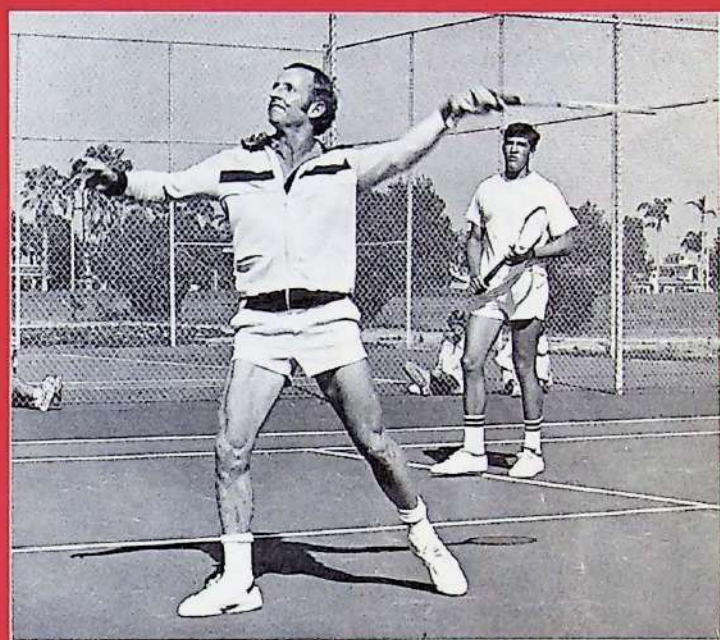


Tennis & Racquet News

Seventy Five Cents

Volume 1, No. 4 June 1977



The Need of Instruction Weight Control

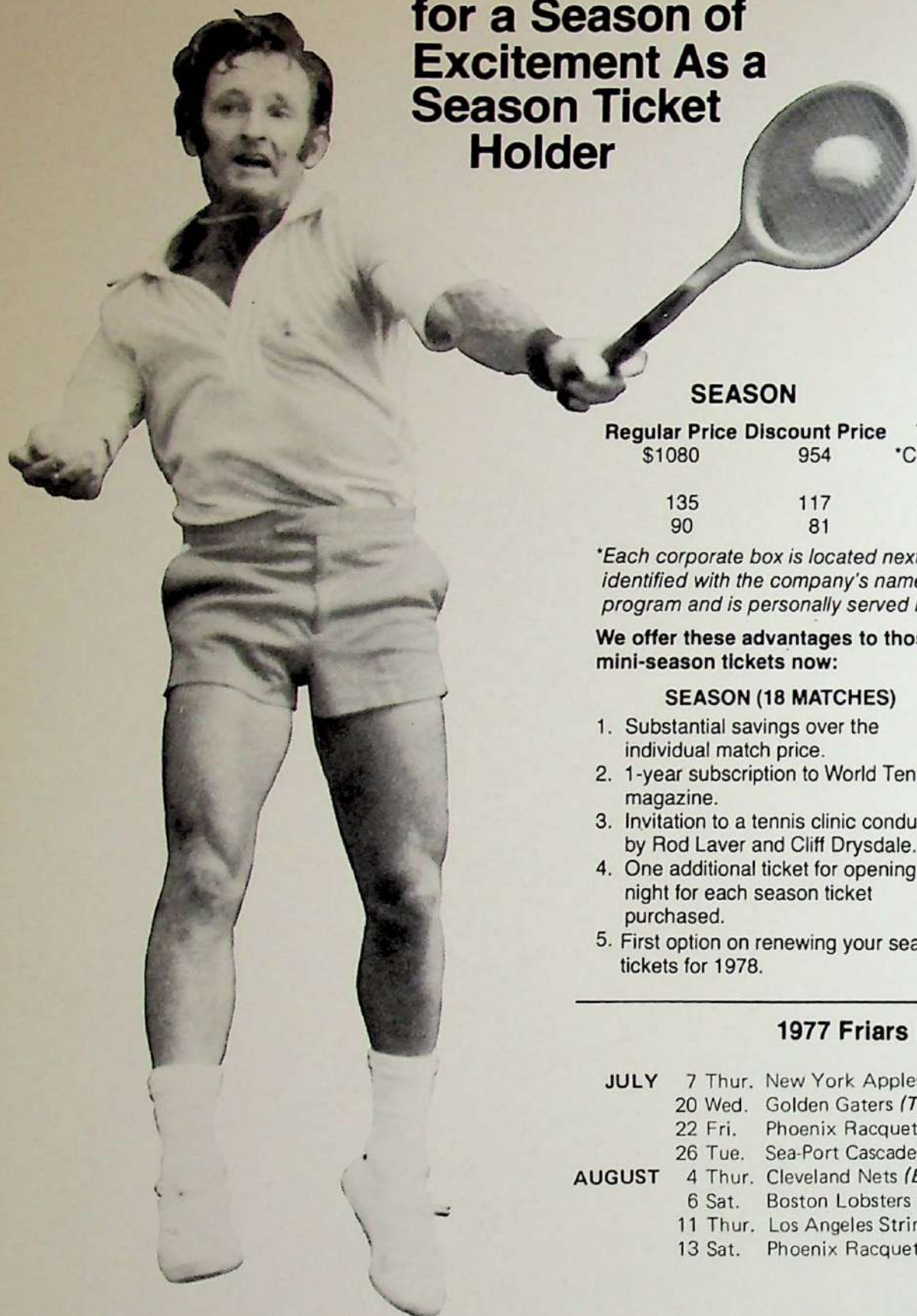


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1977 Friars Home Schedule

JULY	7 Thur.	New York Apples (Billie Jean King, Virginia Wade)
	20 Wed.	Golden Gaters (Tom Okker, Betty Stove)
	22 Fri.	Phoenix Racquets (Chris Evert, Kristien Shaw)
	26 Tue.	Sea-Port Cascades (Margaret Court, Tom Gorman)
AUGUST	4 Thur.	Cleveland Nets (Bjorn Borg, Martina Navratilova)
	6 Sat.	Boston Lobsters (Kerry Melville, Roy Emerson)
	11 Thur.	Los Angeles Strings (Rosie Casals, Dianne Fromholtz)
	13 Sat.	Phoenix Racquets (Chris Evert, Kristien Shaw)



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Courtside Correspondence

I am a high school student in Chula Vista. I enjoy your magazine a lot. I play tennis and particularly enjoy the tennis section of your magazine.

On T.V. you never see coverage of tennis. Or at least not as much as you do baseball, basketball and football. (On the evening news shows I mean) So your magazine should be a success with all your pictures and things.

The reason that I am writing though, is because I was wondering why you don't do more on the Friars. I go to all the matches that they play in San Diego and I think that they deserve more coverage.

Also, it would be really nice if you did an interview with them every once in a while, or had things written by them.

We subscribe to your magazine, and my parents like it also. I hope your magazine stays as good as it is now.

*Thank you
Max Redding*

The one thing that your magazine is lacking (and I don't know that there is more than one) is more coverage of women's sports. Too long have we women been neglected financially in dealing with college sports. It seems (to me anyway) that the more printed material about the subject, the sooner the problem will be remedied. And I would like to see things change sometime in my lifetime, if you get my message.

Thank you for your efforts so far, and please leave my name off if you decide to print this letter.

I really enjoy your magazine. Your publication is something that San Diego has needed for a long time.

What really impresses me about your publication (aside from the super articles and pictures) is the lay-out of the magazine. The shape is unique, and it has a comfortable feeling about it. Even when not reading, it's nice to just thumb through it.

Keep up the good work.

*Yours truly,
David Murphy*

P.S. It's refreshing to turn pages and see familiar faces. Keep those photographs coming. D.M.

I'd like to compliment you on your magazine, Tennis & Racquet News. I've found it interesting and enjoyable reading. The articles are good and the material used is all local. Therefore I can relate to names and places mentioned. Now that I have read your magazine I will become a faithful reader.

*Sincerely
Alex Vislay*

Tennis & Racquet News

Volume 1, No. 4 June 1977



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Call It Work Or Fun If Your Goal Is Teaching...

By Dave Austin

Head Pro at the Lomas Santa Fe C.C.

Many junior tennis players have goals of becoming a club professional someday, but they aren't sure what steps to take to pursue that objective. Many adult players probably don't know all the responsibilities a club pro must face during a typical working day. Here are some questions that are usually asked of me and the answers should give you an insight about a club professional's duties.

Q: Why does one decide to become a teaching pro?

A: Many pros have been playing tennis all their lives so they decide to make it their livelihood. Once they have reached their decision, they have to determine which avenue they are going to take in tennis to make their living. The choices are: playing the circuit, teaching tennis, working for a manufacturer or becoming a manufacturer, working for a retail pro shop, owning a pro shop or hustling.

The first choice, playing the circuit, is a very difficult task. First, you have to have a whole lot of talent. Second, you either have to come from a wealthy family that will support you, or have sound financial backing. Very few players have made money right off the bat and even the great players have taken considerable time to establish themselves on the tour.

During this time of establishment, airplane tickets have been purchased along with the expenses of room and board. Many potential Jimmy Connors have fallen by the wayside because of lack of funds as they no longer can invest the personal time without monetary return. Becoming a manufacturer or retailer is something that also requires a large financial investment. Many teaching pros get into these areas along with their teaching after they have built up capital.

Teaching, on the other hand, takes no real financial investment and you see capital return right away. As far as becoming a hustler, it's pretty tough to make a steady living, unless you spell your name, "Riggs".

Although finances are an important factor in deciding which avenue you choose, your attitude towards people is a vital asset in the teaching profession. If your only reward is your fee at the end of a lesson, then I guarantee it was a poor lesson. I have seen many lessons where the pro was uninterested and caused the student to become bored. No one benefits from this type of attitude.

To teach any subject well, you first need to have a great deal of enthusiasm for your subject, and, second, a great deal of enthusiasm for people. I derive a lot of my satisfaction from teaching by getting someone else excited about something I enjoy.

Q: How does one become a tennis pro for a club?

A: First, the most obvious answer is to play a lot of tennis and develop your skills. Take lessons yourself and get involved with different tennis events. The more you are around the game and important leaders in the game, the more you will learn.

It is important to acquire top-notch skills and play in high level competition. I don't feel you have to be the best player in the world to be a great teacher. Many fine instructors have never won a major championship. However, I do feel you gain more understanding for the game if you have participated in a high level of competition. Once you have sufficient skills and a relatively solid playing background, you need to learn more about teaching the game and directing club operations.

You should have a general idea through your background of what you want to get across in a lesson. Like anything else though, you can learn from those who have had more experience. Get to know the local pros

in your area and watch them teach. Learn from their different teaching techniques and their responsibilities. Also, get involved in the United States Professional Tennis Association (USPTA).

This is an organized association for tennis professionals which can introduce you to the area and help you get located in a position. After you have developed the skills and acquired the knowledge, sell yourself in a professional business-like manner to a club in search of a tennis professional.

Give your background, in resume form, and most importantly, show the club management what you can do for the club in creating excitement in the club, organizing activity and developing membership. Then follow up on what you said you could do.

Q: What are the responsibilities of a club tennis professional?

A: Different clubs give different responsibilities to their pros. Some clubs have pros just for teaching purposes. These clubs have other persons as directors of the different activities involving the members. Other clubs use their pro to direct the entire tennis program including professional lessons, shop sales and merchandising, organization of the club at different functions in the community and promotion of membership. I feel the tennis professional who is limited to just teaching does not realize his full value to a club.

They make their living teaching and 90 percent of the time, this is all they are concerned with. The club pro can be in a powerful position to the success of a club if he gets involved with the activities. Generally, the tennis members will respect their pro's opinions as a professionally trained person who is knowledgeable in his field.

Just as the pro has to realize his use to the club so does the management have to realize it and compensate him for the time that he spends off the court working in the operation of the tennis activities. This type of position takes an individual who is not only competent in tennis, but also understands business procedures and management. This type of position is much more rewarding not only financially, but also in personal satisfaction and achievement. More and more, clubs are turning toward professionals that can direct the complete tennis program. So add business and management training to your list of preparation for becoming a club tennis professional.

Q: Should a club professional take time to play in tournaments?

A: I feel it's important for a club professional to keep active in tournaments. It keeps him involved in the tennis activities of the community. It's a difficult task because club responsibilities leave little practice time, but, I feel I keep growing in the game as I continue to play in tournaments. It keeps my enthusiasm high and this enthusiasm is carried over into my lessons.

Pros may become stale mentally and physically from the lack of competition. Also, members enjoy watching their pro play and keeping up with his progress in tournaments. As important as it is for the pro to maintain his skill, his first responsibility is to his club and members. His involvement in tournaments should not conflict with his duties to his club.

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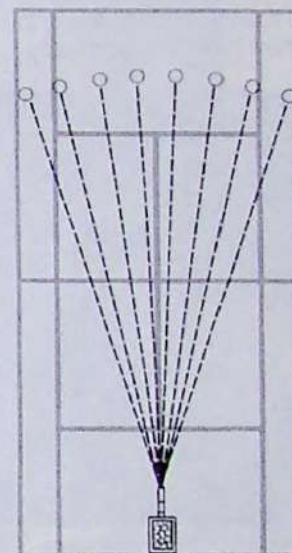


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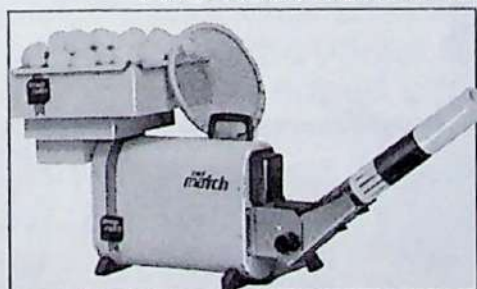
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DEALERSHIPS AVAILABLE

Tennis and Racquet News was invited to an afternoon of tennis recently in neighboring Tijuana. Our hosts were Rigoberto Laborin and the lovely Mari Casta, and the place was "Club Social y Deportivo Campestre", a picturesque Mexican country club located on the outskirts of Tijuana.

The site of a beautiful golf course, swimming pool, tennis courts, racquetball courts and social center, Campestre, for the past 35 years, was equipped only for golfers to enjoy. Two years ago, tennis and racquetball stepped into the light with the completion of five tennis courts and two indoor racquetball courts (two more are under construction). Campestre boasts two tennis professionals and a racquetball instructor.

Juan Antonio Marañon from San Luis Potasi, and Jesus de la Paz of Tijuana, instruct at the courts and, with Campestre being the most active tennis center in Tijuana, they are responsible for most of the hard stroking youths coming out of Tijuana.

Salvador Payan, the racquetball instructor, plays for Leach Industries and claims to be one of the best racquetball players in Mexico. Payan is also on hand all the time, either for a lesson or a friendly match.

Laborin and Casta first came to the attention of Tennis & Racquet News at the Buffums-Kodel mixed doubles tournament held at the Hotel del Coronado last month.

"Jugamos Tenis Tambien"

By Joseph Dittler



Below: Sunken courts and inlaid rock dividers enhance the beauty of Campestre. Above: View of Campestre's golf course through aristically designed windows of clubhouse.

Although they did not win the tournament, as the sole entrants from south of the border, they won the hearts of the spectators with their style and grace on the court. Attractively dressed in white outfits with the colors of the Mexican flag for trim, it came as no surprise when Kodel's "Best Dressed Award" was given to them. Rigo, 19 and a student at a pre-med school in Tijuana, has played tennis for three years and attributes his game to de la Paz.

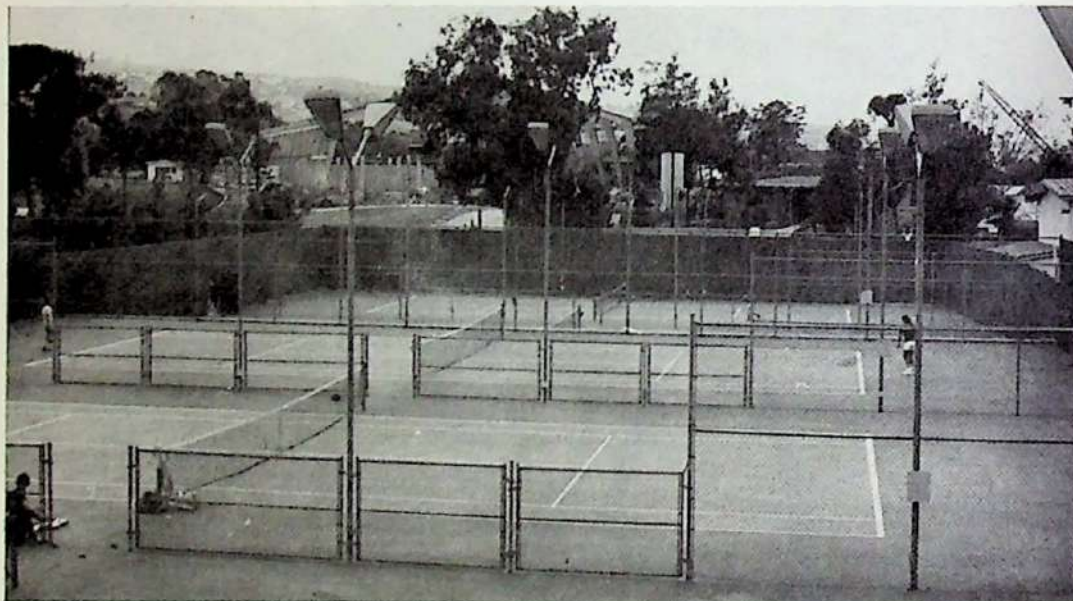
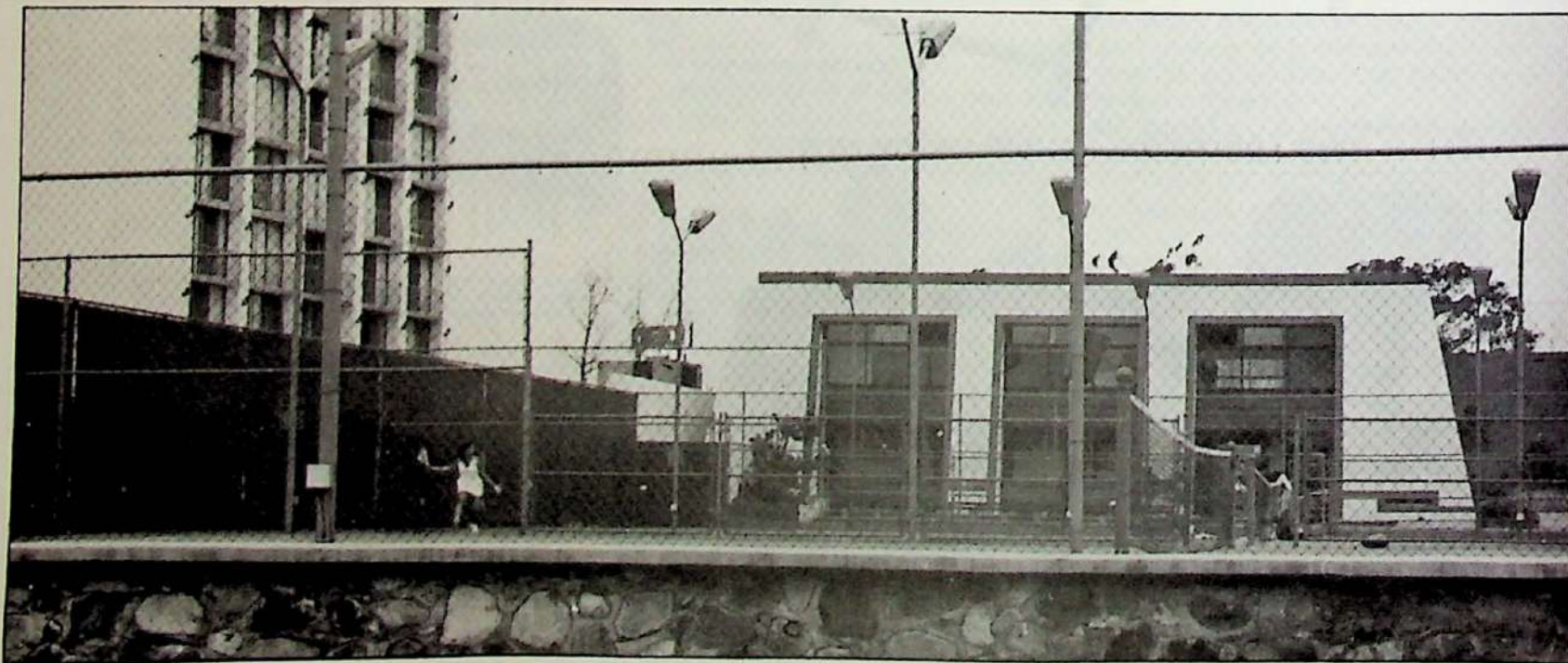
Mari, only 14, has played the game for two years, and presently takes lessons from Ben Press at the Hotel del Coronado. As the top junior players in Tijuana, both Rigo and Mari plan to compete in the Mexican National clay court championships coming up soon in Mexico City.

It is estimated that approximately 200 tennis players exist in Tijuana today, as compared to approximately ten players two years ago. With more courts planned to be built in the near future, and the number of juniors taking to the game increasing, the number of tennis players coming out of Tijuana can be expected to grow tremendously in the coming years.

Tennis & Racquet News thanks club president Gorge Noriega for allowing us to introduce Campestre to our readers, and good luck Rigo and Mari in Mexico City....Mucho gusto en conocerse amigos.



Above: Top club junior members, Rigoberto Laborin and Mari Casta (front row). Standing (L-R) Juan Antonio, Marañon, Salvador Payan and Jesus de las Parz instructors of Campestre. Below: View of courts from clubhouse. Construction of new clubhouse can be seen in background.



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Prep Volleys

Christian

Christian High School's tennis team won more than 50 percent of their matches and the team is building into a strong and promising squad for the future.

"I underestimated the power of our league contenders," said coach Hyatt Baker. "I thought we would do better than we have, but now I know my mistakes and can correct them next season."

Robert Schiwitz was in the team's number-one singles players, followed by Hart Schiwitz, Chris Narden, Randy Coen, David Geise, Bill Compera and Brad Carter. The girls playing for Christian's varsity were Julie Vandenberg, Carol Fields and Lisa Bohman.

"Next season we will be losing three of the top varsity players, but the ninth and tenth graders have tremendous potential," said Baker. "All in all, the next two years we will have the best team ever."

Crawford

Finishing their season play and tying for first place with Patrick Henry, Crawford's tennis team thinks that's a pretty good way to end the year.

Top players under the direction of coach James Same were Dan Chapin and Rick Barskey.

El Capitan

El Cap finished the season with a 2-18 record, but coach Bernie Taggart took a big step forward as his squad showed signs of improvement. The Vacqueros should improve this season's record a year from now.

Granite Hills

The determining factor for the tennis team of Granite Hills is competition. Finishing the Grossmont league season with a 4-10 mark it has been right on the verge of winning most of its matches and have lost in the crucial game.

"I think we are by far the most competitive team in the league said coach Dwight Morris. "We are a little disappointed in the outcome of this season, and a lot of it is due to not enough depth in the right areas at the right times."

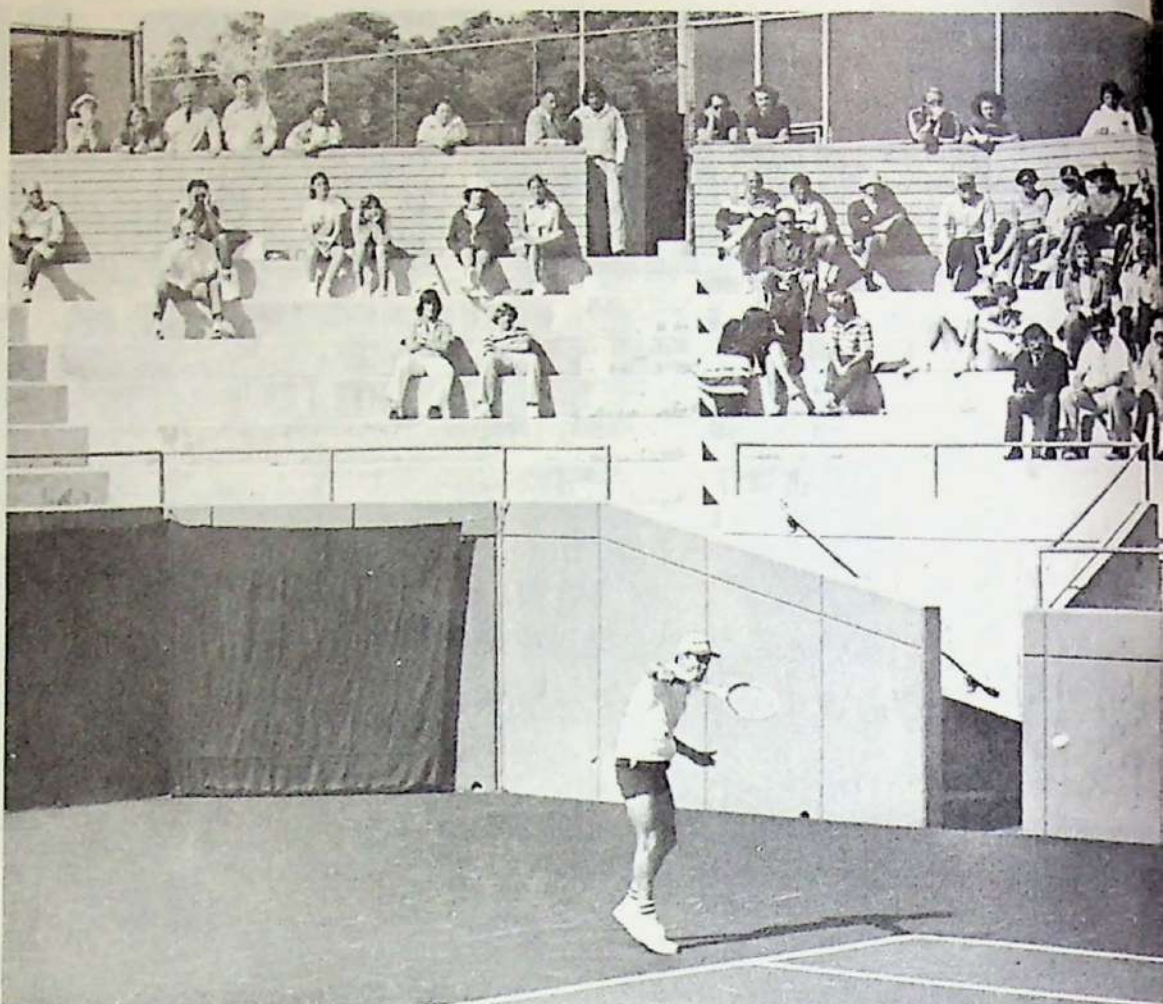
The Eagles top boy's singles players were George Burke and Ron Elston. Doubles matchup were Jim Jacob and Joe Cobbs.

"We don't work on anything special or different from other teams, but we do concentrate on attitude and maintain composure as a basic drill," said Morris. "This is a uniqueness about our team members."

Grossmont

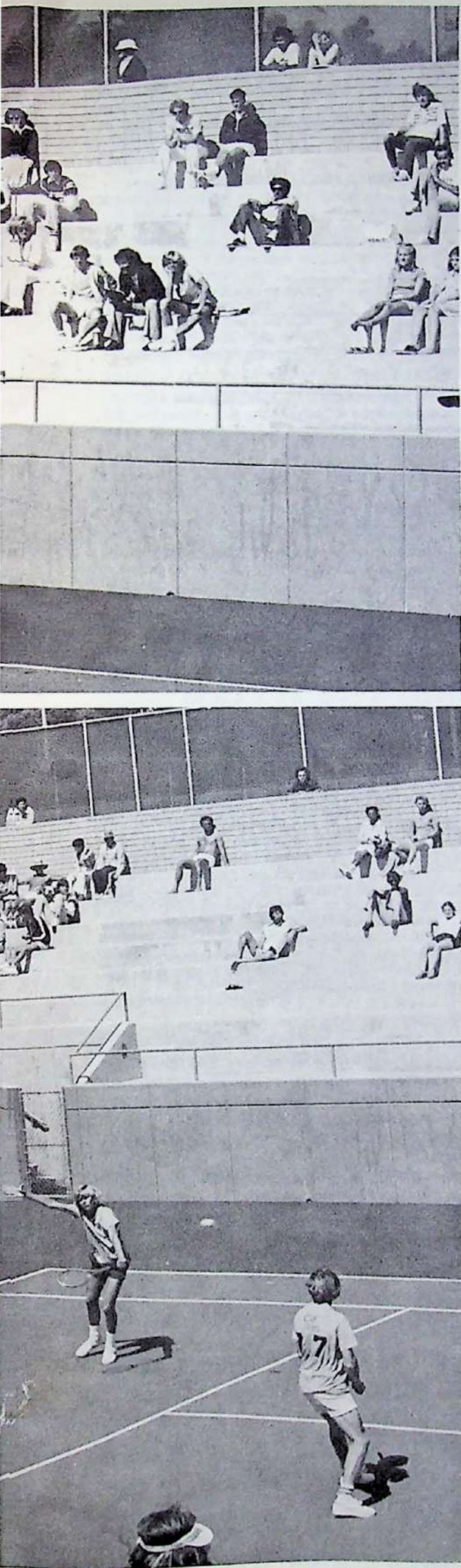
Losing to Helix High School 22½-5½, Grossmont's tennis team finished in second place. Kevin Meriman led the Foothillers as the top singles player. Tom Handley, Jim Bliss and John Sullivan follow in Meriman's footsteps as the other top singles players. The top doubles teams were Barry Thornton and Fred Richards.

