

Racquetball

**SPECIAL ANNOUNCEMENT:
OPEN BALL POLICY**

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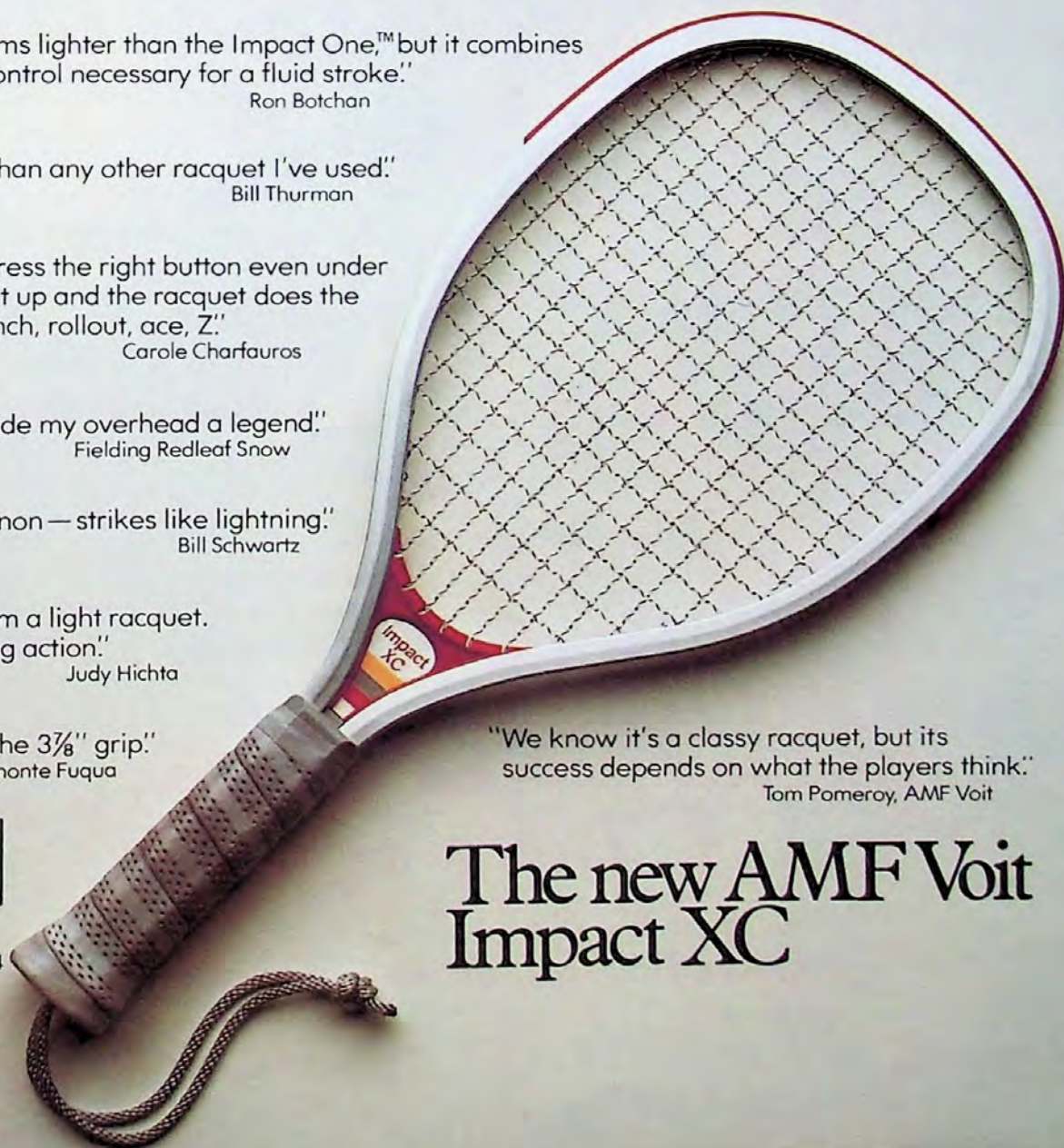
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RECEIVING LINE

Letters To The Editor

EDITOR'S NOTE: The following letter was one of several we received in response to a recent Sports Illustrated article criticizing racquetball. A synopsis of the article appeared in the March issue of Racquetball.

Sports Illustrated, clean up your own house before you start on ours! Jim Kaplan is obviously uninformed about the sport of racquetball, let alone the company he works for. Is Mr. Kaplan aware that Sports Illustrated, Inc., is involved not only in building court clubs around the U.S., but is even sponsoring the very first racquetball club management school in the world, Off the Wall University?

As to the comment about how boring (racquetball) is, might I point out that any activity, be it "nursing home croquet" or the Super Bowl, is not very

exciting when the participants and the spectators are just learning, and that excitement is measured by the challenge it presents to both . . . I can't think of one sport that isn't more and more exciting the more one learns about and understands it.

There isn't enough scoring in the game? Take a look at the world's largest spectator sports: soccer, football and baseball. How much time is taken up by the actual scoring of points or runs? Be reasonable. The spectator isn't after high scores; he's after the excitement and thrills of the pursuit of the score . . .

Last, but most important, since when does "watching a couple of recent tournaments" make one a qualified, informed critic? I have played racquetball for 4½ years, run two major tournaments and been associated with at least 10 others. And I'm still not qualified to make the kind of rude, intolerable and rash critique that Mr. Kaplan feels comfortable with.

I sincerely hope that in the future, Sports Illustrated will accept racquetball as the fastest growing sport in America, and place the true character and pride that it generates to all players in a visible

manner in later issues.

Paul Stredwick
Racquetball Teaching Pro
Central Park Racquet Club
Spokane, Wash.

I enjoyed the article, "Wounded Knee" (Racquetball, March, 1979), very much as I have been playing racquetball despite suffering from Osgood-Schlatter's disease. Is it possible for you to advise me on specific warm-up exercises or equipment which will help this problem? Also, I think it would help your readers if you gave a brief description of Osgood-Schlatter's disease, as it appears to be very common.

R.L. Auerbach
West Paterson, N.J.

(Osgood-Schlatter's "disease" is actually a small, but very painful, fracture of the front part of the lower leg bone, just below the kneecap. For specific exercises and treatment, it's best to consult your personal physician.)

Racquetball welcomes correspondence from its readers. Letters are subject to editing for clarity and length.

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NEW DIRECTIONS

Dear Members:

On April 9, the International Racquetball Association's Board of Directors voted unanimously to adopt an "open ball policy" (see page 10), thus allowing any IRA-approved ball to be used in any IRA-sanctioned event. We believe that by adopting and implementing this policy, racquetball has finally come of age. A ball manufacturer must meet the minimum specifications for balls established by the IRA and pay to the IRA a modest licensing fee not tied to percentage of sales. This will allow manufacturers' promotional monies to go directly to you, the amateur player. It will allow a free and open market with the best ball gaining its share of the market through its acceptance by the average player. This concept is revolutionary in our sport, but has been overwhelmingly successful in other sports.

With a free and open market and the limited funds to be realized from the flat licensing fee, the IRA must have a broad base of support through expanded membership. Since our reorganization in June, we have been striving to make the IRA totally independent, supported by its membership dues. This coming year will show if the players truly want a say in the organizational growth of our great sport. Remember, memberships are the key.

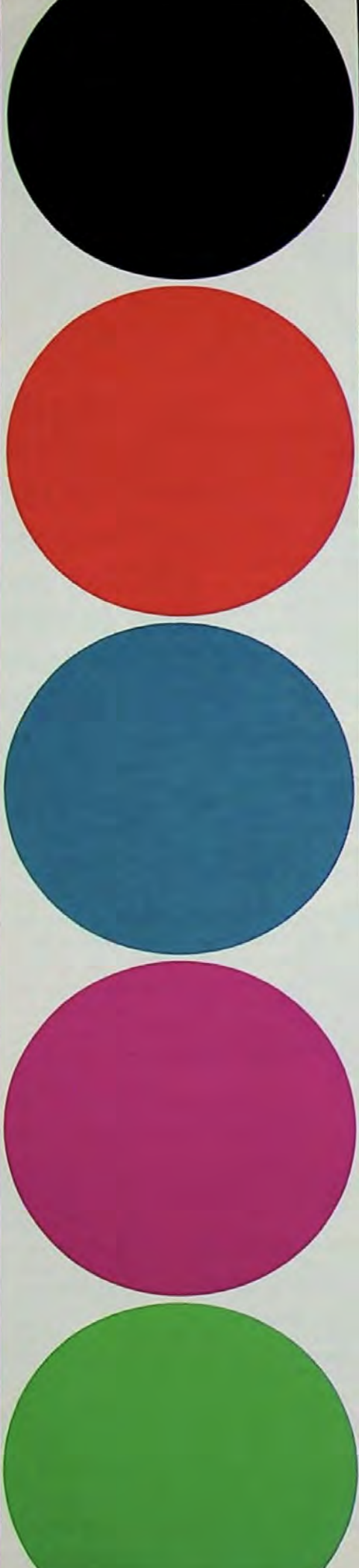
At their April meeting, the Board of Directors also passed another landmark policy requiring all players under the age of 18, or any player participating in an IRA-sanctioned Junior event, to wear appropriate eye protection. Needless to say, this was a long time in coming, but it is reflective of the membership's wishes as eye injuries continue to increase.

Both of these decisions should make our association stronger as we move into the 1980s.

Luke St. Onge
Executive Director, IRA

EDITOR'S NOTE:

As of press time implementation of the open ball policy is contingent upon execution of the final settlement papers that have been agreed to in principle by the parties concerned.



IRA ADOPTS

OPEN BALL POLICY

AN INTERVIEW WITH THE IRA'S
EXECUTIVE DIRECTOR BY KENNETH NEILL

EDITOR'S NOTE: *The IRA, in a major policy change, recently adopted an "open ball" rule, whereby racquetballs used in IRA-sanctioned tournaments will no longer be limited to those produced by one manufacturer. This is the first such move by a national racquetball association, and it could have a profound impact on both the IRA and the sport itself. As of press time implementation of the open ball policy is contingent upon execution of the final settlement papers that have been agreed to in principle by the parties concerned. To learn more about this new development, Racquetball magazine sent writer Kenneth Neill to talk to the IRA's executive director, Luke St. Onge. The following is a transcript of their conversation:*

Racquetball: Luke, can you outline for our readers the development of the IRA's policy towards the use of specific balls in sanctioned competition?

St. Onge: In racquetball's infancy, there were not enough players and IRA members to support the promotional activities of manufacturers involved in the sport. So to guarantee quality and

stimulate growth, the IRA made exclusive contracts with certain ball manufacturers, by which the organization received funds from the manufacturers on a royalty basis in return for giving individual manufacturers exclusive rights for the use of their product in IRA competitions. The money we received, which was a percentage of ball sales, went back to the association and was used for promotional purposes.

Racquetball: Was this a major source of revenue for the IRA?

St. Onge: Yes. Even until recently such royalties have accounted for 90 per cent of the national income of the association. Today, however, figures like 6 million are quoted for the number of racquetball players in this country, and present projections are that racquetball will rival tennis as the nation's major racquet sport in the '80s. So the feeling among the IRA leadership developed that we had outgrown our earlier ball policy, and that exclusive contracts with manufacturers were no longer needed nor in the best interests of the sport.

Racquetball: What then is the attitude of the Board of Directors today?

St. Onge: The Directors feel that if the association is to be truly representative of its membership, if it is going to truly represent the average grass roots player, it should be totally independent of any manufacturer or special interest group. The new "open ball" policy embraces this philosophy.

Racquetball: What exactly does this new "open ball" policy entail?

St. Onge: What it means in a nutshell is that any ball meeting the minimum requirements of the IRA can be used in any tournament sanctioned by the IRA, providing it receives approved status from the Board of Directors. What we are saying is that we will no longer dictate to the average player and average tournament director what specific ball must or must not be used in sanctioned competition.

Racquetball: Will there be any exceptions during this transition period as the IRA moves from an "exclusive contract" to an "open ball" policy?

St. Onge: Naturally, we have had to come to some arrangements with those manufacturers who held exclusive contracts in the past. As a result, for example, the Vittert red, gold label will be the ball used in the 1979 World Amateur Singles May 24-28 in Las Vegas. And four of the eight regional tournaments next year, all things being equal, will be awarded to Vittert. But the world amateur singles next year, along with the national doubles and the invitationals, will all be open-bid. This means that all manufacturers of IRA-approved balls will be able to compete for the right to be the official tournament ball.

