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Vol. 12 No. 3

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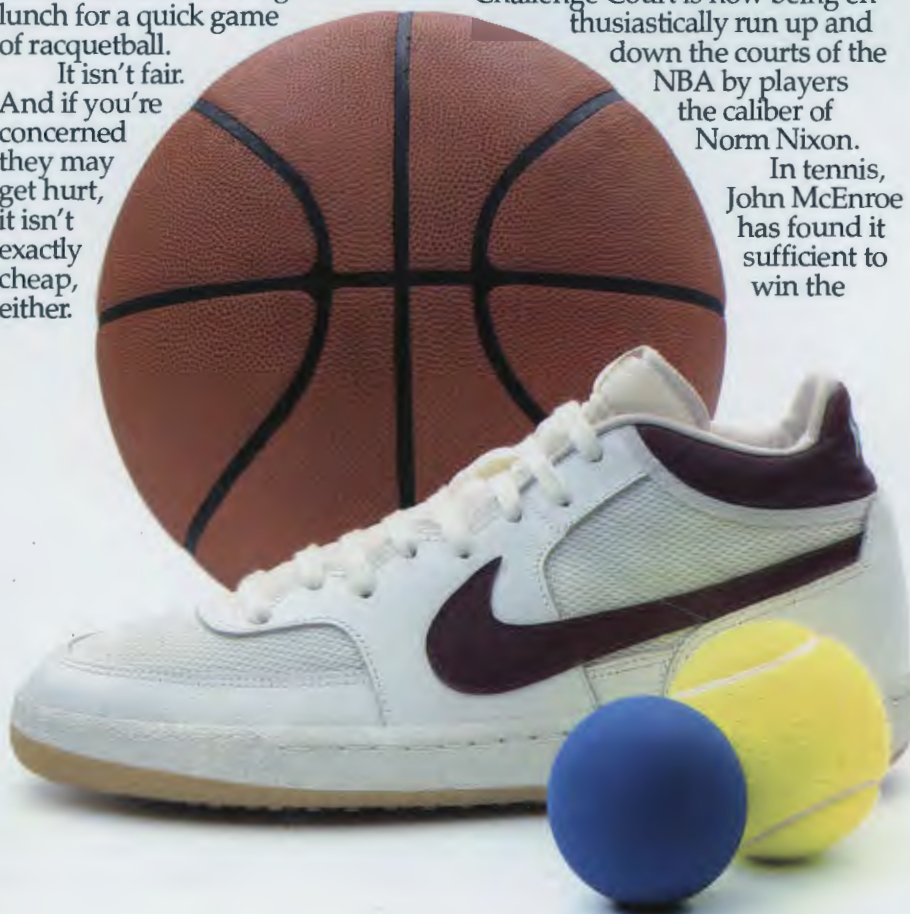
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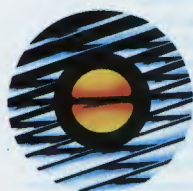


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On the cover . . .

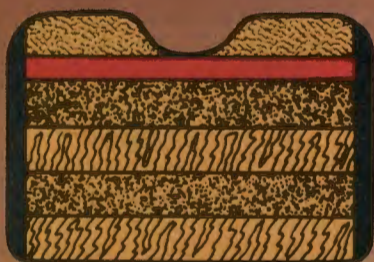
Brett Harnett, the 19-year-old Las Vegas
touring professional, appears to finally have
come of age competitively. In December and
January Harnett put together impressive
back-to-back victories, defeating Dave Peck
at Schoeber's and both Marty Hogan
(semi's) and Peck (finals) in Honolulu. For
full information on both wins, see page 36.

— photo by Arthur Shay

Next issue . . .

Gloves are the primary theme to our April
issue including a National Racquetball's
first annual Glove Guide, accessories
relating to gloves, and results of our January
survey on gloves and glove use. Plus—all
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From The Editor . . .

Ringling The Wedding Bells

What do Richard Wagner and Norm Cates have in common?

You know Wagner, age 26, professional racquetball player, club membership sales director, and resident of Riverside, CA (by way of Paterson, NJ, and San Diego).

And you should know Cates, age 38, former president of National Court Clubs Association (NCCA) and International Racquet Sports Association (IRSA), owner of two of the most prestigious clubs in the country, and resident of Atlanta, GA.

So what do they have in common? Well, both happened to have been in Las Vegas during the week of January 14-21 and as it turned out they both got themselves hitched during that week. And at the same place.

Now I don't know about you, but I'll admit that I always wondered what those little Las Vegas corner chapel houses were like. Not that I ever seriously entertained the thought of going *inside* one of them, but I was curious.

Thanks to Wagner (actually, thanks to the Wagners, since Rich married his ex-wife Joan and I've known both for nearly 10 years), I got my chance. Next door to the Riviera Hotel, amidst the shining lights of the world-famous Las Vegas strip, stands the Morningside Wedding Chapel, which gives you the old "Do you take this woman/man?" with a touch of class.

It was here that first Wagner, then Cates elected to tie the knot and, although I didn't have the opportunity of witnessing the Cates' ceremony, I did enjoy the Wagner's, alternating between my photographer, witness and ring bearer roles.

I was struck by the oddity of these two distant (to each other) acquaintances being merged in similar circumstances. Wagner and Cates met for the first time in December of 1975 when Norm's first Courtsouth Racquetball Club hosted a pro event.



Each went on to various heights within the industry, each fought his own share of tough battles, often against seemingly insurmountable obstacles. And so when each went to the altar in the same place in the same week in the same town under the same circumstances, well, like I said, I was struck by the oddity of it all.

But I really should hardly have taken notice. Both men have proven over the years to be dynamic, aggressive, make-a-decision-and-stick-with-it type people. It shows in Wagner's impressive racquetball game and it shows in the style and substance of Cates's clubs.

So when they found themselves in Las Vegas with the woman of their choice (and since the ladies felt likewise, I'm sure, about their respective men) I just think it's one of the nicer stories to report this year. They've both been friends of mine for a long time and I'm pleased that they've found the happiness that a marriage certainly represents.

And if the one marriage helps make Wagner's racquetball game a little better and the other makes Cates's clubs a little nicer, then all of racquetball will be a little better off. For Wagner's skill and excellence can entertain us racquetball hackers, and Cates's clubs can provide the amenities and atmospheres that allow us to fully enjoy our recreational time.

I wish them well. ●

Chuck Line

Letters

Nasty Serves

Dear Editor:

In the November issue you were wondering if you should use a nasty serve to defeat a neighbor in a friendly racquetball game. In the same issue N.C. White ("Unathletic Woman: My Last Myth") did just that in a tournament setting.

Because you decided not to defeat your opponent with serves, you showed great confidence in your ability to play the game on the floor. I'm sure it was a much more enjoyable time for both of you.

I grew up with the "unathletic woman" idea just as Ms. White did and I can understand her using the nasty serve to defeat someone in a tournament; I would most likely have done the same. But I've never gotten close to where I could win a tournament the way she can; in fact, I get very nervous just signing up. The first club tournament here had a small number of entries and I was so scared that I had butterflies and other symptoms for three days previous. The second tournament was supposed to be small but last minute entries so increased the number of competitors that I dissolved in tears with fright and forfeited my match. I'm still working on overcoming these feelings.

I entered another tournament several weeks ago and since our club is so small, we have no classification of players or divisions. So my first round match was against the top woman player in our town. There was never any doubt that she would easily defeat me, but she was a friend and I expected to have fun and play some racquetball. Instead she annihilated and completely humiliated me with serves so fast that I couldn't even move to retrieve them. Like the "unathletic woman," I am learning to handle competition, but it takes a long time to learn to handle humiliation.

I did not enter the holiday racquetball tournament. I'm going skiing ...

(Name withheld by request.)

His Favorite Shoes

Dear Editor:

The article on racquetball shoes was excellent and a great service to the racquetball community. I would like to add the J.C. Penney USA Olympic to that list, however.

For eight to nine months, playing up to

10 times a week, the shoe never needed washing because of the nylon mesh breathability. It did not split out at the sides because of the heavy duty stitching. And the price was only \$20, with sales throughout the year.

For each pair sold, 50¢ goes to the US Olympic team. With the recent recognition of racquetball by the US Olympic Committee, what better way to support the Olympics and racquetball!

Scott Owsley
Portland, OR

"The Gar" On Dr. Bud

Dear Editor:

It is amazing to me that a so-called reputable racquetball magazine would risk its reputation by listing the top 10 men racquetball players and making the egregious oversight of leaving out Dr. Bud Muehleisen.

Racquetball players the nation over consider Dr. Bud the most phenomenal player of all. The first to be mentioned in the Racquetball Hall of Fame—did you forget to check your sources? More titles than any other player—did he beat you too badly once? A gentleman on and off the court.

Surely you will admit you made a mistake in not placing Dr. Bud Number One, or is there some petty disagreement on your part that keeps you from making this admission instead of reporting it like it is?

Dianna Benson
El Cajon, CA

We put the question of Dr. Bud to the article's author, Charlie Garfinkel, whose response follows. —Ed.

Dear Chuck:

I'm very pleased that my article, "The Top Ten Male Players Of All Time" has generated so much interest. I'm also not surprised that there have been letters and comments written about Dr. Bud Muehleisen being placed on the Honorable Mention List and not higher. For the record I'd like to explain my reasoning.

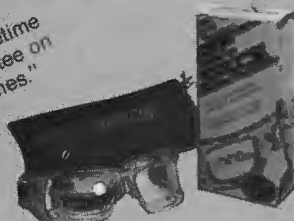
Dr. Bud at age 37, won the National Singles Championships in 1969. This was a truly remarkable feat for a man of his age. In 1970, he was soundly defeated in the quarter-finals by Craig Finger. Finger went on to win the national championship. After this loss, Dr. Bud never played in the National Open Singles Championships again.

He returned to national open competition in 1974 at the age of 42, to play on

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the old IRA professional tour. This tour had only half of the touring pros because of the political split with the NRC. Although Dr. Bud regularly reached the quarter-finals, he didn't defeat any of the players ranked ahead of him. However, his accomplishments for a man of his age are still mind-boggling.

Dr. Bud has compiled a record of over 60 national singles and doubles championships, a record that will most likely never be broken. However, except for his one 1969 National Singles title, all of his other singles titles have been in the age group categories of 35-and-Over.

Because the rankings are based on longevity of record in *Open* and/or pro competition, Dr. Bud, in my opinion, doesn't qualify as a top ten member.

Stating what he might have done is merely conjecture.

Sincerely

Charlie "The Gar" Garfinkel

During his career Garfinkel has defeated Brumfield, Schmidtke, Wagner, Bledsoe, Muehleisen, and Rubenstein. Should he also be ranked in the top 10? —Ed.

Dr. Bud's Record

Dear Editor:

The December issue of *National Racquetball* included an article by Charlie Garfinkel titled "The Top Ten Male Players of All Time." The list included exceptional and even great players. What the list did not include was Dr. Bud Muehleisen, the first inductee into the Racquetball Hall of Fame. Muehleisen is possibly racquetball's best known personality and a player whose playing record is unparalleled by any of the 11 gentlemen mentioned by Mr. Garfinkel.

In his salad days, Mr. Garfinkel was one of the better also-rans, a fact which, I assume, gives him license to his opinion. But can you imagine sports historians not including Babe Ruth or Ted Williams when reminiscing about baseball, Jack Kramer or Pancho Gonzales when talking tennis, Jessie Owens while discussing track or O.J. Simpson when mentioning football. For any knowledgeable racquetball aficionado, Dr. Bud's name would be one of the first to come to mind.

In the February issue you note that the Top Ten article created considerable controversy and that it was an inadvertent omission—the section entitled "Honorable Mention" should have included Dr. Bud. Putting Dr. Bud in an

Honorable Mention category is akin to saying Willie Shoemaker is qualified to ride the local carousel!

Individually, Dr. Bud has won more national titles, singles and doubles, than all of the 11 mentioned players have together—61. He holds a positive win-loss record over virtually every player he has ever played. He has tutored many champions, among them Charlie Brumfield, Dave Peck, Lynn Adams, Don Thomas and Shannon Wright.

He won the Open Pro Mixed Doubles at age 50. His credentials speak for themselves and need no defense from me. It is true that Dr. Bud never played the super Marty Hogan or Mike Yellen, and some of his victories over many of Garfinkel's listed players, besides tournaments, were in practice or exhibition matches. But his cumulative record against all these players would give Dr. Bud a substantial edge.

It should also be pointed out that Dr. Bud gave away an average of 20 years' age difference to many of these players. I spoke to Dave Peck recently and he said, "No one knows more about racquetball than Dr. Bud. His ability and titles won unequivocally should place him high on any all time list. He taught me a great deal and I am deeply indebted to him."

Although the following is not germane to Garfinkel's list, it is to racquetball. Dr. Bud remains one of the sport's best ambassadors. I have seen him play hundreds of matches. He has always conducted himself as a sportsman and a gentleman.

I have only played Charlie Garfinkel in tennis as I was even less of an also ran when I was competing in racquetball. If he had played more tennis, I might accuse him of being out in the sun too long and thus find some rationale for his exclusion of Dr. Bud from his rankings. I have had the privilege of hitting with Marty Hogan and Charlie Brumfield and I am not suggesting that a Garfinkel re-evaluation would necessarily put Dr. Bud in that upper stratosphere of one or two but, personalities aside, he most certainly should have placed him close behind.

My thanks to *National Racquetball* for the opportunity to express my thoughts and right an injustice to one of racquetball's best.

Ben Press
Coronado, CA

Great Players And Matches

Dear Editor:

Your section on "Greatest Matches Of

All Time" and "Where Are They Now?" is excellent! Those of us who have been involved in our sport for some time really appreciate them and those just starting can learn about the people that have made this the greatest participating sport there is.

I was especially pleased to see Smitty Schippers' picture in the May 8th issue in the story about Dr. Bud and Paul Haber.

Which brings up the question for "The Gar"—how could you leave out Bud Muehleisen as one of the top 10 male players of all time?

Jack Fulton
President, Memphis Racquetball Association
Memphis, TN

Cover Girl

Dear Editor:

Having photographed about 1000 covers for national magazines, I know better than to argue with an editor's choice of a cover. However, I don't think you were being fair to your readers with the February cover showing them such a limited close-up of



lovely 18-year-old Laura Houck getting hit in the safety glasses by a ball.

Laura Houck, as you can see from this picture, is considerably more than a scrunched-up face.

She works at Northbrook's Court House, is a Fruit Juicette and has a

high IQ. I don't know what your problem is, but as I said above, I never argue with editors.

Arthur Shay
Deerfield, IL

Racquetball and Movies

Dear Editor:

How can we make racquetball more popular? There is a simple solution, notwithstanding the confining limits of the playing court. Remember how all the famous movie stars smoked in every scene? The tobacco people "influenced" producers and directors.

Some of us have got to influence Meryl Streep and Dustin Hoffman to play some of their scenes in, on or near a racquetball court. That's how a product is merchandized.

Bill Roufberg
Kendall Park, NJ

True, racquetball shows up on movies and TV only rarely. Anyone out there who has influence in Hollywood—get to work! —Ed.

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EXTRA!

IRSA Convention/Trade Show Draws Record Crowds

The second annual International Racquet Sports Association (IRSA) National Convention/Trade Show, held January 16-21 at the Riviera Hotel in Las Vegas was a smashing success with a record number of club owners and manufacturers attending. Over 600 owners or managers along with 98 companies in 148 Trade Show booths met for five and a half days.

Under the theme of "Make Things Happen," IRSA presented the attendees with a broad variety of speakers, round tables, break out presentations, food and social functions. Some of the racquetball world's most noteworthy individuals occupied the speaker's platform at various stages of the Convention, including *National Racquetball* publisher Hugh Morgan, AARA executive director Luke St. Onge, APRO Board Member Connie Peterson, and AMF-Voit's Bob Larsen.

The Trade Show portion of the Convention attracted such well known racquetball



National Racquetball publisher Hugh Morgan awards Caribbean cruises to the lucky winners at the IRSA Convention/Trade Show: (above) Marilyn Sampson, Minneapolis representing Sun Health Systems, International, and Bob Fisher the firm's president; and (below) Dave Moulaison, representing The Tennis Club, Manchester, MA.



firms as Ektelon, DP/Leach, AMF-Voit, Foot Joy, Right Gard (Ram), Totes, W & W

as well as virtually every court construction firm in the industry.

"We couldn't have been more pleased with the turnout and the highly intensive participation," said IRSA executive director John McCarthy. *"It's important that IRSA do everything it can to help ensure a healthy environment for the club business."*

The seemingly endless trend toward club diversification was greatly evident at the Convention, where 10 sunbathing companies and 14 exercise equipment firms were represented.

Making brief appearances were professional racquetballers Dave Peck, Jennifer Harding, Richard Wagner and Jerry Hillecher.

IRSA also took the opportunity to elect three new members to their Board of Directors—Red Lerille, Lafayette, LA, Jim Gerber, San Francisco, and Tom Fawsitt, Vancouver, British Columbia. All were elected to three-year terms. Todd Pulls, Concord, MA, was elected president for a one-year term.

Teen Teams

Kids have traditionally not been particularly welcome at racquetball clubs, and very little attempt has been made to get them on the courts or provide them with affordable instruction and with competition.

Now at long last a coordinated, nationwide effort is underway to involve kids at the grass roots level through a program entitled "National Teenage Team Racquetball," which is being presented for the first time this summer. The pro-

gram is modeled along the lines of little league baseball, and will be open to boys and girls 14 and under.

The season, running through June and July, will

finish with area, state and national playoffs.

Interested adults are asked to volunteer their time to coach, referee and organize. You can find out more by contacting Mort Leve, 8303 E. Thomas Rd., Scottsdale, AZ 85251 (602) 991-0253.

Marty Makes Us

Marty Hogan pulled off an unusual victory for racquetball in the January 31 issue of *Us* magazine—unusual because racquetball rarely features prominently in the mass media. And Hogan is featured prominently, coming off as a real winner in a two-page interview with Don Burke.

He talked about his contribution to racquetball, the growth of the sport, what it has meant to him and his expectations for the future. "I want to be known as the best ever to play," he told

Burke, displaying the dominance and candid egotism so well known and loved by Marty's fans in the racquetball world.

Throughout the interview, Hogan comes across as a smart, funny articulate spokesman for racquetball. Which is just as well, since the interviewer calls racquetball a "fledgling sport" and an "almost invisible professional sport." With attitudes like that, we can use the hotshot, savvy champ to take on the national press any time.

AARA Update

The **Regional Games**, held in off years under the auspices of AARA as preparation for the World Championships, will take place in 1983 at the **Quail Lakes Racquetball Club** in Stockton, CA, March 4-6. The top five men and women amateur racquetball players in the US will compete in Round Robin competition against teams from Costa Rica and Mexico... The **1984 World Championships** are scheduled for August, in Los Angeles, with 20 countries expected to compete... Along with **Lite Beer** from Miller, a major sponsor of amateur rac-

quetball, the US team will have the sponsorship of **Penn Athletic Products** and **DP Leach** in the Regionals, with **Levi Strauss** as the official supplier of uniforms... Lite, Penn and DP Leach are also all involved in underwriting the **National Intercollegiate Championships**; for the third straight year, Lite is putting up \$8,000 in scholarship funds for the intercollegiates... Over 60 colleges and universities are expected to compete in the championships, which will be held at the **Racquet Club of Memphis**, April 8-10...

Racquetball In UK

After many years of deprivation, the English at long last have racquetball courts available to them.

A new club, the David Lloyd Slazenger Racquet Club, which opened in Southall, a suburb of London, in October, contains two racquetball courts.

May not sound like much. But they're the first courts in any commercial facility in the UK.

David Lloyd, the club owner, decided to include the two courts although racquetball is still relatively unknown in England. He believes that the game will take off once people get to know about it.

The courts are designed to give racquetball and the players maximum exposure, since the back wall is made of glass and they are overlooked by a bar and restaurant.

The club also includes tennis and squash courts, a swimming pool, gymnasium, snooker tables, pro shop, saunas—enough to attract a horde of would-be racquetball enthusiasts.

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League Players: Backbone Of the Sport

by Alison Davis

They troop around their athletic and racquetball clubs in packs of eight or 10—all of them proudly wearing brightly colored matching T-shirts. They organize club functions and chair club committees. They show up often in the pro shops, flustered and anxious because they must have their racquets repaired or they'll simply have to buy new ones.

They have "racquetball" scribbled on their calendars four or five times per week. They're not good enough to join the pro circuit, but they could get around a racquetball court in their sleep.

They're the league players, the middlemen and women, and they're probably the single most important contingent of racquetball players in the country.

League players vary widely in age, profession and skill level, but do have a common commitment. They invest valuable time, energy and money into

"\$700, not including the beer." Wilson competes in the club's ladder, and its in-house and travel leagues. If ever there's a lull in league action, you can expect Wilson to up and organize a league himself.

Leagues fall into two categories—in-house and travel. In-house league players compete against fellow club members in a round-robin format, often for a nominal entry fee. Prizes awarded and means of determining winners differ from club to club.

Travel leagues offer inter-club competition. On an informal level, one club's travel team challenges another club's representative team for one or more series of matches. Sometimes an energetic club manager or member gets together a more structured, on going round robin involving several different club teams.

By far the country's largest and most elaborate travel league is the Metropolitan Chicago League, in which some 120 fall and 90 spring teams (with 10 or 12 players each) participate.

The entry fee per team is \$180, \$60 of which is returned if the team never forfeits. Teams travel to each others' clubs to compete. Members of A, B, C, or D division teams from one club play against other club teams in their same division and geographical zone. If there is an A division women's team winner, for example, in more than one zone, the zone division champions compete for the city division championship.

In-house leagues attract more beginning and intermediate level players because of their generally less competitive nature. Travel leagues, on the other hand, while not considered "feeders" for the pro circuit, do appeal particularly to the more advanced players.

"When you're one of the top three or four players in your club, you can get bored or stagnated," said Art Michaely, coordinator of the Chicago League. (For a profile of Michaely, see the January issue.) Travel leagues remedy this by exposing players to different styles and strategies, according to Michaely, executive director of the Park Ridge, IL YMCA.

Michaely said that his league suits all levels of players. Points earned by beginning players count just as much toward the overall team scored as those of the "high mucky mucky. A league of this sort," explained Michaely, "can funnel all kinds of players into a competitive league situation. It's a full-service bank.

"The league is a learning process," he continued. "The whole premise of our league is that the players get something back from it." Players get different things back from their league participation.

"The reason that most people I know participate in the league is to meet new people," explained Wilson, rated a B player in-house. "The problem with racquetball," he said, "is that it's not a very social game. It's an individual game."

Not only does Wilson socialize more now with people he's met through the

Bob Wilson, Portland, OR: *"The reason most people participate in the league is to meet new people."*

their "league habit," even though they usually don't receive any monetary rewards or public acclaim in return. They'll drop other responsibilities, rearrange their schedules—whatever it takes to get to that club at that certain time each week. Governments may topple and major snow storms hit, but come league time, you know where they'll be.

Take Bob Wilson, 39, of Portland OR. He's been playing racquetball for three years, and participating in leagues at Portland's Lloyd Center Courts for most of that time. A Datsun dealership service manager, Wilson regularly plays five or six times per week. He estimated that he goes through two racquets and three pairs of shoes in a year.

When asked how much money he annually puts into racquetball, he replied,

Bruce Gibson, Miramar, FL: *"I'm twice as good now as I was before I started playing in leagues. The name of the game is competition."*

league, but he's established a base of 20 to 30 suitable opponents whom he can contact to set up matches. "And by playing against more people with different types of games, I've gained more court sense," he added.

Bruce Gibson, 34, who plays at the Sportrooms of North Miami, FL, said, "I'm twice as good now as I was before I started playing in the league. The name of the game is competition," added the August Brothers Bakery distributor. "The only way you're going to get better at it is if you play a wider variety of players with different skills."

Vicki Sparks of Denver, CO couldn't agree more. The 29-year-old accounting assistant and computer operator had

been playing racquetball for 18 months and felt her game had leveled off.

Joining the league was mandatory if I wanted to improve my game," she explained. "I would recommend joining a league to anybody. I was really getting into a rut by playing the same three or four opponents consistently.

"I've met a lot of people at my level and higher that are a lot better for me to play. I can feel my game and my confidence improving. Getting into the league has made me feel more comfortable going out onto the court. My shot selection and my backhand have improved—I didn't even have a backhand before. For players at my level, leagues are pretty vital." Sparks added that she and her husband have attended more Cherry Creek Sporting Club social events since she joined the league there.

Judi Turnbull, a 40-year-old housewife from Wheaton, IL, represents the Glass

Linda Siau, Tucson, AZ:
"If you mention the word 'tournament,' some of the lower levels get hysterical."

Court Swim and Fitness Club of Lombard, IL, on its women's B team, winner of the southwest zone division of the Chicago Metropolitan League last fall.

"I like the competition," she said. "It makes me play harder when I'm out there to win and not just play socially." There are even more reasons why players have gone "league-crazy" and, in particular, why they prefer leagues over tournaments. First of all, sandbagging is less likely to occur in the leagues.

