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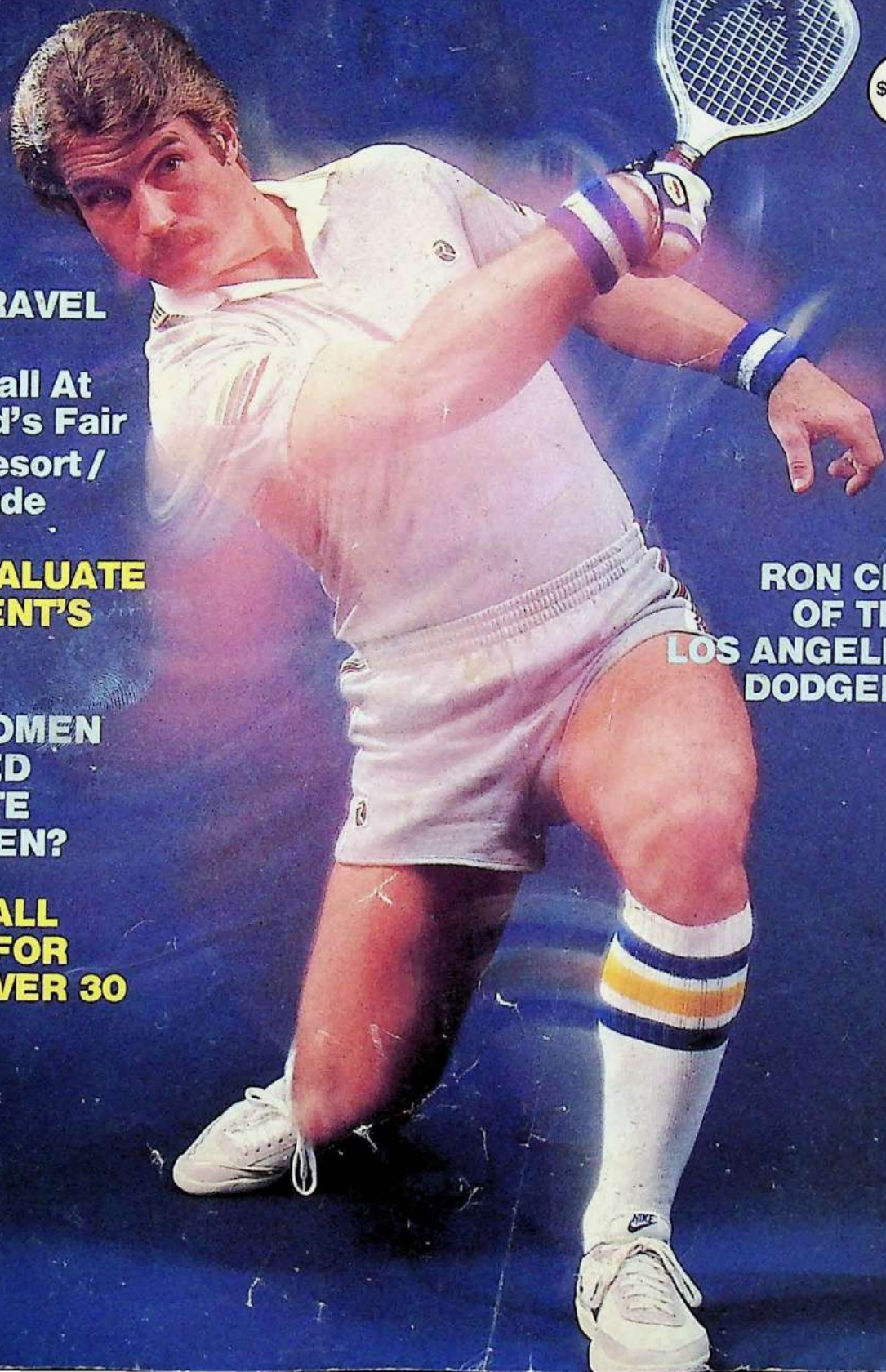
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RACQUETBALL

ILLUSTRATED

SUMMER 1982

VOL. 5, NO. 6

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UP FRONT



THE DAYS OF SUMMER

It has become apparent that within the racquetball industry, summer is all but ignored. It's almost as if racquetball is a nine-month sport. Close the door in June. We'll see you again in the fall.

I have never understood why there is this lack of summer promotion. Granted, it's warmer in the summer, and more people want to spend their time outdoors than inside on a court. But there are still a lot of people who want to exercise. Aerobics classes are full and prime time racquetball court use is heavy. It seems that racquetball companies would still want to promote their products during this time.

The most surprising thing I've noticed is the lack of tournament competition in the summer, amateur and pro. In the past, the pro tour season has been from September until June. Nothing was planned after June except a few racquetball summer camps at resorts.

Team sports have seasons, but individual sports run all year. Professional golf starts its tour in January and goes through the entire year. Same with pro tennis and pro bowling. Why does racquetball insist on a nine-month season?

The men's pro tour will end this month with the DP Leach Nationals in Chicago. Just because the Nationals is the most prestigious event of the season, there is no reason to end with it. Tennis' big event, Wimbledon, is held in June and golf's glamour event, the Masters, is held in April. Ensuing tourneys are held in both sports.

The women are starting to get the right idea. They are going to have their Nationals in May or June each year but will continue to plan events well into the summer. The idea eventually is to have a peak tournament at the end of each segment much like Wimbledon and the U.S. Open in tennis.

It seems reasonable that if there were more pro tournaments in the summer, the industry would get more exposure. More important, racquetball's flow would be retained. Now, the sport abruptly stops in June and must be recharged in September.

I always thought exercise was a year-round avocation, not something that is to be governed by a calendar.

This month's issue offers places for you to play while traveling this summer. A great many people will be attending the World's Fair in Knoxville, Tenn., and we tell you where you can get in a racquetball game. There is also a story on Racquetball Resorts and the annual Racquetball Camp Guide listings. And to bring along your gear, we offer a color travel bag guide featuring the styles of 1982.

Ben Kalb

Ben Kalb
Editor

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SIDE OUT

MATT RUDICH

Just a short note to thank you for the terrific article on Matt Rudich in your January, 1982 issue. The response in Las Vegas has been great.

Many racquetball players vacationing in Vegas have looked Matt up at the Sporting House. He's made many new friends because of the story.

The Rudich Family
Las Vegas, Nev.

RANKINGS

I would like to disagree with your editorial (April, 1982) on rankings.

I think mid-season rankings are important—whether it be in football, basketball or racquetball. Everybody fights to be number one and rankings—even though they may be somewhat subjective at times—help keep interest in the sport.

I do agree that they are abused sometimes and it is silly to claim a number one ranking after winning one tournament but overall I think they serve a useful purpose.

Sally Richter
Santa Barbara, Calif.

STEVE KEELEY

Your April issue of *Racquetball Illustrated* was the best I have read to date. You had a little bit of everything in it.

The interview with Steve Keeley was great. His travels are interesting. What he did was something I have always wanted to do. I would like to see another story on his travels.

I also enjoyed reading the "Courts of Sin" soap opera. It was entertaining. Are you planning another chapter?

Brian Baldwin
Coral Gables, Fla.

APRIL FOOLS

Your 1982 April Fools section was one of the most enjoyable pieces of reading I have ever read.

The "Courts of Sin" was great and so were the stories on Western Campbell University (We CU) and "How To Avoid A Backhand."

I also think your illustrator Jeff Weekley should be commended for his work on Ronald Reagan with a racquet.

Diana Barber
Tarzana, Calif.

CELEB STORIES

After reading your magazine off and on for the past year I have noticed something that really bothers me: your devotion to television and movie stars. Why so much coverage of these people? So, they play racquetball. So do countless others. Why waste time with these "People Magazine" articles.

Your March issue had a story on Andrew Stevens and Donna Dixon. What does the article have to do with anything, much less racquetball?

Isn't this the sort of coverage (and coverage dealing with your Fashion Rac and Self-Defense With a Racquet) that just fills space?

Gary Guarneri
Oakland, Calif.

SELF-DEFENSE

Although your article on "Self-Defense With A Racquet" (March 1982) was not hard-core racquetball instruction, I am glad you put it in your magazine.

I think it does a service to any racquetball player—especially women—who may be staying at a club late at night.

I'm sure almost all racquetball clubs are safe but there is always an exception to the rule, and somewhere out there, some person at some club may need to take a few precautions when leaving a club.

I am not saying that we should all go out and take karate lessons but at least you put the thought of self-defense into our minds, and that is necessary.

Joanie Hackett
St. Louis, Mo.

KID'S RACQUET

Our five-year-old daughter is trying to play racquetball but it seems that the average racquet is too heavy for her. Is there a kid's racquet on the market?

George Shipman
Pittsburgh, Kan.

Editor's note: Our research has shown that racquets generally must be made the same size but a few racquet companies produce lighter racquets aimed at the junior market.

OVERSIZED RACQUET

I have noticed the tremendous impact that Prince tennis racquets have made on the market and I was wondering when racquetball companies will get on the bandwagon and start producing over-sized racquets.

Alex Brantley
Washington, D.C.

Editor's note: Not for a while unless the racquetball industry decision makers change their rules. The current regulation states "the official racquet will have a maximum head length of 11 inches and a width of nine inches. These measurements are computed from the outer edge of the racquet head rims. The handle may not exceed seven inches in length."

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PLAYERS

THE RACQUETBALL SHOW MUST GO ON



Members of the casts of *Barnum* and *A Day In Hollywood/A Night In The Ukraine* ham it up before the cameras prior to playing some racquetball exhibitions at the Self/Spalding Racquetball Classic at the Los Caballeros Racquet Club in Fountain Valley, Calif.



Skip Lackey, who juggles in the musical *Barnum*, successfully tries his hand at juggling racquets.



Touring pro Bonnie Stoll gives some racquetball pointers to Tony Marinelli, a member of the cast of *Barnum*.

SHORT SHOTS

\$750,000 PRIZE

With real estate getting harder to sell these days because of higher prices, higher interest rates and a somewhat depressed economy, home owners are resorting to creative selling ideas to unload their properties.

Richard and Sherry Helmick of Boswell, Pa. have come up with an idea that, if successful, will not only sell their property but will provide the sports world with one of the biggest tournament prizes in history.

What the Helmicks hope to do is plan a pro racquetball tournament with the winner getting their entire private fitness resort, located on 13 acres of property in the Laurel Highlands of Western Pennsylvania near Pittsburgh.

The property includes house, tennis court, swimming pool, sun room, sauna room, hot tub room, gym equipment, game room and, of course, a racquetball court made of maple wood.

Value for the property has been appraised at \$750,472.

Originally, the Helmicks hoped that a national amateur tournament could be set up on a handicap basis with novice

players having as much a chance at the big prize as open level players. But the fear of sandbagging and the lack of control at the local level, caused this plan to be ruled out.

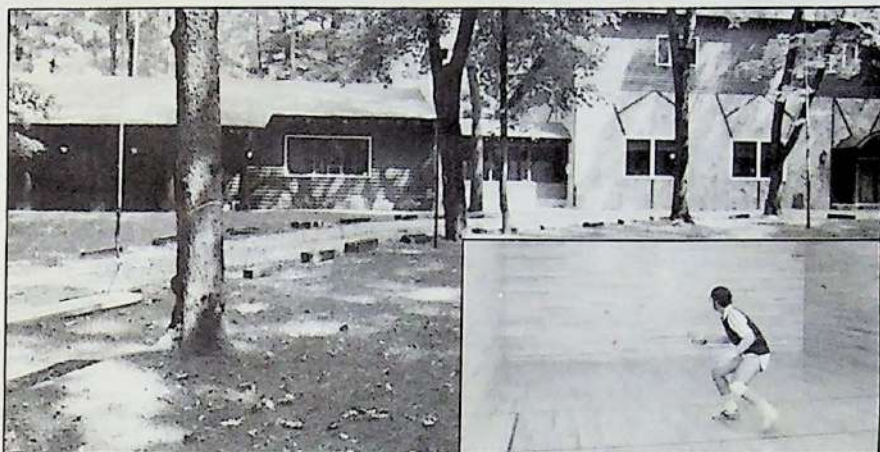
The most likely development now is that the Helmicks will arrange a professional event with the players putting up a large entry fee, sponsors paying a fee to get involved, and television covering the rest of the cost.

Naturally, the Helmicks want to recoup

as close to \$750,000 as possible. That means potential sponsors and television must come up with a lot of bucks.

Right now, Helmick is sending out feelers to television people with the hopes of attracting some interest. They hope for television coverage of the event's finals in conjunction with another racquetball "challenge" match between two special personalities.

The Helmicks have asked *Racquetball Illustrated* to help oversee the event.



APRO CONVENTION

Former touring pro Steve Keeley will be keynote speaker at the annual APRO National Convention, July 30-August 1 at the All Sport Fitness and Racquet Club in

Fishkill, N.Y. Keeley will speak on "Racquetball: For Your Ears Only."

Other speakers will include John McCarthy, executive director of the International Racquet Sports Association;

Fran Davis, president of the WPRA; Luke St Onge, AARA president, and Dr. Jack Groppe, assistant professor at the University of Illinois, who will speak on biomechanics.

MAXIMUM PERFORMANCE

Is it possible to learn one's maximum playing potential? Bruce Radford, at least, is convinced that advanced technology has given him the answer.

Radford, the teaching pro at Center Courts in Van Nuys, Calif. and one of the top amateur players in the country, participated in a racquetball experiment at Vic Braden's Tennis College in Coto da Caza (south of Laguna Beach) Calif.

At Coto da Caza, Radford's forehand and backhand shots were photographed at 200 frames per second and at 400 frames per second.

"They plug the data into a computer and freeze the different parts of my body off the stroke," says Radford. "They can tell you exactly where your power sources are coming from."

In other words, the data might show that Radford gets most of his power from his hips and not enough power from his wrist. From this, he could learn to use his hips more during actual play and perhaps even work on strengthening his

wrist movements.

The testing also showed how fast Radford was hitting the ball (an average of 120 miles per hour on the forehand and 100 miles per hour on the backhand).

Radford estimates that he hit about 20 shots for the cameras. "This is an expensive process," says Bruce. "They told me that each picture costs about \$100."

Radford was not the only athlete involved in the testing. Braden's crew also tested athletes in golf, badminton, basketball, volleyball, tennis and other sports.

Coto da Caza only has two indoor racquetball courts but the testers wanted to get data on Radford hitting outside as well as inside. "They set up a tarp on a tennis court and I hit into that," says Radford.

Braden and his staff compiled the data and presented it at a recent Optimal Performance Conference in Illinois. The testing was financed by a grant from Wilson Sporting Goods.

1982 PHILLYMPICS

Clark's Uptown Club in Philadelphia, Pa. has come up with a unique sports contest pitting corporation employees against one another.

The event is called the 1982 Phillympics. "It's the first battle of Philadelphia's corporate superstars," says Doug Clark, president of Clark's Uptown Club. "Participants for this event have come up from all sections of the community. We hope to make it an annual event."

Competition has been held in racquetball, squash, tennis, basketball shoot, putting (golf), swimming, running and volleyball. Each business was allowed to make up a seven-person team consisting of five regulars and two alternates.

Preliminary competition was scheduled for lawyers, banking and accounting personnel, medical and health personnel, media and athletes and others. Finals will be held this month.



BATTLE OF THE SEXES

Should open women players be allowed to compete against men in lower divisions?

BY CHARLIE BRITTAIN

When they handed out the top prize for the men's B division of Rick Robinson Memorial Classic held recently in the Los Angeles suburb of Valencia, the recipient was neither a man nor a B player. The winner was Cindy Moore, one of the best women amateur players on the West Coast.

Women competing (and even winning) against men is becoming commonplace in some parts of the country. But the controversy arises when the female player signs up to play in a lower-ranking men's division.

Tournament directors are allowing this to happen, they say, because talented women amateurs cannot generate enough competition within their own ranks. It is not uncommon for open-ranked women to drop down even two divisions. Furthermore, some women professionals are competing in amateur men's open doubles tournaments. The results have some men claiming foul.

"Women should not be allowed to compete in men's amateur racquetball," says tournament director and court club general manager Bruce Radford. "I'm definitely against it. It's happening more and more where you see an open women's player winning a men's B division."

The reason some tournament directors place a woman in a men's division is economic. Rather than lose a couple of entry fees and disgruntle a paying customer, directors are placing them in a lower men's division.

"In the tournaments I direct if there aren't enough women for a division, I just refund their money. I've been asked to move them down to a men's division. I won't do it," says Radford.

But other tournament directors disagree.

"If I offer a women's open and it doesn't go, I give them the option of picking another event," says tournament director Gary Williams. "Ninety-five percent of the time when a woman is competing in a men's division, it's because she doesn't have any competition. I think what we need to do is take everything into consideration. If you can stay away from misrepresenting a woman's abilities, and put her into a competitive division, what's the difference?"

The difference, Radford thinks, is apparent. She's a woman. He's a man. Radford thinks there is a social taboo against competing with women in this society, and this may give men second thoughts about entering when faced with the situation again. He says if it is to be allowed, an open woman player should compete against open male players.



Cindy Moore: "It's an ego problem when the men don't want to compete against women."

"Amateur women should spend more time building up their own division so they would have enough people to carry it out," says Radford. "It isn't fair for an accomplished open player to be competing with B or C players. I think women should devote more of their time and energy into developing their own division."

Williams, on the other hand, thinks it isn't fair for a woman who has achieved competency to be penalized by scarce competition.

"I think what we need to do is take everything into consideration," says Williams. "If you can stay away from misrepresenting a woman's ability and put her in the division she belongs, you don't make too many people upset. If a girl can hit the shots she deserves to win as long as she is classified correctly. Take a girl like Cindy Moore. She is one of the best amateurs around. To get competition she has to turn pro or compete in the men's division. You can sympathize with her. She is on top of her field and has no one to compete with. Why shouldn't she be allowed to compete with the men?"

"What can I do?" says Cindy Moore. "I can't force other women to come down to the club and practice long enough to be competent. If they offer a women's open and it goes, that's where I want to play. If it doesn't go, I want to play in men's B division. I definitely consider myself a men's B player. It's all a matter of ability."

"I'm getting the raw end of the deal because I never get to play. Here I spent six years putting in two or three hours a day getting to the point where I could compete, and now there isn't anybody for me to play."

"It's an ego problem when the men don't want to compete with women and that's something they have to deal with themselves. I play with men everyday down at the club. Some can handle the fact I can beat them, others can't," adds Moore.

Another tournament director who allows women to play in men's divisions is Jim Carson. He agrees with Moore and Williams that part of the problem might be the fragile male ego.

"The complaints I hear are that men can't play hard against women or they would have played better if they could have been meaner," says Carson. "It's all psychological. I had a man who played in the novice division in one of my tournaments who was matched up against a kid 12 or 13 years old. He refused to play. They were matched right according to skill level and we had no juniors division, but the man refused to play. So it's not limited to women. They don't look at the skill level. They just think, 'What am I going to tell my friends if I get beat by a kid or a woman.'"

Carson was recently involved in another controversy when he and his girl friend, top-ranked woman professional Lynn Adams, competed in a recent Ektelon-Pony regional



Lynn Adams: "When I'm playing around the country, people love to see me compete against men."



Bruce Radford: "I think women should devote more time and energy into developing their own divisions."

tournament for amateurs. As tournament director, Carson was criticized not only for allowing a professional to play, but also for teaming with her in doubles competition.

"Lynn Adams should never have been in the Ektelon-Pony," says doubles contestant Dan Masari. "They (she and Carson) beat John Mack and I in the semi-finals, but that is not why I say that. It was fun playing them. We lost, but I enjoyed playing. On the other hand, she is a professional. I don't know what she was doing in an amateur event."

Radford agrees.

"Why would they let Lynn Adams play in the Ektelon-Pony? It says amateur all over the entry forms. She is ranked number one on the women's professional tour. She gets paid good money, and has just signed a five-year contract with Ektelon. It shouldn't have been allowed. She is a professional player under contract with the tournament sponsor and playing doubles with the tournament director,"

says Radford.

"I don't see anything wrong with it," says Lynn Adams. "The men pros play in amateur doubles tournaments. It wouldn't be fair for me to compete in the men's B division, but just because I'm a woman doesn't mean I can't play competitively in men's open. I want to play where the competition is toughest."

"If it were in any other state, I'd say that Lynn shouldn't have played," says Carson. "But in California the competition in men's open is so stiff. There are at least three or four open players who would beat her just on strength alone. As long as there is no women's pro or open division, and she is at the right skill level, I don't feel bad about putting her in with the men."

"When I'm playing around the country people love to see me compete with the men," says Adams. "Women get really excited. They come up to me and want to know how I did it, and how they could do it too. If the competition is there, I don't see anything wrong with it."

Williams thinks that part of the problem is caused by a lack of clear-cut rules for tournament directors to follow.

"They don't have this problem in tennis," says Williams. "They just say there is a definite physical difference between men and women and that's it. The women play in the women's division, and the men play in the men's division. If you want to cross over, you play mixed doubles. There is no negotiating and there is no discussion."

"The problem is if you call the AARA, they don't have any backbone at all. They won't give you an opinion. They will say, 'Well you can do it if you want to, but on the other hand.' They are so vague and wishy-washy. Here they are the rules organization (the USRA is currently on hiatus) and they should have a definite answer, yet they don't because their heads are in the wrong place. If you called the United States Tennis Association, they would give you a definite answer."

"We have no rule prohibiting women to play against men," says Luke St. Onge, executive director of the AARA. "Basically, it's up to the tournament director. We don't want to get involved in any court case and a woman who is denied the opportunity to play may have grounds for a suit."

So the controversy goes on with no end in sight until a firm rule is passed. Williams and Carson probably will continue to let women compete in lower men's divisions when there are not enough women in their own divisions. Radford and Masari will not. One thing they do agree on, however, is that sooner or later a man is going to want to play in the women's division. Radford and Masari will know what to say. Williams and Carson will face a tough decision.

"If you let girls play in the men's division, I guess we're going to have to let men play in the women's," says Williams. "It would be really hard to say no. His comeback is going to be, 'Hey listen there's a women open draw and you're letting the girls play in the men's division. There's a men's open draw, and I want to play in the women's division.'"

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A stylized logo for racquetball. It features a large red circle with horizontal lines. A black silhouette of a racquet with a long handle and a head is positioned vertically across the center of the circle. Two large, black, feathered wings are spread out horizontally from the handle, framing the top half of the circle. The entire logo is set against a blue background with a fine, speckled texture.

Racquetball



Racquetball

TRAVEL SECTION

RACQUETBALL AT THE WORLD'S FAIR

Knoxville, Tennessee is host to the World's Fair this summer and the city is welcoming racquetball players.

BY GARY LUNDY



A look at the World's Fair site going on now in Knoxville, Tenn. The 192-foot steel Sunsphere is located at left with the United States Pavilion in the foreground.

Imagine, if you can, a giant gold-encrusted racquetball—74 feet in diameter—perched atop a 192-foot steel tower. Sounds like some sort of monstrous trophy that outgrew the display window of a sporting goods store.

In reality, that giant golden ball silhouetted on the Knoxville, Tennessee skyline is the Sunsphere, energy theme structure of the 1982 World's Fair, which opened in May.

Editor's note: The author is on the sports staff of the Knoxville Journal.

An architectural rendering of the sun, they call it. But who's to say it doesn't look like a glittery racquetball on a pedestal. Or how about an oversized golf ball sitting on a very tall tee? After all, beauty is in the eye of the beholder.

Whatever you fancy the sphere to be, it's safe to say solar energy and sports are integral parts of the exposition.

Numerous Fair-related athletic events are planned this year including an NFL pre-season exhibition game between the New

England Patriots and Pittsburgh Steelers, an NBA exhibition contest between the Boston Celtics and Philadelphia 76ers, The Athletic Congress' National Track and Field Champions, plus international tournaments in basketball, baseball and, perhaps, racquetball, provided a sponsor is located.

Such attractions will feature some of the finest athletes in the world. But you don't necessarily have to be a star to feel like one. You are welcome to play racquetball here at some clubs.

RACQUETBALL AT THE WORLD'S FAIR



Knoxville Health and Racquet Center.

Courtsouth, a Knoxville racquetball-health club, has added chauffeured limosine service for its guests who want to tool around the Knoxville area V.I.P. style. Just shell out 80 bucks for the minimum of two hours and off you go.

Of course, if you don't have money to burn, you can always stick to the basic amenities offered by Courtsouth, which has two clubs in Knoxville and a third under construction.

For a \$3 guest fee, out-of-town visitors may play racquetball at Courtsouth on a first-come-first-serve basis. There are 13 courts at the west Knoxville club and 12 more at the north Knoxville location. Though non-members can't make reservations, general manager and co-owner Preston Fields doesn't foresee the Fair causing any overcrowding problems at the clubs. Courts are open from 6:20 a.m. to 11 p.m. on weekdays and 8 a.m. to 8 p.m. Saturdays and Sundays.

"Like most clubs the winter months are the busiest for us," says Fields. "With the World's Fair running from May through October we should be able to accommodate the extra people. In fact, with the motel rates so high around here, we're toying around with the idea of offering economical housing to out-of-town racquetball players."

One tentative idea is for visiting racquetball enthusiasts to pay a "lodging discount price" that would permit them to (1) set up cots or sleeping bags on the courts at night and, (2) take advantage of the rest of the Courtsouth facilities. With a nursery, Nautilus equipment, whirlpool, restaurant and bar on the premises, it might be tempting to stay put at the club instead of fighting the Fair crowds.

Sleeping bags or no sleeping bags, many of the Fair visitors will be housed in the 7,000 motel and hotel rooms in Knoxville. Prices are on the steep side with decent rooms for couples difficult to find for less than \$80 per night.

With those kind of prices, you'll probably want to save every dollar you can. Several clubs are offering special rates to guests of certain motels and hotels. The catch is that those same motels and hotels are pretty well booked solid during the entire six-month Fair period.

Knoxville Health and Racquet Center, for instance, allows guests at the nearby Holiday Inn West to use its facilities. The Center's main attraction is its tennis courts where the Southeastern Conference indoor championships were recently played. However, the five racquetball courts are also well used and available to Holiday Inn West guests for \$2-\$3 an hour.

For court use after 5 p.m., reservations should be made at least a day in advance. The club, nine miles west of downtown Knoxville, is open 9 a.m. - 10 p.m. weekdays and 9 a.m. to 6 p.m. on weekends. It's a private club although special six-month World's Fair memberships are available.

For those with reservations downtown, offers at the Hilton Inn and Hyatt Regency may be of interest.

Guests at the Hilton may use the nearby YMCA Central facilities by purchasing a \$5 pass. Dan Medeck, assistant branch director, says he anticipates a similar arrangement with the new Holiday Inn that overlooks the Fair site.

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When I joined Geostar, we had one objective: to design and produce the best, most powerful racquet in the game. Our new Godfather is just that. A precision balanced weapon that no one can compete against. In the past, I've played with the self-proclaimed "finest" racquets on the market, but they're all talk compared to Geostar. Other companies may try to imitate

Geostar, but none come close. Don't take my word, play with the Godfather and you'll agree, it out-performs any racquet you've used before.

