

National Racquetball[®]

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On the Cover: A portrait of 'Happy Hatter' Ed Remen. (See story, page 30.) Photo by John Atherton.

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OFF THE WALL

By Joe Massarelli



IOC Recognition

Those of you who are members of the American Amateur Racquetball Association (AARA) are already aware of the fact that the International Olympic Committee (IOC) has recognized racquetball for future Olympic games.

A front page feature about the implications of such recognition, authored by AARA executive director Luke St. Onge, appeared in the March 1986 issue of *Racquetball In Review*, our sister publication.

In commenting on this milestone in racquetball's relatively young life, St. Onge touched upon several salient points.

First, racquetball is now organized competition in 44 countries. Second, we now have in place a strong Junior development program, an Intercollegiate program, and a bonafide U.S. National Team. Finally, IOC's recognition adds the crucial legitimacy we need as a dynamic and growing sport around the world.

And speaking of the U.S. Team, Coach Ed Martin is very vocal about its impact on the future of racquetball in Olympic considerations.

"The U.S. Team is the single most important marketing tool our sport has to spread and promote racquetball, not only in the United States, but worldwide," emphasizes Martin.

But are St. Onge's and Martin's dreams of Olympic competition achievable? Or, will these dreams remain the ever-elusive goals of those who are deeply dedicated to the sport?

Let's view the Olympics scenario pragmatically. The IOC Executive Board informed the International

Amateur Racquetball Federation in January that "at a recent meeting of the IOC Executive Board . . . and upon the recommendation of the IOC Commission for the Programme, the International Olympic Committee decided to give official recognition to the International Amateur Racquetball Federation."

This rather brief note to IARF's president, Han van der Heijden, should be evaluated more thoroughly to be fully comprehended. In reality, racquetball will be a demonstration sport initially — meaning that actual competition among participating countries won't happen until racquetball achieves various eligibility levels.

And, *eligibility* is the key word! Because a sport is recognized does not necessarily mean that it will become eligible, either as a demonstration sport or as a competitive sport. Yet, the first crucial step of recognition is a giant step forward.

Okay, let's get optimistic. Let's assume that racquetball becomes eligible as a demonstration sport in the 1987 Pan Am Games. Does it then follow that it becomes a participative sport in the 1988 Olympics? Well, we're not sure. Nor is anyone else at this point — at least I say that based on the conversations we've had with our friends and associates around the clubs and at the association level.

The best speculators tend to agree that racquetball would most likely be a demo sport at the '88 Games as well. But this is certainly not bad news. On the contrary. There have been other sports that have received recognition, but have not as yet become eligible.

So what's my point? It's simply this. As I said in last month's column, we need visibility and credibility to thrust our sport into the same lime-light shared by tennis, golf or any other popular participation sports. If ultimate Olympic Games participation doesn't give us the visibility and credibility we've been looking for, then this magazine would be hardpressed to suggest a better avenue.

One other important consideration must be addressed and that's *money*! There will come a time in the not-too-distant future when racquetball enthusiasts from around the country will have to decide not whether they monetarily support Olympic racquetball, but rather how much will the monetary contribution be!

For example, Ed Martin's group paid its own transportation costs when the U.S. Team toured Japan and Korea. And, the costs were not cheap. Fortunately, some team members had sponsors to defray some expense. Others had to bear the expenses themselves.

If and when Olympic participation happens, our players will be relying on contributions from you and me. This magazine is already exploring, through the aid of our accounting firm, the possibility of establishing an Olympic escrow fund for racquetball participants specifically. We're not sure if monies — say from subscription promotions — can be earmarked for specific sports in the Olympics, but it's certainly worth researching the feasibility of such an approach.

And, incidentally, let us hear from you with suggestions and comments about racquetball and the Olympics.

LETTERS TO THE EDITOR

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

Screen Serves

Your March '86 issue contains an article written by Marty Hogan on the subject of the 'Screen Serve'. I agree completely with Mr. Hogan and his interpretation.

I have played in a number of tournaments during the past several years and have experienced all of the situations regarding 'screen'. Mr. Hogan makes the point that the receiver should have an unobstructed view of the ball as it leaves the front wall. In all of the rule books that I have read, including AARA rules, there is no mention of this specific point, only that the returning side should have an unobstructed view. At what point shall it be unobstructed: from the front wall, or from the service line?

Could you please clarify what a 'screen serve' is? Perhaps a specific interpretation by the AARA should be added to the 'Screen Serve' rule so that future subjective interpretations may be eliminated.

Blair Hart
Montague, CA

Rule 5.B states that a screen serve is one "that passes so close to the server... as to obstruct the view of the returning side." Perhaps the AARA will take up your suggestion. — Editor.

Eyeguards

I just read the February issue and was happy to see articles on why eyeguards should be worn and the progress being made to make them mandatory.

Believe me, I agree it is utterly foolish to step on the court without eye protection, and this comes from personal experience.

I had always worn eyeguards until one evening I forgot them at home and decided to play anyway.

Well, I played the whole time without any problem until my last game, when I was hit in the eye. I wore a patch over that eye for two weeks and came out of it one lucky person.

Before the accident I had 20/20 vision. My vision didn't come all the way back after the accident, and I now wear glasses as a result. Like I said, I was lucky, lucky to be able to wear glasses to improve my sight rather than have no sight at all.

The excuse that eyeguards inhibit your vision is absurd. With today's eye protection, many of the glasses are light and resemble regular glasses. I find no vision blockage at all. In fact, the eyeguards help me concentrate better.

I would certainly support any proposal to make eyeguards mandatory.

Ken Moats
Minneapolis, MN

Good article ("How Many Times Does It Have To Be Said", February, 1986). However, if you get any telephone calls from the various powers that be explaining that there are liability problems to mandatory eyeguards, tell them that the liability problems will arise because eyeguards are not mandatory.

David L. Lutz
Attorney at Law
Harrisburg, PA

We would tell them, counselor, but they never call. — Editor.

I just finished reading your February issue, in which your cover story and editorial focus was intended to convince your readers of the importance of wearing eyeguards. I have never been comfortable wearing eyeguards on the



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Letters (continued)

court. However, I was alarmed that my personal decision to not wear them would prompt Chuck Leve to label me "stupid, selfish and a detriment to the sport", and put me in the classification of "morons".

Although his remarks gave me a considerable bias against your point of view even before reading the rest of your magazine, I continued to read the arguments for eyeguards. The article by Lynn Adams, in particular, persuaded me to reconsider my position. Whereas her opinions may influence my decisions, Mr. Leve's ignorant and insensitive name-calling only got me angry.

One of the appealing aspects of our sport is that little equipment is necessary. All the player really needs is a racquet and balls. Your magazine would have us believe that we also need eyeguards. Perhaps it is your magazine that needs the advertising revenue from the four prominent eyeguard ads in that issue, or the manufac-

turers that want to use a supposedly impartial publication to convince the consumer of the need for its own products. Even the manufacturers quoted in your articles admit that no conclusive testing has been done to prove the effectiveness of current product offerings.

All I have to say to Mr. Leve is that after many years of reading his "spouting-off" on various subjects, it has finally become obvious to me that nothing he says has any bearing on anything at all. You are a detriment to your own argument.

Ron Leon
Costa Mesa, CA

Name calling aside, negative publicity from eye injuries would certainly be more detrimental to our sport — and to this magazine — than withdrawal by a few advertisers, if we took the opposite position in the matter — Editor.

The beat goes on! Do I wear eye

guards and protect one of my most valuable assets, my vision, or do I remain "macho" and go without. If there is a question in your mind, buy an eye patch and wear it for one day just to see what life would be like with only one eye.

The US Air Force made eye protection mandatory in November 1984, and racquetball, squash and handball eye injuries have dropped dramatically. The other services have followed suit in requiring eye protection.

Now we need tournament directors to make them mandatory, then court owner/operators. Then the racquetball manufacturers should require the "players" they sponsor to wear eye protection.

However we try, we still will have the "macho" type who uses the excuses, "I never look back," or "they restrict my vision," or "they don't really protect your eyes," etc. But then again, they probably don't wear helmets riding motorcycles or seatbelts in their cars!



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Thanks for your informative article on eye protection.

Stephen D. Duucoff
American Amateur
Racquetball Association
Board of Directors

Money to Amateurs

We all should discourage putting prize money in the lower amateur divisions because it's planting a seed that will soon grow to destroy the growth of racquetball in its basic form.

When you take the fun out of the game for the lower division players you will see the start of the decline of racquetball participation. Without these players, you have no tournaments.

Putting money into the open division is great because it brings all the best players out of the woodwork and nobody sandbags!

David Brening
Westminster, CO

Amen! — Editor

Racquetball Videos

I am an avid racquetball player and have been one since 1971 when I stepped onto a converted doubles squash court and whiffed every other shot, self-assured I would master the game by the end of the week — ha, ha!

I have definitely improved, but I am still a long way from mastering this game I love so much. As a member of the Air Force, I have been privileged to play all over the world with hundreds of different people. To paraphrase Will Rogers, "I never met a racquetball player I didn't like."

There is, however, one thing I have never done, despite many years of enjoyment, and that is to see a professional tournament. I have seen some great local and state level amateur championships, but never the pros except for a few moments on ESPN.

Air Force travel has been great, but it has always put me in the wrong place at the right time when it comes to pro events. What chance would there be of your magazine videotaping the Ektelon or DP Na-

tionals and selling the tapes to rabid fans such as myself?

Lt. Col. M. J. Corcoran
Alamogordo, NM

The Ektelon Nationals (April 30 - May 4) will be videotaped for ESPN broadcast on an ongoing basis. Keep your eyes on your local TV schedule for this one-hour program. — Editor

In regard to seeing more racquetball tournaments on TV, I have an idea that if all the racquetball clubs would ask their membership to sign a petition and send it to ESPN they would see how many people are interested in the sport and then perhaps they will put more tournaments on the tube.

The photography is no problem because the tournaments they've already shown have been a fine job. Also, the potential sponsors (racquetball manufacturers) might get on the bandwagon.

By the way, your magazine does the job.

LeRoy Sheard
Santa Rosa, CA

Thanks for the good idea and kind words. — Editor

IOC Recognition

Editor's Note: The following is the letter sent to Han van der Heijden, president of International Amateur Racquetball, The Hague, Netherlands from The International Olympic Committee regarding IOC recognition of racquetball.

Dear Mr. van der Heijden,

It is my pleasure to inform you that at the recent meeting of the IOC Executive Board held on 5th-6th December 1985 in Lausanne, and upon the recommendation of the IOC Commission for the Programme, the International Olympic Committee decided to give official recognition to the International Amateur Racquetball Federation.

I take this opportunity to welcome your federation to the Olympic Movement.

Juan Antonio Samaranch

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FIRST SERVE

By Chuck Leve



Fun Wins Again!

May is the time for championships. Many of the major racquetball events take place just before, during or after this first full month of Spring, meaning that Mike Yellen is about to put together another amazing string of victories to wrest the national professional title from Marty Hogan yet another time.

But the annual blossoming of the Yellen-Hogan—whoever-else-is-playing-well-this-month competition should really be overshadowed by the hundreds of amateur players vying for the many age category and skill level tournaments run in conjunction with the major events. These players are the heart and soul of racquetball—the dedicated amateurs.

Dedicated amateurs give to racquetball without asking for anything in return. They receive a great deal in return as a result of their dedication, of course. They receive, for example, lifelong friendships that supersede the barriers of occupation, income and geography.

I know, for example, that players like Ed Remen, this month's cover subject, can travel to virtually any significant racquetball community and be warmly received. And what makes racquetball such a great sport is that Ed will be warmly received by people who he defeated for the titles.

Amateur players, for whom the game was developed in the early '60s and for whom the game was promoted in the late '60s and early '70s, are paradoxically, the players to whom the sport is returning. Best efforts of many people have led racquetball to a professional tour that earns a living for the top half dozen players at best.

That's hardly a profession. Would

you want your son or daughter to grow up to be a professional racquetball player?

But a racquetball player, just an average (or perhaps better than average) racquetball player who enjoys the sport, utilized the activity for staying in or improving his physical condition — that's the racquetball player who has built the sport over the years.

I used to think the professional game was going to be the segment of racquetball that would cause the most significant growth of the sport. I was blinded by my desire to help racquetball become "the next tennis" or "reach its potential."

While the pro game may have already reached its potential, the amateur game, the recreational game, has not. In fact, the recreational game is where the sport is currently "at".

The recreational player plays for fun. The amateur player plays for trophies. The professional players play for money.

I've checked around and they tell me you spend the money, the trophies get tarnished and dust-laden, but the fun never stops.

I have to admit that I can't attest to the first two. I never won any money playing (no surprise here), and while I did win a few trophies back when hardly anybody else was playing, they never had a chance to get tarnished or dust-laden — they broke too soon.

But 15 years later I still play for fun. And I like to think I play just as hard and competitively as I did the day it first dawned on me that I preferred winning to losing. Racquetball is the only activity I know where burning eyes caused by sweat is a good feeling.

As senior editor of *National Racquetball* I am close to the professional players and promoters who believe that we should devote more space to their activities, which after all, "spearhead the promotion of the sport as we take the best it has to offer to all points in North America and beyond." Or something like that.

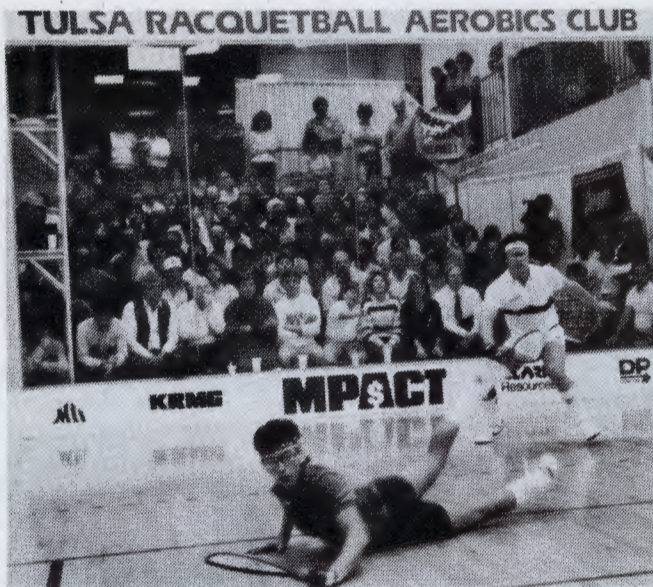
I'm also close to the amateur groups that believe we should devote more space to their activities, which after all, "spearhead the promotion of the sport as we take the *truly* dedicated to all points in North America and beyond." Or something like that.

But personally I am closest to the recreational players, most of whom could care less. They believe we should devote more space to interesting articles about people who play racquetball and how they might improve their own game *to make it more fun*.

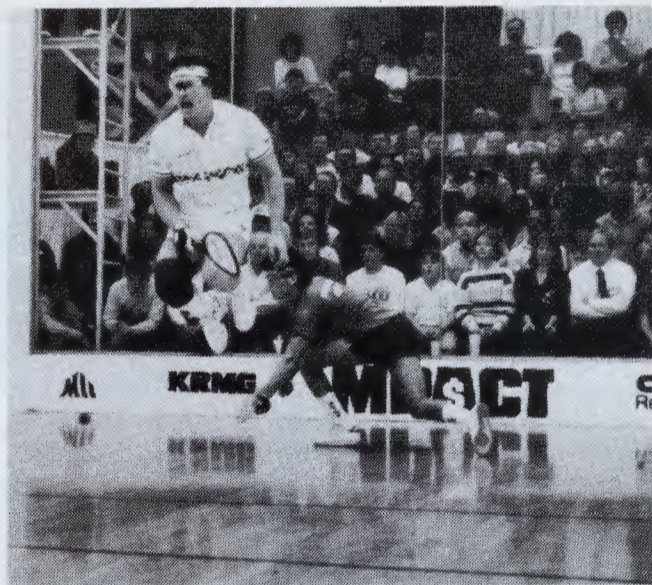
Well, we are going to devote ample space to the pro game. After all, most recreational softball players like to keep track of their hometown baseball team. And most tennis players like to know who's winning what. So I suspect we'll continue to conform on that score.

We will continue to cover the major amateur events as well, for similar reasons. Besides, most amateur players pay for their subscriptions, setting them apart (if not above) their professional counterparts.

But I believe we will devote more space in future issues to the recreational player by stressing the fun aspect of racquetball — which, after all, is why the sport was invented in the first place. □



Swain hits the deck to deny Hogan a winner in the finals. Photo by Mollie Cook.



Hogan prevents a hinder by testing his vertical jump against Swain. Photo by Tom Gilbert.

Second Verse Same As The First... Swain Wins In Tulsa

by John Helsley

Cliff Swain may want to consider changing his residence from Braintree, MA. to Tulsa, OK. Either that or talk the RMA into holding all its tour stops there. Twice Swain has traveled to Tulsa and twice he has been invincible.

In 1985, Swain arrived in Tulsa as a low-ranked player virtually unknown to the professional racquetball world. But he captured the hearts of the local fans by upsetting his way through the draw and winning the first-ever Tulsa Open. Swain used that tournament to propel himself into the tour limelight and later in '85 he captured the Ektelon National Championships.

Swain made his 1986 return to Tulsa February 12-16, and once again stunned the capacity crowd by upsetting top-ranked and top-seeded Marty Hogan 11-2, 11-8, 5-11, 11-9 in the finals of the MPACT Tulsa Open. He pocketed \$5,500 for the victory.

It was a much needed win for Swain who had struggled for much of the year. Losses in the

early rounds had begun to be the rule rather than the exception for the 20-year-old left-hander.

"It feels great to be back in the winners circle after a long drought," said Swain. "Maybe I can use this win to keep it going for the rest of the year. I can't wait to get back to Tulsa. I really seem to play well here."

"I had lost my confidence over the last two or three months," he continued. "I had lost my desire, but I've finally got it back and I want to maintain it."

The two finalists had drastically different approaches to their match. Swain arrived two hours early; Hogan walked in the door of the Tulsa Racquetball and Aerobics Center five minutes prior to the match's scheduled time. The battle began only 15 minutes later.

The short warmup seemed to affect Hogan as he started slowly — continually leaving the ball up in the first game. Swain took advantage and in only nine minutes he had claimed game

one 11-2.

The ease of Swain's win had the crowd buzzing. They had not seen Hogan tested in any of his other matches, let alone man-handled. Swain had been dubbed "Tulsa's favorite adopted son" by more than one tournament spectator. He was clearly the crowd favorite.

Game two saw Hogan jump to a 7-2 lead only to have Swain storm back to 7-7. Hogan became furious when several calls went against him and Swain seemed to build on Marty's anger.

As he had the entire tournament, Swain used a variety of hard serves to keep Hogan off balance and in the backcourt. The young lefthander took a 9-7 lead with two unreturnable drive Z serves to Hogan's forehand and closed out the second game minutes later with another ace Z serve, 11-8.

In both of the first two games, Swain seemed to know Marty's every move. No matter where Hogan chose to shoot the ball, Cliff was there to kill it. His

Tulsa

uncanny ability to cover Hogan's best shots gave the impression that he had studied the four-time national champion's game and learned his every tendency. Or, he just happened to be in the right place at the right time.

Hogan began game three calm and determined to get back into the match. For the first time, he was getting some first serves in and getting his shots down. He controlled the game from start to finish and cruised to an 11-5 win.

When Hogan quickly took a 7-1 lead in game four, the match seemed destined for a tie-breaker. But once again Swain came back. On the strength of his awesome drive serves, the youngster crept into the game, 5-7.

