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Magazine

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COURT CLUB SPORTS Magazine

September-October • 1981

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COURT CLUB SPORTS Magazine



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Sierra Tahoe Athletic Club

ANNOUNCING COURT CLUB SPORTS MAGAZINE!

Dear Club Member:

Inside this "wrap-around letter" is one of the most exciting magazines ever to be published! It's called COURT CLUB SPORTS Magazine (CCS)--and it's written especially for you!

As you'll soon discover as you read through CCS, it's both a sophisticated national magazine and the official publication of our own club. You see, CCS contains not only colorful features and regular items and columns of national interest, but also a special club news section!

This, the premier edition of CCS, is bound to be a collector's item. It debuts as the largest-circulated racquet sports magazine of any kind in America...and the most unique!

As a private club, we're extremely pleased and honored to be able to make this fine magazine available to you. We thank the publisher, H.J. Blumberg and Associates, for letting us participate--and we pledge our continuing support in bringing you, our members, each issue on a regular basis.

Now, here's some news that benefits both of us...

For us, CCS is the communications tool we've been looking for. Now, we can give you club news, surrounded in beautiful living color, in a national format of sophistication and taste.

For you, CCS will work to find you that elusive partner, help you buy or sell a racquet and keep you informed of club happenings. You see, because of the special local classified ad section, CCS can actually function as our club's "portable bulletin board"...taken home by every member of our club.

The publisher has even agreed to let our members use the pages immediately surrounding our club section to "talk to" the entire membership. Think of what this can mean to you. If you're in a "people contact" business, can you think of a better place to run your business card or sales message? CCS is your opportunity to give every club member your card--on a regular basis--and have them keep it!

So, feel free to use the magazine in all its unique capacities. After all, CCS is your magazine. You can run business messages--in the display ad pages for our club--and personal messages--in the classified section.

To get all the details and to sign up for this special opportunity, stop by the front desk today. But, be warned...space is limited!

On behalf of all our members, I want to extend our sincere congratulations to the publisher for a beautiful "first"--with wishes of many more good things to come.

I can think of no better way to "kick off" our fall season than by offering you this exciting, new magazine.

Best wishes,

YOUR CLUB MANAGEMENT

A black and white photograph of a woman with voluminous, curly hair, looking back over her shoulder at the camera with a slight smile. She is wearing a white short-sleeved shirt with the words 'COURT CLUB SPORT' printed on the back in a stylized font. She is holding a tennis racket in her right hand, which is resting on her hip. Her left hand is also on her hip. The background is a plain, light-colored wall.

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From the Readers...

Would Wood Tire?

I play with a wood racquet. Many people tell me that wood suffers fatigue and loss of performance because of age. Does this really happen? I have noticed a crack has developed in the frame of the racquet, but this doesn't seem unusual.

Steve Miller
Cleveland, OH

As you continually play with the same racquet, even metal ones, time has a way of taking its toll in resiliency. In a wooden racquet this may be caused by a slight warp or separation of the laminated layers. However, proper care and servicing should maintain the racquet's performance for at least five years.

Interestingly, because some wood racquets occasionally chip and do damage to court walls, many clubs do not look favorably upon the use of wood racquets. —ED.

Cussed Luck

Your magazine looks like a real shot in the arm for the sport. Best of luck. Since you guys seem to be experts, could you help me out with a problem. What should I do with an opponent in a match who uses profanity? Not only is it embarrassing, but because I get steamed up, it creates a hindrance to my play.

James Oluc
Milwaukee, WI

If the referee doesn't hear it, call the profanity to his attention. According to section 3.5, rule 5(f) of the Referees Manual: "The referee can deduct one point from a contestant's or his team's score for overly abusive behavior." This is a judgement call by the referee. It also refers to arguing, threats, injury to the court of players and excessive delay.

Although you might be a bit careful in invoking the rule. We know of one player named Fred who

used to swear at himself when he missed a shot. He's say something like, "Damn it! Shape up!" The club members know that he was chastizing himself and didn't think much of it. But one day Fred was playing a stranger who didn't know of his odd habit. The stranger was just about to wrap his racquet around Fred's head because of his comments until it was explained that Fred was swearing at himself. —ED.

Racquetting Vacation

Since I began taking up the sport of racquetball, I find that it gives me both a physical workout and a mental lift. The frustrations of the day dissipate and I can forget the tension of the office or everyday stress.

Because of the relaxation the sport affords, I'd like to combine racquet sports with my vacation. Do you have any suggestions along this line?

Hugh Edwards
Atlanta, GA

More people are beginning to realize that a vacation built around racquetball and tennis allows a nice combination of travel, relaxation and a chance to improve their game away from the competition of the club. A growing number of travel agencies and cruise lines have expanded their travel packages to include racquet sports. CCS examines this demand in the current Travel section and will report in the future on attractive travel packages offered to racquet enthusiasts. —ED.

Stretch It Easy

Thanks for the phone call concerning my book, *Stretching for All Sports*. I hope that you get a chance to review it soon.

I would like to stress the importance of stretching properly. Before stretching, it is important to warm up the muscles by gentle

exercise. There should be no bouncing during stretching. The stretch position should be held gently and you should stretch to a tight and not painful position.

Like any new exercise regime, racquetball players who want the benefits of stretching should consult the club trainer before beginning the program or read a good book on the subject. I might be able to recommend one.

John E. Beaulieu
Eugene, OR

Smashing Tributes

It was a pleasure speaking with you and we here at Club Med wish you great success with your new magazine.

As the largest tennis instruction organization in the world, Club Med has developed a uniform teaching method that applies to all of our clubs around the world. We look forward to seeing your instructional articles.

Edwina R. Arnold
Public Relations Director
Club Med, Inc.
New York, NY

Let me wish you the best of luck with your new publication. It certainly sounds like a winner to me. I'll be happy to help you out in whatever way possible.

Marian Gerlich
Manager P.R.
Sitmar Cruises
Los Angeles, CA

As a sport enthusiast and a racquetball player, I look for information, instruction and entertainment in reading your magazine. Good luck, and please send me a copy of your first edition as soon as possible.

Bernie Cannata
Sales Manager
Island Holiday Tours
Hawaii

FRONT COURT

From the Publisher...



The Lady is Here!!!

CCS Magazine has arrived. We hope that you will be pleased with the mysterious Lady we said would be appearing soon. We have tried to give her warmth, humor, sophistication, information and that certain something that says, "I'm special, for you."

Among her folds there will be personalities celebrities, fashions, travel guides, humor, human interest, nutritional information and a variety of reading that we think that you, our "special" reader, will enjoy. Surprises will be coming too. You will also find your club newsletter and calendar conveniently located for quick reference. Never again must you miss a regular or special local event because you were unaware, uninformed or just unreminded.

Beth, our CCS Lady who you see gracing the cover, is symbolic of our magazine. She represents quality and a "certain something" we hope that we have achieved in our publication. She is not, however, just another "pretty face." A full-time member of our staff, you may find Beth typing a PR release, tending a convention booth, chatting on the phone with advertisers or out in the field making sales calls. You may even be surprised to see this five feet, nine inch unique combination of beauty and talent strolling through the front door of your club to say "Hi" from us and maybe accept a challenge on the court.

Joining Beth in this issue is our center court celebrity, Lou Ferrigno, alias The Incredible Hulk. He is also an avid court enthusiast. Can you imagine this duo as a doubles combination? We might entitle it the racquetball team of Beauty and the Beast, although Ferrigno, in real life, is anything but a beast.

You see, CCS Magazine is not just a news reporter of racquetball or tennis or your basic house organ, but is an multi-faceted publication designed to meet the informational needs and desires of you, the private club member. But it takes two to play and you can help us. We feel we've done a good job of anticipating what you want, but if we do miss something you want to see, please let us know. If you have a suggestion or a gripe, tell us. A pat on the back occasionally might even inspire us to greater heights. The Letters to the Editor column is there for that purpose. Feel free to comment or question about anything we do.

And we are always searching for new talent or new ways to look at racquet sports and club activities. So if there are aspiring writers, artists or photographers among you, we will be happy to look at your work for possible publication. In other words, this is your magazine, tailored and designed for you. We hope that it can help to make your life a little happier, enjoyable and better informed.

Our Classified Ad section is intended to help you find a playing partner or friend, enable you to buy and sell that certain article or discover a distinctive service in a market with incomes and attitudes similar to your own special lifestyle. You can send your ad copy to our Classified Department, CCS Magazine, Suite 200, 2401 Plum Grove Road, Palatine, Illinois 60067 or call our toll free number - (800) 323-6965. In Illinois call 312/397-9111. The ads are run on a space available basis, so don't wait until the last minute.

If you have a business or service

you would like to advertise in our display pages to the folks in your club, or to other clubs as well, write us and we'll give you the details.

If you're not receiving CCS by mail and would like to play in our court, send your name, address and club affiliation along with \$6.00 to our Subscription Department and we will mail you a subscription of six issues, post paid, and hot off the presses. You may prefer to take advantage of our SPECIAL OFFER. For \$10.00 we will mail twelve issues and give you a CCS shirt to boot.



We'd also like to take this opportunity to thank Playboy Enterprises and Bunnies, Patti and Daiva, for their welcoming visit. I think that you will enjoy the reports and photos of that lovely time on page 19. But please remember that the "H" in this publisher's name simply stands for Howard.

