

RACQUETBALL HANDBALL NEWS

Vol. II Nov. 9

National & Local

November 1977

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Minneapolis Pro-Am

The Annual Pro-Am Racquetball Tournament was held at the Court House in Minneapolis and St. Paul, Minnesota. The competition, which was held on September

23, 24, & 25, involved fifty contestants in the divisions of Men's and Women's Singles, and Doubles, Senior Singles

and Doubles and a Masters Singles. The results are as follows: Minneapolis; Men's Singles, Singer over Schaefer. St. Paul; Men's Singles, Bakken over Mowry. Minneapolis; Women's Singles, Finklnberg over Reed. St. Paul; Women's Singles, Kurlend over Shaw. Minneapolis; Senior Singles,

Hall over Gerr. St. Paul; Senior Singles, Olmstead over Spizman. Minneapolis; Mens' Doubles, Singer- Haskwitz over Block-Cooley. St. Paul; Mens' Doubles, Carl- Hylden over Bakken-Johnson. Minneapolis; Womens' Doubles, Rainsby-Forcade over Dillen-Cato. St. Paul; Womens' Doubles, Hagen-Shaw over Frankee-Kittelson. Minneapolis; Senior Doubles, Hall-Gerr-Winners in a Round-Robin. St. Paul; Senior Doubles, No event. Masters Singles-Round Robin and players: 1st Place- Gordy Bakken, 2nd Place-Ralph Stillman, 3rd Place-Bill Coulclough, 4th Place-Amos Rosenbloom.

Colgate Pro-Am

Cleveland, Ohio, September 27, 1977— The Colgate Men's and Women's Pro-Am Racquetball Tour will make its tournament debut on the East Coast at the Health 'n Sports Club and Spa, October 6-9. The \$15,000 tournament, second stop on the 1977-78 pro tour, will pit over 250 professional and amateur players from across the nation in top competition.

Co-sponsored by Seamco and Leach and sanctioned by the National Racquetball Club, the tournament will be separated into seven divisions: men's pro, women's intermediate and women's advanced.

No. 1 ranked pro Marty Hogan of St. Louis, victor over 1972-73-75-76 national champion Charlie Brumfield of San Diego at the Milwaukee Open in

September, will be going for two in a row, attempting to re-establish his supremacy over reigning national champion Davey Bledsoe of Kingsport, Tennessee who lost in the quarter finals at Milwaukee.

For the women, Shannon Wright of San Diego, 1977 national champion, will attempt to regain her form when she will once again meet former national champion Peggy Steding of Odessa, Texas who triumphed at Milwaukee.

Racquetball is the fastest growing sport in the United States with over 5.5 million regular players, 35 percent of which are women. The game was first played in Connecticut 25 years ago but only reached national prominence when the United States Racquetball Association and the National Racquetball Club were formed in 1973 by Chicago millionaire Bob Kendler. Since then racquetball has grown from zero court clubs to 40,000 courts throughout the U.S. Last year alone there were 600 new clubs built with a total expenditure exceeding \$750 million.

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Phoenix Host Handballers

Fifty six Arizonians and one die hard Seattle handballer gathered together to compete in a tournament at the AAC over the September 10th and 11th weekend.

Nationally ranked players, Dave Lynch (12th) and Rene Zamorano (15th) met in the finals of the Open Division. It was the first time these two arch rivals had met in a match in over two years, and the rivalry had been brewing for a long time. Dave was hot, and his shots were cookin. Rene was in shock, with 2,000 sq. ft. of glass walls and an opponet who was hungry. The final score - Dave Lynch, 21-2, 21-13.

Frank Postillion won over Bill Kostrivas for third, 21-14, 8-21, 21-6. And our own, Jerry Wood beat Gordon O'Neill

for Consolation honors.

"B" Division: Bill Martinez outlasted Bob Newman, 21-19, 4-21, 21-10 to capture 1st Place. Roger Bolan beat Greg Penrore for 3rd Place 21-11, 21-7, and Doug Farel beat Art Brooks 21-17, 21-18 for "B" Consolation.

"C" Division: Greg Boyd gave the AAC its only Championship win, as he defeated Thom Meaker of Phoenix 21-15, 8-21, 21-10. A. Garibaldi won over Hank Bratt to take 3rd Place and Ron Gowans took "C" Consolation by whipping Clark also 21-9, 21-7.

All in all, the players, families, friends and members had a wonderful weekend of top flight handball and seeing old friends again from all over the state.

N.R.C. Staff Increases

Three additional staff members have been added to the growing NRC staff. Mel Presler, who has been doing the designing of the NRC magazine for Corporate Graphics is coming on full

time. Dan Bertolucu will be associate co-ordinator and will work with the Pro tour and with Jerry Flancher in the

state program. Carl Brussler was named managing editor.

With these three, this will double our staff. "In our continuing efforts to keep pace with the sport we have added significantly to our staff with these people," said Chuck Leve. "The NRC Magazine will also be going monthly starting January 1, 1978".

IRA Contemplates Rules Changes

A questionnaire has been sent to all IRA members concerning rule changes or modification. This questionnaire may be of interest to our readers because you may be playing under them at one time or another.

CHANGE number 1 - Duration of Games:

Present rules call for a match to be the best two out of three games to twenty one (21) points. Several alter natives have been tried with varying degrees of success. Indicate

your personal preference by circling the number of your choice.

- 1 - Two games to 21. Fifteen point tie-breaker if necessary.
- 2 - Two games to 21. Eleven point tie-breaker if necessary.
- 3 - Best two out of three 15 point games with winning margin to be not less than two points to a maximum of 21.
- 4 - Best three out of five eleven point games with the winning margin to be not less than two points with no maximum.
- 5 - Continue present rule.

Sunset Host L.V. Tourney

Sunset racquet sports of Overland Park, Kansas, hosted a racquetball tournament at the Tropicana Hotel Racquet Club in Las Vegas, September 18th. This tournament coincided with the National Golf, Tennis and Racquetball trade show which was being held that same weekend. The tournament was held for the court club owners, managers and sporting good dealers, and those attending the court club enterprises seminar.

The tournament was a single elimination with trophies and prizes. As Gary Learner said, "For those who

Bud and Rodick. Unlike the rest of the tournament that went to the 31st, Dr. Bud and Rodick played a 21 point game.

Rodick took a commanding lead early in the first game

which Dr. Bud could not overtake. The play was fast with an exchange of volleys before points were earned, but in the end Rodick was up for the match, 21-6. The second match was closer with the same type of exciting professional play as the first, but in the end Bryon Rodick defeated Dr. Bud 21-7 in two straight.



Bryon Rodick smashes overhead shot at the Tropicana Hotel in Las Vegas in Sunset Racquet Sports Tourney. Dr. Bud unable to withstand Bryon's attack, lost two straight

Photo by Clay Scott

were unfortunate enough to be eliminated early, they had more benefit of the open bar and Hors d'oeuvres," which was set up in the tennis pavillion lounge overlooking the courts.

The big match up that everyone was looking forward to was the "a" class with Dr. Bud Muehliesen and Bryon Rodick. Everyone envolved in the tournament all stayed until 5 P.M. Sunday to watch this match. Some of the spectators had never seen a professional match before or anything of the caliber of Dr.

Maybe it was the Bonzies Dr. Bud had the night before at the Heltons Boihana Japanese restaurant.

Other matches found Carl Garvin of St. Louis defeating Cleo Schoeker of Ohio 31-17, in the womens "B", Jean Dunham, Texas def. Sandy Fabry, 31-19, in "C" competitions, Bill Dunham, Texas def. Rick Coine, in the Mens "B" 31-28, Dennis Norman, Chicago, beating Rod Campbell of San Diego, 28-31.a060 28-31.

Memphis State Earns \$1000.00

The Memphis state RB Team sponsored the "Jack Fulton Open" with 90 players to get traveling money for the Memphis state team. Total income was over \$1000.00. Entries were from a seven

state area and mostly out of town entries. This was the first tournament to raise money for a racquetball ball team. Steve Mondry of New Jersey beat Randy Stafford in the finals.

Newcomer! Champion?

Karen Walton a recent newcomer to Racquetball has her own ideas about playing and dressing. Karen is the current IRA and NRC amateur National Racquetball champion and recently started the pro tour with a big bang at Milwaukee with a win over Sharon Wright, NRC womens pro champion. Karen says "I still can't believe where I am today, I used to play paddle tennis with a tennis ball in high school then I went to Utah State University where I got interested in Racquetball". Karen actually had the idea of going into badmitten at Utah State, but met Troy Sayes and his brother Morgan Sayes, who



are well known in Racquetball circles in Utah and they got her to switch. This was only two years ago and this year Karen won the NRC Southwest Regionals in Las Vegas in March, the IRA Western Regionals in Reno in April, IRA womens amateur and the NRC womens amateur in Chicago. To top all of this Karen also won her first outing in Milwaukee in September.

