

National Racquetball

Vol. 14 • No. 4
April, 1985
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- Hulk Hogan, World Wrestling Federation Heavyweight Champion and Amateur Racquetball Player



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On the cover...

Marty Hogan, five time national champion and pioneer of the power style of racquetball, begins a new series this month — Advanced Racquetball—sharing his concepts and strokes on reaching the ultimate level in our sport. The series, while geared for the advanced player, is written so that beginners and intermediates can understand and apply the concepts to their game.

Next issue...

If this is May, then it must be major tournament time. We'll preview the various national championships coming up, with a particular emphasis on the WPRA nationals. But May historically houses the AARA Nationals and Ektelon Nationals, so it promises to be a busy month on the tournament trail!

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Short Lines

Hogan Sets Marriage Date

Marty Hogan recently signed a career contract with **Nike** to promote its shoes and apparel. Now he's on the verge of signing another career contract but it doesn't involve his on-court prowess. Hogan is engaged to marry **Ann Christen**, a St. Louis native, and their wedding is scheduled for June 22nd.



Marty and Ann — off the court, out of the pool and to the altar.

The wedding is being held in St. Louis, Hogan's hometown where his mother Goldie and sister Linda still reside.

When asked how she met Hogan, Ann explained that she was working as a lifeguard at the St. Louis JCCA where Marty first played racquetball. She threw him out of the pool for misbehaving. Somehow a spark must have started because they've been together ever since!

Revie Sorey, former Chicago Bears football player turned racquetball fanatic and promoter has a heart the size of his athletic ability (and that's big!). His company, **Innovative Concepts, Inc.** regularly sends famous athletes from all sports to visit the kids at **Children's Memorial Hospital**, the world-renowned Chicago hospital that treats children from all over the world.

When he's not leading a group of athletes out to make a routine goodwill call to his kids, you'll find Revie on the racquetball court or planning a racquetball tournament with his business partner **Anita Efron**. This year, **Innovative Concepts, Inc.** hopes to bring a major co-ed professional racquetball tournament to the Midwest.

Revie Sorey off the racquetball court at Children's Memorial Hospital.

Gigi Horn and Alex Burton from KRLD radio. When in Dallas, read her book.



Gigi Horn, one of *National Racquetball's* contributing editors (see our March "Fitness Center") and racquet-

ball teaching professional, has published a book, the *Dallas Guide To Real Food*. It is being received so well in the Dallas area that Gigi has become swamped with requests for guest appearances and television talk shows.

"As I've said in the Fitness Center many times, nutrition combined with a regular exercise program is the way of the future for racquetballers, athletes and everyday people. I'm just glad the general public agrees with me," stated Gigi enthusiastically.

In addition to promoting her book, Gigi also lectures on fitness and nutrition around the country. Her two most notable speeches are "Life After Junk Food" and "What is Real Food?"

Book sales are going well and plans for the future include other publishing projects related to nutrition and fitness for those of us who don't live in Dallas.



Son of Shay?
No, Grandson.
Congratulations, Art.



Photo by Lauren Shay.

Art Shay, world famous photographer and racquetball's best man behind the camera has a grandson, his first—**Austin Leo Lavin**. Austin is the son of **Lauren Shay Lavin** and husband **Carl Lavin**.

Austin who's still figuring out his grip is also descended from the Fruit Juices, a men's early morning racquetball league

that Shay organized several years ago. With roots like these, Austin stands a very good chance of becoming racquetball's first champion capable of photographing himself while playing!

Bruce Kelly, a top ranked National Masters racquetball competitor has an off court career and list of accomplishments that would fill *National Racquetball* from cover to cover. As emcee and director of the Oregon Singers (an internationally known choral group), Bruce has gained notoriety all over the world as a gifted showman and entertainer.



Recently, Bruce was awarded the Aubrey R. Watzek Award for outstanding contributions to the state of Oregon. Congratulations, Bruce.

Janell Marriott is having a winning season in more ways than one. On the racquetball court, she's ranked number seven on the WPRA Pro Tour. Off the racquetball court, she's ranked number one with fiancé **Billy Rice**, a native New Yorker.

The couple are planning a July 27th wedding in Janell's hometown, Salt Lake City. Then, on August 17th, Janell and Billy will throw what they call "a real wing ding" in New York for their east coast friends unable to fly to Utah.

Janell and Billy — a good match.



Is Janell ready to give up the independent life she's led over the past 10 years on the tour?

"There's nothing to give up," explains Marriott, who's really looking forward to the wedding and a new, even busier life. She'll continue on the tour and in her own words says, "No matter what happens, I can always beat him in racquetball!"

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The 'Tour' Arrives!

I hadn't had a game with my friend in quite some time, so I sought him out, not only because I needed a workout, but also because I had big news to pass on to him: the Racquetball Manufacturers Association (RMA) had organized a pro tour!

The news (see page 33) was barely out when I was slipping on my eyeguards with my friend, who as you probably know, is the ultimate pessimist when it comes to racquetball.

"Well, I told you they'd do it!" I beamed in the locker room. "The RMA has lined up a pro tour. I hear it's eight or 10 stops. Gonna be great!"

"Zat so?" asked my friend calmly. "Zat so. Gonna hit the major markets I suppose. Whaddo they got lined up for Chicago? I'd like to see the pros."

"Uh, Chicago's not on the tour," I said. "But you could go to L.A. for the Ektelon Nationals."

"The Ektelon Nationals? That tournament's been around for years. Whaddya mean it's part of the tour? When are they gonna play in New York?"

"Uh, they're not. The tour's actually going to include those tournaments already in existence—no new ones.

You know, the Tulsa Open, Beaverton, Oregon, Baltimore, plus a few more and the Ektelon and DP Nationals."

My friend sensed my insecurity and went for the jugular. "Didn't all those tournaments exist last year?" he asked. "And the year before?"

"Yes."

"Oh, I get it," he said as if he'd finally had the light bulb go on in his feeble mind. "The RMA companies are gonna add to the prize money. Make all those dinky \$10 grand events nice, juicy \$20,000 tourneys. Right?"

"Uh, no. Actually, the RMA isn't putting anything into prize money."

"Now let me get this straight. They're announcing a tour, but the tour has all the same tournaments that the years of the non-tour had. And they're not adding any prize money. Uh, pardon me, but uh, what have they done?"

I was ready for him, because I knew he'd fail to see the significance of what was happening. In his eagerness to jump on what he perceived the failings of the new tour to be, he missed the point entirely.



"It's organized," I said. "Organized. The RMA's action will create an entity, a functioning tour. It's the first step toward the tour of your dreams, and while it may seem like a small step, it's very important."

"Yea? How?"

"Well for openers it will make sponsor finding more realistic. The major obstacles in obtaining pro tour sponsors have been twofold: first, the sponsors were being asked to sponsor a tour that didn't exist. In effect, they were asked to create something with their sponsorship dollars. Most sponsors don't like doing that. They prefer that you bring them an existing event or series of events and they'll enhance them with their sponsorship."

"The second obstacle was that the sponsors were being asked to put up the bucks for the entire tour. Now even in racquetball, that's big bucks. And there are few companies around who will spend half a million a year or so without testing the concept first. After all, no matter how we look at it, the sponsor wants to see a return on his investment. He needs to measure that return."

"With the new tour, a sponsor can test market his involvement with racquetball by sponsoring one of the current tour events. He needn't sponsor the whole tour. If his experience is positive, he can sponsor more the following year."

"And if you get three or four or five firms to test in this way, now you've got a decent tour going."

"You know what," said my friend. "These RMA guys, they're pretty shrewd. Yes, sir. Smart cookies, these guys."

"There's the bell. Your serve or mine?" ●

Chuck Line

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Letters

Kessinger Under Fire

Dear Editor:

You certainly achieved your goal of stirring discussion—more like fuming rage on my part—with the “Manifesto of Racquetball Instruction.”

In my opinion, Mr. Kessinger misses the mark with his analysis by failing to distinguish between “learning to play racquetball” and “learning to play racquetball well.” The two ideas are not one and the same as Mr. Kessinger would have us believe. What he fails to take into account is an individual’s motivation and goals. Not everyone wants to live and die for racquetball. Most people would probably say that they play for the fun and exercise. To blame one’s racquetball shortcomings on everything from racquetball companies to magazines is pure drivel.

Naturally, if you decide that you want to play the best game you can, you will do everything you can to improve your game. That includes not only lessons but also reading, watching, practicing and playing racquetball while working toward an “ideal” racquetball form.

Granted lessons help a player’s game and good instruction should be urged

from the start, but it takes more than just lessons to develop a solid, winning game.

John Neitge
Aurora, CO

Eyeguards

Dear Editor:

Congratulations on publishing Mort Leve’s superb presentation and coverage on the issue of eye injuries and prevention by use of eyeguards in racquetball.

The ASTM standard has been revised and Detroit Testing Laboratories has been selected as a site for testing that eyeguards conform to ASTM F803-85. Testing should start on June 1, with results available several months thereafter.

In the meantime, all racquetball players should use lensed eyeguards made of polycarbonate plastic. This type eyeguard has passed the preliminary ASTM testing. No lenseless eyeguards available up to this time will pass the standards, since the ball molds and squeezes through the protector.

Your efforts for eye safety and prevention of injuries in racquetball players prevent up to 200 eye injuries in your sport per day.

Paul F. Vinger, M.D.
Chairman, Eye Safety Committee
American Society of Testing and Materials
Lexington, MA

Unsportsmanlike Conduct

Dear Editor:

Recently I decided to attend the Men’s Pro Stop in Tempe, AZ and watched the quarter-final match between Dave Peck and Bret Harnett. Although Harnett won, I was extremely disappointed in his lack of professionalism.

A wet spot occurred on the glass back wall near my seat. During a time out I

pointed it out to Mr. Harnett who had a towel and he sarcastically mouthed a “Come in here and wipe it yourself.” He then started toward the door to come out and argue with me or whatever. I guess he decided not to because he slammed the door, then walked back to receive the ball, cussing at me all the while. I was both surprised and disappointed. A common courtesy to players is to point out wet spots if not for the safety, then fairness to each player.

I believe racquetball’s slowing in popularity is directly linked to the attitude of the pros. One wonders what possessed DP to sponsor an athlete who represents their business so poorly.

I would finally like to point out that Mr. Harnett is a fabulous racquetball player and has a very full career ahead. It’s a shame his attitude doesn’t parallel his brilliant athletic performance.

Karen Clark
Phoenix, AZ

There are two sides to every story. However, we’ve witnessed many pros, male and female behaving immaturely over the years. It’s a shame, but it happens. We hope Bret sees your letter and responds directly to it or with improved behavior on the court.—Ed.

Fitness Center

Dear Editor:

I have enjoyed your *Fitness Center* articles in recent issues and have picked up several techniques on fitness training. You have covered the subject matter very well.

I am ranked in the top five in the Open Division and the top ranked over 30 player in the state. I have been an active Nautilus user for the past year and a half and your coverage of this equipment has been very beneficial.

Monty R. Andrus
Salt Lake City, UT

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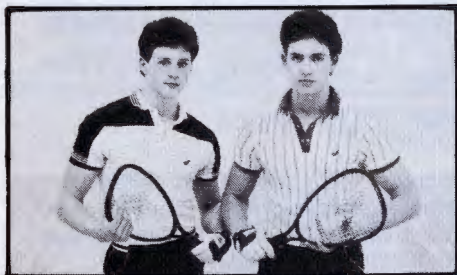
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The Andy Gross Fan Club

Dear Editor:

Well, I really love your magazine a lot. I never miss reading an issue. When I read your *June '84* issue, I saw the article on David and Andy Gross and I thought it was very good.



I would really appreciate it if someone would send me the Gross's address because I would like to write to Andy. I'd like to be pen pals or something like that.

Michelle Putnam (age 15)
Springfield, VT

You can reach the Gross brothers in care of Pro Kennex, 7444 Trade Street, San Diego, CA 92121.—Ed.

Victor Block to the Rescue

Dear Editor:

With the Ektelon Nationals coming up May 1-5 perhaps you could help a lot of people with information concerning travel and accommodations in relation to the tournament and surrounding area.

This will be my first trip to the Nationals. I am in need of any information you could share with me and other interested readers of *National Racquetball*.

Please include information concerning hotel accommodations and packages that will be available, transportation needs and any other information pertinent for the tournament.

Thanks so much for your help and concern. I hope to hear from you real soon.

Ann H. Wert
Mililani, HI

The Ektelon Nationals in May will be held at the Sports Gallery in Anaheim, CA. Many players will be staying at the nearby Ramada Inn at 1331 E. Katella, Anaheim, CA 92805.

If you'd prefer to stay somewhere with

racquetball courts and plan to have a car available, try the Balboa Bay Club, 1221 West Coast Highway, Newport Beach, California 92663.

And good luck with your matches.—Victor Block, Travel Editor

Dear Victor:

I will be traveling to Rio de Janeiro on business. This is my first visit. Do you have any racquetball information for that area of the world? I will be staying at the National Hotel.

Carl E. "Buck" Jones
Newbern, TN

Your business trip to Rio de Janeiro, Brazil, sounds great. I think you'll find the people friendly and hospitable. They work hard and play hard, on the beautiful beaches and elsewhere.

When it comes to racquetball, though, you may be hard-pressed to find courts. One suggestion is to contact the tennis federation to see if they know of any. Write to the Federacao Nacional de Tennis, Rua Barata Ribeiro 774, Rio de Janeiro 20000, Brazil. Or when you arrive, call them at 252-8949.

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Drop me a line when you return and let me know about your trip—and your luck in locating any racquetball.—Victor Block, Travel Editor

Marker's Diary

Dear Terry:

I am a police officer with the City of Chelsea Police Department in Massachusetts. Not only do we share the fact that we are both policemen, but we also share an affinity for the game of racquetball.

I thoroughly enjoyed the article "Fitness Diary of a Racquetball Player" in the January issue of *National Racquetball* because it truly touches upon a lot of what has happened and is happening in my own life.

I am hoping that this note finds you in good health and is often not the case in our profession.

Patrolman Richard J. Voto
Chelsea, MA

Short and Sweet

I wish to compliment you for publishing such a comprehensive and interesting magazine.

Sharon Brodbelt
Timonium, MD

We love it!—Ed.

Every Picture Tells a Story

Dear Editor:

I have read your magazine for over eight years now and as your magazine has grown, so has my racquetball skill and understanding.

As a teaching pro who has done his homework, I have to comment on an article written by Vince Wolanin in your December '84 issue, "Adding the Power Step to Your Game." Of the five pictures in the article, the last two (are you sure this is good form?) exhibit such outdated techniques that I question that your magazine would include such material.

Have you ever seen Hogan or Peck use such technique? Not hardly, as neither player, despite their superior conditioning, would be able to survive with such an inefficient technique.

Now it wouldn't surprise me if Mr. Wolanin is a fine player despite his outdated and inefficient technique, but does your magazine maintain a journalistic responsibility to publish accurate and current

practices or not? It is tough enough to convince skeptical students on advanced techniques when I must also overcome major magazine articles advocating improper and outdated techniques.

Now, I don't expect you to publish this letter, but I feel better for writing. I also want to say that I always look forward to that time of the month when your magazine comes in the mail.

Royle Berry
Rockwall, TX

Of course we'll publish your letter! We appreciate your concern about Vince's article, but we stand by it. Yes, the last two pictures of the article properly depict the right form for the power stroke. Please compare Vince and Marty's form, pictured below.—Ed.



Marty Hogan

Dear Editor:

Could you please send me a total list of racquetball facilities at ski areas? I'm trying to find a job at such a club so a list for the whole country would be greatly appreciated.

Betsy M. Matten
Loveland, CO

I'm sorry that space doesn't permit running such a long list! The February '84, and January '85 issues of National Racquetball included round-ups on a number of ski resorts throughout the U.S. that have, or are near, racquetball facilities.

You might also contact the major ski areas and the tourist offices of the states where there is skiing. Ask them to send you a list of ski resorts; then write the individual resorts.

Good luck in landing a job!—Victor Block

Correction

The 1985 *National Racquetball Eyeguard Guide* (February), contained an error relating to the price of the Liberty Optical Manufacturing Company's platopolycarbonate lens eyeguards.

National Racquetball reported the suggested retail price as \$14.95. That was incorrect. The proper price, according to the company, is between \$45 and \$50, available only through optometrists or opticians.

Over The Loud Speaker

by Tom Grobmisi

Announcements overheard at recent racquetball tournaments:

- We'd like to take this opportunity to welcome everybody to the 1985 Hit For Health Open Tournament, sponsored by Winston Cigarettes and Bud Light.
- We need two linesmen and a bouncer to Court 3 please.
- Anyone wishing to volunteer to referee the open doubles finals, please report to your psychiatrist.
- Will the owner of a white Jaguar parked in the loading zone please report to the front desk and marry my daughter.
- If anyone sees a little boy with blond hair and red shorts, please send him to Court 1 for the Open Singles finals.
- I'm sorry to report that the men's locker room is full. Any men wishing to volunteer to use the women's locker room please report to the desk.
- We're running a little behind schedule. 9 A.M. matches can check in now. Lunch will be served in five minutes.
- We would like to remind all first round losers that they are cordially invited to participate, free of charge, in the consolation division. Play begins at 5 a.m. tomorrow morning.
- We're sorry to report that there will be no hospitality today. We ran out of potato chips.
- Will a doctor please report to Court 3. The mixed doubles championships are about to begin.
- Attention Please: There seems to be some confusion about the receiving line rules. For your information, we are using the new AARA rules which are just like our old state rules except you might be allowed to hit the ball in front of the receiving lines if it bounces, or you might not. I hope this clears everything up.

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Sport Of The Future

5 Reasons Why Racquetball Will Not Only Survive But Flourish In The Coming Years

by Chuck Leve

I'm not going to wait for the A.C. Nielson tri-annual survey of sports participation to come out later this year. Instead, I'm going to predict that the study will once again reveal that racquetball participation is up over three years ago—just as it was in the 1982 study, the 1979 study and the 1976 study.

Beyond that, I'll predict the participatory level of racquetball will continue a steady, solid growth well into the 1990's and most likely well into the next century.

As for those who don't believe the Nielson figures, (it has been virtually proven that Nielson's raw numbers overstate the number of players by a good 35 percent) the fact is that Nielson's consistency in measuring participation makes their percentage accurate . . . and the percentage growth continues to be exactly that—growth.