"Psychologically, it has been a tough year for us by losing our two top players," said



Above: Andy Gordon (top), returning the serve of Roger Knapp (bottom left). Gordon took this first best of three set matches against Knapp 6-4, 3-6, 7-6. In two previous one set matches earlier in the year, Knapp had been victorious winning 6-3 and 6-4. (Bottom right) Doubles winners from La Jolla are Jack Krugar and Scott Appleby.





coach Jack Mosher. "They are, mentally, the toughest boys I have ever coached. I think they are just great."

Mosher emphasizes a good balance in his tennis program. With no strong tournament players, he is depending on the returning players and boys from the junior varsity team to add depth to the team next season.

Helix

Ending the season with a record of 8-8, Helix tennis coach Ross Walker looks to the future for a promising team.

Singles team members Dan Fagelson and Jim Turner led the lineup along with the senior doubles Bill Firtch and Mike Lehman.

"Our doubles team has been really strong," said Walker. "A lot depends on our match according to the performance of our doubles play."

Ineligibility of team member Jeff Baromich hurt the team but he has returned to play for the finals. He will play on the team next season and probably will be the number-one ranked player for the Highlanders.

Madison

With a young team this season, Madison's tennis team looks for over half its team returning next year. Finishing the season 5-9, the Warhawks are hoping for better days.

"It was one of those things, we just lost points on some close matches," said coach Dan Miller.

Monte Vista

It has been a fantastic year for the Monte Vista Monarchs tennis team. Finishing the league in the number-one position, it is the first time ever for the Monarchs and the first time in 16 years that Grossmont High School hasn't held the title.

"It has been a complete effort of the whole team," said Monarch coach Owen Garner. "Hard work of the players, dedication, and a lot of leadership from the senior players helped our moral and tennis ability."

The lineup for the Monarchs is tough to match. Senior Peter Nisser from Sweden played the number-one position with Sam Williams in second, Chuck Sheffield third and Greg Hener and Larry Silva battled for fourth. The doubles team of Brian Rose and John Winterhouse have broken the school win-loss doubles record. Dave Samuel and Ian Hanson are the number-two doubles partners.

"We have counted each win as they came and never expected it until the match was over," said Garner. "After all, anything could happen in a tennis match!"

Mt. Miguel

Starting off as a rebuilding year, the Mt. Miguel Matador's tennis team finished the season with a record of 8-8. The starting lineup was all seniors so the team will be starting all over again next season.

Jeff Mitchell, Terry Phise, Nick Sherbov and Ron Radcliff led their team in all matches. "We have an outstanding frosh team and a good junior varsity team, so next year will be very promising for us," said coach Bill Scott.

Santana

Team members ineligibility did not seem to hurt the Santana tennis team. Ending the season 7-6, it held up well until the end of the season.

"We started the season with a good chance of winning the league division, but we did not expect to lose so many players," said coach Jay Turner.

Starting for the Sultans was all league player Bob Giannaris, followed by Alex Velasquez, Rich Yahanke, and Mark Irwin. The doubles team consisted of Carl Kuss and Aung Win and Jim Evans and Randy Keefer.

"We are hoping for an outstanding team next season," said Turner. "The boys we lost this year will be back with us next season."

St. Augustine

Losing twice to the unbeatable La Jolla High and twice to Mission Bay, St. Augustine's tennis team finished off their season with a 10-4 win-loss record.

"We are very pleased with the outcome of this season," said team coach Rev. Griswald. "It is impossible to beat La Jolla. We lost to Mission Bay 4-3 and 5-2. We did put up a good fight."

Leading the team to a third place finish were top singles players Tom Adams, Chris Long and Tom Brogan. The number-one doubles team was Tom Brogan and Ernie Lazano.

Valhalla

For a young school and team, Valhalla High School has a lot to be proud of when it comes to their tennis team. Finishing second in Grossmont League play, they tied with Grossmont High School.

"We have good balance and have been able to hold our own in every area of the game," said coach Mel Schetsalaar. "We don't have any one outstanding player, each member is responsible."

Kel Carden was the number-one singles player followed by John Schindler, Adam Richman and Bill Burges. The number-one doubles team was Fred Jacobs and Gregg Toolson followed by Dave Schetsalaar and Eric White.

"We were only expecting to be fourth in the league," said Schetsalaar. "We did better than we expected and are very pleased."

La Jolla

It was billed as the national high school championship, but when it was over, La Jolla High had claimed its 166th win in a row. The Vikings gave coach Russ Lanthorne one of his biggest wins in his highly successful career as they handed Corona Del Mar a 16½-11½ decision.

Corona Del Mar was ranked by a national prep sports magazine as the best team in the country. However, a magazine spokesman admitted that the chance for overlooking such powerhouses like La Jolla was great. The publication had given La Jolla the number 13 spot in their poll.

Roger Knapp led the win with four wins over the visitors, including Corona's talented Lance Good and Kevin Forbes. Hector Ortiz and Jeff Griffen each won two sets for the Vikings while the double team of Jack Krugar and Scott Appleby captured one match and split the other.

Kevin Steel and John Appleby split both their matches in front of over 200 persons who watched the match at the La Jolla Beach and Tennis Club.

La Jolla Wears CIF Crown

Can winning ever be monotonous? If you're any tennis coach in San Diego County, the answer is yes. If you're Russ Lanthorne, the answer is a smiling and emphatic, "No way!"

Lanthorne's La Jolla Vikings knocked
(Text continued on page 10)

Prep Volleys

(Text continued from page 9)

off their 172nd consecutive opponent to capture the CIF team title at Morley Field on May 19. The Viking's victim was highly talented Coronado which lost to the Vike's by a score of 21-7.

Roger Knapp led the victory with four wins and his biggest win came against Coronado's number one player, Andy Gordon. Knapp used his blistering serves, which are just as effective on the second serve as the first, to knock off Gordon, 6-4, and also Randy Nixon, 7-0, Jeff Cline, 7-6, and Bobby Chapman, 6-3. However, the always tough Gordon rebounded off the loss to hand Beto Bloise a 6-0 decision and Hector Ortiz a 6-1 loss. Gordon finished the day with a 6-0 victory over Jeff Griffin. Nixon also came through with three victories, 6-3 over Bloise, 6-2 over Ortiz and 6-0 over Griffin. Cline got the only other Coronado point in singles play.

In doubles action, it was all La Jolla as Jack Kruger and Scott Appleby won all four of their sets by a total of 24 games to one. Kevin Steel and John Appleby swept all four of their sets to round out La Jolla's scoring. Coronado had to play the match without the services of their top doubles player, Wren Meyers, who had to stay at Coronado to take a final exam.

La Jolla's 172 match winning streak is one less than the national record held by Bay Shore (New York) High, which won 173 consecutive matches a decade ago.

Coronado coach, Robbin Adair, returns the nucleus of his team next year and stands a good chance of taking another shot at the CIF team title. However, any school that wins as often as La Jolla won't be weak no matter how many players graduate. So La Jolla should be back next year. With that in mind, it could well be another La Jolla-Coronado show down next year. However, most of the teams in the final rounds will return the bulk of their lineups also. Other action:

Semifinals

CORONADO 15, HENRY 13

Andy Gordon (C) df. Ken Calder, 6-0; df. John Standlee, 6-1, df. Gary Pollack, 6-2; df. Mark Gasenica, 6-1. Donald McCauley (C) lost to Calder, 0-6, lost to Standlee, 1-6, lost to Pollack, 2-6; df. Gasenica, 6-2. Jim Champlin lost to Calder, 1-6, lost to Standlee, 1-6, lost to Pollack, 4-6, df. Gasenica, 7-5. Rob Le Tourneau (C) lost to Calder, 1-6; lost to Standlee, 4-6; lost to Pollack, 4-6, lost to Gasenica, 3-6.

Randy Nixon-Bobby Chapman (C) df. Jerry Jaffee-John Howard, 6-3, 6-3; df. Les Templeton-Warren Gee, 6-2, 6-1. Wren Meyers-Jeff Cline lost to Jaffee-Howard, 6-7, 4-6; df. Templeton-Gee, 6-4, 6-4.

LA JOLLA 25, POWAY 3

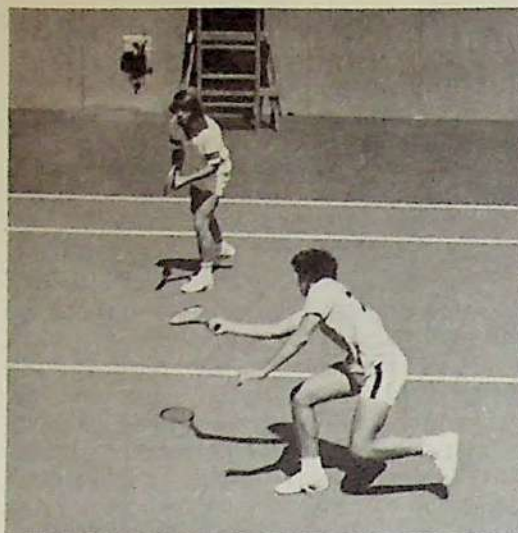
Singles: Knapp (LJ) df. Graber 6-3; df. Wang 6-0, df. McGillivray, 6-0, df. Garner 6-0; Bloise (LJ) df. Graber 6-4, df. Wang 7-5, df. McGillivray 6-2, df. Garner 6-4; Ortiz (LJ) df. Graber 6-0, df. Wang 6-0, lost to McGillivray 6-7, df. Garner 6-3; Griffin (LJ) df. lost to Graber, 4-6, df. Wang 6-0, lost to McGillivray 6-7, df. Garner 7-6.

Doubles: Kruger-S. Appleby (LJ) df. Gabbard-Bralla, 6-1, 6-1, df. Radford-Jeffs, 6-1, 6-3; Scribner-Pearson (LJ) df. Gabbard-Bralla, 6-2, 7-6, df. Radford-Jeffs, 6-4, 6-4.

Quarterfinals

CIF PLAYOFFS QUARTERFINAL ROUND LA JOLLA 25, CARLSBAD 3

Singles — Knapp (LJ) df. Watson 6-2, df. Evans



Top: Covering the center is Kevin Steel (right) as John Appleby looks on.

Middle: Scrambling to keep position are Mark Scribner (left) and Steve Pearson (right).

Below: Wren Meyers of Coronado taking position.



6-0, df. Mahin 6-0, df. Koopsen 6-1; Bloise (LJ) df. Watson 7-6, df. Evans 6-1, df. Mahin 6-2, df. Koopsen 6-0; Ortiz (LJ) df. Watson 6-2, df. Evan 6-3, df. Mahin 6-3, df. Koopsen 6-1; Frager (LJ) lost to Watson 1-6, lost to Evans 4-6, df. Mahin 6-1, lost to Koopsen 4-6. Doubles — Kruger-S. Appleby (LJ) df. Bell-Kullmann 6-0, 6-1; df. Wrench-Hops 6-3, 6-0; Steel-J. Appleby (LJ) df. Bell-Kullmann 6-0, 6-1; df. Wrench-Hops 6-0, 6-2.

HENRY 15½, MONTE VISTA 12½

Singles — Howard (H) lost to Knisser 4-6, lost to Williams, 4-6; df. Sheffield 6-2, df. Silva 6-1; Standlee (H) lost to Knisser 3-6; df. Williams 6-1; df. Sheffield, 6-4; df. Silva 6-0; Pollack (H) lost to Knisser 3-6, lost to Williams 2-6, df. Sheffield 6-4; df. Silva 6-2; Lipton (H) lost to Knisser 1-6, lost to Williams 2-6, lost to Sheffield 2-6, df. Silva 6-0. Doubles — Calder-Gasenica (H) split with Winterhouse-Rose 3-6, 6-2; split with Samuel-Henson 6-7, 6-4; Templeton-Gee (H) split with Winterhouse-Rose 7-5, 4-6, df. Samuel-Henson 6-4, 6-2.

CORONADO 21½, GROSSMONT 6½

Gordon (C) df. Merriman, 6-2, Handley, 6-0, Howarth, 6-1, Townsend, 6-0; McCauley (C) lost to Merriman, 2-6, Handley, 6-7, Howarth, 2-6, df. Townsend, 6-2; Champlin (C) lost to Merriman, 3-6, Handley, 5-7, df. Howarth, 6-2, Townsend, 6-0; LeTourneau (C) df. Merriman, 6-3, Handley, 6-2, Howarth, 7-5, Townsend, 7-5. Doubles — Nixon-Chapman (C) df. Richards-Thornton, 6-1, 6-1, Bliss-Sullivan, 6-1, 6-0; Meyers-Cline (C) split with Richards-Thornton, 6-3, 6-7, df. Bliss-Sullivan, 6-3, 7-5.

POWAY 19½, B. VISTA 5½

Singles — Wang (P) lost to Herman, 2-6; lost to Price, 0-6; df. Camisa, 6-2; df. Witt, 6-1; McGillivray (P) df. Herman, 6-3, df. Price, 6-2; df. Camisa, 6-3; Garner (P) lost to Herman, 1-6; df. Camisa, 6-3; df. Witt, 7-6; Radford (P) lost to Price, 3-6; df. Camisa, 6-2; df. Witt, 6-3. Doubles — Graber-Gabbard (P) df. Smith-Lahr, 6-3, 7-5; df. Orkin-Thomas, 6-0, 6-3; Bralla-Jeff (P) split with Smith-Lahr, 6-1, 5-7; df. Orkin-Thomas, 6-1, 6-3.

CIF PRELIMINARIES

La Jolla 24½, Crawford 3½

Singles: Knapp (LJ) df. Chapin, 6-4; df. Barsky, 6-1; df. Ruskin, 6-1; df. Chow, 6-2. Kruger (LJ) df. Chapin, 6-4; df. Barsky, 6-0; df. Ruskin, 6-0; df. Chow, 6-0; Bloise (LJ) lost to Chapin, 2-6; df. Barsky, 6-3; df. Ruskin, 6-0; df. Chow, 6-4. Buffington (LJ) lost to Chapin, 3-6; df. Barsky, 6-1; df. Ruskin, 7-5; df. Chow, 6-1.

Doubles: Goss-Shadek (LJ) df. Gooding-Silva, 6-1, 6-0; df. McGinnis-Serradell, 6-2, 6-4. Steel-J. Appleby (LJ) df. Gooding-Silva, 6-0, 6-2; split with McGinnis-Serradell, 6-0, 4-6.

Andy Gordon Is CIF Singles Champ

Maybe the third time was the charm or maybe it was the lick of the draw, whatever it was, Coronado's Andy Gordon is the 1977 CIF individual singles champion.

Gordon defeated La Jolla's Roger Knapp for the title with an exciting 6-4, 3-6, 7-6 win. It was the third time the two had squared off this year and Knapp had won the previous two, but Gordon was totally prepared to give an all out effort. "I got lucky," he said. "I guess I played better that day. I knew I had to go three sets to win it and winning the first set was important."

Gordon went out and did win the first set, 6-4. After Knapp came back, in the second set, 6-3, Gordon knew he had his work cut out for him. However, in the crucial third set, Gordon and Knapp were tied, 6-6, and had to go to a tie-breaker. Despite the pressure, Gordon remained calm. "At first, I thought that he won so many tie-breakers this season, that our match would be another one," he said. "I was lucky to be in the top-half of the draw because I didn't face as many hard matches as Knapp did."

Knapp had a tough battle in the semifinals,

but polished off Coronado's Randy Nixon, 6-7, 6-4, 6-1, to reach the finals. Gordon admitted afterwards that Nixon was one of the toughest players he's faced all year and was glad he didn't have to face him before the finals.

Gordon got past La Jolla's number-three player, Beto Bloise, 7-6, 6-1, in the semi-finals.

La Jolla did gain an individual championship when Jack Kruger and Scott Appleby defeated Kevin Steele and John Appleby, 7-5, 6-4, to win the doubles title.

Semifinal action

Singles, semifinals — Andy Gordon (Coronado) df. Beto Bloise (La Jolla), 7-6, 6-1; Roger Knapp (La Jolla) df. Randy Nixon (Coronado), 6-7, 6-4, 6-1.

Doubles, semifinals — Jack Kruger-Scott Appleby (La Jolla) df. Mark Scribner-Steve Pearson (La Jolla), 6-0, 6-4; Kevin Steele-John Arrleby (La Jolla) df. Wren Meyers-Jeff Cline (Coronado), 6-1, 6-4.

Metro Finals

Randy Nixon of Coronado defeated Islander teammate Andy Gordon, 7-6, 6-4, to capture the singles title in the Metro Conference tournament. Nixon's win capped a successful tournament by Coronado which also won the doubles title. Wren Meyers and Jeff Cline knocked off Bonita Vista's Tracy Price and Camisa, 6-2, 6-3, to win that honor.

Peter Herrmann defeated Ola Sventesson for third place with a 6-0, 4-6, 7-6 decision while the Montgomery High team of Santos and Dameron defeated teammates Miguel and Perris, 6-2, 4-6, 6-3, for third place in doubles play.

All-Metro Team

Andy Gordon-Coronado
Randy Nixon-Coronado
Wren Meyers-Coronado
Jeff Cline-Coronado
Tracy Price-Bonita Vista
Peter Herrmann-Bonita Vista
Franco Del Rosario-Sweetwater
Wayne Johnson-Castle Park
Bernardo Roque-Montgomery
Ola Sventesson-Hilltop

Bloise Wins City Title

Beto Bloise is the 1977 San Diego City Conference tennis champion. Bloise made his way through a field that would rival the entire San Diego CIF talent to capture the honor from runner-up Jerry Jaffe of Patrick Henry.

La Jolla was the dominate team in the tournament as the doubles team of Jack Kruger and Scott Appleby defeated teammates Kevin Steele and John Appleby for the doubles title.

Bloise had to get past La Jolla's number one singles player, Roger Knapp, to reach the finals. Bloise dropped Knapp, 6-4, 7-6, to advance while Jaffe was scoring a 6-4, 6-4 verdict over Mark McMahon of Pt. Loma.

The championship results were particularly pleasing to La Jolla's coach, Russ Lanthorne. The wins of Bloise, Kruger and Appleby capped a successful season in city play and warmed up the Vikes for the CIF playoffs that followed a week later.

La Jolla finished the season one match short of the national high school record of 173 set by Bay Shore (NY) High a decade ago. Lanthorne was a little disappointed that

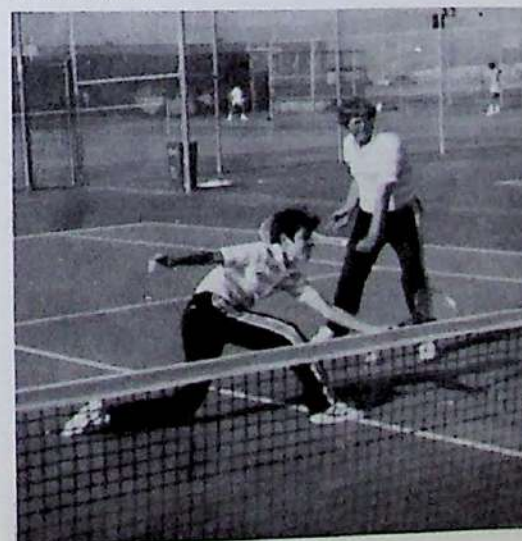


Randy Nixon at the baseline.



Above: Poway Titan Coach, Terry Campbell congratulating his No. 1 singles player, John Graber, after capturing the Avocado conference singles title. He defeated John Tsumas, 6-4, 6-4.

Below: Earl Kincaid (left) and Dennis Nelson (Right) are San Marcos High honorable mentions, All-Avocado.



this year's squad, which he described as the best depth he's ever had, couldn't tie or break the record. However, he made it clear that every player that has come through his program is part of their long winning streak whether they were there for win number one or win number 172.

Grossmont Singles Championship

The Grossmont League Championships, held Friday, May 13, proved to be a lucky day for singles player Jeff Baromitch and the doubles team of George Burke and Ron Elston. The victory promised them spots in the 1977 CIF individual playoffs.

Baromitch, of Helix High School, defeated Kevin Merriman, of Grossmont High School, in a tough match 4-6, 6-3, 6-2. In the semi-finals, Baromitch overtook Monte Vista's Peter Nisser 6-2, 7-5, and Merriman defeated Giannaris from Santana 7-6, 6-3.

Burke and Elston from Granite Hills defeated the leagues promising number-one doubles team of John Winterhouse and Brian Rose from Monte Vista 6-2, 2-6, 6-2. In the fourth round of competition, Elston-Burke defeated Helix's Bill Firtch and Mike Lehman 6-3, 7-6, and Winterhouse/Rose defeated Helix's number-one doubles team Dan Fagelson and Jimmy Turner 6-7, 6-2, 7-6.

Avocado Conference

The Avocado Conference singles title provided no surprises, as all the favorites made it into the final rounds. Poway's top player, John Graber, captured the singles honors with a 6-4, 6-4 win over San Dieguito's John Tsumas. Tsumas, a freshman, was almost unbeatable during Avocado Coastal play as his only loss came to Lindsay Watson of Carlsbad. However, Graber, a junior, constantly returned Tsumas' low net shots and then broke Tsumas' serve twice to capture the win.

Probably the most exciting match of the tournament came in the semi-final round when Watson and Graber battled for over an hour before Graber handed Watson a 8-4 loss. Coaches for both Avocado divisions decided before the match that all matches up to the finals would be a "pro set" with a nine point tie-breaker.

Watson won the consolation round's upper bracket with a 6-3, 4-6, 6-3 decision over Torrey Pine's Chip Cullison. Cullison, who lost to Graber, earlier in the day, 8-6, looked fatigued after his hard fought match with the Poway ace.

Wayne Jackson of San Diego Military dropped Carlsbad's Dave Evans, 8-1, Oceanside's Mark Littrell, 8-6, and Mt. Carmel's Todd Nelson, 6-4, 6-4, to capture the consolation's lower bracket. Graber, Tsumas, Watson and Jackson will represent the Avocado Conference at the CIF singles championships. Earlier results:

Avocado Conference

Avocado Conference doubles winners were Kai Loedel and Mark Skomal of Orange Glen over Jason Kuhlman and Alex Bell of Carlsbad.

All-Avocado East team:

John Graber - Jr. Poway
Mike Wang - Jr. Poway
Duncan McGillivray - Sr. Poway
Todd Nelson - Jr. Mt. Carmel

(Text continued on page 12)

Prep Volleys

(Text continued from page 11)

Rick Berg - So. Mt. Carmel
 Bob Vensand - Sr. Mt. Carmel
 Bill Bralla - Sr. Poway
 Henry Chio - Jr. Escondido
 Kai Loedel - Sr. Orange Glen
 Mark Skomal - Jr. Orange Glen
Player of the Year - John Graber

Honorable Mention:

Ron Jacobelli and Mark Lehberg, Orange Glen; Shelly Rayburn, Ramona; Steve Coons and Greg McCoy, San Pasqual; Cecil Kincaid, Dennis Nelson and Bill Singh, San Marcos; Greg Garner, Chris Gabbard and Kent Radford, Poway; Mark Huntley and Scott Senkir, Mt. Carmel.

All-Avocado West team:

Lindsay Watson - Sr. Carlsbad
 Alex Bell - Sr. Carlsbad
 John Tsumas - Fr. San Dieguito
 Mark Littrell - Fr. Oceanside
 David Evans - Fr. Carlsbad
 Chip Cullison - Fr. Torrey Pines
 Jeff Bubnack - So. Torrey Pines
 Thayne Martin - So. El Camino
 Bill Schrimpf - Jr. Fallbrook
 Wayne Spencer - Jr. Torrey Pines
 Note — Watson finished 42-2 in Avo play while Tsumas was 31-1.



Top right: Jeff Baromitch serving. Bottom left: making a volley in mid-air, Kevin Merriman.



CONGRATULATIONS!

Tennis and Racquet News congratulates all the teams that participated in the CIF action this spring. T&RN would especially like to congratulate the four teams that made it to the semifinals. They were:

CIF Champs-La Jolla High
 Coach-Russ Lanthorne

Roger Knapp	John Appleby
Beto Bloise	Mark Scruger
Hector Ortiz	Mike Frager
Jeff Griffin	Ned Shadak
Jack Kruger	Kent Goss
Kevin Steel	Brett Buffington
Scott Appleby	Steve Pierson

Runner-up Coronado High
 Coach - Robbin Adair

Andy Gordon	Rob LeTourneau
Randy Nixon	Bobby Chapman
Donald McCauley	Wren Meyers
Jim Champlin	Jeff Cline

Semifinalists

Poway High
 Coach-Terry Campbell

John Graber	Bill Bralla
Duncan McGillivray	Kent Radford
Mike Wang	Bob Jeffs
Greg Garner	

Patrick Henry High
 Coach-Jim Berger

Ken Calder	Jerry Jaffee
John Standlee	John Howard
Gary Pollack	Les Templeton
Mark Gasenica	Warren Gee

T&RN's Top Ten Teams — 1977

1. La Jolla
 2. Coronado
 3. Patrick Henry
 Poway Tie
 5. Monte Vista
 6. Grossmont
 7. Bonita Vista
 8. Carlsbad
 9. Crawford
 10. Mission Bay
- (Other teams receiving mention: St. Augustine, Mt. Carmel, Kearny, Pt. Loma, Helix, Torrey Pines and Clairemont.)

DID YOU KNOW?

Bjorn Borg was the Wimbledon junior champ in 1972 and came back in 1976 to win the men's singles. So far, he's the only man to win both honors.

*

The most Wimbledon titles goes to William Renshaw who totaled eight singles and seven doubles titles.

*

The longest tennis match in history was the one between Roger Taylor of England and Wieslaw Gasiorek of Poland in 1966. The score was 27-29, 31-29, 6-4, or the equivalent of 16 sets, give or take a game.

*

Shortest time for a set? How about nine minutes by Ray Casey in 1925 as he won 6-0.

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\$ 2,500	\$1,151.08		\$1,570.18		\$1,851.94		\$2,111.84		\$2,342.58
	7¼%	8.06%	7¼%	8.06%	7½%	7.79%	6¾%	6.98%	6½%
	Annual Interest	Annual Yield**	Annual Interest	Annual Yield**	Annual Interest	Annual Yield	Annual Interest	Annual Yield	Annual Interest

*Actual amount received at maturity may vary slightly. This amount is based on leaving the interest in the account for the full term.

**If interest is left in the account for one year.

Federal regulations require a substantial interest forfeiture for early withdrawal of certificate accounts.

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Grossmont Men

Grossmont tennis coach, Bob Rump, couldn't ask for much more from his tennis team as it won the conference championship. Grossmont was 12-0 in league play and finished the entire season with a 20-2 win-loss record.

"It has been a great year and we are ready for the State and regional playoffs," said Rump. "The reason we have been able to do so well is that we have excellent depth in our team."

Phil Ordan and Rick Goldberg are number-one and two singles, plus they lead the doubles team for Grossmont. Mike Toolson, Doug Wall, Craig Marshal, Ron Hill and Don Ackerly follow close behind.

Grossmont Women

Commitment and dedication to a long term goal are the success factors in the winning team for Grossmont Junior College. It finished conference play tied for first place with Palomar Junior College. The overall team record was 22-2 and their conference mark was 7-1.

"Each player contributes to the team winnings," said team coach Gay Cox. "We are a very disciplined team and use a lot of mental power to drive ourselves towards a victory."

Top Grossmont players were number-one singles player Patty Piesner, Kristie Corte, Judy Alford and Mary Manera. The top doubles combination were Piesner and Norell Cummings.

"With two to three matches per week there is no time for us to let down and we come back to each match with the same intensity," said Cox. "By playing one match at a time, we have reached our strongest potential."