After Hogan made it 8-5, Swain scored five unanswered points to go up 10-8 and he had the veteran scrambling just to get his racquet on the ball. Hogan scored on an ace to the forehand side to get within one at 9-10, but couldn't hold his serve.

Moments later, Swain thought he had the match when he sent a pass shot screaming down the left wall, but Hogan was able to get a hinder, and temporary life.

On the next rally, Hogan had a chance to regain the serve, however he drilled an easy setup into the ground making Swain, once again, the ruler of Tulsa.

The difference in the match,

and the tournament, was Swain's ability to force errors with his serves. He had countless aces and even more setups which were the result of his potent drive and hard Z serves.

Many of the pros on hand felt that the front wall glass favored a good serving lefthander, but Swain felt the court was not responsible.

"It's not the court," he said. "It's the place, the club, the city and the people. It all started here for me and I'd like to think that I've got a few fans here. I'll definitely be back!"

"I showed up early to play Marty because I knew if I warmed up and was ready to go, I might just get the momentum," Swain said. "As soon as the ball was dropped, I was ready to play. This was just another tournament to Marty, but it was important to me. It's fun playing Marty. It's a challenge because he's the best player of all-time — so far."

Swain reached the finals with wins over qualifier Joe Botello, Doug Cohen, third-seeded Bret Harnett and unseeded Egan Inoue.

Hogan rolled through the top side of the bracket with unexpected ease. He did not lose a game, disposing of Scott Clark, Jack Newman, Dave Peck and Steve Lerner.

"I had played exceptionally well throughout the tournament until the finals," Hogan said. "I didn't wake up until the third game. I started slow and got behind. I didn't come out and play like I did the rest of the tourney."

"It seemed like I was 0 for a thousand on first serves. I just didn't put any pressure on him. I was leaving the ball up and I gave away that tremendous amount of points."

"I've beaten him so easily the past few times I've played him," said Hogan. "I have got to start taking these guys more seriously. I'm getting to the top of the hill, but I am not getting over."

An anticipated quarterfinal battle with Hogan's longtime rival Peck never materialized. Hogan used vaunted drive serve to produce many easy setups and blasted Peck 11-5, 11-5, 11-5 in only 45 minutes.

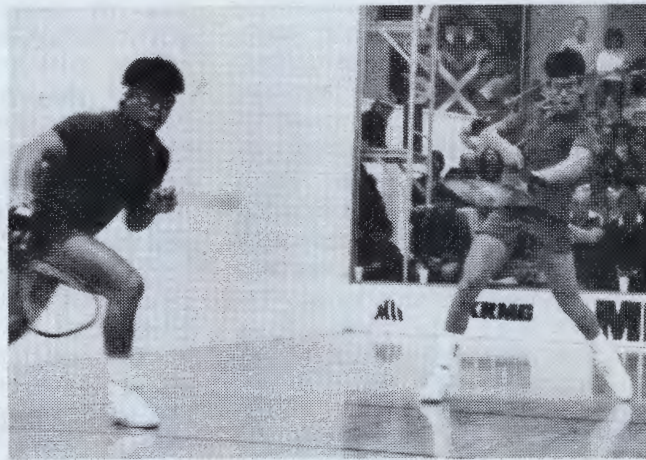
Lerner earned his first semifinal appearance in some time as he downed Jim Cascio, Ruben Gonzalez and Andy Gross. But he couldn't slow down Hogan who was rolling an array of shots from everywhere. Marty breezed 11-7, 11-2, 11-6.

"I've got to be happy because this is the best tournament I have had in some time," Lerner said. "I have had a rough time the past couple of years, but I seem to be playing a lot better now. I feel like I am just now getting over a hand injury from two years ago."

Swain had a much tougher road to the finals. In the quarters, he and Harnett took turns blasting the ball at every opportunity. Harnett led two games to one and had a 8-0 lead in the forth game when Swain proved once again that no lead is safe against him. He fought back to 5-8 only to see Harnett serve match point at 10-5. But Cliff scrambled and made great re-



Hogan powers a crosscourt pass as Lerner looks to the corner in their semifinal encounter. Photo by Tom Gilbert.



Swain rips a forehand past, surprising Egan Inoue in the semi's. Photo by Tom Gilbert.

Despite Gregg Peck's concentration, Inoue pulled the tournament upset in the 16's.
Photo by Tom Gilbert.



tries to the delight of the crowd.

Harnett couldn't put him away and Swain eventually won 11-10 to even the match two games each. Harnett seemed rattled in the fifth game and Swain never trailed enroute to an 11-5 win.

As in 1985, this year's MPACT Tulsa Open was the scene for many upsets. In the round of 32, Andy Gross jolted fourth-seeded Jerry Hilecher and Ray Navarro toppled Gerry Price. But the biggest surprise of the tournament and probably the entire season was Egan Inoue's handling of second-seeded Gregg Peck in the round of 16.

Inoue, from Honolulu, had shown signs of promise in earlier tour events, although, no one expected such a shocking performance quite this soon

from the young Hawaiian.

After taking care of Navarro in the quarters, Inoue gave Swain all he could handle in the bottom bracket semifinal.

Swain used effective serves and made few mistakes as he took the first two games 11-6 and 11-10. Inoue, one of several players using an oversized racquet, got his powerful drive serve working in the third game. He crushed the ball down both sides on the serve and finished rallies with a patented splat shot as he skunked Swain 11-0. Swain had a chance to avoid the donut at 0-10, but he skipped in the serve.

The fourth game saw the lead change five times before Inoue rallied from 8-10 to win 11-10.

The fifth game was all Swain as he once again sued his deadly serves to pull away to an 11-3 match-ending victory.

Inoue was pleased with his best tour showing. "I'm real happy," he said. "My goal was to play the best I could and although I think I can play better, I'm very excited with the way things turned out. My game has been getting better with each tournament."

Absent from the MPACT Tulsa Open for the second straight year was Mike Yellen, who was ill both years of the tournament.

Racquetball Promotions, Inc., organized and ran the tournament. The tournament was sponsored by MPACT, Clark Resources, Diversified Products, AM74 KRMG and Penn Racquetball. Hospitality sponsors were Burger King, Dominos Pizza, Consumers IGA, Pepsi, Michelob and Hilton Inn.



Swain's V-for-victory synonymously represents a two for his second straight Tulsa win. Photo by Tom Gilbert.

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Asian Magic: 1986 Far East Tour

A Successful Experiment In International Relations A Giant Step Toward Olympics

Being a member of the U.S. National Racquetball Team is an enviable and prestigious position. As members of the team, players get to see the world, make new friends and become part of racquetball history while representing the United States and the sport of racquetball. Such was

the case for the select 16 who had the distinct privilege of traveling to the Far East on the first United States racquetball goodwill tour.

When the team left Seattle on the 14 day tour, little did they know that upon returning home they may have been a

force in moving racquetball 10 years closer to Olympic competition.

Ed Martin, coach of the U.S. Racquetball team, and Japanese coach Michikane 'Ken' Ishiguro began talking about a goodwill tour back in 1983 at the World Championships in Sacramento, CA. Both set the wheels in motion in their respective countries to turn this dream into a reality. The two coaches continued to correspond until they met again at the 1985 World Games in London. Martin, together with American Amateur Racquetball Association (AARA) executive director Luke St. Onge, sat down with Ishiguro and worked out the details.

Also present at the world games was Dr. Kim, the president of World Games and a member of the 1988 Korean Olympic Organizing Committee. Dr. Kim, viewing racquetball as a world class sport and learning of the goodwill tour to Japan, extended an invitation to the U.S. and Japanese coaches to bring representatives from their teams to give a formal exhibition for the Korean Olympic Committee.

As significant as these developments became, the best was yet to come. On December 4, 1985, the International Olympic Committee officially recognized racquetball as an Olympic Sport.

What does this mean? According to St. Onge, "in the global politics of amateur sport, racquetball is now able to stand beside sports like basketball, track and field, and swimming as a fully sanctioned Olympic sport." No longer is racquetball just a great way to get exercise, it is now vying for the status of a medal sport in the Olympics.

"By traveling to Asia so close



The U.S. Team was greeted with a press conference in Seoul. The man on the left is Dr. Kim, president of the Seoul Olympic Organizing Committee. U.S. Team captain Cindy Baxter and Coach Ed Martin are seated on right.

to the Asian Games (Japan '86) and the 1988 Olympics in Korea, our goodwill tour will be read about in over 162 countries," said St. Onge.

"The timing couldn't have been more perfect," said Coach Martin, referring to the exhibition for the Korean Olympic Committee.

"This was the best trip we have ever been on," he continued. "In terms of blend of skill and personality this has been the best team I've ever coached."

The audiences in Japan seemed to agree. "Everywhere we went the people were so friendly and hospitable," according to team captain Cindy Baxter. "They took us into their homes and treated us like family."

The first stop on the four city tour of Japan was Toyko. For five days the U.S. team gave clinics and instruction at seven club locations teaching four to five hours a day.

"Teaching in Japan was a lot different than teaching in the United States," said team member Ed Andrews. "We would drill the players for two straight hours and then take a one hour dinner break and go back for two hours of shot instruction. But, instead of coming off the court for their break, they would play straight through dinner into the second half of the clinic."

"The Japanese are extremely hard working and disciplined in their approach to racquetball," observed Coach Martin, "not to mention their intelligence and quickness." The shortcomings of the Japanese players are in elements of the game that can be learned over time said Martin. "The Japanese players have very good strokes and know all the right shots. It's just a matter of learning when to hit each shot."

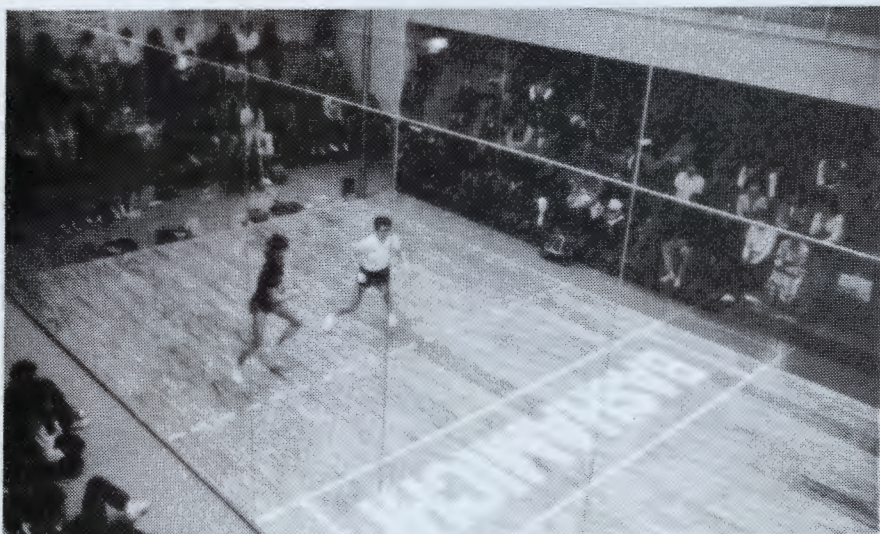
According to Martin, that will be in the very near future. "The Japanese are very eager to learn and pick up instruction very quickly," he said. The teaching in Tokyo was concluded on Saturday with ceremonies and exhibitions in the Tokyo suburb of Yokohama. Held at Basa-



The Japanese Team hams it up. That's Japanese coach Ken Ishigura at the left (mustache and tie) You'll also note two very un-Japanese looking gentlemen: U.S. player Sergio Gonzalez (top) and Coach Ed Martin (with headband).



The reception for the U S team at the home of General Graham (third from left), included members of the Seoul Olympic Organizing Committee.



Dot Fischl (left) and Baxter put on an exhibition on the three wall glass court at the Basamichi Racquet Club in Yokohama.

(continued on page 44)

The German Open:

The Return of American Terror Lou Souther

by Rene Hehemann

February 21-23 the 5th German Open was held at the Jenfeld Racquetball Club in Hamburg. The II All Racquetballclub Club was the freezing site for three days of top European racquetball. Despite temperatures of -25 degrees Celsius (-13 degrees F) in the evening, it was still lots of fun. Daytime it was only -12 degrees Celsius.

Some players had a hard time driving to Hamburg, because of snow and auto accidents on the way. And some cars didn't want to start in the mornings, because of the freezing cold.

Still 123 participants found their way to the Jenfeld Racquetball Club. From eight nations they came to play in Men's Open, Men's B, Men's C, Men's Seniors, Men's Doubles, Women's Open and Women's C.

From the quarter finals on, there was stiff competition, with a lot of tiebreakers.

Lou Souther (USA), who had returned to Germany after 2½ years, had a tough match in his quarter final with 16-year-old Richard van Doezum (HOL), but Lou won 15-12/15-13.

Lou's semifinal match with Ronald de Zwijger (HOL), was even more difficult. After barely winning the first game 15-13 and losing the second 15-7 and an 8-5 lead for Ronald in the tiebreaker, it looked like the end of the Lou Souther era. But his experience pulled him through, and he won 11-8.

Jorg Hanold (five-time German National Champ) had a fairly easy match in the semifinals with Frank Toney (USA).

In the finals Hanold met Souther. Hanold won the second game with might 15-7. In the tiebreaker, however, it was a more equal match. Hanold was determined to win. Although Lou



Jenfeld Racquetball Club in Hamburg, Germany where the German Open was held.

wasn't physically in good shape, mentally, especially at the decisive moments, he was there all the time. Leading matchpoint 7, the crowd was convinced that Hanold would win. Only Lou knew otherwise. His comeback from matchpoint 7, winning 11-10 was so impressive, that from that moment on everybody knew Lou Souther was back to terrorize the courts in Europe.

Lou said he should have lost to Ronald de Zwijger in the semi's. This was his first tourna-

ment in months. And being away for 2½ years, he found the Europeans have improved a lot.

The most promising new player is the 16-year-old Richard van Doezum (HOL). I have never seen such a fast wrist-snap anywhere. Watch this kid. Give him two more years and some more experience. I feel that he will be European champ in a couple of years.

The women's open was a round robin tournament. Unfortunately American Jacklyn Yzaquirre (three times Inter-service 2nd place and one time Inter-service champion) met Brigitte Corsius (HOL) in the first round. Jacklyn beat Brigitte pretty easily. After that neither of them had any competition at all.

In the men's doubles quarter-final match between Souther/Virgil (USA) and Vink/van Doezum (HOL), the Dutch surprised the Americans in the tiebreaker. The number one seeds Hanold/Knaak (GER) lost in the quarterfinals as well. In the semi's Toney/Warwick (USA) beat Haegerty/Nell in a regular match, 15-9/15-10. In the other



Semi-finalists Ronald de Zeijger and Lou Souther.



Finalists Jorg Hanold and Lou Souther.

semifinals Vink/van Doezum crushed Dietch/Schaefer (the only granddad in the tournament), 15-1. And the Germans lost the second game, 15-1. In the tiebreaker experience pulled the Americans through.

For third place it was all-or-nothing tiebreaker for the Dutchmen versus Haegerty/Nell. Being 10-1 behind in the tiebreaker the Dutchmen won 11-10. This was the biggest upset of the doubles tournament.

Toney/Warwick didn't have much trouble with Dietch/Schaefer in the finals, a 15-2/15-6 win proved that they were the best.

A big cheer for Armin Schroder, club manager and member of the GRF, and his staff, who did a tremendous job on the 5th German Open. The warm hospitality made the snow melt.

Results of the 5th German Open
in Hamburg, Germany, March 21-23

MEN'S OPEN

Semi finals:

Lou Souther USA - Ronald de Zwijger HOL
15-13/8-15/11-8

Jorg Hanold GER - Frank Toney USA
15-10/15-8

Finals:

Lou Souther USA - Jorg Hanold GER
15-8/7-15/11-10

3rd-4th place:

Frank Toney USA - Ronald de Zwijger HOL
15-8/15-6

MEN'S B

Finals:

George Vite USA - Jeff Hokins USA
10-15/15-11/11-9

3rd-4th place:

Larry Reece USA - Gary Spraggins USA
15-8/15-7

MEN'S C

Finals:

Carl Ribbing USA - Heiko Bruhns GER
15-7/8-15/11-1

3rd-4th place:

Peter Hutter SWI - Olaf Gerullis GER
15-6/15-5

MEN'S SENIORS

Finals:

Frank Nell USA - Craig Urban USA
forfeit

3rd-4th place:

Alex Nesteriuk GER - Mike Schaefer USA
15-11/15-13

MEN'S DOUBLES

Semi finals:

Dietch/Schaefer USA - Vink/van Doezman
HOL — 1-15/15-3/11-2

Toney/Warwick USA - Haegerty/Nell USA
15-9/15-10

Finals:

Toney/Warwick USA - Dietch/Schaefer USA
15-2/15-6

3rd-4th place:

Vink/van Doezum HOL - Haegerty/Nell
USA — 15-14/10-15/11-10

(continued on page 14)

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German Open

WOMEN'S OPEN

Round Robin.

- 1 Jacklyn Yzaquirre (USA)
- 2 Brigitte Corsius (HOL)
- 3 Zuzanna Knopova (CSR)
- 4 Anne Schumann (GER)

WOMEN'S B

Finals:

Claudia Drieschner GER - Ellen Schot HOL
15-13/15-11

3rd-4th place:

Kerstin Moll GER - Gudrun Woloschin GER
15-1/15-5

PARTICIPANTS

Germany	47
Holland	10
Switzerland	8
Belgium	1
United States	51
Sweden	4
Marocco	1
Czechoslovakia	1
Total	123

MEN'S B

	Points
1 Dirk Coopman (BEL)	60
2 Ivan Devos (BEL)	60
3 Jeroen Vink (HOL)	25
4 Rene Hehemann (HOL)	15
5 Wolfgang Lietz (GER)	10
6 Torsten Krieger (GER)	10

EUROPEAN RANKING 1985-1986

MEN'S OPEN

	Points
1 Jurgen Denk (GER)	75
2 Ronald de Zwijger (HOL)	70
3 Jorg Hanold (GER)	50
4 Rob van de Kamp (HOL)	25
5 Richard van Doezum (HOL)	15

6 Wolfram Heese (GER)	10
7 Arno Mooyman (HOL)	5
8 Mikael Nilsson (SWE)	5
9 Peter Hutter (SWI)	----

MEN'S SENIORS

	Points
1 Alex Nesteriuk (GER)	30
2 Uwe Genter (GER)	10
3 Jurgen Bebensee (GER)	10

MEN'S C

	Points
1 Nick Naoum (GRE)	80
2 Enrico Bolzon (SWI)	50
3 Peter Hutter (SWI)	50
4 Heiko Bruhns (GER)	50
5 Olaf Gerullis (GER)	20
6 Erik Meier (BEL)	10
7 Heini Dingetschweiler (SWI)	10
8 Stefan Groth (SWI)	10
9 Antonio Bebia (GER)	10
10 Bjorn Jensen (GER)	10
11 Peter Kramer (BEL)	10

MEN'S DOUBLES

	Points
1 Hehemann/de Zwijger (HOL)	60
2 Vink/van Doezum (HOL)	55
3 Coopman/Devos (BEL)	10
4 Hanold/Knaak (GER)	10
5 Meier/Stroh (GER)	5
6 Heese/Krieger (GER)	5
7 Bik/van der Holst (HOL)	5

WOMEN'S OPEN

	Points
1 Mirjam Wielheesen (HOL)	100
2 Brigitte Corsius (HOL)	65
3 Zuzanna Knopova (CSR)	30
4 Dineke Kool (HOL)	25
5 Anne Schumann (GER)	20
6 Renate Hoenig (GER)	10
7 Hester Huiberts (HOL)	5
8 Erin Jarnagin (HOL)	5

WOMEN'S B

	Points
1 Carla Kruizinga (HOL)	100
2 Claudia Drieschner (GER)	100

3 Ellen Schot (HOL)	55
4 Alec Verscheuren (BEL)	30
5 Kerstin Moll (GER)	30
6 Chris Timmermans (BEL)	25
7 Cathleen de Wolf (BEL)	15
8 Liesbeth Vos (HOL)	10
9 Rita Lubke (GER)	10
10 Bodil Pedersen (BEL)	10
11 Petra Lietz (GER)	10
12 Rosita Kuhn (GER)	10
13 Margit Wojkowiak (GER)	10
14 Joke Poelijoe (HOL)	5
15 Loes Peters (HOL)	5

WOMEN'S C

	Points
1 Philomine van Pelt (HOL)	25
2 Pauline van Pelt (HOL)	10

NOTE:

- 1) The Ranking includes the following events.