Karen lives with her parents in San Clemente, California, after moving from Walnut Creek, California, near San Francisco 14 years ago. Keeping active in San Clemente is not a problem because Karen teaches Racquetball at the Dana Point

Racquetball Club along with tennis pro Dick Gude who has been dating Karen for a couple of years. Dick also has been handling Karens negotiations with the many Manufacturers that have tried to get her to sign a playing contract. Omega originally signed Karen as an amateur and now that she is playing pro, has decided to go with Leach of San Diego. Karen loves to teach and believes baseball players make good racquetball players, "they have a natural swing", says Karen.

At the time the interview was set up, no decision was made as yet as to who she would go with, but just before I left my office I got a call from Karen asking me to stop by the Screen Machine, the screen company that makes

all the pro playing shirts as well as most of the racquetball manufacturers shirts, to pick up her tournament shirts for the Colgate pro tour stop in

New York the next day. A decision was made just minutes before that telephone call to go with a racquet manufacturing company, however this decision was not to stay for long, because just a couple of weeks ago Karen signed with Leach Industries of San Diego.

In regards to Shannon Wright, National Women's Champion.

"I'm glad I have been able to play against Sharon because she is the best," said Karen. "Ability is really relative". All the pros are very good players. The important thing in the • pro games is mental approach. You've really got to be psyched up. Sharon is tough because she is always ready." "I never plan on anything, so if I win it's a bonus".

Karen is a very pretty girl with blonde hair and a California tan. She is trying to change the style of dress for the women racquetball players. "I want to look more feminine, that's why I wear a tennis skirt. Most girls on the tour like to wear gym shorts, but I love the tennis look. I like looking like a girl. I want people to know I'm a good player, but I don't think I have to look masculine." Karen started something new by wearing a tennis type wrap around skirt that is reversible.



It can be put on inside out with a different pattern so as to look different each time she plays. Matching bloomers of the same pattern are worn, "Just in case you don't want to draw attention or if you are just modest," says Karen. "If I feel like I look good, I play better." Sue Carrow sometimes wears skirts and Sharon is considering it. The girls are afraid that the ball or racquet will hit the skirt but Karen says it never has during her play. Dick Gude got the skirt idea started because he likes the tennis look.

I am sure we will be seeing a lot of Karen Walton in the future pro tour schedule. Could this possibly be our next National Champion?

Select A Pro

By DAVID T. NORTHCUTT

Assistant Editor

As simple as it is to learn, racquetball is far from being an easy sport to master. If you're serious about wanting to improve, lessons are essential.

Now that you've decided you want lessons where do you go? Many players feel they can't get the individualized attention they need to improve at the rate they desire. When looking for someone to be your instructor remember this fact; a quality player does not insure a quality instructor. Charlie Brumfield, five time National Champion, said, "There is nothing more worthless than a good player who can't teach."

The ability to teach is a gift that far fewer possess than are trying. A coach once told me the finest swimming coach he'd had could not swim a stroke himself. You may ask yourself how could this be so. The fact is teaching is nothing more than understanding the fundamentals and having the ability to express this understanding in a way that your pupil can learn.

The key word here is learn. That is what you want to do is learn. It does you no good to have a star studded open player, who your paying \$10 an hour, tell you "watch me then you do it." We all need someone who can take us step by step through our faults and back through the proper techniques. This takes

Continued to page 6

T&C Tournament Winners

Town & Country Tennis & Health Club, Gig Harbor, Washington, has consistently had many of its members coming up winners in state and local tournaments. Here are a few of the results: **STATE CHAMPIONSHIPS**-Dick Reinhard was second in B-singles; Sid Williams won 3rd place over Amos Deaven in Senior Singles. **WAC CHAMPIONSHIPS**-Sid Williams won 1st place, Rhett Kirk, 2nd; Amos Deaven, 3rd place, Senior Singles. **BELLINGHAM CHAMPIONSHIPS**-Mike Call took 3rd place in senior singles. Doug Parisio beat Mike Rowland for 3rd Place novice. **CITY DAFFODIL TOURNAMENT**-Mike Call beat Sid Williams in open singles to take 1st Place. Amos Deaven and Sid Williams teamed up to win 1st Place in open doubles. Richard Hendrickson won 1st Place in B-singles. Dick and Donna Reinhard also teamed up to win the mixed doubles championship. Tom Lester won 2nd place in C-singles.



Clay Scott



Mort Leve

The worst Racquetball courts in the country, I think, are at the Tropicana in Las Vegas. They could change all that just by washing down the walls and doing a little repairing.

State chairman meeting for the IRA was the largest ever with thirty nine members which was recently held in Memphis.

Colgate is sending Charlie Brumfield and Mary Hogan to Australia for the Australia Open in December. Tony Roche of Dunlap/Salazar will also be going.

Leach industries is moving into additional quarters of 10,000 square feet of warehouse across the freeway from their main offices.

The NRC nationals are



Dan Bialk

show at the convention center. The show was very small, but a lot of the display said that it wasn't too bad of a show.

The tables sure had the odds against you a few years ago. With my modest playing I could win a few bucks, but now with minimum bets and double decks you lose your money faster. Well anyway, you get to bed earlier.

Mort Leve had another successful seminar. Most attending said that for the cost you sure do have the benefit of a lot of years experience that you can get from the speakers.

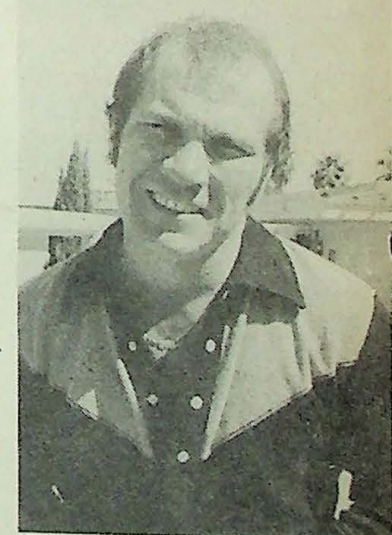
Walter Flood, who promoted membership at the Newport Beach Athletic Club, is now doing great things at the Phoenix Athletic Club.

Bill Reese, Dallas Master Champ, gave an old friend entertainer John Davidson, a sunset racquet while in Las Vegas. Bill knew John from New York.

Pro player Steve Strandemo ended up at Mayo Clinic after the first pro stop with a kidney infection. Steve will not be on a court until November 10th, after he goes back for a check up.

Most of the pro stops for 77-78 are lined up. Check schedule for dates and location.

Tim Schliebe invited us over to Storm Meadows, Steamboat Springs, Colorado. We'll probably do a story in the future of that beautiful racquetball resort. I understand their clinics with the pros, and the surroundings, are the greatest. Watch for them between July and September. I understand from Tim that they might start some earlier. You might give him a call at (303) 779-0700.



Tim Schliebe

going to be held in Detroit this year in June, 1978. How could you move it out of beautiful San Diego, California.

Tim says working at a resort like Steamboat is like putting ten years of work in only five.

Gary Lerner is working hard to get his Sunset Racquet National. You should be seeing them in the west shortly if not already.

Paul Ikier, Joe Wirkus are going together with Ivin Bruner, executive of the IRA to build racquetball courts in Madison, Wisconsin.

What happened at the Milwaukee qualifying rounds on the pro tour from what I understand, half of the girls were forfeited because no one told them when they were scheduled to play.

Education Before Building

What is the purpose of conducting periodic Court Club Enterprises regional seminars? There are many would-be Court Club owners/operators who are interested in the viability of this booming industry but need basic, guiding information that can get them started with their facility packaging.

Rather than pay "through the nose" later for mistakes, it is all-important that full homework be done prior to plunging into the project.

First steps first. . . Where do you want to locate? As we have stated previously the success of one club in a given high density population area creates a so-called "gold rush" with a resultant avalanche of inquiries. Demographics of the site location must be studied carefully—age levels, media income, road patterns, competition within the 3-4 mile prime market radius, what other clubs operating or planned within that radius, and rates for any recreational facilities such as tennis, bowling, ice rinks, or squash.