Mesa Men

Finishing the season 4-8, the Mesa Junior College men's tennis team is looking ahead to the next season. Most of the players were freshmen, so this year's experience will be expected to help Mesa next year.

Top netters were Jed Stinkorb, number-one, Kevin Barnard, Phil Hasse, Chuck Griffin, Frit Ofner, and Bob Fromme. The number-one doubles team was Barnard and Griffin, followed by the number-two doubles team of Jean Bagdon and Craig Ballard.

"We have a lot of depth in our players," said coach Reeves. "Our strongest was in doubles and number-five and six singles."

Mesa Women

Strength and ability rules as the number-one priority of the Mesa Junior College Women's tennis team. Finishing the season second in their division, coach Karen Reinke feels it came from the inner strength of the team. "It was a good season and we are really pleased," said Reinke. "We made it to the top finals of many of the tournaments we participated in."

Renee LeStrange held the number-one position throughout the season followed by Gaylee Poliakoff, Patty Chandler, Cherrie Morante, Debbie Rice and Diana Wilson. The number-one doubles team was Poliakoff and Palmer, number-two doubles was Chandler and Morante and the number-three doubles were Rice and Wilson.

"The top two girls are the strength of the team," said Reinke. "We count on them always winning. That really always boosts the team spirit."

Academic Aces



Left-Right-Top Row: Leslie Koman, Linda Owen, B. Koebeke, Laura Meheffey, Carol Wozniak, Coach Nan Haugen.
Left-Right-Bottom Row: Leslie Edman, Karen Farrington, Nancy King, Judi Johnson, Pam Perdue.



San Diego State University's Cindy Ursich

MiraCosta

MiraCosta came out of the Desert Conference tournament the way it went in. The men's team, who finished second in regular season play, placed second to Imperial Valley and the women's squad, third place finishers this season, captured third place. Tim Lynch and Joe Daley qualified for the small college State tournament as singles players while Steve Tisdale and Kurt Enger qualified for the doubles competition.

The women qualified Bobbie Nilson, Linda Shusto and Linda Acuna as singles players while Shusto and Acuna made it as a doubles team. "I was pretty happy with the way things went," said coach Fred Pachek. "We took our lumps last year with a 4-10 record, but the men finished 11-3 and the women 9-4 and we had a good chance of winning more games this season."

Palomar

A Mission Conference regular season title and a fine showing at the prestigious Ojai tournament were the results of Palomar's tennis fortunes this season.

Mike Curran's squad achieved a 20-5 overall season mark and an 8-1 Mission Conference record, but lost in the conference playoffs to San Diego City, 5-4.

However, that loss is under protest as Curran felt that City used the illness substitution rule to alter their doubles lineup. Curran said that in the three meetings between the two schools, City used the rule three times and left him and some other schools present at the playoffs doubtful of the authenticity of the claim.

Palomar captured the conference tournament by totaling 27 points over City's 22 and Saddleback's 8. Chris Laver, who was undefeated in regular season play, took the singles title and also was given the "Athlete of the Year" honor. Laver and Herb Hops won the conference doubles title with a win over Ron Peet and Lyle Chamberlain. Hops, Laver, Peet and Chamberlain qualified for the State tournament as singles players and will also play in the doubles competition.

At Ojai, Laver lost in the quarter-finals, but Peet and Chamberlain upset the numbers one, three and five seeds to capture the doubles title.

UCSD Women

The Tritons finished the season at the .500 mark with an 8-8 record. Coach Chris Matson said she was happy with their season mark because injuries and academics cut down her squad's strength at times.

Matson also said she was satisfied with UCSD's fifth place finish in the All-Cal tournament that featured such powers as UCLA, UC Irvine, California and UCSB. Avriel Shroth was Matson's top singles player the past season while Debbie Shapiro and Kim Hom also had fine seasons.

According to Matson, attitude was a key ingredient to the squad's success and most of the team will be back next year when UCSD will be playing an independent schedule instead of in a local conference that included all the community colleges and four-year institutions.

SCCIC Regional

Winning the regional three day Junior College SCCIC Tennis Tournament, was Golden West and Saddleback Junior Colleges.

Easily taking the singles division was Laurel Pruim from Golden West. She defeated Debbie Kimura, from El Camino, in the final

round 6-3, 6-4. San Diego girls Gay Lee Poliakoff, Mesa; Renee LeStrange, Mesa; and Patty Peisner, Grossmont, were all eliminated in the fourth round of competition.

Doubles finalists were fifth-seeded Pruim and Jill Matson. They defeated Barbara Lemberg and Debbie Dominski from Saddleback, 3-6, 6-3, 6-2.

A First In NCAA

Div. II Tennis Finals

The University of California at Irvine took the team title, but Juan Farrow made the headlines at the NCAA Division II Tennis Championships at the University of San Diego.

Farrow became the first freshman ever to win the singles title in Division II play as he led Southern Illinois-Edwardsville to a second place finish.

Farrow defeated UCI's Curt Stadler, 1-6, 6-4, 7-5, 6-1, to capture the singles honor. Stadler had come off an upset over the top-seeded Roger Gueddes of Hampton Institute in the semifinals. However, the day wasn't all bad for Stadler as he teamed up with teammate Jeff Williams to win the doubles title over Auran Fernando and Farrow, 6-3, 3-6, 6-2, 6-3.

USD finished in fifth place with seven points and had some fine play from its players. Mike Klarr was eliminated in the quarter-finals by Stadler, 6-3, 6-4, and combined with Par Svensson to oust fourth-seeded Robert Castore and Paul Press of Tennessee-Chattanooga, 6-4, 6-4, as their highlight in doubles play.

Milos Dimitrovic lost a third round match with Farrow, 2-6, 7-6, 6-4, and coach Hans Wichary had to be proud of his squad with their super effort. Team scores: UC Irvine 20, Southern Illinois 15, Hampton Inst. 12, Florida Tech 10, USD 7, Cal State Hayward 5, Tennessee-Chattanooga 4, West Georgia 4, Southern Colorado 3, Arkansas-Little Rock 2, Southeast Louisiana 2, Columbus 1, UC Davis 1, Texas Southern 1, Cal State Bakersfield 1, St. Augustine (South Dakota) 1, Northwest Missouri 1.

CHAMPIONSHIP

Stanford (5) vs. Trinity (4)

SINGLES—Matt Mitchell (S) d. Tony Giammalva, 6-3, 7-6; Larry Gottfried (T) d. Bill Maze, 7-5, 4-6, 6-3; Eric Iskersky (T) d. Perry Wright, 7-5, 4-6, 6-3; Ben McKown (T) d. Jim Hodges, 6-2, 6-2; John Rast (S) d. Eddie Reese, 7-6, 6-2; Lloyd Bourne (S) d. Mike Davidson, 6-2, 6-0.

DOUBLES—Mitchell-Wright (S) d. Giammalva-Gottfried, 6-4, 6-2; Iskersky-McKown (T) d. Rast-Maze, default; Hodges-Peter Rennert (S) d. Reese-Dave Benson, 6-2, 6-0.

THIRD PLACE

UCLA (5) vs. SMU (1)

SINGLES—Ferdinand Taygan (UCLA) d. Jai DiLouie, 7-5, 4-6, 7-5; Van Winitzky (UCLA) d. Chris Delaney, 6-0, 6-3; Mark Turpin (SMU) d. Tony Graham, 6-3, 6-3, 6-4; Bruce Nichols (UCLA) d. Mark Vines, 4-6, 6-1, 7-6; John Austin (UCLA) d. David Bohrnstedt, 4-6, 6-4, 6-4; Jon Paley (UCLA) d. Pam Guerry, 7-6, 7-6.

DOUBLES—Not played by mutual agreement.

DID YOU KNOW?

La Costa's Pancho Segura won three NCAA singles titles for the University of Miami and was the last one to accomplish that feat.

*

Two UC Irvine students hold the record for the longest non-stop tennis match. It lasted 80 hours and two minutes.

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Gordon & Nixon Shine Again In Coronado Tournament Club

The Coronado Tennis Association Club championship tournament provided two weekends of fine play and exciting draws with the Goodenough Insurance, Inc., presenting trophies. Andy Gordon top-seeded held his rank with strong play and hard volleys against club pro John Lesch in Men's "A" Singles finals winning 6-3, 6-4. Again Gordon teamed up with Randy Nixon and won against Bob Chapman and John Lesch 6-1, 6-3 in Men's "A" Doubles finals. Niv Taylor unseeded in the Men's "B" Singles with many surprises came back from behind and upset third seeded Fred Edwards in the finals. In the Men's "B" Doubles finals top-seed Bob Franklin and Dave Chrivia just barely won coming from behind and beating second seed Dave Murphy and Joe Ditle in a tie-breaker. Scores were 1-6, 6-4 and 7-6. Top seed Lucy Gordon won easily in the Women's "A" Singles finals against Jenny Capman 6-1, 6-1. Gordon like brother like sister teamed up with Jenny Capman winning easily with their hard hitting and volleys against Molly Donns and Reen Donns in the Women's "A" Doubles finals 6-0, 6-2. Bob Chapman's strong play and steady rallies handed down George Thomas 6-1, 6-3 in the Men's "Seniors" Singles finals.

In the Men's "Senior" Doubles finals George Thomas and Pike Meade won easily over John Costello and Dick Satterlee 6-3,

6-1. Mary Jackson won the women's "Senior" Singles finals defeating Carol Cartwright in a close match 6-3, 7-5. In the Senior Women's Doubles finals Rita Wack and Shirley Bryan won easily against Noris Cohen and Mary Chapple 6-1, 6-3. It was indeed a good day for the Gordons. Joey Gordon teamed up with his sister Lucy winning the Mixed "A" Doubles finals against Tony Enyedy and Jenny Campman 6-1, 6-3. In the Mixed "B" Doubles finals Dave Chrivia and Buffkin won in a long struggle over Carol Parker and Linda Wack, 4-6, 6-4, 6-4. In the Mixed "Senior" Doubles finals Vera Thomas and George Thomas beat and Parker and Linda Wack 6-4, 6-4.

Opposite top left: Bobby Franklin, looking intense as he follows through with a two-handed backhand. Partner Dave Chrivia looking on.

Top right: Dick Satterlee chasing down a lob.

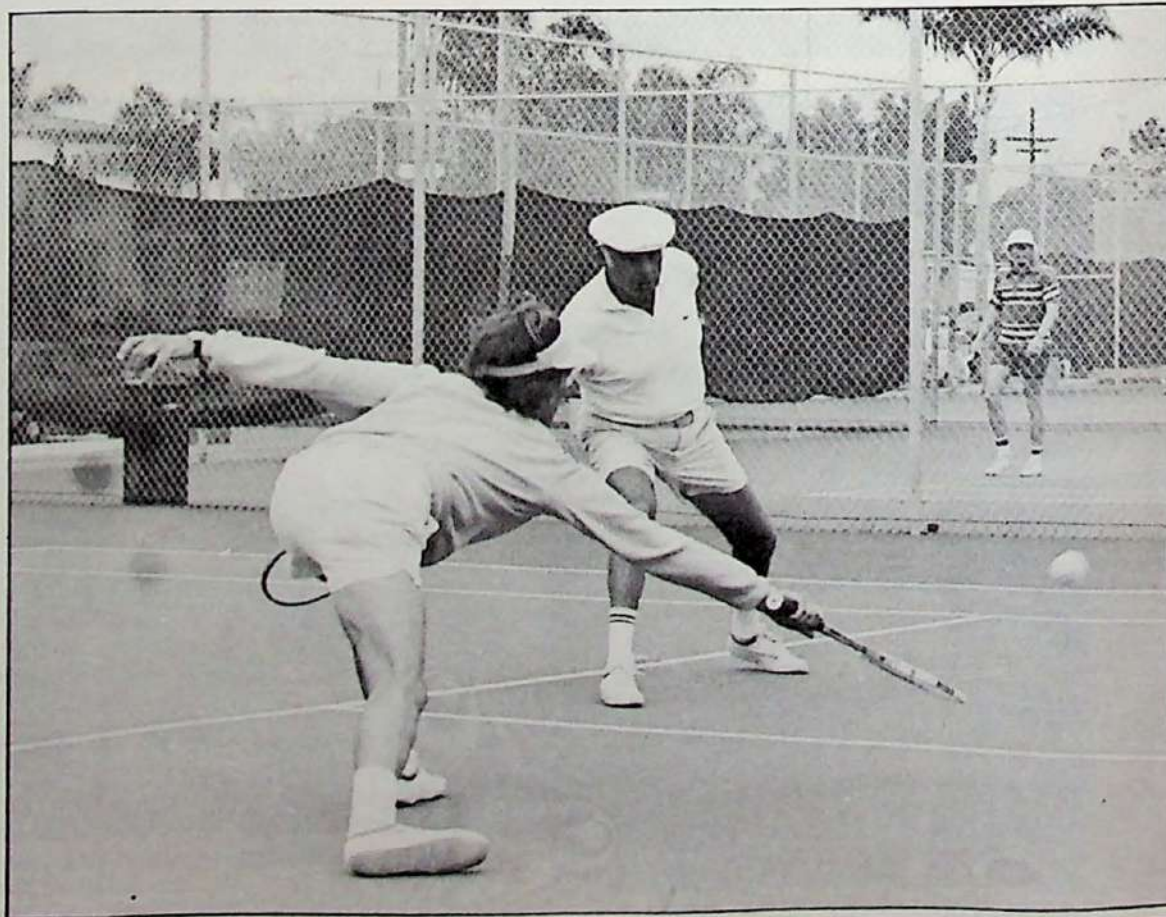
Middle row left: Joe Ditle, picking up a low ball at the net.

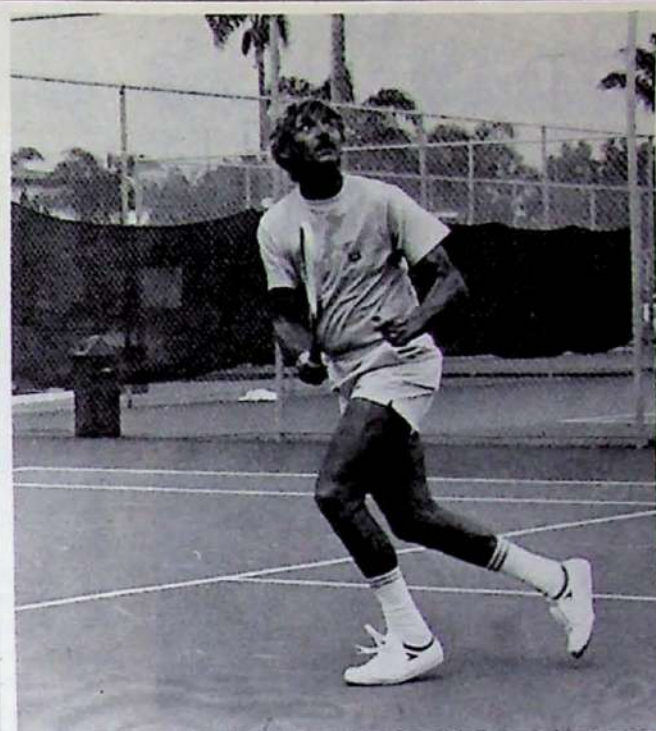
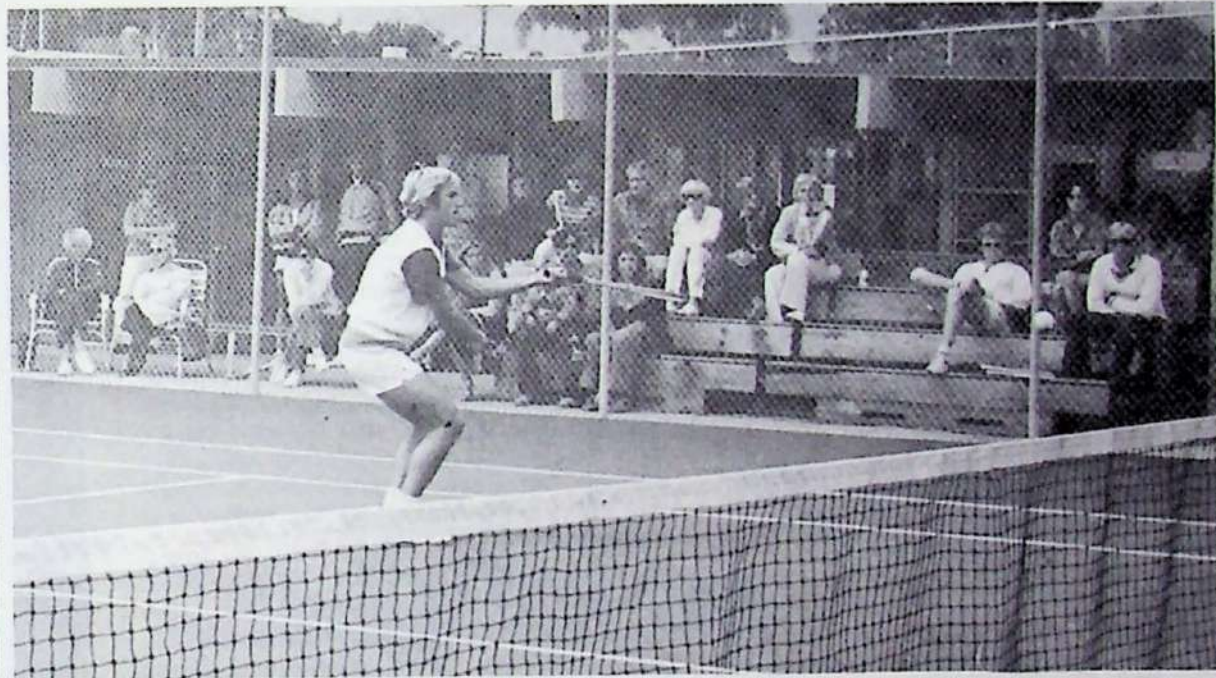
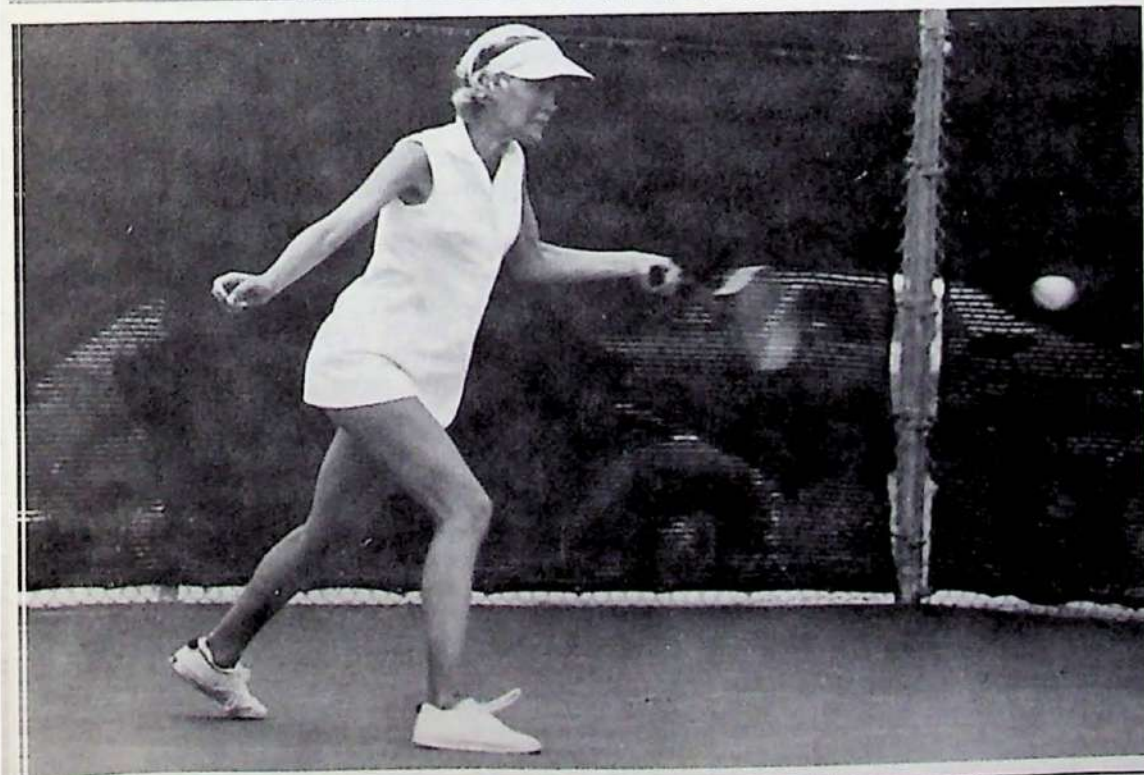
Middle row right: Joey Gordon, coming in behind a slice forehand volley.

Below left: Covering the center with super reach is Pike Meade and his partner George Thomas.

Bottom Middle: Lucy Gordon, a winner in singles, doubles and mixed doubles, stares down a forehand.

Bottom right: Dave Murphy, readying for a forehand in a crucial tie-breaker point.





Baselines



Price Honored By Balboa TC

Pretty Tracy Price of Bonita Vista High has been honored by the Balboa Tennis Club. Tracy was given the Outstanding Junior Award by the BTC which gives the honor to those juniors who attain a high standard of competitive tennis and sportsmanship. Last year's winner was Walter Redondo.

Tracy began playing tennis at age 11 when her parents introduced her to the sport in hopes of finding her an enjoyable recreation. Jack Peppio was her first instructor and he immediately recognized her potential and arranged special sessions to give her the attention she needed.

Tracy then entered all the local junior tournaments that have produced so many fine juniors in San Diego. Carl Eltzholtz, of Chula Vista High, became her coach five years ago and her achievements have continued to grow. In 1976, she captured the girls' 16 division at the Santa Monica Tournament and the Wilbur Folsom Tournament.

Tracy competed for Bonita Vista in both girls and boys tennis this past year. She was 16-0 in singles for the girls team, but was eliminated by Kathy O'Brien, the eventual winner of the CIF individual crown, in the quarter-finals of that CIF event. She was one of the Baron's top singles players for the boys team this past spring.

Recently, Tracy captured the Open women's title in the March of Dimes Tournament and defeated O'Brien, 1-6, 6-2, 6-0, in the girls' 18 division of the San Diego Junior Tournament. She has also participated in an instructional film with Rod Laver and was chosen by the Friars as one of the top juniors in the county.

However, there's something bigger about Tracy than just her tennis ability. On and off the court, Tracy is a standard of modest, exemplary behavior and is a favorite with her classmates and friends. She was named first runner-up for Homecoming Queen during the fall and is one of the many nice people involved in San Diego tennis.

Lomas Santa Fe

Lady members of the Lomas Santa Fe Country Club held their first Member-Guest tournament from Tuesday, April 26th to Friday, April 29th. One hundred women were entered in the four day event. Diane Elliott was chairperson for the event, assisted by: Dave Austin, Lomas Santa Fe tennis pro, Jean Krampe, Betsy Kennedy, Jan Harder, Jane Schmauss, Pat Dresner, Enid Jones, Arlene Evans, Betty Dobler, Sue Kobrin, Mary Bethune, Linda Cissna, Kay Kruzick, Sue Hopkins, Vi Daddi, Ardice Fromme, and Joanne McGhee.

Those players winning in the tournament were:

"A" winners: Sue Graves and Connie Fuller

"A" runner-up: Sonja Meyers and Pat Poiset

"A" consolation: Jane Schmauss and Jean Burns

"B" winners: Kay Handsfield and Sandy Schweibert

"B" runner-up: Inga Brown and Mary Lee Irwin

"B" consolation: Ardice Fromme and Chris Love

"C" winners: Gloria McDonald and Lou Pratt

"C" runner-up: Marcia Devos and Nancy Frieauf

"C" consolation: Shirley Babcock and Vi Janeski

"D" winners: Estel Green and Geisla Astl

"D" runner-up: Enid Jones and Sandy Cox

"D" consolation: Noreen Ronholm and Diane Brown

An awards luncheon and tennis fashion show followed the final matches in the main dining room. Fashion show coordinator and narrator was Kathy Austin assisted by Barrie Achartz with decorations and Tora Grossman the choreographer. Models for the fashion show were: Barrie Achartz, Nancy Beesley, Linda Buben, Christi Connell, Evie Connell, Bev Boyce, Cheryl Fellows, Muriel Murphy, Donna Mussell, Peggy Walker and Carol Williams.

Surf and Turf

The Surf and Turf Club in Del Mar is under new management and new plans for the club are under way. Mort Winski and Chales Wood bought the club that is located just off Interstate 5 in the vicinity of the race track.

Tony and Harriet Van Steen, managers of the club, reported that memberships are growing and that a tennis clinic will be held during National Tennis Week, June 18-26.

San Dieguito Tennis Club

Buffum/Kodel Mixed Doubles tennis tournament single elimination tournaments are held at various participating clubs in San Diego County with the winners invited to play in the main draw which was held at the Hotel del Coronado April 30, May 1, 7, and 8. Winners in San Diego County received a round trip expenses paid trip to Forest Hills. The San Dieguito Tennis Club was represented by Rob Peterson and Brenda Stillman who won the San Dieguito elimination tournament over Jim Vargus and Kathy Sandefur 7-5, 7-5.

San Dieguito Tennis Club Junior Tennis Tournament

On April 23 the San Dieguito Tennis Club held a parent-child doubles tournament. Pairings were made by USPTA Professional Brad Humphreys. At the conclusion of the round robin tournament, Jerry Mikschl

and Stephine Kiefer were declared champions with a total score of 23 games out of a possible 32. The successful adult junior tournament was hosted by Trudy Kiefer.

Vista Tennis Club

The sky was filled with hazy clouds, and occasional bursts of wind swept through the Vista Tennis Club courts, blowing empty tennis ball cans around. However, a little wind didn't stop the Just Tennis tennis tournament from finishing up on Sunday, May 15, at the beautiful Vista facility.

The winners were:

"A" championship — Barbara Weigandt and George Rogers, 6-2, 6-2.

Consolation — Janice Johnson and Bill Whittiker, 6-4, 6-3.

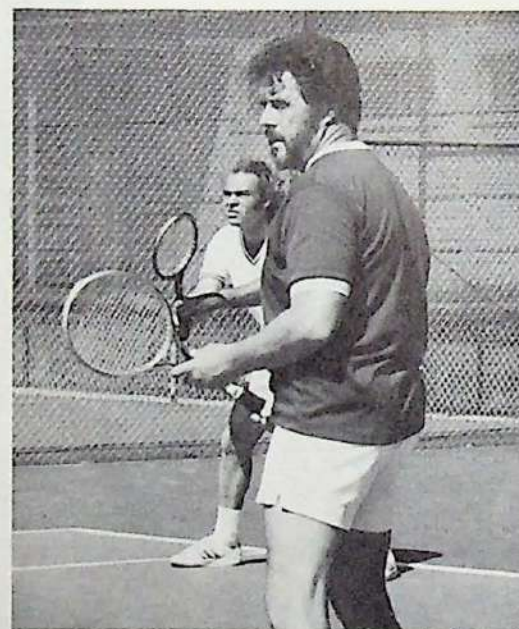
"B" championship — Cleta Wright and George Adams, 7-5.

Consolation — Joanne Suker and Mike Kopp, 6-4, 6-4.

"C" championship — LaVonne West and Joe Rush

Consolation — Bob and Grace Carson, 6-2, 6-2.

The tournament was sponsored by Dick Perrin of Just Tennis, a North County pro shop near Tri-City Hospital in Oceanside. The tournament ran smoothly despite having one day postponed because of rain.



Don Sites, left, and Chuck Thomson, Balboa Tennis Club SATURDAY league.

BALBOA, VALLEY TENNIS & SWIM CLUBS WIN Winter Doubles League

The Valley Tennis and Swim Club Sunday "B" division eked out a 6-5 victory over Balboa Tennis Club for championship of the San Diego County Winter Doubles League. The two teams had been tied for first place before the May 15 playoff.

Balboa Tennis Club fared better in the Saturday "C" division where they took the championship by defeating University City Racquet Club (6-1) with the following scores:

Deaton-Deaton (Bal.) def. Chow-Snarzi (Univ. City) 7-5, 6-1.

Weston-Williams (Bal.) def. Owenby-Sickels (U.C.) 6-4, 7-6.

Sites-Thomson (Bal.) def. Marino-Sam (U.C.) 6-1, 6-1.

Wilson-Petty (Bal.) def. Villapando-Galaich (U.C.) 6-2, 6-3.

Garratt-Kozmary (U.C.) def. Weiher-Weck-erly (Bal.) 6-3, 6-2.

Demery-De Ainza (Bal.) def. Felice-Bennett (U.C.) 6-1, 6-4.

Hill-Andrews (Bal.) def. Zapka-Breher (U.C.) 6-4, 6-4.