A Swiss Open - Zurich, Switzerland
B Autumn Open - Zoetermeer, Holland
A Belgium Open - Antwerp, Belgium
B \$8,000 Season - Hamburg, Germany
B Tour Eifel Open - Paris, France
A German Open - Hamburg, Germany

- 2) Pointsystem in all categories.

A Tournaments	
1st	100 points
2nd	50 points
3rd	30 points
4th	20 points
5th-8th	10 points
B Tournaments	
1st	50 points
2nd	25 points
3rd	15 points
4th	10 points
5th-8th	5 points

- 3) Ranking includes only Europeans.

- 4) Next season, 1986-1987 will have two Rankings I with and I without non-Europeans.

Coming: Results of the 8th Dutch Open
in Zwijndrecht, Holland

SEEDING - MEN'S OPEN

- 1 Lou Souther (USA)
- 2 Jorg Hanold (GER)
- 3 Frank Toney (USA)
- 4 Ronald de Zwijger (HOL)
- 5 George Haegerty (USA)
- 6 Ton Luykx (HOL)
- 7 Richard van Doezum (HOL)
- 8 Arno Mooyman (HOL)

SEEDING - MEN'S DOUBLES

- 1 Tony/Warwick (USA)
- 2 Vink/van Doezum (HOL)
- 3 Haegerty/Nell (USA)
- 4 Souther/Vigil (USA)
- 5 Hehemann/de Zwijger (HOL)
- 6 Hanold/Knaak (GER)
- 7 Mooyman/Bik (HOL)
- 8 Wells/Cullars (USA)

SEEDING - WOMEN'S OPEN

- 1 Jacklyn Yzaquirre (USA)
- 2 Dineke Kool (HOL)
- 3 Brigitte Corsius (HOL)
- 4 Norma Bilbo (USA)

Frank, My Analyst . . .

By Tom Grobmisi

Frank — he's my analyst — Frank says the reason I can't hit a kill shot when the game gets close is that deep down inside, I don't really want to win.

Frank says that if I do win, I'll feel guilty because I know I don't deserve to win. I never go down into the court by myself and practice the basics. I don't take lessons regularly from the pro. And instead of working on my backhand, says Frank, I run around it whenever I can. Why should someone like that ever win?

I've told Frank that I honestly don't believe he's right about this.

Maybe I don't do everything I should to improve my skills, but when I'm out there in a game, I want to win bad.

It's just that when the score gets to be about 19-18 or so, Frank calls a timeout and reminds me not to choke. I hate that. Who wouldn't be uptight, angry, or overswing in that situation?

Frank says I should be more like him. He'd do anything to win. But I guess I shouldn't feel so bad when he beats me. After all, he never charges me for therapy after he wins.

What a great guy!

AARA To Consider Three Rule Changes

by Michael Arnolt
AARA National Rules Commissioner

The American Amateur Racquetball Association (AARA) will consider three rule changes when it meets this month at the U.S. National Singles Championships in Houston.

The proposed changes include: the size of the racquet; designating screen serves as fault serves; and allowing the server to back out of the service zone immediately after making contact with the ball.

The racquet size first became an issue in June 1984 when Ektelon introduced its Macro series of racquets. Two other companies have since manufactured racquets which exceed current rule specifications that limit racquet size to 20½ inches in length (excluding bumper guard), nine inches in width and a total of the length and width to 27 inches.

Proposed is a specification which limits only the racquet length, including bumper guard, to 21 inches. Regulations covering racquet width and overall length plus width would be eliminated.

After allowing the oversized and mid-sized racquets to be used on an experimental basis since July 1984, there does not appear to be a safety problem; nor does the larger racquet change the concept of the game.

Jim Hiser, a veteran promoter of pro and amateur tournaments has proposed calling a screen serve a fault serve, a rule which currently is in use in the WPR. The reasoning is that the intentional or continued use of the screen serve is an attempt by the server to have an unfair advantage over the receiver without a penalty. Whether this will stop the use of screen serves (which are not called often enough now) will be an issue.

Allowing the server to leave the service zone as soon as the ball is struck is used now in the RMA, the men's professional tour. The professionals contend

the rule allows them more time to clear out of the path of the served ball — particularly the high lob-Z — and, of course, gives them a better opportunity for good court position. Adopting such a rule will negate the safety zone violation for the amateurs.

If you feel strongly, one way or another, about any of these rules make it a point to write or call your state or regional director, member of the National Rules Committee or the AARA, 815 N. Weber, Colorado Springs, CO 80903, (303) 635-5396.

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The Strategic Game

Part Two: Low-Zone Racquetball

by Steve Strandemo, with Bill Bruns

Editor's note: This is the second of 12 parts excerpted from Steve's book Strategic Racquetball.

Whether a rally starts with an aggressive serve or a lob, the point is almost always decided by a low-zone shot that is either skipped, killed, or goes by the opponent for a winner. So let's talk about the specific situations that you'll face in low-zone scoring rallies.

Be Creative in Your Low-Zone Area

First, remember my cardinal rule of shooting: you're looking for every opportunity to win the rally immediately, but instead of worrying that you have to kill the ball, just go for the lowest shot you're capable of hitting within your low-zone range. Even if you fail to hit an outright winner, hitting one of your targets inside this area will result in shots that put tremendous pressure on your opponent to cover.

Ideally, you'll try to be creative within your scoring range by mixing up your shots and learning to use the entire low-zone area to put offensive pressure on your opponent. Strive to hit the obvious open lane when he's out of position, but also learn to angle the ball away from him during a tight center-court exchange.

Another key point: *hit the ball hard to win points and end rallies* — don't rely on junk shots to "fool" your opponent. I prefer an attitude where you hit the ball with pace and conclude, "If I miss it, my opponent had better get his tail in gear, because he doesn't have much reaction time."

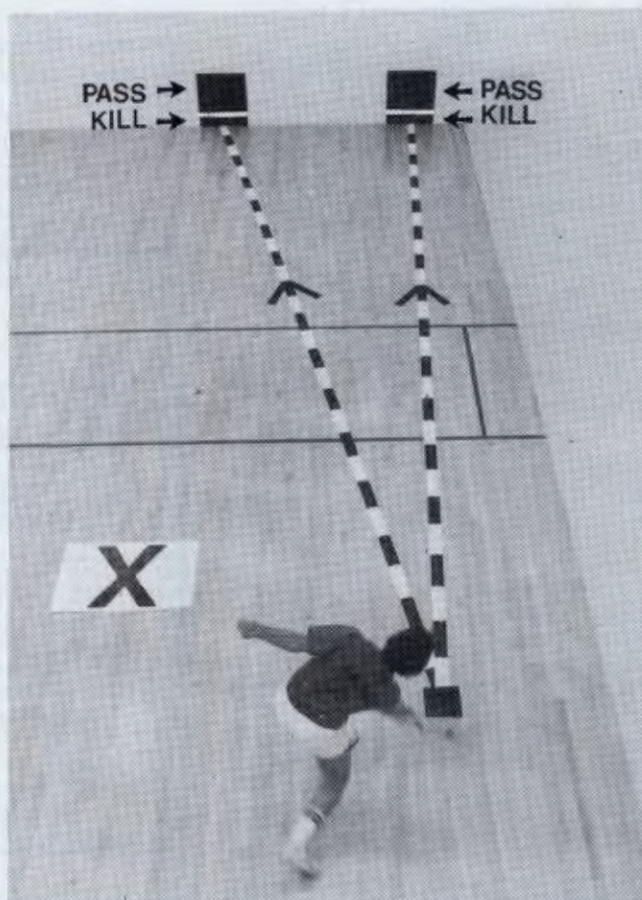
The Three-Hit Sequence

I think racquetball makes greater sense — and I know it's excellent mental strategy — when you visualize a three-shot sequence every time you go to hit the ball low. Basically, you're going for a winner, but you're expecting your shot to be leftup, so you're ready to cover your opponent's low-zone return. By always expecting the ball to come back low and hard, you're not surprised when your opponent gets a shot you thought was a winner and makes a great retrieving return.

This type of thinking and shot-making should occur whenever the ball is hit offensively in a low-zone rally.

The Kill-Pass Theory

When you have a good setup in the center-court area and you decide not to pinch, your smartest shot is a kill-pass attempt. You go for the kill, but you think "low zone," either down-the-line or cross-court. If you miss the kill but hit the correct angle — you're just a little too high — the result is still a perfect pass. Your opponent must either try to cut the ball off — a diffi-



The kill-pass is a smart player's reasonable approach to down-the-line and cross-court scoring. You're shooting to put the ball down, but if you leave it up a little too high, it turns into a good pass. (The X on the court indicates an opponent.)

cult, fast-reaction play in center-court — or let it go. Either way, you've increased your offensive percentages by avoiding the temptation to hit such a perfect kill that you skip the ball in, rather than force your opponent to hit again.

Passing Shots

Only a matter of inches separates an effective cross-court pass — one that may hit low and bounce on the floor between the side wall and your opponent — from a pass that rebounds off the back wall for a setup. The same concern for accuracy is required on a down-the-line pass, where you should bring the ball back inside the doubles box (an alley about 18 inches wide).

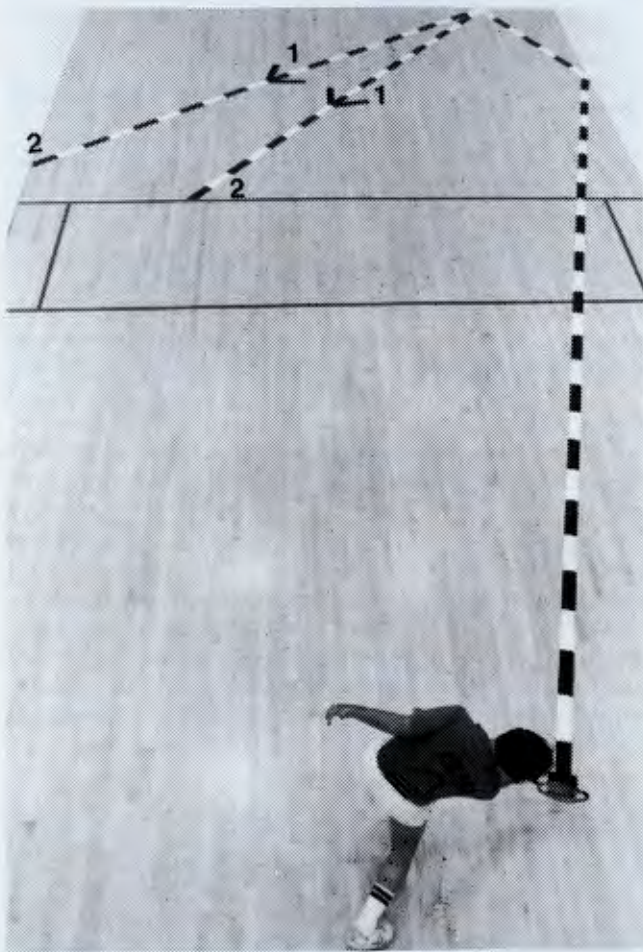
When you're going down-the-line and your opponent is out of position, don't try to shave your pass so close to the side wall — going for the perfect pass — that you risk catching the wall and giving your opponent a reprieve as the ball kicks back to the middle.

This is also a common error among many players who have a shaky grasp of geometry angles. The key here is to hit your pass attempt closer to the middle and let it slide to the side wall as it nears the back corner.

On the cross-court pass, when you're trying to get the ball into the back corner, most players err by hitting the ball too close into the front left corner. They seem to think the ball will somehow travel straight down the side wall; but geometry won't allow this. Instead, you must simply learn to hit balls that make more or less straight-in angles to the front wall and then sense, through experience, how to let the ball work its way to the back corners.

Pinch Shots

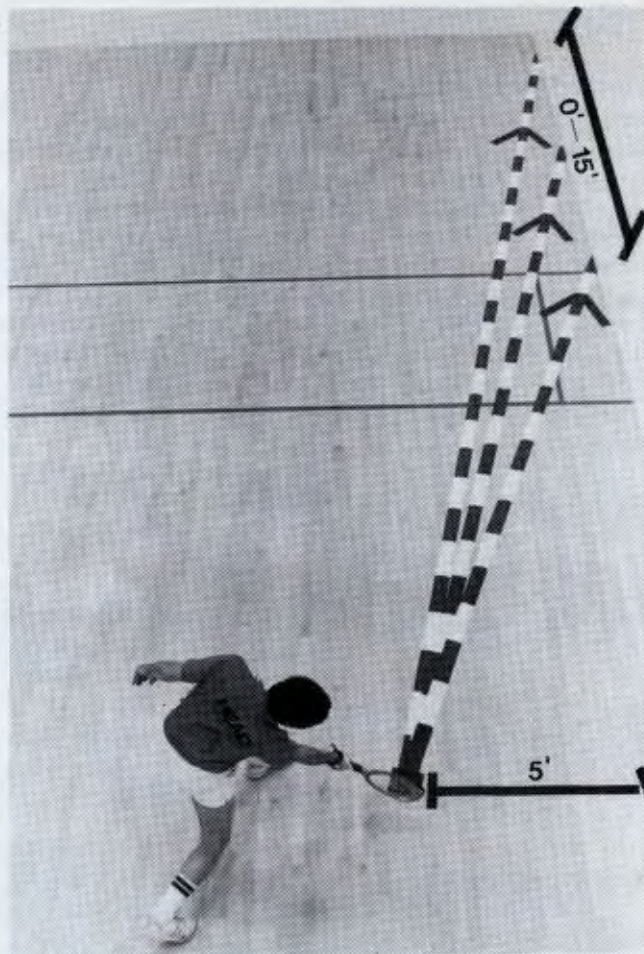
If you want to know just how good your pinches are, get on an empty court and see where the ball takes its second bounce after you've hit low and tight into a front corner. If that second bounce is inside of 15 feet



When you're diversifying your offensive attack, your pinches will take two bounces before either the front service line or opposite side wall, and will give you an uncontested winner.

(the front service line), you'll have an uncontested winner against nearly any player.

When the ball carries a bit deeper, say to about 18 or 19 feet, then an opponent in center-court might reach it with good forward movement (i.e., one good stretching step). However, if your opponent doesn't cover well forward and positions himself at about 26 or 27 feet, then a pinch attempt that takes its second bounce at 20 feet could still be an uncontested winner.



If you're 5 feet off the side wall and 30 feet from the front wall, you can contact the side wall anywhere from zero to 15 feet to get a good pinch scoring angle.

The Reverse Pinch

Reverse pinching is great — if you can put the ball down in front of the short line. This ability gives you an offensive variable that will draw some ooh's and aah's from the gallery. In many situations, the reverse pinch is an appropriate and valuable shot. Unfortunately, players often get carried away, using it instead of a higher percentage shot.

Like any pinch, when you leave this shot up, the ball inevitably kicks into center-court for an easy kill attempt. More importantly, you've very likely overlooked a higher-percentage shot — the kill-pass attempt. When you're in center-court and there's an open lane down the right or left wall (see photos), why try to reverse pinch when the passing option is so much safer and still highly effective? Either you kill the ball straight in or it turns into an irretrievable pass down the wall (providing you hit inside your low zone).

If you can hit straight in, pinch, and go cross-court — confidently and effectively — there will be times when you can choose to mix in the reverse pinch. But until you have command of these basic shots, don't bank on the reverse pinch to win key points or key matches.

The Strategic Game

Pinching and Passing Strategy

You should build your game around pinches and complementing kill-passing shots because they force your opponent to play you "honest" in his coverage.

For example, when your opponent knows you can drive the ball cross-court or go down the line, he is forced to cover from pretty much the middle of the court, since he must respect both sides. But if he finds he can cheat 2, 3, or 4 feet into a preferred and predictable hitting lane, this shrinks your effective passing angle. Meanwhile, your ability to mix in pinches will also force your opponent to respect the front part of the court.

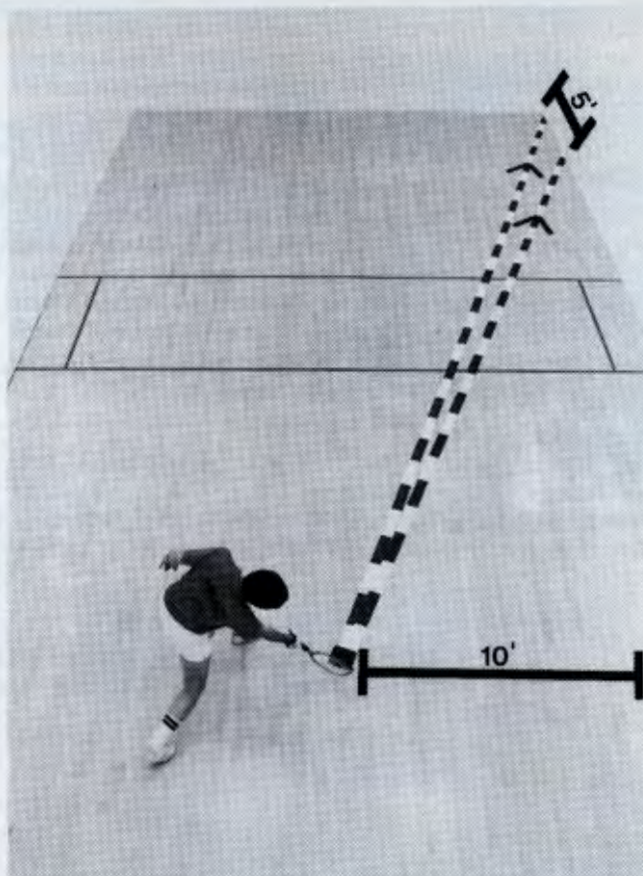
Mixed and matched, the pinch and the pass complement each other in a well-rounded, diversified attack. Then what counts is your ability to be a creative and sensible shot-maker.

Many club players have been told, "When your opponent is ahead of you, pass him, and when he's behind you, pinch it." It's too rigid a formula for good racquetball play. Many times, you'll be in front of your opponent but realize that you have an open passing lane that is easier to hit than your pinch target. Equally important, if your opponent knows you're going to try to pass him every time he's ahead of you, then he'll start dropping back as you go to hit — 4 or 5 feet perhaps — and it's now virtually impossible to pass somebody who's already standing in deep court.

Moreover, as you advance in this game, don't be overly concerned about hitting to your opponent's "weaker" side. Two problems can arise when you persist in hitting to your opponent's backhand first, you overlook numerous open lanes to his forehand side, and second, you allow him to anticipate to his backhand side and gain coverage time, while he also cuts down your hitting angle. Pretty soon he's going to be standing over there waiting to punch his pathetic backhand into the front left corner and cause you a ton of grief.

