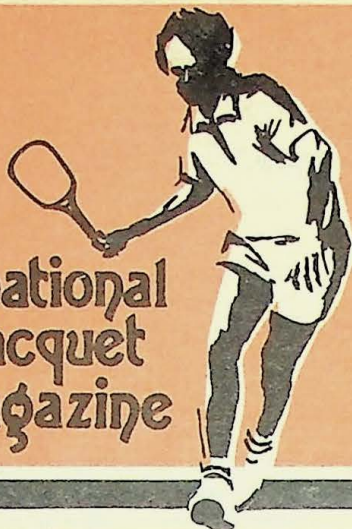


BULK RATE
U. S. POSTAGE
PAID
TACOMA, WA
PERMIT NO. 645



RACQUETEER

International
Racquet
Sports Magazine

Volume 1 Number 1
October 1976 45¢



Pro Scene: The Pros Are Hungry Again



Psyching or Sickness? A Need for Growth in Racquetball

Jerry Henderson

Being a clinical psychologist, I find it somewhat amusing to see accounts of both pro and amateur play in racquetball where loud yelling, obscene words, and varying amounts

of physical contact are called psychological ploys. These behaviors in tournament play are at best ravings of highly egocentric individuals who carry our current social ethic of "win at any cost!" to an extreme degree. This type of obnoxious behavior would not be tolerated in any other type of organized sport other than perhaps professional wrestling or boxing. It would be hard to imagine a Johnny Miller in golf or an Earl Anthony in bowling screaming at an official or pushing an opponent around in the name of intimidation. In cases such as tennis where verbal obscenities and taunts have been displayed, for example, Illie Nastase, the dominant governing body of the sport, has dealt these people serious financial blows or limited their abil-

ity to participate in tournament play.

The case in point is that the people and organizations involved in racquetball tournaments have to grow up. This sport is going through many growing pains. However, today it stands on the threshold of becoming an extremely popular sport. What *will* inhibit this growth is a few individuals who are consistently in the public eye as top players acting like spoiled 10 or 11 year olds.

The future of racquetball is in youth and who could see a mother urging her child into this sport after viewing two adult racquetball players yelling and acting out the extremes of anger and frustration in full view of hundreds and thousands of people? Racquetball is not deserving of this type of image.

So let's try to be big people. The sport is past the stage of being confined to a hot steamy Y.M.C.A. court where only the players and their buddies are in attendance. Racquetball is coming into the public view more and more frequently. It needs a representation of class and poise. It truly needs leadership. The theory of one company or one interest group being the voice of the people in the sport is way off base. Groups and individuals should now be consolidating their images and directions towards the national acceptance of racquetball. The days of tooting your horn and taking your racquet and going home when you don't like something in a racquetball tournament are history. It's time for the sport to grow up.

EKTELON RACQUETBALL RACQUETS

Send for free copy of new Ektelon Catalog and Buyer's Guide to Ektelon Racquets. Read about our New MAGNUM racquet with quadriform head shape. It's a lighter, longer racquet with superb balance.

7079 Mission Gorge Rd.
Dept. RR-09
San Diego, CA 92120



Steve Strandemo
Pro Racquetball Champion



Racqueteer Introduction

Publisher—Ron Starkman
 Managing Editor—Jerry Henderson
 Instructional Editor—Bill Dunn
 Equipment Editor—Gary Poppino
 Health Editor—Jerry Northwood
 Reporters—David Roundtree, Rufus Thomas
 Art Director—Sally McFaul
 Feature Photographer—Kim Rasmussen

P.O. Box 19069
 Irvine CA 92713
 (714) 979-NEWS

Contents

Editorial	2	Tournament Schedules	8
Introduction	3	Feature Section	10
Players in the Crowd	4-5	Tournament Section	11-13
Personality	6	Equipment	14
Club Corner	7	Health	15
Instructional	8		

Hello,
 You are receiving our initial and for most of you complimentary issue of the Racqueteer. This publication is dedicated to the coverage of racquet sports as seen in an objective manner.

We aren't going to rave about vast media abilities across the world. What we do want to impress upon you, the reader, is that we will give you straight information on what is happening in racquet sports. Just box scores of tournaments of the exploits of one competitive racquet team or another is not our journalistic manner. Every month we will print instructional articles by top players, interviews with men, women, and junior players, interviews with court club owners around the country, articles on fashions, equipment, nutrition, officiating, and the list could go on and on.

This publication was further designed with racquet clubs and

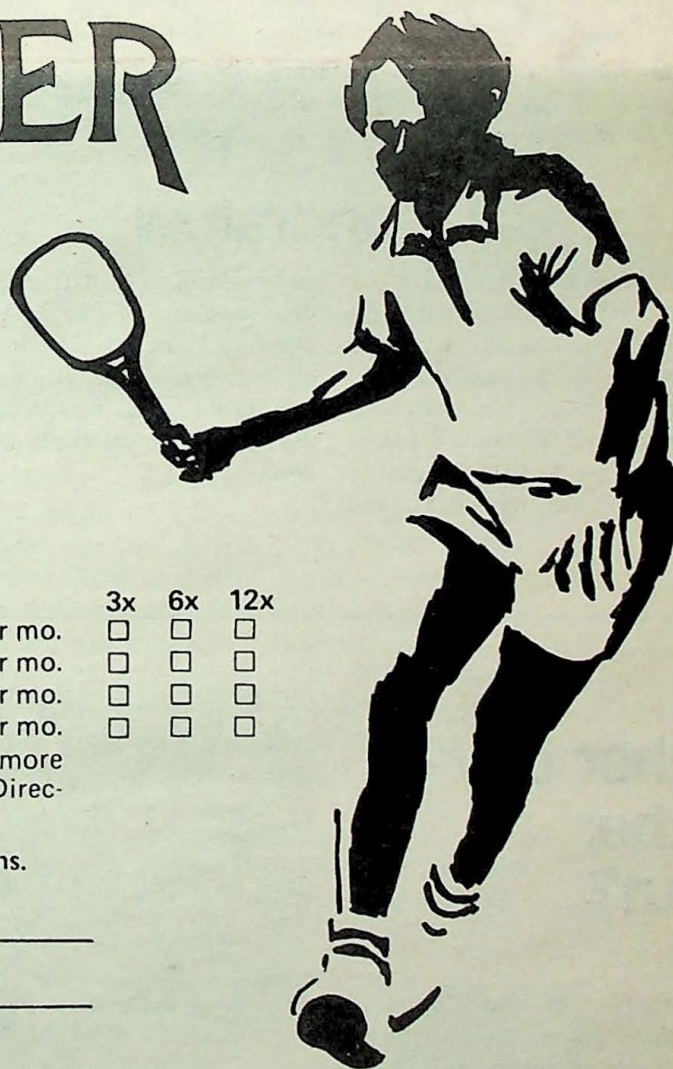
court clubs in mind. We will be orienting many of our articles to both management and participation in club settings. We will expand into all areas of racquet sport coverage. So, it is important that we receive input from both groups, clubs, and individuals on their racquet activities.

Soon to be printed on a monthly basis in the Racqueteer will be a National Court Club Directory of those clubs who subscribe to our publication and wish to provide us with information. A club subscription qualifies a group or club to print their activities with us at no charge. We feel that this is quite a bargain for information and development of court facilities.

We want you and your club or group to join us in following the growth of racquet sports. Remember the publication is aimed at the player so that information and people are never too small to be seen in the Racqueteer. Publisher



P.O. BOX 19069
 Irvine CA 92713
 (714) 979-NEWS



RACQUETEER MAGAZINE SUBSCRIPTION RATES



Check One	Single (1)	Check One	Club Rates	3x	6x	12x
<input type="checkbox"/>	1 year \$3.60	<input type="checkbox"/>	50 - \$14.00 per mo.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	3 years \$10.00	<input type="checkbox"/>	100 - \$20.00 per mo.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	200 - \$36.00 per mo.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	300 - \$50.00 per mo.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Double (2)					
<input type="checkbox"/>	1 year \$6.50					
<input type="checkbox"/>	3 years \$18.00					

All clubs with subscription of 200 or more will receive free listing in National Directory (a \$25 value).

Canada, Mexico and overseas subscribers please add \$1.00 per year for subscriptions.

Name _____

Name _____

Address _____

Address _____

International Racquet Sports Magazine



players in the crowd

Players in the Crowd is a section dedicated toward recognizing leading players and contributors in racquet sports. It is for individual acknowledgements about these people. If you have a person you wish

singled-out, please mail us a photo and a brief description about this person. We want to give some light to many of the fine people who help racquet sports grow and prosper.

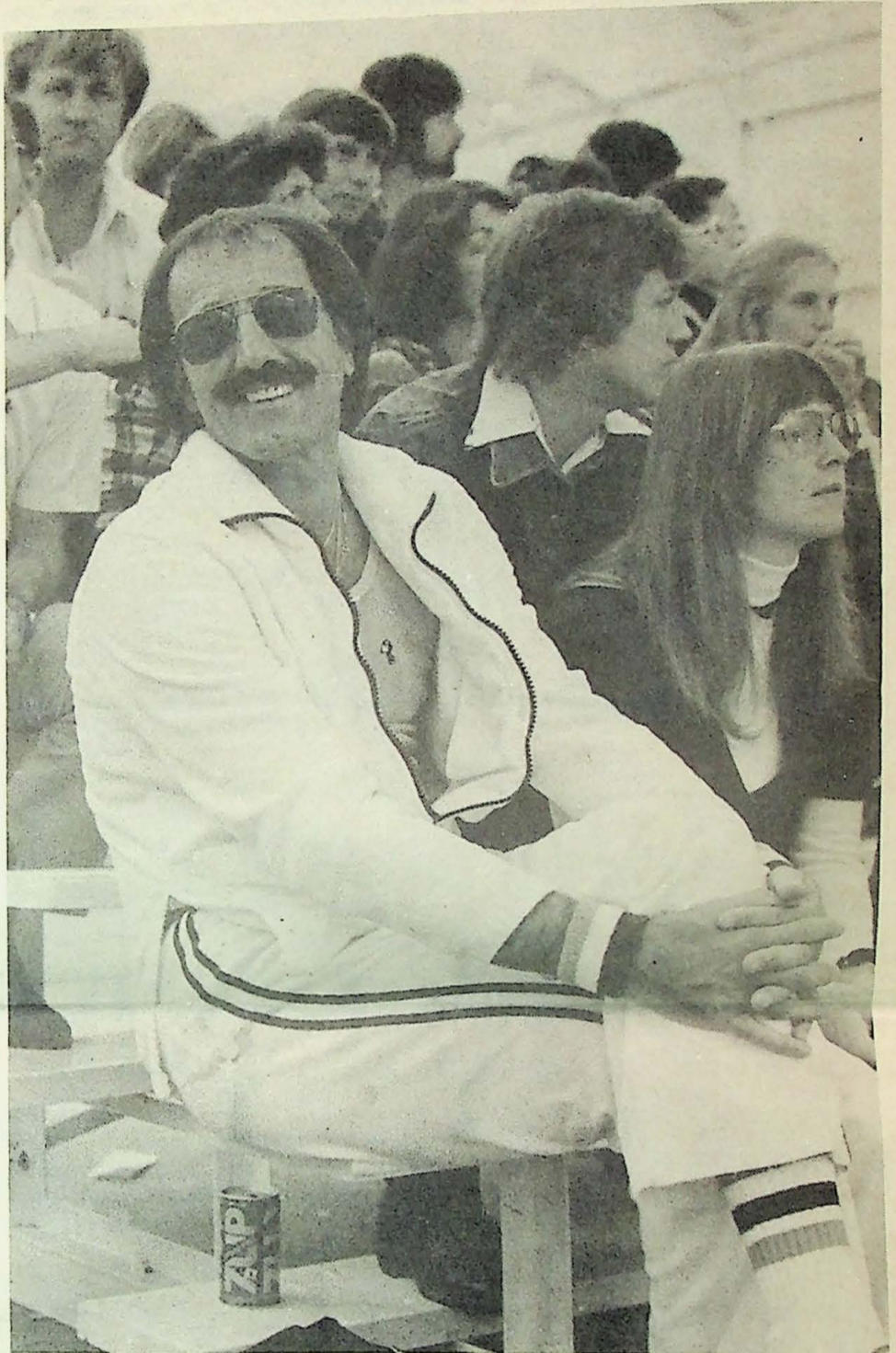
Jerry Henderson



Bill Condratow

Bill Condratow of Richmond, B. C. demonstrates the follow-through from an easy stroke that has taken him consistently to the semi-finals of either singles or doubles play in both the Northwest and Western Canada over this past year. Bill, a lumber importer in the Vancouver B. C. area

has been highly instrumental in the development of the Labatt's B. C. Open in Vancouver each fall. He is a classic example of the blend of sportsman-businessman that so many top racquetball players represent.