Racquetball: I see. So generally the new "open ball" policy will go into effect immediately?

St. Onge: Yes, the new policy is now in effect. All balls used in tournaments will of course still have to meet our minimum requirements and be approved by the IRA. A list of approved balls will be published in the July issue of *Racquetball*. After July 1 players will be able to select any ball from this list. We will also publish a list of names and addresses for each company, people whom tournament directors can contact for sponsorship of their various IRA-sanctioned competitions.

Racquetball: How does a manufacturer

go about getting his ball on this list? What exactly are the requirements?

St. Onge: Obviously the ball must be accepted by players as a good product. The minimum specifications are that the ball must be 2 1/4" in diameter and weigh approximately 1.4 oz. At a temperature of 70-74 degrees F., the ball must rebound from 68" to 72" when dropped from a height of 100". It also must register a hardness factor of from 55 to 60 durameters.

Racquetball: And will the IRA be responsible for guaranteeing that approved balls meet these specifications?

St. Onge: Yes, arrangements for inspection will be part of our licensing agreements with those companies whose balls we approve. First, an independent testing group will certify that each manufacturer's product meets our minimum specifications. After a ball is licensed, however, we will still have the right to draw random samples from the field for testing, to insure that specifications are still being adhered to.

Racquetball: Let's get back to the evolution of the new "open ball" policy for a minute, Luke. Doesn't this change mean that the IRA is going to lose a considerable amount of revenue, revenue that it received as a result of having those exclusive ball contracts?

St. Onge: Yes, the IRA is going to lose a sizeable amount of money. However, we feel very strongly that for us to maintain our independence and to truly represent racquetball players as a national association, then it's a sacrifice we are going to have to make.

Racquetball: To keep the association independent of any special interest groups?

St. Onge: Yes. We feel that the manufacturers want an association that gives them a free and competitive marketplace to sell their goods, and enables them to put their promotional resources directly into tournaments or into referees' clinics or the development of films. This type of thing will help to totally develop the sport as it grows, instead of allowing only one or two out of perhaps 10 manufacturers to put their promotional monies directly into the field, to the amateur players.

Racquetball: How does the IRA plan to compensate for this loss of revenue that will result from the termination of exclusive contracts?

St. Onge: With the advent of the new

"open ball" policy, we believe that most of the racquetball tournaments in the United States will be sanctioned by the IRA. With that we will be able to expand our broad base of membership and exist to a large extent upon revenues from membership fees. There will also be licensing fees for manufacturers, for those whose balls are entitled to carry the IRA seal of approval. Manufacturers will then have a vested interest in the overall growth of the sport.

Racquetball: What advantage does the new policy have for manufacturers? What incentives are there for a manufacturer to license his ball with the IRA?

St. Onge: Aside from getting the IRA's approved status, which means possibly introducing his product to more players through tournaments, the manufacturer will also be helping the sport of racquetball to grow with some sort of continuity and direction. This association is dedicated to representing the amateur player and to fostering the international growth of the sport. As such, the IRA cannot be obligated to one manufacturer or dominated by one individual. It has to be a melting pot.

Racquetball: Let's get down to the mechanics of the "open ball" policy. How exactly will it work as far as individual tournaments and individual tournament directors are concerned?

St. Onge: In all local, state and open tournaments, it will be up to the tournament director to select the ball for use in his tournament from the list of IRA-approved balls. For the regionals and nationals, closed bids will be accepted from manufacturers interested in sponsorship of the entire package. At the annual spring meeting of the Board of Directors, the successful bidder for the following year's regionals and nationals will be announced. Everyone will know one full year in advance what ball will be used in the next regional and national tournaments.

Racquetball: One final question, Luke. What does the "open ball" policy mean in the long term to racquetball?

St. Onge: The adoption of the "open ball" policy is probably one of the major breakthroughs in our sport. In most major sports, there is a free and competitive market and manufacturers have the right to use whatever ingenuity they have in order to capture a fair share of the market. Now racquetball is in the same situation. It's just one more indication that racquetball has come of age as an American sport. ■

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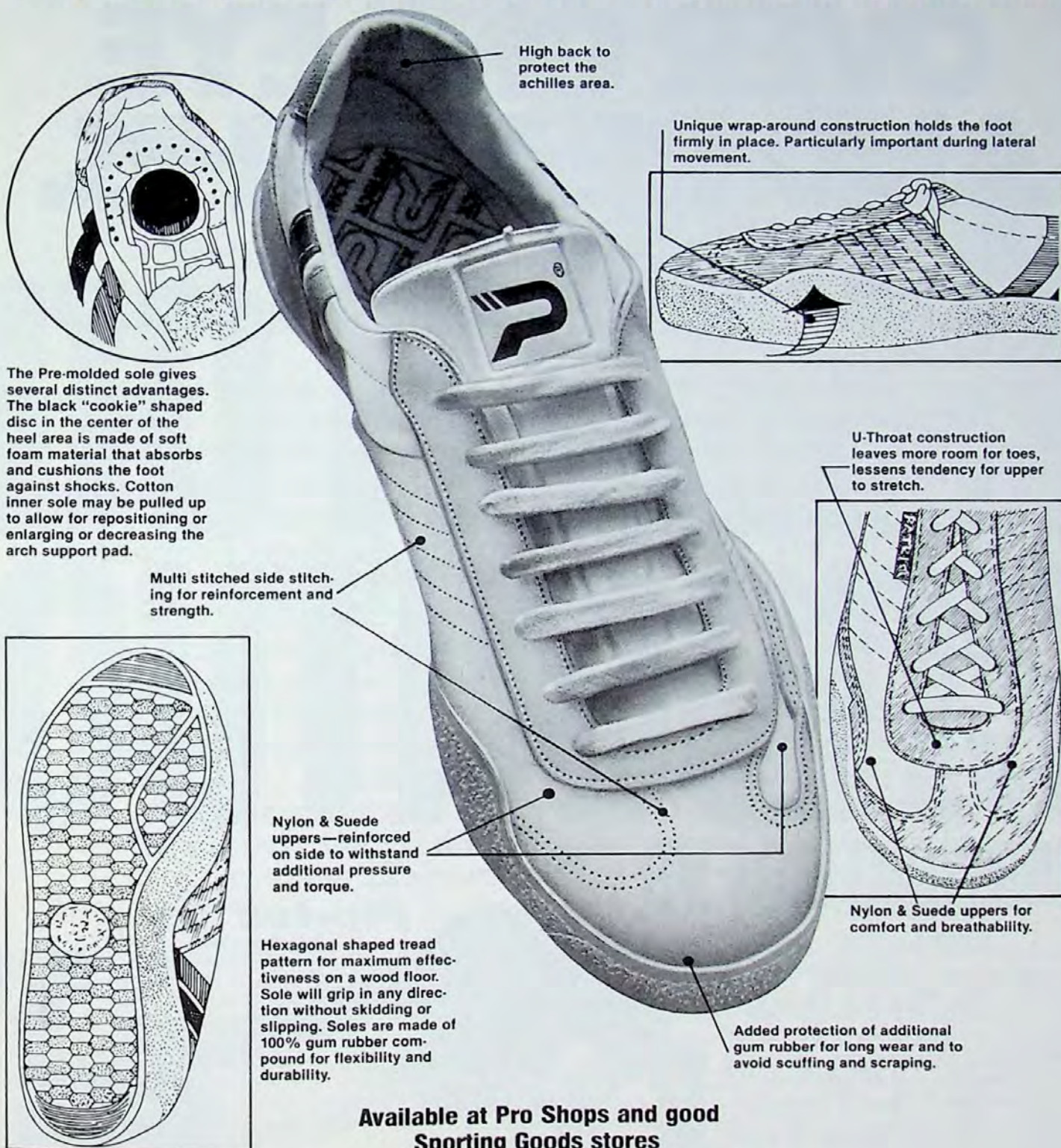
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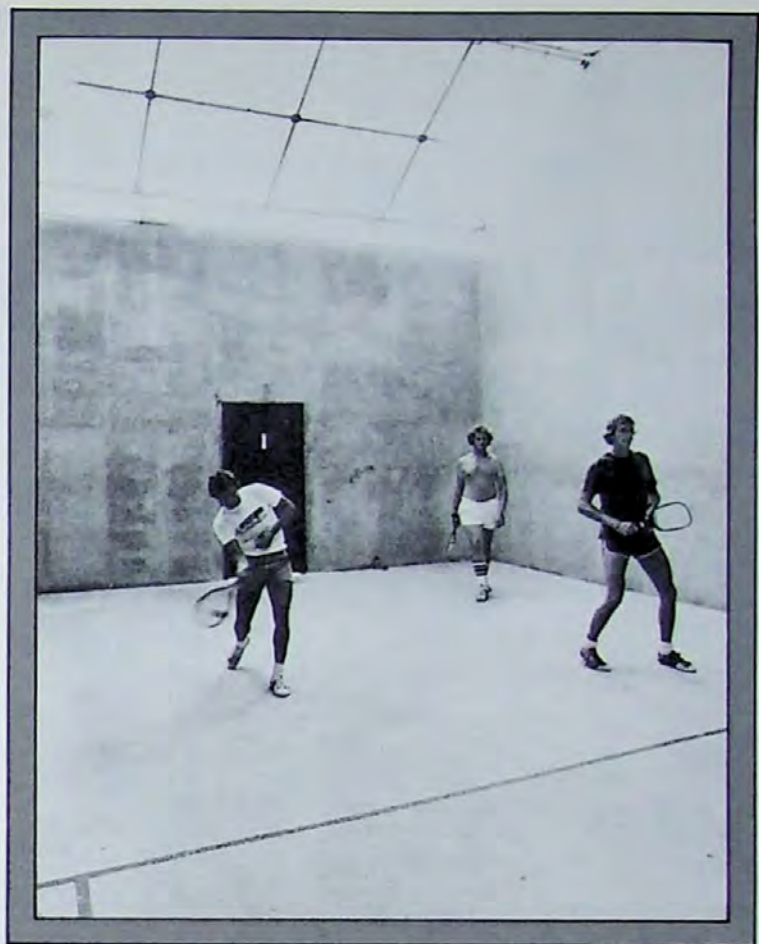


THE CASE FOR OUTDOOR COURTS

DO IT

OUTDOORS

BY TOM CARLSON



ERIK CALONJUS

There's an evolution going on. Look closely and you may see it. It's called outdoor racquetball, and it just may prove to be the hottest growth item for the sport in the 1980s. In fact, there are those who argue that no other development has a greater potential for changing the nature, popularity and acceptance of racquetball in America as the growth of outdoor, *public* courts. Outdoor courts, in short, may well be the next racquetball miracle.

Consider the possibilities. A nationwide network of outdoor courts could serve as a vast training ground for thousands of young players, as a feeder system for the college and pro ranks and as an introduction to the game for inner city youths who could never afford the court and membership fees of traditional indoor clubs. Indeed, if you want to get Darwinian about it, outdoor courts make a certain kind of sense. Other

sports like basketball, handball and tennis flourished indoors first and then moved outside to the masses, to municipal parks and playgrounds. It's what's known as the "historical evolution of leisure in a free enterprise democracy." A chicken in every pot, a court—eventually—in every park.

A precedent for the rapid growth of outdoor racquetball can already be seen in the phenomenal development of the indoor game. Just three years after the IRA held its first international championships in 1969, participation in racquetball had tripled to over 1½ million players, and the building boom was on. Today, there are well over six million people playing the game and more than 900 indoor court clubs have opened across the country. And the demand for courts and playing time is steadily increasing. While indoor construction will undoubtedly continue to meet this demand for the time being, there are indications that the saturation point in this area may soon be reached.



ERIK CALONIUS

This is an exterior view of two outdoor courts in Orlando, Fla. The courts are of the rare (for outdoor courts) four-wall variety, including a ceiling wall that extends about 10 feet from the front wall. Note the wire mesh covering, which lets the sun in and keeps balls from bouncing out. The courts are also lighted for night use. For an interior view of these courts, see the picture on the preceding page.

What happens next is everybody's guess. Growth industries with a good deal of momentum tend to be like powerful rivers; when they meet an obstacle, they simply cut a new channel. And in the case of racquetball, that channel may well lead to the development of the outdoor game. It happened not too many years ago with tennis. And what accelerated the move of tennis into the public recreation sector was television exposure. If that happens to racquetball, put your money on the outdoor game to win.