A CHECKLIST: OFFENSIVE PLAY

- ☐ Do you know the height of your low zone?
- ☐ Have you determined your various front-wall target areas?
- ☐ Whenever there is a reasonable offensive shot, are you taking it into your low zone?
- ☐ Do you accept the fact that you need to think offensively (low zone) about any ball that enters your hitting zone from just above ankle height up to your waist? (Even between your waist and shoulders, an offensive shot may be dictated by the situation and your good strokes.)
- ☐ Are you driving the ball and pinching so you keep your opponent honest in his coverage?
- ☐ Are you hitting the open lanes when your opponent is out of position?
- ☐ Are you thinking "kill-pass" instead of simply going for flat-out kills every time you have a setup?
- ☐ Do you understand the correct passing angles, especially when your opponent plays too far forward in his coverage?
- ☐ Are you working on the shots in practice that enable you to play offensively?

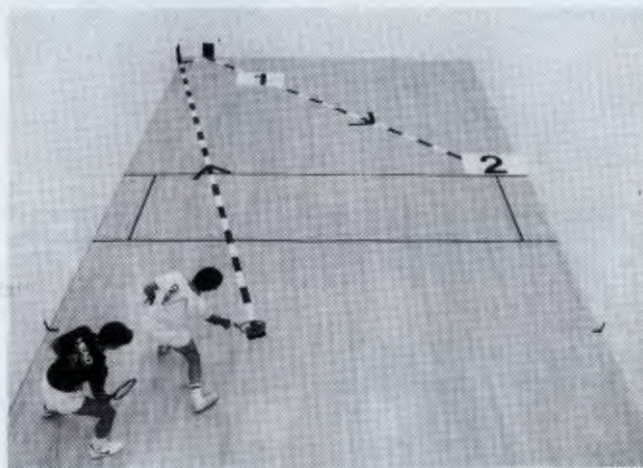


If you're 10 feet off the side wall and 30 feet from the front wall, you must move your side wall contact to the 0- to 5-foot range.

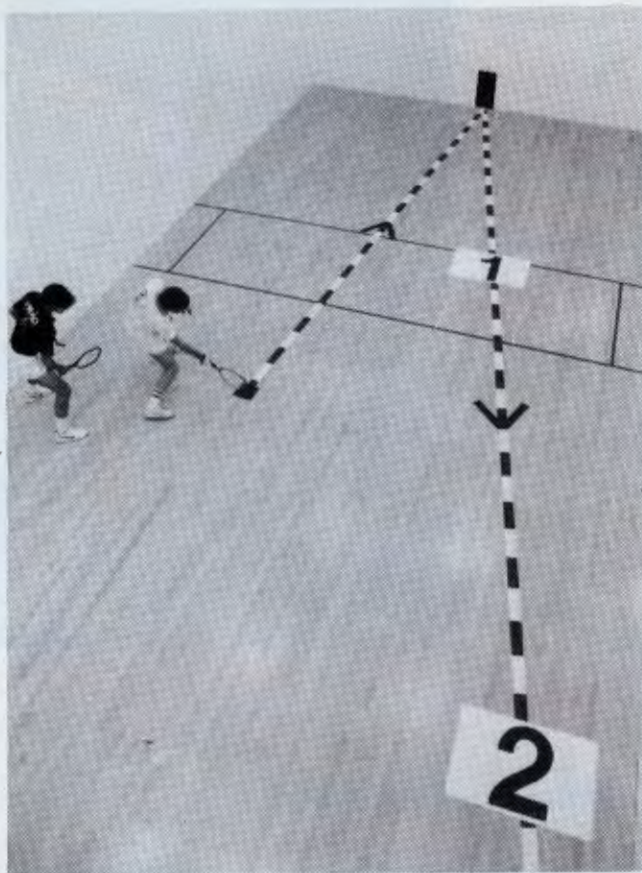
When you force your opponent to work both sides of the court, however, he cannot protect his vulnerable backhand nearly as well, and you can begin to pick him apart.

Center-Court Skills

Center-court play separates players at every level. Here are some of the distinct advantages you gain by cutting the ball off at every reasonable opportunity, instead of simply letting it come off the back wall for what some players erroneously think is always a higher percentage shot.



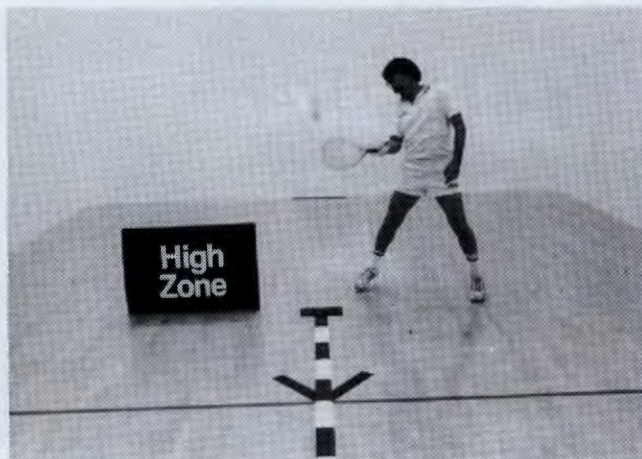
If you reverse pinch and make the shot (as indicated here), that's great, but any leftup shots will kick into center-court for a setup for your opponent.



When you have your opponent out of position like this, you should avoid gambling with a reverse pinch. The smart player will often hit a kill-pass down the right wall in this situation.

Cutting the ball off can enable you to score a lot of easy points. Hit away from where the ball came from, because that's the area where your opponent is still closely positioned. Even if you leave the ball up, your opponent is — ideally — pushed to one side, must hit on the run, and will have difficulty killing the ball.

You maintain your center-court position, enabling you to take offensive advantage. When you choose to move back and play the ball off the back wall, you allow your opponent to move into prime center-court coverage position. You'll have a rela-



Far too many players kick the ball up to the ceiling in center-court. You should, instead, be mentally prepared to be offensive against leftup shots in this area.

tively easy, straight-in offensive shot off the back wall, but fewer of these shots are killed than you think.

You keep pressure on your opponent by denying him a reprieve for hitting slightly too high on the front wall. Instead of retreating to the back wall and allowing him a chance to reclaim center-court, you force him to respond quickly to your re-kill attempts and possibly hit off-balance or on the run.

You create a lot of psychological strain on your opponent. If he's setting up to hit and he knows you're just off to his side, ready to cover and rescore whatever he leaves up, then he's going to feel pressured to hit the ball really low and accurately.

You can hit a seemingly ordinary low-zone shot and still win the rally. Remember, the ball travels a lot faster than your opponent as he tries to cover your center-court shot, so this gives you a greater margin of error. You're forced to hit with less reaction time in center-court, but you're not taking the ball off the back wall and having to make a near-perfect shot. Just angle the ball away from your opponent and keep it in your low zone.

You're at less of a disadvantage when you leave the ball up. I'd rather hit my target area high from center-court rather than off the back wall. Even when I miss, I still have a positioning advantage.

Execution

Deciding whether to cut the ball off or let it pass is a subjective feeling based upon your experience, how well you are hitting your shots in a particular match, and your opponent's positioning. Ideally, however, you should attack a ball coming through center-court that is *waist high* or below.

As your skill increases and you catch your opponent way out of position, try to take a ball that is slightly higher than waist level and punch it down the wide-open passing lane. Shoulder-high balls are almost always taken off the back wall, for this is just too tough a shot to cut off and hit low-zone.

When cutting the ball off, there's rarely enough time to set up and get squared away, ready to step into the shot. So what counts is your ability to hit with good, quick upper-body strokes off both sides, and knowing how to do so from different stances — open to the front wall, off the back foot, on the run, stretched forward, and leaning back — with very little reaction time.

When you're shooting from center-court, hit the ball with some pop on it, but also learn to finesse it into the corners at different speeds. Many situations will actually dictate that you slide a shot into the corner or push it away from your opponent, and if you can take a little power off these front-court scoring shots, the ball has a better chance of dying in front of your opponent. Remember, however, that "taking the pace off" doesn't mean dinking the ball, and that a leftup shot will come back to your opponent as a plum.

A final reminder: as you move to your center-court shot, accept the fact that your opponent is going to be near where the ball has come from, so as a basic shot-selection concept, *hit away from where the ball originated.*

(continued on page 24)

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The DP Freshold Racquet Grip contours to any racquet shape without slippage or movement during play. Freshold Grips are available in red, black, brown and light blue. DP Headbands and Wristbands are designed for moisture absorbency and long life. Quality elastic contraction provides comfort and fit. Machine washable. Each package contains two wristbands and one headband. For more information, contact: Diversified Products, Opelika, Alabama.



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Tacki-Mac racquetball grips are used by more than 75 top national level players (Cliff Swain, "The Gar" and Jack Newman), including some 17 national champions. Popularity of the grips among all levels of players nationwide is reflected in 13 consecutive months of record sales in the Racquetball Division of Tacki-Mac.

Number two ranked women's pro Caryn McKinney uses Tacki-Mac racquetball grips, as does Doug Cohen, number 10 ranked men's pro. Memphis State — with nine straight NCAA titles — has designated Tacki-Mac as its team grip. For the pro or the amateur, the beginner or the veteran, Tacki-Mac racquetball grips are your best bet. (Now in pink and gray, too.) For more information, contact: Tacki-Mac Grips, Inc., 5891 New Peachtree Road, Suite 107, Doraville, GA 30340, or phone: (404) 451-0514.



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The Strategic Game

(continued from page 21)

Acquiring a Center-Court Attitude

If you've been conditioned to play every possible ball off the back wall, then learning to hold your ground in center-court whenever possible will create some mental turmoil in the early going. Here are some points to help you make this transition to a more aggressive style of play.

Understand and accept the importance of cutting the ball off. Every leftup shot coming through center-court is a potential offensive opportunity — the kind of shot you should be looking for to end a rally, not simply prolong it. I like to make the analogy to tennis, where a volleyer like Martina Navratilova hits a lot of

A CHECKLIST: CENTER-COURT PLAY

- ☐ Are you ready to play off your opponent's leftup offensive shots?
- ☐ Are you far enough back in your coverage?
- ☐ Are you ready to hit low-zone, and rescore when the ball enters your reasonable center-court hitting area?
- ☐ Are you ready to hit from many different foot positions in center-court?
- ☐ Are you letting the ball come to you and hitting with your weight back when you're covering hard-hit passing shots that mis-angle to the middle of the court?
- ☐ Have you checked yourself to see that you're not touching your non-hitting hand to the racquet when preparing for a quick center-court shot?
- ☐ Are you hitting the obvious open lanes?
- ☐ Are you learning to shoot while on the run (a difficult but necessary part of the offense as you get into good play)?
- ☐ Do you understand that many times you may not score with your center-court shot, but by hitting your low-zone area, you'll keep pressure on your opponent and also hold a strong position in the rally?

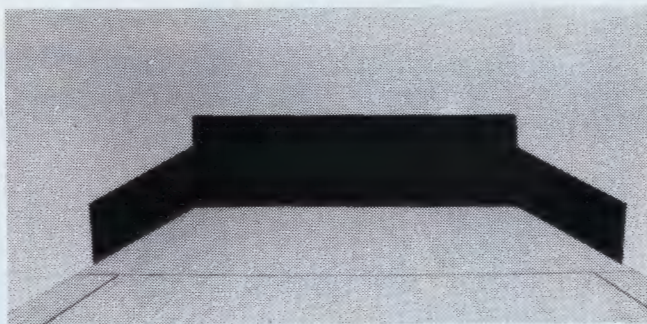
easy winners at the net, while a player like Chris Evert Lloyd must earn almost every point from the baseline (or through an opponent's error).

Remind yourself that it's natural to feel tentative and even a bit intimidated as you throw yourself into center-court play, since you're relying on different stroking demands and you're unsure of just when you should cut the ball off. Here's where you must get on an empty court and hit shots to yourself in center-court. Familiarize yourself with the angles

and what it means to cut the ball off, then start worrying about accuracy.

Don't be inhibited by the fact that you rarely will have enough time to hit with "textbook" form. At first, you'll feel uncomfortable — even a bit inept — as you try to hit from varied positions with ad-libbed technique, but you can't let those feelings undermine your commitment to be offensive in center-court.

Try to acquire an attitude in center-court that you're expecting the ball to come through this area and you're determined not to give up your position unless common sense dictates otherwise. One thought should be ingrained in your mind: *be ready to score on every leftup shot.* If you're forced to jam up to the ceiling because you can't do anything else, that's fine. But if you're constantly forced up to the ceiling because you're not mentally ready to be offensive in center-



If you have been overly defensive in your center-court approach, visualize this enlarged hitting area as you try to cut more shots off. Then, as you become more efficient and experienced, start moving the ball down toward your actual low zone.

court, then you have a serious problem holding your game back.

Once you recognize the virtues of trying to score from the center-court area whenever possible, the hard part begins — teaching your experienced body a new trick. Patience is needed here as you learn to hold your ground in an area where you have less time to react and hit, and your instinct is to let the ball pass so that you can play it off the back wall.

Give yourself two or three months to acquire some of these skills, motivated by the realization that you'll be much tougher to beat when they start falling into place. When you can combine good back-wall play with sound center-court skills, you have a scoring versatility that can beat your opponents many different ways in a low-zone rally.

Gregg Peck Exhibition Tour Slated

A special exhibition tour featuring No. 3 ranked professional Gregg Peck has been announced by his sponsor, Diversified Products. The series of free exhibitions is being staged in conjunction with the D.P. Nationals Racquetball Championships (slated for Arlington, Texas, June 12 - 17).

The series begins immediately after the Amateur National Championships conclude in Houston.

The first is scheduled for Oklahoma City on Tuesday, May 27th, at the International Fitness Center, 11033 Quail Creek Road, (6 p.m.) 405-7529626. Wednesday the series moves to Dallas at the Landmark Club, 12740 Merit Drive, (5:30 p.m.), 214-392-1500. Wednesday's second exhibition will be at the host facility for the DP Nationals; The Charlie Fitness Club & Hotel, 117 South

Watson Road, (Arlington, 8:30 p.m.), 817-633-4000. The final leg will be in San Antonio, Thursday evening, at the Racquetball & Fitness club, 5100 Cambray (Loehmann's Village, 6 p.m.) 512-340-0364.

Each exhibition is open to the general public free of charge. Gregg, the defending DP National Champion, will play as yet unnamed DP pros at each location, and answer questions from the audience.

The Oversized Racquet: Here To Stay!

by Charlie Garfinkel

About four months ago I was playing in a tournament in Johnson City, NY where the professional division included Ruben Gonzalez and Mike Levine. Gonzalez was the talk of the tournament because he was using an oversized racquet.

It was evident to everyone, myself included, that Ruben was playing better than ever, primarily due to the increased power that he was generating with the oversized racquet.

A week later, he won a pro stop in Maine with extremely impressive victories in the quarter finals, semifinals, and finals, over Cliff Swain, Marty Hogan, and Dave Peck, respectively.

Another player you may have heard of, national champ Mike Yellen, has also switched to an oversized racquet. The world's number one player for the past three years is now serving and hitting the ball harder than ever with this racquet.

Danny Obremski, a top touring pro, said "Yellen's drive serves and passing shots are unbelievable with the big racquet. At times, he was hitting his backhand so hard, that the ball appeared to curve."

Although Obremski's comment may be stretching the truth a wee bit, there is no doubt that players of all levels can hit the ball dramatically harder with the oversized racquet.

This conclusion stems from observing a player in the Veteran's Masters Division, (50+) in the recent National Seniors/Masters Invitational in Atlanta. This player, who wishes to remain anonymous, was long known as a "touch" player. In this tournament he completely abandoned his touch game, hitting 30-50% harder than

anyone had ever remembered. The only thing changed: He switched to an oversized racquet.

After observing both Gonzalez and this Veteran Master's player,

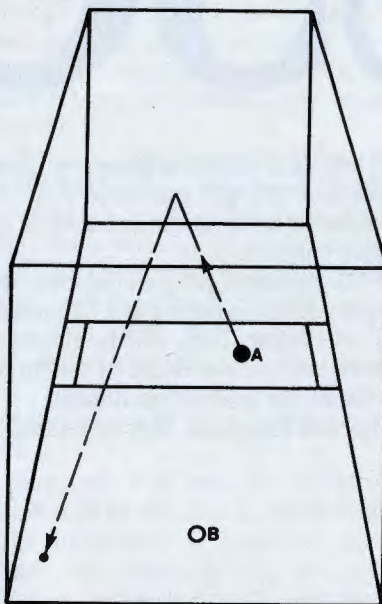


Diagram 1: Drive serve to the left.

I was quite anxious to try the racquet myself. However, I'd been playing extremely well with the racquet I'd been using the past two years, so I was a bit apprehensive.

The first two days I had some difficulty keeping my shots down. But I was immediately impressed with how hard I could hit the ball, with seemingly little effort. And, my serves had never been better.

After two weeks of using the racquet six days a week, I felt ready to try it in tournament play. I strongly recommend at least three weeks of concentrated play with the racquet, before you make a decision on using it or not. Personally, I feel that your choice will be affirmative.

Two and a half weeks from the first day that I used the

racquet I entered and won two divisions in the New York State Championships. A week later I won a senior tournament against an extremely strong field. In both tournaments many players remarked that they'd never seen me serve better or hit the ball harder.

The primary advantages of using the oversized racquet are:

(1) Most are strung at 50 pounds or more, nearly 15 pounds tighter than most normal sized racquets. This gives unequalled power on the serves and in rallies.

(2) There is a much bigger sweet spot than on regular or mid-sized racquets. Shots that often hit the edge of the frame with smaller size racquets are hit firmly and accurately.

(3) The added length and width of the racquet enables you to reach and return shots that you couldn't with smaller size racquets.

(4) The racquet absorbs the vibrations, not your arm. Therefore, you are far less likely to suffer arm fatigue or tennis elbow. (I played seven singles matches in the New York State Championships in two days. My arm never felt better.)

Using the oversized racquet will help all players, especially intermediate players. Due to the size and strength of the racquet, I feel that there are specific shots and strategies that will be of benefit to you.

When you're hitting a drive serve to your opponent's backhand, (Diagram 1) forget about the old theory of serving from the middle of the service zone. Move 1-2 feet to the right of center. The serve should hit the front wall about 3 feet high, 12-18 inches to the left of center. It

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will carry over the short line, moving away from your opponent.

Because the serve, from start to finish, is traveling in the direction of a V, your opponent will be scrambling to hit an accurate return. Note: Be sure to take a full followthrough when hitting the drive serve. Many players, especially at the intermediate level, constantly hit fault serves, because they're not taking a full swing.

Due to the incredible feel of the oversized racquet I believe that many hard Z serves can be used as second serves even by intermediates (Diagram 2). Although a lob is still an excellent second serve, utilizing two aggressive serves on both serves can be very intimidating to your opponent.

To hit the hard Z serve to your opponent's backhand, stand 1-2 feet from the left side wall. The ball should hit the front wall 1-2 feet from the right side wall, 3-4 feet high. It will then cross the short line, bounce, hit the left side wall in the deep left corner, and shoot straight across toward the right side wall.

Because the ball is traveling much faster off the Z serve than your opponent is used to, he'll often be handcuffed, or will have an extremely difficult time in making an effective return.

