

National Racquetball®

Vol. 11 No. 6 June, 1982

PROFILE OF RITA HOFF



**WAKING UP
WITH RACQUETBALL**

**READER SURVEY: TELL US
ABOUT YOUR RACQUET**

16 PAGES OF INSTRUCTION

900 LANS. 76 012 8304 RAC *
VER 423 A50 P
204265
1606 48910

**Smash me.
Crush me.
Splat me.
Kill me.**

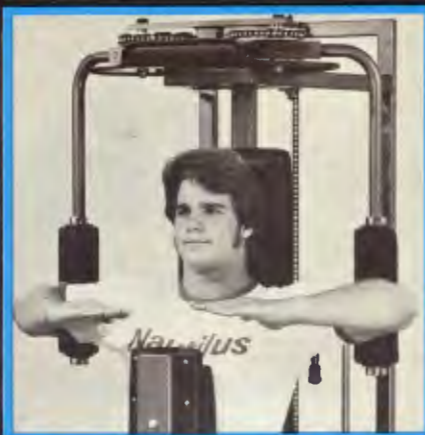


**I'll stay
forever
true blue.**

**No ball stays lively longer
than the Wilson Tru Blue.**

We'll pay you to prove it to yourself. Take Wilson's Great American Playtest. There's a Playtest Questionnaire packed in every can of balls. Fill out the questionnaire and send it to Wilson. We'll send you a dollar. Ask your pro for details.

Wilson TRU BLUE



The most advanced system
of training for

**STRENGTH
FLEXIBILITY
MUSCULAR ENDURANCE
CARDIOVASCULAR ABILITY**

® Nautilus
SPORTS/MEDICAL INDUSTRIES

P.O. Box 1783 ■ Dept. NR
DeLand, Florida 32720 ■ (904) 228-2884



National Racquetball®

Vol. 11 No. 6 June, 1982 • \$2.00

Contents

Editorial	
From the Editor	4
Letters	
6	
Features	
Lovely Rita	8
Waking Up with Racquetball	11
How to Get Your Company into the 'Swing' of Things by Mike Chaet	14
Reader Survey: Tell Us About Your Racquet	16
Instructional	
Ask the Champ by Marty Hogan	17
Shots for an All Around Game by Steve Strandemo and Bill Bruns	18
Using the Z Serve by Lou Fabian	26
9 Stretches to Preface Your Weight Training by Steve Mondry	31
What's The Call? by Dan Bertolucci	34
Health	
The Effects of Menstruation on Your Game	35
EXTRA!	38
New Products	40
Upcoming Events	41
Tournament Results	
Does Lone Star Win Signal 'Comeback' for John Eggerman?	42
Adams Wins Third Straight on WPRA Tour	43
Amateur Results	44
Where Are They Now?	
'It Was Fun Being A Part of History'	47

On the cover . . .

Rita Hoff, professional racquetball player, bartender, club manager, teacher and combatant vs. professional football players is featured this month. To find out what makes Rita one of racquetball's most interesting people, turn to page 8.

Next issue . . .

The 10 best spectator courts are highlighted in July along with the question, "Are Racquetball Clubs Replacing Singles Bars?", an analysis of how to select the best teaching pro for you and our usual 16 pages of top-rated instructional material.

National Racquetball

is published monthly by
Publication Management, Inc.
1800 Pickwick Ave.
Glenview, Illinois 60025
(312) 724-7856
National Racquetball • (ISSN 0161-7966)

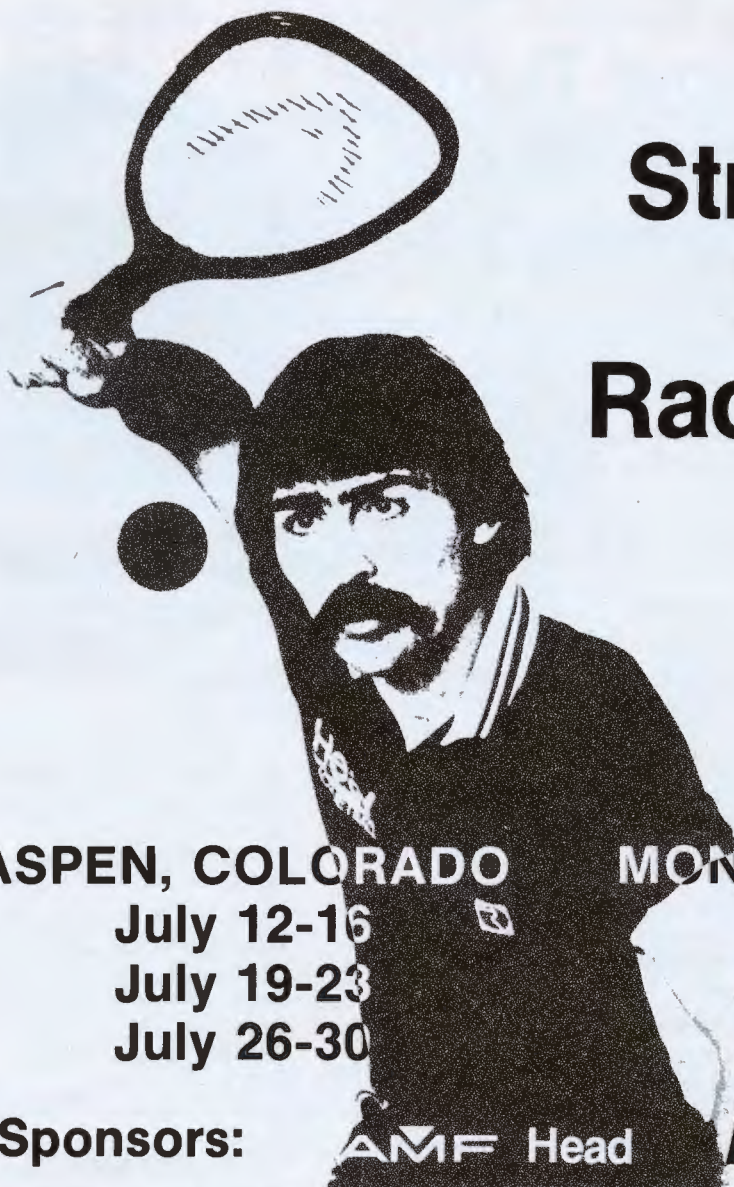
Publisher
• Hugh Morgan •
Associate Publisher/Editor
• Chuck Leve •
Associate Editor
• Helen Herber •
Design Director
• Milt Presler •
East Coast Editor
• Dick Squires •
West Coast Editor
• Carole George •
Circulation Manager
• Judi Bayer •
Photographic Consultant
• Arthur Shay •

Advertising information requests should be addressed to **Advertising Manager**,
National Racquetball Magazine
1800 Pickwick Ave., Glenview, Illinois 60025,
Or call (312) 724-7856
Copy subject to approval of publisher.

All editorial communications should be addressed to the Editor,
National Racquetball Magazine
1800 Pickwick Ave.,
Glenview, Illinois 60025.
Manuscripts must be typewritten and double-spaced.
Color and black-and-white photographs are welcome.
Please enclose a self-addressed envelope for return of manuscripts and photos.

Subscriptions are \$16 for one (1) year. Rates are for U.S., possessions and military. Canadian subscriptions are \$20 per year. All subscriptions payable in U.S. funds. Foreign subscriptions are \$20 per year plus postage. Second class postage paid at Glenview, Illinois and at additional mailing offices. Postmaster send form 3579 to
National Racquetball
1800 Pickwick Ave., Glenview, Illinois 60025.
(Please allow 6 to 8 weeks between the time subscription form is mailed and receipt of first issue.)

National Racquetball © 1982.
All rights reserved.
Reproduction in whole or in part without permission is prohibited.



Steve Strandemo Summer Racquetball Camps for 1982

ASPEN, COLORADO

July 12-16

July 19-23

July 26-30

MONTREAL, CANADA

August 9-13

August 16-20

August 23-27

Sponsors:

AMF Head

Penn
ATHLETIC PRODUCTS
COMPANY

The Steve Strandemo Racquetball Camps offer an exciting opportunity to combine your vacation and racquetball interests. Beautiful Aspen, Colorado and Montreal, Canada provide the background for this year's Summer Camp. From novice to advanced, this camp offers a complete instructional package.

Drawing on eight years of successful camp experience, Steve personally analyzes each student's game. In addition to extensive personal observation, video tape replay allows each student to see himself as Steve and his staff sees him.

The program is structured so that each student can progress at his own pace, regardless of his starting level of ability. Instruction is personalized to help each student realize his individual goals. Steve and his staff are available at all times to answer any questions and provide help.

This is a comprehensive approach to learning proficient racquetball and encompasses all aspects of this game.

Aspen and Montreal provide the background for a never forgotten racquetball experience.

Steve Strandemo

Professional racquetball player, St. Cloud University grad, former math teacher, author of two books, the best selling *The Racquetball Book*, and the newly published *Advanced Racquetball*, and recognized as the sports premier clinical and technical instructor.

Steve has been called "an instructional movie in action." He is the epitome of performance and consistency. Steve has been on the pro tour since its start in 1973.

Steve is respected and known for his in-depth study of the strategy of the game. He is also the touring pro and advisor for AMF/HEAD, a leading manufacturer of racquetball racquets and accessories. Although sometimes referred to as the senior citizen of the pro tour, Steve can always be considered a viable strength and contender in the sport of racquetball. Steve is by far the most diversified personality in racquetball and a dedicated professional athlete.



Steve Strandemo Racquetball Camps for 1982
P.O. Box 23555-51
San Diego, California 92123
Phone (714) 268-8707

I request more information.

Please send me a brochure and application form. I am especially interested in (please check session, if possible):

Aspen, Colorado	Montreal, Canada
☐ July 12-16	☐ August 9-13
☐ July 19-23	☐ August 16-20
☐ July 26-30	☐ August 23-27

Please Print

Name

Address

City

State Zip

Hm. phone

Bus. phone

To speed up your request for information, you may also call our camp office direct at (714) 268-8707. You can, of course, just send this form to me at P.O. Box 23555-51, San Diego, California 92123, and we'll send all the information you want.

Steve
Strandemo

Steve Strandemo

SPORTS AMERICA

CALL TOLL FREE

1-800-327-6460

★ Ektelon ★

CBK	129.99
250G	73.99
Marathon Graphite	41.99
Blue Lite	29.99
Magnum 2	51.99
Magnum Flex	45.99
Jennifer Harding	29.99

★ Leach ★

Hogan Graphite USA	109.99
Hogan Steel	63.99
Hogan 7100 Alum	44.99
Hogan AC 250	41.99
Hogan Graphite 240	43.99
Graphite Competitor	69.99
Graphite Bandito	33.99

★ Wilson ★

New Comp. Plus	69.99
New Epic/PWS	39.99
Tempest	21.99

★ Head ★

Head Graphite Express	69.99
Head Professional	45.99
Head Master	37.99
Head Standard	29.99

★ Volt ★

Pacer	79.99
Impact I	39.99
Impact XC	36.99
Impact L	34.99
Impact II	41.99
Impact M	33.99

★ Bags ★

Ektelon All Pro Bag	12.99
Ektelon Racquetballer	16.99
Ektelon Racquet Tote	24.99
Head Racquetball Bag	21.99

★ Shoes ★

Head Ballistic M/L	25.99
Nike Killshot M/L	25.99
Nike Allcourt	19.99
Nike Wimbledon	29.99
Asahi Leather M/L	29.99
Asahi Canvas M/L	19.99
K-Swiss	29.99
Adidas ATP	44.99
Adidas R Laver	33.99
Adidas Stan Smith	33.99

★ Gloves ★

Champion Tigergrip M/L	9.99
Saranac R-200 M/L	9.99

★ Balls ★

Penn. Ultra Blue, Voit Rollout, Seamco 600, Ektelon Speedflite	3 cans for \$10.00
Gexco Racquetball Saver	7.99
Foster Grant Eye Guard	13.99
Court Specs	6.99
Court Goggles	12.99
Eye Sentry	24.99
Tournagrip (Enough for 3 racquets)	3.99
Shoe Goo	2.99

ALL EQUIPMENT IS FIRST QUALITY
All racquets come w/covers, as supplied fm mfg.
Add \$2.50 for shipping & handling in the 48 states.
FL residents add 5%. Prices subject to change.
APO-FPO - \$2.50 extra

SPORTS AMERICA

P.O. Box 26148, Tamarac, FL 33320

Customer Service: (305) 741-4707

WE SHIP WORLDWIDE TELEX NO. 44-1120

CALL TOLL FREE

1-800-327-6460

MasterCard

AM-EX

Write or call for complete price list.

VISA

D.C.

From The Editor . . .

How Tightly Are You Strung?

I got into an argument the other day with a friend of mine who claims that a tremendously high percentage of racquetball players do not know at what tension their racquets are strung.

"Couldn't be," said I. "String tension is just too important a factor in racquetball. I've got to believe that the vast majority of players know how tight their racquets are strung."

"Wanna bet?"

That's where I backed off. True, one reason was that this guy never bets unless he's got a sure thing. But another reason was that after thinking about the issue a while, I decided that he may be right.

"In fact," my friend went on, "I'd say that a good 95 percent of all racquetball players don't know their string tension. Wanna bet on that one?"

I knew he was baiting me and the bait looked awfully good. But I resisted because, frankly, I wasn't sure of my position.

Yet there seems to be no real reason why players shouldn't know this vital piece of information. Such knowledge could only help their game.

Generally speaking, the tighter your strings the more power you'll have. The looser your strings the more control you'll have. Most standard racquets are strung between 30-35 pounds of pressure.

Now, before you run out to have your racquet re-strung at 55 pounds so you can become an instant Marty Hogan, you should know that Hogan strings his racquets at about 18 pounds, well under the normal range. That's because Hogan has plenty of power in his normal stroke—he can afford to give up some power while gaining control.

But what about the rest of us? The American Professional Racquetball Organization (APRO) recommends 25-26 pounds of pressure for most of their beginning students. Learn control first and the power will come naturally is the line of reasoning.



Unlike tennis, where many racquets are purchased unstrung, racquetball racquets are almost universally strung before they ever reach the shelves of your club or local store. Some models even indicate the tension level.

If you think that your racquet strings are too tight or too loose, then make your way to your friendly neighborhood racquetball stringer. Many clubs have stringing machines, especially clubs that also house tennis courts. Have your strings tested and if necessary, re-strung.

You might also ask your local instructor what your best string tension might be. If the racquet often turns in your hand, the sweet spot is too small and the racquet strung too tight. On the other hand, if you blast with all your might with a picture-book stroke, and the ball lazily floats to the front wall, it's probably time to tighten up your strings.

The important thing to remember is that string tension has a very definite impact on your game. Stringing your racquet at the best tension level for you could add five or six points to your game.

Believe me, I know. Just last week my friend beat me 21-7 in the first game. In game two I pulled out my ultra-tight, 51 pounder and lost 21-11. See? Tighter strings added four points to my game right away! ●

Chuck Lane

NOW THE CROWD PLEASER IS A PLAYER PLEASER TOO!



TWIN-VUE® Glass Walls.

The Best View for the crowd. The Perfect Wall for players.

Up to now, attracting the spectators has meant distracting the players – with backgrounds that intrude on every shot. No more. Now, patented TWIN-VUE glass lets the players concentrate totally on their game, as if they had the house to themselves. They have the perfect visual background to play against. Yet the spectators watch the action as clearly as they would through conventional glass.

With TWIN-VUE, switch on the specified lighting system and spectators and television cameras see all the action perfectly. But the players see TWIN-VUE glass as a white wall.

TWIN-VUE now makes televising racquetball a reality. TWIN-VUE characteristics are perfect for television. The possibilities are endless! ELLIS PEARSON GLASS WALLS have always been the finest you could install. But now, by applying the TWIN-VUE process we have made our best even better.

WORLD CLASS ELLIS PEARSON GLASSWALL SYSTEMS are used in more than half the glass wall systems worldwide. That's why it is the only one that gives you an exclusive **FIVE-YEAR WARRANTY** plus these other exclusive features:

- Unique nylon fittings, no metal-to-glass contact.
- Specially engineered interior flush ring pulls and exterior latch locks on doors.
- Expert installation by W&W personnel, backed by world wide experience.

WORLD CLASS ELLIS PEARSON GLASSWALL SYSTEMS



Write or call for further information.

**OFFICIAL GLASS WALL OF THE
U.S. RACQUETBALL ASSOCIATION**

W&W PRODUCTS INTERNATIONAL, INC. / 200 Airport Executive Park / Spring Valley, N.Y. 10977 / (914) 425-2777

National Racquetball Magazine
1800 Pickwick Ave.,
Glenview, Illinois 60025.

Any Courts In Israel?

Dear Editor:

I am writing in response to the feature article which appeared in the February issue of *National Racquetball*. The article was very informative, and I found it interesting to know that racquetball is enjoyed by players in Asia.

I recently returned to Cleveland after spending three months on a business trip to Israel. During my stay, I attempted to locate a racquetball facility in Israel. I heard that one existed in Tel Aviv, but I was unable to locate it.

I am wondering if perhaps any of your readers might know whether or not such a facility exists, and if so, the address of same. Further, please suggest other individuals I could contact in regards to my interest in pursuing the development of racquetball in Israel.

Scott Brown
Cleveland, OH

Wants Rules Clarified

Dear Editor:

I would like to clarify several points mentioned in your February '82 editorial, "One Set Of Rules". First I agree with you 100% that one set of rules is vital for racquetball's future, and is the first step towards organization and unification.

Second, I would like to clarify my position. Your editorial stated that I would be rewriting the rules (with interpretation) along with former pro players Brumfield, Keeley and Muehleisen. This statement is not true. I do not plan to rewrite the rules. I was interested in helping to edit or clarify the rules and in bringing our sport together.

I believe the official racquetball rules should be reviewed and combined from both USRA and AARA rule books. If you were to thumb through and compare the current USRA and AARA rule books line for line you could easily begin to see the problem and how it has effected mass confusion. As just one example, let's look at *Rule 1.2-Description*. A) USRA—Racquetball is a competitive game in which a

racquet is used to serve and return a ball. B) AARA—Racquetball, as the name implies, is a competitive game in which only one racquet at a time shall be used by each of the players.

Perhaps one rule is better for the game, or perhaps one association's rule is defined more clearly, but that's not the point. The point is to establish one rule book from which changes can be made through one national association's working system. The present AARA National Rules Commissioner Jim Austin and his rules committee have done an excellent job, as have the AARA, in providing a system for making and implementing rule changes.

In case you are unaware, October 1st each year is the AARA's deadline for all suggested rule changes or additions, which should be submitted to the AARA national headquarters. The AARA national rules committee meet at the AARA national doubles in October to determine proposed rule changes to present to the players. These proposed rules changes are voted on each year at the AARA singles nationals, in May, by the players.

The AARA rules system is currently our best method for organization. The AARA, as it takes on its rightful national leadership role, should always respect and appreciate the USRA contributions as many of those dedicated individuals have done what they felt in their hearts and minds was right for the game.

Let the AARA and its network of consultants, with the USRA's blessings, implement the rules. The AARA system is sound! Let's work within the system for harmony and a bright future!

I agree, "*Anarchy is not the way to go.*"

Jim Schatz, President
Southern California Racquetball Association

Ace Serves and Screens

Dear Editor:

Dan Bertolucci's article on the Screen serve (March, 1982) contains three or four technical errors that there is little point in arguing except for the sake of argument; but there is one point which I believe is totally incorrect and totally contrary to the purpose of the screen serve rule.

In point No. 7, Dan states that "*Perfect aces are not screen serves.*" That never has been, nor should it be true! If you apply Dan's above-stated principle, a

player can now stand a foot or less from the wall and keep hitting screens until he rolls one out of the crotch! Clearly, his interpretation allows the screen to work to the advantage of the server, which directly contradicts his point No. 3 which states that "*the call should never work to the advantage of the server.*"

And even if the server doesn't stand there and keep hitting screens over and over, but hits only an occasional screen, why should he get a point when he's lucky enough to hit the crack and have the serve just go over if he doesn't? I have called, and will continue to call an ace serve a screen if it would have been a screen had it *not* rolled out. I know it's a tough call. I know that screens during the rallies are not called if the ball rolls out, and I don't blame Dan for attempting to be consistent by applying the same idea to serves, but it just doesn't wash . . . it's not fair.

Phil Simborg
Posen, IL

Prefers Any Bounce

Dear Editor:

You've probably received plenty of response from your readers but I'll add mine anyway relating to your article on Eight-and-Under No Bounce. Rather than naming the game No Bounce, wouldn't it be appropriate and more accurate to call it Any Bounce?

I put this suggestion to the instructor at the Severance Athletic Club who handles young boys and girls in the eight-and-under category. He too thinks No Bounce should be changed to Any Bounce.

No Bounce implies hitting the ball out of the air before the ball touches the floor. In the game for the eight-and-under group, the ball can be struck on any bounce—not only out of the air. Right?

Brud Turner
Cleveland Heights, OH

The Pleasure of A Perfect Shot

Dear Editor:

I just read your editorial on fun in the January issue. I found racquetball about six months ago, during the week of my 39th birthday. I've always loved sports, and always been overweight and rather poor at them. But I *loved* racquetball from my very first embarrassing stroke.

The key to my fun in racquetball (and to much of my frustration in these first six months) has been that I played my first

games with one of the best women players in Alton, IL, and tried to emulate her form. Then, in my first month, at a clinic given by Don Kuhn in St. Louis, I had instruction in proper form. I figured that the only way I was going to be good in three or four years was if I hit the right shots with perfect form, so this and correct strategy became my goals.

The most fun for me is the really well formed and executed shot: I position myself to take the ball low, racquet up, wrist cocked, step in, and hit it low, and see that little blue devil hit the front wall at two feet or under. Then I know I'm playing my new sport well . . . at 39 years old, that's a good feeling! Now for ceiling shots . . .

R. Michael Collard
Godfrey, IL

Where Are The Tour Stops?

Dear Editor:

How can we, as devout players of racquetball and lovers of the sport, find out where and when the men's and women's pro tour stops are? We have never seen the pros play in person or on television and would love to arrange to see such a tournament. However, we have no way of knowing the WPRA or men's schedule.

Can you help us to enjoy seeing racquetball played at its best?

Many thanks and, incidentally, we read your magazine cover to cover and love it.

Gail and Jack Maines
Norristown, PA

(Ed. Note—Although we try to keep our readers informed through the Upcoming Events section each month, often we don't receive site and date information until we've already gone to press. For direct information on WPRA stops call Ms. Buffy Gordon, International Management Group (216) 522-1200; for men's pro events call John Weaver, Leach Industries (800) 854-2929.)

Eyeguards and Doubles

Dear Editor:

The article on doubles champ Ken Garrigus (March 1982, p. 12) was well-written, clear and informative. I am a doubles player and enjoy doubles as a good change of pace.

The article contains one thing that disturbs me, however. In the first paragraph,

the kind of fast action you get in doubles is described: "*Four 'lethal weapons' in the cozy confines of the four-wall court,*" which scares a lot of people away from doubles.

Yet at the bottom of the page, in the photo of Garrigus and three others playing doubles, *not one of the players has eyeguards on.* I would think, given the speed of their game, that they would want to protect their eyes.

In past articles, *National Racquetball* has endorsed the wearing of eyeguards for safety. May be you should have run a photo that shows players in eyeguards, or no photo at all.

Paul Rogers
Oak Park, IL

Preventing Sandbagging

Dear Editor:

Your April, 1981, issue contained a letter addressing tournament sandbagging, and an editorial comment, "*Anyone have any ideas about combatting sandbagging?*"

In the past six months I have played five open tournaments in New Jersey in C division, and have witnessed many instances of sandbagging in both men's and women's divisions.

The method used by the USTA, the National Tennis Rating Program (NTRP), classifies players on a 1-7 scale, depending on skill level. The same system could be used in racquetball competition, but would require skill level verification and monitoring.

I suggest that each participant in an open racquetball tournament be required to have his division verified prior to entry. This can be accomplished by putting a verifier signature line on each application. The most logical verifiers are club pros; most are open level players with a good knowledge of skill levels and the desire to promote competitive, fair tournaments.

It has been my experience that not enough members from any given club enter open tournaments to create an undue hardship for club pros in providing this service. In any event, it is obvious that sandbagging is increasing and must be controlled if competitive racquetball is to flourish.

William E. Schultz
Westfield, NJ

"Mr. Racquetball"

Dear Editor:

I was very pleased to pick up your March, 1982 issue and find a wonderful article on Junior racquetball's modified game of "No Bounce". My pleasure was magnified by your mention and acknowledgment of Dwayne Grimes, National Juniors Director.

Dwayne Grimes has been a driving force behind all areas of racquetball in the midwest and, perhaps, has contributed more to its growth in the midwest than anyone else.

My hat is off to Dwayne—truly, Mr. Racquetball of the midwest!

Scott Jarus
Kansas City, K.S.

We Goofed

Dear Editor:

Regarding Lou Fabian's article on practice time (March 1982)—funny, but last I heard you had to hit the front wall first when serving in racquetball. (Note diagram 8, p. 30.) Unless I'm mistaken that whole page is dedicated to serves. If I served the way your diagram indicates, I don't think my opponent would let me get away with it.

Janet Fisher
East Lansing, MI

Editor's note: Point to Ms. Fisher. Unless one of your opponent's weaknesses is that he doesn't know the rule book, we're sure he won't let you get away with the serve illustrated in diagram 8. We apologize for the oversight.

National Racquetball Magazine
1800 Pickwick Ave.,
Glenview, Illinois 60025.

Lovely Rita



Rita Hoff

By her own account, she's been competitive in sports since fourth grade, playing volleyball, basketball, and softball. When you see her on the racquetball court, you know it started earlier, that Rita Hoff was born an athlete.

Her game style is both relaxed and concentrated. Composed and intent, she keeps on top of the game, pressuring her opponent, responding herself to pressure with a fierce, agile grace. From time to time a shadow of exasperation crosses her face at a missed shot, but it is just as likely to be a mock-grouchy grimace as a serious display of disappointment. With a playful kick, she turns one miss into a high ceiling ball.

In conversation, at the March WPRA stop at the Glass Court in Lombard, IL, she possessed the same playful grace. No star temperament here, no sham humility, no egotism. She talks easily about herself, laughing frequently, tossing back her dark head and flashing a white smile when she's amused. Her face is intensely alive, lined a little around the eyes from laughter and experience.

She started to play racquetball in August 1976, after completing a Master's degree in recreational administration at the University of Missouri, St. Louis, in July of that year. Now she consistently ranks among the top eight female pro players.

"I had planned to coach university level athletics," said Rita. "I worked as a

coach for two years at the University of Missouri, then by the time I got through with my Master's it looked awfully tame. The same thing year after year—no money, no future, no excitement."

Racquetball came into her life at this point, and offered all the things coaching lacked.

"I had done well in a lot of sports, especially tennis, which I played from eighth grade through college. Instead of spreading myself thin as a coach, I decided to take one sport and put all I had into it.

