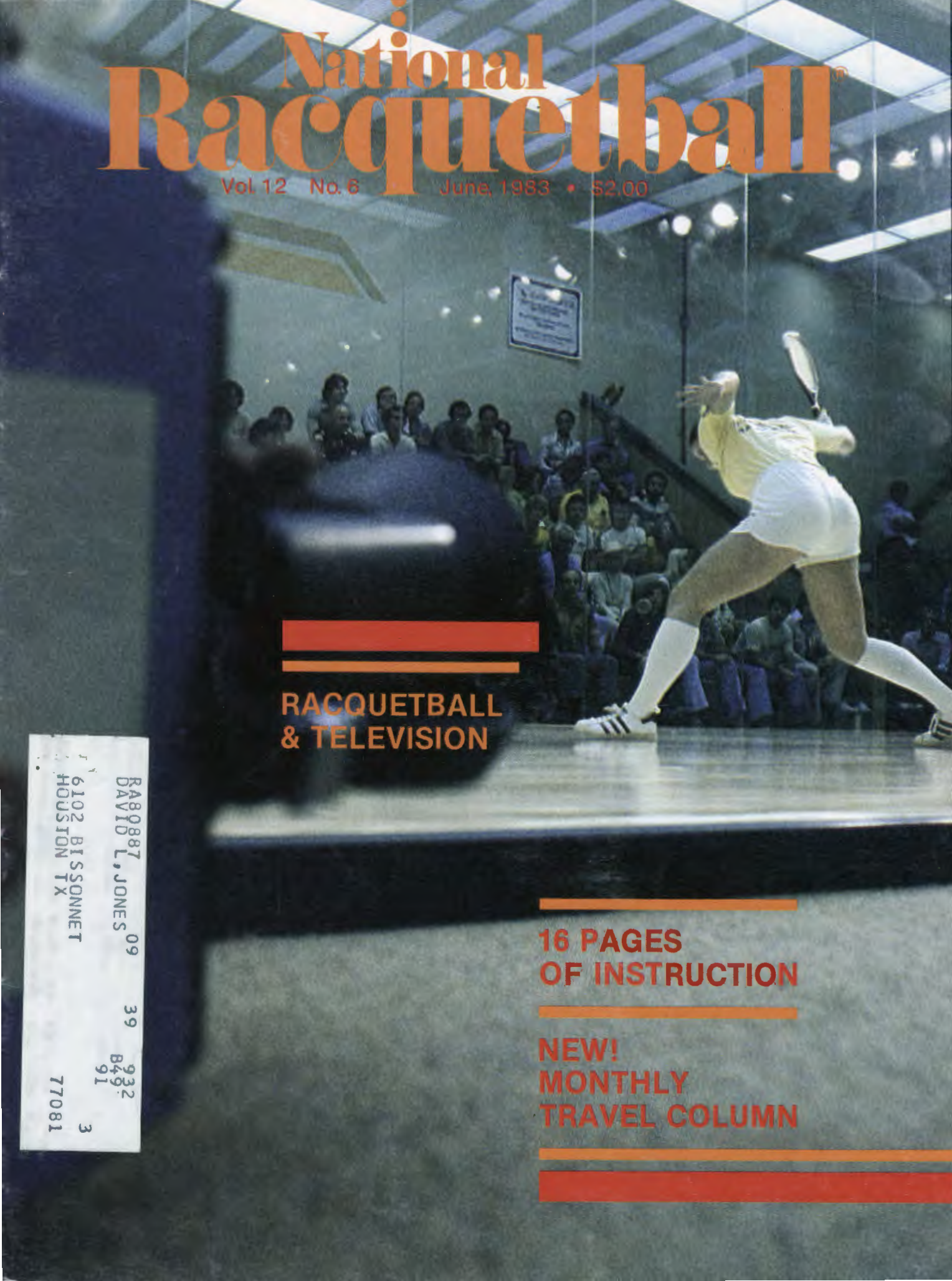


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Racquetball and television is highlighted in a special feature beginning on page 5. Just what do those inside television think of racquetball? How has the audience response been to televised racquetball so far? What are the prospects for more coverage, even live racquetball coverage? We answer your every question.

—photo by Arthur Shay

Next issue . . .

Our first annual string guide, plus the results of our string survey join full coverage of the Ektelon and the WPRA Nationals along with our full complement of instructional articles and features in the July issue. As usual, you won't want to miss it!

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Publisher

• Hugh Morgan •

Associate Publisher/Editor

• Chuck Leve •

Associate Editor

• Lise Goerth •

Design Director

• Milt Presler •

Contributing Editors

• Lynn Adams • Victor Block • Lou Fabian •
• Carole George • Marty Hogan •
• Linda Huey • Steve Mondry • Jean Sausser •
• Barry A. Schulman • Steve Strandemo •

Circulation Manager

• Judi Bayer •

Photographic Consultant

• Arthur Shay •

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Letters

DeWitt Shy

Dear Editor:

From one of the "originals" who went on tour promoting racquetball and paying his own way, I wish to congratulate you for choosing a "klass" guy—DeWitt Shy in, "Where Are They Now?"

I have fond memories of DeWitt and other *quality* men coming up to visit and play against us at the JCCA in St. Louis in the late 60's.

Arthur "2xA" Albert
New York, NY

A New Head

Dear Editor:

I just wanted to thank Penn for the assorted gift pack, and *National Racquetball* for printing the Halloween picture of me with the giant racquetball on my head. The product manager at Penn, Bob Beebe, saw the picture and sent me a friendly letter along with some Penn products.

It makes me think of your editorial in the April, 1983 issue where you said to promote the good will in racquetball. It's nice to think that there is a company that would do something considerate just to be nice.

Paul D. Bodtke
Jacksonville, FL

Racquet Strings

Dear Editor:

You've really hit a nerve with your March issue's Reader Survey! I wanted to respond in a little more detail, since I feel that I have a general lack of knowledge about this very important subject.

It seems to me that very little emphasis is placed on getting competent information to the public concerning racquet strings. It seems that club pros, sporting goods people, and stringers alike recommend standard string tensions and type, discourage experimentation with different strings, and seem to have a general lack of ability to explain how a particular string type and tension range will react as compared to another type and tension. Most will not be tied down to a recommendation of string type/tension combination for a particular game style or skill level.

Furthermore, I have found that most stringers in my area are used to stringing tennis racquets, and do not realize that there may be pattern differences when stringing a racquetball racquet.

For example, many will double-string an Ektelon 250G or Graphite CBK—a blatant mistake. Most do not carry a variety of string gauges, and cannot tell you the advantages/disadvantages of using these variations. For example, Ektelon recommends the use of 16 gauge strings in many of their racquets. Only one stringer in my area carries anything other than 15 gauge or 15 lites.

All of these factors add up to the promotion of general ignorance among the playing public. I feel that most people's games could be improved through a better choice of string type/tension combination. But it is exceedingly difficult to find competent information concerning the stringing options available, and then find competent stringers to implement your choice. I feel that this is a terribly neglected part of a very important aspect of the game.

I in no way profess to know very much about this subject. In fact, the little that I do know comes from very frustrated experiences in this area. I would very enthusiastically support a push for public education concerning the many aspects of racquetball racquet restringing. Any instructions you could run in your magazine would be very much appreciated by myself, and—I'm sure—other readers with similar experiences. Comparisons of string type, gauge, composition, reaction, fatigue resistance, wear resistance, tension standards and variations, stringing patterns, string/frame compatibilities, etc. would be most helpful.

I want to express my gratitude for your interest in this area, and my hope that this response will be echoed by other readers. I don't think that my experiences are isolated ones, and believe that many people who take the game seriously would be interested in any of the above information you could supply. As you note in your survey preface, the strings provide the single element of contact with the ball, and are a major factor influencing consistency, accuracy, and power in racquetball. Obviously, they should be better understood by the playing public.

Barry Kaplan
Greenville, SC

The Nationals

Dear Editor:

With regard to your article on the Nationals (May, 1983), I feel it is important to point out that the AARA is not just another Nationals, but the Nationals for

the amateur player. The correct title for the event is: "The United States National Singles Championships," sanctioned by the American Amateur Racquetball Association and sponsored by Lite Beer from Miller, Penn Athletic Products Company and DP Leach. It might sound like we're splitting hairs but, again, I repeat that only the "Nationals" held by the AARA are recognized as bonafide and legitimate under the Amateur Sports Act of 1978.

It also should be recognized that the AARA has traditionally held the National Singles Championships for the past 10 years on Memorial Day weekend. We strongly urge those who deem it necessary to run their own "Nationals" to at least check for dates that are not in conflict.

Luke St. Onge
Executive Director—AARA

Our apologies to Mr. St. Onge and the sponsors of The United States Amateur Racquetball Championships for our incorrectly identifying the title of the tournament as well as our omission of sponsoring firms.

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From The Editor . . .

P-R-O: A Bold, New Venture

May 11, 1983 could go down in racquetball history as one of those days after which things were never the same. On that date in Anaheim, California, the Professional Racquetball Organization was born, dedicated to leading the professional game to the promised land.

PRO, as it's known is the new association of professional players, led by top 10 player Jerry Hilecher, its newly elected president. Hilecher presided at a meeting of 40 or so pro and aspiring pro players on the eve of the Ektelon Nationals at the Sports Gallery in Anaheim.

Hilecher and PRO have apparently done what has heretofore been impossible—melding the individualistic nature of the pro players into one unit, a base from which the pros will begin to gain control of their own destiny. For a variety of reasons past efforts failed, but this time it's different in that all but a mere handful of top ranked players are behind the effort.

The mavericks, as of this writing, are Marty Hogan and Brett Harnett, but common sense tells us that if PRO should achieve its immediate goal, it will find Hogan and Harnett knocking on their door.

That immediate goal is to organize a professional tour, not an easy task for an association with no income, and little experience in the ways and means of structuring, implementing and coordinating a series of professional events.

Probably the biggest obstacle PRO will have to overcome is the lack of a viable national sponsor to put up the prize money that will be necessary to support the pros. As I understand the plan, PRO intends to acknowledge the 12-15 "satellite" events that have sprung up in recent years, events which offer anywhere from \$5,000 to \$15,000 in prize money.

By stringing these tournaments together, using them as the basis for a ranking system and assuring each event that the pros will attend en masse, PRO hopes to stimulate additional prize money for each tournament while buying the necessary time to attract a true national sponsor for the 1984-85 season.



At the very least they will have this series of tournaments to call a tour and the structure to accomodate a national sponsor should one (or more) show up.

Hilecher, as most who follow the turbulent world of pro racquetball know, is the same guy who in 1980 tried to form his own pro tour much to the chagrin of Charlie Drake, who had the only game in town at that time. Drake's response was to leave Hilecher (then ranked number three) off the original Catalina 12 and it took legal action on Hilecher's part to get himself a spot on the roster.

PRO's vice president is Dr. Bud Muehleisen who has affiliated himself with any number of new entities coming into racquetball, starting with the original IRA back in the late '60's, and continuing with Ektelon, Vittert, the post-Kendler IRA/AARA, Point West and M & M Panels, among others. He now puts his considerable talents behind PRO.

The important fact is that PRO is a reality and it is striving to make men's professional racquetball a reality as well. The degree of its success will depend greatly on how effective its leaders are at attracting major investment to the sport.

For openers, PRO will need to support itself, as would any fledgling association. This means the manufacturers will need to send some money their way, for the other two alternatives just don't add up. Those would be assessing the members of PRO huge membership fees or doing the work without pay.

I for one wish them good luck and good fortune. A viable, professional racquetball tour has been a major missing link for too long and as I've often said, the sport will be much better off with the pros than without them. ●

Chuck Line

Racquetball & TV: What Is The State Of The Union?

You hear it from touring pros. You hear it from club owners. You hear it from manufacturers. They all say the same thing, namely, "Boy, if racquetball was on television the game would take off like you've never seen. It'd make the boom of the '70's look like nothin.'"

That's not to say that racquetball is not on television. The recently completed Ektelon Championships (May 15) were taped for future airing by Entertainment Sports Programming Network (ESPN) for the fourth consecutive year. ESPN has also aired the Canadian CBC Classic for two years as well as sporadically covering other events. And the Public Broadcasting System (PBS) has covered about a dozen tournaments over the years on either a regional or national basis.

But the bulk of the North American populace rarely sees much racquetball on the tube and those without cable see even less. What are the prospects, then, for more racquetball on television?

"My hunch is that racquetball's going to have a tough time of it," said Paul Brubaker, a sports field producer and writer for NBC News' Today Show. "It's still entrenched in people's minds that racquetball is a participant sport, not a spectator sport."

Brubaker covers virtually every major sporting event for the Today Show, including the NCAA Basketball Championships, major league baseball, pro football, boxing and almost any sport you can think of.

"I believe that people will spend their spectating time watching sports that are more fantasy, more dream fulfillment, like the major team sports," he said. "I just don't believe all that many people want to be Marty Hogan."

On the other hand, racquetball's track record isn't all that bad. While those few racquetball telecasts for which there are Nielson ratings are mediocre at best, the racquetball shows are viewed by the "right" type of people. This raises their value, at least in the eyes of some.

"Frankly, the ratings for our racquetball shows have gone fairly well, not tremendously," said Mike Soltys, communications assistant at ESPN, and himself a racquetball player. "The ratings have not been terribly strong,

but the demographics are good. Our racquetball shows attract an upscale audience that advertisers are interested in reaching."

If it's true, then, that those who watch televised racquetball are the people that advertisers want to reach, then the only problem becomes how to get more people to watch the racquetball that is aired.

"The biggest problem is the limitations of most courts," said Rick Tessman, the producer/director of three national PBS broadcasts of the Boise Cascade Pro/Ams. "It took us three years to get it just right and we were working with a good court, plus a window in the front wall."

The Boise tournament, held at The Courthouse in that city, sports the right side wall and back wall of glass. The front wall window was actually moved to accomodate Tessman's suggestions for better camera angles.

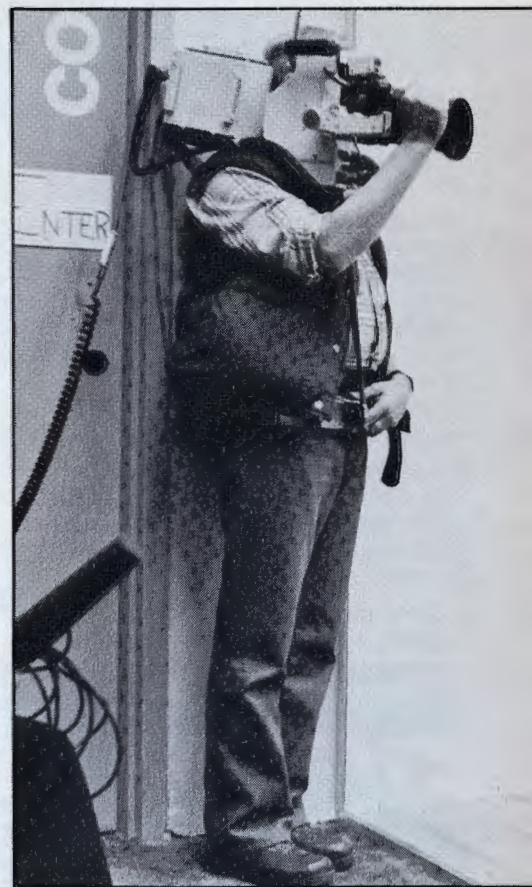
Another important factor on the Boise court is that the right side wall is the one of glass, rather than the left side wall. This allows the cameramen to shoot through the right side wall while the players are playing against the solid, left side wall.

There are three distinct advantages to this set-up, advantages that full, three glass walled courts don't have. First, the solid wall as background makes following the ball much easier and therefore, the telecast more enjoyable; second, most of the play is on the left side of the court, especially if two righthanders are playing; and third, the camera has less problems with reflections since the objects being televised are some distance from the glass.

"If you don't have a window in the front wall, you're really stuck," said Tessman. "Racquetball is a very visual, very exciting sport. I love capturing it on tape."

Capturing it on tape is a long haul from live racquetball coverage, something that most television people don't believe will happen, at least not until there is an overwhelming demand for it by the general public, or radical changes in the pace of the game.

"One of the downfalls of racquetball coverage is there's not enough time between rallies for adequate re-coverage,"



said Brubaker. "In sports that televise well, you have great plays, then enough time before the next play to re-cover and dissect the great play. You don't have that time in racquetball."

To modify racquetball to solve this problem would mean a change in the 10 second rule, stretching it to at least 20 and probably 30 seconds—the amount of time between plays in football.

Paul Corbin, director of programming for the Nashville Network, was the senior vice president at KOCE-TV in Huntington Beach, CA, the first station to produce, direct, and air pro racquetball for national broadcast, taping a pro stop at King's Racquetball Court in 1977.

"There was a fascination for the sport when we first did it at KOCE back in the late '70's," said Corbin. "It was a novelty when we first presented it."

"The problem is the lack of identification of the public with a racquetball

star. The pro players are unknown outside of their own support group. You don't read about them as sports heroes in any daily section of any newspaper.

"I think that's a major stumbling block. People want to know something about who they're watching."

Most roads lead back to ESPN when discussions center around televised racquetball. Soltys reported that the sports cable network has its own racquetball court at its headquarters, along with a weight room and locker rooms. And since ESPN is open 24 hours a day, so is the court.

"The people around here definitely know about racquetball," he said. "Most of us play to varying degrees and often at odd hours. I usually play at one or two in the morning. That's just what my schedule permits."

If ESPN recognizes the appeal of racquetball, and in their own words, the viewer response "attracts an upscale



audience that advertisers are interested in reaching," then how do they perceive racquetball's future. Or more precisely how would ESPN improve coverage?

It's important to remember that ESPN purchases finished racquetball shows from the various producers, contrary to the normal operating procedure of the network.

"In most sports we do, we produce our own program," said Soltys, "In racquetball it's been more economical to pick up a package.

"If this were the best of all possible worlds, there'd be a traveling, totally enclosed glass court. This would provide better camera positions and improve the look of the sport on television.

"But the speed of the ball still presents an obstacle. It's not like tennis where you can follow the ball from side to the other. Racquetball may be too quick for the eye on TV. There's so much concentration to picking up the ball that it's tough to get player reactions."

Corbin believes that racquetball's major problem is not what the TV cameras can and can't pick up, but rather creating the demand for additional coverage.

"Racquetball needs a super bowl of its own," he said. "The Wimbledon of racquetball. Something. The sport needs promotion. You need to draw press attention to it. We're talking hype, marketing and money."

It's not unusual to hear racquetballers talk about that one big tournament, the

event with huge prize money that would attract major coverage. Not so, say the experts.

"Higher purses are no big deal," said Soltys. "They just reflect support by advertisers. If people want to watch racquetball on television, they'll watch no matter what the prize money is. If they don't want to watch, you could put up a million dollars and it wouldn't matter."

Would such a super event attract the live coverage that so many people in the sport desperately desire?

"Doing it live is difficult," said Corbin. "You need people with quicker minds, hands and reflexes than the people playing, which is probably impossible. And you'll need a lot of equipment and technical advancements to present it the way it ought to be.

"It really works well on videotape. You can get everything you need in slow motion. That's the key."

"You never know how long a match is going to go," said Tessman. "You could get stuck with a 45 minute show or one of those two hour and 45 minutes marathons. It doesn't always fit nicely and neatly."

Okay, so if racquetball forgets about live coverage, concentrates on taped broadcasts chock full of slow motion and does whatever it can to provide the sport with that additional hype, then what? Will those of us who long for hours of televised racquetball finally be satisfied?



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"I definitely see no less racquetball on television in the future," said Soltys. In the short run it will be about the same. Down the line there could be more if the interest increases."

"We got as much audience acceptance for racquetball as we did for tennis or other sports we ran," said Corbin. "I wonder why ESPN doesn't do more racquetball."

"The perception is still that racquetball is a fitness sport, a participant sport, but not a spectator sport," said Brubaker.

"When racquetball deserves it, television will be there," said Soltys. Otherwise we've got the cart before the horse. Racquetball needs the masses. Sure, the great growth in the sport over the last 10 years has helped, but huge increases in participation are no guarantee.

"In tennis the great growth in number of players led to a boom in television coverage of that sport. But in soccer, which has boomed as greatly as tennis, the response to televising the sport has not been there."

It appears that the racquetball world has a lot to do before Hogan, Peck, Yellen, et. al. become household names. The questions of course are who plans the strategy, who implements the program and who pays for it. ●



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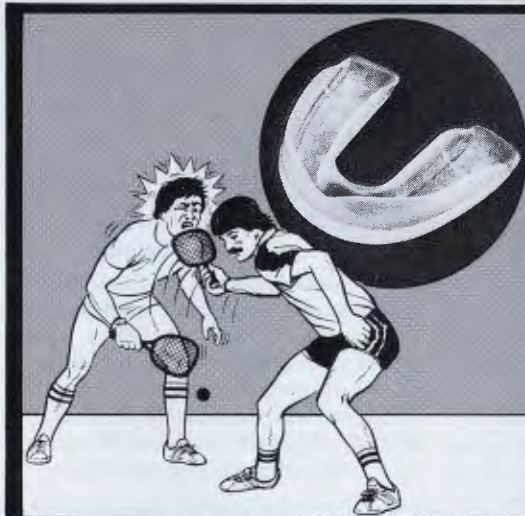
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The Joys Of Racquetball Camp

by Barry A. Schulman

I started playing racquetball about four or five years ago when the sport really became popular and I became aware I wouldn't see 40 again. I progressed for a while, but settled into that terrible category known as "intermediate." Intermediate is a position where you're better than a beginner and not good enough to play with the big boys.

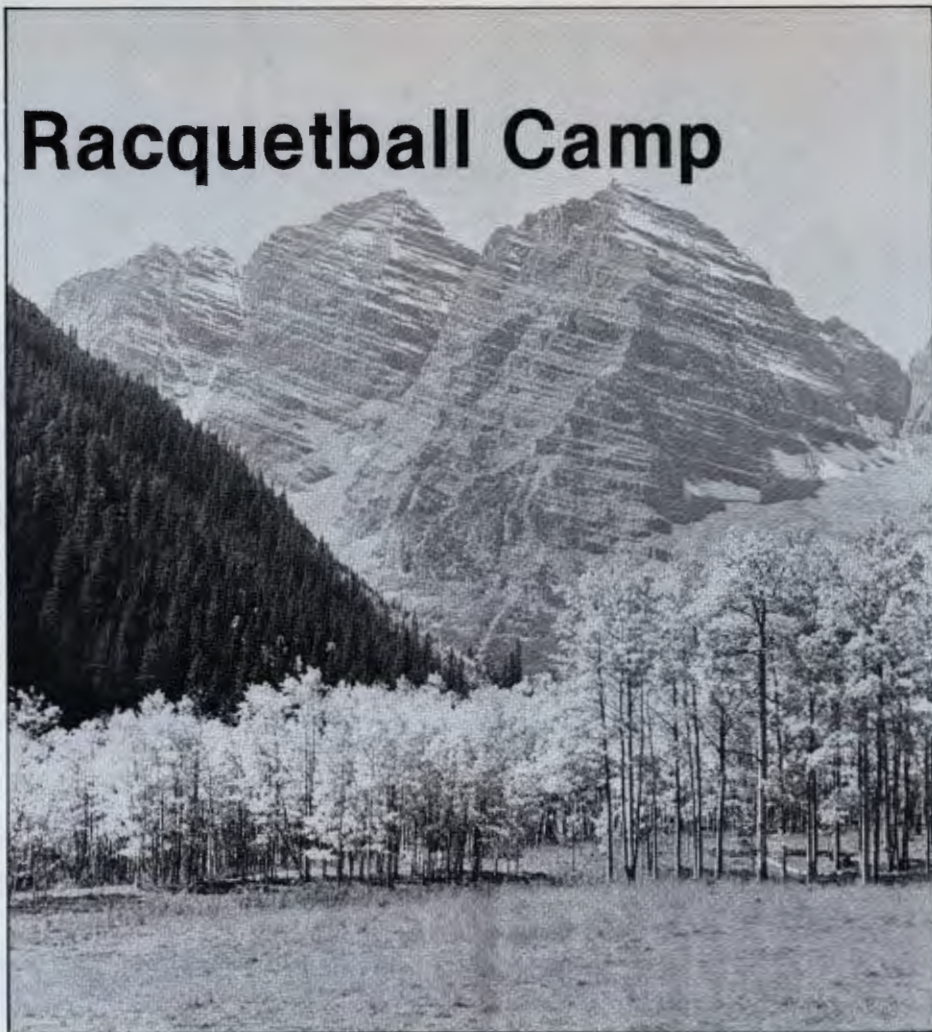
I seem to be intermediate in everything. Even my wife says I'm intermediate. Well, after being intermediate for a few years, after beating all of the beginners in my club and losing by wide margins to all the "big boys," I threw down my racquet in disgust one afternoon in 1982 and exclaimed, "I'm tired of being a nobody; I want to be more than an intermediate."

