

# National Racquetball®

Vol. 9 No. 2  
February, 1980  
\$1.50

• **BASKETBALL'S  
BOB COUSY  
PLAYS A  
NEW GAME**

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Vol. 9 No. 2  
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### On The Cover . . .

Racquetball takes its place in Ex-Basketball Great Bob Cousy's new way of looking at life. The Hall of Famer — and 1949-50 All-American — philosophizes for Dick Squires on page 18.

— Dave Kilmer illustration

*National Racquetball Magazine* is the official publication of the United States Racquetball Association and is published monthly by the National Racquetball Club, Inc. and Community Builders, Inc.  
4101 Dempster Street, Skokie, Illinois 60076, (312) 673-4000. *National Racquetball* • (ISSN 0161-7966)  
President and Publisher • Robert W. Kendler  
National Commissioner and Business Manager • Joseph Ardito  
Assistant to the Publisher • Terry Muck  
National Racquetball Club Director • Dan Bertolucci  
U.S. Racquetball Association Director • Bob Keenan  
Design Director/Production Manager • Milton W. Presler  
Managing Editor • Carol Brusslan . . . East Coast Editor • Dick Squires  
Circulation Manager • Kip Fancher . . . Circulation Administrator • Jack Kendler

Advertising information requests should be addressed to  
Joseph Ardito, Business Manager, *National Racquetball Magazine*,  
4101 Dempster Street, Skokie, Illinois 60076.  
Copy subject to approval of the publisher.

All editorial communications should be addressed to the Editor *National Racquetball Magazine*,  
4101 Dempster Street, Skokie, Illinois 60076. Manuscripts must be typewritten and double spaced.  
Color and black and white photographs are welcomed. Please enclose a stamped self-addressed envelope  
for return of manuscripts and photos.

Subscriptions are \$12 for one (1) year. Rates are for U.S., possessions and military.  
Canadians must send U.S. money order.  
Foreign subscriptions and \$12 per year plus postage. Second class postage paid at Skokie, Illinois and  
at additional mailing office. Postmaster send form 3579 to *National Racquetball*,  
4101 Dempster Street, Skokie, Illinois 60076.  
(Please allow 6 to 8 weeks between the time subscription form is mailed and receipt of first issue.)

Printed by Photopress Incorporated, Broadview, Illinois 60153.

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From Bob Kendler



## Let's All Start Drinking . . . Thirst Quencher

In the EXTRA! section of this issue of *National Racquetball* you'll find some very good reasons for making Wagner's Thirst Quencher your regular refreshment. All of them relate to good health, great taste and instant energy. I have another reason to recommend Wagner's Thirst Quencher, a product of A. E. Staley Manufacturing Company.

You may have noticed that we don't endorse a great many products, nor do we include every product that wants advertising space in *National Racquetball*. This

hasn't improved our image with some manufacturers, but we believe our members have confidence that we screen what we advertise. Money is the least important of our considerations. Last year, for example, we passed up several hundred thousand dollars in advertising and that certainly puts to rest any monetary consideration.

When we do endorse a product, it's with good reason. Thirst Quencher is an excellent case in point. In a number of recent tournaments the Staley Company furnished the players with all the Wagner Thirst Quencher they wanted. There was absolutely no charge to us, to the players or even to the spectators who emptied the jugs as fast as we could fill them. It didn't take us long to realize that Thirst Quencher was a natural for all our events.

What was most surprising was the way players came out of the court, after furious rallies, looking for Wagner Thirst Quencher. From the beginning to the end time outs became thirst outs as player after player found relief in this refreshing and reviving drink.

Now refreshment for the player is a regular part of our equipment, and there

aren't many refreshers we haven't tried. But none seems to appeal to the players more than Thirst Quencher. The great acceptance was all we needed to make Thirst Quencher the exclusive tournament drink, and it enjoys our unqualified endorsement. May I add that this is the only drink we have ever endorsed.

In my opening paragraphs I mentioned that I had another reason to be happy all of us are drinking Wagner Thirst Quencher. That's because Wagner is joining companies like Seamco, Leach, Saranac and Champion in doing something for the amateurs. Wagner Thirst Quencher will be on hand free of charge at the 50 state championships, regionals and Nationals (regular, Junior and collegiate included.) Now is the time to show Thirst Quencher that we are grateful for their help.

No need to remind you that running tournaments with prize money of about \$400,000 is quite a challenge. But to be perfectly honest the prize money is less of a problem than the overhead. That's tough to raise. Prize money brings a lot of good will to sponsors, so they are easy to find. Amateur funding is another story. Surprising as it may seem we need more money for amateur tournaments than for professional ones. After all we are involved in 50 amateur tournaments for every one professional tournament.

So I want to impress you with the generosity of these wonderful Wagner people, all of whom visited our office recently. They seem like our kind of people — amiable, generous and determined to put their dollars in projects that are really beneficial. They are going to get all the promotion we can give them, and if you add your patronage to this, we'll make them glad they came aboard. There is nothing you could do that I would appreciate more.

Thank you Wagner Thirst Quencher.

*Evie & Bob Kendler*

Evie and Bob Kendler



Left to right: James Rogula, Vice-President and General Manager, A.E. Staley Consumer Products; NRC/USRA President Robert W. Kendler, and William Brooks, Vice-President of Consumer Products, Wagner Consumer Products of A.E. Staley.

How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace; that bringeth good tidings of good, that publisheth salvation; that saith unto Zion, the God reigneth!

Isaiah, Chap 52, Verse 7

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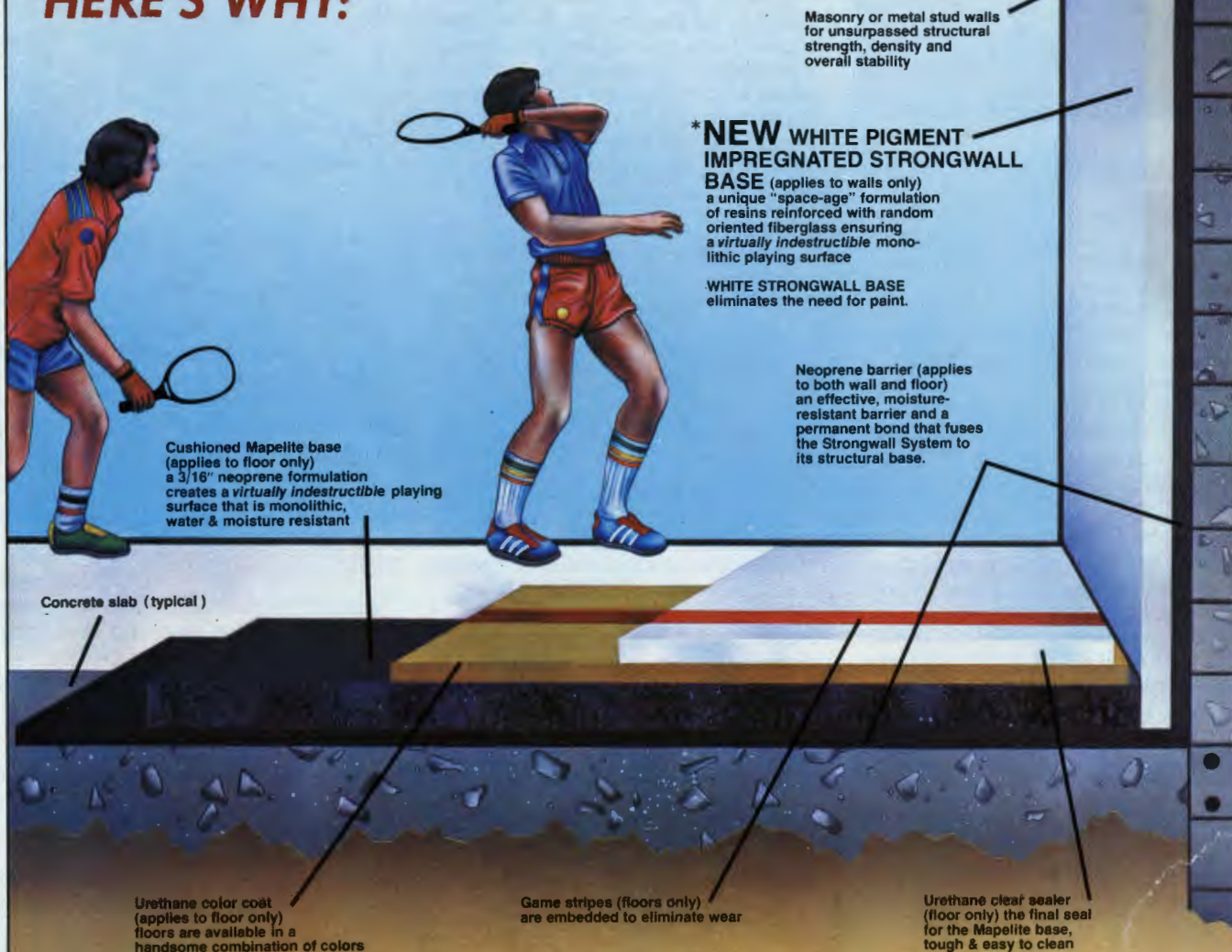


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## From the National Commissioner



## Standardize Three-Wall Courts

It makes me happy to find there is a growing interest throughout the country in playing racquetball outdoors, as reported in Bill Zavestoski's comprehensive story on page 22. I have been recommending and promoting the building of three-wall outdoor courts for the sun belt states and — just as important — for the northern states, where racquetball club members want to play outdoor sports in the summer.

But it makes me less than happy to find that outdoor courts, as Bill points out, come in so many sizes and designs. For I know that if the game is going to grow and be played on a full scale competitive level, it will need standardization not only of size, but also of other construction details.

Here are some of the specifications I recommend:

- Build the side walls to a full 20 foot height and all the way back to the end of the court. Most outdoor three-wall courts are built adjacent to each other, using a common side wall. If the side wall does not run all the way back, at its full height to the end of the court (some side walls slant down from the front wall to the short line in the middle of the court), the ball continuously pops out of the court. This interrupts the game and creates a hazard. If the ball takes one bounce in the court and goes off on an angle into the adjacent court, it is still playable before it bounces a second time. So we have a situation where an excited player, intent on returning the ball, runs into another court where there are players concentrating on their own game. Thus a possible collision and injuries could occur.

- Include a partial 15 foot solid ceiling starting at the front wall, and cover the rest of the ceiling for 25 feet with wire mesh. This allows the ball to be played off the ceiling and keeps the ball from going out of the court.

Now that there's a rapid growth in three-wall play, the USRA will soon be promoting state, regional and national tournaments. Therefore it is necessary to standardize the game and the size of the court.

I've included a schematic drawing with the official USRA specifications for three-wall courts. Anyone who would like to build these standard three-wall courts can contact Strongwall Systems, Inc., 346 Kinderkanack Rd., Westwood, NJ 07675.

Their courts, which comply to USRA specifications, are approved for USRA tournament play.

*Joe Ardito*  
Joe Ardito

## From Our Readers



### Brumfield Is Great ... But for Cardio-vascular Fitness?

Dear Sirs:

The series of instructional articles by Charlie Brumfield has been a great help to many players, especially those of us that are isolated from the pro tours and contact with the forerunners in our sport. Each article has its own special message and for that I would like to thank Charlie Brumfield and your magazine.

I would, however, like to point out that certain misconceptions may be created in the September issue and the article on conditioning. Several references to cardiovascular fitness might lead one to believe that the exercises described are suitable for developing this kind of fitness. However, the only activity suggested that is appropriate is the use of the stationary bicycles. The routines outlined are terrific, but not for cardiovascular fitness. You owe it to your readers to be more specific in your use of terminology and also to print some suitable guidelines for developing cardiovascular fitness.

David Graham  
Prince George, British Columbia

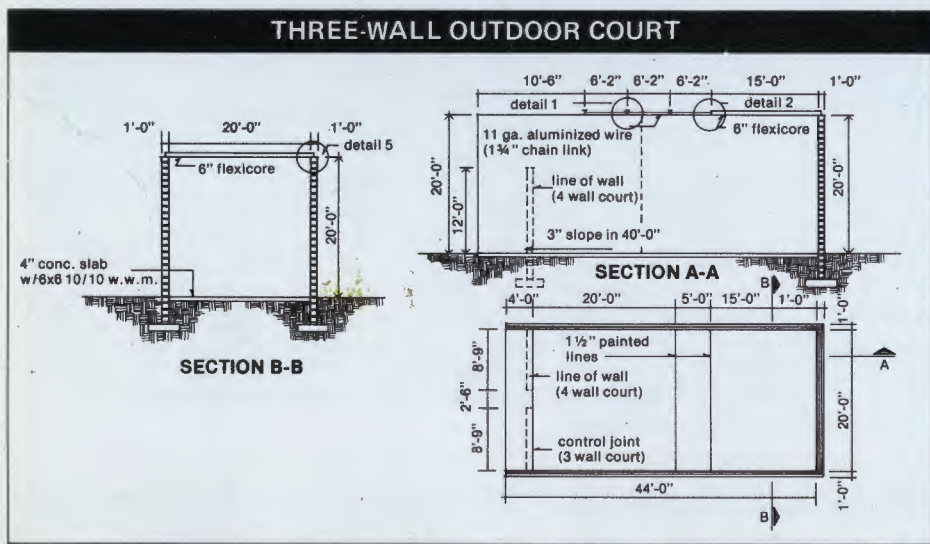
*Please see our story "Putting Your Heart in Your Game" in this issue (page 28) to learn how cardiologists believe you can fit racquetball into a regime to improve your cardio-vascular fitness. ED*

### He Believes in Us

Dear Sirs:

I started playing racquetball in January of this year, and I started receiving your magazine in March.

I've written you about Charlie Brumfield's serves, and now I want to tell you that his articles in the October and November



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issues on footwork and court coverage are the best yet. I'm also glad to see the article on beginner's racquetball. I believe it will help all new players and give a refresher course for those who've forgotten the basics.

Keep your magazine articles coming. I really believe that they help my game.

James V. Lupo, Jr.  
Belleville, NJ

### More Muck

Dear Ms. Brusslan,

I attended the Kendler Classic Pro/Am in Lombard and really enjoyed it, but it wasn't until I read the account of the tournament in your magazine by Terry Muck that I realized all the intrigue and emotion that was taking place at that tournament. In many ways I actually enjoyed reading the account of it better than actually being there! Terry really made the whole thing very real and exciting for me, and I look forward to reading more of Terry's work in future issues. (Maybe handball players aren't worthless after all).

Tom Grobmisi  
Chicago, IL

### No Beauty, Please

Dear Editor:

All this time we thought we only had to worry about the game. Now we learn that our true obligation is to look as attractive as possible.

It is hard to believe that in this—the last year of the 70's—we have made so little progress, that a magazine, which should surely concern itself with the actual sport itself, can print an article such as the "Beauty Guide for Racquetball Players" in your December issue.

Your article was offensive to female athletes everywhere. Perhaps the 80's will be different for us; perhaps in this decade we will be taken seriously in North America as athletes. Maybe with a little help from our friends in the media (if we have any) how a woman plays on the court will take priority over how she looks on the court.

Catherine Haller  
Vicki Evans  
Carol McFetridge  
Candace Millar  
Thornhill, Ontario

### Break Away from the Men

Dear Editor:

I wish that clubs would cater to women players in two ways. First why can't they have some tournaments during the day or weekend days for ladies whose work is at home and save the courts for nighttime men and career women?

Second if there would be more tournaments run separately for men and women, facilities would not be backed up and the waiting to get the courts wouldn't be so long.

Incidentally—as a longtime tennis player—I must say that tennis should take a lesson from racquetball. The system of requiring the winner to referee the next match in order to advance is superb.

Roberta Dimond  
Ft. Washington, PA

Turn to this issue's "Women in Racquetball" section for stories of two highly successful women's tournaments, and advice on how to run them. ED.

### Dumbfounded

Dear Editor:

Thank you for running the article about me in your October, 1979, issue. ["Who's Playing Racquetball?"] It was an exciting surprise.

I took *National Racquetball* to school and the Japanese were dumbfounded by the game. Thank you again and "sayonara."

Diane Musha  
Tokyo, Japan

### Three-Wall Fan

Dear Sirs:

As a new subscriber I would like to congratulate you on your great magazine and organization.

It has opened up the racquetball world to me. I have been playing two years, mostly locally, but because of your magazine I now know about major events and the big news in the game.

The school I'm attending has only three-wall courts with no ceiling. Can *National Racquetball* give me more information about three-wall?

Bob Sherrick  
St. Augustine, FL

Funny you should ask. Please see "Remove the Back Wall" on page 22. ED

### A Natural at Two

Dear Sirs:

Our two-year-old Kimberly has joined her sister, Cassie, 13, in playing racquetball since I bought an inexpensive fiberglass racquet, removed almost half the weight



by grinding and filing away excess material, shortened the handle by two inches and narrowed it to a three-inch grip. I play with Kimberly in our basement after supper and occasionally give her the "run of the court" at the Klubhaus of Columbus, where I play on three A and B leagues every week.

The Olympic Trainee outfit is her favorite. Perhaps she'll be wearing it on the U.S. racquetball team in the 2000 Olympics.

Terry Kamp  
Columbus, IN

### Give Us More on Rules

Dear Joe Ardito:

Time and again I've been asked to referee a game. But I find rules vary with each club. In fact most players don't know the rules. They play anything, anyway. Kill to win!!

Suggestion: More information on rules in *National Racquetball*, and when the new rules are out, publish a complete set in the magazine.

Charles Puglisi  
Hempstead, L.I., NY

Check with "Ask an Expert" each month, the column that *National Racquetball Club Director and Veteran Referee Dan Berolucci* uses to answer questions about calls. Let him know if you have any specific refereeing problems. And yes we plan to publish the new rules as soon as they're ready. ED

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# OMEGA

## A Poorly Clad Foot in Our Mouth

Dear Sirs:

I'm an amateur photographer, but it doesn't take a great eye to spot the eyesore on the cover of your December magazine. The Marriott daughters are all very nice, their clothes match a beautiful court, but those dirty sneakers leave a lot to be desired. Come on, you're a class organization. If you're running a cover picture, fit them with some new shoes.

I think your magazine is fantastic and will continue to subscribe for years, but I just had to let you know how I felt about that cover.

Tom Mazarati  
West Springfield, MA

Dear Sirs:

I have been a subscriber to your publication and an avid racquetball player for several years now. I have always enjoyed a number of different sports and feel that proper attire is a major part of the game. Both comfort and safety are a vital part of any sport. The number one item, in my mind, has to be shoes. Without them few sports would be possible.

When I saw the cover of your magazine several months ago, with a player in running flats, I thought of writing this letter but decided it would be nitpicking. I am now convinced I am wrong. On pages 23-27 of the December issue Charlie Brumfield is pictured wearing a pair of running shoes, or so it seems. If this isn't bad enough they also appear to be of the black sole waffle variety, a shoe that no court I know of allows. In my travels I have been to well over 100 courts and could find no exception to this rule. A court where players have used this type of shoe looks more like a battle of felt markers than a racquetball court.

As if marking the court is not bad enough, the shoe definitely lacks the support

necessary for safety in this game. Since the shoe is built on a "platform" rather than around the foot, when you move laterally and stop quickly the foot slips out over the edge of the shoe. This can cause minor to major injuries. This also seems to be a vital move in this quick game.

I think you get the idea. You owe it to your readers to emphasize not only the instructional part of the game, but the

safety aspects also.

Jan Statman  
San Juan Capistrano, CA



## THE GRIP THAT GRIPS BACK.

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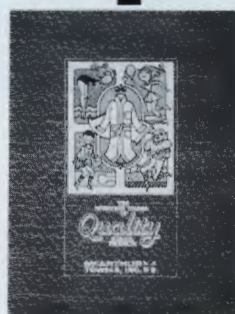
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# Mister Basketball Changes Courts

Bob Cousy's  
A Killer with Class

*"We are such a win oriented society. No wonder Americans nowadays display such a massive insecurity complex. They are all living in a pressure cooker, surrounding themselves with self-indulging gadgets and gimmicks. The 'Me First Philosophy' is a reaction to many omnipresent tensions originally spawned by overly aggressive parents, then teachers and coaches, and eventually society in general. Even corporations want to see evidence of the 'killer instinct' in their executives.*

*"Now we feel more threatened than ever. The energy shortage is shattering the American dream of the big house and the big car. Materialism, the quintessential ingredient of our free enterprise system and capitalism, is showing ominous, vulnerable cracks. In addition our desire to isolate ourselves from the rest of the world is being quelled by our interdependence on other countries for such vital products as oil. You know it's kind of scary."*

These perceptive observations were not eloquently spoken by a Billy Graham or a Jimmy Carter. They are the prescient thoughts of an ex-basketball great who, at 51, appears to have everything in proper perspective. Bob Cousy (pronounced "Coozie"), "Mister Basketball," who has on more than one occasion been called one of the greatest competitors the sport has ever known, has, in his "old age," become quite a philosopher, as well as somewhat of a "pussy cat." At least seemingly so. In a word he has mellowed.

Bob is the first to admit, however, that this newfound attitude is probably due to the financial security he has been able to attain over the years for himself and his family. He can now afford to sit back, reflect, pontificate, relax and concentrate on those aspects of life that really are important. He can ignore the transient, tinselled elements. He presently enjoys the "good life" with his family and friends — in that order.

He has been married to the same woman, "Missy," for close to 30 years and has two daughters, Marie Collette, 28, who is married and living in Seattle, and Mary Patricia, 22, who resides in nearby Boston. (Bob and the Mrs. live in Worcester, MA.) Did he ever want to have a son to follow in Daddy's footsteps?

# • COUSY • COU

by Dick Squires

"No, I never had that hangup," he says. "As a matter of fact for a while my wife and I were talking about adopting, and if we had, we had made up our minds to get two more girls."

He only regrets that his jobs, both athletic and business, kept him away from home and family for so much of his career. To travel from the ghettos of New York City, however, to the height of success he realized was time consuming and arduous. There were no easy short-cuts.

### Feeling Cheated

"I was hardly ever home. Always on the road, either as a player or coach. My little girls suddenly became grownups in the blink of the eyelid. I felt cheated even though I was having fun doing what I loved, getting a lot of press and making a lot of bucks. I am not saying I wouldn't do it all again, but there's so much more to life and living . . ."

There is no question that his inordinate skills on a basketball court were what allowed him the luxury to speak so authoritatively on the subject of sports and their real meaning both while performing in one's prime and then in retrospect.

*"Sure! Being good or outstanding in a particular sport does provide you with a real meal ticket. It greases the way for you with business and social contacts. I was just another poor kid in a slum area of Manhattan before I realized I was able to toss a ball through a hoop. Suddenly I was voted 'All City' by sportswriters covering interscholastic basketball, and this provided me with the opportunity to get out, to go to college, which we never could have afforded."*



At Holy Cross he was an All-American in 1949 and 50, then went on to be the premiere star of the World Champion professional basketball team, the Boston Celtics. For 13 years he was their Captain and the veritable spark plug of what many experts (even outside of Boston!) have called "perhaps the greatest team that ever took to the court."

Each year Bob Cousy competed in N.B.A. All-Star games. He was, at 6'1", a little man in a game dominated by giants, but he brought class and stature to the sport that cannot be measured in inches. In an Associated Press poll he was voted one of the top five basketball players of all time, and in April of 1971 he was elected to the Hall of Fame.

Those are his undeniable credentials as a player, but he also had leadership qualities that stood him in good stead in the next phase of his life — as an extraordinarily fine coach. In 1963 he became the head coach of Boston College and during his six years there his teams compiled an enviable record of 117 wins as against only 34 losses — over 77 percent in the victory column.

# COUSY • COUSY • CO



During the six years that Bob Cousy coached Boston College's basketball squad the team won more than 75 per cent of its games.

Lucrative contracts were ultimately waved under his nose from the professional ranks and, as usual, he performed beyond expectations as the coach for the Cincinnati Royals and, subsequently, the Kansas City Kings of the N.B.A.

Basketball was, indeed, his life and provided him and his family with all the material comforts any man could ever want. But Bob Cousy, as you might have surmised by now, is not just any man. So, in 1973, he did a rather strange thing. He left basketball.

### Year Long Search

*"I was fed up with professional coaching, with its tremendous demands and constant travelling," he says today with candor. "I went home and became reacquainted with Missy and my little daughters who were no longer little. I sat around the house for the better part of a year looking for a sport involvement that would not entail a good deal of cross country flying or relocation. Looking back I cherished that year at home far more than any acclaim I had received through athletic achievements."*

"Cooz" also found time along the way to co-author four books, *Basketball Is My Life*, *Basketball Principles*, *The Last Roar*, and his most recent *Killer Instinct*, published in 1976 by Random House. That latest book is a definitive treatise on the subject written by a man whose competitive edge has been honed to the keenness of a razor blade.

*"Still," Bob Cousy believes, "there is so much more to life than just winning. Unfortunately we do not put enough emphasis on effort. Whoever remembers the horse that ran second in the Kentucky Derby, or the player who was runner-up in the U.S. Open tennis or golf championships last year?"*

By now you might be wondering if this slender, self-effacing, ex-superstar talks out of both sides of his mouth. During his athletic career he knew practically nothing but triumph. His victories were earned in most instances because of his burning, insatiable desire to win. He imbued his teammates and players with the Vince Lombardi credo of "winning isn't everything. It's the only thing." Today Bob says we are too win oriented. Isn't this somewhat of a dichotomy?