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Elliot Rovinsky

Elliot Rovinsky, Chairman of the Board

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RACQUETBALL AT THE WORLD'S FAIR



Courtsouth in West Knoxville.

If tradition is your cup of tea, the Central YMCA is your kind of place. The 'Y' opened in 1930 with three courts and two more were added in the 1960s. Despite their age, all five are in good condition and air-conditioned. Out-of-town members of any of the 1,800 'Y's' in the country are welcome to use the facility for \$2.

Although the YMCA is less than a block from the Fair, Medeck doesn't expect much impact from tourists. "We cater mainly to the salesmen and businessmen," he says. "For that reason our busiest time has always been around lunch break, 11 a.m. to 1:30 p.m. I don't see that changing during the six months of the Fair."

The Arena Athletic Club, just off the Knoxville business loop, is also centrally located. There are no frills and only two racquetball courts which rent to non-members for \$5 an hour. Guests registered at the nearby Hyatt get a \$2 per hour discount.

Visitors are welcome but shouldn't expect too much. Court walls—showing signs of wear and tear—may get worse before they get better because the complex has been for sale for several months. The Arena Club is open 8 a.m. to 10:30 p.m. weekdays, 8 a.m. - 6 p.m. Saturdays and 9 a.m. - 5 p.m. Sundays.

The news is not much better at Nautilus Fitness and Racquetball Center in Oak Ridge,



The Arena Athletic Club

a city 20 miles west of Knoxville which expects up to 10,000 Fair visitors a day. The club's nine courts, including five with plexiglass backwalls, are excellent. But use of the club is prohibited unless guests are accompanied by a member.

The University of Tennessee, which is adjacent to the Fair site, has 13 courts but don't count on playing there, either. The 11 courts in the Health and Physical Education Building and two more in Alumni Gym are reserved exclusively for students, faculty and staff. Same thing goes for three courts on the campus of Maryville College in Blount County, a 30-minute drive from Knoxville.

The one racquetball facility in Maryville open to the public is Olympia Athletic Club. A major factor to consider is that it's only five to 10 minutes from the main airport that serves greater Knoxville and surrounding areas.

Operated by former Tennessee football assistant Lon Herzbrun and his son, Eric, the club has three courts which are only a year old. Because the operation is designed for families, it offers a wide range of amenities, including a hair dresser, nursery, game room, deli, jogging track, hot tub, sauna, weight room, etc.

The guest fee is \$3 for non-members plus \$2 to \$3.25 for court time rental depending on the time of day. Out-of-town Fair visitors are welcome. Might be just the thing you need to relieve some tension if your flight gets delayed for three or four hours.

WORLD'S FAIR DIRECTORY

KNOXVILLE

Area Code 615

Courtsouth
207 Walker Springs Road
691-2255
13 courts

Courtsouth
5600 Merchants Center Blvd.
689-6660
12 courts

Knoxville Health and Racquet Center
1501 Kirby Road
588-6461
5 courts

The Arena Athletic Club
901 East Vine Ave.
523-1886
2 courts

YMCA Central
605 Clinch Ave.
522-9622
5 courts

MARYVILLE

Area Code 615

Olympia Athletic Club
315 "C" Avenue
984-8300
3 courts

R

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Racquetball

TRAVEL SECTION

1982 TRAVEL BAG GUIDE



AMF VOIT

The deluxe tote bag is made of a light and strong parachute nylon. Features reinforced foam bottom, wet pocket, durable nylon zipper. Comes with detachable shoulder strap with leather patch. **\$23.**



DP LEACH

DP Leach's deluxe bag is made of cordura nylon and reinforced expanded vinyl. Main compartment plus two wet or accessory compartments. Nylon zippers. Snap-together handles. **\$30.**



EKTELON

Ektelon's tournament bag is made of royal parachute pack cloth and sand vinyl. Measures 21 inches long. Outside utility pocket and separate wet pocket. **\$22.95.**



FOOTJOY

Made of water repellant nylon. Features wet clothes side pocket and racquet pouch. Comes with adjustable detachable strap. **\$27.**



HANG TEN

Hang Ten's deluxe sport bag is made of 420 denier, water-resistant nylon. Measures 22 inches long and features inside wet pocket, zippered outside pocket, adjustable and removable shoulder strap. Leather designer patches reinforce stress points. Padded bottom. **\$33.**



LEISURE SPORTS

The roll bag is made of rayon canvas duck. Features heavy duty woven double loop handles. Custom designed sewn-on racquetball racquet cover. **\$13.99.**



PREMIER PRODUCT'S INTERNATIONAL

PPI's executive sport small duffel bag is made of Dupont registered heavy duty cordura backed by KKOTE for water-resistant quality. Triple stitching on all seams (primary seams closed with nylon binding tape). Two zippered accessory pockets on sides. Comfort grip for handling. **\$28.95**



PUMA

Puma's Classic is one of the few on the market in this square shape. Made of 100 percent cotton with sponge vinyl trim. Nylon zipper. Inside wet pocket. Racquet pouch outside. **\$18.95.**



SLAZENGER

Drum bag made of canvas. Measures 17 1/2 inches. Zippered wet pocket on side. End pocket for accessories. Detachable shoulder strap. **\$12.**



RACQUETBALL RESORTS

BY BEN KALB

Under the majestic slopes of Gold Mountain overlooking the Diamondback Valley on the banks of the Silverstreak River lies Inn of the Racquetball Gods, a 125-acre resort that caters to racquetball players—and only racquetball players.

There are no tennis courts here. There used to be two 18-hole golf courses but all the regular golfers are now in rest homes, and the space has all been converted into 2,650 racquetball courts, indoor and outdoor. Even the pool is in the shape of a racquet.

Racquetball court time is free to guests staying at the Inn and even if you don't know how to play, any one of the 17 professionally trained instructors will be on hand for free

lessons. Bring your racquet and your clothes and forget about everything else. This is your place.

Sounds exciting doesn't it? Unfortunately, it doesn't exist except in some writer's head. But it's a thought for the future.

Until our "racquetball heaven" is built, however, travelers will have to be content with other spots around the country for their racquetball recreation.

Below, we have listed a few. In our past Travel Sections we have reported on almost every hotel or semi-resort that offered racquetball even in close proximity to the site. This year we are just offering a random

sample of a few resorts which have racquetball facilities.

Most of the following places also offer such amenities as golf, tennis, swimming, weight equipment, etc. And each of the places have varying rates depending on peak and slow seasons.

These places are not the only resorts in the country to offer racquetball but they will give you an idea of what is available in certain parts of the country and an idea of racquetball rates for guests.

We advise you to check out other travel sources and make reservations as far ahead of time as possible.

EAST

NEVELE COUNTRY CLUB Ellenville, New York



Located 90 miles northwest of New York City at the edge of the Catskills, Nevele Country Club has two courts for its guests to use.

The resort was built in the late 1930s but the tennis/racquetball complex wasn't put in until three and a half years ago. "The racquetball courts were added at the very last minute," says Barbara Rubin, who operates the pro shop.

According to Rubin, court time is \$5 per half hour. Per half hour? "We get a lot of non-players who are not in shape and only want to play a half hour," says Rubin.

The racquetball courts are for the benefit of the resort guests but there is some non-guest play at \$12 per hour. "We cater to the guests," says Rubin. "If a guest walked in to play and there was a non-guest on the court, we would

ask him to relinquish the court so the guest could play."

Nevele is basically a family resort and most of the guests are from New York, although it gets weekenders from as far away as Baltimore and Cincinnati. "They come here and park their cars and never get in them again until they leave," says Rubin.

So far Nevele has not planned any resort tournaments or pro exhibitions, although Steve Strandemo gave a clinic during the opening. "The two courts are so busy it's hard to tie them up for exhibitions," says Rubin.

One of the courts has a glass side wall. "Playing on glass is crazy for some people," says Rubin. "As I said, we have a lot of non-players here."

KUTSHER'S COUNTRY CLUB Monticello, New York



Probably the most well-known resort in the Catskills, Kutsher's has four racquetball courts, two with glass.

The resort, which is located about an hour and a half from New York City, has been around for a long time. The courts, however, were not completed until November 1981.

"Quite a few people were asking for racquetball," says resort pro Chick Heller. "There was such a demand that we thought it would help influence people to come here."

And has it been a boost? "We are so over-booked that we are considering putting in four more," says Heller.

Club members pay \$8 an hour to play. Resort guests pay \$10. Non guests are charged \$15.

As of yet no clinics, exhibitions or tournaments are planned. "I don't know when we could do it. We are booked up almost every night," says Heller.

SEVEN SPRINGS RESORT Champion, Pennsylvania



RACQUETBALL RESORTS

When you think of racquetball resorts, one name that almost surely comes to mind first is Seven Springs, less than two hours outside of Pittsburgh.

The reason for Seven Springs' identification with racquetball is the annual summer racquetball clinics planned in July or August. In the past the resort has brought in such pros as Steve Strandemo, Davey Bledsoe and Dave Peck for week-long camps, and this year Peck will be back in July. In fact, Seven Springs is one of the few resorts to include accommodations as part of the cost of the clinic.

The resort has four courts and charges \$8 per hour for guests and \$10 per hour for non-guests.

Seven Springs is popular in the winter as a ski resort and in the summer as a fine facility for conventions. Even members of the Pittsburgh Pirates baseball team have stayed and played there.

Other than the summer racquetball camps, Seven Springs does not plan on any other tournaments or exhibitions. "We are not a typical club like you would find in Pittsburgh," says manager Kim Shepler. "The courts are just here if anybody wants to use them."

SOUTH

AMFAC RESORT Dallas, Texas

As everyone knows, they like to do it big in Texas, and the Amfac Resort lives up to that reputation.

Located on over 300 acres of property, the Amfac Resort shares real estate with the Dallas-Ft. Worth Airport. In fact, the resort is the largest airport hotel in the country.

The resort has 10 racquetball courts, none of which are glass. Court time is \$5 per person per hour and there is courtesy transportation from the hotel four miles away (we told you it was big).

Davey Bledsoe gave a clinic at the resort last year and such pros as Lynn Adams and Ben Koltun have given exhibitions.

INN AT TURTLE CREEK San Antonio, Texas

Located about 10 minutes from the Alamo in downtown San Antonio, the Inn At Turtle Creek is a recreational paradise set on 80 lush and colorful acres.

The four racquetball courts have been used by such people as comedian Bill Cobby, local pro basketball star George Gervin and racquetball pro Marci Greer, who now calls San Antonio her home and gives a clinic at the resort every six months.

Peak months are October to April, so rooms are relatively inexpensive during the summer. Court fees for resort guests are \$10 per hour.

The resort holds regular tournaments and weekly leagues and there is always a party

after league play is completed. Resort guests are welcome to play in the tournaments.

Club pro is Paul Bozzo.

INNISBROOK Tarpon Springs, Florida

Within the past two years, Innisbrook put in a 15,000 square foot, one million dollar tennis-racquetball complex. The resort has six racquetball courts, two with glass, and court time is \$12 per hour.

Located 15 miles west of Tampa, the racquetball/tennis complex is only a small part of the 1,000-acre estate. January through April is peak season, so rates are a little lower in the summer.

As of yet no tournaments or clinics have been planned. "We can't tie up the courts because we want the guests to use them," says Gindy McLean, manager of the pro shop.

But according to McLean, Innisbrook is planning to initiate a "racquetball package" providing players with a room and a clinic at special rates.

The courts are usually full and even celebrities such as Mike Schmidt of the Philadelphia Phillies pop in to play. "We've been pleased with the acceptance so far," says McLean.

MIDWEST

AMERICANA LAKE GENEVA RESORT Lake Geneva, Wisconsin

Formerly known as the Playboy Resort, the facility was sold to Americana this spring. As a Playboy facility, the Lake Geneva resort catered heavily to singles. Now, it is expected to become more of a family resort.

The Lake Geneva Resort has six racquetball courts, two with glass. Guests can play racquetball for \$8 an hour (prime time) and non hotel guests are charged \$10 per court hour.

The facility is located about 45 minutes from Milwaukee and about an hour and a half from Chicago. There is a full-time racquetball instructor, Don Kloet, on hand and tournaments are planned often.

Recently Dan Ferris of Minnesota won \$1,000 in a pro tournament and Mike Chody teamed with Mike Valaser to win an All Racquet Sports doubles tournament featuring combined scores in tennis, badminton, ping-pong and racquetball.

Among the celebs to play there are singer Lanie Kazan, comedian Gallagher and touring pros Mike Yellen and Dave Peck.

MARRIOTT'S LINCOLNSHIRE RESORT Lincolnshire, Illinois

If you are dying to play racquetball but have had a hard time finding a court to play on

when traveling, this may be the place for you. Marriott's Lincolnshire Resort has four courts and they are hardly in use.

"For some reason there doesn't seem to be much of a demand to use them," said a spokesperson for the resort. "We have even put coupons in newspapers offering free court time."

Rates for hotel guests are \$9 per hour.

The resort is located about 40 miles north of Chicago near the Des Plaines River.

Summertime is the peak season.

MARRIOTT'S TAN-TAR-A RESORT Osage Beach, Missouri

Located on the edge of the Ozarks in the middle of Missouri (halfway between St. Louis and Kansas City, 50 miles from Jefferson City), the Tan-Tar-A facility has four courts, all of which get a lot of use.

Tan-Tar-A is known as a honeymooner's haven, so this may be the place to go when two racquetball fanatics get married and can't bear to leave the courts behind. Guests can play for \$8 an hour non-prime time and \$10 prime time, although if you ask, there may be a honeymoon court special.

Located on 278 acres, including beautiful Lake of the Ozarks, Tan-Tar-A is also considered a family resort, and, according to recreation supervisor Dee Miller, clientele comes mostly from Iowa, Nebraska, Kansas and Missouri.

Touring pro Rita Hoff gave an exhibition at the opening two years ago and Marty Hogan stopped by once to play while visiting. "Robert Redford even came here once," says Miller. "But I don't think he played racquetball. In fact, I don't think the courts were even built yet."

WEST

DEL WEBB'S LA POSADA RESORT Scottsdale, Arizona

Built to look like a Spanish mission, the La Posada Resort has two unique racquetball courts—they are partially open to the sky with a screen covering the area from the short line to the back wall.

"It's so nice here that you don't need closed-in facilities," says racquetball pro Dale Phillips. "This way you can also get the fresh air."

But does the ball hit the screen? "If you hit the screen it probably wasn't going to be a good shot anyway," says Phillips.

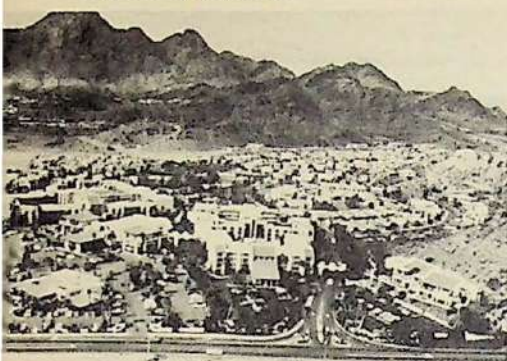
The courts do not have lights, so playing is limited to daytime hours.

The resort has not set up any tournaments or exhibitions but Phillips gives numerous clinics to guests.

Among the guests who have played racquetball there were members of the rock groups Police, the Go-Gos and the Cars, who were in town for a concert.

Court time is \$10 an hour for guests.

THE POINTE TAPATIO Phoenix, Arizona



Because the owners have had so much success with The Pointe, they decided to build another one—The Pointe Tapatio—about 10 minutes away.

"People think they are in competition. But they aren't," says a spokesperson. "Both resorts are doing so well."

The Pointe Tapatio opened in April with four racquetball courts. The original Pointe also has four courts. Court time for resort guests is \$6.50 per hour and guests can make court reservations 24 hours in advance.

"They had so much success with the courts at The Pointe, that they planned right from the beginning to include four courts at the Pointe Tapatio," said the spokesperson.

January through May is peak season. Rates for the summer are less.

SNOWMASS RESORT Snowmass, Colorado



Located 12 miles from Aspen, the Snowmass Resort opened last December with three racquetball courts, one with glass.

Surrounded by acres of forest wilderness, Snowmass Resort is a combination 76-room lodge and athletic facility. The ski season from December to March is the peak period. It is less crowded in the summer.

Pros Jerry Hilecher and Mike Yellen put on a racquetball exhibition at the opening and Yellen has been back again for a vacation. Another frequent user of the club is singer John Denver.

Rates for lodge guests are \$5 per court hour. "We've had great acceptance so far," said a spokesperson for the club.

Club pro is Ed Petrosius.



Racquetball

STAFF SECTION

RACQUETBALL CAMP GUIDE

STEVE STRANDEMO

Aspen, Colorado, July 12-16, July 19-23, July 26-30, The Aspen Club, \$350 (not including accommodations or meals). Information: P.O. Box 23555-51, San Diego, CA 92123; (714) 268-8707.

Montreal, Canada, August 9-13, 16-20, 23-27, The Rosemary Club, \$350 (not including accommodations or meals). Information: P.O. Box 23555-51, San Diego, CA 92123; (714) 268-8707.

BOB DAKU/CLIFF HENDRICKSON

Calgary, Canada, July 25-31, August 8-14, 15-21, Foothills Court House, \$380 (includes accommodations based on occupancy of four per room, but not meals). Information: Foothills Court House, 1912 MacKay Road, N.W., Calgary, Alberta, Canada T3B 1C7; (403) 286-3132.

DAVE PECK

Austin, Texas, June 21-24 (juniors), 25-27 (adults), Supreme Courts. Juniors camp—\$230 (including accommodations and meals). Adults camp—\$150 (not including accommodations or meals). Information: Supreme Courts, 9700 N. Lamar Blvd., Austin, TX 78753; (512) 835-4113.

Champion, Pennsylvania, July 5-10, 11-16, 18-23, Seven Springs Resort, \$460 (includes accommodations based on double occupancy and meals). Information: c/o Jeff Shearer, Laver's Racquet Club, 2350 Jaeger Dr., Delray Beach, FL 33444; (800) 327-1160.

Poughkeepsie, New York, July 30-August 1, August 6-8, August 1-6 (juniors), All Sport Fitness and Racquetball Club. Adults camp—\$234 (including meals but not accommodations). Juniors camp—\$349 (including accommodations and meals). Assisted by Gregg Peck, Mike Levine, Laura Martino and Jim Winterton. Information: All Sport Club, 240A North Road, Poughkeepsie, NY 12601; (914) 452-5050.

LYNN ADAMS

Schererville, Indiana, July 22-29, Omni Sports Complex, \$150 for adults, \$125 for juniors (not including accommodations or meals). Information: 222 S. Route 41, Schererville, IN; (219) 865-6363.

DR. BUD MUEHLEISEN

Santa Barbara, California, August 2-6, Santa Barbara Racquetball and Health Club, \$275 (not including accommodations and meals). Limited to 15 players. Information: Santa Barbara Racquetball Club, P.O. Box 30817, Santa Barbara, CA 93105; (805) 962-0069.

Santa Clara, California, August 9-13, Decathlon Club, \$275 (not including accommodations and meals). Limited to 15 players. Information: Decathlon Club, 3250 Central Expressway, Santa Clara, CA 95051; (408) 738-2582.

San Francisco, California, August 16-20, Telegraph Hill Club, \$275 (not including meals and accommodations). Limited to 15 players. Information: Telegraph Hill Club, 1850 Kearny St., San Francisco, CA 94133; (415) 543-7992.

South Lake Tahoe, California, August 23-27, Sierra Tahoe Athletic Club, \$275 (not including accommodations and meals). Limited to 15 players. Information: P.O. Box 15130, S. Lake Tahoe, CA 95702; (916) 544-6222.

Mammoth Lakes, California, August 30-September 3, Snowcreek Athletic Club, \$275 (not including accommodations and meals). Limited to 15 players. Information: P.O. Box 12, Mammoth Lakes, CA 93546; (714) 934-8511.

Editor's Note: Camp Guide update will appear in next month's issue of Racquetball Illustrated.

INSTRUCTION

Anticipation

BY BRAD KRUGER

An aged racquetball player, having just lost to his equal, sat alone on a locker room bench. Head in hands, beads of sweat slowly dripping from his forehead. He quietly began a monologue: "It doesn't really bother me when some young buck can return my best shots. I mean a youngster is built for speed. But when some decrepit old man with two left feet can outrun me around the court, I know I must be missing something. I'm in better shape than he is, yet he can move twice as fast as I can in any direction of the court."

I don't know if that gentleman decided to hang up his racquet for good but if he had learned how to anticipate his opponent's shots, his problem would be solved.

There are two options open to anyone who wants to beat the speed-freak: 1) Devise a game plan that will effectively minimize your opponent's assets of speed and agility. 2) Learn to beat him at his own game—anticipation.

Because few intermediates are capable of devising a sure-fire winning game plan and even fewer are competent enough to carry it out according to plan, we are faced with the second alternative. What is needed is an acute awareness of the concepts that surround anticipation. By improving neglected areas of court coverage, anyone can improve their on-court speed substantially without altering their current physical condition in any way.

Anticipation refers to the ability to predict shots before they actually happen. This ability plays a key role in the game of racquetball because, done properly, the player can move to position himself a split-second before the opponent's ball is even hit.

The concepts of anticipation can be learned immediately by anyone. It is the implementation of these concepts into one's gamestyle, however, that requires time. To fully master anticipation is a gradual process because it requires the combination of a number of separate elements:

- 1) An objective analysis
- 2) Memory
- 3) Watching the ball
- 4) Center court positioning

Only the proper combination of the above elements will yield productive results.

Objective Analysis

Objective analysis involves analyzing your opponent's strengths and weaknesses. The process begins when you first meet your opponent. Look at the way he stands. Is there anything you notice about him that may limit

his shot selection in any way? If you find something, make a mental note of it.

In the warm up, objectively analyze the way he grips his racquet and the way he swings his stroke. Does anything deviate from what is considered a normal solid swing? If you do notice something different, ask yourself how this idiosyncrasy will affect your opponent's ability to hit normal shot options. Make a mental note of any shots your opponent cannot execute well. Eliminating these shots from your opponent's repertoire will leave you with less shots to cover once the game begins.

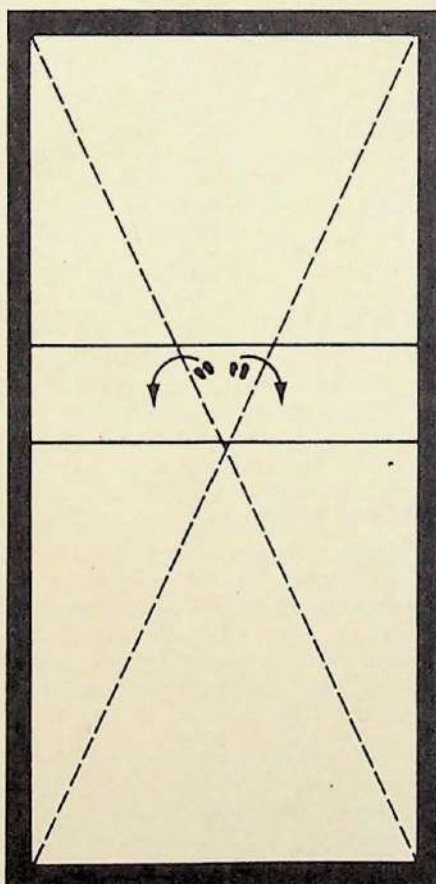
Memory

The ability to remember which shots were

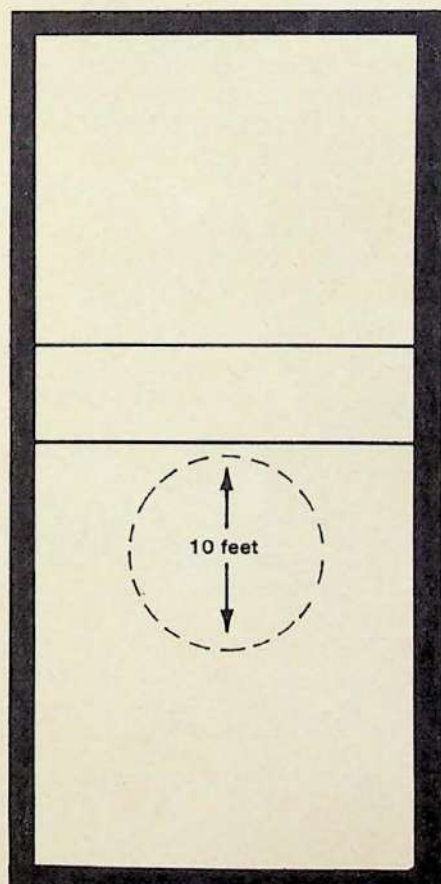
hit where in what situation is valuable to the racquetball player. Ultimately, we want to make a mental list of our opponent's complete shot arsenal and be able to refer to this list at any point in the match.

The process of memorization begins in the warm-up. Try to learn which shots your opponent hits most often and which shots he or she is most consistent at. This is important because, in all probability, these are the shots you'll spend most of your time chasing during the actual game.

Also, make a note of any of the shots your opponent neglects to hit. In warm-ups, people generally hit only the shots with which they are most comfortable. They want to look



Most beginning players have a habit of facing the front wall, never looking back to see what the opponent is trying to hit. This is wrong. It is also wrong to turn 180 degrees and face your opponent. The author suggests having your feet face the front wall while only moving head and upper torso. Feet should never extend past the boundaries of the imaginary diagonal.



This 10-foot area is where most of play will be centered and it is here where you should spend most of your court time. Strategy revolves around this area.



Lindsay Myers, covering center court, does not move around to face hitter Brad Kruger. He keeps his feet planted toward the front corner but moves his head and upper body toward opponent.

invincible to their opponents and don't want their weaknesses revealed before the game even begins. Thus, if your opponent neglects to hit a certain shot during the warm-up, he or she probably doesn't feel very comfortable with it, and you probably won't have to worry about it during the game.

Use the first few points of the match to test your objective analysis and your mental inventory of your opponent's shots. Was the hypothesis about the neglected shot correct? Use the rallies to feel your opponent out. Move the ball to various places on the court with the intention of analyzing what your opponent will do with the ball. Learn what your opponent likes to hit and what he or she doesn't like to hit. Learn where he or she hits the majority of shots. This further minimizes the amount of shot options you will have to cover during the game.

Watch The Ball

Watching the ball at all times will give you the quickest reaction time possible. The following two examples demonstrate the logic behind this statement.

The first case deals with the guy who watches only the front wall. When his opponent hits the ball, the wall-watcher has to patiently wait for the ball to come into his field of vision, and for his eyes to focus on the ball, before he can react and move and attempt the return.

The second case deals with a guy who watches the ball all the time, even during the time-outs. When his opponent wallops the ball, old eagle-eyes can react immediately without having to wait for the ball to come into his field of vision or for his eyes to focus on the ball. Because his eyes have always been focused on the ball, he has lowered the time it takes to react to his opponent's shot considerably.

When trying to watch the ball, the biggest problem is when the ball is directly behind you. Should you turn your body 180 degrees in the wrong direction, face your opponent and the back wall, and risk the chance of getting ripped in the face? Of course not.