Al Rossi

Al Rossi of San Francisco, California, is one of those people you can't forget at any tournament. Competing in the Master's division of play, Al is an individual who generally comes out on top in any tournament. He is the owner of several florist shops in the San

Francisco area. The amazing thing about Al is that at 50, his game looks as good as he does. This summer was no exception as Al won the Masters Division at the Daffy Open in Tacoma and went to the semi-finals in the Canadian Open.

Another day — Another rollout?

Duffy Moore, the son of one of Washington's top open players, Doug Moore of Aberdeen, demonstrated his photogenic skills and Racquetball talents for our camera. Duffy is a sure bet for the I.R.A. and N.R.C. National Championships in the year 2000. We have confirmed reports that Duffy makes at least one court appearance in every tournament his dad plays.



— free ticket delivery —

COMPLETE TRAVEL SERVICE
No Service Charge
Air - Cruises - Hotels - Auto Rentals
Group and Independent Tours

644-5373

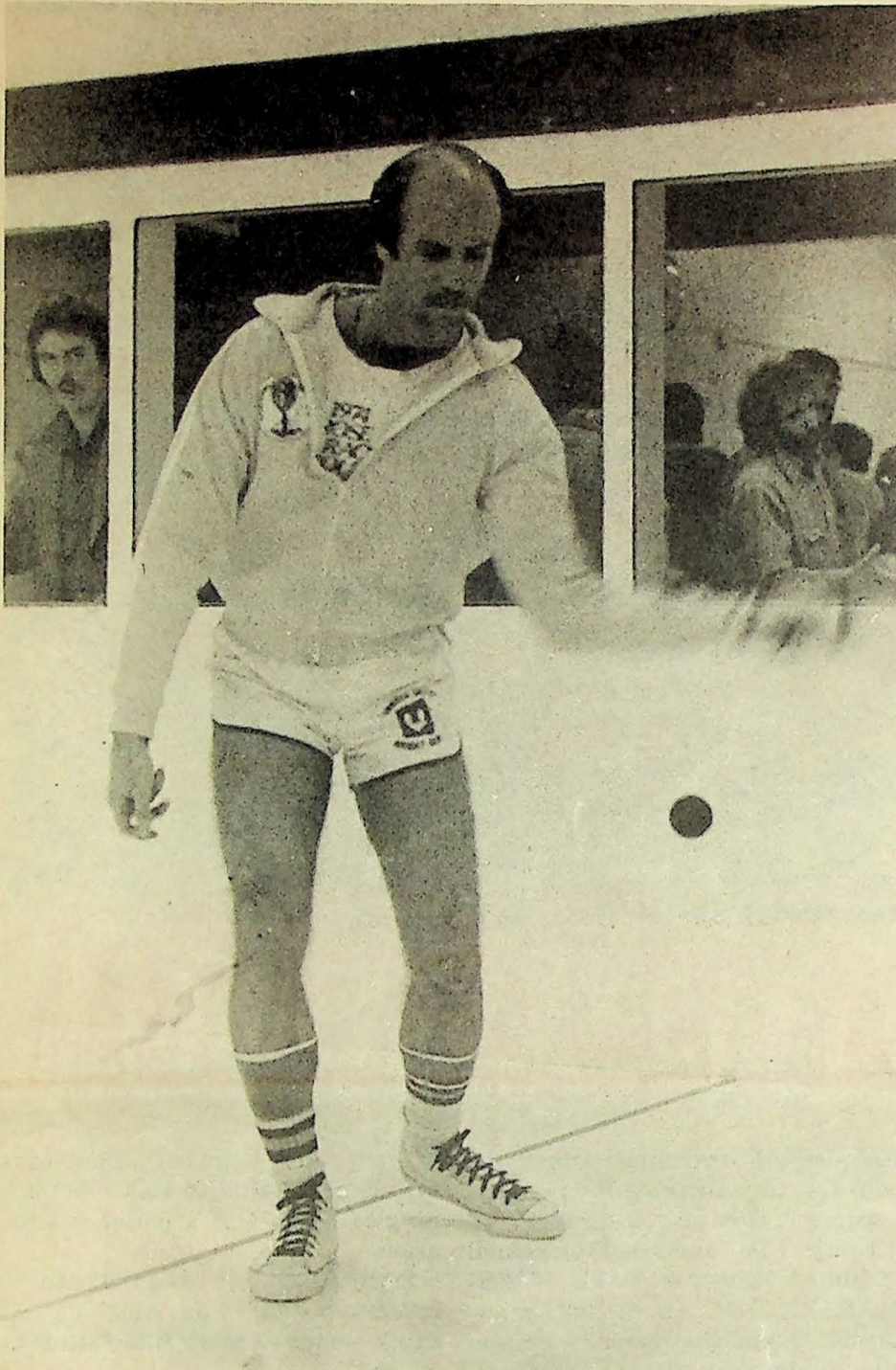
FREE CHARTER TRAVEL & VACATION GUIDE

363 San Miguel Dr., Suite D
Newport Beach, Ca. 92660
(Behind Newport Cinema)



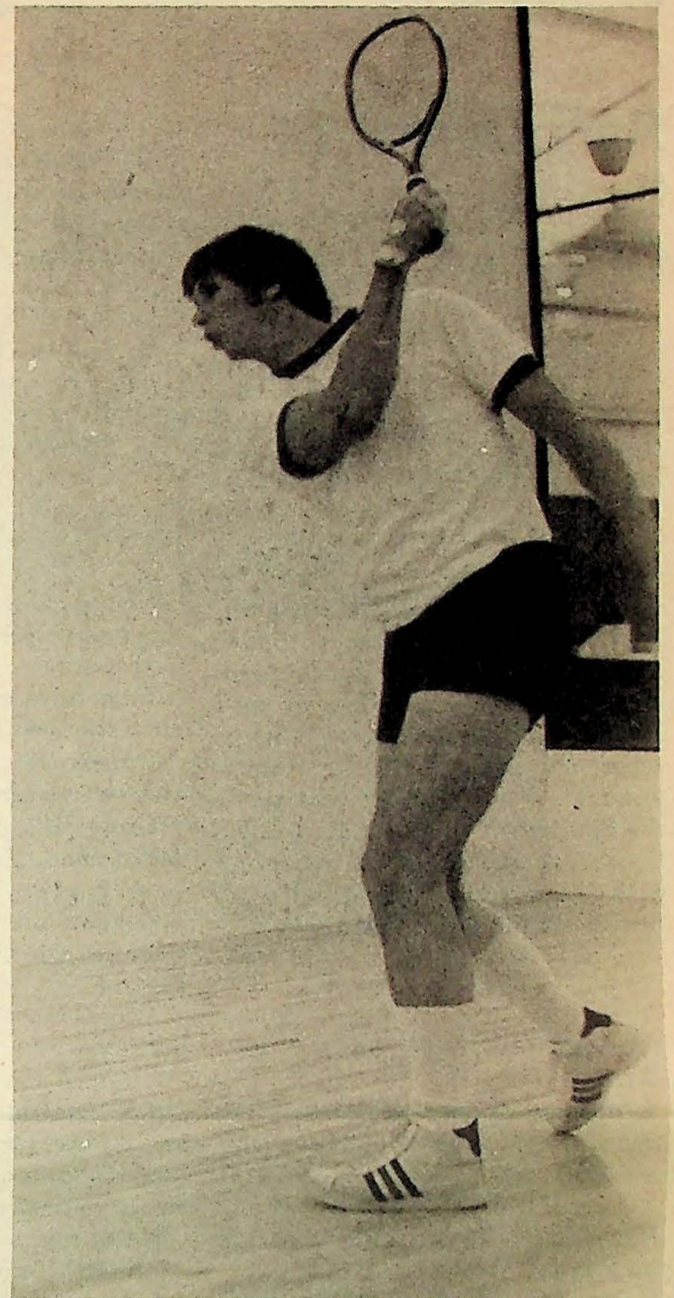
Travel Ventures
TOUR AND TRAVEL SERVICE

In Newport Center



C. D. Byers

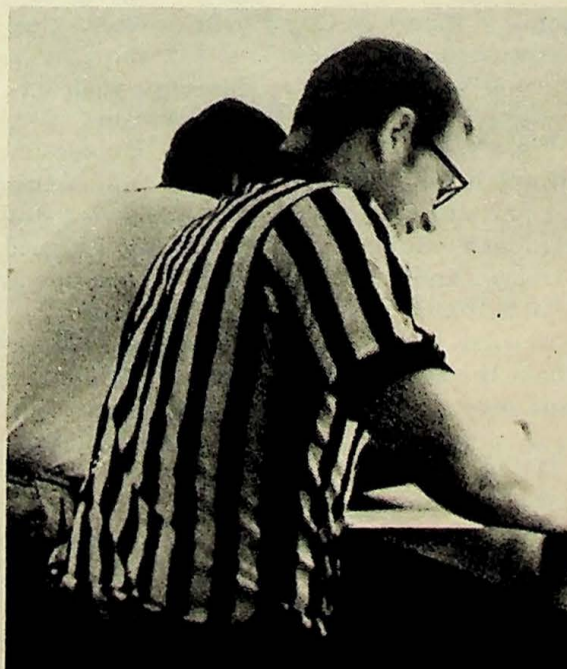
C. D. Byers, the "Bald Eagle" of racquetball play in the plains areas of Montana, Idaho, and Eastern Washington, has taken his smooth southpaw stroke back to his native Oklahoma. C. D., who finally gave up his professional student status at Eastern Washington State College in Cheney, Washington this spring will look for another doubles partner to put into action. The "Eagle" has been a dominant force in Northern racquetball in the open doubles class for the past several years. The Southwest will be sure to notice this fine racquetball player.



