this base are the worst I have seen since I have been in the Air Force. Plus, playing only eight hours a week has really hurt my game.

Now, getting back to *Racquetball Illustrated*. It is the only magazine that I read from cover to cover. It is definitely the best racquetball magazine put out. However, when I got to the East Coast, I couldn't find a copy of the magazine anywhere. I searched and searched, but I couldn't find it. My subscription had run out while I was in California and I didn't want to renew it until I got my new address.

What a mistake. It was like going without food those six months I didn't get *Racquetball Illustrated*. If you only knew how happy I was when my dad called me on the phone and said my *Racquetball Illustrated* (my last issue) was forwarded from California. It took a long time to be forwarded, but I was happy.

Thank you for listening and I sure hope someday, New York might catch up to California in the latest new sport—racquetball.

Rod Garrison
Plattsburgh Air Force Base, New York

Disparity In Prizes

When the purpose of the newly organized SunState Racquetball Association was made public, it seemed almost too good to be true. To have a single, consistent source of well-run tournaments through the use of a computer to rank players and eliminate sandbagging, plus the assurance of big-name sponsors to support these events appeared to be just what Florida racquetball players needed. But the really solid "kicker" was the

money guaranteed by the tournament directors. My question is: 'Why, exactly, do the women open players have to compete for one third the prize money?'

I've heard all the male racquetball players' rationale for this procedure, plus the hard-line economic reasons for the advancement of men in this sport. I've even had my head patted and told not to worry about such things and play for fun. I'm not an open player, but my entry fees obviously go more toward the \$1,500 prize that goes to the winner of the men's open than it does toward the \$500 (if there is a minimum of entrants) that will be awarded to one of the top women players in the state. Why, then, should I support the SunState Racquetball Association or any of its sponsors in continuing an outdated procedure—despite the application of modern techniques?

I don't want anyone to get less than they deserve. I respect and appreciate the abilities of all the open players in Florida, both men and women. I will watch in awe the finals of the open divisions and note differences in style, but not in effort, between the sexes. Since it is this effort that is being judged I do not feel any difference can justify the blatant inequality of the prize monies awarded.

If I didn't have a suggestion, I wouldn't be arguing such a well-established practice. A truly innovative money tournament could easily be arranged whereby a minimum (say \$500) prize for first place would be assured in the entry brochure, plus an additional amount of prize money to be determined after the draw is completed that would reflect the number of entrants in each division. If the men's B and C draw is large, the percentage of cash added to the men's open division award would be larger to reflect that participation. The concept of providing additional cash to the women's open division award by merely entering those tournaments would encourage more women to compete as well. By this system, the rationale behind a larger prize amount for the men would be directly supported by the majority of the players while the basis for competition would at least start on an equal footing.

I congratulate the SunState Racquetball Association for its apparent success in arranging tournaments throughout the state. I can only hope that its continued success will hinge on Florida players' support of its fundamental good cause, and that the directors of the organization will, in turn, support all the players who participate in equal fashion.

Linda L. Mojer
Winter Park, Florida



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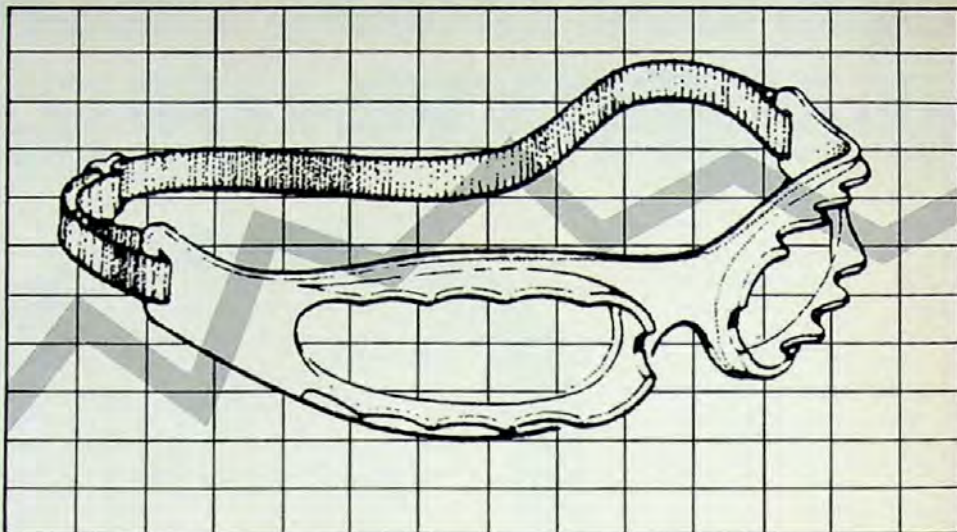
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SHORT SHOTS

Racquetball Eye Safety Study



A new study by a Johns Hopkins University eye specialist warns of an epidemic increase in racquetball eye injuries, according to an article published in the *Los Angeles Times* last December.

According to the university specialist quoted in the *Times*, almost all of these injuries could be prevented by wearing eye protectors which may be purchased for less than \$25. The article also reported only 25 to 40 percent of the estimated 7.5 to 10 million people who play racquetball use eye protection of any kind.

Only four of the 11 different types of eyeguards tested protected against serious injury, according to Dr. Michael J. Feigelman. The article also said the speed of the test balls was only about 65 miles per hour—substantially slower than 130 mile per hour speeds common among intermediate and expert players.

According to Feigelman's findings, the four brands that passed the test were Rec Specs (Unique Sports Products in Atlanta, Georgia), Carrera Viper II (Carrera Eyeguards in Norwood, New Jersey), Ektelon Court Goggles (San Diego, California) and Sport Specs (Allan Enterprises in Milwaukee, Wisconsin). In fact, only eyeguards made of one-piece

molded plastic call polycarbonate—or similar materials—proved to offer reliable protection, he added.

"The amazing thing is most (court) clubs won't let you play with street shoes, balls that will mark the walls of the court or without a shirt, but they don't enforce any kind of mandatory eye protection," Feigelman was quoted as saying in the article.

"A blister on your foot will heal easily," he added. "A blind eye cannot be repaired in most cases."

In addition, Feigelman reported the following findings in the article:

- Eyeguards which only consist of a lens-less frame that straps to the face and purports to protect by making it impossible for a ball to pass through the frame and into the eye failed in every test. Balls passed through the lens-less opening.

- Regular eyeglasses, special impact-resistant eyeglasses, shatterproof glasses and all other eyeguards with a hinged frame also failed. Many of those devices broke at the hinge connection, permitting jagged pieces of either the frame or the shattered lens to penetrate the eye.

Penn Sponsors Amateur Racquetball Series

Penn Athletic Products company announced sponsorship of three major championship series' of the American Amateur Racquetball Association (AARA).

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The company's Ultra-blue racquetball will be the official ball for all regional and national events.

In addition to its support of these AARA events, Penn is sponsoring an aggressive AARA membership drive. This drive will focus its support on the United States National Racquetball Team. The team began play in international competition (Costa Rica) last fall.

Penn Athletic Products, one of the nation's largest manufacturers of racquetballs and tennis balls, is an operating unit of The General Tire & Rubber Company.

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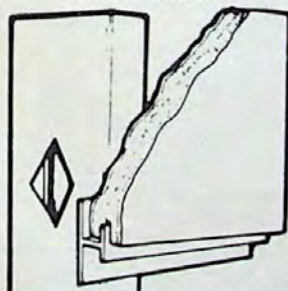
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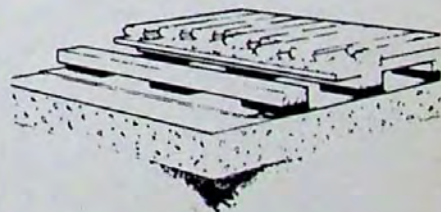
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Fifth Annual Shoe Review

Racquetball Illustrated would like to welcome you to our Fifth Annual Shoe Review. We invite you to take a look at one of the most complete collections of athletic footwear we have ever assembled.

Our 1984 Shoe Review takes a firm stand on fitness. Therefore, our review features a consumer look at the best bets in racquetball, running and all-purpose athletic shoe attire. Alas, when you do join that racquetball club everyone has been talking about, you will be equipped with the finest in fitness footwear.

This year, many sports shoe manufacturers are proud to present the "bottom line" in competition. Most companies have combined the qualities of comfort and control along with the spirit of sport.

The latest lines include: Variable lacing to accommodate a full range of foot widths, special shoe soles to evenly diffuse impact, hidden pockets to store small items, web midsoles to cushion the stride, gum rubber outsoles for better traction on wood court surfaces and special air wedges designed to compress under applied loads.

So, have a fit! Rather, get fitted in the latest in sophisticated sports shoe styles.





Racquetball

Brooks



The Omni Court is made with a white canvas upper and natural suede split leather trim. Terry cloth sock lining with arch for improved shock and perspiration absorbency. Lightweight shell outsole with herringbone rubber pattern. EVA wedge in heel area. Toe bars for forefoot stability. **\$25.95.**

Envoys USA



The KangaROOS racquetball shoe is designed with a channel-stitched molded outsole. Latex sock and cushion arch. Full grain split leather upper. Ventilated tongue with hidden pocket. **\$27.**

Envoys USA



The KangaROOS racquetball shoe (women's). **\$27.**

Adidas



The Indoor Court is designed with a rubber shell outsole and diamond shaped profile to provide better traction. Inserts in the heel and ball of the foot area improve sliding and stopping ability. Nylon net upper conforms to the shape of the foot. Perforated suede vamp. Pre-molded, built-in heel counter provides added rear foot control. **\$29.95.**

Bata



The Play Off Lo features ballistic nylon mesh upper. Fully padded tongue lined with lace keeper. Shock absorbent arch cushioned insole. Gum rubber sole to grip court surface for better control. The outsole mold is raised at the toe to impede "toe drag" abrasion. **\$29.95.**

Bata



The Spiker Lo has a nylon mesh upper trimmed in white dyeable leather. A molded "size determined" arch cushion provides additional support. Precision designed outsole allows improved lateral and medial movement. High traction gum rubber sole. Fully padded drop collar. **\$29.95.**

Racquetball

Bata



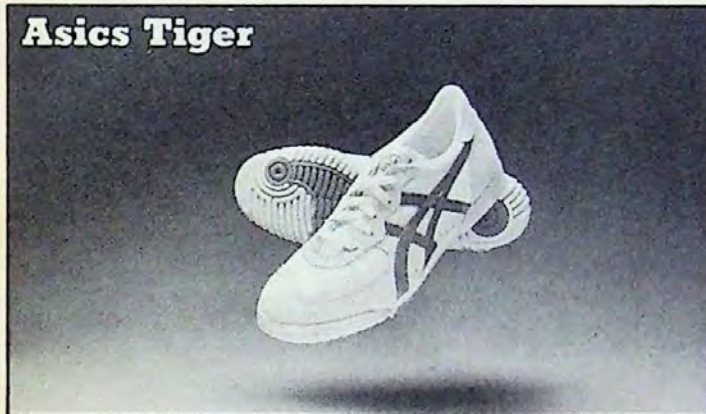
The Play Off Hi is made with a ballistic nylon mesh upper. Fully padded drop collar and tongue. Split leather outside counter offers more heel containment. Reinforced stitching for better comfort. Additional ankle support for improved traction. **\$32.95.**

Etonic



The Reactor is made with a patented rear foot lacing system to provide a better heel fit. Suede reinforced toe area offers more support. Thickly padded tongue and collar provides additional cushioning in upper foot and heel area. Terry cloth insole and arch pads the full length of foot. Stitched and cemented shell sole offers better footing. **\$32.95.**

Asics Tiger



The Lady Pacific features a semi-quadra lacing system to provide a better fit. Nylon tricot sock liners and sponge rubber arch support. Tri-ring pivot points in gum rubber sole for better traction. Sculptured leather provides additional toe protection. Cupped heel counter for more foot control. **\$38.**

Asics Tiger



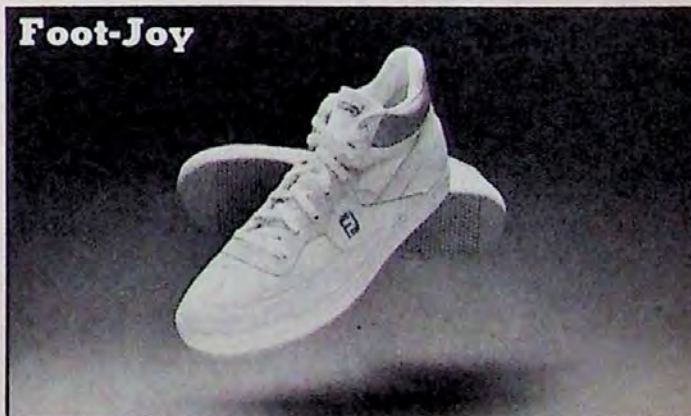
The Pacific LT features pivot points with a full wrap around sole pattern to support lateral footwork. Nylon tricot sock liner for added coolness. Reinforced toe area provides more protection in the instep. Molded plastic heel counter cup. Memory EVA midsole. The Pacific LT is favored by taller players who require more heel support. **\$38.**

Nike



The Challenge Court features an extended ankle collar to create a narrower throat opening. Nylon mesh upper reinforced with foam for extra comfort. Full grain leather trim. Staggered eyelets allow you to vary the upper width. "Spenco" rear foot padding provides added cushioning for the Achilles tendon. Extended ankle collar reduces the chance of injury. **\$39.95.**