"I got a regular desk job in St. Louis—my hometown—at Don Coryelle's Racquetball Club. There I was with my Master's degree folding towels and answering phones so I could play racquetball."



Dwarfed but unintimidated, Rita puts one away in her match against Conrad Dobler. She won 15-7, 15-6.



Hoff's view of racquetball as being strictly a fun activity makes her a relaxed and positive teacher.

Out of this came the opportunity that began to make Rita Hoff a household name in racquetball circles, her famous—or infamous—racquetball challenges of NFL players. Anheuser Busch, headquartered in St. Louis, began a national program for their Natural Light beer. Rita was made Director of racquetball promotions for Natural Light.

"Prior to a Natural Light sponsored tournament, I'd play an exhibition match with an NFL star such as Walter Payton or Jack Youngblood. The matches were a terrific promotion both for the tournament and for Anheuser Busch.

"They were also a lot of fun to do, exciting but scary. Those guys are so big, the racquet looked like a ping-pong paddle in their hands. And let me tell you,

they hit hard. It took all I knew about control to beat them."

When she beat Youngblood of the L.A. Rams, he invited her to join him at the stadium. *"Now let's go play my game,"* he said. (She declined.)

Altogether she played nine or 10 footballers, among them Conrad Dobler, who had the reputation of being the meanest man in the NFL. *"Sports Illustrated reported that he bit people on the field! When I played him, he's run up behind me mid-rally and mutter 'I'm gonna bite you,'"* Rita laughs.

Playing pro racquetball, folding towels, challenging giants, promoting Natural Light—quite a career. And that's not the end of it. Rita's also done a stint or two at bar-tending to help tote the note on her racquetball habit.

"I tended bar during college," she says, "then again last year on a part time basis at home in St. Louis. It was a change from always being at the club—when you work at the club all day and then put in a few hours of practice it gets monotonous."

But staying alive on the WRPA tour is a problem. The money is "scant," to use Rita's word.

"Last year I paid my own way—a little bar-tending here and there, a little prize money—and I nearly choked under the pressure. My game suffered because it was essential to win. I was playing for the rent and grocery money.

"You know, if it costs you \$600 to fly to Seattle and you lose, you make \$150. Now you're out \$450. Altogether I lost over \$3,000 on the tour last year and I was top 8!

"You pick up a little here and there on clinics, but not much. So you start to feel negative when you're working hard and losing money. Then you have to ask yourself, 'Can I afford to play this game professionally?' If you can't, go do something else, but don't just sit around being negative and complaining."

Rita survived last year's scramble, and now the financial pressure is off thanks to some newly acquired sponsorship. In January of last year she appeared at a club opening for an Anheuser Busch distributor, Jessup, at Regency Courts in Wilson, NC. Then in August, at a three-day clinic she was conducting, Jessup and the people from Regency Courts urged her to concentrate on her game. With the cooperation of two other sponsors, Southern Piping (a heating and air-conditioning company) and a New York Life agent, they put up the money for her expenses on the tour this year.

"It's just been a tremendous help," she says. "Thanks to these people what I win is my own—it's income. When I get home I know I can pay my rent and grocery bills. It's made the difference between racquetball as a life and death

In a quiet moment, Rita contemplates the ups and downs of pro racquetball.



situation, and as a game. It's a lot more fun when I can treat it as a game."

Her financial backers are not the only people Rita counts as centrally important to her successful racquetball career. She reverts often to her family—to her parents' early encouragement, and continued support.

"When I was a kid, my dad was my main supporter, coaching me and cheering for me. He worried some that I'd end up in a mediocre job from giving so much time to sports, but he let me take the risk. He said 'It's your life, go ahead, do it,' and he's been behind me all the way.

"These days my mom travels to tournaments with me. We've nearly got her educated to the point that she knows when to cheer! She loves to come watch me play—it's not just that she's so proud of me, she's got the travel bug now and wants to go jetting around the country.

"It's a neat feeling, though, to know that people who are important to you are on your side. When I'm off playing somewhere it means a lot to me to know that they're home waiting for the phone call. Win or lose, they're with me.

"One of the first things my father taught me was that you have to know how to lose to be a good winner. Now I play first of all for fun. If it wasn't fun I'd get out—I'm sure not playing for the money!"

Her sense of sportsmanship colors the way she views her opponent, what makes a match fun. *"Probably the best game I've ever had was in Seattle in February, against Heather McKay. I lost 14-15 in the tiebreaker, but it's always fun to play someone honest. Then you only have to think about playing the game, you're not playing the ref or even your opponent, and it's fun whether you win or lose. A lot of the people on the tour are my friends and I really enjoy our matches,"* she says.

"I don't go through a lot of tension before a game," says Rita, *"but I'm a*

slow starter, and the WPRO scoring system (11 points each game, scoring on every rally) goes fast, so I do have to warm up for a while. I just get on an empty court and start hitting. No big deal."

Is there life after racquetball? Rita sees a pretty open field of possibilities.

"In my next life I'm going to be a pro golfer," she laughs. *"I've been getting into golf recently and Peter Scott, my fiance, is involved in Michelob's sponsorship of golf. Racquetball and the pro tour have been wonderful, but I'm getting ready to settle down."*

"When I quit pro racquetball I'd like to work in sports marketing or public relations. Broadcasting would be terrific, but even though I've done a few broadcasts it may not be feasible as a career—women don't have the credibility yet as sportscasters. But I've met so many people I know I'm never going to have to stand in a soup line."

In Lombard she was matched against good friend Janell Marriott. Rita's mother sat beside the referee, her small frame hunched slightly against the blast of cold air from the air-conditioned court. She watched every shot, her attention riveted to the strong, graceful figure she had come to watch—reacting, smiling, frowning.

From time to time, when Marriott put the pressure on, Rita's mom could be heard saying softly *"C'mon babe."* Her composure was ruffled briefly in the tie-breaker,

when Rita was down for a few minutes after smashing full tilt into the side wall, but even then she permitted herself only a slight stiffening in alarm, and an abrupt, disappointed gesture with one hand.

Otherwise, the match with Marriott was pure Hoff (although Janell eventually won). The two players conducted an ongoing rapport through eye-contact, a friendly and humorous badinage. After the second game the ref called three minutes time out. Rita was disbelieving.

"How many?"

"Three."

"Five," she said with conviction.

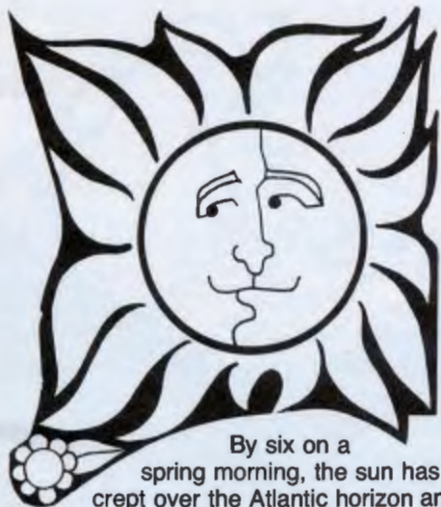
"Five," the ref assented. How could he answer otherwise, with Rita doing the asking?

She embodies an older, half-forgotten principle of sportsmanship. Racquetball is a game to her. Sure she makes a living at it, but she's not in it for the bucks, and is frank and uncomplaining about the small amount of money she makes (\$1,400 so far this year).

Right now she's having a ball, getting a thrill from the travel, from meeting people, from the charged atmosphere of the tournament circuit. *"My middle name should be fun,"* she says. *"Whatever you're doing in life, if you don't like it you should be doing something else. Fun to me means positive feelings about yourself and what you're doing."*

"It's gotta be fun or don't do it. Go for fun!" ●

Waking Up With Racquetball



By six on a spring morning, the sun has crept over the Atlantic horizon and bathes the East Coast with fiery light signaling the beginning of a new day. Within an hour, dawn will have slipped over the edge of the Great Lakes, whose waters then reflect its red brilliance, and on across the Midwestern plains, until the mountains' eastern faces throw back its ruddy glow. Slowly the earth rotates and the beams slant over the high snowy peaks of the Rockies, spreading light and warmth across the deserts and valleys, rousing the birds to wakeful song and finally touching the Pacific breakers with fire.

And where are you? Snoring peacefully in your sleep-warm nest?

Not everyone is. From New York to California, from the Gulf Stream to the redwood forests, with the sun's westward progress and the birds' early song, racquetballers all across the land are pulling into club parking lots, as club staffers begin to distribute keys and towels and the players don court gear, warm up, and commence their morning rituals. "Thock, thock," go the balls, the heartbeat and breathing speed up, the muscles become limber, the racquet arm loosens to swing free and powerful. "Zock!" a ball is put away, and the day has begun in earnest.

Who are these die-hards, these addicts, who brave the brisk morning air to get their racquetball fix?

Apart from being willing to get out of bed two or three hours before work to play racquetball, they're people just like you.

People whose schedules make it difficult to play regularly in the evening, or easier to play in the morning, people who enjoy the sense of well-being that starting the day with a vigorous workout gives them, teachers, plumbers, nurses, businessmen, doctors and lawyers and such.

According to the managers and staffers in clubs around the country, there's quite a bit of action in the early morning hours, although there are often enough free courts that you can get one without a reservation.

In Poughkeepsie, NY, Tuesday and Wednesday are the big early bird days at the All Sport Fitness and Racquetball Club. On those mornings, a special mixer format, organized by Jim Winterton, Racquetball Director at the club, brings a good crowd of guys and gals.

"We've had a round robin in the early morning hours for over a year and a half, but people would pay their money and then not show up. Now I call my players up a day or two before they're scheduled to play an early game and remind them to be there."

But a widespread slugabed syndrome takes hold on other mornings, according to Winterton. "People will give up anything to stay in bed," he says. "We've got a big membership but apart from Tuesday and Wednesday they aren't big on early a.m. playing. Only about two courts out of 10 are usually taken for the six-to-eight time slots on other mornings."

Winterton gives his players a lot of personal attention because he feels that there's got to be some special reason for the people to play in the early hours of the morning. In southern states, though, where the weather is more clement throughout the year, many clubs see a pretty good turn out by seven a.m., without providing much in the way of extra incentives.

At the Sportrooms of Hialeah, one of the six Sportrooms clubs in Florida, league play from seven till nine keeps the 14 courts fairly busy, although "after eight is when they really begin to fill up," according to John Mas, assistant manager at the club.

A little further south, at the Coral Gables Sportrooms, a floating population of business men and women occupy 10 or 12

of the 24 courts in the time slots from seven a.m. until shortly before nine. These players like the workout before work, according to Vic Strlichuk, the club manager. "We don't have to offer them any special treatment to get them on the courts," he says. "Of course, the early slots are non-prime time, but the players who show up seem to be motivated by the game itself and their own desire to start the day with some fun and exercise."

The early-birds at Tucson Athletic Club are also self-starters, as Linda Siau, teaching pro there, describes them. "We have some leagues in the six-to-eight time slots," she says. "But a lot of the guys are regulars who play about three times a week for fitness and to control their weight. We get predominantly men playing in the early morning—professional people in their thirties and forties. Our women members tend to congregate around nine for racquetball and aerobics."

"It's hot in Tucson, so it's easier to feel energetic in the morning. And playing in the early part of the day leaves time in the evening for working people to spend with their families."

"Not that the courts are jammed from six to eight—out of 14 courts, 10 are usually taken at those times. Although the hardcore athletes at this club tend to be handball players, we have a great group of guys that play racquetball early mornings."

Many of the early-bird players seem to congregate in informal clubs of regulars like the group at the Tucson Athletic Club. Mollie Mankertz, of Lloyd's Center Courts, in Portland, OR, reports that her early birds also consist of a group of people many of whom work together and play on a solid schedule.

"Our courts tend to see a lot of action in the early a.m., because we're so close to the business district. Our players come in around working hours—before and after work, and lunch time. But there's still more flexibility in reservations for the early hours than for the late afternoon. We don't allow the posting of more than one reservation at a time in the prime-time slots between four and eight p.m. But for the six to eight a.m. slots there are no restrictions like that."

Mankertz also notes that the early bird

players tend to play for recreation and fitness. *"They're business and professional people around forty years old,"* she says. *"Among this crowd the emphasis is on fun and getting a good workout, where the afternoon crowd is composed more of the hotshot, competitive players who are a little younger. Not that there are any hard and fast rules—it just generally seems to happen that way."*

Those players who regularly take advantage of the early morning availability of courts have in common that they enjoy the workout and the camaraderie of getting together with others for a game, and find that racquetball gets them off to an optimum start on the days they play.

"For me it's a fun time," says Dave LeComte, one of the Tucson Athletic Club's regulars, who plays from 6:15 to 8:30 five days a week. *"If I don't play, I miss seeing the other people, and I miss the sheer fun of it."*

"Because of my work schedule (he owns LeComte Sporting Goods in Tucson), I can't always get away later in the day. So early morning is my only opportunity for a workout."

"But I like playing early in the day anyway. It gets me going in the morning—gives me energy and puts me in an up frame of mind. I'd prefer racquetball to sleep any day."

LeComte, who is 50 years old and has been playing for three years, plays against a number of others who form the early-bird group.

"A couple of university students show up regularly," he says, *"and they give us some good competition. There are all kinds of people in the group, though, people with their own businesses—guys who do everything from sell real estate to grow plants in a nursery. There's even one young woman, a real good player, who shows up about two days a week when her schedule permits it and plays the guys."*

"There's just nothing like it to start the day," LeComte emphasises. *"After a good fast game, then a couple of minutes in the steam room and whirlpool, I get to the office ready for anything."*

Clear across the country, Malcolm Brotman, who functions as a lawyer and accountant for the firm Schwartz, Brodie, Brotman and Weiss, in which he is a partner, echoes LeComte's sentiments. He is a regular early bird at the Boulevard Mall Racquetball Club in Buffalo, NY.

"Early morning racquetball fits into my schedule the best," he says. *"If I'm on the court at seven, I have time for a shower and breakfast and I still get to the office by 9:30."*

"I do a certain amount of my work in the evenings, and in the first few months of the year, until April 15, I'm busy four nights a week."

Brotman has been playing racquetball for four years, after a stint of tennis left him with a painful and protracted case of tennis elbow. *"Tennis didn't work for me,"* he says. *"I was using too much wrist, which is fine in racquetball, but a no-no in tennis."*

"I started to play because I needed the exercise. I had been a speedskater and done a lot of bike riding when I was younger, so I was accustomed to athletic activity. Now I'm 56, and racquetball fits in with my life well. It keeps me fit, and it's a good way to start the day."

He plays a regular league game once a week, plus make-up games and informal dates with other league members. He's enthusiastic about the league he plays in, which is rated as C or better. *"The players that have come in recently are getting tougher,"* he says. *"Weaker players tend to drop out, so the level of play keeps improving—it's getting more difficult to win. I spent my first year in racquetball learning, taking lessons and playing with one partner. Now I really enjoy the competition that the league provides."*

Brotman depends on his early morning games for fitness, for the sense of well-being that accompanies the exercise, and for the enjoyment of being with other players and competing against them. *"This schedule of play also leaves my evenings free for work and socializing,"* he points out. *"It's much simpler for me to play before work and I get more out of it at that time."*



Another loosely-knit little group exists at Lloyd's Center Courts in Portland, where Nick Nicklos plays three to five times a week at six a.m., and twice a week at midday. As an insurance executive, he too is called upon to spend some of his evenings on business, and finds it more convenient to get his racquetball in early in the day.

"I'm a morning person anyway," he says. *"But a six-o'clock racquetball game really gets me up early—not just out of bed, but mentally and physically up. It's time I would have spent sleeping, and I'd rather play than sleep."*

"I get up a 4:45 most days, and I'm at work by 7:30. So I have time for my game, then I use the club to do my morning maintenance without waking my whole household."

Nicklos has been playing on and off for the past ten years. He started in Milwaukee, WI, where he had been playing handball. *"But I had some back problems,"* he says, *"and handball made them worse. It seemed easier to play racquetball, particularly as I wasn't playing on a very regular basis."*

One of the great values of racquetball in his view is that *"You can grow old with*

it." At 39, he is conscious of getting older but feels that the years won't interfere with his game. "People keep playing into their sixties or even seventies," he observed. "The sport keeps you fit and doesn't wear you out as you get older."

"On days that I don't play—and those are pretty rare—I feel sluggish all day. Playing racquetball first thing in the morning gives me energy and gets my blood moving."

Nicklos also enjoys the contact with other players as a start to his day. "They're mostly other executives," he says. "We have one 65-year-old owner of a construction company, one guy who's an executive with a pharmaceutical company, some schoolteachers, and some other insurance executives."

"It's fun, they're a good group—and I've even gotten some unsolicited business from knowing them!"

Like most early-bird players, Nicklos lives a busy life, dividing his time between his family, his work, and church-related functions. (He is president of his church organization.) But racquetball is an important part of these people's lives, and they make sure it fits in by giving it priority in the early hours of the day, taking time from their sleep rather than miss out on their game.

They claim over and over that early playing makes them feel good all day, perk-ing up their energy and starting them out with a positive attitude. Many of them have erratic schedules, and find it easier to reserve time on short notice for the early slots. In clubs around the country, late afternoon and early evening when people have left work are uniformly prime time—and that means not only that court fees are higher, but that the courts are largely booked up and more difficult to reserve.

To attract early-bird players, many clubs offer special inducements, both in the form of price breaks and also more personalized attention and instruction. Jim Winterton at All Sport in Poughkeepsie provides his early-bird people with individualized instruction at no extra cost above the reduced court fees that they pay. Other clubs ensure brisk competition and a variety of opponents by organizing early-bird leagues. Those clubs located in the heart of slugabed country often give pricebreaks beyond the normal non-prime rate. And the early a.m. time slots are easier to reserve all over. You'd think players would be beating down the doors of clubs at dawn all across the country.

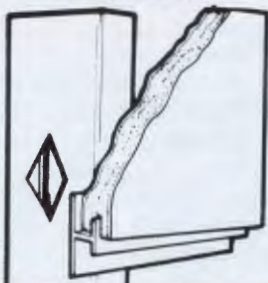
If you haven't tried it, why not? You have nothing to lose but an hour or two of sleep, and the more you exercise, the more energy you have. Sleeping habits are just that—habits. Early-bird racquetball could become a habit too. ●



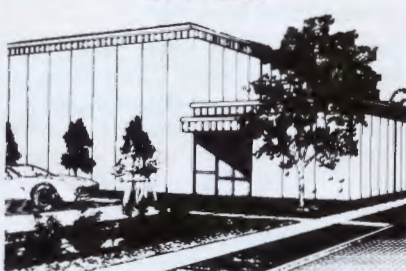
SPORTS

UNLIMITED

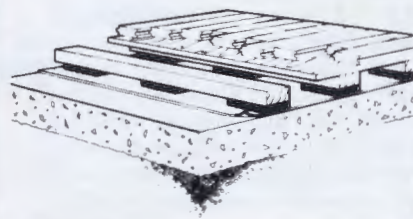
PRE-FINISHED PANEL SYSTEMS



MODUCOURT BUILDING SYSTEMS



HARDWOOD FLOOR SYSTEMS



Largest contractor of
racquetball courts in the U.S.A.

★ Commercial Buildings
★ Racquetball Courts

★ Racquetball ★ Floor Refinishing
★ Gymnasium Floor

FOR MORE INFORMATION CALL
1-800-654-6810

(OKLAHOMA CALL (405) 624-1252)

SPORTS UNLIMITED

P. O. Box 1207

Stillwater, OK 74076

IN CANADA:

**Canadian Racquet
Sports Equipment Ltd.**

10021 - 169 Street
Edmonton, Alberta, Canada
T5P 4M9

Phone: (403) 483-5149
Telex: 03742560

How To Get Your Company Into The 'Swing' Of Things

by Mike Chaet

It has become quite apparent that business, industry, and physical fitness are truly partners. Each day we see more and more businesses developing employee fitness programs, and building recreational facilities many of which include racquetball. Conferences all over the country address the subject and national organizations are researching and expanding the industrial fitness field. Universities recognize this as a very special area of study and business owners are looking at it as a way to increase the bottom line.

To understand what's happening today, let's go back to 1973, to Washington, DC, where the first National Conference in Business and Industry was held. Sponsored by the President's Council on Physical Fitness, the conference was designed to "encourage companies to assume a leadership role in providing physical fitness information and programs for employees." Two companies—North American Rockwell and Phillips Petroleum—initiated the conference, which was attended by 149 executives from 123 companies and corporations.

This national conference was held only twice—in 1973 and 1974. It then became a regional occurrence and has continued that way ever since. Last April the California conference alone drew around 350 participants.

In 1974, the American Association of Fitness Directors in Business and Industry was formed as an affiliate of the President's Council on Physical Fitness to carry on this much-needed work. They started with only 12 people, but now have over 3,000 members and publish a very informative newsletter.

Over the years people have looked at physical fitness as a fad that would pass. Why is it then that the Japanese and Swedes have had fitness breaks in their factories for years? Why is it then that over 2,000 companies are sinking money into employee fitness? And why is it that police departments, fire departments, and many municipalities throughout the country have adopted official fitness programs?

The answer is that through participating in fitness programs individuals become healthier, more valuable employees. More and more companies recognize this increase in productivity and see it as a good return on their investment. Here's what a few of these companies are doing:

General Foods (nationwide) has a total commitment to employee fitness programs in over 30 locations which service over 50,000 employees. Their Chicago Kool Aid factory has developed a full exercise center inside the building. The Technical Research division has built an outdoor Par Course fitness trail, and the Maxwell House plant in New Jersey has an arrangement with the local YMCA for its employees.

Western Electric (New York) has developed a cardiovascular fitness center complete with bicycles treadmills, and other exercise equipment.

National Aeronautics And Space Administration (Washington, D.C.). Since 1966 NASA has had an in-house fitness facility. Before employees can use the facility, they are required to see a physician. Then they may enter either the jogging fitness or the structured exercise program. All programs are under the supervision of a trainer.

Pepsico Co. (New York). A very successful company recreation and fitness program is provided here. They have an executive fitness program as well as a program for all of their non-executive employees plus a rehabilitation program.

Mike Chaet, Ph.D., is director of Club Marketing & Management Services, a consulting firm in Helena, Montana. He's a former club manager and instructor.



They believe the success of their program is based on five factors:

1. Availability of a professional staff.
2. Accessibility of their facilities.
3. Personal supervision of the programs.
4. Atmosphere.
5. Involvement of top level management.

R. L. Mathis Certified Dairy (Decatur, GA) offers employees comprehensive medical evaluations and follow-up fitness programs. Both worker and spouse can be involved. This has been so much in demand that they have had to expand their programming.

Xerox (New York) has created an athletic atmosphere to provide their employees with physical fitness programs, medical health screening, and a full complement of recreational activities. They have 1,000 participants and will go up to 1,500 as soon as they can run fitness evaluations for those on a waiting list.

North American Rockwell provides a full fitness and recreation program for their employees. The company has had this

program for many years now and serves as a model for the development of newly starting programs.

Phillips Petroleum. They consider their employee fitness program "a sound investment in employee health, morale, and performance." They have a full complement of facilities and program the pool, bowling lanes, racquetball courts, etc., with contests, leagues, and recreational play constantly.

Getting a program started in your company is not that difficult. If you are an employer or a concerned employee you probably have the resources to get something going.

First you will have to identify the goals. Write down why you and your committee, if you have one, wish to start this type of program. Then you must choose what program will be suited for both the company and the employees in order to fulfill your goals.

After those two steps are taken, you must then decide how best to implement the program. This should include budget, space requirements, source of financing and so on.

Finally you will have to sell the project to your employees—or your employer, depending on which side of the fence you are on.

A few tips to make your job easier:

1. Be realistic—start your program off on a manageable basis both financially and participation-wise. If this is done you will be more likely to succeed in the long run.
2. Survey the potential users of this program to determine their needs and desires. This survey will go a long way both in good will and usable opinions and recommendations.
3. Use the existing resources in your community if possible. Commercial court clubs, YMCA's, and park and recreation departments are almost always ready to help you plan the program and run it.
4. If you are negotiating to use certain facilities on a group basis and find yourself without enough people, band together with another local company. This will give your group more leverage.
5. When planning your program include both individual activities such as jogging, along with competitive activities like racquetball and, finally, group activities such as basketball or softball.

Some very good resources that have experience in this area and are more than willing to share information with you and possibly even help develop your program are:

The President's Council on Physical Fitness

400 6th Street S.W.
Suite 3030
Washington D.C 20201

(202) 755-7947 (Dick Keeler-Director of Program Dev.)

American Association of Fitness Directors in Business & Industry
700 Anderson Hill Rd.
Purchase N.Y. 10677

(914) 253-2691 (Dr. Dennis Colacino)

NASA
Washington D.C. 20546

(202) 755-2206 (Ask for their Physical Fitness Program Brochure) ●

Benefits Derived From Employee Participation In Physical Fitness Program

1. Improved health and vitality.
2. Reduced loss of time and money from illness and injury.
3. Reduced cost in health care.
4. Faster return to work after illness or injury.
5. In-house rehabilitation program expedites employee return to work.
6. Less total absenteeism.
7. Increased employee morale, company goodwill, and esprit de corps.
8. Reduced incidence of executive burnout.
9. Fewer breakdowns in customer service.
10. Improved mental and physical endurance on the job.
11. Lower turnover rate.
12. Relief of tensions (job-related or not).
13. Better employee self-image.
14. Attractive benefit to new employees.
15. Overall increased productivity.

HOW TO INCREASE CLUB MEMBERSHIP SALES by Mike Chaet, Ph.D.

- Membership Campaigns • Marketing Techniques
- Staff Training • Budgeting • Salesmanship
- Advertising • And Much More!!!

Its all here for only

\$39.95



☐ YES, send me this valuable book today.

Name _____

Title _____

Business _____

Street _____

City _____

State _____ Zip _____

Enclosed is \$39.95

☐ check ☐ MasterCard ☐ Visa

Card # _____

CMS

Send to: CMS PUBLICATIONS
Box 1156 • Helena, Mt 59624

Reader Survey

Tell Us About Your Racquet

Racquetball racquets, like most of racquetball's equipment, have undergone extensive changes over the past 15 years. From an original market dominated by wooden frames, the industry now sports a variety of different materials from which the frames are manufactured.

Pricing, appearance and availability have all evolved, so much so, that we'd like to know all about your racquet.

The results of this survey will be published in the August issue of *National Racquetball*, so we must have your response by July 1. It's your chance to be heard.

Send your completed survey forms to: National Racquetball Reader Survey, 1800 Pickwick Ave., Glenview, IL 60025.

