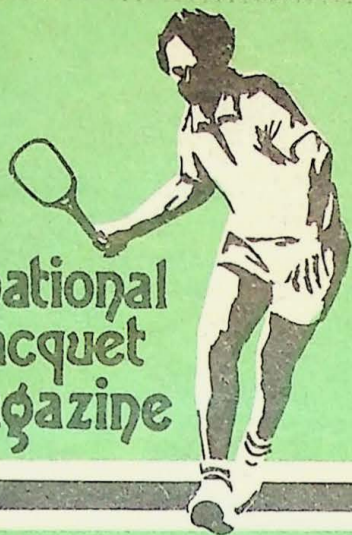


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# RACQUETEER

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The Fastest Game in Town?



# Pro Officiating: Objective or Not?

Jerry Henderson

A rather disturbing paradox on the current N.R.C. pro tour is the officiating. The issue is not the quality of the refereeing but the source. The individuals that have been calling the important matches up to and including the finals are people in the N.R.C. administration! Question, is this a conflict of interest with these people and can they afford to be truly objective? Let's examine some of the issues.


The N.R.C. professional tour appears to be sponsored by two primary money sources—Leach Industries and Seamco Products. The majority of the top professional players are under contract with Leach Industries. These people perform for this company because of dollars given to them for their attendance at these tournaments and equipment considerations. Leach Industries appears to feel that the professional racquetball player and the tour are the key building blocks of their marketing approach for their major product—racquets. Seamco on the other hand has its ball endorsed as the official N.R.C. ball and it is used in all sanctioned N.R.C. pro tournaments. Again the market strategy is the exposure that the ball will receive through the exploits and interest the professional tournaments should generate. Both companies employ logical marketing procedures, however the administration of the N.R.C. is using questionable judgement with Leach Industries.

By having top ranking N.R.C. officials referee tournaments that involve Leach supported players, is there not a direct conflict of interest? Obviously Leach Industries that co-sponsors the N.R.C. pro tour is going to more vigorously support any operation in which its players enjoy success. The more successful these players are in winning and placing in tournaments, the better Leach Industries looks and in theory the better their racquets should sell. So can an N.R.C. official be truly objective in his calls in a match that involves a player supported by another racquet company and one from Leach? We doubt that the actions of the referee can be constantly objective. An N.R.C. official is bound to be more favorable to a representative of a company that is financially a major element of the pro tour, unless of course the laws of human behavior don't apply to N.R.C. administrators.

The N.R.C. professional tour to be supportive of open pro play must not be a show case for a single racquet company that has used private capital to equate the quality of its racquets with purchased pros. Let's hope that the N.R.C. has the interest of the general racquetball playing public in mind and has only been momentarily taken off track.

Our opinion is that remediation of this dilemma can only come through the development of paid professional referees that are not N.R.C. administrators or aligned with a particular racquet company interest. There are people of this nature and skill level throughout the country. This element needs developing for open objective racquetball competition. There can be a number of different formulas used, especially by the pro tour to cultivate such officials. This change must come soon.

Professional racquetball can be a wonderful vehicle for the promotion of the sport in North America. But it needs to have a natural course of development through open and consistent play. Therefore, if the N.R.C. has the sport of racquetball in mind, it should void its administrators from active officiating and let players and companies compete on their own merits without the question of objectivity and conflict of interest.




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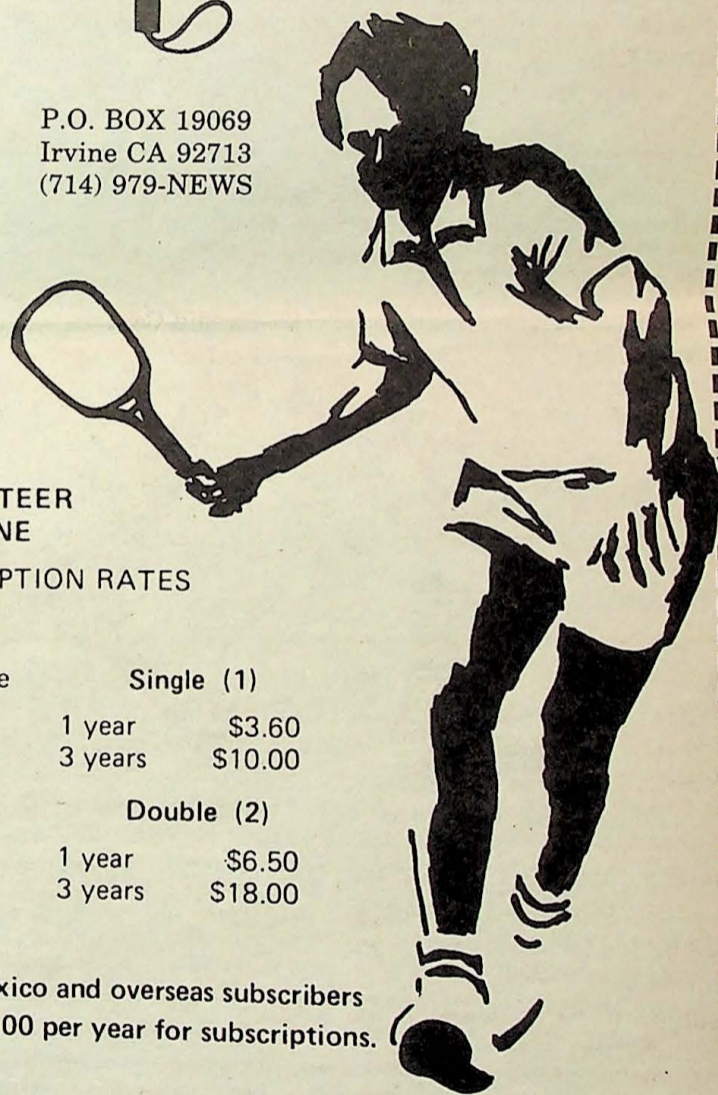


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 Managing Editor — *Jerry Henderson*  
 Editorial Staff — *Bill Dunn*  
                           *Jerry Northwood*  
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                           *Bob Radisch*  
 Art Director — *Carl Lejon*  
 Photography — *Kim Rasmussen*  
                           *Samantha Stephen*  
 Contributors — *AMF Voit*  
                           *British Columbia Racquetball Association*  
                           *Dri-Grip*  
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## “Letter to the Editor”

Mr. Jerry Henderson  
 Managing Editor

Dear Jerry,

I picked up your first issue of the Racqueteer at the I.R.A. tournament in Houston recently. I was particularly impressed by your editorial emphasizing the need for better sportmanship in tournament play. If you had seen a couple of the matches in Houston, you would have observed flagrant evidence of what your editorial emphasizes must be

eradicated. It was most evident in the pro division where a couple of the young hot-shots were giving the officials and their opponents a lot of abuse. Although some of this might be looked upon as showmanship, I would expect that the crowd consensus was generally unfavorable. As you conclude, “It’s time for the sport to grow up.”

Cordially,  
 Brud Turner  
 Cleveland, Ohio



## “Let Cords and Lines”

Bob Raedisch

Truckdriver tournaments to million-dollar matches, dungarees to Oleg Cassini outfits, tennis today is truly in the eyes of the beholder. Over 30 million beholders would be a good guess for 1976, with more millions on the way for next year. Once-a-month sluggers to eight hours a day drilling-machines, they all search for that fleeting moment of ecstasy as the worthy adversary crumbles before an onslaught of yellow tennis balls.

It is as hard to pin down the reason for playing tennis as it is the feelings for the game, but tennis, the most played racquet sport of the decade, will be covered by Racqueteer Magazine with not only the top tennis events from around the world, but Racqueteer will also be covering new equipment, upcoming tournaments and a generous number of instructional articles.

As this is our first tennis column, we will start with those of you who are just now getting caught up in the racket of this tennis boom.

There are three fairly general ways to join the mad rush to the courts. Probably the quickest and most grueling way is the Tennis Camp. Here you will pay hundreds of dollars or more to be run, drilled, and stroked into shape (or into the chiropractor’s). For the young at heart and the eager in body there are several ways to find a tennis camp that should fill your desire to try out the game. Look for the ratio of courts and teachers to students. Pick an easy location that does not entail exhausting travel or great changes in climate or altitude. Good food, lodging, extra equipment such as ball machines, video tape replay, etc., and of course a big-name pro you may see occasionally or every day; all this should figure into your choice of a camp. Some camps may differentiate between beginner, advanced and tournament calibre sessions; there may also be a price difference to watch for. A tennis-playing friend who has been to a camp or your local tennis professional may be of help. Whatever camp you think suits your needs, you will get more out of it if you are in reasonably good shape, know a little bit about tennis, and of course are willing to work and enjoy it while you are there and after you have come home.

The second way to approach tennis is probably less expensive and in most cases a little less direct. This is by way of your local tennis professional. Depending on your desires and your pro’s availability, you may end up in a group of four or more people, hopefully all starting with

you; or you may, if time and money allow, start individual lessons. The group instruction gives you a chance to find others to play with and may help that feeling of utter confusion usually faced by the novice player. The individual lesson is learning in its purest form, and may run from a few general lessons to a series lasting for years. Once or twice a week you and your pro will go through the joys and sorrows of this, the most personal type of tennis education.

Pro quality is not necessarily determined by country club or city location; there are a couple of organizations that now require pros to pass varying tests to become registered teachers. Checking to see if they are members in good standing may serve as an indication of their qualifications and tennis tenure.

The third and probably biggest group is the pound-and-curse following, which is to say: grab a stick, a ball and an unwitting opponent and head for the nearest free court. When at the court proceed to try pounding the ball at your quivering human backboard. As you both begin to growl at each other, try cursing to yourself, hopefully in an effort to save your marriage or friendship from dissolving in an explosion of forehands. This method (except in grave circumstances) is the least expensive way to approach tennis, but may also result in a short appreciation of the game.

A compromise between the three has been gaining in popularity among new players. A good balance of playing, lessons, and an occasional trip to a tennis camp can put you well on your way to adequate social tennis. Give yourself a fair chance and soon you can be walking with confidence onto the grass — I mean the clay, the dirt, the cement, the asphalt, the carpet, the cushion, the wood . . . well, anyway, you’re out there.

Not so much known for its prize money but for the uniqueness of the event, Antigua Tennis Week is something not to be missed. Held on the Caribbean island of Antigua January 6 to 13, Tennis Week is a superb blending of top pros playing with and working with amateur tennis players of all levels. The pros also provide some exciting singles and doubles competition in the accompanying prize-money tournament. The Curtian Bluff Hoetl, Antigua, West Indies, is Tennis Week headquarters.

Unsolicited tennis news is welcomed. All reasonable care will be taken, but no responsibility can be assumed for the material sent.

Bob Raedisch  
 Tennis Editor, Racqueteer Magazine  
 Post Office Box 2018  
 Palm Beach, Florida 33480



# Stance and Swing

Bill Dunn

I am not going to spend much time discussing the stance as it is not nearly as important as the swing. Ideally the proper stance begins with the player facing either side wall depending on whether he is hitting a forehand or backhand. The feet are pointing at the side wall. The weight is on the back foot. The player steps towards the front wall as he swings. At the finish of the swing the weight should have transferred from the back to the front foot. A proper transfer of weight gives added momentum to the swing plus, with the weight being forward at the end of the swing, this forces the player to move naturally towards the front wall in preparation for their next shot.

Before we discuss the swing, let's mention the role that the wrist is going to play. In racquetball, unlike tennis, power is gained through the wrist. It is this aspect that gives tennis players fits when they try to play racquetball. They have good control, but very little power, especially when hitting a forehand. There has to be a wrist cock at the back of the swing. Here is an easy test to determine if you are getting enough wrist into your swing. Stand in a quiet room and swing the racquet. You should be able to hear a loud "swoosh" when the wrist uncocks and swings through. This sound is a result of the racquet speeding up during the wrist break. The faster the wrist is snapped, the louder the "swoosh." Try swinging the racquet with no wrist break and you will find the "swoosh" to be barely audible. Most of you will be able to hear a louder "swoosh" with the forehand than with the backhand because you are able to cock your wrist back further enabling you to impart to the racquet more momentum during the swing.

Now for the swing. There are two guiding principles: keep the swing simple, and keep it in a straight line.

1. KEEP IT SIMPLE. The more simple the swing, the fewer things that can go wrong. There is no need for showy windups and exaggerated wrist cocks. There are too many places where slight deviations in the swing will cause errant shots. Try to keep the backswing compact and be sure to follow through. Don't try to snap off the shot and cut short the follow through. This will lead to stretched tendons and elbow problems. Try to swing smoothly. I can't emphasize too much: the fewer motions involved, the more consistent your swing (and your shots) will be.



Figure 1

2. KEEP THE SWING IN A STRAIGHT LINE. The worst swing is one that loops. That is, the backswing is high, the actual swing is downward, and the follow through is high (See figures 1 and 2). The player who swings this way has allowed himself no margin for error. Let's apply the looped swing to one particular shot, the forehand kill shot 6" high into the right corner. Every shot has an ideal point of contact between the racquet and the ball relative to the player's body. In the case of the forehand kill shot the contact spot should be just behind the front foot. If the player with the looped swing strikes the ball at this point, then his shot should go where he wants it to. Suppose, for whatever reason, he doesn't make contact until the ball is back further from the front foot. This means he will hit the ball on the downward arc of his swing. What do you think the ball will do? Right, it will skip in. Now suppose he contacts the ball in front of his lead foot. This means his swing has started to come up for the follow through. Right again, the ball will come up and strike the front wall higher than the 6" level. If you're lucky it might go for a pass, but it definitely won't be a kill shot. As you can see, in order for the player to hit the shot he wants, he must restrict his point of contact to a narrow 4" or 5" span at the bottom of his swing! There is not much room for error.

Now, let's analyze the same shot with a straight line swing. Note, a straight line swing for this shot will be a flat swing 6" above the floor (see figures 3 and 4). This means that if the swing is flat, then the ball after being struck should follow a flight parallel to the floor 6" high. This is very important. Now, with a flat swing, a ball making contact with the racquet 6" off the floor will strike the front wall 6" off the floor *regardless* of whether the point of contact was too far behind the front foot, just behind the front foot, or in front of the front foot. This gives the player a tremendous margin of error. The ball



Figure 2

struck too far behind the front foot will go for a 6" high side wall, front wall kill shot. When hit at the ideal point of contact, the ball should hit the corner, and a ball struck in front of the foot will go for a cross court kill. But regardless, all three shots went for 6" high kill shots. If the swing had been looped, then one of the shots would have skipped in, one would have come up higher than 6". Only one of the three would have been a kill shot. A straight line swing increased the chances of hitting a kill shot by three times. This is the margin of error that we have been talking about.

One final point, a straight line swing does not necessarily mean flat swing. To swing in a straight line means for the racquet to follow along an imaginary line from the point of contact to the spot on the front wall where the ball is supposed to hit. I will mention this concept again in future articles.



Figure 3

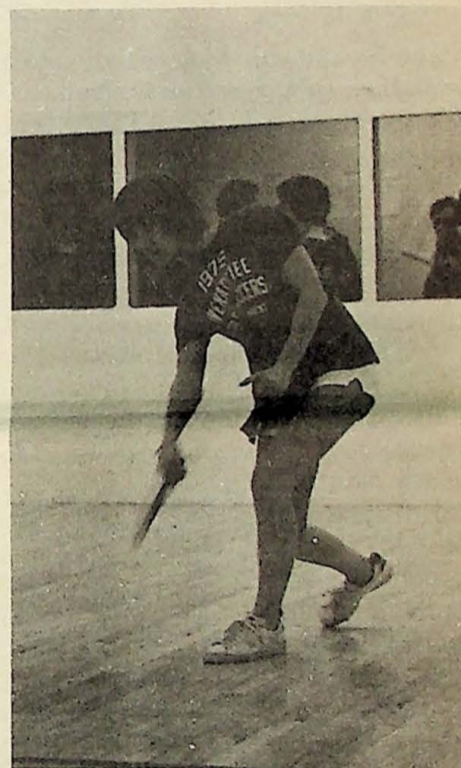


Figure 4

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## Ivan Velan Interview

Jerry Henderson

The interview with Ivan Velan was done in Vancouver, B.C. in mid-November of this year. Ivan, a 32-year-old businessman from Montreal, had just resigned as the C.R.A. president the previous day. His resignation did not dull his competitive spirit as he and Manny Gregario of Toronto finished second in the Open Doubles at the Canadian National Championships from which this time from Ivan was taken for the interview. Ivan was extremely candid and open with his comments. We feel he reflects the feelings of many Canadian Racquetball players both on the court and off.

*Q: Ivan, my first question to you is how did you get your beginnings with the political nature of the CRA?*

*A: Well, the CRA began in about 1971 three years after the formation of the IRA in the states. It was formed largely for business reasons by three fellows in Edmonton and also it was started on the basis of organizing the game in Canada. They more or less tired of the administrative aspects by 1974 when we had a national tournament in Montreal. At that time, somebody approached me, as an organizer of the tournament, whether I would be interested in getting more involved in the CRA. Subsequently there was an election and I accepted to become president. I guess I've always had an interest in being involved in the administration or organization of the interests I've become involved in and as a result I decided to go ahead with this.*

*Q: What do you see the current state of the CRA being?*

*A: I think the organization has done quite well. We have a little different setup in Canada as opposed to the United States because we work closely with the federal government, and Sport Canada in particular. Due to the geographical nature of Canada we need to bring players together for competitions. Sport Canada provides grant funds for specific programs to the various sport associations and we've been very fortunate in that they've seen the benefits of RB for recreation and physical fitness. We've managed to increase our grant in the last three years from about \$6,000, to \$20,000, to currently \$37,000. The types of programs we conduct are things like refereeing clinics, coaching clinics, funds for tournaments—primarily you'd pay airfares to bring the players to them,*

and other administrative matters—newsletter and so on. From that standpoint, we're fortunate to be able to develop along with better funds.

*Q: Are there any major difficulties at this time that you see with the CRA?*

*A: Well, membership is always a problem. I know the two associations in the states tend to have the same thing in trying to increase the circulation of their magazines. We've increased our membership over two years from about 250 to 1,000 which seems very small as compared to the total number of players. But I think this is just a general problem that volunteer type associations have. One of the problems also is that we've tended to have a small nucleus of people who have developed the game in Canada and not enough interest shown for the most part by the others. It's overloaded some of the individuals who tried to develop it.*

*Q: You just resigned as president of the CRA. Is there any particular reason around this work load that you talk about that prompted this decision?*

*A: Well, it's partly that I kind of feel that I've done my bit. I've put in a lot of hours over the last two years and developed a lot of things that didn't exist before. I've had some problems at work recently in that we are currently in the eleventh week of a strike and there's quite a bit of pressure from that standpoint. Also, going to the tournaments and the meetings continually and having three young children I kind of have a desire to stay home a little more at this time.*



Ivan contemplates a serve.

*Q: What are some of the things you think you've overcome during your two years as president?*

*A: We have, as I said, increased the membership, we've established a communications vehicle somewhat along the lines of what you're trying to do with your publication. We cover the tournaments, bring people instructional articles, notification of what's happening in the CRA, and we think in this way we've mobilized a lot of effort that didn't exist previously. We also have official programs now for coaching development, refereeing, and areas such as this which didn't exist previously. We're also doing quite a bit of promotion. Of course people now know that the CRA exists and it can be helpful. We answer a lot of correspondence and mail out information in regards to court construction. We try to get to the courts because it's incredible how many courts are built incorrectly these days, at least in Canada.*

*Q: Do you have any impressions about the two American associations that you'd like to share?*

*A: As you know, the CRA has been affiliated with the IRA from the beginning and primarily from the more democratic nature of the IRA have decided to stay with it. Our feeling is that the IRA has been the unfortunate victim of some poor decisions in regards to balls. Bob Kendler is a fine salesman, he has done a lot to promote the game, and he went with Seamco at a time when it turned out to be right. Now, provided the IRA is able to generate enough revenue from the new Seamco ball, I guess the two organizations will coexist. We're going to stay with the IRA until such time that it would be considered advisable to the CRA members to affiliate with the other one.*

*Q: Do you have any opinions on the nature of the pro tour and its alignment with either of the associations?*

*A: In Canada we're trying to promote the game as a vehicle for the average player. The fact that we have pro tour stops just adds a little bit of extra glamour. I think the feeling of a lot of Canadians is that the NRC magazine is too heavily oriented towards the pros and that a lot of people are getting tired of hearing the Hogan beat Brumfield or Brumfield beat Hogan from week to week. From that standpoint they like some of the broader coverage that they see in the IRA magazine, perhaps in Racqueteer and some of the other publications.*

*Q: Do you see any detrimental influences from any particular groups or individuals in the sport at this time?*

*A: Nothing that comes to mind. I*



Ivan with his doubles partner, Manny Gregario, before they finished second in the Canadian Nationals this year.

think sometimes the pros don't set the right kind of examples but I don't know how important that really is. They generate some excitement and they generate publicity. I think that's good for the game at this time. The fact that the IRA and the USRA-NRC appear to be bickering with each other continually has some detrimental effect I think but there's not too much you can do about that. I think most of the players would prefer to see one strong organization try to promote RB from an amateur and professional standpoint for everyone's benefit.