### Advice to Parents

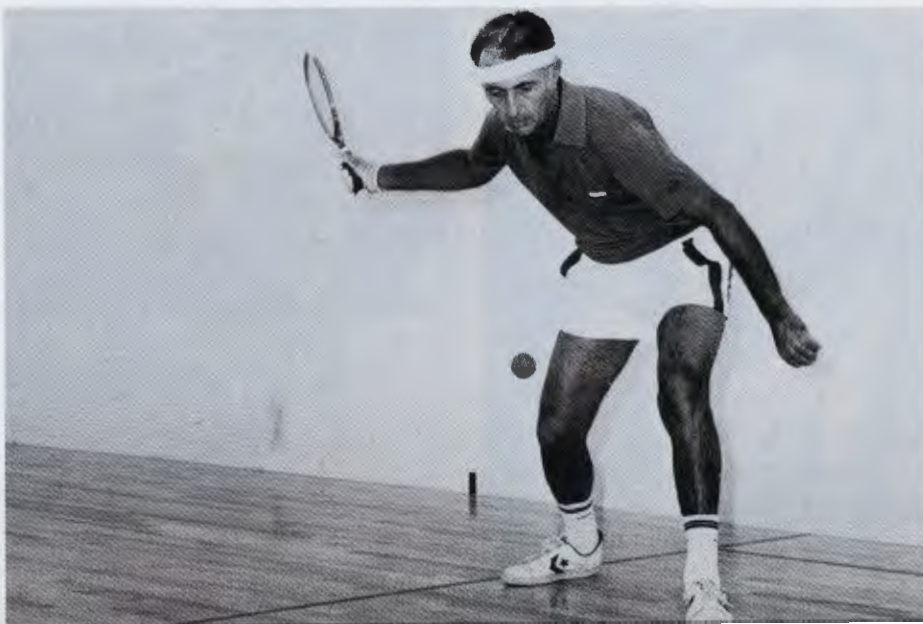
*"No," he retorts, "because at 51 I can now look back and objectively tell you that there really are more important and lasting values to savor in life. It is difficult to tell pushy parents that their talented son or daughter might be better off and happier not playing tennis or practicing ice skating routines eight hours a day, seven days a week. Reading, listening to and studying beautiful music, art, etc. are also worthwhile. So is going to church occasionally. Good conversation between friends is important, as are those all-too-precious moments spent with people you love . . . your family. I really do believe I missed out on a lot."*

I asked him what he admired most in an athlete.

*"The desire to excel is the trait I look for in a kid, whether he be an athlete or not. Trophies, wealth, national fame are really quite insignificant. They are merely by-products, and should not be the end product. The real satisfaction comes in the achievement of certain self imposed goals. That is what lasts a lifetime."*

# BOB COUSY • BOB COUSY •

*Bob Cousy conditions regularly with racquetball, usually four times a week.*



— Bob Morin photo

After that year of soul-searching Bob Cousy was offered just the right job which fell within his perimeters of what he wanted out of life. In 1974 he was appointed Commissioner of the American Soccer League, a position he held for five years. He also handles the color commentary for his beloved Celtics' games, and is Commissioner of the ABC. Superstars event. In addition he has several long term contracts with major corporations, one of them being an organization company all racquetball players know well — Seamco, the company that manufactures the popular "Bob Cousy Basketball." A fairly active retirement, wouldn't you say?

While home he finds the time to go over to his 12 court racquetball facility, The Worcester Court Club, to play the sport which has replaced indoor tennis as his favorite form of recreation. *"I've played regular tennis for over 20 years, and would consider myself to be an A player — at least in doubles. I gave up playing tennis in the wintertime because I found I really got a better workout and have more fun playing racquetball."*

He is not involved administratively with the club in Worcester. They use his name in the sports world in order to attract members. In his usual self effacing manner, however, he says, *"The club would have done well without me."*

# COUSY...

It opened in October, 1978, and closed out the membership at 2,000 in less than a year. Needless to say, other clubs are planned for the future.

What's his frank evaluation of racquetball as a sport? *"I think it's going to be around for a long time. All that has been said and written about the game's appeal is true. You don't have to have a lot of natural ability to enjoy it. As a matter of fact it's rather unique in that you can have fun and get an excellent workout even when playing against someone who's not as good as you are. The rank beginner gets satisfaction and pleasure while learning. That's not true of too many participation sports."*

Actually racquetball is tailor-made for him — an ex-jock, who can stay in shape long after his professional playing days on the basketball court have ended.

Dave Forsberg, a racquetball player who was so enthusiastic about the sport that he gave up his jobs as City Counsellor and an insurance salesman to manage the Worcester Court Club, ranks Cousy as *"an A player here at the Club, but a State A player would beat him as easily as a pro would kill our State champ. There is a great difference between a Club player and a real tournament player."*

And is he a hard-nosed competitor? *"Only on the important points,"* Forsberg says. *"When it's close, he cannot help himself. He is one of the toughest competitors I have ever known."*

So while he has mellowed, there are still moments when that marvelous competitive edge rises to the surface. It is possible, however, to be both a "killer" and a "nice guy." Bob Cousy, a real class gentleman, has proven that all of his life. ●

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# Take Away the Back of the Court

And You Have the Three-Wall Game

by Bill Zavestoski

Racquetball's healthful. Everyone knows that. Add some fresh air and sunshine, and you add to the benefits. Throw in a little jogging between points for extra stamina and you have a real workout. You also have the three-wall game.

Three-wall racquetball is played almost exclusively outdoors, which accounts for the fresh air and sunshine. The major difference from four-wall, namely the absence of the back wall, produces the jogging after a well-placed passing shot. Once the ball is by you, don't expect a second chance. Just start chasing. Those of you with problems on the off-the-back-wall shot might be interested in this game.

Like four-wall racquetball the three-wall game derives from the sport of handball, and is played on courts which are more-often-than-not referred to as handball courts. This is a carry-over from pre-racquetball days, when the primary use of a facility was for the non-racquet game.

Needless to say the year-round three-wall game is most widespread in warmer climes, especially southern California and Florida. But its popularity — even further north — is following in the footsteps of its indoor counterpart.

From Detroit to Denver it's not unusual to see courts in use in sub-freezing temperatures, as long as the snow and ice have been removed. But the elements are just part of the many intricacies of the game, especially for those who play at varying sites.

That's because there is no standard procedure for constructing a court, either in materials used or dimensions. One might have a concrete floor, with side walls extending almost all the way back to an end line 46 feet from the front wall, while another across town might have side walls barely halfway along a 34-foot long court, with an asphalt playing surface.

Then there are the courts which include a partial ceiling, adding an extra dimension to the game. Front walls in one area may be twice as high as in another. About the only thing common to every three-wall court is just that — three walls.

*"You have to do a lot of adapting,"* says Martha McDonald, one of the top performers on the women's professional tour, even though she much prefers the outdoor game and plays it more often. *"Every type of three-wall court breeds a different type of player. You'll see all different types of services and strategies depending on the court. Even if you're an excellent player, you just can't walk in and take over like you might on a regulation indoor court."*



## Rowdier

There's another reason why Martha, who took up racquetball six years ago, prefers playing in the Florida sunshine. *"You can't get as rowdy indoors as you can outside,"* she says. *"There's a tremendous difference in the emotional levels of the two games. I consider the outdoor game pure fun. I don't think you can get the same feeling indoors being totally enclosed. And it's not just 'street ball' which is how some people characterize it."*

Martha and her husband enjoy the competition on the University of Florida facilities in Gainesville, where the couple met as students and players. *"To me the best game in the world is outdoor doubles. It's become such a social thing for us. My husband goes through withdrawal pains if he doesn't see a court every day."*

The game is so popular in Gainesville that court time is predicated on a system of challenge matches, with winners continuing until someone can knock them off. *"But players seem to migrate to a court where they're able to play on an equal level,"* reports McDonald, and that creates some very competitive matches.

The University of Florida has 10 three-wall courts, with lighting for night play on six of the 10. The campus also has eight four-wall courts, and throughout Gainesville there are additional outdoor racquetball facilities most of the four-wall variety.

*When pro tour regular Martha McDonald competes on four-wall courts, her three-wall style comes through in the form of exceptionally fast reactions that have earned her the title of "Speedy Gonzales" and "Quick Wrist."*

## Any Light's All Right in Miami

As is the case with almost all three-wall outdoor courts, there is no charge for their use (a definite advantage over the indoor game with its sometimes premium fees for court time), and there are no student or resident requirements unless the courts are busy with scheduled classes or events.

Senior citizens are the ones who keep the courts busy across the state in North Miami Beach. Right next to the old Spanish Monastery players stay long after dark sharpening their games for tournaments the recreation department sponsors with prizes donated by local merchants.

Other Florida three-wall courts:

Daytona Beach — Stadium Rd. and Welch Dr., eight lighted courts open until 11 p.m., free to the public

Ormand Beach — Nova Recreation Complex at N. Nova Rd., four lighted courts; two courts at each of two area schools. One dollar recreation pass for all courts, tokens for operating metered lights

Ft. Lauderdale — Holiday Park at Sunrise Blvd., four lighted courts, Lauderdale Manors, 1400 N.W.

Chateau Park Dr., two courts, free

Miami Beach — North Bay Village just off 79th St. Causeway, Flamingo Park, four four-wall and six one-wall courts

Tampa — Forest Hills Community Center in Riverfront Park, four courts with metered lighting

St. Petersburg — Woodlawn Park and Azalea Park, one court each

Southern Florida's junior colleges have taken up the three-wall sport, with Miami-Dade Community running eight lighted courts on its South Campus and four daytime only courts on North Campus. Fort Lauderdale Broward Community College has 16 lighted courts, all open to the general public whenever school activities are not scheduled.



Three-wall on the South Campus of Florida's Miami-Dade Community College is so popular that players compete under two security lights through the wee hours of the morning after the regular court illumination goes off at 10 p.m.



Left to right: Terry Kennedy, Jim Harvey, Bob Zelinski

Terry Whieldon



With spring training and the Grapefruit League opening shortly in many of the cities in Florida, major league baseball fans who play racquetball can get their fill of sunshine while enjoying two of their favorite sports.

### Students under the Palms

Three-wall racquetball is flourishing out west, too. One place in particular, Orange Coast College in Costa Mesa, CA, exemplifies the craze for outdoor racquetball.

Orange Coast, one of California's many fine community colleges, is the site of the National Three-Wall Racquetball Championships, an annual early July event which attracts some of the top players in the country.

In last summer's event, the sixth renewal of the tournament, Marty Hogan topped Rich Wagner 21-15, 21-16, to add the three-wall title to the indoor championship he had captured at the Nationals in Tempe, AZ, just a month earlier.

There's plenty of room to roam on the spacious 24-by-46 foot courts with the towering front walls. There are 13 outdoor three-wall courts with six additional indoor four-wall units. "I feel we have one of the best combined facilities in the nation," says Bob Wetzel, volleyball coach and racquetball instructor at Orange Coast. Wetzel and Barry Wallace, soccer coach and a fellow three-wall instructor, who organize the annual championships, found time last year to take a second in the doubles event.

The weekend tournament provides competition for Open, B and C players in both men's and women's play (singles and doubles), plus a junior and senior singles event. "We had about 325 participants last year," says Wetzel, winner of the men's senior title in 1979. "We rent bleachers, set

*them up, and everyone enjoys both playing and watching. We try to stay simple and yet be a first class event."*

The \$20 entry fee goes towards paying the electric bill since lighting is paid for by the tournament, not the college itself. But there's even enough to provide players with meal tickets to the school's snack bar.

### The McDonalds Head West

Other pros who have competed include Charlie Brumfield, Davey Bledsoe, Jerry Hilecher, Steve Keeley and Steve Serot. Martha McDonald and her husband have driven all the way from Florida and plan their vacation around the tournament. Others have flown in from Puerto Rico and Hawaii.

*"The competition gets better and better every year and the event should continue to blossom and grow,"* adds Wetzel.

At Orange Coast racquetball classes (eyeguards required) are the first to fill up, and the courts are in use almost non-stop from 8 a.m. to 10 p.m.,

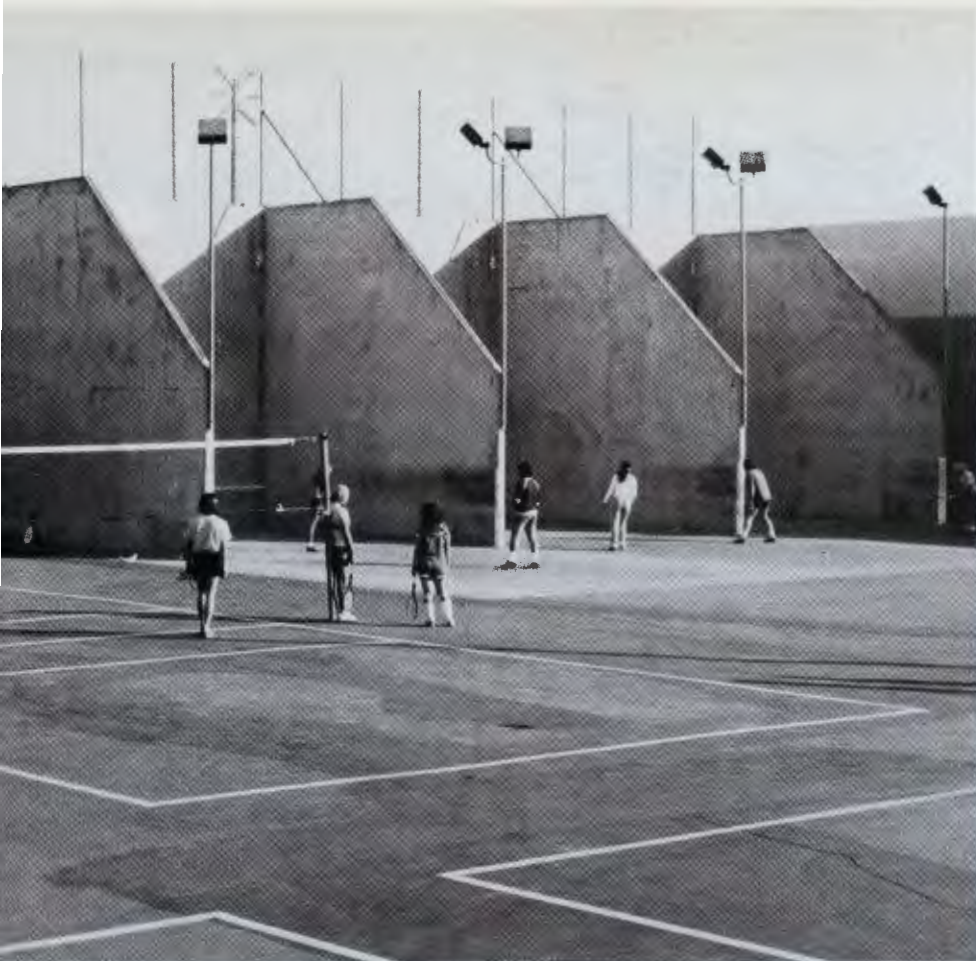
especially in the summertime. The school offers 43 classes in beginning, intermediate and advanced racquetball — 25 of them on the three-wall courts — running Monday through Saturday.

*"I think the great climate here and the ease with which the game is learned accounts for its popularity,"* says Wetzel. *"I think once the majority of schools develop facilities, the game should become an intercollegiate sport."*

That day may not be far away.

Cerritos College in Norwalk, just south of Los Angeles, has 11 lighted courts, Golden West College in Huntington Beach has six courts with lights and Santa Ana College has an eight-court complex with lights expected to be installed in the very near future. All of these junior college facilities are open to the public at no charge when not taken up with official school play.

Further south in racquetball happy San Diego the three-wall game is available before a prospective pro reaches college age.



Each semester the 20 beginning, four intermediate and one advanced three-wall racquetball classes at Golden West enroll 900 students. Last year the college hosted the California singles and doubles championships and a winter classic tournament with 950 players in 10 divisions.



The building plans for all junior and senior high schools in the rapidly-growing city call for the construction of standardized three-wall courts (labeled "handball" courts on the plans which have been in use for almost 25 years), with slightly different dimensions for junior and senior high facilities. The courts are constructed back-to-back and usually number either eight or 10 at the high school level.

The senior high courts measure 20-by-34 feet with 14-foot-high front walls, while the junior high dimensions are slightly reduced, 16-by-32 feet with a 12-foot-high wall. On both type courts the side walls extend out 16 feet to the short line, sloping downward as they approach the back line.

Night and day players line up for time on the racquetball courts at Golden West College, Huntington Beach, CA. The two year community college met a surge of student and community interest in the game by adding more sections of racquetball in the physical education curriculum, installing lights, and sponsoring tournaments. Courts are busy from 7 a.m. to 10 p.m. Lights for racquetball and tennis courts were installed last year at a cost of \$128,400 in a joint powers agreement with the City of Huntington Beach.





*Every junior and senior high school in San Diego has three-wall racquetball courts.*



### **Waiting for a School**

The city school system of San Diego even has a court complex where there's not a school. It seems the city was given the go-ahead to grade and pave an area heavily populated with Navy personnel, with the school to be built with federal funds.

The paving included construction of the courts, but when the federal money didn't come through, the school wasn't built. Perhaps the school will someday come along to complement the courts and parking lots.

As with the colleges San Diego city school courts are open to the public when school is not in session, with no fee or residence requirements. A limited number have lights, mostly the larger schools such as Patrick Henry on Wandermere Drive at Navajo Road.

Over in Arizona the four-wall game is more predominant, even outdoors, but you'll find there are eight three-wall lighted courts at the dorm complex at Apache and McAllister on the Arizona State University campus in Tempe. Anyone can use the courts, and students can check out equipment at the dorm front desk.

Tucson has outdoor playing areas of the four-wall variety in both Randolph (six courts) and Prudence (two) parks. All are lighted. Some of the newer secondary schools have public courts, also.

Another place where schools are including three-wall facilities is the Denver area, where hardy ski types don't mind facing the cold. Gateway High in suburban Aurora has six outdoor lighted courts, with additional ones at nearby Regis High and in Wheat Ridge, just west of Denver.

*Gaspar de Portola even has courts and no classrooms.*

## Strategy

As far as strategy is concerned, there may be more of it in a three-wall racquetball match than in a four-wall battle.

*"You don't spend a lot of time standing 30 feet back and trying to kill the ball in three-wall," says McDonald. "Rallies may last only one or two shots and you spend almost all your time at the short line, so you have to have extremely quick reactions." Martha does, and that might be why fellow pro Rita Hoff has dubbed her "Speedy Gonzalez."*

*"In three-wall you're playing more for the angle," Martha explains. "You use the whole area outside the court. You have to manipulate your opponent. You do play position ball indoors, but it's not nearly as pronounced as it is outdoors. You can have somebody end up two courts away trying to play a ball. I've seen Hogan play Wagner and they've both been 50 feet off the court at one time or another."*

Hogan agrees. *"In three-wall, you play strictly a short game. There's no time for setups, and the ball doesn't hit the side wall and stop. It might not even touch the side wall when you think it's going to, so you have to hit on the run."*

In Ohio the Lucas County Recreation Center on Michigan Avenue in Toledo has eight outdoor three-wall courts, while the city of Columbus has six three-wall layouts in Westgate Park. Neither facility has lights.

Up in Detroit Belle Isle, in the river separating Detroit from Windsor, Ontario, has four lighted courts. There is no charge to play or for lights.

Chicago has one of the most unique arrangements for its Rainbow Beach courts at 7600 S. Lake Shore Drive, just 50 yards off of Lake Michigan. The three lighted courts are so popular with both racquetball and handball players that alternate days are given to each sport. On Mondays, Wednesdays and Saturdays it's racquetball, while on Tuesdays, Thursdays and Sundays, the handball fanatics take over. Fridays are open.

Doubles are the rule, one game to 21 points, with the winners retaining the court and taking on the next pair of challengers. Chicago Police Officer Joe Flores is the unofficial overseer at the courts, spending many of his off-duty hours at his favorite game, handball. And even though it's on the south side of Chicago, the big, bad Leroy Brown-types are not in evidence.

*"When this area changed, a lot of our policemen got involved in making sure things ran smoothly, and the people came back. I guess they know that on any given day, there's likely to be four or five policemen around enjoying their leisure."*

Jim Carson, winner of several California singles and doubles titles on the three-wall courts, emphasizes that without a back wall you can't keep your swing low on many shots. *"You have to be able to do something with the ball above your waist, and learn to kill from up there."*

And although Court Club Consultant Mort Leve doesn't see the three-wall outdoor game biting into the popularity of the elaborate indoor facilities available today, he thinks the game is useful, especially to the youngsters just taking up the sport.

*"I can see it as a spawning grounds for youngsters who can't afford the commercial prices," says Leve. "They play outdoors, they learn the game, then they move indoors and learn to play four-wall."*

One thing that's easy for players moving between three and four walls is the rules. The only special rule for three-wall, which by necessity is different from four-wall, is on the serve. The three-wall rule states: *"A serve that goes beyond the side walls on the fly is played or side out. A serve that goes beyond the long line on a fly but within the sidewalls is the same as a 'short'."*

Easy enough, right?  
Try it and find out. ●

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See Joe Ardito's ideas on standardizing three-wall racquetball in Opinions, page 12.

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## Cooler and Better Behaved

The better game outdoors is four-wall, with partial ceiling, cut down side walls to the back, screened in to keep the ball in the court. These courts — popular for years at Miami Beach's Flamingo Park — have just been installed in Phoenix Valley in the Scottsdale, AZ, recreation area.

But there are some practical advantages to three-wall: One is that park district personnel can keep an eye on kids, to avoid behavior problems; the other is that the air flow is better in hot weather with three or even one-wall courts.

—Mort Leve

# Putting Your Heart into Your Game

## A Way to Play When Cardio-Vascular Fitness Is Your Goal

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"... an easy, enjoyable exercise program ... can increase your feelings of well-being — both physical and emotional — and can decrease your chances of developing significant heart disease," writes a panel of experts in the booklet titled *Go! An Exercise Program for Healthy People*, published by the Chicago Heart Association.

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February — Heart Month around the country — is a good time to learn about *Go!*'s four-stage program for fitness, especially since the booklet advises "If you are already playing a sport such as ... racquetball ... why not design your exercise program around your sport?"

"Racquetball is a conditioner," says Jere Mitchell, M.D., University of Texas professor and former head of the American Heart Association committee on exercise. "Like any conditioner it improves the quality of your life. People tend to think of running when they think of conditioning, but not everyone likes to jog."

"Racquetball is fine, but the action shouldn't be in spurts. You should play long rallies with someone of your own ability."

David L. Abrams, M.D., cardiologist at Northwestern Memorial Hospital and former chairman of the Chicago Heart Association physical fitness subcommittee that wrote *Go!*, suggests that "If you're exercising for the heart, keep the rally going, so that you're moving continuously, but not necessarily at maximum speed."

Abrams says racquetball players should "be imaginative. Make up games on the racquetball court that give you continuous action."

*"I could see two people doing figure eights across the court as they hit the ball — or jogging around the sides and hitting the ball — or letting the ball bounce once off the front and once off the back while the players take turns hitting. All of these activities would be good preparation for playing the game itself and — at the same time — help condition the cardio-respiratory systems."*

Racquetball, the *GO!* booklet explains, suits Stage 3 — the cardio-respiratory fitness phase — of the suggested four-part program.

The Chicago Heart Association has given *National Racquetball* permission to reprint the following excerpts from *GO! An Exercise Program for Healthy People*.

**Before you start any exercise program** look at your overall health. People who have known or suspected heart disease, or other serious medical problems, should *definitely* consult their doctor before beginning any exercise program.

**If you've tried other exercise programs** but gave up on them, chances are you stopped because you just couldn't remember to exercise every day. The truth is, you don't have to! Three times a week (with no more than two days between sessions), about 30 minutes a session, is just fine. The important thing is to be sure that during that time you're getting the right amount of exercise. Your heart rate is one of the clearest indicators of the amount of work your body is doing, so during this exercise program you'll be monitoring your heart rate to be sure you're on target.

**This exercise program is different** because you design it yourself. We've divided it into four stages but you take it from there to choose the exercises you'll do in each stage.

Stage 1: Warm-Up — 5 to 10 minutes

Stage 2: Strength and Endurance — 5 to 10 minutes

Stage 3: Cardio-Respiratory Fitness — 15 to 30 minutes

Stage 4: Cool-Down — 5 to 10 minutes

You determine the exact amount of time you want to work on each stage, too. Though the times listed above are minimums, you might not even be able to reach *those* times when you are just beginning your exercise program. But don't get discouraged — keep trying and eventually you will attain this range. People unaccustomed to regular exercise simply can't keep going as long as those whose lives are more physically active or who've been exercising regularly for a long time. And even trained athletes — probably the most physically fit people in our society — warm up to strenuous activity.

**Here's how the program works.** In Stages 1 and 2 you'll select one or more exercises from the list. Each exercise is designed to be performed repetitively in small sets, and the sets are increased each week as your body gets accustomed to exercising regularly.

## Stage 1

### Warm-Up.

The Warm-Up stage gets you ready for the more strenuous activity of stages 2 and 3. The light, rhythmic Warm-Up exercises will help you avoid that soreness that so often discourages would-be exercisers. They stretch your muscles and put your joints through their full range of motion.