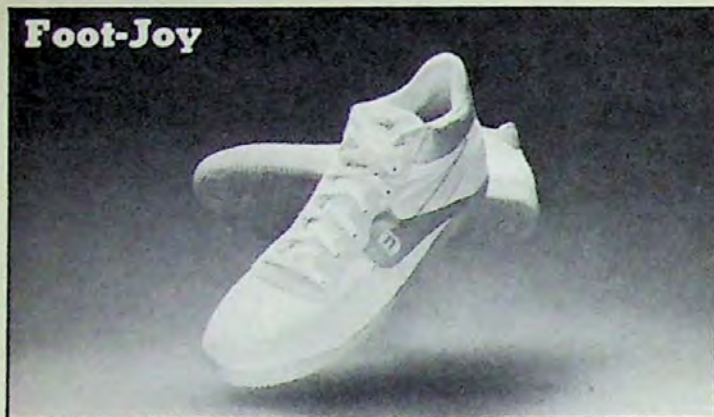
Foot-Joy



The 3Q is made with a mesh/suede smooth leather upper. An exposed wedge of EVA at the midsole provides increased shock dispersion. Three-quarter height shoe offers better ankle protection. Pillar rubber sole. Double heel counter and padded top collar. **\$40.**

Racquetball

Foot-Joy



The Tuffs 3Q features a mesh/suede/leather upper. Three-quarter height design for added ankle protection. An exposed EVA midsole offers better shock dispersion. Removable ventilated insole. Gum rubber sole and a double heel counter. Padded top collar. **\$40.**

Yamaha Asahi



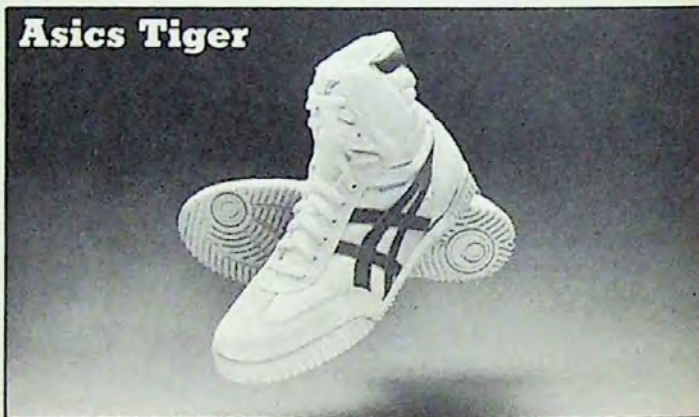
The L-2 is designed with close-grain leather and heavy-duty stitching throughout the shoe. Absorbent terry liner with a cushion-foam arch support. Dual composition gum rubber in the center of the sole allows a firm grip on any type of surface. Blended synthetic rubber in the sole's heel and toe areas provide added durability. **\$40.95.**

Reebok



The Phase 1 features an all-garment leather upper. Solid rubber outsole with reinforced padding at key wear areas. "Di-tex 107" midsole for more protection at high stress areas. Removable cupped terry lined sock liner for better support. Fully padded terry collar lining for improved heel fit and control. Variable lacing system. **\$42.95.**

Asics Tiger



The Pacific Hi Top is designed to prevent ankle and Achilles tendon injuries. U-throat lacing system. Double mesh nylon upper for added coolness and comfort. Memory EVA midsole. Gum rubber outsole with two pivot points for increased traction on the court. **\$44.**

Head



The Tournament features full grain nubuck leather. Dual density sole with compounded rubber and polyurethane midsole. Perforations in the toe and the side of the shoe to provide more ventilation. Padded slant molded heel counter to hold heel securely in place. Pillared tread design for more traction along with molded pivot circle for easier rotation. **\$44.**

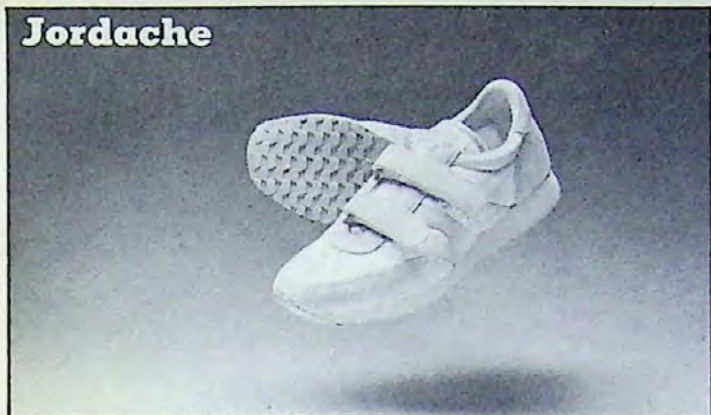
New Balance



The CT 600 is made with a gum rubber outsole encased within a polyurethane core. Ballistic mesh upper is lined with foam and tricot. Extended saddle and leather side reinforcements provide improved support. Wrapped gum rubber outsole around the toe to provide more durability. **\$54.95.**

Running

Jordache



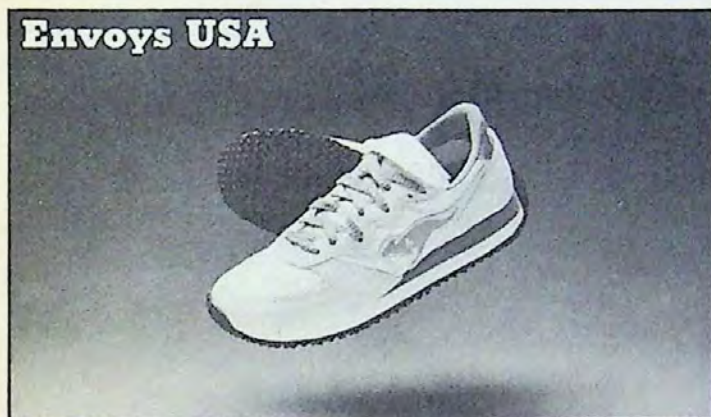
The Gripper features a cushioned insole. Satin and suede upper. High density micro-porous EVA outsole. The Gripper is available in white, lavender, light pink, sky blue, champagne, lemon ice, pistachio and red. **\$27.**

Puma



The Jasmine is made with a lightweight dual density wedge midsole and a blown rubber outsole. Removable footbed with ribbed heel cushion is perforated to reduce hot spots under the ball of the foot. Equal length chemical counter and midsole works in conjunction with single flex toe. **\$29.95.**

Envoys USA



The KangaROOS Smoke is designed with a variable lacing system to provide a better fit. Eyelet placement accommodates a full range of foot widths. Leather and nylon upper. Medial extended heel counter offers minimized pronation. Contoured, removable insole with EVA midsole wedge. Four twist nylon stitching and fully padded lace/tongue. Forefoot sway bars for improved stability. **\$32.**

Puma



The Whisper features a nylon and suede upper. Crescent toe design with big toe protection. Low content carbon rubber outsole. Flex groove design offers improved forefoot flexibility. Lightweight midsole with increased density to reduce sidewall bulge. Double heel counter along with 3M reflective tongue patch. Special "Spenco" ankle collar. **\$39.95.**

Adidas



The Oregon is made with a "space shuttle" outsole to provide added traction. "Dellinger web" midsole works like a spider web to cushion your stride. The web also provides a trampoline effect to add better spring to your stride. The Oregon is specifically designed for the light to medium weight runner. **\$43.95.**

Asics Tiger



The Tigress LT is designed with a nylon/satin/suede upper. "Runway tread" outsole is made of sponge rubber. EVA midsole with memory. Air-flex canal at forefoot and heel reduces pronation. Replaceable nylon tricort orthotic insole. Suede sculptured toe box for better big toe protection. Fully extended plastic counter for added control. Full height heel counter. **\$46.**

Running

Envoys USA



The KangaROOS K-1 features K-frame construction to cushion heel-strike. Compounded leather heel counter. G-force corridors provide ventholes in the midsole to add extra spring. 3M scotchlite reflectors for increased visibility at night. Dual variable lacing system allows adjustment for desired grip. **\$49.**

Nike



The Pegasus is designed with a special air-wedge. The air-wedge offers added stiffness as it compresses under applied loads in the heel area. Padded ankle collar provides a snug fit. Notched heel counter provides more protection for the Achilles tendon. Tomilite (EVA and sponge rubber) midsole. "Center-of-pressure" waffle outsole provides improved traction. Variable width lacing system offers a better fit. **\$49.95.**

Etonic



The Epsilon features a nylon and suede upper to insure lightweight support. Forefoot stabilizer straps offer more support. Z-bar saddle system provides better medial/lateral arch support. Tri-layer foot cradle offers improved support of the heel and arch. Rubber "Vibram Infinity" outsole offers better traction. **\$56.95.**

Brooks



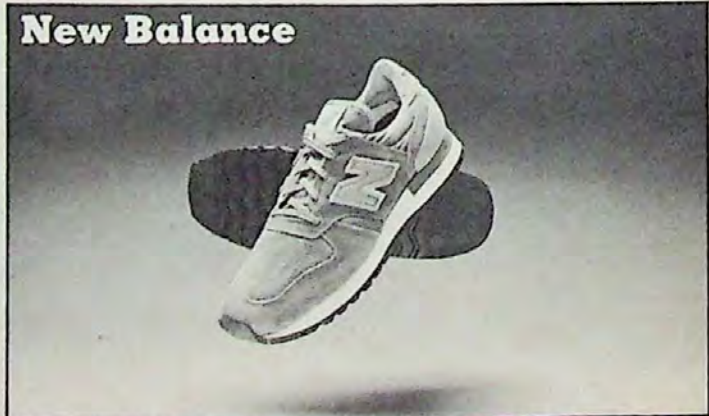
The Chariot is designed with a nylon K-mesh/foam/tricot upper. Pigskin suede trim and logo side stripe. Extra wide tongue for better wrap and positioning. Extended pigskin saddle at midfoot. 3M reflective material in heel and tongue for safer night runs. Patented dual durometer midsole/wedge offers improved shock absorbency. Blown carbon rubber, deep lug outsole provides better traction. **\$61.95.**

Asics Tiger



The X Caliber GT features a "stabilizing pillar" toward the back of the midsole. Air-flex midsole is designed with canal-like holes to offer improved control. "Runway tread" design minimizes pronation. Quadra-lacing system provides four stress points for maximum arch support. Extended rigid plastic heel counter for additional support. **\$75.**

New Balance



The 770W is made with an exclusive "horseshoe" incorporated into the midsole/wedge to protect against overpronation. Double-extended overlay counter for additional rear foot stability. Suede "flex-a-point" sway bar provides forefoot control. Two-density polyethylene insole molds to each individual's foot. Superflex outsole features carbon rubber wear plugs. **\$76.95.**

All-Purpose

New Balance



The Heartbeat W330 features a split suede saddle, sway bars and sturdy heel counter. Terry sock lining and EVA midsole/wedge reduce leg fatigue. Rubber toe guard offers better support. Lock rail grid provides improved traction. Nylon with foam vamp and tongue. **\$29.95.**

Nike



The L'Aerobique is made with a full grain leather reinforcement in the toe, eyestay, forefoot, arch and heel region. The eyestay features an extended eyelet to provide additional rear foot adjustment. Full length tomilite midsole and heel wedge for better cushioning. Solid rubber partial outsole. **\$32.95.**

Etonic



The Pro All-Turf is designed with a full grain leather upper. "Z-bar window" side bar for additional arch support. Padded collar and tongue provide added protection for the upper part of the foot. Baseball styled extra long tongue folds over for more foot protection. Multi-studded outsole provides better traction without leaving scuff marks. **\$36.95.**

Jordache



The Pace features soft leather with an aerobic spider web sole. EVA midsole between the counter and upper. The Pace is available in white, black, light pink and lavender. **\$37.**

Brooks



The Rejector features a nylon mesh with top grain leather trim. Lightweight outsole shell. Two-color outsole with radial side wall for better gripping. Terry cloth on foam sock lining for better shock absorbency. Perfed full grain leather in vamp plus flex stay. Reinforced nylon saddle inside the shoe for improved stability. **\$37.95.**

Yamaha Asahi



The Aerobic features leather reinforcements on the heel counter and toe for better stability. Gum rubber sole with circles of rubber enclosed within each square to diffuse impact throughout the sole. Ventilated leather upper provides additional foot relief. **\$38.95.**

All-Purpose

Puma



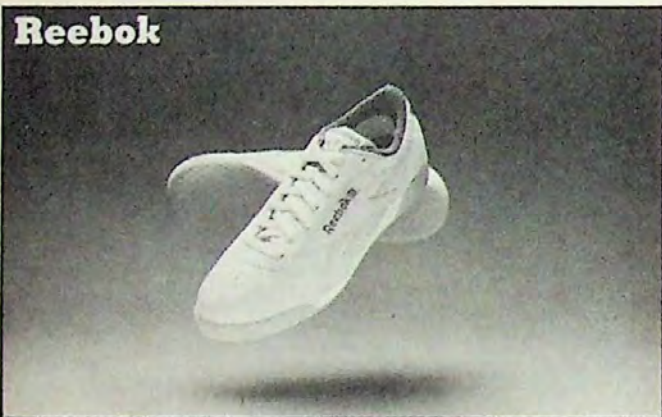
The Aeroflex is made with a nylon/mesh/suede upper. Brushed nylon ankle collar. Removable footbed sockliner covered with terry. Variable lacing and non-marking sole. Enclosed crescent toe design for improved protection. **\$39.95.**

Reebok



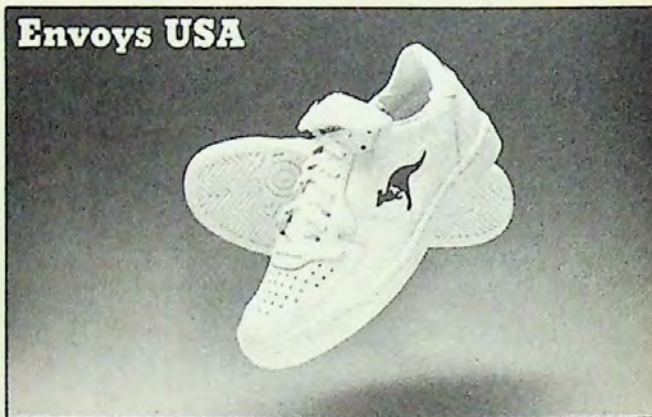
The Freestyle is designed with a full garment leather upper reinforced with nylon retainer. Vertical arch bandage across the arch on the inside and outsole for additional support. Heel and toe wrapped outsole for better protection during court type movements. Gum rubber outsole and nylon heel counter. **\$39.95.**

Reebok



The Ex-O-Fit is made with a full garment leather upper. Perforated arch, toe and tongue for added breathability. Gum rubber outsole. Variable lacing system offers a better fit. "Di-tex 107" midsole for additional cushioning. Terry sock and collar liner for better sweat absorption. **\$41.95.**

Envoys USA



The KangaROOS Full Court features a lightweight design to minimize foot and leg fatigue. Patented rear guard tendon protector provides better protection for the Achilles tendon. Torque control bar allows forward foot spread without constriction. Padded ventilated tongue with hidden pocket. **\$54.**





A Step in the Right Direction

Many players can avoid racquetball injuries by putting their best foot forward

By Dr. David Sabet

Did you know there are twice as many feet as racquetball players? Well of course—you say—everyone knows that. However, that also means there are twice as many opportunities for injury. Your two feet represent one-quarter of all the bones in your body.

