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RACQUETBALL TODAY®

McKay vs. Adams: TIEBREAKER!

The women in Chicago

by Diane Gabrisko

The women continue to provide exciting and dynamic racquetball, and the WPRA Pro Stop in Chicago February 13-15 was no exception. The scoring system which allows both server and receiver to tally points, and sets of five games to 11 points (win by two) provides a format for intense competition where every point is crucial. One word describes the final match between top-seeded Heather McKay and third-seeded Lynn Adams: **CLOSE**. McKay took home the victory, but not without a hard fight from Adams, the only opponent to take McKay to tie-breaker. Adams won the first set 3-2, with neither player winning a game by more than three points. The second set was McKay's 3-1. The tie-breaker for this tournament consisted of 2 out of 3 games to eleven points. McKay jumped to a 7-0 lead in the first game, only to have Adams close in within 3 points again, but not soon enough, as McKay won 11-7. Heather lead 6-2 in the second game, but Lynn managed to tie it up at 7 all. McKay dug in, and made the four points she needed for victory, a pass and three kills.

Third place went to second-seeded Marci Greer, who easily defeated rookie Laura Martino, 3-0, 3-0. However, the unseeded Martino knocked off number 4 seed Bonnie Stoll in the 16's and former national champion Karin Walton-Trent in the quarters, earning her way to her first semi-final match in pro competition. McKay took her out 3-0, 3-0, but Laura had good reason to be pleased with her performance.

Noticeably absent was No. 2 ranked Shannon Wright, whose participation in ABC's Super Star (see story p. 3) opened the door to a field of determined players, in particular a driving Elaine Lee of Idaho and a steadily improving Peggy Gardner of Los Angeles, both of whom pushed their way to the quarters. Lee and New Jersey's Melanie Taylor provided McKay with her only game losses



Heather McKay (foreground) defeating Lynn Adams in the final match of the WPRA Pro Stop in Chicago. Results and more pictures on page 5.

(one each) prior to her final match. Look to hear more from these ladies.

The next stop for the women is Seat-

tle, WA, February 26. Shannon will be back, looking to regain her number one ranking, and Adams doesn't appear to be

content with the third spot. Close, and closing in, the women are sure to provide excitement and surprises.

Hogan makes it three in a row

Story of the Houston Pro Stop starts on page 5

We Get Letters . . .



Mike Lawrence

Dear RACQUETBALL TODAY,

Please accept my thanks to you and Len Ziehm for the excellent article in your February Issue. In just the first three days since the paper came out, I have received over 50 calls locally and some even from out of state. As the article states, racquetball has literally saved my life and allowed me to live with Multiple Sclerosis. I really appreciate the chance you have given me to tell my story to the racquetball community.

Sincerely,
Michael Lawrence

Ed Note: People interested in donating to the Michael Lawrence Foundation may send their checks to The Michael Lawrence Foundation, 685 Emerson St., Denver, Colorado, 80218, or call 303/861-2933.

Less Grobmisi

Dear RACQUETBALL TODAY:

Enclosed is my subscription. I have noticed that you have less of Tom Grobmisi in the last couple of months. Please keep up the good trend.

Sincerely,
Ed Ballick

Racquetball Poster

Dear RACQUETBALL TODAY:

You are to be congratulated for your very fine poster on the rules of racquetball. Not only does it give good, simple explanations for beginners, but the more detailed procedures for applying the rules without a referee have been needed for years. It's beautifully done and written and as the poster states, it truly is a public service to the racquetball community. People really read it at our club and I know it will make the game more enjoyable. Thank you for caring.

Sincerely,
Sherry Emmons
Supreme Courts

Racquetball Subscription

Dear RACQUETBALL TODAY:

I sent in money for a subscription and found that I could still get the paper at my club. What's the deal?

A. Cummings

Dear Mr. Cummings:

We have continued to send papers on a limited basis to racquetball clubs in return for their support of our publication over the past months. The papers will be made available on a limited basis only, and there will be no assurance you will be able to get the papers at the club. Furthermore, under our current subscription offering, when you subscribe to our paper you will receive four racquetballs and a membership to your racquetball association...total value is more than the regular cost of subscribing to our paper, so in effect the subscription is free! — Ed.

Racquetball meeting held

A truly historic meeting took place Sunday evening, February 8, 1981 in Chicago during the NSGA convention. By invitation of the National Court Clubs Association's executive director, Chuck Leve, major racquetball equipment manufacturers, association leaders, and racquetball publications were invited to attend a meeting for the purpose of discussing the current state of the sport and how to better promote the sport in the future.

Jennifer Wayt, a board member of the NCCA, Phil Simborg of RACQUETBALL TODAY, and Luke St. Ange of the AARA all made statements to the effect that they believed that more money and efforts should be directed toward juniors programs, in-house leagues and clinics, and other "non-tournament" long range projects to advance the sport.

Jim Bronner, past president of the NCCA suggested that what the sport needed most at this time was a study made by a professional, objective organization to determine how the manufacturers, club owners, associations, etc. can work together to develop more interest and growth in the sport. Several of the manufacturers including representatives from Ektelon, AMF/VOIT, Penn, and Omega pledged that their companies would be willing to share reasonable expenses for such a study and would be interested in hearing the details of how such a study would work.

Mort Leve of the NRC and Rita Hoff of the WPRA both made statements suggesting that the club owners need to up-grade the staff and personnel that are working directly with new people coming into the sport.

RACQUETBALL TODAY also suggested that in future coordinated efforts a greater spectrum of the total racquetball community be included (independent state racquetball association representative, YMCA's, JCC's, representatives from colleges,



My Point from the editor

About our correspondents...

RACQUETBALL TODAY is the place for local and national tournament information and results. Our "unsung heroes" are our correspondents, who gather local information and pictures for us and keep us informed about players and events. We encourage our correspondents to work actively with state associations, to write articles about people and events and to promote racquetball in their state. They help us make RACQUETBALL TODAY the most complete and informative racquetball publication there is. We couldn't do it without them, and we are looking forward to having a correspondent in every state. So if your state isn't covered, and you are interested, drop us a line.

and about sportsmanship...

We know there are plenty of good sports out there! And that's why we are anxious to renew our feature "Sportsman of the Month," this time regionally. RACQUETBALL TODAY wants to hear from you if you know someone who deserves recognition for good sportsmanship in racquetball. Write, and send a picture if you can. It's your chance to give a pat-on-the-back!

We're looking to provide our readers with not only news and tournament results, but features of interest as well. Look forward to some instructional articles from the Pros. We'll have some information for you on racquetball camps, too. And if there is a topic or story of interest to you, let us know.

Lastly, enter our photo contest! Someone will win \$1000 at the end of the year. It could be you!

News Briefs

1981 EKTELON-PERRIER RACQUETBALL CHAMPIONSHIPS

The Sports Gallery of Anaheim CA will be the site of the National Finals of the 1981 Eketlon-Perrier Racquetball Championships, April 29-May 3.

FANCHER RETURNS TO USRA

After a 12 month leave of absence, Terry Fancher has returned to the USRA as national director and will work closely with Dan Bertolucci national director of the NRC, at the NRC tournaments as well as coordinate USRA activities.

Norman Cates, Courtsouth Racquetball Clubs, with headquarters in Marietta, Georgia, has been elected president of the National Court Clubs Association, the 400-member organization of racquetball court club owners in the U.S. and Canada.

Cates was elected at the Association's fourth annual meeting and trade show in Las Vegas, Nevada.



Bob McTear joins Ektelon as Vice President and General Manager.

JUNIOR CHAMPIONSHIPS

The Supreme Courts West of Wichita, Kansas is the site for the 9th Annual AARA National Junior Championships to be held April 13-16, 1981.

Over 300 of the top junior players ranging in age from 8 to 17 are expected to compete.

The AARA Junior Regionals and National Championships are sponsored by Penn Athletics Co. of Monroeville, PA.

Kick the Habit

We at RACQUETBALL TODAY believe that smoking has NO PLACE in the viewing area of the courts. Smoke is irritating there, as well as in the close quarters of the locker room and sauna. For some reason, many club owners have been reluctant to establish reasonable restrictions on smoking. Maybe they feel they will offend the smoker and lose business. We think it's just the opposite. The nonsmoker is often offended. If a club has a lounge that is totally enclosed and separated from the courts, smoking should be allowed there, but in the typical court club or viewing areas which are open to the courts, smoking has no place.



RACQUETBALL TODAY

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Shannon Wright takes 3rd in Super Stars

By Ralph Moil

Racquetballers had a chance to cheer on one of the sport's leading personalities in ABC's Super Stars March 1st, as Shannon Wright pitted her talents against the likes of Olympic Gold Medalist Dorothy Hamill, basketball's Ann Myers, Nancy Lieberman, and Carol Alazegowski, Olympic Gold Medal diver Jennifer Chanler, and body-building title holder Gail Olinek.

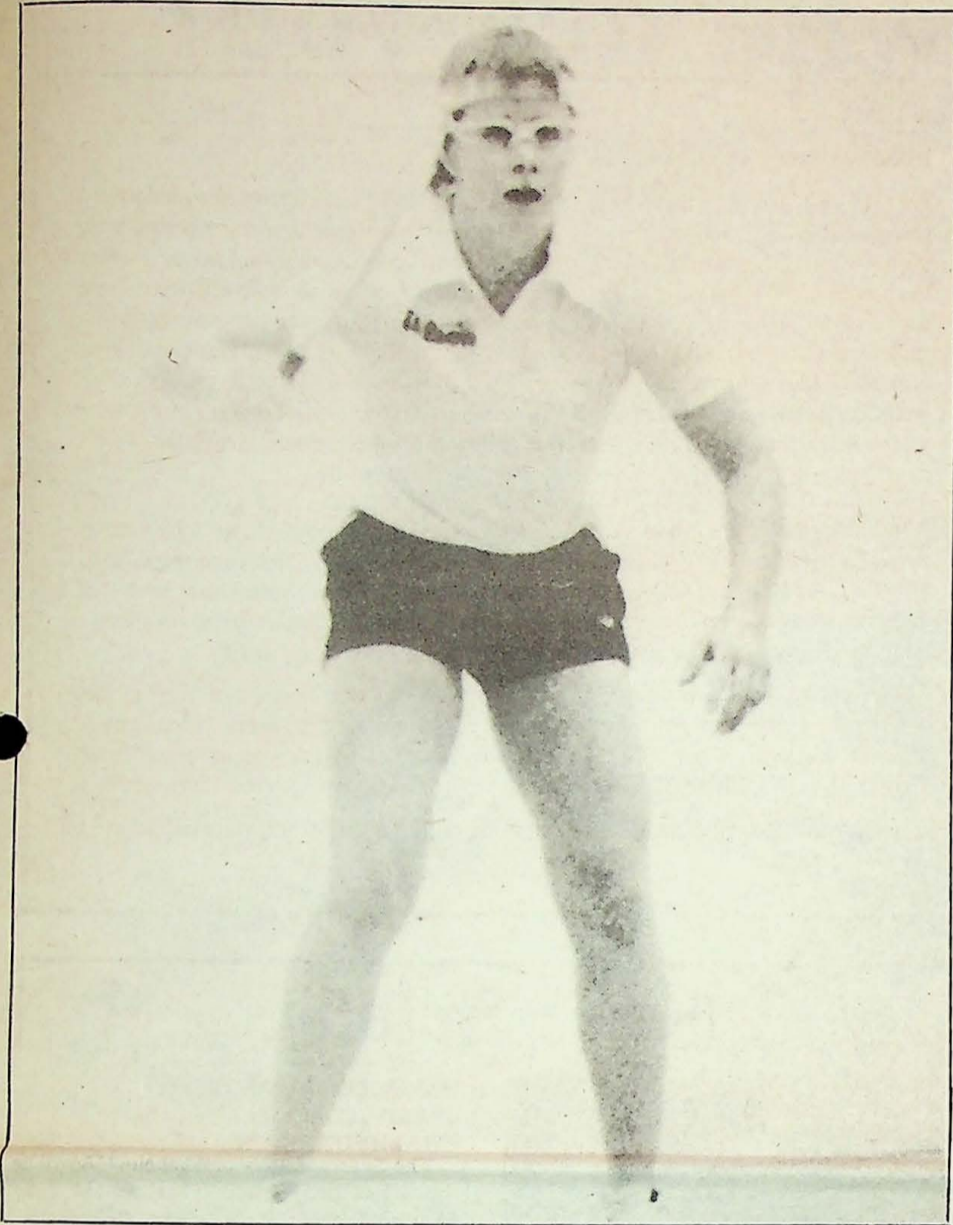
Ann Myers, 5 ft. 9, 140 lb. MVP for the New Jersey Gems, took home \$40,000 first prize followed by 2nd place Carol Alazegowski. Shannon Wright tied for third with Nancy Lieberman. Myers won the competition in tennis, swimming, the quarter-mile run, and obstacle course while Wright took first in basketball, second in tennis and bicycling, and third in swimming.

have made if she had been able to attend the Chicago Pro-Stop the week-end Super Stars was being filmed).

To prepare for Super Stars, Shannon virtually gave up racquetball for a couple of weeks, and got herself into "the best shape of my life." she lost 5 lbs., and according to Shannon, "I've never been stronger." Her fiercely competitive nature and high athletic ability clearly made her one of the more exciting competitors to have ever appeared on Super Stars.

She hopes to compete again next year, and then, says Shannon, "I expect to win."

When asked about her continuing plans in racquetball, Shannon told Racquetball Today she expects to continue to be a major force in the sport for many years. As for what she plans to do when



As for what she plans to do when she reaches 60, says Shannon, "Oh, I guess I'll just have to take up tennis."

Shannon took home \$14,000 for her efforts, (a good deal more than she would she reaches 60, says Shannon, "Oh, I guess I'll just have to take up tennis."

Racquetball's McKay defeats handball's Roberts

Exhibition in Chicago

"She's out of the handball players' league," said Vern Roberts, Jr., the second-ranked United States Handball Association touring pro, about Women's Professional Racquetball Association defending national champion Heather McKay after she defeated him, 21-15, 21-15, in a special \$1,000 winner-takes-all, man-against woman, hands-against racquet exhibition match during Vittert's Super Bowl II at Killshot, Ltd. in Bloomingdale, IL.

Roberts admitted being bothered by McKay's serves, which he estimated to be moving at 200 m.p.h.

"I had no idea that she's be that good," he said. "Her court coverage and reaction was extremely good, better than I expected. And she knew what to do all the time. She knew how to serve, kill, pass and soft-touch the ceiling."

Would the outcome have been different if Roberts had not been accidentally hit with the ball? That question remains to be answered in the future with the possibility of another match between the two.



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PAGE 12

The man behind the world's largest racquetball league

Art Michaely, who are you?