*Q: Let's examine this issue. Do you feel that within five years RB can be an international sport?*

*A: I guess it probably can be. The appeal of RB would seem to be general. There's no reason why in Europe people couldn't take to it, in Australia and for that matter I understand in Japan they're developing courts. It seems to me it could be an international sport, yes.*

*Q: What about international competition? Do you feel this is reality in, say five years?*

*A: The only thing I can see preventing international competition would be the cost of bringing people together. Who would foot the bill for this? We don't have television bringing in enough revenue for coverage of this nature and it makes it kind of difficult for individuals to finance themselves. Perhaps the racquet companies are making so much money that they want to promote that type of thing which would make it become a possibility. Or the ball companies for that matter.*

*Q: Is there any possibility of a United States-Canada challenge cup within the near future?*

*A: I don't think so because Canadians aren't taking it as seriously at this point as people in the states. We have maybe four players right now who would be capable of playing in the pro tour and none of them would win any significant number of matches.*

*Q: What about on an amateur level?*

A: On an amateur level our amateurs have done quite well going down to the IRA tournaments. I was at the IRA so I know what happened there but I'm not too familiar with what happened at the NRC. Wayne Bowes was an amateur champion two years ago at the IRA tournament, Monique Parent's done quite well on the ladies side so I think from an amateur standpoint we can compete. The only thing is that they're siphoning off the top 20 or 30 players in the states who play pro so we just come in somewhere after that.

*Q: Has there been an increased interest proportional in Canada as far as the participation of women goes as you would see it in the United States?*

A: Well, I suppose proportionally it's about the same but the growth in Canada always lags behind the states whether it's tennis or bowling or any of the trends that have come along. While there are women playing, the numbers are still so small out of the total number of players that it's perhaps not as noticeable. As you can see here at the national tournament we have a reasonably large division of women. They are very active and we have some very good players. The club I play in, I don't think we have more than six or seven playing actively.

*Q: How do you feel the CRA is going to go about compensating for your loss in terms of appointing another president? Will you make a recommendation on that?*

A: Yes, I'm supposed to make a recommendation. I don't think that will cause too many problems. We have a few candidates, some competent individuals who I think have an interest in doing it. We also have applied to Sport Canada for an executive director who is housed in the Sports Administration Building in Ottawa. Our only problem there is it's kind of a cost-benefit issue where we have to see if the amount we have to pay for the space will be compensated by taking away some of the expenses we currently have to have anyway for things like the magazine. I think it's something like \$4,000 we have to come up with annually and look at the returns we obtain from having this executive director. We should know in the near future and that would take quite a load off the president.

*Q: You mentioned that you get some of your funds through the government sport program. How else do you receive revenue besides memberships?*

A: There are three sources of revenue: memberships, advertising for our magazine, which we hope to improve in the future from the

standpoint of getting an agency to solicit the advertising. We've also appointed an individual in Montreal who's accepted the responsibility of obtaining more advertising, he's in the consumer foods area, and we also have a royalty contract with Voit in Canada. Voit is our most popular ball. And now that the IRA is going to get a Seamco ball we'll approach Seamco and see if they're interested in promoting their ball in Canada, and also working up something with us. Those are our only sources of revenue. Oh, I left out one other one which is a contribution we used to get from the IRA because we have a member on the board of directors and we're trying to develop the game jointly. But when they ran into financial difficulty last year we decided not to ask for this. Hopefully in the future, if the IRA gets back on its feet financially, they will be willing to help us out as well.

*Q: Would you be inclined to accept the provisions and guidelines of the NRC if they offered you a substantial sum of money to follow their directive?*

A: Well, speaking for the CRA, I think we're willing to look at anything that allows us to fulfill the objectives we're trying to promote here in Canada. So we'd certainly be willing to listen to anything. A year ago we approached the NRC to see if they were interested in coming up with some kind of a proposal. It turned out there were some misunderstandings involved apparently, but what they came up with wouldn't have been of benefit to the membership. We proposed it and it was voted down.

*Q: How many members do you currently have in the CRA?*

A: As of the end of August we had about 1,200 but that was our year end so it drops right off as the one year memberships expire. We were left with about 450 on a three year basis and now it's jumped up to about 800 as of this tournament. We should probably go over 1,500 before we're through this year.

*Q: Are there any particular goals in mind for the CRA that you laid out and I hope are pursued?*

A: The directors defined nine areas for development and we restructured our constitution. We just passed it in this morning's meeting. Each province under our new setup has accepted responsibility to develop one of these areas. They're divided into membership, obviously the goal there is to obtain as many members as possible, refereeing, to look at rules and increase the competence of the referees that we currently have. This is another problem you asked me about earlier. We have a big problem in obtaining

competent referees who are interested in doing that type of thing. We have a coaching program which is in five levels. We are working closely with the coaching association in Canada. We want to establish all of these five levels. The basis for that is the fifth level would be a coach for an international team for competition, the fourth level is a national coach, third level is a provincial coach, and on down. The past summer we had Mike Luciw, who finished second in the amateur section of the IRA tournament, conduct a cross-Canada coaching tour, the purpose to obtain Canadian coaches of level one capability. They have now been and will continue to give clinics in Canada. There are others areas such as those where we have objectives and I hope they will be carried out.

*Q: How do you feel a summer tour of amateurs from both the United States and Canada would be received to go across Canada and give instruction and exhibitions?*

A: It sounds interesting. I think the way it would be received would be entirely dependent on what kind of local promotion was done. It's been our experience with the tour that Mike Luciw conducted and anything else really. People tend to have to have it hammered home that something is happening and they have to be called to go out to the site. Once that's all done, they enjoy it but if you just leave it to them it seems like RB is competing with many other things in the summer—professional sports and so on. It's hard at this point to generate the interest.

*Q: Would you see the CRA or the government supporting a proposal like this?*

A: It's possible. Every year we have to make a submission, which we're lucky to have a fellow in Montreal, Dr. Steve Milsteen, who has had experience making requests for government grants, and we get requests for proposals from the various people that have responsibility in the CRA. He coordinates them and makes a written request which the government evaluates and then we'll get the funds. It seems like a good idea. If Steve fits that in on some type of development basis for the sport, I'm sure Sport Canada would review it, possibly favorably. The CRA couldn't afford to finance it.

*Q: Are there any other developmental programs that go on with, say school age children through the CRA or the government?*

A: One interesting development is that we have a summer and winter games in Canada. Racquetball was the first racquet sport to be accepted for the winter games of 1979 which will take place in Brandon, Manito-

ba. One of the reasons that we were accepted was to get a push to the youth development program. The winter games are primarily for youth, 21 years old and under. We are going to have a slight exception because we are going to have teams of 10 from each of our provinces. Four people must be 18 and under and the other categories will be open to men and women. The provincial governments have the responsibility for funding developmental teams for the winter games. Each of the provinces are getting organized now for these programs. Newfoundland, in the eastern part of our country, has got a pretty good program going already.

*Q: How would you compare RB on the east coast as compared out here on the west coast? Is there any difference?*

A: The caliber isn't as good. There are far more good players out here. Montreal and Toronto seem to be primarily squash cities from way back and while RB is making good inroads on this there is still quite a fair way to catch up. I think in the long run it will be more or less what's happening in the states in the west. It's going to take a little bit longer in the east.

*Q: Where to for Ivan Velan now?*

A: I'm already playing now that I've gotten rid of some of my responsibilities so now I can concentrate a little bit more on the game and get back into it. I haven't been playing as well as I was a couple of years ago.

*Q: So you are going to be primarily a competitor?*

A: I said in my letter of resignation that I'd be glad to do anything that's going to help the CRA. I just don't want the overall responsibility for everything. I hope to continue serving as a director or representative for the province of Quebec.

*Q: How soon do you feel a new president will be implemented?*

A: We have a directors' meeting in Montreal scheduled for February which will coincide with the Montreal Open Tournament which has gotten to be one of the bigger ones in Canada. It will attract a lot of players from the northeastern United States. So the idea is to find someone who will take the job between now and February. At the meeting in Montreal, which is our head office anyhow, turn over all the files and spend some time with the next president to make sure the transition goes smoothly.

*Q: So you feel the CRA will survive?*

A: I don't think there's any question about that.

*Q: Then RB is here to stay in Canada?*

A: Sure, it's growing vigorously.



# Anatomy of a Shoe for Racquetball

Rufus Thomas

Next to a racquet, perhaps the most important piece of equipment a player can have is a good pair of shoes. The frequency of movement and the tremendous forces put on one's feet make it essential that shoes are well built and rugged. In order for a player to select an appropriate shoe, we feel a model of construction and design should be given.

For our model of an efficient shoe for racquetball, we have chosen the "Finalist" from the Tennis Trail line by Pacific Trail Sportswear. The "Finalist" is also featured in our "New Products" section of this issue.

efficient tread design for floor adherence at various foot movement points (figure 2). The tread design will also insure the longevity of the shoe over prolonged periods of stress.

Once these basic elements of construction are developed as the shell of the foot vehicle, comfort becomes a consideration. Note how in figure 3 the "Finalist" meets this requirement. Blisters, rashes, and sore arches are avoided when the shoe holds the foot as supportive as possible with few friction points. These comfort elements become increasingly important over periods of extended play.

Finally, there are points where shoe wear is most heavy and construction needs to be reinforced to insure the length of proper functioning. Especially in the toe and heel areas, extra development of the shoe needs to be detailed. The reinforcement of the toe is critical, as in tennis and racquetball the toe from rubbing the floor is often the

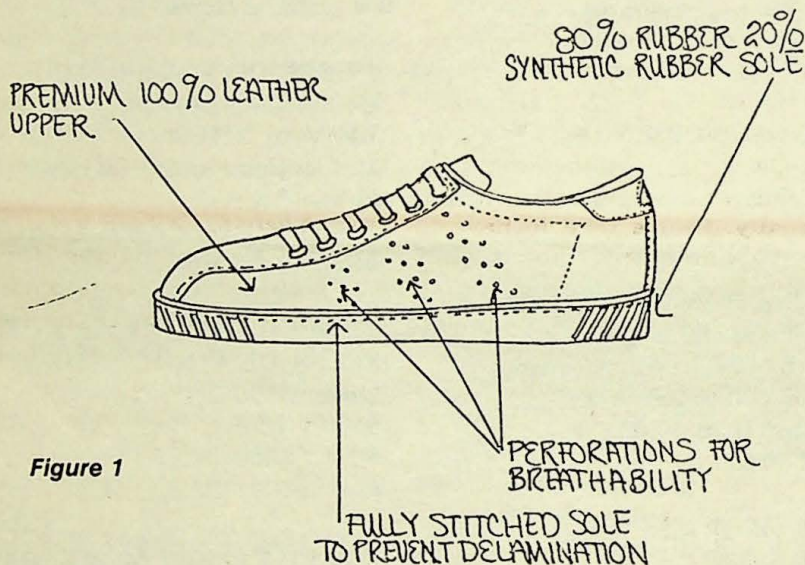


Figure 1

Because of the rapid foot movements in racquetball, a shoe construction must be sturdy, yet allow for heat dissipation. Noting figure 1, you will notice that a combination of leather and rubber of a good quality is a player's best bet. Leather gives a shoe a toughness to hold up over repeated starts and stops with minimal problems of tearing when well stitched down and allowed to breathe. High quality rubber will similarly keep a performance level in a shoe with an

first element of a shoe to break down. But, as figure 4 shows, a design precaution can be taken to build up both the toe and heel areas.

We are sure that as players you have preferences in the types and styles of shoes you wear. But, keep in mind the things mentioned. A good shoe to a player is money in the bank. Remember blisters are easy to get, but the cash for new shoes every couple of months is not. A competitor needs a shoe like the "Finalist" to effectively compete.

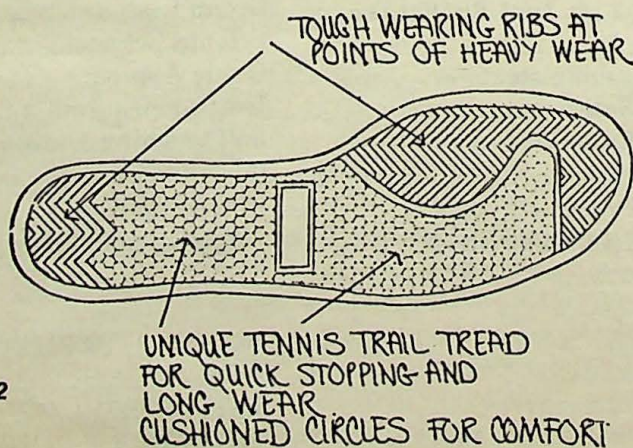


Figure 2

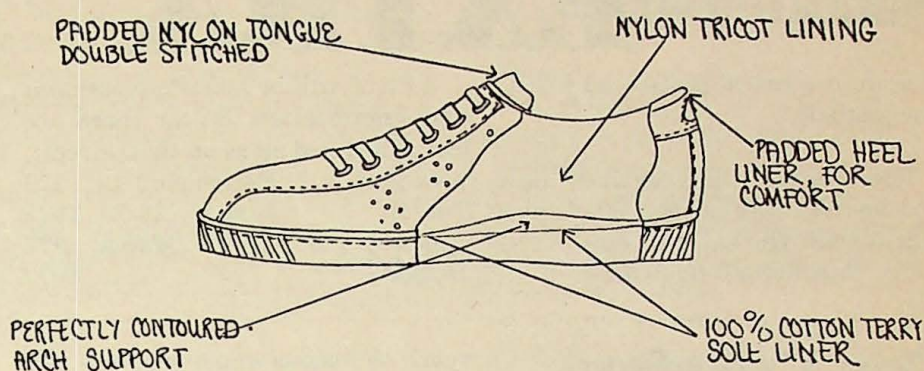


Figure 3

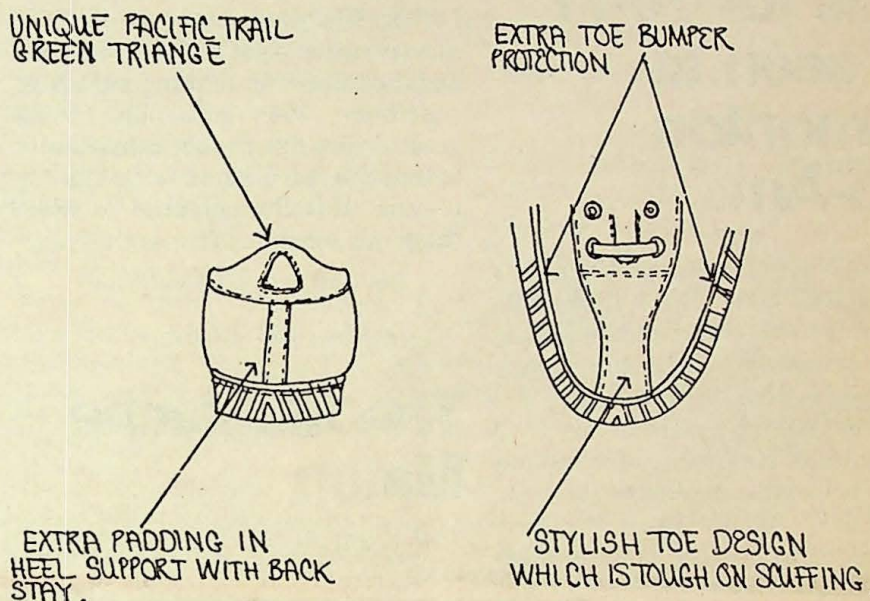


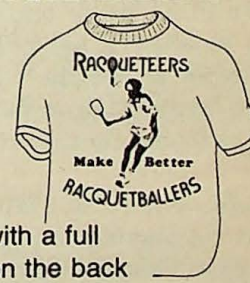
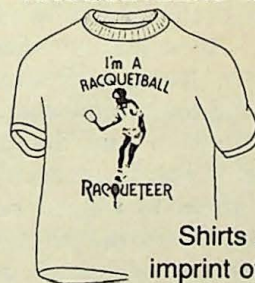
Figure 4

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# Racqueteer EXTRA

Seamco signs to be Official I.R.A. Racquetball.

The Seamco 558 with a new number 444 will be the I.R.A.'s new official ball. The ball graphics will be I.R.A. Racquetball by Seamco.

"I PRO" will be a new professional tour organization. So far there are four scheduled stops on their circuit.

Memphis	December 9-12, 1976
Tucson	January 20-23, 1977
Albuquerque	March, 1977
Detroit	June, 1977

## Don Crawford Handicaps the Pros for 76-77 as seen at Edmonton Pro-Am:

*Hogan:* He is amazing! When he is serving well he is almost impossible to beat. He will be at the top for a long time—probably be the top money winner this year.

*McCoy:* Doesn't seem to care if he wins or loses. Has plenty of talent but lacks desire or competitive instinct.

*Wagner:* Better than his performance in this tournament indicates. He arrived in Edmonton one hour before his match after writing two university exams earlier in the day. However, Bowes played fantastic and deserves a great deal of credit for his victory.

*Serot:* Definitely in a slump. Probably not playing enough because of school or other interests. Steve played much better when he was 18 years old.

*Strandemo:* Playing very well, but I don't think he is quite good enough to handle the heavy hitters such as Hogan & Hilecher. Played really well against Brumfield. He will be in the top four at the end of the year.

*Brumfield:* Still a fantastic player, but not playing as well as he has in the past. This year I say he will be #2 behind Hogan.

*Koltun:* Very poised & talented for someone his age. He will be one of the top players in racquetball within a couple of years if he keeps his interest in the game. Definitely has a good chance of reaching the semis in a couple of tournaments.

*Schmidtke:* Because of his age he is just putting in time. He will be doing very well if he gets to the semis a couple of times this year. I doubt if he will.

*Bledsoe:* A very good player; very quick & fast with a great desire to win. However, I don't think he can match the shots of the top 2 or 3 players consistently. I doubt if he will win a tournament this year—will

reach the semis and/or finals 3 to 4 times.

*Hilecher:* Has fantastic serve and great offensive shots. Will probably be in the top 4 at the end of the year. Lost to Bledsoe because he lost his concentration—got angry at himself and the referee for making mistakes.

*Zeitman:* Very good player with great desire but cannot consistently match offensive shots with the top players. Has the potential to reach the semis a couple of times this year.

Reprinted from Raquetball Canada

## The Mustache Match

Pat West

The Supreme Courts offer a unique innovation to its racquetball playing members, The Mustache Match. They are a great crowd pleaser. A mustache match involves a two out of three contest, either singles or doubles, in which the loser must divest himself publicly of his lip adornment. This racquetball challenge has expanded to an inter-club level. It has been rumored that some spectators have even engaged in side wagers to make the outcome mean more than just one clean lip. The loser or losers of the matches have left the court somewhat shaky with exhaustion and disappointment, and it has been deemed too risky for them to take a razor to themselves. So rather than risk a messy variant of hara-kiri, the ownership has engaged the services of a professional barber. All this adds to fun and excitement for a racquetball facility.



