

RACQUETBALL

ILLUSTRATED

October/November 1983
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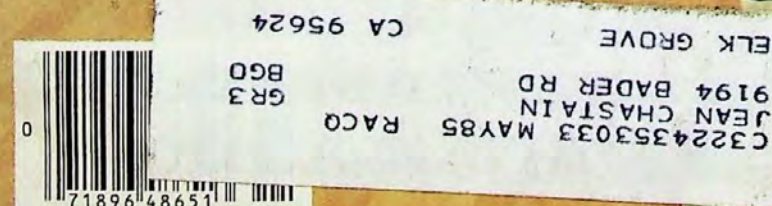
**6 Secret
Scoring
Strategies**

**Rate A
Racquet**
A Look At What's
In Store for '84

**Service for
the Southpaw**
**3 Easy Ways to
Ace A Righty!**

**The New
Control Game**
How to Make It
Work For You

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**Racquetball's
\$2 Million Man:**
How He Made It
to the Top



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RACQUETBALL

ILLUSTRATED

October/November 1983 Vol. 6, No. 5

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Racquetball Outdoors?

I am looking for information on outdoor racquetball. Is it true that courts may have either three or four walls? How is the game played on a three-wall court? What are the dimensions of the court? Any information will be greatly appreciated.

Dave Charley
Indiana, Pennsylvania

Editor's note: Yes. It is true racquetball can be played on a three-wall court. In fact, an annual Outdoor Racquetball Nationals is held in Costa Mesa, California.

In outdoor racquetball, there is a front wall and two side walls. These walls can extend anywhere from one foot to 25 feet. There is no ceiling and no back wall. The court itself can be anywhere from 30 to 40 feet in length.

Three-wall racquetball is not a serve and shoot contest. Most rallies in three-wall racquetball are won from shots chest high or above. The emphasis is on setting up for the ball, letting it drop as low as possible and then returning it to the front wall—also as low as possible. You are often hitting the ball on the run because you can't flip the ball to the ceiling to get out of a jam.

The serve is the key to success in three-wall racquetball. It sets up the volley, the inbound pass and the drive. More importantly, the serve sets up regular and inverted pinch shots to stop the action. The serve also enables you to move your opponent outside the court as much as possible, keeping yourself in the key center court area.

One way to keep your opponent away from center court is by using the lob serve. This serve allows you to force your opponent outside the confines of the court. This way, you can play center court like you would if you were playing inside racquetball.

To retain center court, practice volleying—hitting the ball out front with a firm punch stroke. Practice tough shots into the corners and practice pinches.

The rules of three-wall racquetball are basically the same as four-wall racquetball with a few exceptions: Balls hitting outside the lines on a fly are out. A serve that goes beyond the side walls on the fly is considered "long." A serve that goes beyond the long line on a fly, but within the side walls, is the same as a "short."

Rules of Racquetball

Many players are confused concerning the technicalities of racquetball. Can you put us all on the right track with a little information? I would like an address to write for an official rules book of racquetball. Plus, I would like to write to an organization concerning membership into an official racquetball association.

Your magazine is read with great interest here as this is a sports oriented college town.

We have nine courts here and no rules guide. Your subscriptions will no doubt grow as I am one of your greatest supporters.

Michael W. Meitner
Ft. Pierce, Florida

Editor's note: A list of the complete rules of racquetball is available through Ektelon's 78-page booklet, Total Racquetball. To obtain a free copy of this booklet readers may send a self-addressed stamped business size envelope to "Racquetball Rules" care of Racquetball Illustrated.

For membership into a racquetball association, we would suggest contacting the American Amateur Racquetball Association. The AARA is located in Colorado Springs, Colorado and they may be reached at (303) 635-5396. You may also wish to contact the International Racquet Sports Association at (312) 480-1206 in Northbrook, Illinois.

I am writing to ask a few questions about racquetball and the rules. Can I serve backhanded? Or is it just not advisable because of the strength and accuracy? Do pinch shots have to hit the front wall first or can they hit a low zone side wall, first? How many times can you bounce the ball in the server's box before actually serving the ball, and does that rule apply if you haven't entered the server's box? Can you please explain the ten-second rule and how it applies if a referee is not present? Who is responsible for calling faulty serves? The receiver or the server? And what happens if the server never calls his shots? What is the official method of establishing who serves first in a league play situation?

I enjoy playing and learning the game of racquetball. However, I know I would enjoy it more knowing the specific and unwritten rules of sportsmanship on the court.

Patricia Simmons
Streator, Illinois

Editor's note: To answer your first question, yes, you may serve backhanded in racquetball. However, many pros recommend using a forehand serve. As you suggested, you don't have the diversification and accuracy with a backhand serve as you would with a forehand.

By definition, a pinch shot is a kill shot that strikes the side wall first and then hits the front wall. Pinch shots are generally more effective when the ball hits a low zone side wall area first.

In the server's box, there doesn't seem to be a hard and fast rule for the number of times the ball is allowed to bounce before serving. Most pros will say three times is the maximum amount allowed after the server has entered the service box.

The "ten second rule" applies to both the server and receiver, each of whom is allowed

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up to ten seconds to serve or be ready to receive. It is the server's responsibility to look behind and see if the receiver is ready. If the receiver is not ready, he must signal so by raising his racquet above his head. Raising the racquet above the head is the only legal signal that the receiver may make to alert the referee and server that he is not ready.

When calling faulty serves, it is usually the person with the best advantage who is responsible. In most cases, this is the receiver. If there is a disagreement, discuss the shot. If the receiver and the server cannot come to an agreement, replay the point.

And finally, the player or side winning the toss becomes the first server and starts the first game. The loser of the toss will serve first in the second game. The player or team scoring more points in games one and two combined shall serve first in the tiebreaker. In the event that both players or teams score an equal number of points in the first two games, another coin toss shall be held prior to the tie-breaker with the winner of the toss serving first.

Repairing Racquetball Courts

The Calistoga Parks and Recreation Commission has two racquetball courts. The courts were basically constructed with volunteer labor and a low budget. The existing walls are composed of sheetrock.

The commission is interested in improving the existing walls. We were told that a company advertised a product called Liquid Tile in your magazine sometime ago.

The commission is interested in acquiring more information about Liquid Tile. We would also welcome any other ideas or suggestions.

Any assistance you may be able to provide in this matter would be greatly appreciated.

Christine Hoffman
Recreation Director
Calistoga, California

Editor's note: "Liquid Tile" seems to be an almost obsolete item in the racquetball industry nowadays. Racquetball court construction companies are relying more and more on special paneling systems to repair sheetrock courts, according to Randy Stafford of the Court Company in Memphis, Tennessee. Court Company, which specializes in repairing and building custom racquetball courts, travels all over the country to provide this service. You may write to this company at 2876 Putting Green, Memphis, Tennessee 38115 or phone (901) 795-3722.

U.S./Germany Tournaments?

We are an American concern in Southern Germany (Stuttgart) and are interested in helping the sport of racquetball find its way into the hearts of the German people. At

present there are only two clubs (other than athletic facilities run by the military) in all of Germany—a condition we as racquetball lovers know must change!

As we regard your publication as being the "A + O" of racquetball (alpha + omega, a term well used by the Germans meaning "that which says it all"), we would greatly appreciate any tips and/or advice you might be willing to pass on. We plan to open in Spring '84 and hope to entice some of the stateside players into joining our first tournament, any ideas?

With the market being so wide open we would of course consider sponsorship, et al; which could prove to be a lucrative relationship.

We look forward to hearing from you soon.
Steven Pine
West Germany

Editor's note: If you are interested in attracting stateside players into joining your first tournament, your best bet might be to contact two racquetball organizations.

The International Amateur Racquetball Federation (IARF) sanctions amateur players in the United States to play in tournaments in other countries. Luke St. Onge, who is the executive director of the American Amateur Racquetball Association, is also executive director of the IARF. You may contact Mr. St.

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Onge at 815 N. Weber St. Suite 203, Colorado Springs, Colorado or phone (303) 635-5396.

Racquetball—Europa may also be able to assist you with your U.S./Germany tournament idea. Located in Germany, Racquetball—Europa promotes the sport of racquetball in Europe and offers complete court facility packages to potential club owners in both the U.S. military installations and on the civilian market. You may contact Racquetball—Europa at Postfach 1620, 8170 Bad Tolz, Bad Tolz, Germany. The organization's director is Robert J. Reid.

Now You See It

An illustrated article on eyeguards appeared in an issue of your fine magazine last year (May 1982).

All of the items were pictured together with brand names and retail prices, but none gave the name of the manufacturer.

I wear corrective glasses and it seems the only eyeguards that would fit over them would be the Pro-Tec model that was pictured.

Could you please send me the name of the manufacturer? I cannot find them in any retail outlet in Dallas. I would appreciate it.

I.K. Cohen
Richardson, Texas

Editor's note: Our apologies for inconven-

encing you. You may contact Pro-Tec at 11108 Northrup Way, Bellevue, Washington 98004 or phone (206) 828-6595.

Fad or Functional?

Please tell me what you can about the reliability of velcro-closure style racquetball shoes.

Dealers in my area have expressed doubts about this shoe for active sports. They also make comments that the style will be available in the months ahead—or possibly not at all—depending on the reaction of buyers in other market areas.

I myself am especially interested in Bata and Foot-Joy with the Tuffs power strap which I have seen advertised in your magazine. Please share your information with me on how I may be able to mail order one of these pairs of shoes.

Let me add that my special interest in these matters is because I am handicapped. Racquetball has become important to me. It "gels" my life in a special way after several years of sporadic attempts to stay in shape and feel good by jogging (boring after a while), swimming (okay, but not my thing) and walking and hiking.

Racquetball provides a diversion—a challenge and a sweaty good time in a competi-

tive way that I have not enjoyed in a long time.

Ken Rains
Lafayette, Indiana

Editor's note: There seems to be mixed feelings among athletic shoe manufacturers about this new product. Some boast of the endless benefits to velcro closure shoes while others refer to the non-lacing system as only a "gimmick." In fact, one company spokesperson went so far as to say the velcro closure straps were just a "promotional marketing tool rather than a solid performance feature."

In any case, it all comes down to consumer preference. The velcro closure straps do seem to be easier to slip in and out of so they tend to appeal to the pre-teen crowd. And although they do tend to offer a tighter fit, the traditional lacing system offers a more evenly distributed snugness in the instep. So, you be the judge!

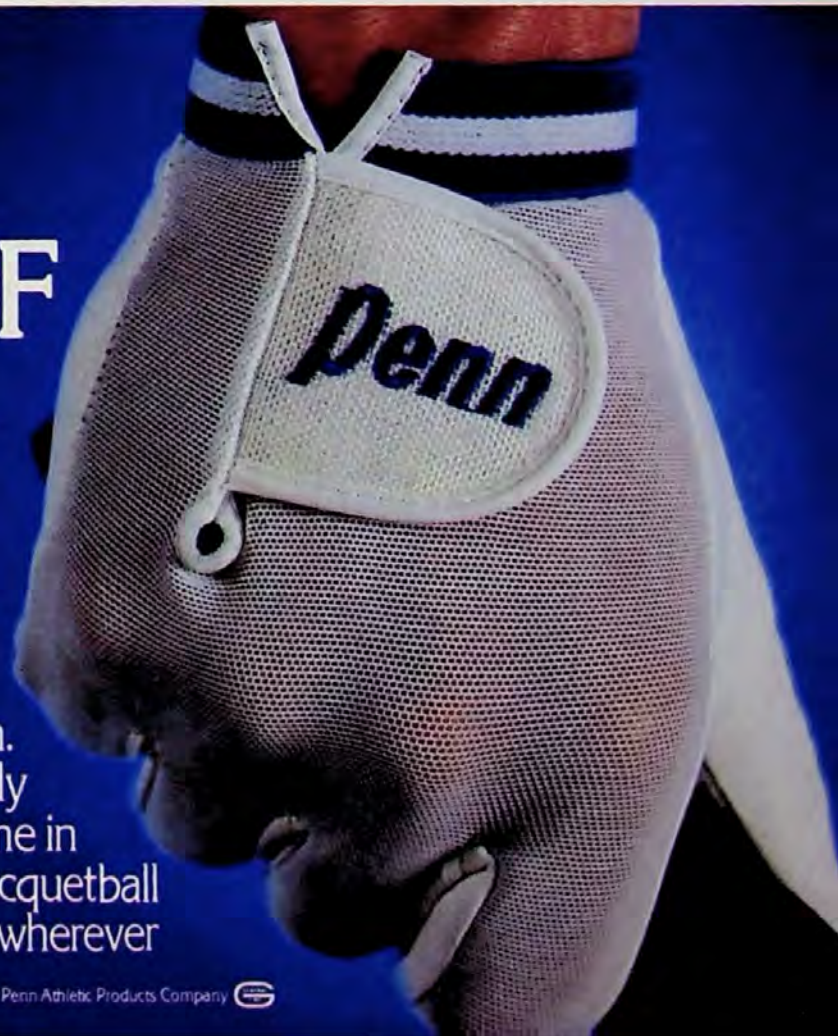
For further information about the velcro closure straps you may contact Bata in Belcamp, Maryland at (301) 272-2000 or Foot-Joy in Brockton, Massachusetts at (617) 586-2233.

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"And here he is folks!"

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This introduction may seem more appropriate for comic Johnny Carson's alter ego "Carnac." But, think again.

In a *Racquetball Illustrated* interview of the then second ranked touring pro Mike Yellen (April 1983), Yellen made a perceptive prediction.

"The Nationals are going to be a little different this year than they have been in the past," he said. "I usually play pretty tough in the Nationals. But whoever wins at the DP Leach Nationals in Atlanta will no doubt have to beat Marty Hogan."

How's that for the "psychics in sports" department. And even more unimaginable at the time was that Yellen would soon make a niche for himself in

racquetball history books as the sport's first Nationals "grand slam" winner (Ektelon, Catalina/DP Leach and DP Leach).

In summing up Hogan's game at the time, Yellen previewed his own performance in the DP Leach finals. "When I'm playing Marty, I have to keep the rallies a little shorter," he said. "Sometimes, I can keep Marty off-balance which in turn will force him to miss a few shots and make a few mistakes..."

Well, as we all know, Hogan's first mistake was meeting Yellen in the finals. But whether it was divine mysticism or a self-fulfilling prophecy, Yellen went on to dethrone racquetball's only five-time national champion. Long live the "king of control!"

Hogan Racquetball

In an effort to put the "motivation" back in his game, racquetball's former five-time national champion has announced plans to team up with a leading racquet manufacturer.

According to Pro-Kennex, Marty Hogan's "Hogan Racquetball" will manufacture two, high-technology racquets (graphite-composite and graphite-boron). Specifications for the design and construction of both models will be personally overseen by Hogan.