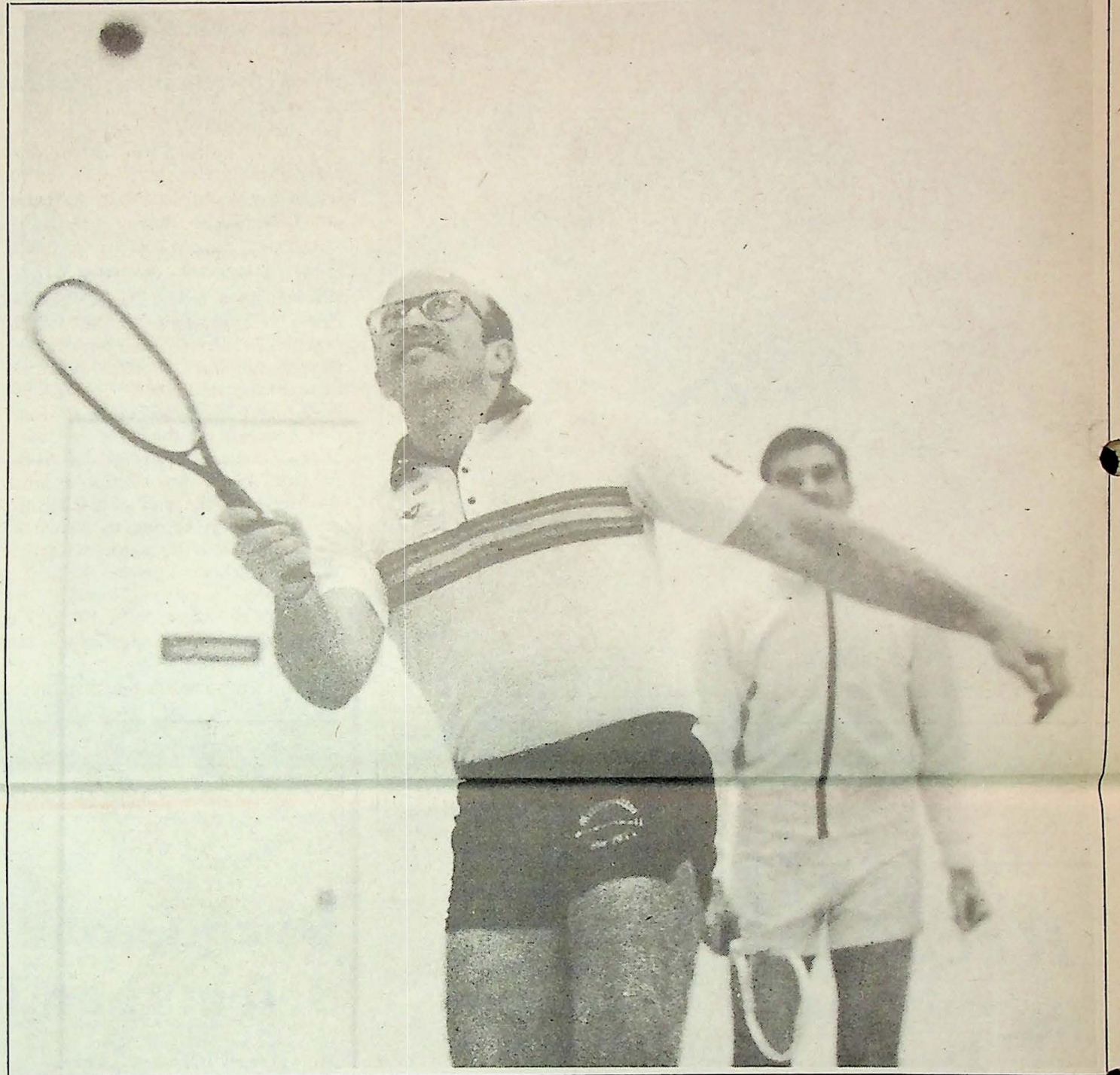
By BOB GURA

"Art Michaely, who are you?" is a question most racquetballers would have trouble answering. It is unfortunate as the often anonymous Mr. Michaely deserves better, especially from amateur players everywhere. To players, especially in the Chicagoland and Illinois area, the name Art Michaely should conjure up notions of recognition and reverence, for Art is the creator and still leader of the Chicago Racquetball League, by far the world's largest and most successful.

The league currently consists of 103 teams. The men belong to one of nine leagues and the women have a choice of seven; talent level is divided between A, B and C squads and each team plays from 12 to 6 matches a season. The format is based on a total points scoring method which means that every point counts. This unique system makes every member of the team, no matter how good or how bad, equally important to the effort, and greatly adds to the comradery of the league. At the end of the season, the first and second place teams receive nominal cash awards and individual wall plaques. With the help of the Illinois State Racquetball Association (ISRA), Michaely obtained the cooperation of club owners throughout the Chicago area to provide courts and support the teams. In addition, he secured Vittert to provide balls for this league (no small gesture when you consider the size of the league).

Without question, this league is "big time" in the world of amateur racquetball. Art brings a strong background to the task of helping the 57 men's teams and 46 ladies outfits work together. At 40 years of age, the executive director of the Park Ridge, Illinois, YMCA carries in his duffle bag a masters degree in science from the University of Illinois and several fitness training certificates.

AS THE FOUNDING father of the league, Michaely has strong views concerning league play in racquetball. Michaely points out "the league was originally founded by a group of players in 1972 as the Chicago Metro Racquetball League, in conjunction with the



Art Michaely, Director of Chicago Racquetball League

per cent) and non-private facilities like YMCA's and park districts, and Michaely is always happy to add more clubs and teams to the roster. The new additions help shorten the traveling distance for many squads, and Art feels this makes it much easier on the players gas

these players come up against a relatively easy opponent, it is important for them to play for every point, and that gives them a good workout and a good match. Michaely works hard to keep players involved, and individuals who come to him are almost always placed on a team

during slack periods. Michaely is all for alternate court uses such as wallyball, floor hockey, and other physical activities that can be enjoyed on the racquetball court.

SPEAKING AS one with collegiate training and physical fitness and cardiovascular exercise training, Michaely has set opinions on those who play racquetball for fitness alone: "I don't partake in sports for fitness," he firmly stated, "I partake in fitness so that I can play better sports." Whatever the philosophy, Art Michaely makes it work in the Chicago Racquetball League. Players from 14 to 60 take part, and the numbers grow every year.

Last year, Art received the well-earned recognition of the members of the Illinois State Racquetball Association as they awarded him the Louis Zahn Memorial Award for his sportsmanship and contribution to the sport of racquetball. Michaely's work and his league are a model for associations and leagues around the country whose sport is lucky to have such a fine gentleman doing such a fine job.

"I don't partake in sports for fitness...I partake in fitness so that I can play better sports."

IRA. "When it was founded," he recalled, "we had eight clubs. Several years later, many private clubs decided to pull out and form their own organization. The next year I still had 30 teams left."

Since those days, things have changed, the league has prospered greatly. With the sanctioning of the ISRA, the Chicago Racquetball League members consist of a mix of private clubs (roughly 85

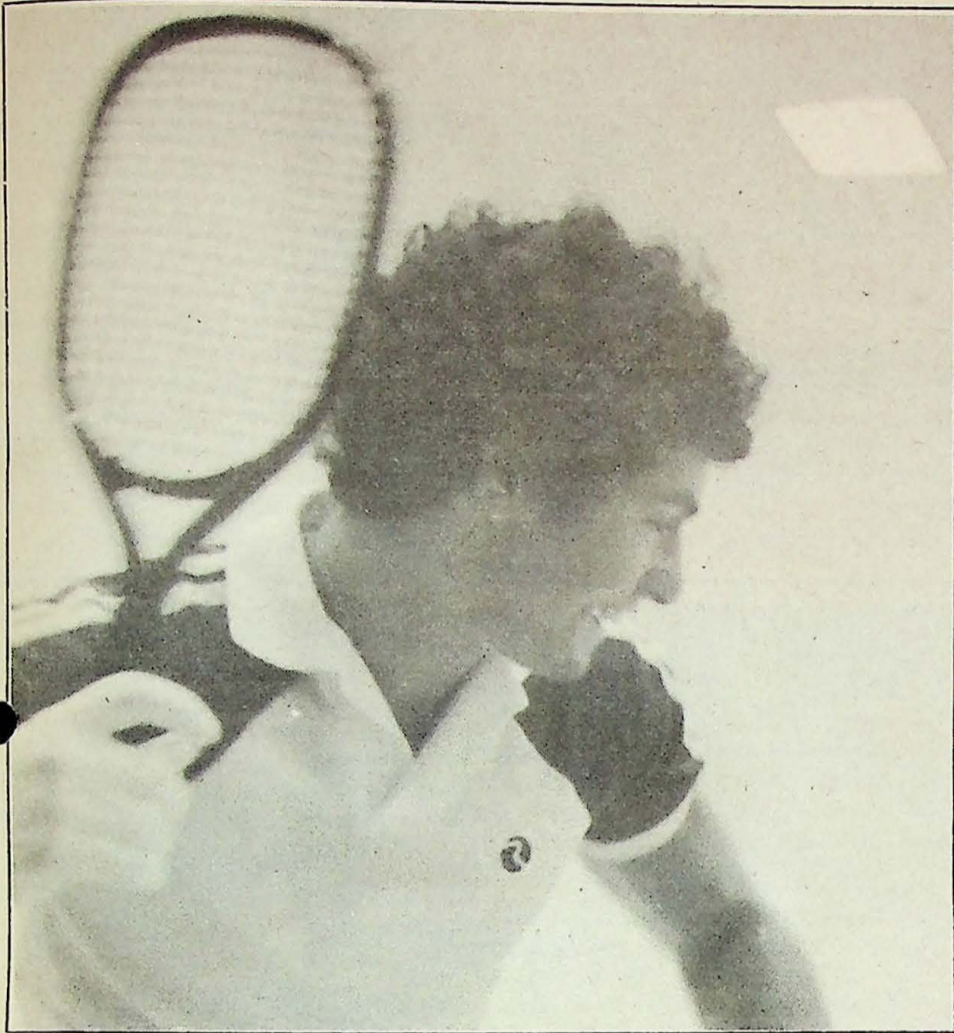
bills and pocketbook.

"When it comes to talent," he let slip, "a good amateur will find a challenge in the 'A' bracket." That's the home of: Illinois Men's champ John Lynch, former National Senior's Doubles champ Jim DeVito, and ranked players like Dennis McDowell, Jim Scheyer, and many other fine Illinois players. Because every point counts, even when

somewhere near their home through Michaely's efforts.

Art feels his league offers a viable alternative to tournaments, where participation can be very expensive and grueling, as well as impractical for many people. He sees a big future for the in-house and inter-club traveling leagues, and he feels that court club owners must make better use of their playing space

PRO TOURNAMENT RESULTS



Marty Hogan

Hogan makes it three in a row

by Phil Simborg

Marty Hogan faced five opponents in Houston (February 18-22) giving up an average of 9.9 points per game and never going to a tie-breaker. Adding this victory to his previous two on the tour (Memphis & Honolulu), there is no longer any doubt that Marty Hogan is still **THE MAN** to beat.

The upper bracket of the draw was clearly less competitive due to the absence of No. 4 seed Dave Peck, who broke his finger earlier in the week in practice. That left room for a real breakthrough for Mark Morrow, upsetting Strandemo in the first round (11-4 in the tie-breaker), Fleetwood in the 16's, and then knocking out the No. 4 seed, Rich Wagner in the quarter's (11-10 in the tie-breaker). Hogan was simply too much for Morrow in the semi's, but it was still one of the finest showings the 28 year old has had on the NRC tour in quite some time! In the bottom bracket, Yellen had an even easier draw than Hogan with the only expected threat to be Hilecher in the semi's, but Yellen took care of him 21-2, 21-4.

There was some exciting play on the

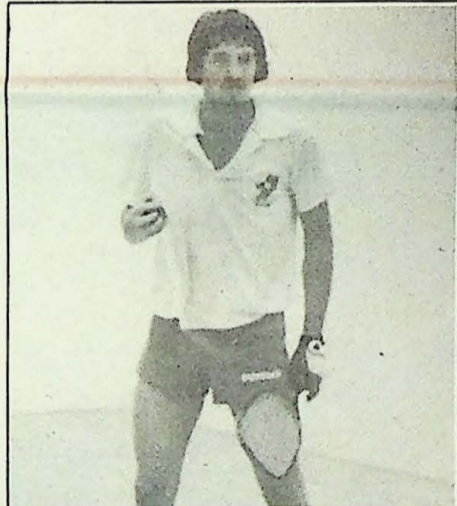
part of qualifiers in this tournament as San Diego's Brad Krueger took Fleetwood to a tie-breaker before going down 11-6, and Dan Factor, Bret Harnett, Matt Mathews, Gary Price and Jeff Kwartler all made it through a tough qualifying draw. Upsets came from two qualifiers: Ken Kaihlanen from San Antonio took out Ben Kolten 21-11, 21-16, and Houston's Gary Merritt upset Davy Bledsoe (11-9 in the tie-breaker). It looks like we can expect to see a lot of upsets and new names in the men's pro circuit.

The most obvious difference in the pro tour this year as opposed to previous years as the field appears to be wide open. Not only does Hogan get beat occasionally, but all of the top players seem to be subject to prey from just about any area including qualifiers, 15 and 16-year-olds, and even the more seasoned veterans like Mark Morrow that are getting their acts back together.

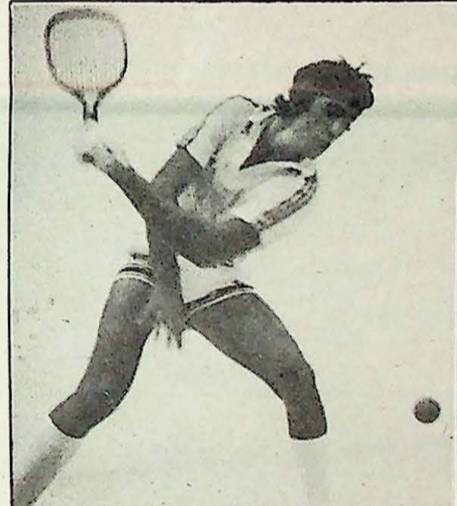
In a tough men's open draw Mike Ray took out Kwartler in the quarters, Scott Schaffer (11-9) in the semi's, and then went on to take home the victory over Florida's Matt Mathews (11-2 in the tie-breaker).



Mike Yellen



Ken Kaihlanen



Bret Harnett



Gary Price

The Women in Chicago

St. Valentine's Day Massacre Womens Pro

Finals: Heather McKay d. Lynn Adams, 2-3, 3-1, 2-0.

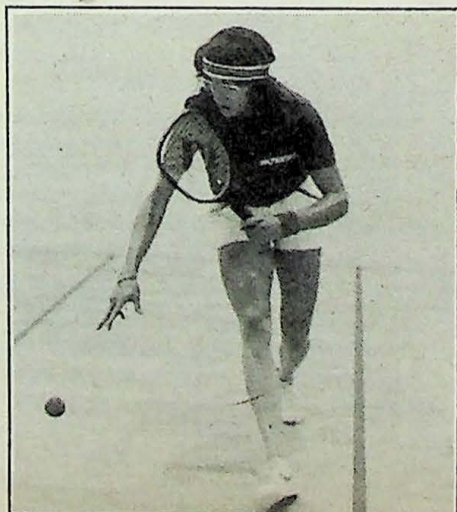
Semis: Lynn Adams d. Marci Greer, 3-2, 3-0; Heather McKay d. Laura Martino, 3-0, 3-0.

Quarters: Heather McKay d. Elaine Lee, 3-1, 3-0; Laura Martino d. Karin Treat, 1-3, 3-0, 2-0; Lynn Adams d. Peggy Gardner, 3-0, 3-0; Marci Greer d. Linda Prefontaine, 3-1, 3-0.

Third Place: Marci Greer.



Peggy Gardner



Elaine Lee



Melaine Taylor



Laura Martino

Tournament Schedule

Women

April 2, 3, 4, 5 Providence RI
 April 23, 24, 25, 26 Fishkill, NY
 April 30, May 1, 2, 3 Anaheim, CA
 May 8, 9, 10 Bangor, ME
 May 13, 14, 15, 16, 17 Nationals Chicago, IL

Men

March 18-22
 Kunnan/Leach Tournament of Champions — Sportsrooms, Miami, Florida
April 8-12
 Seamco Racquetball Clinic Playoff Four Racquetball Club Beverly, Massachusetts Open
May 6-10
 Coors Grand Prix Final Town & Country Racquet Club St. Louis, Missouri Open



Court Talk: Green cheese and ceiling balls

by Bob Gura

I was recently invited to a party by a friend of mine. Since I'm a lover of beer and chips and sticky dip and other munchies, I quickly agreed. Then I got a surprise. This party was no ordinary semi-rowdy get-together. It was a cocktail party, the kind where you dress up, sip wine and nibble cheese.

Still, friendship is friendship and I roamed through the closet for a three piece suit. I finally found one along with a tie that nearly matched.

I went to the party and had a good time despite my fears. The people were nice, well-dressed and some even looked natural in their fancy getups. I would have been happy in blue jeans with a bottle of \$2.50 Lambrusco but the expensive wine I was drinking tasted great. So did some green cheese from Germany with a long name I can't

pronounce.

The only sour note had to do with the conversation. There were no problems discussing topics like politics, religion and other social issues. The tone got feisty over the subject of sports — racquetball in particular. It all began while I was lost in a fit of wine-gulping cheese-chewing gluttony. One of the guys, a handsome six-footer in a beautifully tailored pin stripe considered himself an expert on the game. He admitted he was a veteran tennis player and had only been playing racquetball for a few months.