It isn't necessary to do every exercise listed, but be sure to stay in Warm-Up for five to 10 minutes. Choose exercises that will assist you in stages 2 and 3 so the same muscles get the workout. Try walking as a warm-up to jogging. [Abrams advises that racquetball players include stretching exercises for their leg muscles]. Do a complete set of any exercise you choose; much of the benefit in exercise comes from repetition of a particular movement.

Note: Each of these exercises is done in a set of five for the first week. Then add two each week until you are doing the exercise in sets of 15. (You'll be surprised at how easy it will be to enlarge the sets!)

Stage 3 is Cardio-Respiratory Fitness, the most important stage. It also has the most awesome name but is really the most fun. It's the stage where you really *do* something — like walking, jogging, swimming, bicycling, singles tennis, racquetball, squash or playing any rhythmic game. And by simply pausing periodically for 10 seconds to take your pulse, you'll know immediately whether your body is getting the exercise it needs, or whether you should slow down or speed up.

People who stop movement abruptly after strenuous exercise may feel dizzy, faint or even nauseated. That's because their blood will be trapped in the suddenly still muscles. So to avoid that reaction, you'll spend five to 10 minutes in Stage 4, Cool-Down.

Relaxing, simple exercises will bring your heart rate back to a resting level while avoiding the symptoms mentioned above.

**Be sure to wear comfortable clothing.** Clothes worn during exercise must fit properly. They must be loose enough so body movements aren't restricted . . . *Do not wear a rubber or plastic sweatsuit.* Perspiration is trapped inside these suits and heat exhaustion might result.

**Breathing.** Be sure to breathe naturally throughout all the stages of this program.

Never hold your breath while exercising.

**Don't forget your feet.** To prevent foot and leg problems, wear shoes with impact-reducing inner and outer soles as well as an adequate arch support. Be sure the shoes fit properly.

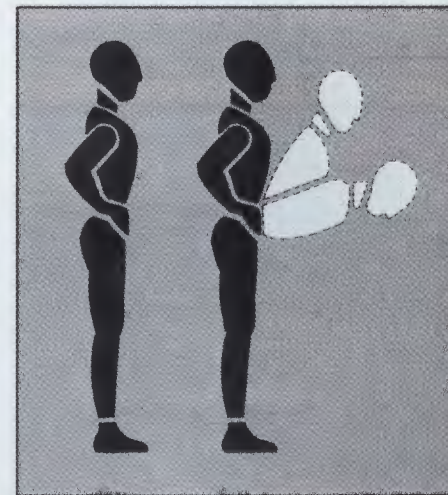
### Wing Stretcher.

Stand erect with feet 2 to 3 inches apart, hands in front and elbows raised to the side. Keep head up. Pull elbows back.



### Waist Bend.

Stand with feet apart and hands on hips. Bend forward, head up, and try to put upper part of body parallel to floor.



### Arm Circles.

Stand with feet spread shoulder-width apart. Rotate both arms at the shoulder joints in a forward-to-backward direction.



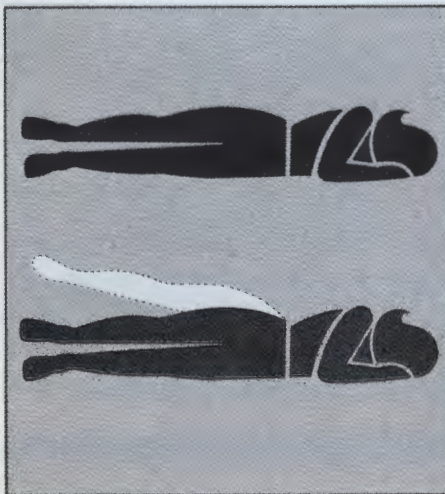
### Sitting Toe Touch.

Sit on floor with legs extended in front of you, feet spread 6 to 8 inches apart. Stretch arms and hands out in front. Bend trunk forward and extend hands as far as possible. Keep legs straight when reaching forward.



### Side Leg Raises.

Lie full length with right side of body on floor. Lift leg up and down rapidly so you attain a height of 12 inches from the floor. Turn on left side and repeat with right leg.



### Standing Knee Press.

Stand on one foot and pull the knee of opposite leg up into chest. As you pull knee into chest, raise up on toes of supporting foot.



### Trunk Circles.

Stand with feet spread shoulder-width apart and hands on hips. Rotate trunk in a complete circle, bending as far as possible in every direction.



## Stage 2

### Strength and Endurance.

This stage is designed to do exactly as its name says — increase your body's overall muscular strength and decrease feelings of fatigue and shortness of breath. Muscles that aren't accustomed to a lot of activity tend to get sore when you suddenly demand excessive work from them. Strength and Endurance exercises, over time, help to overcome this tendency. Your muscles, in other words, will learn to *work* for you.

Strength and Endurance exercises are more difficult than Warm-Up exercises, but you still need to do them only five to 10 minutes. Choose the exercises you prefer from the list below but be sure to do a complete set of each of your choices. Remember to breathe naturally.

Note: Each of the first four exercises is done in a set of 10 for the first week. Then add two each week until you are doing the exercise in sets of 20.

### Half Squats.

Stand with hands on hips. Lower body to half-squat position while thrusting arms forward. Return to standing position.



### Flutter Kick on Front.

Lying on stomach with hands tucked under hips, flutter kick continuously, moving legs from hips with a slight bend in knees.



### Hip Raising.

Support body on hands and heels so back is toward but not touching the floor. Lift midsection of body up and down in rapid movement.



### Sit-Ups.

Lie on back with knees bent at a 45-degree angle. Curl up neck, shoulders and back until you are in a sitting position, keeping feet flat on the floor. Return to original position. Do 10 times each session for the first week, then add 2 times each week until you do 20 each session. (If you're having trouble keeping your feet flat on the floor, tuck them under the sofa or ask someone to hold them down for you. You might want to do only half sit-ups at first.)



### Leg Thrusts.

Sit on floor. Tuck both knees toward chest, feet off floor. Thrust legs out straight. Return to original position.



### Push-Ups.

Lie on stomach and place palms of hands flat on floor, shoulder width apart. With weight distributed between hands and feet, extend arms, pushing trunk upward. Do 6 times each session for the first week, then add 2 times each week until you've reached a goal you feel is reasonable. (You might want to use your knees rather than your feet as the pivot point until you become accustomed to doing push-ups).



**Note:** These 2 exercises are slightly more difficult

## Stage 3

### Cardio-Respiratory Fitness.

This stage is designed to improve the efficiency of your heart, lungs and blood vessels. When you exercise, your heart should be beating at 70 percent to 85 percent of its maximum rate for your age group.\* If it's below 70 percent, you're not sufficiently challenging your cardiovascular system. If it's above 85 percent, you're challenging it too much and you should pause briefly to rest until the rate returns to 70 percent to 85 percent of your maximum heart rate, which is your *training range*. The goal in Stage 3 is to maintain your heart rate in the training range for 15 to 30 minutes.

Heart rate over 85 percent is not the only indicator of too-intensive exercise. See warnings at end of this article.

### Training Heart Rates (Adjusted for age)

| Age | Beats in 10 seconds |         | Beats per minute |         |
|-----|---------------------|---------|------------------|---------|
|     | minimum             | maximum | minimum          | maximum |
| 20  | 24                  | 29      | 144              | 174     |
| 25  | 23                  | 28      | 138              | 168     |
| 30  | 23                  | 27      | 138              | 162     |
| 35  | 22                  | 27      | 132              | 162     |
| 40  | 21                  | 26      | 126              | 156     |
| 45  | 21                  | 25      | 126              | 150     |
| 50  | 20                  | 24      | 120              | 144     |
| 55  | 19                  | 23      | 114              | 138     |
| 60  | 19                  | 23      | 114              | 138     |
| 65  | 18                  | 22      | 108              | 132     |
| 70  | 17                  | 21      | 102              | 126     |
| 75  | 17                  | 20      | 102              | 120     |
| 80  | 16                  | 19      | 96               | 114     |

\*The figures given in the chart are averages for apparently healthy people of these age groups. Notice how the training range decreases as age increases. If you want more exact figures for yourself, ask your doctor if you can be given an exercise test.

### How do you know you're in the training range?

It's easy to find out — just stop exercising and *immediately* take your pulse for 10 seconds. The chart lists the minimum (70 percent) and maximum (85 percent) training heart rates for the various age groups. Find yours. If your heart rate is within the boundary, immediately resume exercising at the same rate as before. (It's helpful to memorize your minimum and maximum training rates before beginning this program to avoid unnecessary delays while exercising.)

### Taking your pulse.

There are 2 good places to take your pulse during exercise:

1. At the wrist just below the base of the thumb.
2. At the inside of the elbow just above the skin crease.

There are other places you can take it but it's easiest to feel in those two areas. When you feel a pulse, start. The next beat is 1, and you count the number of beats you feel for 10 seconds. A stopwatch will help keep your measurements exact.



### Stage 3 Exercises.

Brisk walking, jogging, swimming, cycling and rhythmic game sports are all ideal Stage 3 exercises. The optimum amount of time to spend in Stage 3 is 15 to 30 minutes, but don't worry if you can't do 30 minutes at first. The amount of time you spend in each of the stages will probably increase as you become accustomed to exercising regularly. Remember that speed is not as important as endurance; it is more important to exercise longer than to try to finish quickly and thereby become more tired.

### Sports.

If you are already playing a sport such as handball, racquetball, squash or tennis (singles only, though) why not design your exercise program around your sport? These and many other sports are good Stage 3 exercise when you are careful to monitor your heart rate and stay within the training heart range while playing. Suggest to your regular playing partners that they, too, participate in this program — exercise is always more fun when done with another person. The program also serves as excellent preparation for playing your favorite sport.

## Stage 4

### Cool-Down.

If you abruptly stop exercise after a vigorous workout, you could experience dizziness, faintness, extra heart beats or even nausea. That's because the blood is trapped in the suddenly non-moving muscles. The Cool-Down stage gives the blood a chance to return to its normal circulation levels, and the heart rate to its average level.

You can use your Cardio-Respiratory Fitness exercise, [You could go back to your racquetball-for-the-heart game.] but do it at a slower and rhythmical rate to allow the heart rate to decrease. If you prefer, use the same exercises you used in Warm-Up. Cool-Down takes from five to 10 minutes.

### That's all there is to it!

Are you ready to start on the road to feeling better than you've ever felt? It might get difficult once in a while, so here are some points to refer to whenever the going gets rough.

1. *You are the person who will be exercising*, so in each stage choose the exercises that appeal to you and you alone — not the ones someone told you you should be doing (unless that someone is your doctor).
2. *Choose a convenient time of day for exercise*, one that you can easily manage and fit into your schedule. And don't feel you must exercise at the same time of day every session.
3. *Consider keeping written records* of time, heart rate, exercises performed or any other facets of the exercise program. Remember, you are training your body to perform more work with less fatigue. Written records are an easy way to measure your progress.
4. *Start slow*. Don't try to do too much too soon. Work at your own pace within the framework of the program and you won't strain your muscles — or your resolve.
5. *Stay with it*. Many overweight people give up their diets too soon because they don't see overnight results in their mirrors. The same applies to exercisers. The truth in both

cases is that it took a long time for the problem to get there; it's going to take some time for it to disappear.

6. *Be sure to do all four stages in each session*. Warm-Up prepares your body for exercise; Strength and Endurance works on your muscles; Cardio-Respiratory Fitness concentrates on heart rate and breathing; and without Cool-Down your body is unprepared to resume normal activity.

## Precautions

### Indications for physician consultation.

If you have a history of any of the following conditions, consult your doctor before beginning any exercise program:

1. Rheumatic fever, myocarditis or an abnormal ECG.
2. Heart murmur.
3. Pain, pressure, discomfort in the chest or unusual shortness of breath while walking or doing other physical activities.
4. Leg cramps while walking.
5. Heart attack.
6. Prescription of digitalis, nitroglycerine or any other drug for treatment of a cardiac problem.
7. Diabetes, sugar in the urine or high blood sugar.
8. High blood pressure.
9. High blood cholesterol.
10. Any chronic illness such as arthritis, gout, rheumatism, asthma, emphysema, chronic bronchitis or any other lung condition.
11. Any condition limiting the use of joints or muscles in any part of the body.

### A few words of warning.

- If your joints become excessively tender or start to swell, choose new exercises for your program that do not emphasize the affected joints. If the condition persists, see your doctor.
- Avoid knee bends beyond a 90-degree angle to prevent possible damage to the knee cartilages.

Excessive arching of the spine should also be avoided.

- Eat or drink only in moderation during the two hours before you exercise. Never exercise after a full meal. Nausea could occur otherwise.
- If you should become ill enough to be under a doctor's care, or if you should have surgery, discontinue your exercise program until your doctor says it is all right to resume. If you should have a minor illness, such as a cold, discontinue the program until you yourself feel well enough to resume.

### Indications of overly intensive exercise.

During exercise, the program is too intense if any of the following conditions occur.

1. The skin around the lips or fingernails turns blue.
2. The skin is pale or clammy.
3. A muscle or group of muscles twitches involuntarily.
4. A headache develops.
5. There is tightness or pain in the chest or down the arm.
6. Nausea occurs.
7. Profuse sweating occurs.

After exercise, the program was too intense if any of these conditions occur.

1. Normal breathing is not regained within 10 minutes.
2. The heart rate does not return to a normal rate within 10 minutes.
3. You do not feel comfortable after 30 minutes of rest following exercise.
4. You are unduly tired after a good night's rest. ●

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# Ask The Champ

by Marty Hogan

This article continues a series by two time and current national professional champion Marty Hogan. Readers are encouraged to submit questions about their game to Ask The Champ, c/o National Racquetball.

**Question:** Would you please explain what a splat shot does. How is it hit and where should I hit it? I would also like to know if it is a high or low percentage shot?

Daryl Greenmeyer, Milwaukee, WI

**Hogan:** A splat occurs from the spin that the ball develops by hitting more than one wall at a very high speed. It is a side wall, front wall hit, from deep court, while along the same side wall the ball first strikes. Not everyone in the game can hit the splat because of the power of the ball required. Because of the spin the ball explodes off the front wall into deep opposite court from which it is hit. It is a good shot to hit because even if the shot is left up, it is capable of getting behind your opponent. Then, if it hits the other side wall, it kicks back into deep court for a winner. When a player can hit the splat from both the forehand and backhand sides of the court, it is very hard for his opponent to hit a good defensive shot.

**Question:** Could you suggest some strengthening and stretching exercises for my arms? I am a 27-year-old male who is recovering from a case of tendinitis in my left arm. I received this injury while practicing racquetball. Randy Cervantes, Sacramento, CA

**Hogan:** The racquetball swing is basically an extension of the tricep muscle. The stronger you build up your triceps, the less tension there will be on your elbow. Two exercises which I would highly suggest to you are reverse curls and wrist curls. Both of these exercises are very good to build up your forearms. Just as with the tricep muscle the stronger your forearms, the less tension there will be on your joints. Also do pushups. They are very good for your chest and triceps. You are just using your own body weight.

One thing you should primarily do is stay away from heavy lifting. Heavy bench presses or heavy curls are very hard on your joints. You may be able to do these exercises in another three or four months, depending on how bad your injury was. If the exercises that I suggested are not enough, and you choose to lift, please lift only light weights to strengthen your muscles, not your joints.

**Question:** During the course of a game how many times should you change your serve? Does it matter if you are winning or losing? How many serves should you leave in your repertoire?

Sandy Blackshaw, Blenheim, Ontario

**Hogan:** During the course of a whole match there is only one time when you are in complete control, that is when you are serving. While in the service box you can dictate the type of rally which will follow. By using a lob serve chances are you will find yourself in a ceiling ball rally. A short, fast rally will usually follow after one uses a drive serve.

As far as changing your serve during the game I believe it is very important to mix up your serves several times in the course of a game. Do not become predictable with your serves. It does not matter if you are winning or losing, a variety of serves are needed. The more serves you have, the more offensive threats you have.

A player should have at least four or five good serves they can count on to score points. More important than the number of serves in your repertoire is being able to hit two or three serves off the same service motion. I believe for someone to be called a good server, they should be able to hit a canny serve to both sides with as much disguise as possible, then possibly mixing in a Z serve from that same position on the court.

Concentrate on deception and disguising your serves so that your opponent has a hard time reading where the serve is about to be hit.

**Question:** Can you tell me how your wrist and forearm function during a backhand "W"?

R. Crozier, Edmonton, Alberta

**Hogan:** While hitting a backhand my wrist and forearm really have no special function. In order to generate the power I do two things:

1. Get down low, then push off trying to get all the power I can from my legs.
2. Keep my shoulders loose.

Before hitting a backhand I turn my right shoulder away from the play. Just upon contact with the ball the legs dip, and I try to have a complete rotation of my shoulders and chest. There is no way you can generate power in your backhand by only hitting with your arm. The backhand stroke should be an explosion into the ball. Set up on your forehand, but explode into your backhand. Use your body more and let your upper torso do most of the work. You will be surprised at how much more your wrist snaps when your whole body is flowing into the play.

**Question:** What are your feelings about the pro tour requiring the use of eyeguards at all tournaments? Pete Peterson, Los Angeles, CA

**Hogan:** It is my belief that a mandatory eyeguard rule would be openly accepted by the professional players. This rule is long overdue. It is said that we are all just waiting for someone to be badly hurt before eyeguards become a requirement. ■

# Mixing Is A Must

by Mike Yellen

One of the hottest young talents on the professional racquetball tour these days is Mike Yellen of Southfield, MI. In only his second year on the tour the curly headed 19-year-old has kept racquetball fans on the edge of the bleachers through two consecutive National Championships. Barely beaten by five time national champion Charlie Brumfield, in an electrifying semi-finals match during the 1978 Nationals Yellen got a step closer to racquetball's top prize this year before bowing to Marty Hogan in the finals. When not competing Mike spends much of his time on the road giving racquetball clinics on behalf of his sponsor, Ektelon. In this series of exclusive columns, Mike shares with *National Racquetball* readers some of the techniques which he explains and demonstrates in his clinics around the country.



No one's racquetball shot repertoire is perfect. We all have certain shots that we can hit better than others and we tend to rely on those heavily during a match, sometimes too heavily. There is such a thing as going to the well too often.

For example if you hit a straight-in kill every time you are in the fore court with your opponent behind you, even the densest Neanderthal is going to pick up on that habit and begin covering the shot in that situation.

A smart player like Charlie Brumfield will simultaneously give your game a two second psychoanalysis based on

your choice and record on his mental abacus the exact number of times you go to that particular well in that particular situation.

Against guys like this you have to remember that mixing your shots is a must. Otherwise you'll have less chance of keeping your game intact than a nice girl at an Animal House fraternity party.

In the straight-in kill situation, for example, you may want to hit an occasional cross court pass instead. The only way to keep the Brumfields of the court world at a respectable distance is to keep them off balance by mixing it up.

### Positioning

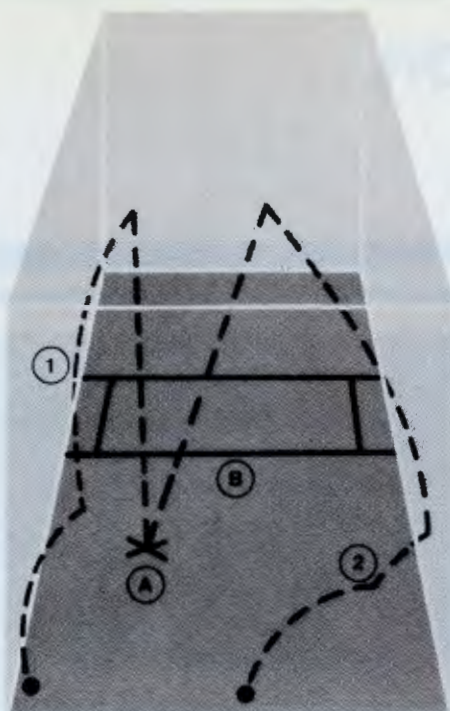
You certainly won't be able to do it by relying on your favorite shots to stay down every time. Racquetball is not so much a game of rollout kills as it is one of positioning.

Most of us have to rely on hitting the ball to a place on the court which the opponent simply can't get to before the ball takes two bounces. That's the basic strategy and, fortunately, the court is big enough so that not even the fastest speed merchant can cover it all at the same time.

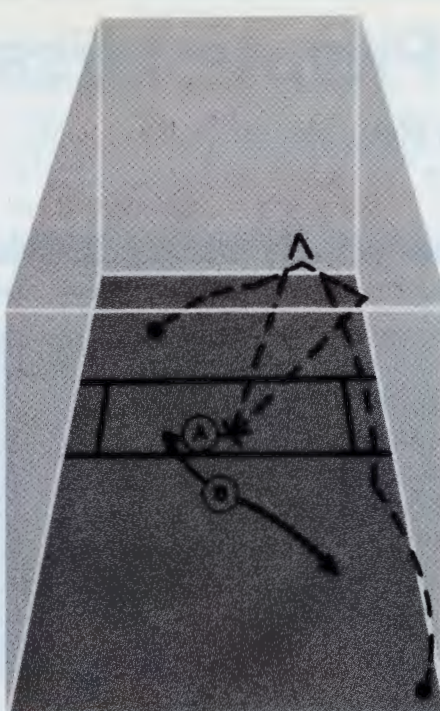
In order to keep your opponent from anticipating where the ball will land, though, you have to be coy, employ a little deception. That simply means hitting all your shots with the same form so as not to telegraph different shots with different setups and having a balanced attack.

It is still okay to rely on your winning shots most of the time because they have the greatest chance of success. But you'll find that those shots work better for you if you mix in an alternate every fourth or fifth shot. Those mixers are just as important to the overall success of your game as your old favorites because the first sets your opponent up for the second.

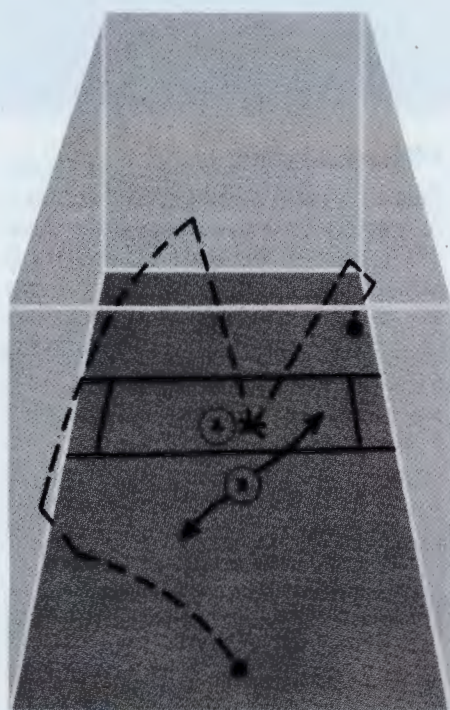
Since we all have our own preferences, I can't tell each of you which alternates to use. Here are some typical examples, though, that will get you thinking.



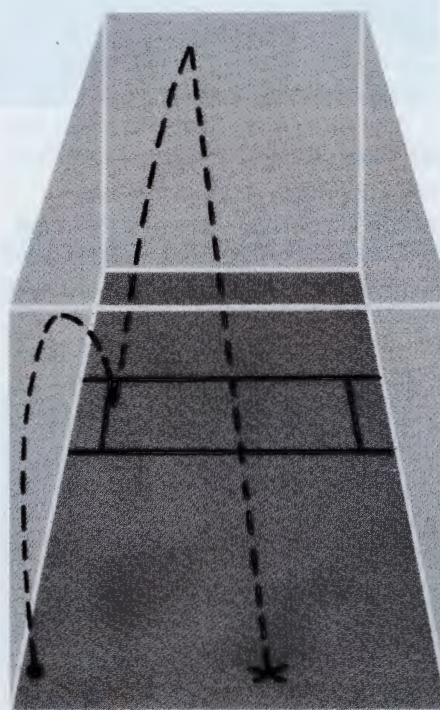
**Diagram 1.** When your opponent is in the fore court a (1) down-the-line pass or (2) cross court pass are good mixers with which to keep your opponent honest. In order to anticipate either shot Player B would have to commit himself to one side of the court, leaving the other side open.



**Diagram 3.** In the same situation as Diagram 2 another pair of mixers to use are the roll-corner kill which sends the ball to the left side of the fore court and the down-the-line pass which puts it in the right rear corner.



**Diagram 2.** When both you and your opponent are in the fore court with him behind you, the alternate to the straight-in kill where the ball dies in the right front corner is the cross court pass which puts the ball on the left side of the backcourt.



**Diagram 4.** During a ceiling rally in which both you and your opponent tend to play deep in the back court you can keep him honest by reverting to one of the kill shots shown in Diagrams 2 and 3 whenever the ball drops below your waist.

### Good Mixers

A down-the-line pass and a cross court pass are good mixers because they put the ball in opposite corners of the back court.

The straight-in kill which dribbles out of the right front corner mixes well with the cross court pass which sends the ball down the left wall into the back court. Similarly the roll-corner kill sends the ball scooting over to the left side of the fore court, while the down-the-line pass puts it in the right back corner.

In fact these four shots can be used interchangeably, as the diagrams show, because they are all hit from about the same position but to four different points on the court.

One final mixer grouping is the ceiling ball and the two kills. During a ceiling rally, you and your opponent will tend to play deep in the back court, even though each should really return to center court after his shot.

In the event that you find him getting lazy and one of his ceiling balls drops into position below your waist, you can step up and hit one of the aforementioned kills. It will probably be a point winner but, even if he retrieves it, you will have given him a workout and kept him honest.