Podiatrists like to divide racquetball players into three categories: groaners (they can take a mild injury and convert it into a chronic condition), chronic moaners (they are always injured but never know how to avoid injuries) and weekend warriors (they like to believe they are as fit as a sixteen-year-old player).

We can learn a lesson from these players. The first group doesn't know when to stop exercising, the second doesn't know how to stop and the third group needs to know how to begin.

A Step in the Right Direction

There are two words that every athlete should know. They are "overuse" and "overstress." Overstress of a body part leads to an acute injury, while overuse produces chronic injuries. More than 90 percent of injuries to athletes are caused by the "over" twins. The other 3 or 4 percent of racquetball injuries are the result of such things as "racquet in the face" syndrome or full tilt into the wall kill shot.

Almost all injuries cause pain. The body's nervous system is specifically designed to send out pain signals. These signals represent a red flag—a sign to stop. Remember to listen to your body's clues and respond immediately. Another good word to remember is RICE (rest, ice, compression and elevation). This is an excellent first aid treatment for overuse injuries.

Rest is an important response to pain. Unless you are a professional athlete and it's

a tied game, two outs in the bottom of the ninth, seventh game of the world series, you should stop when injured. They would probably put a pinch-hitter in for you anyway so what's the use in being a hero.

Ice reduces swelling in an acute injury. Ice also acts as a local anesthetic and reduces the local cell metabolisms to prevent further damage.

Compression limits motion and reduces swelling. Compression should only be used for acute injuries and can be tapered off after three days.

Elevation aids in the decrease of fluids in the injured area and keeps you off your feet for a while.

Common Foot Disorders

Blisters. These fluid filled balloons are caused by friction. You can feel "hot spots" develop as preludes to blistering. These

painful blisters can be treated by cleansing the area. Next a sterilized pin is used to puncture the blister and permit the fluid to escape. Usually the release of pressure will alleviate most of the pain. Leave the skin on. It is a biological bandaid which will hasten healing.

If your shoes cause blisters, the irritating spot must be eliminated. The production of blisters on the soles, particularly the balls of the feet is accentuated by the start-stop nature of racquetball. Over-the-counter shoe inserts such as Spenco or Sorbothane can be effective in reducing the shearing forces that cause the layers of skin to separate and form a blister.

Black nails. Black toenails are an athlete's red badge of courage. Actually the black is caused by pooling of blood under the nail plate. If this accumulation is painful it must be drained.

Ingrown nails usually occur on the big toe. The flesh along the sides can become infected as the nail bites into the soft tissue. Do not be a bathroom surgeon. If the nail is deeply ingrown or infected have a podiatrist treat the condition.

Foot odor. Do people turn green when you remove your shoes in their presence?

If your shoes cause blisters, the irritating spot must be eliminated.

Take heart, it's not you. It's the nasty bacteria living on your feet. When exposed to perspiration they sometimes produce an offensive odor. This can usually be corrected by dusting your shoes with foot powder every day, using cotton socks and scrubbing your feet with soap and water.

Callouses. These hard areas are caused by friction and excessive weight on one specific spot. Quite often one of the metatarsals strikes the ground with too much force. Sometimes the use of additional shoe padding will make the foot comfortable. However, many times a special insert (an orthotic) is needed to correct the foot. These inserts relieve the pressure points.

Skin problems. Peeling, cracking and itching are signs of skin problems. Athlete's foot, warts or excessive foot perspiration can cause peeling and cracking. Over-the-counter medications, while effective for some people, are by necessity weak concentrations. Your podiatrist can easily diagnose and treat these skin problems.

Due to the amount of sudden stops and rapid acceleration in racquetball, the feet tend to take the brunt of punishment. Imagine how it would be to play in your bare feet. Most of us would not last a whole game.



The sudden starts and stops of racquetball may cause trauma to the joints in your feet. Above, abnormal stress has created a fused, arthritic joint in the big toe area. Bone begins to build up across the joint. This painful disorder can be corrected with surgery.

Stress syndrome. If the body is subjected to more stress than it can tolerate, the aches and pains of overuse begin. At first, the symptoms are merely bothersome—an ache or pain that goes away as the exercise continues. Proper training can eliminate the majority of stress related injuries.

Improper shoes. There are hundreds of shoes in all colors and styles. Too many of us believe that anything sold must be an adequate shoe. There are a hundred athletes who would tell you otherwise.

First, of all, running shoes are not designed for racquet sports. A tennis/racquetball shoe is the only shoe that has the lateral stability the foot requires for the game. Running shoes are designed to carry the runner straight ahead and not side to side.

For a racquetball shoe to fit properly there must be one-quarter inch of space from the end of your longest (not first) toe to the end of the shoe. The heel should fit snugly and the heel counter (the material that cups the heel) should be rigid enough to provide firm support for the heel. The shoe should be made well with even seams and no rough edges to irritate the toes.

Special problems. Flat foot is when the arch of the foot collapses under the body's weight. Since the foot has flattened, it cannot function as a shock absorber. This leads to tired, sore feet and possibly knee and lower back pain. Flat foot can be treated by a podiatrist. If left untreated, the constant abuse to the feet can add up to severe problems in later years.

Another common foot problem is neuroma. It is an abnormal enlargement of the nerves between the toes (usually between the third and fourth toes) and causes tingling, burning, cramping and severe shooting pain. Local injections of cortisone are helpful in reducing the size of the nerve. However, more often than not, the section of the abnormal nerve must be removed to eliminate the pain.

Stress fractures. A stress fracture is the most common type of foot fracture. A stress fracture initially feels like a hot, sore spot over the bone. The most common areas for a stress fracture to develop are the metatarsal bones of the foot and the leg bones. If left untreated the pain increases with or without exercise. At first, X-rays may not show the fracture because it is so small. However, after two weeks X-rays will usually show signs of the bone healing.

Heel pain. Many players develop a severe pain in their heels. It is especially bad during the first few steps in the morning. The pain is caused by an inflammation of a ligament running along the bottom of the foot. Rest is recommended for an acute bruise. However, most of these problems are related to the biomechanics of the foot and must be treated with orthotic inserts.

Summary

One of the most important things the athlete must remember is to seek professional



Flat foot occurs when the arch of the foot collapses under the body's weight. Top, the uncommon wear of shoe soles can be an early sign of pronation. Note how the heels angle outward. Peeling, cracking and itching can also be signs of skin problems. Above, a foot virus common to athletes has prompted a wart to grow on the bottom of the foot.

help when needed. Often players spend hundreds of dollars on their shoes and racquets and ask dozens of questions, but never take care of a painful problem they

have had for years. Minor problems should be treated as soon as possible to avoid major problems later.

Doubles Do's and Don'ts

By Steve Trent and Stan Wright



Try to stay in center court. Two-time defending doubles champions Steve Trent and Stan Wright say you can control 70 percent of the game with this strategy. Above, Dan Massari and his playing partner John Mack stand near the short line to keep their opponents behind them.

A flurry of finesse! That's what happens in racquetball doubles when you match the intensity of one singles game on the same court.

But, what is the best way to get the most out of racquetball doubles? Why do some singles superstars go home disappointed when they team up for doubles?

It's simple. The answer is teamwork—one entity moving together as one without interfering with one another's shots. At least that's what two-time defending national AARA doubles champions Stan Wright and Steve Trent say is the secret. *Racquetball Illustrated* asked these playing partners to let us in on the basic do's and don'ts of doubles.

So grab a partner and start counting the tournament trophies!

1. Do Concentrate on the Basics

Hit the front wall with velocity. In singles, the emphasis is to kill the ball and use good serves. In doubles you can go for your ace serves but it's tougher to get what you would call a perfect ace since you have two players covering the shot. If you kill the ball in doubles you have to roll the ball. You don't have these two inches to play with. You will see many doubles teams flying in the air and

picking up kill shots. Everyone else would have thought it was down too low to return.

Remember, the key in doubles is to hit the front wall. Hit the front wall with more passes, pinches and reverse pinches. You can't win a point if you don't hit that front wall.

2. Do Isolate Weak Areas

Attack the weakest player. Most serves should be hit to the weaker player. Put a

great deal of pressure on the weakest player by isolating him. Make his opponent so hungry to return a shot that when he does get the chance, he makes a lot of mistakes because he's anxious.

3. Don't Forget Proper Positioning

There are three basic power zones in doubles—the left side, the right side and down the middle. If you are playing a lefty-righty combination, the weakest zone is down the middle. Keep your serves down the middle. Try to pass and kill the ball down the middle. With a righty-righty team you will normally go to the player who is playing the backhand side (the player on the left side) and attack more to that side.

If you have one player who is a lot faster than the other on your doubles team, you may want to go with the "I" formation—one player in the back and one player in the front. This formation would be preferred over the basic side-by-side formation. The quicker player should cover the front and the slower player should cover the back since it is a lot easier to run backward than it is to run forward.

Another effective game strategy is the "L" formation. Let's say you have an A player and a C player on a doubles team. The A player has a good forehand and backhand and the C player has a good forehand but a lousy backhand. You should put the C player over to one side and let him have the whole front quarter of the court. The remaining area of the court belongs to your partner—it's like an "L" shape.

INSTRUCTION

4. Do Count On Court Communication

You should use very small phrases to communicate on court. As you get better and better there will be less and less need to talk on the court. Without even saying a word your partner will begin to know instinctively what you are going to do.

Communication is crucial for making a good team. You need to be able to help your partner when he's not doing his share of the work. You shouldn't get upset with your partner. You win as a team and you also lose as a team. You shouldn't hurt your partner's feelings because you will only be hurting yourself.

5. Don't Play Unprotected

You should always wear eyeguards while playing on the court. With the more advanced doubles teams you know who is going to hit the ball 90 percent of the time but in a recreational doubles match, you've got two people going for the same ball and those two players could be traveling into the other two players. On a pro doubles level, the ball is traveling from waist high and below. At a beginning doubles level, the ball is rarely hit that low. It's normally hit from the waist on up so most beginning doubles teams are more prone to injury.

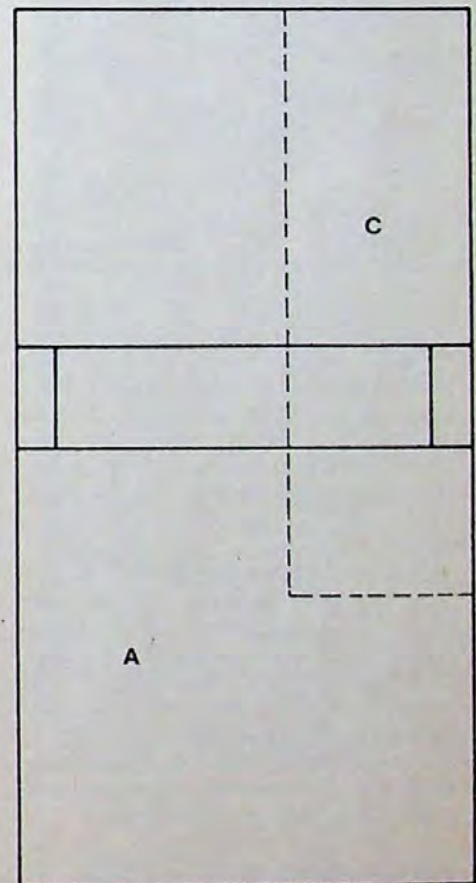
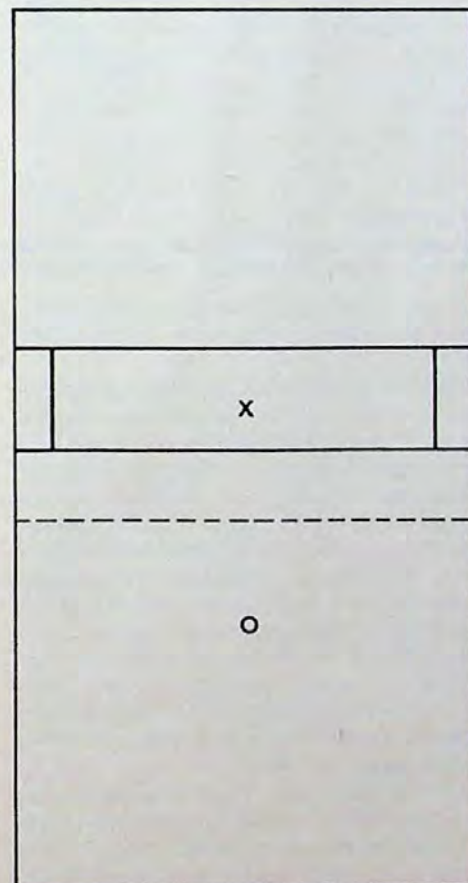
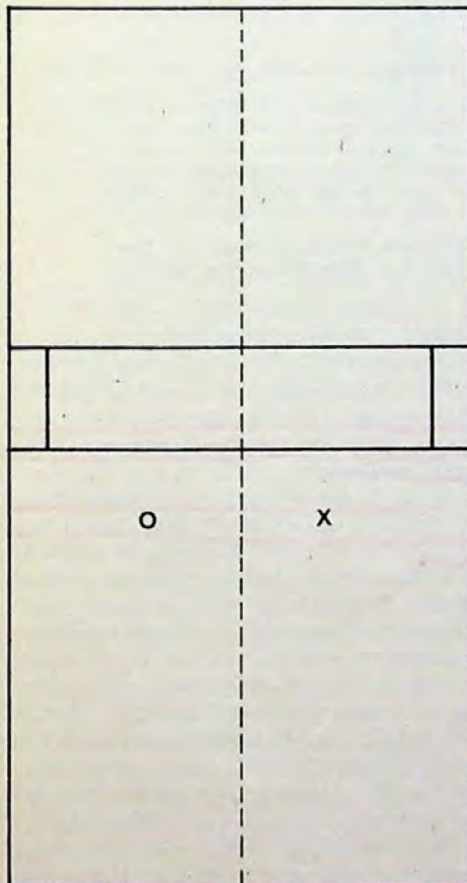
6. Don't Ignore Center Court

Another good strategy to maintain is to try and stay in center court. Be sure and keep your opponents behind you if you use the side-by-side formation. Try to form a wall that can't be passed. If the ball hits the front wall

try not to let it go back to the back wall. Basically, you want to stand right around the short line or a foot or two behind it. That's one of the main strategies in doubles. If you can do this, you will be able to control 70 percent of the game.