"Tournaments have started to evaporate because of sandbagging," said Michaely.

In-house league managers pay strict attention to ranking their players appropriately and consistently. In the

Chicago league, team managers must follow common guidelines for placing players. Those that consider their opponents inappropriately ranked are encouraged to file formal complaints.

"If you mention the word 'tournament,' some of the lower levels get hysterical," said Linda Siau, teaching pro at the Tucson, AZ, Athletic Club.

"The lower level players have a better chance in league play than in tournaments," said Wilson. Because players of relatively similar skill levels compete against each other, beginners don't get trounced and discouraged; more advanced players don't feel unchallenged or unmotivated.

Secondly, *"in tournaments you play for yourself, in leagues you play for a team,"* said Jim Verhaeghe, manager and head pro at the Glass Court. Many players prefer to play for themselves and the team, developing team camaraderie in the process.

"Leagues are turning what was a an individual game into a team concept," said Michaely.

Gibson, a Miramar, FL, resident, summed up one of the league's most important pluses for players: *"Leagues give you the chance to build up a schedule of playing. Tournaments don't come along every day."*

Michaely formed the Chicago Metropolitan League in the early '70s because *"a group of quality men players were looking for the kind of exposure that was mandatory at their level of play,"* he said. Michaely formed the league based on the theory that if left to their own devices, players won't regularly set up and/or attend their own matches. If they're scheduled to play once a week at the same time, however, they're much more likely to show.

Whether they appear eagerly and regularly at their league matches out of habit, so as not to disappoint the team, or to meet new people, improve their game or get a good workout—the point is they show up. Every week.

"They know that win or lose they're still going to be playing next week," said Michaely.

By virtue of the leagues' popularity, they're profitable. And for club operators and equipment manufacturers, that's the bottom line. Club managers have started scrambling to get more people into their clubs, and leagues seem to be a way to do that.

"It used to be that we could go on the fact that it was the fastest growing sport in the country. Now it's reached a plateau and we can't do that anymore," said Molly Mankertz, manager of Lloyd Center Courts.

Vic Strlichuk, who operates the Sportrooms of North Miami, puts it more bluntly. *"We kind of overdid it on the clubs, and now some clubs are having trouble filling their court time."*

"We can accomodate more people on a given night with the teams than we would on an open court night. We're not taking away that much court time and we are still serving a greater number of people," said Mankertz.

Mollie Mankertz, Portland, OR:
"We are more likely to retain league players as members because they are more likely to use the club."

Leagues also get the numbers there more often. *"They bring players in here once or twice a week more,"* said Tracy Frank, teaching pro and court sports coordinator at the Cherry Creek Sporting Club near Denver. *"We don't make any money on the leagues themselves, but they keep the members happy,"* he added.

But further down the line, the players' happiness does translate into more money for the clubs and the sport itself. Enthusiastic, involved players put out more dollars than non-leaguers for club food, lessons and memberships, and for racquetball paraphernalia of all kinds.

"League players are the basis of the sport," said Frank. Because league



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players compete more, they use up and purchase more equipment than most of their non-league counterparts. "Buying all that equipment supports the manufacturers, allowing them to give equipment to the pros," explained Frank. League players are much more likely to attend pro matches subscribe to racquetball magazines, and devour books and pamphlets on the sport.

Leagues keep players at their clubs, or at least in the club system. "We are more likely to retain league players as members because they are more likely to use the club on a regular basis," said Mankertz. Michael pointed out that travel leagues expose players to other clubs which may generate new memberships by luring away players from their current facilities.

"Leagues give the pro a lead-in to lessons," said Verhaeghe. "Say you pull a player up into a new ranking. Maybe he's only missing a game by a

don't think they should overrun the facility. If you program people into a league, you're going to lose some of them."

Mankertz, whose club is located close to the Portland business district, said that some players do operate better working their own matches into their busy schedules.

Strilchuk takes a different approach, however, and considers leagues the wave of the future.

"I'm kind of dependent on them," he said. "And the future of racquetball is more or less dependent on the success of leagues. He operates some league play during prime time hours, and said he feels that racquetball may follow the same course that bowling has—if players don't play in leagues, they don't play at all.

Although there is some question as to what role racquetball leagues will play

Art Michaely, Park Ridge, IL: "If the only people they (owners) care about are the tournament players, their place is going to go broke."

few points. The pro comes over and says, 'Hey—I think you could work on that. . . ' Pretty soon you've got the player participating, the pro picking up lessons and the club making money," said Verhaeghe.

Clubs must balance the competitive opportunities they offer their players, according to Michaely. *"If the only people they care about are the tournament players, their place is going to go broke."*

By the same token, Mankertz said that club managers will run into problems if the only people they cater to are the league players.

"We limit our league play," she said. "I think the leagues are popular, but I

Vic Strilchuk, North Miami, FL: "The future of racquetball is more or less dependent on the success of leagues."

in the sport's future, no one denies that they're a very important part of the sport now.

Leagues keep the interest in the roots of racquetball, in the beginnings," said Frank. "They keep the club members' interest up, keep the clubs alive and keep racquetball going."

Leagues improve players' games, introduces them to new players and provide them with regular, fair competition. Racquetball leagues have been good to players. And they, in turn, have been good to racquetball. ●

I Think I Can, I Think I Can

by David Haifleigh

He has gone through four suicide attempts, a divorce, bankruptcy, and a six-year life and death battle with Multiple Sclerosis (MS).

And because of racquetball things couldn't be better.

He is Michael Lawrence of Denver, CO. An A player, Michael is fighting more than the pinches and kills of his racquetball opponents. He is fighting the kill of MS. MS is a chronic, degenerative disorder that is characterized by some form of paralysis or muscle twitching. When he plays racquetball he can't feel his feet. He constantly strives to stay on the balls of his feet so he doesn't stumble. His left hand is cold to the touch from lack of sensitivity.

But he is intense about the game. Michael has broken his thumb eight times and he has had 62 stitches from aggressive play. He was coached by Davey Bledsoe, is on the Ektelon player/advisory staff and he loves the game. But there was a time when MS had defeated his spirit to excell. The symptoms started in 1975: an inflammation of the optic nerve in his left eye that caused periodic loss of vision. Then there were tingling sensations in his fingers and leg.

To add to the dilemma, Michael was also going through a divorce. His ex-wife received custody of their son and the family home. His shirt-broker business was failing and bankruptcy was imminent. Not only was he numbing up from the symptoms of MS, but he was also developing a numbed mental attitude towards life.

In January of 1976 the doctor gave it to him straight. He had MS. Defeated, he sought refuge in a one-bedroom "death palace." His small apartment was the four-walled court where he volleyed with drugs to relieve the pain. He became a "drama-queen," faking MS symptoms to obtain drugs so he could escape the reality of his crumbling life. Sky-high on drugs, Michael took massive doses of codeine and percodan. To get to sleep every night he took at least two quaaludes. In his depression he would hold a gun to his

head. He claims that he was so far out of touch with reality that he didn't know how to shoot himself. Lawrence was just "tanking it" until the final point, death. MS was crushing him in the finals.

With the help of persistent friends, he was exposed to Erhard Seminar Training (EST). The training forced Michael to face up to the fact that no one was going to help him in his struggle with MS. He had to live with the disease. EST showed him the difference between being an MS victim and being an MS patient.

Then he discovered racquetball.

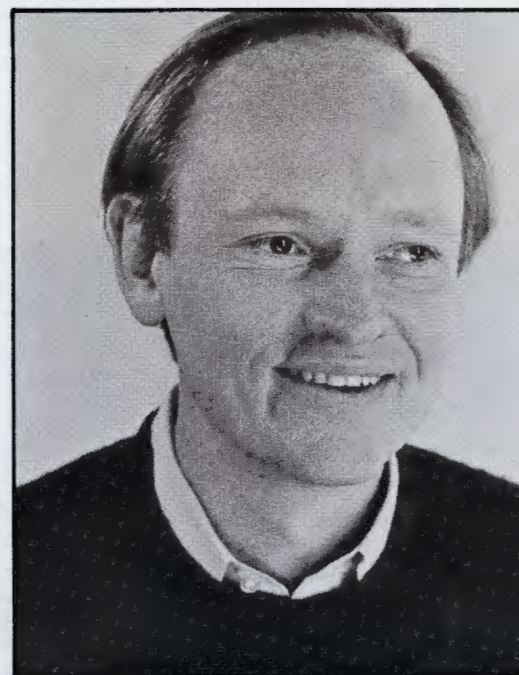
Racquetball is a microcosm of his struggle with MS. It is the perfect physical outlet for his daily mental anguish with the disease. Racquetball means taking responsibility on the court, realizing that no one can help you out there but yourself. Racquetball was the catalyst that transformed Michael's problems with MS into opportunities.

Over one-half million persons in the United States are afflicted with MS, a bizarre disorder of the central nervous system that strikes its victims during their 20s and 30s. The disease destroys a vital insulating substance called myelin. Without myelin, the nerve impulses are short-circuited or blocked entirely, which leads to some devastating symptoms including blurred or impaired vision, decreased strength, loss of coordination, numbness, and poor bladder control.

The disease is baffling to scientists. There is no cure for MS. It has been blamed on cold weather, diet problems, and allergies. Today scientists are concentrating on viruses and the immune system.

MS afflicts more women than men and is more prevalent in the northern part of the United States than in the southern sections. It is also more likely to appear in the white population than in black or Oriental populations. And with these baffling characteristics the symptoms can leave a patient as suddenly as they appear. In fact, half of the patients get better without any form of treatment.

Michael Lawrence



MS is not a fatal disease. Most patients live long lives. The life expectancy after the first attack has been reported to be 35 years. But few of the patients think of MS as an opportunity.

"Racquetball has been the greatest medicine I've ever had," said Michael Lawrence. "It saved my life. With exercise I can eliminate the 'I don't feel well today' mentality. If you exercise you can't get loaded on medication. At least I can't because then I can't beat anyone on the racquetball court. But winning isn't everything—giving 110% is what's important. The big problem with MS is the mental aspect. MS patients are being set-up to lose. I was lucky to have MS and I want other patients to believe that."

Michael Lawrence is an endangered species. He is fighting back, not taking MS sitting down. He is Pete Rose determined to make a difference. Michael believes that we are all victims. Some of us have bad jobs, some have unhappy homes, and others have MS. But we all have to live on.

The basis for Michael's enthusiasm is participation. He wants MS patients to get involved with life. With this *"the sun will come up tomorrow"* attitude about MS he has started a foundation to create avenues for MS patients to get jobs, develop socially and become active in recreation. The foundation is a financial cheerleading squad, a bandwagon of support for patients. The financial muscle of the foundation is coming from Getty Oil, Pepsi-Cola, and Denver's International Athletic Club.



The concept of the Lawrence Foundation is participation therapy. If the patients are busy they won't have time to dwell on the negative aspects of the disease. *"I'm leading a normal life even though the disease is always there. I still lose my vision now and then and I cramp up and have muscle twitches. But even if you're in a wheelchair, you can still smile and look forward to life,"* said Lawrence. *"Even the small victories like walking to the john or lifting an arm are positive, physical participation therapy examples."*

Racquetball is Michael's positive participation therapy. He does not profess racquetball as a cure for MS—it isn't the click-your-heels-together solution. But physical therapy has a way of making patients optimistic about life. *"MS doesn't play favorites,"* said Michael's family physician, Dr. Brent Lovejoy. *"But attitude is 75% of the problem or solution in dealing with the disease. Exercise, regardless of the magnitude, helps patients put their problems on a higher plane. For Michael racquetball is his touchstone."*

Exercise hasn't proved to be beneficial or harmful of MS patients. Each case must be handled individually and medical supervision is necessary. But the Lawrence Foundation has developed a stretching chart especially for MS patients. The program at the Denver International Club is highly successful. The traditional belief has been that MS patients should learn to be less physical, but Michael Lawrence is the Richard Simmons of MS. He is excited about getting involved, sweaty about participation therapy.



The essence of that therapy is characterized in the wonderful relationship that Michael has with his wife

Kate. "She basically wasn't nice to me when we first met. Like an opponent on the court, she let me know she wasn't

going to put up with any of this self pitying nonsense. She was the catalyst for me to change. She had a disease and it was called 'fat' instead of MS. She lost 52 pounds and that was an inspiration to me. It taught me not to be a victim of my disease. Kate and racquetball really kicked me in the butt. They're the reason I finally started to grow up," said Michael.

And to prove that he is growing up, Michael and Kate are expecting a baby this year. He is going back into the shirt business. From a death palace to a racquetball court, from a drug addict to a daddy—the road for Michael Lawrence has not been easy. But with racquetball, participation therapy, and the Lawrence Foundation, the road to a normal life for other MS patients will be a lot brighter. ●



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The Racquetball Player, The Poet, And The Fox

by David Evans

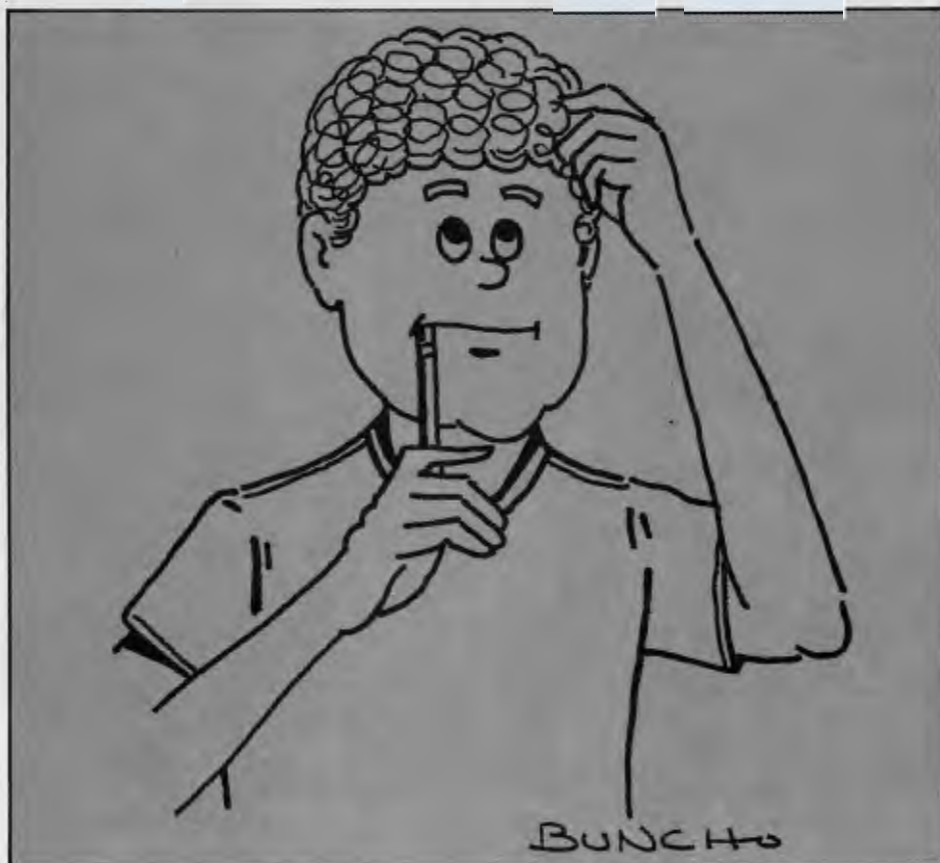
I'm a poet who plays racquetball, and a racquetball player who writes poems. I like to say it two ways because both activities are important to me, and both are very similar. Let me explain some of the connections as I see them.

To make a good poem and to play good racquetball requires of me a total sensory and mental participation. I'm either *inside* an experience as I'm recalling it and writing it—sweating out the words of that experience—or I'm merely writing words on a piece of white paper. The same is true with racquetball. Some days I'm just going through the motions as if the game were a simple mechanical exercise, whereas on other days I'm truly in motion, my concentration is keen, I'm living inside that white room as completely as I can live.

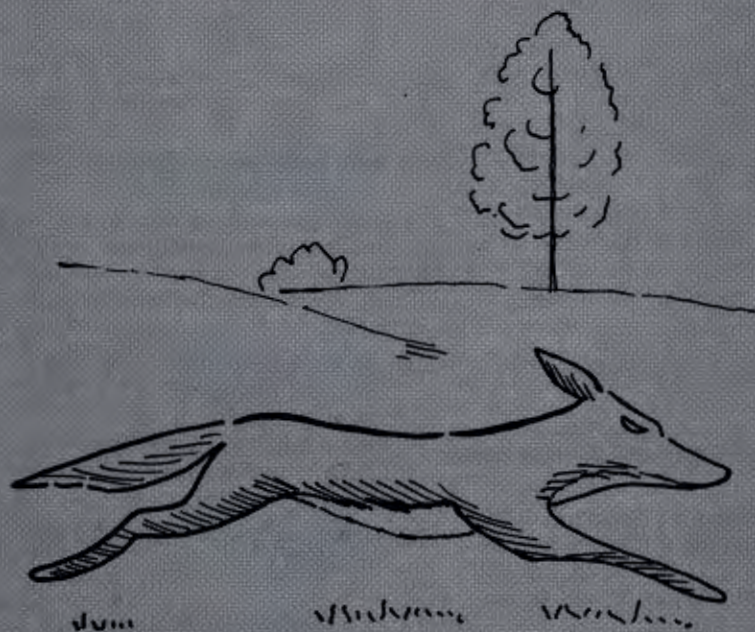
Playing well, like writing well, is for me mainly a matter of awareness, of commitment, both physical and mental. I say *both* physical and mental because the two cannot be separated. Thinking, for example, is not just something we do with our brain. Thinking goes on always, even in sleep, and it involves our entire being. Our brain doesn't think; we think.

Many people are surprised when they hear that an athlete writes poetry. But it's easy to prove that poetry has its athletic, physical side. Just watch grade-school kids responding to a good oral reading of poems, especially nursery rhymes. Not yet "educated" with concepts and abstractions, they respond freely, vigorously, bodily.

I've used the word *awareness*. To be aware as a poet/racquetball player means, of course, to be conscious. Making poems requires considerable conscious revising and re-thinking; in this way the poet urges the poem toward completion. I like somebody else's phrase for this part of the creative process: "conscious artistry." This means the manipulation of materials (another word for it is craft) peculiar to the art itself—for painting, colors, and textures; for poetry, words.



— drawings by Ross E. Bunch



BUNCH.

The craft or conscious artistry of racquetball has to do with knowing exactly how to score points and prevent your opponent from scoring points. It means practicing (as one practices in any art); it means the mechanics of pinch shots, passing shots, backhands and forehands, ceiling shots and so on, and it means knowing what you *should* have done when you goofed, so that next time you will do it right. My conscious self is always verbalizing—sometimes out loud—as I'm playing: "Go to the ceiling!" or "Drive the ball!"

But as poet/racquetball player I must have another more basic kind of awareness. Unlike conscious awareness, this kind is unconscious, spontaneous and intuitive. It's the kind of awareness that drives my car down the highway even when I'm not thinking about driving my car down the highway. It's the kind that can suddenly blurt out the surprisingly frank and honest words in an argument. It is the kind of awareness that must assert itself when I'm playing racquetball or writing, if I'm going to perform up to my ability or beyond it. Everybody experiences it. We see it working in animals especially, and in children, and in extraordinary athletes and artists. We recognize it when we say: "He's a natural," or "He doesn't have to work at it." And we remind ourselves of it when we use the words "stay loose."

There are days when racquetball and poetry come fairly easily for me. I'm inside the flow and rhythm of a game, moving with a degree of grace and skill; or with a poem I suddenly realize that the experience I'm exploring is writing itself out naturally through my pen, and the poem is growing before my eyes.

Both conscious and unconscious awareness are crucial to performance, but excellence is possible only when I'm in motion. Just how necessary motion is came to me dramatically one night about eight years ago when I was playing racquetball in a YMCA court with a man who has since become a professional player and a friend. Mark was moving at about three-quarters speed (though at the time I thought he was going all out), and scoring easily with backhands, forehands, and pinch shots. It was the first time I had been in a court with a quality player; I was frustrated, confused, even angry at myself for not scoring at least a few points. Suddenly, sensing my frustration, Mark stopped the action, turned to me and said: "Dave, you have to move to play this game." I didn't say much, probably just nodded and kept on playing, but slowly, slowly those words began to arrive. I went away from the court completely exhausted but with a lesson that was to improve my game immensely.

Mark probably didn't know it, but that night about eight years ago in a dimly lit court he had shown me something valuable not only for racquetball but also for making poems—even for living. I've learned as a poet that only by writing one word on a piece of paper can a second word be possible; that only by writing one line down can the next, and the next, be possible. That is what I mean by being in motion.

There is a poem about a fox whose leg is caught in a trap. "Moving hurts," the poet says, so "he lies still." Yet another "prouder fox" appears, this one with a "severed leg," a symbol of "going free." The point is that the trapped fox has two choices. He can lie there and starve or be clubbed into oblivion, or he can rip off his leg and move. If I was that trapped fox I like to think I would try to keep moving. ●

Reader Survey

Tell Us About Your Racquet Strings

One crucial but often overlooked area of playing performance is the strings of your racquet. Of all the components that cause the ball to get to where you want it to go—your finely tuned body, conditioned muscles, carefully chosen racquet—the strings are the only part in direct contact with the ball, and how those strings perform can make or break your shot.

We fuss about comfortable shoes that enhance movement, lively balls, flexible yet stable frames, tough eyeguards, perfectly fitted gloves—you name it; but how often do you ever hear anyone question the condition of their strings?

So here's your chance to let us know where strings rate in your priorities and court savvy. If you're a dedicated believer in restringing, tell us all about it. But if you don't know zip about strings, we want to hear that too. The string people—manufacturers and stringers—should be told if players don't have a clue so that they can get more information out and possibly serve you better.

We'll print results in the June issue, so you'll have a chance to compare notes with other players. Please respond by May 1 so we'll have time to tabulate.

Send your completed survey forms to *National Racquetball Reader Survey*, 1800 Pickwick Ave., Glenview, IL 60025.

1. How Often Do You Play Racquetball?

- ☐ 3 or more times per week
- ☐ 2 times per week
- ☐ 1 time per week
- ☐ 2 times per month
- ☐ 1 time per month or less

2. How Many Years Have You Been Playing?

- ☐ More than 5
- ☐ 3 or less
- ☐ 5 or less
- ☐ 2 or less
- ☐ 4 or less
- ☐ 1 or less

3. Where Do You Normally Play?

- ☐ Private club
- ☐ Park District
- ☐ YMCA
- ☐ School
- ☐ JCC
- ☐ Military Base

4. What Is Your Skill Level?

- ☐ Beginner
- ☐ Open
- ☐ Intermediate
- ☐ Professional
- ☐ Advanced

5. Are You Male Or Female?

- ☐ Male
- ☐ Female

6. What Is Your Age?

- ☐ Under 18
- ☐ 35-44
- ☐ 18-24
- ☐ 45-54
- ☐ 25-34
- ☐ 55 or over

7. How Many Racquets Do You Own?

- ☐ One
- ☐ Three
- ☐ Two
- ☐ Four or more

8. What Is Your Usual Playing Racquet Made Of?

- ☐ Aluminum
- ☐ Fiberglass
- ☐ Graphite
- ☐ Steel
- ☐ Composite

9. What Is Your String Tension?

- ☐ Less than 20 lbs.
- ☐ 31-35 lbs.
- ☐ 21-25 lbs.
- ☐ 36-40 lbs.
- ☐ 26-30
- ☐ 41 lbs. or more
- ☐ Don't know

10. How Important Do You Think String Tension Is To Your Game?

- ☐ Very Important
- ☐ Moderately Important
- ☐ Not Very Important
- ☐ Irrelevant

11. What Are Your Strings Made Of?

- ☐ Nylon
- ☐ Composite materials
- ☐ Gut
- ☐ Don't know

Other _____

12. Do Your Strings Have Any Special Features?

(Check all categories that are applicable)

- ☐ Multifilament construction
- ☐ Extra "bite"
- ☐ Coated core construction
- ☐ Diagonal stringing pattern
- ☐ One string per hole

Other _____

13. Are You Satisfied With Your Present Strings?

- ☐ Yes
- ☐ No

14. How Often Do You Have Your Racquet Restrung?

- ☐ Every 6 weeks (or more often)
- ☐ Every six months (or less)
- ☐ Once a year (or less)
- ☐ Only if the strings break
- ☐ Never

15. Where Did You Last Have Your Racquet Restrung?

- ☐ Local racquetball club
- ☐ Other club
- ☐ Sporting goods store

Other _____

16. Does Your Local Club Have Restrung Capabilities?

- ☐ Yes
- ☐ No

17. In Your Opinion, Is Having Restrung Service In Your Club Important?

- ☐ Very Important
- ☐ Moderately Important
- ☐ Not Very Important
- ☐ Irrelevant

18. How Much Did Restrung Cost Last Time?

- ☐ \$10 or less
- ☐ \$16-20
- ☐ \$11-\$15
- ☐ \$21 or more

19. Did Restrung Noticeably Improve Your Performance?

- ☐ Yes
- ☐ No

20. What Was the Major Influence On Which Strings You Bought?

(Rank in order of your first three preferences, i.e., put a number 1 next to your first choice, a number 2 next to your second choice, etc.)