There are, of course, many who believe otherwise. People are fond of bemoaning the "demise" of racquetball, the "downturn" in racquetball or the "leveling off" of racquetball. They point to clubs going out of business, clubs "de-emphasizing" racquetball and replacing courts with exercise, suntanning or aerobic centers.

But the truth is that racquetball is here to stay and flourish. And all numbers aside, there are, I believe, five basic reasons to justify this position.

1) The Sport Itself

During the early years of organized racquetball (1968-75) the sport grew from 50,000 players to over three million almost exclusively because of the nature of the sport. Racquetball overcame political infighting that would rival that of any sport; it bested the short-sightedness of facilities who banned the game because it was "dangerous" or would "damage the walls;" and it flourished with virtually no national television exposure.

During these years one group coined the slogan, "Play Racquetball For The Health Of It" and even printed bumper stickers to convey that message to the public. That message is as true today as it was in 1973.

Racquetball is good for you. It helps make you healthy. It burns off calories. It helps vent frustrations. It gets your body in better physical condition. It's a good workout in a relatively short period of time. It's fun. It's competitive. There's always somebody of your ability to play. You don't have to be a "jock" to play it. Both sexes can play. All ages, too. And it need not be expensive.

But better than in the early years when you had to call your local facility as the second hand approached the minute of the hour when the court reservation desk opened—now there are plenty of places to play. It's easier to get a court, there's a wider variety of facilities and you can go to a club to play racquetball, and/or swim, run, lift weights, ride exercycles or do almost any athletic endeavor.

Nothing that has happened in the past 20 years in the world of racquetball has changed the nature of the sport to eliminate any of the healthy benefits of that super-charged the game in its initial growth period. For a short period in the late '70's there was concern over too-lively racquetballs, but the manufacturers, as they always will, reacted to the marketplace and toned them down.

Racquetball is easier to play and a better workout than tennis; it's better exercise than bowling; it's more competitive than swimming; and it burns more calories than golf. Racquetball is a damn good sport and it always will be so. Racquetball . . . the sport of fitness!

That's the primary reason it's the sport of the future.

2) It's Well Organized

Due primarily to the great strides made by the American Amateur Racquetball Association (AARA), racquetball, especially on the amateur level, is well-organized. The political framework is set for international activity, the U.S. is structured with state affiliates, and the mechanisms for making change are there.

On the tournament front, the AARA shines. They've established significant national championships in almost every imaginable category of play and supplemented those events with strong regional and state tournament activity.

In addition, a series of age-category-invitationals enhance the competition and help the sport maintain visibility throughout the year and the continent.

It's true we in racquetball perhaps got a little over-enthusiastic last year regarding the Olympics and racquetball's involvement, due to the Los Angeles experience. And while most within the sport recognize the difficulty of achieving Olympic status, the AARA has, without question, opened that door and stepped inside.

Should the AARA achieve it's next Olympic aspiration, that of plugging into the U.S. Olympic Committee's well-endowed money belt, there would be ample funds available to further promote the amateur game. As those funds are used to further develop the international game, then Olympic racquetball becomes more than just a dream.

AARA membership reflects these strides forward, with over 35,000 dues-paying players now affiliated—over double a year ago. Even the most conservative projections anticipate over 50,000 AARA members in the next 12 months.

As a result, the AARA is attracting more and more corporate sponsorship of its program from within the industry and its publication, *Racquetball In Review* accepting more and more advertising.



AMERICAN AMATEUR RACQUETBALL ASSOCIATION



Unfortunately, the same progress has not been made with other associations within racquetball, although the Racquetball Manufacturer's Association (RMA) has recently begun to twitch (see page 33). The Women's Professional Racquetball Association (WPRA) continues to struggle in their attempt to provide a viable career opportunity for women pros, however, if the RMA's pro tour goals are achieved in the next few years, it can do nothing but enhance the women's opportunities.

3) Facilities Are Multi-Purpose

What?! Is this blasphemy? No, the inundation of fitness, wellness, aerobics, and all the other stuff now being added to clubs is actually good for racquetball.

Prior to 1972, there was no such thing as a racquetball club. My guess is that by 1990 there will be no such thing as a racquetball club. You can't make enough money to stay in business with a club that offers just racquetball.

That isn't a knock against racquetball. It is reality. Where would you rather have your membership, at a club that offers racquetball, swimming, weight training, steam, sauna, whirlpool, etc., or just racquetball?

Nobody complained in the pre-1972 era that the YMCA and JCC facilities offered more than just racquetball. In fact, those who noticed that the exposure to racquetball of these people in other activities was a major, contributing factor to the influx of new players.

The same will hold true in the coming years. Those clubs who attract not just racquetball players, but racquetball players and their spouses, kids and friends will be the clubs that survive. Your wife may come to the club to take an aerobics class, but she might end up becoming a racquetball player. Your 10 year old may come to the club to shoot baskets, but he might end up playing racquetball.

What happens then, is a fall-back to racquetball's original position—that if compared to other physical fitness activities, it comes out quite near the top. Exactly where it should be.

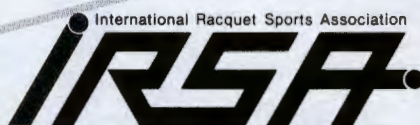
4) The Owners

Club owners, it should never be forgotten, are the individual entrepreneurs who have invested the most (in dollars and cents) in our sport. They are the ones who have gone out and found the lending institutions, guaranteed the loans personally, and built the facilities that helped expand the sport.

And for those reasons, they are the solid foundation for racquetball. The economic incentive drives almost all of us in the land of the free and the home of the brave. It surely drives the club owners, who will do what they have to in order to make sure that racquetball continues to be a commercially viable activity.

Of course, they can't do it alone, and shouldn't be expected to. But healthy, profitable clubs make better places to play.

To aid their case, the owners have what is easily the strongest organization serving the sport in any way, the International Racquet Sports Association (IRSA), the association of owners.



IRSA has developed a superb, well-rounded package of benefits to economically, conceptually, and educationally help the owners. After all, like most small business owners, those in the club industry must be experts in more areas than is possible. Sales, marketing, accounting, legal, racquetball, weight training, janitorial, energy management—all in a service business.

With over 1,200 clubs and 150 manufacturers supporting their efforts, IRSA's role continues to become one of major influence on the club business.

5) The Potential

You can round up all of the so-called negatives you can think of about racquetball and do one of two things . . . fall to your knees in tears, or view them for exactly what they are—opportunities.

There is no viable professional racquetball tour. So what? The sport has achieved solid growth in many areas for many years. There are six or seven million people playing it. There are over 3,000 facilities in North America alone that offer it. And all this achieved without a viable pro tour.

If and when a solid tour emerges, it will only enhance an already great sport.

There is no national television coverage of racquetball. Of course, without a tour, it's tough to get coverage. Only the Ektelon Nationals gets decent coverage (ESPN). Yet ESPN and other national outlets are not averse to airing racquetball—they just don't want to pay for it until they're sure our sport will attract the viewers.

When the time comes that the ratings are there, so will television. And when television comes to racquetball, you can be sure the participation level will increase—dramatically.

There's not enough junior promotions. So, let's promote more. The AARA has a new juniors program to supplement their existing national program and the new Teenage Racquetball program will stimulate activity. Plus, club owners are more aware than ever that they need to help develop the future generations of players. It will come.

There's not enough good instruction. The re-emergence of the American Professional Racquetball Organization (APRO) will help solve this problem. As this occurs we'll find more satisfied players because they'll be taking lessons from better qualified instructors. Satisfied players play more and talk about the sport more, thus spreading their enthusiasm.

There are probably other "negatives" that you can think of, but each has positive potential. The critical element is that we must all dwell on what's right with racquetball and work together to solve what isn't. As we do that, we'll all be able to take credit for racquetball reaching its true potential. ●

New Regulations Help Assure Safety On Glass Courts

Until recently, there has been no national safety standard specifically relating to glass when used as a racquetball or squash court wall. No standard recognized the high impact levels which frequently occur on these courts, thus making them "hazardous" locations.

Now, however, a U.S. national standard has been published which accepts that glass is subjected to much higher pressures when used in these areas than when in other environments, and consequently has published amendments to ensure the safe use of glass for racquetball and squash.

All previous national standards accept that, in some instances, tempered glass may break into small, relatively harmless pieces. Clearly, in locations such as racquetball courts, this could be extremely dangerous. Glass walls are installed primarily to encourage people to watch the game, and thus to treat racquet clubs as social centers rather than simply places to play. Not many fans would be happy to find lumps of glass suddenly landing in their glasses of beer!

In 1982, the International Squash Rackets Federation published a set of recommended standards for all aspects of construction of courts worldwide, irrespective of the standards of usage. Included in these were particular specifications relating to the safety of glass walls. For the first time, the game of squash had identified the impact loads which are common during play.

This proved to be the impetus necessary to prompt a change in a national building standards. In January this year, the Building Officials Code Administrators (BOCA), based in Illinois, made amendments to its code, specifically relating to the use of glass on squash and racquetball courts. Architects and building contractors in those parts of the country governed by BOCA are now legally bound to follow these amendments.

BOCA stipulates that squash and racquetball courts are "continuously hazardous locations." The Code also establishes that a glass wall is not just a piece of glass, but a complete system of components and installation procedures.

The two areas of particular concern to both ISRF and BOCA are the impacts that a wall can withstand, and door deflection. BOCA states categorically that glass walls must not break.

"Any glass wall in a squash or racquetball court shall remain intact following a test impact," the regulation states.

The energy level likely to be imposed on glass walls has been identified by BOCA as 400 ft/lb. This is slightly higher than that laid down by ISRF (385 ft/lb) which is the equivalent of the energy produced by a body of 224 lbs. travelling at 10 mph, assuming a 47 percent body energy absorption.

While rare, there have still been too many cases around the world of serious injuries caused by fingers being trapped between the door and adjacent panel of a glass wall. Under significant impacts, the door may deflect more than the panel, and fingers can get chopped off if caught.

Following the lead of the ISRF, BOCA has laid down maximum fresh air gaps which are created between the door and panel: when the test energy of 400 ft/lb is applied, the gap must not exceed half an inch.

One of the most significant rulings in BOCA states that evidence of testing must be produced by experienced engineers who have been approved by the building official. Therefore a glass supplier cannot simply claim that his product meets the standards.

An Ellis Pearson glass wall was the first to be used on a squash court, as long ago as 1969. In 1975, the company substantially improved the design of its walls by replacing the metal fittings with a high tensile nylon composite. A further development came in 1982 with the introduction of a side-hung hinge to replace top and bottom pivots on the door with all door elements returning onto stabilizers or posts.



To prove compliance with the ISRF and BOCA standards, rigorous tests have to be carried out on products. Ellis Pearson sought the assistance of Graham Cockerham, Senior Lecturer in the Department of Mechanical Engineering at Sheffield Polytechnic in England who carried out all the necessary tests, to determine the reaction of the Ellis Pearson Glasswall to soft body impacts.

Mr. Cockerham used the procedures recommended by BOCA, using the ANSI Z97 method of testing, which employs a swinging lead-filled bag to simulate body impacts. The tests were carried out on glass walls erected exactly as they would be in practice, since the construction and assembly



methods of the wall are equally as important as the basic strength of the glass. He recommended that the testing level to be used should be 420 ft/lb which exceeds the BOCA specified level.

The impacts were carried out from the playing side of the wall on a two-panel fin-supported assembly, and were applied centrally on the main panel, centrally on the door and directly behind the large vertical fin. Progressive impact values of 25%, 50%, 75% and 100% were made, and strain and deflection measurements were taken at a variety of locations.

In brief, the Ellis Pearson wall sustained all of the impacts imposed without breakage, and conformed with the requirements on fresh air gaps. In fact,

the results show that the wall is capable of sustaining even higher impacts than those used, before breakage occurs.

It became apparent during the testing program that the nylon side-hung hinges, locks and door stops fastened onto adjacent stabilizers or posts played a vital role in achieving these standards, because they enabled the wall and door to act as a coherent unit. If hinges were not fastened to adjacent stabilizers, breakage occurred during testing. The use of a bottom pivot imposed a mid-floor fixing, which removed any such coherence.

The success of Ellis Pearson's testing program is reflected in the fact that it received written confirmation from the ISRF that its walls meet the standards

laid down - the first and to-date only to do so. The Ellis Pearson wall is also the only one worldwide to have necessary documentary evidence that it meets the BOCA regulations.

The publication of the BOCA safety regulations is a positive step for the safe use of glass on racquetball and squash courts. The assembly and installation of glass walls on courts is not a simple job, it's a specialized process.

BOCA is the first national standards body to recognize this fact. It is hoped that this will provide the impetus needed for other countries' building officials to follow suit. Only then can it be certain that players are safe when playing on glass-backed racquetball courts. ●

Racquetball Millie: Doing Her Best Today, Anxious for Tomorrow

by James Smerz

Here comes Racquetball Millie, club socialite and the most enthusiastic person in Ohio when it comes to racquetball.

"Wanna play racquetball with an old broad like me?" she asks with spirited enthusiasm.

The unsuspecting 20-year-old woman looks up in complete surprise.

"Sure," she responds, thinking it'll be an easy match. A short time later, the exhausted girl reports back to the desk, panting, "The most I could score on her was seven points!"

The above scenario happens often to players who encounter the amazing ability of 70-year-old Mildred Taggart. The bumps that Millie has taken along the way add to that amazement. Consider these facts: Millie lost her 21-year-old son in an automobile accident; her husband passed away 10 years ago; she has survived cancer, a stroke, and a serious car accident in which she suffered many broken bones; she lives alone.

Despite all these adversities, both physical and emotional, Millie was determined to put body defects into submission and enjoy life.

She was introduced to racquetball in 1978, while visiting relatives in Ypsilanti, MI and wanted to start playing immediately upon returning home to Lorain, OH. Her enthusiasm was so strong that she took out memberships at many of the local clubs in Lorain County.

She first started playing by entering numerous local tournaments. After playing as a semifinalist and finalist in many tournaments, Millie qualified for the 1981 Ohio State Racquetball Tournament. This led to other contests until Millie was the only woman registered in the Golden Masters Division for the 1981 National Racquetball Tournament, Tempe, AZ.

She now plays an average of three times a week, at four different clubs in the area and is also the head youth instructor for Royal Court Racquet, Swim, and Fitness Club and at the Lorain YMCA.

Why would a 70-year-old continually be interested in playing racquetball?

"It fills a certain void in my life. The exercise, constant enthusiasm, and social aspects of racquetball keep me involved. The high-spirited and social hours of weekend tournaments help keep me active and make life a pleasant experience."

Millie's ultimate satisfaction with racquetball comes from developing and teaching young people. Fifty or 60 kids are involved in weekly youth programs at both the Royal Court and Lorain Y. Millie's enthusiasm and energy have made these programs into the largest of their kind in Ohio.

When asked what makes these programs so successful, Millie replies, *"Discipline, patience, and showing a sense of individual attention for each youth."*

Discipline tops the priority list. Racquetball eyeguards are mandatory for youngsters to wear, although Millie quickly establishes her mandatory eyeguard rule even while playing with adults.

Her second principle in teaching youths is that everyone should be courteous to one another. Not only should children learn proper court manners, but they should excel in sportsmanship. Millie feels that by quickly learning her student's names she shows them that she cares and respects each child individually, and that this aids in their response to discipline.

"Patience is the formula for success."



Racquetball Millie Taggart doesn't let illness or emotions get in the way of happiness.

All students enrolled in Millie's youth programs are required to wear eyeguards and go through thorough warm-up exercises before starting their racquetball lessons.

Since the attention of a six to 14-year-old is limited, the teacher must make it fun and interesting. It's hard for a person to coordinate himself and learn how the ball rebounds off the wall. With a constant and positive approach to teaching, the student will eventually find success in hitting the ball. After getting the racquet in touch with the ball, confidence is built and with that, more enjoyment in the game.

Children are continually over-anxious to hit the ball and must develop their own patience to follow the ball's path."

From day one Millie takes each individual student and learns about his coordination and ability to follow the ball. Proper warm-up exercise prior to play is another point Millie gives maximum importance. The students go through a thorough set of warm-up exercises under Millie's guidance before they begin to play. All in all, Millie covers every aspect of racquetball that a child would need for a well-rounded program.

If her student replies with a simple "Thanks, Millie!", Millie feels her job is well done and that she has played a small, but positive role in the influence of a child's behavior for the rest of his life. Millie feels her program is a success if she can keep children out of trouble and make them better themselves in life.

These youth programs and her unusual inner strength and drive have given Millie much exposure, including several newspaper articles and spots on television.

The media movement started when the Lorain Journal did a front-page color pictorial of Millie followed by a Sunday Lifestyle article which highlighted the youth programs and Millie's tremendous success with racquetball.

Soon after that, Channel 5's Paul Tapie interviewed Millie for Afternoon Exchange, a local talk show, again emphasizing Millie's successful youth program. Following the interview, Tapie challenged Millie to a match. The award: A beer.



Millie's level of play baffled the newscaster as he ran wildly around the court, in awe of her abilities.

Next, the Elyria, OH cable station, Channel 35, continued the media exposure, sending Peg Vincent out for an interview. Vincent, herself an avid racquetball player, honed in on Millie's success with children.

The production staff of NBC's *Real People* received the earlier newspaper articles and television tapes on Millie and decided to come to Lorain County and interview her.

The show, aired as the fall kick-off in September, 1983, showed Millie defeating co-host Sarah Purcell at poker and then playing racquetball with her students, two club members, and finally, Purcell, who learned a great deal about the psychology of racquetball.

"When you serve, look back at your opponent and give him a great big smile," Millie instructed Sarah who started their match with problems rebounding off the wall. With Millie yelling instructions, Purcell began hitting the ball with force and grace. In just one half hour lesson, Sarah Purcell was rallying with ease and confidence, learning to serve mainly to the backhand where more points could be scored.

The *Real People* crew spent six hours with Millie before traveling to Michigan for another taping. That night they called Millie to thank her for the nice day they had with her.

"Sarah Purcell has such a sweet and effervescent personality. The Sarah off-screen is the same as the one you see on TV. The whole crew was fantastic," said Millie, "I felt at ease and relaxed with everyone."

Later that summer, the *Real People* train came to Cleveland where Millie once again met Sarah and the crew.

Millie instructs Chris Luther, one of her young students at the Royal Court club.



Sarah, recalling Millie's reason for taking up racquetball, told her, "You make me want to get off my buns and get going!"

Television and newspaper exposure opened many doors to Millie. She renewed acquaintances with distant and



Millie showed *Real People's* Sarah Purcell a thing or two to improve the co-host's game. After spending six hours with the Ohio Wonder Woman, the *Real People* crew called to thank her for the good time they had.