In terms of development, outdoor racquetball is at a point today where the indoor game was 10 years ago. Outdoor courts with public access are scattered around the country in public parks and on college campuses from Michigan to Pennsylvania, from Florida to Colorado and California. There are local tournaments and even "National Championships," though the title lacks any real authority because no organizing body has been involved in developing, sanctioning and standardizing outdoor play.

The fact is, outdoor racquetball at present is growing slowly and steadily but without direction. Nobody even knows just exactly how many public outdoor courts there are. A few facts, though, remain clear. Most public courts are found in the Sun Belt states; outdoor courts with public access are far more numerous on college campuses than in municipal parks and recreation areas; Florida and southern California have far and away the most extensive system of outdoor courts, with the edge probably going to southern California.

One small community college in Orange County, California,

for example, probably has more outdoor courts than most states. The school, Orange Coast Community College in Huntington Beach, has 13 outdoor courts, including seven of the three-wall variety and six of the four-wall style. The courts are available for public use and lighted until ten o'clock at night. Also, nearby Golden West College offers eight additional outdoor courts and still more such courts are being built in public parks in the area.

All of this frenetic activity in the public sector comes as no surprise to Californians like Jim Carson, manager of an indoor racquetball complex in Santa Ana. It's only natural, such supporters argue, that Southern California leads the nation in outdoor racquetball facilities. "After all, we've got the perfect climate here for year 'round play," says Carson, who has been directing outdoor tournaments in Orange County for almost six years. "Plus, we have had a state government that's been very responsive to its state school system and to recreation in general."

Proposition 13, of course, may eventually change this rosy picture, but right now outdoor racquetball is riding high in Orange County. The courts have been around for almost 10 years, and they've built up a cult following quite different in its make-up from the typical indoor player. "Outdoor players," explains Carson, "tend to be more recreation-minded and less competitive. Half the attraction is exercise and the other half is soaking up the rays while you're playing. We've got people who bring picnics, coolers, their wives and kids, and they have a great time." Of course when you hit a passing shot on most outdoor courts, you've got to chase down the ball. "That's why a lot of people bring their kids," Carson notes. "In fact, I know one guy who trained his dog to shag balls."

This laid-back style doesn't hold true for outdoor tournament players, however. They're as competitive as their indoor cousins, and to feed that instinct, Orange Coast College

hosts five or six outdoor tournaments every year. Their popularity is self-evident. "At a tournament just a few weeks ago," offers Carson, "we had over 300 doubles teams enter, and that wasn't even a title tournament, just local." From such community events, the Orange Coast schedule moves up through state singles and doubles to the major tournament on July 4: The National Three-Wall Championships. The tournament is sponsored by AMF Voit and features some of the best players in the game—Marty Hogan, Charlie Brumfield and Steve Serot in the Seniors division, along with a host of talented amateurs.

Surprisingly, the pros don't run away with the show, according to Carson. "In fact," he says, "except for Brumfield, no pro won outdoors at the Nationals until last year. And then it was probably because the best outdoor players had begun playing indoors, and had left the field open." Another reason for the balanced competition is that making the transition from indoor to outdoor play isn't all that easy. Outdoor racquetball features different angles and requires cutting off balls, more lobbing and so on. And because it's more of a finesse game, the traditional power players often suffer. This past July 4, David Bledsoe won the outdoor title at Orange Coast, beating Marty Hogan in a tie-breaker. Bledsoe is now touted as "Outdoor National Champion," at least by the Wilson equipment people in their promotions.

Yet, while outdoor racquetball may be thriving in southern California, the rest of the country still lags far behind in the development of outdoor courts. The reasons for this are many and varied. For starters, outdoor racquetball has generally suffered from a lack of organized support (in spite of the IRA's recent interest in the outdoor game). Also, in the northern tier of states above the Sun Belt, weather has proved an obstacle to outdoor development; local and state recreation administrators have been understandably reluctant to invest in public facilities that can be used only three or four months out of the year. And in the south, with the exception of Florida, most officials have apparently been willing to let the universities and the private sector supply the facilities for outdoor racquetball enthusiasts. Moreover, without a strong expression of need from their constituents, public officials have hesitated to build facilities that might well undercut or compete with the efforts of private court club developers in the area.

This last problem—whether or not public outdoor racquetball will eventually lock horns with the private court clubs—may become a real issue in the near future. According to Jim Carson, however, no such conflict has arisen in Southern California. In fact, he claims that the outdoor game has actually helped the private court clubs by generating public interest and acting as a kind of feeder system for new indoor membership.

Professor Alan C. Moore of the University of Florida disagrees. An avid player and author of a forthcoming book on racquetball, Moore cites his experience in the Gainesville area: "We've got public courts here," he says, "but you get the feeling they're at odds with the private courts. It's not a direct conflict, but our municipality seems hesitant to build public courts when they see commercial outfits and condominium developers opening up facilities to meet the demand."

Realistically, though, it may simply be too early to decide this issue one way or the other. That's the opinion of Bob Klass, IRA vice president and field director for Omega Sports. "The indoor game still has plenty of growing to do," says Klass, "and it's only when the new complexes in various areas have established themselves and caught on that outdoor public racquetball will begin growing. Whether they'll be in competition with one another remains to be seen. If they follow the

Public officials have hesitated to build outdoor courts that might undercut or compete with the efforts of private court club developers.

pattern of tennis," he adds, "they probably won't conflict. But right now no one can tell."

The most immediate problem confronting outdoor racquetball, however, is not competition from indoor racquetball; it's recognition that such a game even exists. Joe White, director of the Racquetball Products Division at AMF Head, recalls a survey his people recently sent out to all state recreation offices: "It's apparent that a lot of recreation directors simply don't know about racquetball, period—indoor or outdoor," White says. "We were a little stunned by that."

The IRA has recently shown a desire to close this communication gap, especially concerning the outdoor game. At a conference held March 30 in New Orleans, IRA Executive Director, Luke St. Onge, offered a seminar on outdoor three-wall racquetball for the benefit of recreation officials from a 22-state area.

If recreation directors don't know about indoor racquetball, they haven't been doing their homework. That they don't know about outdoor racquetball, however, is more understandable; it's hard to recognize a species if you've never seen one before. And if you *have* seen the game, say in southern California, chances are it doesn't look the same as the outdoor game in Denver or Gainesville or St. Louis. That's because there are absolutely no standards for court design, dimensions or construction materials. There are four-wall outdoor courts with roof and without roof; there are three-wall courts with roof, without roof or with a steel mesh roof; there are courts with sidewalls that slope down from the front wall at a 45-degree angle; there are courts with 20-foot high sidewalls clear to the backwall line; there are courts with high walls that stair-step down to the service line. Add to that an infinite number of courts that have been jerry-built from an existing front wall, and it's no wonder that the director of a local parks commission might go glassy-eyed when confronted with demands for outdoor racquetball in his community.

If the fresh air cousin of indoor racquetball is ever to come into its own, then, one of the first orders of business must be to standardize design. Right now, some officials of the IRA are looking into this issue. And one of the people they're talking to is Jim Pruitt, manager of the Center City Sports Club on Market Street in Philadelphia. Pruitt probably knows as much as anyone about outdoor design. A few years ago, he organized construction of four outdoor units for a court club in King of Prussia, Pennsylvania. It wasn't easy. "I went to a lot of people and looked at a lot of courts around the country," he recalls,

The design he settled on was based on some three-wall courts he had seen in a public park in Southfield, Michigan. The front and side walls, made of plaster-finished concrete, are 20 feet high. The sidewalls are carried back from the front wall for 20 feet, at which point they begin angling downward to a height of about seven feet. The sidewalls end 39 feet from the front wall and one foot inside the out-of-bounds back line. Overhead are small steel girders supporting a sturdy metal meshwork. The virtue of such a design, says Pruitt, is that the high walls allow for a full range of shots as well as cutting down on the number of out-of-bounds balls. Also, the meshwork roof lets the player hit ceiling shots at the same time that it lets in sunlight. And the roof is easy to clean. "The courts are aesthetically beautiful, too," Pruitt adds.

To build this type or any other type of outdoor court in your community is going to take a concerted and well-organized effort. Chances are, if you don't take the initiative, you won't see outdoor courts in your neighborhood anytime soon. But where to begin? Probably by recognizing the fact that you're about to enter a bureaucratic briar-patch, and that many of the administrators you encounter are going to have a safe and short-sighted, "What-we'll-need-in-the-future-is-more-of-what-we-have-now" attitude. It's going to be tough to convince them that outdoor racquetball, the new kid on the block, deserves some of the public turf traditionally held by basketball, softball, swimming and tennis.

Obviously one of your first jobs will be to educate your local officials about the outdoor game, and then to convince them of the wisdom of investing tax dollars in construction. It might be wise also to let on to your local parks and recreation people that you've done your homework, and you understand a unique thing about their business: that suppliers of leisure activity not only fill recreation needs, but they can also *create* those needs.

The road to outdoor (meaning *public*) courts is a treacherous one, indeed—full of twists, turns and countless pitfalls for the outdoor courts enthusiast. But it is possible to pick your way through this maze and emerge into the glorious sunlight of outdoor racquetball. All it takes is an understanding of the Byzantine processes involved in publicly-funded recreation. To help in this regard, we've invented a little game we call "The Public Court Shuffle," sort of our own version of Racquetball Monopoly. Any number can play this game; in fact, the more the merrier. The only requirements are a love of racquetball, a tough skin and an absolute abhorrence for the word "no." You'll need it.



The Public Court Shuffle

GO. Make plans, gather supporters. Proceed directly to Square 1.

1. Mr. Moneybags. May be private or corporate. Option A: Moneybags approves plans. Proceed to FINISH and fun in the sun. Option B: Moneybags rejects plans. Return to GO, regroup and proceed to Square 2.

2. Local recreation department examines plans, makes recommendation Go to Square 3.

3. City fathers debate, deliberate and declare their intentions. Option A: Plans approved. Proceed to FINISH
Option B: Council kicks plans upstairs. Go to Square 4

4. Ye Olde State Capital. State recreation department gives plans the once-over, makes recommendations. Option A: Hooray! Plans get the green light. Go back to Square 3 for ratification (and perhaps more greenbacks) and then on to FINISH. Option B: State passes the buck, literally. Proceed to Square 5.

5. Uncle Sam, the Big Casino. Department of the Interior peruses plans. Option A: Uncle Sam says, "Drop dead. Proceed no further. The game is over. You lose. Option B: Big Brother gives his blessings, agrees to foot 50 per cent of the bill. Proceed to Square 4 for another 25 per cent, pick up the final 25 per cent at Square 3. Or, proceed directly to Square 3 for the entire 50 per cent. Hustle down the stretch to FINISH. Sunshine at last!

FINISH

That is, making a particular activity available almost always creates increased participation. If you get them to admit this truism, then you can hit them with your spiel about the fastest-growing-sport-in-America.

Even before you begin lighting fires under your local representatives, however, you've got to ad hoc yourself. As one director of a city parks and recreation department put it, "The way to get the ball rolling on the outdoor racquetball business is to organize a community committee, elect a chairman, write or call your local park commission and your local district representative, and be ready to demonstrate a significant public need."

In order to show that need, you'll have to do a little preliminary research. First, you should have available—preferably on paper—some facts and figures about racquetball in general, and its nationwide growth both indoors and outdoors. (The IRA can help you here.) To demonstrate local interest, you should have a petition. (One handbook for recreation administrators suggests that petitions with over 150 signatures "should be taken seriously.") It would also be a good idea to get a draftsman or contractor to draw up some specs for an outdoor court, complete with materials and costs.

With these items in hand, you're ready to make your case. Here are some openers. Outdoor racquetball construction is extremely low-cost. The Pruitt-type of court, which is the "Cadillac model," is only \$6,000. Compare that to the minimum cost of a public tennis court at about \$10,000. And if there are existing front walls and macadam floors in some parks, the addition of sidewalls could easily cut that \$6,000 price tag in half. You can put four or five racquetball courts on the same square footage of ground it takes to lay out one tennis court. Maintenance is minimal. The courts can be used as tennis banging boards, handball courts and squash courts. And so on.

If you're lucky, the parks and recreation department will undertake a feasibility study, develop a "Normative and Comparative Need Index," or some such thing, and make a favorable recommendation to the city council. With a little more luck, the city council will appropriate the funds and the city planning office will begin drawing up construction plans. Bingo.

A balky—or broke—city council doesn't spell doomsday, however. The complexities of financing such public recreation projects offer some alternative strategies. The state department of recreation (or parks or conservation or natural resources—the names vary) can also come into play. That is, municipal governments can, if they wish, petition for state funding of special projects, or at least for cost sharing.