- ☐ The stringer said they were best
- ☐ Saw them advertised
- ☐ Teaching pro told me what to use
- ☐ Cosmetic appearance
- ☐ A friend recommended
- ☐ Same strings that originally came with the racquet ●

Ask The Champ

by Marty Hogan

Five time and current National Champion Marty Hogan answers questions about improving your game in this ongoing exclusive series in *National Racquetball*. Readers are encouraged to submit questions about their game to Marty Hogan, c/o "Ask the Champ," *National Racquetball*, 1800 Pickwick Ave., Glenview, IL 60025.

Question: Since most players carry their gear in racquetball bags, I was wondering what you carry inside yours. Do you fill your bag with various first aid items in the event of minor injury?

Hogan: Certainly a good precaution to take would be to carry with you some first aid treatment materials. The first aid treatment at the various tournaments, exhibitions or clinics that I do varies widely. You just never know who is capable of doing what or how well, so it's good to carry the stuff with you.

I like to have at least some good adhesive tape and an ace bandage in the event of a minor sprain. Band-aids for slight cuts with some tape over them will usually do the trick temporarily. But the truth is—that's about it on first aid.

Most players don't carry much in the way of first aid besides that. The majority of the items in the bag relate to playing equipment—things like extra racquets (usually at least six) which are customized and consistent in grip size, string tension, weight and balance. You'll also find extra shirts in case of long, sweaty matches. Other than that, well, it's just the basic junk you'd find at the bottom of anybody's bag.

I guess the pros look at it like this: if we need it, somebody's bound to have it. I remember one tournament where Craig McCoy forgot his shoes. No problem. Don Thomas wears the same size and make and had an extra pair.

Question: Do practice drills really help? I've been playing a little over six months now and I find that just getting out on the court and playing for an hour or two helps me just as much. Why bother with the drills?

Hogan: There is no doubt that the more court time you put in playing, the better your game will get. But I also think it's good to be aware of what your weaknesses and strengths are, in order to practice in such a way that you can improve your weaknesses and take advantage of your strengths.

When you're playing an opponent or opponents for two to three hours, you will be limited greatly in what kind of practice it will be. First, you may not get shots hit to particular places on the court; second, any true practice time may be at the expense of points and therefore, victories; and third, you won't be giving your opponent your best.

If you are serious about improving your game, then you *must* isolate those weak areas and work on them. There is no way around it. Every top ranked player to ever play the game, and I do mean every one, has spent a great deal of time on the court by himself working on certain aspects of his game. There is no easy way to the top.

The fact that you've been playing only six months is probably the key here. When any of us had only played six months, there was always marked improvement where it seemed like each time on the court we improved. You're having reasonable success due to the nature of racquetball. But there will come a time where you will plateau, it's something everyone experiences, and once you hit the plateau, you've got to make the extra effort to improve. Your game will not continually get better and better by itself.

Question: Lately I've been finding myself caught flat-footed and unable to react quickly to return shots. It seems to happen most when I feel my shot won't be returned, but then is dug up by my opponent. How can I avoid this?

Hogan: I share your problem and it's one that almost all players experience at one time or another. In fact, it's plagued me throughout my career. I guess I'm just continually amazed when by best shots are dug out and returned. The impossible does occur sometimes!

The best attitude to have once you're into a rally is to remember that you haven't won the point until the ball has

bounced *three* times. The first bounce is for you, the second bounce for your opponent and the third one for the referee.

I've been in plenty of matches where I thought I'd hit a perfect winner, but somehow my opponent got to the ball and the ref didn't make a call. All of a sudden here comes the return and I'm standing around flat footed waving to the blue bugger as it goes by.

You have to remember that some of the players out there have the uncanny ability to cover the court extremely well and to get to almost every shot. You have to anticipate that they *will* get to your every shot. It's a concentration lapse when you start thinking you've hit a winner and suddenly you're scrambling to get back into the rally.

I have found, however, that it can be most frustrating when an honest difference of opinion occurs on whether or not your shot was legally retrieved by your opponent. But that's why we have referees.

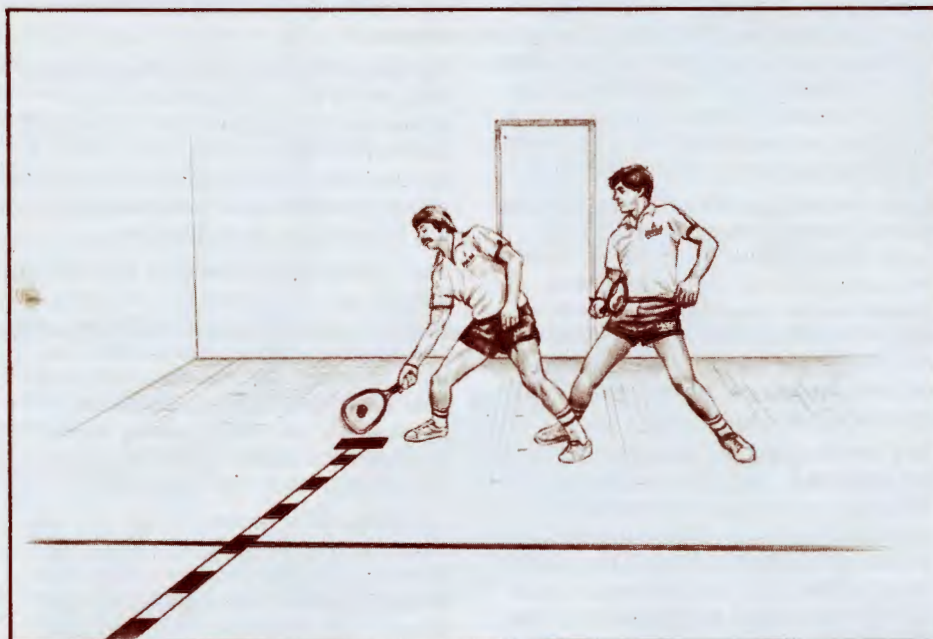
To help avoid getting caught flat footed I recommend that you concentrate on never being flat footed during the rally. What I mean is, be light on your feet. Be in shape, stay on the balls of your feet, and anticipate the action. There is a flow to a rally, a natural movement of the players and the ball and once you sense that flow and get into it, you will greatly reduce the instances of flat footedness.

I recently visited Japan where I played against the best Japanese players who although they didn't possess the physical ability yet to hit the ball hard, still moved around the court as fast or faster than anyone I've ever played against. And that's without having played against any top world competition. The Japanese were light on their feet because they were always moving. ●

Score With The Open Lane

by Steve Strandemo with illustrations by Ron Oden

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



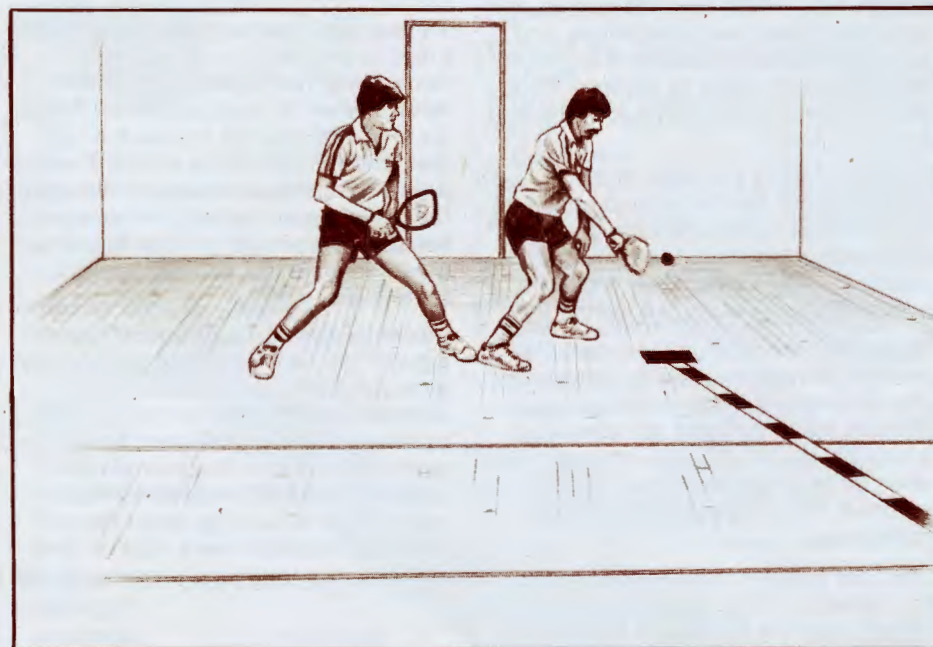
One of the most overlooked subtleties in racquetball scoring situations is hitting the open lane. The game has become so "bottom board" oriented that such a simple shot seems elementary and unexciting when, in fact, if a player executed only these shots in the course of a match he would be a long ways down the road to success.

A player would be amazed if he were to watch a match and count the number of times that an open lane was available for scoring and even more amazed at the number of times a player passed up this offensive shot. Most errors in hitting the open lane occur because the offensive player, in sensing the scoring opportunity, either 1) rushes the shot and skips it, 2) mis-angles the ball back into the middle of the court, or 3) hits too high on the front wall and brings the ball off the back wall. All of us at one time or another, after missing an easy scoring opportunity, have muttered to ourselves "too easy." The ball, if hit down the open lane with reasonable accuracy and velocity, will go for an outright winner because your opponent is mis-positioned.

It is easiest to stress this point to a player if you have access to a video recorder. This was the case recently when I was taping a couple of B players in San Diego. As we were watching the replays, they were amazed at the width of the open court they had in many of these scoring situations and startled by the fact that any reasonably angled shot down the wall would have gone for a winner.

Illustrations 1 & 2

In both of these illustrations, the hitter clearly has his opponent pushed off to the side, opening up a clear path down the wall. For the offensive player it is strictly a matter of execution.





Many times, until a player sees himself playing on tape, he thinks this open lane is a lot smaller than it really is. In truth, even if his shot was not angled perfectly, his opponent would have been really stretching to cover the shot and the chances of his re-killing it on the run would probably be somewhere between slim and none.

It is difficult for a player to realize that his shot down the open lane need not be 100% accurate to be an uncontested winner. Even at the professional level this offensive scoring opportunity is passed up time and time again.

We have established the fact that this shot doesn't need to be hit perfectly to win the rally. But because this shot occurs so frequently during the course of a match, a player should take some valuable time to practice it.

I suggest that you start by first standing in the middle of the court, approximately 10 to 15 feet behind the short line. Use the standard method of drop and hit to learn to angle the ball so that it travels down the open lane, takes two bounces before the back wall and dies in the corner.

Once you are familiar with the basic angle, create a more gamelike situation by using a half-lob serve motion to bring the ball back into your hitting zone and then execute the open lane shot. As you progress and become more proficient in this drill, learn to rally harder with yourself to create those quick reflexes necessary to score in fast-action center court play.

When the open lane scoring opportunity presents itself to you, don't pass it up for another offensive shot. This is by far your best chance to score. Execute the shot, take your point and go on to the next rally. ●

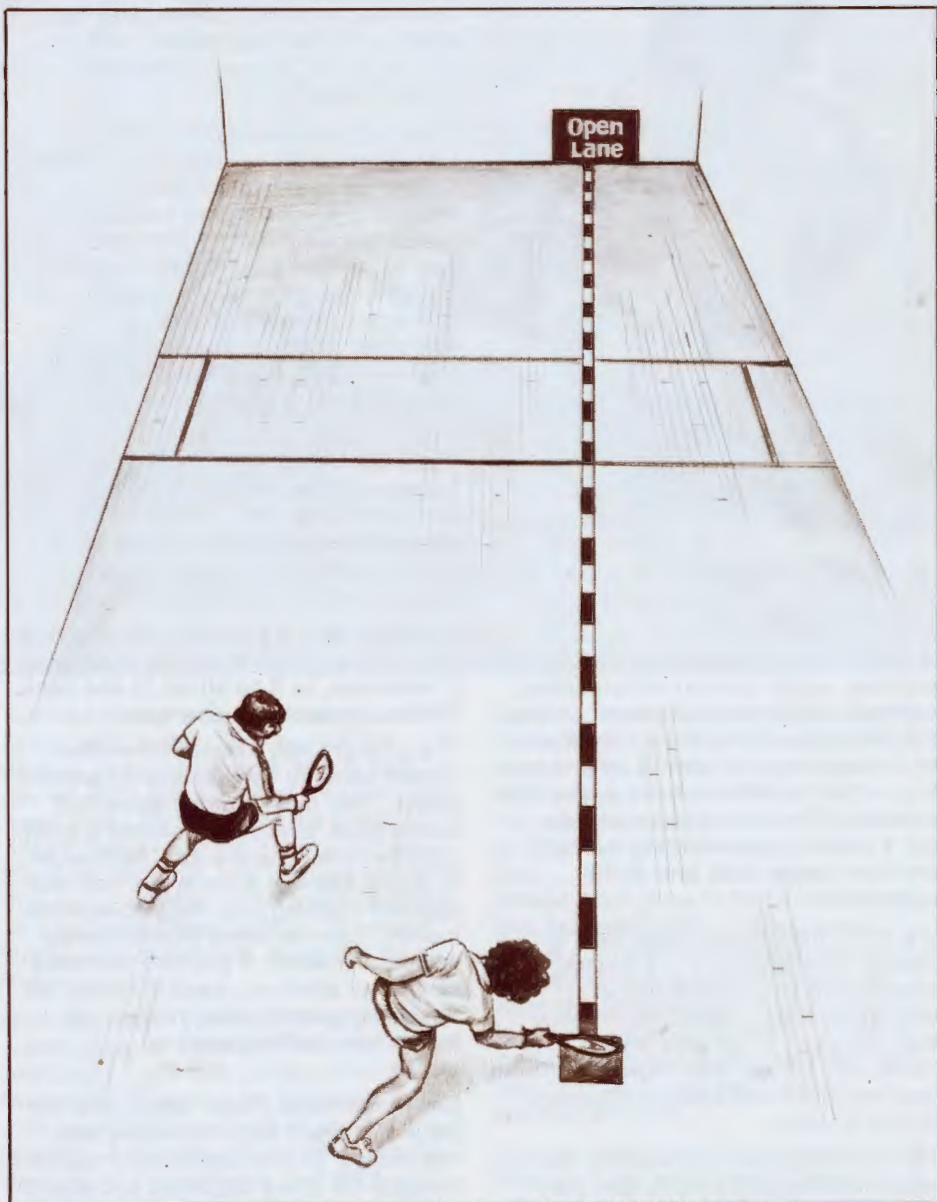


Illustration 3

In this illustration, the defensive player has a much better chance of covering a shot down the right wall. But, if the offensive player hits the open lane with reasonable accuracy and velocity, the shot will go for a winner.

How To Learn From The Pros

by Lynn Adams

This article is another in a continuing series authored by Lynn Adams, current Women's Professional Racquetball National Champion. Adams is also one of the nation's foremost instructors, dealing with players of every level.



No matter what skill level you play at, you can learn a lot about racquetball by watching the pros.

If you have the opportunity, watch them practice, watch them at a tournament, and really keep your eyes open on how they react to all situations. I think one of the best ways to learn is by emulation: strive to imitate what you see. For example, if you see a serve you like, put a visual picture of it in your mind, and then go on court and try to reproduce it.

Watching the pros can positively influence your approach to pressure situations if you understand what you're watching. I would recommend that you don't try to copy a poor attitude, but instead learn how to control your emotions and walk on the court feeling positive.

The first thing you may want to look for when watching the pros is how they enter the court. Are they quiet and intense, loud and aggressive, joking or shaking? Does one person seem to

dominate the warm-ups, always switching sides when he or she is ready? What about during introductions? Does he make eye contact and command your attention or does he stand off to the side, playing with the strings on his racquet? These are things to look for.

When you walk onto the court for a match, you want to walk on confidently. And you want your opponent to know it. Everyone shows confidence in different ways, so don't think the loud and aggressive guy automatically has the advantage. He may be covering up how scared he really is. As you can see, there's a lot to look for, and only time will tell how those beginning impressions will actually affect the match.

The beginning of a match is interesting, because it's usually when the players test each other. They may both be somewhat nervous and display "shaky racquet." (Watch for shaky racquets during the match. More on that later.)

Be aware also if a player uses this time to try many different serves, probing for a weakness, or if he sticks to one basic motion, probably his strongest.

The pros are very aware of the effect certain shots or serves have on another player. They may find one serve that works great, almost guarantees a point, yet they won't use it a lot. The thought is, if you over-use a serve you risk your opponent getting into the groove of the motion. Your hot serve then becomes useless. However, if you use your best serve only when you need it, or just until your opponent clicks in, then you have a very good weapon up your sleeve.

Back to attitude. Really watch how the players interact with the referee and line judges. This is something I carefully watch for in my opponent and also in myself. First of all, I go on the premise that most refs will do a decent job.

They will make some mistakes, and possibly blow some calls at critical points. But overall they will do a good job. Also, they are like the rest of us with feelings, and touches of nervousness. Same with the line judges. They are just calling the game like they see it, as best as they can.

Now, you're watching the match and one player is really being difficult with the ref and line judges. Every time an appeal is made, he yells if it doesn't go his way, and he mocks the officials if the call does go his way: "*Oh, you finally opened your eyes!*"

When I see someone like that, I see a very insecure player. He's definitely not focusing and concentrating on his game—he's putting the responsibility onto other people. He may try to tell you that he's just trying to intimidate the refs. If a player needs to make points via the officials he doesn't have much confidence in his own skill. Besides, if I were calling the match, and wasn't sure about a call, I'd probably make it *against* that player just because of all the flak he'd been dishing out.

When I'm playing, I love it when my opponent starts whining or challenging calls. To me, it means they've lost their confidence and are desperate. That pumps me up and boosts my own self-confidence. Also, I really try to watch myself. If I'm feeling scared, or am not in control of a match and find that I start whining to the ref, that tells me that I've got to stop and get my head together.

Just a suggestion: a ref will not overturn a call. Neither will a line judge. If you really feel like you've been ripped off, you can say so in a polite and controlled manner. Screaming will get you nowhere. A comment made quietly and nicely will earn you the respect and good graces of the ref in the future. Even if you fly off the handle occasionally, concentrate on getting right back in control. You can't afford to lose two points because of a call three points ago. It's not worth it.



Players who display this controlled attitude on the court do so because of confidence. And how do you get confidence? By being prepared. Prepared for bad calls, prepared for close rallies, prepared to lose points, prepared for everything that could possibly happen. Prepare by having good practice habits, by having good conditioning habits, by having a good mental attitude about yourself and the sport. The best way to see who is prepared and who isn't is to really watch the players when the pressure is on, and the game is down to critical points.

This is the best part of the game: Who's toughest in the critical point situations? Who does and doesn't have "shaky racquet?" There is no advantage to being anxious. When a player is unsure and cautious, he's scared—scared of losing, maybe scared of winning. Yet, some players handle pressure well.

I've had shaky racquet many times. It's not a good feeling. The key for me though, was working out why it happened. Why was I scared? There have been many reasons over the years, but I fight them. I want to control my emotions on the court, not let them control me, and I've faced some tough realities. But in facing these feelings, I've overcome a lot of barriers, as have a lot of other players.

Not one player you watch has gotten to where he or she is easily or automatically. Even with players who are extremely poised under pressure, you can be sure at one time or another they weren't. And there will be times when they aren't in the future, but the top pros will work through their fears. They won't sit back and feel sorry for themselves.

I love to watch and follow players from other sports. Chris Evert Lloyd, Magic

Johnson, Jimmy Connors, Dr. J. To me, these players are inspiring and I watch them and try to learn. I've watched Jimmy Connors make one of the toughest comebacks in tennis, get his act together and take over the No. 1 spot . . . Magic and Dr. J. make unbelievable plays in critical moments over and over again . . . Evert Lloyd, who is so tough, so concentrated and so determined—years and years of being the best mentally and physically over every other opponent . . . I look at these players and try to learn all I can from their attitudes and their accomplishments.

You can learn, too. You can watch and listen and see what the top pros do to win, and how they take their losses. Then take what you like and apply it to your own game. Good attitude is what makes winners. You can't win without it. ●

Practice And The Everyday C Player

by Mike Osenga

I hate to practice.

On the other hand, losing is no day at the beach either. What's even worse are the comments: "First time on the courts?"; "Didn't you used to have a backhand?"; or "I've never seen anyone hold a racquet quite like that."

It can get to you. Especially after you've played for two years.

Much like waking up and remembering this is the day for your root canal, you realize practice is inevitable.

If only it were that simple.

The first time I practiced alone, I walked onto the court, immediately hit 10 forehand drives as hard as I could (hurting my arm), seven backhand shots, six of which skipped before the front wall (hurting my ego) and three ceiling shots, before running into the back wall (hurting my butt).

I then stood in center court, looking at the walls and the people watching me quizzically from the bar over the court, and tried to figure out what to do with the other 55 minutes of court time.

It wasn't as if there were one or two areas of my game that needed help. Like most average C players, every aspect of my game needed fine tuning. Some parts needed major surgery.

For the many readers of racquetball magazines, books, pamphlets, brochures or wall posters the answer is obvious: drill, drill, drill.

But I had just drilled and now people were looking at me funny. And I didn't blame them. It just seemed drilling should take longer than four and a half minutes (including warm-ups).

Face it, drilling is dull. It is the rare human being that can stand there and hit 19,000 backhand rollouts and call it fun.

For those of you with the time, ambition and drive to do that, all that can be said is "Okay for you!"

But what of those of us who ask little more out of life than the chance to improve, some competition and a little exercise in the hopes that someday we might see our toes again?

What of the everyday C Player?

For to follow the advice of those more skilled would mean having 29 hours a day to practice, unlimited court time and a median income of \$789,911.

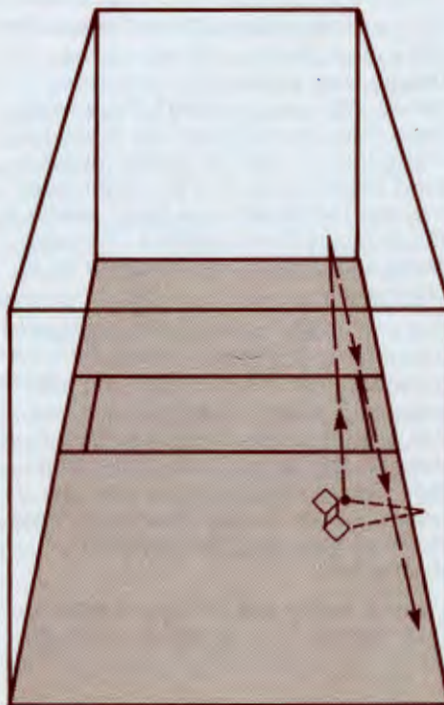
And while what is written: "Practice on that which is bad and lo it shall become good," is essentially correct, as we've said, that could mean practicing almost everything.

Given the premise that few of us have eight hours a day to perfect Z serves and overhead kills, what course is left to follow?

Deciding I was not real fond of strange looks and whispers, I tried to come up with something that would strengthen what little I did well, while improving that which was not-so-good. What follows then is the regimen of a C player that at least gets you through an hour of practice without you, instead of the ball, bouncing off the wall.

This is all completely unoriginal. It has been freely stolen from the pages of *National Racquetball*, tips from other players, pamphlets stuffed in ball cans and strange visions encountered in the wee hours of the morning.

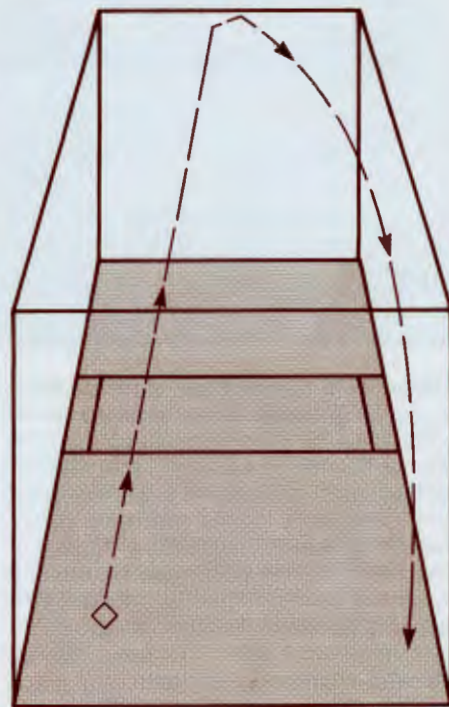
Drill #1—Me and My Wall: Starting with



the basics. Standing a little behind center court, near the wall on your forehand side, throw the ball off the side wall and hit 10 consecutive forehand drives, easily, that pass between you and the wall. If the ball touches the side wall before it reaches you, or you have to lean towards center court to catch it, start all over again with number one.