And that's what it is all about: keeping your opponent honest. Do him a favor and give him a chance to cultivate that virtue by mixing your shots. ●

# Dissecting a Private Lesson

### Advice for Teachers that Can Help Students, Too

by Jean Sauser

*Jean Sauser, left, and Annette Anderson, one of her prize students, demonstrate two ways to get the most out of private lessons: arrive ahead of time and spend a few minutes on off court advice.*

It's not surprising that many racquetball instructors view private and semi-private lessons as close encounters with the third kind. There is little, if any, written information available on the subject. Most instructors are left to research the subject in the libraries of their own awkward experiences on the court.

Yet I've found in my six years of teaching racquetball in at least three different parts of the country (currently at the Milwaukie, OR, Racquetball Club) that the most intriguing and rewarding teaching experiences have been these close encounters. I admit that working with students on a one to one basis did begin as a scary event for me. I stumbled through lesson after lesson, often using my personality more than my teaching ability. Finally through all this on court trial and error, I evolved a logical approach and lesson progression that would enable my students to achieve the type of success that would keep them involved in private and semi-private lessons.

Now I'm sharing my experience with *National Racquetball* readers—both instructors and students. I think if the people on both sides of the lesson understand each other, they'll increase their odds for racquetball success.



#### A Philosophy that Works

Though private and semi-private lessons cost more, they are the most effective lessons a student can take. Among the advantages of private over group lessons are:

Private and semi-private lessons give the teacher a chance to guide the student to better racquetball skills under the watchful eye of the instructor, almost the way a doctor guides a patient to good health. The individual instruction zeros in on the specific problem.

Flexible scheduling allows the student to take lessons at convenient times. And since there is no limit on lessons required, nobody takes more or fewer lessons than needed. So a student improves at a comfortable pace.

#### Off Court Strategy

Teaching private and semi-private racquetball lessons involves some off court strategy that adds to the effectiveness of the lesson.

When the teacher arrives early, there's an opportunity for teacher and student to get to know each other and develop some rapport before they "*get down to business.*"

Equally important is *not* staying too late. A lesson that starts on time should never go more than five minutes past the scheduled ending time and should finish in a planned way—not abruptly. If there is so much information to dispense that it can't be contained in the scheduled time, the teacher and student should schedule another lesson. Too much information is as harmful as too little. The next lesson should follow practice on today's lesson.



Before and after the lesson the instructor should freely offer off court advice, as valuable as the lesson itself. Of course—from the club's point of view—private lessons can be selling tools for the pro shop and other club programs. And for the student these suggestions about equipment or clinics often lead to game improvement.

Safety should be part of the off court advice. It's the instructor's responsibility to see that the student is wearing proper shoes (no jogging shoes, please, with their inadequate ankle support), using the safety thong and wearing eyeguards. In fact *both* student and teacher should wear eyeguards during the lesson.

**Coming up in National Racquetball:**  
Jean Sauser's advice on semi-private lessons.

## Private Lessons—Lesson Plans

Whether a student knows what to expect from the lesson in the way of improvement, or whether the answer to "*What do you want to improve?*" is just "*I'm not sure, I just want to improve,*" the lesson should begin with a game. And it should end with assigned drills for practicing new skills acquired during the lesson.

It is through a game that the teacher can decide if the stated reason for taking the lesson is what's really wrong with the game. The instructor can play a game to 11 points, 15 points or 21 points, depending on how sharp the teacher's error detection is. Keeping score isn't essential. If the instructor is uncomfortable keeping score for fear of a close game, or if the student seems to be tense over keeping score, they can simply play around the serve with no score for 10 minutes or so. Not keeping score allows the teacher to analyze the student's grip, stroke and strategy errors, with no concentration wasted on winning the game.

Grip errors are easily spotted during a game because it's then that students use their real—and often faulty—grip. Students have a habit of demonstrating a correct grip before the game and then switching to an incorrect one when play begins.

Stroke errors work the same way. The true stroke comes out in the game situation only.

Other areas the instructor should be watching during the game are serve selections (I've moved players from B to A level by teaching them a few new serves to alternate with serves they considered sure winners, and so used too predictably) and shot selection (which I determine by setting up the student a little).

Once the game is finished, the instructor should pick the one part of the game that needs to the most improvement. Other problems begin solving themselves when the main problem—the one that will make the most improvement in the game—is tackled.

(I once had a lesson with a student who had two errors in his forehand stroke. He didn't snap his wrist and he jumped onto his toes when he hit the ball. In correcting the wrist snap error he stopped his jumping. I didn't even have to mention it. Correcting the larger problem took care of the smaller one.)

Most of the teacher's suggestions lend themselves to drills for student practice on the court. For every skill taught, a drill should follow, so the student can work alone and in between lessons. A good teacher always encourages the student to practice. ●

## Making the Most of the Private Lesson

|                  | What Teacher Can Do                                                             | What Student Can Do                                                                   |
|------------------|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Timing           | Arrive early<br>Never teach more than 5 minutes past the scheduled ending time. | Arrive on time<br>Respect the scheduled lesson ending time.                           |
| Off court advice | Suggest equipment or programs; recommend eyeguards and other safety measures.   | Tell teacher you want to allow time for questions before, during or after the lesson. |
| Knowing why      | Ask student what lesson goals are.                                              | Think about why you're taking the lesson before you start.                            |
| Lesson Plan      | Begin with a game you can analyze. Suggest drills for specific problems.        | Relax during the "demonstration" game, but play your best. Practice between lessons.  |

# Beginner's Racquetball

by Jack Kramer

For the benefit of the millions of men, women and children who are taking up racquetball for the first time *National Racquetball* is serializing *Beginner's Racquetball* by Jack Kramer, copyright 1979, with permission of the publisher—World Publications, Inc., Mountain View, CA. If you're an experienced player, you might like to pass these articles along to a friend who's just starting the game.

## Common Do's and Don'ts on Basic Strokes

In time with practice, you can master most racquetball shots. No matter whether beginner or advanced player, however, there are do's and don'ts associated with basic sound technique.

### Forehand Grip

The way you grip your racquet does make a difference. Generally if your grip is poor—the hand slips to the right or left—the ball will hit the floor short of the wall. Hold the racquet so your thumb and forefinger make a “V” along the handle when the racquet face is perpendicular to the floor. Maintain a tight grip on the racquet just before and during the moment of impact.

### Backhand Grip

If you are using the forehand grip to make a backhand shot (and some players do), you might rotate the head of the racquet upward. This causes the ball to hit up high on the wall making an easy return for your opponent. It is far better to move the gripping hand a quarter- to half-inch on the shaft for the backhand stroke. This stroke keeps the face of the racquet perpendicular to the floor when you hit the ball. This will give you the accuracy to hit the ball where you want it because the tilt of the racquet makes up for the difference in wrist position between forehand and backhand stroke.



*The wrong way to grip the racquet.*



### Serving

Hitting the ball when it is too close to your body—your elbow against your body—results in a weak shot, generally hitting the wall too high and making an easy return for your opponent. Always drop the ball away from and in front of the body when serving. This will give you space and time for a full swing. A good hard serve is a ball that is dropped below knee level and hit at this position so you get a low, hard drive path to the wall.

### Forehand Swing

When you are getting ready to hit the ball assume the proper position.

- Don't keep knees too straight or stiff.
- Don't hold the racquet below the waist.
- Don't be flatfooted; be ready to move.



*The incorrect grip and balance.*

*Faulty backswing.*



### **Backswing**

The proper backswing to your forehand or backhand shot allows you to hit the ball accurately and to get off a good offensive shot.

Do not start the backswing too late—be ready. Pivot your body and hips sideways so you have better balance and leverage.

- Don't keep wrist stiff. Be sure to cock your wrist.
- Don't keep weight on both feet. Keep your weight on the back foot.
- Don't keep feet too far apart; feet should be shoulder-width apart—never more.
- Don't keep elbow near the body; keep your arm away from your side and never rigidly bent.
- Don't make the backswing too low. This causes loss of racquet speed and power.

### **Contact Point**

In the forehand stroke your elbow should lead as you start the downward arc and you want to hit the ball a few inches above your instep or before the ball reaches the front foot. At this contact point the wrist is snapped forward so there is solid contact of racquet on ball.

The ball is either hit out of the air, after it bounces and starts the upward swing, or after the bounce and near the end of the downward arc. Try to strike the ball at ankle level after it bounces and is in the downward arc.

- Don't cramp your swing and hit the ball too close to the body.
- Don't lift your head and lose sight of the ball.
- Don't keep your knees too stiff as you hit the ball.
- Don't angle your racquet, keep it parallel to the floor.
- Don't swing at the ball with your arms only; use the motion of your entire body.

### **Follow Through**

Many players think that if they hit the ball squarely and low, that is all there is to it. Wrong. You must make the follow through swing so the ball hits the wall with power and accuracy. Your racquet arm must swing naturally across your body after you hit the ball.

- Don't make a half stroke—you will hit a weak shot.
- Don't tense up; when you hear the ball strike the racquet keep the arm moving.
- Do not stand in the same place after the ball is struck; move quickly to the best court position. ●



*Contact point too far in front.*



*Follow through should not be a lunge like this one.*

# What's the Call?

by Dan Bertolucci

During the past two months I've talked about linesmen, their positioning and their duties. Now I'll discuss how the player should make use of the linesman.

When should a player appeal a referee's call?

The following situations are appealable:

1. When a player thinks his or her opponent's ball has skipped.
2. When a player thinks his opponent has hit a fault serve.
3. When a player thinks his opponent — during a rally — returned the ball on a double bounce.

At no time may a player appeal to the linesman a (1) hinder, (2) avoidable hinder or (3) technical foul.

Here are some typical appeal situations:

### 1. Killshot attempt

You have shot the ball and the ref calls a skip ball. You appeal and the linesman upholds your appeal. The ref's call is reversed, your shot is ruled good and you get either a point or a serve.

### 2. Killshot attempt

Your opponent shoots the ball, the ref rules it good. You appeal the ball as skipped and the linesman upholds your appeal. The ref's call is reversed, your opponent's shot is ruled not good and you either get a point or a service.

### 3. Fault serve appeal

You are serving. The ref calls a short on your serve, but you thought it was good. You appeal and the linesman upholds your appeal. If — in the opinion of the ref — the serve was a clear ace (that could not have been returned under *any* circumstances), you get a point. If there's any doubt that the serve was an ace, you get two more serves.

### 4. Fault serve appeal

Your opponent serves. You think the serve is short, but no call is made by the referee. You must play out the point. If you win the rally, there's no reason for you — the receiver — to appeal.

If you lose the rally and your appeal is upheld, the server gets one serve, or if it is the second serve, then there's a side out. (The server who loses the rally can also appeal and — if the appeal is upheld — gets another serve.)

### 5. Double bounce pickup

- a. You think you retrieved a shot on one bounce, but the ref calls two and the rally ends. You appeal. If your appeal is upheld, the rally must be replayed.
- b. You think your opponent picks up a shot on two or more bounces, but the ref did not call the double bounce. You must continue to play out the rally, but extend your nonplaying arm over your head with two fingers raised. This "V for Victory" gesture



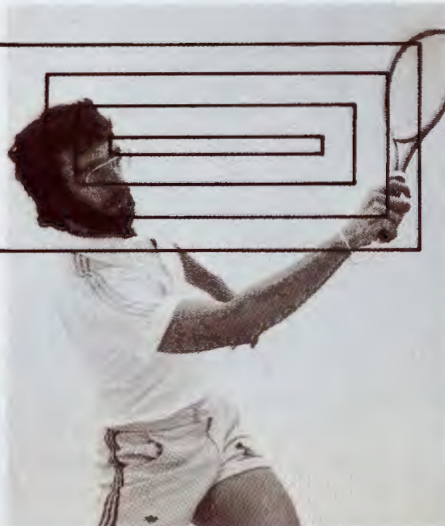
alerts the ref and linesman that you'll be appealing at the end of the rally. Keep your hand up long enough to be sure it's seen. Of course if you win the rally, no appeal is necessary. If you lose the rally, you appeal and if you win the appeal, you win the rally. ●

## Inside the Master's Mind

by Charlie Brumfield

Will Return in March

So many ideas are churning "Inside the Master's Mind" that Charlie Brumfield has asked for an extra month to organize his thoughts in his exclusive 12-part series for *National Racquetball*. Watch for the four time national champ's ideas on using your head to win in the March issue.



# Women In Racquetball



Carol Brusslan

## Winners—if Not Champions



—Teri Cluck photo

The player on this page is flashing a smile the size of Sarah Green's when she won the December pro stop in her home town.

Unlike Sarah, though, Amelia Aguirre wasn't a winner. But she was a competitor, and she played her best and she had a wonderful time. And *that's* why we're advocating more women-only tournaments.

Two people you'll read about on the following pages say that the opportunity to offer competition on *all* ability levels is the prime purpose served by tournaments like the ones they ran in Kansas and California.

*"We wanted to treat a rank novice with the same respect as a state ranked player,"* says Overland Kansas' Debbie Herr.

In San Diego—where highly skilled players can spend every weekend competing in their racquetball town—it was obvious that less talented players were waiting to give their games the test. The division in a recent women-only tournament with the biggest draw was Beginning Novice.

### The Men Are in the Gallery

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# The Men Are in the Gallery

by Carole Charfauros

Too frequently women complain about the second class treatment they receive at racquetball tournaments where prizes are unequally distributed between the sexes, where women's matches are scheduled on the back courts late at night or first thing in the morning and where only a few women's divisions are offered.

While male tournament directors excuse the inequality by explaining that the small number of women tournament players hardly warrants big prizes, many women are organizing their own tournaments—with surprisingly large draws.

At a time when most tournaments in San Diego are attracting only 150 players on the average, the "First Annual Women's Turkey Tourney" at Stadium Racquetball Club last November tallied up over 100 women. The number could have been even larger had the date not conflicted with the Tempe Pro Stop and a large tournament in Orange County the same weekend.

Doris Zimmer, the manager of Stadium racquetball, chose that weekend because she had four Charger tickets to give away for the Steelers game on Sunday. Originally it was just going to be a fun, little tournament, but the more we got into it, the bigger it became. It was just a shame that Marci Greer and Karin Walton couldn't have put on an exhibition. We also lost a lot of our top players like Peggy Gardner, Kippi Bishop and Sheryl Ambler to the Pro Stop. At least I think we proved that the women are out there and they do want to enter tournaments, but only if "the price is right."

Now just because it was a women's tournament doesn't mean we were promoting militant feminism. The men were more than welcome, but only as sponsors and spectators. And, surprisingly, men are willing sponsors and spectators of women's tournaments.

*Joan Dale-Chaffins gets a deserving hug after winning the first match she ever played in a tournament, in the Beginning Novice division.*



—Teri Cluck photo

*"I can't wait to see the doubles" . . . "These women are really hitting the ball hard" . . . "I'm sure glad I'm not playing her, I'd get my butt kicked" . . . "I never saw so many women who could play so well" . . . "It's unfair that the women are getting so many prizes!"* These were some of the comments from husbands and boyfriends of the players.

Male sponsors for the Turkey Tourney included the San Diego Chargers, Second Sole, which gave each of the first place winners a pair of Lotto shoes, and Sam Nicolosi, who brought over enough pizza for an army. Of course clothing manufacturers like Gabelle and Kori of California and other female-owned companies were more than willing to donate. All total there were more than 50 prizes given away, many as door prizes so that as many women as possible could take something home.

*"I think the bigger prizes and relaxed atmosphere helped draw so many women,"* speculated Leslie Eder, winner of the Open Doubles. *"I feel much better winning a women's tournament because of the bigger draw—it's more representative of the competition."*

Another advantage of an all-women's tournament is that beginners are not as intimidated by the pressure of a tournament, because there usually isn't any. At the Turkey Tourney there were 36 entries in the Beginner's Novice division. We added a Consolation for first round losers as an afterthought.

Even though we could have included an Intermediate Novice division on the entry form if we had anticipated the huge response, the Consolation was still a natural way to *"separate the women from the girls"* because beginners seldom know which division to enter anyway. Consolation also

guarantees everyone at least two matches. That's important, especially if it's someone's first tournament.

*"All of my friends are just beginners who have never entered tournaments,"* explained Teri Cluck, who lost in the Consolation of the Beginning Novice. *"We got into the Turkey Tourney because we knew it would be a lot of fun, as well as competitive. Women need to realize that you don't have to be big and strong to play racquetball; and age isn't that big a factor either. I'm starting to play with my daughters now."*

Unfortunately we had to cancel the Girls division because there weren't enough entries. But that didn't mean that they missed out on the tournament. In fact 14-year-old Marie Gonzalez was a Consolation winner. (I think that next time I'll try to go around to physical education classes at the high schools and give a free clinic and a quick sales pitch, then hand out entry forms and discount coupons for the girls to try out the club. We will probably have a smaller entry fee for the girls, also.)

In the doubles we got four A teams and four B teams. Rather than run two separate round robins the two divisions were combined. We seeded the A teams and let the B teams drop into Consolation. Every other division, including the Seniors (30 years and older), had a full draw.

*"What I thought was great about the Turkey Tourney,"* smiled Sandy Kelly who placed second in the Seniors, *"was that for once my husband came to watch me play instead of the other way around. When I played Chris Goodman in the semis it was funny to watch our husbands, who are good friends, both sweating it out upstairs. It's nice for the women to have the glory for one weekend, anyway."*

## How to Get the Women on the Courts

A women's tournament is something out of the ordinary, so you have to treat it that way. We (my husband, Emie; Doris Zimmer and I) decided our approach would not be classy; we wanted it to be a little crazy and off-the-wall so that everyone would have a good time, not just the winners.

The more sponsors you can dig up, the better for everyone: the players get more prizes and pay less entry fee, the directors have a better chance to get paid for their effort and the sponsors get the exposure. My pet peeve is tournaments that offer prize money, but jack up the entry fee to \$25 so that the players are actually paying the winners. I feel that if a tournament director is going to make any money, he or she better earn it.

### The Entry Form Ad

You actually have more pull with a sponsor than you realize. Your entry form alone is a method of advertising. We printed up 5,000 copies in order to negotiate a deal with Second Sole. For Nicolosi's we included a half-price coupon for pizza on the entry form. *"Your Racquet"*, a local newspaper of the racquet sports, had its logo printed on our flyers in exchange for some exposure in their publication. Have someone write up announcements and press releases (photos are always great) and send them off to every newspaper in your area. Always be sure to mention your sponsors (and write them thank you letters afterwards).

## And the T-shirts

The most lasting form of advertising is your T-shirt. That's why they should be of good quality and nicely designed. Reserve the T-shirts for your major sponsor and the club. Otherwise the women look like walking billboards and that's "tacky."

And *please* don't compromise and buy men's shirts simply because you can get them cheaper! For me this is a matter of principle, even if it doesn't make dollars and "sense" in the accounting book. When I first started playing tournaments, there weren't any high fashion coordinated racquetball outfits; there weren't any women's tournament shirts either. I remember how happy I was when I got my first women's shirt in a tournament. Especially in a women's tournament it would be a shame to give out men's shirts. We've waited too long to get where we are, without taking any steps backwards!

Next tournament I'd love to work out something with a clothing manufacturer so that the women could get a really nice outfit just for entering. That would be ideal for a classy tournament. We passed up the deal this time around, though, in order to keep with our "crazy" theme. The logo on the shirts and the "Turkey Trophies" were designed by Ken Thomas to make people laugh. The idea of a comical statuette instead of a trophy was also welcomed by those women who have too many traditional trophies already.

## Locker Rooms

In the case of Stadium Racquetball Club, the women's locker room, located *downstairs*, is of good size and has the same spa features as the men's, so it was unnecessary to switch locker rooms for the tourney. However this is not true of all clubs. The women organizing the tournament should ask to see the men's facilities to decide whether to make the switch. This shouldn't pose any problems as long as the signs are switched, too.

## Food

Food is definitely a must. In most cases even if a woman is busy competing in a tournament *she's* still expected to feed her family. For that reason, especially, there should be hospitality all day long and a hot meal in the evening. Guests could be included at a minimal charge.

Babysitting is also helpful. Most clubs have a room that can be utilized for this purpose. If possible make arrangements far enough in advance so that "free babysitting available" can be advertised on the entry form. At least that'll be one less excuse for not entering.

To babysit the men we had a "Beat the Machine" contest with a prize for the top man and the top woman. It seemed like the guys just couldn't wait to get on the court, even if it was just to aim for a target on the front wall after being served a Z by a ball machine.

## Finale that's Grand

Also for entertainment during the pizza party Sheryl Ambler returned just in time from Tempe to challenge Emie Charfauros to a "Battle of the Sexes." The trick is to get a female referee who calls all of Sheryl's skips good and all of Emie's rollouts bad. Next time we would also like to have the "Chicken" challenge the women's Open winner and give himself as the prize . . . Whatever you do for the grand finale, it's best if you don't take it seriously.

The Turkey Tourney finished up Saturday night because of the big football game on Sunday. As I'm not a big fan of football (you can't say that too loudly at the Stadium Racquetball Club where the Chargers work out), I wondered how many women would be interested in tickets to the Chargers vs. Steelers game. Of course when I heard that a pair of tickets had been scalped for \$500, even I would have liked to win them. The point is: women, of all people, should not be sexist. That means don't think that women need five hours rest between matches, are too passive to referee, wouldn't want to win a motorcycle or prefer iced tea to beer. Women have to change their way of thinking before men are going to—so don't treat your players like powder puffs!

### Referees

Even with all the novices and first timers there were very few complaints about the refereeing. As long as they explain to the players that it's their first attempt as an "umpire" there really shouldn't be any problem. One woman didn't know that a ceiling ball was a fault on the serve . . . now she does. But the players were really understanding about it.

I've helped put on several tournaments before, and played in even more, but I have never seen such enthusiasm and good spirits. I couldn't tell the winners from the losers because they were all smiling. The only question everyone kept asking was: "When are we going to have another women's tournament?"

Check the USRA amateur section for results of the California and Kansas tournaments.

## A Record in Kansas City

"The atmosphere was electric," says Debbie Herr, remembering the last rounds of the country's largest amateur tournament for women—the first annual Femme Fatales last September at the Stanley Recreation Center in Stanley, KS, a suburb of Kansas City.



Debbie Herr



Roger Glick

Local Newscaster Cynthia Smith



—George Reinhardt photos

"The camaraderie between the women was something I've never seen before. And the viewing areas were deep with people—husbands, boyfriends and children."

Herr and Co-Tournament Director Roger Glick attracted 275 entries from Kansas, Missouri, Nebraska and Illinois with their concept that a woman who's played as short a time as four months would be interested in entering the competition.

The directors set up singles divisions from novice through A and two levels of doubles, and spectacular incentives like a complete Top Seed outfit of shorts and shirt for each entrant.

Other extras ranged from roses and champagne for the winners, plenty of room to shower and change in both the men's and ladies' locker rooms and a Saturday night disco. And though draft beer flowed the way it does at ordinary tournaments, there was an abundance of diet drinks and a salad/fruit bar, including grapes and fresh pineapple.

# Who's Playing Racquetball?

## Meg Ravnholt: Promoting the Census

"Answer the census," urges Meg Ravnholt, a member of the Congressional Staff of the 1980 Census Promotion Program, at the Bureau of the Census in Washington, D.C.

At 25 Meg has been wandering around the marble halls of Congress for 15 years. "I started opening the mail for Vice-President Hubert Humphrey on Saturdays and school holidays. Both of my parents worked for him then. By the time I was 16 I had started my first paid position on Capitol Hill and I have been there off and on ever since." Meg has also worked for other well known political leaders: Senator John Culver of Iowa and Wendell Anderson of Minnesota. She was also on the staff of the Senate Watergate Committee.

But Meg's focus has changed. "I now approach Congress as a bureaucrat," she says with a grin. "My job entails educating press secretaries and staff of Members of Congress on the importance of the 1980 decennial census. I try to convince them of the necessity for a complete headcount of all persons in the United States, and how the census results will benefit them and their individual constituencies.

"My work is just a small part of a national program to convince Americans how important it is to respond to the census — and to remind them that all the information is confidential by law."

Meg hails from Minnesota but has lived in the Washington, D.C. area since 1962. She graduated from the University of Maryland with a degree in radio, television and film production. "I worked in commercial television for awhile, but found my heart lies in politics and government, so I decided to combine both interests by handling press on Capitol Hill."

Meg works hard and plays hard in Washington, which has become a



very sports minded town. Meg plays with Congressional leagues in softball and touch football as well as county league volleyball. "Racquetball is my newest interest. I find that I can take out all of my aggressions on the court as well as have a great time. I love the speed and excitement racquetball provides. I'm a beginner, but I hope to spend a great deal of my winter practicing and refining technique.

"You find government everywhere in Washington. My partners are often Senate staffers, federal



Meg Ravnholt does some off-the-job promotion of the upcoming census, which she discusses in a more formal interview with U.S. Senator J. James Exon of Nebraska.



Ravnholt and her partner, Senate Staffer Martin Poane, left, face Club Pro Jedd Grosshans, about to hit, and Dan Rouchier, club member.

employees and even an occasional Congressman. In fact my home court, the Arlington Racquetball and Handball Club, recently received a government grant to install solar heating."

After the census is taken, Meg hopes to return to Capitol Hill. "I would like to get a job with the House of Representatives, just to round out my education. I'll have worked for both Houses of Congress as well as the Executive branch, and after that, who knows. Maybe the White House."

