

RACQUETBALL



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Official Bi-Monthly Publication of the
International Racquetball Association

Sports Illustrated Enters Racquetball Field



Here Come The Juniors

How To Organize A Racquetball League

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Speak Out In Racquetball

Your comments on racquetball and **RACQUETBALL** magazine are welcome. Send letters and post cards for publication to "Mail" IRA, 2670 Union Ave. Ext., Memphis, TN 38112.

On The Cover

Four youngsters gear up for the start of the IRA—Ektelon National Juniors Program. For complete details of the National Juniors Program, see page 10.

Cover photograph by Pat McGrath

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IRA Info

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Dear Members:

This issue of RACQUETBALL Magazine contains information on the IRA's National Doubles Competition to be held in the Los Angeles area on November 3-6, 1977. Those of you who have played doubles know that the doubles matches offer some of the most exciting and challenging play of any competition level. We are expecting a large turnout for the National Doubles and encourage you to make your reservations early. The IRA's National Singles this year produced the largest draw in the history of racquetball, and this will undoubtedly be true of the National Doubles also.

The IRA's State Chairmen held their annual meeting at the IRA's National Headquarters in Memphis, Tennessee on September 16-18, 1977. The State Chairmen have many challenging opportunities facing them during the 1977-1978 Racquetball Season and will need your support to implement the plans they formulated in Memphis to make this the best racquetball season ever for you, the players.

With the sponsorship of Ektelon racquets, the IRA will begin with the 1977-1978 racquetball season to conduct a program of National Juniors Competition; there will be local, regional and National Competition Levels with three divisions each for male and female players: ages 17 and under, 13 to 15 and 12 and under. This is an exciting new program for the IRA and its membership and we look forward to this first season enthusiastically. The Juniors Players represent the future of racquetball and the IRA is behind them 100%.

The IPRO will hold eight professional racquetball tournaments during the 1977-1978 Racquetball Season with the first being set for Chicago, Illinois. Other IPRO Tournaments are scheduled in Los Angeles, Atlanta, Tucson, Memphis, Las Vegas, Detroit and in conjunction with the IRA's 1978 National Singles at a site to be selected. We will be telling you more about this and other IPRO tournaments in future editions of RACQUETBALL Magazine. The Professional Competitions are rapidly becoming the most active circuits in racquetball resulting in extraordinary opportunities for players of all levels of skill to view the pros in action and increase their own skills.

Remember, the International Racquetball Association is your Association, call on the Staff whenever they may be of assistance to you.

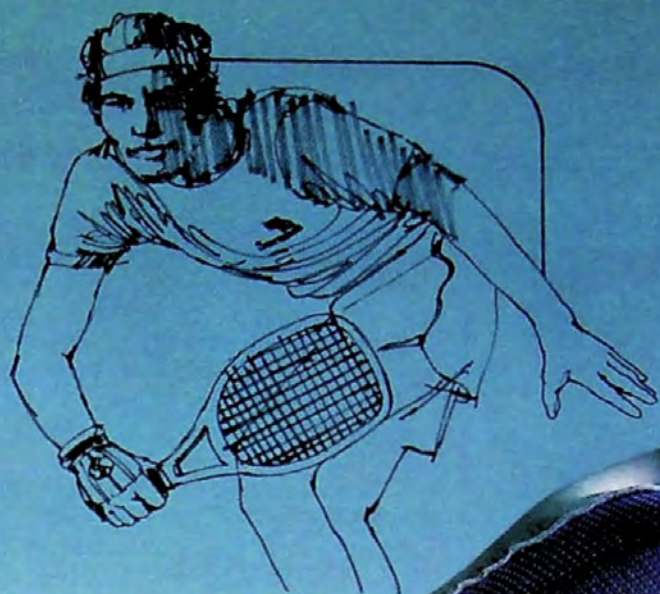
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It's Here

Competition Will Start In December For The IRA-Ektelon National Juniors Program

The International Racquetball Association and Ektelon, a San Diego-based manufacturer of racquetball racquets and accessories, are teaming up to stage the biggest juniors racquetball program ever held.

The IRA-Ektelon National Juniors Program will offer boys and girls in three age divisions—17 and under, 15 and under and 12 and under—a chance to compete for scholarships, trophies, cups, ribbons and equipment.

The program will include junior players from IRA's eight United States and two Canadian regions and plans tentatively call for admitting junior competitors from Europe.

The IRA-Ektelon program will consist of local, regional and national competitions. Local play will begin in cities within IRA's area of activity in late December. Any youth, educational or athletic group may sponsor a qualifying local event simply by contacting IRA headquarters in Memphis, Tenn., for details and following the organization's instructions.

Regional competitions will be held next March and will be limited to 32 players in each age division. Contenders in the regional events will include winners of local competitions and players accepted on an "open" basis who were unable to compete in local tournament play.

The IRA-Ektelon competition will culminate in national championship play next June at a yet-to-be-announced site. Each draw of the event will be limited to 64 players, including the 10 regional winners.

The two national winners in the 17-and-under age division will receive scholarship grants from Ektelon of \$1,000 each, to be used in furthering their educations at any recognized junior or senior college or trade or vocational school.

Winners in the 15-and-under and 12-and-under groups will be awarded engraved trophies, cups and prizes and every contestant will receive a handsome certificate of participation to mark his or her efforts. Players also will receive free Ektelon T-shirts, and winners of regional tournament play will receive free transportation to the site of the national playoffs.

Bud Held, president of Ektelon and a former Olympic champion javelin thrower, said the IRA-Ektelon juniors program will significantly affect the future of racquetball by giving thousands of young people a chance to prove themselves in the dynamic new sport.

"The future of racquetball rests with the youth of today," Held said. "These

Continued

Ron Grimes (standing), Marketing Director with Bud Held, President of Ektelon.



young players will be the pros of tomorrow and we are vitally interested in helping them grow in the sport of racquetball."

Bill Tanner, president of the IRA, agrees that the program will have a positive impact on both racquetball and the thousands of junior players it will attract.

"This tournament represents the greatest single step yet taken to perpetuate the tremendous growth racquetball is undergoing and, at the same time, add to the refinement of the sport," Tanner said. "Junior players have pretty much been ignored until now, but this tournament will give every youngster who plays a chance to get involved in organized racquetball."

Overseeing tournament play and handling logistics for the juniors programs will be Mike Zeitman, assistant to the president for the IRA. It was Zeitman who originated the idea for the juniors program.

To receive a free IRA-Ektelon national juniors program tournament kit, interested organizations should write to: International Racquetball Association, 2670 Union Ave., Ext., Suite 728, Memphis, Tenn. 38112., or call (901) 452-6228 for details.



Mike Zeitman (seated third from left), assistant to the president for the International Racquetball Association, discusses plans for the IRA/Ektelon-sponsored national juniors program.

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The Juniors Program Takes A Giant Step

"That's great!" was Mike Yellen's immediate reaction to the news that Ektelon and the IRA would be co-sponsoring the "IRA-Ektelon National Juniors Program."

"Let's face it," Yellen added, "without strong support from companies like Ektelon, the junior players will continue to be denied opportunities to gain the right kind of experience in the sport. You can't become really good in racquetball without some outside help, whether it's funds to attend the tournaments around the nation or coaching to help develop your style."

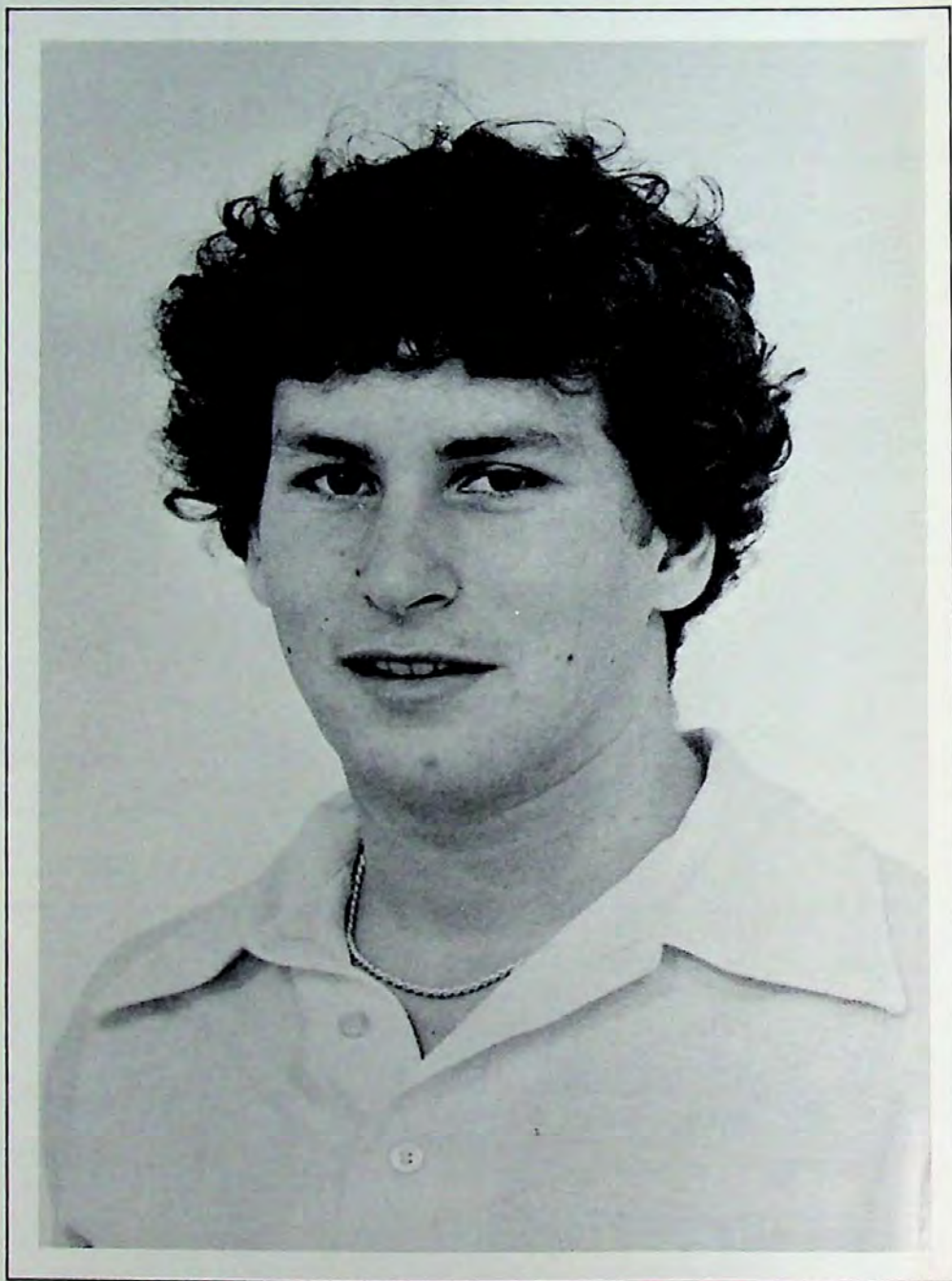
"This new program will mean a real boost for thousands of junior division players."

Yellen said that his own upward climb from neophyte to racquetball Wunderkind was assisted through the generosity of older players who believed in his potential. They gave of their expertise and also helped pay his way to tournaments when he couldn't swing the full tab alone.

"There's no way I'll ever be able to repay the help I received from Dr. Fred Lewerenz, Tom Brownlee and Leonard Karpeles," Yellen said. Lewerenz and Brownlee taught Yellen the game from ground zero, bringing him along until he could consistently beat both of them on the court. Karpeles taught Yellen strategy, building on the knowledge he gained from the other two men and fine-tuning his game.

Yellen hasn't disappointed his benefactors.

His first tournament win came during the Michigan State doubles championship, in which he and Brownlee took top honors. Last August, he copped a singles victory in the Troy Open Racquet-



Mike Yellen, top ranked junior player.

ball Tournament in Troy, Mich., and the following month won the Racquettime open singles at the Racquettime Club in Lavonia, Mich.

Last October, Yellen continued his list of wins as victor in the singles competition of the statewide Michigan "Super 16 Tournament," an invitational contest between the state's 16 top-ranked racquetball players.

And, there's more.

Yellen won the open tournament sponsored by the Warren Racquetball

Center in Warren, Mich., and followed that victory with a soul-satisfying win over now-teammate Bill Schmidtke—1974 national men's professional champion—during a tournament in Ft. Lauderdale, Fla.—at age 16.

Brownlee and Yellen won the 1977 Michigan State doubles championship and Yellen rounded out the past season by finishing fourth in both the junior and open divisions of the IRA Nationals tournament and finishing third in the NRC nationals last June.

"I think my performance shows what a young player may be capable of if he or she gets the right kind of support," Yellen said. "That's why the IRA-Ektelon juniors program will be so important. It will mean a realistic helping hand for juniors on a wide geographical basis."

Yellen will be graduated from Southfield Lathrup High School in January. He plans to attend college, under a scholarship grant from Ektelon, and will major in business with a concentration in either marketing or advertising.

For the past several years, Yellen has been participating in a co-op work-study program under which students receive scholastic credits for working in businesses in the surrounding community. Yellen is employed by the Southfield Athletic Club, where he assists with general administrative duties, helps promote club memberships and, of course, teaches racquetball.

A believer in helping other junior players when he can, Yellen noted that his three brothers—Sheldon, 19, Jeff, 15 and Mark, 8—are developing into solid racquetball players.

"I think Mark is the guy to keep your eyes on," Yellen said. "He just finished third in a tournament by beating three 13-year-olds, and that's not bad for starters."

Yellen's own record isn't bad either.

Just goes to show what a person can do in two-and-a-half years—with a little help from his friends.

Junior players like these youngsters will benefit immensely from the IRA-Ektelon national juniors program scheduled to start this December.

Photograph by Pat McGrath



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Instruction

By Dr. Victor I. Spear

Passing Shots

(Some books discuss V-passes and cross-court passes as separate entities. Because I feel that the difference is merely one of geometric degree, I have elected to include both under the term "cross-court pass". The objective is clear: pass him on the other side.)

No instruction book can tell you exactly where to aim when you hit a passing shot. It is affected by your position on the court, and the position of the other player. You must, through practice, develop an instinctive feel for the proper rebound angles so as to barely outreach him. Sometimes it requires hitting the side wall to do so; sometimes it doesn't (hence, the "V-pass", "cross-court pass" division of terms.)

The most common error in this subject area, however, lies not in the angle but in the **height** of the shot. No matter how perfect your angle may be, the shot is absolutely worthless if it is hit too high. The player who should have been beaten is reborn. He merely follows the ball to the back wall, and gets another shot he doesn't deserve.

A good passing shot should never hit the back wall before the second bounce.

The target you aim for should be two to three feet above the floor. You may even want to go lower, so that the shot ends up simulating both a kill shot and a passing shot combined. In either case, it must be hit very sharply to have any chance of getting by the other player.

A cross-court passing shot must always be followed by an immediate move in that direction. Don't just stand there. You are highly vulnerable to a passing shot yourself if he manages to reach out and hit the ball before it gets by him. You must also be ready to make a quick move to the corner to retrieve a cut-off, down-the-wall kill shot which would be his best shot if the ball fails to pass him.

As a general rule, this shot should not be tried from deep in the back court unless the other player is badly out of position on one side of the court. In addition, a cross-court pass from the back corners is almost impossible to hit unless you make contact with the ball well out in front of you. Obviously, the passing

shot is the most effective weapon when the opponent is both out of position **and** in the front court. This is when the familiar "hit-it-where-they-ain't" approach speaks for itself.

The Drop Shot

The shot is designed to "drop dead" very quickly after a soft tap to a low point on the front wall. It is a shot that once enjoyed a prominent and well-deserved place in the offensive strategy of the "old dead ball days." Since the new live ball became prevalent, if not universal, in 1971, this shot has been rendered almost obsolete. It is virtually impossible to hit a winner with this shot from the back court, or even mid-court unless the other player has fallen into a coma, so don't try it.

There are only two situations remaining in which the drop shot is not only useful, but may be the shot of choice:

1. When you are charging forward, **barely** able to retrieve a kill shot attempt just before it hits the floor for the second time, a quick-flick drop shot to the near corner is indicated. You are almost forced to go for a front court winner in a position like this, because you are so far out of the play. Anything your opponent is able to get his racquet on would probably beat you on the next shot.

2. On a shot rebounding off the back wall (usually a ceiling shot that missed the ceiling) far into the front court, run with the ball as it goes forward. Wait until the ball drops to knee level or below, and then take your choice. If the opponent follows you up there, pass him. If he hangs back for the passing shot, hit the drop shot. But never attempt the drop shot from above the knee. It is much too difficult to execute properly from that height. If the ball stays above the knee as you near the front wall, you have entered a new situation, later designated **the front wall trap** (see page 48). Instead of having a setup, you become the victim of a setup. Never hit the drop shot from that position. Instead, go to the ceiling, and pray a lot.

Continued



The following article is one of a continuing series of articles by Dr. Victor I. Spear from his book **How To Win at Racquetball**. The book, containing 75 pages including diagrams, can be purchased for \$4.45 (paperback) from Win Publishing, Camelot Towers, Suite 204, 1415 East State St., Rockford, Ill. 61108.

Dr. Spear, a 1959 graduate of the University of Michigan Medical School, is a practicing physician in Rockford, Ill. He also plays racquetball, having won the Rockford City championship in 1972 and 1974 and the Tri-City Tournament in Janesville, Wisc., in 1976.