If the agencies in your state capital are reluctant—or willing but broke—there are still two avenues open. First, your local government can petition that such funds be allocated for the following fiscal year. This can be done in advance because departments of recreation for each state are required by federal law to file something called a Comprehensive Outdoor Recreation Plan. These plans, which are constantly being revised, are detailed outlines for allocation of state funds for recreation. Most are divided into categories such as "Land Acquisition" and "Outdoor Recreation Facilities." The latter category is further broken down by specific funding priorities: swimming pools, basketball, bow hunting, boat ramps, softball, hiking trails, etc. If you can get outdoor racquetball on that list, you're well on your way to getting some courts constructed.

The second avenue still open involves the federal government. The Big Casino. Financially speaking, you've moved from Baltic Avenue to Park Place with two hotels. And with some luck and the support of local or state representatives, you can still get your courts.

Since 1965, the federal government has set aside monies in a Land and Water Conservation Fund for the purpose of helping

Suppliers of leisure activity can also create recreation needs . . . Making outdoor courts available would almost certainly create increased participation.

states to acquire park lands and to build outdoor recreational facilities. The fund, which totals \$610 million for this coming year, is administered by the Heritage Conservation and Recreation Service, an agency within the U.S. Department of the Interior. Transforming some of this cash into racquetball courts in your neighborhood park isn't as difficult as it might seem.

Any government entity—city, county or state—can apply for these federal funds. If outdoor racquetball appears as a priority item in your state's Comprehensive Outdoor Recreation Plan, then there's a good chance the Heritage Conservation people will pay close attention to your funding request. They're willing to foot up to 50 per cent of the cost of the project, and if the state government agrees to kick in 25 per cent as they often do, then it will cost your city or town only 25 per cent of the total outlay.

There's still another way to get racquetball courts in your parks, and it may be the most attractive of all because it will cost your town fathers next to nothing. This method involves the generosity of a private individual, a group or corporation. As explained by J. Brad Baumann, outdoor recreation planner with the Heritage Conservation and Recreation Service, "If a company or an individual donates land to the city, county or state, we can match the value of that donation dollar for dollar to see that the land gets developed." That means, in other words, that they'll finance the courts. It also means that your local government won't have to put up a dime, except perhaps for some minor planning expenses.

The incentives are there for the private sector to make such donations; there's the humanitarian impulse certainly, but there's also a full tax write-off for such gifts. And if it's companies like Omega, AMF Head and Voit doing the donating, equipment sales to the new army of outdoor players could more than justify the initial expense. Something for everyone—if someone can do the organizing.

These, then, are the major strategies for funding outdoor racquetball courts. While democracy is almost always slow and deliberate, and sometimes deliberately slow, the fact remains that when well-organized lobbying groups talk, local leaders listen. And with a little local initiative, it's not inconceivable that in a few years we'll be seeing a second building boom in racquetball, and bumper stickers urging us to "Do It Outdoors." The day of the outdoor, public court is at hand. Let the sun shine. ■

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LOOKING FOR MR. GOODBAR

Breaking the Candy Bar Habit • By Frances Sheridan Goulart

A lifesaver has never saved anybody's life, a marathon bar has never gotten anybody to the finish line and a mounds bar has never helped anyone at the mound. But that doesn't prevent the candy bar from being the American athlete's favorite pre-game, post-game, pick-me-up food—bar none.

Frances Sheridan Goulart is a vegetarian, amateur athlete and the author of five natural foods-oriented books. Her latest book, Eating to Win: Food Psyching for the Athlete, was published last year by Stein and Day.

And that doesn't change the United States' number one standing in the candy consumption sweepstakes. There are more chocolate-holics in America than anywhere else in the world of sport. Year after year, Americans—and even more alarmingly, American athletes—eat twice as many chewy caramels as they do leafy greens.

But if all those swimmers, runners and racquetball players knew what was good for them—and for the games they play—they'd never give another sucker an even break. The reason is simple. Excessive sugar consumption, of which the candy bar is the most culpable example, is undoubtedly one of the worst

things you can do to your body. It can lead to such obvious and well-known problems as tooth decay (thus the United States' annual \$7 billion dental bill) and overweight (some 70 million Americans are considered "clinically overweight.") What's more, according to experts like the late Dr. Frederick Banting, Nobel Prize laureate and co-discoverer of insulin, the national incidence of diabetes increases "proportionally with the per capita consumption of sugar."

And that's not all, because excessive sugar consumption can be even more damaging to athletes. Its effects won't show up immediately, of course; you won't keel over moments after eating

ILLUSTRATION BY JEANNE SEAGLE

that candy bar in the locker room. But in the long run, gulping down Mister Goodbars can actually impair your athletic performance through weakened bones, reduced stamina and slower reactions. That means more missed kills, fewer blinding drive serves and a significantly increased susceptibility to injury. It means, in short, that you will be a poorer athlete.

Consider, for example, the effect this almond joy ride has on adolescent and pre-adolescent athletes. Tests have shown that a diet that regularly admits candy bars and excludes other more nutritious foods can produce irregularities in a youngster's growth and weight. "It seems," says Dr. John Yudkin, professor of nutrition and dietetics at Queen Elizabeth College, University of London, "that the usefulness of a given amount of protein—its value in promoting growth—is diminished when sugar is present in the diet." And a six-year study conducted by a Swiss researcher, Dr. Eugen Ziegler, revealed that a high-sucrose (i.e., candy rich) diet caused an undesirable acceleration in height for boys and girls in many countries. High sugar diets may also have more than a little to do with the significantly high blood chole-

sterol levels now being sampled among teenagers. A 1977 report from the American Health Foundation revealed that more than 30 per cent of all the 12- to 15-year-olds in this country have abnormally high cholesterol levels.

Even greater rises in blood triglyceride levels (changes which can contribute to the build-up of fatty deposits in the arteries and to coronary disease) occur with the casual and all-too common ingestion of America's favorite fun food, with its combination of sugar and saturated fats. In laboratory tests, triglyceride levels rose over 118 points and cholesterol levels rose 200 per cent in rats placed on diets heavy in just these two candy bar components. So a mid-tournament Mars Bar break could mean more to you than just damaged teeth or added pounds.

Sugar manufacturers, of course, urge you to "eat sugar for quick energy." This approach has been particularly effective with athletes, who are always looking for that competitive edge over their opponents. And it's true that sugar will raise your blood-sugar level temporarily. This is because sugar is absorbed into your bloodstream through the intestines within minutes of being ingested, producing a rush of "quick

energy." But what the sugar manufacturers *don't* tell you is that a half hour later the sugar is used up, and you are left even more fatigued than you might have been without the candy bar. A common reaction for many athletes at this point is to reach for another "fix," to gobble down another candy bar to get fresh energy for the next half hour of activity. Thus begins the long road to chocolate-holism.

Nor does the dirty work stop there. Those bad news bars can also do all of the following:

- The production of acid in the stomach is tripled; so is pepsin (an enzyme) activity. These are the acid and enzyme levels that pave the way for stomach ulcers.

- In test animals, sugar directly causes fatty lesions on the wall of the aorta, the major artery that carries blood from the heart to the rest of the body.

- Glucose tolerance (the body's ability to break down sugars into energy) becomes abnormal. This could be the preliminary to diabetes, hypoglycemia (low blood sugar), or both.

But perhaps even more disturbing to the athlete, whose most important piece of playing equipment is his body, is the news that a diet that doesn't ban the bar

AMF Voit's truer, bluer,



may even cause bone damage. This according to Dr. Marshall Ringsdorf, of the department of oral medicine at the University of Alabama at Birmingham. "Sugar interferes with the body's constant formation of bone," Ringsdorf maintains, "with the result, based on the average American diet, that bone destruction exceeds bone formation for two to five hours daily." Ringsdorf concludes that this is part of the problem with bone loss—both in the jaw, where it results in loosening of teeth, and in the rest of the body, where it may contribute to osteoporosis (the weakening of the bones which makes older people so susceptible to fractures).

But young or old, if you're spending too much time on the good ship lollipop, it isn't just your ankle bones or back molars that will suffer. Your performance on the court may also be affected, that is assuming you're well enough to turn in a performance at all, since a diet high in candy content can even interfere with your immunity to infection.

Two scientists at Loma Linda University in California have demonstrated a clear link between the consumption of refined sugar and a reduction in the body's ability to fight

infections. Dr. Ralph Steinman and Dr. Albert Sanchez, in separate studies, demonstrated that sugar reduces the ability of white blood cells in engulfing microbes and dramatically lowers an individual's phagocytic—or infection fighting—index. In these studies, 50 grams of sugar, which is comparable to one candy bar, caused the phagocytic index to drop from 12 to 5. *This represented a drop to less than half the body's normal infection fighting abilities.* What's more, Steinman's study indicated that it took only 45 minutes for the phagocytic index to decrease, while Sanchez found that the index remained at a low point for at least five hours.

Above all other sweets, candy takes the cake. This is not only because of the sugar it contains, but also because of the chocolate that often keeps it company. Chocolate bars are pick-me-ups because along with the sugar, they also contain the stimulant theobromine. And according to some medical researchers, it is the antibody "IgE" in chocolate that makes it one of the more famous—or infamous—allergens. It follows eggs on the National Institute of Allergy and Infectious Diseases' list of "allergic troublemakers." Other troublesome substances in chocolate include oxalic

acid, which interferes with the body's assimilation of calcium; tannin, a possible carcinogen; two percent caffeine; a very high number of calories (505 in only 100 grams); not to mention 56 grams of saturated butterfat, which is what causes chocolate to go bad.

In addition, many commercially made chocolate bars these days may be contaminated with carcinogenic weed killers and wood preservatives such as LINDANE, BHC or Heptachlor Epoxide. (This is because the artificial vanilla flavoring used in many candy bars is often processed out of wood pulp paste.) Last year, tests conducted by a research institute at the University of Wisconsin at Madison revealed such substances in five brands of top-selling candy bars. According to Dr. Samuel Epstein, professor of occupational and environmental medicine at the University of Illinois School of Public Health, "The substances are all cancer-causing agents, and when you eat substantial amounts of candy, these chemicals can accumulate in the body's fatty tissue."

So what are you getting from a chocolate bar besides so-called "quick," high calorie energy? Maybe not even chocolate. You see, not all chocolate foods are real chocolate, and present food and

brighter, bouncier ball.



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RACQUETBALL

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Husky Open
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Seattle, WA
Tournament Director:
Yvonne Calavan
206-329-3334

May 11-13

War Eagle Open*
Auburn University
Tournament Director:
Alan Meacham, Gary Bell
261 Ridgewood Village
Auburn, AL 36830
Entry Deadline: May 1, 1979

May 11-12-13

1979 Minn-Dak All Air Force
Racquetball Invitational*
Tac Racquetball Center
1401 Dyke Ave.
Grand Forks, N.D. 58201
Contact: Staff Sgt. Ben Beck
Base Gym
321 CSG/SSRI
Grand Forks A.F.B.
North Dakota 58205

May 24-28

International Racquetball
Association World Amateur
Singles Championships*
Supreme Courts Sports Center
3315 Spring Mountain Rd.
Las Vegas, Nevada 85102
Contact: Luke St. Onge
901-761-1172

May 25-27

Rhode Island Racquetball Open
Charity Tournament*
Fore Court II Racquet Club
44 Cray St.
Cumberland, Rhode Island 02864
Tournament Director:
Normand Laliberte, Jr.
461-762-2996

June 1-3

Wisconsin State Singles*
Tournament Director:
Tom Radai, Jr.
2613 S. 51st St.
Milwaukee, WI 53219

June 8-10

Alabama State Doubles*

Tournament Director:

Harold Wheeler
919-762-3357

June 29-July 1

J.W. Million Classic
Tennis World
Tournament Director: Mir Rahim
Seattle, WA

July 13-15

International Racquetball
Association's National Juniors
Championships*
Memphis, Tennessee
Supreme Courts
Tournament Director:
Luke St. Onge
901-761-1172

July 18-21

Klondike Canadian Open
Edmonton, Alberta
Attn: Fred E. Small,
Veep Edmonton Racquetball
Association

August 3, 4, 5

3rd Annual Nittany Mountain
Summer Invitational*

May 18-20
U.S. Military Championships*
Site to be announced
Contact: Lcdr. Don W. Samek, III
612 Charlecote Dr.
Virginia Beach, VA 23462
518-565-5227

Daffy Open
Town & Country
Gig Harbor, Washington
Tournament Director: Gary Hansen
206-858-9115

Milwaukee City B, C, & Novice
Championships*
Tournament Director:
Tom Radai, Jr.
2613 S. 51st St.
Milwaukee, WI 53219

Tournament Director:
Don Smith, Gary Bell
Pointe South Racquet Club
P.O. Box 7013
Dothan, AL 36302

June 9-16
USRA Nationals
Tempe, Arizona

June 21-24
Illinois State Championships*
Tournament Directors:
Kay Fisher, Angelo Petitti
Killshot Ltd.
Bloomington, IL
312-745-9400

June 23-24
4th Annual Wilmington Open*
YMCA
Wilmington, NC

Summer Invitational
Penn State U.
Tournament Director:
Jerry Willey

August 17-19
I.R.A. Masters Invitational
Doubles*
Tournament Director:
Ivan Bruner
608-271-3131
Supreme Courts
Madison, WI

August 31-September 3
National Diabetes Celebrity
Racquets Tournament*
Aspen, Colorado
Tournament Director:
Gary Garrison

*I.R.A. sanctioned tournaments

CALENDAR

drug ordinances do not protect the consumer from substitutions of artificial flavorings. The term "added flavoring," for instance, may mean that anything from ground coffee to oleoresin extract to malted cereal extract has been added to a candy bar, since the Food and Drug Administration considers all these substances "natural flavorings."

