

National Racquetball®

Vol. 13 No. 2 February, 1984

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**SPECIAL
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EYEGUARD
SECTION**

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On the cover . . .

Eyeguards are this month's primary topic and as we write the words even newer studies are being released expressing the dangers of not wearing eyeguards as well as inferior eyeguards. For an update on state of the eyeguard industry, our own reader survey results and our 2nd Annual Eyeguard Guide, turn to page 6.

— photo by Arthur Shay

Next month . . .

March finds jockey Angel Cordero sporting our cover, with a fine article about how racquetball helps his record-breaking efforts. The primary thrust of the issue, however, will be devoted to international racquetball, specifically Japan, Europe, and a feature on Miss Costa Rica. All that plus our regular features!

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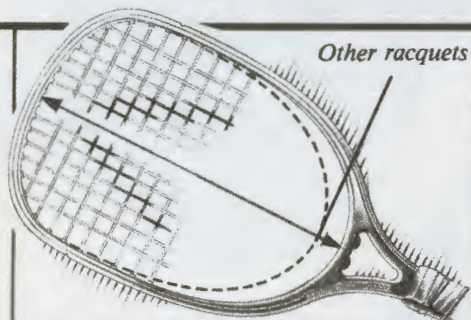
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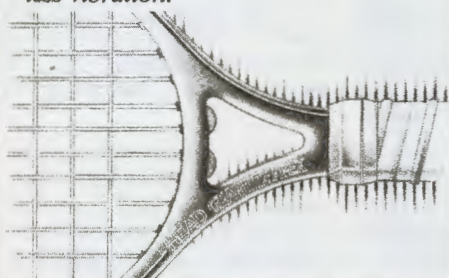
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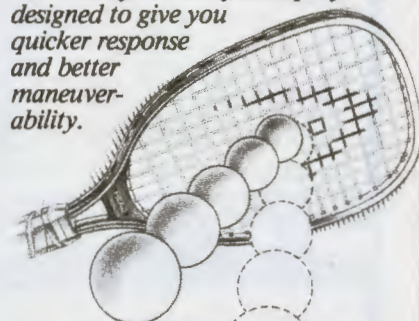


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From The Editor . . .

Closed And Mandatory— Now!



I've seen enough. I've read enough. I've heard enough.

I am now totally, absolutely and irreversibly convinced of two things: that all "open" eyeguards should be taken off the market; and that eyeguards should be mandatory apparel for all tournament play.

There. I've said it and stand by it. Let me now brace for the barrage from my friends in the freedom of choice camp, whose argument goes something like, *"you can't make me wear seat belts, you can't stop me from smoking and you can't make me wear eyeguards if I don't want to."*

That may be true. but we can stop him from playing in tournaments, we can stop him from setting a poor example for beginning and junior players, and we can stop him from committing visual suicide in front of a packed gallery.

As for open eyeguards, the term "eyeguard" following the word "open" is a contradiction of terms. In order to guard the eye, the eye must be covered. After all, how much protection is the eye given if the space directly in front of the eye is open?

What, you may ask, transformed me from a rabble rousing freedom of choicer (my choice has always been eyeguards—you choose for yourself) to a rabble rousing mandatory man? The statistics, that's what.

It may really be true that *"statistics are for losers,"* and *"the figures don't lie."* When it comes to racquetball and eyeguards both statements ring true. The frightening fact is 97% of our readers who responded to our recent eyeguard survey said that they had been hit in the face by ball or racquet at some time in their playing career.

The losers will be those who don't protect their eyes. The statistics don't lie.

I therefore call on the American Amateur Racquetball Association (AARA), the Women's Professional Racquetball Association (WPRA) and the Professional Racquetball Organization

(PRO) to take the big, bold, and inevitable step of making eyeguards mandatory in all sanctioned tournament play. (The AARA should be commended for its current position of mandatory eyeguards for junior events. The time is now to extend the rule to adults.)

Sure, there'll be some initial grumbling. Too bad. At a rate of 97%, it won't be long before those grumblers are writing tear-jerking thank you letters for saving their eyesight.

And while it may be too much to ask right off the bat, I'd hope the mandatory eyeguard rule mandates closed lensed glasses. Why? Because it is now an *undeniable, proven fact* that open eyeguards do not adequately protect your eyes.

In fact, at least three major eyeguards firms have ceased producing open eyeguards within the last few years due to excessive insurance premiums brought about by too many lawsuits where eye injuries were sustained while the player was wearing open eyeguards.

Folks, the ball can penetrate the opening. It can, it does. And when it does, it hurts. A lot. Sometimes forever.

What's the big deal anyway? Open eyeguards simply don't work. For 10 years they were state of the art until something better came along. We should thank the open eyeguards for those eyes they did protect and move on to closed eyeguards that protect better.

I guess you could call it "a changing of the guard." Let's do it already so racquetball can get off this "too dangerous" kick and get back on the road promoting the healthy, competitive, fun aspects of the sport we all love.

Enough is enough already. ●

Chuck Lane

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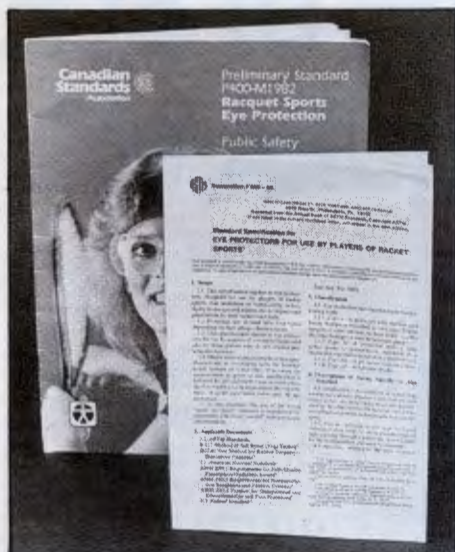
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Manufacturers, Players Agree



ASTM Eyeguard Specs': Throw Away Your Open Frames

by Linda Catanzaro Boberg, Associate Editor

"Any eyeguard is better than nothing."—Dr. Michael Easterbrook, National Racquetball, May, 1982

Is it?

When he made this statement, Dr. Easterbrook was hopeful that players would make some attempt to shield their eyes from the possibility of injury.

A little more than a year after his statement and after three years of research, interviews and testing, the racquetball industry has done a tremendous about-face on the question of eyeguards. Last year the typical player spent five dollars on an eyeguard; this year the concerned player will hand out more than \$25.

The major impetus for change has come from the Eye Safety Committee of the American Society for Testing and Materials (ASTM), a group comprised of eye doctors (including Dr. Easterbrook), racquet sports officials, manufacturers of protective eye wear, and representatives of special interest groups.

In April, 1983 the committee issued *F 803 Standard Specification for Eye Protectors for Use by Players of Racquet Sports*. This standard gives the guidelines for the type of eyeguard that should be worn by racquet sports players, how it should be built and tested by manufacturers and how it should be labeled with manufacturer's name, model identification number, and week and year of manufacture.

These performance standards give materials specifications, optical requirements, and impact resistance requirements for prescription and non-prescription eye wear.

The committee members conducted many tests to come up with the requirements that are written in standard which are essentially the same as the *Canadian Standards Association's (CSA) Racquet Sports Eye Protection Standard* issued in 1982.

Although the standard now exists, it's difficult to find manufacturers who can say without hesitating that their eyeguards meet the standard.

"We want to meet and say we meet the standard," said Bob Morgan of Kay/Viking Sports. Viking manufactures and distributes Action Eyes, the eyeguards formerly made by Bausch and Lomb.

"We believe we meet the Canadian standards," he went on, *"but as far as I know there are no facilities in the U.S. to test eyeguards."*

Independent houses can test U.S. eyeguards, according to Dr. Easterbrook who was the CSA Task Force Chairman and a member of the ASTM committee. The CSA has a branch that wrote their standards and another in-house testing branch.

Dennis Hirschfelder, Director of Eye Safety Programs for the National Society to Prevent Blindness echoes Easterbrook's feelings on the subject. *"When we talk about this,"* he stated, *"you'll hear my frustration."*

Hirschfelder feels that there has been a big delay on the manufacturer's side to meet the standards and that a *"big nudge"* is needed to get them going.

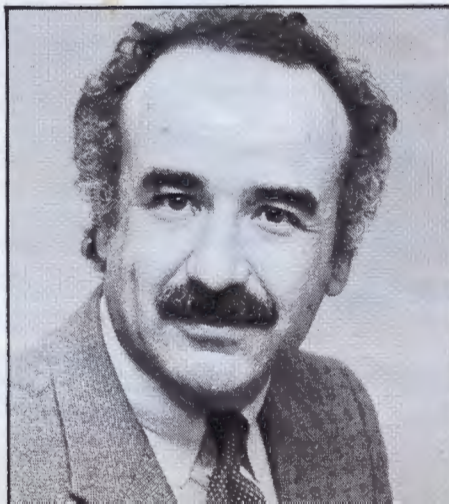
"I have not yet seen an eyeguard that meets the standards," he said.

Open eyeguards, which provide some protection, are not-so-slowly being eased out of the marketplace. Pictures such as the one on this page, demonstrate just how easy it is for a ball to become sandwiched in the opening of an open eyeguard.

Barry Buske of Pro-Tec stated the manufacturer's frustration when he noted that manufacturers are *"tired of going to court, taking the time to defend open eyeguards to the public, and paying high insurance premiums"* for open eye wear. Pro-Tec is no longer in the open eyeguard business.

Sabin Abell of Leader Sports agrees with Buske. *"Not only are manufacturers switching over to closed eyeguards, but better made eyeguards as well."*

Leader still manufactures one open eyeguard, but is getting ready to place stickers on the product which will state that open eyeguards are not meant for racquet sports such as squash and racquetball.



Dennis Hirschfelder

Overall view of the pneumatic apparatus used to propel racquetballs and squash balls in impact tests of eye protective devices.



Leader has also been working with Dr. Paul Vinger, committee member and ophthalmologist, on creating an eyeguard that meets ASTM standards.

In working with Vinger, Leader's "trade-off is to keep all of our eyeguards in line with the standards, and to get rid of open eyeguards."

All three representatives of the manufacturers we interviewed feel that the players are casting the deciding vote.

Last year, according to Abell, players would only purchase five dollar eyeguards.

"They had their four dollar t-shirt, two dollar shorts, and if they chose to buy an eyeguard, it was just as inexpensive," he maintains. "This year the average player will spend \$25 and over."

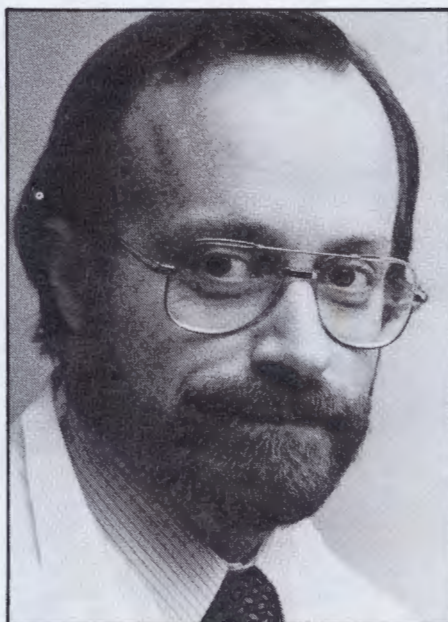
Pro clubs and sporting goods stores are buying large quantities of more expensive eyeguards, a situation that Abell feels will stop the manufacture of open eyeguards.

"People want the best and don't care what it costs," Abell said.

Morgan, an avid racquetball player, worries that unless more serious attention is paid to the eyeguard issue, people will start turning away from the sport.

"People hear of a next door neighbor who gets hit in the eye with a ball and they don't know or care if he wore eyeguards, but if he didn't and he's hurt badly enough, pretty soon they start saying, 'it's too dangerous a sport.'"

Sports associations are beginning to take stands on the eyeguard issue. The American Amateur Racquetball Association (AARA) has made it mandatory for juniors to wear eyeguards. The United States Squash Racquets Association (USSRA) has gone one better, making it mandatory for anyone playing in nationally sanctioned tournaments to wear eyeguards. This became effective December 1, 1983.



But until the players make each other wear eyeguards, it will continue to be an issue.

"You can go to any club in the country and still see that 97% of the people there are not wearing eyeguards," said Dr. Easterbrook when informed of this year's eyeguard survey results, which showed a greater awareness by the players of the need to wear eyeguards and a greater interest in seeing one's opponent wearing them.

It doesn't matter if you're young or old, pro or amateur, male or female, your eyes are the most vulnerable part of your body when you walk onto the court. And the eye protection that you elect to wear might mean the difference between a sudden trip to the hospital or continuing to play the game after a slight rap to the face. ●

Dr. Michael Easterbrook



Eyeguard Survey Results

The 'Eyes'

Have It

"... I looked behind me to see where the ball was going. My opponent mis-hit — the ball hit the edge of his racquet and veered straight into the corner of my left eye."



Alderson research headform (50 percentile) used to mount eye protectors for impact tests. The entire area within the bony orbit of the eye is covered with Pressure Indicator Paste to ascertain if either the ball or the protector make contact with the eye during impact tests.

"I shut my eye and was afraid to open it for at least a minute and when I did my fears became reality. My visibility was only three feet and extremely blurry."

"I spent the next two days in a hospital bed under close supervision and slowly my vision returned. I'm lucky."

James Woods, whose words you just read, is typical of our Eyeguard Survey respondents who were mostly male, ages 24-44, and play three or more times per week (as they have for five or more years). After taking lessons from an instructor who recommended eyeguards, the typical survey respondents wear them all the time. And because they've been hit either by ball or racquet, our respondents credit their eyeguards with saving them from serious injury.

In a nutshell, that is what our Eyeguard Survey revealed about our readers. Let there be no mistake: the survey brought out the strongest of emotions! Scribbled notes and typewritten letters accompanied the record-breaking 250+ surveys that we received from 39 states and four Canadian provinces.

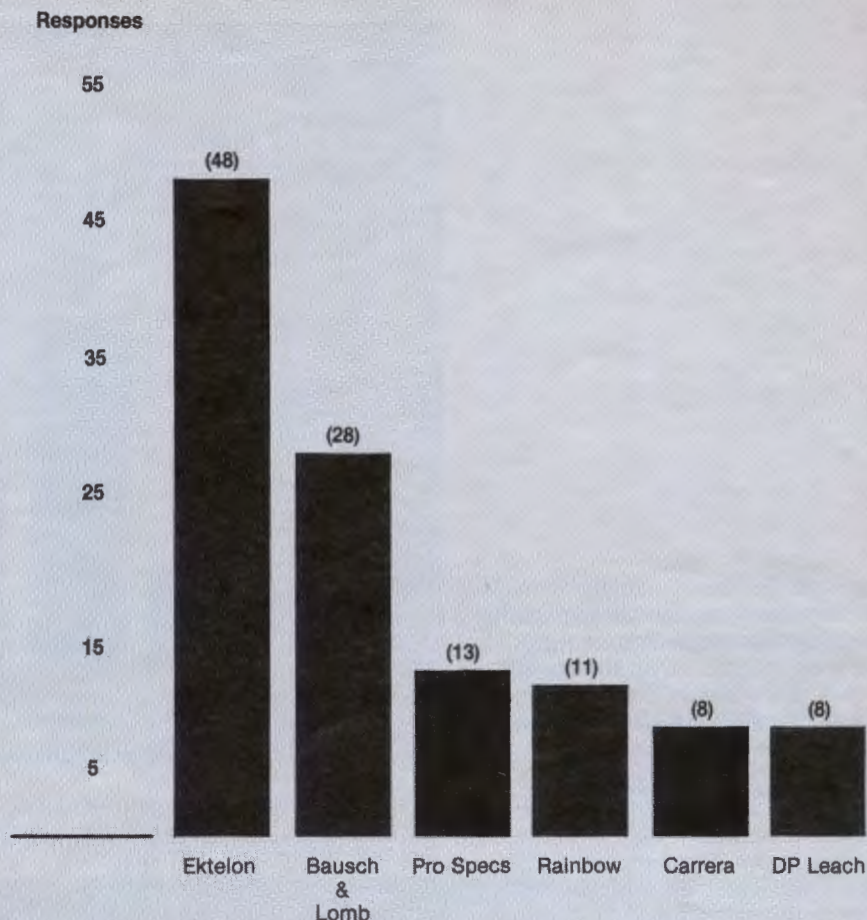
We have included as many readers' comments as space would permit believing that our readers' thoughts will promote the use of eyeguards more effectively than statistics.

★ ★ ★

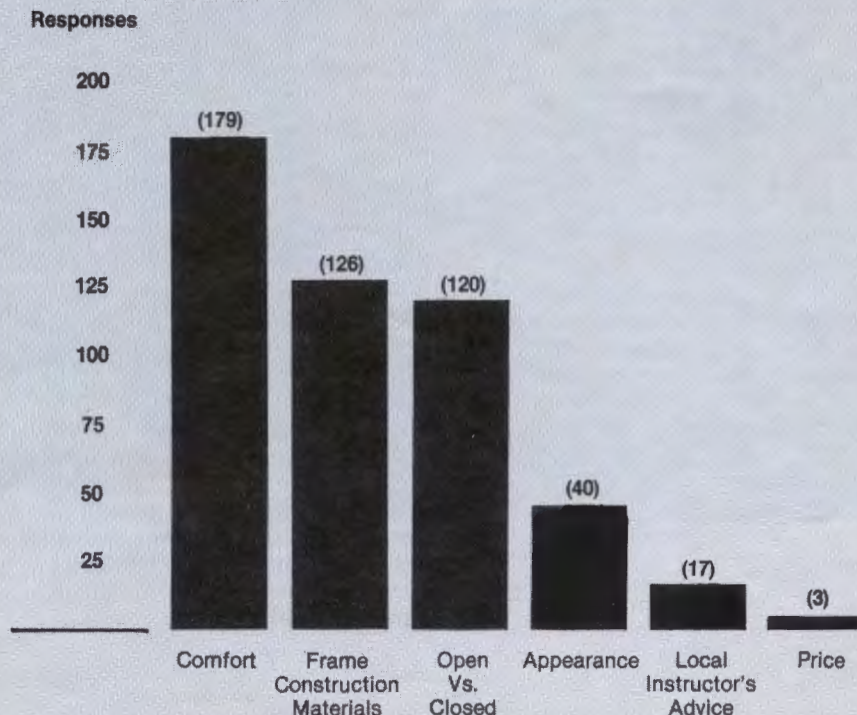
"I own two pair of eyeguards — one for me (prescription) and one for my opponent. I will not play anyone not wearing eyeguards. So I carry a spare (closed lens) pair." — Judy Boston, Tennessee

The issue of whether or not an opponent should wear protective eyewear

What is the name of the manufacturer who makes the eyeguards you wear?



What influences your choice of eyeguards?



brought out the concern and worries racquetballers have for their opponents. Many people like Judy Boston worry about their liability if they should hurt the other guy while on the court — let alone the possible guilt feelings. Then there were the players who felt that it was an individual's responsibility to protect himself and not his opponent's problem.

"I personally am extremely uncomfortable playing someone who isn't wearing eyeguards and I would be devastated if I ever caused someone severe injury or loss of sight. Technically, it would be their own fault for not wearing eyeguards, but that fact would do little to heal either persons' scars—be they emotional or physical!" — Len-ny Johnson, Colorado

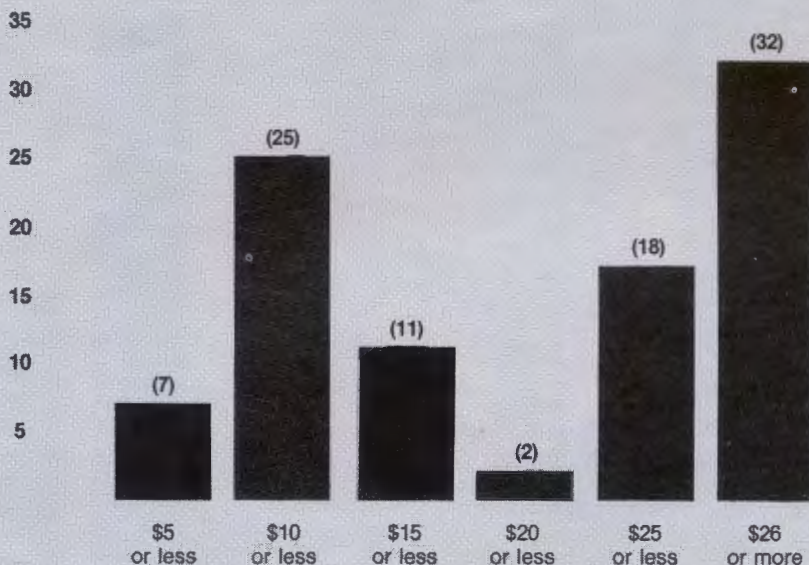
It wasn't surprising to find that of all those people who took the time to answer our survey, 97% reported that they always wear eyeguards. Racquetballers who play as well and as much as our readers would naturally be the ones most responsible about the sport.

While we heard from all ages of players, 65% fell in the 24-44 age bracket. Men outnumbered women in answering the questionnaire with 71% of our survey results coming from male readers. Immediate and advanced players made up 89% of our respondents. Another 80% play regularly at commercial clubs.

★ ★ ★

What will you pay?

Responses



"No one should get on a court without eye protection." — Dennis Hirshfelder, Director of Eye Safety Programs, National Society to Prevent Blindness.

The American Society for Testing and Materials (ASTM), a voluntary group whose members include ophthalmologists, racquet sports officials, protective eyewear manufacturers, and special interest groups such as the National Society to Prevent Blindness, has issued *F803 Standard Specification For Eye Protectors For Use By Players Of Racquet Sports*.

The guidelines are much simpler than the long-winded name implies. They set forth design and performance standards for eyeguards manufacturers in the U.S. (Canadian manufacturers already have essentially the same specifications for their eyewear.) It is the ASTM hope that within the near future all eyeguards will meet these standards and come packaged with labels attesting that they meet the standards.

"As participation in racquetball and all racquet sports continues, as long as there are racquet sports, we will see eye injuries." — Dr. Michael Easterbrook, Toronto, Canada ophthalmologist, member of the ASTM racquet sports committee.

★ ★ ★

"I've seen a tournament stopped for 10 minutes while one of the players cleared his vision after being hit in the eye through his open lensed glasses. That's my reason for wearing closed lensed glasses." — Mike Wallace, New York

The controversy in this year's survey seemed to be in what type of eyeguard to wear. Preference for closed lensed frames ran 58%, up from 47% a year ago, showing the increased awareness of the higher risks of open glasses.