# Another Champ Named Walton

## At All Pro Vet Event

Getting beaten regularly can prepare a player for a big win—if the regular opponent is Marty Hogan.

At least that's what happened to Bruce Walton, former Dallas Cowboy offensive lineman, who won the \$20,000 Coors All Pro Racquetball Championship for sports veterans held Nov. 2-4 at the Las Vegas Sporting House.

Walton, best among 16 veterans of the National Football League, National Basketball Association and major league baseball, is a resident of San Diego, where, he says, "I've played against some of the professional racquetball players ... and I always got killed. I could maybe get five points a set against Marty Hogan but only if Marty was having a bad day."

"It was pretty discouraging facing this type of competition, but apparently it paid off for me."

Walton, who downed former Denver Bronco offensive halfback, Bob McNamara, 21-20, 21-10 in the final round, received \$6,000 for his victory. The 6'6" brother of San Diego Clipper Bill Walton started playing racquetball at UCLA and has been at the game three times a week since 1976.

Walton's road to the finals was marked by the closest and most exciting of the competitions exhibited in the Coors tournament, with his second round and semi-final matches decided by three set tie-breakers.

Walton easily defeated his first round opponent, Ed Marinaro (former Minnesota Viking), 21-4, 21-17, but had more trouble against Ron Williams, a veteran guard with the Golden State Warriors 21-15, 14-21, 11-7 in the second round. Then he won his quarter-final match against Mike Lucci, former Detroit Lion and Cleveland Brown, by his widest margin of victory 21-2, 21-4.

But his next contest was his most difficult when he met former Baltimore Colt wide receiver and running back Ron Gardin.

*"Gardin is a very intense player who can often 'psych-out' his opponent," Walton said. "I had to force myself to play my own game, being aggressive on my serve and defensive when Ron served."*

Walton trailed the length of the first game until he captured the last four points to win 21-20.

Walton's final round opponent, McNamara, was the favorite in the competition. He had competed in the Coors veteran's event in 1978 where he advanced to the semi-finals.



Bruce Walton, front, pulled a surprise finals win over tournament favorite, Bob McNamara, to win the Coors All Pro Racquetball Championship for sports veterans Nov. 2-4.

Walton took an early lead in the first game of the final, 4-0, but McNamara gradually narrowed the margin. McNamara went ahead 11-10 and at one point widened the margin to 17-12, and served for game point at 20-18. But Walton regained the serve and, as in his game against Gardin, came from behind with the last three points to win 21-20 with his final point an ace. Walton breezed through his second game, winning 21-10.

*"His serve was just too tough for me," McNamara said. "He got seven points off me in the first game and eight off me in the second from his serve alone. I just couldn't get to it."*

McNamara received \$3,500 for his second place finish and Gardin and Williams each collected \$1,250.

The tournament was sponsored by the Adolph Coors Company of Golden, CO, in conjunction with Leach Industries (San Diego), Seamco Sporting Goods (LaGrange, GA) and Catalina (Los Angeles). ●

### Results

**First Round:** Brooks Robinson (Baltimore Orioles) d. Brian Oldfield (shotput) 21-3, 21-4; Mike Adamle (Chicago Bears) d. Jimmy Johnson (San Francisco '49ers) 21-4, 21-3; George Blanda (Oakland Raiders) d. Ralph Neeley (Dallas Cowboys) 21-7, 21-6

Bob McNamara (Denver Broncos) d. Kermit Alexander (San Francisco '49ers and Los Angeles Rams) 21-6, 21-5; Bruce Walton (Dallas Cowboys) d. Ed Marinaro (Minnesota Vikings) 21-4, 21-17; Mike Lucci (Cleveland Browns and Detroit Lions) d. John Block (San Diego Rockets) 21-4, 21-15.

Ron Williams (Golden State Warriors) d. Tommy Mason (Minnesota Vikings and Los Angeles Rams) 21-4, 21-6; Ron Gardin (Baltimore Colts) d. Tommy Nobis (Atlanta Falcons) 21-2, 21-3.

**Second Round:** Blanda d. Robinson 21-15, 21-13; Gardin d. Adamle 21-4, 21-7; McNamara d. Lucci 21-6, 21-9; Walton d. Williams 21-15, 14-21, 11-7.

**Final Qualifying:** Mason d. Oldfield 21-4, 21-9; Nobis d. Johnson 21-3, 21-12; Block d. Neeley 21-5, 21-7; Marinaro d. Alexander 21-3, 21-3.

Block d. Robinson 21-4, 21-3; McNamara d. Mason 21-19, 21-10; Williams d. Adamle 21-9, 21-8; Lucci d. Nobis 21-17, 21-19.

**Quarterfinals:** Williams d. Blanda 21-7, 21-6; Walton d. Lucci 21-2, 21-4; McNamara d. Marinaro 21-7, 21-11; Gardin d. Block 21-3, 21-3.

**Semi-finals:** Walton d. Gardin 21-20, 9-21, 11-6; McNamara d. Williams 21-20, 19-21, 11-7.

**Finals:** Walton d. McNamara, 21-20, 21-10.

### Quarter Century Football Record

# Racquetball Kept Blanda in Shape

by Kris Gilmore

George Blanda in 1975, his last year with the Oakland Raiders.



Two of his former teammates, Oakland Raiders Pete Banazak and Dan Conner, now coach of the San Francisco '49ers, once challenged George Blanda to a game of racquetball.

*"I was in my mid-40s," Blanda recalls, "and they thought for sure they could show me up."*

But George didn't tell them he was familiar with the game, which he began playing nearly 30 years ago when he was a quarterback with the Chicago Bears.

*"They were both just young kids and I whipped 'em both," he laughs.*

Age hasn't slowed Blanda's racquetball game. At 52 the former quarterback-kicker competed in the \$20,000 Coors All Pro Racquetball Championship Nov. 2-4 at the Las Vegas Sporting House. He respectably advanced to the quarter-finals.

Blanda overwhelmed former Dallas Cowboy linebacker, Ralph Neeley, 27-7, 21-6 and soundly defeated former Baltimore Oriole third baseman, Brooks Robinson, 21-15, 21-13 in the first and second rounds of the tournament which involved 16 sports veterans.

He was eliminated from the competition in the quarters by Ron Williams, former guard of the Golden State Warriors who downed Blanda 21-7, 21-8.

Blanda attributes his creditable performance in the Coors tournament to his racquetball competitive experience despite the fact that he was the senior citizen of the event.



#### Commendable at 60

*"Age just isn't an important consideration on the racquetball court," he says. "I've seen players over 60 years old play a commendable game."*

*"You may lose a step or two as you get older but you make up for it with your maturity and knowledge of how the game is played."*

*"Racquetball is a game of strategy as much as anything else. You need to know where to position yourself on the court, how to shoot the most effective shot and time yourself in hitting the ball."*

*"That's one reason kickers make good racquetball players. They develop a tempo and learn to accelerate through*

Two of the best known sports vets at the November All Pro competition — George Blanda, right, and Brooks Robinson.



—Mike Zeitman photos



*the ball and not to rush it. You need good eye-hand coordination both on the football field and on the racquetball court."*

Blanda is a firm believer in aerobic exercise and authored a book on the subject, *Over 40 and Feeling Great and Looking Good*.

*"I exercise the heart every chance I get," Blanda says. "I try to run 20 minutes a day at least three times a week and I play golf often."*

*"Racquetball fits into a total aerobics program because it allows you to exercise your entire body," he says.*

Blanda says when he first played racquetball and began aerobic exercise, no one had ever heard of either activity.

*"Actually the game I played then was paddleball, a similar game to racquetball using the same ball and court. But we played with wooden paddles edged with metal. There were very few strung racquets in existence."*

Blanda became interested in aerobic exercise in his early 30s.

#### **What's "Aerobic"?**

*"That was long before Ken Cooper's book was published on aerobic exercise. People weren't familiar with the term but the idea of exercising the cardiovascular system wasn't uncommon."*

*"I retired from the NFL after 11 years playing with Chicago and came back the following year in the new AFL with Houston."*

*"I knew I had to stay in good shape to do that."*

Blanda believes that his off-season conditioning with racquetball, running and other forms of exercise is what allowed him to extend his career through 25 seasons, establishing an NFL longevity record. He also scored more points (2,002) than any player in the history of the NFL.

Now retired four years from football Blanda finds that racquetball and similar sports provide not only physical conditioning but also a competitive environment for someone who has been involved in physical competition all his life.

*"I was competitive even before my football days," George says. "I came from a family of 11 children and we were all involved in sports. And not just football. In fact I didn't play football until my college days. The sport didn't become popular until it was televised in the '50s."*

*"I'm still competitive," he adds. "I always like to find a really good racquetball player for a tough workout. I'd like to play against the top woman pro and see how I'd fare."*

Blanda, who lives in the Chicago area, stays in shape through workouts at the West Suburban YMCA.

He is self-employed as a freelance public relations consultant and often delivers talks on motivation.

Blanda admits he sometimes misses playing football and thinks he still has the ability to kick.

*"You lose some of your distance as you get older," he says. "But you never lose your accuracy."*

*"It's a similar situation as racquetball. You never lose the skill."*

Blanda can think of a couple of teams in the NFL that could use an accurate placekicker. Although he's not filling out applications, he doesn't suggest he'd refuse any offers.

*"If they come calling," he says, "I'll be in shape." ●*

# Tank McNamara Funniest Titles

Last August *National Racquetball* launched a five part series of Tank McNamara comic strips with a story on the syndicated cartoon's creators—Artist Bill Hinds and Writer Jeff Millar. Hinds and Millar sent along five photos taken on the courts and *National Racquetball* asked readers to supply the words for the pictures. Though millions of racquetball players take their game seriously, we can now testify that hundreds don't. Out of the many witty entries that came in from coast to coast here's the one that should provide you with the most chuckles. Hal Schwartz of Cincinnati, OH, will receive a free Leach racquet for his winning captions.

1. **Hinds:** (in black): *See my fiberglass arm works as good as new; but I am having trouble standing up straight on my aluminum legs.*

**Millar:** Huh?

2. **Millar:** *These Twin-View glass walls are great. Are you sure my girlfriend Linda is out there watching?*

**Hinds:** *Your girlfriend? Linda is my girlfriend.*

3. **Millar:** *I told you this club on the Israel-Lebanon border was not safe.*

4. **Millar:** *This is the last time I let you talk me into playing at a club with no restroom facilities just to save a few bucks.*

5. **Hinds:** *If you are praying to Mohammed, you should be facing the east side wall.*

## And here's a smattering of smart remarks from other readers:

1. **Millar:** *Are you serious? A coed shower around the corner?*

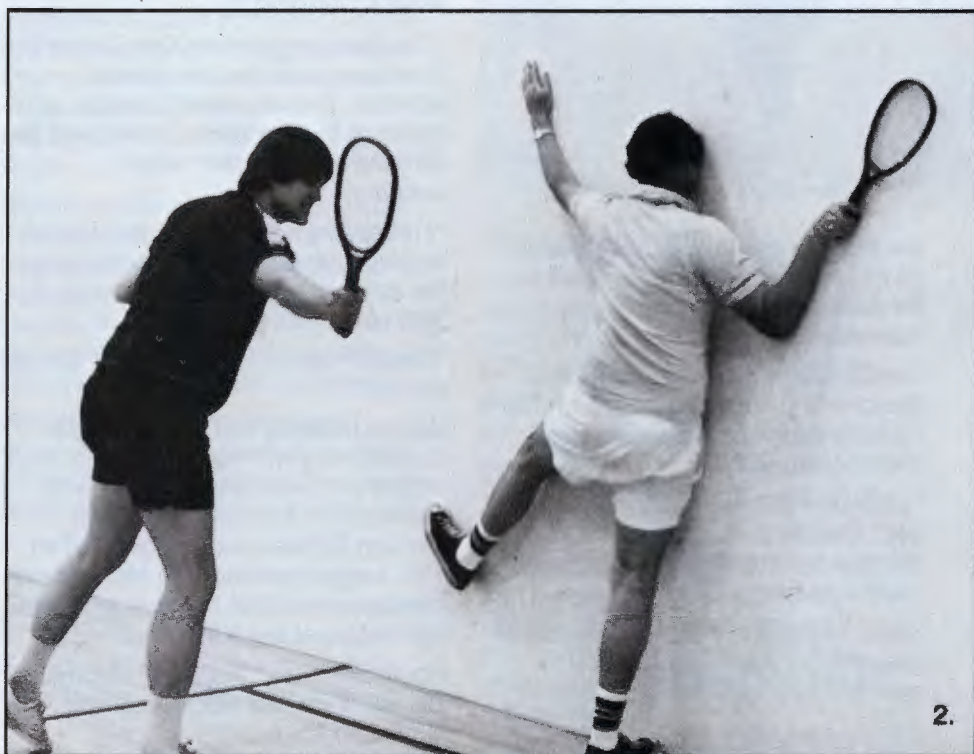
(from Roy G. Mort, Shelburne, VT)

4. **Millar:** *I forget. What was next after "Loop the strap over your wrist"?*

(from Skip Nees, Baltimore, MD)

3. **Millar:** *Why does that nuclear plant have its fallout drills during our court hour?*

(from Caprice Behner, St. Charles, IL)





1. **Hinds:** Squeezing this ball has brought most of the feeling back to my left arm, but my right is still a little stiff.

**Millar:** That's perfect. If you beat me, you'll have to hitchhike home anyway.

(from Bill Hellein, Sioux City, IA)

4. **Hinds:** The fool dares to compete with a master of hypnosis.

**Millar:** Why am I in this strange room wearing a giant charm bracelet?

(from Larry Goldhirsch, Aurora, CO)

1. **Hinds:** Honest. I'll put all of my shots in that corner.

(from Garth Sundeen, Duluth, MN)

3. **Hinds:** This glass floored court above the women's locker room is the most popular.

(from Beppie Doherty, Winston-Salem, NC)

5. **Millar:** Again and again, Lord, he hast killeth all that I have serveth.

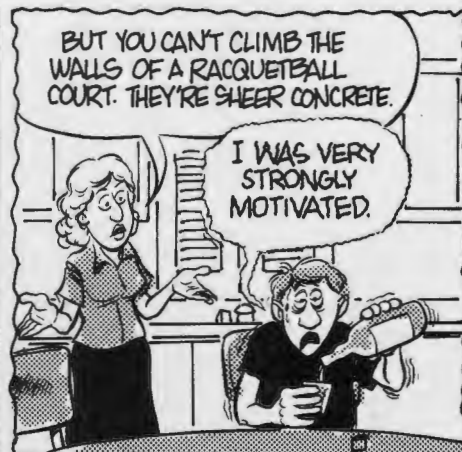
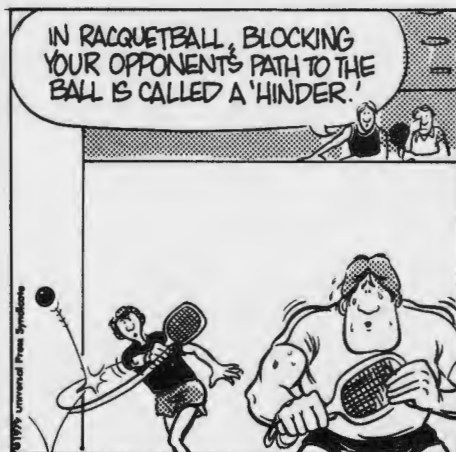
(from Kim C. Dennis, Gaylord, MI)

4. **Millar:** If nature calls do I get an injury time out or an equipment time out?

(from Marcia Landefeld, Columbus, OH) ●

## TANK McNAMARA

by Jeff Millar & Bill Hinds



# EXTRA!

## On the Fringe

Tom Kostka serves to Greg Flasch, Excello estimator.

—Crain's Chicago Business photo by Mary Cairns



"I grab a guy that's willing to play, play for an hour and a half and I'm home by 7 without blowing an evening," Tom Kostka says about the racquetball court that his boss put into Excello Press, Inc. two years ago.

The Chicago printing company is one of a growing number of businesses around the country (two are described in detail in July's

National Racquetball) that believe in racquetball as a fringe benefit with a number of advantages.

"For one thing," says Kostka, Excello's director of purchasing and personnel, "racquetball is a great thing for an employee to turn to when he's fed up. In fact Excello's president — Gary Feldmar — put the court in after somebody lost his temper and threw a lunch

pail into a press. Gary was a racquetball player and he knew what a tension reliever the game is."

Another plus is that the court, installed along with an exercise room and showers, is available to employees any time of the day Excello's open. Since the business operates around the clock, employees can bring in

friends or family for free of charge weekend play.

"I've saved a lot of money, especially since I play often with my 11-year-old son, Tommy," Kostka says.

During busiest times — before the daytime shift, during lunch or at 5 o'clock — the more than 200 Excello employees book the court 24 hours in advance on a reservation sheet posted in the press room.

# It's OFFICIAL - Wagner Thirst Quencher Is USRA Drink

— Arthur Shay photos

The United States Racquetball Association has selected Wagner Thirst Quencher as the official drink for all its sanctioned tournaments, according to Joe Ardito, National Commissioner.

*"The USRA is endorsing this product after extensive evaluation," Ardito says. "It's tangy, fresh taste gives an immediate lift to an athlete. We encourage players to drink Wagner during and after matches to maintain a high level of energy."*

Wagner Thirst Quencher, found nationally in supermarkets and grocery stores, replaces more than twice the body minerals in total than any other liquid previously marketed.

Thirst Quencher has eight times the amount of potassium and more sodium than comparable drinks, says Barry Homler, who holds a Ph.D. in food science and is technical director of the Consumer Products Group of A.E. Staley Manufacturing Company, developers of the product. *"We made Wagner Thirst Quencher so that it would be easily absorbed into the body,"* he explains.

Wagner Thirst Quencher also contains high amounts of glucose and high fructose corn syrup. Glucose, found in other thirst quenchers, allows for the rapid absorption of the liquid, giving a player a quick shot of energy. However, Wagner Thirst Quencher is unique in that it contains high fructose corn syrup, which has a slower rate of absorption — a *"time release"* — to sustain energy.

*Tempe's Satisfied Thirst Quenchers . . .*

*Trying Wagner Thirst Quencher for the first time at a pro stop—in Tempe, AZ Nov. 14-16 are . . .*

*"During a strenuous racquetball match, the ingredients in Wagner Thirst Quencher not only stimulate muscular activity for quick energy, but also make it easier to maintain a plateau of energy for the duration of the match,"* Homler says.

Wagner Thirst Quencher was developed with the consultation of Theodore Sherrod, M.D. of the University of Illinois Medical Center Department of Pharmacology.

Wagner Thirst Quencher's composition is specifically formulated to replace body minerals lost during physical exertion. Perspiration is more than just plain water; it also contains dissolved salts or electrolytes, glucose and traces of amino acids. The product's high level of potassium was deemed necessary because of its importance of maintaining the state of the cells, thus minimizing fatigue.

Wagner Thirst Quencher will be dispensed at USRA state, regional and national championships — including intercollegiates and juniors — as well as at the Pro Tour stops.



. Karin Walton



. Don Thomas



. Richard Wagner



# Racquetball

## USRA Hotline

### Who to Call with What Questions

*"Who won the pro stop?"*

*"How can I hold a tournament at my club?"*

*"Where can I get information on building a club?"*

*"Where can I play in Winnemucca?"*

The questions come pouring into our USRA/NRC headquarters week after week — and that's fine with us. After all we're a service organization and answering your questions is one way we serve you, our members.

To cut the time it takes you to get a question answered after you dial 312-673-4000, I'm devoting my space this month to what you might call our USRA/NRC Hotline — and the people at our end of the wire.

Let's start with **Renee Coplan**, our administrative assistant, the person you'll probably talk to if you don't ask for a specific staff member. You'll hear Renee's smile over the phone —



Renee Coplan

she's always in a good mood because she's working on the activity she loves best — racquetball. An AA player in Chicago's tough Metro League Renee is the person to call if you want to know who won the latest NRC pro stop. Renee also supplies information on dates, places, etc. for amateur and pro tournaments and she fills requests for balls and tournament kits (rule books, scorecards, drawsheets, subscription blanks and merchandise coupons).

If you ask Renee about court construction or running a club, she'll refer you to former USRA staff member Mort Leve, pioneer court club consultant, whose phone number is 602-991-0253.

And if you ask Renee about places to play, she'll probably refer you to your state chairman.

Going along the staff line we come to **Dan Bertolucci**, the director of the National Racquetball Club. Dan spends his time dealing with the pros, but his line is open, too, to club owners and managers who want the NRC to consider their club for a pro tour site and to juniors and their parents who want to know about regional and national play for their age group. Dan's the one to talk with if you have a rule question. He's the author of *"What's the Call"* each month in *National Racquetball* and he's organizing the National Racquetball Referees Association.

I'm the one to call with questions about amateur play — shirt information for a tournament or your suggestion for a site for an amateur tournament. I'm also available to interpret rules and to give you general information on the USRA. Call me with your questions on intercollegiate play, as well.



Bob Keenan

If you want to know something about the magazine, **Carol Brusslan** is the one to ask for. As managing editor of *National Racquetball* Carol will consider your story ideas and tell you where your photos could fit into the magazine. (She's always looking for new angles on amateur players.) Carol will answer your questions about *National Racquetball's* annual Most Improved Player contest and she'll give you the latest information on racquetball programs for special kids and for handicapped adults. Carol acts as the clearing house for marathon records. If you're attempting a marathon, call Carol first to learn the current record.

**Joe Ardito**, USRA/NRC national commissioner and business manager of *National Racquetball*, is the man who answers advertising questions, as well as queries about sponsors and circulation. Joe is always willing to consider a sound promotional program, so let him know what you have in mind.

Advertisers also call **Milt Presler** about deadlines and graphic requirements for ads. Milt is *National Racquetball's* designer, so if you're an artist or photographer, you'll want to call Milt with specific instructions on doing the best for your photo or illustration.

Other people you might want to call:

**Bob Kendler**, president of the USRA/NRC, answers his phone with a hearty *"How'dya do?"* and welcomes calls from pros or amateurs.

**Inez Ardito** is the patient person who conscientiously follows through all your questions about subscriptions. Inez wants to make sure every

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subscriber gets every copy of *National Racquetball* on time, and — if necessary — she'll take on the United States postal system to get her job done.

Other staff members you might have occasion to meet over the phone include **Nouhbar Youngsteadt**, **Judy Mesirow** and **Dorothy Heinz** of our bookkeeping department; **Ken Schneider**, our attorney (sponsor contracts are part of his legal bag); **Aileen Krueger**, **Bob Kendler's** personal secretary; **Terry Muck**, editor of *Handball* magazine and *National Racquetball's* assistant to the publisher and our classy connection — **Jane Barton**, switchboard operator who makes all those calls possible.

| U.S. POSTAL SERVICE<br>STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              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TITLE OF PUBLICATION<br>National Racquetball                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             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| 2. ISSUE DATE<br>11/15/88                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   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| 3. NUMBER OF ISSUES<br>12                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   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| 4. LOCATION OF HEADQUARTERS OFFICE OF PUBLICATION (Street, City, County, State and ZIP Code) (If not at principal office, give full address.)<br>4101 Dempster Street, Skokie, Illinois 60076                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               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| 5. LOCATION OF THE HEADQUARTERS OF GENERAL BUSINESS OFFICE OF THE PUBLISHER (If different from 4.)<br>4101 Dempster Street, Skokie, Illinois 60076                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          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| 6. NAME AND COMPLETE ADDRESS OF PUBLISHER, EDITOR, AND MANAGING EDITOR<br>Robert W. Kendler, 4101 Dempster Street, Skokie, Illinois 60076                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    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| 7. NAME AND ADDRESS OF PUBLISHER (If different from 6.)<br>Carol Bruns, 4101 Dempster Street, Skokie, Illinois 60076                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        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If the publication is published by a partnership or other unincorporated firm, its name and address must be stated.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     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| 10. FOR COMPLETION BY NONPROFIT ORGANIZATIONS AUTHORIZED TO MAIL AT SPECIAL RATE (Section 1103, Title 39, U.S. Code):<br>The purpose, function, and nonprofit status of this organization and the exempt status for Federal income tax purposes (Section 501(c)(3))                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          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# First Annual Most Improved Player Windup

## Are You Ready for the Second?

Photos of five players conclude our series on *National Racquetball's* Most Improved Players, chosen from each state in 1979. Next fall we'll announce winners of the second annual contest to recognize those players who've made the most improvement in their states between June of 1979 and June of 1980. Please save scorecards, newspaper clips and other evidence to submit to the 1980 contest, which could win you a lifetime membership in the USRA (with its built-in subscription to *National Racquetball*) and other prizes.