What type of facility is best suited for your area? The type of facility can well dictate the

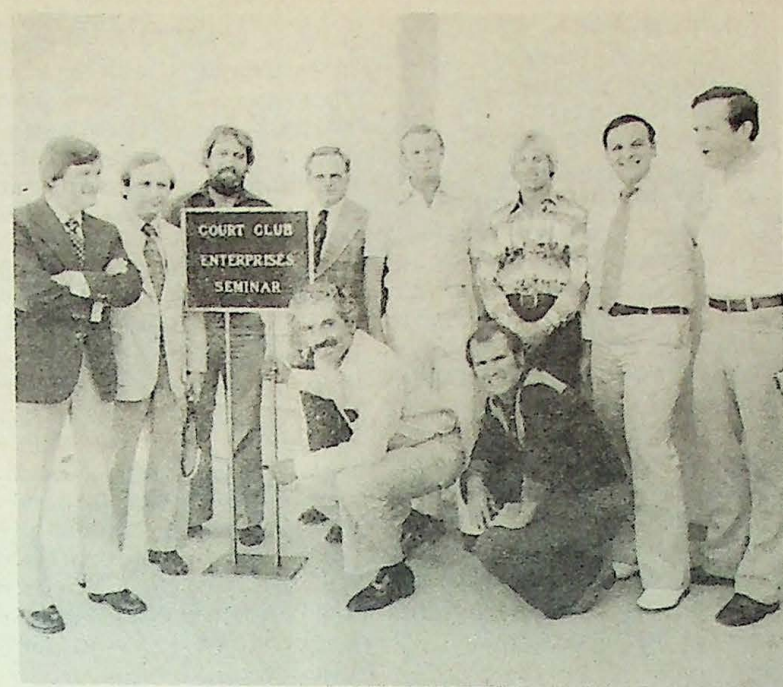
fees structuring. We constantly talk about the "better mousetrap", the club that is going to withstand an anticipated "shakedown" bound to come three, four years down the pike.

We must realize that there is an ever-increasing awareness of physical fitness in this country. The sophisticated, supervised exercise program goes hand in hand with the availability of racquetball courts. Don't overlook the importance of a swimming pool (No. 1 on the physical activity hit parade). Don't skimp on your locker rooms...give the all-important "club atmosphere", the sense of belonging, the service that will "lock in" your membership.

This is the solid route to take, not the quick buck, in-and-out, antiseptically cold atmosphere.

It is the growing trend and with the short history of the industry club operators are learning fast. This is a SERVICE business. You might have quick success in a virgin area that has been ripe for court clubs with a bare minimum facility, but competition is bound to come and you should be acutely aware of possible consequences.

Through Court Club Enterprises we can offer the needed answers to pre-packaging questions—how to



sponsored activities, and get started in the right fashion; and later if you need a full turn key consultation OCE will be happy to serve you.

Do your homework properly. It will save money later.

men and women, all on the ground floor, a spacious viewing lounge, an 800 square foot solar installation for hot water, water conserving amenities and landscaping, medically directed health improvement and rehabilitation programs, special emphasis on plans for the "beautiful woman", facilities for related group

professional and amateur tournaments at all levels.

The Black Mountain Racquet Club is located at the focal center of Mira Mesa, Scripps Ranch, Miramar Naval Air Station, and Miramar commercial industrial area, and is readily available from University City, Pennesquitos, Poway and Rancho Bernardo.

Club completion is scheduled for Christmas, with a value of \$800,000.00. The developer is Monte Mar Estates, Inc. For further information contact: Jack or "Bertie" Press, Black Mountain Racquet Club, 9466 Black Mountain Road., San Diego, California 92126, or call (714) 487-6785.

Las Vegas Seminar

Another Court Club Seminar was held in Las Vegas for one day, September 17th at the Tropicana Hotel. As with other one day seminars it was held from 9 a.m. to 5 p.m. The seminar was held in conjunction with the National Gold-Tennis-Racquetball Trade Show at the Las Vegas Convention Center. Over fifty attended the seminar which Mort Leve, president of Court Club Enterprises opened with the introductions and trends in the court club industry. Following was Rick Gegueling, Ventura Court House, California, with a talk on financial packaging, and information on the court club idea comes to reality. Few perspective court club owners have this ability. The exercise programming and club operations was presented by Tim Schliebe, formerly with Storm Meadows Athletic Club, Steamboat Springs, Colorado who is now doing consultation work with Court Club Enterprises. Walter Flood, well known for his work with the Newport Beach Athletic Club in California expressed his thoughts on pre-opening sales campaigns. All of this took up the day until about lunch and then afterward everyone had a chance to ask questions in a round table discussion. Much valuable information can be received from these Court Club one day seminars, and when one comes near you don't hesitate to attend.

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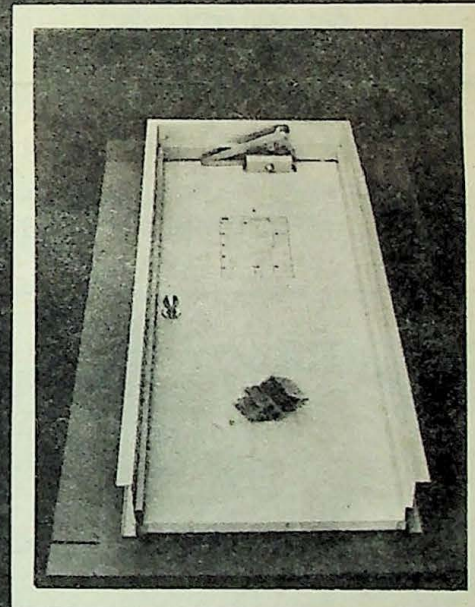
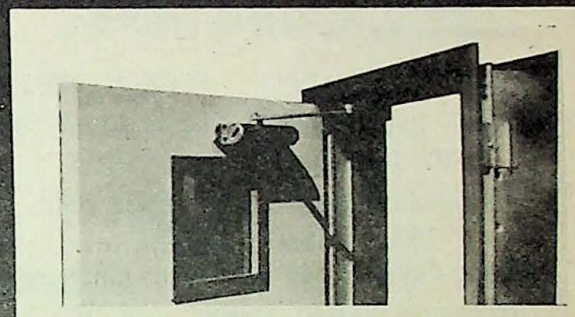
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Sports Medicine CLINIC

Shoes,

Socks &

Your Feet Part I

By Jay C. Goldstein, D.P.M.,
Director of the TOTAL
HEALTH MEDICAL CENTER of
the California Surgery Center
and Hospital, Oakland, Cal.

This is the fifth & article contributed by the doctors at the Sports Medicine Clinic of the California Surgery Center and Hospital, 4000 Shafter, Oakland, California 94609. (415) 655-8730.

This series deals with problems concerning the athlete. Reader's questions may be sent to this newspaper and will be forwarded to the Sports Medicine Clinic, to be answered by a doctor and printed in a future edition of this paper.

Almost all sports demand a certain amount of mobility. Of course, many other factors are involved. However, it is difficult to be good in most sports if one cannot reposition their body quickly. Mobility begins at the ground with your shoes, your socks and your feet.

The most important factor about your shoes, by far, is how they fit. There should be the width of your thumb between your longest toe and the end of the shoe. In the case of athletic shoes which come in widths, an occasional salesperson may try to offset

not having your size by selling you a shorter and wider shoe. Occasionally, you may be tempted to purchase improperly fitting shoes which are on sale. In both cases, the shoes may seem O.K. during the few minutes you wear them in the store, but this is far different than the hours they will have to serve on the racquetball-handball court. You may not have to pay much money in the store, but you will have to pay a great deal more in other terms in the weeks and months to follow.

As strange as it may seem, our foot size is not always the same, for several reasons: 1) From the time we get up in the morning our feet slowly begin to swell. For this reason, it is best to be fitted for shoes during the latter part of the day. 2) Remember that shoe sizes are a function of the model from which they are made. Thus, a size 10 shoe made by one company may be the same length as a size 9 1/2 shoe made by a different company. 3) Our left foot is not always the same length as our right foot. If the difference is greater than 1/2 size (fortunately this situation is unusual), it will be necessary

to purchase a different size shoe for each foot. 4) The length of our feet vary according to their position and the forces upon them. When we are lying down, our feet are shorter than when sitting with our feet resting on the ground. Our feet expand as we rise to a standing position and may expand still more as we contact the ground at the end of a jump or during a sudden change of direction on the handball

acquetball court. It is during these times that our feet are likely to pay dearly if our shoes are too small. 5) If you wear a certain type of hosiery and padding when playing racquetball or handball, wear it to the store when you buy your athletic shoes, as the hosiery and padding take up room in the shoes, and obviously alter the relative length and width of the shoes.