Hogan discontinued his long standing relationship with Diversified Products Corporation, one of the largest manufacturers of sporting goods and recreational products in the world, due to the failure to reach an agreement.



"I'm not leaving Leach because of any conflicts of personality or because they are simply not willing to pay me enough," says Hogan. "My motives for leaving are not monetary. Hogan and Leach have always been synonymous. This is probably the only way I can leave a racquetball legacy behind me."

"I want to dominate the sport for the next five years," he says. "And I can only do that if I'm properly motivated. I'm going to be touring with my own company instead of being another token athlete who endorses 'X' company."

Hogan Racquetball racquets are scheduled to make their debut in sporting goods stores this fall.



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1983 RACQUET REVIEW

Take A Swing At It

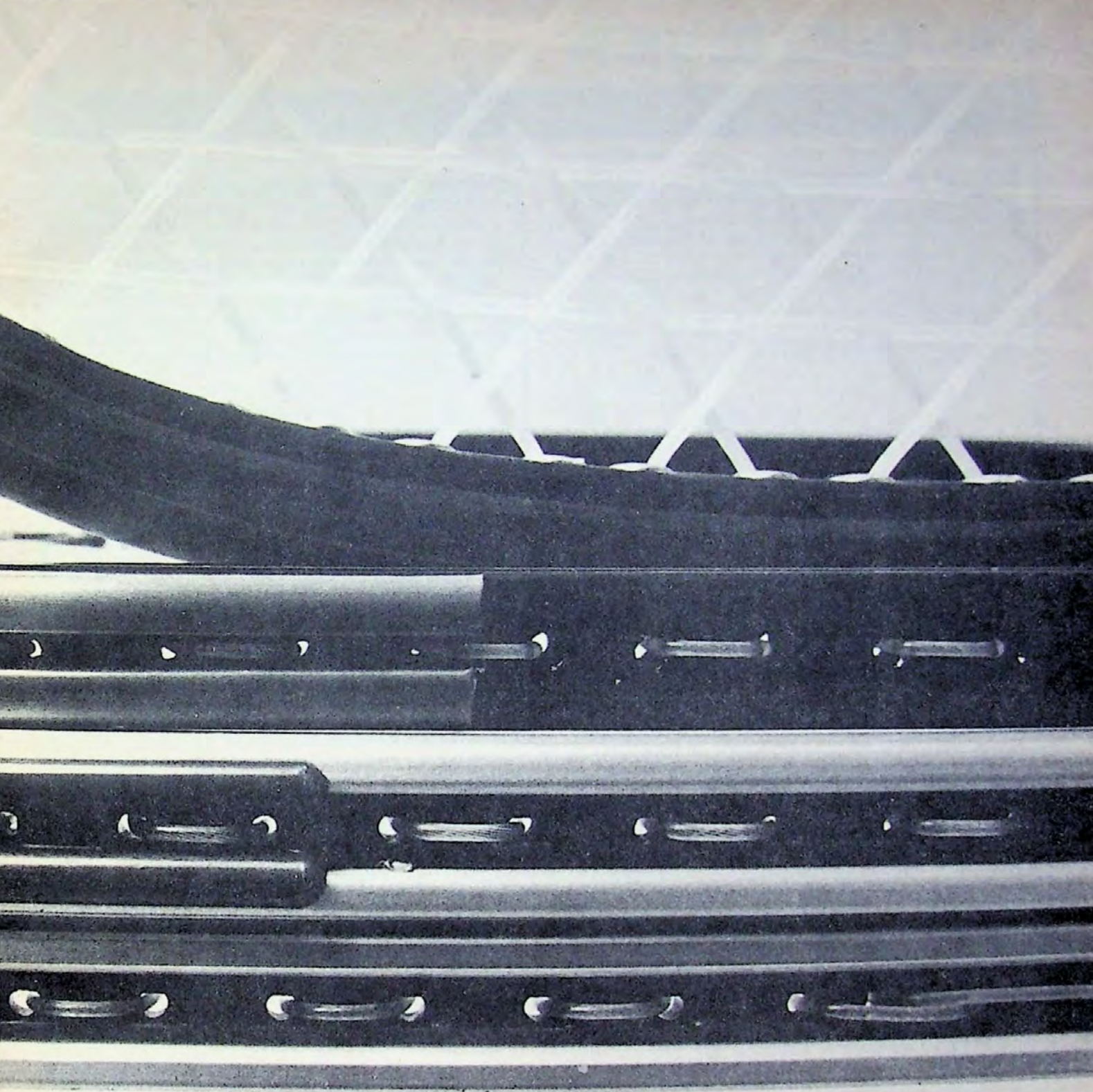


Welcome to our fifth annual racquet review! *Racquetball Illustrated* is proud to present a preview of "prime picks" for 1984. This year our 1983 Racquet Review features the best bets in aluminum, fiberglass, graphite, graphite-composite and steel racquets. The racquets range in price from \$26.70 to \$200.

With such a large variety of racquets on the

market, critical racquetball consumers are becoming choosier. Most racquetball consumers are looking for the ultimate weapon—racquets that are strong, yet flexible, lightweight, but not too light and balanced from butt end to bumper guard for better control. Thus, 1984 racquets are emphasizing more power without sacrificing control.

The "stiff, hard-hitting" graphite racquets are no



longer the norm. Instead, racquetball manufacturers are introducing alternatives to the graphite-composite racquet which are made out of new materials like titanium. Plus, special features are also being added. Quadrangular shaped heads to provide larger sweet spots and fine-tuned stringing patterns to minimize vibration are just a few examples.

In any case, we have assembled the finest in the

field to make your decision easier. If you are still undecided, see what the racquetball pros use in our supplement to the racquet review. They also make suggestions for beginning, intermediate and advanced players. Good luck!

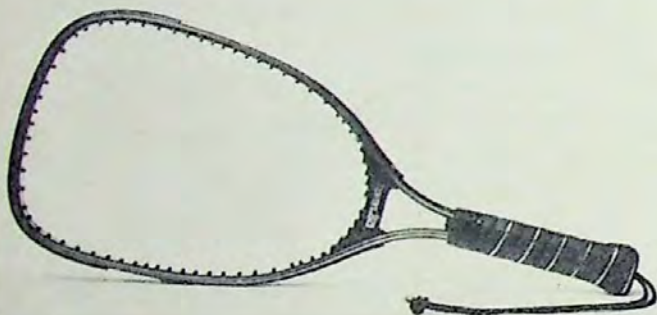
RACQUET REVIEW

Aluminum

DP Leach Challenger

Constructed of aluminum alloy, the Challenger's frame is strong but light. The racquet also features interlocking bumper strip and precision drilled holes with grommet sleeves.

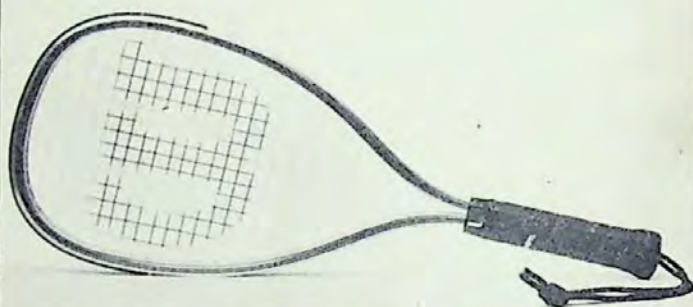
The Challenger is recommended for the beginning and intermediate player. The Challenger also features three-color anodized frame with tournament strings. The racquet weighs 260 grams and has a 3 7/8 inch grip. Cordura style cover is also included. **\$31.**



Wilson Tempest Plus

Featuring I-beam construction, the Tempest Plus offers an open throat and flared head to widen the sweet spot in the upper half of the head where most balls are hit. The racquet is balanced head light to enhance mobility.

The Tempest Plus also features multifilament string which is given added protection by the strung-in bumper and grommet strip. The racquet has a one-piece foam handle to absorb vibration and a high-tack leather grip. The racquet weighs 240 grams and is available in 3 7/8 and 4 1/8 inch handle sizes. **\$36.**



AMF Voit Impact Two

The Impact Two features a teardrop head shape. For a unique blend of power and control the Impact Two has a special stringing pattern (12 mains/16 crosses). The racquet has a large sweet spot and all the weight advantages of I-beam construction.

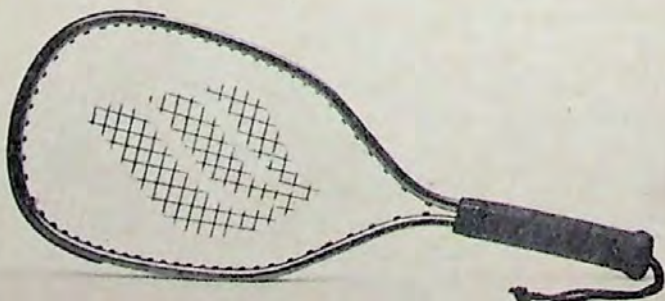
The Impact Two also features patented nylon floating throat and polyurethane foam handle to absorb string vibration. Stitched-on bumper protects frame and assures head balance. Leather grip is available in three sizes (3 7/8, 4 and 4 1/8 inches). The racquet weighs 255 grams. **\$60.**



Ektelon Citori

Constructed of True Temper aluminum alloy, the Citori features a stiff frame which is resistant to distortion and twisting at impact. The Citori's optimal weight and balance combined with stiff frame offers more power.

The Citori also features a Wishbone frame with a Sunburst string pattern which increases the efficiency of each string and improves the dynamics of the entire hitting surface. The racquet weighs 240 grams and is available in four handle sizes (3 11/16, 3 15/16, 4 1/8 inch grips and flared). **\$85.**



Fiberglass

Wilson Starburst Lite

Marketed more for the female player, the Starburst Lite offers more flexibility and control. The racquet also features a fiberglass nylon matrix construction which provides a lightweight racquet for extra mobility and a faster swing.

The Starburst Lite's light blue frame is accented in navy blue pinstriping with a matching navy blue leather grip. Additional features include multifilament string and a gusseted head cover. The racquet weighs 240 grams and has a 3 7/8 inch grip. **\$26.70.**

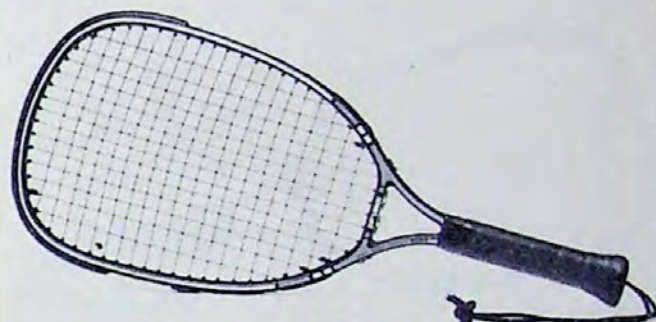


Graphite

DP Leach Graphite 8000

The Graphite 8000 features new cosmetics for 1984. Made of 80 percent graphite, the new core design eliminates air pockets and insures smooth string holes.

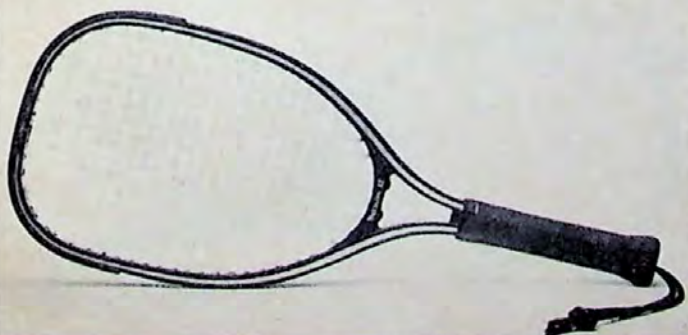
Just like its cousin the Graphite USA, the Graphite 8000 weighs 250 grams. The racquet also has a modified teardrop head shape with graphite strings and molded bumper guard. Smooth leather grip (3 7/8 inches). Cordura style cover. **\$102.**



AMF Voit Nova II

The Nova II features injection molded fiberglass/nylon frame. Its quadraform head shape offers more control and flexibility for the racquetball player. Stitched-on bumper guard for added head weight. Tournament grade multifilament nylon strings.

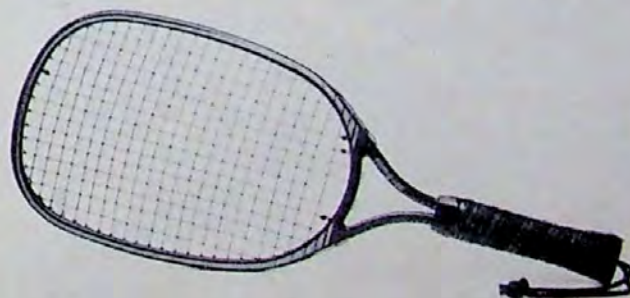
The Nova II also features a tan leather grip which is available in two sizes (3 3/4 and 4 inch grips). The Nova II weighs 250 grams. Head cover is also included. **\$30.**



DP Leach Graphite USA

The Graphite USA features a recessed stringing channel to help eliminate string breakage. The throat of the Graphite USA has been strengthened with additional graphite to provide even more power.

Constructed of 100 percent graphite, the new core design eliminates air pockets and insures smooth string holes. The Graphite USA also features new graphite spiral strings. This racquet is recommended for intermediate and advanced players. Cordura style cover. **\$152.**



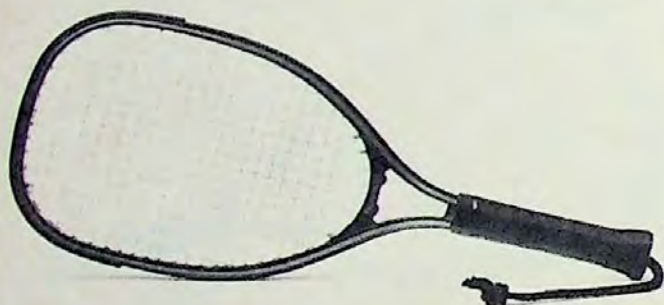
RACQUET REVIEW

Graphite-Composite

AMF Voit Nova III

The Nova III features a special brand of graphite, fiberglass and nylon for more power and strength. The racquet has a quadraform head shape for extra control and flexibility. Stitched on bumper guard for added head weight.

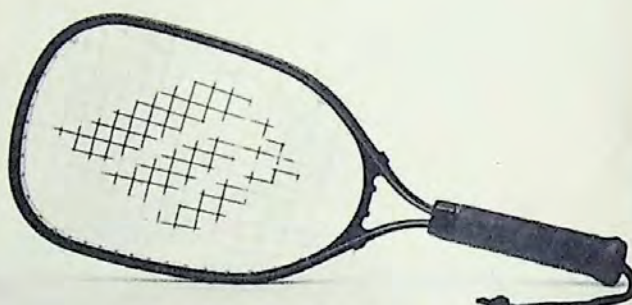
The Nova III also features a 14 x 20 stringing pattern—one string per hole to minimize vibration. Leather grip available in 3 3/4 and 4 inch sizes. The racquet weighs 250 grams. **\$40.**



Ektelon Marathon Graphite

The Marathon Graphite features fiberglass fibers to increase flexibility for added control. Additional features include Sunburst string pattern for increased responsiveness and neutral heat-welded multifilament braided nylon strings.

