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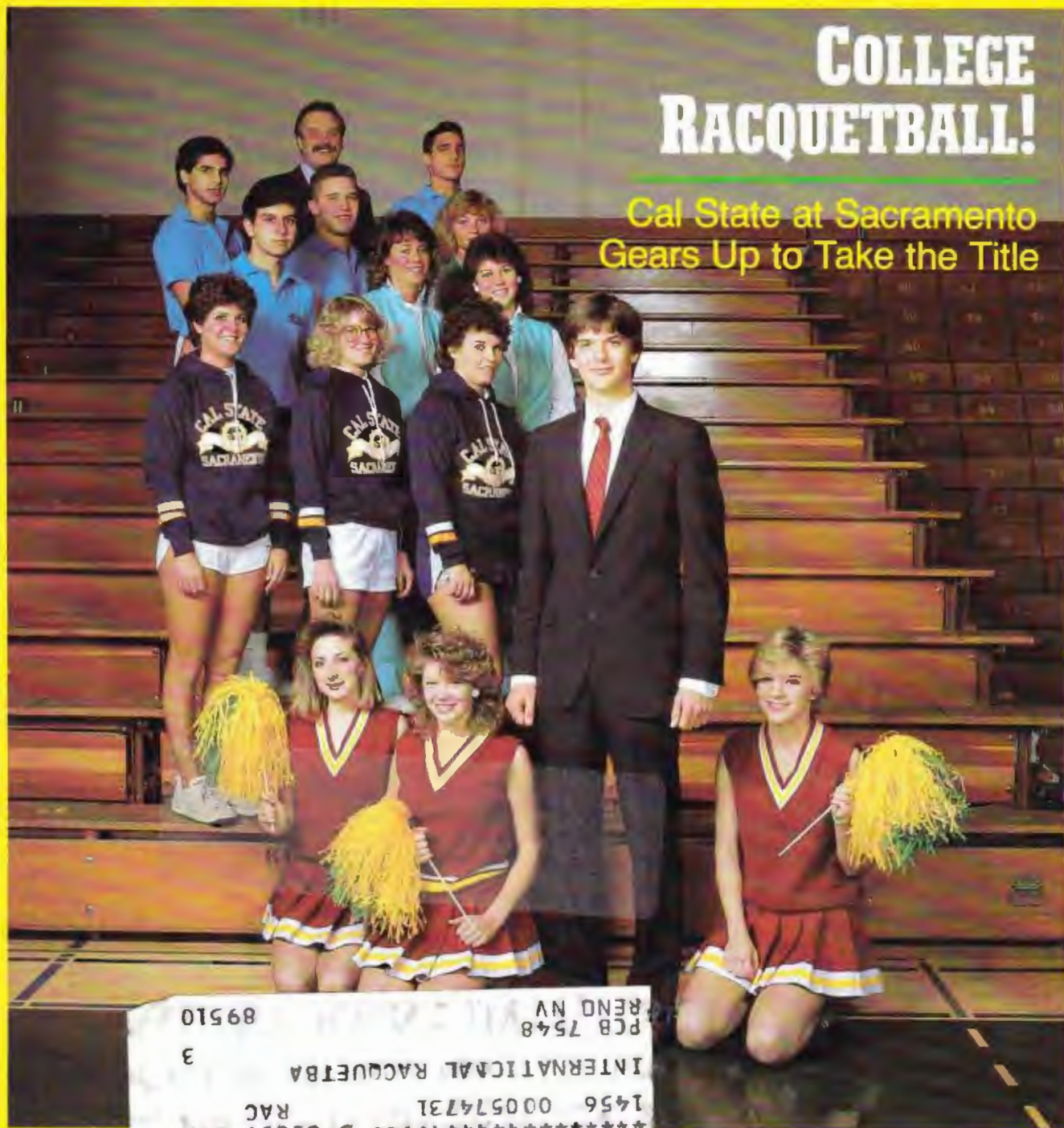
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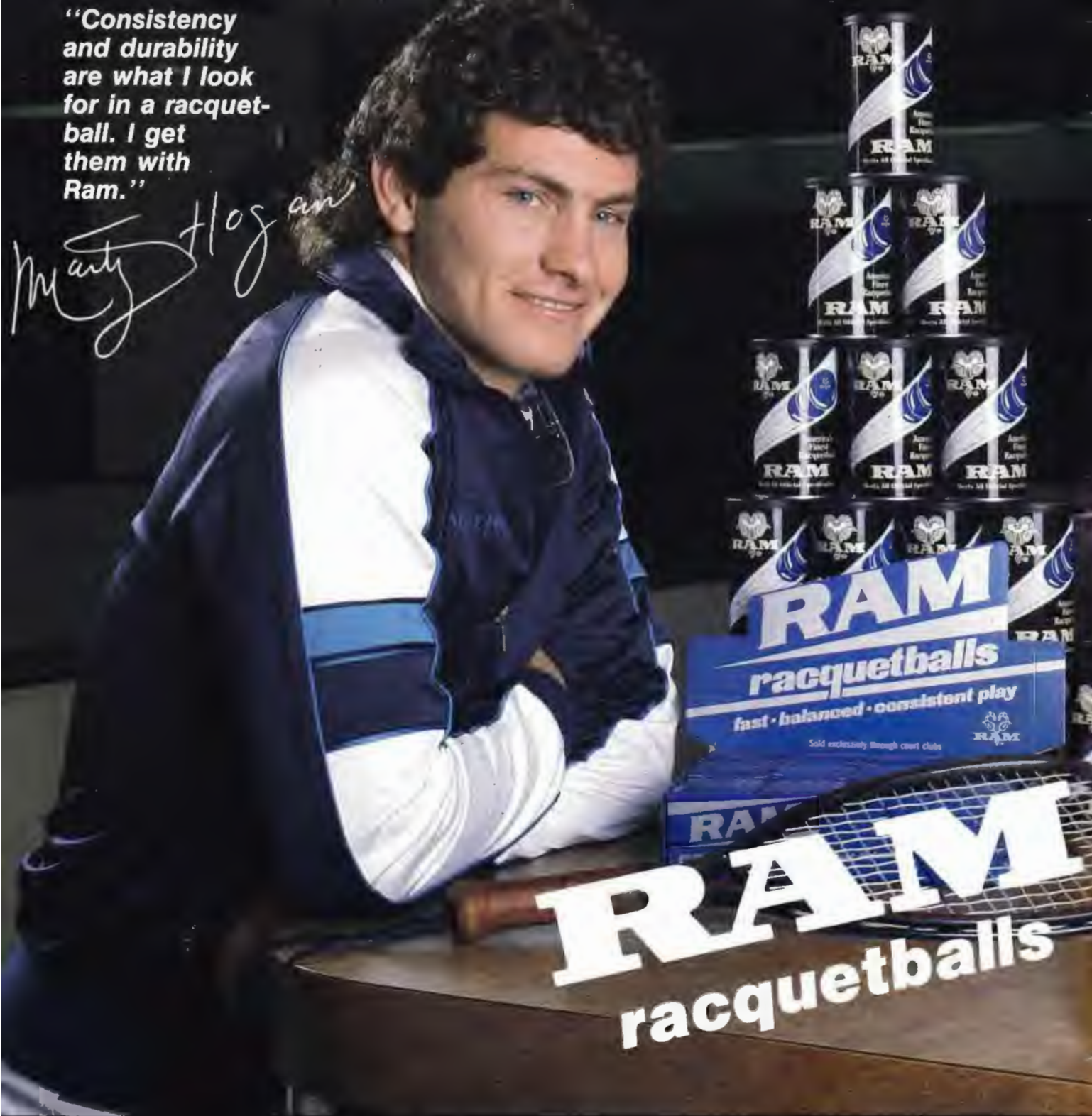
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FIRST SERVE

By Chuck Leve



High Price For Honesty?

Remember a few months back when everybody was making a big deal about Ruben Gonzalez and his now-famous skip call on himself that gave Marty Hogan the serve and eventual win?

Like most of you I was truly impressed with Ruben's inner courage — his ability to accept the negative consequences when he didn't have to just because it was the right thing to do. And all this in the face of achieving his life's dream of winning a major professional racquetball event.

Whew! There's few players around who would have the same courage.

And I guess that's rather sad, actually. The more I thought of Gonzalez' actions the more disturbed I became. Oh, not at anything Ruben did, for his skip call put him levels ahead of any of the other pros.

What bothered me was the fact that we saw this act of honesty as so unusual that it became the centerpiece of conversation. I think Ruben became the only player to ever make the cover of this magazine because he missed a shot! We've run scores of covers of players who earned the cover (and yards of column inches inside) because they won something. But never, in my memory, for hitting a ball in the dirt.

Is honesty on the court that unusual? I guess it is at the pro level, where "let the referee call it," has become synonymous with "I'll try to get away with everything I can."

I liken this situation to other professional sports where a similar attitude prevails. How many times have you seen the wide receiver *not* make the catch, only to jump up as if he had, and then scream when the referee rules the play incomplete. Re-plays

invariably show the receiver tried to cheat his way to a catch.

Or how about pro basketball where the no harm — no foul mentality has created a generation of actors as well as basketball players. Touch them and they grunt loudly and fall down, looking for the ref to call the foul on the other guy.

And hockey. The "astute" players are the ones who can fall down in a way that convinces the ref that they were tripped, interfered with, hooked or otherwise illegally impeded. Usually they've just lost their balance.

And so we have Ruben Gonzalez, one man making a statement for racquetball. In my mind, by making the statement he's really drawn more focus on the normal dishonesty than his own unusual act of honesty (unusual not for Ruben, but for pro racquetball).

Coincidentally, we're in an era that loudly raises questions about the viability of the pro tour. Do we want professionals who consider picking a ball up on three bounces okay as long as the ref misses it? If your shot skipped, do you not owe it to the integrity of the sport to call it on yourself? Do we even need to get into the realm of screen serves and hinder/avoidable hinders?

Most of the players claim to be honest, all right. Just as honest as the next guy. And they all maintain that they wouldn't cheat if they could be sure their opponent wouldn't either. But if one player plays a ball that the other player thinks was a double bounce pick-up, well, the stage is set for all sorts of problems.

The referees, you might ask, what about the referees? Can't they control

this type of thing. And the line judges — aren't they the counterbalance in case the referee misses a call?

The answer is no. As the pros travel from town to town to all points in the nation, the inconsistency in refereeing and line judging continues to plague virtually every tournament. Local referees just can't be expected to confidently call matches where the speed, style of play, and shot selection is unlike anything they're used to.

The solution, of course, would be professional referees. But there is no money for them. Heck, there's barely enough money for semi-finalists to make a profit after expenses, let alone taking some of that and giving it to refs.

You know, it wouldn't take all that much, though. I'll bet you could cover the costs to establish two groups of four referees/line judges (one east, one west) to travel to each pro event, giving the tour the consistency that the pros need. Perhaps they need to establish a bonus pool where at the end of the season whoever has called the most skips and double bounces against himself wins \$10,000. That might be incentive enough, although I have to admit it bothers me to have to pay for honesty.

Maybe somebody could interest some benevolent corporate bigwig to sponsor the referees or "honesty bonus pool." I'd recommend contacting lie detector firms as legitimate prospects.

As for Ruben Gonzalez, nothing I can say will either enhance or diminish his actions. He did it because that's the kind of guy he is. The kind we'd want our sons to grow up to be. □

LETTERS TO THE EDITOR

If you would like to write a letter to the Editor, please send your comments to: Letters to the Editor, National Racquetball, P. O. Drawer 6126, Clearwater, FL 33518-6126. All letters become property of this magazine. We reserve the right to edit for clarity or space considerations. Letters will not be returned.

Marty Hogan Tape Info!

In your January edition in the New Products section you mentioned the Power Racquetball tape by Marty Hogan. I tried to look up Pacific Arts in the phone book and I looked for the tapes in video rental outlets both without success. Can you tell me the exact procedure to order these tapes?

Also I understand that Gregg Peck also has a VHS tape out. Are you aware of it and if so, can you advise me on how to order?

Jim Janachione
Hoffman Estates, IL

That's the last time I publish New Products info without a phone number! We received hundreds of calls and requests for Marty's tape. The only information I have is to contact George Steel at Pacific Arts Video, 800-538-5856. As for Gregg's tape, I haven't heard of anything, but you could call his sponsor, D.P. Industries at 205-749-9001 to find out. Ask for Mr. Greg Eveland. — Ed.

Heros At Work

I recently participated in the amateur division of a Pro-Am tournament held at the Kenosha Athletic Club in Kenosha, Wisconsin. It was my first experience seeing some pros in person. I was amazed at how they can keep the ball down. I first would like to congratulate the champion, Jack Newman. He has a super backhand pinch.

I would especially like to congratulate the 2nd place finisher, Kelvin Van-trease. Immediately following the finals match, my 3½ year old son Matthew stepped out onto Court #1 and started to hit away. Kelvin saw this and went back onto the court and gave Matthew some fundamentals and practiced hitting the ball with him. After Matthew gave Kelvin a good workout, Kelvin brought him over to his bag for some souvenir wrist bands, headbands and a glove!

I only wish I had had a movie camera to capture the action, It's PR like that which inspires even the youngest of

players. By the way Kelvin, I took 1st in my division! Thanks for the encouragement and especially the court time with my son. It will long be remembered.

Bill Bertagnoli
Racine, WI

Nix To Carl Loveday

Just a comment on your Carl Loveday article (January 1986). About 7 years ago I actually went to San Diego specifically to take lessons from Carl. Luckily, I only spent \$100 a day for four straight days. I can't say I learned anything from him except how Marty Hogan hits his backhand. He kept showing me video tapes of Marty's backhand over and over but never even took any videos of me.

He was obsessed with Marty. I'm a female about 5 foot 8 inches and 130 pounds and I don't think it was reasonable for me to be trying to emulate the great Hogan, but instead he should work with my body type, etc.

Oh well, you live and learn. (I never did learn to like those smelly cigars.) I also have taken other lessons from Stan Wright, Bill Thurman and Leach Charlie Brumfield Clinic where I did feel that I learned a lot.

Jean Oeschger
Sunnyvale, CA

Another Pro Stop For New England?

It's not that I'm against a neighborhood boy making good — it's just that I sure miss watching him play in local AARA tournaments. Cliff Swain has been a New England racquetball hero for some time. What set Cliff apart from a pack of other young racquetball stars in the area (besides his talent and ability) was a composure not often found in kids his age. I feel that this equilibrium and one-pointedness is what makes him such a superior young player. I know his at-one-time rivals would agree.

It sure would be nice to have a regularly scheduled pro tournament in the

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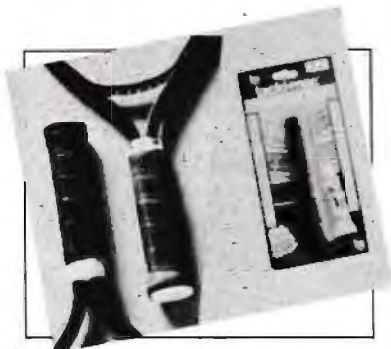
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Publisher: Joe Massarelli

Editor: Chuck Leve

Staff Editors: Drew Stoddard
Steve Strandemo

Business Manager: Helen Quinn

Circulation: Leanne Massarelli

Production: Sharon Seabert

Art Director: Sandy Kling

Advertising/Promotions: Ed Kaplan

Contributing Editors: Dr. Jerry May,
Lynn Cherry, Sigmond Brouwer,
Marty Hogan, Charlie Garfinkel and
Andrea Katz

Advertising rate inquiries should be directed to Edward L. Kaplan at (303) 665-0841 or Helen Quinn at (813) 736-5616.

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New England area. The 1985 D.P. Nationals in Boston was a great event. With Cliff ranking 4th in the pros and Fred Calabrese #1 in the AARA — both from Massachusetts, maybe someone will get the hint.

Lionel Pires
Newport, RI

More Footloose Facts

I read your Footloose! Part II article with great interest. I have a few questions, though, that I would like to pose to the writer: 1) To check the pulse (heart beat), why the carotid artery which is difficult to locate. Wouldn't the pulse in the wrist be easier and equally satisfactory? 2) Why is the Resting Heart Rate important? 3) What is the relationship between Heart Rate and Blood Pressure?

Lt. Col. Harris Cassell
APO, NY

1) You can use your wrist for a pulse check. If that's easier for you, by all means, take your pulse there. 2) We probably could have been clearer about it, but your Resting Heart Rate serves as a guideline. Over a period of time, aerobic exercise lowers your Resting Heart Rate. That's one way of telling if you're getting into shape. Also, as we said in Step Three of the article, if you monitor your heart rate before exercise and it is more than five beats above normal, then think twice about working out. A higher than normal Resting Heart Rate, or an increasing Resting Heart Rate can be a sign of illness coming on. 3) When you exercise aerobically, your systolic blood pressure raises with your heart rate and your diastolic blood pressure remains approximately the same. — Ed.

'The Gar' Helped Me Win!

I recently studied Charlie Garfinkel's article about B & C players using the Yellen forehand pinch. I will add that it is a very fine instructional article. I read the article about two or three times, practiced what it said for about one week and entered a tournament in Greenville, MS. I won the C class and made it to the semi's in the B's. I really feel that reading and practicing what that article said helped me win and I thank you for printing it.

George Cannete, Jr.
Biloxi, MS

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The University of Sacramento Racquetball Team from left to right: Shawn Fitzpatrick, Steve Moody, Roger Harris, Paul Marino, Bobby Rodriguez, William Holmes, Roz Hamilton, Mona Mook, Lisa Anthony, Trina Rasmussen, Tracy Eagleson and Crystal Fried.

The Team Spirit

A University Experiment In Sacramento Is Blazing a New Trail in Racquetball's Search for a Feeder System

by Drew Stoddard

One of racquetball's greatest frustrations over the years has been the sport's inability to create and maintain an effective national juniors program. Despite its phenomenal growth in the 1970's and its current status as one of the largest participant sports in the country, racquetball has never seemed capable of attracting young people in significant numbers.

That fact is of no little concern to industry leaders who are well aware that longevity and continued growth in any sport depends on the efficiency of that sport's own "feeder system". Why such a system has never evolved within the sport of racquetball is a subject of much debate, and to date no single argument seems to quite explain the problem.

One theory is that, as a primarily fitness-oriented sport, racquetball simply doesn't offer the potential future of

other sports like tennis, baseball, and football. The lack of a nationally visible pro tour is no doubt part of that problem, but there are some who feel that a more important component is the near-absence of organized racquetball at the university level. Stated simply, a 16-year-old tennis champion can look forward to a scholarship and a shot at real fame; a 16-year-old racquetball champion pays his own way and will probably have to abandon his playing career.

Over the past two years, an innovative group in Sacramento, California, has been pioneering an ambitious test of this theory by offering full racquetball scholarships to California State University at Sacramento for a select group of men and women players from

the U.S. and Canada. And if the early results are a true indication, "The Friends of Sacramento Racquetball" may have stumbled upon what has always been the sport's unrecognized gold mine — college racquetball.