The consequences of improperly fitting shoes can be many, and expensive in terms of pain, money and time lost on the court. Blisters on the tips and tops of the toes are frequent consequences of short shoes. Toenails turning white, or black and blue, are signs that the nails are being traumatized. In more extreme cases,

the nail bed may actually begin to grow into the skin, producing inflammation and even infection.

When the toes do not have adequate room, they may be forced to buckle, or "curl up". If continued over a long period of time, the toes may remain buckled even when the instigating shoes are removed, producing a condition known as hammertoe or claw toe. When this happens, the toes cannot function properly and may even produce symptoms in the rest of the foot, such as callouses, arch cramps and overall foot and leg fatigue. Short shoes may also cause abnormal pressures on other parts of the foot. A common site is at the highpoint of the arch, which may become red, hot and sore. Another site of irritation is on the top of the foot where the great toe joins the rest of the foot.

The general shape of our foot tends to be rectangular. Our shoes should match the shape of our feet, not the converse. Shoes which are too "pointy" in front, or too short, put additional pressure on the sides of our 1st and 5th toes, producing skin irritation and

Continued to page 6

attention

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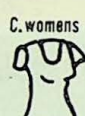
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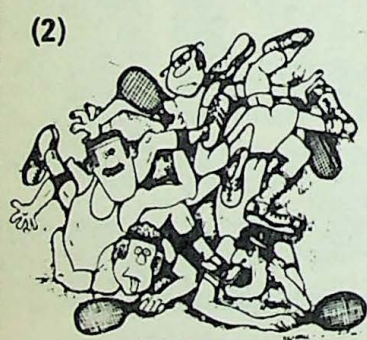
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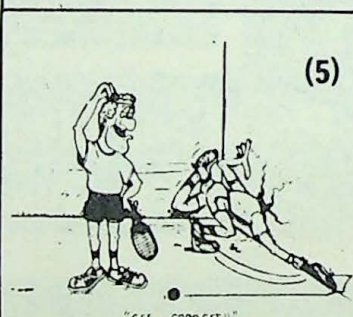
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Racquetball West Opens

National Racquetball Champion Charlie Brumfield was on hand Sept. 17th for the groundbreaking ceremonies at Racquetball West, a new fun and fitness center in the Fox Hills Marina Del Ray area.

Brumfield, five-time national champion and holder of other world titles, is one of the major influences in the growth of racquetball in this country.

Others attending the groundbreaking were Richard Brundo, Vice Mayor of Culver City and member number seven of Racquetball West; Roger Cowen, former All-American at Stanford University and member number one; and Mike Chaet, owner and executive vice president. Two stewardesses, Sonya Kidian of

TWA and Debbi Allsbrook of Continental Airlines, also attended the dedication to promote Racquetball West's Stewardess League. Racquetball West will sponsor the National Stewardess Racquetball Championship in 1978.

Racquetball West, which is slated to open in late February, already has 125 members of its expected 900.

The 17,000 square-foot complex will have nine racquetball-handball courts with a spacious viewing gallery facing two glass backwall courts, and the Los Angeles' area's first front wall glass exhibition court. Other amenities will include a luxurious spa area for both men and women with jacuzzis, steamrooms and

Swedish ice plunge.

The complex's fitness center will feature computerized fitness and nutritional guidance programs and fully equipped exercise areas with professional instruction.

Racquetball-handball teaching clinics, using videotape, will also be available to all members.

The club will be located at 6666 Green Valley Circle in Culver City near Fox Hills Mall. Complete information may be obtained by writing or phoning Mike Chaet at the above address or (213) 670-0244.

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Los Alamitos RBC Opens

Attending the ribbon cutting ceremony of the Los Alamitos Racquetball Club are, standing from left to right are: Los Alamitos City Councilwoman, Barbara Audley; Club pro, David Bush; Dale Nagel of clubs staff; Mayor, William S. Brown; Mercer Morgan, President of Los Alamitos Chamber of Commerce; Beth Pllack, Miss Los Alamitos; City Councilwoman Kathleen Barrish; and Gary Shrigley, General Manager of the Club. Seated on the grass are: The co-owner, Don Gibbs, holding Mrs. Audleys daughter Manoi; Davey Bledsoe, 1977 National Racquetball Champion; and John Wavell, co-owner. The club is private, has eight courts plus two paddle tennis courts, conditioning floor, conference room, restaurant and lounge. Davey Bledsoe will be conducting a clinic at the club on October 22nd and 23rd, which is open to the public.



by Rick Foulger

At some time during your tennis "career" you have probably had someone tell you not to try to hit the ball so hard.

While this is sound advice, you know that it is really fun to hit hard.

The primary concern, however, is that in trying to hit hard, most people also swing hard, causing a lot of errors.

Go ahead and kill the ball sometimes, but remember you don't need to swing hard to get a lot of power.

Crazy Days

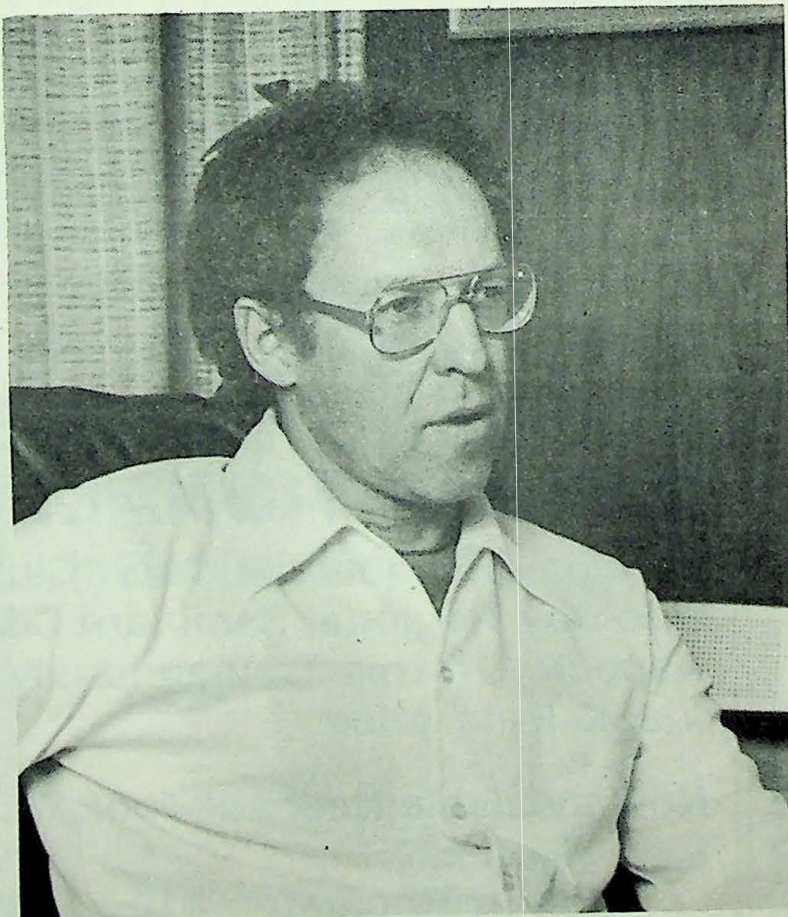
Sixteen, six person teams entered the crazy day of sports competition on Labor Day. Eight events were held, starting with a 10,000 meter run (6 miles) at 8:30 a.m. in the park, followed by Volleyball, Racquetball, Tennis, Billiards, Bike Ride thru Tempe, Swim Relays and ending up with an Egg Toss. Points were awarded for participation and winning each event. And the winners were; 1st Place: "Cockroaches" (Gail Davis, Ben Davis, Sanny Roach, Terry Roach, Ron Cole and Kim Cole); 2nd Place (tie): "We Do It With Interest" (Arizona Bank) (Craig Lawson, Joan Lawson, Mike Kanaga, Mary Bickle, Kathy Giltner and Jim Kirn). 2nd Place (tie): "EZ" (Gary D. Williams, Elizabeth Cazan, David Winan, Bill Christian and Lynnette Christian). 4th Place: "Star Warriors" (Gordon Medill, Laura Medill, Bill Nelson, Sheryl Nelson, Jim Barrett and Sue Hendricks).

Other teams participating: "The Good Sports", "The Hole in the Wall Gang", "The Grits", "Heer's Graceful Fingers", "Ladies Lagoon", "Schlitz Gusto Team", "The Jingles", "Sundancers", "Paradise Valley Rats", "Half Fast", "Too Hot to Handle", "Strange Mixture", and the "No Names".

Highlights included: exhibition swimming by the "Hog" and a "loose" cocktail waitress. A Tempe PD and AAC member misdirecting traffic on Apache Blvd. A runner getting lost and ending up at M.O'Dowd's for lunch. A staff member falling in love and proving it. 96 members and guests having a great day at the Arizona Athletic Club.