The game to him was "a piece of cake." All you had to do was "hit the ball hard and low." He liked to play racquet-

ball because "It was fun and not too challenging."

The guy who invited me to the party had the gall to call out "Hey Bob, you hear that?" I wiped the remains of green cheese covered sesame cracker from my shirt cuff and said "what?" He filled me in and asked if I wanted to add anything to the subject. Since I've always believed ignorance is bliss, I was willing to let it lie.

Then I remembered a close friend who was always willing to place his skills on the line — with the proper incentive.

A small guy, he hit the deepest ceiling balls I've ever seen. He also had a terrific kill and pinch shot from center court. It took a little cajoling, but spurred on by

his audience the tennis-cum-racquetballer agreed to play him over the weekend. The stakes would be left to the players, and the results reported to our host.

A week later I found out the news. The partygoing boaster had been nailed to the wall by scores of 21-6 and 21-4. He was also a bit glass-eyed, having run into the see-through back wall twice.

He was amazed, the rehash went, that a little skinny guy could beat him so badly. He said he wanted a rematch but needed time to practice. I smiled and figured he'd spend some of the minutes chasing down ceiling balls. Meanwhile I had more important things on my mind. Like finding out where to buy some of that ritzy wine and cheese.

More of the Grobmisi letters

by Tom Grobmisi

Dear Marty Hogan,

Glad to see you back on top again ol' buddy! I told you all you had to do was kill the ball more! Forget those passing shots and ceiling shots. Feh! Just kill, kill, kill. Listen to your old friend, Tommy G. and I guarantee you'll never be No. 2 again.

Sincerely,
Thomas

Dear Mike Yellen,

So how did it feel to be No. 1 — for a month? Great, huh? So why'd you stop killing the ball? I wrote you back in July to start killing the ball more and you'd beat Marty; you listen and you made it to the top. What happened? Did you get to good to listen to your old friends? C'mon kid, start killing that ball again and Hogan will never be able to touch you!

Sincerely,
Tom Grobmisi

Dear Charlie Brumfield,

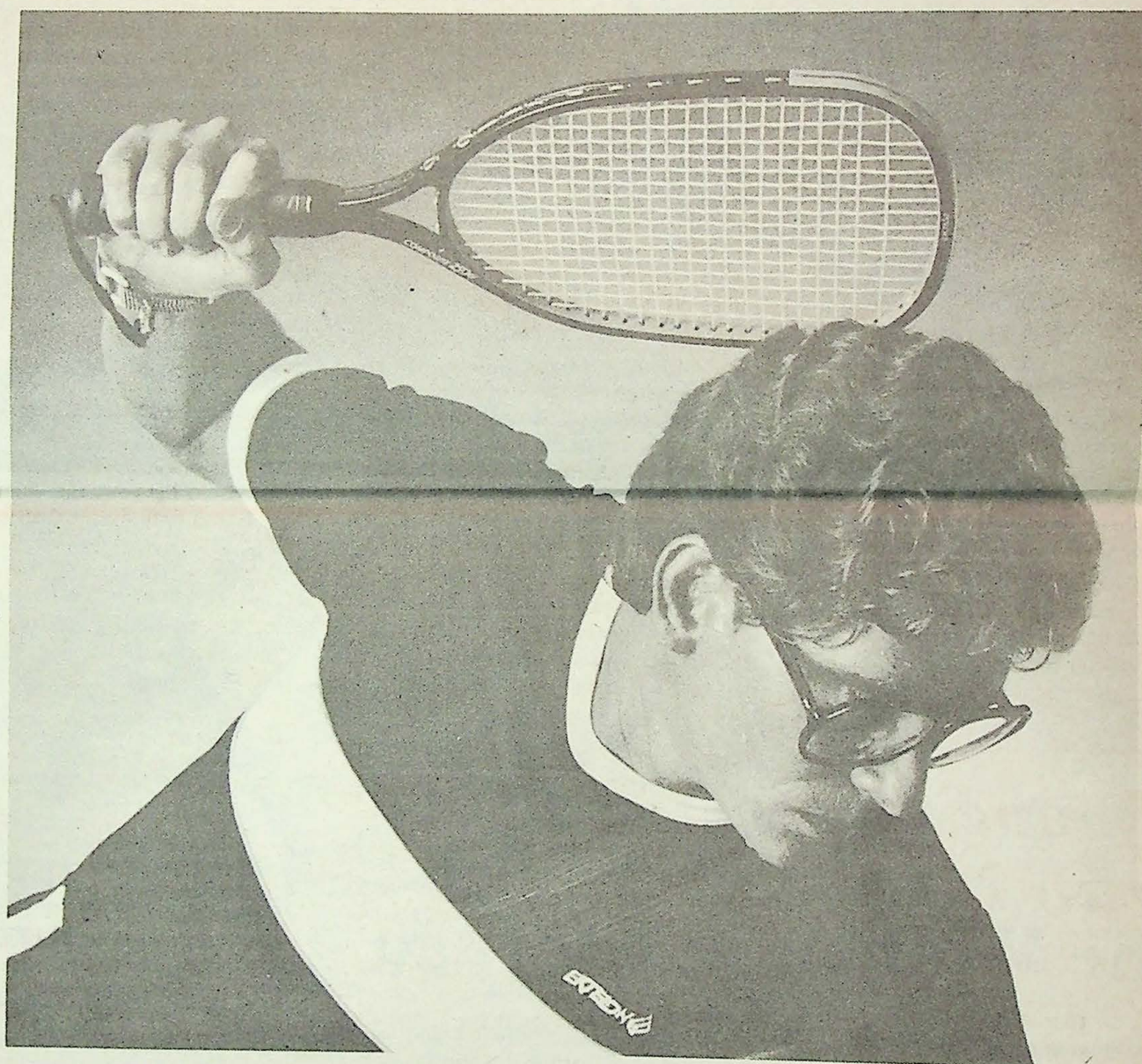
I'm sick of reading all your dribble about what goes on in that "master's mind" of yours. You write all about where to contact the ball and how to hold the racquet and when to hit a Z-serve and all that other trash that doesn't matter. There's only one thing you need to teach...ceiling shots! Everyone thinks all you gotta do is hit kill shots. Don't you know that if you skip it in you lose the point? You gotta be a real spaz to skip in a ceiling shot! Ceiling, ceiling, ceiling...that's the name of the game.

Sincerely,
Tom Grobmisi

Dear Linda,

I did it! I've got Hogan and Yellen going for the kill shots and I'm sure they'll tell everyone it was my idea...they're both nice, honest guys. And I think I've convinced Brum to get everyone else hitting ceiling shots! Those fools! Anyway, now I'm gonna go out and work on my killshot and I should be the No. 3 player in no time! Please send me back my racquet so I can practice. You can keep the ring.

Sincerely,
Tom Grobmisi



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A look at amateur versus pro status...

Who is a Pro?

By Phil Simborg

Who is a "professional" racquetball player? The United States Racquetball Association says it's anyone who has made over \$1,000 on the NRC tour within the previous 12 months. The American Amateur Racquetball Association says it's anyone who has accepted any money in any tournament run by the NRC, WPRA, or other "specified" groups. Both of those distinctions are highly inadequate and unfair (for too wide a variety of reasons to cover here). Some people suggest a "pro" is anyone who makes his "living" as a result of playing the sport; some say it's anyone who takes any money *anytime*; and some suggest it's a matter of whether or not one can qualify on the pro tour or achieve a certain ranking. All of those distinctions, too, have serious shortcomings. In trying to come up with a solution to the problem, I discovered it was necessary to first answer the question "why do we need to distinguish the amateur from the pro?" The only reasonable answer I have heard, given the current state of the sport, is: "to protect the amateur from having to compete against the professional."

To that "simple" explanation, I offer these two questions: 1) Isn't the amateur already protected, to a large degree, by class and bracket distinctions? and 2) when we do have an "amateur" competing against a "pro" in the top, or "Open" division, what harm is there in that?

I can see where the amateur needs to be protected in a sport like boxing, but I fail to see the reasoning in racquetball. It is not difficult to document the fact that there are many players around the coun-

try who are by some definition labeled "amateur," but can readily "compete" with and even beat many who are designated as "pro" players.

If Marty Hogan would like to compete in the California State Championships, and he get's "lucky" and wins it, then he deserves it! And the other players should be *delighted* to have the opportunity to play against him (the consolation division assures each entrant of getting his money's worth).

But as we all know, Marty Hogan is not the problem here. The "problem" is with the "fringe" pros...those which are not good enough to make a true living competing as a player but can occasionally qualify at a pro event or win some money in a local tournament. If these players are not allowed to compete in the open division of local tournaments (except for those fortunate enough to have the time and money to travel extensively) we have cut them off almost completely from the opportunity to compete regularly and improve their skills. What a shame! What a loss...not only to the affected players but to the racquetball community who no longer gets the opportunity to compete against and watch the finest players in the area! *There is absolutely no good reason for it.*

In most areas of the country where there are large numbers of good open, pro, and "semi-pro" players, the tournaments have created an "A" division between the Open and B to further separate and "insulate" the true amateur from the more highly skilled. Anyone good enough to compete in the highest division of any major event should simply have to expect to (and often *wants* to) compete against players who might well have earned some money or distinguished themselves in previous events.

Further, if, as I believe should be the case, cash prizes are given only to winners of the Open division, and if the winners of these cash prizes are no longer allowed to compete in less than the Open division of any tournament, the "problem" is solved.

There is, of course, another area that leads to problems...and that's in the "over-30" groups. Clearly, "pros" like Brumfield, Jones, Schmidtke, Muehleisen, Steding and Carow, and many others who are Senior and even Masters players should not be kept from having some place to compete regularly besides pro events. And in women's racquetball, the current No. 1-ranked player, Heather McKay, is herself a "senior" player (over 35). A simple answer might be to require these people to play in the Open division, but that would be very unfair to many. I believe that anytime any of these fine players wish to compete in a non-pro tournament in their age group (which is rare) the entire game and all their opponents profit from it, and they should be allowed to play. Generally, people like those listed above would only compete for a major or national title, and if they're good enough to win it, **THEY DESERVE IT!**

Because the current rules of separating amateurs from pros are unfair and unenforceable; because the sport and all the players are better off without any distinction at this time; and if tournament directors and associations have an "A" division between the Open and B division and only award cash prizes to the open division; I believe we should not "bar" anyone from competition because of his skill level or previous wins. The way to solve the "problem" of distinguishing a pro from an amateur is simply to "eliminate" the distinction.

Profound words of advice

from Tom Grobmisi

Club Owners: If you want to get the best tournament players to play regularly at your club, here's how you should do it:

1. Offer them free membership and court time;
2. Give them discounts on balls and racquets;
3. Pay their way to tournaments and leagues;
4. Give them permanent lockers and VIP treatment;
5. Go have your head examined.

Everybody looks great warming up.

The only difference between the pros and the rest of us is 21 points.

"The best time to hit a ceiling shot is when your opponent is in the bathroom."

The power of positive thinking does not require a big backswing.

The projected path of the pass shot should be at least equal to the distance between the side wall and the opponent's outstretched arm, less the length of the racquet.

Get ahead quick; stay there long.

If you don't like to call hinders, people won't like to call you.

"Never eat spicy foods, sweets, or raw vegetables while you're playing."



By Betsy Koza

I love to rub it in

By Tom Grobmisi

I love to rub it in
 When I win;
 And everytime I kill the ball
 I grin.
 Good sportsmanship is boring!
 I like to revel when
 I'm scoring —
 Who says that being cocky
 Is a sin?
 And when I lose
 I cry;
 Make excuses;
 Even lie.
 I throw tantrums
 And get nasty as can be;
 And my friends don't
 Seem to mind,
 They are friendly and
 They're kind
 Except none of them
 Will ever play with me.

Junior Forum

W.C. Fields seems to have made more of an impression on the American public than any sociologist has imagined. The feelings of the notorious child-hater are reflected in a great number of the "over 21" set, especially in the racquetball circle.

How come you rarely see an adult playing racquetball with a kid? The odds show that kids and adults just don't get together on the courts. For the up-and-coming juniors, this can be discouraging, and for the adults, well, they just don't know what they're missing in the way of a good workout.

Most juniors find that when they reach a certain level of finesse in racquetball, they are going to have to find more experienced players — usually adults — to play. However, when kids try and get games with adults, they are usually met with some type of discrimination. Most kids, at first, are rather apprehensive about approaching adults; adults, however, are even more apprehensive of playing with juniors. They often say that a kid "won't give them a game;" many feel (they wouldn't dare admit it) that

the kid may beat them.

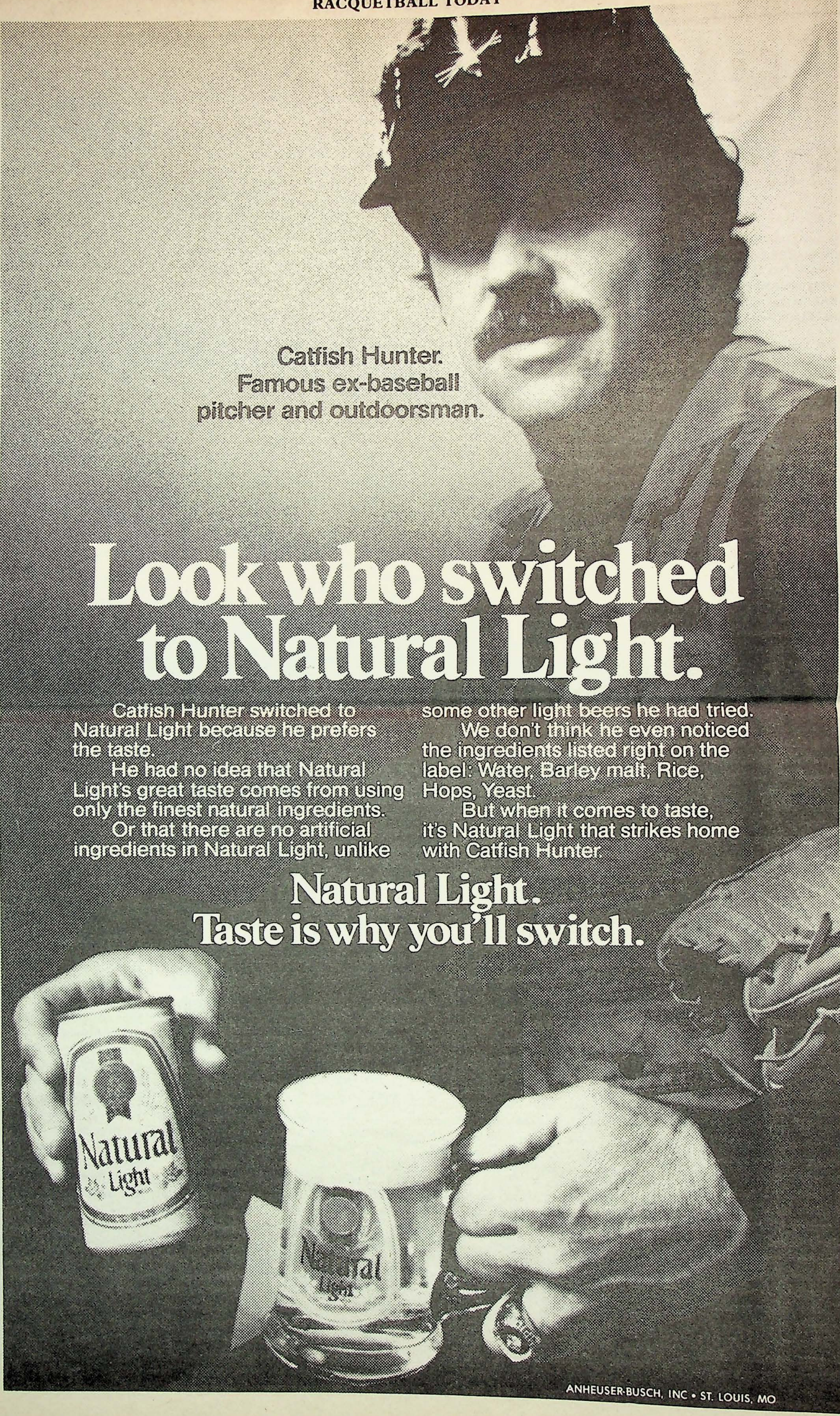
Polite persistence is a great way to get those adults who keep finding excuses not to play onto the court with you. Positive comments about you from other adults, friends, or the club pro can be a great factor in influencing an adult to play with you. If this doesn't happen, the adult may get on the court with you "once and for all" — so you'll stop (politely) bugging him/her.