## Racqueteer Inquiry: International Racquetball Survey

The Racqueteer is helping in the conducting of a survey of racquetball media readers. The survey is in regards to the development of new and existing facilities and equipment. Our attempt is to gain information to better inform readers as to what type of conditions and markets exist for the average racquetball player today. We request that you please complete the survey below and mail to this address:

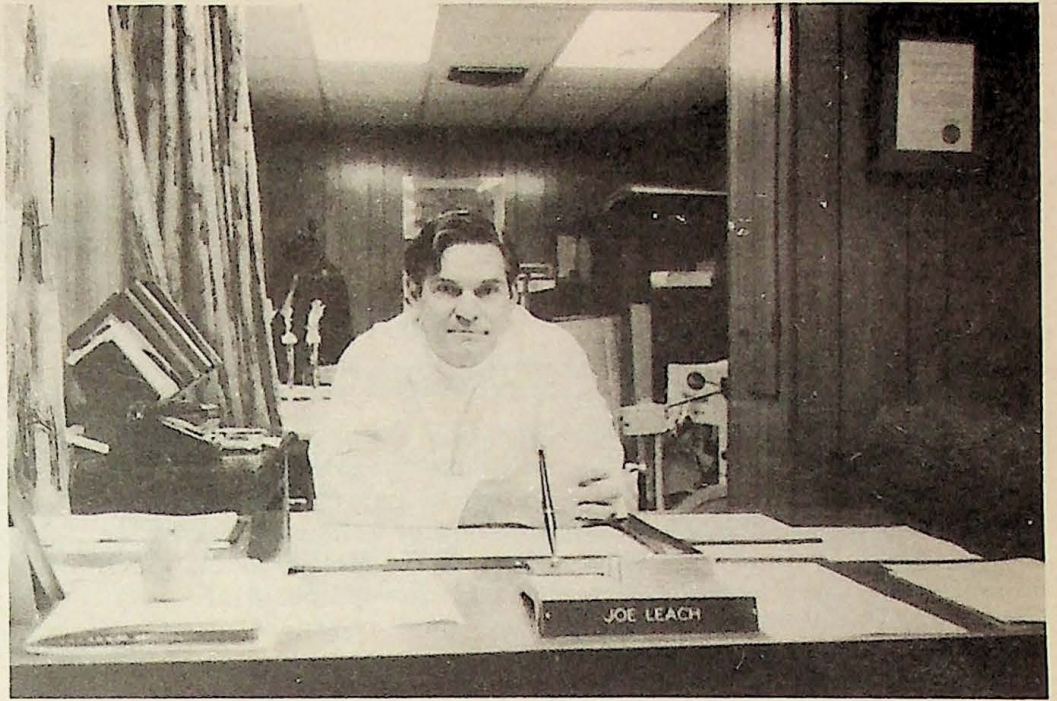
Racqueteer Magazine  
P.O. Box 19069  
Irvine, CA 92713

- CITY OF RESIDENCE \_\_\_\_\_  
STATE \_\_\_\_\_
- TYPE OF RESIDENCE  
Home Owner \_\_\_\_\_  
Home Renter \_\_\_\_\_  
Apartment Renter \_\_\_\_\_
- POPULATION OF RESIDENCE  
City of 250,000 or greater \_\_\_\_\_  
Suburb of Metropolitan Area \_\_\_\_\_  
City 50,000 to 250,000 \_\_\_\_\_  
City less than 50,000 \_\_\_\_\_  
Rural Area \_\_\_\_\_
- TYPE OF HOUSEHOLD  
Single Male \_\_\_\_\_  
Single Female \_\_\_\_\_  
Couple Only \_\_\_\_\_  
Couple and \_\_\_ no. \_\_\_ Children
- HOUSEHOLD INCOME  
Under \$10,000 \_\_\_\_\_  
\$10,000 to 14,999 \_\_\_\_\_  
\$15,000 to 19,999 \_\_\_\_\_  
\$20,000 to 24,999 \_\_\_\_\_  
\$25,000 to 49,999 \_\_\_\_\_  
\$50,000 or more \_\_\_\_\_
- INCOME PRODUCING CLASSIFICATION OF THE HEAD OF THE HOUSEHOLD  
Professional \_\_\_\_\_  
Business (Administrative) \_\_\_\_\_  
Business (Sales) \_\_\_\_\_  
Business (Clerical) \_\_\_\_\_  
Self-employed \_\_\_\_\_
- AGE OF THE RESPONDENT  
Under 18 \_\_\_\_\_  
19-24 \_\_\_\_\_  
25-34 \_\_\_\_\_  
35-44 \_\_\_\_\_  
45-54 \_\_\_\_\_  
55 and over \_\_\_\_\_
- LEVEL OF EDUCATION COMPLETED  
High School \_\_\_\_\_  
Some College \_\_\_\_\_  
College \_\_\_\_\_  
Post Graduate \_\_\_\_\_
- NUMBER OF YEARS YOU HAVE PLAYED RACQUETBALL  
Less than 1 year \_\_\_\_\_  
Between 1 and 2 years \_\_\_\_\_  
Between 2 and 5 years \_\_\_\_\_  
Over 5 years \_\_\_\_\_
- HOW OFTEN DO YOU PLAY PER YEAR?  
50 or fewer times \_\_\_\_\_  
51 to 100 times \_\_\_\_\_  
101 to 150 times \_\_\_\_\_  
151 to 200 times \_\_\_\_\_  
201 or more times \_\_\_\_\_
- WHERE DO YOU PLAY?  
Membership Club \_\_\_\_\_  
YMCA or YWCA \_\_\_\_\_  
Jewish Community Center \_\_\_\_\_  
Public Courts \_\_\_\_\_  
College or University \_\_\_\_\_  
Military Facility \_\_\_\_\_
- YEARLY AMOUNT OR DUES SPENT ON COURT TIME  
Under \$100 \_\_\_\_\_  
\$100 - \$200 \_\_\_\_\_  
\$201 - \$300 \_\_\_\_\_  
Over \$300 \_\_\_\_\_
- OTHER FAMILY MEMBERS THAT PLAY  
Spouse \_\_\_\_\_  
Son(s) \_\_\_\_\_  
Daughter(s) \_\_\_\_\_  
None \_\_\_\_\_
- DO YOU PLAY MORE  
Singles \_\_\_\_\_  
Doubles \_\_\_\_\_  
About the same \_\_\_\_\_
- RACQUETBALL WAS INTRODUCED TO YOU THROUGH:  
Group Lessons \_\_\_\_\_  
Private Lessons \_\_\_\_\_  
Clinic Approach \_\_\_\_\_  
Instructions from a friend \_\_\_\_\_  
Self-teaching and watching \_\_\_\_\_  
others \_\_\_\_\_
- WHERE DO YOU PRIMARILY PLAY?  
  
NAME OF FACILITY \_\_\_\_\_  
STREET \_\_\_\_\_  
CITY, STATE, ZIP \_\_\_\_\_  
NUMBER OF COURTS \_\_\_\_\_



## Linda Forcade

Linda, (R) pictured here with Monique Parent before their finals match in the Canadian Nationals, is a perfect model of the many new female faces in racquetball. Hailing from Winnipeg, Manitoba, Linda combines her grace and beauty with hustle and determination that makes her the current champion in women's open play in Canada. She is a tremendous asset to the sport.



## Joe Leach

Joe, director of the Houston Y.M.C.A., has been one of the unsung heroes of racquetball development in the United States. He has served as tournament director of the National Y.M.C.A. Championships last

spring, the I.R.A. Doubles Championships in October, and will host a N.R.C. pro stop in February. Joe has consistently produced the environment from which the sport of racquetball has readily grown.



## Golden Masters

When most men are content to sit at home and watch their grandchildren play the sports, this group of gentlemen differs. These players are at it "tooth and nail" on the courts with any opponent. These are the finalists at the I.R.A. National

Doubles Tournament this fall in the 55 and over golden masters class. Pictured with I.R.A. Director Tom McKie in the middle, they are Brud Turner, Art Payne, Ike Gumer, and Irv Feitman.



## Tony Marti

One of the hot new players in the Los Angeles area. Tony receives the first place trophy from Chuck Hohl of Santana Courts in Santa Ana, California after capturing the

Orange County Racquetball Championships Open Singles crown this fall. Tony battled his way to the victory with a wide assortment of shots and tremendous hustle.



# I.R.A. National Doubles Tournament

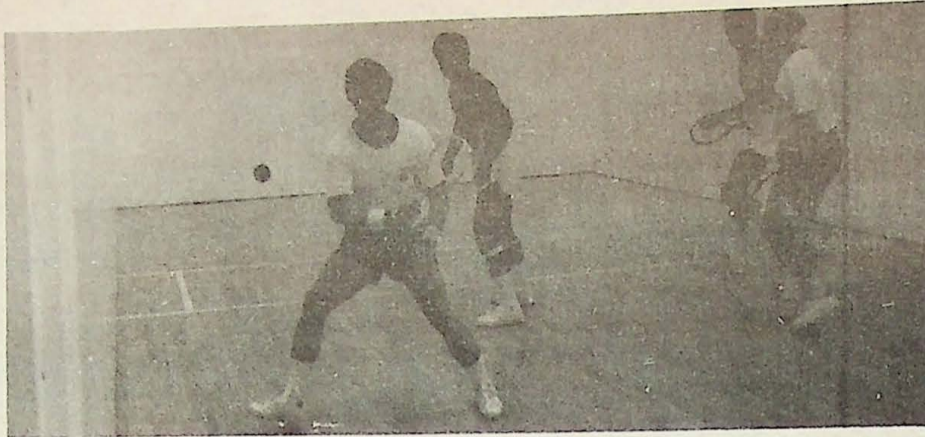
Ron Oughton

For the first time, racquetball fans were able to watch professional doubles. The doubles event was sponsored by the International Racquetball Association and held in conjunction with the International Doubles Championships. The action took place at the Houston YMCA during October 29-31.

Doubles is one of the most action packed sports available. No other aspect of racquetball showcases the skill and quickness necessary to play the game as doubles. Anyone who did not have a chance to see the best play doubles really missed out on one of the most exciting displays of racquetball skills.

During the quarterfinals two superb matches took place. The second seeded team of Craig McCoy and Mike Zeitman were upset by Marty Hogan and Richie Wagner 21-20, 21-19. Wagner got to any kill shot that didn't roll out and kept it in play until Marty could put it away. The match was so close that if McCoy could have rolled out only 4 more balls, then his team would have won. The other match pitted the fourth and fifth seeded teams in a game of patience versus experience. Bud Muehleison and Steve Strandemo managed to overcome very stiff resistance provided by Bill and Steve Dunn as they pulled out a three game squeaker 21-13, 19-21, 21-16.

In the semifinals the top seeded team of Charlie Brumfield and Steve Serot had their hands full with Muehleison and Strandemo. In the best played match of the tourney, errors at the wrong time cost Bud and Strandy the match 21-17, 21-17. In the other half, Dave Charlson and Jerry Hilecher shot the eyes out of the ball to overpower Hogan and



Masters Finals found (L) Rick Walker about to shoot with Bob McNamara,

Denny Strickland, and (R) Bill Sellars looking on.

Wagner in the first game 21-13. But in the next two games, DC's kill shots started to stay up and, as against McCoy and Zeitman, Wagner covered all and Marty shot all to pull out the victory 21-16, 21-14.

The finals featured a veteran doubles team against an inexperienced duo; and, of course, experience won out as Brumfield and Serot hit the right shots at the right time. If they caught Hogan deep, then they pinched the ball into the right corner. If Wagner hustled up to cover, the ball was blown by him. It was no contest with Charlie and Steve bringing home the \$1500 top prize 21-9, 21-12.

In the amateur open, two teams playing in their first major tournament struggled through to the finals. Gary Stephens and David Fleetwood had to overcome the top seeded team of Tom McKie and Eric Campball in the semifinals, 21-19, 21-14. San Francisco's own Bob Kraut and Gene Gibbs destroyed the number two seeded team from Los Angeles, 21-16, 21-14. The finals was highlighted by dive left, dive right, and dive middle. Each team somehow managed to win one of the first two games. The third game started out as though Fleetwood and Stephens were going to destroy the Californians. Finding themselves down 14-4, Kraut and Gibbs took a time out, managed to get the serve back without losing any more points, hit a couple of crucial kill shots, and suddenly the tide had turned. The

team from Memphis managed to score only two more points as Kraut and Gibbs stormed to victory 21-16.

Seniors Chuck Hanna and Jim Austin had to do it the hard way as they upset the number two team of Myron Roderick and Ken Porco in the semifinals, and then knocked off the top seeded team of Mark Wayne and Bill King 17-21, 21-12, 21-14. Anytime Austin begins killing his forehand, the other team had better call time out. Leading 16-14 in the third game, Jim rolled out five forehands in a row (which is unheard of) to lead his team to the Senior title.

Bill Sellars and Rich Walker had it pretty much their own way in the Master's division. Displaying too much doubles experience they handled Bob McNamara and Dewey Strickland 21-10, 21-16 to take the Master's crown.

The Golden Master's title went to Louisville's Ike Gumer and Irv Zeitman. They upset last year's winner Cal Murphy and Don Green 21-19, 21-12 in the semifinals, and they downed Art Payne and Brud Turner 21-20, 21-11 in the finals.

With only four teams in the Juniors, it was decided to play a double round robin. Houston's Mark Malowitz and Jeff Kwartler managed to complete the twice-around circuit undefeated thereby claiming undisputed right to first place.

There was a total of \$6000 prize money for the professionals and Seiko watches were given to the amateur champions.

# Orange County Racquetball Championships

David Roundtree

Orange County Racquetball championships was a huge success. One-hundred and sixty-five of Orange County's best racquetball players gathered at Santana Courts Racquetball Club to find out which players in Orange County were tops. That proved to be very difficult. "I have never seen so many games in a tournament end so close. There was more than just one winner in many of the closely contested events."

In the Open Singles division, Tony Marti and Mike Alderson displayed tremendous rallies and kill shots. However, Tony Marti edged out the victory that ended with a standing ovation; 21-16, 12-21, 11-9.

Mens' B Singles was equally as close as Terry Keene outlasted Howard Wendall; 21-18, 6-21, 11-7.

C Division - Gerry Long over Don Louchious; 21-20, 21-8.

Men's Novice - Randy Kuykendall overpowered Rick Lewis; 21-7, 21-13.

Womens' C Singles - Laura Martino over Nancy Gick 144 points to 125 points. (round robin)

Womens' Novice - Cindy Moore over Sandy Van Duyne, 21-9, 21-12.

Mens' Senior Singles (35 yrs. and over) - Keith Brubaker over Roger Kidd 144 points to 131 points. (round robin)

Mens' Masters (45 yrs. and over) - Bill Armstrong over Dick Kendall; 21-19, 21-19.

B Doubles Mike Alderson and Bob Elder over Jim Carson and Diane Heins; 21-19, 21-13.

C Doubles - Vance Orand and Don Louchious over Pat Perryman and Glenn Gross; 21-14, 21-17.

Juniors (17 yrs. and under) - Tom Neeson over Jim Hicks; 15-21, 21-4, 11-6.



Amateur I.R.A. Doubles Finals shows Bob Kraut as he hits a left corner pinch shot while (left to right) Dave Fleetwood,

Gary Stephens, and his partner Gene Gibbs look on.



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## Northeastern Ohio Fall Racquetball Classic

The Royal Racquetball Club of Warren, Ohio had its first annual Fall Racquetball Classic of Northeastern Ohio, October 29 and 30. With only 3 weeks notice we had 68 participants in 3 divisions. The 7 court facility provided exact starting times which were appreciated by all of the players. John Watkins of Mansfield, Ohio defeated Jim Herron of Warren, 21-7, 21-5, to capture the Senior men's Singles Championship. Herron upset the #1 seeded Gary Lapierre to reach the finals. Kent Fusselman of Warren upset the #2 seeded Dr. Emilio Ferrara of Kent, Ohio, 21-20, 21-11, before being eliminated by Watkins, 21-9, 21-15, in the semi-finals.

Thirteen participants competed in the Ladies Division, with Mrs. Pat Martin of Cleveland, Ohio defeating Lori Thomas also of Cleveland, 21-10, 21-8. Lori reached the finals by ousting Merrit Fusselman of Warren, 21-16, 21-17, then upsetting the #3 seeded Ellen Mancini of Youngstown, Ohio.

Drawing our largest number of entries was the Men's Open Singles Division with 36 players from Northern Ohio and neighboring Pennsylvania. Several upsets occurred in the second round amid some very fierce competition. An 18 year old sensation, Leland Vantrease of Findlay, Ohio, upset the #1 seeded Joe Jackman of Newcastle, Pennsylvania, 21-18, 7-21, 21-14. Dr. Bernie Greenburg from Youngstown, Ohio, an unseeded player, in turn ousted Vantrease, 21-16, 21-12. Dr. Greenburg proved to be the dark-horse of the tournament as he upset the #4 seeded Jim Jones in what he calls "the greatest game of my life." Carmen Fellicetti moved through Friday night's match easily, prevailing over Ron Akins of North Canton, Ohio 21-8, 21-16. In the semi-finals, Fellicetti, from Brookfield, Pennsylvania, hustled past Tim Grapes of Pittsburg, 21-14, 21-9, setting the stage for the showdown with upstart Dr. Greenburg. Showing determination along with excellent racquet control, Fellicetti won the title, beating Greenburg, 16-21, 21-11, 21-11.

## Cystic Fibrosis Doubles Tournament a Success

Robert J. Troyer

The Second Annual Cystic Fibrosis Doubles Tournament was held at the Four Flaggs Racquetball Court September 10-12.

The upset of the tournament occurred in the semi-final round of the Women's Division when Sue Carow and Lois Dowd were upset by Gayle Klein and Ellie Karlin 21-17, 4-21, 11-7. Jean Sauser and Bev Franks then won the Championship Match in a relatively easy fashion 21-7, 21-9. Third place went to Georgia Muskalukas and Carol Armstrong while Hope Schwartz and Ade Crabtree won the consolation bracket.

The Open Division drew 42 teams, with competition being very keen from the opening round. The Number 1 seeded team of Charlie Rish and John Lynch met the Number 2 seeded team of Ron Rubinstein and Shelly Clar in the Championship Match. With Rish and Lynch baseboarding almost every shot they took in the first game, they easily won 21-3. Rubinstein and Clar changed the tempo of the second game by going to the ceiling and eventually won a well played second game 21-16. This set the stage for the tie breaker in the third game. The experienced team of Rubinstein and Clar proved too much for the hot shooting Rish and Lynch by a score of 11-8. Fred Blaess and Steve Sulli captured third place while Paul Witherow and Ron Paul won the consolation bracket.

The State Master's Championship team of Ed Lammersfeld and Bob Troyer won the Master's Division in a hard fought final against Jim Harper and Bill Feigen. Lammersfeld and Troyer held the hot hand in the first game, winning easily 21-7. With some hot shooting off the back wall by Jim Harper and some consistent front court play by Bill Feigen, they dominated the second game to send the match into a tie breaker. The ten minute intermission seemed to be just what Lammersfeld and Troyer needed to regain their touch and they won the tie breaker 11-3. Jack Schubert and Jack Clifford won third

place over Joe Kramer and Lowell Ruffer in two squeakers 21-20 and 21-20. The consolation was won by Bob Goodman and Art Broder.

A good time was had by all and a special thanks goes to the owners of the Four Flaggs Court Club. A special note of appreciation goes to John Vanderwel, Club Manager, and his staff for doing such a great job of organizing and running a tournament.

## Las Vegas Showdown

Mark Wayne

The weekend of October 15-17 brought together 15 of the top senior doubles players in the country. The setting was the Tropicana Hotel in Las Vegas where the All Star Senior North vs. South Doubles Tournament was staged. The format consisted of selecting 8 players each north or south of the Mason-Dixon Line from the East Coast to the Mississippi and Route 66 from the Mississippi to the West Coast. Teams and matches were selected by a blind draw with the matches prearranged and each player on a team playing with a different partner against a different team of partners each of four matches. All matches were two 21 point games, the third game decided by an eleven point tie-breaker. The Teams were as follows:

### NORTH

1. Charlie Jackson  
Spokane, WA
2. Al Rossi  
S.F., CA
3. Myron Roderick  
Stillwater, OK
4. Bob McNamara  
Minneapolis, MN
5. Mike Mullins  
Santa Cruz, CA
6. Pat Colombo  
Scarsdale NY
7. Mark Wayne  
Fremont, CA

### SOUTH

1. Chuck Hanna  
San Diego, CA
2. Tom Carlyon  
San Diego, CA
3. Bud Muehleisen  
San Diego, CA
4. Bruce Russel  
San Diego, CA
5. Jim Austin  
Houston, TX
6. Buddy Meeker  
San Diego, CA
7. Jim Trent  
San Diego, CA
8. Keith Luhnnow  
San Diego, CA

The fantastic (older, but wiser) team from the North humiliated the South despite the South having the likes of the great Bud Muehleisen and Jim Austin. Of the eight matches they played, only 3 wins were realized.

The Mafia got into the act by snuffing Dr. Bud and Tom "Grinning and Pickin" Cariyon. The big guns of Colombo and Rossi were really smoking.

Though the results were depressing for the South (they had to pick up the tab for Saturday night's dinner), the whole weekend was really fantastic for all. Many went home with sore sides caused by the non-stop antics, jokes, etc.

The souvenirs from the tournament were unbelievable. Duffel bags large enough to carry Mike Mullins and Myron Roderick, "Chuck Hanna" special jockey shorts, two Munsingwear shirts, one Hang-Ten shirt, and a pair of Tred-2 court shoes rounded out the assortment of goodies for all of the players. All of the players thank Tred-2, Munsingwear, and Hang-Ten for their graciousness in supplying the numerous items.

The Tropicana dedicated bar seat #29 to Mike Mullins' superb patronage. Pat Colombo thanks 6'4", 220 lb. Buddy Meeker for the ride he was given on Buddy's forearm. Tom Carlyon is still shaking his head at dropping a bundle due to his pit stop at the Shell station with the Tropicana in view. Tom's original song at the banquet was truly of gold-platter caliber. He was especially concerned, however, that pawning his guitar may have been necessary to pay for his losing share of Saturday night's dinner.

Pat Colombo was asked if food was expensive in Vegas. This was after he ordered a patti-melt burger and received a check for \$5.35—Pat melted!

Court Four's walls are still singed from all the verbalizing before, during, and after the many hard-fought points. As the court was fully enclosed with glass backwall, only lip-reading by the spectators enabled understanding the dialogue between opposing teams. The matches had no arguments and great sportsmanship by all.

The only sad part of the tournament was the no-show of the North's eighth player who was grounded in L.A. Friday, October 15 due to 25 foot visibility from the smog bank. The smog cleared Saturday but the North made due with the likes of McNamara, Mullins, Rossi, and Colombo filling in for his spot.

The crowd is anxiously looking forward to next year—the North for another free dinner—the South to try and even the score!

