

National Racquetball®

Vol. 6 No. 10
October, 1978
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• RACQUETBALL CAMPUS

RUSSELL E MONTAGUE
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FEATURES

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Instantaneous information

Separate register totals (dollars & units) are provided for all sales classifications, such as court-time, resold court-time, lessons, Pro Shop sales, bar & lounge. In addition automatic price look-ups eliminate the need of having to remember prices for any services or merchandise purchased. The club has total access to all recap information at any time. Confidentiality is

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With the new Sweda L-35D Electronic register, data capture has been simplified with the use of the magnetic tape cassette/recorder shown above. Racquetball Charge Systems/PCB is the most automatic, precise, concise, easy to operate, time saving and low cost system in the entire nation and internationally as well. Due to the magnetic tape cassette ability of the L-35D to capture all data, costly and time consuming manual keypunching and verification is totally eliminated. This small 1/4" x 1 1/2" cassette can be mailed quickly to the Louis Zahn Data Service Corporation's processing center, or teleprocessed via telephone or polled automatically by the Louis Zahn Data Service Corporation. All of which are extremely low in cost, from as low as 13¢ to send in your data, to the cost of your phone teleprocessing line. This results in an extremely low cost administrative management computer reporting system needed for your club's present and future growth in an ever-increasing competitive market. The new Sweda L-35D electronic register is offered by the Louis Zahn Data Service Corporation on a direct purchase or low cost lease basis. Leasing permits automatic updates in equipment so that the club can take advantage of new electronic breakthroughs. This can make the system even less expensive and its operation even simpler.

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SEE INSIDE

THERE IS NO BETTER A FOR PRIVATE—CHARGE CASH ONLY



Louis Zahn Data Service
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**RACQUETBALL
CHARGE**
SYSTEMS/PCB®

Racquetball Charge Systems/PCB® Total Electronic Administrative Management System is also designed from market research by the Louis Zahn Data Service Corp., developers of the first and only original Racquetball Charge Systems/PCB® which totally solves the billing problems which your club and other clubs are now experiencing, while providing you with timely and concise information on computerized management report forms needed for your club's present and future growth in an ever increasing competitive market.

Both the Total Electronic Administrative Management Systems/PCB® and Racquetball Charge Systems/PCB® provide your facility with *Totally Descriptive Statements* that will eliminate billing-related questions and problems.

Exclusive, registered trademarked customized imprinted payment cards with your logo, pre-addressed to your club, and matching return-envelopes enclosed with your Racquetball club members' monthly statements help convert charges

into working cash fast... especially with our guaranteed 72-hour Turnaround Service. The Racquetball Charge Systems/PCB® Total Electronic Administrative Management System provides you with an easy-to-read color-coded aging analysis which tells you instantly who owes *What* and *For How Long*. In addition, the Louis Zahn Data Service Corp. includes *The Date Your Member Last Used Your Club's Services* and *The Date Payment Was Made*, as well as your *Member's Year-To-Date Total Charges*.

Racquetball Charge Systems/PCB® provides a precise sales analysis (Including Cash) which sorts down all sales categorically, *Without Your Club Having To Fill Out Total and Batch Transaction Forms or Cards*.

Free PR, sales and optional dunning messages can be custom-imprinted on top of your racquetball members' *Descriptive Statements* each month.

Racquetball Charge Systems/PCB® Total Electronic Administrative Management System also provides *Electronic Stuffing and Mailing Services* with optical scanning to insure Accuracy and Instantaneous Cash Flow, as well as providing the ability to STUFF and MAIL *Your Monthly Club's Newsletters* and two additional advertising leaflets.

Racquetball Charge Systems/PCB® also provides *Free In-Club Training By Our Pro*.

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No cancellation fee on Racquetball Charge Systems/PCB® Total Electronic Administrative Management System *Data Processing Service Agreement*.

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Smooth and immediate transition from your present system, no matter what system you presently use, or you can start now before your club is constructed. RACQUETBALL CHARGE SYSTEMS/PCB® Total Electronic Administrative Management System serves clubs throughout our entire nation and internationally as well. Optional *Percentage-Free Collection Services* are also available with all Louis Zahn Data Service Corp. systems.

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Service Corp.

E PARK, ILLINOIS 60160

another service offered by
the TENNISYSTEM specialists

Our clients say so, National Racquetball says so, Court Club Enterprises says so, Illinois State Racquetball Association says so, and we are sure you will say so also!!

Features and highlights generated by Racquetball Charge Systems/PCB and the new Sweda L-35D electronic magnetic tape cassette register/recorder are as follows:

- Updated optional monthly paper Rolodex cards with member ID, aging and court-time.
- Racquetball Charge Systems/PCB optional automated permanent court-time billing (PCB) for clubs that offer permanent court-time sales, all with descriptive statements.
- Metropolitan billing or circuit billing for members playing in multiple owned clubs.
- New member listing printout.
- Court scheduling and utilization reports and recap.
- Total business analysis report on all services and sales categories.
- Permanent court-time and league/round robin information printed on members' statements.
- Automatic membership renewal billing and variable membership expiration report.
- Bound booklet of duplicates of all statements generated.
- Selective mailing capabilities allow us to mail variable types of statements to your members regarding anything over 30-60-90 days past due, any credit balances, zero balances or anything under a predetermined amount or to any specific individual not wishing to have their statement mailed, as well as your ability to communicate with only those members you wish to regarding specialized lists, etc.
- Exclusively customized imprinted payment cards with your logo with matching member return envelopes.
- Total electronic stuffing, posting and mailing of members' statements with club fliers and newsletters.
- Automatic price look-ups eliminates the need of having to remember prices for any services or merchandise purchased.
- Journal register tape total system back-up.
- Electronic data capture via magnetic cassette tape eliminates costly manual

keypunching and verification, producing appreciable savings to all system users.

- Complete and thorough in-club free training of all your personnel at your location.
- Sales and cash receipts journal.
- Delinquency report: you can choose between a 60 & 90 Days and Over or a 90 Days and Over delinquent report (Hot Sheet), listing only those members who are delinquent in payment. A total summary is provided for each and every member on one line.
- Variable membership expiration report provides your member with renewal reminders prior to expiration date.
- Membership analysis: gives information regarding the amount of individual, family, corporate memberships, etc.
- Collection statistics gives your percentage of collections as compared to hundreds of other clubs in the industry.
- Many other services and reports in addition to the above are offered but are too numerous to mention here.
- **SPECIAL NOTE** For those clubs not requiring an electronic point of sale terminal, we also offer a transaction card batch approach. Please call collect or write for more information.

Complementing all the above, at no additional equipment or labor costs, Racquetball Charge Systems/PCB and the Sweda L-35D can provide you and your club with the following optional services:

1. General Ledger
2. Profit & Loss
3. Accounts Payable
4. Inventory Control
5. Payroll

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NUMBER ONE BY DESIGN

National Racquetball®

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On The Cover . . .

On no campus in the country is racquetball more alive and well than at the University of California in Southern California, where cover players, Susan Jones and George Davis, lead classes and clinics. The two, both U.C.L.A. graduates, are fitness instructors and counselors in the university's Department of Cultural and Recreational Affairs. For Part I of a series on racquetball at U.S. colleges and universities turn to page 18.

—Photo by Peter C. Borsari

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The Official Publication Of The U.S. Racquetball Association

Carl Porter . . . We're Comin' Home

Sorry you got the word before this editorial appeared, Carl, I wanted to surprise you. The National Championships of Racquetball for 1979 are yours . . . and Tempe's. We couldn't be happier about it and we hope that you are just as happy.

After much soul searching you got the nod because you deserved it. Besides that the players overwhelmingly wanted to go to your facility — a tribute to the excellent reputation you and your staff have for putting on the best racquetball tournaments in the nation.

No one we know of is better equipped, better prepared or better staffed than the Arizona Athletic Club. Your key location just outside Phoenix and the abundant amenities your club offers make us positive that the Nationals at your facility will be one that the players will relish for all time.

But you had a secret weapon, Carl — something that no one else has. That's right, you have little Lisa. That's who I am coming to see . . . and smooch. I can see racquetball anytime — but to see Lisa I have to come to Tempe, so I'm coming.

Babies may not be the most important thing in the world at a tournament but don't let little Lisa Stone fool you. She is a symbol of all that spells western warmth — great open hearts in the great open spaces.

You just roll out the rug and the amenities start flowing. Here is one place where the amenities are as personal as they are physical and recreational. Good people, great

people who hold the pleasures of the players above the profits of the promotion. That's the way it should be, and that's the way it will be at Tempe.

This year will be better than ever. For opens the Arizona Athletic Club has an outdoor swimming pool, snack shop, bar and lounge, outdoor running track, outdoor basketball and tennis courts (lighted too!) as well as a full weight training center. That's all in addition to the normal amenities like steam, whirlpool, pro shop etc.

When you add in the \$125,000 in cash paid to the pros, and the tens of thousands of dollars toward amateur travel and per diem, plus banquets, hospitality and entertainment — you've got the makings of the all-time best Nationals. If you don't come, I think maybe you're a little crazy.



All of a sudden America will discover that the Tempe Tournament is a turning point in the history of racquetball. It could be a threshold of major court sports. It couldn't happen to a nicer place or to more deserving people. The Porter People are something else and I dare you to come and find out for yourself. I did.

This Nationals will make history and there are many indications why. From a perfect three-walled glass championship court to the guaranteed sunshine all week, to the top team up front — the Porter staff — to one of the best of our state organizations aiding throughout — the Arizona Racquetball Association — plus all that prize money — well, if you're a player of any kind, this is the tournament of the season, perhaps the decade.

For me it will always be "What's good for the players".

That's why we're comin' home Carl! ●

Evie & Bob Kendler

Evie and Bob Kendler

Love is very patient, very kind. Love knows no jealousy; love makes no parade, gives itself no airs, is never rude, never selfish, never irritated, never resentful; love is never glad when others go wrong, love is gladdened by goodness, always slow to expose, always eager to believe the best, always hopeful, always patient. Love never disappears.

1 Corinthians 13:4-8

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Hats Off To Our Sponsors

I never cease to be amazed at how racquetball moves so gracefully from one dimension to another, without any of the earthquake-type cracks in the foundation that have so plagued other sports.

The most recent example is the format and bankrolling of the 1978-79 pro tour, sponsored again by the Colgate-Palmolive Company.

When we approached last year's co-sponsors Leach and Seamco, on the subject of this coming season, we found that in order to make sizeable increases in funds available to the players, we needed to generate substantial increases in sponsorship dollars — not an easy task considering that the format from a year ago put these three firms on the line.

But thanks largely to Charlie Drake at Leach, Al Mackie at Seamco and Jack Grimm at Colgate the format of additional co-sponsors taking one tournament each proved to be the player's answer to their dreams.

"There's no way we could have done it alone for another year," said Drake. "All of us knew that for the pro tour to continue to grow at meaningful rates an infusion of prize money and promotional funds would be necessary."

So here is a case where the sponsors themselves went out and actively sought out new sponsors to bring about that infusion.

The key was organizing the rights of the tour so that each company felt confident that they were purchasing something unique and non-redundant from the others. Each was therefore protected with exclusivity within their product category.

The result has been the richest, most orderly and most exciting pro tour in racquetball's history. At least \$300,000 in prize money will be distributed — nearly double last year's \$160,000!

But more importantly national companies from outside the sport are now convinced that racquetball promotion is a profitable and viable method of marketing their products. An identification with racquetball and the people who make up our sport is finally in demand and will increase as time goes by.

And we now have a format that can absorb these firms in an orderly and unbiased way. As more and more of these companies become involved, you will see the petty bickering that wasted so much of everybody's time vanish like the forehand lob.

The backbone of the new season brings us right back to Colgate, which could have vetoed the whole deal if they saw fit. But Jack Grimm immediately recognized that to open up the co-sponsorships was to open up the sport.



Mr. Grimm further recognized that an additional incentive, which turned out to be the Colgate Bonus Pool, would add more money and be a nice promotional effort besides. That's why Colgate put up the \$75,000 in Bonus Pool funds.

And for the first time, the National Championships will have "big" money, a total purse of \$50,000 for the tournament, plus the presentation of the juicy \$75,000 in bonus pool funds. Pretty soon we'll be at the point that separates the men from the boys, when you wouldn't mind having as your income what they pay in taxes.

As for the role of the NRC/USRA — we will continue to organize and run the events, working closely with the sponsors, the host clubs and the players. We will oversee the tour, handle the details, the rankings, the draws, the refereeing, the general promotion.

It's a format that we are especially happy about. The pros should be ecstatic. The host clubs will find that they'll get more mileage out of our events.

So, hats off to our sponsors. They make it possible. ●



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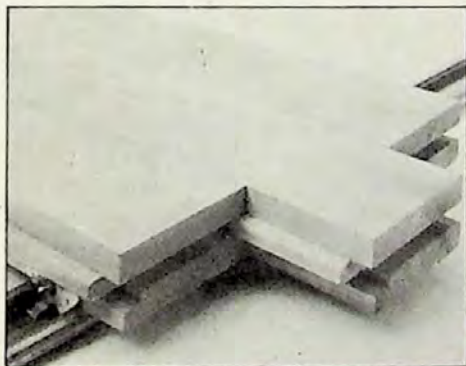
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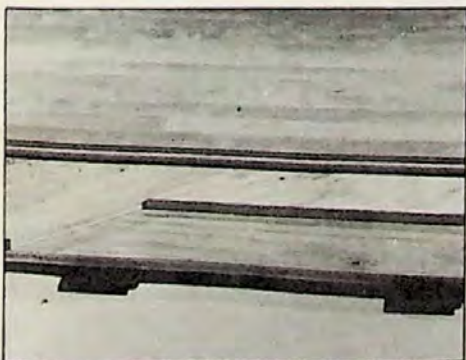
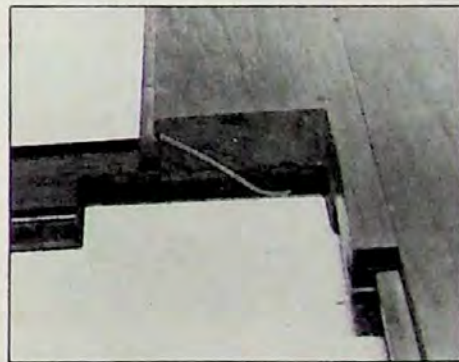


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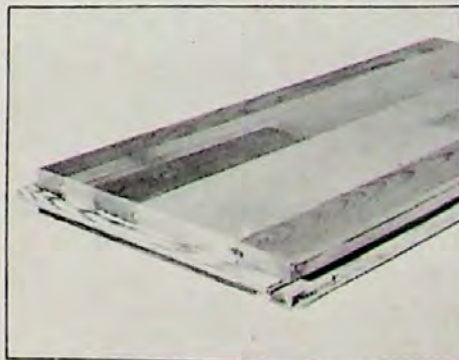
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Rah, Rah Racquetball

Racquetball Arrives On The American Campus



Part I: National Racquetball Survey Finds Plenty of Play Behind the Ivy

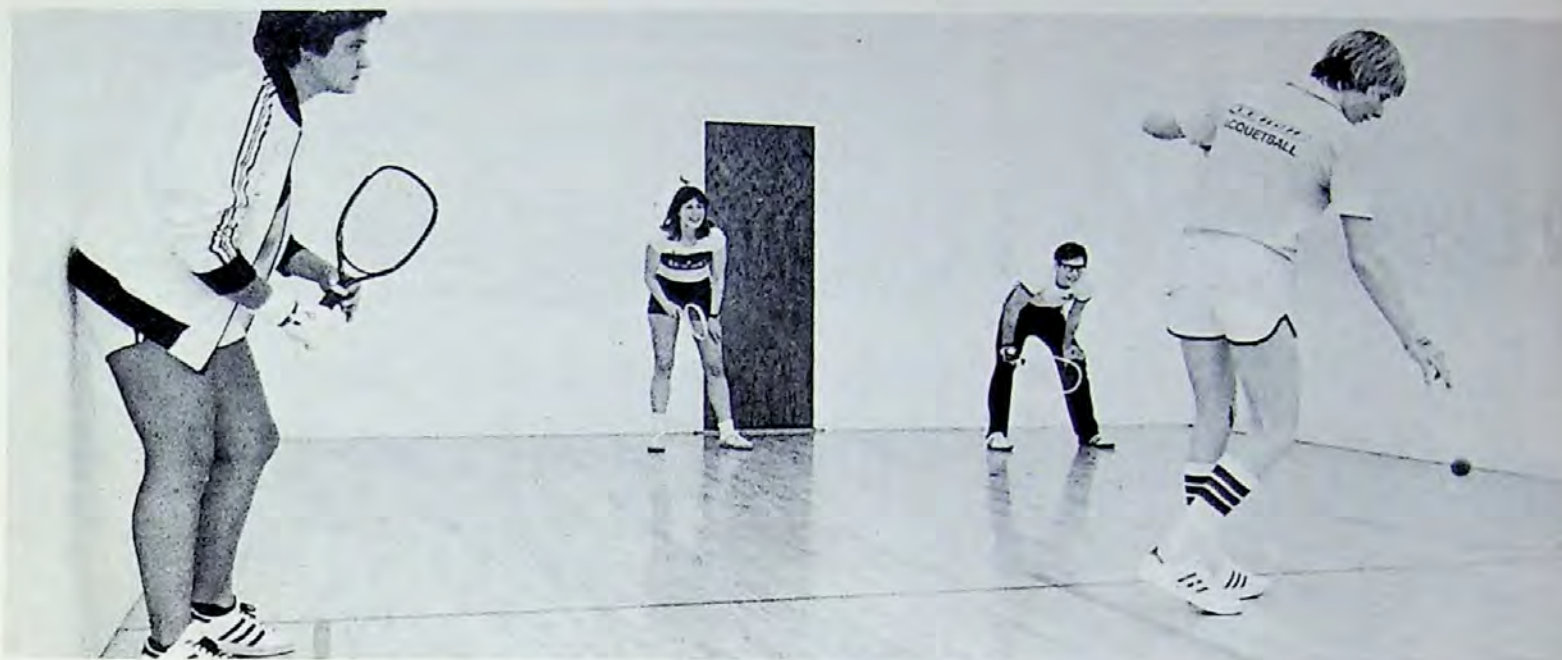
by Jennifer Alter

You hear it all the time. *"These are the best years of your life. Stay in school . . . no responsibilities . . . no worries. It'll never be like this again."*

And though these phrases were being uttered long before racquetball had made its first appearance on the campus scene, it takes only a few weeks away from life in the ivory tower to appreciate their full meaning.

Gone are the days of *"Meet you at the gym in five minutes,"* the knowledge that your maximum investment will be 25 cents for racquet rental and the luxury of the last minute court date.

Welcome to the real world of membership fees, \$10 an hour court time, busy phone lines and life planned a week in advance.



The racquetball rage, as it works itself into a national phenomenon, has been moving along on campus at the same, if not a more remarkable pace.

Although it would be inaccurate to imply that the sport originated on campus, it has been played there in one form or another for a sizable length of time. Perhaps a tribute to the enthusiasm it now generates is the fact that of 96 surveys mailed to colleges and universities around the country, *National Racquetball* received 48 replies.

Of the schools responding 41 indicated they offer racquetball according to technically acceptable standards. It is from these samples that the following information has been drawn.

In a classic microcosm of the country campus racquetball appears to be strong where the rest of the population plays most. While court clubs are springing up at a fantastic pace in the midwest and west, these are also the areas where campus support has been stronger for a longer period of time.

Not surprisingly the demand for courts is high. A question on how many hours the courts are in use prompted comments such as, "90%... always... 100 out of 108..."

Many of the schools surveyed reported a general upsurge in the sport in the 1970's, though there have always been the diehards playing with paddles on handball courts.

Waiting Lists for Classes

Another indication of recent enthusiasm and support is evident in the growing number of athletic departments offering instruction. Just as racquetball pros, classes and leagues are on the up and up nationally so 37 of the 41 schools indicated they offer racquetball classes for credit. Eighteen of these give courses at more than one level. Many respondents said they have large waiting lists for classes, and most demonstrated a desire to expand the curriculum as facilities and staff would allow.

Additionally when asked how many students moved from classes to regular play schools replied—in words such as "nearly all . . . most all . . . most."

Men, the surveys showed, still lead women in sport participation. But the gap, as is true nationally, is narrowing. Figures such as 60 percent (men) and 40 percent (women) appeared consistently in the responses. A significant number of schools reported equal or only slightly higher figures for male players.

Also in line with the national norm are the reasons for the sport's popularity. "It's easy," appeared again and again in the margins of the questionnaires.

"All levels of skill can have fun at racquetball," commented a spokesman for the University of Louisville.

"They don't have to chase a ball as far as they do if they miss in tennis," pointed out Mike Shea, director of campus recreation at the University of Utah at Salt Lake City.

"It's easier than handball and tennis — there's more room for error than tennis, and you can use a dominant hand as opposed to the necessity of both in handball," said Dr. Richard L. Bartsch, coordinator of Intra-Recreational Sports at the University of Tucson.

One comment, off the cuff, but revealing, brought out an aspect more specific to campus existence. "It's a cheap date," said a P. E. department member at the University of Delaware, Newark.

Yes, the surveys indicated, campus inhabitants do play for social reasons. A good game of racquetball is welcome relief from the isolated life of academic pursuit and pressure, and many appreciate it as a constructive alternative.

Students particularly, under a constant nagging pressure, find an hour on the court allows them to actively and efficiently spend time with a friend, take out hostilities on a lover or take a shot at the mating scene.

60 Minutes That Count

Knowing that after this hour of respite they will be heading back to the books, the biology lab or the computer room students are inclined to make sure their 60 minutes serve more than one purpose. Yes they can be fairly certain they will get a good workout and release some tension. And then there is the added and inherent attraction of a shower.

Faculty members, the survey showed, find the sport appealing for similar reasons. The pedagogues, who play in very high numbers, have the opportunity to challenge contemporaries as well as students.