1. How Often Do You Play Racquetball During The Year?

- ☐ 3 or more times per week
- ☐ 2 times per week
- ☐ 1 time per week
- ☐ 1 time per month or less

2. What Is Your Playing Level?

- ☐ Beginner
- ☐ Intermediate
- ☐ Advanced
- ☐ Open
- ☐ Professional

3. How Many Racquets Do You Personally Own?

- ☐ One
- ☐ Two
- ☐ Three
- ☐ Four or more

4. What Kind Of Racquet Do You Usually Play With?

- ☐ Aluminum
- ☐ Fiberglass
- ☐ Steel
- ☐ Graphite
- ☐ Wood

5. What Is The Grip Size Of The Racquet You Now Use?

- ☐ 3½
- ☐ 3⅝
- ☐ 3¾
- ☐ 3⅞
- ☐ 4
- ☐ 4⅛
- ☐ 4¼
- ☐ 4⅜
- ☐ 4½
- ☐ Other

☐ Don't Know

6. Have You Had Your Racquet Restrung In The Past 12 Months?

- ☐ Yes
- ☐ No

7. How Many Racquetball Racquets Did You Buy In The Last 12 Months?

- ☐ None
- ☐ One
- ☐ Two
- ☐ Three or more

8. What Was The Cost Of The Last Racquet You Bought?

- ☐ \$20 or less
- ☐ \$21-30
- ☐ \$31-40
- ☐ \$41-50
- ☐ \$51-60
- ☐ \$61 or more

9. What Will Most Likely Influence Your Next Racquet Buying Decision?

(Rank in order of your first three preferences, i.e., put a number 1 next to your first choice; a number 2 next to your second choice, etc.)

- ☐ Playing Test
- ☐ Price
- ☐ Appearance
- ☐ Local Instructor's Advice
- ☐ "Feel"
- ☐ Advertising
- ☐ Touring Pros Endorsement

10. Where Did You Purchase Your Last Racquetball Racquet?

- ☐ Local club pro shop
- ☐ YMCA/JCC
- ☐ Sporting Goods Store
- ☐ Discount Store
- ☐ Mail Order

11. Are You Pleased With The Racquet You're Now Playing With?

- ☐ Yes
- ☐ No

12. What Do You Like Most About The Racquet You're Now Using?

(Rank in order of first three preferences)

- ☐ Grip
- ☐ Appearance
- ☐ "Sweet Spot"
- ☐ Power
- ☐ Control
- ☐ Weight
- ☐ Balance

Other

13. What Don't You Like Most About The Racquet You're Now Using?

- ☐ Grip
- ☐ Appearance
- ☐ "Sweet Spot"
- ☐ Power
- ☐ Control
- ☐ Weight
- ☐ Balance

Other

14. Are You Male Or Female?

- ☐ Male
- ☐ Female

15. What Is Your Age?

- ☐ Under 18
- ☐ 18-24
- ☐ 25-34
- ☐ 35-44
- ☐ 45-54
- ☐ 55-65
- ☐ 65 or over

16. In What State Or Canadian Province Do You Live?

17. Are You A Member Of Any Racquetball Association (AARA, USRA, WPRA, APRO, etc.)?

- ☐ Yes
- ☐ No

Ask the Champ

by Marty Hogan

Four time and current National Champion Marty Hogan answers questions about improving your game as this exclusive series returns to *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: Many people say that one shot that puts you above all other players is the "splat." Exactly what is the splat shot and how can I learn to hit it?

Hogan: During my career I have developed a number of new shots. It's not that I set out to do so, they just seemed to happen because of my unique stroke. I guess the fact that my stroke was so creative caused the ball to react differently than it ever had. The splat shot is one example. All of a sudden, I realized I could consistently do something with the ball that had never been done before.

The splat is a hard-hit shot that hits the side wall within two or three feet of the front wall with natural side spin. When the ball strikes the side wall it picks up more spin, hits the front wall, and the increased spin has a sling-like effect. This causes the ball to come out more parallel to the front wall than would a regular pinch shot.

In other words, the ball does not travel side wall, front wall, and back, but rather side wall, front wall, and close to the front wall.

The splat cannot be taught. It usually occurs when a pinch is in order. If you want to give it a try, keep these points in mind: 1) the closer you are to the side wall, the better the splat; 2) try to "skim" the side wall with the shot—the more directly you hit the splat into the side wall, the less effect it will have; 3) only attempt a splat with your forehand; 4) it doesn't need to be perfect to be a winner.

Nobody hits a successful splat twice in a row, except me. The ball must be in a certain place on the court and the shot is just about impossible to perfect—there are just varying degrees of success.

I generally use the splat when I'm at the mercy of my opponent. If the guy has me on the run and in trouble on the right side—I'll blast the splat. I won't use it if I've got enough time to set up for any

other shot. But the splat is a spectacular, crowd-pleasing, opponent-surprising, desperation shot.

Question: I like to play tournaments and I wondered what special preparations you make while getting ready for tournament action?

Hogan: I divide my tournament preparation into three categories: a few weeks prior, a few days to a week prior and one day prior. Yes, I do consciously do certain things to ensure that I'm in my best playing shape, with my game as sharp as possible.

A couple of weeks prior to the tournament I spend a little more time on the court by myself than I normally would. Not only will practicing alone improve your game, but in my case it's a little bit like self-denial.

I love competition. I strive for it. Spending more time alone on the court and less in match-type practice sessions makes me hungrier to play competitively in the upcoming tournament. I hate playing in a tournament if I'm stale.

I will also make a concerted effort to watch my diet in the two or three weeks before a tournament. During the tourney I know I'll be trying extra hard, putting a lot more stress on my body. Proper food intake will ensure that I won't run out of gas.

I don't go in for any special diets, I don't take inordinate amounts of carbohydrates or anything else. I just make sure I eat sensible, healthy meals. I do take vitamins to supplement my meals.

A few days to a week before a tournament I will cut down on my running and weight-lifting workouts. I'll increase my time on the court alone and limit my practice match sessions to one or two during that week.

The day before I'm supposed to play my first match in the tournament I don't do anything. It's too late to develop or correct anything in my game or strokes so I

rest up. If I've been working especially hard, or harder than I think I should, I might rest for two days. But never more than that because it will take the edge off my game.

Question: I've read in instructional books that one of the best ways to improve my accuracy is to find a target on the front wall and through repetition hone in on the target. But it isn't working. My shots are still all over the place. Help!

Hogan: I've found that if you concentrate too hard on being precise with a spot on the front wall that you'll get into a lot more trouble than you would with a different approach. I recommend a mental image of where the ball is to end up, rather than where the ball will strike the front wall.

Therefore, I don't think of any "x" marks the spot on the front wall. As I get ready to serve I look back to check the receiver's position. Then I look into each back corner (a lot of pros do this). This gives me a strong and fresh mental image of the entire court, especially where I want my shot to end up. Through this image, I mentally draw a diagram in order to get the ball from my position to the desired location.

It is important to hit the desired spot on the front wall. But an image of the entire court is more important.

This is true of all shots, not just serves. In fact, the only time that you should plan for your shot to go behind you is when you serve. During a rally, you'll be further back in the court and have a much better view of the entire area. You'll want to hit away from your opponent, so your mental image of the court should be easier to focus on. ●

Shots For An All-Around Game

by Steve Strandemo with Bill Bruns

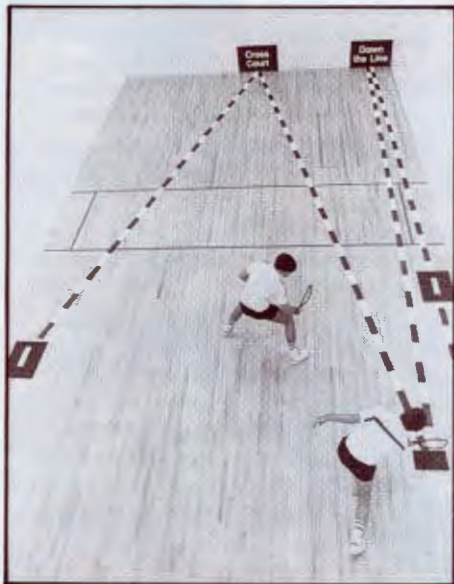
In building a solid game that enables you to play offensively and defensively, your arsenal should eventually include a variety of basic shots—from pinches and passes to ceilings and overheads. When you can hit these shots with control and confidence, you strengthen your play in four ways:

1. You force your opponent to have the ability to cover all areas of the court.
2. You are able to capitalize on his weaknesses.
3. He must play you honest in his positioning.
4. You can hang in there longer in many more rallies.

This article will detail how you can improve your accuracy with these shots and how to use them effectively.

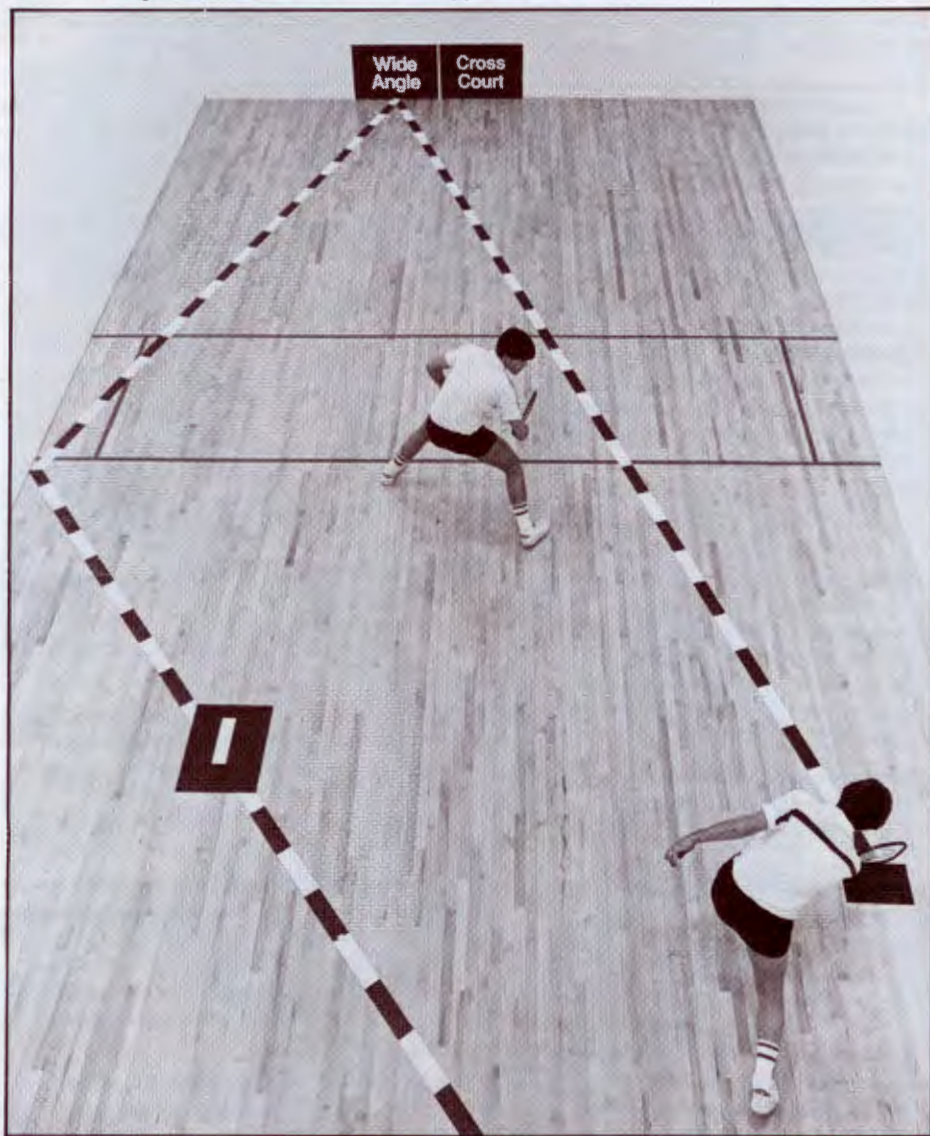
Passing Shots

Actually, there are two kinds of passes that occur in advanced racquetball. The first is a kill-pass attempt where you're going for the straight-in kill or cross-court, but you'll settle for a winner that goes past your opponent down-the-line or cross-court. Second is the planned passing shot, which is hit not with a kill shot



Hitting from the right side of the court, this player has two good passing angles to force his opponent out of center court. Both shots should take their first bounce on or before the "1" areas shown on the court, in order to keep the ball off the back wall.

Since the defender is playing close to the back service line, making him more capable of digging up potential winners and cutting off regular cross-court passes, the hitter smartly widens his angle to drive the ball around his opponent for a winner.



in mind but to drive an opponent out of good coverage position and force a weak return. I feel this is an undeveloped shot and a weak link for many advancing players, especially those who have become overly enamored with the kill attempt.

If you want to be offensive but you're not sufficiently set up for a kill attempt, recognize the quiet virtues of *planned passing shots*, cross-court and down-the-line. Certainly you flirt with danger as you try

to hit your proper front-wall passing targets from varying locations on the court: misangled shots travel directly into the middle of the court or carom off a side wall, and since you're deliberately aiming a little higher, it's not difficult to keep the ball off the back wall. However, you can't afford to slight the intentional pass—particularly a down-the-liner—as you work to diversify your game. Rallies everywhere are dominated by cross-court shots of varying heights and angles, possibly because everyone feels safer

hitting toward the middle of the front wall where the margin for error seems much greater. Yet when your opponent must respect your down-the-line ability, he can't afford to overplay your cross-court angle.

The Pinch Shot

Simply put, you need a reliable pinch shot into both front corners because of the crucial dimension it gives your game: *an important scoring shot that forces your opponent to respect the front part of the court.*

When you avoid the pinch shot by continually passing the ball or going for the straight-in kill, a competent opponent will feel comfortable lagging back as you shoot. He doesn't have to fear your pinches and he knows that your left-up kills and misangled passes will funnel into his hittable area. However, when he knows you can pinch the ball for winners, he must constantly worry about being ready to thrust forward to dig up your slight "misses" in and around the service box area. Even when he does get his racquet on the ball, he very often gives you a setup for another scoring opportunity.

There are three basic types of pinches, as shown in the photos:

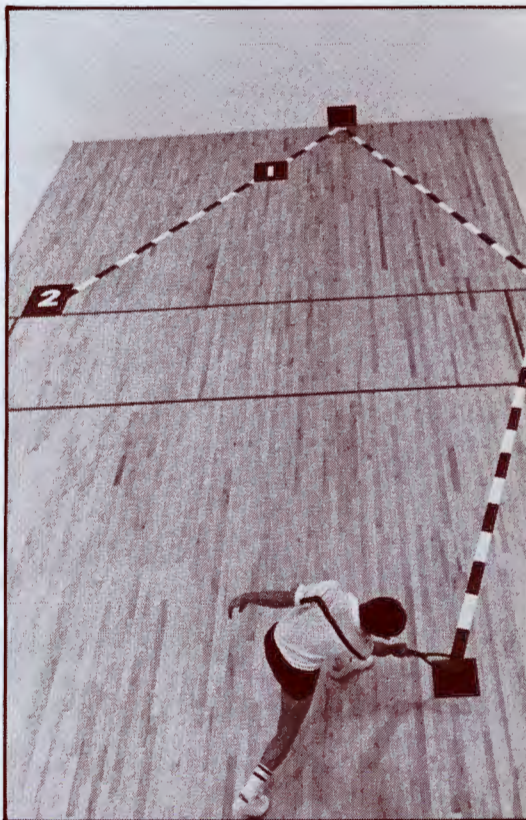
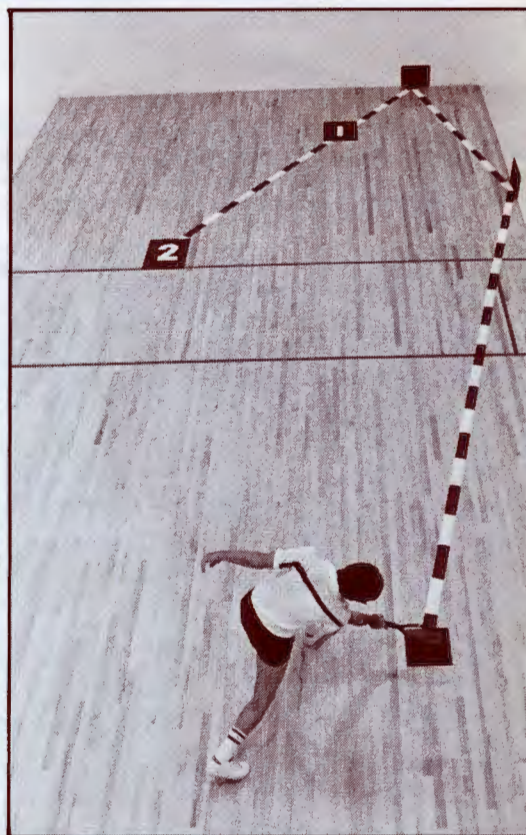
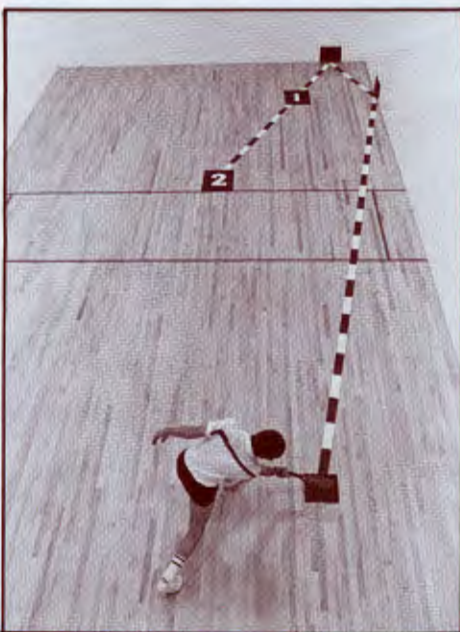
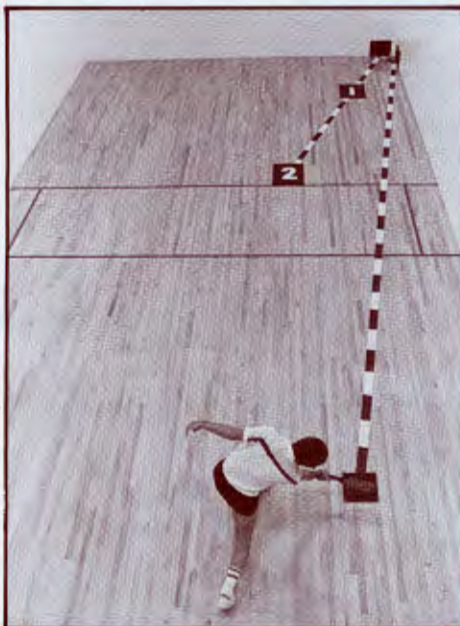
1. The best pinch is hit *tightly into the corner*, catching the nearest side wall within several feet of the front wall and less than 12 inches high (or low enough to make the ball bounce twice before the service box or the opposite side wall). A tight pinch that goes front wall-side wall can be equally effective when kept low, but will always angle directly to your opponent when hit too high.

2. The *wide-angle pinch*, which strikes farther back on the side wall and then contacts the front wall near the middle, is also a valuable shot but much more difficult to master. You can use it to angle the ball away from your opponent, forcing him to the side of the court, but it's hard to make the ball bounce twice for a winner before it kicks off the opposite side wall.

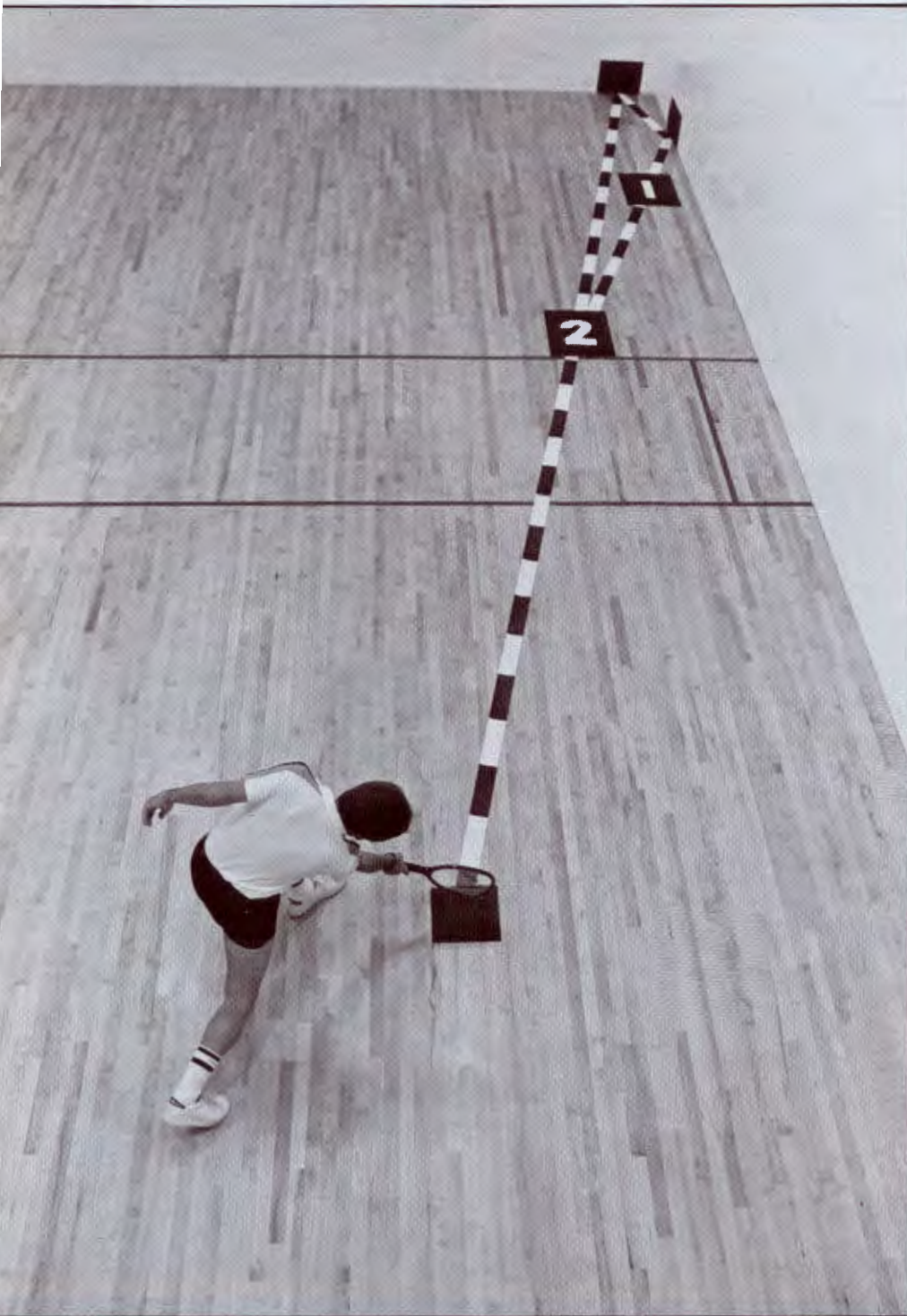
3. At higher levels of play, you'll find yourself needing a *reverse pinch*, which is aimed tight into the opposite side-wall corner and can be hit at varying distances from the side wall. This pinch travels away from your opponent and

The Regular Pinch Shot

Notice in these pictures, as the hitter pinches the ball from about 30 feet, how the angle changes as he hits farther back on the side wall and where the second bounce occurs. Strive to hit all these pinches a foot or lower on the side wall, even when you are aiming 10 or 15 feet from the front wall. The wide-angle pinch in the last photo may look easy to hit, but find out for yourself how difficult it is to make the ball bounce twice before the opposite side wall. Experiment by yourself with different angles from different positions on the court so you become aware of the exact patterns of the pinch. For example, try the pinch shown here from about 5 feet to the left and see how all these angles change.

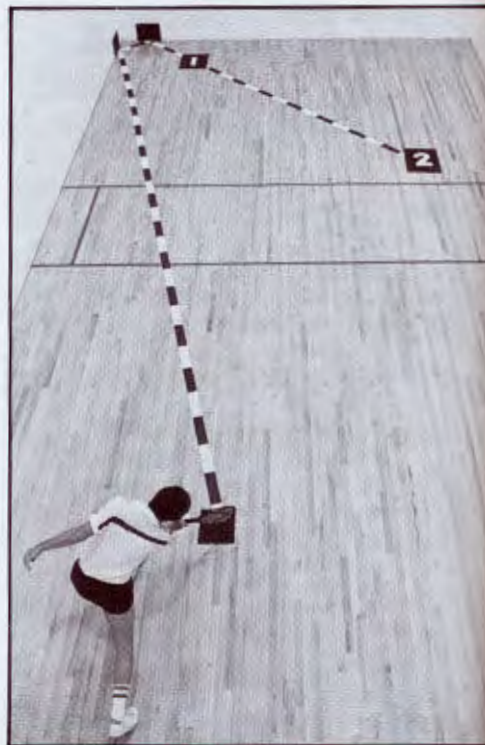


The front wall-side wall pinch is an important planned shot that diversifies your attack. However, in fast-action exchanges, it's also a shot that's going to happen by accident as you try to hit a tight pinch off the side wall, or go down-the-wall. One advantage of this pinch is that you may catch your opponent moving in the wrong direction as he anticipates a down-the-line pass or a regular pinch.



The Reverse Pinch

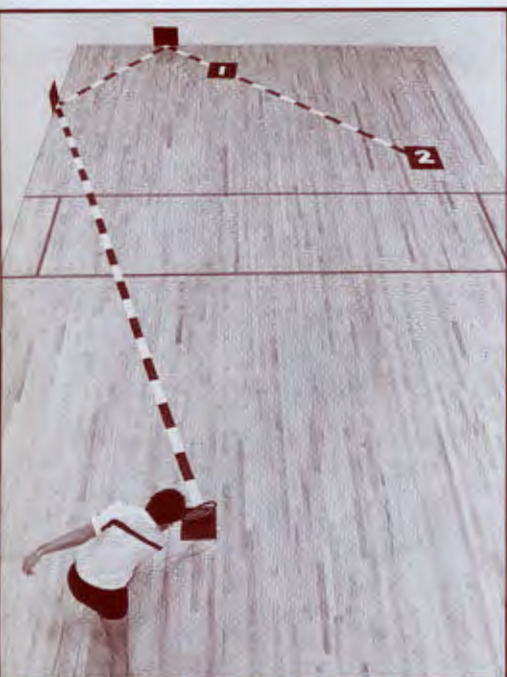
Advanced players are becoming increasingly competent with this shot (for example, by using the left wall for a forehand pinch, instead of the right wall). The numbers on the court in these pictures indicate where the ball will usually take its first and second bounce when pinched hard, about 12 inches high along the side wall. In the final picture, the player is hitting the wall too far back, making it virtually impossible for the ball to bounce twice before the opposite side wall. This shot almost always caroms back toward center court for a setup.



forces him diagonally forward into a difficult coverage position, but beware: leave the ball up and you give him an easy setup.

The pinch is an integral part of advanced play and should be approached aggressively as a kill-shot opportunity that can't be avoided. Although you're deliberately using the side wall, which can send the ball right back to your opponent if you err to the high side, you are also forcing him to move up by angling the ball low and away from where he's positioned.

