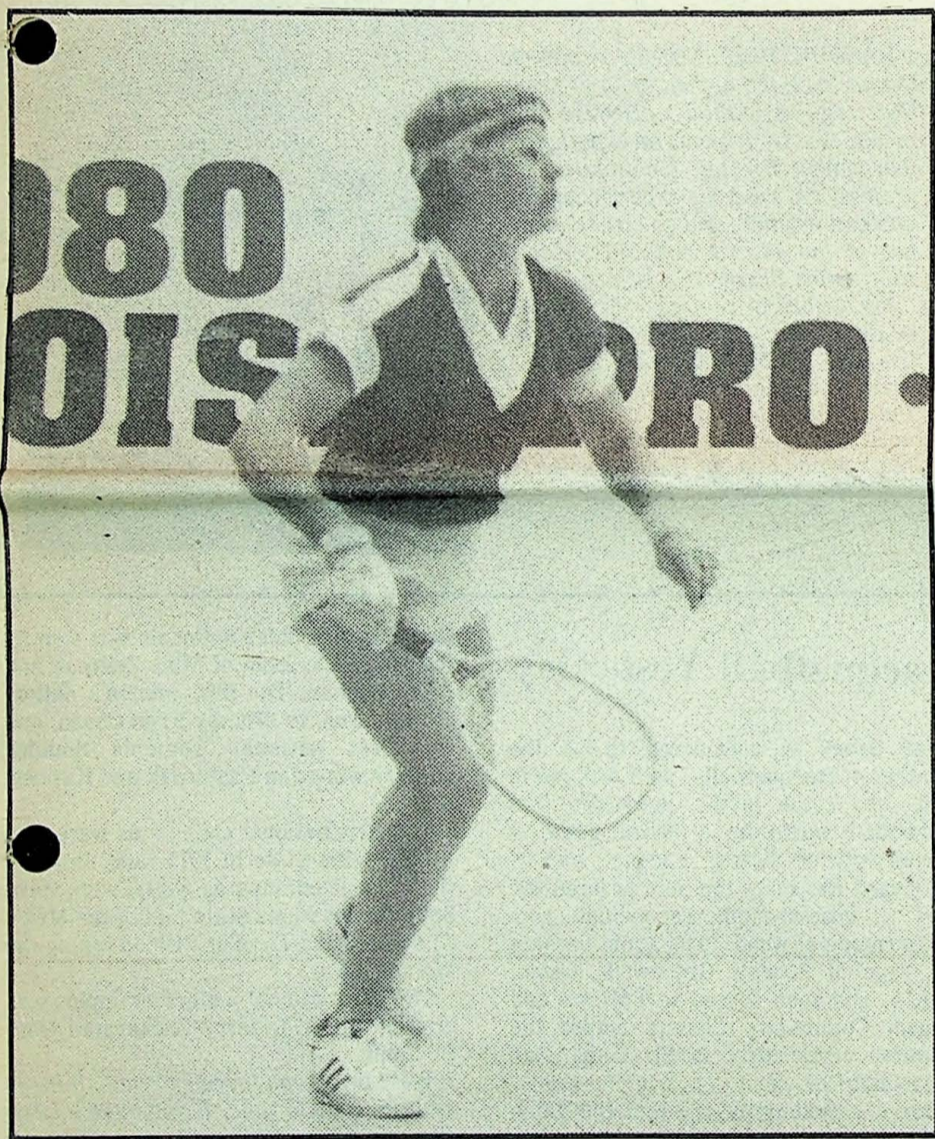


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DECEMBER, 1980

RACQUETBALL TODAY

The Women Win the West



Shannon Wright

By DIANE GABRISKO
THE WOMEN in Boise. Intense competition. Exemplary sportsmanship. Warm comradery. New determination. The spirit and confidence of the women is catching. And it's catching on.

The final competition of the WPRA 1980 Boise Pro/Am was played to a packed house and network television cameras. Shannon Wright claimed the victory over Marci Greer 3-0, 3-1 in this championship match, but there were many more winners here.

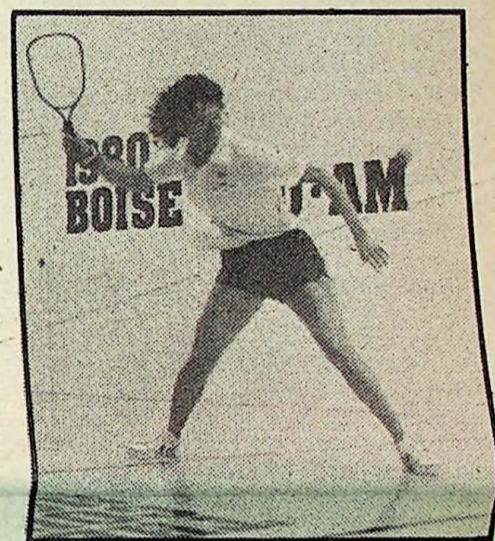
The women of the WPRA now have the support and the sponsorship of the Penn Athletic Products Company. Their tournament schedule is rapidly filling with events. The women are coming on strong, and no wonder, with the exciting, and sometimes surprising, competition which took place in Boise. (See article on the new scoring system, page 4.)

SURPRISING: pro-qualifier Susie Dugan pushed her way through to the quarter's, defeating No. 10 seed Linda Prefontaine in a come-from-behind 1-3, 3-0, 11-6 victory, and stunning No. 8 seed Elaine Lee in two straight sets. Susie fell victim to a powerful Shannon Wright, but not without taking home a game-win of her own. Said Susie, "I'm finally getting my mental attitude together. Once you have all the shots, it's all in the mind."

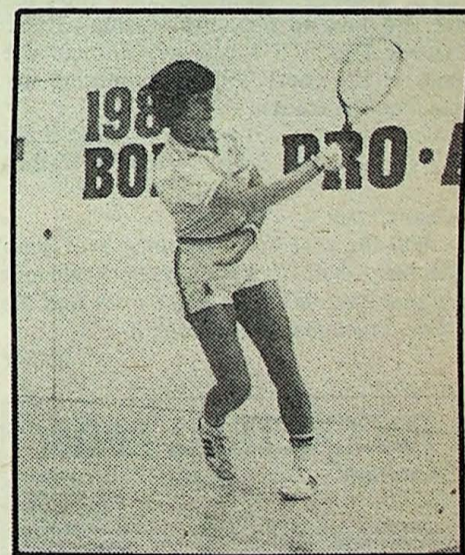
Dugan tallied just one of several upsets which dominated the round of 32 as No. 5 seed Bonnie Stoll fell to her doubles partner Mary Dee, and Peggy Gardner eliminated No. 6 seed Janell Marriott, just back in the game from recent surgery on her foot.

Kippi Bishop-Boatright took out No. 11

(Continued on Page 3)



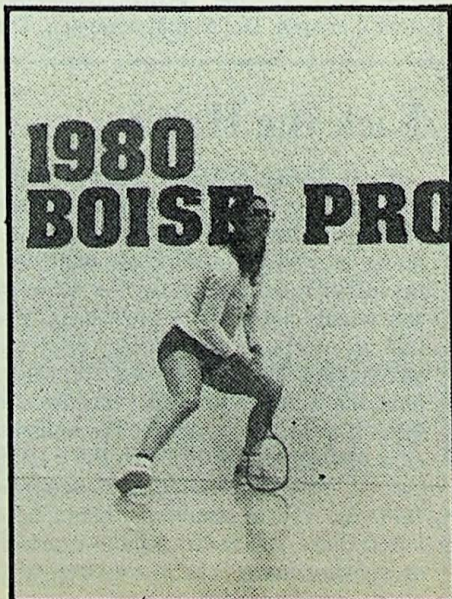
Marci Greer



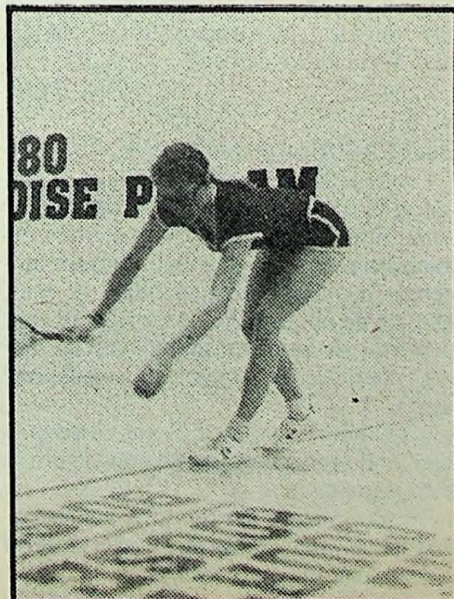
Heather McKay



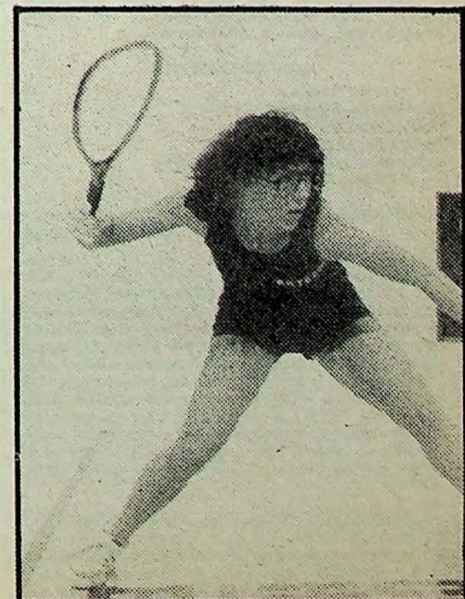
Jennifer Harding



Vicki Panzeri



Susie Dugan



Lynn Adams

We Get Letters . . .

Dear RACQUETBALL TODAY,
Please add our YMCA facility to your mailing list to receive RACQUETBALL TODAY. We have a 10 court facility consisting of eight racquetball courts and two singles squash courts. I enjoy reading your paper and would appreciate it if the Y could receive it.

Bob Sollday
Freehold Area YMCA
New Jersey

We're trying to reach every facility in the country with racquetball courts. Just let us know if we missed yours and we'll add it.
Editor

Dear Tom (Grobmisi):

I love your articles! Your banana article in the November issue really cracked me up but please stop writing those awful poems!

Hyla Kriss

Dear Mr. Kriss,

If you don't like our stuff
You can tell us . . .
We know it's because
You're just jealous.
If you think you'd do better
Just drop us a letter,
You'll find that
We're really nice fellas.

How can you not like a poem like dat?
Tom

Dear RACQUETBALL TODAY:

Who is Tom Grobmisi? His articles crack me up. His attitude toward the sport is the most believable, reasonable, and refreshing I've heard in years. Enjoying a game and having fun is the most important part of the entire racquetball endeavor, though it is often drown in the sea of strategy, techniques, and killer fever. I'd love to play him (using all six "Quick Tips") if I can get through the door of the court without slamming my head on the frame.

Keep it up,
Chuck Wathen

Dear Chuck,

Will the real Tom Grobmisi ever show his face? Actually Tom says he would love to play you, but Tom can't even find the door, much less get through it.

Editor

Dear Editor:

Thanks so much for including us on your new mailing list. Your paper is excellent, and we all here at Racquetball Fifth Avenue look forward to the next issue coming up.

We hope to work with you on any upcoming events here at our club, as well as with any racquetball news here in New York City. I can see that this great sport called racquetball is here to stay, and you and your paper will surely help in its success!

Keep up the fantastic work.

Mickey Aguilera
New York

I read in the October 1980 issue of RACQUETBALL TODAY that copies of your publication can be received free by racquetball facilities. I am president of the racquetball club here at the Marine Corps Base, Quantico, Va. We have about 30 members in our club and have four courts to play on in the base Special Services facilities. If you send me copies of RACQUETBALL TODAY on a monthly basis, I will see that they get distributed to our members. Thank you for your co-operation in this matter.

R.F. Smart

We will be happy to send RACQUETBALL TODAY to any facility with four or more courts FREE.

Editor

Thank you Ileen Vesci and RACQUETBALL TODAY for the sportsperson recognition! I can now add this memory to the list Clyde Senters made up in the November issue of RACQUETBALL TODAY. I can relate to Clyde!

Marci Greer

Readers Respond to ISRA / USRA Split

Dear Al, Phil and Tom,

After all the things Bob Kendler has done for racquetball, I think you guys should take a little more time to let him know his efforts are appreciated, instead of just starting a movement to get everybody out of the USRA.

Bill Hart

Dear Al and Phil,

OK, so now Illinois and Michigan and those other states are going to get out of the USRA and do the job they should have been doing in the first place. BRAVO! I'm all for it. What took you guys so long? But what about those of us who like to play in the "biggies" like regionals and nationals? What do we do now?

M. Haller

Dear RACQUETBALL TODAY,

I completely support your move to pull out of the USRA. I have been waiting for some time for somebody to show that organization that racquetball players are people, usually quite individual at that, and we do not need someone who is very powerful in this sport to inundate us with his political, religious and egotistical views.

I would like to be your Texas correspondent and perhaps begin the action here in the Deep South.

Thanks for having the guts and initiative to do something about the state of racquetball in this country.

Don Jellison
Austin, Texas

Publisher's Comments

RACQUETBALL TODAY is proud to announce that beginning February, 1981, we will become a 32 page paper with 24 pages of color and at least eight pages devoted to regional news for each particular region of the country. Racquetball's Number 1 publication will be even greater!

IT WAS YOU, our readers, who gave us our direction. In our survey (October, 1980) and in letters and phone calls, you let us know that you want more local tournament news and more news about the players in your area; in effect, more amateur news. You also told us that you like our paper and like our approach. Our "approach," by the way, is to be as truthful and fair and open as possible; do our best to report the real news and issues, and never lose sight of the fact that our subject is a sport . . . something we do for health and competition, but most of all, something we do for FUN. If you don't get a "kick" out of playing our sport, you're missing out on the real reason for playing racquetball; and if you don't get a "kick" out of reading our paper, then we're not doing our job either.