**Peggy Haddon, Colorado**

*This 28-year-old player had never advanced past the first round in an open C class tournament as of June of 1978. Within a year she won a first in an area open, then moved to class B in open play, where she won first in the Colorado State Open and the Rocky Mountain Regionals. She's now working at Colorado Court Sports in Arvada as racquetball league and clinic coordinator.*

### **Jack Boyles, West Virginia**

*The Coliseum at West Virginia University in Morgantown is where Jack Boyles, 26, has been working on his racquetball game. And the work has paid off.*

*Jack went from a second round defeat in the 1978 West Virginia State Championship B division to winner of the division in 1979. He also picked up a third at a major West Virginia University tournament and was runnerup in the A's at the 1979 West Virginia State Consolations.*

### **Mark Bregenzer, Louisiana**

*"Mark's character and behavior on the court exemplify that which is encouraged in racquetball participants," wrote Louisiana State Chairman Larry Bobbitt, when he recommended Mark Bregenzer, 26, as his state's Most Improved Player. Mark, who lived in Lafayette at the time he won the award, started out at Red Lerille's playing in the novice division, then moved around the state to win a doubles championship in Baton Rouge (C division) and first in the C division at the Hank Stram open in New Orleans. Mark now lives in New Orleans and is still playing and improving his game.*



### **Elena Mildenberger, New York**

*One of the premier woman players in her state Elena Mildenberger, 20, was finishing in the top third in women's open divisions by June of 1979, after losing in the C division the year before. She finished third in the USRA's first National Intercollegiate tournament, playing in the number one seeded position. Now a teaching pro at the Racquet Club in Williamsville Elena is still trying to beat the woman who introduced her to racquetball — Donna Meger. Former Upstate New York Racquetball Association Chairman Doug Reighley says "if racquetball had academic All Americans, Elena would have to be added to the list as she carries a 3.6 average at Canisvicius College."*



### **John Cassesse, Connecticut**

*The club champion of the Downtown Racquet Club, John Cassesse, 32, won that title less than six months after he started playing. A member who also likes to help out at tournaments (including last season's pro stop at the club) Cassesse lost only one match in a season of weekly inter-club play against other Connecticut racquetball clubs.*

—John T. Miller photo

# Tournament Results

Please send tournament results and clear black and white action photos to Bob Keenan, USRA, 4101 Dempster, Skokie, IL 60076. Type your results double spaced, including name of tournament, dates and place with scores listed in style you see on these pages. Use first and last names the first time you mention a player (in doubles matches, too) and last names only after that.

Allow two months or more for your tournament writeup to appear here.

## Indiana

The Court Club in Indianapolis, was the site of the Ladies Sweetheart Open Oct. 26-28.

### Results

**Open:** 1st-Jerri Stoffregen, 2nd-Becky Callahan, 3rd-Karen Brunkus, 4th-Kay Kuhfeld

**B:** 1st-Lynne Smith, 2nd-Nancy Arbuckle, 3rd-Linda Green, 4th-Pat Floor, **Cons**—1st-Debbie Adams, 2nd-Sally Renfro

**C:** 1st-Marie Younger, 2nd-Teresa Shideler, 3rd-Karey Hollandbeck, 4th-Linda Stoner, **Cons**—1st-Kathie Arvin, 2nd-Diana Huffer

## Indiana

The Indiana State Racquetball Association held its 1979 State Doubles Championships at Racquetball West, Indianapolis, Nov. 2-4.

### Results

**Men's Open:** 1st-Tamas Kutas/Terry Frisk, 2nd-Kim Drake/Don Davis, 3rd-Jim Knauer/John Knauer, 4th-Chuck McCallion/Mike McClay **Cons:** 1st-Ottis Campbell/Andy Simpson, 2nd-Bob Craig III/Dan Chapman

**Men's B:** 1st-Bruce Shafer/Fred Bojrab, 2nd-Jeff Bence/Mike Michalak, 3rd-Charles Gordon/Barry Kiesel, 4th-McCall/Mike McCarthy **Cons:** 1st-Dale McClain/Tom Robinson, 2nd-Dan Ane/Bill Bien

**Men's Senior Masters:** 1st-Leo Cox/Charles Gunn, 2nd-Bob Steege/Jim Stevens, 3rd-Sav Amatulli/Nate Karras, 4th-Bob Craig/Del Daines

**Women's Open:** 1st-Kay Kuhfeld/Pam Hofer, 2nd-Brigitte Huff/Julia Marshall, 3rd-Kathy Berg/Carol Fox-Hawkins, 4th-Lori Fisher/Betty Stevens

**Women's B:** 1st-Lynne Smith/Katie Popplewell, 2nd-Sally Renfro/Teresa Shideler, 3rd-Jean Craig/Patsy Jones, 4th-Sharon Ellett/Lynn Goldberg

## Louisiana

Louisiana and Mississippi players took part in the Leukemia Society Racquetball Tournament at Hank Stram's Racquet & Health Club in Kenner Nov. 10 and 11.

## Results

**Men's A:** 1st-Mike Almerico, 2nd-Billy Holliday, 3rd-Cliff Zeairs, 4th-Larry Bobbitt, **Cons**-Paul George

**Men's B:** 1st-Bill Land, 2nd-Lance LaCour, 3rd-Glenn Weidenbacker, 4th-Joseph Savoie, **Cons**-Glenn Gottlieb

**Men's C:** 1st-Randy Kyzar, 2nd-Dan Markin, 3rd-Todd Ruiz, 4th-Brian Culotta, **Cons**-Jay Jacobs

**Men's D:** 1st-John Pellerin, 2nd-Steve Jordan, 3rd-Troy Lyle, 4th-David Omand, **Cons**-Joel Barker

**Women's B:** 1st-Kristen Swigart, 2nd-Donna Sherburne, 3rd-Gina Salemi, 4th-Barbara Davis, **Cons**-Amy Foster

**Women's C:** 1st-Shirley Craig, 2nd-Pattie Gleason, 3rd-Judy Lynch, 4th-Lola Miller, **Cons**-Lou Reynolds

**Women's D:** 1st-Susan Polk, 2nd-Cammie Coyne, 3rd-Trina Drury, 4th-Lynn Aucoin, **Cons**-JoAnne Schneider

## New York

The first annual Manhattan Open Racquetball tournament at the Skyline Tennis and Racquetball Club on Nov. 16-18 drew 117 players.

### Results

**Men's Open:** 1st-Paul Wicha, 2nd-Victor Alvarez, 3rd-Joe Santagato

**Women's Open:** 1st-Mary Anne Clues, 2nd-Susan Wilson, 3rd-Rosemary Bellini

**Men's B:** Hank Grassi, Jr. — **Women's B:** Marge Shiroky

**Men's C:** Rich Walsh — **Women's C:** Susan Cole

**Men's Novice:** David Ng

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## California

Over 100 women entered the first annual Women's Turkey Tourney Nov. 16 and 17 at Stadium Racquetball Club in San Diego.

### Results

**Open:** Patti Berneathy d. Judy Clemens 21-16, 12-21, 11-7

**Open Doubles:** Berneathy/Eder d. Bette Weed/Shirley Mitchell 21-9, 21-17

**B:** Becky Pinnick d. Sherry Gurnoe 13-21, 21-6, 11-1

**B Doubles:** Kim Kurlich/Lynda Ganske d. Judy Gray/Mary Weightman 21-10, 21-8

**C:** Jane Cohen d. Peggy O'Neill 21-19, 21-16

**Advanced Novice:** Brooke Brummitt d. Dorcy Arthur 21-14, 21-5

**Beginning Novice:** Roberta Allen d. Denise Valentine 21-18, 21-19

**Consolation:** Marie Rodriguez d. Bonnie Tincup

**Seniors:** Judy Gray d. Sandy Kelly 19-21, 21-18, 11-6



—Teri Cluck photo

*Sheryl Ambler valiantly attempts to prove female supremacy in "The Battle of the Sexes" against Ernie Charfauros during the finale of the Women's Turkey Tourney at Stadium Club Nov. 17 and 18.*

See the full story on the Turkey Tourney in the "Women in Racquetball" section.

## Pennsylvania

The King of Prussia Racquetball Club in King of Prussia hosted the first annual "Best of the East" Racquetball Classic, Nov. 16-18. Eric Foley beat Russ Montague in the semi-pro final match.

### Results

**Men's A:** Skeeter Mathewson, 2nd-Joe MacAndrews, 3rd-Chris Biuckie

**Men's B:** 1st-Lee Carter, 2nd-Chris Bise, 3rd-Steve Frenda

**Men's C:** 1st-Harold Foss, 2nd-Jim Fischer, 3rd-Jim Miele

**Men's Seniors:** 1st-Pete Kortman, 2nd-Jay Krevsky, 3rd-Jim Pruitt

**Open Doubles:** 1st-Steve Eli/Ray Capatinelli, 2nd-Charlie Horton/Ruben Gonzalaz, 3rd-Montague/Young

**Women's A:** 1st-Lucy Zarfos, 2nd-Cindy Baxter, 3rd-Linda Kennedy

**Women's B:** 1st-Beth Latini, 2nd-Patty Armstrong, 3rd-Linda Stater

**Women's C:** 1st-Gina Baldini, 2nd-Mary Jo Polinski, 3rd-Lynn Culp

## Mississippi

The Courthouse Classic was held at the Courthouse Racquetball club in Jackson Nov. 9-11.

### Results

#### Men's Seniors

**Semis:** Art Houseman d. John McGee 21-19, 10-21, 11-8; Bill Lynch d. Al Buyllock 21-16, 19-21, 11-6

**Finals:** Houseman d. Lynch 21-5, 21-9

#### Men's A

**Semis:** John Branston d. Chuck Miner 21-11, 21-20; Mike Nickerson d. Tom Long 21-18, 21-6

**Finals:** Nickerson d. Branston 21-18, 21-18

#### Men's B

**Semis:** Frank Schenck d. Jim Johnston 19-21, 21-19, 11-3; Pete Jackson d. Bob Spinks 21-10, 21-16

**Finals:** Jackson d. Schenck 21-7, 17-21, 11-0

#### Men's C

**Semis:** Jim Haney d. Paul Lucas 19-21, 21-11, 11-7; Pat Degnan d. J.M. Lessley 21-17, 21-15

**Finals:** Haney d. Degnan 21-7, 21-7

#### Women's B

**Semis:** Ann Barnes d. Linda LaVene 21-5, 21-9; Kleren Lange d. Wanda Savage 21-5, 21-13

**Finals:** Lange d. Barnes 21-19, 21-15

#### Women's C

**Semis:** Mary Lynch d. Jean Hines 13-21, 21-19, 11-8; Ginger Stubblefield d. Barbara Allen 21-18, 21-11

**Finals:** Stubblefield d. Lynch 21-14, 21-20

## Connecticut

The Courtside Anniversary Racquet Club Open took place Nov. 2-4 at Courtside at Cromwell.

### Results

**Men's B:** Rich Synnott d. Marshall Naimo 21-16, 21-11; 3rd- Frank Capello d. Rudi St. Jean 21-8, 21-8

**Men's C:** Robert Houle d. Mark Goldrich 21-9, 18-21, 11-8; 3rd-George LaCapra d. John Mendella.

**Men's Novice:** Steve Slicz d. Mike Vielleux 21-20, 8-21, 11-10; 3rd-Jim McIntyre d. Pat Tempe.

**Men's Seniors:** Bruce Daly d. Jeff Coyle 21-15, 21-3; 3rd-Ray Hotchkiss d. Nick Meucci.

**Women's Novice:** Kerry O'Loughlin d. Dot Meerbach 21-10, 21-11; 3rd-Kathy Ernst.

## Connecticut

The Eastern Airlines/Seamco racquetball championships at the Downtown Racquet club in New Haven Nov. 9-11 benefited the American Heart Association.

### Results

#### Men's Open

**Quarters:** Vic Niederhoffer d. Joe Curley 21-7, 21-5; Mike Romano d. Brain Dehm 21-18, 16-21, 11-7; Rob McKinney d. Ron Mirek 21-7, 16-21, 11-9; Charlie Horton d. Dave Maturah 21-2, 21-12

**Semis:** Niederhoffer d. Romano 21-8, 21-2; Horton d. McKinney

**Finals:** Niederhoffer d. Horton 21-14, 21-14

#### Women's Open

**Semis:** Francine Davis d. Margo Chase-Wells, Forfeit; Bonnie Stoll d. Melanie Taylor 21-17, 21-7

**Finals:** Bonnie Stoll d. Francine Davis 21-17, 20-21, 11-8

#### Open Doubles

**Quarters:** Charlie Horton/Mike Romano d. Pete Silvano/Allan Hornstein 21-4, 21-5; Ron Mirek/Dennis

Fonseca d. Jeff Rosenblatt/Soc Verses 21-12, 21-17; Ed Castillo/Tom Waltz d. Jack Nocera/Howie Packer 17-21, 21-3, 11-6; Jeff Coyle/Sal Marci d. D. Walls/Paul Wicha 21-17, 14-21, 11-7

**Semis:** Horton/Romano d. Mirek/Fonseca 21-12, 18-21, 11-6; Castillo/Waltz d. Coyle/Marci 21-6, 21-8

**Finals:** Horton/Romano d. Castillo/Waltz 21-16, 21-17

#### Men's Seniors

**Quarters:** Tom Waltz d. B. Cohen 21-14, 21-12; Dave Yurgaitis d. Sal Marci 21-1, 19-21, 11-1; Ed Castillo d. Jeff Coyle 21-12, 21-17; Jack Nocera d. Pete Royston 21-20, 21-14

**Semis:** Waltz d. Yurgatis 21-15, 21-17; Nocera d. Castillo 20-21, 21-16, 11-10

**Finals:** Waltz d. Nocera 21-14, 21-17

#### B-C Doubles

**Quarters:** Joe Pezza/Tony Haralam d. Gary Squires/Mike Wiener 15-21, 21-12, 11-9; Will Verhoeff/Ira Kroopneck d. Jeff Rosenblatt/Jeff Haslet 21-8, 21-19; Goldrich/Luckwaldt d. Jack Muchin/John Whitlock 21-12, 21-11; Marshall Naimo/Barry McDermott d. Donegan/Copeland 21-13, 10-21, 11-9

**Semis:** Pezza/Haralam d. Kroopneck/Verhoeff 11-21, 21-5, 11-8; Naimo/McDermott d. Goldrich/Luckwaldt 21-18, 21-3

**Finals:** Pezza/Haralam d. Naimo/McDermott 21-9, 21-12

#### Men's B

**Quarters:** Vic Alvarez d. J. Bagalia 21-6, 21-13; Mike Weiner d. John Cascio 9-21, 21-11, 11-5; Phil Scannel d. Larry Scaff 21-7, 21-8; John McKinney d. Steve Squire 12-21, 21-10, 11-9

**Semis:** Alvarez d. Weiner 21-16, 21-13; McKinney d. Scannel 12-21, 21-11, 11-4

**Finals:** McKinney d. Alvarez 21-5, 21-17

#### Men's C

**Finals:** Jeff Shapiro d. B. Hussey 21-12, 21-8

#### Men's Novice

**Quarters:** C. Good d. Steve Brown 21-15, 16-21, 11-2; Charles Henzy d. Jerry Magalnick 21-10, 21-10; S. Mantley d. John Miller 21-14, 21-14; Dick Squires d. Jeff Kristansen 21-1, 21-8

**Semis:** Henzy d. Good 20-21, 21-7, 11-9; Mantley d. Squires 21-12, 21-17

**Finals:** Mantley d. Henzy 21-8, 21-10

#### Women's B

**Quarters:** Rita Hurwitz d. Ann Rothberg 21-10, 21-19; Debbie Amiot d. Peggy Oberg 21-16, 21-6; Veronica Tella d. Gail Vellindahl 21-10, 21-15; Carol Nestle d. Rosemary Csapo 21-6, 21-8

**Semis:** Hurwitz d. Amiot 21-9, 21-10; Tella d. Nestle 21-6, 21-8

**Finals:** Hurwitz d. Tella 21-9, 21-12

#### Women's C

**Quarters:** L. Ksieniewicz d. Pam Piazza 21-15, 21-2; Lisa Hoffman d. Doreen Benoit 21-2, 21-11; P. Borow d. Rosemary Csapo 21-8, 4-21, 11-10; Gail Stanley d. Betty Marrone 21-4, 21-14

**Semis:** Hoffman d. Ksieniewica 21-16, 21-15; Borow d. Stanley 21-4, 21-14

**Finals:** Hoffman d. Borow 21-14, 21-14

#### Women's Novice

**Quarters:** Judy Domain d. Lori Brochin 21-11, 21-8; P. Dziubina d. Sutton, forfeit; Lucy Miller d. Lisa Smith 21-2, 21-19; C. Talucci d. Terry Beers 21-5, 15-21, 11-4

**Semis:** Domain d. Dziubina 21-15, 21-17; Talucci d. Miller 21-10, 21-2

**Finals:** Talucci d. Domain 21-14, 21-18

## New Jersey

The second annual Jersey Shore Open Racquetball Tournament was held Nov. 2-4 at Kangaroo Courts in Bricktown.

### Results

#### Men's Open

**Quarters:** B. Ramirez d. J. Billhimer, Jr. 21-12, 21-2; F. Pescatore d. J. Block 21-10, 21-10; M. Smit d. B. Parmley 21-18, 21-19; J. Turner d. D. Bloxom 21-16, 21-15

**Semis:** Pescatore d. Ramirez 21-11, 17-21, 11-10, Turner d. Smit 21-14, 21-14, Pescatore d. Turner 21-14, 21-19 Third: Ramirez

### Men's Seniors

**Semis:** J. Malone d. G. Long 21-6, 21-18, D. Commette d. L. Garibaldi, injury forfeit

**Finals:** Malone d. Commette 21-12, 21-20

### Men's B

**Quarters:** R. Wilson d. L. Heckler 21-6, 21-14; E. Pachtman d. P. Meng 21-12, 21-12; B. Venet d. J. Vavra 21-10, 21-11; T. Dean d. R. Cubello 21-7, 21-9

**Semis:** Wilson d. Pachtman 21-3, 21-8, Dean d. Venet 7-21, 21-20, 11-7

**Finals:** Dean d. Wilson 21-8, 21-17 **Third:** Pachtman

### Men's C

**Quarters:** T. Fuorri d. S. Weisman 21-18, 21-8; M. Spinnizzi d. B. Saum 18-21, 21-15, 11-6; B. Keleher d. C. Retke 21-12, 21-13; J. Smith d. R. Falco 21-14, 10-21, 11-6

**Semis:** Fuorri d. Saum 21-2, 21-10, Smith d. Retke 21-10, 21-8

**Finals:** Fuorri d. Smith 21-8, 21-11 **Third:** Saum

### Open Doubles

**Semis:** N. Betar/B. Ramirez d. J. Malone/R. Browner 21-10, 21-10, G. Levine/D. Bloxom d. Smit/Garibaldi 21-13, 21-14

**Finals:** Levine/Bloxom d. Betar/Ramirez 21-19, 15-21, 11-7 **Third:** Smit/Garibaldi

### Women's Open

**Semis:** K. Lacey d. S. McCoy 21-3, 21-7, E. Thomas d. N. Burke 21-7, 21-8

**Finals:** Lacey d. Thomas 21-15, 21-15

### Women's B

**Semis:** C. Kordulak d. D. Meyer 21-9, 21-4, J. Desrosiers d. R. Prusinowski 21-14, 21-13

**Finals:** Desrosiers d. Kordulak 21-9, 21-16 **Third:** Prusinowski

### Women's C

**Semis:** L. Piff d. C. Kolnor 21-2, 21-5, N. Ortiz d. N. Falco 2-21, 21-19, 11-3

**Finals:** Ortiz d. Piff 21-20, 21-5 **Third:** Falco

### Juniors

**Semis:** J. Billhimer, Jr., d. R. Heady 21-7, 21-9, N. Solomon d. J. Chaffner 21-10, 21-10

**Finals:** Billhimer, Jr., d. Solomon 21-2, 21-10 **Third:** Heady

## New Jersey

More than 300 entrants from New Jersey, New York, Staten Island, Pennsylvania, Delaware, and Maryland played in the 1979 USRA Quakerbridge Mall Racquetball Classic Nov. 9-11 at Mercer Racquetball Club in Mercerville.

### Results

#### Men's Pro-Am Open

**Quarters:** Russ Montague d. Bobby Nix, Steve Ella d. Jimmy Young, Mike Miksa d. John Chelucci, Don DeFillipis d. Dave Mackeleian

**Semis:** Ella d. Montague, Miksa d. DeFillipis

**Finals:** Ella d. Miksa 21-9, 21-14 **Third:** Montague

#### Men's B

**Quarters:** Mitch Zitomer d. Rick Englander, Ron Nahass d. Ron Wright, Bill Lynch d. Russ Ruark, James Petrini d. Tom Thomas

**Semis:** Nahass d. Zitomer, Petrini d. Lynch

**Finals:** Nahass d. Petrini 21-14, 17-21, 11-9 **Third:** Zitomer

#### Men's C

**Quarters:** Russ Ruark d. Larry Buonocore, Sheldon Nadelman d. Bill Wrightsman, Sam Borreao d. Scott MacLennan, Larry Hecker d. Dennis Dellesie

**Semis:** Nadelman d. Ruark, Borreao d. Hecker

**Finals:** Borreao d. Nadelman 21-17, 21-12 **Third:** Ruark

#### Men's Novice

**Quarters:** Mickey Westman d. Tim Summers, Mike Vanore d. Warren Crown, Ken Marchi d. Barry Zielski, Stuart Palonsky d. Gary Scheer

**Semis:** Vanore d. Westman, Marchi d. Palonsky

**Finals:** Vanore d. Marchi 21-19, 21-17 **Third:** Westman

*Lonnie Allgood, co-tournament director, is ready to send the ball to the front wall against Mike Vanore in the Quakerbridge Mall Classic.*



— S. C. Pullen photo

#### Men's Seniors

**Quarters:** Sam Munson d. Barry Kocher, Howie Eisenberg d. Wilmer Weber, Al Aguilar d. Eugene Ivaskow, John Lingle d. Jim Pruit

**Semis:** Munson d. Eisenberg, Lingle d. Aguilar

**Finals:** Lingle d. Munson 10-21, 21-18, 11-5 **Third:** Aguilar

#### Men's Open Doubles

**Quarters:** Russ Montague/Jimmy Young d. Rick Platas/Larry Platas, John Chelucci/Dave Mackeleian d. Bob Evans/Dave Crocker, Lonnie Allgood/Bill Lynch d. Ron Nahass/John Lingle, Bob Nix/Jim Pruit d. Toomy Sadler/Dick Schroeder

**Semis:** Montague/Young d. Chelucci/Mackeleian, Nix/Pruit d. Allgood/Lynch

**Finals:** Montague/Young d. Nix/Pruit 21-6, 21-16 **Third:** Chelucci/Mackeleian

#### Women's Pro Am Open

**Semis:** Karen Borgia d. Pat Smouthers, Lia Marchini d. Andrea Czarniecki

**Finals:** Borgia d. Marchini 21-18, 21-16 **Third:** Smouthers, Fourth: Czarniecki

#### Women's B

**Quarters:** Sue Rasmussen d. Rose Donahue, Marie Gentile d. Cathy Czenis, Linda Stickney d. Debbie Czenis, Cheryl Goffus d. Mary Kay Schwartz

**Semis:** Rasmussen d. Gentile, Goffus d. Stickney

**Finals:** Rasmussen d. Goffus 21-7, 21-11 **Third:** Gentile

#### Women's C

**Quarters:** Lynne Kulp d. Dorie Reilly, Rose Donahue d. Gessley

**Semis:** Donahue d. Kulp, Stickney d. Ostman

**Finals:** Stickney d. Donahue 21-17, 21-19 **Third:** Ostman

#### Women's Novice

**Quarters:** Sue Worringer d. Mary Vanore, Cindy Koerner d. Dee Kovacs, Rosemary Franciosa d. Sue Connery, Toni Lefkowitz d. Marion Whitecraft

**Semis:** Worringer d. Koerner, Lefkowitz d. Franciosa

**Finals:** Worringer d. Lefkowitz 21-17, 21-12 **Third:** Koerner

#### Mixed Doubles

**Quarters:** Joe Billhimer/Karen Borgia d. John Deminico/Darlette Jenkins, Andrea Czarniecki/Alan Hearing d. Rick Platas/Debbie Czenis, Rick Englander/Sue Rasmussen d. Henry Polite/Val Darden, Lonnie Allgood/Mary Kay Schwartz d. Rick Matosky/Sue Johansen

**Semis:** Billhimer/Borgia d. Czarniecki/Hearing, Englander/Rasmussen d. Allgood/Schwartz

**Finals:** Billhimer/Borgia d. Englander/Rasmussen 21-13, 21-16 **Third:** Allgood/Schwartz

## Illinois

Nov. 9-11 200 players took part in the Dean Food's Pro-Am Racquetball Tournament at The Supreme Court in Rockford.