Bob Stephens

Bob Stephens of Pullman, Washington is a profile in courage. Having a partially withered right leg from a bout with polio as a child, Bob has overcome this physical dimension to be one of the top singles and doubles players on the West Coast in

racquetball. Bob is the director of the Recreation Program at Washington State University in Pullman. He is without a doubt, one of the toughest players in the sport. Competing against Bob is like Butch and Sundance being chased across the plains in the movies. You keep asking yourself, "Who is that guy?" He just plain never gives up.



"Tiger" Bill Holden

"Tiger" Bill Holden shows his stripes in a familiar refereeing role. Bill, from the Los Angeles area, is known for his great contributions to any tournament in refereeing. Most people get a match or two to referee in tournaments, but Bill seems to get whole courts to watch during a day. He is truly a fine competitor and sportsman in racquetball. His efforts in refereeing have not gone unappreciated. Bill is a valuable element in this new and growing sport.



Racqueteer of the Month Craig McCoy

I had the pleasure, or should I call it the misfortune of playing Craig McCoy at the last I.R.A. National Doubles Championships along with his partner at that time, Charlie Bumfield. Needless to say, my partner and myself got soundly beat which we anticipated, but we were never so surprised by the way Craig kept rolling the ball out. "What a superb athlete," were my thoughts since then on Craig. When we were looking for our first personality to report on, Craig naturally came to mind. So, I sent our top reporter in the Southern California area David Roundtree out to get an interview with this player. I hope you will enjoy Craig's comments to our questions.

Editor

Racqueteer: When did you start playing?

Craig: At 13 years old.

Racqueteer: How long have you been playing?

Craig: For 6 years.

Racqueteer: Where and what got you started?

Craig: At the Y.M.C.A. in Riverside in their youth program.

Racqueteer: Why do you like Racquetball?

Craig: It's a good exercise and a lot of fun.

Racqueteer: How old are you now?

Craig: 19 years.

Racqueteer: What would your typical workout day consist of?

Craig: Play one hour a day. Prac-

tice by myself one hour a day using different shots in conjunction with exercise, stretching, weights and running about one mile a day with windsprints.

Racqueteer: Who has been the biggest influence to you in Racquetball from the beginning?

Craig: My parents encouragement and push have helped me most and also watching older players play.

Racqueteer: You're considered in the top eight singles players in the country. What do you have to do to be #1?

Craig: I have to have more aggressiveness, be in top physical and mental shape at all times and always have more of a desire to win than the next guy.

Racqueteer: How do you psych yourself up for a match?

Craig: It's not good to think too much about the match or you could over psych yourself. Know your opponent, set your game plan, and execute on the court always in control.

Racqueteer: What type of a player gives you the most trouble?

Craig: A super hard hitter that has a little control because it's tough to anticipate him. A control player usually plays percentages so it's easier to anticipate him.

Racqueteer: What is your opinion of the Pro Tours?

Craig: Unless the organizations stop fighting and think more of the sport of Racquetball instead of competing against each other, I think the tours will fold. Another problem is lack of viewing for the spectators. I don't think it will ever be as big as tennis on a Pro Level. It's a great participant sport.

Racqueteer: You've been out of high school about 1½ years now, what are you doing to further your education?

Craig: I'm going to Riverside City College to take courses in Business Administration and some business law courses.

Racqueteer: Were you very active in Sports Programs in High School?

Craig: Yes, I participated on the varsity basketball and tennis teams.

Racqueteer: Did you find similarity in Racquetball and Tennis?

Craig: Yes, in some respects, the backhand is about the same in both and the lateral movement is the same.

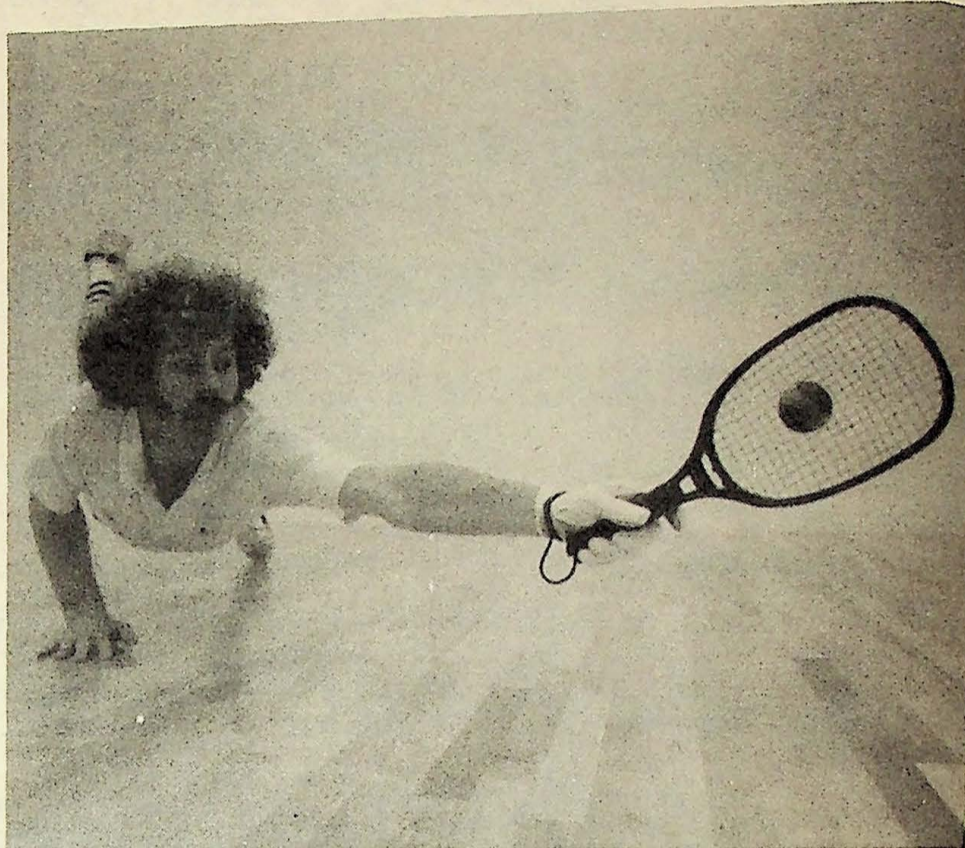
Racqueteer: Did you ever think of playing basketball or tennis after high school or professionally?

Craig: I thought of possibly playing basketball in college but I found Racquetball more fun.

Racqueteer: How tall are you?

Craig: 6 feet.

Racqueteer: Getting back to



The "McCoy Stretch" to a tough retrieve.

Racquetball—traveling around the country to tournaments is quite expensive. How do you manage?

Craig: I am under a Professional Athlete's Contract with STAR-MASTER, INC., a racquet manufacturer, and they send me around the country as a player representative and to do some P.R. work.

Racqueteer: What benefits do you hope to gain from Racquetball in the future?

Craig: I hope to get into the business end of Racquetball with StarMaster and maybe someday have my own court facilities.

Racqueteer: Craig, I notice the racquet you play with is your own signature model. Has this had any affect on you?

Craig: It gives me confidence and a good mental attitude to see other good players using my signature model. And it's good publicity to get me in the public's eye.

Racqueteer: Is there enough competition in Riverside to keep your game at top pro tournament level?

Craig: Not really, I practice mostly by myself or play either Al Shelby or Larry Beck but if I need top competition, I have to travel to San Diego or Los Angeles.

Racqueteer: Craig, you're the I.R.A. National Doubles Champion and one of the leading money winners on the pro tours. Do you have a preference to either singles or doubles?

Craig: I like them both. Doubles is faster in regards to reflex action. Singles is more of a patience situation.

Racqueteer: In regards to a spectators stand point, which do you think would be more interesting to watch?

Craig: Definately doubles, the action is much faster from a spectators view point.

Racqueteer: What do you think about the officiating on the Pro Tours?

Craig: The officiating is fair. The referees do not have control over the game. They are afraid to give technicals or forfeit somebody for unwarranted bad behavior. I also think there should be referee's clinics before each tournament.

Racqueteer: What are your other interests besides Racquetball?

Craig: Tennis, swimming and beautiful girls.

Racqueteer: What type of image are you trying to create for yourself?

Craig: I'm trying to create an image of a top professional athlete. I don't scream or carry on, I just play hard, top racquetball.

Racqueteer: Craig, you're 19 years old. In five years from now when Racquetball, I'm sure you hope, becomes big in national exposure and prize money, where are you going to be?

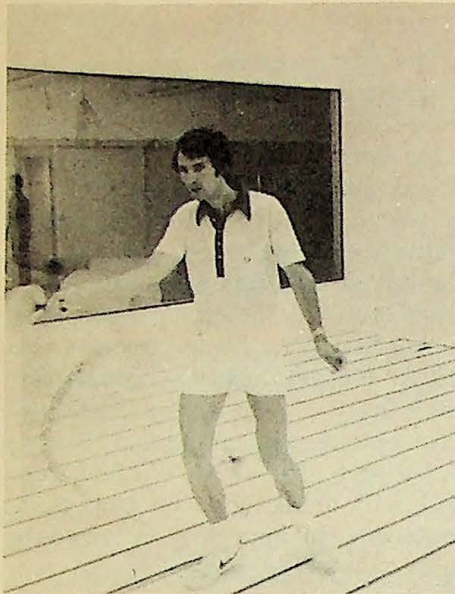
Craig: I'll be on top—#1 and you can take that to the bank.



Craig demonstrates his "sweet stroke."



club corner



Dick Knight demonstrates a transplanted tennis forehand on the almost completed glass window backwall courts at the Super Sonics facility.

The SuperSonics Racquet Club tucked in Bellevue, a suburb of Seattle, Washington, was my subject during a visit to the Seattle area in early August. Naturally, the first thing that came to mind was its connection with the National Basketball Association franchise in Seattle of the same first name. I quickly found out that while the racquet club and basketball team had similar financial ties, they remain apart in management. It is not an exclusive club to the SuperSonics organization.

My host during my tour of the club facilities was Dick Knight. Dick serves as both the manager and head tennis pro with the racquet club. Apart from Dick's club activities, he is a top touring Northwest tennis tournament player, director of the Challengers Circuits Western Division, and the author of the book, *Tennis Images for Students and Teachers*. In addition to all of these

activities, Dick heads a tennis school that operates out of the racquet club and will soon direct a racquetball league that will meet in the SuperSonics new racquetball courts.

I felt very fortunate to get this man's attention after learning about all of his activities.