Dynamic doubles depends on the basics. Trent and Wright say one important strategy is to hit the front wall with velocity. Above, Wright demonstrates how doubles teams should rely on having a solid forehand stroke to hit more passes, pinches and reverse pinch shots.



Another important strategy is proper positioning. Left, the side-by-side formation is usually favored by a lefty-righty team. Center, in the "I" formation, the faster player (O) should cover rear court. Right, in the "L" formation, the weaker player (C) is responsible for the right front quarter of the court. If both players are almost equal in skill, the better backhand player (A) should be given the remaining left side of the court.

How to Win At Mixed Doubles

By Lynn Adams



One important strategy in mixed doubles is court coverage. Above, touring pro Jerry Hilecher hits a splat shot to his opponent Davey Bledsoe. This shot will force Bledsoe into the left, front corner and leave his partner Shannon Wright in a more vulnerable position.

Mixed doubles has the potential for being the most enjoyable of all racquetball events. But there are a few things you need to know before you start grabbing someone of the opposite sex and go off for a sociable game.

The most important aspect of mixed doubles is picking a partner. If you mess up here the game can be miserable for everyone involved.

You should pick a partner who is at a similar skill level as yourself. Remember! This is a doubles game, not a glorified singles match. Too many teams rely on a stronger player to cover the left side, center court and front right half of the court while the right side player takes ceiling balls that go into the right corner. This is not doubles and it creates a lot of confusion and potentially dangerous situations on the court.

Court Communication

This brings us to an important aspect of picking a partner: Communication and trust. You should have enough confidence in your partner's ability to let him or her take their

own shots and control his or her half of the court.

Situations quickly change in doubles. You need to be able to communicate with your partner and get into proper positions when the situation arises. It's very embarrassing when both of you go for a shot and because of a lack of communication, neither person hits it. Talk, talk, talk. It helps immensely.

You should also pick a partner you can have fun with. Mixed doubles can be enjoyable if you are compatible with your partner. I see a lot of teams fighting and yelling at each other. I see a lot of men running all over the court, shoving their female partner and opponent out of the way and take a shot that is clearly out of his area.

In the same vein, I see a lot of women cowering in the corner, afraid to move for fear of being hurt, yelled at or ridiculed. But why bother playing under these circumstances? If you are sensitive and a little clumsy, find a partner who is encouraging and smiles a lot. If you need to be motivated, choose a partner who is aggressive and takes control. But the

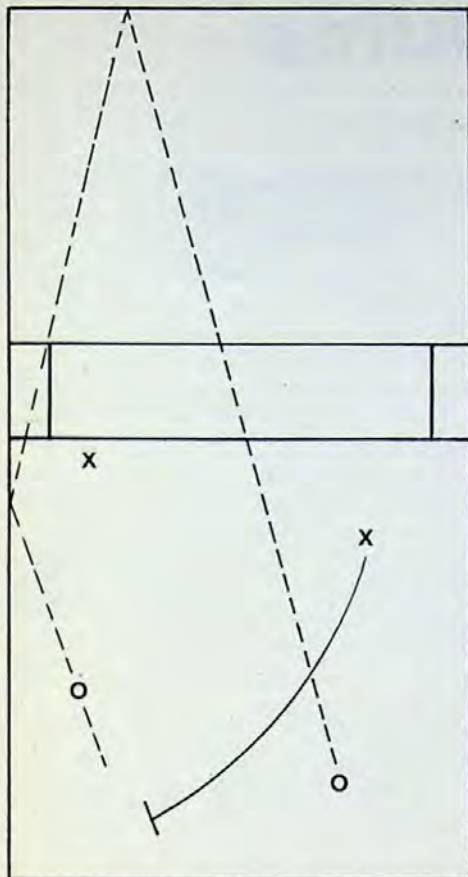
important thing is to have fun.

I have watched lots of doubles matches, and the more I watch, the more I believe that doubles should not be played side by side or using the "I" formation with one person up and one back.

There should be a slight stagger with the faster player up closer and the slower player back. This enables the speedier player to take the corner pinches while the partner covers the passes. Both players are responsible for their own ceiling balls and down the line shots.

A lesson I learned from playing outdoor racquetball is "taking your wall." This means that if I am playing the right side, I should always get in position to take a ball coming off the left wall. And vice versa. If I'm playing the left side, I should set up to take any balls coming off the right wall. This leads to good covering habits and saves a lot of potential passes. It's also a nice, secure feeling to know that if your opponent passes you, your partner is covering behind you and can return the ball.

INSTRUCTION



The "taking your wall" rule is observed when your opponents (O) have hit a cross court pass that rebounds off the left wall. The right side player should take the shot. If the ball rebounds off the right side, the left side player should be responsible for the shot.

But what about the shots that go up the middle? If the left side player is right handed, let him or her take the shot with a forehand. I know it's tempting for the right side player to stick his racquet out and hit a backhand but get out of that habit. A forehand shot is usually stronger and the left side player will have a better view of the opponents and their positions. If the left side player is left handed, you should decide as a team who has the stronger backhand.

There are times when these hard and fast rules don't apply. This is when communication becomes important. If you need help and can't reach a ball, yell out so your partner can help you. Don't be afraid to talk. Practice talking to each other while playing, so it becomes natural and easy.

Here are a couple of other tips. As a general rule, don't serve behind your partner. This tends to result in someone getting hit often. And that leads to yelling and anger and pain. Keep your serves on your side of the court and move away from the wall so you won't get hit.

If your partner has made a dive or a spectacular get and winds up on the ground

or close to the front wall, and your opponent has given you the opportunity to hit another shot, I would advise you to go for a ceiling ball. This allows your partner time to get back into position.

All these tips are designed to improve your mixed doubles game and help make the game fun. Singles competition may be serious to some players but mixed doubles is more of a social game, and when you are playing socially, having fun is the most important part.

Mixed Doubles Tournament Tips

By Lynn Adams and Dr. Bud Muehleisen

Strategy. The strategy for mixed doubles is the same as the strategy for men's and women's doubles. Court position and shot selection applies to mixed doubles as it does to doubles. In addition, the team that controls the front tends to win in mixed doubles.

Court Coverage. The mixed doubles team must be able to understand court coverage. You should try to draw the opposing man out of normal coverage when he's trying to cover for his woman partner. You also have to learn how to cover behind your partner. You should be ready to cover shots that come to your side. If a shot goes behind your partner that he can't get, you need to pick it up.

Vive la difference. Men players should not compensate their strengths because there is a woman on the court. The male player should play slightly to the side and rear of the woman player.

The best tip for the female player is to tell herself every ball is coming her way. This way she will be ready for each shot and mentally into the game. The woman player also cannot allow herself to be intimidated by the male opponent. For this reason mixed doubles teams should play side by side because the "I" formation (one player in front of the other) could be intimidating to some women players.

Picking a partner. The biggest problem in playing mixed doubles matches is finding a partner you can co-exist with. You have to be compatible and be able to communicate when things aren't going well. You need to find someone equal with your skill level—that makes for more teamwork.

Editor's note: Dr. Bud Muehleisen and Lynn Adams are former National Mixed Double Champions.

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How to Stop A Slump

By Keith Fleming and Ken Garrigus with Martha Liefer



Over the years we have watched many competent doubles teams defeat themselves. Why? They make common mistakes. The following is a list of those mistakes and our solutions for correcting those errors.

1. Teams allow themselves to play another team's game. Solution: Take a time-out, slow down and play each point one at a time until you re-establish your game style.
2. Don't get intimidated if one of your opponents is having a particularly good day. Isolate that player and try to work the weaker man. You'll find the hot player will eventually become so anxious that when a shot does come to him, he'll generally miss it. (That also tends to get the partners annoyed with one another.)
3. Even though you and your partner divide court responsibilities, sometimes there is a "no man's land," an area which neither of you seems to cover. Should your opponents find an uncovered area on the court and play to it, you must have the flexibility to recover and go to another formation. The "I" formation allows you to split the court in a different way from a side-to-side formation. You don't want to be in a position where there is confusion as to who will take the shot. Position yourselves to take advantage of each person's strength—front man should be quick and be able to retrieve the pinch and kill shots; back man should be able to hit good kills, pinches, and passes while also being adept at the ceiling game.
4. Most players think the player making the shot and the one covering it are the only two players (of the four) important to play. But the positions of the other two players are also critical. Make sure you take a specific court position and place yourself in front of your opponent to limit his choice of shots.
5. When losing a game, the first thing to work on is return of service. You have two options. One is to go to the ceiling. This slows up the game and gives you more time to think and control the action. Or, hit a chest-high Z-pass (front wall/side wall) which, in picking up a reverse spin off the third wall, prevents a shot from being set up off the back wall. The Z-pass is probably the best return of serve you can use in doubles.
6. Don't shoot around your opponent more than once. If you don't want to hit him, tell him after the play is over that you will take your shot in those situations and if he continues to stand there blocking you, he'll get hit.
7. Make sure you pick the right partner. Select a partner who complements your abilities; not one just like yourself. If a lefty-righty combination is not possible and you have to select another right-handed partner, look for one who has a strong backhand. Ideally, the left side, or backhand side player, should play the back court. He should be able to play a good ceiling game as well as hit the kills, passes and pinches. The forehand-side player should play the front court and should be quick, able to make pass

shots and hit the ball hard from a less-than-perfect position.

If you are into competitive play as we have been throughout our racquetball careers, you must also consider the psychological aspect of doubles.

Some of our opponents have told us they don't like to play against us because of our attitudes and flamboyant game styles. We're out to win. We've found that mastering the psychology of the game is one aspect of our success.

We intimidate the referee, making him think that if he makes any bad calls, he'll be sure to hear from us. We make sure we point out to the opposition their mistakes immediately after the play is over. This tends to break their concentration. If the opponent is unwilling to move out of our way, we will not shoot around him, we'll hit him. All in all, we let the opposition know that nothing will stand in our way.

We understand those tactics aren't for everyone. But if you're comfortable with some of them in a tournament situation, try them. They've certainly helped us. Of course, if you have a game coming up with your boss and his partner or perhaps your biggest clients, those tactics probably won't be appreciated.

Pointers for Partners

There are additional pointers to help you

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become a more successful doubles team:

- Try to practice together three or four times a week. Play singles with one another and work on practice drills together. Pick up a doubles match whenever you can. Watching matches together is as important as actual play. Discuss mistakes others make and strategy you would use if you were in that game. Also watch your next opponents. Watch the way they set up (offensively and defensively) and how they lose points.

- After your partner makes a good shot, make sure he hears it from you three or four times before the next shot. This raises the confidence level as well as having a psychological impact on your opponent.

- You have to be able to switch roles. Ideally the back court man is comfortable up front taking the quick shots while the front court man is also comfortable in back with the ceiling game. A good opponent will try to put you out of position, so it's important that you are comfortable playing your weaknesses. Trade roles in your next practice game.

- Determine your strategy with your teammate before you walk out on the court. Discuss how you expect to play the game. Talk about the opponent's weaknesses, and

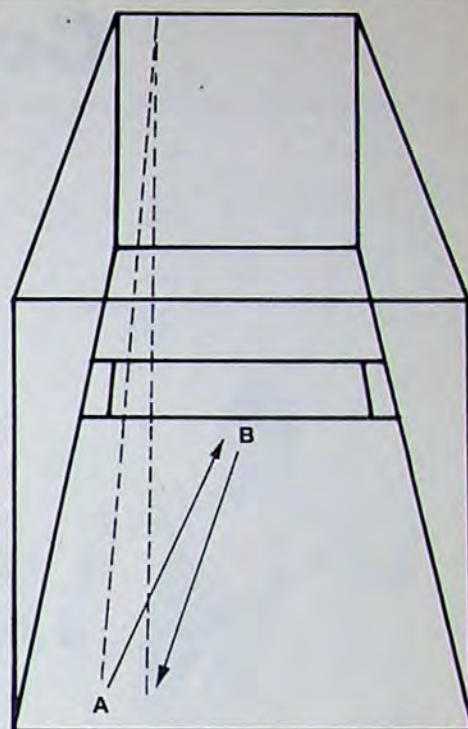
plan to play to them. Make sure you agree on strategy. Watch the first few rallies to see what your opponents are doing well, and what their mistakes are. If necessary, take a time-out during the first five minutes of play and talk to your partner. Quickly analyze the strengths and weaknesses and re-examine your strategy.