We will see you again with pleasure in the next issue. Until then, may your life be filled with winning volleys. ●

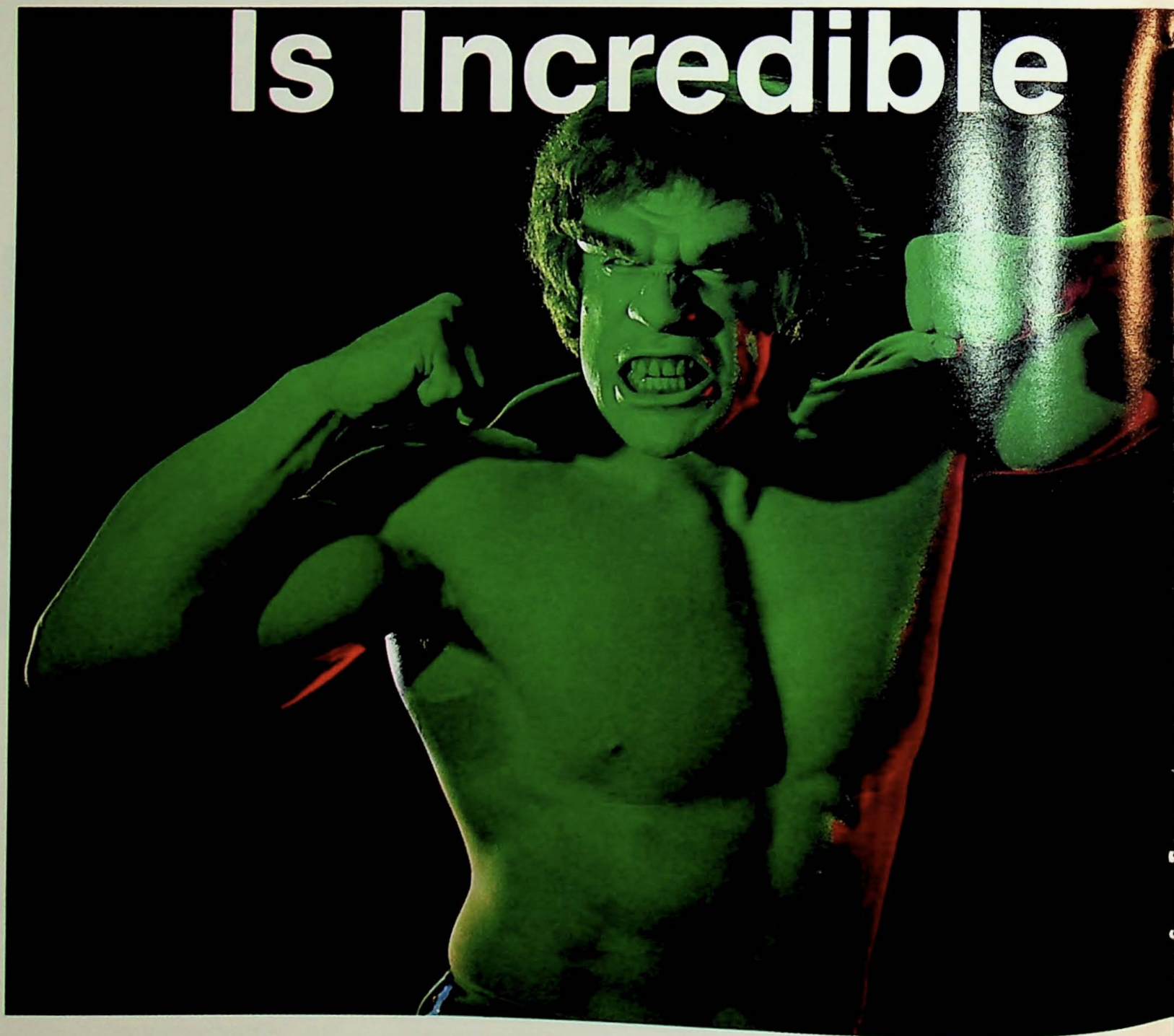
Kindest personal regards,
Your publisher,

Howard J. Blumberg

Feature Personality...

Incredible Hulk

Is Incredible



With Kids And Racquetball

Carla and Lou Ferrigno



One racquetball player you really don't want to mess with is Lou Ferrigno, the gentle giant who plays the green monster on the "Incredible Hulk" television show.

We caught up with Ferrigno at the Stratford Manor Productions, Sport Health and Fitness Fair in Chicago, where he attracted thousands of fans and impressed us with not only his strength but also his very courtly manners.

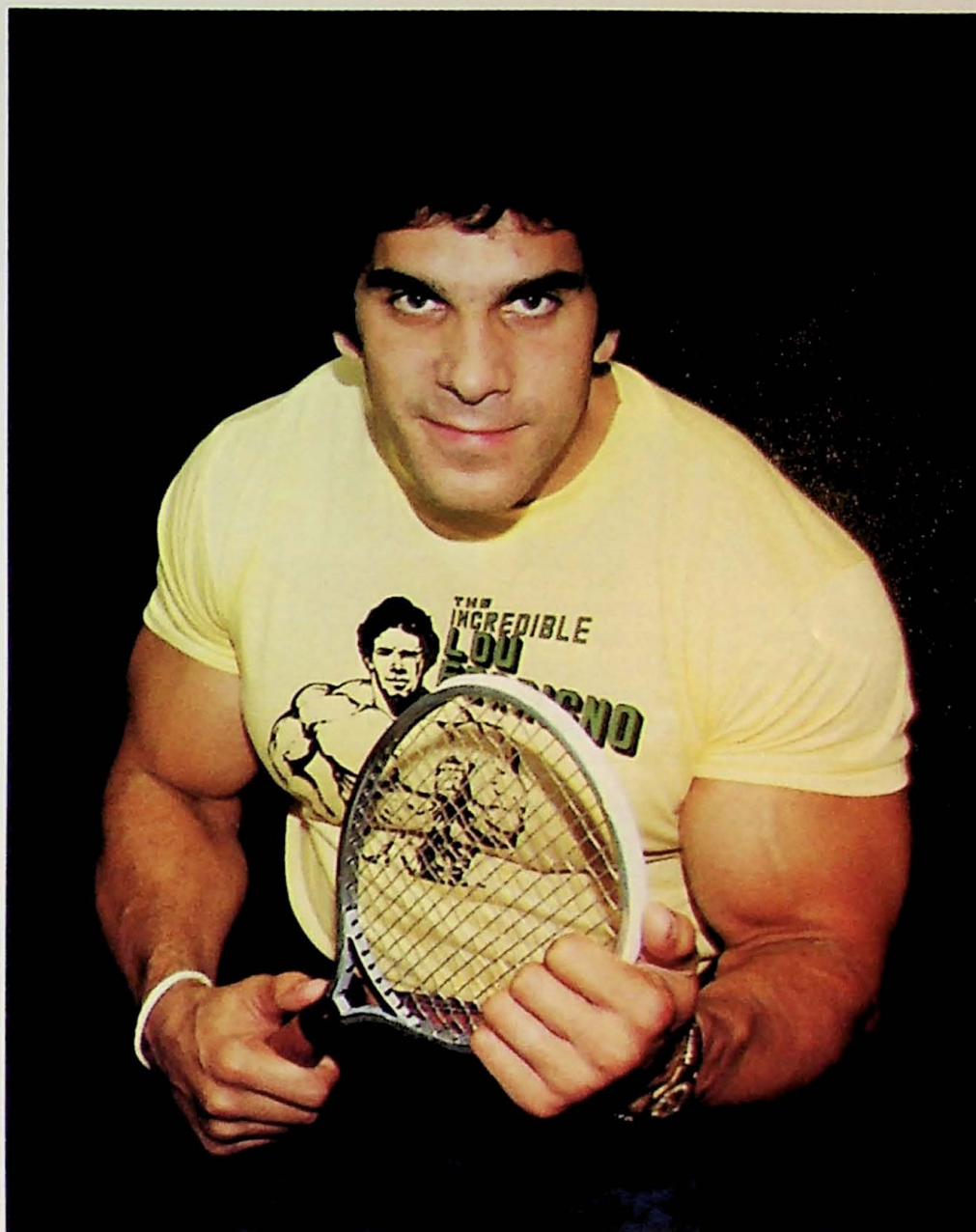
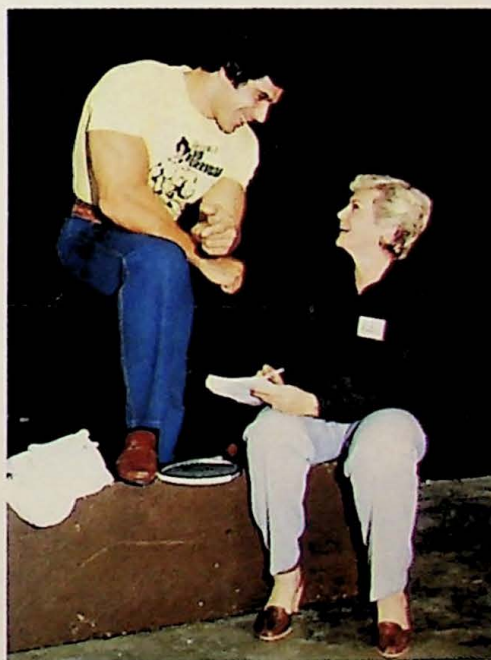
Lou Ferrigno is one of the world's most popular athletes whose bodybuilding titles are legendary. At the age of 23, he was the youngest man in history to capture the Mr. Universe title and the only person to ever win two titles back to back.

But not only has he been a success pumping iron and pumping up the ratings of TV, he has been pumping racquetballs into kill corners for some time now.

"I enjoy the game of racquetball because it keeps my timing sharp and helps develop my positive mental attitude (PMA)" Ferrigno said.

"Most people think that a good mental attitude is only important during a game or when you're actually performing. I believe it's more important in practice because that's when you build up the correct habits to carry you through competition. Of course, proper practice and proper diet are also important, but if you don't have the proper attitude, you'll be in trouble."

A positive mental attitude is something Ferrigno knows about because he used it to overcome a childhood disease which left him with a 75% hearing loss.



"Oh, I guess everyone is handicapped someday," Ferrigno said in an incredibly soft speaking voice, "but you have to learn not to let it get you down and use the handicap to help yourself and other people."

Because of hearing problems suffered as a child, Ferrigno is very concerned with hearing difficulties in children, and spreads his message of PMA to audiences throughout the country as chairman and chief fundraiser for the California-based John Tracy Clinic for the Deaf.

Our intrepid reporter, Vivian, charmingly but cautiously interviews Ferrigno.