Instruction

Continued

Notice the similarities in the above situations. In both, you are being forced to make a shot in the front court, at least half way to the front wall. In both, you are moving forward as you hit the ball. The most common error in executing this shot is to hit it too hard and too high. This results from a failure to take into account the forward momentum of your charge, which adds force to the shot not being supplied by the stroke. It should be no more than a tap, with little or no wrist action used. (Diag. 20)

The Cut-Off Shot

This refers to any shot that you elect to hit **before** the first bounce. It contains some element of surprise and is particularly useful in three situations:

1. When your opponent attempts a

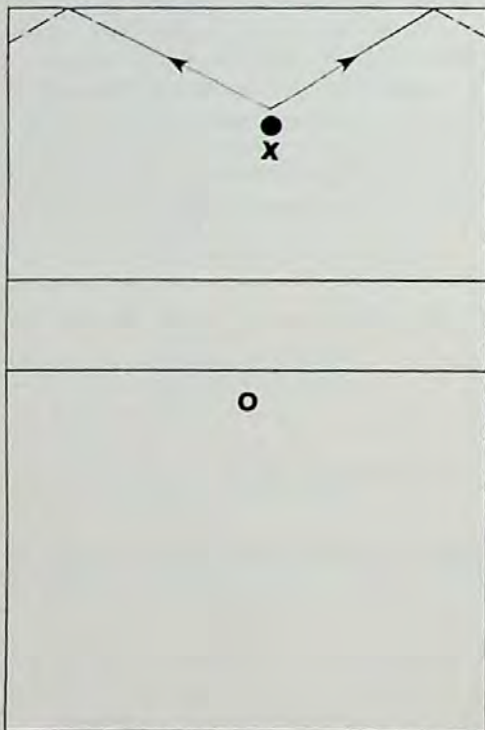


Diagram 20
Drop shot

passing shot serve return that fails to get by you, you may have an opportunity to pluck it out of the air on the fly and hit a quick kill shot down into the near corner. Take it! (Diag. 21) It may be true that this type of shot is more difficult to execute because you may be forced to hit it from above the knee, **but**, this is more than compensated for by the fact that he is far out of position, so you don't have to hit a roll-out to have a winner. The player who lets this ball go by is sacrificing a golden chance for an easy point. Why allow the other player more time to move up into position? Why retreat to the back court to hit a longer shot, and at the same time, put yourself out of position? It takes very little practice to hit this shot almost as accurately as an ordinary kill shot off the floor.

2. When your opponent has been passed and manages to stay alive by hitting a diving, desperation shot **into** the back wall, don't let him stay alive for long. The shot will eventually come off the front wall with very little on it, usually in a soft, descending arc. You have plenty of time to see this all developing. Move up and hit it on the fly. This time you can wait for the ball to drop to the ideal level below the knee, and you have a variety of kill shots and drop shots at your disposal to annihilate him. Meanwhile, he is still trying to dig himself out of the back court, too late.

3. Some players can drive you nuts with well placed lob serves. If a lob server is having a hot day, he can repeatedly serve up junk that you never seem to be able to get your racquet on for a full stroke. The only solution for this dilemma is to move up quickly, cut the ball off and hit it on the fly. You have the same three basic serve return options. You can go to the ceiling, hit a kill shot down into the near corner (if it drops low enough), or go for a cross-court pass. This is not a difficult move to execute. It takes you out of the hole and, far more important, it disturbs the usual tempo of your opponent's game. This can prove to be very unnerving to a habitual lob server. Don't be surprised to see him go to a different serve, which he probably delivers less effectively.

One final point: Take care not to allow your forward motion to carry you into the service area until after you have

hit the shot. According to Rule 4.7(c) "no part of your body or racquet is permitted to enter the service area" until the ball has been struck, or it is loss of point.

Ceiling Shot Alternatives

The beauty of a well placed ceiling shot is that it allows so few options. If it's perfect you have no choice but to return another ceiling shot. There will be times when you find yourself locked in a ceiling shot exchange that seems to go on forever. Be on the alert. A less-than-perfect ceiling shot return does, in fact, leave you with several alternatives, some of which can be point winners if your opponent has been lulled to sleep by the dullness of the rally. Consider the following:

1. Overhead forehand kill shot to the

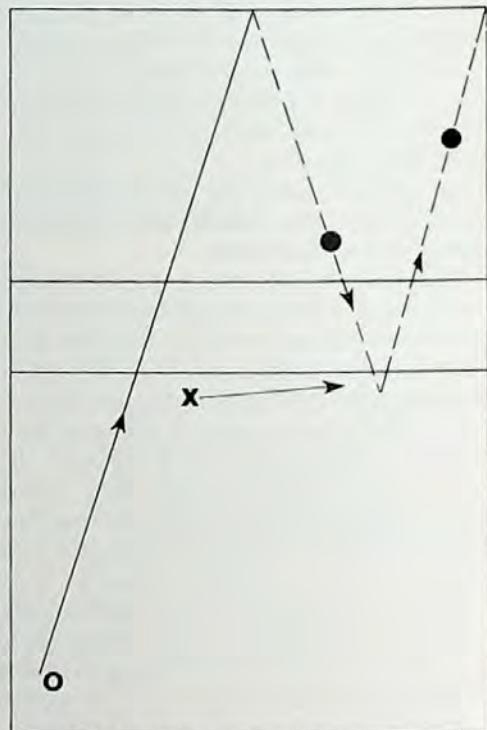


Diagram 21
Cut-off shot

far corner.

This shot is rarely, if ever, justified if your opponent is in the correct position on the court, one step behind the service line. It is worth an occasional try, however, against a mentally sluggish player hanging in the back court, looking up in the sky, waiting for the next ceiling shot to arrive. It is usually hit to the right corner because the other player is fixated back in the left rear corner where he received your last thirty-seven shots. This is a very difficult shot to pull off without a lot of practice. Any kill shot hit with a downward trajectory is difficult. Many players prefer to shoot this shot as a side-wall-frontwall pinch shot instead of going directly into the corner. In either case, the major problem is preventing the shot from coming up too high and being re-killed. And don't forget that **you** are also out of position as he charges up, hopefully too late, to retrieve the shot, so you must immediately make a move to follow your shot forward. Naturally, your chances of pulling this shot off will be greater if you are able to disguise your intention until the last possible instant before contact. (Diag. 22)

The same shot may be tried from the right rear corner to the left corner, but you won't have the opportunity very often, since most drawn-out ceiling shot exchanges occur on the left side.

2. Overhead forehand passing shot down the far side.

Again, this shot will be successful most often against a player out of position, begging to be punished. Accurate placement is very important on this shot, so that it does not result in a set-up if it doesn't go for a winner. Hit the front wall no more than three feet high so that the shot will bounce twice before hitting the back wall. Take care not to angle the shot in too close to the corner. If the ball catches the side wall on the way back, it's lights out! Follow the shot with an immediate move up the diagonal. (Diag. 23)

3. Cross-court ceiling shot to the other corner.

This is not a difficult shot, and is one you need to have in your bag to use against a left-hander, anyway. I believe it should be tried more often. Most players have become so used to hitting ceiling

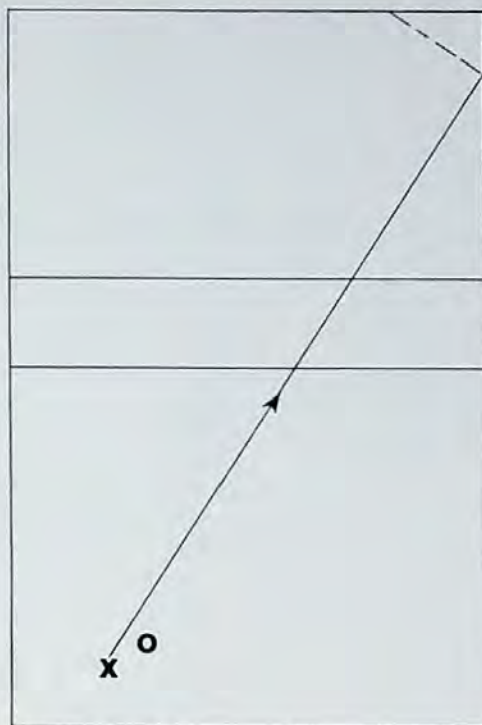


Diagram 22
Overhead kill

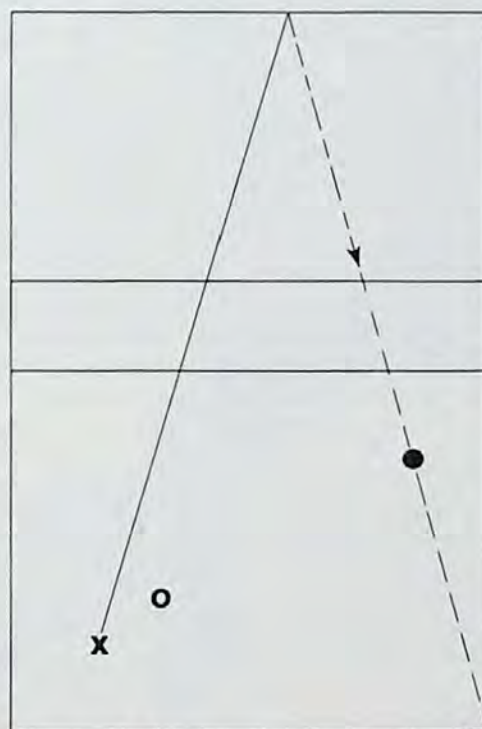


Diagram 23
Overhead pass

shots from the left corner and back again that they have forgotten to test the opponent with a similar shot to the other side. It is true that the penalty may be more severe if the shot is hit poorly, because you give him a set-up in the area of his greatest strength. But an accurately placed ceiling shot presents just as many problems to the forehand as it does to the backhand. If he wants to come back to your backhand, he must play the angle perfectly, and he may just be a bit sloppy on this shot because he is so rarely tested on it. The most common error you will see is a return that is angled too sharply, rebounding off the side wall at mid-court for an easy set-up.

4. Z-ball

This shot is impossible to execute from deep in the back court, but it can be a useful and effective alternative on a ceiling shot return that can be struck at 3/4 court. Anything more shallow than that, of course, calls for an attempt at a more definitive winner.

5. Kill shot off the back wall

This shot is not possible, of course, on a perfect ceiling shot, which is supposed to die just above the back wall crotch. But it is inevitable after a long exchange that one of those ceiling shots will go deeper than intended. You then have an opportunity to put a quick end to the rally with a kill shot. This is a very difficult shot to execute, and requires a lot of practice. On the other hand, it need not be hit quite as low because the other player is usually lolling in the back court waiting for another ceiling shot.

6. Around-the-wall ball

This shot is driven high and cross-court such as a Z-ball, but it differs in that the target is the side wall **before** the front wall, instead of the reverse. The hope is that the ball then rebounds off the front wall across to the other side wall at about mid-court where it takes still another rebound into the opposite rear corner. If this shot is hit to perfection it can come off the third wall with a lot of downspin and be very difficult to hit. But there are too many variables of height and angle to contend with here. The number of set-ups resulting from this shot is too great to justify more than occasional use. A patient player can usually wait this one out and still have a

Continued

Instruction

Continued

relatively easy shot to hit. It might have some surprise value, however, against an inexperienced player. (Diag. 24)

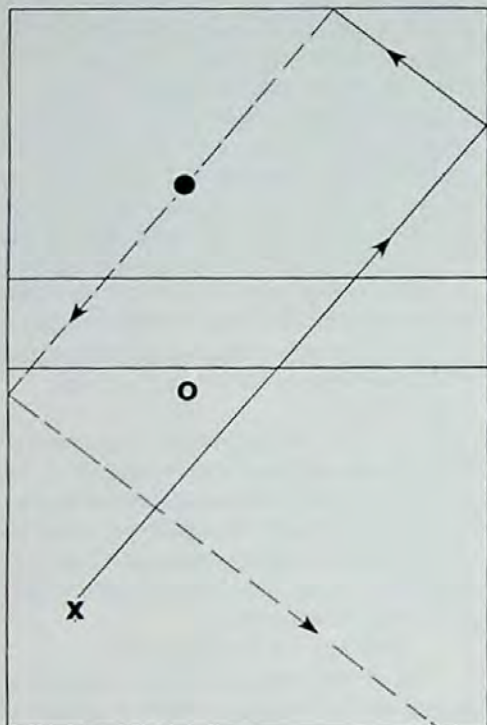


Diagram 24
Around-the-wall ball

All of the above alternatives to the ceiling shot can be, and must be, guarded against by moving up to the optimum position one step behind the service line after you hit every ceiling shot. It gets so monotonous, and seemingly wasteful, to run back and forth like that during a long ceiling shot exchange, that many players begin to cheat on themselves, and lag back. These are the opportunities to watch for—and capitalize on!

Ball-Watching, Feet-Watching and Racquet-Watching

One of the trademarks and identifying characteristics of the racquetball beginner is his habit of serving and turning his back on the ball. He may even turn his back on any shot that goes into the back court during a rally. It's not that he wants to add mystery and surprise to the experience. His action is founded on the concern that if he watches the ball, he will become hypnotized and frozen into position, and consequently unable to react quickly to the next shot.

The accomplished player, on the other hand, never takes his eye off the ball at any time. He has trained himself to avoid the hypnotic fixation. He has learned to move with the flow of the ball at the same time he is watching it. You can train yourself to watch and move at the same time. It's worth a full step on any exchange, which could add up to a lot of points by the end of the match.

The highly skilled observer will also begin to recognize a pattern of characteristic feet positions as an indication to which shots are more likely to be hit. This is not something to be learned initially on the court in the heat of battle. It is best to go up into the gallery and watch a few players to get some idea of what to watch for. Then apply what you've learned to the action situations. Some players consistently tip off their kill shots with body language and feet position. You may even be able to spot some of these clues while they are warming up. Watch for the player who bends the knees and leans into the shot in an exaggerated way every time he hits a backhand kill shot, for example. Watch for the player who always signals a drop shot by taking an exaggerated

backswing to try to throw you off. Watch for the player who takes a long stride into the ball when he hits a kill shot.

The racquet is one more thing to watch. Some players will cock the wrist noticeably more when they prepare to hit a backhand kill shot. Some players take a longer backswing on a forehand kill shot than they do on a passing shot. It may be of limited value to have such information on a set-up kill situation, but it is highly useful when he has his back to you, hitting a kill shot off of the back wall on a deep ceiling ball. You can just slip up ahead of the service line, and gobble up his "winner". There are few things more demoralizing to a player than hitting a good kill shot, and watching it being re-killed by a smarter player who had the jump on it.

These are some things you may be able to spot if you are looking for them. But you will never see them if thinking and observing do not become an integral part of your game. Why not accumulate every bit of available information possible during the course of scouting and playing? Each observation might be worth a point once in a while.

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Back Wall Return

Probably the most difficult skill for the beginning racquetball player to master is playing the ball as it comes off the back wall. If you have attempted this shot, you know the problem it presents. The reason for its difficulty is easy to figure out. How many sports have you participated in that gave you a chance, once the ball is past you, to stay in the game? Racquetball is frequently associated with tennis, and in tennis, once the ball has passed you, forget it. It takes a while to realize that in racquetball you always have a chance, even after a mistake.

As a beginner, the back wall is a problem. It is considered a triumph just to be able to return a ball as it comes off the back wall. As an intermediate player the concept of the back wall return becomes easier to understand but the physical skill and timing are still lacking. An advanced player has learned the proper way to play a ball as it comes off the back wall. This is, for him, the most powerful shot in the game. The advanced player loves to see his opponent hit the ball so hard and high that it will rebound off the back wall. Mastering the

proper back wall approach will add a feeling of confidence to your game. Its understanding is both fundamental and essential.

(A) The Skill

To be able to understand and learn the proper back wall return you must first have practiced the previous lesson on developing the forehand. You will notice that practice on the forehand promotes two things: a *balanced stance* with the racquet held behind the body in the cocked position (racquet head points to the ceiling) and *patience* while you let the ball drop out in front of you waist high for beginners and lower positions for intermediate and advanced players. If you understand these ideas and have practiced them you are ready to begin.

(B) Practice Drill I ("Toss It To Yourself")

The first step in developing this shot is done without the use of the racquet. If you are right-handed, stand facing the right side wall in the middle of the court about five feet from the back wall. (I will concentrate on the forehand.) Left-handers are in the same position only facing the left side wall. Hold the ball in your non-racquet hand. Toss it against the back wall using an underhand motion. It should be tossed to hit the back wall directly behind you, this will make it return in front of your body as it goes towards the front wall. It should be tossed at head height, hard enough so it will bounce near your feet. Your racquet arm is held in the practice forehand position. This will allow the ball to pass near your body without interference.

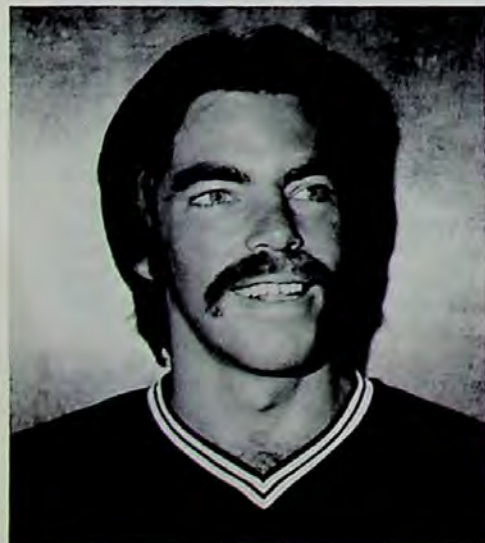
The idea here is to slide your feet (not cross over) towards the front wall as the ball rebounds past you. You want to time your movement with that of the ball's descent after it has bounced so you can *catch* it with your non-racquet hand just as it reaches knee height, slightly out in front of you. This position is the position in which you want to catch the ball each and every time. It is the same position in which you should strike all your practice forehand strokes.

The idea here is to slide towards the front wall as you judge the speed and bounce of the rebounding ball. You are now practicing the proper *movement* needed to strike the back wall return.

You must feel comfortable moving in this manner. Concentrate also on the ball as it hits the back wall, bounces, and starts its descent to the floor the second time. This requires a good sense of timing and judgement on your part. That is why you do not need your racquet when practicing this part of the skill.

Not until you can toss the ball to the back wall, slide with balance, and accurately anticipate the descent of the ball after it has bounced should you feel that you have mastered this skill. Likewise, you must also be able to bend your knees and upper body as in the forehand stroke and catch the ball with your non-racquet hand at the desired height (waist high for beginners—lower for intermediate and advanced).

Editor's Note—This is the first in a series of instructional aid articles by Michael Mjehovich, a former physical education teacher and now racquetball professional. Excerpts are taken from his publication, Racquetball—Step-By-Step.



Backwall return—Toss the ball at chest height

1) Problems and How To Solve Them

Do not toss the ball so hard that it flies by you so fast you don't have a chance to move with it. Do not toss it so easy that you only have to move a foot or so before it reaches the desired height. Make sure the toss allows you time to move in order to obtain the desired results. It will seem difficult at first but stay with it, this is a must.

Make sure your sliding motion is smooth, not rigid, or straight-legged. Do not cross your feet but slide them together as you move laterally. Let the ball rebound before you slide with it. Do not anticipate its movement until you can catch it just as it is about to hit the floor. Do not grab it while it is still behind you or even as it reaches your body. When you catch it, notice your body position. It should be in the same position as the forehand practice position.

