

National Racquetball[®]

Vol. 14 • No. 6
June, 1985
\$2.00 USA
\$2.50 Canada



SHARLENE WELLS:
MISS AMERICA
ON THE COURT



—Hulk Hogan, World Wrestling Federation Heavyweight Champion and Amateur Racquetball Player



"Okay, I know what you bozos are thinking. You take wrestling pretty lightly, right?"

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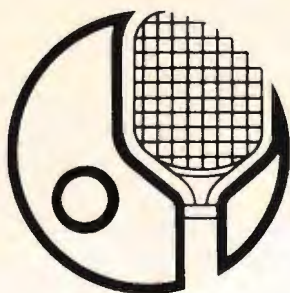
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"Now if I could just learn to kill the ball *after* the opponent serves it."

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DATE: _____

AGE ELIGIBILITY FOR RACQUETBALL
– AUGUST 13, 1985

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☐ 40+

☐ 40+

☐ 65+

☐ 45+

☐ 45+

☐ 50+

☐ 50+

☐ 55+

☐ 55+

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T-SHIRT SIZE: ☐ S ☐ M ☐ L ☐ XL

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National Racquetball®

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On the cover . . .

Sharlene Wells, Miss America 1985, graces our cover this month, flashing the beauty that made her the choice of judges. But there's much more to this world-traveling Utah native than beauty. For an in-depth discussion about racquetball, the pageant and life in general, turn to page 12.

—Photo by Arthur Shay

Next issue . . .

It's tournament time and *National Racquetball* will be there to bring you the play-by-play of the major events of the season. The Ektelon Nationals, WPPA Nationals, Inter-collegiates and other significant events will be covered . . . along with our regular, outstanding features, of course.

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Tournament Director: Paul Henrickson, (617) 754-6073

Entry Fees: Men's Pro Event - \$75.00; Women's Pro Event - \$50.00; Amateur Events - \$35.00; All Second Events - \$15.00. Entry fee includes an embroidered V-neck sweater, Sunday outing to Boston Red Sox game, Tuesday evening Boston Harbor cruise, Wednesday evening banquet, hospitality during the tournament, admission to all matches, and the chance to share in the \$110,000 in cash and prizes to be awarded.

Entry Deadline: June 1, 1985. *NO phone entries. *Entry fees non-refundable.

Send Entry To: Paul Henrickson, New England Racquetball Association, 20 Oakes Street, Millbury, MA 01527.

Official Ball: Penn Ultra Blue

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

Transportation: A complete travel package can be obtained by calling Ciccarelli Travel (617) 753-3508.

Official Airline: United Airlines; AARA account number 558M, offering 30% off of normal super-saver rate.

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Quarter-Finals	1,500	1,000	
Round of 16	500	450	

General Information: Pro Format: Unlimited qualifiers into a main draw of 32.

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| ☐ Men's Open | ☐ Men's 30 + | ☐ Women's Pro | ☐ Women's 25 + |
| ☐ Men's A | ☐ Men's 35 + | ☐ Women's Open | ☐ Women's 30 + |
| ☐ Men's B | ☐ Men's 40 + | ☐ Women's A | ☐ Women's 35 + |
| ☐ Men's C | ☐ Men's 45 + | ☐ Women's B | ☐ Girls' 18 and under |
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Penn
Racquetball

EDITORIAL

Every Man's Dream

There I was in the most improbable of situations—waiting for Miss America. Not only was I waiting for her, but she was on her way to see me! Like I said, the most improbable of situations.

Sharlene Wells, Miss America, every man's dream, and lucky for me, a racquetball player. A "pretty" good one, too.

I paced the lobby of the Hyatt Regency Chicago, looking more like an expectant father than expectant interviewer. I popped the 15th mint into my mouth and rubbed my sweaty palms on my slacks for the 10th time in the last minute and a-half.

And then, there she was.

My first thought was, "Wow, she looks like a regular person."

My second thought was, "How do I get rid of the chaperone?"

My third thought was, "No chance."

Jean Sauser, my cohort here and the person most responsible for setting up, coordinating and following through on the Miss America story (page 12), drove our getaway car as we suburbanites scurried almost randomly through the streets of Chicago, somehow hoping that Lehmann Courts would jump out at us. Eventually we got there.

Funny how different your perspective is when you walk side by side with Miss America. It's not much different than asking the prettiest girl at the party to dance and having her say "yes." You notice the heads turn, the whispers racing through the room, the slobs who make wisecracks.

And you wonder how a young woman (Sharlene had just turned 21) can possibly enjoy that existence day after day, appearance after appearance, town after town. The whole world watches her every step, more closely than ever before due to the de-throning of 1984's Miss America, Vanessa Williams.

We did our duty at the club. I asked her the usual questions, she gave all the right answers. She smiled, and Art Shay took the pictures. Lehmann owners Marv Lustbader and Bob Najman, plus their entire staff, were gracious hosts in every way.

But I could tell she was anxious.

"Let's go hit," she said.

So Jean and Sharlene hit for awhile, and Art took more pictures. And a crowd gathered and Sharlene smiled. Ellie Ross (the chaperone) and I watched through the glass back wall and then



Ellie, who's been chaperoning Miss Americas for nine years, showed me her collection of photos from over the years.

(Forget it. I already asked. No openings for the job.)

So I left. Said my goodbyes to Jean, Sharlene, Ellie et. al. and was on my way.

What's the big deal? Well, for the next three and a-half hours Sharlene Wells—Miss America—played racquetball. She played hard; she played not so hard. She played men; she played women. She won plenty of rallies; she lost plenty.

When finally Sharlene had had enough, Jean asked her why the rigorous workout? Why so long against so many?

"I was having fun," said Sharlene. "I don't get to have fun like this very often."

That's why I love racquetball. ●

Chuck Leve



Taking her job way too seriously, Miss America chaperone Ellie Ross (l.) holds back National Racquetball senior editor Chuck Leve, as Leve "attacks" Miss America, Sharlene Wells. Ms. Wells is laughing because she knows Leve doesn't have a chance.

Racquetball Prayer

Dear Lord of Kill shots,
Be with me today.
Watch over me
On every play.
Give me a ref
With twenty-twenty;
Make all my pass shots
On the money.
Remember, please,
If I don't win—
I'll never speak
To you again.

BUY 12 DOZEN FOOT-JOY
RACQUETBALL GLOVES, GET A
PAIR OF FOOT-JOY CLASSIC DRESS
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See Your Foot-Joy Sales Representative. Offer Ends July 1, 1985.

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You see, after a few games with most gloves, all that sweat you work up starts working its way into the leather.

Before you know it, an otherwise perfectly soft glove can become about as comfortable as wet cardboard.

Which is something that simply can't happen with Foot-Joy racquetball gloves.

You see, Foot-Joy gloves are made with a specially tanned Cabretta leather. So they're much more resistant to perspiration.

Which, in turn, means they stay soft and tacky far longer than other gloves.

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Even if they do have some stiff competition. Foot-Joy, 144 Field Street, Brockton, MA 02403-6009.

Foot-Joy®

The 80's

You know you are in the 80's when you walk into a Sports Medicine Clinic in search of some good economical professional advice on healing an injury and the lobby is full of your clones. That's what happened to me shortly after I strained a calf muscle during a doubles racquetball game a few weeks ago.

The clinic was packed to say the least. It looked like a yuppie convention on crutches. As I walked toward the receptionist's window, I smiled to myself, amused at the fact that I would always belong to the generation that simply would never "grow up." One that would always participate in sports and fitness.

"Times have definitely changed for the better," I told myself as I looked around the room. It was filled with adults of all ages, dressed in clothing that ranged from warm-ups to three piece suits engaged in animated conversations about sports. Almost immediately, I recalled some incidents that had happened in my life a few years back when times were not so fitness oriented.

My first thought was of my mother and father raising my brother and I as children in the 60's. Our family was the only family on the block that played baseball in the street together. Add to this the fact that my father had seen a television show on aerobic fitness and took up jogging around the block in his black keds.

The whole neighborhood thought we were weird. All we knew was that we were happy.

The 60's were very sedentary times for most people. When my mother hurt her back sliding into home plate during one of our baseball games, she went to our family doctor



who looked at her disapprovingly and said, "Aren't you a little too old for baseball?"

I'm the same age now as my mother was then and am very thankful that times have changed in favor of those of us who don't want to "grow up" and refuse to think of ourselves as "old."

I live in a world where it's okay to play racquetball, go windsurfing, run, bike and go camping. In fact, it's more than okay, it's the lifestyle of the 80's.

The 80's is the most liberal decade yet in terms of sports, recreation, health and fitness. All you have to do is turn on your television set to see it.

Marathons and triathalons have been added to regular sports programming on major networks. Cable television features racquetball tournaments on a regular basis. Video cassettes carry Jane Fonda and a list of exercise Gurus too long to mention here.

Last summer, there were few complaints when ABC packed our television sets with the most extensive Olympic coverage in television history.