The group was formed, and is headed by, Ed Martin, a former Board member of the AARA and the current coach of the U.S. Team. As president of Spare Time Inc., Martin is responsible for the management of eight racquetball clubs in Northern California, a region which is probably the greatest stronghold of racquetball participation in the United States today.

"About seven or eight years ago," explains Martin, "the junior's programs really started developing in this country, and particularly here in the Northern California area. Now, all of the young players who came into the game because of those programs are

becoming college age. The idea behind the (CSUS) team is to give them a place to go where they can get their education, and still use their racquetball skills at the same time."

The CSUS team, which Martin also coaches, currently has 13 members — seven men and six women. Of the 13, eight (four men and four women) have full scholarships to CSUS. All are full-time students there, and each is required to maintain at least a C average while following an extensive team-oriented, year-round training program.

"This is the second year for the team," says Martin, "but we didn't actually start the scholarships until the Spring semester of last year. We started with a women's team only, and added men's scholarships later. The team is open to anyone at the university. We only have eight scholarships, but others are welcome to come and try out."

"All the kids have to maintain a C average, and they have to take at least 12 units to be eligible. And not everybody has been able to do it. Our competitive season is really in the spring, so everybody loads up in the fall — 15 to 18 units — and we don't train quite as hard. Then in the spring they take 12 to 15 units and we hit the courts pretty hard."

The competitive spring season to which Martin refers revolves around the AARA Intercollegiate National Championships which are held each year in April. And Ed Martin does not hesitate to acknowledge that one of the reasons the CSUS team was formed was to take the national crown away from Memphis State University, which has dominated intercollegiate racquetball for nine straight years. In fact, when Martin and team members talk about "the Memphis project," the discussion rings with all the overtones of a religious crusade.

"When we started this team, we wanted to make CSUS a top intercollegiate racquetball power," says Martin. "The immediate goal of this team is to win the Intercollegiate National Championships."

"That's why we're here," adds team-leader William Holmes, as though amazed that anyone would even ask.

The legendary Memphis State team was one of the first successful college racquet ball programs in the country. Indeed, it was MSU's organization that motivated Ed Martin: "I respected Larry Liles and his program so much at Memphis State. I thought it was the

greatest thing, and I wanted to do something like that here."

Part of the magic at Memphis State is that successful programs always attract talent. And MSU has talent: the team's top player is Andy Roberts, the reigning U.S. and world amateur champion.

But if Roberts and company are going to repeat at this year's nationals in Providence, RI, they are going to have to get by some heavy CSUS artillery. Armed with eight precious full-ride racquetball scholarships, Ed Martin has assembled a team of men and women players, the collective talent of which is probably unrivaled outside of the pro tour itself. In fact, six of the team members are professionally

ranked. Consider the credentials:

Among the women:

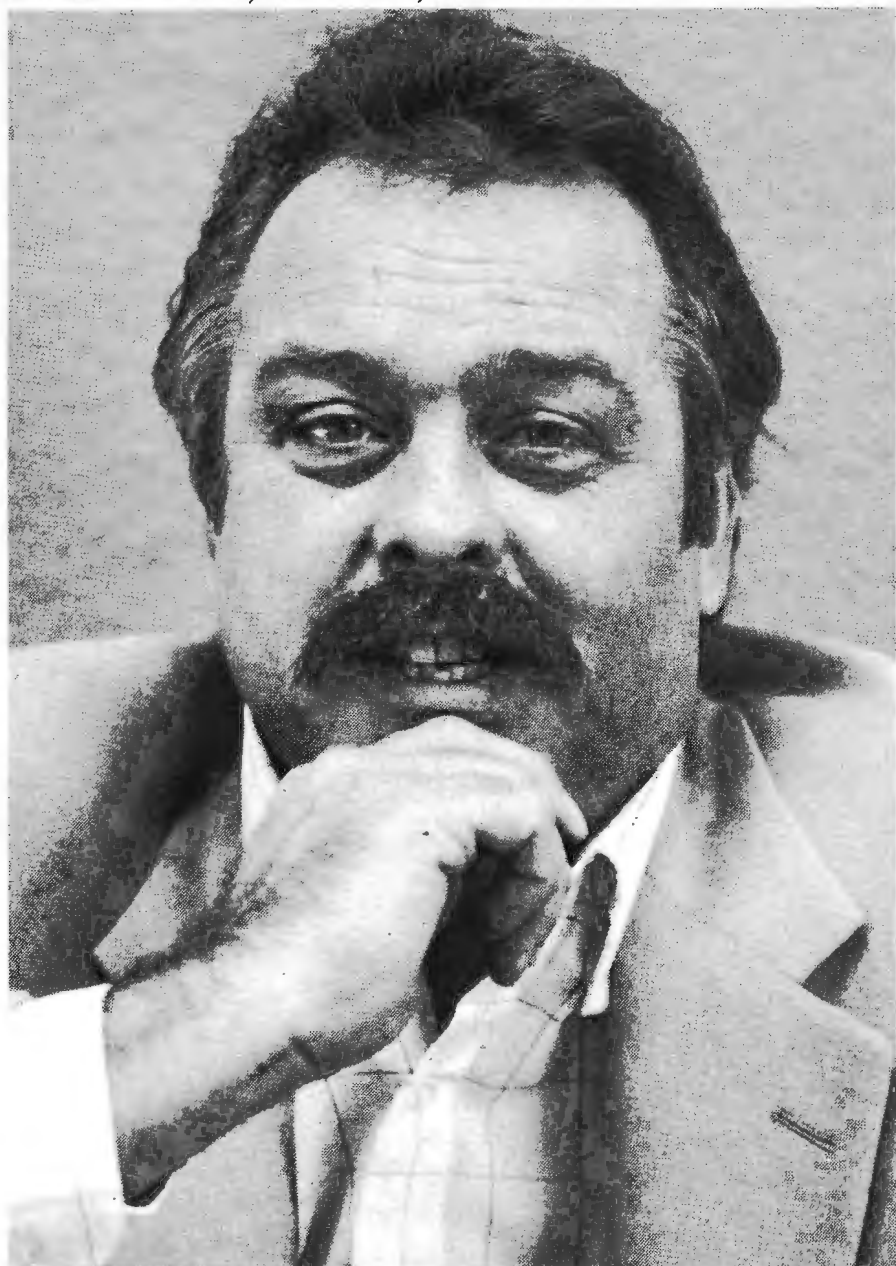
Mona Mook — two-time AARA national 18-and-under junior champion, finalist at the 1985 intercollegiates, currently #3 ranked amateur in the U.S.;

Trina Rassmussen — AARA national 18-and-under junior champion, former member of the U.S. national team;

Crystal Fried — former #1 player for the Canadian national team, 1985 intercollegiate national champion, AARA national 16-and-under junior champion, placed third overall at 1985 World Games in London;

Lisa Anthony — two-time AARA

"Then there's the limousine," Martin says with a smile. The limousine is a 20-foot maroon Cadillac, complete with chauffeur's cab, television, and wet bar.



Right: Ed Martin, University of Sacramento and U.S. Team Coach.

national junior doubles champion;

Tracy Eagleson — former #3 player for the Canadian national team, current national intercollegiate doubles champion.

Among the men:

Roger Harripersad — reigning Canadian national champion, defeated pro Ed Andrews at 1985 World Games and placed second overall;

Bobby Rodriguez — placed third in 1985 AARA National Junior Championships, former #1 player in Colorado;

Paul Marino — the #1-ranked amateur player in California in 1984, finalist in 1984 and 1985 California State Championships;

Shawn Fitzpatrick — two-time AARA national junior doubles champion, 18-and-under California state junior champion, ranked 39th professionally in 1984.

To be sure, the individual talent on the CSUS team is impressive. But what makes the Sacramento project truly unique is its emphasis on team-oriented training. Traditionally, racquetball has been known as one of the most fiercely individualistic of all sports. But Ed Martin believes that even world-class players can improve rapidly in a team environment.

"My whole background is in team sports," Martin explains. "In college I played football and baseball. And one of the things I wanted these kids to see was the advantage of working as a group. And there are some real advantages. When you're training together, every time you go on the court you expose your weaknesses to everyone else."

"When we practice, we usually have two courts going, and everyone else watches and charts the match. Then when the players come off the court, everyone critiques their play. What we try to do is spot the weaknesses, so that we can then isolate them and eliminate them."

"Also, training this way really exposes you to a lot of different styles of play. We have some really strong power players, some good control players, and some who do both. Everybody is able to quickly see the advantages of the different styles — what works well in certain circumstances, and what doesn't."

"I've always been involved in individual sports," says Fitzpatrick, "but I can really see now the benefits of being part of a team. I think it helps you overcome your weaknesses faster. Working with players of this caliber all the time, you really find out fast where you're strong and where you're not. And that's the job of each player on the

team, to tell the others what they are doing wrong. Also, it's easier to get motivated when everybody is practicing together."

To many of the players, the biggest advantage to team-racquetball is that it provides an endless supply of strong opponents.

"It was a real problem at home," says Rodriguez of his home state of Colorado. "I was going to go to school in Denver, but there was no one for me to play there. And without the competition in practice, my game was getting really bad."

"I'd probably still be stuck in a little town in Oregon if it weren't for this team," agrees Trina Rassmussen. "Up there I had no one to play, and not

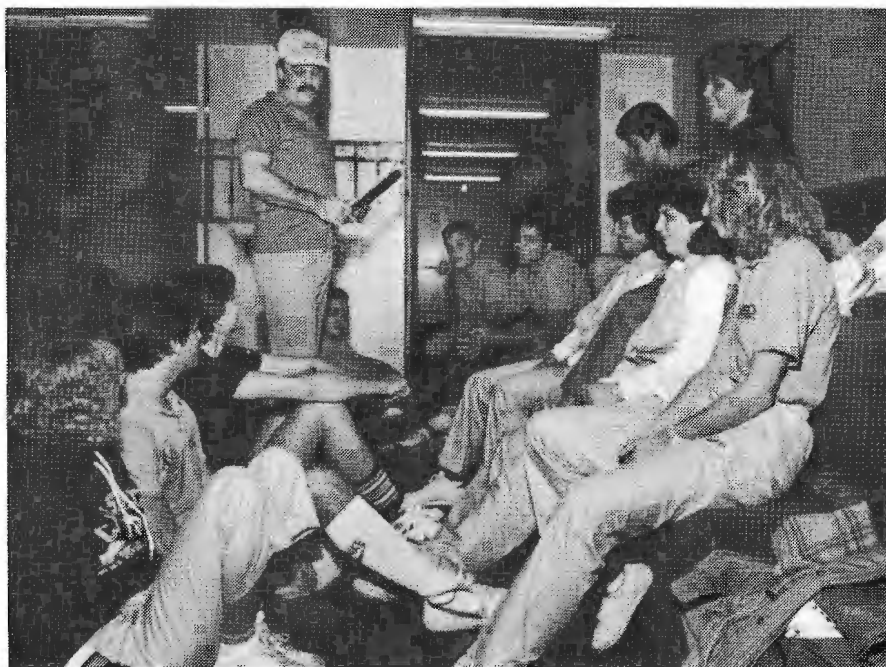
I've played him twice now in tournaments around here, and I just can't seem to get motivated. I just can't get started."

"Off the court we all get along really well," observes Fried. "We try to keep our racquetball games on the court. But in tournaments the matches get tougher every time we play because we know each other's games so well."

"You have to make a distinction," says Holmes, "and that's really tough. You're a team until you get into a tournament, and then it's an individual thing."

As you might expect, the discussion at any gathering of CSUS team members usually centers around racquetball. But sport is only half of the equa-

To many of the players, the biggest advantage to team-racquetball is that it provides an endless supply of strong opponents.



many tournaments. Playing here has allowed me to continue to improve."

Of course, training constantly with your chief competitors — who also happen to be your closest friends — can create problems in tournaments.

"Everybody on the team has a mandatory tournament schedule," says Martin. "They all play at least one and sometimes two a month, and they play as a group. And it's tough for some of these kids to train together all week, and then have to play each other on the weekend."

Team members laugh when Martin makes that observation, but they are quick to agree.

Says Harripersad, "It's hard for me, especially against Bobby (Rodriguez).

tion in Sacramento. The opportunity to attend a good college on a racquetball scholarship comes to only about 20 players in the United States every year, and members of the CSUS group are well aware of their good fortune.

"A lot of us right now are not sure what we're going to do with our lives," says Fitzpatrick. "Racquetball is really important, but you have to think about what you're going to do later on. Being a part of this team gives us a chance to get a good education, and to shoot for things that aren't necessarily connected with the game. It's a great opportunity. We're just extremely lucky."

For some team members, the CSUS program is more than a chance to com-

bine racquetball with a college education: it is, in fact, the reason they are attending college.

"I wouldn't be in school if it weren't for this," says Steve Moody. "I went to school for a while and then dropped out to go to work. So this means a lot to me. It helps my racquetball game, but I've also made some close friends I wouldn't have had. For me, being around these guys was really intimidating at first, but I think it's given me a lot of confidence."

Mona Mook agrees: "No, I wouldn't be in school anymore if it weren't for the team. It's been hard for me — last year was real hard. But it's kept me in school, and I even think that racquetball is more fun as a team sport."

Although it has only been in existence for about two years and has never been widely publicized, the CSUS scholarship has already created a tidal-wave of interest among young players in both the United States and Canada.

"I swear I've had a hundred calls a semester from kids who have wanted to play here," says Martin. "But in recruiting for this team we haven't just considered playing ability. To be part of a team like this you have to be able to sit down and expose all your weaknesses to a group of people you compete against individually, and it takes a

"I swear I've had a hundred calls a semester from kids who have wanted to play here," says Martin. "But in recruiting for this team we haven't just considered playing ability."

certain type of person to do that. The kids on this team truly like each other, they support each other 100%. They have great working habits, training habits, and a real good feel for other people. That's what we were looking for, and if it wasn't there I don't think this program would be a success."

By any standards, the CSUS scholarship program is a success. But what makes it a truly remarkable accomplishment is that it is entirely a privately funded program. The eight scholarships, combined with travel and miscellaneous expenses, exhaust a budget of about \$30,000 per year. No money is received from CSUS — the "Friends of Sacramento Racquetball" is responsible for raising every penny.

"It was really a group of us who had the idea," explains Martin. "We were all alumni of CSUS, and we decided to set up a group of corporate and business people to help raise funds. We

now have eight men and four women on the committee, and we've developed three major ways to raise money. One is a black-tie dinner and cocktail party we hold every year. We get everyone to go out and sell tickets, and the committee goes out and twists the arms of local business people for support. The team members are the waiters, they serve the food, they do the entertainment."

"Then there's the limousine," Martin says with a smile. The limousine is a 20-foot maroon Cadillac, complete with chauffeur's cab, television, and wet bar.

"A local businessman donated the car for our use. We cover the expenses like insurance and gas, and after that we get all the money we generate. The kids drive it, and we pay for the ads, and the yellow pages. On some nights we can bring in \$300."

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THE CSUS TEAM

Player	Age	Home
WOMEN		
Lisa Anthony	18	Redding, California
Mona Mook	22	Redding, California
Tracy Eagleson	20	Ontario, Canada
Crystal Fried	18	Alberta, Canada
Roz Hamilton	35	Sacramento, California
Trina Rassmussen	21	Jacksonville, Oregon
MEN		
Shawn Fitzpatrick	21	Auburn, California
Danny Gualco	22	Tracy, California
Roger Harripersad	20	Alberta, Canada
Williams Holmes	21	Sacramento, California
Paul Marino	19	San Francisco, California
Steve Moody	22	Long Beach, California
Bobby Rodriguez	18	Denver, Colorado

(basketball) games" say chauffeurs Holmes and Marino. "We charge them an hourly rate, say \$300 per night for a prom or something. Sometimes we drive three days in a row."

But the biggest fund raiser, explains Martin, is a player sponsorship package which allows local businessmen to support a single team player of their choice.

"We offer a \$2,400 sponsorship, a \$1,200 and a \$600. The highest one is a total sponsorship of one player for a year. We put the sponsor's business logo on the player's uniform, and that player plays two or three local tournaments a month with the sponsor's name on their back."

"Also, we are a Head sponsored team. They provide us with all of our equipment — uniforms, gloves, shoes, etc. That's a big help, because these kids go through a lot of equipment."

There is obvious pride in Ed Martin's voice when he talks about what the "Friends of Sacramento Racquetball" have accomplished. He has reason to be proud. But those who know Martin well have to wonder why a man who was already involved in so many major projects — managing eight clubs, coaching and traveling with the U.S. Team, heading the California state association — would undertake something as ambitious as the CSUS program which monetarily produces no apparent return.

The motivation runs much deeper than just wanting to create one strong intercollegiate team. For years, Ed Martin has been one of the leaders in

racquetball who has been deeply troubled by the sport's seeming inability to control its own direction. As much as anyone in the sport, he understands the feeder system problem.

"For most of my life in racquetball, 'I've been involved with juniors, and I still enjoy that. But I believe now that college racquetball may be the perfect feeder system for this sport. Juniors programs don't work in the long run if there's nowhere for those players to go.

"There are large numbers of people playing racquetball at colleges in this country — at most of them you can't get a court if you want to play. The last intercollegiate championships had over 60 universities represented. That's a lot of growth that nobody seems to really know about.

"It's also a real goldmine from a clubowner's standpoint: When a junior completes a junior program he still has five or six years before he can start paying dues. But as soon as college players are out of school they're ready to join a club. They're the perfect market: they're young, healthy, college educated, and in most cases they're going to be in a high income bracket. Those are the demographics of racquetball.

"That's why we created this team. Very few if any of these kids are going to be professional players — that's not why they're here. They're going to be professional people, family people, and they'll be playing racquetball for the rest of their lives. To me, it's just the perfect feeder system." □

Two In A Row!

Gregg Peck Plays an Encore in Sacramento

by Drew Stoddard

Gregg Peck of Austin, Texas, took one more giant step in his relentless charge toward the top of the men's pro game by winning his second consecutive RMA Pro Tour stop — the Gold River Winter Classic at Gold River Racquet Club in Sacramento, California, December 11-15.

Peck won the sixth tournament of the 1985-86 RMA season by coming from behind in the fifth game of the final match to defeat number-one ranked Marty Hogan in the most closely contested championship match of the year. The victory was Peck's third over Hogan in their five showdowns of the last two seasons, and thrust him past Mike Yellen into the #2 position in the men's rankings, just fifteen points behind Hogan at #1.

The final was a tournament promoter's dream: the world's top-ranked player and his heir-apparent playing to a standing-room-only crowd, battling furiously to the last point for what was clearly something more than just a single tournament win. And Peck's heart-stopping 6-11, 11-7, 6-11, 11-7, 11-10 victory was certainly something more. For 10 years Marty Hogan and Mike Yellen have reigned over the men's pro racquetball like feudal lords; the Sacramento win moved Gregg Peck to within one tournament of ending — some say forever — their shared dynasty.

The writing may now be on the wall, but Lord Hogan is not relinquishing his crown without a fight.

After splitting the first four games with Peck about as evenly as possible, Hogan threw his younger opponent on the ropes by pounding out a 10-8 lead in the tie-breaking fifth game. Three times he served at match point, but three times Peck answered with thun-

dering backhand drives that sent Hogan scrambling to just keep the rallies alive.