M-M COURT SYSTEMS PRESENTS:

Ask Dr. Bud about Racquetball!



Dr. Bud Muehleisen
President, M-M Court Systems
1977 I.R.A Masters Champion
1977 U.S.R.A. Masters Champion
1977 Canadian Seniors Champion

DEAR DR. BUD: I've been playing racquetball for a couple of years, and I find that each racquetball has different characteristics. Why can't racquetball manufacturers and associations obtain greater uniformity with regard to the playing consistency of the balls?

BOUNCING
INCONSISTENTLY

DEAR BOUNCING: Unfortunately for racquetball, its first decade has been besieged with politics, monopoly and greed. These three things have done more to retard racquetball's growth than any other factor. Together they have attempted to suppress competition, gain control of jurisdiction, and, in general, have failed to see what is just plain good for the game. Certainly this has been most evident with respect to determining just *how*, *why* and *where* a racquetball should bounce in order to provide an optimum rally. However, competition in ball manufacturing has now arrived on the scene and when the buying public has its choice, I'm sure the old adage ultimately will prevail. "You can't fool all of the people all of time."

DEAR DR. BUD: I'm interested in building a court club, and I've read material describing various types of court construction. Who are we to believe when trying to select a wall surface?

CONFUSED ABOUT WALLS

DEAR CONFUSED: Well, you can start by asking a man who owns one! Having constructed some 300 courts utilizing almost every type of wall construction available, when it came time to build my own personal courts, I chose the panel system. Considerations which made that decision easy were cost, playability, durability, ease of maintenance and convertibility. M-M Panel Systems *knows* it has the best panel product in the industry. Why don't you find out for yourself. Give us a try. We're here to make your project easier and better

For Dr. Bud to answer your questions, please send your correspondence to: M-M Court Systems, 2160 Fletcher Parkway, San Diego, Ca. 92020.

"Ask us what we know, and how we can help you."

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Suite L
San Diego, CA 92020
(714) 449-1779

Colgate

Continued from Page 1

The Health 'n Sports Club and Spa was chosen as the site for the Colgate Men's and Women's Racquetball Tour because of its outstanding facilities. Hosted by Anthony A. Boccaccio and Frank Dolan, the club contains 14 regulation indoor four walled courts plus four glass exhibition courts. Tournament play proper starts 10:00 AM on Thursday, October 6 with the finals scheduled to begin 12:00 Noon Sunday.

New Book

Yes, over 3,000,000 Americans have discovered this physically and mentally challenging family game and are now dedicated racquetball fanatics. A hybrid of tennis and hand-ball, racquetball will appeal to all sports enthusiasts.

To help you master the fundamentals of this exciting game, leading racquetball pro Steve Strandemo and Bill Bruns have compiled an invaluable handbook, **THE RACQUETBALL BOOK** (PB Original \$3.95). Currently the most comprehensive book available on this popular new sport, **THE RACQUETBALL BOOK** is a step-by-step, fully-illustrated guide containing everything one needs to know about the game: tips for beginners and pros, rules and methods, strategies, including the best way to build a winning game, how to choose proper equipment and courts, exciting action and instruction shots, special chapters for women and children, plus, additional material for advanced players. Prepare yourself for the racquetball phenomenon with the book designed to make every player a winner - **THE RACQUETBALL BOOK!**

About the authors; Steve Strandemo has been a leading player on the pro racquetball tour since its inception in 1973 and is currently on the pro tour. He lives in San Diego, California.

Bill Bruns, a former sports editor at Life Magazine, is co-author of **VIC BRADEN'S TENNIS FOR THE FUTURE**. He lives in Pacific Palisades, California.

RB In Vail

THE VAIL CLUB, a recently formed limited partnership in the famous ski and summer resort of Vail, Colorado, announces that ground was broken recently for a new facility to house a 42-room hotel, an athletic club, and offices for an architectural firm.

The hotel will be managed by Pepi Gramshammer, renowned innkeeper, restaurateur, and owner of the highly popular Gasthof Gramshammer in Vail. Deluxe suites and studios will feature fireplaces and kitchens. Double bedrooms with kitchenettes will also be available. Of significant interest to travellers will be the notable and exclusive services provided by the hotel. Interior decoration will be by Associates III, Denver.

The sports facility, Vail's Athletic Club, will house six racquet-handball courts, one squash court, a large exercise room for conditioning classes, a workout room with weight machines, and a 66-ft. indoor lap pool. There will also be separate health facilities for men and women with massage rooms, whirlpool baths, saunas, and steam rooms. The Club's facilities will be available to members, guests of **THE VAIL CLUB** hotel, and other member lodges and condominium associations on a daily basis. Out-of-town memberships are also invited.

Vail's largest solar energy plant, over 3,000 sq. ft., will be installed on the south facing roof of the building. The flat plate air-to-water system, manufactured by Solaron Corp. of Denver, will heat domestic hot water for both hotel and athletic club as well as the indoor swimming pool.

Completion of the building is expected March 1, 1978. Pierce, Briner and Fitzhugh Scott, Inc., Vail, are the architects and Shaw Construction Company, Denver, is the General Contractor.

Brochures are available on request.

Select A Pro

patience on behalf of both the instructor and student.

I'm not saying don't go to a top player for instruction, but I do caution you to scan his ability to teach what you want to learn. Meet with your prospective instructor and interview him. After all, it is your money. Ask him what type of program he has set up. Find out what level of play he teaches best. A good intermediate instructor will not necessarily be a good beginning instructor and vice versa. Find these things out during your interview and determine for yourself whether you want to invest your time and money with him.

Once you have selected your teaching pro you should make a commitment to

yourself. You have made the decision to take some lessons in order to improve your game. Now the follow-up decision, which is the only thing that makes decisions valid, is what are you willing to do in order to guarantee your improvement? Your commitment should be to yourself in the form of the amount of time you are willing to put out in order to attain the level of play you desire. Don't take one or two lessons and expect miracles. Time is the essence of all improvement. Individual practice is a must. If you are unwilling to devote the necessary amount of time for practice you might as well hang it up right now.

Take a series of lessons. I recommend at least six. You

should continue the lessons until you have semi-mastered each particular skill. After a certain skill level you should be able to tell when you're doing something wrong. A few comments and tips from fellow players should pinpoint the problem so that you can work it out yourself. If not, you will still require some coaching. If you're an open player and still need coaching don't be ashamed of it. Brumfield continues to utilize coaching and so should any player wishing to constantly improve.

Once you make the commitment to yourself and learn each skill as best you can, your enjoyment of the game will go far beyond that of merely swatting a small round sphere inside a rectangular box.

Feet

begin to bleed beneath the nail, producing a condition known as subungual hematoma. This may be extremely painful. If it should occur, see your podiatrist immediately in order that the blood built up beneath the nail may be drained. Over a longer period of time, the constant pressure on the tips of the toes may lead to a painful condition known as ingrown nail, in which the nail actually begins to grow into the skin, producing inflammation and even infection.

When the toes do not have adequate room, they may be forced to buckle, or "curl up". If continued over a long period of time, the toes may remain buckled even when the instigating shoes are removed, producing a condition known as hammertoe or claw toe. When this happens, the toes cannot function properly and may even produce symptoms in the rest of the foot, such as

callouses, arch cramps and overall foot and leg fatigue. Short shoes may also cause abnormal pressures on other parts of the foot. A common site is at the highpoint of the arch, which may become red, hot and sore. Another site of irritation is on the top of the foot where the great toe joins the rest of the foot.

The general shape of our foot tends to be rectangular. Our shoes should match the shape of our feet, not the converse. Shoes which are too "pointy" in front, or too short, put additional pressure on the sides of our 1st and 5th toes, producing skin irritation and eventually skin lesions known as corns. If the adverse pressure is continued over a long period of time, it will increase the tendency toward the formation of bunions and hammertoes.

Less frequently, athletes may purchase shoes which are too large. In these cases, some of the support and stability the shoe normally provides

may be lost. Increased motion of the shoe on the foot may result in blisters, especially on the back of the heel. Increased foot fatigue is likely to result as the foot "worn overtime" in an attempt to keep the shoe on the foot and in position. **MEDICINE**

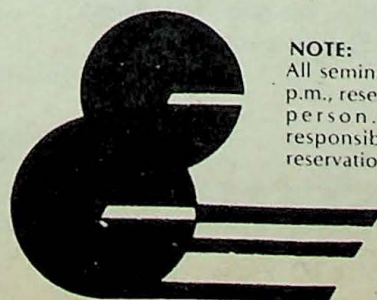
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Further details, mail to:

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Court Club Enterprises
360 Park Drive, Northbrook, IL 60062**

December 3/LOS ANGELES.