Although the social and pressure-release aspects of the sport draw their share of loyalists, the competitive element also has its attractions. Intramurals, the survey proved, are undeniably up. Only five of those campuses boasting official facilities do not have some sort of IM program. Although rules vary, most IM programs operate on a singles-elimination or round robin type format.

Yet, while intramurals appear to be an integral element of the campus racquetball experience, the possibility of racquetball as an intercollegiate sport drew much more mixed reactions from respondents.

Department spokesmen objected to the idea on the basis of finance and

Results of National Racquetball College Survey

• School	• Started	• Number of Courts	• Hours Open	• Hours Filled	• Class with Most Players	• Number of Faculty
Arizona State U., Tempe	1972	12	108	100	freshman	
Carleton College Northfield, MN	1973	5	102			
Grinnell College, Grinnell, IA	1971	4	132	not always	junior & senior	15-20
Indiana U., Bloomington	1961	12	85	always		175-200
Memphis State U.	late 1950's	15	131	always	popular with all	75
Miami U., Oxford, OH	early 1960's	8	75	60		175
Northwestern U., Evanston, IL	1975	2	84			10-15
Ohio State U., Columbus	1972	20	118	always		many
Purdue U., West Lafayette, IN	1974	5	88	always		20-40
Tulane U., New Orleans, LA	1973	3	102			
U. of Alaska, Anchorage	1977	3	to open in the fall			
U. of Arizona, Tucson	1974	5				
U. of California, Berkeley	1974	8	80		graduate	
U. California, Los Angeles	1965	5	84			
U. of Chicago	1974	4	95		graduate	many
U. of Colorado, Boulder	1973	12	112	90+		
U. of Delaware, Newark	1961	10	99	always	junior & senior	60-80
U. of Denver, University Park, CO	1973	5	80		junior & senior	200
U. of Idaho, Moscow		2				
U. of Illinois, Champaign	1968	23	98			200

School	Started	Number of Courts	Hours Open	Hours Filled	Class with Most Players	Number of Faculty
U. of Iowa, Iowa City	1965	15	105	95	graduate	1,000
U. of Kentucky, Louisville	1972	8	105	always	graduate	many
U. of Louisville		3			junior & senior	25
U. of Michigan, Ann Arbor	1968	32	94	90		1,000
U. of Missouri, Columbia	1962	12	102	always		many
U. of Montana, Missoula	1972	8	91		graduate	many
U. of Nebraska, Lincoln	1968	9	80			
U. of Nevada, Reno	1975	7			junior & senior	30
U. of New Mexico, Albuquerque	1971	4	105		graduate	
U. of North Carolina, Chapel Hill	1972	5	82		graduate	many
U. of North Dakota, Grand Forks	1960's	3	89		freshman	75-100
U. of Notre Dame, South Bend, IN	1969	18	80		junior & senior	100+
U. of Oregon, Eugene	1972	16		almost always	senior & graduate	100
U. of Utah, Salt Lake City	1970	6				
U. of Vermont, Burlington	1963	8			junior & senior	90
U. of Washington, Seattle	1973	16	90	85		
U. of Wisconsin, Madison	1967	6	90	always		
West Virginia U., Morgantown	1970	8	40		graduate	
Wilmington College, Wilmington, OH	1974	2	59		junior & senior	10
College of Wooster, Wooster, OH	1973	4	42	always	junior & senior	
Yale University, New Haven, CT	1971	7	67	almost always	junior & senior	40

Nancy Gerou conducts a special women's racquetball clinic at the University of Washington at Seattle. Women account for 60 percent of students in racquetball classes although they comprise only 45 percent of the entire student body.



Should We Go Intercollegiate?

Racquetball as an intercollegiate sport may be an idea ahead of its time — but not too far ahead. Although survey reactions to the possibility are mixed with a leaning toward the negative, almost everyone has considered the question.

Yes. "The popularity of the sport and the availability of courts and participants merit it." — Larry Liles, racquetball coach, Memphis State University/Memphis.

No. "Too many intercollegiate sports as it is." — Tulane University/New Orleans.

No. "Not enough courts to provide a practice time for a team. It would take away court time from others wishing to play." — University of Colorado/Boulder.

Yes. "Education and athletics go hand in hand." — Dr. Robert L. Bartsch, coordinator of Intramural/Recreational Sports, University of Arizona/Tucson

No. "There's plenty of competition at the local level. There is not money to fund another sport." — Dr. Robert Whitehead, Intramural director, University of Idaho/Moscow.

No. "It would be exploitive and overly competitive. Leave the serious play to the pros." — U. of North Carolina/Chapel Hill.



lack of facilities. The more lonely voices of support came from schools where the sport had been around for a longer amount of time.

Oddly enough the great feeling of enthusiasm for racquetball is even reflected at schools which do not have standard size courts. These schools do not let their handicaps deter them, and even if they are not playing the sport according to technically acceptable standards, they are enjoying it in their own way.

At the University of Oklahoma at Norman, where 80 students attend "racquetball" classes on non-regulation size courts, Professor Trent Gabert has already decided he doesn't want to participate in intercollegiate sports. *"We want to keep it away from big time athletic problems,"* he said.

At the University of Connecticut at Storrs classes and intramural competitions are held on eight squash courts. The story is the same for five other schools which answered the questionnaire. Significantly they are all located in the east.

One trend, reflected throughout the survey, remains a bit puzzling. Racquetball, it appears, is played more heavily by upperclassmen and in many cases graduate students. Although little explanation was offered, it was suggested that older students are more familiar with the sport and are also able to plan their time more efficiently.

The signs are clear. Racquetball on campus, largely unknown a decade ago, is now an institution. But will graduates continue to play when they enter the working world, where recreation can involve elaborate, early planning and considerable financial investment?

The answer is "yes," according to one former student. The Oberlin graduate claims that during her first winter out of school she spent 10 percent of her take home pay on racquetball — the game she learned to play in college.

Ohio State Player Runs Her Own Intercollegiate Event

Susie Retterer, from Marysville, OH, put together a tournament last Easter weekend for more than 100 players from colleges that were easy driving distance from Ohio State University in Columbus, which has 20 racquetball courts.

Two local TV stations covered the event, sanctioned by the United States Racquetball Association.

Retterer, who shares credit for the concept of the tournament with OSU racquetball club president, Scott Pollen, is a graduate assistant this year at Ohio State, where she's playing and teaching racquetball while she works toward a master's degree in sports administration.

600 Wait to Play for Credit At University of Wisconsin, Milwaukee

The University of Wisconsin at Milwaukee, which little more than a year ago had no official racquetball instruction program, has jumped onto the court, so to speak, and this fall is offering eight hour long, twice a week classes with 35 students in each.



Susie Retterer took care of tournament details ranging from registering players (that's Pete Turner from Cleveland Heights) to tallying scores from all the matches.

In November — Part II:
The people who fill campus courts



Bill Ritter instructs a young woman lucky enough to get into the University of Wisconsin at Milwaukee's high demand racquetball classes. Close to 7,700 men and women around the country took racquetball for college P. E. credit each semester during the 77-78 school year.

"We could easily fill 15 or 20 classes," says Dr. Ward Gates, chairman of the Department for Physical Education, Recreation and Health Education, as he cites waiting lists of 40 to 80 students per class. "We have to be careful not to overschedule. We want to leave time for the recreational player."

All classes are currently taught at one level, Gates says. "We will probably offer intermediate classes next spring, but we feel it is first important to try and deplete the pool of people who have no familiarity at all." The department loans equipment free of charge to anyone using one of its eight courts, which opened last year as part of the new P. E. building.

As for instructional technique Ken Baron, who taught five classes in the spring, says he divides his class in two parts at the beginning of the semester. While half the class plays, the other half is lectured with the use of video taping equipment and vice versa. Later on, once the students have learned the basics of the game, Baron explains, they can all play doubles during class time. ●

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Getting Power From Your Wrist

by Terry Fancher

Editor's Note: This article is excerpted from *40 Common Errors In Racquetball, and how to correct them*, by Terry Fancher and Arthur Shay. It's available for \$5.95 plus handling, from Contemporary Books, 180 N. Michigan Ave., Chicago, Illinois 60601. Attn: Karen Stein



Mistake: Stiff wrist shooting

The wrist often is overlooked as a source of errors in racquetball. It is often the culprit in a bad shot. When the wrist is kept too rigid during the stroke, the ball is pushed rather than stroked to the front wall. Much loss of power results from stiff wrist shooting.

You can correct a stiff wrist by thinking of your wrist as your personal cobra, ready to strike. It should be held cocked well back at the start of a stroke and at the moment of contact "*snapped*" or "*rolled over*." You're after that feeling of sudden achievement and power you get after making a good shot or good connection with the ball. It's a surge of coordinated power that starts at the shoulders, courses through the waist and flows to the ball via that cobra wrist.

Whether you think of it as a cobra, a sudden "*snap*," or an uncocking of a lethal weapon the idea is to keep hitting in practice until you get that perfect feeling, that perfect placement, that sense of imparting a little more power and accuracy to the ball than you thought yourself capable of doing.

Then practice recapturing that wonderful feeling. ●



Correction: The power generating cobra wrist

Playing the Side Walls and The Back Wall

by Steve Strandemo

From *The Racquetball Book* by Steve Strandemo with Bill Bruns. Copyright ©1977 by Steve Strandemo and Bill Bruns. Reprinted by permission of Pocket Books, a Simon & Schuster Division of Gulf & Western Corporation.

Newcomers to racquetball who have a little athletic ability and a grasp of center court strategy may feel pretty confident when they go out to play their first match. But as soon as the ball starts caroming off side walls and taking fiendish bounces in the back corners, they realize the game is not quite as easy as they envisioned. In fact it can take five or six matches to learn how to be comfortable with that ricocheting ball and how to "play" it properly as it reacts off the side walls and the back wall. Here are the important fundamentals that should speed your familiarity — and your progress.

The Side Walls

When you see the ball heading for a side wall, try to keep two related thoughts in mind: (1) remember your geometry and the angles the ball can take; (2) let the ball rebound off the wall to you.

Most beginners forget how lively the ball is, and that even the slightest glancing blow off the side wall will send it back near the middle of the court. Thus they often charge over so close to the wall that the ball jams against their body and forces them to take a weak, punching stroke. Sometimes they get so overzealous that they swing and miss, fooled by how the ball angles off.

To avoid these common problems try to move quickly into position on the perimeter of the center court area — safely away from the wall — so that you can swing comfortably wherever the

Playing the Side Wall

Notice how the hitter sets up for a ball that is sliding along the right wall. He takes a normal forehand swing and the racquet virtually scrapes the ball off the wall. Players have to overcome the psychological barrier of not taking a full swing because of the proximity of the wall.



The Back Wall

Although the back wall can pose problems at first, you'll find that it's the easiest wall to play once you learn to judge how far the ball is going to rebound, and how to get into the right stroking position. Then it's a matter of simply hitting a ball that's already on its way to the front wall, instead of having to reverse the ball's direction.

The first crucial step in learning to play the back wall is to develop a sense of how far your opponent's shot is going to travel after it rebounds off the front wall. Will the ball carry into the back wall on one bounce? Or in the air? (Experience will fill more gaps in your mind than anything else.)

When you're positioned in center court and you know your opponent's shot has enough velocity and height to carry into the back wall *in the air*, then stay where you are and wait for the ball to come back into your area. For example if you're 22 feet from the front wall, there's no need to retreat, since the ball is going to rebound near to where you are standing, and oftentimes even forward of that. With experience, you'll learn to move into the specific area where you expect the ball to bounce, and to position yourself so that as the ball goes past your body and drops low, you can contact it from behind and slam it straight into the front wall for a kill attempt.

If the ball rebounds into the back wall *on one bounce*, it can carry three to twenty feet toward the front court, depending upon velocity. But in any case you want to move back with the ball as it heads for the back wall so that when it rebounds out, you're *behind* the ball, ready to take a short but forceful stroke. Remember you have to contact this shot before it hits the floor again. Try to get a rhythm going where you tell yourself, "Go back with the ball, and come out with the ball." You get more power and accuracy with this type of approach to your stroke.

In playing the ball as it rebounds off the floor into the back wall incorporate these other tips:

- Hustle back with long, shuffle-type steps so you're ready to set up quickly.
- Make sure you retreat far enough to come back out with the ball. If it rebounds farther than you anticipated,



it's much easier — and certainly more offensive — to move quickly forward than it is to reach back toward the back wall to take a weak, flicking type of stroke.

- Let the ball drop to between knee and ankle height so that you can drive it low and straight into the front wall, on the side from which you are hitting. Avoid pinch shots, since your opponent should be waiting in center court for any error you make in hitting the side wall.

In practicing your back wall shots in general there are two stages.

First you want to get accustomed to the stroking pattern and the timing involved. The easiest method is to stand about four or five feet from the back wall and then just lob the ball into the wall with your left hand. Let the ball go past you toward the front wall, and then move up and blast it with a flat, hard swing. Work on that rhythm of moving out with the ball as it comes off the wall and then making contact as it drops low.

Second once you're comfortable with the stroke, stand in center court and drive the ball into the front wall so that you can work on the total sequence: judging how far the ball is going to carry into the back wall, positioning yourself on the court in relationship with the ball and then taking your stroke.

Beginners and intermediates should work particularly hard on back wall shots because they will occur repeatedly during their matches. Opponents at their level of ability will simply hit the ball too high into the front wall, too often.

ball rebounds. Pull your racquet up in a cocked, ready position, and then let the ball react off the wall before you commit yourself.

Your body should be facing the side wall at about a 45 degree angle to allow you a good look at the ball as it comes toward you. Then you can rotate your shoulders slightly, and use your strong, quick stroke. Have your legs comfortably bent so that you are ready for any situation that might arise. If you've misjudged the ball, you can adjust and move quickly. If you've judged it right, then the bent legs will make for a better swing. But when you're in a high, stiff-legged position, you'll find it difficult to thrust out wide or low for the ball without losing your balance.

This solid ready position will also enable you to react confidently — rather than with panic — when a hard-hit ball is "hugging" the side wall on a passing shot, or you sense that it is barely going to skim off the wall. There's no time to worry whether the ball is going to hit the racquet a split second before it contacts the wall, or a split second after. All you can do is try to scrape the ball off the wall the best you can.

Playing Off the Back Wall

When the ball is bouncing into the back wall, you want to retreat quickly so that you can come out with the ball as it rebounds forward. Notice in this sequence how the hitter has his racquet pulled back as the ball comes off the back wall, and then he takes two quick shuffle steps to build up momentum before hitting the ball. He uses a regular forehand stroke and has a natural follow through.



The Back Corners

It can take a long time to acquire the skill — and the confidence — to retrieve shots that travel into the deep back corners, and to then return the ball to the front wall with more than a hope and a prayer. But this is an ability you need to have to consistently beat other players. They will try to make the ball die in the back corners with cross court and down-the-wall passes (and, as we shall see, with virtually every serve). Fortunately it's difficult to make the ball locate in these corners for an outright winner. Unfortunately near-misses are virtually as effective. The ball can easily "freak," or rebound, or bounce in odd directions when it gets into where the two walls meet. Plus you don't have long to react, since the ball must be contacted before it hits the floor. It's also easy to be inhibited and actually cramped as you try to dig the ball out with the best stroke you can muster, a foot or two away from the walls.

To improve your chances when you go into the back corners start by carrying your racquet up around chest level so that you can quickly bring it up into a ready position. Second bend your legs and stay low so you have a better chance of reacting to the weird rebounds or bounces the ball might take out of the corner. Even the pros are jammed or fooled by a ball that "freaks" in a different direction than they anticipated, or jumps right into them. Third when you manage to get your racquet on the ball, your best shot will be to go to the ceiling. If this isn't possible, then hit whatever shot will get the ball back to the front wall and keep the rally alive. Here's where that quick snap of the wrist on the forehand, and a quick forceful shoulder swing on the backhand, may save you. ●

See Terry Fancher's advice on wrist snapping in this issue. ED

How to Teach — Part IV

by Jerry Hilecher

This month top pro, Jerry Hilecher, wraps up a series written especially for *National Racquetball*, as an aid to teachers in court clubs, Y's, JCC's, high schools and colleges.

Offering a Game Plan



Finally it's time to piece together all the information you've been feeding to your racquetball students. For the last several months I've suggested ways you could teach forehand and backhand strokes, giving you drills to help your students.

Now you — the racquetball teacher — need to offer a game plan.

You'll probably want to start with a discussion of court position.

It's a simple strategy: If you can take control of center court as much as possible, you can reach the maximum number of shots with the minimum of effort.

Show your student how one good step to the right or left almost puts you in contact with the side walls. A couple of steps covers almost any shot, forward or back.

And stress that court position and safety go hand in hand. By being in the right spot, with your eyes on your opponent, you cut down your chances of swallowing a racquet!

(For a detailed discussion of center court position, see Mike Yellen's article in the May, 1978, *National Racquetball*.)

From here you'll want to introduce shot selection. But don't make it a big mystery. Here are the easy Hilecher laws of deciding what to do with the ball:

(1) When the setup is low, keep your shot low.

(2) When the ball is high, return it high.

From a low setup, then, you can:

(1) Kill to the near corner. (Remember the Box Theory that I explained two months ago?)

(2) Rip a low pass to the opposite side.

Don't kill every ball, even if you think you can. By mixing things up, you'll keep your opponent off balance.

With the high shot you're trying to get your opponent out of center court. You're not looking for a quick point.

Hit it either to the ceiling or go to a half speed high pass.

A common beginner's mistake, which you should caution your students about, is overhitting the ceiling ball, so it comes off the back wall for a setup.

Teach them to shorten the stroke to take away some of this excess power.

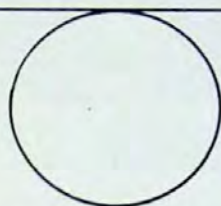
As I've been saying for months, drills are the best way to help someone improve at racquetball. Try having your student stand right behind you in center court, with you hitting soft setups. Your student will have to react left or right to the ball, execute a proper stroke AND choose whether to kill into the closest box (corner) or pass cross court. It's good practice.

Force the student to move quickly. Show that sometimes it's best, when on a dead run, just to slam the ball to the other side. Hitting a kill requires too much body position and concentration. A pass requires less.

Another great drill can even be played for points. It's a ceiling ball rally. You start by hitting a ceiling shot, then the two players alternate, but each time returning to center court and touching the short line before backpedaling to hit another ceiling ball. Points are scored when the other player fouls up, missing the ceiling or the ball.

By the way, before you try this, be sure you're in decent shape. It can get a little tiring running back to the short line after every shot.

Use part of the lesson time for talking. Presumably you have a wealth of tournament experience that you could pass along. Tips of shotmaking that aren't over the head of the average student.



First game plan suggestion is to control center court.

Encourage people to hit the shots they hit best. If you like to pinch the ball, do it. If you hit everything down the line, that's fine, too. If you can kill it hitting the front wall first instead of the side, well, OK.

You know that passing up and down the line is a toughie. Your student might be better off just killing it, huh?

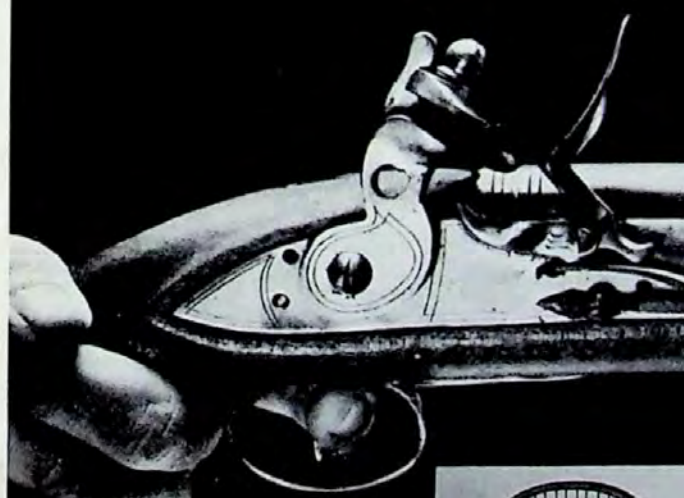
Wrap it up by playing a game. Make occasional comments.

As a teacher you'll always be looking for flaws in the fundamentals. Keep in mind the checklists I've provided you in the last few months.

No matter how advanced your student you should watch for:

- Racquet taken back high, wrist cocked.
- Elbow in position.
- Weight shift.
- Knees bent.
- Wrist snap at contact.
- Powerful drive with the legs and hips through the ball.
- Follow through.
- Rapid return to center court.

Good luck! ●



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—Terry Muck photo

Racquetball Club Gets Denver to Pitch In for Cerebral Palsy

Wayne Cook, who plays racquetball and tennis and skis despite the fact that he has cerebral palsy, was co-chairman of a cerebral palsy fund raiser June 30 in Denver, sponsored by the International Athletic Club, a racquetball facility that will open in downtown Denver next January.

The day's events started with a Breakfast of Champions at the Brown Palace Hotel, where leading professionals and businessmen gathered together with members of Denver's pro teams — the Broncos, Nuggets, Stars (rodeo team), Comets (volleyball) and Caribous (soc-

cer) — to hear a speech by Ray Scott, former CBS Green Bay Packer and Minnesota Twins announcer. Colorado Governor Richard Lamm, Denver Mayor William McNichols and Peter Coors of Coors Beer also had breakfast with the champions.

From 11 a.m. to 6 p.m. approximately 12,000 Denver residents took part in a block party in the center of town. Visitors contributed to United Cerebral Palsy of Denver for a chance to take part in and observe activities ranging from throwing a football to a Bronco to watching a Star throw a lasso.



Robert "Red" Miller, coach of the Denver Broncos, left, and Wayne Cook were co-chairmen of Denver's first Downtown Cerebral Palsy Day, sponsored by the International Athletic Club.

63 Hours and 10 Minutes Weren't Enough

When Mark Eisner set out to set a racquetball marathon record May 18, at the North Hills Racquetball Center in Granada Hills, CA, he was determined to play more than 61 hours, 10 minutes, a record that Jim Easterling put on the books in Taylor, MI.