Meanwhile, Peck changed his own serve from the high lob he had used to neutralize Hogan's power throughout the match to a drive down the left side wall, and skewered Hogan's timing long enough to steal the three precious points he needed to win the final game 11-10.

Ironically, Hogan actually scored 11 points in the tie-breaker against Peck. Leading early in the game, 5-3, Hogan was slapped with a technical foul by referee Ed Andrews for profanity, erasing a point that would prove impossible to get back moments later when he desperately needed it.

"This whole tournament guys have been getting ten points on me and I've been able to come back," said Peck, "so at 10-8 I thought, 'this game isn't over yet — just hang in there, get a couple of points, and keep him moving'. What really helped me was at eight I started hitting drive serves, and it changed the whole pace of the game. He was in the groove of my lob serves and I decided I had to speed up the pace a little bit.

"I felt like he was covering the court extremely well. When I shot from backcourt, even though the shots were good, he was re-killing everything. So if I didn't have a complete setup, I went back to the ceiling, because I knew I could play the ceiling with him. That was really my only game plan."

"When I won I was excited. But a few seconds later it hit me: 'Hey, that's two in a row!'"

Gregg's two consecutive wins (Dallas and Sacramento) are likely to create a mad scramble for the #1 ranking at the Arizona stop in January. Either Peck or

Yellen can take over the top spot with a win there. If neither wins, Peck need only finish within one round of Hogan and Yellen. If Hogan wins Arizona — and he has never lost there — Peck will still move to #1 if he reaches the final.

Peck might have left Sacramento with the #1 ranking had it not been for Hogan's extremely narrow come-from-behind victory over Bret Harnett in the semifinals. Harnett took the first two games in that match easily, but then watched his lead slowly evaporate with a tight third game loss and a missed match-point opportunity in the fourth. The left-hander from Las Vegas became so frustrated by his own mistakes in the fifth game that he virtually handed the match to Hogan, 8-11, 5-11, 11-8, 11-10, 11-3.

That match may have left Peck a bit disappointed, but it was devastating for Harnett. Had he won, he might have taken the whole tournament. Bret is Peck's most dreaded opponent; he has beaten the Texan five of the last six times they've played.

Gregg Peck's own semifinal victory was a personal milestone — his victim was his older brother, former national champion Dave Peck. In a match that must rank as one of the most intense ever, little brother emerged the victor, 11-4, 11-10, 9-11, 11-10, marking the first time Gregg has ever beaten Dave in a ranking professional tournament. Dave had won all of their six previous matches.

Actually, Dave Peck was not supposed to have even played in Sacramento. He had been fined and suspended for the month of December by the RMA for an incident which occurred at the Arlington, Virginia, tournament in October. But his last minute appeal to the top eight pros was successful, and the suspension was lifted. The fine remained in force pending a final decision by the top eight at a January meeting in Arizona.

Dave thanked his fellow pros for the opportunity of playing by putting most of them out of the competition with his strongest performance since he was sidelined with a leg injury in 1983. In the round-of-16 he bumped Jerry Hilecher, 11-5, 11-10, 11-6, and then stunned defending national champion Mike Yellen in the quarterfinals, 11-6, 11-9, 11-4. Both Hilecher and Yellen were only half-joking when they suggested that Peck's suspension be quickly reinstated.

In a continuation of one of the stranger trends on this year's tour, all of the quarterfinal matches ended in

Photos by Drew Stoddard

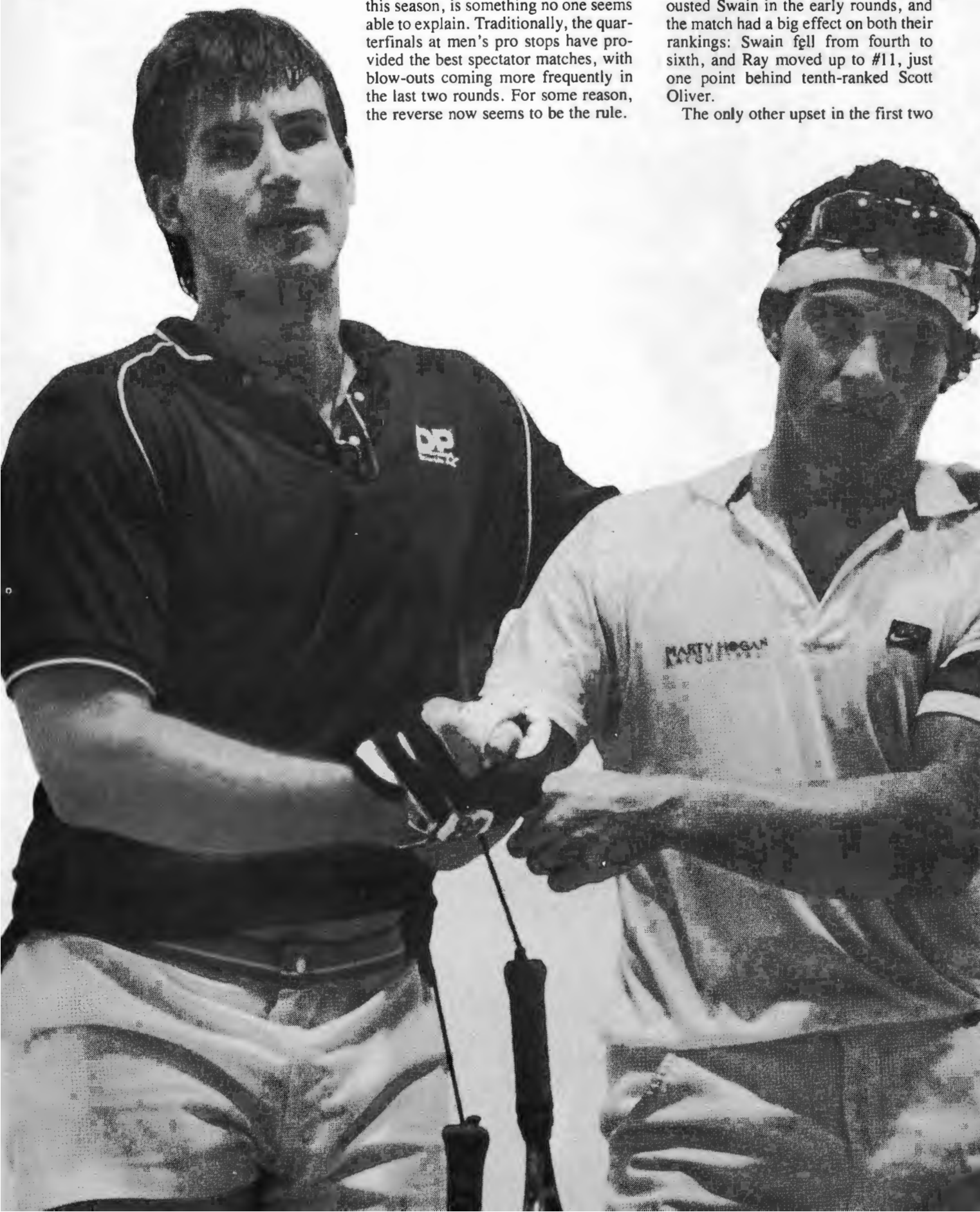
three games. In addition to Dave Peck's romp over Yellen; Hogan finished off Ruben Gonzalez, 11-6, 11-9,

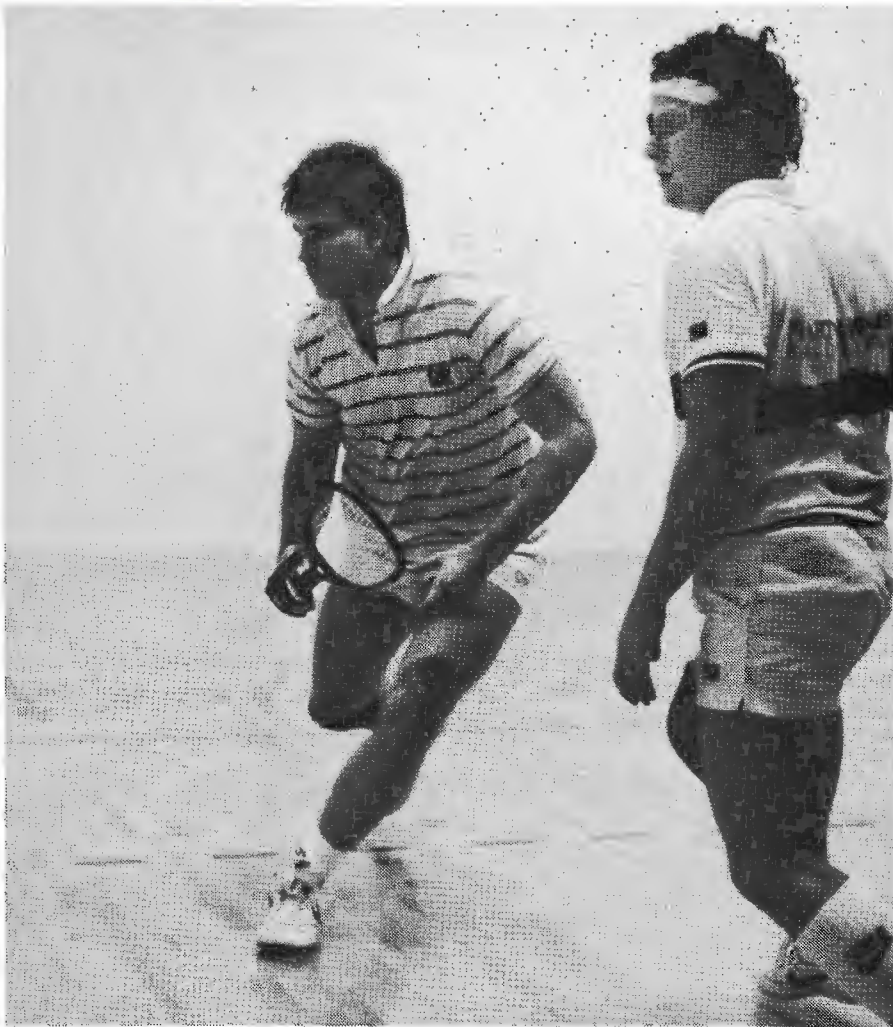
11-2; Harnett downed Mike Ray, 11-6, 11-7, 11-5; and Gregg Peck routed Gerry Price, 11-5, 11-10, 11-8.

The quarterfinal blow-out phenomenon, which has prevailed for most of this season, is something no one seems able to explain. Traditionally, the quarterfinals at men's pro stops have provided the best spectator matches, with blow-outs coming more frequently in the last two rounds. For some reason, the reverse now seems to be the rule.

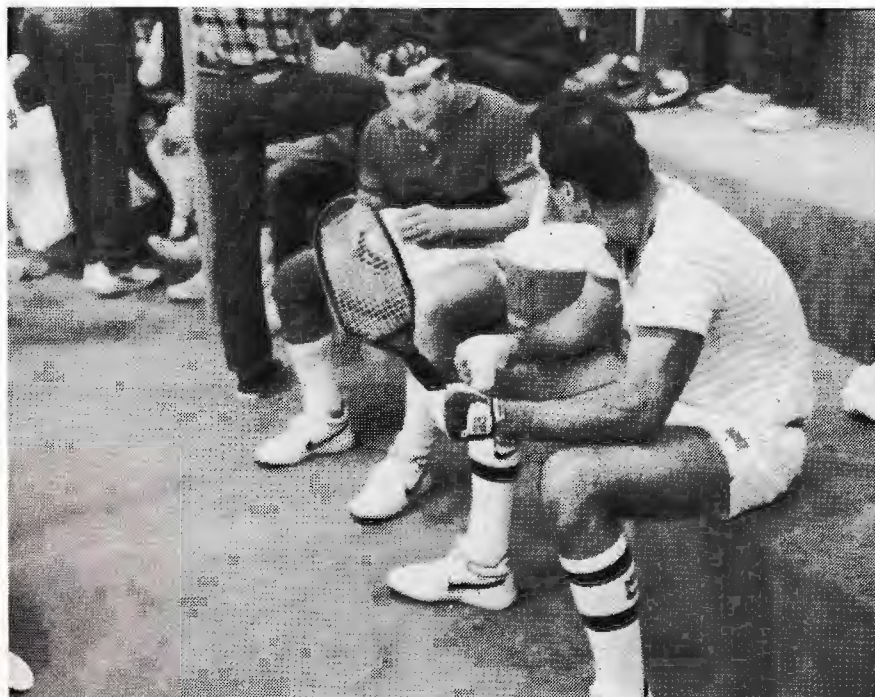
Mike Ray, of Athens, GA, continued his impressive season by upsetting fourth-ranked Cliff Swain in the round-of-16, 5-11, 11-1, 11-7, 11-1. It was the second time in a year that Ray has ousted Swain in the early rounds, and the match had a big effect on both their rankings: Swain fell from fourth to sixth, and Ray moved up to #11, just one point behind tenth-ranked Scott Oliver.

The only other upset in the first two





The five game final between Gregg Peck and Marty Hogan went to a agonizingly tense tie-breaker.



The foremost power players in racquetball, Harnett and Hogan. Obviously, Harnett had a little problem with his racquet during the semifinal match-up.

rounds was John Egerman's 8-11, 11-10, 11-2, 11-6 pounding of #13 Ed Andrews in the round-of-32. There are a lot of top pros who would like to know Egerman's secret. Andrews is one of those players who can grind champions into bark mulch on a good day, but Egerman — ranked #17 — has never lost to him in a ranking stop.

In addition to the men's pro division, over 400 amateurs competed in Sacramento, requiring the use of three separate facilities. The tournament doubled as the State Singles Championships for the California Amateur Racquetball Association, the largest state racquetball association in the country. Champions were crowned in 18 divisions.

In the men's open, Ed Andrews of Southern California defeated Paul Marino of San Francisco for the title. Crystal Fried downed Trina Rasmussen for the women's open crown.

The Gold River Winter Classic was staged at the fabulous new Gold River Racquet Club in the Sacramento suburb of Gold River. The tournament's major sponsor was Gold River Federal Savings Bank of nearby Fair Oaks. It was one of the slickest meldings of sponsor and host club of any stop on the men's tour: the two firms are not affiliated in any way — the similarity in names was purely coincidental.

The Sacramento event was the sixth of 14 stops on the 1985-86 RMA Pro Racquetball Tour. The Racquetball Manufacturers Association is the governing body of men's professional racquetball, and is supported by Ektelon, Diversified Products (DP), Penn Racquetball, and Voit Sports. Penn is an additional sponsor as the supplier of the official ball of the men's tour. □

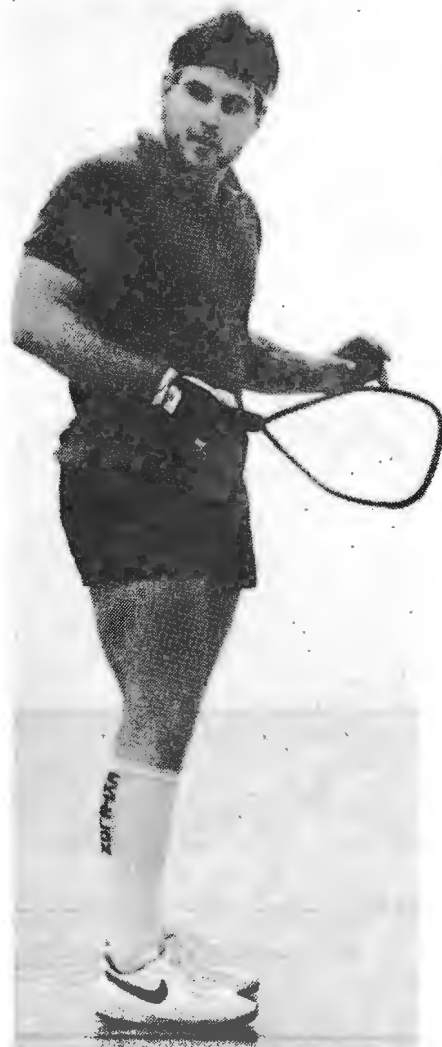
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S.Fitzpatrick d. M.Martinez; B.Sell d. Fitzpatrick; B.Rodriguez d. B.Austin; S.Clark d. S.Winters; E.Terry d. D.Bennett; R.Navarro d. M.Bella; M.Lowe d. T.Wheaton; C.Scott d. W.Holmes; D.Johnson d. M.Rudich; J.Nolan d. B.Keiran; R.Harripersad d. J.Evans; A.Embry d. J.Plazak; S.Moskwa d. D.Dipalma; M.Griffith d. T.Lockett; S.Moody d. W.Clouse; M.Silva d. P.Marino; D.Green d. A.Kahn; Sell d. Rodriguez; Terry d. Clark; Navarro d. Lowe; Johnson d. Scott; Harripersad d. Nolan; Moskwa d. Embry; Griffith d. Moody; Green d. Silva.

Round of 32:

M.Hogan d. E. Inoue; 2, 9, (0), 9
C.Brysmen d. M.Levine; 0, (7), 8, 1
S.Oliver d. Harripersad; 2, 0, 9
R.Gonzalez d. Griffith; 4, 8, 7
B.Harnett d. D.Obremski; (7), 0, (5), 1, 1
J.Cascio d. Green; 3, 6, 10
M.Ray d. Navarro; 5, 6, (9), 5



Friend or Foe? Dave Peck looks back at a very tough competitor — his brother Gregg.

'Gregg Peck's own semi-final victory was a personal milestone — his victim was his older brother, former national champion Dave Peck.'

C. Swain d. R. Wagner; 4, (9), 10, 0
G. Peck d. Moskwa; 2, 4, 2
D. Gross d. Sell; (8), (5), 7, 9, 8
D. Cohen d. Johnson; 9, 0, 5
G. Price d. J. Newman; 4, 2, 8
J. Hilecher d. S. Lerner; (8), 10, 8, 3
D. Peck d. Terry; 5, 10, 2
J. Egerman d. E. Andrews; (8), 10, 2, 6
M. Yellen d. A. Gross; 9, (7), 0, 5
Round of 16:
Hogan d. Brysman; (8), 8, 7, 8
Gonzalez d. Oliver; 9, 7, 8
Harnett d. Cascio; (7), 4, 3, 7
Ray d. Swain; (5), 1, 7, 1
G. Peck d. D. Gross; 4, 8, 3
Price d. Cohen; 7, 4, 10
D. Peck d. Hilecher; 5, 10, 6
Yellen d. Egerman; 3, (8), 10, 9
Quarterfinal Round:
Hogan d. Gonzalez; 6, 9, 2
Harnett d. Ray; 6, 7, 5
G. Peck d. Price; 5, 10, 8
D. Peck d. Yellen; 6, 9, 4
Semifinal Round:
Hogan d. Harnett; (8), (5), 8, 10, 3
G. Peck d. D. Peck; 4, 10, (9), 10
Final Round:
G. Peck d. Hogan; (6), 7, (6), 7, 10



Hogan came back from a two game deficit to beat Harnett in the semifinals.