Yes, this is a newspaper, and yes, there are a lot of "important" issues and events out there; and yes, running a major publication like ours is a business and a responsibility -- but we are "having a ball" doing it and your loyalty and compliments mean more to us than all the money in the world. Now if only we could eat compliments . . .

RACQUETBALL TODAY is pleased to announce the appointment of Diane Gabrisko as Editor, effective this month. Ms. Gabrisko is an experienced tournament director; top amateur and professional referee; experienced racquetball teacher; and an elected member of the Illinois State Racquetball Association Board of Directors.

Ms. Gabrisko replaces our previous editor of one year, Jan Diengott, who has left RACQUETBALL TODAY to take an executive position with Star Publications in Chicago Heights, Illinois. We wish Jan the best of luck in her new job and our thanks for the fine work she did for us.



Racquetball Yesterday

Joe Sobek is considered to be the "Father of Racquetball," as it was he, in 1950, who came to the conclusion that paddleball would be a better game if played with a "strung" racquet, and he developed the specs for, and ordered the first 25 custom-made racquetball racquets (made of wood). The game became the rage of Sobek's Greenwich, Conn., YMCA, and soon spread to YMCA's and Jewish Community Centers across the country, particularly in St. Louis, San Diego and Chicago.

But it wasn't until 1969 that the game had its first amateur Nationals, held in St. Louis and won by a dentist from San Diego and two-time former paddleball national champ, Dr. Bud Muehleison. The

first men's doubles nationals was won by the Louisville team of Mike Zeitman and Allan Hyman. The first women's nationals was won, in 1970, by Fran Cohen, and the first national women's doubles champs were Jan Pasternak and Kimberly Hill.

The first national collegiates were won by Memphis State in 1975 (and they are the current champs as well), with Steve Smith of Memphis State taking the Men's A, and Martha Byrd of Florida taking the Women's A.

The first national juniors champion was crowned in 1974, Jerry Zuckerman from St. Louis.

We'll bring you more racquetball history from time to time. If you have a question about the history of the sport, or any other area of the sport for that matter, drop us a line and we'll see if we can dig up the answer for you.

Kick the Habit

We at RACQUETBALL TODAY believe that smoking has NO PLACE in the viewing area of the courts. Smoke is irritating there, as well as in the close quarters of the locker room and sauna. For some reason, many club owners have been reluctant to establish reasonable restrictions on smoking. Maybe they feel they will offend the smoker and lose business. We think it's just the opposite. The nonsmoker is often offended. If a club has a lounge that is totally enclosed and separated from the courts, smoking should be allowed there, but in the typical court club or viewing areas which are open to the courts, smoking has no place.



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Richard Wagner: Working His Way Back

By LEN ZIEHM

This is Richard Wagner's story. It doesn't have a happy ending yet, but it's working its way toward one.

Wagner, now 24, was once the second-ranked player on the National Racquetball Club tour, a budding star in a budding sport working for a major equipment manufacturer while the tournament purses were just starting to climb. How fast things can change.

Within the last year his playing status dropped all the way down to 22nd on the NRC ranking list, and that was the least of his problems.

"I JUST GOT unhappy with everything," said Wagner. "Things were wrong with my wife. I started drinking a lot. It got so that I didn't know if I was drinking so much because I was unhappy or unhappy because I was drinking so much."

His six-year working arrangement with Leach Industries was terminated "more on their part than on mine."

He was in an auto accident and wound up with 50 stitches in his upper lip. His weight slipped from 155 pounds to 138.

In an effort to improve himself Wagner entered Raleigh Hills, an alcoholic treatment center. There he was injected with drugs as part of an aversion treatment to control his drinking. The drugs created problems. "I'm positive the aversion treatment isn't the whole answer," said Wagner.

At any rate, Wagner feels he's resolving his problems. "I think my head is clear now," he said.

HE SAYS HIS relationship with equipment manufacturer Leach Industries was a "cause of my problems," though he admits the breakup of their relationship did hurt him financially.

"I felt used," he said. "I sat out 12 tournaments that I could have played in. I didn't join the NARP (National Association of Racquetball Professionals, a union of the pro tour players) because Leach didn't want me to and I saw no benefits from not joining. At the nationals Charlie Drake (head of Leach) was rooting openly against me."

Now Wagner is "feeling good about myself again." He and his wife Joan are divorced, but they're living together again with their three-year-old son. His weight has climbed back to 155 pounds.

He's also working again, as Southern California representative for a leading ball manufacturer Seamco, Inc., of Hatfield, Penn.

As a player he's climbed from the depths of his No. 22 ranking all the way back up to No. 8 as of November, 1980. He reached the quarterfinals at both Los Angeles and Omaha before losing to the game's new No. 1 player Mike Yellen.

WITH THINGS going good again, some might wonder why Wagner was willing to be interviewed about his problems. Problems with drinking, marriage and business dealings are usually kept private by professional athletes.

"Being open is part of the therapy," explained Wagner. "I don't think it'll be bad P.R. for me. A lot of athletes have had trouble with alcohol and drugs. Those are inherent in the life of an athlete. People will give you anything just to be around you. I've been slacking in my therapy a bit, but I don't get drunk anymore."

He admits he's resumed drinking. "A lot of racquetball players drink," he said. "But now I don't have any more than three beers when I'm out and four at the most when I'm home."

He says that he's also a different man on court. Wagner moved from his home in Paterson, N.J., to San Diego in 1974 after accepting a scholastic-financial aid scholarship to San Diego State University. He chose the school because it brought him in contact with so many of the touring pros who lived in San Diego, and he's played with them on the tour for six years. All along he was fiery and outspoken on the court.

"MY STYLE ON the court has completely reverted," he said. "My on-court attitude had reflected my life, how I was feeling about myself. Last year I would be looking for a referee to make a bad call. Now I take a match one point at a time. I just play as hard as I can."

Through his new job with Seamco he may be able to improve the game. "Seamco is working to slow the ball down," said Wagner. "That's necessary, because we need to regain spectator interest. The only way anybody is going to make money playing racquetball is to get it on TV, and it hasn't been interesting enough to put on TV yet."

He feels, like many, that a slower ball will make racquetball easier and more interesting to watch.

"The major problem with the balls now is consistency," he said, "and the sponsors, particularly Seamco, are listening to the players now. In Los Angeles we had a perfect ball. In Omaha it was a little too fast. I don't know what it'll be like in Chicago."

Briefs

Chicagoland Racquetball and Handball Association Meets

The Chicagoland Racquetball and Handball Association met last month to honor past president, George Brumis, and formulate plans for the coming year.

President Jennifer Wayt explained that the clubs shared the common goal of maintaining public interest in racquetball.

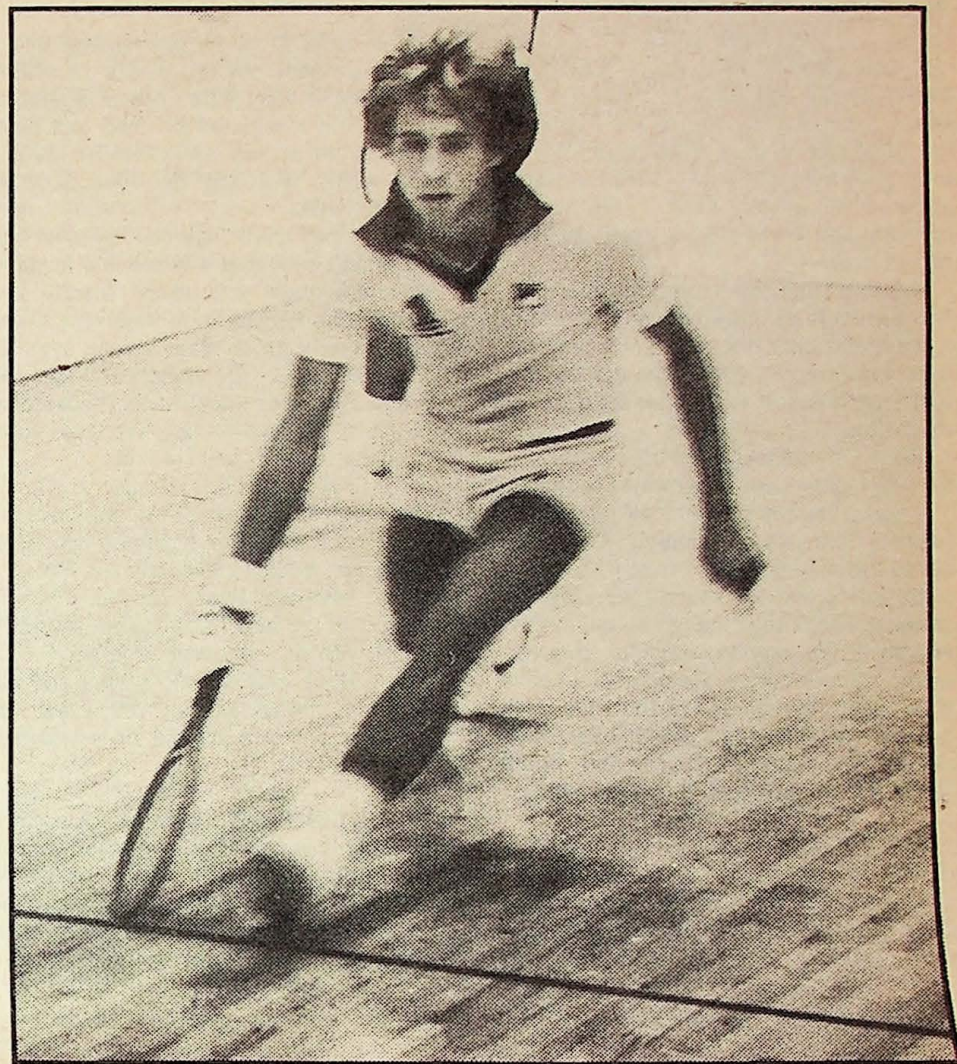
The group of 35 clubs is presently sponsoring a Junior Excellence Program for children from eight to 18. The program includes weekly competition and instruction. In addition, top-ranked juniors players will host a workshop for all participants.

Lynn Adams Recognized

The talent of 23-year-old Lynn Adams, Women's Professional Racquetball player, has finally been recognized. Lynn is now sponsored by Ektelon.



Lynn Adams



"Last year I would be looking for a referee to make a bad call. Now I take a match one point at a time. I just play as hard as I can."

The Women Win the West

(Continued from Page 1)

seed Rita Hoff. Rita balked at the suggestion that she played poorly. "I ran my tail off in that match! I played good! Kippi played GREAT." But there's more.

EXCITING: seventeen-year-old Mona Mook of Redding, Calif., qualified and went on to take the first two games against hometown girl Sheryl Ambler before losing that match. Another qualifier, Linda Forcade, pushed No. 3 seed Lynn Adams to five-game sets before losing 3-2, 3-2. And there is Vicki Panzeri, whose diving display in her loss to Lynn Adams separated them in total points by a mere seven.

One can hardly call Marci Greer a



Hope Weisbach and Shannon Wright.

loser, when she stunned No. 1 seed Heather McKay 3-1, 3-2 in their semifinal event. Marci wasn't the only one after Heather, as Jennifer Harding battled in a match described by Peggy Steding as "the best I've seen Jennifer play in a long time." Lynn Adams had that hunger for Heather, too, in her bid for third place, defeated 3-1, 3-2, but not until she had scored one game 11-0! Upon exiting the court, Heather exclaimed, "That was terrible racquetball!" Lynn retorted, "Oh, I don't know, I rather liked it!"

The intensity and excitement of many matches at Boise can be attributed in part to a new scoring system utilized there which allows BOTH the server and the receiver to score in 11-point games. Best of five games determines a set, and two sets are required to win. If the players split sets, a final tie-breaking game to 11 points determines the winner. With the possibility of either player scoring a point on every rally, neither player can afford to let up. And at 10-10, anyone can win.

BUT THE SCORING system alone didn't cause all the excitement. The competition is getting TOUGH. The women are on the move. They project a new feeling: strong and confident, close and involved. Said Shannon, "I was EAGER to play." She expressed the feelings of many there.

Sporting cowboy hats, the spirited ladies hit Boise by storm. But the story doesn't end here. Fans can view "how the west was won" in a nationally televised 90-minute special sometime late in November. Confident Shannon Wright, Marci Greer, always smiling, this time revealing a little "stage fright." Exciting, intense racquetball: women's racquetball! Watch what happens.

Court Talk Sunday Morning Roll Out

By BOB GURA

It was Sunday morning. I was tired, barely awake and about to commit a sacrilege. I could have placed the blame on the after-effects of a rough night on the town, or a neighbor who played the stereo at full blast. In any case it was Sunday morning and I was getting ready to play racquetball.

Now don't get the wrong impression. I love racquetball, play two or three times a week and think the game is wonderful. In fact if I were to ever write a poem to a sport, racquetball is the game I'd like to rhyme to.

But for me and a crowd of friends, Sunday mornings are otherways ordained. The basic Sunday morning ritual goes as follows: Wake up at roughly 9 a.m., stagger to the supermarket and buy breakfast rolls, coffee and the newspaper. (When I get back check the cupboards and discover what it is I have too much of from last week: rolls or coffee. Remember to save it for next Sunday. If it's the rolls stick them in the freezer in a plastic bag.) Next sit around, read the paper and watch "Face the Nation" and "Meet the Press."

BY THIS TIME a crowd has begun to arrive, bearing spirits, munchies and the like. Soon, the real doings begin as the group readies for action. Armed with the latest statistics and local favorites, we

settle down to watch pro football on TV. Having spent several hours in endless cheering or booing (in Chicago it's mostly boos) and dissipated by food and drink, the clan disperses. AND THAT'S HOW IT IS, AND SHOULD BE ON SUNDAY MORNINGS.