Surprisingly, some people still think that their corrective eye glasses will give them adequate protection. *Wrong!* If the ball hits glass or plastic corrective lenses, it will shatter them, sending slivers of either substance into an eye.

Half of our readers wear corrective eye glasses off the court and 20% reported seeing an eye doctor for fitting their eyeguards with prescription lenses while another 33% went to the local pro shop, and 25% drove to a local sporting goods store.

Price didn't seem to matter since 32% of our respondents spent \$26 or more on their last pair of eyeguards.

★ ★ ★

"I am a parent who has insisted on eyeguards for my two sons. They initially resisted because of the lack of 'style' in eyeguards. My solution was to pay for whatever eyeguards they wanted but they had to agree to always wear them." — Bob Burg, Arkansas

It's the Bob Burgs of racquetball who will instill the necessity of wearing eyeguards into younger players. It is only when wearing eyeguards becomes second nature that we will stop hearing of serious eye injuries.

The greatest response to any one question came when we asked about injuries. Ninety percent of our survey respondents reported being hit in the eye with either a racquet or ball and 77% felt their eyeguards were responsible for saving them from serious injury.

"Ever seen a pair of glasses broken on someone's face? I have — not pretty. Besides a cut-up face, his eyeball was cut. Luckily, very slightly, and it did heal well."

"I've had four stitches in the lip, took an aluminum racquet across the bridge of my nose, and have had practically every square inch of my body violated by racquet, ball, opponent, or walls." — J. P. Tumpane, Washington

★ ★ ★

"The Big Debate!! I'm a firm believer in human rights and personal freedom of choice, but there is more involved here. What about the rights of the opponent in the case of a player who chooses not to wear eyeguards?" — Lenny Johnson

Should eyeguards be mandatory for racquetball or tournament play? A reluctant 80% said "yes," but many made qualifying statements, attesting to the complexity of the issue.

"Mandatory would be ideal but impractical and difficult to enforce. 'Additional emphasis' on eyeguards and 'strongly encouraged' for wear by all racquetball players would be more practical and a step in the right direction." Dean Buck, California

Yet there are those who believe that this is already being done and that the proper direction for the sport should be a stronger stand.

"As assistant manager at Level Court Club our in-house policy is: Eyeguards are strongly recommended (sold at cost). During league play, if your opponent requests you to wear eye protection, you must comply (we have loaners at the desk) or you forfeit the match."

— Ann Hunt, Indiana

Some mention was made of the "look" of eyeguards - they're not exactly

designer specialties - and comfort is a big factor in picking out a particular style. There are three real reasons for wearing eyeguards that came out loud and clear from the results of our survey. The three reasons: Safety. Safety. Safety.

"I can't stand anything on my head - it drives me nuts. But I'd rather be nuts than blind!" — Larry Roberts, Michigan ●



The ball can penetrate open eyeguards as this simulated situation shows. —photo by Steve Shay

National Racquetball's Annual Eyeguard Guide

Another Exclusive One-Stop Shopping List

The most important piece of equipment for any racquetball player is the eyeguard. No matter what skill level, no matter how good or bad one's vision, eyeguards should be mandatory apparel/equipment for all players.

Eyeguards cannot give total protection, of course, but they do give outstanding protection and in most cases can save the wearer from a more serious injury, if they cannot eliminate the injury altogether.

We have presented on these pages the various eyeguards from a wide range of manufacturers, whose cooperation in the preparation of this article is appreciated. *National Racquetball* suggests that you contact any of the manufacturers listed at the conclusion of this article should you want further information on these products.



Viking Sports

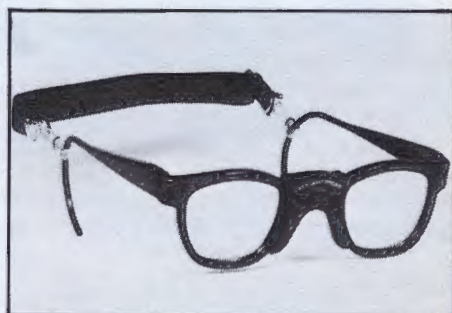
The Eye Shield is a full polycarbonate fog resistant lens and frame with minimal vision obstruction at the frame and bridge, with adjustable metal hinges. The eyeguards can be worn over prescription glasses. Suggested retail price: \$6.95



Viking Sports

Action Eyes, a Bausch and Lomb product, is three millimeter thick polycarbonate lenses, coated for scratch and fog resistance and replaceable with prescription lenses.

The eyeguards come with heavy duty seven barrel hinges, riveted to metal core adjustable temples and frames. The frames are reinforced and come with a specially designed bridge. Available in crystal or tortoise, the eyeguards come with a carrying case and velcro eyeglass retainer. \$29.95



Criss

The All-American athletic frame was designed to provide strength and versatility for many contact sports.

Dupont 109 nylon is used for its high resistance to impacts. Kraton rubber makes up the bridge material to allow for maximum comfort and protection. Two simple metal pins attach the temples to the front. The "stress relieving hinge" can rotate 180 degrees upon impact to relieve stress and breakage.

Sizes and two temple styles are available. Prices not available.



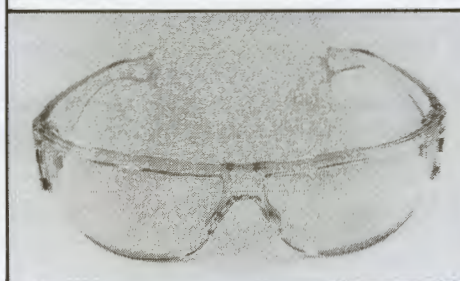
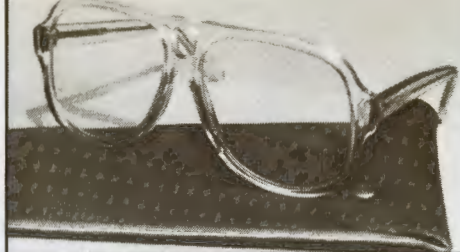
Norton

The Norton 180 features a unique wrap around design that offers a larger protective area while expanding the field of vision to over 200 degrees. A one-piece front greatly reduces optical imbalances associated with two-lens eye wear and eliminates the chance of a lens popping out on impact.

Polycarbonate material increases wearer protection by resisting high impact and heat. A four-hinge post system offers twice as many contact points to disperse impact force.

The light weight is evenly distributed. A frosted brow reduces glare from lighting. Curved temples hug the back of the head rather than hooking over the ears.

Available in five shades—clear, gray, light and dark green. \$3.80



Unique

Unique Sports Products offers three different eyeguards.

Fashion Racket Specs come with shatterproof polycarbonate lenses and can be replaced with prescription lenses. Frames are available in clear, amber, and rose. Small and large sizes are offered. \$8.50

Eyeglasses Protector is a super-light, super-tough plastic frame that fits over any size head and any size prescription glasses. The nose, eyes, and temple are also protected. Comfortable to wear, it provides a wrap-around wide angle viewing for maximum peripheral vision and folds for easy storage. \$3.98-\$4.98

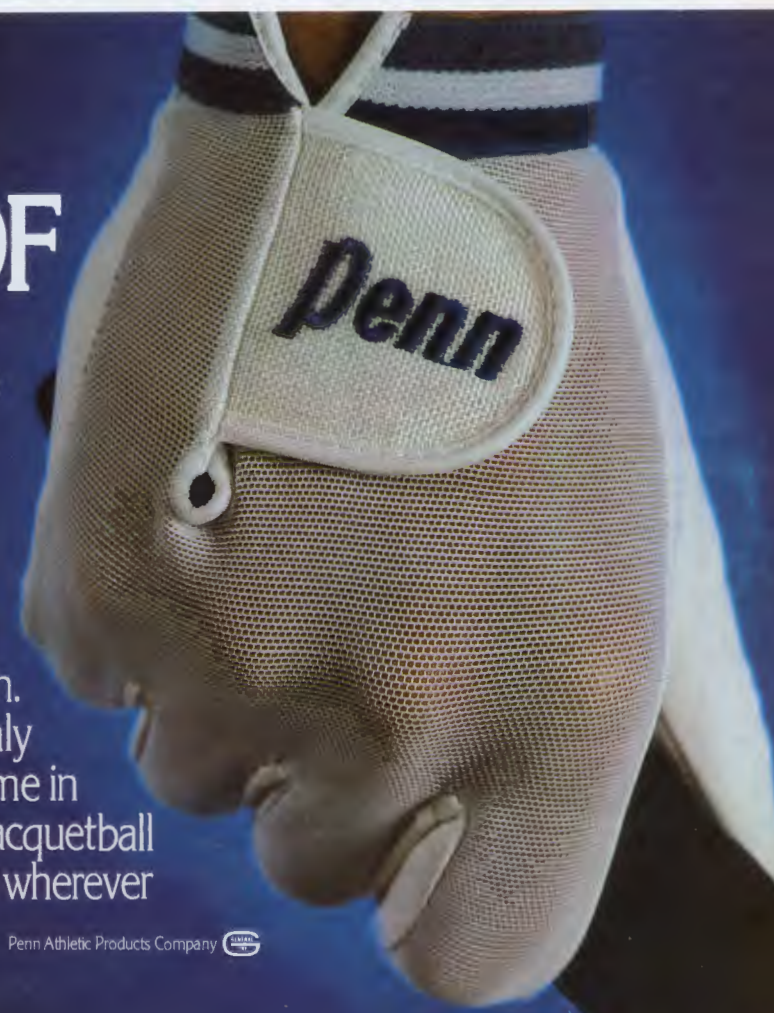
Rec Specs are the ultimate in sports eyewear protection. They come with non-prescription shatterproof lenses and are designed to fit prescription lenses. Frames carry a full, life-time guarantee. Packaged in silver box, the lenses are protected with individual velour pouch. \$19.95

IMPROVE YOUR GRASP OF THE GAME.

Pamper your hand with the softest sheepskin leather. Experience the comfort of seams you'll never feel. This



is the glove that fits like skin. And grips like steel. The only glove worthy of the first name in racquetballs. The all-new racquetball glove from Penn. Ask for it wherever Penn racquetballs are sold.



Penn Athletic Products Company



Foster Grant

The new deluxe Foster Grant eyeguard featuring an anti-fog lens, offers impact resistant coated and abrasion resistant optical quality lenses, a panoramic wide angle view, protective temple bar, adjustable comfort fit strap and a unique anti-reflective bar which eliminates distracting overhead light reflections. Cushion nose pads are also included for added comfort. Suggested retail price: \$16.00.



Pro-Tec, Inc.

Gargoyles are a unique, one-piece polycarbonate lensframe which when tested against the blast of a 12 gauge shotgun, survived with only a few dents. They are highly scratch resistant and feature an aerodynamic wrap design which protects eyes from weather elements and filters out incidental light and harmful ultra-violet rays. Available in five fashionable lens tints for various sports and sun conditions. \$48.00



Dynex Recreation, Inc.

Formerly Dunhill Racquet Sports, Dynex introduces the standard eyeguard LC-200 pictured here. Molded in unbreakable Lexan, the eyeguard provides maximum protection with the least amount of blocked vision. Comes with an elastic strap and protective padding. \$1.95

Other models include the Junior Eyeguards LC-180 which is scaled down for a smaller face and Protective Eyeglass LC-210, a molded eyeguard with a unique locking system to prevent penetration from the sides. It can be worn over glasses as well as against the face. \$1.95



Smith Sport Optics Goggle

Smith Sport Optics introduced their new racquetball goggle in September. Designed to give the optimum in protection and comfort, the goggle comes with pre-cut, stick-on foam pads for custom design in fitting. It also has a 1" wide headband to hold the goggle firmly in place. \$7.95



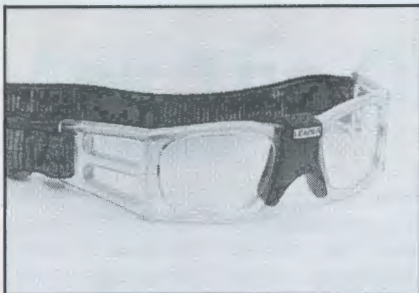
Durable Sentry

Lightweight, stylish, ophthalmic eyewear that's distortion-free. Proper panoscopic angles (angle of lens to eye). Full-field peripheral coverage with oversized 60mm lenses. Shatter-resistant, extra-thick polycarbonate lenses. Uni-fit nose piece to disburse impact over greater area. Seven-barrel, extra-strength design; reinforced front and temple pieces. Heavy metal core with notched ear piece for strap. Comes with Ekta-Clear and protective carrying case. In tortoise shell and blue-lined crystal frames. Prices not available.



Ektelon Court Goggles

Tough, molded, high-quality polycarbonate plastic. Impact and pierce-resistant. Cushioned impact pad for nose and bridge comfort. Adjustable elastic head strap for best fit. Comes with Ekta-clear. Prices not available.



LSP Leader Sports

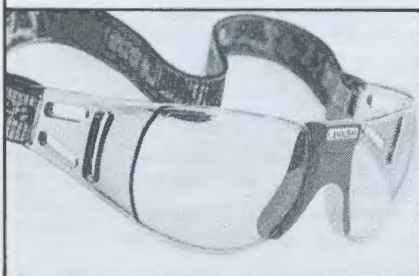
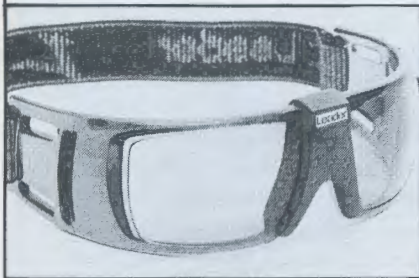
Leader presents three eyeguards — the Albany, the New Yorker, and Troy.

All offer high impact, scratch and shatter resistant polycarbonate lenses with baked-on anti-fog treatment and adjustable elastic straps. Cushioned nose pads are enclosed for personal adjustment.

The Troy can be fitted with prescription lenses, has a cosmetically tinted frame. The anti-fog lenses are made of 3mm polycarbonate plano lenses. \$22.95

The Albany is a wrap-around eyeguard with optically molded lenses. \$24.95

The New Yorker features a bubble design with anti-fog and optically molded lenses. \$23.95



Carrera

Carrera Model 5909 is formed of durable, highly impact resistant polyimide material. Pre-fitted in strategic places with Hyper-Soft Foam, the eyeguard features an extra-wide adjustable headband and polycarbonate lenses.

Available in brown and clear. Prices not available.

Mightier than the Penn.®



Tests prove Wilson TruBlue™ lasts longer than Penn.* Precise lab tests at tournament-level speeds prove conclusively that TruBlue can withstand more punishing hits than Penn. So if you want a consistent, lively racquetball that's going to last, pick the one that finished first. Wilson TruBlue.



Wilson®

Keeping you ahead of the game.™

*Penn is a registered trademark of the Penn Athletics Products Company.



Omega Eyeguards

Omegards, a part of the total Omega line, provide customers with quality safety equipment. Nose bridge and frontal shock pads for comfort are also available in this one-size-fits-all design. \$2.75

TACKI-MAC®

THE GRIP THAT HOLDS ON WHEN THE GAME TAKES OFF.



COME TO GRIPS WITH TACKI-MAC®

Tacki-Mac grips are made exclusively of Kraton® an amazingly "tacky" material that feels like it grips back. There is less chance of the racquet slipping, sliding, or twisting out of hand—even without a glove.

But there is more to a Tacki-Mac grip. It totally resists moisture. And can be wiped dry with a towel during a game, or washed with soap and water between uses. This unique, color-fast texture never rubs off, cracks or changes in any way.

The Tacki-Mac grip's one piece design makes regripping quicker and easier. Just slip it on. Its tacky inside surface grips the racquet handle to prevent twisting. So now with the Tacki-Mac grip a player can power the ball like never before and with full control.

To get your hands on the newest sensation in racquetball grips, check with your pro shop.

Or send \$8.00 per grip to:

Tacki-Mac Grips, Inc. East: 15 Curtis Rd., Saundertown, RI 02874, (401) 295-0291 West: 21500 Osborne St., Canoga Park, CA 91304, (213) 341-9661

For further information on any of the eyeguards included in this guide feel free to contact the appropriate manufacturer:

Carrera Eyeguards, 35 Maple St., Norwood, NJ 07648 (201) 767-4655

Criss Optical Mfg. Co., Inc., P.O. Box 220, Augusta, KS 67010 (316) 775-6346

Dynex Recreation Inc. (formerly *Dunhill Racquet Sports, Inc.*), 77A Temple Ave., Hackensack, NJ 07601 (201) 343-2520

Ektelon, 8929 Aero Dr., San Diego, CA 92123 (619) 560-0066

Foster Grant, 289 N. Main, Leominster, MA 01453 (617) 534-6511

General Electric Plastics, Lexan Division, 1 Plastics Ave., Pittsfield, MA 01201 (413) 494-4616

Gentex Corporation, Box 315, Carbondale, PA 18407 (717) 282-3550

Halo Optical Products, Inc., P.O. Box 126, Johnstown, NY 12095 (518) 762-3141

LSP Leader Sport Products, Inc., P.O. Box 271, Essex, NY 12936 (518) 963-4268

Norton Safety Products, 200 Plainfield Pike, Cranston, RI 02920 (401) 943-4400

Omega, 9200 Cody, Overland Park, KS 66214 (913) 492-3994 (208) 726-4477

Smith Sports Optics, P.O. Box 2999, Ketchum, ID 83340

Unique Sports Products, Inc., 5687 New Peachtree Rd., Atlanta, GA 30341 (404) 451-2800

Viking Sports (manufacturers of *Bausch & Lomb* eyeguards), 5355 Sierra Road, San Jose, CA 95132 (800) 535-3300 ●

Ask The Champ

by Mike Yellen

Current National Champion Mike Yellen answers questions about improving your game in this ongoing, exclusive series in *National Racquetball*. Readers are encouraged to submit questions to Mike Yellen, c/o *Ask The Champ, National Racquetball*, 1800 Pickwick Ave., Glenview, IL 60025.



Question: I've been playing competitively for over four years now and I still have trouble when I get a big lead over a "lesser" opponent. For some reason I lose my concentration, my shots become less effective and my opponent gets back into the match. What to do?

Yellen: To be a top racquetball player you've got to be mentally "into" the match 100 percent of the time. No job can be done effectively without such concentration. A businessman can't properly make decisions without it; a singer can't properly perform; nor can an athlete play his best.

When you see your concentration leaving you and your game suffers a bit because of it, you'll know. Your shot selection becomes erratic, you skip shots you generally can make with your eyes closed and rallies you should win end up being points for the bad guy.

I suggest raising your shots up a little, to take the pressure off. This will enable you to relax, and while not going so much for kill shots, at least you won't let your opponent back into the match because of free points.

In some early rounds of tournaments, you'll see the pros having the same problem against "lesser" players. When the top pros struggle early in tournament play you can see them work at their shots, stay at it and usually after a little while the timing and accuracy return.

Bret Harnett, for example, is one player who has struggled in almost every early round this year. But when he gets to the quarters or semi's, man, he's tough. The time to beat Harnett is in the early rounds. Some guys just can't or don't want to play their best ball early.

I know I don't play as well, shot-for-shot, in the early rounds. I'm into it 100 percent, but I do want to peak in the finals.

Question: I have a difficult time with a ceiling ball that is hit "long" and ends up coming off the back wall to my backhand. It seems that the angle off the back wall is steeper than normal, bouncing only three to five feet from the back wall. I either miss it or hit a weak return. Any suggestions?

Yellen: The shot you describe is a difficult one for many players, the pros included. So much so that it's handled with an entirely different stroke—a pendulum swing—rather than a normal, parallel swing.

Because you don't have much room between the ball and wall the hazard of the "long" ceiling ball is that your arm and racquet will be coming through the hitting zone too soon. The ball would have to hit awfully high on the back wall to make that swing effective.

So the pendulum swing, which is an up and down pendulum motion, allows you to contact the ball closer to the back wall. I recommend that you first hit some ceiling balls that travel the same path as the shot that bothers you so much. It's important to figure out just how high the ball has to hit on the back wall before you have to change strokes.

Once you get your bead, then your return should be something down-the-line, a drive, or at worst, a cross court drive. If you allow the ball to come off the back wall lower than your specific point, you're really in trouble because you'll be unable to do much more than flick your wrist at the ball.

Question: Recently I started playing tournaments and found I had to play twice in the same day. After my second match I experienced terrible leg cramps. The courts were quite warm, so I figured I had depleted my body's nutrients. Somebody told me I lost too much salt. How can I stop these agonizing cramps?

Yellen: Actually, I'm a bit inexperienced with cramps. In fact, I've never cramped on the court in my life. I guess I just naturally retain fluids.

Also, I think it's because I've trained properly. You have to remember that you must work out in practice harder than you'll ever have to work in a tournament match. If you know there's going to be a large draw and that you'll have to play twice in one day, then that's the way you must practice in order to allow your body time to adjust.

I drink a lot of fluids—water, thirst quenchers, almost anything. And I drink them before, during and after my matches. I have liquid outside the court door and every time out I take a swig or two. I am always conscious of replenishing the lost fluids.

I think that some players make the mistake of going into a tournament at their "playing weight." If a player plays his best at 165 pounds, by the time he reaches the semi-finals or finals he may be down to 156 or 157. As a result he's likely to be a little weaker than his optimum playing condition.

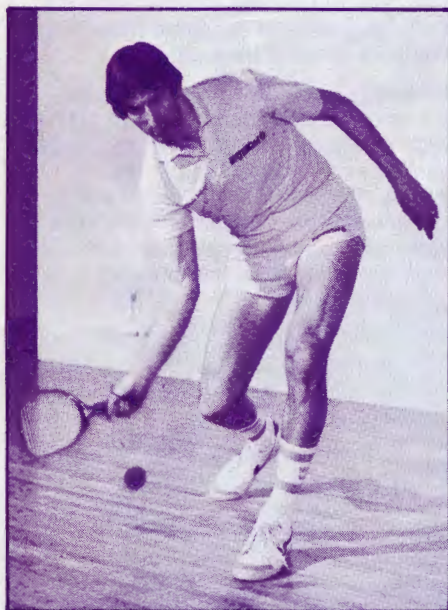
So if you're confident enough to think you'll go a few rounds, you might want to consider going into a tournament a few pounds over your best weight—so you're ready for that big win. ●

Charlie Garfinkel's 'Spot' Racquetball

Using Your Forehand Like The Champions

by Charlie Garfinkel

This article begins a monthly series by former top pro Charlie Garfinkel using the "spot" theory of racquetball, which helps improve your game by hitting a specific spot on the wall, which will give the desired effect for the shot. The spot theory also takes into consideration the "spots" on the court occupied by both you and your opponent.