Hyatt House, 6225 W. Century Blvd., Los Angeles, 9 a.m. to 5 p.m., Saturday Dec. 3, with **EARLY BIRD** bonus for those who can attend specialized Friday night session, Dec. 2, 7 p.m. - 10 p.m., concentrating on management, financial packaging.

The MINI-PRO TOUR



Ben Press

In recent years I have attended most of the National Sporting Goods Association shows across the country including Chicago's McCormack Place and the Astro Dome in Houston. I have also taken in all of Tennis Industry's National Buying Shows in Miami, San Diego, and early in August at the Anaheim Convention Center. At my first NSGA show there was only a single hint of a product line we now associate with racquetball. The sport then was still known as Paddle Ball. There was only one racquet and ball...the round, multi-laminated Joe Sobek racquet and the blue Sobek ball.

Initially the Tennis Industry shows gave no indication that there was a racquetball sport of any kind. But to paraphrase the old song, "what a difference a day makes." The Anaheim show was probably the biggest of its kind in the history of tennis. Literally hundreds and hundreds of booths offered everything from sweatbands to tennis court construction.

By my unofficial count, almost one third of all these booths were either totally or at least partially devoted to racquetball or some of its ancillary items. Major firms that I had spoken to seven months earlier at the Miami show that had indicated only mild interest in racquetball were now anxious to jump into racquetball's main stream with both feet. One of the country's oldest tennis racquet and gut manufacturer sent a special mailing to its thousands of customers announcing it was now complementing its line with

several select private label racquetball racquets.

Racquetball is taking the posture of having almost all its standout players under some kind of equipment contract. Another major sporting goods firm asked if I could be of assistance in securing a "name" racquetball player to endorse one of their products. I had no immediate success because virtually all the ranked players were endorsing some product they were either playing with or wearing. All I could realistically suggest was to pre-empt the upcoming talent and latch on to someone that could make it in future years.

All of this is a healthy sign for racquetball. More facilities are being built all over which means, in turn, more players. The remaining hold out to push racquetball into a "happening" is its lack of TV exposure. It isn't that the networks aren't interested, nothing is further from the truth. What is the truth is that no one has as yet solved the myriad of technical problems needed to show racquetball in its best light. However, here too perseverance will prevail.

I spoke to an old tennis playing friend, now a VP at CBS. He said the upper sport's echelon is completely aware of racquetball and that it is merely a matter of time until the sport will receive national exposure. I should like to discuss TV in more detail which I will do in a future issue. But for now, suffice it to say that as far as racquetball is concerned all signals are "go" and that the newest of racquet sports is alive and well.

Voit RB Classic

The AMF Voit Racquetball Classic for men and women will be held Friday through Sunday, Nov. 18-20 at the Court House in Minneapolis.

This tournament, the first of four AMF Voit racquetball events, is sponsored by LaBelle's Catalog Showrooms.

Prizes totaling \$10,000 will be awarded to the first four men and women finishers in each of three divisions, the Pro Am, the A Division and the B Division.

The tournament is open to all racquetball players and applications are available at the Court House, 1155 Ford Road, Shelard Park, at WCCO-FM radio, at LaBelle's and at most sporting goods stores.

Entry fee is \$15.00 and the deadline for entry is Nov. 13.

Prizes will be in merchandise from LaBelle's and will include diamond rings, color television sets, luggage, stereos, watches and silver service.

Racquetball is the fastest growing participant sport in America, boasting now almost four million players. AMF Voit, the tournament sponsor, is one of the leading manufacturers of racquetball equipment and accessories.

The official ball of the tournament will be AMF Voit's newly introduced Rollout Bleu.

For more tournament information contact: THE COURT HOUSE (612/546-5546), 1155 Ford Road, Shelard Park, Minneapolis, Minn. 55426.

Redford's Open House

Redford's Outhouse Open

Well no one in this tournament went away feeling like they did not get to play enough games. Art Redford devised a round robin system that allowed you to play each and every player entered in your class of play. A point system was used in the 2 out of 3 games to 15 points, whereas if you beat your opponent 2 straight games you would receive 4 points and your opponent 1 point. If you had to go 3 games and you won, then you would receive 3 points and the loser 2 points, very interesting!

The Outhouse Open had five classes of play, which were; Open Singles, A-Singles, B-Singles, C-1 Singles and C-2 Singles. There were unique trophies for every entrant. Each entrant received a one-half gallon bootleggers jug with a caricature of that person and the numbered place he or she finished in.

The top three winners in each class were: Open: 1. Hank Marcus, Portland; 2. Tony Krause, Portland; 3. Doug Moore, Aberdbon; A: 1. Dick Reinhard, Gig Harbor; 2. Rhett Kirk, Tacoma; 3. Rich Hendrickson, Tacoma; B: 1. Bob Koden, Steilacoom; 2. Gary Erying, Mercer Island; 3. Gary Gressinger, Seattle; C-1: 1. Ed Elias, McChord AFB; 2. Rich Chamberlain, Seattle; 3. Ken Jensen, Seattle; C-2: 1. Phil Kazele, Tacoma; 2. Doug Abrams, Seattle; 3. Jim Tachett, Tacoma.

Special thanks must go to Town and Country for again allowing the use of their fine facility for the tournaments USC. Like wise, the nice lady in the clown suit and make up who sat for hours drawing caricatures of all the entrants and all those persons who lent a hand when it was needed. Lastly, thanks Art for a great event, lets do it again soon. Sid Williams

RACQUETBALL NEWS HANDBALL NEWS

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Women's League

Doug Chandler, Physical Director of the Arizona Athletic Club, announced that on October 11th at 10:00 a.m. a Women's Racquetball League will start play. Interested beginner and intermediate players should sign up and should be prepared to play once or twice a week - on Tuesday and Thursday mornings. A great way to improve your game, meet new friends, and have a ball at the club.

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Hilecher Wins In Ohio

SAN DIEGO, Calif. — Pro player Jerry Hilecher won 1st place honors in the Men's Open of the Vittert "Wallbanger" Pro Tournament held in Cleveland, Ohio, September 5.

Hilecher, who plays for Ektelon of San Diego, makers of racquetball racquets and accessories, defeated Steve Keeley, 21-2 and 21-9 to capture a \$1,000 purse.

Only one shoe is made for Racquetball



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* Jet Whirlpools

Racquetball/Handball News Announces

In order to bring more competition to the local amateur-
Racquetball News is starting a Mini Pro-Tour designed for the
amateur. Racquetball equipment, Patrick Racquetball Shoes &
cash to all winners.

Watch this space for future entry forms

**TOURNAMENT
SCHEDULE**
Dates will
be announced
next
month

**SAN DIEGO
LOS ANGELES
SAN FRANCISCO
LAS LAS VEGAS
SEATTLE
PHOENIX
CHICAGO
DETROIT
DENVER**



RACQUETBALL HANDBALL NEWS 1977 PHOENIX OPEN

DATES: December 8, 9, 10 & 11.

DEADLINE FOR ENTRY: Entries that are received BEFORE Friday, November 25 will be eligible for special tournament raffle prizes. Final deadline — December 1st.

HOSTED BY: Phoenix Athletic Club, 4843 North 8th Place, Phoenix, AZ 85014 (602) 264-1735.

STARTING TIMES: Tuesday, December 6 (602) 264-1735 in Phoenix or (714) 562-2242 So. California.

PRIZES & AWARDS: Cash prizes, trophies, and racquetball equipment to all division winners and runners-up (see below), hospitality and dinner for all participants Saturday evening.

ENTRY FEE: Refer to open and amateur divisions below. Entry fee must accompany application. No pay, no play, no phone entries.

CHECKS PAYABLE TO: 1977 Phoenix Open

MAIL TO: 1977 Phoenix Open, c/o Racquetball News, 1510 Fayette St., El Cajon, CA 92020

TOURNAMENT DIRECTOR: Jerry Monell

TOURNAMENT BALL: AMF Voit Bleu

CLASSIFICATION: The tournament encourages early entries. Events with insufficient entrants will be cancelled. A minimum of 32 entries will be required to conduct an event. No phone entries will be accepted and entry fee must be submitted with application. Winners of each match will be required to referee the next match. Failure to do so will result in FORFEITURE.

All participants must report to the tournament desk 30 minutes prior to scheduled starting time. Default rule will be strictly enforced.