The hardest adults to get games with are usually the ones it would be best for you to play: the top players in your club or the tournament "A" and Open players. Remember: the better a player, the more people after that player for games. The best way to deal with these players is in an indirect and formal manner. Parents, coaches, and club pros can be a big help. Get a parent to call this **revered** person you'd like to get a game with one night at home, and briefly explain the situation: an up-and-coming junior (you) would like to get a game (not a lesson) with revered racquetballer. It's always best to let the person you're contacting pick the date and the place for the game; this way you're making it as easy

as possible for him/her to play. Of course, when you get the courts (on time) to play, make sure your opponent isn't picking up the tab for court time.

A little aside about having parents help you: it's great, but keep in mind that you're the one who's trying to get exposure, not your parent. When you play an adult, you establish the rapport with the adult, both on and off the court. Don't have a parent hanging over the court signaling your every play, or, worse yet, let your parent dominate the pre/post game conversation with the other adult (however, making your parent sit in the nursery while you play may be a bit drastic). Adults will think you more mature if you act for yourself, rather than continually hide behind a parent. You may need a parent to make initial contact with other adults; after that, it's up to you to prove that you, although young, can handle yourself with adults, on and off the court.

Although it's hard to crack the ice and play with adults (blood circulation worsens as people grow older), kids can do so. Just be persistent and polite, and don't let adults dominate you!



Cattfish Hunter.
Famous ex-baseball
pitcher and outdoorsman.

Look who switched to Natural Light.

Cattfish Hunter switched to Natural Light because he prefers the taste.

He had no idea that Natural Light's great taste comes from using only the finest natural ingredients.

Or that there are no artificial ingredients in Natural Light, unlike

some other light beers he had tried.

We don't think he even noticed the ingredients listed right on the label: Water, Barley malt, Rice, Hops, Yeast.

But when it comes to taste, it's Natural Light that strikes home with Cattfish Hunter.

Natural Light.
Taste is why you'll switch.

RACQUETBALL TODAY®

WEST TOURNAMENT SCHEDULE

March 5, 6, 7 & 8, 1981

March of Dimes/Court House II
5th Annual State AARA Championships
Site: The Court House No. 2
Salem, Oregon
Contact: Denny Hebel (503) 222-4422 or
Linda Lopez (503) 363-3862

March 6, 7 & 8, 1981

AARA Junior Regional — Western
Region
Site: Fairfield Court Club
1471 Holiday Lane
Fairfield, California
Contact: Lou Wallman
707-429-4363

**AARA Junior Regional — Southwest
Region**

Site: Las Vegas Racquetball Club
1070 E. Sahara Avenue
Las Vegas, Nevada
Contact: Ray Anderson
702-733-1919

3rd Annual Grand Prix
Site: Family Fitness Centers
Tacoma, Washington
206-473-2266

Ektelon/Perrier Championship Series
Site: Telegraph Hill Club
1850 Kearny Street
San Francisco, California
415-982-4700

March 12, 13, 14 & 15, 1981

3rd Annual Family Fitness Center
Equinox Open
Bellevue, WA
Contact: Bob Bruce
206-481-4081

Ektelon/Perrier Championship Series
Site: Civic Center Racquetball Club
7303 East Earll Drive
Scottsdale, Arizona
602-949-0643

March 13, 14, 15, 16, 17, 18, 19 & 20, 1981

Daffodil Tournament
Sprinker Recreation Center
Tacoma, WA
206-537-2600

March 19, 20 & 21, 1981

Third Annual Hush Puppy Open
Site: Gresham Court Club
Gresham, Oregon

March 20, 21 & 22, 1981

AARA Junior Regional — Northwest
Region
Site: Gresham Court Club
19201 South East Division Street
Gresham, Oregon
Contact: Dave Lewis
503-666-1245

Capitol Courts/Ormsby House Open
Site: Capitol Court Athletic Center
3759 Gross Circle
Carson City, Nevada
Contact: Michael Longero or Rich
Bennett
702-882-9566

March 20, 21 & 22, 1981

Northwest Open PARC
Bellingham, WA
Contact: Gene Altman
206-276-1800

March 20, 21 & 22, 1981

Fool's Day Folly
Tri City Court Club
Kennewick, WA
Contact: Tom Boyes
509-783-5465

March 27, 28 & 29, 1981

Ice Cream Open
First Serve Club
24228 76th Ave., West
Edmunds, WA, 98020
206-775-0667

March 27, 28 & 29, 1981

Island Classic Pro-Am
Supreme Courts of Mariner Square
2227 Mariner Square Loop
Alameda, CA, 94501
Contact: Jim Tench
415-523-8011

April 2, 3, 4 & 5, 1981

USRA Regionals
Lloyd Center Courts
815 N.E. Halsey
Portland, OR, 97232
503-287-5494

Aurora Athletic Club
2953 S. Peoria
Aurora, CO, 80014
303-750-3210

April 2, 3, 4 & 5, 1981

USRA Regionals
Tucson Athletic Club
4220 E. Bellevue
Tucson, AZ, 85712
602-881-0140

El Cajon Racquetball Club
526 Jamacha
El Cajon, CA, 92021
714-579-8004

April 10, 11 & 12, 1981

Muscular Dystrophy Benefit
Site: Redwood Health Club
3101 S. State Street
Ukiah, California
Contact: Dean Hutton/Bob Page
707-488-0441

April 16, 17, 18 & 19, 1981

JUNIOR NATIONALS
Site: Supreme Courts West
Wichita, Kansas
Contact: Dewane Grimes, 316-945-8331
Ed Martin, 916-221-4405

Beverton Pro/Am
Site: Beaverton Racquetball
& Fitness Center
Beaverton, Oregon
503-644-3900

April 23, 24, 25 & 26, 1981

1981 Spring Showers Pro-Am
Palo Alto Supreme Courts
2730 Watson Court
Palo Alto, CA, 94303
Contact: Janet Sowolla or Paul Creamer
415-856-0211

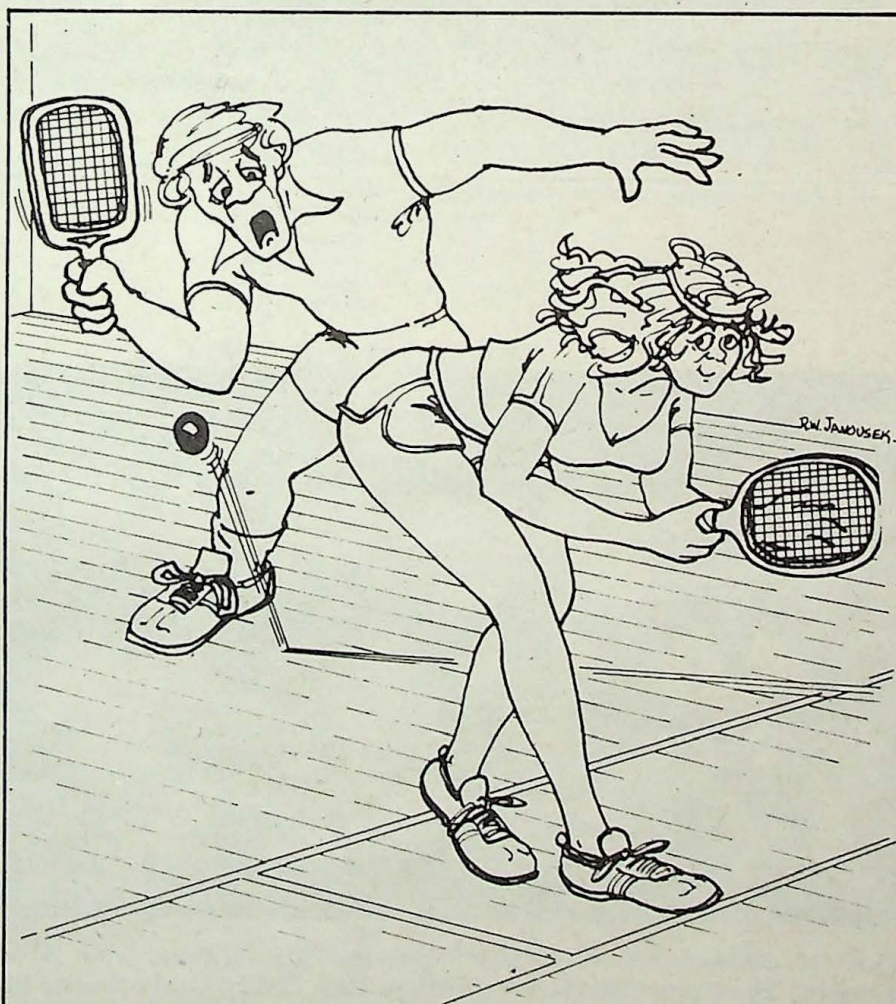
April 24, 25 & 26, 1981

AARA Regionals
Supreme Courts
Rapid City, SD
Fountain View Racquet Club
Murray, Ut
Denver Sporting Club
Englewood, CO
Racquetball Sports World
Salinas, CA
Washington State University
Campus Recreation
Pullman, WA

April 29, 30, May 1, 2 & 3, 1981

1981 Ektelon/Perrier Racquetball
Championships
The Sports Gallery
2560 E. Katella Ave.
Anaheim, CA
No contact — there are preliminary
tournaments to get to this one.

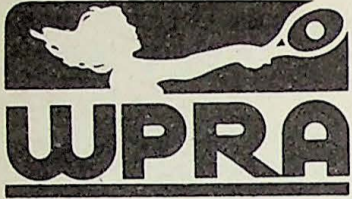
THE FUN • DAMENTALS OF RACQUETBALL by R.W. JANOUSEK



**SCREEN SERVE: WHEN THE RECEIVER BELIEVES
HIS VISION IS SUFFICIENTLY IMPAIRED !!!**

TOURNAMENT RESULTS

West



W.P.R.A.
WOMEN'S PROFESSIONAL
RACQUETBALL ASSOCIATION

St. Valentine's Day Massacre
W.P.R.A. Pro Stop
Killshot Ltd.
Bloomington, Illinois
Feb. 12-15, 1981

WOMEN'S PRO

Finals: Heather McKay d. Lynn Adams, 2-3, 3-1, 2-0.
Semi's: Lynn Adams d. Marci Greer, 3-2, 3-0; Heather McKay d. Laura Martino, 3-0, 3-0.

Third place: Marci Greer

WOMEN'S OPEN

Finals: Caryn McKinney d. Linda Forcade, 21-13, 21-3.
Semi's: Linda Forcade d. Sue Carow, 21-16, 21-17; Caryn McKinney d. Colleen Shields, 21-7, 21-7.

Consol: Caprice Behner

WOMEN'S A

Finals: Laurel Davis d. Kelly Swanson, 21-16, 21-15.
Semi's: Kelly Swanson d. Terry Cubberley, 8-21, 21-18, 11-2; Laurel Davis d. Connie Godinez, 21-11, 21-15.

Consol: Margaret Olawoye

WOMEN'S B

Finals: Jo Ann Hall d. Nina Guthrie, 21-9, 21-2.
Semi's: Jo Ann Hall d. Denise Hundreiser, 21-18, 21-3; Nina Guthrie d. Peg Cronin, 21-13, 21-10.

Consol: Katie Kaspari

WOMEN'S D

Finals: Joyce Morgan d. Mary Ann McCullough, 21-4, 21-17.
Semi's: Joyce Morgan d. Susie Richardson, 21-15, 21-10; Mary Ann McCullough d. Barb Olsen, 21-3, 21-15.

Consol: Angela Funk

WOMEN'S NOVICE

Finals: Sandra Krantz d. Cathy Puls, 21-10, 21-19.
Semi's: Sandra Krantz d. Diane DeWitt, 21-18, 21-13; Cathy Puls d. Pam Rodick, 21-8, 21-3.

Consol: Darlene Flocca

WOMEN'S C

Finals: Betty Chapman d. Debra Miller, 21-15, 21-18.
Semi's: Betty Chapman d. Marcia Nicotra, 21-9, 21-19; Debra Miller d. Melinda Bruntz, 21-18, 19-21, 11-8.

Consol: Ree Keca

WOMEN'S SENIORS

Finals: Alyce Kelleher d. Bev Franks, 21-15, 21-12.
Semi's: Bev Franks d. Renee Coplain, 21-8, 21-12; Alyce Kelleher d. Peggy Woods, 21-11, 21-8.

MEN'S OPEN

Finals: Jim Scheyer d. Sean Moskwa, 21-13, 21-13.
Semi's: Jim Scheyer d. Dave Negrete, 21-6, 14-21, 11-8; Sean Moskwa d. Jack Newman, 17-21, 21-14, 11-10.

Consol: Rocky Lamar

MEN'S A

Finals: Scott Brechon d. John Negrete, 21-16, 21-18.
Semi's: John Negrete d. Clyde Senters, 21-19, 21-19; Scott Brechon d. Mike Frinter, 21-20, 21-12.

Consol: Jim Jeffers

MEN'S B

Finals: Bob Clar d. Vince DelGuidice, 16-21, 21-14, 11-9.
Semi's: Bob Clar d. Jerry Fronczak, 21-16, 21-15; Vince DelGuidice d. Lee Frich, 21-16, 21-4.

Consol: Bob Schwartz

MEN'S C

Finals: Platt Hill d. Paul Bennett, 21-16, 21-14.
Semi's: Platt Hill d. Steve Wolkow, 21-14, 21-19; Paul Bennett d. Scott Jullan, 21-8, 16-21, 11-2.

Consol: Paul King

MEN'S MASTERS

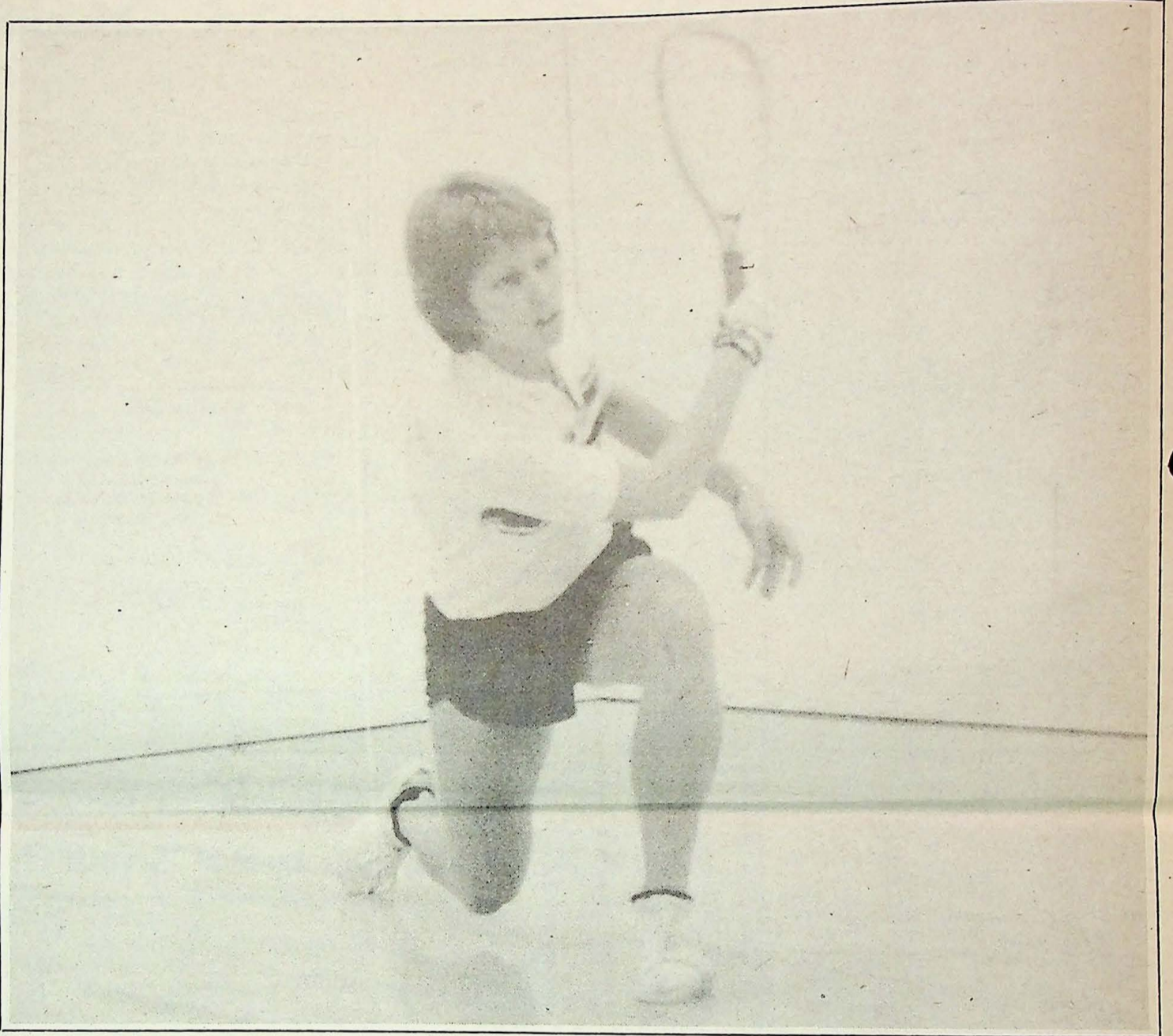
Finals: Saul Sandoval d. Tom Monk, 21-9, 21-16.
Semi's: Saul Sandoval d. Bill Schram, 21-10, 21-16; Tom Monk d. Tony Yucevicus, 21-11, 21-15.