# American League Challenges National League

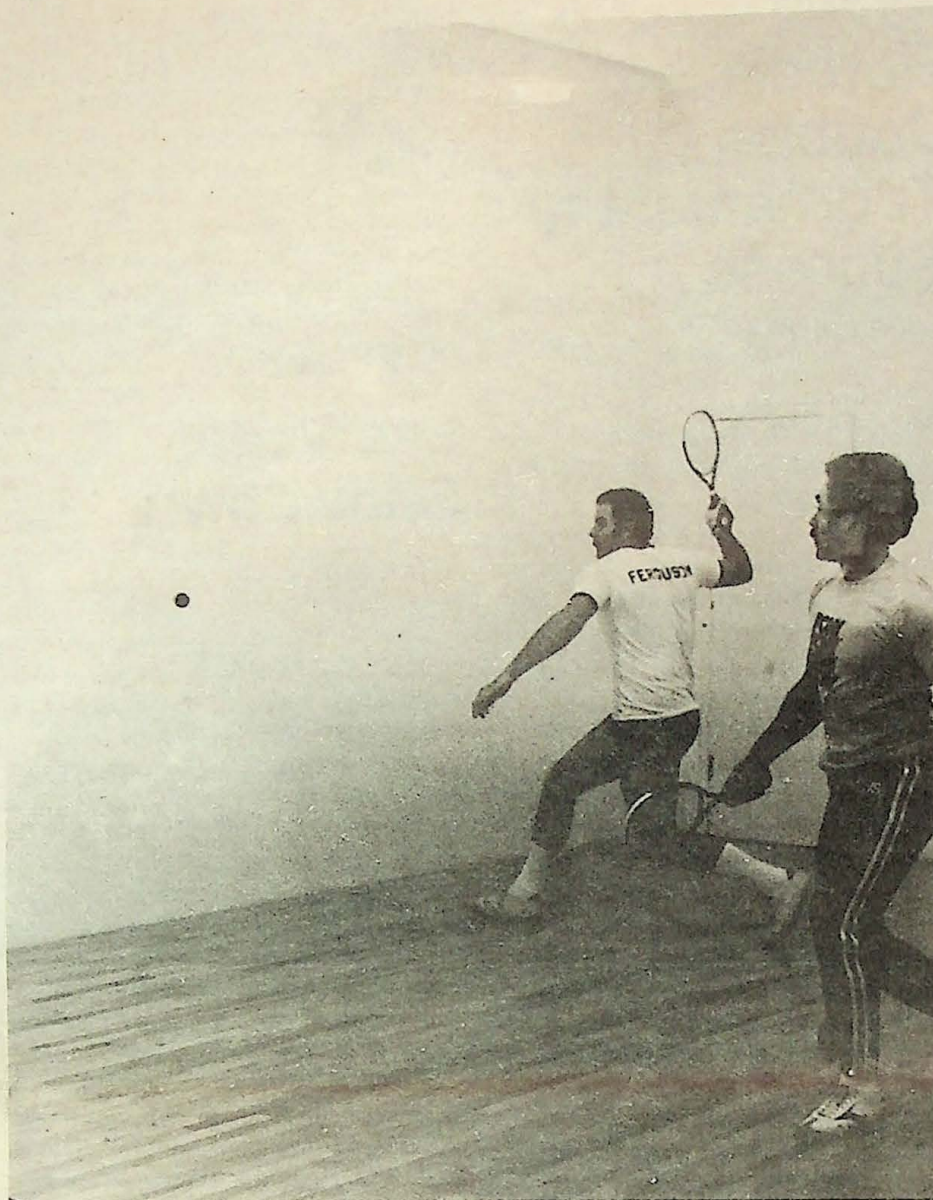
Mike Brooks

A special Round Robin Racquetball tournament was held Nov. 13th at the Santana Courts. Hosted by owner Ron Coss and Manager Chuck Hohl, the entrants were:

1. Gary Carter—1975 Rookie of the Year, Montreal Expos.
2. Frank Tanana—Pitcher, L.A. Angels, 3rd in voting for Cy Young award.
3. Bruce Bochte—1st Base, L.A. Angels.
4. Joe Ferguson—Catcher, St. Louis Cardinals.
5. Dave Lopes—L.A. Dodgers.

The competition was hot and heavy. The American League proved to be the victors.

Bruch Bochte, 1st Baseman for the Los Angeles Angels, feels racquetball is a great all-around sport. "Excellent for hand/eye coordination," says Bochte. He likes the short-fast spurts of playing racquetball as opposed to baseball. Bochte thinks racquetball is definitely more strenuous than baseball and has just taken up the sport this fall, but plans on playing the sport indefinitely.



Joe Ferguson (St. Louis Cardinals) goes for forehand kill against Dave Lopes (L.A. Dodgers).

## Southern Arizona Regional Tournament

The Southern Arizona Regionals, held at the Tucson Athletic Club October 29 thru November 1, was a tournament of upsets. The number one seed, Lloyd Smith, in the open bracket, was eliminated in the round of eight. The number two seed, Dennis Olson, was eliminated in the round of 16. The number three seed, Jim Ditsworth, barely made it through the semi's and the final to win the tournament. The level of skill in the top ten or so players here is getting very close with tough competition.

The women's bracket ended as predicted with number one seed Ruth Wojcik and number two seed Nan Mackstaller in the final match. Nan won the championship in two games. There were 14 entries in the women's bracket. Ruth allowed Nan to get her momentum up and not even time outs could break it. Ruth just couldn't

find anything that would work for her.

The Seniors bracket was combined due to lack of entries with one golden masters and three masters for a total of eight entries. Number one seed Woody Woodman made it to the finals with Daryl Krugman, number four seed who eliminated Bill Daly, number two seed, in the semi finals. Woody took the championship in the tie breaker with a grinding match. Due to both players styles, neither Woody or Daryl got their 'games' going, so they were never separated by more than 3 points except in the tie breaker with the ending of 11-6.

### Official results of Southern Arizona Regional Tournament October 29 - November 1

#### OPEN BRACKET

##### Preliminary:

Ensign def. Ragland, Sturman def. Laughed, Jankovsky def. Harris, Poje def. Gould, Hunter def. Rueles, Slone def. Williams, Carrillo def. Wing, J. Siegel def. Scott, Johnson def. Garcia, Gansline def. Murray

##### Round of 32:

L. Smith def. J. Brandon, S. Wolfe def. T. Ensign, H. Diamond def. S. Sturman, E. Southard def. J. Jamkivsky, R. Azmarano def. J. Isaacson, G. Rasmussen def. J. Poje, Ken Spiegel def. B. Rueles, K. Hartnett def. R. Koehler, J. Ditsworth def. T. Lundy, J. Garcia def. J. Slone, H. Carrillo def. B. Beal, S. Ball def. M. Danielson, J. Lankford def. Jeff Siegel, G. Johnson def. D. Anderson, R. Priestley def. B. Gansline, D. Olson def. A. Boone

##### Round of 16:

L. Smith def. S. Wofe, 21-13, 21-10, E. Southard def. H. Diamond 21-12, 21-12, R. Zamarano def. G. Rasmussen 21-18, 21-7, K. Hartnett def. K. Spiegel 21-12, 18-21, 11-5, J. Ditsworth def. J. Garcia 21-18, 21-10, S. Ball def. H. Carrillo 21-15, 21-7, J. Lankford def. G. Johnson 21-16, 21-8, R. Priestly upset D. Olson 21-7, 15-21, 11-3,

##### Round of 8:

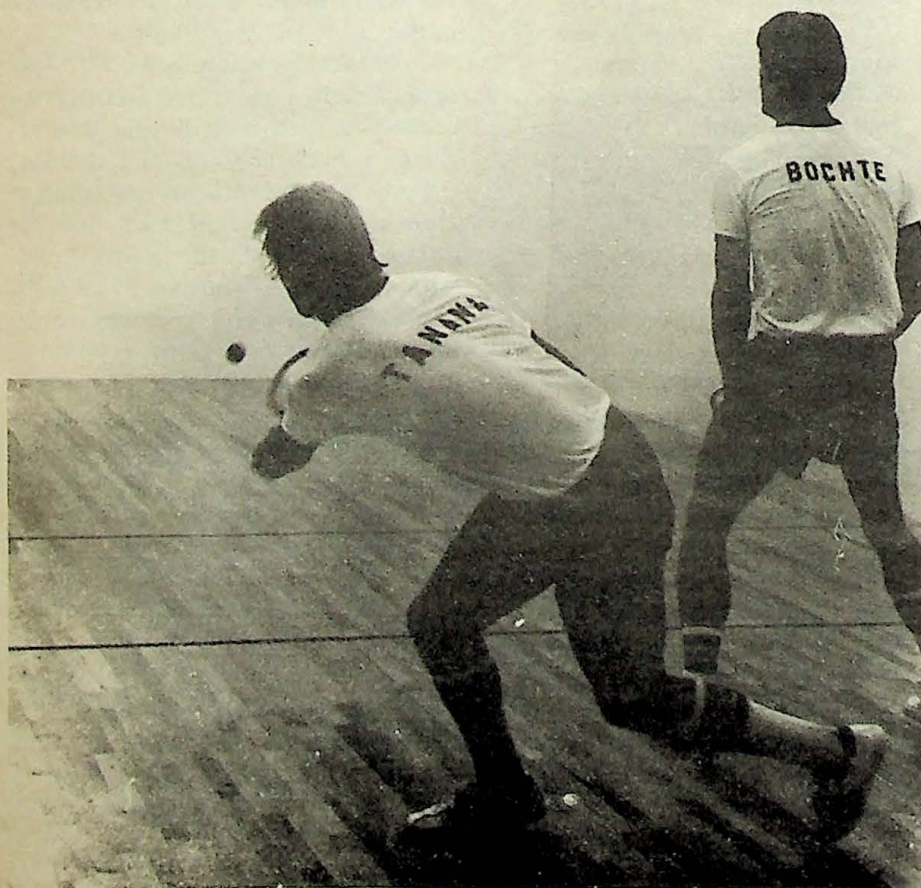
Eddie Southard upset Lloyd Smith 21-10, 18-21, 11-2, Ken Hartnett def. Rene Zamarano 21-16, 21-15, Jim Ditsworth def. Steve Ball 21-18, 21-16, John Lankford def. Ron Priestley 21-11, 21-5,

##### Semi-finals:

Eddie Southard def. Ken Hartnett 21-13, 21-7 and Jim Ditsworth def. John Lankford 21-11, 21-5

##### Finals:

Jim Ditsworth def. Eddie Southard 21-8, 16-21, 11-6. John Lankford took third while Dale Anderson won the consolation.



Tanana (Calif. Angels) killshot as Bochte (Calif. Angels) covers.

## B.D. and D.C. Rule in S.L.C.

Sandy Mahan

Bill Dunn had trouble avoiding the three-game syndrome, but he managed to come out on top as he defeated San Diego's Dave Charlson to capture the Rocky Mountain Open held at the Deseret Gym in Salt Lake City, Utah during November 11, 12, and 13.

In the quarterfinals, Dunn appeared to have the situation under control with a 19-8 lead in the first game against Paul Boman, the racquetball pro for the Fountain of Youth Club in Salt Lake. But the game is never over until the 21st point is scored, and a combination of overconfidence on Dunn's part and some hot shooting from Boman found the Salt Lake player reaching 21 first. The second game was a blow out as Boman appeared to be gearing himself for the inevitable third game. And geared up he was. Paul was smoking as he jumped to a 14-9 lead, but Bill ran eight straight before

losing the serve. Boman, having gotten this far, was not about to quit as he took the next four points to lead 19-17. A lucky crotch shot allowed Dunn to regain the serve. This seemed to help him regain some composure because he controlled the next four rallies to win 21-19. Now Dunn faced Trey Sayes, the Utah champ, in the semifinals. Trey forced Bill to play Sayes' game style never leaving the outcome of the first game in doubt winning 21-11. Then Dunn managed to regain control of the pace of the game as he really slowed things down. Trey, trying to speed up the tempo, committed too many errors. This plus some hot shooting from Dunn allowed Bill to take the next two games 21-7, 21-14.

In the other half of the bracket, Charlson didn't know how to miss a shot. He was even rolling out his backhand, which will be news to his friends. Morgan Sayes never had a chance as Dave rolled out everything 21-5, 21-5. Thus the finals was a repeat of last year which found Charlson doing in his doubles partner in three games. But this year the

roles were to be reversed. Dave played a smart first game to take an 18-14 lead. But a combination of Dave's errors and some timely shooting by Dunn found Bill running 7 straight points to win 21-18. Being pretty upset with himself, Charlson smoked through the second game with ease 21-10. But he couldn't keep up the pace as Dunn managed to slow the game down. Some clutch serving and consistent shooting enabled Dunn to lead the entire third game and put it away 21-15.

Then Dunn and Charlson teamed up to defeat the Sayes brothers in the doubles finals. The games were closer than the scores indicate. If it had not been for some outstanding serving by Charlson, the scores could have been much tighter. As it was, Dunn and Charlson had too much fire power winning 21-13, 21-14.

The tournament was sponsored by the Utah Racquetball Association. Trey Sayes was the tournament director and he provided an outstanding tournament for the players. The Friday night buffet and the trophies were top flight.

## Results of Rocky Mountain Open

### OPEN SINGLES

1. Bill Dunn
  2. Dave Charlson
  3. Trey Sayes
- Cons. Marc Sorenson

### OPEN DOUBLES

1. Dunn-Charlson
2. Sayes-Sayes
3. Ron Mills-Chris Georges

### B SINGLES

1. Ron Deaver
  2. Rusty Storms
  3. Bill Grieder
- Cons. Dave Williams

### B DOUBLES

1. Phil Anderson-John Clift
2. Janell Marriott-Jay Hodson
3. Bernie Hayes-Ron Deaver

### C SINGLES

1. Bob Hvistendahl
  2. Randy Darrohn
  3. Robert Rankin
- Cons. Carl Nelson

# EKTELON RACQUETBALL RACQUETS

Send for free copy of new Ektelon Catalog and Buyer's Guide to Ektelon Racquets. Read about our New MAGNUM racquet with quadriform head shape. It's a lighter, longer racquet with superb balance.

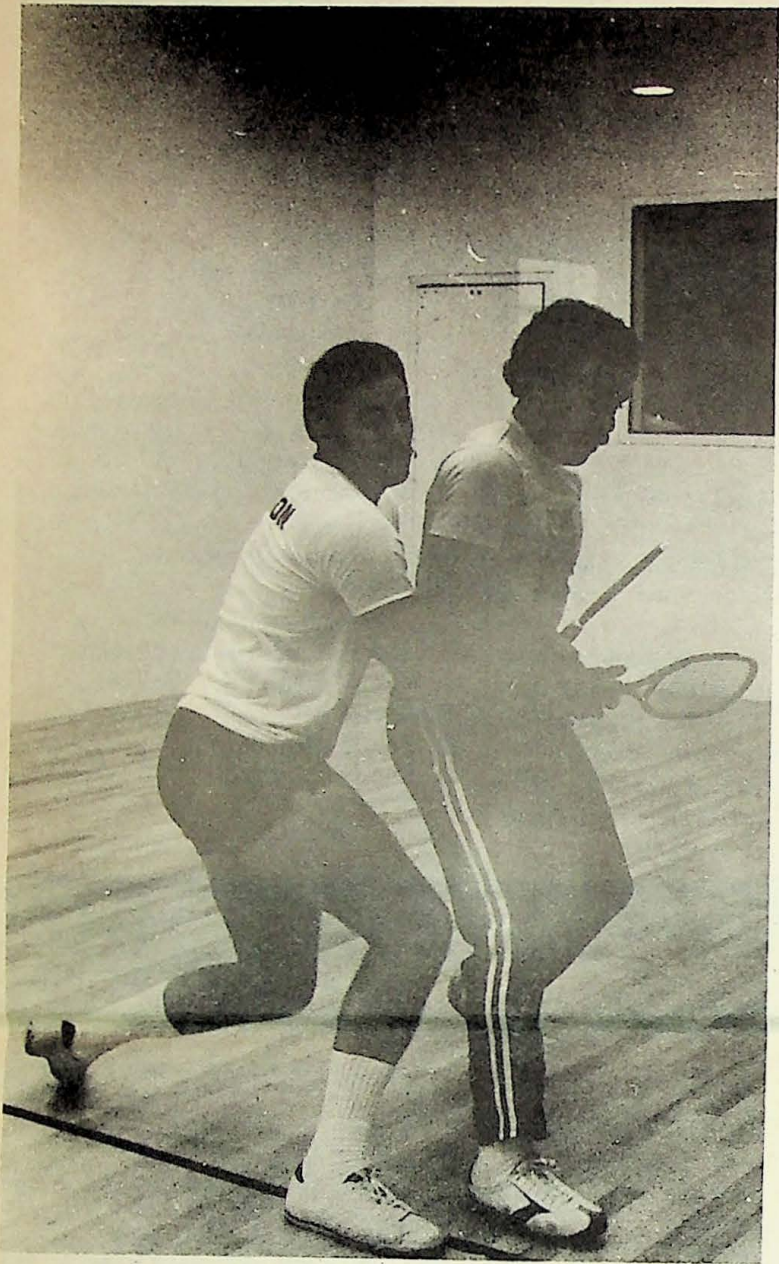
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Dept. RR-09  
San Diego, CA 92120



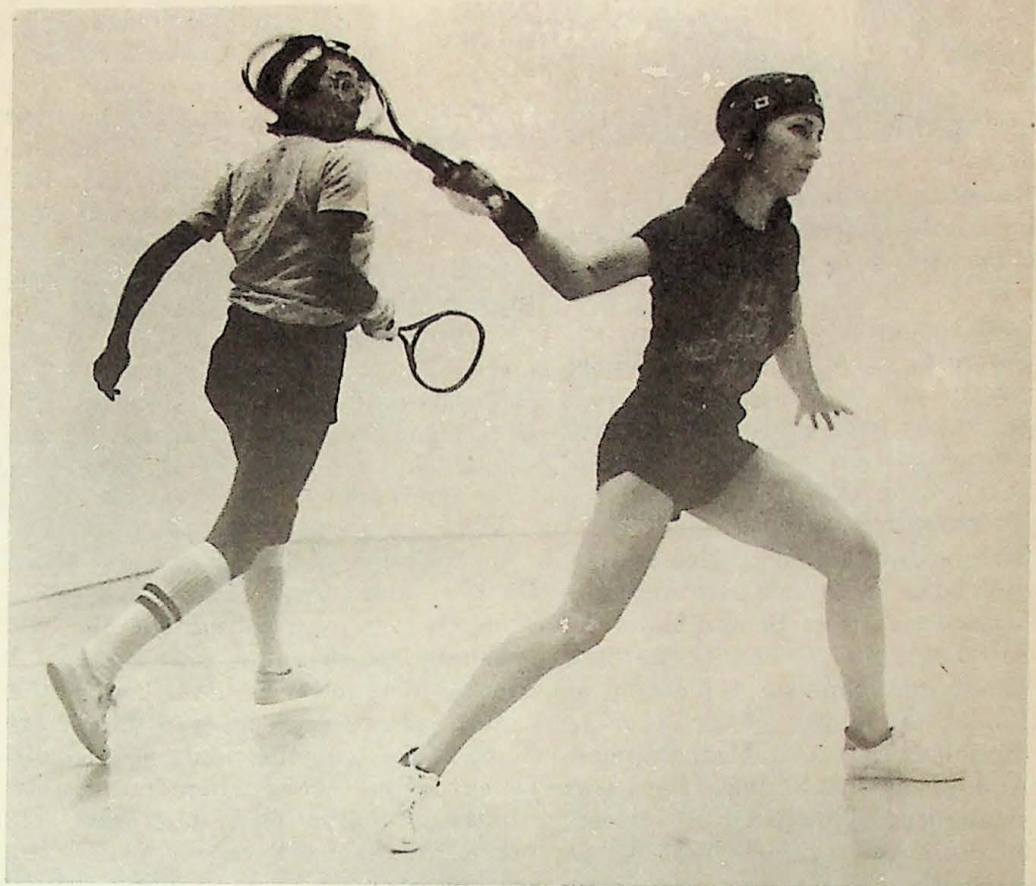
Steve Strandemo  
Pro Racquetball Champion



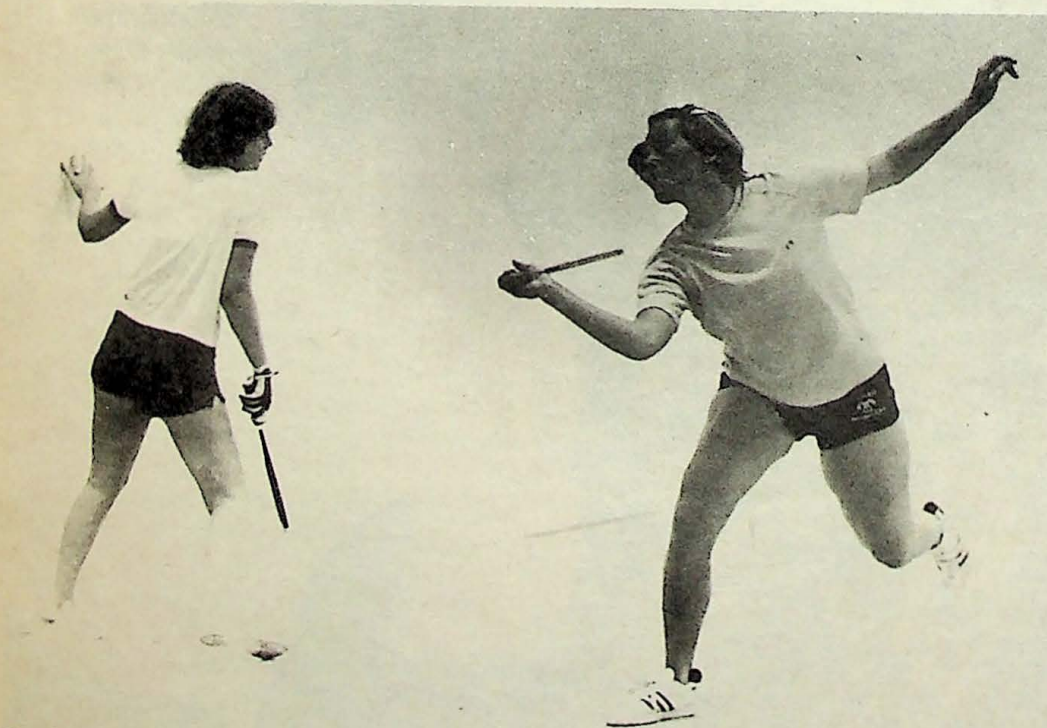
# candid camera



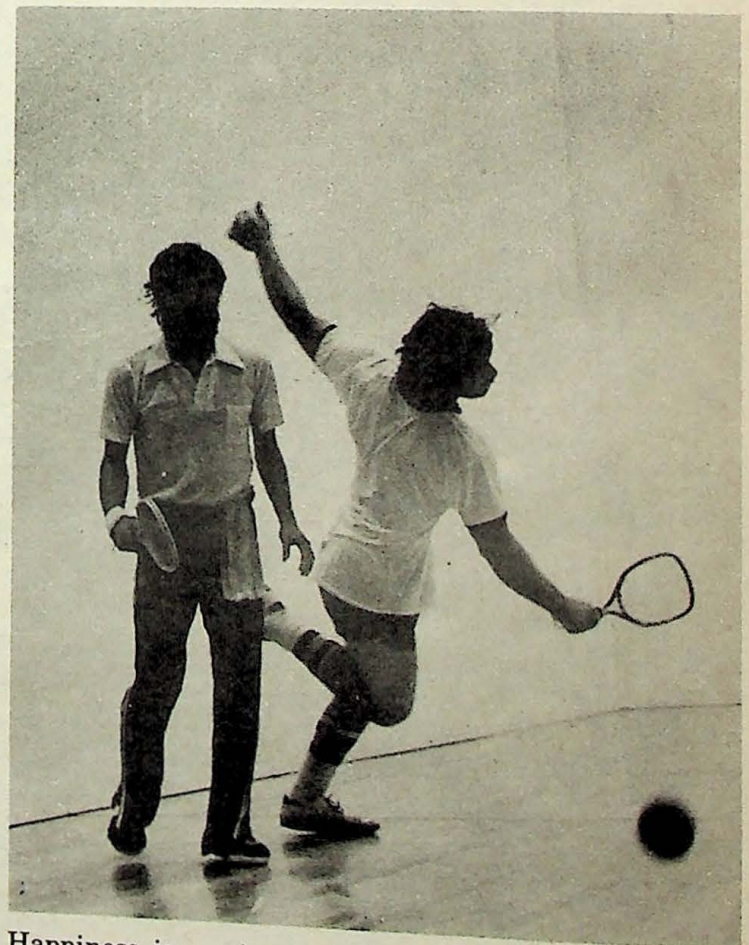
Joe Ferguson asks Dave Lopes if he wants a hinder, or a dance?