Nowadays my mother plays racquetball and goes fastwalking while my father swims distance. My brother is a tri-athlete and our new doctor thinks we're all healthy instead of crazy. The neighborhoods we live in today are filled with people jogging, biking and playing baseball with their kids.



It's a comforting thought to know that in the 80's, I'll never have a doctor nursing one of my sports injuries tell me that I'm too old to be having fun. In fact, that's what Sports Medicine Clinics are built on, today's health concepts of getting players back to the courts, runners to the roads, bikers to the trails and health buffs to the gym.

My trip to the Sports Medicine Clinic made me profoundly aware of the fact that somewhere along the line, a change for the better has come. We've re-defined the term "grown-up" to include such things as racquetball and fitness for life. Terms like "too old" have been changed to "never too old" in a world where middle age has been extended to include old age because most of us have stopped calling ourselves "old." Times have changed because we've changed them. Thank God it's the 80's! ●

Leah Sausser

Thanks, Ref

Thanks for reffing, turkey;
I'm sure you did the best you could.
If you have even twice the brains
You still would be no good!
In all my years of playing
You're the worst I've ever had—
From now on, stay away from me,
And I really mean it, Dad.

THE TONGUE WILL FALL OUT BEFORE THE SIDES BLOW OUT.



When a shoe comes apart on the side, where the uppers and the bottoms come together, it's called a blow out.

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The result is a bond that's so tough, blow outs are all but eliminated.

Of course, there's a lot more going for Asahi court shoes than the way we put the uppers and the bottoms together. There's the uppers and the bottoms.

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If you want tough, comfortable shoes that will help you get the most out of your game, get a pair of Asahis.

Should you completely forget about blow outs?

You don't worry about tongues falling out, do you?

Asahi
YAMAHA

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LETTERS

On The Brighter Side

Dear Editor:

I just thought I'd let you know what a good job you've been doing lately! I especially enjoyed the new column in the *April* issue, "Short Lines." A little bit of gossip goes a long way to pick up the day! I was disappointed to read that Marty Hogan was getting married . . . such a loss!

Eileen Lorz
Des Plaines, IL

Eyeguards—Again and Again

Dear Editor:

I was introduced to racquetball a few months ago and think it is a great sport. I have been reading the April issue and the letters concerning eyeguards caught my eye.

My question is, are there eyeguards for me? I wear eyeglasses and would like to purchase a pair of eye protectors that fit over my glasses.

Mike Gamez
Mendota, CA

Yes, In our February issue we featured our annual eyeguard guide—what's available to players on the market today. We have mailed you a copy of the article (the issue itself sold out!) Welcome to racquetball and welcome to National Racquetball! — Ed.

Dear Editor:

I suggest a rule that gives a one point per game spot to the player who wears eyeguards against the one who doesn't.

Henry Grills
Palm Beach Shores, FL

Good idea?—Ed.

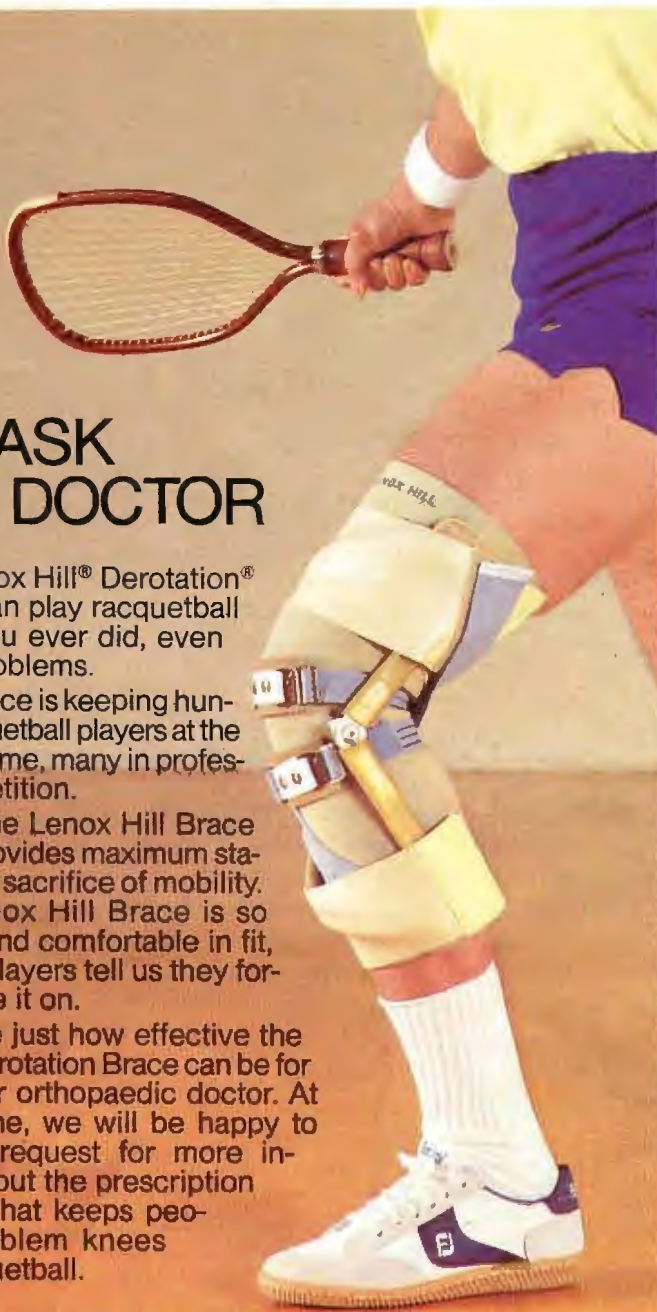
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RMA Response

Dear Editor:

We were pleased to see your editorial in the *March* issue regarding "RMA? Alive and Kicking!" There are, however, a few points which may be of further interest.

The five firms you referred to in paragraph two contained misinformation. There are four firms currently in RMA: Ektelon, Diversified Products, Penn and Voit Sports Inc.

Wilson and AMF Voit were members during the first year but AMF Head was never a member.

RMA is making progress with putting together an official Men's Pro Racquetball Tour and as your comments reflect, the grass roots level project continues to improve.

Thanks again for your support.

Don Bushore
RMA Executive Director
North Palm Beach, FL

RB, Fitness, & Clubs

Dear Editor:

Your feature "Sport of the Future" was appropriate and well done. You did a nice job on it and I congratulate you and thank you. The next step is to get IRSA to run it in *Club Business*.

To "Play Racquetball for the Health of it!" I would add, "Racquetball is Forever!"

It is forever because it is a lifetime sport just like Racquetball Millie and, because as a sport it offers clubs membership "staying power." Why do golf clubs and pure tennis clubs have second and third generation members? Because they provide sports that offer

continuity and do not have to be reinvented every season. All you have to do is keep them fun and enjoyable through programming.

On the other hand, this thing called "Fitness" is not a sport, it's really a state of mind that is undefinable and ever changing. It is definitely part of the club scene and here to stay, but for a club to try and always be on the leading edge of fitness could be quite frustrating and expensive because of its dynamic nature.

For most clubs, the proper mix of the sports with the various elements of fitness is the answer. This is the combination that builds membership stability while keeping the product innovatively exciting.

Patrick J. McGlone, President
American Racquetball Handicap System
Minnetonka, MN

Unsportsmanlike Conduct—Part II

Dear Editor:

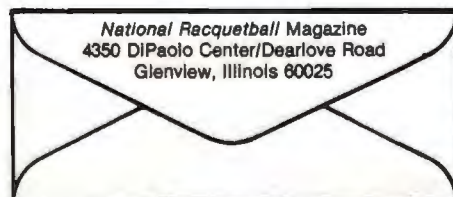
Recently in your *April* issue, I read a

letter written to you on "unsportsmanlike conduct" concerning pro player Bret Harnett.

In the past, I have been fortunate enough to attend many of the pro stops. The conduct described during the Dave Peck-Harnett match in Tempe, AZ came as quite a surprise.

Bret has been one of the most determined players on the pro tour, and in my opinion, also one of the most professional. I recall that he won the Sportsmanship Award a few years ago while on the Catalina tour. My husband refereed the match in question and he recalls it was not Bret who received the technical foul during the match.

Elaine Eggerman
Boise, ID



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SHORT LINES

Short Lines features personal stories of racquetball pros, celebrities and industry leaders. Short Lines is about the special performances of racquetball people around the world, their personal bests and their personal sides!

Wagner Embarks On New Career

Richie Wagner



You've Come a Long Way Baby . . . Richie Wagner, a veteran pro tour player who's currently holding down the number 17 slot, is now holding down a position as part owner of the Tournament House Racquetball Club. The club, owned and operated by Vince Lerner and son Steve, has had a history of good will and opportunity for professional racquetball players.