- Don't defeat yourself before you walk onto the court. Watch your opponents practice, but only to determine your strategy against them. Don't psych yourself out watching them do all this great stuff during warmup. Practice is not competition.

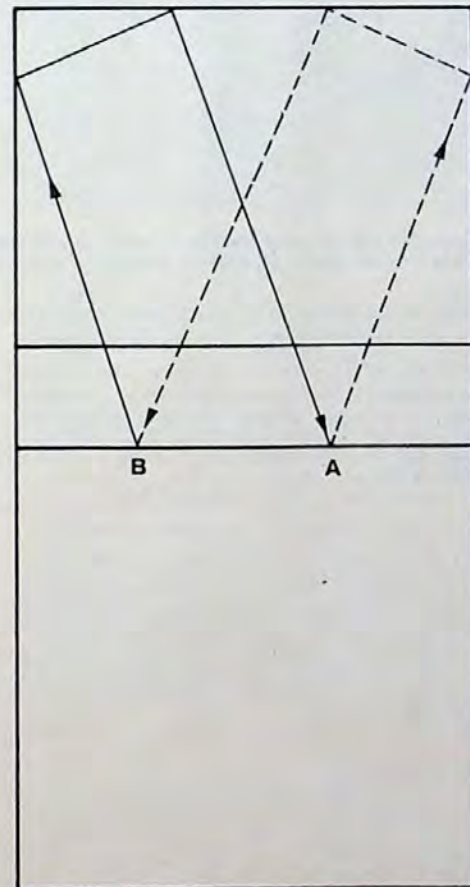
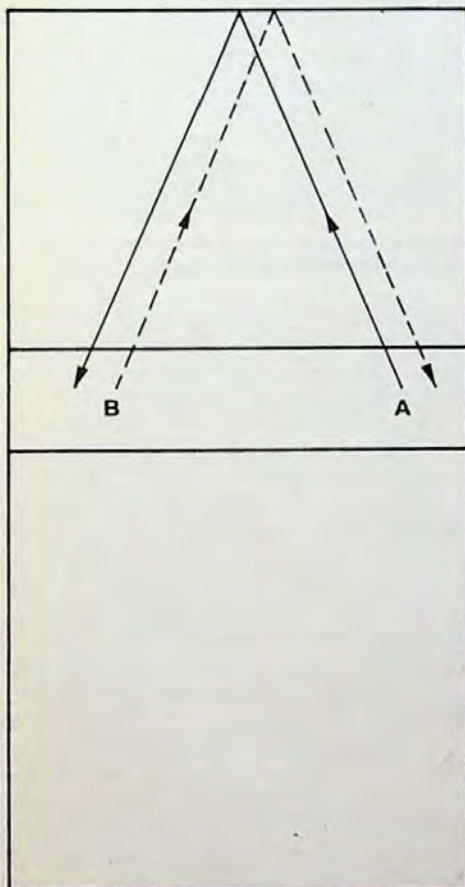
- Communicate during play. The longer you play with a person, the more non-verbal communication takes place, but make sure you yell "mine" or "yours"—not "I got it" or "you take it." Mine and yours are one-word, non-rhyming commands.

- When things are going poorly early in the game, call a time-out or raise your hand and slow down the game. Don't call your last time-out unless you're totally exhausted.

- Invariably, there are games when one partner will play better than the other. If you're a good partner, you'll recognize if you are "off" or if your teammate is "hot." Adjust your strategy accordingly. If he's hot, give him the



The ceiling ball drill: A hits a ceiling shot and runs to the short line while B runs from the short line to return A's ceiling shot. Try this drill until one player misses the shot.



The authors recommend doubles teams practice together as much as possible. Left, one practice drill allows a doubles team to hit cross court passes to one another. Right, A pinches off the right wall and B follows with a backhand pinch off the left side wall.

opportunity to take as many shots as he can. If you see that your partner is having a bad day, it's up to you to take the shots. You'll defeat yourself if you start getting mad at your partner.

Practice Drills

Cross-court pass drill. A hits to B and B returns pass to A off the front wall. Continue the rally as long as you can. This drill helps you work on reaction time.

Pepper drill. This is a drill for the front court person but the back court man should also work on it. Stand five to 15 feet away from the front wall, depending on your skill level (the more skilled you are, the closer you can get), and keep hitting the ball into the front wall.

Pinch drill. A pinches (side wall-front wall) a forehand off the right wall to B, who pinches a backhand off the left. Keep the rally going as long as possible and repeat.

Ceiling drill. A is in the back court and hits a ceiling shot. A then runs to tag the short line as B runs from the short line to return the ball with another ceiling shot. Continue trading places until one of you misses the shot.

Kill drill. A stands along one side wall and shoots a pinch kill shot. B goes after the return from front court to try and save the shot or re-kill the ball. Stop and set up again. 

Editor's note: The authors are former national amateur doubles champions who have played together as a team for ten years.

Court Coverage

By Brad Kruger



The side-by-side formation places the stronger player on the left side. Above, if two right-handed players are on the same team, the stronger player should cover two-thirds of the court while the weaker player should be in charge of covering the forehand shots on the right side.

There are a few maniacal racquetballers crazy enough to enter the court with three other players, all of whom possess a potential weapon in their grasp, and assume there is no need for a game plan. These players who may simply be foolhardy thrill seekers, are high ranking candidates for the neighborhood asylum.

Without a system of operation, the four players resemble large wind-up toys that move about the court mechanically, colliding with various walls or each other. Inevitably, one of these players comes face to face with another's racquet and the match is cut short. A dramatic dash to the hospital usually follows.

For safety's sake, and, perhaps, for aesthetics as well, an analytical view of the proper way to play doubles will be offered here.

Why can a couple of incompetent singles players beat two strong singles players in doubles? Simple. The weaker players have successfully merged their individually limited resources and put forth a unified force. Each partner's weakness was complemented by

the other's strength. They have developed a system enabling them to know each other's moves and patterns of play. They know exactly where, when and how their partner is going to react in any given situation. For some this takes years. Others need only a few times out on the court.

The major problem blocking the development of successful teamwork is indecision. Which player is to take which shot? While this problem can never be completely eliminated, it can be significantly reduced by dividing the court into specific portions. Each player, then, has the responsibility for covering all the shots that enter his respective coverage zone.

Side-By-Side

There are many different theories on how to divide the court up but the most successful method is termed the "side-by-side" formation. As 90 percent of all racquetballers are right handed, the side-by-side formation is geared for a righty-righty team.

In this formation, the left side player is

responsible for covering all shots that enter the left half of the front court and the left two-thirds of the back court. The remainder of the court is the rightsider's responsibility.

The leftside player is given more court to cover for one primary reason. In most cases, a player's forehand is stronger, and more consistent than his backhand. When the ball travels between teammates, the rightside player can hit the ball with his backhand or the leftside player can hit the ball with his forehand. In an attempt to maximize the use of the forehand, this ball should be taken by the leftsider since the ball is on his forehand side. If the rightside player were to hit the ball, he would be using the backhand. In a nutshell, the leftside player is given the center alley to maximize the strengths of the team.

Just as each player has a specific region of the court to cover, so, too, does each player have specific responsibilities. The rightsider has a tough role to play. Not so much physically, but mentally. He has less than one half of the court to cover and, except in extreme cases, will seldom hit a

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backhand because his partner will usually have a better opportunity with his forehand. On average, the rightsider will hit a mere 20 percent of the shots throughout the match. Yet there is a great deal of mental pressure on him because he must be constantly alert and ready to hit every ball that enters his coverage zone.

Adding to this, mental pressure is the fact the rightsider usually plays a little further up in the front court than the leftsider and, thus, must make a quicker decision as to whether he should attempt the shot or leave it for his partner.

The rightsider must position himself very close to the imaginary line that divides the court in half lengthwise. From this position he can hit most of the shots that enter his coverage zone with his forehand. If the rightsider were to move over any more to the right he would not be maximizing his forehand, but would be forced to play more shots near the pre-set boundary with his backhand. If this were the case, he would clearly not be maximizing the strength of his forehand.

Drifting to the right and hugging a side wall is a problem that plagues the majority of beginning doubles players. In general, beginners are intimidated by the social pressures that seem to materialize in center court (i.e., kicking, gouging, elbowing, etc.) and in an attempt to escape, they have the tendency to drift from this optimum position. Well, the pros don't exactly savor the closeness that is generated in center court but they realize in order to win games, the rightsider must be positioned in this area.

The leftsider is responsible for playing almost 80 percent of the shots. Therefore, the person awarded this position should be the superior player of the two team members. If both players are equivalent in singles, an analysis based on the individual strengths of each player should be made to find the right person for the job. Two very important qualities for consideration are endurance and a good backhand.

Because the leftsider must cover the rear two-thirds of the court, his positioning is usually a little deeper than that of his partner. This deeper position grants him a few extra milliseconds so he can evaluate the rally and figure out which player should take which shots.

The leftsider is therefore considered the tactical engineer while the rally is in progress. It is his duty to announce which player should take which shot should any confusions arise. He issues the commands of "mine" and "yours."

The commanding terms should be kept short and concise. If the leftsider starts to ramble off a sentence or two in the middle of a rally, chances are the rally will be over before the message has been conveyed. If he says nothing, the players may run head-on into each other.



The side-by-side formation is the most commonly used formation in doubles. Top, if a righty is teamed with a lefty or a strong forehand joins with a good backhand, and both are about equal, they should divide the court in half. Above, the "I" formation is used when you have a superior front court retriever who teams up with a consistent back court shooter.

Should the situation arise where the rightsider disagrees with the leftsider's command, he should quickly reply with his own command, also keeping it short and to the point. In a case such as this there is seldom any time for further discussion and the leftsider should react to the rightsider's command accordingly.

Even with a lefty-righty team, the best formation to play is still the side-by-side formation. The only difference is a slight modification of the team's coverage zones. To maximize the strengths of both players, the court is divided straight down the center of the court. Both players should position themselves as close as they can get to the

dividing boundary. From that position, they can both hit the majority of shots with their forehands.

The major problem this team will face is when the ball ends up in center court between the two partners. Usually this ball must be taken with the backhand. It is therefore wise to decide before the match which player has the stronger backhand and make this person responsible for all of the shots that travel into center court.

"I" Formation

You'll see the "I" formation in use almost as often as you'll see the Easter bunny distributing pterodactyl eggs on Easter morn. The

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Court Coverage

formation consists of having one player responsible for covering the entire front court and the other responsible for the entire back court.

The front court player is usually a good retriever, almost always the quicker of the two. The backcourt player must be consistent when shooting from deep court and have substantial control over the ceiling ball.

There are many reasons why this formation is seldom used. The major factor is it contributes to indecisiveness. The back court player rarely has enough time to call "mine" or "yours," so the front court player is playing on instinct alone. The front court player can never really be sure what side of the court the back court player is on so he is never sure which shots to hit and which shots to let go. In addition to this, if the team is composed of two right-handed players, they have two backhands along the left wall in contrast with the one backhand in the side-by-side formation.

The I formation is usually employed when

there is a distinctly faster player on the team or when all else has failed.

Basic Strategy

While it may not be the nicest prospect, doubles matches are won by bombarding the weaker player of the opposing team with as many shots as possible. It is very important to recognize and expose the weaker player early in the match.

If the playing ability of both members of the team is equal, then you must concentrate on playing basic racquetball doubles strategy. The basic strategy is to move one of the opposing team's members into an extreme position within his coverage zone and then hit the next shot to a position within his zone that he cannot possibly reach. For example, you can hit a shot that moves one of the opponents into deep court and follow up with a kill shot in the front position of his coverage zone. On paper this sounds quite easy. In actual practice it is much more difficult. Therefore a few basic guidelines can be offered.

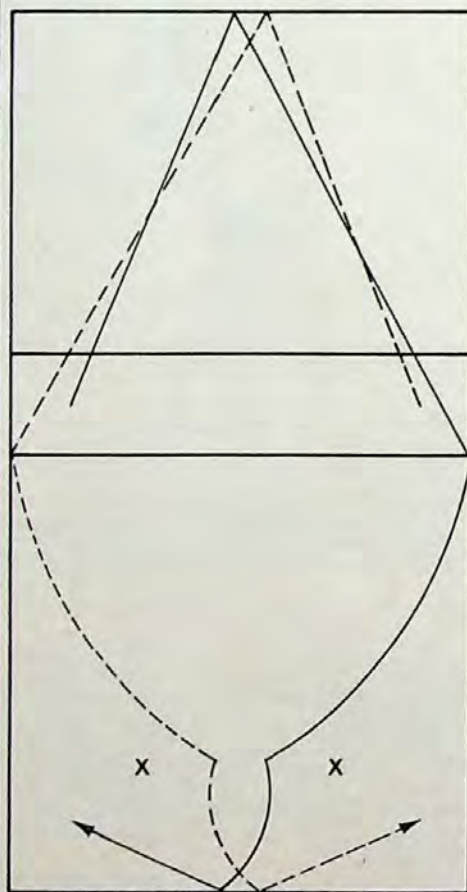
The kill shot, like all other shots in doubles, should be hit hard. A softly hit kill shot will take longer to bounce twice than a crisply hit kill shot. This gives the opposition a few extra seconds to move in and return the ball. Even if the kill shot is a little high, as long as it is flying at a fast pace, the opposition is still faced with a difficult shot.

