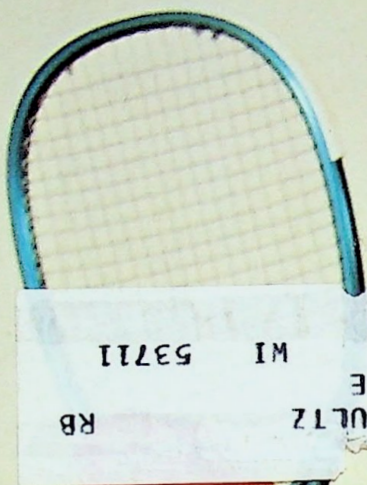


National Racquetball®

Vol. 7 No. 5
May, 1979
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• NEW GAME FOR CATHY LEE CROSBY



-
- 11 PAGES OF INSTRUCTION
 - Brumfield Dissects Power
 - How to Adjust To Eyeguards
 - Beginners' Drills

• DAD'S DAY GIFTS

• STYLES FROM SPORTSWEAR GIANT

• FULL INFO ON NATIONALS



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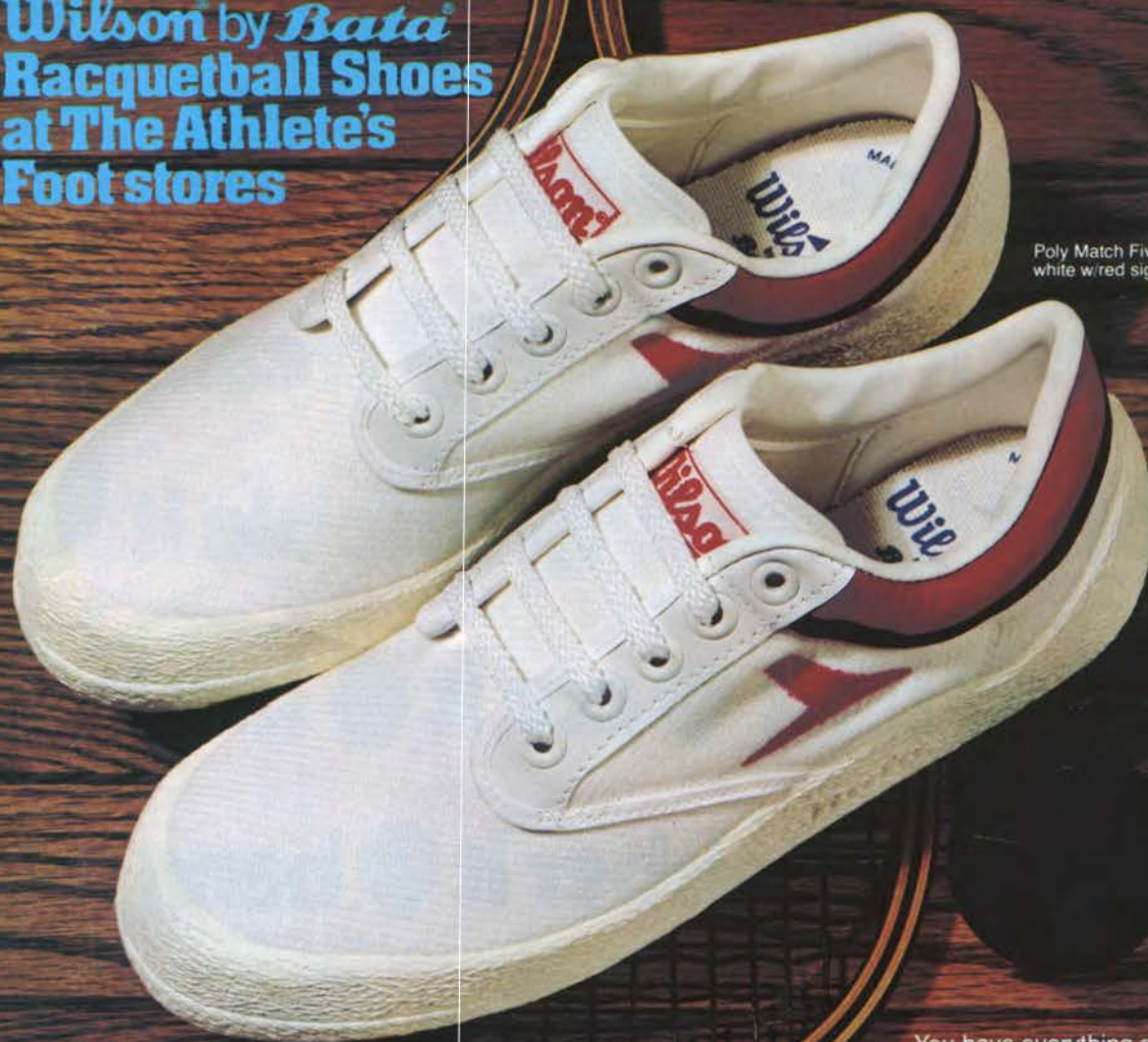
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On the cover . . .

The star of the movie, *Coach*, is a competent athlete off the screen, too. Cathy Lee Crosby is looking for competition now that she's switched from tennis to racquetball. Turn to page 16 for Nick Longhurst's story and more photos of Cathy Lee's on court form.

—Peter Borsari photo

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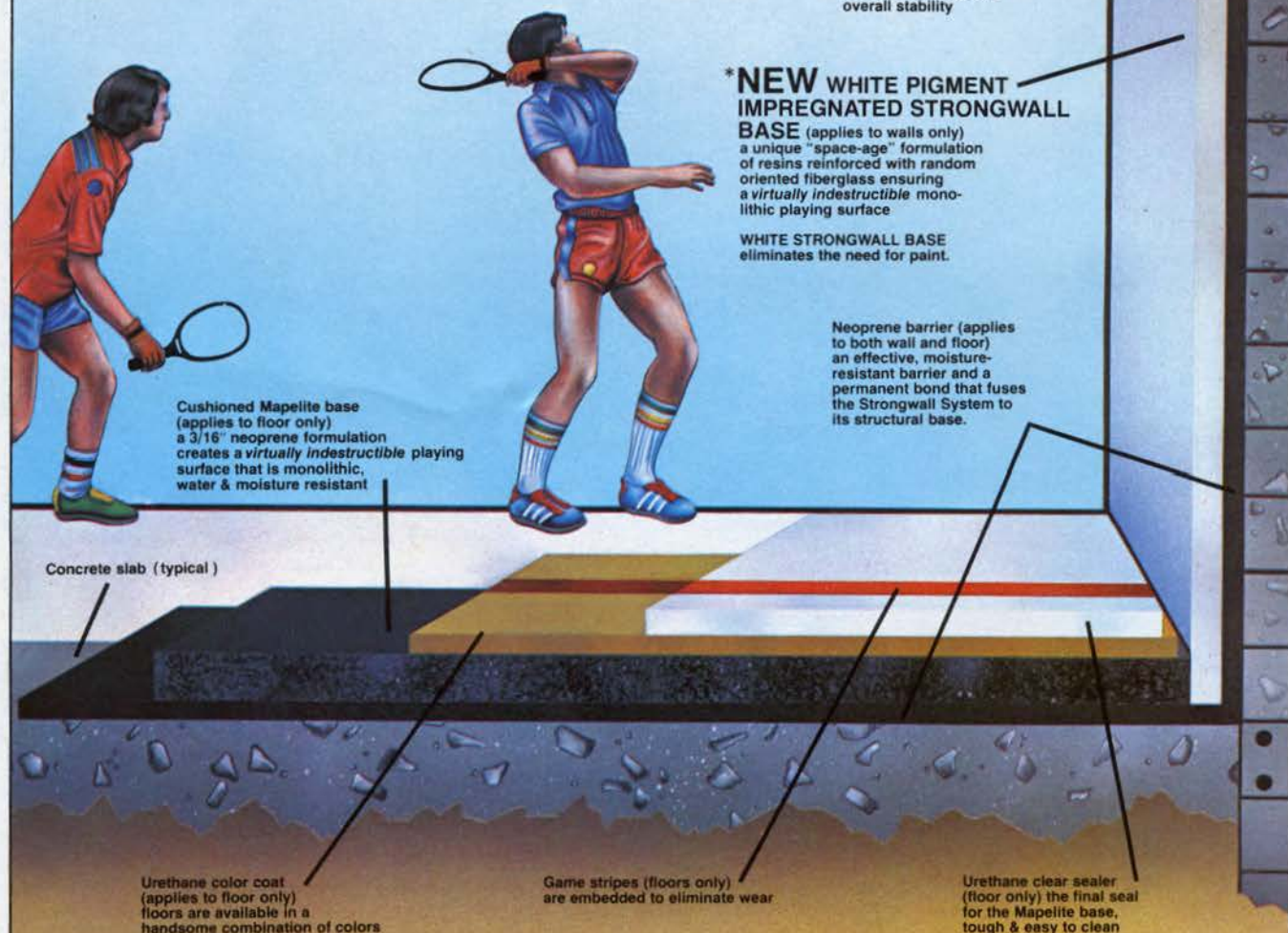
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Hats Off To the Girls!



I think everybody should know that the women professional racquetball players recently organized themselves into a players association, and even though I am not completely happy with this new development, by God, I congratulate the ladies on their accomplishment.

In this era of E.R.A. it is not surprising that our wonderful women give our men still another example of their equality, - in sense as well as shots.

A pro players organization was bound to come and I believe that we at the NRC may have sparked it when we first financed women's prize money and tour stops.

I guess I am unhappy because I didn't get any thanks, but I sure got plenty of complaints. Boys will be boys, as the girls certainly know, - and they objected to sharing "their" prize money. What the men didn't know (or didn't want to hear) was the gals prize money originally came from me, - not from the sponsors. Nevertheless, they wanted it all and although many of them were gracious, an undercurrent of disenchantment swept (and still sweeps) the men's ranks, - because no one wanted to share.

I don't think racquetball would be what it is today (nor what it undoubtedly will be in the future) without you women. I think you have been the chemical that sparked the revolution. I am so sure of it that I am doing the same thing in handball, - introducing a women's ball.

Therefore, I am certain I can expect within a few years the women's Handball Association. That won't make me happy either, but making me happy is not (in retrospect — never was) important. Making the players happy is the key to the kingdom.

That's why I am going to tell you just how I feel. As long as the demands made by the women are in the best interests of racquetball, - as long as they continue to be a credit to the sport, - I'll be with them.

If and when the ladies violate character and principle, - they will lose. They will lose my support, the support of the governing bodies, the promotion, and they will lose the thrust of racquetball . . . and handball.

I will not deny them anything that's good, for them or racquetball. I won't deny a voice or a vote, - but I will deny the marketing miracle that made racquetball — the USRA and NRC.

The gals know that I don't play, - I promote. You can put on a spectacular but if you have no sponsor, no audience, no prize money, - what kind of spectacular will it be?

One of the first things this players association must learn is that it takes more than a few pros to make this game. If they want to play by themselves, well, they don't need us. If they want to play for the world, - then they need us. Guys like Kendler, Leve, Ardito, Bertolucci, Fancher and the more than 30 others I could name who would make them the darlings of the devoted.

Let's have a marvelous relationship. I'll try hard to help this new movement, as long as the requests are presented on the side of character, principle and for the good of the entire sport. When omnipotence creeps into the language or deeds, that will be the day that we will start anew with a fresh crop of players, new sponsors and alternative promotions. We've done it before when it became necessary.

Women cover a broad spectrum of the nation's business, with plenty of executive genius and I have no doubt, some great athletic skill. If all of this is used in the right direction, the ladies can help us make racquetball the popular sport it deserves to be.

I'll listen to any good idea: I'll join in any discussion that may bring out new ideas. As long as we can work together as a team, we'll all get along just fine. Otherwise, the women will go their way, and I'll go mine.

It is entirely possible that the new women's pro players association may serve some good purpose. The NRC and USRA have already proven themselves. Now its up to the ladies. ●

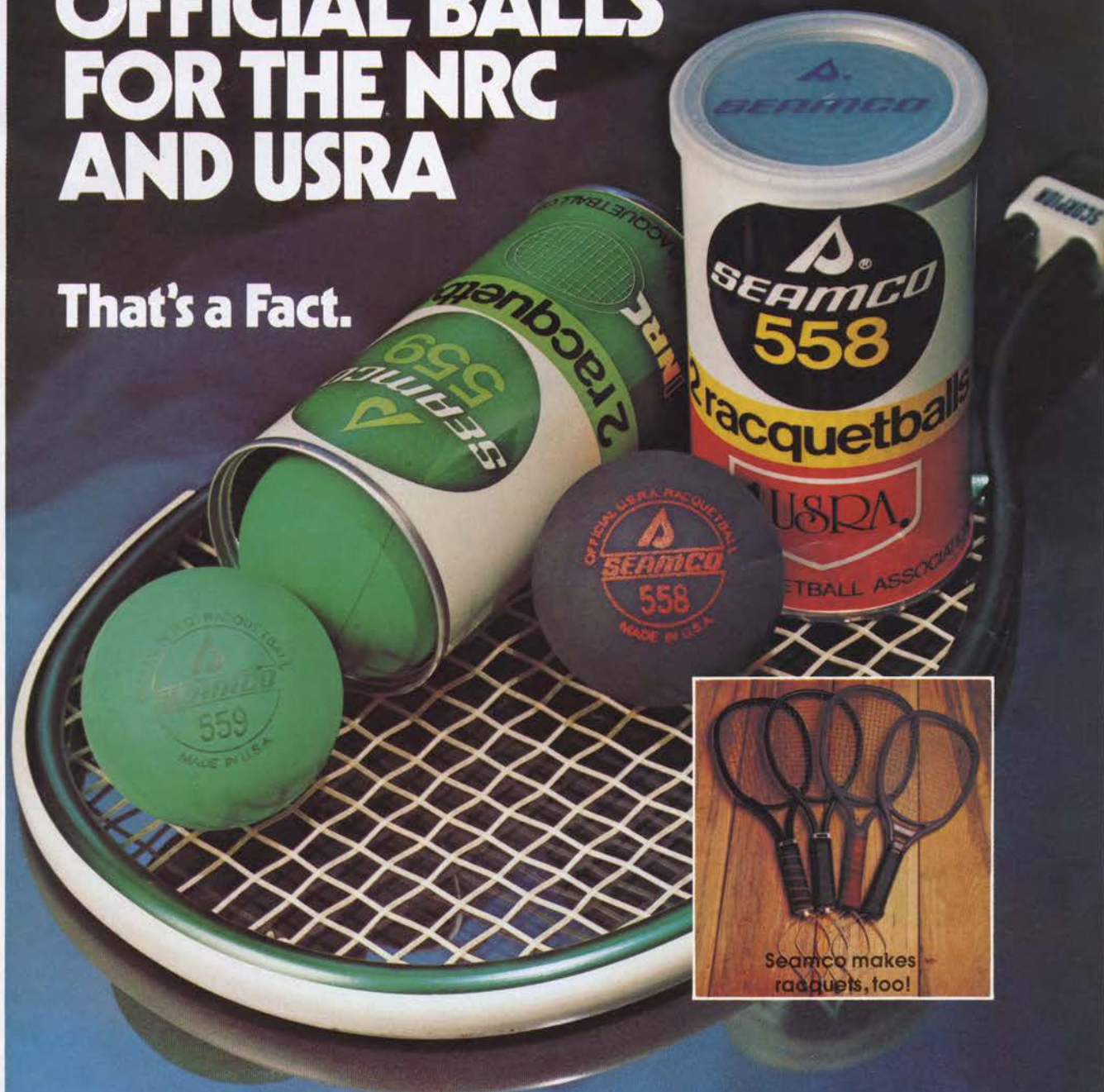
Evie & Bob Kendler

Evie and Bob Kendler

James: Chap. 1, Verse 17. Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.

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It's Tucson For National Juniors

The prestigious 1979 National Juniors Championship tournament has been awarded to the Tucson Athletic Club, Tucson, AZ, for the week of Aug. 13-18, and I might add that I am pleased as can be to make the announcement.

With our new, expanded format bound to make the 1979 edition of the National Juniors the largest in history, we can expect the competition to produce another outstanding crop of young players ready and eager to take their rightful places among the top talent in the nation.

And the Tucson Athletic Club, forerunner of the Arizona Athletic Club (host of the Colgate National Championships) is a perfect site for the juniors. The Tucson A.C. sports all of the needed facilities to make the week as enjoyable as ever for the kids.

The beautiful swimming pool, billiard room, basketball courts, running track, weight room and snack shop are just a portion of what the players can expect from Carl Porter and his outstanding crew.

And those players can continue to dream of the coveted 17-and-Under title which annually sends another young Turk to the pro or top amateur ranks.

Our first juniors champ, Ben Koltun, is as of this writing number seven in the world; the second winner, Larry Meyers, is 16th and last season's champ, Scott Hawkins, is already up to 31st. It's clear indeed that the road to national prominence begins at the USRA Juniors level.

So mark down those dates — Aug. 13-18, 1979. ●



Most Improved Player Award

Do you know someone who has made great improvement in his or her racquetball game? I mean truly outstanding strides toward excellence. If you do, then you should be aware of a new award being offered by the USRA and *National Racquetball* magazine.

The award is the *National Racquetball Most Improved Player Award* and the contest for awards will be open for entries in the month of June, with June 30 set as the deadline.

The contest, aimed at recognizing the amateur player whose name might not always make headlines in tournament results, will honor the men, women and juniors who have made the most exceptional progress while playing racquetball from June, 1978 to June, 1979.

One winner will be announced for each state in which a player qualifies for the award. (If 50 states come up with qualified candidates, we'll have 50 winners, but *National Racquetball* will make the awards only in those states where there is a player whose progress has been outstanding.)

Winners, whose stories and photos will highlight a fall issue of *National Racquetball*, will receive lifetime memberships in the USRA (including a subscription to *National Racquetball*) and a variety of equipment and instruction prizes.

USRA staff members will select the winners with the help of USRA state chairmen, who will aid in compiling the statistical data needed.

So check out the entry form on page 60. We look forward to receiving yours. ●



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Ready to Compete Again



This Time It's
Racquetball for
Cathy Lee Crosby

by Nick Longhurst



When actress Cathy Lee Crosby grew up in California, she started playing tennis at an early age, and she entered her first tournament when she was only 13.

Now her competitive tennis career is over, put to one side by a heavy commitment of film work. But she still finds time for her new sport — racquetball — and she plans to enter her first tournament very shortly.

Cathy, who was ranked in the top ten tennis players in America in the mid sixties, first started playing racquetball three years ago. She played with a friend who hauled her down to a court near her home in West Los Angeles for a quick workout game.

"It was great. I knew that I could get back some of my old competitiveness again," she explained to *National Racquetball*.

Cathy Lee, who recently starred in the movie *"Coach,"* in which she plays the female coach of an all male basketball team, enjoys sports. For her athletics are the best way to stay in shape.

And she was recently in front of the television cameras again — this time in a pilot for a celebrity racquetball series which pitted her against boxer Ken Norton.

"This way I get to combine work and pleasure," she says.

Prior to the racquetball show she had been receiving some coaching at the capable hands of Jennifer Harding, the number two ranked women's professional.

"I began to realize that there was a lot more to racquetball than meets the eye. I suppose before that I had the

The author does a little on court research
for his cover story.



typical tennis player's view of racquetball, that it didn't take as much skill – but demanded a lot more physically.

"Under Jennifer's tutelage I began to realize that there was a lot more to it than just bashing a ball around in a little room."

Cathy Lee, who now plays two or three times a week, stopped competing in tennis tournaments six years ago.

"I had played nine competitive years of tennis, and it was enough for me. Now I would play more racquetball, but it is still hard to find courts where I am filming. I had been working in Canada and Europe and there I was unable to find anything. In one place the only way we could get to play a game while

on location was to talk the local American military into letting us use their facilities."

Cathy plays a lot of racquetball because she loves the speed of the game and her long years of playing other racquet sports have given her a good eye hand coordination.

"There is nothing to beat that feeling that after an hour on the court you are really sweaty and have done your body a great deal of good. And I like to be competitive. I'm looking around for a good C class tournament to enter . . . I just want to see how good I am." ●



—Peter Borsari photos



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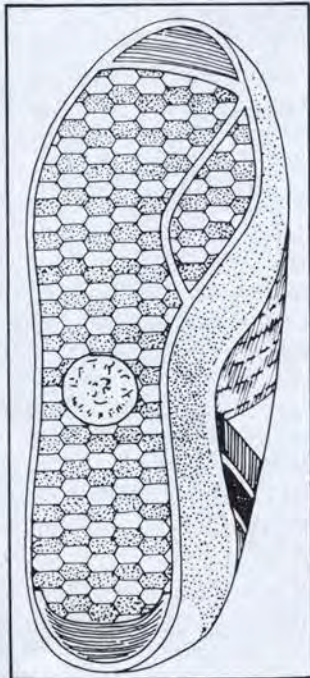
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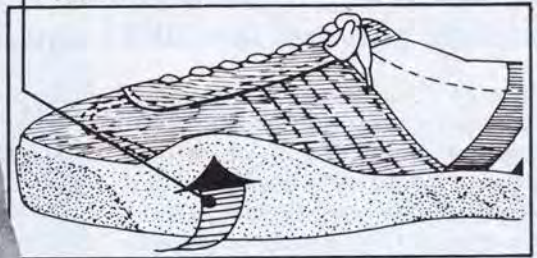


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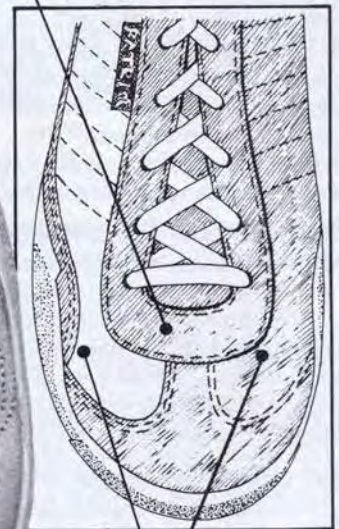
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Kessinger, Oliver Still Baseball's Top Racquetball Players

Spectators at the 1979 Coors All Pro Racquetball Championship tournament for major league baseball players Jan.29-31 saw history repeat itself.

Among 24 major league players Don Kessinger (manager of the Chicago White Sox) and Al Oliver (Texas Rangers), the two finalists from the 1978 All Pro baseball players' event, again emerged as the top two finishers. The competition carries a \$22,000 first prize purse and awards the one and two finishers \$4,000 each.

Kessinger and Oliver now qualify for the All Pro Finals, to be played next January, where they will compete against qualifiers from similar events to be played throughout the year for National Football League, National Basketball Association and National Hockey League players. One individual sport star and one sport veteran will also compete in the Finals.

Oliver and Kessinger competed in the All Pro Finals for the 1978 series. The Finals, played Jan. 12-14 at the Las Vegas Sporting House (the site of all tournament events), was won by Randy Vataha, ex-NFL wide receiver. Vataha collected the \$58,000 first prize purse for his victory.

Oliver downed Kessinger in the first round of the All Pro Finals and placed fourth in the tournament, earning \$18,000.

"When I won the baseball finals it was the greatest feeling I ever had in pro sports. People recognized it as an individual effort and achievement, something I never received as a baseball player where the team as a whole receives the credit," Oliver says.

Oliver and Kessinger were seeded one and two respectively in the 1979 baseball event. Directly following in order of seeding was the entire New York Met delegation entered: Pitcher Craig Swan, Shortstop Tim Foli, Outfielder-Infielder Bobby Valentine and Catcher John Stearns.

Pittsburgh Pirate Dale Berra, son of Yogi Berra, was seeded seventh in the competition. Dale picked up racquetball a year ago when his father opened the Yogi Berra Racquet Club in New Jersey.

The Met players also were a threat to Oliver and Kessinger in last year's baseball tournament. Last year's semi-final matches paired Oliver and Swan, Kessinger and Foli. The 1979 draw produced the opposite match-ups and almost proved to be Oliver's undoing.

Kessinger easily defeated Swan in their semi-final match. Kessinger went ahead 11-4 in the first game but at one point Swan pulled to within 14-19. Kessinger held him there with two consecutive shots to finish at 21-14. Kessinger led all the way in the second game, defeating the Met 21-12.

In quarter-final action, Kessinger eliminated Berra from the competition, downing the Pirate third baseman 21-12, 21-16. Kessinger allowed no sympathy for one of his teammates, Wayne Nordhagen, when the two White Sox players met in the second round. Kessinger gave up only three points, downing Nordhagen 21-1, 21-2. The White Sox manager also defeated San Francisco Giant Rob Andrews in the first round 21-8, 21-2.

Oliver's semi-final match against Foli was the most exciting of the 1979 tournament and was, in Oliver's words, *"the most difficult racquetball game I've ever played and that includes last month's All Pro Finals against Kessinger."*

In the first game of that match Foli built an early lead, 9-3, but Oliver fired off eight straight shots to go ahead, 11-9. Foli trailed the remainder of the game which Oliver closed out, 21-16. In the second Foli reversed his first game setback, leading all the way to the 21-7 finish. Foli took the early lead in the tiebreaker 2-0, but Oliver registered four straight points to move ahead 6-2. Foli added one more to his total and Oliver finished the set 11-3, with five consecutive points.