"We've had as many as four out of the top 10 players training here at one time," says a proud Lerner who's always been there with a job or a helping hand to any pro who needed a home away from home. "Linda Siau worked here during and after her years as a professional player," Lance explains, "and of course we're proud to say that Craig McCoy plays here, along with Lynn Adams and Jim Carson when they are in town."

Wagner is ecstatic about his small partnership position. "Lance is just a great guy, and I'm honored. This is something I've always wanted, to have an athletic facility to fall back on after my years of playing are over."

Wagner's playing years are not over yet, however. He's touring the country under full sponsorship from AMF Head, managing the club and tending to his wife and two children.

"I guess you could say I'm growing up," Richie says and then quickly adds, "but I'm not over the hill!"

A Pro is A Pro is A Pro . . . Marci Greer, one of the most likeable women pros to ever play racquetball has been temporarily detoured from the WPRA tour.



Different Strokes . . . Marci Greer could always run down a racquetball with the best of the women. Nowadays she's on the LPGA mini-tour following a golf ball in hopes of future glories as a pro golfer.

The former number four-seed and constant threat to the likes of Lynn Adams, Shannon Wright and Heather McKay is playing on the LPGA mini-golf tour. According to friends, she's doing well. Good luck Marci.



Hulk Hogan Move Over, Mink Stoll is on the way. Bonnie Stoll as a professional wrestler. Well, the body types are similar, but it's still a maybe. In the meantime, it's fun.

Take The Long Way Home . . . The 1979 hit from Supertramp took on a new meaning recently at the Bud Light Cash Clash, when Doug Ganim agreed to promote the event while attending various tournaments around the country. While out on the tournament circuit, he ran into two competitors from Canada, Ralph Hackbarth and Mike Ceresia. In his efforts to recruit them down from the great white north to play in the Ohio event, he gave them directions stating that the tournament site was only 20 minutes from Columbus. The two Canadians were quite surprised to find that the tournament site was, in reality, over two hours from Columbus!



Would you buy a used tournament site map from this man? Doug Ganim, pictured here, looks innocent enough, but has been known to give incorrect directions to his competitors placing them hours away from instead of minutes to a site.

"I knew they wouldn't come if I told them how far from Columbus the Cash Clash really was, so I guess I did exaggerate the distance a bit," said Ganim sheepishly when asked if the story was true. Needless to say, Ganim won that tournament.

Mink Stoll . . . This is not the story of a coat, but of Bonnie Stoll, a WPRA pro tour competitor with a sense of humor. At a recent WPRA stop in Washington, Stoll was overheard entertaining tournament attendees about her future plans for racquetball. What are they? "To become a professional wrestler," claims Stoll. She goes on to explain that her professional wrestling name will be Mink Stoll. "Just think of the endorsements I could get!" she is quoted as saying. Stoll, who admits her parents "would absolutely die" if she really did become a pro wrestler has decided at least temporarily to stay on the women's professional racquetball tour. What was her seed on the tour in Seattle? Number 13 of course!

Apologies to Rick Farmer . . . In last month's Short Lines, we stated that Lynne Farmer's husband's name was Jim. It is Rick. Sorry!



Marty Hogan, racquetball's number one celebrity, stayed off the court on March 30th to host the **Marty Hogan Celebrity Classic** in Los Angeles, CA. The event, held at the Mill Valley Athletic Club, featured round robin tournament play and pro/celebrity exhibition matches with proceeds going to the Multiple Sclerosis Society.

Prior to the event, Marty went on all of Los Angeles' major radio stations to recruit support and explain his special interest in helping those stricken with MS.

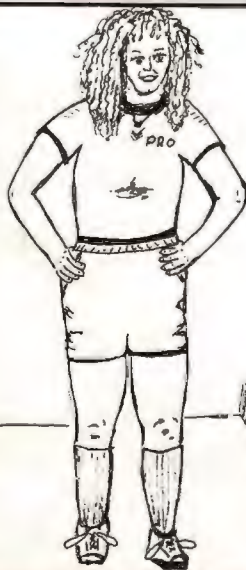
"When my mother first introduced me to racquetball, she told me that I could be as good as I wanted to be. Because nothing in the world could stop me but myself. I had everything I needed: my health.

But some people aren't so lucky, like those with MS. That's why we put

A Busman's Holiday . . . Marty Hogan takes time out from his busy tournament schedule to be a tournament director. Hogan, along with other celebrities joined forces for MS recently. Shown here with Rituals star Jon Lindstrom, General Hospital's Shelly Taylor Morgan, Stacy Okonowsky from Sho Biz productions and Frank Bonner of WKRP, Marty becomes "Host Hogan."

together the Marty Hogan Celebrity Classic. All the proceeds are being donated to the MS Society. That way everyone's a winner in my tournament."

Among the many celebrities in attendance at the tournament as players and spectators were **Ted Lange** of "Love Boat," **Shelly Taylor Morgan** of "General Hospital," **Jon Lindstrom** of "Rituals," **Frank Bonner** of "WKRP" and **Al Downing** of the Los Angeles Dodgers. There will be a second classic held some time next year.



*Miss Janell,
— Please tell us
the story about the
Canadian Witch and
the Princess from
Utah again!*



Sounds Funny . . . One of **Janell Mariott's** club members doubles as a resident cartoonist. When he decided

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FEATURE

Miss America Sharlene Wells:

by Chuck Leve

*Suzette Charles,
Miss America 1984
crowns Sharlene Wells,
Miss America 1985.*



—Photo by the Photo Co.



RB Is Her Court

It's a good thing her talent wasn't hitting a backhand corner kill from 38 feet.

Instead, Sharlene Wells' talent audition for the Miss America pageant was playing the harp and singing in Spanish. For that effort, plus her superb interviews and obvious physical beauty, the Salt Lake City resident (with South American stops in between) was crowned Miss America 1985.

But if she had her way, Sharlene would have auditioned on the racquetball court, or volleyball court, or running track, for despite most perceptions of Miss America to the contrary, the reigning dream girl is most definitely into sports.

"I've been into sports all my life," says the 21-year-old blonde. "I was particularly good at swimming and track, in

fact I played on my school teams when growing up."

Miss America a jock? C'mon, gimme a break! But it's true!

The fifth of seven kids born to Robert and Helen Wells, Sharlene has two older brothers, two older sisters and two younger sisters. She was born in Paraguay but schooled primarily in Argentina, finally spending her senior year in high school in Salt Lake. It was her years of South American residency that developed her fluent Spanish, so instrumental to her capturing the Miss America crown.

That Sharlene Wells might someday become Miss America was a thought far from her mind. She had her eye on the Olympics instead.

"Two years ago I was one of those people who was saying there's no way I'm ever going to enter a beauty pageant," she said. "The Olympics were more on my mind than anything else. Then I found out about the scholarships."

The Miss America pageant, it turns out (and few in the general public realize), is the largest scholarship foundation for women in the world, dishing out \$4.5 million dollars a year.

"I got involved primarily due to the scholarships," said Sharlene. "I figured that if I could win the local pageant it would pay for a semester's worth of music lessons and books. I wasn't even thinking about the national contest."

By her own admission a very competitive person, Sharlene didn't have any misconceptions about the pageant once she reached Atlantic City. It's one of these contests where you do your thing, try your best and see what happens. There really isn't all that much room to try and win at all costs—at least that's what Miss America says.