At that moment, I saw an advertisement for a racquetball camp. It caught my attention and I began to dream about playing before large crowds for that \$10,000 professional prize against the likes of Marty Hogan and Mike Yellen. Why not? Heck, a camp was just what I needed to get out of my rut. I read further. The camp was run by Steve Strandemo and it took place in Aspen, CO. I knew who Steve was. He had written two instructional books and his name appeared regularly with the upper-echelon touring pros.

Well, I sent my deposit to Steve and continued to dream about great moments in racquetball history with me as the star. When my wife found out, she burst my bubble. "Well, if a 46-year-old 'boy' is going to camp we'll have to sew your name in all of your clothes," she said as she doubled over with laughter. My children weren't much better. I kept a stoic attitude. As I boarded the plane, I could hear shouts from my family—"You'll always be intermediate!"

I arrived in Aspen on Friday afternoon. The camp started on Sunday—enough time for a little sightseeing and acclimation to the 10,000-foot altitude. I had never been to Aspen before. That July, it looked like heaven on earth. If you go to racquetball camp in Aspen, you must give yourself a few days to see the world from that vantage point.

Aspen itself is an old mining town. The shops, restaurants, and bars are all huddled close together in a western mountain setting. During the summer there is a music festival and the performers and students practice alone or



The mountain scenery near Aspen is breathtaking. Here, the Maroon Bells, named for their shape and dramatic deep-red color.

in small groups on street corners any time during the day and night. Music is everywhere and soon you forget that live string quartets do not play Mozart in front of stores in other towns and cities.

Soon it was Monday morning and we all had our first taste of racquetball camp. The camp took place at the Aspen Club, just a hop, skip and jump from the center of town. We met Steve Strandemo and his assistants.

Steve was exactly as I had pictured him in my mind, except a little shorter. He was young, well mannered, considerate and very much a teacher. During the whole week he never grew impatient and had plenty of time to answer the same question no matter how many times it was asked.

Steve has developed a well-defined approach to his camp based on years of teaching. First, we concentrate on strategy, then form. If we were to work on our form and style first, he theorizes, we would have a difficult time executing the strategy. So for a couple of days Steve insisted that we use the same style that had become so

"successful" for us at home. I protested, of course, because I wouldn't have been at racquetball camp in the first place if my own style was so great. But Steve and his staff were insistent upon stabilizing each of our court-positioning, shot-selection and game-strategy first.

Well, I learned a lot that day and every day after that. By mid-week I had an appreciation for Steve's approach. I realized that it wasn't completely my form and technique that were limiting my success at home, but rather a combination of adjusting my strategy and making necessary changes in my swing that would push me to the next level of play.

The week moved along. Steve and his group of teachers were well organized. We were all given work books containing diagrams and outlines which we used to take notes and as a quick reference to the lecture information. Each day started with some stretching exercises followed by a lecture and demonstration.



Barry A. Schulman is a private attorney practicing in Beverly Hills, CA.

The author (back row, ninth from the left) with his friends at camp.

Then we were arranged into groups and off we went to the courts to work on the subject matter at hand. The pairings were rotated so we were able to play different people of the same abilities. We usually played 60-90 minutes, often interrupted by an instructor with a point or two about position or form. Then back for more glass-court demonstration and the day sailed on.

I think it's appropriate at this stage to talk about some of the people who came to our camp. We were truly a bunch of varied types. Our ages ran from 13 to 60. We had one guy who was recovering from a heart attack and a young boy who looked like he was ready for Marty Hogan. In addition to guys we had gals, and several of them taught the guys how to play the game. We came from every part of the country, California to Pennsylvania, Florida to Washington. We were lawyers, students, business people, secretaries, clerks, accountants and one or two unemployed lovers. Our experience ranged from youngsters getting ready to enter the top national tournament to novices.

We all had one or two things in common. We loved racquetball, the scenery of Aspen and life, in no particular order. Because we played each other seven or eight hours each day we soon knew each other by name and became good friends. Considering we were about 40 strong, that's quite an accomplishment. Each evening, we all made plans to dine with one another or head for a saloon or concert together.

Camp friendships always result in sweet memories, probably because everyone is placed in the same setting and required to do the same thing. Wealth, power and status soon lose their importance. We were all the same, having fun and no one really cared what you did or how important you were back home.

Of course, racquetball was the topic supreme. We talked about it day and night. We watched video tapes of the pro tournaments. We compared equipment. And for once I didn't have to telephone for a court reservation. What a life!

Before I went to Steve's camp, I imagined that I wouldn't enjoy racquetball all day. I also thought I wouldn't be able to physically keep up with the group. I was wrong on both counts. A sport like racquetball needs time to itself to be enjoyed. Because I didn't have to worry about the office or my dinner date, I felt free to just learn, practice and play. It all came naturally and for one glorious week I was like a member of an athletic team.

The week moved along. We learned and learned and learned. First strategy: Where to position yourself. How to move. Where to hit. Should I be defensive or offensive? Anticipation! Watch the ball! Next, serves: drive serves, lobs and Z serves. By Wednesday, form: Forehand, backhand, wrist cock, shoulder and hip rotation, follow through.

This was work. An old duffer like me had to remember so much. But Steve had a complete video tape system and he taped each student's style. The viewer was set up in the Aspen club lounge and each of us could watch the tape at our leisure. Day and night, that videotape machine ran, making tv stars out of all of us. Steve would slow down the tape or stop it when he wanted to make a point. Technique is not something to be learned and developed between Monday and Friday.

To be honest, this was the hardest and most frustrating part of the course. To change or improve form, you have to give up all of those bad habits you've always depended on to hit the ball, and while you are learning there are a lot of skip shots. By the end of the week, I was at least beginning to feel comfortable with the changes I had made.

Music fills the air in Aspen in the summer. The Music Festival attracts students and performers from all over the world.



The time flew. We learned a few things about doubles play, had a camp dinner one night at the club and suddenly it was Friday afternoon. I was really sad. Sore, but sad. We exchanged addresses, had a group picture taken, made promises to see each other and flew away. I went to California. Others went back to Texas, Pennsylvania and wherever else.

I have beautiful memories of my racquetball camp experience. The following Christmas, I received some lovely cards from some of the group. And I can now go to almost any spot in this country and play racquetball with an old camp friend.

But most importantly, I came back to my club and looked for the best racquetball player I could find. One of the "big boys". A real sandkicker. I challenged, he accepted. We played. I lost. But not by nearly as much as I had before. And the "big boy" said after the game, "Not bad, you play a lot better. Let's play next week—what's your name?" ●

Biomechanics For Racquetball

by Linda Huey

With the upsurge of interest in physical fitness and conditioning, increasing numbers of Americans are participating in racquetball and other active sports. But because so many of these new sports participants don't have the solid training and technique that underlies strenuous activity, there is also an upsurge in athletic injuries. All too often, the only way a new sports enthusiast learns proper form is when faulty movement patterns have created musculo-skeletal problems such as sprains, strains or tears of tendons, ligaments or muscles. Once a person is in pain, they are usually more willing to replace the incorrect movement habits that created the problem.

Although most sports involve highly refined movements that require complex coordination, racquetball places yet another demand on the body. It requires that the majority of the body's power be exerted through only one side, channeled through only one arm. Unless racquetball players are constantly aware of their potential for body imbalances, the unilateral nature of racquetball can cause progressive physical difficulties.

Los Angeles area chiropractor Michael Potkin has long been interested in movement and its effect on the human body. His work with dancers and athletes has challenged him to extensively study posture-in-motion, or biomechanics. In working with racquetball players, Dr. Potkin has noted that the primary muscles of these athletes are often developed on only one side of the body. This unilateral development of the shoulder girdle, back, pectoralis and latissimus dorsi muscles on the dominant side creates lopsided posture.

According to Dr. Potkin, uneven muscular development on one side of the upper body pulls that side out of alignment. The vertebrae of the middle and lower back start leaning in the opposite direction to counteract the off-balance stance of the body when standing erect. And when the spine habitually curves in compensation, problems occur from the wedging effect to the discs between the vertebrae.

Jay Jones, with Dr. Potkin in background, demonstrates correct posture.



Yet Dr. Potkin is convinced that racquetball play doesn't have to create postural misalignment. Rather, a basic knowledge and application of correct biomechanics can help avoid difficulties and, in fact, improve performance.

"Tight muscles must be stretched; weak muscles must be strengthened in order to create balance within the body for optimum movement," said Potkin. *"But, of course, if incorrect biomechanics are the cause of the muscular imbalance, it becomes necessary to re-educate the movement patterns."*

But altering long-ingrained habits can be difficult. It virtually requires starting at the beginning. For that reason, Dr. Potkin has developed a biomechanically sound approach to exercise and fitness called "Posturcise." The program was developed in his Santa Monica and Encino offices to teach his patients—from back pain sufferers to world class athletes—how to attain and maintain proper posture in sitting, standing and walking.

"Although these basic activities are generally taken for granted," explained Potkin, *"they are fundamental skills that must be acquired, for they serve as the building blocks of all movement. Done correctly, these building blocks serve as a firm foundation upon which more complex skills such as racquetball technique can be built."*

Dr. Potkin pointed out that various chronic problems can arise when a racquetball player fails to observe proper posture-in-motion. A player who stands in a slouched position with head forward and upper back rounded will experience a decreased range of motion in the shoulders followed by decreased function. Players who stand in the ready position with a swayed back not only impede their quickness in the lower body, but also stand a much higher risk of strains, sprains and disc problems in the lower back. Injuries to the rotator cuff of the shoulder are common in racquetball and most often come from overuse; Dr. Potkin said that players must become realistic in knowing their own limits.

Knee and foot injuries can often be corrected with orthotics, but Potkin advised that the rigid inserts often won't work well for racquetball players because of the lateral movements involved. Instead, he advocates a semi-rigid or soft type orthodic.

Most importantly, Potkin emphasized that chronic ailments can be avoided if players acquire better postural alignment and follow a solid warm-up and warm-down routine.

"Get the blood going before stretching," suggested Potkin. *"Stretching when you're cold just doesn't produce the results you want. Bicycle, jump rope or jog a bit, then stretch the calves, hamstrings, quadriceps and shoulders for 5-10 minutes. Next, get on the court for further warm-ups, going through all the shots using both sides of the body. Hit with the non-dominant hand as much as the dominant one during these drills."*

Dr. Potkin is concerned about strength imbalance. That's why he advises racquet sports players to add swimming or weight training to their fitness regimens. Both forms of exercise can equalize strength in the upper body from side to side.

"Never lift more with the strong side than you can lift with the weak side," cautioned Potkin. *"If anything, you might want to lift more with the weak side to balance things out."*

Once players are in the midst of play, game action can be very quick, requiring sudden changes in direction, pivoting, lunging, etc. Potkin insisted that players must constantly return to a center of gravity position between these rapid-fire shots. If the player doesn't continually come back to this evenly balanced neutral position, he or she will be working harder than necessary, stressing various body parts.

After the racquetball games are completed, players should make sure to warm down either with easy shots on the court or slow jogging. Potkin then recommends a post-game stretching session that lasts 10-20 minutes.

"Flexibility is of the utmost importance, for it is the key component in increasing performance and decreasing injury," continued Potkin. *"Yogic type stretching, or a slow sustained stretch is preferable over a bouncing stretch."*

Incorrect posture. Arrows refer to areas of stress and potential injury.



But better still is the contract-release method of stretching that develops flexibility faster than either of the other types."

This new method was developed for use with neurological rehabilitative medicine and is used by Potkin in his new Posturcise classes. First a muscle group is contracted, then just as the contraction is released, the muscle is physically stretched to a new length. Once again the muscle is contracted from this new position and upon a second release, the muscle is stretched still further. In this way more flexibility and range of motion is quickly acquired.

Dr. Potkin believes the the "No Pain, No Gain" attitude expressed by athletic coaches in the past is now outdated. He figures that if an activity hurts your body, it can't be good for you on a long-term basis. So his Posturcise classes develop flexibility, strength and cardio-vascular fitness in a systematic progressive manner that is not stressful to the body.

Strengthening and toning exercises in the Posturcise class are done in such a way as to produce a balance of strength throughout the body. Strength in the postural muscles is of primary importance, for these muscles—abdominals, back, neck, buttocks and between the shoulder blades—hold the body in proper alignment. Good overall body strength is necessary, too, for weakness in any area of the body will lead to altered biomechanics. The weak

The correct backhand.



muscles will recruit from the surrounding muscle groups in order to do the work for which they themselves are not sufficiently strong. Compensation problems then result. The recruited muscles may develop aches or pains and the tendons and ligaments in the affected area can become sore from the unbalanced effort.

Posturcise instructors utilize the tools of conditioning as the tools for re-education. For instance, the conventional sit-up is modified so that it not only strengthens the abdominal muscles but also prevents stress or possible injury to the neck and back. Other exercises and movements are programmed so that they are done smoothly, with relaxation and ease. Jerky, stressful movements are eventually eradicated from the student's physical repertoire.

The concept of center-of-gravity or "center points" is introduced so that students learn quickly to assume a balanced stance at the head, neck, shoulders, chest, pelvis and knees. All of these center points must be maintained, for if any one of them is out of alignment, it throws off the others.

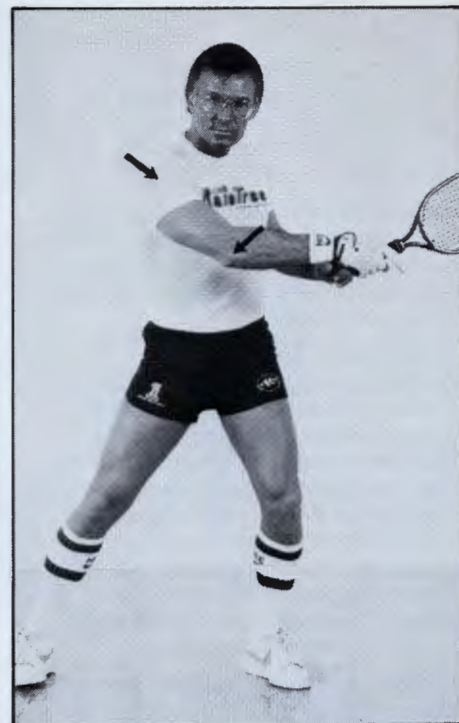
Postural isolations are some of the more advanced skills taught in Posturcise. Isolated muscle groups are trained to move each body part independently in a relaxed, smooth, coordinated motion. When each independent muscle group is stretched, toned and coordinated, the body is most likely to be well-balanced and fit.

By the time a Posturcise practitioner has progressed through the advanced

lessons, he or she has a clear understanding of proper body mechanics. A two-way communication has been established: the body listens to the precise commands of the student and the student listens with respect to the body.

Since racquetball requires constant motion and quick reflexive action, Dr. Potkin particularly emphasized the need for players to develop good basic

The incorrect backhand. Arrows refer to areas of stress and potential injury.



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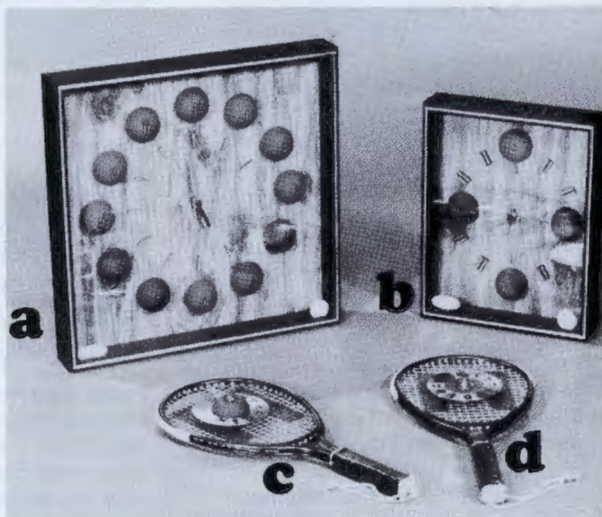
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movement patterns that will underlie all game play. Although racquetball technique may take years to perfect, learning the proper fundamentals of basic movement patterns in programs such as Posturcise, can be the first step toward improved performance and decreased injuries. ●

Dr. Michael Potkin is in private practice at the Vital Health Center in Encino, CA and Wilshire West Chiropractic in Santa Monica, CA.

Lynda Huey is a freelance sports journalist who lives in Santa Monica. Her racquetball claim to fame is teaching Wilt Chamberlain to play.

Ask The Champ

by Marty Hogan

Five time and current National Champion Marty Hogan answers questions about improving your game in this ongoing exclusive series in *National Racquetball*. Readers are encouraged to submit questions about their game to Marty Hogan, c/o "Ask the Champ," *National Racquetball*, 1800 Pickwick Ave., Glenview, IL 60025.

Question: How do you typically occupy your time before a match?

Hogan: Everything I do should be aimed at bringing out my best performance. Unfortunately, that isn't always the case.

Since I'm seeded number one in almost every tournament, I usually play late in the evening, sometimes as late as nine or 10 p.m. That leaves me with a lot of time to kill during the day and generally speaking, I try to spend it relaxing.

I'll sit around my hotel room, watch some television and eventually make my way to the club for a steam or jacuzzi to help me relax. Maybe I'll watch a match if there's somebody I want to watch or a match that is expected to be explosive.

I don't recommend spending a lot of time at the club watching a lot of matches. I think you get wound up and it's physically, as well as emotionally, draining. Watching a whole bunch of matches can take a lot out of you without you even being aware of it.

For an intermediate or beginning player this might not be the case, although watching eight hours of matches and then trying to play will certainly have a negative impact on your game, that I'll guarantee. However, many B or C players will find that watching the pros play for 20 or 30 minutes will help their performance if they move right into their own match.

Any time you can view the better players it becomes a learning process, especially if you can view the pros. However, you can't really expect to count on watching the better players to improve your game tremendously right before a tournament match. You really need to isolate yourself and concentrate on your game.

Seeing the better players helps psyche you up and it does help. But it eventually wears off and you need to get back to the basics, beginning with hard work.

Question: I've heard you talk before about maintaining a high level of intensity. Just how difficult is it?

Hogan: Maintaining my intensity is easily the most difficult aspect for me to master in my racquetball game. What makes it doubly difficult is that it is probably the easiest thing for my opponents to master because their intensity level automatically skyrockets when they play me. They know they have to be super psyched if they're even going to have a chance.

The key to concentration is developing the ability to block things out of your mind so that you can devote your mental energies 100 percent on your game. This means having or learning the ability to stop your thoughts from wandering and zero in on the flow or the match.

As I said, this is the most difficult part of racquetball for me, but fortunately, I'm not alone. Maintaining a high intensity level during a match is a real problem, but I'm not the only one who has it. In fact, I happen to think maintaining intensity is the universal problem in all professional sports.

How many times have you heard in tennis matches, basketball games or football games that certain players or teams seemed to lack intensity? I think motivational ups and downs will be with us as long as we compete.

I really believe that the ability level among top racquetball players is about even. Concentration and intensity are what separates the pros. When you find yourself slipping out of your concentration, call a time out and bring it back together. If you don't, by the time you wake up, it'll be too late.

Question: You've probably been in as many racquetball clubs as anybody in the game. If you were to build your own club, what would it be like?

Hogan: If I were to build the perfect club, and that's what mine would be, first and foremost I would make sure that the locker rooms were spacious. I would be planning on hosting the biggest tournaments in the sport in my club so the locker rooms need to be huge and comfortable.

Within the locker room areas there would need to be all the health club amenities: a good jacuzzi, sauna and steam room, a separate room for massages, etc.

I would have 12-14 racquetball courts with different combinations of glass walls, plus one stadium court in a separate area, but preferably a separate building. This arena court would be housed in a 5,000-8,000 seat auditorium with the court floor elevated about five to eight feet above the first row of seats, like a boxing ring. I'd use one-way glass throughout.

I'd have a nice fitness gym with the best, most sophisticated machines, free weights and an aerobics center. That would be my basic club.

From that point on it would become a matter of costs, desires and location. I would probably include a lap swimming pool, four of five squash courts, 10-12 tennis courts and a running track outside circling the grounds. I would build a club tailored to everyone's needs, with emphasis on racquetball. I'd want it to be a family club.

Just as important as what's in the club would be who runs the club. I'd make sure to hire the proper person to train and teach the members of my club how to use the fitness equipment, how to play their racquet sport, and what activities to participate in, in order to get each individual in shape. A top notch staff would be my highest priority.

I'd put the finishing touches on my club with a nice restaurant and lounge area with entertainment. ●

APRO Teaches:

Win More Through Charting!

by Lou Fabian

Once upon a time, a great bird, The Gar, swooped down on me from Mount Buffalo. Perched atop his 6'6 frame, he foretold a great revelation to this plebeian. "Lou," he said, "chart your opponent's racquetball game. Study the picture it forms, and you will defeat him."

Well! To say the least, I was awestruck! What did the Gar mean? He said, "Scout and record your opponent's strengths and weaknesses. With the information you can prepare a game plan that will eventually help you to defeat the player that you have scouted." (Garfinkel, 1982, p. 28) In addition, having someone chart you will point out the strengths and weaknesses in your own game.

Faults are sometimes difficult to recognize or admit. The chart, however, will not lie. And a picture is worth many words. This article will detail how to chart the end of every rally and the serve. Beginners, intermediates, and advanced players will be taught to read, interpret, plan, and execute the chart information to improve their games. The benefit of charting for the teaching pro and charting and coaching from a friend are also discussed. The principal charting source was the Gar Chart developed by Charlie Garfinkel, holder of seven national titles.

Before proceeding into the body of the article the reader must understand that charting is complex and difficult in its easiest form. After initially familiarizing yourself with the symbols and basic charting technique, you should modify the method for charting to suit your needs. Determine what information you specifically want to know and alter the technique to identify that information.

For example, the chart will show which shots skipped to end a rally. Perhaps, of more importance is what shot caused the skip to occur. (Note that in *Diagram 1*, shots 15 FK, FK, 9 FK, were skips from back wall ceiling balls.) Remember, be creative, flexible, and discover new ways for charting to help improve your racquetball game.

Charting The End Of Every Rally

Charting the end of every rally will show exactly what the player does on the court. The numbers on the chart represent where the winning shot was taken and the number of points scored; i.e., the first point, 1 FK, was a skip ball from the right rear corner (*Diagram 1*). A side out has no number notation (B Splat).

The notation circled 17 FK is the seventeenth point scored by Obremski on a skip ball from Brannan. Winners appear as 13 FK or 11 A. Misses by the opponent appear as 18 OHK. Personal misses are on the opponent's chart (See *Diagram 1A* - FRPi). In other words, *Diagram 1* shows all Dan Obremski's points—his good shots and Dan Brannan's errors.