Because of his childhood handicap of a hearing loss, Ferrigno is dedicated to helping disabled children.

Ferrigno was born on November 9, 1951 in New York City, the oldest son of a sports minded police lieutenant. He was a good all-around athlete and turned to bodybuilding at the age of 15. At six feet five



inches tall and weighing 255 pounds, Lou always wanted to test his strength in contact sports. He got his chance in 1974 when he signed to play pro football with the Toronto (Ontario) Argonauts.

Unfortunately, Ferrigno's idea of contact sports was a little rougher than anyone anticipated. During a scrimmage, he literally cut the legs out from under a player, breaking both the man's legs. Ferrigno quit football right then. "I never wanted to hurt anyone," he said gently.

After hearing about his football incident, we asked him who he could possibly find to walk out on the court with him.

"That's the great equalizer of racquetball," Ferrigno said. "You don't

really need brute strength to play the game. My wife, Carla, who's just a little bitty thing, plays a good game of racquetball and she's never been afraid of me. And my favorite partner, who's an old friend and an excellent player, barely comes up to my shoulder."

As we left the Hulk, he was surrounded by fans clamoring for autographs. We agreed that you don't need superhuman strength to play racquetball, but we think we'd rather watch Ferrigno from outside the glass wall, and even then we're not certain we'd be too comfortable. ●

Racquetting the World

The most likely theory about how tennis got its name is that the French players in the early history of the sport were in the habit of calling out "tenez" before they served. Roughly translated that meant, "Look out, Here it comes!"

The warning could be more aptly applied to the upstart American cousin of tennis with the slightly French name, racquetball. The name was conjured in the mecca of racquetball, San Diego, in the 1960's and the sport has been booming ever since then.

With the exposure they're getting in the televised tournaments, pro tennis players are earning big bucks. And while racquetball has yet to receive major TV coverage, the pros in that sport are starting to make decent money in tournaments. The result is that hope has sprung eternal in the hearts of hungry hordes of hackers who believe that through practice and diligence they will have a chance at the pot at the end of the rainbow colored court. They might be right.

About seven million people are regular racquetball players and millions more of their families and friends are enjoying the total good life that is now developing at racquet centers. Most racquetball players belong to affluent, well-educated groups that like to travel. These fanatics are spreading the gospel of fitness and sport.

Not only are Americans craving court facility fixes on their journeys, they are exporting the sport to new locations and creating interest among the natives. Currently, racquetball and/or squash courts are in use or under construction in such diverse places as Hong Kong, Munich, Geneva, Brussels, Kuwait, Saudi Arabia, Egypt, Iceland, China, supposedly, Moscow, behind Playboy resort hutches and in such hamlets as Archer Lake, Iowa, population 135.

In America, week-long racquetball vacations and clinics are rivaling

their more established tennis relations and becoming smashing successes. For roughly \$350 a week, not including food and lodging, you can have your game analyzed, video taped and worked on by instructors ranging from club pros to superstars Mike Yellen and Don Thomas. Ski resorts such as Aspen and Vail are offering skiing/racquetball packages in the winter and racquetball/ranch vacations in the summer.

But man does not live by racquetball alone and the Celebrity Courts people in Warwick, Rhode Island seem to be on the right track. Along with their one week clinic and daily instruction, they offer an opening day cocktail party, free breakfasts and lunches, beach barbecues and pizza parties, an award dinner where even the lowliest are honored and free tickets for the local musical theater. That should satisfy the total person.

In your travels, you can't really ignore the boom in tennis either. The Nassau/Paradise Island area in the Bahamas is becoming a premier tennis mecca. The Club Med facility on Paradise Island recently spend \$12 million to install 20 new courts, eight of them lighted. On the other end of the island, the Britannia Beach hotel is a traditional lure for tennis buffs while in Nassau, the Emerald Beach Hotel is still a popular favorite among jet-setters.

An interesting point in tennis instruction is that resort organizations with international bases such as Britannia and Club Med are unifying their teaching approaches so that you can receive the same style of instruction at any of their locations, keeping confusion to a minimum.

Not to be ignored in the Bahamas is the good life, with many airlines and cruise ships ready to whisk you there for fun, adventure and romance. The big game fishing is legendary, the diving is excellent

in crystal waters, championship golf courses abound and the casinos will give you the chance to see if luck indeed will be your lady tonight.

Although if improving your racquet game is more important than your social life, there are plenty of super tennis schools around the country providing instruction first and good times second.

John Gardner's tennis ranch in Scottsdale, Arizona is certainly upper crust racquetting. For roughly \$1,000 a week you get your accommodations, gourmet meals, two sessions of instruction a day, two massages daily to iron out the kinks from the instruction and complete use of the facilities which include swimming pools, sauna, jacuzzi and plenty of after-hours activities. If the price sounds steep, consider that most people who take the first plunge, return.

If Gardner's place is too costly, bouncy Vic Braden, of TV teaching fame, runs a light-hearted but deadly serious school at Coto de Caza, a resort in the Santa Ana mountains, 65 miles south of Los Angeles. A two day session costs \$100, three days are \$150 and five days cost \$200, not including food and lodging. About five hours a day are spent on the courts at Braden's college and another couple are devoted to strategy and review, generally along with cocktails.

Braden, who normally has a grin on his face, gets serious when he talks about instruction.

"All racquet sports are supposed to be fun," he insists. "They should ultimately be purifying and spiritually renewing, not something that brings on more stress."

So travelers, take it easy, but take it. ●



By Chuck Leve

What does a national trade association of club owners mean to you? It's an often asked question and one that has many answers.

The International Racquet Sports Association (IRSA) grew out of two previous organizations, the National Tennis Association (NTA) and National Court Clubs Association (NCCA). Since its creation in 1972, the NTA has been working in the tennis club field, while NCCA was doing the same in racquetball since 1973.

The need for a trade association of club owners, is obvious, but the road has not been an easy one. As not-for-profit organizations, neither NTA or NCCA was ever able to invest huge sums of money to develop even greater benefits for their members. And when many, many tennis clubs began adding racquetball courts in the late 1970's, it seemed that both of these groups were heading toward confrontation.

Thus, the powers that be within the industry, elected to take the road of compromise rather than confrontation. An efficient front desk operation is generic to the business, whether tennis or racquetball; a jacuzzi that works and works well, never asked the bather whether he or she prefers tennis or racquetball. So the tennis and racquetball owners, with both leaning toward the addition of fitness, aerobics and the general offering of physical fitness opportunities to the club member, have embarked on a mutual course, with IRSA taking the lead.

A good deal of the benefits IRSA provides to its member clubs affect players in indirect ways, but in ways that are important. Through a series of Regional and National Conventions, IRSA clubs are constantly and continuously up to date on the proper and most effective methods of club operations.

Everything from running a challenge ladder or tournament, to providing a speedy and efficient front desk are covered by the many IRSA meetings during a year. Most club owners acknowledge that the best way to earn a profit on their club investment is to satisfy their members. To accomplish that goal they must be kept informed of and instructed in the latest developments in the club business.

A lot of clubs, and yours is probably one of them, have added "fitness centers" in recent years. IRSA, and before that NCCA and NTA, has been counseling its members that fitness centers, i.e., the use of weight training equipment to aid physical fitness, was a trend of the future and would go a long way toward increasing profits for the club and providing additional amenities for the player.

The flagship benefit of both groups, and now of IRSA, directly affects players at IRSA member clubs. That benefit is reciprocity, the right for you to play at any IRSA member club more than 75 miles from your home. Reciprocity entitles you to use the facilities of any IRSA club as if you were a member of that club...you pay normal court and usage fees, but you pay no guest or membership fees.

Many racquetball and tennis players travel extensively, racquets in hand. Reciprocity gives them the opportunity to continue their workouts when on the road, and it also gives the clubs an additional source of revenue. A better marriage could not be found.

Strength is in numbers, the old proverb goes. And the 600+ IRSA member clubs gives IRSA the ability to develop additional benefits for the players in those clubs. The IRSA percent discount from Avis Rent-A-Car Systems, gives players at IRSA clubs a significant dollar-saving benefit when they rent Avis cars, whether for business or personal use.

Although this percent discount is available only for what the car rental firms call "normal time and

mileage," the player still will get the lowest rates available. That's because the Avis computers have been programmed to generate either "normal time and mileage" or whatever special rate they are advertising at the time - whichever is lower. At all times, members of IRSA clubs get the best rate available.

What does a national trade association of club owners mean to you? We believe it means a better club in play in; a club with a greater degree of diversification; a club that offers physical fitness opportunities to the entire family; and a club that is knowledgeable in the latest trends in the industry.

Thus, when the inevitable slowdown in the rate of growth for racquetball and tennis play occurs, most clubs will still be offering those sports, and the additional physical fitness benefits of fitness centers, aerobic dance, walleyball, or whatever the new developments are.

And IRSA clubs will have them first, because of the constant, ongoing communications between member clubs. The concept of meeting on a regular basis to compare notes, discuss problems and generally seek methods of improving the service to the players, enables IRSA clubs to stay on top of every development that occurs in the industry.

It further means that your club is constantly seeking ways to improve itself thereby improving the atmosphere for you to increase your health. Nobody has ever denied that making a profit in racquet sports clubs is a definite goal of club owners. But the astute owner knows that the surest method of earning that profit is to satisfy his members.

The International Racquet Sports Association helps the owner do just that. Our goal is for that owner to earn his fair profit, and for you to enjoy the physical fitness, recreational and social benefits of your membership in his club. ●

FROM YOUR COURT

NEW CLUB MAGAZINE

Dear Members:

Many changes have occurred over the last eighteen months and your club has more activities than ever before. The newest change is our own club magazine. This magazine will be presented to you every other month and is associated with the International Racquet Sports Association. It will provide information on a national and regional basis. You will also have the opportunity to become familiar with new products in the racquetball and health industry. In the month that you do not receive this magazine, you will receive a schedule of events for the coming few months. It is my desire to have the Sierra Tahoe Athletic Club continually improve and everyone be proud that they are a member.