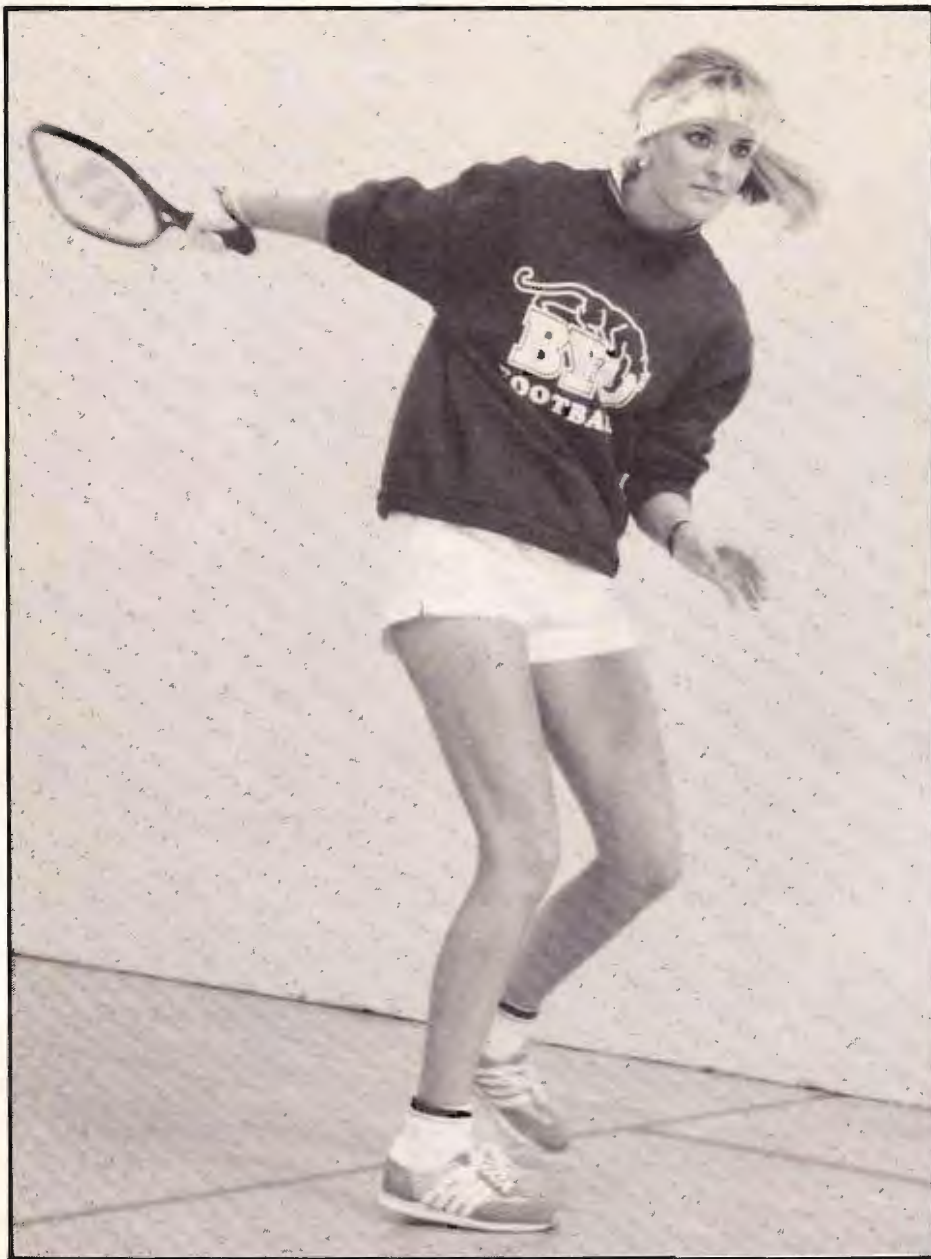
"My goal was to perform my talent like I knew I could," she said, "and give the best interview I could. If I did that I'd feel good about the experience. It wasn't so important if I won or lost."

"I was hoping that even if I didn't win, that perhaps I'd do well enough for some of the scholarship money. I had confidence that I could do well."

Miss America wins \$15,000 plus a great deal more, not the least of which is the crown itself which becomes her possession (it's made of rhinestones and crystal) but the national exposure also can lead to career opportunities. And if you ever wondered how the first and second runners-up can be so happy as the

Racquetball is a great date. It's a lot better than your basic dinner and movie.





I was one of 50 women all thinking the same thing. What am I doing here?

pageant leaves your television set, it's because they too win significant sums.

"First runner up receives \$15,000 and second runner up gets \$5,000," said Sharlene. "All the semi-finalists receive \$3,000 and preliminary winners get \$2,000. There's a lot of money involved on all different levels."

The money aside, the Miss America pageant was a real thrill for Sharlene, one of those experiences that would have been wonderful even without the

victory. And when you hear her say it, you believe her.

"I was one of 50 women all thinking the same thing," she said. "What am I doing here? We had a great time that week and I honestly believe that 95 percent of the girls were there to do their best, have fun, and represent their state well."

Racquetball entered Miss America's life about four years ago, just after she moved back to the United States. The

house her family first moved into happened to be only a block away from the Sherwood Hills Racquet Club in Provo, UT. The people they were staying with had a membership.

"I was immediately struck with the fact that it's a great workout and in a relatively short period of time," said Sharlene. "It was really fun and I could actually play a game without being absolutely wonderful at it."

Sharlene Wells may not be wonderful at racquetball, but she can do a great deal more than just hit the wall. She has fierce determination on the court coupled with a strong desire to get a serious workout. While winning isn't that important to her, playing to her potential is.

She understands that to excel at racquetball takes the time, effort and dedication similar to what she's put into music and singing. So she gives racquetball her best shot and takes it from there.

When she enrolled at Brigham Young University she took a racquetball class, playing four or five times a week. But the workout, while important, was not her only motive.

"Racquetball was a great opportunity to meet people," she admitted with a coy smile. "It's a good situation for a date rather than your basic dinner and movie."

Sharlene sports a strong forehand, with solid timing and never-say-die retrieving attitude.

"I don't dive very much," she said, "because I'm hesitant about killing myself. And every now and then I'll even hit a decent backhand."

She self-analyzes her concentration to be the weakest element in her game and bemoans the hard drives into the backhand corner, usually the last shot to be perfected by any player. But as she tours the world as Miss America, does she find time for a game now and then?

"Actually, I've played more racquetball than anything else during my reign," she said. "Racquetball is nice because if I've got two hours free in an afternoon, I can find a local club, get a court and work out."

"I usually can get into any club and it's not difficult to find somebody to play with for an hour. It's really the only activity I've been able to do consistently on tour."

That tour is rigorous in and of itself. Averaging less than two days in any one city, Miss America and her chaperone are constantly on the move. Interviews, press conferences, appearances are added to airports, hotels and limosines.

Glamorous? Yes. Fun? Well, different anyhow.

"I don't ever have what you might call a 'typical' day," she said. "It's always different and the variety is nice. It really helps.

"On the other hand, I never get to go home, see my family or friends, or take a break. That's the toughest part. Fortunately, I grew up traveling so I can

Two years ago I was one of those people saying there's no way I'm ever going to enter a beauty pageant. The Olympics were more on my mind than anything else. Then I found out about the scholarships.



handle it, although I wish I would stay in one place long enough to enjoy it."

Sharlene also confided that she yearns for the active campus life at BYU, living the normal co-ed life of football and basketball games, going out with friends, pizza and video parties. She's rarely with people her own age while on tour. And she misses the pets.

"I love pets and can't have them this year," she said. "When I was growing up I had a dog, two families of gerbils, three guinea pigs, a goldfish and a cat. Someday I want to have five dogs: a great dane, german shepherd, doberman, saint bernard, and American eskimo. I have no idea where I'm going to put them. I'll have to get a ranch."

But the fact is that Sharlene Wells is Miss America and the goals and desires that flow through a "regular" 21-year-old will have to wait until her reign is over. In the meantime, with her likeness on over 10,000 billboards nation-wide and crossing the country countless times for additional exposure, she has gone a long way toward rebuilding the image and stature of the pageant.

Of course, her title means that doors never before contemplated will now be open, something she doesn't take lightly.

"I've always felt that I could accomplish certain things," she said. "and I'm willing to work hard and pay the price. All of a sudden business opportunities are opening up, so I have to be careful."

Ellie Ross, one of the two chaperones assigned to Miss America (they alternate 30 day shifts), was waiting backstage in Atlantic City for the new Miss America, whoever she turned out to be. Ellie's nine years of experience as Miss America's chaperone hold many entertaining stories that, if given their due, would make an interesting piece of reading, we're sure.

While "on duty" Ellie makes and coordinates most of the arrangements, and guards the pageant rules to the letter. If you think you can take advantage of Miss America, forget it mister! Ellie is the rule book—what she says goes.

Has Sharlene changed as a person since her Coronation? Something as unreal as being crowned Miss America must change a person some.

"A lot of people think Miss America must be stuck up and believes she's on a pedestal," said Sharlene. "But I've got to tell you that I'm still a ponytail and jeans person who still loves going



—Photos by Arthur Shay

A lot of people think Miss America must be stuck up and believes she's on a pedestal. I'm still a ponytail and jeans person who loves going up to the canyon or going out there on the court and gettin' sweaty. I'll always be that person.

up to the canyon, or going out there on the court and gettin' sweaty. I will always be that person.

"On the other hand, my awareness has broadened, especially in regards to what I can accomplish in this life. All of a sudden I can accomplish almost anything I want to.

"As far as the people, you just have to be careful. For the most part I work with real people and that's good, but every now and then you run into somebody you're not sure about. That stops me cold."

After her year reign is up Sharlene plans to go back to BYU and root for the home team to repeat their football national championship, this time with her in the stands. After that, who knows?

"I'd love to get into recreation," she said. "Owning or running a racquet sports club would be nice. So would running a ski resort."

With that Sharlene Wells, Miss America got up and said, "let's go have some fun."

Unfortunately for me, she meant playing racquetball. ●

INSTRUCTIONAL

Charlie Garfinkel's 'Spot' Racquetball

Beating The Blocker

by Charlie Garfinkel

This article continues a monthly series by former top pro Charlie Garfinkel using the "spot" theory of racquetball, which helps improve your game by hitting a specific spot on the wall, which will give the desired effect for the shot. The spot theory also takes into consideration the "spots" on the court occupied by both you and your opponent.



Players at all levels have a very difficult time playing against a player who constantly stands in their way, hinders their swing, or forces them to change the direction of their shots. When a beginning player is confronted with this type of player the problems increase.