And who knows what other television exposure Millie might yet receive? Recently, the Johnny Carson show interviewed Millie for a possible spot on that popular late-night show.

Her most pleasant experience in racquetball has been *meeting all kinds of people and being with all my friends.* She states that being chosen to be on *Real People* has caused strangers to approach her, not quite believing in her abilities.

Her advice to all racquetball players is simple, yet sincere: Play with a graphite racquet, fast racquetballs, wear eye-guards, and show good sportsmanship. Millie also suggests that a player play people who are better in skill level.

"Your game will improve faster with that extra incentive of having to give a little more effort when playing someone better," she says.

She also recommends that club members make full use of their club facilities.

Her last piece of advice is directed toward senior citizens.

"Get out and do something, whether it be physical or just plain fun, but forget your daily frustrations and leave your problems elsewhere!"

The motto she lives by, good advice for all people, is *"Always do your best for today and be anxious for tomorrow."* ●

Jim Smerz, one of Racquetball Millie's biggest admirers, is manager of the Royal Court Racquet and Swim Club, Lorain, OH.

close relatives whom she hadn't heard from in years and began undertaking speaking engagements, including speaking at the Lorain Lions Club, Amherst Garden Club, and the Duplicate Bridge Club in Lorain.

The Ithaca, NY YMCA featured Millie at their grand opening in December, 1983. In addition to introducing racquetball to about 300 people, Millie played 21 games of racquetball that weekend, losing only to the new YMCA manager.

After those events, the Ithaca Y made Millie the centerfold of their newspaper.

"How about that?" Millie said. *"Joan Collins isn't the only one to make a centerfold. Racquetball Millie did it, too."*

Her speaking engagements, youth program instruction, TV appearances and the promotion of other clubs are done on a strictly volunteer basis. For Millie, the simple fact of making new friends and promoting racquetball is payment enough.

Although racquetball is a main activity, Millie also passes time fishing, boating, gardening, sewing all of her own clothes, and has been known as "the lady of the house" in weekly poker games. Her biggest challenge ahead is to teach her two-year-old granddaughter Jacqueline to play racquetball, a feat Millie takes in stride. Then, there's the new great-grandchild, born early this year, who'll need some coaching.

The Fitness Center

Jean Sauser

April Fools in Fitness

April Fool's Day is traditionally a day to expect the unexpected. One year, while working at a club, I switched the locker room signs on the club members (the men's locker room read "women" and the women's locker room read "men"), thinking it would be the funniest April Fool's joke ever. Well, I almost lost half my membership over it.

So, when the thought occurred to me to put the Fitness Section in *National Racquetball* upside down, I remembered that most subscribers are club members who really don't need their lives complicated by my sense of what a practical joke on April Fool's day should be.

Instead of practical jokes, or weird things popping out of this section at you when you open up this April issue, I decided to do a more tasteful introduction, keeping an April Fool's theme in mind.

In place of the usual April Fool's pranks, let's focus in on the characters I call "The April Fools of Fitness." These folks are the people you often hear in the locker room making incorrect statements and stating unfounded opinions about the balance between racquetball, fitness and health. In an effort to fool others they end up only fooling themselves.

There are four characters in racquetball, fitness and health that personify how *not* to play racquetball, how *not* to train off the court and how *not* to stay healthy. You can tell who they are by what they say and what they do.

April Fool #1: The Expert

This character thinks he needs no instruction in racquetball and/or fitness. He also doubles as his own doctor, claiming that he "knows" he's healthy because he works out every day. You'll often hear him in the locker room bragging that he hasn't seen his doctor since the day he replaced crawling with walking. He'll also make sure everyone knows that he hasn't been sick a day in his life.



The Expert



For all his bravado and personally acclaimed success and knowledge, the expert always loses to players he claims do not even belong on the court with him. Most experts usually die at an unexpectedly early age, shocking friends and relatives who actually believed everything they were hearing from him.

April Fool #2: The Drop Out

The drop out is a former racquetball player fanatic turned fitness fanatic. Where he once claimed that all he had to do to stay in shape was to simply play racquetball, he now claims that all he has to do to play top notch racquetball is to stay in shape!



The Drop Out

The drop out usually does just that after he's exhausted every known form of extreme behavior in athletics. He quits all forms of physical exercise by the time he reaches middle age. From there he takes up smoking, drinking, gains an extra 35 pounds and retires to watching television for the rest of his life.

April Fool #3: The Weekend Warrior

The weekend warrior is always very busy making up for lost time. A Type A personality in every facet of his life, the weekend warrior brushes his teeth while washing his car.

Where racquetball, fitness and health are concerned, he loves it. But, he works so hard during the week at his business (which he probably owns), that he must save all his workouts for the weekend.

Every Saturday and Sunday, you'll find the weekend warrior camped out at the club. During those precious 48 hours, he plays 60 games of racquetball, does 10 weight workouts, runs 50 miles and attends every exercise class.



The Weekend Warrior

The weekend warrior is always injured, and in pain. His muscle soreness from the weekend workout lasts all week long, going away on Friday afternoon, just in time for Saturday again. He owns stock in Tylenol, Ben-Gay and the Ace Bandage Company.

April Fool #4: The Abuser

Last, but not least on the list of April Fool's characters is the abuser. The abuser is a person who thinks that a steady diet of racquetball and fitness activities takes away all the effects of

drinking in excess. "I sweat all the alcohol out of me the next day on the court," he says. In addition to sweating out hangovers, the abuser never gets enough sleep. "Sleep is a state of mind," is his common line. "The more I exercise, the less sleep I need." The abuser also flirts with danger by eating the wrong foods. "Calories are calories, my body fuels just fine with Doritos," he tells all his friends who are often gathered around him in the club bar.



The abuser is often seen counting his gray hairs in the mirror of the locker room and studying the lines on his face. At age 28, he's considering dying his hair and getting a face lift because it's a small price to pay for life in the fast lane.

The admirable quality these four characters have in common with all of us is that they are trying to achieve and maintain fitness for health and racquetball. That's a good goal. In fact, that is the goal of the Fitness Section. It's just that these characters' methods for attaining that goal don't work, should be warned against and only make sense on April 1st! ●

by Gigi Horn

Computers are finding their way into all kinds of places from our homes and schools, to businesses, and now even into fitness and nutrition areas. What... computers in the gym and kitchen? Yes, and it is changing the way many athletes are approaching training. Computerized sports conditioning, as it is called, combines physical with nutritional assessments to give racquetball players, athletes and weekend warriors alike an opportunity to learn more about themselves physically along with how their food choices relate to sports performance and energy level.

When the fitness section began in the October issue of *National Racquetball*, several components of fitness were mentioned. These components (body composition, flexibility, muscle strength, and cardiovascular strength) are all physical parameters which may be tested or measured and compared with other athletes or norms. The results of these evaluations may be used to design a training program suited to your particular needs on and off the racquetball court.

For example, if you are an individual who's fitness test results show a very strong heart (aerobic power) but who's test results also show that you have poor flexibility, you may be jeopardizing a chance to remain injury free. So, in this case an exercise prescription to maintain aerobic fitness and increase flexibility would be given.

What makes computerized sports conditioning so invaluable to your racquetball game is that once you've been evaluated on body composition and aerobic fitness, this information can be combined with current eating habits to design a total approach for energy

SPORTS CONDITIONING FOR RACQUETBALL

Gigi Horn holds a master's degree in exercise physiology and nutrition. She is a writer, speaker, and consultant in the areas of nutrition and fitness. Her company, Gigi Horn Enterprises, does computerized nutrition analysis and custom fitness programs for individuals and corporations. She is also a racquetball teaching professional at the International Athletic Club, in Dallas, TX.



and sports performance. Results of your tests are compared with established norms so that you have an idea of your strengths and weaknesses. Once entered in the computer, a file is created and progress in physical as well as nutritional areas may be monitored for individuals.

The starting point in your individual file that involves current eating habits keeps track of what you eat on a daily basis. It is then compared to the United States Recommended Daily Allowance. This comparison helps you understand whether you are consuming foods that are killing your energy level or enhancing it. Nutrition should be part of every sports conditioning program but it is often neglected. Whether you are a seri-

ous athlete or recreational fitness enthusiast, fueling more efficiently may help give you that winning edge. The computer printout which is produced after adding foods into the computer also confirms or denies any problems with nutrient deficiencies and/or excesses because of poor food selection.

Without telling anyone what you eat, you can preview your favorite food, in the usual quantities, to see what the composition of the foods supply. The types and quantities of food are changed and reworked until you are happy with the food choices, and your consultant is happy with the composition and balance of the calories. Incorporating this knowledge into daily choices is a gradual process, but seeing the numbers on the computer when setting goals is very motivational.

From here, the consultant gives you an exercise prescription along with nutrition guidelines. That information is also stored in your own personal file on the computer for reference and as a starting point to build yourself into a more physically fit—well fueled racquetball player. As retesting for fitness is conducted and eating habits improved, the computer keeps this information well organized. It is a constant source of feedback for you while building and maintaining a sports conditioning program.

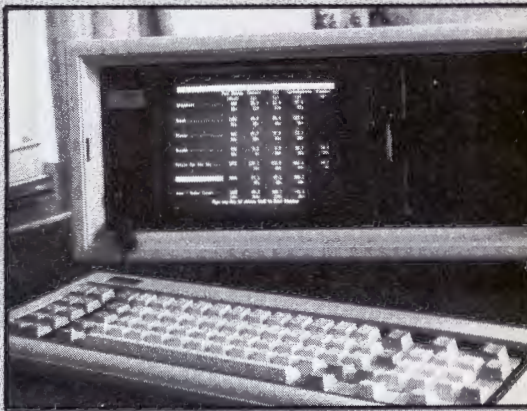
The Anjon Program

One of the most innovative computerized conditioning and nutrition software programs in the world today is the Anjon computerized sports conditioning program. It is the first system that integrates *all* aspects of conditioning to produce a finer athlete. It is used by the United States Olympic Training Center, professional

football teams (most notably this year's Superbowl champions, the San Francisco 49ers) and several major university athletic departments.

To achieve the healthiest lifestyle, Anjon assists by analyzing both your fitness level and nutritional habits. This helps you know where you stack up so that specific target fitness and nutritional goals with improvement in mind may be designed especially for you. The Anjon nutrition system helps you to get to know more about your favorite foods and this means that it can help you conduct your lifestyle at the table as well as on the racquetball court and in the gym. The Anjon exercise package allows athletes to log work-out activities and follow prescribed exercise and weight training programs, as well as provide feedback on performance testing.

Racquetball requires a level of fitness that will delay fatigue and therefore delay the associated decline in proficiency that may come with a low endurance level. In terms of fitness for racquetball, fatigue is more likely to be delayed if you have a good aerobic capacity.



Making the computer work for you. The Anjon system's nutrition program involves educating the client to the composition of the calories in his or her favorite foods.

Placing yourself in the hands of a competent professional with a computer. Gigi Horn (shown here) consults with racquetball players on an individual basis to help them improve on court performances through a combination of nutrition and off court training methods.



Anjon uses a bicycle ergometer program to evaluate your aerobic or cardiovascular capacity. Your maximal oxygen uptake¹ can be determined with the help of a prediction equation and heart rates recorded during your test. From there a numerical value is assigned. This numerical value indicates your body's aerobic capacity, or general fitness level. The higher the score, the better shape you're in. Higher numbers indicate a better efficiency of all the body systems in delivering oxygen for continued activity during exercise.

Training to increase aerobic capacity, or endurance, will also help to improve your fitness score the next time you are tested. An exercise consultant may then use the information to tailor an aerobic and/or anaerobic exercise program (weight training or interval training) suited to the individual's fitness level and goals.

Another component of Anjon computerized conditioning is the body composition assessment. Anjon computes, in less than a second, an individual's percentage of body fat. Fat is non-contributing tissue and therefore needs to be kept to a minimum. Lean tissue, on the other hand, contributes to an athlete's performance. Anjon estimates your percentage of body fat by using skinfold measurements. These are measurements of fat taken just below the skin with a skinfold caliper.

In addition, the computer calculates the number of fat pounds versus lean pounds. A qualified exercise consultant reads the results and helps you set reasonable goals concerning percentage of body fat. From this point, nutrition/exercise plans that enable you to achieve those goals are put into place.

For example, if an athlete has a high percentage of body fat, his/her goal will be to decrease the number of fat pounds (thus decreasing percentage of body fat) and increase lean tissue weight. The composition of an individual's body weight is as important as what the total scale weight is. Because lean tissue weighs more than fat, it is possible to change the composition of body weight without losing scale pounds. Body composition may be evaluated every couple of months to check progress. The less fat that can be measured with the calipers, the lower the percentage body fat will be.

It cannot be overstated enough that eating habits affect performance on and off the court. Racquetball is a high energy demanding game. How you fuel your body and your overall level of fitness will always affect your energy level and on court performance. Anjon also provides computerized nutritional information about the foods most often eaten. Your normal daily food intake is analyzed for its macronutrient and micronutrient content.

Macronutrients include the carbohydrate, protein, and fat intake. Micronutrients refer to the vita-

min and mineral constituents of the food. Serious racquetballers especially need to eat for energy and carbohydrates provide the quickest and cleanest burning energy for the body. The Anjon computer program calculates the percentage of your total daily caloric intake in the form of carbohydrate, protein, and fat. The desired number of grams for those three macronutrients is also listed. A comparison is then made to target nutrition goals suggested by the Anjon nutrition program.

Daily calories by Anjon are spent in the following way: 60-65 percent complex carbohydrates, 20-25 percent on fat, and 10-15 percent on protein. Becoming knowledgeable about choosing foods high in complex carbohydrates and low in fat is a gradual process. You are not expected to change overnight if your current eating habits don't match the Anjon program.

Instead, a nutritional summary that contains information in a narrative form about foods to avoid or use sparingly is given to you by the computer. Foods such as those high in fat, sugar, and salt are advised against. Then you are advised on the foods you should use to fuel your body. By discovering more about the composition of your favorite foods, you can make

¹Maximal oxygen uptake means how well your body utilizes oxygen during exercise.

Curl Up To A Stronger Stomach

gradual adjustments toward balancing the calories. "Eating the computerized numbers" assures wise nutritional selections, high in complex carbohydrates, moderate in protein, and low in fat.

The Anjon computerized sports conditioning program is a unique package because it helps evaluate three important aspects of sports conditioning. Those aspects are body composition, aerobic capacity, and the often overlooked target nutrition. Following this assessment, the Anjon computer program is used to monitor progress and provide an exercise prescription that enables individuals to reach their goals on as well as off the racquetball court.

Computer printouts are used as visual feedback for clients to take with them. The graph on the summary sheet has a "target window" which makes it easy to spot excesses or deficiencies in nutrients.

The thought of computerized sports conditioning scares most people who've had limited experience with computers. Images of an Orwellian 1984 immediately come to mind in those of us who are not computer oriented. However, 1984 was last year. Becoming more knowledgeable and aware of food choices in 1985 by making the computer work for you can provide you that winning edge when the score is tied and it's anyone's game.

Setting and achieving body composition, aerobic capacity and target nutrition goals is the approach of the future in racquetball performance. The computer is the tool and racquetball players with this kind of assessment available stand to really benefit. Check what is available at your club, and go ahead... you can only improve yourself! ●

What does a strong stomach have to do with racquetball? Plenty, and for two reasons. First, your stomach is in the center of your body. Therefore, it provides a central balance point from where all of your body movements originate and are tied into. Second, strong stomach muscles keep the spine straight contributing to good posture and this in turn helps prevent back injuries or soreness.

Until five years ago, it was thought that regular situps could strengthen the stomach sufficiently for athletic endeavors. However, the experts found that for those who have a tendency toward back problems, old fashioned situps aggravated back problems and in some cases even caused them.

Situps have been replaced with curl ups in the 80's. Curl ups protect your back while you build the strength you

need for strong well-balanced movements on the court.

Crossed Leg Curl Ups

This exercise will strengthen your external oblique muscles as well as your rectus abdominus (see chart). It provides your back the necessary protection while targeting those muscle groups.

Step 1: Lie down on a flat surface. Fold your arms so that your hands are placed behind your head. Bend one leg up, keeping your foot flat on the floor and cross the other leg over it so that the ankle of your crossed leg rests just past your knee. (See Photo 1)

Step 2: Curl up to the count of two and touch the opposite elbow to the knee of the leg that is crossed. Exhale as you do so. (See Photo 2)



Photo 1



Photo 2



Step 3: Lower your body back down to your starting position to the count of two and inhale.

Number of Repetitions and Sets: The strength of your stomach muscles will determine how many times to curl up and down on both sides of your body per set. A good starting point for those with weak stomach muscles is to do five curl ups on each side of your body and execute three sets. If your stomach is strong, then 10-15 curl ups on each side of your body and three sets is a good starting point. Over time, you'll want to increase the number of curl ups in a set, keeping your sets to three. Many racquetball players do well over 50 curl ups in a set.

Additional Tips: Don't pull your head up with your hands in order to touch your knee. You could strain the muscles of your neck. Mentally focus on your stomach muscles and let them do the work. A good tip to avoid this error is to place your crossed fingers lightly behind your head, just touching the back of your head instead of pressing your hands into your head. Execute curl ups with a slow, controlled motion up and back down. Don't start building momentum by trying to rock your body up and down.



Photo 4

Elevated Leg Curl Ups

This exercise focuses specifically on the rectus abdominus muscles. Again, your back is protected as you build optimum muscle strength.

Step 1: Lie down on a flat surface. Bend your knees and elevate your lower legs off the floor so that your ankles are crossed and your lower legs are at a right angle to your thigh or almost parallel to the floor. (See Photo 3) Fold your arms and place your hands behind your head.

Step 2: Curl up and exhale to the count of two, touching your elbows to your knees. (See Photo 4)

Step 3: Lower your upper body back down to the count of two in a slow controlled manner. Inhale as you do so.

Number of Sets and Repetitions: Same guidelines as Bent Knee Curl Ups.

Additional Tips: Same as the Bent Knee Curl Ups.

Curl ups, like pushups, can be done every day. Stomach muscles recover from strenuous exercise more readily than any other muscle group in your body. Also, you can do them at the club, at home or on the road. If you add them to your pushup program (see February issue), you'll be adding one more building block to your upper body strength and overall performance on the court. ●

Marker's Diary— Where's the Beef?