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The Psychology Of Competition

PART TWO: Frustration, Stress Management and Relaxation Techniques



by Dr. Jerry May and
Drew Stoddard

In last month's article "Stress and Performance", we discussed the following points:

Physical training is only part of the formula for athletic success. The most successful athletes are those who have trained themselves both physically and mentally, so that they are able to perform well under the stress of competition.

Stress is defined as "the non-specific response of the body to any demand upon it". Stress cannot, and should not, be totally avoided. It is a vital, creative force that energizes the body. Yet, like all powerful forces, it can also throw the body off course.

The mind's ability to re-implement a learned skill is altered, for better or worse, by the presence of stress. Hitting a forehand kill in the relaxed atmosphere of practice is quite different from hitting the same shot under the pressure of competition.

When it is confronted with stress, the mind becomes aroused, and there is a relationship between the level of arousal and performance efficiency. Your level of performance increases as you become more aroused until it reaches a point of maximum efficiency. Beyond that optimum point, any increase in your state of arousal will cause a deterioration in your performance.

Just as you can train your body to execute a particular skill, you can condition your mind to perform well under stress. Top competitors are not always the most physically gifted athletes, but they win because they have learned to control their own state of arousal.

Before we begin to explore the various ways of training the mind to perform better under stress, let's take a look at one more reaction that can have a detrimental effect on athletic performance.

FRUSTRATION

As we discussed last month, most of us view competition, such as tournament play, as stressful. Sometimes we're able to endure that exposure and perform quite well. However, when stress levels become high enough that we are no longer able to adapt, we often react by becoming frustrated. Frustration can have a profoundly detrimental effect on athletic performance because it triggers the basic human survival instinct, a response commonly known as "fight or flight".

The "fight or flight" response is an automatic, innate defense mechanism that is mobilized whenever we find ourselves threatened. To use an extreme example, if you find yourself standing in the path of a speeding car, what do you think about? Actually, you consciously think very little. As soon as your mind has detected the threat, it kicks into high alert and instantly decides whether to stand and fight the threat or get away from it — that is, you either fight or flee. (The correct answer in the case of the car, of course, is flee).

Although tournament play is hardly a life-or-death situation (with the possible exception of B doubles), for a variety of reasons many of us view serious competition as highly threatening. When that happens, your mind will summon its defenses in much the same way as it did in the car example, and if you are unable to control your mental response, you can kiss your game goodbye.

In competition, the "fight or flight" response usually manifests itself in one of three specific reactions: anger, fleeing the situation or freezing.

Anger is a primitive emotion that usually indicates we are out of control. Occasionally you may hear an athlete say that anger is a good motivator, but this is almost never true. Anger is an emotional response which is unpredictable and extremely difficult to control. Since the key to athletic success is consistency, anger nearly always results in a deterioration of your performance level.

Fleeing occurs when you find yourself trying to avoid or escape a particular situation you find stressful. It can be a conscious refusal to train, but it can also be a constant subconscious attempt to avoid competition itself by rationalizing or the mental creation of a series of injuries. It is also possible to flee mentally by allowing your mind to wander and concentrate on things other than the task at hand.

Freezing is the failure or inability to move, and is a common problem for many athletes when involved in serious competition. It is character-

ized by feeling tense, stiff, inflexible, locked up, or caged. Again, freezing can occur mentally or emotionally as well as physically.

STRESS MANAGEMENT

We have now discussed the three common reactions most of us experience when we are confronted with high levels of stress — overarousal, as we try to cope with the stressful condition; frustration, when we find ourselves unable to adapt to stress; and General Adaptation Syndrome that occurs when exposure to stress is sustained over a long period of time. These reactions, of course, occur in all phases of life, not just athletics, and they serve a useful purpose. They constitute the brain's front line of defense against the destructive forces of stress and are responsible for, among other things, keeping us alive.

"The reason most of us are unable to control tension at will is that the conscious mind, in its natural untrained state, may not know what a relaxed condition feels like."

Dr. Jerry May

What makes dealing with stress so tricky, especially for the athlete, is that a situation need not be truly threatening for the mind to perceive it as such. We all interpret circumstances differently. One individual can function perfectly in front of thousands of people, while another may be incapacitated simply by having dinner with strangers. The mind can be trained to function well under difficult circumstances, but most of us choose to construct our lives in such a way that we simply avoid conditions we see as stressful.

In athletic competition, however, you do not have that option. Competition involves stress, and stress, over time, causes a breakdown in performance. Stated simply, if you

wish to compete and perform well, you must teach your mind to react predictably under stress. There is no other way.

You may have noticed that until now our discussion has remained quite general. Although the basic concepts are universal, everyone experiences and reacts to stress in their own way. The first step in developing your own psychological training program is to identify, as best you can, the sources of stress in your own life. Once you have done that, you can then proceed to utilize one or more of the following stress management techniques to either eliminate the stress at its source, or control your reaction to it.

If you are uncertain how much of a problem you have coping with stress, look at TABLE I which identifies some of the general signs and symptoms. Again, these are only a few of the indicators, and everyone experiences one or more of these at times. It is the number, frequency, duration and intensity of these factors that indicates how serious the stress is.

The training programs that follow are designed to enhance performance by teaching the mind how to appropriately control tension and deal with high levels of stress. These programs have been utilized by many top athletes, and each has proven effective when implemented correctly. Any mental training program must be practiced regularly just as you would practice your physical skills. Psychological exercise, like physical exercise, does not work if it is not used on a continuous basis.

There are two primary ways to train your mind to cope with stress. The first is to learn how to override your natural reactions to stress by Relaxation Training. The second is to eliminate the source of the stress itself by Cognitive Restructuring or Mental Imaging. It is best to start with one or two of these programs which best suit you personally.

RELAXATION TRAINING

Most of us react to the stress of competition by becoming tense, and tension is a primary cause of poor performance. Tension inhibits fluidity of movement, and shatters timing. Unfortunately, many athletes simply accept a decline in their performance level during competition as a fact of life because they assume that tension is an uncontrollable response. That is not true. In fact, once it has been conditioned to do so, the mind has a remarkable ability to calm itself and relax the body on command.

The reason most of us are unable to control tension at will is that the

conscious mind, in its natural untrained state, may not know what a relaxed condition feels like. Progressive Relaxation Training is simply a method of familiarizing your mind with the sensation of relaxation. Once you know the feeling, your mind will be able to mentally recall the sensation within a few seconds, even under highly stressful conditions.

The relaxation technique outlined below is based upon a method originally described by Bernstein and Borkovec in 1973. Its goal is to teach you how to reduce muscle tension in the body far below levels normally achieved. The procedure produces relaxation in sixteen specific muscle groups.

Here is the sequence you need to follow:

1. Focus your attention on the specific muscle group.
2. Tense that muscle group.
3. Maintain the tension for 5-7 seconds (slightly shorter for the feet).
4. Release the tension.
5. Concentrate on the pleasant sensation in the muscle group as it relaxes for 20-30 seconds.

Remember, the purpose of the routine is to learn to recognize the sensation of the relaxed state.

Each time you release tension

from a muscle group, focus as sharply as you can on the contrast between the taut, burning feeling of tension, and the warm, pleasant feeling of the relaxed state.

Always practice the relaxation technique in a quiet, comfortable place where you can concentrate. Also, concentrate on your breathing. Breathe normally while relaxing, but during each exhale, think of pushing tension out of your body. The muscles of the body normally contract when you inhale and relax when you exhale.

Now, let's describe the sixteen specific steps of the relaxation technique. You may go through this routine either lying down or sitting in a comfortable chair.

STEP 1: Begin with your dominant hand and forearm (for most people this will be the right hand, right lower arm). Tense your right hand and right lower arm by making a fist. You should be able to feel the tension in the hand over the knuckles and up into the lower arm. Focus your attention on that muscle group and maintain the tension for five to seven seconds. Release that tension and continue to focus on the relaxation feelings for about 20 to 30 seconds. You should feel a tingling or warming sensation. Between the tension and release, contrast the relaxation state

with the tension and "zero in" on the relaxation state.

STEP 2: Now move to the muscles of your upper arm (the same arm you used in Step 1). Tense these muscles by pushing your elbow down against the floor if you're lying down or the arm of the chair if sitting. You should feel tension in the upper arm without involving the lower arm and hand. When the tension is developed, stop and allow those muscles to relax, and concentrate on the relaxation.

STEP 3: Tense your non-dominant hand and forearm (as in Step 1) by clenching your fist. Hold, then relax.

STEP 4: Tense your non-dominant upper arm (as in Step 2) by pushing down with your elbow. Hold the tension, then let it release and relax.

After relaxing your arms and hands, relax the muscles of your face. We divide these into three groups: the muscle in your forehead (the upper part of your face), the central part of your face (the upper part of the cheeks and nose), and the lower part of your face (the jaw and lower cheek).

STEP 5: Tense the muscles of the forehead by lifting your eyebrows as high as possible, and tightening the forehead and scalp. Hold the tension, then let the muscles relax and focus on the sensation of relaxation.

TABLE II
WARNING SIGNS OF NEGATIVE STRESS

Physical Signs

- () Fatigue
- () Pounding of the heart
- () Dryness of the throat or mouth
- () Insomnia, an inability to fall asleep, stay asleep or early awakenings
- () Frequent or lingering colds
- () Trembling and nervous ticks
- () Grinding of the teeth
- () Increase or decrease in appetite
- () Increased sweating
- () Frequent need to urinate
- () Diarrhea
- () Indigestion, queaziness in the stomach
- () Vomiting
- () Pain in neck or lower back
- () Increased premenstrual tension
- () Missed menstrual cycle
- () Headache
- () Weakness
- () Dizziness
- () Weight gain or loss
- () Shortness of breath
- () Stuttering or other speech difficulties
- () Increased pitch in voice
- () Nervous laughter

Emotional Signs

- () General irritability
- () Hyperexcitability
- () Depression
- () Boredom

- () Restlessness
- () Stagnation
- () Overpowering urge to cry, run, or hide
- () Difficulty relaxing
- () Need to generate excitement over and over
- () Feeling people don't appreciate you--feeling used
- () Inability to laugh at yourself
- () Increased feeling of expression of anger or being cynical
- () Inability to concentrate, the flight of thoughts
- () Disenchantment
- () Feeling of unreality
- () Feeling life is not much fun
- () Not enjoying your sport
- () Desire to quit the team
- () Mind going blank
- () Feeling afraid
- () "Free Floating Anxiety" that is to say we are afraid of something but we don't know exactly what it is
- () Feel under pressure to always succeed
- () Hyperalertness, a feeling of being "keyed up"
- () Automatic expression of negative feelings
- () Disappointed in yourself or others
- () Increased rationalization
- () Feeling indispensable
- () Obsessed
- () Unable to enjoy or compliment colleagues' successes

- () Fault finding
- () Nightmares

Behavioral Signs

- () Tendency to overtrain

- () Difficulty training
- () Decrease in athletic performance
- () Increased use of alcohol
- () Increased use of nonprescribed drugs
- () Increased use of various medications, such as tranquilizers or amphetamines
- () Increased use of tobacco
- () Less time for recreation
- () Less time for intimacy with people around you
- () Less vacation time
- () Overworked, but can't say no to more work without feeling guilty
- () Hypermotility, which is the increased tendency to move about without any reason
- () Inability to take a physically relaxed attitude, sitting quiet in a chair or lying on a sofa
- () Feeling that sex is more trouble than it's worth
- () Speaking up less and less at gatherings, and then only speaking negatively
- () Difficulty setting goals
- () A tendency to be easily startled by small sounds
- () Finding yourself further behind at the end of each day
- () Forgetting deadlines, appointments, etc.
- () Accident proneness—under great stress whether it is positive or negative, one is more likely to have accidents while at work, driving a car or during athletic events
- () Making a foolish mistake
- () Poor workout
- () Blame equipment for poor performance

STEP 6: Now move to the muscles in the central part of your face. To tense these muscles, squint your eyes very tightly and at the same time wrinkle your nose. You should feel tension in the upper cheeks and through the eye region.

STEP 7: To tense the muscle of your lower face, bite your teeth together and pull back the corners of your mouth. The tensed position is like a smile with the teeth clamped tightly together. You should feel tension all through the lower part of your face and jaw. Hold the tension, then let the muscles relax and concentrate on the sensation.

STEP 8: Now pull your chin downward toward the chest but prevent it from actually touching the chest. This will counterpose muscles in the front area of the neck against those in the back. You may feel a bit of shaking or trembling in these muscles as they are tensed. Hold them tight for a few seconds, then let them relax and focus on the release.

STEP 9: Next move to the muscles of the chest, shoulders, and upper back. Tense these by taking a deep breath, holding, and at the same time pulling the shoulder blades together. That is, pull the shoulder blades back and try to make them touch. You should feel a lot of tension in the chest, shoulder, and upper back areas. Hold it, and let it release. Concentrate only on the feelings of relaxation.

STEP 10: Tense the muscle of the abdomen in the same way you would if you were about to be hit in the stomach. Hold that tension for a few seconds and then let it relax.

At this point you want to remember to synchronize your breathing with the relaxation to let the relaxation go further and further. Each time you breathe out, release more and more tension from your body.

STEP 11: Now tense the muscles of your right upper leg by lifting the leg straight out and tightening the muscles above your knee. Hold it, let it relax and concentrate on the feeling.

STEP 12: Tense the muscles in your right calf and right lower leg. With your foot resting on the ground, pull the toes upward toward your head without tensing the foot itself. You should feel tension in your calf. Hold that tension, then release and relax.

STEP 13: Next, tense the muscles of the right foot. Point your toes and turn your foot inward while curling your toes at the same time. Don't tense these muscles very hard, just enough to feel tightness under the arch and ball of your foot. Notice the tension, let it release and notice the relaxation sensation.

STEP 14: Just as with the right leg (Step 11), tense your upper left leg by holding it out and up from the ground. Feel the tension, let your leg drop and concentrate.

STEP 15: Tense the muscles of your left calf (as in Step 12) by pulling your toes up toward the head. Hold for a few moments, then relax.

STEP 16: Finally, tense the muscles of your left foot (Step 13) by pointing your toes outward, turning your foot inward, and curling the toes. Again, don't tighten these muscles too much. Hold, and relax.

After you have gone through the sixteen steps, remain relaxed and try to recall the feeling of relaxation in each of the muscle groups. The more vivid your impression of that feeling, the easier it will be to recall when you find yourself in a tense situation.

This routine should be practiced ten to fifteen minutes each day. Playing calm meditative music before, during and after the routine can make the relaxation experience more pleasant.

While learning speed varies between individuals, you should start seeing results from the Relaxation Training within about three weeks, if you practice every day. Within five to six

weeks you should have the ability to relax yourself at will.

Whenever you find yourself getting tense, trigger the relaxation response by simply closing your eyes and mentally going through each muscle group, recalling the pleasant sensation of warmth and heaviness. If you have practiced on a daily basis, you will be able to do this in just a few moments.

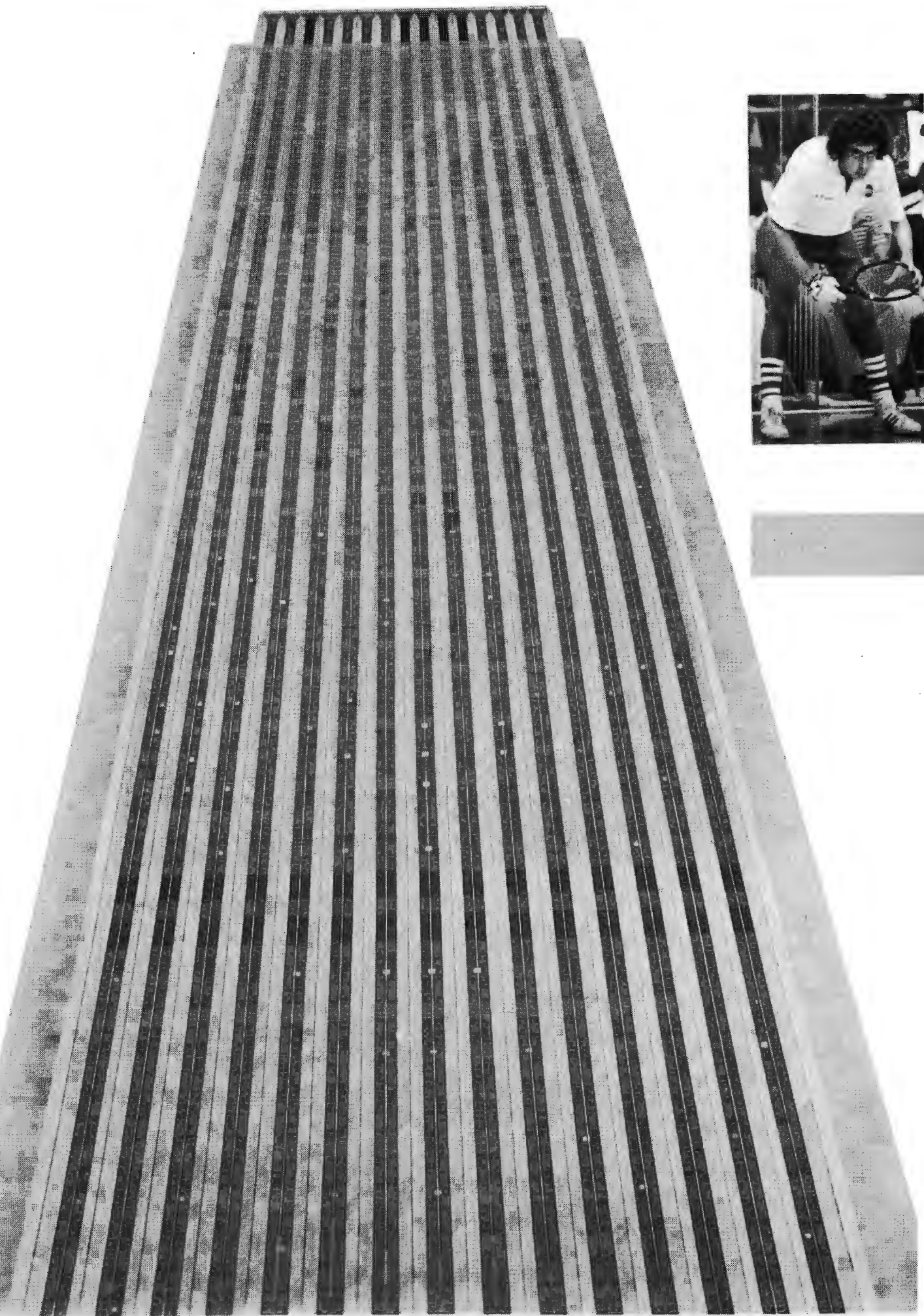
You can use your relaxation training either prior to, or during competition. On the morning of an important event, or just prior to the start of competition, take a few moments and release the tension from your body. Some sports give you the opportunity to utilize this procedure during play when tension levels become too great. Racquetball is particularly suited, because you have numerous breaks between games and time outs which can be used at your discretion.