Unfortunately Eisner didn't know about Gerry Corcoran's 100 hour, 13 minute milestone in Phoenix on May 2.

Eisner may not hold a marathon record, but he learned a lot about endurance playing during the 63 hours and 10 minutes he spent on the court.

Here's his description:

"Two weeks before the event I tried to eat foods with a high quantity of protein for muscle nourishment. Three days prior to the marathon I consumed more carbohydrates for added energy. During the marathon I drank orange juice, to replenish my loss of glucose and fructose; tomato juice, to replace the potassium loss, and water, as a cooling agent and to prevent dehydration. I ate tuna,



hamburgers, steak, bagels, bread and pancakes. The protein consumed the first day was for energy later on, while the carbohydrates were consumed for immediate energy. I took calcium to prevent muscle cramps energol and dextrose for quick energy and all purpose vitamins as well.

"My greatest concern was that I might get blisters on my feet and hands, so I changed socks every two hours. I used 40 pairs of socks, and alternated gloves and sprayed my feet and hands with powder to prevent blistering. At each five minute break I would either have something to eat, or would change my socks. In the last hours of the marathon I found it necessary to soak my feet in ice water for a few minutes to prevent swelling.

"In order to keep alert I played each game to win. Out of 315 games I won 305 and lost 10.

"The last four hours it seemed like I was in a trance, reacting automatically to the game situation."

Dial 312-673-4000 for Marathon Record

Planning to try for a new racquetball marathon record?

Clear with the USRA (Ask for Carol Brusslan) so you know what you have to beat.

The 101 hour record described here might be a has been by the time you read these words. So to avoid

stopping short of a record you didn't know about call the USRA before your attempt. Then call in your record when your marathon is over.

When the USRA receives word of your endurance feat (documented with local newspaper stories, doctors'

reports, etc.), the staff will send you an official verification which you, in turn, can send to the *Guinness Book of World Records*.

In the June 22 to 26 record breaker at the Mercer Racquet Club in Mercerville, NJ, Dave Brown, 24; Don Freeman, 29; Mark Heiart,

22, and Ian Smith, 23, played a total of 101 continuous hours with only regulation breaks (five minutes every hour). The marathon — sponsored by Herman's World of Sporting Goods — benefited the Deborah Heart and Lung Center in Browns Mill, NJ.

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High School Courts Put Players into Clubs



If a high school district builds racquetball courts in a new gymnasium, should private court club owners in the area worry about losing business?

Not if regular daytime and adult education night classes produce more racquetball players than the school can accommodate in its limited open play time.

A case in point is Homewood-Flossmoor High School, serving 3,600 students in a Chicago suburb. When the school district built a multipurpose gym in the summer of 1977, eight year racquetball player and the school's athletic director, Dr. John Stanley, recommended adding the three handball/racquetball courts.

"We're always looking for activities with a lifetime value for kids," he says.

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"Being a player myself I thought our kids would like racquetball. I was right. Our first year ('77-'78) we filled our classes - 720 boys and girls took racquetball instruction - and the kids come out full force for after school intramurals. We were happy to see girls, too. There were more girls playing racquetball in after school competition than in any other sport."

Teachers also lined up for the courts, and one and one-half hours a week the athletic department sets aside court time exclusively for the faculty.

Both students and faculty members can use the courts early in the morning or during school vacations (hours are 6 a.m. to 10 p.m.).

But - with open time so limited - community play is in adult education classes only. Homewood-Flossmoor P.E. teachers lead four separate classes four nights a week, with 12 students divided into various levels within the class.

"Adult classes are filled and there's a long waiting list," Stanley says. "We could teach racquetball to six classes six nights a week - and we'd still have more waiting."

In effect Homewood-Flossmoor High School has gone into an unplanned partnership with local court clubs. Students and adults in the community learn racquetball at the high school and then join court clubs to play it.

The Backwall Racquetball Club
2 Ajax Dr.
Madison Heights, MI 48071

Cabrillo Court House
6200 Soquel Dr.
Aptos, CA 95003

Holiday Gym & Racquetball Spa
1540 Scalp Ave.
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Muenschler Athletic Courts
110 N. Samish Way
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5303 228th St. S.W.
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Newtown Racquetball Club
209 Penns Trail
Newtown, PA 18940

Penfield Racquet Club
667 Panorama Trail W.
Rochester, NY 14625

The Racquetball Center
140 S. Tuscon Blvd.
Tucson, AZ 85716

Racquetball Center of Pensacola
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● Nationals '78 ●●●

Tournament Results

Malowitz/ Kwartler

Reach The Top



Get two young, but hungry racquetballers. Put them into the Nationals Open Doubles division against the toughest draw in the tournament, nearly 50 teams strong, and what do you get?

You get the champions — Mark Malowitz and Jeff Kwartler.

This Houston team, seeded second in the tournament, outlasted some extremely good teams and exciting matches to take the 1978 National championships earlier this year in Detroit.

Neither player has seen the other side of 20-years-old, but they played like the experienced doubles team they are en route to capturing what some say is the most difficult and strenuous championship in racquetball.

"The boys were tremendous," said father and coach Milt Karp. "They kept their cool and hit their shots. What a pleasure it was to watch them."

Malowitz and Kwartler (pronounced *kwaht-ler*) defeated the San Diego tandem of Stan Wright and Steve Trent in a duel of lefty-righty teams 21-17 21-15 for the title.

Houston's Jeff Kwartler takes one off the back wall in the exciting Amateur Open Doubles finals. Jeff's partner, Mark Malowitz, is off the left along with Stan Wright, (center), and Steve Trent, right.



Diegans showed too much experience and overpowering shotmaking in taking the match as easily as the scores indicated.

In the bottom bracket semi Malowitz/Kwartler found themselves in a real dogfight with eastern champs Mike Romano and Mike Luciw, a former national champ in this division. In the end it was the lefty-righty advantage coupled with Kwartler's right side quickness that spelled defeat for the New Englanders, but not without a real struggle 21-16, 8-21, 11-1.

Three of the four quarter-final matches went to the tie-breaker, an indication of the parity of play in this round. Dunlap/Dunlap were able to knock off the seeded team of Tom McKie and Andy Hodges 19-21, 21-11, 11-5, while Wright and Trent stopped the highly-touted Southwestern regional champs Ken Garrigus and Keith Fleming 21-17, 21-11 in the only two games of the round.

Romano/Luciw had their hands full in attempting to stop third seeded Bill Thurman and Bill Dunn from San Francisco, both former professional tour players. But both Bill's games were a little rusty and they were unable to capture the tie-breaker 21-16, 14-21, 11-6.

Probably the most exciting match of the entire doubles tournament was Malowitz/Kwartler's win over the Bronx team of Art Diemar and Dave Luft, playing in their first national championship. Easily the best two players to come out of the metro New York area in racquetball history Diemar/Luft showed poise, skill and guts in taking the eventual champs down to the wire before bowing 15-21, 21-20, 11-9.

Others worth noting . . . Joe and Jim Wirkus, who succumbed to Diemar/Luft in the round of 16, 6-21, 21-12, 11-10; Ron York and Phil Stepp who were eliminated by the Dunlap brothers 21-8, 20-21, 11-1 also in the 16's.

Amateur Open Doubles Results

(Preliminary Round): McKinney/Llewellyn d. Logan/D. Wright forfeit; Beckman/Olson d. Amick/Young 21-5, 21-10; Kince/L. Van Trease d. Budlak McGibbon 21-8, 21-15; Aguglia/Paliczak d. Black Berkowitz 21-0, 21-0; Cox/Lau d. Boehms Cain 21-7, 21-3; Fondren Champagne d. DeCamp Adkins 21-12, 21-9; Ptacek/Murray d. Jacobs Jacobs 21-20, 21-19; Clark/Remen d. Soble Davis, forfeit; Ellis/Kahlanen d. Emerson Pagnucco 21-3, 21-6; Pruitt/Gottlieb d. Meredith Hadaway 11-21, 21-13, 11-8; Handley Stevens d. Redic Chrise 21-5, 21-8; Zukowski/Wozena d. Tarantini Miller 21-13, 21-9; Campbell Muehleisen d. Marsocci Floyd 21-11, 21-13; Dawson/Senters d. Cartee/Jones 21-10, 21-5; Wilhelm/Lewis d. Thomas/Nipote 21-11, 21-15.

(Second Round): McKie/Hodges d. McKinney/Llewellyn 21-5, 21-10; Golueke/Weishaar d. McDonough Capitanelli, forfeit; Dunlap/Dunlap d. Beckman/Olson 21-7, 21-17; York/Stepp d. Kince/Vantrease 9-21, 21-5, 11-7; S. Wright/Trent d. Aguglia/Paliczak 21-15, 21-7; Cullen/Liles d. Cox/Lau 21-9, 20-21, 11-8; P. Wright/Merrill d. Fondren/Champagne 21-13, 21-11; Garrigus/Fleming d. Warrell/Brooks 21-0, 21-5; Thurman/Dunn d. Ptacek/Murray 21-8, 21-5; Clark/Remen d. Vincent/Matthews 21-16, 21-10; Frye/Cohen d. Ellis/Kahlanen 21-20, 21-17; Romano/Luciw d. Pruitt/Gottlieb 21-11, 21-5; Wirkus/Wirkus d. Handley/Stevens 21-14, 17-21, 11-8; Diemar/Luft d. Zukowski/Wozena 21-0, 21-4; Campbell Muehleisen d. Dawson/Senters 21-13, 21-4; Malowitz/Kwartler d. Wilhelm/Lewis 21-6, 21-8.

(Third Round): McKie/Hodges d. Golueke/Weishaar 21-7, 21-4; Dunlap/Dunlap d. York/Stepp 21-8, 20-21, 11-1; S. Wright/Trent d. Cullen/Liles 21-6, 21-9; Garrigus/Fleming d. P. Wright/Merrill 21-9, 21-4; Thurman/Dunn d. Clark/Remen 21-6, 21-7; Romano/Luciw d. Frye/Cohen 21-12, 21-13; Diemar/Luft d. Wirkus/Wirkus 6-21, 21-12, 11-10; Malowitz/Kwartler d. Campbell Muehleisen 21-3, 21-15.

(Quarter-finals): Dunlap/Dunlap d. McKie/Hodges 19-21, 21-11, 11-5; S. Wright/Trent d. Garrigus/Fleming 21-17, 21-11; Romano/Luciw d. Thurman/Dunn 21-16, 14-21, 11-6; Malowitz/Kwartler d. Diemar/Luft 15-21, 21-20, 11-9.

(Semi-finals): S. Wright/Trent d. Dunlap/Dunlap 21-14, 21-3; Malowitz/Kwartler d. Romano/Luciw 21-17, 8-21, 11-1.

(Finals): Malowitz/Kwartler d. S. Wright/Trent 21-17, 21-15.
(Third): Dunlap/Dunlap d. Romano/Luciw 21-13, 21-17.



Outside of the professional singles final between Brumfield and Hogan this championship match was the most thrilling with each rally an extended, grueling battle of superb doubles play. Ironically the final scores were not nearly as close as some of the preliminary matches that Malowitz and Kwartler were forced to survive. And on the other hand Wright and Trent were hardly tested en route to the finals. Stan and Steve had it all their way in the semi-finals, topping eventual third place winners John and Keith Dunlap from Memphis 21-14, 21-3. The San

At Last — Tennesson/ Dillon

Barb Tennesson and Ev Dillon, the Minneapolis duet who have long strived for the coveted title, finally captured the elusive national championship they so richly deserved by winning the Women's Amateur Doubles crown in Detroit.

The top seeded team bested the Clearwater, FL, tandem of Cile Adkins and Barb Faulkenberry 21-10, 21-11 in the finals to take home the first place hardware.

The relatively easy win was indicative of the superb play on the part of Tennesson/Dillon, who have been a team since the early 1970's, a key factor when it comes national tournament time. That added experience was the deciding factor as the Minnesotans kept their cool under fire.

In the semi-finals Tennesson and Dillon faced their strongest test from the local (Detroit) team of Irene Ackerman and Stacy Fletcher 21-14, 21-20. The second game was an especially thrilling battle with the home town supporters urging their favorites toward a tie-breaker. It was not to be, however, as Tennesson/Dillon were up to the challenge in the clutch.

The bottom bracket semi-final found Adkins/Faulkenberry, who were seeded seventh, stopping eventual third place winners, Elaine Lee and Marilyn Tebbs, Pittsburgh, 21-9, 21-17. Just too much firepower from the Floridians outdid the Lee/Tebbs team, which will be heard from in the future.

That third place match deserves mention as Lee/Tebbs stuck it out against Ackerman/Fletcher to come away with a 21-20, 20-21, 11-3 victory.

None of the quarter-finals went three games with the biggest surprises coming in the big scores of a few upsets. Adkins/Faulkenberry really bombed the tourney's number two seeded team, Montreal's Monique Parent and Danielle Shaineks, 21-3, 21-7, while Lee/Tebbs ousted the third seeded team, Madison, WI's Karen Finkelburg and Connie Peterson, 21-12, 21-13.

Also in the quarters Tennesson/Dillon stopped Chicago's Lynn Farmer and Mary Livingston, while number five seeded Ackerman/Fletcher did away with number four Nancy Kronenfeld/Barb Edelstein, Chicago, 21-10, 21-6.

Women Amateur Doubles Results

(Preliminary Round): Behner/Vanderweil d. Ragow/Farrell 21-8, 21-14.

(First Round): Tennesson/Dillon d. Mamula/Lodyga 21-6, 21-8; Farmer/Livingston d. Stoll/Meger 16-21, 21-17, 11-6; Ackerman/Fletcher d. Behner/Vanderweil 21-20, 21-14; Kronenfeld/Edelstein d. Ancona/Gibson 21-14, 21-17; Finkelburg/Peterson d. Ingle/DiScenza 21-19, 21-2; Lee/Tebbs d. Waldron/French 21-9, 21-8; Adkins/Faulkenberry d. Vantrease/Vereb 21-1, 21-8; Parent/Shaineks d. Prisching/Kenck 21-8, 21-4.

(Quarter-finals): Tennesson/Dillon d. Farmer/Livingston; Ackerman/Fletcher d. Kronenfeld/Edelstein 21-10, 21-6; Lee/Tebbs d. Finkelburg/Peterson 21-12, 21-13; Adkins/Faulkenberry d. Parent/Shaineks 21-3, 21-7.

(Semi-finals): Tennesson/Dillon d. Ackerman/Fletcher 21-14, 21-20; Adkins/Faulkenberry d. Lee/Tebbs 21-9, 21-17.

(Finals): Tennesson/Dillon d. Adkins/Faulkenberry 21-10, 21-11. (Third): Lee/Tebbs d. Ackerman/Fletcher 21-20, 20-21, 11-3.



As recently as five years ago Bill Schmidtke was the best racquetball player in the world. Now 38 years old the likeable Schmidtke is again the best in the world — the world of Men's Senior Singles, the 35+ category.

The former professional stopped an old rival, Houston's Jim Austin, in the championship match of the mammoth Seniors division at the National Championships in Detroit by the scores of 21-11, 15-21, 11-5.

"It was my toughest match of the tournament," Bill said, "you can tell that by the scores. What made it even more interesting is that Jim and I haven't played each other in about three years."

Austin is another former top eighter in the Open division, who now tests his skills in the seniors, which — with 114 entrants — was the second largest division of play in the Nationals.

Some very familiar racquetball names vied for the prestigious seniors crown, including the two semi-finalists, Vancouver's Bill Condratow and Buffalo's Charlie Garfinkel.

Schmidtke Back On Top

Condratow, playing like he had nine lives, survived three consecutive tie-breakers en route to the semi-finals where he bowed to Schmidtke 21-14, 21-13. The Canadian National Seniors champ showed a steady game with intense concentration and the ability to play his best under pressure.

Garfinkel, who once beat Brumfield, was denied a shot at a double win (he and Bill King won the Senior Doubles), when Austin eliminated him in the semi's 21-14, 9-21, 11-6.

"We both played pretty well," said Gar later. "I would have loved a chance against Schmidtke, though."

Condratow stopped Garfinkel for third place 12 and 17.

The four semi-finalists were actually the cream of the Seniors division with only King giving any of the top four a battle in the quarters. In that match, the only one of the four to go to three games, Condratow survived, although King outscored him in the match 9-21, 21-18, 11-8.

The other quarter-finals were relatively routine with Schmidtke stopping Al Ferrari, St. Louis, 21-7, 21-8; Garfinkel besting Gordon Kelly 13 and 16; and Austin defeating USRA Kentucky State Chairman David Fleischaker 21-12, 21-4.

Most of the top seeds, in fact Schmidtke through Kelly were the top six, reached the quarters with upsets being Ferrari stopping Dennis Olsen and Pat Colombo on his way and Fleischaker doing in Jerry Davis 17-21, 21-16, 11-4 en route to the quarters.

The 114 entrants marked the largest field in the history of the Seniors division, proving that competition and outstanding play is continuing to grow stronger in the older age categories.

And where dreams still die hard, Schmidtke was quoted after his victory as contemplating another year on the pro tour.

"If I go back to my serve and shoot style, I think I can do well on the tour," he said. "Hitting the ball hard is my game and that's the game of the top pros."

Men Senior Singles Results

(Preliminary Round): Chodosh d. Shermer 21-20, 21-11; Simon d. Cummins, forfeit; Pavy d. Constantino 21-1, 16-21, 11-3; Gemus d. J. Johnson, forfeit; McCarthy d. Stoja, forfeit; Henry d. Masucci 21-12, 21-16; Conner d. Long 21-5, 21-5; Thompson d. Matusko 21-2, 21-10; Reznik d. Curtis 21-18, 21-10; Haggerty d. Weisner 21-3, 21-4; Douglas d. Hellard, forfeit; Young d. Perna 21-14, 21-10; Iafollo d. Elliott 21-18, 21-18; Lose d. Paoletti 21-8, 21-5; Dabney d. Prucha 21-2, 21-6; Zainea d. Fawcett, forfeit; Vantrease d. Hall, forfeit; Seaton d. Pruitt 21-19, 14-21, 11-6; Blitt d. Bock 21-8, 21-6; Kachtik d. Podolsky 21-16, 13-21, 11-10; Smith d. Bergshneider 21-16, 21-3; F. Timmer d. Fabry, forfeit; Krevsky d. Wright 21-6, 21-2; Leon d. Fush 21-6, 21-10; Ptacek d. Fisher 21-8, 15-21, 11-1.

(Second Round): Schmidtke d. Chodosh 21-6, 21-13; Beitsch d. Lelf, forfeit; Tilden d. Simon 21-3, 21-6; Reuschel d. Pavy 21-2, 21-8; Colombo d. Gemus 21-4, 21-8; Oas d. McCarthy 21-2, 21-10; Ferrari d. Henry 21-13, 21-7; Olsen d. Conner, forfeit; Condratow d. Thompson 21-2, 21-13; Humphrey d. Orl 21-11, 15-21, 11-6; Reznik d. Thomas 21-17, 21-16; Haggerty d. Ciar 21-1, 15-21, 11-9; Douglas d. Siegrist, forfeit; Chamberlain d. J. Timmer 21-14, 21-18; Wollford d. Spurgeon 1-21, 21-14, 11-10; King d. Young 21-10, 21-14; Garfinkel d. Iafollo 21-1, 21-3; Morris d. Werderitsch 21-14, 21-17; Lose d. Marsh 21-19, 21-16; Dabney d. Lewerenz 21-15, 16-21, 11-5; Klass d. Zainea 21-10, 21-7; Babkes d. Vantrease 21-4, 21-8; Seaton d. Van Spybrook 21-6, 21-6; Kelly d. Blitt 21-6, 21-5; Davis d. Stange 14-21, 21-13, 11-6; Kachtik d. Keeler 21-15, 21-10; Letter d. Smith 21-9, 21-8; Fleischaker d. Timmer 21-4, 21-18; Krevsky d. Street 21-2, 21-8; Bible d. Leon 21-19, 21-7; Connor d. Gray 21-2, 21-1; Austin d. Ptacek 21-5, 21-10.

(Third Round): Schmidtke d. Beitsch 21-1, 21-7; Reuschel d. Tilden 21-9, 21-13; Colombo d. Oas 21-9, 21-15; Ferrari d. Olsen 21-16, 21-10; Condratow d. Humphrey 21-16, 9-21, 11-5; Haggerty d. Reznik 21-12, 21-14; Chamberlain d. Douglas 21-16, 21-13; King d. Wollford 21-5, 21-2; Garfinkel d. Morris 21-3, 21-5; Dabney d. Lose; Babkes d. Klass 21-19, 8-21, 11-3; Kelly d. Seaton 21-7, 21-7; Davis d. Kachtik 21-13, 21-10; Fleischaker d. Letter 18-21, 21-9, 11-9; Krevsky d. Bible 21-6, 21-3; Austin d. Connor 21-5, 21-10.

(Fourth Round): Schmidtke d. Reuschel 21-16, 21-14; Ferrari d. Colombo 21-14, 21-10; Condratow d. Haggerty 21-18, 18-21, 11-2; King d. Chamberlain 21-2, 21-10; Garfinkel d. Dabney 21-3, 21-11; Kelly d. Babkes 21-8, 12-21, 11-2; Fleischaker d. Davis 17-21, 21-16, 11-4; Austin d. Krevsky 21-12, 21-11.

(Quarter-finals): Schmidtke d. Ferrari 21-7, 21-8; Condratow d. King 9-21, 21-18, 11-8; Garfinkel d. Kelly 21-13, 21-16; Austin d. Fleischaker 21-12, 21-4.

(Semi-finals): Schmidtke d. Condratow 21-14, 21-13; Austin d. Garfinkel 21-14, 9-21, 11-6.

(Finals): Schmidtke d. Austin 21-11, 15-21, 11-5. (Third): Condratow d. Garfinkel 21-12, 21-17.



Old Habits Die Hard

It was the tie-breaker, 10-all, and Chuck Hanna knew that if he and partner Jim Austin were to capture their third consecutive National Seniors Doubles championship, that they had better get that point now. In doubles you seldom get a second chance.