Hit the pinch hard, but also learn how and when to take some pace off the shot—without trying to “dink” the ball—so it has a greater chance of taking two bounces close to the front wall. As another advanced technique to maximize



This shot should only be attempted when you're contacting the ball less than two feet from a side wall (and even then a smarter percentage play is the straight-in kill or a passing shot); trying for the splat effect any farther away requires an extremely powerful stroke. Several top players feel that the splat is also an excellent way to be offensive with the ball from shoulder level, but again, you have to really drive the ball hard into the side wall—with the correct angle—to make it work.

The Modified Down-the-Line

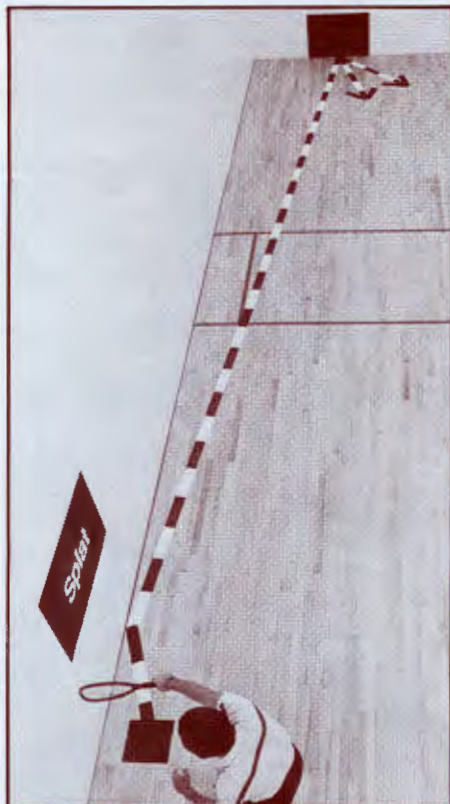
Another shot that often occurs in top play is the modified down-the-line. When this shot is hit from deep court, very near the side wall, the ball contacts the wall at about the service box area and can then react in one of several ways as it comes off the front wall. When hit very low, it

your effectiveness, also work on hitting the ball with overspin when you drive the ball into the side wall. I find that this is the only way I can consistently keep my pinches traveling low as they come off the front wall.

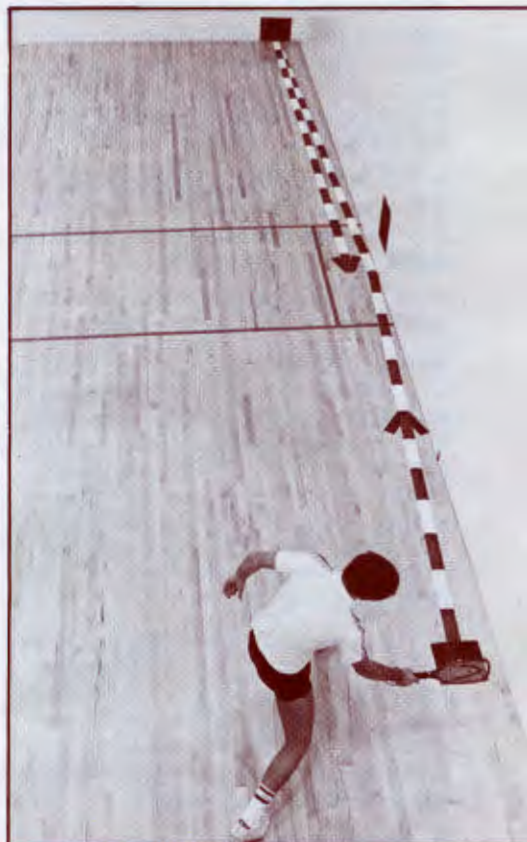
The "Splat"

This is a hard-velocity pinch shot, contacted very close to the side wall, which has an excessive amount of spin and reacts unpredictably off the front wall. You hit the ball with the same stroke that you use going down-the-line, but when you give it a glancing blow off the side wall, it picks up English and can react in a number of ways. When hit properly it may (1) spin sharply off the front wall like a perfect pinch, or (2) streak down the middle of the court as a difficult shot to cut off and put away, or (3) spin off the front wall and actually angle by your opponent for a perfect cross-court pass.

The splat has emerged in recent years, benefiting many of the power hitters, and it may evolve as an advanced specialty shot in your own game—once you master a solid power swing. If you do, use it sparingly, for it remains at best a feast-or-famine type of shot: great when it reacts in your favor, but one that, because of the angle used, can often come back into center-court as an easy setup.



The "splat" is driven hard into the side wall—from chest high and below—imparting considerable spin and English on the ball, which can cause it to squirt off the front wall in an unpredictable direction.



The modified down-the-line hits the side wall closer to the front wall than a splat. After striking the front wall, the ball will either carom back into the side wall or travel closely down the wall for a pass.

The Forehand Ceiling Ball

The Backhand Ceiling Ball

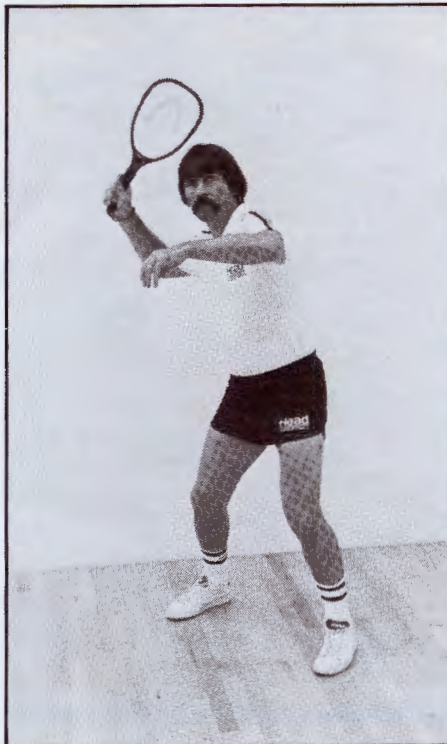
has a knuckle-ball effect, squirting back in to the side wall and going for a winner in front court. Hit higher, it angles back down the line for a perfect pass. However, when this shot is slightly mis-hit, the ball can easily angle into center-court for a plum. (Experiment on an empty court and see how this shot reacts off the side and front walls.)

The nature of this shot is such that you should take it when it occurs and not necessarily preplan it. For example, it occurs many times off a planned down-the-line shot that is slightly misangled.

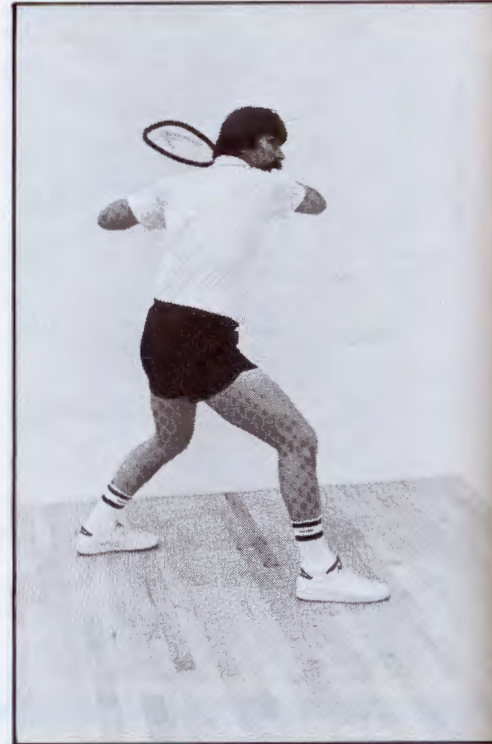
The Ceiling Ball

If your goal is a flexible style of play—where you can retrieve effectively, change the pace of the rally when necessary, and cope with the blaster as well as the junker—you *must develop a reliable ceiling-ball shot off the forehand and backhand sides*. Very often we underestimate the ceiling ball's importance, viewing it as a boring interloper in the power game. Yet in many ways it has a crucial influence at every level of play. For example:

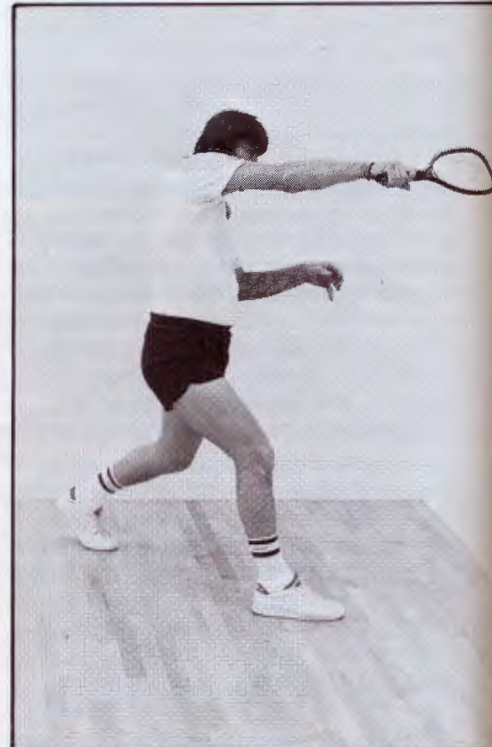
- The ceiling ball is the best defensive shot against your opponent's tough, well-angled serves (lobs as well as low-drives and Z's).
- It's your best percentage response to an opponent's well-placed ceiling ball.
- It's almost always your smartest defensive shot when your opponent goes low zone and you can barely get your racquet on the ball and you need to get a toehold in the rally. Even if your ceiling comes in short and gives your opponent a setup, the ceiling ball stymies his offensive assault for a moment, forcing him deep and giving you time to gain a good coverage position.
- If your opponent has an erratic ceiling ball, you may want to go to the ceiling with offense in the back of your mind: when you force him to the back of the court, his return (either a ceiling or a lower-percentage overhead) may give you a low-zone opportunity.
- The ceiling can also be used as a tactical weapon to change the tempo of a rally, forcing your opponent to shift gears, which may draw some errors when you get him out of a low-zone groove.



Most players find that it's easier to "feather" the ball up to the ceiling by hitting from an open stance, with the feet planted. The hitting motion is brief—this is the furthest back I draw my racquet—and my left arm is kept in to provide balance.



When going to the ceiling from the backhand side, you'll often find it more natural to swing from a closed stance. Notice how the racquet is pulled back and the shoulders are turned, enabling me to use my upper body as I pull through the shot with a smooth controlled stroke.



If you can hit the ball harder than anybody in your club, it's a big mistake to scoff at the idea of mastering a ceiling-ball game. Even in a match between power players such as Marty Hogan and Dave Peck there are many ceiling balls and often long ceiling-ball rallies, because they've learned the importance of that shot and how to hit it with touch and control. The reason all top players get locked into lengthy ceiling-ball exchanges is that neither player wants to take a low-percentage kill attempt, for fear he'll leave the shot up for his opponent to re-kill. Thus, each player is waiting out his opponent, hoping for a mis-hit ceiling ball that will give him a better scoring opportunity.

- Practice with a variety of balls so you become familiar with their characteristics and what it takes to have each ball carry low into the back wall.

- Your stroke is going to be adaptable, in relation to how high you actually contact the ball, so make sure you hit along both walls against balls that come to you at different heights (a drill you can easily do on your own).

- On the forehand side, your basic motion is like throwing a ball over a high fence. Just concentrate on getting that desired shoulder action into the shot and the feel of that motion coming through as you hit dozens of balls; then you can begin worrying about how high the ball is hitting on the back wall. When going to the ceiling against lower balls, use a side-arm type swing.

- On backhands, once you learn to pull through with the hitting shoulder, you can use this same motion against any ball that comes to you from knee to shoulder level. (You may find it helpful to get in front of a mirror and compare your stroke to the accompanying photographs.)

- Complete your swing off both sides and avoid an abrupt ending; let the racquet arm flow through so you maintain a rhythmical motion. Just as in golf, you want to *swing* at the ball and let it take its natural course; don't try to consciously aim it or guide it or poke it up to the ceiling.

- Top players are applying English to their forehand when they have a chance to slightly cut across the ball at impact. This tends to take a little power off the

shot and helps provide slightly better control, but the shot can be hit equally well by coming straight through the ball.

Placement and Relocation

Ideally, unless you're going cross-court, try to have your ceiling shot hug a side wall to give your opponent a more difficult return—but *keep the ball off the wall*, or you'll risk giving him a setup. Error toward the middle of the court, and short of the back wall, since players today are fully capable of hitting winners off long ceiling balls. In practice, also work on hitting cross-court into both back corners with both strokes (alone, or with a friend as you exchange ceiling balls). Then, under pressure, you'll begin to feel comfortable going to an opponent's backhand from any part of the court, whether he's a righty or a lefty.



When practicing alone, let your ceiling balls pass by and see how often they hit about two feet high on the back wall. This is your ideal target area, since it forces your opponent to contact the ball at about shoulder level.

(As you work on this shot, try to have a friend watch where your ball hits the ceiling so you can concentrate on your stroke and where the ball ends up. If your shots are constantly falling short—using a slower ball—the problem may not be your stroke or how hard you're swinging; very likely, the ball is striking the ceiling too far back and the subsequent angle makes it virtually impossible for the ball to travel deep enough.)

When you see that you've hit a good ceiling shot, remember: it's going to push your opponent deep and generally dictate another ceiling, so save your energy by staying back. Move aside laterally as you watch him go to hit, then either wait for the ball to come back to you if it's another ceiling, or move to cover either an overhead attempt or around-the-wall ball. Of course, if you see that your ceiling is going to give your opponent a scoring opportunity, move up and hope that he leaves his shot up.

The Overhead

Even if you have an excellent ceiling shot, the overhead drive—used judiciously—can enable you to play a more versatile, aggressive game.

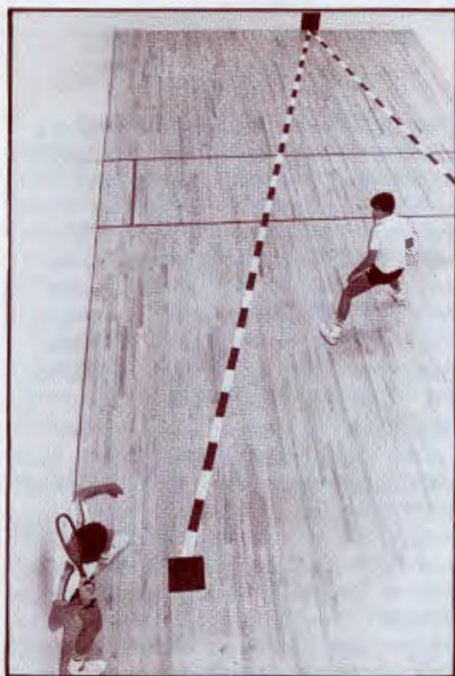
First of all, the overhead should be viewed primarily as a combination shot to set yourself up for a better scoring opportunity, not as an all-or-nothing winner (which is a rarity even in the pro game). An overhead passing shot, low and away from your opponent, can force him to hit while on the move or stretched out, thus increasing your chances of getting a weak return.

Second, a controlled overhead gives you flexibility against an opponent's ceiling balls and high-lob Z serves that are only slightly mis-hit. You can step up and take the ball down low, instead of automatically going up to the ceiling because you doubt the efficiency of your overhead.

Third, you can initiate a low-zone type rally even against the seemingly perfect ceiling ball or lob-Z-type serve. If you have little patience for ceiling-ball rallies—and perhaps a weak ceiling shot—the overhead can force your opponent to play a faster-paced game more to your liking.

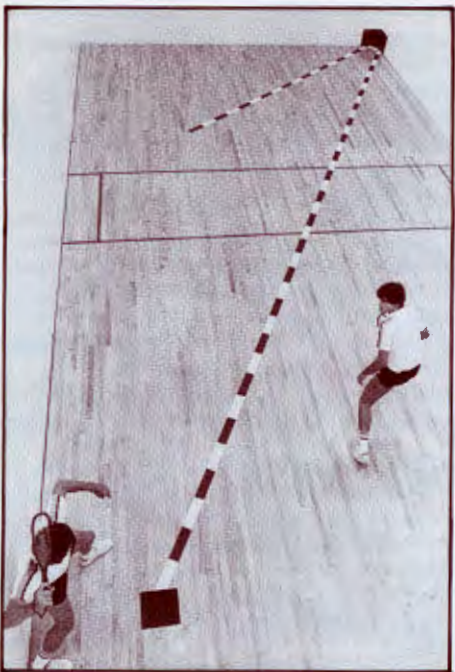
Having taken this stand for the overhead's potential virtues, I must stress its

The Overhead



The overhead drive, generally hit off a short ceiling ball, is aimed into the front wall as a passing shot away from your opponent—and low enough to stay off the back wall as a setup.

The overhead kill is pinched low and tight into the opposite front corner, a difficult feat (and an unreasonable expectation) when you're trying to bring the ball down from above your head, low enough to bounce twice before the service box.



definite drawback: you're hitting down at such an angle that it takes great accuracy to make the ball bounce twice before the back wall. Moreover, when you're deep and you leave the overhead up off the back wall, your opponent can easily move over and be offensive with his shot as you scramble for a coverage position.

The Overhead Kill

Trying to deliberately end the rally with an overhead kill is such a risky, sometimes foolhardy ploy that you should attempt it only infrequently—when you have a high-bouncing setup well short of the back wall, and especially if your opponent is caught deep. If he knows you have some skill with this shot and that you're not afraid to gamble at an opportune time, then he can't afford to always lag deep when you set up for an overhead. Give him something to think about, but remember: this is still a low-percentage shot, and very seldom can you beat opponents of equal ability with low-percentage shots. I also find that a player's overhead efficiency tends to go down as he gets closer to game point. He may feel comfortable going for the kill at 5-all, but his execution seems to suffer when the pressure's on at 18-all.

In going for the overhead kill, try to pinch the ball tightly into either corner and hope that it bounces twice before your opponent can get up to cover it.

Shots Off The Back Wall

Taking the ball off the back wall should be one of your easiest and most reliable scoring shots, since you're setting up on a ball that's dropping low and is already headed for the front wall. However, if you realize that you're less efficient with this shot than many of your opponents, or that you're not putting it away as consistently as you want, here are some key fundamentals to review:

1. Go back with the single purpose of shooting the ball, even from 35 to 36 feet. The better players today are always thinking offensively when they retreat for this shot, even against a cross-court pass that is going to travel deep, nick the side wall, and barely come off the back wall. You may be happy just to get a shot like this back up to the front wall, but your tougher opponents, in the same

Shots Off The Back Wall



The player is retreating with the ball as it heads for the back wall, and he's anticipating how far it will carry out.

He wants to be far enough back so that he can move out with the ball as he sets up in a power-hitting position. He must shoot a variety of kill attempts from this area to keep his opponent from anticipating a particular shot.



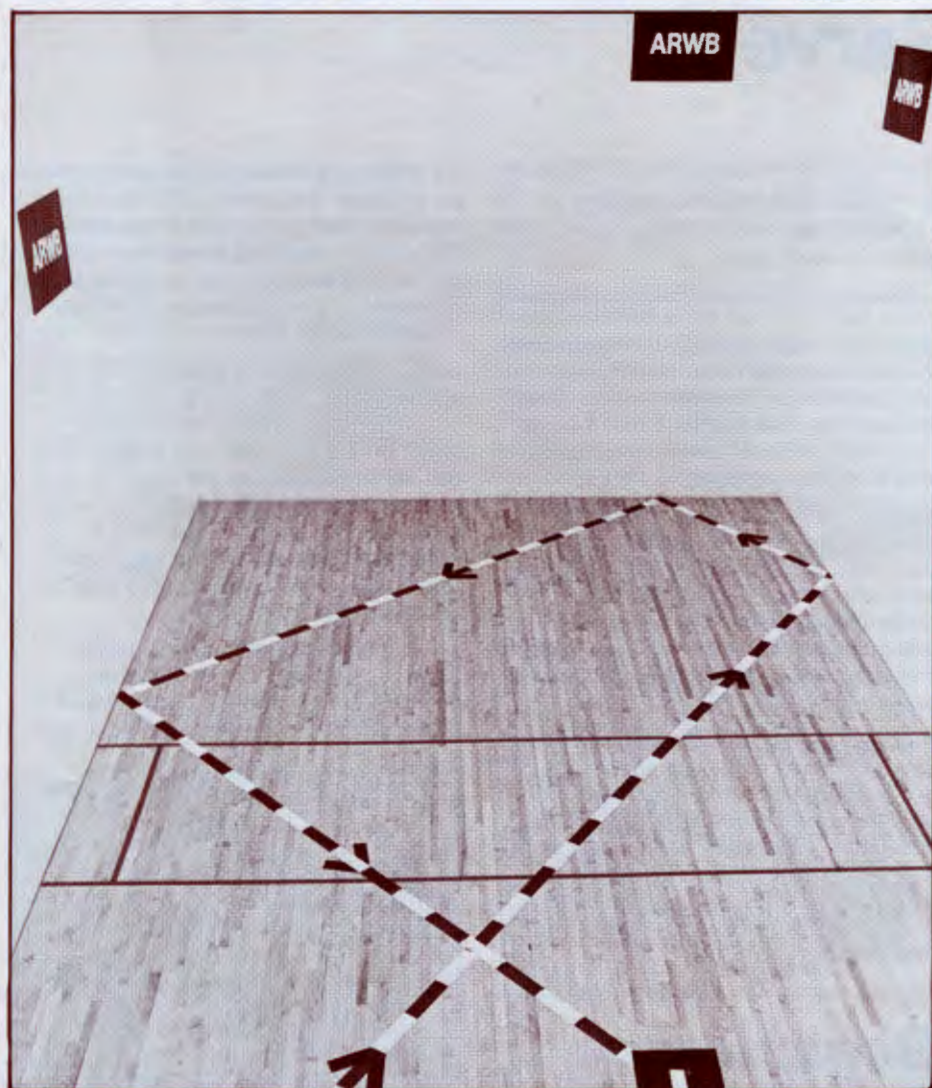
situation, may be thinking, "If the ball comes off the back wall just enough to give me room to swing, I'm going to score."

2. The key to this shot is your movement with the ball, so don't get lazy. Make sure you're getting back quickly, and close enough to the back wall, so that you can come out with the ball as it rebounds forward.

3. As you move out with the ball, have your racquet in its set position and use whatever footwork style is comfortable. Let the ball drop low to your power zone as you stride in, then take a whipping jai-alai-type stroke, striving to have your body going totally into the shot at impact.

4. In practice, hit a variety of shots off the back wall and work on your movement so that you feel confident and competent in a match. Also diversify your low-zone shots, mixing up pinches, straight-in kills, and passes to keep opponents from playing off your tendencies.

The Around-The-Wall Ball



This particular around-the-wall ball strikes the right wall quite high, then traces a path shown in the photograph, hitting the left wall about 10 to 12 feet high and taking its first bounce near the middle of the court. It will carom into the side wall and then angle toward the back wall, ideally not coming off as a setup.

The Around-The-Wall Ball

This is a shot you should incorporate into your game as an occasionally useful alternative to the ceiling—either to throw a different hitting angle at your opponent or to recover defensively.

A good around-the-wall ball (ARWB) is directed high and with moderate speed into a side wall, so that it carries across the court and strikes the opposite side wall above the service box. The ball is still in the air as it then caroms diagonally across the court, while slanting downward. If your opponent is aggressive and has a solid stroke, he should be able to fly-kill the ball before it bounces. How-

ever, this shot is tougher to put away than it looks, especially if your opponent has ignored it in practice and is now trying to execute under pressure, knowing that you're ready to cover any miss. Also, if he's grooved into returning ceiling balls, he's familiar with that ball pattern and he may now error as he tries to hit a ball that's coming diagonally off a side wall. Of course, he can let the ball bounce and then take it up to the ceiling, but here again he's contacting the ball at an unfamiliar angle.

I also use the around-the-wall ball when I'm stretched out of position and I need to buy time to get back in the rally. This

is an automatic decision when I feel I don't have a good angle to flip it to the ceiling, so I drive it up into the side wall.

The Z Ball

You're not going to fool anybody in advanced play with the Z ball, but you may find it useful as a tactic to either change pace or to retrieve when you're unable to hit a ceiling or an around-the-wall ball.

The Z ball resembles the around-the-wall ball, except that it hits the front wall first and then the side wall before caroming to the opposite side wall in the back 10 feet of the court. This pattern can confuse a novice, but the experienced player simply drifts over and, depending on how well the shot has been hit, either goes defensively to the ceiling or sets up for an offensive shot as the ball rebounds off the side wall and/or back wall.

You can pick up an occasional point with this shot if it's hit perfectly, with the ball coming off the side wall and getting in tight against the back wall. Also, when things aren't going well, you may draw a weak return by forcing your opponent to respond to a different type of shot during the rally. Yet basically the Z ball is a fringe shot that should be used infrequently, at best. Even though it will buy time when you're desperate on defense, this is a lingering-death situation if your opponent is efficient at putting the ball away from deep court and your Z ball doesn't have perfect accuracy.

Hitting Into The Back Wall

In the course of a rally, when your opponent's shot is threatening to get past you deep in the court, hitting into the back wall should be a last-resort option.

Unless you're able to really drive the ball hard, this shot tends to rebound weakly off the front wall, enabling your opponent to move up and go for the fly-kill. Of course, when you can make the back wall shot carry high into the front wall with reasonable velocity, it will at least carry back and force your opponent to set up from beyond 30 feet. Given the choice, however, I try to flick my desperate retrieving shots directly up to the ceiling or front wall because it's a little easier to make the ball go high and rebound deep. ●

APRO Teaches:

Using The Z-Serve

by Lou Fabian

This article is one of a continuing series of instruction in three tiers, for beginner, intermediate and advanced players. Authored by APRO-certified teachers, this series will highlight one racquetball shot or situation in each issue.

Two months before the 1971 National Racquetball Championships, Charlie (The Gar) Garfinkel was on the court experimenting with different types of serves. He noticed that if he started from a set position in the service zone and consistently placed the serve in a visualized target area, the ball would take wild and unpredictable bounces off the side wall. Two months later, in April, during the second round of the Nationals, Garfinkel discovered just how effective the new serve could be.

The Gar was playing Charlie Brumfield, the 2nd ranked player in the world, and doing poorly. The Gar lost the first game 21-11 and fell behind rapidly 13-4 in the second game. At that point he switched to his new serve and turned the match around.

Brumfield had so much trouble handling the unfamiliar bounces coming off the side wall that he was unable to return the serve with his usual precision. This slight edge earned Garfinkel many easy points and ultimately the match. The Gar had given Brumfield, the game's most brilliant tactician, a resounding lesson in creativity through the use of what fans coined, The Garfinkel Serve, today known as the Z-serve (Garfinkel, 1979).

The purposes of the Z-serve are to keep the receiver in back court, neutralize power by preventing a full arm swing, and limit effective returns by forcing the receiver to play the ball waist high in a corner. The advantages of accurate Z-serves include: a few aces, more weak returns, preventing the receiver from getting into a groove, and the ability to use it safely both as a first and second serve. The disadvantages of poor Z-serves include: creating a plum for the receiver if the ball shoots straight out from the side wall or caroms off the back wall, and the fact that it can be effectively diffused by moving up to cut it off down-the-line or cross-court (Stafford, 1975).