Learning to release tension, of course, will not in itself make you a great athlete. You still have to learn how to play the game. But, training your mind to relax on command will give you the ability to perform physically at your highest possible level, even when things start getting a little tense. □

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Super-Kill—
the new generation of racquetball string
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This sleek 16-gauge multifilament nylon string is jet black in color—the perfect companion for the new graphite racquets. Restringing your racquet with Super-Kill and you'll feel the difference in your first game—more power without sacrificing control—and lots more action.





A Corporate Game

**For Luke It Was Simple — Play A Game,
Win A Job. The Problem Was, The
Rules Kept Changing.**

I had taken only a soft canvas sports-bag, and the tweed jacket laying beside me on the leather of the seat. Three boxes of clothing and books in a dusty basement remained behind, half-way across a continent; and returning to them from Los Angeles would mean the end of a dream. I did not want to fail.

The chauffeur stopped the car in a reserved parking spot, and came around to open the door. I squinted against the sudden sunlight. The walk across the plaza was hot and short, but I could still admire the building in front of me.

The skyscrapers around it were taller, but the lines were so clean and sharp, and the design so breathtakingly simple, it drew attention away from the larger buildings. Only one man could have designed that building, Richard A. Blainey, and he was inside, waiting for me. I wanted a job from him.

I grinned, despite my nervousness. Richard A. Blainey, legendary architect and driving force behind his world renowned firm, had sent me the invitation and flight ticket. It was like having Hogan or Brumfield ask you to play as doubles partner, not being sure if you were good enough, and knowing you had to prove it.

I was taken past a uniformed guard and through the lobby to an elevator. I

Blainey smiled like a well-fed crocodile.

“John Norman also has major input on hiring. You would be stupid to win.”

stepped inside, and the chauffeur leaned past me to punch the button marked B2, then smiled curtly as he stepped back to avoid the closing doors.

That left me alone and puzzled. The lettering in the lobby indicated Blainey, Howard, and McCall, Architectural Consultants and Designers occupied the top four floors of the building; the elevator dropped instead.

As it sighed to a stop, I barely noticed the pull on my stomach over my nervousness. The doors slid open.

Nothing had prepared me for the sight of low wood panelled ceiling and burnished oak walls, when instead I had been expecting a parking lot.

It was quiet, the hushed quiet of thick carpet and wide hallway. I turned left, and 10 steps carried me to a small lounge area where the ceiling opened much higher, to the height of the racquetball court on the other side of the lounge.

The court was empty, but the lights were on, and as I stood blinking in disbelief, a tall slender girl moved gracefully to me from a bar on the side.

She smiled. “You must be Luke. They’re in the locker room.” She pointed to a doorway behind me, close to the end of the hall.

I smiled feebly in return.

She grinned. “They’re expecting you to join them.”

I entered the locker room as quietly as I could, and walked past a tiled jacuzzi into the locker area. The lockers were also made of expensive wood. I could hear voices at the other end and I kept walking and reached a small area that held a couch, stuffed chairs, and a large screen television. Four men stood there, dressed for exercise, and idly watching a news reporter on the screen.

They were middle aged, and looked as if they should be in the three piece suits that probably filled their lockers. Richard Blainey I recognized from magazine pictures. His hair, short and neatly trimmed, showed no gray, but

he was not as tall as I had expected.

He grinned, showing very white, very even teeth. “Luke Barnes,” he said, reaching for my hand. “I’m Blainey. Maybe you would like to join us in a workout before talking business?” He didn’t make it sound like a question. “We stay in shape around here. That’s why this small club is part of the building.” He paused to let me give appreciation.

“It’s very nice, sir. I was quite surprised.”

He chuckled. “Tell you what. We’ll round some gear up and send you on the court.”

I held my sports bag up apologetically. “Actually, sir, there’s a racquet and clothes in here. I played ball in college. Your invitation seemed a good way to find a hot kid around here to show me how the game is really played. In my free time, of course.”

He laughed. “Great. Fitness is a mania with all our people. I make it a mania. You can fit right in.”

He introduced me to the others. Fred McCall, stocky and weathered. James Bartley, senior partner, tall, bony and all teeth. And John Norman, another senior partner.

John squeezed my hand longer and harder than the others. I soon found out why.

Blainey said, “I think we’re hitting the weights, but John is looking for a game.” I nodded.

John scowled slightly, but the set of his face showed the scowl never left him. He was tall and the years had given him little fat. If he could swing a racquet, he would be tough.

His voice had no friendliness. “I’ll be on the court warming up.” He turned sharply, and the others, except for Blainey, followed him out of the locker room.

Blainey smiled like a well-fed crocodile. “Barnes, John is a fierce competitor. Most of my people are. If you can give him a game, fine, but remember he is a poor loser.” He paused, and behind us I could hear the swinging of the locker room door. “John Norman also has major input on hiring. You would be stupid to win.”

Then Blainey left, and I was alone with the gurgling of the jacuzzi. At least I knew the terms. I flicked off the television set before leaving.

John and I played without spectators for most of the first game. I was down five points early, and discovered why losing to him would be easy. He left a ceiling ball short and I hit a side front backhand that bounced twice before

reaching the front line. He stepped up from midcourt and drove the ball down the forehand side.

I retrieved the ball to take the serve. He stood in the box, hand held out for the ball. I tried to keep the surprise out of my face as I gave him the ball.

I’ll take a shot like that any day,” he said, puffing slightly.

“It was a nice get, too, sir.”

“No more sir. We’re equals on the court.” He smiled benevolently.

“Sure,” I said. Then he proved what he meant by equal.

He blocked five setups, and demanded replays. He hit me twice on desperation gets, then took avoidables and the points. He used the front line as his personal short line on the serve. He showed a flair for creative score keeping.

I lost as gracefully as I could.

“Good game,” I said, as he skipped in the 21st point.

“No charge for the lesson, kid.” He grinned.

The others had wandered by to watch, and he addressed them as he stepped out of the court. “A piece of cake, guys. I’ll have the icing next game.” He nudged me and winked to show he was obviously joking.

The next game was different. I won. And kept him under 10.

John cracked his racquet into the glass, and slammed the door behind him as he marched past his colleagues to the water fountain.

Blainey tapped on the door. His voice was low and tight. “Damn it, Barnes, understand two things. An important client might need stroking, and if I said lose, you would lose. Second, anything else I tell you, you do.”

I bit the inside of my cheek. Blainey dropped his cold stare and smiled. “Nice backhand, Barnes.”

I had pride, but I wasn’t crazy. I would lose to a drunk monkey if I had to get the job. But a drunk monkey wouldn’t rip you with the ball even on the verge of winning. John Norman did.

He scored points nine and ten by stepping around easy forehand setups, to pound me with his backhand while I stood helpless along the other side wall. Twice in a row wasn’t accidental and I had to wipe my face to hide the sudden tears of rage.

Sometimes you play that one game where you are unconscious of your body doing everything it can do; that became my one game. I played outside of my body in a haze of fury.

His matchpoint serve was high and

slow to my backhand. I buried it into the front corner. Effortlessly.

Two serves ten. Drive serve ace to his forehand; untouchable and undisputable.

Three serves ten. A slow high Z-serve to his backhand. He played a ceiling ball, long. I rolled it down the forehand side.

Four serves ten. Another slow Z-serve. Same place. He lost patience and dumped it into his feet. He screamed.

Five serves ten. I played a dream, driven by anger. Drive serve backhand side, off the wall slightly and he ripped a crosscourt. I got a piece of it and cracked the shot into the right corner.

Six serves ten. He could feel the pressure. A half lob to his forehand. He left the kill attempt up, and I crunched another pinch.

Two more drive serve aces.

Nine serves ten, and our first rally beyond serve, return and destroy. He finally popped a weak ceiling ball, and when I rolled the ball, it didn't even murmur.

As the ball left my hand for the match point serve, the anger clicked off, and time, which hadn't existed, came back into focus. I remembered the job. It was that simple.

When he gave me an easy setup three-quarters deep on the left side, I aimed a poor crosscourt waist high so the ball angled lazily back into center on his forehand side.

He didn't take the setup.

The ball was on line to carry deep into the back hand corner as he let it pass. Leaving the setup surprised me, and he managed to back me into that corner as he moved back for the ball. He had to wait until the ball nearly died at his feet to trap me. Then he took a wide, hard backswing.

I got my arm up in time to protect my face, but he still caught my racquet, driving it into my face.

"Backswing contact. Avoidable hinder," he announced. Even through the pain, I could see the triumph in his smile.

My fingers were still gingerly testing my cheekbone as he drove a serve to my backhand. I flipped my racquet out and hit a floater to the front. He gave me no time to decide about winning or losing. I dove on instinct, and somehow reached his pinch kill, punching my return deep. He didn't even take a step.

Ten serves ten. On the final, final ceiling ball I took a stutter step of hesitation, then slowly and deliberately

slapped the ball for a quiet pinch that died as it touched the front wall.

End of match. End of career. Right then I didn't care.

I wiped down alone and checked my towel for blood. Only sweat. I was by myself long enough for the trembling to stop, and the regret to start.

The others had taken a table in the middle of the small lounge, and when I looked up, Blainey motioned with his finger for me to join them.

I carried my bag over to the table. He held up a sheet of paper. "The contract is yours, Barnes. Read it and sign it."

I read in disbelief. The contract promised a minimum salary double anything a graduating student could expect, and also generous fringe benefits. Unspoken was the prestige of working for Blainey, Howard, and McCall, Architectural Consultants and Designers. I kept the towel around my neck to keep from dripping.

Blainey snapped his fingers for the girl and she brought a pitcher of beer and chilled mugs on a tray. Blainey ignored her as she poured. I could see smiles at my bewilderment on the faces of Fred McCall and James Bartley.

"This is a five year contract," I said, hesitant.

Blainey chuckled. "I'm glad you can read. Barnes. It was our last requirement." Light laughter from the senior partners. He waved away the bar girl.

He leaned forward. "Barnes, we are the best. And we hire the best. Your resume was superb, so we invited you here."

He paused. "But we want more than great designers. We want tough men who can take challenges. Architecture is not just desk work. You might be in any one of a dozen hell holes on any continent, alone, with a job to do. Our people get the job done."

He smiled that well-fed crocodile smile. "You just showed the guts we needed to see. Sign the contract and welcome aboard."

"You are telling me that match was a test."

"We knew you played racquetball, so we found someone to work you over." Blainey laughed. "John can't draw a straight line with a ruler. He runs a computer shop."

"He's an ass." I ignored the scowl. "And if I lost the match?"

"Your return ticket is in my pocket."

Blainey smiled again, and I took some time to drink beer. It was ice cold, and very good. I wiped my mouth with the end of my towel, then signed

Sometimes you play that one game where you are unconscious of your body doing everything it can do; that became my one game. I played outside of my body in a haze of fury.

the contract, and watched Blainey sign beside my name. He gave me a copy, and I placed it very carefully on the bottom of my racquetball bag.

Blainey put out his right hand. I shook it gravely.

"Where should I stay until I'm settled?"

"The Washington Hotel, on company expense of course. By signing the contract you just gave yourself a month at the best hotel in L.A."

I nodded. "And the contract includes six months salary upon dismissal or resignation?"

"Sure, Barnes, but don't worry. We hire well enough not to have to dismiss."

I nodded again, and took the pen from his hand, then smoothed out a paper napkin. There was one thing left for me to do.

I scribbled on the napkin and handed it to Blainey.

"What's this, Barnes?"

"Mr. Barnes," I corrected him. "It's much more polite, and you should always be polite to ex-employees."

"What?"

"You are holding the thirty days notice my contract requires I give upon resignation. Play God with someone else." I drained the last of my beer, and grabbed my sportsbag. The contract read simply enough, and they had no choice but to honor every clause, regardless of my date of resignation; Blainey's stamp of approval would make it very easy for me to find a good job anywhere else in the field.

"If you need me, leave a message at the Windsor, and please be sure to send my cheques on time." I grinned. "And thanks for the game and the beer." □

Sigmond Brouwer is a freelance writer who resides in Red Deer, Alberta, Canada.

Unstoppable Adams

With Heather McKay Gone, Lynn Adams Sets Up A New Racquetball Dynasty

by Lynn Cherry

The Queen is dead, long live the queen! Lynn Adams once shared the throne of women's racquetball with Heather McKay, but that's ancient history now. Lynn has moved into the palace, and though many come knocking at the door, she has not allowed anyone to come in.

After six solo tournaments without McKay in the wings, she has extended her winning streak to an incredible 29 matches by winning the \$10,000 Pacific Mutual Pro-Am Racquetball Championships this past December 12-15, at the Los Caballeros Sports Complex in Fountain Valley, California. With Adams sitting on top of her glass mountain built and polished after years of grinding against McKay, the question is not whether anyone can dethrone her, but whether anyone can take a game away from her! So far this season, she has not been pushed beyond a three game match, even in the finals.

So, it was without much surprise that Adams overcame Caryn McKinney in the finals, 21-18, 22-20, 21-16, in front of her hometown crowd. It was one more trophy for the throne room and one more tournament closer to her goal of winning every tournament this year.

Last season, she came awfully close to accomplishing this with only one loss in the Seattle semi-final. When Adams was asked if she thought she could win every game this year, Adams said it would be out of the question. "There's just too much skill out there, and too many things that can happen over the course of a year."

The final match turned out to be the biggest test of the tournament for Adams as she dominated her other opponents on the way to the finals. Her mastery included an easy semi-final win against the number four seed, Marci Drexler, 21-11, 21-3, 21-11, and earlier wins over Fran Davis,



Lynn Adams wins again while finalist Caryn McKinney looks on.

Chris Evon, and Donna Burton.

McKinney had a little more of a challenge with Terri Gilreath in the semis and Bonnie Stoll in the quarter finals. Both matches went four games. In the first two rounds, McKinney defeated Southern Californians Kippi Bishop-Thulin and Joy Paraiso. In the round of 32, Paraiso had upset Val Pease in the tiebreaker.

The last game of the final event was a little disappointing for both Adams and McKinney. The match ended when Adams hit a forehand passing shot which hit the backwall crack and completely died. McKinney had no chance to return the shot after making a gallant comeback in the third game. Adams wanted to play the point over, but McKinney declined.

"We had played such a good clean match," said Adams. "Everything was nice and fair. If it had happened at

any other time in the match, we wouldn't have questioned the play. It just seemed like such a crummy way to end a tight, close battle."

"It's unfortunate that it happened then," said McKinney. "She played well the whole match. That's just not a good way to win or lose."

McKinney had come back from the third game after trailing 7-1 and 14-7. She then chipped away at the disadvantage and scored six straight points late in the game to come within two points of Adams, 18-16. But Adams won the last three points, and took the championship.

"The thing that Caryn does so well is that she takes opportunities and capitalizes on them. Caryn usually puts the ball away or makes a good pass. I was giving her plenty of set ups. She always plays steady and does not have big ups and downs," said Adams.

"We had played such a good clean match," said Adams. "It just seemed like such a crummy way to end a tight, close battle."

Adams did not have to contend with number two ranked Vicki Panzeri for the second tournament in a row. In Alaska, McKinney took care of Panzeri in the semi-finals, while in California, Panzeri was unable to make the trip from Seattle because of an ear infection. Her last minute absence shook up the tournament pairings since she withdrew after the draw had already been completed. According to WPRA rules, the pairings had to be redone. McKinney said she thought missing the tournament was actually to Panzeri's advantage.

"I'm less than one quarter of a point from being ranked second. In terms of the draw that is a disadvantage," said McKinney. "I think it helped Vicki. She has an absence now, but it doesn't hurt her. She still has her point total but it's divided by three tournaments instead of four. I say it helped her because I think I would have beaten Vicki."

The semi-final matches went much like clockwork with Adams defeating number four seed, Drexler, and McKinney battling number three seed, Gilreath, 21-18, 20-22, 21-15, 21-16. The only real surprises of the tournament came when Bonnie Stoll easily defeated the number eight seed, Jennifer Harding, in three games and ninth seeded, Fran Davis, upset seventh seeded Joyce Jackson to advance to the quarter finals.

In the semi-finals, McKinney and Gilreath played nearly point for point the first two games. The players were tied at 17-all in the first game before McKinney blasted two forehands for a two point advantage, 19-17. Gilreath came back to within one point, but McKinney ended the game on a back-hand kill after Gilreath missed a set up in front court.

The second game was just as close as Gilreath tied the match at one game a piece by winning 22-20. In the last two games, however, McKinney mixed up her serves to keep the diving Gilreath off balance.

The 1985 Pacific Mutual Pro-Am was staged at Los Caballeros Sports Complex in Fountain Valley, CA. The event raised over \$7,000 for the Arthritis Foundation, which was the official



Adams blew out Marci Drexler in three in their semifinal.

charity of the tournament. A special thanks goes to Pacific Mutual Life Insurance who provided the prize money for the event. □

**PACIFIC MUTUAL PRO-AM
LOS CABALLEROS
SPORTS COMPLEX
FOUNTAIN VALLEY, CA
December 12-15, 1985**

Round of 16:

Lynn Adams d. Chris Evon 9, 13, 10
Fran Davis d. Joyce Jackson 15, 19, 16
Liz Alvarado d. Babette Bell 18, 14, (17), 8

Marci Drexler d. Molly O'Brien 12, 22, 18
Terri Gilreath d. Sandy Robson (19), (19), 9, 16, 8

Laura Martino d. Lynn Wojcik 12, 3, 10
Bonnie Stoll d. Jennifer Harding 17, 14, 11
Caryn McKinney d. Joy Paraiso 11, 16, 13

Quarterfinals:

Adams d. Davis 17, 18, 14
Drexler d. Alvarado 11, 3, 11
Gilreath d. Martino 16, (14), 11, 11
McKinney d. Stoll 9, 16, (18), 20

Semifinals:

Adams d. Drexler 13, 12, 8
McKinney d. Gilreath 18, (22), 15, 16

Final:

Adams d. McKinney 18, 20, 16



Caryn McKinney (right) smiles after her semifinal victory over Terry Gilreath.

Screen Serves

The Serve Is Illegal If It Fails The 'Field Of Vision' Test

by Marty Hogan



Marty Hogan, winner of six national titles and four overall National Championships, sits on the advisory board of Marty Hogan Racquetball — a division of Pro-Kennex.

One of the most frequent questions I get in my clinics is how to contend with serves that you can't even see. Legally, these serves are screen serves. I don't mean the ones where you just get faked out, but those that you can't see even if your opponent told you where they will go.

Some receivers will stand a little off center to get a better view of the serve and to protect their forehand side (Diagram #1). I think it's a lousy tactic because it leaves the backhand open and requires an extra step or two on almost every drive serve where most of the serves will be directed.

But evidently, some players feel that protection on their forehand side and a better view of the contact point is worth the extra effort. My guess is that they really stand off center just long enough to force the serve to their backhand side and are darting for the backhand side before the ball is even struck.

But these players really shouldn't have to give up half the width of the court to neutralize an illegal serve. Unfortunately, many players don't know the rules and many of those who do lack the courage (or want to protect their own screen serves) to make the right call. This even happens at the pro level.

Hopefully, some day, someone will wake up and provide a more objective method for defining a screen serve than the current "guess" method. But perhaps some examples of screen serves will enlighten you on the matter.