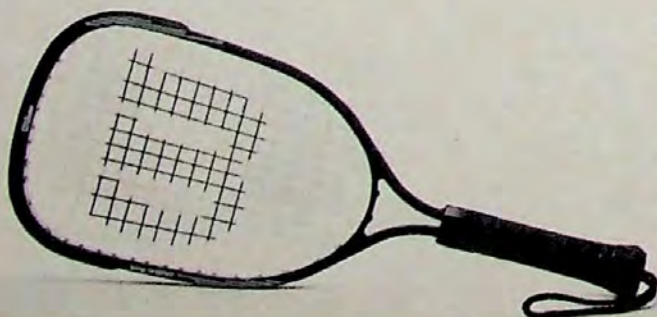
The Marathon Graphite also features custom-foamed polyurethane handle for reduced vibration and less elbow fatigue. The racquet weighs 245 grams and is available in four grip sizes (3 11/16, 3 15/16, 4 1/8 inches and flared). **\$62.50.**



Wilson Sting Graphite

The Sting Graphite offers an injection composite blend of graphite and fiberglass in a nylon matrix for more power without sacrificing control. The quadrangular shaped head provides a larger sweet spot. The radiant string pattern with variable density creates a uniform tension over a greater area. The hourglass handle provides maximum leverage.

The Sting Graphite also features multifilament string, a strung-in bumper and a vinyl head cover. The racquet weighs 240 grams and is offered in two handle sizes (3 3/4 and 4 inches). **\$72.**



DP Leach Graphite Gold

Constructed of fiberglass wrapped graphite, the Graphite Gold features a new diamond head shape with quadraform upper head and modified teardrop at bottom. The racquet also has a contour-molded bumper guard.

The Graphite Gold is recommended for intermediate and advanced players. The racquet weighs 240 grams and has a leather 3 7/8 inch grip. Cordura style nylon cover is also included. **\$72.**



DP Leach Graphite 260

The Graphite 260—DP Leach's newest racquet—features a combination of maple, ash, bamboo and graphite laminates. The racquet also has tournament strings with contour-molded bumper guard.

The Graphite 260 is recommended for intermediate and advanced players. The racquet has a leather 3 7/8 inch grip and weighs 245 grams. Cordura nylon cover also included. **\$76.40.**



Geostar Graphite 250G

The Graphite 250G features oil hardened 16-gauge multifilament tournament string. The racquet's handle is a contoured integral part of the frame and has a tubular cross sectional design to eliminate torque that occurs in racquets relying on foam for strength.

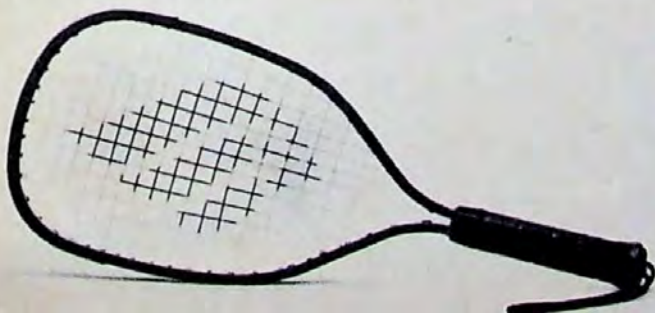
The Graphite 250G also features Sunburst string pattern for improved control and power. Holes are tapered to keep strings from receiving excessive wear. Its leather flared handle (available in 3 3/4 and 3 15/16 inches) is double tapered for a firmer grip. **\$79.95.**



Ektelon CBK

Made by hand, the CBK is constructed of a combination of graphite, carbon, boron and kevlar. The kevlar core provides flex control while the boron fibers offer maximum strength. Wishbone frame eliminates the throat piece and elongates the main strings to create a large sweet spot. The Sunburst string pattern uses fewer strings so response at every point on the racquet face is enhanced.

The CBK also features oil-impregnated nylon strings and stitched-on silver nylon bumper. The CBK is available in two weights (230 and 245 grams) and four handle sizes (3 11/16, 3 15/16, 4 1/8 inches and flared). **\$200.**



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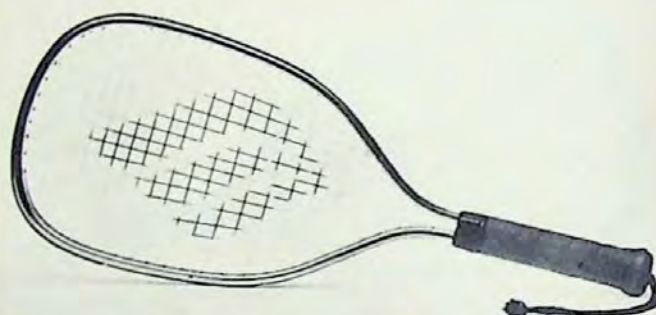
RACQUET REVIEW

Steel

Ektelon ST 245

The ST 245 features a thin frame profile with controlled stiffness to increase swing speed and generate power at impact. Frame is fine-tuned by varying wall thickness at crucial points to provide more flexibility and stiffness. Wishbone frame and Sunburst string pattern offers better control.

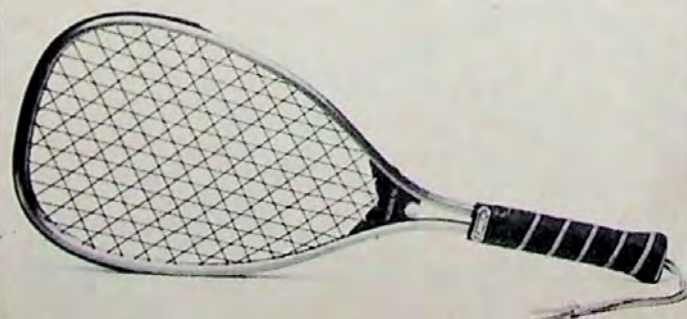
The ST 245 also features high-strength True Temper steel alloy to withstand power strokes. Sand-colored vinyl protective cover is also included. **\$100.**



Omega Titanium

The Omega Titanium features the rare metal titanium to provide a strong, lightweight and flexible racquet. Titanium offers the strength of steel at about half the weight.

The Omega Titanium combines titanium with a patented "Mad Raq" stringing pattern. The Titanium also features lightweight power in the frame and shock absorption in the Mad Raq stringing. **\$100.**



What the Pros Pick

Mike Yellen

Racquet: Ektelon CBK
Type: Graphite
Weight: 245 grams
Grip Size: 4 1/8 inches
String: Nylon
Tension: 30 pounds

"The response of the racquet is very important when choosing a racquet," says Yellen. "This is especially important when you are hitting from center court and don't have the time to take a full swing."

"Ball control is also important because if you cannot control the ball on every shot then the level of your game will decline."

Tips for Recreational Players

"In choosing a racquet at any level of play one should make sure he or she has the proper grip size, weight and the balance of the racquet feels comfortable," he says. "I would also recommend getting a racquet that is durable and made to last a long time since no one likes to buy a new racquet more than they have to."

Lynn Adams

Racquet: Ektelon CBK
Type: Carbon, boron, kevlar composite
Weight: 230 grams
Grip Size: "Hourglass" flair
String: Silicone-impregnated nylon
Tension: 30 pounds

"I like the weight of the racquet to be in the head," says Adams. "I want a stiff racquet so I can have a solid hit with no vibration. I also like a large hitting area and enough give on the racquet for control. If I make a mistake, I like the racquet to compensate for my mistakes as much as possible. I also like a strong racquet that will last for a long time. I get accustomed to the feel of my racquet and I don't want to switch every two months."

Tips for Beginners

"Anyone just starting out can use any racquet," says Adams. "I would suggest finding a racquet that doesn't vibrate too much when you hit the ball. This will help decrease any soreness in your arm from hitting the ball incorrectly."

Tips for Advanced

"I would suggest getting the best money can buy if you are going to play racquetball on a regular basis."



Marty Hogan

Racquet: Hogan Boron by Hogan Racquetball
Type: Graphite-Boron
Weight: 240 grams
Grip Size: 3 7/8
String: Multifilament nylon
Tension: 33 pounds

"The most important feature in choosing a racquet is balance, playability, material and feel," says Hogan. "I feel the combination of graphite and boron material gives me the best of power, control and balance."

"Racquets that I want to perform for me must be the best," he says. "It is truly a fact that I am the worst player ever to play racquetball. But given the right racquet, no one can even score a point off me."

Tips for Intermediates

"I recommend a racquet with all the playing properties that would help a player at any level."

Bret Harnett

Racquet: Graphite USA by DP Leach
Type: Graphite
Weight: 250 grams
Grip Size: 3 7/8
String: Nylon
Tension: 25 pounds

"I like a racquet that looks and feels good and that is made by a reliable company," says Harnett. "I also like a racquet that has enough weight for fast front court action while still maintaining a strong back court."

Tips for Beginners

"I would suggest buying a racquet that is inexpensive but strong."

Tips for Intermediate and Advanced

"I would suggest buying a racquet that feels the most comfortable," says Harnett. "Usually a strong, reliable racquet is your best bet."

Terri Gilreath

Racquet: Ektelon CBK
Type: Carbon, boron, kevlar composite
Weight: 230 grams
Grip Size: "Hourglass" flair
String: Silicone-impregnated nylon
Tension: 30 pounds

"I like a lightweight racquet," says Gilreath. "I like the weight to be evenly distributed. I don't like bulky, heavy handles with an extra light head. I think players should choose a small sized grip. This allows you more wrist velocity for a crisper snap."

"The racquet's ability is not as important as a player's faith in their equipment," she says. "If you believe one racquet allows you to swing through faster with extra power than another, then that's all that counts."

Tips for Beginners

"I would recommend getting a light plastic frame or aluminum racquet."

Tips for Advanced

"Stick with the big name brand racquets like the Ektelon CBK, AMF Volt Impact One and Wilson Sting Graphite so you're certain the racquet is consistent and durable," says Gilreath. "You should choose a lightweight racquet like a graphite or aluminum."

Rich Wagner

Racquet: DP Leach Steel
Type: Steel
Weight: 245 grams
Grip Size: 3 15/16
String: Graphite-nylon
Tension: 28 pounds

"I like the steel racquets because I feel the steel maintains its shape better than aluminum," says Wagner. "The aluminum racquets tend to bend out of shape. The steel racquet frame is also stiffer than the fiberglass and most graphite mix racquets. Graphite and fiberglass racquets have to be hit right in the sweet spot for a good hit whereas the steel racquets still maintain a good solid hit even if the ball hits the racquet off-center. The stiffer steel frames will provide consistent power."

Tips for Intermediates

"I would recommend a racquet with the weight distributed toward the head," says Wagner. "I would also recommend one that doesn't vibrate because racquets that vibrate excessively may cause pain in the elbow. Your racquet should also have a large sweet spot with a fairly stiff frame."

The \$2 Million Man

Marty Hogan mixes business with pleasure to become racquetball's first millionaire.

By Rhonda Wilson

In 1978 Martin Nathan Hogan began a racquetball phenomenon that would last into the next decade. Not since former national champion Charlie Brumfield—the master of “psych” on the court—had any one player shown such gusto for the game. Following the defeat of Brumfield that same year at the Nationals, Hogan was virtually invincible on the court. The racquetball world rejoiced and received Hogan as its new king.

Hogan soon built an empire doing what he loved most—playing racquetball. He found the secret to success by securing one small section of the sports market. And he did it on his own. Hogan had no one to turn to or anyone's example to follow. He couldn't learn from anyone else's mistakes.

Racquetball and Hogan became synonymous during the next five years. And just as his power game grew stronger and stronger so did the marketing power of his name. “I've always known that to be the best at anything there is always going to be a market—a way to make money in having that position,” says Hogan. “Seven or eight years ago Leach Industries (his former company sponsor) sold to Colgate Palmolive for \$3 and a half million from the original owners (Charlie Drake and Bud Leach). Three years after that it sold for \$10 million to Diversified Products. I was a part of the growth of that company throughout that entire time.”

Hogan was also the key to racquetball's growth as a popular sport. Hogan was the first to devote his life to the little known sport of professional racquetball. And he was so successful that he soon found himself turning down big money contracts from the racquetball entrepreneurs. He could suddenly pick and choose how to market the Hogan name. Hogan eventually signed a four-year \$1 million contract with Catalina Sportswear, a three-year contract with Leach Industries for \$500,000 (his contract expired this year), two other contracts with Nike shoes (which replaced one with Adidas) and Leader eyeguards and formed two of his own companies, Marty Hogan Enterprises (a licensing company for the Marty Hogan logo and sports promotion company which

puts on sporting events outside of racquetball) and Marty Hogan International (a licensee for worldwide rights to the Hogan name).

Settling for Second Best

Still, at twenty-five years of age, something was missing. Hogan got complacent with his game. His complacency climaxed at the DP Leach Nationals in Atlanta, Georgia. Hogan was all set to capture an unprecedented sixth straight national championship. However, this time, it wasn't meant to be. For once in his life Hogan had to settle for second best. However, instead of settling into a “sports suicide” of sorts, Hogan signed a seven-year \$2 million contract with Pro-Kennex (a top tennis, squash and badminton racquet company) to create his own company, Hogan Racquetball—a division of Pro-Kennex.

“I think that going with this company is the only thing I can do to save my playing career,” says Hogan. “I'm going to have a whole different attitude about playing since I will be promoting my name and my own company. I'm not going out there to promote someone else's company.”

“What I want to do is stay motivated in the proper areas,” he adds. “I want to continue to play and dominate the sport for the next five years. I think over the last few years I've lost a lot of that real ambitious creativity in my game. The enthusiasm I had for racquetball has died a little bit in me. I think starting my own company will change my attitude about the way I perform on the court.”

Hogan Racquetball will initially manufacture two types of racquets (graphite-composite and graphite-boron). The company will also manufacture racquetball accessories

such as bags. The racquets and totes are scheduled to appear in sporting goods stores this month. “Nobody can make a better racquet than the best player in racquetball,” says Hogan. “I know what it takes for that racquet to perform to the level of making someone the best player in the game.”

“I have no doubts about what the success of this company is going to be,” he adds. “We're very conservative about our approach and about how much we want to appeal to the racquetball market for the first three years. But I feel within three years it will easily be a \$5 to \$7 million company.”

These phenomenal figures were only a dream to the young playing prodigy ten years ago. As a youngster Hogan was described as a “short, skinny kid” who didn't accept defeat easily. At one point, he was even nicknamed “Mad Dog Marty” for his antics on the court.