Before the starting position is described, the reader should be aware of three important factors. First, the article is written with the understanding that the server is right handed (left handed players should do the opposite).

Second, there are subtle differences in every racquetball environment (court, ball, etc.), each person's body type, and each person's athletic ability. Thus the reader should use the material as a general guideline with which to experiment and which he may alter when necessary.

Third, the article is written for beginning, intermediate, and advanced players with the assumption that there are no get-rich-quick schemes in racquetball. The beginner and intermediate players must attain 90% proficiency at their respective levels before advancing to a more difficult level. Failure to do so will result in more frustrating moments rather than victories.

Beginners: The basics of the Z-serve

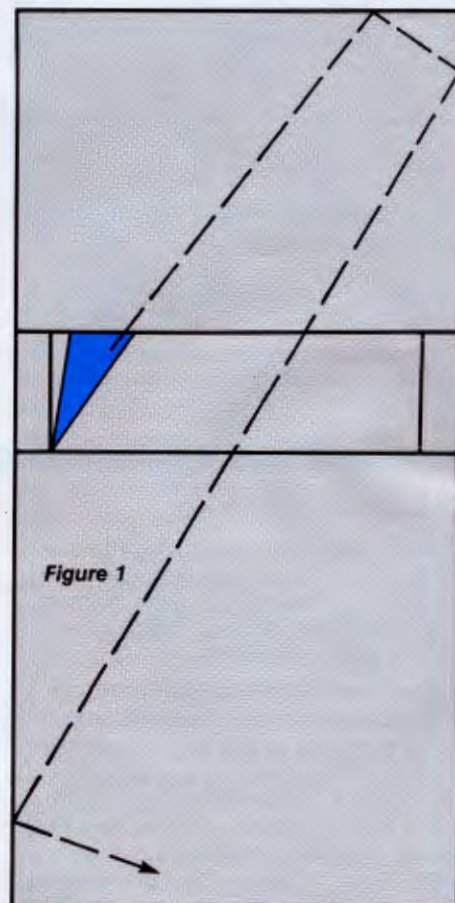
The server should take a position within the shaded area of the service zone (Figure 1). I prefer to start with the right foot on the corner formed by the short line and doubles service box. Beginning at the same point each time is critical. Notice, too, that the shaded area flares out from the starting point. This becomes important when the server begins changing angles to hit different serves.

The further to the left of center from which the player serves, the easier the Z-serve becomes to execute. However, the further to the left of center you move,

the more your intentions are telegraphed so you must make extra effort to return to center court position after the serve. Each player must experiment with different starting points on the short line to determine the exact position for best results (Keeley, 1976).

Look at the receiver's position from your starting point. Then decide what serve you want to hit, find the appropriate target on the front wall and imagine yourself serving the ball to the target and following it around to its destination in the back court for an ace serve. This is called mental imagery, and sport scientists have proven it will improve your accuracy (Garfinkel, 1979).

The stroking pattern for the Z-serve is similar to the drive serve, the major difference being that the body position is angled 45 degrees toward the right front



corner of the court rather than perpendicular to the front wall. Step with your left foot toward the spot on the front wall where you want the ball to go. Using the forehand grip, make contact with the ball somewhere between ankle to knee height with 80% power (Keeley, 1976). Once you begin your stroke, watch the ball at all times, following it into the back court. **Warning! You Must Wear Eye Protection!**

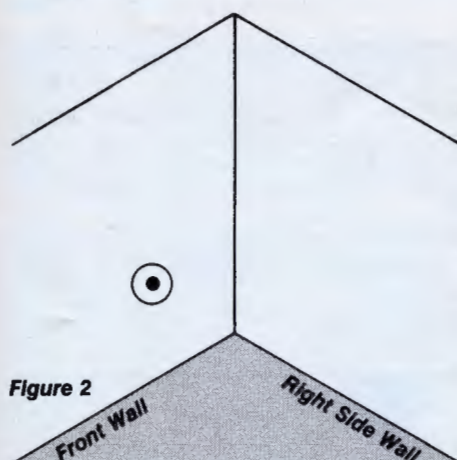


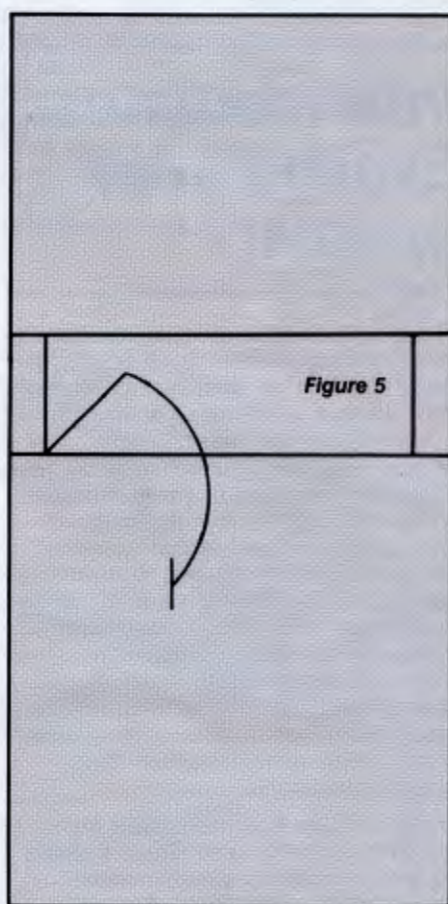
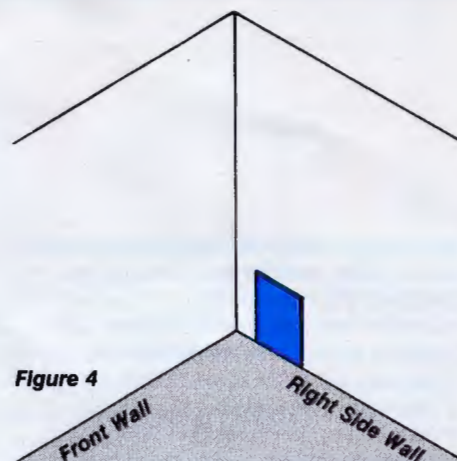
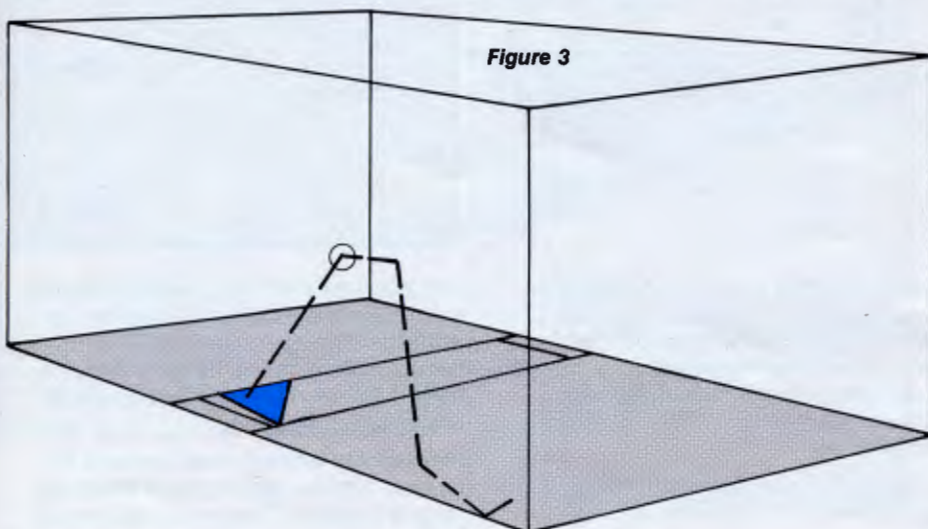
Figure 2, below, marks the server's target, approximately four feet above the floor and four feet away from the right side wall. Aim for the target, strike the ball, and follow it as it caroms quickly off the front right side wall and angles cross-court deep into the left corner. The ball

must bounce on the floor prior to hitting the left side wall and then shoot off the side wall into the receiver's body (Figure 3).

Ideally the serve will hit the left side wall one to four feet away from the back wall and three feet high (Figure 4). The bounce off the left side wall should be unpredictable. Sometimes the ball will drop, rise, shoot straight out, or angle toward the back wall. Be careful! If you do not hit your target, the ball will set-up off the back wall or hit shallow and shoot straight out for a plum. This is the reason why starting from the same point and perfecting the target angle are vital.

Setting up in the proper center court position after serving the ball is the next step toward perfection, and failure to do so is why most beginners lose the game. First, follow the ball past the short line (turning in the direction of the ball, approximately 270 degrees) to a position four to seven feet behind the short line shading left of center court, as in Figure 5 (Strandemo, 1977). Watch the path of the ball constantly in order to determine whether the receiver will use a ceiling or offensive return. Depending upon style, switch the racquet to a backhand grip while turning and set up with the racquet back.

Once in the center court position the server must be ready for various returns of the serve. As described earlier, the server is in position to cover the down-the-



line pass, straight kill, and straight ceiling ball. At the beginning level, these returns are all the server need be concerned with. Any other returns will be in error and should set up for an easy forehand shot. However, should the receiver attempt to cut the ball off *before* it hits the side wall, the server must cover the pinch shot and cross-court pass.

Because the receiver is making contact with the ball far out in front of the body,

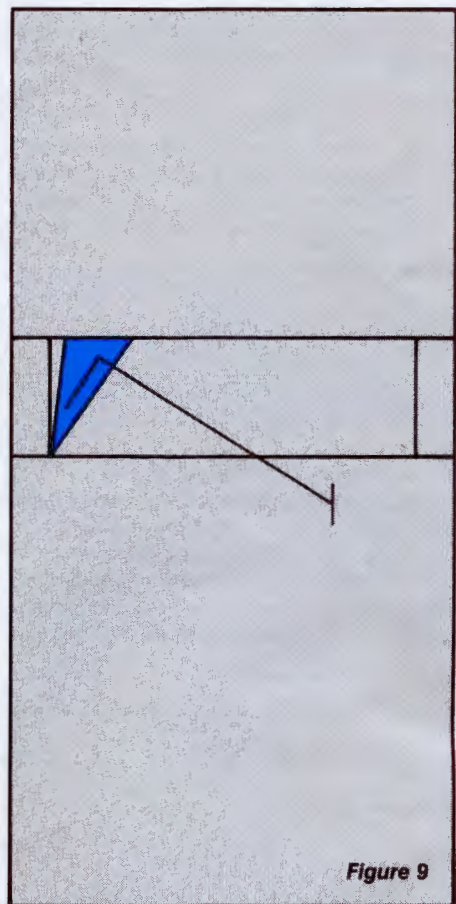
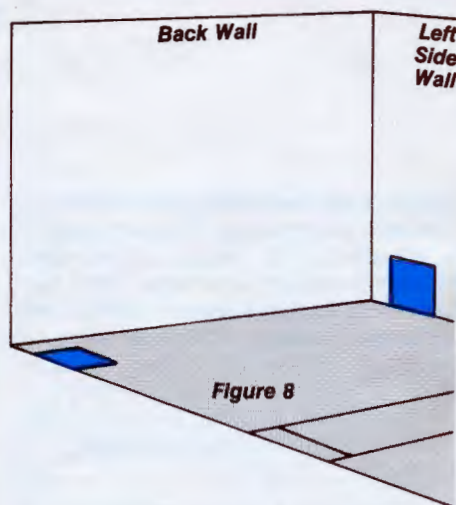
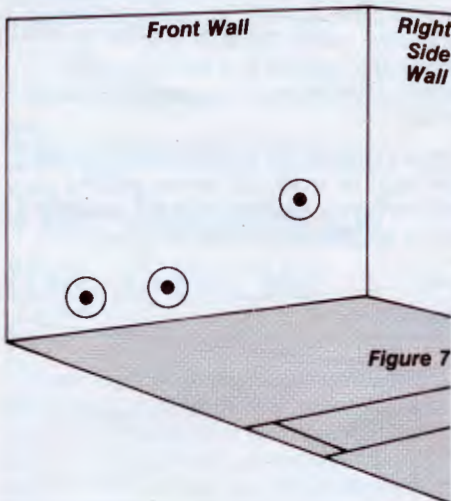
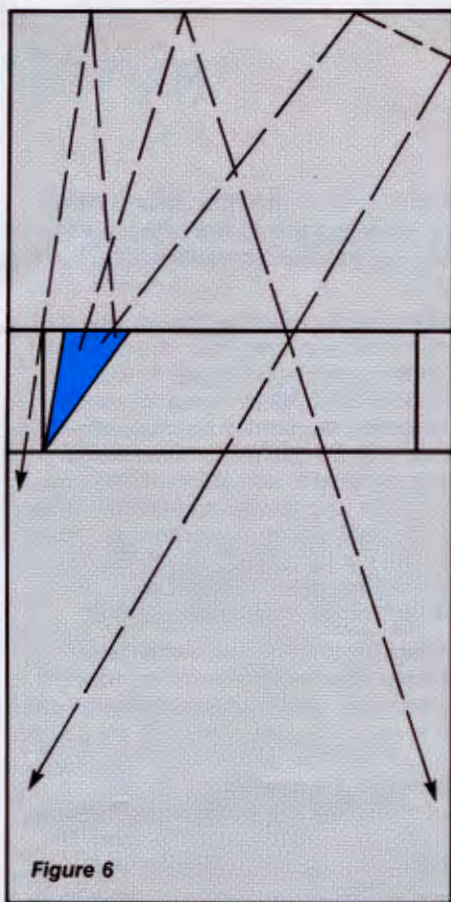
adjustments must be made to move your center court position more toward the middle of the court or hit the Z-serve harder so the receiver cannot cut it off before it reaches the side wall. The beginning player must be able to hit the Z-serve accurately and set up in the proper center court position 90% of the time before feeling confident enough to move to the intermediate level.

Intermediates: Expand your arsenal

The intermediate player must concentrate on developing a series of serves from the same spot with the same motion. Deception—using a quick, consistent motion but varying angles, speeds, and heights—will keep your opponent off balance (*Brumfield, 1980*). These variations should include the following serves: a change of pace Z-serve (approximately 50% power) which can also be used as a second serve; a drive serve deep into the right corner which can be used if the receiver either cheats to the left or moves before the ball is served; and a short angle drive to the left front service area which is very effective if the receiver sets up deep in the back court to get behind your Z-serve (*Figure 6*).

Figure 7 shows front wall targets from the starting position, and *Figure 8* shows back court locations where the serve should fall. Of special note, the soft Z-serve should not reach the side wall before bouncing twice, thereby forcing the receiver to play it out of mid-air; the drive serve to the right corner must not carom off the right side wall; and needless to say, neither drive serve should come off the back wall.

A game usage strategy for these four serves should be as follows: Out of every 10 first serves utilize six hard Z's, two short angle drives, one soft Z, and one cross court drive. A general rule of thumb



would be never to use the same serve twice in a row. In addition to watching the receiver for a clue while in position, use one serve to set up another (i.e., hard Z then soft Z, hard Z then cross-court drive, and cross-court drive then short angle drive).

The set-up for center court position is similar for the soft Z-serve and, as stated

previously for the hard Z-serve. However, the drive serve dictates different set up positions. The cross-court drive serve set-up position should be three feet behind the short line and to the right of center court (*Figure 9*).

Maintain the forehand grip and take the racquet back by your right ear while running to that spot. The set-up position for

the short angle drive serve is different from the other serves because the server turns in the opposite direction (to the left), following the ball. As a general rule, drop back behind the short line (two to three feet deep), left of center and be prepared (racquet back, proper grip, on your toes) when the receiver is about to return your serve (Figure 10).

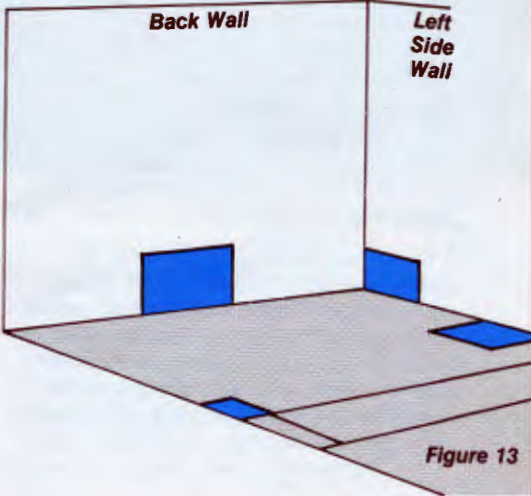
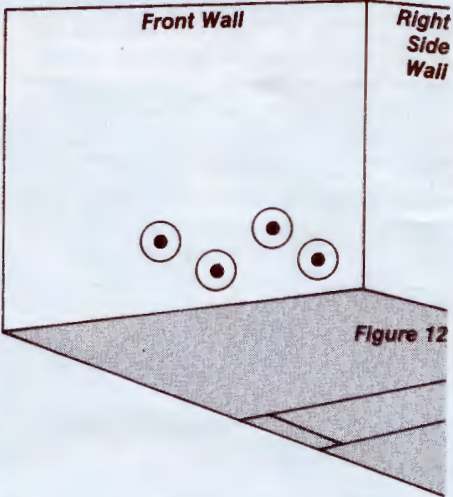
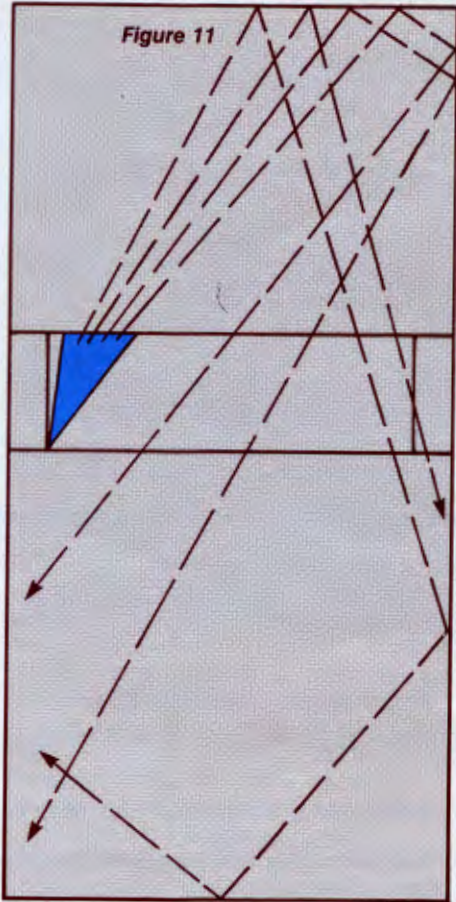
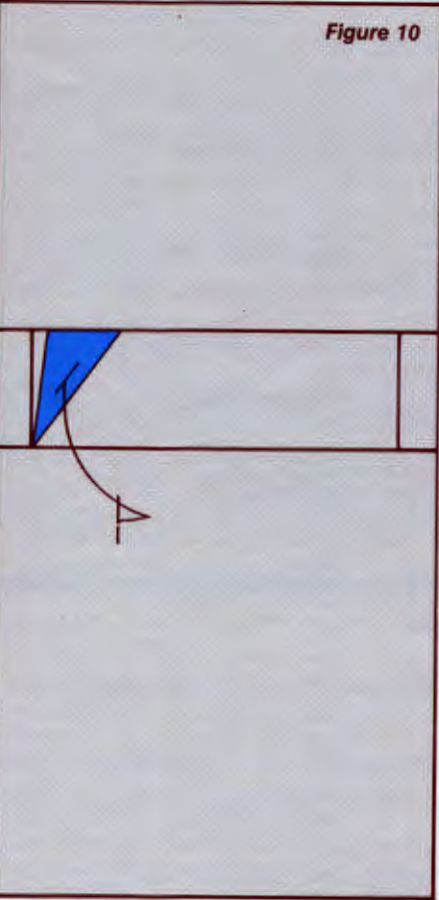
Be less concerned with depth and width and more concerned about watching the ball and being ready to react. The intermediate player must be able to hit these serves with 90% accuracy. In addition, a constant motion must be perfected when serving. This helps to develop a deceptive strategy which must be mastered before moving to the advanced level.

Advanced Players: Form your serving strategy

You have probably begun to realize that the serve and the set-up after the serve are decisive factors in winning racquetball games. Some readers are probably wondering what can be added to the intermediate level to make it significantly more advanced? Before that question is answered you should be aware that a

successful tournament player has complete service games developed around each of the three basic serves (lob, drive, Z) to both sides of the court. That is six different service games for singles alone (Brumfield, 1980).

The advanced player should perfect the serves pictured in Figure 11 and described below. Short cross-court drive and short angle serves are employed to force the receiver to retrieve the ball with the racquet in front of the body, a position which will eliminate much of the power. The wide jam serve (sometimes called body or diamond serve) is good when the receiver is large in size and slow a-foot, and it is particularly effective when the receiver is tired. The hard Z



deep and low to the corner is best when the receiver is waiting for the ball and looking for a set-up. *Figure 11* shows these serves; *Figure 12* shows front wall targets; and *Figure 13* illustrates back court locations where the serves should fall.

One suggested game usage strategy for the eight serves is as follows: Out of every 20 first serves,

- 6 Hard Z's
- 4 Short Angle Drives
- 2 Soft Z's
- 2 Hard Z's, Deep & Low to Corner
- 2 Wide Jam
- 2 Short Angle Z
- 1 Cross-Court Drive
- 1 Short Cross-Court Drive

As before, never use the same serve twice in a row, and use one serve to set up the next. A practice technique which can be used by you and your partner is to have the receiver call which serve must be hit. This will force concentration on accuracy and all the variations.

Before playing a tournament match, warm-up on a court alone (preferably the court you are going to play on later). Practice your serves although this may be difficult when an opponent is on the court warming up with you. Mark your starting point on the short line. Decide ahead of time which of the six service games you are going to employ. During the first game stay with the same strategy. Use all eight serves immediately in no particular order. Then discard any serve your opponent has adequately handled (not those poorly hit). Now form a serving strategy with the remaining serves. If you win the first game, stay with the same strategy. If you lose the first game, you must decide either to revise the present serving strategy or to move to a new position altogether (drive-lob game).

A final problem concerns what to do against a left-handed opponent. In general terms, the same eight serves should be perfected from a new starting point on the short line, about eight feet from the right side wall. Also, add one additional serve, the drive deep into the right corner.

A final point to remember is that for the first time, watching the ball off the serve is impractical. All Z-serves to the right rear corner would force the server to turn 360 degrees in order to follow them. It is much faster and safer to serve, drop into center court position, and pick the ball up by looking over the right shoulder while in motion. As stated earlier, individual skill, style and practice will gradually uncover subtle variations in every person's game. ●

Summary Of Good Serving Techniques

1. Begin every serve from the same point.
2. Look at the receiver before the serve to see if the receiver is out of position.
3. Visualize the serve to the front wall target and follow it into the back court.
4. Be sure you have the correct forehand grip.
5. Step toward the target on the front wall at the beginning of the serve.
6. Use the same smooth and consistent swing for every serve.
7. Follow the ball visually to its destination while moving to center court position. Then watch the receiver for a clue to a high or low return.
8. Keep your serves off the back wall (except wide jam).
9. Develop a group of serves from the same point.
10. Use deception in your service game.
11. Vary angles, speeds, and heights to keep the receiver off balance.
12. Practice your serves alone and before the match. ●

Bibliography

1. Brumfield, Charles. "Inside the Master's Mind . . . The Serve Today: 25 Ways to Add Points to Your Score." *National Racquetball*, March, 1980, pp. 20-28.
2. Garfinkel, Charles. *Racquetball the Easy Way*. Athenaeum/SMI, New York, 1979, pp. 67-71.
3. Keeley, Steve. *The Complete Book of Racquetball*. Chicago, Follet Company, 1976, pp. 220-227.
4. Stafford, Randy. *Racquetball: The Sport for Everyone*. Memphis, Tennessee, 1975, pp. 22-23.
5. Strandemo, Steve. *The Racquetball Book*. New York, Pocket Books, 1977, pp. 27-28.

9 Stretches To Preface Your Weight Training

by Steve Mondry

This article is a preface to weight training. When properly done, weight training will add strength, speed, and endurance to your muscles, thus enabling you to play better racquetball because with all other factors equal in a match, the stronger player will win.

However, as in any other physical activity, you must be *prepared*. Before I get into the specifics of weight training I have to stress the importance of stretching, both before and after lifting or playing.

Poor flexibility is the cause of many problems in sports. Pulled muscles, slow movement to the ball, and more, can all be symptoms of poor flexibility. Stretching will not only improve your movement playing racquetball, but will also help you avoid injury both on the court and during weight training sessions.

When I lived in San Diego one of my regular students was Jeff Smith, an open player. During a hitting lesson we played for about half an hour. Throughout the lesson Jeff seemed a little down. I thought it was due to the fact I scored 27 consecutive points against him and was zeroing in on the *Guinness* record for most consecutive points scored on a single opponent.

At any rate, we decided to stop and while we were talking in the lounge I asked him what the matter was. He was a little reserved at first but eventually told me. For the last three weeks he had been playing terribly. He felt stiff on the court, both when he was setting up to hit the ball, and when he was retrieving an opponent's shot. He thought that by taking a hitting lesson, he would get keyed up again; instead it sent him further down in the doldrums.

I wasn't sure what to do, so I invited him to stretch with me while I contemplated his situation. It turned out that Jeff thought stretching was unimportant, and never allotted any time to it before his games. Now I don't want to say Jeff wasn't flexible when I started him on my stretching program, but I will say I had to check his pulse to see that he was still alive and make sure rigor mortis hadn't begun to set in.

Figure 1. Groin Stretch



Figure 2. Back Stretch



Every day for a month we met at the club and went through my stretching routine. It took us 15-30 minutes. Jeff also continued to play his normal amount of racquetball during this time. After this month, we set up another hitting lesson. This time it felt like I was playing a gazelle. Jeff was moving around the court scraping shots off the walls, lunging for others, and he just kept on coming.

What was more important, he was having fun; his problem was solved.

This true story demonstrates that flexibility can be the key to quick movement, fast reactions and avoiding injuries. Any martial arts expert will tell you that in order to react quickly your muscles have to be loose, they can't be tense. If you haven't stretched your muscles properly you can't expect them to be loose.

Figure 3. Pretzel stretch begins. . .



. . . and continues. . .



. . . and ends up, whew, with you tied in knots.



Figure 4. Quadricep stretch



Figure 5. Hamstring stretch



Figure 6. Calf Stretch



Basics To Know

- 1) Make a stretching program part of your daily routine, whether you are playing racquetball or not.
- 2) Stretch all parts of your body—because your body works as a unit, not as individual parts.
- 3) Do not hold your breath while stretching, breathe normally.
- 4) Do not bounce when you stretch; just hold the stretch.
- 5) Whenever you bend down with your legs straight to stretch (e.g., standing hamstring stretch) bend your knees before you stand up.
- 6) It is not important how flexible you are in relationship to somebody else; remember this is not a contest.