Perfect racquet picture frame.

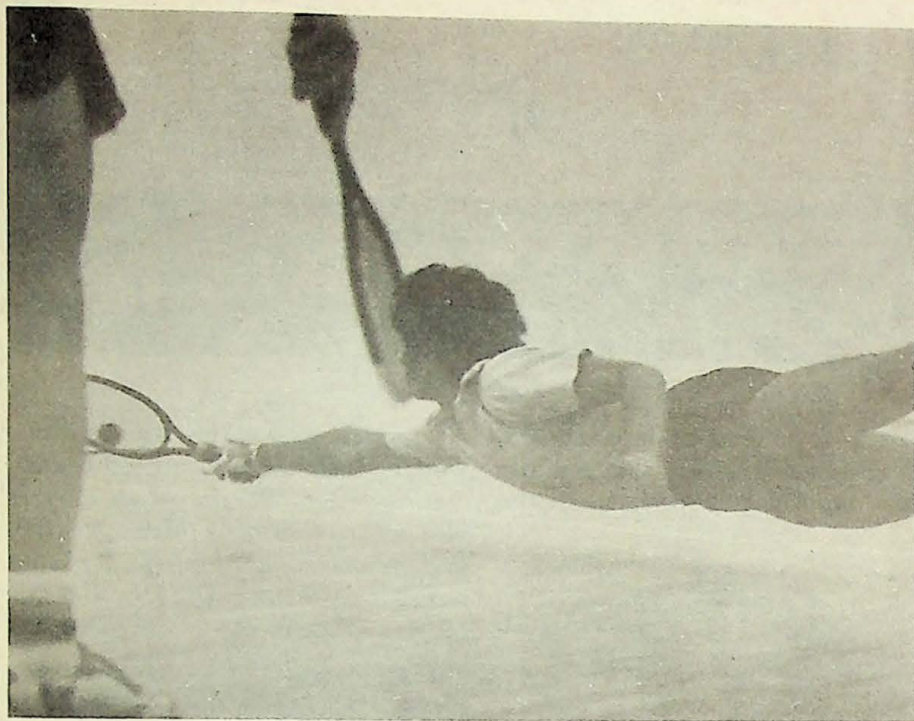


Good form coming or going.

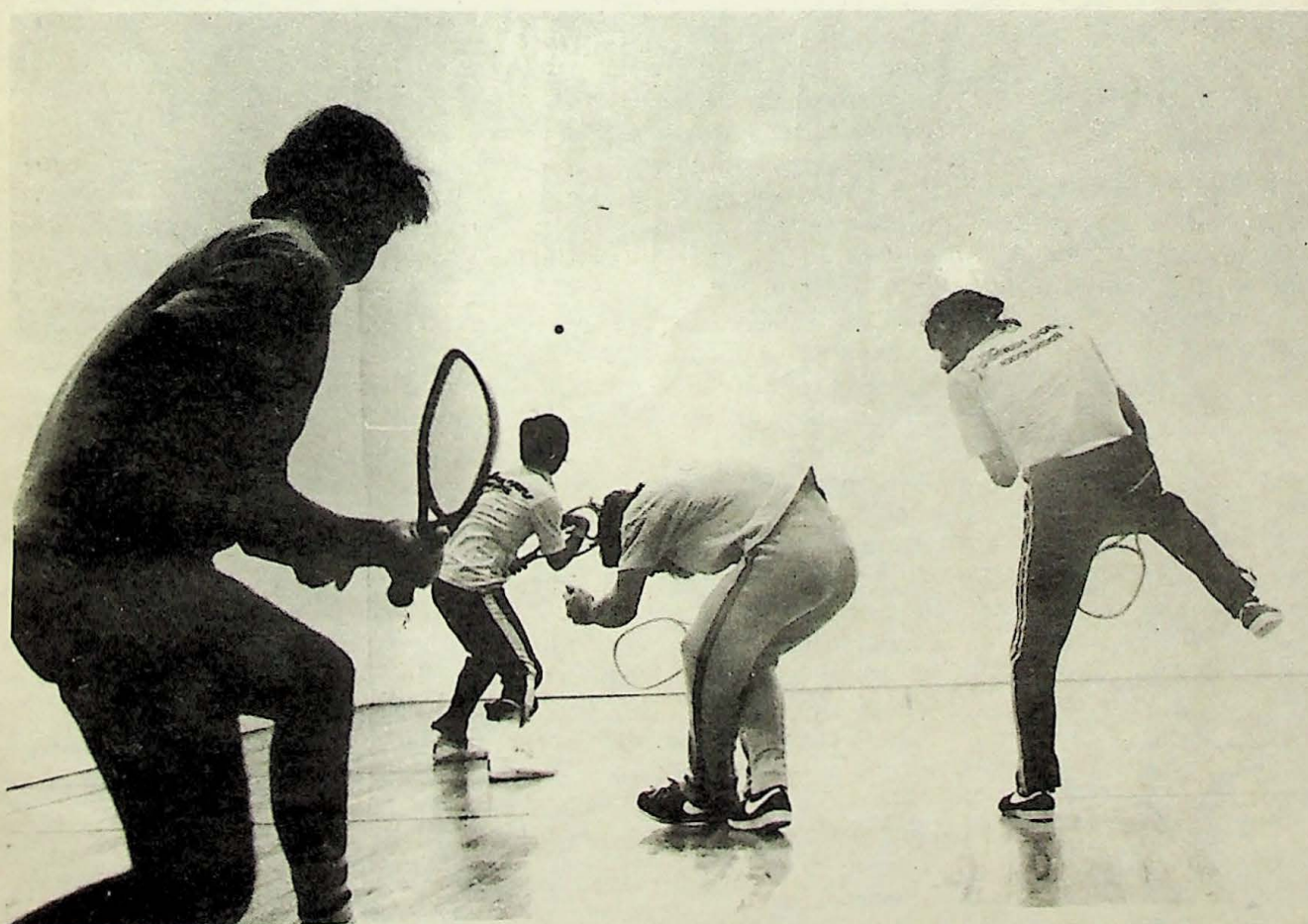


Happiness is a winner against the Mad Doctor.

If God had wanted man to fly,  
Lindsay, he would have given him  
wings.



Championship Form, Pro Grafitti:  
A big head is nature's frantic effort to  
fill a vacuum.



Intense doubles match shows perfect  
form and court position.

## The Fastest Game In Town

Ron Starkman  
Samantha Stephen

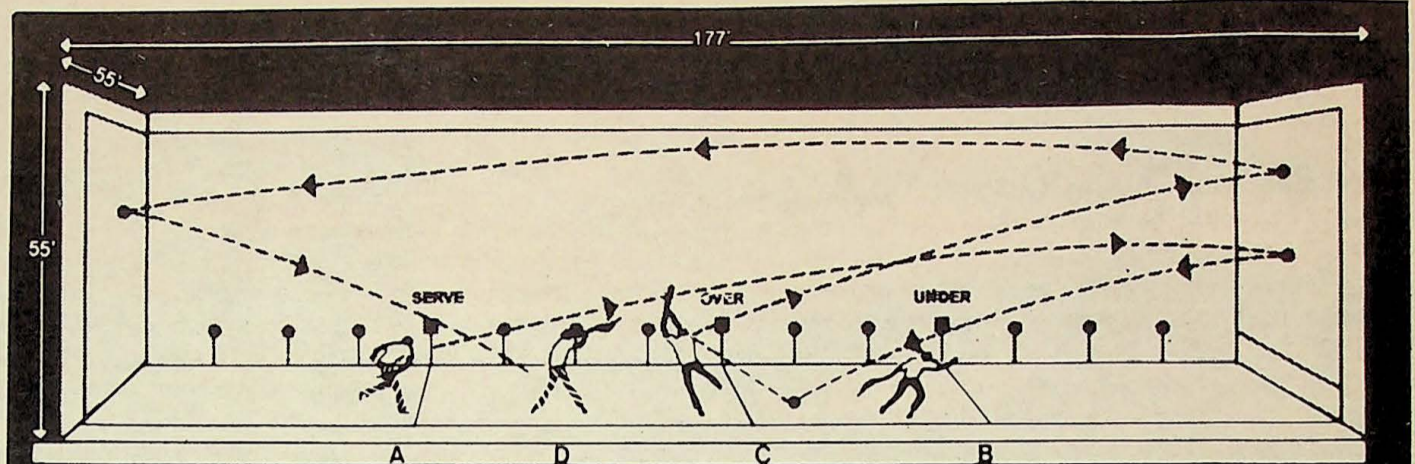
Las Vegas, the city known for wine, women and entertainment, now can brag about having the fastest game in town. No, it's not the one arm bandits (slot machines), crap tables, or the roulette wheels you would think it would be. Jai Alai is the fastest game in town and one of the most dangerous in the world. It comes from the Basque province of Spain where it has been played for hundreds of years. It's also played today in France, Italy, Mexico, the Phillipines, Florida and now Las Vegas. The MGM Grand Hotel is the only hotel in the world with its own Jai Alai fronton (arena). It seats 2200 luxuriously every night of the year.

It's also the newest game in town. A fiercely competitive sport in which superbly conditioned athletes throw and catch a rock-hard ball or pelota, at speeds that reach 150 miles an hour. To control the pelota, the player uses a narrow, cup shaped wicker basket, or cesta, which has a glove-like compartment at its base. The cesta literally becomes an extension of the players arm and a whip-like throw sends the pelota crashing against a twelve-inch granite wall and rebounding at lightning speed.

It's the most fascinating game I've seen in a long time, played on a three wall court called the cancha. A match begins when one player serves the pelota to a marked zone on the front wall. Once in play, the pelota is scooped on the fly or first bounce—either off the floor, the side wall, or the back wall—and returned in a sweeping motion to the front wall. Play continues until a player fails to return the pelota or throws it out of play—and until a match is won or lost. Spectators are brought to their feet time and again by the incredible play and acrobatics of the players.

Jai Alai is a game which sports experts agree requires more skill, speed, endurance and nerve than any other. Yet despite its furious pace, Jai Alai is easy to follow and understand.

Three days were spent covering the games and appreciation must go to Bill Bray, Advertising and Public Relations Director of the MGM Las Vegas; Harry "Coon" Rosen, General Manager; Jesus Belaustegui, Players Manager; Juan Carlos Lupi, Chief Judge and all the Jai Alai players for the co-operation they gave the Racqueteer Staff.

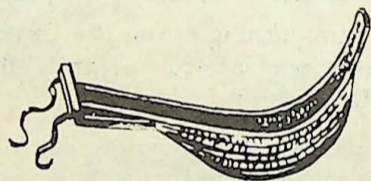


As shown above, Server (A) throws to front wall. Front-Court Opponent (B) misses ball, but Back-Court Opponent (C) takes it on bounce, returns it to front wall, causing Server's Teammate (D) to get ready for rebote shot off of back wall. Ball speeds up to 150 m.p.h.

The playing court (cancha) is 177 feet long (59 yards), 55 feet wide and 55 feet high. The front playing wall on your right is called the Frontis; the side wall facing you is the Lateral and the rear wall is the Rebote.

The equipment used in Jai Alai consists of:

The Cesta—is made of thin Spanish chestnut woven with an imported reed. The ribbing of the Cesta imparts a tremendous spin to the pelota. Each Cesta is custom made to the desired size and weight of the player.



The Pelota—is about three-fourths the size of a baseball, harder and livelier than a golf ball. Made of hand-wound virgin Brazillian de Para rubber, covered with linen and two layers of goatskin.



Helmets—made of reinforced hard plastic with foam rubber lining.



Players Uniforms—consist of white, rubber-soled shoes, white

trousers, a colored sash (belt) and T-shirts of varying colors, depending on the players post position in the game.



One cannot really appreciate the sport of Jai Alai fully unless you have had the very exciting experience of playing the game. I had that experience and can say it's one of the most demanding, fastest and toughest sports I have ever tried. If you get hit with the Jai Alai ball traveling at its average speed, it's goodnight and sweet dreams. The Management, Judges, and players conducted themselves at all times with enthusiasm, color, dignity and class befitting their fine sport.

The following is an in depth interview with Jesus Belaustegui, player-manager and Juan Carlos Lupi, Chief Judge.

*Racqueteer: Jesus, is your primary function to co-ordinate conditions between MGM Management and the Jai Alai players?*

Jesus: Yes.

*Racqueteer: Juan, as Chief Judge, what is your primary function?*

Juan: I judge all the games, make all the calls and major decisions on the court. It's up to me to make all the final decisions. I also am in charge of our training program for future Jai Alai players.

*Racqueteer: How many players are playing at the MGM Fronton?*

Jesus: Thirty to Thirty-two.

*Racqueteer: Are these regular players?*

Jesus: Yes.

*Racqueteer: Are there reserves and how many?*

Jesus: Always we have half a dozen waiting just in case we need them.

*Racqueteer: Do the same players play all the time or is there a rotation system where some players play a particular night and then other players rotate in the following night?*

Jesus: Everybody plays every night.

*Racqueteer: If a novice were to come to you and want to become a player, what type of training program do they normally go through?*

Jesus: They would learn all the rules and basic shots. Practice every day like in other sports. Under the supervision of Juan and myself we would assist them when they needed help.

Juan: Also what you have to do is let them develop their own abilities because you never have two players alike. You cannot go by a certain rule and say this is done this way by everybody.

*Racqueteer: How long would a practice session last?*

Juan: Forty-five minutes to an hour and a half.

*Racqueteer: How long would it take someone to become a contract player?*

Juan: Depending on their ability, approximately two years.

*Racqueteer: How do you rank your players from the top to the bottom? By money won or game winnings?*

Juan: Well, sometimes standings are a little bit deceiving. You have to handicap a good player pretty heavy otherwise he will eat you alive.

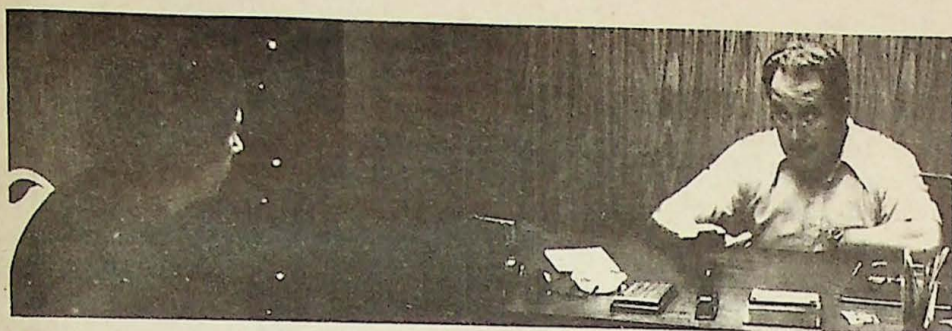
*Racqueteer: Juan, how do you handicap a good player?*

Juan: In singles by post position and in doubles by teaming him with a weaker partner.

*Racqueteer: It's like putting an "A" player with a "C" player as partners.*

Juan: That's correct.

*Racqueteer: What would be a post position handicap?*



**Racqueteer Publisher Ron Starkman interviews Jesus Belaustesui, Player-Manager.**

Juan: Post five would be the toughest because if he lost his game, it would take a long time to get back.

*Racqueteer: How many players are there in a singles match and how many teams in a doubles match?*

Juan: Eight men in singles and eight doubles teams.

*Racqueteer: Is there an amateur program in Jai Alai?*

Juan: There is an amateur league in Miami and there is an amateur federation in Spain, France, Mexico and the United States.

*Racqueteer: How does an up and coming player become one of the thirty-two regular players?*

Juan: Players are under contract for one year. At the end of the year we re-negotiate their contract and evaluate their play for the year.

*Racqueteer: How many Frontons are there in the United States?*

Juan: Twelve now.

*Racqueteer: Approximately how many Jai Alai players are there in the United States?*

Juan: Around four hundred.

*Racqueteer: How long would a normal Jai Alai season last?*

Juan: Four months, six days a week. Sometimes there are matinees as well.

*Racqueteer: Is it seasonal?*

Juan: Usually the winter season except in Las Vegas where we play all year round.

*Racqueteer: How many players are playing internationally?*

Juan: Approximately seven hundred.

*Racqueteer: How would you compare Jai Alai as being a strenuous activity compared to handball, racquetball or tennis?*

Juan: First the ball travels faster in Jai Alai. There is a longer distance to run. And you must throw the ball with the cesta rather than hit it with a racket. Jai Alai is a more strenuous sport.

*Racqueteer: What do you think have been the major changes in the sport?*

Juan: The Cesta. When we first started playing the game, it was smaller.

*Racqueteer: What is the actual size?*

Juan: It's about three feet long. In the past it was straighter and now with the greater curvature, we can hold the ball longer and throw it.

*Racqueteer: Do you feel the players are more skilled now than they were in the past?*

Juan: We're still arguing about that. It's like saying who is better, Joe Lewis or Ali?

*Racqueteer: What is the average age of the players?*

Juan: About 25 to 26.

*Racqueteer: What's the youngest age?*

Juan: Eighteen years. We have two, one of them is Daniel, the other is Garate.

*Racqueteer: Who would be the oldest?*

Juan: That would be Mortrico. He's thirty eight.

*Racqueteer: Are there different styles of players such as a control player and a hard hitter?*

Juan: Yes, there is. The players who usually have the greatest ability are usually the strongest. Then there are the players who make up with brains what they lack in strength.

*Racqueteer: Is it profitable to be a professional Jai Alai player?*

Juan: The average salary is around eighteen to twenty-one thousand.

*Racqueteer: Who would you consider the biggest name in Jai Alai past or present?*

Juan: Erdoza Menor—He was phenomenal.

*Racqueteer: How old was he when he retired?*



**Ruben leaps high to save the point.**

Juan: He was 50. He was the greatest, similar to Babe Ruth in baseball.

*Racqueteer: I have heard the pelota (ball) travels about 150 miles per hour.*

Juan: The last clocking was about 167 M.P.H.

*Racqueteer: Can the ball be made to hop, rise or can english (spin) put on it?*

Juan: Yes. You need a good wrist. The english comes from your wrist. The power is from your legs.

*Racqueteer: Are the balls consistent in their play and bounce?*

Juan: Basically the same. Depending on which manufacturer they come from.