Consol: Dan Dallas

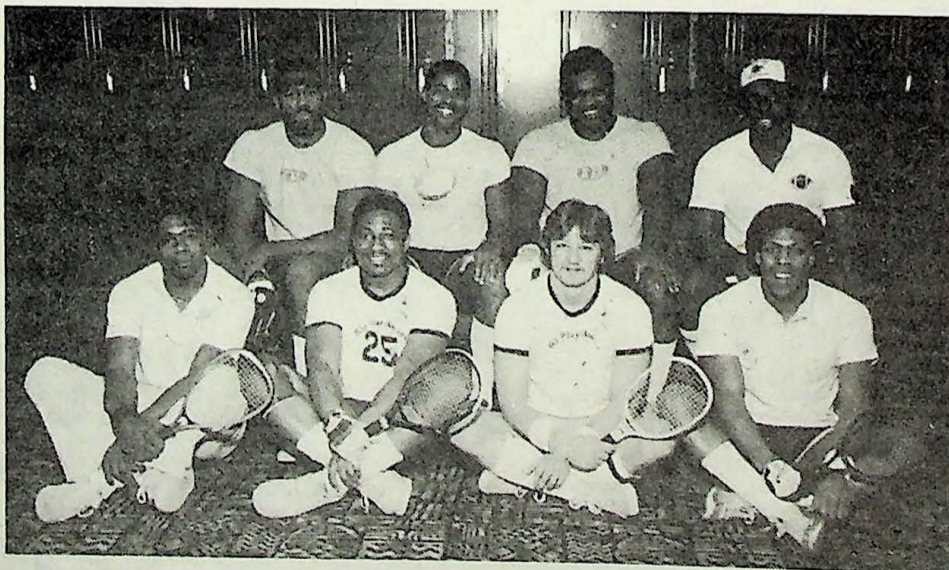
MEN'S SENIORS

Finals: Herb Grigg d. Ron Johnson, 19-21, 21-1, 11-4.
Semi's: Herb Grigg d. Dan Seaton, 21-11, 21-15; Ron Johnson d. Mike Mike Mason, 21-15, 19-21, 11-4.

Consol: Bob Mayo



Terry Gilreath qualifier women's pro tournament



(Left to right, front row) Dexter Bussey, Horace King, John Arnold, Leonard Thompson; (back row) William Gay, Garry Cobb, Homer Elias, David Hill.

RESULTS: First Annual Keatington Racquetball Club Detroit Lions Racquetball Tournament, Jan 30, 31, Pontiac, MI

QUARTER-FINALS: Thompson d. Bussey 11-3, 11-3, 11-5; Arnold d. Hill 11-1, 11-8, 9-11, 11-4; Cobb d. Gay 10-11, 11-9, 11-10, 6-11, 11-6; King d. Elias 11-5, 11-10, 11-3.

SEMI-FINALS: King d. Cobb 11-5, 11-1, 4-11, 11-8; Thompson d. Arnold 11-3, 11-6, 11-8.

FINAL: Thompson d. King 11-2, 11-7, 8-11, 7-11, 11-0.

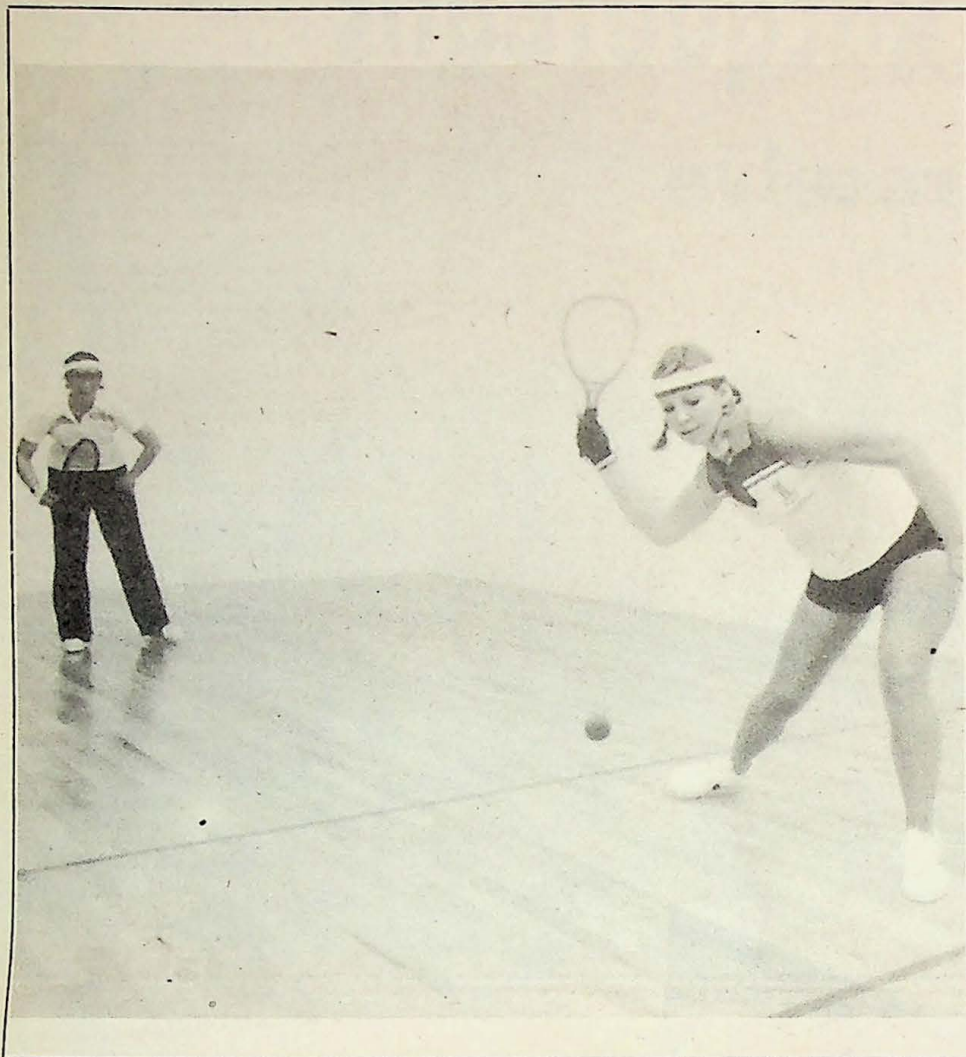
CONSOLATION:

SEMI-FINALS: Gay d. Bussey 10-11, 7-11, 11-5, 11-5, 11-8; Elias d. Hill 11-6, 11-4, 5-11, 11-6.

FINAL: Elias d. Gay 11-5, 11-6, 11-8.

Notes on the Tournament:

Matches were between players from the Detroit Lions Football Team against each other, best of five games to 11 points. A purse of \$1,000 was split between eight places with the winner getting \$300. Leonard Thompson was the over-all winner, beating a tough Horace King.



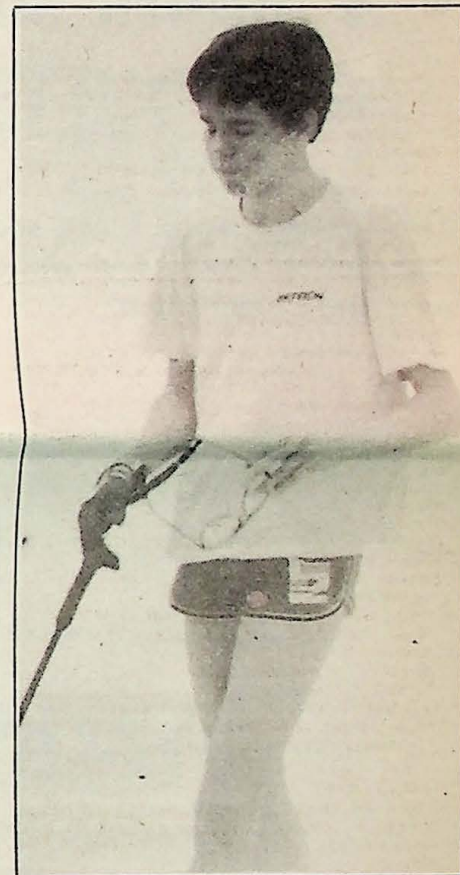
Laura Martino and Karen Walton-Trent



Denis Lose men's senior champion

**Lite Miller/Penn Championships
Supreme Court V
San Leandro, California
January 16, 17 & 18**

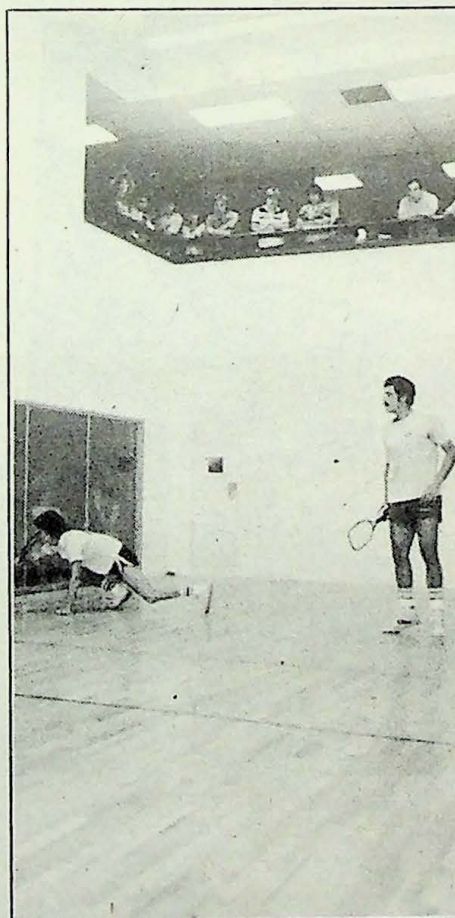
- MEN'S OPEN**
1st: Joe Sullivan; 2nd: Eugene Gonzales.
- MEN'S B**
1st: Scott Morey; 2nd: Ower Toy.
- WOMEN'S B**
1st: Deedee Nagel; 2nd: A. Kadry-Hull.
- MEN'S C**
1st: Jerry Webb; 2nd: Rob Hicks.
- WOMEN'S C**
1st: Terri Morgan; 2nd: Melanie Rice.
- MEN'S NOVICE**
1st: Mike Matta; 2nd: Marc Decoulade.
- WOMEN'S NOVICE**
1st: Linda Hall; 2nd: H. Chang.
- MEN'S OPEN DOUBLES**
1st: Sullivan-Vis; 2nd: Lose-Masucci
- MEN'S B DOUBLES**
1st: Rodriguez-Guinn; 2nd: Ralstin-Keenan.
- WOMEN'S B DOUBLES**
1st: Rule-Nard; 2nd: Grenz-Woodall.
- MIXED A DOUBLES**
1st: Price-Taplan; 2nd: McNicoll-McDonald.
- MIXED B DOUBLES**
1st: Silva-McDonald; 2nd: Jancoski-Babbitt.



Scott Morey, 15 yrs. old B champion

**Artesia First Annual
Open Tournament
Artesia, California
January 22-25th**

- MEN'S OPEN**
Finals: Ed Andrews d. Mark Martino, 21-14, 21-14.
Semi's: Gary Merritt d. I. Sinclair, 21-16, 21-15.
- MEN'S B**
Finals: Clay Hollingsworth d. Gregg Ivins, 21-13, 21-11.
Semi's: Hollingsworth d. Han, 21-13, 21-11; Ivins d. Muto, 21-18, 21-15.
- MEN'S C**
Finals: Robin Huck d. Herky Penalosa, 4-21, 21-15, 11-8.
Semi's: Penalosa d. Strid, 21-8, 21-8; Huck d. Meza, 21-15, 21-18.
- MEN'S NOVICE**
Finals: Bob Thomas d. Gary Nedeau, 21-15, 21-6.
Semi's: Thomas d. Rodriguez, 21-8, 21-20; Nedeau d. McGaney, 21-15, 21-18.
- MEN'S BEGINNER NOVICE**
Finals: Gary Teel d. Chuck Allgood, 12-21, 21-9, 11-4.
Semi's: Teel d. Barrow, 21-15, 21-9; Allgood d. Bandfield, 21-17, 21-19.
- MEN'S SENIORS**
Finals: Gerald Winterburn d. Burt Morrow, 10-21, 21-15, 11-8.
Semi's: Winterburn d. Bible, 13-21, 21-13, 11-7; Morrow d. Johnson, 21-18, 21-8.
- JUNIORS (10-12)**
Finals: Gaddis d. Koeckritz, 11-6, 11-5, 11-5.
- JUNIORS (13-15)**
Finals: Mark Koeckritz d. Rich Lawce, 11-10, 8-11, 11-5, 11-3, 11-3.



Mark Martino and Ed Andrews

**Grand Slam of Racquetball
Medford, Oregon
Jan. 15-18**

- MEN'S OPEN**
Glen Vanderpool d. Kelly Rasmussen
- MEN'S D**
Mike Sierck d. Deryk Loo
- MEN'S A**
Bill Inge d. Butch Lindblad
- MEN'S DOUBLES OPEN**
Jim Boyce/Kelly Ray d. Bill Darland/Butch Lindblad.
- WOMEN'S A**
Nancy Reed d. Nettie Anderson.
- WOMEN'S C**
Dale Hayden.



Linda Hall women's novice champion

PRO

- WOMEN'S OPEN**
Finals: Karen Walton-Trent d. Laura Martino, 21-15, 21-20.
Semi's: Walton-Trent d. Gardner 21-13, 21-9; Martino d. Adams, 21-16, 21-19.
- WOMEN'S B**
Finals: Sprecher d. Egger, 16-21, 21-3, 11-3; Torres d. Toussaint, 21-7, 21-9.
- WOMEN'S C**
Finals: Julie Eaton d. Hazel Cash, 21-10, 21-1.
Semi's: Eaton d. Dunwoody, 20-21, 21-16, 11-8; Cash d. Toussaint, 5-21, 21-17, 11-7.
- WOMEN'S NOVICE**
Finals: Susan Ford d. Carolyn Williams, 21-16, 21-6.
Semi's: Williams d. Orelli, 21-14, 21-14; Ford d. Petty, 21-6, 21-7.
- WOMEN'S BEGINNER NOVICE**
Finals: Sherron Boyea d. Diane Dunn, 21-13, 21-6.
Semi's: Dunn d. Giles, 21-7, 21-9; Boyea d. Rupel (forfeit)
- JUNIORS (13-15)**
Finals: Amy Valaika d. Renee Rookey, 11-7, 11-6, 11-8.