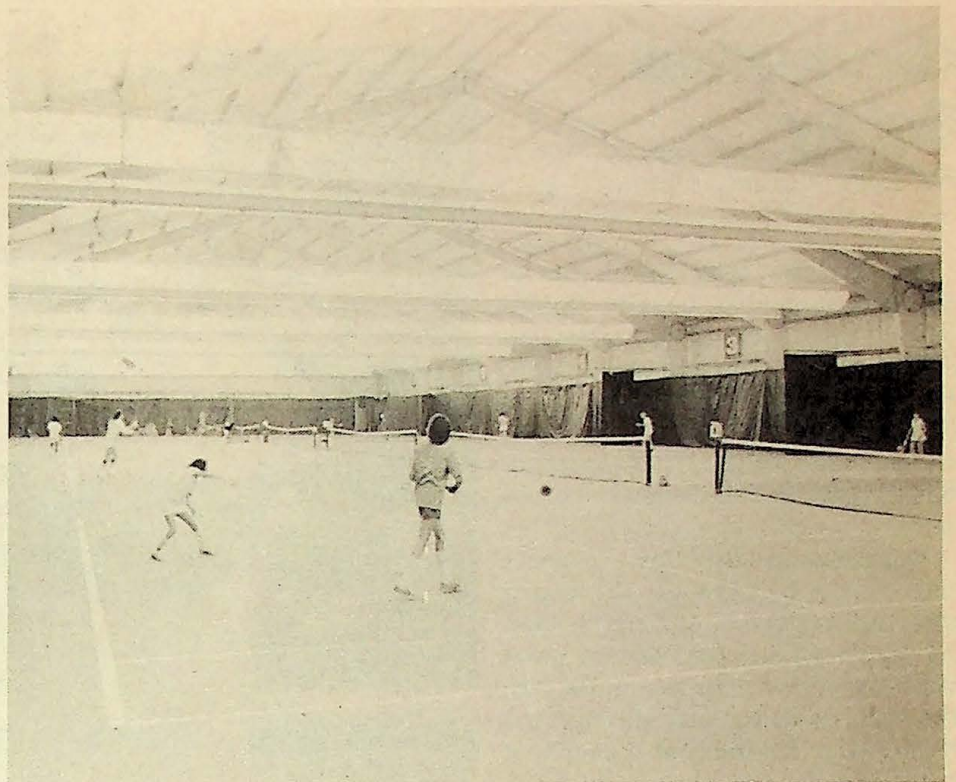
Dick showed me the excellent physical facility at the club that consists of nine indoor and one outdoor tennis courts, five racquetball-handball courts, a separate lounge and viewing areas, private party areas, locker rooms, sauna, two automatic Super Serve ball machine lanes, and a comprehensive pro shop. The special layout of these components allows for a free flow of movement throughout the facility and a close proximity between both play and social areas. All in all, I found it a well conceptualized and an impressive facility.

Almost as equally impressive is the utilization of the facility for organized racquet play. Dick heads up a team of pro's in tennis that provide clinics, camps, leagues, and and individually instructed play which greatly compliments the club's open play court time. Along with this, groups of individuals may rent out court space at a fee over months periods of time for daily use. The management of the racquetball space is also based on these activities around open court times. Since there are court fees in both sports, Dick's theory is to keep a high volume of traffic up at a relatively moderate cost (\$5.00 per hour in tennis singles and \$4.00 per hour in racquetball singles) that is supplemented by these group, league and clinical programs. The rapid membership growth at the club has proved these conceptualizations of court management correct.

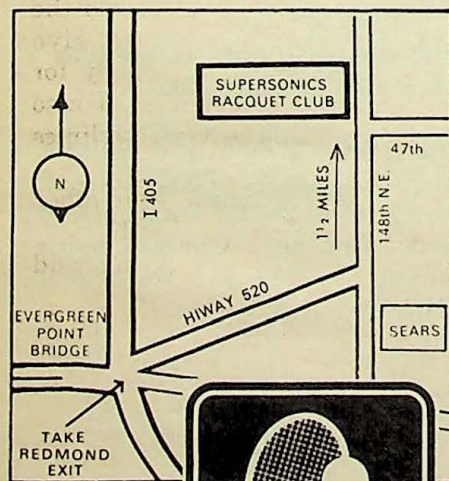
Memberships in both tennis and racquetball programs are on a yearly basis with no monthly dues. Family, individual and junior memberships are offered in both areas.


The potential of this club in suburban Seattle is unlimited. I would hesitate to guess as to what the expansion capacity of the facility per capita of players demand might be. I have no doubt that with racquetball beginning to reach so many people that ten courts at the SuperSonic facility for racquetball is not an unrealistic figure within the next several years. The future looks "super" for the SuperSonics in Seattle on both ends of the court.

For more information, contact:
Dick Knight—Manager
SuperSonics Racquet Club
4455 148th N.E.
Bellevue, Washington 98007
206-885-5566



Six of the nine indoor tennis courts in the Super Sonic complex.





Come to Orange County's most complete health, fitness and racquetball club for men and women.


- 10 air conditioned full-size racquetball courts
- Unique 12-step circuit training gym and weight room
- Spa, whirlpools, steam & saunas, lounge & sun deck
- Year round programs for the whole family including weight reduction, jogging, aerobics, yoga.

HEALTH PLUS RACQUETBALL

All facilities are now open. No waiting. No contracts. Transferable individual, family and corporate memberships start as low as \$15 a month. BankAmericard and MC. Bring the wife and kids. For a free tour and demonstration call 540-0611.

SANTANA COURTS

HEALTH AND RACQUETBALL CLUB





Racquetball Safety

Bill Dunn

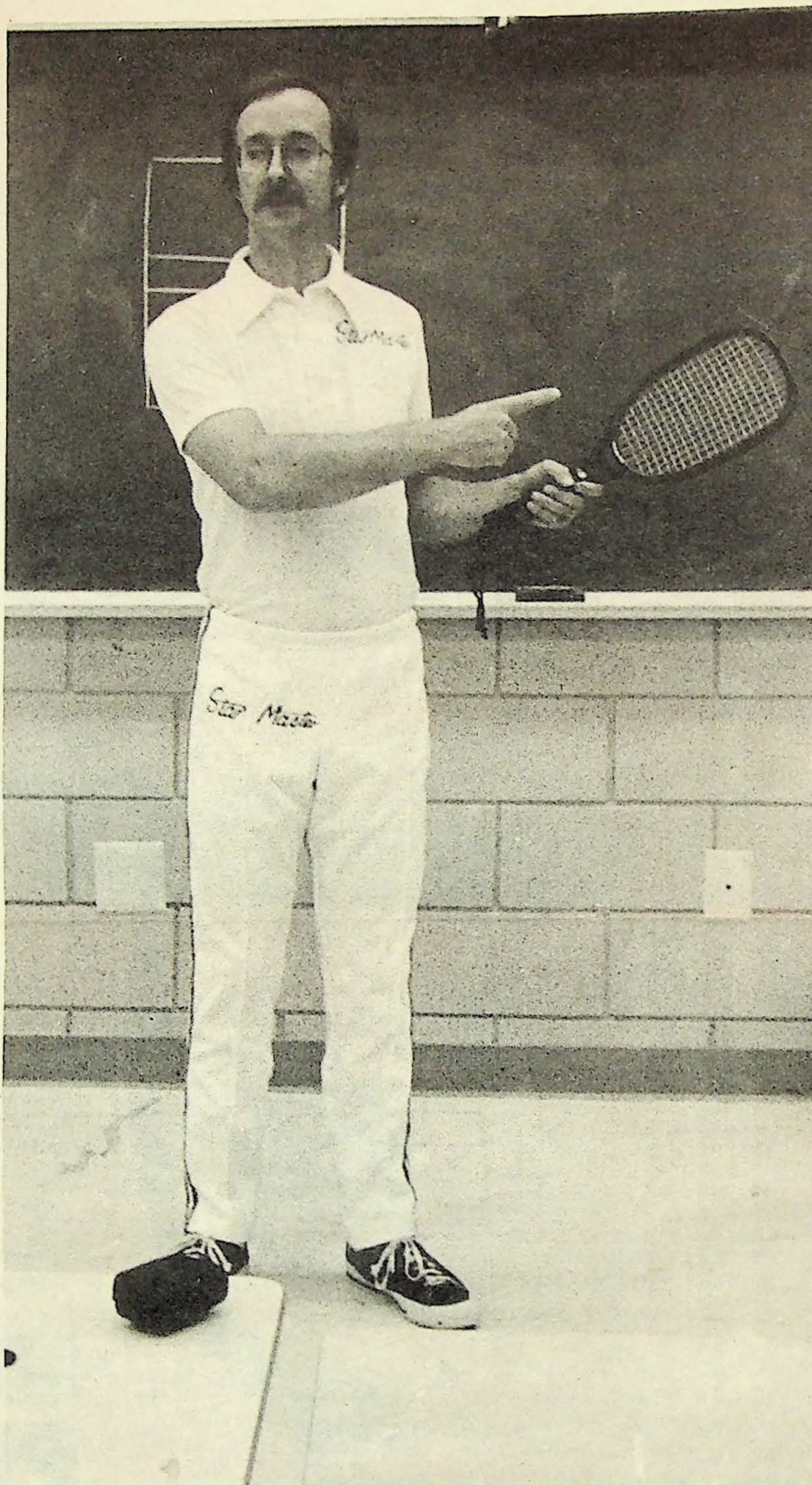
In the clinics that I given, one of the first things we usually discuss besides basic equipment is safety. As some of you have experienced, racquetball can be dangerous. How dangerous depends a lot upon the contestants involved. There are some basic cautions that should be observed.

According to the rules a player's wrist must be through the thong attached to the end of their racquet handle. Don't play someone who does not have or use their thong. Be sure the hand is all the way through the thong. Give the racquet a couple of turns to twist the thong tight up to the wrist. This will insure the racquet staying attached to your wrist even if your hand slips off the handle.

All players should constantly check the knot on their thong. Be sure it is tight and will not slip loose. I have seen knots break, the racquet fly by a person's head, and then literally shatter against the front wall. We forget how much momentum is built up during a swing only to realize too late after the racquet has ripped into another player.

How many times have you seen a player serve, and then back up in the middle of the court without ever turning around to see what is happening behind them? These are the players that usually get photoned with the ball, and then are upset because they got hit when in reality they were in the way! A player has a responsibility to know what is taking place behind him. This means that a player must turn to see where the ball is going and where his opponent will be hitting the ball. This does not mean to watch your opponent hit the ball as you leave yourself open to being hit in the face. This can lead to severe eye damage. Watch up to the point of contact, and then turn back towards the front wall before the ball is struck. This will enable you to not only stay out of your opponent's way, but also to be able to better anticipate what he is going to do. Remember, anticipation is one of the main components of racquetball! If you feel that you can anticipate even better by watching all the way through the swing, then it would be a good idea to obtain eye guards. If you wear glasses, then you should purchase athletic glasses which afford good protection.

Just as during the serve, both players have the responsibility to be aware of where the ball is at all times



Professor Dunn

as well as keep track of each other. If a player has an opportunity to get out of the way of his opponent, then according to the rules he must. If he makes no attempt at moving, or if he moves into the way, then an avoidable hinder should be called. He has to get out of the way. This includes obstructing the path of a shot. He has to leave his opponent enough room to hit his most obvious shot.

Similarly a player must stay out of the way of his opponent's swing. Now this is not always possible. If you are trying to move out of the way and you are hit by the racquet, then the proper call is hinderball. If you do not

move or move into the swing when you could have done otherwise, then this is an avoidable hinder. GET OUT OF THE WAY! If a player is in your way and you will hit him with the racquet if you swing, **DON'T SWING!** Let the referee make the call. If it happens during a practice game, then don't swing and replay the point. No swing is worth the damage a high velocity racquet can inflict. Remember, safety first. Check your equipment, stay out of the way, and don't swing.

In the next issue of Racqueteer, I will discuss the various ways of gripping a racquet.