Roger M. Davin
Owner/General Manager

PROS CORNER

September is the month to gear up for our open tournament and in-house leagues.

On September 17, 18, 19, we will be hosting an open racquetball tournament. Players from the bay area, Sacramento, Reno and Carson City will be invited, so the competition should be exciting. This is the time to sharpen up your game. Court time is harder to get with summer behind us, so reserve your courts early.

We will be forming our fall leagues this month, so don't be left out — there is something for everyone. Included will be our popular merchants league, Men's and Women's A, B and C night leagues, women's morning league, juniors league and a novice league.

We will continue the Friday night Round Robins for those interested in meeting other players and playing competitively in a social situation.

Right now we are working on a new rating system and master ros-

ter that will enable more members of the same ability to meet and play.

Sincerely,
JoAnn Albrecht

HOT AIR BALLOON GLIDER TRIP

September 26 and 27, the club will be hosting another trip to the Napa Valley, for wine tasting, hot air balloon and glider rides. Tentative schedule is to leave Friday and return on Sunday. For those of you that are interested, contact Patrick, for more information at 544-6222.

P.S. Bring your bicycle.

SUGGESTION BOX REPORTS

Q. Are the scales accurate in the locker rooms?

A. They are now, and please leave adjustment alone.

Q. Have a martial arts seminar.

A. According to Chuck Song, a tentative date of September 24 and 25, 7:30 to 9:30 p.m. has been set for a fighting seminar. For more information, contact Chuck Song at 541-3085.

Q. More mats for exercise classes.

A. Since the conditioning part of the club has grown so much, we have purchased some mats and will order more if the need arises. Our current load for exercise class is approximately 30 people, with mat accommodations. The only class that exceeds this number is the 5 p.m. slimnastics class and that is only occasionally. More mats will be on the way in the near future.

Q. Need a bigger weight room, more equipment and mirrors upstairs.

A. Future plans for the club in this area call for expansion, there is no argument about this. By next summer, we plan to expand the conditioning into court 2. All weight equipment will be on the

lower level, while the second floor will be converted into an exercise studio with ballet bars, mirrors and the floor will be divided in half by carpet and hardwood. This expansion will be costly and time consuming so bear with us.

WEEKLY FALL SCHEDULE

Slimnastics:

Daily at 5:00 p.m.;
M W F 7:00 p.m.;
Sat. & Sun. 9:00 a.m.;
T Th 11:00 a.m.

Aerobic Slimnastics:

M W F 9:00 a.m. and 11:00 a.m.;
T Th 6:00 p.m.

Beginning Aerobic Slimnastics:
T Th 9:00 a.m.

Dance Slimnastics:
M T W Th F 2:00 p.m.

Ladies Weight Training and Body Shaping: Times to be arranged.

Ladies Circuit Training:
M T W Th F 6:00 p.m.

Sports Conditioning:
T Th 7:30 p.m.

Trampoline:
M W 6:00 p.m.;
T 3:00 p.m.

Gymnastics:
M (beginning);
W (intermediate);
F (advanced);
Th (open gym) 3:00 to 5:00 p.m.

Martial Arts:
M W S 10:00 a.m.;
12:00 p.m.; 7:00 p.m.;
T Th Tai Chi
12:00 to 1:00 p.m.;
Ladies Self Defense
2:00 to 3:00 p.m.;
Kung Fu 9:30 (call-in class)

Massage: Certified masseuse by appointment only.

Racquetball Free Clinic:
M T W Th F 12:00 p.m.;
M W Th 6:00 p.m.

Women's Round Robin
Racquetball: T 10:00 a.m.;
Th 5:30 p.m.

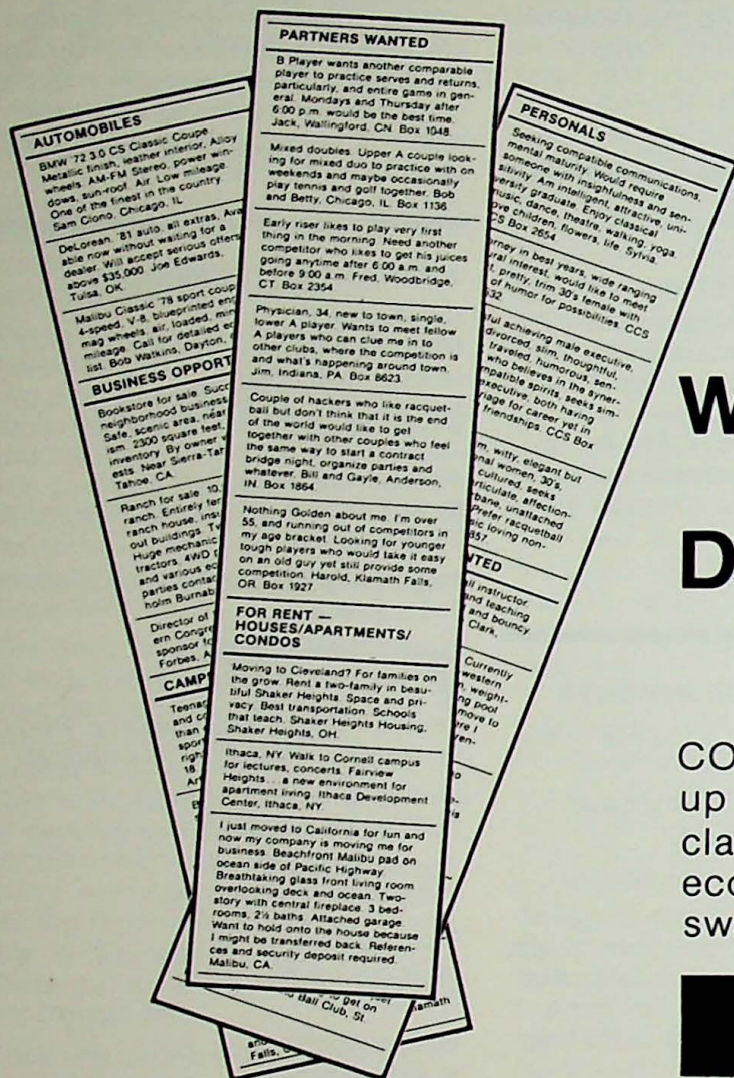
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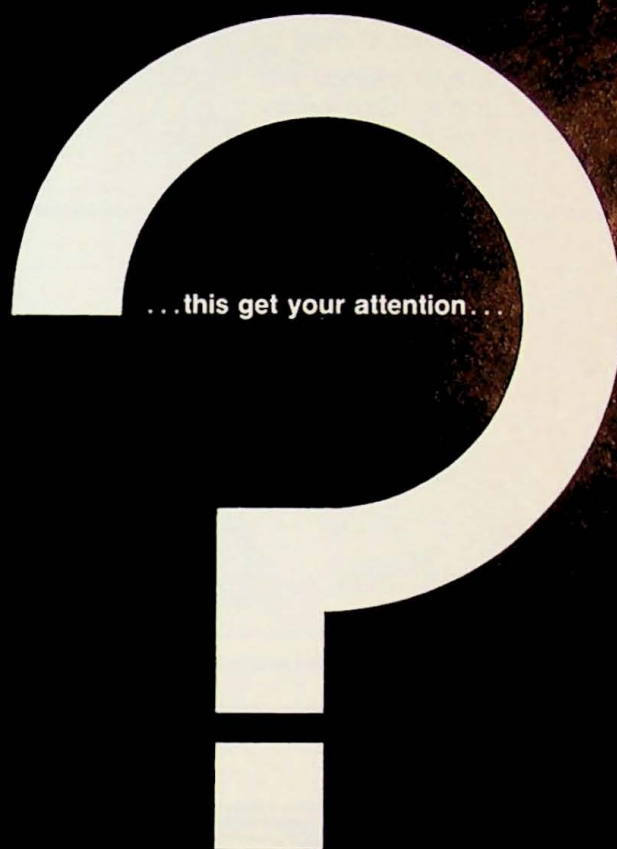
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Round Robin Racquetball:
F 7:00 p.m.

Volleyball: Th 7:00 p.m.

Badminton: T 7:00 p.m.

BALL BANTER

1. If a broken ball is suspected should the players

- Call time out
 - Stop immediately
 - Play out the point
2. The ball breaks just as a kill shot is made. What is the call?
- The point is good
 - The point should be replayed
3. A player swings and misses the ball in play. Can he try to hit it again before it touches the floor the second time?

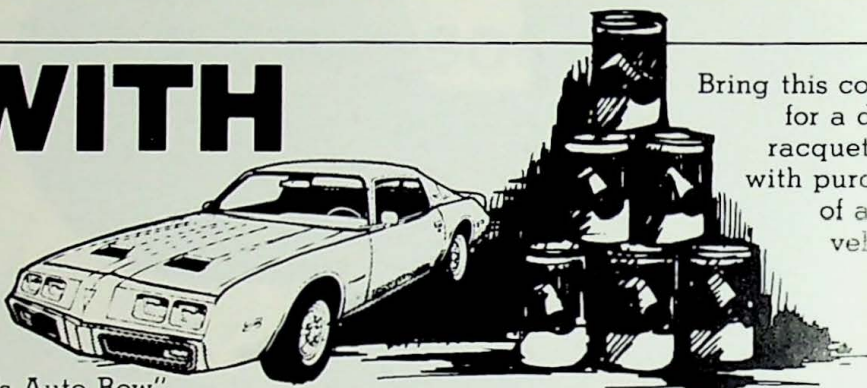
- Yes
 - No
4. The racquet slips out of your opponent's hand, misses the ball and shatters against the wall. What's the referee's call?
- A dead ball hinder
 - The point should be replayed
 - The point should be allowed

Answers: 1-c; 2-b; 3-a; 4-c

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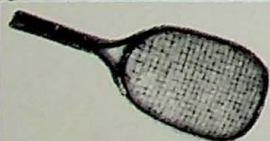


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Nutrition and Health...by Paul Martin

Vitamins and Minerals

Put Push in Your Performance

You've increased your physical activity, playing racquetball, tennis, swimming and jogging...and that's good. But along with your new found lifestyle as a physically active person, have you also increased your intake of important healthful nutrients? Are you receiving the proper nourishment to maintain a winning feeling as well as a winning mental attitude?