Also, a chocolate bar's level of nutrients are so low as to be almost nonexistent. Nutritionist Michael Jacobson, director of the Center for Science in the Public Interest in Washington, D.C., gives milk chocolate a score of minus 27 on his "Nutrition Scoreboard," while a genuine pick-me-up snack like sunflower seeds gets a plus 44. Nutritionally speaking, chocolate is a little-league food, and thus not a food for little leaguers or their larger brethren, either.

How can you avoid those brands of candy bars that have excessive amounts of sugar? You can't, at least not with any certainty. "Sugar added by a manufacturer is listed on the (candy) label with starch, fiber and naturally occurring sugars as 'grams of carbohydrate per serving,'" notes the *Nutrition Action Newsletter*. "A Hershey's milk chocolate candy bar with almonds lists its carbohydrates as 15 grams, when a more revealing des-

cription would be 44 per cent sugar. . . Various forms of sugar can be scattered throughout the ingredients list, thus disguising the actual amount of sugar in the product."

The only sure way, then, to get off the candy bar, sugar-land express is to do without—or better yet—do it yourself. In other words, you can either refrain from eating sweets or switch to more natural substitutes for the usual chocolate and refined sugar. If you decide to go "cold turkey," allergists recommend taking one gram each (1000 milligrams) of vitamins B-6 and ascorbic acid. This will help control your craving for sweets and both vitamins are water soluble and perfectly safe.

But your dessert life need not suffer simply because you say no to candy. There are a number of natural sweeteners that will serve just as well and taste good, to boot. Honey and fruit, for example, are well-known natural sweeteners. There is also a little-known chocolate substitute called carob. Sometimes called honey locust or St. John's Bread, carob is a leathery podded bean (the seeds can be toxic in this case and only the pod is turned into powder), and it is everything good that chocolate is not. It offers one-fifth the calories of chocolate, along with vitamins A, B-1, B-2 and B-3, all of which subtract rather

than contribute to stress the way cocoa bean products do. Carob also contains large amounts of calcium, magnesium, potassium, sodium, iron and the trace minerals.

There are several simple recipes (such as the one shown below) which utilize carob and other natural sweeteners. With them, you can make your own confections without objections, desserts that will not only be good *to* you, but also good *for* you as well. Otherwise, if you continue to make the rounds of the calamitous candy circuit, your health and court performance will suffer, and you may discover what a lot of people have known right along: that Mister Goodbar isn't really so good after all.

Recipe Marathoner's Bar No. 1

- ½ cup peanut butter
- ½ cup honey
- ½ tsp. vanilla
- 1 pinch sea salt
- 1 cup milk powder
- 1 cup roasted carob powder

Mix peanut butter and honey until creamy smooth, mix in salt and vanilla. Add milk and carob powder a little at a time, mixing first with a spoon, then by kneading like bread dough. Press into a flat pan, chill and cut into bars. Enjoy! ■

Effective
June 1, 1979

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sanctioned Junior events and for
any participant under 18 years
of age in any IRA tournament.

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slap it  dunk it  bounce it 
freeze it  spin it  cream it 
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WEEKEND OF THE LIVING DEAD

The Plight Of The Racquetball Widow

At every racquetball tournament there are always a number of women who look bored to tears. Amidst the tournament excitement, comradeship and all-around good times, this tiny group of women remains unaffected and unimpressed. They can usually be found clustered together at the rear of the spectators' gallery—some staring listlessly into space, others idly twiddling their thumbs, or crossing and uncrossing their legs, all of them generally giving the impression of wanting to be somewhere—*anywhere*—else than at a racquetball tournament. These unfortunate ladies represent one of the little known side effects of the current racquetball boom: the racquetball widow.

In order to understand such women, you must first grasp one simple fact: these women *hate* racquetball. They think it's the silliest game ever invented by man. To them, watching two nuts bang a rubber ball back and forth inside a cheese-box court is about as exciting as watching grass grow. And the fact that a great many women play—and actually enjoy—racquetball makes little difference to these ladies. As far as they're concerned, it's still a silly game, and to the devil with it.

Unlike most sports widows, the racquetball widow's chief concern is not that her spouse deserts her on weekends to indulge in his particular brand of athletic obsession. No, her real problem is that not only does her husband insist

on playing such a pointless game, but he also insists on dragging her along to watch him do it. To *every* tournament. *Every* weekend.

The reason for this is simple; men like showing off to women. They always have, probably always will. In fact, this propensity for showing off starts very early in the male of the species, first manifesting itself when he begins to speak. One of the favorite expressions of little boys is, "Hey, mom, watch this," whereupon the toddler proceeds to demonstrate some new athletic skill. This generally takes the form of things like riding a bicycle backwards or doing handstands. In little boys, such behavior is considered cute and a normal part of growing up.

Many men, however, never seem to outgrow the "watch this" complex. They merely substitute the nearest female for mom and then show off to her.

As these men grow older, the tendency to show off reaches new heights of subtlety. For example, a husband prepares to go to a racquetball tournament and wants his wife, who doesn't play racquetball, to come watch. Instead of saying, "Hey, Martha, watch this," he casually asks her if she wants to go with him. He knows that she will say no, but by asking the question he sets her up for some clever emotional blackmail, which usually goes something like this: "That's fine, you go right ahead and stay home. I've practiced for months getting ready for this tournament, and it

means a lot to me, but you go ahead and stay home. I should have known better than to ask for your support." The result of this wordy rendition of "watch this" is that the wife, who doesn't know or care to know anything about racquetball, ends up going along to the tournament just to keep peace. This accounts for the number of painfully bored women moping around at racquetball tournaments.

Most of these women don't realize what they've gotten themselves into until it's too late. The horrible truth finally starts to sink in as they prepare to leave after sitting through their husband's first match, only to hear him say: "No, we can't leave yet. I've got another match in an hour and maybe one tonight if I keep winning."

This is when the woman starts to hope that her husband will lose. Some women, in fact, have even resorted to sabotaging their husbands' equipment in order to get them to leave a tournament. This can make for some very delicate situations.

Even the most imaginative wife would have a hard time coming up with a legitimate reason for why she is smearing vaseline all over the handle of her husband's racquet just before his match. Equally hard to explain away is being caught by your husband as you run a razor blade over the strings of his racquet, or as you attempt to hide his equipment. For instance, if he should stop you just as you are heading into the

By Mark Holland

ladies' room with his shoe stuck in your purse, he's not going to like it, and he probably won't buy your playing dumb. "Oh my goodness, now how did that happen? I had your size 'Huge' tennis shoe in my purse and I didn't even notice it." And if you're caught stuffing his glove and shorts into a garbage can, he will undoubtedly be somewhat hostile. He will rant and rave and say you've lost your mind, and you will feel wounded because all you want is to go home. Such confrontations between a bored woman and an adrenalin-stoked husband can lead to serious problems in a relationship, but fortunately there is a group that can help.

That group is Wives of Tournament Players Anonymous (WTPA), and they specialize in counseling for couples with

These women
hate racquetball.
They think it's
the silliest game
ever invented.

tournament related problems. They get a husband and wife to sit down together and try to understand what they are going through. The counselor explains the "watch this" complex to the wife, and then tries to make the husband understand the depths of boredom experienced during a tournament by a person not interested in racquetball. The counselor also points out to the husband that he shouldn't hold his wife accountable for her actions because she was under the influence of severe boredom. In the one year that the WTPA has been in existence, they have done a tremendous job counseling couples on the problems of tournament boredom.

The WTPA was founded by two housewives from Toledo, Ohio, Anne Wee and Vera Borden, who met at a racquetball tournament in which their husbands were playing. After talking together for a short time, Anne and Vera confessed to one another their utter boredom with the tournament. Through talking to other women, Anne and Vera decided there was a need for an

organization which would help all the bored wives who attended tournaments at their husbands' insistence. Anne and Vera are also quick to point out that the WTPA is not just a place for bored wives. The organization opens its arms to unmarried women, men and even children who are bored witless by racquetball tournaments.

Originally, the WTPA was to be a place where bored women could come during a tournament and talk to other women who were as bored as they were. But as the organization grew and set up more and more chapters, it became apparent that there was a need to do more than just provide a room where talking about racquetball was forbidden. This is when the WTPA got into counseling and boredom therapy. Today, the WTPA stations at tournaments have more of an air of a command post in a combat zone, rather than the coffee shop atmosphere of the early days. The WTPA field stations are buzzing with activity, especially on Saturdays when some women stay at the tournament for as much as 10 hours at a time. Volunteers with WTPA arm bands on are either restraining couples who are arguing loudly with one another, or dragging in women who have been bored into a coma. As these cases come in the door, other WTPA arm-banded ladies are rushing out to patrol for more fighting couples and comatose women.

The WTPA field stations are divided into three sections. The first section is like the old WTPA rooms, with coffee and doughnuts and a place for women to sit and talk about something besides racquetball. The second section is the counseling area where specially trained volunteers try to help couples resolve arguments that began as a result of the tournament. The third section is for the critically bored. These are women who have reached a near catatonic state, women who have become hysterical and women who have become delirious from spending hour after hour watching a game they can't stand.

To keep tournament wives from becoming Section 3 basket cases, the WTPA has instituted an "affirmative action" program involving the use of various techniques to combat boredom. Things like cheering for your husband's opponent or sabotaging his equipment. In fact, the WTPA encourages women who are bored at tournaments to cheer for their spouses' opponent as a way of getting involved in the match. The organization also has special classes in the sabotaging of vital equipment, classes like "Ten Easy Ways to Destroy a Racquet" or "The Pros and Cons of Razor Blades."

Still another technique endorsed by

the WTPA is that of attending tournaments without ever watching a game. According to this theory, all a wife really has to do to appease her husband's "watch this" complex is just go to the tournament with him. She doesn't have to *watch* anything, though, because usually the husband gets so caught up in tournament fever that he never notices whether she is watching or not. Consequently, a woman need not be bored to death watching endless racquetball matches, but can instead spend the entire tournament together with old friends in the WTPA field station.

The WTPA's Omaha chapter has even developed a special program to aid such women. The chapter employs "runners" who watch a match and then run back to the WTPA field station with a report. The woman whose husband played in that particular match can then go congratulate or console her man, depending on the outcome of the match. Some of these runners also keep track of especially good shots or rallies and include a description of them in their report. This enables the woman to throw in bits of information that make it seem as if she really watched the match. She can say, "That was a great rally when you had him 10 to 7," or "I really thought you were going to pull that second game out, it was that close." This lends authenticity to the woman's remarks and is also a comfort to her husband if he lost the match.

Such techniques, however, are only stopgap measures. The real work of the WTPA comes in getting racquetball widows to face up to the hard choices confronting them, choices which have become the cornerstone of WTPA philosophy. First, a woman married to a racquetball enthusiast can decide to learn the game herself, thus combatting boredom through actual participation in the sport. But for those women to whom even the *idea* of playing racquetball is boring, the WTPA's advice is simple: be honest. Tell your husband the truth. Tell him you hate racquetball. Tell him you think it's a stupid game, and you can't understand why he wants to spend an entire weekend running around inside a big white box so that he can complain about how sore he is all next week.