ENTRY FORM

Entry fee must be submitted with application or entry will NOT be accepted.

Name _____ Address _____ City _____ Zip _____

Home phone _____ Work phone _____ RB Club _____

Shirt size S _____ M _____ L _____ XL _____

(✓) Check event(s) Make checks payable to: 1977 Phoenix Open

Max. Limit	MEN'S SINGLES	Entry fee	1st place	Max. Limit	LADIES' SINGLES	Entry fee	1st place
(48)	☐ Open	\$25	\$500	(32)	☐ Open	\$20	\$100
(48)	☐ A	\$15	\$100	(32)	☐ B	\$15	\$35
(64)	☐ B	\$15	\$75	(64)	☐ C	\$15	\$60
(64)	☐ C	\$15	\$60	(64)	☐ Novice	\$15	\$50
(64)	☐ Novice†	\$15	\$50	(24)	☐ Junior (17↓)	\$10	\$25
(64)	☐ Beginner Novice*	\$15	\$40				
(24)	☐ Junior (17↓)	\$10	\$25		MEN'S DOUBLES		
(32)	☐ Senior (35+)	\$15	\$35	(32)	☐ Open	\$30	\$200
(24)	☐ Master (45+)	\$15	\$25	(32)	☐ B	\$25	\$100
				(32)	☐ C	\$25	\$50

†Never won a major tournament.
*Played less than a year.

A MINIMUM of 32 entries will be required to conduct an event. (Juniors excepted)

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 Phoenix Athletic Club, Racquetball News, and their respective representatives for any and all injuries which may be suffered by me in connection with any participation in this tournament. No refunds after December 1.

Signature _____ Partner's Signature _____

Date _____ RB Club _____ Parent _____

500 At Kings Joust

SPECIAL CONTRIBUTION

WESTMINSTER, Calif. — In its debut as a host, King's Racquetball Court saw more than 500 entrants play in the various levels of the 1st Annual Joust Tournament, sponsored by the Bank of Newport Beach. During the four days of play, the Joust hosted some of the top names racquetball, and saw them turn-in terrific and often surprising play.

In a special match televised live from the three glass walls of the Royal Court at King's, Steve Strandemo and Davey Bledsoe played with the concentration and skill that at times brought the 400-plus spectators to their feet for a better look. Strandemo, ranked 4th on the National Tour, put the pressure on Bledsoe who is 1977 National Champion. When the glass stopped shaking, Strandemo had aced Bledsoe two consecutively, 21-15, 21-13.

Other action during the finals at King's Court were Steve Strandemo and Mark

Morrow who met at the top of the Men's Open, and played to a Strandemo win, 21-10, 21-15. Diane Heims and Karin Walton met in the finals of the Women's Open with Heims putting it all together in the second game and going on to beat Walton, 18-21, 21-16, and a tie-breaking 11-8.

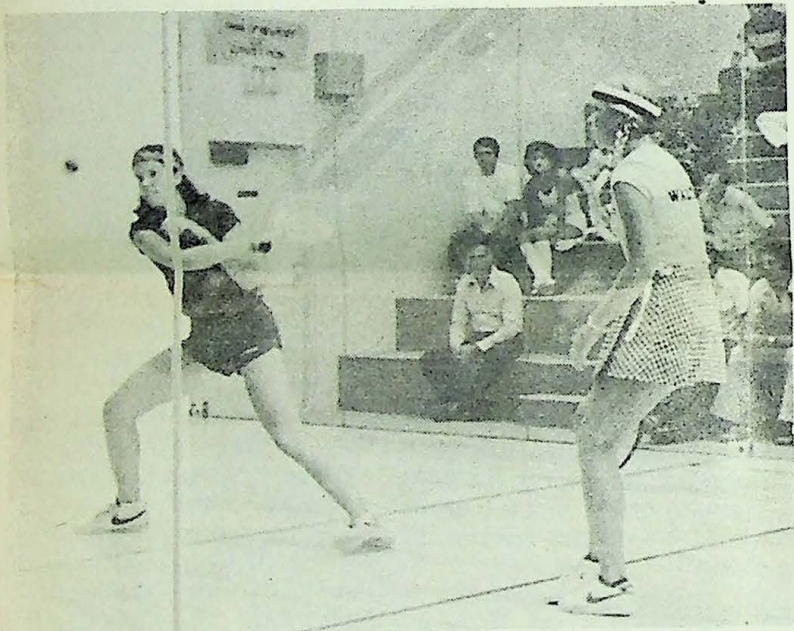
The "Royal Court" at King's has been specially designed and built with three glass walls (sides and rear), and a front wall with television port. This construction permitted extensive television coverage of this event, and proved both from a technical as well as practical standpoint, that championship racquetball can be televised with tremendous coverage. King's is also scheduled to be the third stop of the Pro-Am Tournament in November.

Among other winners of the Joust were: Stevens def. Gibbs in Men's A Singles; Pool/Lusk def. Miller/Lilly in Men's A Doubles; and Villa def. Bishop in Women's B Singles.



Bledsoe and Strandemo spent a lot of time watching each other watch the ball, during the 1st Annual Joust at King's Racquetball Court in Westminster, CA. Strandemo, ranked 4th on the National tour, handled Davey Bledsoe with surprising ease 21-15 and 21-13.

Photo by Robert Henderson Design.



Diane Heims showed the concentration and style which went to make her tops in the finals of the women's Open, during the 1st Annual Joust held at Kings Racquetball Court, Westminster, CA. Diane prevailed over Karin Walton 18-21, 21-16 and 11-8. Photo by Robert Henderson Design.



Karin Walton concentrates as she prepares to backhand a return against Diane Heims during the 1st Annual Joust, held at King's Racquetball Court, Westminster, CA. Photo by Robert Henderson



E.O. Rodeffer and Mr. Rogers, both of the Bank of Newport, present match winner Steve Strandemo his check and trophy for winning over Davey Bledsoe during a special pro-match exhibition held at King's Racquetball Court, Westminster, CA. Photo by Robert Henderson Design.



Through regular cardio-vascular exercise such as running, Steve Strandemo was able to pressurize the pace during the match to a point where Davey Bledsoe could barely exist. Steve, seen here through the three glass walls of the Royal Tournament Court at King's, shows the determination and concentration which are making his play this year much more consistent. Action was during the 1st Annual Joust, held at King's Racquetball Court, Westminster, CA.

Photo by Robert Henderson Design

Racquetball West



Groundbreaking for Racquetball West's Luxurious Sports and Fitness Facility (L to R) Five-time National Racquetball Champion Charles Brumfield, Culver City Vice-Mayor Richard Brundo, Culver City Chamber of Commerce President John Henry with Mike Chaet owner and executive vice president of Racquetball West.

Chicago Health & Racquet Club Under Construction

A 16,000-sq. ft. Chicago Health & Racquet Club, located on Rt. 45 near 147th Street in Orland Park, Illinois, is being built by J. Emil Anderson & Son Construction Company of Des Plaines, Illinois. Designed by Edmond N. Zisook, AIA, & Associates, Inc., Chicago, the two-level building will be completed early next Spring.

It is owned by Urban Investment and Development Co. and will be operated by Health & Tennis Corporation of America, Chicago — which currently operates 98 health spas nationwide.

The air conditioned facility will contain a reception and

lounge area, separate exercise gyms and locker rooms with saunas for men and women, 2 indoor racquetball/handball courts, a 75-foot long swimming pool plus whirlpool. In addition, a neoprene surface multi-lane running track will be built on the roof of the brick and masonry structure.

The new Chicago Health & Racquet Club in Orland Park is situated immediately northwest of the Orland Square regional shopping center, also developed and owned by Urban Investment and Development Co., and will serve a growing southwest suburban population.

Conn. First

Connecticut's first racquetball court club opened in June after ten grueling months of construction. The Rollout Racquetball Club of Rocky Hill (near Hartford) was the idea of Jeff and Jill Coyle. They left sunny California, where they were players at the Center Courts in West L.A., to introduce RB to the Northeasterners.

The club was originally scheduled to open in January, but the harshest winter in 25 years set construction back considerably. While they were waiting for the building to be completed, the Cyles amused themselves by wearing their entire wardrobe at one time. This also prevented them from freezing their butts off.

Jill and Jeff found that not only was racquetball already introduced, but was actually "invented" by a Connecticut man. Many local players had been playing for over ten years. Being of a very competitive nature, Jeff refused to play anyone who was sure about which end of the racquet to hold.

While the game had been played in Connecticut for some time, there were no court clubs. YMCA's that were literally 100 years old kept the

growth of racquetball to almost nothing. In the three months that it has been open, Rollout has added more than 500 new players to the club.