After screwing up on number eight or nine a couple of times, you begin to concentrate. Turn around and repeat the process with your backhand. Move closer to the wall if it's too easy.

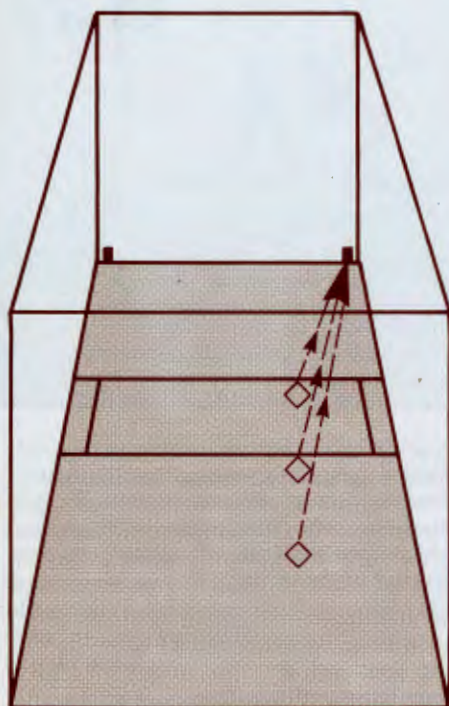
Drill #2—Up in the Sky: Frustration begins. Hit 15 to 20 consecutive ceiling shots, no side or back walls allowed.



Unlike the drive drill, where you stop and rethrow the ball, this time keep it going.

Mix in an even dose of backhand and forehand shots. If you hit the side wall, start all over. Hit 25 or 30 if you're feeling cocky.

Drill #3—Go to the Can: Take the can your racquetballs came in and put it in



either of the front corners, where kill shots live, close to but not touching the side wall. The infamous crotch, if you will.

Go back to the front line of the service box and hit the can with a legal, no-skip shot, starting with your forehand.

Once you hit the can squarely, move just behind the service box and do it again. Hit the can on the money, no brushes or leaners. That done, move back to maybe five feet from the back wall and do it one more time, always bouncing the ball off the side wall.

Repeat all three positions with your backhand (from the other side of the court).

Simple? The first time I tried it, it took me 45 minutes and I never did hit the can from the deep backhand position.

There is really no way you can hit the can without good mechanics. You'll be amazed at how many ways you'll find to miss. You'll also start to notice that even your misses will start to come out low, or will roll out.

If you get angry glares from the owner of the joint for using a metal can on his shiny courts, use a plastic juice bottle (empty). If you're really sadistic, use the plastic top of your racquetball can.

You get positive reinforcement from the sound the ball makes when it slams into the metal can (finally). It sounds like you've done something right.

Figuring that gets you through the better part of a half hour, it's time to start thinking about taking a break. As you're leaving, pause at center court for a minute. Look around you, take in the view. It's a nice neighborhood—you should spend more time there.

Now, take a break. Go watch the clods on the next court and chuckle over their ineptitude. They obviously could be much better if they practiced, like you.

If they're real good, move to the next court. Now is not the time to be intimidated. Before you relax too much, go back to work. Time, in this case, literally means money.

You should probably do this first sequence everytime you practice, at least to loosen up and get into a rhythm.

If the first 10/10 drives drill becomes commonplace, hit 20. When that puts you to sleep, hit 10 that pass below your knees. Hit all backhand ceiling shots. Hit the can twice before moving to the next position. Change whatever you want, it's your mind you have to fool, plus nothing is chiseled in stone here.

Now comes fun time. When you play a match, remember a particular shot that if you had hit just right or placed better would have been a winner instead of being returned.

Take that shot and smash it into oblivion. Start slow and hit it again and again and again. Hit it until you figure you can hit it with your eyes shut. Then hit it a few times with your eyes shut. Anything, kill shot, return, serve, whatever is giving you trouble. But only one shot a session.

When it gets dull (and it will), hit five more. Then try some trick shots. Practice hitting your bread and butter serve. Try a shot that there's no way you'll ever use, but you saw somebody use and thought it looked neat.

Then go back and hit your shot of the day 10 more times.

Hit your best serve. To yourself. Stand in the service box and hit your best serve. Then try and get to it and return it. If you get to a lot of them, you know some changes may be in order.

Player Defender. Hit the ball off the front wall and refuse to let it get past you. Dive, lunge, roll, yell at yourself. Swear. Have fun.

And that's the hour.

Don't worry about what those people watching you behind the glass will think. They'll probably think you're nuts.

Fine. It'll give you a psychological edge the next time you play.

"Him? He's crazy. He practices!" ●

Mike Osenga is an editor by profession, free lance writer and self-proclaimed "everyday C player," residing in West Allis, WI.

Beginning Doubles:

by Jean Sauser

Doubles, when played safely and properly has as many benefits for a beginning racquetball player as singles. It can be a relaxing social pastime for players who want to have a little fun among friends or for racquetball newcomers who enjoy team efforts, doubles is another way to practice good racquetball skill and strategy.

Beginning racquetball players can learn to play doubles safely and sanely if they are willing to get started the right way. Here are some tips to insure that your first experiences in doubles will be safe and enjoyable ones:



Jean Sauser has been a top-ranked professional player for 10 years, a distinguished author of racquetball instructional books and certified teaching instructor.

Get Started The Right Way



Finding A Partner

Make sure you choose someone who is dedicated to learning how to play doubles with *you*. You and your partner must practice *together*. Doubles is the supreme team effort. If half of your team "isn't into it" or never seems to want to practice, you'll have a losing team.

Always play with someone whose ability you respect. Remember, you are a team. If you have no confidence in your partner you won't play your best and neither will he.

Eye Protection

The danger to your eyes in doubles increases over singles because the rallies are more complicated. Do not even attempt doubles (or singles) unless you are willing to wear eyeguards. If you've never worn eyeguards, now is the perfect time to buy and adjust yourself to a good pair. Eyeguards are a once in a lifetime investment that will protect your eyes on the court for as long as you play.

Lessons And Other Learning Methods

If you have a pro at your racquetball facility, get together with your partner and arrange for a few lessons. Better yet, find another doubles team to play against and solicit the advice of a qualified teaching pro.

A pro will be able to get your team started on the basics of doubles. Lessons will give you a sound base knowledge of rules, safety and a strategy for playing together.

In addition to lessons, watch some good doubles teams play. Notice how they position themselves on the court. Observe what shots each player takes, which serves are used and what their general team strategy is.

Another learning method is to ask a good doubles team to play with you and your partner. Offer to pay for their court time and buy them a few beers after the match in exchange for their safety and strategy tips. This is an offer most "experienced" doubles teams can't refuse!

Communication

In doubles, the old saying "*Two heads are better than one*," must become your team motto. To capitalize on the benefits of two heads you and your partner must verbally communicate at all times.

You and your partner should immediately decide on a "captain" for your team. This means that one of you will always call out who is taking the shot in confusing situations.

For example, let's say the ball is coming down the middle of the court for a mid-court set up. The captain will either call "*I've got it!*" or "*You take it!*" The simple verbal command will enable the player who is assigned the ball to quickly set up and take the shot with no interference from his partner.

Another good communication technique is to discuss who is better off taking what shots. This discussion should take place before the game, during time outs (if adjustments have to be made) and between games.

It must be noted that no matter how clearly your team's sides are defined and practiced, exceptions to the rule will always occur. This usually happens when one of you is pulled way out of position by the opposing team's shots. These "exception to the rule" rallies will require you to retrieve a shot that your partner would normally be there to hit.

To insure good court coverage for all "exceptional" situations, you and your partner must learn to complement each other during the rally.

This means that when your partner runs all the way up to front court to retrieve a kill shot, you must complement him by dropping back to cover deep court.

When you are forced to retrieve a ball on your partner's side of the court, your partner must move over to cover your vacant side of the court.

It's these unexpected maneuvers your team has to make that give doubles its exciting reputation. By playing your sides properly through predictable rallies and adjusting appropriately to the unpredictable rallies, your team's ability and success increases.

Also communicate strategy during time-outs and between games. Decide together which shots you have to use to defeat your opponents. Discuss which serves are making you points and remember to use them. Decide where your opponent's weaknesses are and how to take advantage of those weaknesses.

These communication techniques will enable you and your partner to eliminate court confusion. In confusion's place you will find your own unique winning doubles strategy evolving.

How To Play Sides

Generally speaking, there is a left and a right side player in doubles. The left side player is usually someone with a super backhand and a very effective forehand. The more notable right side players are those with flawless forehands and quick reflexes for front court retrieving. Decide which category you and your partner fall into. Play your shots accordingly.

In beginning doubles, a good way to start out strategically is to have the left side player take all the shots on the backhand side of the court and nearly all the shots that come through the middle of the court. Middle court shots usually find the left side player in a more natural position to hit them with an effective forehand.

The right side player complements the left side player in beginning doubles by taking all the shots that come down the right side wall. He should also take the shots that pop up in the front court to his forehand side (Diagram A).

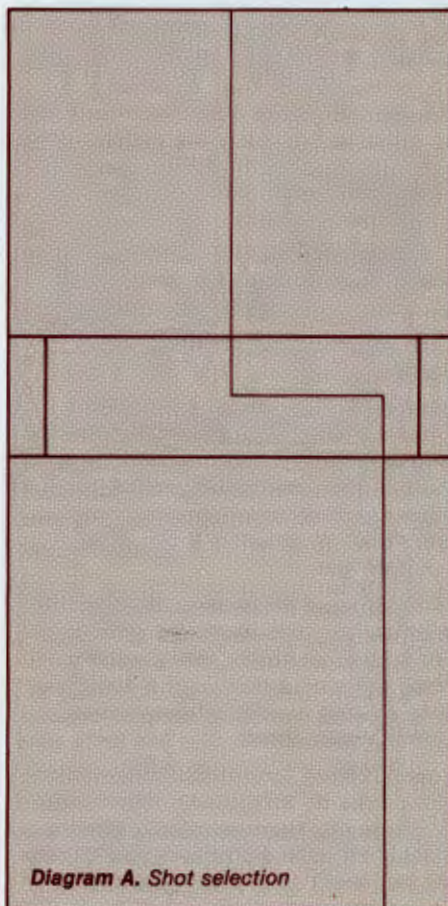


Diagram A. Shot selection

Serving Strategy

Defensive serves are used frequently in doubles over singles because they give the serving team time to get in good after-serve position. These serves, when executed properly, demand a defensive return and this enables your team to control the rally from the start.

Drive serves can be risky in doubles. Your opponent, who only has to cover half of deep court, will set up and rekill your drive serve immediately unless it is a dead winner.

A good safety strategy for beginning doubles is to serve to your own side of the court. Cross court serves in beginning doubles usually pin the non-serving partner against the wall and out of the play. In addition to this, the non-serving partner is more likely to get hit with the service return.

After you've served the ball, you and your partner should assume the proper court positions. The left side player should position himself around the receiving mark, six to seven feet out from the backhand side wall (Diagram B). From this general position, the left

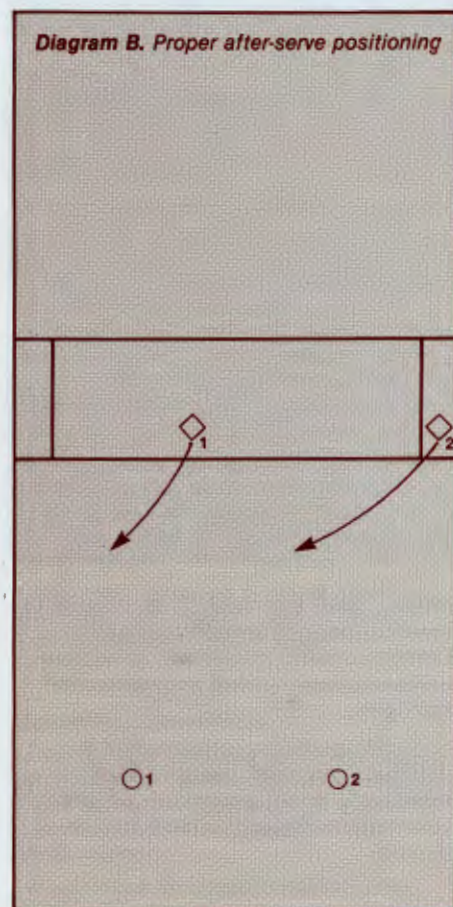


Diagram B. Proper after-serve positioning

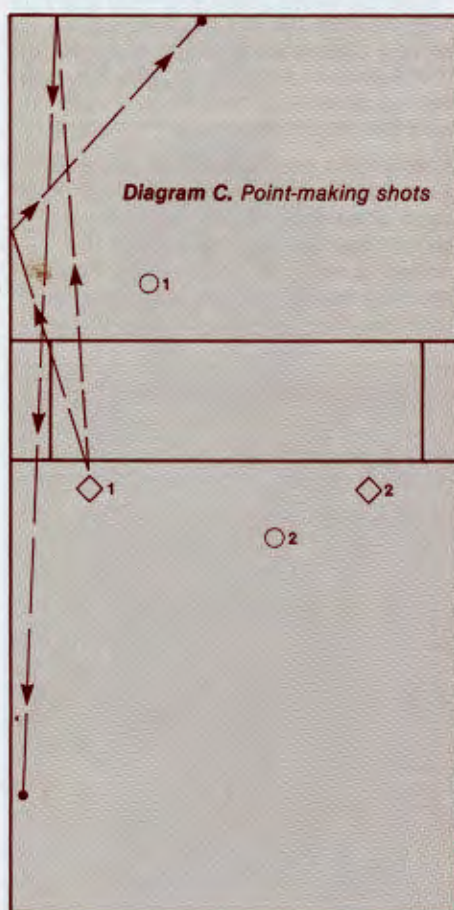
side player can move deeper in the court for a defensive return, or run forward to retrieve a low return.

The right side player also positions himself around the receiving mark, 6 to 7 feet out from the forehand side wall.

After the serve, stay away from the side walls. This insures that both of you will effectively cover the service returns of your opponents.

Shot Selection

Patience is the key in learning doubles shot selection. You will have to hit more defensive shots in doubles than you would in singles to get a weak



return. There are always two players instead of one to retrieve your shots. Don't try to shoot your way to victory unless you are having a great day on the court.

The ceiling shot is fundamental to doubles. You must use this shot repeatedly to get a weak return from your opponents or to pull them out of position.

Be careful with cross court shots. Many times you will only succeed in hitting your partner. A cross court shot that is slightly off the mark only results in a set up for your opponents. Use cross court shots very selectively.

The point making kill shots are side-wall front wall pinches and straight kills for most doubles teams. This is because when these shots are off the mark, they are difficult to retrieve. A straight kill hit too high often turns into an effective down-the line pass. Corner shots that are too high often jam the retriever in front court forcing still another weak return.

Try to be accurately selective with your shots. This strategy will reward your team with more points from the set-ups you were patient enough to wait for.

Hinders

Without a doubt, there are more hinders during a doubles match than a singles match. If you are not in tune to the fact that every time you hit the ball there are three other players in the way, don't take up doubles. It will only frustrate you.

The main rule for hinders in beginning doubles is to call each and every one. For additional safety, *call anything close* to being a hinder. The goal here is to prevent injuries while you are learning your sport.

You can learn to turn potential hinders into points by taking alternative shots. For example, there are times when a quickly hit ceiling ball over your hinder-ing opponent's head will give you a

quick point because he can't get to back court fast enough to retrieve the ball. If your alternative shots to hinder calls make you points, don't spoil a good thing. You've not only gained points, you've improved your team's strategy!



— photos by Jim Sauer

Summary

Learning to play doubles can be a most enjoyable experience when players approach the game with a logical system for improving each time out on the court.

The key to consistent improvement and enjoyment of doubles is the same as singles. Look at the game as a life time sport. You'll win some, you'll lose some but you *will* have fun each time out! ●

New Products



Ice That Injury!

The people who brought you Ace® bandages all those years have come out with a new line of sports injury aids, the Ace™ Brand First-Aid Cold Therapy Products.

The Instant Cold Compress provides immediate cold therapy in a convenient, low-cost, disposable product which needs no refrigeration. It works with a squeeze of the hand, and is ideal for emergency use away from home.

The Cold Compression Wrap is a specially designed elastic bandage with a built-in pocket and a reusable cold pack, allowing the simultaneous application of cold and compression.

Look for these products near the Ace bandages in your drugstore, or contact Becton Dickinson Consumer Products, P.O. Box 5000, Rochelle Park, NJ 07662. 800/526-4650.



Unisex Size Shorts

Two new styles of athletic shorts from Defender feature unisex sizing. Style 520, solid color with contrasting trim, has the classic "Basketball" curved leg cut, and style 510, solid color only, is vented at the sides for movement. Both have safety-stitched seams and triple-locked elastic waistband.

The shorts are available in waist sizes for men, women and children, down to a 22" waist. Basic colors are royal blue, kelly, Columbia blue, red, black, gold, maroon, and navy.

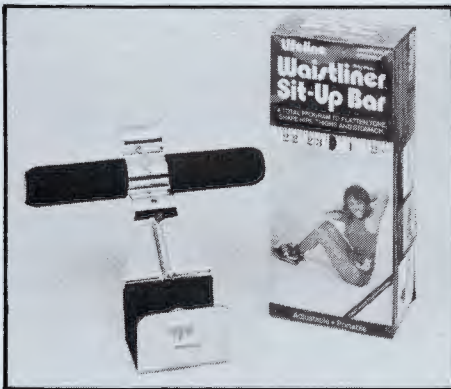
For further information write Defender, Inc., 26th & Reed Streets, Dept. K, Philadelphia, PA 19146. Or telephone 800-523-1502 outside PA, (215) 465-8838 in PA.



Aluminum/Graphite Combine In New Racquet

Ektelon's new Interceptor™ is constructed of a flexible "I" beam frame of Alcoa 7005-T53 aluminum, which offers exceptional control to players. The throatpiece is made from Ektelon's new composition of fiberglass reinforced with graphite in a tough nylon matrix, which increases frame stability and improves overall racquet performance.

The combination of aluminum frame and graphite throatpiece is designed to provide both flexibility and stability, making the Interceptor an excellent control racquet. Look for the Interceptor at your pro shop, or write Ektelon, 8929 Aero Drive, San Diego, CA 92123 for more information.



Work That Body

Among its line of handy, portable fitness tools, Lifeline is offering the Waistliner™ Sit-Up Bar, an adjustable, collapsible device that makes any room a gym.

The Sit-Up Bar comes with a completely illustrated program to make shaping up the torso quick and easy. Exercises for stomach, thighs, and hips are included.

Suggested retail price is \$16.95.

Ask at your pro shop, or contact Lifeline, 1421 S. Park St., Madison, WI 53715. 1-800-356-9607.



Unique Climbing Machine Offers Total Workout

A new exercise machine called the Versa-Climber has recently been introduced by Heart Rate, Inc. The machine utilizes one of the most natural and intensive exercises to which the body can be subjected—vertical climbing. It is driven by the person climbing, and is designed to provide alternating arm and leg action with variable resistance, stroke and speed, that contracts all of the major skeletal muscles of the body.

The machine also offers four basic exercise modes including aerobic and anaerobic training for cardio-respiratory improvement, as well as strength and muscular conditioning.

Complete information available from Heart Rate, Inc., 3001 Redhill, Bldg. 5, Unit 6, Costa Mesa, CA 92626. 714/850-9716.

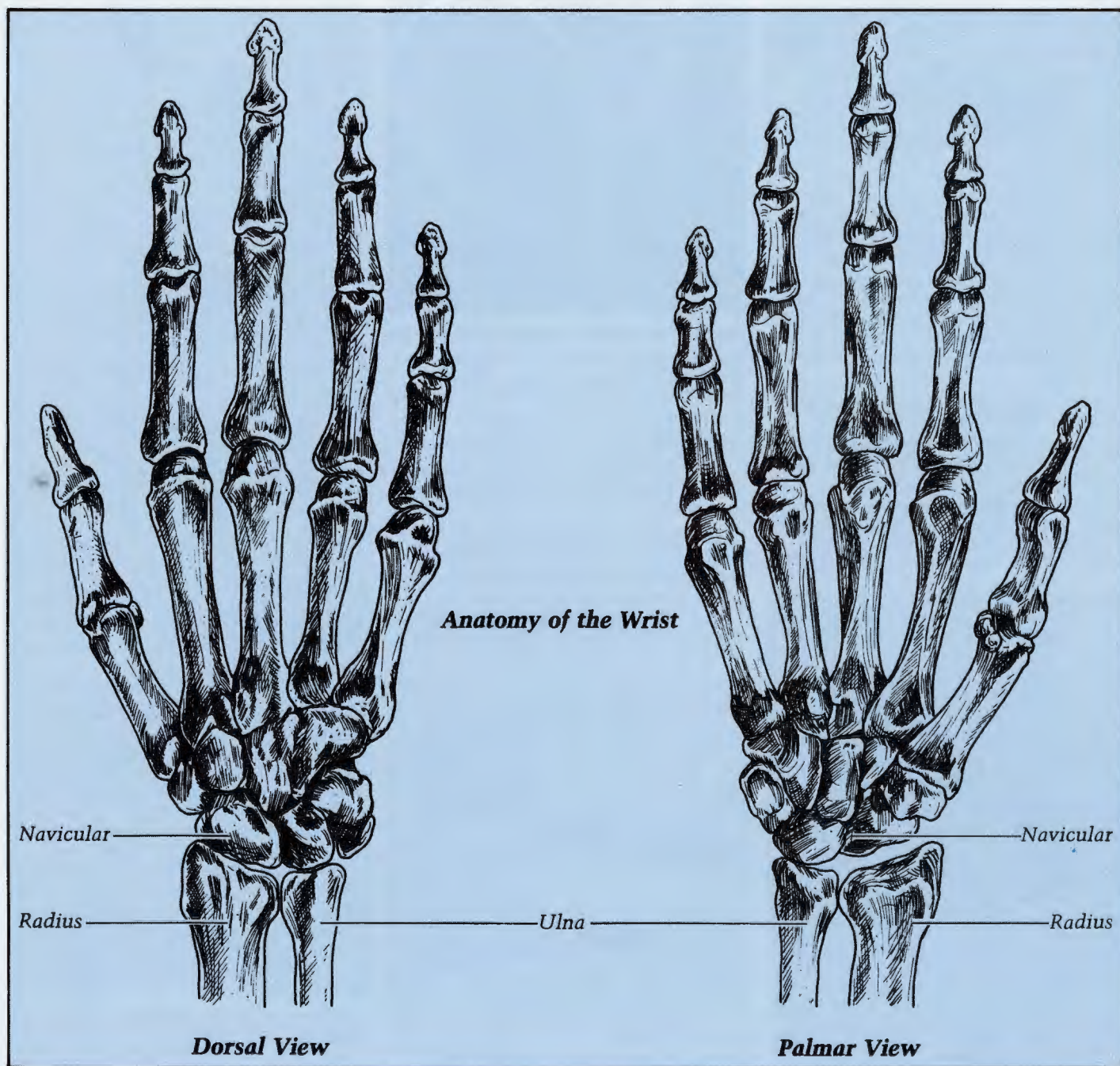
Correction: Lifeline Phone

In the January issue, we printed the wrong 800 number for readers who wanted more information on the Lifeline portable gym system. The correct number is 1-800-356-9607.

We apologize for any inconvenience the mistake may have caused.

The Wrist

by William Southmayd, M.D., and Marshall Hoffman



Bones and Joints

The *wrist*—the second most mobile joint in the arm—forms the junction between the two forearm bones and the eight wrist bones. The forearm bones (the radius and ulna) are joined together at their lower end by ligaments.

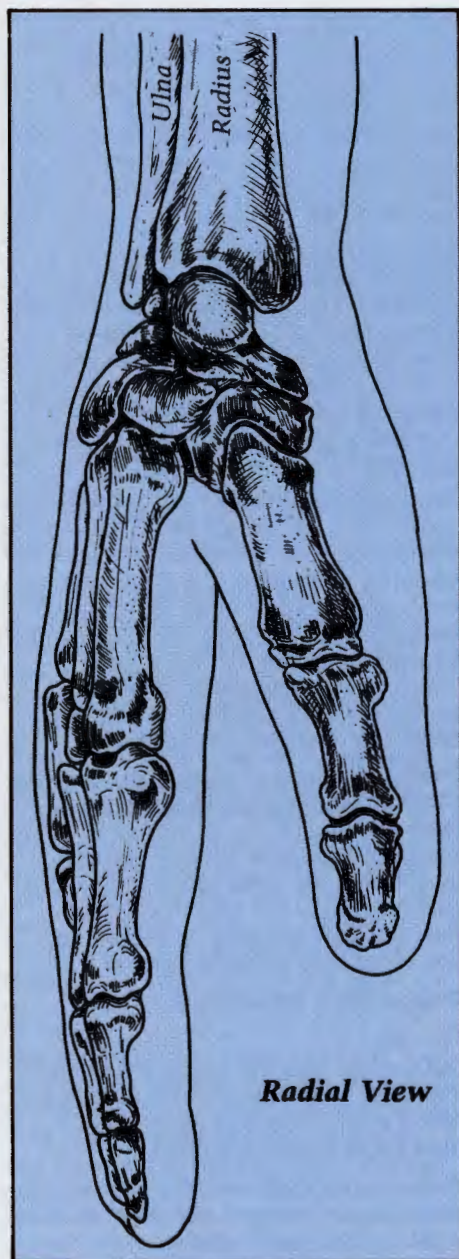
Rotate your hand so that your palm faces the ceiling. The ulna is on the

fifth finger side of the hand and the radius is on the thumb side. As in the elbow, the radius, powered by the forearm muscles, rotates around the ulna. The ulna is stationary. The ulna and radius form a cradle for the wrist bones.