As I stood on the court at my local club, I couldn't believe it was me. My normally unkempt hair was more unruly than usual. I had forgotten to wash my T-shirt and an ugly green stain spread over the "It's Better in the Bahamas" logo. My white gym shorts looked as if they could stand by themselves, and the laces on my sneakers were coffee-stained.

All in all, I was startled that the guy at the reservation desk had let me in. Had it been me, I would have refused myself admittance, winked knowingly and asked if I knew who the Bears played today. It wasn't to be, and I soon found myself on court with my opponent, a fellow I'll call Dave. Dave was for all intents and purposes a human gasbag concerned with bloating his own bubble of self-importance.

THIS ISN'T just my opinion, it's shared by other racquetball-playing folk who harbor similar but less printable impressions of Dave. You probably know a Dave of your own. Handsome and dressed in the latest fashions, he's an inept player who

By BOB GURA



comes off like Marty Hogan when he chats at the bar. Buying drinks for everyone, he squeezes endless mileage from every point he scored. No fool, he's always careful to make sure his opponent is nowhere in sight.

Dave had been bugging me to play him for some time, and he had Sunday open. I think he figured since I didn't dress well, I was a lousy player. I may not be another Marty Hogan, (my tongue should be cut out) but I was good enough to beat Dave. The scores of our three games were 21-6, 21-4 and 21-8. Lacking a backhand, Dave was fair game for anyone who could hit the left side of the front wall. When the match ended, I retired to the locker room, feeling better, having realized I could live without the first quarter of the football game. As I was leaving, Dave called out, "see ya buddy," and went on to talk of how well he played. Then and there I decided to call Dave and set up another Sunday game. After all, some things are bigger than coffee, rolls, the Sunday paper and pro football.

I Wish I Had Said That . . .

The kind of car you drive has absolutely nothing whatsoever to do with the way you should hit your backhand.
Tom Grobmisi

The only time to play mixed doubles is after a few mixed drinks.
Alan Shetzer

Always wait 'til after the rally to tie your shoe.
L. Klein

If you can learn to play your own games rather than other people's, you can be a success in most situations, WHETHER YOU WIN OR LOSE.
Dr. Harvey Ruben

Doubles was invented to test the ref, not the players.
Phil Simborg

The only difference between the men pros and the women pros is that the men are more powerful, accurate and experienced, and the women are more enjoyable to watch!
Elliot Grobmisi

If I had a nickel for every time the ball bounces before he hits it, I'd be a rich man!
Tom Grobmisi

In the Interest of Fairer Games



By DIANE GABRISKO

I have yet to find, either through experience or the written word, that life, in general, has to be fair. Games, however, are supposed to be, and even though you may find unfair players or unfair referees or unfair judges, an unfair game would have short-lived popularity. Rules are provided, (amongst other reasons), to set the format for a "fair" game. There are rules, however, existing currently in the game of racquetball which, although enforced fairly, (that is, applied to both players the same way in the same situation,) are simply NOT FAIR.

Take the following example:

Your opponent hits a shot thirty-eight feet from the front wall, straight up to the ceiling. The ball rebounds and hits you on the head! The current rule: hinder ball. Play goes over. NOW I CAN SEE how a ball which hits the opponent EN ROUTE to the front wall should be called a hinder ball, and in some cases, an avoidable hinder. But this particular ball HAD NO INTENTION of hitting the front wall! The shot would have been short REGARDLESS of whether or not it hit you. Why, then, should the rally be replayed? IT SEEMS UNFAIR to replay such a rally. The rule should be "A shot which OBVIOUSLY would be short of the front wall, WHETHER IT STRIKES THE OPPONENT OR NOT, should be treated as short, REGARDLESS." The key word here is "obviously," and if it is doubtful one way or the other that striking a player affected the flight of the ball appreciably, (that is, the ball may or may not have made it), then play should go over.

Situation Two:

You hit a shot for which your opponent moves directly in front of you to make his return. He opts NOT to hit the ball then, preferring to make the return off the back wall. He ducks, and YOUR SHOT HITS YOU. You never saw it! The current rule: Point awarded to your opponent if he was serving or side out for you. Why not a screen? IN ALL FAIRNESS, YOU WERE SCREENED, even if it was your own shot. The rule should take this type of "screen" into account.

The injustice of it all!

I refer finally to a rule which has caused me more irritation in its enforcement than any other rule. Everyone has experienced it: hitting the ball out of the court. The current rule: Play goes over, unless the ball did not make contact with the front wall. This rule baffles me! In tennis, (excuse the comparison) play does not go over if you hit the ball out of the court. In volleyball, play does not go over if you hit the ceiling. EVEN IN BOWLING, play does not go over if you can't keep the ball where it belongs. Why in racquetball? To add insult to injury, if there is no one around, play has to stop while you retrieve the ball! Then to have to play the rally over?! IT'S NOT FAIR. Such a shot should cost the player the rally.

RACQUETBALL TODAY welcomes your ideas about the rules. Write P.O. Box D, Posen, Ill. 60469.

WPRA News

By JANELL MARRIOTT, President

Women's Professional Racquetball Association



WPRA just concluded the third tour stop of the season at the Court House in Boise, Idaho. This is our third year in Boise and it has become one of the favored stops for the WPRA. Bob Peterson and his volunteer staff truly hosted a terrific tournament — our thanks to everyone involved. As has been the case in the past, the finals were filmed by PBS. Check your local PBS listing for scheduling.

If you have a chance to see it you will see a new scoring system used. This had been advocated to create more excitement and shortened match time. We have tried several other methods of scoring but none seem so exciting as this new system and Boise seemed the perfect place to try it, especially on TV.

The new system's biggest change is a point is scored on every rally. A match consists of the best three out of five 11-point games per set. Two sets per match with one 11-point tie-breaker. There is a one minute break allowed between games and five minutes between sets. There are no time outs allowed. Every point is critical, which makes the players more intense. There's no time to coast or relax. Playing 11-point games gives the losing player a fresh chance to come back.

A MATCH LASTS anywhere from one to one-and-a-half hours with lopsided matches ending very quickly and close matches taking the full hour-and-a-half. With the old system, there might be a dozen or more side outs with no points being scored causing the game to go on forever. This makes it very convenient for TV and for scheduling matches for tournaments. We

haven't decided whether to incorporate this scoring system permanently into the WPRA's tournaments. There still needs to be more experimenting. However, most players really seemed to enjoy using this system. Some players had a hard time adjusting to the fact that you could lose a game when you were serving although Shannon Wright thought it was great.

We made a survey of pros and members of the WPRA. Everyone liked the system and 30 out of 35 players preferred it over the old system! The only close voting was on the length of the tie-breaker and if a player should have to win a game by two points (that would mean that a player would always have to be serving to win in a close game). We had several alternatives offered to these issues. The WPRA will experiment further to see what's best and probably the best suggestion was to leave the first two sets as is and make the player have to win the tie-breaker by two points. This would then keep a player from winning the tie-breaker on a hot streak if it's a close game.

As for the spectators, they loved it! There was no stalling and the action was more continuous. So now it's up to you to decide what you think. Go out and try the new system yourself. Be sure to watch Marci Greer and Shannon Wright battle it out on PBS. Please let us know how you like the new system as both a spectator and a player.

If you can calmly and confidently get on and off a moving escalator, you can almost certainly learn any sport.

Laurence Korwin, Director
Sports Training Institute



EKTELON

Strategy

By JEAN SAUSER

Editor's Note: Jean Sauser, professional women's player sponsored by Ektelon, and photographer Arthur Shay, are the co-authors of "Racquetball Strategy," a book devoted to those racquetball players who are absolutely determined to get better and better. With permission of the author and publisher, RACQUETBALL TODAY will reprint portions of that book.

Situation: You are forced to hit the ball into the back wall first.

Strategy: Reverse ceiling ball.

If at all possible, hit under the ball, so it will rebound high on its way to the front wall, hopefully catching the ceiling and coming back as a ceiling shot. If you can't do this, try to make an angle that will cause the ball to come off the front wall close enough to a side wall so that your opponent cannot fly-kill it. Turn and get back to center court or as close to center court as possible without hindering your opponent.

Situation: Your opponent has slammed the ball into the back wall, on a desperation play. The ball has carried to the front wall and is now coming down. He is out of position or unbalanced.

Strategy: Fly kill.

Fly kill. (Return the ball before it bounces on the floor.) This is the first priority. Anytime you have your opponent running away from center court with his back to you and the ball comes off the front wall slow and on the fly, set up and fly-kill it, to the same side of the court you're facing. Surprise and power are on

your side here. To wait for this ball to bounce and turn into a set-up in deep court allows our opponent time to get back into center court position, his best position for recovering anything you do. Fly killing enables you to cut his reaction time in half and even if your shot isn't perfect, it will probably still make the point, because he is too far out of position and off balance to recover even an inaccurate shot.

Situation: Receiving during the first ten points of the game.

Strategy: Use effective shot selection.

As in serving, you want to vary your returns in order to find out which ones are most effective in winning you a side-out.

If you are playing an out-of-shape player who has good center court strategy, your serve returns should probably be wide-angle, cross-court pass shots, forcing him to run as far as possible for the ball.

If you are playing an opponent who drifts back too far after completing his serve, you should try to kill the ball he served you, if possible.

Order Jean's Book for Christmas

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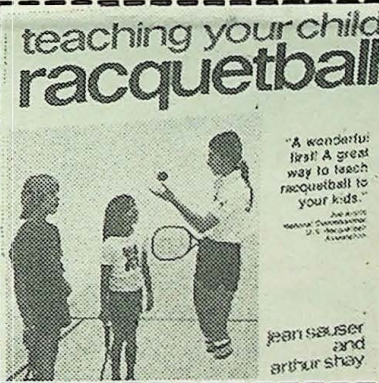
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Unscramble these words associated with racquetball. Use the letters in the boxes to form a word which tells you:

THE PRICE YOU PAY FOR WINNING!

Send us your solved puzzle to get in our drawing for some nice prizes.

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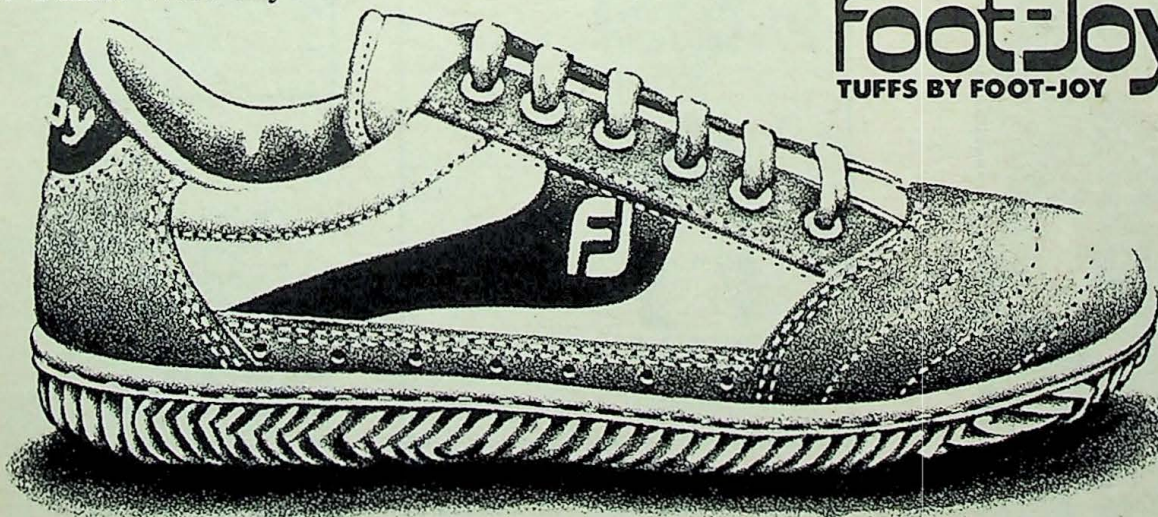


Designed as a do-it-yourself manual for anyone who wants to teach a child how to play one of America's fastest growing sports, *Teaching Your Child Racquetball* gives the prospective "teacher" everything he needs to know to help a youngster learn to play and enjoy the game.

Jean Sauser is a teaching pro with few peers.

Arthur Shay is the author-photographer of 38 books.

Contrary to some opinions, an athletic shoe does not have to look like something out of Godzilla just to keep from falling apart. Tuffs are rugged beyond belief. But they also feel great, and look even better. And now Tuffs are available in 3 different styles. Tuffs. Who says form has to follow function?



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Please send me the book(s) indicated below. I enclose the correct amount for each book, plus \$1 per book postage and handling charge. Illinois and California residents add 6% sales tax. No cash or C.O.D.'s.