The Balboa Saturday team had good reason to celebrate. Gordon Gilliam, captain of the team for the past three years said that this was the first time that he could remember Balboa's winning in the Saturday "C" division. When they did win, they did it thoroughly.

(T&RN reported incorrectly in our May issue that Balboa was to meet General Atomic Tennis Club in the playoff. The incorrect data had come from a Recreation Department spokesperson. We regret the error.)

Royal Palms Beach and Tennis Club

The Royal Palms Beach and Tennis Club in Carlsbad is getting into the swing of things this spring with a host of activities planned. Every Thursday and Friday at 4 p.m., Mike Hobson, head professional at the club, and his assistant, Wayne Smith, will conduct tennis clinics. Prices for the clinics is \$5.00 per person per hour.

The Royal Palms will also be the center for the second annual Menudo Brothers Charity Tennis Tournament for the William Gargan Cancer Fund, June 11-12, 18-19. Hobson reported that over 450 contestants are expected to play over various sites around Carlsbad and Oceanside with the Royal Palms as the main headquarters for the event.

The Royal Palms Beach and Tennis Club is on the grounds of the Royal Palms Inn which captures the Spanish atmosphere of old Mexico. Cafe Ojeda is also there at the Inn and it gives patrons fine Mexican food plus a beautiful view of the nearby ocean.

Almaden Tennis Grand Master of Angeles

The Los Angeles Tennis club, dark to major professional tennis competition since 1974, will host the Almaden Tennis Grand Masters of Los Angeles featuring Pancho Gonzales and Frank Sedgman the weekend of July 8-10.

Announcement of the new addition to Southern California's calendar of pro tennis events was made jointly by Victor Rothschild, president of the club, and tournament directors Joe Landis and Deke Houlgate.

Joining in the return of Gonzales and Sedgman to LATC's center court will be such great performers as Vic Seixas, Torben Ulrich, Sven Davidson and Rex Hartwig.

Two others will be selected to join the eight-player field from among Hugh Stewart, Tom Brown, Luis Ayala, Frank Parker and Gardner Mulloy.

In that group of 11 world class players are the winners of 19 Wimbledon championships, 23 at Forest Hills, members of eight winning Davis Cup teams, plus the holders of more than 20 other major titles from other nations. Sedgman is one of those rarities, a Grand Slam winner.

The three-day tournament will return the intimate 4,000-seat arena to the ranks of major pro tennis facilities. LATC was once regarded as one of the half-dozen best in the world.

Tickets will go on sale soon at Ticketron and Mutual Agencies, as well as at tournament headquarters at the club. Information. 213/464-2295.

Up North

with Dick Perrin



Local Vista resident and host professional at the Vista Tennis Club, Barbara Weigandt, teamed with George Rogers to capture the Just Tennis Mixed doubles tournament, May 7-14. They neatly dispatched the formidable team of Audrey Evans and current Oceanside singles champion, Norm Moser.

Speaking of Vista Tennis Club, the tournament players all enjoyed the new center courts and were the first to play on them. Vista's facility now numbers ten concrete courts and two Har-Tru, with a very active membership of approximately 200 keeping the courts busy at all times. On the junior scene, some very impressive players from Carlsbad High School participated in the CIF team finals. Senior Lindsay Watson wound down a successful season with wins over impressive players.

Freshmen Dave Evans and Jason Kuhlman promise to be genuine threats in the coming years. Bob Mahin will help round out next year's team. Congratulations go to MiraCosta College team members Steve Tisdale and Kurt Enger for remarkable wins at the Small College finals in Northern California this past month.

The North County tournament schedule is very active during June, starting with the Third Annual Fallbrook Boys Club benefit on the 4, 5, 11 & 12th. This tournament is unique in the fact it runs both adult and junior events concurrently. The benefit is sanctioned by the Grand Prix Tennis Association and will feature AA men's singles as the only singles event. Program will include men's doubles, women's doubles and junior doubles.

On the same weekend, the Tri City Tennis Patrons will host the Eighth Annual Oceanside Federal Savings junior tennis championships at MiraCosta College, and El Camino High School courts. On June 11 and 12, 18 and 19, the Menudo Brothers Annual Charity tennis tournament will be held throughout the North County with the home base being the Royal Palms Beach and Tennis Club in Carlsbad.

This is a charity for cancer that famed character actor, Bill Gargan, endorses and oversees with great enthusiasm. Over 400 entrants are expected including some of the top names in Southern California.

In the singles department, Vista will again come to the front by hosting the Vista Parks and Recreation summer singles. Divisions include men's and women's "AA" "A" "B" "C" classes with a minimum age limit of 18 years of age.

Many activities are brewing in the near future for north county and, as always, players living outside the county are always welcome at our events.

Set Pointers

By Dave Martin

"Keeping the pressure on" the opponent is often the key to winning in tennis. How often have you had your opponent down in the the set and, somehow, allowed him to wriggle off the hook? Your serve becomes tentative and shallow, your groundstrokes lose their authority, and your volleys suddenly start fluttering like a wounded bird. Before you know it the tables are turned and you are struggling to avoid a loss, largely because you failed to administer the coup de grace at the right time.

When you are leading, the pressure is on your opponent to turn the match around. It is his task to change the game plan in order to succeed. If you become tentative, you have played right into his hands. Keep your rhythm going and be sure to maintain your concentration on each succeeding shot. Try not to look ahead to the next game or set. Take care of each point and the score will take care of itself. One excellent opportunity to "keep the pressure on" is found in the delayed approach to the net.

During an exchange of baseline shots, if you succeed in placing your shot either

deep to the corner or sharply angled cross-court, your opponent will often be hard-pressed to reach the ball. In such a case, his logical reply is a defensive return, usually somewhere in the vicinity of center court. When you see this pattern unfolding, you should anticipate the weak return, move forward as it is hit, meet his return in the air with a sharp cross-court volley and follow the ball into net. This technique, when executed properly, allows your opponent no time to recover and gain control of the point, and you are forcing him to play at your tempo.

A word of caution, however, as you attempt to keep the pressure on your adversary — don't rush the kill. Move to each position alertly, but without pushing the panic button. Hit each ball with authority, but avoid over playing the shot. Last, but most important, expect each shot to be returned and be ready for it. Never relax your concentration until the point is definitely ended.

Keep the pressure on your opponent and turn those key points and games to your advantage.

It has a curriculum that most college students would envy and a "dean" that all would like. It's the Rancho Bernardo Tennis College and the director, Paul Navratil, makes the successful program click.

Navratil came to the college, located at the Rancho Bernardo Inn, in July after a prosperous stay at the Toluca Lake Country Club. He is the third director of the school, succeeding the likes of Vic Braden, who was the originator of the college back in 1961. However, Navratil's road to the college wasn't an easy one to travel, but it was well worth his effort.

Navratil was born in Czechoslovakia after the war when Soviet troops took over the country. He doesn't remember much about his days there, but recalls vividly the night he and his family escaped to Austria. "I remember it so clearly," he said. "My father was a member of the underground and he didn't want to be a communist. At the time, the communists separated the family, the kids in school and the parents to the fields. He planned for two years our escape and then one night, he came home and said, 'let's go for a walk, and I knew something was up. My brother and I each took a toy and we went to the railroad station and caught a train towards the Austrian border. There was a point where we would have to get off and change trains and when we did, we hid in the bushes.'"

Another member of the underground, a woman who was an expert on the terrain of

Paul Navratil

The "Dean" Would Like Everyone

that area, took them through the forest until they reached a highway. "About that time, a motorcycle engine was heard and that usually meant it was a patrol," he recalled. "In fact, my father said, 'Oh, God, we're going to be caught.'"

As it turned out, it was only a passing motorist. However, the relief wasn't enough to ease the tension. During their two hour walk through the forest, the group had to make their way past some guard towers. "It was just like in the movies," he said. "Every time the guard walked around to the other side, we would run to another tree and kept doing it until we got past them."

Eventually, the family reached a large hill where the sound of dogs could be heard. Again, the fear of a communist patrol was with them. However, it was a good sign to their guide. The sound came from Austrian homes. They were almost safe.

Once inside Austria, the group still had to get past the Soviet sector to the American zone. The guide gathered up Paul and his brother and took them through acting as the boy's mother with falsified Austrian identification papers. The parents had to sneak through the zone, but all were happily reunited in the American sector.

Now an American citizen, Navratil would love to visit his birth place someday and he still has some feelings about his native land. "The Czechs are competitive with the Soviets because they dominate us so much. The Czechs love their freedom and they are one of the most progressive of the communist nations. However, the Soviets put down the



Czechs in 1968 when they tried for their freedom. Now we want to beat the Russians whenever we can."

After their escape, Navratil's family crossed the Atlantic to Caracas, Venezuela, where his father founded his own dry cleaning business. Placed in a new culture, Navratil didn't find it too hard to adjust. He picked up the Spanish language to go along with his Czech and German dialect. His school was divided into an American and Spanish section and he made many friends, even a girl named Elizabeth Taylor from Hollywood, California. "I thought she was the actress for a while," he laughed.

When a series of military coups disrupted the old dictatorship the country had long lived under, Navratil and his family uprooted again and headed for California to, you guessed it, Hollywood.

"Hollywood was the only city in the United States," he reasoned. "All we would hear about was Hollywood, so naturally we thought it was the only place."

It was a good move. His father opened another dry cleaning business and Paul and his brother entered Los Angeles High. His father introduced them to tennis because he was a premier player during his youth in Czechoslovakia and he wanted his boys to learn the game. Paul picked up the racquet once and fell in love. "There was no other sport, I loved tennis from the start," he said. "I loved it so much that my mother worried about me, I'd rather have played it than date a girl."

In one year, Paul went from number -20 to

the number-one ranked player. He was All-City in singles and the member of the third-ranked team in Los Angeles. His ability led him to Valley City College and he became the number-one singles player. At the prestigious Ojai tournament, he made it to the quarter-finals one year and to the semi-finals the next. However, a knee injury ended his playing career and behind him a bright future. Wyoming and Colorado State offered him scholarships, but an old childhood disease reappeared and caused his knee injury.

Navratil decided coaching was the next best thing and he attended Cal State Northridge to earn a B.A. He received his teaching credentials from the University of Southern California and eventually was assigned to Virgil Jr. High in the ghetto area of L.A. "It was tough," he said. "The first day of class I walked in and they had their desks turned around towards the window and wouldn't look at me. I just started talking and left it up to them to turn around. I told them if they didn't want to, I'd just read a book and they could just sit there. About half-way through the semester, they were transferred to another room and many had come around and were very sorry to leave my class."

After five years in teaching, Navratil realized his chances for a high school coaching job was slim and he left. His training at the Vic Braden Tennis College brought him to the Toluca Lake Tennis Club where he had the opportunity to teach some celebrities.

"We'd have O.J. Simpson, Farrah Fawcett, Carl Reiner, Jonathon Winters, Bill Macy,

Abbey Dalton, Bill Cosby, James Franciscus, Chris Connelly and Burt Bachrach come in regularly," he said. "Johnny Carson dropped by once or twice, he's not that bad, but Cosby and Bachrach were very good."

When the director position opened at the college, Peter Paxton, the club owner, contacted Paul about a change in jobs. After all, when Vic Braden recommends you for a job, you must have something going for you. When Navratil drove down the highway through Escondido and took in the sight of the rolling green hills and striking chaparral covered mountains, he was sold. The air was clean and as far as he was concerned, this was the place to be. "I was impressed with the area and climate, but especially with the plans and goals this club has. I had never seen so much enthusiasm about a place."

Navratil's personality is one of the prime ingredients for the club's pleasant atmosphere. He believes that every student must be taught not only by the best instructors, but they should be treated first rate also. All his instructors are friendly individuals who love people and tennis. His course emphasizes learning all the basic fundamentals in two days. Instructors man each station and take each student through a certain part of the game. Navratil takes pride in his program's success. He's had students from all over the world attend the college.

A year ago, Los Angeles Magazine rated Navratil as one of the top 10 instructors in Southern California and the college is indeed lucky to have him and his staff.

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Junior Tennis & Human Development

By Brad Humphreys
San Diego - USPTA President
and Head Pro at the San Dieguito Tennis Club

This article represents one point of view of a teaching professional in San Diego County who would like to comment on attitudes of aspiring junior players and the role of the teaching professional in guiding these juniors.

What responsibility does the tennis pro have in the development of Juniors? What can be done for kids who are shy, have ability, but lack of confidence? What about kids with no ability, but think they are good? What about kids who show no interest, but are just taking lessons to be doing something? What does one do to help kids who have ability, but have parents who hate the game and are encouraging them to pursue other interests?

There must be a thousand questions one can ask about young people, sports, and parents.

Should a child be forced into tennis by parents who are interested in the game and want their kids to play? My answer is NO! If you want a good experience, it is first necessary to create a desire in the child. Use a little psychology and you can end up with an avid tennis player instead of rebellion.

What do you do with kids who show no interest, but are taking lessons just to be doing something? I believe the teaching professional has a responsibility to try and create an interest for this kind of student. If tennis is presented in an interesting and challenging manner, one can go from wasting time to an active competitive approach to the game of tennis.

The fact is that to adequately deal with many issues related to ability, desire, parent-child relationships, etc., the well qualified tennis professional must have some knowledge and experience in psychology.

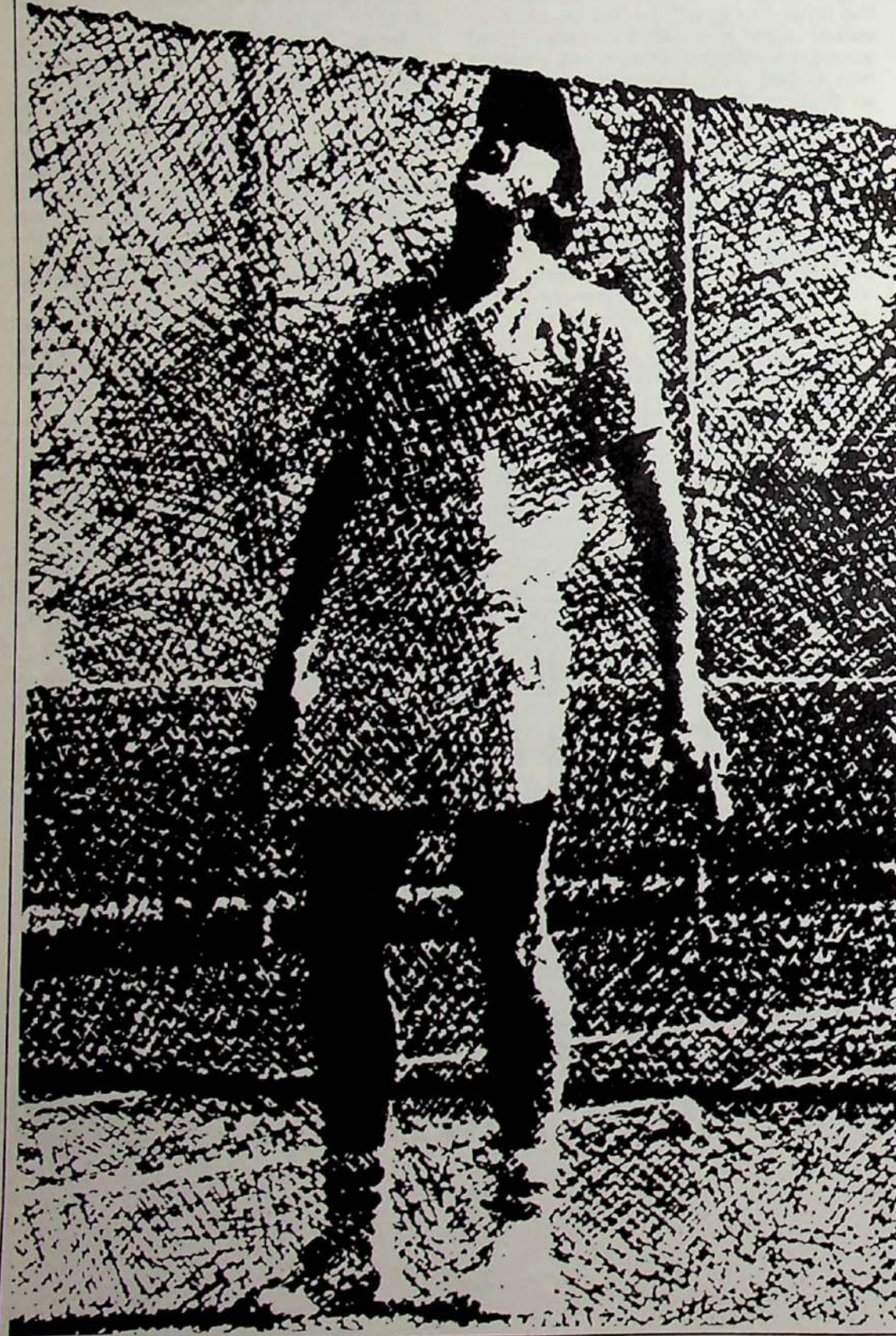
If a junior is seriously interested in tennis and wants to become a champion, he must dedicate himself to a lot of hard work and competition to accomplish his goals. He/she should obtain coaching from a qualified teaching professional (the largest national organization of teaching professionals is the United States Professional Tennis Association) and the student must budget a set amount of time each week for drills and practice matches. He/she should enter as many tournaments as possible (tournament experience is probably one of the most important factors in learning to win tight matches); and they should become part of a team and participate in a junior tennis league.

What responsibility does the teaching professional have for the conduct of his students when they are on the court? This is a difficult problem and is an embarrassment to the teaching professional when his student exhibits poor conduct on the court.

I am sure everyone has had the unpleasant experience of watching a good tennis match between two top junior players and all of a sudden observe a temper tantrum with racket and profanity flying. The tennis may be good, but the manners are terrible.

There is no question that these are bad manners and are not necessary for the institution of tennis; nor do they help the other juniors participating in the game, and in particular, the younger kids who grow up on the courts and emulate the actions and behavior of the older kids whose tennis ability they cannot help but admire.

Do we as tennis professionals, tournament directors, and tennis parents ignore this behavior and assume it is just part of the



normal behavior expected of talented players? Perhaps it's simply a period of immaturity that they will finally outgrow. The teaching professional has an obligation to set a good example for his students and emphasize the importance of court behavior in becoming a great player.

There is nothing more important than the character of an individual whether on the athletic field or off. Anger and other forms of emotion are a handicap to the performance of an individual. Anger narrows your field of awareness and prevents one from thinking clearly. This loss of control means that at critical moments, you are unable to intelligently evaluate the situation and apply your skills to the crisis at hand. To control the outcome of a match, one must be in control of his behavior at all times. I personally have much more admiration and respect for a person who is capable of keeping their "cool" even in the most frustrating circumstances, and who shows consideration for a fellow human being. Many a player has lost a match because he did not think his opponent worthy of his best effort.

A conversation I overheard was evaluating the great tennis players of late and of course was comparing Jimmy Connors and Rod Laver. The statement was made that Connors was a great player, but Laver was a great champion. When you think about a player's accomplishments, the contribution an athlete has made to his sport, his dimensions as a human being — some people stand out head and shoulders above the rest. Not only is Laver one of the greatest players of all time, but he has gone a step beyond by also being a champion with class.

While attending the WCT Tournament at La Costa, Marty Riessen was awarded an honorary membership as Sportsman of the Year. He gave a short speech afterwards and had several good things to say. However, he touched the crowd most when he said in his years of playing tennis, his ups and downs, that in the final analysis, the real importance was not in winning or losing, but how you played the game. Rod Laver and Marty Riessen are my kind of tennis players!

Assuming that a player does not accept the responsibility of good manners on the tennis court, what, if anything, should be done about it? Every sport I am familiar with, except tennis, has a method of disciplining those individuals who lend the sport a bad name. If violations continue, the individual is suspended and may possibly never participate in the sport again. Ilie Nastase was once asked what he would do if he were the tournament director and had to put up with the antics of a player like Nastase. His reply, "kick him out of the tournament." If a player realizes the consequences of his behavior and he wants to excel in a sport, you can be sure he will behave himself — or find a new sport — either way, tennis wins.

Tennis is a fantastic sport for kids to become involved in. The game teaches them independence, confidence, a competitive spirit, maturity. Tennis is the "Sport of a Lifetime" and whether a junior player becomes a National Champion or not is insignificant in relation to his development as an individual and the satisfaction and relaxation it will provide for him, and later his family, as tennis helps him become a champion in other phases of life.

SHORT LOBS

By
Ben Press



Psychologically tennis players have always been some kind of a mystery. Attempting to solve the inner workings of an individual player remains one of the intriguing parts of teaching tennis. But one particular area of instruction has always baffled me and continues to do so. By and large if instruction is offered or made available at no charge it has always been looked on with suspicion.

A recent incident brought this entire situation to mind. In an effort to aid our fine local junior development program, the San Diego division of the USPTA wished to become involved and be of some meaningful assistance. After some discussion it was decided to give a free three-hour clinic that would include virtually all the juniors. Joe Wesson was able to reserve five courts at The

Bishops School. The afternoon of May 15 was the scheduled time and date.

Bob Roy, chairman of the event, went to great pains to see that most of the tennis community were aware of the clinic. Flyers were sent to almost all the clubs and public facilities. Public service announcements were on several radio stations. The announcer at the Friars' matches alerted the fans to the clinic on three different occasions. However, on the day of the clinic only a handful of youngsters showed up. Roy said at a follow-up decision whenever he has time for additional group lessons at a considerable cost, the classes fill almost immediately and there is usually a waiting list. But apparently when the instruction is offered free it becomes suspect.

Years ago Maureen Connolly and I travelled the county and gave as many as five clinics weekly. Originally we were contracted by several large business firms to stage the clinics free of charge to the employees and their families. Maureen and I discovered quickly that if we charged the individuals directly attendance was better and improvements appeared to be faster.

In the same vein, Maureen and myself were giving three free weekly clinics at the Old Town Country Club. The club paid us accordingly. This situation showed us the other side of the coin. Originally, every parent was anxious to have their child be able to say he or she had taken lessons from the great Maureen Connolly. The attendance was fantastic, but the learning level was poor. In essence we were babysitting. In an effort to correct this situation, we began to charge a quarter. When the child subsequently came and handed us his quarter, he was suddenly prepared to listen and learn.

There are many people and organizations deserving to help and do the tennis community a service. What we need to know is how, but evidently offering that help free is not the answer.

Ladders, Ladies and Lessons

By Leslie Waite

Husbands, did you know that while you're busy every day climbing the business ladder of success, your wife, if she's into tennis, is busy inching her way up a ladder too? The club challenge ladder! Somewhere along that tortuous route to the number one position she will decide it's time for professional help. That's where the other man in her life comes in — her tennis pro.

Don't panic! The old cliché about ladies and their tennis pros is just that — a cliché out of a '50's grade B movie that never even made the late, late, late show. Today, the gal taking a weekly lesson to improve her tennis game is dead serious. She's got a goal, whether it's to move up a few rungs on the ladder or to compete in local tournaments or to play a decent game of mixed doubles with you on the weekend.

When she finds the pro who can communicate perfectly with her, she's hooked. Lesson by lesson her strokes improve, she gains confidence in her ability, her mental approach to the game sharpens and she's in for life. Nothing short of illness or a vacation will keep her from her appointed hour on the court with her pro. Why? I'll tell you why.

It's knowing that on Wednesday, at 10 a.m. your pro is going to watch you hit three balls and, miraculously, he'll utter the magic words which will correct that blankety-blank hitch in your serve that made you double-fault away the previous three days' matches. Because of that, you develop a dependence on your pro somewhat akin to Linus' blanket and caffeine.

Every Wednesday, when I approach my pro's instruction court, racquet in hand, I soar to tennis heights I never reach any other time. My pro irons out all the backhand, forehand and overhead problems I've managed to accumulate. And I, a study in concentration, perform gracefully, adroitly, aggressively....at least for those sixty minutes.

The day I reach the ultimate plateau; the ability to maintain peak concentration no matter who's across the net from me is the day, oh, guru tennis pro, I am going to cut the cord; untie the apron strings; quit my weekly tennis lessons. But that, old, friend, because you are my friend too, need not cause you to fret. At the rate I'm going that day won't happen 'til 1980! By then my husband will be at the top of his ladder and I at the top of mine.

**SAN DIEGO
PROFESSIONAL
TENNIS
ASSOCIATION
A DIVISION OF**



UNITED STATES PROFESSIONAL TENNIS ASSOCIATION

by Brad Humphreys
Head Professional at the San Dieguito Tennis
Club and President of the SD-USPTA

USPTA PRO JUNIOR TOURNAMENT

The USPTA teaching professional places great emphasis on the development of juniors, both as tennis players and as human beings. Getting juniors involved in competition helps build character, confidence, growth as an individual, and good sportsmanship. The San Diego Division of the USPTA sponsored a Junior Pro Tournament on April 17 at the La Jolla Beach and Tennis Club.

Participating juniors included Roger Knapp, Beta Bloise, Ken Calder, Dane Chapin, Skippy Strode, Andy Gordon, Randy Nixon, and Mark McMahan. Participating USPTA Professionals included Bill Bond, Brad Humphreys, Dave Bennett, Pete Pursley, Neal Staats, Art Tilton, John Lesch, and touring professional Chico Hagey.

The players were divided into two groups and played a round robin tournament consisting of 36 games. The winners of each group then met in the afternoon for the championship. Champions Bill Bond and Ken Calder defeated Pete Pursley and Andy Gordon in a pro set 8 games to 5.

The Pro Junior tournament was a great suc-

cess with a dinner provided by the SD-USPTA for the participating juniors. Trophies were presented by Brad Humphreys, President of the San Diego Division of the USPTA.

The USPTA, in conjunction with the San Diego Friars, conducted a clinic for beginning and intermediate tennis players at the Bishops School on May 15. USPTA professionals Bob Ray and Joe Wesson, with the help from Al Hopp, Bonita Valley Club professional, coordinated the clinic. Students were coached on basic fundamentals of forehand and backhand groundstrokes and the serve.

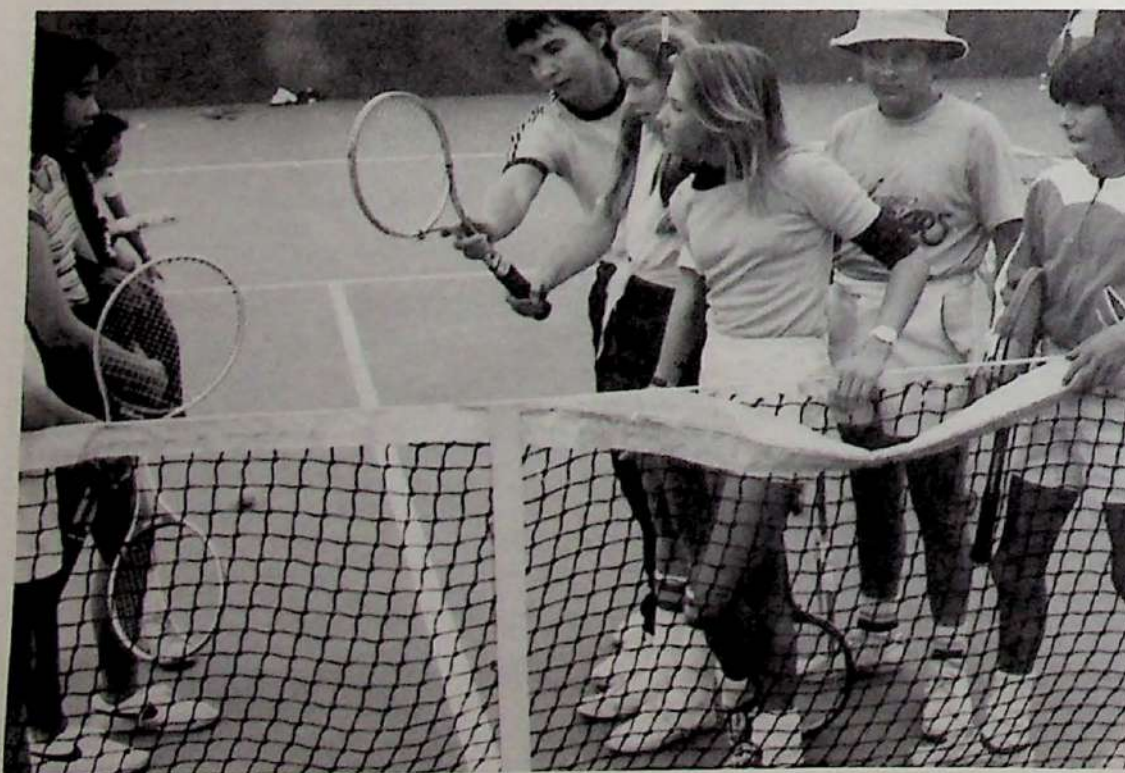
A special thanks to Larry Willens, assistant coach of the San Diego Friars, and Raz and Kerry Reid who spent three hours talking and working with the kids. It was a great experience and an inspiration to the young tennis players. This clinic was free for any one between 8-18; other clinics are planned in the future by the USPTA and will be advertised in Tennis and Racquet News, Sporting Goods Stores, and local newspapers. You should take advantage of this opportunity.