Of all my tests, I am proudest of my flexibility rating. As you can see, I can finally touch my toes!

As promised in last month's diary, I went ahead and took my fitness re-test. The results, for me were more than satisfactory! I improved in all areas and my game is rapidly improving also.

On the court, I placed second in the 7th Annual St. Valentine's Day Massacre, a local event that draws all of the top Chicagoland area players. It's a good indicator that my game has dramatically improved.

If you're considering a professionally supervised fitness program, take it from me, it's the wisest thing you can do for yourself and your game. I can't believe how good I feel, how well I'm playing and how optimistic my lifestyle has become. ●

From an overall fitness rating of Poor in January to an overall fitness rating of Average in April. The best is yet to come!



Physical Fitness Assessment Data Sheet

January Overall Rating = Poor

April Overall Rating = Average

	Very Poor	Poor	Average	Good	Excellent	Terry's Rating 1985	
						January	April
Flexibility							
Male	-2 and less	-1 to 1	1 to 3	4 to 6	7 or more	-9	3
Female	-1 and less	0 to 1	2 to 4	5 to 7	8 or more		
Muscular Strength (KG) Dynamometer							
Male	42 and less	43-48	48.5-54	54.5-59	60 or more	43.5	54
Female	24 and less	25-29	29.5-32	32.5-37	38 or more		
Muscular Strength (Min.) Hang Test							
Male (Age 32)	less than 50 sec.	50-83 sec.	84 sec.-1:17 min.	1:18-1:50	longer than 1:50	42	1:20
Female (Age 32)	less than 40 sec.	40-66 sec.	67-93 sec.	94 sec.-1:20 min.	longer than 1:20		
Muscular Endurance Curl Up Test							
Male	15	15-19	20-29	30-34	34	44	54
Female	9	10-20	21-33	34-45	45		
Cardiorespiratory Endurance (ML/KG/MIN)							
Age 30-39	23	23-30	31-38	39-48	48 or more	33.3	45:77
Body Fat Percent							
Male (Age 32)	31.8-41.6	25.5-29.4	22-29.4	17.6-21.1	7.8-16.7	19	18.798
Female (Age 32)	35.4-42.3	28.4-33.1	25-27.2	21.9-24.5	9.5-20.7		

Pro-Files in Fitness: Mike Yellen

Ever since he took the number one spot away from Marty Hogan last year, it's been full speed ahead for Mike Yellen. He's been a serious competitor on the men's professional racquetball tour for the past eight years, filling his trophy room with all sorts of honors and records, but he really cemented his name into the cornerstone of racquetball history in 1983. That was the year he won three consecutive national titles; the Ektelon, Catalina and DP National Championships.

Yellen readily admits that fitness is a must to play your best. His off court strategy is as multifaceted as his on court strategy. It's easy to understand why Yellen is no fluke, but a serious threat and top competitor.

NR:

At what point in your career did you realize a need for supplemental training?

YELLEN:

Early in my career it became apparent that supplemental training would be extremely beneficial to improving my racquetball game. I actually started a weight lifting program before turning professional in 1975. Lifting weights helped increase my strength and add power to my shots. I follow a lighter type of weight-training program now, depending on my tournament schedule.

NR:

How else do you stay in shape besides playing racquetball?

YELLEN:

In addition to the weight lifting program, I work out on the stationary bike, play squash, jog, jump rope and stretch. There is no set program as far as running one day, then playing squash on the other. I really enjoy all of them.

NR:

How do you stay in shape during the racquetball season?

YELLEN:

Through a combination of those sports I talked about earlier. Since shots and movements are now habit-formed, it isn't necessary to spend as much time on the court practicing the mechanics (stroke, etc.). Playing racquetball used to be the primary way for me to stay in shape during the season. Now off-court conditioning has become a very important part of my game. I've also found lately that spending too much time on the court makes me mentally stale. The other sports let me work out, stay in condition and give my mind a rest from racquetball. On returning to racquetball, my mind is refreshed and more concentrated on winning.

NR:

How important are flexibility exercises?

YELLEN:

It is very important to be loose before a match. Stretching lessens

Highest-quality leather reinforces the toe, and it gives the instep extra support. In fact, with more leather than the leading indoor court shoe, the Express is extremely durable throughout.

The Express is an incredibly light 12 ounces of cool comfort. A contoured sole and breathable nylon mesh are the reasons why.

High-traction gum rubber sole is designed to take the stress with reinforced pivot points.



INTRODUCING HEAD EXPRESS. THE SH



Mike Yellen

NR:

Do you work out by yourself?

YELLEN:

My busy travel schedule as a professional makes it quite hard to arrange workout partners. Sometimes after arrival in a city, I'll chart a course that will be around 2-3 miles for jogging. In addition, a lot of the hotels around the country have workout facilities on their property. When you are a professional racquetball player, you have to find ways to stay in shape on your own.

NR:

Have you ever participated in any aerobics classes?

YELLEN:

Yes, and it is sure challenging. It is quite difficult to keep up with some people in the aerobics classes. You will always find some people are better at it than others. It's sure a great way to work out.

NR:

Do you feel your conditioning pro-

gram directly affected winning your first national championship?

YELLEN:

Before becoming national champion in 1983, jogging was not a major part of my preparation for the season. I never really felt that a loss during that year was because of bad conditioning. I was on a roll mentally during the first national stretch. I was doing a little more jogging before each group of tournaments, but to say that it helped me capture the title would be incorrect.

NR:

Do you have any special diet that you can follow during the season?

YELLEN:

I have tried many types of diets, high protein foods before a match and then only carbohydrates just before the match for additional energy. I've won tournaments dieting that way and also have been successful in tournaments eating all types of food. So a specific diet hasn't affected my play to any degree. ●



Molded heel counter prevents twisting. Forward cant cups your heel. Molded inner-sole cushions your foot. It all adds up to incredible comfort, game after game after game.

Nothing eliminates shock like this EVA midsole. It absorbs the punishing impact of play so your heel doesn't have to.

FOE THAT PLAYS AS HARD AS YOU.



Survey Results

What You Told Us About Your Racquetball Gloves

A glove seems a silly item to worry about when it comes to playing racquetball. But for over 230 readers of *National Racquetball*, who answered our November, 1984 survey "Tell Us About Your Racquetball Glove," the glove they wear is of major importance.

Once again we received questionnaires from highly skilled players. Sixty-three percent of our respondents play racquetball more than three times per week and have been playing four or more years. Of these people, 93% listed their skill level as advanced or better. A whopping 83% of those who answered were men and 97% wear racquetball gloves. The fact that wearers of gloves took the time to mail in a survey didn't surprise us, but of the 3% who answered that they did not use gloves, one was a woman and another went on at great length to tell us why he wouldn't wear a glove.

The first problem seems to be in size. For a woman the difficulty is in finding a glove that will fit.

"A man's large is too big, yet a woman's large is too small," moaned one letter. Another lady went on to say that she had a hard time finding extra-small. (They are available; take a look at *National Racquetball's Annual Glove Guide*, page 29.)

After you find the right size (39% wear medium, 32% wear large, 18% sport

extra large, and 12% wear small), fit and durability are the next most important factors.

Phil Cooper, San Francisco, wrote, "*(My glove) wears out too quickly. Usually there's a hole in the middle of the palm on the hand I wear it.*"

Another reader complained of a hole where the racquet butts against the palm of his hand.

When we asked our readers what they liked least about the gloves, the biggest complaint was the short life of a glove. Twenty-three percent of our respondents complained of having to trudge to their sports supply store to get yet another glove. As one reader pointed out, "*When you buy four gloves at \$15 a crack, that gets into a lot of money.*" This may be true, especially since 42% of our respondents own four or more gloves. One reader claimed to have 30 gloves!

Leather was the overwhelming choice for glove material, with synthetic materials following as a close second choice.

We were surprised (and maybe we shouldn't have been) at the readers who wrote in complaining about the quality of sewing that went into making their glove. Several readers complained of splitting seams (could it be that their gloves don't fit them right?) and a few more complained that they lost their

grip effectiveness after one intense match.

But one universal complaint was the hard, crusty glove. Who hasn't noticed the player, very "into" his racquetball, who attaches his many gloves to the handle of his gym bag? And who hasn't noted that these gloves are usually dirty and molded into shape from being taken off wet and not cleaned?

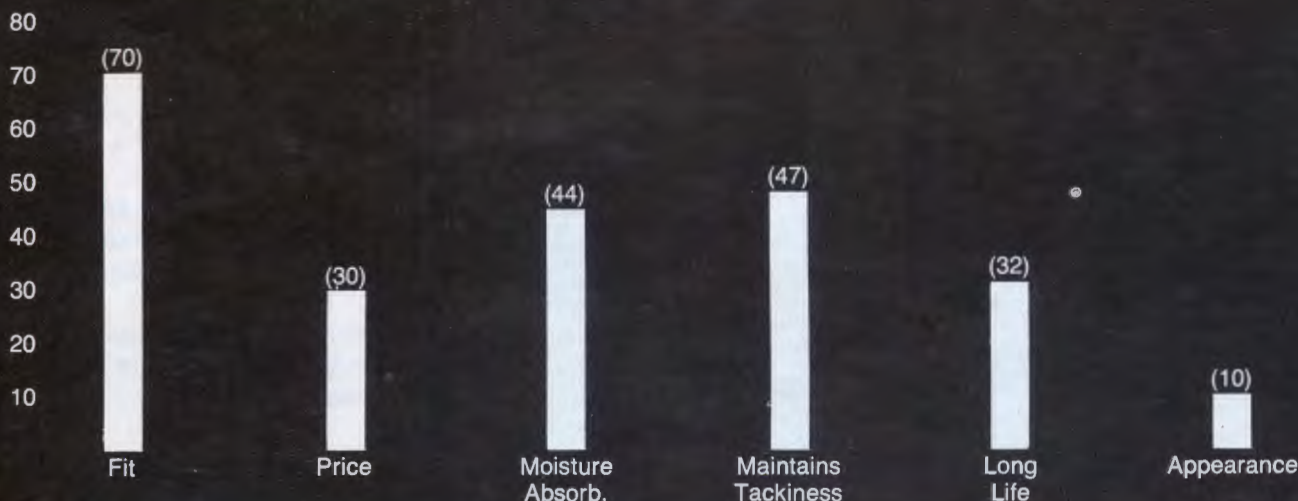
"*After a hard sweaty game, my glove gets stiff. I find the glove three days later at the bottom of the bag with leather cracked. I usually place a ball in the palm to prevent this from happening,*" wrote John Benavidez, Corpus Christi, TX.

For most of our readers, price was an evil reality—something to put up with. As Susanne Gill, Worthington, MN, wrote, "*But then I actually don't like the price of anything these days.*" So for the 56% of our respondents who shell out \$10 for a glove and the 37% who spend over \$15 on the item, please know that you are not alone.

Another item concerning our single glove-toting friends (look out Michael Jackson!) was the care of the glove. When we asked how often you washed your gloves, we never expected to receive as much response as we did.

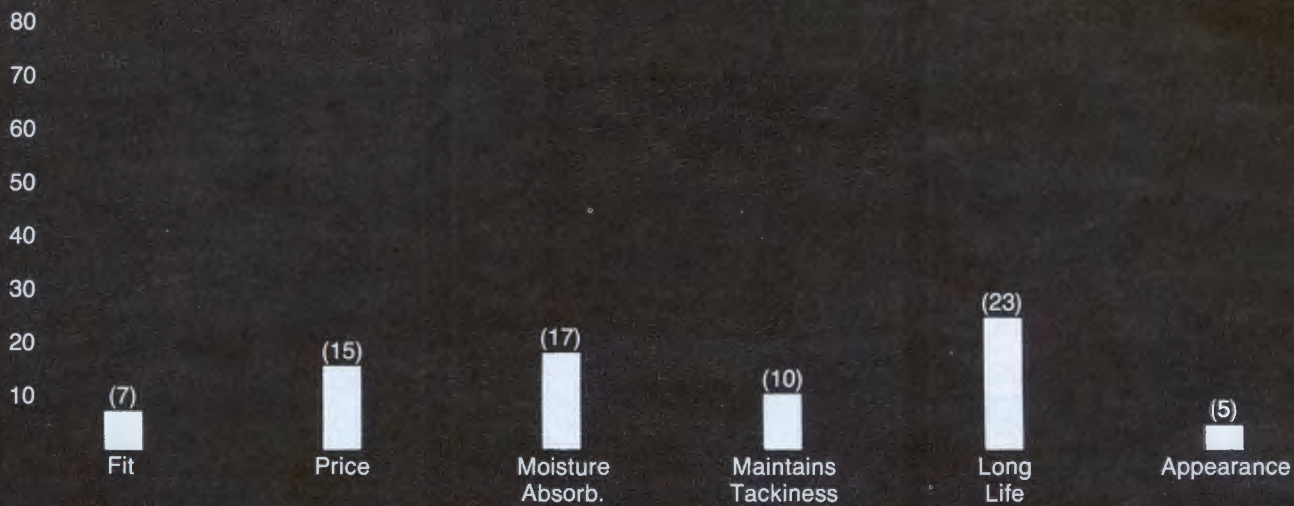
"*Is there a good way?*" asked Floyd Balangelo, South Windsor, CT. "I've

What Do You Like The Most About Your Glove?

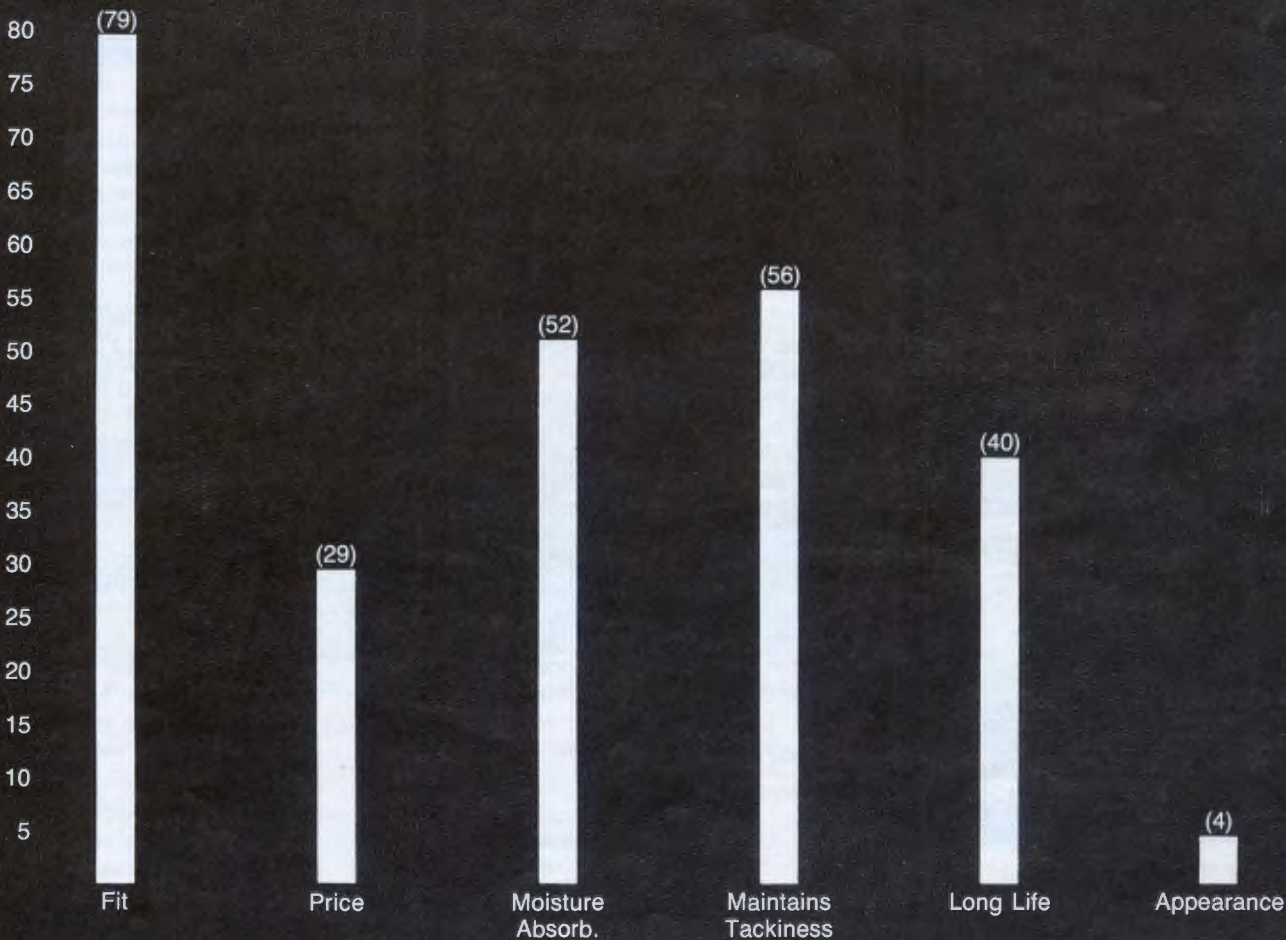


National Racquetball's Annual Glove Guide

What Do You Like Least About Your Glove?



What will most likely influence your next buying decision?



RAY HIGHTOWER'S

FREE SHIPPING WITH
PURCHASE OF 3 ITEMS
OVER \$20 EACH. FREE
EKTELON T-SHIRT WITH
ANY 3 PURCHASES
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2. PRO SHOP QUALITY
3. SAME DAY SHIPPING
4. TOLL FREE ORDERING



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CBK	138.99	New Boron Impulse	62.99
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ST 245	72.50	Vector	57.50
New Maxum "Macro"	56.50	New Pro	44.99
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Citeri	51.99	New Standard	28.95
Magnum 2	50.99	DP LEACH	
Marathon Graphite	40.99	Boron Graphite	115.99
Contra "Macro"	38.50	Graphite USA	89.95
Axon Graphite	31.50	Graphite 8000	68.99
Interceptor	34.99	Graphite 200	42.99
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Hogan Graphite	78.50	Titanium	62.99
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Hogan Bronze	44.50	Excalibur	36.99
Blaizer 48	27.95	RICH CRAFT	
Blaizer 05	25.95	Impulse (oversize)	45.99
BAGS		Classic II	47.99
Touring Pro	33.99	Smacquet Ball 1pair	33.00
Overnighter	27.99	EYE WEAR	
Sportster	25.99	REC Specs	15.99
Traveler	19.99	Ektelon Eye Sentry	24.99
Center Court	10.99	Ektelon Sentinel	19.99
Court Duffel	16.99	Ektelon Crt. Goggles	16.99
HEAD		Ektelon Deflector	12.99
Racket Sport	21.99	Leader Albany	18.99
Carry All	25.99	Leader New York	17.99
Hogan Pro Tour	25.99	Leader Westport	7.50
Hogan Barrel	16.99	Baush & Lomb Action Eyes	21.95

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Wilson Tru Blue 4 cans	9.95 plus 2 cans FREE
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Ektelon 6 cans	13.99
Penn Ultra Blue 6 cans	13.99



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Meadow Supreme	26.99
Focus Ace	26.99
Nike Socks	3 for 7.99

FOOT JOY

Tuffe	24.99
3Q	29.99
Hi-Top	32.99

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Indoor Court	27.99
Adidas Socks	3 for 8.99

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New Yorker III	23.99

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How Often Do You Wash Your Glove?



tried squeezing, wringing, drying quick, drying slow, by hand, by machine, etc. My conclusion is "there ain't no way."