Forehand and backhand shots are denoted by F and B. They should be the first notation following a number and preceding the direction or shot; i.e., 16 B Pi or F CCPi. Direction notations follow; i.e., 7BCCFPi: the seventh point scored on a backhand cross court passing shot. No given direction indicates a straight shot; i.e., 5BK is the fifth point on a backhand straight kill.

Last in the sequence is the specific

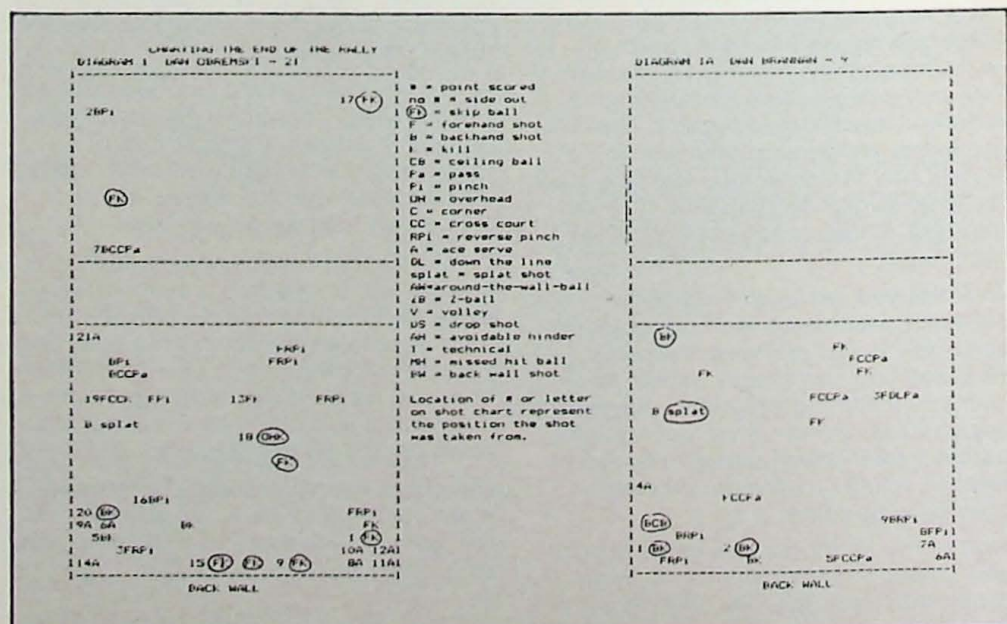
shot taken. FRPi is a *Forehand Reverse Pinch*. This system may seem complicated. A little practice and common sense, however, will bring about the reward: to play better racquetball and win more matches.

Charting The Serve

Do not underestimate the value of charting the serve and serve return. At advanced levels they may mean victory or defeat. Chart an advanced player sometime and you will learn the combinations of serves used in a series to deceive the receiver. Watch the execution of the same serve from different positions in the service box. Note what serve returns are most effective against which serves. Then prepare yourself to execute those returns when you play.

Charting the serve requires a streamlined technique (*Diagrams 2-2A*). First, fix the position of the serve with the serve number. Do not write the serve down though until later. Then fix the position of the return. Write down the return and what followed; i.e., skip, kill, rekill, rally. Now write in the serve. *Do not watch the rally* until you have charted everything.

Ninety-five percent of serve returns will come from the side served to; i.e., backhand return from backhand side of

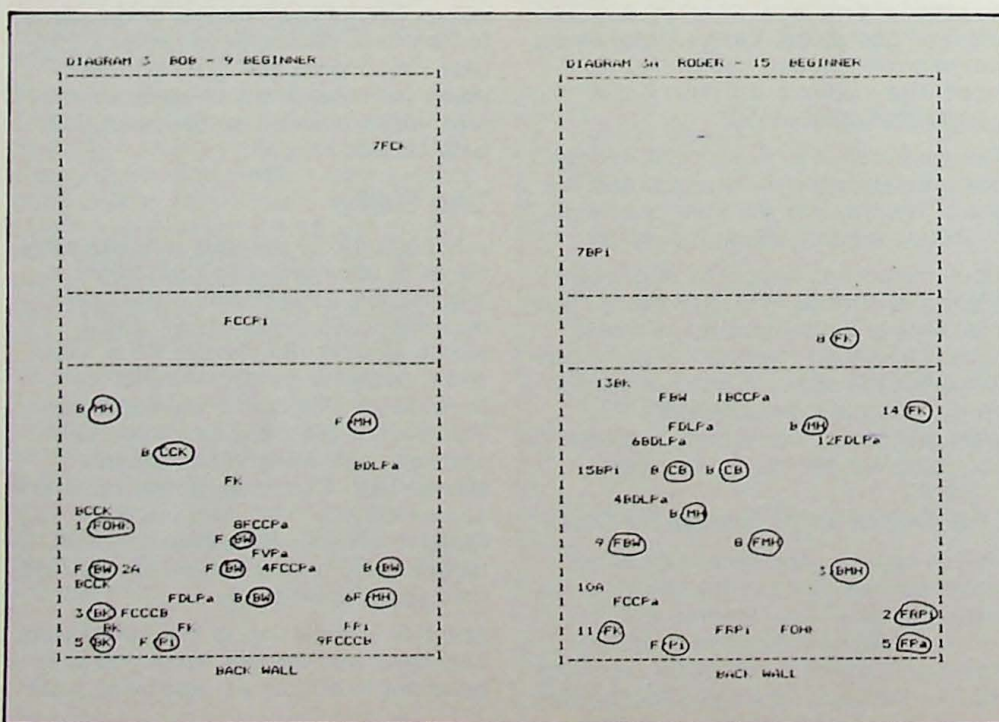


front, left rear, right rear. Draw the center and horizontal lines on several of the charts in the article. Identify the weakness, and formulate a plan of attack to include; what serves to use, which quadrant(s) to exploit with the serve return and during the rally.

Beginners: Improve Your Game

Beginning players should have their games charted to help them recognize glaring weaknesses. The chart will show obvious errors that the player cannot pick up from the game. Typically, beginners lag in the back court waiting to see where the opponent hits the ball before running. Many mis-hit balls occur because beginners are unprepared with their racquet in a ready position.

The rallies are long because the ball is hit high and usually ends on a miss or massive skip (a ball which comes off the racquet straight down into the floor).



Diagrams 3 and 3A show a game between two beginners. Observe on *Diagram 3* how deeply Bob played his shots. The majority of forehand shots were taken from the left rear court. Examine *Diagram 3A* to count the number of errors.

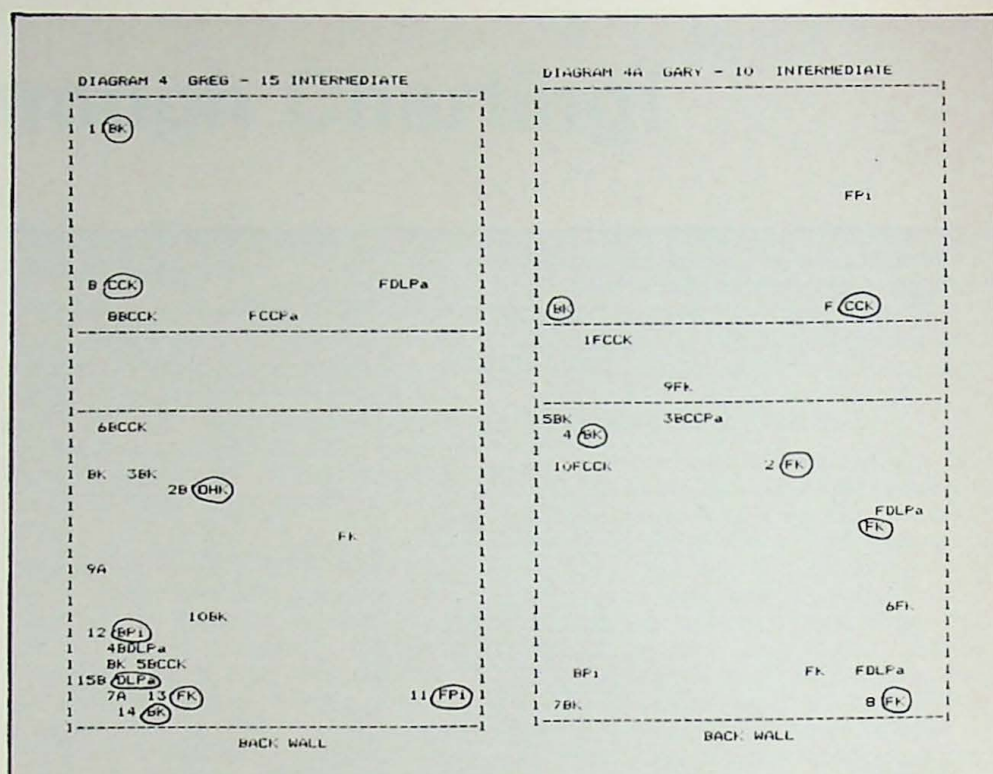
Diagram 3A demonstrates better center court position. However, a large num-

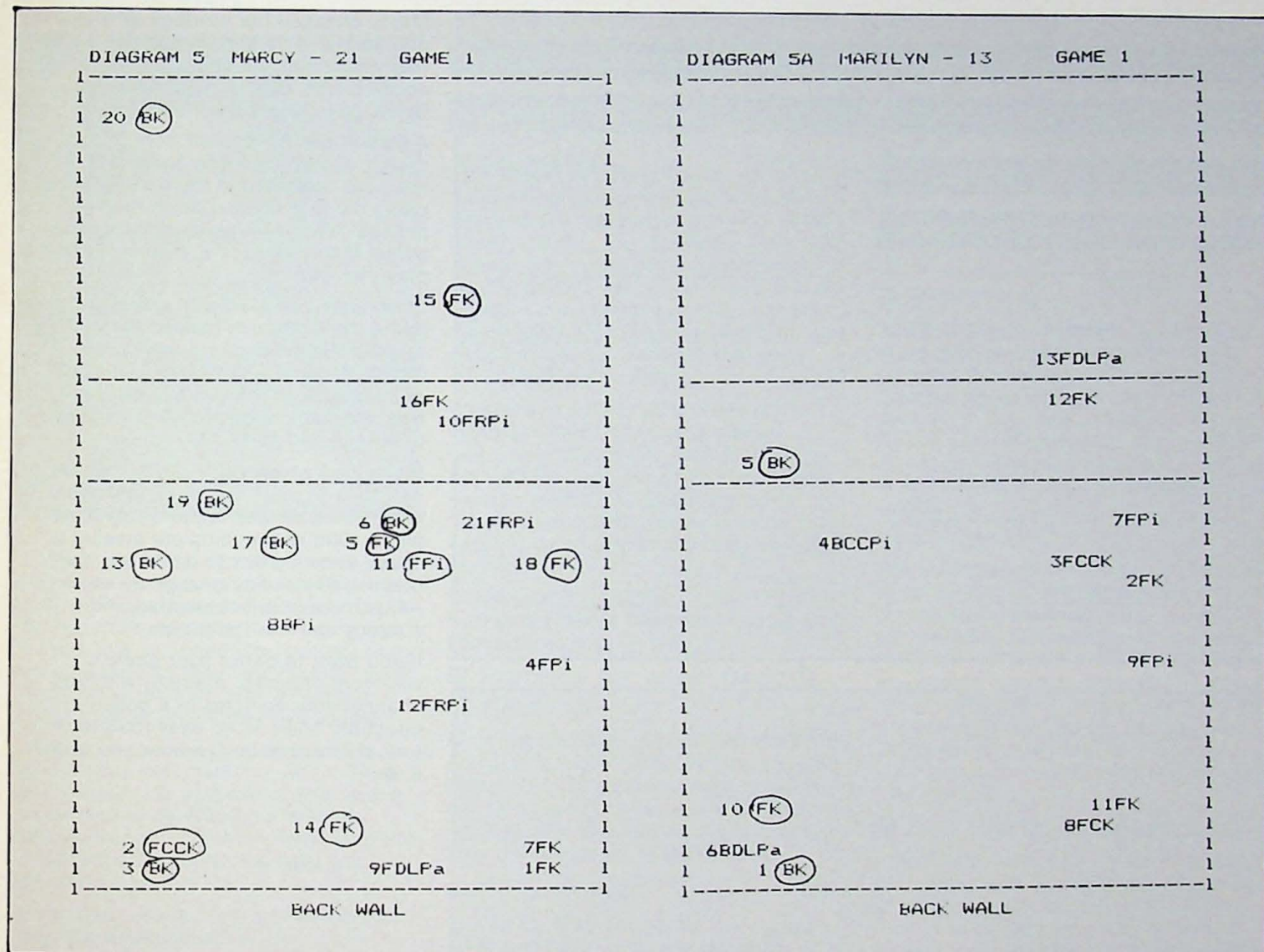
ber of forehand shots were made (*Diagram 3A*) and missed (*Diagram 3*) from the backhand. Roger also hit many shots off the back wall which never reached the front wall.

Intermediates: Exploit The Weakness

Intermediate players should chart themselves and their opponents. Once again, charting will reveal weaknesses in the game. Intermediate players have some mastery of stroke mechanics, several shot selections, comprehension of basic game concepts, and awareness of center court position. Typically though, intermediates have weak backhands, run too far forward, and are easily passed. Charting the opponent will easily reveal these weaknesses. The intermediate player may then form a game plan to exploit the same.

Diagrams 4 and 4A are a game between two intermediate players. Observe how Greg scored all but one point from the backhand side. Both Greg and Gary were playing the ball to the backhand side of the court, to Greg's advantage.





Gary scored well with his forehand. He had four errors by Greg's forehand. Greg, playing close to the front wall, converted several of Gary's kills from the front court. Gary could have won by playing Greg's forehand more and hitting more pass shots.

Chart And Win

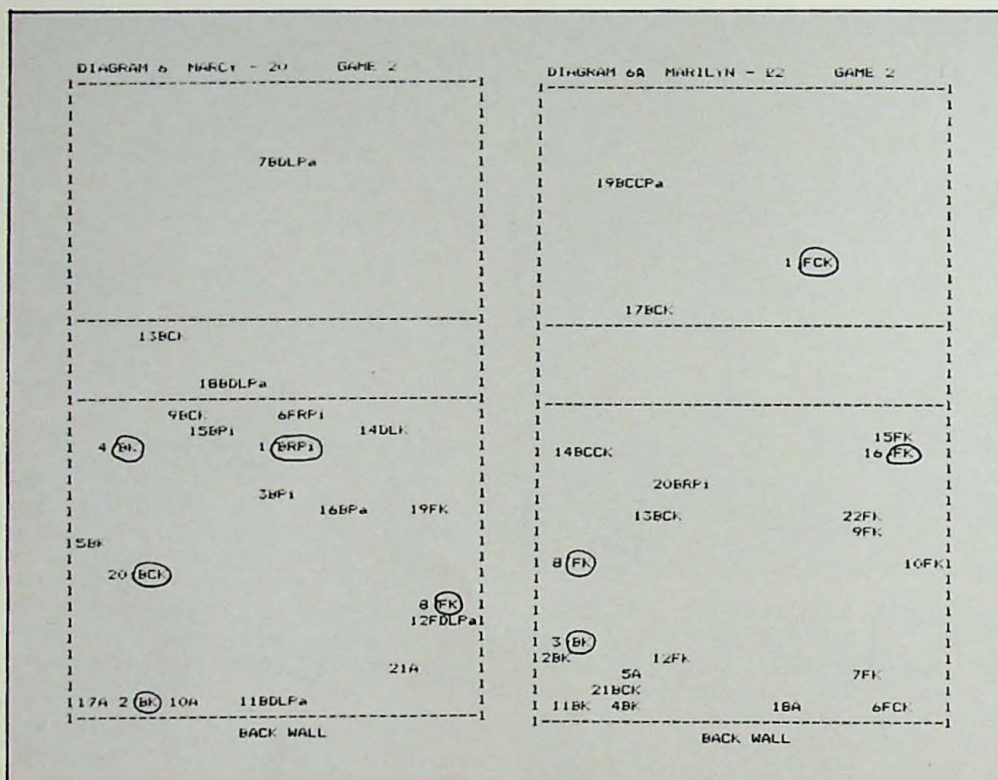
The following is a three game match between two advanced, female players. The games were 21 points with a point awarded after every rally. Marcy had previously observed Marilyn, noting

that she charges the front court to kill the ball. Marcy's game plan was to keep Marilyn in back court with passing shots.

Diagrams 5 and 5A are the chart for the first game. Marcy caught Marilyn running into the front court. Marcy's passes were jamming Marilyn due to Marilyn's offensive style of play and slow start. Marcy won the game easily, 21-13. Marilyn, however, hit a group of forehand winners from the right front area neutralizing Marcy's cross court passes (5A).

Diagrams 6 and 6A are the chart for game two. Marcy used the same strategy, but Marilyn won the game, 22-20. Marilyn adjusted her court position in this game to cover Marcy's pass shots. Marilyn dropped back deeper and closer to the side wall after her serve. This enabled her to cut off Marcy's passes with pinch shots. Marcy attempted better passing shots in this game. She then pressed, giving up many back wall setups which Marilyn killed (shots 2, 11, 21, 4, 7, 6).

Diagrams 7 and 7A are the tie-breaker.



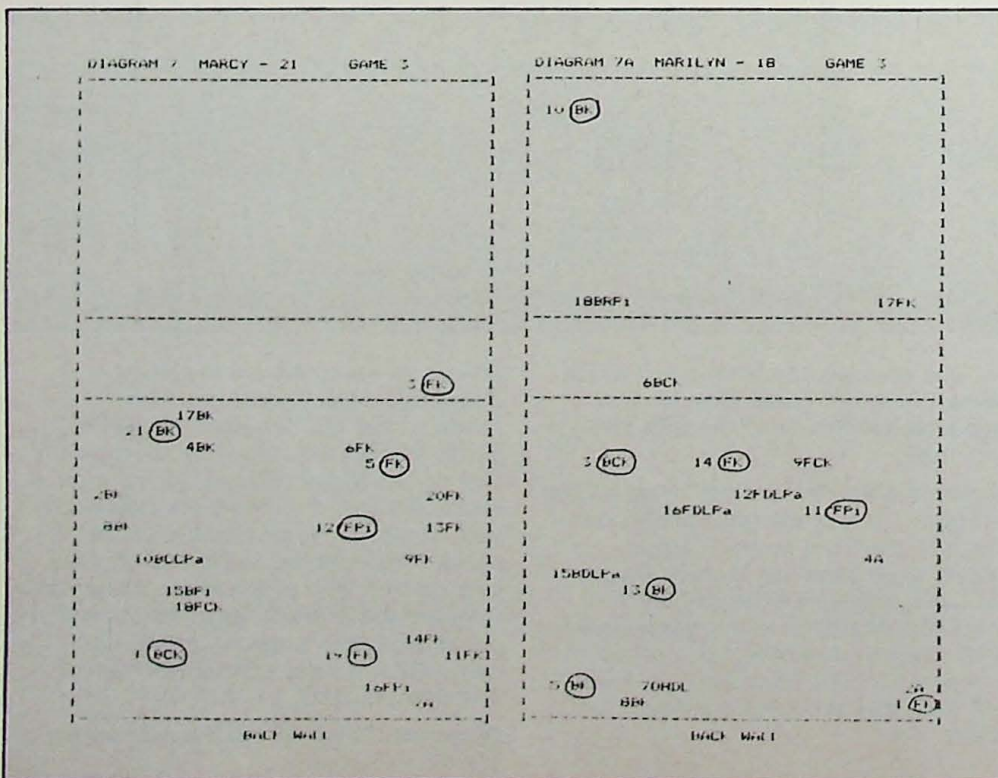
Marcy changed her strategy. She exploited Marilyn's deeper position by hitting virtually all kill shots. This strategy, coupled with Marilyn's high risk of offense, gave Marcy the victory, 21-18.

A lesson can be learned from this match. Marcy's favorite game is to keep the opponent in the back court, using cross court and down-the-line passes. When Marilyn neutralized the game, Marcy went to a weaker style of play and won.

Look closely at Marilyn's chart for game three. Marilyn passed Marcy four times while moving into front court (points 7, 12, 15, 16). Marcy lost three points because Marilyn moved well from the back court to the front court to kill the ball (6, 17, 18).

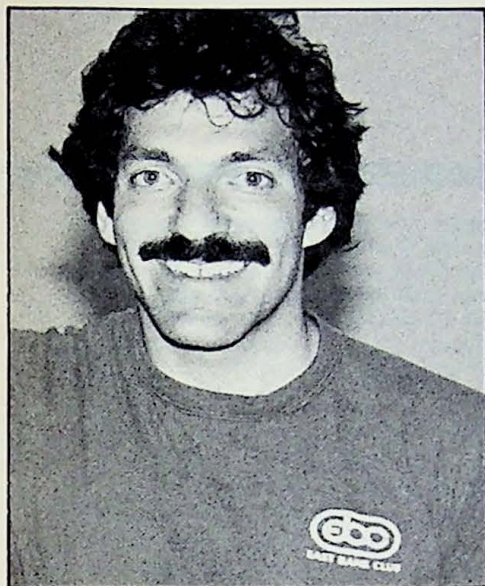
Marcy had seven skips due to her high risk style of play. Yet Marcy still won. Why? Because she is not a one style player. She has a complete arsenal of shots, knows when to use them, and has the confidence to execute them. Adjustment in shot selection and strategy can win the match.

If you want to better your game and win more matches, charting will help channel your energies in a constructive direction. There is no easy road to victory, but racquetball is what you make it. ●



Getting The Most Out Of Practice

by Steve Mondry



Throughout one's sporting life we hear these words: *Practice Makes Perfect*. And while practice really doesn't make perfect (nothing does) it sure gets you a lot closer to perfection than not practicing. Thus, all of us who desire to improve need practice time to work on those weaker elements of our game.

Practice without a plan, however, is worse than not practicing at all. Thus we come to the purpose of this article, to aid you in developing a practice routine through common sense and the experience I've found the hard way, i.e., by doing it wrong.

Here, then, are six tips to making your practice time pay off:

1) Find a suitable partner

Finding a willing partner sits at the top of my list because a person can take only so much of solitaire racquetball. In addition, it is nearly impossible to self-analyze your game while playing and a partner can point out obvious flaws that don't even occur to you.

Most importantly, your partner will be the person to drill you on the shots you need to be practicing in exchange for the same thing. This person need not be as good as you, just willing.

2) Intensity

This is another sports buzz word that nearly defies definition. Intensity is an intangible that you recognize when you don't have it, usually recognize when you do have it, and rarely know how to regain it once lost. In order to get the most out of your practice sessions you need to have the intensity that you would during a match.

What we're talking about here is the development of a winning attitude—being able to work as hard as you can from the first minute of your practice session to the last. There are few things in racquetball more difficult than keeping up your intensity level during practice.

When I feel my intensity level dropping I generally take a five minute break and come back ready to play.

3) Practice for short periods of time

Keep the duration of your practice time down. It is much better to have four, 15 minute quality sessions than a drawn out, lethargic 60 minute session. Remember, it is the quality of the practice time not the quantity that counts.

4) Plan ahead

The worst practice sessions are the ones that begin with the following question when you walk on the court, "*I wonder what I should work on today?*" It is already too late to have a meaningful practice. You must know what you are going to practice before you get anywhere near the court.

I generally know the night before what my practice regimen will look like the next day. It is imperative to have a clear idea of what it is that you want to accomplish on the court during your next practice session. I recommend to my students that they actually map out a six or eight session practice schedule, allowing for the normal flexibility and fluctuations of their game.

5) Play hard

While similar to intensity, playing hard in practice is a vital ingredient all its own. It's easy to get mentally lazy in practice. Such laziness becomes evident when you start extending rallies for the sake of extending them, either by almost purposely leaving the ball up, or constantly hitting cross court.

"Oh, but I'm doing it for the workout! Right?" Wrong!!