Because the beginner has had very little experience in dealing with the blocker, he often loses many points by changing his shots, resulting in setups for his opponent. Or, even worse, he skips seemingly easy shots because he is intimidated about hitting his opponent.

You must also realize that the blocker or player that constantly hinders usually knows what he is doing, which is a very unsubtle form of cheating.

Therefore, convert your frustrations and feelings of anger into positive thoughts and strategies. That is, take advantage of your opponent's blocking methods by utilizing the theories of "Spot Racquetball." By doing this, you'll be able to negate the blocker's effectiveness.

In addition, you'll be pleasantly surprised to see how frustrated the blocker himself will become. Remember—if the

blocker or cheater was really confident in his racquetball abilities, he wouldn't have to resort to such methods to win.

When the blocker serves he is at his worst. Usually, he'll hit a hard drive serve to your backhand. As you get ready to return down the line to his backhand, he quickly moves over to the left side of the service box causing a hinder. You then play the point over.

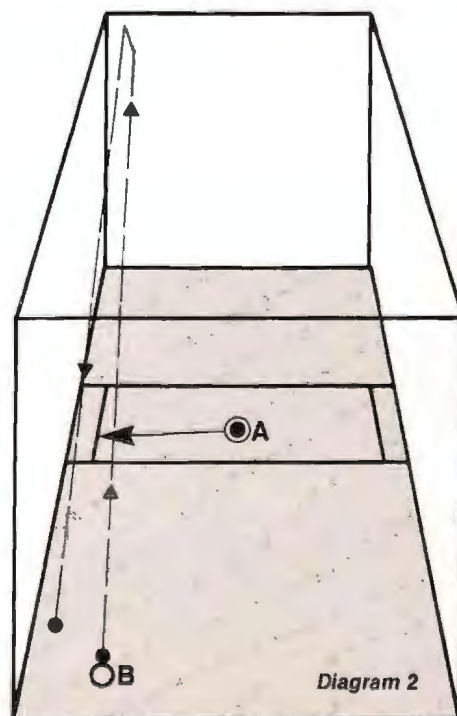
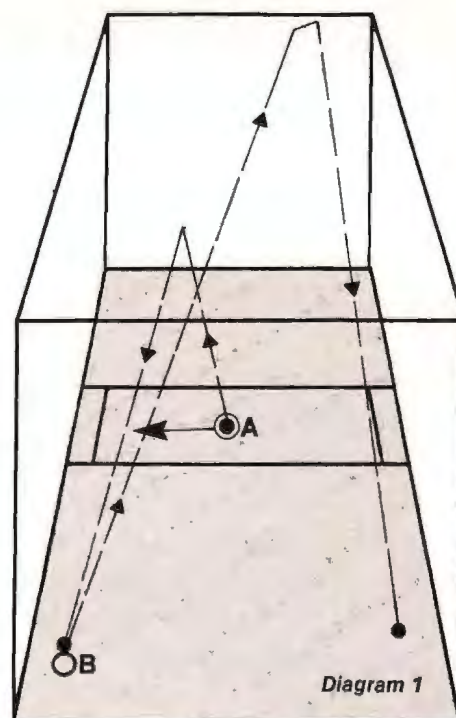
The server again hits a hard drive serve to your backhand. Once again, you hit the return down the line. And, yep, the server steps directly in your way again, causing another hinder. After this situation occurs a few more times, out of frustration, you blast the ball cross court.

The blocker is now ecstatic as this is what he has been waiting for. The ball has been hit to his forehand, his strength, and he quickly puts the ball away. And, naturally, he feels that he has accomplished what he has set out to do, i.e., force you to hit to his forehand.

However, the solution is really quite simple. Instead of hitting a drive return down the line or cross court, hit a ceiling ball cross court to the forehand side (*Diagram 1*). The ball should hit the ceiling about 3-5 feet from the front wall, 1-2 feet to the right of center. It will then bounce and carry deep to the right corner.

Because the server is stationed at the service line he'll have to scurry to the far opposite corner to return your return. Even if he is able to retrieve your shot, it should be a feeble effort at best, resulting in an easy shot for you.

Another serve that the blocker loves to hit is the Z serve to your backhand. After hitting the serve he stands near the left side wall making it virtually impossible for you to return a serve down the left side wall without hitting him. Of course, he's hoping that you'll return the serve cross court to his waiting



forehand. Don't fall into this trap! Simply hit a ceiling ball straight down the backhand side (*Diagram 2*).

Because the server is standing on or near the service line, the ball will bounce and carom over his head before he realizes what has happened. Once again, the surprise element of the ceiling ball could result in an outright point or weak return. And, best of all, you didn't have to change your stroke or shot selection in successfully moving the blocker out of your way.

When the ball is in play you're often given an easy shot off the back wall on the forehand side of the court. As you get set to hit the forehand kill, the blocker is standing directly in the path of your ensuing swing. Instead of burying the ball in your opponent's avor-du-pois, simply hit a hard cross court pass (*Diagram 3*). The ball should hit 1-2 feet to the left of center on the front wall, 2-3 feet high. This is very effective as the ball will be hit to the backhand moving away from the blocker.

In the same situation with the ball coming off the back wall in the middle of the court you have to be a little more leery. Because your shot selection is somewhat limited with your opponent stationed in perfect center court position, trying to kill the ball will be foolish. But, a well-placed pass to the left (*Diagram 4*) should produce a difficult return.

You must hit the ball about 3-4 feet high on the front wall, 1-2 feet to the left of center. Even though the blocker may be able to return the shot, he won't be able to do so effectively, as the ball is on his backhand side, and is traveling at a great rate of speed.

When the ball comes off the back wall on the left side, many unforced and foolish errors occur because the blocker stands in the way of your return down the line or cross court. Even if the blocker wasn't in your way I wouldn't recommend attempting to kill the ball with your backhand 30-35 feet from the front wall. This is an extremely difficult shot for more players, especially beginners who haven't yet acquired the accuracy or stroke technique necessary. And having the blocker in your way as you prepare to kill this shot will only complicate matters.

Therefore, the correct shot to hit is a safe backhand ceiling ball. This will move the blocker out of center court and into the back court (*Diagram 2*).