(C) Practice Drill II

Assuming you know how to time the ball as it rebounds and bounces, you are now ready for the next step. Using your racquet, follow the same procedures as before, only this time, instead of catching the ball, strike it. If you have done this properly, the ball should hit the front wall directly in a straight line with your body. Do not worry about how high the ball hits the front wall.

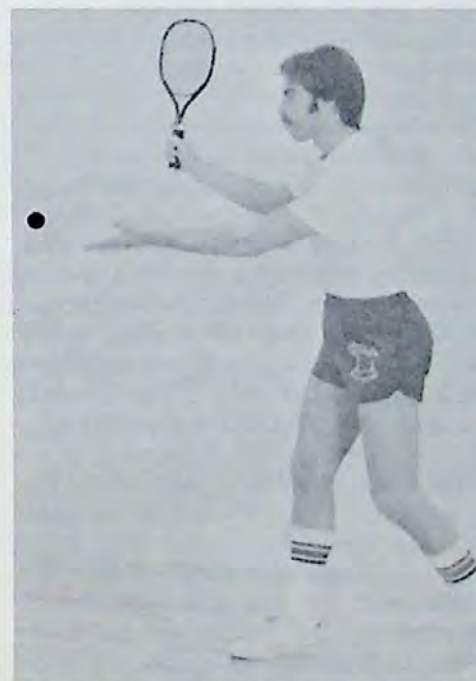
The questions you must ask yourself now are:

1. Did I have my balance?
2. Was the ball out in front of me when I hit it?
3. Am I being patient enough to allow the ball to drop to the desired height?
4. Am I starting with my racquet arm back in the cocked position?

If you can answer these four questions positively, then you can consider your back wall return a successful one. The ball should react the same as when you strike the forehand practice shot. It should hit the front wall approximately at the same height as when you made contact with it. It should also rebound back within arms distance of you on either side.



Backwall return—Concentrate on moving with the ball



Backwall return—Notice racquet position

1) Problems And How To Solve Them

The problems which are related to "missed-hits" (having the ball slice to the right or hook to the left) are caused by



Backwall return—Bend at the waist and knees to catch the ball at knee height



Backwall return—Racquet has not changed as you follow the ball

the same mistakes made when practicing the forehand. Usually, the main problem associated with the direction in which the ball travels is related to the

Continued



Backwall return—Contact point is the same as the regular forehand

position the ball was in when it was hit. The ball must be slightly out in front of you when hit. (Refer to the fore-hand section for clues to your mistakes.) Patience in moving with the ball as it bounces and descends to the floor is the key to a successful back wall return.

This drill is practiced over and over until you can hit a back wall as well as your practice forehand. If you could isolate the contact point of the proper standing practice forehand and the proper back wall return you would not be able to distinguish between the two. The back wall return is one of the few returns that allows you to time your stroke to the desired height you want the ball to be upon contact.

(D) Practice Drill III

The intermediate and advanced player can make this drill more difficult. Stand in the return of serve area. Use an overhand stroke to hit the ball to the front wall hard enough so it will take one bounce and rebound off the back wall. This drill is difficult but more realistic. As the ball rebounds off the back wall move into position and strike it *before* it bounces again. This requires more movement, therefore a greater

chance of a mistake. The beginning player should move to this drill after the "toss it to yourself" drill is mastered. You can practice these drills using both the forehand and backhand.

(E) Practice

As the wall rebounds off the front wall towards the back wall, line yourself up in position for the return. Your body should be in direct line with the ball as it rebounds off the back wall. As the ball rebounds away from the back wall you must judge its speed as it descends to the floor. The object here is to time your movement and swing so you contact the ball in the same position as in drill A and B.

This drill is the final step in learning the proper back wall return. You may find, because of the extra movement required, you will make the same mistakes

now as you did when first attempting the first practice drill. Be patient and repeat this drill until you feel comfortable moving to the ball, following it away from the back wall and finally making contact, all with balance.

The back wall return is difficult but broken down into these three basic drills you may acquire the skills needed gradually through practice.

Once the basic back wall return is learned, you will be able to add different dimensions to your returns—pinch shots, side wall-front wall, pass shots and even ceiling shots. Once you have added all of these shots to your game it will make it more difficult for your opponent to defend your back wall return. If you can keep your opponent off balance with the use of a wide variety of back wall returns your game will be far more effective.

Ceiling Ball

The ceiling ball is considered the most defensive shot in racquetball. From most any position on the court, using either forehand or backhand, the effective ceiling ball is designed to move your opponent out of the "attack" (mid-court area) position into the back court area.

The ceiling ball is designed to strike the ceiling as close to the front wall as possible. It then rebounds directly onto the front wall, then rebounding to the floor (usually in the service area). After bouncing, the ball will arc high towards the back wall. This requires your opponent to move into the back court to attempt a chest high or higher return. It is very important that the ball does not hit the side wall. This would take away from your deep court effectiveness since contact with the side wall would return the ball to the middle of the court without its high arc. The ball must be hit firmly, but not so hard that it would be playable off the back wall. The effectiveness of a good ceiling ball is seen when your opponent must return the ball in the deep court area using a chest high or higher stroke.

(A) Waist High Ceiling Shot

Two types of ceiling shots are com-

monly used. The *first* is the *waist high* ceiling stroke. This shot is used when approaching a low hit ball. If you are in a bad court position and off balance, this shot, using an underhand flip of the wrist, will give you a chance to recover court position as your opponent reacts to the good ceiling ball.

(B) Overhead Ceiling Shot

The *second* type of ceiling shot used is the *overhead* ceiling ball. This shot is seen as an effective return of your opponent's ceiling ball. It requires perfect timing, along with the use of a difficult stroke. The overhead ceiling ball is very important when considering the return of your opponent's ceiling ball. Combine your deep court position and the backhand swing above your head and you can see why this shot requires much practice.

(C) Skills

1) Forehand Waist High Return

The first step in learning the ceiling game is to learn the waist high ceiling shot. Assume the forehand practice position on the court. Start by dropping the ball to the floor, letting it bounce,



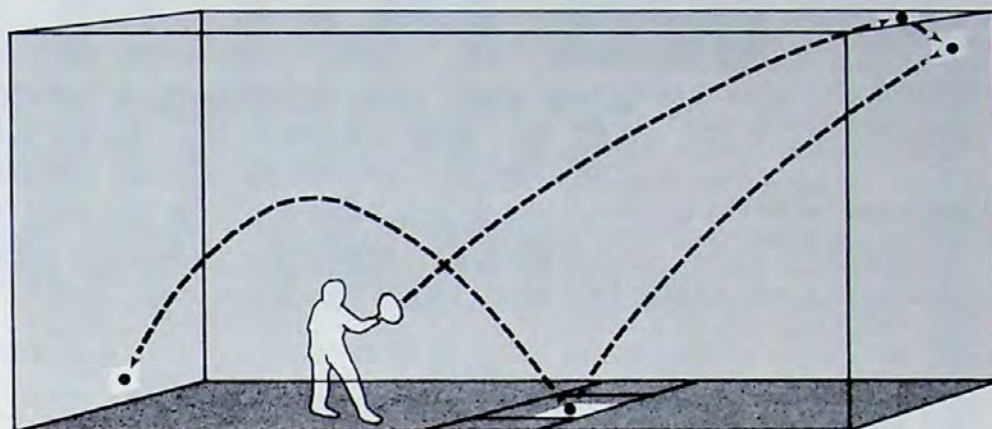
Waist high ceiling ball—Racquet face is "open" at contact

peak, and start its decent to the floor. Using the proper lead step, slightly drop your racquet shoulder as you start your swing. This will open the face of the racquet slightly making it easier to hit the ball up towards the ceiling.

The snap of the wrist is very important. Players using a tennis type swing (stiff wrist) have a terrible time developing a ceiling game. The use of an underhand, straight wrist swing, relies mainly on strength from the upper body. This can become very inconsistent as you become tired during the game.

After contact, the racquet arm will follow thru to the opposite shoulder. The ball will strike the ceiling, rebound to the front wall and descend to the floor. It is very important that the ball strike the ceiling as close to the front wall as possible. This, combined with the snap of the wrist, will give the ceiling ball its desired height.

After each attempt catch the ball and start over from the drop of the ball. Once you can hit this shot effectly 8 out of 10 times you may attempt the overhead.



Path and Height of Ceiling Ball

a) Problems And How To Solve Them

If you are having problems with the waist high shot, review your swing. The biggest problem is not being able to hit the ball sharply enough to reach the ceiling. The problem here is the lack of a good snap of the wrist upon contact. You must also make sure to drop the racquet shoulder slightly as you step and swing. This will make it easier to hit the ball in the desired upward direction. This shot is deceiving. It looks so easy yet requires a definite skill. Above all, if you make a mistake when attempting the waist high shot it is usually a fatal one.

A quite common mistake is to strike the ball and have it miss the ceiling altogether. The ball then will rebound to the backwall becoming an easy shot for your opponent.



Waist high ceiling ball—Notice the contact point is at knee level

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Over head ceiling ball—Stance is balanced. Notice how the feet are positioned. Racquet is cocked, head held high

2) Forehand Overhead Ceiling Return

Face the side wall and assume the forehand practice position on the court. Toss the ball above your head as you would for a tennis serve. Toss it high enough so you may strike the ball after it has peaked and started its descent to the floor. Start your swing by extending your racquet arm, bringing your racquet up from the forehand practice position, to your ear, then to the ball. Once contact is made, the ball should strike the ceiling as close to the front wall as possible. The contact point should occur just in front of your body, above your head, and over your lead foot. The follow through will bring the racquet arm, completely extended across your body, with the racquet pointing to the floor.

a) Problems And How To Solve Them

If you are having control problems review your stroke. You must be set, feet on the ground in a staggered stance when you hit the ball. The lead foot is forward, pointing toward the front wall. The back foot is turned pointing to the



Over Head ceiling ball—Contact point is at the arm's extension

side wall. This will give you the push you need to reach up and swing with power. Contact must be made in front of the body over the lead foot. Move into position as quickly as possible. If you are stationary when you strike the overhead, you will be able to take advantage of your balance and strength, hitting an overhead on the run only increases your chances of error.

If you are having difficulty reaching the ceiling, move closer to the front wall using this same drill. After each toss and stroke, catch the ball and start over. Once you can hit the overhead ceiling with control, let the first ceiling ball bounce while you move into the proper position to strike it back to the ceiling. Try and control this drill to the forehand area of the court.

As you concentrate on your form and control, make sure you keep the ceiling ball off the side wall. You can see the negative effect the side wall has on your shot.

3) Backhand Ceiling Return

Once you are confident with your forehand, you may attempt the

backhand. Before you start, realize that the two backhand ceiling returns are considered the most difficult shots to learn. The problem is the same as with the backhand ground strokes. Your muscles are not trained for this skill since you rarely make this type of motion during any other sport (excluding tennis). The overhead backhand is every beginning racquetball player's nightmare. To learn the overhead backhand return it is best to start with the waist high ceiling return.

a) Waist High Backhand Ceiling Return

The waist high backhand ceiling shot uses the same basic principles as the regular backhand. Assume the backhand practice position and stance. Drop the ball as you would to practice a regular backhand stroke. Make sure the racquet is held in the proper starting position (across the body) until the lead foot steps into the swing. As your arm moves forward, your non racquet shoulder should drop slightly, elevating the racquet shoulder (this in turn "opens" the face of the racquet upon contact). The open face (strings tilted slightly to

Continued



Over head ceiling ball—Follow through leaves racquet pointing to the floor

Instruction Continued

the ceiling) will make it easier to hit the ball upward toward the ceiling.

As you swing, drive your wrist forward into the ball, snapping it just before you make contact. Contact should be made out in front of your body, just over the lead foot. You should experiment with the height of contact. Notice the lower you let the ball drop to the floor, the more effort is needed to hit the ball upward toward the ceiling. Proper contact height will vary with each different situation. You should remember however you want to make contact with the ball just over your lead foot, this in some cases will determine what the proper contact height will be.

The follow through will finish as does the regular backhand, only your racquet will rest a little higher upon completion. This is caused by your non racquet shoulder dropping slightly as your racquet shoulder moves upward during the swing.

Control is more important than power so concentrate on the proper starting position followed by the proper contact point.

b) Overhead-Backhand Ceiling Return

Start by hitting a waist high ceiling shot. Let the ball bounce but instead of catching it, move into position to strike the ball back to the ceiling with an overhead stroke. To do so, start with your regular backhand stance. Keep your racquet back in the backhand position until you want to step to contact the ball. As you step, raise your racquet from the ready position driving your elbow forward. Your racquet should then raise to the height of the ball. The wrist should snap naturally just before you make contact. The follow through will leave your racquet arm bent with your racquet above your head.

c) Problems And How To Solve Them

The biggest problem most of us have with the backhand ceiling shot is striking the ball just after the start of the forward swing. If contact is made too close to the body you will hit the ball with the uneven racquet face, causing the ball to slice off into the sidewall. Contact is more effective

when made slightly out in front of the body. In this position, as with the forehand and backhand, the proper racquet face will be in position to strike the ball in the desired direction. A backhand ceiling return which strikes the sidewall before it hits the ceiling will, in most cases, rebound to the center court area giving your opponent an easy return.

(D) Practice—Ceiling Ball Rally

To practice the waist high and overhead ceiling returns start by using either of the waist high shots. Strike the ball to the ceiling. As it rebounds move into position to return the ball back to the ceiling. Use both forehand and backhand strokes depending on which is needed.

The object of this drill is to keep all your shots to the ceiling using the four different strokes we have discussed: forehand overhead, forehand waist high, backhand overhead and backhand waist high. Vary the direction of your shots. Hit each ceiling ball to a different

Continued On Page 63

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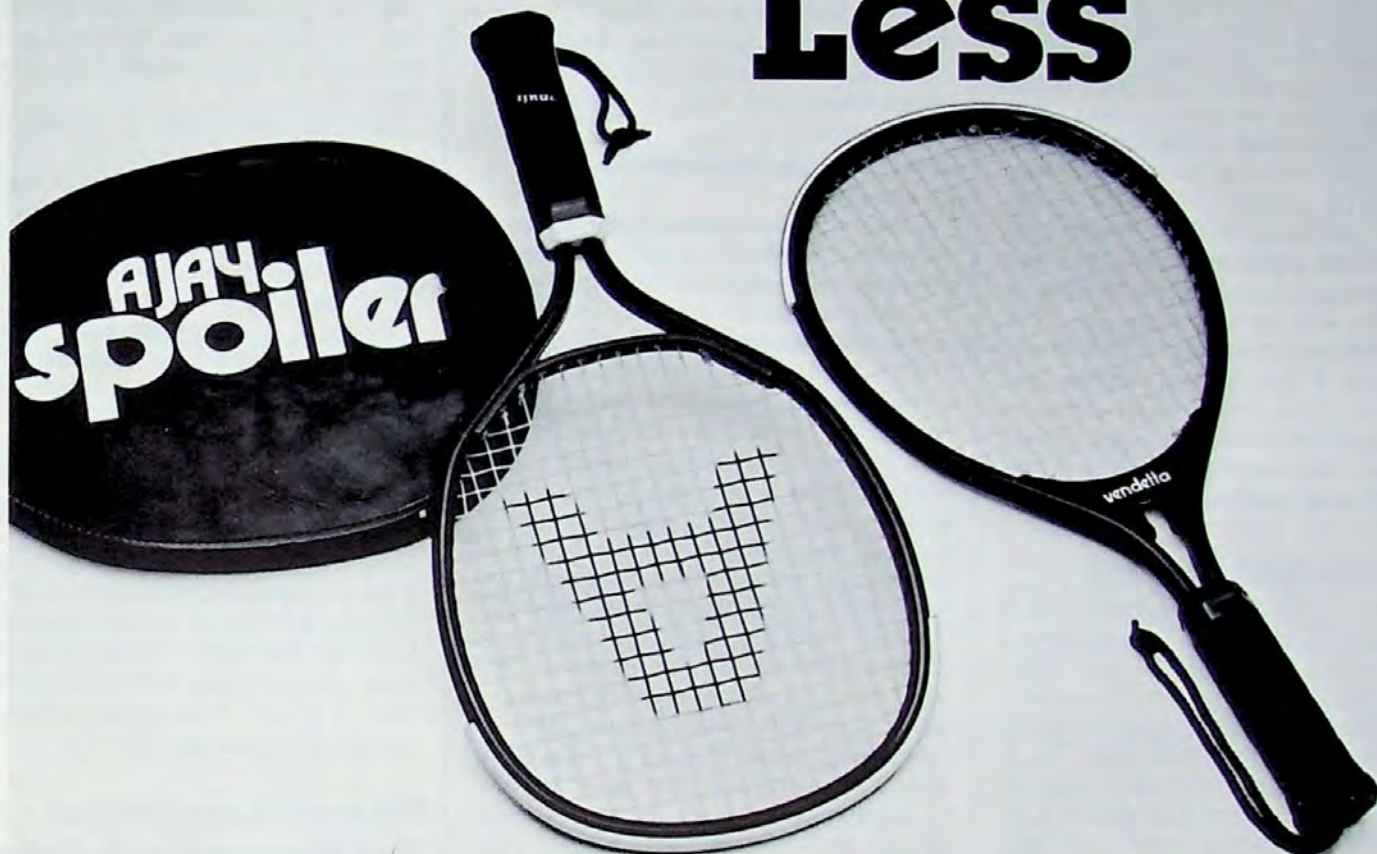
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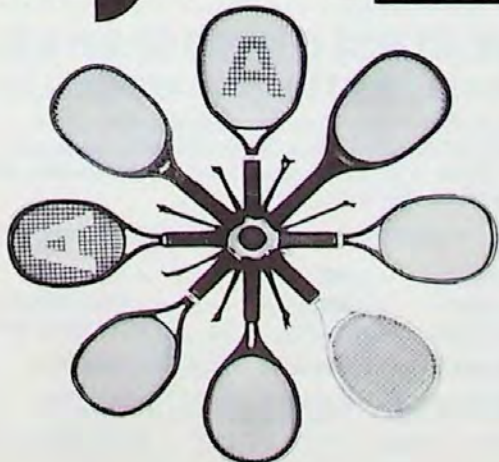
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Stretching

By Bob Anderson

When To Stretch

Stretching can be done anytime you feel like it. You may stretch while waiting for breakfast, dinner, or a bus. You may do it at work, in a car, walking down the road, under a nice shady tree after a hike, or at the beach. Stretching should be done before and after physical activity, when the body and mind are full of tension, after sitting or standing for a period of time, before and after sleep and after rest.