The idea behind meaningful practice is to try to simulate situations and pressures that you will face in live, competitive matches. One of the best methods I've found to instill that feeling into my practice games is to wager small items (beers, fruit drinks, etc.) on the outcome against my partner. Since the dollar amount is little, the true incentive is pride—and pride makes me play hard.

6) Use the tournament balls

I can't stress enough the importance of practicing with the balls you are going to be using in your competitive matches, be they leagues, ladders or tournaments. Each brand differs in the way the ball reacts off the wall and racquet and it takes time to get used to the various differences. I recommend that if you are practicing for a tournament, that you begin each practice session with a new can of balls, at least those practice sessions in the two or three weeks prior to the tournament. Know what ball will be used and use it in practice. ●

The Making Of A Player (Part II)

by Steve Strandemo

Steve Strandemo has dedicated himself to the study and analysis of racquetball. He is the author of two instructional books, The Racquetball Book and Advanced Racquetball, director of Strandemo Racquetball Camps, a touring professional, and chairman of AMF Head's Racquetball Advisory Staff.

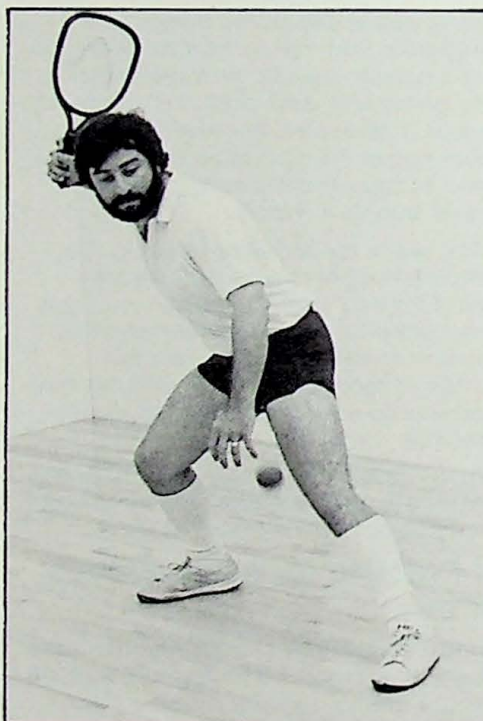
This is the second article in a series dedicated to the instructor and his student. In these on-court sessions we'll be covering many of the problems you might encounter when you are teaching a beginner. Through formal instruction, drills, and play, Ron and I will be working together to improve his game and demonstrate how rapidly the novice can progress with professional instruction.

Ron, perhaps having a better idea of what to expect this time, was much more relaxed and comfortable on court during the second session. We began by warming up with some forehand and backhand rallies. Ron handled the exchanges really well and I was pleased to see that he had succeeded in eliminating the restricting habit of touching his left hand to his racquet before his forehand shots (*Photo 1*).

In our first session this proved a real handicap and consistently resulted in a cramped "jab" stroke because he didn't have time to set up properly. To overcome this type of unconscious habit takes a lot of determination and concentration.

One of the main goals for this session was to help Ron get a powerful and fluid backhand swing going. He was already starting to get a better set-up and was beginning to put his body into the shot by better hip and shoulder rotation (*Photo 2*). His velocity greatly increased on this shot. I encouraged him to rotate his shoulders, get his racquet back and up and really come down through the ball at contact. If he continues through the swing with a good follow-through, he'll have the correct motion he is seeking.

***Photo 2.** Ron's incorporating more shoulder rotation and a better set-up on his backhand. His velocity will increase greatly as he continues to use his entire body in the swing.*



***Photo 1.** Notice the proper set-up with his arm high, elbow bent and wrist cocked. Many times in rally exchanges Ron still straightens his arm too early and doesn't snap his wrist enough. These ingrained habits are tough to break, but we're making good progress.*

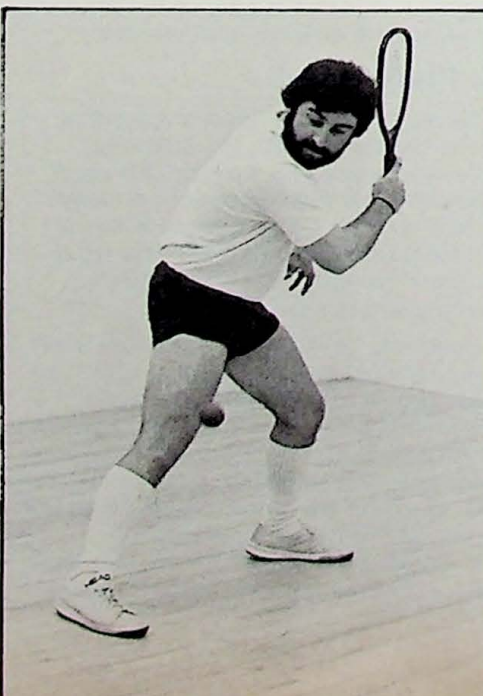
Strategy

As in our first session, I alternated formal instruction and set drills with actual play periods. Like many beginners, Ron was hitting a disproportionate number of high shots 10 to 14 feet above the floor. To help him keep the ball down and have a target, I traced a line on the front wall five feet from the floor to indicate his present "low zone" (*Photo 3*).

The low zone is determined by the height a player can hit a ball on the front wall and have it bounce twice before striking the back wall. I asked Ron to try to keep the ball below this line. Later, as he learns to hit the ball harder and is more accurate that line will come down to approximately two to three feet.

Next we discussed an alternative shot to use when he was off-balance or simply felt he could not make a low zone shot. This was a ceiling ball or "high zone" shot which he'll learn to hit when the shot is appropriate. I hit a few ceiling balls so he would understand the path of the shot, how to swing into it, and where the ball should land on the back wall.

We had more trouble with his forehand than backhand because he would jump up at the ball rather than let it come down to him. We worked on him waiting on the ball, then directing the shot up to the ceiling with an easy swing. It would then carry into deep court, a difficult shot for his beginning opponent to return.



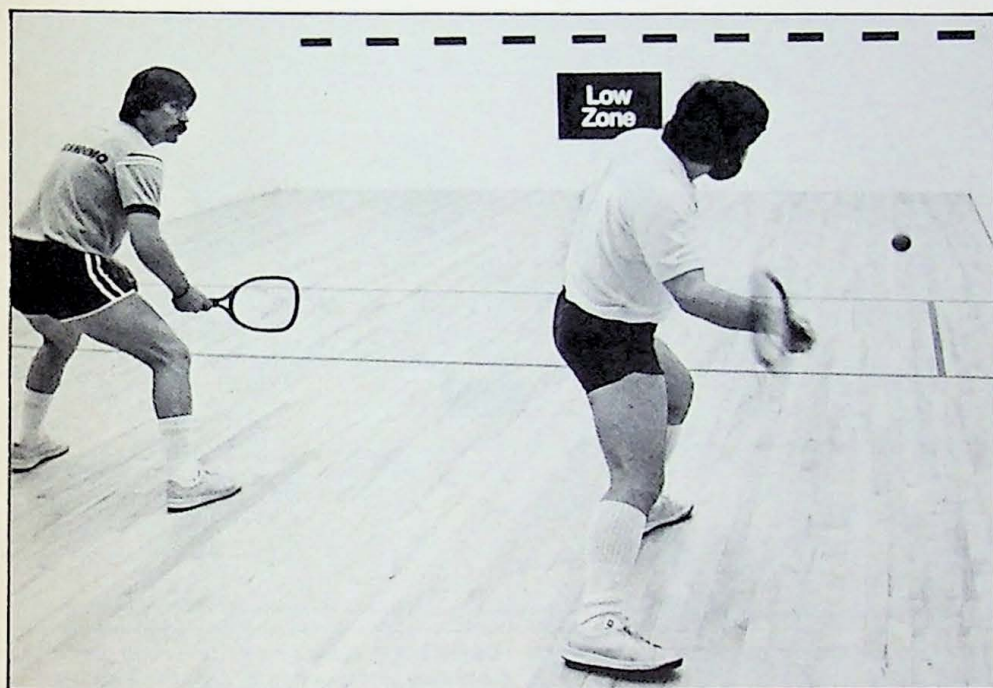
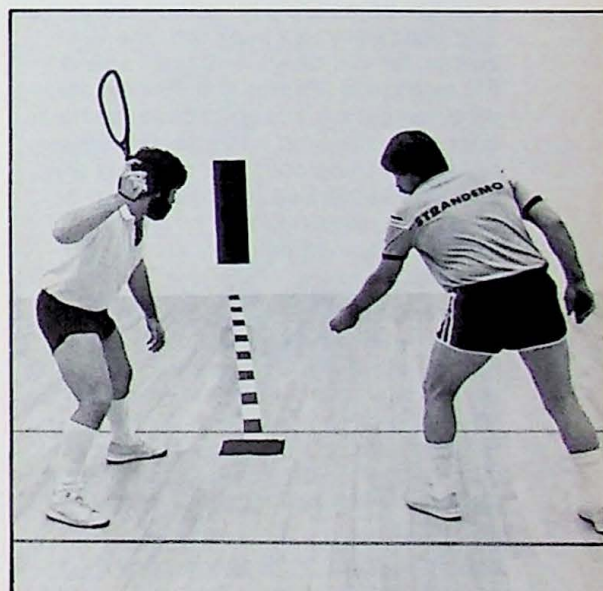


Photo 3. Ron's starting to hit his offensive shots into a reasonable "low zone" that is approximately five feet above the floor. The height of this zone will come down to between two to three feet when he gains accuracy and adds velocity to his shots.



The Serve

After working on forehand, backhand, and ceiling ball motions I wanted to review and deal in depth with the low drive serve and the Z serve which I had introduced to Ron in our first session.

We began with a drill for both serves because Ron was having difficulty in getting the ball to travel in the correct patterns. To enable Ron to concentrate on direction, I bounced the ball into his hitting zone (Photos 4 & 5). All he had to do was stride into the ball and go for the correct front wall target. I recommend using four or five balls so that you don't have to pick up balls constantly and break your rhythm.

We then let the services flow into rallies. Ron had a pretty good idea what to do after he served as he turned

back to watch me set up and to anticipate where I was going to hit my return. However, positioning himself to return a serve was a different matter altogether. To help him, I defined a location one step out from the back wall. I suggested if he could just get his return back to the front (hitting that wall first) we could get some excellent rallies going. We did proceed to have some seven to 10 hit rallies where he began to incorporate the good strategy principles we discussed in our first lesson.

It's obvious that Ron will have to do a lot of work on returning serves that skim down the side walls and into the back corners but this is a difficult return for any level player and he will improve with continuous practice. It's nothing for the instructor or novice to worry about at this stage. Play flowed well in these rallies and we were both having fun.



Photos 4 & 5. I made it easier for Ron to concentrate on the front wall targets by dropping the ball into his hitting zone so he could practice his stride into the ball and work on the angle of the serves. In just five to 10 minutes he showed great improvement.

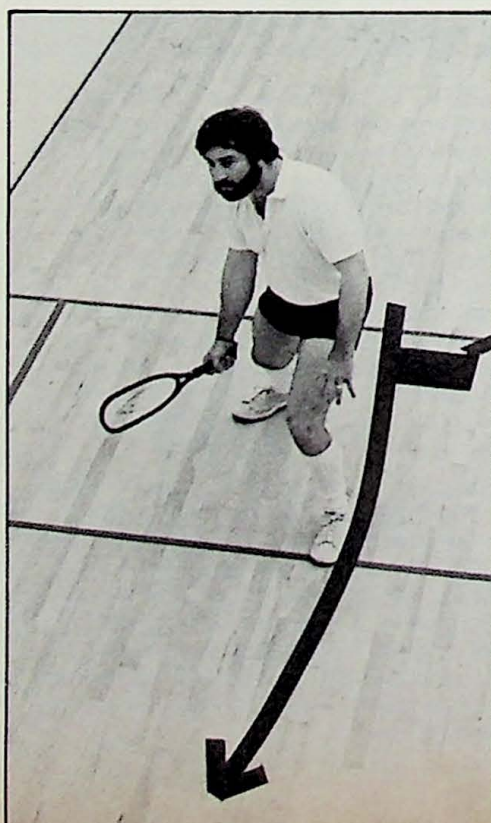
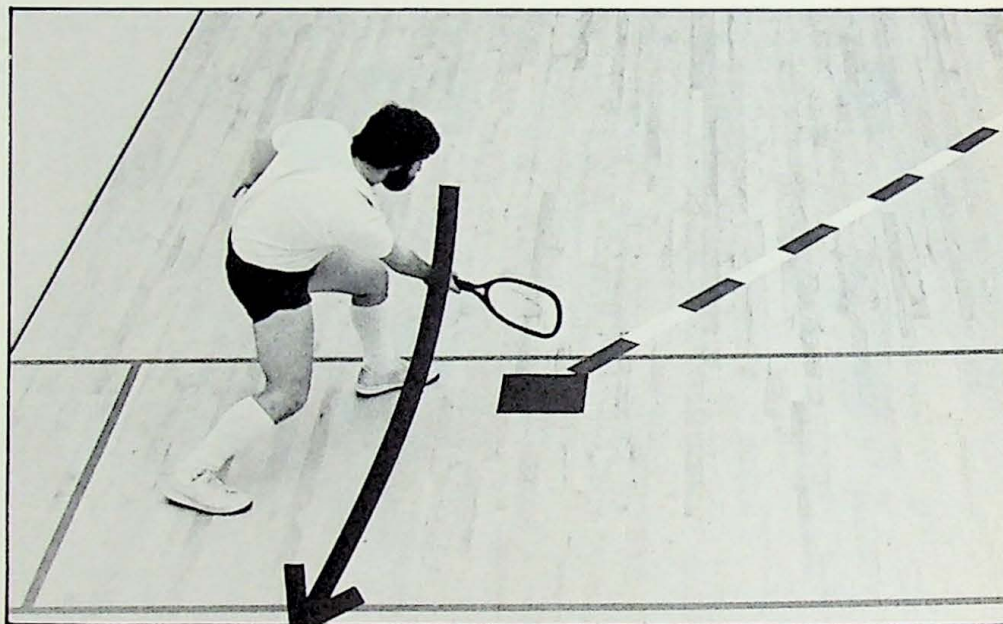
Relocating After The Z Serve (Safety First)

Relocating after hitting the hard Z serve is a very important lesson to learn and one which many players find difficult to pick up. When a player serves a Z serve and sends the ball back into the left corner, he will often turn clockwise on his relocation (Photos 6 & 7). This sets up a dangerous situation because if his opponent steps up and errantly drives his return cross-court the server is put in a very vulnerable position where he could get severely injured by the ball. Ron was making this very same mistake.

I had to approach the problem two ways: (1) By prevention, that is, helping him to improve the angle on his Z serve so the ball catches the left wall after bouncing on the floor; and (2) By remedy, that is, by turning counter clockwise (Photos 8 & 9) rather than to the right when he hits the Z serve.

By turning to the left, if the worst possible situation happens and his opponent hits errantly cross-court as he's moving out of the box, he will get nipped on the back rather than take the force of the shot on the front of his body where he is most vulnerable. Luckily, Ron proved to be one of those players who grasped the correct turn quickly. At once, the flow of his play greatly improved and I didn't have to worry about him getting hit by a cross-court shot.

At our camps we find a tremendous number of people who are inhibited in their play because they are afraid of the Z serve. They are frightened of going near the left wall to serve because they don't know how to relocate and keep out of their opponents' hitting lane. I can't stress how important it is to master this relocation both for the sake of safety and strategy.



Photos 6 & 7. Here's how Ron would turn clockwise after serving. It should be stated that a player can turn this way and play for a lifetime and never get hit by a return of serve. But by exposing the front of his body at a time when his opponent might be stepping up to drive the return cross court presents a dangerous safety situation that I cannot advocate.

We were getting close to the end of the 60 minute session so we reviewed some of the form and strategy we had been covering. I also wanted to leave Ron with something new to think about. Having drilled him in two hard velocity serves, I decided to introduce him to the half-lob serve. This is hit with a slightly bent arm and a locked wrist. It is a serve that depends on accurate placement rather than speed and it will add variety to Ron's service repertoire. In the next article, we'll show a line that can be easily placed on the court so he may practice his half-lob serves most effectively.

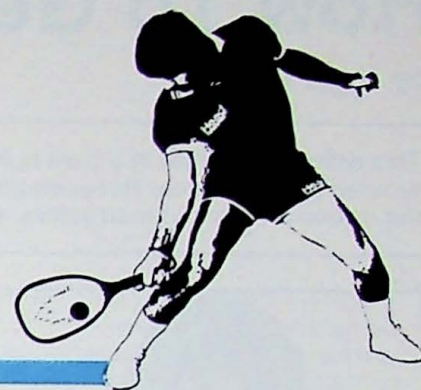
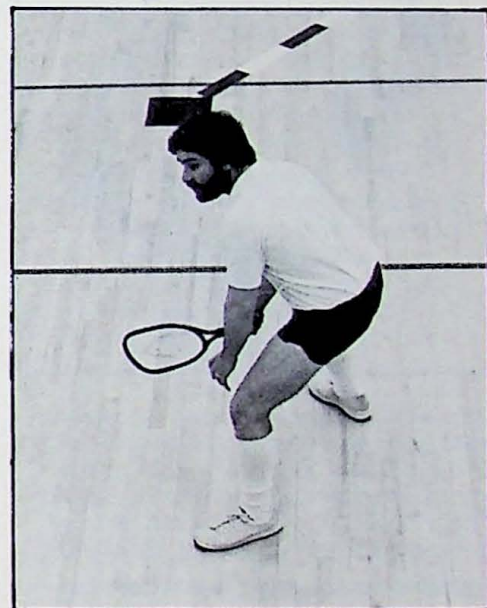
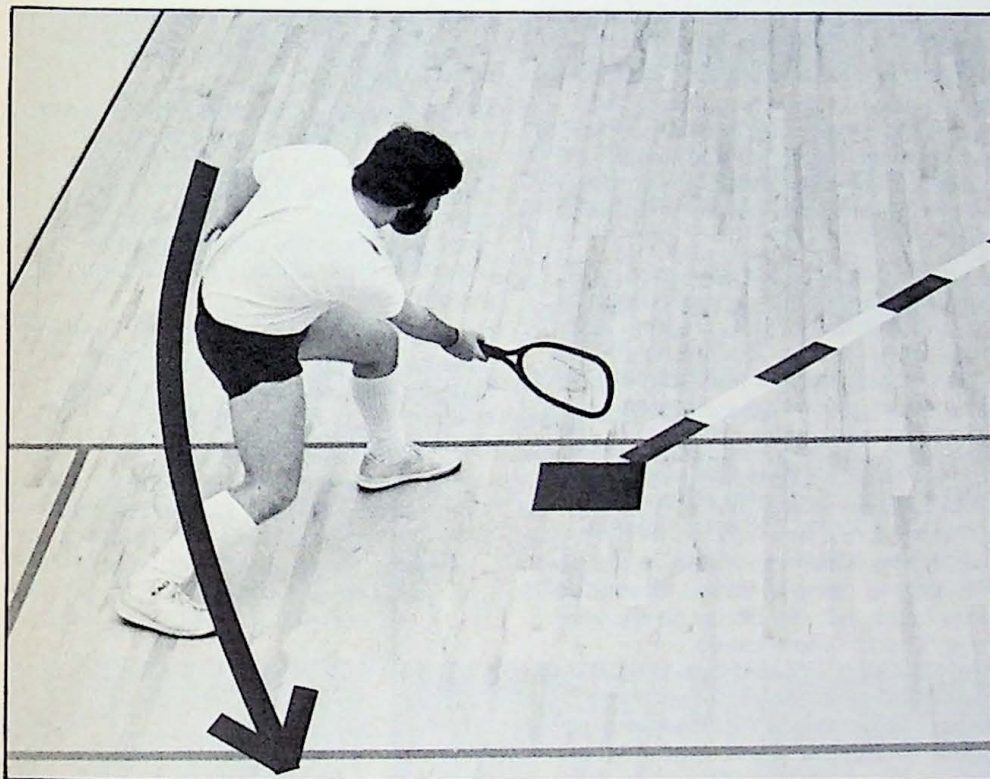


Photo 10. Here Ron is in a great position to cover any shot which is left up on his opponent's return. He'll immediately retreat to the back court if he sees his opponent go to the ceiling.



Photos 8 & 9. I believe it's easier to create a well angled Z serve from the left side of the service box. A lot of players are hesitant to move that far to the left as they don't completely understand how to relocate and worry about getting ripped by their opponent's low return.

Knowing this to be true, I suggested Ron turn counter clockwise towards the left wall after serving a hard Z. This way he protects himself and eliminates the chance of getting hit in the front of his body by an errantly driven cross court return.

It's true that by turning counter clockwise he loses track of the ball momentarily as it passes by his body in the service zone. To me, that is insignificant because with practice he will develop a fluid turn, quickly picking up the serve over his left shoulder and he'll be able to immediately see if his opponent is shooting the return or going to the ceiling.

Video Review

As we left the court, Ron admitted to feeling pretty tired but said he thought it had been a very productive session. This was confirmed when we played back the video-tape of our lesson. His swings were improving, his set-up on the shots was higher and farther back, and he was starting to generate some velocity on the ball. He had gained confidence in his ability to keep within the "low zone" and he had made some big improvements on two major serves as well as learning Z serve relocation and some important strategy. I thought Ron had made excellent progress and I know it won't be long before he is a really competent player. ●

How To Get To The Ball Quicker

by Lynn Adams

This article is another in a continuing series authored by Lynn Adams, current Women's Professional Racquetball National Champion. Adams is also one of the nation's foremost instructors, dealing with players of every level.



When I'm at a tournament I invariably hear comments made about how quickly the professional players get to their shots. The talk usually centers around either how quick the pros are, or how amazing are their power of anticipation.

Certainly anticipation is a factor, but more importantly are three other key areas. The first is how you move to the ball, and *footwork* plays a significant role in order to best get to the ball and do something positive with it.

The second factor is *court positioning*. If you are frequently out of position, you will have a lot farther to run to reach the ball. Since all pros are aware (to varying degrees) of proper court positioning, they seem to always be in the right place to the untrained onlooker.

The third factor is always being *alert and aggressive*. Here I mean focusing your eyes, body and energy on the ball. You should be tuned into getting to the ball, doing something positive with it and getting ready for the next shot.

Moving To The Ball

Your first motion to the ball is the most important movement you'll make while retrieving any shot. A position of flat-footedness, rooted to the floor, lack of "bounce" will prohibit you from obtaining the necessary quick start you need.

Always *stay on your toes* should be your number one rule. Bounce up and down ever so lightly as you keep yourself in a ready position. You never want to hit or move toward the ball by walking.

As you're bouncing on your toes, you want to be watching your opponent to get an indication of the direction and height of his return. Just as he's about to hit the ball, do one last little hop and come down, pivot in the direction you need to go and you're off!

By staying up on your toes and making a quick adjustment with a little hop, you will get to the ball a lot quicker.

Another big factor in moving to the ball efficiently is *being in shape*. It sounds pretty basic, but the better shape you are in, and the more toned your muscles are, the faster you'll be able to get to the ball. In addition, you won't tire as easily, so you'll still be moving quickly as the game and match wears on.

Part of getting into and maintaining your shape for quickness should include leg exercises. Frankly, your legs are as important a part of your body as any in racquetball. If you can't get to the ball and set up properly it doesn't matter how good your strokes are—you won't get off a good shot.

A regular weight training routine for your legs will make them strong and keep them strong, which will improve your quickness and stamina.