The best screen serves are those that don't even look like screen serves from the untrained referee's vantage point. Most players will argue that the ball must pass within 18 inches of the server's body before it can be a screen serve.

The most sophisticated screen serve is the moving screen. Most untrained referees reason that if the server is moving toward the center of the court, he couldn't possibly be screening the serve.

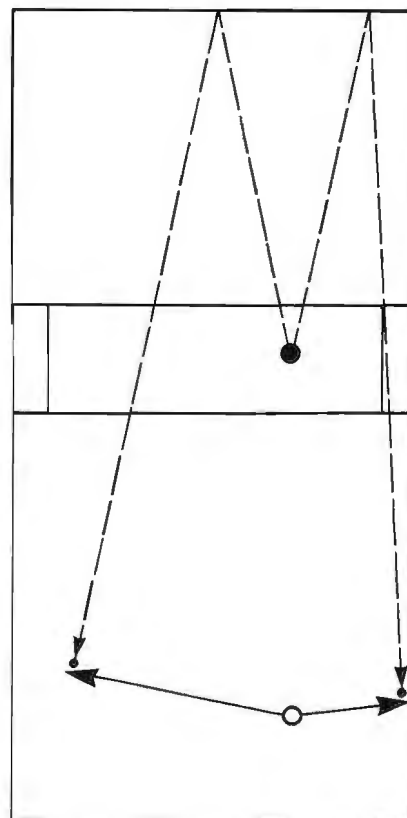


Diagram 1. Neutralizing The Screen Serve With Court Position

That's wrong! The 18 inch rule went out a long time ago. The rule now says that the receiver must get an *unobstructed view of the ball*. But does this mean that the player must be able to see the ball from the point of contact to the front wall and finally to the short line? If so, you couldn't hit any drive serve across your body!

The current interpretation is not so strict. If you interpret the rule in the spirit of the game, the ball can be partially blocked during its flight to the front wall, but should be visible as it *leaves the front wall*.

The trouble is that sophisticated screen serves tread over this line. Sophisticated screen serves never come close to the server's body, but instead blind the receiver's field of vision during the entire flight of the ball *from the front wall to the short line*.

The following are some examples of sophisticated screen serves which untrained referees often accept as legal serves.

In this first case, the server stands off to the right and drives the ball down the right wall. Note that the ball never comes close to the server. However, if you draw the receiver's field of vision, you will note that the position of the server never allows the receiver to see the ball until it crosses the short line (Diagram #2). This is a screen serve,

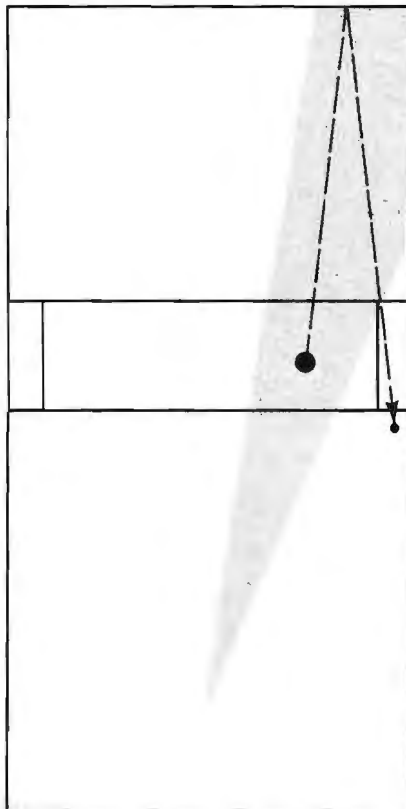


Diagram 2. Screen Serve Drive Down The Right Wall

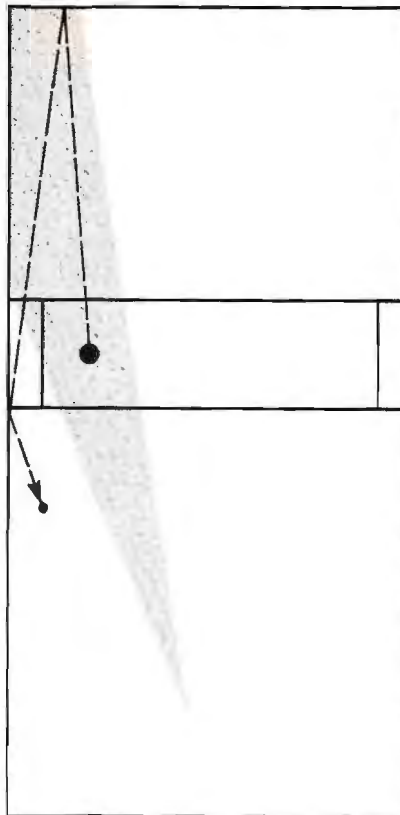


Diagram 3. Screen Serve — Crack Left

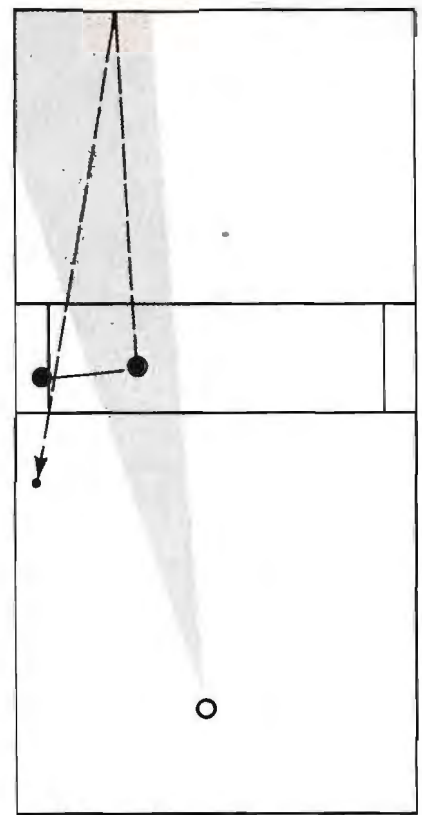


Diagram 4. Moving Screen Serve

If you interpret the rule in the spirit of the game, the ball can be partially blocked during its flight to the front wall, but should be visible as it *leaves the front wall*.

rarely called by any other than the best referees.

An older version of this serve appeared in the early '70s on the pro tour. In this second case, the server stands on the left side and drives the ball behind his back for the crack near the short line (Diagram #3). If it cracks out, it is almost always an ace. If not, it is a screen.

However, in many cases, the serve which does not crack out is accepted as a legal serve even though the receiver's field of vision is again blinded until the ball crosses the short line. Even if it takes a bad bounce, would the receiver be able to return it if he could have seen the ball coming?

The most sophisticated screen serve is the moving screen. Most untrained referees reason that if the server is moving toward the center of the court, he couldn't possibly be screening the serve. But again, it fails the field of vision test. In this third case, the server stands very near the left wall. He then moves toward the opposite side wall and drives the ball behind him. (Diagram #4). The movement is timed pre-

cisely so that again the receiver never sees the ball until it crosses the short line.

These three serves and many more like them destroy the spirit of the game. Hopefully, you will now know how to recognize them and you won't be so confounded by your opponent's dazzling service ability when you see one of these serves. At the very least, I hope that these examples will generate some discussion among players.

It's tough to hit a great offensive return when you can't even see the serve. Hopefully, time and sensibility will remedy the current screen problem and add some definitiveness and uniformity to the calls. Until then, better conditioning or standing off center may be your only recourse.

But then again, if you have a truly good offensive service return game, you will have to contend less with this irritation because your opponent's will elect to hit you mostly soft serves. So, add some meat to your service return strategy, turn the tables on the server, and put him on the defensive with offensive service returns. □

Playing Against A Superior Player

Five Shots That Will Help You Win Against That Opponent Who Deserves To Be Beat!

by Charlie Garfinkel



Charlie Garfinkel, winner of 14 national titles, writes for *National Racquetball* on his 'spot' theory of racquetball play.

All of us have played against opponents who are supposedly much better players than we are. Sometimes this occurs in tournaments, sometimes in practice. Often, we're nervous and apprehensive before and during a match with the "superior" opponent. This results in rushed serves and shots, foolish attempts, and missed, easy set-ups that should have been put away.

I played in a situation like this against Steve Serot in Long Beach, CA, way back in 1973. I'm well aware of the problems that players of all levels face when playing a far superior player. And the continued nightmares I've had since the Serot match will never let me forget those problems.

Serot, who was then ranked second in the world, hit the ball with photon speed. Most players at that time, unless your name was Charlie Brumfield, went into a match with Serot hoping to score a respectable number of points. Winning the match rarely even entered your mind.

My match with young Steve barely lasted a half hour. In game one, he was leading 20-0, when I stumbled into his path. The referee said to play the point over. Serot, being the great sportsman that he was, wanted an avoidable hinder called to give him the point and game. Naturally, he endeared himself to me with that call.

Fortunately, I managed a few points in game one to avoid the bagel. However, Serot continued his onslaught in game two. I scored a total of eight points in the two games. Needless to say, I was very discouraged and angry that I had been beaten so soundly.

Why had this occurred? There were the reasons. First, Serot was definitely the better player. However, he never

should've defeated me as badly as he did. Second, I rushed most of my shots trying to win each point quickly. This only led to many errors that cost me many points. Third, when I did have an easy shot, I was so worried thinking about Serot's deadly rekills that I didn't concentrate on my own shots.

A month later I was again scheduled to play against Serot, this time in Milwaukee, WI. I was determined to play much better, and I knew that I was capable of doing so.

Instead of rushing my shots, I attempted to slow everything down. This included my serve returns and shots during the rallies. A strategy that worked very effectively for me was to hit my ceiling balls down the middle of the court. Being a lefty, Serot had been hitting his forehand against my backhand along the left wall. I didn't want to have to pull the ball all the way cross court, so I elected the down-the-middle strategy. Even though some of them came off the back wall, Serot had to alter his kill shots to hit down the right and left walls. Due to the new angle many of his shots caromed off the side wall, allowing me my share of kills and rekills.

Although I lost the match 21-18, 21-15, I was pleased with my improvement. By taking my time, hitting my best shots, and constantly staying to the ceiling (**Diagram 1**) I gave Serot as much as he wanted to handle.

By now, many of you intermediate players must be thinking, "That's great for you, Gar! But we're not ready for the pro tour yet!" Although you may not be ready for the pro tour, you do have a wonderful opportunity to move up the ladder to the advanced level. Because intermediate players

If you look at playing the superior player closely, you'll see that he isn't eight points better than you in every game.

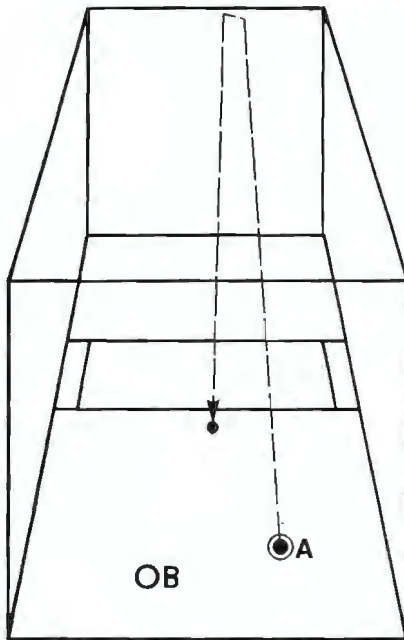


Diagram 1. Ceiling Ball To Center Court Deep

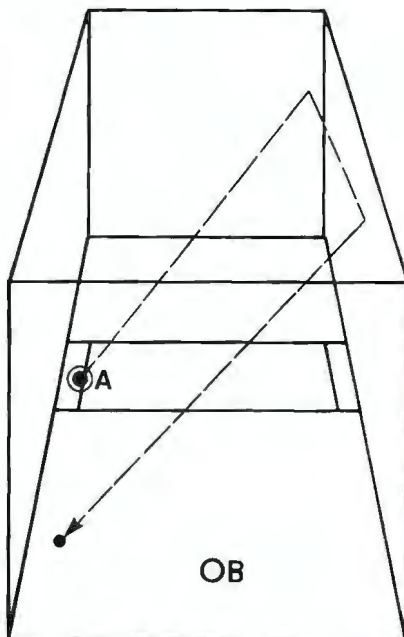


Diagram 2. High Z-Lob Serve To Backhand Side

have generally good stroke production and a reasonably sound tactical game, they can do well against better players by attempting to use some of the following shots and strategies.

A match against a superior player isn't as hopeless as you may think. Let's assume that against a certain player you usually lose about 15-7, 15-7. However, there are probably days where you've lost by the scores of 15-11, 15-12. And, on occasion, you may have gone to a tiebreaker. Realistically though, you've probably lost over 90% of your matches to this player.

But, if you look at playing the supe-

rior player closely, you'll see that he isn't eight points better than you in every game. And, on those occasions that you do play him a closer match, you're playing at a higher level than you normally do. The knowledge that you are capable of doing better is a good start. This will make you more competitive against him and there are different serves, shots and strategies that will help even more.

When you're serving, don't try to be a Marty Hogan clone by attempting a hard drive serve on every first serve. This will probably lead to many faults, which places you in the unenviable position of having to hit an effective sec-

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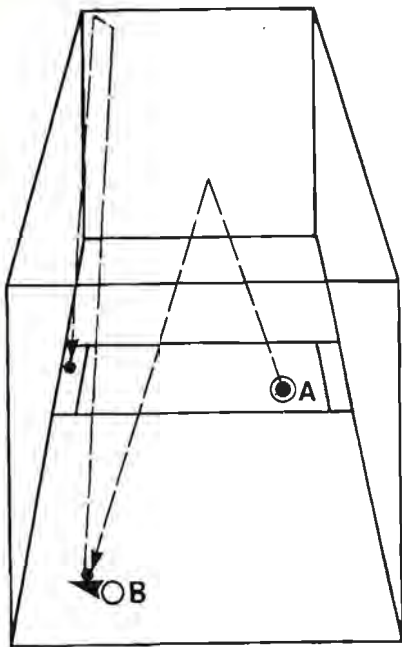


Diagram 3. Returning Drive Serve To The Ceiling

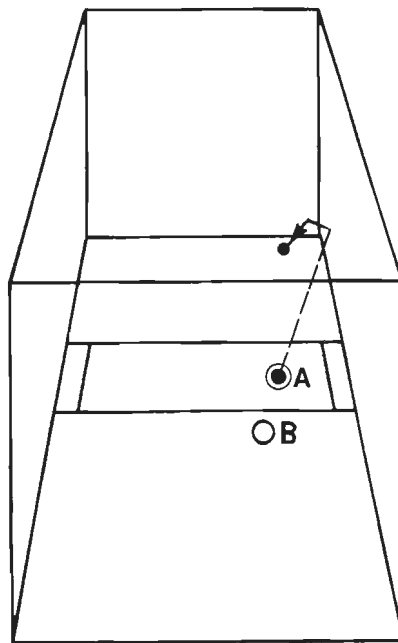


Diagram 4. Forehand Pinch Kill Right Corner

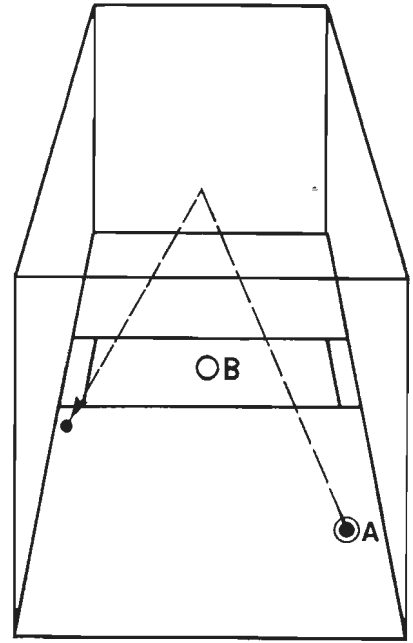


Diagram 5. Forehand Cross-Court Pass

ond serve that your opponent can't put away.

An excellent first serve that has proved to be very effective, is the high Z-lob to the backhand. (**Diagram 2**).

To correctly hit the high Z-lob to the backhand, stand 2-3 feet from the left side wall in the service box. The ball should hit the front wall 3-4 feet from the ceiling, 1-2 feet from the right side wall. The ball will then carry at an angle, over the short line to the left side of the court, producing an extremely high bounce.

Your opponent must try to take the ball on the first bounce, before it hits a side or back wall. Otherwise, the ball will take an erratic bounce, if it hits the side or back wall. This could produce an outright ace or easy service return for you.

By serving a slower type of serve on both your first and second serves, you'll be forcing your opponent to hit a service return with a powerful stroke. In addition, a slower serve will give you time to prepare better for the receiver's return. Although an occasional drive serve is wise, slowing down the game will help you feel more relaxed. Therefore, you can concentrate fully on each and every point.

When the superior player is serving, he'll usually try to overpower you on every first serve. Unfortunately, many intermediate players panic, and try to rekill the serve, or pass the server. Al-

When you have a setup off the back wall, disregard the usual strategy to shoot a kill shot. My advice is to hit a hard cross court pass.

though you've heard it many times, the safest and most effective serve return is the ceiling ball. Because most serves are hit to your backhand, a ceiling ball hit 3-5 feet (**Diagram 3**) from the front wall will move your opponent into back court. This will, in turn, allow you to move into front court.

When the ball is in play, hit many ceiling balls to the center of the court as I stated earlier. Naturally, when the opportunity to shoot the ball, or pass your opponent arises, take a smart shot.

Often, when a player is playing against a superior player, he'll try shots that he's rarely used before. This is due to his thinking that his opponent is going to make miraculous shots or that he himself need miraculous shots to win. If you hit the correct shot in a given situation it's not going to be returned.

When you're stationed in front of your opponent near or just beyond the short line, pinch the ball as often as you can. (**Diagram 4**.) Because your oppo-

nent is stationed behind you, a sharply hit pinch shot will carom out of the right front wall corner, before your opponent has a chance to react.

Hitting the shot as close to the right side wall corner near the front wall as possible, is important. Wide angle pinches will often go to the center of the court, giving your opponent plenty of time to return them.

Stay away from splat shots as much as possible. You must have excellent timing and sufficient power to hit a splat shot correctly. A series of errors or miss-hit splat shots could greatly erode your confidence.

When you have a setup off the back wall, disregard the usual strategy to shoot a kill shot. My advice is to hit a hard cross court pass (**Diagram 5**.) This is a better shot because you won't have to worry about skipping the ball, or leaving the shot up for your opponent to rekill. If your pass is exceptionally good, you'll often get a setup from your opponent that will allow you to rekill.

When playing against a superior player, try to remain relaxed, even if you start falling behind. Don't rush! Stay to the ceiling until you get your shot, then pinch or pass depending on the court position of your opponent. Although you may not win, I can guarantee that you'll have the so-called 'superior' player questioning his superiority. □

The State Of Canadian Racquetball

by Sigmond Brouwer

Canadian professional racquetball. American professional racquetball. For Canadians, the comparison of talent is inevitable, logical, and unfair.