But when Charlie Garfinkel killed a backhand into the left corner to put out the side, Hanna knew his team was in trouble.

"It's awfully tough to get the serve back again," he said.

And so it was, for a few moments later the Garfinkel/Bill King tandem had tallied match point 11 to capture the 1978 Nationals in the Senior Doubles division, ending the two year reign of Hanna, the San Diego physician, and Austin.

King, himself a practicing urologist from Radford, VA, knew that he and the Gar were in a dogfight.

"It was a hard fought match, the toughest of the tournament for us," he said. *"We were able to get back on track in the second game."*

It's a good thing they did, for losing game one 21-13 put King/Garfinkel on the defensive for the second game, which they won going away 21-7. That left only the tie-breaker which was fought to the very last point 11-10.

In the semi-finals Austin/Hanna stopped Pat Colombo and Bill Condratow 21-18, 21-13, while Gar/King eliminated Jerry Davis/Jordan Tilden 21-14, 21-20. Third place went to Colombo/Condratow 21-19, 21-9.

The champs were never forced to three games prior to the finals, not the case for Austin/Hanna, who needed the tie-breaker before disposing of Bob Bible and Price Thomas in the quarters 15-21, 21-8, 11-7. The only other

quarter-final match to go three was the 21-7, 11-21, 11-5 win for Colombo/Condratow over Dennis Olsen/Casey Blitt, Tucson.

Men Senior Doubles Results

(Preliminary Round): Leon/Chamberlain d. Blackshaw/Elliott 21-13, 21-4; Reznik/Pudduck d. Koanui/Curtis 21-20, 21-17; Lose/Masucci d. Morris/Constantino 21-5, 21-8.

(First Round): Austin/Hanna d. Shermer/Lindsay, forfeit; Bible/Thomas d. Paoletti/Weiser 21-3, 21-5; Olsen/Blitt d. Schummer/Landuyt 21-3, 21-8; Colombo/Condratow d. Leon/Chamberlain 21-13, 21-4; Davis/Tilden d. Chodosh/Kachlik 21-12, 21-12; Dabney/Fleischaker d. Gutowitz/Zitzer 21-7, 21-6; Reznik/Pudduck d. Keeler/Torres 21-10, 21-11; Garfinkel/King d. Lose/Masucci 21-13, 21-1.

(Quarter-finals): Austin/Hanna d. Bible/Thomas 15-21, 21-8, 11-7; Colombo/Condratow d. Olsen/Blitt 21-7, 11-21, 11-5; Davis/Tilden d. Dabney/Fleischaker 21-20, 21-15; Garfinkel/King d. Reznik/Pudduck 21-9, 21-7.

(Semi-finals): Austin/Hanna d. Colombo/Condratow 21-18, 21-13; Garfinkel/King d. Davis/Tilden 21-14, 21-20.

(Finals): Garfinkel/King d. Austin/Hanna 13-21, 21-7, 11-10. (Third): Colombo/Condratow d. Davis/Tilden 21-19, 21-9.



Thompson Takes First



Second-seeded Judy Thompson from Davenport, IA, upset number one seeded Sue Carow, Glenview, IL, to capture the Women's Senior Singles division, the first time this event has been offered in USRA Nationals competition.

In a relatively small field of nine Carow and Thompson were easily the class of the group, with neither player being forced to three games en route to the finals.

Once there the midwestern foes renewed their long standing rivalry, as Carow pitted her pro tour experience against Thompson's collection of first place trophies in many amateur events.

Muehleisen Mashes Masters



-Dan Kasberger photo

San Diego's Bud Muehleisen successfully defended his Masters Singles crown in a big way in Detroit, by allowing opponents less than eight points per game to easily take the title.

The lanky southpaw totally dominated surprise finalist Jay Krevsky, Harrisburg, PA, in the championship match 21-6, 21-9, displaying the control and finesse that makes him easily the best of the 45 and over set.

Krevsky and Muehleisen took radically different routes to the finals. Bud, coming from the number one seeded position, never allowed more than 12 points in any game, and never even allowed 21 points in any match from an opponent. His semi-final victory was 21-3, 21-9 over Dan Buehler, Olympia, WA.

Krevsky, on the other hand, played from an unseeded position, winning a preliminary round match and

eventually stopping number two seed Sam Koanui, Honolulu, in the semi's 21-17, 21-15. Jay's toughest match prior to the finals was a 20-21, 21-19, 11-2 quarter-final win over Saline, MI's Lynn Hahn.

Forty-one players made up the Masters Singles division and the competition along the way was exceptional. Two of the four quarter-final matches went to the tie-breaker, including Krevsky's win over Hahn. The other three-gamer was Buehler's 17-21, 21-14, 11-0 victory over Chicago's Marshall Stern, the tournament's number four seed. Muehleisen stopped Dan Day, Glenview, IL, 21-9, 21-11, while Koanui bested Chicago's Richard Porter 21-8, 21-14 in the two other quarter-final battles.

The championship was Muehleisen's second successive National Masters title since he moved from Seniors to Masters two years ago.

Masters Singles Results

(Preliminary Round): King d. Hamburger 21-17, 21-4; Weiser d. Gothard 21-4, 21-18; Haering d. Ramsay 21-7, 21-9; Pudding d. Schaffer 21-6, 21-7; Ludtke d. Carone 19-21, 21-15, 11-5; Krevsky d. Hatcher 21-6, 21-9.

(First Round): Muehleisen d. Ekelman 21-3, 21-5; King d. DeGulis 21-1, 21-3; Day d. Taranko, forfeit; Branstner d. Christiansen 1-21, 21-16, 11-4; Buehler d. Cleveland 21-5, 21-6; Zitzer d. Weiser 21-15, 21-12; Karp d. Haering 21-14, 21-11; Stern d. St. Clair 21-9, 20-21, 11-4; Hahn d. Leydens 14-21, 21-10, 11-6; Altman d. Pudding 21-14, 21-5; Bolt d. Ludtke 21-11, 21-15; Krevsky d. Wiegand 21-17, 21-14; Porter d. Schiller 21-5, 21-5; Lapierre d. Charette, forfeit; Nichols d. Hilecher 21-12, 21-16; Koanui d. Habrecht, forfeit.

(Second Round): Muehleisen d. King 21-12, 21-7; Day d. Branstner 21-17, 21-12; Buehler d. Zitzer 21-12, 21-12; Stern d. Karp 15-21, 21-18, 11-4; Hahn d. Altman 8-21, 21-10, 11-2; Krevsky d. Bolt 21-5, 21-7; Porter d. Lapierre 21-7, 4-21, 11-7; Koanui d. Nichols 21-9, 21-15.

(Quarter-finals): Muehleisen d. Day 21-9, 21-11; Buehler d. Stern 17-21, 21-14, 11-0; Krevsky d. Hahn 20-21, 21-19, 11-2; Koanui d. Porter 21-8, 21-14.

(Semi-finals): Muehleisen d. Muehler 21-3, 21-9; Krevsky d. Koanui 21-17, 21-15.

(Finals): Muehleisen d. Krevsky 21-6, 21-9. (Third): Buehler d. Koanui 18-21, 21-19, 11-2.

Women Seniors

Game one was a terrific battle, going down to the last rally which was captured by Thompson for a 21-20 first game win. Carow wasn't able to mount as much pressure in the second, and Judy kept control throughout for a 21-12 victory and the title.

In the semi-finals Carow had bested another Chicagoan, Barb Edelstein, who had defeated Goldie Hogan in a difficult first round match 11-6 in the tie-breaker. Carow breezed past Edelstein 21-9, 21-4.

Thompson was nearly as tough with Ev Dillon, the Women's Amateur Doubles champion, who wasn't able to put together her singles game. Thompson's triumph was 21-11, 21-13.

Dillon regained the touch to capture third place over Edelstein 21-5, 18-21, 11-3.

Women Senior Singles Results

(Preliminary Round): Busch d. Ragow 21-4, 21-6.

(Quarter-finals): Carow d. Parodi, forfeit; Edelstein d. Hogan 21-19, 8-21, 11-6; Dillon d. Busch 21-8, 21-15; Thompson d. Vantrease 21-5, 21-4.

(Semi-finals): Carow d. Edelstein 21-9, 21-4; Thompson d. Dillon 21-11, 21-13.

(Finals): Thompson d. Carow 21-20, 21-12. (Third): Dillon d. Edelstein 21-5, 18-21, 11-3.



DiVito-Rizzio Do It Again



The champs again. Jim DiVito (l.) and Sam Rizzio show the hardware won in the Golden Masters Doubles division.

This time they made no mistake about it. Jim DiVito and Sam Rizzio, the dynamic twosome from Chicago, won their second straight Golden Masters Doubles championship in Detroit and unlike their 1977 title, this one was a no doubt about it.

DiVito/Rizzio, who went down to the wire in 1977 winning the title 11-10, were able to dominate this year's championship foes Art Payne and Brud Turner, 21-4, 21-6 for the crown.

The closest anybody in the tourney got to the champs was their semi-final match against Burt Morrow and Les Skelton the L.A.-Honolulu tandem. That win was 21-20, 21-5 for the Chicagoans.

In the bottom bracket semi-final Payne and Turner, who hail from Columbus and Cleveland, OH, barely got by Carl Loveday and Bob Purcell, San Diego, 21-9, 19-21, 11-10.

Morrow/Skelton took third place 21-12, 21-7.

Golden Masters Doubles Results

(First Round): Morrow/Skelton d. Daines/Schmidt 21-10, 21-4; Payne/Turner d. Finn/Davis 21-2, 21-18; Loveday/Purcell d. Pearce/Grove, forfeit.

(Semi-finals): DiVito/Rizzio d. Morrow/Skelton 21-20, 21-5; Payne/Turner d. Loveday/Purcell 21-9, 19-21, 11-10.

(Finals): DiVito/Rizzio d. Payne/Turner 21-4, 21-6. (Third): Morrow/Skelton d. Loveday/Purcell 21-12, 21-7.



Morrow Wins GM

Carl Loveday's attempt to make it two Golden Masters Singles titles in a row fell just short, when number three seeded Burt Morrow, Los Angeles, stopped San Diego's Loveday 20-21, 21-16, 11-4 in the finals for the national title.

The championship match was played a week after the Nationals when Loveday, in a gesture of supreme sportsmanship, refused an injury default championship and elected to play the match on the west coast.

The painful back injury suffered by Morrow cleared sufficiently to allow him to wrest the crown from Loveday, one of the game's premier Golden Masters players.

Nearly a full bracket of 32 players competed in the event, which was played out to form to the semi-finals, with the exception of number two seed Jim DiVito, last season's runner-up,



All photos by Arthur Shay

Thank You

A final postscript to the National Championships of 1978 goes to all of the hard workers, staff, referees, administrators and volunteers who made this 1978 edition of racquetball's finest one of the most memorable events in racquetball history.

Among the scores who did yeoman's work all week long a few deserve special mention and a well deserved thank you from USRA/NRC headquarters:

Dan Seaton, head floor manager
Clyde Senters, head floor manager
Wayne Vincent, assistant floor manager
Dennis Wood, assistant floor manager
John Vanderwel, assistant floor manager
Tom Street, head referee
Alan Shetzer, head referee
Ruth Vincent, assistant head referee
Greg Smith, assistant head referee
Pat Foley, registration
Barb Leve, registration
Milt Presler, registration & signs
and to all the many, many others who aided in one way or another all week — thank you all. We'll see you next year.

Singles

who was forced out of action with an injury, although he was able to compete later in doubles.

The other three top seeds, Loveday, Morrow and number four Luzelle Wilde, Salt Lake City, each made the semi-finals, with Wilde giving Loveday a true test of skills before succumbing 21-8, 10-21, 11-8.

Morrow in the lower bracket met Gene MacDonald in the other semi-final. MacDonald, a former west coaster, now playing out of Mackinac Island, MI, was unable to crack through the tough play of Morrow, whose son Mark is a ranked professional. Scores were 10 and 10.

In the battle for third place Wilde topped MacDonald 21-5, 21-19 to take home the hardware.

In the quarters all four winners did it in two, although Wilde was given a good test from Art Payne, Columbus, OH, who went down to defeat 21-12, 21-20.

Golden Masters Singles champ Burt Morrow, left, laughs it up with USRA president Bob Kendler, right, between matches at the Nationals. Looking on is eventual third placer Luzelle Wilde.

In other quarter-final action Loveday defeated Honolulu's Les Skelton 15 and 11, Morrow stopped Chattanooga's Alex Guerry 21-10, 21-6 and MacDonald did in Marv Simkins 19 and nine.

Golden Masters Singles Results

(First Round): Davis d. Pearce 21-8, 21-9; Skelton d. Sohikian 21-4, 21-3; Goodard d. Schmidt, forfeit; Payne d. Goldstein 21-2, 21-8; Nosan d. Kaufman 21-4, 15-21, 11-1; Place d. Finn 21-7, 21-2; Leshner d. Leone 21-14, 21-3; Guerry d. Purcell 21-4, 21-19; MacDonald d. Turner 21-6, 21-4; Kelly d. Rizzio, forfeit; Simkins d. Daines 21-13, 21-7.

(Second Round): Loveday d. Davis 21-5, 21-4; Skelton d. Goodard 21-17, 15-21, 11-0; Payne d. Holland, forfeit; Wilde d. Nosan 21-14, 21-17; Morrow d. Place 21-4, 21-2; Guerry d. Leshner 21-15, 21-16; MacDonald d. Kelly 21-7, 21-10; Simkins d. DiVito, default.

(Quarter-finals): Loveday d. Skelton 21-15, 21-11; Wilde d. Payne 21-12, 21-20; Morrow d. Guerry 21-10, 21-6; MacDonald d. Simkins 21-19, 21-9.

(Semi-finals): Loveday d. Wilde 21-8, 10-21, 11-8; Morrow d. MacDonald 21-10, 21-10.

(Finals): Morrow d. Loveday 20-21, 21-16, 11-4. (Third): Wilde d. MacDonald 21-5, 21-19.



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Boldest, Richest Pro Tour Set

Headlined again in 1978-79 by the Colgate-Palmolive Company the upcoming season's professional racquetball tour will have so many new stories that one truly doesn't know where to begin.

The tour is officially the Colgate Men and Women's Pro/Am Racquetball Tour, and it is co-sponsored by Seamco Sporting Goods and Leach Industries.

There will be nine events, including the National Championships, and of the nine one will be men only and one other tournament women only (in just the pro divisions).

Each event will be sponsored by one firm for that particular tournament. Each of these co-sponsoring companies will also be featured at other events as co-sponsors.

For example the opening event is the Jack-In-The-Box Classic, the first stop on the Colgate Tour, co-sponsored by Seamco/Leach. The dates for that event are September 27-October 1. The tournament is the Jack-In-The-Box event with \$20,000 in prize money being donated by Jack-In-The-Box.

That \$20,000 figure will be standard at each tournament where both men and women pro divisions are held. In

addition each tournament will feature another \$10,000 in Colgate Bonus Pool monies to be distributed at the National Championships in June.

The total bonus pool amount donated by Colgate is \$75,000. At each tournament the \$10,000 bonus money will be held to accumulate over the season. The final rankings going into the Nationals will determine the amount of Bonus each player will receive.

Colgate is also sponsoring the National Championships with prize money of \$50,000 in addition to the \$75,000 bonus pool figures, meaning that at the Nationals \$125,000 in cash will be distributed by Colgate-Palmolive, easily the biggest payday in the history of racquetball.

The tour's second event will be October 25-29, sponsored by Leach Industries, in Southfield, MI. Again there will be \$30,000 in prize monies, with \$20,000 being distributed at the tournament and the other \$10,000 going in to the Colgate Bonus Pool.

Later in the season the tour will have as sponsors Adolph Coors Company, Kunnan, Catalina Sportswear, Seamco and others.

Tournament format will vary, but the basic events will be unchanged from last season.

There will still be 24 exempt-from-qualifying players, placed directly into the round of 32 in the Men's Pro divisions. There will still be 12 exempt women placed directly into the round of 16 in the Women's Pro divisions.

Qualifying will be on Wednesday prior to the tournament, with the main draws play beginning on Thursday morning, along with any amateur divisions. Each tournament will have at least three amateur divisions along with the professionals.

The one men-only pro tour stop will be sponsored by Kunnan-Leach and be held in Coral Gables, FL, Jan. 31-Feb. 4. The format will be distinctly different from the other tour stops, in that a winner-take-all formula will be used instead of the normal single elimination.

The Kunnan-Leach Tournament of Champions will be limited to the top 16 pros by invitation only and the prize money will be \$27,500, the largest of the season except for the Nationals.

The Women's Tournament of Champions will be April 25-29 and at this time will most likely be sponsored by Seamco. The site and location are still being negotiated, and more will appear on this tournament later. Prize money, with the Colgate Bonus Pool will be \$17,500.

The tour is organized, run, refereed, sanctioned and promoted by the National Racquetball Club (pro divisions) and U.S. Racquetball Association (amateur divisions).

An overview of the season shows that \$300,000 in prize money will be distributed to the professionals, along with at least another \$200,000 in promotion, implementation and organization fees.

It's going to be a banner year again for the Colgate Pro/Am Tour. ●

Colgate Pro/Am Tour Schedule of Events

Date	Sponsor	Prize Money	City	Club
Sept. 27-Oct. 1	Jack-In-The-Box	\$30,000	St. Louis	Town & Country
Oct. 25-29	Leach Industries	\$30,000	Detroit	Southfield Racquetime
Nov. 15-19	Seamco Sporting Goods	\$30,000	Fairfield, NJ	undecided
Jan. 31-Feb. 4	Kunnan-Leach	\$27,500	Miami	Sportrooms of Sable Chase
Feb. 21-25	Coors	\$30,000	Denver	undecided
March 28-April 1	Catalina	\$30,000	Los Angeles	undecided
April 25-29	Seamco	\$17,500	undecided	undecided
May 16-20	undecided	\$30,000	Chicago	undecided
June 9-16	Colgate	\$50,000	Tempe, AZ	Arizona Athletic Club



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Women In Racquetball



Carol Brusslan

Beautiful or Not, They're the Only Ones You Have

Everyone's eyes aren't as beautiful as those of California Player Patti Fall. Some are tiny, skimpily lashed or bordered by bags — but they're still worth taking care of.

If you think that goes without saying, check your local club. Look around. Are safety goggles firmly wrapped around the heads of players as they fling racquets and balls about the court and each other? Or are eye guards resting in a few unopened boxes on the pro shop shelves?

One player who wishes he'd put on eye protection before he started a match last summer is Jim Pruitt, Pennsylvania state chairman, who landed in the hospital when a racquetball hit him in the eye (see Terry Fancher's column). And doctors are warning racquetball playing patients to wear protective eye gear after a story in the *Journal of the American Medical Assoc.* ("Racquet Sports — An Ocular Hazard") reported eye injuries for one year at an estimated 3,220.

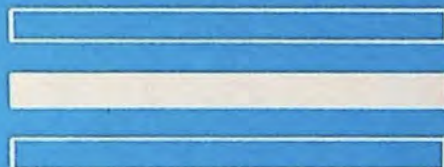
But getting eye protection on players *before* they get hurt isn't easy. The mandatory approach of the Canadian Racquetball Association (eye guards required at sanctioned tournaments) is one the USRA wants to avoid. Our association hopes it can educate players so they wear eye guards voluntarily.

Here's an area of racquetball where women players can lead the way. If caution is a feminine trait, this is the place to use it — guided by good sense and free of the macho desire to dabble in danger.

Your part in the crusade is simple:

- Buy eye gear protection.
- Wear it whenever you play or practice.
- Get your opponent to wear it.

As one young woman said, pulling her goggles over her baby blues, "These are keeping the ball off my eyes . . . so I can keep my eyes on the ball."

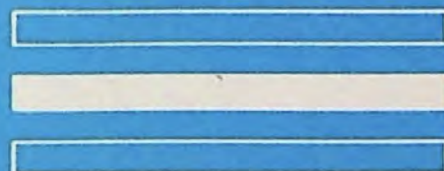


Debunking the Female Iron Myth

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Debunking the Female Iron Myth

Mother Nature Does Just Fine for Women Athletes

by John Chelucci

John Chelucci, who writes health stories for *National Racquetball*, recently received a masters degree in human nutrition.

Iron, that heavy stuff on which grandma flipped her griddle-cakes, is a mineral nutrient essential to life. The United States National Academy of Science — National Research Council has set the iron requirement for women of childbearing age at a whopping 18 mgs per day, thus making it the only nutrient allowance impossible to obtain from a balanced diet. To this recommendation, which has given rise to the lucrative iron-supplement industry, we respectfully say . . . Bunk!

So relevant is an understanding of this controversy to all female athletes we feel a responsibility to National Racquetball readers to present the latest research findings on the iron requirements of women. There can be no compromise; either female athletes are in negative iron balance in need of a supplement, or the National Research Council's recommendation is wrong — the cause of needless worry and questionable pill-popping.

1 + 1 + 2

The theory behind iron balance is elementary; iron losses must be met by iron intake. Men average 1 mg of iron lost daily through gastro-intestinal tract, urine, fingernail and hair losses. Athletes lose an additional .3 mg per liter of sweat. To this basal figure women must add approximately 1 mg daily to replace menstrual loss. This total must be met from the food we eat. Whereas iron from vegetable sources is poorly absorbed, that from meat is more readily, the range often differing by a factor of 40. The following chart illustrates the iron content of some familiar foods and the amount actually available for absorption:

Food	Iron content (mg)	Percent Absorbed
Spinach	4.0/cup	1.5
Beans	5.0/cup	4.0
Corn	5/ear	3.0
Wholewheat	3 4/4 loaf	2.0
Wht. wheat	3 4/4 loaf	10.0
Eggs	1.1 each	4.0
Soybean	5.4/cup	11.0
Chicken	1.5/3 oz.	11.0
Liver	7.4/3 oz.	11.0

Because of poor absorption, the task of eating enough food to replace 2+ mgs of iron is a formidable one indeed, requiring the equivalent of 35 cups of spinach, a feat not surprisingly delegated over the years to Popeye!