Late in July, Rollout held a "members-only" beginners tournament with three classes for men and two for women. Men's A's was won by Mike Nolan, B's by Jack Cronin, and C's by David Kinhead.

The Women's division was filled with reluctant participants who found out that tournament play can be fun. Joy Gallagher, an excellent tennis player who had never played racquetball prior to Rollout's opening, won the Women's A's. Nancy Harasz won the Women's B's. Kathy was so nervous before each of her matches that an airline would have lost money on the number of little white bags she used.

The most inspirational player by far was Drew Engelhardt. Drew lost the first game before pulling out a victory in each of his five matches. No mean task for a man six-feet tall and 350 pounds.

In October, Rollout will host the Connecticut State Championships. Look for a detailed report in an upcoming issue.

Court club owners and operators who are interested in the viability of the court club business need basic, guiding information that can get them started with their facility packaging, says Mort Leve, the director for Court Club Enterprises, a national consultation firm.

CCE conducts periodic

regional (around the nation) seminars for prospective and existing club owners.

(For information on contacting Leve, see CCE ad in this issue)

The CCE can teach that rather than "paying through the nose" later for mistakes, it is all-important that full home work be done prior to plunging into the

Letters

Dear David:

A great article ("The Story of a Champion Being Dethroned")!

For those of us who were unable to trek to San Diego for the Nationals - your superlative account of the Hilecher/Brumfield match was gut grabbing, beautiful, an actually brought a lump to my throat.

Thanks for taking the time to write the article, and the extra effort to make it a lot more than just another play by play bla.

David, talent like yours is just one more reason why this exciting sport of racquetball growing by leaps and bounds the writing "professionals" are doing their thing and all love it!

Keep up the good work and if you get out Phoenix/Tempe, Arizona our guest.

WALTER W. FLOO
ARIZONA ATHLETIC CLUB

Kidney RB Tourney

VAN NUYS, CALIFORNIA — The Supreme Court Sports Center, completed less than one year ago here, was the recent host for the first Annual Kidney Foundation Racquet Ball Championships. More than 150 Supreme Court members competed in 11 divisions, with proceeds from the tourney going to the Kidney Foundation Southern California.

Co-sponsors of the event were AMF Voit and the M. Pan Restaurant of Woodland Hills. AMF also supplied official tournament ball, new Rollout Bleu, as well as score cards and draw sheets. The restaurant served complimentary fresh fruit crepes to participants and spectators throughout the three-day tournament.

Jon Woodard retained the Supreme Court-Van Nuys Club Championship as he toppled Ron Behar in the finals of the men's open, 11-11, 15-9. Sue Weiner won out in the women's open over Linda Broughton, scoring 9-15, 15-13, and taking the tie-breaker, 11-2.

The men's Class C was captured by John Lester in a tightly contested match against Damon Zumwalt, who was forced to forfeit in the tie-breaker at 10-10 due to severe cramps. Game scores were 15-10, 11-15, 10-10. Cary Okamura defeated Rich Johnston in the men's novice division, 15-12, 15-7. Karen Johnson took the women's novice crown over Ken Love, 15-12, 15-9.

This was the first major tournament for the Supreme Court, Van Nuys, whose ownership includes actor Wayne Rogers (M.A.S.H.) Peter Falk. The club plans to make the tournament an annual event.

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Meyers So. Calif. Champion

By DAVID T. NORTHCUTT
Assistant Editor

Myers Secures Southern Cal Championship

The Southern California Amateur State Racquetball Championships, held at the Atlas Health Club October 13th through the 16th, proved to be one of the finest tournaments of the season. The USRA Sanctioned tourney drew more than 200 participants entering 12 divisions.

A very reasonable entry fee of \$10 made it possible for more people to participate in the event. Special prizes were awarded to the first place winners. Some were a 19" Color T.V. for the Men's Open Division, a digital clock radio for the Men's "C" and a hair dryer for the Women's Open. The prizes depended upon the number of entrants in the particular division.

Jerry Monell, USRA State Chairman and tournament director, kept the matches moving right along with few snags.

"The players are the ones who really made the tournament work," said Monell. "The refereeing went smooth and everybody had a good time."

Alan Kent beat Mike Maddocks in the semi's of the Men's Open, 21-12, 21-10. Myers continued to pound Kent with hard passes and crushing kill shots. It was a

long match, and Kent showed better than the score would indicate.

In the semi's of the Women's Open, Donna Noguchi defeated Peggy Luce in the top bracket and Laura Martino beat Terry Weaver in the lower. The finals were hard fought all the way, but Martino was too fast and too hard hitting for Naguchi. Final score was 21-13, 21-12.

The Men's "B" found unseeded Dave Cubitt plowing through the competition, including fourth seed Mike Wise. In the finals Cubitt edged third seed Dave Loth in two straight, 21-14, 21-13.

The Men's "C", with a full draw of 64, ended with two unseeded players vying for the title. In a tooth and nail battle Dave Lowder nipped Pat Halbert 21-20. The loss proved to be too much for Halbert as Lowder easily took the second game 21-9. Other results are as follows:

Women's "C": Sisy pareaks over Kathy Higbee, 21-6, 21-5.; Men's Senior: Allen Weckerly over Ron Keller, 19-21, 21-20, 11-5.; Men's Masters : Luis Moreno over Stan Berney, 21-11, 21-7.; Men's Novice: Bill Paxton over Jeff Fitzgerald, 21-15, 21-12.; Women's Novice: Carolyn Lefford over Kerrylou Keehn, 21-6, 12-21, 11-1.; Men's Beginning Novice: George Zadrozny over D. Winfrey, 21-20, 15-21, 11-10.; Men's Juniors: Mark Martino over Richard Freed, 21-5, 21-11.; Women's Juniors: Traci Cain over Belinda Alcantara, 21-5, 21-9.

Ladies, Gentlemen and Youth, I would like to be the first to announce to you that Fall is coming, and then Winter will follow. See how informed I am. Many of you will be coming inside to exercise for the first time since the sun really came out. Some of you will be turning to racquetball as a means of exercise and getting in shape.

Please take a bit of advice, do not play racquetball to get in shape, but instead get in shape to play racquetball. Racquetball can be a great conditioner, when you are in shape to play it. If you have not conditioned yourself to play the game do not go all out at first, but pace yourself and play at your speed. Start out with some of the stretching exercises, do some

jumping jacks, run in place, extend those muscles and start out hitting the ball at an easy speed until you feel warm or break a light sweat, then begin playing.

You can expect the courts to really start filling up with reservation times as soon as school starts, so plan ahead and call for reservations before the day arrives that you want to play. Reservations may be made one week in advance to the date you want a court, but only one reservation at a time may be booked and must be used before you reserve a second court time. Cancellation of a court reservation must take place four hours prior to the scheduled court time or a cancellation fine will be leveled against you.

There exists many organized programs for men, women and youth during the fall and winter months and Sid is always available for clinics, lessons or to analyze and help you improve your game.

Racquetball is not just a game of action and reactions, it is an intense game of strategy, power, finesse and ball placement. You should play the game the same way you would play chess, poker, etc., etc., by thinking and executing accordingly.

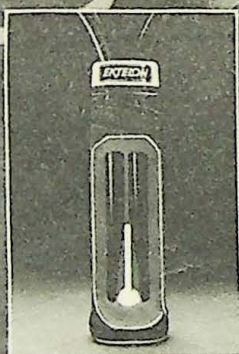
The main idea in racquetball is to play the ball in such a manner that your opponents are unable to return it to the front wall before it has bounced twice. Rallying might look great to the viewing public, but it takes valuable energy to

sustain a constant rally, so a constant rally, so why wear yourself out? Think about your game and notice where your opponent is before you hit your next shot, if your opponent remains in back court then you should hit a soft front wall tap-in shot. If your opponent has followed you to mid-court position, then hit a pass shot that hits the side wall parallel to where that opponent is standing. You will be surprised at alternatives you can devise by thinking about your shot, before you make them.

What's the best racquet in the game? Which racquet is recommended most? In an August 1977 survey by Western Union, court managers, pros, and racquet buyers at over 200 court facilities nationwide picked Ektelon by more than two to one.

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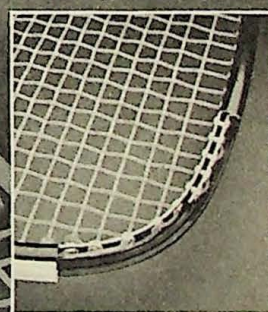
Frame is drilled after bending, to eliminate stress points, tighten eyelet fit, lengthen string life.

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