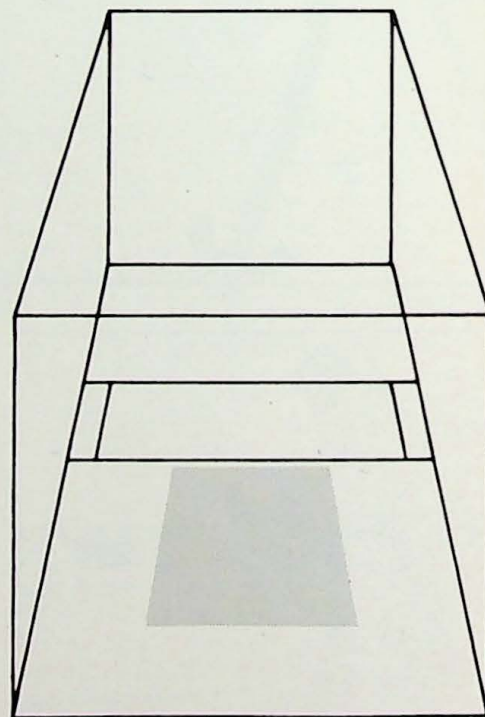
Court Positioning

You can eliminate a great deal of running, chasing and thus fatigue if you learn to get into proper court position. Most of the time this means figuring out and going to the spot where your opponent's shot will go. It does not necessarily mean the spot where your

opponent's shot will end up, because it is far preferable to *cut off the angle* of your opponent's return. By doing this you accomplish three things: 1) you save yourself a lot of running; 2) you catch your opponent out of position; and 3) you cut down your opponent's anticipation time.

No discussion of court positioning can be anywhere near complete without our old friend, *center court*. Yet no matter how many times it's said, the truth doesn't change, i.e., while in center court you have the best chance to cover the most shots with the best results.

But just where is center court? While it does move slightly depending on specific rally situations, for the large percentage of rallies center court is the area shaded in *Diagram*. It's a pretty



good bet that if you are positioned anywhere other than center court, you will be in poor position. The degree of difficulty you'll experience will be in direct proportion to your distance away from center court.

Practicing what she preaches, Adams shows the focused attention, ready position and keeping on the balls of her feet as she prepares to return serve in a recent tournament.



There are exceptions, of course, but as a general rule, center court is where it's at.

A big part of positioning is which way you *set up your body*. You want to be in a stance that allows you to both view your opponent's shot, and move quickly to retrieve that shot without getting yourself all tangled up.

This generally means a stance with your feet facing more towards the side wall than the front wall. This type of stance allows you to watch your opponent and get a quick, first step on the ball.

One other factor to consider is *experience*, an invaluable aid in court positioning. Of course, learning where to place yourself is in part due to learning where not to place yourself, the result of unpleasant experience. Experience comes only through time and a great deal of practice. The more time you spend on the court, the faster you'll learn player tendencies, where to stand in certain situations, and the limits of your own capabilities.

For instance, after a while with the same opponent you should learn that your opponent hits certain shots from certain parts of the court. Once you notice these things you can cover those shots that have a possibility of being hit, and not waste your positioning or energy trying to cover shots that probably won't be hit.

Alertness and Aggressiveness

Alertness and aggressiveness make up a large part of concentration. To play winning racquetball you need to have your *eyes and body totally focused* on the ball. Your attitude should be one of determination.

Your eyes should never lose sight of the ball from the moment it's dropped for the serve until the rally has ended. This means that you should not be on the court without eyeguards.

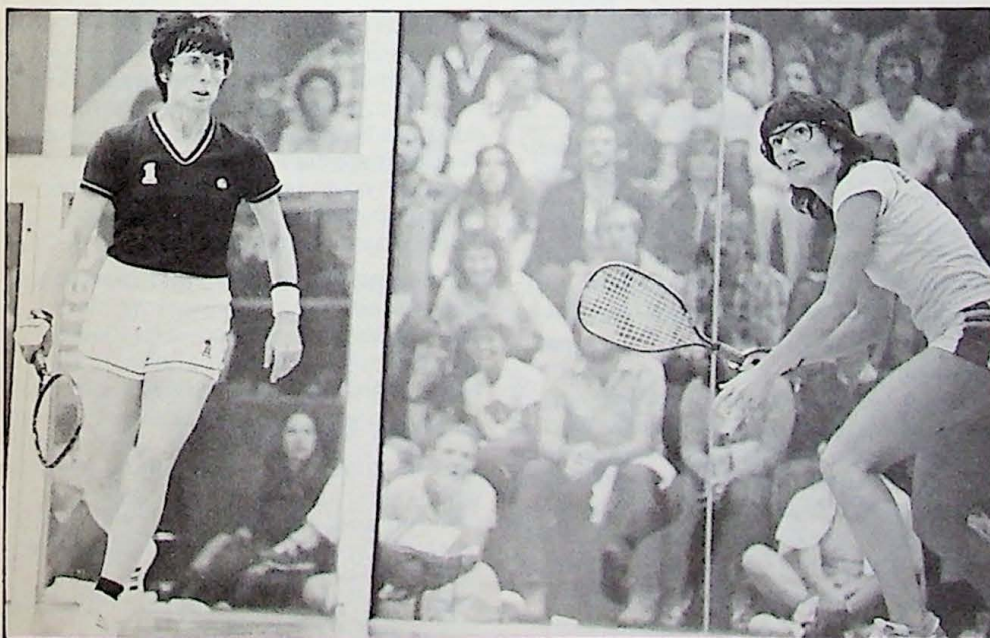
By keeping your eyes on the ball you will be able to immediately determine a number of things about the shot that will aid you in retrieving it. First, you will know whether the shot has been hit hard or soft, whether it is hit toward the ceiling (shoulder height), as a pass (waist height), or as a kill (calf height). Further, you will be able to tell the direction of the shot and how quickly you'll need to set up for it's return.

Needless to say, you won't be able to pick up these things after a few hours on the court. I recommend that you watch others while they play so that you can concentrate on strokes, tendencies and placement. Eventually, you should be able to predict out loud the shot and direction before a player even hits the ball.

Besides your eyes, you should have your body focused on the rally that's taking place. The last thing you want to do is hit a shot and stand around. Always be moving, bouncing, looking for an edge, ready to attack the shot by being in the best possible return position.

A well hit racquetball moves fast enough (80+ miles per hour for the average player) as it is, so you'll be doing yourself a favor by being ready while allowing yourself more time to react. Hit and move; hit and move.

By combining the factors discussed in this article you will find yourself moving better to the ball. If you add the right frame of mind you can get to more balls, set up more quickly and play a more aggressive style. As you improve you'll be discovering the "secret" of the pros anticipation: hard work and experience. ●



During tournament competition, Heather McKay (left) practices what Adams preaches as she eyes Lynn intently to learn where Adams is about to hit the ball. Can you tell?

—photos by Carole George

Game Modifications: Evening Uneven Skills

by Jean Sauser



When two players of unequal ability step onto the court, many times the hour is a frustrating one. If you always easily defeat your opponent, your game suffers because you just don't have that pressure on you, let alone the incentive, to play hard. On the contrary, when the score always indicates that you have no chance to win, your attitude slumps along with your game. Both situations can lead to lack of interest in playing your best.

There are many solutions to this age-old problem of evening the competition between you and your opponent. In general terms, these solutions are called "game modifications." This means that you change the rules of racquetball in a way that will give the weaker player a better chance to win. The proper game modification turns one-sided matches into exciting tests of strategy, skill and stamina for both players. The result is nearly always mutual game improvement.

Here are eight game modifications you and your partner can use to help even out the score for a better workout.

1) Score On Every Rally

Simply stated, this modification means that each time a rally is won a point is awarded. It does not matter who is serving; if the receiver wins the rally, he wins the serve as well as the point. This scoring system has been used exclusively on the Women's Professional Racquetball Association (WPRA) Tour the last few seasons, with the result being increased match excitement as well as overwhelming player approval.

Scoring on every rally is a perfect scoring system for players who are less than five points apart in skill level. It's also a good system for players who find that the only difference between them is the ability to serve well.

This modification will often even the score between a power shooter and a control player. Players happily report that with this scoring system they can also play more games per hour during their normal workouts. Scoring on every rally guarantees that both players will play intelligently as well as energetically because losing any rally means losing a point.

2) Spot Points

Probably the most-often used game modification, spotting points has been with us as long as unequal skills have been around. If you've never spotted or been spotted points it simply means that in a regular game (to 21, for example) the stronger player allows the weaker player to begin the game with a certain number of points.

Depending on how many points the stronger player gives up, he might also spot the weaker player the serve. I've seen spots go as high as 19 and 20 in a 21 point game, however, if there is this great a discrepancy between the two players, spotting points is probably not the best game modification to use.

One way to determine what the spot should be is to play a first game to 21 even up (no spot). Then deduct the loser's score from the winner's score,

i.e., if player A wins 21-14, then player B begins the next game with a 7-0 advantage.

You can make this game modification more challenging by raising the spot by one point every time the stronger player wins. If the weaker player wins, then lower the spot by one point. This provides a personal challenge for both players; the weaker player attempts to take advantage of his spot to win each game with his goal being to eventually lower the spot a few notches; the stronger player must learn how to come from behind to win, thus playing smart is essential. His personal challenge is to keep winning and increase the number of points he must spot his opponent each game.

This system works especially well for players who are 5-10 points apart in ability.

3) Alternate Scoring

This rule change means that the stronger player scores only when he has the serve while the weaker player can score on every rally. This presents a meaningful challenge to the stronger player who must now increase his shot-making percentage in order to win.

The weaker player has two opportunities to score points, on his own successful shots or on misses by his opponent. Since the weaker player need not be so concerned with his own misses (especially when he has the serve) he can play relaxed and loose. He will exert a maximum effort because he can score at any time.

Top tournament players and pros use this system to sharpen their game against average club players. It also allows an A-Open male player to train with an A-Open female player.

4) Shot Elimination

This modification is particularly useful when either or both players desire to work on specific aspects of their game. In shot elimination, the stronger player agrees to eliminate one or two shots from his strategy. If he accidentally hits one of these now "illegal" shots, it results in an automatic point or side out against him. The weaker player, of course, has no such restrictions.

For example, player A (the stronger player) agrees to eliminate straight kills with his forehand and his backhand. This modification will force him to use pinch kills or more accurate passes to win rallies.

As the game progresses, it forces player B (the weaker player) to think more on the court in order to capitalize on player A's temporarily weakened offense. Player B tries harder and mentally stays in the match while player A develops rally ending shots to add to his arsenal.

An important note to using shot elimination as a game modification: it is vital that the stronger player eliminate his best shot(s). This will make the game truly beneficial for both players.

5) Alternating Strokes

This is a game modification that works particularly well with players who want to improve specific strokes or shots. It is also a system that works extremely well with B players playing with C's or C players playing against D or novices. Basically, it puts pressure on the stronger player by forcing him to use his weaker strokes.

Let's say that player A is the stronger player, but his skill level is just moderate B. He has a super forehand (that's where most of his points are gathered) but a weak backhand is holding him from reaching that next level. By using the alternate strokes game modification, player A can have a great workout with a C player and improve his backhand at the same time.

What he does is not allow himself to hit two forehand shots in a row. He can hit a forehand whenever he wants, but if his opponent returns the ball, he must then hit a backhand of some kind or lose the rally. Player A can hit as many consecutive forehands as he wishes.

This particular match now has both players mentally into the flow of each rally. Player A must use his forehand wisely and accurately because the nature of the modification forces more backhand shots (to his long term advantage because that's where he needs to improve).

The weaker player will constantly be trying to place the ball strategically to force errors on his opponent's weaker backhand side, or better yet, catch player A having to hit a backhand while on the forehand side of the court. Both players get a good workout and a great strategy lesson.

6) The 18-inch rule

This modification disallows kill shots by the stronger player by using an 18-inch squash-like barrier. Simply take some tape and mark a line 18 inches up from the floor that runs across the front wall. The stronger player may not hit any shot on or below the tape. If he does, the penalty is a point or side out for his opponent. The weaker player may hit the ball on or below the tape at any time.

The effect of the 18-inch barrier is that the stronger player will have to rely on his passing game and ball placement to win. The weaker player will be inspired to try for every shot since his opponent is not allowed to kill the ball. The result should be a super conditioning workout for both players.

7) Weaker Player Always Serves

In beginning and junior lesson situations it is often necessary for the instructor to place different talent levels on the court together. Having the weaker player always serving provides a perfect solution for those situations where a non-athletic newcomer is playing against a physically talented opponent.

The weaker player serves every rally with points being scored on every rally making the game a little more in tune with tennis. It allows the weaker player to practice basic hand-eye skills such as ball contact and placement while the stronger player will be able to practice hitting the ball accurately on serve return and get some exercise at the same time.

8) Double Bounce Rule

This is a great modification for instances where one player is significantly better than another, a case in which player B probably won't score five points against player A. It also works well in lesson situations.

In this game, the weaker player is allowed to hit the ball on the fly, one or two bounces. The stronger player must obey normal game rules. B level players have been known to score 18-20 points against touring pros using this game modification.

One of the fun things about this double bounce rule is that it forces the stronger player to hit his shots with pinpoint accuracy. More importantly, it doesn't let that stronger player relax. How many times have you hit a shot and *thought* it was going to be a winner, but somehow your opponent retrieved it, leaving you standing flat-footed and out of position? This double bounce rule forces you to assume that every shot you hit will be returned.

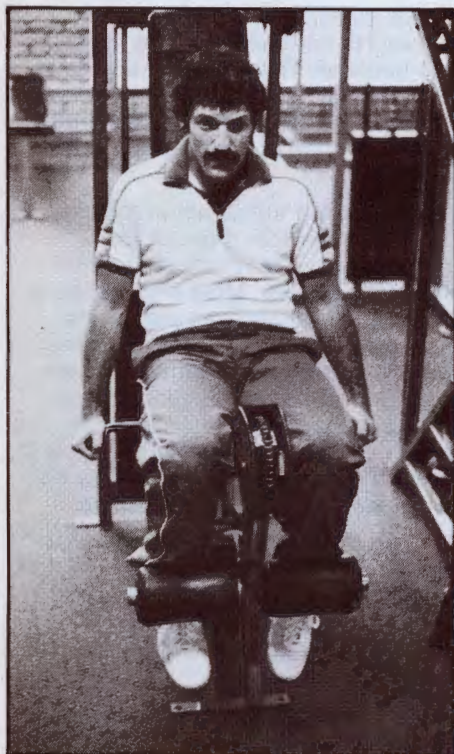
Further, this modification allows the weaker player to experience the thrill of playing against a top level performer and really getting a feel for what the game is like a notch or two above his own skill category.

All of these game modifications are aimed at improving both player's attitudes and enjoyment of their time on the court. They add fun, especially in social racquetball situations. These suggestions should give you inspiration to invent your own special game modifications—the possibilities are endless.

Most of the time racquetball is an exciting and interesting game. When it's not, then change the rules! ●

Preparing On The Day Of Your Match

by Steve Mondry



One of the age-old questions in racquetball is, "what should I do during the time (anywhere from one to 10 hours) just prior to my match?" I have seen players sleep, rest, run, eat, drink and otherwise be merry. I know of very few players who actually have developed a game plan for the pre-game time period.

Since your objective is to have your mind and body ready to perform at their optimum level when the referee says, "play ball," you must prepare yourself to do just that. Here are six tips that I think you'll find useful:

1) Stay Active

Many players make the mistake of becoming too sedentary one to two hours prior to their match. They mistakenly believe that this rest will help them play better. Rather, I believe that such a rest period so close to the beginning of the match is counter-productive and will result in sluggishness.

One of the reasons this occurs is that most people are used to being active throughout the day. Just think about your normal, daily routine. You don't sit around resting before your daily work-out. You're active, whether at the office, on the job, or whatever you do during the day. The sudden change you impose on your body (the rest) can cause havoc to your system. If you are tired, rest prior to these final two hours to game time.

2) Do not eat directly before playing

Virtually all players get those well-known butterflies before a match. Too many players use this nervous feeling as an excuse to eat. Lester Sadowsky, an old friend of mine, was the first to tell me not to eat in the four hours prior to a match. This gives whatever food is in my body ample time to digest properly and will reduce the chances of cramping.

It's also not a bad idea to feel hungry before you play. This "hunger" will help put a little "edge" on your game and could make the difference between victory and defeat.

3) Do not read

Reading, while relaxing to your body, can be a strain on your eyes. And your eyes need to be sharp in order for you to play at your best. The last thing you need is to tire them out before you even step on the court.

If you must read, pick up a newspaper or magazine. This type of light reading requires little concentration and is less likely to strain your eyes.

4) Plan your game

You should know exactly how you are going to play before you step on the court, at least strategically. Go over that game plan before your match. Mentally prepare yourself to hit the shots that you hit best.

Too many players make the mistake of waiting to see how their opponent plays before they decide how to play. You may have to make adjustments to your original game plan, but you *should* *always* have a game plan.

5) Watch better players

I am neutral on the question of whether to watch a match already in progress prior to yours. Sometimes, especially during a congested tournament where matches are running behind schedule, it is almost impossible not to see what's happening on the courts.

I am *not* neutral when it comes to what you watch. *Never*, and I repeat, *never*, watch players whose caliber is less than yours. If you must watch other matches, watch players who are better than you. Your mind will pick up and often repeat what it has seen, so isn't better to watch Hogan or Peck as opposed to the second round of the novice event?

6) Warm up

Warming up properly is a question of finding that common ground between two extremes. Those extremes, of course, are not warming up enough (with the result being lost points early in the match, or worse, an injury) and warming up too much (with the result being fatigue). I have seen plenty of both.

A proper warm-up should consist of light stretching and easy to moderate hitting so that all of the muscles you use will be limber and ready to go when you start. I like to break a sweat in my warm-up but not so much so that it pours down my face.

Perhaps some of you have your own tricks that you use to enhance your performance. If so, I'd like to hear them. Just drop me a line at *National Racquetball*. ●

New Products



Protective Pads For Arms

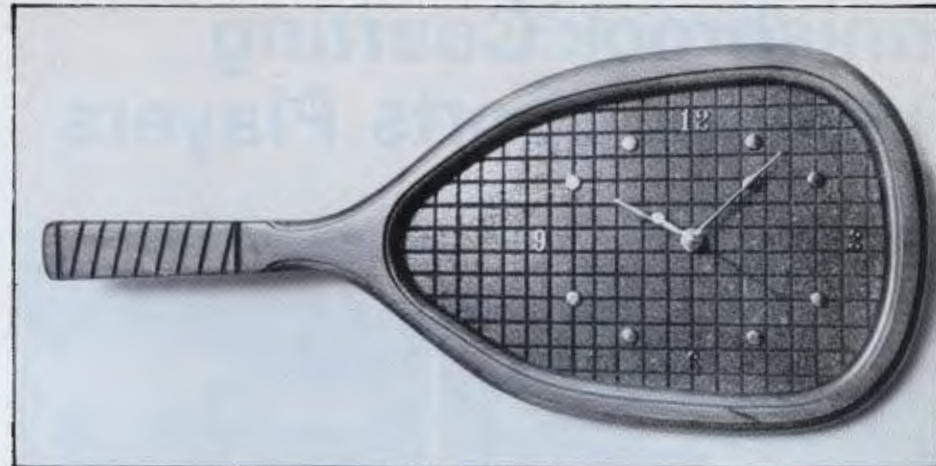
A new line of elbow and wrist protective pads is now being offered by Defender.

The Velcro Wristlet/98 provides soft, flexible support to the wrist. The Velcro closure adjusts to a range of sizes without snaps or buttons.

The Tennis Elbow Support/193 is a red, white and blue web strap that adjusts easily with a metal draw loop. By supporting the ligaments it helps to reduce the pain while inflammation heals.

The Seamless Elbow Cap/93 is designed to prevent friction burn and reduce elbow strain. It is available in two sizes.

Ask for these products at your pro shop, or contact Defender, Inc., Dept. P, 26th & Reed Streets, Philadelphia, PA 19146. 1 (800) 523-1502 out of state; (215) 465-8838 in state.



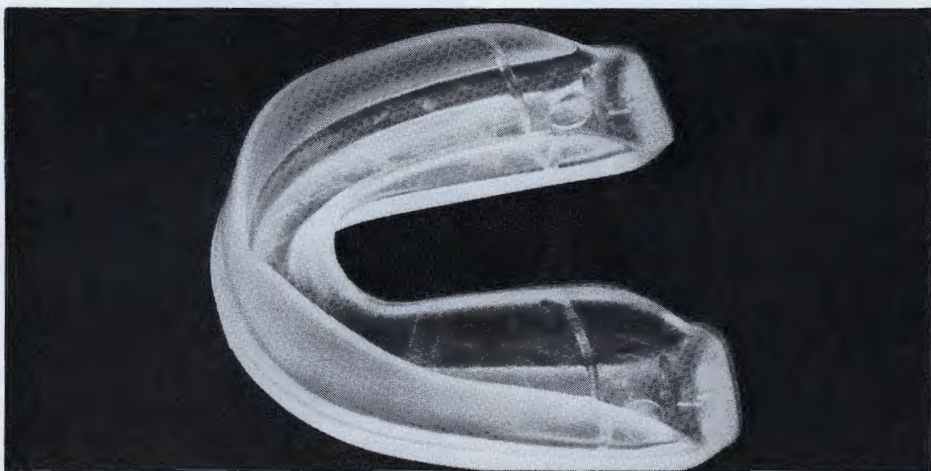
Handcrafted Clock

This unique solid wood clock is handcrafted in detailed CBK style, to hang proudly in your den, office, club, or any room. The goldtone dial is set on a wooden back-drop with woodburned string detail. The Quartz movement operates on a single 1.5 battery, an on-off switch will conserve energy during long absences.

The wooden frame is available in a variety of finishes which includes golden oak, special

walnut, dark walnut, cherry, dark maple, and driftwood.

This classy yet sporting clock makes for a perfect gift for any individual who is caught up in the game. Large order discounts are available for membership drives or tournament prizes. For further information, write to Just In Time, P.O. Box 567, Phoenixville, PA 19460, or call 215-935-7547.



Protection For Knees

The McDavid Knee Guard, developed by exercise physiologist Robert McDavid, is a lightweight, single-sided, hinged splint that forms a bridge over the knee to deflect impact force. The guard functions as part of the leg, forming an extra "ligament," and using the leg to support the knee. It significantly reduces lateral and medial separation as well as rotation of the knee.

The guard is recommended as a preventive measure in sports where risk of knee injury is high, to support unstable knees, and to aid in rehabilitation of injured knees.

For more information, contact McDavid Knee Guard, Inc., P.O. Box 9, Clarendon Hills, IL 60514. (312) 547-5730.

Dental Safety

The Dental Guard is a device designed by a dentist and racquetball player to protect athletes' teeth from the trauma and breakage possible in any fast-moving sport.

The device is a clear, soft-vinyl mouthpiece that works by cushioning the teeth from external blows and from the jarring of lower against upper teeth. It is easily adjustable to provide a personalized and comfortable fit for anyone.

For more information, contact Leonard M. Burton, D.D.S., 16315 Whittier Blvd., Suite 106, Whittier, CA 90603. (213) 947-6629.

Innisbrook Courting Racquet Sports Players

by Victor Block



The Innisbrook clubhouse.

Most people who plan vacation trips to Innisbrook in Tarpon Springs, FL—one of the outstanding sports resorts in the Southeastern United States—are attracted by the top-notch golf and tennis facilities. For the past two years, however, this 1,000 acre recreational complex—not far from Tampa on the “Sunshine State’s” west coast—has operated a spanking new \$1 million racquet sports center with six air conditioned racquetball courts that is one of the most plush facilities of its kind in the country.

Racquetball enthusiasts planning a vacation trip during the remaining summer months—when rates at Innisbrook are lowest—may wish to consider a visit to the resort. If you make the trip after the beginning of September, the cost will be higher—but the tan you bring back home during the cold weather months will be the envy of your friends. No matter *when* you go, you’ll find outstanding racquetball facilities in a country club-like setting, in conjunction with a resort that has a well-deserved reputation as one of the best anywhere.