Rather, you should maintain your ordinary position, facing the front wall, and simply turn your head and upper torso. In this way, you are able to react with equal efficiency to any of your opponent's shots. When your opponent and the ball cannot be seen directly, you will have to utilize your peripheral vision. If you still can't see the ball, you may have to turn your body slightly. But use caution. Too extreme of a turn will impede your ability to move after reacting to a shot.

What is the most you should ever turn your body? Draw an imaginary X in the center of the court and extend the ends from corner to corner. The feet should never turn past these diagonals. If they do, you'll be facing in the wrong direction. The most extreme turn should still leave you facing one of the court's front corners.

Most of us are intimidated by the threat of being walloped in the eye by the racquetball. This is a very real threat, but it can be simply eliminated with the use of a good pair of protective goggles.

Of course, there are many spill-over benefits associated with watching the ball. Your peripheral vision will pick up the way your opponent approaches the ball on each shot, supplying you with head-start information on where he is going to hit the ball. You will also

know where your opponent's final point of contact with the ball will be so you can position yourself accordingly.

Court Positioning

Before combining all of the elements, it is imperative that one has a full understanding about the role center-court positioning plays in racquetball. Described as an imaginary circle, 10 feet wide with its tip to the rear of the short line, the center court area is the area around which racquetball strategy revolves. It is here, within the boundaries of this circle, that one can retrieve the majority of shots with the least amount of effort. In fact, with just a few steps from center court, one can be within the reach of any shot hit. Because this cannot be done from any other position on the racquetball court, it is here that one should be during the rally.

Bringing It Together

Once the objective analysis and the mental inventory have been completed, we have the task of analyzing the data and using it properly. Through objective analysis, we know that our opponent can hit only a limited number of shots in a given situation. And by referring to your mental inventory, you can anticipate which shots your foe is most likely to hit. Through this process we have probably limited the number of shots he will hit down to two or three.

Knowing what options exist for your opponent to hit, you must position yourself, within the center court, where you can cover the area that the majority of his shots are going to bounce into. Remember, there is always more than one option open to your opponent to hit. To try and cover only one shot is a cardinal sin. In doing this, you create a "do-or-die" situation. If your opponent changes his mind at the last moment, you're sunk.

Use the anticipation process to figure out which shot has the highest probability of being hit. Lean towards the area where this shot is most likely to take its second bounce and be ready to move into that area. Always be on your toes, ready to react and change directions, should your opponent pull the unexpected and hit the ball in a different direction.

The process of anticipation must be constantly updated. If you have your opponent pegged as being a kill-shot artist and he is really a master of the ceiling ball game, it is of little benefit to anticipate and position yourself to return the kill shot. The process must be

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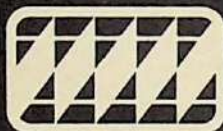
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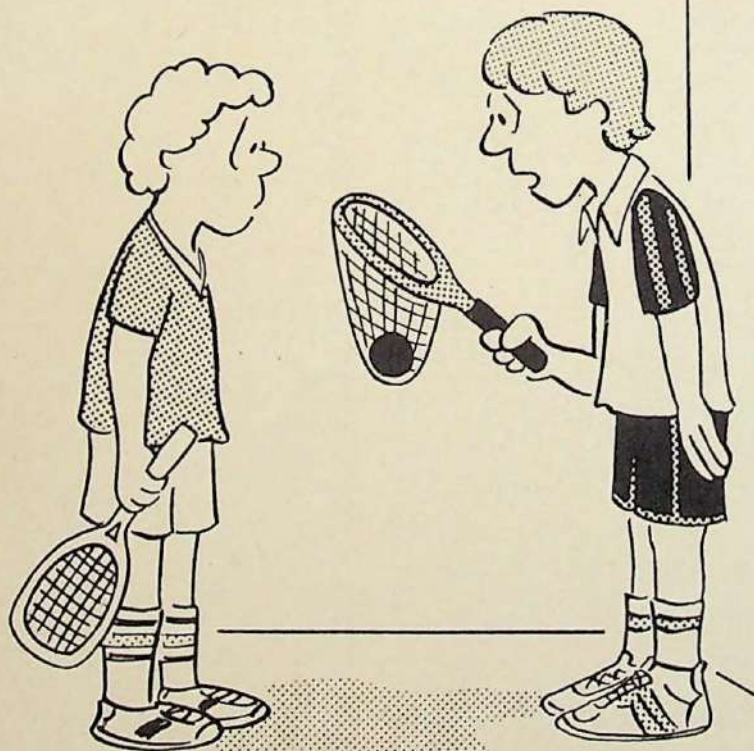
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LASKY "I gotta get this thing re-strung!"

CARTOON BY MARK LASKY

INSTRUCTION

updated every two or three points.

You may have noticed that the players who are known for their outstanding speed and agility seldom show these qualities until about midway into the match. Most spectators believe there isn't any pressure on the speedster until that point in the match, because the player is conserving energy. This is wrong. In actuality, the guy is simply playing conservative racquetball until he can complete the mental inventory of his opponent's shots.

In the beginning of the match, the speed demon doesn't have enough background information on his opponent to justify excessive movement. Only when the process of anticipation is complete, can the speedster start to move around the court with a little more freedom. He has a better idea of where most of his opponent's shots are directed and can, therefore, lean towards a certain area of the court.

Occasionally, a situation will arise wherein your opponent will be set up with a number of winning options. At this point, you must refer to the time element of each shot. By "time element" I mean the amount of time a particular shot stays alive before expiring on its second bounce. Some shots are in play much longer than others. An obvious example is the difference between the kill shots and the ceiling ball. It's quite obvious that the ceiling ball takes longer to bounce twice than the kill shot does. But even the shots that differ only slightly must be considered: For example, the down-the-line pass shot vs. the cross-court pass. After careful analysis, one realizes that the cross-court pass shot covers more court territory before it takes its second bounce than the down-the-line pass shot does. Giving due respect to this time element, when both shots have an equal chance of being hit, one should lean toward covering the down-the-line. If the opponent opts to rip the cross-court pass shot, the extra time it takes for the ball to bounce twice may allow just enough time for the players to change directions and return the shot.

Summary

The concepts of anticipation are known. If you combine these concepts, you will be a step ahead of your opponent, enabling you to move more confidently to a position on the court where most of the shots should end up. By keeping your eyes on the ball all the time, the reaction time needed to react and move is cut substantially.

Now it is simply a matter of getting out on the court and analyzing your opponents objectively, and listing the various shots they are likely to hit. The sooner you can size up your opponent and the shots he or she will hit, the sooner you can position yourself properly in center court and start moving quicker to the ball.



Hard Core Doubles

BY KEITH FLEMING AND KEN GARRIGUS
WITH MARTHA LIEFER

Over the years we have watched many competent doubles teams defeat themselves. Why? They make common mistakes. The following is a list of those mistakes and our solutions to correcting those errors.

1. Teams allow themselves to play their opponent's game. Solution: Take a time-out, slow down, and play each point one at a time until you re-establish your game style.

2. Don't get intimidated if one of your opponent's is having a particularly good day. Isolate that player and try to work the weaker man. You'll find that the hot player will eventually become so anxious that when a shot does come to him, he'll generally miss it. (That also tends to get the partners annoyed with one another.)

3. Even though you and your partner divide court responsibilities, sometimes there is a "no man's land," an area which neither of you seems to cover. Should your opponents find an uncovered area on the court and play to it, you must have the flexibility to recover and go to another formation. The I formation allows you to split the court in a different way from a side-to-side formation. You don't want to be in a position where there is confusion as to who will take the shot. Position yourselves to take advantage of each person's strength—front man should be quick and be able to retrieve the pinch and kill shots; back man should be able to hit good kills, pinches, and passes while also being adept at the ceiling game.

4. Most players think that the player making the shot and the one covering it are the only two people (of the four) important to play. But the positions of the other two players are also critical. Make sure you take a specific court position and place yourself in front of your opponent to limit his choice of shots.

5. When losing a game, the first thing to work on is return of service. You have two options. One is to go to the ceiling. This slows up the game and gives you more time to think and control the action. Or, hit a chest-high Z-pass (front wall/side wall) which, in picking up a reverse spin off the third wall, prevents a shot from being set up off the back wall. The Z-pass is probably the best return of serve you can use in doubles.

6. Don't shoot around your opponent more than once. If you don't want to hit him, tell him after the play is over that you will take your shot

in those situations and if he continues to stand there blocking you, he'll get hit.

7. Make sure you pick the right partner. Select a partner who complements your abilities; not one just like yourself. If a lefty-righty combination is not possible and you have to select another right-handed partner, look for one who has a strong backhand. Ideally, the left side, or backhand side player, should play the back court. He should be able to play a good ceiling game as well as hit the kills, passes and pinches. The forehand-side player should play the front court and should be quick, able to make pass shots and hit the ball hard from a less-than-perfect position.

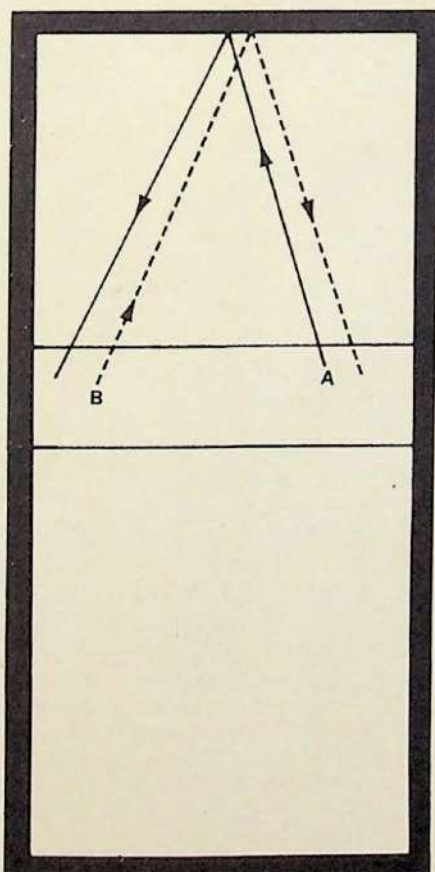
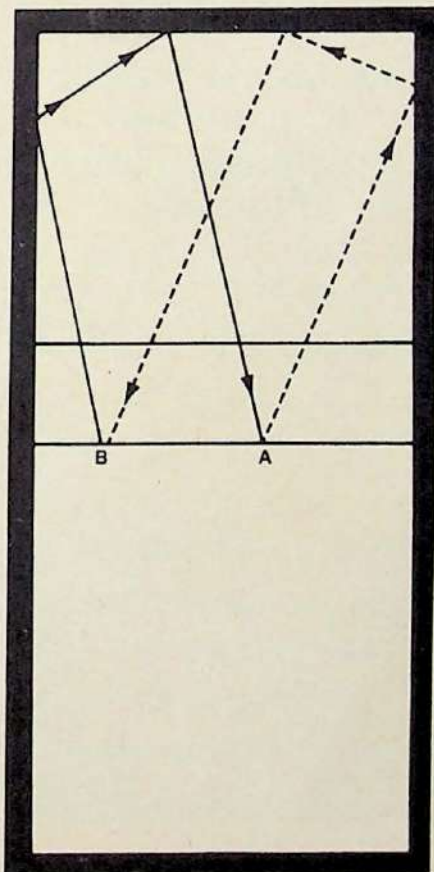
If you are into competitive play as we have been throughout our racquetball careers, you must also consider the psychological aspect of doubles.

Some of our opponents have told us they

don't like to play against us because of our attitudes and flamboyant game styles. We're out to win. We've found that mastering the psychology of the game is one aspect of our success.

We intimidate the referee, making him think that if he makes any bad calls, he'll be sure to hear from us. We make sure we point out to the opposition their mistakes immediately after the play is over. This tends to break their concentration. If the opponent is unwilling to move out of our shot, we will not shoot around him, we'll hit him. All in all, we let the opposition know that nothing will stand in our ways.

We understand those tactics aren't for everyone. But if you're comfortable with some of them in a tournament situation, try them. They've certainly helped us. Of course, if you have a game coming up with your boss and his partner or perhaps your biggest clients,



The authors recommend that doubles teams practice together often. One practice drill (left) involves the two players hitting cross-court passes to each other as long as possible. Another (right) is for A to pinch off the right wall and B to follow with a backhand pinch off the left wall.

Editor's note: The authors are former national amateur doubles champions who have played together as a team for 10 years.

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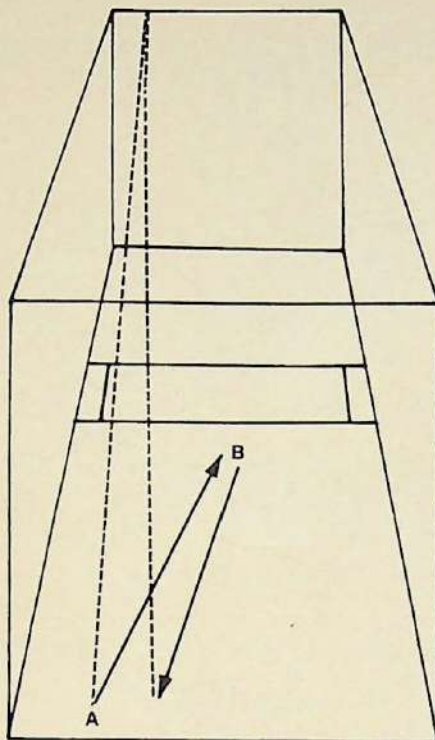
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The ceiling ball drill: A hits a ceiling shot and runs to the short line while B runs from the short line to return A's ceiling shot. This should continue until one player misses the shot.

those tactics probably won't be appreciated.

There are additional pointers to help you become a more successful doubles team:

- Try to practice together three or four times a week. Play singles with one another and work on practice drills together. Pick up a doubles match whenever you can. Watching matches together is as important as actual play. Discuss mistakes others make and strategy you would use if you were in that game. Also watch your next opponents. Watch the way they set up (offensively and defensively) and how they lose points.

- After your partner makes a good shot, make sure he hears it from you three or four times before the next shot. This raises the confidence level as well as having a psychological impact on your opponent.

- You have to be able to switch roles. Ideally the back court man is comfortable up front taking the quick shots while the front court man is also comfortable in back with the ceiling game. A good opponent will try to put you out of position, so it's important that you are comfortable playing your weaknesses. Trade roles in your next practice game.

- Determine your strategy with your teammate before you walk out on the court. Discuss how you expect to play the game. Talk about the opponent's weaknesses, and plan to play to them. Make sure you agree on

strategy. Watch the first few rallies to see what your opponents are doing well, and what their mistakes are. If necessary, take a time out during the first five minutes of play and talk to your partner. Quickly analyze the strengths and weaknesses and re-examine your strategy.

- Don't defeat yourself before you walk onto the court. Watch your opponents practice, but only to determine your strategy against them. Don't psych yourself out watching them do all this great stuff during warm-up. Practice is not competition.

- Communicate during play. The longer you play with a person, the more non-verbal communication takes place, but make sure you yell "mine" or "yours"—not "I got it" or "you take it" Mine and yours are one-word, non-rhyming commands.

- When things are going poorly early in the game, call a time out or raise your hand and slow down the game. Don't call your last time out unless you're totally exhausted.

- Invariably, there are games when one partner will play better than the other. If you're a good partner, you'll recognize if you are "off" or if your teammate is "hot." Adjust your strategy accordingly. If he's hot, give him the opportunity to take as many shots as he can. If you see that your partner is having a bad day, it's up to you to take the shots. You'll defeat yourself if you start getting mad at your partner.

Practice Drills

- Cross-court pass drill—A hits to B and B returns pass to A off the front wall. Continue the rally as long as you can. This drill helps you work on reaction time.

- Pepper drill—This is a drill for the front court person but the back court man should also work on it. Stand five to 15 feet away from the front wall, depending on your skill level (the more skilled you are, the closer you can get), and keep hitting the ball into the front wall.

- Pinch drill—A pinches (side wall-front wall) a forehand off the right wall to B, who pinches a backhand off the left. Keep the rally going as long as possible and repeat.

- Ceiling drill—A is in the back court and hits a ceiling shot. A then runs to tag the short line as B runs from the short line to return the ball with another ceiling shot. Continue trading places until one of you misses the shot.

- Kill drill—A stands along one side wall and shoots a pinch kill shot. B goes after the return from front court to try and save the shot or re-kill the ball. Stop and set up again.



Evaluating the Opposition

BY MARC AUERBACH AND
JAMES L. EAGER

Assuming you have never played your opponent before, quickly and accurately evaluating his strengths and weaknesses can make the difference between winning and losing. The player who thinks about what he is doing stands a far better chance of winning than an opponent who depends on sheer strength or fleetness of foot. A vital part of the thinking game is evaluation, which can begin even before you step into the court.

Players fall into two general categories: speedsters and controllers. Of course, there are as many variations within these generalities as there are players, but everyone will tend to fall into one group or the other.

Speedsters have unusual physical attributes, and when these characteristics are combined with a thoughtful, analytical approach to the game, a top-flight competitor results. For the masses of players who have less inherent athletic prowess, thought processes can be tuned to allow them to compete effectively, including winning over faster players.

The Speedster

Speedsters tend to be tall, wiry, and thin. Seldom does a speedster have a belly over his belt. Often they are quick movers, and their eyes track the movements of the person to whom they are talking. Evaluation of such attributes obviously can begin before the players enter the court. Speedsters also have good endurance, in most cases, perhaps because their constant movement keeps them in good shape. A slower player can win against a speedster when he outthinks him, but seldom will he be successful at outrunning the speedster.

The speedster often is fast on his feet but not as quick mentally; his physical skills have taught him to rely more on his body than on his mind. However, mental quickness can be learned. Studying the shots available in any situation will enable the thinking player to know what shot the speedster will make, before he hits the ball.

The key to defeating speedsters is patience. By waiting until the right opportunity, the thinking player gives himself two opportunities: 1. Speedsters are more likely to make mistakes, such as driving the ball into the floor. By waiting, the thinking player can force the

speedster to lose his concentration and thus hit an error.

2. Waiting for the right opportunity enables a thinking player to hit an effective, point-winning kill shot.

Since the speedster likes to play a fast-paced game that suits his own style, slowing the action is likely to result in the speedster making a mistake. The ability of the thinking player to control his own strokes so that he is able to chance the pace of the action often provides the winning margin. Forcing the speedster to hit shots above waist level, especially slow-paced shots such as the ceiling ball, will force him to return an equally slow defensive shot, or to make a mistake.

Facing a speedster, the thinking player must be sure to keep his body on a diagonal, not facing directly toward the front wall. On the diagonal, the back foot can be used to push off, thus gaining speed that the player would not have if he started from a flatfooted, front-facing position.

The thinking player also should avoid overuse of side wall/front wall shots. This is an effective shot when used selectively, but many speedsters are so fast they can retrieve side wall/front wall exchanges. A better percentage shot, when the time comes to attempt to take the point, is either a down-the-line or cross-court kill shot.

The thinking player should avoid chasing the speedster around the court unless he is equally fast. A chase is the speedster's game since he will probably win the footrace. Changing the pace of the action has a far higher chance of success.

The Control Player

Although many control players are also thinking players, the two terms are not synonymous. The thinking player bases his game on analysis of the situation and his opposition, calculating the play that has the greatest chance of success for him and planning his shots ahead. Control players, on the other hand, are distinguished by the fact they can slow or speed the action as they choose, and also have the ability to change the direction of the action. For example, a control player might respond to a hard, drive serve to the forehand with a ceiling ball to the backhand.

Typically, control players move more slowly than speedsters. Control players are not as easily identified by their physical appearance. Sometimes players who look as though they are built for speed are actually slow-moving control players. However, if an opponent is notably small, stocky, or overweight, the

chances are good that he isn't a speedster, and therefore it is likely that he has relied upon control to reach the level of skill he has. Many control players have learned to compensate for a physical limitation with a known attribute. For example, a player with slow legs may have developed exceptionally quick wrists.

The first step in handling a control player is to determine his strengths. Every player has certain shots that are his favorites and that he can hit dependably. What are they? Once the control player's strongest points have been determined, shots should be selected that will present him the fewest chances to hit his favorites. Often, failure to evaluate the opponent's strengths means that you will give away points by allowing him to make his best shot regularly. Almost every point-winning shot requires a certain set-up—the ball must approach low or high, it must be slow or fast—and if you successfully prevent setting up the approach, you deny him the opportunity to take points.

Generally, a control player is patient and will wait for an opening; he won't try to take the point on every exchange but will sustain the rally until he has the right opportunity. Forcing a control player out of this comfortable setting will require him to move more aggressively and thus increase his chance for error. If the control player seems to want to exchange a series of ceiling balls, for example, a quick switch to a defensive Z shot will require him to change his direction. Even better might be a shot such as a cross-court pass that would exchange the speed as well as the direction of the exchange.

Determining the weaknesses of the control player also can help to beat him. Obviously, if he has trouble in a particular area of the court or favors one side over the other, it is helpful to hit every ball to that part of the court or to his weak side. Avoid his strengths; play his weaknesses.

Keeping the control player out of center court also is effective. From the back corners of the court he has little chance of determining the action; anything you can do to keep him there will thus defeat his intention to gain the court-command position.

Another key is to combine accuracy with power. Since the control player generally likes a slower game, increasing the pace by applying greater power to your strokes will upset his game plan. Of course, if this increased speed is not combined with accurate shots you may provide him with unwarranted opportunities. It is important not to get

carried away with power and forget the need for accuracy. The control player needs to have time to "feel" the ball on his racquet. If you can force him into scrambling to return your shots, his chances of controlling the action are minimized. The faster you can make him move, the less his chance of controlling the action to set up a point-winning shot.

Playing When Tired

Everyone has "up" days balanced by "down" days. Matches often are scheduled in advance and it is impossible to predetermine strong days. All players have games on days when they would rather not play. And even on good days, a long contest can result in playing critical games when tired. What can you do to make a last-ditch stand that will win the match?

Once again, mental activities can do much to overcome physical limitations. When a player realizes he is tired, it is important for him to make a mental evaluation of the situation. Tired players tend to take shortcuts—shortening their backswing, leaning to reach

a low approach rather than getting the whole body low by bending the knees, failing to get set to move instantly when a serve is delivered. All of these inclinations to make errors can be overcome by conducting a mental review and consciously willing oneself not to let down.

The tired player cannot afford long rallies. A prolonged exchange of shots will only tire him further. Thus, every effort should be made to keep the rallies short. Getting set to begin another exchange provides a brief "recess" in which to regain strength.

The tired player also has slower reaction time and cannot rely upon pinpoint accuracy to gain points. Shot selection must be modified to concentrate on easy shots and avoid the spectacular shots. When a player is tired is not the time to attempt a rollout. The tired player also cannot expect to wear his opponent down. Given the opportunity, the tired player should hit shots he knows his opponent doesn't like.

Keeping a proper mental attitude can be the result of conscious thought. Some players wait as long as possible before delivering

their serve, in part to regain strength and possibly to upset their opponent. Taking a few seconds to review the situation mentally also allows time to regain composure. Getting rattled as well as tired can only result in defeat. The review also should include an evaluation of the prior shots: what is working and what isn't?

The rules of racquetball limit called time-outs to 30 seconds. An unofficial time-out can be gained, however, by wiping one's brow or cleaning eyeglasses. Simply taking a deep breath has both mental and physical benefits.

Some players relieve their frustrations and rebuild their strength by an aggressive outlet—yelling at the wall, kicking the door, pulling their hair, hitting their racquet against the sole of their shoe. Relieving frustrations makes it easier to maintain a positive outlook and continue to play a thoughtful game.

When the tired player becomes desperate, he may try some aggressive shots with a relatively poor chance of success—gambler's odds he would not ordinarily accept. After all, what is there to lose at this point? And

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gaining even a point or two can reverse a declining mental attitude, start the adrenalin pumping, and restore control.

Opponents tend to become less alert when they think they have you on the ropes. Telling your opposition that you are worn out will probably result in less concentration on his part. A momentary slip by the stronger player may provide the opportunity the tired player needs to regain his composure and control. Conversely, the stronger player needs to remember that he must keep alert even when his opponent seems to be exhausted. Racquetball is a game where standings can be reversed quickly.

Turn Around

First step in turning a losing game around is to determine why you are losing. If you can't pinpoint a weakness, you can't expect to win. What has gone wrong and what can be done about it are questions that must be answered if the game is to be salvaged.

When a player who expects to play a close battle against a known opponent finds he is losing, the problem can often be traced to the serve. The player should evaluate how his opponent is handling his arsenal of serves. If his best serve is a drive but the opponent is making his best shots when returning the drive serve, it is time to switch to another serve. Sometimes a serve that usually can be depended upon suddenly goes bad. Every player has occasions when the serve he depends upon most goes awry. When this happens, he should switch to a secondary serve. This emphasizes how important it is for every player to have a variety of serves and not depend exclusively upon a single serve.

If the reason for losing can't be found in the serve itself, it may still be a failure that could be altered by changing the serve. For example, if the player is consistently delivering hard, accurate serves that result in an equally hard, fast return, switching to a slower serve may force a more defensive return. When the reason for losing is the strength of the opponent's offensive, taking away the initiative by slowing the pace may destroy his rhythm and turn the course of the action around.

When the serving player is consistently failing to make a strong return on his first shot after a serve, changing the serve may overcome this difficulty. Changing to a serve that is significantly different from the usual serve will force the opponent to make a different return; the server should then have an improved chance of making a successful shot.

Another step in evaluating why the game is going wrong is to determine what shots are working best for the opposition. If the opponent has a particularly strong shot, it is important to deliver the ball so that it does not provide the proper approach for his strong

shot. Also, if the opponent is stronger on one side than the other, every effort should be made to deliver shots to his weaker side.

What are the opponent's weaknesses? Does he run around his backhand or have trouble handling ceiling balls? If a weakness can be isolated, it will obviously be beneficial to direct shots to his weak point.

Changing the momentum of the action can also change the direction of the scoring. Time-outs can be used for strategic as well as physical reasons. Especially at a critical point, calling a time-out may cool the drive of the opponent and turn the action around.

If the opponent is a "streak" player who has a strong series of shots followed by a weak series, delivering the same shot to him repeatedly will usually force him to make mistakes. A streak player needs a variety of approaches to sustain his drive; giving him the same approach will break his consistency and place him in his "down" cycle.

Sometimes a losing game can be turned around by delivering the ball directly to the opponent. Approaches that fly directly toward his body, especially at waist level or above, will "jam" his swing and reduce the effectiveness of his aggressive approach.

Sometimes a variation in equipment is the problem. An extraordinarily lively ball, for example, may result in overhitting or hitting too high. If that is the problem, the swing must be adjusted to reduce the pace of the ball in order to keep it within the intended target area.

There are a number of psychological pressures that can be applied to change the pattern of the scoring. Talking to the opposition may destroy his concentration. Even a compliment may force him to think about what he has been doing automatically, thus resulting in a break in his concentration and an error. Appearing to lose one's temper can have the same effect. Withholding a serve as long as possible may make the opposition fidget. Changing the tempo by delivering the serve very quickly one time and very slowly the next will tend to upset him. In a similar fashion, changing the height at which the serve is hit may desorient him. If the ball is normally served from a fairly high bounce, try hitting it almost at floor level as it first bounces.