As sometimes happens with pure theory, however, the void across which we must now travel to its application is more complex. It is not enough to know the iron content of a particular food, or even the availability of that iron; equally important are the interactions between foods that may change the amount of iron available. Or . . .

1 + 1 = 3

The quantity of food eaten, the chemical nature of the food and the numerous interactions between foods can all affect the availability of iron in each item. Thus meat has been shown to markedly enhance the absorption of certain vegetable iron; fruit juice taken with a meal appears to double the absorption of iron from bread; the addition of 10 percent bran reduces iron absorbed from wheat by 50 percent; the inclusion of an egg binds the iron in bread so tightly no iron is absorbed; and additives . . . well, who really knows?

One — EDTA — an additive to mayonnaise, sandwich spreads, sauces, canned foods, beer, soft drinks and liquor, markedly reduces iron absorption.

With all these variables it is little wonder that the total dietary iron intake shows no significant relation to circulating hemoglobin levels, the most commonly used index of body iron content. (Hemoglobin is the compound in red blood cells that carries oxygen from the lungs to the body tissues.)

What's more the effects of reduced circulating hemoglobin — believed to cause fatigue, shortness of breath and rapid pulse with mild exertion — are better documented with rats than with human subjects. In two studies of more than 4,000 women to examine the association between circulating hemoglobin values and physical performance, cardiorespiratory test results of those women with the lowest Hb levels were compared with those of 80 women with normal levels of circulating hemoglobin. There were no significant differences in heart beat and rate of breathing between the two groups!

The effect of a change of Hb level on cardiorespiratory function was also studied by giving some women an iron supplement and others a milk-sugar placebo. Despite a very marked effect of the iron treatment on circulating Hb levels again there was no evidence of any beneficial effect on cardiorespiratory function or performance.

Finally a project especially designed to determine the iron requirements of menstruating women also produced unexpected results. Not only was there a much lower incidence of anemia than expected, but there was no significant effect of menstrual loss on hemoglobin values except when unusual amounts of blood were lost. Also of interest was the fact that while those women using oral contraceptives had lower menstrual losses, their Hb levels were no higher than the remainder.



Pro Sue Carow's fatigue comes from playing a hard match, not from an iron deficiency.

Where's the Error?

Where then is the error in the theoretical model that establishes the daily iron requirement at 18 mgs? First the basal loss of 1 mg per day may not be applicable to the menstruating female; as one loss component increases, other sources of iron losses may decrease. Second the body absorbs iron according to need; menstrual loss, creating greater need, increases iron absorption. Finally the smaller size of the female, with less total body iron would also suggest a lower basal iron loss.

Because there has been demonstrated no significant relationship between Hb levels and either food consumed, menstrual losses or physical performance — the following considerations are justified:

- Don't worry about the actual mgs of iron in the food you eat — even a sophisticated computer would be unable to adjust for all the food interactions.
- Eat a balanced diet — studies show greater iron absorption when all nutrients are present.
- Include some meat and citrus fruits in your menus — both protein and vitamin C are powerful aids to iron absorption.
- Examine your lifestyle — an amazing amount of fatigue can be alleviated by a weekend of relaxation and sleep.

If you are a strict vegetarian, on a calorie restricted diet, or have given blood recently and you get tired fast, you may indeed be suffering from inadequate iron. If, however, you experience fatigue only during a strenuous racquetball match, you may be suffering from nothing more than inadequate training. We firmly believe that the female participating at all levels of racquetball can achieve iron balance from a sensible eating program without resorting to the questionable use of iron supplements. From the visible evidence of the ever-increasing number of energetic "racquettes," Mother Nature appears to be doing just fine!

Playing Tip Number 12

This month's tip from *Inside Racquetball for Women* might touch on more than your racquetball game. You may find that making fast decisions on the court gets you into the habit of sizing up and acting on off-the-court situations with a new decisiveness.

Once you've made the decision to get out and play, your next choice is basic: Should you use your backhand or your forehand?

Co-authors, Pro Jean Sauser and Photographer Arthur Shay, have included this tip in their guide published by Contemporary Books and excerpted in a *National Racquetball* series. The book is available at pro shops and book stores.

Indecisiveness

Racquetball forces you to make a series of instant evaluations and decisions. One of the first decisions you have to make is whether to return a ball with your forehand or your backhand. If you let the ball arrive at your body before you decide which way to hit it, you will tend to bobble, as shown.



Correction

Imagine your body divided in two, left and right. If the ball seems to be headed toward your right (and you are right handed), use your forehand. If the ball is headed toward your left, use your backhand. Make the decision as early as possible and then get that power base working – toes pointed to one side wall or the other. Don't develop your forehand at the expense of your backhand by taking everything with your stronger stroke. Develop a balance between the two. Players with a good forehand often practice for hours to increase the proficiency of their backhand. Beginners are advised to favor the backhand for this very reason.

To practice alone volley against the front wall. Hit shots that alternate from forehand to backhand. Rotate the shoulders to the proper side wall before hitting. Make your stroke decisions fast and with coordination. Keep hitting, and keep learning your body's powers and limitations. Take more time to practice your weaker strokes.



Who's Playing Racquetball?

Patty Bailey: From Zippers to Z Balls

Patty Bailey, 29, may set 100 zippers or hem 300 to 400 garments between 7:30 a.m. and 3:30 p.m.

Then, most likely, she'll head for the racquetball court for anywhere from 45 minutes to four hours.

"I sit all day and I'm glad to get up and run on a court," the seamstress of nine years says. She now works for Roanoke Dress Corporation, makers of high fashion women's clothes.

"It's interesting. You know six months before the style comes out what it's going to be. We make winter clothes in summer and summer clothes during the winter."

Patty didn't play any sport very much until two years ago when she began playing racquetball with her husband, Tony, also 29. The high school sweethearts from Celina, OH, married in 1969 and moved to this Virginia city, where Tony manages a foster care program for mental patients being treated at the nearby Veterans Administration Hospital.

Tony, a handball player, picked up racquetball at the Roanoke Central YMCA six years ago. Back then women weren't allowed to set foot on the courts, much less join the Y. So Patty watched. And Tony began teaching her on couples and family nights.

"She wasn't easy to teach. You know how hard it is to teach someone that close," Tony says. "I'd holler at her quicker than I would at someone else."

"I like the exercise and the competition," Patty says. She plays racquetball three or four times a week, particularly on Wednesday nights, ladies' night at a friend's private court.

Her partners — when her opponent isn't Tony — include women who also joined the Y to have a place to play. Yes Tony usually wins when the couple plays. But Patty likes competition — so well that after she'd been playing four months, she



entered a state tournament (she laughs about that, now). Last year she came in third among the 16 women who competed at the Y's local tournament.

"I really feel great after I play. You can sleep like a log," she says. "It relaxes you after sitting all day, having the pressure of sewing so fast."

—Laura Alderson

The pace changes radically when Patty Bailey leaves her sewing machine at Roanoke Dress and starts relaxing with racquetball.



Laura Alderson photos



Tony Bailey checks his wife's racquetball grip.

John Newcombe doesn't play racquetball in tennis shoes. Why do you?

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Racquetball



Terry Fancher

The Problem of Eye Protection

Recently the Canadian Racquetball Association made it mandatory for all players in sanctioned tournaments to wear eyeguards. I happen to think this is in the best interests of the players and should be more widely adopted.

This past July I received a telephone call from our USRA Pennsylvania state chairman, Jim Pruitt, who had just been released from the hospital. He had been struck in the eye with a racquetball and stated as most of us would "I never thought it would happen to me." The especially sad part of this story is that Jim said he was in the hospital with another player with the same injury who permanently lost sight in one eye.

I have watched this situation develop over a period of years and I'm amazed that more attention is not given to wearing eye protection. Eye injury can be avoided in most cases. Anyone who has written instructional articles is aware of the emphasis placed on watching the ball as your opponent strikes it, even if he is behind you on the

court. To play effectively you must do this, but you must protect your eyes in the process, preferably with some type of eye guards.

National Racquetball has printed articles by eye specialists urging and emphasizing the need for some sort of eye protection for racquetball (and any racket sport.) But the warnings usually go unheeded, despite the citing of examples of tragic eye accidents and injuries. The same problem can be related to wearing seat belts in automobiles or motorcycle helmets while cycling. Most people simply don't want to be told what to do even if a law is passed requiring it.

So what is the answer? All our headquarters can do is to urge players to wear eye protection. We are not going to pass more rules and regulations than already exist governing racquetball, but we feel that it's our duty to stress the importance and seriousness of the situation. We see no end in sight to continued eye injuries. However we are not going to

infringe upon our players individual rights and make legislation to that effect. We can only encourage our amateurs and professionals to protect themselves and set the example for all racquetball players.

In the Southeast Regionals, listed incorrectly in the July issue, John Brovich defeated Mike Ray 21-3, 18-21, 11-5 in the Boys 15 and under.

We're including this correction in our USRA section as a roundabout way of saying that we cannot check accuracy of tournament results that readers mail us, and consequently we can't print future corrections.

We hope those who are volunteering to write up tournament results will continue to understand how important accurate reporting is to players, especially when the results are printed in *National Racquetball*. Thank you, volunteer reporters.



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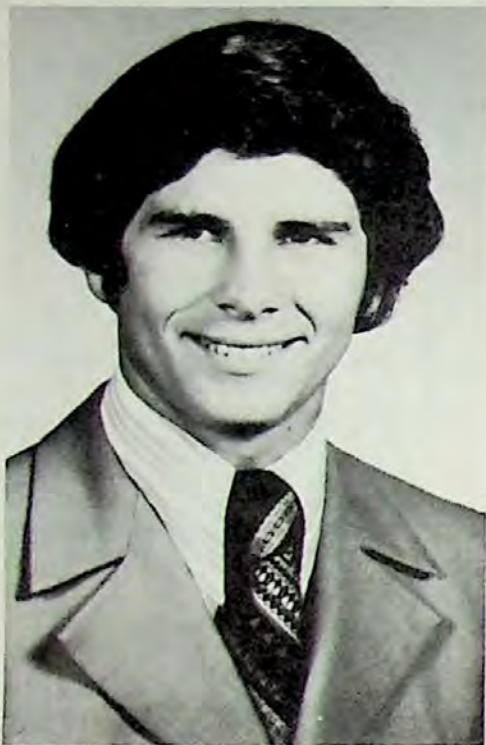
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Meet Your State Chairman



James Bixler — Arkansas

Could you persuade a friend to get a racquetball commercial aired on PBS television? Our Arkansas state chairman, James Bixler, did. His good friend, Jerry McKinnis, author, producer, and director of a popular sport fishing television show, produced a racquetball short to entice people to play and inform them about the game and the Arkansas Racquetball Association. Don Kessinger, the veteran baseball star who plays for the Chicago White Sox, contributed his club for the filming. *"We think the finished product turned out great,"* said Bixler.

About two years ago James Bixler was coerced by a friend into playing a game of racquetball. This may have been the best thing that ever happened to Arkansas racquetball. In a state where college football and basketball is so popular racquetball is taking hold as a game that former spectators only can play.

Since taking over the state amateur association several tournaments have been planned by Bixler, and a state newsletter has been published along

with some other unique racquetball promotions, such as the TV spot. Additionally a unique interstate competition took place between Don Kessinger's Little Rock court club members and his Memphis club. *"They even flaunted T-shirts that said, 'We eat Hogs for breakfast', but surprisingly we won the tournament,"* said James. (Hogs is the nickname for the Arkansas Razorbacks). The competition was started by a friendly argument between the two club managers, Allen Jackson and Rich Self, as to which city had the best racquetball players. A good time was enjoyed by all who took part.

James Bixler is Director of Parks and Recreation for the city of Arkadelphia and administers programs and leagues continuously year round. *"I'm practically a one-man department,"* he says. The emphasis is an adult recreation and small children's activities, since the public schools take care of the school children's programs.

Most of the racquetball activity in Arkansas is in the nearby Little Rock area, but there is a new court club opening in Fayetteville, where the University of Arkansas is located. Arkansas State University has eight courts planned in a new recreational building, and a new tennis and racquetball club is opening in Mountain Home. Competitive racquetball players come from three primary areas — Little Rock, Fort Smith and Jonesboro.

"Racquetball is still in the infant stages in Arkansas compared to many states," says Bixler, *"but it is really starting to take off in popularity."* Some of our best players still have to enter the B division in tournaments outside the state. The best player is probably Mike Ray, who is originally from San Diego. The former doubles team of Jack Wren (all-Marine champion) and Jim McCoy won the Cowboy Open Doubles held annually in Stillwater, OK, but Wren has since been transferred to San Diego. Lisa Collins is probably the most consistent womens player and is *"a real tiger in the court,"* and always

serves on the tournament committee. Other good players include Dewitt Sholtz, and the fastest rising player is 6'7" Bill Sell, who can traverse the court in one step and has quickness as well.

Besides racquetball James Bixler relaxes by water skiing at a nearby lake and works on the organization of the state association. *"Racquetball helps keep off the spare tire around my midsection,"* he says.



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Host Your Own Racquetball Tournament

by Richard Peck

Maybe you're like me. You've been playing a year, or two or just a few more than that. You love racquetball and play as often as you can. You're not a USRA state chairman or anything like that (after all, there can only be one chairman per state), but you believe in the benefits of our sport and you want to see it grow. Growth means involving more people in racquetball, which means additional and upgraded facilities, more money for our pros and a constantly improving caliber of play.

Maybe you also believe racquetball may grab a kid off the street and give him such a good time, all that energy and raw ambition will find a constructive channel through our sport and change a life. Or maybe you have a Dad, a husband or a wife, or just a good friend who needs to begin taking care of the old body to ward off diseases spawned by our inactive, spectator oriented society.

If that's you, or if it's close, then maybe you're ready to host your own racquetball tournament! Involve those people who need to know about racquetball — and some others, too. The organizational format described in this article grew out of an office tournament, but should work just as well for church, family, neighborhood or social groups. And if you find you need to change something, do it; improvise. Don't be afraid to try modifications which will make the event more appealing to your own group.

How to Get Started

Where do you start? Two places. First you organize the participants; second, you then sit down with the manager of the club, YMCA, or JCC where you plan to hold the tournament, and — based upon the number of participants (remember, you've already gotten them lined up) — you work the tournament into the facility's court time schedule.

Experience is a great teacher, and having organized such a tournament which seemed to be enjoyed by all who took part, perhaps this would be a good time to offer a few suggestions which may make it easier for you to organize an event of your own.

Organizing the Participating Players

These are not yet highly-motivated racquetballers who will respond as you and I might. It's more than likely that if you approach them in a casual way ("Wanna play one night next week?", or "How would you like to be in a racquetball tournament?"), you won't generate much interest. So suggestion number one is to get yourself organized first. By this I mean that you should, without overdoing it, make the tournament something special — an event, an occasion, something more than just a night of sweaty, athletic activity.

Invitations

For our office participants, this was accomplished by circulating the memo shown on these pages. You can do the same thing for most other groups you might assemble. If it is a group which gets together in some sort of organized fashion, distribute the tournament "invitations" personally. If it's a more loosely organized group, mail them out.

Trophies

Earlier I mentioned that you should make it an event, an occasion, but without overdoing it. Perhaps the trophies mentioned in the memo/invitation to our tournament seem a little bit hokey for a group of friends, many of them novices, getting together to play. Experience proved, however, that the possibility of getting a trophy was one of the most important single factors motivating people to participate.

They need not be expensive trophies. I don't think that any of ours were more than 10-12" tall, and even the first place trophies cost less than five dollars.

Given a fair number of participants it only means adding a dollar or two to the cost of court time — and you'll probably have money left over for refreshments afterward.

Three More Thoughts

In addition to the trophies, when organizing the participants, here are three other hints that will help. One give

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Tournament Format: With fun and a chance to get together being the real objectives, and to make it a tournament that can be held all in one night, all matches but finals will be one game to 21. Finals, two games to 21, with 11 point tie-breaker if needed.

Place: Racquetball Club. Trophies and "Tournament's Worst" Awards for all participants will be presented at the conclusion of the finals!

the tournament a name, even if it's only the _____ Invitational Racquetball Tournament. It makes it seem special and looks good on the trophies.

Two provide some sort of explanation or rationale for the tournament, unless this is some sort of group which gathers regularly for this sort of event. For our office tournament the rationale was as simple as "a one night opportunity to get together, have some fun, and work off the frustrations we sometimes cause each other!"

Three try to have something for everyone at the trophy presentation time. For our tournament we had awards for each player who did not win a trophy. These were given for various reasons ranging from Best Sport to the Worst Backhand and the Most Raggedy Outfit. The awards were made from broken racquets, old gym shoes and dead balls mounted on wooden plaques of assorted sizes. They were given in a spirit of gentle kidding, and were received with as much pleasure (and more laughter) than most of the trophies.

Getting the Club Ready

We'll assume you now have your players organized and know exactly how many will be entered in the tournament. Your next step is to contact your club manager to secure his or her support, and to set aside the proper amount of court time.

When we talk about getting support from your club, that doesn't necessarily mean that they are expected to give you anything. Our office tournament paid its own way at regular rates for the court time used. You may find, however, that the manager will recognize a good opportunity to introduce new players to the game (or to the club) and will help in numerous small, but significant ways.

Your objectives when going in to talk with the manager are as follows:

1. To get an appropriate amount of court time reserved, and in a way that will permit the players to watch other matches when they are not playing and will permit everyone to see the finals.

2. To get this time set up on adjacent courts whenever possible, to keep the tournament from being spread out all over a large club. This grouping of the courts together is particularly effective if your club has a glass wall court or two opening onto a lounge or viewing area.

3. To arrange for an area where the Tournament Director's table can be placed. This is the center of activity for the tournament, where match results are posted and court assignments are made.

4. To arrange for an area where the trophy presentation can be made after the finals. It's not always possible, but try to get an area away from the courts, because the sound of balls slamming into court walls can make it difficult to be heard when presenting awards.

The Draw and Other Technical Topics

If you've never put together a tournament "draw" — that is, the player match-ups to determine who plays, and when, against whom — you may need a little advice about how it's done. If your club manager has been cooperative enough to help you achieve each of your first four objectives, you'll probably have no difficulty getting help with the draw as well.

The basic procedure is not difficult and, if you're doing it on your own, a number of brief booklets are available which explain exactly how it's done. Your state USRA chairman would probably also be happy to assist (names and addresses are listed each month in *National Racquetball*).

The important point to remember in putting together the draw for this sort of tournament is that it is not the pro Nationals. The basic result you're seeking is for everyone to have a good time and find out what racquetball is all about. To achieve that your draw should be set up to have all of the real novices lose their first round match and drop into a consolation bracket, in which they all have a roughly equal chance of battling it out for the trophies awarded that bracket. This also leaves the more accomplished players fighting it out among themselves and not eliminating a novice who, through a first round pairing with another novice,

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made it into the second round. Of course if all of the players are of roughly equal ability, so much the better. That's a luxury, however, you won't often have.

We used that system of arranging the draw for our office tournament and it worked perfectly. Moreover the novices who knew that some of the rest of us had been playing for some time also saw exactly how the draw was put together, and surmised why — with no embarrassment. They each enjoyed their match against the more experienced player, particularly since some of the experienced players could place the ball to prolong certain rallies, giving the beginners a better feel for the game than a match with another novice might. The novices then bowed to the inevitable, dropped into the consolation bracket, and fought like tigers for the trophies awarded there.

Of course if you have a large number of players, it's possible you can organize the tournament into classes. Our one night tournament, however, had approximately 20 participants, and for this number the system described worked well.

One Game to 21 Matches

We wanted a tournament which could be held in one night. To run for more than one night, or to play the tournament over a weekend, would have severely limited the number of participants. And, again, the basic purpose was to have fun and encourage a group to get involved in racquetball.

To compress the event into one evening, all matches but the finals consisted of one game to 21 points. This permitted us to begin at 6:30 p.m. and finish before 11:30 p.m., including the presentation of trophies and a bit of time to just sit and talk. You may prefer one game to 15 points, but the object is the same: keep the event confined to one night.

Rules and Referees

You might ask, "Did we ref all of the matches?" The answer is no. You're likely to have a shortage of qualified referees and it's also possible the presence of a referee will make some of the participants extremely self conscious and uncomfortable. If you're dealing with a group all of whom have a basic understanding of the rules and procedures for play, you'll have no problem. On the other hand if you have a number of players just learning the rules, then perhaps you, the club manager, or the club pro can give a brief presentation of the rules — followed by a quick playing demonstration — before beginning. With that sort of start, and a first round match with an experienced player, you're not likely to have any real difficulties.

Lisa DeFranco and Gary Emrich model tournament T-shirts.



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At the Last Moment

It's only a week, maybe a day or two less, until your tournament. Be sure to do two things: first check with all of your players to make sure there are no last minute dropouts. We had two out of a total field of about 20, and promptly replaced them with a couple of racquetball playing spouses of other entrants.

Second assuming everything is still going to go as planned, confirm that with your club. Be sure to let them know if, for some reason, you decide to reduce the number of courts to be used so that they can resell those courts to other players. If the club manager didn't make you pay for the court time in advance, there may be as much as a couple of hundred dollars court time set aside for you. Take that responsibility seriously.

The Big Night!

Just one more suggestion: forget about playing, unless you can find a capable racquetballer to serve in your place as tournament director. Even a tournament of 20 people or less requires at least one person's full time attention to make certain that everything runs smoothly.

What's in it for you? An evening when you'll see friends discovering that racquetball can be learned easily, enjoyed even the first time out, and played with a considerable amount of skill by the better players, who have devoted the time and energy to perfecting their skills.

The influence of our tournament spread far beyond just the active participants. We had husbands and wives, boyfriends and girlfriends, cameras, kids and interested club members looking in on most of the matches during the entire night. You can do it, too — when you host your own racquetball tournament!

A graphic composed of several interlocking puzzle pieces, each containing text related to starting a court club. The pieces include:

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Maryland Eyes a Future Men's Open Champ

—William Hotz photo



Racquetball players and pros around Baltimore, MD, are calling David Simonette their "racquetball prodigy."