### Results

#### Pro

**Finals:** Dennis McDowell d. Steve Chase 21-19, 21-9

**Semis:** McDowell d. Steve Sulli; Chase d. Dan Ferris

#### Men's A

**Finals:** Dan Ferris d. Craig Wagner 21-15, 21-12

**Semis:** Ferris d. Greg Mandell; Wagner d. Bill Raby

**Third:** Raby d. Mandell **Cons.:** Doug Lillie d. Greg Steger

#### Men's B

**Finals:** Scott Brechon d. Jim Welti, 9-21, 21-10, 11-5

**Semis:** Brechon d. Tom McCormick; Welti d. Stuart Gaetjens

**Third:** Gaetjens d. McCormick **Cons.:** John Schellenger d. Ernesto Acosta

#### Men's C

**Finals:** Larry McDowell d. Jim Harvey 21-18, 21-16

**Semis:** McDowell d. Marty Cielesz; Harvey d. Dave Weber

**Third:** Weber d. Cielesz **Cons.:** Rich Bowerman d. Steve Timmel

#### Men's Seniors

**Finals:** Scott Berry d. Jon Derksen 21-14, 19-21, 11-7

**Semis:** Berry d. Ron Johnson; Derksen d. Pat Cielesz

**Third:** Johnson, forfeit **Cons.:** Fred Mabsen d. Frank Neu

#### Men's Masters

**Finals:** Saul Sandoval d. Phil Dziuk 21-16, 20-21, 11-10

**Semis:** Sandoval d. Tony Buckum; Dziuk d. Dorsey Boulton

**Third:** Boulton, forfeit **Cons.:** Wally Plazak d. Dick Schmidt

#### Women's A

**Finals:** Sue Prisching d. Julie Jacobson 21-9, 21-18

**Semis:** Prisching d. Danni Caras; Jacobson d. Peggy Woods

**Third:** Woods d. Caras **Cons.:** Lori Muechenberger d. Dyanne Singler

#### Women's B

**Finals:** Sheri Isaacson d. Shirley Preikstas 21-12, 21-6

**Semis:** Isaacson d. Ida Swanson; Preikstas d. Mary Johnson

**Third:** Swanson d. Johnson **Cons.:** Vicky Berry d. Cathy Isham

#### Women's C

**Finals:** Donna Hitchins d. Shelley Pruett 21-1, 21-2

**Semis:** Hitchins d. Molly Cielesz; Pruett d. Mary Pernacciaro

**Third:** Cielesz d. Pernacciaro **Cons.:** Cindy Seeger d. Pam Rutkowski

#### Juniors 17 and Under

**Finals:** Jeff Plazak d. John Negrete 21-5, 21-6

**Semis:** Plazak d. Doug Dvorak; Negrete d. Scott Pufahl

**Third:** Pufahl, forfeit **Cons.:** Chuck Pernacciaro d. John Herbert

#### Juniors 13 and Under

**Round robin:** 1st-Mark Mikulla 2nd-John Humpal, 3rd-Mitch Brechon, 4th-Leo Szymanski

## Illinois

Upwards of 150 tournament caliber players competed in the third annual Paul Masson Midwest Invitational Nov. 16-18 at the Glass Court Club in Lombard.

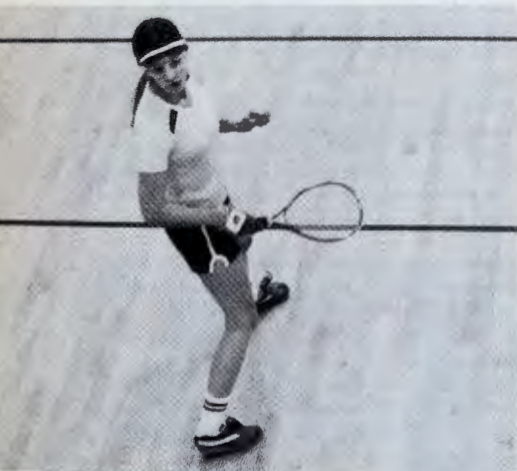
### Results

**Women's Open:** Judy Sawicki d. Sue Prisching 21-16, 21-16

**Men's Open Round Robin:** Bob Deuster

**Men's A:** Greg Mandell d. Dave Milazzo 21-14, 21-8

**Men's B:** Tom Joy d. Rick Farmer 21-14, 21-8  
**Men's C:** Jerry Fronczak d. Don Fabian 21-18, 21-12  
**Men's D:** Michael Utz d. Leonard Kutyla 21-9, 21-15  
**Men's Seniors:** Marshall Waldo d. Shelly Clar 21-10, 19-21, 11-9  
**Men's Seniors C:** Joe Lee Brown d. Jerry Iafollo 21-12, 21-15  
**Women's A:** Claudia Liozzo d. Chris Evon 12-21, 21-8, 11-1  
**Women's B:** Cindy Bryniarski d. Gay Kenna 21-10, 21-12  
**Women's D:** Liz Burns d. Harriet Radka 8-21, 21-3, 11-0



Jan Gross won the Women's D Consolation title in the Paul Masson Midwest Invitational.

## Iowa

The YMCA in Mason City held its first annual Racquetball Singles Tournament Nov. 2-4.

### Results

**Men's Open:** 1st-Bob Drengler, 2nd-David Flor, Cons.-Jim Shales  
**Men's B:** 1st-Charlie Connor, 2nd-Steve Gaiser, Cons.-Gary Pelisek  
**Men's C:** 1st-Jim Aberg, 2nd-Bill Vincent, Con.-Dave Downs  
**Men's Senior:** 1st-Bob Johnson, 2nd-Dan Hussey, Cons.-Paul Schneider  
**Women's B:** 1st-Joan Manning, 2nd-Irene Herr, Cons.-Kandy Trousdale

## West Virginia

Skip Cory and Mike Phillips put together the first annual Tri-state Open Nov. 2-4 at The Racquetball and Health club of West Pea Ridge in Huntington.

### Results

**Men's A:** 1st-Jeff O'Malley, 2nd-Tom Shivel, 3rd-Terry Denny  
**Men's B:** 1st-Jim Tackett, 2nd-Ron St. Clair, 3rd-Terry Blevins, Cons.-Ed Boan  
**Men's C:** 1st-Garry Obrahn, 2nd-John Martin, 3rd-Scott Mitchell, Cons.-John Smith  
**Men's Seniors:** 1st-Chuck North, 2nd-Al Sue  
**Men's A Doubles:** 1st-Push/St. Clair, 2nd-Thompson/O'Malley  
**Men's B Doubles:** 1st-Delgado/Thompson, 2nd-Preseav/Dean

**Women's B:** 1st-Gail Williams, 2nd-Ruth Durkan, 3rd-Nancy Ayers, Cons.-Mindy Shreve  
**Women's C:** 1st-Missy Shreve, 2nd-Barabra McDonald, 3rd-Babette D'Antoni, Cons.-Nancy Ayers

## Kansas

Entries numbered 275 in the first annual Femmes Fatales tournament Sept. 14-16 at the Staley Recreation Center.

### Results

**A Singles:** 1st-Teresa Brown, 2nd-Gail Burden  
**B Singles:** 1st-Myrta Hansen, 2nd-Gay Covell  
**C Singles:** 1st-Mary Jo Murray, 2nd-Marcia Riniker  
**D Singles:** 1st-Becky Peterson, 2nd-Cathy Bowden  
**Novice Singles:** 1st-Melinda Hunt, 2nd-Claudia Lindberg  
**C/D Doubles:** 1st-Margaret Johnson/Marcia Riniker, 2nd-Cindy Lozon/ValJean Schroll  
**A/B Doubles:** 1st-Pat Greig/Julle Simon, 2nd-Teresa Brown/Kathy Briley

Donna Fredricks competed in the country's largest women's tournament in September.



Read more on the Femmes Fatales tournament in "Women in Racquetball"

## Maine

New England's top amateurs played the pros Oct. 19-21 at the 1979 Holiday Health Club Pro-Am Invitational in Bangor.

### Results

**Men's Open**  
**Round of Sixteen:** Marty Hogan d. Gene Fitzpatrick\*



21-18, 21-19; Don Thomas d. George Vierra\* 21-8, 21-7; Craig McCoy d. Reb Brown\* 21-4; 21-5; Ben Koltun d. Bruce Lewis\* 21-14, 21-0; Charlie Brumfield d. Al Hess\* 21-8, 21-8; Steve Keeley d. Steve Serot 21-12, 21-15; Lindsay Myers d. Bruce Christensen\* 21-7, 21-7; Richard Wagner d. Steve Dubord\* 21-9, 21-9  
 \*Denotes Amateur

**Quarters:** Thomas d. Hogan 21-15, 21-19; McCoy d. Koltun 21-21, 21-17, 11-10; Brumfield d. Keeley 21-14, 21-17; Myers d. Wagner 21-11, 21-3

**Semif:** McCoy d. Thomas 21-9, 21-15; Brumfield d. Myers 21-11, 21-14

**Finals:** Brumfield d. McCoy 21-17, 21-18

**Round Robin:** Eileen Erlich d. Carol Frizzle 21-10, 21-5; Lydia Emerick d. Sharon Belanger 21-15, 9-21, 11-2. Round Two: Erlich d. Belanger 21-7, 21-2; Emerick d. Frizzle 21-15, 18-21, 11-8. Round Three: Erlich d. Emerick 21-17, 21-15; Frizzle d. Belanger 21-7, 21-9.

**Winner:** Erlich

### Men's B

**Quarters:** T. Cranston d. D. Weeks 18-21, 21-11, 11-3; Jim Daye d. Bill Whitten 14-21, 21-8, 11-8; C. Bibb d. Keith Bottomley 18-21, 21-10, 11-2; R. Quartuccio d. Joe Chabot 21-15, 21-4

**Semif:** Cranston d. Daye 21-3, 21-9; Bibb d. Quartuccio 21-13, 21-15

**Finals:** Cranston d. Bibb 17-21, 21-18, 11-4

**Quarters:** Mona Bibb, Bye; Linda Hathaway d. Anne Thibeault 21-18, 21-18; Helen Castanquay, Bye; Barbara Lovejoy d. Sherrie Thomas 21-5, 14-21, 11-5

**Semif:** Bibb d. Hathaway 21-6, 21-4; Castanquay d. Lovejoy 20-21, 21-13, 11-6

**Finals:** Castanquay d. Bibb 21-20, 21-15

### Men's C

**Quarters:** Dave Fitzpatrick d. Wayne Harvey 21-18, 21-13; Jim Thomas d. Garrie Murray 21-9, 21-8; Peter Hawksworth d. Gordon Anderson 21-11, 21-15; Tony Cranston d. Mark Taylor 21-8, 21-15

**Semif:** Thomas d. Fitzpatrick 21-19, 21-20; Hawksworth d. Cranston 21-15, 6-21, 11-8

**Finals:** Hawksworth d. Thomas 15-21, 21-7, 11-9

### Women's C

**Quarters:** Donna Giroux d. Jan Washburn 21-17, 13-21, 11-0; Doreen Giroux d. M. Donovan 21-12, 21-18; Gail McKenney d. Carmen DeVarney 21-13, 21-12; Debbie Donohue d. Marsha Bazinet 13-21, 21-10, 11-8

**Semif:** Giroux d. Giroux 21-15, 21-9; McKenney d. Donohue 21-20, 21-12

**Finals:** Giroux d. McKenney 21-18, 21-19

### Men's Novice

**Quarters:** Terry Spurling d. Steve Bazinet 21-9, 21-10; Archie Torres d. Ron Knowlton 21-15, 21-17; Bob Westcott d. Stan MacMillan 21-16, 21-16; Robert Quirk d. Mark Hagon 21-11, 21-10

**Semif:** Torres d. Spurling 20-21, 21-10, 11-9; Quirk d. Westcott 21-15, 21-12

**Finals:** Quirk d. Torres 12-21, 21-4, 11-5

### Women's Novice

**Quarters:** Liz Nelson d. B. Bundy 21-17, 21-20; Lola Stone d. Sue Smith 21-18, 21-19; Shelly Drillon d. Karen Downes 21-9, 18-21, 11-5; S. Boussiere d. Janet Berkel 21-18, 21-19

**Semif:** Stone d. Nelson 21-8, 21-4; Drillon d. Boussiere 21-8, 21-12

**Finals:** Stone d. Drillon 21-11, 21-15

### Men's Seniors Masters

**Quarters:** Frank Christensen d. Paul Pierce 21-3, 21-7; Francis Kirkpatrick d. Pat Patriquen 21-10, 21-8; Dick Snow d. Chase Langmaid 21-3, 21-7; Mike Donohue d. Dave Gagne 21-8, 21-4

**Semif:** Christensen d. Kirkpatrick 21-15, 21-18; Donohue d. Snow 21-13, 21-5

**Finals:** Donohue d. Christensen 4-21, 21-18, 11-7

In a tournament designed to show Maine how racquetball can be played Eighth Seeded Don Thomas upset Marty Hogan in the pro quarters at the Oct. 19-21 Pro/Am Invitational at the Holiday Health and Racquet Club in Bangor. Charlie Brumfield won the pro event.

## Men's Doubles

**Quarters:** Gene Fitzpatrick/Bob Simmons d. Dick Moore/Bill Dubord 21-17, 20-21, 11-7; Reb Brown/Bruce Lewis d. Garrie Murray/Kelth C.P. Mahaney Forfeit; Ron Bryant/Tony Cranston d. Dale Weeks/Dennis Weeks 11-21, 21-9, 11-1; Steve Dubord/Steve Larrabee d. Dick Flewelling/AI Hess 21-7, 21-18

**Semifinals:** Brown/Lewis d. Fitzpatrick/Simmons 21-13, 21-18; Dubord/Larrabee d. Bryant/Cranston 21-6, 21-5

**Finals:** Dubord/Larrabee d. Brown/Lewis 21-18, 21-19

## Women's Doubles

**Quarters:** Eileen Ehrlich/Sharon Belanger - Bye; Sherrie Thomas/Linda Norton d. Jan Washburn/Shelly Drillon 21-7, 21-9; Carol Frizzle/Linda Hathaway d. Sue Smith/Carmen DeVarney 21-6, 21-9; Lydia Emerick/Barbara Lovejoy d. Doreen Giroux/Marsha Bazinet 21-14, 21-10

**Semifinals:** Ehrlich/Belanger d. Thomas/Norton 21-4, 21-1; Emerick/Lovejoy d. Frizzle/Hathaway 21-15, 21-6

**Finals:** Ehrlich/Belanger d. Emerick/Lovejoy 21-19, 21-13

## Hawaii

The Nuuanu YMCA in Honolulu hosted a class C tournament Nov. 29-Dec. 2.

## Results

### Men's

**Round of Eight:** William Frost d. Petter Yee 21-6, 21-9; Dean Park d. Rodney Yamamoto 21-18, 21-9; Mark Lindsey d. James Budde 21-17, 8-21, 11-10; Pat Nolan d. Jim Hodge 21-11, 21-10; Ken Hooley d. Art Pacheco 21-11, 13-21, 11-2; Bill Lyman d. Ted Nakamura 21-5, 21-3; Vince Cruz d. M.L. O'Donnell 21-5, 21-9; Bob Pires d. Raymond Gomez

**Quarters:** Park d. Frost 18-21, 21-15, 11-7; Nolan d. Lindsey 21-13, 21-10; Hooley d. Lyman, default; Pires d. Cruz 21-13, 21-4

**Semifinals:** Nolan d. Park 21-8, 21-10; Pires d. Hooley 21-16, 21-17

**Finals:** Nolan d. Pires

### Women's

**Round of Eight:** Dancetta Feary d. Brook Gramann 21-3, 21-4; Carol Leiban d. Jody Scafe 21-14, 21-2; Lani Kee d. Maggie Ho 17-21 21-9, 11-3; Margaret Heyer d. Vanessa Daniel 21-15, 21-19; Mervyn Nakasone d. Lena Gin 21-14, 21-8; Luella Tahara d. Ann Wert 21-20, 21-10; Pam Westmeyer d. Rona Nakasone 21-12, 18-21, 11-8; Gail Valentine d. Jane Wetzel 21-16, 21-7

**Quarters:** Leiban d. Feary 21-5, 18-21, 11-8; Heyer d. Kee 21-8, 10-21, 11-10; M. Nakasone d. Tahara 21-17, 21-8; Valentine d. Westmeyer 21-1, 21-3

**Semifinals:** Leiban d. Heyer 21-7, 21-10; Valentine d. Nakasone 21-12, 21-12

**Finals:** Carol Leiban d. Gail Valentine

**Cons:** Men's: Joe Itamura d. Randy Sylva 9-21, 21-20, 11-10  
Women's: Rachael Halli d. Vanessa Daniels 21-20, 21-7

## Canada

Club 230 Dorval in Montreal was the site of the Labatt Club 230 Pro-Am Nov. 1-4.

## Results

### Men's Pro

**Quarters:** Ross Harvey d. Mike Yellen 13-21, 21-4, 11-8; Lindsey Myers d. Steve Keeley 21-19, 15-21, 11-2; Davey Bledsoe d. Wes Hadikin 17-21, 21-14, 11-3; Ben Koltun d. Wayne Bowes 20-21, 21-14, 11-0

**Semifinals:** Myers d. Harvey 21-10, 21-17; Bledsoe d. Koltun 21-19, 21-18

**Finals:** Bledsoe d. Myers 18-21, 21-18, 11-8; Third-Harvey d. Koltun 21-3, 15-21, 11-4

### Women's Pro

**Quarters:** Shannon Wright d. Lisa Marcus 21-3, 21-4; Melanie Taylor d. Linda Forcade 14-21, 12-9, 11-9; Fran Davis d. Dena Rassenti 21-11, 21-10; Jannell Marriott d. Heather Stupp 21-17, 21-16

**Semifinals:** Wright d. Taylor 21-4, 21-8; Davis d. Marriott 21-13, 16-21, 11-3

**Finals:** Wright d. Davis 21-7, 21-8, Third-Marriott d. Taylor 21-8, 5-21, 11-2

### Men's Open

**Semifinals:** Mike Downer d. Jacques Picher 21-7, 21-12; Remi Larochelle d. Doug Strait 21-10, 21-15

**Finals:** Larochelle d. Downer 21-20, 20-21, 11-9

### Men's Open Doubles

**Semifinals:** Wayne Bowes/Ross Harvey d. Mike Downer/Pierre Duranleau 21-7, 21-2; Brian Vallin/Doug Strait d. Bill Silverman/John Spencer 14-21, 21-4, 11-4

**Finals:** Bowes/Harvey d. Vallin/Strait 21-10, 21-10

### Men's B Singles

**Semifinals:** Rob Libman d. Hillary Mann 21-13, 10-21, 11-7; Billy Waxman d. Charles Rozansky 21-8, 1-21, 11-4

**Finals:** Waxman d. Libman 21-10, 13-21, 11-10, Third-Mann d. Rozansky 17-21, 21-19, 11-5

### Men's C Singles

**Semifinals:** Bob Ross d. Andre Morin 21-5, 21-10; Alan Watson d. Brian Penning 21-14, 21-10

**Finals:** Watson d. Ross 21-13, 21-10, Third-Penning d. Morin 21-18, 21-18

### Men's Novice Singles

**Semifinals:** Ben Turcotte d. Romeo Beaudoin 21-18, 21-19; Rich Frappier d. Mike Brouillette 21-8, 9-21, 11-8

**Finals:** Turcotte d. Frappier 9-21, 21-9, 11-10

### Men's Senior

**Semifinals:** Murdoch Cranston d. Yvan Girardin 21-10, 21-1; Harold Lobe d. Bob Doyle 21-1, 21-14

**Finals:** Cranston d. Lobe 21-18, 21-1

### Men's Master

**Semifinals:** Bernie Silcoff d. Moe McLean 21-20, 21-12; Sam Rubin d. Ray Cote 21-13, 6-21, 11-0

**Finals:** Silcoff d. Rubin 6-21, 21-13, 11-4

## Women's B

1st-Danielle Shaeinks, 2nd-Louise Lancot, 3rd-Fleurette Campeau

## Women's C

**Semifinals:** Trish Stone d. Bev Rath 21-14, 16-21, 11-8; Fran Beland d. Sheila Kanner 21-16, 13-21, 11-7

**Finals:** Stone d. Beland 21-19, 21-8

**Consolation Winners:** Men's Open-Donald Comeau, Men's B-Brian Schneidman, Men's C-Jack Kay, Men's Novice-Terry Davis, Men's Senior-Sid Schacter, Men's Master-Nick Rassenti, Women's C-Estelle Richer

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Bay, WI. 54304. Contact Mike Conger  
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Fort Washington Racquetball Club, 469  
Pennsylvania Ave., Fort Washington, PA  
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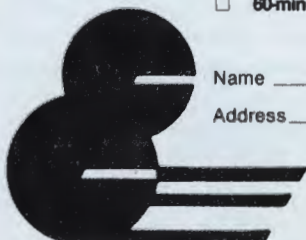
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## Second Annual Men's and Women's USRA National Intercollegiate Championships

March 28 - 30, 1980

Note: All entrants report to tournament site March 28, 3 p.m. CST.

**ELIGIBILITY:** Participant must be an *undergraduate* student at an accredited university or college who is a full time student as defined by the regulations of the institution. Players may take part in ONE EVENT ONLY, and a player who has accepted any prize money in any National Racquetball Club professional event is ineligible for this tournament. All players must submit valid proof of being a full time student along with the entry form on the bottom of this page, or the entry will be disallowed.

**SITE:** University of Illinois at Urbana-Champaign • Room 170 Intramural-Physical Education Building • 201 Peabody Drive • Champaign, IL 61820 • Phone 217-328-3143 (after 6 p.m. CST).

**FACILITIES:** 23 regulation courts, one glass wall championship exhibition court (seating for 200), complete athletic facilities.

**ENTRY FEES:** \$20 per individual (\$75 per four-person team 2 singles, 2 doubles) both men and women.

**ENTRY DEADLINE:** Monday, March 17, 1980. Entry fee must accompany application. Entries postmarked later than March 17, 1980, will be returned unopened. No phone entries.

**SANCTION:** By United States Racquetball Association (USRA). Tournament seeding and final jurisdiction in all matters pertaining to rules interpretations and tournament procedure is the sole responsibility of the USRA. Participants must be in compliance with USRA official rules (with the exception of the USRA \$1,000 amateur rule).

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**MAKE CHECKS PAYABLE TO:** Donald Webb

**MAIL CHECKS AND ENTRY FORM TO:** Donald Webb, University of Illinois at Urbana-Champaign, Room 170 Intramural-Physical Education Building, 201 Peabody Drive, Champaign, IL 61820.

**TOURNAMENT ACCOMMODATIONS:** Dormitory reservations one block from the tournament site are available through Robert J. Henderson, 150 Clark Hall, Conference Housing, Champaign, IL 61820, 217-333-1766. Rates are \$7.50 per night, per person, double occupancy for March 28-30 plus 5 percent tax. No reservations accepted after March 17. Hotel reservations may be made at the Ramada Inn, 1505 S. Neil St., Champaign, IL 61820, 217-352-7891 or 800-000-0000. Due to local state basketball tournament we strongly suggest motel accommodations be made well in advance.

**TEAM AND INDIVIDUAL SCORING:** Only one four-person official team per school (two singles and two doubles players) in both men's and women's divisions can score points toward the team championships (Sobek Cup). Team players must be ranked according to #1 singles and #2 singles as decided by each school. Individual players, in both singles and doubles, can enter, but those wins do not count toward team championship points. Scoring shall be as follows: Only one team may compete for scholarship.

#1 Singles 1st-10 pts. • 2nd-8 pts. • 3rd-6 pts. • 4th-4 pts.

#2 Singles 1st-8 pts. • 2nd-6 pts. • 3rd-4 pts. • 4th-2 pts.

Quarterfinalists-2 pts.

Doubles 1st-10 pts. • 2nd-8 pts. • 3rd-6 pts. • 4th-4 pts.

Quarterfinalists-2 pts.

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4. \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Doubles Team (Two Names)**

1. \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

2. \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Individual Entry (Not Representing School Team) Singles Only**

\_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Waiver:** I hereby for myself and my agents waive and release any and all rights and claims for damages I might have against the University of Illinois at Urbana-Champaign and the United States Racquetball Association (USRA) and any of their agents, for any and all injuries received by me in connection with this tournament.

Signature \_\_\_\_\_ Date \_\_\_\_\_ If 18 or under, Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

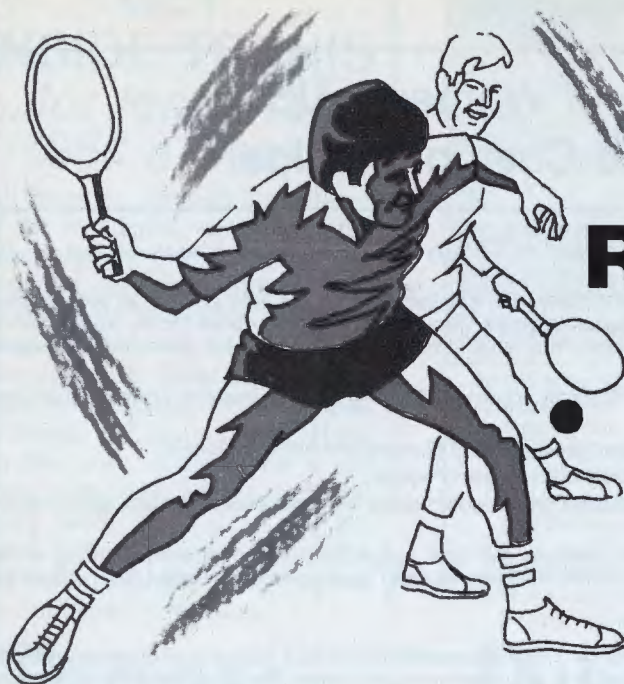
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# Sailing into Racquetball

On the Wind and a Wave

by Mike Hogan

One of the great mysteries of the racquetball explosion is how the fuse for this indoor sport ever got lit in southern California.

As easterners have correctly noted with some smugness and midwesterners with some envy, southern Californians are hopelessly addicted to sun, surf and sand. That includes southern California racquetballers.

Oh they like their racquetball, all right; this area is one of the nation's biggest market areas for the sport. But they like it best at night.

When the California sun is out, the thoughts of even the most dedicated racquetball fanatic turn toward the beach and pursuits like surfing, sailing or a relatively new participant sport: windsurfing.

Windsurfing uses a sail attached to an oversized surfboard. It combines the best of both sailing and surfing, and it's not a bad conditioner for racquetball either.

*"Windsurfing really strengthens your forearm muscles which give your wrist its snap,"* notes San Diegan Duke Pekin, who has played racquetball for four years and windsurfed for two.