When there is a gallery, a player may gain great psychological benefit by making eye contact with a supporter in the stands. Looking at the gallery destroys the concentration of some players, but when a player has a fan, the encouragement of a friendly face, or even a tip on where to place a shot, he can turn a losing game around.

Racquetball is a mental, as well as physical game. Thinking through problems and solutions can overcome difficulties and result in a winning game.

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INSTRUCTION

Southpaw Serves

BY CRAIG MC COY

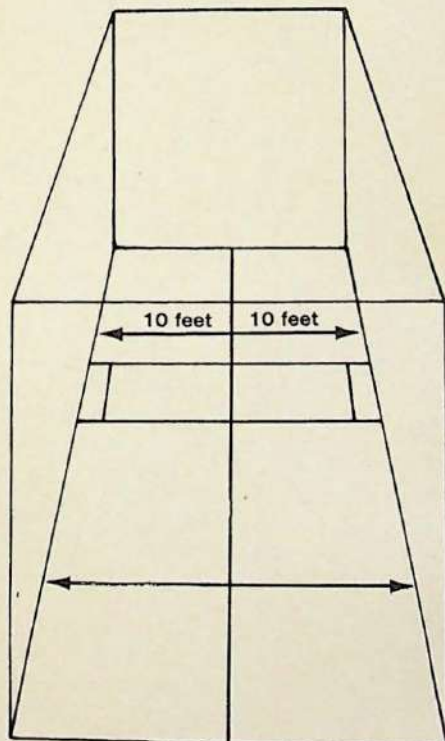


The serve is the most important part of a racquetball game. It is the starting point of play. For most players it only means putting the ball in play but this philosophy is wrong. For the smart player the serve is an offensive weapon.

The serve is the only part of a racquetball game in which you have total control of the ball. You can drop it from any height or hit at any speed you wish. It is the type of serve you hit which dictates the shape of the rally. If you serve the ball low, the return and beginning of the rally will usually be low or ground play. If the serve is high, the rally will usually start out high. In this article, we'll discuss the different drive serves since the game today emphasizes power. In another article we'll go on to Zs, lobs, and garbage serves. Since I am a left-hander, this article mainly describes serves for the left. You right-handers will just have to reverse the procedure.

V-Serve

The traditional or oldest of the drive serves is the pure V serve. Usually this serve is served from the middle of the service zone, so



On a V-drive serve, Craig McCoy says he visions cutting the court in half. This helps you develop your angle on the serve.

you have an equal angle of delivery when serving to the right or the left side of the court. With this serve you are trying to angle the ball into the back corners of the court. Since you are in the middle of the service zone, you have about 10 feet on each side of you to the side walls. From the middle of the service zone to get the ball to the back corners, you must hit the front wall about five feet from the side wall. If the ball hits too close to the side wall, it will rebound off the side wall and if it hits too much in the middle of the front wall, the ball will go straight to your opponent. Both these shots are possible plums for the opponent.

For the lefty, the V-serve is effective against rightys: The ball is screened somewhat from your opponent's view because it crosses your body. There are a few disadvantages with this serve though. When you serve to the left, your opponent can see the ball the whole time. If he doesn't see the serve going left, he knows it must be going right.

Down-The-Line Serve

This serve is one of the most popular to use

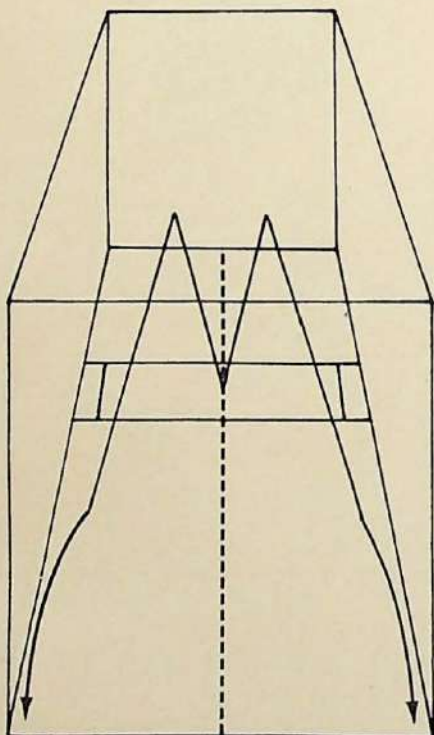
because there are so many advantages to it and only a couple of drawbacks. It's hard to master, however, because you are serving only two and a half to four feet from the left side wall and trying to bring the ball back at you, down the same wall. You only have a little room to work with.

Generally, when hitting a drive serve, a person gets low on the ball and strikes it with a side arm swing. But with a down-the-line serve, this is a disadvantage. With this side arm swing the ball does not come directly off your racquet. At contact point, the ball is really moving in a sideways motion. This sideways motion tends to put a partial clockwise spin on the ball. If you start your serve at about four feet from the side wall you should have no problem with this, but if you start about two feet from the side wall, this clockwise spin will usually cause your ball to rebound off the side wall up in front court. If your serve should make it over the short line, it will be traveling directly to center court where your opponent is waiting.

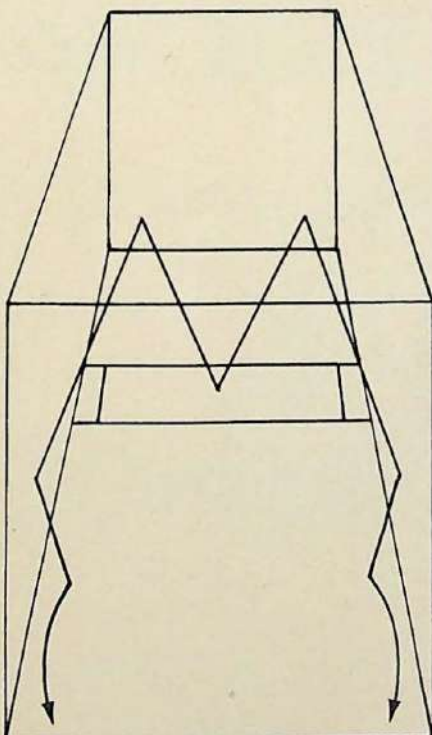
To counter this, use your side arm swing and get low on the ball, but at the point of

contact, bring your racquet over the top of the ball, much the same way that a tennis player (Bjorn Borg specifically) does when putting top spin on it. If you have ever seen Borg play, you will really get an idea of what I am talking about. He has a very exaggerated swing when he puts top spin on the ball. Of course, you can't put as much spin on a racquetball as you can on a tennis ball, and you will not come over the top as much, but you can come over the top just enough to make sure that you don't put side spin on the ball. This will cause your ball to travel back down the line.

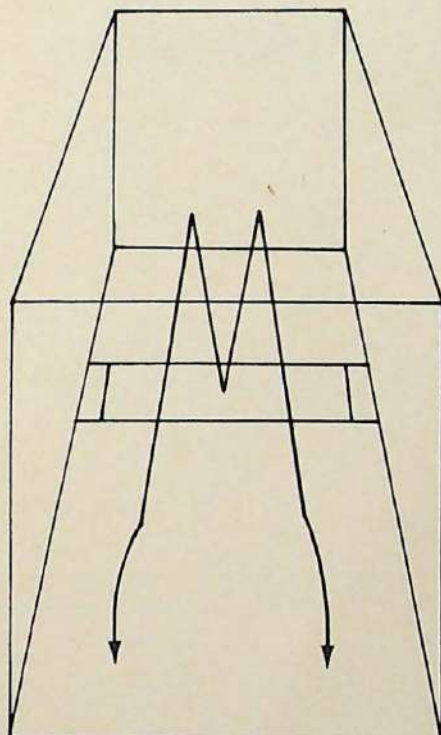
When hit correctly, the ball will travel down the line parallel and close enough to the side wall that your opponent will have a hard time returning it (I'm also taking for granted that you are trying to serve the ball low enough so that it doesn't come off the back wall.) Because you are close to the side wall, you are screening the ball from your opponent's view, at least until it passes the short line. With this serve, you also have the opportunity to go for a crack out. When you have mastered the top and side spins, it's not much harder to direct



The proper V-serve should go into the back corners. From the center you should aim at the mid-point of your square.



If the ball hits too close to the side wall on the serve, it will hit the side wall after it crosses the short line and probably give a setup to your opponent.



If there isn't enough angle on the serve, the ball will probably go directly back to the opponent, providing another setup.

INSTRUCTION

your serve so that you angle it towards the crack (side wall and floor) just behind the short line. If this shot is low enough and strikes the side wall just behind the short line, it's a very hard shot for your opponent to return.

From this same position, you can also hit a drive serve to the right but it's your opponent who dictates this serve depending on how he sets up. If your opponent is over playing or cheating over to the left on your serve, he's leaving the right side wide open for you to sneak in a quick serve. If your opponent is not over playing to the left, he will be able to see your serve from the moment he hit it because you're serving from the far left wall and leaving the whole right side of the service zone open to his view. If the angle of the serve isn't precise, the ball will either come right back to the opponent or come off the right side wall for a set up.

One word of caution: If you are standing too close to the side wall when you serve, the referee will probably call a screen serve on you. To avoid getting a screen called on you, as you strike the ball let your forward momentum on the follow-through carry you towards the center of the service zone. Actually, you will not move fast enough to be any further away from the side wall by the time the ball crosses the short line when you started your serve but, by the time the ball crosses the

short line and reaches back court, you are giving the illusion that you are closer to center court than you are to the side wall. Always remember that a screen serve is a judgment call by the referee and all referees call them differently. If you want to play it safe, start farther away from the side wall.

Drive From The Right

The drive serve from the right is executed from two to five feet from the right side wall. The serves from here are a wide angle to the left, down-the-line to the right and a Z serve to the right. The Z serve can almost be ruled out because it's not very effective against a right-hander.

If you start your drive serve at the three-foot spot from the right side wall, you must take a step with your back foot (left foot) towards the left side wall and then step into the shot with your lead foot (right foot). This little step serves three purposes. It brings you far enough away from the right side wall so that a screen serve will not be called. It also gives you more power behind the ball and it also creates momentum to enable you to move into center court on the follow-through.

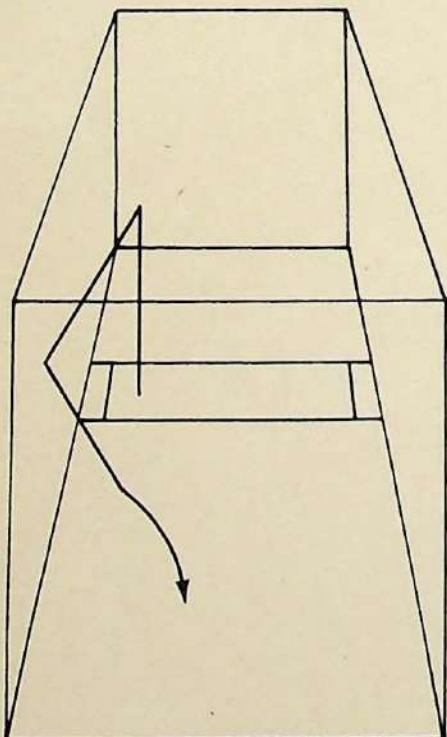
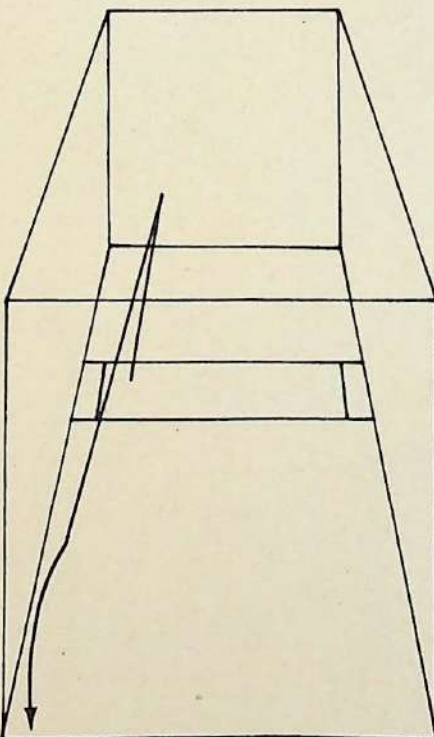
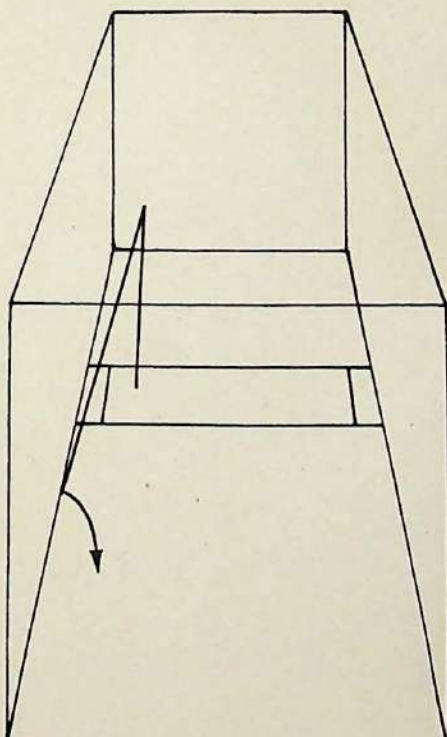
When starting from the five-foot area, just step with your lead foot into the shot because you are already far enough away from the side wall and a screen serve will not be called on you. The drawback on serving to the left

from this position is that your opponent can see the ball all the way. But even though your opponent can see the ball all the way, if the ball is hit hard enough and low enough, only a player with a very strong backhand will be able to pull the ball back across court.

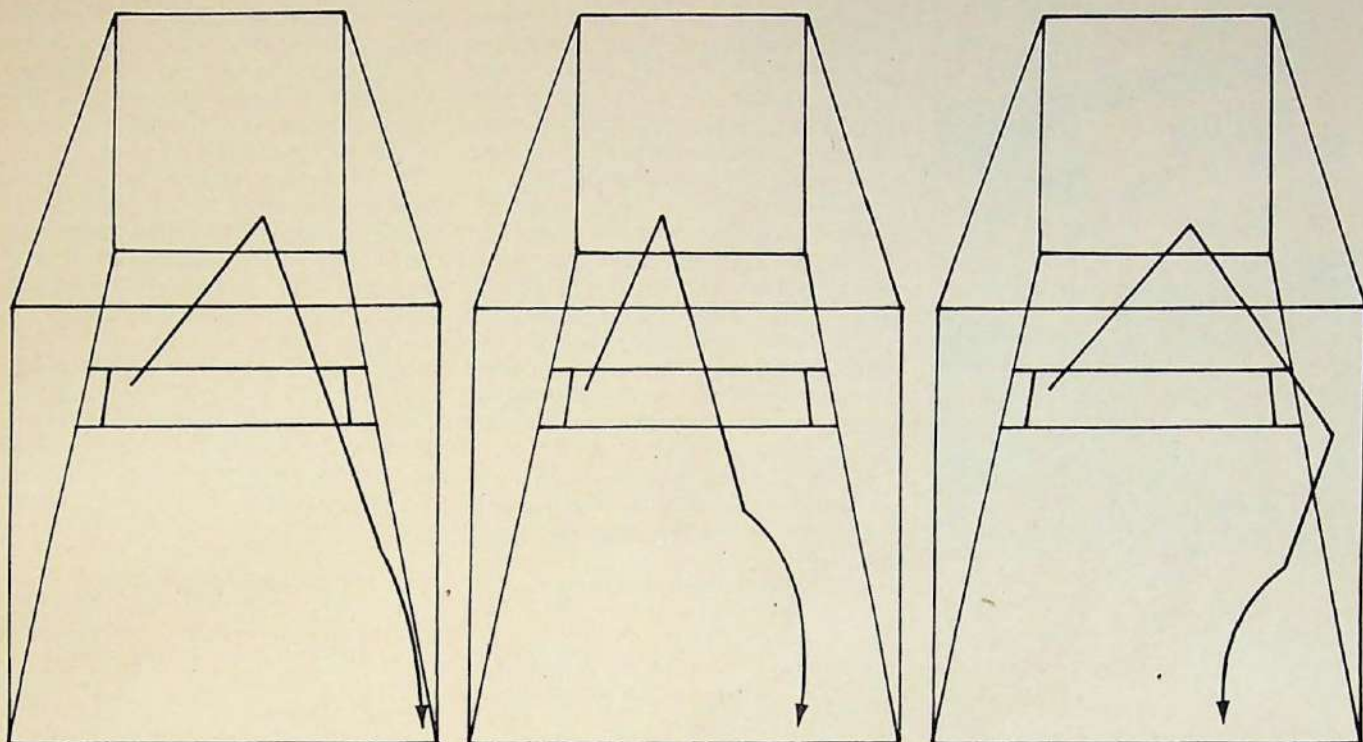
The down-the-line serve behind your body was first used by pro Charlie Brumfield. Brumfield became so proficient at this serve that it really didn't matter whether he served it to his opponent's forehand or backhand. For the lefty serving to a righty, this serve is a very good screen serve. Even though you step away from this shot when hitting it, you still screen the ball enough with your body so that your opponent can't see it until it crosses the short line. The serve is basically designed to be served down-the-line with the crack serve the second option. With a serve down-the-line, this will force your opponent into deep right court to return it. Hopefully it won't come off the back wall. Hitting the ball further to the right on the front wall will result in a crowd-pleasing crack-out serve. But if you miss, your opponent gets a plum.

Walking Serve

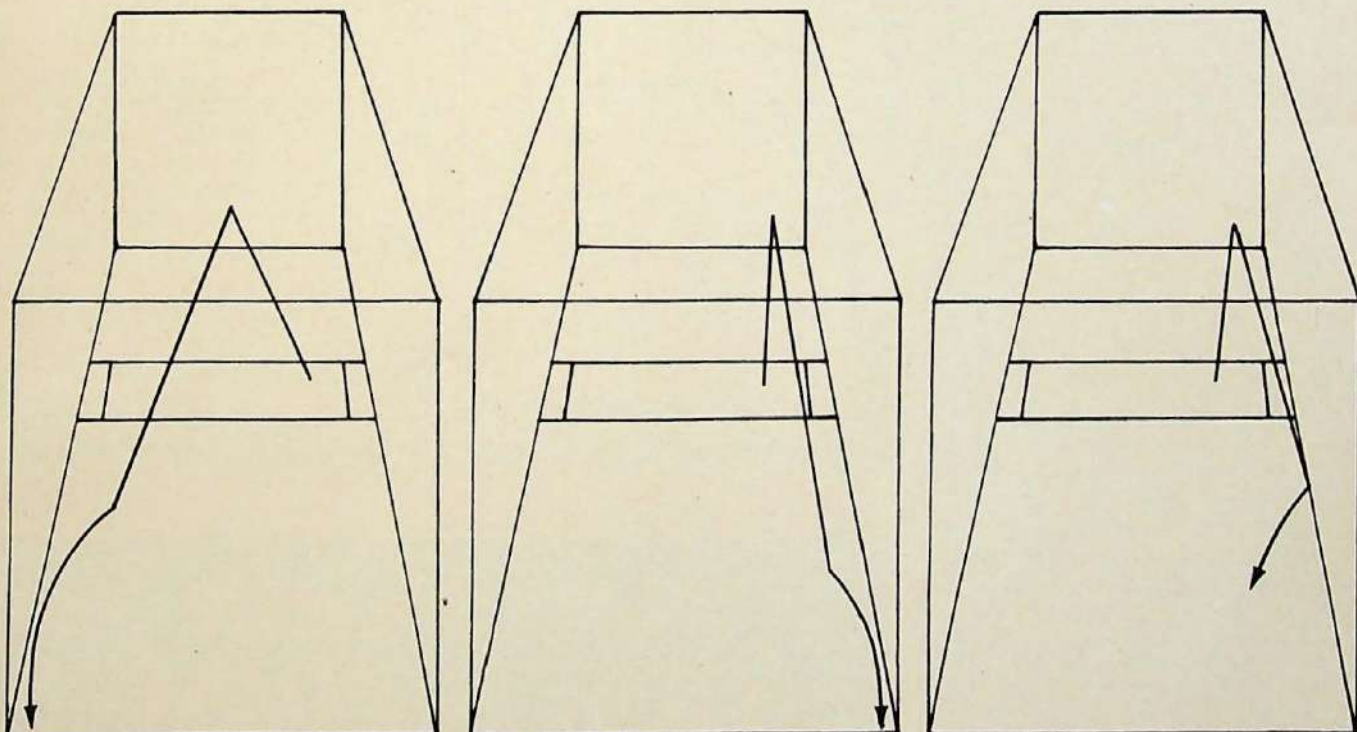
This serve is done by walking one to three steps before you hit the ball. About four years ago at a tournament in Memphis, a player started his service motion and then took 32 steps from one side of the court to the other



When hit incorrectly, a down-the-line serve will hit the side wall and move into center court (left). Ideally, it should carry straight back to the corners (center). With luck you could even hit a crack-out ace (right).



When serving from the left side, you can sometimes sneak in a quick serve to your opponent's right (left). But if your angle isn't precise, it will wind up near the middle (center) or come off the side wall for a setup (right).



Serving from the right side, you can use a surprise serve to the left corner (left), or a down-the-line shot into the back right corner (center), or you can get lucky with a crack-out (right).

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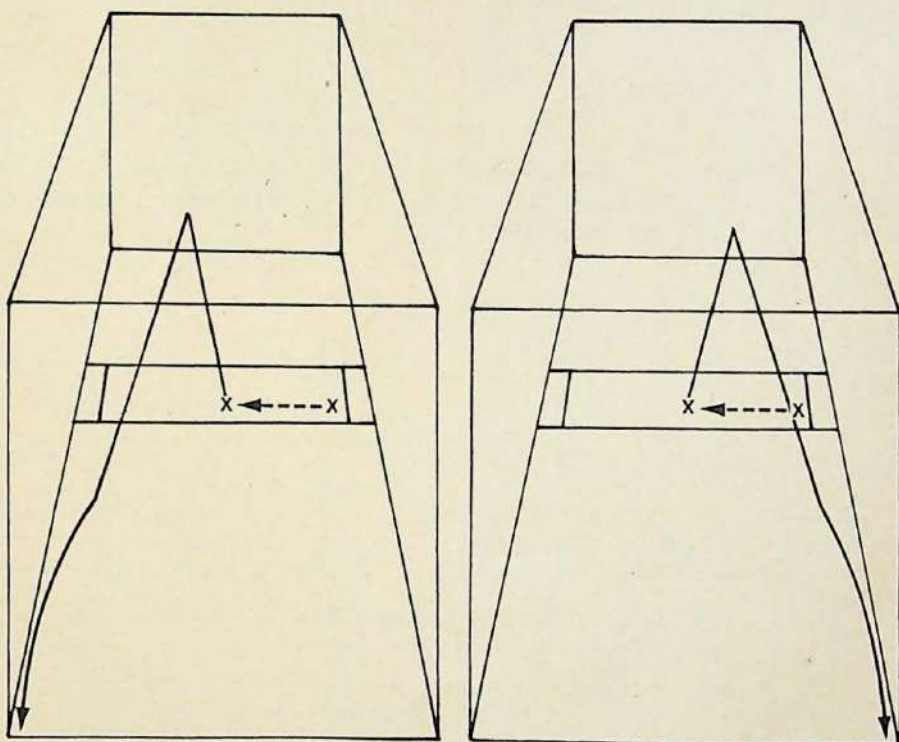
and back again in a continuous motion before serving the ball. It was all legal because he served it within the 10 second time limit. You can take as many steps as you wish to, even 32, but three should suffice for most players. This serve can be hit either to the left or to the right, and it's hit exactly the same way as any other drive serve. The purpose of this serve is deception and added power. The walking movement serves as a distraction to your opponent. But it's really no better or worse than any of the other drive serves. The purpose of the movement is to distract your opponent and try to break his concentration. As for the power, you will generally generate more speed on the ball from more movement with your body.

The purpose of using the drive serve to put the ball in play is usually to force a ground game. You are initiating more of a power

game on the ground. Learn to hit your drive serves from different positions in the service zone instead of just from one place. This will give you more variation and more effectiveness. But always have one or two pet serves to use when you need a big point.

Remember, every place in the service box to which you serve the ball will create a different reaction. Be sure to get down low on the ball, and bend at your knees and hips for more power. Put your whole body into the shot. The lower you get on the serve, the lower the serve will be.

Not everybody hits the ball the same speed, and with some balls faster than others, it's difficult to calculate an accurate height at which to hit the ball. But basically, the harder you hit a faster ball, the lower you can hit it on the front wall and still have it cross the short line.



Another effective serve is the walking drive, which can score you points from both sides of the court.

R

Next Month:
**OUR ANNUAL
RACQUET GUIDE**

Strategy for Players Over 30

BY JEAN SAUSER AND
DR. FRITZ CAMP

It is unfortunate that sports are unlike music and the arts. Musicians and artists know the meaning of older as wiser and better. They know age enhances one's abilities as skill levels increase.

In athletics, the story is not the same. Older is wiser, but the body's ability to perform is hampered by the aging process.

Racquetball is no exception to this golden rule of sports. As players, we must become aware that our bodies are deteriorating rather than growing and expanding.

So much for the bad news.

To learn the good news about racquetball over 30, you must consider the bad news not as a proclamation of doom. Even though your physical powers are diminishing, your mental powers are increasing yearly. This is ultimately the most important part of your over-30 development in racquetball.

This article will teach you how to prevent injuries through proper warm-up and training procedures for your sport. It will also aid you in the improvement and perfection of your game through a better racquetball strategy. These warm-up, training and strategy tips will produce the best competitive and recreational results in your future racquetball years.

Warm-Ups

Arrive for your game a half hour to 45 minutes early. This gives you time to unwind from a hectic day at work. It also gives you time to change, stretch and practice, so that when your actual court hour begins, you are ready physically and mentally to play racquetball.

"I was running late, from the office, I was in a hurry and wanted to get my full hour of racquetball in. That's how I got hurt," is a common excuse that can be heard often in the locker rooms.

Why put yourself through this emotional and physical strain? Wouldn't a little pre-planning make your on-court experiences pleasant instead of rushed and frantic?

Once you've dressed into your racquetball clothes, begin stretching in the sauna. You can accomplish two objectives here: The sauna will begin to warm your muscles while you stretch them at the same time. The length of time here is approximately five minutes.

Editor's Note: Touring pro Jean Sauser has co-authored several books on racquetball. She just turned 31, prompting her to write this story. Dr. Fritz Camp, 44, is a Portland, Ore. physician and an avid player.

Stretch slowly. After five minutes or when you begin to sweat, move out of the sauna into the fitness center or by your court and continue stretching. Stretch your legs, your calf muscles, your thigh muscles and buttocks. Stretch your arms and upper body. Your stretching should last for 15 minutes at least. Now you are ready to walk onto the court—but you are still not ready to play.

Your body is ready but your mind and strokes are not. Here are some on-court warm-up drill suggestions:

Start by hitting ceiling balls. Hit no less than 100 ceiling balls. Be sure to hit forehand as well as backhand ceiling balls. This will help loosen your shoulder muscles.