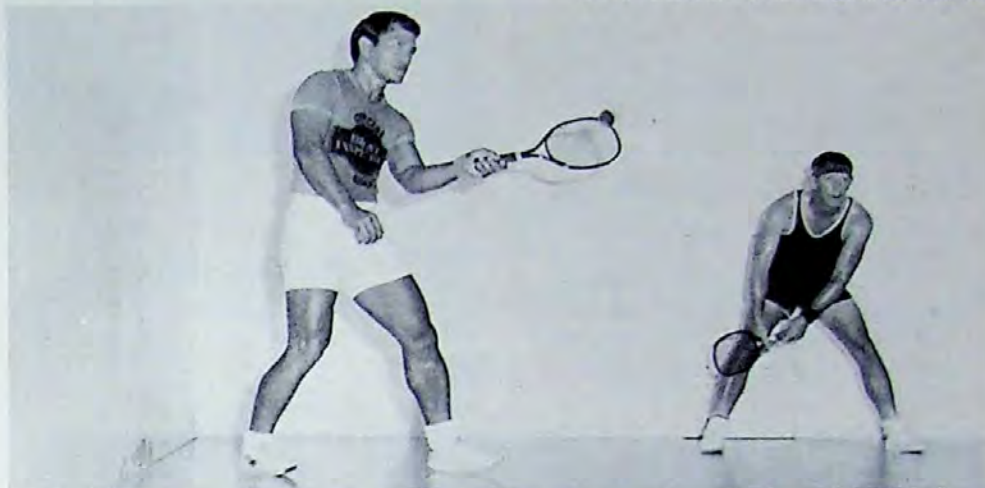
David, who is nine, is Maryland 12 and under champion. Padonia Racquet Club pro Tom Whipple, Maryland Men's Open champion who is David's coach, says the first time he saw David play he knew he had something special on his hands.

"His hand-eye coordination is remarkable," Whipple says. "Right now he's on a stretching program to improve his flexibility, and he jumps a lot of rope. He also plays lacrosse, so he's being exposed to other sports as well." Though Whipple doesn't want to "bury David in racquetball," the youngster's ambition of the moment is to become a winner on the pro racquetball tour.



Master Sergeant Takes Racquetball Around the World

—U.S. Air Force photo by Staff Sergeant David Bowers



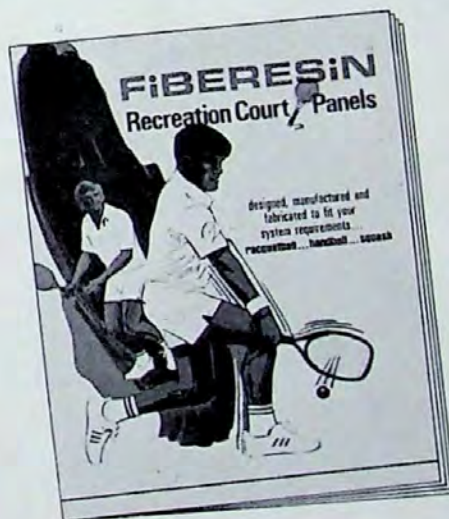
Ancelon "Ace" Untalan is one the United States armed forces' most enthusiastic racquetball players.

While assigned to the 43rd Avionics Maintenance Squadron at Anderson Air Force Base in Guam Ancelon won the Far Eastern Invitational at Clark Air Base in the Republic of the Philippines and the island military tournament at the Naval Station on Guam.

Now the master sergeant is on a new assignment at RAF, Alconbury in the

United Kingdom, where he's looking for more racquetball. In the accompanying photo he's playing in Guam with Technical Sergeant Calvin Cunningham, who says Untalan is so good "it's a victory just making him sweat."

—Airman First Class Matt Scherer



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Tournament Results

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Thank you

Virginia

Over 120 of the top east coast racquetball players came to the new Cardinal Court Club in Virginia Beach to participate in the First Annual Azalea Festival Tournament April 21-23. With competition in Men's Open, Men's B, Men's Senior, Men's Masters and Women's Open divisions over 150 matches were played on the club's four glass wall exhibition courts with a

completely separate consolation tournament for first round losers conducted on the other four regulation courts. Azalea Festival Queen Henriette Van Der Klaauw, daughter of Minister of Foreign Affairs from the Netherlands, presented awards to the divisional winners.

In the prestigious Men's Open division top-seed, Jim Bailey, handily defeated number three seed, Glenn Allen, in a two game final match before a packed audience 21-11, 21-5. Enroute to the finals, Bailey defeated number four seed, Clay McCasley, in a very close two hour match 21-3, 15-21, 11-9. In the other semi-final match Glenn Allen defeated Charles Watrous 21-7, 21-13.

Men's Seniors competition featured a total of 21 players and was won by Glenn Allen, who defeated Tournament Director Dan Samek, 21-14, 21-8. In Seniors semi-finals Allen defeated Norman Derosssett 21-8, 21-4, while Dan Samek bested Paul Hughes in a hard fought match 5-21, 21-17, 11-6. Third place went to Paul Hughes.

The Women's division was won by an unseeded newcomer, Robin Kahn, who defeated the number one seed, Connie Naminsky, in the semi-finals 21-5, 21-17 and the number 2 seed Alice Striffler 21-5, 21-1. An even more amazing feat for Kahn was the recognition she gained that same weekend by also winning the Women's Open Doubles division of the Azalea Festival Tennis tournament. Her skill again illustrates the ease with which good players can easily adapt to racquetball from tennis. In women's semi-final action Striffler defeated Sue Cumming 21-15, 21-1. Third place was won by Naminsky, who bested Cumming 21-6, 21-7.

A special Master's division for men 45 years of age and over was won by Mason Carlson, who defeated Walter Wales in the final match 21-17, 21-17. Third place was won by Ron York.

The tremendous growth and popularity of racquetball was again recognized by the large draw of new, young players who entered the Men's B division. Over 64 B players competed for the top spot, which was finally won by Charles Watrous over Bob Ison 21-21, 21-10, 11-1. In semi-final action Watrous defeated Gary Roberson 13-21 21-7, 11-1. While Ison defeated Jim Whitbeck in a hard fought match 19-21, 21-17, 11-6. Third place went to Roberson who won over Whitbeck by forfeit.

Consolation tournaments were scheduled and completed for all first round losers in all events and resulted in the following:

Senior's Consolation: Jim Benson defeated Ron York 21-5, 15-21, 11-5; Open Consolation: Steve Musgrave defeated Joe Kinsey 21-14, 21-18; Men's B Consolation: Ed Vignarelli defeated Bob Woodhouse 21-15, 18-21, 11-7; Women's Consolation: Geneva Allen defeated Karen Linderman, 21-8, 21-2.

This first Azalea Festival Racquetball Classic will become an annual affair during the city's gala spring festival events, according to Dan Samek. Serving on the tournament committee were Charlotte Samek, Geneva Allen, Sid Semel, Connie Naminsky and Linda Statham, Miss Beach USA.

— D. Samek & G. Allen

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Upcoming Events

Michigan

The 1978 National Court Club Association — Wilson Sporting Goods Company National Amateur Racquetball Championships began at the local club level the weekend of July 21, with the National playoffs scheduled for Chicago August 26-28.

In the first tournament held at the new Taylor Racquettime Center Rob McKinney and Jim Easterling fought it out on a double elimination with Rob finally taking first place 21-14, 21-15 in the Men's A. John Richardson won Men's B 21-13, 21-13 from Gerald Green. Men's C saw a real slug fest between Bob Rzepecki and John McKinney with Bob finally winning the see saw match 21-11, 21-12.

Womens B first place went to Sue Flanary over Pamela Csartari, 21-4, 21-2. Margaret Tabor won Women's C 21-10, 21-8. Runnerup Denise Ostendorf, who has only played racquetball for four months, was impressive and will be someone to watch at future tournaments.

At the Livonia Racquettime Center Dave Doeher captured Men's A besting Eric Giovannini 21-13, 21-12. Greg Letourneau, in a tough match, took Men's B by beating Jim Amick 21-17, 21-19. Dave Alt captured Men's C from Ron Rzepecki in a hard fought match 14-21, 21-3, 11-5. Women's C first place went to Marita Goudey, who finally bested Norene Durkin 21-17, 21-16.

At Southfield Racquettime Center local club results saw Mark Richardson go from a first round loss to eventual winner of Men's A by a score of 21-19, 21-18 over Tom Cavanaugh.

Al Mack captured Mens B after several hard fought matches which, in the last round, saw him win over Bob Lipon 14-21, 21-14, 11-5. Men's C event was taken by Ray Emerson, who bested Cy Weiner in the final round 21-19, 21-6.

Donna Henry took Women's A by default. Women's B was taken by Debbie Erhart who beat Linda Wright in a tough match 21-18, 6-21, 11-8. Vikki Wiegand captured Women's C over Karen Miller, who had to forfeit after the first game 21-7 due to an injury.

The tournaments at the three clubs were based on the double elimination basis. Every contestant was assured of at least two matches. Some who lost initially got their act together and wound up capturing an event.

— Roger F. Shockcor



Oct. 27-29

Third Annual Fall Racquetball Classic of Northeastern Ohio, Royal Racquetball Club, 234 E. Market St., Warren, OH 44481, Dwight Miller, Tournament Director.

Feb. 23-25

1979 Masters Singles Tournament, Jacksonville Racquetball Club, 6651 Crestline Dr., Jacksonville, FL, 32211, Contact Dr. Gordon Ira.

Oct. 6 through June 3

Upper New York Racquetball Association's 1978-79 Tournament Schedule: Oct. 6-8-SUNY, Binghamton; Oct. 20-22-The Court Club, Albany; Oct. 27-29-Fairview Racquet, Burlington,

Ontario; Nov. 3-5-YMCA, Batavia; Dec. 1-3-Winton Racquetball Club, Rochester; Jan. 12-14-Four Walls Courts, Buffalo; Jan. 26-28-New York State Open, The Clubhouse, Syracuse; Feb. 16-18-Orchard Hills Racquetball Club, Buffalo; March 2-4-New York State Closed, Location to be announced, Rochester; March 30-Apr. 1-YMCA, Batavia; Apr. 13-15-SUNY, Binghamton; May 4-6-YMCA, Rochester; June 1-3-Racquetball Club of Eastern Hills, Buffalo.

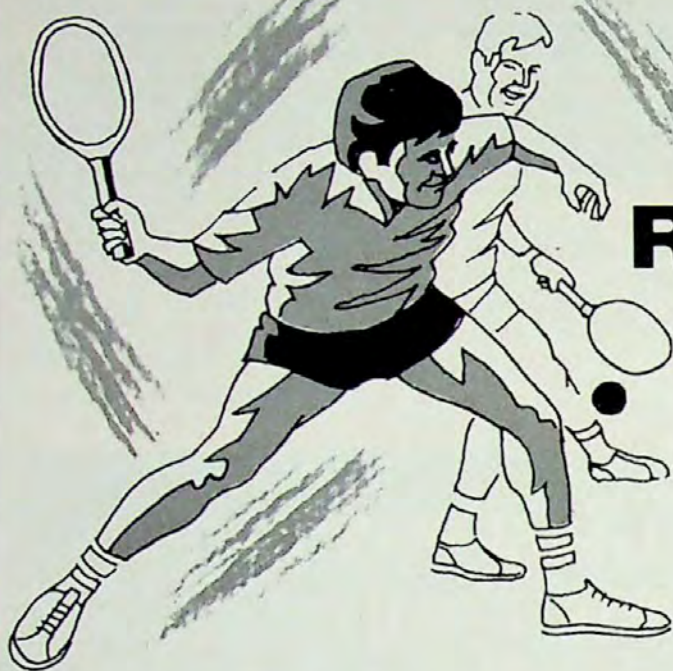


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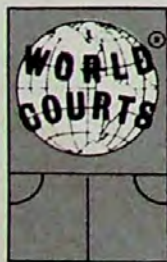
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Buffalo's Charlie Garfinkel Is Racquetball's Mr. Humble

by Mike Hogan

Charlie Garfinkel of Buffalo, NY, has compiled one of the best racquetball records on the east coast as well as some of the sport's most notable quotes.



Charlie Garfinkel has a problem with shyness: he doesn't have any. When it comes to talking Charlie Garfinkel makes Muhammad Ali sound like a mumbler.

Charlie Garfinkel, who signs his letters, "The Gar to His Friends," has no reason to be modest, so he isn't. In fact Charlie Garfinkel is worse than Bobby Riggs at his worst. No, at 6' 6" and 200 pounds, Charlie Garfinkel is worse than two Bobby Riggs.

So who's Charlie Garfinkel? Since he isn't on the pro tour, many people haven't heard of him.

But if you ever ask that question during a tournament anywhere on the eastern seaboard and happen to be standing next to a six-foot-six replica of Sesame Street's Big Bird, here's what you are likely to hear:

- Charlie Garfinkel is a four-time Eastern States Singles champ.
- Charlie Garfinkel is a two-time New York State Singles champ.

- Charlie Garfinkel is a five-time New York State Doubles champ.

- Charlie Garfinkel has been the City of Buffalo Singles champ for the last 12 years running!

- He was ranked among the top 10 players nationally from 1971 through 1974 and, since entering the Seniors category in 1975, has been ranked third nationally.

- He has also beaten a lot of famous names in tournament play, including five time national champion Charlie Brumfield, Bill Schmidtke when he was national champ, as well as Davey Bledsoe and Richard Wagner.

Joking, clowning and kidding: that's The Gar's style. But, on the court, Charlie Garfinkel is taken seriously by racquetball's top players. Descriptives like "spoiler" and "always tough" are used whenever his playing ability is discussed.

Here's what some of his close friends have to say about The Gar:

"I don't know which is bigger," says Brumfield, "his mouth or his feet."

Actually Garfinkel wears size 15 tennies, much bigger than his mouth. But his tongue has been clocked at speeds in excess of a Hogan serve.

The Big Bird

Schmidtke hung the Big Bird label on The Gar ("... just because I said that his success will never go to his clothes," Garfinkel retorts.)

He has been called a human vacuum cleaner in the front court and, after losing to him in a recent Challenge of the Sexes-type match, Peggy Steding complained that he had only to stick out one of his arms to cover even her best passing shot. It is not, true, however, that The Gar can stand in mid court and lean on either side wall. But yes, you would have to say that he is lanky.

Here's what The Gar has to say about The Gar:

"I've always been known as one of the smartest players on the court - and one of the most modest."

"Except for Hogan and Brumfield, my name is bigger in the east than any other racquetball player in the country."

Admittedly immodest claims, but not too far off the mark.

The Garfinkel name is famous, not only among racquetballers but also squash and tennis buffs from St. Lawrence to Chesapeake Bay. How good is he at these other sports?

Although brevity does not become him, suffice to say that The Gar is a two time National Public Parks Doubles Tennis champion, a four time Buffalo City Singles Tennis champion and in 1969 was that city's champ in squash, tennis and racquetball simultaneously. That got him between the covers of *Sports Illustrated*.

Unless you have plenty of free time, don't ask him about his college basketball career.

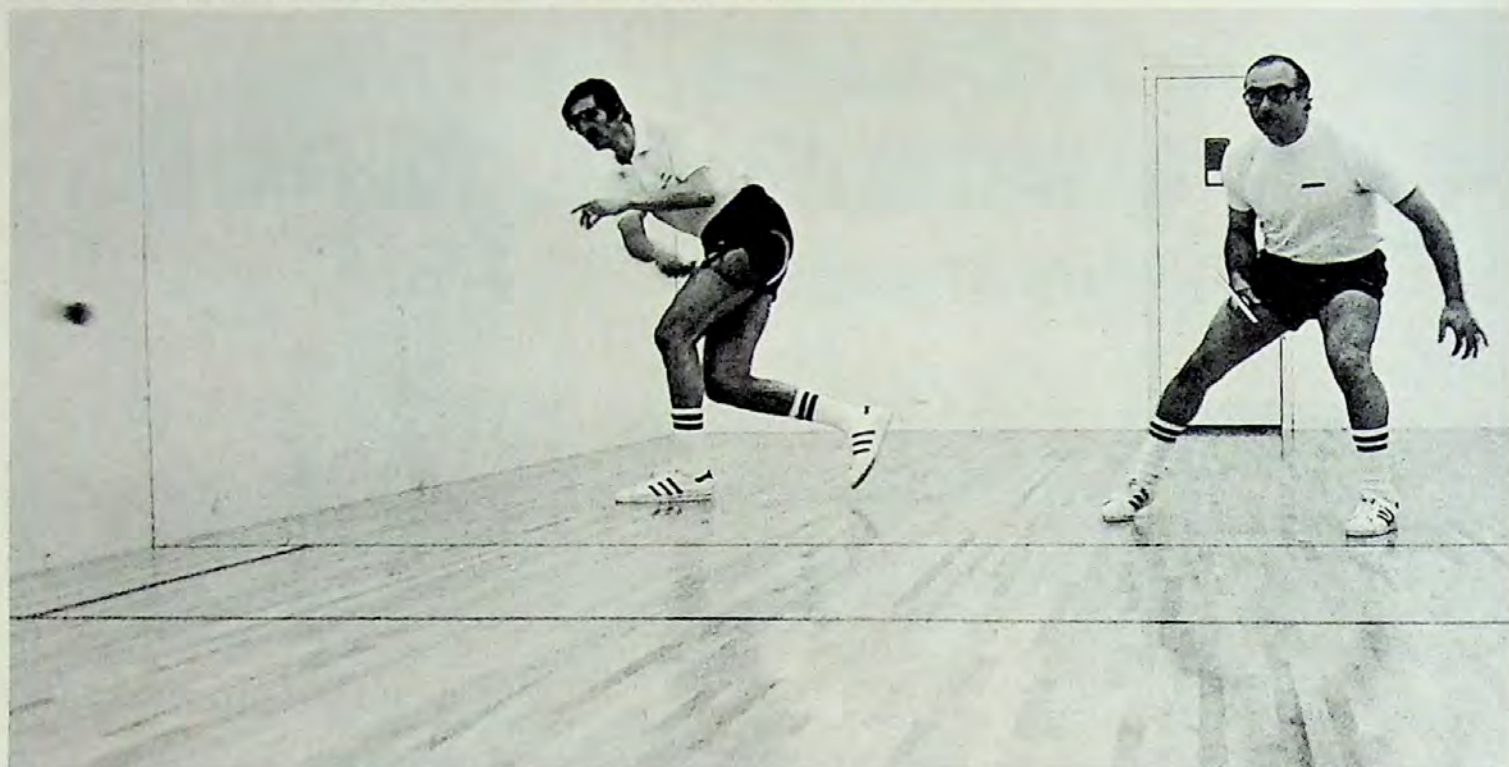
Although he is a standout in these sports, racquetball is Garfinkel's forte.

"But - put this down," he adds, "if I would have had the kind of encouragement and support in squash and tennis that I've gotten through the years from Ektelon, my racquetball sponsor, I could be just as great in those sports as I am in racquetball."

"In a single racquetball match situation - and you can print this - I can probably beat anyone in the country if I'm playing my best game."

It's statements like these which have put The Gar on the spot, time after time and kept him there. But it's when the pressure is on that he seems to play his best.

Charlie Garfinkel – also known as “Big Bird” and “Buffalo’s Best” – shuffles his size 15 sneakers over to the side wall to scoop up a crosscourt pass from Paul Smalldone and send it back down the wall during Buffalo City Championship competition.



A Woman's Wig

Like the stunt matches he won from former National Squash Champion Victor Neiderhoffer and four time National Women's Racquetball Champion Peggy Steding. He promised to don a woman's wig and join the ladies' tour if he lost the Steding match. Fortunately for racquetball he won.

This is the same Garfinkel, though, who has finished tournament matches after suffering a shoulder separation on one occasion and a six stitch gash above his left eye on another.

This is the same Garfinkel who has never scowled at, threatened or had a cruel thing to say about an opponent or been guilty of ungentlemanly behavior during a match.

One wonders if all this showboating is not simply an act and “The Gar” persona the intentional creation of a born performer.

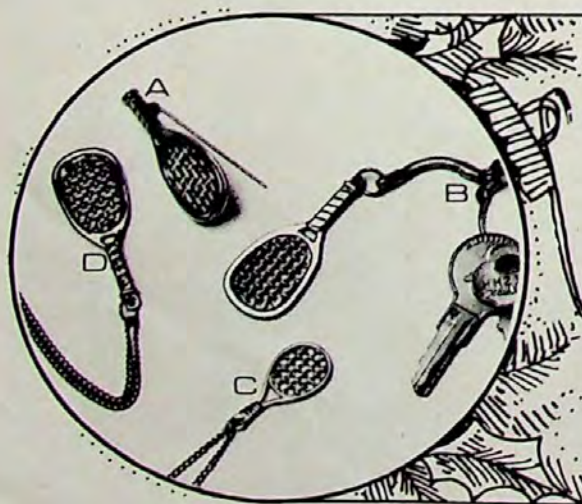
Charlie Garfinkel isn't saying. He just keeps wisecracking and rattling off his athletic achievements from memory the way some kids can the statistics on the backs of baseball cards.

At 39 one might expect him to retire and

rest on those laurels, to become a racquetball wise man instead of wise guy or live off the profits of his book “*Racquetball: The Easy Way*.” That wouldn't break the hearts of the players who have to compete against him, including those he beat on the way to this year's National Doubles Championship in Detroit.

“A lot of people would like to see me put out to pasture,” quips The Gar. “But the only farm I'll ever go to is the funny farm.”

Charlie Garfinkel's ego and his alter-ego “The Gar” are alive and well and playing racquetball in Buffalo. ●



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Wednesday Mornings at 7:30 It's a Mother - Daughter Match

Mother and daughter — Joanne and Jennifer Alter — play an early morning game before each heads for her office



"She taught me how to walk and talk," Jennifer Alter says of her mother Joanne. "I don't see why I can't teach her to play racquetball." And so she has.