"I played well in the tie-breaker," explains Oliver. *"I don't play well till I get mad and playing under pressure gets me mad."*

Oliver defeated the eighth seeded player in the quarters, Ken Rudolph, last year with the St. Louis Cardinals and recently named manager of the Chicago Cubs' minor league team. Oliver easily defeated the new Cub 21-17, 21-3. In second round play Oliver downed another of Kessinger's teammates, Rich Hinton 21-2, 21-7, and in first round action the Ranger allowed Bill Campbell, Boston pitcher, only a point per match, capturing a 21-1, 21-1 win.

Kessinger and Oliver now have a year before they meet in the finals. Both players will be playing as much as possible between now and that time and planning strategies to counter each others' style.



Don Kessinger of the Chicago White Sox, left, defeated New York Met Craig Swan in this semi-final pairing of the \$188,000 Coors All Pro Racquetball Championship. Kessinger downed the Met pitcher 21-14, 21-12.



Al Oliver, left, of the Texas Rangers and Tim Foli of the New York Mets anticipate their next moves in this semi-final match of the 1979 Coors All Pro Racquetball Championship for major league baseball players. Oliver edged Foli 21-16, 7-21, 11-3.

"The match between Al and me was clearly the closest match of last year's Finals and was even closer than the score would indicate," said Kessinger, referring to Oliver's 21-17, 5-21, 11-6 triumph. "Each point was hard fought and the match easily could have gone either way.

"I think I will have a very good chance playing against Al in the '79 Finals."

Oliver is even more optimistic and self-confident than Kessinger. "Next year," he promises, "I'm going all the way." ●

Randy Turnell photos

Major League Baseball Results

First Round: Dale Berra (Pittsburgh) d. Rich Hinton (Chicago White Sox) 21-7, 21-11; Bill Madlock (San Francisco) d. Bob Shirley (San Diego) 21-8, 21-10; Pete LaCock (Kansas City) d. Del Unser (Montreal) 21-16, 21-5; Brent Strom (San Diego) d. Tippy Martinez (Baltimore) 21-15, 21-17; Jim Anderson (California) d. Wayne Nordhagen (Chicago White Sox) 21-4, 21-12; Bill Campbell (Boston) d. Bob Owchinko (San Diego) 21-19, 13-21, 11-5; Rob Andrews (San Francisco) d. Royle Stillman (Seattle) 21-13, 21-18; Al Oliver (Texas) d. Campbell 21-1, 21-1; Ken Rudolph (Chicago Cubs) d. Madlock 21-3, 21-8; John Stearns (New York Mets) d. Anderson 21-9, 21-11; Tim Foli (New York Mets) d. LaCock 21-3, 21-5; Craig Swan (New York Mets) d. Strom 21-3, 21-5; Bobby Valentine (New York Mets) d. Barry Evans (San Diego) 21-6, 21-12; Berra d. Gary Carter (Montreal) 21-17, 21-6; Don Kessinger (Chicago White Sox) d. Andrews 21-8, 21-2; Carter d. Joe Zdeb (Kansas City) forfeit; Hinton d. Evans 21-4, 21-13; Unser d. Strom 21-4, 21-8; Andrews d. Shirley 21-2, 21-10; Anderson d. Martinez 21-17, 21-11; Nordhagen d. Campbell 21-15, 21-18; Madlock d. Owchinko 21-13, 21-16; LaCock d. Stillman 21-4, 21-9.

Second Round: Oliver d. Hinton 21-2, 21-7; Rudolph d. Carter 21-17, 21-3; Stearns d. Madlock forfeit; Foli d. Unser 21-9, 21-8; Swan d. Anderson 21-6, 21-8; Valentine d. LaCock 21-14, 21-5; Berra d. Andrews 21-12, 21-16; Kessinger d. Nordhagen 21-1, 21-2.

Quarter-Finals: Kessinger d. Berra 21-12, 21-16; Swan d. Valentine 21-6, 21-8; Foli d. Stearns 21-7, 21-9; Oliver d. Rudolph 21-17, 21-3.

Semi-Finals: Kessinger d. Swan 21-14, 21-12; Oliver d. Foli 21-16, 7-21, 11-3.

Experiment Works: The Dutch Like Racquetball

Though They Can't Beat Americans

by John Parry

"Even though I'm the Dutch champion, I don't expect to score a point against Americans," said Tony Luyckx modestly. "They're too good, and we're only just beginning."

Tony is too modest! He performed creditably, although beaten by fourth seeded Gene Couch in the first round of the first international racquetball tournament staged at Racket Center Westvliet, the gleaming new court complex here in the Hague, Holland's capital, Feb. 10-11.

Jim Mattingley beat Rich Allman in the men's singles finals of the tournament, and Helen Thomas of Australia beat Carol Schneider in the women's finals. All four are working with the U.S. Forces stationed in Germany, and Mattingley and Allman are GI's.

Luyckx and Mirjam Willeheesen, men's and women's champions of the Netherlands, joined 15 American men and 15 women for the tournament.

Although racquetball has only been played in Holland for less than a year, Luyckx, in particular, shows great promise according to Couch, who beat him easily.

"Tony plays a tough game and all he needs is experience against top class — which means American — players," Couch told National Racquetball. "A few months spent in the States would do his game so much good that he'd be hard to beat."

Getting experience in the States and against American players is the name of the game here in Holland. Ron Volkenhoff, pro at the Racket Center, has just made his annual visit to the States to pick up tips on the scene, but himself admits Dutch racquetballers are "light years away" from being able to play Americans on a regular basis.

American pros Charlie Rish, left, and John Lynch, right, sold young Dutch players on racquetball after Center Westvliet Owner Han Van der Heijden invited the instructors to hold clinics in his new club — Europe's first commercial racquetball facility.



"Look at my own game," says Volkenhoff, 25, wryly. He was beaten in the first round of the tournament by European Racquetball Association President Hal Leffler, who's coming up for his 60th birthday.

"We opened our racquetball courts in October last year pretty much as an experiment," says Han Van der Heijden, debonair young owner of the Racket Center. "We weren't sure how many people would be interested in playing. Now we've got 75 people signed up as regular racquetballers and we've had to start a waiting list for anyone else who wants to play because there's simply no room for them on our two courts."

"We've got 100 percent occupancy of those two courts from 8 a.m., when we open, right through to 10 p.m., when we close, seven days a week. And until we've finished building our three new courts — they'll be ready in July — we've put a lid on signing up new players. I'm amazed the game took off so well!"

Racket Center Westvliet also has 12 tennis courts and three squash courts. Membership for racquetball costs 230 Guilders (\$115) a year but that's it as

far as fees are concerned. There's no extra charge for reserving a court — you just have to try to find one that's available!

Van der Heijden first saw racquetball on a trip to Canada in 1977 and was hooked immediately. He wrote the idea of racquetball courts into the plans for the Racket Center, then already on the drawing board, but very much as an experiment. Nobody had ever heard of the game in Holland, where tennis and squash are the big racquet games, and putting in racquetball courts was a major gamble.

So, in fact, was the Racket Center, although it's turned out to be a goldmine in its 14 months of existence, with 75 percent occupancy at all times for the tennis and squash courts. Van der Heijden, who is owner of one of Holland's largest chains of gas stations, got into the court club business only in 1974 when the oil crisis hit his business hard.

"We started looking for a new outlet, something which would diversify our business out of gas stations so we wouldn't be at the mercy of a new energy crisis," he told National Racquetball.

Dutch Champion Tony Luyckx, left, takes evasive action against American Gene Couch in the February tournament at The Hague, Holland.



- Ronald Speller photos

"Holland is a sports crazy country but the weather is so bad for most of the year you've got to have indoor facilities, so we went into indoor tennis and squash. Racquetball came along by accident — we never really thought it would boom the way it has."

Volkenhoff — who also teaches squash — gets to the States once a year for a refresher course in racquetball, and is looking forward to the chance of playing more regularly not only against the Americans, but also against other Europeans and — eventually — against players from the United States itself.

Van der Heijden has already made a first step towards an international coaching program by importing, for two weeks, John Lynch and Charlie Rish, pros headquartered in Chicago clubs. Volkenhoff and Van der Heijden are convinced the enthusiasm among young Dutch players for racquetball stems to a large extent from these clinics — and are hoping to capitalize on this enthusiasm with more tournaments.

The first Dutch Open Championship is scheduled for May with players from Belgium, Germany and the U.S. armed forces, and players hope to compete in the first European Racquetball Championships in The Hague in April, 1980, with six countries represented.

Holland seems to be where it's all happening in Europe. Following the success of Racket Center Westvliet, four more courts are under construction at a similar center in nearby Rotterdam and another court at the Holiday Inn in Leiden, halfway between The Hague and Amsterdam.

Modest beginnings, perhaps. But considering the fact that a year ago there were NO racquetball courts and NO racquetball players in Holland, it's a sign of progress — and a sign, too, of the appeal racquetball has for young and old, whatever their homeland. ●



Australian Helen Thomas, left, beat Carol Schneider, of the United States in the women's finals of the Dutch meet.



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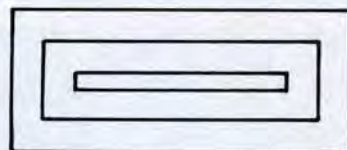
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Inside the Master's Mind

by Charlie Brumfield



Putting Power Into Your Game

With this article Charlie Brumfield, four time national champion and touring pro for the Sportrooms Racquetball Clubs, continues his exclusive series for *National Racquetball*.

Power As Style

Racquetball style is in a state of continual evolution. Ten years ago, there were no true "racquetball" players. The players excelling in early racquetball were, for the most part, converts from other racquet games. Paul Lawrence and Craig Finger were tennis and squash enthusiasts. Steve Keeley and I were paddleball champions. Two-time champ Bill Schmidtke, the legend goes, derived his unusual backhand technique from his fly fishing days.

From these divergent backgrounds, it's no surprise that the styles of the early greats were kaleidoscopic. In addition to style of play, the actual swing mechanics of each of us was profoundly affected by our pre-racquetball sports endeavors.

During the early to mid-70's, (my "wonder years") I tinkered with and gradually refined the principles of *control* racquetball. This took form at first in the ceiling ball/hypotenuse offense and gradually metamorphosized into the infamous "tour of the court" offense, in which I would keep the ball in play until my opponent dropped dead from exhaustion.

If I had to label or offer a suitable analogy, my playing philosophy was very similar to Chris Evert's baseline defensive theories in tennis. The swing I employed naturally fitted the style I had chosen to use — a *straight back-straight through* motion that minimized error. A punching, shortened stroke (akin to a boxer's jab)

scored many a point in front and mid-court (where most of the scoring was done in those days). Even then, however, my peers were utilizing many techniques that will become commonplace for all good players of the 80's.

Hilecher was well on his way to developing the power serve. Schmidtke had become the evangelist for the offensive theory, i.e., win or lose with your pure shooting ability. George Rudysz, Mike Zeitman and Steve Serot were hitting every shot as hard as possible.

The next swing of the pendulum (circa 1977) brought the beauty and symmetry of the *control* style into disrepute. The young lions, who had always come up whaling at the ball were still doing so, only now they were winning with it.

Marty Hogan was able to mesh, at a very early age, the power of a Rudysz, the shooting of a Schmidtke and the serve of a Hilecher. Hogan, of course, is not the only youngster in racquetball swinging from the heels.

It's very popular; it's very "in"; it's the style. POWER, POWER, POWER!

The reason for the domination of power (and its worshippers) is easy to explain.

1. Racquetball by nature, is the most offense and power oriented of all racquet games. Less accuracy is required in comparison to other racquet sports, where the slugger is hampered by an evil net, or tin, or constricting side lines and baselines.

2. Young players of today, since they have learned racquetball first, are developing *racquetball* swings, not tennis, paddleball or squash swings. They are demonstrating the technical ability to crush the ball beyond all expectations of the earlier era.

3. Today's ball is substantially faster than its ancestor, which has been instrumental in shifting the emphasis toward power.

4. Glass courts have markedly decreased the depth perception of the contestants. This works against the control player because he requires five or six well hit shots a rally to accomplish his objectives.

5. The tie-breaker has removed much of the conditioning required. The Shooter has the distinct advantage again.

The next swing of the pendulum will occur when there are 20 or 30 or 40 youngsters who can hit with power from both sides backhand and forehand. Then the all-court ability will decide championships. The ability to pace the play, conditioning, court generalmanship and pressure play will once again take their well deserved place in the arsenal of a champion.

At any rate, the ability to strike the ball with power (backhand and forehand) will remain an integral part in any racquetball repertoire. So let's not put our head in the sand — let's learn power too!

The Production of Power

Newton is no longer with us, but if he were, he'd be proud of Marty Hogan for demonstrating the continued applicability of his formula for power: $F = (m)V^2$.

Force (or power) is equivalent to the mass of the object (the racquet) times velocity squared.

In layman's words, take the weight of the racquet and multiply it by the speed with which the racquet is moving and multiplied again by itself — that's your power.

Since the velocity portion of the equation is multiplied by itself, it's obvious that racquet speed is the single most important facet in the production of power. The faster you can make the racquet move, the harder the ball will be struck and the more pain you'll cause when striking a vital area of an opponent's anatomy.

In addition, the formula indicates that the heaviest racquet which does not decrease racquet speed would create the most power. Does this mean that you should run out and buy a heavy racquet? No — quite the contrary. Radar gun studies indicate that most players could increase the power ratio by playing with lighter racquets — the speed of light, so to speak.

Assuming that you've chosen a racquet and are satisfied with it, let's dissect the remaining variables in the formula-racquet head speed.

The faster you swing the racquet, the more power you generate and the greater ball speed your shot will possess. If we begin to analyze racquet head speed, we find that two factors determine it — strength (25%) and technique (75%).

The first part of my discussion will deal with the "New Technique" brought into vogue by the highly successful young players on the NRC-Colgate Professional Tour. In addition, I will bring under fire certain of the sacred principles that have been handed down as gospel for the last 15 years.



It is my opinion, supported by hundreds of thousands of my own practice swings in addition to the critical review of thousands of photographs capturing what actually happens in the power swing, that the following material is the latest and most complete critique of the *Racquetball Swing* and makes all previous writing by myself and other authors OBSOLETE!

(For those interested in power, there is an excellent new text out on the subject — Marty Hogan's Power Racquetball. This new book was written by Arthur Shay, myself, and Marty Hogan, whose words have been lengthened to more than one syllable to enhance reader enjoyment.)

Maximum power means maximum utilization of all anatomical sources. When Hogan, Hilecher or Davey Bledsoe rip the ball — legs, hips, torso, shoulders, arm, forearm and wrist all play a crucial role in generating and finally transferring all the power to the racquet head.

Any student knows that to hit hard that you need to use all of your resources. But the proof of the pudding is in the eating. When I first started experimentation with ripping the ball, I



found more often than not, the result was less power, not more. All my body parts were flying around — there was no question about that — however, seldom did they arrive in the hitting area together. That's the secret — timing.

Bill Tilden described timing in his 1923 treatise *Match Play and the Spin of the Ball*, "There is a fraction of a second when ball and body are in such a juxtaposition that if the ball is struck then the speed and pace are increased over any other time of playing. That is the moment when the weight of the body crosses the center of balance in a forward movement, simultaneously with the ball in its backward flight, and the stroke and ball meet. Only by this forward movement of the body weight at the exact moment of striking the ball is it possible to acquire maximum power. That is perfect timing."

I've watched many an instructor working with a young player telling him his shot is not reaching the maximum because he is swinging too hard. The student is, in all probability not swinging too hard but rather with



improper timing. What people fail to realize is that the larger body parts — the legs, hip and shoulders have to start milliseconds before the less bulky elements of the swing (arm, forearm, wrist) in order to arrive at Tilden's juxtaposition necessary for maximum power.

The common error for the average swinger is to start everything at the same time. I like to think of the proper swing building from the ground up. The legs must release starting the swing. This is called stepping into the ball. Then come the drive and torque of the hips. Next the torso and diaphragm, then shoulder, arm, forearm, and wrist in that order. (Note photos.)

What *must* be kept in mind at this juncture is that although a pro may look smooth, his swing really is not. Each body part jerks or buggieswhips in turn producing the torque that eventually creates racquet head speed. A player trying to learn power and mistakenly assuming that his swing should be smooth is doomed to be forever hitting inside the proverbial wet paper bag.

Several analogies should give you the concept: the crack of a bullwhip, the snap of a towel, the flip of a playing card, the whip of a frisbee. The common denominator is the efficient production of tremendous speed and the fact that in each we have a buggiewhip or a recoil torque rather than a smooth flowing motion. Because of this, very little apparent effort creates tremendous results.

Baseball gives us good evidence of this where a relatively small person like Hank Aaron was able to turn timing into power to set home run records, while many larger, stronger players continued on their way to mediocrity.

You should also notice that in each of these, the body part actually decelerates at the critical moment to produce torque. Vic Braden, noted tennis analyst, terms this *deceleration/acceleration*.

In plain language, this principle indicates that each preceding body part must accelerate, then decelerate rapidly in succession to create torque. If all parts of the swing smoothly turn past the hitting zone we have what I generally refer to as a *sweep*-not the *pop* of the snapping towel.





The proper hitting zone is an area of much dispute among today's racquetball teachers. For years I've read article after article extolling the virtues of contacting the ball off the front foot on the forehand. According to my theory this is *absolutely improper*.

It's my contention (supported again by my own intensive experimentation) that the proper release point is *in line with the hitting shoulder*. This is because in racquetball the ball remains squashed on the strings for a certain amount of time. Therefore, your hitting zone should be slightly deeper.

From where did this incorrect front foot theory come? It has certainly ruined the power potential of many a swing because if you do make contact that far forward you're not really hitting the ball but rather utilizing a modified push. An analogy would be an athletically inexperienced girl trying to throw a ball. Normally, she will release the ball too late and too far forward — and be forced to almost push or shotput the ball rather than throwing it.

After asking around I finally got to the root of the front foot myth. In tennis, the forehand should be struck off the front

foot. Tennis is really a lifting game where the ball is lifted over the net, often with topspin, which causes it to arc down into the opponent's court. Hitting with any form of topspin or any backspin is much easier off the front foot.

In tennis, brute horizontal power is rarely of any use because of the dimensions of the net and the baseline. But in racquetball, the theoretical object is to contact the ball as low as possible and hit the hell out of it.

Golf is another sport to which the "front footers" point in order to substantiate their theory. They point to the drive, the power shot of golf, and how the golfer will tee it up at the instep of the front foot. But keep in mind that racquetball is horizontal power. In the golf drive, the ball is struck slightly on the upswing. To do so in racquetball would result in constant back wall setups — for your opponent. In addition, golf is a two hand sport which will automatically move the proper hitting zone toward the front foot.

However, if you were to hit a five iron one-handed, your hitting zone would be much more toward the area I've recommended.

One good indication if you're hitting the ball too far forward relative to your hitting shoulder is if you have a distinct tendency to hit cross court. Remember the hitting shoulder theory is applicable to the straight ahead shot. If you wish to hit cross court, then you should contact the ball a little out in front. Conversely, the pinch (sidewall-front wall) should be contacted a little deeper. All this assumes the same stance.

In addition to releasing the ball off the hitting shoulder, for maximum power it is necessary to strike the ball at your arm's distance from your hitting shoulder joint. Don't let the ball jam you. If it does, and you're forced to bend at the elbow while making contact you shorten your arc and reduce your power potential tremendously.



Creation of the Long Arc for Racquet Head Speed

Just as in golf, the longer the arc, the more power can be generated. In golf, the player has the luxury of choosing a longer club when he needs to generate a longer or bigger arc. In racquetball, the movement of body parts must be lengthened. This includes hip turn, shoulder and torso turn, arm reach, and elbow position.

The modern golf swing has "tightened up" relative to its ancestor. Today's golfers don't take the long, lazy hip turns popular during the Bobby Jones era. However, today the ball is being struck for longer distance than ever before. Golfers are using a principle I call *coil/recoil*. Rather than a full, loose turn the golfer is now using a tight, torque movement that is not nearly as long, but is much faster. That is our key for racquet speed. In racquetball, the modern power player has extended the coil/recoil theory to both the hips and shoulders. These large body parts are relatively ponderous, and can't be turned very quickly over a great distance. They must be torqued or recoiled in an explosive, short move.

In racquetball, the large arc, which gives the racquet sufficient distance to build to maximum speed, is created by elbow position. What your golf pro would call the flying elbow. The flying elbow creates a loop or pendulum swing. This is rather than the simple *straight back/straight through* swing that I used for years.

The advantages of the loop are two-fold. First, rhythm is much easier to create and maintain because the racquet never stops once the backswing is initiated. Second, much more power is created. At the top of the backswing in the *straight back/straight through* swing, the speed of the racquet head is a cool zero mph. In the loop swing we have already built up good speed and thus power.

Some studies in tennis have been done on the loop. Physicist Pat Keating's research indicates the racquet head gains approximately six miles per hour for every foot it drops on the backswing. My closest estimate is you can pick up 15-20 mph with an uninterrupted loop. This increased head speed has a multiple effect on production of power. Remember $F=(m)V^2$.

Pronation of the forearm — that extra 5%

Have you ever noticed pictures of a big hitter just after contact, with the hitting surface pointed directly at the floor. If the shot was successful, it's obvious that the racquet face was not in that position a moment before — at impact. What you are seeing is the end result of *pronation* (rotation). Not only should the forearm coil/recoil through the ball as if you were slapping someone in the face, but it should open and close using the same coil/recoil motion to add another snap to the ball. This additional movement takes delicate timing — so much so that some great forehands have sacrificed the additional power intentionally.

The wrist snap is the final link in this chain reaction. Many people with tennis backgrounds have a lot of trouble incorporating it into their swing. I've even read articles that indicate the wrist snap is the principle source of power. This is *not so* and in most good swings the wrist snap is primarily directional. But some power is generated there. Let me go on record, my experimentation indicates that the elbow snap and forearm torqueing is the main source of power but to be a true power player you must use all your resources.

Weight transfer

We know that for maximum power you want to move your weight from your back foot to your front foot. Careful, don't allow your upper torso to move too far forward or you lose your torque. The upper body must remain slightly behind your lead leg for maximum power.

Next your head should tuck and actually move back during the power swing. If your head lunges forward, the built up muscle tension in all other parts of the swing would be ruined.

Then the weight should certainly *not* end up 90% on the front foot as is often

written. Actually at one point in the swing, directly after your back leg drive release, the weight transfer is probably 80% complete but true to the coil/recoil and Newtonian physics (which states that any action requires an equal and opposite reaction) the weight then transfers back toward the back foot leaving the distribution about 60-40.

Set-up Procedure for Power

It's all well and good, you say, as you digest some of my theories to generate power. But racquetball is fast and one is not always stationary. Ah, there's the rub . . . and this is what separates the sheep from the goats in professional racquetball — the ability to generate controlled power on the move.

The answer is simple — the jump shot. Remember ages ago in basketball when 5'11" guys ran around passing the ball methodically until someone launched a two hand set shot? The idea of jumping when you shot was little short of heretical. Gradually, players began experimenting with shooting off the dribble and found it an excellent way of gaining balance while on the move — not losing it.

The same principle applies to racquetball. That's why the young players of today hit equally effectively on the run. They flow and actually leave the ground as they swing at the ball. This allows them to bring into play many of the power factors we've discussed because your "computer" mind will automatically move your body into position once you're airborne.

Isn't it ironic that you create *more* power with *more* control if you leave the ground than trying to hit off balance with your feet tangled up beneath you? Even the so-called *set-up* should never be hit from a dead weight stationary position. The great players flow and hop into virtually every shot.

Since *strategy* will be discussed at a later time (after your headache goes away from reading this article), I'll only go into one simple strategy for the power player, the *1-2 punch*.

The most severe obstacle to playing a power game is the tendency to have the ball come off the back wall. So take a hint if you want to play power: most serve returns should be struck side wall-front wall (splat or pinch shot). Using this shot selection you should never give your opponent a "free-bee" off the back wall. If you're hitting hard the ball will develop tremendous spin when it strikes the side wall. Even if you leave it up, the ball will "squirrel" every which way and make it difficult for the opponent to handle it. His timing will be thrown off, and he's likely to mis-hit or overswing. In addition, he has just hit the ball from front court, leaving him vulnerable for the "K.O." — a low, hard drive anywhere. Sound simple? It is. Too simple.

Ahhh, for a time machine. To re-savor those final breaths from dying opponents who could not survive the *tour of the court*. ●

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Back at You

The Difference Is the Wrist

by Jerry Hilecher

A closeup of Jerry's stroke reveals how he leads with the butt of his racquet while keeping his elbow bent and close to his body.



As he follows through on his stroke, Jerry's wrist snaps generating the power that has made him one of the strongest hitters in racquetball. Jerry's wrist snaps so quickly, in fact, that it is difficult for the camera to stop the action.



This column marks the beginning of a new regular feature in *National Racquetball* in which top ranked pro Jerry Hilecher will answer your questions on specific aspects of the game. Considered one of the sport's finest teachers, Jerry regularly travels the country giving racquetball clinics, and he has provided instruction to thousands of players at all levels including Hollywood celebrities and major figures in other sports. Write Jerry with your questions on the fine points of the game and he'll bounce the answers back at you every month from the pages of *National Racquetball*.

Question: *I've been a tennis player for years, and I've been taught to keep my elbow and wrist firm. Now I want to learn racquetball but my tennis friends tell me that the stroke is entirely different and I'll have trouble playing the two games. What's the story?*

Answer: It's not that difficult to switch from tennis to racquetball — and it shouldn't hurt your tennis game any more than football would hurt your basketball game. Having played tennis for several years, you will find that you have an easy entry to racquetball.