That kind of honesty may lead to strained marital relations, at least for a while, but in the long run it's the best thing for both partners. Eventually, the husband will come to appreciate his wife's honesty, while the wife will be spared contact with a game she despises. As one senior WTPA advisor put it, "The next time your husband says 'Watch this,' tell him to go home to mother." ■

T

TOURNAMENT

R

REPORT

Northern Lights

THE STARS SHINE AT NEW YORK STATE IRA CHAMPIONSHIPS



Left to right—John Croke, General Manager of Winning Walls Racquet Club; Joe Sobek, Charlie Horton, First Place in Men's Open Division; and Richie DeMarco, General Sales Manager of Sound Distributing

The aurora borealis, commonly known as the northern lights, is a luminous band of particles that occasionally lights up the skies of the northern hemisphere. By all accounts, it is a spectacular show. Recently, however, northeast area racquetballers were treated to another kind of "northern lights" show, a spectacle no less dazzling and exciting than the borealis itself: the New York State IRA Championships.

Racquetball "stars" from three states—New York, New Jersey and Connecticut—turned out for the tournament, which featured some of the best amateur racquetball ever seen in the northeast. And presiding over the entire affair was another legitimate star, Mr. Racquetball himself, Joe Sobek.



Left to right—Joe Sobek, Sondra Dinicola, First Place in Women's Open Division, and Richie DeMarco, General Sales Manager of Sound Distributing.



Left to right—Jimmy Manna, Retail Sales Supervisor of Sound Distributing; Dave Luft and Art Diemar, First Place in Men's Open Doubles; and John Croke, General Manager of Winning Walls Racquet Club.



Left to right—John Croke, Pat Colombo, First Place in Men's Seniors, and Jimmy Manna.

The tournament, held March 23-25 at the Winning Walls Racquet Club in Porchester, N.Y., was sponsored by Anheuser-Busch and Sound Distributing of Mt. Vernon, N.Y. The participants, 375 strong, vied for championships in 12 divisions: Men's Open, B and C singles; Men's Seniors, Masters and Golden Masters; Women's Open, B and C singles; Men's Open and Senior Doubles; and Women's Open Doubles.

Sobek, who invented the game of racquetball some 28 years ago, was the honorary chairman for the tournament. Throughout the course of the three-day event, he provided encouragement to those who needed it and congratulations to those who deserved it. Such praise coming from the acknowledged "Father of Racquetball" is heady stuff indeed.

At the conclusion of the tournament, Sobek was presented with a plaque that read, appropriately: "We would not be if it were not for thee." He was also given the framed original of his portrait that appeared on the cover of the January/February issue of *Racquetball*.

But the real stars of the tournament were the players, who provided spectators with a weekend of top-notch racquetball matches. (For a breakdown on scores and winners, see Scorecard on page 42). Indeed, the problem with reporting a tournament of such caliber as this is trying to distinguish between the superior play of all the contestants. Virtually every match, every elimination, was worthy of note. As one observer said, "Everyone is huffing and puffing and smiling . . . Now that this game has come out of the Y's and into tournaments like this, I know that racquetball has come of age." ■

Time Out: Many Thanks

To: John Croke, managing partner of the Winning Walls Racquet Club, and the entire tournament staff.

To: Allen Seitleman, Mike Jones and Ron Forman of the IRA.

To: Anheuser-Busch, makers of Natural Light Beer, and the Sound Distributing Company.

To: All participants and all others who helped make the New York State IRA Championships an outstanding tournament.

STATE DIRECTOR



Ina Ivarson

If you're one of those people who still doubts that racquetball has become a truly international sport, then consider the following: a woman born in Italy, married to a Swedish-born engineer, who now spends her time working to promote racquetball in the United States.

That's the situation represented by Ina Ivarson, the IRA's state director in New Hampshire. Ivarson's husband, Lars, is himself a racquetball player who introduced the sport to his wife several years ago. Now Ina is one of the most enthusiastic supporters of amateur racquetball in the Granite State, which has experienced significant growth over the last couple of years in both the number of players and court clubs.

As state director, Ivarson is particularly concerned with promoting the development of the women's divisions in New Hampshire, through both league and tournament play. She teaches racquetball at the Off the Wall Racquet Club in Nashua, N.H., and encourages women to become aggressive players and overcome the fear of competing. (One indication of just how far women players have progressed in the New England area was the Women '79 tournament, held last February in Boston. The event was the largest all-women racquetball tournament ever held on the east coast, drawing 144 participants. See *Racquetball*, April, 1979.)

As a player, Ivarson has won the Women's Open division of the Tri-State Championships, encompassing the New Hampshire, Vermont and Maine areas. And while some women may be bothered by the heavy sweating associated with racquetball, Ivarson thrives on it. "Personally, I love the feeling of getting a good workout," she says. "If I haven't sweated in two days, I get withdrawal symptoms."

Spoken like a true player. New Hampshire, it seems, is in good hands. ■

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ADJUSTING TO THE BALL

A BOUNCE-BY-BOUNCE ACCOUNT

By Michael Mjehovich

The match is just getting underway and you have the serve. You hit a hard drive to your opponent's backhand. He returns the ball to the ceiling, it rebounds off the front wall, takes one bounce and . . . then what? Well, depending on the ball, it could go on to bounce off the back wall 12 feet high, or it could barely reach the back wall at all.

Sound familiar? It should, if you've been keeping track of the new flood of racquetballs on the market. Companies such as Wilson, Penn and Spaulding, long-time tennis giants, are now pushing hard to grab a share of the profitable racquetball market.

In fact, there are so many balls on the market that it's hard to keep up with them all. Blue is in, black is out. We have balls of the pressurized and non-pressurized variety, those with no guarantee and those with a double guarantee. We are even entering the compound or rebate phase of merchandising: "Buy one, get one free. . ."

So what's the problem? The problem, simply, is that few of these balls play the same on the court. The liveliness, or speed, of the balls ranges from super fast to slow. This can make a difference in the way the ball bounces on the court, which can affect your game plan, shot selection, power serve, return of serve and other important aspects of your game. Indeed, there is no greater frustration than to walk into a match using your opponent's ball (say, a Seamco 444) and play as you would using your regular ball (a Voit Blue, for instance). There is more difference between the two than just the color. Adjusting to the ball, then, is obviously one of the first decisions you should make during a match.

For our purposes here, we will assume that there are no genuinely "slow" balls and instead divide the balls into two categories: (1.) Fastest, and (2.) Fast. The standard test for determining where a ball fits into these two categories is by

shooting a waist-high ceiling ball from deep court. Ball #1 will rebound from the ceiling, bounce and strike the back wall 10 feet or higher. This will be a set-up for a back wall return. Ball #2, on the other hand, will follow the same pattern but will not strike the back wall as high. It will reach the back wall but be a more difficult shot, using the back wall return. Without using specific brand names here, an experienced player nevertheless will know which balls fit into each class.

Serve

The hard drive serve is affected by the ball's liveliness. The livelier ball (#1) seems to take off on the first bounce. If it is hit correctly, and not too hard, it is a very effective serve. If hit too hard, the serve will become playable off the back wall. Ball #2, by comparison, is less likely to come off the back wall if hit well.

Players moving up to a fast ball must learn to not overhit. The player moving up to a slower ball must make sure to use enough power to clear the short line. The pro version of the drive serve is an exception. Few of us can combine power with such control.

The Z and junk (medium lob) serves are popular second serves. The Z serve is faster and tends to bite the sidewall better with Ball #1. The junk serve must be hit carefully. It is used by most players to start a ceiling game rally, which is also affected by the type of ball in use.

Ceiling Game

The ceiling ball requires a good controlled stroke. The livelier the ball, the more "touch" is required to produce an effective ceiling ball. The return of serve relies heavily on a waist high ceiling return. The lively balls will become playable off the back wall if hit too hard. The better your game becomes, the more you realize that the back wall return is an important shot to keep away from your opponent. A good hard drive serve may be very difficult to neutralize using the ceiling ball. An

adjustment must be made in your stroke to compensate for the ball in use.

During a rally the overhead ceiling game must also be approached with caution. Back in the days of the slower balls, you would have to slug the ball very hard to create a back wall return. Those days are gone. Finesse and control of your stroke will give you the return you need with a very fast ball like Ball #1. Make sure to warm up with your game ball so that you can find the proper effort needed to hit the effective ceiling ball.

When using a slower ball, like Ball #2, you must also adjust. A weak ceiling return is as much a mistake as one hit too hard. If the ceiling ball falls far short of the back wall, a smart player will set up and shoot an offensive shot. Players using the slower balls have the most trouble adjusting. Be aware of this problem and practice patience in learning different levels of strength in hitting your ceiling return.

Shooting

The livelier the ball, the harder it is to control. A good pass shot must have just the right touch or become playable off the back wall. Pinch shots must be precise for fear of being left either up high or hit too hard, allowing the ball to be playable off the opposite sidewall.

The correct shot in any rally is the one which results in a winner. Knowing the characteristics of the ball you are using is as important as knowing your opponent's style. The ball will not drastically alter your shot selection in most cases, but you must make sure you use the most effective stroke for that particular ball. Too hard, too soft—both can be wrong at any given time. Thus, you must be aware of the power with which you strike the ball during the rally.

Eventually, we should begin to see a more stable and consistent ball produced by all the manufacturers. There will probably always be some differences between individual brands, of course, but the development of a predictably lively ball would do much to simplify a racquetball player's game preparation. For the time being, though, your only alternative is to continue adjusting your game to neutralize the differences between the various balls on the market. The sooner you do this, the better your game will become, and the fewer racquets you will smash through frustration. Because in racquetball, success really does depend on following the bouncing ball. ■

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PLAYING DOUBLES

WHEN TWO BECOME A TEAM

By Charlie Garfinkel

EDITOR'S NOTE: With this issue, Charlie Garfinkel begins a regular "Winning Points" column for Racquetball. Garfinkel is the author of *Racquetball The Easy Way* and he also writes a biweekly racquetball column for The Buffalo News. He recently won the IRA's National Senior Singles Invitational in Pittsburgh.

Charlie Brumfield and Steve Serot. Steve Strandemo and Dave Charlson. Mike Luciw and George Rudysz. These are familiar names in the annals of racquetball doubles players. All three of these teams are former IRA national doubles champions. It goes without saying that they were excellent teams.

Yet, these men were more than just national champions. They were also good friends on and off the court. They respected each other as players and individuals.

And that's the first thing to remember about playing doubles, whether you are a "C" player or a national champion: you should enjoy playing with your partner. Choosing your partner, in fact, may well be the most important decision you will make as a doubles player. It is certainly a crucial factor in making a successful doubles team. It will also make the game much more fun.

The second point to remember about doubles is that you shouldn't attempt to play with someone else until you're reasonably proficient playing on your own. In other words, learn to play singles first. Otherwise, you may be in for some very frustrating doubles play.

In singles you only have to know where your opponent is. In doubles, however, you must know where both your partner and the two players on the opposing team are at all times. And because there are many weird bounces

and caroms in racquetball, shots are naturally more difficult to return with four players on the court instead of two. (For a light-hearted look at the hazards of doubles play, see *Racquetball*, January/February.)

Almost everyone can play doubles but there are certain rules that will greatly help you in both the enjoyment and the playing of the game. You should know that:

1. Scoring in doubles and singles are the same.
2. Your opponents are entitled to a clear view of the ball at all times.
3. You shouldn't crowd your opponent or get in his way when he is hitting the ball.
4. When your partner or either of your opponents is attempting to hit the ball, you should carefully watch the player as he starts his swing. This will give you a much better idea of where the ball is going.
5. Always encourage your partner; don't discourage him.
6. Never say "I'm sorry." Your partner knows you didn't mean to miss the ball on purpose.

There are two primary formations in doubles. Teams may play side-by-side or up-and-back on the court. Although both formations have some merit, the far better formation for most situations is to play side by side. Each player is then responsible for taking shots hit on his side of the court. By contrast, when the two players on the team play up-and-back they often find themselves scurrying about and constantly out of position.

When playing side by side, imagine a line running down the middle of the court, dividing the court in half. The player playing the right side would take all shots that are hit on the right side of

the line. The player playing the left side would take all shots that are hit on the left side of the line.

Deciding on which player should play the right or left side is very important. You should utilize each player's strengths for optimum effectiveness.

If one player is left-handed and his partner is right-handed the choice is relatively easy. The right-hander would play the right side and the left-hander would play the left side. In this way, any shots that are hit anywhere on the court, including the hard down-the-line shots, could be taken on the forehands of the righty-lefty combination.