Contemporary Racquetball
_____ copy (ies) at \$3.95

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Teaching Your Child Racquetball
_____ copy (ies) at \$3.95

40 Common Errors Racquetball
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_____ copy (ies) at \$4.95

Marty Hogan's Power Racquetball
_____ copy (ies) at \$6.95

Winning Racquetball
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TOURNAMENT RESULTS



WPRAs Boise Pro/Am
November 14-16, 1980

WOMEN'S PRO

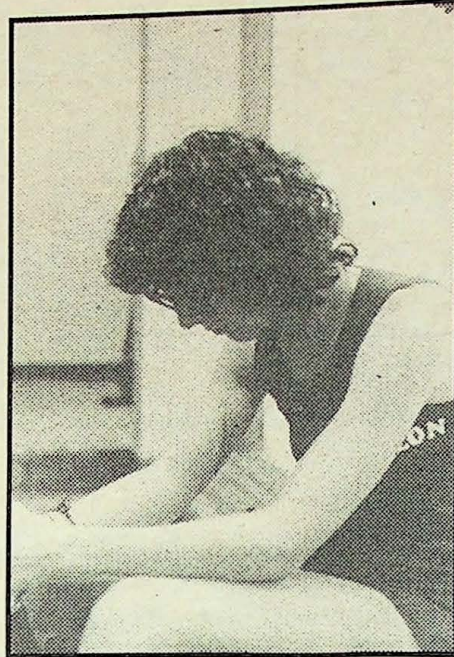
FINALS: Shannon Wright d. Marci Greer, 3-0, 3-1
CONSOLATION: Heather McKay d. Lynn Adams, 3-1, 3-2
SEMI'S: Wright d. Adams, 3-1, 3-1; Greer d. McKay, 3-1, 3-2
QUARTER'S: Wright d. Susie Dugan, 3-1, 3-0; Greer d. Karin Walton-Trent, 3-2, 3-1; McKay d. Martha McDonald, 3-0, 3-0; Adams d. Peggy Gardner, 3-1, 3-0

AMATEURS

WOMEN'S OPEN: Poe d. Gilreath, 21-15, 21-20
WOMEN'S B: Anthony d. Mark, 21-7, 21-5
WOMEN'S C: Mark d. Nunes, 15-21, 21-17, 11-8
WOMEN'S NOVICE: Becker d. Juan, 21-11, 21-5
MEN'S OPEN: Scott d. Gibbs, 21-19, 21-16
MEN'S B: Wheeler d. Wierum, 21-18, 12-21, 11-3
MEN'S C: Carlett d. Castillo, 15-21, 21-19, 11-6
MEN'S VETERAN: Henderson d. Oran, 19-21, 21-10, 11-4
MEN'S NOVICE: Butusov d. MacCauley, 21-11, 21-9
OPEN DOUBLES: Gibbs/Scott d. Carson/Oram, 21-8, 21-11
B/C DOUBLES: Therrien/Kehler d. Gershkoff/Barber, 21-15, 21-12



Brenda Poe
Women's Open winner



Lynn Adams

Sixth Annual AARA Texas State Racquetball Championships Racquetball & Handball Clubs of San Antonio, Texas
October 11-13, 1980

Men's Open: 1st: Gary Merrit; 2nd: Tommy Gautreau
Men's B: 1st: Steve Brewer; 2nd: Tom Cavanaugh
Men's C: 1st: Joe Vigil; 2nd: Abel Silva Jr.
Men's D: 1st: Bruce Thomason; 2nd: Mike Rebolledo
Men's Novice (less than 1 year): 1st: Oscar Luna; 2nd: Allen Smith
Men's Novice (less than 6 months): 1st: Andy Sanchez; 2nd: Chris Botsdorf
Men's Senior: 1st: Les Boren; 2nd: David Pearson
Men's Veteran Senior: 1st: Rinaldo Gonzales; 2nd: Dayton Dickey
Men's Masters: 1st: Harry Witt; 2nd: Dick Bagby
Men's Veteran Masters: 1st: Donald Smith; 2nd: Enrique Galan
Men's Golden Masters: 1st: Milt Karp; 2nd: Ken Reuther
Men's Super Golden Masters: 1st: Simon Wiederman; 2nd: J.W. Studak

Women's Open: 1st: Becky Bludau; 2nd: Diane Bohling
Women's B: 1st: Carol Girouard; 2nd: Brenda Wyatt
Women's C: 1st: Nidia Blassingame; 2nd: Mattie Nicholls
Women's D: 1st: Nanette McHenry; 2nd: Anna Lopez
Women's Novice: 1st: Cindy Leal; 2nd: Janet Cauthen
Women's Seniors: 1st: Faith Ragow; 2nd: Suzanne Storey
Boy's 17 & Under: 1st: Lance Gilliam; 2nd: Tim Pace
Boy's 15 & Under: 1st: Javier Chapa; 2nd: Jerry Gage
Boy's 13 & Under: 1st: Luis Miranda; 2nd: Bubba Bell
Boy's 10 & Under: 1st: Jeff Kaiser; 2nd: David Wiederman
Girl's 15 & Under: 1st: Letty Guerra; 2nd: Karen Fawcett
Girl's 13 & Under: 1st: Stephanie Parel; 2nd: Michelle Simmons
Girl's 10 & Under: 1st: Adrianna Miranda; 2nd: Kiki Kuykendall

Finally's Metro Club Open
Arlington Heights Court House
Arlington Heights, Illinois
October 24, 25 & 26, 1980

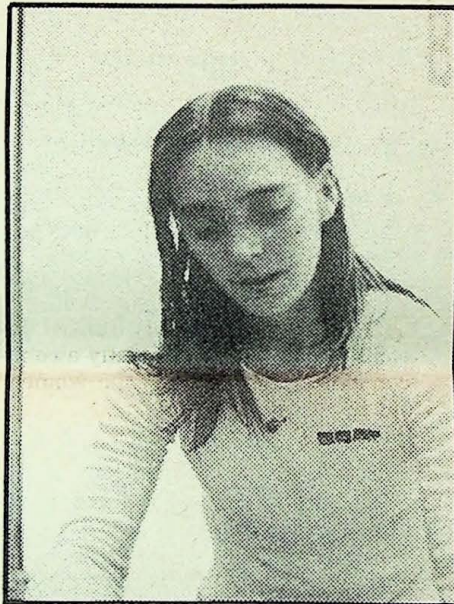
Men's Open: 1st: Dave Negrete; 2nd: Jack Newman
Men's A: 1st: Jim Babbitt; 2nd: Jerry Belcaster
Men's B: 1st: John Negrete; 2nd: Scott Martin
Men's C: 1st: Todd Dalman; 2nd: Dave Jones
Men's D: 1st: John Novi; 2nd: Chris Farmer
Men's Seniors: 1st: Garry Siegel; 2nd: Ron Paul
Women's C: 1st: Donna Radeke; 2nd: Sandy Peterson
Women's D: 1st: Barb Solomon; 2nd: Carolyn Wedekind

First Annual In-House Classic
Racquetball 23 and Spa
Pompton Plains, New Jersey

Men's Open: 1st: John Cosmi; 2nd: Bill Foley
Men's B: 1st: Tony Vaccaro; 2nd: Drew Wintenberg
Men's C: 1st: Angelo Lobosco; 2nd: Ron Vander Vliet
Juniors: 1st: Dan Myers; 2nd: Eric Gabriele
Women's C: 1st: Harriet Vander Vliet; 2nd: Janet Pangborn

Coors Iowa State Pro/Am
Ames Racquet Club
Ames, Iowa
October 17-19, 1980

Men's Open: 1st: Dennis McDowell; 2nd: Dave Negrete
Men's A: 1st: Joe Sacco; 2nd: Irv Rodin
Men's B: 1st: Brian Harder; 2nd: Charlie Connor
Men's C: 1st: Mike Ferreira; 2nd: Rick Bezusek
Men's Seniors: 1st: John Detrich; 2nd: Charlie Chafer
Women's A: 1st: Tami Kennedy; 2nd: Laurie Ogden
Women's B: 1st: Linda Anderson; 2nd: Betty Miles
Women's C: 1st: Maggie King; 2nd: Marianne Rose



Vicki Panzeri



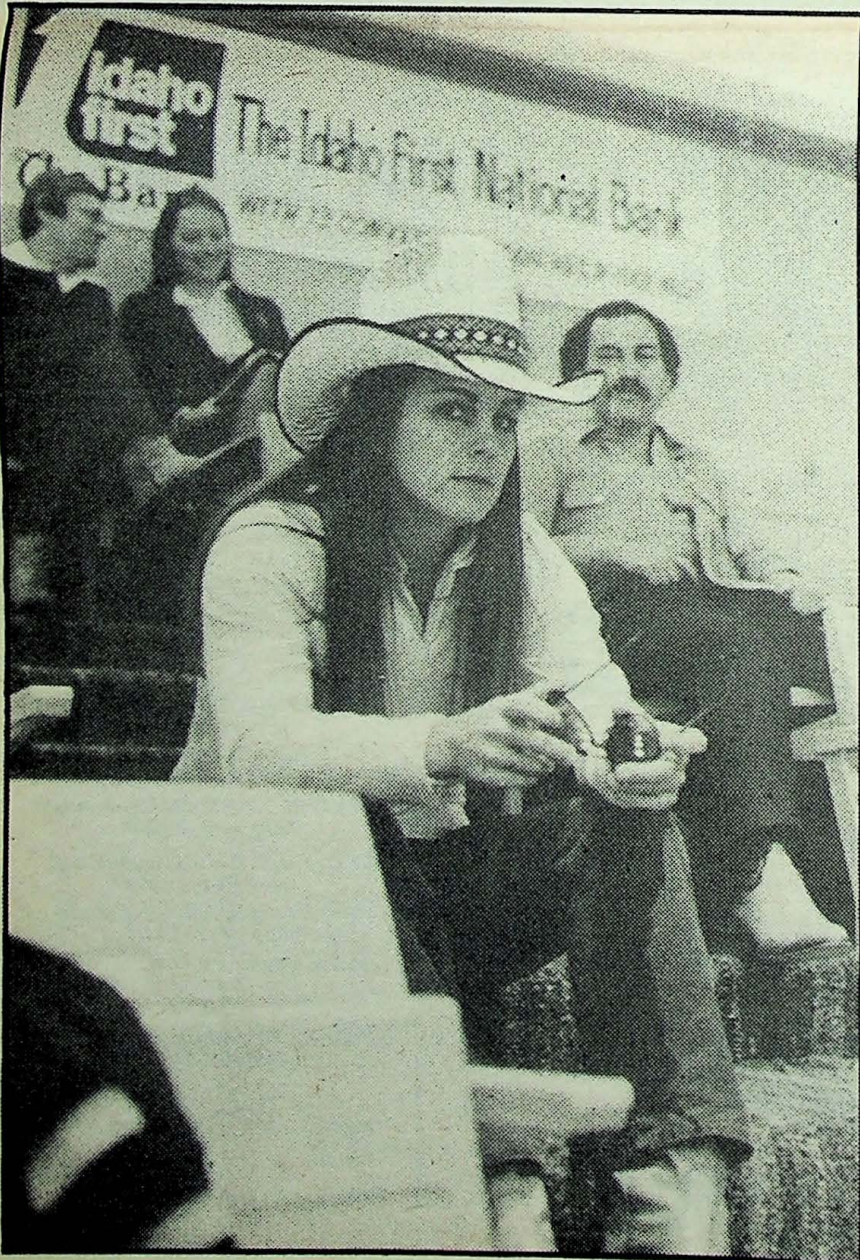
Heather McKay



Ron Johnson

Third Annual Forest View Open
Forest View Racquetball Club
Arlington Heights, Illinois
October 31, November 1 & 2, 1980

Men's Open: 1st: Ron Johnson; 2nd: Eric Scheyer
Men's A: 1st: Bill Lyman; 2nd: Clyde Senters
Men's B: 1st: Bo Bergstrom; 2nd: Todd Dalman
Men's C: 1st: Dan Mitchell; 2nd: John Reichwern
Men's D: 1st: Bill Schmeda; 2nd: Mike Miller



Rita Hoff sports a new hat while Racquetball Illustrated's Ben Kalb expresses an opinion.

Attention Tournament Directors!
SEND US THE RESULTS OF YOUR TOURNAMENTS, ALONG WITH BLACK AND WHITE (non-returnable) PICTURES, AND WE'LL DO OUR BEST TO GET THEM IN!

Not Just Sugar and Spice:

Not just sugar and spice. These talented young ladies are making their mark on women's racquetball. As members of the junior team of the Sun Oaks Racquet Club of Redding, Calif., these youngsters raise and maintain a budget of \$5,000 which they use to send 25 participants to the AARA National Junior Championships. Coach Ed Martin attributes much of the success of this program to parent support and encouragement.

Seven members of his team earned their own way to Boise, Idaho, to participate in the 1980 WPRA Boise Pro/Am. They certainly made a hit there, adding more credits to their already impressive list of accomplishments. Watch for them at the AARA Nationals, April 13-17 in Wichita, Kansas.



Delainie Comer

DELAINIE COMER: 11-years-old, from Redding, Calif. 1980 AARA National Junior Champion; 1979 and 1980 California State champion and Western Regional champion (10 & Under); 1980 10 & Under Doubles champion (with Rodie Martin), now playing Women's B. Delainie was a semifinalist in the Women's B division at the Boise Pro/Am.

RODIE MARTIN: 9-years-old, from Redding, Calif. Ranked No. 4 in Girls 10 & Under by the AARA; 1980 10 & Under Doubles champion (with Delainie Comer). Lost in semifinals at Boise. Rodie is also a competitive gymnast.

LISA MARK: playing seriously for one-year; finalist in the Women's B division at Boise. Lisa was a highly ranked junior tennis player, and is currently a competitive snow skier. She won the Women's C division at Boise.

Young Ladies in Racquetball



Rodie Martin



Lisa Mark



Sun Oaks Junior Team (from left to right, top) Stacy Sattler, Rodie Martin, Delainie Comer, Michelle Nunes, Lisa Anthony; (center) Lisa Mark; (bottom) Mrs. Nunes, Ed Martin and Mona Mook.

STACY SATTLER: 10-years-old, from Fairfield, Calif. Second in California State Championships in 1980, now playing Women's C. Stacy and Rodie will probably be the No. 1 seed in the Girls 10 & Under Doubles, and one of them will be the favorite to win the singles division.

MICHELE NUNES: 14-years-old, from Fairfield, Calif., has been playing seriously for only a short period of time, has unlimited potential. Semifinalist in the Women's B division at Boise. Women's C finalist. Lost in the quarterfinals at the 1980 AARA Nationals, her first national competition.

MONA MOOK: 17-years-old, from Redding, Calif. 1980 AARA 17 & Under National champion; 1980 California State champion at 16-years-old. Pro qualifier at the WPRA 1980 Boise Pro/Am, quarterfinalist in the Women's Open division. Mona is sponsored by Head.