When racquetball experts talk about great forehands, four players are constantly discussed: Jerry Hilecher, Bill Schmidtke, Davey Bledsoe and Dr. Bud Muehleisen. No doubt there are other great forehands around racquetball, but over the years, these four players consistently showed more forehand than backhand.

Hilecher never ceases to amaze me. He seemingly can hit his forehand for a winner from any spot on the court. He will take shots on his forehand side that 95 percent of all other players, regardless of their level of ability, will take on their backhand side. And, he continually rolls the ball out.

I love to hear players say, "*Hilecher has no backhand.*" Actually, he has a very good backhand. It's just that his forehand is incredible.

Schmidtke, who became famous for his forehand kills, rode them to national titles in 1971 and 1974, the latter when all had prematurely retired him, the former, when down 14-3 in the third game of a 21 pointer. Bledsoe captured his crown in a stunning 1977 upset of Marty Hogan, while Muehleisen was the very first title-holder, circa 1969.

If you're a player who prefers to take most of your shots with your forehand, you may not be able to roll out each shot, or pass your opponent as consistently as our experts do. However, by carefully looking at the following diagrams, you will be pleasantly surprised at the many easy points that you'll be able to score, by hitting the correct spot.

I've spent a great deal of time on Hilecher's forehand, because, for one, I respect and admire it so much, and secondly, because he's used it so well for so many years (14). One of his pet court locations is 10-12 feet from the back wall, and three-four feet from the left side wall, a position that is unenviable and calls for a backhand response.

But not Hilecher. His accuracy with his forehand from this difficult position has ruined many an opponent. The primary reason is that Jerry has developed an abundance of offensive weapons from this very spot. Let's take a look at them.

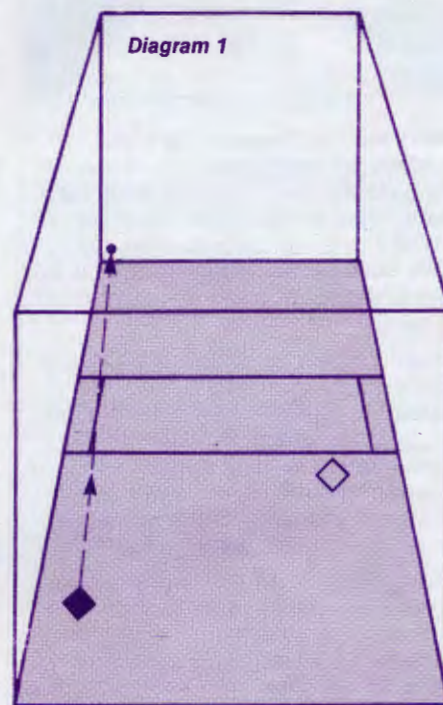


Diagram 1. Hilecher is stationed on the left side of the court with his opponent on the right side, at the short line. Four feet from the side wall he hits a forehand kill, straight in, three to six inches above the floor. It's unreturnable.

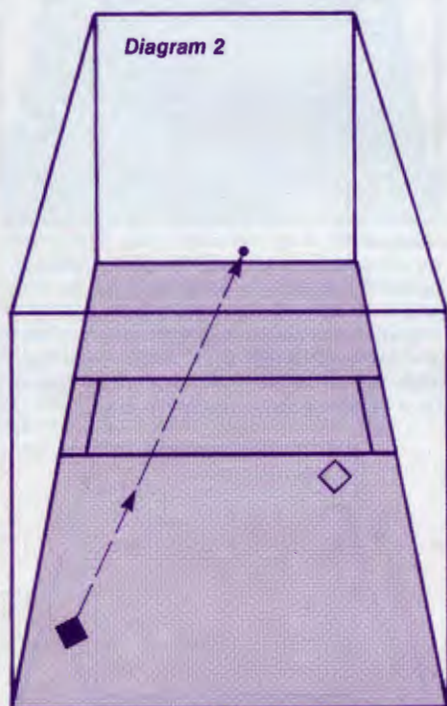


Diagram 2. From basically the same position as in Diagram 1, Hilecher can hit a forehand, cross court kill. The ball hits the front wall one or two feet to the right of the center of the wall, and again, three to six inches high. At first glance this appears to be a dangerous shot, and it is if left way up. But if you've got the forehand you can win with this shot, especially against an opponent who is anticipating a shot to the left side of the court.

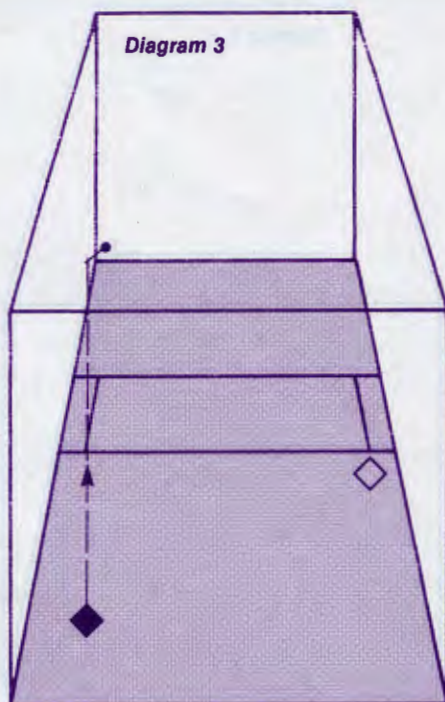


Diagram 3. In this situation, the opponent is pinned against the right side wall near the short line. Instead of a down-the-line backhand pass that might do the trick, Hilecher goes with a forehand pinch kill into the left corner, aiming as close as he can to the left side wall-front wall crack. Out spurts another winner.

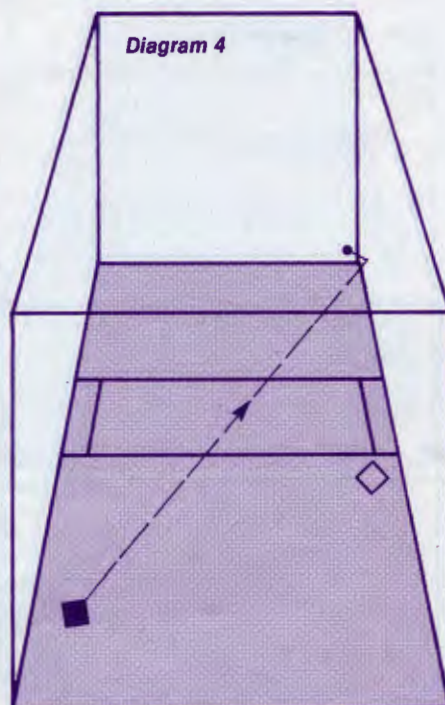


Diagram 4. In the same situation as Diagram 3, Hilecher has another option and one that he'll use as his opponent begins to anticipate a left corner pinch: he'll pinch to the right corner. Again, he hits into the crack and three to six inches high. Good night.

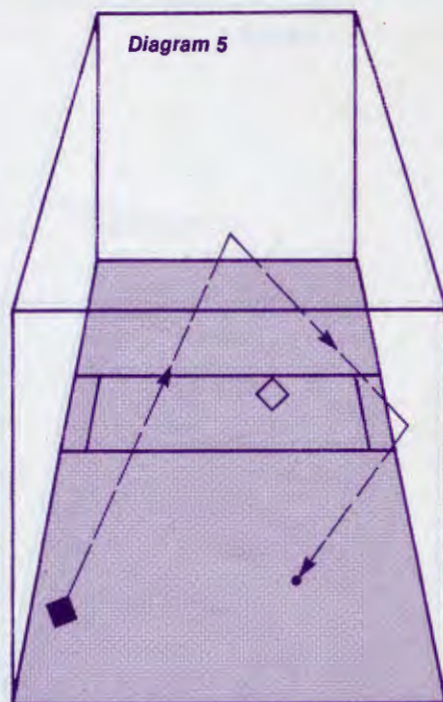


Diagram 5. Now his opponent smartens up. Or has he? He's got Jerry deeper into the backhand corner and he himself has moved more toward center court and up front. Hilecher's response is a forehand, cross court V-pass. The ball hits about one foot right of the center of the front wall, two to four feet high. It then hits the side wall near the short line behind his opponent and caroms into deep center court, with no return.

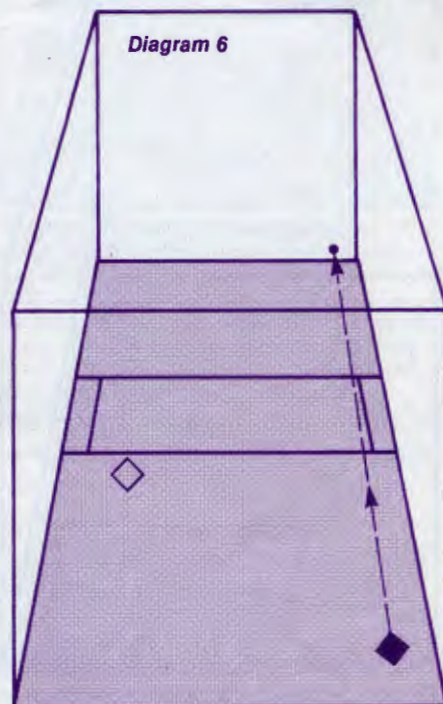


Diagram 6. In this situation there's no sense fooling around. With his opponent on the left side of the court, Hilecher takes a 35 footer with his forehand going for bottom board all the way. The straight-in kill shot has always been his trademark and this one rolls out three inches or so off the floor.

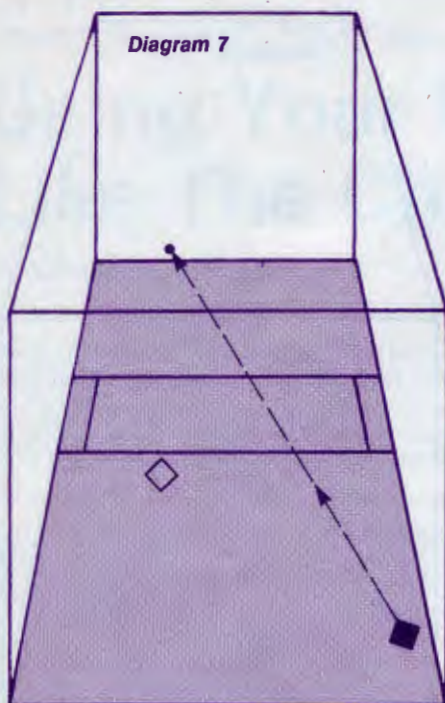


Diagram 7. As his opponent moves more in to center court from his position in Diagram 6, Hilecher responds with a forehand, cross court kill to the left. His spot is one or two feet to the left of the center of the front wall, three to six inches high. His only fear might be a mis-hit, left up shot that hits front wall-side wall and pops into center court. Unlikely.

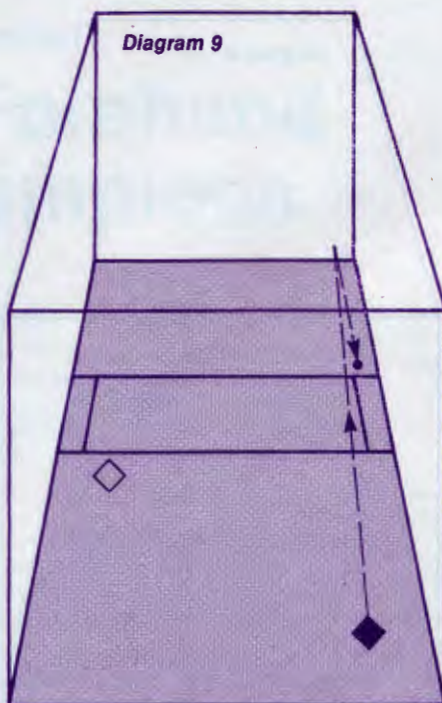


Diagram 9. With his opponent near the left side wall at the short line, Hilecher gets the set-up on the right side and hits the natural, safe and winning shot, a forehand down-the-line pass. Leaving a greater margin of error, he hits the shot two to four feet high on the front wall, making certain the ball stays off the side wall. Another point.

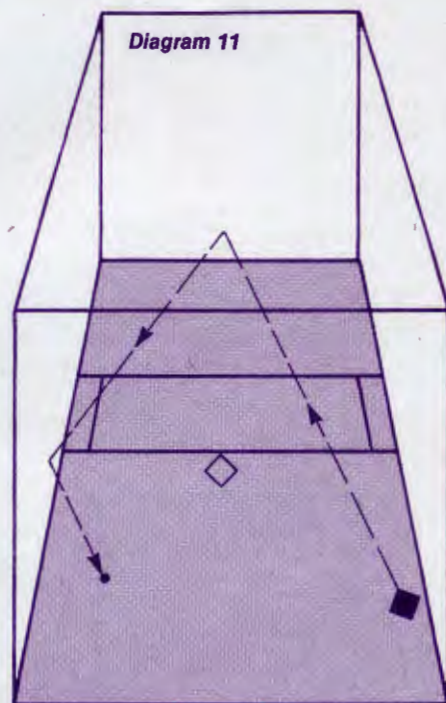


Diagram 11. Figuring he'd better get to center court and do what he can, Hilecher's opponent decides to cover the kills. So Jerry hits the forehand V-pass, the ball striking the front wall one to two feet left of center and two to four feet high. When it hits the side wall at the short line, watch the opponent scramble for a return. No way.

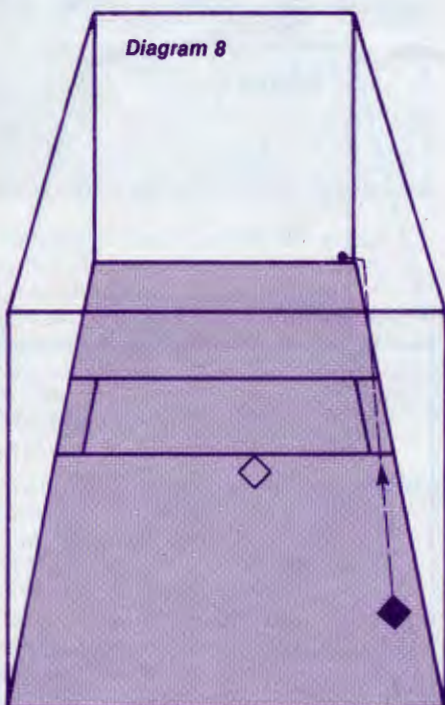


Diagram 8. As his opponent moves even more to the right, he finds out the hard way that Hilecher still has more in that deadly arsenal. This time, from 35 feet, Jerry hits the corner pinch into the right corner. As low as possible, right side wall-front wall. No chance to return.

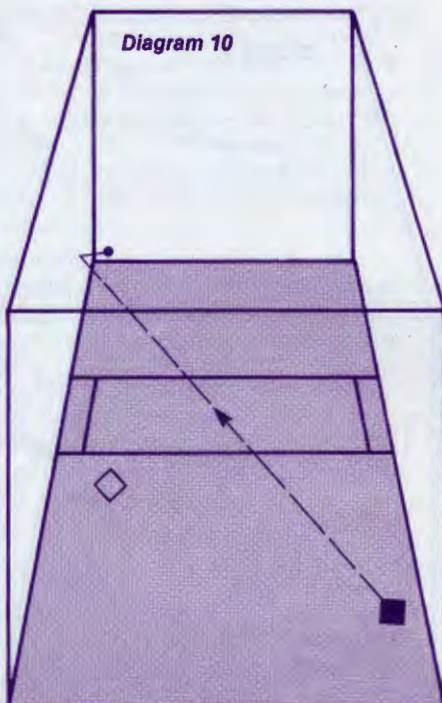


Diagram 10. From the identical positions as in Diagram 9, Hilecher's other option (and a shot with a little more pizzazz) is the forehand, cross court reverse pinch. This one hits left side wall-front wall from three to six inches high, for another winner.

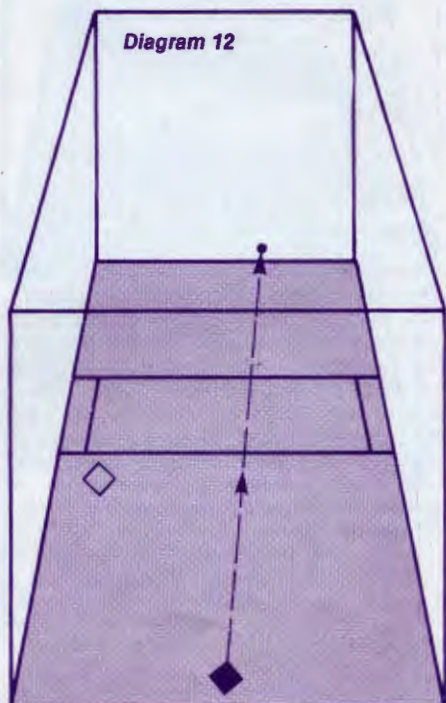


Diagram 12. Schmidtke, who was possibly the greatest back wall forehand shooter racquetball has even seen, was fantastic at the back wall, straight-in kill. With his opponent stationed near either wall, Bill rolls out another forehand three to six inches high, three to five feet right of the center of the front wall.

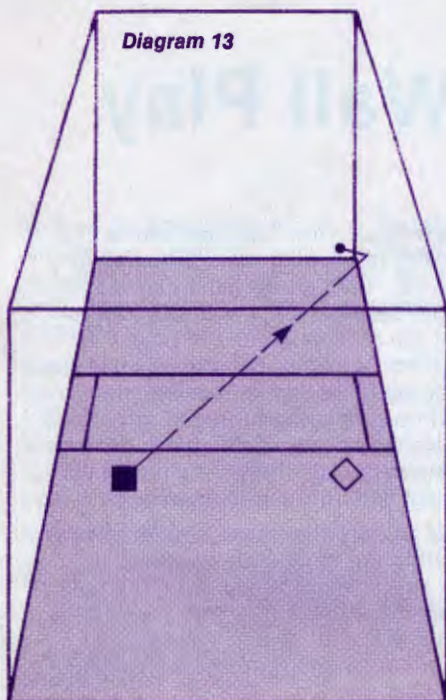


Diagram 13. Bledsoe's best shot during his best years was a forehand corner pinch which he executed whenever he got the opportunity. He constantly maneuvered his opponents to set up this particular shot. Here with his opponent at the short line toward the right side of the court, Bledsoe rips one into the corner, right wall first, but within a foot of the front wall. The ball breaks sharply away from his surprised foe.

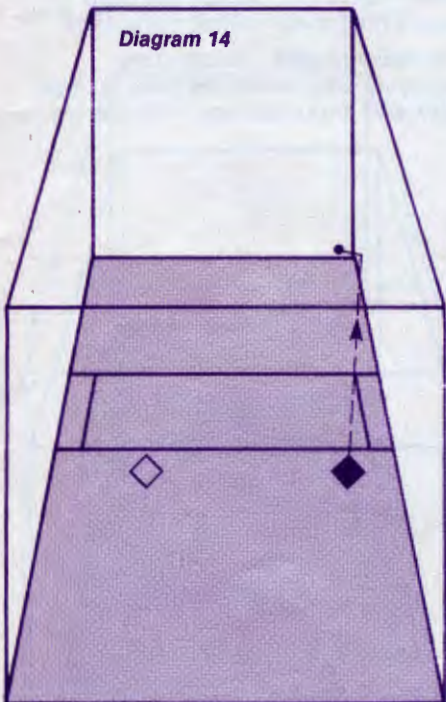


Diagram 14. Now working from right side of the court, Davey still uses that right side wall for another pinch kill, this time moving the ball to within six inches of the front wall to keep the angle shorter and eliminate any hope of a retrieval.

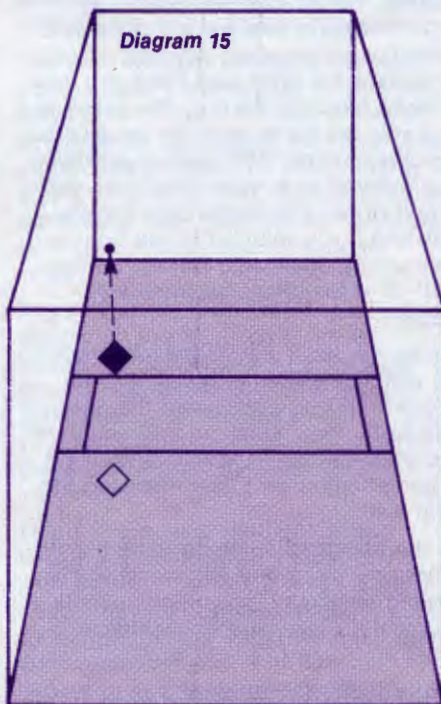


Diagram 15. Muehleisen was the master of touch and control and in an era (which may be returning) of slower balls, his drop shot never seemed to miss. Here, the left-handed Muehleisen is three feet in front of the service line with his opponent directly behind him about three feet behind the short line. Dr. Bud deftly re-kills with a straight-in, softly struck drop shot.

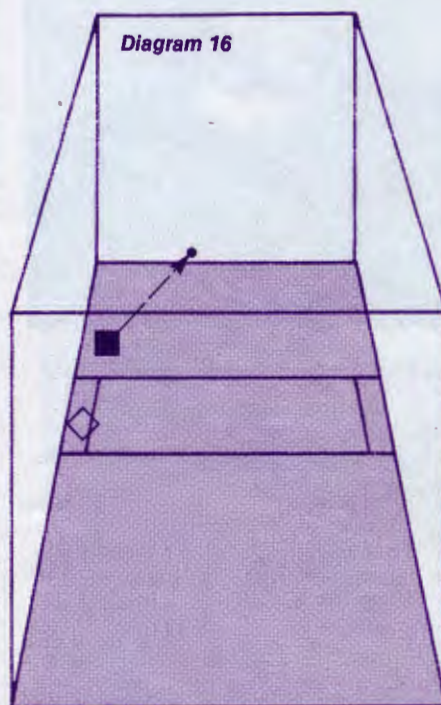


Diagram 16. One of the most beautiful shots in racquetball, rarely seen any more, was the cross court drop shot. Here Muehleisen is in the same spot he was in Diagram 15, only his opponent is rushing to cover the drop. Instead of dropping directly in front of himself, Bud turns his wrist and gently drops one cross court and out of reach.

Of course, most of us can't hit the "spots" like Hilecher, Schmidtke, Bledsoe or Muehleisen. However, if we know where to hit the shots, and when to hit them, then we can probably get close enough often enough to win many points. And the more we practice, the better we'll get. ●

Steve Mondry's Racquetball Clinic

5 Ways To Improve Back Wall Play

by Steve Mondry



The back wall—it is friend or is it foe?

To too many players it is foe and it needn't be. No effective, total racquetball game is complete without solid, offensive back wall shots.