Once you learn how to stretch you will see that it is possible to stretch many different muscles at almost any place or time. You will develop your own routines to suit your particular needs at any given time. If you want to stretch and feel good, then do it. Don't let your mind create reasons why you should not. Have an open mind. Move and stretch by how you feel.

Who Should Stretch

Everyone can learn to stretch. It is tremendously important to understand that everyone is capable of stretching. There need be no sense of comparison in its doing; the conflict of how you think you should look when stretching. There is no specific physical skill necessary for its development, other than learning to relax. It is completely open and free, available at any time without discipline. "Discipline" implies forcing yourself to do something you do not like or want to do. With stretching, you do it because you actually learn to love it, not because you have to force yourself to do it.

Stretching has benefits for everyone.

But, of course, it must be approached on an individual basis. It is for this reason that it is necessary to become more aware of ourselves. To really learn to stretch, you cannot compare yourself to what you think you should be. You must take on stretching slowly, with natural control, and with feeling for yourself.

A Few Words About Back Problems

The back is a problem in America. More than half of us will suffer from some sort of back ailment in our lifetime. So what can we do to protect our backs and to prevent back problems?

First of all, we must understand that it is what we do moment to moment, day to day, that determines many aspects of our physical and mental health. The back becomes a problem when posture is poor, when activity, such as walking, running, swimming, cycling, or tennis, is sporadic or non-existent, when we are overweight (putting too much work on the back muscles), when we have poorly developed abdominal muscles, and when the muscles along the spine are weak and tight. The back problem is often overlooked, but never forgotten. Most back problems can be controlled or eliminated through proper exercise and a realistic approach to personal problems.

Back problems may be congenital, such as sway back or scoliosis (lateral curvature of the spine). Back problems may also result from a traumatic experience such as a fall or collision, and even then, the pain may be gone shortly but

reappears years later.

So what are we to do if our backs are a problem? First, consult a reliable physician who will test you to see exactly where the problem lies. More often than not most back problems are simply a result of daily living without activity, stretching, good posture, and muscular strength.

Anyone with a history of back problems should avoid stretches that arch the back (called hyperextensions). But there are many beneficial stretches that can help reduce or eliminate back pain. In fact, this book contains very few stretches that actually arch the back. There are some upper back stretches that may cause a slight arch, but should not involve the arching of the lower back. These stretches would be good for people who have forward or rounded shoulders. But all arching in the lower back should be avoided by a person with a bad lower back.

Although you may have or have had a back problem, this doesn't mean that you cannot stretch. Proper stretching is great for the back. The stretches in this book can be done by anyone, without fear of injury, if done properly, under control, and relaxed.

Some Suggestions For Proper Back Care:

1. Never lift anything heavy or light with your legs straight. Always bend your knees when lifting something so that the bulk of the work is done by the big muscles in your legs, and not by your back. By bending your knees, you



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take the pressure off your lower back as you lift.

2. Likewise, when bending over at the waist with straight legs, always slightly bend your knees so that you can use the big muscles of your legs to bring yourself to a standing position, instead of the small muscles of the back.

3. Getting in and out of chairs can also be a hazard to your back. Always have one foot in front of the other when rising. Slide your butt to the edge of the chair, keeping your back straight and head up. With one leg in front of the other, use your thigh muscles to push

yourself up. When rising, remember to keep your back straight and your chin up. Simple, basic maneuvers can make for a pain-free back.

4. Good posture is also necessary and posture is practice. It is constant awareness of what is. When you notice your posture is bad, you must immediately do something to offset this deteriorating situation. Simply stand up straight or sit up as best you can until good posture becomes a habit.

5. A good sleeping surface is also part of back care. Sleep on something that is firm enough to keep the spine straight

while you sleep. The surface should be firm and level. Try to sleep on your side, but never on your stomach. Lying on your stomach tightens the lower back. If you like to lie on your back, put a pillow under your knees to reduce the arching of the lower back and to relieve the pressure of this position.

6. If you are standing in one place for a period of time, as when you do the dishes, prop one foot up on a box or short stool as you stand. This will help greatly in relieving back tension from prolonged standing.

Relaxing Stretches To Do Lying On Your Back:

Lie on your back with your arms resting beside or on top of your chest. Put the soles of your feet together and let your knees relax toward the floor. Gravity will help you relax and to get a good stretch. This is a good stretch position for general relaxation and creates a mild stretch in the groin area.



After gently stretching the groin, bring your knees together and rest your feet on the floor. Interlace your fingers behind your head and rest your arms on the floor (fig. 1). This is a starting position for stretching the lower back and hips. This is an excellent stretch.

Lift the left leg over the right leg (fig. 2). From here, use your left leg to pull your right leg toward the floor (fig. 3) until you feel a good stretch. Stretch and relax. Keep the upper back, shoulders, and elbows flat on the floor. The idea is

not to touch the floor with your right knee, but to stretch within your limits.

Repeat the stretch to the other side, crossing your right leg over your left leg and pulling down to the right. Do not force the stretch; be relaxed and under control. Remember to hold an easy, relaxed stretch for approximately twenty-five to thirty seconds and then gradually go into the developmental phase of the stretch for another thirty seconds. Do it slowly and under control. Gradually increase the time that you hold this stretch.



fig. 1



fig. 2

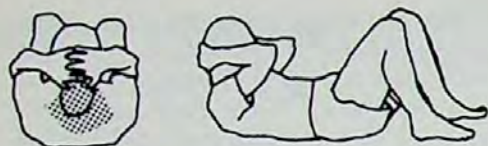


fig. 3

Continued

Stretching

Continued



From the starting position of the last stretch for your back you can also stretch your upper spine and neck. This stretch helps reduce tension in the neck area and allows for freer movement of head and neck.

Interlace your fingers in back of your head and, using the power of your arms, slowly bring your head, neck, and shoulders forward until you feel a slight stretch. Here, relax and stretch. As the feeling changes, slowly increase the stretch again. After holding this stretch slowly return to the original starting position. Do this three or four times to gradually loosen up the upper spine and neck. Hold the stretch for five to fifteen seconds.



fig. 1

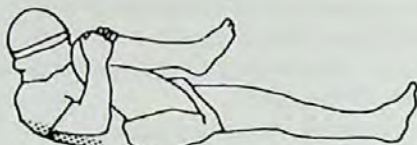


fig. 2

To further stretch the back, hold the left leg just below the knee and pull it toward your chest. Stretch and relax. Keep the back of your head down (fig. 1) and then slowly curl your head up toward your bent knee (fig. 2). Repeat with other leg.



fig. 1



fig. 2

After pulling one leg at a time to your chest, pull both legs to your chest. This time concentrate on keeping the back of your head down (fig. 1) and then curling your head up toward your knees (fig. 2).

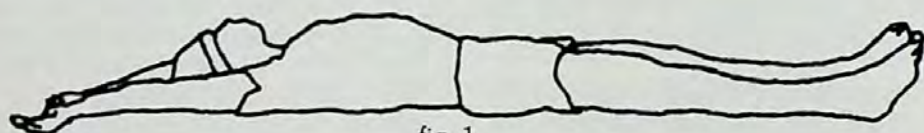


fig. 1

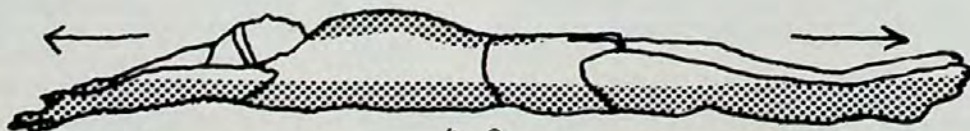


fig. 2

Extend your arms overhead and your legs out straight (fig. 1). Point your toes and reach as far as you can with both of your arms and legs to give you a good stretch (fig. 2). Stretch for five seconds and then relax.

To stretch the back diagonally point the toes of your left foot and extend the fingers of your right arm and stretch as far as you can. Hold this stretch five seconds and then relax. Next, stretch the right leg and the left arm in the same manner. Hold each stretch for at least five seconds and then relax.

Now stretch both arms and both legs

at the same time again and then relax.

You may do these stretches as many times as you want. Usually three times is sufficient for reducing tension and tightness. These stretches should help relax your spine and entire body. They help reduce overall body tension quickly. You could do these stretches just before sleeping. This will give your body some quick relaxing energy to do something, or to do nothing. I also like to stretch this way after doing a stomach workout (as described in the developmental exercises). It really stretches out the abdominal muscles.

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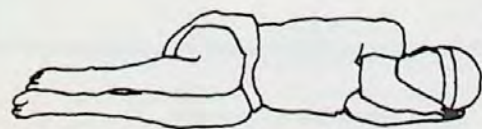
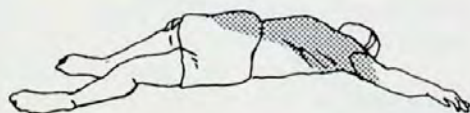
YELLOW
GREEN
RED
BLACK
ORANGE

Again, straighten out both legs and stretch and then relax.



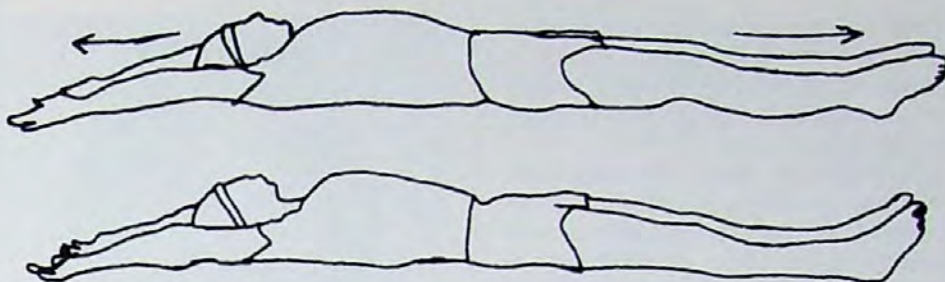
To do another stretch to relax your back, gently bend your right leg over your left leg. Place your left hand on your right leg, just above the knee. From here, look to your right arm which is extended straight out from your shoulder. Keep both shoulders and your head on the mat. As you turn your head to the right gently pull down on your right thigh with your left hand until you feel a stretch in the lower back, side of upper right leg, or chest. Be relaxed. Do not force or strain your body.

Repeat this stretch for your other side. You will discover that both sides are not the same. One side will probably be a lot easier to stretch than the other.



You can end this series of stretches for your back by lying in the "fetus position". Lie on your side with your legs curled up and your head resting on your hands. Feel your back/spine relax.

This has been a short series of very easy stretches which anyone can do lying on their back. This series is very beneficial because each position stretches a body area which is generally hard to relax. You can use this routine for mild stretching and relaxing.



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Eye Injuries

By Dr. James B. Phillips

One of the most serious injuries that can befall the racquetball player is damage to the eye. Severity ranges from the nuisance "black eye" to rapid and total loss of vision.

Injury suffered when the racquetball strikes the periphery of the eye where the bony orbit protects and cushions the force, is less likely to cause permanent visual damage than is the direct blow to the eye itself.

These relatively mild injuries usually manifest themselves as lid edema (swelling), bruising of the surrounding tissues (the common black eye), copious tearing, and temporary reduction in normal vision.

Also occasionally seen is a condition termed traumatic subconjunctival hemorrhage. This is the escape of blood into the space between the conjunctiva, (see diagram), and the cornea. The result of this injury is a blood-red coloration of the white portion of the eye (sclera) which may cover the entire eye, or more likely, only part depending upon the severity of the blow.

This condition in itself is slow to resolve but not usually producing permanent visual damage. Immediate first aid should consist of: (1) termination of play, (2) ice packs to reduce swelling, (3) rest, (4) appointment with an ophthalmologist if vision is blurred 24 hours after the incident.

Although certainly not recommended, play can continue if vision is not altered. However, continued activity certainly increases the chance of permanent injury.

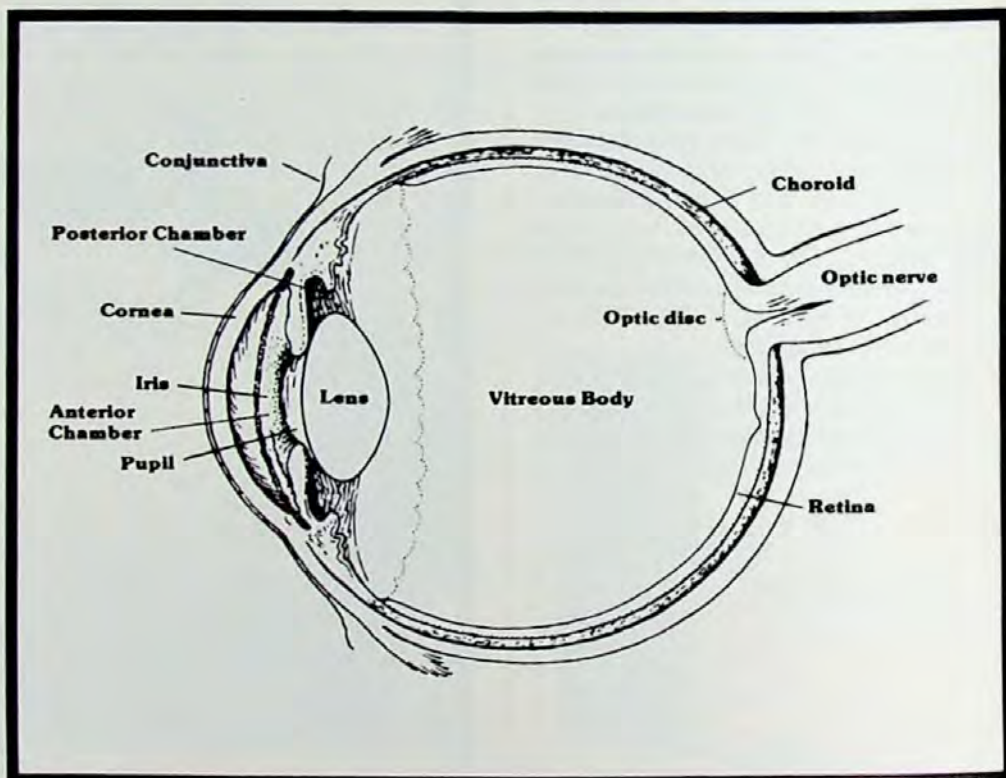
When the eye receives direct trauma, the severity of the injury naturally increases. All of the following injuries should require immediate termination of play and an emergency room visit.

The corneal abrasion results from a scraping of any type of foreign object across the cornea, or trapping beneath the lid, and is accompanied by severe pain, copious tearing, and temporary decrease in visual acuity.

Two related conditions are traumatic iritis and hyphema. Traumatic iritis is an inflammation of the colored disk of the eye which can result in a declined pupillary response and decreased vision. The iris divides the space between the lens and the cornea into an anterior and posterior chamber, (see diagram).



Dr. James B. Phillips received his bachelor of science degree from Middle Tennessee State University, his master's degree in enzyme physiology from Vanderbilt University and his doctorate from the University of Tennessee Center for the Health Sciences in Memphis, Tenn. Dr. Phillips currently is doing a three-year residency in maxillofacial surgery at the Wilmington Medical Center in Wilmington, Del.



The hyphema is a condition caused by accumulation of blood in the anterior chamber. This condition is visible with an adequate point light by looking directly into the pupil of the eye. You will see a small reddening of the pupil. Examination of the affected eye by a physician is mandatory because of the possibility of continued bleeding into this confined space and increased pressure inside the eye. Treatment consists of total bed rest with bandaging of both eyes, and appropriate medication to lower the interocular pressure.

A cross-section of the eye

A blowout fracture of the orbital floor may occur when the eye is struck with such force that the egg-shell thin bone beneath the eye is broken. This condition is again characterized by tearing, pain, usually subconjunctival hemorrhage, a "black eye", and altered peripheral eye movements. This also is a serious condition for which immediate medical aid must be sought. Occasionally, surgical intervention is necessary to replace the orbital floor.

Rarely seen in isolated eye injuries is a condition called traumatic mydriasis, which is simply a dilation of the pupil without associated central nervous system damage. Eye response to bright light, such as a racquetball court, is extremely painful.

Lens dislocation can result from racquetball induced eye trauma. Again, the same general findings are seen: tearing, pain, and especially blurred vision persisting for more than a short time. These injuries should require prompt attention.

The inability of the retina to correctly function from a blow on or near the eye is called commotio retina. This is characterized by sudden blindness probably due to disturbance of retinal elements. Sight is usually regained after appropriate treatment.

Finally, retinal detachment can occur with trauma of severe magnitude. This is a separation of the retina from the underlying tissues and may be partial or complete. The injury is characterized by "tunnel vision" or the inability to see in certain areas, (such as a blank spot from 12:00—3:00). Of course, prompt hospitalization is required.

These are only a few of the many types of eye injuries encountered when the racquetball meets the eye. To reiterate, some general first aid principles follow:

- (1) Stop playing immediately
- (2) Under no circumstances should an untrained individual attempt to remove any foreign body from the eye
- (3) Ice should be applied to the area around the eye to reduce swelling
- (4) Rest with limited movement
- (5) In more severe injuries, both eyes should be covered
- (6) Consultation as soon as possible with an ophthalmologist

Remember, even the most innocent-seeming eye injury can cause loss of one of your most precious senses—sight. Protective eye guards anyone?

WE HAVE LOST THESE MEMBERS, PLEASE HELP US FIND THEM!!

The International Racquetball Association is attempting to find the correct addresses of the individuals below.

If you know their whereabouts, please contact the IRA office at 2670 Union Ave., Extd, Suite 728, Memphis, Tennessee 38112.

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Jane Hanratty
Tom Nesson
D. C. Lantz
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Vicki Keith
Bill Parmer
Kevin E. Gardner
Sherry D. Runnels

off the wall shots

By Mike Zeitman with Jack Brennan

Time, Inc., Announces Plans To Develop A National Chain of Racquetball Clubs

DETROIT, July 27—My trip to Michigan had been hectic and hastily arranged, but it figured to be well worth the time and trouble involved.

Those of us who are committed to seeing racquetball realize its tremendous growth potential must take note of developments which can help us reach our goals, and there seemed little doubt that something big was about to develop in Detroit.

It's not every day that the racquetball world is able to add a firm with the resources of Time, Inc., to its list of supporters, and I didn't hesitate in accepting an invitation to represent the International Racquetball Association at the press conference which had been called to announce the details.