Whenever possible, the ball should be killed on the fly so the ball will die in the front court before the opposition, stationed in the back court, can regain position.

The "initiation theory" is also based upon reducing the reaction time of the opposition and thus, raising the level of indecision. Under the guidelines of this theory, each player hits the ball as early in its flight as possible, no matter what options exist. If no immediate set-up is apparent, the player rips the ball hard at one of the many obscure angles on the court. The goal is to win the rally by the element of surprise.

Summary

In addition to splitting the costs of a reserved court among four players, doubles can be a fun and fascinating game. Because good doubles is not dependent on one's capabilities as a singles player, there is hope for even the lowliest racquetball enthusiast. By taking a systematic approach to the game, specifically, dividing the court into coverage zones for you and your partner, and advancing from that point, doubles can be learned quickly, easily and safely. No longer must you shake with spasmodic fear when you enter the court with three others.



One good serve to use in doubles is the "jam and fly." This serve can be used from either side of the court. It contacts the front wall in the center, rebounds off the side at the short line, bounces between the opponents and caroms off the back wall.

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The Canadian Connection

Canada's "triple threat" is making a new niche for itself on the U.S. pro circuit.

By Heather Kirkwood

While racquetball remains almost exclusively an American game—invented in the U.S. and dominated by American players—three Canadians rank among the world's best.

Canada's most famous racquetball player is Heather McKay. McKay, forty-three, world squash champion for 16 consecutive years, tried racquetball when she was the only woman invited to participate at the 1979 Coors All-Pro Racquetball

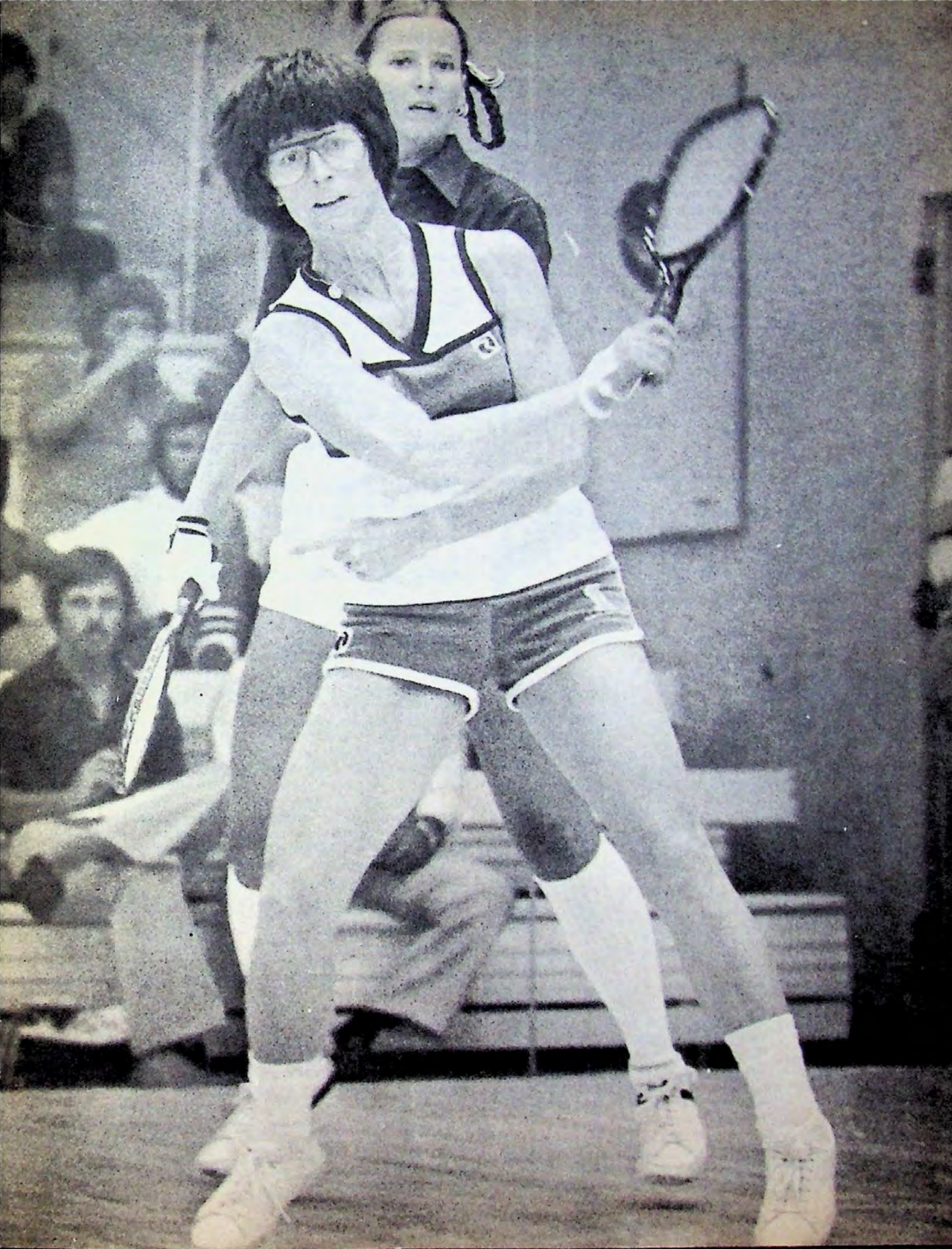
Championships. After six weeks of "trying to learn how to play" she reached the semifinals and, more importantly, enjoyed the new challenge. Following her squash commitments, she returned to racquetball in 1980 to win the Coors Challenge, the U.S. Amateur Nationals and the Canadian championships without losing a single game in each tournament, two pro stops and the WPRA Nationals.

Still a full-time squash coach, McKay has continued playing—and winning—racquetball events. Canadian champion in 1982 and 1983 (she didn't compete in 1981 because of a WPRA conflict), McKay won the 1981 WPRA Nationals and placed second in 1982 and 1983. *Racquetball Illustrated's* Female Player of the Year in 1980 and 1981, McKay and younger nemesis Lynn Adams have a virtual stranglehold on the WPRA tour. Except for former national champion Shannon

Wright, no other two players advanced to the finals of the WPRA pro tour last season.

How long will McKay keep playing racquetball? "As long as I want to and as long as I enjoy it," she says. While McKay won't reveal any retirement plans, she and husband Brian (both Canadian residents since 1975) plan to eventually return to their homeland of Australia. "We enjoy Canada, but Toronto winters are a little long and cold,"

Right, Canada's hottest export is top ranked Heather McKay. At forty-three, the former 16-time world squash champion disposes of many players half her age. Since she has made the transition to racquetball, she has been virtually invincible on the WPRA tour in the States.



Canada

says McKay. "And our families live in Australia."

"I'll probably be in racquetball a few more years," she adds. "But once we go back to Australia, there are no racquetball courts there—and it's unlikely there ever will be. Squash is so popular in that country that racquetball would never catch on like it has in North America."

Canada's only world-class male racquetball player is twenty-four-year-old Lindsay Myers of Vancouver. A power hitter noted for his blazing serve and incredibly quick court coverage, Myers dominated the Canadian racquetball scene for six years, winning the Nationals from 1977 to 1982.

In 1977, at the age of eighteen, Myers was confident he could become part of that small fraternity who actually make a living playing racquetball. So he moved to San Diego—the racquetball capital of the

world—to train with the top ranked pros. A few months later he captured the Southern California Closed Championships, the AMF-Voit Pro Nationals, the LA. Open and—his most impressive victory—the International Racquetball Association Championships by defeating Mike Yellen in the semis and Dave Peck in the finals.

"Invitation Only"

Ranked among the top ten on the men's tour in 1980 and 1981, Myers' racquetball future seemed assured. That was until the Catalina tour announced its new 12-player "invitation-only" format in the autumn of 1981. Two names were conspicuously absent—Jerry Hilecher and Lindsay Myers. While Hilecher filed suit to get on the tour, Myers didn't. Thus, Myers hasn't played any major professional tournaments in the States for the last two years.

Barred from "the only game in town," Myers continues to play. However, he has lost his old intensity, losing in the finals of the Canadian Nationals last May. He could be getting another shot at the U.S. pro racquetball tour. A new player's organization—the Professional Racquetball Organization—has replaced the Catalina tour and eliminated the "closed fraternity" phenomenon.

Will Myers return to pro competition? "I am currently sponsored

Barred from "the only game in town," pro Lindsay Myers has lost some of his old intensity.

by Canadian Pacific Airlines, and I can't compete in the United States unless I get a U.S. sponsor to pick up the tab," says Myers. "They know where I am and they know how to get in touch with me."

Myers hopes a Canadian pro tour might be formed. He is currently serving as vice-president of the Canadian Professional Racquetball Organization. The organization is in the process of soliciting sponsorship and membership.

Another Canadian who is becoming McKay's most likely protege is Montreal's Heather Stupp. At twelve, Stupp entered her first Canadian tournament and won the event's only junior category—boys-under-19! Two years later she was ranked fifth in the country and had beaten the top ranked Canadian champion at a Pro-Am.

Two years ago seventeen-year-old Stupp staged a thrilling comeback victory in the Canadian Nationals final. Down 2-8 in the 11-point tiebreaker, she rallied to score nine straight points and earn her first open title. But she still considered herself second best. "Heather McKay wasn't here," she said to the media afterwards. "If she was, you'd be interviewing her."

Six months later Stupp met McKay at the televised CBC Classic in Winnipeg and defeated her 15-14, 7-15, 11-2. This remains one of her most dramatic moments in racquetball. "Heather McKay is incredible," says Stupp. "She's so tough mentally. She's one of the hardest hitters on the tour, but when I walk off the court after playing her I never feel Heather overpowered me—instead I think she outsmarted me!"

Scholastic Sensation

Although Stupp entered a few WPRA events during the 1981-1982 tour, she wasn't considered a threat because she didn't compete regularly. Academic commitments came first. However, last season she managed to make half the scheduled tour stops and swept through the pro rankings at an unbelievable rate.

She turned in her best tournament results at the Seattle pro stop by defeating Martha McDonald, Terri Gilreath and Laura Martino before losing to Lynn Adams in the semifinals. "This was the first time I didn't have to qualify," she says. "It helped. I could finally concentrate on the draw."



A power hitter noted for his quick court coverage, Vancouver's Lindsay Myers reigned as Canada's racquetball king for six years. Myers' racquetball future seemed assured in the States until the Catalina tour announced its new "invitation only" format in 1981.

Photo courtesy Windsor Star



Superstar Heather McKay's most likely protege is Montreal's Heather Stupp. Stupp's most convincing victory was when she beat McKay at a Winnipeg Classic. Above, the two met again at the 1983 Canadian Nationals. This time McKay overpowered Stupp.

While Stupp now has confidence in her game, she originally found it difficult adjusting to pro racquetball. "When I moved up at seventeen, I was unproven," she says. "The pros don't pay too much attention to amateur results. I wanted them to take me seriously and not say, 'I'm playing Stupp first, who will I play next?' Since I entered my first WPRA event right after I'd beaten Heather, I got some respect, but I still felt I had to play up to them. It's taken me a whole year just to relax and get used to the tour."

Although Stupp's sponsorships cover her tournament expenses, she misses many WPRA tour stops because of school. In her first year at college and planning a law career, she's a serious student who lets nothing—including racquetball—interfere with her studies. "I've always wanted to do well in both schools and racquetball," she says. "I'm not making any long-range plans. I just play each tournament as it comes."

With every tournament she competes in, Stupp narrows the gap between herself and the tour's top players—and she's still a teenager. Depending upon her ability to juggle school and racquetball over the next few years, Stupp could be the next major threat on the professional racquetball circuit.



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The Avoidable Hinder: Point or Ploy?

An Inside Look at the Unwritten Rules of No Man's Land



When does a hinder become a bonus?

Seven years ago, Canada's master of the avoidable hinder stumbled upon the answer to this question. At the time, Angus MacGregor looked like he had been poured into his gray cotton sweat suit and had forgotten to say "when." He was often mistaken for a padded Goodyear blimp wandering around the racquetball court—only he moved much slower.

Don't get me wrong. Angus was extremely mobile for a guy his size. When returning some shots, he had the dexterity of a nimble ballerina. It is even rumored Angus once dived for a shot, sending the frightened crowd clambering under the safety of doorjams.

But while Angus was quick to return some shots, he moved like a drugged three-toed sloth on others. Once, after being creamed by one of his opponent's shots, Angus peeked up at the referee, a slight tear forming in the corner of his eye, and panted, "I did my best to get out of his way." The referee would almost always call a replay.

A hinder becomes a bonus when it is really an avoidable hinder. With an opponent in the way, a shooting player is usually fouled. When a replay is ruled, the shooting player is penalized. What should have been his point now becomes a replay and the obstructor benefits. What should have been a point for the shooter instead becomes a penalty.

As a spectator, it is beyond me how any player could choose getting blistered or maimed by a flying photon rather than lose a point. But as a player at 20-20, even I, king of the chicken-hearted, might be tempted to step into the line of an opponent's shot, take the rip and hope the referee will call a replay. Thus, the fate of a match can be altered significantly.

There are two kinds of hinders: the dead-ball hinder which results in the replay of the point and the avoidable hinder which results in an "out" or a point depending on whether the offender was serving or receiving. First, we'll deal with the dead-ball hinder.

The Dead-Ball Hinder

A dead-ball hinder is called when there is any "unintentional interference which prevents an opponent from having a fair chance to see or return the ball." This means if you get in the way of your opponent's shot, but didn't do so on purpose, the point will be replayed.