LISA ANTHONY: 13-years-old, placed second in the 1980 AARA National losing 11-10 in the tie-breaker. A former state and regional champion in 1979. Lisa should be the odds on favorite to win the 13 & Under at the nationals next year. Lisa and Janelle DeLugg won the 13 & Under National Doubles Championship in 1980. She won the Women's B title at Boise.

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Unusual Christmas Gifts for Racquetballers

By TOM GROBMISI

Tired of giving the same old silly Christmas gifts? So was Tom Grobmisi, until one day a friend gave him a "portable hickey." Tom's been searching around the world ever since looking for new and unusual gifts for us racquetballers, and here's just a few of them:

Sneeze Stopper: How many times have you lost a critical rally because you were busy sneezing instead of swinging? What rotten luck! What a lousy way to lose a point! You don't have to take it anymore, thanks to an amazing new invention by Lonto. Just glue the two small rubber fingers on the end of your racquet, and when you feel a sneeze coming on, just go into action. Helps improve co-ordination and timing too!

Mock Socks: It looks like you're wearing socks, but look again! It's really fluffy spray paint which will make everyone, including the ref, think you're really wearing socks. Just imagine how much fun you'll have snickering around the court while you enjoy your own, private, hilarious joke. Those fools! If they only knew they'd die of embarrassment! Order now from The Emperor's New Clothes Company, Fennville, Mich.

Hard Drugs: These fantastic products, long used by top athletes in the NFL and NBA will make you feel better, win or lose! Tired? The reds will give you just the rush you need. Bored? Down? Try the pink or yellows. Available at your local high schools.

Edible Racquetball Outfits: Made from cotton candy, spun sugar, and real honeycomb, these attractive and original outfits can simply be worn once and then eaten. "The more you sweat, the sweeter they get!" declares inventor and designer Bill Swartz. Found at your local racquetball club and Fanny May's.

Plain White T-Shirts: Thanks to an amazing new chemical, Bland, Inc., of Hegewish, Ill., has developed a new method of removing those unsightly slogans, club insignias, and drawings from T-shirts, leaving an unusual, perfectly blank, white shirt! Help fight eye-pollution and be one of the first to wear one of the rare, plain shirts. Just send your favorite shirt and \$6.00 to Bland, Inc.

Racquetball Safari: Surprise her this winter with a racquetball safari to exciting Zambia. Pack your bag for one of the most challenging sports adventures in the world as you hunt wild elephants, lions and tigers, armed with just your favorite racquet and some racquetballs. Experience the thrill of setting up for a real killshot as a charging rhinoceros goes for his "ace." One-way ticket \$4,000 per couple (fee includes T-shirt, balls and trophies for survivors).

"I Love Racquetball" Chest Decal: Now you can prove your love for your favorite game by sporting this colorful, easy-to-apply iron-on decal. Irons directly on to any human chest. "It's chest what the doctor ordered" bragged one satisfied user. Call toll free to order: 800-889-9800.

Spiked Racquet: Actually insures you much more room on the court to hit your favorite passing shots as opponents hustle and bustle to stay out of your way. You'll be amazed at just how fast they can move. Makes the "avoidable hinder" a thing of the past.

Great Moments in Racquetball are all recorded for posterior on this classic two-record album set by K-Sell records. Selections include the sound of Hogan's killshot to win the 1975 championships against Brumfield (who can be heard in the background to say "Aw"); the famous call of "match point" by Chuck Leve in the 1976 Steding-Wright championship, and others. If you order now (by check or money order or call toll free) K-Sell records will include, as a FREE BONUS, "Great Moments in Math," with commentary by Marty Hogan himself.

Racquetball Cookies and recipes for many other gourmet delights are all contained in "The Racquetball Cookbook," by Ms. S. Grobmisi. It's nice to know that there's finally something you can do with those old worn out and broken racquetballs, and though I must admit it didn't taste very good, the Voit Rollout Bleu makes a pretty cheesecake.

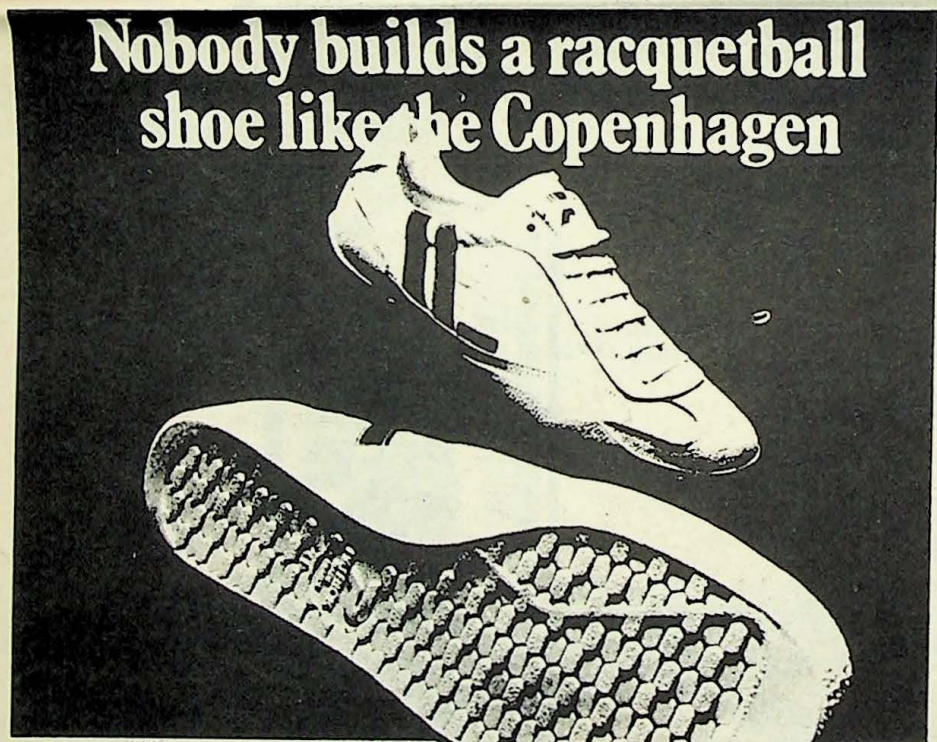
New Athletic Bra: Tired of not getting the support you need? This super sport support bra will do the trick. Just turn on the miniature cassette player and enjoy your competition as the bra constantly tells you, "You're the greatest — go out there and win, cookie!" Truly one of the most uplifting products for women to come along in quite awhile. Available at Radio Shack.

New Racquetball Joke Book by Tom Grobmisi promises to be the funniest yet! Over 200 original jokes about racquetball that you probably haven't heard before. To give you an idea, here are some of the punch-lines: Four! Two to play and two to keep score!; Sorry, but you'll have to sleep with my trophies!; You weren't supposed to eat them!; Yes but, how do it know?; You should have seen the guy in Court 1 last nite!

Outrageous T's: Have your friends and foes rolling in the court with these witty, hilarious new T-shirts. Specify small, medium, large, extra large, or obese, and order by number: 1. I like to racquetball. 2. I Ektelon without you very well. 3. Nuke the refs. 4. Honk if you love. 5. You're ugly and you smell, too. 6. I believe in equal rights for women, televised racquetball, and Santa Claus. 7. You won't find any fault with my service. 8. I love Tom Grobmisi.

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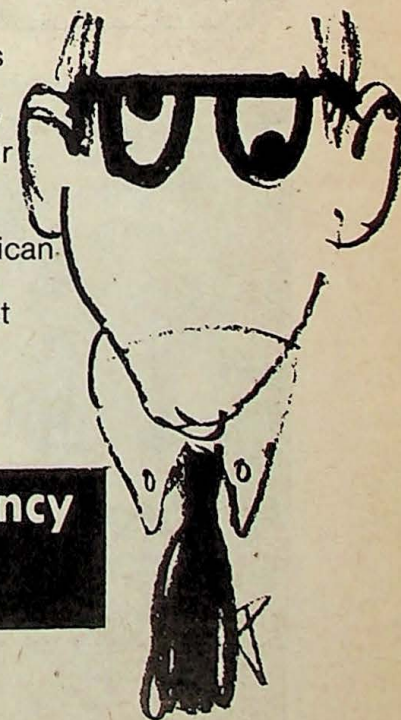
you're not made of money!

These days, no one is. With prices rising as fast as they are now, it makes good sense to save money anywhere you can. So look to your insurance for possible savings.

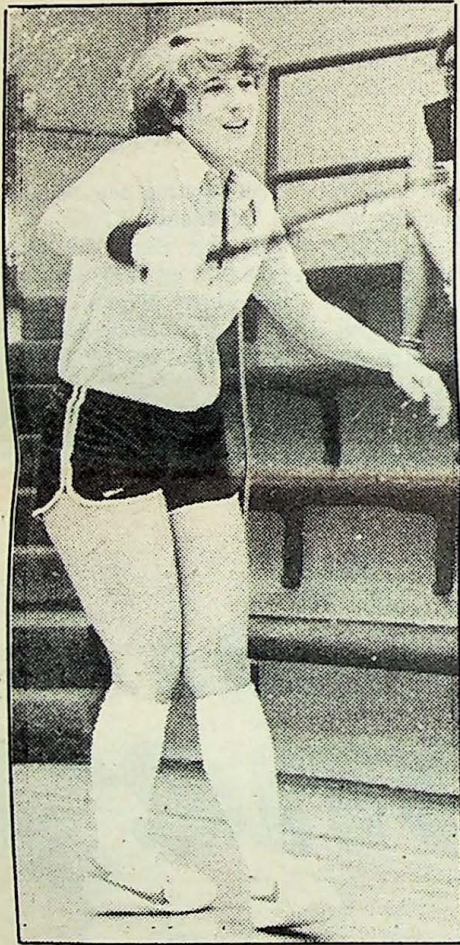
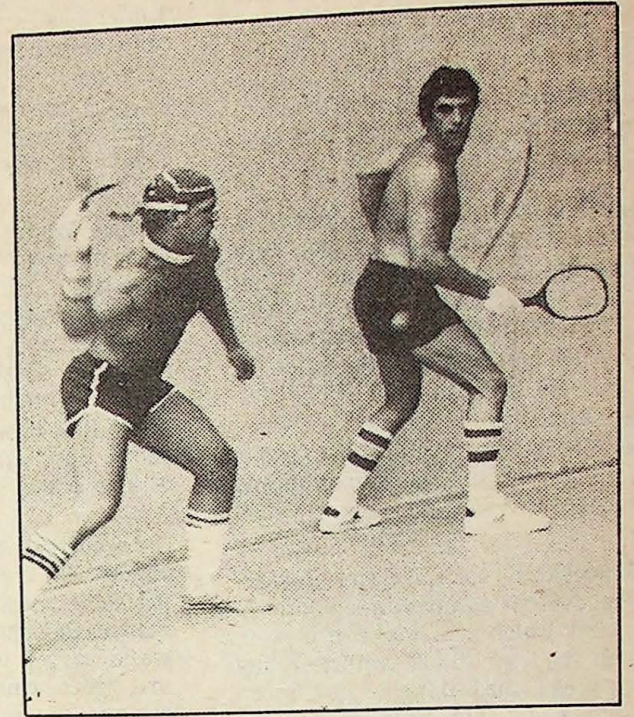
Call us for a quote on Great American auto or homeowners insurance. If you're not made of money, a Great American auto or homeowners policy is made for you.