At fourteen Hogan was soon rubbing shoulders with the upper echelon of the racquetball elite. He was inspired as he watched Steve Serot and Jerry Hilecher practice at the St. Louis Jewish Community Center (the “J”) where his mother Goldie worked. He felt he could play as well or even better when Charlie Brumfield and Steve Keeley came into town to put on racquetball exhibitions. But it was Hogan's mother who smoothed out the rough edges.

Maternal Mentor

“My mother has always been my biggest fan and my biggest confidant,” says Hogan. “She is more responsible for what I've accomplished in racquetball than even myself. She has been my guiding light. There is no doubt that I would have ever been a third or a



Marty Hogan is flying high these days with his own racquet company, Hogan Racquetball, and real estate investments totaling in excess of \$1 million in San Diego—the racquetball capital of the world.



"My mother has been my guiding light," says Hogan of his biggest supporter, Goldie. "She is more responsible for what I've accomplished in racquetball than even myself." Above, Goldie and Marty give encouragement to Hogan's younger sister Linda at a junior's tournament.

tenth as good as I am without her behind me and giving me a better understanding of what I'm capable of doing."

That understanding encouraged Hogan to begin investing his racquetball empire. So he started in San Diego—the racquetball capital of the world. Hogan invested in three prime pieces of property. He paid more than \$300,000 for one house he used to live in but now leases. Hogan also bought the piece of property beside that house for \$150,000 and the house on the other side of the lot for \$600,000 where he currently lives. As a tribute to his mother's support, Hogan hangs a portrait of his mom and himself above the entranceway to the family room. As Hogan points out, this is truly "the house that racquetball built."

The four-bedroom house overlooks the vast San Diego empire where Hogan became king. All racquetball related mementos are regulated to his office which features a large viewing window to look upon his kingdom below. The family room features a large mirror-plated "chai"—the Jewish symbol for life. A rather large ceramic doberman collection is distributed throughout the house as a tribute to his pet doberman

"Ben." Ben often accompanies Hogan skiing and on trips to the Colorado river.

Hogan recently added a new member to the canine clan—a \$2,500 Shar Pei. "Annie Sue" or "Gope" as he affectionately calls her is a rare breed originally from Peking, China.

Upstairs, Hogan uses one bedroom as a

The house overlooks the vast San Diego empire where Hogan became king.

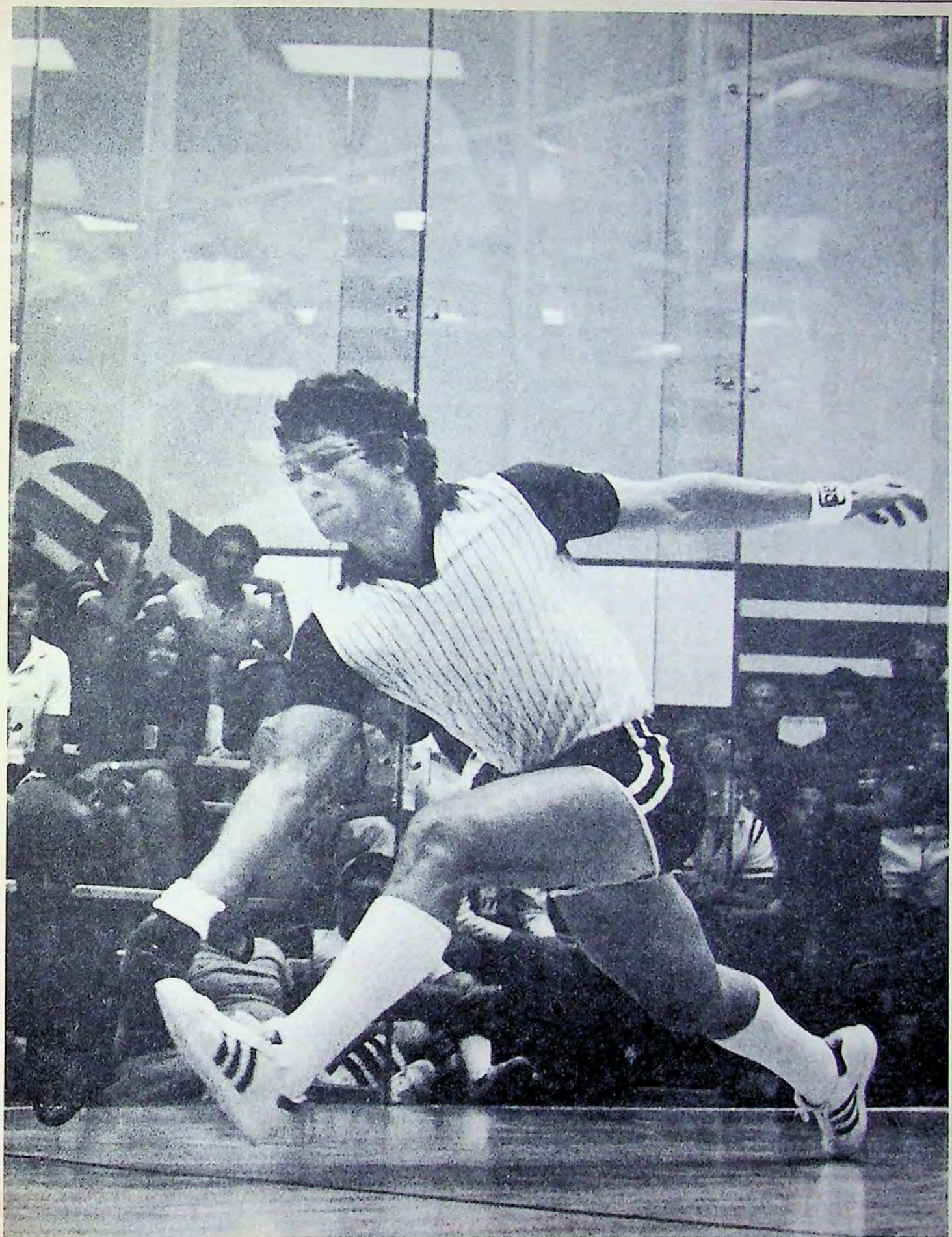
mini-observatory. He owns a large telescope for star gazing and keeping track of the space shuttle Columbia when it makes its return trip to Earth at Edwards Air Force Base in the Mohave desert. The balcony off of the telescope room overlooks the swimming pool and jacuzzi below.

Long Distance Engagement

Hogan converted the adjacent bedroom into a sewing room for his twenty-three-year-old fiancée Ann Christen. Ann often flies in from her home in St. Louis to be with Hogan. She has been Hogan's constant companion for the past six years. The pair plans to marry but a definite date has not been determined. "Someday, we will have little Hogans," says Hogan.

The two met while Hogan was still a racquetball rookie at the "J." She was a lifeguard and threatened to kick Hogan out of the swimming pool area if he continued to disturb swimmers by throwing around a racquetball ball. "When I looked up and saw this young lady who made this threat to me I agreed to stop if she agreed to have dinner with me," says Hogan. "She agreed and I've seen her ever since. We've grown very fond of ourselves and last year we got engaged."

Hogan would like to have a large family. Ann, who is a premed student studying orthopedics, would like to limit the amount of offspring. "I'd like to have six kids," says Hogan with a grin. "But she only wants two kids so we may have to write up a marriage contract that says I will absolutely have to





"Someday, we will have little Hogans," says Hogan about his twenty-three-year-old fiancée Ann Christen. The two met six years ago while Hogan was a racquetball rookie at the St. Louis Jewish Community Center. Ann is currently a premed student studying orthopedics.

have six kids in order to be married."

If Hogan seems undeniably dogmatic about his future it's because he is. He also has the same approach to his game and new racquetball company. But was it this confidence that propelled Hogan into the upper echelon of the racquetball elite or was racquetball simply ripe for a superstar?

"The niche that I've been carving out in racquetball is one that I've been carving out for better than 15 years of my life," says Hogan. "I've totally dedicated myself to racquetball to the extent where it has been a part of my life 24 hours a day since I was fifteen years old. I've lived and breathed it and I have fully believed in the sport."

"I think it's my creativity in my approach to racquetball," he adds. "The reason why I've been acknowledged in the sports world as being the king of racquetball is that I've been able to maintain a playing consistency for the past ten years. I think for any player in racquetball to be well-known it takes at least four to five years of constant steady performance and nobody in racquetball besides myself has ever shown that consistency."

Hogan's game thrives on consistency. He may never again capture five consecutive national championships but then again that doesn't mean he won't try. After all, Hogan is inspired by imagination. "If you truly believe that imagination exists for you, you have absolutely no bounds whatsoever," says Hogan. "You can reach any height. You can accomplish anything if you are willing to take the chance and believe you are truly as great as you feel you are."



Hogan stays in shape at his San Diego estate by playing basketball. The former five-time national champion also swims and exercises on his Life Cycle machine to improve his endurance.



Hogan relaxes in his family room with his pet doberman Ben (background) and his rare Peking breed, Annie Sue. Hogan displays the abundance of skin that is characteristic of these dogs.



Being in the spotlight is a situation to which Hogan has become accustomed. Above, Hogan participates in a pre-match interview with former NBA pro Gail Goodrich. The interview and his match were taped for television syndication.



Business always comes first. Above, a big part of Hogan's day is spent promoting his new company and arranging meetings via Ma Bell.

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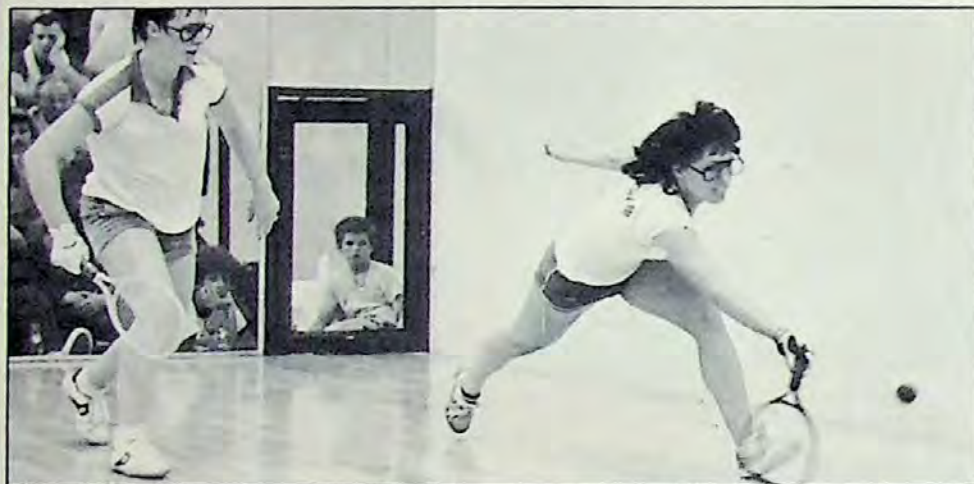


6 Secret Scoring Strategies

Ahh... The thrill of victory!

And—all too often—the agony of defeat. Many players search for that one ultimate rally ender—a foolproof strategy or shot that works every time. However, racquetball pros say, once you develop confidence in your game, you can begin to discover what game strategy works best for you.

This month *Racquetball Illustrated* asked top racquetball champions to reveal their favorite game strategies. See how many you can surprise your next opponent with.



Above, top ranked Lynn Adams (right) moves to her shots quickly by bouncing on her toes.

Marty Hogan

1.

Perfect Your Positioning

In order for you to score a point you have to out-execute your opponent. This means you must maintain the best court positioning. Ideally, the best court positioning is in center court or keeping your opponent behind you. If you can manipulate the game so you are in front of your opponent then you will find you have a much more open variety of shots where your opponent can't return the shot.

If your opponent is behind you, you may want to go with a pinch shot more so than a down-the-line. A pinch shot is going to give your opponent, who is in back of you, a greater distance to travel to the ball even if you don't hit it perfect. However, if you hit a pinch shot while your opponent is in front of you, he's already better than half the distance to the ball so your degree of preciseness has to go up considerably.

If your opponent is in front of you, hit a down-the-line shot. This shot forces your opponent to move to the extreme side of the court to cover the shot. Also, if it's hit fairly hard you will find the ball will carry down the

wall and will end up as a pass shot or a drive which will move your opponent out of center court.

Remember, center court is the most important court position to maintain during the course of the game if you expect to win.

Mike Yellen

2.

The Secret Splat Shot

The splat shot is a good rally ender. If it's hit properly it winds up hitting the side wall deep and then stays pretty low on the front wall where your opponent won't have a chance to get it. The problem is you need to be able to set up properly for the shot, otherwise you take the chance of skipping it in.

This splat shot demands a lot of strength. You need to take a full step forward, twisting your body to get everything into the shot. If you're a little off balance or if you don't have enough time to take a full swing the shot may skip. It's important to make sure you're fully set and able to swing. This way you will get full power from the shot.

Many times the splat shot is more effective

than the kill shot. A kill shot hits low on the front wall. If the kill shot is not hit perfectly it's going to be up a little bit. If your opponent is in center court then he's going to have the chance to return it.

The splat shot can double as a deceptive shot because it looks like you're going to hit a kill shot. It also looks like you're going to hit a cross court shot and poke it into the side wall. If you disguise the shot properly your opponent will think the ball is coming back toward him. But it's really going to stay up near the front wall. So your opponent is not going to get a good jump on the ball.

3.

Don't Gamble

Regardless of who I'm playing, certain parts of my game are going to be stronger than others. My serve may be real strong against one opponent one day and real weak against another some other day. It's important to analyze what's working for you the best. In my case it's an off the back wall kill shot with my backhand that works the best. It comes a little deep, hits the back wall and I wind up setting up. A lot of times I end up taking shots off the back wall I normally wouldn't take if I weren't hitting this shot well.

I try to capitalize by analyzing what's working for me. You can try to create these shots by maybe getting into a ceiling ball rally when you know your backhand kill shot off the back wall just happens to be on that day. My success is sticking with what's working for me rather than trying to push certain shots. You may know how to hit pinch shots, splat shots and kills but the question is are you hitting them well enough to use them? You need to know what shots are working and stick with them. Your strengths will change from day to day.

Players talk about Marty Hogan's serve all the time. There's no doubt that when his serve is working he'll beat somebody bad. He's hitting the ball so hard his opponent can't return it. But his serve is not always on, otherwise he would never be challenged in a match. So you need to stick with what's working for you.

Lynn Adams

4.

Be Light On Your Feet

In general I think players are lazy. If you watch the amateurs all the way up to the pros, you see them walking into position to return their shots. I think a very good way to get to

the ball quicker and to always have an advantage over your opponent is to be up on your toes. You should never let down from that position except when you walk up to the serve. If you hit a ceiling ball you should be ready in position bouncing on your toes.