Then move to the forehand side of the court, one step to the forehand side of center court position. Face your forehand side wall, drop the ball and hit down the line with knee level forehand strokes. Begin by hitting the ball at medium speed. Step into every shot. As your legs begin to feel warm and your arm loosens up, hit the ball harder until you are hitting sharp, hard straight kill shots. After this you can vary your shot to a corner pinch. Hit no less than 100 balls. Repeat this same procedure with your backhand.

Move to front court and hit reflex kills on both sides of your body, straight in, to the near and reverse corners. One hundred shots is a good target number.

Give yourself set-up shots off the back wall and kill the ball. Fifty to 100 of these shots will warm you up for back wall shots that will come up during the game.

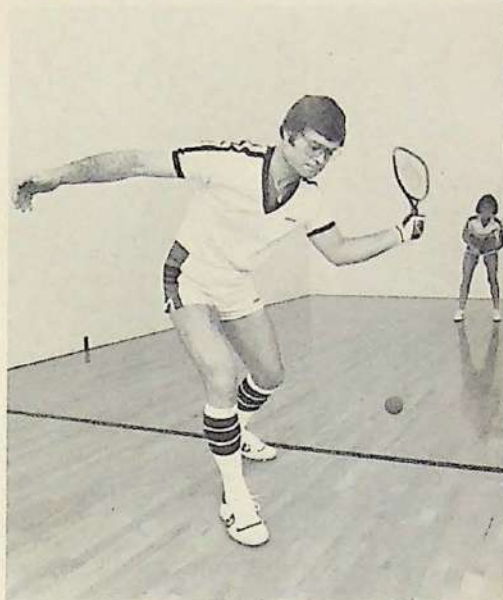
Now you are physically and mentally ready to play racquetball.

Training Procedures

There's a simple little saying that will keep you from overplaying: "Too much use causes abuse."

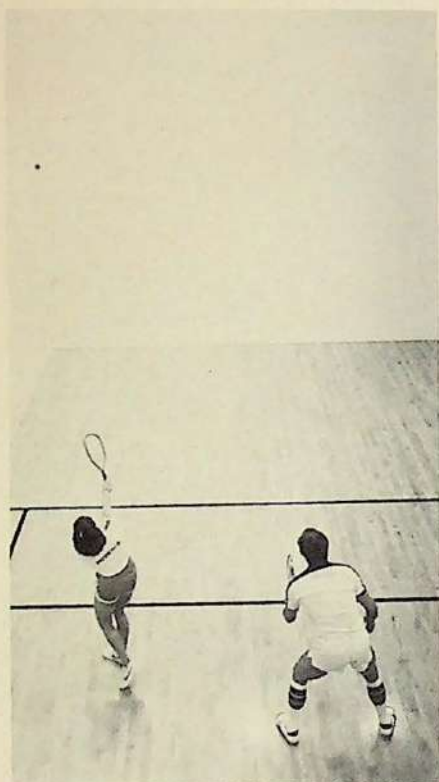
Using only racquetball to stay in shape over the years causes fatigue in certain muscle and tendon groups. Playing every day increases the chances of injury instead of preventing injury. Without a proper fitness program to complement your racquetball game, you are running the risk of permanent injury.

Don't play racquetball every day. Play three or four times a week. On alternate days choose a non-racquet fitness endeavor that will give your mind a rest while you build strength for your sport.

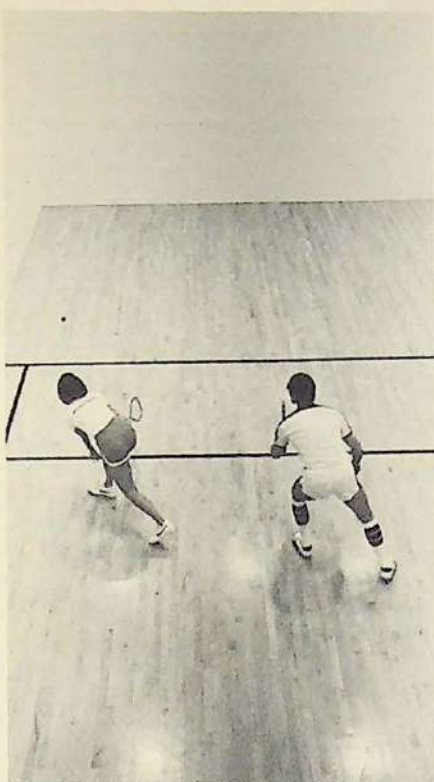


Don't expend too much energy on drive serves, says pro Jean Sauser (background). You should mix up serves, using lobs at times, as shown in the bottom picture by Dr. Fritz Camp.

INSTRUCTION



Sauser says an over-30 player is overdoing it by prolonging a rally unnecessarily such as a ceiling shot from mid-court (left). A player should end the rally with a straight-in down-the-line kill shot.



There are alternate activities that will actually help your game and prevent injuries:

1. **Weight training.** Weight equipment is highly recommended because it increases flexibility as well as strength.
2. **Swimming.** This gives you stamina on the court and at the same time it can develop your upper body strength.
3. **Running.** If you train at your own pace for a minimum of 20 minutes, your court stamina will improve along with your quickness.
4. **Exercise classes.** Conducted by experts, these classes increase your flexibility, strength and keep you in good health.

In addition to good training procedures, it is important to regulate your weight. Weight control is a must. When you are overweight, you put an overabundance of stress on your ankles, knees and back. Find a good nutritional counseling program and put your weight in proper perspective with your exercise.

Strategy

My philosophy is to first do as little as necessary to win and then as much as you can not to lose. This philosophy transcends all ages and produces champions in all divisions of play.

Diving is rarely, if ever, necessary in the

over-30 game. It is a ridiculous endeavor at any age. Your chances of causing an injury that you will have to carry throughout the rest of your playing career increase dramatically each time you hit the floor. If this risk is not enough to be concerned about, be aware that diving takes up valuable energy.

Energy conservation through shot selection and strategy is a most important factor in the over-30 game. If you have a good understanding of strategy and how to use it, you'll have more energy than your opponent.

Know your strategy. Master the technical skills of racquetball. Your body has only so much energy for a match. If you run out of gas in the first game of that match, you'll probably lose.

Let's consider good serving strategy first. The serve is like a free throw in basketball. You can make a point or merely put the ball in play. Improve your serves and you improve your overall game.

As we said before, however, you have only so much energy for the match. If you expend it on nothing but drive serves you'll be burned out in the tie-breaker. Mix up your serves. If your drive serves are missing, use half lob and lob serves also. Develop your half lob serves to be as effective as your drive serves. True, they are less dramatic, but they get the job done at minimum expense to your body.

If you can put the ball in the most impossible spot for your opponent to retrieve it, you can rest assured that your shot selection is excellent. When you find that your shots constantly result in points for your opponent as you are running around the court out of breath, your shot selection needs work.

Good shot selection means that you work smart, not hard. If you are tearing your arm off in an effort to sock the ball through the front wall, you're working too hard.

Try to choose the shot that will end the rally as soon as possible. For example, the player who has a set-up kill in front court and chooses to hit the ball back to the ceiling is doing too much work to win the point. Conserve energy and time by taking the shot that ends the rally swiftly.

The older player who tries to blast kills from deep court against a well-positioned opponent in front court is also playing on borrowed time. A simple, well-placed pass shot in these instances will promptly win the point.

There are three ways you can improve your shot selection.

First, read about your sport. Read magazines, books and periodicals discussing court position, shot selection, etc. Game improvement comes from the desk as well as the court itself.

Second, take a lesson from a competent pro. Have your strokes checked out. Make sure that you are getting the maximum benefit from your game style. Get pointers on strategy and shot selection. Have your pro give you racquetball drills to practice for skill level as well as game improvement.

Third, observe other players in matches. Observe what they do to win points. Observe their mistakes. You may discover a technique or two that will add points to your game.

In tournament play, another consideration of strategy is the use of time-outs. You must take time-outs when you are physically or mentally beat. If you are slipping away physically and losing, it's time to call a time out and regroup your thoughts as your body rests.

Say to yourself, "What am I doing wrong that is making me run and work so hard?" Then ask yourself, "What can I do to put my opponent off balance, work him harder and share the load?" Decide how you can force errors. Plan where you can place the ball so that your opponent will struggle.

Another time-out situation may develop when you are leading your opponent because he will call a time-out to regroup. Use this time-out to focus on what you are doing right. Try to prepare yourself to take the next several points after the time-out. Never call a time-out when you are ahead and full of energy. You'll run the risk of losing your momentum.

Attitude

Racquetball can be a frustrating game. You must master your own frustration. You must be a superb manager of stress. If you fail at this, you will get down on yourself, and getting down on yourself creates two opponents—your playing foe and you.

If you go out on the court and within the first few points you're calling yourself names, you'll have a hard time turning these feelings around.

When your opponent gets down on himself during a match, realize that your chances of winning have just increased greatly. Let him destroy himself.

A person over 30 has supposedly learned to handle personal and professional stress. Now you must learn to handle stress on the court.

Your attitude becomes one of concentration. You learn to play it point by point until you win the game. The talented over-30 player goes up to the service zone winning one rally at a time in mind. He receives the serve in the same manner. This is the winning attitude.

Equipment

You now have good warm-up, training, strategy and shot selection procedures. Your attitude is good, you're fit and healthy. Can there be any more considerations for the over-30 player? Yes.

Equipment will become more and more important as you grow in the sport of racquetball. You need equipment that performs well and at the same time protects your physical game. Your equipment should also prevent injuries if possible.

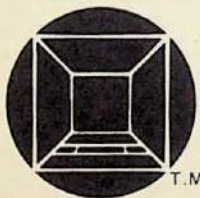
Your racquet should be as light as your pro suggests, to prevent wear and tear on your arm. Make sure your racquet has minimum vibration upon ball contact. Racquet vibration is one of the leading causes of tendonitis. Invest in a high quality racquet. Again, your club pro can help you find a racquet suitable to your game in terms of weight, grip size, string tension and balance.

Shoes should fit properly. If you have ankle problems, high tops will give your ankles reinforcement against sprains. A good shoe has quality soles. You want good traction with minimal slippage. Make sure your shoe is

designed for racquetball. Most of the leading manufacturers make a racquetball shoe. Make sure that your racquetball shoes only play racquetball. Jogging shoes are unsuitable because there is no lateral support. If you use your racquetball shoes outside, you'll slip on the court. Many an injured racquetball player has later confessed that he wouldn't have fallen down if he hadn't cut the lawn in his racquetball shoes.

Playing with a medium speed ball is best for the game in general. A medium speed ball can be classified as a ball that when hit to the ceiling with a medium speed stroke, comes back for another ceiling return. If the ball falls short in center court, it's too slow. If the ball bounces and then comes off the back wall for a set-up, the ball is too fast. Playing with a ball that's too live causes control problems and that's no fun for anyone. Playing with a ball that is dead will hurt your arm because you'll overswing to hit the ball hard enough.

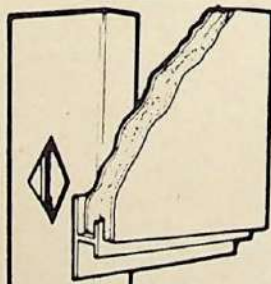
Eye protection is a must for all players. Eye protection improves your game because it gives the player the freedom to watch the ball during the rally. Watching the ball closely improves strategy.



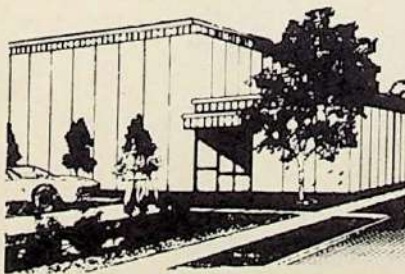
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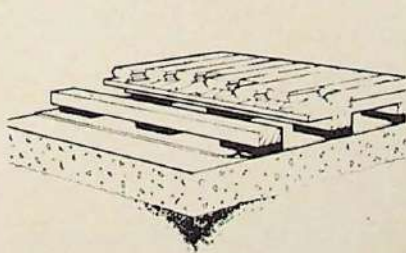
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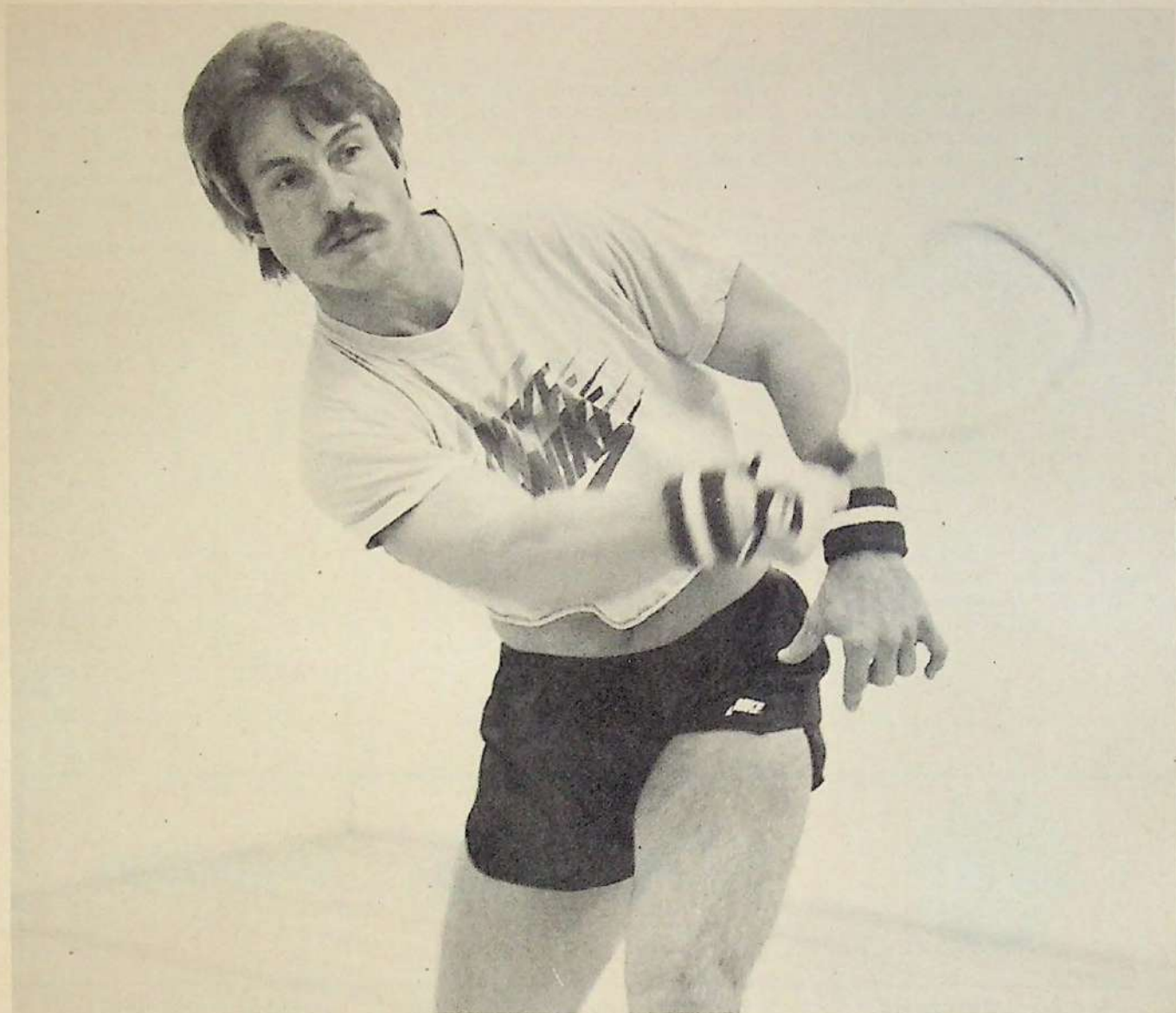
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ON AGAIN OFF-SEASON



Racquetball is the main off-season physical activity for World Series MVP Ron Cey.

BY CHARLES WARN

After the Los Angeles Dodgers were beaten by the New York Yankees in the first two games of the 1981 World Series, reporters wanted to know about team morale. How did the Dodgers feel about being so close to defeat?

"I told the press that we had the Yankees right where we wanted them," says Ron Cey, veteran third baseman and offensive spark-plug on a Dodger team that did in fact come back to win the world championship of baseball four games to two.

"It was a fairy-book kind of story. To have the guys battle back after going two down in the

Houston series and come back and win three straight and have to go into Montreal and win the last two games in the snow and the sleet and the cold was just a tremendous feeling. And then, of course, winning the Series against the Yankees after going two down was just great."

Cey has made a successful career out of meeting tough challenges. Known as "The Penguin" because of his distinctive way of walking, Cey decided he wanted to be a big league ballplayer when he was eight years old.

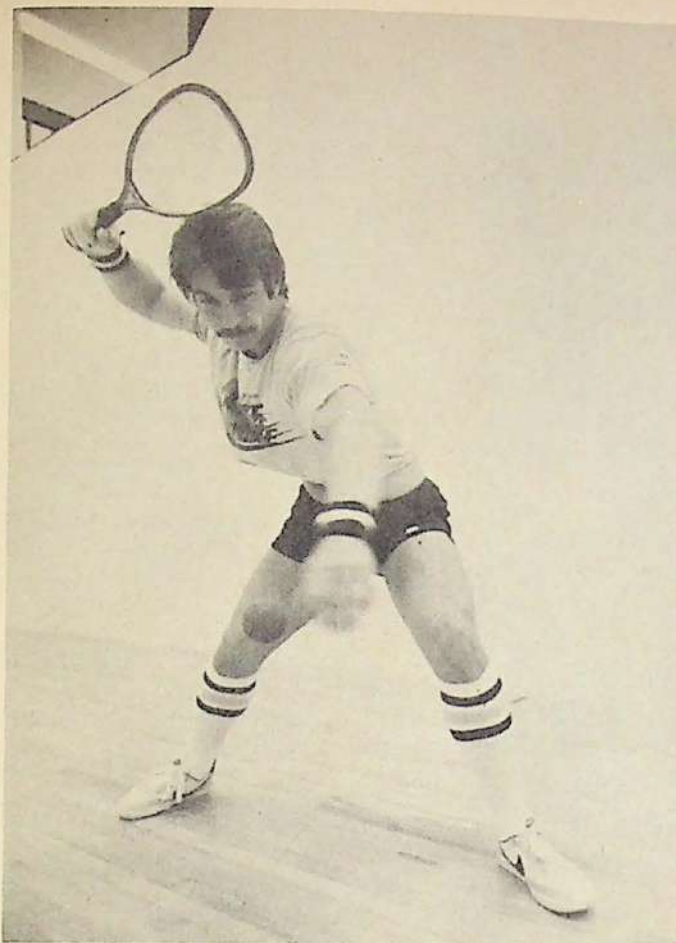
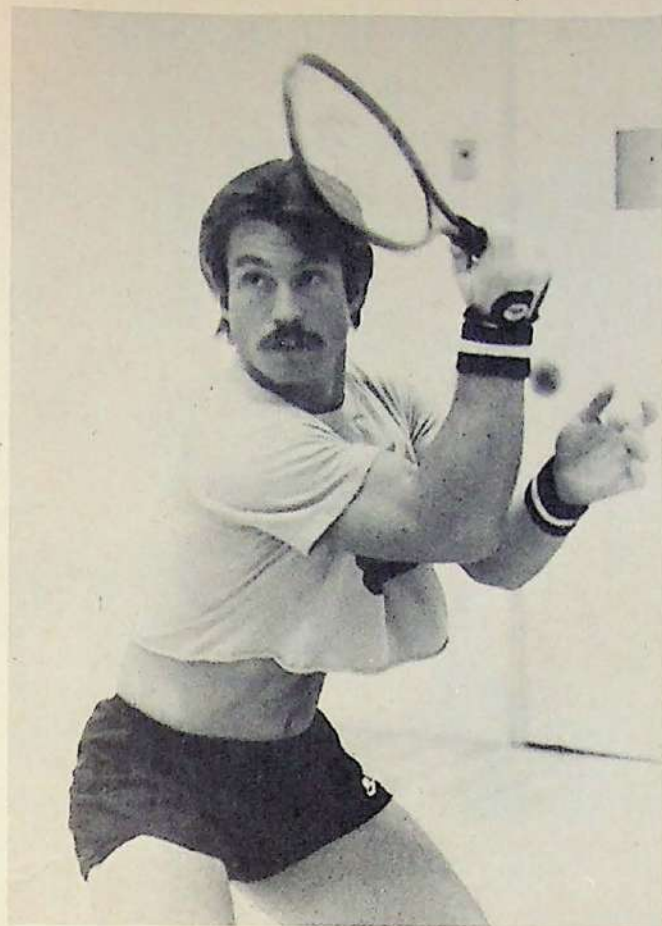
"I'm a fortunate person in that I had a goal

very early in my life and one that I was totally dedicated to," says Cey. "It worked out for me. But there was a lot of dedication and sacrifice that went with that kind of commitment."

Cey, 34, is still working hard. A few days before heading off to Vero Beach, Fla. for spring training, Cey talked about his off-season approach to staying in shape.

"In the off-season I play a lot of racquetball," says Cey. "I workout on Nautilus, I jog, maybe run some windsprings. I dedicate a portion of my day to physical things."

Racquetball became a part of Cey's off-season training program eight years ago. "I



try to play three or four times a week," he says. "Racquetball is complementary to baseball because it's a reaction type of sport. You don't need great overall speed but you have to have agility and quickness to get your feet down and planted in a good fundamental position when you field the ball."

Despite his enjoyment of racquetball, Cey does not play during the baseball season. "Baseball is very demanding," says Cey. "We play almost every single day. On the days we don't, we travel. The game itself is the finished product—the 20 percent that's up top. The preparation for the game is like the mass of ice that makes up the glacier. It's beneath the water. You don't see it."

"You play baseball every day for six or seven months, and that's enough. If you did go out and hurt yourself playing racquetball during the season how would you really explain the fact that you hurt yourself doing something else? It's not a logical thing to do."

One gets the impression while watching Cey play racquetball that everything he does requires his best effort. "I play hard because that's my nature. If I go out there and play racquetball and don't concentrate on some of the things that will help my baseball then I'm misusing the whole game and the whole cause."

Cey starred in football and basketball in addition to his baseball in high school in Tacoma, Wash. "I really loved those two other sports but I had to make a major decision at that point. Baseball was my first love." He then went to school at Washington State before joining the Dodgers' organization.

Cey has deep feelings about being a part of the Dodger tradition. "There's a great deal expected of you just because you put on that Dodger uniform," he says. "The Dodger organization always strives to be number one. Our goal each and every spring that I have been in the Dodger organization is to be the World Champions, not to improve on a fourth place finish, not to just have a winning record, not to be one of the contenders, but to be nothing less than the World Champions. Now it's a reality."

Cey recalls the Series and the electric feeling he says the players had. "It's an unexplainable energy that is flowing and you can feel it and it's all positive," says Cey. "There was no doubt in our minds. It was a total team feeling that whatever our opponents were going to do, it wasn't going to be enough. We just kept coming back. We didn't roll over."

Cey and teammates Pedro Guerrero and Steve Yeager were named Series' most valuable players.

One of the most horrifying moments from the 1981 World Series came in the fifth game when Cey was beamed by Rich "Goose" Gossage's near-100 mph fastball. Although he had to leave the game, he was back in the starting lineup for the sixth and final game.

"If that ball had hit only an inch or two down, then of course, it's adios," Cey says matter of factly. He speaks deliberately about the incident with a tone of unmistakable recognition at how fortunate he was to have narrowly escaped disaster.



"Racquetball is complementary to baseball because it's a reaction type of sport," says Cey.

ON AGAIN OFF-SEASON



"I was light-headed and dizzy for a month (after he was beamed in the World Series by Rich Gossage) but there's no problem now."



Fortunately, Cey reports no after effects now. "I was light-headed and dizzy for a month, but the neurologist had prepared me to expect that. There's no problem now."

As befits a star of the World Champions, Cey is optimistic about his future. "I'm still very much in love with baseball," he says. "As long as I continue to have fun playing, it boils down to health. I take very good care of myself. If I can go through and not have any real major problem slap me on the side of the face, then I'll play as long as I can."

"The first person who is going to know it's over is me. I don't need a sports writer or a teammate to tell me. It'll be a sad point but you have to deal with obstacles that come up."

"I have no idea what I'll be doing 10 years from now. But I would like to be along the way to planning some type of security for my family."

But whatever profession he pursues it will be a distant second to baseball. "Whatever my primary occupation will be in the future, it will rank second to baseball. There will be nothing to replace the joys and the kind of lifestyle my family and I have enjoyed."

One thing is for certain, however. When he retires he will have more time for his favorite off-season sport—racquetball.



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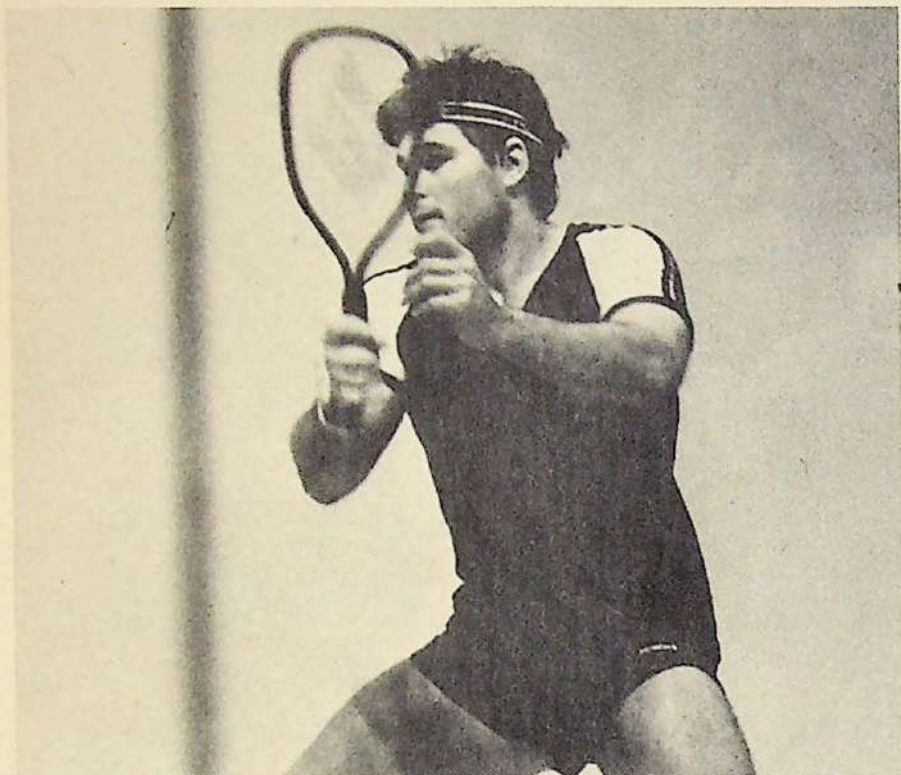
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PECK, McKAY TAKE EKTOLON-PONY TITLES

BY BEN KALB



Dave Peck played some of the best racquetball of his career, losing only one game the entire week in winning the Ektelon-Pony men's title at the Sports Gallery in Anaheim, Calif. Peck defeated Mike Yellen in less than one hour in the finals, 11-2, 11-3, 11-10.