If you were to ask most

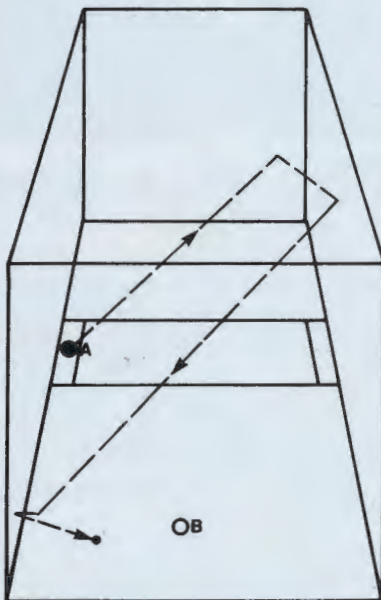


Diagram 2: Hard 2-serve to the left.

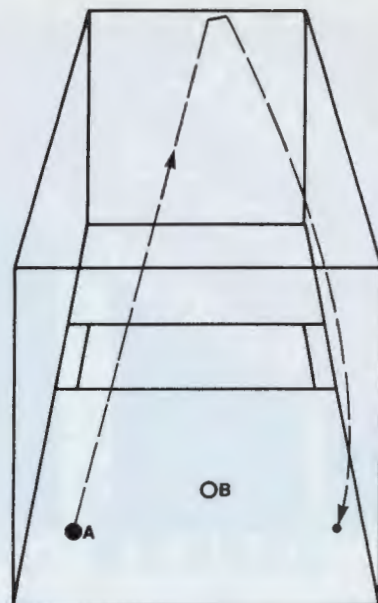


Diagram 3: Cross-court ceiling ball.

intermediate players what shot gives them the most difficulty, the return of a hard drive serve to the backhand, would likely be the most popular answer. Using an oversized racquet could be the answer for this problem. The added length and width of the racquet enable you to reach and successfully return drive serves to your backhand, that previously you had difficulty even reaching.

An excellent return to use is a backhand cross court ceiling ball (Diagram 3). This is a good alternative to the ceiling ball down the line, as it keeps your opponent guessing as to which return you're going to hit. In addition, if this shot is hit correctly, your opponent often has no choice but to hit another ceiling ball. In many instances, a short ceiling ball on his part, will give you the opportunity to kill.

To hit the cross court ceiling ball contact the ceiling 3-5 feet back from the front wall, 12-18 inches to the right of center. The ball will then bounce and carry to the deep right corner.

A common mistake that many intermediate players make, is to hit the ball too far to the left or right of center. The ball then catches the side wall and falls short, creating an easy shot for your opponent.

When the ball is in play, the added power of the oversized racquet makes a passing game

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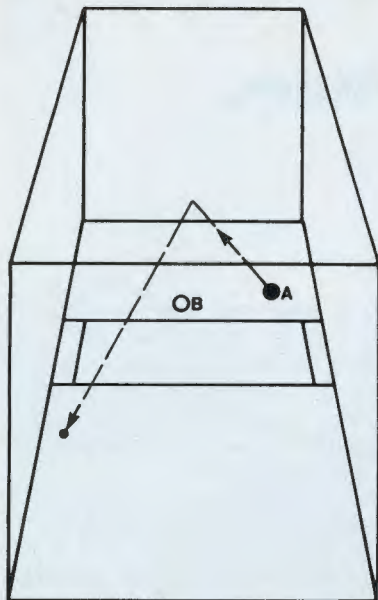


Diagram 4: Hard cross-court passing shot.

extremely effective. Because of the increased pace, the return of your passing shot by your opponent is often hit into the side wall first. This causes the ball to hit the front wall and carom to center court, giving you an easy shot.

In (Diagram 4) Player A is stationed at the service line near the right side wall with Player B to his side at the short line. A hard cross court pass hit 3-4 feet high on the front wall, 1-2 feet to the left of center, will produce a pass that should result in an outright point.

The oversized racquet can also

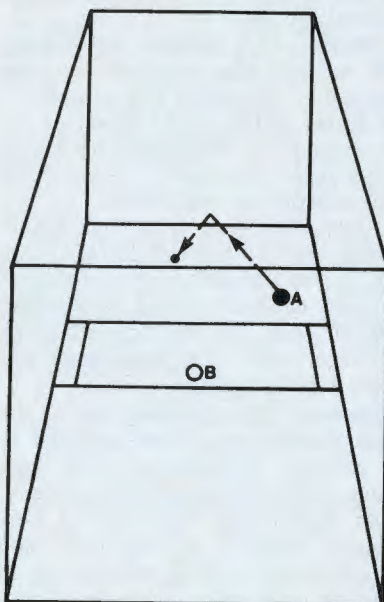


Diagram 5: Cross-court kill shot.

be used to your advantage on cross court kill shots. I used to be somewhat leery about cross court kills based on the fact that they would often hit too high on the front wall, producing an easy rekill for my opponent.

However, because the ball is moving with such great speed off the oversized racquet, I feel that the cross court kill is now an excellent shot to add to your repertoire (Diagram 5). The shot should be hit about one foot to

the left of center, as low as possible on the front wall.

Overheads can also be hit more accurately with the oversized racquet because of the enlarged sweet spot. You rarely have to worry about mis-hitting or hitting the edge of your racquet. The control and accuracy of your overhead shots should prove to be very satisfying. If hit firmly and accurately to the side

(continued on page 47)

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**For The
Winning Hand**

Ed Remen: The Happy Hatter

Known for His Many Hats and Flashy Attire, Ed's a Colorful Player as Well

by Charlie Garfinkel

Two years ago, Jay Schwartz astounded the racquetball world by winning five national singles championships in his age categories in a two month period. His wins included the Ektelon 30+, the AARA 30+ and 35+, and the DP 30+ and 35+. Because of the mental and physical effort that a feat of those proportions entailed, it was thought that this record would long endure.

However, a year later, Ed Remen, known for his many outlandish hats, motley warmup jackets and psychedelic sneakers, not only tied Schwartz's record, but for good measure, won a national doubles title (with Johnny Hennen), thus actually breaking Schwartz's record of five national titles in one year.

Remen's six wins included the AARA's 35+ and 40+, the DP's 35+ and 40+, the World Master's 40+, and the AARA National 35+ doubles title.

Remen's accomplishments are even more mind boggling when one realizes that due to severe tennis elbow he didn't play in a single tournament from October to May, preceding the AARA Nationals.

He had tried everything to remedy the injury, including cortisone injections, ultrasound, heat, ice, rest, arm bands and assorted medicine. Nothing worked. The pain was so intense that he began wondering if it was worth playing.

Shortly before the AARA Nationals, Ed started using a "tens" unit. Officially called a "transcutaneous electrical nerve stimulator", it had been used in many clinics with people who had chronic pain in their lower back and other joints.

Remen would use the tens unit when he was warming up. When he was finished playing he'd ice his elbow with the tens unit on. He even slept with it on at night.

"Even though I had started playing again shortly before the Nationals, I had no idea how my elbow was going to hold up," he said. "I decided to enter two divisions — the 35+ and the 40+. If my elbow was going to go, I was still going to give it the full shot."

Although Remen's on-court activity before the AARA Nationals was



Ed Remen in his patch-work workout outfit, or whatever it's called.

sporadic at best, he physically trained harder than ever before. His eight-month program consisted of weight training three times a week, running three times a week, and 30 minutes a day on the exercycle. He was probably in the best shape of his life, which is great shape for someone who has always been an excellent athlete.

Born in the Bronx, Ed Remen excelled in sports even as a youngster, when stick ball was his game.

"We played with a broken-off broomstick as a bat and the ball was a Pinsky Pinkie," said Remen. "A sewer was home plate, first base was a car,

second base was another sewer 40 yards away, and third base was another car. When the cops came we'd throw the broomstick under the car and play punch ball, which is stick ball without the stick, punching the ball with your hands."

When Remen was 11 years old he won a Bronx stick ball contest. To win it, he hit the ball three and a half sewers, a distance of almost 380 feet!

"I also played a lot of one wall handball and basketball in the streets," said Remen. "When I was 15, I started playing tennis in the public parks during summer. Living in a large apartment building we always had 20-25 guys who loved to play all sports. We played whenever we could."

Remen went to DeWitt Clinton High School, an all-boys school with an enrollment of over 10,000 students — the largest boys school in the United States. Although only 5'10", Ed was a starting halfback for the football team for three straight years. Weighing a hefty 220 he was a bruising runner.

"I was big at 220," he said. "But, we had the original 'Refrigerator' on our team. Tony Fadenza, affectionately known as 'Two Ton' Tony by his teammates, was our kickoff specialist. He was the same height as I was, but he weighed an incredible 310 pounds!"

Remen, a B student all through high school, also excelled in team handball. "The safest place to be in the Bronx between the hours of 3-6 p.m. was to be competing on a high school team," he says. "I have many fond memories of high school."

After graduating from high school Remen went to Springfield (MA) College. It was a totally new environment for him. Graduating in a high school class of 2,500, he was now attending a college whose total enrollment was barely 1,500 students.

Because Springfield had one of the finest physical education programs in the country, it had an excellent reputation for attracting superior athletes. When Remen saw many of the New England students wearing their high school varsity jackets with letters in three or four sports on their jackets, he thought that he was in over his head.



Ed Remen dives for a shot.

"Springfield was completely different from the Bronx," he said. "I had to get used to saying 'hello' to everyone. Being from New York you never said 'hello' to anyone that you didn't know."

Remen played varsity football, tennis, and volleyball at Springfield, where he graduated with a 3.2 average. He received a graduate assistantship at Indiana University, one of the most prestigious physical education schools in the country. Before leaving for Indiana he married his strongest supporter, Anne Fliegner.

Coaching at Indiana exposed Remen to big time athletics for the first time and he became completely turned off by it. At Springfield the emphasis was on enjoyment and improvement. At Indiana, winning was the most important goal.

"Although I met many fine people and received my masters degree in physical education at Indiana, I looked forward to moving back East," he said.

Shortly after returning home he accepted a position at Northern Virginia Community College, teaching physical education and coaching tennis. Later, he became the athletic education director.

In addition to those duties he continued to teach, coach and play tennis. In addition, racquetball courts were starting to be built in the area.

It should come as no surprise that Remen took to racquetball immediately. His tennis and handball background, plus excellent hand-eye coordination helped him become the best player in Northern Virginia within six months.

"I thought I was pretty good," said Remen, "then, I saw Bill King, the best player in our region, play. To me, he was awesome. It made me realize how much more I could improve."

Although racquetball was great



Ed Remen in more down-to-earth togs.

exercise Remen continued to play and teach tennis, which along with his athletic director responsibilities, severely limited his time for racquetball.

When Ed started making more money teaching tennis part time than he did teaching at college full time, he started to have second thoughts about spending the rest of his life in education.

As for tennis, he felt that he could not get any better than he was. He was also intrigued with the challenge of becoming an excellent racquetball player. "I came to love racquetball," he said. "To me, it was like being in a boxing match. I could feel the closeness of my opponent and what he was doing. There was much more excitement in racquetball than in tennis."

In the mid 1970s Remen involved himself in the racquetball boom. He started traveling around the country playing in tournaments, and acquiring information on all aspects of the sport. His goal was to build his own club.

Because he was the best player in his area, was well known and had quite a few contacts with influential and wealthy people, he thought he would have no trouble putting a club together.

How wrong he was! After spending two years of putting a prospectus together and having meetings with possible investors, he was shocked when he received nothing but negative replies.

Shortly after one of these negative meetings, Remen was to give a tennis lesson to Bob Trowbridge, a good friend. He explained to Trowbridge, a steel company owner, what had happened and Trowbridge told him to run the prospectus by his office in the morning. In two and a half hours the next morning they put together a plan that Remen had spent more than two years trying to build.

Thus was born Capitol Courts Racquet & Fitness Club, in Sterling,

(continued on page 44)

One Racquetballer Changes Courts

Ex-Pro Sarah Green Retired from Sport in Her Prime to Follow a Career in Law, Army

by Carole George

Long time racquetball players often wonder whatever happened to big-name pros we used to hear about who suddenly disappeared from the pages of *National Racquetball*. Sometimes these retired pros reappear years later in the strangest places. That's exactly what Mike Yellen must have been thinking when Captain Sarah Green greeted him during his Munich exhibition, sponsored by Army and Air Force Exchange Services last July.

For those recent racquetball recruits, a little background on Sarah Green: She began her professional racquetball career at the tender age of 19, just after winning the U.S. Racquetball Association (USRA) amateur title in 1976. She was consistently ranked in the top 10 professionally until 1980 when suddenly she kissed her racquetball career good-bye. Green went back home and worked three years on a law degree at Memphis State. After passing the bar exam, Green entered the army in January 1985. A few months later she was in Wurzburg, Germany working for the JAG Corps Judge as an advocate general (lawyer). In the past five years she has barely touched a racquet.

"There are a lot of reasons why I quit racquetball," began Green. She saw players like Mike Zeitman (her former boyfriend), Charlie Brumfield and Steve Keeley approaching 30, with nothing but a fading racquetball career to support them. "I decided I needed a career I could do for the rest of my life."

Still only 22, Green should have been in her racquetball prime and far from retirement. "But I'd been doing the same thing for five years. I had already reached all my goals and proved I could be number one if I



Sarah Green, right, in her pro days, battling now-retired Heather McKay.

wanted to," she commented in reference to her sole pro tour victory in Memphis in December 1979.

Another reason for quitting was the internal politics of the WPRA. "I really enjoyed the people, but not all the problems.

Probably a lot of it was the age difference. The WPRA officers didn't like someone so young telling them how to run things when they were doing all the work. I guess I didn't really know how to express myself at that age," explained Green.

One of her main disagreements was over the role of the WPRA commissioner. Now she believes that most of her problems with other players were just misunderstandings and she'd definitely like to look them up sometime. In fact, Green stayed with former WPRA activists Bonnie Stoll and Diana Nyad

the All-Army and Inter-Service tournaments. By AARA and WPRA standards, Green is technically an amateur again, so it's likely the USAF will say okay as well.

Barb Faulkenberry, representing the Air Force, should be the main competition, but after being AWOL from racquetball for five years, Green's game isn't quite up to rank.

Rather than racquetballing, Green has been running. She

missed the Berlin Marathon this year due to an injury, but hopes to be in the next London Marathon. Also, once a year everyone must meet army physical training requirements in sit-ups, push-ups and running, but for Green that's not a problem.

The main reason Green requested to be stationed in Europe was to travel. So far she's been all over Germany, even to East and West Berlin, plus

(continued on page 44)



Sara Green, as a 20-year-old racquetball pro.

the last time she was in New York.

Green may miss the people but she doesn't miss the sport at all. Her lifetime subscription to *National Racquetball* still gets forwarded to Europe by her mother in Memphis, but glancing through the pages never inspires her to hit the courts... that is, the racquetball courts. As a lawyer, Captain Green spends considerable time "in court". But as far as racquetball courts, in the past year she's played maybe three times and always under the orders of friends who wanted lessons.

However, if the Army gives its stamp of approval to an ex-pro, Green would like to compete in

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**STRANDEMO
& HEAD**

Taking Care of the Base:

Exercises for the Lower Legs, Ankles and Feet Can Strengthen Your Game

by Keith W. Strandberg

The lower legs, ankles and feet are the most important weight-bearing structures of the body, for the body's full weight is borne by them. Not until we suffer a sprained ankle, making such an automatic movement as walking agony, do we realize the amount of abuse they are forced to take and how much we depend on them.

The lower leg is comprised of two bones, the tibia and the fibula. The tibia, the second longest bone in the body and one of the strongest, articulates with the femur (the thighbone) at its upper end, forming the knee joint. The fibula doesn't join at the knee, however, but ends significantly before the knee joint.

The front surface of the tibia is only protected by a thin layer of skin, which is why it is a favorite site of bumps and bruises. Most of the muscles of the lower leg are located at the back in the calf. The main muscles are the soleus and the gastrocnemius. The gastrocnemius is the bulging muscle you can see and feel by tensing your lower leg.

Both the soleus and the gastrocnemius plantar flex the foot by pulling the heel up. These muscles are especially active in walking, jogging, running and

jumping, and racquetball players depend on them a great deal in order to get into position to make that kill shot.

The Achilles tendon lies on the back of the lower leg, connecting both the soleus and the gastrocnemius to the heel.

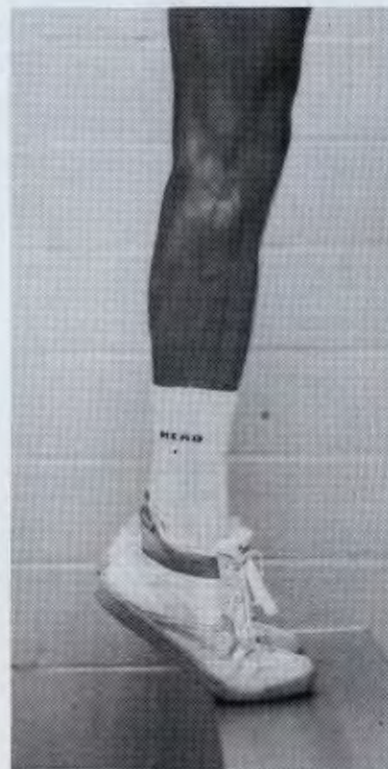
The two "ankle bones" (the knobby projection you can feel through the skin) are actually the lower ends of the tibia (inside) and the fibula (outside). The ligament, which wraps around the ankle joint, is called the cruciate ligament.

A ligament is a fibrous tissue which aids in the support of bones and joints. Ligaments can either be extremely tight, as in the ligaments of the spinal vertebrae, or fairly flexible, as in the wrist or the ankle (joints which demand a great deal of flexibility).

You are born with these tissues intact, and to a certain extent the strength is inherent — thus you can indeed have "weak ankles" and the like. But, you can go a long way toward strengthening the muscles, tendons and ligaments of these crucial weight-bearing and movement areas.

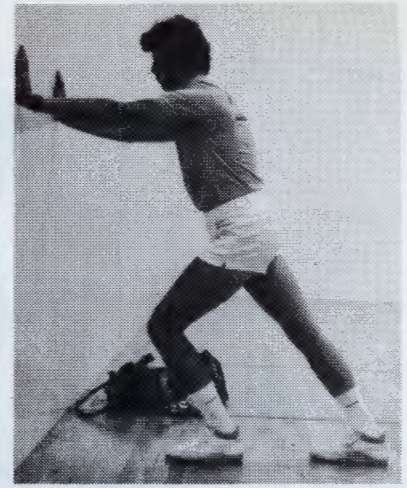
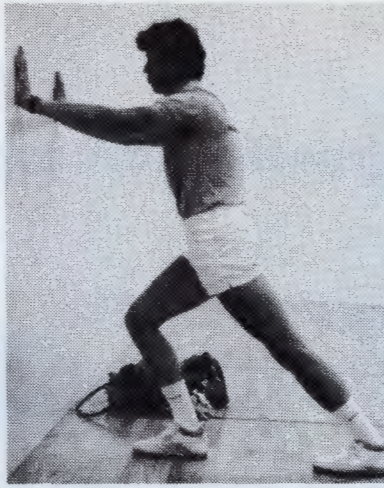
The feet are perhaps the most unappreciated of

(1) CALF PRESS UPS: Stand on a step, with your heel hanging over. From this position, let your heel go down as far as possible (stretching the Achilles Tendon), then push up so that the heel is above the starting position (working the soleus and gastrocnemius). Return to starting position, and repeat.



Photos by Keith W. Strandberg

Models: Jim Cascio, Jeff Modenford, Joy Aungst.



(2) HEEL CORD STRETCH: Stand in front of a wall, with your feet together, hands flat against the wall. Keeping your hands on the wall and your end in, move your feet slowly backwards, one at a

time, as far as possible. To get the maximum stretch, keep your heels on the ground. Hold for about 20 seconds.

all. They are often shoved into ill-fitting or poorly designed shoes, battered against hard court surfaces day after day, and only thought of when they are hurt, sore or smelly. But, they are incredibly durable and versatile. They have to be, for it all comes down to them.