This is what the tennis players always do. They're always bouncing and moving. That way it makes it a lot easier to move from one side to the other or up and back. It's quicker this way because if you are standing flat-footed you have to get up and then move. It takes a lot longer.

When the ball cracks off the ceiling and you're standing flat-footed waiting for the ball to bounce back to you and it doesn't, you won't be ready. If you're always on your toes you will be ready for every shot.

Terri Gilreath

5.

Think Aggressively

I think you have to be aggressive in your attitude toward a match. If you are going to win you have to play consistently as a winner. Don't just sit back and play a lot of defensive racquetball. You've got to go out there and try to win the point and earn every rally. Every time you have a set-up you have to be the one to end the rally.

You should also be aggressive in the server's box. It's more than just an attitude. It's wanting to go on the court to take the win. You should try to win 11-0 if you can.

Bret Harnett

6.

Use the Ten-Second Rule

You've got ten seconds in the server's box to serve. This means you've got ten seconds to relax, catch your breath and concentrate. If I'm not ready to return a serve and my opponent is up there ready to serve, I'll raise my hand to indicate I'm not ready.

Just because the referee calls the score, doesn't mean you have to serve. A lot of times when you're serving your opponent is not ready and you go ahead and serve anyway. You should always check your opponent. Make sure your opponent doesn't have his arm up otherwise you will waste a serve. If you go ahead and hit a drive serve when he isn't ready you will have to serve again.

If I'm playing with someone who has more adrenalin flowing, I'll raise my racquet to slow them down. If they just want to hurry up and serve I'll raise my racquet and slow them down. This way they'll serve when I want them to serve instead of them serving when they're ready and I'm not ready. Ten seconds is longer than you think. **R**

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How to Improve Your Court Coverage

By Dan Ferris

To be able to improve your court coverage, you have to be one step ahead of your opponent. You almost have to have a sixth sense. You have to know what your opponent is going to do on the court before he does it.

If you are watching your opponent closely enough, you can anticipate what kind of shot he's going to hit. You can even get a little jump on the ball. You can cover the court a little better by getting a jump on the ball.

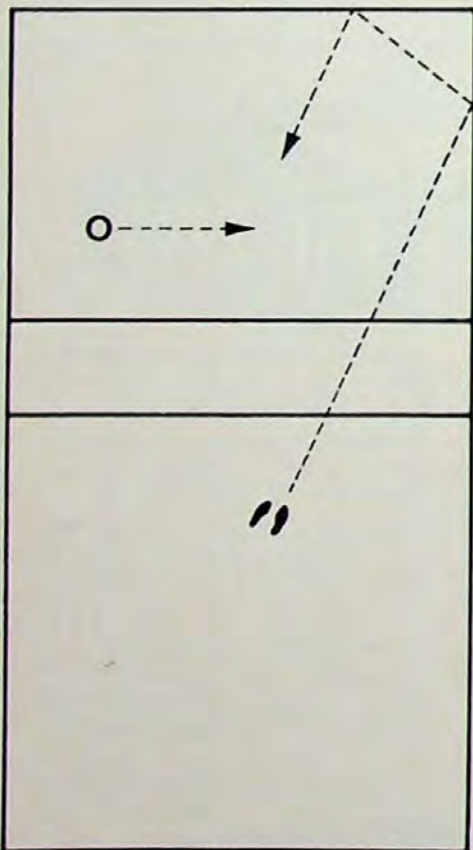
Watch your opponent's feet to see how he's got his body turned. If you see your opponent is aiming for the right side wall then he's probably going to hit a pinch shot. If this is the case, then you should run up front toward the right side wall. If you see your opponent step back like he's going to hit a back wall shot, then you should back up and move toward the side wall. Most of the time it works. It can also get real frustrating for your opponent when you get to the

shots he thinks you will never get. But every time he thinks he will score, you run back and get the shot. Try it!

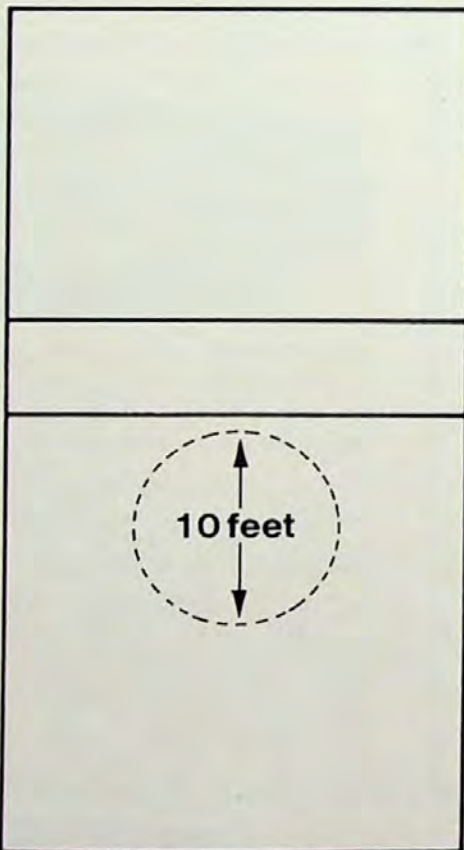
Always keep moving. Don't stop just because you get to center court before your opponent. You should always keep moving. If you want to be in center court when your opponent hits the ball, then slow down. Don't run to center court and stop. Slow down and get to center court right when your opponent is hitting the ball. This way you will still be moving. Never stop completely. It takes too long to get started back up again.

You can also improve your court coverage by cutting off the ball. A lot of times your opponent will hit a passing shot. You may let it go by thinking you can catch up to it and hit it off the back wall. But by staying in center court and cutting off the ball before it can pass you, you're covering more court.

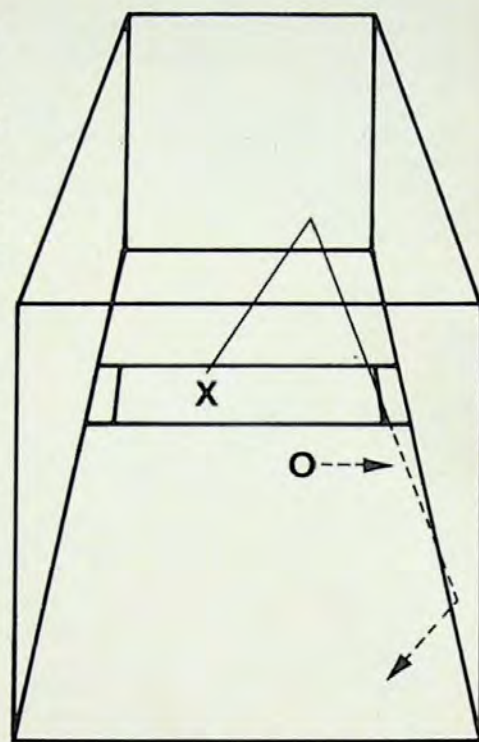
Watch your opponent. Stand in center



You can usually anticipate your opponent's next shot by watching which way his feet are turned. If they are turned toward the right side wall, he will probably pinch the shot.



Another way to improve court coverage is to move around center court. Don't stop. It may take too long to get started back up again.



Whenever possible, cut off the ball early before it turns into a passing shot. Don't wait to return the shot off the back wall.

court and keep moving. Stop the ball before it gets to you.

Training Tips

Many players do a lot of long distance running. I discourage it if you are training for racquetball. I run hills or sprints instead. The players who do a lot of long distance running tend to stand up just like a runner does while they are running on a racquetball court. You can cover the court a lot better if your center of gravity is lower to the floor.

When you are on the court, you want to be down low, anticipating each shot. If you are down low, the center of your body is lower to the ground and you can move faster. Long distance running forces you to be upright. Therefore, I think long distance running may hurt your court coverage. Do sprints instead. As a racquetball player, the only reason I can see doing long distance running is to keep weight off.



Editor's note: Dan Ferris is currently the defending AARA National Open Singles Champion.

Forehand Serve and Return

By Dave Peck

Early last year, John Egerman and I happened to watch a replay of the 1981 Ektelon-Perrier finals between Marty Hogan and Mike Yellen.

At one point in the match, Yellen was down a point or two. He served an ace to the forehand side while Hogan was napping. Egerman smiled, turned to me and said, "Great shot. Hogan was sitting on that backhand serve. That's an excellent way to score some points on Marty."

Yellen obviously thought so too. On the very next serve, Yellen blasted another forehand down the line. Mistake. This time Hogan was right there for a perfect set up. The next shot on the tape was the ball rolling out from the front wall.

Surprisingly, the forehand serve can be effective. But it must be used discreetly or, as Hogan did, your opponent will be scoring on a rollout.

First, let's define what we're after. A forehand drive serve should be low, hard hit, bounce twice before the back wall and head straight for the corner. To accomplish this, your service motion should be the same as hitting a forehand: step into the ball, use your legs and knees to bend low and keep your toe open to the corner. One of the most important aspects of serving is keeping everything consistent.

Your body motion should never change from serve to serve. You should drop the ball in the same spot each time. This will force your opponent (he's the bad guy in this part of the article) to stay in the middle of the back court and not cheat. Why? Because with a hard snap of your wrist, you can blast a backhand serve and by opening your wrist a bit you can fire off a forehand serve.

The Service Box

Now, let's explain your position in the service box. Ninety percent of the players today serve from the center of the service box. But few realize, you can hit a forehand serve from right, center or the left-hand side of the service box. Take advantage of all areas of the service box!

When you do serve, take control. If you can keep your motion consistent plus vary your serves, your opponent will never know which side your serve is going.

The service itself is fairly simple. As you set up in the service box, sneak a peek back. Check where your opponent is playing. If he's cheating to the backhand side, rattle a forehand down-the-line. If he's playing straight up but has trouble with his footwork, use the forehand serve to mix him up.

To gain confidence in your serving, prac-



tice. Pick a spot on the front wall you know will result in a tough forehand serve. Look at this spot before each serve during your match. Then strive to hit it. If your opponent has trouble moving to his right and can't set up for a forehand then use that to your advantage.

Service Return

You have to get off to a fast start in service return. There's no way around it. Don't wait for the ball to enter the back court before moving. React as soon as it is hit.

Just as Yellen did with Hogan, everyone is going to be surprised with a forehand serve once in awhile. But the key, as Hogan so aptly demonstrated, is not to be beaten twice in a row. Anticipate. Concentrate on the game situation. Look for clues. Is this the time for a surprise? Is the server sneaking peeks? Is it the first or second serve? Very few forehand drives will come off the second serve. Where are your opponent's feet and hands positioned?

As the ball is served, note where it hits the

front wall. You'll immediately be able to anticipate a back or forehand serve and adjust your movement accordingly. Get your racquet up into the forehand (or backhand) position as soon as possible.

If the serve allows for a kill, by all means kill it. However, based upon the difficulty of the serve, its speed, direction and element of surprise, your options should be ceiling, pass and kill, in that order.

Your first consideration should be to keep the ball in play and get into second-shot positioning. Remember, racquetball is primarily a game you play with your legs, not your arms. You have to be in position to return a shot before you can complete it. So, to keep a game going, anticipate what might happen. Try and visualize where that serve will go.

Either way you'll find the forehand serve and return should add important pages to your racquetball "matchbook." Test it and do a little "studying" at the neighborhood court club. Good luck! 

Drilling For Improvement

By Mike Yellen

Perhaps one of the most enjoyable aspects of racquetball is that it doesn't take much talent to become marginally competitive. Nearly anyone completely inexperienced with racquetball can walk onto a court and have a good time.

The transition from inexperienced player to average player is often accomplished within one or two sessions on the court. However, the fact racquetball is so easy to learn is the very reason for the undoing of so many promising players. Once a player has learned to hit and move, he believes he has become an adequate player and his game will never improve.

There is only one way to improve in racquetball. Practice. Practice your serve. Practice your blocking. Practice your accuracy. However, the biggest part of practice is drilling. You must spend time alone on the court and work on certain drills. That is the only way to improve.

Drilling Skills

To begin, you need some masking tape and, if available, a partner to help. First, take a piece of tape and put it on the floor of the court, far enough back so you can eventually hit the ball. This piece of tape is where you place the toe of your back foot when you take a swing. Don't move your foot from the tape.

Now take some good healthy swings at an

imaginary ball. Notice where your front foot lands each time. Freeze after each stroke to look and adjust anything that's not right (this is where a partner can help). When your foot consistently hits an area which allows you to bend properly, mark it with another piece of tape. Now you have a specific mark to look at and step on. Use the tape until your stroke feels natural.

Now all you need to do is add the ball to this drill. Don't change the tape or your swing

can approach you: toward you from the front wall, coming out off the back wall or into your body from the side wall.

First, toss the ball off the side wall. This will make you move back and away from the ball. You need to be behind the ball so you have enough room to step into the ball. Your motion should be the same as if you were to drop and hit.

Your next drill is to hit the ball off the front wall. As the ball is coming toward you, take several steps backward so you can slide into the ball. Don't let the ball get in too close to your body. Keep your swing out and free.

Creative Drilling

Drills can be fun and competitive if you choose to make them so. You can put anything (a can or bag, for instance) at the front wall and try to hit it. You can have contests to see who can hit these targets best out of ten.

You can make squares on the wall with tape and try to keep your balls inside the squares. Try calling your shots to see how much control you have. For instance, as the ball is coming off the front wall, say kill or pass and try to hit what you called. The list can go on and on. These drills are extremely helpful as long as you keep an accurate form.

Hang in there and your drilling routines will be rewarded in your game. **R**

**The biggest
part of
practice
is drilling.**

just because you add the ball. Drop the ball off your front foot. Start out hitting the ball at knee height and gradually work down lower. Your goal is to hit the ball parallel. It should go straight in and straight back to you.

There are three basic ways the return ball



Above, touring pro Jennifer Harding points out the importance of foot positioning drills. During practice, mark the area where your front foot lands after each swing. Now use this mark to practice.



Above, touring pro Shannon Wright demonstrates how to make drilling fun. Place a low target on the front wall to improve your accuracy. To make this drill competitive, challenge your friends.

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Southpaw Service Strategies

By Bret Harnett

Left-handed players have an advantage over right-handed players when they serve. If a left-handed player stands in the center of the court to serve, his opponent can see the ball going all the way to the front wall and all the way back. He can see everything that you are doing if you are serving in the middle of the court. But when a left-handed player serves three to five feet from the side wall, his opponent has an obscured vantage point. He can't see the ball hit the front wall. Usually, by the time his opponent does see the ball, it's too late.