The instructional editor for the Racqueteer will be Bill Dunn. Bill, from Union City, California has been a top open class player and professional competitor in racquetball. A professor of mathematics at Chabot Junior College in Hayward, California, Bill has spent countless hours studying the various aspects of racquetball play. He is currently the I.R.A. National Rules Committee chairman and has considerable interest in the Supreme Court facilities in Hayward. We feel that Bill will bring you the best in a fundamental approach to racquetball.

NRC Tentative Tournament Schedules

- Sept. 23-26: Edmonton, Canada
- Oct. 14-17: Burlington, VT
- Nov. 6-9: Lombard, Ill.
- Dec. 4-7: Newport Beach, CA
- Jan. 8-11: Houston, Texas
- Feb. 5-8: Denver, CO at Denver Sporting House
- March 5-8: Ft. Lauderdale, Fla.
- March 26-29: Chattanooga, Tenn.
- April 16-19: Detroit, Mich.
- May 14-17: Little Silver, N.J.
- June 4-11: San Diego, CA at Atlas Health Club for 1977 Nationals

IRA Tournament Schedule

As of this writing there are only 2 IRA committed tournaments.

- Aug. 19-22: Town and Country Racquet Club; St. Louis (already played)
- Oct. 29-31: International Mens Doubles Championship; Houston, Texas Downtown, Y.M.C.A.

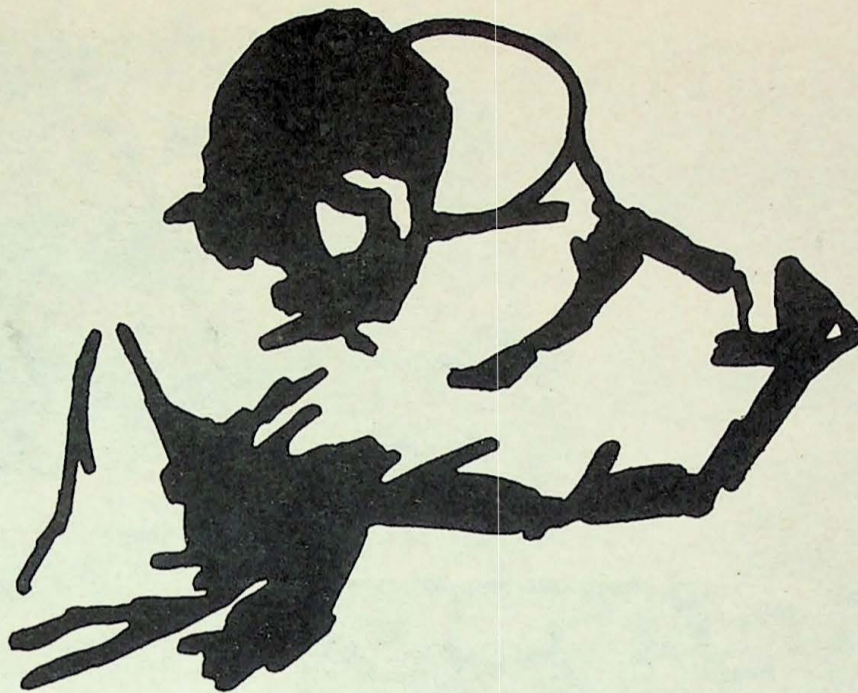


Racquetball World Mourns

Racquetball recently lost one of its best friends when John Halverson passed away. John was considered to be the best masters player in the country. He won the IRA Master Singles title in 1975 along with the coveted Man of the Year award.

John's sportsmanship and friendliness will be remembered by all of us who were fortunate enough to have known him. His family has requested that those of you who would like to make a donation in John's name, please send them to:

Leukemia Society
c/o Dr. J. Holland
2 Overhill Rd.
Scarsdale, New York 10583



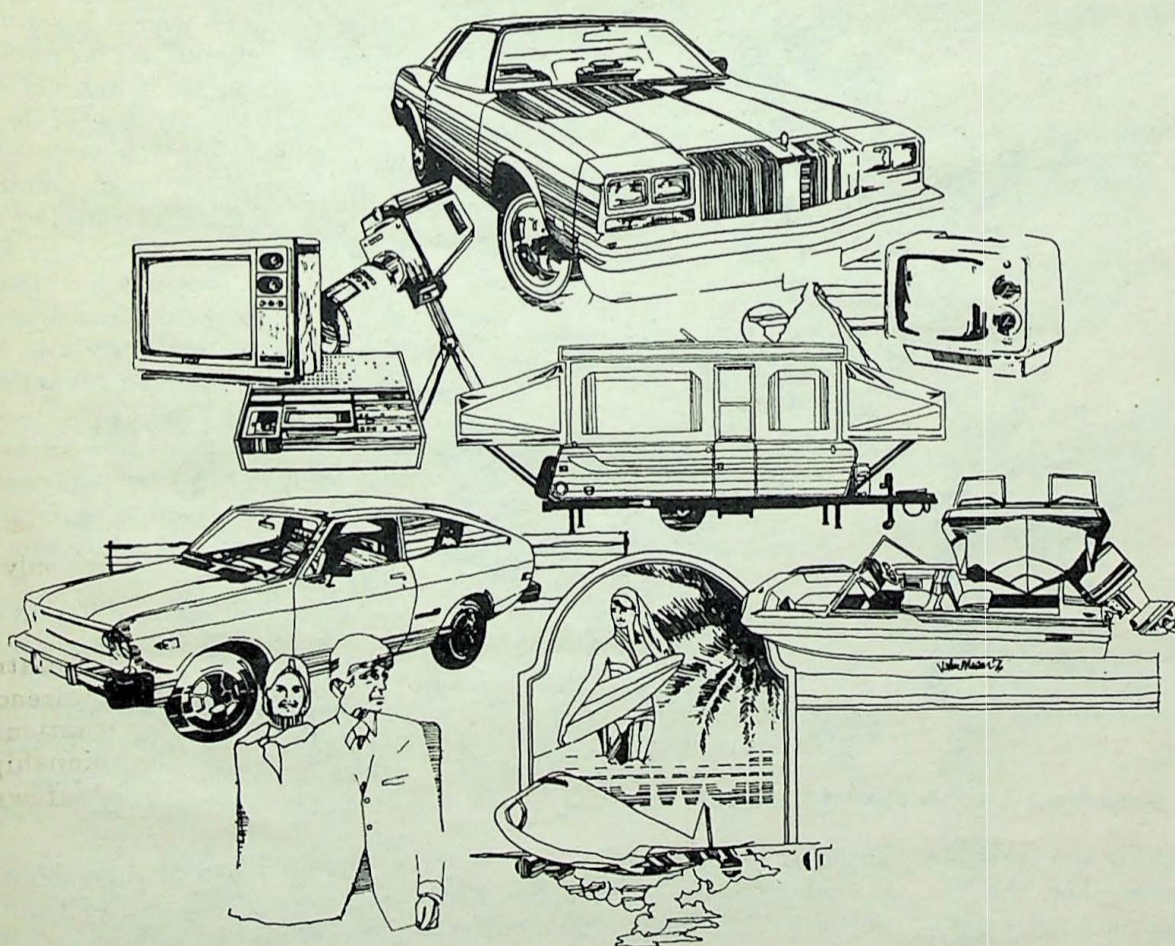
Many opinions expressed in this newspaper by our readers do not necessarily reflect the opinions of the editors or our staff, but to be truly fair and informative to our readers, we feel that the views stated, whether critical or favorable, should be printed by us.

No article or feature may be reproduced in total or in part without written consent from the Racqueteer Publications Inc.

Players comments shall be published as received. The editors shall not edit (except for obscene words) any article received, as long as that article is signed by the writer of the article. All articles and photos mailed or received by this newspaper shall then become the property of this newspaper and are not subject to to be returned to the sender.

TRENWAY INTERNATIONAL HANDICAP RACQUETBALL TOURNAMENT 1976-77

in cooperation with the International Racquetball Association



OVER \$40,000 IN PRIZES!

TRENWAY PRODUCTS INC.
2785 KURTZ STREET
SAN DIEGO, CA 92110
(714) 259-2300

ANYONE CAN WIN

The first handicap racquetball tournament — here's how it works. Players are placed in categories based upon age, sex, and proficiency. When playing someone in other than your own category, points will be given or received so that all matches will be fair.

HOW TO ENTER

To enter the tournament simply go to your favorite racquetball facility and obtain a Tournament Information Packet which includes an entry form, handicap chart, and all tournament rules. Entry fee is \$12.00 which includes a Tournament T-shirt and two official tournament balls, the Trenway Z-Ball. Deadline for all entries will be December 15, 1976.

PLAY BEGINS SOON

Play begins January 1, 1977 at the Facility level. Six regional winners will be flown to San Diego, all expenses paid, to play in the International Tournament Finals in July, 1977.

GREAT PRIZES

Trenway Products will be awarding over \$40,000.00 in prizes. Some of the prizes to be given away include a 1977 Oldsmobile Cutlass Brougham, an all expenses paid vacation to Hawaii, and a 1977 Chrysler outboard motor boat.

ENTER NOW!

If you enjoy racquetball, get in on the fun and excitement of tournament play and give yourself a great chance to win some great prizes!



One of the nicest things I have had to do in connection with this magazine was interviewing Jennifer Harding. It's not that I don't enjoy editing this publication, but I enjoy people even more and both Jennifer and her husband Ken are two of the finest people around.

I met Jennifer and Ken in downtown Portland at the dental offices of Dr. Lawrence Bernard one day this summer. Jennifer is a dental hygienist and has worked for Dr. Bernard for a number of years. The "Doc" is an avid sport enthusiast and has sponsored various teams and individuals in several sports over the past two decades in the Portland area. Jennifer played on a softball team sponsored by Dr. Bernard in the late 60's and early 70's that competed at a local and national level.

If you have never seen Jennifer, she can be best described as being physically striking. A dark complected beauty in her mid-twenties, Jennifer etches a lithe athletic figure that combines a firm look of well-proportioned muscle and eye-catching curves. The girl could have few sports skills and still be stunning in appearance.

I had Ken and Jennifer show me around the dental facility that sprouts 32 technical employees. Her role with the dental group is primarily in the area of preventative dental care.

Jennifer demonstrated an excellent expertise at her job and a firm understanding of the various technical aspects of good dental hygiene. Like most top athletes her ability to excel runs thru all of her activities.

We left the dental offices for lunch at which time I had an opportunity to quiz this remarkable racquetball player and her husband. Jennifer, over the past couple of years, has grabbed women's doubles titles in both the national I.R.A. and N.R.C. tournaments. In addition, she has won numerous men's and women's events in the Northwest racquetball play. Naturally I expected some well phrased responses to my questions about her play and life.

Interestingly enough, as we began talking, my questions were directed more at Ken than Jennifer. Ken, who is an excellent hunter and fisherman, but is below his wife in racquetball achievements, was quite open to my inquisition. I asked him about the role reversal of being a spectator to his wife's performances. This naturally goes against the grain of our male-machismo society.