A unique situation occurs when the ball rebounds off the back wall. It becomes the only time during the course of the game that the ball travels *with* your swing toward the front wall.

To play a winning game it is vital that you take advantage of this situation by hitting offensive shots because at no other time during the rally will you be able to hit the ball as hard with as little effort.

Here then, are five tips to help you improve your back wall play:

1) Footwork

You must follow the ball with your body as well as with your eyes. Most players do not keep their feet moving when hitting off the back wall. As a result they generally commit one of the two common back wall mistakes.

First, the ball can end up too close to your body, "hindering" your swing. Since your feet are already planted, you are unable to adjust your body to a miscalculation of the ball's rebound or a freak bounce. You are frozen and as a result, you'll barely be able to get your racquet on the ball, let alone hit an offensive shot.

Second, the ball can end up too far from your body, and when it does, it is generally because you have set up too far toward the front wall. Thus you have to reach back for the ball. The result is basically the same as when the ball is too close to you. With lead in your feet, your body already committed, you are forced to lunge or reach back for the ball, and if you return it to the front wall, you've done well. This is not the stuff of which offensive shots are made!

The proper back wall footwork is moving with the ball as it travels in each direction. Flow back toward the back wall as the ball travels in that direction and then flow with the ball, allowing it to come to you as it moves toward the front wall.

As the ball drops into your hitting zone, your body and swing will be smoothly flowing at which time you can uncork your vicious forehand or backhand shot.

2) E.R.P. (Early Racquet Preparation)

While Early Racquet Preparation is an important element to any swing, it is especially important to back wall shots. Since the player must concentrate so much on the movement of the ball in relation to his footwork, often the racquet position is forgotten. These players wait until the last instant before getting the racquet up in backswing position.

As a result, they find themselves constantly mis-hitting their back wall attempts. Their swing must be violently rapid because if it's not, they'll never get the racquet around in time. When contact is made often the ball hits the side wall first (like a baseball hitter swinging late and hitting to right field), or caroms off the racquet rim because the swing didn't have time to get the sweet spot into the hitting zone.

The proper racquet preparation means getting the racquet up and keeping it up as you move to and from the back wall. When the ball enters your hitting zone, you'll be able to naturally take your stroke and firmly (if not violently) hit your shot.

3) Go For It!

There should be no mistake about this: a back wall shot must be considered a set up.

Dave Charlson, the legendary left side doubles player from San Diego who knew how to shoot the back wall and shoot it well, used to call back wall shots "ducks in a pond." The balls were sitting there waiting to be shot.

Too many players, including top amateurs and even some pros, hit their back wall shots too high. Perhaps it's

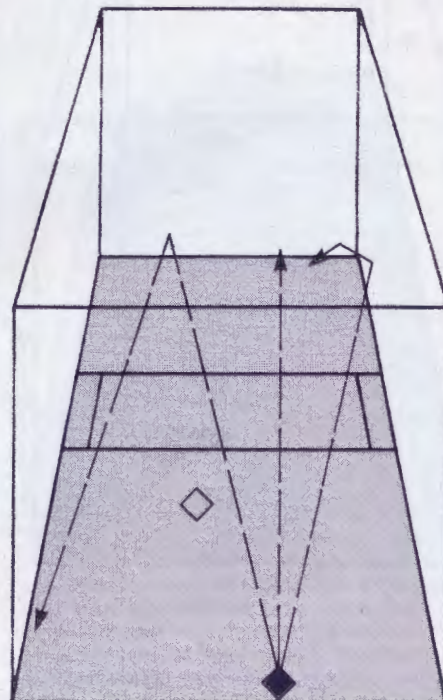


Diagram 1. Go for the back wall winner.

Steve Mondry is head racquetball pro at Lehman Courts, Chicago, a top touring pro for six years and author of numerous instructional articles on racquetball, conditioning and weight training.

lack of confidence in the kill or perhaps they're too intent on hitting hard, not low. Whatever the reason, the art of back wall shooting is fast becoming a lost art.

But it shouldn't be. All you have to remember is to let the ball drop into your normal kill shot zone between knees and ankles. Then go for the winner (*Diagram 1*)—either a kill (best) or a hard drive (acceptable).

4) Stroke Set-up Position

While the back wall set-up is quite similar to a normal forehand or backhand stroke, how many times have you seen players go through gyrations and movements more similar to a dance routine than a racquetball shot? For some reason, some players are unable to cope with the concept that the ball wall shot is *easier* than any other except the serve.

Instead of setting up with your body parallel to the side wall as you would for a normal forehand or backhand shot, simply take a quarter of a turn more so that you are facing the crack between the side wall and the back wall.

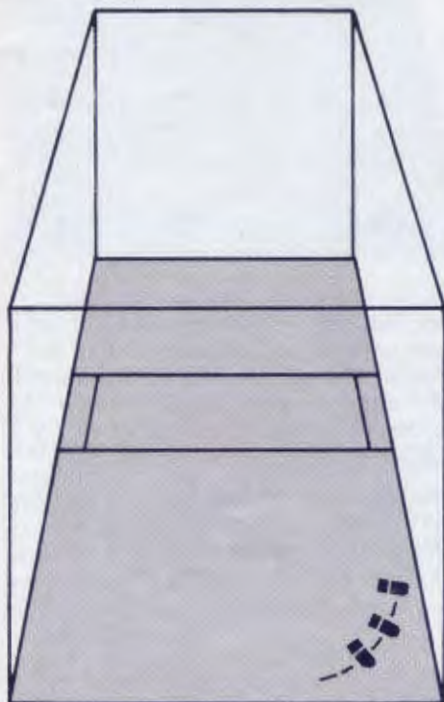


Diagram 2. Set up for back wall shots by facing the crack between the side wall and back wall.

This position will give you a natural rotation into the ball, allow you to maintain solid eye contact, and provide for power generation as you move into your shot. As you step into the ball your body rotates into the parallel to the side wall position (*Diagram 2*).

Proper set up will not only increase your power, it will make it easier to follow the ball and adjust to freak bounces.

5) Keep Your Head Down

This is a problem not unique to back wall shots although more prevalent here than with other shots. Basically, it is the tendency to lift your head to see where your shot is going before you've actually hit and/or followed through.

Granted, everyone wants to see that perfect back wall kill shot they've just hit roll out of the front corner. Heck, I see them in my dreams, so I sure want to see them in real life. Well, there's plenty of time for that. However, if you don't keep your head down, there'll be nothing but skips and mis-hits to watch.

In golf a similar situation occurs when the golfer lifts his head too soon. Where the duffer gets an embarrassing ground ball on the links, the racquetballer gets a similar ground ball. Lifting your head causes your entire body to move out of its natural stroke prematurely.

The effective back wall shots, particularly in kill attempts, must be hit with your head down. It takes concentration, but it is essential. Watch the better players in your club take back wall shots and you'll see that they are always in a head-down position up to and including their follow through.

And you know what? They always seem to have plenty of time left over to watch that kill shot roll around the front corner.

* * *

The art of back wall play is one that takes practice. Remember that the back wall is really your friend and like all friendships, if you treat it well, it will be good to you. In the case of the back wall, treating it well means taking full advantage of the opportunity it presents. ●

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Second Serves: Make Them Count

by Jean Sauser



One situation most players never prepare themselves for is the second serve. With the exception of a few top pros, more often than not we attempt our second serves with weak knees (the fear of double faulting), poor strategy and even poorer execution. This results in a set-up that the opponent easily puts away for an immediate side-out.

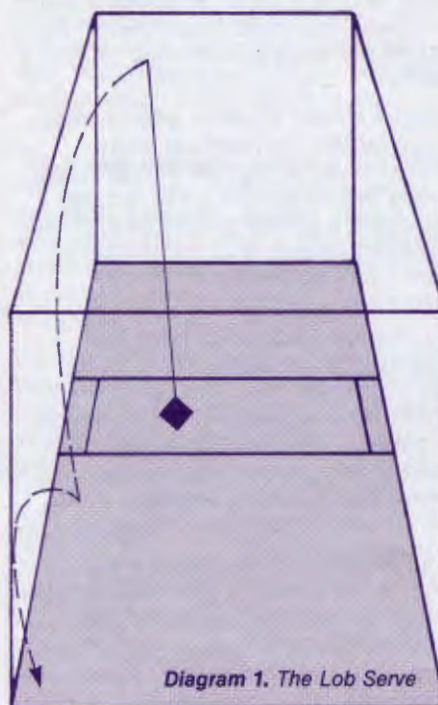
Make your second serve as threatening as your first serve was supposed to be and your chances for victory will remain high instead of significantly decreased.

The first factor that contributes to an effective second serve is to *take your time*. You might even want to call a time-out if the match is at a crucial point to assure that you can regain your composure. On the second serve make sure that you slow down and take your full 10 seconds to serve. Concentrate on your second serve totally, not on how disappointing your first serve was.

Serve selection and execution is another factor that will make the difference between the failure and success of your second serve. Use a defensive second serve that is well placed in deep court and *not* rebounding off the back wall. This forces your opponent to a defensive return rather than a kill off the back wall set up.

The most effective second serves are lob serves, half lobs, lob Z's, and half lobs Z's. All of these should be hit to the opponent's weaker side (in almost all cases, the backhand side).

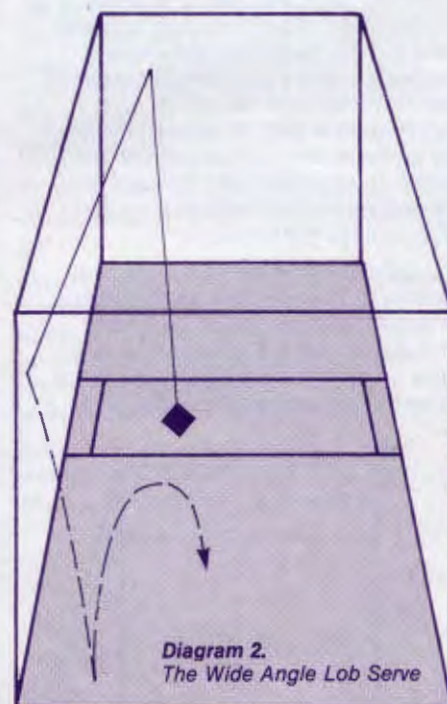
The lob serve is probably the most popular among good second servers. To hit an effective lob serve, contact the front wall as high as possible (at least 15 ft. high), and slightly to the left of the center of the front wall. The ball should then bounce between the receiving mark and the short line, close to the backhand side wall and rebound over your opponent's head into the deep backhand corner of the court (*Diagram 1.*)



Practice your lob serve so that it consistently ends up dying in the back corner of the court resulting in *no* back wall set up.

If you find that your opponent moves up to cut your lob serves off on the bounce between the receiving mark and the short line, use a wide angle lob serve.

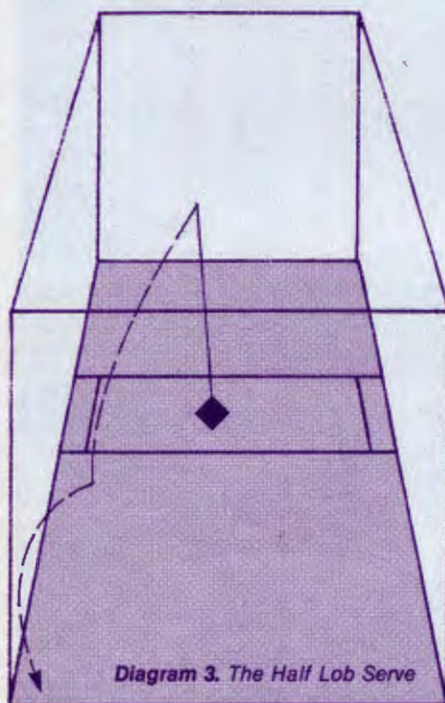
This variation calls for you to contact the front wall at least 15 feet high and two feet to four feet to the left of the center of the front wall. This causes the ball to make side wall contact over your opponent's head behind the receiving line, bounce at a wide angle off the deep side wall and rebound up and over your opponent's head in deep center court (*Diagram 2.*)



You must practice this serve so that it rebounds high in deep center court but does not come off the back wall or fall short of the last three feet of the court. Both errors result in set-ups for your opponent.

Practice this serve until you can consistently place the ball over your opponent's head. If this shot is properly executed, the *only* return that your opponent can make is a ceiling shot.

The half lob serve is another very lethal second serve. Use the same angle as the lob serve, but hit the ball at medium speed five to six feet high on the front wall. The ball should then rebound down the side wall, bouncing between the receiving mark and the short line, dying in deep court (*Diagram 3*). The half lob serve when properly placed, forces your opponent to contact the ball waist to shoulder high. The only logical return is a ceiling shot.



If you have a good touch with Z serves, you should also incorporate them into your second serve game plan. The two most effective Z serves in the second serve situation are the half lob Z and the lob Z.

The lob Z serve follows the same principals as the lob but now hit the ball to the front corner of the court. Contact the front wall first, one to two feet out from the side wall, at least 15 ft. high. The ball should then rebound through center court, bouncing between the receiving mark and the short line, and rebounding over your opponent's head in the deep backhand corner of the court (*Diagram 4*).

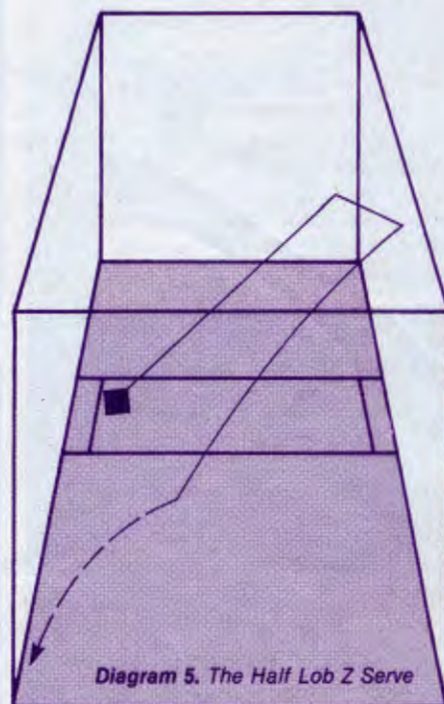
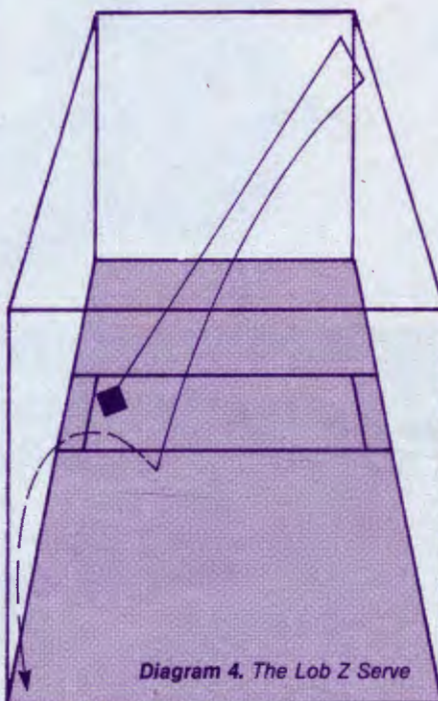
Once again, the only possible return (if there is one at all) off a well placed lob Z serve is a ceiling shot.

The half lob Z serve also provides a nice changeup for the second serve. It is served along the same angles of the lob Z, but front wall contact is lower (five to six feet high) and the speed of the shot is a medium speed versus the slow speed of the lob Z (*Diagram 5*).

All four of these serves can provide you with a sound base for your second serve strategy, however, they will be useless without the last consideration of second serving: practice.

Go on the court by yourself. Imagine yourself in the second serve situation. Take your time and execute the perfect second serve in your mind. Then take the shot.

Watch what your serve does. Does it come off the back wall for a set-up every time? Slow the speed of the serve. Does it fall short of deep court? Then increase the velocity of the serve. These are just some of the ways you can begin to critique and improve your second serves.



Take what you've practiced into your game by making *every* second serve one of these four. Resist the temptation to follow up any missed drive serves with still another drive serve. Soon you will see that your second serves will become your *super* serves.

Remember, having a great second serve makes your opponent feel like (s)he's in a no-win situation. Most receivers mentally let down with a sigh of relief once the server has missed the first serve. An effective second serve is exactly what's needed for a weak or no return. Keep yourself in the service zone with superior second serves. ●

5 Easy Steps To A 'Quickie' Handle Repair

by R.J. Daigle

If you have an X-Small or Super-Small grip and are a power hitter, you may have trouble with your racquet handle. The trouble is that your handle may break. If your racquet is still in warranty, the best solution is to return it to the manufacturer with a request that the handle be repaired using fiberglass instead of woodfiber.

A temporary repair can be made for an emergency situation (such as no replacement racquet or racquet out of warranty) using any of the various "instant glue" products currently being marketed to repair racquet handles and anything else that needs to stick together.



Preamble: The broken racquet!

Step 1: Mark a side with a marker to insure proper replacement



Step 2: Remove broken end, coat exposed edges with instant glue



Step 3: Coat exposed edges with instant glue



Step 4: Press ends together and hold for 1-2 minutes with force directed toward the racquet head



Step 5: Rewrap the grip



**Conclusion:
Ready to play!!**

At least 10 Leach and Ektelon racquets have been repaired in the manner described in this article. The handle on my 250G broke about three months ago and I'm still playing with it; other temporary repairs have lasted nearly a year!

Just follow the step-by-step instruction in this article and your racquet handle can be ready to play in minutes! ●

R.J. Daigle is on the staff of Racquetball of Mobile, Mobile, AL, one of the finest facilities in the South.

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Making A Comeback

by Howard Thaler

It can happen to anyone. You step onto the court, bright and eager after a brisk warm-up, and whammo! your opponent immediately starts shellacking you. He spends most of his time blasting power shots, while you spend most of yours chugging after the streaking racquetball, and flailing uselessly away at it.

Other than retreating to the nearest corner and weeping and wailing and gnashing your teeth, is there anything to be done? How can you take a losing game, and turn it around? A few suggestions:

Attack your opponent's weakness—This is basic advice, but it's amazing how many players, in the heat of battle, forget all about it. When losing, your first, automatic reaction should be to pick out the weakest part of your opponent's game, and attack.

If he hates stretching low for his backhand, and flips up feeble returns from that position—keep him slipping and sliding after that backhand all night. Give him an overdose of exactly the medicine he hates the most. This prescription is remarkably effective, and will often be all that it takes to revive you.

No excuses—When losing, many racquetball players try to protect their egos by making excuses. They're notoriously creative in this regard. They'll stop play and tell you all about their new sneakers, which are pinching their toes unmercifully, their hangover, which has left them temporarily blind in one eye and unable to move their feet, and their racquet, which has a mind of its own and refuses to cooperate no matter how often they threaten to burn it.

If these players took the time and energy they waste on making excuses, and poured it into practicing the game and perfecting their strokes, they wouldn't need alibis. Excuses *do* make losing a little easier to bear, but they don't help you to win. Forget about them.

Never give up—When your opponent jumps out to a big lead by hitting roll out kill shots from all over the court, it helps to remind yourself that he's not a machine built to play perfect racquetball. For the time being, he's playing way above his head, and beating the percentages.

But he's human, too—which means he'll eventually make mistakes. So long as you keep hustling after every shot, and putting pressure on him, there's always hope. A few good shots by you (even if they're lucky ones) coupled with a few unforced errors by your opponent, could sap his confidence, break his momentum, and turn things around.

Relax—Most players get grimly tense-muscled when getting clobbered. They clamp their jaws tight and latch onto their poor racquets with a death grip. This is counterproductive. Rigid muscles make it impossible to hit out with the smooth, fluid, effective strokes you're after.

Smiling is a good way to combat tenseness. It serves to relax the tightly clamped jaw. Automatically, the other muscles in your body will also tend to relax as soon as you smile. Try it, and see if it works for you.

While smiling, think about losing, and what it means to you. Is it life or death? Will friends desert you, and attractive members of the opposite sex run shrieking away from you, if your opponent happens to score 21 points before you do?

By mentally stepping back for a moment, you'll realize that little of really crucial importance is at stake in the match. This should help you to loosen up and swing with free, relaxed strokes. Who knows, even though you're losing, you might even find yourself enjoying the match!

Don't dwell on mistakes—If you're playing poorly, and have just plowed half a dozen shots straight into the ground, you may be tempted to jump up and down while beating yourself over the head with your racquet. Don't do it!

Instead of screeching, "*I just blew six straight shots! I stink!*"—forget about them. No sense crying over *past* mistakes which you can't do anything about, anyway. Far better to concentrate on the shot that's coming at you *now*, and try to do the best you can with it.

Change your style only as a last resort—Generally speaking, if you're playing well and hitting your shots crisply, but still getting beat—don't change your style.

For example, suppose you're a power hitter, leaning savagely into every shot, and your opponent, instead of cowering in the corner, is actually feasting on each shot. Should you change your game, and start floating powder-puff lobs and ceiling balls his way? Of course not! You're doing as well as you can, in the style that you've developed over the years.

Have courage, and stick with it. To change from your comfortable, familiar style to one you're not nearly as proficient at could lead to quick disaster and an early shower, during which you'll have plenty of time to soak your aching head. Make radical change only as a *last-ditch* attempt to salvage a losing game.

Go down swinging—When losing, many people become overly cautious, fearing that *any* mistake will hasten their humiliating defeat. They become hesitant, afraid to go for shots they'd normally eat up. Don't let that happen to you. If the ball comes knee high to your forehand and you want to slash it low into the corner, but feel shaky, uncertain—go for it anyway. Stroke it freely, powerfully, with confidence.

You might as well go down swinging, fighting every step of the way, and playing *your* game the way *you* want to play it. This is much more fun than tightening up, playing tentatively, and disintegrating because you fear making mistakes.

Wear 'em down—If your opponent starts huffing and puffing, and his tongue is hanging out, do everything in your power to prolong his agony. Keep the ball in play as long as possible, and make him run on every shot. Even if he wins the point, all that sprinting

will soon take its toll. Look for him to weaken towards the end of the match, allowing you, in your superior shape, to roar past him to victory.

By incorporating these suggestions into your game, you'll soon develop a reputation for fierce, tenacious play. Like a boxer who comes counter-punching off the ropes, you'll always be a threat to opponents, no matter what the score. Best of all, you'll find yourself winning some games that you would have previously checked off as hopelessly lost. There are few thrills in racquetball greater than that. ●

Howard Thaler is a free-lance writer and racquetballer from Floral Park, NY.

HEALTH

How Tough are Your Eyes?

Not tough enough. Laboratory tests show that some eyeguards will allow a racquetball to contact the eyeball even when properly worn.