Acquiring an adequate pinch shot is imperative when playing the blocker,

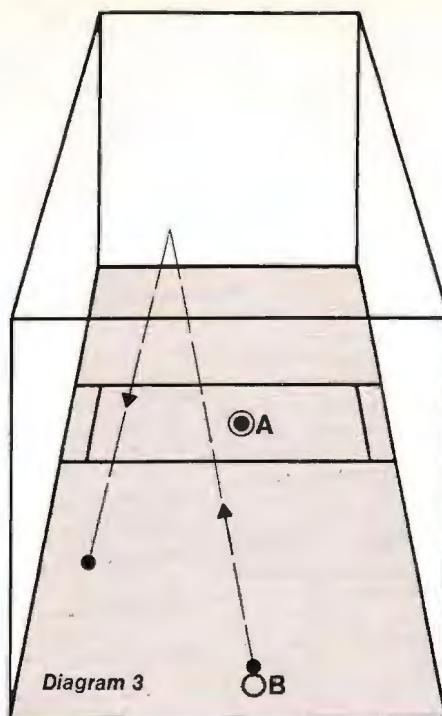


Diagram 3

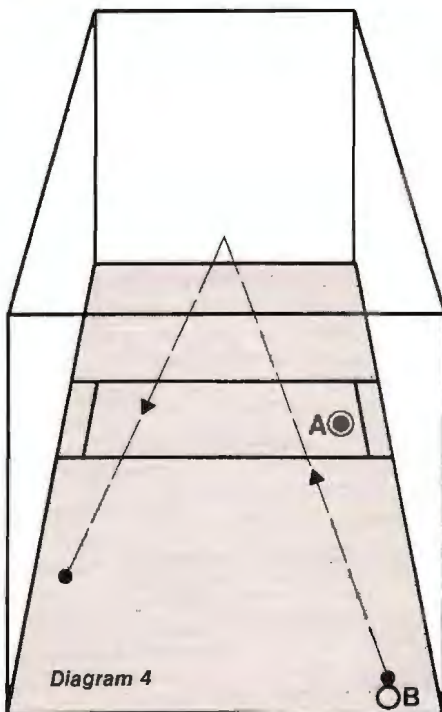


Diagram 4

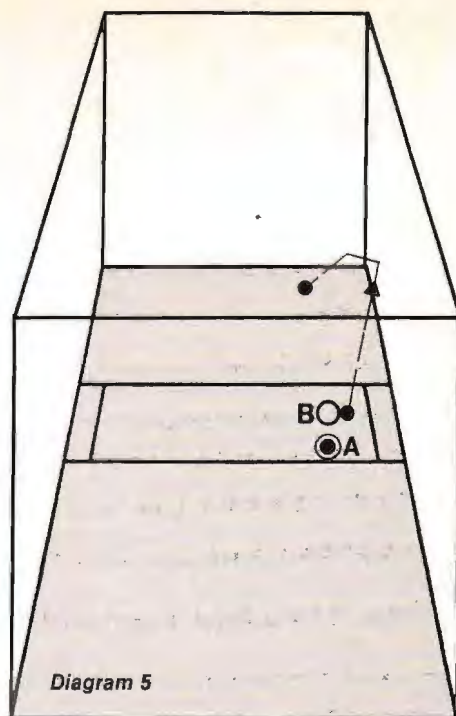


Diagram 5

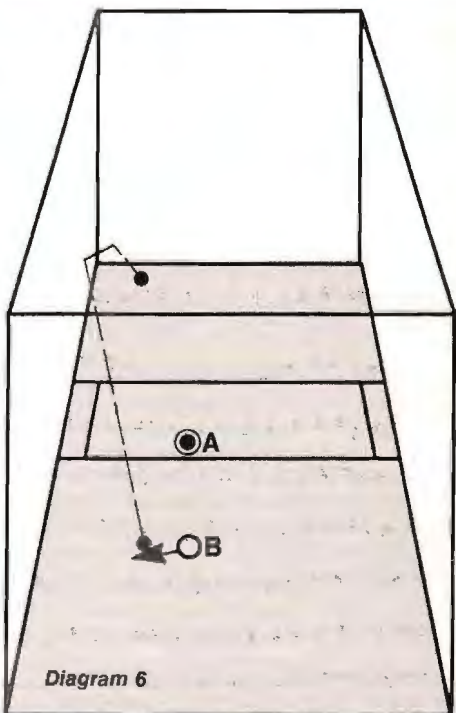


Diagram 6

especially when you're in front court. Often, when you're about to shoot a forehand from the short line, the blocker will try to crowd you from behind. Naturally, he does this to impede your swing and ruin your concentration.

Don't despair! Hit a hard pinch shot into the right corner (*Diagram 5*) as low and as close to the side wall, front wall crack as possible. This is an excellent shot to use with the blocker (or any opponent) pinned behind you. Because

the pinch will be traveling away from the blocker, he has virtually no chance to return it. And because of his close proximity to you, he has caused himself to be blocked out of the play.

Touche!

The forehand pinch into the left corner is an excellent selection in the following situation. As you can see in (*Diagram 6*) our blocker has moved directly in front of you again. Perhaps, the thought of burying the blue spheroid into his lower back has again crossed your mind.

Don't do it! Instead, simply move a

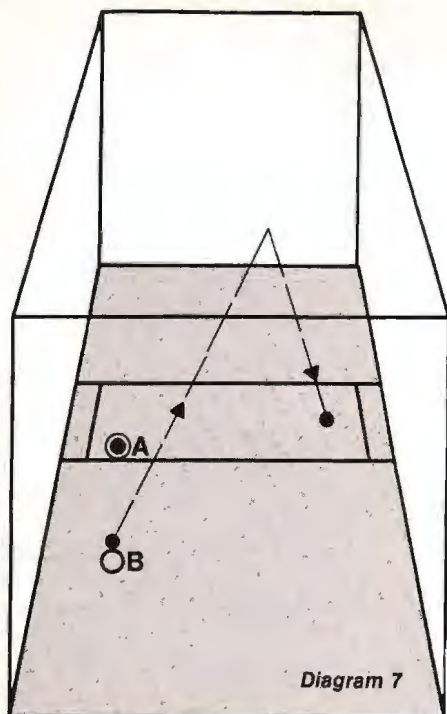


Diagram 7

step to your left, and shoot a hard forehand pinch shot into the left corner. I'll guarantee that the blocker will be

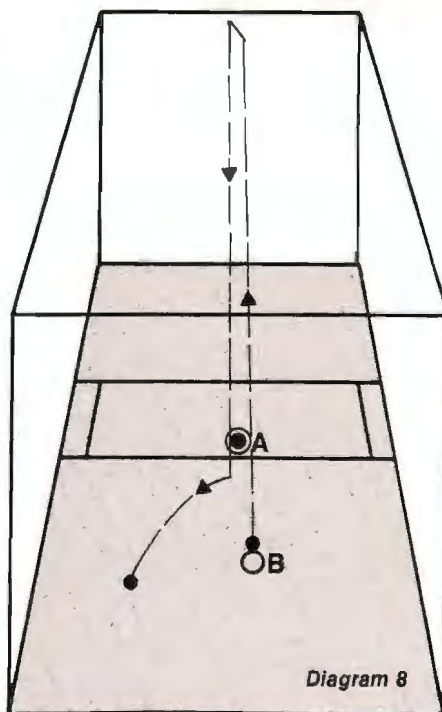


Diagram 8

one surprised racquetball player. By now he should be getting the message—his blocking techniques aren't working.

Sometimes during an extended rally in the forecourt, you're presented with a relatively easy backhand putaway straight down the line. But, as you're about to hit your shot the blocker moves directly into your path.

Actually, he's given you an easy point. Just hold your shot—and at the last second, hit a hard cross court pass to his forehand (Diagram 7).

Aim 1-2 feet to the right of center, 1-2 feet off the floor. The mistake that many players make in this situation is trying to hit a perfect shot. This often results in a skipped shot and lost opportunity.

One of my favorite plays that players of all levels can use, occurs when the blocker stations himself in the middle of the service box directly in front of you. The shot that I use is a ceiling ball to the middle of the court. However, I hit the front wall first, about 1-2 feet from the ceiling (Diagram 8). The ball then hits the ceiling, and takes off like a rocket over the stunned blocker's head.

In this particular situation the blocker is so startled and dumbfounded, he doesn't even make an attempt to return the ball. And, if he does, his chances of returning the ball are extremely remote. Personally, I derive great enjoyment out of seeing the blocker looking so mesmerized.

When I play a player in a tournament who blocks, I quickly alert the referee at the earliest opportunity that the blocker is in my way. After one or two avoidable hinders have been called, the blocker's game and concentration are ruined.

Of course, you could take the easy way out in practice, by refusing to play against the blocker or cheater. But, think of the challenge. If you can defeat the blocker in practice by using some of the shots we've described in *Spot Racquetball*, you'll destroy the blocker when you play him in a Novice, C, or B tournament. ●

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INSTRUCTIONAL

Ask the Champ

by Mike Yellen

Current National Champion Mike Yellen answers questions about improving your game in this ongoing, exclusive series in National Racquetball. Mike is a valued member on the advisory staff of Ektelon. Readers are encouraged to submit questions to Mike Yellen, c/o National Racquetball, 4350 DiPaolo Center/Dearlove Road, Glenview, IL 60025.



Question: How do you defeat someone who retrieves every shot? I'm an A player and one of my partners always beats me because he is so quick that he gets to everything I hit. His shots are not nearly as strategic as mine. In fact, he seldom kills the ball. What he does do is just keep the ball in play until I skip one of my shots due to frustration or worse still, hit a set up that even a beginner could kill.

It's to the point now where I can beat people who beat him and it's just no fun playing him, but I know I should beat him because it would help my game improve even further. Can you help me?

Bill McKlaren
Downer's Grove, IL

Yellen: Retrievers put more pressure on their opponents than any other kind of player. They make you feel like you have to be more accurate than you could ever be to win the point. In addition to their pressure on you, you begin to pressure yourself and consequently lose the match.

To beat a retriever, you must concentrate 100% on your shot selection and your execution. Only be concerned with where your opponent is positioned on the court so that you can hit the shot

that will win the point. If he does retrieve your shot, then a new situation is created that you will have to select the winning shot for once again.

Resign yourself to the fact that you may have to hit two or three good shots to make a point because of your opponent's retrieving abilities, but at no time should you allow yourself to get frustrated about it. That's what every retriever counts on. Make him give up before you do and you'll win.

Question: I'm having a tough time returning drive Z serves to my backhand. I consistently skip the ball instead of returning the serve effectively. How do you return the drive Z serve and what shots should you use?

Brian O'Donald
Irvine, CA

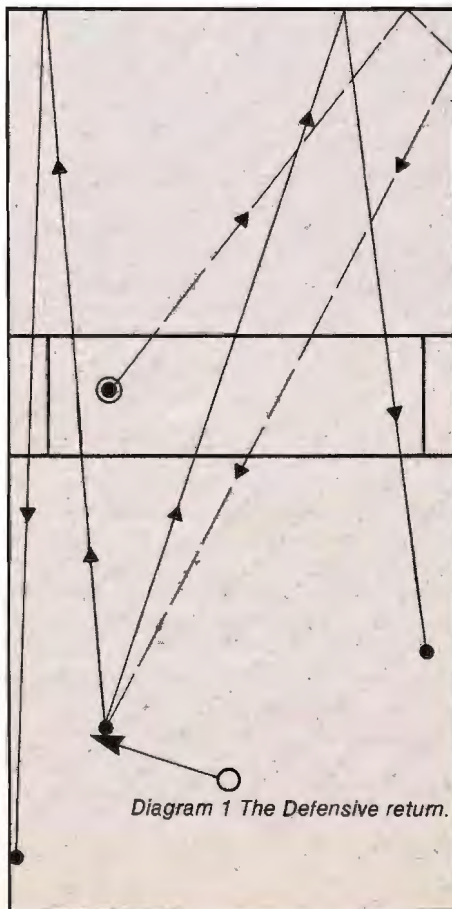


Diagram 1 The Defensive return.