Nor was I disappointed with the news which came forth:

Time, which publishes Sports Illustrated magazine, is joining forces with a Southfield, Mich., group to develop a chain of clubs which, in the words of Sports Illustrated publisher John A. Meyers, aims "to become the national standard in racquetball."

Time has purchased a minority interest in Standard Court Players Corporation, which presently operates racquetball clubs in Kalamazoo and Ann Arbor, Mich. The corporation has been renamed Sports Illustrated Court Clubs, Inc., which plans to open a total of 75 to 100 clubs across the United States within the next four years.

Some 20 to 22 clubs will be opened in 1978, and Sports Illustrated Court Clubs expects to invest between \$100 million and \$125 million in racquetball facilities by the time its plans are completed.

It doesn't take a genius to realize that this sort of commitment to the sport is unprecedented. By the time clubs now under construction or about to break ground are completed, Sports Illustrated

Court Clubs should already be one of the largest group operations in racquetball.

The architect behind this promising arrangement is 27-year-old Craig Hall, the founder of Standard Players Court Corporation and president of Sports Illustrated Court Clubs. It was Hall who convinced Time's corporate planning director, Henry Luce III, to get involved with the nation's fastest-growing sport.

"I spoke to Hank (Luce) by phone and briefly told him about racquetball," Hall said. "He didn't have a great deal of familiarity with the sport, so naturally to check it out he went to the Sports Illustrated people at Time, Inc."

"They came back and agreed with us that we had identified a major trend in the sport. They met with a lot of other people in the business—many of our competitors—and said they thought our management and controls warranted their involvement with us."

And although Time's monetary involvement will surely boost the physical growth of racquetball in the U.S., the sport may find its association with the nation's most respected sports publication to be of even greater benefit in the long run.

It would be too much to expect that Sports Illustrated magazine will now go into the business of promoting racquetball, but one can rest assured that the effects of the new arrangement will be positive.

"The business and the editorial side of Time are essentially separated," Henry Luce said, "but the internal resource (of the editorial side) are tremendous."

"They have the best sports contacts in every city so that if we need information it is instantly available. They have years and years of experience in advertising promotion and we are able to tap that fund of knowledge. It has already been tremendously valuable. They virtually

opened the doors and said they would do everything they can to help."

And racquetball supporters need not doubt for a moment that Sports Illustrated will take notice of its parent company's commitment to racquetball.

Richard Beahrs, manager of Sports Illustrated Enterprises, told me that racquetball was "too regionalized" when I asked him why the sport had received so little national publicity. But it's evident that Time's involvement has brought about a change in that thinking.

"Now that racquetball has a sponsor nationwide and is recognized as the country's fastest growing sport, we're going to give it the attention it deserves," Beahrs said.

That sort of attention is much-needed by organizations such as the IRA, and Hall believes his group has a common interest with racquetball's governing bodies.

"We are newcomers to the business and we have taken kind of a low profile even though we have had these plans in the process for some time," he said.

"I'd like to learn more about the associations and how we can work with them to promote racquetball. We have no axe to grind or any desire to get into a political rivalry, and we are more than happy to work with anyone if we can do something that is mutually beneficial."

The key to gaining more national attention, of course, is getting more people interested in racquetball, and Sports Illustrated Court Clubs can do just that.

"We will be able to offer the consumer a much better price in the areas of the facilities themselves," said Hall. "Our (volume) buying has already helped us designate more deluxe facilities than our competitors can offer for the same price."

"There are other benefits in having a number of clubs," he continued. "We will honor a membership at all of our

clubs, and a person can depend on a consistent high level of quality. If a person is traveling on business or vacation, he or she will be able to call ahead from one club to another, and the club will arrange matches based on the person's level of play. A person in Detroit, for example, could have a weekend match set up in Atlanta at a comparable Sports Illustrated Court Club.

"Our policies and procedures are all directed at minute details of service to the customer. That's the entire ball game. Anybody can provide the four walls to play within, but it's got to be the comfort and convenience and good feeling about the club that is going to make the difference."

Hall admitted that his firm's ambitious program might glut the racquetball market in some cities, but he's confident the end result will be of benefit to the racquetball player.

"There will be overbuilt markets," he said, "and the marginal operators with the secondary locations and lower level of service will suffer from that. That is true in any competitive business and we don't see anything unhealthy about it. There will be a shake out, so to speak, in this business as there is in any competitive business."

Hall envisions a racquetball boom within five years, with as many as 4,000 private clubs in operation with a total of 40 million members.

"I think that this will become a sport of the masses," he said. "How much potential it has in the next four or five

years is very difficult to analyze, but it does have a very broad market as compared to tennis, which tends to be more of an upper class game.

"Racquetball is played by both the professional man and the factory worker alike, and there seems to be no problem merging these diverse groups in the same facility."

"What about on the same court?" I asked.

"On the same court, even," Hall replied. "When people play racquetball, for a time they're throwing away all the rest of their worries and they are identifying with a very enjoyable activity that doesn't have social bearings."

"One becomes a Marty Hogan and the other a Charlie Brumfield," I offered.

"That's the way I see it," Hall agreed.

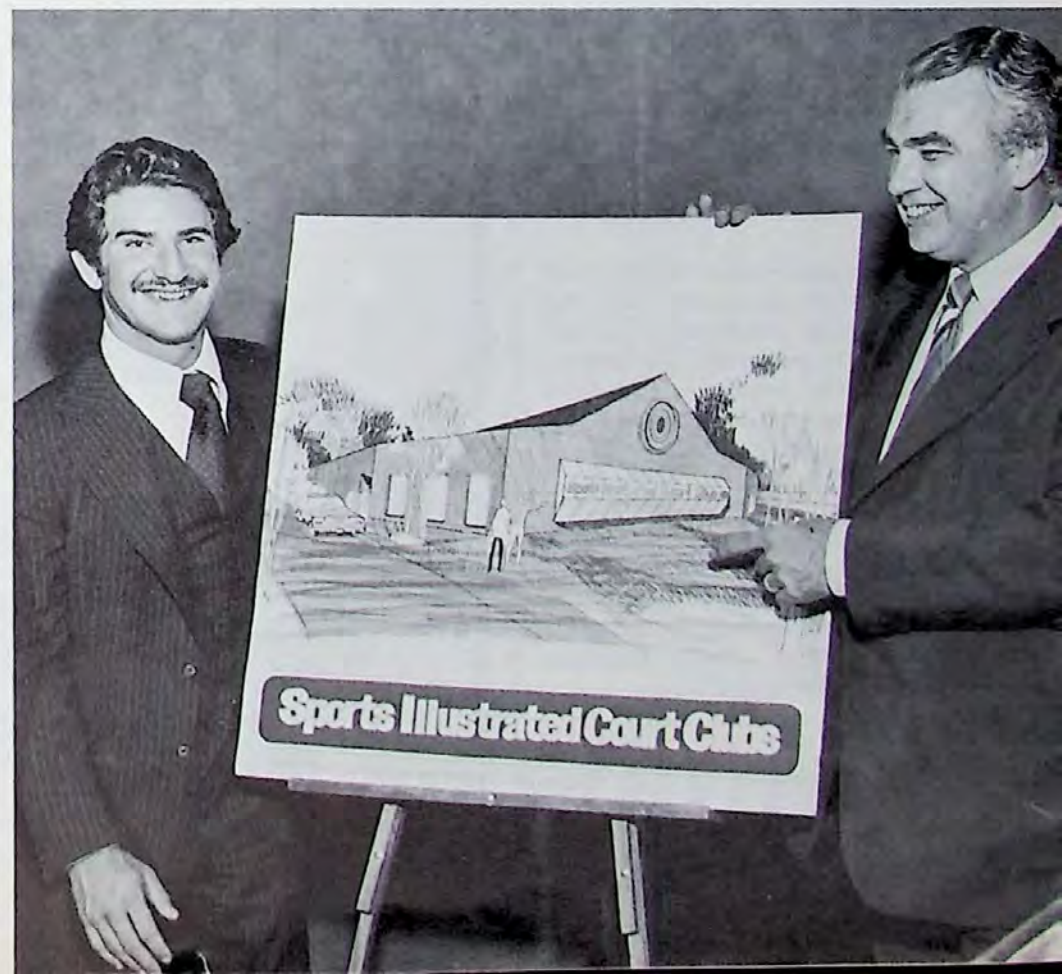
That's the way Time's Henry Luce sees it, too.

"The number of racquetball players has doubled every year since 1970 and is conservatively projected to reach 5.5 million this year," he said. "We believe that the demand for court facilities will be prodigious. We are delighted to team up with Mr. Hall and his group because of their quality concept and proven management skills."

Speaking for the racquetball player, I could assure Mr. Luce that the feeling was mutual.

Displaying an artist's rendering of what the Sports Illustrated Court Clubs will look like are Craig Hall, president of the Sports Illustrated Court Club operation, and Henry Luce III, corporate planning director for Time, Inc.

Photo By Rick Dinoian



In The News

"Ekteline" Provides Fast Answers To Questions About Racquetball

Racquetball players and racquetball equipment dealers now can find professional answers to their questions via the "Ekteline."

Ekteline is a toll-free telephone number—(800) 854-2662—that links the caller with a special representative at the headquarters of Ektelon in San Diego, the nation's leading maker of racquetball racquets, stringing machines and accessory equipment. California residents should dial (714) 286-1188, collect, and ask for the Ekteline representative.

Ekteline offers racquetball players a fast, easy way to get professional advice on getting started in the game, choosing the right equipment and improving their skills. Since many members of Ektelon's professional racquetball team have offices at the company's headquarters, players will often find their questions being answered by men and women who know the game best.

Racquetball equipment dealers can use Ekteline to answer their marketing and sales questions. Dealer inquiries will be instantly referred to the appropriate department head within Ektelon.

Ron Grimes, Ektelon's marketing manager, said Ekteline will give the company new opportunities to serve the racquetball community on a one-to-one basis.

"Ekteline means we can deal directly in a problem-solving capacity with the end users of our products, the dealers and players," Grimes said. "By helping them, we will be helping to foster the growth of the sport and gaining valuable insight into our performance as a leader in the racquetball industry. If there's a problem brewing out there, we'll know about it quickly and take corrective measures."

Ekteline will be in operation during Ektelon's normal business hours—8:00 a.m. to 5:00 p.m. Pacific Standard Time—Monday through Friday.

Seamco Names Don McAuliffe Eastern Regional Manager

Donald F. McAuliffe has been named sales manager for Seamco Sporting Goods for the eastern United States.

A graduate of Michigan State, McAuliffe was a 1952 runner-up in voting for the Heisman Trophy and was named to several all-America softball teams.

His appointment as Eastern Regional Sales Manager was announced by Bob Coate, national sales manager of Seamco, the La Grange, George manufacturer of balls of all types. The Seamco 444 is the official ball for the International Racquetball Association.

Colorful New "All-Pro" Athletic Bag Joins Ektelon Racquetball Line

Designed for the needs of the racquetball competitor, a heavy-duty, roll-style athletic bag has been added to the growing line of Ektelon racquetball equipment. It features two fully accessible compartments with each easily opened by a full-length, heavy-duty zipper of durable, long-lasting nylon.

The "All-Pro" bag is made of vinyl and is fully lined, allowing wet clothing

Seamco Names Coate VP For Marketing

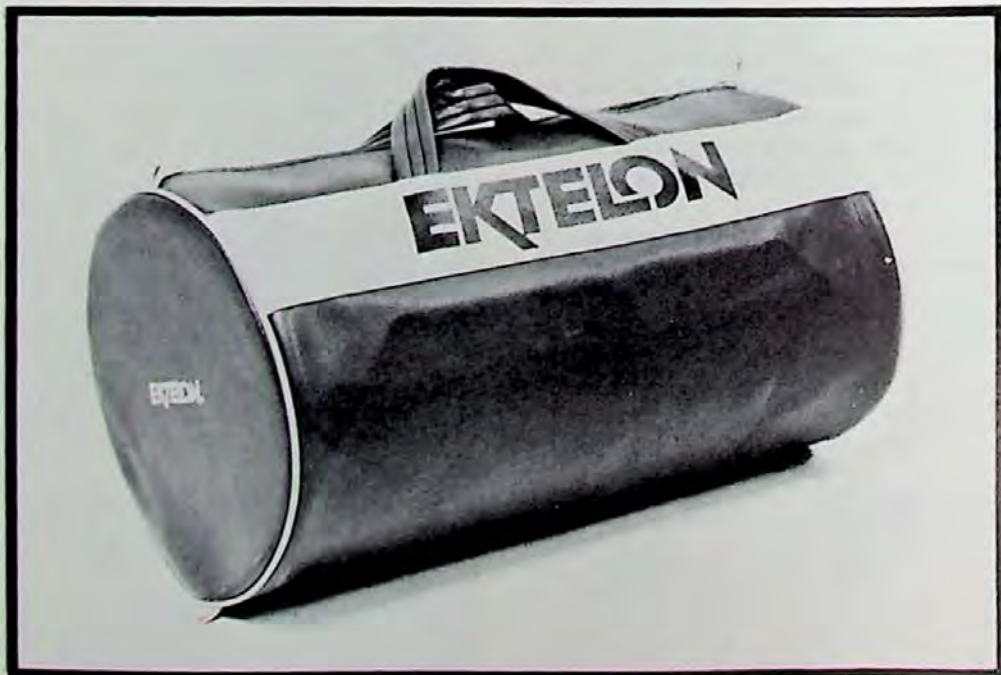
R. E. "Bob" Coate, long-time national sales manager of the Seamco Sporting Goods division of Dart Industries, Inc., has been promoted to vice-president for marketing. Coate also assumes similar additional responsibilities for Seamco's H. Harwood & Sons softball/baseball division.

Coate, originally from Columbus, Ohio, served 15 years with AMF/Voit before coming to Seamco some four years ago.

A national sales manager replacement for Coate at Seamco and Harwood will be named at a later date.

to be carried in its waterproof section which is completed separated from the bag's dry contents. Tailored to accommodate all racquetball gear including the racquet, the bag is 19" long and 11" wide when fully extended, yet it is pliable so that it will collapse to fit small locker spaces.

The "All-Pro" bag retails for \$9.95.



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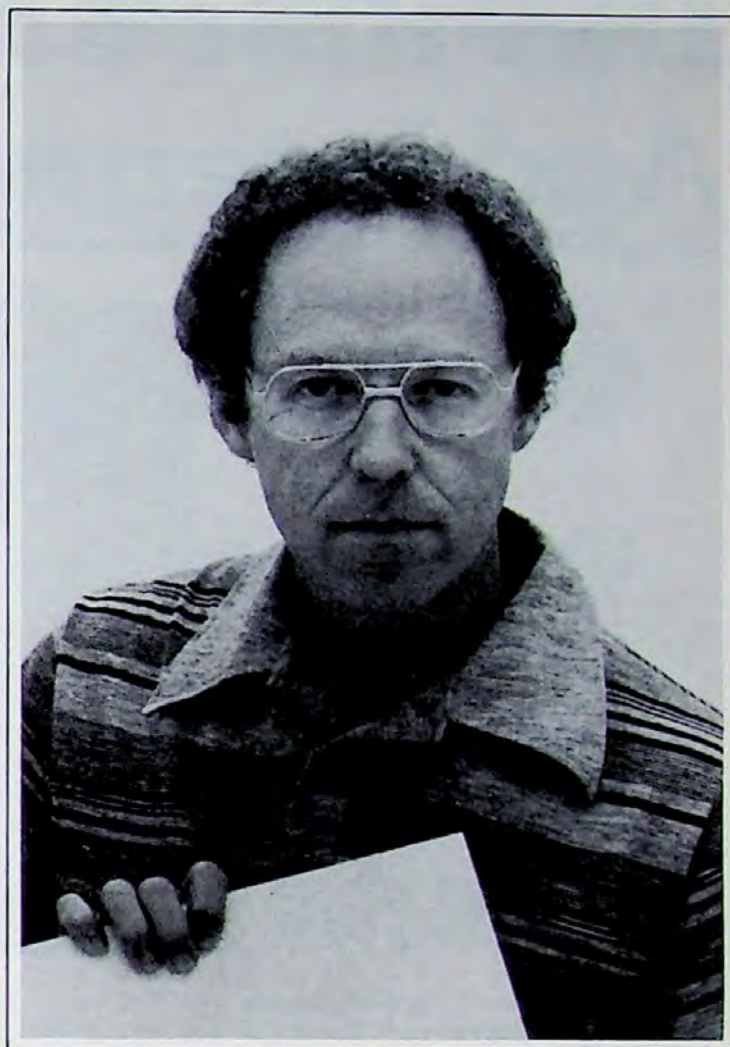
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Dr. Bud Muehleisen
1976 International Racquetball Association
Senior Singles Champion

A handwritten signature in dark ink that reads "Bud Muehleisen". The signature is written in a cursive, flowing style.

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IRA Rule Changes And Interpretations

By Leonard Marks



EDITOR'S NOTE—Leonard Marks was recently appointed national rules chairman for the International Racquetball Association. Here he points out some of the rule changes in racquetball play:

I am extremely proud that through your representatives on the Board of Directors of the I.R.A. you have elected me as your National Rules Commissioner.

I have been involved in racquetball since before the days of gut racquets and cognizant of the tremendous evolution that the game has undergone in the space of a few short years.

Our rules, although continually updated, require revision to keep pace with the changes brought about by new equipment, tournament demands, and in general the rapid expansion of our still growing sport.

Some of these changes are already being put into effect. For example, the three bounce rule has been deleted and been replaced by the 10 second rule which requires the ball to be put into play within 10 seconds after the referee calls the score.

The junior division is being broken down into two classes—a 17 and under and a 14 and under bracket. In addition there will be a junior girl's division.

Equipment requirements are being invoked to avoid unnecessary delays in play. Another change will be the consolation matches will have their own rules and entry into consolations will be automatic. It is my feeling that all tournament entries are entitled to a minimum of two matches and the ones for the entry therein would be on the tournament director rather than the player.

Another new change will be that a rule for a balk or fake serve has been incorporated into the rule book.

In addition, the rule book will contain specific instructions and guides for referees so that they more ably interpret the rules.

In so far as interpretation of rules is concerned, I might make mention that we are currently planning a video tape demonstration of how rules should be interpreted and intend to have that available for distribution at all tournaments and at state levels. I feel that this

will go a long way in making our tournaments run more smoothly and with a greater amount of enjoyment for all participants.