Two factors dictate the inevitability of comparison. Since professional racquetball tours exist in only two countries, one circuit compels comparison to the other. And in broader terms, American culture has a great influence on Canadian culture; American publications, music, and television swamp a much smaller Canadian market. Canadians share four thousand miles of border with a southern neighbor, whose strength, power and overwhelming population difference makes for an interesting back yard. Canadians compare everything to the American way, including racquetball.

The lop-sided difference in population also makes it logical for Canadians to compare their professionals to the Americans, because the greater population base gives Americans a competitive pool with enough depth and strength to produce the best players in the world. In sports, everybody must compare themselves to the best, in becoming the best. Canadian racquetball players are no exception, and their standard must be the American pro tour.

As yet, the Canadians have not made serious inroads on the American game. Illustrious Heather McKay, although playing out of Canada, was really Australian. Lindsay Myers, Canada's best for a decade, reached as high as seventh among the American pros in the late seventies and early eighties.

Heather Stupp, from Montreal, also burned bright among the women pros, and Brian Valin, of Toronto, has cracked the top forty of the RMA rankings. A handful of Canadian pros are probably good for the round of thirty-two at an American stop. Not exactly cause for Rambo to turn northward.

However, even though individuals cannot make excuses for themselves in sport, collectively a degree of unfairness exists in measuring the Canadian pros against their American counterparts. The reason once again is the population difference.

Americans allow for that in their own sport system. Calvin College, out of Grand Rapids, Michigan, does not play basketball against the University of Michigan. Only the point spread would be a mystery, because one school is ten times larger than the other. Chicago and the surrounding area contains nearly as many people as half the population of Canada. Seen in those terms, Canadians acquit themselves well in American competition.

Asking for respect is the fastest way not to get it. The CBC Classic, in Winnipeg, Canada, brings together top pros from both sides of the border, and there, Canadians get respect the old fashioned way; they earn it. Unfortunately, respect has not put them into the winner's circle. In time.

C.P.R.O. VANCOUVER, B.C. STOP

NOVEMBER 7-10, 1985

C.P.R.O. (Canadian Professional Racquetball Organization) runs 6-8 events per season across Canada. The most recent, held November 7-10, in Vancouver, B.C., and Sponsored by Molsen Breweries, CP Air, and AMF, saw Haydn Jones upset the top two seeds to win the event. Players competed for \$6,000.00. The results were as follows: **Round of Eight:** Sherman Greenfield(Man.) d. Martin Gervais (Que.), Haydn Jones (Ont.) d. Paul Shanks (Alta.), Mike Ceresia (Ont.) d. Steve Philpott (Alta.), Roger Harripersad (Alta.) d. Woody Clouse (B.C.).

Semi finals: Jones d. Greenfield, Harripersad d. Ceresia

Finals: Jones d. Harripersad

Consolation Winner: Brian Thompson (Alta.) □

WORLD CALENDAR

For information regarding European events, contact: Han van der Heijden, International Amateur Racquetball Association, Laan van N.O. Indie 287, 2593 BS The Hague, The Netherlands—Phone 070-83 83 00.

For information regarding Canadian events, contact: John Hamilton, Canadian Racquetball Association, 333 River Road, Vanier City, Ontario, Canada, K1L 8H9—Phone 613-748-5653.

January 24-26
Open Tour Eiffel
SRC de France
Paris, France

January 24-26
Munster Open
Tralee, Ireland

February 6-9
Quebec Open du Carnival
Quebec City, Quebec, Canada

February 2nd week
Copade las Americas
Bogota, Colombia

February 21-23
6th Annual German Open
Jenfeld Center
Humburg, Germany

February 21-24
The Keystone
Winnipeg, Manitoba, Canada

February 21-23
4th Irish Open
Tralee, Ireland

March 14-16
8th Dutch Open
T en R Centrum
Zwijndrecht, Netherlands

March 28-30
3rd French Open
Paris, France

May 8-11
1st European Master (30+)
TBA

May 16-18
Arklow Open
Arklow, Ireland

May 19-24
Canadian National
Singles Championships
Toronto, Ontario, Canada

May 23-25
5th Bavarian Open
McGraw Kaserne Center
Munich, Germany

May 30-June 1
Templederry Open
Tipperary, Ireland

June 7-9
3rd Annual Belgium/Holland Open
Brussels, Belgium

June 6-8
3rd British Open
London, England

June 14-16
2nd Annual Belgium/France Open
Brussels, Belgium

July 2-5
Canadian National
Junior Championships
Lebonrgneuf Club
Quebec City, Quebec, Canada

July 4-6
Hamburg Open
Jenfeld Center
Hamburg, Germany

July 15-20
15th Annual Canadian Open
Edmonton, Alberta, Canada

August 2-10
3rd World Championships
Montreal, Canada

September 19-21
6th Annual Swiss Open
Aesch Center
Zurich, Switzerland

October 3-5
4th Annual Belgium Open
Brussels, Belgium

October 5-10
Torneo de la Raza
San Jose, Costa Rica

October 17-19
Zwijndrecht Open
T en R Centrum
Zwijndrecht, Netherlands

OFF COURT FITNESS

By Jean Sauser



My Last Book Report

There are too many books on the market today about fitness. Some of them are overly technical, boring and much too critical of leisure sports such as racquetball, tennis, golf and bowling. Others are written by movie stars. It's scary enough having one for a president, but when they start telling me what to do with my body, I take offense.

In my opinion, a very precious few fitness books give you anything that remotely resembles health, fitness or good looks in return for your money. So, I'm going to go out on the line and make a recommendation to you based on my own wasted time and personal experience.

For years and years, I'd spent time reading books about losing weight and getting in shape. They would work for a while, but were much too difficult to stay involved with and do other important things like hold a job and have a social life other than that of a cloister nun. I was always filled with a sense of failure.

"You know, eating ice cream for the rest of my life sounded good when I read the ice cream diet book," I told one of my friends one day, "But I didn't know I was going to have to eat only ice cream every day for the rest of my life. I'm beginning to hate the stuff."

And so it went. Then, just when I had given in to the thought of being 40 pounds heavier than Twiggy due to my obvious lack of will power, I began playing racquetball with a runner.

He was very lean and muscular. Worse still, he was always eating a lot

"I'm going to go out on the line and make a recommendation to you based on my own wasted time and personal experience."

of food and beating me in racquetball. One day between games, I began to tell him about my weight problems.

"I'm 28 years old," I lamented to him as we stood by the drinking fountain. "I'm ready to become a slim, trim, seductive middle-aged woman. You'd think it would be time for the baby fat to go find some other younger body to hang on."

"Read *Fit or Fat*," he said flatly.

"Thanks, but no thanks. If I read one more diet book and fail, I'll probably kill myself, that is if it doesn't kill me first," I explained. "I hate failure and the only place I'm losing these days is to you on the racquetball court."

"Hey, I had the same problem as you," he countered. Then he went on to explain the book's contents to me.

"Body fat, not pounds is the real enemy," he informed me. "By following a sound nutrition program and exercising aerobically, you'll burn body fat over a period of time and reduce your size. The best part is that as you make more muscle, you'll probably be able to consume more calories in a day."

"Eat more and weigh less?" I asked excitedly.

"Not necessarily, but if you really follow the book, you'll eat reasonably and never go hungry. You might weigh the same, or even a little more because muscle weighs more than fat, but I guarantee you'll eventually be a size five versus the 12 you are now."

"That's weird. I haven't heard that one," I wondered to myself out loud. "But what the heck, I'll try any new thing once! Loan me the book and I'll try it." (If it didn't work, I didn't want to be out the money for the book!)

It was truly miraculous, although it didn't happen overnight. *Fit or Fat* was easy to read, short (100 pages), sweet and to the point. I took up running for aerobic exercise and changed only what I ate, not how much I was eating. Over six months time, it worked. It began to get me the results I'd never even come close to before.

One year later, my clothing size had decreased two sizes and the amount of food I was eating increased slightly. My mother, who for years looked on in horror at my 300 calorie a day diets, changed her rap from "You're going to kill yourself on that diet. You have to eat more," to "Where did you get the tapeworm. I'm calling the doctor."

"Once a mother, always a mother," I told her. "Read *Fit or Fat*." She did and stopped nagging me. In fact, she took up fastwalking for aerobic exercise.

Since then, I've given away more copies of *Fit or Fat* to friends than my own racquetball books. Sadder still, I've paid for each and everyone! □

Special Report: Racquetball's Energy Systems

The Way Your Body Burns And Uses Its Energy Resources During Racquetball Suggests New Cross-Training Techniques

by Andrea Katz

Editor's Note: Did you know that there are three systems of energy that are available to you when you play racquetball? I didn't. And what's more, I didn't know that how the body uses or not uses these systems can determine how I should train for racquetball.

Read the following article carefully and you will find out some unique things about your body's reaction to racquetball play. Don't read it and you may be missing some giant insights to training properly for better performance.

Racquetball players have major misconceptions concerning the energy systems used in the sport. The purpose of this article is to present information on this topic including guidelines for training those systems which are relied upon the court.

There are three energy systems which are functional during all athletic activities. These are the **creatine phosphate system**, the **lactic acid system** (which compose the anaerobic or without oxygen pathways), and the **aerobic system** (with oxygen). All three systems are used by every athlete but the specific activity determines which is used to a greater extent. If one is aware that racquetball has a large anaerobic component to it, he may also believe that the predominantly used energy system is that of producing lactic acid and that the accumulation of lactic acid is what hinders performance on the court. This article will describe data which points out that this is not the case. Evidence suggests that creatine phosphate, the immediate reserve for energy replenishment, probably limits performance during a rally and that a strong aerobic base is also important to prolonged tournament play.

How The Study Was Done

The data which will be discussed was collected by Sports Science staff of the United States Olympic Committee in Colorado Springs, Colorado. The par-



One of the players in the experiment wears a heart rate monitor on his chest and a wrist-watch display.

ticipants were elite professionals, open players, and junior players who were present at the A.A.R.A. training camps during July and August of this year.

The players paired off and played a match consisting of 2 out of 3 games to 11 points. A grid work of cross markings was laid on the floor in a 5 foot by 5 foot pattern to allow the investigators to measure movement distances of the players by film analysis. A time code was recorded on the tape so that the duration of specific events could be determined as well. Heart rate was monitored throughout the match with a monitor worn across the chest which sent signals to a watch on the player's wrist. Lactic acid accumulation, a by-product of anaerobic metabolism, was measured from blood samples obtained from the finger prior to and at the completion of each game.

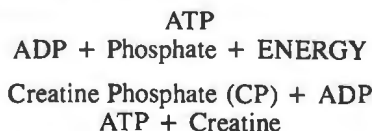
The resting (pre-play) lactic acid concentrations in the blood averaged 1.52 millimolar (mM). This is a normal value observed at rest in various

athletes. Upon completion of games 1, 2 and 3, the lactic acid averaged 2.85, 2.78 and 2.63 mM, respectively. These values were low in general compared to post competition values of other sports.

For example, following a crew race, the rower's lactic acid concentration may reach 20 mM. In addition, these concentrations were significantly less than the 10.43 mM average obtained following treadmill running maximal-oxygen-consumption (VO_2max) tests performed by the same players. (This test required running at progressively increasing speed and grade until voluntary exhaustion). These data demonstrate that energy production coupled to lactic acid production was minimally relied upon on the court and considerably below the athletes actual capacity for anaerobic/lactic acid production.

When the duration of each rally is taken into account, it becomes even more apparent that lactic acid production would not be expected to be very high in racquetball competitors. Sixty-eight percent of all the rallies lasted from 4 to 12 seconds and no rally lasted more than 21 seconds. This short period of exercise time is not long enough to allow for accumulation of lactic acid. To reach maximum blood levels requires a number of minutes of continuous activity. Instead, it seems very probable that moderate to highly intense bursts of movement, such as in racquetball, utilize another major energy producing system (also anaerobic) called the creatine phosphate system.

Creatine phosphate is the first line of replenishment for ATP — the only form of energy which can be utilized by the muscle to produce contractions. This is illustrated in the following two chemical steps:



During an "all out" effort, creatine phosphate can be depleted in 10 seconds. However, at less than maximal rates of breakdown, creatine phosphate can last up to 30 seconds. Creatine phosphate can also be replenished well within 7 to 9 seconds, which was determined as the average rest time between rallies. Thus, the intensity and duration of racquetball rallies tends to favor the use of creatine phosphate for energy rather than other energy pathways which produce the unwanted lactic acid by-product.

For intense activities lasting 1 to 3 minutes, the anaerobic system is also the primary source of energy. However, besides lowering creatine phosphate levels, the athlete also goes through a number of chemical pathways which break down glycogen (stored glucose) to energy. Lactic acid is the by-product of this form of energy production. When high levels of lactic acid are accumulated, the contraction of the muscles is inhibited. As previously mentioned, this does not appear to be the cause of muscle fatigue in racquetball competition.

Aerobic Racquetball

There are further indications which suggest that the aerobic system, the third method for producing energy, plays an important role in racquetball. A player's aerobic capacity (V_{O_2}) is their ability to efficiently utilize oxygen to produce energy. The higher the player's maximum V_{O_2} ($V_{O_{2max}}$), the less of a percentage any given amount of work on the racquetball court will be of that maximum. Thus, the work will seem easier because the system is stressed less to produce the same amount of energy. Furthermore, at the beginning of exercise or for any sudden burst of energy requiring the breakdown of creatine phosphate, the player incurs an "oxygen debt." Rapid and deep breathing is the attempt by the body to consume oxygen to repay this debt. A strong aerobic base may decrease the volume of the initial debt as well as aid in repaying the oxygen back more quickly and efficiently.

A strong aerobic base is necessary to perform less intense activity over extended periods of time. In a racquetball tournament situation, a given match can last from 1 to 3 hours and one may be expected to play a number of matches on the same day and many matches over the course of a weekend (as long as one's kill shots are working). Although creatine phosphate is utilized on an immediate basis, it must constantly be replenished, and for this, one relies on the aerobic breakdown of nutrients to energy. Thus, it is impor-



A small blood sample is drawn into a capillary tube to be analyzed for lactic acid.

tant to have an adequate capacity for this continuous and prolonged work.

In the matches that were analyzed, all of the players maintained a heart rate during play of approximately 176 beats per minute. This was 93% of the average maximum heart rate obtained during the $V_{O_{2max}}$ test. The heart rate data along with the observation that racquetball demands the work of large muscle groups in the legs, indicates that there is a high demand for oxygen by the system to produce energy. This is because the purpose of the heart is to pump oxygen, via blood, to the muscle cells to produce energy.

It should be noted that the average $V_{O_{2max}}$ of the players in this project was 46.8 ml/kg/min, which is only average for an athletic population. This observation supports the concept that it is important for a racquetball player to have an efficient aerobic capacity and not necessarily an extremely high $V_{O_{2max}}$, as a long distance runner or cyclist might need.

Training Your Energy Systems

Since the type of activity determines which systems will be utilized to produce energy, it follows that different training mechanisms must be used to increase the capacity of these systems. As was noted earlier, there is only enough creatine phosphate stored in the body to last for about 10 seconds of intense "all out" activity. Unfortunately, only very small increases in the creatine phosphate storage pool can be expected with training. Furthermore, it is unlikely that any significant increases can be brought about beyond that from normal racquetball play.

The aerobic system is another story

as there is an enormous capacity for training and adaptation to occur. General guidelines for a racquetball athlete to follow include running 2 to 4 miles or cycling 20-40 minutes at least 3 times a week at a moderate intensity — 70-85% max heart rate. A general equation for predicting maximum heart rate is to subtract one's age from 220. Running is chosen as it is the most specific training activity to racquetball. Cycling is applicable because it works the muscles on top of the legs (quadriceps) which are important in racquetball. Both running and cycling utilize large enough muscle groups to train the cardiovascular system. The peripheral as well as cardiovascular improvements are what will increase a player's efficiency for using oxygen to produce energy on the court.

The game of racquetball requires the player to move very quickly and powerfully for very brief periods while maintaining somewhat less intense activity over an extended duration. The energy systems relied upon are creatine phosphate breakdown and the aerobic breakdown of nutrients to energy. It is questionable whether additional training can increase creatine phosphate stores. However, training one's aerobic capacity can add a significant advantage to one's performance during racquetball competition. □

Andrea Katz is an Exercise Physiologist working for the United States Olympic Committee in Colorado Springs and is currently competing on the women's professional racquetball tour.

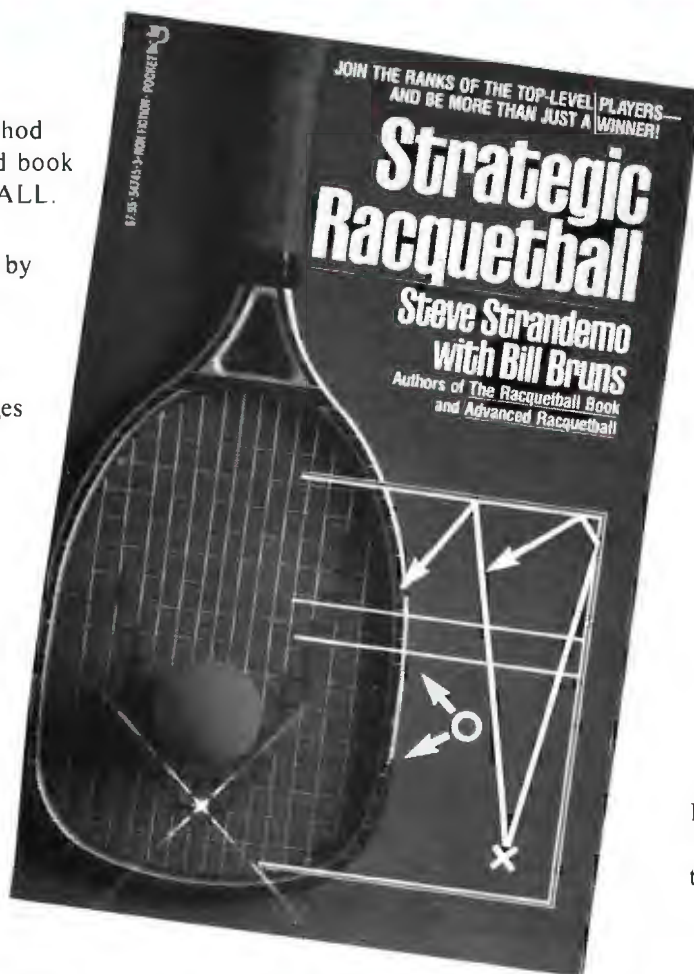
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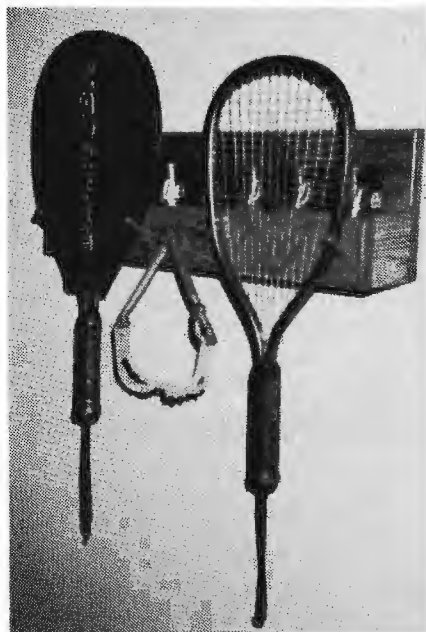
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In swim wear, Jockey has bright prints, awning stripes and original madras plaids. Some styles coordinate with camp shirts for a cabana set look.