You understand the use of angles, the importance of center court position, how to cut off passing shots and you possess a great deal of hand-eye coordination.

Just remember the major difference between the two sports is the wrist. Learn to use it and you've got racquetball licked.

The principal thought I try to convey to tennis players learning racquetball is to get the elbow bent and in close to the side of the body. Lead the stroke with the butt of the racquet not the racquet head.

Forget the swinging gate approach of the tennis stroke. Just whip your racquetball racquet into the ball by using your wrist.

If you're having trouble generating power, you're swinging too much with the arm; you're not whipping the racquet. ●

Putting Eyeguards into Play

Try a number of eye protectors to find the one that fits you best and is easiest to play in.



by Steve Strandemo

The day will come, I think, when everyone who plays racquetball will wear eyeguards voluntarily. But it won't happen, odd as it sounds, until their use becomes mandatory.

By that I mean that there is such a strong aversion to the use of eyeguards among amateurs and professionals alike that the sport itself is going to have to provide the impetus by which they begin to gain acceptance.

The Canadian Racquetball Association already has made the wearing of eyeguards mandatory in tournament play. If the United States organizations followed suit, it would give eyeguards a foothold, and from there I think it would spread. I am aware that the Michigan state organization has mandated eyeguard use in a couple of its tournaments. Once the groups begin to do it, individuals will begin to pick up on it.

Right now it is rare for the amateurs to ever see the pros wearing eyeguards.

Most pros will say, "Everyone should wear eyeguards," but then in the photos of tournament play, no one is. If they were, though, if every player in every instance was wearing them, eyeguards would cease to be thought of as an accessory and become part of the game, just like the batting helmet in baseball. Suddenly eyeguards won't be "ugly" in the mind's eye of the public any more, or be a "hinderance" to vision.

Those are the main reasons why people don't wear eyeguards: vanity and, ironically, vision. Of course there's no substance to either argument, when you weigh them against the possibility of suffering serious, permanent eye damage on the racquetball court.

Figures on the incidence of eye injury are imprecise, but they have grown large enough to attract the concern of the medical community. The point is whatever the incidence may be, it can be reduced to zero by the general use of eyeguards.

If you've never worn anything around your eyes, you might find that eyeguards take some getting used to.

Convincing Case Histories

It's difficult to get the public to listen to that kind of reasoning, though. They would rather believe that since eye injuries do occur so infrequently, it would never happen to them. Perhaps we should all read the case histories of those who have been injured, to learn about their pain, and corneal scarring and retinal displacement and eyeball rupture. Vanity pales, behind an eyepatch.

It would help, I suppose, if eyeguards were more attractive. "They make you look like you're from outer space," one player told me, and I had to agree he had a point. Eyeguards have a neater appearance now than they once had, but if the industry ever manages to make them truly appealing, it will be a first. No one in athletics has ever managed to design a device that both protects the face and enhances it.

In fact the first masks for hockey goalies drew hoots from the public. There has been very little improvement on the early "man from Mars" design, but the public no longer hoots. The masks are familiar now, and most goalies are wearing them, at all levels of hockey.

A hockey puck travels at least as fast as a racquetball, and if a goalie knew that his mask was reducing his vision to the point he was less effective at stopping the puck, of course he would not wear it. Perhaps it takes a period of adjustment, but goalies and others who routinely wear protective equipment over their eyes say most of the adjustment is psychological; once they're used to it, they can see as well as ever; perhaps better, since they no longer are inclined to flinch.

There is no "easy" way to become used to wearing eyeguards. People who normally wear spectacles have an easier time of it, but many people have never worn anything around their eyes. When they first put on eyeguards, they are acutely conscious of them. Even those who wear prescription eyeglasses say that eyeguards seem more "confining."



— Jack Miller photos

Strap Too Tight

Good fit is crucial, both in the way the eyeguard molds to your forehead and cheekbones, and in the tension of the strap that holds them in place. Many who complain of the eyeguard's "hard edges" simply have the strap drawn too tight. There are several makes of eyeguards on the market, and the player should try them all for fit, until he finds one that suits him best.

I wear eyeguards regularly, so I don't notice it any more, but I am told that players wearing them for the first time find their up-and-down vision slightly narrowed. It takes only a slight adjustment to compensate for this: you have to bend your neck a little more, in one direction or the other to see the ceiling or your feet.

There is no restriction of peripheral vision whatever. But, again, a first timer might think there is. When I was playing high school basketball I got a finger in the eye and had to wear goggles for awhile. I was sure, when I first put them on, that I had no side vision at all, but once I was out on the court, playing hard and not thinking about it, there was no difference in my field of vision. It was all psychological.

If a player puts on eyeguards for the first time and has a streak of bad luck, naturally he'll blame the eyeguards and want to throw them away. But even if he's playing well, any shot he misses he'll want to blame on the eyeguards. This is the toughest part of the adjustment.



There is absolutely no restriction of peripheral vision, though first timers might have the feeling there is.

It may well be that the wearing of eyeguards may cause a player to miss a shot, say at the rate of one or two a month if he plays regularly. The return, in terms of eye protection, should more than compensate for that, particularly when the player realizes that his overall game has improved. And I don't think there's any question but that eyeguards do bring about an improvement, because of the increased confidence they give a player. It's a tremendous advantage to be able to watch the ball every inch of the way, even as it's whistling past your head, and to be free of the fear of being badly hurt.

It's quite an irony. Players insist they can "see" better without eyeguards but eventually discover they can play better with them on. ●

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Instructional

APRO Teaches . . . Lessons for Two Beginners

Reprinted from Contemporary Racquetball with permission of Contemporary Books, Inc., Chicago. Copyright© 1978 by Chuck Sheftel and Arthur Shay. The American Professional Racquetball Organization, which provides a feature each month in *National Racquetball*, is devoting its space to excerpts from the book APRO President Chuck Sheftel wrote with *National Racquetball* photographer, Arthur Shay. This one-hour drill and play suggestion is part of a series of lessons two beginners can try on their own.



An innovative drill that many of the author's students have found effective is trying to hit the ball under a string or piece of yarn stretched across the court at 18 inches height from the floor. This drill underlines the value of hitting low. The lower you hit the ball the harder it is for your opponent to make a good return against you.

Fifth Lesson

1. Brief review of center-court positioning (2 minutes)
2. Power and quickness development (8 minutes)
3. Drills
 - a. Yarn drill—low (15 minutes)
 - b. Yarn drill—high (15 minutes)
4. Play (17 minutes)
5. Wrap-up (3 minutes)

Review

Briefly review center court positioning, remembering that it is used both for serve and during regular play. Run through a few serves and sprints to center court position for your return of your opponent's shot.

Power and quickness

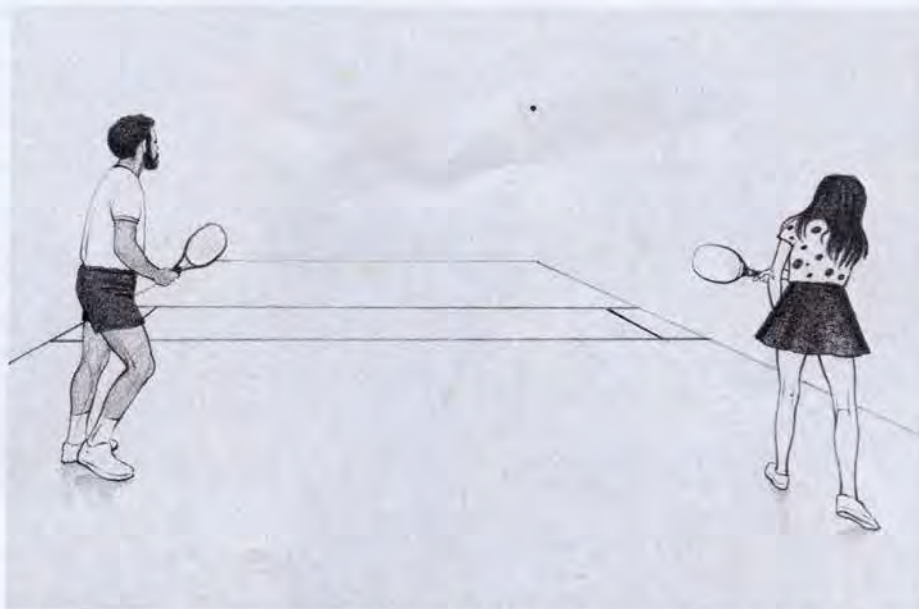
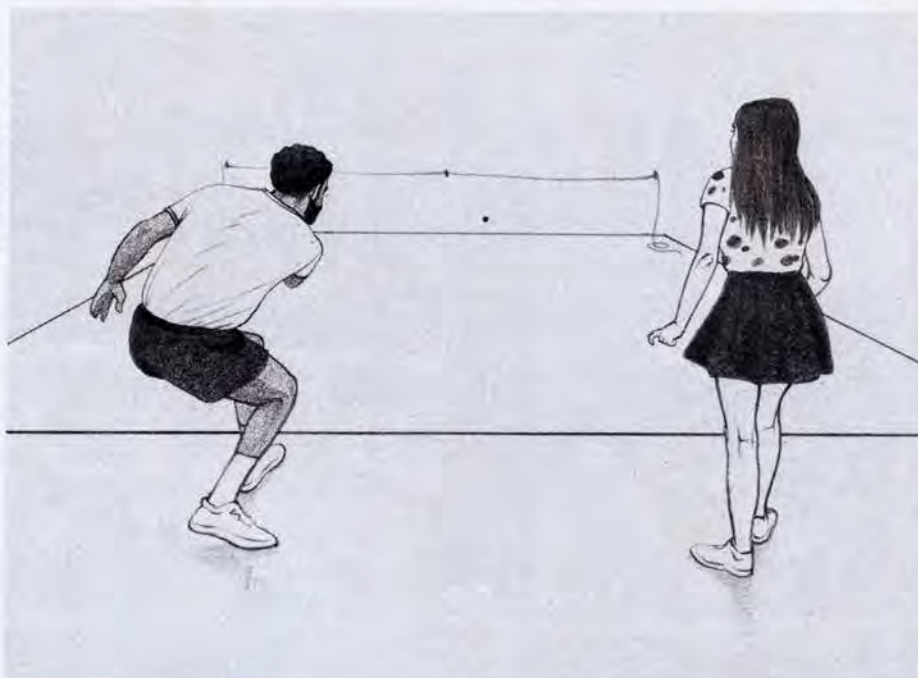
In this lesson we are concentrating on developing accuracy, power and quickness at the same time. Start the lesson with a drive serve, as low as possible while still falling legally past the short line. Your opponent should try to return the ball as low and as hard as possible. Alternate until you can volley two or three times, low and hard, always remembering to bend from the waist and to hit sideways, either forehand or backhand. The name of this game is to hit below waist level without skipping the ball in. It's not easy. Racquetball has been developing quite swiftly into a power game, and you should begin to utilize some of your own power and learn to defend against your opponent's power.

Drills

Yarn drill

A Chuck Sheftel innovation has been helpful to many beginning racquetballers. Bring a long spool of dark yarn and some tape to the court, and stretch the yarn across the front wall, between two and three feet above the floor.

While standing in the serving area volley with your partner, trying to hit all



In this drill one person tries to hit the ball back to her own position, then gets out of the way.

your shots below the yarn. You don't have to keep score — just volley with the ball low and legal. Add speed as you gain confidence.

Now raise the yarn to a position about six feet high and try playing an entire game with the ball required to hit the front wall below the yarn. You should be able to feel your control growing, and certainly you'll feel yourself "thinking" control in no time at all.

If you survive a first game and aren't too exhausted — as you shouldn't be — lower the yarn two or three feet and play another game.

Play

Remove the yarn but not the mental note to yourself: hit low and hard. Play a regular game in which both you and your partner strive to keep the ball low and hard. Between your good, even great shots and your bloopers, you will soon become aware of what components of your game need work!

Wrap-up

Discuss your strong points and weaknesses with your partner, learning what you can from each other about what you are doing correctly and incorrectly. ●

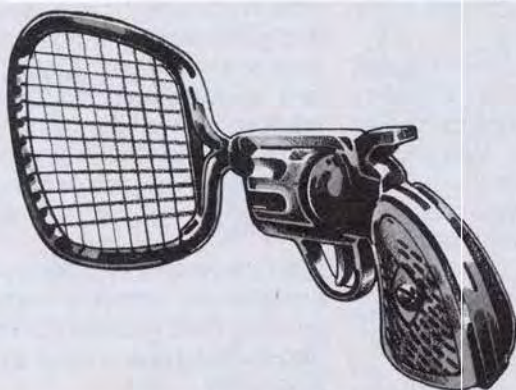
National Racquetball

EXTRA!

Big Jim Meets Super Blue



Illinois Governor Jim Thompson, second from left, checked the new "Super Blue 600" racquetball at the Seamco Sporting Goods booth at the recent National Sporting Goods Association Show in Chicago. On hand to welcome the racquetball playing governor were Seamco President Al Mackie, left, and USRA/NRC President Bob Kendler. The "Super Blue," has the official endorsement of the USRA.



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Racquetball's Ready for Tycoon of Yuma

The man who calls himself "the tycoon of Yuma" has taken up racquetball the way he attacks the rest of his life.

"My wife and I saw racquetball played for the first time when the YumAthletiClub had its grand opening, came in the next day, got the feel of the ball and the walls, bought \$250 worth of racquets, shoes, shorts, socks, goggles, sweat bands and shirts and have been playing every day for a couple of hours ever since," says 45-year-old Harold Wah. A native of the state of Washington, Wah now lives in Bard, CA, eight miles from Yuma, AZ.

Wah earned himself the "tycoon" label by consistently being the number one local insurance underwriter for New York Life, along with owning 150 acres of Arizona-California farmland. He leases 120 of those acres to cotton growers, but on the other 30 Wah almost singlehandedly farms grapefruit and raises chickens.

"Every two weeks in the summer I sleep in the pickup while I irrigate the grapefruit all night long," Wah says. "And besides raising chickens I take care of and sell game cocks - I feed and water them every day, change the water in their stalls, declaw and even delouse them."

Harold Wah off the court.



Harold and Debbie Wah have been playing racquetball every day since they first tried the sport last October.



Debbie Wah owns and operates a seven-day-a-week supermarket.



But no matter that Wah's jobs fill most of his day. Now that he plays racquetball he can always make time for a game, often from 10:30 to midnight, when he plays with people he meets in Pro (and co-manager) Joe Siemienowski's classes, practices by himself or competes with his wife, Debbie, whom he met when he was a U.S. soldier in Hong Kong.

Debbie, 41, could claim that tycoon title for herself. As owner and operator of The People's Market in nearby Winter Haven, CA, she's on the job seven days a week from 9 in the morning to 8 at night. Except for Tuesdays, when she reports to the courts for a women's class at the Yuma club.

Harold Wah says he and his wife have tried other sports but that nothing else "takes my mind off of business the way racquetball does." Besides Wah lost 10 pounds "all in the right places" after playing a month and a half, and Debbie got rid of six pounds when she started her regular games.

"And racquetball's the perfect sport for a person like me who has such odd working hours - seven days a week, 12 to 15 hours a day. With other sports like golf it was either too early or too late, too hot or too cold. Racquetball is there when you need it." ●

Women In Racquetball

Carol Brusslan



Women Pros Would Welcome Mandatory Eyeguards



Rita Hoff

Rita Hoff thinks any racquetball pro is good enough to adjust to eyeguards for the good of the sport.

Hoff, runner-up at the February Coors Racquetball Classic, is one of the women pros who agrees with the men that making eyeguards mandatory for professional meets is a worthy and workable idea. *National Racquetball* Editor Chuck Leve described the men pros' vote for eyeguards last month in his "22nd Point" editorial.

"We're the models," Hoff says, "what we do the amateurs want to do — and though I'd rather see pros wear eyeguards on their own, I wouldn't mind if they were mandatory." Hoff has been wearing eyeguards for the past year and a half since a racquetball hit her in the eye.

Linda Prefontaine, the year's strongest new contender in the women's pro ranks, concurs that "it would be better if it were the pros' decision," but she wouldn't object to the mandatory rule for pros if that would set the example for the

amateurs. Prefontaine plans to buy herself a pair of safety lenses with safety frames because "the plastic in my regular glasses could break in chunks if it were hit."

Number one women's pro, Shannon Wright, is another player who would go along gladly with the mandatory rule, though she's worn eyeguards "on and off, and not right now." Wright was the only woman to bring up the appearance factor that bothered the men. "They're awfully ugly," Wright says, "but if we save one person's eyes, the ugliness can be overlooked."

Other pros on eyeguards:

Sally Murphy: "If the NRC passes it, it would show they care."

Jean Sauser: "It should be mandatory even if some pros think they have so much control, they'd never be hit by a ball."

Sarah Green: "You know you should wear them, but they're a hassle you don't want to fool with. If you have to, you will."



Linda Prefontaine

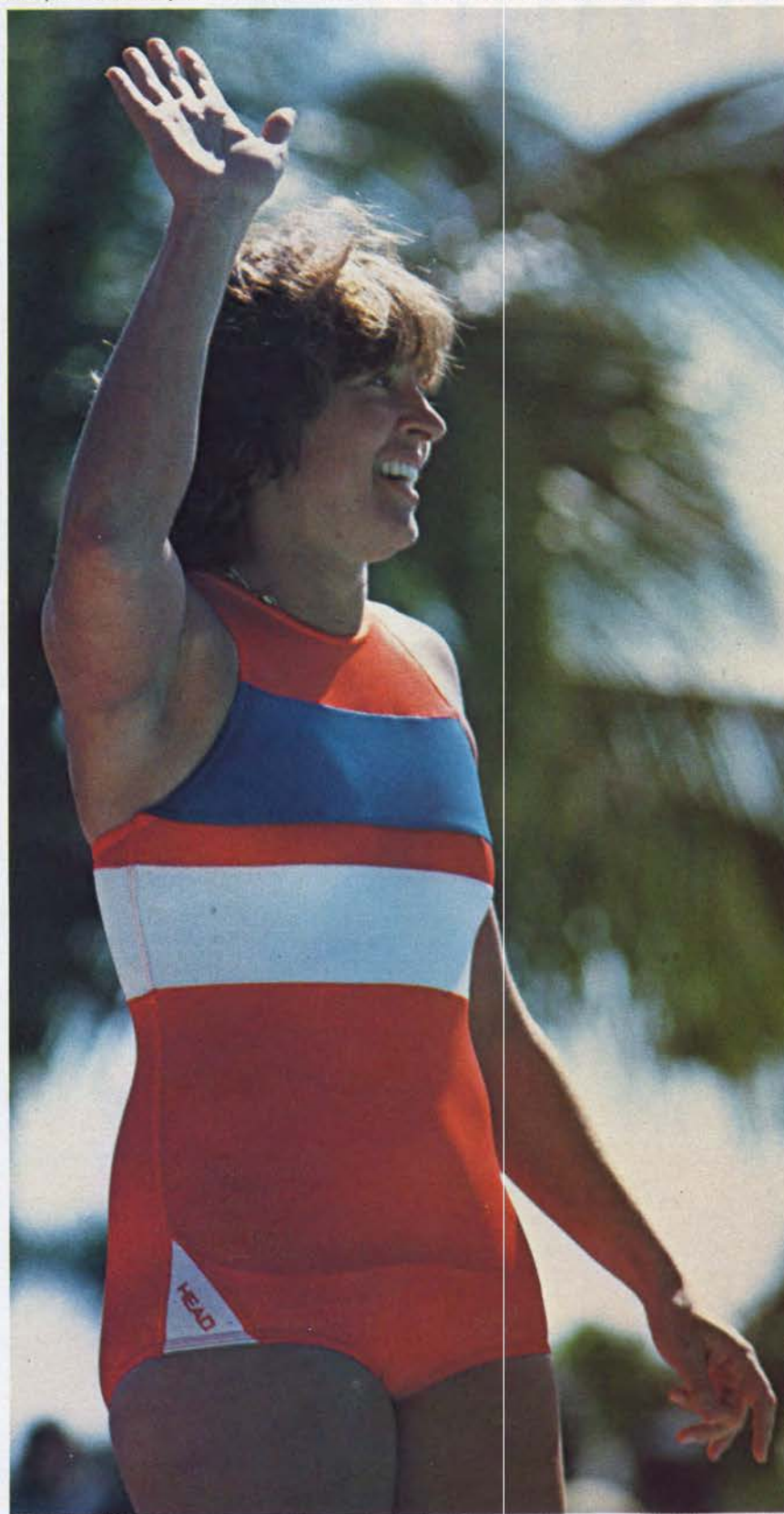
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Arthur Shaw photos

Visions of Jaws Make Her Superstar

Kathy Williams Takes Third in TV Competition

Racquetball's Kathy Williams is 1979 Women's Superstars swim champion second best rower.



—Peter S. Mecca photos

"I had to put my head down and pretend *Jaws Two* was behind me," Kathy Williams told millions of people watching *The Women Superstars* on ABC network television Sunday afternoon, Feb. 25.

Williams, who's been playing racquetball since 1971, had just won the swimming race, one of seven events she entered against 13 other women competitors billed by ABC Sports as some of "America's most gifted women athletes."

Currently ranked among the top 12 women racquetball players Williams won \$18,700 from this fifth annual Women's Superstars by accumulating 29 points at \$300 each for \$8,700 and a \$10,000 bonus for her third place overall finish. She came in second in rowing, third in bowling, third in the obstacle course (with a five second penalty for knocking down a bar — "It came up too quick") and fourth in the 60 yard dash and the half mile bicycle race. She took a seventh in basketball shooting, making that the only event that didn't earn her points.

In ABC's made-for-television competition Kathy Williams bowled 130 in her first game and 152 in her second, with her 282 total giving her a third in this event.



Kathy Williams beat Joan Joyce, softball, and Carol Mann, golf, in her heat of the 60 yard dash.



31-year-old Williams will be shooting thousands of practice baskets between now and the 1980 Superstars competition, which this year's third place win entitles her to enter.

"I hear they're going to change the basketball shooting format," Williams says. "They'll make it your combined total of two rounds instead of the best of two — so it won't be based so much on luck."

Williams also will work on weights, ride a bike, find a boat to row and play some tennis. *"I've played a lot of tennis before but I didn't enter that event because the competition is so rough — but I might try it next year."* (A Superstar athlete is eligible for seven of 10 events — including golf putting and the 440 yard dash — as long as the sport isn't her specialty.)

The next six months of training should give Williams a good crack at the 1980 Women Superstars championship — she pulled off her third place after just 10 days of preparation.

"Bob Cousy — Hall of Fame basketball player — who is associated with Seamco [Williams' sponsor] — let me know 12 days in advance that 'you're on.' I was in Florida at the Superbowl, so I just stayed down there swimming, running and riding a bike."

Williams flew directly to the Grand Bahamas for the Jan. 29 and 30 filming, where *"they treated us beautifully — round trip first class, elegant meals, champagne and ice in the room, a trainer from the St. Louis Cardinals, a doctor on call and even a seamstress if your clothes didn't fit."*

Williams, who finished behind Linda Fernandez, volleyball, and Carol Blazejowski, basketball, also competed against three golfers including fifth all-time money winner Carol Mann, Bowler Patty Costello, Ski Champion Suzy Chaffee, football player Linda Jefferson and five other women athletes.

"The women were the same as they are on the racquetball pro tour," Williams says. "They were nice, we all got along and had fun."

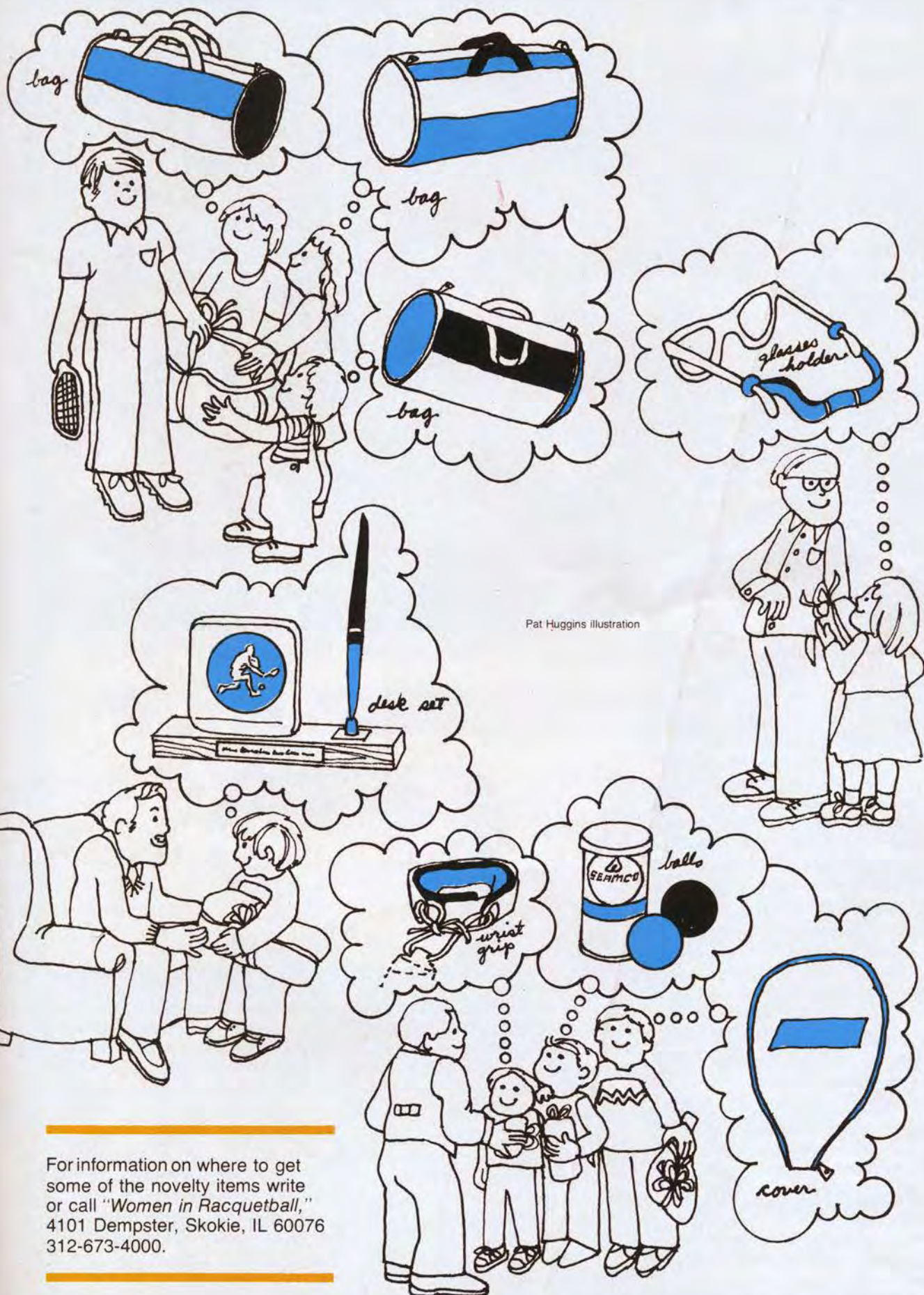
"The big difference was the money. I had a lot of bills to pay off, and I knew I had an opportunity to win some money — to get my head above water. In women's racquetball there's not much money to be made at any one tournament. I felt a whole different kind of pressure with all that money at stake."