*Racqueteer: How many manufacturers are there?*

Juan: Right now there are eight, two in the United States.

*Racqueteer: How many games or weeks or months will one ball last?*

Juan: It depends on how you take care of them. The ball needs rest, approximately six weeks. It can wear one year. If you were to play it every night the ball would get very tired.

*Racqueteer: Is the ball treated in any way?*

Juan: No. We do replace the covers. Eventually we have to overhaul the ball, not the center. The center is never touched.

*Racqueteer: Getting back to the players. Jesus, are you responsible for all the players or do some have individual managers?*

Juan: I am responsible for finding the players all over the world and work with Juan in developing them. I am also the liason between the MGM Grand and the players.

*Racqueteer: How long is the normal playing life of a Jai Alai Player?*

Juan: He's usually got a career of about 15 years if he takes care of himself.

*Racqueteer: Is injury prevalent in Jai Alai and what is the most common injury?*

Juan: Muscle pulls are the biggest problem.

*Racqueteer: In Doubles, is it tougher to play the back court or front court?*

Juan: About equal.

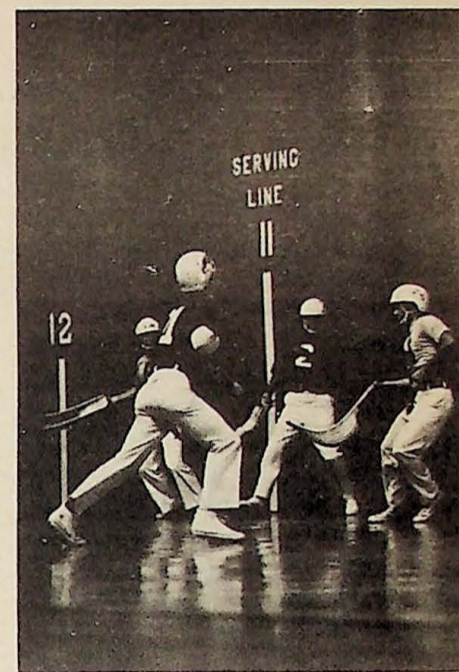
*Racqueteer: Do you consider height to be an advantage or disadvantage?*

Juan: Advantage. If you're taller you have a bigger arc which increases your strength like a pitcher.

Juan: I've known some little guys that can do a lot of things. They have a lower center of gravity that helps. They can change directions easier and are usually faster.

*Racqueteer: You both were past great players. How would you stand up now to one of these youngsters?*

Juan: If it was a matter of do or die for one match we could handle it.



**Doubles action becomes hot and heavy.**

*Racqueteer: How tough is it to be competitive day after day all year round?*

Juan: You're dealing with the human element. Sometimes you can come over here and tear everyone up. Other times, for whatever reasons, you may be down in the dumps or whatever, you know, it may have some affect on your playing. But as a rule, once you're on the court, something happens and everything's forgotten because your whole life depends on what happens in there. A football player has a week to think about his game, here it's every day and if you don't do your best, it's going to cost you money.

*Racqueteer: Do the players feel tremendous pressure because of the wagering by the crowd?*

Juan: My experience is no. Once you get out there you do your best no matter if the odds are 50-1 or 9-5.

*Racqueteer: How long is there between seasons?*

Juan: In Vegas we only have three weeks to a month so we lay off, relax and occupy our mind with other things.

*Racqueteer: When were you active as a player Juan?*

Juan: 1951 to 1968.

*Racqueteer: Were you satisfied with your career as a professional?*

Juan: I wouldn't have it any other way. If I was born again, I wouldn't change it. I would want to do it better.

*Racqueteer: What circuit did you play?*

Juan: Mexico, Florida and Tiajuana.

*Racqueteer: Don't be modest. How would you rate yourself as a player compared to people who are on top?*

Juan: I would not rate myself as anyone who was great.

*Racqueteer: Can you remember the most single satisfying match you ever played?*

Juan: Yes, I remember that. When I was an amateur I took the championship in Mexico when I was thirteen. You always try to better yourself as a player. Whatever it takes to get to the top as long as you don't kill anyone else is what you do and there were times when I finally made it to the top in my group and it didn't come easy.

*Racqueteer: How old were you when you picked up your first cesta?*

Juan: I was eight years old.

*Racqueteer: After the matches do most of the players get along with each other?*

Juan: They get along. They kid each other but it all takes place in the locker room.

*Racqueteer: How many cestas does a player usually have?*

Juan: A minimum of five to six.

*Racqueteer: Do players usually have a favorite one?*

Juan: All players have their own model. Some players according to their abilities can't play with a certain style so they pick a lighter one or one with a different curvature whatever fit their needs.

*Racqueteer: What is the average weight of a cesta?*

Juan: About one and a half pounds.

*Racqueteer: What would be the advantage of a lighter one to a heavier one?*

Juan: That depends on the guy who is playing with it. I mean I could give a light cesta to a guy who couldn't do a thing with it cause he doesn't have the feel for it. Usually a big guy will have a big cesta and a little heavier where the little guy he goes for the light stuff.

*Racqueteer: Is doubles faster than singles?*

Juan: I'd say doubles is faster, yes. In singles you have more court to cover where doubles you only have half. I'd say their reactions have to be about the same.

*Racqueteer: How many hits or "throws" as you say would be in a normal rally?*

Juan: There's no such number. I've seen rallies of fifty or sixty hits. I've seen them when there's only been one.



Juan Carlos Lupi, chief judge, explains a point.

*Racqueteer: Have you ever been injured?*

Juan: Yes. I got hit in the eye and it almost popped out.

*Racqueteer: Is it mandatory to wear a helmet?*

Juan: Now it is. Helmets started about 5 years ago.

*Racqueteer: Is this a rule at all Frontons?*

Juan: No. In Mexico you don't have to play with a helmet but in the United States you do.

*Racqueteer: Who influenced you the most when you were a player? Did you have an idol?*

Juan: Yes. It was a guy named Larranaga. He was the top player up until the last ten years. He was the top from all over.

*Racqueteer: Did you consider yourself a control player or a hard hitter?*

Juan: A little bit of both.

*Racqueteer: Are the players superstitious at all?*

Juan: Yes, some of them are. There was a guy who put a banana in his locker. It wasn't the same banana. It was a different banana every day. Then someone ate the banana and that was you know—"it". He lost his winning edge.

*Racqueteer: Did you have any superstitions when you were playing?*

Juan: I don't think so, no.

*Racqueteer: Are the Basque players traditionally the best Jai Alai players?*

Juan: Yes.

*Racqueteer: Why is that?*

Juan: Well, this sport is the national pastime in Spain. There's a lot of exposure plus the fact that those guys are strong people and that helps.

*Racqueteer: In regards to Spain, was it played mainly by the upper class?*

Juan: No. All the people played.

*Racqueteer: Can they practice with the cesta on one wall?*

Juan: Well, Jesus practiced on the back of a church—throwing apples.

*Racqueteer: How do American players rank in Jai Alai?*

Juan: Well, they haven't been exposed much.

*Racqueteer: Do you have a training program for kids?*

Juan: Yes. Three times a week. We have a group of about ten or twelve kids that range from seven to twelve years old.

*Racqueteer: What days?*

Juan: Thursday, Saturday and Sunday.

*Racqueteer: Do you have another class for the eighteen to twenty-five year old players?*

Juan: Eighteen years is already too old to start. Fourteen, fifteen years is the best age.

*Racqueteer: Do the players have required physical examinations?*

Juan: Yes. As a rule they get a physical before the season starts and then if any sickness comes they have to tell me. Come on Ron, it's time. Let's go to the court and I'll give you a "tour."

The next time you visit Las Vegas, stop in at the MGM Grand and see Jai Alai, the fastest game in town.



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# Decisions

Publisher

After spending three days in Las Vegas covering the sport of Jai Alai, I can really appreciate the word "Pro." Jai Alai, the fastest and some consider the most dangerous sport, is played by young and middle age men with enthusiasm, dignity, and class. Jai Alai players must play to win. Any player who at any time is adjudged dishonest, or thought to be intentionally playing an inferior grade of Jai Alai, or guilty of breaking training rules, or in any way conducting himself in a manner unbecoming a gentleman, or detrimental to the best interests of Jai Alai, is immediately fined and suspended. Our so called pro racquetball organizations should follow other sports in regards to enforcing rules and behavior and get racquetball to the same class as tennis, squash, and Jai Alai. Getting racquetball to the public's eye as a "major" American sport has to start with the enforcement of the rules by the pro organizations. The Racqueteer would like you, the player and backbone of racquetball, to express your views. Send to: Racqueteer "Decisions," P.O. Box 19069, Irvine, CA 92713.

## First CRA Coaching Tour Rolled-Out During August

Since its introduction to Canada (seven years ago) Racquetball has become the fastest growing court sport mainly due to the simplicity of rules, the minimal equipment requirements & the mental and physical benefits derived from playing the game. However, the development of playing techniques in Canada has not been uniform due to the absence of a definitive coaching or instructional program. Therefore in November 1975 a committee representing CRA met with Dr. Geoff Gowan of the Coaching Association of Canada and the "Canadian Racquetball Association Coaching Certification Program" was developed.

In keeping with the National standard a Five Level development program was established wherein each level contains three phases—theory, technical, practical. The theory phase for Level I coaches is presently available from Provincial Sports governing bodies.

Mike Luciw accepted the responsibility of presenting the technical phase of the level I coach-

ing program to interested participants chosen by their respective Provincial Racquetball Associations. He successfully completed a 5 city Canadian tour in August 1976 presenting identical coaching clinics to approximately 40 participants thus ensuring the standardization of instruction across Canada.

The nature of these clinics, being Level I were very basic and involved *only* the instruction of the very fundamental aspects of Racquetball such as equipment, safety rules, etiquette, grips, strokes, footwork, basic strategy etc. Slides and a movie were utilized to teach the theoretical aspects of the above in the "classroom" followed by individual instruction of all participants. Once all techniques and principles were mastered all participants were required to instruct novice players on an individual basis as proof of their teaching abilities.

Feedback from some novice players after their hour of instruction was very positive, indicating success at this level—the most important level.

In summary, the CRA has taken the first step to establish a successful coaching development program, and on evaluation of its success, the Level II program will be implemented. Anyone interested in becoming an accredited instructor should contact his provincial Racquetball Association for further information.

Reprinted from Raquetball Canada

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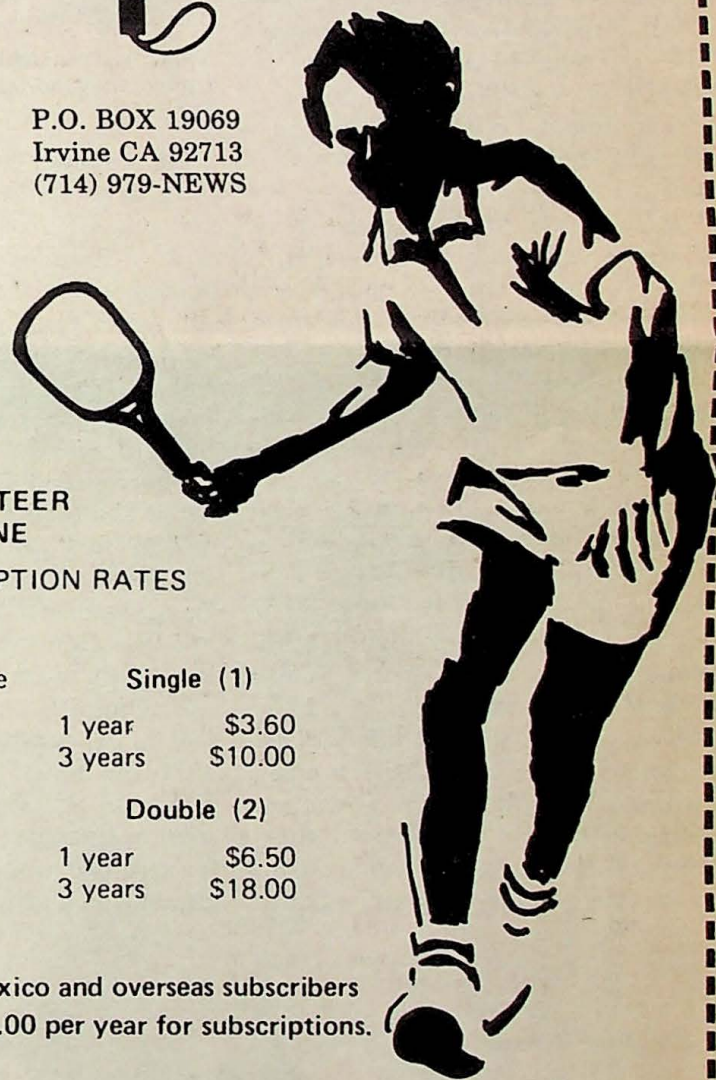
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International Racquet Sports Magazine

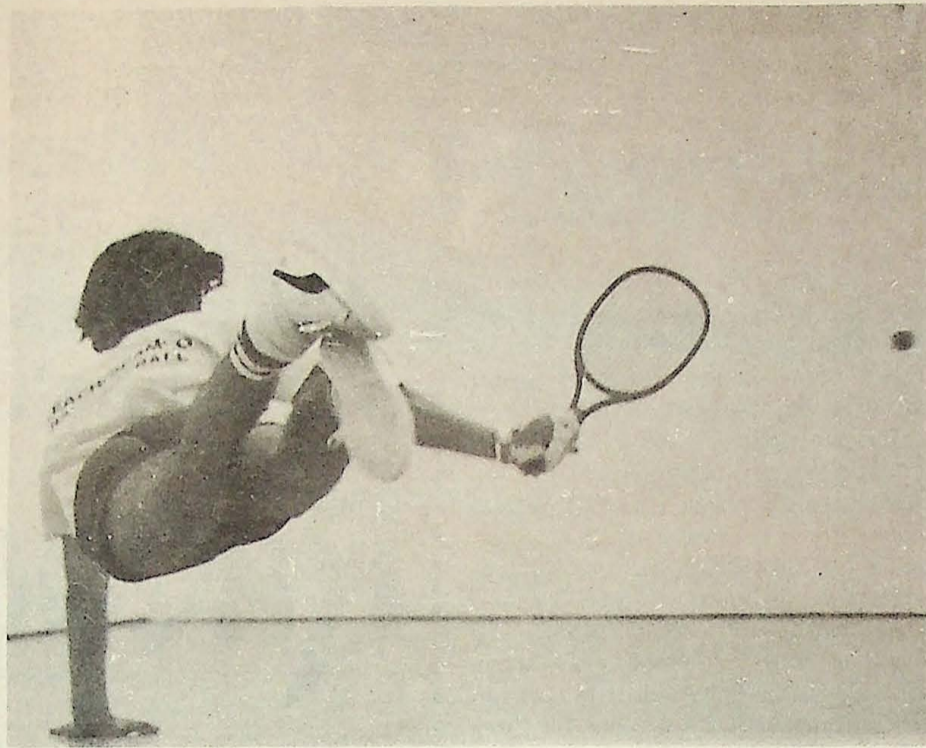


# Bowes and Forcade Reign over Canadian Nationals

Mike Birchler

The 1976 Canadian Nationals held in Vancouver, B.C. November 11-14 were perhaps the best ever in both hospitality and play. Held at the Downtown Y.M.C.A. in Vancouver, participants from all across Canada witnessed a smooth execution of organized activity. A tournament committee of Rick Barker, Wayne Smyth, Diane Clairmont, and Bill Condratow led a superior display of ordered events and firm decision making. This refreshing, no-nonsense attitude was best exhibited by Rick Barker in his defaulting of a Toronto team in the Senior Doubles finals in which Howie Rankin of Edmonton and Murdoch Cranston of Halifax were awarded the title. Rick put it on the line in refereeing the match and found much support in his disqualification of the verbally abusive pair. This is a significant example of where control should be in tournament competition.

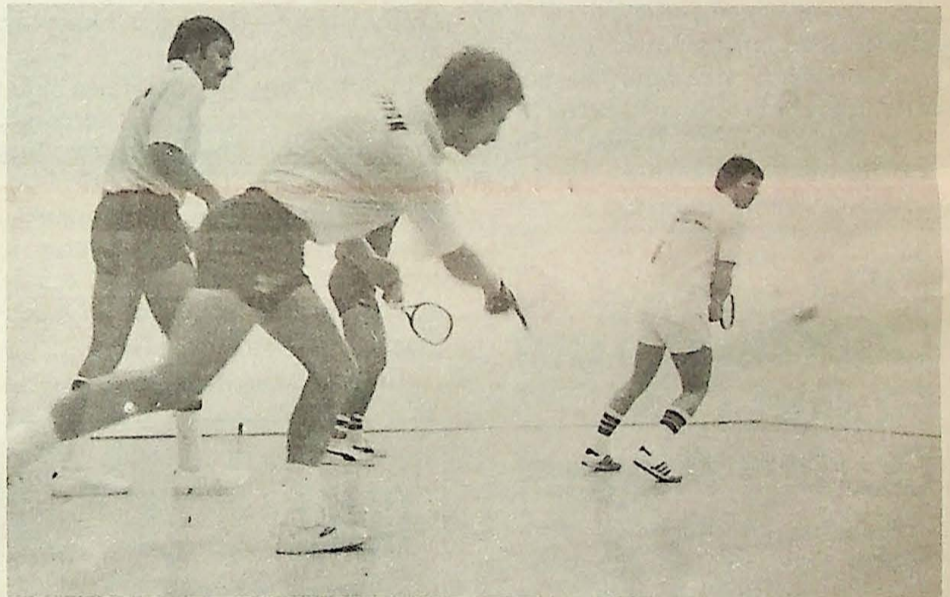
Apart from the dramatics and tournament logistics, Wayne Bowes of Edmonton simply ran everybody down to take the Open Singles title for men and paired with Bob Daku of Leftbridge to take the Open Doubles title. Bowes has to be a classic study for any physiology of exercise major as he never seems to tire. He was constantly on the attack. In his semi-final match against Lindsay Myers of Vancouver and final match against Wes Hadikin of Winnipeg, which each went 3 games, Bowes just out-gassed and out-classed these opponents. It was a remarkable display of conditioning and hustle.



Lindsay Myers of Vancouver, B.C. gives an acrobatic return during action at the Canadian Nationals.

On the other half of the open play picture, Linda Forcade of Winnipeg just plain out-played Monique Parent of Quebec City to take the women's crown. Linda's victory was a mild upset, but it was a win featuring top level women's play. Myrelon Shetterly and Helen Olsen of Vancouver were the Women's Open Doubles winners.

The remainder of the scoring is listed below. Ivan Velan should be congratulated on both his play in the tournament (second in the men's Open Doubles with Manny Gregario) and his fine job with the C.R.A. leadership in setting the tournament up. Ivan will step down from the C.R.A. leadership in February of 1977 and he will leave a large void. However, the C.R.A. appears very solid in the sport and well prepared for the progressive future of racquetball in Canada.



Ken Suffron of Winnipeg shoots a winner as his doubles partner Wes Hadikin and opponent Bill Condratow look on.



Wayne Bowes of Edmonton sets himself to rip a winner on his road to the National Championship in Canada.

### C-Singles

1. Bruce Miatello-Toronto 21-7, 21-15
2. Doug Drummond-Edmonton
3. Dave Kieler-Vancouver 21-13, 21-9
4. Doug Robinson-Toronto

### Juniors

1. Brian Swartz-Vancouver playoff in 2 weeks due to injury  
Wendell Talaber-Vancouver
2. Bobby Esbin-Toronto 21-15, 21-9
3. Jeff Swartz-Vancouver

### Senior Singles

1. Tim Filuk-Leftbridge 21-4, 21-8
2. George Morfitt-Vancouver
3. Murdoch Cranston-Halifax no score  
Howie Rankin-Edmonton

### MEN'S RESULTS:

#### Open

1. Wayne Bowes-Edmonton 15-21, 21-9, 21-6
2. Wes Hadikin-Winnipeg
3. Lindsay Myers-Vancouver 21-4, 21-6
4. Bill Condratow-Vancouver

#### Open Doubles

1. Wayne Bowes/Bob Daku-Edmonton/Leftbridge 21-11, 21-18
2. Manny Gregario/Ivan Velan-Toronto/Montreal
3. Don Crawford/John Robbins-Edmonton 21-6, 21-6
4. Wes Hadikin/ Ken Suffron-Winnipeg

#### B-Singles

1. Brian Vlaine-Montreal 21-11, 20-21, 21-13
2. Ron Wittig-Calgary
3. Les Gee-Vancouver 21-11, 21-11
4. Doug Talaber-Vancouver

### Senior Doubles

1. Howie Rankin/Murdoch Cranston-default  
Edmonton/Halifax
2. Joe Cardarelli/George Phillips-Toronto
3. Wayne Smyth/George Morfitt-Vancouver Forfeit
4. Logan Tait/Tim Filuk-Leftbridge

### Masters

1. Roald Thompson-Regina 21-14, 21-19
2. Dale Pond-Vancouver
3. Sid Kirson-Vancouver no score  
George Phillips-Toronto

### WOMEN'S RESULTS

#### Open

1. Linda Forcade-Winnipeg 16-21, 21-10, 21-12
2. Monique Parent-Quebec City
3. Helen Olson-Vancouver 21-20, 21-8
4. Lisa Marcus-Montreal

### Doubles

1. Helen Osen/Myrelon Shetterly-Vancouver 21-16, 21-11
2. Diane Clairmont/Karen Dellow-Vancouver
3. Dena Rassenti/Monique Parent-no score  
Montreal/Quebec City
4. Gail Kincaid/Lynn Murdoch-Vancouver

### B-Singles

1. Gail Kincaid-Vancouver 21-6, 21-14
2. Chris Barker-Vancouver
3. Taffy Savard-Vancouver default
4. Alicia Griffiths-Newfoundland

## The Canadian Racquetball Explosion

In suburban Montreal's Cote St-Luc there are plans advancing for a 12-court all-racquetball facility. It's slated for completion in the autumn of 1977, when it will likely be Canada's largest racquetball facility.