Joanne picks up Jennifer every Wednesday morning at 6:45. "It really is the only time we can coordinate our schedules," Joanne says of the early hour. "And besides, I feel better when I get up and do something active early in the morning." True to her word, Joanne frequently walks the four miles to her job as a commissioner of the Metropolitan Sanitary District of Chicago (MSD), a post she was elected to in 1972 by more than 1,100,000 votes.

Joanne claims strenuous movement in the early morning helps her to concentrate throughout the day. And concentrate she does as she considers ways to channel raw sewage out of Chicago and determines how the MSD will spend its \$860 million budget.

Jennifer, who works as an associate editor of an advertising trade magazine called SAM, isn't as crazy about the hours of early dawn. But she clearly loves the sport of racquetball, which she started playing in college six years ago. "I always talked about it, and Mom bought me a racquet as a gift once. But she never really understood

what I was raving about until one day my regular partner went out of town, and I asked her to play."

"I didn't like it too much," Joanne recalls, in what she admits is an understatement.

Yet now it has become a regular thing. Jennifer plays two or three times a week with other friends, and her mother usually squeezes in a game or two as well.

"I think we originally started playing because the Downtown Court Club was convenient and it was a good excuse to spend time together," Jennifer says. "I know Mom felt badly that I wasn't getting a good game — she called herself my charity case — and what we really enjoyed was the swim afterwards, and the sauna and whirlpool. But then she just seemed to catch on, and now half the time I rush out of there after a quick shower and she's still hitting the ball against the wall."

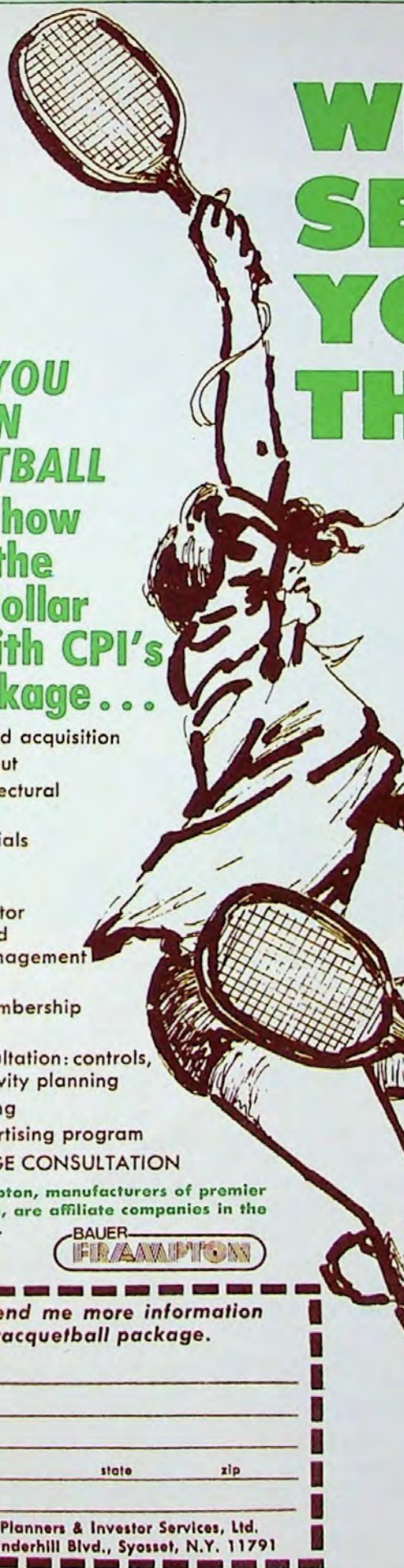
"I've never really felt as enthusiastic about a sport," Joanne muses. "I suppose it's because you experience some element of success from the beginning. And then, as you continue, you can see that that factor is only superficial and it's really the strategy and mind control that count."

"One thing that's really amazing," Jennifer says, "is that I forget she's my mother and that she's 50 years old. I scream at her if she's in the way, and I feel real smug if she's out of breath and I'm not."

Joanne and Jennifer are not the only active Alters. With six in all — husband, Jim; Jonathan, 21, Jamie, 19, and Harrison, 15 — the family tries to spend a few days a year together in what they fondly refer to as quarantine — usually skiing or bicycling or canoeing.

But the racquetball ritual is exclusive to the mother and daughter team. Joanne and Jennifer may see and talk to one another at other times during the week, but they both value their Wednesday morning rites. "We can go out to lunch and do very well at being friends, and then somehow my true identity manages to sneak out," Joanne reflects. "But on the court it's woman for woman." ●

Jennifer Alter's "Rah, Rah Racquetball" story appears in this issue.



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They Earned It -



The top 80 junior racquetball players competed for prestige, honor and awards at the third annual USRA National Juniors championships August 1-6 at King Of Prussia, PA Racquetball Club.

The tournament, sponsored by Seamco Sporting Goods and Leach Industries, paid for every player's air fare, food and lodging for the five day event.

The tourney was limited by invitation only to 16 players in each division, — Boys 17, 15, and 13 and under and Girls 17 and 14 and under. There was consolation in each division.

The host club could not have been more congenial and the hospitality they had (lunches each day, provided by Jino's, Inc.) was excellent. Our sincere thanks go out to owner Bob DiMarco, Jenny DiMarco, Nancy Latini and Fred Fischl for their work on this committee.

The responsibility to see that 80 junior players are met at their flights and are put back on the correct flight home can be a harrowing experience, and those involved in it deserve acknowledgement, including USRA State Chairman Jim Pruitt, Lauri and Beth Latini, Wayne DiMarco and Lisa Reedel. All went off without a hitch.

And we can't go any farther without taking off our hats to Bruno Pesari, manager of King of Prussia Racquetball Club. Bruno was everywhere doing everything all week, — the man in the middle who made it all work.

Part of the fun of the tournament was two trips the players took, including a tour of Center City Philadelphia — a very educational and enjoyable experience. Fred Day was most responsible for this part of the event.

Besides that the kids all went to Great Adventure Amusement Park one day and had a ball (love that air-conditioned bus). That's the theme of the National Juniors — top competition with fun. And it can't be beat.

Chaperones were outstanding with the players and although we risk accidentally missing somebody, they were Sam Amatulli, Len Sporman, Larry Fox, Chuck Fitzpatrick, Jim Winterton, Sue Winterton, JoAnn Gross, Lois Klearman, Goldie Hogan, Dave Prym, Nancy Fletcher and Mrs. Busacca.

Bed checks were generally a blast, with most of the players in their beds on time. In fact the host hotel, the Valley Forge Hilton, which provided the breakfasts and dinners, was superb including the management, maids, waitresses and everybody else who put up with us.

- They Deserved It



USRA Pennsylvania state chairman Jim Pruitt, checks to make sure that the crack is still in the Liberty Bell, during the sightseeing trip to Center City, Philadelphia.

(Far left) Rocky Balboa would have been proud . . . a bunch of the players do their "Rocky" imitations on the steps of Philadelphia Museum of Art, made famous in the movie. (Left) Great Adventure Amusement Park was a big treat for the day. Here, at the risk of losing their grip, some of the racquetballers wave to the camera.

Nice to have pros Richard Wagner and Jerry Hilecher on hand giving help and refereeing, and an exhibition by Wagner was well received.

The sorry he couldn't make it category — we all missed Joe Ardito, who due to previous family commitments was unable to be at the tournament. Too bad — he would have enjoyed the big welcome sign done up in his honor.

Wilson Sporting goods was on hand promoting the new official USRA shoe, the Wilson by Bata Polymatch five. Sponsors Leach and Seamco were ably represented by Randy Floyd and Art Orloski, respectively.

The only electronic game in the hotel lobby was stuffed like a Vegas slot machine as the players each attempted their skills against the intriguing game. The unofficial winner was Mark Comeaux, who broke the 500 point barrier much to everybody's amazement.

Caught holding hands — Bruce Christensen and Michelle Busacca, Beaver Wickham and Leslie Lindskog.

Only one injury occurred all week, and that just a minor ankle twist.

Many of the juniors have famous relatives. Marty Hogan is Linda's brother; Jennifer Harding is Annette Anderson's sister; David Peck is Greg's brother and Sanford Comeaux is Mark's father.

Oceanside, CA, continues to be a formidable supplier of juniors talent. Former champ Larry Meyers hailed from Oceanside as did a number of this years' participants. Same holds for the St. Louis JCCA, which continues to turn out good, young players.



All photos of the National Juniors Championships by Mike Zeitman.

The Hawk

Champion Scott Hawkins follows through with a backhand drive in his semi-final victory over Craig Davidson in the tough 17-and-under division.



Feasts



If Scott Hawkins, the lanky, hard hitter from Santa Clara, CA, follows past performances, he will soon be a factor on the pro racquetball tour. Hawkins won the National Juniors boys 17 and under title in King of Prussia, PA, August 1-6.

Hawkins, who defeated unseeded Robert Phillipy in the finals, now follows the footpaths of former winners Ben Koltun and Larry Meyers, each of whom proved to be solid contributors to the pro tour this season.

Scott actually got better as the tournament progressed; having to go three games in each of his first two victories. But by the semi's his game was finely tuned and neither Oceanside, CA's Craig Davidson in that round, nor Phillipy, who hails from Clearwater, FL, were able to seriously threaten the eventual champ.

The championship match found the southpaw Phillipy playing a retrieving,

scrambling style, while Hawkins was more of the aggressor during the rallies, going for winners, taking chances and connecting on his shots.

Hawkins played a steady game, keeping his cool, unlike his regional victory months earlier when an on-the-court outburst almost cost him his invitation to the Nationals.

Scott found himself in two extremely difficult early matches, as Scott Schafer, likely candidate for most improved in this age category, turned a 13-17 deficit into a 21-18 first game win to put the pressure on top seeded Hawkins.

The Hawk responded by booming his serves in game two, and Schafer began finding the floor more often than the front wall, resulting in 21-9 and 11-2 second and third games.

In the quarters Hawkins' foe was unseeded Steve Peck, Milwaukee,

who put San Antonio's Kenny Kaihlansen into the consolation round with an exciting 17-21, 21-20, 11-9 first round win. Peck was equally as tough on Hawkins, winning the middle game 21-20 after a 21-11 loss. But Hawkins, who seems to play his best in the pressure situations, took the tie-breaker 11-2.

Phillipy's route to the semi-finals looked much the same as Hawkins'. His draw put him up against number two seed and one of the pre-tournament favorites, Beaver Wickham, Oceanside, CA. When Wickham took game one 21-13, nobody raised any eyebrows.

But Phillipy hung tough in the second game and as the battle wore down into the crucial points near the end of game two, it was the Floridian who got the needed points and captured the second game 21-19.

Runner-up Bob Phillipy demonstrates the concentration that led to his impressive second place performance.



Phillipy was the much stronger player in game three, driving the ball both ways and shooting well with his forehand. Wickham didn't seem to have as much left in the tie-breaker and Phillipy moved on 11-3.

In the quarters Phillipy met Houston's Larry Nitishin who won another tight first round match, stopping Salt Lake City's Robert Rankin 17-21, 21-14, 11-8. Nitishin, a scrapper like Phillipy, gave up power to the stronger lefty, but his cool and experience made it an interesting match.

Again Bob was able to wear down his opponent and the result was a 21-11, 14-21, 11-2 victory.

Probably the most thrilling match of the 17 and under division was Ross Harvey's quarter-final win over third seeded Doug Cohen, a St. Louis product and student of the Marty Hogan style of racquetball.

Harvey, the reigning Canadian Junior champ from Montreal, showed the poise and guts necessary as he took game one 21-12. Cohen came back and was equally as tough in the second, a 21-10 win.

So the third game became a surprise when neither player was able to hit key shots in the clutch final few rallies. In fact the final four rallies ended on errors, with Cohen finally skipping in a forehand set up from about 30 feet to give the match to Harvey 11-10.

Ross had reached the quarters with a stunning win over Chris Mathewson 21-2, 21-1, while Cohen stopped Rick Lewis 21-8, 21-18.

A real dogfight of a match was the last quarter-final battle pitting number four seed Craig Davidson against number five Bruce Christensen. Davidson, another Oceanside, Californian, was able to stop the hardhitting southpaw from Londonderry, NH, 9-21, 21-9, 11-5.

Christensen's booming Z serves, coupled with blistering drives down the left wall kept Davidson off balance and on defense for the first game. But in game two the edge came off Bruce's serves and Craig was able to adjust his returns enough to grab the advantage.

Craig's hustle and lack of errors made the big difference in the tie-breaker as he moved on the semi-finals 11-6.

Neither player had had difficulty in his first round match, Christensen stopping Chicago's Andy Witt 21-6, 21-13, while Davidson sent Detroit's Mark Richardson to the consolation bracket 21-13, 21-9.

The fact that all four quarter-final matches went three games is indicative of the outstanding skill levels of all the players as well as the great parity among this age group. A whole flock of talented and smart players will soon be graduating from this group.

The semi-finals, as pointed out earlier, were both somewhat of a letdown after the fantastic quarter-final round. Both Hawkins and Phillipy had control of their match.

Scott was able to neutralize Davison's quickness with his power and corner shooting for a 13 and 10 win while Phillipy became stronger and stronger en route to his 21-15, 21-3 win over Harvey, one of the more amazing scores of the tournament.

In the consolation tournament Wickham regained some measure of revenge, by capturing the crown 21-10, 21-15 over Schafer, thus making the two finalists in the consolation the same two players who lost their first round matches to the eventual tournament finalists.

Results 17 and under (First Round): Hawkins d. Schafer 18-21, 21-9, 11-2; Peck d. Kaihlanen 17-21, 21-20, 11-9; Christensen d. Witt 21-6, 21-13; Davidson d. Richardson 21-13, 21-9; Cohen d. Lewis 21-8, 21-18; Harvey d. Mathewson 21-2, 21-1; Nitishin d. Rankin 17-21, 21-14, 11-8; Phillipy d. Wickham 13-21, 21-19, 11-3.

(Quarter-finals): Hawkins d. Peck 21-11, 20-21, 11-2; Davidson d. Christensen 9-21, 21-9, 11-5; Harvey d. Cohen 21-12, 10-21, 11-10; Phillipy d. Nitishin 21-11, 14-21, 11-2.

(Semi-finals): Hawkins d. Davidson 21-13, 21-10; Phillipy d. Harvey 21-15, 21-3.

(Finals): Hawkins d. Phillipy 21-15, 21-3. **(Third):** Davidson d. Harvey 20-21, 21-6, 11-2. **(Consolation):** Wickham d. Schafer 21-10, 21-15.

Forget the Plane

Girls 17-and-under winner Michelle Busacca seems to be thanking the heavens after a rally-ending shot.

Michelle Busacca caused herself and her mother a lot of grief when she won the Girls 17 and under division at the National Juniors Championships. Not that both Busacca's weren't thrilled with Michelle's victory — they were. But the extended match caused extensive travel complications when plane reservations were unable to be met.

The Busacca's eventually made it home to Bakersfield, CA, with Michelle's first place trophy, and in retrospect the inconvenience was worth it. Michelle defeated Glenview, IL's Barb Allweiss in the championship match 21-15, 18-21, 11-4.

It was a great disappointment to Allweiss, who has been a runner-up now in two major juniors tournaments. But the defeat was no shame, as Barb was the only player to go three games with Michelle.

The tall and slender Busacca, who hasn't yet reached her enormous potential, showed a contrast in style from the more compact Allweiss. Michelle's big swing and power game were balanced by Allweiss' court savvy and control.

The conclusion came down for Busacca, but not before she was given a true test of skills by Allweiss. Both young ladies are sure to be top contenders on the professional level if they continue to work on their games.





Barb Allweiss, second placer in the 17-and-under bracket shoots from deep court.

The route to the finals was far more difficult for Allweiss than for Busacca, although Michelle was pushed in the semi's by Sacramento, Californian Lori Burks. Allweiss, however, had to survive a tie-breaking quarter-final match and a 21-20 game in the semi's. Barb's semi-final opponent was Rochester, MN's Ellen Kurland, who had stopped Kathy Stapf in the second round 18-21, 21-9, 11-5 in one of the tournament's more interesting Girls 17 and under matches.

But Kurland was unable to keep the pressure on in game two against Allweiss, and as often happens, her concentration vanished between games, resulting in a 21-8 second game loss.

Allweiss' three game came against petite Kerry O'Neil, Oceanside, CA, 12-21, 21-14, 11-6. O'Neil, whose size was closer to that of the 14 and unders, showed a heart big enough for any category as she battled each round against more powerful opponents. Eventually Allweiss' superior game emerged, but not by that much.

In the top bracket semi-finals Busacca met Burks, who had upset the tourney's top seed Leslie Lindskog, Seattle, by the big scores of 21-9, 21-6 in the quarter-finals.

Lori's game was equally as tough in the semi's against Busacca, who had stopped the number four seed Eileen Ernst, Frankfurt, KY, in her quarter-final battle 21-12, 21-5.

In the end it was Busacca's more aggressive shot selection and court coverage that spelled the difference against Burks. Lori, whose style and finesses is excellent, couldn't overcome the intensity of Busacca's game. Thus, the semi-finals to Michelle by the scores of 21-18, 21-18.

Burks came back on the tournament's final day to capture third place 21-18, 21-5 over Kurland.

In the consolation rounds some of the tourney's better matches took place including Allentown, PA's Dorothy Fischl, winning 21-20, 7-21, 11-10 over Lori Muenzenberger, the tourney's number two seed, who was hampered by an ankle injury suffered prior to the tournament.

The eventual consolation champion was Lana Naluai, the player who traveled the farthest for the Nationals, coming from Honolulu. Lana, first round loser to Busacca, rebounded to take the consolation title 21-8, 6-21, 11-8 over Gina Waldron, Milwaukee.

Girls 17 and under (First Round): Lindskog d. Greig 21-11, 21-5; Burks d. Chawla 21-9, 21-8; Busacca d. Naluai 21-13, 21-9; Ernst d. Crockett 21-19, 21-11; O'Neil d. Waldron 21-19, 21-2; Allweiss d. Fairchild 21-17, 21-10; Kurland d. Fischl 21-20, 21-16; Stapf d. Muenzenberger 21-7, 21-5.

(Quarter-finals): Burks d. Lindskog 21-9, 21-6; Busacca d. Ernst 21-12, 21-5; Allweiss d. O'Neil 12-20, 21-14, 11-6; Kurland d. Stapf 18-21, 21-9, 11-5.

(Semi-finals): Busacca d. Burks 21-18, 21-18; Allweiss d. Kurland 21-10, 21-8.

(Finals): Busacca d. Allweiss 21-15, 18-21, 11-4. **(Third):** Burks d. Kurland 21-18, 21-5. **(Consolation):** Naluai d. Waldron 21-8, 6-21, 11-8.

Class of the Field



John Eggerman, 15-and-under champion.

seeded John Eggerman was confident going into the Nationals. He had been competing all season in 17 under brackets and Men's Open tournaments and now he was ready to enter his first national title in his sport division, Boys 15 and under.

Perhaps Eggerman, who hails from Idaho, ID, was polishing his trophy a little too soon because after two games in the first round he found himself in the middle of a tie-breaker against seeded Sergio Gonzalez, Miami. Eggerman had won game one 21-8, but Gonzalez had captured the second game 21-20, forcing the 11 pointer.

Care was probably the best thing Eggerman could have received, for a renewed aggressiveness was asserted in that tie-breaker (which he won 11-3) that lasted throughout the tournament.

That one game narrow loss to Gonzalez was Eggerman's only single game defeat as he sailed to the title from then on, defeating Los Angeles' Ward Leber in the finals 21-15, 21-10.

Experience was the main factor — experience and concentration that put Eggerman above the rest of the 15 and under players. Leber, who was gallant in his attempt to take the title, just didn't have the arsenal that Eggerman did.

John obliterated fifth seed Hart Johnson, St. Paul, in the semi-finals 21-3, 21-6 in an awesome display of superior ability. Hart just couldn't cope with Eggerman's shotmaking.

Hart had looked impressive prior to the semi's, having bested fourth seed Doug Weisman, St. Louis, 21-8, 21-12 before running in Eggerman's buzz saw. Eggerman's quarter-final opponent was Greg Peck, El Paso, TX, who had stopped eighth seed Roger Donner, Los Angeles 21-14, 14-21, 11-7 in the first round.

Eggerman was ready for Peck and stopped him cold 21-10, 21-7.

In the bottom bracket Leber was having his ups and downs, but managing to win each time. He was flawless in a 21-5, 21-7 first round win over North Platte, NE's Brett James, but the quarters were much more difficult.

In that match his opponent was Memphis' Billy Gamble and the match was a great one, captured by Leber 20-21, 21-20, 11-2. Gamble had upset number two seed Paul Bakken, Fargo, ND, in the first round 21-16, 21-15.

The win over Gamble put Leber in the semi-finals against third seed Mark Comeaux, Lafayette, LA. Comeaux had survived a rigorous quarter-final match against Charles Horton, New York, 18-21, 21-18, 11-4 and was no match for Leber, as Ward prevailed 21-10, 21-5.

In the battle for third place Comeaux stopped Johnson 8-21, 21-20, 11-7.

Bakken came back from his loss to Gamble to take the consolation championship 21-20, 21-17 over Mark Shoom, Toronto. Shoom had lost to Johnson in round one. Both players needed tie-breakers to reach the consolation finals, Shoom stopping Donner 12-21, 21-11, 11-8 and Bakken eliminating Craig Dowd 15-21, 21-11, 11-10.

15-and-under (First Round): Eggerman d. Gonzalez 21-8, 20-21, 11-3; Peck d. Donner 21-14, 14-21, 11-7; Johnson d. Shoom 21-11, 21-11; Weisman d. Thomas 21-15, 21-10; Comeaux d. Brovich 21-17, 21-15; Horton d. Dowd 21-14, 21-20; Leber d. James 21-5, 21-7; Gamble d. Bakken 21-16, 21-15.

(Quarter-finals): Eggerman d. Peck 21-10, 21-7; Johnson d. Weisman 21-8, 21-12; Comeaux d. Horton 18-21, 21-18, 11-4; Leber d. Gamble 20-21, 21-20, 11-2.