Happy Father's Day

When Dad is a racquetball player, the choice is easy for June 17. Especially since all the gifts on this page are within the reach of juvenile budgets, ranging from \$1 for the eye glass holder to \$15 for the desk set which can be engraved "To Dad from Johnny, Father's Day 1979" (or from Johnny, Jane, etc., etc., if the kids are pooling their allowances). Most of these presents are available at club pro shops or sporting goods stores.





Pat Huggins illustration

For information on where to get some of the novelty items write or call "Women in Racquetball," 4101 Dempster, Skokie, IL 60076 312-673-4000.

Who's Playing Racquetball?

Donna Heitjan: Auto Industry Trailblazer

"So far I've managed to get through 24 years without a schedule," says Donna Esch Heitjan. "But I think my time has come."

And she may well be right.

For Donna working the night shift at General Motors' Fisher Body plant in a Detroit suburb is no new experience. And neither is playing racquetball three or four times a week. But add a five month old baby, which means "taking half the house wherever you go," and life gets a little more complicated.

And though her latest avocation has thus far meant cutting into her court-time, Donna is determined to bring the sport back into her life, even if it means becoming a "schedule" person.

For racquetball offers an unusual relief for Donna. It gives her a time to be with women. "The guys at work are great, but if there's one thing I miss between the baby and my jobs, it's girlfriends."

As a journeyman toolmaker, Donna has been "the first" many times over. "I was the first woman to enter the apprenticeship program (at age 19), the first to get my card (after three years and three months), the first to be granted maternity leave (six weeks paid), and the first to be pregnant on the job (which caused a problem in uniform size)."

Donna gets up at 7 a.m. every morning with the baby and plays mother until 2 p.m. She then drops off baby at grandmother's and works the 3:24 to 11:54 shift making checking fixtures for car windows.

Her Wednesday court date with a friend at Midtown Court Club in Madison Heights, MI is a highlight of her week.

"I was needing friendship so badly I convinced Fisher to put me on the day shift for a few months," she says.

Donna is no novice to the sport. "I started playing doubles in 1975 after getting tired of watching my



Detroit Free Press photo by Hugh Grannum

If you know a woman who plays racquetball and whose job or hobby would make her a good subject for this series, send her name, address and phone number to Carol Brusslan, National Racquetball, 4101 Dempster, Skokie, IL 60076.



Ed Carraway photos

The happy pieces of Donna Esch Heitjan's life: Her job, her family and a game of racquetball with her friend, Penny McCauley.



husband," she recalls. "I talked a couple of my friends into playing and it wasn't real serious at first. After a year or so I decided doubles were too dangerous. It's since then that I've grown more competitive."

"Now I play to win," Donna says. She has played in several leagues at Midtown, and though she says she freezes up in tournaments, this is something she wants to work out.

Donna's pregnancy convinced her of how integral the sport is to her life. She played through the fifth month, and picked up the racquet three weeks after delivery. "I was simply going crazy," she says.

She also sometimes takes lessons from her husband, a systems analyst for American Motors and a racquetball pro at Midtown, and during her pregnancy she played with State Champion Irene Ackerman, who, she says, "knew where not to hit me."

—Jennifer Alter

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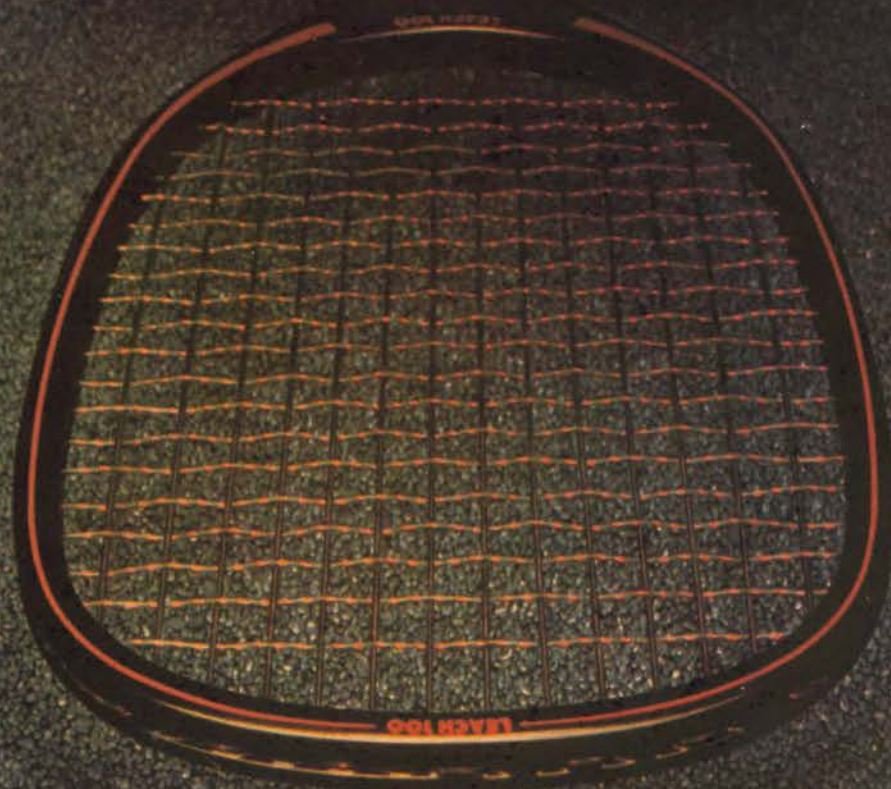
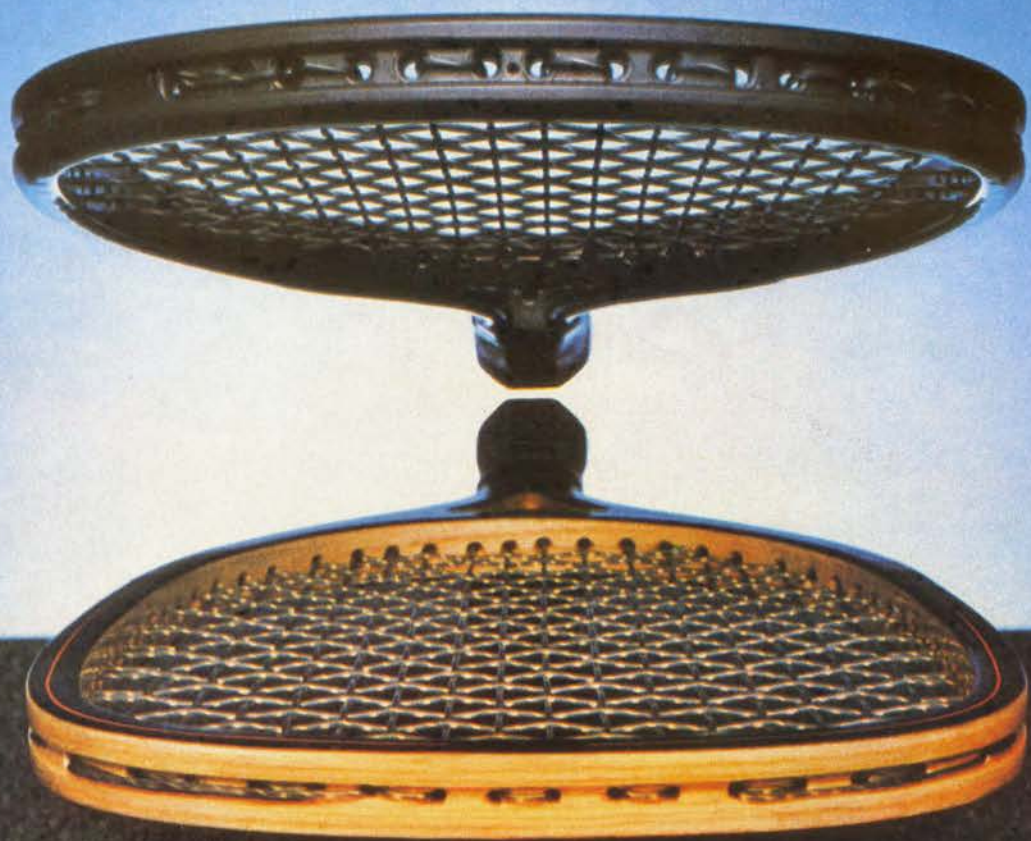
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And since the Graphite 100 uses pure graphite fiber, vibration has been reduced to the point that all power generated by the player is transferred to the ball — not back down the grip.



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Catalina Designs for Our Game



Sportswear Giant in the Racquet

Okay. So its time to throw away all those oversized T-shirts and baggy shorts for success in today's racquetball world! Mix and mismatch is out . . . and action sportswear is in.

After being the poor cousin of tennis racquetball is finally growing up, and dressing up.

With its seven million participants it was only a matter of time before the game attracted the monster companies who make their living outfitting sportsmen and women.

And when the first racquetball professional signed a clothing contract, the writing was well written on the wall . . . no longer will racquetball players supply their wardrobes from thrift shops and supplies of free publicity shirts.

Take Catalina, the giant sportswear company which decided to go racquetball one year ago. After an

initial line purely for men, Catalina followed with bright, easy to care for clothes for both sexes.

And readily recognizable as special for racquetball.

"We had experienced a flattening out of the tennis market and when we looked around, racquetball was the growing thing," explains Catalina Executive June Wylie.

"Instead of fitted waistbands, Catalina's clothes have an elasticized top, they are cut to allow lots of movement and made in materials which stand up to the wear and tear of constant washing."

Pro racquetball has benefited from Catalina's interest, too, for this year the company sponsored its first pro-am tournament.

"Our thinking is that we want to put back into the sport. It helps us and the players," Wylie says.

So let's take a look at Catalina — in action at a racquetball club.





ball World

by Nick Longhurst



First there is the rush player, the man who gets to the club already dressed for the game and whose warm-up consists of 10 practice swings with his racquet in the parking lot between getting out of his car and checking in.

Best thing for him is a coordinated warm-up suit, like the one shown here, in blue, black and white, made of polyester/cotton terry and available in sizes from small to extra large. Cost is \$30 for the jacket and \$19 for the drawstring pants.

Once the check in business is over, the towels handed out and the court assigned, it seems pointless to wait any longer.

Now it is time for her to peel off her Catalina sweatsuit which comes in gray and coordinates with the rest of the Catalina line. The suit is especially warm and comfortable with its 50 percent Creslan acrylic/50 percent cotton fleece knit composition. It costs \$56 for the complete ensemble or \$36 for the top, \$20 for the pants.



Underneath she wears a lightweight tank top, which costs \$13 and comes in four terry colors — chamois, red, royal and white and trimmed in contrasting colors. The shorts are in the same gray as the sweat suit, cut for easy movement, fully elasticized and priced at \$16.

Easy movement — that's the keyword to successful racquetball play, and the reason why his opponents wish that they could play Marty Hogan while he was wearing a straightjacket. One of the best for movement is this red jacquard pullover sweatshirt which is sculptured with the Catalina racquetball emblem and made of terry knit. At \$23 it comes in the same four Catalina colors.

That teams well with a pair of white sateen shorts in poly and rayon which are a bargain at \$12.

Play over, it's time to relax, lounge around and talk about the merits of the latest in racquets . . . or just how sore you happen to be.

Catalina's policy has been to stay feminine as well as sporting and this chamois outfit is typical of the style.

The outfit, trimmed in royal, consists of a short sleeved, collared T shirt retailing at \$17 and matching shorts for another \$12. And just in case this dacron polyester/cotton interlock outfit leaves the locals guessing as to the wearers exact sporting preference, it says "racquetball" right up there in front.

The hombre is well taken care of. Even backgammon can be played in the blue/black short sleeved collared shirt, trimmed with white, and selling for \$18, and white boxer type shorts at \$13. These coordinate with the sweatshirt and carry Catalina's racquetball emblem.

Have any trouble finding these clothes? Write to the customer service department of Catalina at 6040 Bandini Ave., Los Angeles, CA 90040. ●

National Racquetball extends its thanks to the Santa Monica Racquetball Club, where these pictures were shot, and to the staff who proved as adept at modeling as they do at running the newly opened club.

Special thanks to co-owners Steve Lubarsky, Rod Delson and Mike Mjehovich, and to Olivia Sanchez-Catt, Terry Mines, Ilana Hirsch and John Garza.

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Rebel™ — New nylon/glass-filled composite, blue twist nylon strings. Raised stitch leather grip. 18.5 inches, 255 grams

SPALDING

Upcoming Events

Tempe Tunes For Nationals '79

The Arizona Athletic Club, with its 14 courts, swimming pool, lounge/disco, and complete with all the amenities any racquetball facility could hope for, is readying as host for the 1979 Colgate National Championships.

The tournament June 9-16 will feature the same divisions of play as last season's Nationals: Men's and Women's Professional Singles and amateur competition in 12 categories ranging from Open to Golden Masters.

"We're taking the responsibility of hosting the Nationals very seriously," said Carl Porter, owner of the beautiful Arizona A.C., located just outside Phoenix in Tempe. *"We intend to have every participant leave the tournament feeling that he or she had a great time and that his money was well spent."*

"Nobody will get shortchanged."

Porter, a veteran host of National Racquetball Club and U.S. Racquetball Association major tournaments, has indicated consistently that his major objective is for the players and spectators to enjoy themselves.

"We don't intend to lose any money," he said, *"but in truth our primary objective is to ensure that everybody has a good time and wants to return."*

"We hope to be selected as host of the Nationals again in the future, and the only way we can guarantee that is if the players themselves want to come back."

The Arizona A.C. hosted one of the two televised events from last season, the Colgate/Seamco/Leach tour stop which became a regional Public Broadcasting System (PBS) show. In that tournament Marty Hogan stopped Richard Wagner in the finals.



Prize Money, Bonus Pool Make '79 Nationals Richest Ever

New Age Groups Highlight '79 Nationals

"We had great fan support and superb cooperation from the Arizona Racquetball Association (ARA) last year," said Porter, "and we expect even greater things to happen at the Nationals."

One thing Porter intends not to do is price the tickets out of sight.

"Yes the prime back wall seats will be expensive," he said, "but those who have seen our championship court know that there is room for all at a reasonable price. And that's what we're going to charge for most of the seats — a reasonable price."

The Arizona Athletic Club also sports further amenities to give participants a variety of things to do before, between or after their matches. There are indoor and outdoor basketball courts, an outdoor running track, a billiard room and even tennis courts.

"If they can't do it at the Arizona A.C.," said NRC/USRA National Commissioner Joe Ardito, "then they can't do it."

Locker rooms at the Arizona A.C. include television rooms, steam rooms, saunas and cold plunges. The club also includes a full Nautilus weight center.

Needless to say with the great amenities the club offers and the proximity to the Southern California racquetball community — the 1979 Nationals looks to be the biggest in history.

"I would say that we should top 1,000 entries," said Ardito. "We'll get a great many of them from California, but we expect the whole country to be significantly represented." ●

Due to the continued generous sponsorship of the Colgate Palmolive Company the 1979 Colgate National Championships will be the richest tour event in racquetball history.

Colgate, the entire tour's primary sponsor, is donating \$50,000 in actual prize money to be won during the week of June 9-16, along with \$75,000 in the Colgate Bonus Pool which will be distributed at the annual banquet the week of the event.

The \$125,000 payday will mark the largest purse ever distributed during a racquetball tournament.

"We are extremely pleased to be able to continue our support of racquetball's upward spiral," said Charlie Drake, president of Leach Industries, a tour co-sponsor and subsidiary of Colgate. "Colgate's dedication to racquetball cannot go unnoticed."

Neither can the contributions of the other sponsors, who have helped make this season the best ever in racquetball's short history, particularly Seamco Sporting Goods, another co-sponsor of the entire tour.

Those besides Colgate, Seamco and Leach who have sponsored events included JACK IN THE BOX, KUNNAN/KENNEX, COORS, and CATALINA. Our hats are off to them all. ●

The big news for the 1979 Colgate Pro/Am National Championships is the decision by the U.S. Racquetball Association to add plenty of new divisions of play.

Called the Veterans groups, these new categories will fall in five year increments beginning with Veteran Seniors for those players 40-years-old and older and working upwards with Veteran age groups of Masters (50+) and Golden Masters (60+).

These new categories will be in addition to the long standing divisions of Seniors (35+), Masters (45+) and Golden Masters (55+).

In women's divisions a new Veteran seniors (40+) has been added along with a brand new Women's Masters (45+) and Veteran Masters (50+).

That brings the total to 21 divisions of play in the Nationals, with full complements of trophies and titles to winners. The only stipulation is that at least eight players enter a division for it to be held.

These new age breakdowns will become official beginning with the Nationals. ●

Colgate Men & Women's 1978-79 National Pro-Am Racquetball Championships Co-sponsored by Seamco/Leach

SITE: Arizona Athletic Club, 1425 West 14th St., Tempe, Arizona 85281. Phone: 602-894-2281.

FACILITIES: 14 regulation racquetball courts, 6 outdoor tennis courts; swimming pool, complete spa facilities including jogging track, whirlpools, cold plunges, complete Nautilus equipment; 1 three-glass walled exhibition court and 1 two-glass walled court. Seating capacity 1,000.

ELIGIBILITY: Any USRA member (memberships available at the tournament, cost is \$12 per year). Be prepared to show your USRA membership card at registration.

ENTRY FEES: \$50 in professional events; \$25 in amateur events. Limit 2 events per player — no exceptions.

ENTRY DEADLINE: In our possession by 6 p.m. Friday, May 25, 1979. Entry fee must accompany entry form. Entries received after deadline will be returned unopened. Entries received unsigned or without entry fee will not be accepted. No phone entries — no exceptions.

SANCTION: By U.S. Racquetball Association (USRA) and National Racquetball Club (NRC) as part of the Colgate Men and Women's Pro/Am Racquetball Tour, co-sponsored by Seamco and Leach.

OFFICIAL BALL: Seamco 559 (green) in all professional events. Seamco 558 (black) in all amateur events.

AWARDS: \$50,000 in prize money in professional events, plus dispersion of \$75,000 Colgate Bonus Pool. Awards to first four places in amateur events. No consolation rounds.

STARTING TIMES: All participants will be notified by mail of starting time(s).

MAKE CHECKS PAYABLE TO: Arizona Athletic Club

MAIL CHECKS AND COMPLETED ENTRY FORM TO: Arizona Athletic Club, 1425 West 14th St., Tempe, AZ 85281.
Attention: David Michael

RULES, REGULATIONS AND NOTES:

- (1) All match winners will be expected to referee in amateur events or be subject to forfeiture.
- (2) No partner changes will be allowed in doubles events after entry deadline.
- (3) Entry fees are non-refundable.
- (4) All USRA/NRC rules apply including 5 minutes rest between all games and all matches played two games to 21 and third game to 11, if necessary.
- (5) A minimum of 8 entrants or teams is required for a division of play to occur. If 8 entrants or teams are not attained, then those players or teams will be automatically placed in the next youngest applicable division of play.

PLEASE ENTER ME IN (check events desired — maximum of two):

- | | | |
|--|--|---|
| ☐ Men Pro Singles | ☐ Women Pro Singles | ☐ Men Amateur Doubles |
| ☐ Men Amateur Singles | ☐ Women Amateur Singles | ☐ Men Senior Doubles (35+) |
| ☐ Men Senior Singles (35+) | ☐ Women Senior Singles (35+) | ☐ Men Masters Doubles (45+) |
| ☐ Men Veteran Senior Singles (40+) | ☐ Women Veteran Singles (40+) | ☐ Men Golden Masters Doubles (55+) |
| ☐ Men Masters Singles (45+) | ☐ Women Masters Singles (45+) | ☐ Women Amateur Doubles |
| ☐ Men Veteran Masters Singles (50+) | ☐ Women Veteran Masters | ☐ Women Senior Doubles (35+) |
| ☐ Men Golden Masters Singles (55+) | Singles (50+) | ☐ Women Masters Doubles (45+) |
| ☐ Men Veteran Golden Masters | | |
| Singles (60+) | | |

WAIVER: I understand it is your intention to have my participation hereunder recorded on video-tape for presentation on television and elsewhere, and I expressly agree that you shall have the unlimited right and authority to use and exploit your coverage of the series, the video-tape and any and all forms of reproduction thereof in any and all media in perpetuity in whatever manner and by whatever means and wherever you may desire without any obligation to pay any monies to me except as hereinabove expressly provided. Such recordings shall without limitations be the sole property of NRC/USRA to deal with, broadcast, sell, license, rent, exhibit, and otherwise use or reuse in whole or in part as the NRC/USRA see fit.

I hereby for myself and my agents waive and release any and all rights and claims for damages I might have against the Arizona Athletic Club, The U.S. Racquetball Association, the National Racquetball Club, the Colgate-Palmolive Company, the Seamco Sporting Goods Company, Leach Industries and any of their agents, for any and all injuries received by me in connection with this tournament.

Signature _____

Parent (If Under 18) _____

Date _____

Name _____ Age _____

Address _____

City _____ State _____ Zip _____

Home Phone () Area Code _____ Work Phone _____

Signature _____

Doubles Partner's Name _____ Age _____

Address _____

City _____ State _____ Zip _____

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Fiesta Inn

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- 150 Rooms
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- each additional person \$14.00

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- Tempe, AZ 85281
- 100 Rooms
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- Doubles (2) • \$30.00
- each additional person \$4.00

Regal Inn

- 1-(602) 968-4401
- 1720 S. Priest
- Tempe, AZ 85281
- 70 Rooms
- 1 person/bed • \$13.40
- 2 person/1 bed • \$17.00
- 2-4 person/2 bed • \$20.00

Howard Johnson's

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- Tempe, AZ 85281
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- 1 Double Bed • \$21.00
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Persons calling for rooms should ask for reservations and identify themselves with the National Racquetball Championships.

All hotels within 5 minutes of club.

Ticket order form . . .



arizona athletic club

Backwall Seating Diagram

Row 15	1	2	3	4	5	6	7	8	9	10	11	12
Row 14	1	2	3	4	5	6	7	8	9	10	11	12
Row 13	1	2	3	4	5	6	7	8	9	10	11	12
Row 12	1	2	3	4	5	6		8	9	10	11	12
Row 11	1	2	3	4	5	6		8	9	10	11	12
Row 10	1	2	3	4	5	6		8	9	10	11	12
Row 9	1	2	3	4	5	6		8	9	10	11	12
Row 8	1	2	3	4	5	6		8	9	10	11	12
Row 7	1	2	3	4	5	6		8	9	10	11	12
Row 6	1	2	3	4	5	6		8	9	10	11	12
Row 5	1	2	3	4	5	6		8	9	10	11	12
Row 4	1	2	3	4	5	6		8	9	10	11	12
Row 3	1	2	3	4	5	6		8	9	10	11	12
Row 2	1	2	3	4	5	6		8	9	10	11	12
Row 1	1	2	3	4	5	6		8	9	10	11	12

Glass Backwall

Seating Information

- All backwall seats are cushioned, with the first five rows having backrests.
- Ticket entitles holder to a reserved seat for the entire seven day event.
- Prices are as follows:
First five rows • \$200 Second five rows • \$150 Third five rows • \$100
- Your seat assignment will depend on how soon we receive your check. Seat assignment is on a first come first served basis.

NOTE: Seating is also available at tables upstairs in our comfortable restaurant and lounge. Each table seats six (6), and provides excellent viewing over the entire exhibition court area. Table service for food, beverages, and cocktails will be available. Cost per table: \$1200.