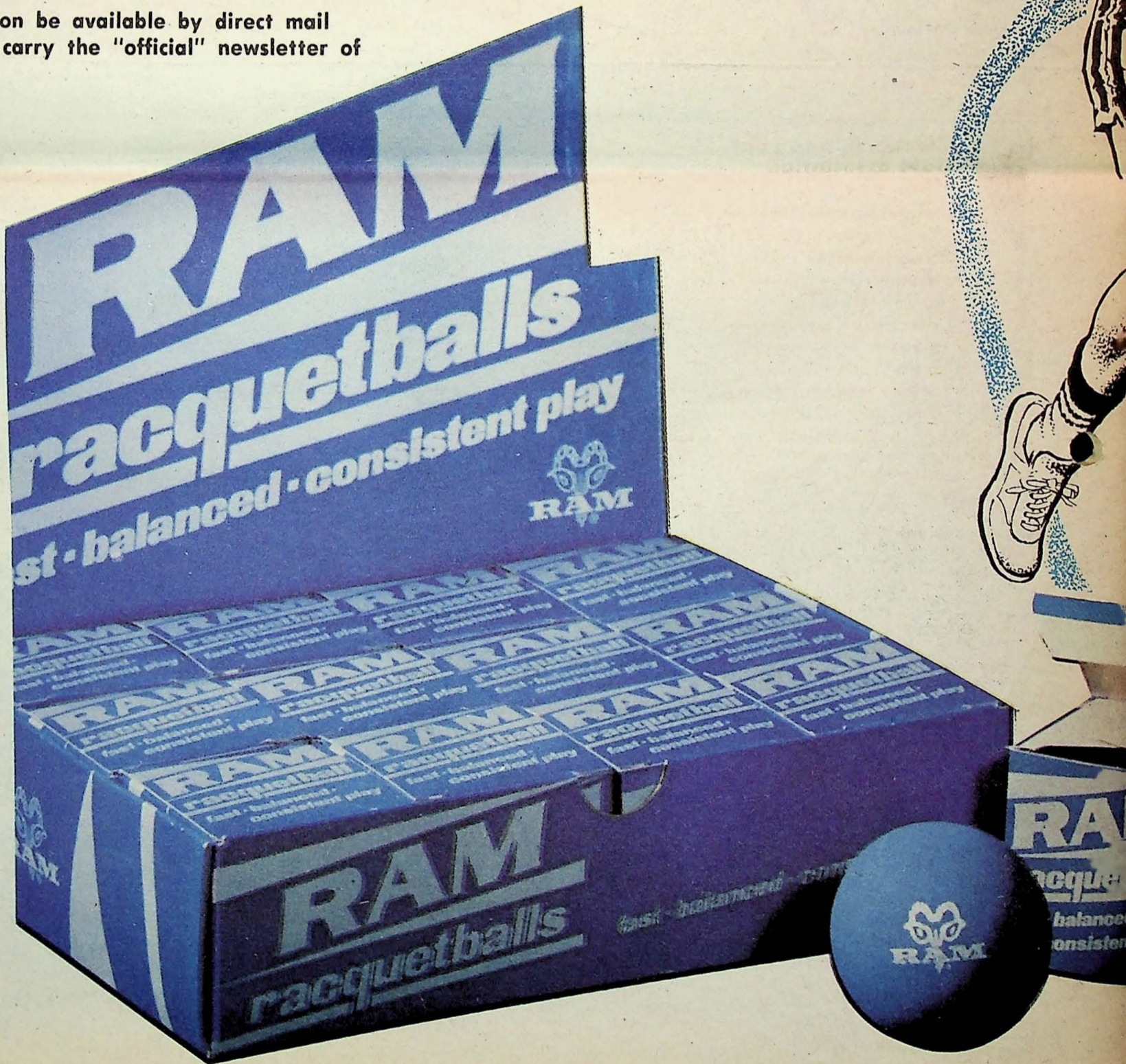
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- discounts on consumer goods
- free rule books and other helpful racquetball materials

And ... by joining your state association, you are contributing to the advancement of the sport in your area!

The Courthouse Racquetball Club
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For the names of clubs participating in your area - call

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(Or subscribe directly by filling out the order form on Page 21)

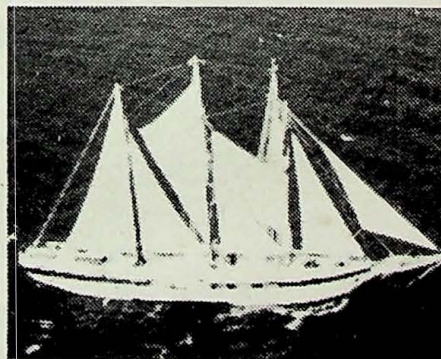
EXPERIENCE A NEW YOU.



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"Assure me you have east-west courts."

Speaking of racquetball nuts...

By Lawrence Tabak

An acquaintance of mine, in the midst of setting up a large amateur tournament, approached me with a letter he had received. He said it might be the sort of thing that would interest me. He was right.

"Dear —," the fellow wrote. "Thank you for forwarding the entry information. I was happy to read that you will be using the best ball on the market, and my friends assure me that all your courts are real racquetball courts. I mean, of course, plaster and not those hollow sandwich boards that seem to be the rage. However, *nowhere* in your literature do you mention the *direction* of your courts. I'm confident that anyone with the experience your letter suggests would not be associated with courts laid out the *wrong way*. But before I send you a check, please assure me that you have only east-west courts."

It was signed "sincerely." With the

director's permission I wrote back that the courts in this particular club were not truly east-west, but slightly angled. "Before you jump to conclusions," I wrote, "be assured that they are more east-west than north-south." Then I asked if he would have any objection to discussing his preference. He wrote back that the angle sounded too severe for his game, but that he'd be happy to talk. I called him the next day. A secretary or someone answered, and I missed the name of the company, but after a long wait we were connected.

"Superstitious?" he said, in response to my first question. "Superstitious? If you can call the laws of gravitation *superstitious*. If you call the working of a magnet *magic*. If you think the rotation of the earth is *poppycock*."

His voice had the sound of conviction and the emotion of an evangelist.

"Do you *know* what the Coriolus force can do to a Z-serve? Have you any idea

what it takes to spend hours hitting kill shots *against* the earth's magnetic field?" I had to admit I didn't.

"Well you should. This is a game of millimeters, and to win, everything has to be in concordance."



"Do you *know* what the Coriolus force can do to a Z-serve?"

He soon lost me in a maze of scientific jargon, but I got by with what I hoped were appropriate grunts. When he was sure he had me convinced, I slipped in one final question.

"That's fascinating," I said. "Are there any other conditions players should be aware of before they begin a

match?"

"Of course. Of course. But it's so obvious."

"Tell me anyway."

"Never," he said, his voice dropping to a whisper. "Never believe it when they tell you about a new kind of court, with padded walls. You see, the door only works from the outside and they don't let you have any racquets or balls or even a referee and it's so hard to keep score ..."

I've never been able to listen to a man cry, so being the coward I am, I hung up. Later I told the tournament director to take the poor fellow's name off the mailing list and I tried to forget the whole thing.

But ever since, I've had no urge to laugh when, waiting for a court time or watching a tournament, I hear the soul rending cries of anguish echoing up from a nearby court.

RACQUETBALL TODAY challenge

Following are 22 questions that will test your true, all-around knowledge of the sport of racquetball. Anyone who can get at least 17 correct is entitled to call himself "knowledgeable." Answers on page 16.

- The winner of the 1977 National Championship was:
 - Marty Hogan
 - Dave Bledsoe
 - Charlie Brumfield
 - Clyde Senters
- The woman who has won the most national titles is:
 - Peggy Steding
 - Shannon Wright
 - Louisa May Alcott
- Which of the following organizations existed first?
 - AARA
 - USRA
 - IRA
- The "only call" the player can make when there is a referee is:
 - body contact
 - being hit by the ball
 - a backswing hinder
 - A double bounce
- Which of the following clubs has the least number of courts?
 - The Arizona Athletic Club, Tempe, Arizona
 - The Glass Court, Lombard, Ill.
 - Sportrooms of Coral Gables, Fla.
 - Davison Racquet Club, Davison, Mich.
- The association for male pro players is:
 - IRA
 - NARP
 - APRO
 - NCCA
- Which of the following players is left handed?
 - Craig McCoy
 - Lindsay Myers
 - Jennifer Harding
 - Jean Sauser
- The current president of the NCCA is:
 - Bob Kendler
 - Chuck Spaulding
 - Jennifer Wayt
 - Terry Fancher
- If one linesman signals thumbs down and the other signals he did not see,
 - the ref's call stands
 - the ref's call is reversed
 - the rally is replayed
- Which of the following did NOT make it into the semifinals of the 1980 WPRA National Championships?
 - Shannon Wright
 - Sarah Green
 - Lynn Adams
 - Linda Prefontaine
- Which of the following did not win his/her division at the 1980 USRA Nationals?
 - Joe Wirkus (Veteran)
 - Charlie Garfinkel (Veteran Senior)
 - Bud Muehleisen (Masters)
 - Camille McCarthy (Women's Veteran)
- Peggy Steding won her first national championship in:
 - 1968
 - 1973
 - 1975
- In doubles, when the first server loses his service, it's called:
 - half-out
 - one down
 - one hand
 - hand out
- Which of the following did NOT defeat Marty Hogan in a tournament during the 1979-80 season?
 - Don Thomas
 - Dave Peck
 - Mike Yellen
 - Dave Bledsoe
- If athletes from other sports played in a racquetball tournament, which of the following would be most likely to win?
 - Jimmy Connors
 - Randy Vataha
 - Jack Nicklaus
 - Wilt Chamberlin
- The NRC 1979 Rookie of the Year was:
 - Dave Peck
 - Mike Yellen
 - Don Thomas
 - Steve Keeley
- The current director of the AARA is:
 - Dan Seaton
 - Charlie Drake
 - Luke St. Onge
 - Bob Keenan
- Ektelon company is owned by:
 - Coleman
 - Browning
 - Colgate/Palmolive
 - Perrier
- Which of the following does NOT have curly hair?
 - Steve Keeley
 - Shannon Wright
 - Jennifer Harding
 - Marty Hogan
- Which racquetball tournament had the largest number of participants?
 - the 1980 Ektelon/Perrier Championships
 - the 1978 ISRA State Singles Championship (Ill. State)
 - the 1979 USRA/NRC National Championships
 - the Sun-Times/Wilson/Wendy's Shootout (Chicago, 1980)
- Which university won the 1980 USRA Collegiate Championships?
 - U. of Illinois
 - U. of Texas
 - Memphis State University
 - Sam Houston Institute of Technology
- If the served ball hits the back wall and the floor (crotch) at the same time,
 - it is a good serve
 - it is a fault serve
 - it is a dead ball serve

If you can't hit a good kill shot, hit pass shots. If you can't hit good pass shots, hit ceiling shots. If you can't hit good kill, pass OR ceiling shots, let's get together and play sometime!

Tom Grobmisi

Attention Tournament Directors!

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The "compleat" racquetball quiz

By BILL FURNE

Be still my heart. At last a "Compleat" quiz to determine your racquetball knowledge — if you've got any, that is. So take this quiz at your own risk. Side effects included were batteries aren't.

1. What is racquetball?
 - A. That which defies description.
 - B. Racquetball is never having to say you're horny.
 - C. Racquetball is my life.
 - D. Racquetball took my life.
 - E. About \$8 an hour not including guest fees, that's what?
2. Last racquetball book read?
 - A. "I Ching Racquetball"
 - B. "Itching Racquetball"
 - C. "The Sensuous Racquetball Player"
 - D. "The Senseless Racquetball Player"
3. Which of the following is **not** a racquetball pro?
 - A. Me and you.
 - B. The guy I'm taking lessons from.
 - C. The whole world, man — that's who!
 - D. There's this fella, see, and he hangs around the park — he's the **only** one.
4. What methods would you employ to bring all the racquetball factions together?
 - A. EST training.
 - B. Toilet training.
5. If you catch your opponent continually cheating, what should you do?
 - A. Make him your doubles partner.

- B. If he's big and mean, ignore it.
 - C. If he's little and mean, ignore it.
6. Are racquetball players generally athletic?
 - A. They're big, strong, and hunky — so are the men!
 - B. They're savages, that's what they are, savages.
 - C. No, but they are arthritic.
 - D. Asthmatic!

For correct answers, pass the paper to the person on your right for scoring.

0 to 1 right: You have a consummate knowledge of racquetball. Unfortunately your consummate hasn't been working lately (take your thumb out of your mouth when I'm talking to you).

1-2 right: You find the Three Stooges a spiritually moving experience — and recently had a moving experience of your own — to Cleveland.

2-3 right: The lampshade you're wearing does look a bit silly but, at least, it matches your new racquetball outfit.

3-4 right: You have knowledge to boggle the mind. The fact that you also bungled your income tax return and are currently being audited shouldn't boggle your mind as you are the boggler and "they" is the boglee. So how come it's you that might go to the slammer?

5-6 right: Good news! You qualify as a racquetball pro! Now for the bad news: that and a nickle won't buy you a pickle!

Ed Note: Don't send us the results!



Oregon State Racquetball Association

By Linda Lopez

Welcome Oregon to your brand-new player's association, OSRA. I'd like to share some of our plans with you. We are, of course, primarily interested in promoting our sport. To do this, we have affiliated with RACQUETBALL TODAY, which has agreed to publish monthly our tournament results and a synopsis of racquetball's Northwest Newsletter in their Western Edition.

We plan to develop a strong junior's program, put on referee's clinics, introduce racquetball into the school system as far as P.E. programs and coordinate ideas and programs with other local associations. Many other concepts are cooking on the back burner.

We're offering two memberships in teh OSRA. For \$3.00 a year, your will receive a membership card and the right to play in all OSRA tournaments for a year, a reduction in the prices of attending the clinics in your area, and a voice in planning the future of racquetball in Oregon. The second membership plan costs \$12.00 a year and gives a year's membership in the OSRA, a year's subscription to Racquetball Northwest in addition to the other benefits of the \$3.00 membership plan. Both memberships entitle you to two free issues of RACQUETBALL TODAY with an option to subscribe at reduced rates.

For information on all the above, call Linda Lopez (503) 363-3862. Want to help out on the committee? Got some good ideas? Give us a ring or drop a line to Linda Lopez, 1015 Sharon Loop SE, Salem, OR 97302.

Washington Racquetball Association News

The Washington Racquetball Association, under the leadership of Yvonne Calavan, President, is proud to announce its affiliation with Racquetball Today Promotions, Inc. By affiliating with RACQUETBALL TODAY, our tournament news and information will appear regularly in the Western regional issue of RACQUETBALL TODAY and our members will receive many benefits as a result, including discounts on subscription prices to RACQUETBALL TODAY; eligibility for tournaments; consumer buying discounts; and the right to participate in RACQUETBALL TODAY regionals and nationals.

Our goal is to become much more involved in the total promotion of the sport of racquetball, and we hope to develop a very strong junior's program, as well as in-club clinics and leagues and do much more to make the sport of racquetball available to all. Of course, we won't forget the tournament.

Regular membership to the WRA is \$3.00 per year, which includes 2 free issues of RACQUETBALL TODAY, all of the regular membership benefits, voting rights, and the right to play in all WRA tournaments. For an additional \$9.00 per year, members can receive a one-year subscription to Racquetball Northwest, the newsletter that contains a lot of specific information about events in the northwest.

We'd like to encourage all Washington racquetball players to become involved in the Association and help us in any way they wish. Please contact Yvonne Calavan at 333 Northeast 97th St., Seattle, Washington 98115.

February puzzle winners

The following people were winners of the puzzle this month and will be receiving a can of balls.