These are just some of the many changes that our game dictates. In other ways I need your help. This is your game and so I have no hesitation in soliciting your help in the revision of official rules and regulations of racquetball.

You will receive in the near future a questionnaire regarding your feelings about certain proposed changes. I urge each and every one of you to take some time to consider these changes and to advise me of your wishes concerning these proposals.

You must realize as I do that it is impossible to please 100 percent of the membership, but it is my intention to have my actions determined in the main by the consensus of the membership. When you reply, do so bearing in mind that you are replying not only for yourselves, but also for the future participants in our great sport. Your friends, your families and generations of players still to come.

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Racquetball Leagues In Theory And Practice

By Tom Cutler

Photos by Chris Ray

Accompanying the racquetball boom has been a dramatic increase in the number of tournaments for the A player, the B player, and the pro. Indeed, many court clubs rely upon tournaments as the inaugural event of their grand opening. While tournaments have done much to promote racquetball, this article focuses on another, and somewhat neglected, type of competitive program—racquetball leagues.

Racquetball leagues are much easier to begin now since more teams are being formed at the court club level. The increased number of racquetball facilities, however, hasn't meant that racquetball programs are accommodating all of the demand for organized racquetball activities.

Because of racquetball's growth many tournament directors have been forced to limit entries when their brackets be-



come overcrowded. In contrast to tournaments, racquetball leagues are more flexible and can adjust to higher volumes of participation. A properly run racquetball league can accommodate an unlimited number of players and has a greater potential than tournaments to increase participation and interest in competitive racquetball at all skill levels for men and women. Leagues at the A, B and coed levels can be established among teams from either the same racquetball facility, or between other facilities. If the sport's growth continues to accelerate, then pro leagues are likely to be formed in the future.

Instead of lasting only a weekend, as with tournaments, the racquetball league season extends over several months. Quite obviously, the problems encountered in organizing and administering a league are much different than those of running a tournament.

The development of the Maryland Racquetball Association Team League (MRATL) is a good example of how proper planning and open lines of communication among the players and league officials can bring colleges, private court clubs, YMCAs, JCCAs and military facilities together under the same roof for some exciting racquetball. Through the efforts of Tom Whipple, the league began in 1974 with eight teams and a schedule that allowed the captains to pick the specific date and site of their matches.

But when the league expanded to 10 teams there were scheduling problems and other growing pains which threatened to make MRATL a relic of racquetball history.

Shortly thereafter, Tom appointed a league commissioner responsible for eliminating these problems. During the 1976-1977 MRATL season there were two 6-team divisions (almost 150 players), an inter-divisional all-star match and a series of playoff rounds from which emerged the league champion. In 1977-1978 it is projected the MRA racquetball league will have between 15 and 20 teams!

It takes time to organize a racquetball league. The most important steps are taken in the pre-season.

During this time, months before play starts, 1) the league's structure is determined, 2) matches are scheduled, 3) teams pay their franchise fees (these fees are based upon budget considerations as discussed later), and 4) court time is arranged.



Tom Cutler (Rockville JCC) attempts a pinch shot against Larry Becker (Baltimore JCC) during the league playoffs. Larry's shirt indicates that he played in the league's All-Star match.

League Structure

Once the league organizer has located the racquetball facilities where league play will be held, he should call an organizational meeting of representatives from each team. Each team must have a captain who has a good working relationship with the person who is responsible for court time at the court facility.

Some clubs may be able to field more than one team but player eligibility rules should be strictly enforced. A player must have some affiliation with the team he plays for once he plays in a league match for a particular team he must remain with that team. Players cannot switch from team to team during the season but they are not obligated to play for the same team when the next season starts. Team rosters must be submitted at the beginning of the season as this is a good way to keep track of the players and their team affiliations.

The team captain should be allowed to vote on whether games will be played on a 15-point basis (thereby saving time) or a 21-point point basis. MRATL team matches consist of six singles and three doubles matches, two out of three games. A referee is present at all matches. Since a player can play twice (singles and doubles, but not two singles or two doubles) each team fields between 5 and 12 players per match. Team captains must rank their singles players and

Continued



Some of the best in the league. Front Row (left to right): Howard Walker, Mel Goldstein, Tom Cutler, Middle Row: Pat Drennon, John Heiss, Jack Blystone, Jack Carey, and Don Williams. Back Row: Rodney Golden, Frank Anderson, and Dennis Baker.

doubles teams since matches are set up where a No. 1 player (or doubles team) plays a No. 1 player, a No. 2 player plays another No. 2 player and so on. It is advisable for each captain to manage a ladder and challenge system for his players so that the rankings are objective.

The juggling of lineups should not be permitted and can be monitored if necessary by the league commissioner. Teams should not be allowed to forfeit matches at the No. 1 slot if players are missing. Instead, all forfeits must come from the bottom positions.

The scoring system used to determine the league's champion team should be selected at the organizational meeting. The most common methods are the *league point* system and the *team win* system. One league point is awarded for each team victory in singles and doubles, a total of nine league points per team match. The league champion is determined then by the amount of league points accumulated and not by "won-lost" record. Thus, the most league points a team could earn during a five-match season would be 45.

MRATL employs this system as shown in table 1. However, the system is not fool-proof inasmuch as Aberdeen in the East Division would have been division champion had the "team win" system been employed. Even so, there are far less ties with the league point system, making the league easier to run.

It is wise to divide the league into divisions when there are eight teams or more. Then, the first and second place teams in each division can compete in playoffs to determine the overall champion. Generally, the regular season champion of one division will play the runner-up team in the other division and so on.

With so many different racquetballs on the market today it is a good idea for the league to either designate an official ball before the season or, better yet, let the team captains make the decision among themselves before each match. However, the league should stipulate an official ball prior to the special matches such as all-star matches and playoff rounds for the league championship.

Scheduling Matches

All matches should be scheduled before the season starts so that players can make their non-racquetball plans around these dates. Matches should be at regular intervals. Holidays and normal tourney dates should be avoided.

One match per month (the second week-end of each month, for example) is about right for inter-club matches while weekly matches are suitable for intra-club leagues, particularly when the season is to be short and teams are composed of two-four players. Weekends are the best days for matches although the person who makes up the schedule should always consult with team captains in advance to determine preferable days and when the team cannot participate (e.g., school vacations, religious holidays etc.).

The captain of the home team is responsible for calling his opponent two weeks in advance of the match to confirm the time and date. It should be league policy that all costs incurred for matches will be split evenly between both teams. This includes court fees, balls, hospitality, towels, etc. It is the responsibility of both captains to furnish a sufficient supply of balls. The winning captain must send the match results on the league's standardized score sheet to the commissioner in order for the match to be official.

Conflicts of interest often arise, particularly when a team misses key players for a match. By having a reschedule clause authorizing team captains to alter the schedule when they both agree to do so gives the league added flexibility. However, the league commissioner

Table 1

East Division

	League Points	Team Wins
Baltimore JCC*	29	3-2
Towson YMCA*	29	3-2
Aberdeen	28	4-1
Whitemarsh	27	3-2
Easton YMCA	20	2-3
Morgan State	2	0-5

West Division

	League Points	Team Wins
Pentagon	39	5-0
Rockville JCC	30	3-2
Univ. of Md.	20	2-3
Players Club	19	2-3
Columbia Ath. Club	17	2-3
Courts Royal	10	1-4

*Baltimore JCC beat Towson YMCA during the regular season so it is the divisional champion.

All-Star Match

West 7 East 2

Playoffs

1. Rockville JCC	6	Baltimore JCC	3
2. Pentagon	9	Towson YMCA	0

Championship

Pentagon	8	Rockville JCC	1
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Pat Drennon, captain of the Pentagon's racquetball team, accepts his championship plaque from MRATL Commissioner Tom Cutler while the captain of the second place team, Mel Goldstein of the "Rockville" JCC, looks on. Plaques were awarded to all players on the top two teams. Many players acquired the official league shirt worn at left.

should be notified immediately when two teams fail to play their match as scheduled and it should be league policy that all matches must be played by a certain date. If the match is not played by then, both teams will receive zero points for that match. If an appeal is made to the commissioner that one team did not make sufficient effort to play the match, then league points might be awarded. Captains are not required to change the schedule, however, just because their opponents want to. Furthermore, if the league commissioner was not notified by either captain that the match was not played as originally scheduled then grounds for appeal do not exist.

Franchise Fees and Budgets

Costs are incurred in the administration of racquetball leagues and should be met by charging each team a franchise fee. The league's franchise fees need not be large, however, because revenue producing projects such as selling official league shirts can absorb much of the league's budget requirements. (Franchise fees can be as low as \$10 per team.) Typical costs include phone bills (if teams are far apart), post-

age, capital for buying shirts, awards, special events, and, if necessary, court-time deposits. The league's financial status should be reported to the captains before and after the season. By getting manufacturers and other racquetball entrepreneurs involved with the league's activities, more special events can be sponsored and more awards can be presented to individual players.

Court Time

Racquetball leagues are composed of a wide range of facilities which have different interests and restrictions on the use of their courts. Some teams may not have adequate court facilities (three is a good minimum.) The commissioner then should find other courts suitable as a "home" base. The league's financial relationship with commercial clubs becomes particularly important when teams using commercial clubs as their "home" facility (instead of their own courts) have to pay court fees.

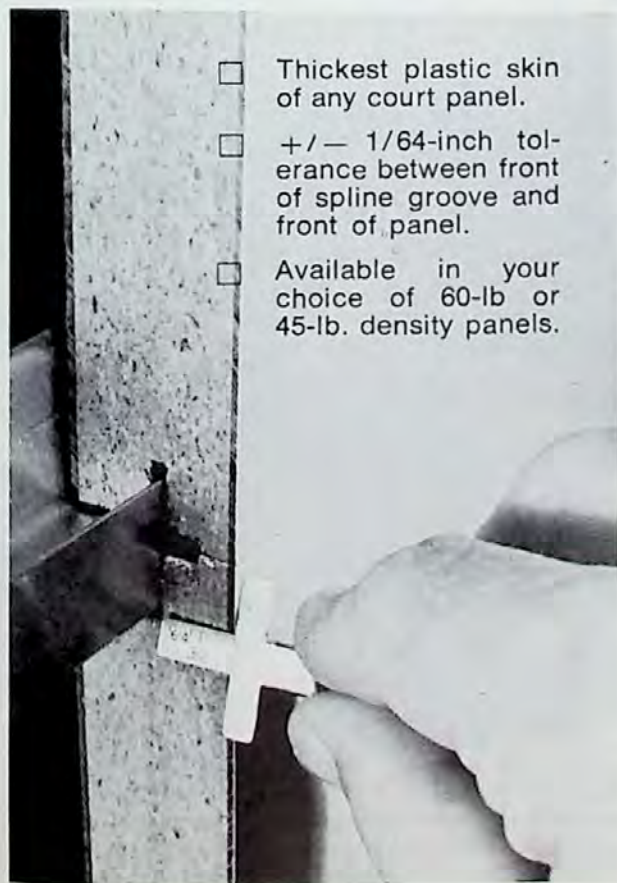
It may be necessary some time for the league itself to make court-time agreements with commercial clubs. This includes negotiating discount rates (in return for publicity benefits), guarantees, or deposits with the club involved.

In 1976-1977, MRATL had a very equitable arrangement such as this with the Whitemarsh Tennis and Recreation Center. For example, the Players Club hosted MRATL's championship match for free and both Whitemarsh and the Columbia Athletic Club offered their facilities gratis for the playoff rounds.

Free court time should be sought in all cases. When reserving blocks of court time, no less than one hour should be allotted for warm-up and individual matches; if nine matches are to be played then 10 court hours might be enough if games are to 15 points.

Special Events

A fun event for the league to sponsor is an all-star match such as the one held by the MRA in March, 1977, at the Columbia Athletic Club. It was set up so MRATL's East Division played the West Division. The top two players from every team participated with the No. 1 player playing a singles match and the No. 2 player playing a doubles match. The format of the all-star match was exactly the same as for a regular match, six singles and three doubles matches. All-Star events might also consist entirely of singles matches.



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Tournaments

California

Center Courts, Victoria Station Sponsor Charity Tournament

Seven-hundred and thirty dollars were donated to the UCLA Children's Cancer Research Fund in the third annual Victoria Station Charity Club tournament held at The Center Courts in West Los Angeles, Calif., in April.

Some 146 racquetballers competed in the tournament with \$5 from every entry fee going towards the cancer research fund.

Bruce Radford remained The Center Courts club champion for the second year by beating Kirk Williams in the finals of the men's open 12-21, 21-18, 21-8.

The men's novice division attracted the largest class with a full draw of 64 players. Kelly Radford and Sue Strommer, two women opting to play in the men's novice, made strong showings, winning three rounds each against men players before bowing out in the quarter finals. Jay Streim eventually won this division with a 21-17, 21-12 victory over Mike Fisher.

The Men's B Division was captured by Sol Abrevaya 21-12, 21-8 over Al Green. Lee Pretnor, former pro baseball star, defeated Steve Howard 21-14, 21-12, in the Men's C Class, and Lauri Gaudin defeated Diane MacIntyre 21-16, 21-14, to win the Women's C Class. Kathy Durbin defeated Tina Alpert 21-13, 18-21 and 21-19 to win the Women's Novice Class. Wayne Radford and Don Thompson overcame Chuck Garabedian and Mike Knight to win the B Doubles.

Thomas, Johnson Win Sacramento Doubles Title

The First Sacramento (Calif.) Invitational Racquetball Doubles Tournament was held at the Carmichael Athletic Club in March with Spider Thomas and Oscar Johnson emerging as the victors over Ron Sakaniwa and Chuck Dorn in the finals, 15-9, 12-15, and 15-6.

The consolation championship went to Rod Herring and Price Thomas, who defeated Tom O'Conner and Henry Ragueno in the finals, 15-9, 15-4.

Florida

78 Compete In Patrick AFB Tournament

Seventy-eight racquetball enthusiasts converged on Patrick Air Force Base in Satellite Beach, Fla., in May for the second annual Patrick Invitational Racquetball tournament.

In the open singles division, Percy Philman allowed only 22 points during the entire tournament and displayed an awesome offensive surge in the final game to defeat Gerry Sherlock, 15-0, 15-3.

Tom Ruffing of Orlando lost the first game in the B singles final game to Dale Hasner, but managed to get it all together to win the game, 5-15, 15-2 and 15-9. John Brugger won the open consolation championship and Vincent Ganley the B consolation.



Dr. Steven Frig (in the middle) accepts a \$730 check to the Children's Cancer Research at U.C.L.A. Medical Center from Dennis Hyder and Kipp Downing of Victoria Station and Gary Gullette and Mike McClelland, owners of The Center Courts. The money was raised at the recent Victoria Station Charity Racquetball Tournament hosted by The Center Courts, West L.A.

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Tournaments

Continued

Kansas

Hutchinson YMCA Hosts 'Doubles Only' Championships

The Hutchinson (Kan.) YMCA Racquetball club sponsored a "doubles only" tournament for the second time in May and attracted 30 teams for an abbreviated two-day affair.

In the women's open division two first-year players—Mary Todd and Tammy Totland of Hutchinson, Kan.—defeated past champions Sharon Brundage and Regina Livingston of Garden City. Ed Brewer and Steve Link of Overland Park won the men's B division, defeating Mike Fuller and Steve Shumacher. In the men's open Larry Swank and Ernie Ruelas were beaten by Ron York and Bo Champaign in the finals.

Massachusetts

McDonough Wins West Roxbury YMCA Men's Open Title

Mike McDonough was the big story at the second annual West (Mass.) YMCA Racquetball Invitational in March. A relative newcomer to the game of racquetball, McDonough played handball in the Boston City leagues before he began taking up racquetball a few months ago. McDonough found almost immediate success on the racquetball courts.

Combining a smashing power serve with sparkling court play, McDonough swept through the West Roxbury tournament with ease, defeating Sam Garafalo, Dan Giordano and Peter Crummey to win the men's open title.

In mixed doubles play, last year's winners of Carol Vento and Phillip Fisher of Newton, Mass., YMCA were upset by Sam Garafalo and Martha Callahan of the Lowell, Mass., YMCA, 14-16, 15-6, 15-6.

In other results Gerry Cassidy of the Old Colony YMCA won the class B division, Mark Carroll the class C bracket and Martha Callahan the women's open.

Minnesota

Ron Haskvitz Wins Northwest (Minn.) Men's Open Title

One-hundred-fifty players from the upper Midwest and Canada competed in the third annual Northwest Racquetball Invitational at the Northwest Tennis and Swim Club, in St. Louis Park, Minn., in May.

"The competition was fierce not only on the courts but also on the dance floor," said Ron Strom, head racquetball pro at the Northwest Club.

Dean Constantine, a local Twin Cities dance instructor, headed the festivities. He aided players in learning new dance steps while others enjoyed chicken dinners.

A drawing was held and several players received prizes, compliments of Northwest Tennis and Swim Club, Leach, Ektelon, and Munsingwear.

In men's open singles, Ron Haskvitz, Minneapolis, beat Mike Sladky, Edina, 21-16, 14-21, 11-3.

Men's B singles was won by Jim Collin of Mankato, who beat John Hinz, Excelsior, 21-13, 21-9.

Bernie Nielsen of Marshalltown, Iowa,

took the senior men's singles title in straight games over Bernie McNamara, 21-10, 21-8.

In women's open singles, Liz Dow, St. Paul, beat Martha Corwin, Golden Valley, 21-17, 21-8.

Women's B singles was captured by Prudy Harrison over Jenny Hawley, 21-20, 14-21, 11-9.

Kathy Moore, New Hope took the women's C singles over Kindra Stirtz of Burnsville, 21-15, 21-5.

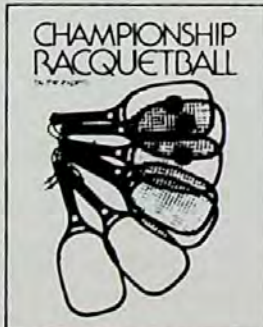
In men's open doubles, Jim Bryan, Edina, and Larry Nielson, St. Paul, beat Ron Ström, St. Louis Park, and Pat Page, Edina, in straight games, 21-11, 21-17.

Art Hodges and Tim Sabin, St. Paul, won the men's B doubles event over Jim Buckley and Jim Collins.

In senior doubles, Bob Sheldon and Bernie Nielson beat Bob McNamara and Amos Rosenbloom, 21-7, 18-21, 11-3.