To Order: Circle the seat(s) you wish to reserve, and enclose this order form with a check payable to the Arizona Athletic Club. Send to:
Arizona Athletic Club • 1425 W. 14th
Tempe, Arizona 85281 • Attention: David Michael

Your Name: _____

Address: _____

Phone: _____



Racquetball



Terry Fancher

Exclusive Amateur Programs Augment Organized Racquetball

One of the most common things to do in racquetball today is to have a tournament. Tournaments come in all shapes and sizes with many and varied sponsors, hosted by all sorts of organizations and clubs. Soon there will be a tournament practically every weekend and the only future problem will be how to avoid making your players weary of them.

In the past three years, since I began our state affiliate program, our association has attempted to implement the various state association programs by providing valuable assistance. This support has heavily emphasized making sanctioned tournaments better through economic incentives and through organizational assistance. The entire concept has worked well and helps to promote racquetball on a fairly equal basis so that the association in Wyoming can provide members the same benefits as the one in Michigan, although the difference in membership is in the thousands.

The easiest part, ironically, has been the organizational assistance. Support in the way of computerized membership lists, mailing labels, tournament guidelines, instructional films, state court club lists, plastic membership cards, legal constitutions and by-laws, and all the other necessary procedural materials, evolves with time and through the success of the more dynamic state leaders who come up with workable ideas.

The more difficult part has been tying in our sponsors cohesively with our affiliates, at least until the National State Chairman Convention this past January. The cost and coordination of any worthwhile program is staggering, but finally the goal of a complete national amateur program is coming closer to being a viable reality.

The key is to have a basic idea that works, like a National Junior Championships, and then acquire the help from the sponsors. It has worked with the pro tour, the juniors, state championships, regional championships, national championships and most recently the intercollegiates to which \$10,000 in scholarship money has been donated. Without quality tournaments no sponsor will help; the best sponsors are the ones who will help you build on a good idea to make it a great idea.

Seamco has taken a great deal of time and listened patiently to a great number of our amateur players while developing the new blue "600" model racquetball. This pressureless ball will provide an alternative to the already endorsed black and green balls which have been our official balls for years. Some players simply liked a slightly slower ball than the existing choices. Now any one of the three models is available.

Leach Industries has introduced a comprehensive and exclusive set of options designed to assist USRA affiliates. Drastically reduced prices on souvenir tournament shirts including a unique state championship shirt at a more than \$6 savings to the states will be in effect this September. Shirts for these USRA sanctioned tournaments already involve a \$3 saving per shirt. Also Leach is making available its staff of touring and teaching professionals at a great savings to host associations and clubs within that state. This is also true of teaching certification clinics offered through Leach and the USRA. Lastly promotional and collateral support kits are available to our affiliates for sponsor identification and tournament support. The kits contain banners, key chains, decals, posters, and unique miniature racquet trophies which are replicas of actual Leach racquets.

Combining sponsors with our organization and those of the various states is allowing our amateur program to be unsurpassed in its variety and economic savings. With sponsors behind USRA programs and the support of volunteer workers assistance will come at all levels to help the youngest junior players and the most veteran golden masters.



USRA State Affiliates

Alabama

Jerry O'Neal
Nat'l Homes
Acceptance Corp.
Box 3436A
Birmingham 35205
205-626-0036

Alaska

Dan Dompier
P.O. Box 4-3042
630 E. Tudor Rd.
Anchorage 99509
907-276-0700

Arizona

Chuck Hallock
Marc's Backwall
P.O. Box 275
Tempe 85281
602-967-0001

John Marsh
Phoenix/Metro Chairman
(Central)
602-247-2041

Casey Blitt
Tucson/Metro Chairman
(Southern)
602-626-6239

Arkansas

James Bixler
1205 Caddo Apt. #9
Arkadelphia 71923
501-246-9864

California

Jerry Monell
2767 Ocean Front Walk
S. Mission Beach 92109
714-275-3344

Colorado

John Mooney
3455 David Circle
Colorado Springs 80907
303-597-7775

Connecticut

Jack Fruin
Lakewood Racquetball
666 Lakewood Rd.
Waterbury 06704
203-755-6699

Delaware

Eric Faddis
75 East Main St.
Box 174
Newark 19711
302-366-1868

Florida

Jim Adkins
The Racquetball
5165 Adanson St.
Orlando 32804
305-645-3999

Georgia

Wayne Vincent
1677 Hillside St.
Marietta 30032
404-971-5441

Hawaii

Jane Goodsill
Central YMCA
401 Atkinson Dr.
Honolulu 96814
808-941-3344

Idaho

Dirk Burgard
130 N. Placer
Idaho Falls 83401
208-523-0600

Illinois

Tom Street,
Alan Shetzer
570 East Higgins Rd.
Elk Grove Village 60007
312-439-3030

Indiana

Jim Stevens
7590 Harcourt Rd.
Indianapolis 46260
317-297-4623

Iowa

Tom Sweeney
380 Larick Ct.
Marion 52402
319-377-1385

Kansas

Rick Newcomer
11301 W. 88th St.
Overland Park 66214
913-888-9247

Kentucky

David Fleischaker
628 Fincastle Bldg.
Louisville 40202
502-585-5369

Louisiana

Larry Bobbitt
117 Doucet Rd.
Lafayette 70503
318-984-7256

Maine

Kevin York
170 U.S. Rt. 1
Falmouth 04105
207-781-4281

Massachusetts

Jim McConchie
RB International
12 "A" Street
Burlington 01803
617-273-1025

Michigan

Dennis Wood
2808 S. Deerfield
Lansing 48910
517-882-8789

Minnesota

Robert M. Adam
Diamond Intl. Corp.
7600 Parklawn Ave.
Suite 228
Edina 55435
612-835-6515

Mississippi

Chuck Miner
2625 Courthouse Circle
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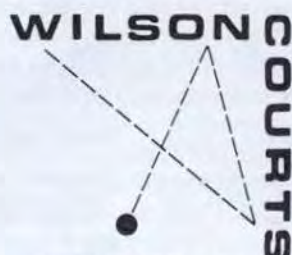


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June 30 Deadline for Most Improved Player Candidates

National Racquetball's first annual Most Improved Player of the Year contest will be open for entries in June, with June 30 set as the deadline.

The contest, aimed at recognizing the amateur player whose name might not always make headlines in tournament results, will honor the men, women and juniors who have made the most exceptional progress while playing racquetball from June, 1978, to June, 1979.

One winner will be announced for each state in which a player qualifies for the award. (If 50 states come up with qualified candidates, we'll have 50 winners, but *National Racquetball* will make the awards only in those states where there's a player whose progress has been outstanding.)

Winners, whose stories and photos will highlight a fall issue of *National Racquetball*, will receive lifetime memberships in the United States Racquetball Association (including a subscription to *National Racquetball*) and a variety of equipment and instructional prizes. USRA staff members will select winners with the help of USRA state chairmen.

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Tournament Results

Entry for National Racquetball's Most Improved Player Contest

Name _____

Address _____
number street

city

state zip

Phone _____

Age _____ ☐ Male ☐ Female

Where do you play? _____

When did you start playing? _____

List evidence that indicates your improvement

1. _____

2. _____

3. _____

4. _____

5. _____

Please enclose all supporting evidence (label each piece with your name) including score cards, draw sheets and letters of recommendation from pros or other instructors. Name of person submitting the entry if not the contestant.

Name _____

Address _____

Phone _____
Please mail to Terry Fancher, USRA,
4101 Dempster St., Skokie, IL 60076



Please send tournaments results (and clear black and white action photos) to Terry Fancher, USRA, 4101 Dempster St., Skokie, IL, 60076. Type your results double spaced using the form you see on these pages. Use first and last names the first time you write about a player (in doubles matches, too) and last names only when you mention the player again. Allow two months or more for your tournament writeup to appear here.

Utah

Trey Sayes and Dave Bernacki split first place honors in the Open in four tournaments sanctioned by the USRA and the Utah Racquetball Association.

Bernacki came out number one in the Wasatch Open Nov. 17-19 at the Town and Country Racquetball Club in Woods Cross, and in the Rocky Mountain Championships Feb. 15-18 at the same club. Trey Sayes' wins were at the Salt Lake Open Jan. 12-14 at the Desert Gym in Salt Lake City and the Holiday Classic Dec. 14-17 at Town and Country.

Other Salt Lake Open results were Open — 2nd Morgan Sayes, 3rd Bill Grieder, 4th Paul Boman; B — 1st Bob Nicholas, 2nd Dave Kartchner, 3rd Bert Sanchey, 4th Bill Sherrer; C — 1st Herb Martin, 2nd Darrell Freeman, 3rd Steve Frenda, 4th Rob Jackson.

Other Wasatch Open results: Open — 2nd Paul Boman, 3rd Morgan Sayes, 4th Trey Sayes; B — 1st Gary Hull, 2nd Kartchner, 3rd Karl Pace, 4th Craig Barkinshaw; C — 1st David Jackson, 2nd Rick Jackson, 3rd Rob Jackson, 4th Bob Malheiro.

Other Rocky Mountain Championship results: Open — 2nd Morgan Sayes, 3rd Trey Sayes, 4th Dave Chalfant; B — 1st Sanchey, 2nd Dave Day, 3rd Vandall Balls, 4th Keller Higbee; C — 1st Scott McNabb, 2nd Rob Jackson, 3rd Dave Hoch, 4th Malheiro.

Other Holiday Classic results: Open — 2nd Bernacki, 3rd Morgan Sayes, 4th Drew Stoddard; B — 1st Dave Jackson, 2nd Keller Higbee, 3rd Pete Kazakevicious, 4th Pace; C — 1st Craig Farnsworth, 2nd Hoch, 3rd B. Ferguson, 4th Monty Andrus.

New Jersey

The Courthouse Racquetball and Handball Club of Mahwah held its Second Annual Members tournament Dec. 9-17.

Results

Men's Advanced: 1st - Rick Englander, 2nd - Carmine Degennaro, Consolation - Bruce Battaglia.

Men's Intermediate: 1st - Jerry Goldstein, 2nd - Ed Foster, Consolation - Linda Nastasi.

Men's Novice: 1st - Ralph Ipolito, 2nd - George Palm, Consolation - R. DiLello.

Men's Doubles: 1st - Jewell-Degennaro, 2nd - Santo-Santo, Consolation - Hopper-Roes.

Masters: 1st - Gary DeNoble, 2nd - Gerry O'Callahan, Consolation - Al Perrone.

Women's Intermediate: 1st - Nancy Mediavilla, 2nd - Beth Cali, Consolation - DeDe Bercaw.

In choosing photos of tournament play for these pages, we will give priority to pictures of players wearing protective eye gear.

Iowa

The Mahaska Community YMCA Center in Oskaloosa sponsored its first racquetball tournament Jan. 19 and 20. In the Class B Novice competition Tom Gillespie made it to the finals by defeating John Anton 21-11, 21-5 and Ron Comstock 21-11, 21-20. Jim Wakefield got to the finals by defeating Dale Stansbeary 21-15, 21-13 and Sam Campbell 21-7, 21-9. Wakefield took the B Novice against Gillespie 21-3, 21-16. In the Class B Dick Cousin went to the finals after beating Jack Lamberson 21-17, 21-14. He had a Bye in the first round. Rod Blanchard went to the finals by beating Don McKay 21-7, 21-7 and Steve Knudson 21-19, 19-21, 11-10. Blanchard won the B bracket over Cousin 21-14, 21-20.

In the Class A Tom Bowie had a Bye in the first round and beat Gary Goldsmith in the semis 21-15, 21-12. Dave Langkamp beat John Heslinga in the first round and Jim Wake in the semi-finals 21-13, 21-6 for the right to meet and beat Tom Bowie in the finals in a truly great match up. He lost the first game 18-21, but came back 21-6 and 11-7.

Illinois

Despite the "natural disaster" of snowy weather in Rockford the First Annual Courtside Open was held as scheduled Jan. 19-21. Over 130 participants braved the weather and competed in the eight division tournament sanctioned by the Illinois State Racquetball Association.

Results

Men's Open

Quarters: McDowell d. Witt, 8-21, 21-8, 11-8; Luedke d. Senters, 21-10, 21-13; Murray d. Marquis 21-7, 21-13; Butler d. Grigg 21-11, 21-10

Semi-finals: McDowell d. Luedke 21-12, 21-13, Butler d. Murray, 21-14, 21-15

Finals: McDowell d. Butler 21-12, 21-13, Third - Luedke d. Murray, 21-16, 21-6

Consolation: Gloden d. Hall 21-8, 21-16

Men's Seniors

Quarters: Ciejesz d. Clar, 18-21, 21-18, 11-8; Stickler d. Spear, 21-10, 21-16; Berry d. Paul, 21-15, 21-15; Johnson d. Murray 21-12, 21-18

Semis: Stickler d. Ciejesz, 21-13, 21-5, Berry d. Johnson, 21-7, 21-16

Finals: Berry d. Stickler, 21-19, 21-16, Third - Ciejesz by forfeit, **Consolation -** Jerry Sedik

Women's Open

Round Robin: First - Chris Biggs, Second - Danni Caras, Third - Lana Engen

Women's B

Quarters: Gloden d. Whinna 21-10, 21-12; Ralston by forfeit; Morabito d. Jaeger 21-18, 21-10; Johnson d. Burns 20-21, 21-13, 11-4

Semis: Ralston d. Gloden 21-11, 21-14; Morabito d. Johnson 21-8, 21-5

Finals: Morabito d. Ralston 21-16, 9-21, 11-6, Third - Gloden d. Johnson 21-18, 21-14, **Consolation** - Ida Swanson

Men's B

Quarters: Williams d. Meyers 21-8, 21-7; Thomas d. LaSala 21-16, 21-7; Steger d. Olson 21-10, 21-2; Welti d. Bouche, 21-19, 21-10

Semis: Williams d. Thomas, 21-14, 15-21, 11-1; Steger d. Welti, 21-13

Finals: Steger d. Williams, 21-12, 21-18, Third - Thomas over Welti 21-11, 21-10, 21-16, **Consolation** - W. Byington

Women's C

Quarters: Hart d. Martin 21-5, 21-0; Sorenson d. McCarthy 21-7, 21-10; Roman d. Burns 21-11, 13-21, 11-10; Paul d. Westensee 21-0, 21-10

Semis: Hart d. Sorenson 21-8, 21-2; Roman by forfeit

Finals: Hart d. Roman 21-4, 21-3, Third - Sorenson by forfeit, **Consolation** - Ann Gibbs

Men's C

Quarters: Hayes d. Kirkpatrick 21-6, 21-2; Denten d. Durst 9-21, 21-14, 11-0; Humphrey over Hughes 13-21, 21-11, 11-2; Reed over Hart 21-8, 21-4

Semis: Hayes d. Denten 21-5, 21-6; Humphrey d. Reed 21-17, 21-9

Finals: Humphrey d. Hayes, 20-21, 21-15, 11-8, Third - Denton by forfeit, **Consolation** - Frank Williams

Juniors

Quarters: Murray d. Ratzer 21-1, 21-2; Brechon d. Babbs 21-7, 21-0; Stuart Gaetjens d. Clar 15-21, 21-13, 11-7; Seheyer over Meyer 21-3, 21-10

Semis: D. Murray d. Brechon 21-9, 21-11; S. Gaetjens over Scheyer 21-3, 21-10

Finals: D. Murray d. S. Gaetjens 21-4, 21-7, Third - Brechon by forfeit, **Consolation** - Mark O'Donnell

Illinois

Racquetball is alive and well in Southern Illinois as Union County Racquetball Center and Leach co-sponsored the second annual Union County Racquetball Tournament Feb. 3 and 4 at the three court facility in Cobden. John and Shirley Lipe, owners and managers of the fine center, provided great hospitality for the 38 men and 14 women who participated in five divisions.

The Men's Open division featured six tough three-game matches. Number one seed, Bob Nicoll, captured top honors with an exciting 12-21, 21-8, 11-10 win over number four seed, Donnie Campbell. Campbell was serving for the match at 10-7 but Nicoll held on over three changes of serve for the satisfying win. Paul Reitman won the Men's A with scores of 21-13, 21-2 over Jack Sensmeier. Joel Smith won a well

played three game match over Sensmeier in the Men's B final 19-21, 21-18, 11-4. Sensmeier, playing in two classes over the weekend (16 games) spent the next day working his herd of cattle. Sore arms!!!

In the Women's Open, Sue Dunn was easily the class of the division, handily defeating Roni Smith 21-5, 21-2 in the finals. The Women's A division found Lynne Geske emerge victorious over Kathy Hartsock 21-7, 21-16.

Results

Men's Open

Quarters: Bob Nicoll d. Denny Hartsock 5-21, 21-14, 11-10; Mike Reeves d. Bud Howard 21-9, 21-18; Bill Lewis d. Bill Berkheimer 21-6, 21-18; Donnie Campbell d. A. C. Lewis 19-21, 21-10, 11-7

Semi-finals: Nicoll d. Reeves 21-10, 21-20; Campbell d. B. Lewis 21-15, 15-21, 11-10

Finals: Nicoll d. Campbell 12-21, 21-8, 11-10 Third: Reeves d. B. Lewis 16-21, 21-14, 11-8

Men's A

Quarters: Mike McClelland d. Jim Barr 21-17, 21-18; Paul Reitman d. D. G. Cunningham 17-21, 21-15, 11-2; Jack Sensmeier d. Jim Davis 21-10, 21-19; Pat Huet d. Larry Yates 21-10, 21-13

Semi-finals: Reitman d. McClelland 21-2, 21-7; Sensmeier d. Huet injury default

Finals: Reitman d. Sensmeier 21-13, 21-2 Third: McClelland, injury default

Men's B

Quarters: D. G. Cunningham d. Clarence Johnson 21-9, 21-9; Jack Sensmeier d. Larry Yates 20-21, 21-1, 11-7; Joel Smith d. Clint Etherton 21-2, 21-2; Brad Wright d. Steve Hoffman 21-8, 21-9

Semi-finals: Sensmeier d. Cunningham 21-7, 21-19; Smith d. Wright 21-20, 21-10

Finals: Smith d. Sensmeier 19-21, 21-18, 11-4 Third: Cunningham d. Wright 21-7, 21-9

Women's Open

Quarters: Jill Dodson bye; Roni Smith d. Nan Sorrels 21-6, 21-8; Sue Dunn bye; Laura Nicoll d. Connie Bittle 21-6, 21-3

Semi-finals: Smith d. Dodson 10-21, 21-13, 11-8; Dunn d. Nicoll 21-8, 21-7

Finals: Dunn d. Smith 21-5, 21-2 Third: Nicoll d. Dodson 21-17, 21-16

Women's A

Quarters: Judy Casper d. Laura Mueller 21-7, 21-15; Lynne Geske d. JoEllen Romer 21-10, 21-6; Kathy Hartsock d. Toni Campbell 21-8, 11-21, 11-3; Denise Johnson d. Linda Lence 16-21, 21-14, 11-5

Semi-finals: Geske d. Casper 21-7, 21-5; Hartsock d. Johnson 21-10, 21-11

Finals: Geske d. Hartsock 21-7, 21-16 Third: Casper d. Johnson 21-13, 18-21, 11-8

Mississippi

The Courthouse, a new racquetball club in Jackson hosted the 3rd Annual Mississippi Racquetball Association State Singles Tournament Feb. 9-11. Expansion to seven divisions drew a record 179 entries, more than double the 1978 tournament total! Further evidence of the rapid growth of racquetball in Mississippi is the fact that the players came from 26 different cities and towns.

— Frank Bonner, Treasurer

Results

Men's A

Semi-finals: Jim Collins d. Bob Stenken 21-17, 21-16; Kip Parrish d. Chuck Miner 21-6, 21-9

Finals: Parrish d. Collins 21-14, 21-8

Men's B

Semi-finals: Phillip Rutledge d. Jimmy Smith 21-8, 11-21, 11-10; Art Housman d. Duane Huval

Finals: Housman d. Rutledge 21-12, 21-7

Men's C

Semi-finals: Frank Schench d. Lee Alexander 21-16, 21-8; George Baer d. Al Yochim 21-9, 15-21, 11-5

Finals: Baer d. Schench 21-19, 21-17

Women's Open

Semi-finals: Jo Ann Lapointe d. Patti Gleeson 21-13, 21-9; Sheila McClintock d. Amy Foster 21-6, 21-5

Finals: Lapointe d. McClintock 21-17, 21-15

Men's Seniors

Semi-finals: Chuck Miner d. Willie Daniel 21-11, 21-19; Bailey Howell d. John McGee 21-20, 21-20

Finals: Miner d. Howell 21-6, 21-12

Men's Masters

Semi-finals: Bill Lynch d. John Tate 21-14, 21-10; John Claypool d. Gil Rubinsak 21-13, 21-8

Finals: Lynch d. Claypool 21-8, 21-10

Men's C Novice

Semi-finals: Bill McCoy d. Charlie Davis 31-6; Doug Hagen d. James Moore 31-30

Finals: McCoy d. Hagen 31-1

Arizona

Over 250 of Arizona's finest racquetballers participated in this year's State Singles Championships Jan. 18-21 at the Arizona Athletic Club in Tempe. The AAC will host the 1979 National Championships in June and judging from the fierce competition evidenced in the state tourney we can expect a very good representation from our home state. Highlighting this year's tournament was a proclamation from Governor Bruce Babbitt initiating "State Racquetball Week" Jan. 15-21. To coincide with this honor the AAC and the Arizona Racquetball Association presented "Governor's Cups" awards to the Men's and Women's Open Champions. The cups were beautiful and were well deserved by Champs Hope Weisbach and Bobby Bolan both of Tempe.

The ARA wishes to thank all of the participants that made this tournament such a success. The AAC and its staff always prove that they are number one. This year, General Manager, David Michael, wanted the best for all our participants and division champions which was evident in the fantastic shirts and outstanding awards.

Helping to make the tournament a success were ACC General Manager David Michael and Mike Grisz, Bill Raby, Matt Stanger, Larry Lee, Kathy Paletos, Sam Gould, John Marsh, Cec Morris, Rich Turek, Rob Garland, Denny Porr, Sue Hallock, Cindy Carrera and Casey Blitt.

Results

Men's Open — 1st Bobby Bolan, 2nd Ken Garrigus, 3rd Mike Grisz, 4th John Lankford

Men's B — 1st Daryl Krugman, 2nd Dale Anderson, 3rd Woody Howe, 4th Mark Thomson

Men's C — 1st Jerry Tepe, 2nd Ramsey Abidin, 3rd Cec Morris, 4th Rick Vercelli

Senior's Open — 1st John Lankford, 2nd Dennis Olson, 3rd Mike Aubrey, 4th Eddie Scuthard

Junior's 15 & Under — 1st Karl Einstein, 2nd Bruce Encson, 3rd Joel Bolan, 4th Don Bigler, Jr.

Women's Open — 1st Hope Weisbach, 2nd Debra Wall, 3rd Colleen Shields, 4th Lisa Goldman

Women's B — 1st Ellen Colleary, 2nd Sue Brennan, 3rd Trina Ganster, 4th Carol Rudesill

Women's C — 1st Paula Droz, 2nd Karen Hiscox, 3rd Cheeri Brinlee, 4th Liz Reichert

Senior's II — 1st Bob Moencke, 2nd Andy Nickles, 3rd Jim Mansperger, 4th John Leech

Junior's 18 & Under — 1st Rudy Ramirez, 2nd Jack Nolan, 3rd Pat McAvin, 4th Cliff Fiore

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Kansas

Ron York took first in the Men's Open at the Seventh Annual Mid America Racquetball Tournament Jan. 26-28 at the Salina Family YMCA. In the same division Larry Swank came in second, Mike Fuller third and Roger Glick was consolation winner.

Results

Men's B: 1st Clint Tittlworth, 2nd Steve Klingzell, 3rd Jim Simon, Cons. Bill Perrone

Men's C: 1st Steve Porter, 2nd Scott Perry, 3rd Randy Jones, Cons. Larry Holm

Men's Open Doubles: 1st Glick/Bob Brundage, 2nd Swank/Ernie Ruelas, 3rd Ed Brewer/York

Women's Open: 1st Karen Lee, 2nd Tammy Totland, 3rd Donna Fredrick, Cons. Mary Jean Todd

Women's B: 1st Janie Holt, 2nd Debbie Biggs, 3rd Nancy Grimes, Cons. Leslie Ann Hill

Ohio

Dedicated to Racquetball

In the recent USRA sponsored Gold Circle-Citizen-Journal Racquetball Tournament held in Columbus, and hosted by the Arlington Court Club Jay Jacobs, assistant athletic director of the Columbus Jewish Center, displayed his dedication to the sport of racquetball.

Entered in the novice division of his first tourney Jay rose early to give himself plenty of time to arrive for his 9 a.m. match. Columbus winters are beginning to be treacherous, and this Jan. 12 the salt trucks had not yet made an appearance. Traveling on the icy highway Jay was involved in a major four car accident in his brand new Bobcat. Although the cars were heavily damaged, all four individuals, remarkably, walked away unscathed.

The highway patrol officer drove the crew back to the station to fill out the reports. Finally at 8:45 a.m. Jay was able to break away and make a phone call. Yes!! If you're catching the drift of this story, Jay's first concern was the tournament, and his call was to the tourney director to rearrange his scheduled match.

Jay made it to the court club by noon and proceeded to win his first two matches. As luck would have it in his next match he lost a three game thriller to the eventual winner.

There is no doubt in my mind that Jay has dispelled the theory of many old timers that they don't make dedicated ballplayers the way they used to.