The secret of the feet and their weight-bearing ability can be found in the arches, which any architect will tell you is an extremely effective construction.

There are three major arches in the foot: The lateral and medial longitudinal (lengthwise along the foot) and the transverse arch (across the foot).

The arches provide the weight-bearing strength needed, and the tendons and ligaments, with their flexibility and "give" provide the spring and lift for movement.

All put together, these three areas, the lower legs, ankles and feet, provide a foundation upon which we base our entire lives, and our racquetball playing futures. They must be kept in good working order and



(3) TOWEL PUSH: Wrap a towel under your foot, grabbing an end in each hand. While maintaining tension upwards with your arms, push the foot down away from your hands. This primarily works the soleus and gastrocnemius.



(4) PARTNER PUSH: One partner sits down with one leg bent in front, while the other partner kneels at feet. Gently, the kneeling partner pushes the foot towards the body as far as possible, then as far to the floor and each side as possible. This stretches the muscles, tendons and ligaments



throughout the lower leg, ankle and foot. This exercise may also be done as a resistance exercise, with the prone partner (the one whose foot is being stretched), pushing against the other partner's resistance.



(5) ANKLE SIT: Sit on your ankles as shown, then raise your knees off the ground while tilting your body back. Keep your balance by putting your hands behind you. Hold where the stretch is felt.



(6) ANKLE TURNS: Sit down and lift one leg off the ground. Gently rotate the ankle both clockwise and counter-clockwise, moving the ankle through its complete range of motion.



(7) TOE STRETCH: Standing up, place one foot behind you, with your toes curled. Slowly place weight on your toes, feeling the stretch. Then,



switch so the toes are bent under your foot, and progressively add more weight.

injury free, through a general exercise program and specific stretching and strengthening exercises designed with these areas in mind.

Even though they are often neglected, the lower legs, ankles and feet are vital to our lives. The accompanying exercises, when included in an overall exercise program, can go a long way toward preventing (or rehabilitating) injuries.

As the foundation is vital for the support and strength of your local club, the lower legs, ankles and feet are an integral part of the health and well-being of the human body.

And, it's tough to play good racquetball without 'em!



(8) TOWEL GRAB: Place a towel on the floor and put your foot on top of it. Tense all the muscles in your foot, trying to "grab" the towel and bunching it up under your foot. Start slowly, for this exercise can give you foot cramps (due to the use of unfamiliar muscles) quite easily.

Injuries:

Treating The Twisted Ankle Requires P.I.E.

by Charlie Garfinkel

Because of the "stop-start" nature of racquetball, ankle injuries are, unfortunately, quite common.

If you do twist that ankle, here are some hints for treatment and rehabilitation, as well as prevention.

Immediate treatment of injury:
P.I.E. (Pressure-Ice-Elevation).

Pressure: Keep your shoe on, especially if you are wearing high tops. This will help keep the swelling down. Wrapping your ankle after injury, to keep the pressure on, is also very effective.

Ice: Put ice on the injury immediately. Ice stops the surface blood flow which causes swelling but allows the necessary blood and fluids to reach the afflicted area. Use the ice for up to 48 hours after the injury.

Elevation: Raise your ankle above your heart. This helps keep the blood from swelling your ankle. The less swelling there is, the less pain and discomfort there will be.

WRAPPING

When wrapping your ankle with an ankle wrap, don't wrap too tight, but there should be a slight feeling of tightness and support after you are done. Too tight will cut off the circulation, while too loose will do nothing.

When wrapping, start about two or three inches above the ankle. Wrap the elastic bandage around the lower leg and ankle, moving down a little lower with each wrap. As soon as you get under the ankle, begin to wrap in figure eights and heel locks (making a loop around the ankle), measuring the amount of wrap you have. End up back at your starting point. For added support, add some circles, figure eights and heel locks with athletic tape.

The right kind of shoes for racquetball is crucial. Shoes in our high tech times are made for specific activities. Running shoes are design-

ed primarily for straight forward movement, and using them for racquetball can easily cause an ankle injury. Wear shoes that are designed for racquetball (many now have high tops for added ankle protection), and you'll reduce your risk of injury.

If you have had a recent ankle injury, it is wise to wear a wrap or a brace while playing until the ankle completely heals. One word of caution: certain recent studies have indicated that the wearing of a wrap or brace *without* a prior injury can weaken the ankle and actually lead to an increased risk of injury.

The Guy From the Coast

By Tom Grobmisi

There was something very familiar about that guy from the coast. Something about his swing. I knew I'd seen him somewhere before. His name didn't ring a bell, which is often the case with the people I play in the first rounds in the open division. After all, I am one of the top players in Kansas and they put the unknowns against the top seeds.

At first I thought I was just upset because he beat me. And because I was really counting on the first place prize of \$800 and a free trip to Club Med. But then I realized that even though the scores were reasonably close, he did beat me two straight, and he didn't even work up a sweat. In fact, most of the time it looked like he wasn't even really trying. And every one of his matches, all the way through to the finals, was just the same. No matter who he played, he always played just well enough to win.

And he had a really funny attitude. He seemed bored through the whole thing. When he had to ref, he did a good job, but aside from that, and when he had to be on the court, he just disappeared back to the motel. And when I called the motel to ask for him, there wasn't anyone registered under his name.

That's when I began to give the

After an injury has started to heal is the time to begin rehabilitative exercises. Use the ones outlined in the preceding article, but do them *very* slowly and carefully, stopping whenever you feel pain. If the injury is severe, it is probably best to see a sports medicine specialist, who will be able to recommend specific treatments to speed your recovery.

Helping to prevent an injury, and taking care of your injury immediately and carefully is important to your racquetball game. After all, we're all in this to be "on court" as much as we can, right?

whole thing some very serious thought. I pulled out some old *National Racquetball* magazines I had been saving for use in my kid's bird cage, and began looking for pictures. And in about 10 minutes I had found him. My mysterious stranger was none other than the current 12th ranked pro in the country! And he was clearly ineligible for our tournament. Boy, did I enjoy splitting that prize money with him! And Club Med's the greatest!

Grobmisi's Laws

By Tom Grobmisi

- The bigger they are, the harder they hit.
- All important shots are hit at or near the crotch.
- Almost any good player can become a club champ. The first step is to carefully select your club. Or start your own.
- It's easy to have a second serve as good as your first . . . just ease up on your first serve.
- People who are nice off the court aren't necessarily nice on the court.
- It didn't bounce twice unless someone says it bounced twice.
- The only real difference between us and the pros is points.

Florida's PRP: Spells 'Racquetball At Its Best'

The Goal of This Program Is ControlControl of Racquet, Emotions and Personal Habits

by Michael Bane

All too often today, news from the world of sports includes incidents connecting athletes with drugs, academic underachievement and unethical recruiting methods. There are, however, still plenty of examples of athletes who have managed to combine prowess on the track, court and field with classroom competence and personal discipline.

One such example is a group of some 60 youngsters who are fast becoming a dominant force in racquetball. The program, called Power Racquetball Plus (PRP), is based on control — not only of the racquet but also of emotions and personal habits. Smoking, drinking and drugs are prohibited. Shirttails are always tucked in. Voices are never raised. And team members bring their school textbooks to practice to study. Last year, the

team's 47 members had an overall grade point average of 3.75 out of 4.

At their last tournament (the Florida State Singles Racquetball Championship in Orlando last February) PRP members captured eight first places — more than any other club in the state.

The kids even run a clinic for the adult racquetball players at the club where they practice, the Westside Health and Fitness Center in Bradenton, FL.

If all this sounds too good to be true, the guiding force behind this program, coach Pat Powers says, "Kids want discipline, and will accept it if they know you're not a phony." He adds that the PRP program exposes the kids to a different way of life, and that they like it.

The different kind of life centers around the twin poles of discipline and caring. For a

start, Powers' kids work hard — six days a week, from 4 to 6:30 p.m., mandatory practice. One of the team's own rules, says Powers, is that any unexcused absence means the boy or girl is off the team. Most of the team is at Westside much more than the mandatory practice hours, though.

"This is my home, really," says 12-year-old Allan Engel, a champion, who spends as much as 85 hours a week at Westside or with Powers. "My mom complains because I'm not home enough. It used to be she could not get me out of the house enough."

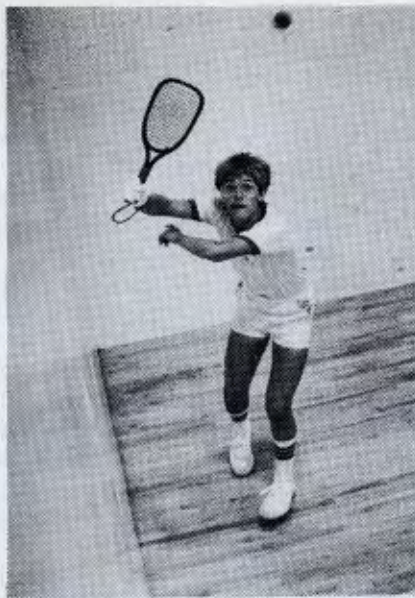
Perhaps the most important aspect of the program is an emotional openness.

"I tell them it's okay to laugh and it's okay to cry," Powers said. "And that's what life is all about, isn't it?"



Photos courtesy of Mike Sloan Tampa, Inc.

Pat Powers shares the joy with one of his players after a tough tournament match.



Robbie Walden, one of the PRP players, takes a forehand off the back wall.

The racquetball program has also been successful in helping children with learning disabilities. In fact, in a pilot program by the county, two students with emotional handicaps work with the other kids.

"I think the program is an alternative to a lot of negative things in these kids' background," says Ralph McElhiney, who teaches emotionally handicapped children at Moody Elementary School in Bradenton. "These kids need a structure and a feeling of self-worth, and that's what Pat teaches. They have a goal and a purpose and a reason to get up in the morning."

One of the best examples of the program at work is 14-year-old Robbie Walden, a *Florida Racquetball Journal* player-of-the-month. There was a time, when he was, by his own admission, a "snotty-nosed little brat," a terror of the Bradenton racquetball courts so obnoxious that no one wanted to play him.

That was, of course, before he met a limping ex-Ranger named Pat Powers, who turned first Robbie's racquetball, then his life, around. In two quick sets Powers beat the youngster 15-0, 15-0. When a sullen Robbie asked whether Powers could make him a good racquetball player, Powers shook his head no, but, he added, he could show Robbie how to become one himself.

Okay, said the then 11-year-old terror, "Show me."

"First," Powers said, shaking what would become known as his fickle finger, "tuck your shirttail in. Then keep your mouth shut and go take a shower."

A shaken Robbie Walden nodded his head, tucked his shirttail in and took his first steps toward both the showers and a string of championships.

Community support for the PRP kids has been tremendous. Last year the community raised \$9,000 to send the team to the Nationals. Diversified Products (DP) sponsors the team.

Powers, a lifelong jock, took up racquetball when he couldn't find anybody to play handball. He was a fierce competitor and a nationally ranked player when, coming off a victory at the Chicago Open, he tripped on a telephone cord. What should have been a minor fall de-



Allen Engel, another of Power's players, prepares a forehand kill shot.

molished his right knee to such a point that doctors recommended amputation, which Powers would have no part of. During the long period of surgery and recuperation, Powers began watching films of racquetball games, formulating a whole new theory of how to teach racquetball.

"The kids are my experiment," he says.

An experiment that is working. ☐

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A Magic Racquet

A Short Story

by Stephen H. Wallenfels

My wife and I were vacationing in San Diego, enjoying the sun and the ocean. I had hoped to play some racquetball but my wife made me promise not to. No racquetball during vacation, period. I could feel what little skill I had developed over the past five years drip out of my right arm and evaporate in the warm sun. She didn't care. The Club Championships were at the end of the month. She still didn't care. The third person in our relationship, my racquet "David" was left at home to gather dust.

One little side trip for us was a short excursion over the border into Mexico. Lois had been told there was good shopping in Tijuana. With her purse held firmly in her right hand and my arm held firmly in the other, she led me across the border. Guided by instinct on her part, and fate on mine, we came upon a small clothing store on one of the side alleyways. Hanging on a wall next to some cotton poncho pullovers, was a racquetball racquet unlike any I had ever seen before.

I walked over to it. The grip was old and had gaps in the leather. You could see right through to the handle, which was, to my surprise, wood. I couldn't see the rest of the frame, or the strings, because it had an old leather cover on it. I felt my right arm twitch. It had been over two weeks since I had swung David. With a nervous glance over my shoulder to see if my wife was looking, I reached up and lifted the thing down. It was heavy, especially with the cover on it. I took a quick swing on the backhand side, then took the cover off and looked at the rest of the frame.

The strings were not nylon, but some sort of twisted fiber I assumed was gut. It was all wood, deeply chipped and gouged, but as far as I could tell, not cracked. Suddenly I felt a boney finger tap my shoulder. Oh God, I thought, my wife.

It was one of the salesmen, a short guy with dark and severely wrinkled skin. He flashed me a three-toothed smile.

"You buy, Mister? Very special racquet."

Looking at it I couldn't agree more. The racquet was by far the ugliest thing I had ever seen.

"No, thank you," I said, handing it back to him. "I have a special one at home already."

"Twenty dollar," he said, handing it back to me. To my surprise I felt my right arm reach out and

take it. "This is magic racquet. Make you a *mucho bueno* player. Never misses. Twenty dollar."

Then, without thinking, my lips took over. "I'll give you five dollars for it. That's five more than it's worth." I reached for my wallet, pulled out a five dollar bill and offered it to him. He shook his head.

We went back and forth like that a few more times. Finally we agreed to a price. I bought the racquet for nine dollars, along with a shriveled chicken foot for another seventy-five cents. He insisted that the racquet's magic would not work unless I had the chicken's foot in my left pocket. He also warned me not to play with the racquet on a Sunday after 12:00 noon. The strings would break and all the magic would pour out. I nodded my head the whole time, listening carefully, but knowing in the back of my mind that there was no such thing as a magic racquet.

My first night back at the club was sure to be embarrassing. I hadn't played at all for almost three weeks. With the exception of a few awkward swings with the Tijuana Special, I hadn't even touched a racquet. I had 20 minutes to warm up before the challenge court ritual began.

As players go, I am considered a solid "C". My ego feeds exclusively on novices and the rare C player worse than me. Not once have I beaten someone above my level. Destiny has placed me here, with the C, to live out my natural life. I play the challenge court on Monday evenings mainly for the workout. I have never successfully won a challenge. It's a well known fact here at the club.

I warmed up with "David". He felt the same as always. My shots lacked power, consistency and control. Much to my dismay, I was the same player that I was three weeks ago. No better, no worse. With David dangling from my wrist, I walked up to the sign-up sheet and wrote my name. I was the next game up. The magic racquet lay quietly in my duffle bag.

The rules of challenge court at our club are simple. Play one game to 15 points. Winner stays on the court, loser comes off. Good players get to

play a lot. Losers get to watch. Bill Trindle was tearing one of our better B players to pieces. He had served nine straight points as I watched. His poor opponent just stood there and watched the balls whiz past. One mighty final serve down the line and the game was over. A player who I have never won more than five points from in any one game, just lost to Bill Trindle 15-2.

I entered the court with optimism of a plump steer walking into a slaughter house. Bill grinned and tossed me the ball. In the service area I offered a silent prayer, then threw at him my secret weapon, a drive serve disguised as a lob. Calmly, as if eating peanuts, Trindle rolled the ball out. That did not surprise me. I was already in position to receive serve before Bill had finished his follow through. Nine aces, two splats, one Z-ball and one pinch later, I was losing 13-0. It was time to use the only other trick I knew. It was time to change gloves.

I fumbled through my duffle bag searching for an acceptable glove. The 12 or 13 gloves I keep strapped to the handle of my bag are for effect only. They are in a hopeless state of decay. My hand brushed against something hard, and then I remembered... the "magic racquet" from Tijuana!

With a "why not?" shrug, I stood up, took the cover off, and walked nervously into the court. Trindle was knocking flakes of paint off the wall with drive serves. A few swings for confidence and I was ready.

Bill went back to work. He hit a hard Z that fooled me completely. I swung and missed. Some magic racquet, I thought. Then I realized that I was missing the all-important chicken's foot. The magic won't work without the chicken's foot. I offered a sheepish apology, then left the court for a second time.

As soon as I returned with the chicken's foot in my left pocket, I felt a tingling sensation go up and down my right arm. The racquet mysteriously felt lighter and finely balanced. I felt stronger. But I also felt that as soon as Bill served it would be all over. I would head for the showers and Bill would remain to dominate the court for the rest of the evening.

Bill served. The magic racquet flashed. In two blinks of an eye I had hit the finest backhand passing shot of my humble career. Bill swore something in locker-room English, then stomped back to receive serve. I looked at my racquet with a new feeling of appreciation.

The next 10 minutes were possibly the happiest of my life. My drive serves were low and hard and frequently hit cracks. My lob serves stayed glued to the side walls and died in the corners. The few serves of mine that Bill did manage to return I killed with the consciousness ease of a Mafia hit man. At 14-14 I had Bill out in the lobby changing gloves. His shirt was soaked and, best of all, there was a crowd of at least 20 witnesses watching challenge court history in the making. At this point, if someone had offered me \$50,000 for the racquet in my hand I would have laughed in his face.

When Bill came back he had a new shirt and glove on. The confident expression he wore when we started the match was gone. He looked worried, possibly scared. He eyed my racquet suspiciously. With a final adjustment of the strap on his glove he motioned that he was ready to receive serve. His movements made me think of a man adjusting his blindfold in front of a firing squad. The magic racquet flashed again. Bill stormed off the court, throwing his racquet into an empty chair. I noted, with pleasure, that he did not sign up for a rematch.

My next opponent was ranked third on the club's B ladder. I had played him several times previously and had never reached double digit scores. After witnessing the dethroning of Bill Trindle, Tom approached this contest with obvious caution.

"You're hitting the ball pretty well tonight, Frank. You been taking lessons or something?"

"Yeah," I lied, "I took a couple from a pro in San Diego. It really helped. I'm trying to follow through more with my shoulders."

He looked skeptical.

"What kind of a racquet is that?"

"Oh, some cheap number I picked up in Mexico. It's a little heavier than 'David', but I like the extra power."

His next question caught me by surprise.

"Mind if I play a few points with it?"

I panicked for a second. Already they're suspecting the racquet. Then I remembered how clumsy it felt without the chicken's foot. Smiling innocently, I exchanged racquets with Tom. We played some points and he lost most of them. He gave the racquet back to me, regarding it with obvious distaste.

"Sure is ugly," he said.

I nodded my head.

"And the strings are way too loose," he added.

"Sure are," I said.

Tom's fate was similar to Bill's. This time I gave up a few points on purpose just to give the match some credibility. One by one I beat each challenger. The evening wore on and I eventually wore out. No one could believe it, including me. Frank Farnslope, lowly C, retired from the challenge court undefeated for the evening. Six men tried and six men failed. I beat them, or the racquet beat them, so thoroughly that there could be no doubt about it. Frank Farnslope was a new force to be reckoned with in the racquetball world.

That night, as I drove home, a plan was already beginning to form in my head. Tomorrow night is "Play the Pro" at the club. Then there are the Club Championships the following weekend, but I decided that's small potatoes. When I got home I found my wife upstairs doing laundry.

"Lois," I said, "pack your bags. We're going back to San Diego!"