The wrist itself is made up of eight small, odd-shaped bones. They are arranged in two rows of four and are joined together by many small, but flexible,

ligaments. Because of the architecture of its bones and ligaments, the wrist is flexible and mobile. The eight bones function like eight ball bearings.

The wrist joint, like all joints, is held together by a flexible sleeve called a *capsule*. The capsule is loose enough to allow equal movement back and forth and side to side. The wrist itself can rotate slightly, due to the shape of the eight wrist bones. In my opinion, the wrist is a felicitous combination of mobility and stability.



Muscles and Nerves

Four large tendons, attached to the forearm muscles, powerfully move the wrist in four directions: up, down, and side to side. They stabilize the wrist for heavy lifting. If these tendons are injured, you cannot play sports which use a club, bat, stick, or racquet. A second group of five forearm muscle tendons controls the fingers.

All wrist and hand movement is directed by the three major nerves of the arm: the radial, ulnar, and median nerves. The *radial nerve* runs along the

radius bone in the forearm, the *ulnar nerve* runs along the ulna bone in the forearm, and the *median nerve* lies in the middle of the forearm and runs into the hand through a canal. The floor and two sides of the canal are formed by the wrist bones themselves. The top of the canal is formed by a stout ligament called the *transverse carpal ligament*. Thus, the median nerve is surrounded on three sides by bone and on the fourth side by an unyielding ligament.

Wrist Sprain

Causes

All the structures of the wrist—the two forearm bones and the eight wrist bones—are connected by ligaments. In addition, the joint capsule is made up of ligament-like material.

A *sprain* is a tearing of a ligament, or joint capsule. It happens when the wrist is forced into a position which exceeds its normal range of motion. This extends the ligaments beyond their fixed length and they rip. The tear generally occurs in the middle of the ligament.

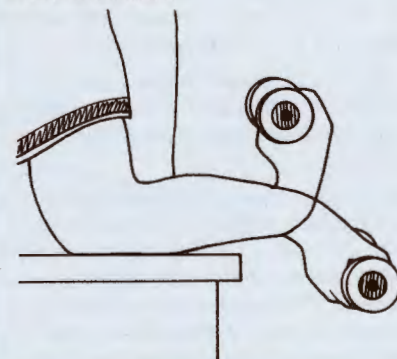
Ligament injuries (sprains) are far more common than fractures in the wrist. Sprains happen mainly in contact sports—rugby, lacrosse, hockey, football, boxing, and soccer. In these sports, the wrists can be driven into strange positions. The most common wrist sprains happen with the wrist being forced downward. The ligament injury occurs on the back of the wrist. It is more common in men than women only because men participate more often in body contact sports.

Diagnosis and Treatment

When you sprain your wrist, you feel immediate pain. The pain is centered in the area of the damaged ligament. Fifteen to 30 minutes after this initial discomfort, the pain subsides, but then it gradually intensifies over the next three hours. Swelling starts one hour after injury. As a general rule, the more the swelling, the worse the sprain. If the injury is severe, it turns black and blue in six to 12 hours—a sign of internal bleeding. The discoloration is confined to the injured area.

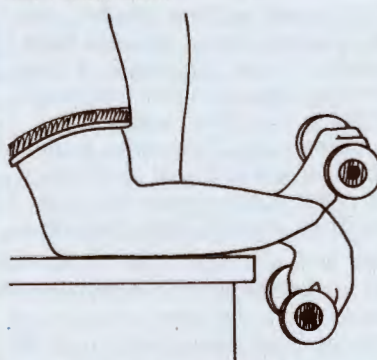
The best treatment for a sprain is rest. That is why even for a simple wrist sprain I immobilize the wrist with a half-cast or splint. Almost any movement of the wrist—writing, thrashing in your sleep, or dialing a phone

Front Wrist Curls



Lay your arm flat on a table, letting your hand extend over the edge, your palm facing up. With a five-pound weight, flex your wrist 10 times. Repeat three times.

Back Wrist Curls



Lay your arm flat on a table, letting your hand extend over the edge, your palm facing down. With a five-pound weight, flex your wrist 10 times. Repeat three times.

number—could extend the injury. The splint ensures rest. I use an Ace bandage to bind and hold the splint to the forearm. The bandage also compresses the wrist, which keeps the swelling down.

I make the splint out of *casting tape*, which looks and feels like gauze tape, but is covered with particles of plaster of paris. It is pliable and takes 12 layers to make a firm splint. I cut and shape the tape so that it fits across the full palm and thumb and runs across the inner part of the wrist, stretching approximately two-thirds of the way up the forearm. The top of the hand and upper forearm are not covered. The next step is to immerse the tape in water, which activates the plaster of paris. The splint follows the contour of the hand and forearm perfectly. I do not

use prefabricated splints; they are uncomfortable and do not fit as well. It is like the difference between the custom-made and an off-the-rack suit.

As the splint takes shape, I remove it and line it with a soft, felt-like material called webril to protect the skin from chafing.

While the plaster of paris is hardening, it undergoes a chemical reaction and gives off heat. I cock the wrist up about 10 degrees as the plaster splint hardens. This will put the wrist in a position of rest. It also allows use of the fingers. A good trainer can make a splint.

I usually reexamine the wrist the next day to check the swelling. The more severe the pain, swelling, and tenderness, the more severe the sprain. A slight sprain will heal itself in one week. A severe sprain requires three to six weeks of rest. The length of time for healing depends upon how much scar tissue must form between the ends of the ripped ligaments. A partially torn ligament will heal much more quickly than a completely torn ligament. Given enough time, they will all heal.

Slight sprains should be immobilized in a plaster splint for three days. On the fourth day, start doing wrist curls. Do not use weights. Do a set of 30, two times a day. In one week, you can return to sports.

To protect your wrist from reinjury, tape it with adhesive. The tape is like a soft splint; it prevents the wrist from being jammed forward or backward easily. Wrap the wrist with a prewrap to protect the skin. Then apply the adhesive tape. It should be at least one and a half inches wide. Extend your fingers fully. This prevents you from wrapping the adhesive too tightly around the tendons.

If you are like me, you will need some help in wrapping the adhesive. When I played football at Harvard in the early sixties, I always taped my wrists. It was the only way to prevent constant sprains. Taping wrists (and ankles) on college and professional teams in many sports—soccer, football, baseball and hockey—is commonplace.

More severe sprains require one to two weeks of splint support. However, the splint should still be removed at the end of three days, and gentle motion exercises—wrist curls—should be initiated immediately.

The wrist like the elbow, freezes up quickly.

Do the wrist curls in water. A washbasin is fine, and the wrist can be immersed. A buoyant wrist requires much less muscular effort.

Only when the swelling is down and the area is much less tender can wrist curls with weights be started. Use a

three pound barbell to start. You can return to athletic competition when your wrist has regained 95 percent of its normal motion and strength. I estimate this by asking you to squeeze a springtype hand exerciser. I compare performance of the injured wrist to the uninjured one.

When you return to sports, tape your wrist for at least one month. If you return too early to activity, you interrupt normal healing. This can eventually produce an inflamed ligament, and the wrist pain becomes chronic. I reset the plaster splint to reduce the inflammation and allow proper healing for the ligament.

Secondly, I recommend taking two aspirin with each meal for 10 days. If the aspirin does not relieve the pain, I prescribe stronger oral anti-inflammatory medication. Twelve times in my career I have injected cortisone into the inflamed area. I injected it into the most tender and painful areas. After the injection, I used a wrist splint for three days. Then I started the wrist curls.

If wrist sprains are not treated properly, they can be nagging, disabling problems. You are far better off losing seven to 10 days of sports competition by allowing the wrist sprain to heal properly. If you do not take this precaution, the pain will drag on and on and you could lose an entire season.

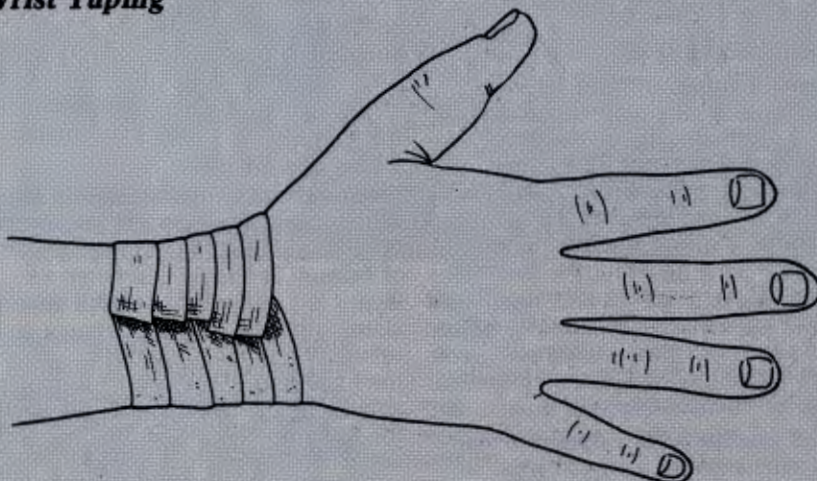
DeQuervain's Tendinitis

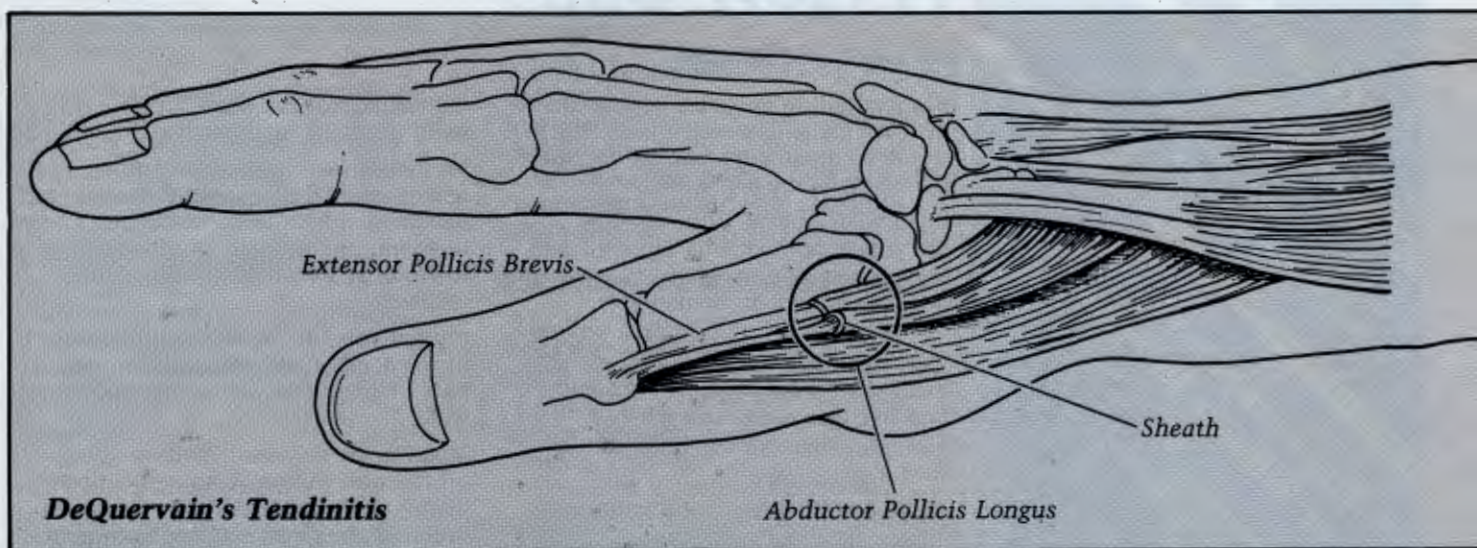
Causes

DeQuervain was the surgeon who first identified tendinitis on the thumb side of the wrist. Thus, this type of tendinitis was named after him.

Turn your wrist so that the thumb points to the ceiling. Look down at your wrist. Follow your thumb down to the point where it joins the wrist. With your thumb pointing directly up, note that it forms a 90° angle with the wrist. There are two tendons which must turn this 90° angle to get to your thumb. They are called the *abductor pollicis longus*—which attaches at the base of the thumb bone—and the *extensor pollicis brevis* tendon—which attaches to the knuckle of the thumb. Without these tendon attachments, you could not thumb your nose!

Wrist Taping





Like all sliding tendons, these are enclosed in a tunnel, or sheath. The sheaths are attached to the forearm bone and keep the tendons from bowstringing out away from the bone when you point your thumb up or down. They also stabilize the tendon against the bone (like other sheaths of the wrist) and function like a pulley.

With heavy use of the thumb in throwing and racquet sports, these tendons can become irritated. The irritation happens at the right-angle turn. When the tendons get irritated, the sheath produces extra synovial fluid, the liquid which lubricates and feeds the tendon. The sheath cannot expand to accept this extra fluid, with the result that the fluid pushes hard on the tendon and it becomes inflamed. Over time, this extra fluid presses hard against the sheath and causes it to thicken. Then, there is even less room for the tendon, and the tendinitis becomes chronic. The inflammation creates more inflammation.

Sometimes, patients with DeQuervain's tendinitis have extra tendons in the sheath. It is a fluke of nature. The irritation is caused by the extra tendons.

Diagnosis and Treatment

DeQuervain's tendinitis develops gradually. The pain is localized on the thumb side of the wrist and is dull and aching in nature. It radiates two to three inches up the forearm and down into the thumb itself, but there will be no numbness or tingling. You will not be able to thumb your nose without

discomfort. If you try to put your thumb and fifth finger together, the pain will be almost unbearable.

I listen carefully to the patient's complaint. I then feel along the thumb tendons. I start at the tip of the thumb and work toward the base. When I get to the forearm bone at the base of the thumb, I usually notice some thickening and enlargement. This is the swollen sheath. Pushing on this inflamed area causes pain. I ask the patient to cock the thumb up tightly at a 90° angle. This hurts. Moving the thumb over the fifth finger is very painful. If I push on the thumb in a bent position, the patient screams. We call this a positive Finkelstein's test, and it is a sure sign of DeQuervain's tendinitis.

Are x-rays helpful? Not really. In fact, unless there has been a specific injury which preceded the onset of tendinitis, there is no need to x-ray at all.

The initial treatment: Ice the thumb twice daily for 20 minutes. Take two aspirin with each meal. I make up a thumb splint—out of orthoplast, a synthetic plastic which softens with hot water and hardens as it cools—to rest the thumb. Without the splint, daily activities keep the tendinitis acute. The ice, aspirin, and the splint are continued for one week.

If the thumb is still tender after a week, I prescribe stronger anti-inflammatory medicine orally. I leave the splint on for another week. If the pain does not disappear, I inject cortisone into the tendon sheath, *not* the tendon. The technique I use is to mix the cortisone with Novocain in one syringe. The splint is then continued for five more days, and by the end of this time the patient is usually symptom-free.

Occasionally, the tendinitis recurs. I usually try another cortisone injection. But if the tendinitis persists despite these injections, I suspect that the sheath has multiple tendons. It is not at all unusual to find three or even four tendons in one sheath.

The surgical technique I favor is a zigzag incision directly over the tendon area. There is a large skin nerve in the area which must be carefully avoided prior to finding the tendon sheath. The sheath is then found and opened with a small pair of scissors. This gives the tendons more room in which to work. It relieves the pressure, and recovery is rapid. Hand function is encouraged within five days, and complete recovery can be expected in four weeks. ●

Fiction

"I Think We Need A New Ball"

by Matt McDowell

I expected it to be just a normal racquetball game. Little did I know it would be a game that would change the shape of my entire life.

I had been playing racquetball for about two months and I figured I was pretty good. I had beaten all my friends and was hungry for some fresh competition.

They had these little forms at the club that read, "I need a game." Sensing that this was a way to meet new players, I filled one out and put it on the bulletin board.

About a week later I got a phone call.

"Meet me at the club, 7:30 this Wednesday. Don't bring any friends and don't tell anyone where you're going," said the muffled voice before it hung up.

I figured this was just the guy's way of psyching me out.

I showed up at the club that Wednesday night about 7:45. The receptionist looked at me with pity in her eyes and said, "Court number three. You've kept him waiting."

I opened the door to court number three and eyed my opponent viciously. "You're late," he said simply. "I'll serve first."

He was good, but somehow I managed to keep even with him through the first game. He finally won, 21-18. In the second game I decided to dig a little deeper and win. I did, 21-19.

"Do you think I could get a drink of water before we start the next game?" I asked politely.

"Sure, why not," he said, "It'll be the last drink of water you'll ever get."

I laughed nervously.

In the middle of the third game I fell apart. I just couldn't seem to get it together. It seemed like every ball I hit, no matter how hard I hit it, would always fall short.

"I think this ball is shot," I said. "Why don't we go get another one?"

He looked over his shoulder at me, smiled, and hit an excellent serve to my backhand. I hit a low shot to his forehand. He returned it softly against the forehand wall, stepped back and laughed.

I ran as fast as I could, up to the front of the court. Just before I got to the ball, I tripped and went flying into the wall.

Much to my surprise, I bounced back off the wall. Suddenly everything looked bigger and I was spinning and twirling in the air. I caught a glimpse of my opponent just before he hit me as hard as he could with his racquet.

The force of his hit shoved my knees into my chest and I hit the wall with almost enough force to knock me out. The whole time he just stood there and laughed. He hit me again and again. My whole shrunken body felt rubbery with pain.

I looked down at my knees and feet only to see a blue mass of skin where they used to be. The force of the blows had caused my extremities to somehow mold together. The blows had also caused huge bruises to appear on my skin.

It was then that I realized that I was being changed into a racquetball.

I screamed for him to stop but he only laughed and hit me harder.

This punishment continued for about half an hour, until I could no longer see. Finally he stopped. He picked me up gently and tossed me from one hand to another.

"No, I don't think we need a new ball. This one will do just fine."

Matt McDowell is a free lance writer and racquetball player from Gridley, CA. ●

sports health

by William Southmayd, M.D.
and Marshall Hoffman

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Upcoming Events

WPRA Tour 1983

Holiday Health and Racquet Club

March 11-13

424 Odlin Road
Bangor, ME 04401

Tournament Director: Keith Mahaney
(207) 947-0763

Pacific West Sport and Racquet Club

March 24-27

32818 1st Avenue South
Federal Way, WA 98003

Tournament Director: Irene Arden
(206) 937-3312

Schoeber's Racquetball Spas

April 1-3

44250 Warm Springs, Blvd., Suite 9
Fremont, CA 94539

Tournament Director: Bill Dunn
(415) 873-8500

The Glass Court

April 7-10

830 East Roosevelt Road
Lombard, IL 60148

Tournament Director: Jim Bronner
(312) 441-6700

Entry Deadline: the Friday before each tournament

Houston

March 31-April 3

Gulf Coast Club
5304 Hollister

Houston, TX 77040

Tournament Director: Marc Auerbach
(713) 462-0467

Miami/Ft. Lauderdale

April 7-10

Sportrooms

1500 Douglas Road
Coral Gables, FL 33134

Tournament Director: Pete Crummev
(305) 443-4228

1827 South Pine

Centralia, IL 62801

Tournament Director: Al Danielwicz
(618) 533-4191 or -4192

NCAA Juniors State Championships

March 14-16

Quail Lake Athletic Club

2303 W. March Lane

Stockton, CA 95204

Tournament Director: Jim Moscatelli
(209) 051-3795

St. Patrick's Day Open

March 18-20

Playoff Racquetball Club

800 Connecticut Blvd.

E. Hartford, CT

Tournament Director: Brent Belz
(203) 568-4227

Shamrock Open

March 18-20

Racquetball Plus

6220 Butler Ave.

Indianapolis, IN 46220

Tournament Director: Pete Gundy
(317) 257-7348

Ektelon Racquetball Championships, 1983

The Ektelon qualifying tournaments are still to be played at the following sites. Prizes are offered in all regional events and all participants will receive official Ektelon fashion shirts. For entry deadlines and other information, contact the tournament directors.

Boston

March 10-13

Gamepoint Racquetball & Health Club
Aldrein Road

Plymouth Industrial Park
Plymouth, MA 02360

Tournament Director: Greg Maloley
(617) 746-7448

San Francisco

March 17-20

Amador Valley Athletic Club
7090 Johnson Industrial Drive

Pleasanton, CA 94566

Tournament Director: Gary Bush
(415) 846-5347

New York/New Jersey

March 24-27

Kings Court

525 Riverside Ave.

Lyndhurst, NJ 07071

Tournament Director: Mike Russell
(201) 460-0088

APRO Clinics

March 19-20

La Camariella

4201 W. Waltann

Phoenix, AZ 85253

602-998-3388 Jim Vanden Huevel

April 9-10

Tournament House

6250 Broton Ave.

Riverside, CA 92506

714-682-5711 Vance Lerner

April 16-17

Manchester Court Club

1 LeClerc Circle

Manchester, NH 03103

603-668-8375 Bill Polopek

April 30 - May 1

Deer Creek Courts

701 Deer Creek Pkwy.

Highland Park, IL 60035

312-433-5450 Chuck Sheftel

May 5-6

Rallysport Health

2729 29th St.

Boulder, CO 80301

303-449-4800 Mike Keel

May 21-22

Universal Racquet Club

6000 Sunrise Hwy.

Massapequa, NY 11758

516-799-4000 Fred Acee

Greater New Haven Area Cancer Benefit

March 11

West Rock Clubhouse

21 South Bradley Road

Woodbridge, CT 06525

Tournament Director: Beth Laubstein
(203) 389-1544

The Michelob Light United Fund Jaycee Open

March 11-13

Centralia Racquetball Club

Allegheny County Open

March 25-27

Bob Eazor's Racquettime of Monroeville

Duff Road & Old Wm. Penn Hwy.

Monroeville, PA 15146

Tournament Director: Candy Eazor
(412) 373-1911

Wisconsin State YMCA Tournament

March 25-27

YMCA

324 Washington St.

Oshkosh, WI 54901

Tournament Results

Tournament Director: Patrick O'Brien
(414) 235-2450

1st Annual Miller Lite/Penn Open

March 25-27
World of Health
1929 Spresser
Taylorville, IL 62568
Entry deadline: March 20
Tournament Directors: Mike Trainor
and Les Sheldon
(217) 287-7261

March of Dimes Open

April 1-3
Off the Wall Racquet & Fitness Club
Portsmouth, NH 03801
Tournament Director: Steve Marcotte
(603) 431-1430

Executive Court Club Spring Open

April 8-10
Executive Court Club
Manchester, NH 03108
Tournament Director: Mary Dee
(603) 668-4753

AARA National Intercollegiate Championships

April 8-10
Racquet Club of Memphis
5111 Sanderlin Road
Memphis, TN 38117
Tournament Director: Luke St. Onge
(303) 635-5396

AARA Junior Regionals

April 22-24
Schoeber's Racquetball Spa
3411 Capitol Av.
Fremont, CA 94538
Tournament Director: Bill Dunn
(415) 791-6350

Benefit Special Olympics

April 22-24
Racquettime of Greensburg
101 Sheraton Drive
Greensburg, PA 15601
Tournament Director: Bruce Turchetta
(412) 832-7050

Harnett Hammers Field For First Major Win

by Thomas J. Morrow



Bret Harnett, pro racquetball's newest teenage sensation, finally won his first major tour event by slamming his way through five-time defending national champion Marty Hogan and top-ranked Dave Peck in Hawaii.

The left-handed, 18-year-old Harnett won the \$20,000 DP Leach/Catalina Pro Classic at Honolulu Club, January 20-23, upending Peck in the finals in three quick, straight games 11-6, 11-1, 11-2. Harnett, who was playing flawless racquetball, ousted Hogan on his birthday in the semi-finals 11-8, 11-9, 7-11, 11-6.

Hogan was the only major pro player Harnett had not gotten past prior to the fourth stop on the 1982-83 \$150,000 DP Leach/Catalina Classic Series. Oh, Harnett had given the champion some close calls; like the five-game thriller in New Haven two years ago and another five-game squeaker in last year's semi-final round in Honolulu. But Harnett had never been able to pull off a victory against the man he has idolized and patterned his game after.

But on Hogan's 25th birthday, January 22, 1983, Harnett delivered a decisive four-game victory which put the champ on notice that reaching the quarter century mark may be an omen.

Once Harnett was on a roll, nothing could stop him. He blasted Randy Lau, a Honolulu qualifier in the first round; Ed Andrews of San Diego in the quarter-finals; Hogan in the semi's and Peck to take the \$5,500 first place cash.