Chairman of the Canadian Standards Association Committee on Eye Protection, Dr. Easterbrook talked with NR.*



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* National Racquetball May '82

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In his opinion, *"Anybody who plays racquetball without eyeguards is nuts, to put it another way, there is more energy in a racquetball traveling at high speed than there is in a bullet."*

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The Hogan Way

by Marty Hogan

Five time National Champion Marty Hogan answers questions about his game and how to improve your game in this ongoing, exclusive series in *National Racquetball*. Readers are encouraged to submit questions to: Marty Hogan, c/o The Hogan Way, *National Racquetball*, 1800 Pickwick Ave., Glenview, IL 60025.



Question: When you practice for a tournament do you recommend practicing the day before or should you take a rest before the start of a tournament? I also play a lot of tournaments (I'm an Open player) and wonder what you suggest I do during the week between events.

Hogan: I think it's a lot different for a pro player to set up an adequate practice schedule than it is for amateur players, even Open players like yourself. Primarily it's because of travel.

Almost every pro I know makes sure that he is in the city of the tournament the day prior to the tournament. Never, and I repeat, never will I arrive at the tournament city on the same day the event (and my first match) takes place. Travel seems to take its toll on pro athletes; you see it in the road records of pro teams and you see it in the performance of racquetball players.

As a result of travel the day prior to the event, I obviously don't practice on that day. I'll arrive in the town, get settled in at the hotel, maybe get a bite to eat and eventually wander over to the club just to take a look. Since I've played on virtually every type of court imaginable, I really don't need to hit to "get used to the courts."

Generally speaking, I'm not a big fan of practicing the day before the tournament regardless of travel. I'm for working hard, very hard in preparation for the event, with a slackening off of my workouts just prior to the tournament. I think it's kind of like cramming for an exam. You're much better off resting so that you can recall what you do know, rather than attempting last minute improvements which you won't recall anyhow due to fatigue.

As for playing tournaments in back-to-back weeks, I recommend that if you do want to work on specific shots or strategies in preparation, that you be selective. Don't try to do too much with your practice time. It's far better to add one shot at a time and have that shot "perfected" to the point that you have confidence in it and can use it effectively in a match than it is to have a bunch of shots, none of which you can really hit well.

Question: I'm an avid B- to C+ player who saw you play about six years ago. Can you give me a couple of suggestions on how to perfect my Z serve?

Hogan: The Z serve is one of the most valuable tools a player can have because it can be used effectively on both the first and second serve. For many years the Z was my standard second serve which I often used when my hard drive was either short or long on my first attempt.

The secret to the Z as the first serve is to hit it hard and get it deep. Whether hit to your opponent's forehand or backhand the Z should end up moving in a path parallel to the back wall. Thus, the deeper it gets, the tougher it will be for your opponent to get his racquet on it.

If you hit it hard it will be almost impossible for the receiver to rush it and hit a fly return out of the air, meaning he'll have to either cut it off and go to the ceiling or wait for it to come off the deep side wall. In either case, you've gained an advantage.

Another nice thing about the Z is that it can be struck from the center of the service zone which means you can sometimes camouflage which direction your Z will be going. Hit the front wall one to two feet from the "crack" of the side wall and front wall so that the ball caroms into the side wall and travels toward the opposite deep corner.

If you are serving (as a right-handed player) to the backhand corner, the ball should pass you (if you're standing in the center of the service zone) just over your right shoulder. If you're serving to the forehand side, it should pass in front of your body creating a legal screen.

Question: Which do you think is better for your game, strength or stamina? How do you improve either or both?

Hogan: Both are important and you can't win without them. If you don't have stamina, you won't be strong. And if you're not strong, you won't have stamina.

Each player has his own idea of how to best prepare his body for the rigors of competitive racquetball. My background includes football, gymnastics, and running, plus plenty of time on the court. Years ago players thought that all they had to do was play five or six hours a day and they'd be "in shape." That has proven to be false.

Today's pros are in top shape. Most of them lift weights or use weight machines, run distances and sprints, and spend hours on the court both alone and with competition of varying standards. Many have coaches, not because the coaches necessarily know more, but because a coach can often pick up a flaw that the player can't. Many players also utilize video-tape to help improve their game.

If today's pros have anything in common it's that they are strong and durable. ●

Skiing And Racquetball Do Mix

*Downhill skiing at Mt. Bachelor, only 18 miles from Sunriver Racquet Club, Oregon.
—photo by Jonelle Pintello*



by Victor Block

For many racquetball players planning a ski weekend or perhaps an extended cold weather vacation, winter has been the time of year to leave the racquet, sneakers and eyeguard at home and to carry along skis, boots and poles instead. Others—who prefer to combine a few games of racquetball with their ski trip—have learned that it's possible to enjoy the best of both worlds: a destination that offers good alpine or cross-country skiing, inviting accommodations—and the availability of racquetball courts for use by guests.

It's not surprising that, given racquetball's growing popularity, an ever-increasing number of ski areas and resorts in recent years have added courts or clubs to the list of recreational facilities they offer to visitors attracted primarily by the skiing. What is surprising is the extent to which racquetball has become available in all regions of the country with enough snow to support good skiing.

Even so, this is not to say that a majority or even a large number of ski destinations have racquetball courts, or that they're easy to locate. But anyone wishing to do so—by checking with a travel agent or two, asking among your

friends or home court club members, or calling or writing several resorts in the area where you plan to ski the slopes or trails—usually can locate a place with racquetball courts for use after you have had enough of the white powder.

Following is a description of several ski areas located throughout the U.S. that have racquetball facilities. While not intended to serve as a complete or extensive listing, this should at least convince readers that outstanding ski locations in every section of the country do offer racquetball. With this knowledge, you might decide not to skip your favorite indoor game the next time you plan a trip around your eagerly awaited winter outdoor activity.

Hidden Valley is one of the premier skiing resorts in Western Pennsylvania. With 11 dramatic slopes, snowmaking that covers 90% of the terrain and new lighting allowing night skiing on 90% of the slope area, it attracts visitors not only from the East Coast but from an ever-expanding part of the entire U.S.

Hidden Valley Racquet Club, Somerset, PA.



The new owners of Hidden Valley have made a commitment to developing skiing at the resort community and conference center as a major activity and attraction. Among facilities are the only "dual-triple" chairlift (two triple chairs)

in the East, plus two double chairlifts and rope tow; an outstanding ski school with more than 70 qualified instructors; on-the-slope video taping equipment, and a wide variety of individual and group skiing plans. For those who prefer cross-country skiing, Hidden Valley boasts 30 miles of well-maintained trails through Pennsylvania's magnificent laurel highlands.

The four racquetball courts, three with an overhead viewing area, are located in the separate spa building, along with an indoor swimming pool, exercise equipment, saunas and other facilities. Winter rates for playing time range from \$7 to \$10 per hour, and people not staying at Hidden Valley pay an additional \$3 a person guest fee. Rental racquets are available for \$1, shoes for \$2.

For additional information or reservations, contact Hidden Valley, R.D. 4, Box 243, Somerset, PA 15501; telephone (814) 443-1414 or toll-free from outside Pennsylvania (800) 458-0174/5.

Mt. Washington Valley in the White Mountains of New Hampshire has been a mecca for skiers since 1938. Four major ski areas within a 10-mile range of one another—Attitash, Black Mountain, Mt. Cranmore and Wildcat—still offer some of the best skiing to be found throughout the country.

Together, the four areas provide a variety of terrain, weather and elevations; a selection of some 75 downhill trails; chair, poma and gondola lifts; and interchangeable passes and package plans that combine all four mountains. Cross country enthusiasts will

IS THE WEAKEST PART OF YOUR GAME YOUR ANKLES?

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find the largest complex of trails in the East, traversing some 120 miles in the midst of the White Mountain National Forest.

Racquetball is available at the Mountain Valley Court Club in North Conway, NH. The six courts are open to the public, at a guest charge of \$3 per person and court fees of \$6-\$8 an hour.

For information about skiing and lodgings, contact the Mt. Washington Valley Chamber of Commerce, Mt. Washington Valley, NH 03860; telephone (603) 356-5701.

Aspen Mountain in the Colorado Rockies has some of the best and most challenging skiing in the U.S. Of the more than 55 miles of runs, almost a quarter are rated "expert." Another idea of the quality of skiing is the fact that nearby Buttermilk Mountain, with a vertical rise of nearly 2,000 feet—which itself would rank as a major ski area in most other locations—serves as a beginner teaching mountain for Aspen. About 12 miles away is Snowmass, one of the largest ski mountains in North America with almost 1,500 acres of skiable terrain and an uphill hourly capacity of 14,775 skiers. In difficulty, it falls primarily in the intermediate range, between Aspen and Buttermilk Mountains. Combination lift tickets, good for use on all three mountains, are available.

Among racquetball facilities in the area are the two courts at the Aspen Athletic Club which also has a swimming pool, steam room, Jacuzzi, weight and exercise equipment, and classes in aerobics, yoga and other disciplines. Access to the courts and other club facilities requires a pass (\$10 a day in prime time, \$6.50 at other times, \$35 for a five-day pass). Court time charges are \$2-\$3 an hour per person.

For further information, contact the Aspen Skiing Company, Box 1248, Aspen, CO 81612, or call (303) 925-1220 for general information, or (303) 925-9000 regarding accommodations.

For skier/racquetball players on the West Coast, Mt. Bachelor in central Oregon is a destination that combines good downhill and cross country snow action with racquetball. A good place to stay is Sunriver, a resort and residential community about 18 miles from the ski slopes that offers a selection of accommodations, a variety of recreational activities, twice-daily round-trip shuttle service to the ski area—and a plush racquet club.

Mt. Bachelor—with a vertical drop over 3,100 feet, more than 40 runs, and 10 double and triple chair lifts—is a major ski destination. Many visitors who use the Alpine facilities—or the well-groomed cross-country trails—stay at Sunriver, which itself has 3,300 acres of woods and meadows, and two golf courses, that are perfectly suited to cross-country skiing.

Accommodations at Sunriver are in condominium hotel rooms, and private resort homes and condominium residences, that are available for rent. Guests staying at a rental house or condo whose owner has a membership in the Sunriver Racquet Club may make use of the club, so racquetball players should request a unit with this privilege when making reservations.



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A unique doubles team approaches the Sunriver Racquet Club. —photo by Al Licklider



For further information or reservations, contact Sunriver Lodge and Resort, Sunriver, OR 97702; telephone toll-free 1-800-547-3922, or call collect (503) 593-1246.

This brief introduction hopefully will convince *National Racquetball* readers that it's possible to enjoy a few court games during a winter ski vacation. A little research can provide information about other places to stay, and play, in the ski destinations which you plan to visit. ●

Victor Block is a free-lance travel writer for newspapers, newsletters and magazines; a state editor for Fodor's Guidebooks, and a member of the Society of American Travel Writers. When not on the go researching travel articles, he lives in Washington, DC.

The luxurious club—which boasts such extra touches as oak lockers and plush carpeting—has five racquetball courts with non-glare lighting. Other facilities

include three indoor tennis courts, a three-lane lap pool, weight and exercise room, coed spa, saunas and a viewing lounge.

Readers are encouraged to send your racquetball travel questions to Victor Block, c/o National Racquetball, 1800 Pickwick Ave., Glenview, IL 60025.

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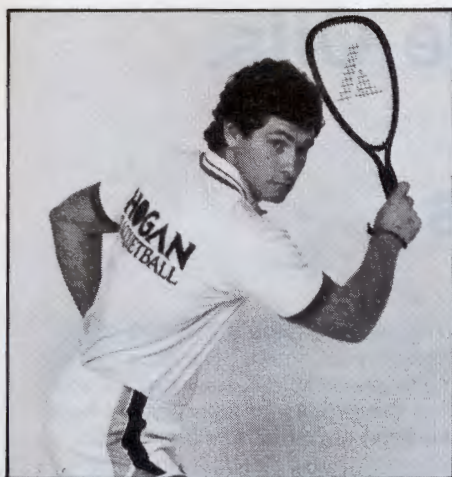


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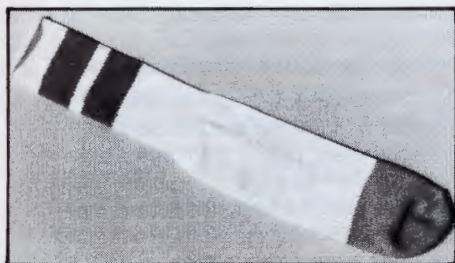
Hogan Racquets

Hogan Racquetball, a division of Pro-Kennex, the world's largest manufacturer of racquets, introduces the "Hogan Graphite" and the "Hogan Comp" racquetball racquets.

Marty Hogan, racquetball's five-time national professional champion has been involved in the development of specifications for the construction of both these models which comprise Hogan's new high-performance racquetball line.

The "Hogan Graphite" is a 100 percent graphite racquet. The "Hogan Comp" is an 80%/20% compositional mix of graphite and fiberglass. Both racquets utilize the patented Pro-Kennex foam core to dampen vibration and are manufactured to the same high-technology specifications as Pro-Kennex Racquets for tennis, badminton and squash.

Available at retail outlets nationwide or contact Pro-Kennex, 7444 Trade St., San Diego, CA 92121. (800) 854-1908.



Tube Socks

Cushees Sock Division of Tennis Togs announces triple thick tube socks. Extra heavy from heel to toe, Cushees are made with Hi Bulk Turbo Orlon on larger needle machines. They are guaranteed for one year of normal use.

The triple thick sock is designed to provide greater cushioning for an athlete's foot in tennis, racquetball, basketball, or whatever the sport may be.

For more information write Tennis Togs, 2520 N.W. Second Ave., Boca Raton, Florida 33431. (800) 327-5012 or (305) 368-3660.

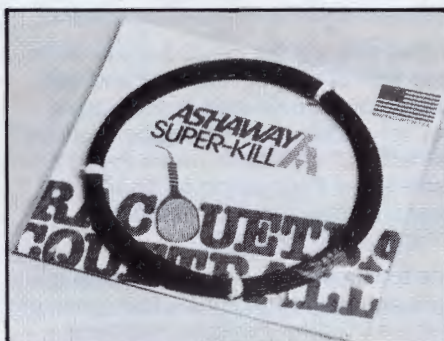


Embroidered Apparel

Court Products, Inc. announces the addition of embroidered apparel to its line of products and services. Small quantities of colored shirts, sweaters, and jackets can be ordered with a club name or slogan embroidered in a contrasting color in script.

John Berkenkotter, vice president, points out that *"more and more clubs are seeking a higher quality look in personalized apparel - both for sale and staff. Embroidery accomplishes this nicely."*

Court Products offers competitive prices and prompt delivery on orders of only 12 or more. For further information contact Court Products, Inc. 1500 Old Deerfield Road, Highland Park, IL 60035 (800) 323-9388.



Super-Kill

Super-Kill is the new, 16-gauge, textured racquetball string developed by Ashaway, the 160-year-old Rhode Island string company.

Super-Kill's multifilament nylon core and new wear-resistant cover make it a tough, resilient string that holds tension well — texture gives amazing action on the ball for ceiling shots and pinches. The string is jet black in color, making it the perfect companion for the new graphite racquets.

Super-Kill is available now from Ashaway, Rocky Mountain Sports, and Moody. For further information, contact: Ashaway Line & Twine Mfg. Co., Ashaway, Rhode Island 02804. (401) 377-2221.



Total Hip Machine

One of the newest machines from Universal Gym Equipment - The Total Hip - has applications for figure control, athletic training, and rehabilitation.

Four major exercises - the Hip Flexion, Hip Extension, Abduction, and Adduction - are used to shape and firm hips, thighs, and buttocks as well as to build power for jumping and running.

The Total Hip is ideal for post-operative knee rehabilitation since its design eliminates pressure on knee ligaments. The adjustable resistance arm provides a range of motion to 202 degrees and its length adapts to fit the user's height. Weight stacks are available with 75 lbs. resistance in five pound increments or 115 pounds resistance in seven and a half increments.

The Total Hip machine is constructed with heavy-duty chrome-plated steel tubing. The leg bumper is padded for comfort and is upholstered in naugahyde, with a thick, pebble-grained rubber tread.

For more information, write or call Universal Gym Equipment, Inc., P.O. Box 1270, Cedar Rapids, IA 52406. (319) 365-7561 or (800) 553-7901.

Vitality Through Vegetable Oils: Helping Your Health With The Polyunsaturates

by Frances Sheridan Goulart

Is an unbuttered diet better?

Super athlete Win Paris, founder of the California Physical Fitness Association, and one of America's top fitness educators, thinks so.

"One of the key words to good nutrition is fresh!" he says in Super Fitness. "Eat fresh foods. Read labels on packages, and don't eat anything with chemical additives or preservatives."

That means processed margarine is out and natural vegetable oils are in, especially if you lift, flex or kick a lot.

If you're cutting saturated fats, reducing calories and increasing workouts, polyunsaturated vegetable oils are essential physiological uppers. Providing about 120 calories a tablespoon, they are excellent concentrated energy sources, as well as rich sources of the PUFA (polyunsaturated fatty acids), otherwise known as vitamin F, that you need daily. Vegetable oils contribute to a feeling of well-being and satiation, and besides containing little or no saturation, are cholesterol-free.

Polyunsaturates—which are fats produced by vegetables—don't have to make up much of your diet. Two to four percent may be enough if you are moderately active, while 10% is too much for almost any athlete.

What's wrong with a diet that's 11% PUFA? As holistic health researcher Dick Sutphen sums it up in *Self Health Update*, "If your diet is high in polyunsaturates, you are depleting the vitamin E in your body, and without E red blood cells can be destroyed. There is evidence that polyunsaturates increase blood pressure . . . and eating high polyunsaturated diets may produce signs of premature aging.

In a Mayo Clinic study it was found that high concentrations of polyunsaturated fats were found in the blood and diseased tissue of breast cancer patients. A Los Angeles Veteran's Hospital study showed that patients fed a high polyunsaturated diet developed 60 percent more cancers than a control group."

Worse, when polyunsaturates are heated for frying, they become far more dangerous as extensive laboratory tests have proven. The evidence of the dangers continue to be gathered, while the advertising continues to sell a lot of profitable products to a trusting, but naive public.

But some PUFA is important for health. All animals, including man, have polyunsaturates in all of their cells, and some quantity of three of the polyunsaturates (arachidonic acid, linoleic acid and linolenic acid) are needed for cellular membrane health and the production of the hormone-like chemicals called prostaglandins that promote cardiovascular fitness, according to noted British researcher Dr. David Horrobin.

Oils are important to growth, maintenance of skin and hair, regulation of cholesterol metabolism, normal reproductive functions, and regulation of platelet adhesion in the bloodstream.

But all oils are not created equal. More than half of the vegetable oil and 98% of the soy oil produced in the U.S. is not only refined but refined by "solvent extraction," a process which Pennsylvania's Lee Foundation for Nutritional Research describes as "definitely dangerous to health."

The most commonly used solvents are light petroleum fractions—four types of Naptha used for Pentane, Heptane, Hexane, and Octane types. Some of these are commonly found in gasoline.

A symposium of cancer specialists organized by the International Union Against Cancer meeting in Rome over 20 years ago observed, "Since various petroleum constituents, including certain mineral oils and paraffin, have produced cancer in man and experimental animals, the presence of such chemicals in food appears to be objectionable, particularly when such materials are heated to high temperatures."

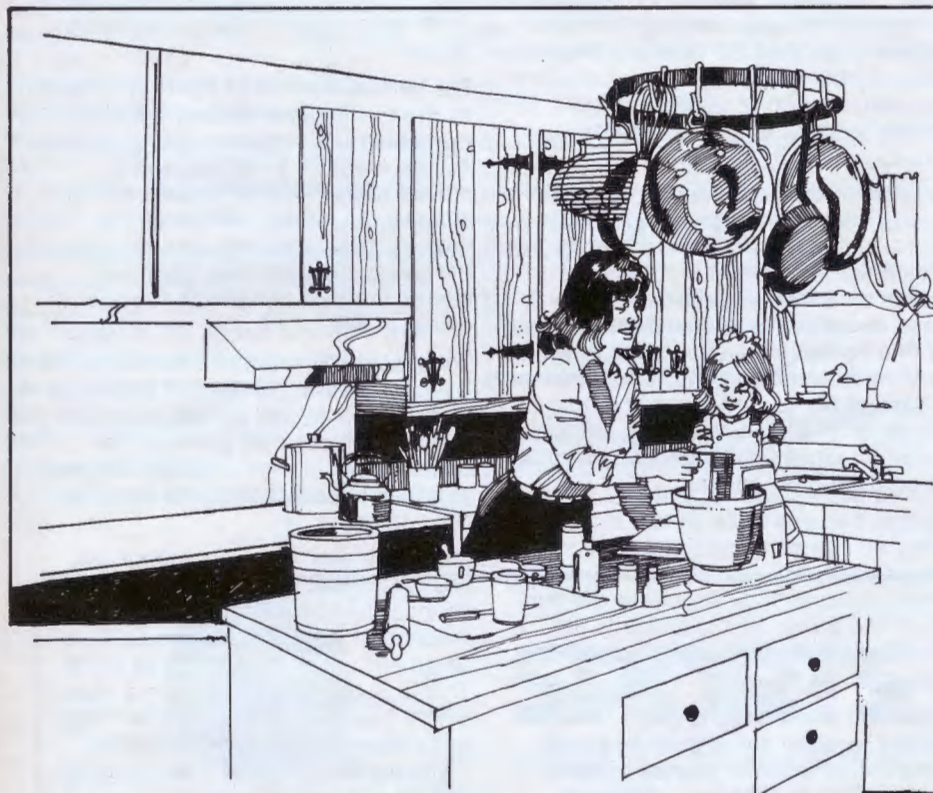
Why are they there if they are hazardous to your health? Because oils are highly perishable in their natural state. And this process refining called *hydrogenation* prevents rancidity. Unfortunately, it also destroys the very nutrients such as vitamin E and PUFA that gave you reasons to use them in the first place.

The more refined an oil is, the blander it tastes, the clearer it looks and the less it has to offer you. This description applies to virtually all supermarket vegetable oils. The heating, filtration, deodorizing and bleaching which manufacturers use all result in destruction of chlorophyll, vitamins A, E and the phosphorus complex that includes lecithin, source of important B-vitamins. Manufacturers often add unhealthy chemical preservatives as well.

Preservative-free, unrefined oils may not be free from rancidity, however, unless they have been scrupulously packaged to seal out heat, light and air. As one commercial oil producer notes, "It has been found that the digestion of oils is clearly retarded by rancidity. The products of (rancidity) were found to be lethal to rats. The degenerative diseases caused by rancid oils are undoubtedly brought about by the destruction of vitamins E, F, and A, both in the oil itself and in the body."