She laughed. "Frank, are you crazy? What on earth for?"

"Simple," I said with a fiendish smile. "That's where Marty Hogan lives." □

Asian Tourney

(continued from page 11)

michi Racquet Club, it was quite an impressive and touching ceremony.

"The ceremony and exhibitions were an all-day affair lasting into the early evening. It was the high point of the trip for me," said Baxter. "It was so touching to watch the raising of the flag, a feeling inside of what it must be like for our Olympic athletes, and how it will feel when racquetball becomes a participant sport in the Olympics."

After leaving Tokyo, the team

Sarah Green

(continued from page 33)

Belgium and Austria. Next week she'll be skiing in the Austrian Alps.

"We get the best of both worlds," applauded Green. She enjoys living in a foreign country but also appreciates the American conveniences. The American military in Europe listens to U.S. radio and views U.S. TV, but since Sarah's apartment is too far from post the reception doesn't reach.

She enjoys her German neighbors and they enjoy her. For Weihnachten her landlady left a basket of goodies and signed it "Saint Nikolaus". Sarah's been trying rather unsuccessfully to learn the German language, but luckily her landlady works for the Bundesbahn (train company) and speaks "perfekt Englisch". She also helps Green with travel arrangements.

So, even though this may be the last time that Sarah Green is featured in this magazine — at least until she wins the Inter-Services — her story can be an inspiration to those players who fear that when their racquetball career is over, so is their life. But if one is successful in one thing, it's only logical that one will be successful in other undertakings. We salute Captain Green and wish her continued success as her life marches on — in her career, in sports, and in her travels. □

traveled in groups of five players to Osaka, Kobe and Ngoya where they held similar instructional clinics. While in these cities, each group was treated to numerous sightseeing and shopping tours, in addition to their daily clinics. Once again, the people of each city opened their homes to the U.S. players.

Three days into the final week Martin, St. Onge, Baxter (the number one women's team player) and Andy Roberts (the number one men's team player) boarded a plane for Korea. Upon arrival in Seoul, the group was welcomed by Sue Graham and her husband, General Todd Graham, stationed in Korea with the U.S. Army. The Graham's held a beautiful reception in their home in honor of the U.S. racquetball team. Among the 60 people in attendance were the U.S. Ambassador to Korea and the Olympic Organizing Committee. Also, there were many U.S. military personnel and racquetball enthusiasts, all in all a very warm welcome for the U.S. entourage.

"I've never seen so many generals," remarked Roberts, a military history buff.

The following day, the group journeyed to Kolon Sportex, a 99,000 sq. ft. athletic facility, designated as an official training site for the upcoming Olympics. Once there, they were escorted to a press conference to publicize their arrival and the significance of racquetball being recognized as an Olympic sport. Roberts and Baxter then played exhibitions with the Japanese and Korean players while St. Onge and Martin gave interviews to the newspapers, television and radio stations.

Reunited with the rest of the team in Kobe, the group journeyed back to Tokyo for a final farewell to the many friends everyone had made.

"It makes me sad to leave, everyone has been so wonderful," said Dot Fischl

On the flight home when asked what he thought of the tour, Martin gave a single word reply that described the trip perfectly: "Magic!" □

Happy Hatter

(continued from page 31)

VA.. There are eight racquetball courts, one with full side wall glass, four outdoor tennis courts, a 2,000 sq. ft. aerobics area, 36 pieces of exercise equipment, nursery and snack bar.

Naturally, Remen started playing a greater amount of racquetball. As his playing time increased his proficiency improved dramatically. Winning many tournaments in his local area and in the east, his large array of hats, colorful warmup jacket and psychedelic sneakers made him well known wherever he played.

"I started wearing hats while playing tennis in college," he said. "My hair was rapidly disappearing and the sun didn't help. I would wear Aussie type hats with the rims in the back."

Whenever Remen goes to a tournament he takes at least 20 hats, feeling that white ones are lucky. Often, after he wins he'll give away his hat rather ceremoniously, like a rock star throwing a piece of clothing to his fans.

On one occasion, Ed was called for the first, and possibly, only hat hinder in the history of racquetball. During a hard rally his hat fell off and although he quickly picked it up with his left hand his opponent claimed that the hat blocked his view. Ed won the rally, but they had to play it over.

Although it seems that he is always wearing his hat, Remen says, "I don't wear the hat as much as some people think. I never wear it more than 23 hours in one day."

As for the famous warmup jacket, Remen had traveled to many tournaments and received numerous souvenir tournament shirts that he'd never worn. He took an old warmup jacket to a friend who sewed the logo from each shirt into every area of the jacket, which served as a good luck charm for almost 10 years. Presently, another jacket is in the works.

"I know that the jacket draws a lot of attention," says Remen. "People will often come up to me and mention that they'd been to some of the different tournament sites that could be seen on the inscriptions on the jacket."

As outrageous as his hats and jackets are, his patent leather sneakers are also attention getters. He has them in red, black, silver, blue, white and combinations with different stripes on them.

"I know that I'm flamboyant. It's just an extension of my personality," says Remen. "So many people play racquetball that I like being different. The spectators know that I enjoy the game and hard competition."

His closest friends realize that he

doesn't wear his outlandish clothing to distract his opponents. They feel that he's a credit to the game and one of the fairest players in any division.

"I like to see the crowd have a good time," he says. "When I win a match I'll throw my hat into the crowd. I feel good that people want me to win. So many of the young kids are so cocky that they turn the fans off. I feel that I don't go over that thin line of being conceited."

Although Remen enjoys the game and loves to make his fans laugh, his concentration is second to none. A student of the game, he plays percentage racquetball. A relentless competitor, he has an insatiable desire to win.

He admits to not being a great practice player. In practice he often has trouble against opponents who he'll blow out in tournaments. Ed is one of those fortunate players able to really get his intensity level up for tournament play.

Remen's never-say-die attitude was readily apparent as far back as 1977. In the semifinals of the Mid-Atlantic Regionals he was losing to Tom Kutas 14-10 in the third game. He rallied to win the match 15-14. In the finals he was down 13-5 to Jack Chelucci in the third game. Once again he stormed back, winning 15-13. "My backhand was excellent back then," he said. "However, my forehand was still a tennis stroke and as a result I was having difficulty keeping the ball down."

For the next three years Remen did well locally and in the East Coast tournaments. But he still wasn't satisfied with his forehand. In the summer of 1980 he took three months off from work to get the proper forehand stroke. Using videotape and constant practice his game improved dramatically. Not only was he able to roll out his forehand kill, now comparable to his exceptional backhand, but he was much more aggressive on the court.

In 1981, he reached the semifinals of the Ektelon 30+ Nationals before losing to Jay Jones, a former touring pro. In the AARA Nationals he lost in the 30+ finals to Steve Dunn. Shortly after, he lost to Schwartz in the finals of the DP National 30+.

In 1982, he was a finalist in the AARA National 30+ and 35+ Championships, losing hard fought three game matches, to Joe Wirkus and Hennen, respectfully. Ed was starting to wonder if he was ever going to win a national championship. Finally, he won two national titles, defeating Joe Ycaza in the DP National 35+ finals and teaming with Charlie Garfinkel to win the doubles.

In 1983, he defeated Schwartz in the finals of the DP National 35+ and he also won the National 35+ Invitational doubles title with Hennen.

In 1984, he won the National Pro Senior 35+ title, defeating Herb Grigg in the finals. But it was during the summer of 1984 that a close friend built a beautiful har-tru tennis court in his back yard. Getting back into tennis developed severe tennis elbow that plagued him all last year.

Although the elbow held up remarkably well in the AARA Nationals he didn't win easily. His last three matches in the 35+ all went to tiebreakers, including an exciting 15-13, 14-15, 11-9 match against Mark Hegg in the finals. "I really didn't think I could beat Hegg. It was a very satisfying win," he said. The 40+ were almost anticlimatic as he didn't lose a game on the way to the title.

In Boston at the DP National 35+ and 40+ Championships, Remen didn't lose a game in either division. He continued his victory skein by winning the World Masters 40+ Division in Toronto last summer.

In Cheyenne, WY at the National 35+ Doubles last October, he and

Hennen methodically destroyed two racquetball legends, Dr. Bud Muehleisen and Charlie Brumfield.

Remen laughed as he said, "Brumfield was pushing me constantly. I told him, 'Charlie, the game has changed. The game has changed.'"

Having now won 12 national titles in his career, including six in 1985, Remen feels that he's accomplished what he's wanted in racquetball. However, he'll still continue to play, and travel.

When he does travel his wife Anne and seven-year-old son Matthew usually travel with him. In fact, they've never missed a national tournament. Remen gets a kick out of having his son in the gallery.

"When I win, we split whatever I've won," says Remen. "If I lose, he never says anything. Often, we'll stay at a tournament site for an extra day or two to visit the local sights."

Remen, who is sponsored by Head, concluded, "my main goal in racquetball is to be as good as Ike Gumer and Alan Shepherd. They're both over 65 and still winning national titles."

At this rate, who would bet against him? □

Collegiate Association Seeks Data

The American Collegiate Racquetball Association (ACRA), formed in 1985 to promote racquetball participation on college campuses, is looking for information from colleges and universities across North America to help determine the extent of organized racquetball through the higher educational system.

The feeling among those college coaches and athletes who have attended the collegiate championships in recent years is that there are hundreds of thousands, if not millions, of racquetball players out there in college-land, most of them toiling in obscurity.

"Other than lack of money, the biggest problem facing college racquetball is lack of recognition by school officials," said Jerry Gray, coach at Ferris State College, Big Rapids, MI. "We hope that by identifying those colleges with racquetball teams, we'll bring more attention to our sport on the collegiate level."

At Ferris State Gray holds daily two-hour structured prac-

tices which include front wall videotape analysis, critiques of matches, reviews of professional matches and practice strategies.

Students run local tournaments. There are no scholarships and all the help is volunteer.

"The students participate because of the competition, camaraderie and love of the sport," said Gray.

Anybody who has information on any college or university with a racquetball program, club, intramural activity, etc., can reach Gray at (616) 796-9291.

My Bag

By Tom Grobmisi

Shoes, socks and lock,
Shorts, glove and jock. . .
How carefully I pack it.
A pro in every way,
I'm always set to play;
Oops . . . I forgot my racquet!

EXTRA

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

Paramount Launches Sister Company

Paramount Fitness Equipment Corp., a California-based manufacturer of high end fitness equipment, announced the formation of a sister company, Paramount Consumer Sales Corp. responsible for promoting a new line of home fitness products.

Founded in 1955, Paramount Fitness Equipment Corp., currently distributes its products through a nationwide network of specialty dealers. Clients include: Fitness clubs, corporate fitness

centers, police and fire departments, condominium and apartment centers and high end consumer markets.

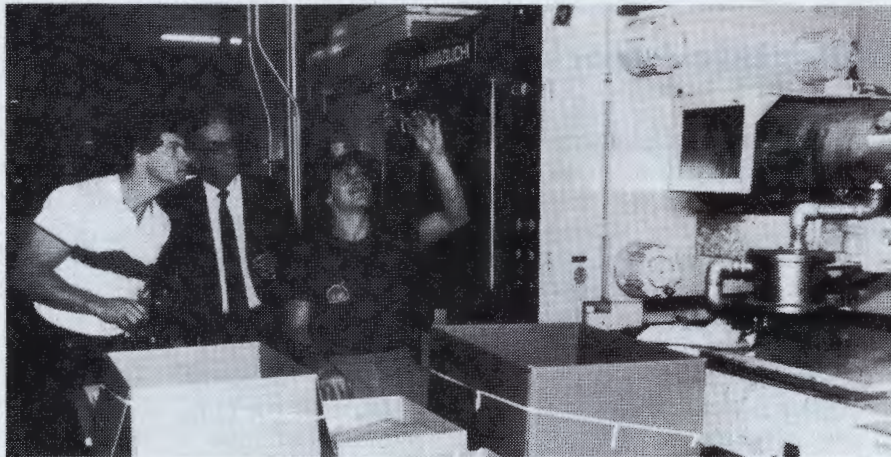
According to PCSG General Manager Tony Steinbach, the decision to form a sister corporation came after long months of market study.

"With our parent company's experience, knowledge and backing, we feel we can expand into the consumer home market," says Steinbach. "We plan to use

a unique distribution method and sell our products at a mid-range price level."

The company plans to distribute its new line of products through a network of sales representatives who sell to select consumer sporting goods outlets.

For more information, call Tony Steinbach at (213) 722-5235 or in California (800) 322-3737 or out of California (800) 854-0183.



Marty Hogan discusses the production of Leader Eyeguards with general manager, D. N. Wilson.

Marty Hogan Signs 10-Year Contract With Leader Sport

R. L. Gilchrist, president of the Leader Group of Companies, manufacturers of protective eyewear for racquet sports, swim, ski and moto cross has announced that Marty Hogan, five-time U.S. national racquetball champion has signed a 10-year extension to his consulting contract for product design and development.

"We're very pleased that Marty has agreed to continue his relationship with us," Gilchrist said. "He's

not only the best in racquetball but he's a tremendous ambassador for the game itself.

"With Marty's involvement we know Leader will continue to lead the way in the production of protective eyewear for racquet sports," he said.

While exact terms were not disclosed, Gilchrist indicated that over its ten year lifetime the contract could total in excess of one million dollars. □

Ohio High School

Teams Formed

A group of high school students have formed the Mahoning Valley (OH) Racquetball Team and after a season of successful competition are planning their second campaign to take place this coming fall.

The team, organized by Tony Cortese, president of the Mahoning Valley Racquetball Players Club, travels to compete against other high schools in Ohio and western Pennsylvania.

"It took a lot of time and expense to pull this effort together," said Cortese, who has a son on the team. "But it was all worth it. We continually had to face the naysayers who said it couldn't be done.

"Maybe it's time to wake up the growth of racquetball on a higher level and keep these kids involved while giving the sport the concept of teamwork and morale that it deserves."

Cortese comes from a family of racquetballers, including his uncle Sam Caiazza, a national doubles champion. □

Ektelon Championship Slated

The \$40,000 Ektelon National Racquetball Championships, entering its ninth year as racquetball's "crown jewel," according to Ektelon sources, will be held for the sixth consecutive year at The Sports Gallery in Anaheim, CA, April 30 to May 4.

Hosted by Ektelon, a leading manufacturer of racquetball equipment and accessories, the Ektelon National Racquetball Championships annually attract nearly 100 of the sport's elite, seeking a piece of the total men's professional purse of \$22,000

Oversized Racquet

(continued from page 29)

wall-front wall crack, as low as possible (Diagram 6).

Using the oversized racquet should add many points to your game. Because the racquet emphasizes power, I would restrict your use of soft, touch

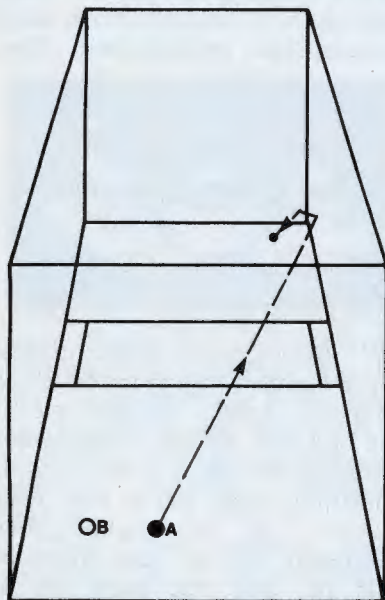


Diagram 6: Overhead kill shot.

shots. Take a full swing on each and every shot.

If you have any doubts about the oversized racquets, think back to when oversized tennis racquets were first introduced. Skeptics said it was just a fad that would quietly die out. Today, regular sized tennis racquets are practically extinct.

The oversized racquets are here to stay. □

(\$10,000 first prize), or the \$18,000 women's professional purse (\$4,356 first prize) offered in concurrent tournaments.

Hundreds of top-flight amateur racquetball players will also be on hand to compete in a national amateur event.

The men's pro division field is expected to offer the most parity and intensity in tournament history. Cliff Swain, the 20-year-old phenomenon from Braintree, MA, who stunned 1981 titlist Marty Hogan, 1980-82 champion Dave Peck and Gregg Peck en route to the 1985 Ektelon Championship, will not have the element of surprise on his side in this year's event.

In addition to Hogan and the Peck brothers, 1983 Ektelon champion Mike Yellen and sixth-ranked Ruben Gonzalez are playing the best racquetball of their careers since picking up oversized racquets this year and either could easily challenge for top honors. Powerful southpaw Bret Harnett of Las Vegas, who won the 1984 Ektelon Championship but sat out last year's tournament due to injuries, is expected to return to the fray this year.

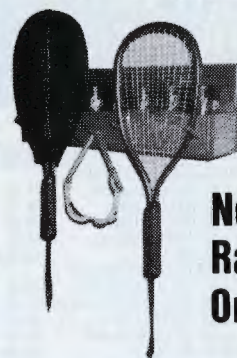
Conversely, the women's pro division title will be difficult for the rest of the field to wrest from defending champion Lynn Adams of Costa Mesa, CA.

Team Ektelon teammate Marci Drexler, who reached last year's semifinal round before being dismissed by Adams, is a viable threat to Adams' throne. Other top distaff pros include Vicki Panzeri, Terri Gilreath and Caryn McKinney.

The national amateur event, sanctioned by the AARA and CARA, will be run concurrently with the pro tournaments at The Sports Gallery.

For the seventh consecutive year, ESPN will televise the men's and women's pro finals to a national cable television audience.

The Ektelon National Racquetball Championships are open to the general public. Ticket information may be obtained by contacting The Sports Gallery at (714) 634-1919. □



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BORON GRAPHITE	106.95
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GRAPH BANDIOO	24.95

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NEW PRODUCTS

Spectacular Specs From USP

Unique Sports Products introduces Pro Specs to their unique line of eyeguards. Pro Specs are the ultimate 180 degree full view eyeguard with no distortion. They are made of indestructible polycarbonate. Lenses are treated with hard coating to minimize scratches.

The eyeguards meet or exceed the ASTM F803 standard for racquetball and squash. Truly the best on the market in non-prescription eyeguards. And it is packaged in full view plastic box with full color display panel on the back. Suggested retail is \$19.95.

Also from Unique Sports Products are Rec Specs, the only eyeguard on the market designed to fit prescription lenses. Rec Specs come with non-prescription polycarbonate lenses which are treated with anti-scratch coating.

Rec Specs now come with non-allergenic, clear silicone pads. The lens size has been increased for greater visibility. And the new plastic display box really shows and sells the

product. Suggested retail is \$19.95.

Rec Specs meet and exceed all tests, including ASTM F803 specs, and are worn by pros in racquetball, basketball, football, soccer, squash and tennis. Available from: Unique Sports Products, Inc., 840 McFarland Road, Alpharetta, GA 30201.

New Balance Debuts Sock Line

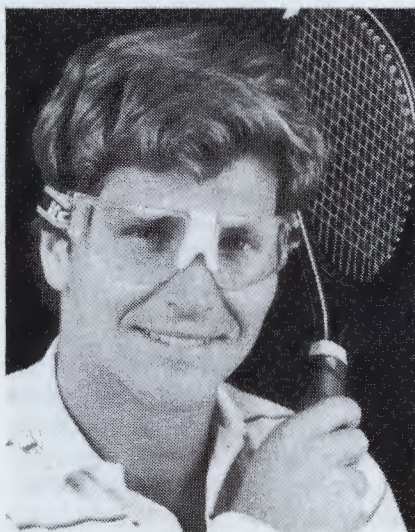
New Balance Athletic Shoe, Inc. has introduced its new line of high tech athletic socks. The new socks, available in basketball ("Hoops"), tennis ("Courts") and running ("Runners") lines, are made for men, women and juniors. With such features as reciprocated toes;



"Y" heel construction; double thick cushion soles; double thick comfort cuffs; added elastic for no-roll collars; cushioning covering the toe box for running comfort; longer cut in the "King Hoops" (2 in. higher than standard) for an easy over-the-calf fit; and the wide use of polypropylene in the tennis and running lines, the New Balance socks are the most technologically advanced athletic socks on the market today.