If nothing else, the Ektelon-Pony racquetball tournament:

- Showed there are a lot of young players on the horizon ready to take over the pro tour when they get on it.
- Showed that Dave Peck has come of age mentally, so to speak, not folding under pressure as he once did, and now a serious threat to Marty Hogan's dominance.
- Showed that Lynn Adams is the best woman racquetball player in the country if she's not playing in front of relatives and friends.
- Showed that Heather McKay is still Heather McKay—moving along steadily at age 40—winning when she has to win.
- Showed that racquetball promoters still regard women as less than equal, although the prize money breakdown (\$21,300 for men and \$18,700 for women) is as close to parity as it has ever been.

Other than that the \$40,000 Ektelon-Pony Championships at the beautiful Sports Gallery in Anaheim, Calif. was your typical pro tournament with upsets and setups and some exciting matches and some boring matches and what have you. And when the ESPN television cameras had shut off their lights, there were Dave Peck and Heather McKay standing with those publicity-motivated oversized checks for first place.

Peck won his \$10,000 by beating Mike Yellen, 11-2, 11-3, 11-10, in one hour. McKay won her \$7,000 by beating Adams, 3-1, 3-2, in the better match of the two finals.

The Adams-McKay finale was expected. In the four previous WPRA tour finals, there were the same two players battling it out for top honors, and Adams had won three of them.

McKay had an easy time reaching the finals, not losing a game until Terri Gilreath took one off her in each set in the semis. Adams did not have any trouble until the semis, but at that point she faced rough going before finally beating Shannon Wright.

Adams, showing obvious nervousness due partly to the fact that many of her relatives were seated in the audience, lost the first set to Wright in convincing fashion, 11-5, 11-3, 11-6. She then lost the first game of the second set, 13-11, before finally winning one, 11-2. Wright took the next game, 11-8, and Adams won the next two, 11-3, 11-8, to send it into a tiebreaker.

Adams broke a 4-4 tie and drove out to a 9-6 lead. She upped it to 13-7 and won it 15-8, thereby preventing Wright from making it three straight titles in this tournament.

"I had a history of losing to Shannon on this court," recalled Adams. "She used to kill me here and you don't forget those things, especially when some friend comes up and says, 'Don't worry, you'll beat her this time.' It

PHOTOS BY DAVID M. KING

took me a while to get started. I was tight but as I won more games, she got tighter."

The tightness showed in her match against McKay but unlike the match with Wright, things didn't turn around. McKay took the first set, 11-6, 6-11, 11-5, 13-11 and wrapped things up in the second set, 4-11, 11-8, 9-11, 11-5, 11-6.

Down two games to one in the second set, McKay drove out to 6-0 and 10-4 leads in the fourth game and a 4-1 lead in the fifth game. Adams cut it to 5-4 but McKay scored six of the next eight points to win it. McKay had lost to Wright in the finals of the first Ektelon tourney (then co-sponsored by Perrier) and last year was beaten by Marci Greer in the semis.

"I played steady," said McKay. "I didn't give much away. Lynn seemed tentative at times."

The unusual aspect of McKay's win was that it followed a period of rest, rather than practice time. McKay had suffered a mild back muscle spasm and did not pick up a racquet for six days. "Lynn had been beating me and maybe I was putting too much pressure on myself to practice," said McKay. "The break helped me. I felt quite relaxed. The pressure was on her because she was number one in the rankings."

McKay said it was also an advantage for her to play Gilreath in the semis. "Terri is the same type of player as Lynn," said McKay. "Having Terri serve to me is just like having Lynn serve to me." Adams and Gilreath practice with each other and are both coached by Jim Carson.

Adams admitted she wasn't playing her best during the week. "I didn't feel nervous but I didn't play as well as expected," said Adams. "I was struggling at times."

"I was more tentative in my mind than in my body against Heather. Heather is always steady. You have to earn your points against her. She didn't give me any breaks. She kept me on the run."

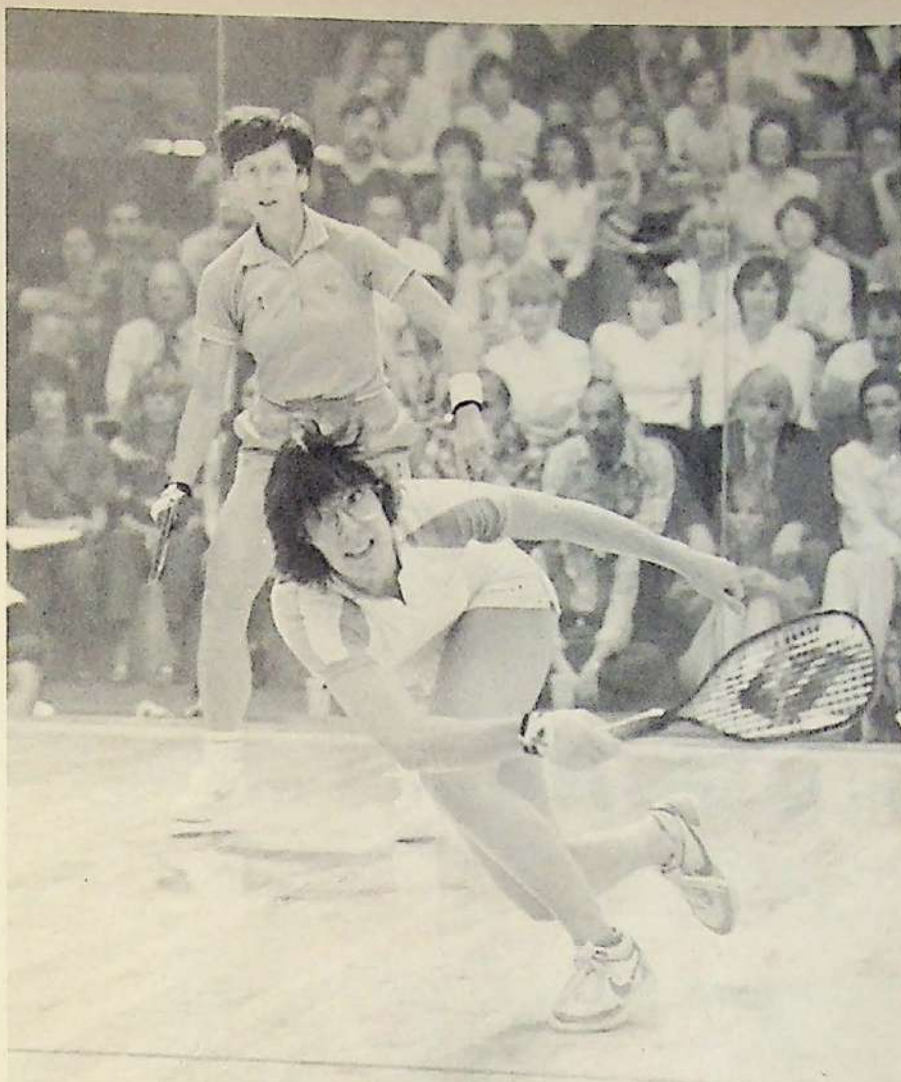
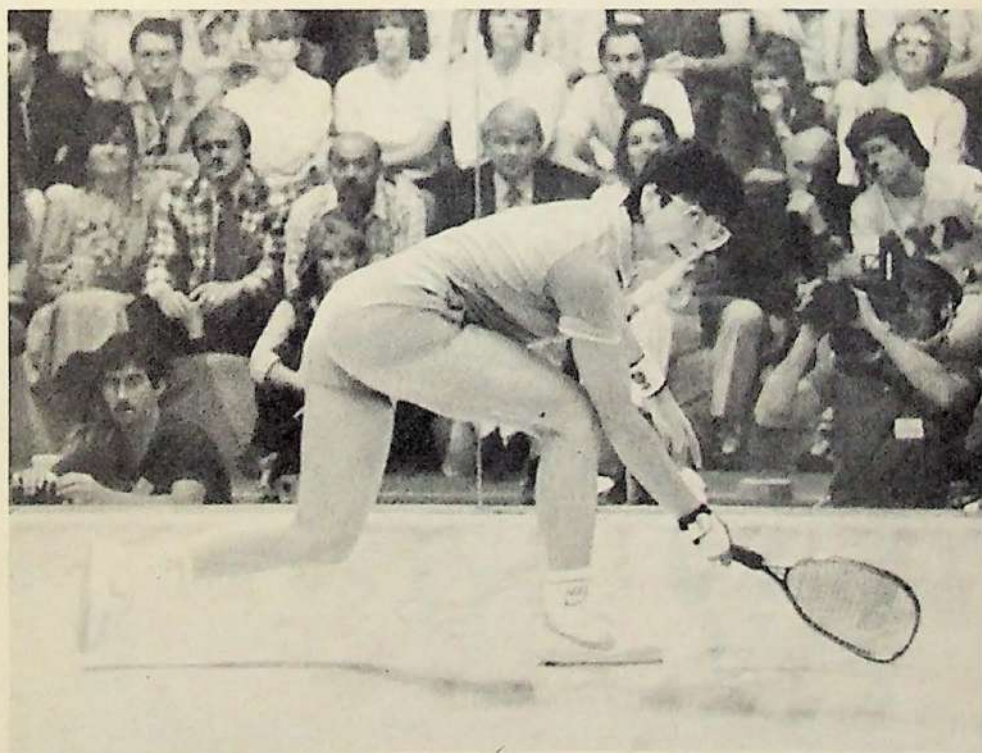
Adams was disappointed, more so from what she terms "backtracking" than from the defeat to McKay. "I don't feel that I'm such a dominant player that I will never lose again," said Adams. "But to go from being so confident about hitting through the ball to being unsure of myself, that hurts."

Another person who seems to be hurting in tournaments is Marty Hogan, who lost in the second round of the previous event in Texas after barely surviving a first-round match, and then lost in the quarters of the Ektelon-Pony after getting a scare in the second round. This wasn't the same Hogan who had won four straight National titles, three of the six Catalina pro stops and last year's Ektelon-Perrier title.

"He's playing racquetball like Evonne Goolagong used to play tennis," said one observer. Goolagong used to have "walkabouts" during a match, not keeping her concentration and losing the momentum she had built up.

"You hate to see him come in to a tournament playing badly," says rival Dave Peck. "He's the best thing for the game. I would rather beat him when he's playing his best."

Hogan won his first-round match against



Although Lynn Adams had beaten Heather McKay more times than not this season, it was the 40-year-old McKay who won the women's finals of the Ektelon-Pony affair, 3-1, 3-2.

PECK, McKAY TAKE EKTOLON-PONY TITLES



Mike Yellen defeated relative newcomer Ed Andrews in the semis (left) before eventually losing to Dave Peck in the finals (right).



qualifier Scott Oliver, 3-1, and was down match point to Gregg Peck before coming back to win, 3-2. But in the quarters Hogan was history, losing to former national amateur and World Games champion Ed Andrews, 11-8, 11-7, 10-11, 5-11, 11-8, in the tourney's most exciting match. Hogan was down match point in the third game with Andrews serving at 10-10 but Marty managed a great recovery shot to gain a side out, and finished things off with an ace. In the fifth game, Andrews broke out to a big lead and held on to win.

"That was the first time I ever played him," said Andrews, who only recently signed his first pro contract (with Ektelon). "I just tried to play my game. He hits a lot of spectacular rollouts but he also leaves a lot of balls up. My strategy was to make him hit from behind me."

Andrews is one of the up-and-coming players who was locked out of playing on the main men's tour this year—the Catalina Pro-Am—and has not received word on whether he will be playing next season, although because of his sponsorship, it is likely he will be joining that select group of players.

"No one has said anything to me," said Andrews. "I feel I've paid my dues. I think I'm better than at least half the guys on the tour."

The other quarterfinal matches found Dave Peck defeating Lindsay Myers, 3-0, Jerry Hilecher beating Gerry Price, 3-0, and Yellen defeating Bret Harnett, 3-1. Harnett was one of the hottest players on the tour, having won the previous tourney in Texas.

The men's bracket was filled with upsets. In the first round, Mark Morrow beat Steve Strandemo, Steve Lerner defeated Mike Levine, Jim Cascio beat John Egerman and Gary Berberet beat Don Thomas.

In the second round, Andrews beat Craig McCoy and Price upset Rich Wagner. Price, Cascio and Lerner are heretofore three unheard-of players to watch out for in the future.

Peck defeated Hilecher in the semifinals, 11-8, 11-10, 9-11, 11-9. The one-game setback to Hilecher was Peck's lone blemish in an otherwise perfect week.

Yellen won the other semifinal battle, defeating Andrews, 7-11, 11-3, 5-11, 11-6, 11-5. In the fifth game, Yellen scored the first point, then traded side outs with Andrews 10 times before scoring the second point. Yellen led 7-2 and then scored four out of the next seven points.

Yellen had been having an up-and-down season, playing well the first part of the year but faltering in the latter half. He started the year ranked second but has since dropped to sixth. His wins over Harnett and Andrews were shades of the old Yellen.

The Yellen-Peck finals marked the second time in a week the two had played. Peck had beaten Yellen in five games (11-5 in the fifth) in a \$5,000 winner-take-all match for the American Heart Association the week before in Chicago.

But this one wasn't as close. It was over quickly and would have been over even



McKay defeated Lynn Adams' sparring partner, Terri Gilreath, in the women's semifinals (top) while Ed Andrews made it to the semis with a surprising five-game victory over defending champ Marty Hogan.



PHOTOS BY DAVID M. KING AND MILO MUSLIN

sooner had the two players not spent so much time arguing with referee Dan Bertolucci's calls ("His calls were consistent—consistently bad," said Yellen during the match.).

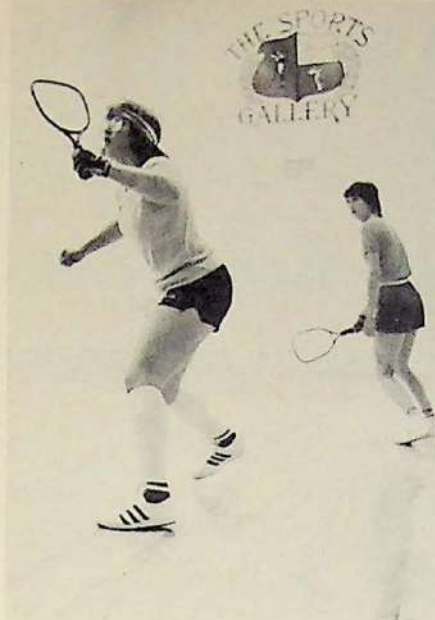
Peck led 10-0 in the first game before Yellen scored his first point. Yellen then scored one more before Peck scored the game point. Peck won the second game after leading 10-1.

The third game was rather exciting with the two players knotted at 2, 3, 4, 5, 7, 8 and 10. Yellen had a 10-8 lead but Peck came back to tie it on a kill and a pass and won it on a forehand kill shot.

It was the strongest Peck has played in some time. "I played consistently this week," said Peck afterwards. "I was hitting a lot better on the run. The third game was the key. If he would have won the third game, it would have built up his confidence."

Peck said the main thing he has noticed in his play is the improvement in maintaining confidence. "My mind used to start wandering during matches," said Peck. "But the more you play, the easier it gets. Now I'm maintaining my intensity throughout."

Yellen was not disappointed with his week's play considering his victories over Harnett and Andrews but he realized he didn't play so well against Peck. "He played well and it took me a while to get comfortable, to get in the rhythm of things," said Yellen.



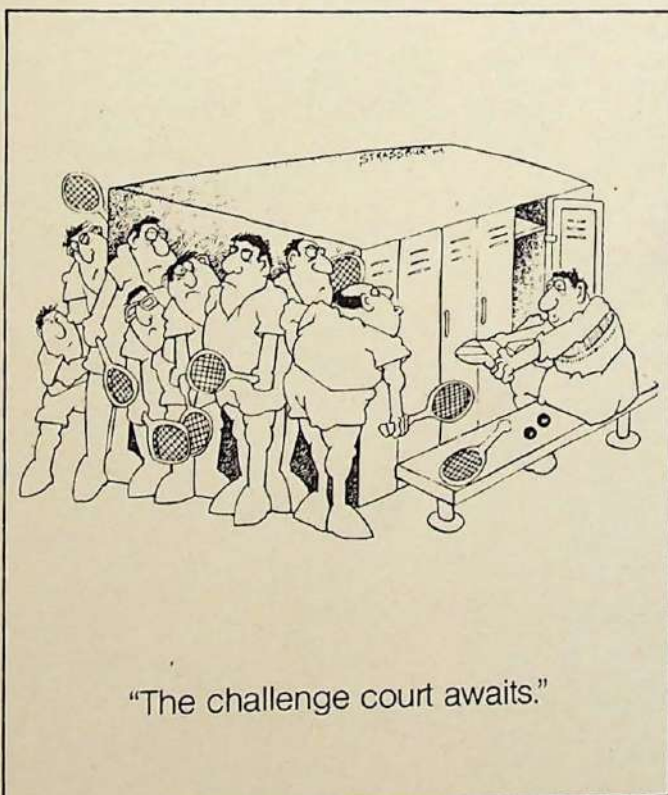
Tammy Hajjar gets ready for plum off back wall in win over Diane Bullard and Gerry Price's backhand rollout wasn't good enough to beat Ruben Gonzalez in open division finals.

Yellen collected \$3,100 and Adams picked up \$2,500 for their runner-up finishes.

In the open division finals, Ruben Gonzalez of New York beat Gerry Price of California, 15-10, 15-4, and Tammy Hajjar of New York beat Diane Bullard of Florida, 15-13, 15-6. It was the second straight Ektelon title for Gonzalez. In the veterans competition, Lucy Zarfos of

Pennsylvania defeated Donna Henry of Michigan, 8-15, 15-14, 15-9, and Mark Hegg of Oklahoma beat Jay Schwartz of Florida, 15-5, 15-10. Each of the four winners were awarded Club Med vacations.

The pro finals will be shown this fall on ESPN cable channels with Ted Dawson and Charles Garfinkel calling the action.



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RELAXATION FOR RACQUETBALL

Part Four—Rehearsing To Win

BY ROBERT L. MORASKY, PH.D.

In the three previous articles dealing with performance relaxation, we discussed muscle tightening and releasing relaxation techniques, systematic desensitization to reduce anxiety, and focusing relaxation techniques for advanced relaxation skills. Now it's time to bring your relaxation and mental imagery skills together with a technique known as "Covert Behavioral Rehearsal" (CBR).

CBR?

It has been said that there is a connection between what we think and what we do. You know the old saying, "You are what you think you are" and "I think I can... I think I can..." CBR is a set of mental exercises based on this implied connection between thinking and behavior. But it goes beyond thinking as we usually mean it. During CBR you strive to mentally practice or rehearse actions that take place before and during racquetball games. You learn to see your own racquetball play in minute detail—and have it result in success. CBR requires considerable practice and effort. Some athletes pick up the technique very quickly and see an immediate influence on their game, while for others, control over visual images may come slowly and the impact on their racquetball game occurs less rapidly. Regardless of their rate of progress with the technique, most racquetball players can benefit from some degree of CBR.

Is CBR Necessary?

Many racquetball players actually practice losing. Of course, they don't want to lose and aren't aware of what they are doing, but their thoughts can actually lead to playing poorly. Consider a promising young female player, competing in her third state tournament. She has a good chance of breaking into the top 10 and her friends have suggested she could even finish in the top three if her game is on. She knows most of her opponents and she is familiar with the club where the tournament will be held. But the week before the tournament her stomach tightens whenever she thinks of the upcoming matches. Relaxation exercises and systematic desensitization practice had helped to counter the severe

feelings of anxiety that she once felt, but she still experiences a rush of anxiety whenever she thinks seriously of the tournament. Sound familiar? The situation for you may be different—it could be a casual game with a worthy opponent instead of a tournament—but the sequence of events and the problem remain the same. By visualizing the wrong things, you may be actually predicting failure.

Do you recall the earlier article on systematic desensitization in which it was reported that emotional responses such as anxiety and fear come about only when threatening circumstances are perceived? It was established that fear/anxiety was a useful reaction to situations that endanger the individual and that we learn which situations are threatening and which are not. Racquetball is probably not a seriously threatening event. Very few experienced players are overly concerned about getting hit by the ball or otherwise getting hurt. Most of the fear/anxiety that racquetball players have is due to the threat of losing. Now, if the female player described earlier is experiencing fear/anxiety and if that fear/anxiety is the result of the threat of losing, and if she must perceive the threat in order to experience the fear, then she must be perceiving herself losing each time she thinks of the up-coming game. It is in this sense that we say that she is mentally rehearsing failure.

On the other hand, there are a significant number of accomplished athletes who mentally rehearse success. For them, thoughts of an up-coming contest do not include the threat of losing. Instead, they see themselves doing those things that they do very well. Some racquetball players actually enjoy the thoughts of up-coming games because they can imagine their clean passing shots to their opponent's backhand side after a set-up to the forehand... or the precise ceiling shots that will move their opponent to the backcourt again and again... or the sharp, fast rally that results in a beautiful rollout. And there is something else that goes with this type of positive thinking—the good feeling of having done very well. It is a feeling of joy, exhilaration, and satisfaction. If you habitually experience fear/anxiety before games (or during contests), you could very well be rehearsing failure and, in fact, increasing your chances of failing.

muscle tension and a rampaging mind will prevent you from doing CBR. Hence, you can see the need for mastering the muscle tightening and release relaxation exercise which was a necessary step to learning the focusing relaxation technique. The various components of the focusing technique prepare you to do controlled, productive CBR.

So, begin by relaxing completely and gaining good control over your thoughts. Then, visualize yourself doing certain things on a racquetball court that are correct and part of playing winning racquetball. Of course, there are a number of details that need to be considered in order to make CBR useful and we will discuss them shortly. First, however, let's look at an example of a script that could be used to guide a trainee through a CBR exercise.

You should be very relaxed, now, and your mind should be clear and relaxed also. I want you to stay that way through these exercises. Let's begin by imagining the court through your own eyes. You are warming up before a game and no one else is in the court. Look up... note the height of the ceiling... the lights... the colors. Now, look down... note the lines on the floor... the color of the floor... is it varnished and shiny? Look at your shoes... what color are they? What color are your socks? Now, look at your racquet... feel it in your hand... be aware of the grip. Now, drop the ball and see it go down to the floor and back up again... Now, drop it again and hit it this time... see your arm and racquet making a good forehand stroke... follow the flight of the ball to the front wall... now hit it again perfectly... slow it down... do it in slow motion if you need to... feel the movements of that perfect forehand... sense the absolute concentration you have... all of your attention is on the ball.

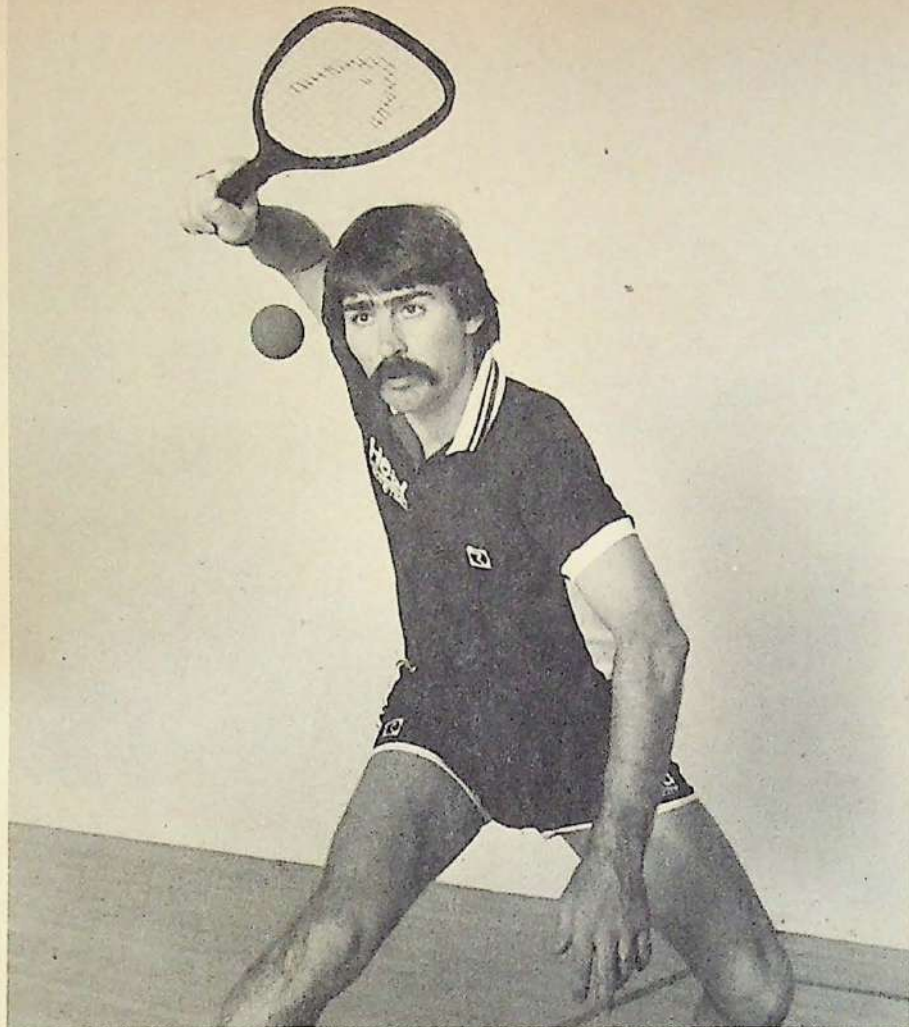
(This exercise would go on to include further detail, other sports, other perspectives and other sensations.)

There are some general aspects of CBR that can be noted in this script. First of all, your thoughts should be specific, detailed, rigorous rehearsals of what you want to be doing on the court. Your mind may be lazy and want to gloss over these scenes, so it is up to you to

Editor's note: The author is on the faculty of Montana State University. Last of a four-part series.

How To Practice CBR

First of all, you have to be relaxed. Anxiety,



A good example of relaxation is this AMF Head poster of Steve Strandemo. Notice the intense concentration but also notice no frowning or tenseness.

force the images to be detailed, not vague. Detail is important. It places you in a setting and, like a dress rehearsal, it makes the situation as close to the real thing as possible. Colors, textures, shadows, lines, sounds, feelings—all of these details help to develop a sense of being there. Once your thoughts are thoroughly absorbed in the scene, there are four choices that need to be made.

External or internal perspective? Like an artist painting a picture, you must decide where the viewer is standing. The two major perspectives are external—viewing yourself from outside of your body—or internal—seeing the world from the inside looking out. The external perspective should be from above and on an angle—just where most television cameras are placed for athletic events. You assume the ability to see this view at a distance or in various degrees of close-up. Another important thing you can do is slow everything down—all the way to a freeze. This is very important to seeing movement in detail. Many athletes report that a sense of wholeness or integrated movement is much more possible with slow-motion than it is at regular speed. Of course, the same is true of the internal view in which you are much closer to the action and capable of sensing more than just what your eyes give to you. During the internal view you should attempt to feel the position of your feet, the motion of

your arm, the intense concentration on the ball and anything else that you can think of.