Super-refined supermarket oils are unhealthy, in other words. So are under-refined, poorly packaged oils. What to do? Buy an oil labeled "cold pressed" from a knowledgeable natural foods dealer with rotating stock, and get your supply in smaller, more oxidation-proof bottles or cans.

Even better, preservative-free oils available now are "nitrogen-packed" to retard spoilage. The oxygen is removed from the neck of the bottle and inert nitrogen is introduced. Nitrogen is a perfectly safe and natural substance that is colorless, odorless, tasteless and keeps our oils at their optimum in both taste and nutrition. Ask your health food store for brands that use the process.



Is it time to change *your* oil? Check it out. And if you don't want to eat it off a spoon, here's how to get your polyunsaturates out of cooking:

Unbutter Cookies
(Polyunsaturated Snack Bars)

- 1 cup dried dates
- 1 cup apple juice
- 2/3 cup oil
- 1 large apple, grated
- 3 cups rolled oats plus 1 cup arrowroot power
- 1 cup chopped nuts

1. Pour 1/2 cup apple juice over dates, cook until soft. Make a paste. Add oil.
2. Stir in apple. Add oats, nuts, arrowroot and remaining juice. Let dough rest 10 minutes.
3. Press in a greased cooking dish. Bake in preheated 350° oven 20 minutes.

Another way of safely adding oil to your athletic diet to benefit *fully* from the nutrients oils contain, especially the PUFA complex, is by eating plenty of natural foods high in natural unsaturated fats such as soybeans and seeds and avocados or by switching to the "unrefined" oils without preservatives that are certain to retain their natural antioxidants. These are labeled "crude."

Why is this easier said than done? Because such oils are hard to find and as researchers Paul Hawken and Fred Rohe tell us, "... *When one is accustomed to bland, virtually tasteless refined oils, the introduction of crude oil into the diet requires one to experience the 'real thing.'* This experience of reality is due to the fact that for the first time you are tasting an oil which contains *all* its natural vitamin A, *all* its natural vitamin E, *all* its natural

lecithin, and all of the other natural food factors. . . . It is not at all a matter of getting accustomed to something which tastes bad, but rather different—fuller and richer due to being so much more wholesome. . . ."

All oils do not provide the same nutritional content, so rotate your own stock. Here are six for starters. Keep more than one on hand.

1. **Corn Oil.** It is 60 percent polyunsaturated and 17 percent saturated fatty acids which gives it good stability, and a high vitamin E content.
2. **Sesame Oil.** The stability of this oil is high and it contains about 44 percent linoleic acid. Saturated fatty acids run around 13 percent.
3. **Peanut Oil.** A neutral flavor and tends to stay bland. The good choice for frying and sauteeing. Peanut oil usually contains about 31 percent polyunsaturates and 20 percent saturated fatty acids.

4. **Safflower Oil.** Has the lowest saturation of all the oils and the highest linoleic acid content — 78 percent polyunsaturates and one six percent saturated fatty acids. Linoleic is the most widespread of the polyunsaturated fatty acids found in vegetable oils and is essential to total health.

5. **Sunflower Seed Oil.** Similar to safflower, contains about 75 percent polyunsaturates and about eight percent saturated fatty acids.

6. **Olive Oil.** Is in a class by itself. Only 10 percent saturated fatty acids and five to 15 percent polyunsaturates. Use for flavor, do not overheat. ●

Tournament Results

McKinney Marches To Plymouth Final Before Falling To Adams

by Sandy Genelius

It may have taken a bit longer than the Mayflower's crossing of the Atlantic in 1620, but "pilgrimage" is not an inappropriate word to describe Caryn McKinney's racquetball career.

After two years of toiling on the women's tour as a professional, the Atlanta resident finally reached the promised land for any racquetball player the final of the major pro tournament.

Charging through the draw, McKinney, 25, found herself facing Lynn Adams in the December 11 final of the \$6,000 Coca Cola WPRA Holiday Shootout at Game Point Racquetball and Health Club in Plymouth, MA, after upsetting two other players en route. Although Adams, the current number one player in women's racquetball, defeated her opponent by a 16-21, 21-13, 21-6, 21-18 score, McKinney's unflagging spirit provided plenty of action and drama for the enthusiastic court-side gathering and allowed her to advance two notches into the elite top 10 in the WPRA rankings.

The fact that Adams was not as motivated as she usually is heading into a final worked to McKinney's advantage. *"I usually face Heather (McKay) in the finals of most tournaments, and for some reason, my concentration and motivation were not where they should have been in the first game,"* stated Adams.

McKinney, on the other hand, was totally prepared. *"I thought Lynn would expect a lot of pinches, which is what Brenda (Barrett) did in their semi-final match. Lynn was just waiting for those shots and, because her anticipation and reactions are so good, she seemed to win most of the points. I wanted to keep her deep in the court and, hopefully, off balance."*

Coca Cola WPRA Holiday Shoot-Out

Plymouth, MA, December 9-11, 1983

Game Point Racquetball and Health Club

Round of 16: Adams d. Dee 21-8, 21-15, 21-14; Fletcher d. Lynch 21-19, 21-7, 21-15; Gardner d. Davis 22-20, 17-21, 22-20, 7-21, 16-14; Barrett d. Greer 21-14, 21-12, 21-12; Harding d. Gilreath 21-12, 21-19, 22-20; Marriott d. Jackson 7-21, 21-18, 21-15, 17-21, 15-13; McKinney d. O'Brien 21-16, 21-16, 21-10; Martino d. Bullard 21-18, 21-18, 21-18.

Quarter-finals: Adams d. Fletcher 21-14, 21-13, 21-17; Barrett d. Gardner 21-17, 21-14, 15-21, 21-9; Marriott d. Harding 21-17, 21-15, 21-13; McKinney d. Martino 21-14, 21-9, 21-7.

Semi-finals: Adams d. Barrett 21-12, 21-15, 21-14; McKinney d. Marriott 21-12, 23-21, 16-21, 21-16.

Finals: Adams d. McKinney 16-21, 21-13, 21-6, 21-18.

McKinney's game plan worked to perfection in game one as she kept Adams pinned in the back of the court for most of the contest. The Georgian, who is in perhaps the best physical shape of her career, utilized an effective combination of serves and excellent mobility to keep the game close.

In addition to two four-point scoring bursts midway through the game, at 16-14 in McKinney's favor, she completed her third run of our straight points on a forehand down-the-line pass, two pinches and an Adams' skip to find herself within one point of victory. Adams scored two quick points on a pass of her own to pull within four points at 16-20, but McKinney cracked a perfect cross court forehand kill shot to go one up on Adams.

Games two and three were a different story as Adams' mental toughness and concentration were restored. This time the Californian took control of the tempo of the points and continually put McKinney in defensive positions on the court.

Down 2-4 in the second game, Adams strung together seven straight points on a combination of passes and pinches to pull to a 9-4 lead. Although McKinney made periodic comebacks, they amounted to a total of only nine more points.

At 15-6 in her favor, Adams conducted a clinic in perfectly executed shots as she cashed in on three consecutive kill shots, a backhand wide-angle pinch and a forehand pass down-the-line to surge to an 18-8 lead. An ace, a McKinney skip and an Adams backhand kill sealed game two and evened the ledger at one game each in the match.

Game three proved to be much the same as McKinney appeared tentative on the court. After constructing a 7-1 lead, Adams' relentless attack allowed her opponent to score only five more points in the game. McKinney left too many balls up and Adams took advantage of the errors with a succession of pinches, passes and kill shots. She scored the final six points of the game to win easily.

"In the second and third games, Lynn just got on a roll, as she so often does," said McKinney. *"She combined good serves with powerful shots and*

gave me fewer opportunities to be aggressive. You have to earn every point against Lynn and I had too many errors to do that, most of which were forced by her."

The two women saved the best for last as the fourth game offered the most excitement and drama of the afternoon. Adams raced to a 7-0 lead and appeared to be heading towards her second victory of the 1983-84 WPRA season. McKinney, however, returned to her game one form and, down 1-8, scored the next five points to edge closer at 6-8.

The match remained closely fought for the next several points, and McKinney battled back to trail by only one point at 11-12. Adams then got down to business and scored regularly with her patented kill shot to run the score to 19-12 in her favor.

McKinney was not done, though, as she fought back for a second time by scoring the next five points, the last on a beautiful wide-angle pinch, to once again pull within two points at 17-19. This is usually the juncture in a match where Adams works her mental magic and closes out her opponents. The Plymouth final proved to be no exception as she took advantage of a McKinney skip and killed the next two balls to claim the victory, one which she acknowledged was not easy.

"The two strongest points of Caryn's game are that she is extremely confident on the court and, therefore, is not intimidated by any opponent; secondly, she is very realistic about her skills and plays within her skill level. This is not to say that she is any less talented than other players, but by realizing her physical limits, which every player must do, she is rarely rattled when an opponent makes a great shot or when she missed a shot of her own."

"She doesn't let herself become upset by these kinds of things, which are going to happen in every match, and accepts them as part of the game. Also, the increased time she has been putting into getting in shape is definitely paying off for her."

It paid off for McKinney in the semi-finals where she defeated Janell Marriott, 21-12, 23-21, 16-21, 21-16, who is ranked four notches above her at the number eight position. Marriott, of near-

by Warwick, RI, had been playing very well in her two previous matches against Joyce Jackson and Jennifer Harding, but could not effectively counter McKinney's aggressiveness and mobility.

"I felt so good on the court," stated McKinney about her showdown with Marriott. "Janell played well but I seemed to be able to kill everything in the first two games and I think she didn't attack as much as she should have. I got a little over-confident in the third game but managed to come back in the fourth."

The other semi-final pitted Adams against Brenda Barrett of Miami, FL. The last time the two met was in Anaheim in the spring of 1983, where Barrett eliminated Adams in a tie-breaker in the quarter-finals of the tournament, which has proved to be an annual hometown heartbreak for the Californian.

Adams was prepared for the rematch, however, and had little difficulty with Barrett, whom most players agree is the hardest hitter on the women's tour. Barrett, who was pleased with her overall performance in Plymouth despite the setback at the hands of the game's number one player, resolved to become more serious in her training methods in preparation for the next pro stop.

The quarter-finals provided two key upsets as McKinney easily defeated an ailing Laura Martino, the WPRA's fourth-ranked player and tournament's number two seed, by a 21-14, 21-9, 21-7 score. Martino, who had been receiving treatments for a back ailment, was unable to stretch and bend to reach most of McKinney's shots and fell to her more mobile adversary.

The other upset occurred in the top half of the draw when Barrett upended ninth-ranked Peggy Gardner of Escondido, CA, 21-17, 21-14, 15-21, 21-9. In the other two quarter-final clashes, Adams defeated 19-year-old Stacey Fletcher of Warren, MI, 21-14, 21-13, 21-17, and Marriott slipped past Harding by a 21-17, 21-15, 21-13 score.

The round of 16 was highlighted by two upsets as well when Barrett, starting her mini-streak of victories, claimed an easy win over San Antonian Marci Greer, 21-14, 21-12, 21-12, who came into the tournament ranked seventh. Harding upset sixth-ranked Terri Gilreath, 21-12, 21-19, 22-20, as the El Toro, Californian's first-round loss streak on the 1983-84 tour reached two.

In other first round matches, Adams swept past Mary Dee, 21-8, 21-15, 21-14; Fletcher defeated Marcy Lynch, 21-19, 21-7, 21-15; Gardner narrowly escaped

with a 22-20, 17-21, 22-20, 7-21, 16-14 win over Francine Davis; Marriott barely subdued Jackson, 7-21, 21-18, 21-15, 17-21, 15-13; McKinney vanquished Molly O'Brien, 21-16, 21-16, 21-10; and Martino struggled to a 21-18, 21-18, 21-18 win over Diane Bullard.

O'Brien, of Sellersville, PA, defeated Diana Hardek of Windham, NH, 15-12, 15-12, in the Women's Open final and earned a \$200 credit toward travel expenses to the WPRA Nationals at the RiverBend Athletic Club in Fort Worth, TX, on May 31-June 3. The WPRA will award such a credit to each different winner of the Women's Open division at all WPRA-sanctioned events on the 1983-84 tour.

Additional sponsors of the tournament were Cohasset By The Sea, which provided complimentary rooms to the pros; Weylu's Restaurant, which hosted a media press conference the Monday before the Tournament; the Boston Athletic Club, which hosted a media round robin the same day; Ocean Spray; Budweiser Light and Tacki-Mac Grips. The proceeds of the tournament benefitted the Massachusetts Cystic Fibrosis Foundation. ●

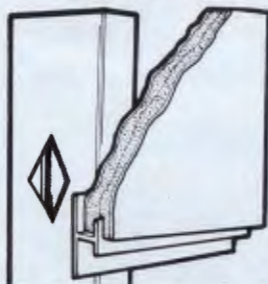


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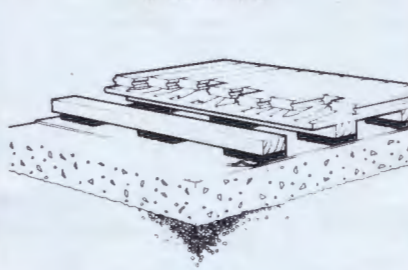
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Tournament Results

Alabama

2nd Annual Bud Light Summer Classic
Total Fitness Racquet Club
Foley, AL, August 5 & 6
Sponsor: Budweiser Light
Tournament Directors: Marshall Myers & Dick Bourne

Men's A

Semi-finals: J. Brown d. S. Baker 15-6, 15-6; B. Sanders d. J. DiChiara 15-7, 15-13

Finals: J. Brown d. B. Sanders 21-19, 21-18

Men's B

Semi-finals: S. Baker d. R. Bourne 15-9, 15-4; J. Denton d. B. Sanders 15-11, 15-12

Finals: J. Denton d. S. Baker

Men's C

Semi-finals: P. Jones d. B. Murphy, injury; M. Myers d. R. Bourne 6-15, 15-14, 11-5

Finals: M. Myers d. P. Jones 21-12, 21-8

Men's Novice

Semi-finals: G. Sweeney d. J. Grontham 12-15, 15-9, 11-8; J. McCannon d. R. Nelson 15-4, 15-0

Finals: J. McCannon d. G. Sweeney 21-8, 21-9

Women's B

Semi-finals: D. Bailey d. D. Farias 15-3, 15-4; A. Rye d. S. Baker 15-14, 13-15, 11-9

Finals: D. Bailey d. A. Rye 21-4, 21-15

Women's C

Semi-finals: S. Baker d. M. O'Conner 3-15, 15-2, 11-7; D. Farias d. C. Stone 15-4, 15-3

Finals: S. Baker d. D. Farias 17-21, 21-14, 11-7

Jr. Division

Semi-finals: J. Foley d. C. Schultz 15-6, 15-9; D. Graham d. M. McCannon 15-1, 14-15, 11-4

Finals: D. Graham d. J. Foley 21-18, 21-8

Junior's 8 & Under

Semi-finals: M. Montgomery d. A. Farias 11-10, 11-4; L. Montgomery d. S. Norrell 11-0, 11-2

Finals: M. Montgomery d. L. Montgomery 11-3, 11-2

Women's B

Semi-finals: Driver d. Kreuzwiser, forfeit; Steinbach d. Dolack 21-9, 21-7

Finals: Steinbach d. Driver 21-17, 21-18

Women's C

Semi-finals: Carson d. Insko 21-8, 6-21, 11-8; Goss d. Hoshield 21-13, 21-8

Finals: Carson d. Goss 21-14, 21-10

Women's D

Semi-finals: Belongie d. Richline 20-21, 21-1, 11-6; McDaniel d. Spagiollo 9-21, 21-9, 11-4

Finals: Belongie d. McDaniel 21-9, 21-7

Men's Senior B

Semi-finals: Patrick d. Parkhurst 15-21, 21-18, 11-6; Jordan d. Weber 17-21, 21-5, 11-3

Finals: Jordan d. Patrick 21-20, 21-9

Men's Senior C

Semi-finals: Gray d. Gaffke 21-6, 21-8; Chrenka d. Rensberry 18-21, 21-16, 11-2

Finals: Gray d. Chrenka 21-20, 21-11

Men's Masters A

Semi-finals: Hise d. Lund 21-11, 21-15; Strautnieks d. St. Clair 21-4, 21-14

Finals: Strautnieks d. Hise 21-11, 21-19

Men's Masters B

Semi-finals: Malleck d. Dutcher, forfeit; Nash d. Mifsud 21-8, 21-17

Finals: Nash d. Malleck 21-13, 21-13

Junior 17 and Under

Finals: Tessmar d. Fisher 21-3, 21-18

California

Fat City Open Pro-Am
Quail Lakes Athletic Club
Stockton, CA, September 22-25
Sponsors: Coors - Babka Beer Co.
Tournament Directors: Jim Moscatelli,
Bruce Powell

Men's Pro

Quarter-finals: Oliver d. Thomas 16-18, 15-11, 11-8; Sell d. Price 2-15, 15-13, 11-9; Hillecher d. Martino 15-9, 9-15, 11-7; Andrews d. Brysman 15-4, 15-9

Semi-finals: Oliver d. Sell 15-9, 15-7; Andrews d. Hillecher 13-15, 15-11, 11-5

Finals: Andrews d. Oliver 15-8, 13-15, 11-5

Men's A

Quarter-finals: Steger d. Guinn; Bargas d. Clyde; Millhollin d. Tensch; Bronfeld d. Ruby

Semi-finals: Steger d. Bargas 15-1, 15-4; Bronfeld d. Millhollin 15-4, 15-11

Finals: Bronfeld d. Steer 15-7, 7-15, 11-7

Men's B

Quarter-finals: Gallup d. Martin; Robinson d. Georg; Willinger d. Chafee; Kellemis d. Bazon

Semi-finals: Robinson d. Gallup 15-4, 15-7; Kellemis d. Chafee 15-11, 15-12

Finals: Kellemis d. Robinson 15-2, 15-10

Men's C

Quarter-finals: Robinson d. Baldarelli; Olsen d. Drewry; Ramm d. Voss; Aurich d. Stepka

Semi-finals: Olson d. Robinson 15-10, 15-7; Ramm d. Aurich 17-15, 17-15

Finals: Olson d. Ramm 15-12, 15-8

Men's D

Quarter-finals: Pessinni d. Sanders; Baker d. Watts; Bustamante d. Bartell; Dick d. Silver

Semi-finals: Baker d. Pezzinni 15-9, 15-7; Bustamante d. Dick 15-13, 15-11

Finals: Bustamante d. Baker 15-12, 15-3

Michigan

MRA #1

Little Traverse Racquet Club
Potoskey, MI, September 16-18
Sponsors: Wilson, Bata, WKHQ

Men's Open

Semi-finals: Vanover d. Van Bemmelen 17-21, 21-5, 11-3; Anderson d. Harper 21-18, 21-15

Finals: Anderson d. Vanover 21-11, 19-21, 11-1

Women's Open

Finals: Gonyea d. Anderson 9-21, 21-15, 11-9

Men's A

Semi-finals: Smith d. Csatali 21-13, 21-9; Kelley d. Harris 21-19, 16-21, 11-8

Finals: Smith d. Kelley 21-5, 21-10

Men's B

Semi-finals: Veith d. Sigafosse 21-15, 21-19; Casey d. Polvi 21-15, 21-18

Finals: Casey d. Veith 21-18, 21-18

Men's C

Semi-finals: Fitzgerald d. Mayer 21-6, 21-18; Bos d. Burgdorf 21-2, 21-15

Finals: Bos d. Fitzgerald 21-12, 21-18

Men's D

Semi-finals: Bakalis d. Schultz 21-17; Carlson d. Hine, 21-0, 21-13

Finals: Carlson d. Bakalis 21-7, 21-13

Women's A

Finals: Lutze d. Gravelyn 21-9, 21-17

Men's 35+

Quarter-finals: Kunkel d. Millhollin; Tibbens d. Smith; Thomas d. Cordoni; Delucca d. Lara

Semi-finals: Kunkel d. Tibbens 15-1, 15-8; Delucca d. Thomas 15-13, 15-9

Finals: Kunkel d. Delucca 15-12, 15-2

Men's 45+

Quarter-finals: Bursch d. Meserby; Brudernich d. Cornelli; Celaya d. McCarroll; Coyne d. Firlus

Semi-finals: Bursch d. Brudernich 15-13, 15-11; Celaya d. Coyne 15-9, 15-8

Finals: Bursch d. Celaya 16-14, 16-14

Women's B

Quarter-finals: Macor d. Verescagen; Kinchin d. Jamison; Ward d. Smith; Webb d. Shinn

Semi-finals: Ward d. Webb 7-15, 15-2, 11-5; Kinchin d. Macor 12-15, 15-6, 15-4

Finals: Ward d. Kinchin 15-13, 15-7

Women's C

Quarter-finals: Pierce d. Ramirez; Acosta d. Ginn; Gleason d. Millhollin; VanSoest d. Boyett

Semi-finals: Pierce d. Acosta 15-3, 17-15, 11-3; Gleason d. VanSoest 15-13, 15-9

Finals: VanSoest d. Pierce 15-2, 5-15, 11-7

Women's D

Semi-finals: Henderson d. Kurimay 15-8, 15-7; Milligan d. Davis (forfeit-injury)

Finals: Henderson d. Milligan 15-5, 15-12

Men's Pro Doubles

Quarter-finals: Andrews/Martino d. Jensen/Almeida 15-8, 17-15; Hilecher/Thomas d. Sell/Britos 15-13, 15-11; Oliver/Price d. Nolan/Garrigus 15-13, 15-12; McCoy/Brysmar d. Wright/Trent 15-11, 15-11

Semi-finals: Andrews/Martino d. Hilecher/Thomas 15-11, 15-13; Brysmar/McCoy d. Oliver/Price 15-13, 15-11

Finals: Andrews/Martino d. McCoy/Brysmar 15-12, 15-9

Men's A Doubles

Quarter-finals: Millhollin/Bronfeld d. Marino/Carcia; Gualco/Reimer d. Jamison/Hampton; Kellens/Willinger d. Vincent/Alexander; Ybarra/Powell d. Ruby/Miller

Semi-finals: Millhollin/Bronfeld d. Gualco/Reimer 11-15, 15-10, 11-1; Kellens/Willinger d. Ybarra/Powell 12-15, 15-11, 11-8

Finals: Millhollin/Bronfeld d. Kellens/Willinger 16-14, 15-8

Men's B Doubles

Quarter-finals: Mathews/Tackman d. Mickle/Stanford; Farrens/Rothbard d. Padilla/Devaul; Backs/Hernandez d. Chaffee/Acosta; Catamerosios/Gruenke d. Bartel/Bartel