(Semi-finals): Eggerman d. Johnson 21-3, 21-6, Leber d. Comeaux 21-10, 21-5.

(Finals): Eggerman d. Leber 21-15, 21-10 **(Third):** Comeaux d. Johnson 8-21, 21-20, 11-7. **(Consolation):** Bakken d. Shoom 21-20, 21-17.

The Gap Narrows

Action from the Girls 14-and-under division championship match finds Liz Alvarado going to the ceiling from deep court against winner Linda Hogan.



Linda Hogan, one of racquetball's famous Hogans, won her second consecutive Girls 14 and under National championship, but the competition is catching up to her. Twice she was forced to three game matches and the championship encounter was one of the most exciting of the tournament.

Linda captured the crown with a 21-18, 19-21, 11-6 win over unseeded Liz Alvarado, Odessa, TX. Alvarado, giving up plenty in size, strength and fame, played her heart out, much to the delight of the partisan fans.

After splitting close, thrilling first and second games Hogan took charge in the tie-breaker, jumping to an 8-0 lead. Alvarado made a gallant bid to get back into the game, rallying to 6-8 before Hogan regained the serve and tallied the necessary points to win 21-18, 19-21, 11-6.

Hogan had an easy time of it in the semi-finals, winning 21-7, 21-13 over Lynn Wojcik, the number four seed from Tucson, AZ. But the tough battle for Hogan was in the quarters, where Sheryl Krause, Milwaukee, gave her all she wanted before succumbing 21-16, 14-21, 11-4.

The path to the finals was not an easy one for Alvarado either, as Liz was forced to a tie-breaker by number two seed Heather Stupp, Montreal, 15-21, 21-13, 11-0. As in all her matches Liz's diving, retrieving style of play — keeping the ball alive and eliminating errors — were her keys to the win.

Stupp had stopped Stacey Fletcher, Detroit, 15-21, 21-18, 11-4 in the quarters, while Alvarado eliminated third seed Bobbi Brennan, Frankfort, KY, 21-6, 21-13. Wojcik took the other quarter-final match, a 21-6, 21-16 win over Portland, OR's Annette Anderson.

None of the first round matches went three games, with Chicago's Karen Paice scoring the most points in any one loss, 17 in the first game against Alvarado. Paice went on to win the consolation division by big scores 21-1, 21-7 over Aleza Martin, San Diego.

Heather Stupp took third place in the main draw 21-4, 21-9 over Wojcik.

Girls 14 and under (First Round): Koza d. Danner (preliminary). Hogan d. Koza 21-8, 21-9; Krause d. Fox 21-4, 21-4; Anderson d. Martin 21-15, 21-12; Wojcik d. Lantry 21-8, 21-4; Brennan d. Latini 21-1, 21-1; Alvarado d. Paice 21-17, 21-10; Fletcher d. Stirtz 21-1, 21-2; Stupp d. Peterson 21-5, 21-1.

(Quarter-finals): Hogan d. Krause 21-16, 14-21, 11-4; Wojcik d. Anderson 21-6, 21-16; Alvarado d. Brennan 21-6, 21-13; Stupp d. Fletcher 15-21, 21-18, 11-4.

(Semi-finals): Hogan d. Wojcik 21-7, 21-13; Alvarado d. Stupp 15-21, 21-13, 11-0.

(Finals): Hogan d. Alvarado 21-18, 19-21, 11-6. **(Third):** Stupp d. Wojcik 21-4, 21-9. **(Consolation):** Paice d. Martin 21-1, 21-7.

The Gap

Characteristic of their match, this battle for center court position in the 13-and-under final finds Mark Levine about to hit the winner against champion John Klearman.

Narrows Even More



How ironic that the most exciting championship match in the entire National Juniors tournament would be the one involving the youngest players. But that's exactly what happened when John Klearman captured his second straight Boys 13 and under title.

Klearman, who had an easier time of it a year ago, was on the absolute brink of defeat against Mike Levine, Rochester, NY, in the finals. After Klearman won game one 21-13, Levine took the second 21-19, setting the stage for a heart stopping tie-breaker.

The match was in doubt to the end. They were tied at 4-4 when Levine made his big move, scoring five straight including two aces to take a 9-4 advantage and seemingly put the game and match on ice.

But Klearman came back, grudgingly extracting points from Levine on long rallies and well executed play, until he

tied the score at 9-all. Klearman served an ace on a Z to the left for a 10-9 lead, but Levine regained serve and tied the match at 10-all with a diving get and kill.

When Levine served for match point, Klearman rolled out the serve with this backhand and then served up an ace of his own, another Z to the left for the match and championship.

Levine, the second seed, faced another tough task in the semi-finals, besting third seed John Amatulli, Indianapolis, 21-11, 19-21, 11-1 in order to reach the finals. Klearman stopped fellow St. Louisian David Gross 21-9, 21-16 in the top bracket semi-final.

Only Gross needed three games to nail down his quarter-final win — a 21-10, 18-21, 11-3 victory over Aaron Perez, McAllen, TX. Klearman stopped little Shaun Fitzpatrick 21-15, 21-5, Amatulli

defeated Tim Converse 21-8, 21-13 and Levine stopped Barry Koran, Miami, 21-12, 21-17.

Marvin Clark, Houston, captured the consolation title 21-5, 21-7 over Todd O'Neil, Burlington, VT. Clark was a first round loser to Fitzpatrick, while O'Neil was stopped by Amatulli by the unusual scores of 21-4, 21-20.

Amatulli won third place in the main draw with a 21-13, 21-13 win over Gross.

Boys 13 and under (First Round): Klearman d. Martin 21-6, 21-5; Fitzpatrick d. Clark 21-11, 21-7; Gross d. Gregg 21-4, 21-13; Perez d. Eyring 21-6, 21-18; Amatulli d. O'Neil 21-4, 21-20; Converse d. Brown 21-10, 21-11; Koran d. Stupp 21-10, 9-21, 11-4; Levine d. Gross 21-10, 21-12.

(Quarter-finals): Klearman d. Fitzpatrick 21-15, 21-5; Gross d. Perez 21-10, 18-21, 11-3; Amatulli d. Converse 21-8, 21-13; Levine d. Koran 21-12, 21-17.

(Semi-finals): Klearman d. Gross 21-9, 21-16; Levine d. Amatulli 21-11, 19-21, 11-1.

(Finals): Klearman d. Levine 21-13, 19-21, 11-10 **(Third):** Amatulli d. Gross 21-13, 21-13. **(Consolation):** Clark d. O'Neil 21-5, 21-7.

A New Stop on the Colgate Pro-Am Tour!!!

The Frontier Hotel in Las Vegas!!!

It has been learned by *National Racquetball* magazine that the world famous Frontier Hotel will announce a Racquetball event tentatively called the **Wayne Newton Racquetball Classic**.

The tournament will include four days of professional play along with an open field for amateurs.

Dates under consideration are December 17 - 20, 1978.

Full details will appear next month.

Making It Without Meat: Enter the Vege-Athlete

by Frances Sheridan Goulart

Meat is an eat whose time may have come — and gone — in sports. If not gone exactly, it is certainly fading fast. You don't have to be a T-bone eater to be a top tennis player, nor do you have to be a pig-sticker to be a pigskin kicker anymore.

If you would prefer not to live and perform by pork chop alone, you're in sporting good company. The North American Vegetarian Society estimates that one out of every 20 Americans is on some sort of nonflesh foods dietary these days and that includes many athletes. Among them, for instance, is Runner Jacki Hanson, and Cyclist Wayne Stetina. And if they can make it without Big Macs, who are you to say "nyet" to a plant centered diet?

"A vegetarian", according to the National Academy of Sciences, "can be well nourished if he/she eats a variety of plant foods and gives attention to critical nutrients."

So what's wrong with "Good Red Meat"?

Meat is harder to digest than other more or equally proteinaceous foods. According to J. H. Kellogg in *The New Dietetics*, "even moderate meat eaters require of their kidneys three times the amount of work in the elimination of nitrogenous wastes than is demanded of the kidneys of flesh abstainers."

Yogurt, by contrast, is digested and dispensing its nutritional alms in less than an hour. Clearly an advantage to the athlete who must eat and dive or row.

High meat diets raise the cholesterol levels thereby offsetting, to a certain extent, the cholesterol lowering effects of a high exercise regime.

Experiments by the Department of Nutrition at Loma Linda University in California, show that a diet high in legumes such as chick peas, reduces such cholesterol levels. Meat, on the

other hand, with its large amounts of cholesterol and saturated fats, was found to stimulate the body's production of this villainous stuff.

Meat, in contrast to roughage foods like raw carrots, leafy greens, and whole grains, contains little fiber, giving the elimination organs too little to do. And impacted bowels at match point are no better than a clogged artery on the 50 yard line.

Furthermore it does not fend off fat like a meat teetotaler's diet. "We have never seen a vegetarian who was overweight," writes Darla Erhard, a research nutritionist at San Francisco General Hospital.

Buckwheat Burgers

- 1 cup brown buckwheat
- 2 cups water
- ½ tsp sea salt
- 1 lb oil
- 1 clove garlic, slivered
- 1 medium onion, minced
- ½ cup wholewheat flour
- ½ cup soy flour
- 1 lb soy sauce

Bring salted water to a boil and add buckwheat. Allow to boil for a moment, then reduce heat and simmer, covered, for 15-20 minutes. Meanwhile place frying pan on medium heat and add oil. When oil is hot add garlic, stir for a minute until well browned, add onion and stir for a few more minutes until lightly browned. Remove then from heat. In a large mixing bowl combine buckwheat, vegetables and flour, mixing thoroughly. When mixture has cooled enough to handle, form into balls an inch or so in diameter, then shape these into patties. Return frying pan to medium-low heat and add just enough oil to coat bottom. Fry patties about 3 minutes on each side, turning often to assure even cooking. Add a sprinkle of soy sauce just before last turning. Makes about 12 burgers.

Creative Croquettes. Brown rice, bulghur, millet or other whole grains and cereals may also be used to make burgers, or croquettes as they are often called. Besides being pan fried, these may be deep fried in oil until golden — dip in whole wheat flour before frying for an extra rich crust.

Meat is low in carbohydrates, ergo a poor source for go power. "The inhabitants of Ecuador and the primitive Hunzas in India are either complete or almost complete vegetarians," according to renowned biochemist, Paavo Airola. "They eat a diet which is high in carbohydrates and low in protein and their strength is phenomenal. They run two days at a time."

"Meat" adds Dr. E. V. McCollum, Johns Hopkins University professor (also the "Father" of vitamins A and D), "is not essential for endurance. This has been demonstrated by whole races and certain individuals more than once."

Meat is a poor match for the complete protein that comes from combining certain grains, grits, greens and nuts. Just a bit of miso (an agreeably salty soybean paste that's sold in health food stores) spread on wholegrain bread supplies five times more protein than a "Quarter-pounder", according to writer Bill Shurtleff, author of the *Book of Miso*.

Can you row-row-row your boat on a diet that is rich in bananas rather than sirloin tips? Consider the six-week study conducted at the University of Marburg by Dr. Karl Eimer, involving young athletes at world-class performance levels. All subjects were tested in a variety of sports, including distance running, gymnastics, rowing and diving. First best performance levels were achieved on an ordinary "mixed" diet of 100 gm protein, 150 gm fat, 230 gm carbohydrates and 14½ gm salt; then suddenly the tables were turned and an all raw foods diet was introduced with protein reduced to 50 gms, salt reduced to only two and one-half gms and the emphasis on vegetarian fare. Performance testing continued for the next four weeks on this drastic new diet and the results contradicted all conventional expectations. There were several personal "bests," no loss of performance capacity or digestive

Cabbage for kill shots.



Judy Brusian photo

problems, increased feeling and apparently no class action call for Di-gel or midnight hotdogs, either.

What's so wrong with high protein?

Excess protein (especially from muscle meats) over stresses the kidneys with an enormous amount of decomposition products which must be quickly eliminated. Post competition studies of athletes, says the *Journal of the American Medical Association*, have found a nearly 100 percent incidence of kidney damage and even occasional kidney collapse among supposedly healthy young athletes (who also as a result of such gorging revealed elevated blood pressure levels).

And, unfortunately, along with elimination of all that excess protein, go badly needed amounts of essential minerals known as electrolytes.

Calcium, for instance, is literally pulled from the bone structure to remedy the acidity imbalance in the blood caused by excessive protein intake.

But meatless does not mean featless.

Long standing skiers, climbers, and cyclists are testimony to the fact that improved health and increased feelings of well being on a meat free diet are quite real and lasting.

Lentil Loaf

- 1 cup lentils
- 1/2 cup barley
- 4 cups water
- 1 tsp sea salt
- 1 cup bread crumbs or cracker crumbs
- 1 clove garlic, minced
- 1 medium onion, minced
- 1 rib celery, sliced thinly
- 2 eggs beaten
- 1/2 tsp nutmeg

Add lentils and barley to boiling salted water. Allow to boil for a minute, then reduce heat and simmer with lid ajar about 40 minutes or until most of the water is absorbed. Remove from heat. Add bread or cracker crumbs along with remaining ingredients and mix well. Place mixture in a well oiled 9 x 5 x 3 inch loaf pan and bake at 350° for 35 minutes. Allow to cool for 15-20 minutes before inverting over a platter to serve. Serves six to eight.

Indeed, fading altogether is the notion that protein is the anchor ingredient in the athletic diet. Writer Robin Hur, discussing research into the effects of a high protein diet on performance, discovered that exercising muscles draw on carbohydrate stores first and even after these are aptly exhausted, exercise still had no elevating effect on protein requirements (athletes burning as many as 9,000 calories a day showed no noticeable increase in protein needs, he adds). Furthermore tests on rats induced to increase their activity levels, reports Fitness Expert Susan Smith Jones, brought about "an actual decrease in protein needs." Only when they were "forced to remain idle did they use up sizeable amounts of protein."

Rather it is sizeable amounts of natural carbohydrates (as found in a diet that eliminates meat and emphasizes whole grains, nuts, raw fruits and vegetables) that provides your real ticket to ride, run, jump, bunt, or hit kill shots.

If you still don't think you can peak or climb the peaks without an occasional barbecued pork chop consider the case of Alpine climber Dr. E. A. Schmid, who climbed for two and one

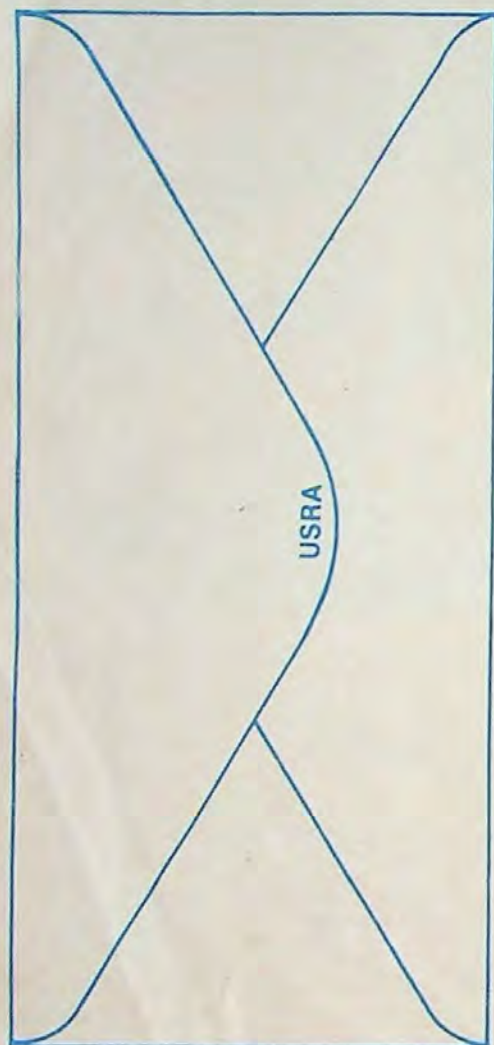
half years with no rest days on a diet that not only excluded meat, but cheese, eggs and cooked food as well. Even lowering his caloric intake to 2,400 Dr. Schmid, according to reports in a German health magazine, "experienced remarkably little thirst or perspiration. His muscular efficiency, as tested scientifically, was 20 to 30 per cent higher, his working oxygen requirement for the production of a given amount of energy 10 to 20 per cent lower! Rest days, which had been previously unavoidable after several days of demanding high-mountain work, were easily omitted because one night's recovery was found to be sufficient. Even following the greatest exertions Schmid reported feeling completely fresh after only a half-hour's rest."

Or how about 15-mile a day runner Gary Fanelli, a 10 year meat abstainer who placed first in Washington, D.C.'s annual "Turkey Trot" and says his endurance has definitely improved on a meat free diet.

"I find that most non-vegetarian runners have to practice twice as much as I do just to keep even." ●

Frances Sheridan Goulart's many books include *Bum Steers: How to Make Your Own Meat Substitutes* (Chatham Press, 1975). Reprinted, with permission from *Handball*, April, 1978.

Letters



Dental Surprise

Dear Evie and Bob:

In the dentist's office I had a choice of two magazines — a 1976 *Hygea* and *National Racquetball*. I took the latter. As is my habit I began at the back and was shocked to find it interesting. I looked to the cover page and I saw the most delightful surprise — a picture of beautiful Evie and that very nice and successful Bob Kendler above an editorial, "We Serve."

It was a special pleasure as I remembered knowing you both in the 50's when we lived in the Chicago area.

Both of you are flowers in our garden. We remember you both with joy, devotion and gratitude. It was good to see the signature "Evie and Bob."

Joan and Neil McCarnan
Denver, CO

He Thinks Game Changes Would Please Spectators

Dear Bob:

I enjoyed the championships very much. They were extremely well run and the matches were exciting.

If racquetball is to have a chance of becoming a first rate spectator sport, I think a number of changes in the rules are in order:

- (1) Eliminate the time outs during a game and shorten the breaks between games. These continual breaks in the action are tedious.
- (2) Allow the receiver to win points along with the server. This would shorten games and eliminate the need for time outs.

As a member of the press I'd like to say we were well treated and all thought very highly of the event. Many thanks to you and your organization for your hospitality.

Herb Fitz Gibbon
New York, NY

Glad to Be a Guide

Dear Chuck:

My thanks to you and the USRA for allowing me to chaperone the National Juniors. Compliments should go to everyone who worked so hard to make it not only a successful tournament, but also a good time for all.

Lois Klearman
Chesterfield, MO

Players Were Happy, Too

Dear Mr. Fancher:

Thank you so much for giving me the at-large invitation. I don't think I've ever had a better time at a tournament. Compliments to the tournament directors who had to put up with a lot, but still managed to make the tournament a success.

Leslie K. Lindskog
Olympia, WA

Dear Chuck and Dan:

I would like to thank you all for putting on such an extraordinary Juniors tournament. The whole tournament seemed very organized and all the matches were on time. The facility was beautiful — thanks should go to the King of Prussia management for allowing us to use their court club.

All of the players were nice to me and I felt that the competition was awesome. I felt that we had the best junior players in the country, and I am proud to have been a part of the tournament. Thanks for doing an outstanding job.

Billy Gamble
Rancho Palos Verdes, CA

Dear Chuck and Dan:

Thank you so much for giving me the chance to be a part of the USRA Third Annual National Juniors Championships. I had a great time — it was a super tournament. The tour through downtown Philadelphia was interesting and the day at the amusement park was fun.

Hart Johnson
St. Paul, MN

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The New Breed — Here They Come



The new Marty Hogan has not yet arrived, but take heart all you anti-Hogan partisans — there are some outstanding young prospects on the horizon.

The single most impressive factor at the recently completed National Juniors Championships was the depth of talent in all age categories, particularly in comparison with recent years. It has become apparent that if a youngster desires to make his mark in racquetball, he will do it through the USRA Juniors program.

From the crop of the first National Juniors only one player has gone on to seriously threaten the pro ranks, that being four ranked Ben Koltun, who won that initial National Juniors title.

From the second year at least three players have impressed sufficiently to warrant attention. The number one seed in the Juniors last year was Mike Yellen, who was upset in the finals by Larry Meyers. Both have moved on to play important roles in the pros, most notably in the recent National Championships, where Yellen was a semi-finalist and Meyers knocked off defending champ Davey Bledsoe in the first round.

Another high finisher in the 1977 National Juniors was Bobby Bolan, who captured third place that year. This year, just 12 months later, Bobby was an 11-10 loser in the finals of the National Amateur title, only a half-notch below the pros.

So this year's crop of National Juniors 17 and under particularly, can look forward to moving up at a similar, if not more rapid pace, depending entirely on how much they want to excel.

Scott Hawkins, the lanky Californian who won the 17 and under in King of Prussia two months ago, was a quarter-final loser the previous year. This year he harnessed his temper, and his game improved enough for him to capture the crown.

But Hawkins is just one of several who will make their marks on the pro tour and open amateur competition in the months ahead.

Unheralded Bob Phillipy, Clearwater, FL, went through the toughest draw imaginable to reach the finals against Hawkins, where to his dismay, he found Scott truly on his game. But Phillipy impressed even in defeat and if the intensity he showed in King of Prussia continues, he too will be a factor.

The 17 and unders are a group that exudes desire and dedication, at an age where they can put those qualities to work for self-improvement.

At the younger age groups the kids play with the style and grace of the sport's top names. Perhaps the kills aren't

quite low enough; maybe the drives lack that extra sting; occasionally the shot selection wanders. But they know what they're doing. They know how the game is played and they're out there right now playing, improving and dreaming.

I suppose they're dreaming of the day they beat Hogan. The day when, in front of the full gallery, TV cameras, three walls of glass and tense drama, they roll out that 11th point in the tie-breaker to take the National title.

Who knows if any of the dreams will come true? Who knows if any of the 1978 National Juniors will ever grow up to beat Hogan, or any top pro for that matter?

But one thing is for sure. The one who finally does unseat Marty Hogan will not be a new face. He will have been spotted years before in the National Juniors. ●



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