It started out just like most other pro stop tournaments: Hogan, Jerry Hilecher, Andrews, Harnett, Peck, Don Thomas, Gregg Peck and Mike Yellen had all won the opening round and met in the quarter-finals. Hogan eliminated Hilecher, as Harnett did to Andrews; Peck over Thomas and Yellen over Gregg Peck.

Peck, who had beaten Hogan in last year's Hawaii classic, was determined to hold on to that honor. However, a revitalized Yellen, who was still savoring his New Haven victory, had other ideas. Peck finally emerged the victor in four — 11-2, 3-11, 11-8, 11-10.

Harnett seemed to have control of nearly every game he played in Hawaii, including the four he had against Hogan.

"I'm playing well. There's nothing else I can do except be confident," said Harnett after he had defeated Hogan.

"I was driving that ball as hard as I could and he just kept returning it," said Hogan, shaking his head.

The final round against Peck was more or less anticlimatic. Peck, who ended last season as the number one player by virtue of point standing, just simply couldn't get started and never really was in the match.

"It's been a long time since I had my butt kicked that bad," admitted Peck afterward.

Peck was simply embarrassed. *"His offense threw me off real badly,"* he said. *"I went with my game plan, I tried changing it. I did whatever I could. But he had a day we all dream about. He forced my game totally off."*

Next stop on the DP Leach/Catalina Classic Series was the Griffith Park Racquet Center in Beaverton, OR, February 17-20. ●

DP Leach/Catalina Results

Honolulu, HI
January 20-23, 1983

Round of 16: Marty Hogan d. Scott Hawkins 11-2, 11-10, 11-6; Jerry Hilecher d. John Britos 8-11, 11-3, 11-9, 11-2; Ed Andrews d. Doug Cohen 11-7, 11-9, 0-11, 11-3; Bret Harnett d. Randy Lau 11-1, 11-2, 11-5; Dave Peck d. Lloyd Waialae 11-1, 11-4, 11-9; Don Thomas d. John Eggerman 11-1, 11-8, 11-2; Gregg Peck d. Peter Britos 11-1, 11-7, 11-10; Mike Yellen d. Craig McCoy 11-2, 11-0, 11-6

Quarter-finals: Hogan d. Hilecher 11-7, 0-11, 11-3, 11-6; Harnett d. Andrews 11-8, 11-5, 7-11, 11-10; Peck d. Thomas 11-7, 11-7, 11-6; Yellen d. Gregg Peck 11-0, 3-11, 11-10, 11-10

Semi-finals: Peck d. Yellen 11-2, 3-11, 11-8, 11-10; Harnett d. Hogan 11-8, 11-9, 7-11, 11-6.

Finals: Harnett d. Peck 11-6, 11-1, 11-2

Point Standings To Date:

1. MARTY HOGAN, San Diego	370 points
2. MIKE YELLEN, Southfield, Mich	310 points
3. DAVE PECK, El Paso, Tex	300 points
4. BRET HARNETT, Las Vegas, Nev	270 points
5. DON THOMAS, Mesa, Arizona	180 points
6. GREGG PECK, El Paso	180 points
7. ED ANDREWS, San Diego	180 points
8. JERRY HILECHER, Encinitas, Ca	170 points
9. STEVE STRANDEMO, San Diego	150 points
10. CRAIG MCCOY, Riverside, Ca	140 points
11. DOUG COHEN, St. Louis	140 points
12. JOHN EGERMAN, Boise, Idaho	110 points
13. RICH WAGNER, San Diego	80 points
14. RUEBEN GONZALES, Staten Island, N.Y.	70 points
15. SCOTT HAWKINS, Santa Clara, Ca	60 points

Harnett Edges Peck At Schoeber's Classic

by Richard Bruns

It had already been a tournament of upsets and as a result the community concourse, snack bar, and spectator seating areas of the Schoeber's Racquetball Spa of Pleasanton, CA, was heavy with excitement as the more than 200+ standing room only paid spectators waited for the Gill Cable television company to get their video recording act together to tape the finals in the men's professional singles finals.

The occasion was the 7th Annual Christmas Racquetball Classic, a Pro-Am Open tournament cosponsored by True Blue Wilson Racquetball and Budweiser Beer which featured a \$12,000 package in men's pro singles and doubles plus more than 900 separate entries in the Northern California Racquetball Association sanctioned amateur tournament. As the California affiliate of the AARA, the NCRA's sanctioning of the amateur events automatically made them AARA sanctioned as well.

The delayed event was the men's pro singles, scheduled for 1:00 pm Sunday, December 19, and finally begun at about two o'clock. The players were the

number one and two Schoeber's tournament seeds, and the spectators were clearly anxious to see if Number Two, Bret Harnett, could upset Number One, Dave Peck.

It did not seem improbable. Already there had been upsets of national seeds by lower ranked players as many of the hungry, non-invitees of the DP Leach/Catalina Pro series were anxious to demonstrate their abilities. In all, there were 10 of the top 17 ranked pro players from last year's tour trying to bring home prize money.

The first upset was provided by Stockton's Scott Oliver who defeated third seed Ed Andrews of San Diego in the 16's, 12-15, 15-11, 11-6. Oliver, playing without his common temper outbursts, concentrated better than this reporter has ever seen him and dominated Andrews in the third game.

Also in the round of 16, local favorite Gary Price, of Castro Valley, let his first game go to number seven seed veteran, Craig McCoy, but the second game was Price's all the way, letting the nation know that he was ready to play with the big boys. The tie-breaker drove home the exclamation mark on Price's

claim as he finished the 12-15, 15-7 split with a resounding 11-1 effort.

Obviously pumped up by his win over McCoy, Price's next upset victim was number four seed Don Thomas. Price opened an early 7-0 lead with smash-kills and splats that rolled out as though he had invented them. At first, Thomas seemed overconfident, but if that was true, it was a feeling quickly replaced with an almost sluggish perplexity as he tried to derail the locomotive advance of the younger player—and failed—15-4.

The second game found Thomas stronger and Price found it tougher to get the ball past him. Ties occurred at 5-5 and 7-7 before Thomas began to take the lead. At 10-7, Thomas lead, Price regained the serve with a forehand kill, and not wishing to take further risks, drove eight straight points home for the win.

Eighth seed Rich Wagner seemed to offer the only mid-match hope that Peck would be defeated as he managed to return from a 15-1 first game loss to return the favor 15-3 in their quarter-final match. In the tie-breaker, Peck grabbed a 4-0 lead and kept it until the end at 11-6.

The only other upset was Mark Martino's 14-16, 16-14, 11-2 round of 16 defeat of sixth seed John Eggerman.

In the finals, the crowd sided with young Harnett, both because he had defeated their local choice (Price) and because his on-court behavior was, while intense, never belligerent, and eminently fair. And as the number two seed, Harnett was also the underdog. The top is a lonely place, they say.

Harnett opened the game by scoring five solid points in a row, but Peck returned the favor with four of his own before losing the serve to Harnett who added three more. Serving at 4-8, Peck again came back within one point before losing the serve which permitted Harnett to make it 9-7.

Now Peck began to move. Alternating passes, kills, aces, and forehand and backhand splats that had an uncanny tendency to roll out from the front wall, he drove forward with point after point. A Harnett time-out at Peck's 11-9 failed to interrupt Peck's concentration and game-flow. A classic 14-9 ace serve put the first game win on Peck's side of the score card.

Schoeber's Pro Results

Singles

Round of 16: Dave Peck d. Pete Britos 15-4, 15-10; Richard Wagner d. Scott Hawkins 15-9, 15-10; Steve Lerner d. Jeff Conline 13-15, 15-12, 11-4; Scott Oliver d. Ed Andrews 12-15, 15-11, 11-8; Don Thomas d. Corey Bryman 15-11, 15-7; Gerry Price d. Craig McCoy 12-15, 15-7, 11-1; Mark Martino d. John Eggerman 6-15, 16-14, 11-2; Bret Harnett d. Bill Sell 15-9, 15-8

Quarter-finals: Peck d. Wagner 15-1, 3-15, 11-6; Lerner d. Oliver 15-5, 15-10; Price d. Thomas 15-4, 15-10; Harnett d. Martino 15-5, 15-9

Semi-finals: Peck d. Lerner 15-10, 15-6; Harnett d. Price 15-7, 15-13

Finals: Harnett d. Peck 9-15, 15-8, 11-10

Doubles

Quarter-finals: Wright/Trent d. Barkey/Sell 15-8, 15-13; Garrigus/Handley d. Dunn/Thurman 15-9, 15-2; Martino/Hawkes d. Oliver/Price 15-5, 9-15, 11-2; McCoy/Thomas d. Kamalu/Eggerman 15-4, 15-8

Semi-finals: Wright/Trent d. Garrigus/Handley 15-11, 15-10; Martino/Hawkes d. McCoy/Thomas 15-10, 15-2

Finals: Martino/Hawkes d. Wright/Trent 15-5, 15-2

Richard Bruns is managing editor for Racquetball News, the publication of the Northern California Racquetball Association, an AARA affiliate. He resides in Napa, CA.

Taking the initiative, Peck took a quick 3-0 lead in the second game only to find Harnett quickly catching up and taking his own one point lead at 4-3. Peck added two on a Harnett error and his own backhand smash into the corner for a 5-4 lead.

Harnett, determined to hang in there, regained the serve and killed, splatted, and powered his way to an 8-5 lead.

Encouraged by both crowds and good fortune with the line judges, Harnett drove his score to 11-7, lost and regained the serve and carried it from 11-8 following Peck's one, and final, point to 14-8. Finally, a Peck forehand skip ball on a lob to his forehand side ended the game 15-8.

At 4-0 Peck in the tie-breaker, Harnett took a time out which broke the run and allowed Bret to get back into the game. When he moved back to within one at 5-6, Peck took a time out of his own which permitted him to execute a 23 foot rekill to regain the serve and sufficient momentum to drive him ahead 8-5.

At 5-8, Harnett buried a 39 footer off the back wall followed by a tight rekill that pinched out of the corner to make the score 7-8!

After serving, Peck repassed to make it 9-7 followed by a lost rally which stimulated Harnett to nab an eighth point with a pass to Peck's forehand. Peck took his final time out to regain the serve following an incredible 17 shot rally which finally ended when Harnett skipped a set-up plum. Peck added a point before Harnett reclaimed the service at 8-10 following stunning and unbelievable gets and shots.

At 8-10, referee John O'Donovan called a forehand Peck shot good, Harnett appealed—and won—for the point. Harnett's 10th point resulted from a crosscourt backhand that rolled from the front wall.

At 10-10 Harnett, representing the future of racquetball, wrote his name on the \$4000 first place check with a forehand splat return off of Peck's almost, but not quite, perfect drive serve return.

Round of 16 participants received checks for \$150 each; quarter-finalists received \$400; semi-finalists received \$500. ●

Pro Doubles To Martino/Hawkes

The unseeded team of 21-year-old Mark Martino, of Fountain Valley, CA, and 19-year-old Brian Hawkes of Huntington Beach, CA, totally dominated the pro doubles field. The team's toughest match was against Scott Oliver of Stockton, CA, and Gerry Price, Castro Valley, CA, seeded third.

Price/Oliver forced the Southern California team to a tie-breaker with scores of 15-9, 11-2 despite the second game, the outcome was never really in doubt. Martino and Hawkes played as though they had personally invented the concept of doubles.

While never having played together before, they nevertheless seemed to have a telepathic link with each other, Martino making his own private property of the backhand side of the court, and Hawkes playing as though he knew every inch of the right side like the proverbial back of his hand.

In the semi-finals, they blew second seeded Craig McCoy and Don Thomas off the court in a 15-10, 15-2 minimal-effort effort.

In their own section of the draw, the number one seeded team Stan Wright and Steve Trent, of San Diego and San Francisco respectively, ran through their opposition like a dull knife through butter — easily, but with ragged edges, edges that were to show up in the finals. They overcame the fourth seeded team of Ken Garrigus, and Rich Handley who never quite managed to capitalize on situational advantages to give up the match 15-11, 15-10.

The finals, however, was a different match for Wright/Trent fresh from the previous month's national AARA Doubles Championships in Federal Way, WA where they had just captured their fourth national Open Doubles title.

Normally microsecond quick Trent missed set-ups, misjudged positions, and in general failed to take advantage of what should have been their opposition's radical inexperience together. Wright, too, playing the left side of the court with his left-handed cat-like prowess skipped as many as he put away, and seemed to be a half second off the anticipation pace.

In fact it was Wright/Trent who played as though they had never played

Tournament Results

Maine

The Bud Light/Court Yard Open
Sponsored by Bud Light, Burger King,
Humpty Dumpty
The Court Yard
Saco, ME, October 15-17
Director: John Bouchard

Men's Open

Quarter-finals: Phil Belanger d. Dave Bouthot 13-15, 15-10, 15-12; Mark St. Pierre d. Rick Eddy 15-9, 15-5; Emy Tarling d. Ken Bailey 15-6, 15-10; Tim Griffing d. Steve Cox 13-15, 15-3, 15-12

Semi-finals: Belanger d. St. Pierre 15-8, 15-9; Tarling d. Griffing 15-5, 15-6

Finals: Belanger d. Tarling 15-7, 8-15, 15-7

Men's Seniors

Quarter-finals: Bill Isenberg d. Charlie Towle 15-7, 15-5; George Paulidis d. Gary Williams 15-10, 15-6; Bob McCrillis d. Walt Falkenstrom 15-4, 14-15, 15-14; Randy Smith d. Ron Lambert 15-14, 15-7

Semi-finals: Paulidis d. Isenberg 15-11, 15-1; Smith d. McCrillis 15-12, 10-15, 15-8

Finals: Smith d. Paulidis 15-3, 15-10

Men's Masters: 1st—Jerry Sedor; 2nd—Norb LeCompte; 3rd—Walter Falkenstrom

Men's A

Quarter-finals: Dave Bouthot d. Charlie Kuehl 2-15, 15-12, 15-12; Robin Liller d. Joel Hawkes 15-14, 15-2; Gary Tito d. Nick Baratta 15-8, 15-5; Al Wright d. Dan Desrochers 13-15, 15-8, 15-8

Semi-finals: Liller d. Bouthot 15-8, 14-15, 15-3; Tito d. Wright 15-10, 15-5

Finals: Liller d. Tito 15-8, 15-10

Men's B

Quarter-finals: Ken Gray d. Steve Donovan 15-3, 9-15, 15-12; Dave Zubrod d. Ken Bucci 15-14, 15-13; Scott Cochrane d. Brian Luce 13-15, 15-4, 15-8; Fred Karter d. Steve Fransoso 15-13, 15-14

Semi-finals: Gray d. Zubrod 15-10, 8-15, 15-13; Cochrane d. Karter 15-14, 15-8

Finals: Gray d. Cochrane

Men's C

Quarter-finals: Phil Dyer d. Rick Letellier 15-0, 15-10; Mitch Gunty d. Butch Moulton 15-14, 9-15, 15-14; Ken Sprink d. Paul Lamontagne 15-5, 12-15, 15-8; Brian Luce d. Jim Mingo 15-11, 15-13

Semi-finals: Gunty d. Dyer 15-9, 5-15, 15-8; Luce d. Sprink

Finals: Luce d. Gunty 15-8, 15-5

New Hampshire

Fred Madore Chevrolet Open
Laconia Racquetball Club
Laconia, NH, October 15-17

Men's A: 1st—Shawn Brown; 2nd—Steven Shapiro; 3rd—John Varrill

Men's Seniors: 1st—Sal Paterna; 2nd—Dick Ryan; 3rd—Don Maxwell

Men's B: 1st—J. Morgan; 2nd—James Rose; 3rd—Scott Bois

Men's C: 1st—Mike Saniuk; 2nd—Dennis Aguilar; 3rd—Richard Matrano

Men's Novice: 1st—Kenneth Aguilar; 2nd—Mark Patten; 3rd—Tom MacKissock

Men's A Doubles (Round Robin): 1st—Bruce Christensen/Al Mitchell; 2nd—Shawn Brown/Don Maxwell; 3rd—Roger Crim/Jerome Magalnick

Men's B/C Doubles: 1st—James Eaton/Ken Kirkland; 2nd—Dave Schaer/Bruce Merrill; 3rd—Raymond Legassie/Norman Boucher

Women's C: 1st—Diane Brewer; 2nd—Wanda Mitchell; 3rd—Carrie Burton

Men's Novice

Quarter-finals: Tom Farley d. Ed Hirst 15-7, 7-15, 15-8; Ron Hicks d. Ron Deegan 15-9, 15-7; Mark Eggleton d. Bruce Berglund 15-1, 12-15, 15-11; Mike Eon d. Butch Boucher 15-9, 15-2

Semi-finals: Hicks d. Farley 15-8, 11-15, 15-3; Eggleton d. Eon 15-13, 15-7

Finals: Hicks d. Eggleton 15-11, 15-13

Men's Open Doubles

Quarter-finals: Bailey/Belanger d. Fournier/Zubrod 15-6, 15-4; Desrochers/Tarling d. Eddy/Hall; Cox/Tito d. Baratta/Karter 15-13, 15-5; Fransoso/Guerra d. Griffing/St. Pierre 15-10, 15-14

Semi-finals: Desrochers/Tarling d. Bailey/Belanger 15-8, 15-7; Griffing/St. Pierre d. Cox/Tito 15-3, 15-14

Finals: Griffing/St. Pierre d. Desrochers/Tarling 15-3, 15-8

Women's Open

Quarter-finals: Terri Graham d. Debbie Fransoso 15-7, 7-15, 15-4; Kathy Gagne d. Leesa Smith 15-13, 15-8; Nancy Carr d. Celeste Gerrior 15-13, 2-15, 15-11; Joy Eon d. Kathy Menet 15-12, 15-2

Semi-finals: Graham d. Gagne 15-5, 15-14; Eon d. Carr 15-2, 15-12

Finals: Graham d. Eon 15-14, 5-15, 15-12

Women's B

Quarter-finals: Katie Clark d. Anita Findlen 5-15, 15-13, 15-8; Lisa Tessier d. Jocelyn Hachey; Jean Smith d. Nancy Julia 15-3, 13-15, 15-11; Jackie Lawruk d. Judy Bailey 15-7, 15-11

Semi-finals: Tessier d. Clark 15-8, 15-8; Lawruk d. Smith 10-15, 15-3, 15-7

Finals: Lawruk d. Tessier 15-10, 15-11

Women's C

Quarter-finals: Diane Duranceau d. Hilary Gerrior 9-15, 15-3, 15-11; Tammy Trenholm d. Becky Gay 7-15, 15-7, 15-7; Joan Leavitt d. Kathy Duncan 15-8, 15-5; Susanne Dennis d. Karen Donovan 15-5, 15-12

Semi-finals: Trenholm d. Duranceau 15-14, 15-8; Dennis d. Leavitt 4-15, 15-12, 15-14

Finals: Trenholm d. Dennis 15-9, 15-7

Women's Novice

Quarter-finals: Peggy Wilson d. Jamie Batson 15-9, 15-7; Anita Wurzburg d. Denise Cadorette 15-7, 15-4; Betsy Lovejoy d. Crystal Lamontagne 15-8, 15-11; Pam Dyer d. Cindy Patterson 15-10, 15-10

Semi-finals: Wilson d. Wurzburg 15-10, 15-11; Dyer d. Lovejoy 15-2, 15-11

Finals: Wilson d. Dyer 15-6, 15-14

Juniors: 1st—Steve Trotter; 2nd—Greg Lennox; 3rd—Don Roth

Minnesota

Mankato YMCA 9th Annual Tournament
Mankato YMCA
Mankato, MN, November 8

Men's A: 1st—Paul Reed; 2nd—Kevin Thourson; 3rd—Clay Wayne

Men's Seniors: 1st—Al Pederson; 2nd—Mike Gorman; 3rd—John Kanyusik

Men's Masters: 1st—Dick Carpenter; 2nd—Dennis Hoilman; 3rd—Fred Banfield

Men's B: 1st—Dave Humbert; 2nd—Mike Borneke; 3rd—Lewis Lyon

Men's C: 1st—Kevin Hoppe; 2nd—Jim Weart; 3rd—Jim Grabinoski

Men's Open Doubles: 1st—Reed/Anderson; 2nd—Romlo/Ullwell; 3rd—Dittrich/Pederson

Women's Open: 1st—Bev Hesse; 2nd—Judy Holton; 3rd—Sheryl Warfield

New Jersey

NJ Open Championships
Racquetball 23 & Spa
Pompton Plains, NJ, November 5-7

Men's Open: 1st—Francavella; 2nd—Cappitanelli; 3rd—DePhillips

Men's A: 1st—Teodoro; 2nd—Gawley; 3rd—Ousouglogloo

Men's Seniors: 1st—Wilson; 2nd—Wela; 3rd—Berwick

Men's Veterans: 1st—Wela; 2nd—Alvarez; 3rd—Cawley

Men's B: 1st—Miller; 2nd—Bellof; 3rd—Forte

Men's C: 1st—Kopko; 2nd—Rush; 3rd—Adamski

Men's Open Doubles: 1st—Allgood/Searles; 2nd—Goodman/Alvarez; 3rd—Mainetti/DeMarco

Men's B Doubles: 1st—Vazzano/De La Montagne; 2nd—Bellof/Ousouglogloo; 3rd—Annachlarico/De Gennaro

together before — possibly due to the peak effort a few weeks before in capturing the national doubles title. That, in combination with Martino and Hawkes being totally pumped up for the tournament, was just too much.

The final score was a crushing 15-5, 15-2 with both Hawkes and Martino manifesting an inability to make errors. Hawkes' forehand was deadly, Martino's backhand rolled from the corner pinches time after time.