Legs and shoulders also get a workout, adds Duke, a lawyer whose several finals finishes include a state bar association victory.

*"Windsurfing is pretty much an overall conditioner,"* agrees Diane Schweitzer whose husband, Hoyle, developed the first windsurfer in 1967. *"The forearms particularly get a workout but, if you go out in heavy surf, your legs get it, too."*

The mast and sail of this free sail system are attached to the board by a universal joint and it's by main strength alone that the surfer keeps his sail up in winds that frequently gust up to 30 m.p.h.

*The inventor of windsurfing, Hoyle Schweitzer (pointing), gives race instructions to a group of windsurfers gathered for one of their semi-annual excursions in Bahia Santa Maria, 25 miles south of San Felipe on the Baja (CA) peninsula. Schweitzer and his wife, Diane, are also avid racquetball players.*



Windsurfers are a very competitive group, holding frequent races during which the participants must keep their boards before the wind in a state of "isometric tension" for periods up to 30 minutes.

*"When you race, you're dealing with a lot of things at once,"* says Duke, *"the sail, the wind, the course — it's complicated and it's challenging. It requires a lot of balance and a lot of strategy."*

Sounds like another sport we know.

Both the Schweitzers are avid B racquetball players who sneak away from their busy Los Angeles board-and-sail manufacturing plant during lunchtime to get in a few games at the Marina City Club.

*"We're into other sports, too,"* says Diane, *"but windsurfing and racquetball are the ones we like best."*

*"I like racquetball because you get a lot of exercise in a short period of time,"* adds Diane, who has captured a couple of firsts in Marina City Club tourneys. *"I'm able to play racquetball more frequently than windsurf, but I'd never give up windsurfing."*

One of the side benefits of being a serious windsurfer is travel to the exotic sites at which Windsurfing International chooses to hold its world competitions. Never mind tournament accommodations at the Ramada Inn in Detroit or Long Island, windsurfers camp like nomads on the beaches of Martinique, Cancun or Sardinia.

Twice annually — at Thanksgiving and Easter — Californian windsurfers rendezvous at Bahia Santa Maria 150 miles down the gulf side of California's rugged Baja peninsula.

*Pekin sets sail on Bahia Santa Maria during a windsurfing outing to Mexico.*



*— Mike Hogan photos*

*San Diego lawyer and windsurfer, Duke Pekin, hits a forehand against his brother, Dennis, who also windsurfs. The Pekins, like a lot of southern California racquetball players, find windsurfing to be the perfect complement to racquetball.*



There the millionaire inventor of windsurfing can be found huddled around a campfire with the other sailing enthusiasts with little to distinguish him except, perhaps, a better than average suntan.

Although racquetball and windsurfing have developed simultaneously — both gaining rapid popularity during the last 10 years — they have developed differently from one another.

While racquetball boasts more than eight million participants concentrated in population centers across North America, there are only slightly more than 150,000 windsurfers. But windsurfers are more spread out and the sport is enjoyed around the world.

Ironically windsurfing is less popular in the country of its origin than in Europe where it is referred to as the poor man's yacht. But that's rapidly changing.

Although different in many ways one thing these two sports do have in common is that both seem to speak to a need which many Americans today feel for participation in challenging, individual sport. They just do it in slightly different ways.

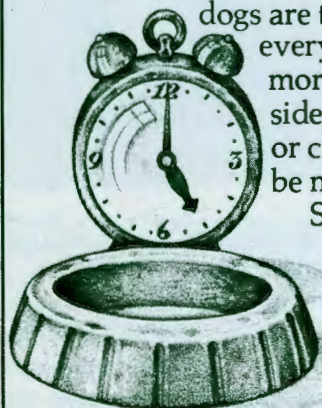
Perhaps that, more than the similarity in muscles used, explains windsurfing's attraction for racquetballers.

If racquetball players around the country pick it up, windsurfing may be California's *next* interstate export. ●

# Before you go looking for a puppy, take a good, long look at yourself.

Lots of people get so caught up in how cute a puppy is, they forget how much time and money a puppy is going to take.

And that's why more than 8 million dogs are turned in to shelters every year. And why millions more are left to die by a roadside, or worse, are left alone or chained to a doghouse to be miserable for a lifetime.



So, next time you have a hankering for a puppy, make sure you know yourself and the responsibilities involved. (We've provided a little check-

list to help you foresee yourself as a pet owner.)

Will someone be home enough to provide meals on a regular basis?

In the case of a new puppy, will someone be home during the day to look after it and train it properly?

Are you willing to exercise it at least twice a day, according to a set schedule?

Are you willing to pay for all the inoculations, periodic veterinary examinations, and any emergency treatment that the animal may need?

Are you willing to pay the cost of neutering your pet, whether male or

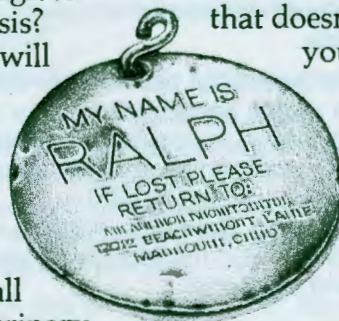
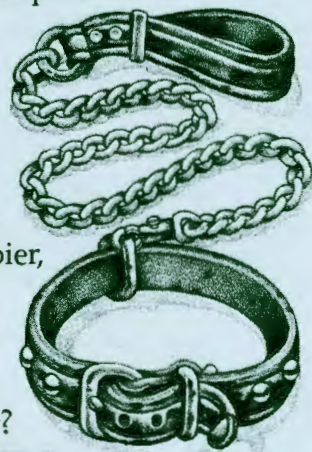
female? (Neutering is imperative for a couple of reasons: first, our country is already so overpopulated with animals, millions are put to death every year, and, secondly, it gives your dog a happier, healthier life.)

Are you willing to license your dog and to leash him when he's off your property?

Are you ready to give a dog daily companionship, instead of companionship when it's most convenient?

Puppies take time, money, and care—and a commitment for a lifetime. If that doesn't fit in with your lifestyle, you'd better take another look at the situation.

For a free "Pets Take Care" pamphlet, write to The Humane Society of the United States, 2100 L Street, N.W., Dept. B, Washington, D.C. 20037.



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## Tournament Results

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# Peck New Finals Foe For Hogan.....



*Dave Peck (yellow shirt) does a lot of center court domination in the finale against Marty Hogan in Tempe, but the 1979 National champ comes up with the most points at the November pro tour stop.*



**But — like  
Those before Him —  
The El Paso Pro  
Bows to the Champ**

**by Tom Reinman**

If he's slipping, as one recent magazine article hinted he might be, he's slipping like the Malaspina Glacier, Alaska's all-time biggie. Slowly, with dignity and power, and no way of stopping the slide in sight.

Hogan, 21, won his ninth consecutive Seamco/Leach professional racquetball tour event Nov. 14-18 when he bested David Peck 21-15, 21-19 in the finals of the \$21,000 JACK-IN-THE-BOX Classic at Tempe's Arizona Athletic Club.

Hogan is slipping? In the season's first stop, the \$30,000 Kendler Classic in suburban Chicago in September, Hogan went to a tie-breaker three times, although after that tourney he as much as admitted he was looking for a little extra court time in a few of those matches.

In Tempe, where he has won the last three tournaments, including his second National title and more than \$15,000, he was extended but once, coincidentally by Steve Strandemo, the last player to beat Hogan in a regular tour stop, that being last year's JACK-IN-THE-BOX in St. Louis.

Aside from Hogan's inevitable success, there were some other similarities between the first two tournaments of the tour's sixth year.

—All photos-Arthur and Steven Shay

*The Marty Hogan-Davey Bledsoe final scores are almost as close as the player's court position in the semis.*

Four players other than Hogan reached the quarters in both: Strandemo, Peck, Davey Bledsoe and Ben Koltun.

After relatively easy opening matches in both meets Bledsoe, 1977 National Champion, had to battle through a pair of cliffhangers in the quarters and semis, finally losing in the penultimate round each time in what were probably the most crowd pleasing matches of the tournaments, and although his shirts which proclaim him to be the *"The Golden Retriever"* may be a tad silly, they are accurately descriptive.

One big difference, aside from second seeded Jerry Hilecher's early demise, coming in the round of 16 in Tempe as opposed to the finals in Chicago, was in David Peck.

*"The difference for me," said Peck, "was in playing Hogan. I mean I was aware of who I was in there with, but this time it wasn't like, 'Wow, I'm in here with Marty Hogan!' That's experience, I guess, and it's valuable."*

It is, and Peck was impressive in his final round 21-15, 21-19 loss to Hogan. Said Charlie Brumfield after the match *"It's the first time I think I've seen Hogan try to pull away and not be able to. For awhile."*



Hogan trailed for virtually all of their first game, with Peck leading 15-12 at one point. At the point, it turned out, where Hogan shelved his power serve and went with a cross court soft garbage approach to Peck's high offhand to neutralize the newer player's power. Hogan rattled off nine straight points, scoring about six different ways, to lock up the game.

The second game was tied at 12 when Peck went cold, unable to score on five serves while Hogan built an 18-12 lead. But then the former all state wrestler from El Paso made it a game,

holding Hogan while he trimmed the deficit to 20-19 on a variety of shots, from an ace to a rollout to a wide pinch and a pass.

Then he forced two service breaks, but was unable to score himself, and eventually skipped a backhand to give Hogan the win.

*"I was just rushing a little early," said Hogan, who took the win in stride, almost a sleepwalking stumble rather than a giant step. "I was pretty happy with my game," he allowed. "But I can see where the competition is getting tougher."*



*Tempe's Don Thomas scrambles in the semis to retrieve Dave Peck's winner.*

*"Peck is a good, steady player and he'll continue to improve, no question about it. The thing about him is he doesn't get rattled at things that would really unglue a lot of the other guys. His concentration is great, and he's got all the shots. He's a good player who'll get much better."*

*"I came in here expecting to make the finals and to win," said Peck, who was half right. "I felt I was really knockin' the ball all week; my serve was good and the backhand worked*

*consistently. But I'm looking forward to working on some things and playing Hogan consistently. And beating him."*

If Peck is, as several observers remarked, one to watch on the tour, so is Don Thomas.

Thomas, ranked 15th prior to the JACK-IN-THE-BOX, up four places from the season's start, beat Hogan in the Bangor Invitational quarter-finals early in November in Maine, and came to his former home court and eliminated the second ranked Hilecher in the round of 16.

At 6-foot-1, 175 pounds Thomas, a former high school football star, has one of the strongest games on the circuit. He can put the ball away, gets a lot of shots and works hard on his game.

*"I'm pretty happy with the way things went," he said. "A big part of making it to the finals is getting there the first couple of times. Being able to handle it mentally is the key. I realize it's going to take awhile. Wins like these help. But you've got to learn from the losses too, and take the appropriate steps to improve. But sure I was disappointed. 'Sides, that was a lot of dough."*

What dough he earned came on wins over Dennis McDowell in the round of 32, a gutsy 21-14, 18-21, 11-6 verdict against Hilecher and an impressive 21-13, 21-13 decision over Mark Morrow, who had ousted an uninspired, if seventh-seeded, Charlie Brumfield in the 16s.

By the time he got to Peck he was tired, and it showed as Peck scored consistently on lob serves followed up with wide pinches into the service zone area Thomas had trouble reaching. Peck was even tougher in the second game, scoring 11 unanswered points with just two service breaks down the stretch.

The backhand right corner kill executed by Mark Morrow, front, is not enough to overcome a Don Thomas quarter-final win.



Steve Strandemo stays clear of Marty Hogan's bullet in the closest men's quarter-final in Tempe.



While Peck and Thomas showed that they are comers, Bledsoe was busy showing his wares, too. After he beat Hogan for the National title in '77, Bledsoe, a one-time medical student, failed through the '78 season.

"Oh, I think I've always been there," he claimed. "I finished the year in good shape, and this is with all these young kids, just in their 20s coming up. I'm getting ready to go into my 30s."

"I think the big difference is now I'm able to make adjustments. No longer do I go in with a game plan and strictly stay with it, win or lose. That's a sharpness that you have when there are no distractions, when you're playing and thinking well. I had a number of problems after winning the Nationals, and those distractions took their toll. But I've worked around that now."

"My goal is the same as it's always been: To win whenever I can, but to always make a good showing, to do it professionally. I think I'm doing that now."

In Chicago Bledsoe, ranked 10th, split 11-10 tie-breakers, beating Strandemo and losing to Hilecher. In Tempe, where his standing was improved to fourth, he scored 11-6 tie-breaker wins



In the quarters Davey Bledsoe searches the front wall for Mike Yellen's forehand cross court drive.

against Rich Wagner, sixth, and Mike Yellen, fifth. His competition has been good, and his game has been getting even better. The quickness, shot control and composure, which were all missing at times a year ago, seem to be returning, and with the experience of five years on the tour, he is another likely candidate for top money.

So the field is getting tougher for all concerned. But at least for now, nobody's figured out how to stop a glacier.

## Men's Pro Results

(Qualifiers): Harnett, Constable, Cohen, Hawkins, Christiansen, Barrett, Kalhlanen, Fox.

(First Round): Hogan d. Meyers 21-14, 21-8; Harnett d. Zuckerman 21-15, 13-21, 11-9; Chase d. Zeitman 21-9, 21-18; Strandemo d. Constable 21-2, 21-7; Yellen d. Cohen 21-13, 21-3; Fleetwood d. Mondry 17-21, 21-9, 11-4; Wagner d. Jones 21-19, 21-8; Bledsoe d. Hawkins 21-7, 21-11; Peck d. Serot 21-4, 21-8; McCoy d. Christiansen 21-18, 21-9; Myers d. Barrett 21-17, 21-9; Koltun d. Stephens 21-6, 21-11; Brumfield d. Kalhlanen 21-12, 21-12; Morrow d. Bolan 21-19, 12-21, 11-8; Thomas d. McDowell 21-3, 21-7; Hilecher d. Fox 21-14, 18-21, 11-6.

(Second Round): Hogan d. Harnett 21-14, 21-17; Strandemo d. Chase 21-8, 21-8; Yellen d. Fleetwood 18-21, 21-13, 11-1; Bledsoe d. Wagner 21-19, 11-21, 11-6; Peck d. McCoy 21-18, 21-12; Koltun d. Myers 16-21, 21-15, 11-8; Morrow d. Brumfield 21-5, 21-11; Thomas d. Hilecher 21-12, 13-21, 11-7.

(Quarter-finals): Hogan d. Strandemo 19-21, 21-15, 11-4; Bledsoe d. Yellen 17-21, 21-19, 11-6; Peck d. Koltun 21-9, 21-16; Thomas d. Morrow 21-13, 21-13.

(Semi-finals): Hogan d. Bledsoe 21-20, 21-17; Peck d. Thomas 21-12, 21-6.

(Finals): Hogan d. Peck 21-15, 21-19.

# The Winner •



*Heather McKay uses perfect serving technique as she adds a Tempe pro win to the amateur title she picked up in the same town at the Nationals last June.*

# ••Takes Nothing



*Sarah Green, in her first trip to the finals, tries to return Heather McKay's pinpoint pass.*

## **Heather McKay, Tempe Women's Champ, Declines the Prize to Retain Amateur Status**

Fans got answers to two questions as the women pros gathered in Tempe Nov. 14-18 for the \$21,000 JACK-IN-THE-BOX Classic.

First question: can a 38-year-old squash player find peace and pesos on a racquetball court with kids?

Second question: what does NC2 stand for?

Heather McKay, the reigning National Amateur champion, went back to Tempe and won her second straight tournament on the same court, whipping Sarah Green 21-16, 21-13. But McKay didn't claim the \$1,500 first prize.

The Canadian, very much in the running for the Coors All Pro Racquetball tournament's top prize after winning the individual sports stars preliminary, took first this pro tournament with surprising ease. But to maintain her "amateur" status she declined the check in Tempe, looking forward to a much larger payday in Las Vegas in January, at the All Pro finals.

Green was one of a trio of top names almost not listed in the draw at the Arizona Athletic Club.

Marci Greer displays her true grit, ignoring a severe back injury to play a three-game semi match against Heather McKay.



Top seeded Shannon Wright sprained her right ankle while on a mountain hiking trip just a few days prior to the tournament. Marci Greer, the second seed, spent the six days before Tempe flat on her back in bed with muscle spasms. Green, the fifth seed, battled the flu for the 48 hours preceding the round of 32.

Green eventually made it to the finals, Greer lost to McKay in the semis and Wright quit.

*"Oh, that's so weak,"* said one ranked pro the day Wright didn't play her semi-final match with Green. *"She knew what her condition was and she stayed only as long as she could win. That's bad form."*

If that was bad form, NC2 stamped below her name on the back of her shirts was at least temporarily confusing. Chemical charts were consulted, heads were scratched and Twice National Champion was the answer. Green, who decided NC2 meant National Champion two years ago, didn't have the answer she thought she'd figured out to the question *"How can I beat McKay?"*

*"I knew I couldn't beat her passing the ball. I had to keep shooting it, put it away, keep it up and down the walls. But she forced me out of it all day. I was trying to play my game, but she wouldn't let me."*

Indeed chasing passing shots is nobody's idea of a good time game plan, but when you're in with a 20 time world champion squash player, as McKay is, you'd better be prepared for it.

*"Sure I get it from the squash,"* said McKay, a recent addition to the Leach team. *"I don't think most of the girls are used to it, and it'll probably work to an extent. But I really need to work on some things. If I get in there with someone who's really shooting the ball all day, I'll be in trouble."*

In the meantime her competition in Tempe was in trouble. After winning on a forfeit on in the opening round,

McKay ousted Janell Marriott 21-19, 21-12 and Lynn Adams, 21-16, 21-14 to set up her final round appearance in just her third pro tour stop

Green, prior to getting her free pass into the finals, thanks to Wright's forfeit, beat fourth seeded Rita Hoff 17-21, 21-13, 11-2; Jean Sauser 21-13, 21-11, and Sue Gardner 21-12, 21-5.

In their finals match Green opened with a 13-4 lead as McKay struggled. Suddenly the squash coach took control, and over the next half hour outscored Green 16-3 to win on a variety of passing shots, pinches, drops and two aces.

Jennifer Harding, right, and Marci Greer provide the most exciting quarter-final match in the women's pro division.



Hope Weisbach, right, loses in the quarters to Shannon Wright, whose bad ankle caused her to default in the following round.



Lynn Adams goes to the ceiling, pushing Heather McKay to 16 and 14 in McKay's quarter-final victory.



In the second game, down 13-5, Green scored seven unanswered points as she began to roll balls out from all over the court. But after a McKay time out and one more Green point, McKay scored seven straight before winning, on, typically, a short pinch shot.

"I probably tried to pass it too much in the first game," she said. "But I got that worked out and went on. I learned a few things out there today. I'm looking forward to this. It'll be fun."

It'll also be fun for the NRC, which can keep first place money in the bank as long as McKay remains an "amateur."

Marci Greer was the other near no show. The 24-year-old native of Wichita suffered a muscle cramp in her back about two weeks before Tempe, during a morning workout on the court in San Diego where she now trains. Over the course of the next few days she aggravated it to the point of entering an emergency room to find out that she had to spend nearly a week in bed.

"By the time I went to the tournament I was on the verge of being well," she said later. "I was really out of condition, though. My cardiovascular was zero. I went in just to see what would happen."

What happened was she got to work overtime. The woman with the worst back in the place played the most, winning three tie-breakers, 11-6 over Judy Thompson, and 11-7 over both Susie Dugan and Jennifer Harding, before losing 11-4 to McKay.

"I was really high off the way things went," said Greer. "I was amazed I went as far as I did after staying in bed so long. All I could think of is 'Winners never quit and quitters never win,' and I was happy."

Jennifer Harding can't be very happy. In her quarter-final match with Greer she led 16-3 before skipping a forehand off the back wall for a 21-20 loss. She took a big lead and kept it in the second game to win 21-8. But in the tie-breaker she watched as a 5-2 lead changed into a 10-5 deficit before she could score again. Greer's power to Harding's backhand, her passing

shots and her steadily building momentum completely unnerved Harding, and changed her game from take-charge to jello in a matter of minutes, despite her stronger showing in the second game.

#### Women's Pro Results

(Qualifiers): Young, O'Sullivan, Gardner, Bishop, Ambler, Callahan, Carow, Faulkenberry.

(First Round): Wright d. Jackson 21-17, 21-19; Moore d. Young 21-15, 21-4; Weisbach d. Panzeri 17-21, 21-9, 11-7; Prefontaine d. O'Sullivan 21-3, 21-7; Green d. Gardner 21-12, 21-5; Sausser d. Davis 21-11, 21-11; Steding d. Bishop 21-10, 21-13; Hoff d. Peterson 21-14, 21-18; Walton d. Dee 21-11, 21-11; Adams d. Ambler 21-6, 20-21, 11-3; McKay d. Schmidt forfeit; Marriott d. Callahan 21-6, 21-17; Harding d. Stoll 21-19, 21-11; Lee d. Carow 21-12, 21-5; Dugan d. Faulkenberry 21-8, 16-21, 11-6; Greer d. Thompson 18-21, 21-20, 11-6.

(Second Round): Wright d. Moore 21-11, 21-13; Weisbach d. Prefontaine 6-21, 21-8, 11-4; Green d. Sausser 21-13, 21-11; Hoff d. Steding 21-5, 18-21, 11-4; Adams d. Walton 3-21, 21-10, 11-3; McKay d. Marriott 21-19, 21-12; Harding d. Lee 21-5, 21-19; Greer d. Dugan 21-14, 15-21, 11-7.

(Quarter-finals): Wright d. Weisbach 21-17, 10-21, 11-7; Green d. Hoff 17-21, 21-13, 11-2; McKay d. Adams 21-16, 21-14; Greer d. Harding 21-20, 8-21, 11-7.

(Semi-finals): Green d. Wright injury default; McKay d. Greer 12-21, 21-15, 11-4.

(Finals): McKay d. Green 21-16, 21-13.

## Playing It Close

Art Shay's lens proves that pros play close as Marty Hogan makes contact with Steve Strandemo, *right*, and David Peck in the Tempe tournament. Action like this calls for a sharp eyed referee, who must constantly distinguish between playing close and hindering. It was "no hinder" in all of these situations.



## TOURNAMENT NOTES ...

Special thanks to the Arizona Racquetball Association — one of the best — especially to State Chairman Chuck Hallock and his wife, Sue. Other ARA people who gave their all included Larry Lee, Cecil Morris, Howard Tolchin, Jill Williams, John Marsh, Rick Vercelli, Ken Belveal, Keith Jacobson and Jack Nolan ... Brett Hammett, the amazing Las Vegas 15-year-old, who won our National Juniors 15 and Under last August as well as his state's Open title, came up with the victory of the tournament as he took the Men's Open in the amateurs ... Kip Bishop

traveled east from Los Almitos, CA, to snatch the Women's Open win from Tempe's Hope Weisbach ... Among distinguished guests were Seamco's Al Mackie and from sponsoring JACK-IN-THE-BOX Tom Pastori and Jerry Woods ... In the Women's B finals Ruth Wojcik beat her daughter, Lynn, our National Juniors 14 and Under winner ... Jack Christiansen, whose son, Bruce, has been a consistent pro qualifier this season, was winner of the Men's Masters ... John Langford, one of the first Leach contract players, took first in the Men's Seniors. ●

## "The Best Kid Since Me" ...

... is the way Marty Hogan sized up Brett Hammett after the National Champion met the 15 and Under Champion in the 16s at Tempe.

Hammett, who won the Men's Open in the amateur division of the NRC's JACK-IN-THE-BOX stop, had beaten David Bush and Victor Niederhoffer in the qualifiers, then Jerry Zuckerman in the 32s, to earn a match against racquetball's number one pro player.

"Now I realize how hard he hits," said Hammett, who scored 14 and 17 points against Hogan. "I was really tight — with Hogan in that big, glass court."

Hammett, the Nevada state champion, surprised even himself at Tempe. "I only brought along three outfits — and I ended up playing 11 matches."



The high school sophomore plans to go to as many tournaments as he can "to get experience playing the pros." His teachers give him time for tournaments as long as he's willing to double up on assignments, finishing them "before and after the tournament. I don't bring homework along."

Between tournaments he practices with Mike Zeitman at the Las Vegas Sporting House and by himself, with his father, Dan — Nevada seniors champion — standing by with advice.

Young Hammett won't predict his future, though he'd like to earn his living as a racquetball pro. "There's all kinds of juniors out there. It depends on how much I improve."

His immediate plan for improvement? "I'm a power player now, but I want to learn to change speed. To all of a sudden turn it off and hit four or five slow ones into the corner." ●



# Men's and Women's Pro/Am Tour • 1979-1980

Those events marked with an asterik (\*) are approved. All others are sanctioned. Check future issues of *National Racquetball* for updating on tour sites and additional tour stops.

- **February 20-24**

Coors Classic  
Denver, CO  
Open

- **March 19-23**

Catalina Classic  
Los Angeles, CA  
Open

- **April 16-20**

Seamco Classic  
Boston  
Open

- **May**

Site and date to be determined  
Open

- **June 1-7**

Colgate National Championships  
Las Vegas, NE  
Open

- **June 26-29 \***

CBC International Classic  
Winnipeg, Ontario, Canada  
Invitational

- **July 10-13**

Hawaiian Sports Week Pro/Am  
Honolulu, HI  
Invitational



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