—David Valinsky



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May 25-27

Rhode Island Open Charity Tournament for St. Joseph Hospital Department of Pediatrics, Fore Court 11 Racquet Club, 44 Cray St., Cumberland, RI 02864, Tournament Directors Normand Laliberte Jr. (401-762-2996) and Jerry Melaragno

June 29-July 1

Firecracker Open, Court House 1, 47 Hartford Turnpike, Vernon, CT 06006, 203-649-0597, Tournament Director Ron Meirik

July 18-21

Klondike Canadian Open, Court Club and Mayfield Courthouse, Edmonton, Alberta, for entry forms write Edmonton Racquetball Association, P. O. Box 3622, Station D, Edmonton, T5L 4J6

Aug. 31-Sept. 3

Connecticut Open, Danbury Racquetball Club, Route 6-Stonyhill Rd., Bethel, CT 06801, Tournament Director Rob McKinney

Sept. 28-30

Connecticut Closed, Bristol Clubhouse, 842 Clark Ave., Bristol, CT 06010, 203-583-1843, Tournament Director Wayne Hasting, Connecticut residents only

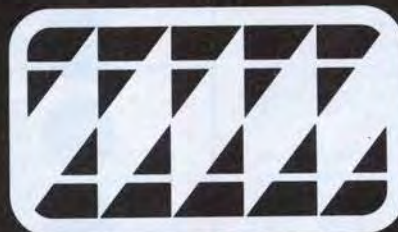


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ENTRY DEADLINE: All entry blanks and corresponding entry fees must be in the possession of tournament director by Wednesday, July 11, 1979.

ENTRY FEE: \$15 per event. Limit one event per player.

OFFICIAL BALL: Seamco 558 (black) in all events.

RULES: Official USRA rules apply. No player having accepted \$1,000 or more in prize money on the NRC-sanctioned pro tour within the last 12 months may enter.

ELIGIBILITY: All participants must be current USRA members. Membership applications and renewals will be available at the tournament for an additional \$12.

AWARDS: Trophies to first four places in all events plus first two places in consolation rounds. Round trip air fare for the winners of each division of play (excluding consolation) to the 1979 USRA National Junior Championships August 13-18, 1979 in Tucson, Arizona.

MAKE CHECKS PAYABLE TO AND MAIL ENTRIES TO: Information listed for your Regional. Starting times may be obtained by contacting host facility. See reverse side.

NOTE: All entrants must play in the Regional in which they reside (no exceptions will be made) as depicted by the boundaries set forth on the accompanying map on the reverse side.

Region 1 — NEW ENGLAND: Maine, New Hampshire, Vermont, Massachusetts, Connecticut, Rhode Island, Quebec, New Brunswick, Nova Scotia.

Region 2 — NORTHEAST: New York, Pennsylvania, Ontario, New Jersey, Delaware, Maryland, Virginia.

Region 3 — SOUTHEAST: North Carolina, South Carolina, Georgia, Florida, Alabama.

Region 4 — CENTRAL: Wisconsin, Illinois, Michigan, Minnesota.

Region 5 — SOUTH CENTRAL: Mississippi, Texas, Oklahoma, Louisiana, Arkansas.

Region 6 — SOUTHWEST: New Mexico, Arizona, Hawaii, California, Nevada.

Region 7 — MID-WEST: North Dakota, South Dakota, Nebraska, Kansas, Missouri, Iowa, Manitoba.

Region 8 — NORTHWEST: Alaska, Washington, Oregon, Idaho, British Columbia, Yukon.

Region 9 — OHIO VALLEY: Ohio, Kentucky, Indiana, Tennessee, West Virginia.

Region 10 — ROCKY MOUNTAIN: Colorado, Wyoming, Montana, Utah, Saskatchewan, Alberta.

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Regional Name _____

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USRA Membership Card Exp. Date _____

Home Phone _____

Parent Signature _____

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Tournament Information

USRA Junior Regional

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Region 1 — New England

SITE: Down East Court Club, 170 Rt. 1, Falmouth, ME 04105.
PHONE: 207-781-4281. Tournament Director: Kevin York.

MAKE CHECKS PAYABLE TO: Down East Court Club
MAIL CHECKS & COMPLETED ENTRY FORM TO: Site above.

TOURNAMENT HEADQUARTERS: Holiday Inn Downtown, 88 Spring St., Portland, ME, 207-775-2311 (Single \$28, Double \$37). Ramada Inn, 1230 Congress, Portland, ME, 207-774-5611.

Region 2 — Northeast

SITE: Yogi Berra's Racquetball Hall of Fame, 333 Gothic Plaza, Rt. 46 West, Fairfield, NJ 07006.
PHONE: 201-227-4000. Tournament Director: Tim Berra.

MAKE CHECKS PAYABLE TO: Yogi Berra's Racquetball Hall of Fame
MAIL CHECKS & COMPLETED ENTRY FORMS TO: Site above.

TOURNAMENT HEADQUARTERS: Ramada Inn Clifton, 265 State Hwy. #3, Clifton, NJ 07014, 201-778-6500. Ramada Inn Fairfield, 2 Bridges Rd., Fairfield, NJ 07006, 201-575-9465.

Region 3 — Southeast

SITE: Jacksonville Racquetball Club, 6651 Crestline Dr., Jacksonville, FL 32211.
PHONE: 904-724-6994. Tournament Directors: Jim Adkins, Gordon Ira.

MAKE CHECKS PAYABLE TO: Jacksonville Racquetball Club

MAIL CHECKS & COMPLETED ENTRY FORMS TO: Site above.

TOURNAMENT HEADQUARTERS: Holiday Motor Inn, 8016 N. Alternate #1, Arlington Expressway, Jacksonville, FL 32211, 904-725-3343. Scottish Inn, 747 Arlington, Jacksonville, FL 32211, 904-725-9600.

Region 4 — Central

SITE: King's Court Edina, 7001 Cahill Rd., Edina, MN 55435.
PHONE: 612-941-6391. Tournament Director: Bob Adam.

MAKE CHECKS PAYABLE TO: King's Court
MAKE CHECKS & COMPLETED ENTRY FORM TO: Site above.

TOURNAMENT HEADQUARTERS: Holiday Inn Airport #2, 5401 Green Valley Dr., Bloomington, MN 55437, 612-831-8000. Radisson Hotel, 7800 Normandale Blvd., Bloomington, MN 55435, 612-835-7800.

Region 5 — South Central

SITE: Supreme Court, 1440 Miracle Way, El Paso, TX 79925.
PHONE: 915-593-2160. Tournament Director: David Peck.

MAKE CHECKS PAYABLE TO: Supreme Court
MAIL CHECKS & COMPLETED ENTRY FORM TO: Site above.

TOURNAMENT HEADQUARTERS: Howard Johnson's, 8887 Gateway West, El Paso, TX 79925, 915-591-9471. Tom Penny Inn, 7144 Gateway East, El Paso, TX 79925, 915-779-7700. Rodeway Inn, 6201 Gateway West, El Paso, TX 79925, 915-778-6611.

Region 6 — Southwest

SITE: King's Racquetball Court, 14731 Goldenwest St., Westminster, CA 92683.
PHONE: 714-898-9841. Tournament Director: Bill McClintock.

MAKE CHECKS PAYABLE TO: King's Racquetball Court

MAIL CHECKS & COMPLETED ENTRY FORM TO: Site above.

TOURNAMENT HEADQUARTERS: Registry Hotel, 18800 MacArthur Blvd., Irvine, CA, 714-752-8777. Costa Mesa Inn, 3205 Harbor Blvd., Costa Mesa, CA, 714-557-8360. Both tournament hotels have ground transportation from Orange County Airport available for registered guests.

Region 7 — Midwest

SITE: Dale's Courts, 11301 W. 88th, Overland Park, KS 66214.
PHONE: 913-888-9247. Tournament Director: Ric Newcomer.

MAKE CHECKS PAYABLE TO: Dale's Courts
MAIL CHECKS & COMPLETED ENTRY FORMS TO: Site above.

TOURNAMENT HEADQUARTERS: Ramada Inn, I-35 & 87th, Overland Park, KS, 913-888-8440. Day's Inn I-35 & 95th St., Overland Park, KS, 913-492-7200.

Region 8 — Northwest

SITE: Court House, 7211 Colonial, Boise, ID 83705.
PHONE: 208-377-0040. Tournament Director: Bob Peterson.

MAKE CHECK PAYABLE TO: Court House
MAIL CHECK & COMPLETED ENTRY FORM TO: Site above.

TOURNAMENT HEADQUARTERS: Rodeway Inn of Boise, 29th & Chiden Blvd., Boise, ID 83704, 208-343-1871. Royal Inn of Boise, 1115 N. Curtis Rd., Boise, ID 83704, 208-376-2700. Mention tournament for special rates.

Region 9 — Ohio Valley

SITE: Supreme Courts, 5800 Monroe, Sylvania, OH 43560.
PHONE: 419-885-4435. Tournament Director: Norton Gutowitz.

MAKE CHECKS PAYABLE TO: Supreme Courts

MAIL CHECKS & COMPLETED ENTRY FORMS TO: Site above.

TOURNAMENT HEADQUARTERS: Sheraton Westgate Inn, 3536 Secor, Toledo, OH 43606, 419-535-7070. Holiday Inn, 141 N. Summitt, Toledo, OH 43612, 419-243-8860.

Region 10 — Rocky Mountain

SITE: Vail Athletic Club, Box 573, Vail, Colorado 81657.
PHONE: 303-476-1304. Tournament Director: Ron Bullington.

MAKE CHECKS PAYABLE TO: Vail Athletic Club

MAIL CHECKS & COMPLETED ENTRY FORMS TO: Site above.

TOURNAMENT HEADQUARTERS: Holiday Inn of Vail, Box 35, Vail, CO 81657, 303-476-5631. (Single \$31, Double \$36, Triple \$40, Quad \$45). Vail Athletic Club & Hotel, Box 573, Vail, CO 81657, 303-476-1304.

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A Physiologist Looks at Fat

And Tells How to Lose It

by Ellington Darden, Ph.D.

"Starting tomorrow," you announce, reaching for another piece of strawberry cheesecake, "I'm going on a diet." Do these words sound familiar?

They should because thousands of us — males and females, athletes and nonathletes — are preparing ourselves in anticipation of the yearly spring rituals. Since the winter months are the most popular time of the year for getting fat; then, logically, spring is the annual time for dieting and losing fat.

If you have indulged in too much food and drink during the winter hibernation, *now* is the perfect time to be brought up to date on the latest information on losing body fat. Excessive body fat does not contribute to your racquetball ability. It's to your advantage to be as lean as possible, and working toward that goal — to know as much as possible about the fat you're fighting.

Here are some questions weighing most heavily on the minds of the men and women who want to lose weight:

What is body fat?

Chemically speaking fat is composed of six percent proteins, 72 percent lipids and 22 percent water. Because of the high concentration of lipids a pound of fat contains 3,500 calories, or about six times the calories as an equal amount of muscle tissue.

Seen under a microscope, fat tissue looks like a bubble bath (see photo A). The globules are grouped together with stringy intercellular glue and streaked with narrow filaments of connective tissue, blood vessels and nerves. This network of fat cells is designed to provide a versatile living inner tube, inflatable or deflatable as required, with minimum stress and strain both to the skin on the outside that encloses it and the viscera on the inside that it encloses.

What is the function of fat in the human body?

The primary function of body fat is the long term storage of fuel.

The idea of using fat for fuel did not begin with man. Almost from the beginning of life on earth fat has had a handy biological role to play as a means of storing fuel supplies for organisms on the move. Larval forms of certain insects may carry 90 percent of their weight in lipid form. Locusts and monarch butterflies prepare for long distance migrations by preflight feeding — and fat deposition — that can last for several days. Among birds the migrators may fatten themselves up by 25 percent in the space of a week. Several species of fish, notably salmon and sharks, are recognized for their lipid reserves which provide



Photo A: A microscopic view of human fat tissue resembles a bubble bath. You can increase the size and number of fat cells, but you can only decrease the size of fat cells, never the number. It's much easier to prevent obesity than treat it!

energy for their long distance swims.

Except for camels higher forms of vertebrates tend to store fat less locally. Fat in humans, therefore, ends up being distributed all over the body. But in the process of spreading out under the skin, fat seems to take on new uses and begins to serve functions which may not have been intended for in the evolutionary scheme of things. With a solid girdle of fat under the skin and around parts of the viscera insulation and even heat production may now be added to fat's primary use as a storage depot.

If fat is a necessary part of the human body, why has it received such bad publicity in recent times?

In the last 40 years it has become popular among physicians, insurance underwriters, psychotherapists and fashion designers to attack obesity as the common enemy. Over the years campaigns mustered in this cause have raised legions of specialists and specialties. The diet industry in the United States alone in 1977 was estimated to have grossed over a billion dollars.

In the United States with the great availability of food and regular meals, the ability to store fat is no longer lifesaving. If anything actuarial tables suggest that it may be just the opposite.

The insurance studies that ushered in a new world in body images for Americans were first published in 1912. As an indirect result we are now taught that being overfat increases our chances of dying of heart disease, diabetes and nephritis; recently asthma and homicide have been added to the list. Plus there's the extra burden of psychological guilt that has been produced from the fashion and sports/fitness industry: No one wants to date a fat girl, do business with a butterball executive or play racquetball with an obese partner.

How bad is the obesity problem in the United States?

The most recent figures published by the insurance companies suggested that almost 50 percent of the adult female population in the USA was seriously overweight, with figures for adult males running them a close second. If an obesity rate of 50 percent seems high, Americans can take some comfort from the recent data released by the Baden-Wurttemberg State Medical Association, which estimates the German obesity rate for both sexes at close to 70 percent.

How do I know if I'm overfat?

Obesity has been defined as starting anywhere from 10 to 25 percent above actuarially "normal" weights for a given height. At best, however, the use of such tables and percentages have proven only reasonably correct. At worst, they provide merely "interesting guesswork."

Various attempts have been made to measure body fat in a more systematic fashion. They range from skin fold

caliper readings to underwater weighing devices and other more complicated measures based on the biochemistry of lean tissue versus that of fat. Each of these techniques, however, has certain shortcomings.

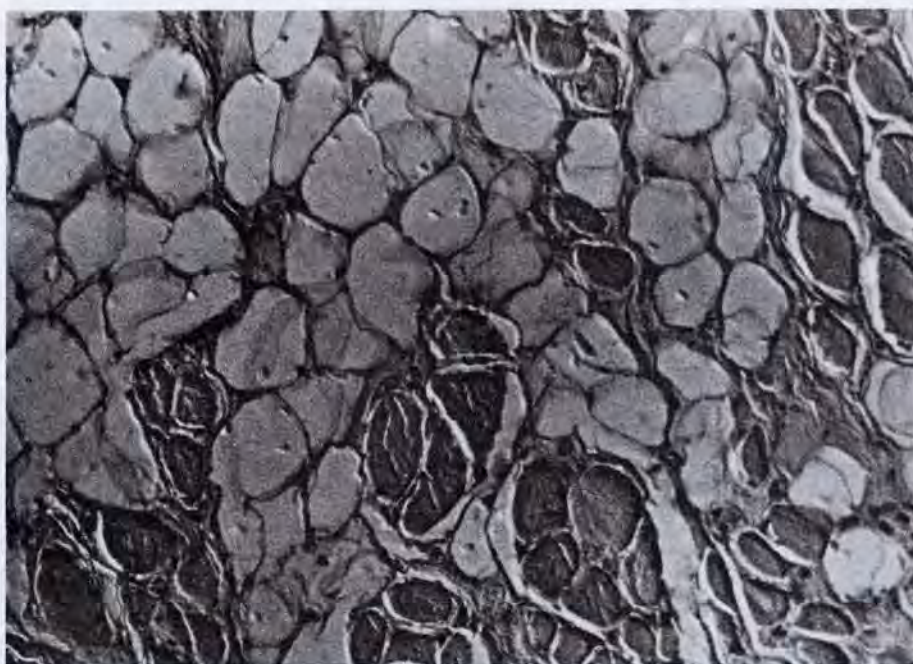
From a layman's point of view general fatness can be determined by simply looking into a full length mirror. An honest appraisal of the nude body can be a reliable guide for locating excessive body fat. While viewing yourself in the mirror you can roughly determine your fat storage spots by pinching various parts of your body.

For example pick up a pinch of skin from the back of your arm, midway between the elbow and the shoulder (mid-triceps area). You should have a double layer of skin and fat, excluding the underlying muscle, between your thumb and forefinger. When you take your fingers away, have a ruler handy so you can measure the distance between your fingers to the nearest eighth of an inch. Most parts of your body can be pinched and measured in this fashion. (see photo B)



Photo B: Fat directly under the skin can be estimated by pinching various parts of your body. The sides of the waist are one of the first places that men store fat. Women tend to store fat first around their thighs and hips. One of your goals should be to bring that fat roll down to half an inch or less.

Photo C: A microscopic photograph showing fat cells (light colored) intermingled among muscle cells (dark colored). This interwoven fat can actually slow down the muscle cells' ability to move by providing friction between the contracting fibers. A well-balanced, lower-calorie diet causes the fat cells to shrink and allows a smoother, faster muscle contraction.



Generally speaking, more than three-quarters of an inch thickness on a male's body or one inch thickness on a female's body indicates excessive body fat. You can expect these rough measurements to naturally vary, with greater figures indicating your inherited patterns of fat distribution.

What is meant by inherited patterns of fat distribution?

Just as different families and different races have characteristic heights, coloring, and nose shapes, they may have characteristic patterns of fat distribution. Perhaps the best known racial variant is that of the African Hottentot and Bushman. If the women become obese, the bulk of the fat is deposited as a great mound around the buttocks. The mound may actually grow to the size of a large watermelon while the woman remains relatively lean over the rest of her body.

Hormones also influence the distribution of body fat. Androgens and estrogens are largely responsible for the differences in the way men and women deposit fat. The breasts, for example, are mostly fat, not glandular tissue as many people imagine, and estrogens are particularly responsible for this fat distribution.

Men, as they get older, tend to deposit their fat more frontally than women do. Women tend to deposit their fat more on the back side. This is true not only for that percentage of fat that accumulates in a woman's buttocks, but also for the lower part of her back as well.

Another genetic difference in fat distribution between men and women is that men tend to deposit more of their fat on the trunk, as opposed to the arms and legs, than women do. Male fat tends to be truncal fat, as well as frontal.

Much of the adipose tissue that a man accululates on his front will be concentrated in the area above the navel (the low-slung beer belly). Fat women, on the other hand, will tend on the whole to concentrate their truncal fat below the navel and over the hips.

Is there a quick and easy way to lose excessive body fat?

It's virtually impossible to lose body fat quickly and easily. Almost anyone can lose five or 10 pounds of body weight on a short term basis. The sad part is that unless it's done slowly, most of the weight loss will be from the muscles and organs rather than fat stores. What counts is losing weight for good and making sure that the weight you lose is fat. And this takes large amounts of discipline, motivation and patience.

What about all the devices that promise fast results?

A very high percentage of these devices (see photo C) are filled with myths, half truths and outright lies. Many of them involve dangerous practices. Let's examine some of the most popular ones:

- A weighted belt an individual can wear to "whittle inches off his waist." A useless gadget according to the Federal Trade Commission which also says that by wearing the weighted belt some individuals "could physically injure themselves."
- An electrical device that transmits current to the muscles through contact pads strapped on the body. Actually the muscle movements are too small to consume enough energy to cause a noticeable reduction in fat. Doctors believe these machines can be dangerous to the heart and other organs that can respond to electrical stimuli.

- A mechanical vibrating belt that may relax you and make you feel better, but certainly won't remove fat. Fat cannot be shaken, tickled, beaten or stroked from your body.

- Rubber clothes, which range from belts, shorts, and shirts to full outfits, that are suppose to make you "sweat off" the fat and inches. Any weight you lose is simply a result of dehydration, which is quickly replaced when you quench your thirst. And none of the water you lose when you sweat comes from your body fat, since fat contains just a small percentage of water.

- Sauna wraps for particular parts of the body. In this idea, your body (or the specific part you want reduced) is wrapped with tape, which has been soaked in a "secret" solution. You sit in a sauna bath for 30 minutes, and supposedly the secret solution draws the excess fat from your body. Again you can't passively sweat fat off your body.

- "Cellulite" remedies for removing one kind of fat. Cellulite is supposedly a unique type of fat that can only be removed by a costly and elaborate program. This is simply not true. Fat is fat whether it's dimpled, bumpy or looks like orange peel. In fact the American Medical Association has issued a statement calling cellulite a hoax and denouncing its remedies as economic exploitation.

- Over-the-counter drugs. You will not lose fat simply by consuming a certain capsule, tablet or pill.

Photo D: Contrary to what these ads would have you believe, there is no quick and easy way to lose body fat.



Your comment about cellulite has me confused. Are you sure it's not a special type of fat that is very difficult to remove?

No there's nothing special about cellulite. But perhaps a bit more explanation will help.

The relationship between the skin, the fat, and the underlying muscles is rather distinctive in human beings. (see photo D) Other species have fur, feathers and certain vascular blood-shunting devices in their bag of cold weather tricks. But we humans have virtually nothing between us and the elements except fat and skin. This may be one of the reasons that fat adheres so stubbornly to our underlying muscles.

It is this adhesiveness that accounts for the kind of dimpling effect that has been dubbed "cellulite." The term has been applied to the puckering or dimpling of fat that occurs in the buttocks and thighs of overfat and

usually middle aged women. Cellulite has become such a common word that it would be pointless to try to remove it from the dieter's vocabulary. Although there is no such word medically, the condition it has reference to is one that can and does exist.

What apparently happens in cellulite is that the ribbons of connective tissue which serve as pouches for large groups of fat cells in sort of honeycomb arrangement under the skin have lost their elasticity and shrink with age. The overlying skin which is attached to these fibers then contracts. If the size of the fat cells encased in them does not shrink to match, a kind of dimpling occurs on the surface of the skin.

The cure for this is simply to reduce the size of the empouched fat by dieting. In other words your goal should be to shrink the fat cells inside the pockets of connective tissue back down to the limits of the shrunken connective fibers.

Is there a foolproof way to lose fat and keep it off permanently?

At this point in time there is no foolproof way. Statistics from available studies conclude that only 10 percent of the patients in scientifically conducted and controlled clinical fat reduction programs managed to maintain their original weight losses after one year; at two years this figure had dropped to six percent; and after a five year time lapse this ration had dwindled to less than one percent.

The biggest success rates for any groups were for male volunteers who were members of an Anti-Coronary Club program in New York City. The men enrolled in the program were a high risk group in terms of age, lifestyle and eating habits. The results of this study probably reflect the life-and-death rationale attending the program itself.

In the light of this information, however, one thing remains clear: there is no

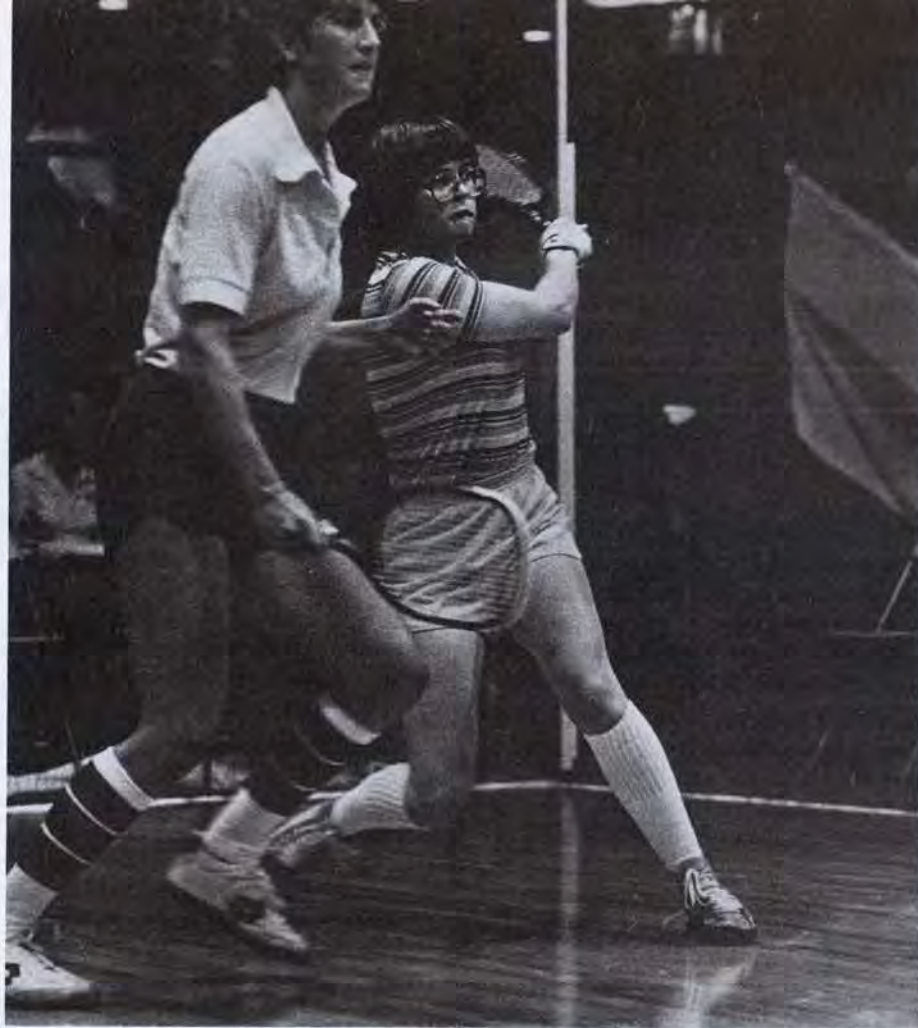
way for you to get fat without eating too much food for your body to handle, and there is no way to get thin without eating less food than your body needs to store more fat.