But don't count on it.

Racquetball is developing so fast, challenging tennis and squash for the top spot in racquet sports growth, that the Cote St-Luc facility just might not be the largest facility, or close to it, by the end of next year.

Racquetball has grown from a YMCA-based sport (utilizing handball courts) with less than 1,000 active players five years ago to one of Canada's fastest growing leisure-time sports.

Today there are 18,000 players. At last count at the end of 1974 there were 61 clubs stretched from one end of Canada to the other with 196 courts. By the end of the current 1976-77 season there will be roughly

40 percent more facilities than that, and by next season at least 60 percent more courts than only three years before.

"The growth rate in the U.S. has been so phenomenal," Ivan Velan president of the Canadian Racquetball Association told us, "that already they are predicting that racquetball will become in the 1980s what tennis is in the 1970s. And Canada," he adds, "won't be far behind."

But what about squash, as a competitor?

"In only six years—from 1970 to 1976—racquetball has surpassed squash by far in the U.S.," Ivan said. "Today there are far more racquetball players in the U.S. than squash players, and more racquetball courts than squash courts."

The main attraction of racquetball is that it's easier to learn. After two or three sessions, equally matched players can enjoy a great workout in an hour or less.

At the same time, there is plenty of room for perfection. The game is highly skilled and competitive at the tournament level—today there are two professional circuits in the U.S. with prize money.

What about the green ball vs. black ball? Outdoors vs. indoors?

To explain away the latter part first, in the U.S. the outdoors game is played where the climate is suitable. There is a one-wall game and a three-wall version. But in Canada, the game is an indoor game virtually completely—utilizing all four walls and the ceiling in play.

The different colored balls relate to the U.S. racquetball organizations.

Grand-daddy of the organizations is the International Racquetball Association (IRA) which was formed only in 1969. Later, because the IRA was an amateur-oriented organization the National Racquetball Club (NRC) was formed to promote a professional tour. Hence the black ball (IRA) and the green ball (NRC).

Later, however, both the IRA and the NRC "filled-in" their organizations—the IRA adding a professional wing, the International Professional Racquetball Association, while the NRC formed an amateur wing, the U.S. Racquetball Association.

Here in Canada fortunately, there is only one association—the Canadian Racquetball Association, founded in 1971. And there's no pro tours, so the black ball is the overwhelming favorite.

In the current push for physical fitness, the Canadian Racquetball Association (CRA) has been amazingly successful in promoting the cause of racquetball with the federal government.

This past year, for example, the Association received \$37,000 in funding—up from \$20,000, the year previous, in a year of restraint at Sport Canada.

"This represents to us a great vote of confidence both in racquetball, and in our association," Ivan Velan said. "It will assist us to promote racquetball even further throughout Canada."

While most play in Canada is still found in YMCAs and clubs, the pay-as-you-play system so common in the U.S. seems almost ready to break into the open. Already the Court Club in Edmonton, one of Canada's largest racquetball facilities, operates a dual membership/pay-as-you-play system.

Also, racquetball is beginning to be incorporated into public recreational facilities, even in places as far east as the City Recreation Centre in St. John's, Newfoundland.

While Edmonton and Alberta in general represents the strongest area for racquetball, the sport is also growing dramatically in the Vancouver area, Montreal and Quebec City.

"Now," Ivan told us, "anyone thinking about opening a new racquets clubs is asking about racquetball. It's a factor to be contended with."

In 1979, in Brandon, Manitoba, racquetball will officially join the Canada Winter Games. Already, junior development programs have been launched by the CRA targeted at the 1979 date. By then, the CRA expects to see 60,000 active players.

What's the main equipment involved?

First, racquetball racquets. Now mostly metal or composite in construction, with bumper guards to protect walls. Dominant companies are Ektelon, Leach Vittert, Seamco, Voit.

In balls (with the black ball being most popular in Canada, followed by the pro green ball), the big names are Voit, Seamco, Vittet. Balls come pressurized or unpressurized, and last from four to eight games.

Shoes—many use squash shoes others use basketball shoes. A good court shoe made for a hardwood floor is essential.

What about clothing? In racquetball, anything short of black

goes. Squash-type action shorts are popular, along with collarless shirts.

Who plays racquetball?

The game began in the Ys and universities, as we've said, but today a growing proportion of middleaged people are taking up the sport for the exercise involved. And some 20 percent of the players across North America are women.

Racquetball—it's starting to explode across Canada.

Reprinted from Raquetball Canada

### TOURNAMENT

Continued from Page 12

#### WOMEN'S BRACKET (WOMEN'S OPEN)

*Preliminary round:*

B. Gonzales def. D Lankford, P-Blum def. C. Reffrushini, S. Brown def. M. McRae

*Round of 8:*

R. Wojcik def. K. Lent, 21-1, 21-4, J. Smerz def. B. Gonzales 21-17, 21-4, P. Blum def. L. Goldman 21-10, 17-21, 11-8, Nan Mackstaller def. S. Brown 21-7, 21-7.

*Semi-finals:*

Ruth Wojcik def. Janet Smerz 21-13, 21-5; Nan Mackstaller def. Penny Blum 21-8, 21-17.

*Finals:*

Nan Mackstaller def. Ruth Wojcik 21-13, 21-8. Janet Smerz won third place with Lisa Goldman taking the consolation bracket.

#### SENIORS BRACKET

*Preliminary Round:*

*Round of 8:*

W. Woodman def. B. Eckes 21-8, 21-8; J. Slone advanced on a forfeit; D. Krugman def. M. Ontiveros 21-14, 21-3; B. Daley def. J. Brandon 21-1, 21-2

*Semi-finals:*

Woody Woodman def. Jim Slone 21-14, 21-4, Daryl Krugman def. Bill Daley 7-21, 21-13, 11-10

*Finals:*

Woody Woodman def. Daryl Krugman 17-21, 21-20, 11-6. Bill Daley captured third with John Brandon taking the consolation bracket.



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# Racquetball in a Community Recreation Center

Gary Poppino

The state of Washington continues to provide us with still another model of facilities in which racquetball courts are housed. In our first issue we explored a court facility in a suburban setting—the Super Sonic Racquet Club in Bellevue. Our last issue looked at a racquet facility in a semi-rural setting—the Tri-City Court Club in Kennewick. This issue we wish to explore a public facility. Our choice was the Sprinker Recreation Center located in suburban Tacoma. This public complex offers individuals more than just racquetball.

The new \$2.1 million multi-purpose, indoor community center opened its doors in mid-July. The center is located west of S. 152nd St. (Military Road) and Pacific Ave., across from Spanaway Park in Tacoma.

The 74,000-square foot community activity and athletic facility was constructed and is operated entirely through money received in users' fees, said Pierce County Parks and Recreation director Tom Cross. We'll pay for it and maintain it on a pay-as-you-go basis," Cross said. "Annual revenues are expected to reach \$200,000. After this center is paid off, revenues will be used to develop other facilities in the county. What's so great about this facility is that it will be a regular community-center, not just an athletic facility."

While the main areas of the L-shaped structure house a regulation-size ice arena and indoor tennis courts, the multiple uses of the facility are almost too numerous to mention. For example, an arts and crafts center is tied to a senior-citizens' activities room. Rooms also are provided for pre-school activities, meetings, and dances.

The ice rink's 85 by 200 foot surface is apparently unmatched in size in Western Washington. The Seattle Center ice rink is slightly smaller, though considered regulation. The rink is open for general public skating and hockey programs for youngsters. Several hundred youngsters are expected to become involved in a junior hockey program this winter.

The other wing of the structure accommodates four indoor tennis courts and five racquet-handball courts.

In the section where the two

buildings join, an upper-level snack bar is provided, plus an unusual 200-seat observation area overlooking the ice rink in one direction and the first two tennis courts in the other.

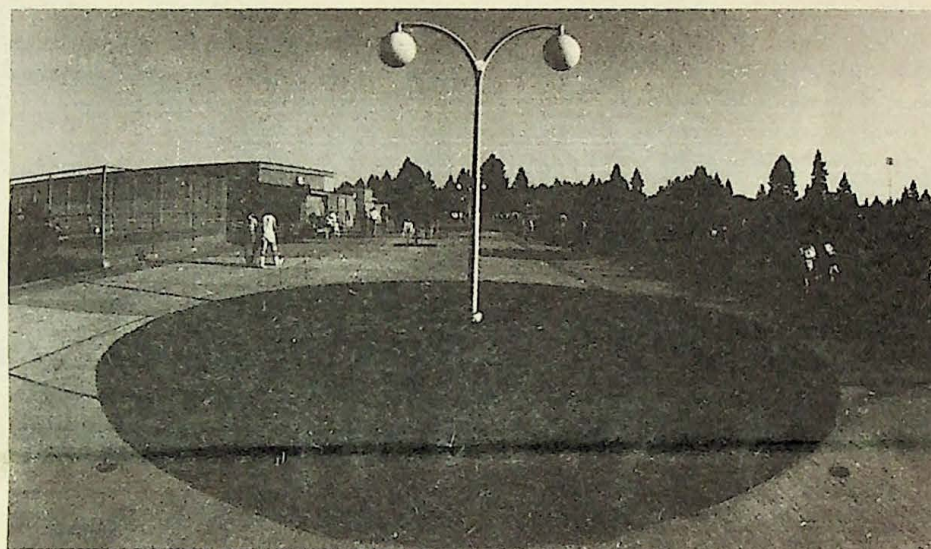
Other facilities include meeting and crafts rooms, senior-citizens room, pre-school area, first-aid room, skate shop, locker rooms, and three team rooms.

The new indoor facility now makes the Sprinker Recreation Center a truly indoor-outdoor complex.

First opened in 1969, the center has provided millions of hours of recreation and athletic competition for both Pierce County and Northwest residents.



Entrance to the indoor complex



Walkway between Sprinker's indoor and outdoor facilities.

Among the outdoor facilities are an all-weather track, four basketball courts, and numerous playfields allowing participation in baseball, softball, touch or tackle football, soccer, a playground for children, Spire Rock for mountain-climbing classes, snack bar, and restroom facilities. A parking area for 1,000 cars is also provided.

This is quite a setting for racquetball. There is little question that soon this type of facility will spring up in many areas. The following rates for tennis and racquetball are:

**Tennis Court Fees**

7:00 am - 3:45 pm  
Monday through Friday \$3.00 per court  
5:00 pm - 11:15 pm  
Evenings, Weekends, and Holidays \$4.00 per court

**Handball-Racquetball Court Fees**

7:00 am - 3:45 pm  
Monday through Friday \$2.00 per court  
5:00 pm - 11:15 pm  
Evenings, Weekends, and Holidays \$3.00 per court

So here it is America, the type of complex a community can have through efficient planning and a love for sport. Racquetball should really be pleased with its role in such a community program. We know the citizens of Tacoma are pleased to have the sport as part of its recreational life.

Parts of this article reprinted from Suburban Times Newspaper

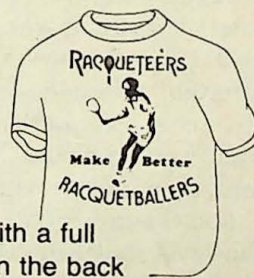
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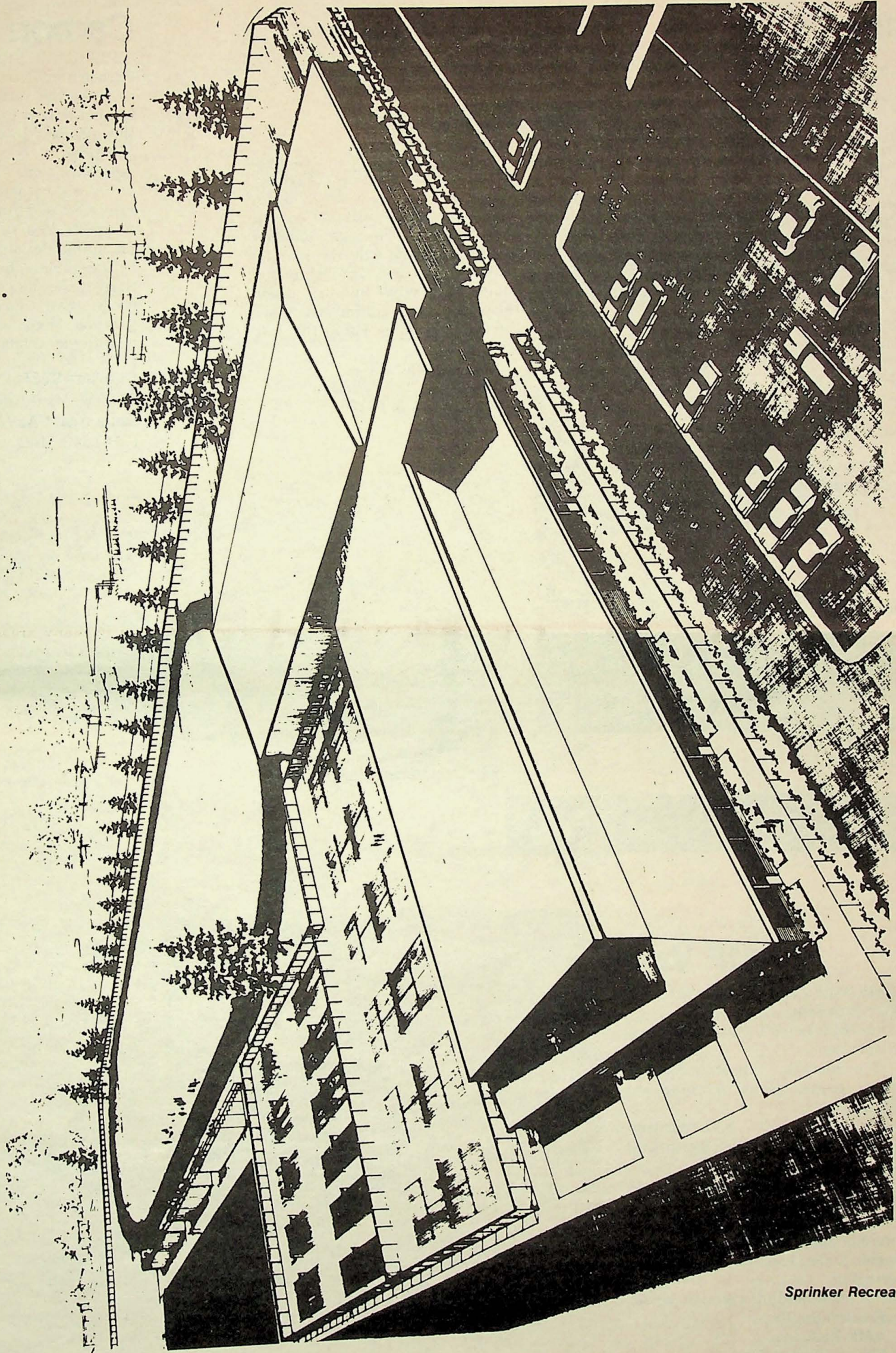
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## New Products



### Magnum

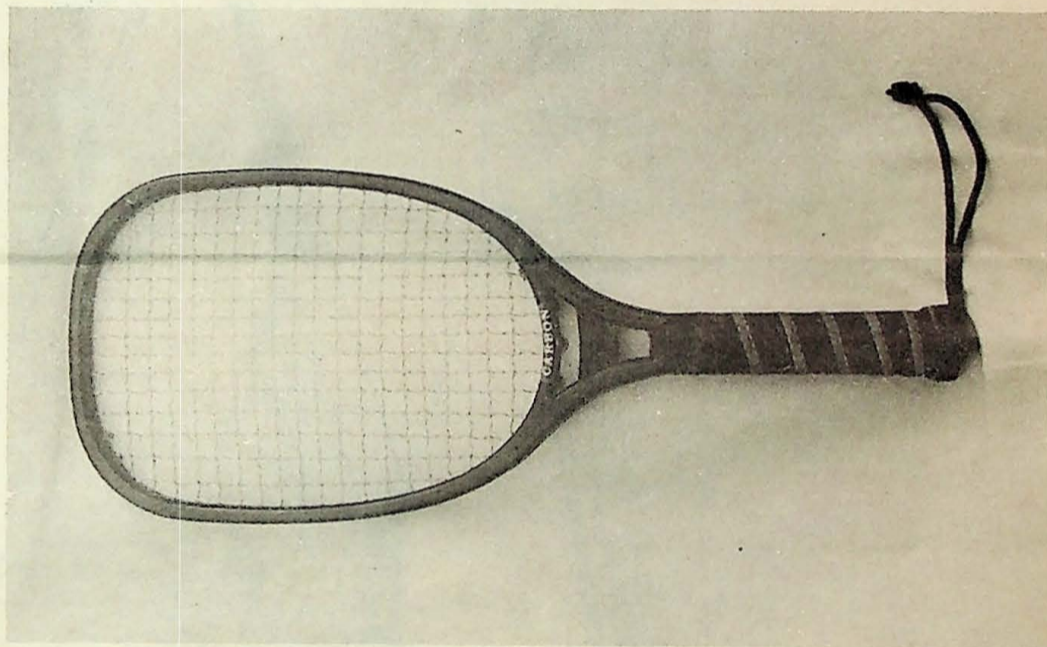
Bud Held, President of Ektelon, stands next to the new "Magnum" designed to provide a larger hitting surface with excellent control characteristics. The brown anodized aluminum frame features patented milled extrusions. The "Magnum" comes with vinyl bumper, cover, raised leather or rubber grip, and a full year guarantee. For further info. write:

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### AMF Voit

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The "Blackjack", "Rollout", and "American"

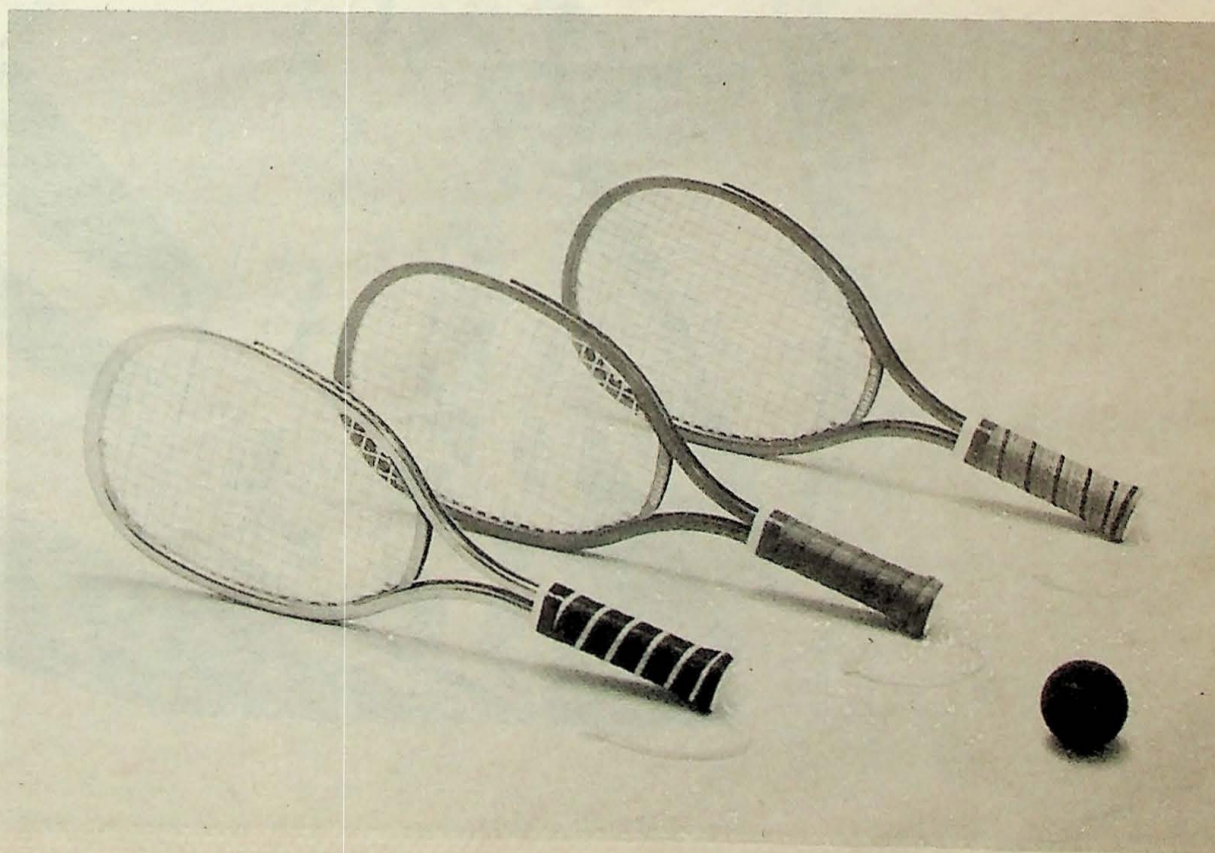
The "Blackjack" top of the line, an extra length racquet for precision control.