To sustain an increased level of activity, increased vitamins and minerals are necessary. However, there are many myths surrounding them. Each body has different needs. Consequently, no one diet or supplemented amount of vitamins is right for everyone. And if you put racquet sports on your list of priorities for fun and exercise, you need even larger doses of nutrients.

According to Dr. Roger Williams, one of the leading authorities in vitamin research, the body, from birth, is a highly distinctive instrument. As individuals, each of us has our own special nutritional needs.

Williams, a pioneer in the development of vitamins and their effects on nutrition, is a past president of the American Chemical Society.

He says, "that because needs vary so extensively, those of us who are physically active require a greater amount of nutrients than what we used in the past."

A proponent of total nutrition, Williams believes, "no single vitamin or mineral is the answer and that no nutrient by itself should be expected to prevent or cure any disease."

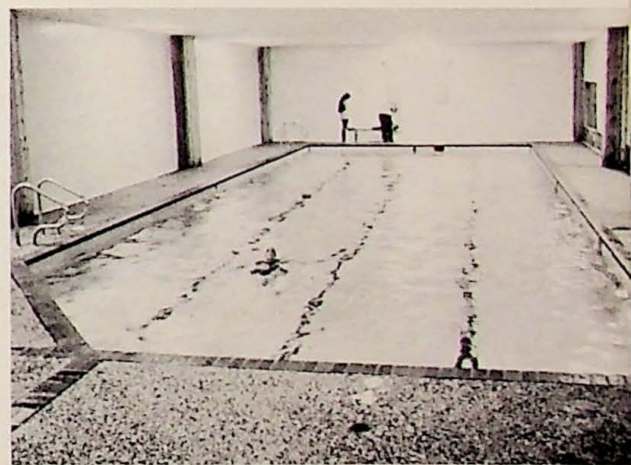


When particular vitamins appear to cure specific diseases, it is because they round out the group, transforming a limping incomplete team into one that is functionally stronger.

Just as increased doses of vitamins and minerals have aided in specific treatments, added nutrients for physically and mentally healthy people can prove to be a form of preventative medicine. Or as Dr. Williams refers to it - "nutritional insurance".

As just one example of the effectiveness of balancing nutritional needs, it is known that calcium and magnesium are two nutrients critical for good health. Both substances work together and should the body be deficient of either one or both, painful muscle cramps can occur. However, they can be prevented by including an ample supply of calcium and magnesium in your diet along with the proper dosage of Vitamins A and D.

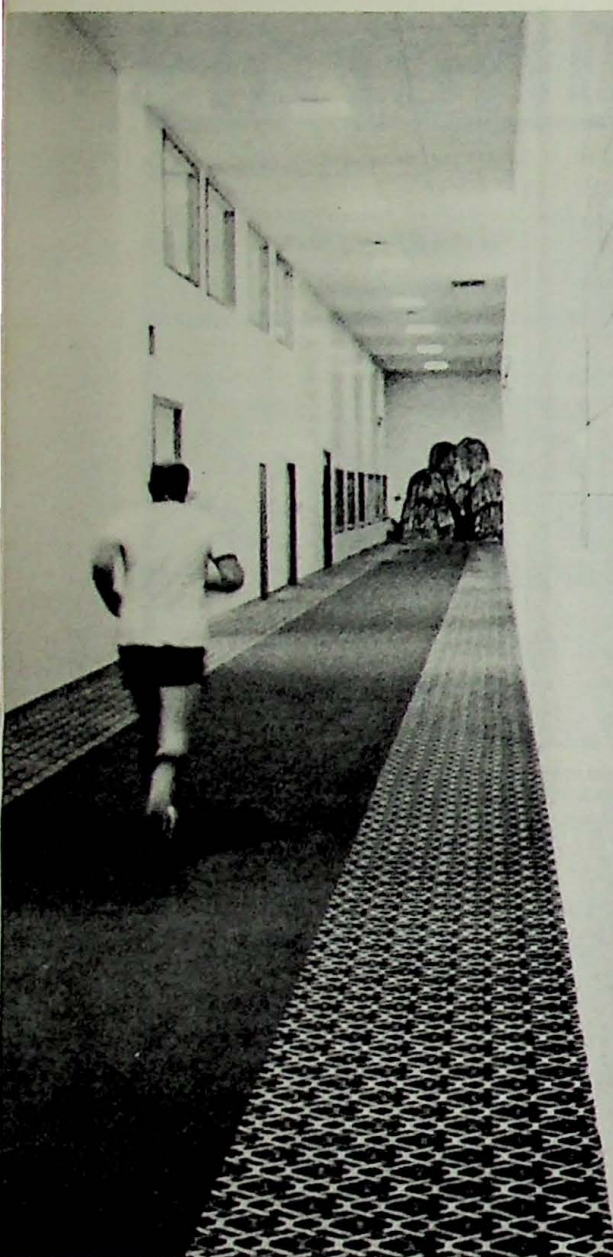
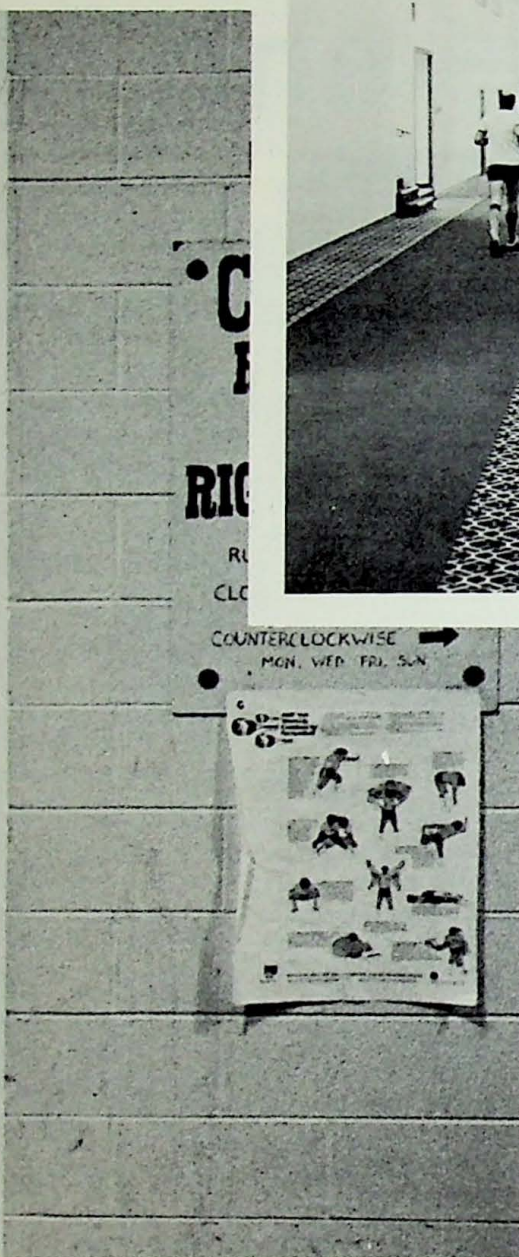
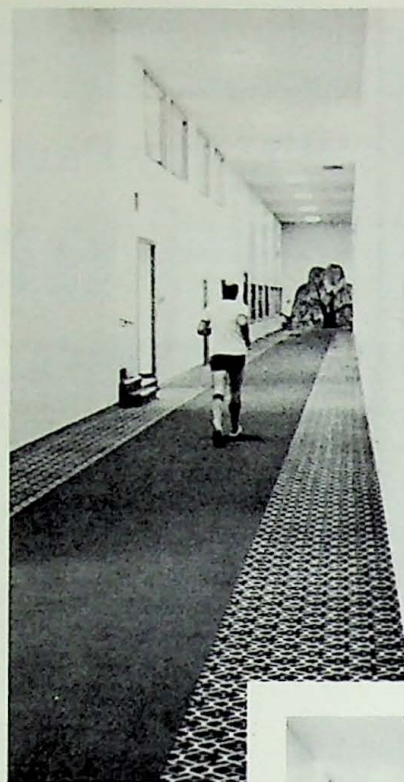
Vitamin E is another substance that helps the racquet sports enthusiast's performance. It improves the body's capacity to get more mileage out of oxygen.



Doses above the government's Recommended Daily Allowance (RDA) minimums for adults are suggested for physically active people who want to hold off fatigue.

The B vitamins and vitamin C are depleted during extended workouts. Increased use of these nutrients can heighten your endurance - an obvious plus to anyone who has found himself tiring in the late stages of a racquetball match.

Nutritional insurance not only benefits your physical stature, but also plays a critical role in your mental well-being.



Supplements of vitamins and minerals can help you perform at a razor-sharp level throughout the entire day. Sports figures, celebrities, professionals and others with taxing occupations have all found that added nutrients to the diet can create a greater mental alertness.

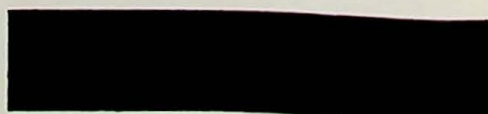
Dr. Williams points out with today's processed foods, many of the nutrients we once received through our regular meals have been removed. The consumer must find alternative sources to replenish these lost substances.

Even though the odds may seem stacked against you in to maintain a high level of nourishment and to avoid nutritional deficiencies that often result from the physical performance associated with racquet sports, Dr. Williams offers four suggestions.

1. Diversify your diet choosing foods that range from dairy products to a variety of fresh fruits and vegetables to meats and grains.
2. Avoid refined, processed foods.
3. Add a vitamin/mineral supplement for nutritional insurance.