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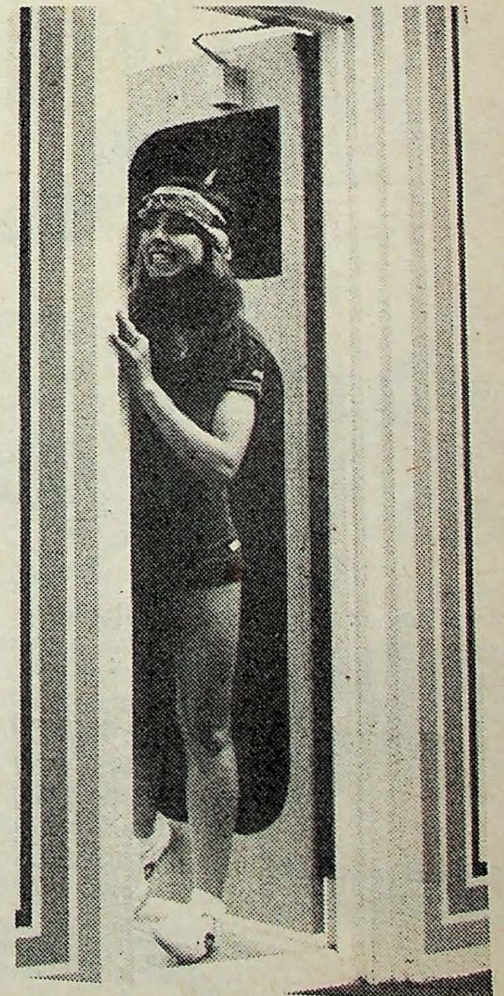
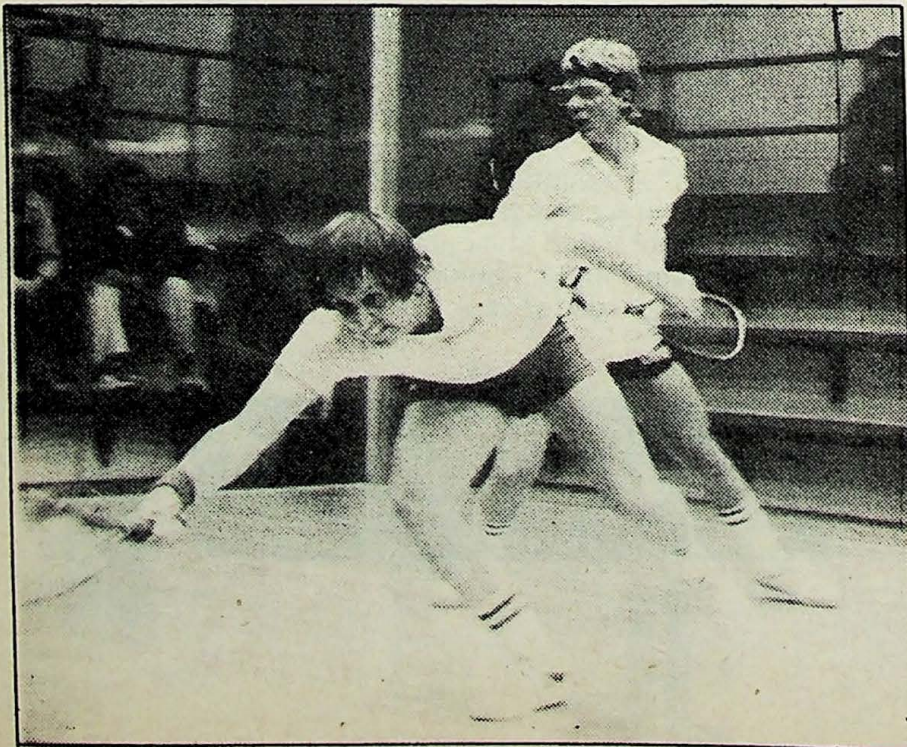
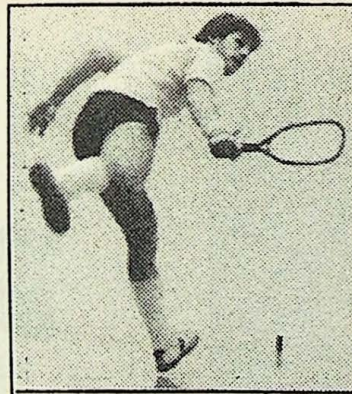
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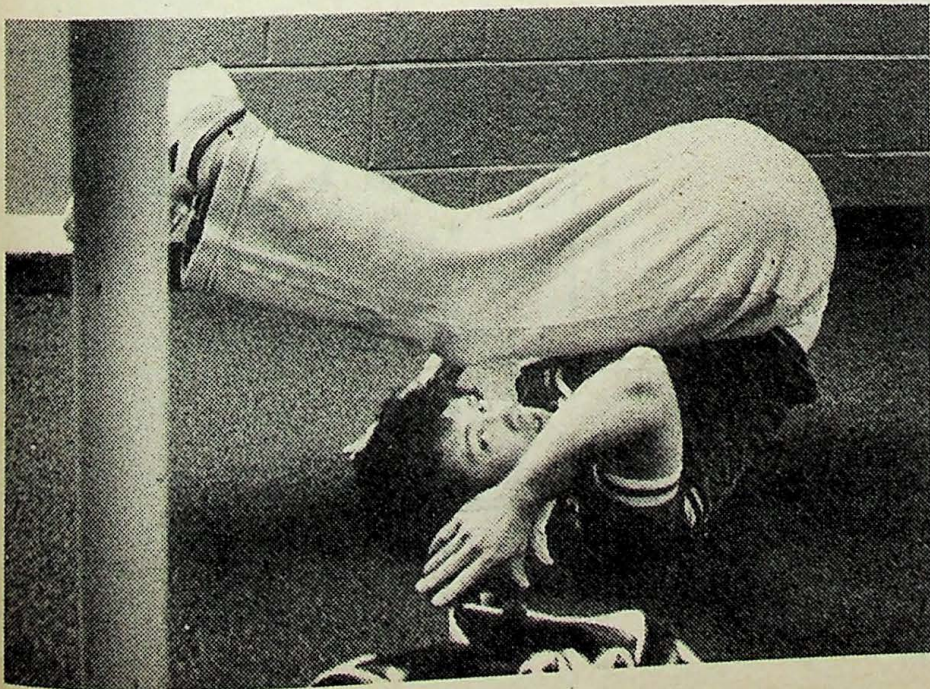
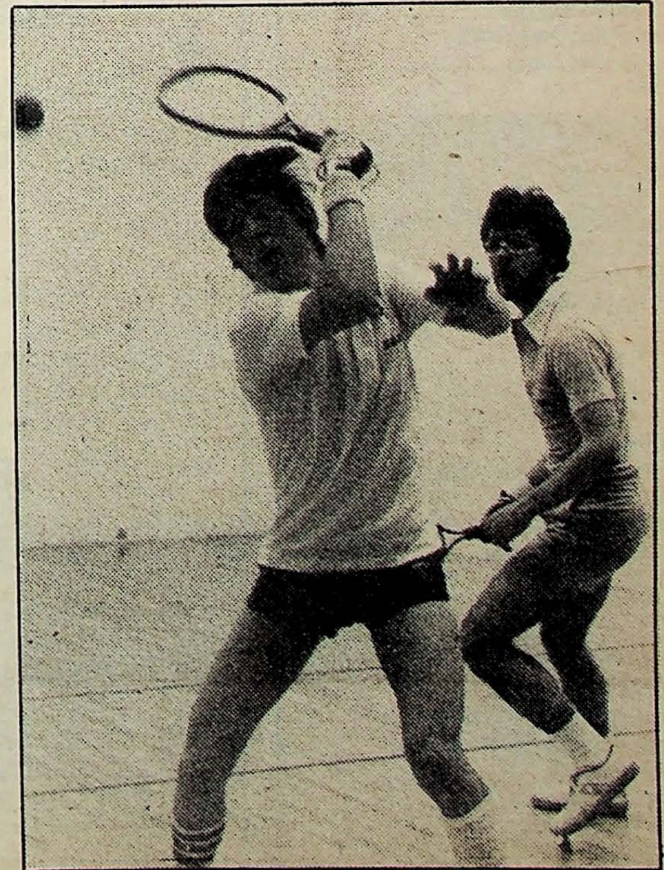
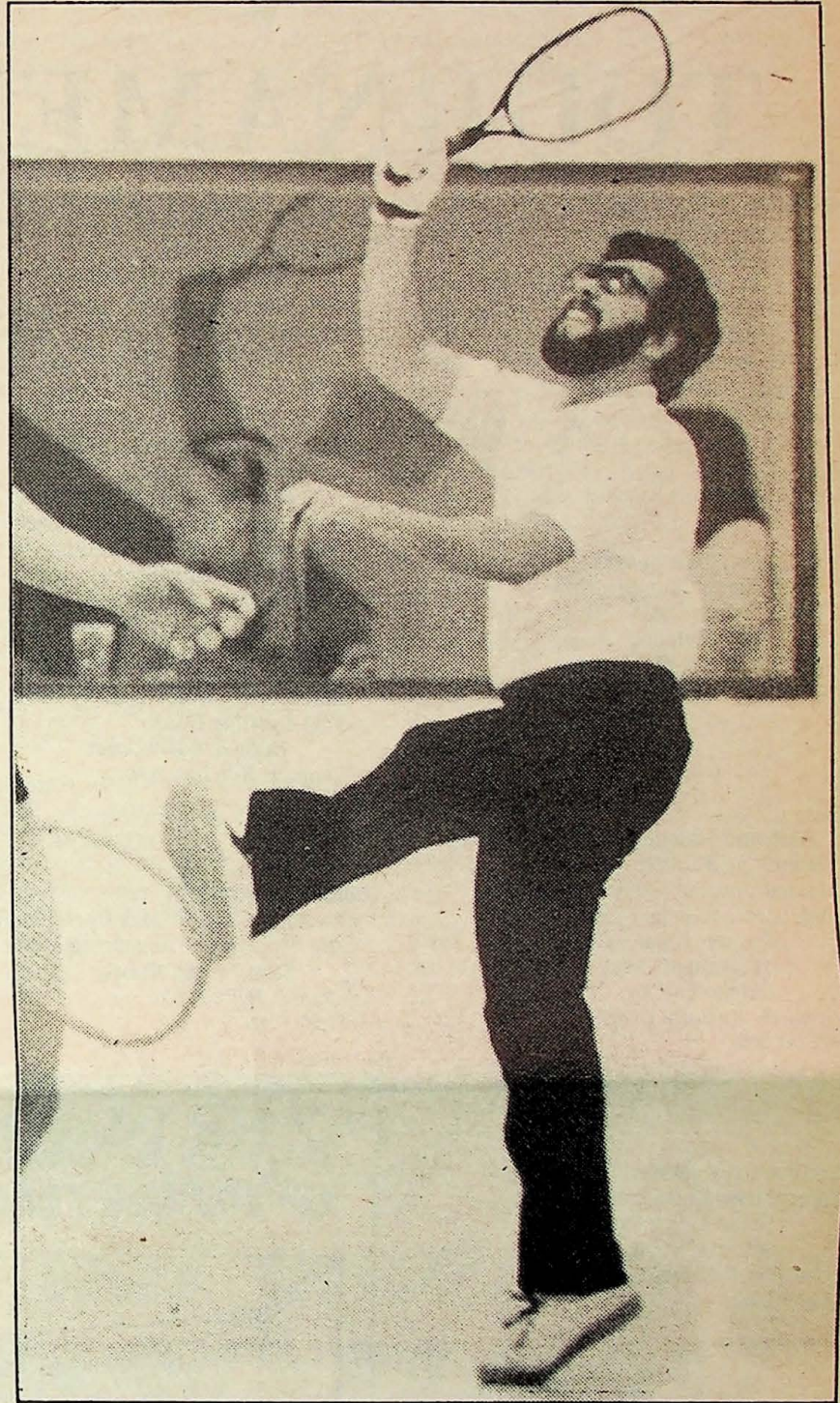
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RACQUETBALL TODAY

TOURNAMENT SCHEDULE

December 5, 6 & 7, 1980

Lite Beer/Penn Super
Racquetball Championship
Site: Louisiana Racquetball
and Health Club
2121 38th Street
Kenner, Louisiana
Contact: Howard Heno
504-443-4512

Lite Beer/Penn Super
Racquetball Championship
Site: Towson Court Club
8757 Mylander
Towson, Maryland
Contact: Joanne Tokorny

Oklahoma State Singles Championships
Benefiting Multiple Sclerosis
Mixed Doubles — extra event
Site: International Fitness
Center of Quail Creek
11033 Quail Creek Drive
Oklahoma City, Oklahoma
Contact: Barbara Coley—Robert Savage
405-942-8682

2nd Annual BackWall Holiday Open
Site: Backwall Racquetball Club
Route 2, Box 521 A
Altoona, Penn.
Contact: Beth Haller
841-946-1668

Blue Point Tournament
Site: Blue Point Racquetball Club
9 A Montauk
Blue Point, New York
Contact: Garrett Jones
516-363-2882

Miller Lite Holiday Open March of Dimes
Site: Court Club
New Haven, Connecticut
Contact: Wayne Bruno

Winter Classic
Site: Hyde Park Racquet Club
1301 E. 47th Street
Chicago, Illinois
Contact: Dave Dohlman
312-548-1300

December 12, 13 & 14, 1980
Natural Light Holiday Classic
Site: Blue Point Racquetball Club
9 A Montauk
Blue Point, New York
Contact: Garrett Jones
516-363-2882

December 12, 13 & 14, 1980

Lite Beer/Penn Super
Racquetball Championship
Site: Sporting House
1515 Sheridan Road
Atlanta, Georgia
Contact: Karen McKinney

Leukemia Racquetball Classic
Site: At various clubs
Fountain Valley, Santa Ana,
Buena Park, Newport Beach,
and Laguna Hills, Calif.
Contact: Leukemia Society
714-539-9511

1980 Sporting House Holiday Open
Site: Sporting House
Enfield, Connecticut
Contact: Ken Navarro

December 19, 20 & 21, 1980

2nd Annual Tinley Park Open Doubles
Site: Tinley Park Racquetball Club
Tinley Park, Illinois
Contact: Mike Bazzo
312-532-7900

January 9, 10 & 11, 1981

8th Annual Illini Open
Site: University of Illinois
Champaign, Illinois
Contact: Ron Clapman
217-351-2042 (after 5 p.m.)