Innisbrook has much to offer the sports minded in a variety of ways. Not being a golfer, the three championship courses (with a total of 63 holes) have not been of primary interest during my visits to the resort. But many guests, from duffers to near-par players, are attracted by the challenging fairways and lightning-fast greens—plus the fact that two of the courses have been ranked the best and fourth best in Florida by *Golf Digest* magazine.

Another popular attraction is the Innisbrook Golf Institute, which offers an innovative program of instruction individually tailored to players of all levels and experience.

Of more interest to me is the Australian Tennis Institute directed by Terry Addison, a former member of his country’s Davis Cup squad, who has devised an effective approach to tennis instruction. The 18 tennis courts, seven illuminated for night play, are nestled in a grove of grapefruit trees, from which players often pick branch-ripened snacks during refreshment breaks.

Among other facilities at Innisbrook are five swimming pools conveniently located throughout the property, three club houses that offer a variety of dining cuisines and entertainment, and walking and bicycling paths. Free transportation is provided to and from a white sand Gulf of Mexico beach three miles away.

The gently rolling terrain serves as home to countless herons, white geese, black swans and numerous other species of wildlife, and guests delight in keeping track of how many they can spot. Especially entertaining is a flock of amazingly unafraid peacocks that roam the grounds freely.

As inviting as these attractions are, it is the Tennis and Racquetball Center at Innisbrook that is of greatest interest to racquetball aficionados. In addition to the six courts, the 16,000 square foot structure contains mens’ and womens’

whirlpools, a pro shop, a conference and video training room, offices and a cocktail lounge—the latter bad perhaps for one’s body conditioning program, but helpful in trying to forget a disastrous 15-14 third-game loss.

The racquetball courts are located on the ground floor of the clubhouse. Play on courts one and two may be observed through large spectator windows in the rear wall, and all the courts are viewable from the second-level observation gallery.

Despite the large number of conventions hosted at Innisbrook, racquetball court time usually is available and may be booked in the morning for later the same day. Rates are \$12 an hour per court, with rental charges of \$3 an hour for shoes and racquet. Resident pros Garry Cooper and Bill Hennessy, who also are active in the tennis instruction program, offer private lessons for \$35 an hour.

While round-robin racquetball matches and tournaments are offered for registrants of conventions, to date this organized play has not been extended to include individual guests at Innisbrook. However, plans are underway to host a countrywide tournament, and efforts to establish a program of competition and social meet-and-mix play could follow.

Costs at Innisbrook, for what visitors receive, are reasonable. For example, through August, a room for one or two



The new \$1 million Tennis and Racquetball Centre at the Innisbrook Resort offers six indoor courts in addition to 18 tennis courts. Full amenities highlight the club.

persons cost as little as \$51 a night; a club suite, with a kitchenette, and dining and living areas, \$61.

Couples sharing accommodations may spend even less. A one-bedroom suite with sleeping for four persons costs \$71; a two-bedroom suite, which holds up to six people, \$122. Remember—rates increase beginning in September.

For those who wish to splurge by eating in the clubhouse dining rooms rather than preparing their own meals, the cost is \$23 a person daily for modified American plan (full breakfast and dinner), \$30 for three meals a day (both plus tip and tax).

The best deal of all is the Family Plan, effective through September 7. It includes suite accommodations; an hour of daily golf or tennis clinics for adults; biking, miniature golf and other recreational activities, and supervised day-time activities for children. The cost: \$50 for two persons, \$57 for three, \$64 for a family of four.

Based upon my stays at Innisbrook, anyone traveling to this luxurious resort is likely to come home with more than a sun tan. Another souvenir of the trip may well be a strong urge to return to one of the most inviting settings in which to enjoy racquetball you're likely to encounter anywhere. ●

Practical Tips for Innisbrook

Innisbrook is located three miles from Gulf of Mexico beaches on Florida's west coast, about a 25-minute drive from Tampa International Airport. The resort operates a limousine service to and from the airport, at a charge of \$18 for round-trip transportation. Further information about accommodations and activities, including racquetball, is available from Innisbrook Resort, P.O. Drawer 1088, Tarpon Springs, FL 33589, or call toll-free 800-237-0157 nationwide (within Florida, 800-282-9813).

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

Upcoming Events

6th Annual Three Rivers Festival Championships

July 14-17, 1983
Court Rooms of America Racquetball and Fitness Club
1404 Kerrway Ct.
Fort Wayne, IN 46804
(219) 422-1564
Tournament Director: Brad Beauchamp

Mid-Valley Athletic Club

June 23-26
18420 Hart St.
Reseda, CA 91335
Tournament Director: Sue Swoape
(213) 705-6500

U.S. National Junior Championships

June 25-29, 1983
All Sport Racquetball & Fitness
17 Old Main
Fishkill, NY 12524
(918) 896-5678
Directors: Luke St. Onge; Bill Austin

Oakridge Racquet Club

July 14-17
2655 Erringer Road
Simi Valley, CA 93065
Tournament Director: Steve Jean
(805) 522-5454

APRO Certification Clinics

June 25-26

NW Racquet & Swim Club
5525 Cedar Lake Rd.
St. Louis Park, MN 55416
Contact: Ron Strom; (612) 546-6554

July 9-10

Call for club location
Orlando, FL 32802
Contact: Val Dubolsky; (904) 377-5161
x201

Racquetball Camp

June 16-17

21st Point Club
McKown Rd. off Western Ave.
Albany, NY 12203
Contact: Vincent M. Wolanin

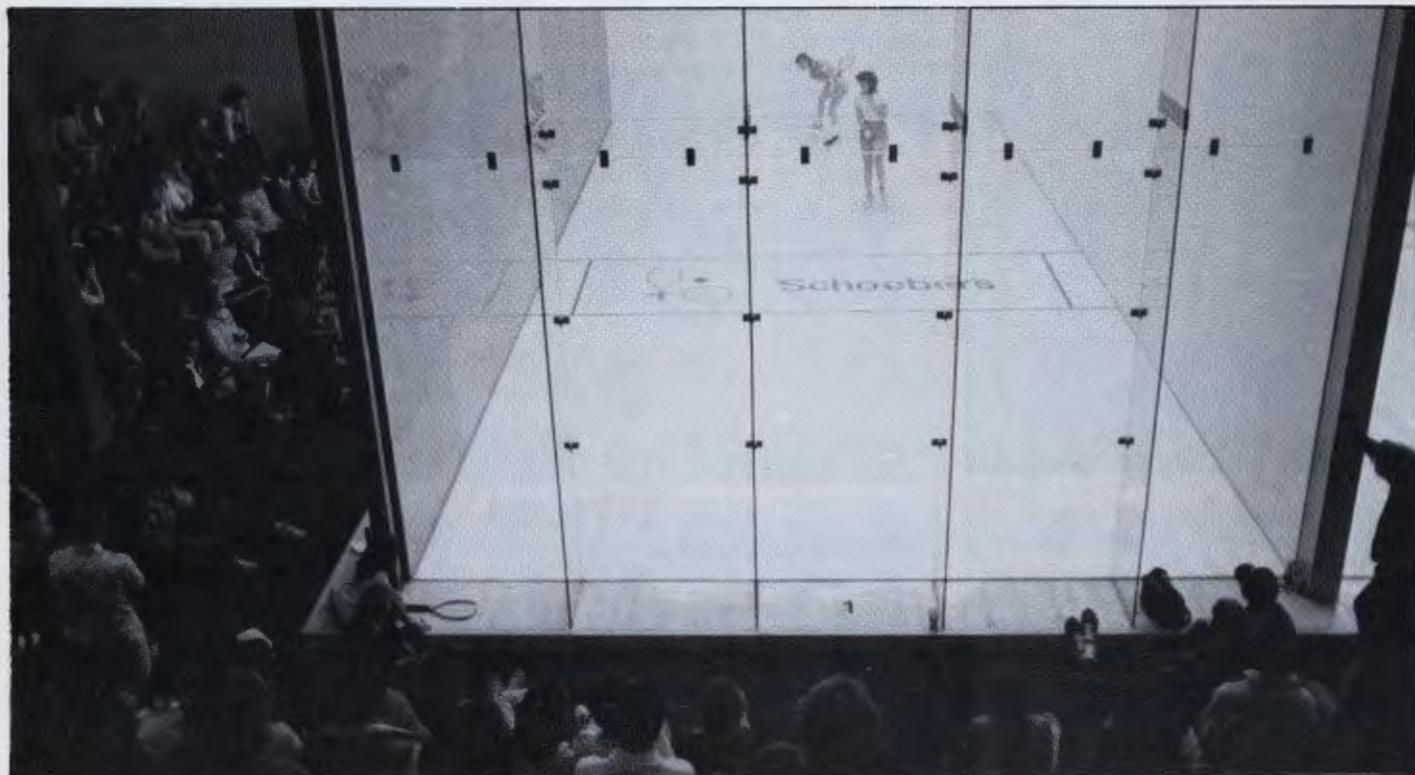
Readers are encouraged to send your racquetball travel questions to Victor Block, c/o National Racquetball, 1800 Pickwick Ave., Glenview, IL 60025.

Tournament Results

Adams Ends 'Slump' In Pleasanton

by Carole George

A view of Schoeber's famous Twin-View glass court, great for players and spectators.



Only Lynn Adams could be in a slump and still retain a number one ranking on the WPR A pro tour. Ever since the 25-year-old from Costa Meas, CA discovered that she actually could beat powerhouses Heather McKay and Shannon Wright, her ranking rose to number one where it has remained for over a year.

But Adams' game had not been up to par for a while—until Pleasanton, CA at Schoeber's Racquetball & Health Spa, March 23-27.

"I've been struggling in the last couple of tournaments," commented Adams following her 21-6, 21-8, 21-14 victory over Terri Gilreath in the finals. *"This win felt real good, real clean. Things were coming back together. It's the first time in a long time that I've played how I normally play."*

Because Schoeber's only offered \$7,000 in prize money, it was not considered a "full" stop by WPR A guidelines. Therefore, McKay chose to sit out without any effect on her ranking. But Wright and most other top players were on hand, and judging by the way Adams

played, the outcome wouldn't have changed had Heather been there.

It was a disappointing first trip to the finals for Gilreath, who was helpless as Adams wowed the capacity crowd with a dominating victory. Every time Lynn set up with her backhand, even if it was from 39 feet from the front glass wall, spectators would comment, *"it's gonna roll,"*—and it did. While Gilreath looked nervous and tight, Adams was smooth and self-assured.

Earlier in the tournament Wright appeared to be the player to beat. She took out Bonnie Stoll in three quick ones in the first round, 21-13, 21-7, 21-8, lost her first game in the quarters to Janell Marriott 17-21, but then proceeded to take the next three in a row, 21-16, 21-9, 21-16. She barely lost the first game to Gilreath in the semis, 19-21, then took the next two 21-19, 21-16. All she needed was one more to put her in the finals against Adams.

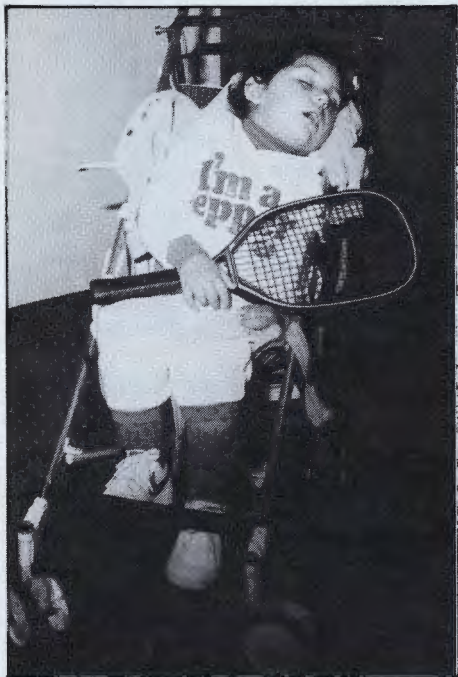
But Gilreath wasn't going to give up that easily. Terri had never beaten any

of the "Big Three" even though she'd been getting to the quarters and semis more consistently than ever this season, bringing her ranking up to number five.

"We had a great match," beamed Gilreath. *"I had played Shannon three times, but never beaten her. This was my first win over any of the 'Big Three'. To be honest I'm real surprised how well I played."*

While Gilreath is remembering her semi-finals victory against Wright, Vicki Panzeri is probably still stewing over her quarter-final loss to Gilreath. Panzeri has been in the finals before—and had recent wins over Gilreath. But at Schoeber's Terri took the first two games, then Vicki won the next. Panzeri was leading 19-18 in the fourth when a series of questionable calls helped put Gilreath in the lead. Panzeri became too flustered to get her head back in the game and Gilreath went on to victory.

Cecilia Torrez, 2, was the only spectator not to make it through the finals.—photos by Carole George



The semi-finals between Adams and Marci Greer was definitely a fine example of women's racquetball at its best. Adams played a cool control game while Greer flamboyantly dove and shot her way into the tie-breaker, only to lose 15-4.

WPRA Rankings as of March 28, 1983

Ranking	Name	Points
1.	Lynn Adams	583.92
2.	Heather McKay	578.50
3.	Shannon Wright	403.13
4.	Laura Martino	237.75
5.	Terri Gilreath	226.88
6.	Vicki Panzeri	209.88
7.	Peggy Gardner	151.25
8.	Marci Greer	146.50
9.	Caryn McKinney	122.50
10.	Jennifer Harding	109.50
11.	Janell Marriott	102.50
12.	Barbara Maltby	85.00
13.	Rita Hoff	79.16
14.	Joyce Jackson	77.50
15.	Fran Davis	73.88
16.	Martha McDonald	70.00
17.	Bonnie Stoll	64.00
18.	Stacey Fletcher	54.57
19.	Gail Woods	54.33
20.	Diane Bullard	49.34
21.	Heather Stupp	46.00
22.	Jean Sauser	42.71
23.	Carol Pranka	37.67
24.	Peggy Steding	32.38

Adams met up with stiff competition all along the way. In the quarters she played four close ones with Peggy Gardner before winning 21-18, 21-16, 19-21, 21-17. And in the first round Adams' match against Jennifer Harding was only one of three to go to a tie-breaker. The other two were qualifier Carol Pranka's upset victory over Jean Sauser, and Panzeri struggling with Fran Davis.

Greer's first round match against Laura Martino was also considered an upset, but if it was, it wasn't as close as most upsets. Greer jumped out to a 2-0 lead, winning 21-13, 21-19. Then Martino came back 21-16 before Greer took the fourth and final game 21-14.

Another exciting event of the tournament was the pro mixed doubles. Even though Stoll was disappointed with her 3-0 loss to Wright in the first round of singles, she had to be pleased with her performance in doubles, along with partner Gerry Price, the pro at Schoeber's. They defeated Stan Wright and Gilreath in the semis 5-21, 21-12, 21-10, 21-8, then went on to a see-sawing match against Adams and Jim Carson. Stoll/Price won 21-14, 13-21, 21-12, 8-21, 15-12.

Overall, the tournament drew more than 500 pro and amateur entrants in 27 divisions. Bill Dunn, tournament director, utilized his many years of experience as a player (he won the 35+) and club manager to put on a very smooth-running, successful tournament. AMF Voit and Nike were the sponsors. ●

Schoeber's Open

Pleasanton, CA March 23-27

Round of 16: Adams d. Harding 21-14, 16-21, 13-21, 21-7, 15-7; Gardner d. Carlos 21-14, 21-11, 23-21; Pranka d. Sauser 9-21, 14-21, 21-19, 21-19, 15-7; Greer d. Martino 21-13, 21-19, 16-21, 21-14; Gilreath d. Myer 21-8, 21-10, 21-5; Panzeri d. Davis 17-21, 21-10, 16-21, 21-12, 15-11; Marriott d. Riley 21-12, 21-16, 21-17; Wright d. Stoll 21-13, 21-7, 21-8.

Quarters: Adams d. Gardner 21-18, 21-16, 19-21, 21-17; Greer d. Pranka 21-13, 21-4, 22-20; Gilreath d. Panzeri 21-14, 21-14, 16-21, 21-19; Wright d. Marriott 17-21, 21-16, 21-9, 21-16

Semis: Adams d. Greer 21-14, 18-21, 19-21, 21-12, 15-4; Gilreath d. Wright 21-19, 19-21, 16-21, 21-16, 15-4

Finals: Adams d. Gilreath 21-6, 21-8, 21-14

Adams Wins Exhibition

Lynn Adams, who lately has been off her championship form, won her first tournament in 1983 by defeating Terri Gilreath 21-12, 21-13, in the first WPRA organized exhibition at the Sawmill Athletic Club, Columbus, OH.

Eight members of the Women's Professional Racquetball Association participated in this one day mini-tournament. Joining Lynn and Terri were Jennifer Harding, Marci Greer, Rita Hoff, Joyce Jackson, Jean Sauser, and Lynne Farmer.

The eight women professionals conducted morning clinics for women and then afternoon clinics for young adults.

Following the clinics, the pros divided themselves into two groups and played a round-robin format, including a group play-off. They played one game to 21, scoring on every point.

Lynn Adams won all of her matches including her play-off against Jennifer Harding, who placed second in her group. Joyce Jackson led her group with wins over Terri Gilreath and Lynne Farmer, until Marci Greer eased by her to set up a play-off between Greer and Gilreath. Terri, who has emerged as a consistent top five player this past season, turned back Marci and set up the final between herself and Adams. ●

Sawmill Exhibition Round Robin

Group One: Lynn Adams d. Jennifer Harding 21-15; Rita Hoff d. Jean Sauser 21-16; Adams d. Hoff 21-8; Harding d. Sauser 21-19; Adams d. Sauser 21-12; Harding d. Hoff 21-10

Play-off: Adams d. Harding 21-15

Group Two: Terri Gilreath d. Marci Greer 21-19; Joyce Jackson d. Lynne Farmer 21-10; Jackson d. Gilreath 23-21; Greer d. Farmer 21-9; Gilreath d. Farmer 21-2; Greer d. Jackson 21-17

Play-off: Gilreath d. Greer 21-14

Final: Adams d. Gilreath 21-12, 21-13

Tournament Results

Mucha Fiesta At The North American Regional Games

by Carole Charfauros George

In many ways, the North American Regional Championships, held March 4-6 at the Quail Lakes Athletic Club, Stockton, CA, was more of a fiesta than a racquetball competition. There was little doubt in anyone's mind, even before play began, that the United States team would win, which it did with a 16-0 record. But what made this tournament more exciting than most was the comraderie between countries and the international friendships that developed.

The United States team was comprised of the AARA National Champion and runner-up, the AARA Junior Champion, and the AARA National Doubles Champions. For the women, the U.S. was represented by Cindy Baxter of Pennsylvania playing number one singles, Marci Drexler of California and Malia Kama Hoa of Hawaii. Tammy Hajar and Beth Latini of Pennsylvania played doubles. Jack Newman, a sophomore at Memphis State, led the men's team, with Danny Obremski and Dan Factor as numbers two and three in singles. Two Californians, Stan Wright and Steve Trent, teamed up for doubles.

Coach Ed Martin of Sacramento, CA advised his team to be "diplomatic" in their matches—meaning make sure you let your opponent score a few points and avoid hitting your opponent if at all possible. However, two of the matches actually went to a tie-breaker, and could have resulted in upset victories by Mexico.

"I was a little too diplomatic, wasn't I?" smiled Obremski, the AARA Junior National Champion, after squeaking by Raul Canales of Juarez, Mexico 18-21, 21-10, 11-8. Canales had the crowd on the edges of their seats as he dove and hustled his way into a tie-breaker, relying on guts and desire more than anything else.

The other tie-breaker match was between Dan Factor, San Diego, and Eduardo Vizcaya, who lives across the border in Tijuana, Mexico, but plays in the A/B League in San Diego. Factor was decked out in his new knee brace,

Danny Obremski, number two singles player for the USA flies for the ball against Raul Canales (#2 Mexico) in the tie-breaker of their match.

following surgery just three months before and was extremely lucky to pull that one out as Vizcaya pushed him to 14-21, 21-17, 11-10.

Unlike Canales who seemed quite pleased with his performance, Vizcaya boasted, *"I should have won that match. I'll play better next time."*

Indeed, the competition was much better than expected by the U.S. team, which also won without much contest in the first World Games, held in the summer of 1981 in Santa Clara, CA. Six countries sent teams to that premier international competition, with players coming from Japan, Mexico, the United States, Ireland, Holland, and West Germany. Larry Fox, who played number three for the U.S. team and is now conducting clinics in Japan, was the only American to lose, in an exciting match with Martin Padilla of Mexico. This year Padilla was eliminated in the Mexican Nationals by Luis Moreno, who finished as team substitute. Moreno played doubles for Mexico this year because Adan Chavez was injured.

In the women's half of the competition the scores were much more one-sided for the U.S. team. No one lost a singles game, and rarely were they pushed beyond five or six token points. However, what was surprising was that the Costa Rican women's team finished second, losing all matches to the U.S. but winning every match against Mexico. In the men's it was just the opposite, with Mexico winning every show down with Costa Rica.

What was even more surprising was that Costa Rica's women's team won with only two players, Sylvia Portugal

and Gabriela Pozuelo. In Costa Rica there are only two courts in the entire country. Most of their team had been playing less than two years, while Mexico's number one player, Armida Suarez, is a veteran from the World Games where she and her partner (who couldn't make it this year) won third in doubles; Armida, who is 19, has been playing for four years and currently competes in the San Diego Women's Racquetball League. However, Suarez was defeated soundly by Portugal 21-11, 21-18.

While most of the players had only two matches in the round robin competition, Gabriela Pozuelo, of Costa Rica, played six. This was because she played number two singles, number three singles, and on the doubles team with Portugal (she won three and lost three).

Costa Rica will be hosting the Pan-American games this October at their two-court facility. According to Luke St. Onge, executive director of AARA, they are expecting 12 Latin American countries to be represented. The U.S. also hopes to receive sponsorship money to send a team to its first competition outside U.S. borders.

To date, players from the U.S. have only stepped outside the country for small tournaments in Mexico and pro stops in Canada. In the not too distant future, the American team may be travelling to Japan and Europe, as well as Latin America. The second World Games is tentatively scheduled for July, 1984 in Sacramento, CA just prior to the Olympics. Nineteen countries are already committed for that one.





Sylvia Portuguese, Costa Rica's number one player, concentrates on a forehand kill in the doubles match she and her partner Gabriela Pozuela won against Mexico.—photos by Carole Charfauros George

Surprisingly, Canada wasn't present for the North American Regional Games. Next to the United States, Canada is probably the most advanced country when it comes to racquetball, boasting number two ranked in the world, Heather McKay, and men's pro Lindsay Myers of Vancouver, BC. The Canadian Open has been a televised event for several years. However, "internal politics" kept Canada from sending a team to the Regionals, said St. Onge. Originally this event was sited for Canada, but the two competing Canadian organizations couldn't agree on anything, and decided to drop out of the competition instead. At the last minute, the location was transferred to California. Canada will bring a team to the World Games.

Fortunately for the Mexican team, the Canadians drop out. Not necessarily so that Mexico could win second place instead, but because of the traveling distance. Most of the team drove up from Tijuana together in a van which took just 10 hours. Canales and Mexico's number one player, Federico Alvarez, drove 26 hours from Juarez, which is a border town near El Paso, TX where they both are students and play against the Peck brothers and their proteges.

Both Mexico and Costa Rica (which flew its five-person team and coach) receive government support. Although the U.S. team receives no money from the government, it does receive warm-up suits and clothing, travel expenses, equipment, and other miscellaneous expenses from such sponsors as Penn, Miller Lite, DP Leach, and Levi-Strauss.

Our country boasts 7-9 million players, while in Costa Rica there are an estimated 200-250. Mexico is a few

steps ahead of most of Latin America, with 24 clubs, each with an average of two or three racquetball courts. Many of the Mexicans had been playing four years or more. Canales says that he plays three or four hours a day. He and Alvarez, who has played for six years, took second in doubles in the first World Games.