The following program of nine specific stretches will enable you to loosen all your major muscles before exercising. I have arranged the stretches so that the basic sequence of position and movement goes from lying, to sitting, to standing, without any wasted motion between stretches.

Figure 7. Shoulder and arm stretch

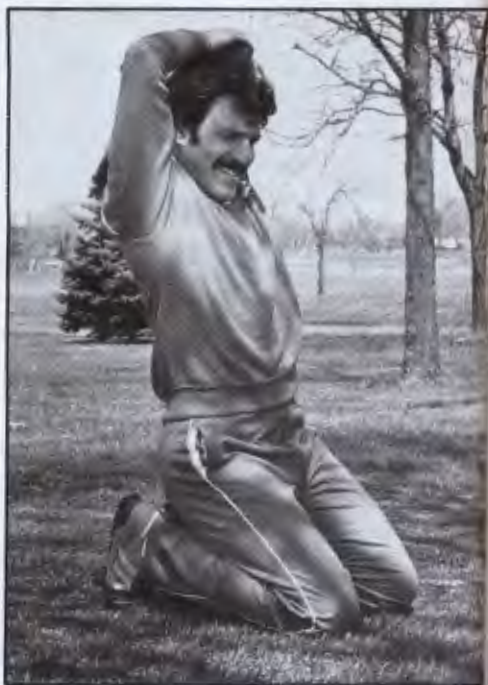


Figure 8. For the wrist, begin slowly by rotating...



... then pull back the thumb...



... for the forearm, a flat surface works best.



1) Groin Stretch

Start by lying on your back. Bring the soles of your feet together, placing them on the ground as close to your buttocks as possible. Next place right hand on right kneecap and left hand on left kneecap. Press slightly down until you feel the stretch. Hold this stretch for 30-45 seconds.

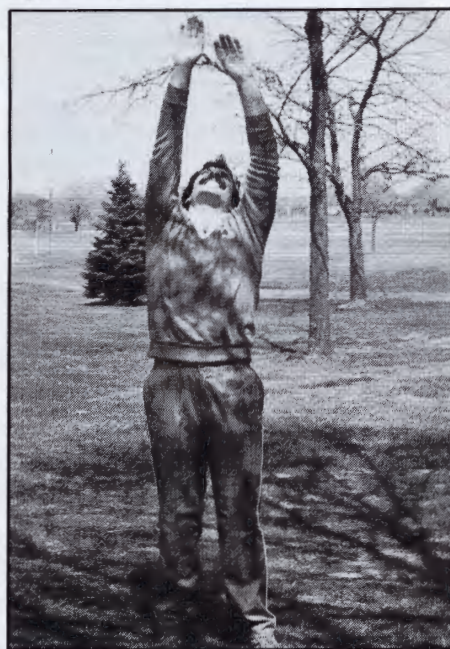
2) Back Stretch

Start in a sitting position and hold your knees by wrapping your arms around them and pull them in towards your chest. Gently roll up and down your back, remembering to keep your chin tucked. Do this "logroll" 5-10 times, rolling from your tailbone to your neck.

3) Pretzel Stretch

Start in a sitting position with your legs straight. Take your left leg and bend it under your right leg. Wrap your left arm around your right knee and place your right arm on the floor directly behind you. Slowly turn and look over your right shoulder, twisting as far as you are able. Hold this stretch from 30-45 seconds. Do this "pretzel" to the other side of your body following the same procedure.

Figure 9. Upper body stretch



7) Shoulder and Arm

Start with your arms overhead. Hold the elbow of one arm with the hand of the other arm. Gently pull the elbow behind your head and slightly downward in the same motion, until you feel the stretch in your shoulder and tricep. Hold this stretch for 30-45 seconds. Repeat for other arm following the same directions.

8) Wrist and Forearm

Start by gently holding your left arm, just above the wrist, with your right hand. Rotate your left wrist, slowly 5-10 times, clockwise then counterclockwise. Now grasp your left thumb and gently push it toward the base of your forearm, until you feel the stretch in your wrist. Hold for 30 seconds. Next place the palm of your left hand flat against a wall about shoulder high. Slide your hand down the wall until only your fingers remain flat on the surface. You will feel this stretch in your forearm muscles. Hold for 30 seconds. Repeat for opposite hand following the same directions.

9) Upper Body

A general stretch for your whole body. Stand with your feet slightly less than shoulder width apart. Keeping your back straight, reach overhead with your arms straight, and alternately stretch to the ceiling with each arm, shifting your weight from the left to right, as if you were climbing a ladder. Do this stretching exercise for 30 seconds.

These stretches are designed to be completed in less than 15 minutes daily. Remember that each person will differ individually in the beginning level of flexibility and level of achievement. Everyone, however, will show improvement over a period of time. So, incorporate this stretching routine into your daily workout schedule. You will feel better, move more easily, and be ready to begin weight training next month without straining any muscles. ●

4) Quadricep Stretch

Start in the hurdlers' stretch sitting position. Lean back, using your arms for support until you reach a place where you feel a good stretch in your quadricep. The knee of the bent leg should be touching the ground. If your knee comes off the floor you are going too far—ease up a little. Hold this stretch for 45-60 seconds. Repeat for the opposite leg.

5) Hamstring Stretch

Start in a standing position, feet together. Slowly bend forward from the waist, letting your arms and neck relax as you do so. You will begin to feel a stretch in the back of your legs. Hold this stretch for 60 seconds letting your own body weight increase the stretch for you.

6) Calf Stretch

Find a fence or wall (in this case a tree) and use it for a support. Stand about three feet away from the support and lean towards it. Bend one knee and bring that knee towards the support. Keep your other leg straight, and your heel on the ground as you increase your lean into the support. You will feel an excellent stretch of the calf of the straight leg. Hold for 30 seconds. Repeat for the opposite leg.

What's The Call?

How Much Room Do You Give?

by Dan Bertolucci

What's the call when player A drives a shot into the deep court corner to player B, and then takes a position that only allows a down-the-line kill, down-the-line pass, corner pinch, or ceiling return? Player B returns with a cross-court kill or pass attempt which hits Player A.

Player A repeatedly gets hit by player B throughout the game. He feels that by allowing player B an open lane for down-the-line and pinch shots, he has given player B a clear and unobstructed view of the front wall. Player B, however, feels that an unobstructed view of the front wall should also allow him the cross-court shot.

In other words, must player A give player B the *whole* front wall to shoot at, or is it enough to give him *most* of it? And of course, how much is most?

This situation occurs all the time, in all levels of play. Unfortunately, a clear-cut ruling cannot always be made because it

involves the judgement of the referee. We're talking about an obvious "dead ball" hinder and whether or not enough room was given.

In the event not enough room was given, then was it an avoidable or unavoidable situation? Since it occurred repeatedly throughout the match, the referee must judge whether the actions on the part of player A were intentional efforts to get hit by the ball (and thereby avoiding the possibility of losing the rally or serve). If so, then an avoidable hinder call is necessary.

The real issue, though, is how much room should you give during play? Most top racquetball players and referees acknowledge that to give the entire front wall would not be practical. In these cases, we would be asking player A to vacate his hard-earned territorial advantage, which is probably asking too much.

On the other hand, if player A is cutting

off so much of the court that player B can't possibly hit anywhere else but down-the-line, then it's time to start considering the avoidable hinder.

Getting hit repeatedly is usually enough to cause a player to move, and generally the positioning of the defensive player tends to loosen up enough so that his opponent is then able to execute the desired cross-court pass or kill attempt.

Since this is such a gray area in the rules, we'd like to hear what your opinion is. Should player A be penalized at all? Should he give more room? Should player B be penalized for hitting player A while trying to "force" his shot cross court? How much is enough room? ●

I'd be interested in your comments. Please address them to Dan Bertolucci, c/o What's The Call, *National Racquetball*, 1800 Pickwick Ave., Glenview, IL 60025. We'll try to publish the results.

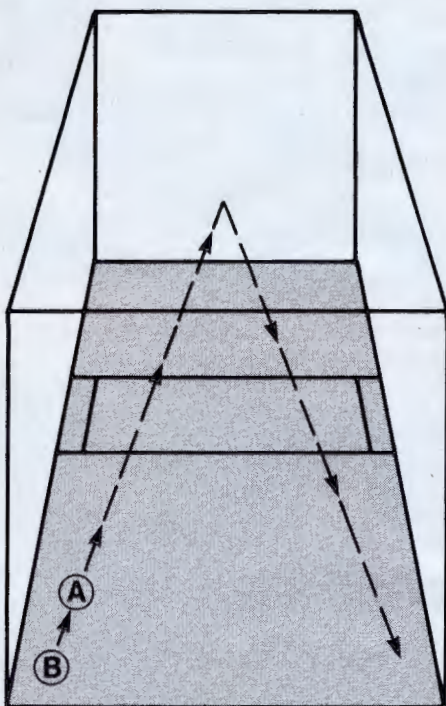


Diagram 1. Player A takes away the cross court game by positioning himself in front and slightly to the right of player B. If player B goes cross court he will hit player A.

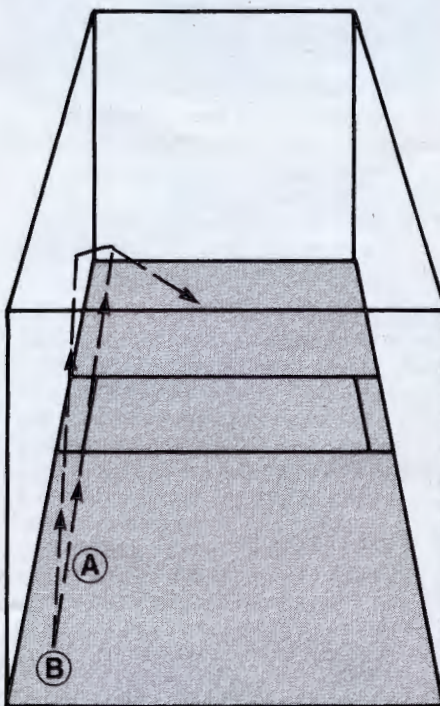


Diagram 2. Player B still has at least five options: 1) down-the-line pass; 2) down-the-line kill; 3) pinch kill; 4) down-the-line ceiling; or 5) cross court ceiling. Is it enough?

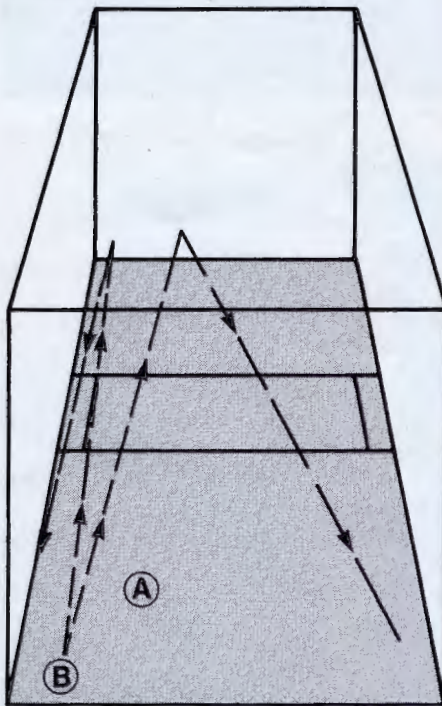


Diagram 3. If player A takes one or two steps to his right, giving player B the whole front wall, it widens player B's options greatly and puts player A into a situation where he must be able to cover the whole court. Has player A given up too much?

The Effects Of Menstruation On Your Game

It wasn't called "the curse" for nothing. If you're a female between the ages of 13 and 45 (roughly) you can expect that once a month you will experience anything from mild sluggishness and fatigue to major emotional instability that borders on psychosis, from minor fluid retention and discomfort to severe cramping in the lower abdomen, chills, nausea, and an overwhelming desire to lie in bed and moan.

For a recreational racquetball player, these symptoms, if they are of the mild variety, are a nuisance. Players that you can normally beat or with whom you're evenly matched are likely to clean your clock on the court because you're not quite on top of your form. If your symptoms are more severe—you get menstrual cramps, say—you can reschedule your game for a day or two later since cramps typically last no longer than a day or two.

But if you're a competitive player, aiming for pro ranking or already ranked, even the subtle psychophysiological changes that precede menstruation or a mild degree of the pelvic pain that accompanies it can constitute a major handicap.

The case of Rosemary G., an A player who was soundly thrashed at the WPRA stop in Lombard in March, is not unusual. "For a week to ten days before my period, I'm dragging around about five extra pounds," she said. "I'm bloated, my fingers and ankles are swollen, and I just feel tired, slow, and mean."

"On the court, my reactions are slow—I

don't think or move quite fast enough. I'm always a step or two behind, and racquetball's a fast game. You can't be a step behind or you'll miss the shot."

A friend of Rosemary's, who had watched her lose a match an hour before, expressed some surprise at how she played.

"She seemed to be giving up, not putting that extra step in" her friend said. "Lots of times, if she'd just gone for it she would have made the shot. She wasn't getting her racquet on the ball at times when she should have. I've seen her play a lot, and she just didn't look like herself out there."

Rosemary agreed, saying she knew that she had misjudged a lot of shots, that repeatedly she was "that step behind." But she retained no very clear recollection of the match.

"The only time I was fully aware of the ball was when I was serving," she said. "My memory of the game is blurred because I wasn't there mentally. I can't picture what went on during rallies—what shots I made, what I missed."

And so she lost a match against an opponent that she should have had a good chance of beating. Maybe she would have lost anyway, but her physical condition the week prior to menstruation made the loss a sure thing.

Another player, Linda D. described very similar premenstrual dysfunction. She rated herself as strictly an amateur player, but she takes the game seriously and plays five or six times a week.

"For the week before my period, I'm apathetic about racquetball," she said. "And for a dedicated player, that's really saying something."

"I gain five to seven pounds from water retention. I feel tired and sluggish and I lose interest. I go play anyway, as much as I can, but my whole game is off. I'm not concentrating, and my timing is haywire."

For Linda, the heat isn't off once her period begins. Throughout much of the period itself, she experiences severe cramping and abdominal discomfort related to constipation. While the premenstrual symptoms subside with the onset of menstrual flow, it's not fun playing when you want to curl up and grab your stomach.

What's going on with these women? They're not self-coddlers who take to their beds with hangnail. On the contrary, they're in peak physical condition—for most of the month—and they seek out the challenge of competitive play, pushing themselves to the limits of physical endurance. They get out there and play anyway, premenstrual and menstrual afflictions notwithstanding. They are in tune with themselves physically, and consciously cultivate their strength and performance levels.

The chemistry and biomechanics of the menstrual cycle are complex and not thoroughly understood. In rough outline, the cycle begins with ovarian function stimulated by the release of gonadotropins (hormones) from the pituitary gland. The new cycle gets under way while your

3rd Annual Dave Peck Summer Camps

for juniors and adults

Two super instructional programs directed by Dave Peck, No. 2 Pro in the Country—Also featuring **GREGG PECK & JIM WINTERTON**

• JUNIOR CAMP (Aug. 1-6)

Ages 10-18 (coed)
Intermediate-Advanced
\$349 includes accommodations
and all meals.

• ADULT WEEKENDS

(1) July 30-Aug. 1
(2) Aug. 6-8
Men & Women 18 & Over
\$234 includes all meals.

Pool privileges for all campers • Limited Openings • Register Early!

Location: **ALL SPORT Fitness & Racquetball Club**

240A Washington St., Poughkeepsie, N.Y. 12601

Contact: Jim Winterton or Mike Arteaga (914) 452-5050



last period is still going on. The ovaries respond by secreting first estrogen, which peaks before ovulation, and later in the cycle progesterone. The endometrium or uterine lining meanwhile thickens and develops small blood vessels in preparation for conception. If conception does not occur, estrogen and progesterone production drop off to zero and menstruation, the sloughing of endometrial tissue accompanied by blood from the small vessels that have supplied that tissue, begins. The tissue is expelled by uterine contractions which are stimulated by prostaglandins.

Although hormones are recognized as having far-reaching and profound physical and psychological effects, and estrogen is linked with premenstrual tension, the precise relationship is unknown. Estrogen is known to cause fluid retention, and since all soft tissues are affected, including brain tissue, this may account for some of the irritability and lack of concentration that women experience in varying degrees. There is physical pressure on your brain from higher than usual fluid levels in the cells.

According to Dr. John Hobbs, Attending Gynecologist at Rush Presbyterian St. Luke's Medical Center in Chicago, "premenstrual tension does not occur when estrogen levels peak, but some time later. If there were a direct cause and effect relationship between elevated estrogen level and tension, we would expect to see the symptoms earlier in the cycle when estrogens are at their highest concentration. Clearly, therefore, other factors which we have not yet established are at work.

"The ovarian hormones, particularly estrogen, appear to cause vascular congestion which leads to pelvic discomfort."

As many women are aware, what Dr. Hobbs calls pelvic discomfort can be very severe and may encompass a feeling of distention and soreness in the soft pelvic tissues, together with aching and fatigue in the back and hip muscles.

Dr. Hobbs further points out that the menstrual period "involves the loss each month of substantial amounts of blood, and women generally do not ensure adequate iron in their diets to facilitate replacement of that blood. Even mild anemia produces fatigue which will aggravate any fatigue the woman may experience as a result of menstruation."

Such fatigue and discomfort may contribute to the emotional and mental disturbances that are lumped together under the label of premenstrual tension. Dr. Hobbs also feels that in the case of athletes, tension is further amplified by the stress of competition and that the combination of stresses is deleterious to performance. The only problem with that argument is that even in friendly, recreational games, women notice a distinct drop in their form for a week or so prior to menstruation.

Prevailing medical wisdom, in other words, is inadequate to answer the questions posed by premenstrual tension. And comparably little is known about the causes of menstrual cramping. Prostaglandins, present in all body tissues and affecting a wide range of physical processes, increase during the menstrual period, and are believed to stimulate uterine spasm by a mechanism which is not well understood.

"We know that dysmenorrhea, or menstrual cramping, occurs only with ovulatory cycles," Dr. Hobbs says. "It can be eliminated therefore by the use of oral contraceptives, which circumvent the cycle of ovulation and keep the concentration of estrogens relatively stable throughout the month.

"One contributing cause of dysmenorrhea is the rigid cervix characteristic of women who have never given birth. This makes the expulsion of endometrium more difficult and may cause more vigorous uterine contractions which in turn intensifies the pain. Severe cramping is generally alleviated or ends with the first full-term pregnancy.

"Another factor in the severity of cramps is the woman's attitudes to puberty and menstruation itself. Although it is difficult to measure, there's a strong psychogenic component in all pain. Improving a patient's acceptance of the biological consequences of her physical being can alleviate the symptoms in many instances."

That doesn't mean that tension and cramps are all in your head. But it does suggest again that you're not a mind and a body divided neatly by a mysterious line somewhere, and that unconscious fears and anxieties related to emergent sexuality can intensify the discomfort attached to menses.

So other than taking birth-control pills, which a lot of women aren't crazy about doing, having psychotherapy or a baby—both of which are long-term and expensive propositions, what can you do about the way the symptoms of menstruation interfere with your well-being in general and with your racquetball game in particular?

If you suffer from cramps but you head off and play anyway, you're on the right track. Citing the "gate theory" of pain control, Dr. Hobbs says that what seems to happen is that "motion stimulates nerves to send other messages to the brain, which block the pain stimulus from the pelvis." In other words, physical activity stimulates all the processes in your body, and so much is going on that your pain receptors don't get top billing any more. Besides, a vigorous workout will hype up your cardiovascular system and get some of those bloating fluids moving around.

There are a few other things you can do for yourself that women players report are more or less successful in alleviating their symptoms. Avoiding caffeine (coffee, tea, cola) helps Rosemary G. somewhat. "Caffeine makes me even more jumpy," she says, "and makes my concentration and timing worse.

Linda D. finds that adding fiber to her diet helps her to avoid constipation and the accompanying abdominal congestion. She also cuts out salt as far as possible, and drinks as much water as she can. Reducing salt helps to keep the bloating syndrome to a minimum, and the added water aids gastro-intestinal function.

Linda has tried medication prescribed by her doctor—a diuretic and a mild sedative—but found that the side effects of the drugs impaired her game more than the symptoms that they were supposed to relieve did.

"The sedative particularly did a job on my game," she says. "It merely substituted total lethargy for my tension and apathy."

While you might want a pill to dull the edge of premenstrual tension if all you're doing is sitting around at home watching TV, you can't depend on medication to make you function better or to get you back in peak physical and mental form for a game of racquetball.

Of course if you train long enough and hard enough, there's some chance that you won't have to cope with menstruating at all. Betsy Koza, an up and coming young pro player, has been training for four years and for the past year has

been working with weights to build muscle strength and endurance. For most of that time she has not menstruated, and it doesn't bother her a bit.

"I was pretty well informed on the subject of amenorrhea (the absence of menses) when I quit getting a period," she says. "It doesn't seem to indicate serious pathology, although like most things concerned with menstruation it isn't very well understood."

Betsy's reading on the subject has turned up a shift in opinion on the causes of amenorrhea. *"It used to be considered a function of the proportion of body fat," she says. "Now the idea that it's more related to the psychological stress of training is getting more prominence."*

Hormonal levels and resultant ovarian function are subject to disruption from all kinds of influences on the central nervous system. Sustained and rigorous training may very well short circuit the hypothalamic centers that control hormone secretion. Instead of regarding cessation of menses as always symptomatic of some disorder, however, it is possible to see training-related amenorrhea as a survival mechanism by which a female subject to prolonged stress is spared the additional stress of monthly preparation of her reproductive system, and of reproduction itself.

Only a small proportion of women experience training-related amenorrhea, however. The majority of recreational athletes are stuck coping with their monthly symptoms, and there's not a lot you can do apart from the sensible things your mother nagged you about for years.

Watch your diet. If you are premenstrual in the week before a tournament, that is not the time either to experiment with your diet or to undertake unsupervised "carbohydrate loading." Your best bet is a maintenance-level allotment of calories achieved through a regimen in which fats, protein and complex carbohydrates (such as occur in grains and fruits) are in normal balance. Withdrawal of carbohydrates from your diet, either for weight-control purposes or as the preparatory stage of carbo-loading, can adversely affect your biochemistry and mood, which are already running amok. For 24 to 36 hours before your match, don't load up too heavily on high-fiber foods as these are digested slowly and will divert blood from the muscles to the intestinal tract. On the other hand, make sure that in the earlier part of the week you consume enough fiber to ensure adequate functioning of the lower intestine and avoid constipation.

Cut your salt intake, and that means

avoiding not only the salt shaker, but also things like diet soft drinks. They're loaded with sodium saccharin, and sodium is sodium is sodium. Drink plenty of water. Never mind if your hands and feet look like they're going to burst, you're not going to retain all you drink and adequate water is essential for an athlete to maintain stable blood pressure and body temperature.

Make sure you're getting enough vitamins and minerals. There's some evidence that vitamin B6 (pyridoxine), taken in combination with a B complex, helps your liver control the crazy-making hormones. If you're in doubt about your intake of vitamins, you can try a supplement, although until the biochemistry of menstruation is more thoroughly understood, the effects of vitamins on it cannot be firmly established.

You may find that your normal sleep patterns are disrupted from premenstrual tension. It's nothing to worry about, but avoid caffeine as it will aggravate the problem, and if you find you need more sleep, get it. Calcium is often touted as a natural tranquilizer, and it's worth trying. Its proponents claim that it takes the edge off their irritability during the day without impairing consciousness or concentration, and helps them sleep at night.

And, finally, remember that your opponent's a woman too. The likelihood is that she's up against similar problems, and has played matches when her body felt strangely massive and lumbering and her mind was on vacation. Don't waste time resenting your own body or the accidents of evolutionary adaptation. You're coping just by being out there in hot pursuit of the ball. ●



Racquetball Racquets
available in 14 KT gold \$45
Also with 5 point diamond \$85

Send Check or Money Order To:

Florida Racquet Journal
Dept. J
6100 Arlington Expwy Box 0-101
Jacksonville, FL 32211
(904) 721-3660

EXTRA!

Corporate Superstars

This month Clark's Racquet, Swim and Health Club in Philadelphia will launch the first in a series of events called the 1982 Philympics, the First Annual Battle of Philadelphia's corporate superstars. In the spirit of fun and competition, the business and professional community of the city will participate in five individual and three team events over five consecutive weekends, May 7-9 to June 4-6.

Two hundred of the top businesses in Philadelphia have been invited to send teams to

compete on a designated weekend against others in their professional field. Racquetball, squash, tennis, basketball shoot and putting contest form the individual arenas of competition, while swimming, running, and volleyball are the team sports. All scoring will be on a team basis. Four weekends are to be devoted to preliminary rounds of play, with the fifth for playoffs.

The competition has met with enthusiastic and generous support from locally based sponsors, among them Smith

Kline/Beckman Pharmaceuticals, Franklin town Corp., ARA, McGregor/Seamco, Philadelphia Electric, Gerard Bank, Nautilus Sports/Medical and ARCO. Many other companies are donating time, money, services or products to support the events.

The object of the Philympics is twofold: to unite the business community in a friendly spirit of non-business competition, and to raise revenues for two charities dear to the hearts of Philadelphia sports fans—the Eagles Fly for Leukemia and The Flyers

Fight for Life.

National Racquetball applauds Doug Clark, owner of Clark's Uptown and creator of the Philympics, for his brain child. The competition has already generated an overwhelmingly enthusiastic response in the community, and promises other benefits by fostering sports, giving a financial boost to two fine charities, and providing the business community with a unique opportunity to extend friendship and goodwill to colleagues and competitors.

Water, Water, Everywhere



The racquetballs are no longer splashing at the Court Rooms of America in Fort Wayne, IN. Not that they

ever did really, but that's what you would have heard if anyone had been playing there in mid-March during the Great Flood of 1982.

But there's good news at last for the denizens of the Court Rooms. The cleanup effort is complete; the floors in all 10 courts have been restored, the walls replastered, the locker rooms recarpeted, and the hot tub and saunas are working again.

And a massive clean-up it was. The Court Rooms are located close to one of the three rivers that meet in Fort Wayne, right next to the pollution control center. The rivers began rising on Saturday, March 13, and the reservoir at the pollution center began

to overflow. By the next evening, water was creeping along the hallways between the courts in the lower level of the building.

During the night, two pumps were kept running, forcing much of the water back to where it came from. But by early in the week it seemed a losing battle—the courts were under six to eight inches of dirty water that, pressing up from underneath, caused the oak planks to buckle and soaked up into the plaster.

Like the good sports that racquetball players are, members of the Court Rooms volunteered their assistance in cleaning up, toting and hauling the wrecked lumber, carpeting and plaster out, and mopping and swabbing up the river dirt as the water

subsided. So that the hard core racquetball addicts wouldn't suffer withdrawal symptoms, the Court Rooms made arrangements for their members to play temporarily at the Summit City Court Club (also in Fort Wayne, but not so close to the river).