The junior players participated in a round robin event. Paul Bakken, Fergus Falls, took first place, Hart Johnson, St. Paul, second and Craig Stirtz third.

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Texas

387 Compete In San Antonio Tournament

Three hundred and thirty-seven entrants competing for 13 titles from Louisiana, Texas and Oklahoma competed in an invitational tournament at the Racquetball and Handball Club of San Antonio, Tex., in May.

The results:

Men's Open Singles

1st—Eric Campbell of Dallas def. Dave Peck of El Paso 15-11, 15-7

Men's Open Consolation

Skip Merrill def. Jaimie Yamamoto of San Antonio, 31-22

Men's "B" Singles

1st—Rick Masling of San Antonio def. Mark Dickman of Denton 10-15, 15-4, 15-7

Men's "B" Consolation

Steve Montoya of Dallas def. Royal Berry of Arlington 31-15

Women's Open Singles

1st—Janice Segall of Houston def. Linda Guerrero of San Antonio 15-9, 15-1

Women's Open Consolation

Becky Bludau of Austin def. Liz Parker of Austin 31-16

Women's "B" Singles

1st—Alvaredo of Odessa def. Judy Levy of Austin 15-7, 15-10

Women's "B" Consolation

Carol Reeves of College Sta. def. Jackie Black of San Antonio 31-6

Men's "C" Singles

1st—Gary Merritt of Houston def. Mark Mueller of College Sta. 15-3, 12-15, 15-7

Men's "C" Consolation

1st—Luther Bernstein of Dallas def. Dick Cramer of San Antonio 15-8, 12-15, 15-13

Men's Senior Consolation

Bill Dunn def. George Milner 31-28.

Men's Novice Singles

1st—Don Seitz of Mcallen def. Mathew Hackler of San Antonio 15-3, 15-12

Men's Novice Singles Cons.

Manny Machuca of San Antonio def. Danny Howell of Arlington 31-14

Junior Singles

1st—Bobby Stone of San Antonio def. Lance Gilliam of San Antonio 15-5, 15-6.

Junior Consolation

Perez of Mcallen def. Henry Galan of San Antonio 31-5.

Women's Novice Singles

1st—Bev Trevor of San Antonio def. Mary A. Purcell of Austin, 9-15, 15-13, 15-9

Women's Novice Consolation

Lucila Garza of Austin def. Sylvia Stuckey 13-14

Men's Open Doubles

1st—Mike Carr/Marc Auerback def. Skip Merrill (Dallas)/Dave Peck (El Paso) 15-12, 15-8

Men's Open Doubles Consolation

Orville Noel/Bill Cansler of Irving def. Leon Davis/Stam Taber, 31-26.

Men's B Doubles

1st—Ken Kachtik/Jim Carcoran of Mcallen def. Greg Mandell/Rod Hilpert of Houston, 10-15, 15-9, 15-3

3rd—Rick Medders/Mike Wish of San Antonio def. Dan Castillo/Oscar Perez of Mcallen, 16-14, 3-15, 15-1.

Men's B Doubles Consolation

Steve Montoya/Ralph Sturgeon of Dallas def. C. Shuckey/John Lee of Naderland, 31-28.

Men's C Doubles

1st—Louis Aulick/John Peterson of San Antonio def. Mark Mueller/Don Perkins of College Station, 5-15, 15-11, 15-11.

3rd—Pace/B.B. Uda def. Bill Gignac/Ed Rousseau of San Antonio 11-5, 15-8, 15-9.

Men's C Doubles Consolation

Ron Woodward/John Farrel of College Station def. James Lalfti/James Geisler of San Antonio 31-6.

Women's Doubles

1st—Neysa Buckley and Carol Reeves of College Station def. Linda Guerrero and Judy Turlington of San Antonio, 11-15, 15-11, 15-9

Women's Doubles Consolation

Carolyn Villarubia/Suzanne Storey of Friendswood def. Betsy Dunman/Diana Leibowitz of San Antonio, 31-29.



Club owner Burce Hendin with (l-r) Eric Campbell, Dave Peck and Mark Auerback



Hendin with Janice Segall (left) and Linda Guerrero

Tournaments

Continued

Virginia

Two Hundred Compete In Norfolk Military Championships

More than 100 military personnel competed in the second annual Spring Military Racquetball Championships held at the Little Creek Naval Amphibious Base in Norfolk, Va., in early May.

In the men's open, top seeded LCDR Glenn Allen, U.S. Navy from Va Beach, Va., defeated Leroy Pringle, USAF, Langley, Va., in the finals of the double elimination tourney 15-5, 15-12.

The men's B tournament attracted the largest number of entries and was run in a single elimination format with all first and second round losers participating in a separate men's B consolation tourney. Unseeded David Gordon, USMC from Cherry Point, N.C., defeated Norfolk navyman and third seeded Joe Larkin 6-15, 16-14, 15-11, to capture first place.

The women's open tournament featured a round robin format with each woman playing five matches to determine the champion. Navy wife Geneva Allen from Va Beach, Va., was awarded first place after winning all five of her matches.

The men's B consolation tournament was won by Harry McGee, who defeated Navy dependent Larry Roberson, Norfolk, Va., 13-15, 16-14, 15-6.

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1977 INTERNATIONAL DOUBLES RACQUETBALL CHAMPIONSHIP

Nov. 3-6, 1977 Thursday-Sunday

Racquetball World, 10115 Talbert Ave., Fountain Valley, Calif.

ENTRY FEES

\$20.00 per person, \$40.00 per team, first event
\$10.00 per person, \$20.00 per team, second event

ENTRY DEADLINE

Friday, October 21, 1977

ELIGIBILITY

Must meet age requirement as of Nov. 3, 1977

Must show current IRA card

Must abide by IRA tournament rules, 15 point third game tiebreaker

If a team chooses to enter more than one event, it may be asked to play back-to-back.

All winners must referee the match immediately following on their court or forfeit the match.

AWARDS

Trophies for the first four places

OFFICIAL BALL

Seamco 444

TOURNAMENT SITE

Racquetball World
10115 Talbert Ave.
Fountain Valley, Calif. 92708
AC 714 962-1374

HOUSING

Sheraton Newport
4545 MacArthur Blvd.
Newport Beach, Calif. 92660

AC 714 833-0570

STARTING TIMES

Will be available Nov. 1, 1977

Thursday and Friday matches will begin as late as possible.

Class C players begin play Thursday afternoon.

Class B players begin play Thursday evening.

Players from outside California begin play Friday evening.

All other players must be ready to play Friday morning.

Please enter me in the event checked:

Age _____ as of October 21, 1977

- | | |
|--|--|
| ☐ Men's Open | ☐ Girl's 15-and-under |
| ☐ Men's B | ☐ Women's Senior Open |
| ☐ Men's C | ☐ Men's Senior Open (35-and-over) |
| ☐ Boy's 17-and-under | ☐ Senior II (40-and-over) |
| ☐ Boy's 15-and-under | ☐ Master I (45-and-over) |
| ☐ Women's Open | ☐ Master II (50-and-over) |
| ☐ Women's B | ☐ Golden Master I (55-and-over) |
| ☐ Women's C | ☐ Golden Master II (60-and-over) |
| ☐ Girl's 17-and-under | |

Send check to: Racquetball World, 10115 Talbert Ave., Fountain Valley, Calif. 92708

Make check payable to: California Racquetball Association (C.R.A.)



Name (Please Print) _____

Address _____

City _____ State _____ Zip _____ IRA Card No. & Expiration Date _____

Business Phone _____ Home Phone _____ Estimated time of arrival _____

I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the International Racquetball Association, Racquetball World and the California Racquetball Association and their respective agents, for any and all injuries.

Name _____

Partner _____

Signature _____

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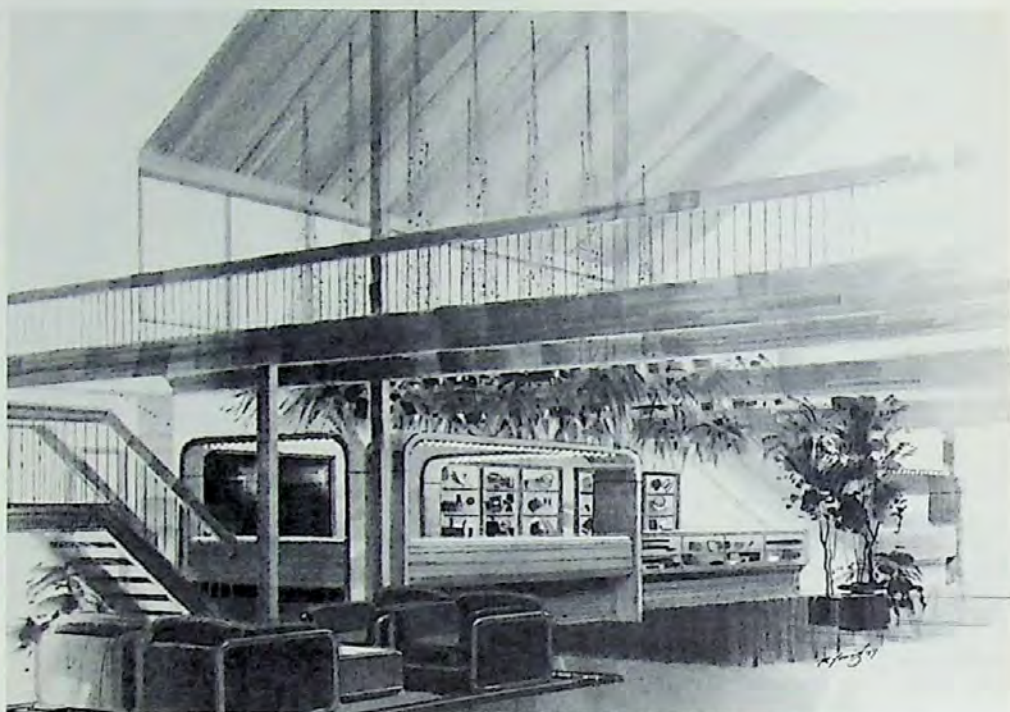
Clubs

California

Racquetball World Club Opens In California

The \$3-million Racquetball World and health Club facility of Fountain Valley, Calif., site of the ninth annual IRA doubles championships to be held this November, is the newest and largest racquetball facility in California.

In addition to containing 25 championship racquetball and handball courts, Racquetball World also has a 25-meter indoor swimming pool, electronic scoring in three glass courts, an exhibition court viewing and eating lounge, a full size 1500 meter outdoor jogging track, modern rock cave saunas, inhalation rooms, an exercise-dance room, jacuzzis, a children's play center, a game room, separate men's and women's health clubs, spas and locker rooms, and in-house close circuit television system, complete health and juice bar and a pro shop.



The Racquetball World Health Club of Fountain Valley, Calif.

Racquetfun Opens In Huntington Beach

Racquetfun, Inc., a three-quarter of a million dollar racquetball club, opened recently in Huntington Beach, Calif.

The facility has 10 air conditioned racquetball courts, a spacious lounge and a fully-staffed child care center with indoor and outdoor play areas for youngsters through seven years of age.

The club has more than 1300 members and applications are still coming in at a rapid rate. New members are presently being accepted on a provisional basis only to assure that facilities remain uncrowded.

A modest membership fee (\$50 individual, \$65 family) allows a person unlimited play and use of all the other clubhouse activities. Mothers may play racquetball during the day while their children are supervised in the play areas.

The carpeted locker rooms include saunas and whirlpool baths, overnight laundry service and rental lockers. There is a refreshment stand near the spectator lounge.



Cutting the cake is Denise Hardwich, celebrating the formal opening of Racquetfun, Inc. in Huntington Beach. Watching are (left to right) Mel Amerman, manager of Racquetfun, Doty Cummings and Bud Godfrey.

California *Continued*

\$2 Million Facility Opens In San Francisco

The San Francisco Bay Club, a \$2 million project dedicated to people who view athletics as a natural extension of an active lifestyle, opened its three levels of sports and recreation facilities in September.

The San Francisco Bay Club is unique in that it is San Francisco's first major athletic club which offers full memberships to both men and women. In breaking with traditional men-women segregation in athletic facilities, the San Francisco Bay Club encourages mutual involvement between the sexes as part of a more human orientation toward ex-

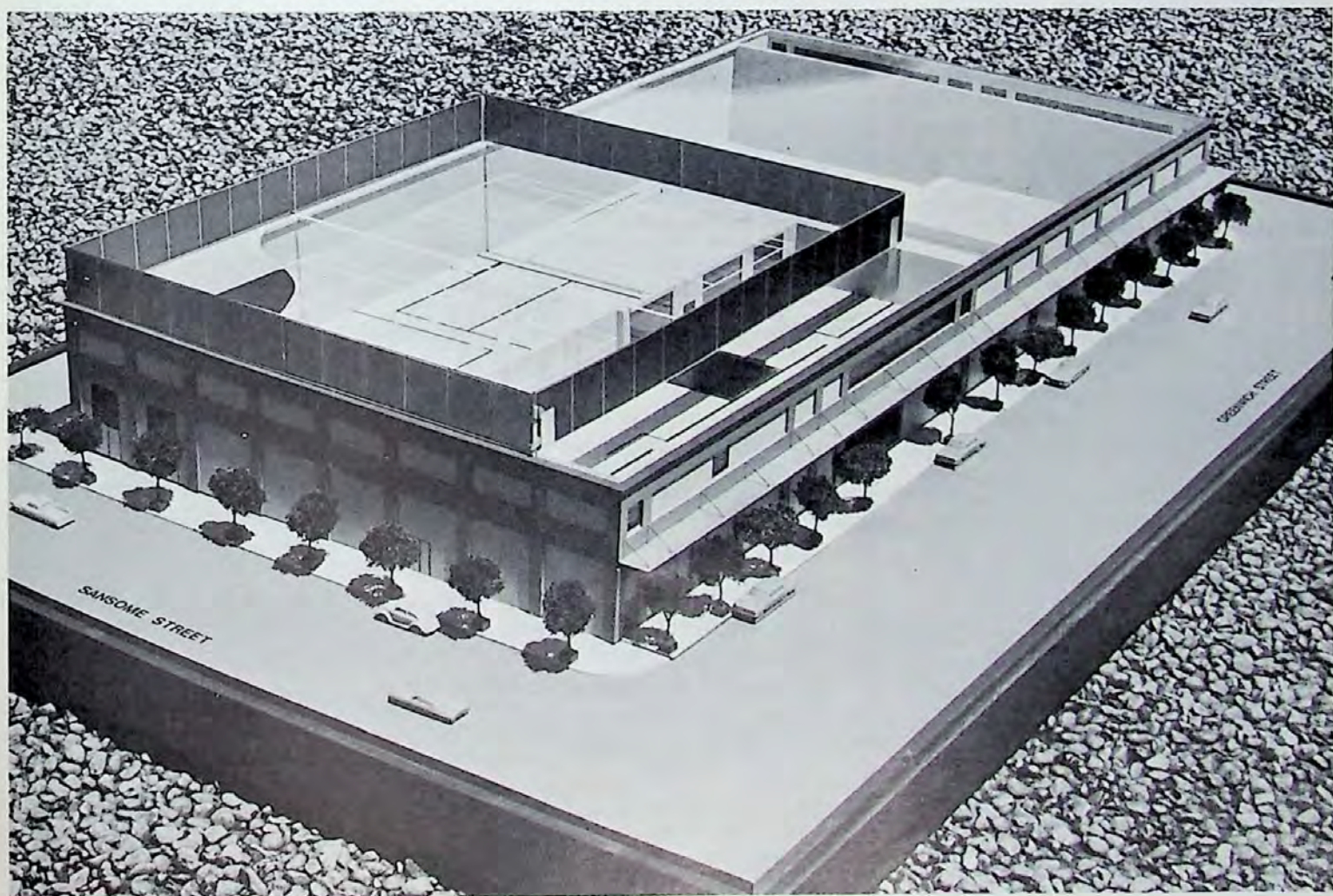
ercise and health.

Featured are 11 regulation-size racquetball courts for enthusiasts of the fastest growing court sport in America. In addition, three squash courts, two outdoor tennis courts and a complete gymnasium for basketball, volleyball and badminton—all without court fees—round out the roster of court sports.

The new club also provides a complete weight conditioning room, saunas, 105-degree whirlpool spas, dressing areas, locker rooms with both day and storage lockers, laundry services and, for everyone, a 57-foot long, four-lane,

heated indoor swimming pool.

Recreation and leisure activities are available in the conference/backgammon room which can be scheduled for business meetings. Also, in keeping with the luxurious motif, the windowed second-story club room offers light dining and a spectator's view of three racquetball courts. The outdoor sundeck overlooking the Bay will not only afford a close-up view of Coit Tower, but, according to Club partner Jim Gerber, promises to become a highly popular mid-day and afternoon relaxation spot.



A \$2 million project, the San Francisco Bay Club, the city's first major athletic club for both men and women, opened in September at 150 Greenwich.

Clubs

Continued

Florida

Miami Dolphins Star Joins SPORTROOMS

Tim Foley, star defensive back for the Miami Dolphins, announced his association with the SPORTROOMS, the new million dollar Racquetball Handball Health Club now under construction in Sabal Chase across from the Miami-Dade Community College south campus.

Foley will serve as a vice president and will be in charge of membership programs during the off-season.

Foley plays racquetball to keep reflexes sharp and physical condition in peak form. "The opening date is set for November 1977," Foley said, "and I sincerely urge anyone who wants to lose weight, firm up and for once, really have fun getting in shape to play racquetball."

"The SPORTROOMS will have fourteen indoor air-conditioned racquetball handball courts, complete health spa, saunas, whirlpools, a seven-foot TV screen, lounge serving health foods and refreshing beverages, children's nursery, pro shop, leagues, lessons and parties.

Serving as resident teaching pro at SPORTROOMS will be Fred Lewis, four-time national singles handball champion.



Tim Foley



Members of the Court Club East of Wichita, Kan., were treated to an instructional clinic by Jerry Hilecher, who also played nine members of the club in 11-point games of racquetball. Here Hilecher (second from left) poses with (l-r) pro Bruce Boydston, Court Club East Manager Chuck Humphrey, and assistant manager Charlie Stees.

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*Plus 50c for shipping and handling

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INTERNATIONAL RACQUETBALL ASSOCIATION
2670 Union Ave. Ext.
Memphis, TN 38112



New Jersey

Hackensack Firm To Build \$900,000 Racquetball Complex

Racquetball International Inc., a firm headquartered in Hackensack, N.J., announced it will start construction shortly on a \$900,000 racquetball complex in Wayne, N.J., to be ready for play this fall.