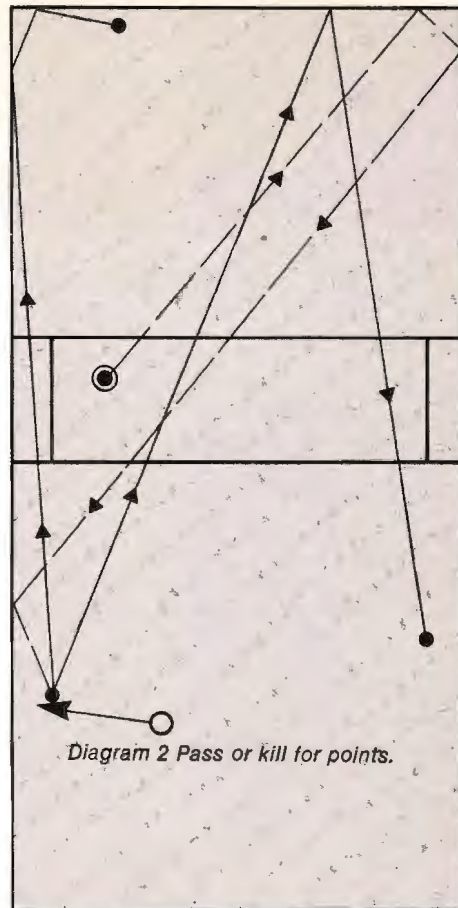


Diagram 2 Pass or kill for points.

Yellen: In order to effectively return drive Z serves, you have to anticipate where the ball is going to end up.

If the ball is going into the corner for a near winner, step forward and cut it off. Hit a ceiling return or drive a pass cross court or down the line. You must be defensive with your return in this situation because the serve is too good to do anything more with (see Diagram 1).

When the ball barely crosses the short line and pops into the side wall, you should play the shot off the side wall. In this case, set up to hit a kill shot or a near corner pinch or a down the line pass shot (see Diagram 2).

If your opponent sends his Z serve into the back wall first, get ready to kill or pass off the back wall.

Question: How do you beat a righty-lefty combination in doubles. Are there any specific shots you should use?

Sue Preshing
Northfield, NJ

Yellen: I've played all kinds of doubles combinations and have found that there really is no difference between a righty-lefty team and a "regular" team.

You might try bringing the ball through the center of the court a little more often to get a weak backhand return or two, but other than that, stick with the game plan that is making you points. It will probably be the same one you would use for a righty-righty doubles team. ●

TOURNAMENT RESULTS

Harnett Injury Gives Yellen First Tour Win Of Year

"I'm sorry I can't play."

With those words Bret Harnett brought to a close the 1985 LaBatt's Pro-Am at the Griffith Park Athletic Club in Beaverton, OR, the sixth stop on this season's RMA Pro Racquetball Tour.

Harnett's final round forfeit to second-ranked Mike Yellen—a scenario that is the secret nightmare of every pro tournament director—marked the first non-played championship match in a ranking professional tournament in over a decade. It was also the ultimate anticlimax to a tournament that had it all: thrills, drama, controversy, and some of the biggest upsets of the 1984-85 season.

Although the forfeiture somewhat tainted the victory for Yellen, the win was important for him nevertheless. Beaverton was the first championship of the season for the defending national champ, and Mike had played tack-sharp racquetball to reach the finals, losing only two games en route.

Indeed, considering how the two had played during the event, it was a shame the match didn't take place; the expected Yellen-Harnett battle had the potential of being a classic. As hard as it is to believe, Yellen and Harnett have not faced each other in a tour event in nearly three years, and they have never played during Bret's tenure in the top five.

In lieu of the final, Yellen conducted a clinic and staged an exhibition match with Canadian pro Woody Clouse. Ever gracious in victory (no matter how it comes), and having one of the better senses of humor on the tour, Mike told the crowd before entering the court to play, *"I just want you to know, if I lose this match there's no way I'm giving back the money."* Right on, Mike.

There's no doubt that breaking the thumb of your hitting hand at the first knuckle is an unpleasant experience. But what made this injury particularly gut-wrenching for Bret was that he was on a roll. The break occurred late on Saturday night during the final moments of his spectacular five-game semi-final upset of top-seeded Marty Hogan.

Harnett displays his injured thumb to a disappointed crowd on hand for the finals. They got a Yellen clinic instead.



In the closing moments of that match—just three points from taking the victory—Bret launched himself into back court trying to retrieve a Hogan pass and collided violently with the back wall glass, trapping the thumb of his left hand between the glass and his racquet handle. Incredibly, unaware that the hand was broken, Harnett played on for nearly 20 minutes before finally disposing of the stubborn Hogan, 10-11, 11-2, 6-11, 11-5, 11-8.

It was not until he awoke in the middle of the night that Bret was aware that anything was seriously wrong. By the time he reached the club to play the finals his thumb was blue and swollen to twice its normal size all the way to the wrist.

But even with the surprising turn of events surrounding the final, the real story of the Beaverton tournament was not a particular match, or even a particular player. The real star of the LaBatt's Pro-Am was the ball, which had many players feeling as if they had wandered into a time warp—back to 1975 and the live ball era.

Because there is no official ball on this season's RMA Pro Tour each event has the option of selecting their own ball. The Beaverton tournament was the first pro event ever to use the Ram, a ball that most of the players had little experience with.

In addition to an undesirable breakage problem, the Ram ball was extremely fast. Most of the players agreed that



The youngest player on tour, Andy Gross, is interviewed for a cable broadcast.

the pressurized Ram's that were used in the first two rounds were considerably faster than the old Seamco green that was used on the pro tour in the late 70's. That ball was known as "the rocket."

Yet despite some ball problems, the familiar names in the semi-finals (Hogan, Yellen, Harnett, Cohen) proved that outstanding players can survive almost any environmental quirk. That wasn't the case for some of the other top ranked performers.

Seven of the top 16 players were thumped in the round-of-32. Jack Newman (#13), John Egerman (#14), and Rich Wagner (#16T), who all play with similar deliberate styles, were each upset in three easy games by Evan Terry, Mark Martino, and Doug Cohen respectively. Ed Andrews (#12) and Mike Ray (#16T) fell to their unseeded opponents in five-gamers.

Then came the double shocker as both Peck brothers (#4) Dave and (#3) Gregg were upset by a Gross brother. David Gross (now tied with his brother Andy for the 14th rank) stopped Dave Peck in four games while Andy eliminated Gregg Peck in five—both in the round of 32!

Hogan came through his first round match, though not easily—he was extended to five games by Jack Nolan. Yellen advanced with the help of a forfeit. Most of the other winners just pulled it out any way they could.

But there were three exceptions: Harnett, Cohen, and Jerry Hilecher obviously had little trouble timing the fast ball as they disposed of their opponents with ease.

The round-of-16 saw three more top-10 players bite the dust: Gerry Price (#8) fell in three quick games to Hilecher, who by now was exploiting the speed of the ball with a blazing drive serve launched by a new serving motion; Scott Oliver (#6) was utterly destroyed by Cohen, 11-5, 11-10, 11-0, in Doug's best victory this season; and Cliff Swain (#10), unable to put victories back-to-back, was ousted in four games by fellow Northeasterner Ruben Gonzalez.

Marty Hogan and both Gross Brothers also swept by their opponents in the 16's, making the quarter-finals look like a reunion of St. Louis racquetballers. Five of the eight quarter-finalists (Hogan, the Gross's, Cohen, and Hilecher) grew up in that midwestern city which has long been recognized as the country's most prolific producer of racquetball champions.

Two of the quarter-final matches were close, and two were not. Yellen and Harnett breezed past Gonzalez and David Gross in four and three games, respectively.

Hogan finally laid to rest the widely-held belief that, for him, the faster the ball the better when he was extended to the limit by red-hot Hilecher in the quarters. Hogan was clearly uncomfortable with the speed. Hilecher finally yielded, but not before extending Marty to five hard-fought games, 11-7, 7-11, 11-6, 5-11, 11-8.