Relaxation or skill? Players can't always focus on imagining what a particular movement feels like, so you should also rehearse feelings of relaxation such as a relaxed arm during a shot. You can feel the lack of tension in your elbow, wrist and hand. From an external, elevated TV camera angle you can focus on the relaxed appearance of your face, shoulders and arms.

People often report that for one reason or another they have considerable difficulty visualizing themselves and being able to see themselves relaxed. The former problem is usually resolved by practice and the increased comfort that comes with repeated exercises. The latter problem is often resolved by a good role model. AMF Head produced a poster of pro Steve Strandemo that is a superb example for racquetball players visualizing a relaxed countenance. In the poster, he is about to hit a forehand shot with the ball in the foreground between the viewer and Strandemo. One can't help but notice his intense concentration—his eyes riveted to the ball. It is a remarkable picture of concentration. But it is also a remarkable example of relaxed play. His forehead is smooth; there are no wrinkles or lines from frowning or tenseness. The muscles around his eyes are relaxed; there is no squinting or puckering of the cheeks. His jaw is not clenched and his

neck muscles are not straining. Once the poster is seen in this light, the sense of relaxation is obvious in the shoulder, arm and hand position also—even though you can't see the muscles directly. In short, the poster is a fine example of what you should imagine you look like when relaxed yet concentrating. What it feels like may be another problem entirely. Only by practicing relaxation can you begin to sense and, then, imagine the special feeling of fluid, easy motions.

On the skill side, you should begin by picturing yourself hitting easy forehand shots, again and again. If the image is incomplete, fuzzy or constantly changing, spend some time watching an instructor play. Concentrate on the motion. Watch for particular things, then close your eyes and try to reproduce them in your mind. You'll find that in no time you'll be able to visualize a move that you've only seen a couple of times. In this regard it is very useful to practice simulated forehand and backhand strokes in front of a full-length mirror. It is important to see what you look like when you do it correctly.

Practice or game situation: Start your CBR exercises by imagining practice sessions. The picture is easier to construct if there isn't an opponent and the ball goes where you want it to go. See yourself doing forehand and backhand kill shots, roll-outs, pinch, pass, ceiling shots and serves. Hit them from different places on the court and at different speeds.

Once you can easily imagine yourself hitting relaxed, controlled practice shots, add an opponent to the scene. Imagine various serves and how you will return them. Imagine yourself serving and setting your opponent up for a kill shot after a two or three shot rally. Your CBR training may be nearing its pinnacle when you can see yourself playing a controlled, relaxed, intense, demanding rally with the score even-up in the tie-breaker.

Success or failure: A well-meaning player once said to me he had discovered a great idea for performance relaxation for racquetball. The notion was that if one imagined oneself playing dismally poor racquetball and failing miserably, that when one actually played, the opposite result would occur. I suggested that our research showed the opposite: that you should always see yourself succeeding and that you should call up those good feelings of success that come with playing well. The ecstasy of winning is difficult to describe, but you can and should let that feeling pervade your senses after imagining a superb shot or a nicely-engineered rally. Just as it is important to replace thoughts of failure with thoughts of success, it is also essential that feelings of success replace the anxiety or fear of losing.

CBR practice will help you to see your game in new, imaginative ways, and it will give you an alternative to those negative, worrisome pre-game thoughts. Instead of allowing thoughts of failure and feelings of anxiety, practice CBR and achieve some mental control, then develop the habit of seeing yourself doing well on the racquetball court.

LARRY FOX: Man of Many Faces

BY CHUCK JAFFE



Some people might think that National Inter-collegiate racquetball champion Larry Fox has a split personality. They are not far from being right.

Fox may affectionately be known as racquetball's "Sybil." He has a number of personalities and they change depending on the situation he's in. There is an intense, honest, hard-working Larry Fox on the court, a studious Fox in class, a fun-loving Fox with his friends, and a pensive, serious Fox in thinking about his career plans.

On the court, Fox combines a strong will to win with an equally strong desire to have fun and entertain the crowd. It is these traits that make the game enjoyable to the University of Michigan senior, who once worried that he was being too competitive.

"I was always really serious about playing and getting to be the best," Fox says. "You become obsessed with that. I think competition to a certain point is really healthy, but there's a fine line, and once you cross it, competition becomes unhealthy."

"There are a lot of guys who scream and holler and yell, and bang their racquets. They're crazy. They're maniacs. These are the people who become so obsessed with winning and losing that they forget everything else. I used to be one of those guys."

The change away from being overly competitive affected Fox's private life as well. He stayed away from racquetball for a long time, and even shied away from giving interviews when asked.

"When I met him, he was at the peak of being turned off to competition," says close friend Lisa Carn. "Now he's more relaxed with that, and he knows he can be competitive and still maintain humanitarian ways."

"For a while, though, he hypercorrected that problem. He really rebelled. At the World Games (1980), he got all of his racquets and clothes together and gave them away to members of the Japanese team. He wants people to see him as more than an athlete. He wants them to know that he has a heart. That's what fulfills him."

But racquetball is fulfilling to Fox, who stresses a mental, control game on the court.

"I'm very calm and relaxed when I'm playing," Fox says. "I know what's going on inside the court, and I make adjustments within the game itself instead of losing and saying, 'I should have done this.' I try to intimidate opponents, because when you mix things up enough, you'll hit a weakness, and they know it. You just keep playing that weakness until you crack them mentally and they can't take it anymore."

"I'm quick. I can get to balls that average people don't get to. I'm sort of like a coach on the court, rather than a coach on the outside. I coach myself during a match."

This ability to change tactics during a match helps Fox come from behind and not "crack mentally."

"Larry doesn't beat himself," says Bob Peterson, general manager of the Courthouse in Boise, Ida. "When he gets behind, he just sucks it in, keeps his cool, and never lets up. During the semi-finals of the AARA Nationals

last year he was losing decidedly to Mark Martino. He just never let up during the bad streaks, and he came back to win it in three games. He doesn't roll over when things go bad. (Fox wound up losing to Ed Andrews in the finals.)"

Fox is recognized as an honest player. Winning is important, of course, but winning, to Fox, is secondary to integrity.

"I'm an honest player," says Fox. "There are a lot of people who don't do that because they can't look at racquetball as only a game. It's still a game to me."

"He'd never take a point he didn't earn," says Peterson. "He wants to make sure that every point he wins, he earns. In that match against Martino, at 10-all in the tie-breaker, Larry gave up a point. The whole crowd thought he was wrong. The officials ruled in his favor, but he turned it over, and Martino came in shooting for match point. But Larry got the side out, and came back to win it."

"He had a match against Reuben Gonzalez in Arizona, and it was one of the best matches I've ever seen," continues Peterson. "Larry lost 21-20, 21-20, but when it was over he just had a huge grin on his face. I'm sure that he was sad about losing, but he felt that he had played a great match against a great opponent."

Another aspect of Fox's game that distinguishes him from most players is his rapport with the audience. While many players ignore the crowd, Fox's animated style of play brings the audience into the game.

"I have a good time when I play," says Fox. "I really try to make the audience part of the game. I smile a lot. I look out at the crowd. If I make a lucky shot, I'll look into the crowd and raise my eyebrows and acknowledge that it was lucky."

"But sometimes I screw around with them too much. I guess I can get a little carried away, but I enjoy that. When there are 100 or 150 people watching a match, they're there to have fun. If they can have fun and leave the match with a good feeling, and saying 'Wow, I enjoyed watching that. I'd watch that again tomorrow if they play,' then whether I won or lost it was a success."

Naturally, he has gained fans across the country with his easy-going manner.

"We went to a tournament in Pennsylvania," recalls Carn, "and we walked into the club and didn't know anyone. Everyone there was rooting for the home town people, but as the weekend went on, the people were really drawn to Larry—not just because of his ability on the court, but because of his interaction with them. He really gained a fan club in another city. It was more than his playing. It was just a really good feeling, and although Larry didn't win the tournament, his victory as a person was evident."

"I don't think, for Larry, that the most important thing is winning," says friend Bonnie Juran, who has known Fox since grade school. "He wants to play a good game and make a friend or two. That's idealistic—and I'm sure that he really does want to win—but

some things are more important. That's the way he is."

But it wasn't always this way. There was a long growing-up period.

"People used to view me as being cocky and arrogant," Fox remembers. "I was also very young. When you're 16 and the best player in your state, you don't always know how to handle the attention. Now, I don't think people see me that way. I'm confident, but I'm also straightforward with people. I like that in other people, and I hope they like that in me."

"He's come to reality within himself," says Vince Mack, a member of the Michigan Racquetball Club, and one of Fox's playing partners. "But he's still crazy, and a super fun-loving guy to be with. I don't think he'll ever change that."

The change from high school in Cincinnati to the University of Michigan caused Fox some internal problems. Because of studies, his racquetball practice time was limited.

"The major reason I didn't go pro at 18 was because education was so important in my family," Fox explains. "My siblings went to college and it was something my father wanted to pay for us and have us do. If I had gone pro, I would have always been fighting it internally, thinking that I should be in college. I could have gone to a school with less of an academic reputation than Michigan where they play better racquetball, and tried to combine the two, but I'm not going to regret getting a degree from this university."

"Ann Arbor is not the place to play racquet-



"People used to view me as cocky and arrogant," says Fox. "Now I don't think people see me that way. I'm confident but I'm also straightforward with people."

LARRY FOX: Man of Many Faces



"It's not easy to play at Michigan," says Fox. "The competition isn't that good. I adjusted to playing less."

ball, especially if you want to be really good. A guy named Paul Lawrence, who lives here and used to play pro racquetball, told me that. He said, 'You'll find out that this is not the place to play racquetball.' He was right.

"It's easy not to play here. The competition isn't that good. You don't have a coach, and you don't have other top players to play against. I adjusted more to playing less. As a result, I can play once a week now and play really well. I can't do that and go to the Nationals, but it keeps me in shape."

There are periods when he plays only once a week and there are periods he plays every day.

"I play it by ear," says Fox. "If I feel like playing every day, I play every day. Otherwise, I don't, and I'll be with my friends or in class. I want to run my life, and I don't want racquetball to run me."

"Larry wanted to broaden his horizons with an education," says Mack. "When I knew him four or five years ago, racquetball was his life. Now racquetball is just a part of his life."

"It's a constant struggle with him—trying to do both," says Carn. "Now he knows that he can openly work at racquetball and everything else, and not just be the jock that's all there is to life person."

Now that he has graduated, Fox will attempt to broaden his horizons with a career. But at the present moment, Fox is still unsure what kind of work he would like to get involved with.

"Right now, I'm undecided as to what I'm going to do," says Fox, a business administration major. "I don't want to be a salesman and go out on the road selling refrigerated dairy products, but I'm not sure what I want to do."

"First, though, I'm going to get ready for the AARA Nationals. Maybe I'll get a part-time job, stay in Ann Arbor, or something. Then I'll go to Buffalo and play in the Nationals. Once that is over, I want to kick back and really look objectively at what I want to do instead of rushing into something."

Fox says he might go to Europe this year and go to law school in 1983. But he hasn't ruled out the possibility of combining his racquetball and administrative talents.

"I might get involved in some racquetball areas," he says. "If there are any openings that would challenge me—either with a company or an organization—I would look into it. There is a lot that I can do. I just want to take my time and find out what I really want to do."

"I see him doing something with people," says Carn. "I don't see him involved in anything bureaucratic. He'd work best in an area that's not regulated where he can work his own way."

One thing Fox won't do, however, is turn pro.

"I don't think the pro end of it is open to new players right now, so I don't see that as an option," says Fox. "Besides, I don't know if I'm good enough, to tell you the truth."

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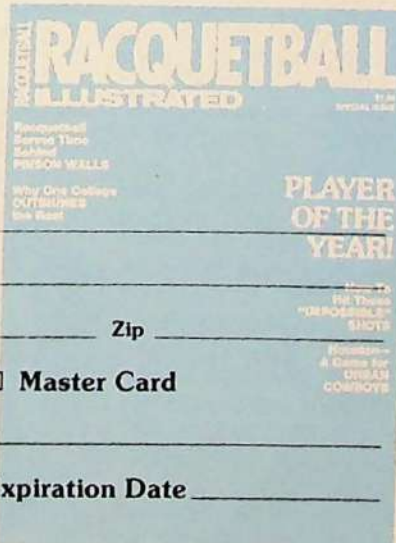
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TOURNAMENTS

CATALINA CLASSIC BY TOM MORROW

For those of you who thought this year was going to see the demise of Marty Hogan, better think again. Although starting slow, Hogan managed to win the last two stops on the Catalina pro tour to wind up as the top money winner going into the Catalina Championships.

Hogan defeated Dave Peck, 11-0, 11-8, 11-11, 11-8, to win the event at the Sportsroom of Coral Gables (Fla.). Hogan collected \$5,500 for the victory and Peck had to settle for \$3,500.

The win gave Hogan three victories on the six-stop tour. Peck won two and Jerry Hilecher took one. Hogan wound up with \$23,250 in prize earnings, compared to \$19,750 for Peck. Rich Wagner, Bret Harnett and Hilecher round out the top five.

Even though it wasn't that close, the Hogan-Peck match was every bit as good as their previous meetings over the past two years. For the first time this season, both players sent themselves diving, leaping and colliding for gets, giving the crowd something to cheer about. The match in which Peck ousted Hogan from his top-seeded perch in Honolulu seemed like a picnic compared to the one they played in Coral Gables. At one point, Peck ended up with a badly jammed index finger on his left hand resulting from one of those cross-court dives. Play had to be held up for approximately 20 minutes for a quick taping of Peck's hand.

Peck was injured in that crucial fourth game with Hogan ahead 8-6, but he regained his composure and tied the game 8-all.

"I got anxious when it was tied at 8, and I let him get some good service returns on me. Then he made two good shots to put it away," explained a dejected Peck afterward. "I really thought I could get him again, but you can't give Marty a thing. He's the best at taking advantage of his opponent's mistakes." Hogan finished the match with a smashing backhand kill shot from the back court.

One of the bright spots on the pro racquetball trail this season has been 26-year-old Rich Wagner of San Diego. Wagner met Hogan in the semifinal round in Coral Gables and stunned the audience by jumping to a 2-0 game lead, forcing Hogan to win three straight (7-11, 7-11, 11-2, 11-0, 11-6) in order to advance to the finals against Peck.

Probably the biggest surprise of the Florida tournament was the ouster of Mike Yellen, the event's number three seed, by ninth-seeded John Egerman of Boise, Ida., who had not won a match in five starts



Dave Peck goes up for a shot and Marty Hogan goes low for one in Catalina Classic finals in Coral Gables, Fla. Hogan defeated Peck in four games, giving him three victories in the six tour stops.

this season on the Catalina Series.

In a see-saw battle in the round of 16, Egerman edged Yellen of Southfield, Mich., 11-7, 3-11, 11-5, 4-11, 11-9, to advance to the quarterfinal round against Bret Harnett of Las Vegas.

Harnett, who beat Mark Morrison of Jacksonville in the opener, 11-8, 11-4, 2-11, 11-3, lost to Egerman in another back-and-forth battle in the quarterfinals, 11-5, 8-11, 11-6, 6-11, 11-3.

Peck defeated Steve Strandemo in the opening round of 16, 10-11, 11-7, 11-5, 11-4, before going on to beat Don Thomas in the quarterfinals 11-5, 11-4, 11-8. Thomas defeated Ben Koltun of St. Louis in the opening round, 7-11, 11-7, 11-2, 8-11, 11-9.

Peck was given a good workout by Egerman, but the youngster from Idaho couldn't keep it up as the Texan won in three straight, 11-2, 11-4, 11-4. In other action, Jerry Hilecher downed qualifier

PHOTOS BY DONNA NATALE

Matt Mathews of Orlando in the round of 16, 11-4, 11-7, 11-2, before he lost to Wagner in the quarterfinals, 11-3, 11-4, 3-11, 11-8. Wagner met Doug Cohen of St. Louis in the opening round, winning 11-10, 11-3, 11-4. Hogan defeated young Gregg Peck in the opening round, 11-6, 11-4, 7-11, 11-4, before going on to beat Sergio Gonzales of Miami. Hogan gave the audience of some 500 a good show and Gonzales one of the toughest workouts of his life, going the full five games, 6-11, 11-7, 11-7, 10-11, 11-6.

After picking up the first place money, Hogan expressed his respect for Peck who had put up a tremendous battle before losing.

"I really enjoy playing Dave because you can always count on a tough match," said Hogan. "The key to playing a player like Peck is to maintain pressure at all times. You let up, and he'll eat you alive!"

Events

Catalina Classic I, Westminster, Ca.

Hilecher def. Yellen

Catalina Classic II, Burnsville, Mn.

Peck def. Wagner

Catalina Classic III, New Haven, Ct.

Hogan def. Harnett

Catalina Classic IV, Honolulu, Hi.

Peck def. Hogan

Catalina Classic V, Beaverton, Ore.

Hogan def. Wagner

Catalina Classic VI, Coral Gables, Fla.

Hogan def. Peck

Catalina Money Winnings

1. Marty Hogan, \$23,250
2. Dave Peck, \$19,750
3. Rich Wagner, \$11,500
4. Bret Harnett, \$10,500
5. Jerry Hilecher, \$10,500
6. Mike Yellen, \$10,000
7. Don Thomas, \$9,000
8. Scott Hawkins, \$4,500
9. Craig McCoy, \$3,250
10. John Egerman, \$2,000

DIET PEPSI PRO-AM

Lynn Adams made it two straight wins over two-time defending women's national champion Heather McKay by taking the \$12,000 Diet Pepsi Pro-Am, 3-2, 2-3, 15-12, at the Glass Court in Lombard, Ill. Adams, who had beaten McKay a couple of weeks earlier in Bangor, Maine, collected \$2,000 for the victory.

Adams, bothered slightly from a flu bug, won the first two games easily over McKay but the former world squash champion came back to take the next two. Adams then won the first-set decider, 11-8.

McKay opened the next set by taking the



Top: Heather McKay gets set to kill one with Lynn Adams out of position in finals of WPGA/Diet Pepsi Pro-Am in Lombard, Ill. Adams defeated McKay in a tiebreaker. Bottom: Adams returns ceiling shot on way to defeating Shannon Wright in semifinals.

first two games but Adams came back to win the ensuing pair. McKay then won the fifth game to send things into a tiebreaker.

If ever there were an even tiebreaker, this was it. The two players traded point for point until it was knotted 12-12. Then Adams broke the streak and ripped off the final three points, the last one coming on a backhand splat.

Adams partially credits her two straight wins over McKay, ironically, to a loss. "After

Heather beat me in Seattle, I went up to a cabin with Jim (her coach and boyfriend Jim Carson) to think. We did a lot of crying and talking and I found out a lot of things about myself.

"I was real psyched going into Bangor. I realized I was going to play real racquetball for the first time, not tentative racquetball. My goal was to rip through the ball every shot. I wasn't going to be scared to hit it."

TOURNAMENTS

Adams felt "like the pits" her first two matches in Lombard but was lucky her opponents did not give her grueling matches. She then defeated Janell Marriott, 3-0, 3-0, in the quarters, and Shannon Wright, 3-0, 3-2, in the semifinals.

In the finals, although feeling "tired," she managed to outlast McKay. "The only thing that saved me was my brain," said Adams. "I played very well but I was wiped out physically."

According to Adams, McKay seemed to get down on herself at times during the match. "Heather plays pretty much the same every tournament but she seemed more distracted than in the past," said Adams. "Very rarely does she show emotion, either excitement or when she's upset, but this time she seemed more upset with herself. And when she gets that way, it gives the opponent a ray of hope of beating her."

To reach the finals, McKay defeated Peggy Gardner, 3-0, 3-0, in the quarters and Marci Greer, 1-3, 3-0, 15-13, in the semis. In other quarterfinal matches, Wright defeated Martino, 3-0, 3-2, and Greer defeated Martha McDonald, 3-0, 3-2.

Marathon swimmer-sports commentator-pro racquetball player Diana Nyad, playing in her first event of the season, was defeated in the qualifying round by Sandy Robson of Chicago, 3-0, 3-2.

WPRA

They are beginning to call Bangor, Maine "Upset City." And with good reason. In the four professional racquetball events held there—three men's tournaments and one women's pro stop—the top seeded player has never won.

In the WPRA/Lite Beer Pro Am at the Holiday Health and Racquet Club, second seeded Lynn Adams defeated Heather McKay, 2-3, 3-2, 15-11. The match took two and a half hours to play.

Adams collected \$2,000 for her victory. McKay had to settle for \$1,000. Total purse was \$6,000.

In the quarters, Adams defeated Mary Dee, 3-1, 3-0, McKay topped fellow squash convert Barbara Maltby, 3-0, 3-0, Fran Davis beat Joyce Jackson, 3-0, 3-0, and Marci Greer defeated Janell Marriott, 3-0, 3-2.

Maltby, Davis, Jackson and Marriott made it to the quarters via upsets. Maltby beat Bonnie Stoll, Marriott defeated Jennifer Harding, Davis topped Rita Hoff and Jackson squeaked by Elaine Lee.

In the semis, McKay defeated Davis, 3-1, 3-2, and Adams beat Greer, 3-1, 3-0.

After losing the first set, Adams fell

behind 2-1 in the second set and was trailing 11-6 in the fourth game before coming back to win it. McKay led 3-1 in the fifth game but Adams took over at 8-5 and won it 11-8 to send things into a tiebreaker.

Adams led 6-2 in the tiebreaker but McKay fought back to take an 8-6 advantage. McKay led 11-10 but Adams scored the next five points to get the victory.

Randy Olsen defeated John Nouchard and Monique Parent beat Suzanne Robert in the open division finals.

AARA NATIONAL INTERCOLLEGIATE CHAMPIONSHIPS

Jack Newman, a freshman from Memphis State University, defeated Ken Kaihlanen of the University of Texas, 21-11, 21-16, in the finals of the AARA National Intercollegiate Championships at the Racquet Club in Memphis, Tenn.

Tammy Hajar of Marist College defeated Barbar Faulkenberry of the Air Force Academy, 21-9, 14-21, 15-5, in the women's finals.

Memphis State captured the combined team title for the sixth straight year. The men's team took first and the women's team finished second behind University of Florida.

Following Memphis State in the men's competition were the Memphis State B team, University of Michigan, Penn State at York and RPI. Following Florida and Memphis State in the women's competition were Air Force and Southern Illinois (tied) and the University of Illinois.

Paul Bakken and Don Constable of Bethel College beat Dan Cohen and Tim Tracy of Memphis State in men's doubles, 21-8, 20-21, 15-2. Rene Trammell and Lisa Faquin of Memphis State won the women's doubles by beating Kim Drader and Martha Nance of Southern Illinois, 21-16, 21-5.

In #2 singles, Brian Sheldon of Memphis State beat Chris Moore of Memphis State and Jane Kemp of Florida beat Beverly Bell of West Florida.

The top three finalists in each division were given scholarships by Lite Beer.

PAST RESULTS:

Men's Singles

- 1973 Jerry Hilecher, Missouri
- 1974 Randy Stafford, Tennessee
- 1975 Steve Smith, Memphis State
- 1976 John Lynch, Illinois
- 1977 John Dunlap, Memphis State
- 1978 John Dunlap, Memphis State
- 1979 Keith Dunlap, Memphis State

- 1980 Keith Dunlap, Univ. of Houston
- 1981 Larry Fox, Univ. of Michigan

Women's Singles

- 1975 Martha Byrd, Florida
- 1976 Sarah Green, Memphis State
- 1977 Janet Marshall, Memphis State
- 1978 Carolyn Ghelardini, Illinois
- 1979 Barbara Faulkenberry, Air Force
- 1980 Barbara Faulkenberry, Air Force
- 1981 Barbara Faulkenberry, Air Force

Team

- 1973 Illinois
- 1974 Tennessee
- 1975 Memphis State
- 1976 Illinois
- 1977 Memphis State
- 1978 Memphis State
- 1979 Memphis State
- 1980 Memphis State
- 1981 Memphis State

PECK WINS CATALINA TITLE

Dave Peck defeated Marty Hogan, 5-11, 11-8, 11-9, 1-11, 11-1, in the finals of the \$40,000 Pro Championships at the Ft. Worth, Tex. Athletic Club. Peck defeated Bret Harnett and Hogan topped Jerry Hilecher in the semis. Complete story and photo coverage will appear in the next issue.

ETC.

● Ruben Gonzales defeated Jim Cascio, 15-8, 13-15, 11-9, in the men's open and Janell Marriott beat Fran Davis, 11-15, 15-13, 11-8, in the women's open finals of the Lite Beer East Coast Open at the Woodbridge Racquet Club in Woodbridge, N.J. B division winners were Heather Schwartz and Les Cirelli.

● Bruce Radford defeated Guy Texeira, 21-18, 10-21, 11-2, in the finals of the Rick Robinson Memorial tournament at Oakwood Racquetball Club in Valencia, Calif. Cindy Moore, competing against men since there was no open women's division, defeated Vic Nelson, 21-12, 21-13, to win the B championship.

● Joe Aquila defeated Mark Skinner and Becky Bludau beat Leslie Moughan in the open finals of the Texas Open at the Innwood Forest Club in Houston, Tex. Hugo Blake and Colleen Daly won the B titles. Tom McKie, Fred Valdez, Les Boren and Jim Gleason were other division winners.

● Jack Howard defeated Robert Kosberg and Debbie Markowitz defeated Carol Freed in the A finals of the Club Championships at the Sports Connection in Santa Monica, Calif.

● Dan Ferris won the \$1,000 first prize by defeating Paul Bakken at the Playboy Pro Invitational at the Playboy Resort and Country Club in Lake Geneva, Wisc.





Models Darleen Whalen and Joseph Genna show off today's on-court look. Women can add head bands to give their long hair some style while keeping it out of their eyes. Men are into a "college-boy" look with the hair kept short in back. (Cuts by Allen Edwards, Allen Edwards Salons.)

HAIR CARE

Exercise could accelerate the rate of hair growth.

BY RHONDA WILSON

After a tough hour on the racquetball court, most of us don't think about what heavy perspiration does to our hair and scalp. To maintain healthy hair on and off the court, most salons and dermatologists recommend a daily hair care program. This will prevent drying, splitting and breaking, especially now that summer is upon us.

Salon owners and hair specialists agree that hair styles of active racquetball players—men and women—should be kept at a length compatible with the sport they play. Layering the hair can be appropriate because it keeps the hair away from the eyes during play. Perms can add body and shape and even reduce the time spent on hair maintenance after showering. For those who want to stay with long, one-length hair, head bands add a stylist flair on the court.

"Women who play racquetball want a hair-cut that's easy to take care of but they still

want to have style," says Allen Edwards, owner of the Allen Edwards Salons in Southern California. "Because you are an athlete and you play racquetball doesn't mean you can't have a style or be in fashion. If you're going to play racquetball, it's important that you still look great afterwards."

Edwards says the same thing goes for men. "What's happening with men's hair right now, especially for guys who play racquetball and work out, is the *GQ* (*Gentlemen's Quarterly*) look," he says. "It's an extremely college boy look, very short in the back."