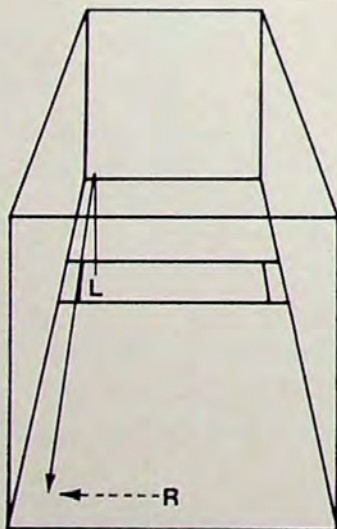
With your opponent's vision obscured, you can go ahead and serve the ball straight in down-the-line. This serve will screen out your opponent. A lot of the players might complain that this is a screen serve because they cannot get to the ball. But it's not a screen. It's your court positioning that makes the difference. Your opponent's positioning and your positioning is lining up where he cannot see the ball. However, the ball is nowhere near your body. So your opponent has to take an extra step toward the side wall and lean over just to see the ball. But you can always hit a drive serve to the other side of the court if you see your opponent hedging.

The odds favor the left-handed player who serves closer to the left side wall. It's better to hit a drive serve three to five feet from the side wall because your opponent cannot see the ball coming by your body until it has already passed by. If you hit a good drive serve that doesn't hit the side wall, the ball is going to come down-the-line. With your opponent out

of position, you will already have a good jump on the ball even if he is able to return the ball.

As a left-handed player, the lob serve is one of my favorite shots. The lob is a natural

stroke for the left-handed player. The stroke comes right across your body. The left-handed player doesn't even have to stand over in the corner like the right-handed player has to do when he serves. Left-handed

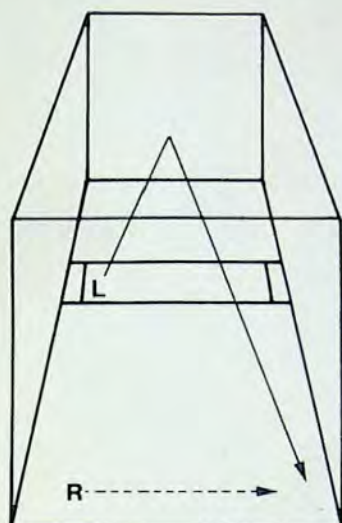


If the lefty serves a drive near the side wall to a righty, his opponent's vision tends to be obscured. The righty must then return this shot with his weak backhand.

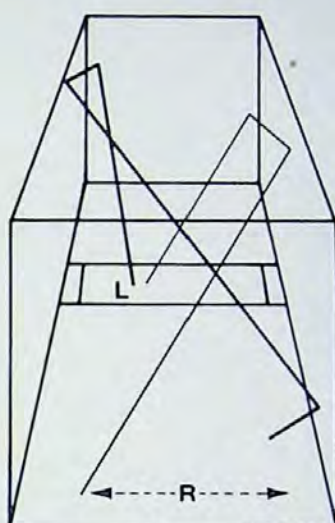
players can take advantage of any angle by using the lob serve. You can stand in center court and hit a lob or you can stand way over toward the side wall and hit a wide angle shot. For a little variety, you may also want to hit a Z lob.

It's also a good idea to mix up your drive, cross court and lob serves. After awhile, your

opponent is going to start hedging over to the side to try and get a jump on the serve. Even though you cannot tell he's hedging, he will be. He'll be taking a slight step over. If your opponent starts hedging on your serve, you've got the perfect opportunity to hit a cross court drive down the other side of the court. **R**



As the righty begins to hedge toward the side wall to anticipate the lefty drive, the lefty can serve a cross court drive. This shot catches the righty off guard.



The lefty can also ace the righty with a lob serve. He can either hit a lob to the righty's backhand or a Z lob to the right if the righty hedges toward the left side.

3 Sure Ways to Ace a Righty

By Craig McCoy

1. The Lefty Lob

Hit the lob serve deep to the right hander's backhand. This will force him to go with the cross court ceiling ball. However, his ceiling ball will bounce off the ceiling into the right side wall and give the left-hander a three-quarter court set-up with his backhand.

- Z serve to the left
- Lob serve to the left
- Lob Z serve to the left

The Middle Court

- Same as above
- Z serve to the right

The Right Side

- Lob serve to the left
- Drive serve to the left
- Drive serve behind the righty to the right
- Hard Z to the right (you can catch a righty off-guard with this one)

2. Move Around the Service Box

The left-handed player should never stand in the same area to serve to a right-hander. Since there are many more right-handed players than left-handed players, righties hardly ever get a chance to see the southpaw's service arsenal. If a righty stands by the right wall to serve, 90 percent of the time he will hit a drive serve straight down the right wall. But if a lefty stands by the right wall, you never know what serve he will go with. Here are some serves you can try with right-right-handed players from the left wall, center and right wall.

The Left Side

- Drive serve down the left
- Drive serve cross court to the right (this serve will go to the left-hander's backhand)

3. Swift Service Strategy

A left-hander can score a lot of points at the beginning of the match with his serve. A left-handed player is more familiar with a right handed player's strategy than a right handed player is with a southpaw's strategy. Many right handers will start off hitting weak service returns to the lefty's forehand before they realize these shots are perfect set-ups for the lefty. So get in as many points off your serve as you can before the right hander realizes he has to switch over to a left-handed game strategy.

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Hot Winter Warmups

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Photography by Ed Ikuta

Outfits courtesy Adidas (Mountainside, N.J.), Esprit (for store information call 800-4ESPRIT), Pony (Secaucus, N.J.), Sweats bi chego and Sweats bi ebe (Los Angeles).

Location courtesy Santa Monica Sports Connection

Make-up director: Carmé Tenuta

Models: Teresa Balog, Steve Comfort, Peter Corrallo and Page Leong Ng

Fashion coordinated by Rhonda Wilson





Hot Winter Warmups



Left, Teresa sets up the ball in Pony's light blue poly/cotton sweat suit. Zippered top with front pockets. Elastic waist with wide bottom pants. **\$60.** Pony's Lady Indoor Radial II shoes. **\$27.95.** Steve wears Sweats bi ebe's royal blue pieced shoulder sweat suit. Elastic waist pants with zippered legs and side seam pockets. **\$66.** Pony's Indoor Radial II shoes. **\$29.95.**



Right, Peter, Page and Steve are all set to go out after a racquetball game on the challenge court. Peter models Esprit's gray and red fleece warmups. **\$51.** Foot-Joy Tufts shoes. **\$31.** His racquetball accessories fit in Wilson's black and silver roll bag. **\$27.95.** Peter also used Foot-Joy's Sta-Sof left-handed racquetball glove. **\$12.50.** Page sports Sweats bi chego's three-piece fleece ensemble. White boatneck top with lilac snap shoulders and turquoise underarm. Lilac zippered fleece vest with drawstring bottom. Turquoise pants with deep side pockets. Elastic waist and cuff pants. **\$91.** She also totes AMF Voit's nylon Gear 'N Racquet bag. **\$14.** Foot-Joy Tufts shoes. **\$30.** Steve wears Adidas' burgundy and white fleece warmups. Elastic waist and cuff pants. **\$36.** Adidas blue and white nylon racquetball tote. **\$16.95.** Adidas Indoor Court shoes. **\$29.95.** Ektelon all-pro Cabretta sheepskin racquetball glove. **\$12.95.** Racquets courtesy DP Leach and Ektelon. Front, Foot-Joy racquetball gear bag. **\$20.**

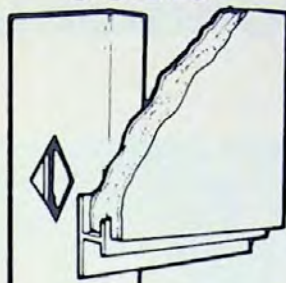




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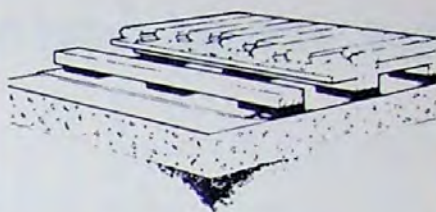
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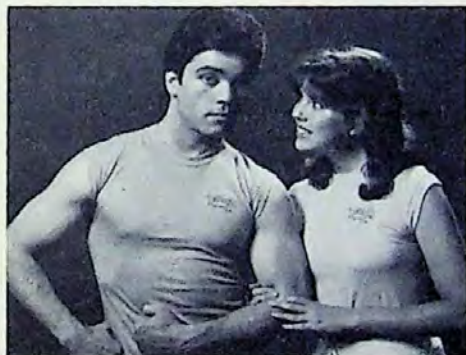
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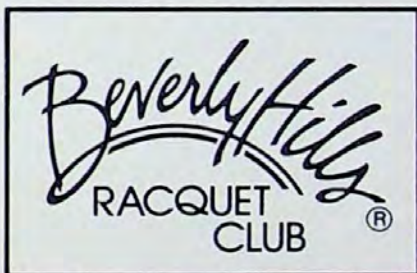
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By Charlie Garfinkel

The New Control Game

As the power game's era ends, a whole new breed of players have revolutionized the traditional way to win.



Marty Hogan and the power game have been synonymous for the past eight years. During that time, racquetball players at all levels emulated his serve and shot selection. Many players began blasting shots of their own as hard as they could cross court. Most players felt this was the way racquetball should be played. After all, Hogan had won five straight national championships with his power game. However, this was before the new control player made his debut.

Hogan's "reign of power" came to an abrupt end this year at the DP Leach Nationals in Atlanta. And it was racquetball's top control player Mike Yellen who dethroned him. In the process, Yellen also became racquetball's only "grand slam" winner.

However, there were other control players who also had outstanding seasons against the top power players. Rich Wagner, for example, defeated Hogan in the semifinals of the Ektelon Nationals. Ruben Gonzalez made his first appearance in the finals of a pro tournament as runner-up in the DP Leach/Catalina Nationals.

These control players still hit many shots with awesome power, but their basic game strategy is control. What is a control player? A control player is a player who controls the tempo and speed of the game. He mixes up his serves and shot selection by always being in control of his game. He waits for his opponent to make a mistake. And he rarely takes a low percentage shot.

Take Yellen's game for instance. Yellen won racquetball's first triple crown (Ektelon, DP Leach/Catalina and DP Leach Nationals) with his unique control game. He consistently served high lob serves throughout last season and during the Nationals. By using this control game, Yellen was able to defeat Hogan—the game's top power player—four out of five times this year and win five tour stops.

"My control game was really on last season," says Yellen. "I was able to hit the ball where I wanted to hit it. I was also able to keep my power opponents off-balance with

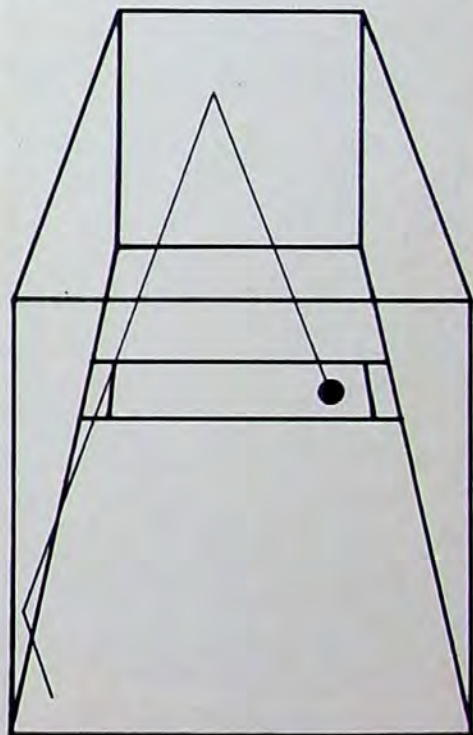
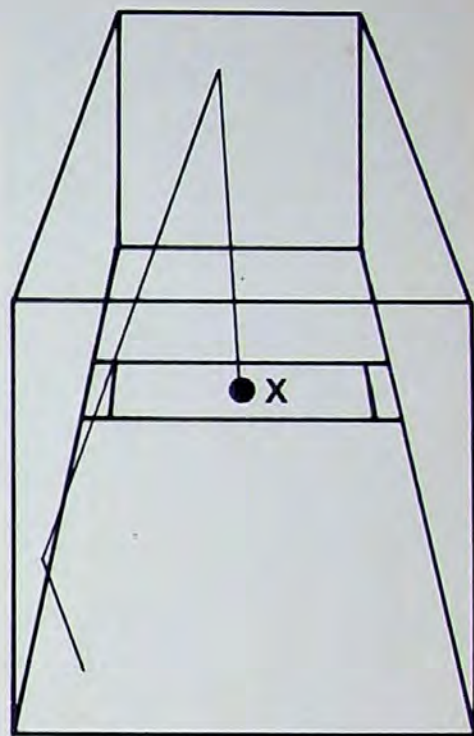
my passes and pinches so they couldn't get as 'set' for shots as they would have liked to."

The Lob Serve

In addition, Yellen was able to keep his power opponents off-balance with his lob serve. Yellen's lob serve is different from the lob serves of the past. Most players used to serve a lob from the middle of the service box. Yellen instead stands near the right side wall. Utilizing the skill of the magician, he lofts the serve high and deep into the far left corner of the court. The serve seemingly hugs the high left side wall. If his opponent doesn't take the ball out of the air, he is faced with a difficult return as the ball tends to die in the deep left corner.

What is the advantage of this type of serve? "The high lob serve forces your opponent to return the serve to the ceiling," says Rich Wagner, who used a similar serve to defeat Hogan in the Ektelon Nationals. "This gives the server time to move back and prepare for the next shot. Many times when you hit a drive serve, you fault on your first serve. You must then hit a good second serve. Why not hit a high lob serve on your first serve."

Yellen and Wagner also have excellent service returns. Although it is true power players such as Hogan and Bret Harnett get their share of aces, control players such as Yellen and Wagner counter power serves with the ceiling ball. By returning the serve to the ceiling, the control player forces the server to the back of the court while he moves into center court.



Top, In the old days, the lob was served from the middle of the server's box. Above, the new control player serves near the side wall since the ball tends to die in the corner.

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The New Control Game

Many times the power player will try to rip a hard passing shot or shoot a splat shot off the control player's ceiling ball. However, the power player's chances of skipping the

ball or leaving the ball "up" are much greater. These returns enable the control player to reshoot the ball as he has control of the front court.

Wagner's ceiling ball game was superb against Hogan this year in the semifinals of the Ektelon Nationals. Hogan insisted on taking low percentage shots throughout the match. Wagner, on the other hand, returned almost every serve to the ceiling and stayed with the ceiling game during the rallies. He would not attempt a shot until the percentages were on his side. Unlike the power player who will consistently power the ball on each return, the control player patiently waits for the right opportunity to power the ball for a point.

Another favorite shot of the control player is the overhead passing shot. This is a high percentage shot that keeps his opponent in the far deep corners of the court, often forcing a weak return.