4. Cultivate the wisdom of your body in finding what's best for you.

So whether you're a racquetball "addict" or a "bookworm", keeping nutritionally fit through proper diet and increased vitamin and mineral intake can bring you astounding results with relative ease. You will find yourself performing at an excelled level of physical energy and mental vitality never before imagined. ●



Bunnies Visit CCS To Play



By Howard Blumberg

The door opened and there they stood in all their grace and beauty. Their elegant hands were outstretched in greeting and their magnetic smiles blended with a beckoning look... Oh, what a look! "Hello," they said. "Thank you for inviting us to be part of your magazine." Imagine that. They were thanking me?

Their names were Patti and Daiva and they were not two ordinary ladies. They communicated a warmth and femininity that was genuine, rare and unique. They were Playboy Bunnies. This lovely duo had come to share in the excitement of COURT CLUB SPORTS Magazine. Their aura was spellbinding and something very unusual happened that day. Strangers suddenly became close friends almost before the first words of greeting had passed their lips. To embrace our friends seemed as natural as breathing.

I took them on a tour of our office complex, stopping at the editorial, graphics, advertising, promotion departments, and finally at my office, pausing only for brief explanations of the various activities in motion. Strobes flashing in delight, the photographers joyously followed us, since after all, this was just a tour but for me it was more. I was like a kid in a candy store with a whole dollar to spend. There was exhilaration at CCS, but it was nothing compared to the high I was experiencing. We laughed, joked, made remarks and fantasized.



The Bunnies had noticed our racquetball court and asked if we could play a game. If they had asked me to *build* a racquetball court, I believe I would have tried. We played a game of cut throat, but their charms and curves gave them an advantage. How could I possibly hit a kill shot against a Bunny?

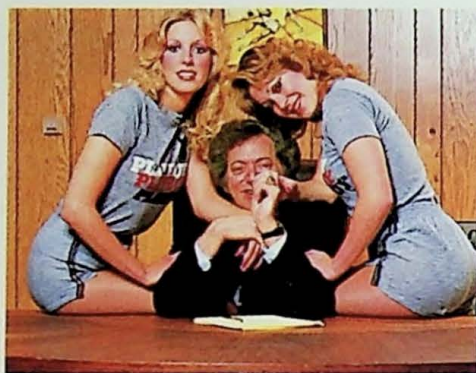
"What about giving me a lesson?" Patti asked when one of her shots went astray. "Me too," Daiva echoed. If there was one time in my life that I wished I was a professional racquetball teacher, this was it.

I was still somewhat in a daze. I had only seen the beauties in the promotional outfits and facetiously I asked, "Are you really Bunnies?"

"The man needs proof," said Patti to Daiva, with a twinkle in her eye. Turning to me she said, "Howard, you clean up and meet us back in your office in 15 minutes and you'll see." If she had said meet us in Los Angeles or Timbuktu, I probably would have headed for the airport.

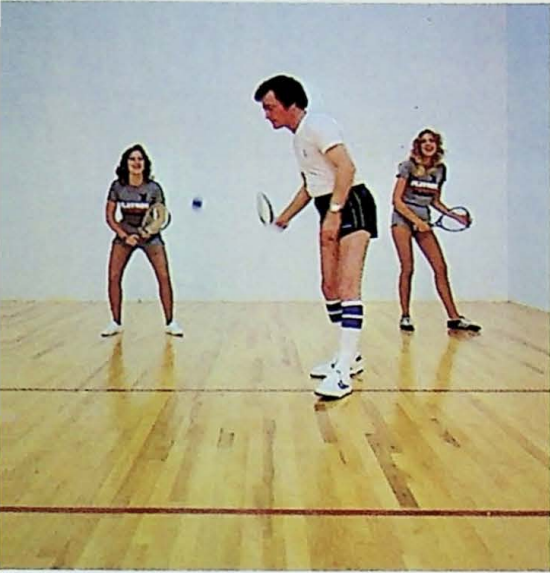
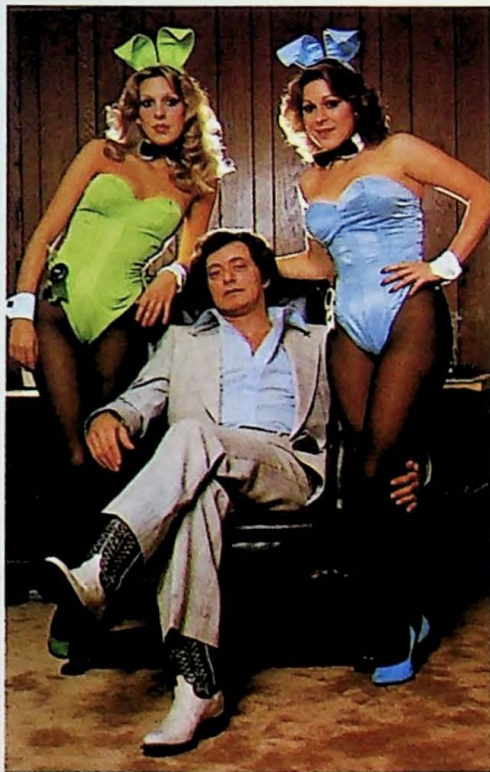
Finally, I discovered something ordinary about these extraordinary ladies. They were ordinarily late! But it was certainly worth the wait. They sauntered back into my office clad in the familiar Bunny garb, complete with ears and tails.

"Are you satisfied we're the real thing?" they asked in unison. Before I could answer, they planted four of the reddest lips on two of the reddest cheeks in Chicago. "That's for luck, Howard," they said with concern.



Two CCS staff members joining the Bunnies in making Howard's day more joyous. Clockwise from the left are Bunny, Daiva; CCS cover girl, Beth; CCS Administrative Assistant, Marcie, and Bunny, Patti.





And you know what? I believe they really meant it.
Thank you Bunnies for being here.
I'll bet we meet again. ●

Pizza Bash A Perfect Smash

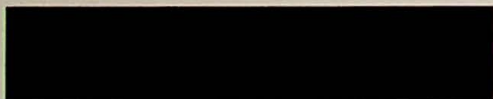
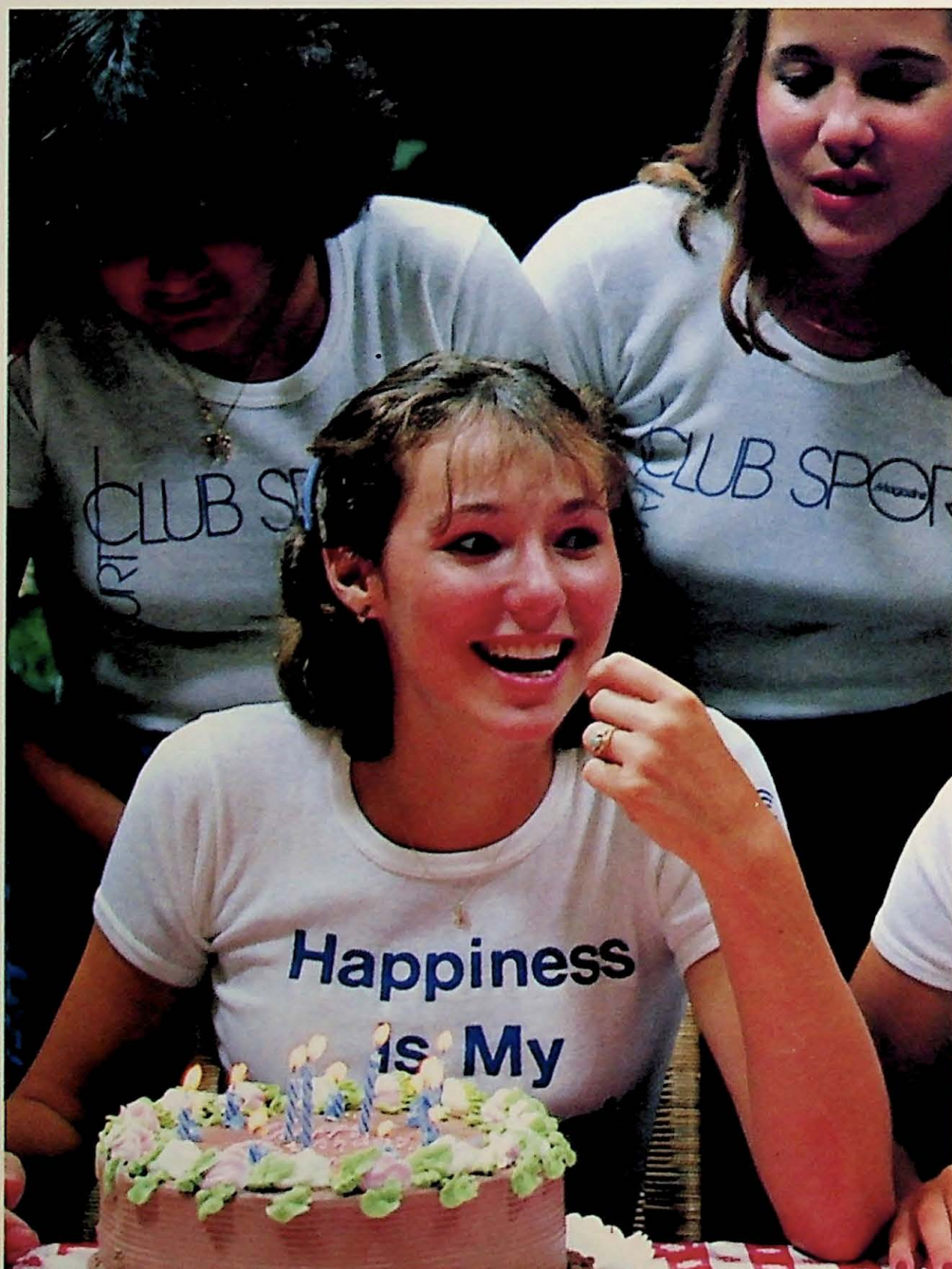
Teen Makes A Birthday Wish At Racquet Club.