The key word here is "unintentional." Have you ever been caught out of position inten-

Ouch! The avoidable hinder is one of the most controversial rules of racquetball. Left, touring pro Lynn Adams "tries to get out of the way" of Shannon Wright's shot selection.

Avoidable Hinder

tionally? Did you ever try to intentionally get into poor court position?

Under the guiding light of this rule, an official must determine whether or not a player really intended to get out of the way. With a pocket polygraph machine a referee might be able to come to a competent conclusion. However, if Academy Awards were given out for the role of innocence, racquetball players would sweep the Oscars. Thus, without any hard evidence to prove actual intent, most referees order a replay. Innocent until proven guilty, as it were.

"It's not whether you are *trying* to get out of the way, it is whether you *are* out of the way,"

said Joe Kirkwood during the Racquetball Stampede tournament in Calgary, Alberta, Canada. Down 19-8, Kirkwood fought back, closing the gap with an incredible barrage of shots. However, his never-say-die charge was thwarted. At 20-20 his opponent dived, weakly returned a shot and lay between the plum set-up and the front wall open prey for Kirkwood's blue photon projectile.

With the path to the front wall blocked, Kirkwood hesitated. He waited for the avoidable hinder call against his downed foe. The call never came. Kirkwood reacted late to save the shot and the game, hitting a weak return. Miraculously, his opponent redis-

covered the ability to move. He scrambled up, tracked down the shot and hit a winner of his own.

Much of the problem arises because of the conflicting nature of the rules. The avoidable hinder rule says an avoidable hinder occurs when a player "fails to move and does not move sufficiently enough to allow his opponent the shot."

No mention of intent here. Get in the way and you lose a point. Does this mean if you get in the way of any of your opponent's shots you will lose a point? Well, yes—with a small stipulation.

Once again, the focus has shifted off the problem and back to the player's intentions. How does the referee decide whether the shot was reasonable or not? The rules give no concrete definition as to how much of a shooting area a player is entitled to. The referee finds himself afloat in a cesspool of subliminal speculations. Acknowledging a stalemate of thoughts, the referee then

If Academy Awards were given out for the role of innocence, racquetball players would sweep the Oscars.

scratches his templar region and tries to decide which of the two rules should be applied—both about as vague as a wishy-washy politician.

A replay is usually ruled.

Your Wish Is My Command: A Woodpecker's Jamboree

With an opponent in the way, the shooting player is forced to hit the obstructor or go for a shot not originally intended. If he opts for the latter, his chances of winning the rally are often greatly reduced. The only true option for the player is to hit his best strategic shot regardless of his opponent's court position. However, if his opponent is in the way, look out—well city. If not, the rally goes on. It was with this the "woodpecker option" evolved.

In a recent semifinal singles match, I was confronted with one half of the Canadian National Doubles championship team. This particular "half" seemed to return shots a lot faster than he moved out of the way of mine. His legs were like tree trunks—considering he tended to root himself into the hardwood floor. The only difference between him and Angus was that Angus wore a sweat suit. This player's legs looked like the surface of the moon. They were laced with pockmarks, the result of intercepting too many blue meteorites.

If a tree gets in the way of progress, it must be moved. I had to make a decision. When



If a tree gets in the way of progress, it must be moved. Above, similarly, if an opponent gets in the way of too many speeding blue photons—look out—well city. Many players are inclined to step in the way of a possible winning shot so a replay might be ordered by the referee.

set-up, I could chance losing a rally by hitting another shot or I could hit my best shot and hope my opponent didn't get hit.

This player remained in the path of my best shots. While I continued to hit my best shots, he continued to get hit. Now, it must be emphasized I was not aiming for him, but simply hitting the most obvious winner. Had he not been in the way he would not have been hit. If not for this I may have won the point.

This is where the woodpecker option comes in. If a woodpecker pecks persistently and hard enough, even the most deeply rooted tree will eventually move or tumble. The tree standing in the way of my progress did just that, but it took a lot of pecking. This is not a recommended option for practice matches or situations where it is obvious the obstruction was accidental or a freak occurrence. For safety, hold up and replay the point.

The above illustrates the abhorrent extremes a player must go to when there are no concrete rules to depend on. It is truly amazing how after a few motivating welts, a player learns how to move much more quickly. However, there should be no need for this type of play. But without any definite rule, it is almost impossible for a referee to control the match with competence.

If The Rules Won't Work, What Will?

Squash players—who needs 'em? Always wearing their snazzy, white designer squash outfits and carrying their racquets in strange elongated gym bags. They almost always fail to say please and thank you after a rally. And, worst of all, not satisfied with the luster of their squash trophies, they enter racquetball tournaments (usually competing quite well) and always babbling about racquetball's avoidable hinder problem.

"In squash," one pompous enthusiast boasted, his nose high in the thinner air, "the rules prevent people from—uh hum—getting in the way. Racquetball could learn a great deal from squash."

Ah yes, we must have open minds. Com-

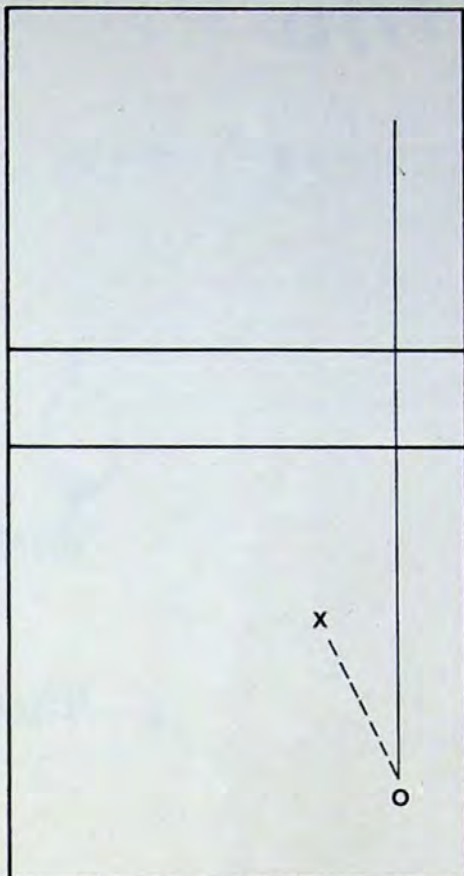
1. The receiver limits the shooter's shot option by traveling into no man's land. The shooter (O) is left with only two options—shoot a down-the-line or kill shot. The odds are against player O.

2. By observing no man's land, player O is entitled to the entire front wall. Player X can position himself anywhere beside the imaginary lines to the two front corners.

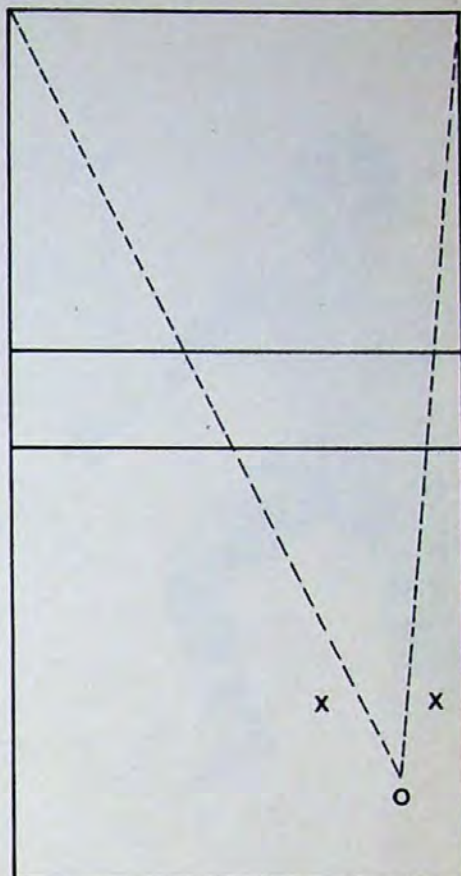
3. The no man's land zone varies with each court situation. As the racquetball moves around the court, the zone changes in relation to the two front corners and the ball's position.

4. The no man's land zone eliminates the need to judge a player's intentions. If a player is hit while the ball is traveling to the front wall, a point should be awarded to the shooter. If a player is hit outside no man's land, a replay should be ordered.

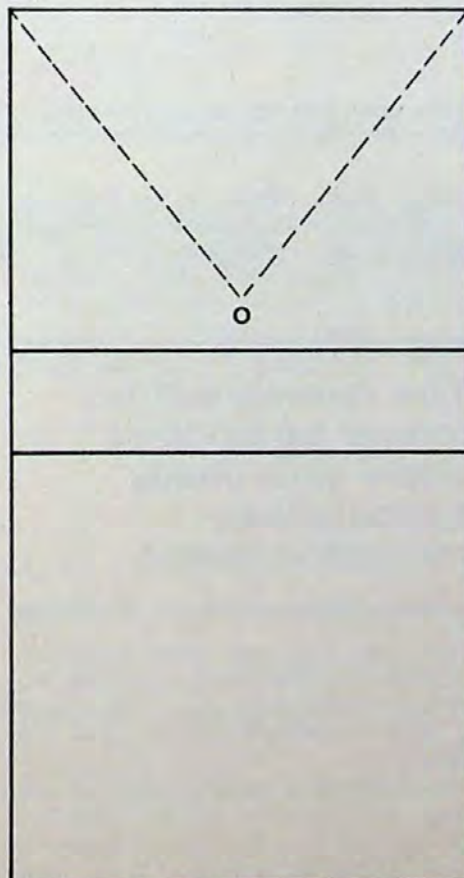
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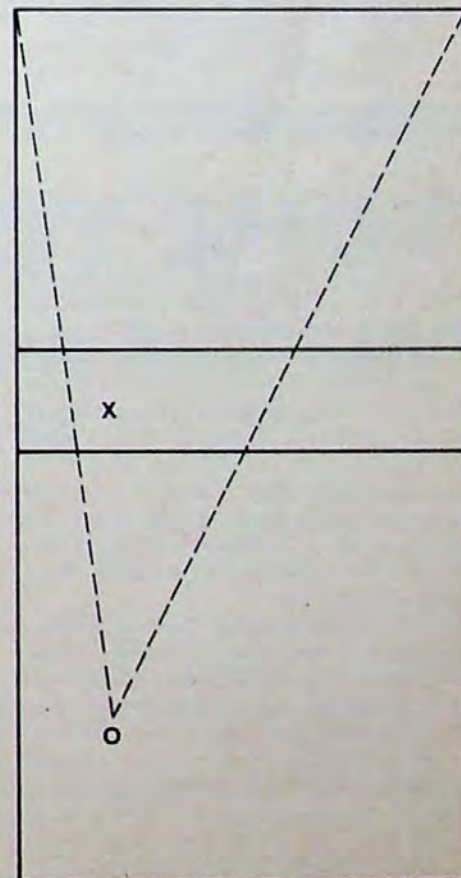
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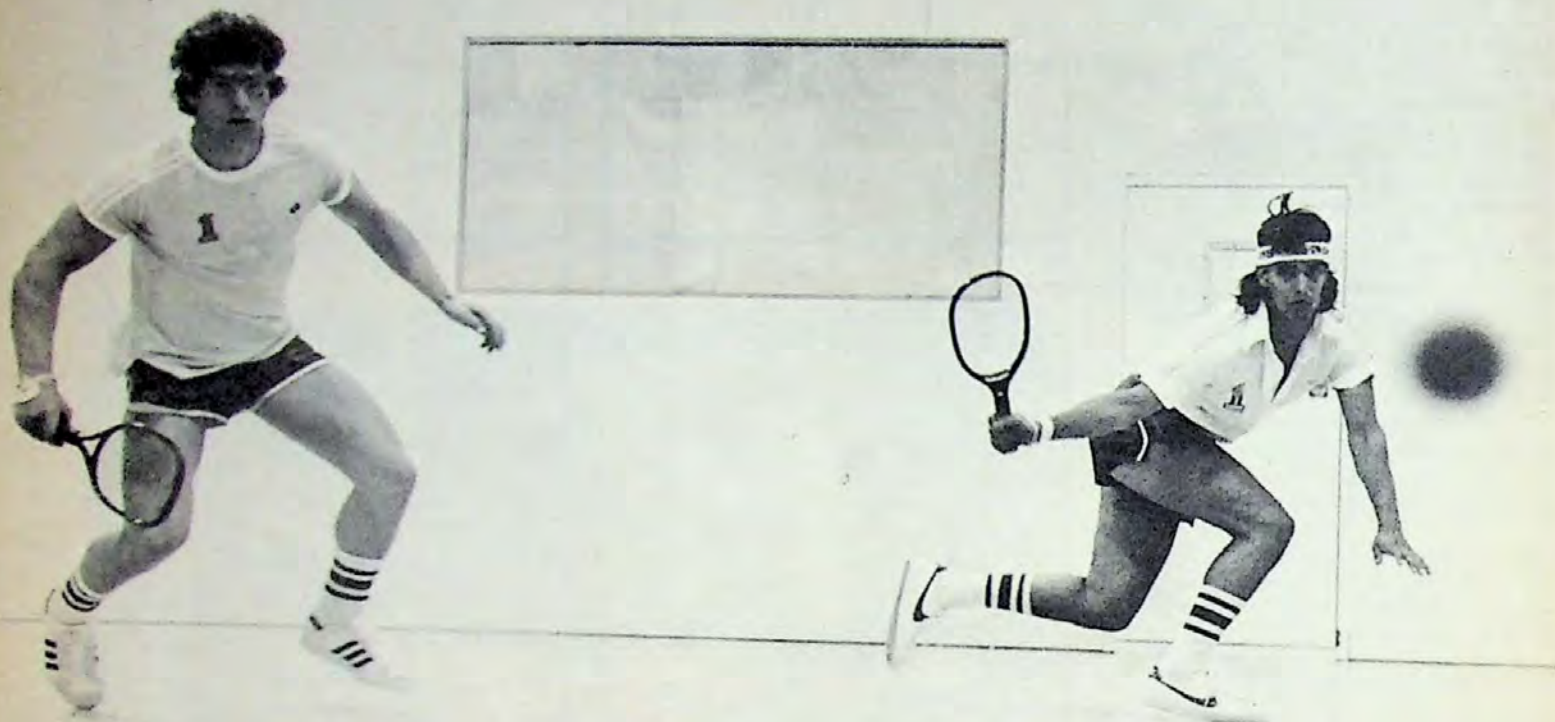


4.