Semi-finals: Farrens/Rothbard d. Mickle/Stanford 15-12, 8-15, 11-9; Catamerosios/Gruenke d. Backs/Hernandez 15-10, 15-6

Finals: Catamerosios/Gruenke d. Farrens/Rothbard 15-4, 15-4

Men's C Doubles

Quarter-finals: Foster/Hendrikson d. Pezzini/Pezzini; Heinz/Schmirnoff d. Lovett/Fisher; Catanio/Dyer d. Mase/Kime; Boland/Bronfeld d. Strutz/Stopka

Semi-finals: Boland/Bronfeld d. Catanio/Dyer 15-6, 15-5; Heinz/Schmirnoff d. Foster/Henderson 14-16, 15-4, 11-8

Finals: Heinz/Schmirnoff d. Boland/Bronfeld 15-5, 15-8

Men's Doubles 45+

Semi-finals: Thomas/Delucca d. Bursch/Acosta 15-3, 15-8; Johnson/Thomas d. Hunt/Garcia 15-9, 15-2

Finals: Thomas/Delucca d. Thomas/Johnson 8-15, 15-12, 11-4

Women's B Doubles

Semi-finals: Brown/Auwinger d. Gin/Pierce 15-12, 15-6; Shinn/Benninghaven d. Kinchin/Macor 15-13, 16-14

Finals: Brown/Auwinger d. Shinn/Benninghaven 15-4, 15-12

Highland, IN, September 23-25

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Tournament Director: Fred Bojrab

Men's Open

Quarter-finals: Mikulla d. Pufahl 15-11, 15-14; Moskwa d. Gabriel 15-8, 15-14; Negrete d. Bartlett 15-9, 13-15, 11-10; Amatulli d. Anderson 15-8 7-15, 11-10

Semi-finals: Moskwa d. Mikulla 11-15, 15-11, 11-7; Amatulli d. Negrete 15-11, 15-12

Finals: Amatulli d. Moskwa 9-15, 15-12, 11-6

Women's Open

Quarter-finals: Pritchett d. Russell 15-1, 13-15, 11-6; Carow d. Simpson 15-1, 15-3; Russell d. Mackell 15-0, 15-0; Clark d. Anderson 15-5, 15-6

Semi-finals: Pritchett d. Carow 8-15, 15-4, 11-3; Clark d. Russell 15-8, 12-15, 11-6

Finals: Pritchett d. Clark 15-6, 10-15, 11-9

Men's A

Quarter-finals: Hillman d. Sondel 11-15, 15-12, 11-9; Mackell d. Christenson 15-10, 12-15, 11-4; Stopinski d. Avalos 4-15, 15-2, 11-5; Mizgate d. West 15-5, 15-13

Semi-finals: Hillman d. Mackell 10-15, 15-10, 11-6; Mizgate d. Stopinski 11-15, 15-12, 11-4

Finals: Mizgate d. Hillman 15-8, 15-10

Men's B

Quarter-finals: J. Barnett d. Williams 15-8, 15-8; W. Barnett d. Cassidy 15-7, 15-4; Sweeney d. Leyva 15-8, 15-12; Labedz d. Neal 15-9, 15-10

Semi-finals: J. Barnett d. W. Barnett 15-8, 15-11; Sweeney d. Labedz 10-15, 15-8, 11-2

Finals: Sweeney d. J. Barnett 10-15, 15-8, 11-2

Men's C

Semi-finals: Kauffman d. Richardson 15-8, 15-5; Sikora d. Esser 15-13, 15-8

Finals: Kauffman d. Sikora 15-2, 15-7

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Men's D

Quarter-finals: Pecho d. Thompson 15-14, 6-15, 11-3; Barton d. Monoshein 8-15, 15-5, 11-9; Rollins d. Sanford 15-11, 14-15, 11-8; Weitzel d. Mitchell 15-2, 15-8

Semi-finals: Pecho d. Barton 15-7, 15-8; Rollins d. Weitzel 15-2, 15-8

Finals: Pecho d. Rollins 10-15, 15-7, 11-2

Men's Seniors 35+

Quarter-finals: Selva d. Grochowski 15-2, 15-2; Pritchett d. Arnolt 15-7, 9-15, 11-1; Russell d. Mildworm 15-13, 15-7; Simborg d. Fowler 12-15, 15-0, 11-1

Semi-finals: Pritchett d. Selva 7-15, 15-5, 11-7; Simborg d. Russell 15-14, 15-12

Finals: Simborg d. Pritchett 14-15, 15-8, 11-0

Men's Masters

Quarter-finals: Bushfield d. Slat 15-5, 15-8; Foy d. Kroeger 15-11, 2-15, 11-2; Camplese d. Schram 15-4, 15-10; Cox d. Vitkus 15-1, 15-8

Semi-finals: Buchfield d. Foy 15-9, 15-7; Cox d. Camplese 15-10, 15-10

Finals: Cox d. Bushfield 15-13, 3-15, 11-3

Women's A

1st — Judy Sans; **2nd** — Jayne Crister

Semi-finalists: Vicki Nicholson; Jill Lenberg

Women's B

Semi-finals: Jennings d. Edgar 15-5, 15-11; Devore d. Barker 15-12, 15-3

Finals: Jennings d. Devore

Women's C

Quarter-finals: Everett d. Stack 15-11, 15-6; Misicko d. Barker 15-5, 15-6; Debra Cassidy d. Leseure 15-6, 9-15, 11-5; Nativo d. Julian 15-4, 1-15, 11-8

Semi-finals: Misicko d. Everett 15-12, 15-12; Cassidy d. Nativo 15-11, 15-13

Finals: Misicko d. Cassidy 5-15, 15-5, 11-1

Women's D

Quarter-finals: Szweda d. Burton 15-1, 15-3; Sheward d. Schulz 15-10, 11-15, 11-9; Turks d. Juncic 15-10, 15-8; Julian d. Zatlakowicz 13-15, 15-5, 11-3

Semi-finals: Sheward d. Szweda 15-12, 15-13; Julian d. Turks 15-14, 15-11

Finals: Julian d. Sheward 12-15, 15-5, 11-7

Pennsylvania

Pennsylvania State Championships '83
Racquettime USA and Highpoint Racquet Club
Pennsylvania, September 3 - October 2

Men's Open: 1st — Obremski; 2nd — Plummer

Semi-finalists: Pillion, Young

Quarter-finalists: Rodgers, McAndrew, Fletcher, Smith

Women's Open: 1st — Baxter; 2nd — Fishel

Semi-finalists: Lynch, Fogel

Quarter-finalists: Conforty, Upson, Lee, Peterson

Men's B: 1st — Khuzu; 2nd — Ganotti; 3rd — Leib; 4th — Silvestri

Quarter-finalists: McElheny, Mayfield, Bond, Martini

Men's C: 1st — Dragan; 2nd — Wooden; 3rd — Steinkirschner; 4th — Durlle

Quarter-finalists: DePrimo, Chiricko; Kelley; Tidabach

Men's 30+: 1st — Montague; 2nd — Emes

Semi-finalists: Oliver, McAndrew

Quarter-finalists: O'Malley, Marasco, Pavelic, Foss

Men's 35+: 1st — Miller; 2nd — Becker

Semi-finalists: Willey, Jones

Quarter-finalists: Lebda, Myers, Stultz, Harlacher

Men's 40+: 1st — Granahan; 2nd — Scarao

Semi-finalists: Elliot, Peeples

Quarter-finalists: Thomas, Moffit, Blumenstein, England

Men's 45+: 1st — Jackman; 2nd — Thiemann

Semi-finalists: Ochroch, Fifert

Quarter-finalists: Stroble, England, Gamius, Beck

50+: 1st — Krevsky; 2nd — Kroll

Semi-finalists: Borg, Blank

Quarter-finalists: Hench, Nicholson, Eazor, Simkins

Men's 60+: 1st — Simkins; 2nd — Snowberger; 3rd — Oates; 4th — Balducci

Boy's 18 & Under: 1st — Reck; 2nd — Schadler

Semi-finalists: Hoffman, McKinney

Quarter-finalists: Ginsberg, Levingood, Pillion, Queale

Boy's 14 & Under: 1st — Fircomer; 2nd — Vogtman

Semi-finalists: Lewis, Hollingworth

Quarter-finalists: Walters, Giambalvo, Pfeffer

Boy's 16 & Under: 1st — McKinney; 2nd — Hollingsworth

Semi-finalists: Daniher, Zollers

Quarter-finalists: Elliot, Anderson, Loesel, Mattes

Boy's 12 & Under: 1st — Jorgenson; 2nd — Aldinger

Semi-finalists: Henderson, Bugel

Quarter-finalists: Kuruzovick, Lebda, Gutz, Simmon

Women's B: 1st — Miller; 2nd — Hake; 3rd — Slain; 4th — McGuillan

Quarter-finalists: Pitts, Walton, Schnackel, Kolb

Women's C: 1st — Beck; 2nd — Lee; 3rd — Celmer; 4th — Rosenberger

Quarter-finalists: Lee, Soutrer, Ebert, Dehner

Women's 30+: 1st — Conway; 2nd — Pettinato

Semi-finalists: Tobin, Lee

Quarter-finalists: Garrett, Carlson, Pitts, Nicola

Women's 35+: 1st — Moffit; 2nd — Stickney; 3rd — Simmons

Women's 40+: 1st — Katz; 2nd — Ching; 3rd — Kepler

Women's 45+: 1st — Ching; 2nd — Paidá; 3rd — Kepler

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Girl's 12 & Under: 1st — Pinola; 2nd — Beck; 3rd — Rust; 4th — Willey

Men's Open Doubles: 1st — Plummer/Buckler; 2nd — Montague/Hostenstein

Semi-finalists: Sismour/Reck, Lucas/Rodgers

Quarter-finalists: Fletcher/Ballash, O'Malley/Pillion; Garabedian/Becker, Oliver/Morris

Women's Open Doubles: 1st — Baxter/Ross; 2nd — Fischel/Musewicz; 3rd — O'Brien/Kennedy; 4th — Conforti/Pettinato

Men's B Doubles: 1st — Scurfield/Harris; 2nd — Schapp/Leib; 3rd — Jorgenson/Fulcomer; 4th — Koch/Fried
Quarter-finalists: Bond/Grove, Hinds/Mulroy, Lupina/Brooks, Johnson/Williams

Men's 35 Doubles: 1st — Jones/Scarano; 2nd — Reidel/Willey

Semi-finalists: Meyers/Felicetti, Fabian/Becker

Quarter-finalists: Gerloff/Minninger, Lee/Pinola, Lounsbury/Rust, Peeples/Downs

Men's 45 Doubles: 1st — Felicetti/Meyers; 2nd — Krevsky/Jackman; 3rd — Grapes/Schattner

Women's B Doubles: 1st — Iffert/Eazor; 2nd — Macklin/Milnikoff; 3rd — Soergel/Gaugh; 4th — Soutner/Walton

Quarter-finalists: Ebert/Beltgen, Duiniv/Baumgartner, Robbins/Rosenberger, McDermott/Thompson

Women's Open

Semi-finals: Drexler d. Donnelly; Walton-Trent d. Ferreira

Finals: Drexler d. Walton-Trent

Men's Singles

Semi-finals: Buggs d. Hall; Martinez d. Kaplan

Finals: Martinez d. Buggs

Men's B

Semi-finals: Trimble d. Belasco; Neer d. Pell

Finals: Trimble d. Neer

Men's C

Semi-finals: Turner d. Fuqua; Shulter d. Hall

Finals: Shulter d. Turner

Men's Novice

Semi-finals: Ivey d. Rodriguez; Myers d. Kaakimaka

Finals: Myers d. Ivey

Men's Beginner Novice

Semi-finals: Alvarez d. Cotrell; Heck d. Burns

Finals: Alvarez d. Heck

Men's Senior

Semi-finals: Fearing d. Hanson; Bellah d. Gladstein

Finals: Bellah d. Fearing

Men's Masters

Semi-finals: Hopner d. Hamm; Wetzel d. Carroll

Finals: Wetzel d. Hopner

Junior 14 & Under

Semi-finals: Forbes d. Taylor; Cochrane d. Turner

Finals: Cochrane d. Forbes

Women's B

Semi-finals: Balding d. Splendid; Cardas d. House

Finals: Balding d. Cardas

Women's C

Semi-finals: Robertson d. Marten; Scaran d. Mulvenna

Finals: Robertson d. Scaran

Women's Novice

Semi-finals: Hayes d. Dameron; Booth d. Davis

Finals: Booth d. Hayes

Women's Beginner Novice

Semi-finals: Silvester d. LaSalle; Dameron d. Kirk

Finals: Silvester d. Dameron

Men's Open Doubles

Semi-finals: Harding/Sell d. Sheffield/TeXeria; Conine/Southern d. Martino/Zuborg

Finals: Harding/Sell d. Conine/Southern

Men's B Doubles

Semi-finals: Foster/Castillo d. Sammons/Malcolm; Doherty/Williams d. Wetzel/Gabriel

Finals: Doherty/Williams d. Foster/Castillo

Men's C Doubles

Semi-finals: Hall/Ysias d. Molina/Ramirez; Martinex/Sandoval d. Christian/Chaco

Finals: Martinez/Sandoval d. Hall/Ysias

New Hampshire

WFEA Racquetball Tournament
Cystic Fibrosis Foundation
Executive Court Club
Manchester, NH, September 30 - October 2

Men's Open: 1st — Viera; 2nd — Aceto; 3rd — Bennett; 4th — Drew

Women's Open: 1st — Dee; 2nd — Higgins; 3rd — Ehrlich

Men's A: 1st — Ruggieri; 2nd — Barrett; 3rd — Lavalie; 4th — Poirier

Men's B: 1st — Gats; 2nd — Morrison; 3rd — Fransoso; 4th — Pratte

Men's C: 1st — Newman; 2nd — Lowell; 3rd — Whitcher; 4th — Lorden

Men's Novice: 1st — Petrosino; 2nd — Kimber; 3rd — Young; 4th — Tisdale

Men's Seniors: 1st — Sarvis; 2nd — Smith; 3rd — Pavlidis; 4th — Hayes

Women's A: 1st — Beaudoin; 2nd — Low; 3rd — Bloom; 4th — Harris

Women's B: 1st — Seidman; 2nd — Stammer; 3rd — Wright

Women's C: 1st — Legassie; 2nd — Torre; 3rd — Ryan; 4th — Lavalee

Women's Novice: 1st — Schorr; 2nd — Damiano; 3rd — Burns

Men's Open Doubles: 1st — Smith/Bennett; 2nd — Brown/Brown; 3rd — Cocraft/Drew; 4th — Kidder/Francis

Women's Doubles: 1st — Bailey/Baeder; 2nd — Bloom/Proctor; 3rd — Mullen/Francis

California

Wilson "Trublue Shootout"
Newport Beach Sporting House
Newport Beach, CA, September 29-30 & October 1-2
Sponsors: Wilson Racquetball, Nike, Squincher, Coors Light, Sports & Fitness
Tournament Director: Jim Carson

Men's Open

Semi-finals: Texeria d. Johnson; Sell d. Britos

Finals: Texeria d. Sell

Arizona

KWFM/COORS 1983 Sundown Shootout
The Tucson Racquet Club
Tucson, AZ, September 28 - October 8
Sponsors: KWFM, Coors Distributors, Penn
Tournament Directors: Dave Peschier, Renee Sitter

Men's Open

Semi-finals: Hassey d. Hill (forfeit); Durant d. Thompson 21-10, 21-11

Finals: Hassey d. Durant 13-21, 21-10, 11-9

Men's A

Semi-finals: Sanchez d. Garcia 13-21, 21-11, 11-4; Pranka d.

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Armstrong 18-21, 21-20, 11-10
Finals: Pranka d. Sanchez 21-17, 13-21

Men's B

Semi-finals: Mosher d. Fiorini 18-21, 21-15, 11-3; Sanchez d. Everett 21-18

Finals: Sanchez d. Mosher 21-14, 21-18

Men's C

Semi-finals: Fernandez d. Lindeman 21-11, 21-7; Cristman d. Pool 21-12, 21-18

Finals: Fernandez d. Cristman 21-12, 14-21, 11-1

Men's Novice

Semi-finals: Brunhoeber d. Walker 21-3, 21-18; Thompson d. Hilton 21-15, 21-20

Finals: Brunhoeber d. Thompson 21-7, 21-13

Men's Veterans

Semi-finals: Patterson d. Fridkin 21-15, 20-21, 11-8; Knutzh d. Carson (forfeit)

Finals: Patterson d. Knutzh 6-21, 21-17, 11-10

Men's Seniors

Semi-finals: Gasca d. Carter 21-12, 21-18; Lopez d. Mickelwright (forfeit)

Finals: Gasca d. Lopez 13-21, 21-15, 11-5

Women's B

Semi-finals: Kalibar d. Himmel-Brisco 21-16, 21-19; Engelbretson d. Sadowsky 21-18, 21-19

Finals: Engelbretson d. Kalibar 21-19, 21-6

Women's C

Semi-finals: Russell d. DeWald 21-17, 21-15; Malm d. Moore 14-21, 21-18, 11-3

Finals: Russel d. Malm 21-13, 21-9

Women's Novice

Semi-finals: Ireland d. Altimirano 18-21, 21-17, 11-10; Qualls d. Bauman 21-8, 21-20

Finals: Ireland d. Qualls 21-11, 21-10

Juniors (15 & Under)

Semi-finals: Oxman d. Scudella 21-0, 21-0; Manring d. Bracamonte 21-0, 21-1

Finals: Oxman d. Manring 21-20, 21-9

New Jersey

1st Annual Time-Kiwanis Camp Fund Racquetball Championship
Courtworks I
Lawrenceville, NJ, October 1 & 2
Sponsors: Miller Lite, Penn Racquetball
Tournament Directors: Vicki Serravallo, Dave Conard, Jim Deritis

Men's Open: 1st— J. Cascio; 2nd— R. DiGiacomo 3rd— D. Simonette

Women's Open: 1st— J. Enderlein; 2nd— M. Manella; 3rd— P. Marion-Lukowski

Men's A: 1st— J. Miller; 2nd— D. Marley; 3rd— C. Evans

Men's B: 1st— C. Evans; 2nd— J. Haftner; 3— S. Gott

Men's C: 1st— C. Rush; 2nd— S. Castelmann; 3rd— A. Pollack

Men's D: 1st— R. Raikes; 2nd— H. Chu; 3rd— P. Goguen

Men's Novice: 1st— S. Toto; 2nd— L. Sutton; 3rd— P. Goguen

Men's Veteran (30+): 1st— D. DePhillips; 2nd— D. McDermott

Men's Senior (35+): 1st— S. Munson; 2nd— M. Berwick

Men's Newcomer: 1st— F. Ferrara; 2nd— J. Lawler

Women's A/B: 1st— G. Grillo; 2nd— E. Donofrio

Women's C: 1st— D. Fakelman; 2nd— P. Reese; 3rd— B. Wildemuth

Women's D: 1st— S. Maholic; 2nd— C. Lowen

Women's Novice: 1st— M. Hargrave; 2nd— Diana Helster

Men's Open Doubles: 1st— J. Deritis/R. Bowman; 2nd— D. Simonette/J.P. Vacaro

Men's B Doubles: 1st— N. Katz/ W. Spinola; 2nd— T. Karkus/ R. Lewis

Women's C Doubles: 1st— G. Grillo/D. Rallo; 2nd— L. Conway/D. Daily

Minnesota

Tom & Bill's Fall Shootout
Kandi Kourts
Willmar, MN, October 7-9

Men's Pro: 1st — Bakken; 2nd — Ikier; 3rd — Taunton; 4th — LaVoi

Men's A: 1st — Kolar; 2nd — Nodland

Men's B: 1st — Goede; 2nd — Hanson

Men's C: 1st — Humer; 2nd — Wilson

Men's Novice: 1st — Werschay

Men's Senior A: 1st — Rients; 2nd — Hinz

Men's Senior B: 1st — Lyons; 2nd — Smith

Women's B: 1st — Kreps

Women's C: 1st — Stepp; 2nd — Carlson; 3rd — Scherckenback; 4th — Sebey

Men's Open Doubles: 1st — Taunton/Taunton; 2nd — Danuels/Stead

Men's B Doubles: 1st — Howell/Sheldon; 2nd — Hinz/Kohmetscher

New York

4th Annual Lite Beer Columbus Day
Weekend Shootout
21st Point Club
Albany, NY, October 7-9
Sponsor: Lite Beer
Tournament Director: Vincent M. Wolanin

Men's Open: Harvey d. Freidman 15-5, 15-4

Women's Open: Grand'Maitre d. Meredith 15-5, 15-8

Men's B: Haab d. Beadle 15-7, 10-15, 15-13

Men's C: Siddigni d. Paolo 15-13, 13-15, 15-11

Men's Novice: Lange d. Merlis 4-15, 15-14, 15-14

Men's Veteran: McCarthy d. Janiak 15-14, 14-15, 15-12

Men's Senior: Shapiro d. Sbraga Massena 14-15, 15-3, 15-6

Men's Masters: Hollander d. Wheeler 15-12, 15-4

Men's Golden Masters: Anderson d. Dwight 15-13, 15-10

Junior Boys: Tyranski d. Gruber 15-2, 15-12

Women's C: Domenicucci d. Martin 15-10, 13-15, 15-14

Women's Novice: Savage d. Cole 15-5, 15-14

Men's Open Doubles: Tumminia/Corso d. Costleigh/Young, 15-10, 15-14

Men's B/C Doubles: Schramm/D'Antonio d. Facarile/Haab 15-10, 10-15, 15-10

Connecticut

Town Fair Tire Octoberfest Open
Stratford Club
Stratford, CT, October 7-9
Sponsor: Town Fair Tire
Tournament Directors: Jan Kettman, Debbie Mittrieker

Men's A

Quarter-finals: Panarella d. Curley 15-2, 15-6; Kienan d. Glantz 15-14, 15-13; Rivera d. Depalma 15-8, 15-12; Chardavoyne d. Thiel 15-5, 15-8

Semi-finals: Panarella d. Kiernan 15-1, 15-9; Chardavoyne d. Rivera

Finals: Chardavoyne d. Panarella 15-1, 11-15, 11-6

Men's B

Quarter-finals: Reynolds d. Lewis 15-4, 13-15, 11-3; Graham d. Cowell 15-7, 15-14; Ciambrella d. Schwartz 15-10, 10-15, 11-3; DeLarocca d. Clisham 15-9, 15-8