Linda Janet, a senior at Maine East High School in Park Ridge, Illinois, is one of the many teens who have turned to racquetball for help in celebrating a special occasion.

"I've had so much fun going to dances and graduation parties at racquetball clubs," said Linda, "that I decided to hold my 17th birthday party at a club."

When Linda ran into a problem trying to find an open date for her party, CCS publisher Howard Blumberg volunteered the use of the private court at the magazine's corporate headquarters in Palatine, Illinois. ●



Racquetball Explained

If you're looking for a rewarding new leisure time activity, racquetball is the answer. It's fun, sociable, informal and physically rewarding. From your first game, you'll find racquetball is a fine way to keep in shape, improve muscle tone and sharpen your reflexes.

Best of all, it's an "instant success" sport that's extremely easy to learn. You can pick up the basics in about an hour. Because raw talent plays no big part in getting started, you can be playing a good game very quickly. And you help pace the action yourself—from slow to spirited.

HOW TO GET INTO RACQUETBALL

Chances are, you already know a racquetball enthusiast who can introduce you to the sport. If not, many adult education programs and most courts offer classes. Or you can simply find another willing beginner and go off on your own. Racquetball's that easy to learn, as you'll soon see.

RULES IN BRIEF

You can get a game going with two players (singles), three (cut throat), or four (doubles). The game is won by scoring 21 points. Like volleyball, only the serving side piles up points.

The game starts with a serve. Stand in the service zone, bounce the ball on the floor, then hit it directly to the front wall so that it bounces past the short line, with or without touching one side wall. Your opposition must wait until the served ball passes the short line, then they return it by hitting it off the front wall.

The object is to hit the ball so that your opponent can't successfully return it to the front wall. The ball can be struck on the fly or after one bounce. It must be returned to the front wall without striking the floor, but it may contact any of the walls and/or ceiling. If it doesn't—

or the ball can't be returned before hitting the floor twice—you win a point and serve again. If not, it's no point and the serve changes sides.

You can also lose the serve with a fault serve or out serve.

Fault serve—If the serve, after hitting the front wall and before contacting the floor, hits two side walls, the ceiling or back wall, or doesn't go past the short line, you get another try. Two faults result in loss of serve.

Out serve—Any serve that doesn't directly reach the front wall (skips on floor, hits side wall or ceiling) results in an automatic loss of serve. No second attempt is permitted.

COURT SAFETY AND ETIQUETTE

Be considerate and—above all—be alert! Always know where the ball is. And try to keep out of the other player's way.

Hinders help keep the game safe. A hinder is called—and the point replayed—when the ball touches your opponent, where there is physical contact or complete blocking of vision, where the ball hits a part of the court designated as a hinder under local court club rules, or when you are unable to swing because your opponent is in the way.

If the ball strikes the person who hit it, that person loses the point or service.

INTRODUCE YOURSELF TO A RACQUET

Racquetball's a very cordial sport. You get started by shaking hands with your racquet. This automatically gives you a good forehand grip. Just be sure your thumb and forefinger form a "V" on the top of the handle, and you're in business. And always be sure the thong is around your wrist for safety.

To stroke the ball for a good *forehand*, get your racquet back high. Keep your eye on the ball at all times.

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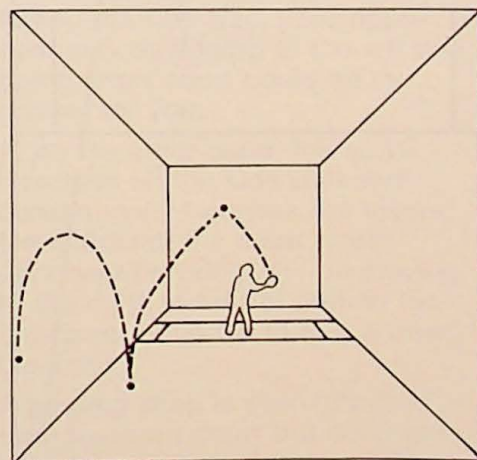
Step into the ball, hitting it in front of you and putting your weight into the shot. Be sure to give it a really strong wrist snap.

That's really about all you need to know to get into the action. However, as your game improves and your skills increase, you'll want to learn a variety of shots.

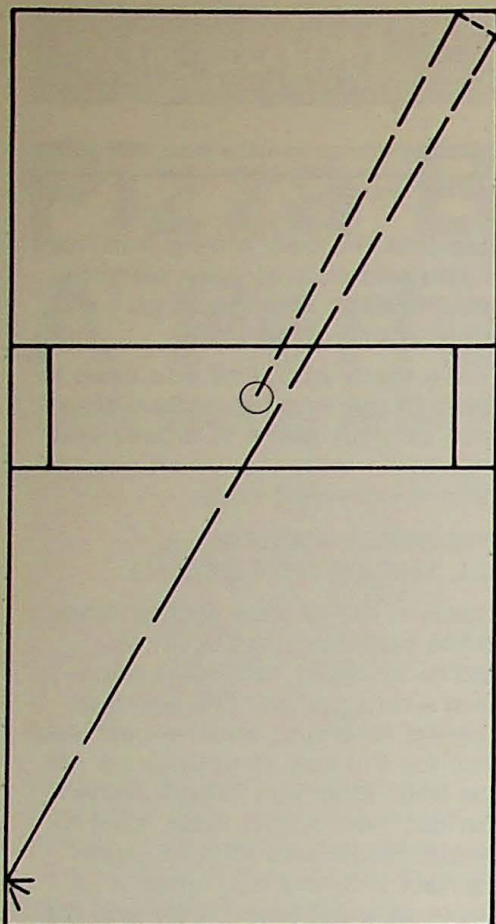
THE SERVE—WHERE ALL THE ACTION BEGINS

Stand in the service area and keep to the middle of the court so you're ready to field your opponent's return shot. The serve is like the forehand shot, except you wait for the ball to bounce up off the floor after you drop it. When the ball reaches its peak, start to swing. Beginners should make contact with the ball when it is about at waist level. After you hit the ball, be sure to follow through smoothly until the racquet has reached your opposite shoulder.

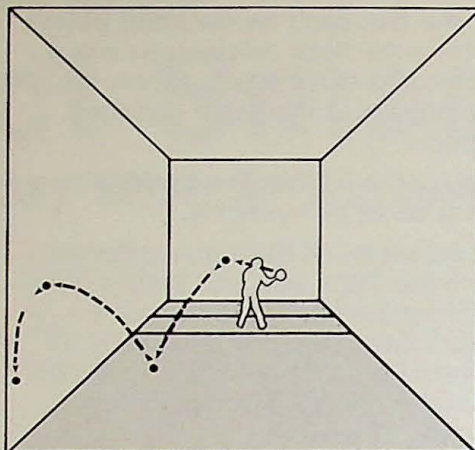
Here are the four basic serves.



The high lob serve is like the medium lob, except that you hit it a few feet higher on the front wall. The ball touches the side wall as it comes down, but shouldn't hit the back wall.



The Z serve is hit hard and confuses the competition because the ball quickly changes direction. Hit the ball so it strikes the front wall as close to the side wall as possible. The ball then bounces off the side wall, crosses the court in the air, then bounces again just before reaching the opposite side wall.



The medium lob serve or "garbage" serve is hit slower and higher on the front wall. It should carry just behind the back service line and shouldn't come off the back wall.



RETURNING THE BALL

Now that you have an idea of how to serve, we'll put you on the other side of the action—returns. Again, the idea is to make it as difficult as possible for your opponent to get to your shot.

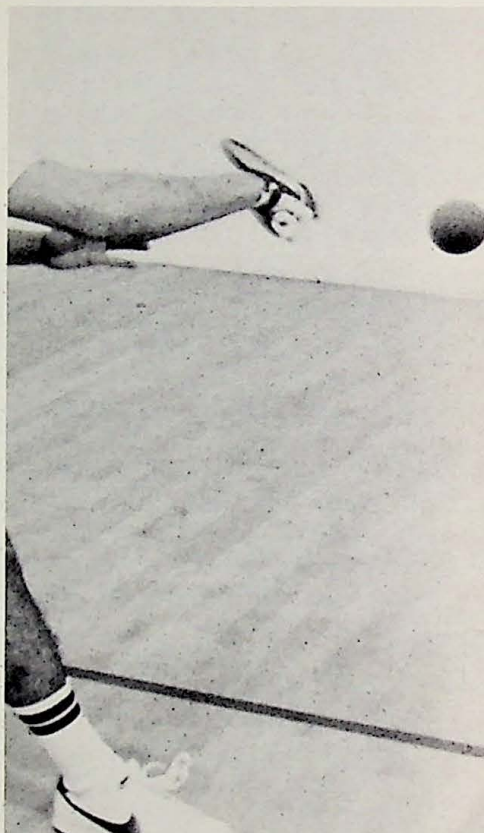
While your opponent serves, you should stand about two steps off the back wall in the center of the court. Keep your eye on the ball, but remember that you have to wait until it passes the short line before you can hit it.

If you can, go for the kill shot because it's hard to return. Or try the cross court pass to drive your opponent out of the center court. If you can't make those returns, then go to the ceiling and buy yourself some time.

THE BACKHAND STROKE

Backhand shots are tough, but very necessary. You start with a short back swing, keeping your elbow and wrist bent a bit but still firm.