"I had to make up for embarrassing myself against Thomas in singles," Martino said after the match, "and Brian just couldn't seem to miss anything. He was awesome!" ●

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Women's Veterans: 1st—Forte; 2nd—Scharffenberger; 3rd—Busch
Women's B: 1st—Foster; 2nd—Costanzo; 3rd—D'Onofrio
Women's C: 1st—Stoll; 2nd—Jacob; 3rd—Farmer
Women's B Doubles: 1st—Stoll/Stoll; 2nd—Stamm/Andreson; 3rd—Kara/Farmer

Women's B

Semi-finals: Kathy Boyd d. Esthar-Iako; Pat Abata d. Rachelle Aubut

Finals: Boyd d. Abata

Women's C

Semi-finals: Lisa Pace d. Emily Hoffman; Mary June DeSooza d. Mary Lou Bartlett

Finals: Pace d. DeSooza

Massachusetts

Cedardale Holiday Open
Sponsored by Penn, Miller Lite,
Ed Henley Auto
Cedardale Fitness Center
Haverhill, MA, November 19-21, 1982

Men's Open

Quarter-finals: Phil Belanger d. George Copelos; Joe Gallo d. Al Wright; Charlie Kuehl d. Bob Knipe; Dale Bennett d. Mitch Nathanson

Semi-finals: Belanger d. Gallo; Bennett d. Kuehl

Finals: Bennett d. Belanger

Men's B

Quarter-finals: Bruce McFarland d. Tony Stickney; Steve Heguy d. Frank Gibson; Paul LaBrache d. Mike Washburn; Bill Sakamoto d. Joe Vadala

Semi-finals: Heguy d. McFarland; Sacamoto d. LaBrache

Finals: Sacamoto d. Heguy

Men's C

Quarter-finals: Bob Otavic d. Lenny Welch; John Steocie d. Fred Mayne; Joe Jenkinson d. Mark Barbarion; Jim Boudreau d. Bill Flannery

Semi-finals: Steocie d. Otavic; Jenkinson d. Boudreau

Finals: Jenkinson d. Steocie

Women's A

Semi-finals: Nan Higgins d. GayAnn Bloom; Cindy Alba d. Joannie Quinlan

Finals: Higgins d. Alba

California

NCRA Juniors Circuit
Fairfield Court Club
Fairfield, CA, November 19-21, 1982

Boys 18 and under: 1st—Bill Sparks; 2nd—Scott Morey;
Semi-finalists: Bob Leclair, Terry Wheaton; **Quarter-finalists:** J. Bookwalter, Brian Willinger, Jim Kellems, James Dixon

Boys 16 and under: 1st—Mike Lowe; 2nd—David Garcia;
Semi-finalists: Paul Marino, John Bernard; **Quarter-finalists:** Mike Hammer, Dale Millhollin, John Despars

Boys 14 and under: 1st—Chris Arvan; 2nd—Tim Hammer;
Semi-finalists: Grant Smith, Justin Anderson; **Quarter-finalists:** Craig Turner, Andy Orzalli, Jason Wright, Jeff Runnells

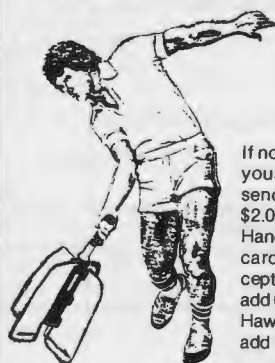
Boys 12 and under: 1st—Eric Ramm; 2nd—John Sirsi; **Semi-finalists:** Chris Camona, David Dixon; **Quarter-finalists:** David Dodini, Brian McLaughlin, Marc Siereis

Boys 10 and under: 1st—John Ellis; 2nd—Jeff Russel; **Semi-finalists:** Joshua Stuessy, Sean McEvilly; **Quarter-finalists:** Kevin Lane, Jason Schon, Adrian Howell, Eddie Vann

Boys 8 and under No Bounce: 1st—Jason Anderson; 2nd—Jonathan Powers; 3rd—Christopher Sandum; 4th—Michael Meka

Boys 18 and under Doubles: 1st—Wheaton/LeClair; 2nd—Sparks/Morey; **Semi-finalists:** Bookwalter/Despars, Willinger/Kellems; **Quarter-finalists:** Jaques/Heilaman, Dixon/Bennett, Hathaway/Pulis

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Boys 16 and under Doubles: 1st—Lowe/Garcia; 2nd—Bernard/Marino; **Semi-finalists**—Bronfeld/Anderson, Hammer/Eisenhut; **Quarter-finalists**—Turner/Turner, Runnels/Strobel, Hitchcock/Thompson, Aydelott/Martin
Boys 14 and under Doubles: 1st—Smith/Runnels; 2nd—Hammer/Wright; 3rd—Warren/Martin
Boys 12 and under Doubles: 1st—Ellis/Russells; 2nd—Dixon/Cammona; 3rd—Rodini/Sirsi; 4th—Fairley/Meka
Girls 18 and under: 1st—Mo Nard; 2nd—Robin Strathman
Girls 16 and under: 1st—Michelle Morrow; 2nd—Robin Strathman; **Semi-finalists**—Claudine Mileir, Anna O'Connell
Girls 14 and under: 1st—Kelly Pulis; 2nd—Gina Bradley; **Semi-finalists**—Debra DeCarlo, Juli Furlong
Girls 12 and under: 1st—Rodie Martin; 2nd—Tami Dodson; **Semi-finalists**—Amber Dixon, Sara McPhee
Girls 10 and under: 1st—Monica Cammona; 2nd—Talya Dodson; **Semi-finalists**—Shelly Lamkman, Meredith Wright

Women's Open: 1st—Hajjar; 2nd—Gatarz
Women's A: 1st—Calderon; 2nd—Sudol
Women's Veteran: 1st—Scharffenberger
Women's B: 1st—Skolits; 2nd—Maloney
Women's C: 1st—Weill; 2nd—Haestad
Women's CC: 1st—Stoll; 2nd—Stamm
Women's B Doubles: 1st—Barr/Grubow
Women's C Doubles: 1st—Maloney/Maloney

Virginia

Fairfax Racquet Club Open Turkey Shoot
 Sponsored by Penn, DP/Leach, Nautilus Fitness Center, Athletic House, Carole Sturgis Assoc., Inc., Sundra Printing
 Fairfax Racquet Club
 Fairfax, VA, November 19-21, 1982
 Director: Mary Jo Epley

Men's Open

Quarter-finals: Stever Bernard d. Phil Kaplan 15-6, 15-9; Mike Mankin d. Robert Shearer 15-14, 15-14; Mark White d. John Meak 8-15, 15-13, 11-10; Steve Evans d. Milt McIntuff 15-2, 15-7

Semi-finals: Bernard d. Mankin 15-14, 15-14; Evans d. White 15-4, 15-3

Finals: Evans d. Bernard 15-9, 15-4

Men's A

Quarter-finals: Steve Pironti d. Parris Woodbury 15-13, 15-13; Dan Campbell d. Dan Rydriquez 15-7, 15-11; Roger Rossi d. Gary Humble 15-13, 15-12; Michale Salkind d. Frank Padalino 15-10, 15-8

Semi-finals: Campbell d. Pironti 15-9, 15-6; Rossi d. Salkind 15-5, 15-9

Finals: Rossi d. Campbell 15-13, 15-3

Men's Seniors

Semi-finals: George Orton d. Cliff Hogue 15-14, 15-12; Nick Claudy d. Fred Metcalf 15-14, 15-6

New Jersey

Seamco Garden State Open
 Sponsored by Seamco
 Ricochet Health & Racquet Club
 South Plainfield, NJ, November 19-21
 Directors: Lonnie Allgood and Patti Marcketta

Men's Open: 1st—Costleigh; 2nd—Deritis

Men's A: 1st—McDermott; 2nd—Cline

Men's Veterans: 1st—Bloxom; 2nd—Schirm

Men's Seniors: 1st—Letter; 2nd—Saretsky

Men's B: 1st—Marley; 2nd—Bellof

Men's C: 1st—Feldman; 2nd—Scola

Men's CC: 1st—Wieselthier; 2nd—Campanale

Men's Open Doubles: 1st—Teape/Costleigh; 2nd—Corso/Tumminia

Men's B Doubles: 1st—Bellof/Ousoultoleto; 2nd—Ochtwat/Mortimer

Men's C Doubles: 1st—Evans/Scola; 2nd—Healy/Poliseo

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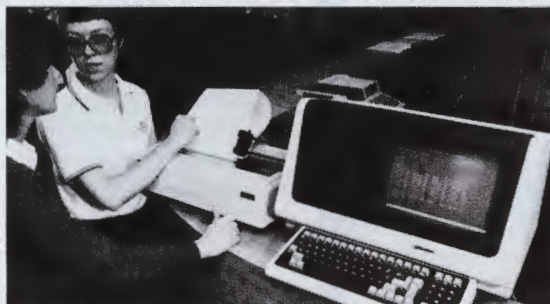
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Finals: Orton d. Claudy 15-7, 15-12

Men's Veterans (40+)

Quarter-finals: Ted Taylor d. Jack Crowley 15-13, 6-15, 11-4;
George Scamihorn d. Peter Marino 15-10, 15-11; Bill Barrett
d. Glynn Ballew 15-7, 15-12; Robert Harwood d. Bruce Troxell
15-6, 15-7

Semi-finals: Taylor d. Scamihorn 15-5, 6-15, 11-5; Harwood d.
Barrett 11-15, 15-13, 11-6

Finals: Harwood d. Taylor 15-13, 15-13

Men's B

Quarter-finals: Robert Johnson d. Tom Altieri 15-7, 15-6;
Richard Zaring d. Patrick Laing 15-9, 5-15, 11-8; Don Pickard
d. Scott Farnsworth 15-5, 5-15, 11-8; Graizier Gardella d. John
Armstrong 15-8, 15-4

Semi-finals: Johnson d. Zaring 15-11, 15-11; Gardella d.
Pickard 15-6, 15-11

Finals: Gardella d. Johnson 15-5, 15-5

Men's C

Quarter-finals: Wayne Toyne d. Robert Walp 15-14, 15-7;
Brian McCormick d. Steven Sheffield 15-9, 15-7; Robert Hines
d. Jeff Neuburg 15-14, 15-4; Bill Lawson d. Bob Utterback
15-5, 15-13

Semi-finals: Toyne d. McCormick 15-7, 15-13; Lawson d.
Hines 15-6, 15-13

Finals: Lawson d. Toyne 15-4, 15-7

Women's Open (Round Robin)

Semi-finals: Debra Weber d. Myla Kroeker 15-5, 15-11; Brenda
Laube d. Eunice Zacary 14-15, 15-10, 11-4

Finals: Laube d. Weber 15-4, 15-12

Women's A

Quarter-finals: K. Lachat d. C. Harrison 15-12, 15-11; P. Chap-
pelear d. C. Hollan 15-12, 15-14; S. Laube d. J. Howard 15-9,
15-12; L. Roberts d. J. McInturf 15-12, 15-12

Semi-finals: Lachat d. Chapplear 15-6, 15-3; Laube d.
Roberts 15-10, 15-1

Finals: Loube d. Lachat 15-4, 15-12

Women's B

Quarter-finals: Jeri Coe d. Judy DeMaria 8-15, 15-13, 11-5;
Lou Ann Caruthers d. Deb Knowles 15-7, 15-1; Sandra
Stewart d. Ann Tileston 15-4, 15-14; Carla Besosa d. Joan
Leonhart 15-3, 15-11

Semi-finals: Caruthers d. Coe 15-3, 13-15, 11-1; Stewart d.
Besosa 15-3, 15-11

Finals: Caruthers d. Stewart 15-13, 15-12

Women's C

Quarter-finals: W. Stevens d. C. Ganek 15-7, 15-3; P. Schmidt
d. R. Hernandez 15-1, 15-12; W. Campbell d. S. Bonsiero 15-8,
15-12; F. Hallihan d. C. Sturgis (no score reported)

Semi-finals: Stevens d. Schmidt 15-9, 15-5; Campbell d.
Hallihan 15-11, 15-8

Finals: Stevens d. Campbell 6-15, 15-13, 11-9

Kansas

1982 Second Annual Boeing Classic
Racquetball Tournament
Sponsored by Penn Athletic Products and
local sponsors
Supreme Court East Club
Wichita, KS, November 19-21
Directors: John Howell and
Johnny Comilang

Men's Open

Semi-finals: George Poe d. Crig Page 21-11, 21-15; John
Bryant d. John Comilang 21-5, 16-21, 11-2

Finals: Bryand d. Poe 21-12, 15-21, 11-6

Men's Seniors (35+)

Semi-finals: Jess Carrillo d. Mike Roberts 21-6, 21-13;
Dave Evans d. Rodd Tanner 21-11, 21-15

Finals: Evans d. Carrillo 21-7, 21-8

Men's Masters (45+)

Semi-finals: Elvir Fay d. Ted Fundovkos 21-9 21-8;
Gordon Gresham d. Tom Hudson 21-11, 21-10

Finals: Fay d. Gresham 21-3, 21-4



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Men's B

Semi-finals: Jeff Holland d. Bob Fuhrman 21-1, 21-7; Crig Page d. Jeff Turner (forfeit)

Finals: Holland d. Page 21-18, 21-15

Men's C

Semi-finals: Michael Gann d. Terry Ringle 21-8, 21-14; George Theoharris d. Todd Ringle 21-7, 21-9

Finals: Theoharris d. Gann 21-9, 21-9

Women's Open

Semi-finals: Virginia Poe d. Annette Gresham 21-11, 21-2; Stephanie Norris d. Marilyn Oelkers 21-3, 21-3

Finals: Poe d. Norris 21-14, 19-21, 11-8

Illinois

3rd Annual Stroh Light Christmas Classic
Sponsored by Best Western Charlie Club
Sports Hotel, Stroh Light, AMF Voit
Charlie Club
Palatine, IL, December 2-5, 1982
Director: Lynn Rickspoon

Men's Open

Quarter-finals: Rick Ricksecker d. Dave Milazzo 21-3, 21-13; Herb Grigg d. John Negrete 11-21, 21-11, 11-9; Tom Gouleke d. Steve Smith 21-19, 21-12; Mike Jalovec d. Jim Babbitt 21-9, 21-16

Semi-finals: Grigg d. Ricksecker 21-20, 21-13; Gouleke d. Jalovec 21-15, 21-4

Finals: Gouleke d. Grigg 21-15, 12-21, 11-10

Men's A

Quarter-finals: Gary Hunley d. Howie Robbins 21-9, 21-17; Dave Olson d. Cliff Gill 21-13, 13-21, 11-4; Paul Bennett d. Bruce Nelson 21-8, 21-11; Jim Hillman d. John Talty 21-19, 19-21, 11-10

Semi-finals: Olson d. Hunley 21-14, 21-16; Hillman d. Bennett 21-13, 21-15

Finals: Olson d. Hillman 21-9, 21-14

Men's Seniors (30 +)

Quarter-finals: Clyde Senters d. Jim Cartwright 21-9, 21-7; Dan Bertolucci d. Richard Parry 21-11, 21-5; Terry Marker d. Ron Paul 21-18, 21-11; John Cassis d. Barry Siegel 14-21, 21-19, 11-6

Semi-finals: Senters d. Bertolucci 21-12, 6-21, 11-5; Marker d. Cassis 21-12, 21-6

Finals: Senters d. Marker 21-10, 21-6

Men's B

Quarter-finals: Dennis Valentino d. Terry Gaertner 21-9, 21-16; John Dolby d. Dave Fox 21-15, 21-12; John Baumeister d. Leo Klimaitis 21-9, 21-8; John Stackowitz d. James Orakis 18-21, 21-18, 11-1

Semi-finals: Dolby d. Valentino 21-9, 19-21, 11-8; Baumeister d. Stackowitz 10-21, 21-10, 11-5

Finals: Dolby d. Baumeister 21-12, 18-21, 11-4

Men's C

Quarter-finals: Bill Harrison d. Frank Piska 21-15, 21-16; Jeff Schrank d. Mike Piccolo 21-13, 21-15; Steve Olson d. Nick Makaris 21-7, 21-10; Sam Okner d. Federico Pool 20-21, 21-6, 11-8

Semi-finals: Harrison d. Schrank 21-6, 21-18; Okner d. Olson 21-9, 21-20

Finals: Harrison d. Okner 14-21, 21-10, 11-10

Men's Open Doubles

Quarter-finals: Batliner/Covelli d. Field/Bach 21-8, 21-14; Smith/Hunley d. Cartwright/Bertolucci 21-11, 8-21, 11-10; Keca/Nativo d. DeFily/Rodia 20-21, 21-20, 11-6; Babbitt/Gouleke d. Milazzo/Milazzo 21-17, 21-6

Semi-finals: Smith/Hunley d. Batliner/Covelli 21-7, 21-19; Babbitt/Gouleke d. Keca/Nativo 21-4, 21-3

Finals: Babbitt/Gouleke d. Smith/Hunley 21-9, 21-4

Women's A

Quarter-finals: Nancy Whinna d. Shirley Steichen (forfeit); Kerrie Nolan d. Karen Minsky 7-21, 21-12, 11-7; Liz Burns d. Karen Wilken 21-15, 21-9; Kim Cooling d. Annie Hall 21-9, 21-16

Semi-finals: Nolan d. Whinna 21-10, 19-21, 11-5; Burns d. Cooling

Finals: Nolan d. Burns 21-8, 10-21, 11-10

Women's B

Quarter-finals: Donna Radeke d. Marilyn Davison (forfeit); Lori Hom d. Nanci Makaris 21-10, 21-7; Marian Bala d. Mary Credille 21-10, 21-19; Joyce Morgan d. Ann Gibbs 21-6, 21-7

Semi-finals: Morgan d. Bala 21-12, 21-19; Hom d. Radeke 21-1, 21-12

Finals: Morgan d. Hom

Women's C

Quarter-finals: Julie Burdick d. Linda Lynch 21-19, 21-18; Pat Jennings d. Jennifer Morrison 21-1, 21-10; Glenda Stewart d. Ernestine Lee 21-5, 21-15; Rose Pisano d. Kris Hankemeyer 21-6, 21-6

Semi-finals: Pisano d. Stewart 21-8, 15-21, 11-5; Jennings d. Burdick 21-16, 6-21, 11-2

Finals: Pisano d. Jennings 21-19, 21-16

Rhode Island

Wendy's Classic
Warwick Playoff
Warwick, RI
Sponsored by Wendy's Old Fashioned
Hamburgers
December 3-5, 1982
Directors: Marilyn Ellis, John Giusti

Men's Open

Semi-finals: Dennis Aceto d. Joe Chabot 15-11, 12-15, 15-9; George Vierra d. Tom Riley 15-1, 15-8

Finals: Vierra d. Aceto 15-7, 15-13

Women's Open

Semi-finals: Mary Dee d. Martha Callahan 15-9, 15-10; Diana Hardek d. Sue White 15-1, 15-1

Finals: Dee d. Hardek 15-2, 15-5

Men's B

Semi-finals: Mark Mahaney d. Frank DiPalma 15-9, 15-5; Rich Fournier d. Chris Warner 15-1, 15-3

Finals: Fournier d. Mahaney 15-11, 10-15, 15-2

Women's B

Semi-finals: Sue Racicot d. Michelle Crandall 13-15, 15-11, 15-3; Jennifer Brown d. Gail Waltz 15-4, 15-14

Finals: Racicot d. Brown 15-0, 15-7

Men's C

Semi-finals: Bill Mallett d. Greg Cornelius 15-6, 15-3; Nick Maggio d. Peter Tilden 15-10, 15-10

Finals: Mallett d. Maggio 15-8, 15-12

Women's C

Semi-finals: Ann Assumpcio d. Paulette Mansseur 15-10, 15-4; Jennifer Green d. Alice Shakman 15-13, 15-5

Finals: Green d. Assumpcio 3-15, 15-9, 15-12

Men's Seniors (35 +)

Semi-finals: Joe Indelicato d. Rene Depot 12-15, 15-11, 15-13; Fred L'Esperance d. Rich Voto 15-6, 15-4

Finals: L'Esperance d. Indelicato 15-4, 15-12

Boys Juniors (15 and under)

Semi-finals: Alan Dogan d. Ricky Humphrey 15-5, 15-8; Scott Cordeiro d. Rick Ventriglia 15-7, 15-4

Finals: Dogan d. Cordeiro 15-6, 15-4; **Third:** Ventriglia

New Jersey

Bally's Park Place Casino Hotel 3rd Annual
Racquetball Classic
Tilton Racquetball Club
Atlantic City, NJ
December 3-5, 1982
Director: Bruce Willson

Men's Open: 1st—Ed Remen; 2nd—Perry Roman; 3rd—Rick Plattas

Men's A: 1st—Marty Pavelic; 2nd—Pete Fuoco; 3rd—David Cessin

Men's B: 1st—Bob Braun; 2nd—Ray Ruggeri; 3rd—Wayne Nelson

Men's C: 1st—Mike Shaw; 2nd—Tony Pepper; 3rd—Mike Grosick

Men's CC: 1st—Pat Madden; 2nd—Steve Valdiseri; 3rd—Larry Werber

Men's Novice: 1st—John Arrison; 2nd—Lee Tress; 3rd—James McKee

Women's Open: 1st—Debra Weber; 2nd—Mary Rasmussen; 3rd—Lorie Cummings

Women's B: 1st—Lorie Cummings; 2nd—Rose Donahue; 3rd—Pam Tidswell

Women's C: 1st—Liberty Delgado; 2nd—Pam Tidswell; 3rd—Carol Nestle

Women's CC: 1st—Denise Fakelman; 2nd—Gina Scancellia; 3rd—Holly Gray

Women's Novice: 1st—Dorothy Haines; 2nd—Sue Leonettes; 3rd—Bev Smith

Men's Open Doubles: 1st—Phil Juliano/Gil Dembin; 2nd—Ken Labb/Dave Prockda; 3rd—Rich Vivolo/Rick Plattas

Men's B Doubles: 1st—Phil Overton/Dave Lutz; 2nd—Paul Fiedler/Kathy Yard; 3rd—Paul Finkelstein/Larry Howard

Men's Seniors: 1st—Ed Remen; 2nd—Gil Dembin; 3rd—Vince Wolanin

Men's Master's: 1st—Bernice Pruzansky; 2nd—Gene Goldstein; 3rd—Jim Stoebe

Virginia

Second Annual Ace Of Clubs Racquetball
Classic
Benefitting The March Of Dimes
Ace of Clubs
Chesapeake, VA, December 3-5, 1982

Men's Open/A: 1st—Bobby Ison; 2nd—Ed Garabedian; 3rd—Ken Johnson

Men's Seniors (35 +): 1st—P. Lehnecker; 2nd—Ron Isaacs; 3rd—Joe Kinsey

Men's B: 1st—P.J. Hughes; 2nd—Joe Guskys; 3rd—Terry Pollock

Men's C: 1st—J. Buckman; 2nd—Sam Sletman; 3rd—Tom Moore

Men's Open Doubles: 1st—Lake/Allen; 2nd—Roberson/Gray; 3rd—Mulkerin/Althouse

Women's Open: 1st—Jan McVeigh; 2nd—Sue Howard; 3rd—Rosemary Roberson

Women's B: 1st—Gail Moran; 2nd—Roxanne Gustitus; 3rd—Angela Guskys

Women's C: 1st—Martha Willis; 2nd—Sharon Holtsveig; 3rd—Doris Baker

Indiana

Snowflake Classic
Sponsored by Van's Distributing Inc.,
RC Cola
Racquet Barn Health Club
Valparaiso, IN, December 3-5, 1982

Men's Open

Quarter-finals: John Amatulli d. Rob Robbins; Tony Gabriel d. Jeff Zipes; Jim Bartlett d. Andy Simpson; Sean Moskwa d. John Knauer

Semi-finals: Amatulli d. Gabriel 15-10, 15-11; Moskwa d. Bartlett 15-4, 12-15, 11-4

Finals: Amatulli d. Moskwa 15-6, 15-14

Men's A

Quarter-finals: Keith Pritchett d. Jeff Landis; Marc Christenson d. Ed Scott; Gary Weitzel d. Mike Kelley; Tim Austin d. Larry Walden

Semi-finals: Pritchett d. Christenson 15-10, 15-12; Weitzel d. Austin 15-7, 15-7

Finals: Weitzel d. Pritchett 15-3, 15-4

Men's Seniors (35 +)

Quarter-finals: Richard Kamper d. Steve Boland; Phil Pressendo d. Steve Graham; Larry Pritchett d. Steve Slat; Phil Howard d. Dave Hawkins

Semi-finals: Pressendo d. Kamper 15-7, 15-5; Pritchett d. Howard 6-15, 15-12, 11-9

Finals: Pressendo d. Pritchett 15-5, 15-5

Men's Senior Masters (50 +)

Quarter-finals: Leo Cox d. Dan Campese; John Bartkiewicz d. Richard Pruitt; Jack Kroeger d. Harold Barkley; Bill Wood d. Dick Gilbertson

Semi-finals: Cox d. Bartkiewicz 15-7, 15-7; Wood d. Kroeger 5-15, 15-7, 11-8

Semi-finals: Cox d. Bartkiewicz 15-7, 15-5; Wood d. Kroeger 5-15, 15-7, 11-8

Finals: Cox d. Wood 15-5, 15-12

Men's B

Quarter-finals: Ron Szabo d. Dan Toppin; Ed Colon d. Dave Thomas; Ron Hutcherson d. Paul Sondelli; Kevin Snedden d. Oscar Pace

Semi-finals: Szabo d. Colon 15-13, 11-15, 11-10; Hutcherson d. Snedden 15-11, 15-12

Finals: Hutcherson d. Szabo 15-12, 15-12

Men's C

Quarter-finals: John Clay d. Mike Stengel; Steve Hunt d. Marc Andrews; Ed Ridge d. Ron Simpson; Don Winowitch d. Paul Schilling

Semi-finals: Clay d. Hunt 15-10, 15-7; Winowitch d. Ridge 15-10, 15-12

Finals: Clay d. Winowitch 15-6, 15-4

Open Doubles

Quarter-finals: Simpson/Gabriel d. May/Coyle; Phillips/Bence d. L. Pritchett/K. Pritchett; Zipes/Mikulla d. Dalke/Evans; Bartlett/McCabe d. Robbins/Henderson

Semi-finals: Simpson/Gabriel d. Phillips/Bence 15-12, 15-9; Zipes/Mikulla d. Bartlett/McCabe 6-15, 15-7, 11-2

Finals: Simpson/Gabriel d. Zipes Mikulla 15-7, 15-10

B Doubles

Quarter-finals: Arnold/Hutcherson d. Day/Frank; Goodwin/Busanic d. Crowe/Hawkins; R. Kamper/T. Kamper d. Everett/Campbell; Sondell/Weitzel d. Hunt/Wheeler

Semi-finals: Goodwin/Busanic d. Arnold/Hutcherson 12-15, 15-8, 11-1; Sondell/Weitzel d. Kamper/Kamper 15-14, 15-12

Finals: Sondell/Weitzel d. Goodwin/Busanic 15-5, 15-0

Women's Open

Quarter-finals: Dina Pritchett d. J.B. Goodwin; Chris Evon d. Sue Hernandez; Carol Baker d. Pam Clark; Sue Prisching d. Patsy Graham

Semi-finals: Pritchett d. Evon 14-15, 15-5, 11-5; Prisching d. Baker 15-9, 15-10

Finals: Pritchett d. Prisching 11-15, 15-4, 11-9

Women's A

Quarter-finals: Cindy DeWitt d. Gloria Ellis; Vicki Nicholson d. Connie Hagler; Arden Moore d. Lyn Doyle; Betsy Sidell d. Debi Hovey

Semi-finals: DeWitt d. Nicholson 15-12, 15-10; Moore d. Sidell 15-12, 15-7

Finals: DeWitt d. Moore 15-4, 15-3

Women's B

Quarter-finals: Ann Staton d. Michelle Newman; Carol Murphy d. Rosemary Pliske; Cindy Holcomb d. Betty Haas; Lu Ann Fatheree d. Debbie Miller

Semi-finals: Staton d. Murphy 15-8, 15-13; Holcomb d. Fatheree 15-9, 15-7

Finals: Staton d. Holcomb 15-9, 15-8

Women's C

Quarter-finals: Shelly Sutton d. Dixie Brosettes; Tonya Withrow d. Kathy Hostetter; Karen Widaman d. Mary Jane Carey; Sandy Peters d. Tammy Wallace