Above Left: A few of the juniors that participated in the clinic held by the USPTA & San Diego Friars.

Above: Bill Bond (left) and Ken Calder (right). Below Left: Kerry Reid of the Friars demonstrates how to get a free hand volley.

Below: Juniors practicing serving drill.



The USPTA-SD is conducting a tennis seminar, open to the public on June 13, 6:30 to 9:30 pm at the Atlas Health Club in San Diego. Seminar staff include Myron Mac-Namara, the varsity tennis coach at the University of California at Irvine; Ed Collins, director of Ed Collins Tennis College; Larry Willens, Assistant Coach of the San Diego Friars, Jack Campbell Officer USPTA, Jack Mathews, USPTA Professional.

This seminar is highly recommended for tennis coaches, teaching professionals and interested members of the public.

Ray Kieffer, Grant Armstrong, Ruebon Yorba, Jim Waldal, Andy Mikschl, Scott Bruyneel, Scott Klatt, Ann Wiley, Stephine Fairbanks, Lori Swain, Peggy Walther, Lora Armstrong, Stephine Kefer, Michelle Emptage and Lora Garner, members of the San Dieguito Tennis Club, participate in the North County Youth League each year. The teams play one match per week for six weeks. The boys team finished in 4th place and the girls team in 3rd. Many kids have participated in this league over the years and has proven itself beneficial to the tennis community in North County.

Pro of the Month Allan Cheesebro Shows It's Never Too Late

Allan Cheesebro is the SD-USPTA's player of the month for May. Cheesebro teaches at the Pacific Beach Tennis Association and the River Valley Tennis Club and has been in the profession since 1973.

Cheesebro is one of those rare individuals that comes on later in life to accomplish great things. Currently, Mr. Cheesebro is the 55 Hard Court singles champion and also the Hard Court, Grass Court and Indoor doubles champ with his partner, Bob Gallo-way.

In 1976, Mr. Cheesebro became the first man in his age division to be ranked number-one both in singles and doubles by the United States Tennis Association (USTA).

Though he played as a junior, Cheesebro really didn't take the game seriously until he was 35 years old. Because of this, he encourages many people who feel they're too old for the game to start playing. He feels that whatever your age is, you can always have an eagerness to play.

His triumphs came while he was a Senior

and he looks back on the past years as the time where most of his progress was made. "Because I took the game more seriously as a Senior," he said, "I have a good understanding of where they are and where they might go. I wasn't a star as a junior and I won my first big championship as a Senior."

Cheesebro also owns an insurance agency besides playing competitively and teaching. Most of his teaching is with intermediate and advanced players and he describes his teaching philosophy as trying to find the individual's goals, whether they want to learn or improve and what type of play they're looking for. After that, he engages his instruction to meet their goals and needs.



*Above and Above Right: Bob Ray discussing procedures of baseball drill.
Below: Joe Wesson watches as students practice free hand volley.
Below Right: Roy Reid of the Friars talks with juniors during clinic.*



Jones and Berner Lead Mesa in Buffum's-Kodel Win

Photos by Tony Enyedy

This is the first time that the San Diego area participated in the Buffum's-Kodel mixed doubles tennis tournament. Kim Jones and Mark Berner, from the Mesa Racquet Club, won the tournament held April 29, 30 and May 1, qualifying them to play for the Kodel Cup.

The winners will represent San Diego, all expenses paid, in the Eastman's National mixed doubles tournament in August at Grossingers Resort, New York. The winners of the Kodel Cup will receive automatic entry into the mixed doubles draw at the United States Open tennis championship at Forest Hills next fall.

Winning the "Good Times Classic" 6-3, 6-3, Mesa RC defeated the number-one seeded Valley Tennis and Swim Club. Representing Valley Tennis was Liz Dudash and Lance Miller.

In the semi-final round, Mesa RC defeated Loma Santa Fe Tennis Club 6-2, 6-3. Dana Lee and Dave Austin played for Loma Santa Fe's team.

Valley Tennis defeated Pt. Loma's Jean Datton and Ben Press 6-3, 7-6, 5-3 to place them in the final round of competition against Mesa RC.

All clubs participating in the Buffum's-Kodel tournament were required to play and win a qualifying tournament to be eligible for the tournament from an eight team draw.

All championship entrants received a valuable tennis kit, gift bag and other door prizes.



Above left: Mark Berner firmly blocking a backhand volley.

Above: Kim Jones, making it look so easy.



Left: Good crowds and good weather were present for the finals at the Hotel del Coronado.

Right: Ben Press and partner Jean Datton, representing Point Loma Tennis Club. They put on quite a show, reaching the semis before eventually losing to Lance Miller and Liz Dudash.

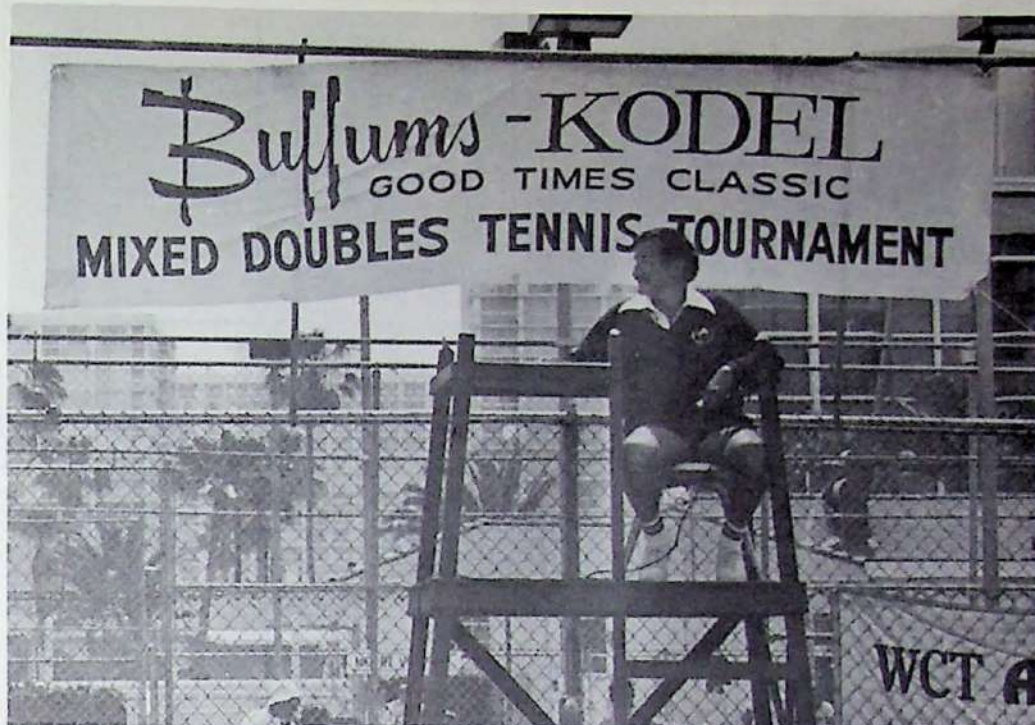
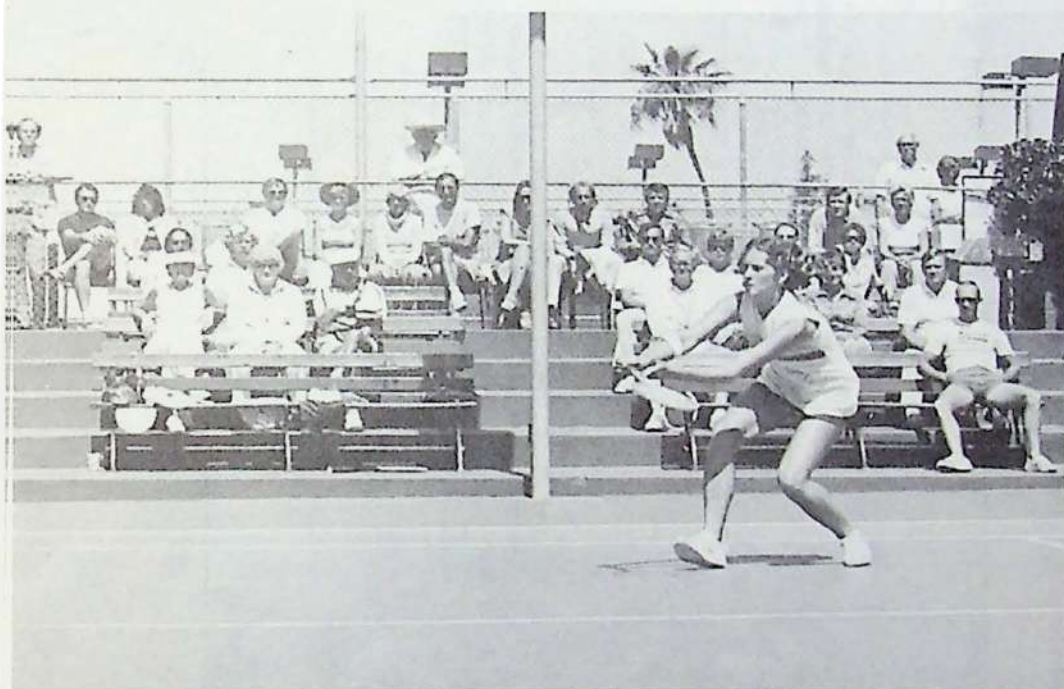
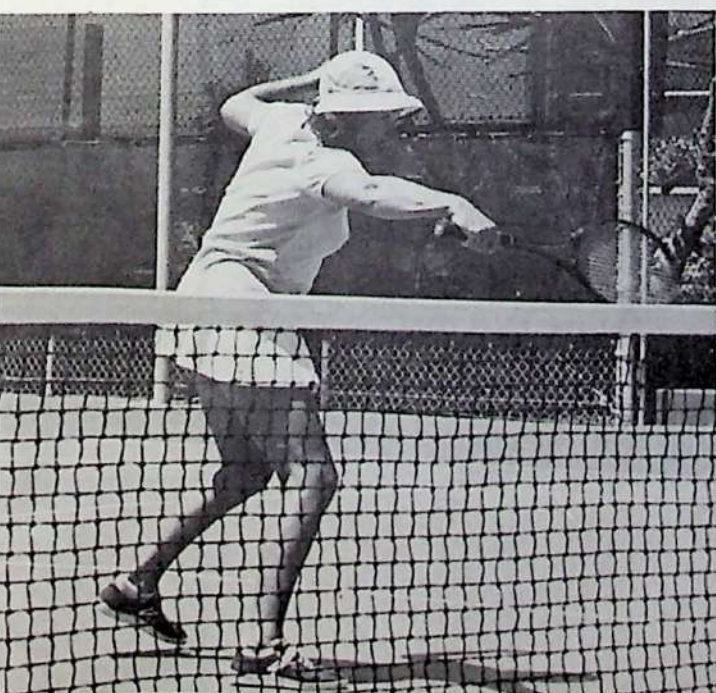




Above: Lance Miller exhibiting almost winning form with open-stance forehand.

Right: Don Petrione National Tournament Director for Buffum's. Referee mixed doubles finals.

Kim Jones and Mark Berner holding perpetual trophy, as Walt Mizi from Buffum's announcing the winners of the 1st annual Buffum's-Kodel mixed doubles tourney.



Above left: Kim Jones, getting down nicely on the ball.

Above right: Liz Dudash two-handing her way into the finals.

Below: Liz Dudash, putting it away.



June/July

Tennis & Racquet News

Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 June	13	14	15	16		18
19 Tennis — TV-First Half Highlights of 1977 WTT Season. Ch. 6, 9-11 p.m. Tennis — Bishop School Tennis Camp Opens	20	21	22	23		25 Tennis — TV-Wimbledon Ch. 4, 10. No announced time. National Tennis week thru the 26th. Sponsored by Lip-ton Ice Tea.
26 Tennis — TV-Friars vs. New York, Ch. 6, 9-11 p.m. Tennis — TV-Wimbledon Ch. 4, 10			29	30 Tennis — 61st Annual La Jolla Tournament-sanctioned-adult, jr. and family events - La Jolla Rec. Center through July 10.	1 July	2 Tennis — Mt. View Jr. Tournament, Martin Luther King Park.
3 Tennis — Mt. View Jr. Tournament.			6	7 Tennis — New York at Friars, Sports Arena, 7:30 p.m.	8	9 Tennis — WTT All-Star Match at Sports Arena, 7:30 p.m.
10			13	14	15 Tennis — La Raza International Tennis Classic - adult and junior divisions July 15-17, 22-24.	16 Tennis — Syril Press Memorial Round Robin Tournament. - singles - beginning - boys and girls - Miramar College - 298-0920, July 16-17 and 23.
17	18	19	20			23



Tennis — Balboa Tennis Club Annual Tournament -singles, doubles and family events - Folsom Tennis Center. July 30-31, August 6-7.

TENNIS — TV DATES FOR FRIARS Channel 6 (XETV) Sunday from 9-11 pm

June 12 Friars vs. Boston
June 19 First half WTT highlights
June 26 Friars vs. New York
July 3 All-Star highlights
July 10 Friars vs. New York
July 17 Friars vs. Boston
July 24 Friars vs. Phoenix
July 31 Friars vs. Seaport
August 7 Friars vs. Cleveland
August 14 Friars vs. Los Angeles

June 30-July 10: 61st Annual La Jolla Tournament-sanctioned-adult, jr. and family events-La Jolla Recreation Center.
July 2-3: Mt. View Tennis Club Jr. Tournament-Martin Luther King Park.
July 13-17: 1st Annual Capistrano Racquet Clubs SCSTS Senior Tennis Tournament, Capistrano Racquet Club.
July 15-24: La Raza International Tennis Classic-adult and junior division.
July 16-23: Syril Press Memorial Round Robin Tournament-singles beginners-boys and girls-Miramar College-298-0920;
July 30-31, and August 6-7: Balboa Tennis Club Annual Tournament-singles, doubles and family events-Folsom Tennis Center.
August 8-12: Wilbur Folsom Memorial Junior Tournament-sanctioned-jr. singles only-beginners not encouraged to enter-Folsom Tennis Center. **Deadline July 19, \$6.00**
August 10-14: 1st Annual San Vicente Tennis Ranch Seniors Tennis Tournament San Vicente Tennis Ranch, Ramona, California.
September 2-5: 5th Annual San Diego District Tennis Tournament, Folsom Tennis Center.
September 24-25, October 1-2: 5th Annual Leo Smollar Jr. Doubles Tournament-intermediate and advanced doubles only, Robb Field.
October 7-9, October 14-16: Evening Tribune Tennis Tournament-sanctioned-adult singles and doubles-Folsom Tennis Center.

October 22-23: Pacific Beach Tennis Club Junior Round Robin Singles Tournament-beginning and intermediate divisions-Pacific Beach Tennis Club.

November 4-13: La Jolla Fall Doubles La Jolla Recreation Center.

November 5-6, November 12-13: 1st Annual Coronado Tennis Center Tournament-Coronado Tennis Center.

November 13: Balboa Tennis Club Potluck Tournament-Folsom Tennis Center.

November 17-23: CIF Girls' High School Championships-Folsom Tennis Center, 2-5 pm.

November 19-20, November 25-27: George Salmon Thanksgiving Vacation Jr. Tournament-sanctioned-jr. singles only-Folsom Tennis Center-Beginners not encouraged to enter. **Entries must be in by October 28, \$6.00.**

November 28-December 1-4: 29th Annual USTA Seniors Hard Court Tennis Championships-La Jolla Beach and Tennis Club.

December 1-4: 19th Annual USTA Father & Son Hard Court Tennis Championships, La Jolla Beach and Tennis Club.

December 3-11: 2nd Annual Southeast SD Tennis Tournament-sponsored by Mt. View Tennis Club-Martin Luther King Park.

December 8-11: 1st Annual Whispering Palms invitational Seniors Tennis Tournament. Whispering Palms Tennis Club, Rancho Santa Fe, California.

December 7-22: California 1st Bank Christmas Vacation Jr. Tournament-sanctioned-jr. singles only-Folsom Tennis Center-beginners not encouraged to enter. **All entries must be in by Nov. 28, \$6.00 entry fee.**

For more information on tournaments sponsored by the San Diego Tennis Patrons, write Jean Kremm, 1670 Los Altos Rd., San Diego, CA 92109.

Send your schedule of events to Tennis and Racquet News for our future calendars, P.O. Box 1037, Coronado, Ca., 92118.

WORLD TEAM TENNIS ALL-STAR MATCH

Tickets to the World Team Tennis All-Star Match, scheduled July 9 in the Sports Arena, are now on sale.

All seats are reserved and may be purchased at the Sports Arena as well as at Mutual-Liberty locations throughout San Diego County. Mail orders also will be accepted: write All-Star Match, San Diego Sports Arena, 3500 Sports Arena Blvd. Tickets are \$7.50, \$5.00 & \$3.50.

The All-Star Match features players representing Eastern teams competing against the Western division clubs. Probable matchups in the five-set schedule include Bjorn Borg vs. Ilie Nastase, Martina

Navratilova vs. Chris Evert and the doubles teams of Billie Jean King — Sue Barker or Virginia Wade vs. Betty Stove — Francoise Durr or Kerry Reid.

Other top male players competing include San Diego's Rod Laver, Tom Okker, Vitas Gerulaitis and Tony Roche.

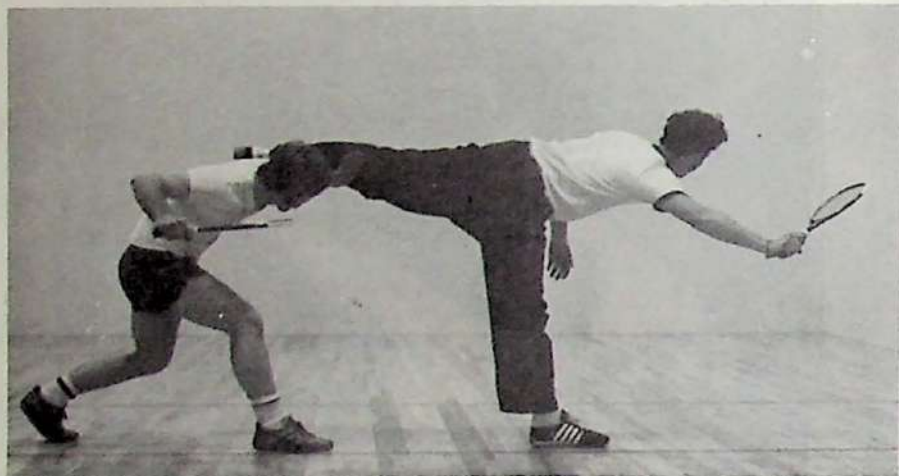
Present Friars season ticket customers are guaranteed preferred locations but the entire seating capacity of the Sports Arena will be used for this event. Starting time will be 8 p.m. with the national telecast delayed in the San Diego area until later that evening.

DON'T MISS THE DISCOUNTED SUBSCRIPTION RATES — SUBSCRIBE NOW. SEE PAGE 50 FOR SUBSCRIPTION FORM.

For more information regarding advertising (714) 424-8726 or (714) 424-6336 or write: P.O. Box 1037 Coronado, Ca., 92118



COURT ACTION



Karate experts Steve Kagarice and Mike Meeker who have both earned their Black Belt, gave us their interpretation of racquetball with a Karate twist. The demonstration was held at South Bay Racquetball Club and the crowds who gathered to view the exhibition, including the club owner Don Gibbons, stood watching in disbelief. Anyway, as the photos illustrate, a referee would have a field day.

Top left: the perfect form with a sidekick. Top middle: climbing the walls. Top and bottom right: the fly kick and last, but not least, two perfect dives. Note — we wouldn't recommend that anyone try these maneuvers as Steve and Mike have been carefully trained in their execution.



Each time a tennis player considers putting money into some lessons either for himself, or his family, the question of which pro to take lessons from arises. This article could save many tennis players from the frustration and anger one might run into not knowing how to choose a teaching pro.

Not many people realize how important choosing the right pro can be. I take a personal interest on this subject because I have taught tennis and have also taken lessons from various teaching professionals. It is very important to find a pro who will make the lessons interesting and profitable for you. The successful secret is taking the time to choose the perfect pro for your individual self.

The first step is to make a list of possible teaching professionals in the local area. Ask yourself whether you would take corrective criticism better from a male or female pro. When figuring out the answers to these questions, try to narrow down your list of possible pros.

Money comes in on the next question. There are many ways to teach a beginning player the basic fundamentals of the game. Some pros are better than others in making those fundamentals applicable to your particular game. But keep in mind, that you will be paying for that extra insight each second you spend on the court with that pro.

Private club professionals are usually screened before they get their job. They are usually hired by the club on past teaching experience or tennis playing ability. The private club pros are normally more expensive, but, then again, if you are serious about learning the game properly the first time around, you might have to pay a little bit more.

If you happen to be a person who just wants to learn the game in a few weeks, so you can go out socially and play, and you don't want to put a lot of money into lessons, then look into the local parks and recreational teachers. They usually have individual and group programs for adults and children. Their programs consist of week sessions as a package deal, or some have it open for scheduling whenever anyone wants to take a lesson.

Usually the less expensive the lesson, the less individual attention you get from that pro. Especially when it comes down to taking lessons from a recreational center teacher. Their philosophy seems to be the "more the merrier". You might find yourself on the court with ten other people holding your follow through long enough for the pro to come see if you are doing it right. Typically, by the time he gets around to you, your position is changed completely. The more people on the court, the longer you will take to improve overall. That is why most people prefer individual lessons.

Now let's get back to the tennis enthusiast who is planning on taking lessons from a pro at a private club. The question comes up whether or not to take lessons from the pro at club number one or club number two, both charging the same price for a half-hour lesson. The first thing to do is to go to both clubs and watch the pros give lessons to someone else. This will give you a good indication on the pros methods of teaching. It will also show you how interesting they make learning.

Check out the equipment the pros use. Do

they have a large basket of tennis balls or a small bucket? This could determine the time you will spend on picking the balls up. Remember, you are paying for that too. See if they have any type of ball scoopers, or holes in the corners of the court for the balls to drop in after they have been hit. Just think about it this way, each time you bend down to pick up a tennis ball to throw it into the basket, it could cost you about five cents. That is why it is important to check out the type of ball carrying equipment the pros use. Also, do they have a video tape machine set up on the court for you to review your strokes after you are done with the lesson? After you have watched one of the pros

How To Choose A Teaching Pro

By Julie Filkoff



use all his equipment on a particular student, when he or she walks off ask him some questions about the pro. Ask him whether or not the pro has helped him improve the game. Then, when the pro is finished, ask him some questions, too. Find out if he can help you on certain aspects of your game. Whether it is to help you hit topspin on your backhand, slice on your serve, or to start you with learning the game all together.

Find out whether or not the pro is paid by the club, or does the check you make out go directly to the pro himself? If he happens to get a set salary, then usually he will not put as much into your lesson as if he is taking the money directly from you.

When you have found out a few things about the pro from questions that you have asked, then look into his background further. Research on what kind of credentials he has. One good way of doing this is to check into

the United States Professional Tennis Association's print-out. This guide will tell you what type of teaching rating he carries. Make sure you find out if he is as good a teacher as he is a player. Sometimes a professional has a fantastic record as a player but, when he gets on the court to teach, he isn't so successful. Just because he plays well doesn't mean he can teach the game.

Don't let a pro dazzle you with his style of play because you are not out there to see how well he can hit the ball behind his back and through his legs. Hopefully, you have paid him for a powerful overhead or whatever you had in mind that day to work on.

The teaching professional's availability is very important to know. Here is one typical situation that might occur. You went to your lesson Thursday to try and improve upon that new topspin backhand the pro has taught you. During the lesson, he was telling you how far you were coming along and how good the stroke looked. When the lesson was over, you really didn't feel like you knew exactly what to practice on with the new stroke. You thought that your time was up and that you would ask some more questions when you had your next lesson. While walking up to the secretary to make another appointment, you suddenly realized how excited you were about perfecting the new stroke, and decided that you wanted a lesson the very next day. After flipping through the books, the secretary informed you that your next lesson would have to be three weeks from next Monday. Then it is up to you to decide if your tennis game can wait that long for a new topspin backhand.

After taking the time out to gather the information on both the pros at club number one and club number two, compare your answers and I am sure that you will be able to decide which pro to take lessons from. After taking these measures, it is almost impossible to be unsatisfied with your decision. There is still another way to choose a teaching professional.

I happen to belong to a private tennis club in Los Angeles, and I interviewed several students of the head pro and some of the students of the assistant pro. The first woman I had spoke with said that she had belonged to the club as long as the head pro had been there. To this very day, she wouldn't take lessons from anyone else. I had asked her why she had chosen him, and she said that her husband's friend's brother's wife recommended him to her. A lot of people take a chance and take a lesson with a particular professional just by recommendation by a friend.

This could sometimes turn out not only disastrous to your tennis game, but to your friendship as well. Just because your friend feels that her pro is fantastic for her, doesn't mean that he will be fantastic for you, too. Taking a tennis lesson is an individual thing. You are not only dealing with a person and their skills, you are also dealing with a person and their personality.

If you are truly interested in finding success in the game of tennis, and you feel that you need a professional to help you find that success, take the time to look into that person you are asking for teaching tips. Don't just ask the person sitting next to you at the restaurant counter.

Julie plays for the San Diego State Womens team and offers her views on choosing a teaching pro.

Tennis Quiz

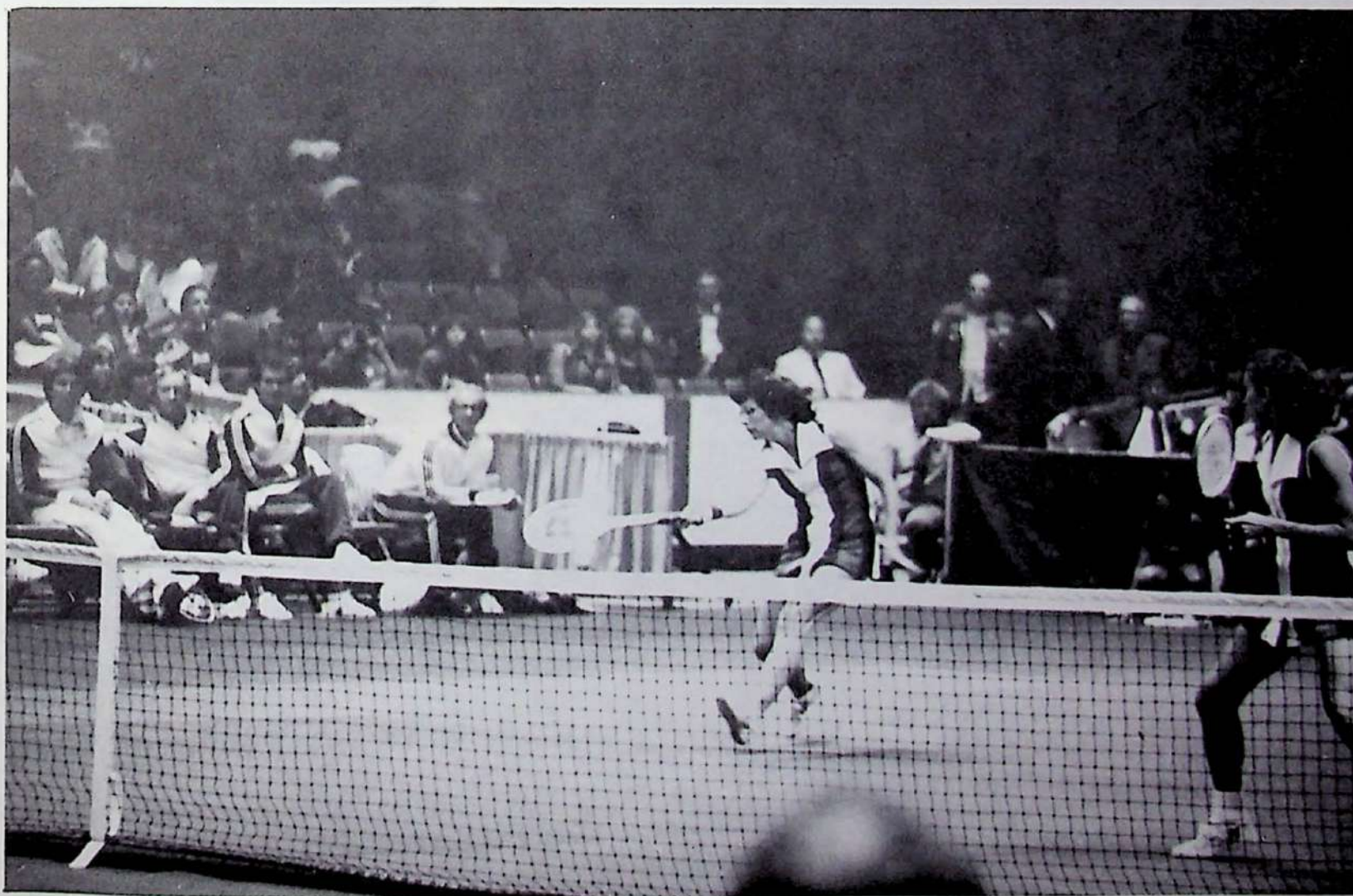
Okay, you tennis buffs, how much do you really know? Let's test your knowledge on the sport you love best.