Well, Floyd, for you and the other 48% of our respondents who said they never wash their gloves, comes a suggestion from Ronald E. Stephens, Lakewood, CO.

"With all of the things that I have seen in print pertaining to glove care, I have never read that the last thing you should do before putting on your glove is to wash your hands. And I don't know of anything more important. The natural oils and salts from your skin penetrate the leather and make the glove hard when it dries. You will still get some of this from perspiration, but it will be far less if you remove the top layer. Of course, you are also getting rid of any foreign matter that might get in the leather. This one simple trick will make your gloves last a lot longer."

Thanks, Mr. Stephens.

Evidently, there are people who have found a glove that works well and washes nicely. One is reader Mike Wiener, Encino, CA, who wrote that his glove "rarely loses its softness. When it does, I throw it in the washing machine and it comes out like new."

Other than these few problems, our readers were, for the most part, thoroughly happy with their gloves. Seventy-seven percent said they liked their gloves; 79% said that fit would be their biggest priority in their next glove purchase, with the glove's ability to maintain tackiness the next biggest concern.

Take a look at our glove guide. We're sure that you'll find the perfect glove for you! ●

National Racquetball's Annual Glove Guide

Once again we present our one-stop shopping guide of racquetball gloves available to you, the player. Listed below are the different styles, sizes, trims, and makes of gloves from the major manufacturers.

No more wet, slipped grips! This one item may be all you need to improve your game.

Gloves come in various sizes, styles, colors. Nearly all of the gloves listed below are available at your local sporting goods store or pro shop. And most gloves are available for both the left and right-handed player.

We'd like to thank the manufacturers who took the time to send us product information about their gloves. If you need more information concerning a particular glove, we've listed the names, addresses, and telephone numbers of each manufacturer represented in this survey at the end of our guide.



AMF Head "Dressed To Kill" Glove

- Constructed of durable, superior quality Cabretta leather
- Vented mesh between fingers
- Power mesh on the back of hand
- No seams on the index finger removes a frequent source of irritation
- Suggested retail price: \$12.00



AMF Voit Racquetball Glove RBZ

- Top grade, white leather
- Silver nylon back
- Non-slip grip
- Skin tight, yet comfortable fit
- Velcro tab closure
- One inch elastic wristing
- Sizes: S-M-L for both men and women, right and left hand models
- Suggested retail price: \$11.50



Champion Glove Model 613

- Foam-backed terry
- Thin, durable deerskin palm
- Helanca finger inserts that stretch with hand movements
- Newly designed Velcro tab adjusts to exact feel for racquets
- Men's Sizes: Regular, King, Super King
- Women's Sizes: Princess, Queen
- Colors: Royal Back/Royal Trim, White Back/Red Trim
- Suggested retail price: \$7.95



Champion Glove Model 692

- Suede, synthetic leather
- Thin, tough, and fits hand exactly the way you like it
- Machine wash with no effect on grip
- Stays soft forever
- Men's sizes: S-M-ML-L-XL
- Women's sizes: S-M-L
- Colors: Royal blue, red, white
- Suggested retail price: \$6.95



Champion Glove Model 687

- Super thin deerskin
- Famous Tiger styling
- Soft, tacky, durable deerskin
- Adjustable wrap around Velcro strap
- Men's sizes: XS-S-M-L-XL
- Women's sizes: S-M-L
- Colors: Royal blue, red, white
- Suggested retail price: \$7.95



Champion Glove Model 620

- Thin leather
- Soft, terry cloth
- Snug fitting Helanca sidewalls
- Positive closing Velcro tab
- Men's sizes: Regular, King, Super King
- Men's colors: White with colored trims of red, navy, white
- Women's sizes: One size fits all
- Women's colors: White with colored trims of red, yellow, powder blue, white
- Suggested retail price: \$6.95



DP

- Crafted of thin cowhide leather for perfect second-skin feel fit
- Spandex two-way stretch back
- Self-adhesive elastic wrist band and tab
- Panel finger construction, with opening between fingers to provide ventilation
- Set in "no stress" thumb
- Absorbent tacky, palm surface
- Suggested retail price: \$9.00



Ektelon All Pro

- Cabretta sheepskin
- Ektelon's finest
- Fits perfectly
- Keep hand cool and comfortable
- Naturally tacky, moisture-resistant
- Super-thin surface dries soft and supple every time
- Suggested retail price: not available



Tuff-One by FootJoy

- Japanese Cabretta leather palm
- Elastic wrist band with Velcro flap
- Men's - navy nylon spandex top
- Women's white nylon spandex top
- Flexible with snug fit
- Logoed wrist
- Dries soft and supple
- Stays tacky
- Perspiration resistant
- Men's sizes: S-M-ML-L-XL
- Women's sizes: S-M-L
- Suggested retail price: \$9.00



Ektelon Racquetballer

- Most durable glove in racquetball
- Tough, washable, yet stays soft
- Excellent grip and feel
- Suede-like fabric, 60% polyamid/40% polyurethane
- Men's sizes: S-M-L-XL, right and left hand
- Suggested retail price: not available



The Champion Player by FootJoy

- Japanese Cabretta leather
- Assorted navy, red, and white spandex
- Velcro closure, perfed for ventilation
- Perspiration resistant
- Stays tacky
- Dries soft and supple
- Men's sizes: S-M-ML-L-XL
- Women's sizes: S-M-L
- Suggested retail price: \$12.00



Omega Sports Glove Model 6320

- Designed for comfort and protection
- Made of the finest soft, durable tanned deerskin
- Backed with terry cloth for maximum comfort
- Accented with Omega logo to show quality
- Adjustable Velcro closure allowing for easy-on, easy-off
- Stays in place during play
- Sizes: For both right and left hand, S-M-L-XL
- Suggested retail price: \$12.00



Penn

- Thin Grade A, Cabretta leather provides excellent feel while maintaining durability
- Offers naturally tacky surface for "non-slip" grip
- Naturally absorbent sheepskin keeps grip dry
- Flat seams on palm and "no stress" thumb construction provide strength and a "no seam" feel
- Power mesh back assures snug and comfortable fit
- Narrow wristband and placement of closure allows free wrist movement
- Suggested retail price: \$9.95



Right-Gard Corporation Racquetball Glove

- Soft, supple, sure-handed
- Slip resistant, washable, genuine sheepskin
- Skin-like fit for superior control and feeling
- Adjustable Velcro wrist tab
- Woven wrist sweatband
- Available at fine stores and clubs everywhere
- Standard pack - dozen per size
- Men's sizes: S-M-L-XL
- Women's sizes: S-M-L
- Suggested retail price: \$9.95



Tough Competitor by Saranac

- All new washable deerskin
- Scientifically developed
- Microfiber back
- Deep vent back
- Pro tab closure
- Made in USA
- Suggested retail value: \$8.95



The Legend by Saranac

- Washable Cabretta
- Deep vent pro style back
- Pro style Velcro tab
- Made in the USA
- Suggested retail price: \$9.95



All American by Saranac

- New, washable suede deerskin
- Fits like a second skin
- Dries soft
- Deep vent back
- Pro tab closure
- Made in the USA
- Suggested retail price: \$11.95



Sports Pal Glove

- Thin, tough Cabretta sheepskin palm and fingers
- Stretch nylon Power Net back
- No-slip closure
- Elastic wristband
- Holds shape well
- Allows for flexing and quick action movement
- Keeps palms cool and dry
- Colors: White Cabretta leather and power net backing in red, blue, and white
- Sizes: XS-S-M-L-XL
- Suggested retail price: \$5.75



Trophy Glove T501-W

- Two-way stretch back
- Perma-Soft (Perspiration resistant)
- Leather, soft knit cuff
- Large tab Velcro closure
- American made
- Men's sizes: S-M-L-XL
- Women's sizes: S-M-L
- Suggested retail price: \$11.25



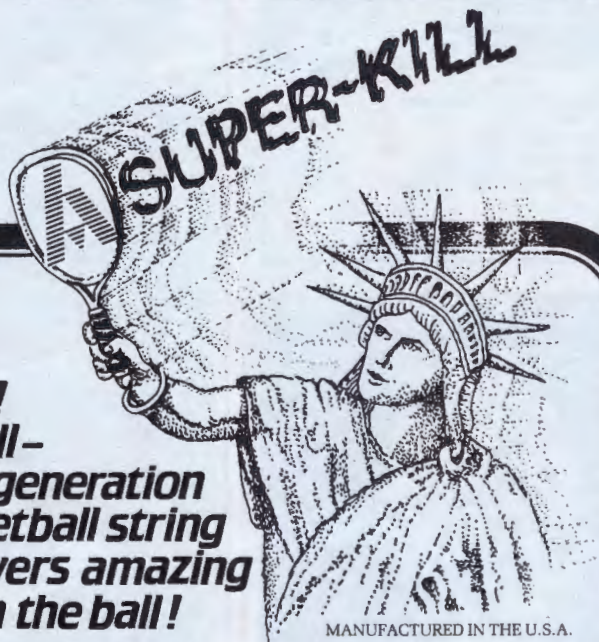
Unique Sports Products Glove

- Made of extra thin, soft, prime calf skin leather for great feel and grip
- Adjustable Velcro tab insures proper fit
- Available in Men's and Women's sizes
- Suggested retail price: \$11.50



Viking Sports Buckskin Glove

- Full fingered polyurethane suede leather
- Guaranteed machine wash and machine dry
- Never shrinks or hardens
- Thin, durable with double-stitched seams
- Velcro-closure with narrow wrist elastic
- Men's sizes: XXS-XS-S-M-L-XL
- Women's sizes: S-M-L
- Colors: White, beige, powder blue, or red
- Suggested retail price: \$10.50



***It's here!
Super-Kill—
the new generation
of racquetball string
that delivers amazing
action on the ball!***

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

ASHAWAY
RACKET STRINGS

For further information on any of the gloves included in this guide, feel free to contact the appropriate manufacturer:

AMF Head, P.O. Box CN5227, Princeton, NJ 08540; 609-799-9000

AMF Voit, 4667 McArthur Blvd., Suite 400, Newport Beach, CA 92660; 714-852-0255

Champion Glove Mfg. Co., 2200 East Ovid, Des Moines, IA 50313; 515-265-2551

Diversified Products, P.O. Box 100, Opelika, AL 36802; 205-749-9001

Ektelon, 8929 Aero Drive, San Diego, CA 92123; 800-854-2958

FootJoy, Inc., 144 Field St., Brockton, MA 02403; 617-586-2233

Omega Sports, 9200 Cody, Overland Park, KS 66214; 208-726-4477 or 903-492-3994

Penn Athletic Products, P.O. Box 6938, Phoenix, AZ 85005; 602-269-1492

Right-Gard Corporation, 101 Commerce Drive, Montgomeryville, PA 18936; 215-643-1700

Saranac Glove Co., 1263 Main St., Green Bay, WI 54305; 414-435-3737

Trophy Glove Co., 122 Washington Ave., E., Albia, IA 52531; 515-932-2183

Unique Sports Products, 5687 New Peachtree Rd., Atlanta, GA 30341; 404-451-2800

Viking Sports, 5355 Sierra Road, San Jose, CA 95132; 800-535-3300 ●

EXTRA!

RMA Announces Tour; Designates Existing Events

The Racquetball Manufacturer's Association (RMA), made up of four of racquetball's leading equipment companies (Diversified Products, Ektelon, Penn and Voit Sports) has designated existing, \$10,000 or greater prize monied professional racquetball tournaments as the RMA's Pro-Tour for the remainder of the 1984-85 Spring/Summer schedule.

The RMA, which seeks to administrate the profes-

sional men's game, has established a central office at the headquarters of the Sporting Goods Manufacturer's Association (SGMA) in North Palm Beach, FL.

The Tour will include stops such as Tulsa, OK, Beaverton, OR and Baltimore, MD, along with the two major events in racquetball, the DP and Ektelon Nationals. Efforts are under way to seek sponsorship from outside the sport to enhance



the prize money offerings for these events in the 1985-86 season.

According to RMA executive director Don Bushore, the Tour this year will generate \$150,000 in prize money, with an anticipated \$200,000 next season.

Yellen Signs \$\$Million, 10-Year Ektelon Contract

Ektelon, the San Diego-based giant racquet manufacturer has announced the extension of their contract with current and two-time national champion Mike Yellen. The new pact is reported to span at least 10 years at \$100,000 per year—the first million dollar contract in racquetball.

"Our investment in Mike reflects Ektelon's continuing confidence in the health and future of racquetball," said Bob McTear, Ektelon vice president and general manager. *"In addition to being the top player in the country, Mike is a great ambassador for Ektelon and racquetball around the world."*



Ektelon will be utilizing Yellen's outstanding talents not only as a player, but also a corporate spokesman, much the same role he has filled for the past few years. His various activities include appearances, promotions, clinics and exhibition matches along with his tournament participation.

"I'm certainly looking forward to continuing my association with Ektelon," said Yellen, 25. *"The company has made an outstanding contribution to racquetball over the years and I'm pleased to be able to play a major role for Ektelon in their development of racquetball in the years ahead."*

Mike Yellen

Australia Readies For First RB Complexes

One is in Sydney, built by an Australian who fell in love with racquetball while on a trip to the United States. The other one is in Melbourne, built by an American club owner who fell in love with Australia.

The result will be the first two racquetball facilities in Australia.

Australian Phil Heffernan, managing director of the Australia Racquetball Corporation, is under construction in Sydney with a club that will include squash, 10 racquetball courts, pro shop, nursery, gymnasium and lounges. In addition, the club will have reciprocal play arrangements with local hotels.

Heffernan, former Australian handball champion, bumped into racquetball while playing handball on a U.S. tour in the mid-1970's.

"I became very interested in the possibilities of racquetball in Australia," he said. "The game is perfect for Australia."



Phil Heffernan



Carl Porter, Jr.

U.S. Handball Association president Carl Porter couldn't agree more. Porter, owner of the Arizona Athletic Club in Tempe, and the Tucson Athletic Club, is the entrepreneur building in Melbourne. Porter's two U.S. facilities have hosted over a dozen national racquetball and handball championships. Porter, a top-level handballer, knows what the players want.

"We're building exactly the kind of club we built in the U.S.," he said. "We'll have tennis, racquetball, swimming, basketball, weight training, a bar/lounge. Basically, the works."

All of this should interest the local jocks and jockettes, who have been playing a "bastard" version of racquetball on existing squash courts. Both Heffernan and Porter are betting that the standard 20x40x20 American courts will soon be filled.

Head Joins Sponsorship Of Toyota/Baltimore Pro Event

Adding to the lustre of what is rapidly becoming one of the major racquetball events of the year, Head Racquet Sports has made a major commitment to the 1985 Toyota Pro-Am, major enough to warrant the renaming of the event the

Toyota/Head Pro-Am.

First place in the 1985 event will be upgraded to a very desirable Toyota mini-van, estimated value of which is \$12,500—one of the top prizes of the year on the men's tour.

The event, run annually at Merritt Racquetball And Fitness Center in Baltimore, will be held April 17-21. The RAM ball will be the official ball of the tournament marking RAM's first entre into the major, professional racquetball tournaments.

"We're proud to be associated with this first class racquetball event," said Mark Wentura of Head Racquet Sports. "The Toyota/Head Pro-Am will be a continuation of an outstanding racquetball tradition."

Pro Kennex Receives Award

Pro Kennex, the San Diego-based racquet manufacturing firm, has been presented the 1984 "Distinguished Manufacturer" award by the Oshman's Sporting Goods Company.

The "Distinguished Manufacturer" award is the first ever presented by Oshman's and recognizes a

vendor's outstanding service, product line and cooperation. Pro Kennex's fulfillment of those criteria led to their recognition above all other peers in the sporting goods industry.

"As a retailer, we have received numerous awards from our vendors," said

Oshman's spokesman Glenn Boyd. *"We thought it would be nice to initiate an award that would acknowledge their efforts."*

Pro Kennex, one of the world's largest manufacturer of racquets, with high-technology introductions in tennis, racquetball, squash and badminton. Rod Laver,

Marty Riessen, seventh-ranked Henrik Sundstrom, ninth-ranked Eliot Teltscher, racquetball champion Marty Hogan, squash superstar Mark Talbott and former U.S. national badminton champion Chris Kinard are among the athletes currently using Pro Kennex racquets in their respective sports.

Saranac Open

The 8th Annual Saranac Pro-Am Racquetball Tournament will be held April 12-14 in Green Bay, WI.

Divisions include Mens Pro, Open, Mens B, Mens C, Mens D, Mens Senior 35+, Mens Senior 40+, Mens Master 45+, Mens Open Doubles, Womens A, Womens B, Womens C, Juniors

17 to 14 and Juniors 13 and under.

Prize Money: *Pro Division* 1st - \$1,200.00, 2nd - \$600.00, 3rd - \$300.00, 4th - \$150.00, 5th thru 8th - \$25.00. *Pro Consolation* 1st - \$100.00, 2nd - \$50.00. *Open Doubles* 1st - \$250.00, 2nd - \$100.00. *All Other Divisions* Merchandise Prizes.

Past Pro winners include Doug Cohen, St. Louis, MO; Dan Ferris, Minneapolis, MN; Paul Ikier, St. Paul, MN; Joe Wirkus, Madison, WI and Jerry Hilecher, St. Louis, MO.

In addition to the first place prize money the Pro winner also receives an all expense

paid return trip to next year's Saranac Pro Am.

In 1984 over 300 players took part in the tournament but over 100 entries were returned when the tournament filled before the deadline.

For further information contact Dave Neubauer, 414-435-3737.