Now the exiled players have returned to their own club. A firm of contractors took care of the rebuilding, putting new floors and plaster in the courts and getting everything shipshape. The phone no longer rings unattended while the staff waded about on the courts.

And the racquetballs make a nice sharp "thock" as they hit the new plaster, sounding just the way they should.

Racquetball Receives Membership In U. S. Olympic Committee

The American Amateur Racquetball Association (AARA) was accepted for membership in the United States Olympic Committee (USOC) by an overwhelming majority vote of the 500 delegates attending the annual House of Delegates meeting in Indianapolis, IN, April 16-17th, 1982.

The acceptance of racquetball fulfills a goal the AARA has been diligently working on for the past four years. This dramatic development not only places the sport of racquetball in line for future Pan American Games and Olympic participation, but allows the AARA to claim itself as the sole and undis-

puted national governing body for amateur racquetball in the United States.

The Amateur Sports Act of 1978 gave the USOC the supreme authority to recognize national governing bodies for their respective sports.

AARA executive director Luke St. Onge was naturally ecstatic about the development.

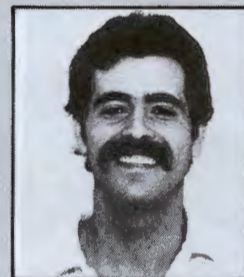
"Without question the greatest benefit of the USOC acceptance is the added credibility and respectability it gives racquetball," he said. *"This is only the first step, but we've cleared a major hurdle by taking it."*

St. Onge estimates that racquetball is played in 23 countries right now (42 is the minimum number for Olympic eligibility).

"We need to do a lot of work to reach Olympic status," he admitted. *"We're shooting for Pan American Games representation in the next four to eight years. Hopefully, we'll reach the Olympics in the mid-1990's."*

St. Onge believes the next step is recognition by the International Olympic Committee, something that won't happen until true international penetration by racquetball can be verified.

Andrews Signs with Ektelon



Five-time national amateur champion Ed Andrews has signed a professional contract with Ektelon for the remainder of the 1982 season. Andrews, 25, has been the nation's No. 1 rated amateur in men's singles for the last three seasons, winning five national titles during that period. He is the defending AARA and USRA national singles champion.



TINACTIN® GETS AN ATHLETE'S FEET BACK INTO ACTION.

Got athlete's foot? Take action. Use Tinactin.

Tinactin works. And works quickly to relieve itching, burning and soreness. It gets your feet back into action and you back into the fun.

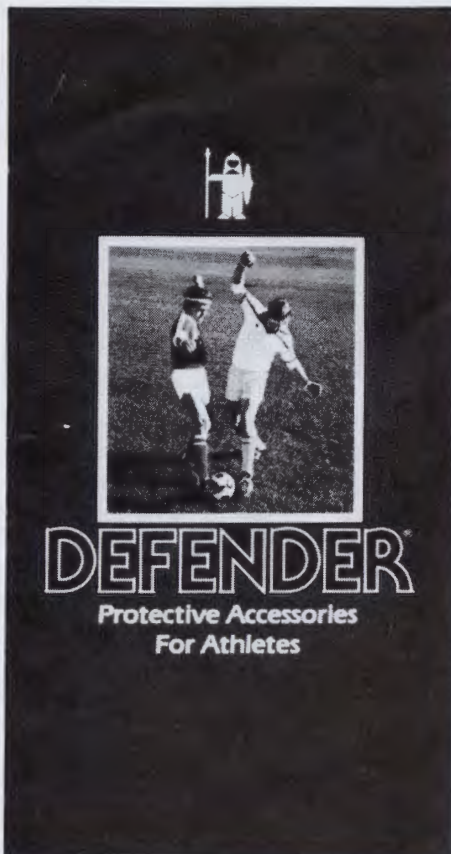
Tinactin kills athlete's foot fungi. It's recommended by more doctors, pharmacists, and trainers than any other remedy.

And regular use of Tinactin powder helps keep athlete's foot away. Take action. Get back into the fun.

TINACTIN FOR ATHLETE'S FOOT.

Copyright © 1982, Schering Corporation 2507

New Products



Defender Compiles New Catalog

Defender, one of the recognized leaders in the design and manufacture of American made protective sportswear accessories, has compiled a new full color catalog for 1982.

The catalog features Defender's complete line of protective athletic accessories: elbow pads, elbow & wrist aids, knee pads, knee & ankle aids, soccer & karate shin guards, palm guards, ham & arm guards, head & wrist bands, athletic supporters, cups and briefs, plus sport and running shorts.

For a free copy of the catalog, or further information, write Defender, Inc., 26th & Reed Streets, Dept. P, Philadelphia, PA 19146. Or phone: 1-800-523-1502 if out of state; otherwise, (215) 465-8838.



Uniquely Designed Sports Guard

The Urad Sports Guard is made with high quality nylon bonded to high grade neoprene for durability and strength. Superior fit and comfort are assured through computerized custom design and manufactured by master craftsmen. Each guard is hand-cut and machine sewn to give a contoured shape that conforms to natural joint configuration.

The Guard acts as a shock absorber, reducing vibration and protecting joints through constant pressure and by recycling body heat back to the joints to insulate vulnerable areas. It can be worn to relieve pain and discomfort from tendonitis, tennis elbow, inflammation of joints, strains, pulls and sprains, or as a protection against injury.

For more information, contact Urad Mfg., P.O. Box 571, Aptos, CA 95003 (408) 688-6707.



New Men's Anklets From Comfort Cushion Mills.

Comfort Cushion Mills announces the addition of a new line of men's anklets to their line of men's and ladies' sport socks.

The new men's anklets are made of 75% Orlon Acrylic and 25% stretch nylon.

The tops have two same-color strips of navy, light blue, royal, red, yellow and kelly. All white is also available.

The men's anklet is for men who like a low cut

sock for appearance and to permit a sun tan down to the foot.

It also appeals to women who have feet over a size 9, as they sometimes are hard to fit with normal womens' socks.

For more information, write to Comfort Cushion Mills, Inc., 2520 N. W. Second Avenue, Boca Raton, FL 33432; or call Bob Kenny at 800 327-5012.

Upcoming Events

APRO Sets National Convention

The 1982 APRO National Convention will take place Friday, July 30, through Sunday, August 1, at the All Sport Fitness and Racquetball Club in Fishkill, NY.

The keynote speaker will be Steve Keeley who will discuss "Racquetball: For Your Ears Only," among other topics.

Others slated to speak are John McCarthy, Executive Director of IRSA; Francine Davis, WPRO President; Luke St. Onge, AARA President; Chuck Sheftel, APRO President; Jack Groppe, Assistant Professor at the University of Illinois; and Jim Winterton, Lou Fabian and Connie Peterson will also share their expertise.

APRO is the only professional racquetball organization for teachers in the world. Last year's convention was regarded as highly successful by those who attended, and it is expected that this year's will again provide opportunities for teaching pros to upgrade their careers and teaching skills, and a forum for the exchange of ideas between professionals.

For more information, contact APRO, 307 S. Milwaukee Av., Suite 126, Wheeling, IL. 60090 (312) 541-5556.

Racquetball Camps

Daku/Hendrickson Canadian Summer Camps

July 25-August 21 (three sessions)
Foothills Court House
1912 MacKay Rd., N.W.
Calgary, Alberta, Canada T3B 1C7

Camp Director: Ian Thumler

For further information call 403-286-3132

Third Annual Dave Peck Summer Camps

July 30-August 8, 1982
All Sport Fitness & Racquetball Club
240A North Rd.
Poughkeepsie, NY 12601

Camp Directors: Dave Peck, Jim Winterton

Juniors camp August 1-6, 1982; Adult weekends July 30-August 1 and August 6-8, 1982. For further information call 914-452-5050.

Dr. Bud Muehleisen's 1982 Summer Camps

August 2-6
Santa Barbara Racquetball and Health Club
P.O. Box 30817
Santa Barbara, CA 93105
(805) 962-0069

August 9-13
The Decathlon Club
3250 Central Expressway
Santa Clara, CA 95051
(408) 738-2582

August 16-20
The Telegraph Hill Club
1850 Kearny Street
San Francisco, CA 94133
(415) 543-7992

August 23-27
Sierra Tahoe Athletic Club
P.O. Box 15130
South Lake Tahoe, CA 95702
(916) 544-6222

August 30-Sept. 3
Snowcreek Athletic Club
P.O. Box 12
Mammoth Lakes, CA 93546
(714) 934-8511

Director of Camps: Dr. Bud Muehleisen

For further information, write Dr. Bud Muehleisen's 1982 Summer Camps, 9333 Loren Drive, La Mesa, CA 92041.

Special One-Day Seminars Tailored For Club Managers Highlights Sales Approaches

Make your reservations today!

June 14—Toronto

June 16—Pittsburgh

June 18—Norfolk, VA

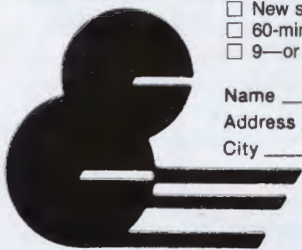
June 20—Tampa

June 21—Ft. Lauderdale

June 23—Chicago

Included in the seminar book, "Bible of the Industry"

- Getting the Court Club package together
- Trends in the industry
- Elements of owning and operating a club
- Architectural step by step development — outline from site selection and building design to handicap requirements with synopsis
- Dues structuring
- Guidelines to the Feasibility/proforma report
- Sample proformas
- Small population markets
- The pro shop
- Exercise programming/equipment
- Key questions from previous seminars
- Court Club philosophy
- Product sources
- Pre-opening sales campaigns



- ☐ New seminar report booklet—\$15.
- ☐ 60-minute tape cassette—"Feasibility of Court Clubs"—\$10
- ☐ 9—or 11—court preliminary drawing—\$10 each.

Name _____
Address _____
City _____ State _____ Zip _____

Further information: Call collect:
Mort Leve, Court Club Enterprises,
8303 E. Thomas Rd., Scottsdale, AZ. 85251.
a/c 602. 991-0253

Tournament Results

Does Lone Star Win Signal 'Comeback' For John Eggerman?

At the tender age of 19, it's difficult to describe his experience as a "come-back," but whatever the word, John Eggerman has either been blazing a new trail—or uncovering an old one—the last two months.

In mid-March one of the most promising players in pro racquetball—or so everybody said—was faced with a familiar athletic problem: living up to one's considerable potential and others' expectations.

At 15, Eggerman was already a part of racquetball history, holding simultaneous IRA national senior and junior titles. He was also the USRA 15-and-under national champion, his state open champion and a qualifier in his first three pro events.

By and large for the last four years, however, Eggerman has been little more than a footnote in current chapters on the sport. A consistent quarter-finalist, ranked in the top 10, he's never quite realized the lofty reputation he enjoyed as a junior star.

Some of that impending stardom, however, may have been previewed the last eight weeks, particularly at the recent Lone Star Invitational Racquetball Tournament in Austin, TX, April 23-25. There, Eggerman reached the semi-finals of his second straight pro tournament, knocking off the biggest name in the sport—four time National Champion Marty Hogan in the round of 16—in the process.

Eggerman's 11-9, 8-11, 7-11, 11-4, 11-4 victory over Hogan came on the heels of upset wins over Mike Yellen and Bret Harnett in the Coral Gables, FL, Catalina event. None of the victories could have come at a more opportune time. They just may have kept John Eggerman playing professional racquetball.

Prior to the Coral Gables tourney, Eggerman said he was informed by Catalina tour officials his tournament status was in doubt for the 1982-83 season. In five events prior to Florida, Eggerman's record was 0-5, he hadn't won a dime and Catalina had its eyes open for replacements.

"They informed me there may be some changes in my contract for next year," said Eggerman, "that I may be put in an alternate position on the tour. They said it wasn't because of my play, but that



John Eggerman

they wanted players like Ed Andrews, Peter Britos and Scott Hawkins to have a chance to show their abilities."

By his own admission Eggerman's abilities had been suffering since his enrollment as a freshman at Arizona State last fall.

"My mind wasn't in the game; maybe I took the tour for granted," he said.

Not any more. Upon notice from Catalina, Eggerman withdrew from ASU, moved back to his hometown of Boise, ID, and in his own terms "went back to the drawing board."

"I began running, lifting weights, and doing Nautilus six days a week," explained Eggerman. "And I practiced—more than I ever had in the past. I played open players and spotted them five or six points of 11. Then I played five or six 'B' players in games to 11, one after another, fresh people, to increase my stamina."

Eggerman immediately reaped the dividends of his new training regime. In the

16's in Coral Gables, he knocked off Yellen in five games, then upset Harnett in another five-set marathon before finally dropping a semi-final match to Dave Peck.

Against Hogan in Austin, Eggerman said despite a 10-4 lead in the final game, fans still didn't believe he would pull off one of the biggest upsets of the season.

"They still expected Marty to come back," said Eggerman.

But Hogan didn't. No, the only pro on a real comeback trail now is a 19-year-old who has been playing his sport for almost eight years. A pro who wants to keep on playing.

"My back was against the wall," said Eggerman. "I don't know what's going to happen with Catalina next year. They may stick with their decision. I hope they don't. I think I've proved to them I deserve to play professional racquetball." ●

Tournament Results

Adams Wins 3rd Straight On WPRA Tour

Lynn Adams breezed past Heather McKay 3-2, 3-1 to win the All Sport Pro-Am Classic at the All Sport Fitness and Racquetball Club, Fishkill, NY, April 22-26. This marked Adams' fourth tour stop championship and third consecutive win over McKay in the finals. The victory maintained Adams' number one ranking and money earning position.

McKay started out strong in the first set of the finals by winning the first two games. Adams gained some determination in the third game, and McKay led in the fourth at set point two times. Adams tied the score and won the game, and went on to win the next four games.

"Lynn played too well for me today," McKay acknowledged in the post-match interview. "If I don't win when I hold two set points then I don't deserve to win. I knew Lynn would come out strong in the third game, and I couldn't stop her."

In the semi-finals, neither McKay nor Adams had any difficulty. Adams bested third ranked Shannon Wright 3-0, 3-1, while McKay didn't lose a game in stopping Peg Gardner, the tournament's fifth seed, 3-0, 3-0.

Gardner reached the semis by virtue of an injury default by fourth seeded Marci Greer, thus denying the fans what should have been a real tussle. Greer sustained pulled thigh ligaments in her opening round match against young Heather Stupp. She managed to overcome Stupp 2-3, 3-1, 15-10, and then qualifier Cindy Baxter in the round of 16. But by then the injury had taken its toll and she defaulted to Gardner.

Fifteenth-ranked Terri Gilreath, Mission

Viejo, CA, was a surprise quarter-finalist, upsetting sixth seed Rita Hoff in round one 3-1, 0-3, 15-8, and then stopping number 10 Vicki Panzeri in the 16's 3-1, 1-3, 15-11. In the quarters, however, her dream ended at the hands of Wright, 3-0, 3-2.

Miami's Brenda Poe was another fresh face in the quarters, ousting seventh seed Jennifer Harding in the 16's in a tough match 2-3, 3-1, 15-13. Her tournament ended against Adams 3-1, 3-0.

The fourth quarter-final match-up pitted Caryn McKinney, Atlanta (who upset number eight seed Laura Martino 3-2, 3-1 in the 16's), against McKay. Heather showed no mercy in her 3-0, 3-0 romp.

As a sideline event, All Sport hosted a \$4,000 mixed doubles competition with Reuben Gonzales and Laura Martino topping past mixed doubles champions Pete

and Shannon Wright 3-0, 1-3, 15-12. The winning team collected \$1,600, with the runners-up awarded \$800. In the third and fourth playoff, Mike Levine and Francine Davis defeated Art Demars and Janell Marriott. ●



Lynn Adams

WPRA Player Rankings

April 27, 1982

	Ranking Points	Previous Rank
1. LYNN ADAMS	521.89	1
2. HEATHER MCKAY	488.81	2
3. SHANNON WRIGHT	345.63	3
4. MARCI GREER	253.13	4
5. PEGGY GARDNER	191.25	5
6. RITA HOFF	115.00	6
7. LAURA MARTINO	97.50	8
8. JENNIFER HARDING	96.68	7
9. BRENDA POE	93.33	12
10. CARYN MCKINNEY	86.25	11
11. JANELL MARRIOTT	80.63	9
12. VICKI PANZERI	77.68	10
13. KAREN WALTON-TRENT	52.50	15
14. MARTHA McDONALD	52.08	14
15. TERRI GILREATH	51.88	22
16. STACEY FLETCHER	43.33	18
17. BONNIE STOLL	42.50	20
18. BARBARA MALTBY	40.00	19
LINDA PREFONTAINE		16
20. FRANCINE DAVIS	35.63	17

Get in the swing of things...



... with our Workers' Compensation group program for racquet-club owners. It offers the coverage you need, plus a dividend plan* that returned 55% of members' premium during the 1980 policy year. This innovative program is written through United General Agency—the largest insurance agency for indoor tennis and racquetball clubs in the USA. With their years of experience, United General offers you many fine features like competitive rates, fast, local claim service, and more.

Call today for more information.
Toll free 800-526-4458
In New Jersey 201-635-7400



INSURANCE SERVICES 301 MAIN STREET • CHATHAM, N.J. 07928

Endorsed by:
National Tennis Association
National Court Clubs Association
International Racquet Sports Association

*Dividends cannot be guaranteed and are declared at the sole discretion of the board of directors of the underwriting company.

Underwritten by:
American Motorists Insurance Company



Tournament Results

Massachusetts

First Annual St. Patrick's Day Racquetball Tournament and Celebration
Sponsored by Genesee and AARA
Brodie Mountain Racquet Club
New Ashford, March 12, 13 and 14
Directors: Andy Kelly and Pat Phelps

Men's A

Semi-finals: Drew Draper d. Gerry McKittin

Finals: Ed Chandler d. Barry Russel 15-13, 8-15, 11-8

Men's Senior (35+)

Semi-finals: Jack Klaubert d. Dave Weinberg

Finals: Al Sabo d. Dick Clemente 15-5, 15-8

Men's B

Semi-finals: Mike Korber d. Jim Canino

Finals: Mike Havis d. Paul Stierer 15-7, 15-7

Men's C

Semi-finals: Dave Baron d. Rick Goyette

Finals: Dennis Beadle d. Bob Huges 15-6, 15-2

Men's Novice

Semi-finals: Peter Kamel d. Robert Demon

Finals: Fran Reardon d. Mark Benson 12-15, 15-8, 11-5

Women's B

Semi-finals: Judy Kellogg d. Diane Draper

Finals: Lynn Gagnon D. Diane Cleary 15-13, 15-13

Women's C

Semi-finals: Judy Kellogg d. Sue Beadle

Finals: Doe Davivo d. Andrea Glansberg 11-5, 15-11, 11-7

Women's Novice

Semi-finals: Pat Russell d. Stephanie Schuyler

Finals: Sue Beadle d. Carrie Burton 12-15, 15-2, 11-4

Men's Junior (15 and under)

Semi-finals: Eric Johansen d. Mark Charland

Finals: John Tremby, Jr. d. Mark Champagne 15-0, 15-2

Michigan

The Daly-Merritt/Ektelon Tournament at the Racquet King Courts in Trenton, March 19, 20, 21 was a T.V. first for a local tourney in Michigan, with cable coverage of all divisions. There were 225 entries, with over \$2500 in prizes and awards. Results follow:

Men's Open: 1st—Van Trease; 2nd—Fox; **Semi-finalists**—Mitchell, Wilhelm

Men's A: 1st—Teets; 2nd—Heckman; **Semi-finalists**—Free, Blakeslee

Men's Masters: 1st—Matyas; 2nd—Kaufman; **Semi-finalists**—Miller, Aniteau

Men's Seniors: 1st—Kurtz; 2nd—Stoja; **Semi-finalists**—Slavik, Tessmar

Men's B: 1st—Grodzinsky; 2nd—Tessman; **Semi-finalists**—Bugarin, Holman

Men's C: 1st—Ferrell; 2nd—Ballard; **Semi-finalists**—Garri-son, Hartman

Men's D: 1st—Matej; 2nd—Musolf; **Semi-finalists**—Wotas, Mace

Women's Open: 1st—Fletcher; 2nd—Henry; 3rd—Erhart

Women's C: 1st—Adams; 2nd—LaBeau; **Semi-finalists**—Byers, Koncz

Women's D: 1st—Huczek; 2nd—Prigg; **Semi-finalists**—Pascura, Scott

Wisconsin

Charley Cronen/Equitable Life Pro/Am
Racquetball Classic
The Sports Core
Kohler, March 19-21, 1982

Men's Pro Draw

Finals: Bakken d. Ferris 11-7, 3-11, 11-8,
1-11, 11-5
3rd—Ikier d. Kaus 7-11, 11-3, 11-9, 11-6

Men's Open

Finals: O'Brien d. Mantz 11-2, 11-6, 6-11,
9-11, 11-5
3rd—Baumgart d. Marinaccio 11-9, 11-6, 11-10

Men's B: 1st—Staudt

Men's C: 1st—Pratt

Women's Open

Finals: Kraus d. Waldron Kaus 11-6, 11-5, 11-10
3rd—Jacobson

Women's B: 1st—Coffman

Women's C: 1st—Martin

Massachusetts

Bay State Open
Sponsored by Michelob Light
Worcester Court Club
Worcester, March 19-21, 1982
Directors: MRA Paul Henrickson; WCC Donna Lavoie

Men's Open: 1st—Luciw; 2nd—Riley; 3rd—Packer

Men's 35+: 1st—Laraia; 2nd—Peele; 3rd—Kopka

Men's 40+: 1st—Noera; 2nd—Coleman; 3rd—Laraia

Men's B: 1st—Thibeault; 2nd—Keavany; 3rd—Daniels

Men's C: 1st—Marsden; 2nd—Kittrell; 3rd—Larabee

Men's Novice: 1st—Waugh; 2nd—McDonald; 3rd—Brown

Women's Open: 1st—Simon; 2nd—Quinlan; 3rd—Rimkus

Women's B: 1st—Green; 2nd—Richards; 3rd—Migdelany

Women's C: 1st—Cross; 2nd—Eriksburg; 3rd—Larabee

Women's Novice: 1st—Wyka; 2nd—Feroah;
3rd—Humphrey

New York

Paul Masson and Natural Light
Westchester Open
Sponsored by Paul Masson Wine and Natural
Light Beer, Coca Cola, Phipps Plus,
Ridgewood Quality Products
Pelham Racquetball and Health Club
Pelham Manor, March 26, 27 and 28, 1982

Men's Open

Quarter-finals: Ruben Gonzales d. Tab Mak 15-6, 15-12;
David Cardillo d. John Gerbino 15-3, 15-3; Pete Chardavoyne
d. Ken Teape 13-15, 15-13, 15-8; Artie Diemar d. Tom Mon-
tabano 15-13, 15-12

Semi-finals: P. Chardavoyne d. A. Diemar 15-10, 13-15, 15-9;
R. Gonzales d. D. Cardillo 15-8, 15-12

Finals: R. Gonzales d. P. Chardavoyne 15-9, 15-1

Men's Seniors (35+)

Quarter-finals: Jim Winterton d. Robert Hooper 15-8, 15-5;
Archie Rupp d. Joe Ledo 15-4, 15-3; Stephen Meltsner d. Ted
Weiss 15-3, 15-3; Jack Nocera d. Ed Rubin 15-6, 15-11

Semi-finals: J. Winterton d. A. Rupp 15-3, 15-12; J. Nocera
d. S. Meltsner 15-10, 15-14

Finals: J. Winterton d. Nocera 11-15, 15-6, 15-14

Men's Masters (45+)

Quarter-finals: Robert Feldman d. John Wheeler 15-11, 12-15,
15-6; Alex Shapiro d. Martin Cohen 15-9, 15-3; Joe Tumminia d. Joe
DeVito 15-6, 15-13; Gerald Santoro d. Peter Appel 15-14, 9-15,
15-8

Semi-finals: R. Feldman d. A. Shapiro 15-9, 15-14; J. Rizzo
d. J. Kringdon 15-11, 14-15, 15-4

Finals: J. Rizzo d. R. Feldman 15-8, 15-3

Men's B

Quarter-finals: Bruce Koller d. Ed Scola 15-6, 15-2; Eric
Schwelke d. Steve Present 15-9, 15-3; Joe Tumminia d. Joe
DeVito 15-6, 15-13; Gerald Santoro d. Peter Appel 15-14, 9-15,
15-8

Semi-finals: E. Schwelke d. B. Koller 11-15, 15-11, 15-9; J.
Tumminia d. G. Santoro 15-10, 15-12

Finals: J. Tumminia, Jr. d. E. Schwelke 15-6, 15-14

Men's C

Quarter-finals: Bill Young d. Christopher D'Antonio; Dave
Berson d. James Drew; Steve Gifford d. Ira Kaufman; Rich
Dunkel d. Mike Force

Semi-finals: B. Young d. D. Berson; S. Gifford d. R. Dunkel

Finals: B. Young d. S. Gifford 14-15, 15-9, 15-8

Men's Open Doubles

Quarter-finals: A. Diemar/S. Meltsner d. B. McDermott/J.
Roussis 15-7, 15-6; R. Gonzales/E. Gonzales d. K. Teape/R.
O'Hara 15-7, 15-6; Chardavoyne/Nieves d. Bernardi/Alberti
15-10, 15-9; Nocera/Packer d. L. Colkera/D. Archetti 15-4,
15-4

Semi-finals: R. Gonzales/E. Gonzales d. A. Diemar/S.
Meltsner 15-11, 5-15, 15-3; J. Nocera/H. Packer d. P. Char-
davoyne/M. Nieves 15-5, 15-7

Finals: J. Nocera/H. Packer d. R. Gonzales/E. Gonzales
8-15, 15-10, 15-7

Men's B/C Doubles

Quarter-finals: S. Present/S. Freifeld d. J. Malgeri/J. Rizzo
10-15, 15-3, 15-8; Parise/Ciciola d. Dowglewicz/Manna 15-5,
15-8; Petrelli/Petrie d. A. Rupp/B. Purdy; Gifford/DelVecchio d.
Powers/Clark

Semi-finals: S. Present/S. Freifeld d. D. Parise/F. Ciciola; A.
Petrie/T. Petrelli d. S. Gifford/R. DelVecchio

Finals: S. Present/S. Freifeld d. A. Petrie/T. Petrelli 12-15,
15-8, 15-13

Women's Open

Quarter-finals: Tammy Hajjar d. Debbie Pallas 15-13, 15-13;
Randy Friedman d. Karen Kimerling 13-15, 15-9, 15-12;
Nancy Kriss d. Fran Morris 8-15, 15-3, 15-13; Ginger Sottile
d. Jackie Adler 15-4, 15-11

Semi-finals: T. Hajjar d. R. Friedman 15-1, 15-8; G. Sottile d.
N. Kriss 11-15, 15-7, 15-11

Finals: T. Hajjar d. G. Sottile 15-10, 15-11

Women's B

Quarter-finals: Robin Levine d. Judy Domain 15-0, 15-13;
Cindy Goode d. Lisa Hoffman 15-9, 15-4; Ilene Wald d. Robin
Saraceni 15-14, 13-15, 15-8; Liz Williams d. Laura Hanna

Semi-finals: C. Goode d. R. Levine 15-7, 15-7; L. Williams d.
I. Wald 10-15, 15-7, 15-9

Finals: C. Goode d. L. Williams 15-9, 15-5

Women's C

Quarter-finals: Chris Maloney d. Linda Kerrigan 15-3, 13-15,
15-2; Linda Stern d. Carolyn Saraceni 15-3, 15-11; Carolyn
Casselli d. Angela Pagano 15-4, 14-15, 15-11; Marlene Martin
d. Kazuko Burnette 15-2, 15-13

Semi-finals: C. Maloney d. L. Stern 15-14, 15-13; M. Martin
d. C. Casselli 13-15, 15-12, 15-2

Finals: C. Maloney d. M. Martin 15-6, 15-6

Women's Open Doubles

Quarter-finals: Tammy Hajjar/Ginger Sottile d. Nancy Kriss/Debbie Pallas 15-11, 15-5; Randy Friedman/Karen Kimerling d. H. Adler/J. Adler 15-7, 15-10; Lori Pallas/Helene Burden d. J. Martin/L. Barta 15-3, 15-7; Mary Ann Cleuss/Vai Paese d. Judy Domain/Fran Morris 15-7, 15-11

Semi-finals: T. Hajjar/G. Sottile d. R. Friedman/K. Kimerling 3-15, 15-4, 15-13; L. Pallas/H. Burden d. M. A. Cleuss/V. Paese 15-12, 15-13

Finals: T. Hajjar/G. Sottile d. L. Pallas/H. Burden 15-8, 15-9

Women's B/C Doubles

Quarter-finals: Linda Stern/Kazuko Burnette d. Robin Saraceni/Carolyn Saraceni 15-11, 8-15, 15-7; Marlene Meredith/Joyce Martin d. Linda Kerrigan/J. Greenwald 15-13, 15-1; Lisa Hoffman/M. Poulton d. Scatini/Parlatore 15-0, 15-9; Mary Ann Downey/Irene Wald d. Docherty/Wong 15-6, 15-4

Semi-finals: M. Meredith/J. Martin d. L. Stern/K. Burnette 15-12, 15-15; M. A. Downey/I. Wald d. L. Hoffman/M. Poulton 15-14, 15-9

Finals: M. Meredith/J. Martin d. M. A. Downey/I. Wald 15-10, 15-9

Louisiana

The New Off the Wall Racquetball Club in Chalmette got off the ground in style by hosting the 1982 Greater New Orleans City Championships, March 26-28. The tournament was conducted under the auspices of the Racquetball Association of Greater New Orleans, and sponsored by "Lite Beer" from Miller and the Marina Wharf restaurant. All funds raised are to be spent on the promotion and advertising of racquetball.