Semi-finals: Withrow d. Sutton 15-12, 15-3; Peters d. Widaman 15-11, 13-15, 11-7

Finals: Peters d. Withrow 15-10, 15-1

Alabama

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Courthouse Racquet Club
Florence, AL, December 3-5, 1982
Directors: Don Haldimann, Boogie Stansell

Men's Open

Quarter-finals: Andy Roberts d. Peter Wong 15-5, 15-9; Johnny Hennen d. Jed Cowell 15-12, 15-13; Larry Liles d. Mike Dixon 15-13, 15-9; Richard Smith d. Bob Huskey 15-9, 15-8

Semi-finals: Hennen d. Liles 10-15, 15-5, 11-2; Roberts d. Smith 15-8, 15-10

Finals: Hennen d. Roberts 15-11, 5-15, 11-3

Men's A

Quarter-finals: Sonny Harmon d. Mike Dixon 15-7, 15-4; Jed Cowell d. Steve Daniels 6-15, 15-8, 11-2; Peter Wong d. Griggs 15-9, 15-9; Richard Smith d. Bill Simpson 15-13, 14-15, 11-3

Semi-finals: Wong d. Harmon 15-12, 7-15, 11-4; Smith d. Cowell 15-5, 4-15, 11-6

Finals: Smith d. Wong 15-10, 15-9

Men's Seniors

Quarter-finals: Roger Wehrle d. Griggs 15-5, 15-3; Harmon d. Houser 15-13, 15-10; Hennen d. Armstrong 15-4, 15-4; Liles d. Bailey 15-4, 15-5

Semi-finals: Hennen d. Harmon 15-6, 15-5; Wehrle d. Liles 15-7, 15-5

Finals: Hennen d. Wehrle 15-13, 15-7

Men's B

Quarter-finals: Joe Hall d. John Price 15-6, 15-8; Steve McKinney d. Jim Caldwell 10-15, 15-6, 11-2; Emile Benson d. Houser 15-1, 15-13; Rick Ford d. John Armstrong 15-11, 13-15, 11-5

Semi-finals: Benson d. McKinney 15-7, 15-8; Hall d. Ford 15-13, 15-2

Finals: Hall d. Benson 15-14, 9-15, 11-8

Men's C

Quarter-finals: Dean Hoffman d. Xiques 15-5, 15-5; Steve Jensen d. R. Vawn 15-10, 15-7; Bob Young d. Tom Freedman 15-7, 5-15, 11-9; Jim Card d. Mike Tucker 15-3, 15-12

Semi-finals: Jensen d. Young 15-7, 12-15, 11-4; Hoffman d. Card 15-4, 15-3

Finals: Jensen d. Hoffman 15-11, 5-15, 11-10

Women's A

Quarter-finals: Letha Daniel d. Ansky Coode 15-9, 15-4; Carol Sims d. Cheryl Pickney 15-10, 15-2; Leigh Ann Wyatt d. Sue Toth 15-5, 15-4; Carolina Clark d. Carol Hall 15-10, 15-9

Semi-finals: Daniel d. Sims 15-6, 15-7; Wyatt d. Clark 14-15, 15-10, 11-4

Finals: Daniel d. Wyatt 15-12, 15-4

Women's B

Quarter-finals: Shearholdt d. Toth 15-13, 15-13; Sims d. Birdwell 15-5, 8-15, 11-4; Coode d. Kurtz 15-4, 15-8; Clark d. Pickney 15-11, 15-4

Semi-finals: Coode d. Clark 15-7, 15-11; Sims d. Shearholdt 15-4, 15-7

Finals: Sims d. Coode 15-10, 4-15, 11-2



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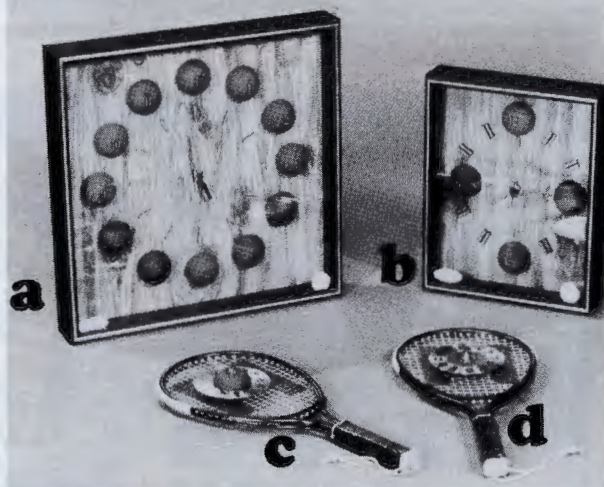
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Greatest Matches Of All Time

'Unknown' Steding Captures Singles, Doubles At '73 Nationals

Date: April 8, 1973

Tournament: 5th International Racquetball Association (IRA) National Championships

Site: Jewish Community Centers Association (JCCA), St. Louis, MO

Divisions: Women's Open Singles and Doubles

Rounds: Entire Tournament

It was April of 1972 and Peggy Steding was extremely depressed. Having played racquetball for a little over a year, the 35-year-old Odessa, TX native had just learned about the National competition being held in Memphis, the IRA Nationals, to crown the best racquetball players in the land. Peggy's depression stemmed from the fact that the tournament entry deadline had already passed. She'd have to wait another full year to play in a major racquetball event.

A few days later, a triumphant Jan Pasternak captured her second consecutive Women's Open National Championships on the glass side walled championship court at Memphis State University, thus becoming the first player in racquetball's short history to capture back-to-back National Open titles. She was 18-years-old.

For a year Peggy Steding worked on her racquetball game, playing daily for about two hours at the Odessa YMCA. She complemented her racquetball workouts by participating in softball, basketball, tennis and bowling leagues. And she was good. Very good. Too good to be believed, in fact.

Clark Howard, then the physical director at the Y, encouraged Peggy to play and often spread the word about her local exploits. Jim Austin, long-time Texas State Champ, didn't believe him at the outset. In fact, it wasn't until Pete Wright, then in the military service and later to become a top open player, wandered into Odessa that anybody from inside the racquetball world got a look at the person who was to change the face of women's racquetball.

"Pete beat me," acknowledged Steding. "In two straight at that. But what the heck, he was U.S. Military Champ and 15 years younger than me."

The scores were 21-15, 21-17. Pete Wright barely got out with his crew cut.

Steding decided to inaugurate her away-from-Odessa tournament career with entry into the Southwest Regionals of 1973. Unfortunately, not enough women entered the event and the Women's Open division was scratched. Peggy Steding stayed home.

The last thing on the minds of tournament officials in St. Louis (and IRA headquarters in Skokie, IL) was an unknown player named Steding. With politics running rampant during the months and weeks preceding the tournament, with a record entry in virtually every bracket of play, and the usual amount of scrambling going on at tournament time, well, nobody paid any attention to the lone entrant from Odessa.

In fact, so little attention was paid to Peggy Steding that she nearly didn't find herself a doubles partner.

"Nobody wanted to play with me," she laughed. In those days the IRA played "pick-a-partner," meaning those players without partners could pair themselves up during the first day or two of the Nationals and still get in the tourney.

Finally, Peggy went down to an empty court and began hitting the ball around with Fran Cohen, 1970 National champ and one of the JCCA's highly hospitable players. As always happened with Steding, a crowd soon gathered, curiously seeking to identify the whip-wristed, power-blasting, southern-drawling lady player. Peggy's eventual doubles partner, Ann Gorski, playing out of the Milwaukee, WI, JCC, came out of that group of curiosity seekers.

Who would win the tournament? The question was really, who could stop Jan Pasternak from making it three in a row? Some felt it would be Jan Campbell, the San Diego youngster with picture-book strokes. Campbell was tutored by her then-boyfriend Charlie Brumfield.

Others thought it would be the year of Kathy Williams, strong and smooth, with a backhand kill that wouldn't stop.

Peggy Steding, circa 1973, accepts one of her first place awards at the IRA Nationals.



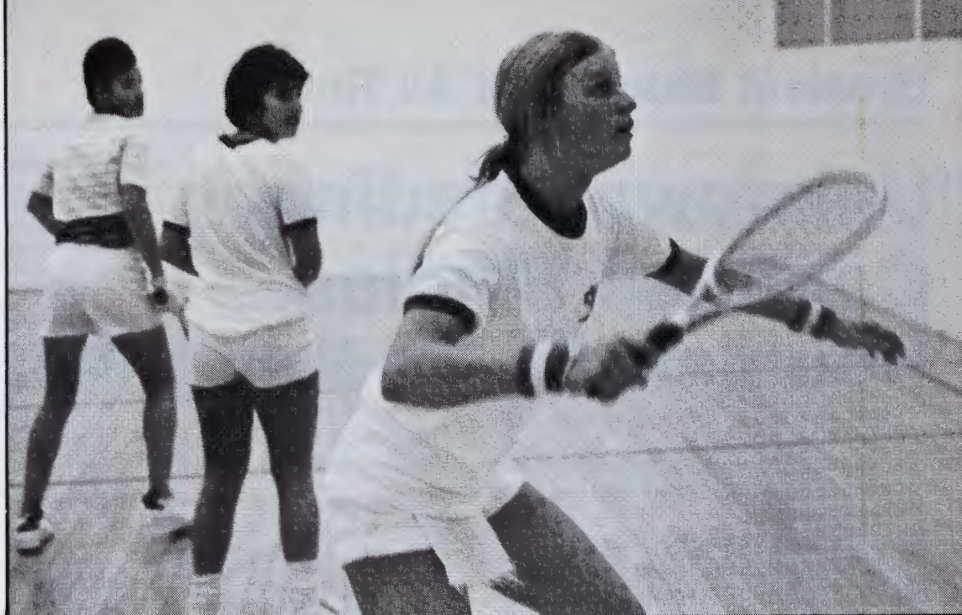
Or perhaps one of the hometown favorites would unseat Pasternak, and the St. Louis contingent was tough with the likes of Cohen, Goldie Hogan, Sheila Siegel, Joan Zuckerman, and Chris Ackerman.

Nobody thought it would be the year of Peggy Steding, soon to be known as Super Tex. For Peggy Steding was about to alter forever the concept of women's racquetball, the style of play—indeed, the very nature of the game itself, to the degree that Marty Hogan changed the men's game five years later.

And so, alone, with no family, no friends, no backers, and barely a partner, Peggy Steding prepared to try her untested skills against the racquetball world in, if not one of the greatest single matches of all time, then surely one of the greatest tournaments in the history of racquetball.

* * *

Jan Campbell takes a forehand off the back wall during the controversial first round doubles match against Steding (l.) and Gorski (c.). Campbell was the only player to take a game off Steding during the tournament.



Lois Dowd was a decent player. She was a semi-finalist in 1973 in the Illinois State Singles tournament and Illinois had probably the third toughest state—caliber of play wise—behind Southern California and Northern California. When Dowd arrived at the JCCA, she did what all tourney competitors do—she checked out the draw.

When Dowd saw she was paired in the first round against Peggy Steding, Odessa, TX, well, the information brightened her day. "All right!" she said. "I finally got a decent draw. A nobody!"

Twenty-four hours later, Lois Dowd became Peggy Steding's first victim and Steding began to realize that her game wasn't half bad. But Campbell was next and that meant a gallery full of the highly vocal, somewhat rowdy San Diego contingent, led by Brumfield.

Campbell had seen Steding blitz by Dowd and formulated a game plan that stressed her quickness and stamina, feeling that Steding's 18 years of seniority would eventually slow her down.

Pasternak regained the serve and came back for more, running four points, three on passes and one a Steding error to get right back in it 16-17. From there the two traded points, including Pasternak's lone ace of the game, to 19-18, Steding advantage.

Finally a combination of forehand, right corner kill, and backhand down-the-line pass applied the finishing touch 21-18.

The second game followed the same pattern, with Steding riding her famous tippy-toed route to the ball (she claimed to take six steps to every one of her opponents—just to get to the same place) to an early 8-1 lead, after just three innings. When Pasternak mounted her counter-attack to 5-8, Steding extended to 10-5, then 18-8. It was time for Pasternak to fold. She didn't.

Instead Jan heated up, connecting on six straight points including five kills in one of those go-for-broke situations.

Out of focus and shot through the courts door's window, Steding and Gorski are all smiles as they begin the celebration of their National Doubles Championship.

When Steding made one of her only six errors in the game, it was 14-18 and anybody's game. But that was Pasternak's last gasp. Red-faced from exertion, exhausted in mind and body, she had gallantly done battle with the newest gunslinger in town. And although she lost, she went out like a champ, giving it everything she had.

* * *

Doubles is a funny game. Two great singles players can make a terrible doubles team, just ask Bill Schmidtke. Sometimes it takes an understanding of one's role in doubles to ensure each partner will complement the other. So it was with Ann Gorski, who recognized that an act of kindness in playing doubles was turning out to put her right in the middle of the spotlight as her partner Steding attempted to become the second consecutive woman to capture the coveted "double play," a win in open singles and open doubles. (Pasternak had done it the year prior.)



"We knew our opponents would try and play Ann," said Peggy, "so we devised a strategy where she would just let the ball go if she couldn't handle it. I covered most of the back court, shooting the back wall wherever possible.

"It really was unfair to Ann, because she didn't play much doubles back home, almost all singles. I think she played with me just to be kind."

As luck (or poor planning) would have it, the Steding/Gorski tandem met the top seeded Campbell/Williams duo in the very first round. That fact was the only thing that got Peggy riled during the week.

"It really wasn't fair to any of us," she said. "That match really deserved to be the finals. Since the doubles draw was made after the start of singles, you'd think they would have placed me in the opposite bracket from Campbell. After all, I had just beaten her in singles—we shouldn't have been paired against each other in doubles—not in the first round."

Well, Campbell/Williams elected to blast the ball at Gorski and move Steding from back corner to back corner with ceiling balls. It was a sound strategy with Steding running twice as far and hitting four times as much as any player on the court. Eventually 37-year-old legs give out during four-day, seven-match racquetball tournaments.

"I've won my share over the years and I've lost my share," said Steding. "But I'll tell you one thing, I've never lost a match because I wasn't in shape. You can have a bad day and there's nothing you can do about it. We all have 'em. But bad condition is something you can change and there's no excuse for it."

"Some people thought Jan had an advantage having seen me play that first match," said Peggy. "But I didn't think so. Heck, all I did was walk out there determined to play my game and make any adjustments I had to. That's all. The first time I saw her hit a ball was while we were warming up."

To her credit, Campbell raced to victory in game one 21-13. In fact, that single game may be one of the finest games Jan ever played. Her ceiling game kept Peggy off balance and deep, while her backhand in the left corner and fly kill were awesome and her concentration sharp. She was playing well.

But Steding came back in the second, getting used to the ceiling ball, which she'd never hit, but had seen the handballers around the Y use extensively. A quick mental adjustment was made.

"My tennis game was primarily serve and volley," said Peggy. "Therefore I used a lot of wrist in my overhead tennis strokes. I made the adjustment between games and learned the ceiling shot."

By taking away Campbell's primary defensive weapon, Steding's athletic experience began to wilt her younger opponent. As Campbell began to err on the ceiling, to rush shots and to become gradually more unglued, the stoic Steding maintained her composure and her forehand, right-corner kill, which heated up like popcorn in a microwave.

Game two became Steding's 21-13, setting the stage for the long and exhausting 21-point third game. It was not long and it was not exhausting. It was all Steding, 21-8.

"I never really did get nervous," said Steding. "I didn't think I was so good that I couldn't be beat. Maybe because I was so much older than the other women I was able to stay calm. I think what I lacked in court experience I made up in competitive experience."

That experience helped against Campbell, for Brumfield and others tried in vain to rattle her. *"She can't kill the ball," "she's tiring,"*—but the 1973 invogue razzing went in one Steding ear and out the other.



"I was surprised at the poor sportsmanship," said Peggy. "But I'd seen worse. I'll say this, that when I beat Campbell, I felt for the first time that if I played my game, I had a chance to win the tournament."

In the quarters, Steding overwhelmed Ackerman 21-2, 21-4. Next came Cohen, who of course already knew what fate awaited her. It was in these matches that the racquetball public came to learn something about Peggy Steding. She had Fran Cohen, former national champ, at her mercy. She could have destroyed her, even humiliated her. Instead, the two had a nice, comfortable match 21-6, 21-6 as Steding moved to the finals.

"I'll admit that I have never given anybody a donut in my entire career," said Steding. *"I just don't see any point to it. I don't think you accomplish anything and it leaves a bad taste in everybody's mouth."*

Pasternak was ready for the finals. After disposing of Williams in the semi's she felt prepared to go for it—her third straight National title. Along the way she'd find out how good this newcomer from Odessa was.

Reporters covering the event said that only Pasternak's superior court sense and experience kept her in the match, that stroke for stroke she was totally outgunned. Pasternak also had that intangible, driving dedication to winning. She wanted it and refused to give in to Steding's superior power, deep court kills and unflappable style.

After initial jockeying for position in game one, Steding got hot, running off an 11-2 string mid-way through the game to take a 13-5 lead. But Pasternak, as she would do all day, mounted

Steding calls for a towel to aid Pasternak, who spent a great deal of the finals on the floor diving for those elusive Steding bullets.

a comeback, hustling, diving, retrieving and in general running four miles to every one for Peggy. And still she kept coming, closing the gap to 9-13 and 12-16 before a Steding ace (her only one of the game) made it 17-12.

What she said was they could run her till it's 90 degrees in a Chicago winter, she wouldn't tire. And she didn't.

Campbell/Williams captured game one, not surprisingly, when you understand that a) they were the top seeded team in the tournament; b) Steding/Gorski had hardly seen each other play let alone ever play with each other; and c) Gorski was an admitted singles player, knowing and caring little of or for doubles.

But then, those were mere technicalities. Using her quickness and good reflexes, her vaunted fly kills and back wall brilliance, Steding did her thing, leading the team to a 21-14, and shocking 21-6 win. Those 37-year-old legs held up just fine, thank you!

Later matches were anti-climactic, to be sure. Cohen and Hogan gave it their best but went down 13 and 8 in the semi's, while the finals were never in serious doubt, a 21-15 21-8 win over Singer/Zuckerman.

Peggy Steding, of course, went on to become the top ranked racquetball player for a solid five years, being briefly de-throned by Shannon Wright, who turned the baton over to Heather McKay and now Lynn Adams. Steding still competes, traveling to each WPRA event, and although not getting too far, still enjoying the scene.

"I guess I should retire," she said. *"But I just like to be around the people and game so much, that it's hard. And I'll tell you, on some days I can still hit the ball all right."*

"And I would like to say that I'm grateful for having the opportunity to play racquetball, mainly because I've met so many wonderful people along the way. Racquetball has enriched my life. The sport has been good to me. I'm thankful for that."

Peggy Steding. How we wish there were more like her. ●

Clubs Need Hard Core

by Mort Leve

Opinion gives you, the reader, the opportunity to state your views on any of various topics current in the racquetball industry. If you'd like to submit your Opinion, please do so to Opinion Editor, 1800 Pickwick Ave., Glenview, IL 60025. All manuscripts must be no more than four pages, typed, double spaced.

Combination of a recessed or depressed economy, whatever the terminology may be, is one reason for a general leveling off in numbers of members at many court clubs. But there is definitely another factor, one that may well be number one in importance, and that is the alarmingly small percentage of hard core racquetball players at any given facility.

In a survey of more than 25 facilities, including private clubs, YMCA's and Community Centers, no more than 10-15% of the playing membership were found to use the courts two or more times per week. The remainder play more or less sporadically, and ultimately this can lead to alarming dropout figures.

The average new player coming into racquetball is in his mid-20's. Compare this with tennis where there is a much larger hard core percentage and a majority number starting play in their teens.

True, the basic fundamentals in racquetball are comparatively easy to acquire. However, lethargy can soon set in if skill performances are not elevated and there is a hit or miss schedule of playing time.

Racquetball clubs cannot afford to have management sit idle and allow this critical situation to continue. As in exercise programming, there is a need for aggressive planning if racquetball is to continue to flourish.

How can this best be accomplished? Well, for a start, too many clubs have weak lesson scheduling. True, a member can usually sign up for an individual lesson for a given fee per full or half hour. But the clubs also need to set up group lessons in various skill categories on a regular basis. Such groups could be part of well-organized league play, set up for 20- to 30-minute time frames before or after league competition.

Racquetball Now is a fine promotional group lesson program that is a spinoff from Tennis Now. It is an ongoing program open to both members and outsiders. It is usually a six-lesson, twice a week scheduling of one hour each

duration. The members are given a low or even gratis rate; outsiders are given an additional incentive in that the fees they pay may be applied to membership should they join up. Usually during the three weeks of lessons the non-members can rent court time, when it's available, at going rates. Non-members are also given a money-back guarantee: *"If you are not satisfied that you can cope with and enjoy racquetball your money will be refunded."* This program has proved successful in various sectors of the country; again, it is not a one-shot deal and should be used on a regular basis.

I believe it is of the utmost importance to set up various levels of group lessons. You cannot expect a novice to comprehend and execute advanced skill demonstrations. Instillation of confidence is paramount in stimulating players. The importance of qualified instructors is to teach players the right way to execute the various shots. Too many players, left on their own, pick up bad habits and then it is doubly difficult to teach them the right way to do things.

While the group lessons motivate players and give them confidence, club management can do more, by making sure players can get opponents to play. Variety can be the very spice of racquetball court action. League play does much to afford such variety; opponents are set up with time allotments on a regular basis. The club ladder is a complementary asset, but again must be organized and encouraged by management. Any time the members are left to themselves to arrange a challenge and set up court time you can be sure things will lag and ultimately the ladder will be nothing more than an attractive bulletin board adornment.

At seminars and in consultations with clients I have often stated: *"The telephone can be the most important public relations instrument a club can find."* The all-important control check-in point can do much to line up matches and keep the challenge board active. If a member calls in 24-48 hours ahead of time and asks to be paired up for a match the club will provide that service.

Mort Leve is currently a consultant in club development/management after stints with the U.S. Handball Association (23 years) and International Racquetball Association (5 years); founder of the National Court Clubs Association, well known author, editor and court guru for over 30 years. He resides in Scottsdale, AZ.

Videotape machines are valuable in programming both individual and group lessons and they add to the full lesson program. Fees can be set up to cover costs involved.

I would be remiss if I did not recommend that one court be properly marked for demonstrating offensive and defensive shot making. This can be the official lesson court but can easily be used for regular play at other times.

Service to the membership . . . keeping them happy and satisfied . . . that is what will cut down dropouts, elevate playing skills.

Then we get down to the nitty gritty. Tennis, and golf too, have long prorated large sums of money and programs to their juniors. They realize that a grass-roots development will provide the lifetime hard core people of tomorrow. I feel most emphatically that the clubs should devote themselves to developing the juniors. Group lessons for the teen-agers, leagues, competition—all this will make a grass roots program successful. I realize that most private clubs are adult oriented, but there are restricted times when the teen-agers can be accommodated. In the summer months there is definitely a doldrum at the racquetball facilities and a strong junior program can be installed such as the Little League-type National Teenage Boys' and Girls' Team program. This is what will mass produce thousands and thousands of hard core players, the solid members of tomorrow, the pillars of the game.

No, racquetball is not a fad. But is absolutely imperative that we build on the present small number of real court buffs. National surveys that talk of heavy players as being five or six times or more monthly are far from the hard core definition. To me, the hard core player plays at least twice weekly—more often three or more times weekly. ●

The views presented in Opinion are strictly and entirely those of the author, not necessarily those of National Racquetball. We invite your comments.

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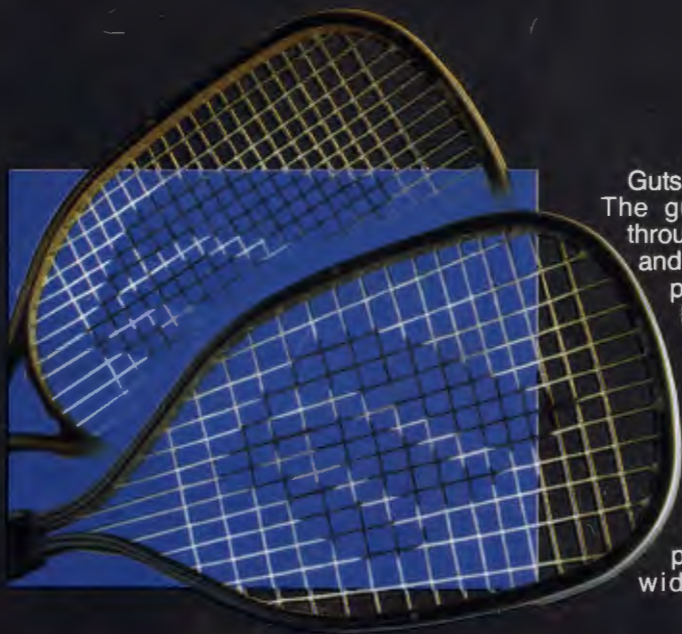
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