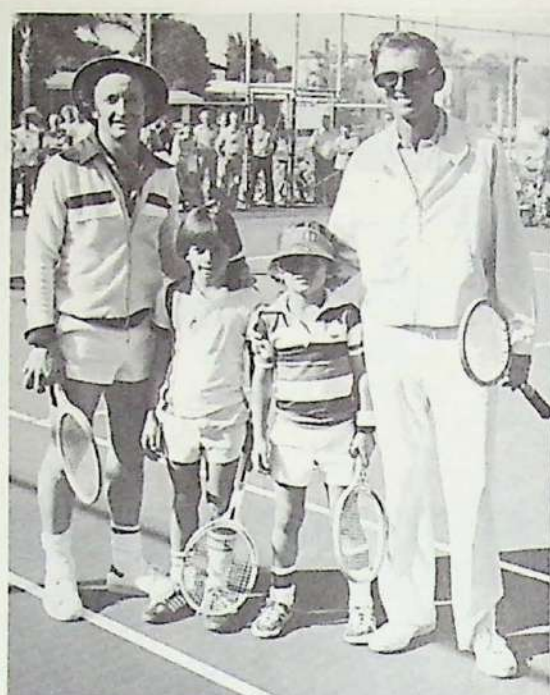


1. Jimmy Connors won the NCAA singles title in 1971. What school did he play for?
A. USC
B. Stanford
C. UCLA
D. Illinois
2. La Jolla High is rapidly closing in on the all-time high school tennis winning streak held by Bay Shore (N.Y.) High. What is that streak that Bay Shore holds?
A. 200 matches
B. 180
C. 193
D. 173
3. How many Forest Hills singles titles does Arthur Ashe have?
A. Three
B. Two
C. One
D. None
4. What college has won the most NCAA team tennis titles?
A. Harvard
B. USC
C. Princeton
D. Stanford
5. Who was the youngest woman ever to win an international title?
A. Evonne Goolagong
B. Charlotte Dod
C. Chris Evert
D. Carol Hanks
6. Who holds the record for the fastest serve? (137 mph)
A. Scott Carnahan
B. Roscoe Tanner
C. Eric Mann
D. Colin Dibley
7. Who won the 1976 Davis Cup?
A. Mexico
B. Italy
C. Sweden
D. Chile
8. Who did Brian Gottfried defeat for the La Costa International title in March?
A. Bjorn Borg
B. Bruce Manson
C. Marty Riessen
D. Roscoe Tanner
9. Maryland's John Lucas was All-American in two sports in 1976, tennis was one and the other was:
A. Cross Country
B. Football
C. Basketball
D. Lacrosse
10. What team was the 1976 World Team Tennis champion?
A. Phoenix
B. Los Angeles
C. New York
D. Pittsburgh

Answer 9-10 correct, you're super. By the way, how many times did the ball bounce in the last Friar's match? 7-8 correct, great, you know your tennis. 5-6 correct, average. You usually lose 3-6 in your matches. 3-4 correct, not too bad, could be better. 1-2 correct, poor. Do you know who Rod Laver is? Miss them all, well, you know as much as a tennis ball.

Answers: 1. C 2. D 3. B 4. A 5. B 6. A 7. B 8. C 9. C 10. C





"Rocket Explodes in Coronado"

The beautiful island of Coronado was the scene recently of a tennis clinic featuring Rod Laver of the San Diego Friars.

The event was organized by John Lesch, teaching pro at the Coronado city tennis courts, to stimulate interest in the first annual Coronado Tennis Center Junior tennis tournament.

Juniors from as far away as Tempe, Arizona; San Luis Obispo, Ca.; Las Vegas, Nevada and Northern California areas will be competing in this event which is sponsored entirely by the Coronado Tennis Association and will be sanctioned by the Southern California Tennis Association. Results will affect the junior rankings.

Laver appeared as a favor to John Lesch, an old friend and opponent. Lesch, a player in his own right, met Laver at Forest Hills in 1960. Lesch, then a Lieutenant Junior

Grade stationed at the naval station in Coronado, was allowed to take leave to compete at Forest Hills as a reward for winning the All-Navy competition earlier that year.

Lesch lost to Laver in four sets in the round of 16. He had another opportunity to play against Laver at the Pacific Southwest tournament later that year, but lost to him in the quarter-finals 6-4, 6-4.

The clinic consisted of mini-exhibitions between Laver, Lesch and Coronado youths. Participants were Andy Gordon, Randy Nixon, Susan Ritchie, Judy Ritchie, David Rosenkrantz and Alberto Mascona. Nixon and Gordon are local high school champs and the latter four are students of John Lesch. As a finale, names were drawn for a 'return the serve of Rod Laver' contest.

The clinic was a complete success with over 300 spectators surrounding the court and lining the roof of the pro shop. Laver was entertaining as always and a complete gentleman.



Above: More than 300 people turned out to see the living legend of Rod 'Rocket' Laver.

Top Left: Judy Ritchie (left) and her sister Susan take time out with the Rocket. They also were participants in the afternoon doubles.

Top Middle: Randy Nixon and Rod Laver (shown here) teamed up successfully against Andy Gordon and John Lesch in a short set.

Top Right: Rod Laver and John Lesch pose with the real stars of the day, David Rosenkrantz and Alberto Mascona.

Below: Rod Laver gets little assistance from partner David Rosenkrantz.

Photos by Joseph Dittler



The champions of tennis return!

PANCHO GONZALES

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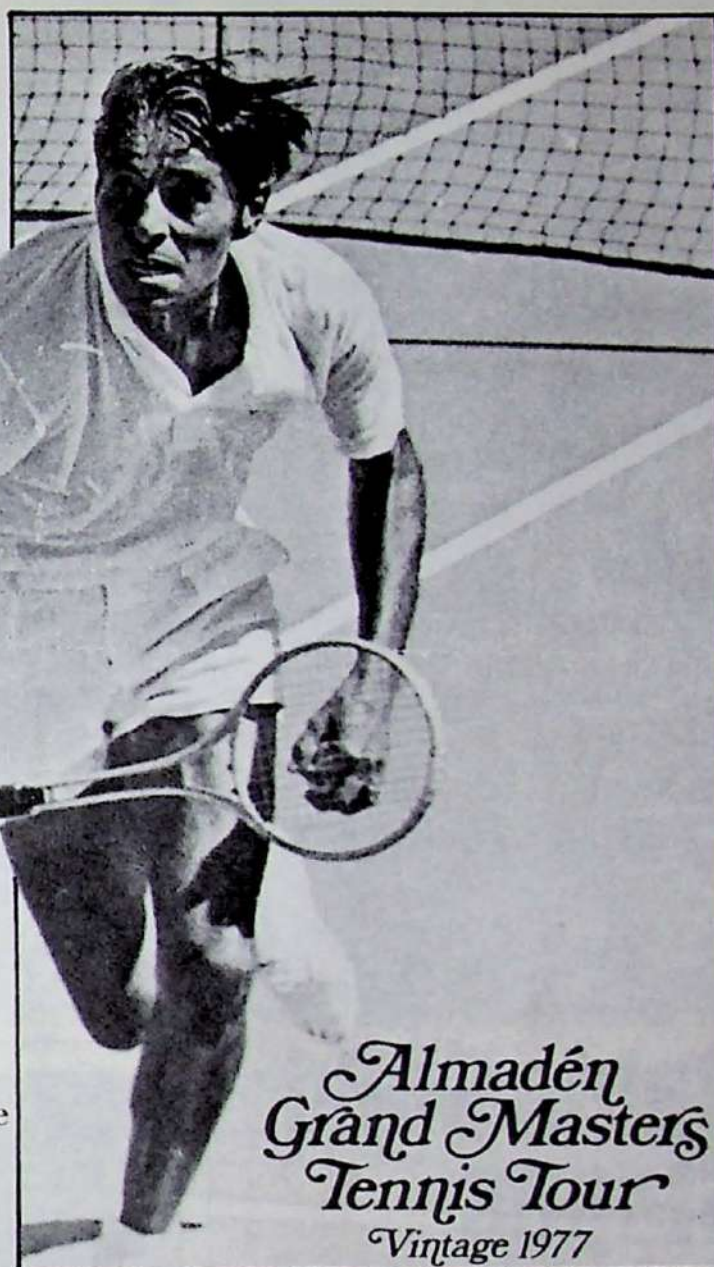
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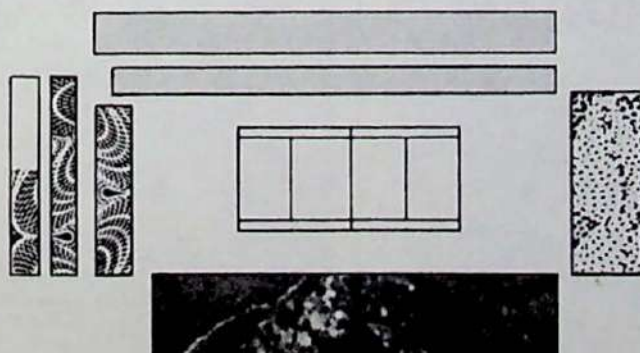


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Bahia Guild Stages Successful Fund Raiser

The Bahia Guild for Cerebral Palsy and Robinson's sponsored their 6th Annual Mixed Doubles Charity Tennis Tournament, "Swing-In" 1977. The San Diego Cerebral Palsy Center benefitted from this very successful tournament which is one of the largest events of its kind in the entire area. This year, more than ever, the CP Center needed this support since funding for Crippled Children's Society has been drastically reduced.

Private courts were used for initial play and the Atlas Health Club was host for the final and San Diego Friars' exhibition matches.

Winners of the Open Mixed finals were Bill Cover and Pam Newmark of Balboa Tennis Club and runners-up were Gill Hartson and Katy Haney of Bonita Tennis Club.

After the tournament a dinner-dance reception was held at the Town and Country.



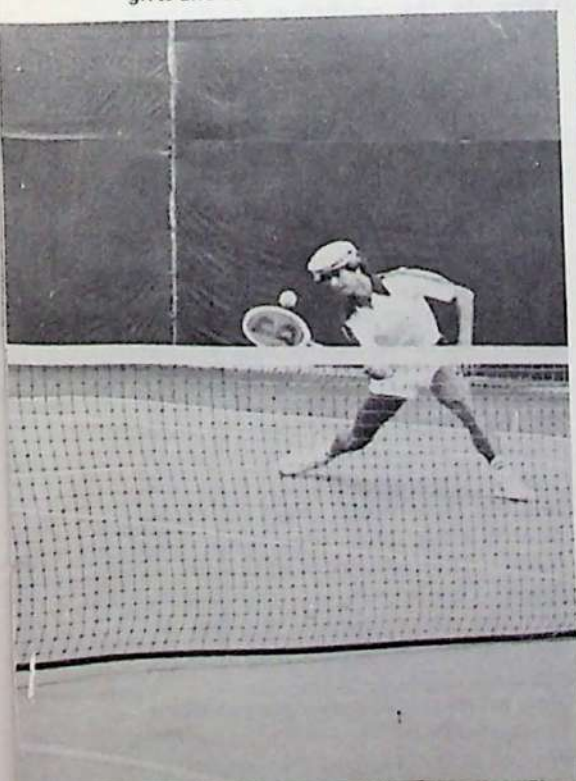


Above Left/Right: Friars Ray & Kerry Reid team up separately in an exhibition match with the winners Pam Newmark and Bill Cover of the open mixed doubles Charity tennis tournament.

Left: Bill Cover serving as Pam Newmark awaits for return.

Below: Gill Hartson lending for low shot at net as Katy Haney looks attentively.

Bottom Right: Crowds awaits drawings of gifts and service returns from the Friars.



An Interview With David Mirisch

President
of David Mirisch
Enterprises of Celebrity
Tennis Tournaments
For Local Charities



David Mirisch at his Century City office

When people hear the name Mirisch, they usually think of the motion picture family that has won 25 Academy Awards for such outstanding films as "West Side Story," "Fiddler on the Roof," "Hawaii," "The Pink Panther," "The Great Escape" and "The Magnificent Seven." But, those in the world of tennis think of something different. They think of David Mirisch, president of David Mirisch Enterprises, who has become known as "The King of Celebrity Tennis." We recently had the pleasure of chatting with him on the phone from his Century City office, where he informed us of his desire to put on one of his celebrity tennis tournaments for one of our local charities. As of this date he had not locked up one, so we decided to interview him and see if we could not help find the local charity that could net anywhere from \$15,000 to \$35,000 for the tournament.

T&RN: Have celebrities been playing in tournaments for many years?

DM: Many years ago, such stars as Errol Flynn, Walter Pidgeon, Lana Turner, and Rita Hayworth were actively involved in tennis but it was all taking place at private courts or at tennis clubs in the Los Angeles area. Only in the past five years have ce-

lebrity tennis tournaments come into a field of their own.

T&RN: Why do you feel that this form of a tournament is gaining strength every year in cities throughout the United States?

DM: I feel that because a local charity is now involved in these tournaments the people are showing great interest in them. It's not just the Hollywood stars coming to play tennis on their courts. The way that we put on our tournaments brings a new form of social activity to the club and the community. It's a totally different way for the people of a city or a town to raise money. It's not the normal black-tie sit down affair with a lot of speeches.

T&RN: Exactly how does one of your tournaments begin?

DM: There are a number of elements required in our putting on our kind of tournament. First of all, there has to be a good facility. This can either be a private tennis club, a country club, a hotel, a condominium development, a resort or even a city-operated tennis facility.

T&RN: What comes next?

DM: Secondly, we need a good strong charity. We are presently putting on tournaments for such charities as the March of Dimes, American Cancer Society, Kidney Foundation, The Devereux Foundation, City of Hope, Variety Club International and many local hospitals, boys' clubs and any worthy cause that has a good group of workers.

T&RN: What kind of workers do you need from the charity?

DM: Well, we need a charity that has some socially prominent women in it as we make our tournaments social events as well as sporting events. We want our publicity releases to run in all parts of the paper - the social, sports, society, entertainment, television and general news. We need a charity that has some depth in its leaders as we



David Mirisch with City of Hope Victor Award winner, Arthur Ashe.

need a good team of field workers to help sell all of the tickets that we want to sell to the different events that we put on over the weekend.

T&RN: What comes next?

DM: The next requirement is a sponsor. It is essential that there is a local sponsor or co-sponsor situation or otherwise the charity cannot really come out as strong in the final results as it wishes. Our sponsors vary from the hotels and tennis clubs themselves to department stores, grocery chains, liquor, beer and soft drink companies, newspapers, automotive dealerships or really any kind of business that feels it can profit from the tremendous publicity and public service time that we and the charity are able to get to publicize the tournament. We do not obtain this sponsor but will suggest various local companies for the charity to approach. Most of the time, the people in the charity know the right business in their own town and all it takes is a phone call or two.

T&RN: Why do the celebrities participate in these tournaments?

DM: I am sure you are aware that the schedule of a Hollywood celebrity is a hectic one. But, when they get an opportunity to get away from their fast pace they look forward to it. They play in these tournaments for a number of reasons. First of all, they are very happy to help the local charity raise money for a worthwhile cause. Secondly, they enjoy the good tennis that we put together for them over the weekend. Thirdly, they enjoy getting out of Hollywood and making new friends throughout the United States. They always come back and tell me how much they value the new friends that they have just made. This is very important to them. The hosting by the charity and the community is the key to the real success of the weekend for the stars.

T&RN: How many stars usually play in these tournaments?

DM: We are able to structure a celebrity



David Mirisch with the great National Football League All-Pro, O.J. Simpson.

oriented tournament with anywhere from eight stars to twenty-four. We can really bring in as many as the sponsor wishes. Most of the time we have a men's celebrity division, a women's celebrity division, a media division, and an "Open Division."

T&RN: What is an open division?

DM: This is where the community and the home club get involved. It can be done in two ways. Either the club can hold its own tournament prior to celebrity weekend and incorporate the finals of their various divisions in our weekend play or this can be couples with a city-wide tournament that starts taking place two months before the actual celebrity weekend. This tournament costs the charity absolutely nothing as people send in \$20.00 per mixed doubles team and play their matches off wherever they wish. We may start with a hundred or so teams in each division and by the time celebrity weekend comes we will be down to 8 teams in each division who will compete with the teams from the "home" club for the so-called city championship. The winning teams are given free trips to Mexico, Bermuda, or the Bahamas and always creates a great deal of interest for all tennis buffs throughout the city.

T&RN: How do you feel a celebrity tennis tournament can benefit a local club?

DM: Sometimes the members of a private tennis club complain that they don't want to give up their tennis courts on a weekend, but most of the time the club members are happy to help a local charity raise money for a worthy cause. We always plan a wonderful social calendar around the matches and the members really get into the swing of this. All of a sudden they have a different kind of social event at their club. Also, having the stars from Hollywood at their club gives that club a lot of local publicity. We have found that the most receptive clubs are those that can tie in the tournament with their grand opening. That is why we always advise new club operators to talk to us when they are planning their opening programs.

T&RN: What kind of weekend activity is usually planned for your weekend tournaments?

DM: We usually check in on Friday afternoon and that evening a cocktail party in honor of the celebrities is held and members of the charity, people from the tennis club and the sponsor are in attendance. We play tennis all day Saturday, and Saturday evening a show or BBQ is held at a local country club or hotel. Sunday, we resume play in the morning and the finals for the different divisions are held Sunday afternoon. Then we usually have a little farewell buffet

for the celebrities and they are on the plane back to Los Angeles early in the evening.

T&RN: What kind of tournament play do you have?

DM: Our matches are all doubles. We usually try and pair the celebrities with local professionals or top "A" players from the community. The same goes for the women celebrities. We always play round robin so that everyone gets a chance to play eight games with everyone else. At the end of the two days the people who have the most points get into the finals of the various divisions.

T&RN: Are celebrity tennis tournaments something that are here to stay?

DM: I'm sure they are. As long as there are always sponsors who see that the few dollars invested in this kind of campaign can bring in big dollars in publicity and public service time, we'll always have our tournaments. And since we are raising money for charities that value our kind of fund raising events, we'll never lack the right kind of organizations to turn to. So, all we say to that wide open tennis market out there is that if you want to have fun with the stars, raise money for the people who need it and provide your club with a kind of an event that they won't normally have without us — call us. We'll set it up for you in the finest way you have ever seen a celebrity tennis tournament run.

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The Need For Instruction

By Leo Gurnoe of Muehleisen Del Mar



Whether you're a weekend racquetballer or in training to become a pro, competent instruction is the most important ingredient in your quick advancement. A methodical approach is essential to smooth, rapid progress. Without guidance, many players spend months learning from trial and error what a qualified pro could point out and correct in weeks.

While attending Dr. Buds (Bud Muehleisen) clinics, I noticed his main emphasis was placed on a three-point learning process: instruction, practice, and competition. Aside from the fact that, in most cases, instruction brings rapid improvement, the main selling point for the beginner is learning to play safe racquetball. A good example is the serve return. Without an understanding of serve return strategy, many people resort to a mad flail hoping the ball is tough on the front wall. Shooting from the left rear to the right front is as common as a correct V-pass or pass on the line. Combine this with a blind drop-back by the server and you get the ball whizzing past players' heads at 100 mph. Only the gallery realizes how many near misses occur during one of these "jungle" games. I've had to stop watching games before because my nerves couldn't take the many near injuries in a beginners wild match.

Ok, so maybe I've convinced you of the need of help. The next step is to cover the credentials necessary to be a paid instructor. The first, and most important, feature of a quality instructor is teaching experience. I've been instructing for about three years and feel I have refined my style very much. Beginning teachers may be very patient and have the desire to assist you, but lack time proven methods. Find out about the instructor beforehand. Anyone from a novice to pro can show you how to play or explain the rules, but at \$10 an hour I feel more requirements should be asked of the instructor.

A common saying around racquetball circles is that "you don't have to be a good player to be a good teacher". I disagree. I feel that to get to be an "open" player or a pro, a person must pay certain dues which can't help but give insights in overcoming impasses. Tournament competition is the final exam of racquetball. After a certain level of play (high B-A), everyone basically knows the shots. The people who win the tournaments are the ones mentally prepared. Anyone who has gone through this training knows you have to eat, drink, and sleep R-ball to win. When you've had to struggle with most every problem yourself, it's easier to help a student use stumbling blocks for stepping stones.

The first couple of lessons work toward having the student identify his errors and build model shots. The low points hit on an off day are relative to how well a student has mastered the basics. (eg. with a proper grip, and flat stroke, most shots make the front wall.) There are a limited number of common errors (pushing the ball, western grip, etc) which can be easily remedied when identified in time. The key to rapid advancement is limiting your objectives. Pick out one thing at a time to work on. A couple of lessons can give you objectives to work on for months.

Clinics vs. Private Lessons

The usual format for a clinic is six to eight weeks of meetings, two hours each, with

(Text continued from page 42)



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The Need For Instruction

(Text continued from page 40)

forty-five minutes of verbal instruction, and the rest of the time spent working out on the court. With one instructor, this limits individual attention to five or ten minutes each meeting. Clinics are great for beginning players and the class usually moves along nice and slowly. Many times I've seen intermediate players sit through overly basic clinics or wait while the less receptive students firmly grasped an idea. For the money, private instruction gives much more personal attention and deals with racquetball by particulars, rather than racquetball in general. So clinics and private instruction compliment each other and exist as different vehicles for different player levels.

Referring back to Dr. Bud's three-point program, the next step would be practice. As in most sports, progress is proportionate to practice. A good instructor will show you interesting drills that can make solo workouts anything but dull. Only in practice can you develop the analytical state of mind necessary to bring about change in your game.

Dr. Bud's last point was competition. Many people consider this to be the only necessary ingredient in the study of R-ball. Actually, the day to day games are the test ground for the student. I think most players have felt the adverse effects of mis-matched games. A good instructor will follow your progress in daily workouts and arrange tough, fiery matches with other students at your level.

The nicest thing about being a racquetball instructor is that racquetball is such an easy game to learn. I have a student who has been playing since January and has been offered free equipment. I know of no other sport where such rapid advancement is possible. To best enjoy many years of safe, high key play in a sport destined to become one of the nation's most popular, look into a good, qualified instructor.



Proud and all smiles, the Leo Gurnoe family. Standing, Leo Gurnoe and wife, Sherry. (L-R) Chandry, Tao and Gale.

EVERY THURSDAY

Challenge Night At Muehleisen

Every Thursday night is the Hydra Challenge competition. Top racquetball players compete in the event from 5:30 p.m. to 8 p.m. Dr. Bud Muehleisen is now arranging for some of the top pros in the game to come out every week to the club located just east of I-5.

Hydra restaurant, on the beach, in Cardiff, sponsors the event and graciously donates three expensive dinners as a prize for the winner. The action is some of the best in local racquetball as top "A" players also compete against the pros.



WEIGHT CONTROL

by Tom Pipes

Obesity and overweight constitute the most serious medical and health problems in the United States today. It is somewhat ironic that while millions of people are dying of starvation each year in many parts of the world, many Americans are dying as an indirect result of an overabundance of food. The prevalence of obesity and overweight in this country has increased dramatically over the past 15 years. Presently, as many as ten million teenagers are overweight, representing about 20 percent of the total United States teenage population. For the adult population over 40 years old, 30 percent of all men and 40 percent of all women are more than 20 percent above their ideal weight. It has also been demonstrated that the average individual in this country will gain approximately one pound of additional weight each year after the age of 25. This

is a seemingly small gain. However, this results in 30 pounds of excess weight by the age of 55.

How does one distinguish between the terms overweight and obesity? Also, what is meant by the term ideal weight? First, overweight is defined as any body weight which exceeds the normal or standard weight allowed for a particular individual, based on his height, age, and frame size. These values are established solely on the basis of a population average. It is quite possible for you to be overweight, according to these standards, and yet have a body fat content lower than normal. Football players have frequently been found to be overweight while actually being much leaner than individuals of the same age, height, and frame size who are considered to be normal weight or even underweight. There are also individuals who are not overweight by the standard tables but who are actually obese.

I first encountered this problem when I was doing some tests on the San Francisco 49'ers football club. One of the big defensive tackles approached me and I realized that at six feet, eight inches, 285 pounds, that by any height and weight tables the man was at least 50 to 60 pounds overweight. I was not about to tell him so. When you consider that obesity refers to the condition where

the total amount of body fat exceeds that allowed for a particular individual's body weight. It applies that the amount of body fat must be assessed much more accurately than can be guessed from standard height and weight tables, which are based on age, height, frame size. The hydrostatic or underwater weighing technique is probably the most accurate of the clinical research techniques available for estimating body fat. It is not practical for assessment of the general population due to the length of time for each test.

A much more simple technique which is not as accurate as hydrostatic weighing, but is much faster and inexpensive, involves measuring, with skin fold calipers, the thickness of two layers of skin plus the layer of fat. Theoretically, this skin fold thickness will vary directly with the thickness of underlying subcutaneous fat, which is related to the total body fat. In any case, the quantity of fat determined is normally expressed as a percentage of an individual's total body weight. Exact standards for allowable fat content have not been universally agreed upon. However, a man with over 25 percent body fat and women with over 35 percent should be considered obese.

The concept of ideal weight is closely related to these upper limits of body fat. It is felt that the average male should possess approximately 15 to 17 percent of body fat and the average female approximately 23 to 26 percent. This will vary slightly between individuals but does provide a realistic target to aim for. As an example, assume that a 180 pound man had 20 percent body fat. He would then possess 36 pounds of fat. The remaining weight, 144 pounds, is referred to as the lean body weight or mass which represents essentially his bone and muscle components. In order for this man to reach 15 percent fat, he would have to lose 11 pounds, providing that his lean body mass remained the same. (See Calculations Table I.) This would give him a target or ideal weight of 169 pounds. Ideal weight is determined simply by dividing your lean body weight by the fraction of your total body weight that you want to believe. For 15 percent fat, the fraction would be .85 or 85 percent of lean body weight.

TABLE I

CALCULATING IDEAL OR TARGET WEIGHTS

Weight equals 180 pounds. Total fat equals 20 percent times 180 pounds equals 36 pounds.

Lean body weight equals 180 pounds minus 36 pounds equals 144 pounds.

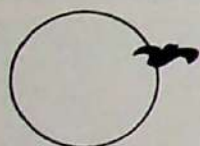
Ideal weight is equal to X. Target weight loss is equal to 180 pounds minus 169 pounds is equal to 11 pounds.

Ideal fat is equal to 15 percent.

It should be clear that to identify those people with obesity problems, it is necessary to first determine the actual or relative fat content of the body. Simply referring to even the most sophisticated weight tables is not sufficient to identify a rather large percentage of the obese population. It is quite possible to be obese by the above criteria, but be within or even below the allowable limits established in these tables.

Causes of Obesity

At one time obesity was thought to be the



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result of basic hormonal imbalances in the blood resulting from a failure of one or more of the endocrine glands. Later it was thought that only a small fraction of the total obese population could be accounted for by glandular malfunction, and that the majority was simply resultant of gluttony. Fortunately, the results of more recent medical and physiological research show that obesity can be the results of any one or combination of many factors. Its etiology is not as simple or straightforward as once believed.

A number of recent experimental studies on animals have linked obesity to heredity or genetic factors and direct studies suggest such a link for man. In one study, only eight to nine percent of children with parents of normal weight were considered obese, whereas 40 to 80 percent were considered obese when either or both parents respectively were obese.

Obesity has also been experimentally and clinically linked with both physiological and psychological trauma. Hormonal imbalances, emotional trauma and alterations in basic homeostatic mechanisms have all been shown to be either directly or indirectly related to the onset of obesity. Environmental factors, i.e., cultural habits, inadequate physical activity, and improper diet have also been shown to be contributory to obesity.