According to Jeffrey Riedl, a general partner in the company with offices in the Continental Plaza, Hackensack, Racquetball International plans to open a similar complex in Bergen County this fall, and has a number of sites in Hackensack under close consideration for this and other complexes. He said the company plans "three to four" court complexes within the next year.

The Wayne Club will be located at 342 Paterson-Hamburg Turnpike, on a

280-foot frontage adjacent to the grounds of Paterson General Hospital. It will contain 10 courts initially, but its final configuration will have double that number, the company said.

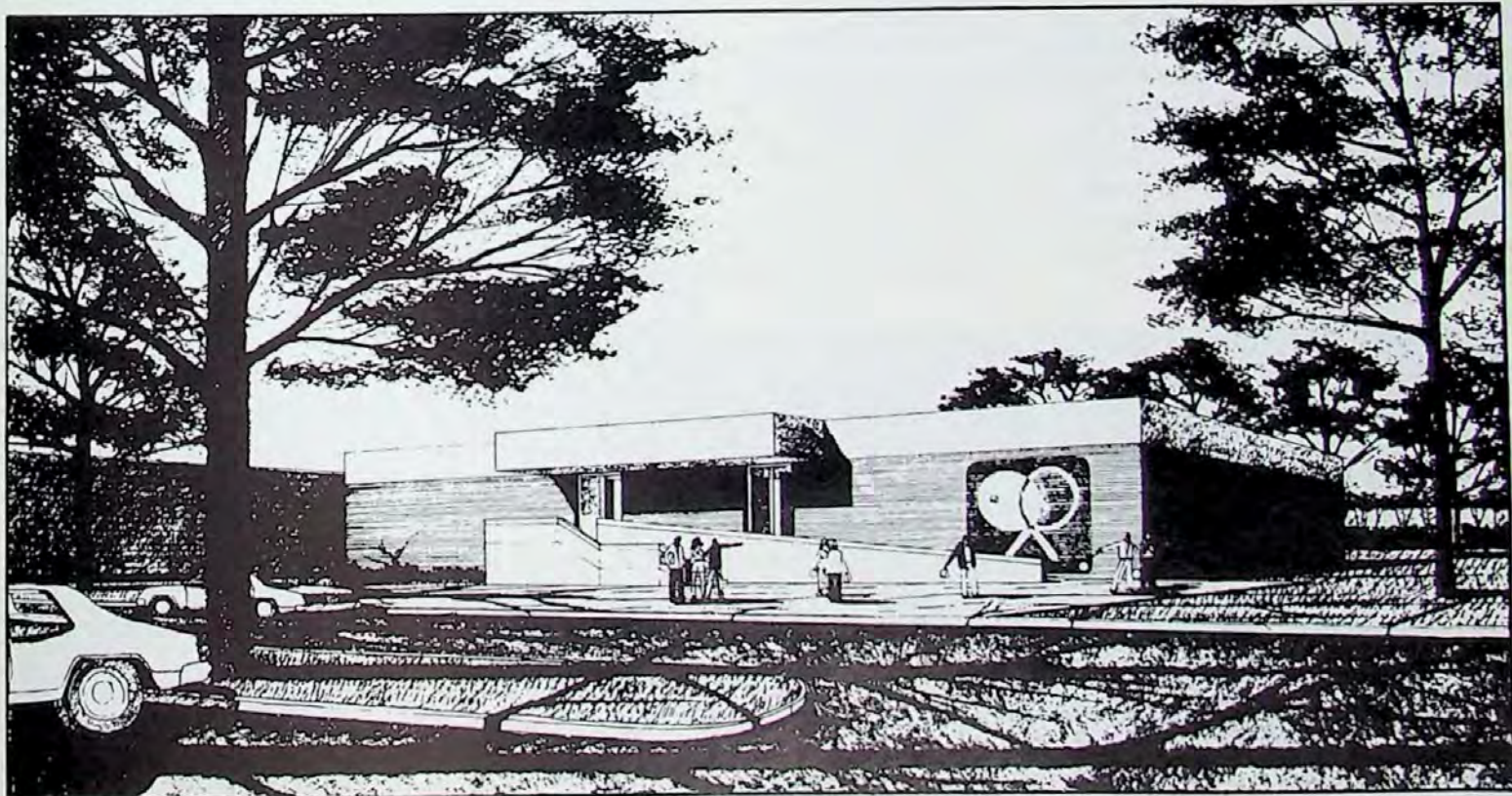
Only recently formed, Racquetball International has already penetrated the New England market with a 10-court complex now under construction in Burlington, Mass.

The building, designed by Racquetball International after months of study of successful clubs cross-country, will include such "extras" as a tournament court for spectator events, shower rooms, sauna, locker rooms, "pro shop" for equipment sales, a nursery, exercise

rooms, a control center, and a lounge.

The club will be operated on a membership basis "to ensure the smoothest possible scheduling of play and to make available to members reciprocal playing courtesies with other Racquetball International clubs throughout the country."

"The sport of racquetball offers the maximum exercise in the minimum time, is easily and quickly learned, and has caught on like wildfire wherever it has been introduced with sufficiently solid backing in the Northeast until now. Although it was first played in Connecticut, its most rapid growth has been in the Midwest and the West."



Architect's design for the \$900,000 Racquetball International complex to be completed later this year in Wayne, N.J., bringing to that area what is generally termed "the fastest-growing sport in America."

Massachusetts

Racquetball Facility To Open In North Boston

Cedardale Indoor Tennis & Health Club will open its new 10-court racquetball facility September 1, at 931 Boston Road, Haverhill, Mass.

The racquetball facility will complete a sports complex, already existing of 14 indoor tennis courts, a teaching center featuring ball machines and videotape, pro shop, lobbies, locker rooms, upper deck serving beer and wine, Roman bath, saunas, steam rooms, and universal gym as well as exercise equipment. There is also an outdoor club that includes two 50 meter pools and 25 outdoor clay courts.

The new racquetball courts will have fluorescent lighting and will include a lounge serving beer and wine, glass walls for viewing, men's and women's locker rooms with steam rooms and saunas, a coed Roman bath and gym, a men's t.v. lounge and complete pro shop. The facility will open to a month of free play in September to introduce racquetball to the Haverhill, Lawrence, Lowell, and southern New Hampshire areas.

Michigan

A Combination Tennis-Racquetball Club Introduced In Grand Rapids

The Riverview Racquet Club, a \$1.2 million facility scheduled to open in September in Grand Rapids, Mich., is Western Michigan's newest and finest tennis-racquetball and fitness center.

The club facility provides 10 regulation racquetball, handball, and paddleball courts and six "elasta-turf" tennis courts. The club has been designed with large spectator areas for tennis and racquetball viewing. Not only is gallery and ground-level viewing available, but in addition the club has two glassed back walls for lounge and tournament viewing of racquetball. Air-conditioned racquetball courts, lounge, and locker areas provide for year around comfort and enjoyment.

The new club has been designed with a spacious exercise and weightroom complete with a Universal weight machine. In addition, an exercise room exclusively for women has been included in the women's locker room. Each spacious, carpeted locker room is composed of individual, private shower stalls and separate Scandinavian saunas and

whirlpool baths. Each locker room will be equipped with personal grooming aids for one's convenience.

Many extra features, providing a total environment of comfort, relaxation, and sociability, have been included in the special design of this new facility. Some of the extra features include a television viewing area, game areas, a deluxe kitchenette facility, a conference-meeting room, a large, professionally staffed nursery, and a Pro Shop, with a complete line of equipment and sportswear.

Riverview Racquet Club in Grand Rapids, Michigan





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The shirts can be purchased in white or blue for \$7.00. The shorts are available in red, brown, green, blue or white, at a cost of \$5.50. Include 50¢ handling charge for each item ordered.

Shirts are available in quantities at wholesale for tournaments and tournament directors.

For further information contact:

Mike Zeitman

International Racquetball Association

Suite 728

2670 Union Ave. Extd.

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901-452-6228

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| ☐ ex-lg. | |

Shorts
\$5.50

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|-------------------------------|--------------------------------|
| ☐ sm. | ☐ blue |
| ☐ med. | ☐ white |
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| | ☐ brown |

Send check or money order to: International Racquetball Association

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(Please allow 3 weeks for delivery)



Clubs

Continued

Ohio

The Glove And Racquet To Open In Canton, Ohio

Grand opening ceremonies are scheduled to take place Sept. 15 for The Glove and Racquet, the first court club facility of its kind in the Massillon-Canton, Ohio area. The club will cater to fitness-conscious adults with programs that include family activities.

The Glove and Racquet will feature 10 courts, four of which have glass back walls for tournament play, 18 lap to the mile running track, plus ample locker rooms housing saunas, steam rooms and jacuzzies. The 15,000 square foot facility will house a lower level lounge for viewing plus the upper level game room and pub area. The traditional pro shop will stock top line equipment and apparel promoting the Glove and Racquet Club.

Partners in the \$750,000 venture are Charles and Walter Parks, and Jerry Anderson. All three partners expressed the need to provide a social facility that makes fitness a year-round enjoyable task.

Court House East Opens In Madeira, Ohio

Court House East, a bi-level racquetball/handball and platform tennis facility located next to the Camargo Racquet Club in Madeira, Ohio, opened its doors in mid-July.

The facilities contain eight championship racquetball/handball courts, as well as two outdoor platform tennis courts, a health spa, workout rooms, nursery, locker rooms and lounge. The club is completely air conditioned.

Court House East in Madeira, Ohio



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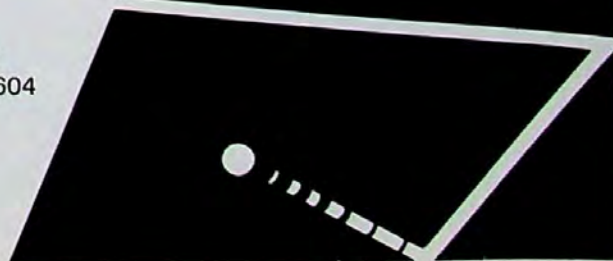
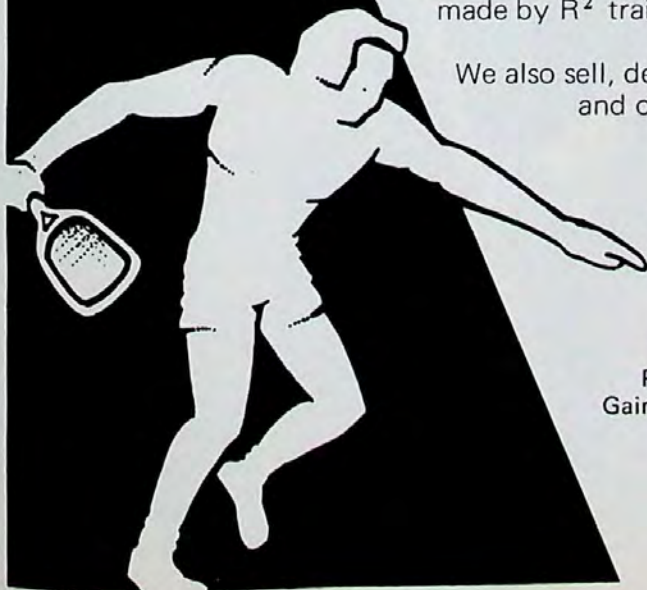
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Texas

Racquetball And Handball Club of San Antonio To Open In Fall

A second Racquetball and Handball Club of San Antonio, the first club in Texas devoted exclusively to these two sports, is expected to open its door this December.

This new 13,500 square foot facility

will house seven regulation size racquetball and handball courts, as well as one squash court, exercise and weight rooms, sauna, steam bath, whirlpool, pro shop, and track. One court will have a full glass side wall for tournament viewing.

San Antonio Racquetball and Handball Club owners (l-r) Bruce Hendin, Brian Weiner, Jerry Stone and Harris Sterling



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IRA NOTES

IRA Eligibility

The IRA eligibility has been amended to read that only a paid up IRA amateur member in good standing may compete in an IRA sanctioned amateur tournament. A professional racquetball player is defined by the IRA as any racquetball player who has received money for playing in any sanctioned professional tournament after May 31, 1977. Any professional player may be allowed to regain his amateur standing by signifying to the Executive Director of the IRA that he wishes to again become an amateur player. After a period of one year he may again be designated as an amateur player as long as during that one year he does not play in any tournament that would define him as a professional player.

Family Memberships

Family memberships for the International Racquetball Association are now available for \$9 for one year and \$15 for two years. Family memberships include an unlimited number of members under one household address with each family member receiving a membership card. Only one copy of RACQUETBALL, the official bi-monthly publication of the IRA, will be issued for each family membership, however.

Agony of Defeat

Rudolf VanHulst, of Pittsburgh, Pa., submitted this photograph of a racquetball player who has suffered defeat. RACQUETBALL will pay \$50 for pictures that are unusual in interest and nature.



IRA Pays For Articles

IRA offers you the opportunity to share your instructional expertise, an unusual story, or an eye-catching photograph with other racquetball fans by contributing to IRA's official magazine. And we will pay you for your effort, upon publication.

\$200 For Instructional Articles

Contributions must deal with a particular phase of the game and indicate how improvement can be made. Articles must be well documented with diagrams and/or photographs. Minimum length, 2,000 words.

\$200 For Unusual Stories

Contributions must be factual, true, original, and previously unpublished. They should be stories of incidents that involved you personally or that you observed. Such an article can be dramatic, off-beat, humorous, or just plain interesting. Minimum length, 1,000 words.

\$50 For Pictures, Cartoons, or Drawings

Such contributions may be dramatic, humorous, or of general interest. They should be original and previously unpublished. Photos taken in regular tournament play will not be considered unless the content is of unusual interest or originality. Both black and white and color glossies will be considered. All cartoons and drawings must be camera ready.

All contributions must contain the name and address of the contributor and the date the contribution is made. Articles must be typewritten and double-spaced. All copy is subject to revision, alteration, correction or rejection by the editor.

Contributions Cannot Be Acknowledged Or Returned

Address contributions to:
**Executive Director
International Racquetball Assn.**
Suite 728
2670 Union Ave., Extd.
Memphis, Tenn. 38112

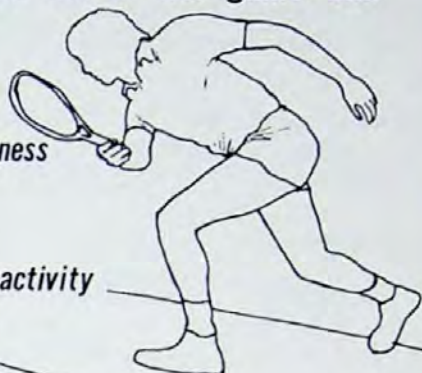
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Instruction Continued From Page 26

position so you will have to move to the ball, set up quickly, and use the desired stroke to hit the ball back to the ceiling.

This drill is designed to make you use all four ceiling ball strokes. It also will make you move all over the court to set up for each shot.

Try to keep the ball away from the side wall unless in the deep court area. You will see the negative effect the side wall has on the ceiling shot especially in

the front or mid court area. Don't cheat yourself by using your forehand when you are in the backhand area. This is the time to work on the backhand, without worrying about hitting a bad shot.

Ten minutes of this will be enough to warm you up and show your weak and strong points. Your task then is to utilize this drill to strengthen your weaker shots.

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CITY

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Calendar

September

1-4 Los Angeles, Calif.—Los Angeles Open. Contact Phil Ivaldy, 12511 Orrway Garden Grove, Calif. 92641 AC 714 893-4497

2-5 St. Louis, Mo.—State of Missouri Racquetball Association Fourth Annual Missouri State Open Singles and Doubles championships. Contact Len Marks AC 314 725-3710, Marlowe Phillips AC 314 432-6119 or Dan Hilecher AC 314 469-1989

15-17 Memphis, Tenn.—Jack Fulton Open, Contact Jack Fulton AC 901 454-1125.

16-18 Columbia, Md.—Columbia Athletic Club, Women's A's and B's, Contact Ken Johnson 301-730-6744.

17-18 Maine—Harvest Time Open, University of Maine. Contact Bob Folsom 207-773-2981

October

1-2 Manchester, N.H.—Tri State Open, Manchester Court Club. Contact Bill Polopek 603-627-2687

7-9 Austin, Tex.—Texas State Championships, University of Texas. Contact Brad Walker, Racquetball Association, Texas Union, P. O. Box 226. Student Activities Center, Austin, Tex. 78712

14-16 Tennessee—Tennessee State Doubles Championships, Contact Jack Fulton AC 901 454-1125

14-16 Bowie, Md.—Fourth annual White Marsh Classic, White Marsh Racquetball Club. Men's A and B, women's open singles and doubles. Contact Tom Olson or Fred White 301-262-4553.

15-16 Waterville, Maine—Maine closed Class A & B Singles. Contact Steve Dubord 207-873-0186

21-23 Rhode Island—Rhode Island Open, Providence YMCA. Contact Dennis Culberson 401-847-8000

November

3-6 California—Ninth annual IRA National Doubles Championships, Racquetball World, Fountain Valley Calif. (Entry blank on page 50)

18-19 Maine—Turkey Fest, University of Maine. Contact Bob Folsom 207-773-2981

December

1-4 Tennessee—Fourth annual Tanner Pro-Am, Memphis, Tenn. Contact Mike Zeitman, IRA headquarters, Memphis, Tenn.

3-4 Manchester—New Hampshire State Closed, Manchester Court Club. Contact Tom Lancaster 603-472-5095

9-11 Bowie, Md.—Second annual Budget Rent-A-Car tournament, White Marsh Racquetball Club. Men's and women's B and C. Contact Tom Olson and Fred White 301-262-4553.

January

7-8 Maine—Maine closed Juniors, C, Novice & women, Delm East Court Club. Contact Steve Dubord 207-873-0186

14-15 Maine—Maine Closed Doubles, Waterville, Maine. Contact Steve Dubord 207-873-0186

Maryland—Maryland state doubles tournament. Men's and women's open events. Contact Fred White 301-262-8901

February

1-2 Connecticut—Connecticut Open. Contact Phil Panarella.

11-12 Maine—Snow Fest, Augusta YMCA, Augusta, Maine.

18-19 Maine—Forest City Invitational, University of Maine. Contact Bob Folsom 207-773-2981



I figure this outfit is worth 6 points.



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