What type of diet should I go on to lose fat?

First a mention of some of the diets *not* to try: The high-fat diets of a decade or so ago came up against the heart-and-artery-disease statistics and eventually died a natural death. The no carbohydrate diets are still with us, although they will probably come to the same kind of grief on the bowel-cancer figures as the fat eaters did on the coronary tables. Will power and liquid protein will not do the trick, either.

A well balanced, lower caloric diet has proved to be the choice of the nutritional and medical profession. It has the potential (if used properly) to produce a small, weekly amount of *fat loss* — without producing long lasting hunger.

Hunger, in all shapes, sizes, and degrees, is the dieter's ghost. The object in long haul fat reduction is thus to learn to cheat that hunger as gracefully and as intelligently as you can. Application of the well balanced diet I present here is a step in the right direction.



A game of racquetball can trick the unfed hypothalamus.

Dietary Guidelines For Losing Fat (Sample Diets)

from Darden's book, *How to Lose Body Fat*

Food	For 1,200 Calories Daily	For 1,500 Calories Daily	Notes
Meat Group	3 small servings (or a total of 7 ounces cooked weight)	3 small servings (or a total of 7 ounces cooked weight)	Choose lean, well trimmed meats: beef, veal, lamb, pork. Poultry and fish should have skin removed. One egg can be substituted for 1 serving of meat.
Milk Group	2 cups fortified skim milk	2 cups whole milk	Two cups milk means two 8 ounce measuring cups.
Fruits and Vegetables Group	4 servings	4 servings	One fruit serving = 1 medium fruit, 2 small fruits, ½ banana, ¼ cantaloupe, 10-12 grapes or cherries, 1 cup fresh berries or ½ cup fresh, canned or frozen unsweetened fruit or fruit juice. Include one citrus fruit or other good source of vitamin C daily. One vegetable serving = ½ cup cooked or 1 cup raw leafy vegetable. Include one dark green or deep-yellow vegetable or other good source of vitamin A at least every other day.
Bread and Cereal Group	4 servings	5 servings	One serving = 1 slice bread; 1 small dinner roll; ½ cup cooked cereal, noodles, macaroni, spaghetti, rice, cornmeal; 1 ounce (about 1 cup) ready-to-eat unsweetened iron fortified cereal.
Other Foods	1 serving	3 servings	One serving = 1 teaspoon butter, margarine, or oil; 6 nuts; 2 teaspoons salad dressing; or 35 calories or less of another food.

An important factor in losing body fat is the strict adherence to a diet that is restricted in calories but balanced in terms of nutrient content. The food chart is based on the nutritionally balanced, Four Basic Food Groups: meat, milk (dairy products), fruits and vegetables and breads and cereals.

It is suggested that you begin by following the guidelines for 1,500 calories a day. Gradually, within four to six weeks, you should progress to 1,200 calories a day. On this plan, you should notice a slow and steady loss of body weight.

Are there ways I can quench my hunger when I'm on this diet?

Yes there are certain ideas that can be applied to bring the feeling of hunger under control. Three physiological subsystems are involved in hunger: the brain, the gut and the endocrine system.

The first line of defense against the false hunger of appetite is the brain, or more specifically the hypothalamus.

Signals that we as dieters can inject into the hypothalamus include cues about body temperature, blood and tissue oxygen levels, tissue water supplies and glucose supplies.

Perhaps the easiest to manipulate is heat. One way of persuading the brain that the body is being fed is to turn up body heat, whether by eating (or drinking) something hot or by deliberately setting out to raise skin temperature by putting on extra clothes and moving into a warm environment — or both.

Another way to trick the unfed hypothalamus is to persuade it that there is more oxygen in the tissues than may at any given moment actually be on its way to them. In other words if you feel hungry, play racquetball or get into some other kind of exercise.

The time it takes various food components to pass through the gut can also be used to your advantage. The ideal meal plan for someone with an ungovernable appetite is to start out the meal with something sweet and follow it with a salad; then get down to the basics.

Dieters who have trouble keeping their appetites in check at parties and gala dinners should prediet rather than postdiet. The message is that if you must overeat, do it on a empty stomach.

The second line of defense against hunger is the gut. One way to trick the gut into feeling fed is to eat large amounts of low calorie foods. This may not dampen the fires of hunger, but it may make the dieter feel so full that even where brain satiety can't begin to operate, bloat or nausea will. Salads and vegetables are good. So are soups and cereals. And the hotter the food the better.

The frequent advice to drink plenty of water while on a diet is well taken. Not only does water make you feel full, but whatever works to preserve fat stores in the body seems closely calibrated to whatever it is that conserves water.

Special attention should also be given to carbohydrate intake. Fat burns best and fastest in the presence of carbohydrates, and your own lean tissue is at risk when there is no starch or sugar coming into the system to provide fuel for burning the fat. Remember — at least 50 percent of a well balanced, fat reducing diet should be in the form of carbohydrates.

How important is the role of exercise in fat reduction?

A low calorie diet does result in weight loss. Careful studies show, however, that at least 25 percent of this weight loss (and it can be over 90 percent) comes not from body fat but from the muscles, vital organs and extracellular fluid. Loss of protein from these vital cells and organs is difficult to avoid with even small reduction in the caloric intake of an inactive person. This problem is readily overcome if a firm diet is combined with increased exercise. Additional calories are used, the physical appearance and condition is improved and activity helps to quell the hunger pangs.

In order to get the most out of your exercise program, the exercises must be properly selected and properly performed. Just any group of exercises won't do the job.

The exercise should involve your major muscles. The exercise should involve full range movement. And the exercise should be progressive so it makes you stronger.

Muscles that are properly strengthened require more calories at rest. This is a very important fact.

The real problem in most cases of obesity begins with how many calories you use when you are not doing anything. The calories you use at rest decrease as you get older. In other words if you eat the same number of calories you ate when you were younger and do the same amount of physical activity, you will still get fat.

Muscle cells are active cells. They are busy all the time. Fat cells are fairly inactive. They don't have nearly as many blood vessels in them as do the active muscle cells. (see photo C)

Conclusion

The reduction of body fat is never quick nor easy; it requires time and discipline. It means a sensible changeover from more calories to fewer calories — well-balanced, of course. And it means adding exercise to your weekly lifestyle. Keep your motivation high and stick with it — that's a big part of the entire cake.

And speaking of cake . . . and other high calorie foods: may all your servings be small! ●

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Hogan on a



High



Marty Hogan's 142 mph bullet seemed to pick up speed in the mile high Colorado atmosphere as the champ won another pro tournament, this one being the Coors Racquetball Classic in Arvada, just outside Denver.



Full gallery at the finals watches the diving action from a Hilecher retrieve while (above) Hogan follows through with another kill shot.

Hogan surprised nobody at the Court Club North as he continues his inevitable push toward the 1978-79 National title. The only surprises on tour continue to come in the early rounds.

Hogan, and Jerry Hilecher, the tour's number two ranked player, were not victims this weekend and their meeting in the finals followed each of their three-game, semi-final victories.

Hogan stopped Ben Koltun after giving the second game away and almost having the tie-breaker stolen 21-15, 20-21, 11-7. Hilecher stopped the impressive and surprising David Peck 18-21, 21-13, 11-3 as Peck, unseeded and unranked, blitzed the bottom half of the lower bracket.

The big money, however, is in the finals and there Hilecher and Hogan, as they have quite often in recent months, stood toe-to-toe in center court.

Jerry's initial 5-1 lead vanished quickly when Hogan scored four points after an avoidable hinder on Hilecher gave him the serve. The first two points were aces, the second ace being a crack to the right that Hogan called before the shot.

The next deadlock occurred at 9-all and when Hogan jumped again to a 13-9 lead, Hilecher tried to scramble back, scoring an ace on a Z to the left (generally the most effective serve of the tournament) and a backhand pass, making it 11-13.

And just as the gallery tensed for a tight finish to game one, Hogan ripped four straight points to completely change the situation. Another ace, this one a drive into the deep right corner, made it 14-11, a forehand kill into the right corner was 15-11 and a backhand pass cross court left counted 16-11 and forced an Hilecher time out.

Hogan added one more, but Hilecher regained the serve and scored twice to make the score 17-13 when Hogan took over the service zone, for what proved to be the last time in the game.

A backhand pinch kill left to right made it 18-13 and a forehand kill into the right corner 19-13, the two points seeming to take the sting out of Hilecher's shots. At 19-13 Hogan served a three-quarter speed Z to the left and Hilecher hit it into the floor to make it 20-13. Not one to vary a winning game Hogan served the identical serve at match point and the identical result occurred for the 21-13 win.

Hilecher's game was greatly sharper in game two, as again he took the early lead, something that Hogan hates in his opponents. This time it was 7-3 and Jerry held it to 8-4 and 10-6 before Marty was able to creep back.

As Hilecher well knows, it's much better to have Hogan creeping back than racing back with a seemingly unending succession of points, and Jerry did his job by holding Marty without any big runs. Yet Jerry himself was unable to do more than add one or two here and there and the result was a tight and methodical progression toward the 21st point.

At 8-10 a Hogan ace on a Z to the left and a backhand dump kill tied the score and subsequent ties came at 11, 13, and 14 where Hilecher scored twice to grab a 16-14 advantage.

But that irrepressible ace came to Hogan's aid again, this time a drive left, followed by a forehand kill down the right line, and a forehand pass down the left line, regaining Hogan's lead 17-16.

When Hilecher tied the game at 17 moments later with a forehand kill into the right corner, it was anybody's game. Problem was nobody seemed to want it as a series of errors kept the scoreboard clean.

Hilecher skipped a forehand — side out. Hogan skipped a backhand — side out. Hilecher whiffed a backhand ceiling shot along the wall — side out. Finally Hogan hit the front wall on three consecutive shots and Hilecher couldn't match the feat, skipping a forehand off the back wall and giving Hogan the lead 18-17.

An ace (they seem to show up just at the right time for the top pros) came next as Hogan hit the crack to the left with another three-quarter speed drive, and after Hilecher's final time out, Marty called on Lady Luck, who delivered for him when a backhand drive cracked out of the back wall giving him a 20-17 lead.

Hilecher got two more chances, but was unable to score either time in as Hogan killed twice with his backhand, setting up the final rally, a forehand pass cross court left for the winner and the 21-17 match victory for Hogan.

The victory moved Hogan within sight of the coveted \$100,000 career prize money earnings mark, with \$89,990, and put him more than double ahead of his nearest rival in that statistic — former champ Charlie Brumfield, who was forced to withdraw from the tournament due to continuing health problems.

And despite the loss it was a good tourney for Hilecher, who regained the second ranked position, although he was forced to three games in both the semi-finals and quarter-finals in doing so.

Jerry's opponent in the semi's was Peck, who hails from El Paso, TX, and possesses a blasting forehand along with massive body strength. The 23-year-old right hander was tremendously impressive all week, not only with his physical skills but with his mental game as well.

Peck stopped second seed Richard Wagner in the first round 21-12, 21-18, holding on in the second game. In the second round he blew out veteran Steve Keeley 21-1, 21-11 and blasted another veteran in the quarters, Jay Jones, 21-5, 21-5 to earn his spot in the semi's.

Hilecher during the same time span was not having an easy route. Former National Juniors Champ Larry Meyers gave him a rough second game workout in a losing effort 21-4, 21-17 in the first round and gutsy Mark Morrow put in another good showing 21-19, 21-14 in the round of 16. Things got



The sturdy Peck goes for bottom board in his thrilling, if disappointing match with Hilecher in the semi's.

A backhand whiff by Hilecher of a drive along the left wall made it 19-18, a forehand V pass on an off the back wall shot was 20-18 and the big ace was the game winner, a drive into the deep right corner, a perfect, untouchable ace 21-18.

But Peck's bubble had burst and a great deal of energy had been spent in recapturing a game he probably felt was in the bag.

"I think David looked up, saw the score was 13-1 and figured, 'my God, I'm going to the finals,'" said another pro. *"Hilecher's been there too many times to lose his cool."*

It was Peck who cooled off and the result was a devastating assault by Hilecher, who ironically enough grabbed a 13-1 advantage by running 12 points in the third inning with kill after kill, effectively blowing Peck out. The closest Dave made it back was 15-10 but a series of two kills and two passes for winners put the game out of reach, forcing the tie-breaker.

It's nice to have your serve working in the tie-breaker and that is exactly what Hilecher had going for him as four of his 11 points came on unreturnable serves. A key five point fifth inning boosted a narrow 4-3 advantage to a solid 9-3 lead and Peck never recovered. A back wall kill cross court with his backhand was the 10th point and the never ending barrage of aces ended the match with a crack drive to the right, 11-3.

But David Peck could be proud of his performance and for the hope that he symbolizes for the other have-nots on the tour. A rookie who went through the qualifying system, earned a spot in the round of 32 and then got over the hump to prove that he could play with the big boys — that accomplishment will become more prevalent as the quality of play continues to improve.

In the upper bracket Hogan had an entertaining match with Ben Koltun, whose excellent serves (which led him to the semi's) kept Hogan off balance and helped neutralize Marty's power.

even tighter in the quarters where Jerry eased by Mike Yellen 21-19, 8-21, 11-6 to reach the semi's.

To say Peck got out of the blocks quickly would be one of the year's understatements. Aces and kills, passes with forehand and backhand stunned Hilecher and the gallery as Peck mounted an attack that makes power players drool. From 4-0 to 9-0 to 13-1 and the romp was on — or so it seemed.

Hilecher has paid his dues, however, and not too many years ago he was the kid who put together hot streaks that

made veterans nervous. Like the pro that he is, Hilecher hung in there, kept his cool and didn't give up the game, rather waited for the inevitable cooling off of Peck's game.

And when it came, Hilecher came back with it, every bit as dominating as Peck had been early in the game. Each time Peck regained the serve, Hilecher had moved closer — 13-3, 13-5, 14-11, 15-13 until finally 15-all and 18-all. There the rookie showed some perseverance, didn't rush his shots and took the game anyhow.



Hogan raises racquet upright in his winning gesture after scoring the final point of his tie-breaker win over Koltun in their semi-final battle.

An ace on a drive right got Ben on the track making the score 15-20 and Hogan followed with a forehand skipped kill attempt to make it 16-20. Ben added a winner of his own — a backhand cross court kill to the right — and it was 17-20. When Hogan hit another forehand into the dirt it was 18-20 and a backhand down the line kill to the left made it 19-20, Koltun still serving and within the realm of Anything-Can-Happen.

Koltun, who has been this route before, realized that every shot could be the last he took in the match, and he made the most of each one, using outstanding Z serves to the left to elicit weak returns. He did just that on his next serve, realizing a forehand back wall setup as the result and putting the ball away to tie the game at 20-20.

There Marty gave him the game, although certainly not intentionally, with a forehand back wall skip that sent the two to the tie-breaker.

When Marty Hogan has 6-0 and 8-1 leads in the tie-breaker, you figure the game's over, right? Not this time, as a near repeat of the second game almost got Koltun his first trip to the finals.

A combination of kills, passes and Koltun errors gave Marty the big lead, but Benny cranked up that Z serve again and although no immediate aces resulted, enough weak returns gave him offensive opportunities, which he used.

Serving a 2-8 Koltun killed a backhand into the left corner and watched a Hogan forehand skip in 20 feet from the front wall, both the result of fine serves. A backhand, back wall pinch kill from left to right tallied another one, and a forehand kill from 39 feet (going for it) made it 6-8 and caused a Hogan time out.

Marty was being outplayed, simple as that, and he knew it. When play resumed, Ben missed a backhand off the back wall, but was able to regain the serve with no damage by bottom boarding a forehand into the right corner.

Ben seemed to get stronger with each of his matches — going three with Amateur Harold Lugan 21-9, 12-21, 11-6, then squeezing by another St. Louisian Jerry Zuckerman 21-18, 21-17 and in the quarters, really sticking it to Steve Strandemo by the surprising scores of 21-13, 21-8.

Hogan had been routining it along the way, stopping Steve Mondry in the opening round 21-13, 21-14; Lindsay Myers in the 16's 21-10, 21-17; and Davey Bledsoe in the quarters 21-17, 21-11.

It was a weird match between two old friends and if you look just at the flow of the score it would appear that Hogan was toying with his old buddy. In game one Marty led 7-0, 10-4, 15-6 and 18-10 before Koltun came back to make it respectable 21-15.

In game two Ben led 6-4 and 8-4 only to have Hogan tie it at 8-all. Koltun jumped out again to 14-8, but Hogan came back to 14-all and then 17-14 and 20-14, as all in attendance thought the match was over.

But Marty got an attack of skip-itis, which along with Koltun's fine serves and good shooting, made the impossible possible.

An incredible ace on a Z left on his *second* serve gave Koltun another point at 7-8 as Ben again entered that Anything-Can-Happen zone.

This time, however, the anything was on Hogan's side. The champ hit a perfect pass off the back wall down the right line to regain the serve and in a flash ended the match with a flurry of shots.

A near ace resulted in a skipped backhand by Koltun and Marty had some breathing room at 9-7. A forehand kill left made it 10-7 and just for good measure Hogan ended it with an ace, a deep drive to the left, 11-7.

The quarter-finals, with the exception of the Hilecher-Yellen match, were a dud. Hogan's win over Bledsoe in game one found Marty blowing a 16-4 lead only to have Davey close to 15-18 and 17-20 before Marty got the last point.

In game two Hogan led 10-3, Bledsoe came back to 10-9 and Marty pulled away again 18-9 and 19-10 before a backhand dump kill made the final 21-11.

Bledsoe had reached the quarters with wins over former National Amateur Champ Jeff Bowman 21-5, 21-15 and Steve Chase 21-11, 21-7.

The two shocking matches were both shocking really in the scores more than the surprising upsets. Koltun's win over Strandemo, although a mild upset, was amazing by the domination of Koltun 21-13, 21-8.

Strandemo had played himself back to the number four ranked position after missing virtually all of the 1977-78 season due to illness and was at the top of his game, as witnessed by his shellacking of David Fleetwood (21-2, 21-10) in the round of 16 and his easy win in the first round over top amateur Bobby Bolan 21-5, 21-4.



In the quarters Hogan finds Bledsoe out of position as he smacks a forehand pass right.

But Koltun was on his game, particularly his serving game. Using a drive to the left followed by a Z to the left as his second serve Koltun was able to maintain two strong serves throughout the first game as he broke an early 3-3 tie and ripped his way to a 17-4 advantage, despite Strandemo's three time outs.

Steve attempted the comeback effort and reached 13 before Ben put him away with his third try at 21, a backhand kill.

Game two found Strandemo forcing his shots, in an attempt to gain some momentum, and the result was actually an inability to kill, as the multitude of shots left up kept Koltun in fat city with setup after setup.

Ben took control, adding his own good shots to Steve's bad, and building 10-1, 12-4 and 19-7 leads before the end came at 21-8.

Strandemo was philosophical in defeat. *"I had a bad day, and he played well,"* said Steve. *"It happens."*

The other shocker of the round was Peck's devastation of Jones, making a fine comeback after being forced to miss two events due to injuries sustained in his job as Hollywood stunt man. Jones has eased by Rookie Scott Hawkins, current National Junior champ, 21-5, 14-21, 11-4 and then upsetting Craig McCoy in the round of 16 21-11, 12-21, 11-8.

But Jay was no match for Peck in the quarters as David simply overpowered the Los Angeles native 21-5, 21-5 in most impressive fashion. Hilecher and Yellen did provide some excitement, although Jerry said later, *"It was like an exhibition. I couldn't get psyched for the match."* Not surprising since Jerry and Mike play for the same manufacturer and often put on clinics and exhibitions together.



Koltun's point of contact is ankle high as he shoots for a winner in the quarters.



Yellen (1.) and Hilecher had superb match in their quarter-final encounter that went three games.



Surprise quarter-finalist Jones (partially hidden) was unable to muster an attack against surprise quarter-finalist Peck.



But this was the quarter-finals, real life, and game one was one of the tournament's better battles. Never more than two or three points separated the two foes and until Hilecher made an amazing diving pinch kill with his backhand to regain the serve late in the game, it could have gone either way.

But that one spectacular shot caused Yellen a momentary break in concentration, and Hilecher seized the opening to hit a forehand kill off the back wall and take the first game 21-19.

Yellen came all the way back in game two, and on the strength of a key five point eighth inning boosted a 10-8 lead to a 15-8 gain which he ran out 21-8.

As he has the knack to do, Hilecher geared up the big serve in the tie-breaker taking a 3-2 lead and hitting five straight points, including three consecutive aces and taking the insurmountable 8-2 lead. The final was 11-6.



National champion Shannon Wright, who hasn't lost a game since last September, continued her domination of the women's division of the Colgate Tour, with a convincing victory in the Coors Racquetball Classic Feb. 21-25.

Men's Pro Results

(First Round): Hogan d. Mondry 21-13, 21-14; Myers d. McDowell 21-18, 21-14; Chase d. Stephens 21-19, 21-17; Bledsoe d. Bowman 21-5, 21-15; Koltun d. Lujan 21-9, 12-21, 11-6; Zuckerman d. Zeitman 21-19, 19-21, 11-10; Fleetwood d. Thomas 21-13, 21-9; Strandemo d. Bolan 21-5, 21-4; Hilecher d. Meyers 21-4, 21-17; Morrow d. Blackford 18-21, 21-18, 11-6; Serot d. Schmidtke 21-9, 21-10; Yellen d. Huber 21-11, 21-11; McCoy d. Flish 21-5, 21-18; Jones d. Hawkins 21-5, 14-21, 11-4; Keeley d. Eggerman 21-11, 20-21, 11-6; Peck d. Wagner 21-12, 21-18.

(Second Round): Hogan d. Myers 21-10, 21-17; Bledsoe d. Chase 21-11, 21-7; Koltun d. Zuckerman 21-18, 21-17; Strandemo d. Fleetwood 21-2, 21-10; Hilecher d. Morrow 21-19, 21-14; Yellen d. Serot 21-10, 21-9; Jones d. McCoy 21-11, 12-21, 11-8; Peck d. Keeley 21-1, 21-11.

(Quarter-finals): Hogan d. Bledsoe 21-17, 21-11; Koltun d. Strandemo 21-13, 21-8; Hilecher d. Yellen 21-19, 8-21, 11-6; Peck d. Jones 21-5, 21-15.

(Semi-finals): Hogan d. Koltun 21-5, 20-21, 11-7; Hilecher d. Peck 18-21, 21-13, 11-3.

(Finals): Hogan d. Hilecher 21-13, 21-17.

Coors' George McFadden presents Wright with her first place check (above), earned primarily with resounding forehand kills like this one against Hoff in the championship match.

!!!
Wright!



Wright's victory, however, was the only normal progression of the tournament, as upsets abounded in both brackets of play, particularly, the bottom bracket, where second and third seeds, Jennifer Harding and Marci Greer, never made it past the quarter-finals.

In the place emerged Veteran Rita Hoff and Rookie Linda Prefontaine, who did it the hard way, coming through the qualifying system to reach the semi-finals.

Eventually it was Hoff who made it to the finals and rightly so — it was Rita who gave Shannon her most difficult match.

With coach and friend, Jim Lewis, giving her hand signals from the gallery, Wright's service game and shooting ability showed immediately as she opened the championship match with a quick 10-3 advantage.

Hoff, making the first finals appearance of her career, was understandably tense and that factor caused her to leave many of her shots up, making them easy prey for Wright's aggressive game.

Once relaxed Rita played even with Shannon and actually closed to within 14-9, but the champ cranked up her big serve, and an ace on a Z to the left followed by another an inning later hurt badly the Hoff advance. When Shannon followed with a backhand kill down the left line and another ace on that same Z serve to the left, it was 19-9 and the first game was in the bag.

Hoff was able to manage a few more to get to double figures, but at 20-12 Wright ripped a near ace drive serve to the right, and a weak return resulted in the absolute setup and kill by Shannon in the right corner for the win.

Game two was far different, both in score and level of play. Wright, who knows better, seemed to be adding the \$1,300 first place check to her bank account, while Hoff decided to go after the match.

And they battled even throughout the first half of the game. Ties at 4, 8 and 10 found Hoff's tough serves (she reverted to the same Z to the left that was causing her so many problems as the receiver) and her intensity bringing in the points.

That was the first half of the game. The second half was rather amazing in that Wright put on one of the worst displays of championship shooting that has ever been seen.

A forehand skip by Shannon at 10-10 gave Rita the 11-10 lead, and after a kill and another skip, Rita sat back and absorbed five straight points on kill attempts that skipped into the front wall.

Wright tried to fly kill a garbage serve and skipped it in with her forehand to make it 12-10; a backhand back wall skip was 13-10; a forehand skip of a Z serve to the right made 14-10; and a forehand skip of a routine set up in center court made it 15-10 and was too much for Wright to take, as she called a time out to attempt to regroup.

The first rally back found Shannon again hitting a forehand into the floor making the score 16-10 in Hoff's favor, as all she had to do was put the ball in play, and receive a seemingly endless string of points. Well the string ended on the next rally, finally, as Shannon hit a backhand kill (never say die) off the back wall into the right corner to take over the serve.