Thus, obesity is of complex origin and the specific causes undoubtedly differ from one person to the next. Recognizing this fact is important both in the treatment of existing obesity and in the application of measures to prevent its onset. To attribute obesity solely to gluttony is most unfair and very damaging psychologically to obese individuals who are concerned and are attempting to correct the problem. Several studies have even shown that obese individuals actually eat less than the normal individual of similar sex and age, but they get far less activity as well.

Changes in Normal Body Function

Just as the cause of obesity varies from one individual to another, so do the prevalence and extent of changes in body function. However, there are certain trends which are specifically linked to obesity. Respiratory problems are quite common among the obese. They have difficulty in normal breathing, greater incidence of respiratory infections, and lower exercise tolerance. Blood disease associated with increased levels of carbon dioxide in the blood and polycythemia (increased red blood cell production) due to lowered arterial blood oxygen is also commonly the result of obesity. This can lead to blood clotting, enlargement of the heart and congestive heart failure. High blood pressure and hardening of the arteries have likewise linked to obese individuals, as have metabolic and endocrine disorders such as impaired carbohydrate metabolism and diabetes. The effect of obesity on existing diseases is not clearly understood at the present time. Obesity can contribute to the further development of certain diseases and weight reduction is usually prescribed as an integral part of the treatment of the disease. Conditions such as heart disease, high blood pressure and certain orthopedic problems as well as diabetes would benefit from weight reduction. It is possible that psychological problems actually cause the condition of obesity

in a substantial percentage of the obese population. Further, emotional and psychological problems can arise from the existence of the condition itself. There is definitely a social stigma against obesity in our society and this contributes greatly to the problem facing one who is obese. Consequently the obese individual may well need psychiatric assistance in his efforts to lose weight.

Treatment, Prevention, and Control of Obesity

On paper, weight control seems to be a very simple matter. The energy consumed by the body in the form of food must be equal to the energy expended by the body in

physical activity. In both cases, the energy is expressed in calories. The body will normally maintain a balance between the caloric intake and the caloric expenditure. However, when this balance is upset, a loss or gain in weight will result. It is obvious that both weight losses and weight gains are basically dependent on only two factors, diet and exercise habits. The sole purpose of a weight reduction diet is to create a caloric deficiency, i.e., the caloric intake is lowered so that the caloric expenditure exceeds the intake. It has been estimated that the loss of a pound of fat requires a caloric deficit of 3500 calories. To lose one pound of fat a

(Text continued on page 46)

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WEIGHT CONTROL

(Text continued from page 45)

week, the caloric deficit would have to average 500 calories a day, which is approximately the equivalent of three scrambled eggs, or three cans of beer or six ounces of sirloin steak. A reasonable or sensible weight loss would be one to two pounds per week. Losses any greater than this should not be attempted unless under direct medical supervision. By losing just one pound of fat a week, an individual will lose 52 pounds in only a year. Few people become obese that rapidly. Weight loss should be a long term project. Research has demonstrated and experience has proven that rapid weight losses are usually short-lived and the original weight is quickly regained. Rapid weight losses are generally the result of large losses of body water. Since the body has built-in safety mechanisms to prevent an imbalance in body water levels, the water loss will eventually be replaced. Thus the individual wishing to lose 20 pounds of fat is advised to attempt to attain this goal in a six to twelve month period.

Many special diets have come to the attention of the public in recent years with

each claiming to be the ultimate in terms of effectiveness and comfort in weight loss. Likewise, each diet has its loyal following of confirmed believers who make a strong case for the superiority of the particular diet over the others. Is there a superior diet? Research tends to show that almost all of these diets are basically ineffective and that no one single diet has been shown to be any more effective than the other. Again, the important factor is the development of a caloric deficit. While maintaining a balanced diet that is complete in all respects with regard to a vitamin and a mineral requirement. The diet that meets these criteria and is best suited to the comfort and personality of the individual is the best diet.

Several agents of aid have been advocated for assisting an individual in reducing his caloric intake. Anorexigenic agents (agents used to decrease or suppress the appetite) such as amphetamines have been prescribed with varying success, but they produce side effects such as insomnia, irritability, and tenseness. Thyroid hormone has also been used but its affects are highly questionable and it produces side effects similar to the amphetamines.

Recently human chorionic gonadotropin (a hormone derived from the urine of a pregnant woman) has been used to promote rapid weight loss. Daily injections of this hormone plus a 500 calorie a day diet are supposed to result in a one pound per day weight loss. Recent evidence, however, shows human chorionic gonadotropin (HCG) to be no more effective than an injection of plain salt water. The weight which is lost appears to be strictly the result of the 500 calorie per day diet.

Diuretics have been suggested, but the resulting weight loss is almost entirely salt and water, and should be used only on those people who have problems with water retention. Total fasting has been shown to be helpful in the initial stages of weight loss in highly obese people but hospitalization and full supervision of the individual is required. However, regardless of their effectiveness, none of the above mentioned agents or aids should be used except under the prescription and close supervision of your physician.

Physical Activity

For many years, people have held that exercise has little relevance to programs of weight reduction and control. The classic examples state that to lose one pound of fat, a person must chop wood for seven hours, walk 35 miles or climb a ten-foot stair 1,000 times. The purpose of these examples is to show that foolishness of trying to lose weight through exercise. They also argued that appetite increases as the result of exercise and this increase has the same or greater caloric equivalent than the exercise itself. Both of these concepts are in gross error. In fact, research has proven that exercise is probably the most efficient way to lose weight and also results in a weight loss of more permanent nature.

Inactivity is the major cause of obesity in the United States. In fact, inactivity may be a far more significant factor in the development of obesity than overeating. Thus, exercise must be recognized as a significant factor in any program of weight reduction or control. While planning an exercise program, it is important to remember that you very seldom obtain something for nothing. An effortless exercise program, of course,

would be ideal, but is unrealistic thinking in our society. With the popularity of exercise increasing, the commercial world has caught on and the result is readily seen in the many gimmicks, gadgets, and fads on the market. While some of these are legitimate and effective, many are of no practical value either for exercise or for weight loss. To exercise efficiently, where substantial progress can be expected, you are going to have to work.

Physical activity level of any individual can be increased by concentrating on four basic areas. First, you should have a regular formal exercise schedule consisting of a warm-up period, formal exercises, and a cooling out period. This formal exercise should be undertaken at least three times a week and consists of anything from walking to racquetball to tennis to jogging to swimming. Secondly, you should have supplementary physical recreation. This would be above and beyond the formal exercise period. Gardening, golf, bowling, sailing and dancing are just a few of the many activities that we name as recreational pursuits that will result in a far greater expenditure of energy than the more commonly practiced art of television watching.

Thirdly, you can increase your total daily caloric expenditure by increasing your usual daily activities. By walking the two to four flights of steps instead of using the elevator, by parking an extra block or more from work or from the store, and by performing many of the other routine daily activities in a more active manner, one can substantially increase his caloric expenditure. The object should be to look for ways of increasing the amount of physical activity at work that you can perform each day in spite of mechanization. Lastly, you can increase the physical activity level associated with your job. This can be done much in the same manner as outlined above. Approximately one-third to one-fourth of your life is spent on the job. Considering that sleeping accounts for an additional third, the remaining time is hardly sufficient to maintain adequate activity levels. Thus, the time spent on the job can be much more efficiently used if basic activity levels are increased. The most efficient and sensible approach to weight loss is through a combination of diet and exercise. Since a caloric deficit is the key to weight loss, you would only have to reduce your caloric intake and increase your physical activity half as much as necessary if you depended on either one or the other exclusively for weight loss.

The evidence is in. Routine exercise is effective in weight control and weight reduction. Likewise sedentary habits tend to lead to problems of overweight and obesity. One final word of caution, however. It is quite possible and even probable that one's bathroom scale weight will change very little if any following one month of vigorous exercise. While this is discouraging, it might lead one to suspect that this exercise program is doing nothing to assist in the reduction of body fat. This is a natural recurrence. During the initial stages of an exercise program you are developing muscle as well as losing fat, both highly desirable. The first month or two the gain in muscle is nearly the same as the losses in fat. As a result, the bathroom scale is not able to give you an accurate estimate of the actual changes in your body composition.



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Muehleisen El Cajon Wins SDRA Title



Muehleisen El Cajon edged Mel Gorham's by a score of 3-2 to capture the title in the San Diego Racquetball Association. Muehleisen, which lost to Gorham's twice during the regular season, got a clutch win from Nathan Meckel to win the match.

All the matches were almost over when Meckel took the court against Craig Davidson. Neither knew it until after their first game that both were playing for all the marbles. Meckel nosed out Davidson, 2-1, with a clutch 15-13 win in the final game to give Muehleisen a 3-2 decision.

It was a tough loss for Gorham's, which, along with Rose Canyon, had the best record in the "A-B" league. Muehleisen Del Mar and Rose Canyon tied for third. The championship game scorees were:

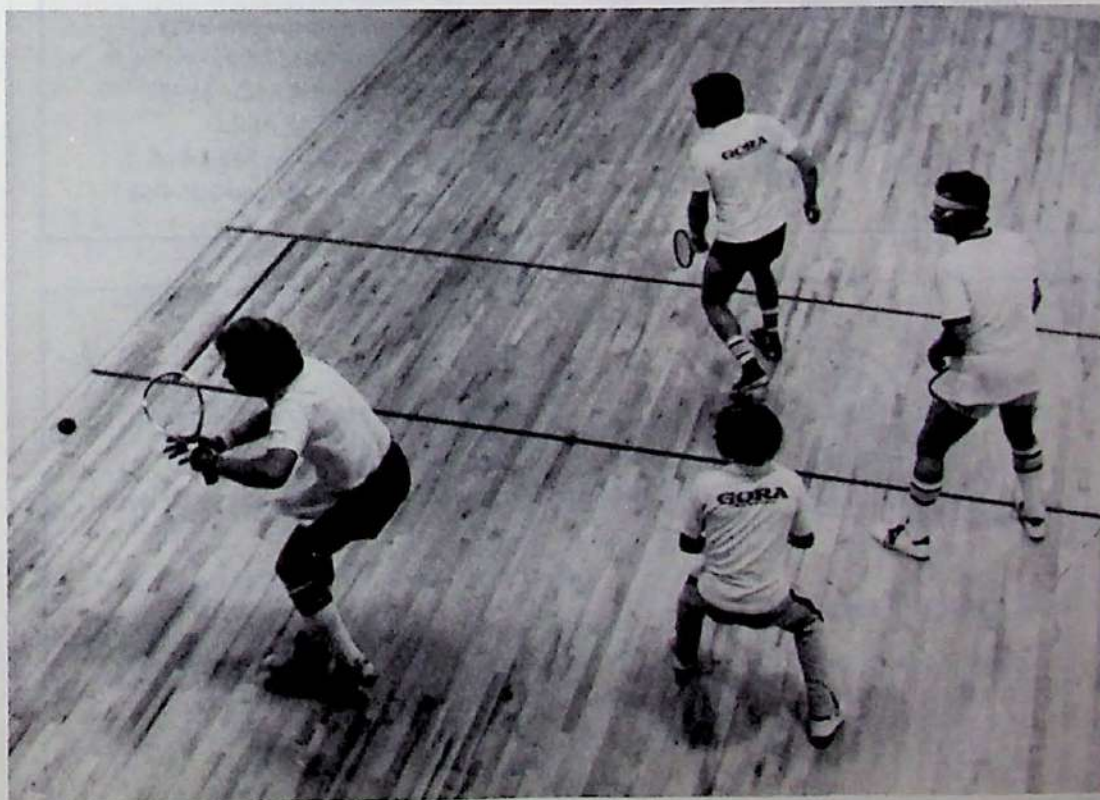
Allen Kent (MEC) def. Larry Meyers, (GORA), 2-1.

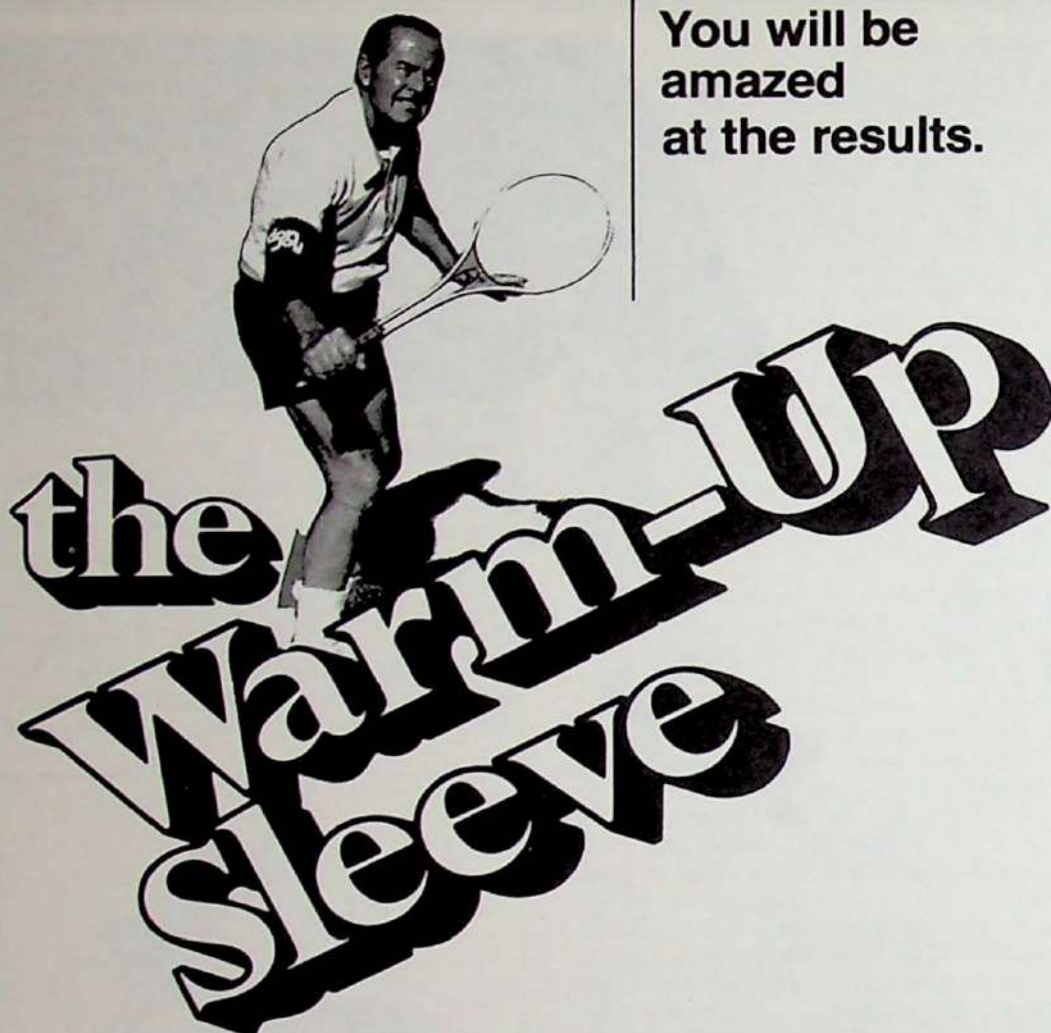
Nathan Meckel (MEC) def. Craig Davidson (GORA), 2-1 (overtime)

Lou Kessing (MEC), def. John Steinbacher (GORA), 2-1. (overtime)

Beaver Wickham (GORA), def. Randy Tripp (MEC), 2-0.

Robbie Reschke and Scott Davidson (GORA), def. Larry Schmidtke and George Tomaiko (MEC), 2-0.





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- The Sporting Outpost-Carlsbad-729-3217
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teaching staff

Tennis & Racquet News Tops Media Field In Tourney

Tennis and Racquet News' own Jim and Kathy Feeler each took their respective divisions in the Media Racquetball tournament held recently at the Atlas Health Club.

Jim defeated Racquetball/Handball News' Dave Northcutt, 15-12, 15-4 for the men's title while Kathy handed Kim Montour of Channel 10 (KGTV) a 15-3, 15-3 loss. The Feelers' earn births in the National Racquetball Championships to be held at the Atlas HC beginning June 4.

The media tournament had such participants as KGTV's Harold Green, Hal Clement and Montour, KCST-TV's (ch. 39) Tom Mitchell, Mike Smith and Amalia Barreda, KFMB's Ron Reina and KSDO's Hal Brown, Bruce Bernhart, Bud Cohen and Adrienne Alpert. Cable Two's John Long and Cable Four's Bill Gruber also played along with Joe Stein and Rick Davis of the Evening Tribune and Jim DeGrow and Jim Mitchell of the Union.

Northcutt eliminated Clement, 15-6, 15-3 and Bernhart to reach the finals while Feeler knocked off Mitchell, 15-7, 15-13 in the semi's. Green began the tournament with a 15-1, 15-3 win over Cohen, but was eliminated by Mitchell in the same round that Clement was defeated. The Channel 10 duo were the only television personalities to make it to the second round in the men's competition.

In women's action, Montour got past Barreda, 15-8, 15-11, in the battle of television newsmen while Feeler knocked off Alpert, 15-6, 15-7, in semi-final action. The tournament ran smoothly and proved that those who report news, can go out and create some news, too.



Kathy Feeler and Jim Feeler, staff writers for Tennis and Racquet News smiles happily together after winning each of their singles division in Atlas first Media Racquetball Tournament.

TENNIS AND RACQUET NEWS

Rebounds



DR. BUD JOINS POINT WEST

Dr. Bud Muehleisen, perhaps racquetball's most knowledgeable player, has affiliated with Point West Industries, El Cajon, California, effective immediately. Point West, exclusive importers of "The Other Ball," recently has relocated its offices from Sacramento to the San Diego area to take advantage of Dr. Bud's expertise as chief advisor to the company on all racquetball products.

Point West also markets "The Other Glove," the only non-slip deerskin glove available for racquetball. Other products soon to be announced are a line of racquets, bags and eye protective goggles.

Dr. Bud, who recently won both the 1977 California singles and doubles crowns for players age 35 and over, says "The Other Ball" presently is the best playing ball available. He said the ball will be offered in black and in red at a retail price of approximately \$1.00 each. He said the glove is the finest of its kind, will be offered in a full spectrum of bright colors and will retail for approximately \$9.95. The glove has doubled the life of any other racquetball glove presently on the market, and it will not shrink or become hard with use.

Dr. Bud was the first player inducted into the Racquetball Hall of Fame and has won 28 international racquetball titles. He is the present champion of both the International Racquetball Masters and Senior singles and doubles divisions.

BIOGRAPHICAL INFORMATION

Dr. Bud Muehleisen Wife: Cindy
Age: 45 Years Children: Craig (21 Years)
Birthplace: San Diego, Karen (19 Years)
California Shannon (22 Months)
Profession: Dentist
(Recently retired after 18 years practice)
Height: 6'0" Weight: 175 lbs.
Present Occupation:
President, Muehleisen Courts, Inc. Owns and
operates racquetball/handball facilities

throughout the United States. President, M-M Court Systems, Inc. Consulting and specializing in the design, construction and installation of racquetball and handball facilities.

Selected Experience:

Director, International Racquetball Association. National Racquetball Rules Chairman, 1969-1975.

Instrumental in the design and development of racquets and balls associated with the sport of racquetball.

Lecturer and clinician at 10-15 racquetball clinics and exhibition games throughout the United States and Canada each year.

Athletic Accomplishments:

First International Racquetball Open Champion

Has won 28 International Racquetball titles, as well as 4 National titles in paddleball.

Current International Invitational Masters Singles and Doubles Champion

Current International Racquetball Senior Open Singles and Doubles Champion (35 and over)

Current Senior Open Doubles and Singles Champion for Canada (35 and over)

First player elected to "Hall of Fame" for racquetball

Past nationally-ranked player in badminton (8th in the U.S.)

Past nationally-ranked player in tennis (NCAA Champion)

Numerous table tennis titles

Education:

B.S. University of California, Berkeley
D.D.S. College of Physicians and Surgeons (Affiliate of University of the Pacific), San Francisco

Commentary:

Racquetball's unanimous choice as the most knowledgeable player in the game.

Fallbrook Athletic Club

Fallbrook recently held a club tournament in three divisions. The winners were: "B" — Vince Love def. Dan Antrim. "C" — Richard Smith def. Larry Dixon. Novice — Roy Lindsey def. Margaret Jackson.

North County Racquetball Club

Kathy Smith announced that another of their racquet clubs is opening up in Visalia, California.

Mel Gorham

Mel Gorham's Sport Center in Oceanside recently held an in-house tournament and Larry Meyers, who recently signed with the Omega Sporting Goods, walked away with the top honors in the Open division. Bruce Stafford and Mike Bray finished second and third.

In the men's "C" division, Harvey Schroeder captured the championship while Butchie Fogler and Scott Chasin finished behind him. The men's Novice division also included some "C" women and one of the darlings, Sue Neptune, came in second to Mike Goodman. Walt Selleck was third.

Sue Voaklander won the women's Novice crown over Cindy Lusignan while Georgie Nelson came in third.

Brumfield Second In CBS Event

Charlie Brumfield went out to prove that he is the best racquet player in the world and he came pretty close to proving it, recently. Brumfield was part of a CBS-TV gimmick involving the top racquet players in the world in a format similar to ABC's Superstars series.

Each player could play in any of five racquet sports except his specialty and points were given for their successes. Brumfield defeated a number of contestants in squash, including Bjorn Borg, 15-4. Borg defeated badminton's Flemming Delfs, 15-9, in another key match, but Brumfield had enough points to take the squash competition.

Sharif Khan won the tennis and racquetball competition, and won the overall championship with 27 points. The win earned Khan \$15,000 while Brumfield tied for second with Borg with 11 points. However, Brumfield was awarded the \$6,500 prize money because he defeated Borg in the squash finals and in the badminton semifinals. Borg captured the table tennis competition with a 21-18 win over Khan, but lost in the racquetball tournament to Dan Seemiller, 21-14.

SOLAR HAS MANY WINNERS

Singles events in four classifications comprised the Solar Racquetball Club's April
(Text continued on page 50)

Pro Racquetball Results 1976-77

Tour Stops

1. Sacramento, CA, Sept. 4-6 (1976) (Men)
(Women)
2. Edmonton, Alberta, Sept. 23-26
3. Burlington, VT, Oct. 14-17
4. Ft. Lauderdale, Dec. 2-5
5. Las Vegas, NV, Jan. 13-16 (1977)
6. Houston, TX, Feb. 10-13
7. Denver, CO, March 5-8
8. Chattanooga, TN, March 24-27
9. Southfield, MI, April 16-19
10. Lombard, Ill, April 30-May 3

First Place

Jerry Hilecher
Peggy Steding
Hogan
Steding
Hogan
Steding
Hogan
Wright
Hogan
Steding
Hogan
Wright
Hogan
Steding
Hogan
Wright
Hogan
Wright
Hogan
Wright

Second Place

Marty Hogan
Shannon Wright
Steve Strandemo
Janell Marriott
Charles Brumfield
Marriott
Davey Bledsoe
Steding
Brumfield
Wright
Steve Keeley
Steding
Craig McCoy
Wright
Brumfield
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Richard Wagner
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BILL ME



Rebounds

SOLAR HAS MANY WINNERS

(Text continued from page 49)

tournament, held at George Brown's on Midway.

In final rounds John Rendina defeated Claud Dillard 15-5, 15-11 to win the "Open" event, while Holland Smith defeated Paul Beck 15-12, 15-2 to take the "A" trophy.

The "B" competition was won by 16-year-old Warren Jones whose father is a Solar employee. Warren looked so good defeating Greg Maynard 15-2, 15-1 that he will be expected to play in the "A's" or "Open" divisions in future tournaments. He took second place in the Atlas Racquetball Spring Festival. Warren is such a gentle, polite lad that his being such a demon on the court comes as a surprise to his opponents as well as to observers.

In the "C" division Norm Seebeth defeated Judi Brooks 15-12, 15-8.

Two special awards were earned by Kathy Hutton, who was voted "Most Active Female" and "Most Improved Player" in the club. Bob Beiner received the "Most Active Male" award for his participation in challenge and ladder matches.

Each month the Solar Racquetball Club features a different type of tourney. The May competition was Men's Open Doubles and Women's Singles at the Court House Racquetball Club in San Diego. The May tournament had not yet taken place when this report was written. Nor had the date of the June event been set. The June feature will be a Handicap Singles, with handicaps established in each division. All of the club's monthly events are held from noon to 6 p.m., usually on the third Saturday of the month.

SAN DIEGO RACQUETBALL ASSOCIATION STANDINGS A-B LEAGUE

TEAM	WIN	LOSS	PCT
1. G.O.R.A.	27	8	.771
1a. Rose Canyon	27	8	.771
3. Muehleisen El Cajon	24	11	.685
4. Muehleisen Del Mar	21	14	.600
5. Helix No. 1	12	23	.342
6. Helix No. 2	11	24.5	.310
7. Spring Valley	10	25	.285
8. La Mesa	8	27	.228

C-LEAGUE

*1. Racquettime	25	15	.625
2. Muehleisen Del Mar	24	16	.600
3. Court Yard	22	18	.550
3a. N.C.R.C.	22	18	.550
5. G.O.R.A.	7	33	.175

CENTRAL

*1. Muehleisen El Cajon	29	11	.725
*2. Poway	28	12	.700
3. J.C.C.	24	16	.600
4. San Carlos	12	28	.300
5. Atlas	7	35.5	.164

SOUTH

*1. Brown's	31	9	.775
2. Chula Vista	22	18	.555
3. Copley YMCA	22.5	18.5	.548
4. Spring Valley	15	26	.365
5. M.C.R.D.	9	32.5	.216

*In Playoffs

TENNIS AND RACQUET NEWS

In the end, the old master showed the field he's still one of the best. Dr. Bud Muehleisen captured the Open men's division over Stan Wright, 21-18, 16-21, 11-10, in the Gatorade Open racquetball tournament held at the Helix Courthouse in La Mesa.

Dr. Muehleisen was seeded second behind Gary Lusk and had some laborious matches against some unyielding opponents. He opened the tournament over Mike Maddocks, 21-3, 19-21, 11-6 and a second round win over Bill Thurman, 15-21, 21-12, 11-7. In the semi's, Dr. Muehleisen knocked off Alan Kent, 21-11, 16-21, 11-3 and earned the right to meet Wright.

Wright was seeded fifth in the tournament and survived an equally tough bracket as Dr. Muehleisen's. Wright knocked off Larry Meyers, 11-21, 21-16, 11-6 in the semifinals and Bill Stevens, 17-21, 21-18, 11-8, in the quarterfinals.

Meyers had upset Lusk in the quarters by a score of 21-13, 21-16 and Stevens had knocked off Steve Trent, 21-10, 14-21, 11-5. Lusk and Trent were two of the hottest players on the local scene up to the Gatorade tournament and their losses were considered big upsets.

Dave Dorosh took home the "B" division title with a 21-6, 21-16 victory over Tony Alfaro. Dorosh posted victories over Clyde Shearer, Greg Harkins, Randy Tripp and Lou Kessing to reach the finals.

Ken Langseth was the top winner in the men's "C" division with a 21-5, 21-7, 21-17, win over Kirk Martin while Dixon Smith handed Kevin Luhnnow a 21-20, 21-12 loss to win the men's Novice title.

Brad DeGrote defeated Steve Gibbons for the Junior division title, 21-8, 21-8 and Bruce Russell won the Seniors trophy with a 17-21, 21-7, 11-0 win over Alan Weckerly.

Wayne Weightman and Thurman combined their talents to capture a 21-13, 21-11 decision over Kent and Keith Luhnnow while Tripp and Nathan Meckel took the "B" title over McGovern and Jerry Monell, 21-15, 21-11.

Jan Campbell nosed out Karen Walton for the Women's Open title, 21-20, 21-9 and Mary Dixon captured the women's Novice title with a 21-15, 21-9, win over Betty Hennessey.

Jim and Kathy Pool easily defeated Bette Weed and Richard Benavides, 21-14, 21-4 for the mixed Open doubles crown and Carol Sykes and Sanchez won the "C" mixed doubles title over Gina Villa and Crossland, 6-21, 21-6, 11-1.