MRA-5
Site: Flint Racquetball & Fitness Club
Flint, Michigan
Contact: Match Point Enterprises
517-372-2886

First Annual Playboy Pro Invitational
Racquetball Tournament
Site: Lake Geneva Fitness
and Racquet Centre
Lake Geneva, Wisconsin
Entry is by invitation only

January 16, 17 & 18, 1981

Lite Beer/Penn Super Racquetball
Championship Series for Multiple Sclerosis
Site: Supreme Courts V
3033 Alvarado Street
San Leandro, Cal. 94577
Contact: Keith Calkins
415-351-5323

January 16, 17 & 18, 1980

Second Annual March of Dimes Benefit
Site: Sportrooms
1700 Douglas Road
Coral Gables, Florida
Contact: Carl Dean
305-753-8900

Nashville/Natural Light
Racquetball Championship
Site: Supreme Courts
4633 Trousdale
Nashville, Tennessee
Contact: Dorothy Dixon
615-832-7529

Cerebral Palsy Benefit
Site: Quadrangle Coral Springs
Coral Springs, Florida
Contact: Fred White
305-753-8900

January 30, 31 & February 1, 1981

S/S/S Promotions Tourney
Site: To Be Announced
Contact: 312-371-2555

THE FUN • FUNDAMENTALS OF RACQUETBALL by R.W. JANOUSEK



WPRA Tournament Schedule

February 26, 27, 28 & March 1, 1980
Seattle, Washington

March 12, 13, 14 & 15, 1980
Albany, New York

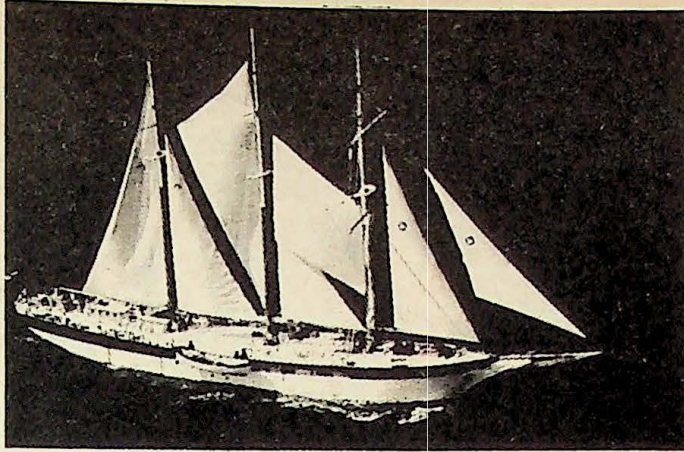
April 23, 24, 25 & 26, 1980
Hollywood, California

April 30, May 1, 2 & 3, 1980
Fishkill, New York

ISRA Referee Clinic

Free to the public
Monday, December 8, 1980
7:00 p.m.
Site: Mayer Kaplan JCC
5050 Church Street
Skokie, Illinois 60077

Contact: Phil Simborg
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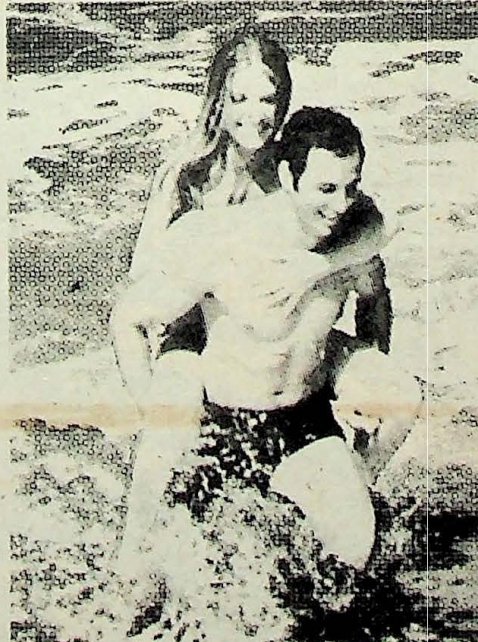
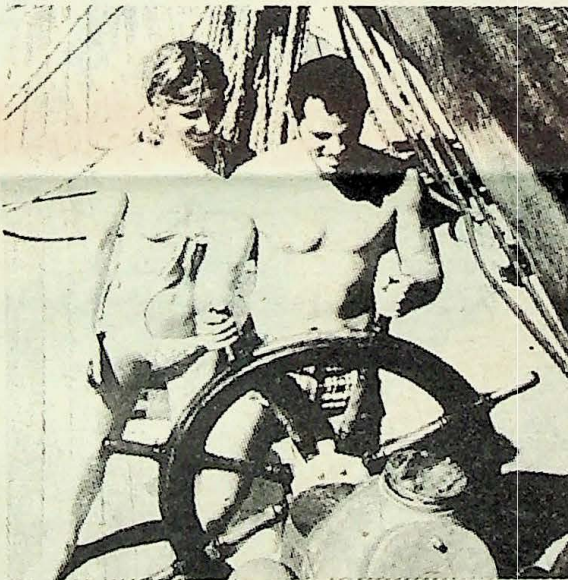
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How to Ref When There Is No Ref

Editor's Note: Included among Phil Simborg's many contributions to the rules of racquetball and refereeing procedures are the ISRA Referees Guide, and the following rules, adopted by the AARA, for playing without a ref. If these rules aren't posted on the bulletin board at your club, we urge you to do so, for the benefit of all players.

By PHIL SIMBORG

Rule 1 — SAFETY.

SAFETY IS THE PRIMARY AND OVER-RIDING RESPONSIBILITY OF EVERY PLAYER WHO ENTERS THE COURT. At no time should the physical safety of the participants be compromised. Players are entitled, AND EXPECTED, to hold up their swing, WITHOUT PENALTY, anytime they believe there might be a risk of physical contact. Anytime a player says he held up to avoid contact, even if he was over cautious, he is entitled to a hinder (rally replayed without penalty).

Rule 2 — SCORE.

Since there is no ref, or scorekeeper, it is important to see that there is no misunderstanding in this area, so THE SERVER IS REQUIRED to announce both the server's and receiver's score before EVERY first serve.

Rule 3 — DURING RALLIES.

During rallies, it is generally the hitter's responsibility to make the call — if there is a possibility of a skip ball, double-bounce, or illegal hit, play should continue until the hitter makes the call against himself. If the hitter does not make the call against himself and goes on to win the rally, and the other player thought that one of the hitter's shots was not good, he may "appeal" to the hitter by pointing out which shot he thought was bad and request the hitter to reconsider. If the hitter is sure of his call, AND the opponent is still sure the hitter is wrong, the rally is replayed. As a matter of etiquette, players are expected to make calls against themselves anytime they are not sure. In other words, if a shot is very close as to whether or not it was a good kill or a skip ball, unless the hitter is sure the shot was good, he should call it a skip.

Rule 4 — SERVICE

1) Fault serves (long, short, ceiling and three-wall): the RECEIVER has the primary responsibility to make these calls, and again, he should give the benefit of the doubt to his opponent whenever it is close. The receiver must make his call immediately, and not wait until he hits the ball and has the benefit of seeing how good a shot he can hit. IT IS NOT AN OPTION PLAY . . . the receiver does not have the right to play a short serve just because he thinks it's a setup.

2) Screen serves: When there is no referee, a screen serve DOES BECOME AN OPTION PLAY. When the receiver believes his vision of the ball was sufficiently impaired as to give the server too

great an advantage on the serve, the receiver may hold up his swing and call a screen serve, or, if he still feels he can make a good shot at the ball, he can say nothing and continue playing. HE MAY NOT CALL A SCREEN AFTER HE ATTEMPTS TO HIT THE BALL. Further, the server may not call a screen under any circumstance . . . he must simply expect to have to play the rally until he hears a call from the receiver. (In doubles, unless the ball goes behind the back of the server's partner, few screens should be called.)

3) Footfaults, 10-second violations, receiving-line violations, service-zone infringement and other "technical" calls really require a referee. HOWEVER, if either player believes his opponent is abusing any of these rules, between rallies he should discuss it with his opponent to be sure there is agreement on what the rule is, and to put each other on notice that the rules should be followed.

Rule 5 — HINDERS.

Generally, the hinder should work like the screen serve — as an option play for the hindered party. ONLY the person going for the shot can stop play by calling a hinder, and he must do so immediately — not wait until he has the benefit of seeing how good a shot he can hit. If the hindered party believes he can make an effective return in spite of some physical contact or screen that has occurred, he may continue to play. HOWEVER, as safety is the overriding factor, EITHER PARTY may call a hinder if it is to prevent physical contact.

Rule 6 — AVOIDABLE HINDERS.

Since avoidable hinders are usually not intentional, they do occur even in the friendliest matches. When a player turns the wrong way and gets in the way of his opponent's setup, there should be a better way than saying "I'm sorry" to make up for the mistake. Instead of saying "I'm sorry" the player who realizes he made such an error should simply award the rally to his opponent. If a player feels his opponent was guilty of an avoidable, and the player did not call it on himself, the "offended" player should appeal to his opponent by pointing out that he thought it was an avoidable. The player may then call it on himself, or disagree, but the call can only be made on yourself. Often, just pointing out what you think is an avoidable will put the player on notice for future rallies and prevent reoccurrence.

Rule 7 — DISPUTES.

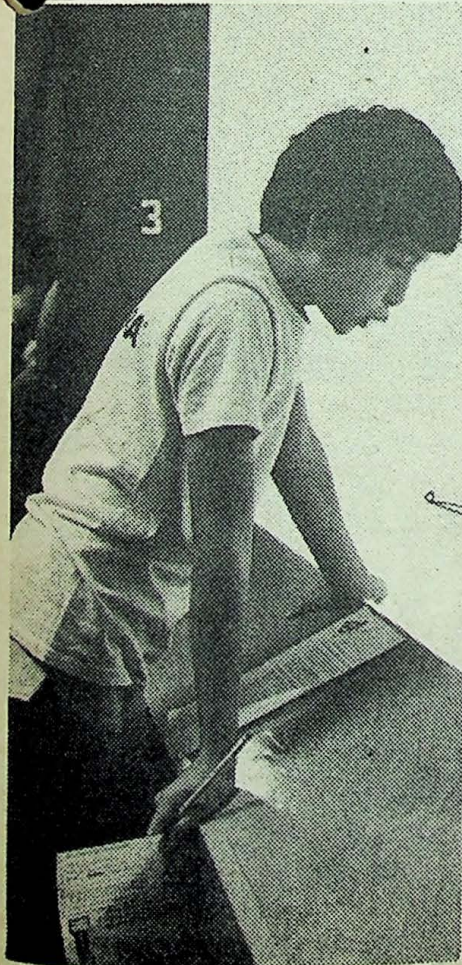
If either player, for any reason, desires to have a referee, it is considered common courtesy for the other player to go along with the request, and a referee suitable to both sides should be found. If there is no referee, and a question about a rule or rule interpretation comes up, seek out the club pro or a more experienced player, then, after the match, contact your local state racquetball association for the answer.

Simborg's Laws of Refing

1. The first player to score 21 points wins the game; the ref can't score points — THE REF CAN'T WIN.
2. The number of bad calls you make is directly proportional to the number of spectators.
3. The more you argue with a player the more likely he'll turn out to be your ref the next time you play.
4. If referees were newspapers, players would buy canaries.
5. When in doubt — SHOUT!
6. Crotch balls were invented to make the ref look bad.
7. Teenager's voices change most when refing.
8. The only call the ref is "required" to make is the score.
9. The toughest call is often "no call."
10. The toughest call is home to say you'll be late for dinner.

11. A volunteer ref is either a saint or a fool, and often both.
12. The length of a match is directly proportional to the referee's need to go to the bathroom.
13. Last guys don't finish nice.
14. If one player complains bitterly, and the other one is quiet, the quiet one is often a cheater.
15. The one rule you're not sure of is always the first one questioned.
16. Racquetballs are great at finding court hinders if you forget to point them out.
17. The bigger the crowd outside the court, the greater the crowding inside.
18. The player that realizes that the referee is a person too, and sympathizes with the ref's difficult task, lives in Australia and sends his regards.

19. The difference between a hinder and an avoidable hinder is often the difference between a boy and a man.
20. The bigger the match the smaller the person.
21. When a player does a good job, he gets a trophy; when the ref does a good job he gets to turn in the wet towels, scorecard, pencil and balls.
22. The match you wanted to see is always on the court next to the one you have to ref.
23. Doubles was invented to challenge the ref, not the players.
24. A poorly-refed game brings shouts of anger; a well-refed game brings whispers of praise.
25. It's only a game.
26. THE REF CAN'T WIN.



Mark Monje, concentrating on a match.

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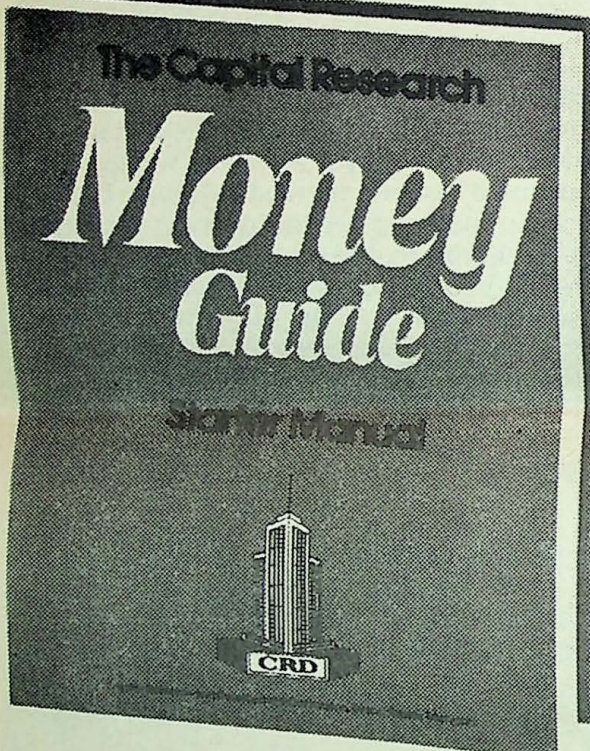
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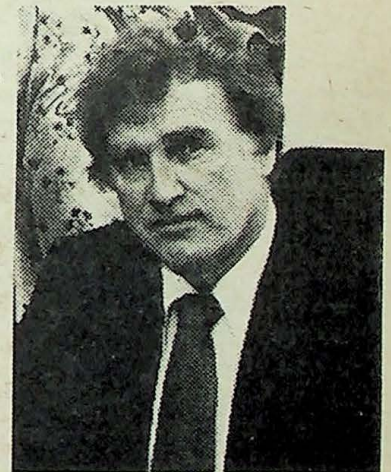
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Conditioning

Editor's Note: RACQUETBALL TODAY is pleased to welcome John Donati and Ken Hutchins of the Nautilus Sports/Medical Training staff as consultants on exercise and conditioning. This column will direct itself to answering questions submitted by our readers. Address your questions to them at P.O. Box 1783, DeLand, Florida 32720.

By JOHN DONATI & KEN HUTCHINS
Recreation and exercise are both desirable activities for a healthy, productive life. Exercise is the key to safe, efficient recreation. And recreation should be one of the most enjoyable aspects of life.

Intensity of effort is the most important factor in obtaining desirable results from exercise. But high-intensity exercise requires quality supervision. Without supervision, a subject is left to his own devices with little except the possibility of injury to show for his work in the gym.

EXERCISE CAN be administered safely and logically to stimulate desirable and beneficial changes in the body's physical status. Possible improvements are increased muscular strength and endurance, more efficient cardio-respiratory ability, stronger tendon and ligament attachments, and greater bone density.

Easy exercise has very little benefit and all exercise necessarily involves an overload.

There are two basic types of overload: chemical and physical. The human organism responds physiologically to both types. Exposed to overload, the body recognizes that its protective margins are inadequate, thereby it increases its margins to cope with the imposed stress.