Avoidable Hinder

TING H



Many players already observe the unwritten rules of no man's land. Above, former five-time national champion Marty Hogan anticipates Ben Koltun's next shot. Whether knowingly or not, Hogan is obeying this imaginary zone which allows his opponent to have the entire front wall.

pared to racquetball, squash is played on a smaller court, the players are usually closer to each other, the racquets are much longer and the ball is smaller and faster. If squash really is a hinderless game, perhaps an educational gander would pay off.

In squash, the rules establish a no-man's land—as it were—that receiving players must stay out of if fair play is to continue. The player hitting the ball is allowed to hit it in a direct line to any point on the front wall. If an opposing player gets hit while in the way of this direct line, a point is awarded to the hitting player. If a player is hit by a ball traveling in a direct line to the side wall, a replay results.

The rules are easy to learn and easily applicable to racquetball. A referee draws imaginary lines from the point of contact with the ball to each of the front corners. If an opponent is hit while inside this triangular region, and is thus in the way of the hitter's fair option, a point is awarded to the hitting player. If the opposing player is hit outside the triangular region, a replay is ordered—the hitter's chance at a fair shot being un-

affected. If an opponent does not hold up and does not hit the other player while he is in the area, play continues unimpeded.

The rule adapts to the variations of each rally. With the formation of the imaginary no-

The referee will no longer be bogged down with shady speculations regarding intent.

man's-land triangle dependent on the point at which the ball is actually contacted, the triangle changes with each shot. The change is easily identifiable to both player and referee.

The referee is no longer bogged down with shady speculations regarding intent. This rule deals with the problem of a player being in the way regardless of whether it was

intentional or not. The referee must only decide if the player was or was not in the no-man's-land zone.

Both players compete under the same set of rules. Both players can enjoy the same advantages and grumble over the same disadvantages. The grumblers will be few and will fade with time. In fact, many players already give their opponents far more to shoot at than the front wall. Since most of us already play under the system without recognizing it as a rule, the actual game will change little—if at all.

Angus MacGregor has since shed most of his mega-tonage. "Just 30 more pounds," he proudly proclaims. His thick cotton sweat suit vanished about two years ago (the result of an obvious sabotage mission by one of his opponents). However, after a diligent two-month quest for his armor ended in failure, the pockmarks decorating his body began to vanish as well. Whether he knows it or not, Angus now respects no-man's-land and is no longer just "trying to get out of the way."

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WPRA Dark Horse



"You have to earn every point against Lynn (Adams) and I had too many errors to do that," said touring pro Caryn McKinney at the Coca Cola Holiday Shootout last December. McKinney breezed through the draw to appear in her first finals match this season. Above, McKinney (background) anticipates a forehand pinch against Adams. However, her improved game strategy wasn't enough to stop top ranked Adams.

Charging through the WPRA draw, Caryn McKinney, twenty-five, found herself facing top seeded Lynn Adams in the finals of the Coca-Cola Holiday Shootout last December. Although Adams defeated her opponent 16-21, 21-13, 21-6, 21-18, McKinney's showing in the finals advanced her into the tour's elite top ten.

Adams' lack of motivation in the finals worked to McKinney's advantage. "I usually face Heather (McKay) in the finals of most tournaments, and for some reason my con-

centration and motivation were not what they should have been in the first game," says Adams.

McKinney's game plan in game one kept Adams pinned in the back of the court for most of the game. McKinney used an effective combination of serves and mobility to keep the game close. Adams scored two quick points on a pass of her own to pull within four points at 16-20, but McKinney cracked a perfect cross court forehand kill shot to go one up on Adams.

Games two and three were a different story as Adams' concentration was restored. Down 2-4 in the second game, Adams strung together seven straight points on a combination of passes and pinches to pull to a 9-4 lead. An ace, a McKinney skip and an Adams backhand kill sealed game two and evened the match at one game apiece.

"In the second and third games Adams got on a roll as she so often does," says McKinney. "She combined her serves with powerful shots and gave me fewer opportuni-

TOURNAMENTS

ties to be aggressive. You have to earn every point against Lynn and I had too many errors to do that—most of which were forced by her."

The two players saved the best for last. In the fourth game Adams raced to a 7-0 lead and appeared to be heading toward her second victory of the season. However, McKinney returned to her game one form and scored the next five points to edge closer at 6-8. The match remained close for the next several points. Adams began to score regularly with her patented kill shot to gain a 19-12 lead. Adams then took advantage of a McKinney skip and killed the next two balls to claim the victory.

To reach the finals Adams defeated Brenda Barrett 21-12, 21-15, 21-14 and McKinney topped Janell Marriott 21-12, 23-21, 16-21, 21-16.

In the quarterfinals Adams defeated Stacey Fletcher in three games, Barrett won over Peggy Gardner in four, Marriott topped Jennifer Harding in three and McKinney was victorious over Laura Martino in three. 



In the quarterfinals, pro Laura Martino (foreground) uses a powerful forehand cross court shot against Caryn McKinney. McKinney, who didn't even make it to the top ten of the rankings last season, showed strong determination and beat Martino 21-14, 21-9, 21-7.

The King of Control is Back!



Photos by Danny Carmain

Well, it's official. Racquetball critics can no longer say touring pro Mike Yellen's hot winning streak is just pure luck. Yellen proved he is still a force to be reckoned with as he defeated former five-time champion Marty Hogan at the Schoeber's Classic 11-6, 5-11, 9-11, 11-6, 11-7 last December. "My game is a lot sharper now than most of the other players," says Yellen. "Marty is still a very tough, all-around player, but I've just been able to execute my shots and put more pressure on him." To reach the finals, Yellen defeated Ruben Gonzalez in three games.

SERVICE BOX

A Safer Point of View



Unique Sports Products has introduced a new product for eye safety, Fashion Racket Specs. Frames meet ANSI standard 287.1 and are available in three colors: clear, amber and rose.

Lenses are made of shatterproof polycarbonate and can be replaced with

prescription lenses. Two sizes are available: small and large. Suggested retail price is **\$17**. For further information contact Unique Sports Products, Inc., 5687 New Peachtree Road, Atlanta, Ga. 30341 or phone (404) 451-2800.



Sauna and Spa Center

"He who works with his mind, shall not neglect his body," is Am-Finn Sauna Company's cardinal rule. Today's racquetball players are discovering they can manage stress and cope more effectively with the pressures of the game by relaxing in the solace of a sauna and spa environment.

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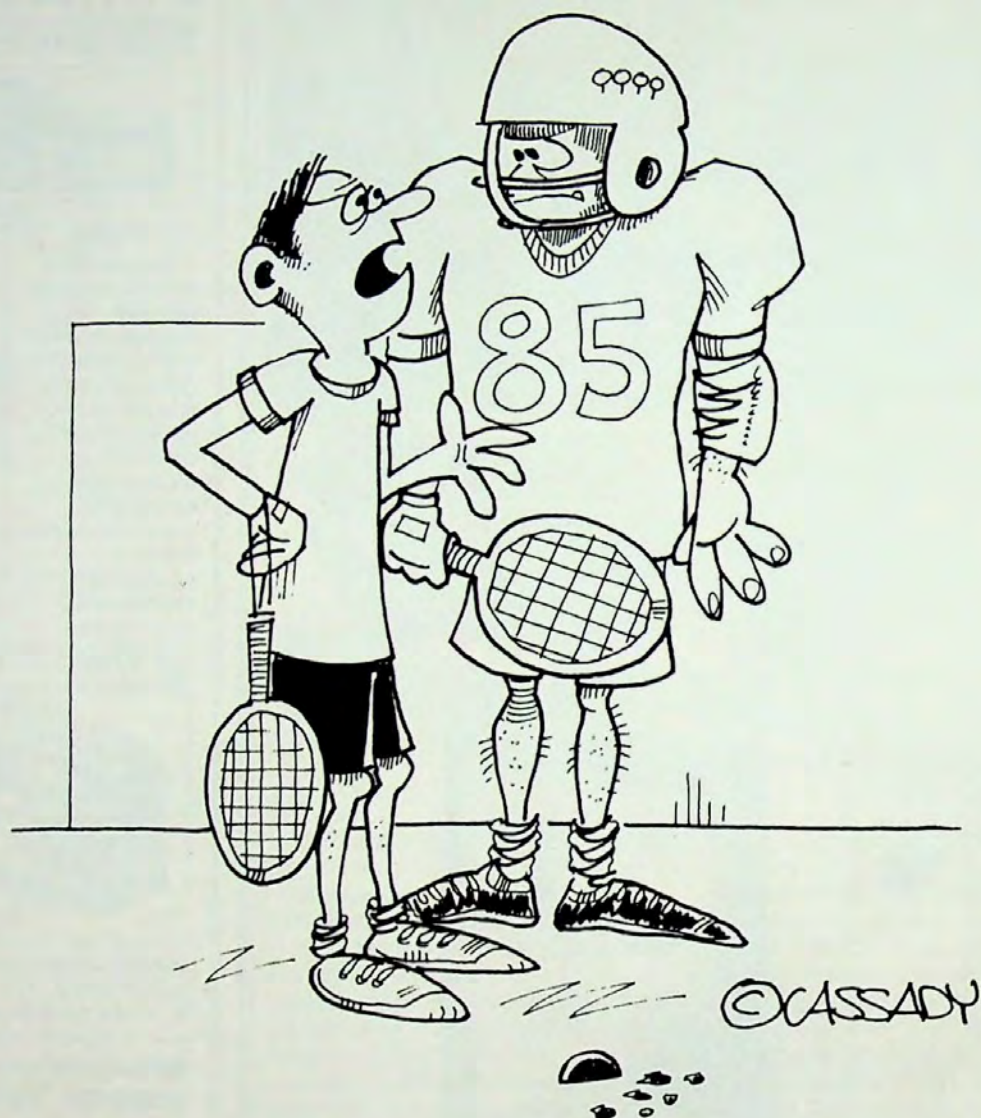
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OFF THE WALL



" BUT IT'S NOT SUPPOSED TO BE A CONTACT SPORT ... "

Cartoon by John R. Cassady

The Next Shot

See World,

Our third annual eyeguard guide takes a look at the latest in racquetball safety eyewear. Plus, a noted eye specialist tests and compares the different types of eyeguards on the market.

Tower of Power

The taller athletes are no longer just considering a career in basketball. A special feature profiles why some of the loftier sportsmen are "setting their heights" on racquetball.

Court Cousins

Look, no racquet! You don't need a racquet to have fun on

the court anymore. Find out the history and technique behind racquetball's closest court cousin—handball.

Service With a Smile

Our special service instruction section will set you up for the perfect ace. Don't miss out on some terrific tournament tips from touring pros like Marty Hogan and Dave Peck.

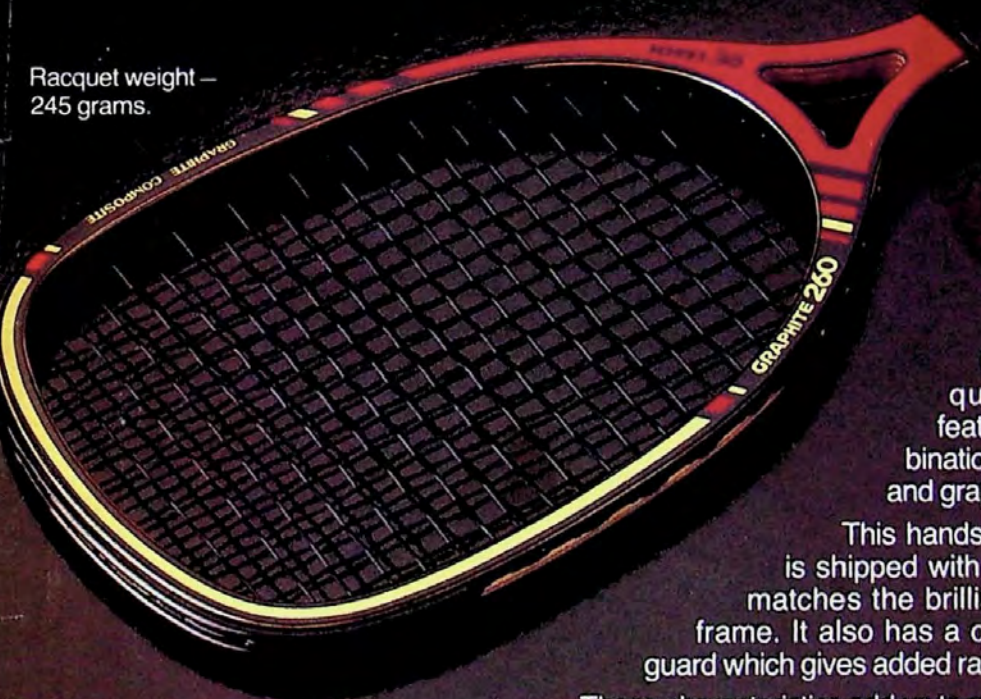
Nutrition and Racquetball

New ways to stay in shape this spring. Top nutritionists show you how to work off that extra weight through racquetball and the type of diet that's right for you!

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