Semi-finals: Reynolds d. Graham 7-15, 15-13, 11-10; Ciambrella d. DeLarocca 5-15, 15-5, 11-8

Finals: Ciambrella d. Reynolds 15-6, 15-14

Men's C

Quarter-finals: Deppen d. Moore 15-1, 15-3; Ellis d. Schlossberg 15-8, 14-15, 11-7; White d. Chagnon 15-7, 12-15, 11-8; DeLarocca d. Brand 15-7, 15-4

Semi-finals: Ellis d. Deppen 15-8 12-15, 11-10; DeLarocca d. White 15-8, 15-4

Finals: DeLarocca d. Ellis 15-11, 15-13

Men's Novice

Quarter-finals: Doce d. Tivadar 15-8, 15-8; Iaboni d. Carter 12-15, 15-8, 11-10; Travis d. Smith 15-4, 15-7; Dinicola d. Frith 15-14, 15-13

Semi-finals: Iaboni d. Doce 15-7, 15-6; Travis d. Dinicola 15-3, 15-5

Finals: Travis d. Iaboni 15-7, 15-1

Men's Newcomer

Quarter-finals: Benson d. Adams 15-3, 15-4; Noble d. Alger 15-2, 15-0; Lisi d. Fisher 15-3, 15-4; Brailsford d. Garcia 15-4, 15-9

Semi-finals: Benson d. Noble 15-7, 15-5; Lisi d. Brailsford 15-4, 15-9

Finals: Lisi d. Benson 15-6, 15-2

Men's Seniors 35+

Quarter-finals: Colten d. Gershaw 15-6, 15-11; Wyncoop d. Heath 10-15, 15-2, 11-4; Royston d. Strong 15-4, 15-7; Knapik d. DeLibro 15-12, 10-15, 11-8

Semi-finals: Cohen d. Wyncoop 15-3, 15-11; Royston d. Knapik 15-4, 6-15, 11-8

Finals: Cohen d. Royston 15-10, 15-2

Boy's Juniors - 13 & Under: 1st — Glantz; 2nd — Graham; 3rd — DeLibro

Women's A

Quarter-finals: Hansell d. Didato 15-6, 11-15, 11-7; Greene d. Marone 14-15, 15-12, 11-4

Semi-finals: Levine d. Hansell 15-4, 15-4; Greene d. Adler 15-14, 15-5

Finals: Levine d. Green 15-12, 15-11

Women's B

Quarter-finals: Drovin d. Bike 15-13, 15-14; Nardone d. Mellen 15-6, 15-7; Kamyck d. Meyer 15-5, 6-15, 15-8; Paige d. Domain 15-13, 15-9

Semi-finals: Drovin d. Nardone 15-6, 13-15, 11-6; Kamyck d. Paige 15-8, 15-5

Finals: Drovin d. Kamyck 15-14, 7-15, 11-8

Women's C

Quarter-finals: Huber d. Murzyn 15-12, 15-12; Slater d. Brown 15-14, 11-15, 11-10; Mellen d. Goodman 15-9, 15-10; Takach d. Rinaldi 15-10, 15-9

Semi-finals: Huber d. Slater 15-9, 12-15, 11-3; Takach d. Mellen 15-2, 15-5

Finals: Huber d. Takach 15-10, 15-14

Women's Novice

Quarter-finals: Huber d. Mellen 15-5, 15-3; Fusco d. Brown 14-15, 15-8, 11-4; Reed d. Alexander 15-2, 15-10; Moskwa d. Maraczi 15-2, 15-4

Semi-finals: Huber d. Fusco 7-15, 15-8, 11-5; Moskwa d. Reed 15-13, 15-13

Finals: Moskwa d. Huber 8-15, 15-14, 11-7

Women's Newcomer

Semi-finals: Taylor d. Maraczi 15-2, 15-0; Hoehman d. Payne 15-1, 15-2

Finals: Hoehman d. Taylor 15-1, 15-2

Women's Masters 45+

Semi-finals: Cocchiola d. Nargi 15-7, 15-7; Czapo d. Quinn, 15-9, 15-1

Finals: Cocchiola d. Czapo 15-9, 13-15, 11-7

Men's Open Doubles

Semi-finals: Panarella/Chardavoyne d. Gershaw/Rivera 15-2, 15-14; Santora/Coppola d. Kiernan/Thiel 11-15, 15-10, 11-8

Finals: Panarella/Chardavoyne d. Santora/Coppola 15-4, 15-2

Men's B/C Doubles

Quarter-finals: Mellen/Cowello d. Schwartz/Detuk 15-4, 15-13; Webski/Alswanger d. Cortella/Vitale 15-2, 15-2

Semi-finals: Mellen/Cowell d. Adams/Schlossberg 15-7, 15-4; Webski/Alswanger d. Polls/Gigoras 15-1, 15-2
Finals: Mellen/Cowell d. Webski/Alswanger 15-10, 13-15, 11-5

Women's B/C Doubles
Semi-finals: Mellen/K. Meyer d. Murzyn/R. Meyer 15-1, 15-1; Hansell/Sharrett d. Chagnon/Cocchiola 15-14, 15-9
Finals: Mellen/K. Meyer d. Hansell/Sharrett 15-10, 15-9

Michigan

MRA -2
Woodland Racquet Club
Brighton, MI, October 14-16
Sponsor: Wilson Sporting Goods

Men's Open

Semi-finals: Anderson d. Easterling 21-7, 19-21, 11-3; Radiation Man d. Dutcher 19-21, 21-20, 11-0
Finals: Anderson d. Radiation Man 21-15, 21-6

Women's Open

Semi-finals: Henry d. Blakeslee 21-1, 21-0; Frederickson d. Foster 21-3, 21-14
Finals: Frederickson d. Henry 21-20, 21-8

Men's A

Semi-finals: Pfeffer d. Hotra 21-10, 7-21, 11-7; Matties d. Dion 16-21, 21-18, 11-7
Finals: Pfeffer d. Matties 21-18, 21-15

Men's B

Semi-finals: Veith d. Polvi 15-21, 21-13, 11-4; Carson d. Kelly 6-21, 21-11, 11-4
Finals: Carson d. Veith 12-21, 21-20, 11-8

Men's C

Semi-finals: Tuckwell d. Zamanian 13-21, 21-14, 11-5; Martinez d. Zarins 21-14, 21-14
Finals: Tuckwell d. Martinez 21-18, 21-18

Men's D

Semi-finals: Morrison d. Falvo 21-15, 21-8, Lilkala d. Cook 20-21, 21-9, 11-6
Finals: Morrison d. Lilkala 21-19, 21-20

Men's Senior A

Semi-finals: Pudduck d. Woodcox 21-18, 21-15; Leff d. Lipin 20-21, 21-7, 11-3
Finals: Leff d. Pudduck 21-18, 21-13

Men's Senior B

Semi-finals: Kitchen d. Hagadorn 12-21, 21-12, 11-10; Tessmar d. Patrick 21-6, 21-10
Finals: Tessmar d. Kitchen (Forfeit)

Men's Senior C

Semi-finals: Shriner d. Menoch 21-7, 21-9; Penner d. Wise 21-8, 21-20
Finals: Penner d. Shriner 21-14, 21-11

Men's Masters A

Semi-finals: Sewell d. Madden 21-13, 21-15; Karhu d. St. Clair 21-16, 8-21, 11-8
Finals: Sewell d. Karhu 17-21, 21-7, 11-7

Men's Masters B

Semi-finals: Knockeart d. Dutcher (Forfeit); Mitchell d. Wickey 21-7, 21-2
Finals: Knockeart d. Mitchell 21-10, 21-15

Men's Golden Masters

Finals: Russell d. Charette 21-9, 18-21, 11-6

Juniors 15: Finals: Burt d. Tessmar 21-14, 21-5

Juniors 13: Finals: Flowers d. Kummier 21-5, 21-15

Women's A

Semi-finals: Stellema d. Swaab 21-12, 15-21, 11-9; Szpont d. Allan 21-5, 21-14
Finals: Stellema d. Szpont 21-10, 21-13

Women's B

Semi-finals: Insko d. Driver 21-9, 21-10; Uniacke d. Gaffke 21-14, 21-9
Finals: Uniacke d. Insko 21-18, 21-8

Women's C

Semi-finals: Marshall d. McAllen 21-19, 21-14; Collins d. Maynard 13-21, 21-8, 11-9
Finals: Collins d. Marshall 21-18, 21-14

Women's D

Semi-finals: Richwine d. Wiecha 21-9, 21-13; Schulte d. Sonk 21-17, 19-21, 11-4
Finals: Richwine d. Shulte 21-14, 21-11

Rhode Island

Celebrity Courts Grand Prix Final
Celebrity Courts
Warwick, RI, October 14-16
Sponsors: WSNE, Sharp Travel, Bud Light
Tournament Director: Janell Marriot

Men's A

Quarter-finals: Drew d. Buccil 15-4, 15-7; McGovern d. Steere 15-13, 15-4; Marriott d. Savino 15-7, 15-13; Cardwell d. Cocroft 15-7, 15-4

Semi-finals: Carwell d. Marriott 15-14, 15-13; Drew d. McGovern 14-15, 15-5, 15-2

Finals: Drew d. Cardwell 15-14, 10-15, 15-11

Men's B

Quarter-finals: Allen d. Meyers 15-4, 15-8; Rawcliffe d. Wise 15-8, 15-2; Kurcicz-Steere d. Carnevali 11-15, 15-5, 15-8; LeClair d. Jennings 15-14, 9-15, 15-13

Semi-finals: Allen d. Rawcliffe 11-15, 15-5, 15-8; LeClair d. Kurcicz-Steere 15-14, 15-9

Finals: Allen d. LeClair 15-14, 15-12

Men's C

Quarter-finals: Murtaugh d. Travassos 15-11, 15-5; Gagnon d. Hughes 15-5, 15-13; Klingaman d. Mignaneli 15-1, 15-9; Alvernaz d. D'Ambrosia 9-15, 15-13, 15-14

Semi-finals: Murtaugh d. Gagnon 15-12, 15-7; Klingaman d. Alvernaz 15-1, 15-6

Finals: Klingaman d. Murtaugh 15-4, 15-10

Men's Novice

Quarter-finals: McKanna d. Demino 15-13, 15-11; Lombardi d. Shiel 9-15, 15-10, 15-3; Corb d. Loffredo 15-6, 15-2; Cady d. Fontaine 15-7, 15-12

Semi-finals: McKanna d. Lombardi 15-11, 15-14; Cobb d. Cady 15-7, 15-12

Finals: Corb d. McKanna 15-7, 15-11

Men's 30+

Quarter-finals: McGovern d. Saccola 15-5, 15-2; Steere d. Miller 15-7, 15-11; Packhem d. Good 15-7, 15-1; West d. Henry 15-5, 15-7

Semi-finals: Steere d. McGovern 15-9, 15-14; Packhem d. West 15-14, 15-12

Finals: Steere d. Packhem 15-13, 15-7

Men's B 35+

Quarter-finals: Rawcliffe d. Keenan 15-1, 9-15, 15-10; Goebel d. Bynum 15-8, 15-12; Patalano d. Wade 15-8, 11-15, 15-14; Scirocco d. Hohmann 15-9, 11-15, 15-8

Semi-finals: Rawcliffe d. Goebel 15-14, 15-14; Patalano d. Scirocco 15-13, 15-12

Finals: Rawcliffe d. Goebel 15-4, 15-6

Men's C 35+

Quarter-finals: Hamon d. White 15-5, 15-4; Cobb d. Garafalo 15-8, 11-15, 15-2; Prosser d. Claeson 15-5, 15-6; Berretta d. McNicholas 15-10, 15-13

Semi-finals: Cobb d. Hamon 15-12, 15-13; Berretta d. Prosser 14-15, 15-9, 15-14

Finals: Berretta d. Cobb 4-15, 15-4, 15-6

Women's A

Quarter-finals: Kurcicz-Steere d. Dugay 15-5, 15-2; Mycroft d. Tremier 15-13, 15-10; Benenato d. Drescher 15-8, 8-15, 15-8; Couture M. Crandall 15-11, 15-10

Semi-finals: Kurcicz-Steere d. Mycroft 15-8, 15-9; Couture d. Benenato 15-3, 15-5

Finals: Kurcicz-Steere d. Couture 15-12, 15-10

Women's B Finals: Guy d. McLean 15-11, 15-10

Women's C

Quarter-finals: Skerry d. Francesoni 15-2, 13-15, 15-7; Rousseau d. Quirk 7-15, 15-12, 15-12; Finnerty d. Allen 15-5, 15-14; Cobb d. Bertram 11-15, 15-5, 15-8

Semi-finals: Skerry d. Rousseau 15-12, 15-8; Finnerty d. Cobb 12-15, 15-5, 15-7

Finals: Finnerty d. Skerry 15-7, 7-15, 15-14

Women's Club C

Quarter-finals: Berlam d. Tisch 15-0, 15-8; Morin d. Goggin

15-7, 15-1; Hughes d. Formalarie 13-15, 15-12, 15-8; Bailey d. Beaulieu 15-2, 15-6

Semi-finals: Berlam d. Morin 15-6, 15-13; Bailey d. Hughes 15-11, 15-7

Finals: Berlam d. Bailey 15-8, 15-7

Women's Novice

Quarter-finals: Ma. Chatelle d. Andre 15-5, 11-15, 15-8; McLean d. Tisch 15-13, 15-4; Beaulieu d. Lombardi 15-1, 15-0; Ma. Chatelle d. Wise 13-15, 15-6, 15-14

Semi-finals: McLean d. Ma. Chatelle 15-1, 15-5; Ma. Chatelle d. Beaulieu 15-13, 15-6

Finals: Mary Chatelle d. McLean 15-13, 15-11

New Hampshire

Clyde Bartlette Multiple Sclerosis
Racquetball Tournament
Manchester Court Club
Manchester, NH, October 21-23

Men's Open: 1st — Cliff Swain; **2nd** — Scott St. Onge; **3rd** — George Vierra; **4th** — Tom Riley

Women's Open: 1st — Mary Dee; **2nd** — Nan Higgins; **3rd** — Joyce Beaudoin; **4th** — Karen O'Neill

Men's A: 1st — Greg Sarette; **2nd** — Jack Ely; **3rd** — John Varrill; **4th** — Joe Proctor

Men's B: 1st — Dennis Vaillencourt; **2nd** — Mike Washburn; **3rd** — Steve Rubino; **4th** — Steve Jankowski

Men's C: 1st — Joe Porcello; **2nd** — Mark Benson; **3rd** — Danny Whitche; **4th** — Mitch Milewski

Men's Novice: 1st — James Lukeman; **2nd** — Tom Belair; **3rd** — Jeff Hill; **4th** — Dave Young

Men's Seniors: 1st — Bob Pattison; **2nd** — Bill Lafransois; **3rd** — Jim Reuchel; **4th** — Ron Burdo

Women's A: 1st — Grace Low; **2nd** — Chris Turner; **3rd** — Ginnie Baeder; **4th** — Gayann Bloom

Women's B: 1st — Mary Legassie; **2nd** — Pauline Racioppi; **3rd** — Doris Lawrence; **4th** — Ann Howard

Women's C: 1st — Marcia Legassie; **2nd** — Ann Howard; **3rd** — Diane Brouillard; **4th** — Ann Annis

Women's Novice: 1st — Chris Westfall; **2nd** — Margie Pelletier; **3rd** — Lori Gagne; **4th** — Rose Mason

Men's Doubles: 1st — Russ Drew/Bill Cocroft; **2nd** — Shaun Brown/Jim Eaton

Women's Doubles: 1st — Linda Stater/Karen O'Neill; **2nd** — Ginnie Baeder/Sue Knipe

Pennsylvania

5th Annual White Rose Classic
Sawmill Racquetball Club
York, PA, October 21-23

Men's A-A Open: 1st — Doug Cohen; **2nd** — Rueben Gonzalez; **3rd** — Jim Cascio; **4th** — Dan Obremski

Men's A Open: 1st — Mark McCarthy; **2nd** — Jim Juron; **3rd** — Kevin Cosen; **4th** — Tim Doyle

Men's B Open: 1st — Ron Bond; **2nd** — Brian Polsky; **3rd** — Rob Rohrbach; **4th** — Parris Woodbury

Men's C Open: 1st — Chris Harsock; **2nd** — Jay Friedman; **3rd** — Ted Vogtman; **4th** — Jay Torrence

Men's Seniors: 1st — Sam Munson; **2nd** — Rod Merrill; **3rd** — Mike Vanore; **4th** — B. Myers

Women's A Open: 1st — Dot Fischl; **2nd** — Luch Zarfos; **3rd** — Chris Upson; **4th** — S. Lee

Women's B Open: 1st — Wendy Crews; **2nd** — Pat Anderson; **3rd** — Jenny Lee; **4th** — Cindy Anders

Women's C Open: 1st — Cindy Anders; **2nd** — Samantha Daly; **3rd** — Carol Dattisman; **4th** — O. Schnoor

Women's Novice: 1st — Pat Guldor; **2nd** — Jane Selan; **3rd** — Jane Nelson; **4th** — T. Roberts

Men's B Doubles: 1st — Sam Munson/Mike Vanore; **2nd** — Joe Facinoli/Roger Goodrich; **3rd** — Wayne Miller/Dan Dickey; **4th** — B. Polsky/J. Friedman

Letters

Improving Hogan's Game, I

Dear Editor:

For years I have been reading excellent articles written by Charlie Garfinkel and, in fact, I have had great success with many of his strategies that I use in my own game.

However, I do believe that Charlie left out one thing in his December article, "Marty Hogan: Six Ways To Improve His Game." For years everyone told Marty that his power game would never win, yet he made it work. I often wonder how many times Mike Yellen was told to give up his control game for the power game, but he stuck with control and made it work. Dick Fosbury was told that his "Fosbury Flop" backwards style of high jumping was crazy, but he made it work, and the style prevails today. The list goes on and on.

Without a doubt, to this day, Marty Hogan is the greatest racquetball player to play the game. His records are unprecedented.

All Marty needs to do is play his game, with total concentration and determination, and make it work.

The Hogan Era is far from over! Those who think it is will be proven wrong.

Marty, keep playing your game and make it work. For each person who thinks you can't, there are 10 of us who know you can. Thanks for everything that you have done for racquetball.

Dennis L. Stewart
Wichita Falls, TX

Sportsmanship

Dear Editor:

I would like to express my disappointment at those amateur tournament-level racquetball players whose motto seems to be "win at all costs."

I am referring specifically to the lack of sportsmanship and fair play exhibited in those situations when, during the course of a rally, the referee is screened from viewing whether a ball bounced twice before a "get" was made. The instances are rare indeed when the "guilty" player helps the referee make the call. What happens more often is that the "guilty" player steals the point rather than agree to replay it.

Not only does this situation hurt the

on-court relationship between the two players, it also hurts the game of racquetball as a whole. Bad sportsmanship becomes self-perpetuating. Above all, at the amateur level, people should not lose sight of the fact that it is just a game and should be enjoyed as such.

C'mon guys and girls — how about a little honesty and sportsmanship out there?

Robert C. Lerow
Manchester, CT

Need Livelier Balls?

Dear Editor:

Members at our YMCA often complain that their racquetballs aren't lively enough, whether they're brand new or months old. Here's what I suggest:

Approximately 35 minutes before a match, take an empty racquetball can and fill it half-full of hot water. Insert one racquetball into the can, put the top on the can and shake it for two minutes, being careful not to let any water leak.

After the shaking, let it sit for 20 minutes. Then remove the ball from the

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YOUR NEW LIFE AS A CELEBRITY

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PRETEND YOU WERE JUST LUCKY

Your jealous friends will undoubtedly hint that if it weren't for the 22 divisions of play and the 246 prizes and trophies at each regional (not to mention the national finals) you wouldn't have won anything at all. Go ahead and humor them — you know the real truth.

EKTELON RACQUETBALL

NEW ENGLAND METRO, NEW YORK METRO, MIAMI / FT. LAUDERDALE

CHECK YOUR COURT

can, turn on a wall hair/hand dryer down side up, and put the ball on top. After the hair blower shuts off, you are ready to play with a lively ball.

If you want to see what a *real* ceiling shot looks like—try this technique!

Mike Johnson
Town & Country YMCA
Oconomowoc, WI

Sure beats air injection!—Ed.

Grip

Dear Editor:

Finally some attention directed from the various racquets and strings and geared to the grip. After all, you've got to be able to hang onto that racquet! But that's where the compliments cease.

Steve Keeley (*Getting A Grip On Grip Materials, December*), you took the easy way out and by no means got a grip on grip materials. To discuss only "leather" v. "rubber" is ludicrous. There are many varieties of each, plus a myriad of synthetics and wraps, all deserving mention.

That "leather grips back better" or "rubber costs less" is making rash generalizations that are in many cases false.

As sales manager of Tacki-mac Grips, Inc., I suggest you try our Kraton® grip (combination of rubber and plastic). It is durable, applied quickly, and *never* loses its tacky feel. You will see, Steve, that there *are* alternatives to leather and rubber.

Doug Smith
Saunderstown, RI

Improving Hogan's Game, II

Dear Editor:

I have been reading your magazine for nearly four years now and have seen many photos of Marty Hogan in action. The picture of Marty on your *December, 1983* cover is the first photo I have ever seen of Marty Hogan clearly *not* looking at the ball.

I'm only an average city A player, but I'd like to propose the *seventh* way that Marty Hogan could improve his game—*watch the ball!* It seems appropriate to

me that such a photo *should* be on the cover of an issue describing Marty's weaknesses.

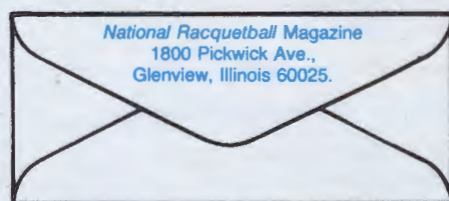
Bravo!

Paul Lysson
Louisville, KY

P.S. I'd be interested to hear Marty's reply!

As for never seeing photos of Marty not watching the ball, well Paul, we've just been protecting him all these years. Actually, Marty rarely watches the ball and claims that's why he's been the best.

—Ed.



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Upcoming Events

Winter Crash Racquetball Camp

The Body Center
Fort Lauderdale, FL
February 25-26, 1984
Contact: Jeff Leon
Phone: (305) 491-2255

Instructors: Charlie Garfinkel, Vincent Wolanin, James Larella, and Jeff Leon.
Enrollment limited.

Molson Light Challenge

April 19-22

Courts North Racquetball Club
Prince Albert, Sask., Canada
142-S. Industrial Drive.
Prince Albert, Sask., Canada
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(306) 922-3411

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