Even though two-thirds of the players are Spanish-speaking, only the rules at the introductory meeting were bilingual. Language didn't seem to be much of a barrier, however, since most of the visiting team members could speak English as well. In fact, most of the Mexican team had been educated in the United States.

So it was the Americans, if anyone, who were at a disadvantage, especially at the banquet when most of the jokes were being told in Spanish. All three countries participated in a tequila drinking contest, in which the U.S. team *did not* finish first. Malia attempted to organize the "gringos" for a chorus of "Cielito Lindo" which never quite got past the first verse. The Mexican team finished the song for them, followed by the Costa Rican team singing an extremely funny song which got lost before translation.

Obviously, the United States team is looking forward to more fiestas in Costa Rica. Jack Newman and Kathy Gluvnal, both of Memphis States' number one intercollegiate team, are already brushing up on their Spanish after winning the Intercollegiate Nationals. The other eight positions on the American team will be determined by the Amateur Nationals, the Juniors Nationals and the National Amateur Doubles Championships this summer.

Coach Ed Martin was extremely optimistic about the future of international racquetball. "I believe that the real future of this sport lies in international amateur competition," commented Martin. "The pros are going to have a real tough time because they need big sponsors and TV coverage."

Martin pointed out that Corey Brysman, who actually defeated Obremski for the Boys' 17-and-under title, gave up his amateur status for \$500 at a pro stop. That excluded him from any international or intercollegiate competition, while players can receive even more money that that winning local amateur events.

The only prize money which disqualifies a player for amateur status with the A.A.R.A. is that which is received on the WPRA or DP Leach tours. Otherwise, a player such as Ed Andrews can earn their living through racquetball—teaching, winning semi-pro tournaments, and receiving sponsorships from manufacturers—but without giving up amateur status. It is also possible to regain your amateur status, as David Fleetwood has, by applying to the AARA Board of Directors and not accepting any more prize money.

There are other exciting developments on the way for international racquetball competition, according to St. Onge. He is optimistic that racquetball may be accepted by the Olympic Committee based on the rapid success of the sport in the United States, and with the growing interest in many other parts of the world. The European Racquetball Association (ERA!) held its first Regional Championships this year and were joined by new teams from Switzerland and England.

Once the U.S. team has been determined they will be transported to Colorado Springs, the new headquarters of the AARA and also the center of the Olympic Committee, where they will spend a full week of grueling training, in anticipation of the Pan-American Games and their third international victory.

"Buena suerte y mucha fiesta" to the United States team. ●

Memphis Tigers Still Dominate Intercollegiate Nationals

by Carole George

"Memphis State University is to racquetball what UCLA was to basketball during the John Wooden era."

So claimed the *MSU Daily Helmsman* on Friday April 8, the opening day of the 11th Annual AARA National Intercollegiate Championships. But even the hometown advantage couldn't account for MSU taking first place in five of the six divisions to capture their seventh consecutive championship.

Coach Larry Liles feels that the depth of his team is the secret. Many schools can boast of a top-ranked player, such as Mo Nard who was the sole representative of Sacramento State or Jeff Larson, who had to get Ektelon to sponsor him since Lewis and Clark College in Portland, Oregon doesn't even have racquetball courts. But it took a lot more than just National AARA Amateur Champion Jack Newman to bring home the banner for MSU.

Kathy Gluvna, a relative unknown, came into the tournament seeded second behind Nard for the #1 Women's division. Gluvna, a commercial arts freshman, began playing racquetball four years ago in her hometown of Savannah, GA. After a knee injury several years ago, her doctor told her she'd never see competitive racquetball again. However, determination and the encouragement of a friend kept Gluvna on the court, brace and all. She decided to transfer to Memphis State, because *"this is the place to come if you want to learn how to play tough racquetball,"* explained Gluvna.

Obviously the daily workouts and coaching by Liles has paid off for Gluvna and her teammates. When the team totals were tallied up, Memphis' #1 men's team finished first with 50 points, followed by Memphis' #2 men's team with 25 points. Then came Central Michigan and Binghamton, NY tied with nine points in third place. Memphis State's women took first with 46 points, followed by University of Illinois with 14 points, and Cortland in NY with seven. The combined scores for men's and women's teams placed MSU far ahead of the field with 96 points, trailed by University of Illinois 17 and Cortland 9.

Newman's win over Paul Bakken of Bethany College in Minnesota did add points to the overall score for MSU, but more than that, his presence on the team has provided competition and inspiration for his teammates. Newman receives a full-paid scholarship to play for MSU's racquetball team. Other than the National Intercollegiate Championships, MSU's racquetball team competes in local tournaments, but their state intercollegiate tournament was cancelled for lack of interest by other colleges.

In comparison to MSU's football team, which receives more than \$1 million budgeting, the racquetball team at MSU goes unrecognized, receiving only \$3,000 from the school. The rest of the travel and equipment expenses are raised by two major tournaments, local donors such as former IRA president William B. Tanner, Coke sales and raffles. In comparison to most other college racquetball programs, MSU is doing quite well for itself with a 15-court facility, a full-time coach, warm-up suits with the player's and sponsor's names, and entry fees paid to local tournaments.

Newman, however, is an exception. While Coach Liles does do some recruiting, talking to junior players at local tournaments, most of the players come to him.

"I get an average of one letter per week," revealed Liles. *"The first question is scholarships. They think we have scholarships galore, but they're tough to come by."* Liles feels that the money that brought Newman down from his home state of Illinois was well worth it, because now his other players get the opportunity to play a national champion every day, instead of just at a pro stop in a "blow out situation."

AARA Executive Director, Luke St. Onge, feels that intercollegiate competition will soon be one of the fastest growing aspects of racquetball. Penn Athletic Products, which already promotes intercollegiate tennis, has been extremely supportive of the two existing intercollegiate leagues—the East Coast Racquetball Conference in NY and the Northern California Intercollegiate Racquetball League—as well

as hosting state intercollegiate championships in every state which has enough schools interested.

Lite Beer from Miller put up the \$8,000 in scholarship money for the winners, who also received Olympic-style medals. In addition, Gluvna and Newman will play on the American team in the Pan-American Games this October in Costa Rica.

This year's Intercollegiate Nationals attracted 10 percent more entries than last year. Forty-four universities were represented by approximately 240 players. Players from California had to fly to the tournament without school support, so only seven Californians from five schools were able to attend, even though players from the west coast are notoriously tough. On the



Memphis State's two-time national doubles team: Renee Trammel (l.) and Lisa Faquin.
—photo by Carole George

Tournament Results

Ektelon Regionals

Two-time Ektelon National Men's Open champion Ruben Gonzalez won the New England regional tournament in the March 13 finals at the Gamepoint Racquetball and Health Club in Plymouth, MA. He defeated two-time Massachusetts state champion Cliff Swain 15-12, 15-11, and will now advance to the Ektelon National Championships in Anaheim, CA.

Also headed for the Finals are Joe Wirkus, winner of the Men's Veterans division, and Diana Hardek who took the Women's Open regional title. Gonzalez, Wirkus and Hardek will compete against the winners of seven other regional tournaments for their respective national titles and \$1,000 in each division.

In addition to the national amateur finals, the Anaheim tournament will feature men's and women's pro divisions, with prize money of \$40,000.

New England Ektelon Regional
Gamepoint Racquetball & Health Club
Plymouth, MA, March 10-13

Men's Open: Ruben Gonzalez d. Cliff Swain 15-12, 15-11
Men's A: Russell Drew 15-12, 15-12
Veterans 30+: Joe Wirkus d. Greg Maloley 14-15, 15-9, 15-9
Seniors 35+: Howard Peele d. Keith Morgan 15-8, 15-13
Masters 45+: Karl Krikorian d. Joe Fenster 15-14, 15-10
Men's B: Pete Dupuis d. George Copolas 11-15, 15-4, 15-13
Men's C: Jim Grant d. Joe Okuniewicz 15-13, 15-11
Boys 17 & Under: Bob Cocroft d. Jeff Balboni 15-10, 15-11
Men's Open Doubles: Joe Wirkus/Jim Wirkus d. Dennis Aceto/Rich Voto 8-15, 15-12, 15-10
Men's B Doubles: Bill Sakamoto/Charles McKenna d. George Copolas/Mill Mallett 15-9, 15-12
Women's Open: Diana Hardek d. Maryanne O'Sullivan 15-13, 15-7
Women's A: Janet Burke d. Janet Kurucz-Steere 15-9, 15-14
Women's Veterans: Cindy Alba, d. Mary Primavera 15-6, 15-9
Women's B: Kathi Cocroft d. Diane Cleary 15-12, 15-13
Women's C: Nancy Murphy d. Ellen Helmrich 12-15, 15-9, 15-11
Women's A/B Doubles: Maryanne O'Sullivan/Marcia Donovan d. Sheryl Burlingame/Judy Lauder 11-15, 15-12, 15-7

In the next Ektelon Regionals, the New York tournament held March 24-27 in Lyndhurst, NJ, Jim Cascio took the Men's Open Division defeating Dan Obremski 15-8, 15-5. Cindy Baxter won the Women's Open over Dot Fischl 15-8, 15-5.

Gonzalez will be representing the New York region, along with the New England region, since he took the Men's Veterans title in the New York tournament.

New York Ektelon Regional
King's Court
Lyndhurst, NJ, March 24-27

Men's Open: Jim Cascio d. Dan Obremski 15-8, 15-5
Men's A: Brian McDermott d. Sal Teodoro
Veteran's 30+: Ruben Gonzalez d. Craig Guinter 15-10, 15-8
Seniors 35+: Ed Remen d. Jim Winterton 14-15, 15-6, 11-5
Masters 45+: Dario Mas d. Alex Shapiro 15-8, 15-10
Golden Masters 50+: Tony Stidham d. Sol Gleit 15-12, 15-1
Men's B: Guy Morin d. Charles Evans 15-3, 15-13
Men's C: Kevin Cresen d. Mike Clavin 15-1, 15-2
Boys 17 and Under: Rob McKinney d. Benjamin Hollingsworth
Men's Open Doubles: Rubin/Diamond d. Allgood/Searles 15-14, 15-12
Men's B Doubles: Chinae/Luiliano d. Kneeland/Panzerze 15-14, 15-12

Men's C Doubles: Tomaselli/Nastase d. Mack/Bullock 15-13, 12-15, 11-10
Women's Open: Cindy Baxter d. Dot Fischl 15-8, 15-5
Women's Veterans: Angela Chang d. Winnie Forte 5-15, 15-4, 11-6
Women's A: Debbie Weber d. Stephanie Pinola 5-15, 15-10, 11-4
Women's B: Pat Marion Lukowski d. Evelyn Thomas 11-15, 15-13, 11-9
Women's C: Lisa Correia d. Sandy Eberwein 15-14, 9-15, 11-9
Girls 17 and Under: Shelly Lee d. Chris Pfau 15-6, 15-10
Women's A/B Doubles: Calderon/Munchick d. Moore/Sudol 15-5, 15-10

Southwest Racquetball Revival Pro-Am

Five qualifying events plus the Pro-Am championships made up the series held in four states through January and February. Sponsorship was provided by Racquetball Today, Penn, Coors, Gatorade and Foot-Joy. The series was organized and promoted by 4-Wall Promotions, Inc., of Tulsa, OK.

Qualifying—Arkansas Health World
Little Rock, AR, January 14-16

Men's Pro-Am

Semi-finals: Andy Roberts d. Fred Aylett; Byron Williams d. Bradley Morgans

Finals: Roberts d. Williams

Men's A

Semi-finals: Bob Fitzgerald d. David McCullough; Mark Bullock d. Ted Spears

Finals: Fitzgerald d. Bullock

Men's Seniors 35+

Semi-finals: Randy Ishmael d. Rodger Moore; Rex Benham d. Larry Lefler

Finals: Ishmael d. Benham

Men's B

Semi-finals: Jim Allen d. Gerald Dodd; David Williamson d. Dean Pate

Finals: Allen d. Williamson

Men's C

Semi-finals: Randy Ishmael d. Rich Grenier; Ron Penney d. Dan Marmer

Finals: Ishmael d. Penney

Women's A

Semi-finals: Becky Rush d. Karon Bullock; Lisa Collins d. Tracey Mangus

Finals: Rush d. Collins

Off The Wall Racquetball & Health Club
Meraux (New Orleans), LA, January 21-23

Men's Pro-Am

Semi-finals: Ricky Gonzales d. Art Arnold; Frank Gomila d. Mike Kee

Finals: Gonzales d. Gomila

Men's A

Semi-finals: Willie Fernandez d. Richard Broadwell; Greg Kisse d. Neil Woodall

Finals: Fernandez d. Kisse

Men's Seniors 35+

Semi-finals: Jerry Winsberg d. Duke Besse; Jeff Kindl d. Joe Hero

Finals: Winsberg d. Kindl

Men's B

Semi-finals: Joseph Keiff d. Carlos Francos; Marc Winsberg d. David Dauterive

Finals: Keiff d. Winsberg

Men's C

Semi-finals: Dana Cornelius d. Richard Almond; Oscar Brown d. Vic Sellinger

Finals: Cornelius d. Brown

other hand, Rensselaer Polytechnic Institute in Troy, NY brought 22 players plus coaches in a fleet of cars, traveling 3,000 miles round trip.

An ad hoc committee to help organize and promote intercollegiate racquetball was formed, headed by Neil Shapiro, the coach at RPI. One of Shapiro's first goals is to figure out how Liles has been able to establish such a strong racquetball program at MSU. Not only did the colleges get together to compete against each other, but also to work together for the advancement of the sport. All members of the committee are volunteers. With growing support and enthusiasm, intercollegiate racquetball may someday be challenging basketball and other sports for media coverage and funding.

U.S. National Intercollegiate Championships

Racquet Club of Memphis
April 8-10, 1983

Sponsors: Lite Beer from Miller, Penn Athletic Products, DP/Leach

Men's #1 Singles: 1st—Jack Newman (MSU); 2nd—Paul Bakken (Bethel); 3rd—Lance Gilliam (University of Texas, San Antonio); 4th—Jeff Larson (Lewis & Clark)

Women's #1 Singles: 1st—Kathy Gluvna (MSU); 2nd—Mo Nard (Sacramento State); 3rd—Marcia Yamashiro (Fresno State); 4th—Carole George (Fresno State)

Men's #2 Singles: 1st—Brian Dieghan (MSU); 2nd—Richard Smith (MSU); 3rd—Dave Trautman (Bethel); 4th—Kelly Price (Fresno State)

Men's Doubles: 1st—Tim Hansen/Bubba Gautier (Santa Fe); 2nd—Brian Sheldon/Jim Jeffers (MSU); 3rd—Pete Taunton/Paul Taunton (St. Cloud); 4th—Peter Wong/Keith Blackmon (MSU)

Women's Doubles: 1st—Lisa Faquin/Renee Trammel (MSU); 2nd—Vicki Carr/Lisa Meister (Illinois); 3rd—Maureen Downey/Wendy Gannon (Cortland); 4th—Glenda Sawicki/Ann O'Neill (Providence, RI)

Women's B

Semi-finals: Sandy Richardson d. Tina Blache; Kelly Ehret d. Patti Higgins

Finals: Richardson d. Ehret

Westchase Racquetball Houston, TX, January 28-30

Men's Pro-Am

Semi-finals: Darren Doyle d. Kevin Meyer; Doug Jacobson d. Tommy Gautreau

Finals: Doyle d. Jacobson

Men's A

Semi-finals: Mike Skolnik d. Marty Skolnik; Mike Thurmond d. Wally Holmes

Finals: Skolnik d. Thurmond

Men's B

Semi-finals: Mike Thurmond d. Phil Newton; Robert Skibbens d. Bruce Quill

Finals: Thurmond d. Skibbens

Men's C

Semi-finals: Tod Danielson d. Phil Heal; Tony Vasquez d. Mike Ricketts

Finals: Danielson d. Vasquez

Women's C

Semi-finals: Brenda Baranska d. Beth Alberts; Leigh Perry d. Jodi Nystrom

Finals: Baranska d. Perry

Championships—Racquet Time of Bedford Bedford (Fort Worth), TX, February 25-27

Men's Pro

Round of 16: Jerry Hilecher d. Bradley Morgans 11-2, 11-8, 11-3; Andy Roberts d. Ray Aronowitz 8-11, 11-8, 11-4, 12-10; Kevin Chambliss d. Steve Kuykendall 3-11, 11-3, 11-1, 11-3; Larry Meyers d. Byron Williams 11-6, 11-2, 11-3; Joe Sacco d. A.J. Allen 11-8, 11-9, 11-2; Skip Merrill d. Jon Seibert 11-1, 11-9, 11-4; Ken Smith d. Tommy Gautreau 12-10, 2-11, 11-7, 11-3; Jack Newman d. Allan Baker 11-1, 11-6, 11-2

Quarter-finals: Hilecher d. Roberts 11-8, 11-2, 11-3; Meyers d. Chambliss 11-9, 9-11, 11-4, 11-3; Sacco d. Merrill 14-12, 11-9, 10-12, 11-3; Newman d. Smith 11-5, 11-8, 13-11

Semi-finals: Hilecher d. Meyers 11-8, 11-5, 8-11, 11-2; Newman d. Sacco 11-3, 11-9, 11-8

Finals: Newman d. Hilecher 8-11, 11-8, 11-7, 11-3

Women's Exhibition

Finals: Becky Rush d. Mary Pat Sklenka 11-5, 11-4, 11-9

Racquet Time of Bedford Bedford, TX, February 4-6

Men's Pro-Am

Semi-finals: Larry Meyers d. Ray Aronowitz; Steve Kuykendall d. A.J. Allen

Finals: Meyers d. Kuykendall

Men's A

Semi-finals: Mike Jennings d. Randy Lahti; Jim Campbell d. Frank Bock

Finals: Jennings d. Campbell

Men's B

Semi-finals: Mark Gipson d. Roger Baker; Nelson Head d. Gary Turbyfill

Finals: Gipson d. Head

Men's C

Semi-finals: Gary Turbyfill d. Jeff Dethlefsen; Gary Long d. Kyle Hunt

Finals: Turbyfill d. Long

Men's Veterans 30 +

Semi-finals: Don Scales d. Rob Walker; Richard Snyder d. John Eftekar

Finals: Scales d. Snyder

Men's Seniors 35 +

Semi-finals: Danny Howell d. Roger Baker; Joe Lambert d. Joe Pifer

Finals: Howell d. Lambert

Women's A

Semi-finals: Tina King Draughon d. Colleen Daly; Cheri White d. Mari Warnick

Finals: Draughon d. White

Women's C

Semi-finals: Patty Harden d. Jackie Gildea; Laura Mercer d. Christy Jackson

Finals: Harden d. Mercer

International Fitness Center Oklahoma City, OK, February 11-13

Men's Pro-Am

Semi-finals: Jon Seibert d. Mike Jackson; Jim Slate d. Robert Savage

Finals: Seibert d. Slate

Men's A

Semi-finals: Drew Taliaferro d. Jim McPherson; Kirk Webster d. Pat Brunette

Finals: Taliaferro d. Webster

Men's Seniors 35 +

Semi-finals: Terry Cook d. Joe Lambert; Bob Howard d. Ron Berglan

Finals: Cook d. Noward

Men's B

Semi-finals: Ric Pountain d. Pat Brunette; Mike Olson d. John Stradid

Finals: Pountain d. Olson

Men's C

Semi-finals: Bart James d. Scott Greer; Paul Levy d. Bob Horn

Finals: James d. Levy

Women's A

Semi-finals: Cindy Overstake d. Celeste Gloria; Margaret McCurdy d. Atheda Fletcher

Finals: Overstake d. McCurdy

Women's B

Semi-finals: Kathy Crismyre d. Ginger Gin; Kathryn Grice d. Dotti Hill

Finals: Crismyre d. Grice

Michigan

MRA #6

Sponsored by Dr. Pepper, AMF-Voit Dearborn Athletic Club Dearborn, MI, February 18-20

Men's Open

Quarter-finals: Dan Dutcher d. Jack Lobaido 21-15, 21-18; Gordon Kelly d. Mike Anderson 21-16, 21-18; Steve Jeziorski d. Gerald Green 21-15, 21-20; Chuck Teets d. Jim Easterling 21-2, 21-6

Semi-finals: Kelly d. Dutcher 21-15, 21-19; Teets d. Jeziorski 21-9, 21-12; Teets d. Kelly 21-14, 21-19

Men's A

Quarter-finals: Doug Toth d. Scott McNitt 21-12, 21-2; Ray Emerson d. Jay Liggins; Brent Campbell d. Steve Marx 21-11, 21-7; Todd Sikkema d. Ted Dutcher Jr. 21-17, 5-21, 11-2

Semi-finals: Toth d. Emerson 20-21, 21-19, 11-10; Sikkema d. Campbell 21-18, 21-11; Toth d. Sikkema 21-20, 21-17

Men's B

Quarter-finals: Curt Ferrell d. Steve Ferguson 21-15, 21-15; Dave Polvi d. Don Sharp; Ron Bugarin d. Jim Kurtz; Dan Tranberg d. Brian Kelly 21-18, 21-15

Semi-finals: Ferrell d. Polvi 21-4, inj. forfeit; Bugarin d. Tranberg 21-17, 15-21, 11-8

Finals: Ferrell d. Bugarin 21-15, 21-17

Men's C

Quarter-finals: Tino Ruiz d. Scott Worthy 21-16, 21-19; Steve Kneip d. Mike Lively 21-6, 21-11; David Marion d. Richard DeCooman 21-6, 21-8; Steve Burgdorf d. Steve Esshaki 21-3, 21-12

Semi-finals: Ruiz d. Kneip 21-11, 13-21, 11-9; Marion d. Burgdorf 21-9, 21-14; Marion d. Ruiz 21-4, 21-4

Men's Veterans (30 +)

Semi-finals: Bob Tessmar d. Bob Weshalek 21-15, 21-16; Mike McLean d. Mike Young 21-14, 15-21, 11-7

Finals: McLean d. Tessmar 21-17, 21-2

Men's Seniors A (35 +)

Semi-finals: Tom Brownlee d. Bob Lipin 21-11, 21-10; Larry Jackson d. Gary Miller 21-9, 17-21, 11-3

Finals: Brownlee d. Jackson 21-7, 21-11

Men's Seniors B (35 +)

Quarter-finals: Mike Stephens d. Bill Hagedorn 21-9, 21-16; Ed Iwasiw d. Mike Pattin 21-2, 21-14; Don Boone d. Jim Barry inj. forfeit; Mike Cain d. Mike Corinti 21-13, 18-21, 11-9

Semi-finals: Stephens d. Iwasiw 16-21, 21-17, 11-5; Boone d. Cain 21-6, 21-19; Boone d. Stephens 18-21, 21-13, 11-7

Men's Seniors C (35 +)

Quarter-finals: Fred Roeser d. Bill Gentile 21-20, 16-21, 11-1; Don Lafferty d. Walt Biesterfeldt 12-21, 21-20, 11-10; R. Freitag d. Bob LaPlant 21-17, 21-7; Richard Pullum d. Morris Penner forfeit

Semi-finals: Lafferty d. Roeser 13-21, 21-11, 11-8; Freitag d. Pullum 21-1, 21-18; Freitag d. Lafferty 21-16, 21-7

Men's Masters A (45 +)

Semi-finals: Hy Chambers d. Gundars Strautnieks 21-17, 21-13; Bob Schermer d. Bob Stragier 21-15, 21-12

Finals: Schermer d. Chambers 21-9, 21-15

Men's Masters B (45 +)

Quarter-finals: Ed Revesz d. Jim Emerson 21-5, 15-21, 11-3; Joe Mifsud d. Ted Dutcher 21-7, injury forfeit; Ray Mitchell d. Chester Gorski 21-10, 21-14; Ron Knockart d. Jake Gingrich 21-18, 17-21, 11-9