Scores:

Open division First round: Gary Lusk, bye. Stan Alvarez defeated Randy Floyd, 21-8, 13-21, 11-7; Wayne Weightman def. Bruce Russell 21-15, 21-3; Larry Meyers def. Deniz Fonseca, 21-11, 21-10; Steve Trent def. Kirk Williams, 20-21, 21-15, 11-10; Bill Stevens def. Joe Seimeinowski, Stan Wright def. Lee Mickelson, forfeit; Leo Gurnoe def. Gary Stovall, 21-10, 21-13; Rick Marrs def. Lou Kessing, 21-10, 18-21, 11-6; Joel Scheinbaum, bye; Darryl Weed def. Ray Ranta, 21-15, 21-11; Alan Kent def. John Godwin, 21-9, 21-6; Bill Thurman def. Steve Mondry, 21-8, 21-17; Jim Trent def. Jim Harper, 17-21, 21-8, 11-10; Mike Maddocks def. Al Fortune, forfeit; Bud Muehleisen, bye.

Second round: Lusk def. Alvarez, 21-18, 21-6; Meyers def. Weightman, 21-17, 21-14; Stevens def. Trent, 21-10, 14-21, 11-5; Wright def. Gurnoe, 21-7, 21-7, Scheinbaum def. Marrs, 21-8, 21-11; Kent def. Weed, 21-4, 21-2; Thurman def. Trent, 21-3, 21-16; Muehleisen def. Maddocks, 21-3, 19-21, 11-6.

Quarterfinals: Meyers def. Lusk, 21-13, 21-16; Wright def. Stevens, 17-21, 21-18, 11-8; Kent

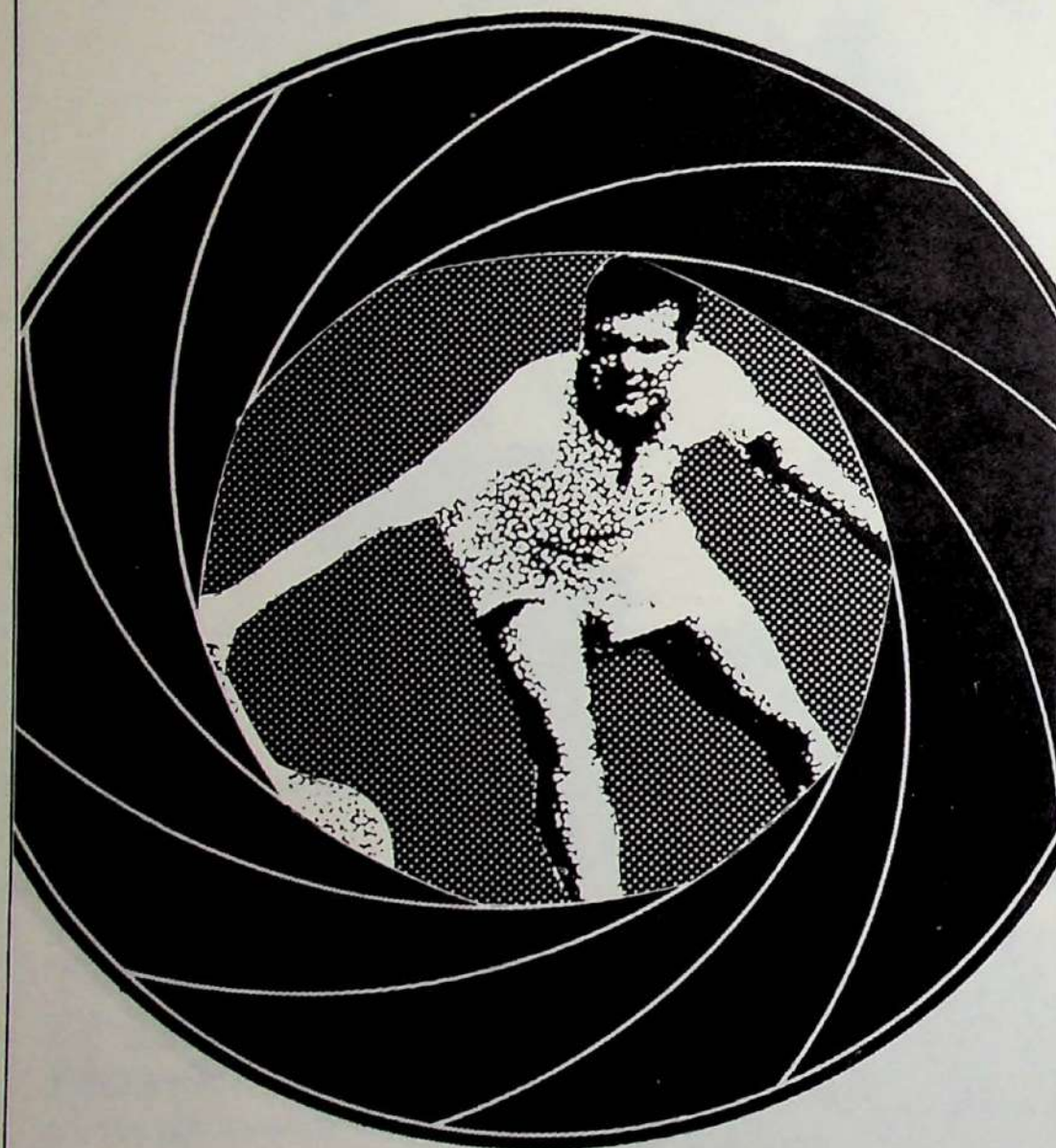
(Text continued on page 51)

Muehleisen Shines in Gatorade



Illustration by Tony Enyedy

PHOTO CONTEST



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NOTE: Winning photos will become property of Tennis & Racquet News. Some photos, although not winners, may be chosen for use in the Court Action section. These photos will not be returned, but will receive a reimbursement to owner of \$3.00. Any photo not used in the magazine will be returned if the entry is accompanied by a self-addressed, stamped envelope.

Gatorade

(Text continued from page 50)



def. Scheinbaum, 21-11, 21-15; Muehleisen def. Thurman, 15-21, 21-12, 11-7;

Semifinals: Wright def. Meyers, 11-21, 21-16, 11-6; Muehleisen def. Kent, 21-11, 16-21, 11-3.

Championship - Dr. Bud Muehleisen def. Stan Wright, 21-18, 16-21, 11-10.

Men's "B" singles. First round: Nathan Meckel, bye; Jim Hourgard def. Jan Campbell, 19-21, 21-4, 11-9; Kelly Christiansen def. Steve Neptune, 21-14, 21-20; Robert Zepeda def. Larry Hanley, 21-10, 21-12; Gary Stovall def. Dennis Ballen, 21-8, 21-5; Tony Alfaro def. Dan Factor, 20-21, 21-16, 11-2; Rich Thornton def. Paul Johnson, 21-19, 21-13; Guy Spencer def. Manuel Caballero, 21-14, 21-18; Bob Holland def. Tom Cunningham, 21-0, 21-2; Victor March def. Richard Benavides, 21-15, 21-9; Mike McGovern def. Rick Shackel, 21-14, 21-13; Lou Kessing def. Eric Georgian, 21-4, 21-9; Jim Mueller def. Jerry Conine, 21-13, 21-15; Greg Harkins def. Bob Stewart, 19-21, 21-15, 11-5; Dave Dorosh def. Clyde Shearer, 10-21, 21-6, 11-7; Randy Tripp def. Kirk Martin, 21-9, 21-9.

Second round: Housgard def. Meckel, 21-19, 12-21, 11-6; Hanley def. Christiansen, 21-12, 19-21, 11-10; Alfaro def. Stovall, 21-18, 21-7; Spencer def. Thornton; Holland def. March, 16-21, 21-5, 11-6; Kessing def. McGovern, 21-7, 21-9; Harkins def. Mueller, 21-8, 21-16; Dorosh def. Tripp, 12-21, 21-10, 11-8.

Quarterfinals: Hanley def. Housgard, 21-17, 13-21, 11-9; Alfaro def. Spencer, 21-12, 7-21, 11-4; Kessing def. Holland 18-21, 21-16, 11-10; Dorosh def. Harkins, 21-12, 21-15;

Semi's: Alfaro def. Hanley, 9-21, 21-20, 11-8; Dorosh def. Kessing, 16-21, 21-20, 11-9.

Championship: Dorosh def. Alfaro, 21-6, 21-16.

Men's "C" singles. First round: Gary Crawford def. Craig Luhr, forfeit; Ed Denny def. Ed Ford; Ken Langseth def. Randy Swanson; David Solezzi, 21-2, 21-12; Don Larson def. Robert Witt, 10-21, 21-14, 11-1; Steve Howe def. Woody Grubb, 6-21, 21-10, 11-4;

Second round: Bill Kintzell def. Crawford, 21-16, 21-13; La Mar Rogers def. Bob Mathews, 16-21, 21-14, 11-6; Steve MacMahon def. Denny, 21-7, 21-19; Chris Ulman def. Lawrence Mendoza, 21-19, 21-9; Eric Georgian def. Dick Gude, 13-21, 21-5, 11-5; Langseth def. Mark Hanson, 21-5, 21-10; Mike Perkins def. Dabe Dileo, 21-9, 4-21, 11-4; Steve Thompson def. Zolezzi, 21-16, 21-14; Matt Roth def. Don Harwood, 21-14, 17-21, 11-9; Kirk Martin def. Gary Johnson, 21-2, 21-2; Dan Factor def. Wayne Ferrare, 21-20, 21-1; Larson def. Lon Schmidt, 21-16, 21-8; Joe Devin def. Richard Pekin, 21-20, 21-5; Claude Dilliard def. Dennis Ballen, 21-16, 21-12; Manuel Caballero def. Henry Brown, 21-3, 21-11; Howe def. Larry Leptich, 21-18, 16-21, 11-8.

Third round: Kintzell def. Rogers, 21-5, 21-15; Ulman def. MacMahon, 21-10, 21-12; Langseth def. Georgian, 21-9, 21-6; Thompson def. Perkins, 14-21, 21-6, 11-5; Martin def. Roth, 21-9, 20-21, 11-7; Factor def. Carson, 21-1, 21-10; Devin def.

Dilliard, 21-13, 21-15; Howe def. Caballero, 21-17, 21-15;

Quarterfinals: Kintzell def. Ulman, 17-21, 21-14, 11-6; Langseth def. Thompson, 21-9, 21-10; Martin def. Factor; Devin def. Howe, 21-16, 21-5.

Semifinals: Langseth def. Kintzell, 17-21, 21-14, 11-6; Martin def. Devin, forfeit.

Championship: Langseth def. Martin, 21-5, 21-17.

Men's Novice Quarterfinals: Bob Harlan def. Dale Curtis, 21-18, 21-9; Jeff Campbell def. Kevin Luhnnow, 21-13, 21-11; Dixon Smith def. Randy Hanson, 21-8, 21-10; Ray Helton def. Brian Twohey.

Semifinals: Luhnnow def. Harlan, 21-13, 21-11; Smith def. Helton, 21-9, 21-4.

Championship: Smith def. Luhnnow, 21-20, 21-12.

Seniors Second round: Jim Trent def. Roger Stoicke, 21-5, 21-4; Alan Weckerly def. Ron Keeler, 21-5, 21-16; Keith Luhnnow def. Jim Mueller, 21-8, 21-16; Bruce Russell def. Bob Johnson, 21-1, 21-2.

Semi's: Weckerly def. Trent, 21-18, 20-21, 11-9; Russell def. Luhnnow, 21-3, 9-21, 11-7.

Championship: Russell def. Weckerly, 17-21, 21-7, 11-0.

Juniors First round: Jeff Harmuth def. Jon Linderman, 21-7, 21-12; Kerry Belmontez def. Manual Caballero, 21-0, 21-2.

Second round: Steve Gibbons def. Harmuth, 21-9, 21-6; Jeff Harper def. Mike Ball; Brad DeGroote def. Cecelia Gomez, 21-4, 21-13; Craig Doud def. Belmontez, 21-20, 12-21, 11-8.

Semifinals: Gibbons def. Harper, 5-21, 21-12, 11-7; DeGroote def. Doud, 21-19, 21-7.

Championship: DeGroote def. Gibbons, 21-8, 21-8.

Women's Novice. Quarterfinals: Mary Dixon def. Jill Foster, 21-13, 21-7; Bridgette Herron def. Carolyn Lefford, 21-17, 21-16; Debby Christiansen def. Katrie Hilger, 21-0, 21-3; Betty Hennessey def. Leslie Harland, 21-18, 21-12.

Semifinals: Dixon def. Herron, 21-8, 21-12; Hennessey def. Christiansen, 21-13, 21-1.

Championship: Dixon def. Hennessey, 21-15, 21-9.

Women's Open. First round: Jan Campbell def. Shirley Hall, 21-7, 21-4; Linda Siau def. Carol Cianataro, 21-10, 21-7; Gina Villa def. Peggy Luce, 20-21, 21-16, 11-0; Bette Weed, bye; Karen Walton def. Jean Sproul, 21-2, 21-2; Florence Carey def. Shirley Mitchell, 21-13, 20-21, 11-4; Karen Seavello def. Kippi Bishop, 21-8, 21-14; Patti Berneathy, bye.

Quarterfinals: Campbell def. Siau, 21-13, 21-3; Weed def. Villa, 21-14, 21-4; Walton def. Carey, 21-8, 21-2; Berneathy def. Seavello, 21-8, 21-10.

Semifinal: Campbell def. Weed, 21-13, 21-11; Walton def. Berneathy, 6-21, 21-13, 11-1.

Championship: Campbell def. Walton, 21-20, 21-9.

Consolation: Mitchell def. Hall, 21-9, 21-9.

Did you Know?

Ten of the healthiest places to live are:

1. Hawaii,
2. Eugene, Ore.,
3. San Francisco,
4. St. Cloud, Minn.,
5. Austin, Texas,
6. LaJunta, Colo.,
7. Utica, N.Y.,
8. Kanab, Utah,
9. Ketchikan, Alaska,
10. Middletown, Conn.

Will racquetball and indoor tennis become the favorite racquet sports for the rest of the century? Well, a meteorologist says that there is a trend towards colder weather in the U.S. and that could send many people indoors looking for recreation. But, don't worry. He also said that the weather will heat up after the year 2000, if you can wait that long.

The Japanese have discovered a cure for sore muscles, circulatory ailments and weight reduction. What is it? There's this restaurant in Tokyo that buries its customers in a huge vat of heated coffee grounds and they say it does the trick. No, Mrs. Olson has never been to Japan.

Rumor has it that Farrah Fawcett-Majors is taking up racquetball. Rumor also has it that half of the male population in Southern California will be playing the sport once we find out where she plays.

WANTED



WANTED — These two ornery pardners are wanted by *Tennis and Racquet News*. If you find them, handle with care. By the way, when you send them along, send along any news stories or article ideas you might have. *Tennis and Racquet News* is always looking for interesting and entertaining features for each monthly issue so don't hesitate to contact us. Soon, *Tennis and Racquet News* will begin a classified section so if you have anything to sell or if you're looking for something in the racquet world, send it to *Tennis and Racquet News*. (Note: this offer is free to any subscriber. See page 50.)

Tennis and Racquet News encourages manufacturers to send in new product releases for our new product section so they can find out what racquet players think of their items.

Regardless, let's hear from you. Jot down a letter and tell us what you think of *Tennis and Racquet News* or express your feelings on anything else that involves a racquet sport. And don't forget about subscribing to *Tennis and Racquet News*. Otherwise, when we find these two tough hombres, we'll have to send them around to see what's holding things up.

Send to: *Tennis and Racquet News*
P.O. Box 1037, Coronado, Ca. 92118
714-424-8726 or 714-424-6336

\$\$ REWARD:

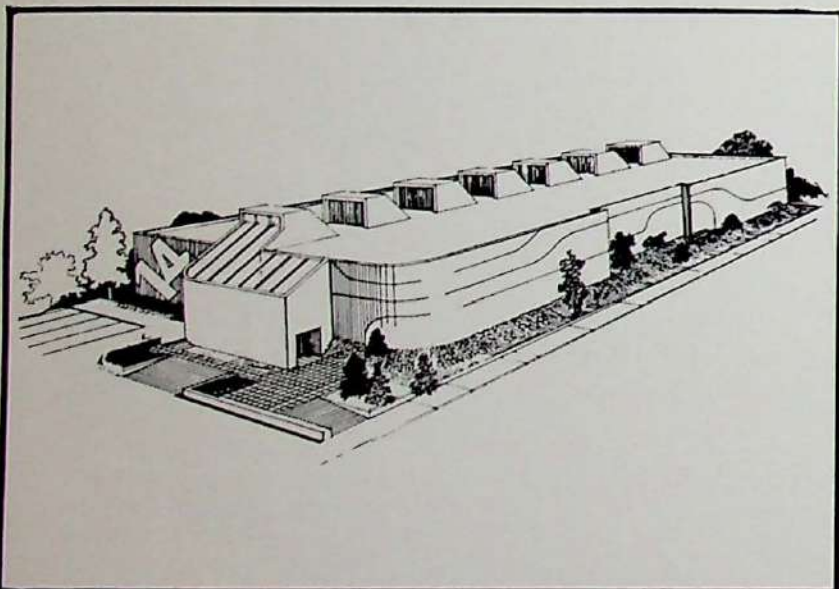
For Any Feature
Article Approved



A colorfully-designed racquetball action-shot poster is available at no charge to all court club directors, recreation and park department directors, sporting goods dealers and athletic directors throughout the nation. The poster was produced by AMF Voit, one of the leading manufacturers of racquetball equipment and accessories. It is also available to the public at \$1.00 each.

The court-level view poster, which measures 24 inches by 36 inches, is an attractive display piece that demonstrates the fast action of racquetball, the fastest growing racquet sport in the country.

The poster may be obtained by writing on your business letterhead to AMF Voit advertising department, 3801 South Harbor Boulevard, Santa Ana, CA. 92704.



COURTSPO RTS

Work is planned to get under way this summer on a racquetball/handball recreational facility in the downtown area following the sale of a land parcel at the corner of India and Upas Streets.

San Diego Courtsports, Ltd., a limited partnership, purchased the 34,000 square-foot property for \$175,000 from L.J. and Eva J. Hackett and Ross and Gano F. Anderson, according to Ky Lewis and Donn Maurer of Business Properties Brokerage Company, agents representing the sellers.

San Diego Courtsports, Ltd. will erect a 14-court racquetball/handball

facility which was designed by Purcell and Rule Architecture and Planning of La Jolla.

The facility which is expected to cost upwards of \$800,000, will include men's and women's locker rooms with Jacuzzi hydro-therapy pools, steam rooms, saunas, exercise rooms and a lounge.

There will be two glass wall exhibition courts which may be viewed from the lounge area.

Annual memberships to the club will be available as well as special discounts for business firms. The facility is scheduled to open in the late fall of this year.

New Products



YAMAHA INTRODUCES NEW GRAPHITE RACKET

A new graphite racket has been introduced by Yamaha. The new racket is model YFG-50. This new model follows by a few months the introduction of Yamaha's fiberglass racket, the model YFG-30, which has met with considerable success in the marketplace.

The new graphite model offers more power, more positive ball contact and precision control.

Other features of the new racket include:

- head-light balance.
- urethane foam core to reduce shock and lessen fatigue and tennis elbow problems.
- sweet spot considerably larger than many wood and metal rackets.
- New styling: The YFG 50's thin frame and tapered silhouette is complimented by the unique

brown and orange color combination of the racket.

According to a spokesman at Yamaha, "Making the right graphite model racket requires a complex technical process. It requires experience with synthetic composite materials, like the critical graphite matrix. Yamaha pioneered composite matrix technology 15 years ago." "As a result, we are able to offer a graphite racket at a reasonable price. The new model YFG-50 is expected to retail for around \$69."



IMPROVE YOUR TENNIS WITH THE MATCH TENNIS MACHINE

Tennis Match, Inc. introduces the new portable, lightweight Match tennis ball machine (30 lbs.). The Match is perfect for sessions at tennis clubs, country clubs, camps and for the individual who really wants to perfect his or her tennis game. The Match is designed to produce a wide range of ball velocities up to 85 MPH, with an adjustable trajectory for easy lobs, volleys and return serve shots. The Match delivers up to 150 balls with an automatic feed and it is adjustable to deliver the ball at 3 different intervals 3½, 7, or 14 seconds.

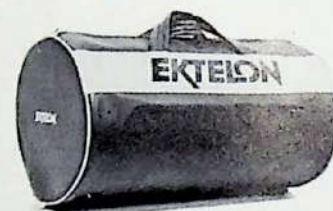
Optional accessories include an oscillator to alternate shots from left to right and an electronic, wireless remote control for easy on/off control. Tennis Match gives a one year unconditional guarantee on manufacturing defects and parts for commercial and non-commercial use. Suggested retail price is \$329.95. Quantity discounts available.

"THE OTHER BALL"

THE OTHER BALL by Point West Industries, El Cajon, California, makes its debut in the Racquetball market. The ball was developed in conjunction with Dr. Bud Muehleisen, who not only holds virtually every title in racquetball, but who also has been probably the leading consultant in products and court development in the sport. Point West will suggest the ball retail at \$1.00 each. "The Other Ball" is I.R.A. approved and carries the warranty on its brochures and packaging which states, "Should this ball break before the ink rubs off, return it with sales slip for full replacement." Dr. Bud says, "The bounce is ideal, the life is outstanding, and the price is right. What's left?"



Every young tennis player can look like a pro in Court Casuals' new La Coste tennis shirt with contrast color stripe on the shoulder, in Navy/Scarlet, Royal/Kelly, in Junior sizes small through extra large. For comfort and good looks on the court, Court Casuals matches their new tennis tops with "V" slits, quarter style pocket, dak-tabs shorts, a 65/35 poly/cotton blend, available in Navy, Scarlet, Kelly and Royal. Traditional tennis whites are represented by La Coste tennis shirts, a 50/50 poly cotton blend in sizes small to extra large.



COLORFUL NEW "ALL-PRO" ATHLETIC BAG JOINS EKTOLON RACQUETBALL LINE

Designed for the needs of the racquetball competitor, this heavy-duty, roll-style athletic bag has been added to the growing line of Ektelon racquetball equipment. It features two fully accessible compartments with each easily opened by a full-length, heavy-duty zipper of durable, long-lasting nylon.

The "All-Pro" bag is made of vinyl and is fully lined, allowing wet clothing to be carried in its waterproof section which is completely separated from the bag's dry contents. Tailored to accommodate all racquetball gear including the racquet, the bag is 19" long and 11" wide when fully extended, yet it is pliable so that it will collapse to fit small locker spaces.

The "All-Pro" carries the official Ektelon competitive colors: a brilliant blue vinyl bag body and yellow side panels. The Ektelon logo is imprinted on the sides and ends of the bag.

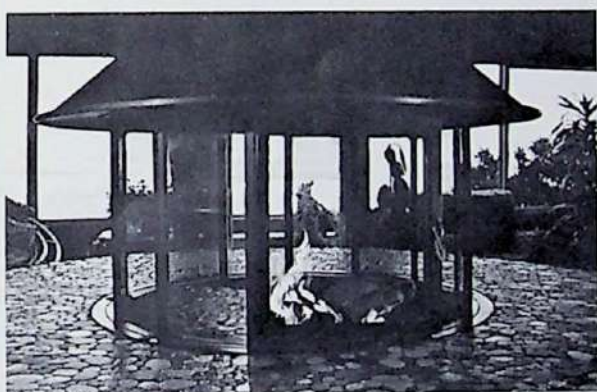
Suggest retail price of the "All-Pro" bag is approximately \$9.95.

FRONT YARD IS SAND and SURF!

Sweeping view from the Coronados to Point Loma!
Center fireplace in living room overlooking marine view!



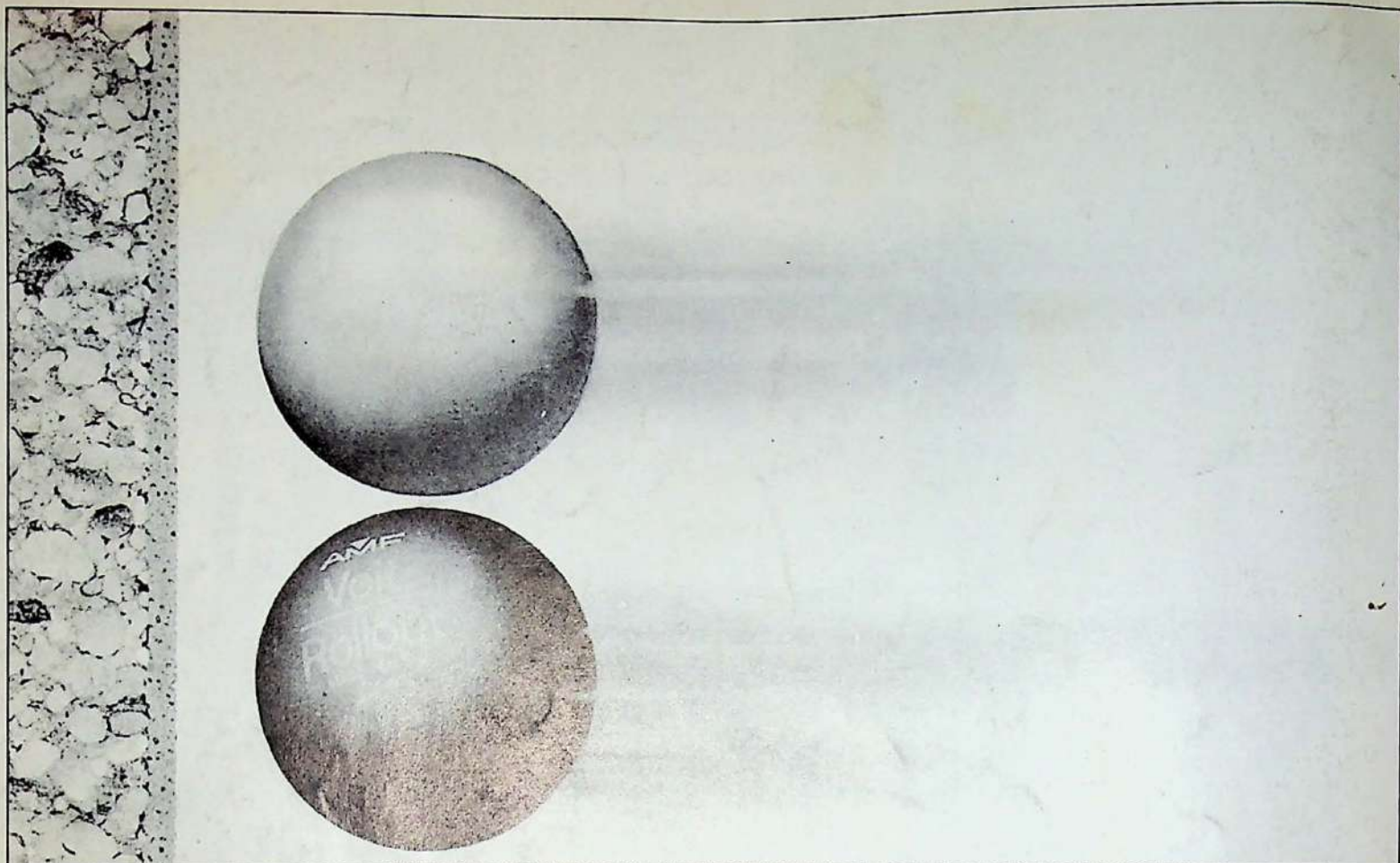
Center fireplace in livingroom overlooks the beach. Two bedroom, one-bath home with detached studio and darkroom (may be converted back into a studio apt. rental). Only **\$110,000**. 10 min. to Coronado.



Above: Front view of living room looking out at ocean. Right: Ocean view from kitchen. Below: Close-up view of unique glass round fireplace.



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Ask For June



**We tested our
AMF Voit Rollout[®] Ball & their ball
against a concrete wall at 90 mph.
We won.**

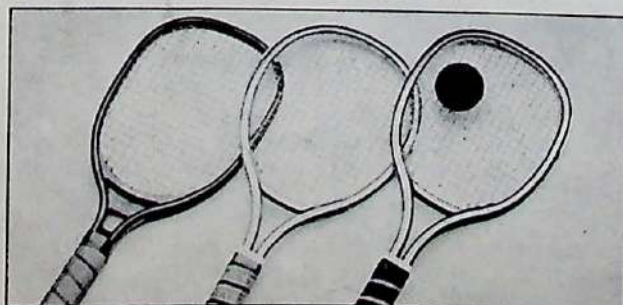
AMF Voit's Rollout was the racquetball that kept its bounce and shape.

An impartial pitching machine hurled our ball and our leading competitor's ball against the wall at 90 miles an hour. Five hundred times.

The results show that Rollout had less breakage and consistently stayed rounder. And in a game like racquetball, consistency counts.

Try Rollout from AMF Voit. It's the ball that beat the wall.

**The same quality that goes into AMF Voit Racquetballs, goes into our Racquets.
Go with the winner. AMF Voit.**



AMF Voit, Santa Ana, California 92704