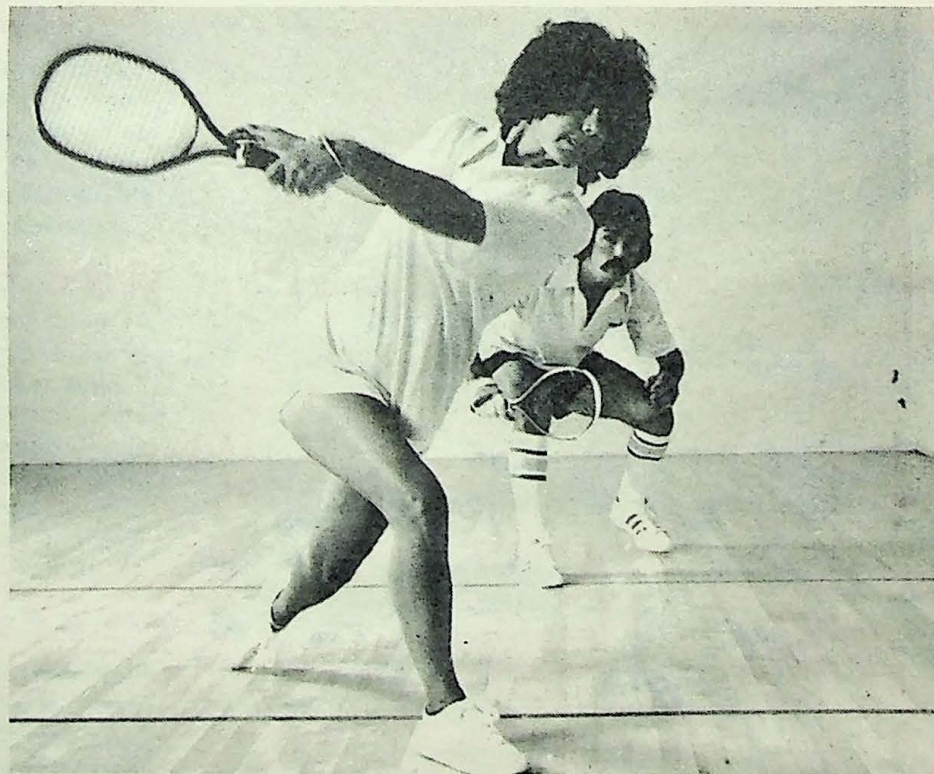
"Quite the contrary," Ken, a junior high school vice principal, responded. He went on, "I don't view it as a man-woman confrontation when Jen plays. It is two excellent athletes



Jennifer with Dr. Bernard in the Dr.'s large trophy room.



Jennifer at home with Ken and part of their family of animals Freda and Shag.



Jennifer Harding slams home a winner against Steve Strandemo.

matching their skills in a particular sport against one another. The issue of this threatening me is not realistic. Jen is a superior athlete and I enjoy her accomplishments. Look. I have my job and my other pursuits such as hunting and fishing that I find fulfilling. The fact that Jen is so successful in racquetball is a bonus for me, so why should I fear it? It is usually the other players or spectators that are uneasy about this

situation, but not us."

Jennifer added her thoughts about this situation. "I have always enjoyed competition, but I realize that I am not a man nor do I want to play like one. I play to win matches my way whether I am competing against a man or a woman. I play many events in the Northwest in men's classes for the competition, but it's not an ego thing for me. I play for my enjoyment. Ken voices pleasure in watching this,

so I feel it's good. If men are uncomfortable about my playing with them, it's their problem and I won't push, mix or scream to get my way on the court. If someone wants to be obnoxious in order to win, count me out. That's not my game and I have no desire to play people that are that way.

My questions continued through lunch and as we drove to their lovely home in South Portland, my most prevalent theme was how Jennifer could incorporate such good racquetball play into a schedule that finds her working as a dental hygienist, studying to be a tax consultant, keeping a home, a yard, three dogs, and hunting and fishing and water skiing as other recreational outlets.

"Being a natural 'tom-boy' helps," Jennifer began, "but both Ken and I are activity oriented people. Our marriage is very full and we can share a great deal of our family responsibilities. We do so much together that the time it necessitates to accomplish many things is cut down. We have a busy but very full, rich existence."

The order and tranquility of the Harding home reflected this relationship between Jennifer and Ken. A talented woman with an equally talented mate who have diverse areas of excellence, yet the ability to accept one another in areas of lesser skills make their life style and achievement quite realistic.

As our day continued, Jennifer, a member of the fine Ektelon competitive team, and I had a chance to play at the Jewish Community Center in Portland. I could see this blend of athletic ability and intelligence demonstrated. Jennifer on the court is very fluid and organized. She has an intense feel for her relationship between her opponent and the ball. Her positioning is always excellent and her shot selection disciplined.

Racquetball is no different than the majority of her activities. Her relationship is very flowing, very compatible. It is an attribute to racquetball and to many of our new ethics in society to have this type of woman involved with both sport and people.

The only bad quality about Jennifer is her good qualities. I still can't get over the fantasy of Jennifer as "Wonder Woman" jumping out of one of my old comic books, but then nobody calls on my "Bat Phone" anymore, either. So I guess that is where I want to leave this lady of the sport that carries a gentle touch on life.

Jerry Henderson



tournament section

The Pro Scene is Here Again

With the Pro Racquetball tours upon us once again we can only hope some of our Pros have grown up this past year in personality, attitude and conduct. One can only remember the last National Tournament in San Diego at the plush Atlas Health Club when one of the largest cable T.V. stations in the nation chose to televise all the Pro events. This was a tremendous step for the promotion of racquetball to become a recognized national sport someday equal in magnitude to tennis. The tournament was billed as the Leach-Seamco Nationals in conjunction with the N.R.C. After a few days of hard fought matches there were 8 pros left in the quarter finals, 5 represented by one manufacturer, 2 another and 1 yet another. All 8 players wore shirts advertising Leach-Seamco on the front and back. **THIS WAS NOT BY CHOICE.** There are Pro Players signed to contracts with many manufacturing companies and they should be allowed to promote the manufacturing companies they are under contract with. We know of no

other sport that would say to an athlete you must wear our tournament shirt or forfeit your match, especially since there was nothing stated in the entry blank to this effect, yet they managed to enforce it. People around the country and on T.V. would be falsely led to believe that all the players in the quarter finals (8), the best this country has to offer all could possibly be endorsing Leach-Industries Products.

Another prime matter that concerns the racquetball media is the conduct of some of our pros. We will not talk of all the pro matches but focus on the final match between Charles Brumfield and Marty Hogan. Game one was the general feeling out process with verbal outbreaks by both players, some fine racquetball and the decision went to Brumfield. Game two Hogan went out to a commanding lead at 11-1 whereby Brumfield seemed to this reporter to give up and proceeded to let Hogan win 21-1. Never has this happened in any major sport before and certainly this was not good for the viewers to see. Game three was an 11 point tie breaker. Brumfield, it seemed, thought his racquetball career was at stake because he tried to intimidate Hogan at the start by verbal attacks and not by great racquetball. At one point in the match Brumfield walked up to Hogan and put his racquet in Hogan's face and pushed it for no



Brumfield counts whose rewards? "One for Charlie, one for the I.R.S."

apparent reason, not exactly the act of a Champion. It seemed to unnerve Hogan as it would have bothered anyone in that situation. The yelling and screaming mainly by Brumfield overshadowed some great racquetball play. The commentator on T.V., Fred Lewis from San Diego — a very competent announcer, made a statement at one time during the match to the effect it was reminiscent of professional wrestling with a touch of burlesque. The eventual outcome was Brumfield winning 11-8. In any pro sport there are extreme penalties for such behavior such as fines and expulsion. In Racquetball there is the technical which was assessed to

Brumfield at one time for his unwarranted behavior. If it happened twice more he would forfeit the match. His behavior did not change but the referee, Charles Leve, did not see fit to assess any more to Brumfield. It seemed as if the players were controlling the game and not the referee, who is supposed to be in charge. This season we hope to see our professional racquetball players showing us great racquetball play and sportsmanship, and leave the carnival circus performing antics to professional wrestling and the clowns of Ringling Bros.

The Spectator

World Open

The Dunn's are back in town is the song the Northwest is singing now. Bill and Steve came to the World Open in Cheney, Washington August 6-8 and took home the gold. Steve beat Bill in the finals of the men's open singles and then the two teamed together to take the doubles title. It seems as if Bill and Steve have had their own way on the courts whenever they journey from their Bay area homes to the Northwest. Peggy Steding again took home another women's open crown with little difficulty. Perhaps the most exciting match of the tournament was the masters final where in the third game, Charlie Jackson squeaked out a 21-20 victory over Pat Whitehill after both players had four serves apiece at match point. The Jackson-Whitehill rivalry may become the "Sunshine Boy's" story of racquetball. Other results were:

Open Singles

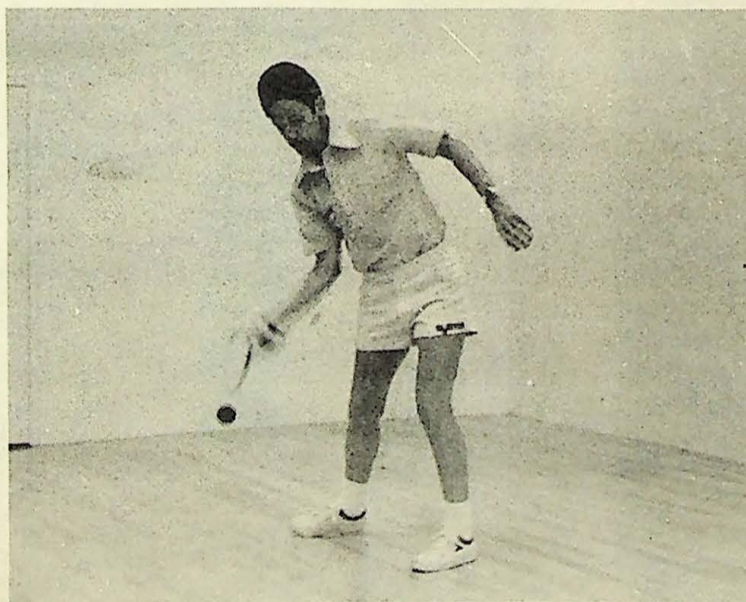
1st—Steve Dunn def. Bill Dunn 21-11, 21-14
3rd—Jeff Smith def. Myron Roderick Forfeit
Cons.—Rob Baruck def. Gene Altman 21-9, 21-19

Women's Open

1st—Peg Steding def. Alicia Moore 21-5, 21-3
3rd—Jean Oeschger def. Bonnie McLeish 21-19, 21-12

Senior Singles

1st—Mark Wayne def. Myron Roderick 17-21, 21-17, forfeit
3rd—Bob Peterson def. Keith Calkins 21-10, 21-2



The "Grand Dame" of Racquetball Peggy Steding shows the form that took the Women's Open titles in both the

Canadian and World Tournaments this summer.