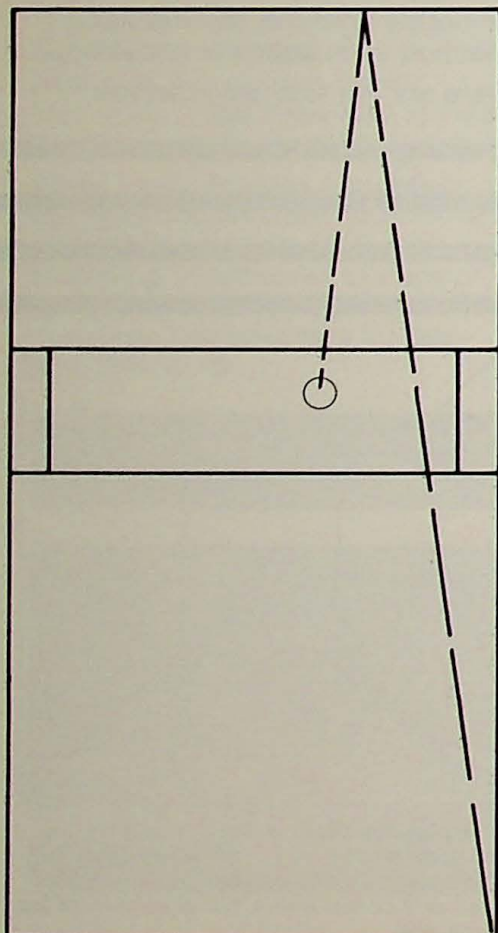
Step into the ball as you hit it, putting your weight on your front leg.



Use your front shoulder to help pull your arm through the swing. When you hit the ball, it should be in front of you and just below your front knee.

Now put your weight fully on the front leg and make a short follow-through. When you complete the stroke, the racquet should be just out in front of you.

This one takes a lot of practice, but stay with it because it's important to your game. ●



The drive serve is a fast, low-hit ball aimed at either of the back court corners. Your opponent really has to hustle to get this one.

Instruction...by Mike Yellen

Backhand Passing Shots

Versatile Point Savers

One of the toughest situations you'll face in the game of racquetball is when the ball lands in your backhand corner. No matter whether it arrived on a hard drive or soft lob it will cause problems and demand an immediate solution.

Possible solutions: "Try a backhand kill shot?" No, too risky. "How about a backhand ceiling shot?" No, it may put you on the defensive and could be just as risky as the backhand kill shot. "Then what?", you ask. Try the backhand pass.

A backhand pass combines a sufficient offensive attack with a relatively good chance for success. It is a shot anyone can hit. A passing shot can be any height, any velocity and hit from anywhere on the court but it must hit the front wall first or it won't be effective. It is worth saying twice so you don't forget. The passing shot must hit the front wall first.

If stroked correctly, your opponent will be looking over his shoulder in disgust while you're grinning as you walk to the service box.

Before I discuss the fine points of executing this shot let me say this shot is great because there is little danger of giving points away. You can execute this shot on balls of any height. It means, if you were hitting a kill shot you would have to have a pretty low ball to execute the kill whereas you can execute the backhand pass on balls either low, medium or high.

To hit a good backhand pass, the angle of the body is important. To go down the line, your body is facing the side wall. I'm right-handed, so I face the left wall, my feet perpendicular to the side wall. And that's the way you want to make contact — off the front foot, striding into the front wall, hitting up and down the wall without the ball hitting the left side.

For the cross-court pass, the right foot pulls back so that an imaginary line connecting the tips of my toes would point to the center of the front wall, instead of toward the left corner.

How hard do you hit it? As hard as you can, so it goes past your opponent fast! But be careful: don't let it rebound off the back wall. The ball should take its first bounce somewhere in mid court, so the second bounce comes before the back wall.

If it's coming off and producing a set-up, hit it lower but not softer.

My real favorite is the backhand down-the-line pass. The problem with going cross court is that if the angle isn't just right, the ball will come off the side wall or the back and flop out into center court, which is what you were trying to avoid in the first place.

With the up-and-down-the-wall pass, if it's hit properly, the only thing your opponent can do is cut the ball off at mid court, which requires really quick reflexes. It helps to be faster than a speeding bullet but not even Superman can get to a really well hit pass.

Another point to remember is that, if you and your opponent are both right-handed, your cross-court shots will be to his or her forehand. That may spell disaster for you if you don't hit them correctly.

If it sounds like I'm biased toward the down-the-line shot, I am. It forces your opponent to make that quick decision. They have just a little more time if you go cross court.

The down-the-line shot is also effective as an attempted kill. Think about it: if you keep the ball parallel to the wall and go for a kill, even if your shot is just a little high, it will still turn into a really dynamite passing shot. Just smile and act like you meant it.

Understand, though, that the down-the-line passing shot loses every bit of its effectiveness if it hits the side or back walls. Keep your feet squared and be sure to hit off the front foot. If the ball hits the side wall before the front wall, it will pop into the middle for a plum. If it hits the side later, at least be sure it's after the ball is already past your opponent.

Also, in all fairness to the cross-court pass, it can be terrific in some circumstances. For some people, the cross-court pass is a little easier to hit than the down-the-line. Also, your opponent may be backing up or cheating to the left in anticipation of your shot. Ripping it across court can catch him leaning entirely the wrong way.

Either type of pass can be effective as a service return, particularly on a low drive serve to your backhand. The ball will be coming at you like a line drive and that's exactly how you'll be trying to return it.

If the serve comes at you without hitting the side wall, your opponent may be edging to the left and going cross court could be the answer for you.

If, on the other hand, the serve ricochets off the side wall and consequently bounces out toward the middle of the court, your opponent probably will be moving to the right, in fear of getting hit. That's your chance to rifle it down the line.

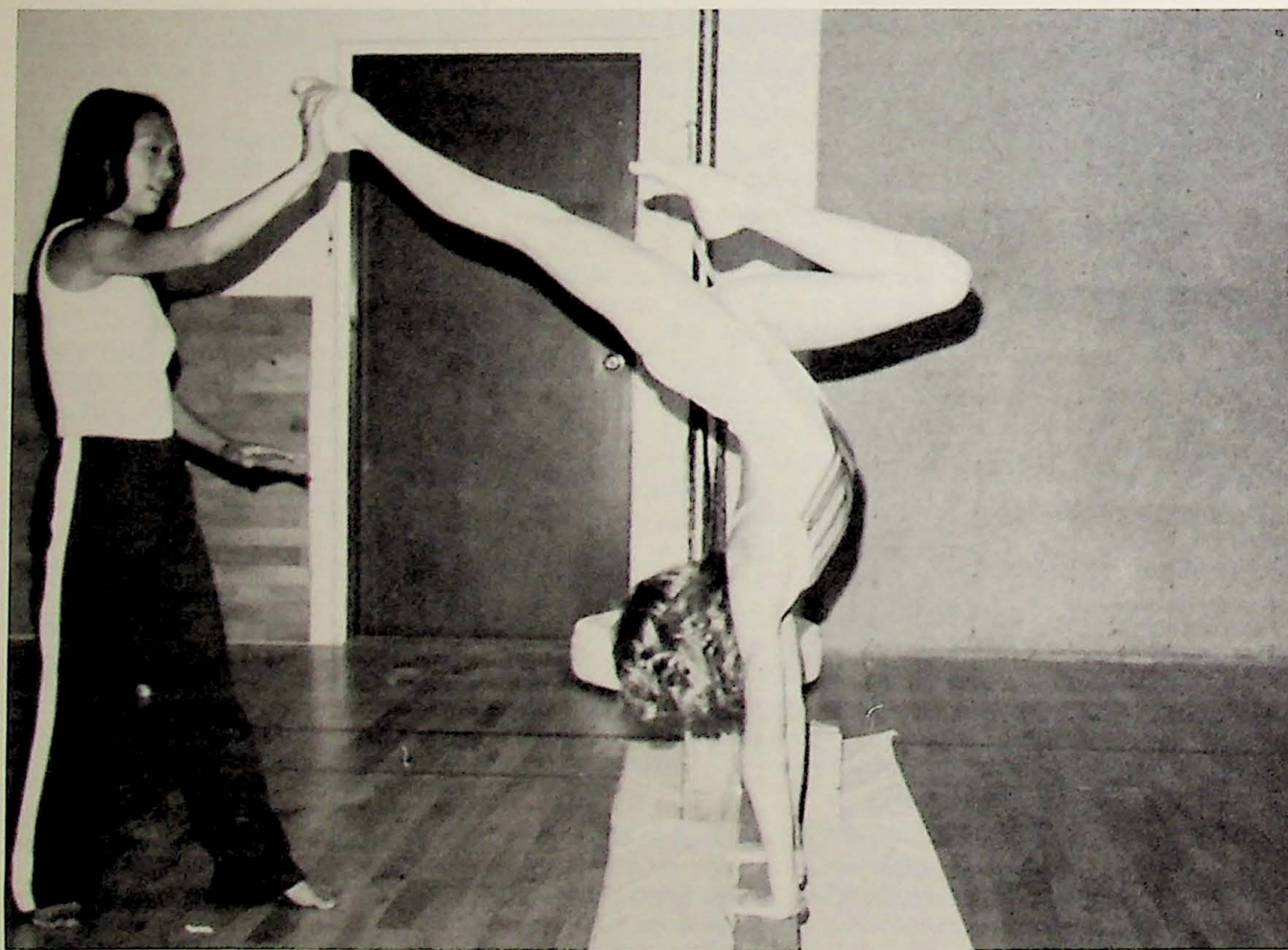
A passing shot is even effective from the front court but don't get trapped up there. Take the initiative to drive the ball down one of the side walls. You'll drive your opponent crazy.

Hit it where he isn't. That's the name of the passing game. ●



A bunch from the club relaxing on a picnic in the High Sierras.

Gym instructor Louise Watson lends a balancing touch to Carri Brauner as she does a handstand.



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Even if you win the game, your body suffers. Essential endurance and energy-sustaining nutrients are drained from your body by the type of all-out physical performance demanded by racquet sports. **COURT-A-MINS** put it all back.

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COURT-A-MIN
tablets @ \$12.95
each for a total
price of \$_____,
plus \$1.50 for shipping and handling.*
*Illinois residents
add 5% tax (Cook
County add 6%)

_____ check or
money order
enclosed

_____ charge to Visa
_____ charge to
Mastercard

Acct.# ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐
Expiration Date ☐☐☐☐
4 digit ICA# ☐☐☐☐
(Mastercard only)

Name _____
(please print)

Signature _____

State _____ Zip _____

City _____

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PAID
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**Limited Introductory
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☐ Check or money order enclosed
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