Men's Open

Quarter-finals: Mike Almerico d. Jeff Kindl 21-9, 21-11; Ricky Gonzales d. Frank Gomilla 21-20, 8-21, 11-8; Cliff Zeairs d. Jerry Winsberg 21-20, 21-17; Lance LaCour d. Art Arnold 21-16, 15-21, 11-5

Semi-finals: M. Almerico d. R. Gonzales 21-17, 14-21, 11-5; L. LaCour d. C. Zeairs 21-18, 21-10

Finals: L. LaCour d. M. Almerico 21-11, 11-21, 11-3; 3rd—R. Gonzales

Men's A: 1st—Glen Weidenbacher; 2nd—Rowley Sewell; 3rd—Bill DiFilippo

Men's B: 1st—Dan Staley; 2nd—E. T. Tapper; 3rd—Dan Ory

Men's C: 1st—Grant Leslie; 2nd—Willis Fernandez; 3rd—Keith Picou

Women's A: 1st—Renee Hebert; 2nd—Romaine Lee; 3rd—Aledia Laird

Women's B: 1st—Aledia Laird; 2nd—Joann Roberts; 3rd—Candy Zeairs

Women's C: 1st—Sue Shultz; 2nd—Michelle Harris; 3rd—Kelley Ehret

California

California State Junior Championships
Sponsored by Rax Roast Beef
Modesto Court Room
Modesto, March 26, 27, and 28
Directors: Carol Pearce and Bill Harper

Boys 18 and Under

Quarter-finals: Corey Brysman d. Mike Padilla 15-4, 15-5; Wade Beardsley d. Jim Ikehara 15-9, 13-15, 15-5; Jeff Olsen d. Scott Morey 14-15, 15-9, 15-4; Rick Ferrin d. William Holmes 15-7, 15-13

Semi-finals: C. Brysman d. W. Beardsley 15-13, 15-14; R. Ferrin d. J. Olsen 15-14, 9-15, 15-11

Finals: C. Brysman d. R. Ferrin 15-12, 15-8

Boys 16 and Under

Quarter-finals: Bill Sparks d. Jim Kellems 15-1, 15-1; Scott Husted d. John Bernard 15-5, 15-12; Brian Willinger d. John Gonzales 15-10, 15-11; Mike Gustaveson d. Scott Gaston 15-7, 15-7

Semi-finals: B. Sparks d. S. Husted 15-6, 15-7; M. Gustaveson d. B. Willinger 15-0, 15-13

Finals: M. Gustaveson d. B. Sparks 15-5, 13-15, 15-6

Boys 14 and Under

Quarter-finals: Bobby Rodriguez d. Robert Thomas 15-5, 15-4; Mark Eisenhut d. Robbie Lemos 9-15, 15-0, 15-2; Mike Bronfeld d. Justin Anderson 15-8, 15-11; Mike Lowe d. Mike—15-8, 15-2

Semi-finals: B. Rodriguez d. M. Eisenhut 15-1, 15-8; M. Bronfeld d. M. Lowe 15-11, 15-11

Finals: B. Rodriguez d. M. Eisenhut 15-13, 15-8

Boys 12 and Under

Quarter-finals: Jeff Stark d. Jeff Runnels 15-12, 15-3; Chris Arvan d. Mike Vargas 15-14, 15-5; Grant Smith d. Jason Wood 15-13, 15-11; Justin Cochrane d. Marc Carpenter 15-13, 11-15, 15-13

Semi-finals: J. Stark d. C. Arvan 15-3, 12-15, 15-12; J. Cochrane d. G. Smith 13-15, 15-13, 15-11

Finals: J. Stark d. J. Cochrane 15-9, 15-9

Boys 10 and Under

Finals: Jeff Russell d. Jason Gilbertie

No-Bounce 6 and Under

Quarter-finals: Mike Geary d. Jason Chellers 15-4, 15-7; Scott Drummond d. Jason Anderson 15-2, 15-4; Aaron Osterman d. David Gonzales 15-8, 4-15, 15-9; Talya Dodson d. Brian Bohannon 15-3, 15-5

Semi-finals: M. Geary d. S. Drummond 15-7, 15-5; T. Dodson d. A. Osterman 3-15, 15-8, 15-10

Finals: T. Dodson d. M. Geary 15-6, 15-4

Boys 18 and Under Doubles

Quarter-finals: Blakeslee/Gustaveson d. Stade/Larsen 15-3, 11-15, 15-3; Padilla/Holmes d. Myers/Eisenhut 15-8, 8-15, 15-2; Ferrin/Beardsley d. Hughes/Tomasini 15-1, 15-5; Olsen/Goulding d. Silberman/LeClair 15-1, 7-15, 15-9

Semi-finals: Blakeslee/Gustaveson d. Padilla/Holmes 13-15, 15-11, 15-10; Ferrin/Beardsley d. Olsen/Goulding 15-13, 7-15, 15-13

Finals: Ferrin/Beardsley d. Blakeslee/Gustaveson 7-15, 15-7, 15-9

Boys 16 and Under Doubles

Quarter-finals: Sparks/Gaston d. Runnels/Stroble 15-7, 15-5; Eilers/Bronfeld d. Parra/Stauffer 13-15, 15-10, 15-3; Willinger/Kellems d. Lake/Whetstone 15-3, 15-2; Gonzales/Gendron d. Lipsmeyer/Bright 15-10, 15-1

Semi-finals: Sparks/Gaston d. Eilers/Bronfeld 15-6, 15-6; Willinger/Kellems d. Gonzales/Gendron 15-2, 15-0

Finals: Sparks/Gaston d. Willinger/Kellems 15-8, 15-0

Boys 14 and Under Doubles

Quarter-finals: Lowe/Rodriguez d. Runnels/Warren 15-2, 15-9; Sibley/Cox d. Ramm/Evans 15-4, 13-15, 15-4; Hammer/Hammer d. Church/Lemmon 15-5, 7-15, 15-2; Stark/Anderson d. Casey/Borshell 15-3 15-10

Finals: Lowe/Rodriguez d. Stark/Anderson 15-9, 15-3

Boys 12 and Under Doubles

Quarter-finals: Vargas/Carmona d. Lim/Dodini 15-5, 15-3; Arvan/Carpenter d. Konecne/Seamans 15-3, 13-15, 25-6; Adams/Dold d. Siri/Thornton 5-15, 15-12, 15-9; Geary/Smith d. Fields/Borshell 15-0, 15-0

Semi-finals: Arvan/Carpenter d. Vargas/Carmona 15-14, 15-7; Geary/Smith d. Adams/Dold 15-6, 14-15, 15-11

Finals: Arvan/Carpenter d. Geary/Smith 15-12, 15-3

Boys 10 and Under Doubles

Semi-finals: Gilbertie/Downey d. Vonstettman/Flanagan 11-15, 15-3, 15-10; Labra/Labra d. Ballard/Ballard 15-6, 15-1

Finals: Labra/Labra d. Gilbertie/Downey 15-1, 15-14

Girls 18 and Under

Finals: Mo Nard d. Lynette Porch 15-12, 15-4

Girls 16 and Under

Quarter-finals: Michele Gilbertie d. Janet Parra 15-8, 15-7; Tracey Ransdell d. Gina Mayer 15-2, 15-2; Shelley Adams d. Wendy Comer 15-5, 15-0; Carol Montalbo d. Robin Strathman 15-3, 15-0

Semi-finals: M. Gilbertie d. T. Ransdell 15-14, 15-4; C. Montalbo d. S. Adams 12-15, 15-8, 15-10

Finals: C. Montalbo d. M. Gilbertie 15-7, 15-4

Girls 14 and Under

Quarter-finals: Lisa Anthony d. Laura Caballero (default); Marie Iseminger d. Christine Geary 15-7, 15-10; Kelly Pulis d. Kristi Dunning 15-1 (default); Michelle Morrow d. Shelley Wallman 15-2, 15-4

Semi-finals: L. Anthony d. M. Iseminger 15-1, 15-3; M. Morrow d. K. Pulis 15-4, 15-1

Finals: M. Morrow d. L. Anthony 15-9, 15-14

Girls 12 and Under

Quarter-finals: Delainie Comer d. Elizabeth Rosas 15-5, 15-1; Tami Dodson d. Salina Rodriguez 15-8, 15-5; Rodie Martin d. Dawn Benere 15-7, 15-6; Stephanie Adams d. Stacy Sattler 15-3, 15-3

Semi-finals: D. Comer d. T. Dodson 15-13, 15-10; S. Adams d. R. Martin 15-8, 9-15, 15-3

Finals: D. Comer d. S. Adams 15-0, 15-11

Girls 10 and Under

Quarter-finals: Brandy Yrigoyen d. Carin Craig 15-1, 15-2; Amber Dixon d. Jennifer Sattler 15-7, 15-13; Monica Carmona d. Erika Eisenhut 15-1, 15-1; Sara McPhee d. Phyllis Vann 15-3, 15-5

Semi-finals: B. Yrigoyen d. A. Dixon 15-10, 15-4; S. McPhee d. M. Carmona 15-12, 15-5

Finals: B. Yrigoyen d. S. McPhee 13-15, 15-7, 15-14

Girls 16 and Under Doubles

Semi-finals: Adams/Adams d. Anthony/Gilbertie 15-13, 6-15, 15-11; Strathman/Ransdell d. Iseminger/Iseminger 15-6, 15-4

Finals: Adams/Adams d. Strathman/Ransdell 15-4, 15-4

Girls 14 and Under Doubles

Round Robin: Morrow/Yrigoyen d. Wallman/Anthony 15-9, 15-8; Comer/Mark d. Wallman/Anthony 15-5, 15-2; Comer/Mark d. Morrow/Yrigoyen 15-6, 15-12

Girls 12 and Under Doubles

Finals: Martin/Sattler d. Rodriguez/Dodson 15-14, 7-15, 15-11

Girls 10 and Under Doubles

Finals: McPhee/Yrigoyen d. Carmona/Dixon 15-2, 15-5



Racquetball... Handball... Squash... Paddleball

Hundreds of court installations, without a failure,
mean proven performance. Here's why!



The material is premium grade 62-P hi-density, hi-pressure laminated court panel system.



Superior quality and long life.



Complete court package designed and engineered to fit your needs and budget.



Dimensionally stable, structurally sound, non-sweating surface.



Resists chipping, cracking, scratching and marring from racquet contact.



Playability is true and consistent, with uniform ball action and sound.



Minimal maintenance, never needs paint, cleans with soap and water.



Exacting specifications and full inspection procedures prior to shipment.



Faster installations, no downtime revenue loss.



Highly trained experts make all installations, backed by double guarantee from World Courts, the court systems specialists.



Call or write for complete details:

World Courts, Inc.

554 Main Street

S. Weymouth, MA 02190

Phone: (617) 337-0082

Dept. NR

Indoor Running Tracks

Distributor of
Championship Floors

Portable or Permanent



Product of
FIBERESIN
Industries, Inc.

Where Are They Now?

'It Was Fun Being A Part of History'

In 1969, at the age of 19, Mike Zeitman was a racquetball champion. That year, the first recognized as "official" in racquetball lore, found Zeitman and his 20-year-old partner, Alan Hyman, capturing the open doubles title at the first International Racquetball Association (IRA) national championships.

Despite 11 years of dedicated effort, that first title was to be Zeitman's last true national championship. A combination of injuries, bad luck and what he calls "my desire not to live in the back of a van and become a racquetball machine," led to his retirement from competitive racquetball in 1980.

Zeitman will most likely go down in racquetball history as the man with the greatest potential who never really made it to the top. Yet his honor roll of victories includes wins over every top player of his era, Brumfield, Serot, Strandemo, Schmidtke, Keeley—all of them.

What happened to Mike Zeitman and why did he cash in his racquetball chips at the not-over-the-hill age of 31?

"I often wondered if that first doubles win would be the highlight of my career," he said. "Especially if I never made it in singles."

Like almost all top professional racquetball players, Zeitman went through a period of massive training and time on the court to develop his skills. From a 5'9, 142-pound high school senior, he turned into a 6'1, 175-pound college freshman on a tennis scholarship at the University of Kentucky.

After dabbling in handball that freshman

year, Mike returned home to Louisville and caught the racquetball bug, thanks to the three prime movers in his court career, his father, Irv, his friend and early opponent Ike Gumer, and his teacher, doubles partner and Kentucky arch-rival, Ken Porco.

"I got excited about racquetball," said Zeitman. "After all those years of trying to be an athlete, I woke up one morning with the body of an athlete—just the time racquetball began to boom."

Zeitman gave up his Kentucky scholarship and enrolled in the University of Louisville where he studied, worked to pay most of his school expenses, played tennis on a partial scholarship and put in the three or four hours a day necessary to improve his rapidly developing racquetball game.

When he and Hyman went to St. Louis for that first national tournament, his early round loss in singles paved the way for the eventual doubles victory. And a little strategic help from his partner's father didn't hurt the cause either.

"We probably wouldn't have won had it not been for Andy Hyman," said Mike. "He gave us the strategy which eventually led to our championship (over the Cleveland team of Angelo Vecchio and Mike Anzalone). All we did was hit a bundle of ceiling shots."

It should be noted that the ceiling shot in 1969 was strictly a handball maneuver. To get the slow racquetball into deep court off the ceiling with the bludgeon-heavy wooden frame racquets then in vogue was a challenge indeed.

A year later the defending champs lost in the semi-finals to eventual winners Don Wallace and Bob Yellin, whose stick-your-fanny-in-front-of every-shot strategy handcuffed everybody, referees included.

Zeitman decided to concentrate on the more open singles game, playing doubles, more often than not with Porco, just to complement his singles. His target was the 1972 nationals in Memphis, close enough to his home to ensure a good home-town gallery full of family and friends. But it was not to be.

"I was sitting in my car at a stop light one day in January," he said, "and I never really knew what hit me. I guess the guy coming up from behind never stopped."

The result was a terrible impact resulting in an avulsion fracture of his fourth lumbar vertebra, otherwise known as a broken back. His concerns went from capturing racquetball championships to re-capturing his ability to walk.

"I remember it like yesterday," he said. "January 30, 1972. I was in the hospital for three weeks and flat on my back until April. The doctors told me not to play for a year."

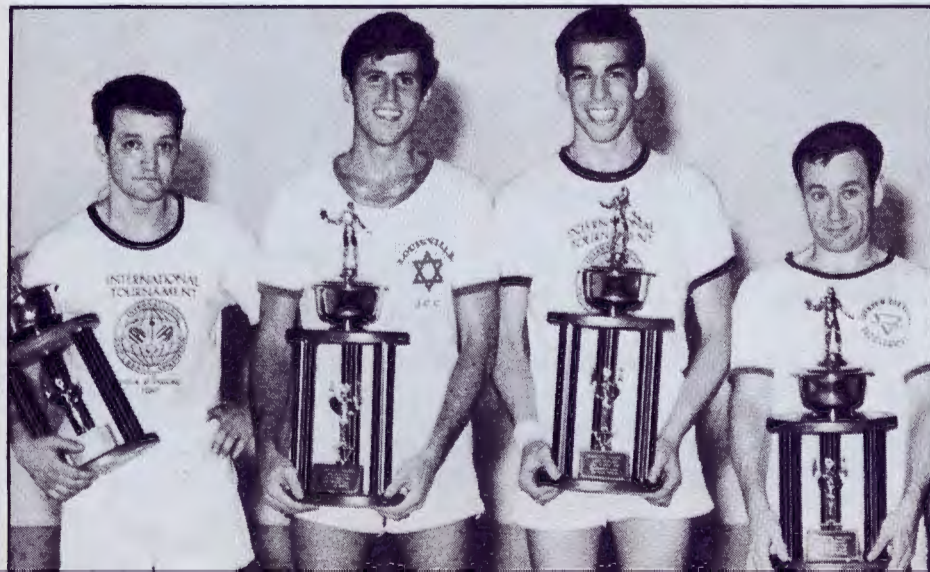
In the true-grit spirit of an athlete crazed with the desire to win, Zeitman begged the doctors to reconsider.

"At first I was just happy to be able to walk," he said. "Finally I began to walk long distances to see how far I could go. After a week I began to swim. After another week or so, despite doctors' warnings, I began to play. Somehow I thought I could play in Memphis (the tournament was in late April)."

He never made it. His atrophied muscles couldn't stand the pace and painful back spasms kept him on the sidelines, as Charlie Brumfield went through what many people feel was the weakest field in any of the pre-professional racquetball national championships. Zeitman set his sights on 1973.

"I wanted to show I was a legitimate singles contender," he said, "so I started concentrating on my game."

We're sure you can tell who the winners were in the 1969 IRA National Doubles Championship. Left to right are runner-up Angelo Vecchio, champ Alan Hyman, his partner Mike Zeitman, and Vecchio's partner, Mike Anzalone.



lifted weights, developed specific exercises to strengthen racquetball-related muscles and I stopped playing tennis."

But Mike Zeitman found two roadblocks in his way, roadblocks that he feels didn't stand in the way of the other top players in the game. First, he was married and had to earn a living. Second, he was honest.

"Yes, I could have been more successful," he said. "I could have turned myself into a racquetball machine. But I wasn't willing to give up the nicer things in life, for which you need to earn an income. I truly don't think I could have done any better under the circumstances."

Zeitman prides himself on his on-court honesty, a trait that he feels set him apart (if not above) his contemporaries. His career parallels the boisterous, shouting and shoving style of play that was typical of the mid-70's. And although he participated in the shouting portion of it all, never the shoving.

"I can honestly say that I never cheated anyone purposely," he said. "I never took a shot I didn't make. It hurt me over the years and I learned that honesty doesn't always pay off."

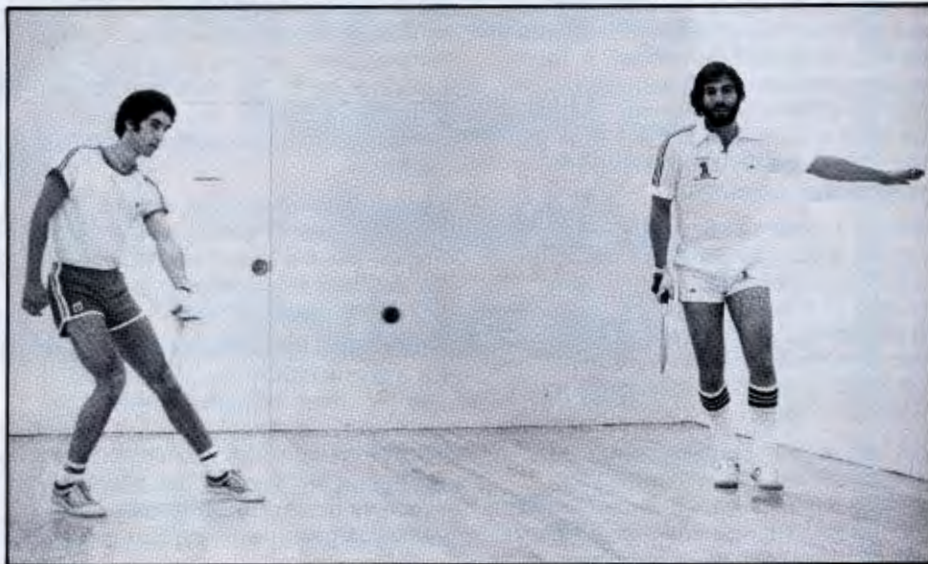
"If I had it to do all over again I still wouldn't cheat. Winning didn't mean that much to me, to sacrifice my principles. Racquetball meant a lot more to me than to just go out and trounce somebody. I cherish the time I spent and the people I met in racquetball."

Zeitman's travels through the racquetball world next found him a political function, working for then IRA president William B. Tanner, in Tanner's efforts to develop a professional tour to rival Bob Kendler's National Racquetball Club (NRC). Zeitman's marriage had not worked out and Tanner was looking for somebody with knowledge and skills in racquetball.

This period (1976-78) was Zeitman's strongest as a player, when he often reached the semi-finals and consistently ranked in the top eight. Yet he was never awarded the sponsorship so many of his lesser-ranked contemporaries were enjoying—something that nags at him to this day.

"I guess I was too controversial," he said. "I challenged people. I asked

Zeitman in a pro match against Jerry Zuckerman (l.). Strength, speed and stamina weren't enough for Mike.



questions. I spoke my mind. And yes, I got on referees. I suppose I was too hot to touch."

When Tanner bowed out at the end of his tenure with the IRA his pro tour attempt bowed out with him. Zeitman packed his bags and followed the sun and fun to Las Vegas where he worked for the Las Vegas Sporting House and Jim Lewis (then Shannon Wright's manager) doing clinics. He eventually migrated to the world of casinos, dealing "21," baccarat and roulette.

"It was a fun experience for a while," he said, "but the atmosphere was bad. I couldn't keep it up."

And if things hadn't been going badly enough, three operations in one year delivered the final blow. Two of the problems were stomach related—a rare hernia condition and an entrapped nerve. But the one that put him on the shelf for good was torn ligaments in his right thumb.

"I hurt it playing basketball, which I used as a conditioner for my racquetball game," he said. "They had to drill four holes into the base of my thumb and tie the ligaments through the holes. One couldn't be tied so they stapled it to the bone."

"So I laid it (his racquet) down because I just couldn't contribute. The fun had gone out of it and I wasn't able to perform up to my past abilities. I couldn't put in the time necessary, three to five

hours a day, to come back. At age 31 it wasn't going to happen. I had to earn a living.

"Had I been 21 years old and pro racquetball was offering a six figure income, I probably would have given it a shot. I felt it was a juncture in my life where it was time to put aside children's games and get into a lifelong career."

One area he was reluctant to give up was his status as coach. Zeitman is proud to have tutored some of racquetball's best over these years—including Bret Hamett, Sarah Green, David Fleetwood and Bobby Bolan. But now, even that part of his racquetball life is history.

"No, I don't feel my time in racquetball was wasted," he said. "I feel they were good times. My dad says I was on vacation all those years and now it's time to go to work. I have great memories. I participated in so many 'firsts.' And I'll never forget the people."

Today Mike Zeitman is a married man, whose wife (the former Lea Novak) is general counsel for a securities investment firm. Located in Houston, Zeitman is self-employed as an investment advisor.

"I was there when it all started," he said, "and I'm proud of the contribution I made to racquetball. I would feel honored to walk through a racquetball hall of fame and say, 'I knew him, I played against him, and I was there when that happened.'" ●

EXPERIENCE A NEW YOU.



Mix gin clear water with bone white beaches, stir in an enthusiastic crew and lively shipmates, top it off with star bright nights filled with steel drum rhythms and bake under a Caribbean sun for seven delicious days.

The results are a New You who has experienced more living in one week than you thought possible in a lifetime!

Your share in the Windjammer adventure can be as little as \$425. Call us Toll Free at 1-800-327-2600 or mail off our coupon and we'll send you the rest of our recipe.



Cap'n Mike, Windjammer 'Barefoot' Cruises, Ltd.,
P.O. Box 120, Miami Beach, Florida 33119.

Name

Address

City

State/Zip Dept. 2430



Windjammer
Barefoot Cruises LTD

P.O. Box 120, Miami Beach, Fla. 33119



Marty Hogan
Signature Series

Turn yourself into a man of steel.

You're looking at the game's first steel racquet. The Marty Hogan Steel.

It was developed by DP Leach and True Temper from the strongest material ever used in a metal racquet — chromalloy, a material developed for America's space program.

Weaker racquets can bend and stay that way permanently. The Marty Hogan Steel resists this permanent warpage better than any other racquet, so it helps increase the power and accuracy of your game. But our Hogan Steel isn't just the strongest racquet on the market, it's also remarkably lightweight — only 250 grams, so you can

maintain consistent power throughout a match.

Our new racquet is also incredibly well balanced, because of a unique "step-down" frame feature modeled after True Temper's world famous golf shaft.

All in all, this is one super racquet. One that's good enough to wear the name of four-time Nationals champion, Marty Hogan.

So look for the Marty Hogan Steel at your favorite pro shop or retailer, add it to your arsenal, and we guarantee the balance of power will swing your way. Your Hogan Steel will make opponents

think your power shot is traveling faster than a speeding bullet.

DP LEACH
Fit for Life