- V.A. Watson, Tucson, AZ
- Rocky Thomas, Long Beach, CA
- Gary Gotori, Monterey Park, CA
- Norm Shaver, KY
- Arthur Casella, Malden, MA
- Richard Saffo Jr., Woodsville, NH
- Fred Schiesswohl, West Milford, NJ
- Jeanne Sherrill, Elyria, OH
- Patricia Collins, Tulsa, OK
- Karen Edwards, Bellevue, WA

Answers to RACQUETBALL TODAY challenge

1. b
2. a
3. c
4. c
5. b (12 courts)
6. b
7. a & c
8. b
9. c
10. b (Green was beaten in the quarters by Prefontaine)
11. a (Wirkus was beaten in the finals by Peto Wright)
12. b
13. d
14. b
15. b (Randy is a top Open division player in the Boston area)
16. b
17. c
18. b
19. c
20. d (1,280 entrants)
21. c
22. a

RACQUETBALL

S T P O M A R T I N O
 R O A R E S U A S G O
 E R N N L N H O I R S
 N M Z S E A E C M E W
 G R E E R M M H B E E
 A N R D E R P H O N R
 W T I E H E O S R C D
 R N F D C G D L G E N
 G D F K E E L E Y N A
 S T O L L T S I V A D
 A N H B I S S E R O T
 N A G O H A W K I N S

P U Z Z L E

The following pros can be found in the puzzle above. Circle them and send them to us with your name and address and you'll go into a drawing for balls, shirts, and other prizes.

ANDREWS, BLEDSOE, COHEN, DAVIS, DEE, EGERMAN, GREEN, GREER, GROBMISI, HARDING, HAWKINS, HILECHER, HOFF, HOGAN, KEELEY, LEE, MARTINO, PANZERI, PECK, SAUSER, SEROT, STEDING, STOLL, TAYLOR, WAGNER.

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I love RACQUETBALL TODAY more than I like chicken: ___yes ___no

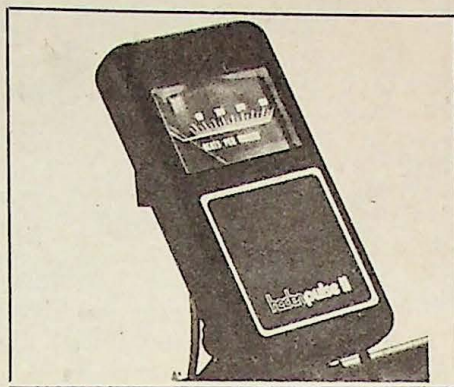
Products highlighting the NSGA Show

Bob Schmendrick

The National Sporting Goods Association held their major show of the year in Chicago the first week of February. There were dozens of new products, various manufacturers introduced for the racquetball community, and listed below are the highlights of some of these products:

The Hadenpulse II

1. There are many pulse meters on the market but a careful study clearly shows that most of the cheap ones are not particularly accurate...they are either too light sensitive or have built in mechanical flaws. The Haden Fitness Equipment Company out of Dallas (800-527-0492) has produced the Hadenpulse II which offers a high degree of efficiency and reliability in pulse measurement. **RACQUETBALL TODAY** is testing this product, and will be offering the statistic results in future issues.



"The Hadenpulse II"

2. The Consolidated Service Group has developed a new grip number 2 which is similar to their original grip but goes a step further in that it is considerably more absorbent and might eliminate the need for a glove. It sells for \$2, and lasts two to three weeks for an average player.

3. Gexco Ball Saver has come out with some new statistics regarding the performance of the ball saver. In a study using Seamco, Winn, Penn and Voit balls,

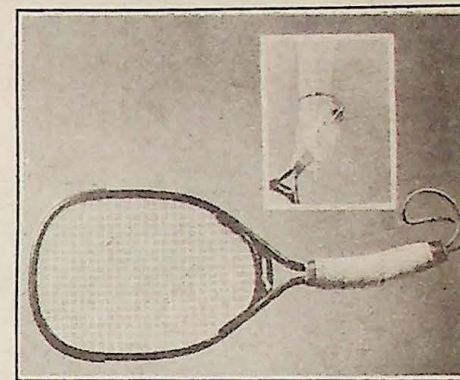
they took the new balls right out of the can and put them in the ball saver for seven days. The bounce of these balls increased anywhere from 3.4 to 5 inches. They indicate that this effect is similar with balls that have already been used and placed in the ball saver.

4. Omega has developed a new patented stringing system called Madraq. In this system the strings go six ways across the racquet, and the spaces between the strings are larger. The theory is that the shock is transmitted six ways instead of the conventional four ways, and distributed more evenly into the frame, reducing the vibrations on the players' arms and bodies. This will develop more power with less vibration. Further, with the larger holes, the ball compresses into the strings better, and this is supposed to give greater control.

5. From Flightmaster is a case for racquetball racquets. Similar to a violin case, this hard-covered case holds a racquet and some balls, and provides maximum protection for racquet and strings.

It retails for \$34.95.

6. The new "Cheater" racquet manufactured by Handlelite, Inc. This is a new racquet that has a handle that is bent and looks something like a banana. Their theory is that with a bent grip your allowed to extend your arm more naturally, get more power into the swing and get a better grip on the racquet. They indicate that you can grip the racquet more firmly with your baby finger, as the end of the banana grip is tapered.



"The Cheater"

Keeping it in mind: psychology and sports

By Dr. Andrew W. Meyers

Ed Note: Dr. Andrew Meyers is the Assistant Professor of Psychology at Memphis State University. He received his Ph.D. from Penn State and his major research is done on sports and health psychology.

Have you ever been so anxious that you couldn't concentrate on your match? Have you ever found yourself "stuck" on the last mistake you made or thinking after the error that you couldn't win now? Have you ever "given up" during a match? Or have you ever felt that you just couldn't get going? These motivational and psychological factors are an ever present part of athletic competition. Over the last decade, we have heard intriguing reports out of the Soviet Union and the Eastern European countries about psychologists who have helped athletes to improve their athletic performance. These reports have stimulated American psychologists to increase their research on psychological influences in sports.

Much of the recent work in sports psychology in the United States can be traced to a series of articles in **Runner's World** and **Psychology Today** by William Morgan of the University of Wisconsin. Morgan's work suggests that runners can be distinguished by the kind of thinking — what psychologists call "cognitive strategies" — that they use during their races. International class distance runners typically used what Morgan calls an "associative" strategy while collegiate varsity runners employed a "dissociative" strategy.

The runner who uses an associative strategy regularly monitors his or her body. Stride, respiration, body tension and other functions are checked in terms of the distance remaining, the terrain and the competition. Basically, the associative runner is asking whether or not he or she is making full and proper use of his or her body. If this check reveals that the athlete is running well within him or herself, the message is that it's okay to

pick up the pace; if the athlete finds him or herself tightening up, that's a signal to ease up and attempt to relax. Morgan argues that international class runners can use this demanding strategy only because of their advanced physical skills.

Skilled but non-national class runners most often used a dissociative strategy during races. Dissociative thinking is a body and task distraction strategy often taking the form of a continually repeated phrase, focusing on a distant object, or reflecting on social, family or work concerns — anything that distracts the athlete from the pain and demands of the running task. Morgan recommends that most competitive runners use a combination of the two strategies: associative strategies to make full use of one's physical skills and dissociative strategies to cope with the pain of the long run.

Basically, Morgan's work indicates that athletic, at all skill levels, use cognitive strategies to cope with the demands of their competitive task. Great runners do not need to distract themselves from race demands, but must constantly monitor race and body conditions to fully use their impressive skills. Less skilled runners must, at least occasionally, distract themselves from painful or boring aspects of the task if they are to perform to the best of their abilities. Both of these cognitive strategies, or combinations of them, are used by the athlete to maximize performance.

This psychological evidence that different thinking strategies are related to or influence different levels of running performance has lead psychologists to examine differences in cognitive strategies between superior and less skilled athletes. In our own laboratory, we have studied a small group of national champion racquetball players and compared them to a group of college varsity racquetball players. Through questionnaires administered to players and

found that national champions were

more self-confident, had more dreams about their sport and were more successful in those dreams, had more racquetball thoughts in everyday situations, had more clarity and control of racquetball imagery, and led more structured lifestyles. The superior coping abilities of these champion athletes was revealed in their greater concentration, when compared to collegiate racquetball players, on the racquetball task; their increased self-coaching behavior (what psychologists call "self-instructions"); there greater attention to up-coming game demands; and perhaps most importantly, there superior ability to recover from competitive mistakes.

An equally impressive finding concerned the way these athletes handled competitive anxiety — both champions and non-champions were highly and equally anxious during preparation for a match. But as competition began, champions became less anxious while non-champions continued to grow more anxious. This same result has been demonstrated in several other sports (for example, gymnastics and sky diving) and indicates that champions handle, and in fact use, the naturally occurring competitive anxiety in productive ways.

Once we identified psychological differences between more and less successful athletes, we attempted to help athletes improve their sports performance by training them to develop and use the cognitive strategies employed by champion athletes. Over the last two and one half years we have worked with male and female college varsity basketball players, female college varsity tennis players, male college varsity golfers, college runners and college varsity and professional racquetball players. Our interventions have generally included three basic components: a relaxation strategy; attention focusing exercises; and self-coaching or self-instructional behaviors to cope effectively with errors.

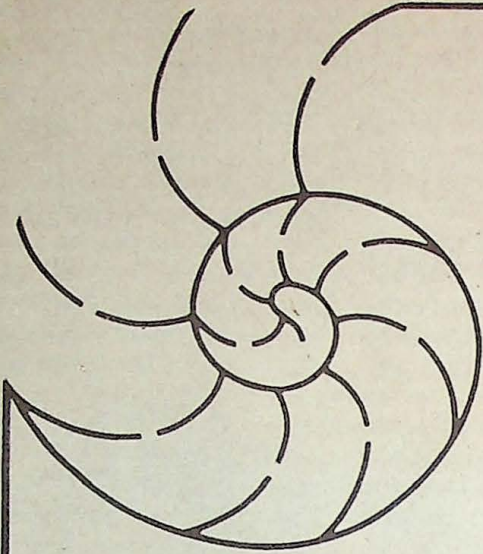
The relaxation strategy is designed to

enable the athlete to reduce pre-competition anxiety. The relaxation technique we teach is similar to Benson's **The Relaxation Response** which can be found in most bookstores and libraries. The attention focusing component consists of a series of exercises in which the athlete practices — both in imagery and during play — attending only to the ball. This enables the athlete, as he or she becomes more skilled at the technique, to eliminate distractions such as crowd activity, opponent or referee behavior, or other outside stimulation, and to concentrate fully and fluidly on the game.

Finally, the self-coaching activity is designed to allow the athlete to cope effectively with game errors. When errors occur, some athletes find themselves dwelling on the mistake and becoming increasingly anxious. We teach our athletes to use the error as a cue to self-instruct. This includes recognizing that everyone makes mistakes, that the mistake can be corrected by changing behavior (for example, staying low and moving to the ball), and that rather than dwell on the error, one must focus attention back on the ball. Often this step involves reminding oneself not to think too much during the game.

In our most comprehensive case study with an NCAA basketball player, we found that his shooting percentage increased from 47% before our intervention to 60% afterwards. His average points per game also increased from 10.9 points to 15.3 points with no appreciable increase in playing time.

While this case and the other athletes we have worked with do not present us with hard scientific evidence, this work does suggest that developing psychological skills may help athletes to perform consistently at their full physical potential. Athletes must begin to view the psychological component of competition as a skill, just as they do the physical component. And as they do with physical skills, athletes must develop and practice these psychological skills.



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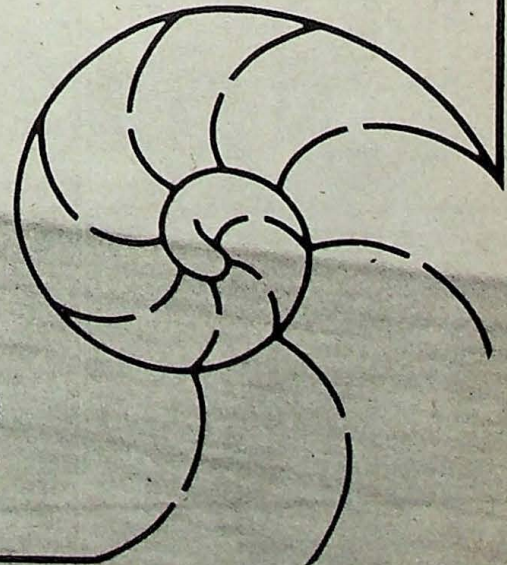
(Brothers Dave Peck #2 ranked Pro. 1979-80 and
Gregg Peck 1980 Jr. National Champion.)

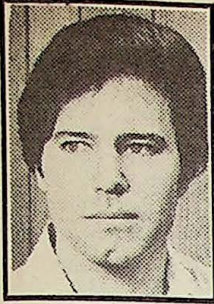
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Conditioning

Fitness for recreation

John Donati



Ken Hutchins

Each month in this column John Donati and Ken Hutchins of Nautilus Sports/Medical Industries answers questions pertaining to training and conditioning. Questions may be submitted to John Donati and Ken Hutchins: P.O. Box 1783, DeLand, Florida, 32720.

Q. As an avid racquetball player, I have always been concerned with "grip strength." Is there a specific exercise routine to strengthen the different movements of the hand?

— HNG, Roachdale, Indiana

A. The specialized muscles of the hand that enable delicate control of the fingers and palms are extremely difficult to exercise directly. However, they may be strengthened by performing wrist curls.

The best way to directly work the hand muscles is with "mud exercises." Get a bucket of rock-free clay and mix in some water. Perform various finger and hand movements. Vary the density of the mud to increase or reduce the resistance.

Obviously, this can be a bit messy, so plan ahead. Exercise close to a sink. Also avoid this exercise routine if any cuts are on the hands. Happy squishing!

Q. Should a woman's conditioning program be different than a man's?

—SS, Fancy Gap, Virginia

A. There is no logical reason why a woman should train differently from a man. She has the same potential for improvement. And despite popular opinion, she will not build large, bulging muscles. She does not have the

genetic potential to develop such muscle mass.

A man will grow to his maximum potential and look more like he should. A woman will reach her potential and look even more shapely, more feminine. The bottom line is this: their programs should be basically the same.

Q. I have a severe case of "tennis elbow." Is there a magic cure for my affliction?

—To, Elmo, MO

A. "Tennis elbow" has become a widely used phrase to describe several conditions that affect the elbow. It is an inflammation of the epicondyle of the elbow. This occurs often times because the muscles of the arm are weak and cannot absorb the force. When a racquetball player executes a forceful backhand, much of the force will dissipate into the muscles attached to the lateral epicondyle. If these muscles are small and the tendons are weak, small tears might occur from the force on the epicondyle attachments.

By strengthening the muscle the tendon attachments are also strengthened. The larger, stronger muscles will have the potential to absorb a greater force load.

A whole-body strength training program should be a part of your overall conditioning. With the "tennis elbow" problem, you will want to emphasize strengthening in this area. Wrist curls, finger flexion movements, as well as biceps curls and triceps extension movements affect the integrity of the elbow. Don't neglect these exercises for the treatment of your "affliction."

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With Connie Peterson

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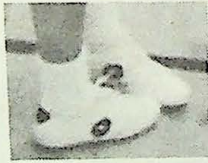
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Feet First Ask a podiatrist



RACQUETBALL TODAY will feature monthly articles on foot care provided by the Community Health Information Council, a not-for-profit organization of consumers, health professionals and media professionals cooperating in the development and dissemination of health related information at the community level. Readers are invited to submit questions to be answered by Dr. Louis A. Sorto Jr., 420 Lee Street, Des Plaines, IL 60016.

Question answered by Dr. Paul R. Kasdan, Prospect Heights, Illinois podiatrist, and a member of the Community Health Information Council.

By Dr. Paul R. Kasdan

Q. My feet sweat tremendously after 5 minutes of play to the point where my socks become sopping wet. What can I do to prevent this?

While your feet can be expected to perspire more during intense physical activity, abnormally excessive perspiring is called hyperhidrosis.

Not all persons produce sweat at the same rate, and a number of factors can trigger your sweat glands to produce more sweat. Increase in muscle activity, stress, and increase in the temperature of your feet are all factors which can increase perspiration. Most persons with hyperhidrosis seem to over-react to any or all of these factors and perspire above and beyond average limits. However, in some persons this condition can be due to hyperthyroidism or other general diseases.