Not one to go too far with a bad thing, Wright elected a conservative approach and promptly hit a winner on a backhand back wall pass cross court to the right to capture a point, making the score 11-16. The single notch on the scoreboard seemed to perk her up, and when she followed with a forehand kill to the right for 12-16, Hoff called a time out before it got out of hand.

The pendulum had swung, though, and in a flurry of offensive might, the opposite of the offensive ineptness just experienced, Wright began gathering in the points. Three straight forehand kills, two off the back wall and the third a 39 footer, were followed by a backhand back wall skip by Hoff, then another forehand kill by Wright and boom — it was 17-16 Shannon's favor and Rita called another time out.

From there the game inched toward 21. Wright lost her serve when she admitted a skipped shot even though the appeal was in her favor (quite a sportspersonship gesture from a player who was once quoted as saying *"I'll never give up a point, that's the referee's job."*) and Rita hit a backhand passing winner to knot the score at 17.

They tied at 18 when Hoff hit another pass for a winner and Wright grabbed an ace on a drive left. They tied at 19 when Wright hit a backhand fly kill attempt into the floor (on a garbage second serve no less) and Hoff returned the favor by hitting a backhand into the floor off a drive serve.

The end came quickly from there. Shannon hit a forehand pass down the right line to reach 20-19 and after Hoff's final time out, Rita committed the cardinal sin — hitting the match winner into the floor, on a center court setup yet, 21-19 and another notch on Wright's victory belt.

Yet it was a superb tournament for Rita Hoff. She got off to the best possible start when first round foe Peggy Steding, the former national champ, was forced to withdraw due to illness in her family. The forfeit win for Rita pushed her to the quarters where she stopped Greer, who had a string of two straight second places, 21-15, 21-16.

Her semi-final opponent was Prefontaine, sister to the late, great distance runner, who had upset number seven seeded Karin Walton in the first round 21-20, 21-6 and then shocked number two Harding in the quarters 21-19, 21-19 coming from way back in the second game.



Another newcomer to the semi-finals was Prefontaine, who despite the shoes had a successful tournament.

The semi-finals found Hoff entirely on her game, from her blistering serves to solid kills from both sides. Both Rita and Linda were surprised to be playing the other, and this first meeting proved to be all Hoff.

Rita broke a 5-5 tie in game one to bounce to a 16-7 advantage, the key being three consecutive aces for points 13, 14, and 15, a drive right and two drives left. Prefontaine never recovered from the onslaught, drawing to 16-12 as the narrowest margin.

At 17-12 another ace on a drive deep into the left corner, spelled the end of the game and Rita followed quickly with a pass, a kill and the final ace another drive left, 21-12.

In the second game Hoff led from start to finish, using the serve and shoot style on offensive and an unusually effective around the wall ball on defense. She took a 5-0 lead and built it to 11-3 and 16-8 before Prefontaine was able to mount a belated comeback bid. As in game one the closest she could get was 12-16.

From there two skips sandwiched around a Hoff kill boosted Rita to within range at 19-12 and on her third try later she flat rolled out a forehand winner for a 21-14 victory.

In the upper bracket Wright and number four seed Janell Marriott made it through to the semi-finals, although other seeded players were not so fortunate.

Number six, Martha McDonald, found qualifying Pat Schmidt too tough as the lithe Milwaukeean outlasted Martha 21-7, 19-21, 11-3 for her first trip to the quarters. Number eight, Jean Sauser, was another first round casualty, succumbing to another qualifier, national amateur champ Alicia Moore 21-13, 13-21, 11-3.

Marriott was impressive en route to meeting Wright, with whom she has been working out in recent weeks. Janell blew out Jan Matthews in the opening round 21-1, 21-3 and then showed no mercy on Moore in the quarters 21-7, 21-5. She seemed ready for Wright.

But Shannon, having disposed of Kathy Williams in the first round 21-9, 21-12 and Schmidt 21-9, 21-6 in the quarters, was more than up for the task.

The first game of the semi's found Shannon as sharp as she could be. Grabbing an early 7-1 lead she built it to 15-4 with a series of kills and other offensive shots that would daze any opponent.

From there it got better (or worse depending on your point of view). At 15-5 just for good measure, two straight aces on drives to the left made it clear who was in command. The final 21-6 was academic by then in a game that found Wright making only four errors.

That certain ability that breaks your opponent's back is something that can't be taught and only the champions possess it. Wright, probably more than her male counterpart Hogan, is a master at devastation.



Wright, who felt Marriott was her toughest foe, goes for a back wall kill against Janell in the semi's.

NOTES OF THE TOURNAMENT . . .

The reception given by the Coors Brewing Company was marvelous. Peter Coors, Coors Marketing-Promotions Manager George McFadden and Coors Marketing-Promotions Representative Vicki Adamo did their utmost to make the players feel comfortable in their home town, including free beer all week to all players and tournament workers . . . The Court Club North is one of the nation's premier racquetball clubs, sporting 19 courts, full court gymnasium (practice home of the Denver Nuggets of the NBA), full Nautilus, outstanding whirlpool, steam, sauna, snack shop — the works, in other words. Soon to be completed are outdoor tennis courts and indoor/outdoor swimming pool . . . a perfect host club . . . Ron Blanding, owner and builder, was as hospitable as could be. Ron built the first racquetball commercial facility in the Denver area a few years back (the original Court Club) . . . Hats off to Trudy Speak and Alden Bock who put in mountains of hours in running the amateur portions of the tournament . . . those winners included Jim Owen in the Men's A 21-13, 21-16 over fast-rising John Eggerman, National Juniors 15-and-under champ . . . Bill Roth, manager of Court Club North was superb in his coordination of the event and was a joy to work with . . . homecoming was the occasion for NRC's Milt Presler . . .

Highlight off the court for the weekend was the party thrown for the mothers of the women pros, sponsored by Al Mackie (Seamco), Charlie Drake (Leach) and Bob Kendler (NRC). Nice to see Nancy (the better half) Mackie at the event . . . Carol Brusslan, *National Racquetball's* managing editor, also attended the tournament, collecting stories and coordinating the women's party . . . Fran Davis, although frustrated in the pro ranks, captured the Women's A amateur tourney with a thrilling 19-21, 21-16, 11-10 win over Mary Dee. The competition was fierce indeed as the quality of women players continues on the rapid rise. The finals, both semi's and three of the four quarters, went to the tie-breaker. ●

Game two was another example as she grabbed another quick 5-0 lead and when Marriott closed to within 8-5, Wright came back with a seven point inning that crunched Janell and took the match. Pass, skip, kill, skip, time out, kill, ace, kill and it was 15-5.

An inning later another pass with another kill made it 18-5 and Marriott knew she'd have to wait for another day. And as she so often does, Shannon ended the match with no doubt, an ace on a drive to the right, 21-5.

Marriott was certainly a different player in the quarters, where she had it all her way in stopping Moore. Alicia was obviously nervous, as would any amateur breaking into the top eight of a pro tournament, and she couldn't shake the butterflies.

The games were both close early and then Marriott put strings together as Alicia mis-hit especially on the all-important service returns, keying the 21-7, 21-5 scores.

Wright did the same with Schmidt, who was unable to generate any offense to her game as the overpowering champ did just that en route to the 21-9, 21-6 wins.

In the bottom bracket there was some excitement in both matches, each an upset.

Prefontaine's pair of 21-19 wins over Harding were huge surprises as Linda came from behind a 16-19 deficit in the second game to capture the match. Her keys to victory were strong serves and superb conditioning.

Hoff let a big lead vanish in her first game with Greer, but held on to take a 21-15 win by scoring the last five points of the game. In the second Rita broke a 10-10 deadlock to a 20-15 lead and 21-16 win, ending it on an ace.

Women's Pro Results

(Qualifiers): Schmidt, Moore, Dugan, Prefontaine.

(First Round): Wright d. Williams 21-9, 21-12; Schmidt d. McDonald 21-7, 19-21, 11-3; Moore d. Sauser 21-13, 13-21, 11-3; Marriott d. Matthews 21-1, 21-3; Greer d. Dugan 21-20, 21-4; Hoff d. Steding, forfeit; Prefontaine d. Walton 21-20, 21-6; Harding d. Green 21-10, 21-12.

(Quarter-finals): Wright d. Schmidt 21-9, 21-6; Marriott d. Moore 21-7, 21-5; Hoff d. Greer 21-15, 21-16; Prefontaine d. Harding 21-19, 21-19.

(Semi-finals): Wright d. Marriott 21-6, 21-5; Hoff d. Prefontaine 21-12, 21-14.

(Finals): Wright d. Hoff 21-12, 21-19.

Grandmother Joins Racquetball Moms in Denver



Number One Women's Pro Shannon Wright shows her grandmother, Marjorie Sweeney, that she appreciated the cheers that helped lead to Wright's win in Denver.

It was Christmas two months later in Denver for some of the mothers of the women pros whose holiday gifts were trips to the Second Annual Racquetball Moms Get Together.

Marjorie Sweeney, Shannon Wright's grandmother, joined the mothers at a Saturday night dinner given in the moms' honor by Bob Kendler, president of the National Racquetball Club; Al Mackie, president of Seamco Sporting Goods, and Charlie Drake, president of Leach Industries. The late night supper included quiche, strawberry crepes, champagne and corsages for the mothers.

The pros, who invited their moms to a national tournament for the first time at the 1978 women-only stop in Omaha, plan to repeat the mother-daughter event during next's pro tour. ●



Watching Rita Hoff score a point are, left to right, Helen Anderson (Jennifer Harding's mother), Virginia Sauser (Jean's mother), Rita Hoff (same name as her pro daughter), June Green (Sarah's mother) and Johanna Schmidt (Pat's mother).

First Look at Big Time Racquetball

"I've been able to see how what I've read about works — like when Steve Strandemo hit a pass shot with both players in front court."

Brian Duran, who's 15 and lives in Sheridan, WY, was watching the pages of *National Racquetball* come to life as he sat in the gallery each day during the Denver pro stop. Brian's been following the game in this magazine since Wyoming State Chairman Barbara Williams first gave him a copy at the Sheridan YMCA where Brian plays and Barbara is program director.



"In Sheridan the guys run around a lot more than the pros," Brian observed. "The pros don't seem to move that much, just a few steps to the right or left . . . The women were a lot better than I thought they'd be. Their serves are good and they move . . . It was fun to watch Martha McDonald with her fast wrist."

Brian's only disappointment was that he couldn't see Charlie Brumfield play. *"I've been reading about Brumfield's serves and I hoped I could see him use them."* But Brumfield, who was out of the competition recovering from hepatitis, still did his bit for Brian when the four-time champ appeared in Denver the first day of the tournament.

"I was sitting here," Brian says, "and I told my dad — 'that looks just like Charlie Brumfield!' — and it was." ●

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Letters

For Eyeguards Who Needs a Guilt Trip?

Dear Sir:

I recently had the terrifying experience of hitting my opponent in the eye with a ball, almost blinding him. He has recovered now, but he suffered total loss of vision for about eight hours, due to blood seepage in the eye and was kept in the hospital for a week.

The pain and suffering my friend went through is obvious, but not everyone appreciates the anguish of the giver as well as the receiver of the injury. Although I was intellectually aware that the accident was not my "fault," that did not prevent me from experiencing alternating waves of nausea and tears as we waited in the emergency room.

I always wear eyeguards, and my friend usually does, but he forgot them or was lazy that day. As we waited for the doctor, we formulated an eye protection plan which we commend to all players: carry two pairs of eyeguards, so that you can insist that your opponent wear a pair. From now on my rule in club play is this: "Wear yours, wear mine, or we don't play." Even in tournaments where I won't be able to enforce my rule, I intend to offer a pair of eyeguards to my opponents, and urge them as vigorously as I can to put them on.

My rule is not just for the benefit of others: for the price of a pair of eyeguards I will spare myself the agony of another guilt ridden trip to the emergency room. If only 10 percent of the players adopt my rule, we will soon see a quantum leap in the number of eyeguards on the courts.

Two more suggestions. Club pros should build the price of a pair of eyeguards into every package of beginners' lessons, and require their students to wear them; people taking advanced lessons should be subject to the same rule. Tournament organizers should consider foregoing the tournament T-shirt every so often, and distribute eyeguards to the participants instead. It's not as good an advertisement, but it will help the overall good name of the sport more in the long run.

W. William Hodes
Chicago, IL

... or a Lawsuit?

Dear Editor,

As instructor in charge of the racquetball program at the Westside Jewish Community Center in Los Angeles, I have been reading with great interest your recent articles on protective eyewear.

A staunch supporter of such eyewear I routinely include a discussion of eye protection during my first "pre-court" lessons. I have found that nearly all beginners are totally unaware that any such danger of injury exists.

I would like to address myself to two heretofore unmentioned aspects of the eyeguard controversy. Most discussions have dealt only with the issue of eyeguards in regard to one's own personal safety. I submit, that one has a justifiable grievance in refusing to play an individual not wearing some type of eye protection.

In the most basic sense I personally do not relish the idea of being on the hitting end of a ball that permanently blinds or injures someone no matter how unintentional. I don't want to have to carry that guilt for the rest of my life.

Secondly should such an accident occur, what would keep the injured party from subjecting me to a huge lawsuit? While the outcome of such a suit is dubious, given the adverse publicity in playing sans guards, perhaps some sympathetic jury would see fit to make an award anyway.

I feel these issues are important ones, especially the latter. Lack of eyeguards on one player is not simply a personal matter, but affects everyone in the court with that individual.

Perhaps you people have some comments or information on the legal implications of injury on the court. As for myself I am becoming more and more hesitant to enter a court with a "guardless" opponent.

James G. Frught
Los Angeles, CA

Attorneys we talked to suggest there is always the possibility of a lawsuit in such cases. ED

A No from Alabama

Dear Mr. Ardito:

Due to the lack of negative representation I felt compelled to write concerning your editorial on the mandatory use of eyeguards at sanctioned tournaments.

First let me say that I'm not against the use of eyeguards, but against the forced use of them in tournaments. I have worn them in the past and on one occasion I was glad I had them on. That was about one year ago and shortly after that time I came to the realization that if I played smart, I would never get hit. I believe that any person with any degree of skill, can and will avoid being hit on any part of the body at any time, only because he/she knows what is going on. Beginners never look at the ball behind them anyway, so why should they worry. My colleagues and close friends share my belief.

Secondly of those letters published, all recommend the use of eyeguards. But did you note that only eight persons said they currently wore eyeguards while 12 made no mention of using them? One person even said he had been hit and hurt but still didn't wear eyeguards. I feel most people are in the category of recommending the use of eyeguards, but not of wearing them themselves.

Thirdly until the leaders begin to wear eyeguards, the amateurs will not. The pros fit into my first point. They know how to avoid injury, simply because they know where their opponent and the ball is. The pros must voluntarily begin to wear eyeguards before the rest of the world accepts their use.

I'm glad to see you are bringing the subject up but remember, education, not coercion is the key.

Alan Meacham
Homewood, AL

A Yes from the British Isles

Dear Mr. Kendler:

I am the coach of a United States Air Force base racquetball team in the United Kingdom. I recently hosted the first U.K. wide racquetball tournament at RAF Maldenham with 50 participants from military installations throughout England.

I am strongly in favor of making eyeguards mandatory. I myself wear the protective devices, but the majority of my opponents do not.

I've been an avid racquetballer for six years and have witnessed the growth of your sport in many stations throughout my military career. You should be proud of the work that you've done.

Arthur F. Evans
APO New York

Brumfield's 25 Serves Help New Player's Game

Dear Sir:

As a newcomer to the sport of racquetball I have enjoyed the game since the first time I played in January, and hope to gain considerable experience as time goes on.

I have just received my first copy of your magazine and have enjoyed reading it. The section on 25 ways to serve has helped me improve my game. The story on eyeguards was especially interesting since I wear glasses and recently was hit with the ball, fortunately with no injury. I believe eyeguards should be worn by all players for their own safety.

James V. Lupo Jr.
Belleville, NJ

New Way to Judge a Short Serve

Dear Chuck:

I address this to you because I think you, above all others, will appreciate the idea. I base this on your comment concerning the difficulty referees have in calling the short serve.

The following idea was also stimulated by Brum's article pointing out the danger in the present tendency toward more and more service aces.

SUGGESTION: Eliminate the present rule 4.5(b) and replace it with the following: Rule 4.5(b) Short Serve. A short serve is any served ball that first hits the front wall and on the rebound hits the floor twice before contacting the back wall.

We have tried it and it works.

The receiver may, of course, play a ball which might have been short (he plays it before it hits anything after the first bounce) just as he can now intercept a ball which would be long if he let it go.

It will make the serve somewhat less dominating.

Try it. We think it will be very beneficial to the game.

Kevin R. Jones
New London, CT

Century's Most Significant

Dear Bob:

Someone from Association headquarters was kind enough to send me a copy of the *Saturday Review* article about you.

I was thrilled to read it, and I must say we continue to be enthralled and amazed with the growth of racquetball.

I strongly believe that your influence in sports should make you the prime candidate for the most significant sports figure of this century; and needless to say, I have watched this sort of thing long enough to be an expert in such a selection.

Frank G. Hathaway
Los Angeles, CA

Motorcycle Correction

Dear Sirs:

In your feature article, "*Racquetball Keeps Arm Wrestler on His Feet*," (February, 1979) A. C. Bakken brought home a gold medal against the world's best motorcyclists in the international six day trials — not three day.

Steve Terjak
Morgantown, WV

Raves for Reighley

Dear Mr. Fancher:

As the host club in Syracuse of the recent USRA New York State Open Championships we would like you to know that we received terrific support and guidance from our Upstate Chairman, Doug Reighley, and that he was the big reason why this tournament was such a success.

Doug is not only respected as a knowledgeable spokesman for the sport of racquetball, but he also has the great ability to relate to club owners and players alike, in such a way that fosters a feeling of unison within the association. The USRA is indeed fortunate to have such a leader and booster in New York State. And from a club manager's standpoint, it's reassuring to see that Doug is not only concerned about the continued growth of the game, but that he is also sincere in his desire to see that the member clubs continue to grow and prosper in their respective markets.

We trust that state chairmen throughout the country are as concerned and dedicated as Doug Reighley, for it is with this kind of leadership that the entire USRA will continue to grow and prosper.

Dexter A. Beals
Westvale, N. Y.

Pro Tidbits

Dear Sirs:

I definitely think the high points of *National Racquetball* are your instructional stories and the coverage of the pros, including their personal tidbits.

I am looking forward to another year.

Lorenzo Freschet
Santa Rosa, CA

Third Graders Won't Forget Mike

Dear Mr. Leve:

On December 21, 1978, Mike Yellen took time out of his extremely busy schedule to visit my class of third graders at Leggett Elementary School.



The children prepared for his visit by drawing murals and writing questions they wanted to ask of him. Mike quickly became acquainted with the children and modestly responded to their questions. He took the time to sign personal autographs for 34 third graders and even signed autographs for other children interested in racquetball.

Mike's visit will be an unforgettable experience for these children. His enthusiasm for the game of racquetball and his sincerity in dealing with the children was most gratifying. He left the kids with a great amount of respect and admiration for this fine young athlete.

Diane Madole
Waterford, MI

Playing Racquetball Heart Patient's Goal

Dear Editor:

I was recently waiting for an appointment with my heart doctor and had the pleasure of reading the article in your March '79 issue concerning Richard Sturtevant of Portland, ME.

I'm 51 years old and look like 61 but feel like 81. Providing my doctor allows me to, I hope to start light exercise within several months, and my ultimate goal is to get on the racquetball court within four months.

You should be commended for such excellent choice in an article that helps those with today's most prevalent killer — heart disease. Thank you.

By the way who was playing with Sturtevant in the photo?

Dan Sullivan
Westbrook, ME

Sturtevant, who played a 24 hour marathon a year after his bypass heart surgery, was competing against fellow Mall Racquetball Club member, Dave Travis, when the local newspaper took the picture National Racquetball reprinted. ED

Rankings To Go Computer Route



A major step toward modernization is currently in progress in a very delicate area of racquetball — official ranking of players. That step, which will be dependent on computerization of rankings, is scheduled to go into effect this fall with the beginning of the 1979-80 season.

The problem of ranking players and the necessary extension of those rankings into making the draws at tournaments has long been a source of controversy, suspicion and just general disagreement.

The original "system" was not a system at all — whoever won the last tournament was the top seed in the next. Or in borrowed fashion from handball — whoever won last year's tournament was top seeded this year.

But when Joe Killshot showed up one year with a broken leg and demanded his number one seed, we all realized that it was time to devise a system that was fair, reflecting the current abilities of the players in question.

The evolution finally came down to today's unique system, which includes five categories, a five tournament rotation and is so confusing that it's impossible to even figure the rankings without mistake, let alone implement them.

Thus a meeting last month between USRA/NRC Associate Coordinator Dan Bertolucci and Darryl Santoro, vice president of Zahn Data Service Corporation, the company currently programming and maintaining the subscriber lists for *National Racquetball*. The topic of that meeting was basic . . . to devise and program a system for ranking players.

The key, however, is that whatever system is finally implemented must be accurate, not only for the pro tour, but also for the amateur levels, and — what's more — it must be able to transcend all of the 50 states. This would be the first step toward a true national ranking of amateurs as well as professionals.

We've taken a look at the systems used in other sports, primarily tennis, and although it has proven helpful, we believe a system unique to racquetball is necessary.

Imagine how nice it would be for tournament directors if all they need do would be to contact the USRA or NRC to receive a printout of the current rankings. They could just plug the names of the players directly into the draw straight off the computer. No more haggling; no more suspicion; no more confusion.

The key to the solution, of course, is the program, i.e., what criteria to use in determining the rank. The final program will most likely utilize some of the current criteria — percentage of matches won, points per round, etc.

Whatever is decided upon, however, will end up closely resembling the rankings as they now stand. The problem today is not the criteria for figuring the rankings — rather it is the complicated methods and potential human errors in figuring them.

Besides that it's about a two-day job for two people in what should really be a 30 minute job, at most, for one computer.

The USRA/NRC is ready for computerized rankings. The pro tour is ready. And we feel that the state associations will also welcome a basic, uncomplicated, easy to implement ranking system.

Now all we have to do is come up with one. We'll let you know as soon as it's completed. ●

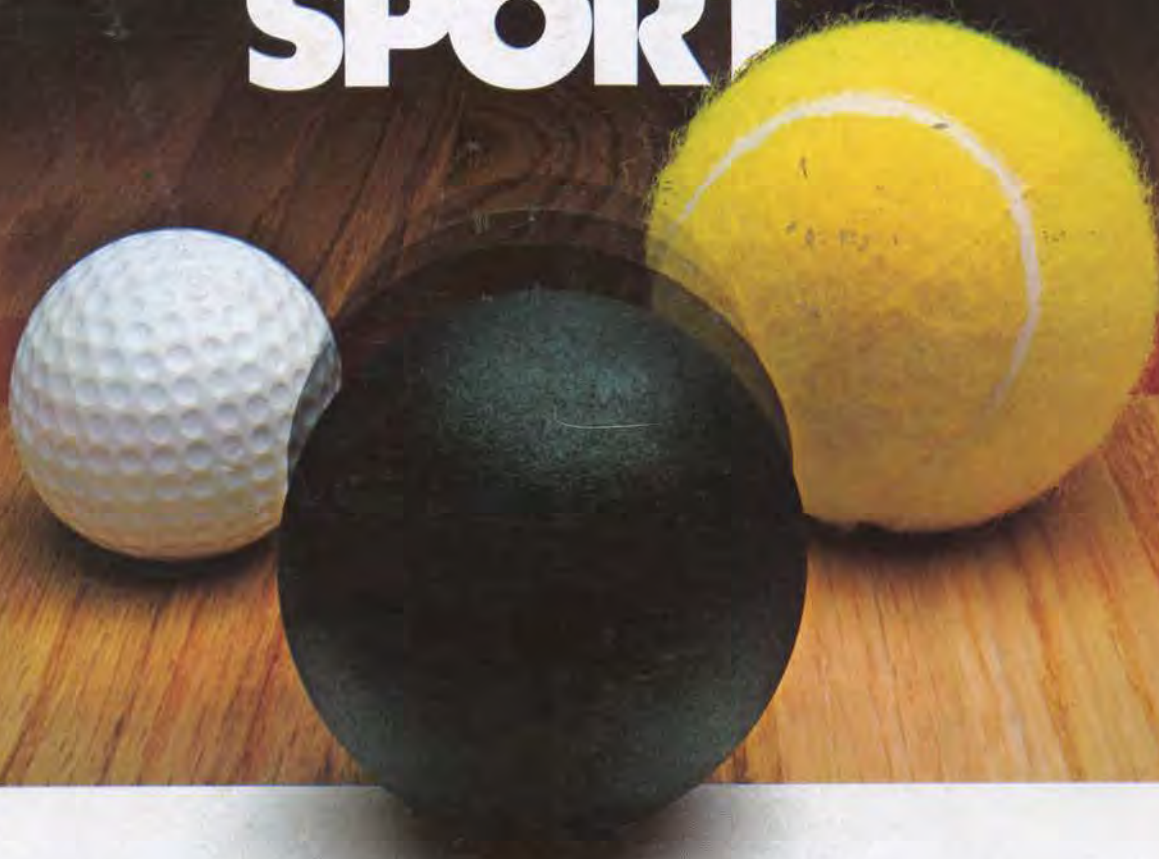


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