Big Turnout Expected For Hemophilia/Bud Light Classic; April 17-21 In Memphis

Led by a celebrity-studded lineup including the president of Holiday Inns, Inc. the chief executive officer of Federal Express, and Mayor Richard C. Hackett, the city of Memphis expects to raise over \$25,000 for the benefit

of the National Hemophilia Foundation, through the sixth annual Hemophilia/Bud Light Racquetball Classic.

The tournament is really three separate tournaments: a Corporate tournament, an

Open, AARA-sanctioned tournament, and a Celebrity/Amateur Tournament and Auction. A number of Memphis-based media and political celebrities will also participate.

To obtain further information on any of the events connected with the Classic, contact Mark Yokell (901) 369-7760 or write the Memphis Hemophilia Foundation, 499 S. Patterson, Memphis, TN 38111.

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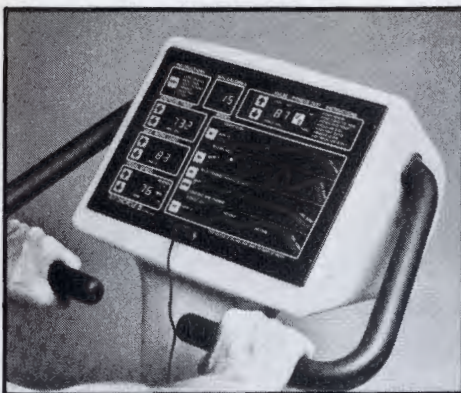
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New Products



Universal Gym Equipment Introduces the Aerobicycle

The new Aerobicycle by Universal Gym Equipment is an advanced aerobic conditioning system which provides a variety of cycling experiences for fitness and fitness testing.

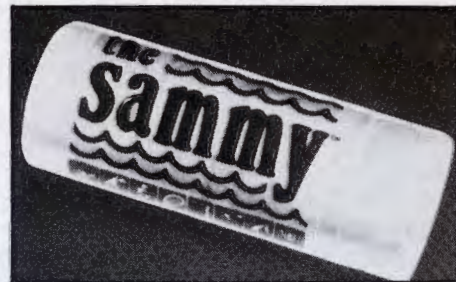
This state-of-the-art computerized bike is user-friendly. The user can choose from five pre-programmed exercise modes:

- One — simulates cycling up a steadily climbing hill.
- Two — stimulates cycling up and down a series of rolling hills.
- Three — constantly adjusts pedal resistance to maintain a target pulse rate.
- Four — constantly adjusts pedal resistance to maintain a designated RPM rate.
- Five — provides a fitness test to determine the user's aerobic fitness level in percentile ranking according to national norms.

Exercise time duration is set by the user. In some exercise modes, the user also has the option of choosing the amount of pedal resistance. Aerobicycle can monitor the user's pulse rate through the use of an ear clip and also the amount of caloric expenditure.

No electrical power is required. Aerobicycle is activated by "pedal power." Aerobicycle features maintenance-free construction, a cushioned height-adjustable seat, two position handle bars and convenient wheels for transporting.

For more information contact Joan Thorson at 800-553-7901, Universal Gym Equipment, P. O. Box 1270, Cedar Rapids, Iowa 52406.



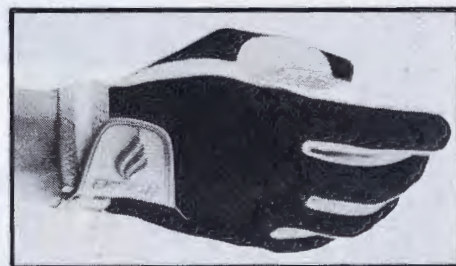
The Sammy

The Sammy, a tough, poly-vinyl formal drying convenience that resembles a towel, yet feels like soft chamois, is neither.

The remarkable absorbing qualities of poly-vinyl were recognized by Dr. Sammy Lee, one of the foremost world authorities on diving and a two-time gold medal winner in the event. Swimmers in many aquatic events can be seen using the Sammy to dry their wet bodies, easily removing all water.

The Sammy comes in its own handy storage tube and is perfect for indoor/outdoor sports activities, for campers, for hikers, and for household use. In fact, anywhere there is a need for a towel, but where a towel is cumbersome, the Sammy fits right in!

Available at most sports shops, swim shops, or you can contact The Sammy, 16537 Harbour Lane, Huntington Beach, CA 92649 714-543-6225.



Classic Racquetball Glove by Ektelon

Ektelon, the leading manufacturer of racquetball racquets and accessories, has introduced the new Classic, a stay-soft Cabretta sheepskin racquetball glove. The glove is manufactured utilizing a special tanning process which allows the sheepskin to dry soft and supple even after repeated use.

The Classic is thin (0.6 nominal) and moisture-resistant, featuring a naturally tacky surface to ensure a positive grip and excellent racquet feel.

It has paneled finger construction and a set-in, stress thumb to provide a closer, more natural fit. An easy on-and-off elastic wristband and Velcro tab closure assure maximum wrist flexibility. In addition, two way stretch nylon-mesh backing assures a close, comfortable fit.

For more information contact Ektelon, 8929 Aero Drive, San Diego, CA, 92123, (619) 560-0066.



SecondWind Shoe Deodorizer

SecondWind is a specially formulated chemical that cleans and deodorizes athletic shoes inside and out including laces and sidewalls.

When used on a regular basis, bacteria and its resulting odor are eliminated reducing the possibility of athlete's foot. Even blisters caused by heat build up from dirt clogged shoe material is prevented by using SecondWind periodically.

SecondWind also helps the shoe to stay more flexible and it helps all of the bright athletic shoe colors show through.

As a matter of fact, the manufacturer feels so strongly about the many benefits of SecondWind that it is sold with a 100% money-back guarantee if not completely satisfied after just one use.

Suggested retail price is only \$3.99 and is available at many athletic shoe and sporting goods stores.

For more information contact William A. Blythe, SecondWind, 7215 Crider Ave., Pico Rivera, CA 90660, (213) 942-2164.

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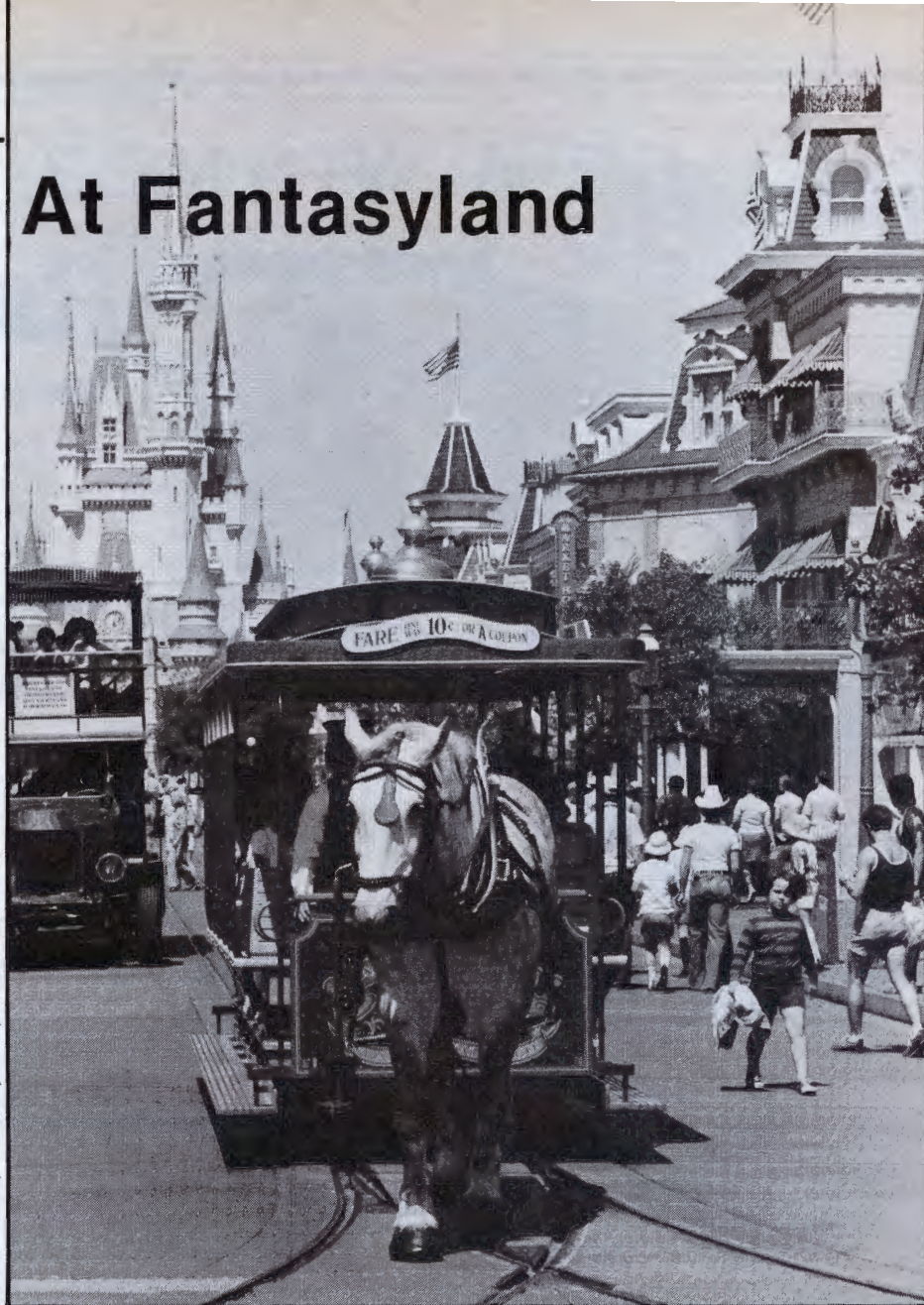
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Glenview, IL 60025

Racquetball At Fantasyland

Main Street, USA in the Magic Kingdom—
Walt Disney World, Orlando, FL.

— photos courtesy Walt Disney World productions.



by Victor Block

Where may winter vacationers seeking a respite from the cold combine a visit to Cinderella's Castle and the Mad Hatter's Tea Party, an introduction to the world of tomorrow, and a taste of highlights from 10 countries with an opportunity to play racquetball?

Walt Disney World near Orlando, FL, offers these opportunities and enough other things to see and do to have become one of the world's most popular vacation destinations since it first opened in 1971.

More than 150 million people have been introduced to the never-never land of the Magic Kingdom; the wonders of Adventureland; authentic re-creations of Frontierland, and Fantasyland, which appeals to children—and adults—of all ages.

If you haven't yet visited what has been called "*the most popular man-made attraction on this planet*," take it from one who has: you've missed a lot of fun and fantasy. Even if you have been there but not in the past two years, so much has changed that it's well worth another trip. Indeed, the newer attractions and activities added just since the end of 1982 dwarf—Snow White will excuse the word—those that have been so popular for years.

For starters, a number of new delights have been added to the original Magic Kingdom. For example, the Main Street Electrical Parade—which quickly has become one of Disney World's biggest hits—features some 100 performers and 30 floats adorned with a million blinking lights. Another recent addition is Big Thunder Mountain Railroad, a thrill ride over a 197-foot tall mountain.

But the *big* change came in late 1982, with opening of the Experimental Prototype Community of Tomorrow—EPCOT. With seven major theme areas in Future World and 10 international pavilions at the World Showcase, EPCOT—which covers two and a-half times the area of the Magic Kingdom—entertains and delights children at the same time that it fascinates their parents.

Just a brief sampling of attractions at the EPCOT Center offers an idea of what awaits visitors. "Listen to the Land" (one of my favorites) takes one on a boat ride into various ecological communities, with an introduction to innovative agricultural techniques actually being tested at Disney World. "The World of Motion" (also near the top of my list) rides people by and through 22 humorous three-dimensional scenes of travel using some 150 uncannily lifelike "audio animatronics" figures.

Smaller scale replicas such as this one of the Eiffel Tower are EPCOT landmarks at the World Showcase, where guests sample the beauty and charm of the various nations represented.

Visitors to the "Horizons" attraction are introduced to such futuristic experiences as robot-operated farms and life in a space colony. The "Universe of Energy" pavilion features a spectacular journey through a realistic prehistoric world of dinosaurs and other primeval beasts, accentuated by falling rain and splashing waterfalls, a blanket of thick fog—and even the odor of sulfur from incredibly lifelike lava flows.

The World Showcase consists of pavilions, shops and restaurants that realistically depict 10 countries, including the United States, France, Germany, China, Japan and Mexico. Each area combines reproductions of major sightseeing attractions—such as scaled down versions of the Eiffel Tower, an ancient Mexican pyramid and an eighth century Japanese pagoda—with traditional entertainment and artisan demonstrations, shops selling native crafts, and restaurants offering food and beverages typical of the country.

Visitors to Disney World may choose from a variety of accommodations. Among Disney-owned properties are the Contemporary, Polynesian Village and Golf Resort Hotels; villa-type accommodations, and Fort Wilderness Campground, with both campsites and rental trailers.



At the nearby Village Hotel Plaza—connected with other parts of the complex by frequent free bus transportation—are six hotels. Largest and considered most plush is the Buena Vista Palace, which boasts three swimming pools, a health spa, tennis courts, a marina, the swinging Laughing Kookaburra Lounge (which serves up live entertainment along with 99 brands of beer) and Arthur's—the only four-star rated restaurant in the area. For additional in-

formation or reservations call (800) 327-2990; in Florida (800) 432-2920.

For information about the theme park or reservations at a Disney-owned property contact Walt Disney World, Central Reservations Office, P.O. Box 78, Lake Buena Vista, FL 32830; telephone (305) 824-8000.

Those interested in combining a visit to the world of Mickey Mouse and Donald Duck with a few games of racquetball may choose from several nearby facilities where visitors are welcome. Among these are the following:

Moonbeam International Health, Racquetball and Social Club is a brand new facility located in Kissimmee, about a 20-minute drive from Disney World. The racquetball complex includes six courts with maple floors. Guests pay \$5 for one hour of racquetball or \$8.50 for an hour of racquetball and use of the Nautilus and Gold Coast variable resistance exercise equipment. Among other facilities are sauna, eucalyptus room, lounge area featuring projection TV, Le Chateau Briand restaurant—which boasts a sophisticated American-Continental menu—and a nightclub with dance



Innovative ways to producing crops are presented in "Listen To The Land" a ride-thru feature at Future World's The Land pavilion in EPCOT Center.

floor and musical selections geared to appeal to a variety of tastes and age groups.

Moonbeam International is located at 2311 N. Main St. in Kissimmee, telephone (305) 933-0101 or (305) 827-6231.

The Racquet Ball in Orlando has eight air-conditioned racquetball courts, one with two glass walls. The fee for guests from more than 50 miles away is \$8 a person for one hour of court time and use of the extensive Nautilus, aerobics and wet area facilities (including whirlpool and dry sauna). Visitors affiliated with other I.P.F.A. clubs may use the Nautilus, aerobics and wet area facilities at no charge, but pay court fees of \$6-\$8 a person per hour depending upon the time and day.

The Racquet Ball is at 5165 Adanson St., Orlando, FL 32804; telephone (305) 645-3999. Operations Manager Tom Weiss or other staffers can provide additional details about their facilities or answer any questions.

There's good news and bad news about the plush Hyatt Regency Grand Cypress hotel at Orlando. Only about a year old, this 750-room resort property has a broad range of recreational facilities,

including an 18-hole Jack Nicklaus golf course and nine-hole par 3 layout, 11 tennis courts, swimming pool, 21-acre lake and a marina that offers paddleboat, sailboat, canoe and windsurfer rentals, and a health club with weights, exercise room, sauna and steam rooms.

The two racquetball courts are fine—if you like to get a tan during the games and don't mind playing outside. Since they have no ceiling, you may have to alter your strategy somewhat and leave certain shots out of your usual array. The charge for court time is \$10 an hour.

The Hyatt Regency Grand Cypress sits on 930 beautifully landscaped acres at One Grand Cypress Blvd., Orlando, FL 32830. For further information, you may write the hotel at P.O. Box 22156, call the (800) 228-900 Hyatt toll-free reservations number, or phone the hotel directly at (305) 239-1234.

Whether you choose to stay at the plush Buena Vista Palace or to camp at Fort Wilderness; to travel as a family or in adult company, and to take advantage of the warm winter Florida

weather or the lower summer prices, a visit to Walt Disney World can combine the attractions of a make-believe land that appeals to people of all ages with the opportunity to play racquetball.

And given all that has taken place there in just the past two years, even if you've been there before, the time may have come to pack your racquetball equipment and Mickey Mouse ears and plan a return visit. ●

Victor Block is a free-lance travel writer for newspapers, newsletters and magazines; a state editor for Fodor's Guidebooks, and a member of the Society of American Travel Writers. When not on the go researching travel articles, he lives in Washington, DC.

Readers are encouraged to send your racquetball travel questions to Victor Block, c/o National Racquetball, 4350 DiPaolo Center/Dearlove Road, Glenview, IL 60025.

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Ask The Champ

by Mike Yellen

Current National Champion Mike Yellen answers questions about improving your game in this ongoing, exclusive series in National Racquetball. Readers are encouraged to submit questions to Mike Yellen, c/o National Racquetball, 4350 DiPaolo Center/Dearlove Road, Glenview, IL 60025.



Question: I am primarily a doubles player, at the A-B level, and usually play the left side of the court. I find that when I am playing the left side of the court and my partner serves to my opponent, I invariably get stuck on the wall, which usually results in my opponent hitting a backhand down the line shot directly into my body for a quick point. Or, worse still, when I attempt to get off the wall after my partner serves, I get hit with my opponent's return more often than not. How can my partner and I remedy this situation so that I can effectively cover my side of the court?

Barry Siegel
Northbrook, Ill.

Yellen: It sounds to me like you are trying to do the right thing, but that you are not positioning yourself properly for the situation involved. Ideally, in doubles, when your partner serves to your side of the court, you want to get off the wall and slide towards center court position. However, where your partner's serve ends up and which stroke your opponent chooses to hit it with should really determine the court position you should take.

If your partner serves the ball to your opponent and it contacts the side wall early, popping out to the middle of deep court, you should remain on the wall to give your opponent room to shoot. Turn so that you are facing the front wall and look over your right shoulder to the ball so that you can anticipate your opponent's return.

When your partner serves the ball to your opponent and it goes around the corner, again, remain on the side wall if your opponent chooses to turn around and shoot the ball with his forehand. Again, turn to face the front wall and look over your right shoulder to the ball.