Chances are your hyperhidrosis is due in

part to a general tendency to perspire somewhat more than the average person; couple this with racquetball's intense demand on your foot muscles, the emotional stress of competition, and the fact that your feet are sealed in socks and shoes and are bound to become overheated. No wonder, you, like many other racquetball players, perspire excessively during play.

To help control the problem, try these suggestions:

1. Wear cotton socks. Nylon and most synthetic materials will not allow perspiration to evaporate as quickly as cotton.

2. Before playing, spray your feet with one of the liquid anti-perspirants available for underarm use and then sprinkle a drying foot powder into your socks and shoes. Your pharmacist can recommend effective preparations.

3. Keep a spare set of shoes and socks on hand if you will be playing for a long time. Take a mid-session break to dry your feet, reapply the antiperspirant and powder and change your socks and shoes.

4. If simple measures fail, a visit to your podiatrist is in order. Many structural and functional foot problems can fatigue your feet and cause excessive perspiration. Your podiatrist will examine your feet for these problems and determine whether other medical evaluations may be necessary. If no abnormalities are found, you may simply need a prescription for one of several drugs used to control stubborn hyperhidrosis.



Life-enrichment through sports
By Laurence Korwin, Director, Sports Training Institute

Old-Fashioned Instruction Destroys Natural Desire to Learn

Two of life's delights are music and use of the body in effortless grace.

Unfortunately, rigid authoritarian training methods squelch the natural desire to learn, develop, and enjoy.

Take piano lessons, for example. To expose children to the enrichment of music, why not encourage them to first pick out melodies with one finger, singing along with their own accompaniment. Who says that the thrill of making music must be preceded by finger strengthening exercises, scales, and memorizing chords?

In sports, who says that the thrill of performing must be preceded by warm-up exercises and body poses of "correct" form?

Is this the first thing to tell a beginning tennis player: "I want you to memorize the names of the parts of the court"?

Is this the first thing to tell a beginning skier: "Here is what to do if you get frostbite"?

To speed learning, make it enjoyable—right away.



WPRRA News

By **JANELL MARRIOTT, President**
Women's Professional Racquetball Association

The upcoming tournament schedule has been finally established for the spring, so now the WPRRA is turning its attention to other matters.

One of the most important goals of the WPRRA is to draw a large membership tour. We are the only racquetball association that caters to all women racquetball players in pro and amateur. We plan to continue to enlarge our tournaments and programs, but must increase our membership pace from which the draw is obtained. Therefore, to entice more amateurs to participate and join our organization, we have started a \$10 membership fee. The pro fee will remain at \$30 a year.

The amateur membership will entail the same principles as a pro membership. Although, if an amateur wins prize money at a WIRA pro tournament, she then must pay the pro membership fee.

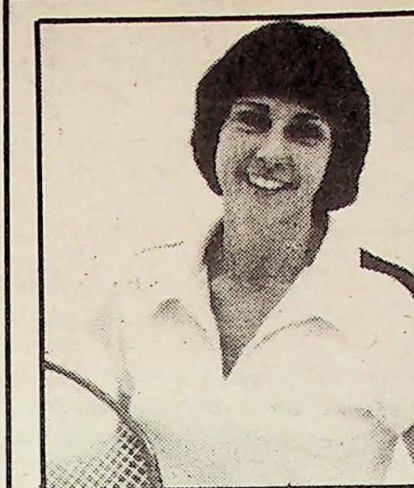
Each month the WPRRA sends a newsletter to all its members which keeps them informed on all happenings within the organization, and on interests affecting women's racquetball. The newsletter always includes current rates, tournament results, the latest tournament schedule and policies and procedures within

the organization.

A membership in the WPRRA means that you can become actively involved in the shaping of women's racquetball. As an organization we will continue to strive to improve the women's image and the actual game. Right now we have been experimenting with new rules and scoring systems to make racquetball the best participant and spectator sport possible. We have been the only organization to dare to actively experiment with innovative ideas for the game and we will continue to do so.

We have started a clinic program that will promote women's racquetball and the professional tournaments. These clinics will also be made available to members to help them improve their game. We hope to actively recruit Juniors to insure the future growth of racquetball.

We need the input and support of women racquetball players of all abilities. Our goals are to improve the game for you and insure a solid future for women's racquetball. If you are interested in joining, you can contact any WPRRA member or write to Dan Seaton, WPRRA Commissioner, 3727 Centennial Circle, Las Vegas, NV 89121.



EKTELON

Strategy

By **JEAN SAUSER**

Editors Note: Jean Sauser, professional women's player sponsored by Ektelon, and photographer Arthur Shay, are the co-authors of "Racquetball Strategy," a book devoted to those racquetball players who are absolutely determined to get better and better. With permission of the publisher, RACQUETBALL TODAY will reprint portions of that book.

Situation: The score is close and you've just won the volley for your twentieth point. With a sigh of relief you step into the service zone.

Strategy: Wait, concentrate, then serve

The twenty-first point is the most important point in racquetball. The serve you choose should be the most accurate one you've hit in the game so far. Use the following steps to deliver a winning serve.

1. Take your time. You'll want to make the most of the ten seconds you have to serve the ball. Not only does this put pressure on your opponent and force him to think about the fact that you're about to win, but you'll need the time to choose the best serve possible.

2. Pick the serve that has won you the most points during the match. With this

type of shot you'll increase your chances for an ace.

3. Concentrate: Picture the serve in your mind in its most perfect form. Once you can clearly see it, serve the ball.

Situation: Your opponent is serving the game point.

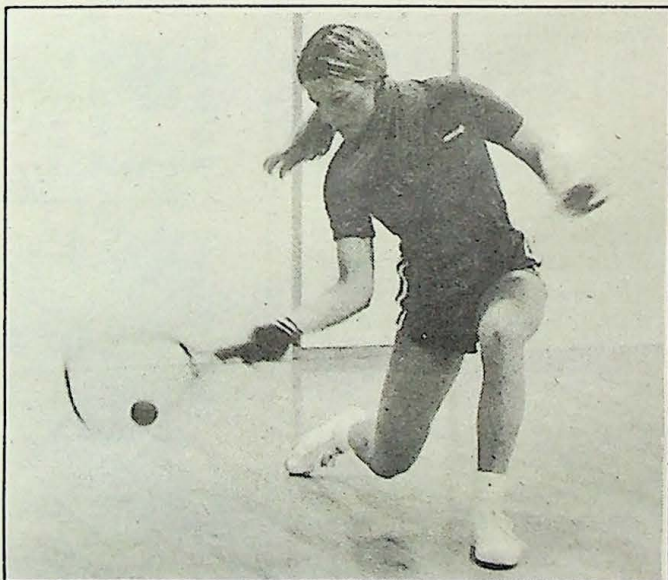
Strategy: Call time-out and react to the serve, not the score

Call a time-out if:
 1. Your opponent has rolled up a series of points that have put him up to that twentieth point. This can stop his momentum substantially enough to affect his serve.

2. You are slightly tired from the previous volley. Give yourself a chance to rest and prepare to receive the serve.

Other things to remember: No matter what the score, the important thing to do is react to the serve and not the score. You must choose the correct return. There is nothing you can do to change the score except choose a good return to earn a side-out.

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Patsy Leeman of the Anderson Ind. Full Court Club and her off the back wall kill shot.

Dale Pickett Photo

CONTEST RULES:

1. You must be an amateur photographer
2. Photo must be a black and white glossy
3. Subject must be racquetball or racquetball-related
4. Photo must not have appeared in any other publication
5. Back of photo must be clearly labeled:

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Photographer's name, address, phone, shirt size. Name of subject, when and where photo was taken (and any other interesting information.)

All photographs are non-returnable and become the property of RACQUETBALL TODAY. We reserve the right to publish and use photos as we see fit.

Winners will be selected by our panel of expert photographers at the end of the year. Photographs will be judged on the basis of quality, originality, etc. All decisions of our judges will be final.

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Please send me the book(s) indicated below enclose the correct amount for each book, plus \$1 book postage and handling charge. Illinois and California residents add 6% sales tax. No cash or C.O.D.'s.

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- Inside Racquetball for Women/ \$4.95
- Marty Hogan's Power Racquetball/ \$6.95
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APRO Report

By Chuck Sheftel



As learning is a lifetime experience, so too is teaching. Teaching racquetball requires not only knowledge and skill, but the continuous acquisition of ideas and techniques. No matter how extensive one's experience and background, there is always something to be learned. A good teacher experiments with new methods and ideas, works to become more skilled and knowledgeable, seeks out other professionals for input and constructive criticism, incorporates successful techniques into his lesson plans and shares these ideas with others.

One can rapidly become stagnant or even less effective in his ability to teach by not actively seeking to continue learning how to do a better job. Racquetball teachers, like other professionals, need clinics, workshops and tests to keep their skills and methods sharp and up-to-date.

APRO clinics are designed both for the new teacher of racquetball and to serve as a refresher and stimulant to those who have been involved with racquetball instruction for some time. Further, APRO clinics serve to bring together racquetball professionals to share fresh and experienced views, ideas and techniques.

Attending and participating in an APRO clinic is a worthwhile experience for the racquetball teacher who is still learning. And a good teacher **never** stops learning. In addition, APRO certifies racquetball teachers and offers them credibility as teaching professionals.

Join us, share with us, at a clinic in your area, or call APRO at (312)991-4646 for information.

APRO TEST SITES AND DATES

March 7th and 8th
OREGON
Court Sports II
4242 Commerce
Eugene, OR, 97402
Director: Connie Peterson
Telephone: 503-687-2255

April 4th and 5th
MICHIGAN
Franklin Racquet Club
29380 Northwestern Highway
Southfield, MI, 48034
Director: Jim Easterling
Telephone: 313-352-8004

March 21st and 22nd
ARIZONA
Tucson Athletic Club
4220 E. Bellevue
Tucson, AZ, 85710
Director: Linda Siau
Telephone: 602-881-0140

April 25th and 26th
TEXAS
Continental Racquetball Club
14880 Bammel, N.E. Road
Houston, TX, 77014
Director: Marc Auerbach
Telephone: 713-893-5146

March 28th and 29th
ILLINOIS
Forest Grove Swim & Racquet Club
1760 N. Hicks Road
Palatine, IL, 60067
Director: Chuck Sheftel
Telephone: 312-991-4646

May 2nd and 3rd
NEW JERSEY
Bergen Mall Racquetball Club
14880 Bammel N.E. Road
Houston, TX, 77014
Director: Melanie Taylor
Telephone: 201-843-0100



Chuck Sheftel conducting APRO clinic.

"Most beginners don't use the side walls nearly enough...they think the side walls are just there to keep the ball from going into the next court."

Jim Austin

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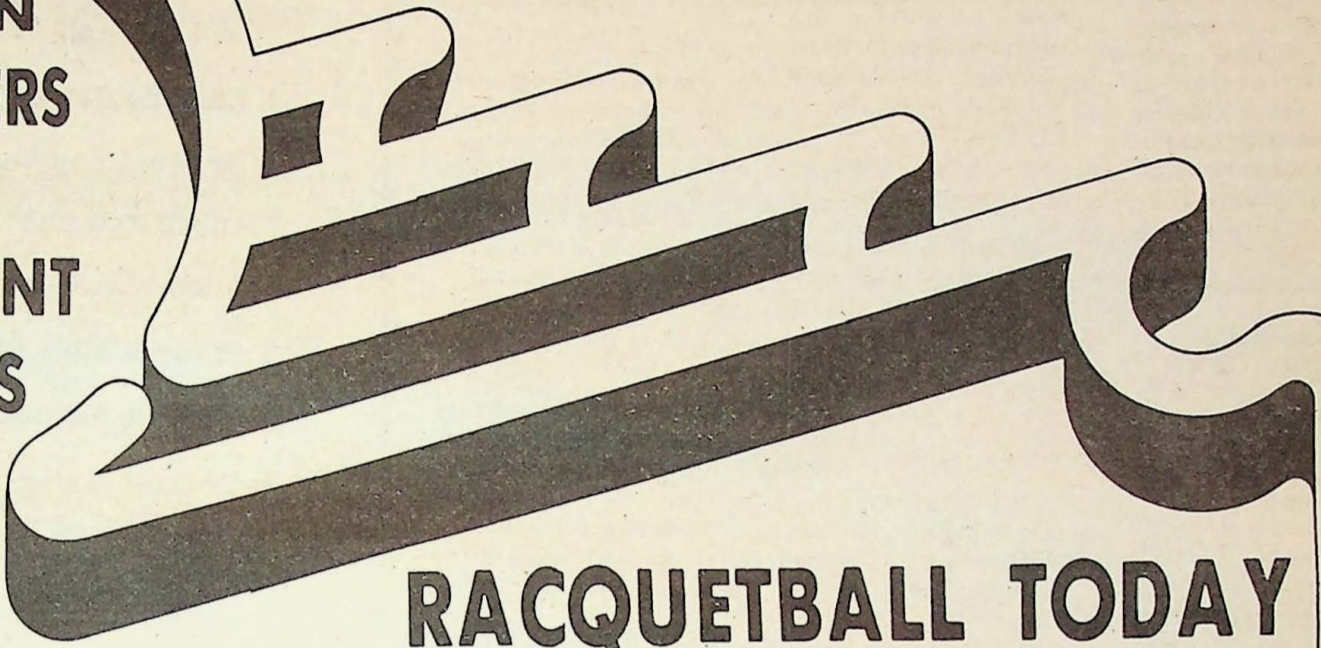
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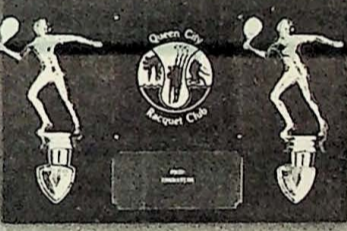
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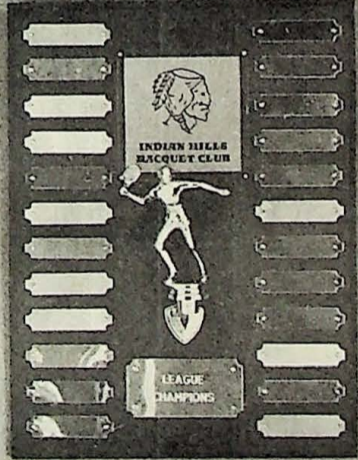
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RACQUETBALL INSTRUCTORS AND CLUB PROS

Attend the APRO Clinic and Testing in Middletown, RI, Mar. 31-Apr. 1 with Connie Peterson. See information on page 19 of this paper.

RACQUETBALL TODAY is looking for correspondents to assist us in collecting local tournament results and news. If you are interested and we do not have a correspondent in your state write R.T.

FOR SALE: 4 glass windows for racquetball courts 57x108x3/4. Will sell for \$750 each. (New \$1400) Call Sports World in Holland, MI (1) 616-392-1417. Ask for Rog., Tom, or Jayne.

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Help! Our classified ads section is new and we need ads. Do you want to find someone looking for a game at 6 a.m. in Waco, Texas? Do you want to congratulate a friend for winning? Looking for someone to share a room at the upcoming Pro Stop? Here's the place to put the ad. See order form below.

ATTENTION CLUB OWNERS AND MANAGERS

Now that our paper is regional, so is our club guide! What a terrific way for everyone in your area to find out all about your club for only \$220 per year. There's no better way to reach the public! Call us for more information at 800-323-9167, or write.

CLUB OWNERS MANAGERS AND PROS

Attend the Special Events two-day seminar in Middletown, RI, Mar. 31-Apr. 1 with Connie Peterson. See information and application on page 19 of this paper.

HEARD A GOOD ONE LATELY? Our Tom Grobmsi is compiling a "Racquetball Jokes for the John and Jill." Send it in to Tom's attention.

Classified Order Form

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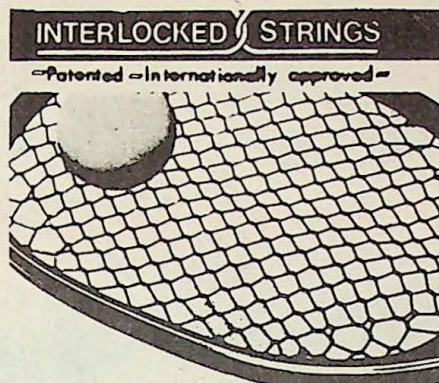
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