Cons.—Wayne Smyth def. Ernie McLeish 31-28

Master Singles

1st—Charlie Jackson def. Pat Whitehill 13-21, 21-15, 21-20
3rd—Harold Greig def. Dunc Stockwell 21-7, 21-8
Cons.—Mel Brown def. Al Herman 21-13, 21-12

Open Doubles

1st—Dunn Dunn def. Joe Scott-Dave Carley 21-15, 21-13
3rd—Peterson-Bob Kraut def. Wayne-Baruck 21-14, 21-19
Cons.—Dave Retter-Jeff Smith def. Ron Kennedy-Mike Szkorupe 21-13, 21-3

Senior Doubles

1st—Wayne-Calkins def. Wayne Smyth-Steding 21-13, 21-9
3rd—Whitehill-Jackson Forfeit
Cons.—Don Goddard-John Mooney def. Poage-Kasey 12-21, 21-11, 21-13

Women's Novice

1st—Janet Albright def. Nina Hahn 21-16, 21-4
3rd—Shirley Poage def. Jacqueline Duty
Cons.—Nadine Sherman def. Linda Smith 21-11, 21-19

B-1

Rich Handley def. Kerry Frey 21-16, 21-8

B-2

Willie Luntao def. Jim Wilcox 21-6, 21-7

C-1

Rich Murphy def. Bob Stoyko 17-21, 21-14, 21-12

C-2

Barry Hines def. Bonnie McLeish 21-13, 21-3



Canadian Open

The Canadian Open in Edmonton, Alberta July 21-24 was again its spectacular self. Even when there was a lull in racquetball play, the great hospitality of our Canadian hosts and the excitement of Klondike Days made each hour enjoyable and exciting.

The tournament held at the Court Club in Edmonton found this year's open champion to be the current "Shooting Star" of racquetball, Marty Hogan. Marty also teamed with Dave Bledsoe, to tip the hard

fighting Canadian team of Wayne Bowes and Bob Daku for the doubles championship. Peggy Steding again kept her women's open crown with little difficulty. Bob McNamara continued to crush all in his way to another jewel in his Master's Grand Slam (I.R.A. Nationals, N.R.C. Nationals, and the Canadian Open). I guess that life does get sweeter at 45 for those who remain "tough" in racquetball through the years.

Other results were:

Open Doubles

1st—Hogan-Bledsoe def. Daku 21-19, 17-21, 21-9.
3rd—Kraut-Gibbs def. Robbins-Crawford 21-3, 21-16
Cons.—Hadikin-Suffron def. Gee-Kubasek 21-9, 21-14

Women's Open

1st—Steding def. Rassenti 21-2, 21-3
3rd—Forcade

B Singles

1st—Suffron def. Taylor 21-19, 6-21, 21-11
3rd—Dubasek def. Werner 13-21, 21-10, 21-7
Cons.—Kingston def. Frick 14-21, 21-12, 21-14

Women's Novice

1st—Smith def. Copeland 21-15, 21-10
3rd—Stacy def. Turlington 21-3, 20-21, 21-12
Cons.—Limroth def. Cartner 21-2, 21-6

Master's Singles

1st—McNamara def. Thompson 21-11, 21-16
3rd—Stockwell def. Rossi forfeit
Cons.—Krugger def. Thorne 21-3, 21-3

Senior Doubles

1st—Muehleisen-McNamara def. Wayne-Rossi 11-21, 21-13, 21-7
3rd—Steding-Rankin def. Wagoner-Green 21-15, 21-12
Cons.—Stockwell-Wilson forfeit

Open Singles

1st—Hogan def. Bledsoe 21-13, 21-7
3rd—Bowes def. Dunn 21-13, 21-15
Cons.—Kennedy def. Szkorupa 11-21, 21-20, 21-16

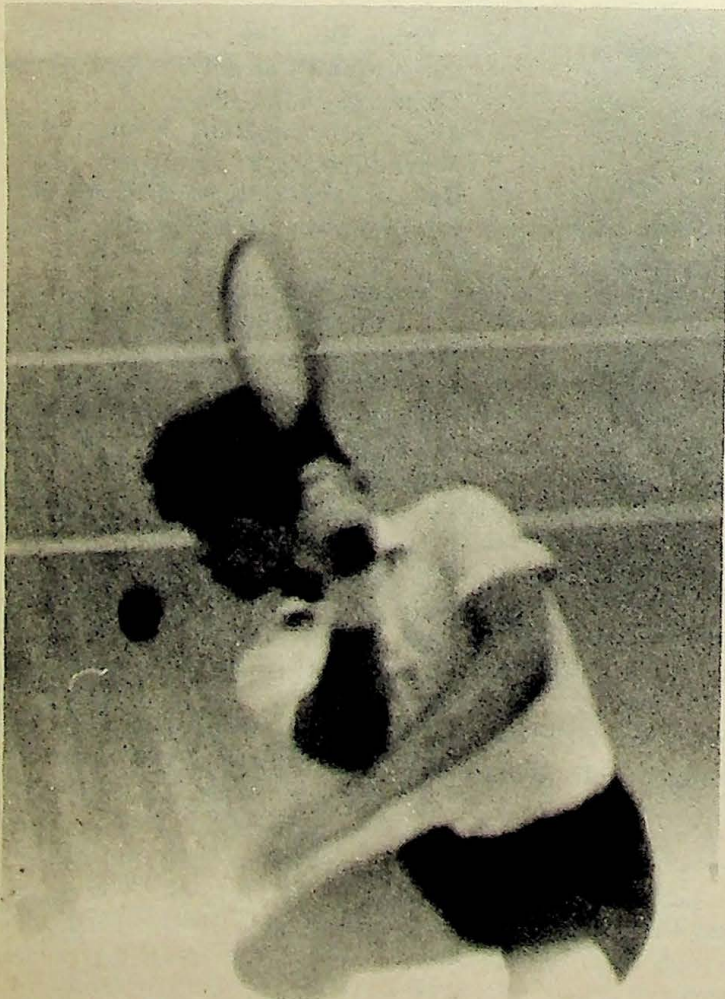
Senior Singles

1st—Muehleisen def. Filuk 21-12, 21-11
3rd—Calkins def. Trent 21-16, 21-14
Cons.—Crisdall def. Martin 21-14, 12-21, 21-12

"C" Singles

1st—Knox def. Redford 21-14, 21-6
3rd—Miatello def. Gordichuk 21-10, 21-9
Cons.—MacDonald def. Coco 21-12, 21-8

Looking like the guys on the block are the doubles finalists in Edmonton (L to R — Wayne Bowes, Dave Bledsoe, Marty Hogan, Bob Daku).



Lindsay Myers of Vancouver, B.C. show his backhand form and concentration that made him one of Canada's best representatives at Edmonton.

Aloha Title Double Play for Morrow

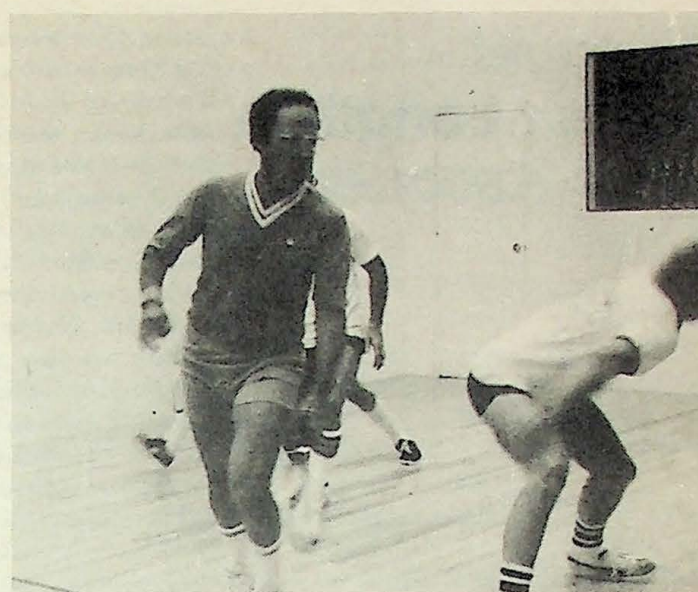
Santana Courts in Santa Ana, Ca. hosted the 1st Annual Aloha Racquetball Tournament. Ron Coss, owner, and Chuck Hohl, General Manager, put together a well organized and exciting tournament. With a Hawaiian theme and great hospitality, a packed gallery was treated to some fast racquetball. Mark Morrow took honors in the Open Men's Division winning a hard fought decision against Mike Alderson 21-18, 21-17. Tony Marti finished third. Mark Morrow then teamed with Bruce Radford to win Open Doubles in the third game an eleven point tie breaker (11-8) against a top doubles team composed of Jim Pool and Ron Starkman. Ruth Knudson won the Women's Open against a relative new comer Ellen Fry. Ellen went through some pretty rough competition to get to the finals. She'll be a name to reckon with in the future. Other results were:

C Singles—Dave Bush defeated Dave Dennis

Novice Singles—Tim Schoo defeated Steve White



Ruth Knudson hitting ceiling ball against Donna Noguchi



Dr Bud covers the kill at Santana

B Singles—Bruce Radford defeated Jim Rossman

Women's B Singles—Karen Walton defeated Gail Davall

Seniors Mens Doubles—Gary Gullette-Joe Scheinbaum defeated Jerry Northwood-Ron Starkman

Mens C Doubles—Andy Haas-Scott Holland defeated Jerry Monell-Mike McGover

Women's C Singles—Kelly Radford defeated Ann Montalbano

Women's Novice Singles—Sharon Reiher defeated Linda Graham



The beautiful Santana facility in Santa Ana.

Hilcher In The Money At Wall Street

Jerry Hilecher "out-glassed" and out-classed the field in the first NRC Pro Tournament of this year's tour held at the exciting Wall Street Racquetball Club in Sacramento Sept. 3-6.

The Wall Street club offered the first opportunity for the pro players to play on a court which featured a glass front wall. In spite of the attempts to make the glass more contrasting to the ball for better visibility, the players still had difficulty picking up the ball visually, especially on the serve. If anyone has ever seen Hilecher play, then they will know instantly what an advantage his serve was on this court. Any time you can decoy Charles Brumfield to move into position for a backhand return on the serve when in reality the server has hit a z-serve into the back right corner for an ace, then the server has a powerful weapon. Therefore it was of no surprise that two of the games hardest hitters and best servers

matched up in the finals. Marty Hogan made it there by besting Bill Dunn, old nemesis Rich Wagner, and Steve Strandemo in the semis. Meanwhile, Hilecher had to get past John Lynch, Mike Zeitman, and Brumfield to earn the right to meet Hogan. The finals action left the packed crowd with little to be desired as both players matched up well



Jerry Hilecher

displaying great quickness and amazing hitting power. The first two games were "slam-bam thank you ma'am" affairs as they went quickly with Jerry taking the 1st 21-10 and Hogan coming back 21-7 in the 2nd contest. Hilecher really got his serve going in the crucial eleven point tie-breaker to out-rip Hogan 11-4.

Probably the most exciting match of the tourney was Jerry's match with Brumfield. Hilecher's serve was devastating allowing him to jump to a 16-2 lead in the first game, but as is the case in most matches where Jerry has a big lead he has a tendency to ease up and no one can afford to do this against Charlie. Needless to say, Brum came back to sneak by Hilech 21-20. But the overall effectiveness of Jerry's serve was to tell the tale as he stormed by Charlie in the next two games 21-12, 11-4.

Jay Jones was the surprise of the tournament as he upset Steve Keeley in the round of 16 and then lost a tough three game bout with Steve Strandemo in the quarterfinals 19-21, 21-6, 11-6

The women's Pro proved to be no different as the hardest hitting gal, the Odessa Flash, Peg Steding, marched through the field with relative ease. Kathy Williams was the

only player to reach double figures against Peggy as she lost 21-8, 21-15 in the semis. Ms. Steding then destroyed Shannon Wright 21-9, 21-9 to take first place. Shannon had her problems this tourney as she struggled by Jan Campbell and Janell Marriott in three game matches before losing to Peggy.