If your opponent chooses to answer your partner's around-the-corner serve with his backhand, then you should step off the wall and hold a position slightly to the left of his position. Turn and look over your left shoulder at the ball. This will give your opponent room to shoot and put you in the proper position to anticipate his shot.

Lastly, if your partner's serve goes directly into the corner either resulting in a tight off the back wall setup or corner return from your opponent, then again, you can step off the wall, hold a slightly left of center court position, and watch your opponent's return from over your left shoulder.

Question: How and when do you hit a forehand reverse corner pinch? I recently saw a player who won a tournament A division using that shot specifically. It was very impressive and very effective.

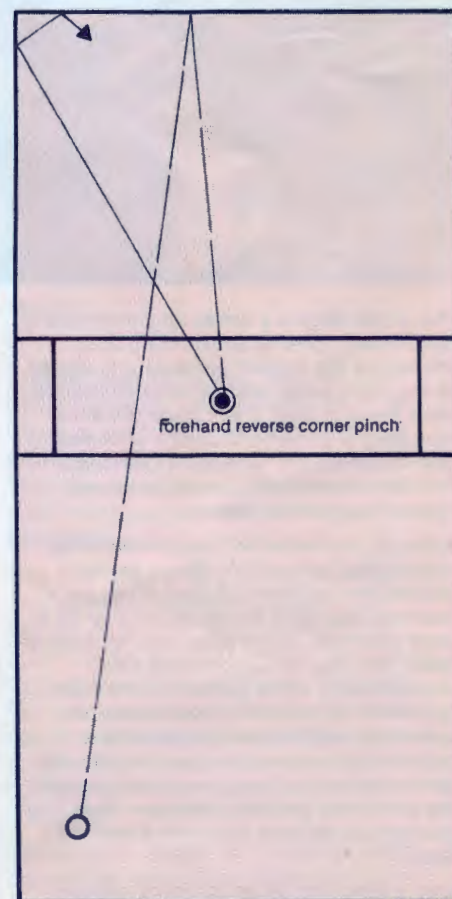
Lynn Mathison
Butte, Montana

Yellen: I have a very difficult time with the forehand reverse corner pinch, so much so that I don't use it very often. I advise you to remember this when you attempt to integrate this shot into your game. In other words, any new shot

you add to your game in racquetball should fit in with your whole game strategy. If it doesn't fit, you shouldn't try to force it into your repertoire or else you'll run the risk of throwing the rest of your game off.

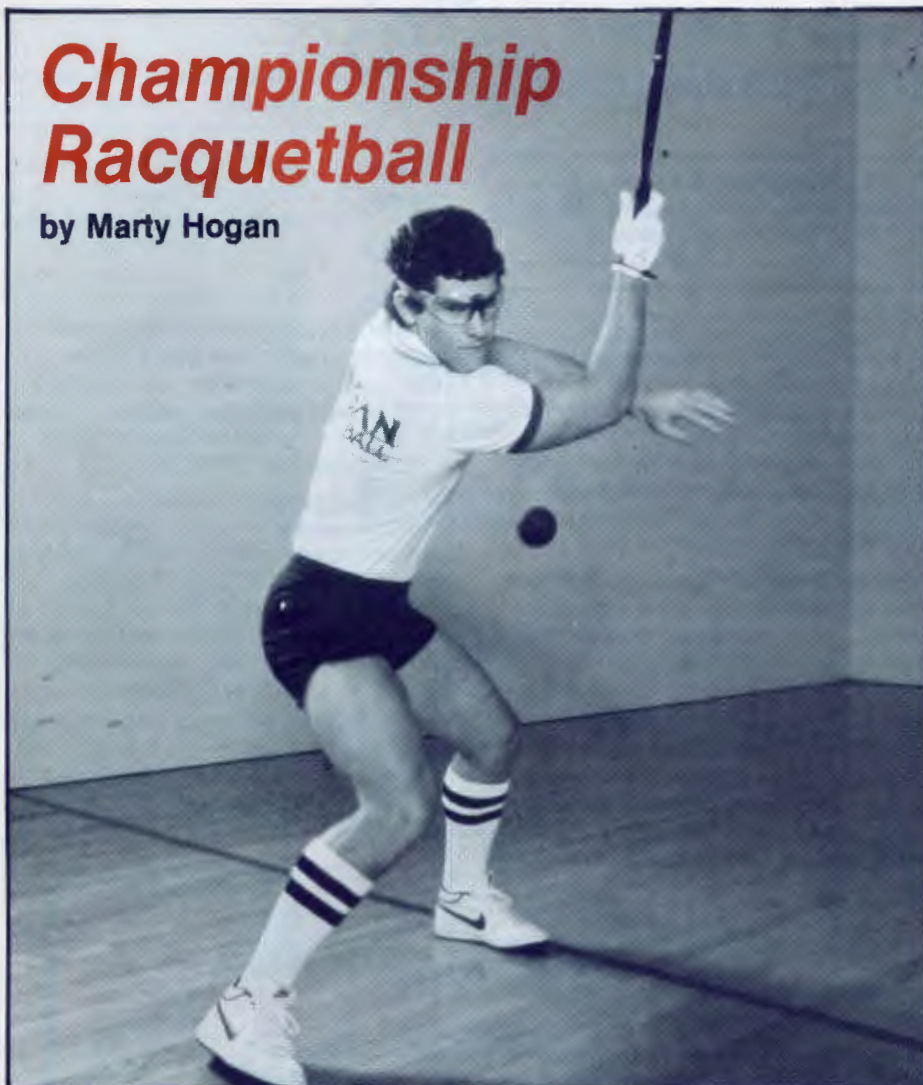
To hit the forehand reverse corner pinch, you must turn and face the front forehand corner of the court. This will give you an opened stance that will enable you to contact the ball in front of your body sending it down hard and fast into the backhand side-wall-front-wall for a quick reverse pinch kill.

You should use this shot when your opponent hits a plum that floats up the center of the court. See Diagram. ●



Championship Racquetball

by Marty Hogan



This article begins a series on championship racquetball, covering shot-making and strategy in the modern game as it is played at the professional and top amateur tournament levels of play. It will cover the basic principles of power and control shot-making, how to score from non-ideal situations, how to hit advanced shots, and practice techniques for advanced players.

Although this series will be directed at advanced play, the articles should benefit players from all levels of play. If you are a beginner, you can't expect to become an instant advanced player from reading these articles. But, they should improve your understanding of the game, provide some motivation for practicing the correct fundamentals, and maybe give you a few pointers that you can incorporate into your game right now. If you are an intermediate, the series may provide some new ideas that you can use to jump up to the advanced level.

I am writing this series for many reasons. First, I feel that since I ushered in the modern game, I should set the record straight as to what the modern game really

is all about. Second, much of the material which will appear in this series will go into a book which will be published next year under the title Championship Racquetball. It will contain all those advanced techniques and strategies which I had to leave out of an introductory book entitled Racquetball which is due out this fall.

Racquetball was written for beginners and intermediates but using the principles of the modern game. After writing the book, I realized that I had to leave a lot of material out of the book to keep it from becoming a heavy encyclopedia. Championship Racquetball will be the sequel and advanced version of Racquetball.

Finally, I want to reply to my growing number of critics who say my techniques and strategies are losing propositions. It reminds me of 1974 when I heard the same thing. People equate my lack of a sixth national title as an indication that the 1975-1981 era was not enough proof that the Hogan shot-making technique and strategy would endure.

Hogwash!

Levels Of Play

One of my non-racquetball playing friends once told me that he saw a "real good player" at his club and wondered if I had ever played him. As it turned out, I knew this other player, but was surprised to hear that this intermediate player could be confused with someone who made a living from racquetball. Can you recognize a championship caliber player if you saw one? Knowing your true abilities is a necessity in devising a good plan for improving your game.

Beginners have trouble with footwork, stamina, and consistency. Even a basic shot often represents a major undertaking.

Intermediates can hit the ball with pace, can cover the court fairly well and to the inexperienced eye seem to possess all of the shots necessary to be a top player. But in reality, their power lacks precision, they lack consistency, they have trouble shooting the ball on the run, and they usually have several gaping deficiencies that an advanced player can successfully attack. Intermediates rely on their experience and a few good shots to keep ahead of the beginners.

Advanced players usually have no major weaknesses and have the shots and control to attack everyone else's weaknesses. They can score from anywhere and at any time, even under adverse conditions.

What separates the championship player from the advanced ones is a matter of a few degrees. For the championship player, brilliant shot-making is common and both physical and mental toughness have been honed to a fine edge through thousands of hours of well planned practice sessions and tough competition. These ultra-high caliber players know that what separates the winners from the losers is only a matter of a few inches and split seconds.

These differences between the championship player and the rest of the pack call for different practice techniques, a more precise shot-selection strategy, and a shot-making technique which offers a greater scoring range.

In a sense, the quality of play at the championship level makes the strategy simple—much more so than at the lower levels of play—because there are

so many shots that are useless and so few avenues of attack. On the other hand, the need for precise and efficient execution dictates the shot-making techniques. Players of all levels can use these techniques to improve their game.

Fundamentals

So, do you have to throw out everything you've learned as beginners and intermediates to move into the ranks of the masters? Of course not. But as I point out in *Racquetball*, it is easier to evolve from beginner to championship player if you use the principles of modern shot-making and championship strategy from the very start.

But there are two fundamental principles which are important in winning racquetball at any level of play: the center-court principle and the principle of complementary shot patterns. If you don't know what these two principles are, read some good introductory book. What I want to do is point out how these two principles have been misapplied at the lower levels of play and how they are applied in championship play.

Championship Center-Court Strategy

The center-court principle says in short that because the greatest number of scoring opportunities occur in the center-court area, you should take shots which will allow you to gain and hold center-court position. At the championship level, the center-court strategy must be played very aggressively.

I play a lot of intermediates and local advanced players in my clinics around the country, and I have noticed them use one strategy which is pure suicide in championship play. Intermediates sometimes try to win points or gain superior court position with the around-the-wall ball or Z-ball. But these two shots are almost useless at the championship level because the players are much more aggressive and will attack any ball traveling through the center of the court. Any ball floating through the center of the court should be attacked either with a hard drive volley down a wall or a kill volley into a corner.

Power is an important element in gaining center-court position. There are only two shots which can't be jumped on when your opponent is in a good defensive position: a flat out kill or a low (6

to 9 inches) drive moving at least 120 miles per hour. If you aren't given ample time to set up for a flat out kill, you will have to drive your opponent out of center-court. This can't be done effectively with a ball moving only 90 miles per hour.

The ball must be moving fast enough so that your opponent can't jump on it and doesn't have time to step back and kill it. In a tightly contested match then, the ability to hit with power over a longer period of time than your opponent becomes paramount. So, in championship play, stroke efficiency is intimately tied in with the center-court principle. This fact alone should provide you with motivation to take a look at my technique for hitting with power. Your center-court strategy isn't complete without stroke efficiency.

It doesn't take a genius to realize that if everyone is hitting upwards of 120 miles per hour that center-court in championship play is really almost back court for the average player. You have to give up some of front court just to be able to cope with the ball velocity.

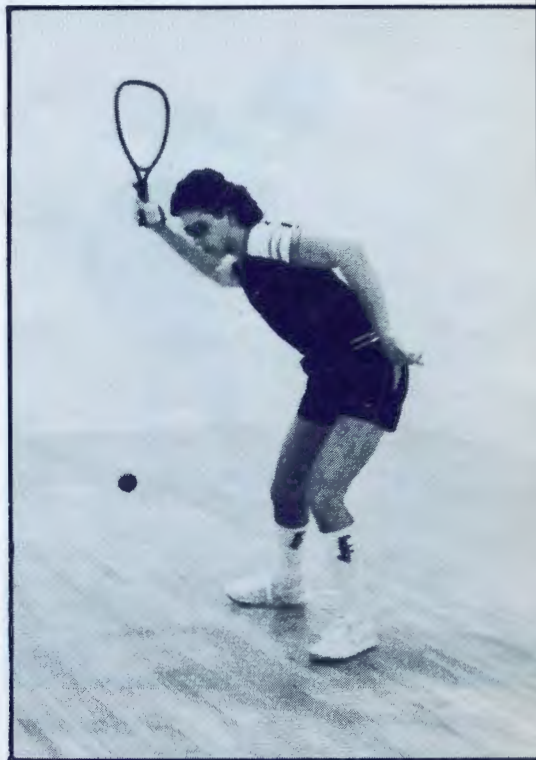
But from this deeper position, you are at a better vantage point to see the play develop. If a weak return is upcoming, you know that you can "flow" in with the release of the ball to intercept it for a winner. If the return will be strong, you can still flow with the return in hopes of guessing your opponent's plans.

Complementary Shot Patterns

A racquetball player can win with a big forehand down-the-wall kill and not much more, but at the expense of tremendous pressure to always be on with his pet shot. A player who can keep his opposition guessing on every play poses a much greater threat, one which exists even when he isn't red hot. But in championship play, there's more to complementary shots than just having them. You often have to hit them with very little setup time and be able to create your own scoring opportunities.

The down-the-wall kill and near-side pinch are the best known complementary shots. But because this combination often has to be hit on the run, a championship player must have quick release shots that can be hit with authority. This requirement means that shots have to be hit with lots of wrist

David Gross demonstrates one form of an efficient forehand. He is one of the few players that can hit the ball about 140 miles per hour from almost an erect position. I attribute it mostly to his exploitation of a looping swing and violent wrist snap.



snap in conjunction with a looping swing. But more on this in the next section.

Hitting With Efficiency

Almost anyone can hit the ball 120 miles per hour. But can you hit it 500 times in an hour without feeling any arm fatigue? Can you hit it with less than a second to setup? Can you hit your shots as well in the first game as the last?

The first step is to get a light racquet, one which is between 230 and 250 grams. Sure, you lose the ability to block shots, but that can be overcome by putting a little wrist into your shot. But you gain much more in shortened reaction time and the ability to create shots almost instantaneously. Use a stiff racquet—for example, try 100% graphite.

The second step is to make sure that the grip is small. For example, I use a 3 $\frac{3}{8}$ inch grip even though I use a 4 $\frac{1}{2}$ inch tennis racquet grip. The smaller grip will allow you to put more wrist into your stroke.

The important point is that for maximum power, the contact point should occur just anterior to the right shoulder for a forehand by a right-handed player. Note the flat wrist snap.



The third step is to use a universal grip. Some people call it the one-grip system. Critics of the universal grip system say that balls tend to float when a player gets tired. This is a bunch of baloney. Balls float when you get tired and get hesitant. It's not the fault of the grip system.

In the universal grip system, one grip is used for both the forehand and the backhand. The grip is a modified Continental grip, one which is in between the classic forehand and backhand grips. This grip requires a wristier backhand and a flatter contact on the forehand.

The difference between the universal grip system and other grip systems is that the wrist snap is different. But that's the only difference. If you can master this system, you will be rewarded with a greater scoring range even under adverse conditions.

But if you're a veteran player, your grip is probably set in concrete. About the only advice I have for veterans who want to try the universal grip system is get a racquet with a small enough grip so that the difference between your forehand and backhand grips is small.

Also, try to move your forehand grip slightly toward your backhand grip. It is usually easier to change a forehand grip than a backhand one. You will still be using a two-grip system, but it will be very close to the universal grip system (although modified). Many of the pro players use this kind of two-grip system.

Yes, the universal grip system is difficult for a beginner to use. But it is not as difficult to learn as you might think. The problem seems to lie in the requirement for a strong wrist, at least one that is not weak. Most beginners who have not played other sports haven't developed the necessary muscles to use this grip. I think that it would be a disaster for anyone who is a beginner and only wants to play casually once or twice a week to use the universal grip system. But I doubt that they will expend the energy necessary to learn it properly unless they just naturally gravitate to it.

But anyone who is a serious competitor and wants to use the most modern hitting techniques should start with the universal grip system and supplement

practice with exercises to strengthen his wrist to the point where the system can be used effectively. Don't abandon it completely even if it frustrates you because once you go to a classic two-grip system, you probably won't ever be able to use a universal grip because all of your "feel" will be lost when you try returning to it. Try the modified two-grip system which is very close to the universal grip system. When you get to the point where you are ready to try again, you will be close enough that the change won't be traumatic.

The fourth step is to use a looping swing or the crank where the elbow is brought up high as well as back. The looping motion allows you to reach four objectives.

First, it allows you to swing freely. The looping motion keeps your stroke relaxed and makes hitting all out a normal stroke which can be used even in pressure situations.

Second, it naturally moves your weight onto your back foot where you can use your legs, hips and uncoiling upper body to power the ball.

Third, the looping motion provides you with a quick release motion that can be used to power balls even in quick exchange situations.

Fourth, you can hit the ball harder with less effort with a looping motion.

The final step is to put plenty of wrist snap into every shot. Everyone knows that an explosive wrist snap will give you greater ball velocity. But it will also give you greater ball control and the ability to create last-minute shots. It's the wrist snap that gives the championship player the ability to score when he's stretched out after a flat out run because when you're running flat out, there's almost no way to get enough weight shift to hit the ball with authority except with a strong wrist snap.

These are the steps in hitting the ball efficiently. But if you are deficient in a few of the steps, it doesn't mean that you can't hit the ball with power. It just means you can improve. Also, everyone is physically different so you need to make fine adjustments to account for these differences. You don't have to mimic a great player down to the smallest detail to insure that you hit the ball efficiently. In a later article, I will discuss how to develop an efficient stroke if you don't have one already. ●

Charlie Garfinkel's 'Spot' Racquetball

Help For the Beginning Players

by Charlie Garfinkel

This article continues a monthly series by former top pro Charlie Garfinkel using the "spot" theory of racquetball, which helps improve your game by hitting a specific spot on the wall, which will give the desired effect for the shot. The spot theory also takes into consideration the "spots" on the court occupied by both you and your opponent.



I have seen many racquetball players at the Novice, C and B levels who are excellent athletes. As they continue to play and practice racquetball over a period of time, many become A or even Open players. But a surprisingly large number of these excellent athletes don't show much improvement at all. This is due to improper stroke technique, inferior shot selection, and poor concentration.

To remedy improper stroke techniques, private or group lessons are recommended. A good professional can help you correct serious flaws in your strokes. Constant practice, after and between lessons, will greatly improve your strokes. You'll find that your forehand and backhand will become much more proficient.

Unfortunately, many players who improve their stroking techniques, become even *more* frustrated, when they continue to play poorly. To improve, you must also be able to hit the correct serve, return of serve, or shot,

that is called for in a particular situation. Once this becomes second nature you'll not only improve, you'll find yourself rapidly moving toward the A or Open level.