This can make for a very frustrating situation for the opposing team because of the difficulty of hitting a shot to the righty-lefty team's backhand. As a result, an exceptionally good righty-lefty team is tough to beat.

However, most teams usually consist of two right-handers. In these instances the better backhand player should play the left side. He will be better able to handle the difficult shots that are hit down the left sidewall.

This player would also take most of the shots that come down the middle of the court, as they are on his forehand. The right-side player would handle the shots that are along the right sidewall.

When one player is appreciably superior to his partner, he should always play on the left side of the court. The reason is that most of the play in racquetball tends to go to that side. Each team constantly tries to keep the ball in the deep left corner. Therefore, the player on that side must be able to shoot the ball well from that position.

The left-side player must also be in excellent mental and physical shape. Since he will be taking most of the shots he will be acting as the "court general." This can be extremely tiring mentally and physically.

Strategy and Play

Before the doubles match starts you and your partner should discuss some important points. You should both understand what your roles on the court will be. The more effective server should serve first. You should also decide who will be taking the shots that are hit to the middle of the court. Equally important is to decide upon the different types of shots and strategy that you feel will best enable you to defeat your opponents.

By determining all this before the match, you and your partner will be

(cont. on p. 40)

FIRST SERVICE

New Court Club Openings

Grand Forks, North Dakota

TAC Racquetball Courts recently opened a racquetball/handball facility in Grand Forks at 1401 Dyke Avenue. The club features eight air-conditioned courts, six with glass back walls and one with a glass sidewall.

Other features include a whirlpool, kitchen, gym and supervised day care center. Both family and single memberships are offered.

Club managers are Craig Harding and Tom Przybylski. The TAC facility served as the site of the North Dakota State IRA Singles Championships held in March.

Buffalo, New York

The Waterfront Racquet Club is scheduled to open soon in Buffalo at 229 West Genesee Street.

The 20,000-square foot complex will feature 12 racquetball/handball courts,

saunas, an exercise area and supervised nursery. The club is open 24 hours Monday through Friday and from 6 a.m. to 11 p.m. on weekends.

Two kinds of memberships are available. The Gold membership goes for \$100 and entitles a member to reserve or block court time during any hour of club operation. The Red membership (\$65) entitles a member to reserve or block court time between 6 a.m. and 6 p.m., including all hours Saturday and Sunday. A limited number of memberships are now being accepted.

Lexington, Kentucky

Spaulding Racquetball Clubs, Inc., of St. Louis, Mo., has opened its first club in the Lexington area at 500 New Circle Road N.W. in the North Park Shopping Center.

The club features 10 racquetball/handball courts, saunas, an upper level viewing gallery and a nursery.

Members of the Lexington club are also entitled to reciprocal membership privileges with all other Spaulding Clubs nationwide. The organization operates clubs in a number of cities, including St. Louis; Houston, Texas; Little Rock,

Ark.; and Edgewater, N.J.

Ames, Iowa

The Ames Racquet Club has opened at 320 South 17th Street in Ames.

The club features three indoor tennis courts and eight regulation racquetball courts. Other features include a nursery, saunas and an exercise/weight room. The club is managed by Harvey Dill, one of the general partners.

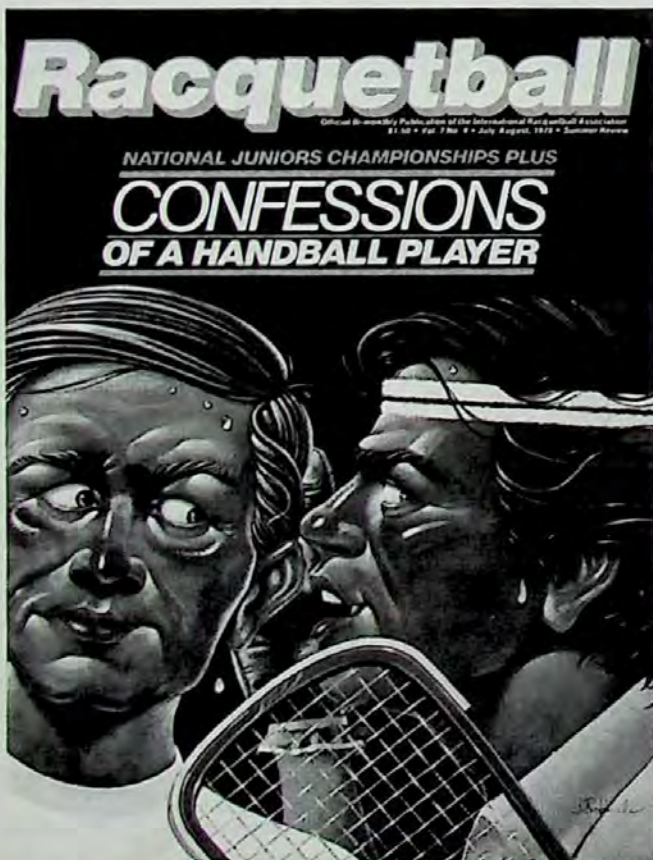
Burlingame, California

The Royal Racquet Club is scheduled to open this month at 1718 Rollins Road in Burlingame.

The club features 17 racquetball/handball courts, saunas, child care facilities and a combination bar and delicatessen.

Membership rates include family (\$150 initiation fee; \$50 monthly dues), individual (\$100 initiation fee; \$35 monthly dues), regular (\$50 initiation fee; \$15 monthly dues) and student (\$35 initiation fee; \$10 monthly dues). Corporate rates are also available upon request.

Joseph Lanam is the club's general manager. ■



Racquetball Magazine is currently gathering data about virtually every aspect of the booming racquetball industry—from racquets to wristlets, from construction materials to club openings. We invite anyone wishing information to call or write to
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“Choosing your partner may be the most important decision you make as a doubles player . . . Above all else, you should enjoy playing with your partner.”

(cont. from p. 37)

much better prepared to play a winning game. You will find that you're in the proper position to hit the ball most of the time. You won't have to worry about constantly deciding which shot is yours or your partner's. You will be a cohesive team.

In racquetball, as in tennis, the team winning the coin toss has the choice of serving or receiving. In tennis you may elect to serve or receive serve, depending on your strategy. *Never do this in racquetball!* The reason: In tennis you score points whether you are serving or not. In racquetball you only score points when you are serving. Naturally, then, you should always serve first if your team wins the coin toss. You should then try to win as many points as possible at the start of the game.

In doubles you are wise to serve many hard drives and z-serves. Your first serve should especially be of this variety. Because there is a smaller hitting area to return the ball than in singles, a good first serve can force many errors. You should also attempt to keep your serves out of the middle of the court, thereby giving your opponents too much room to hit the ball.

Your partner would be wise to stand in the service box on the side of the court that he is playing on. He will then be able to move back a foot or two to his side of the court more easily and quickly.

When you hit your hard drive or z-serves it is wise to serve to the deep corners in back of the court. You may also try serving just over the short line. However, this is a very risky serve if you don't hit it just right.

As for your second serve, you should serve a soft-z or a lob serve. It is amazing how many teams double-fault in racquetball by trying a hard serve on their second serve. My advice: Play it safe and get the ball in play.

Remember that the team that is serving is always trying to control the center of the court. They should be in

front of their opponents. If the serving team is serving extremely well the receiving team will constantly be in a defensive position, as the center of the court is blocked.

In doubles you can serve to the weaker player as often as you want. This may not seem fair, but the point of any match is to win, whether it's in practice or a tournament. So exploit the opposing team's weakness.

In fact, it is possible to practically keep one partner out of the play altogether. By continuously hitting the ball to the opposite side, your opponent's partner can become very flustered when it is evident that he is not getting many balls to hit.

When your team is serving you should think offense almost completely. You should use as many kill shots, sidewall pinch shots and passing shots as possible. You want to keep the pressure on. Remember, if you miss a shot you only lose your serve; if your opponents miss a shot they lose a point.

However, if your serving team is in trouble you should play it safe by hitting ceiling or z-balls. Drop shots and volleys (which means to take the ball out of the air) are especially good shots if both opponents are in the back of the court and you're up front.

When either player on the serving team is hitting a shot from the back of the court, his partner should move up towards the front court on his own side. If his partner's shot is returned, he will then be in a better position to return a shot that is hit in the area from the short line to the front wall.

Sometimes you may wind up on the opposite side of the court due to a mix-up. Don't be upset. Simply take your shot and then switch back to your regular side.

As for the receiving team, they should also have a game plan ready. Both players should play defensively. They should have patience until they have an opportunity to put the ball away or pass

their opponents.

The receiving team should be about 3 to 4 feet from the back wall and about 5 feet from the sidewall. However, you may have to move forward or backward if the serves are causing you a great amount of trouble.

If the serving team is constantly serving to one player and the superior player isn't returning any serves, it may be wise to place the weaker player off to the side until the superior player returns the serve. Each player would then move back to his respective side after the serve is returned.

When returning serves in doubles the receiving team should try everything possible to return the ball to the ceiling. You want to move the serving team out of the center and assume that position yourselves.

If you attempt to shoot the ball for a winner and it hits too high off the front wall, you will be giving the serving team an easy shot to hit as they are already in front court. If you try to pass and the ball rebounds high off the back wall, you are again giving the serving team an easy shot. Therefore, hit your ceiling balls in such a way that the shots don't come off the back or side walls.

Remember, when you're receiving serve you're in a defensive position. Winning the rally will get the server out of serve, but losing will cost you a point. So don't take unnecessary chances.

Here, then, is a summary of the main points to consider when playing doubles:

1. Choose your partner carefully.
2. Decide which player will play which side.
3. Have a definite game plan.
4. Concentrate extremely hard when serving.
5. Play as offensively as possible when serving.
6. Play defensively when returning serve.
7. Enjoy yourself. After all, doubling the number of players can mean doubling the fun, too. ■

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Scorecard

RACQUETBALL welcomes all tournaments to report their results. Please list all rounds of each event. Scorecard will report as many rounds of each tournament as space allows.



Leina'ala Freitas (Left) and Jane Goodsill (Right)—First Place, Hawaii Open Women's Doubles

HAWAII OPEN IRA DOUBLES TOURNAMENT Central YMCA Honolulu, Hawaii

Men's Quarterfinals: M. Wong/O. Lovell over N. Lau/G. Akeo 21-11, 21-8; R. Lau/T. Geary over S. Koanui/J. Swoish 20-21, 21-13, 15-4; D. Olsen/M. Tom over K. Dorr/P. Collins 21-4, 21-16; N. Moku, Jr./M. Joseph over S. Kealoha/M. Rezentes 21-13, 21-9.

Men's Semifinals: M. Wong/O. Lovell over R. Lau/T. Geary 21-12, 21-7; N. Moku, Jr./M. Joseph over D. Olsen/M. Tom 21-14, 14-21, 15-2.

Men's Finals: Marvin Wong/Owen Lovell over Nelson Moku, Jr./Mike Joseph 21-14, 21-9.

Women's First Round: Rachel Halli/Carol Lohman over Courtney Guild/Carolyn Carley 21-9, 21-13.

Women's Semifinals: Leina'ala Freitas/Jane Goodsill over Laura Kirsten/Pamela Middleton 21-2, 21-0; Lorna Naluai/Phyllis Gomes over Rachel Halli/Carol Lohman 21-5, 21-9.

Women's Finals: Leina'ala Freitas/Jane Goodsill over Lorna Naluai/Phyllis Gomes

21-13, 21-7.

HAWAII OPEN SINGLES TOURNAMENT Central YMCA Honolulu, Hawaii

Women's First Round: C. Guild over C. Zarbaugh 21-17, 21-13; C. Lohman over M. Smit 21-4, 21-2; M. Nieves over S. Takayasu 21-18, 21-8; L. Tahara over B. Chase 21-6, 19-21, 15-3; R. Halli over R. Allen 21-12, 21-15.

Women's Semifinals: L. Naluai over C. Guild 21-11, 21-2; D. Feary over C. Lohman 21-7, 21-6; M. Nieves over L. Freitas 21-18, 12-21, 15-9.

Women's Finals: L. Naluai over M. Nieves 21-20, 21-9.

Men's Quarterfinals: R. Lau over S. Kealoha 21-15, 21-10; O. Lovell over N. Lau; N. Moku, Jr. over M. Rezentes; M. Wong over M. Tom.

Men's Semifinals: R. Lau over O. Lovell 21-20, 21-7; M. Wong over N. Moku, Jr. 21-11, 14-21, 15-13.