For example, walking a block may be

well within a man's acceptable limits because he performs this task daily. One mile may trigger a growth response because it is an overload. A five-mile walk may represent his maximum limit. If he walks a mile, he exposes his system to an overload. Within days, the body may strengthen both bones and muscle, making him capable of a maximum limit of 10 miles.

BUT THE ABOVE process does not occur indefinitely. Exercise must steadily increase in intensity, not quantity. To double the quantity of work again and again will not appreciably effect a progressive overload. In order to improve the physical status of the body at this point, more exercise is undesirable. Harder exercise is indicated. Progressively harder exercise must be progressively more brief.

Even if the normal person had never walked or jogged great distances before, walking five miles is probably within his capacity. But can he run five miles? Running five miles is unlikely since running is a higher intensity activity than walking. As the quality of exercise becomes harder, the quantity must be reduced.

Exercise is seemingly a paradox of human nature. Human nature dictates that, left to his instincts, a man will avoid all work, and exercise only to that minimum degree to maintain his existence as dictated by the instincts. Man must realize his inherent tendencies. He must acknowledge that he instinctively gropes for the easy way out of all situations. Instead of performing harder exercise, he naturally seeks easier exercise, even if it results in tremendous quantity and dangerouslv

Racquetball and the Stars

By TOM GROBMISI
Gastrologer

LEO: The stars give warning to your unbridled impetuosity — Uranus is in direct line with the perpendicular of the equinox of Venus. That usually means diarrhea. Watch out for Capricorns, leftys, and referees. Things look bad around the middle of the month and the middle of the waist.

VIRGO: Begin the month, sultry Virgo, with a delicious dalliance in the court, but shift later in the month to hard-hitting kill and pass shots. Everyone knows you pick your nose in private and how selfish you really are inside. And using a stronger deodorant wouldn't hurt neither, bunky.

LIBRA: Indulge your high-spirited wanderlust this month — maybe a trip to a far-away racquetball tournament? Beware the chills that winter brings . . . avoid the snow, the cold, the gloom of night. Large avalanches can sting, watch out. Quit grinning so much everytime you hit a kill shot.

SCORPIO: Breezy, brainy and sensuous, you smolder this month as Pluto kindles your marriage sign. I see a tall, dark, handsome stranger with a beautiful smile, but unfortunately, of the same sex. Stay away from fat jolly little men with white beards around the 25th — they just want to get into your stockings.

SAGITTARIUS: Voraciously passionate and Zodiac power in your heart, the stars warn that you are highly susceptible to being swindled at this point in your cycle. Stay away from the pyramids! Don't gamble! Everyone is out to cheat you and your consumer protection guides. Stay away from Virgos, tight men, loose women, lefties, and supposedly-fresh fish.

CAPRICORN: I see a big trip in your life — be careful going down stairs and in the court. Learn the location of the nearest trauma centers. Though you will feel yourself dizzy with desire around the 8th and 9th, try to limit your lovemaking to safe, low places. Give me a call around the 10th and let me know how it went.

AQUARIUS: Surrender yourself to lavish love! Don't be embarrassed by erotic and dirty thoughts . . . we all have them. It's natural. Just be careful with your hands in public. Take a chance and have some fun and live out some of your fantasies. Don't worry about people finding out about you. Don't worry about your reputation. Let loose! No one will know, and you can trust your friends to be discreet.

PISCES: Watch out for Aquarius! You wouldn't believe the nasty thoughts and ideas in that cute little head. Your kill shot is absolutely fab this month . . . go for it! Your breath will turn bad around the 23rd, but you're used to it. Don't expect too much for Christmas . . . unfortunately, it's true that nobody likes you. Smile, tomorrow may be worse.

ARIES: Let the wonderful happen! Don't try to understand it, I don't. Lucky you! Enter a tournament . . . you won't win but you'll have a ball at the party on Saturday night. Just remember Dean Martin's theory about drinking: "You know you're not drunk if you can lie on the floor without holding on."

TAURUS: So you really think you're hot stuff, eh Bunky? Well watch out! December's here to put you in your place and it's gonna freeze you, sting you, chill you and spill you. The only chance you have to win at racquetball is to cheat, and you'll probably get caught. Stay away from doorways around noon (don't ask why). Watch out for cute little reindeer with red noses; those noses didn't get red because of clean living! By the way, Santa doesn't love you anymore.

GEMINI: An abundance of cash is making you feel luxurious, loose and lucious. Let yourself go! Spend! Spend! Spend! (Why don't you give me a call and we'll get together.) Racquetball isn't going to be the only courting you'll be doing this month. Beware of trenchmouth and hickies.

CANCER: Your inner strangeness and bizarre personality threaten to surface this month as holiday glee may cause you to let down your guard. Beware, or people will see the real you. Forget ceiling shots, you never hit them well anyway. Avoid avoidable hindes and unavoidable members of the opposite gender. Stop looking for the "perfect" fruit . . . it doesn't exist.

high forces.

GOOD SUPERVISION in exercise is necessarily an inner human conflict between human instincts and human intellect. To reduce this conflict, planning must occur independent of the workout.

It is imperative that the instructor as well as his trainee understand human innate tendencies. To properly push a training subject is very demanding. It is no wonder that good supervision is a rare occurrence even when the principles of high-intensity exercise are truly understood. High-intensity exercise is very de-

sirable but rarely desired.

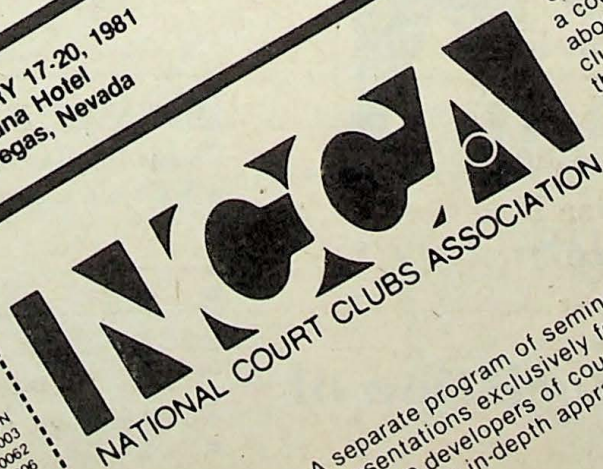
People tend to confuse recreation with exercise. Strictly speaking, a game of checkers or chess is not physical exercise, but perhaps great recreation. Popular forms of exercise are usually marriages with recreational activities: racquetball, tennis, jogging, skiing, and many others. Skilled movements such as these, while offering marginal exercise effects, often present high force levels and an increased danger of injury.

Exercise is not meant to be recreational. Nor are recreational activities meant to be adequate forms of exercise. Exercise for fitness, recreate for fun.

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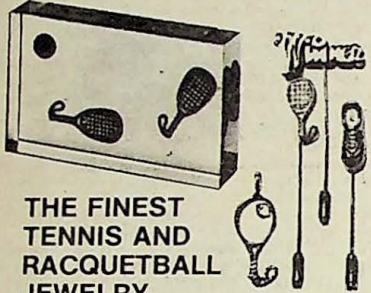
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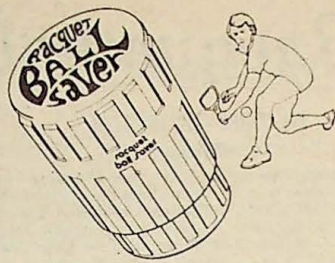


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All clubs have 12 air-conditioned racquetball/handball courts, carpeted locker rooms, saunas, whirlpools, nursery school program available, pro shop, racquetball, group and private lessons, leagues, programs and parties. Open 7 days a week.

WHEATON SPORT CENTER

1000 Prairie Avenue, Wheaton, Ill. (312) 690-0887. Featuring 12 indoor racquetball courts, three with back wall glass for viewing; 6 indoor tennis courts; two outdoor tennis courts; 25-yard, six-lane, indoor pool; free attended nursery; dance studio; indoor running track; complete pro shop; steam, saunas and whirlpools; racquetball and tennis lessons available; other outdoor activities including golf driving range for members.

MICHIGAN

SPORTS ILLUSTRATED COURT CLUB No. 1

2111 Golfside Road, Ypsilanti, Mich. (313) 434-2111. 10 courts, Nautilus fitness center, free nursery, saunas, lounge, racquetball instruction, pro shop and much more!

FLINT RACQUETBALL AND FITNESS CENTER

G-3237 Beecher Road, Flint, Mich. (313) 733-3000. 10 regulation courts (1 glass), 2 saunas, co-ed whirlpool, fully equipped pro shop, leagues, lessons and parties. Aerobic dance classes. Group discounts available. Club Manager: Terry Graham.

SPORTS ILLUSTRATED COURT CLUB No. 7

2717 Schust Road, Saginaw, Mich. (517) 790-0150. 15 regulation courts, Swedish sauna, whirlpool, free nursery from 9 a.m. to 5 p.m. Monday-Friday. Universal fitness center with jogging area, and pro shop.

SPORTS ILLUSTRATED COURT CLUB No. 12

42140 Van Dyke, Sterling Heights, Mich. (313) 254-2288. 2.8 regulation courts, 2 saunas, 2 whirlpools, 1 badminton court. Special women's programs, free nursery, men's and women's traveling leagues. Aerobic dance classes. 2 professional instructors (APRO). Manager: Kathleen Zale. Programs director: Debbie Fultz.

FLINT RACQUETBALL AND FITNESS CENTER

G-5219 W. Pierson Road, Flushing, Mich. (313) 733-7730. 15 regulation courts, Swedish sauna, whirlpool, free attended nursery from 9 a.m. to 5 p.m. Monday-Friday. Universal fitness center with jogging area. Pro shop. Located 1 mile west of I-75 on Pierson Road. Club manager: Al Nuechterlein

FLORIDA

JACKSONVILLE RACQUETBALL CLUB AND NAUTILUS CENTER

6651 Crestline Drive, Jacksonville, Fla. (904) 724-6994. 10 air-conditioned racquetball courts. Brand new Nautilus. Separate saunas and whirlpools, men's and women's locker rooms, attended nursery. Out-of-town guest fee waived with membership from out-of-town club. Open 7 days a week 6 a.m.-midnight. Manager: Ray Ashworth.

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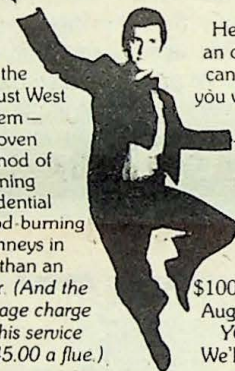
- Yes I do... but not with you.
- Single and loving it.
- When I'm good, I'm very good. When I'm bad, I'm terrific.
- 10 1/2... on a scale of 1-10.
- Sex is a misdemeanor. De more I miss, De meaner I get.
- More than U can handle.
- I love cats or I love dogs.
- So many men, so little time.
- I'm fantastic in dark places.
- Short people don't need shrinks.

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Experienced racquetball players planning trip to Arabian country within the next six months. Please send name, address, phone to: R.T. Box 105.

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 Ideas, inventions, new products needed by manufacturers. Marketing assistance available to individuals, universities, companies. Write IMI-RAQ, 701 Smithfield, Pittsburgh, Penn. 15222.

WANTED: Sales Rep for trophies. Contact Alan Shetzer, R.T., (312) 39-3030.

APRO and USPRO will be holding a racquetball/tennis clinic Saturday and Sunday, January 24 & 25, at the Long Beach Convention hall, Long Beach, Calif. The clinic will be aimed at teaching the sport of racquetball. Speakers are Chuck Sheftel, Ed Martin and Ron Meek. For tickets, write or call **APRO**, 730 Pine Street, Deerfield, Ill. 60015 (312/945-4678)

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WE'RE LOOKING FOR PEOPLE to help **RACQUETBALL TODAY** in a few, specific metropolitan areas where we currently have no representative. We need people to help give us reports on major tournaments when they are in the area, help us run our tournaments around the country, and help establish the club guide. We currently need people in Atlanta, Boston, Denver, Houston, and Seattle.

ATTENTION CLUB OWNERS: You can get in to our club guide for only \$220 a year. What a great way to let everyone in the country know where to play when they come to your city, as well as everyone in your area! See the club guide page for more information.

Heard a good, humorous racquetball story or joke lately? Send it to our Comic Editor, Tom Grobmisi, and if we use it in the paper we'll send you a gift. Write R.T.

Help! Our classified ads section is brand new and we need ads. Do you want to find someone looking for a game at 6 a.m. in Waco, Texas? Do you want to congratulate a friend for winning? Looking for someone to share a room at the upcoming pro stop? Here's the place to put the ad. See order form below.

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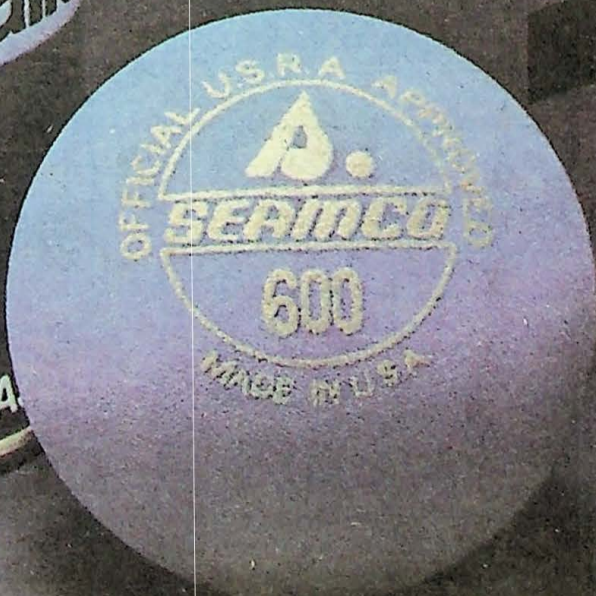
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