Along with the sock line, New Balance has introduced a new headband and wristband for immediate delivery.

For more information, contact New Balance Athletic Shoe, Inc., 38 Everett Street, Boston, MA 02134, (617) 783-4000.



Pro Specs from USP

OFF COURT FITNESS

By Jean Sauser



Off The Wagon...

Falling off the fitness wagon is something that can happen at any time in your life. It starts with a desire to relax in front of your television with a few beers, some salty junk food, and a good hometown team to follow through a certain athletic season.

From there a slow, subtle lifestyle change occurs that takes you away from your fitness and racquetball program. The results are a substantial weight gain as well as a decreased energy level due to a lack of exercise and more fat to carry around with you.

I got out of shape this past winter quite by accident because I failed to recognize the warning signs described above. It started innocently enough, with the Chicago Bears. I'd been following the team haphazardly the past few years, catching an occasional game and a few beers on the Sundays I wasn't playing my normal doubles racquetball games.

Then the winning season occurred. As it became evident that the Bears had a chance to win the Superbowl, I took my first lethal step toward becoming an out of shape armchair athlete. I stopped playing Sunday afternoon doubles. I decided to give up playing Sunday afternoons until after the football season was over.

Instead, every Sunday afternoon became Miller time as I followed our team's progress from my couch. I developed a whole new form of self disci-

pline which involved refilling my bowl of potato chips and pouring another beer in the time it took for a 30 second commercial.

As Bear Mania swept Chicago and later on, the country, I began to notice that I was not alone as far as getting out of shape was concerned. The heavy weekend partying over what we knew was going to be our first Superbowl team was causing the guys in my office to grow pot bellies. I observed that this was happening at about the same rate as my thighs were expanding.

"Between the Bears and the cold weather, I'm really getting out of shape," I confessed to one of my male co-workers the Monday morning after the Bears made the playoffs.

"You! Look at this," he countered, lifting his sweater to reveal one month's growth of a belly.

"I thought your wife was the one expecting," I said in jest.

"Really," he said, nodding in agreement. "You know, for some crazy reason this winter I've gone totally off my fitness program too."

"It's the Bears' fault," I said. "We're spending our weekends sitting around eating and drinking and watching them work out. I don't know about you, but this armchair athlete stuff is something I never thought I would ever do. Now, here I am after being in shape most of my life with a new bad habit to break."

"Well, don't be too hard on yourself," he philosophized.

"You need to experience everything once in life. Besides, it takes some strength to start each and every week with a hang-over!"

One month after our conversation and Superbowl shuffles in bars too numerous to count, the Bears won it all. The next day I realized it was time to get back on the fitness wagon.

This happened just in the nick of time. I was up to my largest clothing size. In fact, none of my pants fit.

"How does it feel having to get in shape for the first time in years?" my friend asked me upon running into me in the hall the week after Superbowl Sunday.

"I learned a lesson," I told him. "Where getting out of shape is concerned, once is enough. It's not only unhealthy, it is too expensive. I was three days away from having to buy a whole new wardrobe!"

At this writing, I'm almost back to normal, but only thanks to four things that are on my side.

One, it's spring. I can resume my outdoor running program.

Two, all of our hometown teams are not playing too well. Since I'm a fair weather fan, I only watch winning teams. Sunday afternoon racquetball is back on my calendar.

Three, it's a long way to football season.

And four, I sold my couch! □

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SCHEDULE OF EVENTS

1985-86 RMA MEN'S PRO RACQUETBALL TOUR

MASTER SEASON SCHEDULE

Aug. 29-Sept. 2, 1985
\$15,000 Open
West Lane Racquet Club
Stockton, CA
Winner: Marty Hogan

Sept. 18-22, 1985
\$15,000 Open
Davison Racquet Club
Davison, MI
Winner: Brett Harnett

Oct. 2-6, 1985
\$15,000 Open
Crystal Rac. & Health Club
Crystal City Arlington, VA
Winner: Marty Hogan

Oct. 16-20, 1985
\$15,000 Open
D'Lites Pro Rac. Classic
Park Avenue Health Club
Omaha, NE
Winner: Mike Yellen

Nov. 5-10, 1985
\$15,000 Open
MPact Texas Challenge
International Athletic Club
Dallas, TX
Winner: Gregg Peck

Dec. 11-15, 1985
\$15,000 Open
Gold River Winter Classic
Gold River Racquet Club
Rancho Cordova, CA
Winner: Gregg Peck

Jan. 15-19, 1986
\$15,000 Open
Arizona Athletic Club
Tempe, AZ
Winner: Brett Harnett

Feb. 12-16, 1986
\$15,000 Open
Tulsa Aerobics & Rac. Club
Tulsa, OK

Feb. 26-March 2, 1986
\$15,000 Open
Griffith Park Athletic Club
Beaverton, OR

April 16-20, 1986
\$19,200 Open
Merritt Rac. and Fitness Cen.
Security
Baltimore, MD
RAMB — Dave Pivec
301-532-2250

April 30-May 4, 1986
\$22,800 Open
Ektelon National Champ.
The Sports Gallery
2560 East Katella Avenue
Anaheim, CA 92806

May 14-18, 1986
\$15,000 Open
Boulder/Flatiron Pro Am
Flatiron Athletic Club
505 Thunderbird Road
Boulder, CO
Danny Rodriguez
303-499-6590

June 12-17, 1986
Men's \$33,400 Open
Women's \$16,600 Open
DP National Championships
Arlington, TX
Mark Fairbairn
918-493-3331

FOR RMA TOUR
INFORMATION
Jim Hiser, Commissioner
313-653-9602

WPRA 1985-86 SEASON SCHEDULE

March 7-9
\$10,000 Open
PAC West Athletic Club
Tacoma, WA
Bruce Hartley

Late March/Early April
\$11,000 Open (singles and
doubles)
Kaepa Classic
Atlanta Health & Rac. Club
1775 Water Place
Atlanta, GA 30339
Caryn McKinney
404-636-7575

May 1-4
\$18,500 Open
Ektelon National Champ.
The Sports Gallery
Anaheim, CA

May 29-June 1
\$25,000 Open (singles and
doubles)
WPRA National Champ.
Riverbend Athletic Club
2201 East Loop 820 North
Fort Worth, TX 76118

June
DP National Championships
Site To Be Announced

FOR WPRA
INFORMATION
Caryn McKinney, President
714-641-7452

AARA NATIONAL EVENTS

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

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

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

July TBA
World Games
(Qualifying required)
Site To Be Announced
Contact: AARA
303-635-5396

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

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

RANKINGS

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

RMA PRO RACQUETBALL TOUR OFFICIAL PROFESSIONAL RANKINGS JANUARY 20, 1986

Ranking Player	Points
1 M. Hogan . . . 390.17	
2 G. Peck . . . 380.22	
3 M. Yellen . . . 372.11	
4 B. Harnett . . . 320.18	
5 J. Hilecher . . . 239.91	
6 R. Gonzalez . . . 229.24	
7 C. Swain . . . 215.24	
8 G. Price . . . 210.39	
9 D. Peck . . . 187.67	
10 M. Ray . . . 186.01	
11 S. Oliver . . . 175.17	
12 D. Cohen . . . 154.24	
13 J. Cascio . . . 150.93	
14 D. Gross . . . 134.85	
15 E. Andrews . . . 134.01	
16 J. Egerman . . . 126.59	
17 C. Brysman . . . 117.05	
18 A. Gross . . . 102.99	
19 S. Lerner . . . 100.90	
20 D. Obremski . . . 85.01	
21 B. Sell . . . 79.43	
22 J. Newman . . . 78.65	
23 R. Navarro . . . 64.18	
24 M. Levine . . . 61.29	
25 R. Wagner . . . 60.96	
26 E. Inoue . . . 60.04	
27 M. Griffith . . . 57.81	
28 D. Green . . . 48.83	
29 D. Johnson . . . 43.66	
30 J. Nolan . . . 42.00	
31 A. Roberts . . . 33.48	
32 S. Moskwa . . . 30.51	
33 D. Ganim . . . 28.16	
34 E. Terry . . . 27.13	
35 R. Harripersad . . . 23.97	
36 B. Hawkes . . . 21.69	
37 D. Negrete . . . 20.29	
38 B. Wilhelm . . . 20.23	
39 M. Plotkin . . . 16.08	
40 M. Ceresia . . . 15.90	
41 B. Koltun . . . 14.42	
41 T. S. Clark . . . 14.42	
43 W. Snead . . . 10.82	
44 J. Plazak . . . 10.18	
45 W. Clouse . . . 9.96	
46 E. Remen . . . 9.05	
47 B. Williams . . . 7.68	
47 T. L. Meyers . . . 7.68	
49 J. Sacco . . . 7.11	
50 C. Cole . . . 6.74	
50 T. J. Grosshans . . . 6.74	

WPR A RANKINGS MARCH 9, 1986

Ranking Player	Points
1 L. Adams . . . 200.00	
2 C. McKinney . . . 148.75	
3 V. Panzeri . . . 130.00	
4 T. Gilreath . . . 88.75	
5 M. Drexler . . . 73.75	
6 L. Alvarado . . . 63.75	
7 F. Davis . . . 58.75	
8 L. Martino . . . 50.00	

9 C. Evon . . . 45.00	
9T B. Stoll . . . 45.00	
11 J. Harding . . . 36.25	
11T M. Lynch . . . 36.25	
13 J. Jackson . . . 35.00	
14 S. Robson . . . 30.00	
15 C. Baxter . . . 25.00	
16 B. Bell . . . 23.33	
17 M. O'Brien . . . 20.00	
17T L. Porter . . . 20.00	
17T L. Wojcik . . . 20.00	
20 D. Bohling . . . 13.33	

38 D. Bullard . . . FL	
39 A. Katz . . . CO	
40 L. Porter . . . TX	
41 C. Shields . . . IL	
42 S. Bullington . . . NC	
43 L. A. Coutu . . . DE	
44 J. Eon . . . ME	
45 L. Hjelm . . . CA	
46 B. Stoll . . . CT	
47 J. Azeka . . . IL	
48 T. Benelock . . . TN	
49 L. Fenton . . . NE	
50 S. Luscher . . . MA	
51 K. Tiedeman . . . WA	

AARA/ARHS NATIONAL RANKING (1) MEN'S OPEN MARCH 24, 1986

Ranking Player	State
1 E. Andrews . . . CA	
2 D. Obremski . . . PA	
3 A. Roberts . . . TN	
4 F. Calabrese . . . MA	
5 T. Hansen . . . FL	
6 C. Nichols . . . FL	
7 D. Ganim . . . OH	
8 A. Katz . . . TX	
9 J. Cline . . . NJ	
10 S. St. Ong . . . MA	
11 M. Spugnardi . . . ME	
12 J. Hamilton . . . IN	
13 D. Kelly . . . CO	
14 D. Negrete . . . IL	
15 M. Morrison . . . FL	
16 O. Gonzalez . . . FL	
17 T. Montalbano . . . NY	
18 S. Rubin . . . NY	
19 S. Gonzalez . . . FL	
20 R. Harripersad . . . CA	
21 T. O'Neil . . . VT	
22 D. Aceto . . . MA	
23 F. Snow . . . WA	
24 S. White . . . AL	
25 M. Ceresia . . . CD	
26 S. Moody . . . CA	
27 J. Sumner . . . UT	
28 S. Reid . . . TN	
29 M. Hegg . . . CO	
30 P. Marino . . . CA	
31 T. Riley . . . MA	
32 S. Hastings . . . MI	
33 T. Gabriel . . . IN	
34 G. Thompson . . . NY	
35 J. Jeffers . . . IL	
36 R. Lindwall . . . CO	
37 E. Gartner . . . SC	
38 T. Thielen . . . SD	
39 T. Wallace . . . AL	
40 M. Campbell . . . FL	
41 T. Anthony . . . OH	
42 S. Moskua . . . IL	
43 K. Pillion . . . PA	
44 S. Deaton . . . AK	
45 D. Ferris . . . MN	
46 M. Levine . . . NY	
47 M. Lowe . . . CA	
48 S. Merrill . . . TX	
49 C. Teets . . . MI	
50 J. Eckman . . . IN	
51 J. Owen . . . NM	

AARA/ARHS NATIONAL RANKING (28) WOMEN'S OPEN MARCH 24, 1986

Ranking Player	State
1 C. Baxter . . . PA	
2 C. Fried . . . CA	
3 M. Dee . . . NH	
4 T. Latham . . . TX	
5 C. Evon . . . IL	
6 N. Higgins . . . NH	
7 T. Rasmussen . . . CA	
8 C. Doyle . . . NY	
9 M. Mook . . . CA	
10 K. Kuhfeld . . . IN	
11 F. Davis . . . NJ	
12 S. Robson . . . IL	
13 E. Mardas . . . OH	
14 L. Price . . . IN	
15 C. Nichols . . . CD	
16 J. Curtis . . . FL	
17 T. Eagleson . . . CA	
18 M. Kamahdahda . . . VA	
19 L. Diamond . . . FL	
20 T. Singletary . . . OK	
21 J. Hastings . . . MI	
22 M. Lyons . . . FL	
23 C. Overstake . . . OK	
24 D. Fischel . . . PA	
25 K. Despain . . . UT	
26 M. Drexler . . . CA	
27 D. Mackell . . . IN	
28 J. Quinlan . . . MA	
29 K. Cremeans . . . IN	
30 M. Wieleesen . . . CO	
31 C. McCarthy . . . FL	
32 D. Almeida . . . CO	
33 J. Kelleher . . . NH	
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35 T. Dever . . . UT	
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CANADIAN REPORT

by Sigmund Brouwer



Looking at the Best — Nationwide

They are Canada's best, but they don't think of themselves as sentinels. They only want to hit the ball as well as they can. They fight to win every match. And it makes them guards of the cities across 4,000 miles of Canadian racquetball.

That stretch of land holds few cities sizable in American terms. It takes an area of half a million people to produce half a dozen good open players. Barely 20 of those major centers exist between Vancouver, B.C. on the Pacific, and St. John's, Newfoundland on the Atlantic. In the States, California alone has as many. This population difference elevates the Canadian sentinels much more prominently than their American counterparts.

Players in both countries reach that sentinel position in a king-of-the-hill pyramid system.

It starts at grass roots. Each club has, clinging at the top, the only player to beat. His position may change in the larger pyramid of city competition, then he faces a struggle for the same precarious niche at state, regional and national levels.

The bigger the base, the bigger the pyramid, and the higher the top. For racquetball competitors, the final fight begins, or ends, at the peak of the ultimate pyramid in the rarified air of world class competition, at the guns of Hogan, Yellen and Peck.

These pyramids have grown tremendously in two decades of

racquetball. A proliferation of deep pools across America contain some very big fish. It means, below the professional level, players have difficulty recognizing who is good beyond their own regions. A top amateur from New York could retire after enough sucker beats as a dark horse in Los Angeles. He could send anyone who beats him back to New York to do the same.

The Canadian racquetball world is different. Scanning the CPRO and national rankings geographically sweeps the entire country. Clouse, Vancouver. Shanks, Harripersad, Calgary, Alberta. Greenfield, Winnipeg, Manitoba. Cericia, Jones, and Valin, the major cities of Ontario. Gervais, Harvey, the Quebec cities.

Hundreds of miles separate each racquetball center. Vancou-

ver means a 15-hour drive to Calgary, and another 15-hours to Winnipeg, and another 25-hours to Toronto. Amazingly enough, competition gets tougher and closer each year at the national level, despite the isolation.

This closely knit Canadian system means that the players have the sentinels in each area to provide incentive, and measuring posts, for competition at the national level. Getting past the sentinel means having a good chance in any tournament in the country. Until then, losing — badly or barely — clearly gives them indication of the progress on that long road past the sentinel.

Editor's note: For upcoming Canadian racquetball events, see schedule below.

CPRO Keystone Classic

February 21-23 Winnipeg, Manitoba

Finals: Sherman Greenfield, d. Mike Cericia

Semi-Finals: Sherman Greenfield d. Haydn Jones

Mike Cericia d. Roger Harrisersad

Next CPRO Event: The Canadian Nationals, Toronto, Ontario

May 19-24, 1986, \$8,500.00 prize money

\$100,000

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Arlington, Texas



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Dates: June 12-17, 1986

Site: The Charlie Fitness Club & Hotel, 117 S. Watson Rd., Arlington, TX 76010.

Tournament Director: Mark Fairbairn (918) 493-3331

Entry Fees: Men's Pro Event - \$75.00; Women's Pro Event - \$60.00; Amateur Events - \$35.00; All Second Events - \$15.00. Entry fee includes a tournament shirt, Friday evening banquet, hospitality during the tournament, admission to all matches, and a chance to share in the \$100,000 in cash and prizes to be awarded.

Entry Deadline: June 2, 1986. *NO phone entries. *Entry fees non-refundable.

Send Entry To: 1986 DP Nationals, P.O. Box 5323, Arlington, TX 76005.

Official Ball: Penn Ultra Blue

Starting Times: Call (817) 633-4000, after noon, June 6, 1986.

Sanctioning: AARA membership required for all amateur events. Men's Pro division sanctioned by RMA. Women's Pro division sanctioned by WPR.

Official Airline: American Airlines offering 30-40% discounts on round trips. For complete information call 1 (800) 433-1790 Reference Star #S51012.

Housing: Tournament headquarters - The Charlie Fitness Club & Hotel 1 (800) 424-2754 - Airport Shuttle 633-4000.

Special Activities: Discount organized trips to Six Flags Amusement Park (Monday) & Wet 'n Wild Water Park (Tuesday), for all tournament players and family. (Transportation will be provided.)

Awards:	Men's Pros	Women's Pros	Amateur: Miniature DP glass racquetball court trophies
1st	\$11,750	\$4,000	DP BodyTone®
2nd	5,650	2,000	DP Exercise Bike
Semi-Finals	3,000	1,500	DP Warm Up
Quarter-Finals	1,500	1,000	
Round of 16	500	450	

General Information: Pro Format: Unlimited qualifiers into a main draw of 32. Seating for all pro matches for an additional fifteen dollars. Players may upgrade their general admission ticket. Call tournament director to reserve.

Please enter me in:

- | | | | |
|-------------------------------------|---------------------------------------|---------------------------------------|--|
| ☐ Men's Pro | ☐ 18 & under | ☐ Men's 50 + | ☐ Novice |
| ☐ Men's Open | ☐ Men's 19 + | ☐ Women's Pro | ☐ Women's 19 + |
| ☐ Men's A | ☐ Men's 25 + | ☐ Women's Open | ☐ Women's 25 + |
| ☐ Men's B | ☐ Men's 30 + | ☐ Women's A | ☐ Women's 30 + |
| ☐ Men's C | ☐ Men's 35 + | ☐ Women's B | ☐ Women's 35 + |
| ☐ Men's D | ☐ Men's 40 + | ☐ Women's C | ☐ Girls' 18 and under |
| ☐ 16 & under | ☐ Men's 45 + | ☐ Women's D | ☐ Girls' 16 and under |
| | ☐ Men's Novice | | |

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