The Pros had better get used to the glass as there are several stops this season on the tour where they will be playing on a court with a glass front wall. What is desperately needed is a one-way glass where the players can not see out but the spectators can see in.

tournament section continued page 14





Racquet Repair-Lengthen your Racquet Life

Gary Poppino

One of the biggest problems besetting the racquetballer these days is racquet repair. It may be STRINGS-broken, strung too tight, too loose, or GRIPS-too flat, too raised, separating- coming unravelled, too slippery, too tacky, or MISCELLANEOUS items such as butt pieces breaking, thongs too long, thongs too short, or wearing out. Whoever the player, some or all of these predicaments are bound to hit he or she at one time or another.

How do we handle these problems so that they do not occur as often? BROKEN STRINGS... Basically the problem stems from a. rough edges in the string holes causing the string to wear, b. flaws or nicks in the string, c. Tension too tight. These things can be helped by having plastic tubing put in the holes over the string. Inspect the string for flaws when you purchase, and, try playing with your racquet strung a little

looser. (The average racquet tension has gone down in the last five years from 30-35 lbs to 20-26 lbs) There are now some superior grade nylon strings on the market that give added life to your racquet. Some of the better known are: Ashaway Vantage and Blue Star, both last a long time and give you the feel of gut. Shear Resistant Nylon was developed to eliminate the problem of string breakage or cutting when a ball is hit on the inside edge of the frame. A stainless steel wire is embedded in the full length of a superior grade nylon string. This string is especially good for racquetball.

Most of the factory top of the line racquets use a Hybrid or Imperial nylon. They are made of the strongest materials in a process that uses many fine strands of nylon woven together and extended under pressure and high temperature to completely bond the strands into a single string. This process produces a very high strength, durable string. Blue Supreme, Statite, Blue Twist etc are some of the names for the most popular tournament grade string. It is available in rough or serrated surface as well as smooth. Some of these strings are somewhat higher in cost but are well worth it when your racquet is being restrung.

GRIPS... Usually the problem with the leather or rubber grips is the glue or adhesive drying up and becoming brittle and losing its holding effect. One of the better ways to correct this is to use two sided tape on the handle. Apply the tape to the handle and apply the grip on top of it. (some people use a small brad or a staple to attach the grip to the end of the handle as they start to put the grip on.) A trick with rubber grips is to apply two sided tape to the handle, secure the racquet in a vise and pour lighter fluid on the tape and in the top of the grip and slide it on quickly. It will set up firm in 2 to 5 minutes ready to play. You must slip the grip on before the lighter fluid evaporates or it may get stuck during your installation.

MISCELLANEOUS... Butt pieces for the composition racquets can be obtained from your racquet manufacturer. They are easily installed and in-expensive to replace. Worn out wrist thongs are one of the major sources of injury in racquetball. These can be obtained from many sources such as your sporting goods dealer, club pro shop, racquet repair shop, or any hardware store. Replace your wrist thong at first sign of wear and your opponent will thank

you. Racquet guards- most court clubs will not allow the use of metal racquets that do not have a protective bumper on the top edge. Most metal racquets come with a bumper installed. Others must put a bumper on them. There are available several wrap on leather or plastic type that are re-movable. Some manufacturers have bumpers that will fit several of their models.

There are accessories available now to help solve the perspiration problem with your grip. One is the Terry cloth slip on grip that goes over the top of your existing grip. These absorb perspiration and help eliminate the constant use of a towel. They are easy to remove and they are also washable. Another help is a leather re-conditioner designed to be used as a cleaner and also to bring back the tacky feeling of a new grip. Also a lot of players have been using "Dri-Grip" or rosin powder. It dries, conditions and removes perspiration from the hands, leather and rubber grips. It is not slippery or sticky.

Most of the above techniques and products are available at your local qualified racquet repair shop. Use them and you will have the answer to many of the problems that you face each day in regard to racquet maintenance.

CLUB INSURANCE

Package Insurance Program especially designed for Handball-Racquetball-Tennis Courts and Complexes

Broad Coverage and Big Premium Savings

exclusively available - CALIFORNIA CONTINENTAL 405 Montgomery Street San Francisco, CA 94104

write or call M. S. Teles Telephone (415) 788-0422

tournament section continued from page 13

IRA Pro Stop In St. Louis

Charlie Brumfield has picked up where he left off by defeating Marty Hogan in the finals of the first Pro tournament of the new season sponsored jointly by the IRA and the Town and Country Racquet Club. The tournament, held in St. Louis on August 19-22, featured \$6000 in prize money.

The finals were a carbon copy of the NRC National Pro Championships of last June where Charlie and Marty traded off blowouts before Charlie settled down to take the third game and the title. The St. Louis finale was no different. They should have played only the third game as it was the closest game of the match with Charlie again coming out on top 21-2,

5-21, 15-9, (this tournament tried a 15 point tie breaker). The victory was worth \$2000.

In the women's division, Peg Steding crunched Kathy Williams 21-10, 21-10 to capture the prize money of \$500. Kathy appeared to have a letdown after pulling off her upset victory in the semifinals over Shannon Wright in a thrilling match 21-20, 13-21, 15-14.

The Town and Country Racquet Club is a brand, spanking new racquet facility. They believed in getting their promotion off with a bang as Stan Smith of tennis fame won the inaugural tennis tournament just the weekend before the racquetball tournament. The club features 13 racquetball courts plus tennis (indoors and out), swimming, complete locker room, restaurant, bar, and snack bar facilities. Probably the most impressive physical aspect of the Town and Country Racquet Club is the glass court with its three walls of glass and seating for over 400 spectators.

abc PANELS

RACQUET BALL-
HANDBALL-
SQUASH

the ultimate courtwall —

fastest play
snappiest bounce
longest life
quietest game
lowest cost

the best for the least —
can you afford to
overlook us?

abc PANELS

Michael Bugel — Luis Concha
405 Montgomery Street,
Suite 818
San Francisco, Ca 94104
415-788-0433
(evenings & weekends—
415-668-1414)



The Health Department

The Racqueteer has the opportunity to share with you the knowledge and experience in the field of nutrition and conditioning as presented by Jerry Northwood. Jerry works daily with many athletes from a variety of different sports at the high school, college and professional level. He also finds time to manage an athletic club. His primary function is to set up an organized program of conditioning, based around the needs of the particular athlete, as it pertains to their specific sport. The primary elements involved in accomplishing these objectives are muscle endurance exercises through different forms of running and swimming, and finally, stretching and flexibility exercises to keep the body flexible to prevent injury. Each athlete's nutri-

ritional pattern is evaluated and revised to his maximum advantage. Jerry happily has been engaged in this pleasurable occupation for nineteen years.

Having played both handball and racquetball for a number of years, Jerry is very familiar with the training and nutritional needs of the athlete during tournament competition. At clinics, lectures and during private lessons, he's had an opportunity to discuss particular problems of the athlete. With this background in mind I know Jerry will have your confidence and interest in the issues to follow. Keep in mind that this is *your* column, designed for your specific needs. The field of nutrition is extremely complex and there are many different ways to properly train for a specific sport. So, your questions will establish our format for it's your interest we're concerned with.

In addition to the question and answer portion, there will be a special feature each month. Specific

topics will be detailed, such as:

1. Do vitamins actually make a significant difference in the energy pattern of the tournament player?
2. Is cramping your problem? - vitamins and supplements that may assist you.
3. Is your problem too many pounds to move around? - nutritional suggestions for weight reduction.
4. Need to add a few pounds so you'll have some reserve to run off? - suggested nutritional patterns for gaining weight.
5. Junk foods and their affect on performance.

Finally, in the nutritional area, special features on: Is it necessary to eat meat to compete? Facts and fallacies in eliminating meat from your diet; The vegetarian athlete.

As with the nutritional portion of the article, your questions are encouraged in regards to conditioning in preparation for competition. We will touch on such subjects as the kinesiology of racquetball - the

specific muscles involved and how to build and maintain them; Rehabilitation from athletic injury - common injuries suffered in sports and how to prevent and recover from them; Building forehand and backhand power - specific muscles involved and exercises for explosive forehand and backhand execution; Stretching and flexibility warmup exercises to prevent injury.

Through the questions and answers, and the special features, Jerry hopes to impress upon you the importance of your nutritional pattern and it's effect on, not only performance on the court, but all around daily health. Your attention to the suggestions pertaining to conditioning will enable you to compete stronger, longer, and most important of all, free from injury. Looking forward to your questions.

Address questions to:

The Racqueteer Health Department

P.O. Box 19069

Irvine, Ca. 92713

Nutritional Pattern Versus Execution

Jerry Northwood

The beautiful part about racquetball is that almost anyone can play. All it takes is a minimal amount of hand-eye coordination and agility, and you're having a ball - getting a great workout. However, to advance from the beginning player to the tournament winner, there are many more variables involved that need to be recognized and controlled.

Tournament players are aware of the fact that execution is the name of the game. If you can execute the shots under the strain of tournament competition, you're going to be a winner. That is, if you don't run out of gas because of poor nutrition. How many times have you played someone who is great for the first half of the game, but blows it by keeping the ball up, skipping it in, ineffective ceiling shots, etc. Does this sound like your game? What causes this fatigue and lack of energy to throw your shots off? Simple, that lack of correct fuel!

If your opponent wins the first game, and you squeak by in the second, do you feel confident in getting back out on that court in ten minutes, recuperated enough to go all out for the one that counts? Fi-



nally, if your level of execution has advanced to the point that you can make it through the early round to the semi-finals, do you have enough gas to finish just as strong? How many times have you seen the better player get beat due to the lack of endurance? The sad part about it is, the majority of the people who lack endurance just say, and really believe. one of two things. "Man, my

game was really off. I missed a lot of shots I normally don't miss". Or, "Boy! Did that guy get lucky. He couldn't miss. He rolled everything out". Many never grasp the fact that behind each one of the above affects is the nutritional pattern of the individual.

It's true that the vitamin pill doesn't swing the racquet for you (directly), and it's also true that

many a fine athlete with a lot of God given ability can succeed in spite of their nutritional pattern. But, all things being equal, the individual who has his body in the correct metabolic balance with the correct amount of vitamins, minerals, protein, fats, carbohydrates and water is naturally going to be able to execute stronger and longer. Not to mention the fact that if you have your body in correct balance and adhere to a few other basic necessities such as fresh air, sunshine and a tranquil mind, you'll eliminate a great deal of the so called diseases that prohibit the athlete from competing altogether.

Contrary to popular belief, sickness is abnormal and never a necessity if the system is properly maintained. If you desire to improve your performance and your over all state of health, start educating yourself in the area of nutrition. Everybody's body is different and you should find out what pattern is effective with yours. I can assure you, junk foods *are not* the answer.

Next month's article will discuss junk foods and their effect on performance in detail. Don't miss it! Start educating yourself today by sending in those questions regarding your nutritional pattern, to be answered in the next article.

Thought for the month. You've heard the old saying, "You are what you eat". For the racquetball player, don't make it donuts - you're libel to get one on the court!

The Leader in Quality Manufacturing

StarMaster



Racquetball and
Tennis Equipment

For more information and free full color brochure contact

STARMASTER INC
3415 W. MacArthur Blvd.
Santa Ana, CA. 92704
(714) 540-6142