Semi-finals: Revesz d. Mifsud 21-7, 21-15; Knockart d. Mitchell 21-18, 21-12

Finals: Revesz d. Knockart 21-13, 12-21, 11-8

Men's Golden Masters (55 +)

Semi-finals: Richard Caretti d. Fred Rapoport 21-9, 21-12; Joe Charette d. Duane Russell 21-18, 21-14

Finals: Caretti d. Charette 21-6, 21-6

Women's Open

Semi-finals: Chris Fischer d. Pat Folkertsma 21-15, 14-21, 11-5; Barb Randle d. Beth Gutowski 21-11, 19-21, 11-6

Finals: Fischer d. Randle 20-21, 21-3, 11-10

Women's A

Finals: Colleen Adams d. Lynn Showerman 21-10, 21-18 (double elimination)

Women's B

Semi-finals: Diane Klucka d. Dianne Driver 21-17, 21-18; Lesley Kishigian d. Donna Murray 10-21, 21-14, 11-9

Finals: Kishigian d. Klucka 17-21, 21-19, 11-4

Women's C

Quarter-finals: Jan Dolack d. Sue Hensley 21-2, 21-11; Kelly Julian d. Irene Shore 21-11, 17-21, 11-4; Martha Milan d. Sally Kurth 21-6, 21-6; Regina Spielberger d. Barb Trickey 21-6, 21-8

Semi-finals: Dolack d. Julian 21-13, 21-16; Milan d. Spielberger 15-21, 21-14, 11-4

Finals: Dolack d. Milan 11-21, 21-9, 11-7

Women's D

Quarter-finals: Julie May d. Janet Pingston 21-16, 21-12; Carol Kneller d. Shirley Bowman 21-9, 21-10; Paula Spagnuolo d. Blannie Scott 21-14, 21-11; Maria Caruso d. Cindy Sonk 21-8, 21-8

Semi-finals: May d. Kneller 21-17, 21-19; Caruso d. Spagnuolo 21-12, 21-16

Finals: May d. Caruso 21-12, 21-18

Women's Veterans (30 +)

Finals: Denny Freitag d. Lois Hamel 21-17, 21-8 (double elimination)

Boys 15 & Under

Finals: Ashley Burt d. Robby Fogler 21-10, 21-7 (Double Elimination)

Boys 13 & Under

Semi-finals: Nick Rallis d. Greg Iwasiw 21-10, 21-6; Scott Tessmar d. Jim Skinner 21-8, 21-13

Finals: Rallis d. Tessmar 21-16, 21-3

New York

1983 New York State Championships Sanctioned by AARA All Sport Fitness and Racquetball Club Fishkill, NY, February 18-20 Director: Jim Burns

Men's Open

Quarter-finals: Ruben Gonzalez d. Ken Teape 21-16, 21-15; Ross Harvey d. George Vierra 21-3, 21-4; Cliff Swain d. Ron Digiacomo 21-13, 21-7; Mike Levine d. Tom Montalbano 20-21, 21-7, 11-1

Semi-finals: Harvey d. Gonzalez 19-21, 21-4, 11-8; Levine d. Swain 21-20, 20-21, 11-6

Finals: Harvey d. Levine 21-15, 20-21, 11-5

Men's Veteran Open

Quarter-finals: Barry Russell d. Garry Gloeggler 21-14, 21-14; Brian McDermott d. Rich Devito 21-16, 21-10; Mike Janiak d. Sam Borrero 21-7, 21-20; Howard Packer d. Charlie Ennis 20-21, 21-20, 11-1

Semi-finals: McDermott d. Russell 21-7, 21-13; Janiak d. Packer

Finals: Janiak d. McDermott 21-7, 21-13

Men's Seniors 35+

Quarter-finals: Jim Winterton d. Bruce Shafer 21-14, 21-6; Dennis Sbraga d. Mike Daniels 21-16, 16-21, 11-3; Jack Nocera d. Kurt Noll 21-7, 21-12; Charlie Garfinkel d. Mike Clifford 21-19, 21-11

Semi-finals: Winterton d. Sbraga 21-20, 21-19; Garfinkel d. Nocera 21-8, 21-15

Finals: Winterton d. Garfinkel 21-16, 21-18

Men's Seniors 40+

Quarter-finals: Bob Stauffer d. Carl Mareth 21-3, 21-3; George Bardoff d. Ken Laughter 21-7, 21-12; Rick Walsh d. Alan Pitegoff (forfeit); Herman Neumeier d. Rick Corso 21-3, 21-4

Semi-finals: Stauffer d. Bardoff 21-11, 21-19; Neumeier d. Walsh 21-12, 21-20

Finals: Neumeier d. Stauffer 21-10, 21-15

Men's Masters 45+

Semi-finals: Meneses d. Wheeler 21-8, 21-18; Feldman d. Shapiro 21-20, 21-16

Finals: Feldman d. Meneses 21-10, 21-14

Men's Masters 50+

Semi-finals: Rizzo d. Grossman 21-10, 12-21, 11-9; Lake d. Carpozis 7-21, 21-18, 11-7

Finals: Lake d. Rizzo 21-19, 18-21, 11-2

Men's Golden Masters 50+

Round Robin: 1st—Francis Anderson; 2nd—Irv Cowle

Men's B

Quarter-finals: Joe Cline d. Jay Calnen 21-11, 21-19; Jay Ryan d. Dave Walstrom 21-4, 21-15; Bob Deshong d. Ed Cooper 21-17, 21-18; Ron Corsard d. Dennis Crawshaw 8-21, 21-19, 11-7

Semi-finals: Cline d. Ryan 21-12, 21-15; Corsard d. Deshong 21-15, 21-9

Finals: Cline d. Corsard 21-11, 21-11

Men's BB

Quarter-finals: Jerry Lemer d. Matthew Licht 21-19, 21-10; Rick Warren d. Bob Fox 21-7, 21-2; Ken Stepanek d. Scott Irwin 21-9, 15-21, 11-9; Doug Walsh d. Bill Morris 13-21, 21-11, 11-6

Semi-finals: Lemer d. Warren; Walsh d. Stepanek 21-20, 21-12

Finals: Lemer d. Walsh 21-4, 21-15

Men's C

Quarter-finals: Clyde Woods d. Bill O'Keefe 21-17, 11-21, 11-2; Gary Shantz d. Vinnie Camarda; Walt Schramm d. Jack Hurley 18-21, 21-10, 11-7; Wayne Spinola d. Neil Cohen 21-13, 21-19

Semi-finals: Woods d. Shantz 21-15, 15-21, 11-6; Schramm d. Spinola 21-18, 9-21, 11-9

Finals: Schramm d. Woods 21-6, 19-21, 11-3

Men's Veteran C

Semi-finals: Culp d. Borow 21-19, 21-17, 11-7; Williams d. Passarelli 21-14, 21-18

Finals: Culp d. Williams 21-11, 21-9

Men's Open Doubles

Quarter-finals: Ruben Gonzalez/Mike Levine d. Tom Montalbano/Ron Digiacomo 21-14, 21-15; Ross Harvey/Charlie Horton d. Tab Mak/Rich Devito 21-10, 21-13; George Vierra/Cliff Swain d. Don Costleigh/Ken Teape 21-7, 21-19; Art Diemar/Dave Luft d. Mike Daniels/Ron Hyman 21-11, 21-3

Semi-finals: Gonzalez/Levine d. Harvey/Horton 21-14, 21-20; Diemar/Luft d. Vierra/Swain 21-11, 21-15

Finals: Gonzalez/Levine d. Diemar/Luft 21-3, 21-15

Men's Doubles 30+

Semi-finals: Molloy/Murphy d. Jones/Gershaw 21-18, 21-8; Williams/Alvarez d. Feldman/Seitelman 21-3, 21-18

Finals: Molloy/Murphy d. Williams/Alvarez 21-15, 12-21, 11-9

Men's Doubles 45+

Semi-finals: Wheeler/Ver Weebe d. Embrendo/Horton 21-12, 21-8; Rizzo/Shapiro d. Lake/Springstead 14-21, 21-19, 11-7

Finals: Rizzo/Shapiro d. Wheeler/Ver Weebe 21-5, 21-8

Men's B Doubles

Quarter-finals: Jay Calnen/Bob Deshong d. Mark Borow/Mohn Malgeri 21-11, 21-20; Anna Calderon/Matt Licht d. Mark Zayas/Mike Force 21-18, 12-21, 11-4; Rich Consiglio/Nolan Glantz d. Dave Walstrom/John Rimkus 21-9, 21-8; Walter Schramm/Fred Gruber d. Joe Derito/Fred Tauro 21-15, 21-9

Semi-finals: Calderon/Licht d. Calnen/Deshong 21-14, 13-21, 11-5; Consiglio/Glantz d. Schramm/Gruber 21-12, 21-9

Finals: Glantz/Consiglio d. Calderon/Licht 18-21, 21-19, 11-5

Men's C Doubles

Quarter-finals: B.J. Kuelheim/John Guerriera d. Andy Lawrence/Steve Nurbin 21-20, 12-21, 11-5; Rick Warren/Scott Irwin d. Joe Hootor/Carl Mareth 15-21, 21-15, 11-4; Wayne Spinola/John Lee d. Warren Atomari/Jim Glover 21-7, 19-21, 11-9; Pete McMillan/Clayton Morris d. Dave Cateno/Louis Falella 21-20, forfeit

Semi-finals: Warren/Irwin d. Kuelheim/Guerriera 21-12, 21-3; Spinola/Lee d. McMillan/Morris 21-3, 21-2

Finals: Warren/Irwin d. Spinola/Lee 21-16, 21-15

Women's Open

Quarter-finals: Tammy Hajjar d. Laura Rimkus 21-3, 21-2; Teri Gatarz d. Karen Kimmerling 21-11, 21-16; Helene Burden d. Val Paese 18-21, 21-11, 11-4; Nancy Kriss d. Robin Levine 21-16, 14-21, 11-5

Semi-finals: Hajjar d. Gatarz 21-11, 20-21, 11-1; Burden d. Kriss 19-21, 21-16, 11-10

Finals: Hajjar d. Burden 21-9, 21-19

Women's B

Quarter-finals: Gladys Tabone d. Nancy McClellan 19-21, 21-20, 11-9; Lynn Malone d. Kris Kamyck 21-12, 18-21, 11-3; Lisa Hoffman d. Ann Seidman 21-12, 21-14; Tina Petrocy d. Ilene Wald 21-4, 21-6

Semi-finals: Malone d. Tabone 21-15, 21-12; Petrocy d. Hoffman 21-14, 21-7

Finals: Petrocy d. Malone 21-5, 21-5

Women's C

Quarter-finals: Judy Williams d. Carolyn Saraceni 21-13, 21-4; Kathleen Fisher d. Theresa Rosado 11-21, 21-6, 11-2; Mary Vasquez d. Gail Morris 21-6, 21-11; Ilene Mutchnick d. Eileen Pitegoff 14-21, 21-13, 11-6

Semi-finals: Williams d. Fisher 21-9, 21-9; Vasquez d. Mutchnick 21-6, 21-3

Finals: Vasquez d. Williams 21-15, 17-21, 11-0

Women's CC

Quarter-finals: Beverly Nurbin d. Maggie Goodis 21-20, 20-21, 11-4; Kaye DiCesare d. Paula Labreque 21-4, 21-6; Ro Passarelli d. Arlene Capizzi 21-5, 21-5; Diane Rivera d. Virginia Leary 21-7, 12-21, 11-7

Semi-finals: DiCesare d. Nurbin 21-16, 21-5; Passarelli d. Rivera 21-8, 21-8

Finals: Passarelli d. DiCesare 21-4, 21-15

Women's Open Doubles

Semi-finals: Hajjar/Burden d. Sottile/Levine 21-8, 21-14; Gatarz/Kriss d. Kimmerling/Vanderwood 21-13, 21-8

Finals: Gatarz/Kriss d. Hajjar/Burden 21-15, 21-16

Women's B/C Doubles

Semi-finals: Bumette/Mortimer d. Davila/Rizzo 21-6, 21-5; Martin/Meredith d. Rosado/Savino 21-9, 21-7

Finals: Martin/Meredith d. Bumette/Mortimer 21-8, 21-12

Boys 12 and Under

Quarter-finals: Nolan Glantz d. B.J. Gruber 21-0, 21-4; Scott Travis d. Rich Benderoth 21-15, 21-11; Robbie Thome d. Chris Conte 19-21, 21-16, 11-7; Robert Cirillo d. Steve Cowles (forfeit)

Semi-finals: Glantz d. Travis 21-4, 21-5; Thome d. Cirillo 21-11, 21-11

Finals: Glantz d. Thome 21-2, 21-0

Boys 16 and Under

Semi-finals: Ed Audi d. Jeff Pitegoff 21-15, 21-18; Rich Vazzano d. Ed Messina 21-2, 21-2

Finals: Vazzano d. Audi 21-10, 21-4



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Florida

Third Annual Cancer Society Classic
Sarasota YMCA Courts
Sarasota, FL, February 18-20
Directors: Judi Schmidt, Bryant Meeks

Men's Open

Semi-finals: John Schneider d. Randy Godwin 21-8, 21-20;
Charlie Nichols d. Chris Leyshock 21-12, 21-16
Finals: Nichols d. Schneider 21-19, 21-17

Men's 40 +

Semi-finals: Tom Rumsey d. Ron Wuchte 19-21, 21-12, 11-5;
Don Woodington d. Bryant Meeks 21-18, 21-18
Finals: Rumsey d. Woodington 21-15, 21-9

Men's A

Semi-finals: Matt St. Lawrence d. Scott Thompson (forfeit);
Dan Reker d. Phil Skaliotis 21-9, 21-18
Finals: St. Lawrence d. Reker 21-8, 21-12

Men's B

Semi-finals: Matt St. Lawrence d. Bill Hogue 21-4, 16-21, 11-5;
Marc Cohen d. Danny Allie 20-21, 21-17, 11-8
Finals: Cohen d. St. Lawrence 21-12, 21-19

Men's C

Semi-finals: Tom Hollingsworth d. Dale Gordon 21-20, 9-21,
11-9; Mark Shupe d. Brad Segal 21-9, 21-18
Finals: Hollingsworth d. Shupe 21-9, 21-14

Men's Open Doubles

Semi-finals: Nichols/Schneider d. Reudlinger/Fluharty 21-11,
21-11; Godwin/Owen d. Clement/St. Lawrence 21-11, 21-14
Finals: Nichols/Schneider d. Godwin/Owen 21-4, 21-14

Men's B Doubles

Semi-finals: Schmidt/Morrow d. Archibald/Meeks 21-17, 21-14;
Hogue/Mongoven d. Thompson/Moore 21-3, 11-21, 11-5
Finals: Schmidt/Morrow d. Hogue/Mongoven 21-5, 17-21, 11-3

Women's Open

Semi-finals: Julie Ginsburg d. Marea Armentrout 21-4, 21-6;
Gail Flinn d. Barbara Simmons 21-13, 21-17
Finals: Ginsburg d. Flinn 21-8, 21-8

Women's B

Round Robin: 1st—Joe McIntosh; 2nd—Jamie Lamoreux;
3rd—Chris Hopkins; 4th—Stacey Thompson

Juniors 14 and Under

Semi-finals: Mike Smith d. Eric Cramer 21-14, 21-20; Glen
Roberts d. Kyle Brown 21-0, 21-0
Finals: Roberts d. Smith 21-14, 21-4

New Hampshire

Miller Lite AMF Open
Off the Wall Racquet Club
Portsmouth, NH, February 18-20
Directors: Steve Marcotte, Sheila Devine

Men's Open: 1st—Todd O'Neil; 2nd—Shaun Brown;
3rd—Charlie Kuel

Men's A: 1st—Tom Leake; 2nd—Joe Ruggieri; 3rd—Steve
Marcotte

Men's Seniors: 1st—Roger Crim; 2nd—Bob Druin;
3rd—Steve Heguy

Men's B: 1st—Scott Cochrane; 2nd—Al Diamond; 3rd—Ken
Toy

Men's C: 1st—Guy Beck; 2nd—Lenny Ward; 3rd—Leo
Mottram

Open Doubles: 1st—Brown/O'Neil; 2nd—Patterson/Burdo;
3rd—Berry/Schagrin

B Doubles: 1st—Farrell/Diamond; 2nd—Salvas/Aldous;
3rd—Cerniglia/Cerniglia

Women's A: 1st—Terri Graham; 2nd—Karen O'Neil; 3rd—
Joy Eon

Women's B: 1st—Walker Hearsey; 2nd—Laura Nash;
3rd—Gus VanWellsheim

Women's C: 1st—Chris Gainty;
2nd—Mary Lagassie; 3rd—
Sheila Devine

Women's A Doubles: 1st—
Eon/Graham; 2nd—Kelley/O'Neil;
3rd—Lagassie/Lagassie

Women's B Doubles: 1st—
Lawruk/Tessier; 2nd—Chirsty/
McLaughlin; 3rd—Fritz/Nash

WLNH Open
Laconia Racquetball
Club • Laconia, NH,
February 15-17
Director: Norm Boucher

Men's A: 1st—James Lyman;
2nd—Steve Martellini;
3rd—Jack Ely

Men's Seniors: 1st—Roger
Crim; 2nd—Dick Ryan; 3rd—
Tom Johns

Men's B: 1st—James Lloyd;
2nd—Steve Savage; 3rd—Dave
Levine

Men's C: 1st—Paul Dorsey;
2nd—Pete Kamel; 3rd—Rich
Saffo

Women's A: 1st—Debbie
Wilbur; 2nd—Debbie Waldruff;
3rd—Laura Baker Steward

Women's B: 1st—Marion
Whittier; 2nd—Julie Ryan;
3rd—Chris Gainty

Women's C: 1st—Sue Stannard;
2nd—Karen Westover;
3rd—Mary Lagassie

Salem Exchange Club
Open
Salem Racquetball Club
Salem, NH, March 4-6

Men's A: 1st—Phil Belanger;
2nd—Harold Sachs; 3rd—Bob
Pattison

Men's Seniors: 1st—Steve

Heguy; 2nd—Roger Crim; 3rd—Guy Beck

Men's B: 1st—Mike Gamache; 2nd—Steve Bullis; 3rd—Rich
Guzieka

Men's C: 1st—Tom Duffy; 2nd—Nigel Turner; 3rd—Leo
Mottram

Men's Doubles: 1st—Sachs/Wright; 2nd—Lavalle/Ditullo;
3rd—Pattison/Carlson

Women's A: 1st—Joyce Jesseman; 2nd—Ginnie Baeder;
3rd—Della O'Dwyer

Women's B: 1st—Rachelle Aubut; 2nd—Pam Discipio;
3rd—Sue Laflamme

Women's C: 1st—A. Stammer; 2nd—Carrie Rosenthal;
3rd—Donna Jankochuck

Women's Doubles: 1st—Baeder/Drewniak;
2nd—O'Dwyer/Bloom; 3rd—Hatem/Discipio

Texas

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Invitational Singles
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Benefiting the Fellowship of Christian
Athletes
Downtown YMCA
Houston, TX, February 24-26
Director: Jim Austin

Men's 35 +

Semi-finals: Bill Thurman d. Harold Cooper; Kent Taylor d.
Tom McKie

Finals: Thurman d. Taylor 21-7, 21-7

Men's 40 +

Semi-finals: Jim Austin d. Tom Chodosh; Bob Lande d.
Frank Menendez

Finals: Austin d. Lande 21-14, 9-21, 11-7

Women's 30 +

Round Robin: 1st—Nancy Katz; 2nd—Mimi Kelly; 3rd—Son-
dra DiNicola; 4th—Ali Swofford

Women's 35 +

Round Robin: 1st—Renee Hebert; 2nd—Mimi Kelly;
3rd—Sondra DiNicola; 4th—Kathy Mueller

Illinois

1983 Michelob Light United Fund Jaycees
Open
Centralia Racquetball Club
Centralia, IL, March 11-13
Director: Kathy Jenkins

Men's Open: 1st—David Gross; 2nd—Dave Bennett;
3rd/4th—Asif Manzoor, Joe Schwent

Men's 35 +: 1st—Wayne Campbell; 2nd—Joe Simon;
3rd/4th—Bob Erxleben, Dick Van Zant

Men's A: 1st—Neal Boughton; 2nd—Mike Feldman;
3rd/4th—Terry Page, Dale Morrissey

Men's B: 1st—Keith Midden; 2nd—Chris Wright;
3rd/4th—Daniel Dapp, Gene Hobgood

Men's C: 1st—Gordon Huelsman; 2nd—Joe La Fata;
3rd/4th—Harry Hails, Terry Heath

Men's Open Doubles: 1st—David Gross/Andy Gross;
2nd—Dave Schwent/Joe Schwent; 3rd/4th—Dave Ben-
net/Asif Manzoor, Bill Hawk/Berry Allan

Women's Open: 1st—Sheri Gross; 2nd—Sue DiPiano;
3rd/4th—Patsy Graham, Gail Mendelsohn

Women's A: 1st—Hollie Huelsman; 2nd—Frances Braun;
3rd/4th—Jill Williams, Kathy Scherzinger

Women's B: 1st—Michele Barkate; 2nd—Tracy Van Zant;
3rd/4th—Tonya Rund, Joyce Campbell

Women's C: 1st—Hedy Frankenfield; 2nd—Connie Gibbons;
3rd/4th—Arlene Nortrup, Linda Bernhardt

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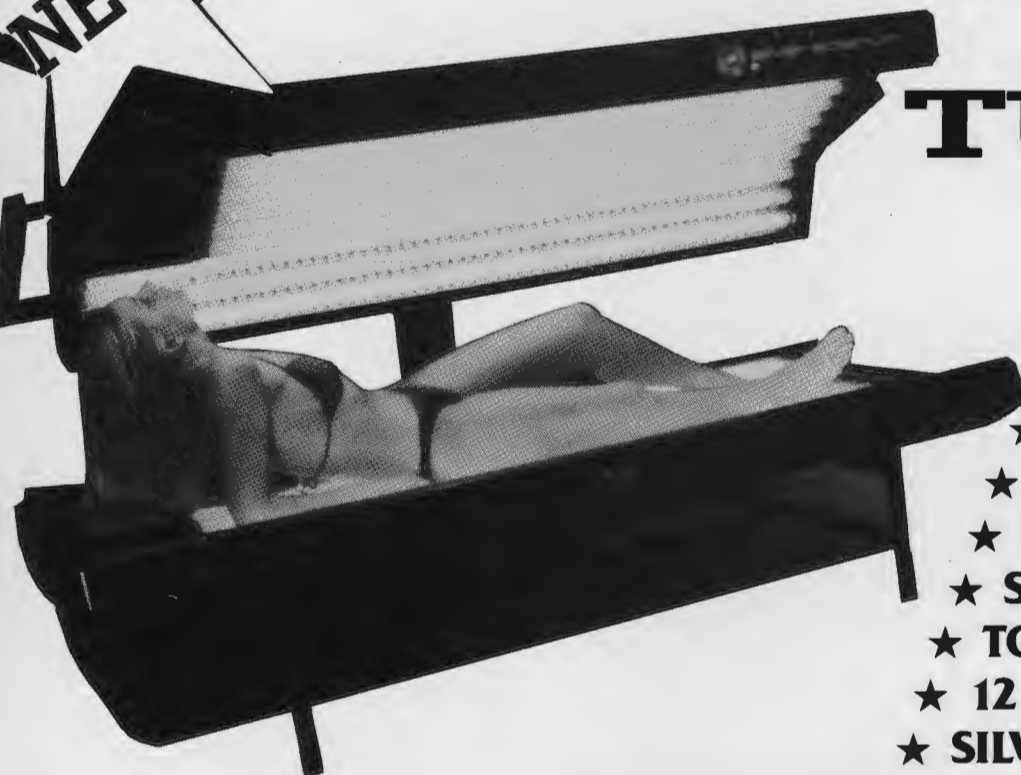
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