The Passing Game

The passing game is also an important strategy for the control player. For instance, when Yellen is at the short line and his opponent is behind him, he doesn't blast the ball as hard as he can cross court. The cross court shot may hit the side wall or travel to the back wall, giving his opponent an opportunity to return the ball. Instead, he hits wide passing shots that never hit the side wall. This moves his opponent out of front court. In many instances it also forces the power player to make a defensive return. On occasion, when a control player sees his opponent slightly hedging, he will hit a passing shot straight down-the-line. This will leave his surprised opponent completely out of position.

The Backhand Pinch

Another effective shot that is used more and more by the control player is the backhand reverse pinch shot. Yellen, Wagner and other control players are using this shot with an almost 100 percent scoring ratio. When you are near the short line on the left side of the court and your opponent is directly across from you on the right side, a backhand shot into the right side wall near the front wall will many times leave your opponent with an unreturnable shot.

The power player in the same situation tries to power the ball cross court past his opponent. However, if it is not a perfect passing shot, his opponent can move forward or backward and return the ball to the ceiling.

Control players are also using an effective variation of the traditional kill shot—the cross court kill shot. When the control player's opponent is behind him, the cross court kill shot tends to literally rollout from the front wall. Just like the backhand reverse pinch shot, the cross court kill shot is almost unreturnable.

The Power Game Vs. the Control Game

The Old Power Game

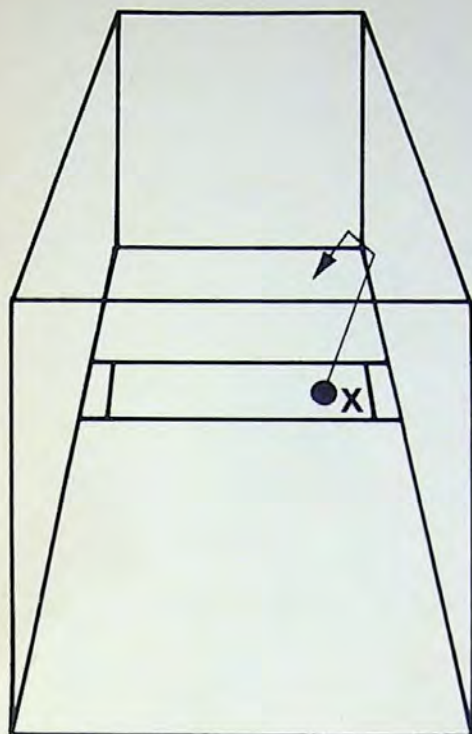


1. The drive serve.
2. Generally offense and power.
3. Low percentage shots (rollouts, kills and down-the-lines).
4. Force shots hard and low.
5. Repeat the same strategy from the same area of the court.
6. Risk offensive opportunities from the back corners of the court.

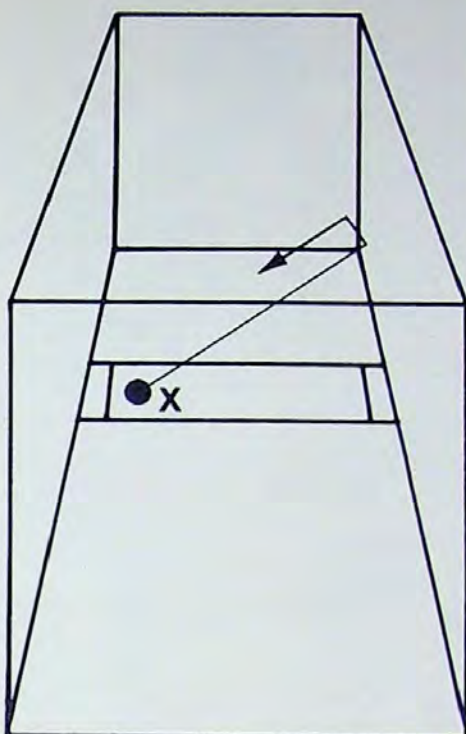
The New Control Game



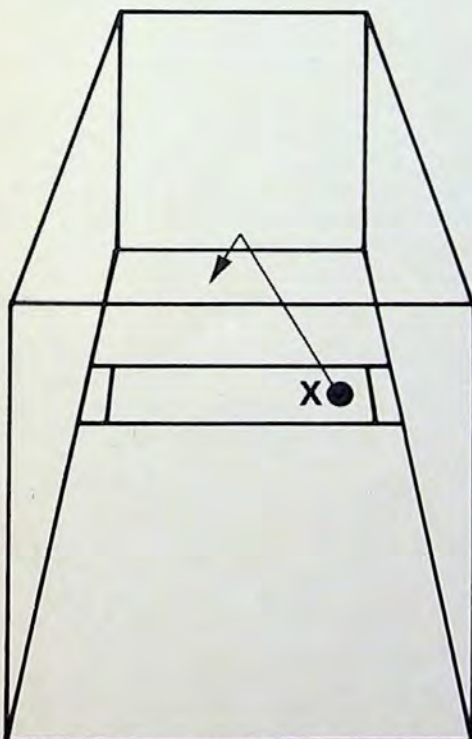
1. The lob serve (saves wear and tear on your arm).
2. Generally defense and control.
3. High percentage shots (cross court passes, pinches, cross court kills and ceiling balls).
4. Patiently wait for good offensive shots (not as great a chance of skipping the ball).
5. Mix up shot selection (greater chance of confusing your opponent).
6. Use high percentage shots from center court.



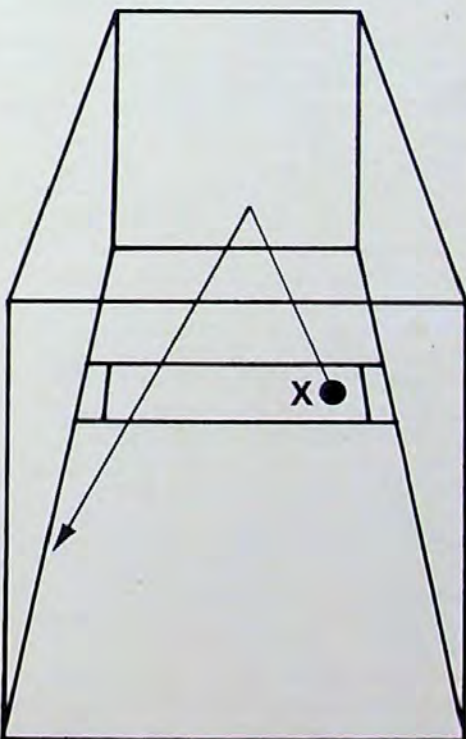
In the "old days," the power player would blast the pinch shot to his opponent. But if it wasn't a perfect plum, his opponent could easily return the shot for a set-up.



Today, the control player is using another variation of the pinch—the backhand reverse. When your opponent is across from you, this shot is irretrievable.



Rather than using the traditional kill shot, the new control player has invented a more effective high percentage shot—the cross court kill. This ball tends to die quickly.



Another effective shot for the control player is the cross court passing shot. This shot forces a weak return. The opponent must return the shot from the deep corners.

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1983 Canadian Nationals

By Heather Kirkwood

Heather McKay and Brian Valin dominated the 1983 Canadian Closed Racquetball Championships at Windsor, Ontario's Maple Leaf Racquet Courts last May.

McKay, currently ranked number one on the WPRA tour and top seed at the Nationals, swept through the opening rounds defeating fifteen-year-old Canadian sensation Crystal Fried 21-5, 21-8 and 1983 Canada Winter Games champion Carol McFetridge 21-4, 21-7.

On the other side of the draw, nineteen-year-old Heather Stupp looked equally impressive on her way to the finals against McKay, powering past Ann Baril 21-6, 21-8 and third seeded Dena Rassenti 21-5, 21-3.

For the past three years McKay and Stupp have divided the Canadian title between them. McKay won in 1980, Stupp placed first in 1981 (when McKay didn't play because of WPRA commitments). In 1982 McKay defeated Stupp convincingly in the final.

But while McKay's name always means magic, Stupp is the only Canadian player who has ever beaten her (at the CBC International Racquetball Classic in 1981). At Stupp's age, she's likely to improve every year.

Once the match started it was McKay all the way. Throughout the tournament she had relied heavily on her superb pinch shots—which she had also used to overcome Stupp in 1982—but in the final she switched to a passing game. "I'd been pinching the ball all week so I thought Heather would be expecting that," says McKay. "Whenever I felt her moving up, I passed her."

McKay's hard passes kept Stupp constantly scrambling, forcing her to hit most of the balls on the run. Though she rallied back from a 0-13 deficit, Stupp could only manage to score six points in the first game.

But Stupp, always an aggressive competitor, refused to play defensively. In the second game she attacked every shot, using her accurate forehand kill and a variety of low Z and drive serves to earn ten points before McKay put the match away.

While McKay's victory surprised no one, the men's open division featured a major upset. Top seed was Lindsay Myers, defending Canadian champion for six consecutive years, since first taking the title as a seventeen-year-old in 1977. His domination of the 1983 Nationals seemed assured, particularly with the absence of Canada's second and third ranked players—Ross Harvey didn't enter because of university studies and Sherman Greenfeld was out with torn ankle ligaments. This left fourth ranked Brian Valin as Myers' toughest competitor.

Myers began the tournament strongly, using his awesome combination of power and speed to defeat Jacques Picher 21-9,



Nineteen-year-old hitting sensation Heather Stupp powered her way to the finals against top ranked Heather McKay at the 1983 Canadian Nationals. However, experience edged out over youth as Stupp fell to McKay.

21-6, Paul Nogler 21-17, 21-16, Gus Kumeralis 21-19, 21-16 and fourth seeded Wayne Bowes 21-8, 21-5.

In the bottom half of the draw, Toronto's Brian Valin had more problems reaching the finals against Myers. After winning his first two matches easily, he barely squeaked by unranked G. Ceresia 21-15, 17-21, 11-10, then regained his form to decisively beat third seeded Allen Lee 21-13, 21-14.

Both Valin and Myers played offensive racquetball. Throughout the match they both went for the kill at every opportunity, but while Valin's shots generally stayed down, Myers had trouble with the fast cement walls. His devastating kill shot was less accurate than usual—the ball bounced back up too often for a set-up or skipped into the floor. Valin's smoother play allowed him to gradually move ahead and close out the second game 21-14.

The win was extremely satisfying for Valin, Ontario's top player the last five years. Because of a serious illness in 1981, Valin hadn't competed in the 1982 Nationals and for the past year he has worked very hard regaining his competitive edge.

For Myers, who once stated his goal was winning the Canadian championship "ten

years in a row—minimum," the tournament was a stunning defeat. Myers, who has had a tough two years in racquetball, was barred from the Catalina pro tour despite his top world ranking. He seldom plays the top players these days and finds it hard to keep up his intensity in the game.

Results:

Men's Senior A Bob Daku d. Dwayne McKnight 14-21, 21-14, 11-1. **Men's Masters** Dale Pond d. Roy Thompson 21-6, 18-21, 11-4. **Men's Golden Masters** Fred Kilbride d. H. Capozzi 21-13, 21-13. **Junior Boys Under 19** Haydn Jones d. George Collard 21-4, 21-17. **Junior Boys Under 16** T. Collins d. J. Trail 21-5, 21-13. **Women's Senior A** Lindsay Robinson d. Jody Fry 20-21, 21-12, 11-2. **Junior Girls Under 19** Lisa Devine d. Vicki Brown 21-14, 21-15. **Junior Girls Under 16** Sheryl Fried d. Jane Corrado 21-5, 17-21, 11-1. **Women's Open Doubles** Allan/Baril d. Rassenti/Stupp 20-21, 21-20, 11-10. **Men's Open Doubles** Hendrikson/Harripersad d. Bowes/Daku 21-11, 13-21, 11-4. **Men's Senior Doubles** Budiaki/Menard d. Loughheed/Suffron 18-21, 21-14, 11-10. **Mixed Doubles** Brown/Kubasek d. Parent/Shiller 21-15, 21-16.

WPRA Cinderella City

It seems fitting Lynn Adams would win the WPRA's season opener and the one title that has alluded her for the past year in Atlanta, Georgia. After all, this is the "Cinderella city" where defending national champion Mike Yellen became racquetball's first "grand slam" winner and took that same title that had alluded him as well—the title as the number one racquetball player in the world.

There was no doubt Adams wanted to win the WPRA's first pro stop last September. Although Adams captured her second straight WPRA Nationals title last May, two-time champion Heather McKay managed to end last season with a higher point total. McKay, forty-three, once again edged out her younger nemesis for the top spot.

However, Adams vowed to change all that this season. She worked on improving her speed during the tour's summer hiatus. The twenty-six-year-old champion spent most of the summer working on hill sprints and on-court speed drills she learned from top ranked pro Mark Martino.

Her perseverance paid off. Adams took the season opener at the \$10,000 Big Star Holiday Cup in Atlanta as she defeated McKay 21-17, 19-21, 21-17, 21-18. Adams also clinched the number one ranking with the dramatic victory. "I used my speed to reach nearly every shot, even if I didn't always win the point," says Adams.

To reach the finals, Adams defeated good friend and doubles partner Terri Gilreath 11-21, 21-12, 21-10, 21-11. McKay beat Shannon Wright-Hamilton 19-21, 21-7, 21-14, 21-13.

In the quarterfinals, McKay topped Marci Greer in three straight games. Wright-Hamilton beat Vicki Panzeri in three, Gilreath won over Laura Martino in four and Adams was victorious over Jannell Marriott in three.

Etc.

- Gregg Peck defeated Gary Merritt and Linda Porter topped Debby Hensley in the open finals of the 1983 Houston Metro Pro/Am Championships in Houston, Texas.
- The law firm of Gibson, Dunn and Crutcher (Glenn Gottlieb, Phil Bosl, Ginger Bauer and Ron Nessium) was victorious over Arthur Andersen and Co. (Bruce Ferguson, Gil Greene, Ginny Getz and Randy Love) in the corporate finals of the first Skyline/Ektelon Executive Racquetball Challenge in downtown Los Angeles. Buchalter, Nemer, Fields, Chrystie and Younger (Cindy Cutting and Neil Golin) defeated Arthur Andersen and Co. (Ginny Getz and Randy Love) in the open mixed double finals.



Top, Lynn Adams (left) regained her number one seed by defeating persistent nemesis Heather McKay in four games at the WPRA season opener. Above, Adams came out on top once again in doubles competition as she teamed up with Terri Gilreath to beat Brenda Barrett and Diane Bullard.