For the athlete who is concerned about proper hair care, racquetball is probably one of the least damaging sports. "Racquetball is one of the best sports because you are not outside in the sun and you don't have chlorine in your hair as from swimming," he says.

Although exercise opens up the pores, which is good for the hair, the perspiration from

heavy exercise deposits salts which should be shampooed off immediately after play. "Salt deposits are not good for the hair," says Dr. Herbert Feinberg, an Englewood, N.J., dermatologist specializing in hair and scalp disorders. "It's going to dull the hair. If you leave salt on any surface, it eats it away. Hair will lose its sheen because of excess oil and salt and eventually it will damage the cuticles."

Perspiration causes ammonias in the hair to be released. The ammonias can also have a damaging effect on the hair. "After you finish a good workout and you perspire, you've got to get that ammonia out of the hair," says Don Sullivan, senior vice president of Vidal Sassoon, Inc., and president of Don Sullivan, Inc. "A light acid balance conditioner and a shampoo with a good protein conditioner is excellent."

What about shampooing more than once a day? Many players may exercise in the morn-

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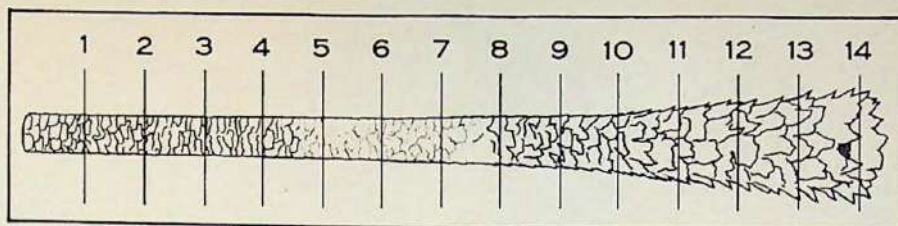
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HAIR CARE



A graphic look at what perspiration does to hair. Sections 1-4 represent the first hour at which time the enzymes begin to break apart, releasing ammonia, which causes denaturalization of the hair. Sections 5-8 are the second hour of exercise. Here the cuticle scales on the surface rise causing it to be curled like shingles on a roof. Sections 9-12 represent the third hour of play. At this point the cuticles rise to a greater degree causing tangling and possible damage. This is all repairable, however, with shampoos and conditioners.

ing and evening. "Now we have a different set of environmental rules," says Sullivan. "First thing, however, is to remember that not shampooing is more harmful to the hair than over-shampooing for an athlete. The hair is so resistant that you're really not going to damage it if you shampoo two or three times a day."

In fact, the extra activity may even produce positive results. "If anything, exercise will help hair grow," says Feinberg. "If you're exercising, you're increasing your metabolic rate and that should accelerate the rate of hair growth. The hair will very often reflect the state of your health."

Hair specialists recommend that active racquetball players shampoo and condition their hair daily. Use lukewarm water. As the temperature of the water is increased, the effectiveness of the shampoo also increases. However, this extra effectiveness is unnecessary when shampooing on a daily basis. One lathering is sufficient if suds still remain at the end of 20 to 30 seconds. This indicates that the shampoo has more activity than the dirt, oil and grease. If the shampoo fizzles out, then you may need a second sudsing. For those with oily hair, a second shampooing is usually necessary. After conditioner is applied, a cool rinse will leave the hair shiny. Haircuts are recommended in six-week intervals.

"You shouldn't use the same shampoo every time you shampoo your hair," says Edwards. "Your hair gets used to that shampoo and stops reacting to it. Get two shampoos—it could be with the same company—and switch off every fifth time you shampoo your hair."

The next step is the conditioning process. "When you shampoo, you wash away some of the oils that coat the hair," says Feinberg. "You replace that with conditioner."

Sullivan says one should work the conditioner in from all angles, especially on the ends. "The hair absorbs the conditioner," he says. "You want to rinse until the hair is squeaky clean. That shows you've taken off all of the surface residues."

Conditioners have varying intensities. According to Sullivan, a protein pack is a total meal for the hair. A moisture cream is a specific snack which protects against dryness. The finishing rinses are appetizers which remove tangles and help protect the hair during the blow drying process.

Conditioners should also be applied to

beards and moustaches to reduce the coarseness of the hair and to release trapped oils from perspiration. "You have to wash beards and moustaches more vigorously than scalp hair," says Feinberg. "When you sweat, you have a greater degree of debris."

Bacteria is created by warmth, moisture and food, says Sullivan. A heavy beard, therefore, is susceptible to bacteria if not cared for. "By using a little finishing rinse that is antibacterial by nature on the beard, you're going to have a defense against the bacteria," he says.

Hair care treatments for men and women are, for the most part, similar. Men's and women's shampoos and conditioners can be used interchangeably. But due to the fact that women tend to color and perm their hair more often than men, women may have to use conditioner more often. "The main difference between hair care methods for men and women is that women probably damage their hair more than men," says Edwards. "A man should use a lighter conditioner and he probably doesn't need to use it as much as a woman. But men wash their hair a lot more than women, so they still must condition their hair often."

For those showering and shampooing at racquetball clubs, Feinberg recommends bringing your own supplies. Often, club products are mislabeled or unmarked. Club members may find themselves shampooing with too much conditioner and conditioning with a small amount of shampoo. "Most often you have shampoos that are too dilute and just don't do anything," says Feinberg. "If it's made of concentrate, the shampoo may be too strong."

Edwards agrees. "Most health clubs buy the least expensive products," he says. "Cheap conditioners and inexpensive shampoos are made with too much alcohol. You have to be careful what brand you buy. Look at the bottles of what you're buying and see what's in it. Alcohol dries your hair out."

Steam baths and saunas also have a drying effect on the hair. Players should avoid using these on a daily basis and should limit the time spent in them. "If you're perspiring too much, you lose water and minerals from your hair," says Feinberg.

However, a short time spent in the steam room or sauna can be used to one's advantage.



For women who prefer playing in short hair, Vidal Sassoon recommends the Greek Goddess II look. The hair is permed first, then cut in short layers. (Hair by David McCann; perm by Elva Nitta, Vidal Sassoon, Beverly Hills, Calif.; model: Connie Thompson.)

age. "Before you go into a sauna, put conditioner in your hair," says Edwards. "Take a plastic bag or a hot towel and wrap it around your head. Then go into the sauna and let that dry heat work itself into the hair."

Although many salons tell clients to let their new cuts dry naturally, some still prefer the fast results of a blow dryer. Improperly done, the blow dryer can create split ends, dryness, and frizziness. But damage can be prevented if the blow dryer moves in the directional growth of the hair. Do not let the hot air hit the same spot for more than a second.

"Blow dryers will reach 260 degrees temperature on a 1,000-watt blow dryer," says Sullivan. "At 260 degrees, which is 48 degrees above boiling, it can burn keratin proteins. You've broken it down from a solid into a liquid. The same will happen to the hair, you'll just burn it up."

"Hair grows a half an inch a month," he says. "If your hair is 12 inches long, that hair has been with you for two years. That means it has been washed 500 to 600 times. After 500 to 600 washings, it develops extra porosity. So when you're blow drying your hair and you get to the ends, leave a little bit of moisture in it and let it dry naturally, otherwise it will frizz on you or create split ends."

With the contemporary hair styles, excessive blow drying can be avoided. Blow dryers are now being regarded as the helper instead of the worker. "If you have a good cut, you shouldn't have to blow dry the hair to make it look good," says David McCann, general manager of Vidal Sassoon, Beverly Hills, Calif. "You can just run your fingers through the hair and hold the dryer away at a distance."

When the hair dries, it will automatically fall into shape. You need a good cut for that."

Brushing and massaging the scalp does not contribute all that much to healthy hair, according to the specialists. Brushing should only be used for purposes of styling. Brushing 100 times a day does not give the hair a silkier looking appearance as was once believed.

"The notion that brushing and massaging the scalp is good for the hair is nonsense," says Feinberg. "Massaging and brushing vigorously might break hair. In no way does it do anything positive or bring oils to the surface. The hair oil glands can't be milked, they just secrete at a normal rate."

After a game of racquetball, players should not try to comb out the tangles in their hair. The perspiration and knotting in the hair may cause breakage when combed. Edwards says it's better to wait until a rinse has been applied after shampooing to comb through the hair.

Natural bristle brushes or plastic brushes with rounded tips are recommended because they decrease the amount of hair breakage.

For healthier hair, active racquetball players have an advantage over those who participate in other sports in that they are shielded from the harmful rays of the sun and they have immediate access to hygienic facilities. "It's important that people who play racquetball keep the vitamins in their hair," says Edwards. "When you play racquetball and you perspire, it stimulates the scalp. But the hair needs more than that. You need to replenish the elasticity and sheen that was lost during play."

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CELEBRITY GALLERY

Rick Hill

BY RHONDA WILSON



Rick Hill of ABC's one-hour drama series, *Today's FBI*, has come a long way since his days on the football field as a professional football player for the Detroit Lions and Winnipeg Blue Bombers (Canadian Football League). But he expects to last longer as an actor than he did as a football player.

"I'm a much better actor than I ever was an athlete," says the 6-foot-2, 215-pound Hill. "I think I'm a pretty well-rounded individual who likes to have a good time, yet likes to work hard too."

But Hill says he is not just another "jock turned actor" who arrived in Hollywood via a pretty face, shoulder pads and cleats. He has set a goal of learning his craft and becoming a good actor. "What you learn in sports is a great sense of discipline, of goal setting, applying yourself to the accomplishment of that goal and not letting any obstacles get in your way," says Hill.

Hill picked up his first racquetball racquet in college at Georgia Tech. His football

coaches decided to have the team take up the sport for conditioning. But it was as a pro football player in 1975 that Hill learned another kind of racquetball lesson. "The only time I have been really embarrassed on the racquetball court was when I went to camp with the Detroit Lions," says Hill. "Bob Koltowski, a 14-year veteran and all-pro lineman, weighed about 260 pounds. A moose. I'm a rookie out of college, 22 years old, and in great shape and I think I'm on top of the world. So I go up there and I take my physical and Bob says, 'Hey kid, you want to play some racquetball? We'll play a case of beer each game.' I figured I'm going to be drunk for about two months now with this guy."

"We got in there and he totally embarrassed me. He beat me 21-3, 21-6, 21-5. That's when I learned there was a lot more to the game than just pure brute strength."

The combination of football and racquetball has produced an effective competitive spirit for Hill. "Racquetball is one of the best

things you could do as a professional athlete," he says. "I've played against Gail Goodrich, who used to play for the Los Angeles Lakers, and against Bill Bridges, Ed Marinero and Anthony Davis, all of whom were professional athletes. I find that those are the most challenging games because we are all very competitive. You play a fast, hard game and within an hour you have totally exhausted yourself."

His favorite racquetball partner nowadays is director/comedian David Steinberg. When they play it is a contest of strength versus energy. "We're opposite types physically because I am big and muscular and David is very lean and sort of short in stature," he says. "He beats most people because he outsmarts them. David challenges my finesse in the game and I can make him play a little bit more physical game than he is used to playing."

Hill even manages to squeeze racquetball into his filming schedule. During his lunch break at the studio he dashes over to a nearby racquetball club to get in an hour of

PHOTOS BY DAVID M. KING



"In sports you lose one week and come back the next week and win," says Rick Hill, a former pro football player and co-star of *Today's FBI*. "You learn to realize that life is more than just a one-shot deal."

play. "We'll usually start shooting at 6:30 a.m. and we'll be finished at 11 a.m. and I won't have to work again until 1 or 2 p.m.," says Hill. "The best thing in the world to do on that break is to go to the club and play racquetball for an hour, take a shower, clean up and you are ready to go again."

In addition to racquetball, Hill periodically lifts light weights to maintain muscle tone and flies to his condominium in Lake Tahoe for skiing. His diet consists of fruit, raw or steamed vegetables and lean meats, fish or fowl.

Hill finds a parallel in sports and acting. "In sports you lose one week and you come back the next week to win," he says. "You have a chance to go back out there and do it the very next day or the next week. You learn to realize that life is more than just a one-shot deal. You learn to work together as a team—here we work with directors, actors, producers—and you have to get along with all of those people to be a good actor."

Today's FBI is Hill's first series co-starring role. The show has aired one season and is currently in hiatus to find out if it has been picked up by ABC for another season.

His character, Al Gordean, has a similar background to Hill's. He is an ex-professional football player who had to quit because of knee surgery. He went to law school but decided to quit and join the FBI. Like the character he portrays, Hill also was a professional football player but his athletic career was cut short because of a "high risk" knee. Hill managed to get in one season, splitting time with the Detroit Lions and the Blue Bombers while also studying law. He then left law school to pursue an acting career.

"I think I always wanted to be an actor since I was a little kid," says Hill. "When I'd go out to the movies I'd go home and play cowboys and Indians and live out the parts."

Ironically, it was during a football game that Hill was first lured to the stage. "A buddy of mine and I were down at the old Sugar Bowl in New Orleans," he says. "We were playing football with a bunch of kids. There was a group of people off to the side who were reading scripts and acting out things and I sat and watched them for a while. What they were doing was a little bit more interesting than playing football."

"They said there was a big audition for *A Streetcar Named Desire* and they were reading the script," says Hill. "We got to talking about it and I really wasn't familiar with the play but I remembered in the back of my mind seeing Marlon Brando in the movie. I went down and auditioned for the part because I thought it would be something fun to

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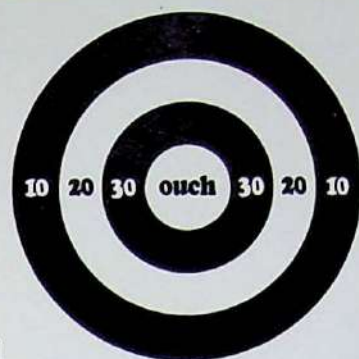
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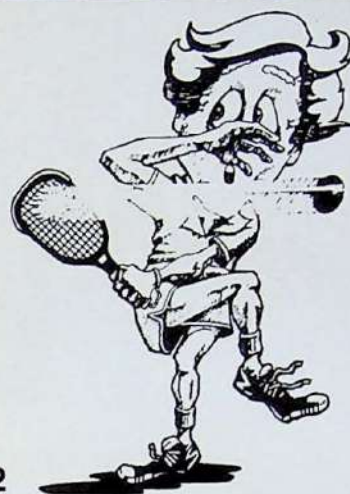
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HURTS
WHEN I
LAUGH.

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4

CELEBRITY GALLERY



The cast of *Today's FBI*: (left to right) Joseph Cali, Hill, Mike Connors, Carol Potter and Harold Sylvester.

do, and I got the part."

Shortly thereafter, in 1977, it was off to Hollywood. Hill studied with the late Lee Strasberg at Strasberg's Actor's Studio. He also received pointers from Milton Kaselas, a Beverly Hills acting instructor, who is known for tutoring such athletes-turned-actors as Ken Norton, Marinaro and Lou Ferrigno.

Roles in motion picture and television soon followed. His first part came in the motion picture, *One of a Kind*, in which he played a lifeguard. His television credits also included *Beach Patrol*, *The Contender*, *Dukes of Hazzard*, *Eight is Enough*, *Charlie's Angels* and *Days of Our Lives*.

It was through a friend, Jeff Syganski, then the associate producer of *Today's FBI*, that Hill was recommended for the part. Hill read for producer David Gerber, who also produced *Police Story* and *Police Woman*, and he was hired over some 200 other hopefuls.

The show is based on actual FBI cases. To prepare for the series, Hill spent two weeks with the FBI Academy in Quantico, Va., where he sat in on the classes and talked with other agents.

"We got indoctrinated to what the FBI life is all about," he says. "We have a technical advisor, John Morrison, on the set who explains the various situations and cases we work on each week. You get a pretty good insight into what the FBI really does. Now that we've done 22 episodes, I'm ready to go out and arrest people."

Hill says each script is examined carefully since the show is a reflection on the FBI. "We do things as the FBI would do them," says Hill. "Whereas the stars of *Dukes of Hazzard*

can go out and wreck as many cars as they want to, they don't have a governing body to go back and relate to. We can't say we ought to shoot this guy in a scene because the technical advisor would say the FBI would not shoot somebody in that circumstance. Even though it might be entertaining, we don't do it."

But there was a time while shooting when reality was unintentionally integrated with Hollywood magic. "Mike Connors and I were shooting downtown one night and when you are doing a chase scene, sometimes they like to keep the realism in there," recalls Hill. "Mike and I had our guns drawn. There weren't any lights and there weren't very many people because it was late at night. We used six cameras, several of them were hidden—in office windows, one low on the street and another one on top of a building, and we were chasing a bad guy down the street."

"Mike and I were running with our guns drawn. We had gone past the fourth or fifth camera coming up to the end of the chase. There was a patrol car down there that didn't know we were filming and all they see is two guys running down the street with their guns drawn. They turned on the lights and jump out with their guns and yell, 'Freeze.' That was kind of unusual."

Eventually Hill would like to do feature films, direct and perhaps even produce. He has already written two scripts. One, tentatively titled *Fourth and Goal*, has been optioned by a producer. The script deals with the illegalities of college football recruitment. "If you work within the framework of a business you can't limit yourself," he says. "You just

want to apply your desires in whatever areas you can and make the most of it. Acting is what I do best and is what I enjoy the most and I think as I grow with the business and as I learn more, I'd like to branch out and do as much in the framework of the industry as I can."

But he is cautious about overextending his involvement with a film. "Take someone like Clint Eastwood who directs or produces his own movies and stars in them and often times writes and co-writes them," he says. "He's in ultimate control there and that's good in a lot of ways. But a film is a teamwork type of effort and if you do everything yourself, you are cheating yourself sometimes out of the opportunity to get some real good advice from somebody else who might be a little more objective."

"So in terms of producing, I might produce something that I would not star in or I might direct something that I was not acting in. Just so I maintain that teamwork type of entity."

When not on the set, Hill enjoys tennis, basketball, golf, snow and water skiing, and photography in addition to racquetball. He is "single and very available."

Despite his accomplishments, Hill says he refused to be caught up in his own success. "I think the only thing you really can be is yourself," he says. "The level of your sense of humor or seriousness—the personality you have—as long as you can put it into your work, you will be remembered for that. I think it's better to let that be a by-product of yourself rather than creating an image that you want to live up to."



SERVICE BOX

SPORT TOWEL

If people keep stealing your towels at the club, now is your chance to get your own personalized racquetball towel from Palm Springs (Calif.) Sport Towels.

The towel measures 10 inches by 28 inches—not exactly big enough to use after a shower but designed more for use between games or after long rallies.

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The sock features a turned-down terry cuff which helps provide a snug fit to prevent slippage. Comes in white with choice of colored stripes.

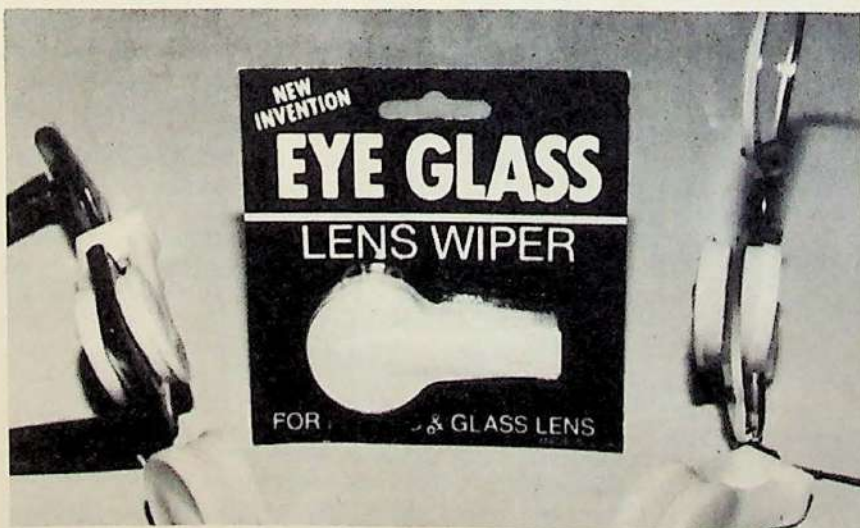
Suggested retail price is \$2.50 per pair.

LENS WIPER

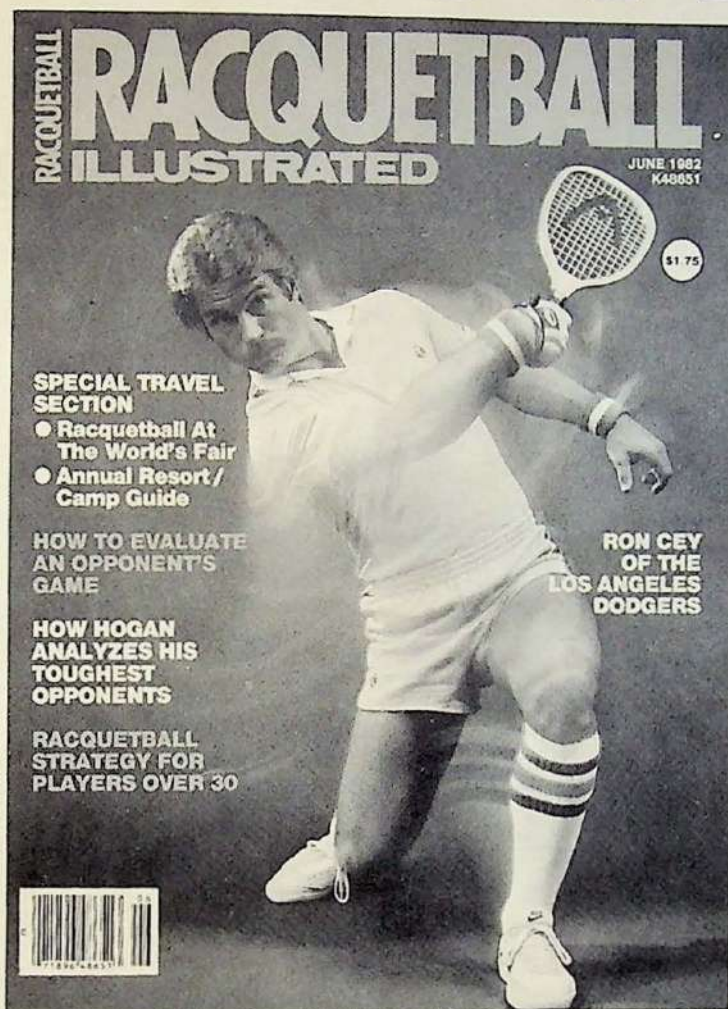
If your eyeguards fog up or get sweaty while playing, you may want to use Kleer Vision, a lens wiper made by A.C. International of Cleveland, Ohio.

The lens wiper is a pocket-sized device with two chemically treated sponges that clean both sides of the eyeguard with one wipe. You just slip the wiper over one lens and wipe once.

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OFF THE WALL



CARTOON BY JOHN CHASE

THE NEXT SHOT

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1982 RACQUET SECTION

A look at the best bets in racquetball racquets and a preview of what to expect in the future.

NEW STRATEGY

Charlie Brumfield has some different ideas on racquetball play.

THE NATIONALS

Marty Hogan and Heather McKay try and defend their titles.

PLAYING WHILE PREGNANT

Some racquetball tips for expectant mothers.

THE GRIP

How to get a handle on your racquetball game.

PLUS:

A fall fashion preview, some new-wave instruction and a feature on one of the hottest new actresses on prime-time television.



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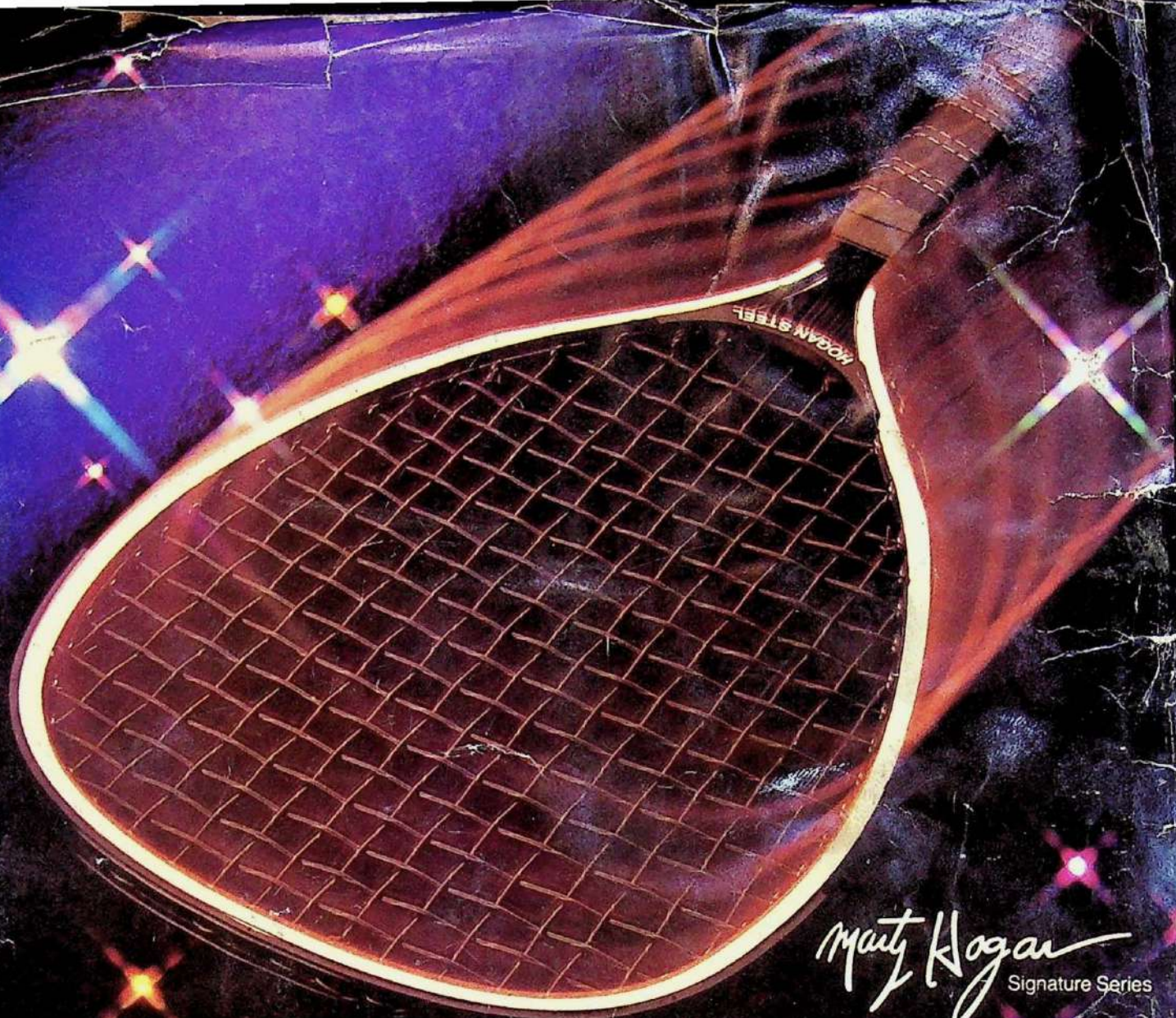
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