Off-hours Jockey fashions are inspired by Miami Vice and feature such styles as tank and "T" shirts, walking shorts and camp shirts. Perfect for play, poolside, shopping, movies and strolls and the boardwalk.

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EXTRA

Important industry news that you should know about in the world of racquetball.



DP Signs Peck and Harnett

Diversified Products has announced that top professional players Gregg Peck of Austin, Texas, and Bret Harnett of Las Vegas, Nevada, have both recently signed contracts with DP, to represent the large American sporting goods manufacturer on the men's pro tour, and in various promotions and personal appearances around the country. The contracts are a continuation of the relationship between DP and the two players, both of whom have been sponsored by DP for their entire professional careers.

Peck and Harnett have both had great success on the men's tour, and are currently the two highest ranked young players (21 and under) in the game. At the end of 1985, Peck was ranked no. 2 in the world, and Harnett no. 4.

"I was really pleased when I found out I was going to continue with DP," said Peck. "DP has been a great com-

pany to work with, and the best part has been the people there. I've always played for DP, and it's good to know I'll still be part of the family for well into the future."

The contracts were negotiated by Greg Eveland, Director of Marketing for DP, who commented: "Diversified Products is extremely pleased to have Gregg and Bret as part of our team. Both are fine young men, excellent players, and outstanding representatives for the sport of racquetball. DP is committed to the promotion and future growth of racquetball, and we believe our relationship with these top professionals, as well as numerous other talented players around the country, demonstrates that commitment."

DP is based on Opelika, Alabama, and is one of the largest manufacturers of sports and fitness related equipment in the world today. □

Dave Peck's Suspension Lifted

Former national champion Dave Peck, who was recently fined and suspended for an incident which occurred at the RMA Tour stop in Arlington, Virginia, has successfully appealed the suspension to his fellow professional players. Peck was originally suspended by the RMA from tour competition for the month of December, but was allowed to compete in the Sacramento stop after obtaining letters

of support from a majority of the top eight touring pros.

"It is the policy of the RMA that the players should enforce their own Code of Conduct," said RMA Tour Commissioner Drew Stoddard, "and that is why we built the appeal mechanism into the Code. This has been a difficult matter for everyone involved, and I want to commend the top eight for the serious and business-like way in which they handled the situation. While I may not agree with their final decision, I understand their concerns and will adjust the punishment accordingly."

Peck's fine remained in force pending a final decision by the players at a January meeting in Arizona. □

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SCHEDULE OF EVENTS

1985-86 RMA MEN'S PRO RACQUETBALL TOUR

MASTER SEASON SCHEDULE

Aug. 24-Sept. 2, 1985
\$15,000 Open
 West Lane Racquet Club
 Stockton, CA
 Winner: Marty Hogan
 2nd: Jerry Hilecher

Sept. 18-22
\$15,000 Open
 Davison Racquetball Open
 Davison, MI
 Winner: Bret Harnett
 2nd: Gerry Price

Oct. 2-6, 1985
\$15,000 Open
 Crystal Racquet & Health Club
 Arlington, VA
 Winner: Marty Hogan
 2nd: Ruben Gonzalez

Oct. 16-20, 1985
\$15,000 Open
 D'Lites Pro Racquetball Classic
 Omaha, NE
 Winner: Mike Yellen
 2nd: Marty Hogan

Nov. 5-10
\$15,000 Open
 MPact Texas Challenge
 International Athletic Club
 Dallas, TX
 Winner: Gregg Peck
 2nd: Mike Yellen

Dec. 11-14
\$15,000 Open
 Gold River Winter Classic
 Gold River Racquet Club
 Sacramento, CA
 Winner: Gregg Peck
 2nd: Marty Hogan

Jan. 15-19, 1986
\$15,000 Open
 Arizona Athletic Club
 1425 West 14th Street
 Tempe, AZ 85281
 Jack Nolan 602-894-2281

Feb. 12-16
\$15,000 Open
 Tulsa Aerobics & Racquetball
 4535 South Harvard
 Tulsa, OK 74135
 Mark Fairbairn
 918-493-3331

Feb. 26-March 2
\$15,000 Open
 Griffith Park Athletic Club
 4925 S.W. Griffith Drive
 Beaverton, OR 97005
 Devri Doty 503-644-3900

March 12-16
\$15,000 Open
 Midtown Athletic Club
 5400 Kennedy Avenue
 Cincinnati, OH 45213
 Mike Sipes 513-351-3000

April 16-20
\$19,200 Open
 Meritt Racquetball & Fitness Center
 Security, Baltimore, MD
 RAMB - Dave Pivec
 301-532-2250

April 30-May 4
\$22,800 Open
 The Ektelon National
 Championships
 The Sports Gallery
 2560 East Katella Avenue
 Anaheim, CA 92806

May 14-18
\$15,000 Open
 Boulder/Flatiron Pro-Am
 Flatiron Athletic Club
 505 Thunderbird Road
 Boulder, CO
 Danny Rodriguez 303-499-6590

June 12-17
\$33,000 Open
 DP National Championships
 Arlington, TX
 Mark Fairbairn
 918-493-3331

FOR RMA TOUR INFORMATION
 Drew Stoddard, Commissioner
 702-826-6037

WPRA 1985-86 SEASON SCHEDULE

Oct. 24-27
\$12,000 Open
 Anchorage Athletic Club
 Anchorage, AK
 Winner: Lynn Adams
 2nd: Caryn McKinney

Dec. 12-15
\$10,000 Open
 Pacific Mutual Pro-Am
 Los Coballeros Sports Complex
 Fountain Valley
 Winner: Lynn Adams
 2nd: Caryn McKinney

March 6-9
\$10,000 Open
 The PAC West Athletic Club
 Tacoma, WA

March 20-23
\$12,000 Open
 Atlanta, GA
 Singles & Doubles
 Caryn McKinney 404-636-7575

May 1-4
\$18,500 Open
 Ektelon National Championships
 Anaheim, CA

May 29-June 5
\$30,000 Open
 WPRA Nationals
 River Bend Athletic Club
 Ft. Worth, TX
 Mary Pat Sklenka
 817-284-3353

June 10-15
 D.P. Nationals
 Site To Be Announced

FOR WPRA INFORMATION
 Jim Carson, Commissioner
 714-641-7452

AARA NATIONAL EVENTS

Oct. 24-27, 1985
 National Doubles
 Cheyenne, WY
 Men's Open Winners:
 Andy Roberts/Tim Anthony
 Women's Open Winners:
 Toni Bevelock/Malia Kamahoa

April 11-13, 1986
 Intercollegiate Championships
 Playoff Athletic Club
 2191 Post Rd.
 Warwick, RI 02886
 Contact: 401-738-0833

May 21-26
 National Singles Championships
 (Qualifying required)
 Downtown YMCA
 Houston, TX
 Contact: AARA 303-635-5396

June 28-July 2
 National Juniors Championships
 (Qualifying required)
 Chicago, IL
 Contact: AARA 303-635-5396

July TBA
 World Games
 (Qualifying required)
 Site to be announced
 Contact: AARA 303-635-5396

July-August TBA
 AARA Elite Training Camp
 (Qualifying required)
 Colorado Springs, CO
 Contact: 303-635-5396

October 23-26
 National Doubles Championships
 Racquet Power
 3390 Kori Road
 Mandarin, FL 32217
 Tom Collins 904-268-8888

RANKINGS

The sources for these national rankings are as follows: Men's-Official RMA Pro Racquetball Tour rankings; Women's-Official WPRA Tour rankings; Amateur-Official AARA national rankings.

RMA PRO RACQUETBALL TOUR OFFICIAL PROFESSIONAL RANKINGS JANUARY 13, 1986

Ranking	T	Player	Points
1		Hogan, M.	443.63
2		Peck, G.	428.98
3		Yellen, M.	405.30
4		Harnett, B.	296.49
5		Hilecher, J.	295.28
6		Swain, C.	278.78
7		Gonzalez, R.	272.90
8		Price, G.	264.20
9		Peck, D.	218.70
10		Oliver, S.	190.93
11		Ray, M.	189.07
12		Cascio, J.	181.18
13		Cohen, D.	180.03
14		Andrews, E.	165.82
15		Gross, D.	153.69
16		Brysmann, C.	143.09
17		Egerman, J.	137.87
18		Obremski, D.	101.07
19		Newman, J.	95.74
20		Gross, A.	95.53
21		Wagner, R.	69.02
22		Lerner, S.	68.00
23		Inoue, E.	67.04
24		Levine, M.	64.67
25		Sell, B.	63.42
26		Green, D.	55.68
27		Johnson, D.	44.52
28		Navarro, R.	43.11
29		Roberts, A.	42.86
30		Nolan, J.	42.76
31		Moskwa, S.	38.63
32		Griffith, M.	35.29
33		Ganim, D.	35.16
34		Hawkes, B.	33.18
35		Negrete, D.	27.69
36		Terry, E.	26.83
37		Wilhelm, B.	24.66
38		Plotkin, M.	22.19
39		Harripersad, R.	17.46
40		Koltun, B.	17.44
40		T Clark, S.	17.44
42		Snead, W.	15.57
43		Clouse, W.	14.66
44		Plazak, J.	13.89
45		Remen, E.	11.68
46		Williams, B.	9.21
46		T Meyers, L.	9.21
48		Calabrese, F.	8.62
48		T Simmonette, D.	8.62
50		Sacco, J.	8.61
51		Cole, C.	8.22

WPRA RANKINGS OCTOBER 28, 1985

Ranking	T	Player	Points
1		Lynn Adams	200.00
2		Vicki Panzeri	127.50
3		Caryn McKinney	105.00
4		Teri Gilreath	90.00
5		Marci Drexler	85.00
6		Janell Marriott	80.00
7		Liz Alvarado	63.75
8		Laura Martino	50.00

9		Fran Davis	47.50
10		Jennifer Harding	36.25
11		Joyce Jackson	35.00
12		T Linda Porter	30.00
12		T Bonni Stoll	30.00
14		T Cindy Baxter	25.00
14		T Marci Greer	25.00
14		T Marcy Lynch	25.00
17		T Martha McDonald	20.00
17		T Molly O'Brien	20.00
19		T Babette Bell	16.66
19		T Terry Latham	16.66
19		T Val Paese	16.66
22		T Chris Evon	13.33
22		T Cathy Nichols	13.33
22		T Sandy Robson	13.33
22		T Mary Pat Sklenka	13.33
26		T Toni Bevelock	10.00
26		T Dot Fischl	10.00
26		T Nan Higgins	10.00
26		T Mona Mook	10.00
26		T Heather Stupp	10.00
26		T Lynn Wojcik	10.00
32		Pam Larsen	6.66
33		T Diane Adams	3.33
33		T Tamara Anderson	3.33
33		T Judy Campbell	3.33

AARA/ARHS NATIONAL RANKING OCTOBER 15, 1985

(I) Men's Open

Ranking	Player	State
1	Andrews, Ed	CA
2	Roberts, Andy	TN
3	Nichols, Charlie	FL
4	Calabrese, Fred	MA
5	Ganim, Doug	OH
6	Negrete, Dave	IL
7	Obremski, Dan	PA
8	Katz, Aaron	TX
9	Montalbano, Tom	NY
10	Hansen, Tim	FL
11	Gonzalez, Sergio	FL
12	O'Neil, Todd	VT
13	Cline, Joey	NJ
14	Hamilton, Jim	IN
15	Kelly, Don	CO
16	Morrison, Mark	FL
17	St. Onge, Scott	MA
18	Aceto, Dennis	MA
19	Ganley, Vinnie	FL
20	Gonzalez, Oscar	FL
21	Gartner, Ed	SC
22	Reid, Scott	TN
23	Gonzalez, Ruben	NY
24	Valin, Brian	CD
25	Ceresia, Mike	CD
26	Hastings, Stu	MI
27	Hull, Richard	FL
28	Jeffers, Jim	IL
29	Sumner, Jamie	UT
30	Ferris, Dan	MN
31	Lindwall, Rodger	CD
32	Low, Mike	CA
33	Moskwa, Sean	IL
34	Snow, Fielding	WA
35	Hegg, Mark	CO
36	Teets, Chuck	MI
37	Spugnardi, Mike	ME

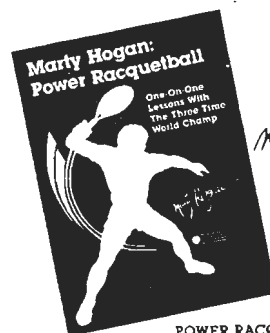
38		Marino, Paul	CA
39		Merrill, Skip	TX
40		Rubin, Steve	NY
41		Thielen, Todd	SD
42		Harripersad, Roger	CA
43		Man, Radiation	MI
44		Owen, Jim	NM
45		Watson, Dave	OK
46		Cutler, Steve	UT
47		Riley, Tom	MA
48		Simeo, P. J.	NY
49		Costleigh Jr., Don	NY
50		Jones, Haydon	CD

AARA/ARHS NATIONAL RANKING OCTOBER 16, 1985

(28) Women's Open

Ranking	Player	State
1	Baxter, Cindy	PA
2	Latham, Terry	TX
3	Evon, Chris	IL
4	Higgins, Nan	MA
5	Doyle, Cindy	NY
6	Dee, Mary	NH
7	Mook, Mona	CA
8	Rasmussen, Trina	CA
9	Fried, Crystal	WA
10	Davis, Fran	NJ
11	Nichols, Cathy	CD
12	Hastings, Joetta	MI
13	Kuhfeld, Kaye	IN
14	Robson, Sandy	IL
15	Fischel, Dot	PA
16	Fredrickson, Cathie	MI
17	Eagleson, Tracy	CA
18	Diamond, Linda	FL
19	Kamahoa, Malia	VA
20	Bullard, Diane	FL
21	McCarthy, Claudia	FL
22	Curtis, Jan	FL
23	Singletary, Terry	OK
24	Mackell, Debbie	IN
25	Overstake, Cindy	OK
26	Price, Lynn	IN
27	Adams, Martha	GA
28	Azeka, Joan	IL
29	Dever, Toni	UT
30	Almeida, Diana	CO
31	Calderone, Anne	NY
32	Coutu, Leigh Anne	DE
33	Fried, Crystal	CT
34	Anderson, Sheri	MI
35	Gilman, Michelle	OR
36	Drexler, Marci	CA
37	Magliano, Rosemary	IL
38	Porter, Linda	TX
39	Walsh, Marian	UT
40	Creameans, Kelly	IN
41	Ecker, Lisa	MI
42	Eon, Joy	ME
43	Gluvna, Kathy	TN
44	Gatarz, Teri	FL
45	Quinlan, Joanie	MA
46	Benelock, Toni	TN
47	Bullington, Stephanie	NC
48	Fenton, Laura	NE
49	Tiedeman, Kim	WA
50	Aaron, Susan	IN

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SIDE OUT

By Drew Stoddard



A Feeder System

In mid-December I attended a meeting in Sacramento, CA, that was as far as I know, the first of its kind. For three hours the leaders of every major body in racquetball — the AARA (amateur), RMA (men's pro), WPRA (women's pro), IRSA (club owners), and the manufacturers — sat together in one room at a Sacramento hotel and held a rather remarkable discussion about where this sport of ours seems to be headed.

As I sat in that meeting and listened to the concerns and frustrations of people who are seldom given the luxury of expressing such feelings, I was struck by how similar — and familiar — everything sounded. Though each used different words to describe it, there was a clear consensus about the identity of racquetball's greatest problem: our inability to create a system which continually draws new players into the sport. In short, no feeder system.

Actually, that isn't entirely true. Racquetball does have a feeder system of sorts, it just isn't very good and we don't know what it is. The sport seems to grow by a small percentage each year, but we really have no idea where the new players come from or what brings them in. Despite every attempt to create a more dependable system, racquetball continues to expand and contract at its own pleasure, lumbering slowly forward with all the predictability of an elephant in the wild.

Now, compare our feeder system with that of tennis: young people are lured into the game by thousands with strong junior programs, advanced into high-school and NCAA college competition, and finally "released" to either pursue a pro career or, more commonly, enter into the mainstream of social tennis. Day after day, through

good times and bad, that system rolls along constantly feeding new players into the game.

For years, most of us in racquetball have felt that the best way to build a feeder system was to try to duplicate tennis' success with juniors. I've even used this column on occasion to advocate that we do just that. But it's becoming more obvious to me by the day that juniors programs alone are not the answer for racquetball. By themselves, they simply do not work.

The article in this issue on the CSUS college racquetball team is a result of my own struggle with this problem. Ed Martin's program has intrigued me for some time, because I've often wondered if this sport hasn't really missed the boat by concentrating on juniors while virtually ignoring racquetball at the college level.

That's exactly what the CSUS experiment is trying to find out, and there is no one better qualified to judge the results than Ed Martin; for years his Northern California junior programs have been among the best in the country. If Ed's hunch is correct, the reason junior programs ultimately fail is because when they end, there is nowhere for juniors to go. Perhaps we have totally overlooked the second step of our feeder system.

It is ironic that for 10 years now racquetball has neglected the college game. To a large degree, racquetball was born on college campuses; that's where it was invented, and that's where almost all of the early players came from. In fact, look at the participants in the Sacramento meeting: Luke St. Onge (AARA), Chuck Leve (IRSA), Jim Carson (WPRA), and I (RMA) all discovered racquetball in college. How is it possible that we have

all forgotten that?

Think about it for a moment — it does make a lot of sense. Virtually every college campus in this country has courts, and racquetball remains wildly popular among students. More importantly, think about the types of people who are attracted to the game. To quote Ed Martin: "They (college students) are the perfect market — they're young, healthy, college educated, and in most cases they're going to be in a high income bracket. Those are the demographics of racquetball."

The CSUS program has also had an interesting side-effect: this single college team has created a tidal-wave of interest among junior players in two countries. By his own estimates, Ed Martin receives over a hundred calls a semester from juniors in the U.S. and Canada who would kill for a spot on that team. Call me a dreamer, but I can't help but wonder what might happen to this sport if 2,000 colleges had similar programs. Now *that* sounds like a feeder system.

So how do we tap all this hidden potential? Perhaps the best way is by setting up 10 or 20 pilot programs across the country, similar to that at CSUS, and then pushing toward NCAA recognition. The AARA already holds regional and national intercollegiate championships annually, so the structure is there. And, as Ed points out, a number of minor sports flourish at the college level.

What we need is a concerted effort. Ed Martin is blazing the trail, and I think we should follow him. We certainly need to do something to get this elephant of ours under control. These days, lumbering around in the jungle for long can be dangerous — for the elephant. □

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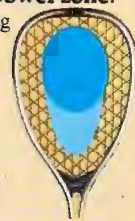
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