The "American" has teardrop shape designed for beginning players.

AMF Voit Aluminum racquets feature U-shaped throat piece riveted at six points. Other features include vinyl bumper, soft nylon eyelet guides, and tournament nylon stringing.

For additional information, write:  
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(L) Blackjack (M) Rollout (R) American



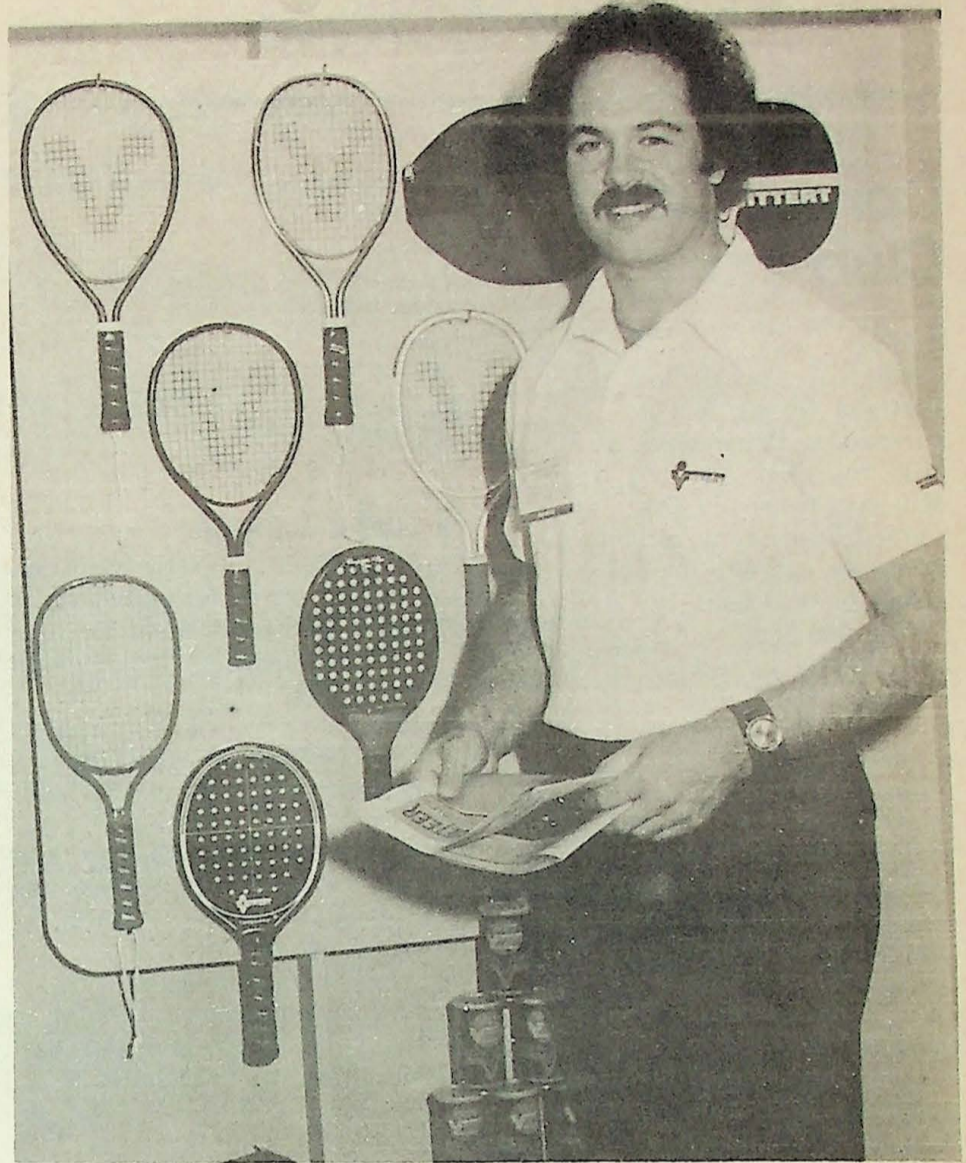


## Finalist

The new "Finalist" from the Tennis Trail line of Pacific Trail Sportswear is at the top of the market in both construction and design. Developed after several years of research the Finalist combines both the durability and comfort that is so necessary for Racquet Sport play.

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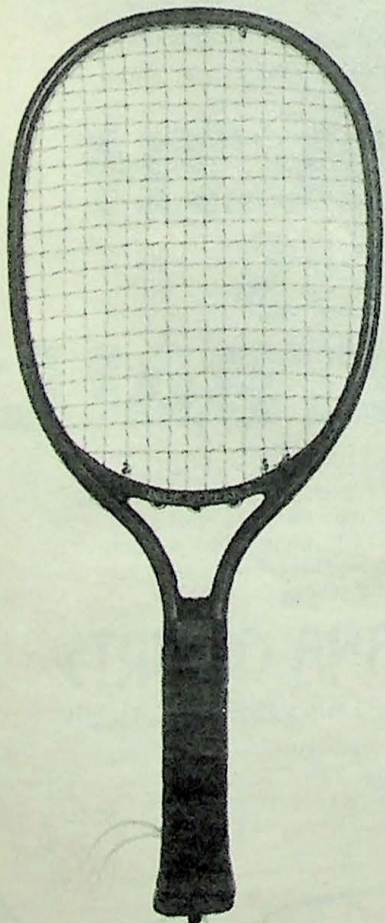


## Vittert Sports

Jon Hay, national sales manager for Vittert Sports, shows their new racquetball line featuring both aluminum and glass racquets. The Vittert Muehleisen features a large hitting area, full teardrop head

shape, bronze aluminum frame, and grip choices in both rubber or leather. For more info, write:  
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## Blue Streak II



### Seamco New Products

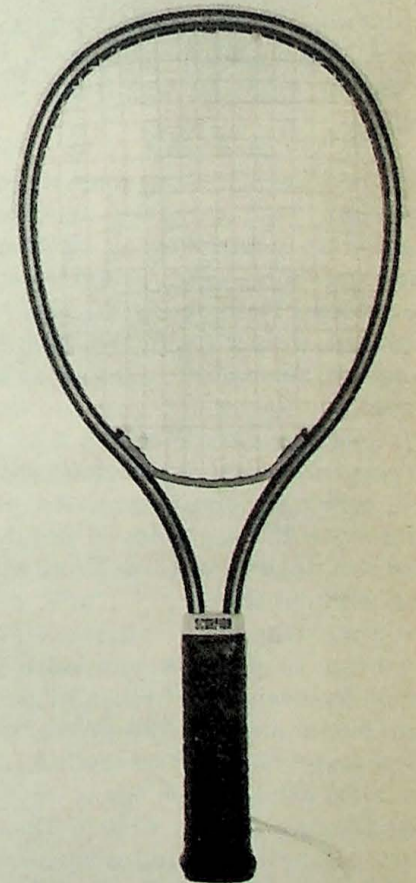
Racquetball racquets from Seamco with many new features.

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## Scorpion





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13939 N.W. Cornell Road  
Portland, Oregon 97229  
**Directions:** Drive West on Sunset Highway (No. 26), exit North on Murray, take the first left onto Cornell Road and turn right into our driveway, opposite the Sunset High School football field.  
**Phone:** 645-3535  
**Size:** 22,000 Sq. feet  
**Manager:** Bob Fuller  
**Opening Date:** December 15, 1976  
**Cornell's Claims:**

**Nine Racquetball and Handball Courts**—Courts are built to competitive specifications for tournament as well as Club play. The championship court (No. 1) has a glass back wall that will allow viewing by 150 spectators.

**Two Exercise Rooms**—Men and women will enjoy space for floor and barre' exercises, circuit weight training and a Universal Gym. Supervision and instruction will enable you to maintain thorough conditioning and figure control.

**Indoor Track and Outdoor Exercise Path**—A carpeted indoor track will surround the large exercise area on the 2nd floor. In better weather, you might want to try the exercise path in the woods with specified exercise stations connected by jogging trails.

**Lounge and Nutrition Bar**—Relax by the fire, view the competition through the glass back wall of the championship court, and enjoy a snack, beverage, health food, or complete meal in the furnished lounge.

**Luxurious Dressing and Spa Facilities**—Each dressing room will be complete with carpeted dressing area, sauna, whirlpool spa, sunlamp room and vanity areas. Toiletries and blow-dryers for hair styling will be provided. Towel service is free to members. Permanent lockers may be rented.

**Attended Playroom**—We have a safe, carpeted area on the main floor, with toys and play equipment. An attendant will be employed during hours established by need. There will be a nominal charge.

**Pro Shop**—Our shop will stock everything to provide you with a complete inventory of racquet sport equipment. As the Club grows, we will attempt to include everything in the latest athletic fashions.

**Two Outdoor Tennis Courts**—These courts will be lighted and constructed with a quick-drying surface to enable outdoor play shortly after a rainfall.

**Guests**—Guests of members will be

welcome in the Club 5 times a year, at \$3.00 a visit.

**Hours:**  
**Weekdays:** 6:15 A.M. until 11:00 P.M.  
**Saturdays:** 7:15 A.M. until 9:00 P.M.  
**Sundays:** Noon until 8:00 P.M.

### Y.M.H.A.

Ontario's Finest Athletic Facilities, Located on Acres of Green Belt Land  
**Address:** 4588 Bathurst Street Willowdale, Ontario M2R 1W6

- Features:**
- 6 handball/racquetball courts (including 400 seat spectator court).
  - 2 squash courts (including 150 seat spectator court). Advanced booking privileges available for courts.
  - 2 large indoor, fully banked, jogging/running tracks.
  - 220 yd. outdoor track.
  - 3 full size gymnasiums (3 basketball courts, 11 badminton courts, 6 volleyball courts).
  - 9 outdoor flood lit, laykold surfaced tennis courts.
  - Indoor swimming pool.
  - Outdoor pool.
  - 4 outdoor handball/racquetball courts.
  - Self-defense room.
  - Modern weightlifting and body building room, including top-of-the-line Universal exerciser.
  - Baseball and soccer fields.

**Hours of Play:**  
**Monday thru Thursday** 7:30 am - 10:30 pm  
**Friday** 7:30 am - 5:30 pm  
**Sunday** 8:00 am - 9:00 pm  
**Reservations:** Accepted from 7:30 am on day of play.

**Direct Line:** (416)636-0965

### "Grand Opening"

Riverside Racquetball/Handball Club will have its grand opening Dec. 3, 1976 and the public is invited to play free. A completely air conditioned, 10 court, men's and women's facility with walk in whirlpool spa, two lounges with viewing area into glass-backed courts, upstairs exercise area with universal weight machine, and a fully equipped pro shop.

Craig McCoy, championship racquetball player, is on hand to give clinics and private instruction. Standard club and gold card chapter memberships are still available. For more information contact Lee Ellis or Bob Pinkerton, 11060 Magnolia Ave., Riverside, California 92505. (714) 687-5540.

### Mayfair Parkway Racquet Club

**Address:**  
50 Steelcase Road East  
Markham, Ontario L3T 1A2  
**Mailing Address:**  
32 Doncaster Avenue  
Thornhill, Ontario L3T 1L3  
**Phone:**  
(416) 889-6351

Toronto's newest racquetball courts are at the Mayfair Parkway Racquet Club. This 1½ million dollar complex combines tennis, squash, and racquetball (in a manner similar to the Cote de Liesse and Mirabel Clubs in Montreal). It offers such amenities as saunas, whirlpools, exercise rooms and banquet facilities.

One of its three racquetball courts has a glass backwall with a large gallery for viewing. The Club hosted the recent and very successful Toronto Open, won by Rochester's Leo

Marsocci over Toronto's own Manny Gregorio who is also a member of the new Club. At the time of this writing, the Ontario Closed Qualifying Tournament for the National Championships was about to take place. Both tournaments were being handled by Ontario's "Roving Racquetball Ambassador" Jack Armstrong.

The Club is located in the north-east end of the city at the Don Valley Parkway extension and Steeles Ave.

**Membership:**  
**Squash & Racquetball Rates**  
A. Prepaid Men \$110.00  
Women 60.00  
Juniors 40.00

B. Per period (casual players)  
weekdays 8:40 am - 4:40 pm \$4.00  
4:40 pm - 11:20 pm 6.00  
weekends 8:40 am - 4:40 pm 6.00  
4:40 pm - 11:20 pm 4.00

**Squash & Racquetball Guest Fee**  
Prepaid Player: \$3.00 per guest plus half court time.  
Casual Players: \$3.00 per guest plus court time.

Come to Orange County's most complete health, fitness and racquetball club for men and women.

- 10 air conditioned full-size racquetball courts
- Unique 12-step circuit training gym and weight room
- Spa, whirlpools, steam & saunas, lounge & sun deck
- Year round programs for the whole family including weight reduction, jogging, aerobics, yoga.

# HEALTH PLUS RACQUETBALL

All facilities are now open. No waiting. No contracts. Transferable individual, family and corporate memberships start as low as \$15 a month. BankAmericard and MC. Bring the wife and kids. For a free tour and demonstration call 540-0611.

## SANTANA COURTS

HEALTH AND RACQUETBALL CLUB



# Do Vitamins and Minerals and Food Supplements Really Assist Athletic Performance

Jerry Northwood

Good question! The only way you're really going to find out the answer is to do a little organized experimentation. Everybody's body is different. What effects one body one way will not be the same to another.

I can tell you from personal experience, it makes a great deal of difference to me. I can also speak for many athletes I have had the opportunity to work with. They will tell you, an organized pattern definitely had a positive effect for them.

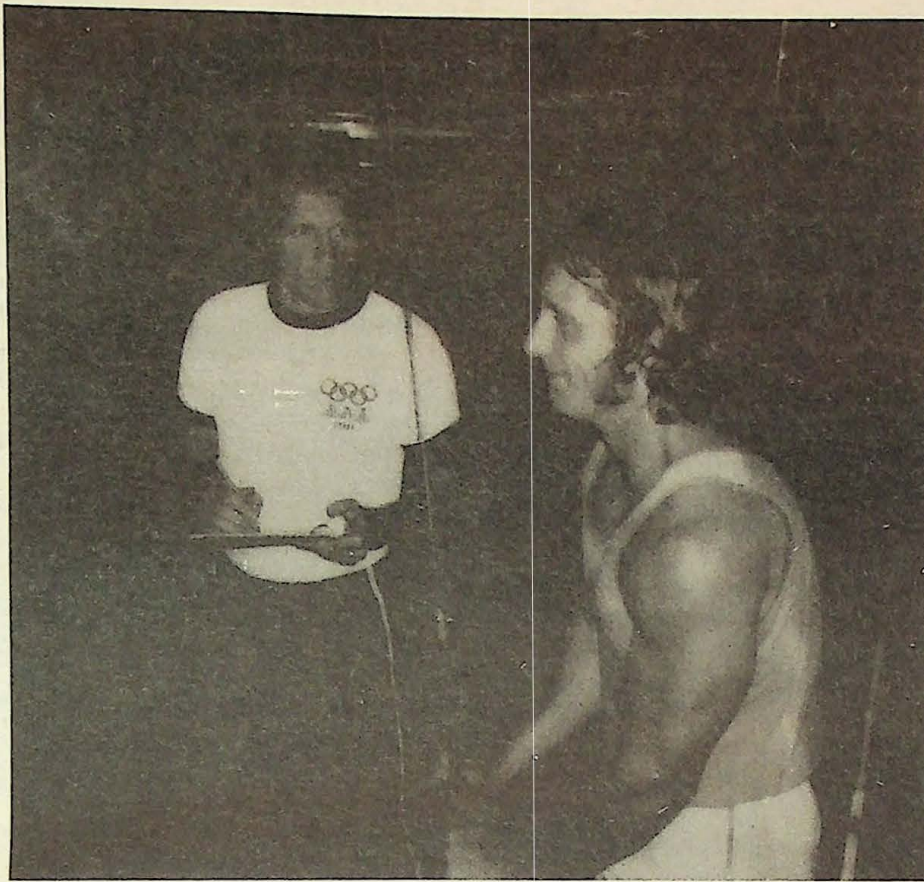
To prove it to yourself, you're going to have to set up an organized pattern to see it's effect on your body. If you're interested, here is a general guide that I follow and many other athletes have benefited from. We will divide this pattern into two categories; everyday normal activity and under tournament competition. Obviously, the physical demands are much greater under tournament competition.

### Normal Daily Activity

There are several supplements you could take advantage of on a daily basis. We will keep our list to a minimum and explain the potential advantage in Laymen's terms. Before you decide to see the effects on your body you should study each one extensively so you'll know the suspected results.

The first supplement to consider is the building block to an organized program, the multiple vitamin. As the name implies, the multiple vitamin is a little bit of all the vitamins and minerals your little body needs in one day. Contrary to popular belief, there is no such thing as an effective "one a day multiple vitamin." It is suggested, to really get the full benefit, a multiple should be taken three times per day, breakfast, lunch and dinner. It's not necessary to pay a lot of money for a multiple, but insist on a vitamin as natural and unprocessed as possible. Tests many times over have proven that there is no comparison between the beneficial effects of a natural vitamin and a synthetic one.

Next it is suggested you try a Hi B



complex vitamin. The B vitamins have many good uses; the most important to the athlete being energy expenditure. For normal daily energy expenditure including up to two hours of racquetball (no tournament) try two, three times per day. If you need more energy, try three, or try dropping back to one to see if it's enough. No sense wasting money, as your body will just pass off the excess.

Along with energy, the athlete needs endurance, (the ability to prolong your high level of energy). Vitamin E will assist you here. It is suggested your E be as natural as possible and be in a base of wheat germ oil and lecithin. Your body will assimilate the E much better and there are many beneficial results in wheat germ oil and lecithin. Suggested amounts taken should be the same as B.

Vitamin C is very necessary and for many more reasons than the old standard you've always heard. One of the most important actions of natural vitamin C (not ascorbic acid) is to produce an amino acid called collagen. Collagen in return is responsible for cell wall and cell membrane unity. In simple terms, it helps to keep each cell stronger longer. Since there are nothing but millions of cells and under athletic competition you put much greater demand on each cell, it only stands to reason you want each cell to be as strong as it can and last as long as it can. Unlike the others, the body will not make vitamin C. And, unlike the others, the body doesn't store vitamin C. It is suggested you take vitamin C four times per day; the fourth time being at bed time.

It is suggested you take kelp tablets for additional minerals and trace minerals. An active athlete generally requires additional minerals due to elimination through perspiration. One three times per day should adequately supply your system.

There you have it, the basic four and kelp. Once again everybody's body is different so you'll have to find out what combination works best for you. The recommended amounts above sure won't hurt you and have helped many.

### On Days of Tournament Competition

In addition to the every day supplements, there are some additional supplements that may assist you. If you have muscle cramps or soreness during or after competition, a supplement called CMC, (calcium, magnesium and vitamin C) will be a helpful addition. The calcium is for muscles, not bones, and the magnesium is a mineral lost in perspiration. The benefits of vitamin C have been discussed, plus in this case, it helps to assimilate the package better.

If you really have difficulty with cramping, muscle fatigue or soreness, and trouble recuperating, the best assist I have found on the market is Slo-Salt plus K. Unlike your regular salt tablet (which I would never recommend), Slo-Salt plus K is a time released sodium chloride plus potassium, another mineral lost through perspiration. The tablet does not digest in the stomach so you won't get that sick stomach feeling as with normal salt tablets. Also, as a time released tablet, it takes four hours to pass through the system, giving you

prolonged protection during tournament play. I have personally tested and used Slo-Salt plus K. For me, I noticed no cramping during or after a full three day tournament, much quicker recovery between matches, and often the next day of the tournament, almost no muscle soreness. The big difference for me was an average weight loss of only six pounds for three days when without the Slo-Salt plus K, it was fifteen pounds. As far as the correct amount of Slo-Salt plus K, approximately four tablets one hour prior to competition and four right after competition is a good starting point. If you're not getting the desired results, take five or six. Find out what your needs are. This product has been tested with soccer and football players, and distance runners with quantities many times higher with no adverse side effects.

As for the CMC, on normal days take two, three times per day. On tournament days, take four three times per day. Take the basic four plus kelp on tournament days as you normally would; however, add two additional B complex, two additional vitamin E and two additional kelp tablets prior to each big match. This should handle the additional energy and endurance demands.

There you have it! Now it's up to you to try it. Once you've been with the program for about two to three months, try to control variables as much as possible and quit taking them to see the results. You'll be quite surprised.

You'll also be able to answer our original question as to whether these supplements do make a difference in your athletic competition. Here's to your Healthy Success. Remember, send your questions or comments to the Health Department.



## Tumwater Valley Racquet Club

Home of the Washington State Racquetball Tournament (Mark your Calendar for February)

For Information Phone or Write:

TUMWATER VALLEY RACQUET CLUB

4833 Tumwater Valley Drive  
Tumwater, Washington 98501  
(206) 352-3400

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