Men's Finals: R. Lau over M. Wong 21-20, 21-7.

NEW YORK STATE IRA CHAMPIONSHIPS Winning Walls Racquetball Club Porchester, N.Y.

Men's Open: 1st, Charles Horton over Robert McKinney, 21-17, 19-21, 15-11; 3rd, Greg Levine; consolation, Phil Panarella.

Men's B: 1st, Larry Martelli over Scott Rogers, 19-21, 21-17, 15-13; 3rd, Anthony Haralam; consolation, Robert Calandruccio.

Men's C: 1st, Michael Diamond over Jon Christ, 21-13, 21-14; 3rd, Cal Betts; consolation, Teal Goldstein.

Men's Seniors: 1st, Pat Colombo over Fred Letter, 21-20, 15-21, 15-10; 3rd, John Sergeantanis; consolation, Steve Shulman.

Men's Masters: 1st, Robert Lake over Fred Weber, 21-20, 21-17; 3rd, Harold Pudding; consolation, Robert Nichols.

Men's Golden Masters: 1st, Roberto Madan over Irv Cowle, 21-3, 21-15; 3rd, Nino Federici.

Women's Open: 1st, Sondra DiNicola over Laura Baker, 21-13, 21-14; 3rd, Lorrie Pallas; consolation, Kathryn Stracher.

Women's B: 1st, Rosemary Bellini over Mary Ann Cluess, 21-17, 21-20; 3rd, Debbie Pallas; consolation, Lauri Vander Woude.

Women's C: 1st, Karen Kimmerling over M. Shirokey, 21-12, 21-17; 3rd, Kim Von Bartheld; consolation, Gail Uellendahl.

Men's Open Doubles: 1st, Art Diemar and Dave Luft over Charles Horton and Rubin Gonzales, 21-9, 21-17; 3rd, Steve Freifeld and Steven Present.

Women's Open Doubles: 1st, Mary Ann Cluess and Sue Canarick over Sondra

DiNicola and Kathryn Stratcher; 3rd, Susan Herdimian and Susan Sadofsky.

BAY STATE OPEN
Northmeadow Tennis Club
Tewksbury, Mass.

Men's Open: Quarterfinals: McDonough over Taylor; Giordano over Henrickson; York over Cassidy; Vierra over O'Brien.

Semifinals: McDonough over Giordano 21-6, 21-9; Vierra over York 21-15, 21-15.

Finals: McDonough over Vierra 15-21, 21-4, 15-12.

Third: Giordano over York 21-20, 20-21, 15-14.

Consolation: Savage over Kamei 21-6, 16-21, 15-12.

Men's B: Quarterfinals: Kabilian over Manditch; Stone over Barrett; Culberson over Emma; Scannell over Voto.

Semifinals: Kabilian over Stone 21-9, 21-16; Culberson over Scannell 21-13, 21-15.

Finals: Kabilian over Culberson 21-12, 21-14.

Third: Scannell over Stone 21-15, 21-14.

Consolation: Spear over Bedore 21-18, 21-3.

Men's C: Quarterfinals: Labeda over Bonin; Darnell over Swartz; Shiff over Bryant; Crim over Pierce.

Semifinals: Darnell over Labeda 21-11, 21-6; Crim over Shiff 21-16, 21-11.

Finals: Crim over Darnell 21-19, 21-8.

Third: Shiff over Labeda 21-8, 21-8.

Consolation: Faherty over Fuller 21-14, 20-21, 15-10.

Seniors: Quarterfinals: Coleman over Burke; Folsom over Schmidt; St. Onge over Calvagne; Fonseca over Palili.

Semifinals: Folsom over Coleman 21-13, 21-14; St. Onge over Fonseca 21-19, 21-7.

Finals: Folsom over St. Onge 15-21, 21-6, 15-2.

Third: Fonseca over Coleman 21-19, 21-19.

Consolation: Peelle over Hamon 21-3, 21-7.

Masters: Quarterfinals: Friedman over Ryan; Lepore over Curewitz; Freeman over Toth; Garafalo over Hurley.

Semifinals: Friedman over Lepore 21-15, 21-7; Garafalo over Freeman 21-11, 21-12.

Finals: Garafalo over Friedman 6-21, 21-9, 15-12.

Third: Freeman over Lepore 21-15, 21-4.

Consolation: Hurley over Kelly 19-21, 21-16, 15-2.

Women's Open: Round Robin: 1st, Chase-Wells; 2nd, Alba; 3rd, Callahan; consolation, Simon.

Women's B: Quarterfinals: Savage over Fairbanks; Litalian over Culberson; Boulette over Young; Beaudoin over Gillis.

Semifinals: Savage over Litalian 21-19, 17-21, 15-14; Beaudoin over Boulette 21-6, 21-15.

Finals: Beaudoin over Savage 21-11, 19-21, 15-8.

Third: Boulette over Litalian 21-17, 11-21, 15-8.

Consolation: Gillis over Culberson 21-5, 21-8.

Women's C: Quarterfinals: Graikoski over Wade; Duff over Lepage; Litwin-Sanguinetti over Lynch; Rais over Louvat.

Semifinals: Graikoski over Duff 21-9, 21-10; Litwin-Sanguinetti over Rais 18-21, 21-4, 15-10.

Finals: Litwin-Sanguinetti over Graikoski 8-21, 21-17, 15-6.

Third: Rais over Duff 21-3, 21-2.

Consolation: Wade over Boyd 17-21, 21-17, 15-9.

OKLAHOMA SINGLES CHAMPIONSHIPS
OK Racquet Club
Oklahoma City, Okla.

Men's Open: 1st, Kevin Chambless; 2nd, Jerry Linton; 3rd, Gary Hinkle; 4th, Ken Smith; consolation, J.B. Smith.

Men's B: 1st, Phil Mancke; 2nd, Mack Robbins; 3rd, Michael Paulk; 4th, Tom Norris; consolation, Bob Kelso.

Men's C: 1st, Lynn Johnson; 2nd, Kirk Webster; 3rd, Bill Martin; 4th, Ron McClure; consolation, Steve Searcy.

Men's D: 1st, Greg Davis; 2nd, David Schwartz; 3rd, Mark Hollman; 4th, Eric Torres; consolation, Mel Powell.

Women's Open: 1st, Beth Bunker; 2nd, Betsy Bunker; 3rd, Gail Turney; 4th, Ingrid Kirkland; consolation, Cindy Overstake.

Women's C: 1st, Carol Goddard; 2nd, Betty Kennett; consolation, Melinda Allen.

Women's D: 1st, Chanda Robinson; 2nd, Judy Hadley; 3rd, Susan Kennedy; 4th, Robin Keene; consolation, Linda DeLoach.

Juniors: 1st, Wade McPherson; 2nd, David Atalla; 3rd, Joe Anthony; 4th, Tom Blalock; consolation, Matt Monhaven.

Masters: 1st, V.Z. Lawton; 2nd, Dave Hessel; 3rd, Ken Denney; 4th, Ken Burt; consolation, Don Copeland.

Seniors: 1st, Jim McPherson; 2nd, John Trickett; 3rd, Doug Alchele; 4th, Ray Torres; consolation, Mike Lehr.

1979 CONNECTICUT IRA OPEN
Lakewood Racquetball Club
Waterbury, Conn.

Men's Open: 1st, Victor Niederhoffer; 2nd, Mike Romano; 3rd, Brian Dehm; 4th, George Vierra.

Men's B: 1st, Patrick Brennan; 2nd, Gerry Cassidy; 3rd, Ernst Fraas; 4th, Jack Nocera.

Men's C: 1st, Stan Borawski; 2nd, John
(cont. on p. 46)

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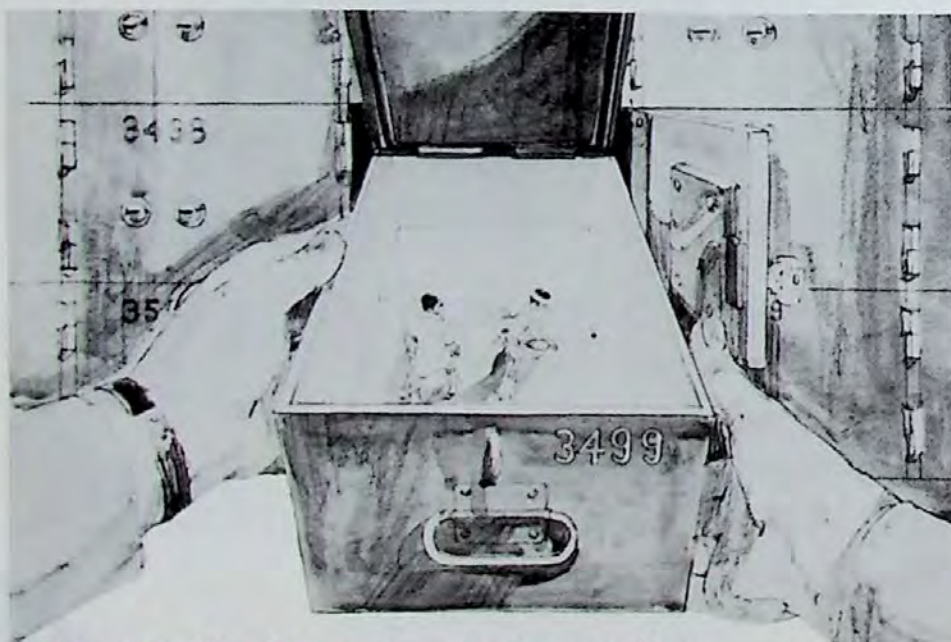


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(cont. from p. 43)

McKinney; 3rd, Robert Palmer; 4th, Stephen Weitzer.

Men's Seniors: 1st, Herman Neumeier; 2nd, Ed Castillo; 3rd, Sal Marci; 4th, Don Wallace.

Men's Masters: 1st, Larry DeMaine; 2nd, Peter Perimenis; 3rd, Mike Bykowski; 4th, Bob Nichols.

Women's Open: 1st, Bonnie Stoll; 2nd, Jackie Adler; 3rd, Margo Chase-Wells; 4th, Missy Guida.

Women's B: 1st, Karen Schmieder; 2nd, Karen Lozier; 3rd, Jacqueline Siegel; 4th, Pat Neal.

Women's Novice: 1st, Patricia Marano; 2nd, Midge Dermott.

Juniors 14 & Under: 1st, Ira Shapiro; 2nd, Rudi St. Jean; 3rd, Doug Kluthe.

Juniors 17 & Under: 1st, Charlie Horton, Jr.; 2nd, Steve Larrabee; 3rd, Chris Biuckie; 4th, Phil Panarella, Jr.

Open Doubles: 1st, Brian Dehm/Rob McKinney; 2nd, Bill Risley/Steve Meltsner; 3rd, Howard Packer/Jack Nocera; 4th, Steve Dubord/Steve Larrabee.

B Doubles: 1st, Robert Steffens/Ernst Fraas; 2nd, Jim Young/John Learson; 3rd, Socrates Verses/Peter Perimenis; 4th, Barry McDermott/Jeff Krause.

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Men's B: 1st, Ron Biggs; 2nd, Bill Perrone; 3rd, Dave Norris; 4th, Don Johnson; consolation, Steve Klingzell.

Men's C: 1st, Steve Porter; 2nd, Graig Holm; 3rd, Mike Torrance; 4th, Scott Perry; consolation, Scott Jarvis.

Men's Seniors: 1st, Lee Humphrey; 2nd, Dave Bowersock; 3rd, Stan Smith; 4th, Bill Branta; consolation, Teo Vlamis.

Men's Masters: 1st, Don Charpentier; 2nd, Carl Russell; consolation, Bob Norris.

Women's Open: 1st, Teresa Brown; 2nd, Tammy Totland; 3rd, Naomi Ustad; 4th, Karen Lee; consolation, Donna Frederick.

Women's B: 1st, Debbie Biggs; 2nd, Bernie Hauff; 3rd, Vicki Kerbs; 4th, Gail Burden; consolation, Kim Herrin.

Women's C: 1st, Maureen Hickey; 2nd, Susan Scholl; 3rd, Nancy Grimes; 4th, Donna Teders; consolation, Joyce Loewen.

Juniors 17 & Under: 1st, Rusty Jones; 2nd, Scott Perry; 3rd, Tim Ryan; 4th, Maureen Hickey; consolation, Buster Fuentez.

Juniors 13 & Under: 1st, Darin Grimes; 2nd, Doug Grimes; 3rd, Michelle Humphrey; 4th, Guy Humphrey; consolation, M. Jones.

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