Many players who have difficulty with their serves really don't concentrate before or after they put the ball into play. To begin with, many players below the A level merely put the ball into play on their serve. They serve to the forehand, backhand, or down the middle of the court, without looking to see where their opponent is before they serve.

They may start their serve in the middle of, to the right, or to the left of the service area. Often, the serve will carom off the side of back wall after it has crossed the short line, giving the receiver an easy shot. And because the C or B player has poor court position, his opponent can easily put the ball away.

You should also check to see whether your opponent is right or left handed. Don't laugh. You'd be amazed at how many players don't realize that their opponent is righty or lefty. I've seen them serve to the lefthander's forehand all day. When the match is over they can't figure out why their opponent killed serve after serve.

However, since over 95 percent of the players you'll be playing against are right handed, we'll discuss the shots and strategies that you would use against them. (If you're going to play lefties, just reverse the directions.)

When serving, you should stand in the middle of the service area. Before you serve, turn to see where your opponent is standing. Even if his court position doesn't force you to change your serve, at least you're showing him that you know where he is positioned.

Instead of driving every first serve (and getting a small percentage of serves in)

you'd be wise to utilize a high lob serve to your opponent's backhand. Although most players at all levels have backhands that are inferior to their forehand, it is more prevalent with players that are in the Novice, B, and C divisions. Therefore, a lob serve, if hit correctly, can prove to be a very effective weapon.

To hit the high lob serve (*Diagram 1*) stand in the middle of the service area. Many players stand too far to the right of center feeling that they'll get a better angle for their serve. Although this may be true, the ball will often catch the side wall, ricocheting to center court, and giving your opponent an easy return.

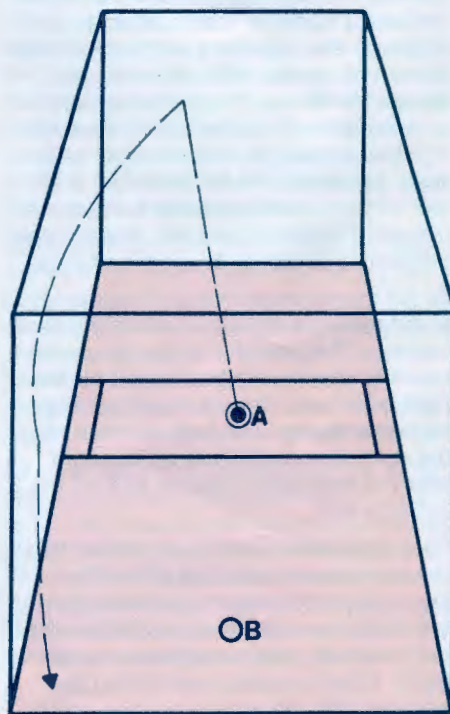
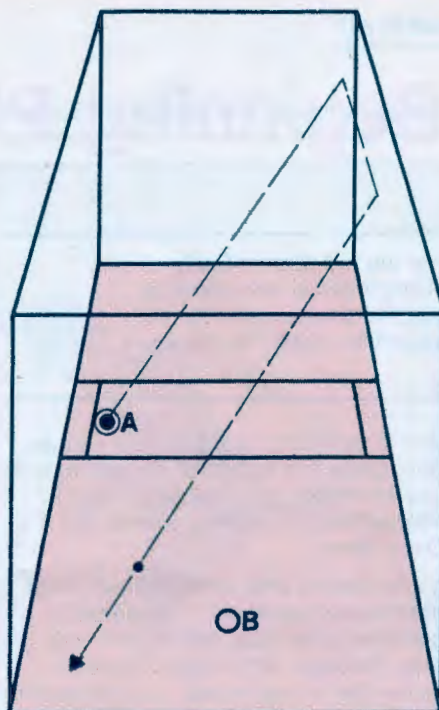


Diagram 1. High lob serve.

You should hit the ball on the front wall one to two feet to the left of center, and three to four feet from the ceiling.

Diagram 2. High Z serve.



The ball will then carry to the deep left court, hitting high on the left side wall, well past the short line. It will drop and bounce in the deep left corner, resulting in an extremely difficult service return for your opponent.

This serve should also be used most of the time on your second serve. Double faulting in racquetball is practically sacrilegious. But many players do just that because they casually hit their second serve without concentrating. Remember that the second serve is as important as the first, if not more so. You can only score points when you're serving, so it behooves you to concentrate at all times.

Another serve that is especially effective against beginning and B players is the high Z serve to the backhand. Although the trajectory and path of this serve may appear difficult when you see someone else hit it, it is actually an easy serve to perfect. As for returning it effectively, it is difficult even for many A players. Therefore, you can imagine the difficulty a B player or lower will have.

To hit this serve correctly, (Diagram 2) stand near the left side wall in the service area. The ball should be hit one to two feet from the left side wall on the right front wall, three to four feet high from the ceiling. The ball will then hit the right side wall, carry at an angle over the short line, bounce and hit the left side wall.

Your opponent could try to cut off this serve. However, because of the five foot rule prohibiting the receiver from entering the safety zone until after the ball bounces, this could be quite difficult. After bouncing and hitting the left side wall, an erratic bounce could occur that would force your opponent to miss completely.

Although an excellent serve usually produces a weak service return, or an

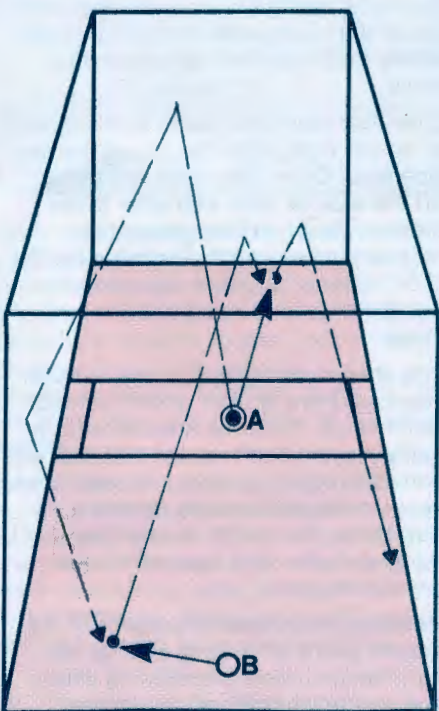


Diagram 3. Re-killing the serve return. After your lob serve elicits a weak return, hit the winner hard and low straight down the line.

outright point, the server at the B, C, or Novice level often loses the rally. Why? Because he doesn't know what to do with the weak return.

So many players, and I emphasize many, try to dump or drop the ball into the corners. On most occasions the shot is hit much too high on the front

wall, giving your opponent plenty of time to rekill the ball. Even worse, this type of shot is often hit into the floor because the server has tried to hit the shot so softly.

In addition to going against the percentages, when you half swing at the ball you're developing a terrible habit of not taking a full swing. Unfortunately, this carries over to other shots in similar situations. My advice is to forget about the soft shot. Hit the ball with a complete swing.

When the server does try to rekill the service return with a hard shot, it is unbelievable how many times he'll hit the ball back to his opponent. Or, he'll hit the ball straight down the line, high enough, that his opponent will be able to reach it.

The correct shot in this situation (Diagram 3) is to hit hard straight down the line, as low as possible. Because your opponent is still in the deep left corner, his chances of returning your shot, are slim, at best.

Another error that the player who plays at the Novice, C, or B level makes when his opponent returns the serve, is to volley (take the ball out of the air) a shoulder high return. First, it is virtually impossible to put a shot like this away; that is, to hit it low on the front wall. Second, by hitting a ball this high when you're standing near the short line, you're very likely to hit a high shot that sits up for you opponent.

The correct strategy is to let the ball carry to the back wall. By doing this, the ball will slow down, rebound, and give you a shot that is low and easy to put away on the right side of the court (Diagram 4). Be sure to allow yourself enough time to move to the back of the court to set up to hit the shot hard and low.

As for returning the serve, an interesting incident occurred in the finals of last year's DP Nationals between

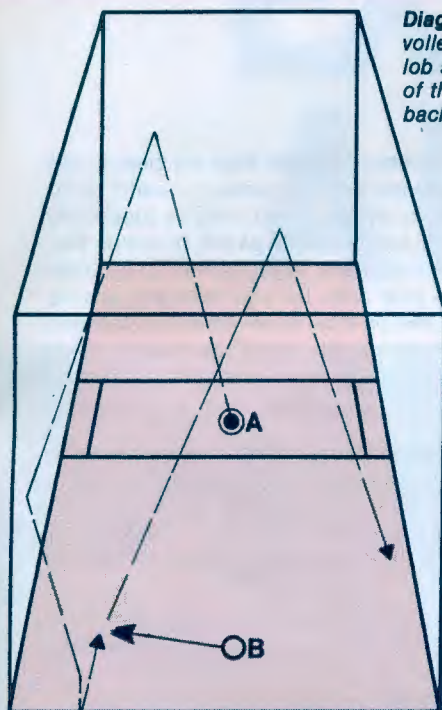


Diagram 4. Choose back wall over high volley. When you get a high return off your lob serve, resist the temptation to take it out of the air, instead letting it come off the back wall so you can set up and kill it.

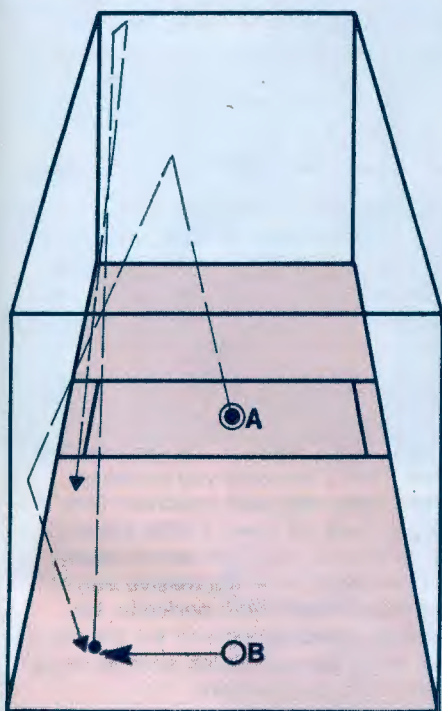


Diagram 5. Backhand ceiling ball return.

Mike Yellen and Marty Hogan. Acting as a line judge I overheard a spectator remarking to a friend during a Yellen-Hogan ceiling ball exchange.

"These are the top two players in the world," he said "Why are they hitting a stupid shot like that to the ceiling?"

Without even investigating the remarks further I'm positive that the players

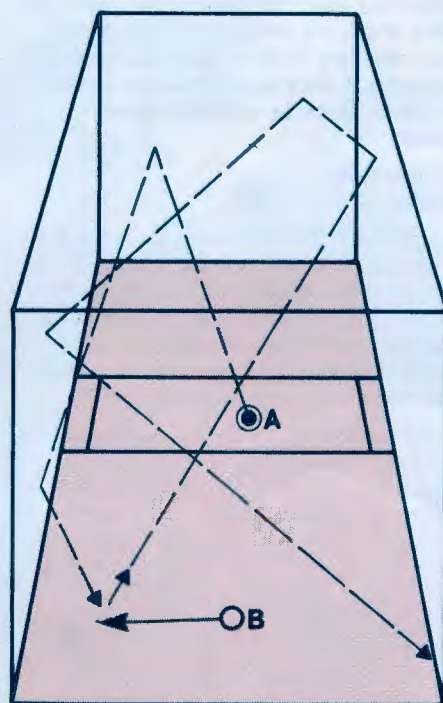


Diagram 6. Backhand around-the-wall ball return.

were B level or below. Open and A players know that the ceiling ball is an excellent shot. It can be used as a service return, as a device to get the server out of center court, and as a means of getting back into play when you're caught in an awkward position.

Yet, so many players still slam overhands or hit shots into the front wall that rebound and bounce off the back wall, giving their opponent an easy shot to put away. They're almost embarrassed to hit a ceiling ball.

The best way to improve your ceiling ball is to get on the court and practice it. You'll find that hitting the forehand ceiling ball will be much easier to hit than a backhand. Therefore, I would first work on my forehand ceiling ball, which you'll use most of the time.

To hit the ceiling ball correctly (*Diagram 5*) you should aim for a spot on the ceiling three to five feet from the front wall, one to two feet from the left side wall. The ball will then bounce high and carry to the deep left corner, producing a shot that will be very hard for your opponent to return.

As a change of pace on the service return, a return that is relatively easy to hit, is the around-the-wall ball. Because the ball is traveling high around the court, it is a difficult shot for the novice player to return. This is because the ball usually winds up deep and high in the back of the court. (Awkwardly high shots in deep court are sometimes difficult for Open and A players, too.)

To hit the backhand around-the-wall ball (*Diagram 6*) the ball should be hit high into the forehand side wall, one to two feet from the front wall, three to four feet from the ceiling. The ball will then carry around the front corner of the court hit the left side wall, carry at a sharp angle over the short line and continue to the right deep back court.

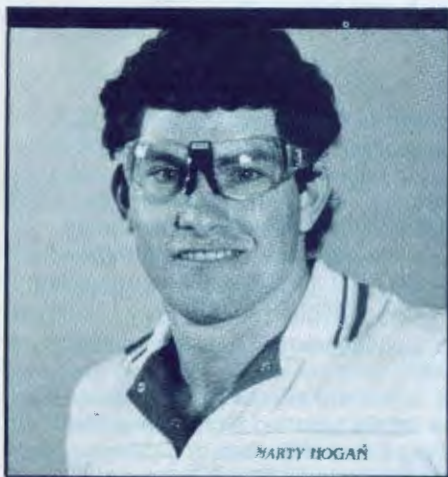
Although there are many different service returns, I would use the ceiling ball continuously, with an occasional around-the-wall ball. As your ability increases you may try some of the other service returns. But remember that even Open and A players use the ceiling ball consistently to return the serve.

By now, you must realize that the serve and service return are extremely important. You must concentrate at all times, but especially on the serve and service return. Therefore, in order not to "spot" your opponent any unnecessary points, hit the right "spot" to improve your serves and service returns. ●

The Hogan Way

by Marty Hogan

Marty Hogan, five time national champion and all time leading money winner, is on the advisory board of Marty Hogan Racquetball, a division of Pro-Kennex, Leader Sports Eye Guards, NIKE, RAM Racquetball, and Coor's Light. Readers are encouraged to submit questions to Marty Hogan, c/o National Racquetball, 4350 DiPaolo Center/Dearlove Road, Glenview, IL 60025.



Question: How can you keep control of your self-confidence during a tournament? I entered my first indoor tournament (I'm an outdoor four-wall player) in January. While the girl I lost to may have been better than me, I thought she was too good for me and thus I lost. How do you develop the self-confidence to win instead of the excuses to lose?

Sau Tang
Tempe, AZ

Hogan: It sounds to me like you need more experience. You said that it was your first indoor tournament so therefore you'll need a few more indoor tournaments under your belt to be able to execute the shots used in the indoor game under pressure.

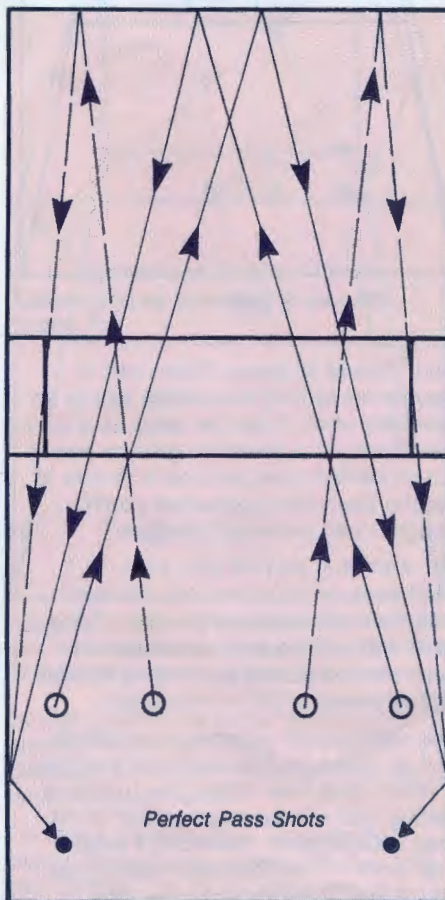
Another way to develop self-confidence is to get into good shape. You'll feel more energetic and more confident knowing that you are physically as well as mentally prepared to compete.

Train hard and keep competing. You'll get used to the pressure physically and mentally. Over a period of time those losses will turn into wins.

Question: How can I learn to pass like the pros? I've noticed that all of the top players hit their pass shots so that they die in the deep corners of the court. My pass shots are always too high or too low, resulting in front court plums or set ups off the back wall. How can I make my pass shots as effective as my kill shots?

Kathy Walsh
Morton Grove, IL

Hogan: A good pass shot, whether it's down the line or cross court should hit the deep side wall, five to eight feet from the back wall. The ball should contact the deep side wall on a fly, then bounce on the floor and die going into the back wall (note *Diagram*).



→ Cross Court Pass
--> Down The Line Pass
● Where The Ball Bounces

Question: I always play my best in the early points of a game. I usually jump out to an early lead, only to lose in the final points of the game. It seems like I've lost many more games 21-20 than I've ever won. Do you have any advice for me on how to reverse this percentage into more wins than losses?

Tom Endre
San Francisco, CA

Hogan: In the final points of the match, if you feel that your opponent is getting hot while you are getting cold and you are afraid he'll come from behind to win, there are several things you can do.

One is to change your serve. Try hitting a serve you haven't hit the entire game. It can throw him off his rhythm enough to give you that one extra point you need for the win.

Two is to go back to basics and keep your opponent behind you with good defensive shots. However, the minute you get the opportunity, shoot the ball to end the rally.

Question: What is a good second serve? When I fault my first serve, I find that I am at a loss for making a good, effective second serve. So, sometimes I double fault or hit a serve that results in a set up to my opponent.

Judy Broderick
Wheaton, IL

Hogan: The Z serve is the best second serve. That's because you're using more angles and your opponent (who's likely to have let down a little knowing you've missed your first serve) usually isn't prepared to be aggressive and kill it when you don't hit it perfectly. He probably would set up and kill the ball if your shaky lob or half lob second serve wasn't right on the mark.

Z serves are great because you can hit them at any speed and any height and you usually force a defensive return from your opponent. Good Z serves are impossible to kill or pass. They almost always force a ceiling return. Use them as second serves and you'll win more points in the second serve situation. ●

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