Photos by Sue Windham



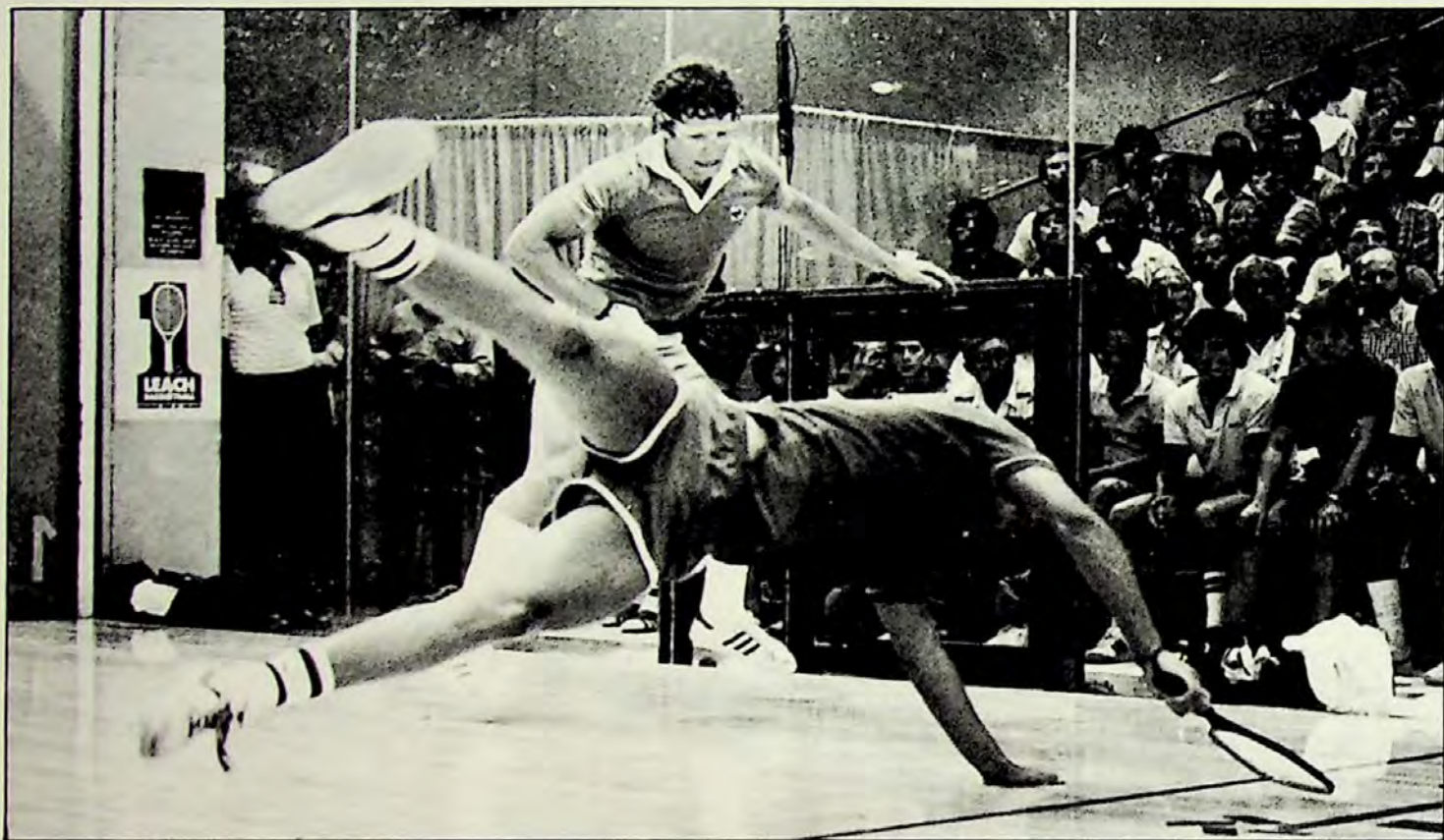
The King Still Reigns Supreme

Following a stunning defeat at the Nationals last season, former five time national champion Marty Hogan wanted to set the record straight at the Natural Light Open season opener in Davidson, Michigan. Hogan defeated grand slam winner Mike Yellen 11-1, 4-11, 5-11, 11-10, 11-9. To reach the finals Hogan beat Ruben Gonzalez in the tiebreaker 11-8 and Yellen topped Gregg Peck in four games.

Photo by Scott Siegfried

Diving: Sound Strategy or Silly Showmanship?

By Heather Kirkwood



Touring pro Scott Hawkins (front) protects himself as he returns a hard to reach shot against Marty Hogan. Many sports kinesiologists believe this technique is safer than just diving for a shot without bracing yourself before impact.

Many racquetball players consider diving for tough shots the only way to play racquetball. Many don't think twice about throwing themselves recklessly after hard-to-get shots and sliding face-first across the floor. Instead, they promptly scramble up again—ready to dive for another shot.

While diving players are dramatic to watch for spectators, some sports kinesiologists (those who study muscular movement) say this explosive approach to racquetball increases the chance for serious injury. To reduce injuries, many suggest using the run and stretch method.

"For pure velocity, diving is faster," says Dr. T. Blain Hoshizaki, Canadian sports kinesiologist and former racquetball instructor. "Speed is obtained through two factors: Dropping the center of gravity and increasing the ground reaction force (force obtained by the foot pushing against the floor). When a

person dives after a ball, his center of gravity is lower. He produces a stronger ground reaction force since he pushes off with both feet and not just one, as in running.

A diving player, ends up in a poor position to win the rally.

Recovery Time

"So diving will definitely get you to the ball quicker," he says. "But it involves a sacrifice. Your recovery time is substantially longer and diving decreases your chances of being able to quickly change direction."

It's almost impossible to execute a good offensive shot while flying through the air, according to most racquetball instructors. A diving player who doesn't kill the ball ends up in a poor position to continue the rally.

Racquetball is a sport of split-second decisions and subtle stroke changes. However, as competitors respond to sudden offensive opportunities, stroke adjustments generally can't be made while diving.

"By diving, a racquetball player loses a good portion of his ability to control his shots," says Dr. Hoshizaki. "By stretching for the ball, on the other hand, players have the option of changing their stroke. They can shift their weight to hit the ball at a different angle."

Broken Bones

Dr. Hoshizaki suggests racquetball players make sure the situation warrants the risk

Rx FOR WINNING

before diving for any shot. Although diving accidents don't account for the majority of racquetball injuries, diving players tend to injure themselves more severely. A badly executed dive can result in a broken bone or dislocated joint. Dedicated divers can reduce the risk of injury by wearing protective knee and elbow pads.

"I never dive for the ball—never," says top ranked touring pro Heather McKay. "I'd be afraid I wouldn't get up again. It's too dangerous if you don't know what you are doing."

Recreational players seem to be diving less frequently than they did a few years ago. Better instruction is responsible for the decline. "The new generation of racquetball players is benefitting from the wear-and-tear we put on our bodies," says Moris Waitzer, president of the Canadian Racquetball Association. "What we learned through trial and error, we are passing along to the beginners. Kids have better instruction today. The quality of play is much higher overall than it used to be and of course you'll see less diving in quality matches."

So what's the bottom line on diving? "Diving is like the back wall shot," says Dr. Hoshizaki. "You wouldn't want to use it too often. You tend to play a much better game when you don't use it."

R



Top, many players tend to lose the rally by diving for shots. It is almost impossible for diving players to hit offensive shots. The ball is either too high for a passing shot or too low for a ceiling ball. "I never dive for the ball," says top ranked touring pro Heather McKay. "It's too dangerous if you don't know what you are doing." Above, McKay uses the safe run and stretch technique of retrieving difficult shots.

Racquet Grip Tape



A new racquet grip tape has been specially formulated to increase a player's gripping power for racquetball and tennis.

The non-slip grip is achieved with a thin, 100 percent cotton tape. The tape has a special cohesive coating that only sticks to itself. The coating gives a long lasting tackiness that assures a firm grip during competitive and recreational play.

The racquet grip tape is designed to

produce a comfortable grip. It also has a smooth finish that does not wrinkle.

Made in three attractive colors (green, blue and tan) the tape is available for immediate delivery. Teams and larger users can buy in bulk (150 rolls per case).

For further information contact Ideal Tape Co., 1400 Middlesex Street, Lowell, Massachusetts or phone (617) 458-6833.

A New Wallyball

The World Wallyball Association has selected AMF Voit as the exclusive manufacturer of the unique ball used for the new sport of Wallyball. Played on racquetball courts, Wallyball uses



volleyball skills, while adding the exciting new dimension of off-the-wall play.

Wallyball is the first product to utilize AMF Voit's exclusive foam rubber cover. Its durable, velvety texture is specially designed for responsiveness and plenty of action off side walls. The ball uses the high-visibility, non-marring color of blue pioneered for AMF Voit's Rollout Bleu racquetball.

An exciting sport in its own right, Wallyball also is an ideal aid for volleyball training, packing more action into each workout session.

For more information contact AMF Voit, 3801 South Harbor Boulevard, Santa Ana, California or phone (714) 546-4220.

One Step Ahead

Give your legs and feet a lift this fall with four "rejuvenators" from Dr. Scholl's. These products will help revitalize dry skin, remove callused tissue and renew the spring in your step for racquetball.

Cocoa Butter Softening Lotion is specially formulated with rich, cocoa butter and other softeners to smooth rough, dry legs and feet. This lotion helps keep natural moisture in and dryness out.

Suggested retail price is **\$2.49**

Contoured Hard Skin Reducer is curved to follow the natural contours of your foot. Its aluminum oxide file head is designed to reduce hard skin. The inside curve is recommended for heels, ends of toes, knees and elbows. The outside



curve helps reduce corns and calluses.

Suggested retail price is **\$2.55**

Corn/Callous File is another easy-to-use device that safely reduces corns, calluses and hard skin on the feet. With

a gentle rub of this file's abrasive surface over corns and calluses, hard tissue can be removed. Your skin will also feel smoother.

Suggested retail price is **\$1.29.**

Ball-o-Foot Cushions give your feet a double layer of soft latex foam. These soft layers cushion where it counts—on the sometimes tender, sometimes burning ball of the foot. A flat loop slips comfortably over the second toe to keep the cushion in place at all times. Made to be worn with any pair of shoes, the cushions are washable. Available for both men and women.

Suggested retail price is **\$1.99.**

For further information about foot-care products, contact Scholl Inc., 3030 Jackson Ave., Memphis, Tennessee 38151.

SERVICE BOX

Racquetball Wall Rack

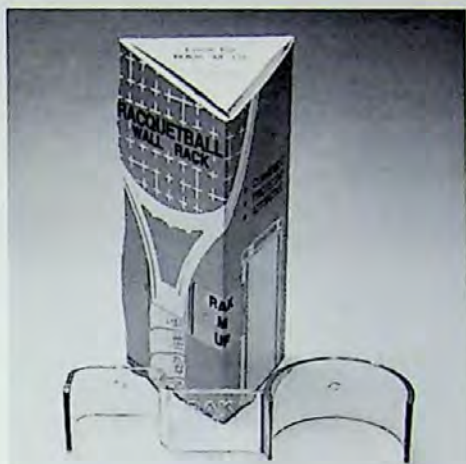
The ultimate in wall racks has arrived! The Rak-M-Up plastic wall rack conveniently organizes, protects and displays a racquetball racquet and can of balls.

Rak-M-Up is a unique and quality gift idea that is both practical and functional.

The award winning triangular package (1982 CLIO Packaging Award Finalist) makes this item self-selling for displays in racquetball clubs.

Suggested retail price is **\$2.50**.

For further information contact Hill Designs, P.O. Box 252, Redwood City, California 94063 or phone (415) 367-1657.



Audio Aids

Sports Tapes Inc. introduces three tapes to improve your racquetball, tennis and platform tennis. The tapes use a method which conquers the elusive mental side of the game and raises the level of athletic performance.

The tape requires less than one-half hour listening time for either side. Side one, developed for pre-match listening, "psychs" players to win. This side of the tape also allows the relaxed mind to become keenly focused to suggestions designed to improve your game. It also teaches a foolproof method to keep your eyes on the ball. Side two improves your awareness and form.

The originator of these tapes is a racquet sports enthusiast, instructor of



self-hypnosis and is involved in the field of biofeedback for athletic improvement.

Suggested retail price for each tape is **\$12.95**. (New Jersey residents add five percent tax.) Money back guarantee.

For further information contact Sports Tapes Inc., Box 188, Short Hills, New Jersey 07078 or phone (201) 376-0322.

Locker Pockets



A new product has been designed to add space to your locker at the racquetball club. "Locker Pockets" are made of durable nylon and get those hard-to-find items off the floor and inside your locker where they are easy to reach.

Locker-Pockets has a place for all your racquetball odds and ends. It comes equipped to carry: brushes, combs, shampoo, socks, car keys, notebooks, sweat bands, shoes, racquetball balls, jewelry, make-up and pens and pencils.

Suggested retail price is **\$11.95**.

For further information contact Pocket-Man Inc., P.O. Box 41562, Plymouth, Minnesota or phone (612) 541-9440.

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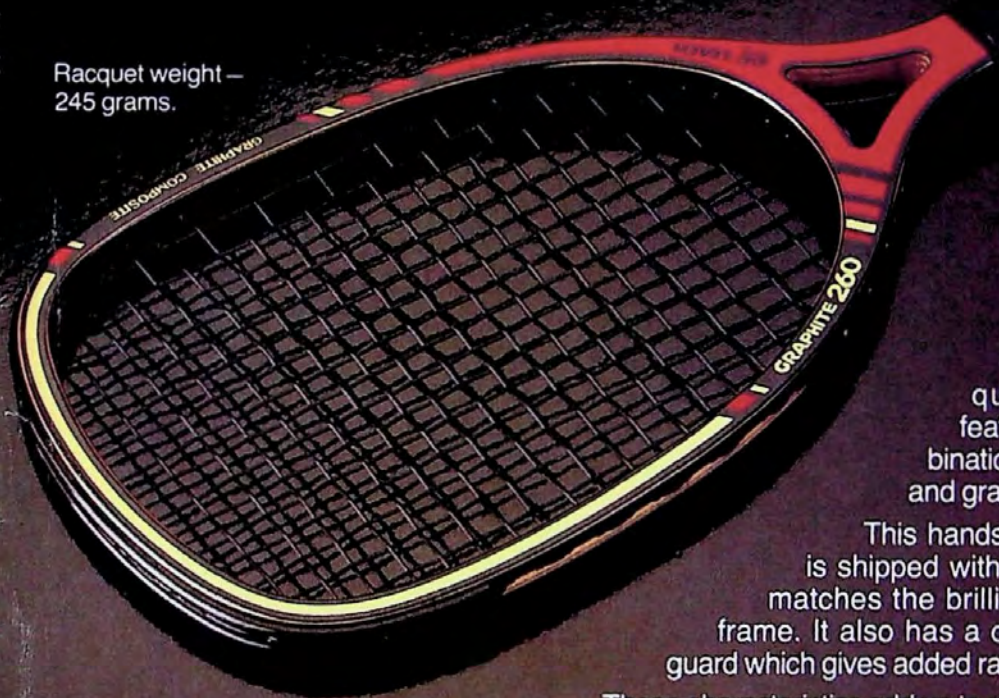
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