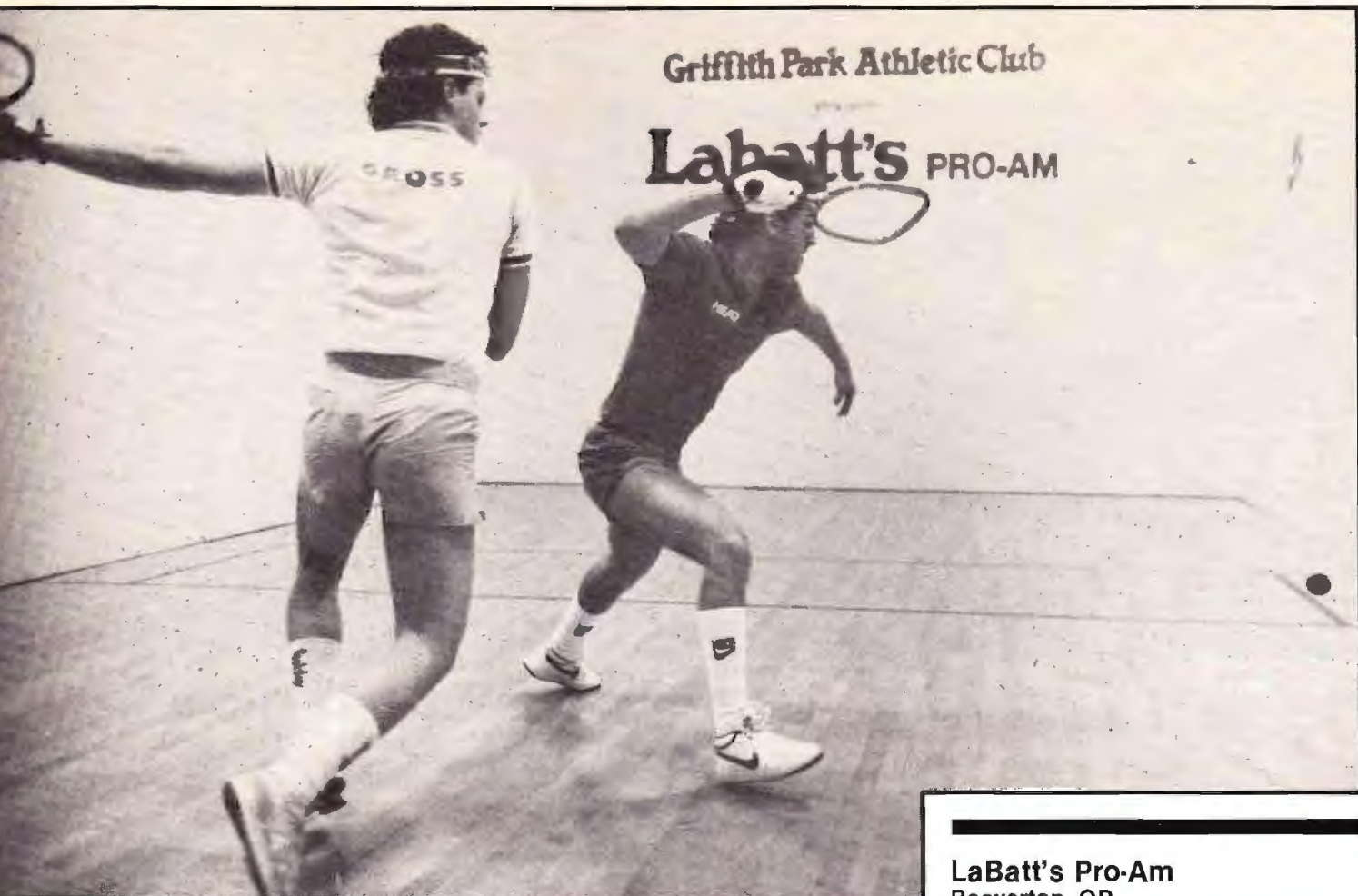
And Cohen earned the first semi-final finish of his career by taking out a stubborn Andy Gross, also in five games, 11-3, 4-11, 8-11, 11-4, 11-8. Cohen is putting together his best

season ever. After winning the national juniors title in 1979 and turning pro, Doug had some early successes on the tour, but for the last two seasons his game has been stagnant. His strong showings in the last three events have put him in a good position to finish the season in the top 10.

Yellen's defeat of Cohen in the semi-finals was a surprise to no one—Cohen has never beaten Yellen in a tour event. What was surprising was the strength of Yellen's performance. Because he plays a methodical control game, most of his fellow players expected Mike to have fits with the ball speed. But Yellen is amazingly adaptable. He had his timing locked, and disposed of Cohen in three fairly close games, 11-9, 11-7, 11-10. Although Mike didn't know it at the time, it was a victory worth \$4,000.



Hogan sets up off the back wall against Hilecher in the quarters.



—All photos © Racquetball Manufacturers Association.

The fans in Beaverton had good reason to expect a fine semi-final match between Hogan and Harnett on Saturday night. Over the last two-and-a-half years, the rivalry between pro racquetball's top two power players has grown into one of the best in the game.

Although Harnett's sole victory over Hogan took place at the Ektelon Nationals last May, many of their contests in the past have gone right down to the wire. Stated simply, Harnett is the only player in racquetball who can match Hogan stroke for stroke at his own power game.

Two critical factors were clear from the opening moments of the match. First, Harnett was having fewer problems with the fast ball; and second, Harnett came out of the gates with an unusual amount of intensity.

The first four games were a delight; Hogan took the first and third, Harnett the second and fourth. But in the tie-breaker Bret was brilliant. Relying heavily on his rocket drive serve down the left side wall (many of which went untouched by Hogan), and literally sacrificing his body by diving for anything fast and blue, Bret completely overwhelmed Hogan as he ran up a

surprising 10-2 lead. Seven times he served at match point, and six times Hogan held him off, running his own score to 8.

Finally, while unknowingly gripping his racquet with a broken thumb, Harnett rolled an outright winner to Hogan's backhand and raised his arms to the standing crowd in celebration. The match was one of his best performances ever, and the tie breaker was almost certainly the finest single game of his pro career.

The LaBatt's Pro-Am in Beaverton is one of the most traditional events on the men's pro tour. This year marked its fifth as a ranking tour stop, and the tournament was once again taped for telecast throughout the Northwest by Rogers Cable Systems.

Great credit is due the fine tournament staff at the Griffith Park Athletic Club —Devri Doty, Tony Krause, Lynn Thompson, and Wayne Westwood—for running a first-class tournament despite some difficult circumstances.

The 1985 LaBatt's Pro-Am was sponsored by LaBatt's, Omni Distributing, Nike, and Ram Racquetball. ●

LaBatt's Pro-Am Beaverton, OR March 13-17, 1985

Round of 32: Hogan d. Nolan 7-11, 10-11, 11-6, 11-7, 11-0; Inoue d. Ray 6-11, 10-11, 11-6, 11-5, 11-8; Price d. Sell 11-4, 11-2, 11-7; Hilecher d. Brysman 11-10, 11-0, 7-11, 11-2; Harnett d. Green 11-2, 5-11, 11-7, 11-4; Clouse d. Andrews 11-6, 4-11, 8-11, 11-0, 1-6; Terry d. Newman 11-5, 11-5, 11-5; D. Gross d. D. Peck 11-8, 11-6, 2-11, 11-8.

A. Gross d. G. Peck 3-11, 11-6, 11-4, 3-11, 11-9; Martino D. Egerman 11-7, 11-9, 11-5; Oliver d. Plazak 11-5, 11-3, 11-5; Cohen d. Wagner 11-7, 11-9, 11-6; Gonzalez d. D. Negrete 11-7, 11-3, 11-4; Swain d. J. Negrete 11-2, 11-0, 11-0; Hawkes d. Lowe 11-7, 11-3, 11-8; Yellen d. Obremski, forfeit.

Round of 16: Hogan d. Inoue 11-8, 11-6, 11-6; Hilecher d. Price 11-5, 11-1, 11-5; Harnett d. Clouse 11-7, 10-11, 11-6, 11-3; D. Gross d. Terry 11-5, 11-3, 10-11, 11-4; A. Gross d. Martino 9-11, 11-7, 11-4, 11-8; Cohen d. Oliver 11-5, 11-10, 11-0; Gonzalez d. Swain 8-11, 11-6, 11-8, 11-4; Yellen d. Hawkes 11-4, 5-11, 11-7, 11-7.

Quarter-finals: Hogan d. Hilecher 11-7, 7-11, 11-6, 5-11, 11-8; Harnett d. D. Gross 11-7, 11-1, 11-4; Cohen d. A. Gross 11-3, 4-11, 8-11, 11-4, 11-8; Yellen d. Gonzalez 5-11, 11-7, 11-2, 11-3.

Semi-finals: Harnett d. Hogan 10-11, 11-2, 6-11, 11-5, 11-8; Yellen d. Cohen 11-9, 11-7, 11-10.

Finals: Yellen d. Harnett, injury default.

INSTRUCTIONAL

The Hogan Way

by Marty Hogan

Marty Hogan, five time national champion and all time leading money winner is on the advisory board of Marty Hogan Racquetball, a division of Pro-Kennex, Leader Sports Eye Guard, NIKE, RAM Racquetball, and Coor's Light. Readers are encouraged to submit questions to Marty Hogan, c/o National Racquetball, 4350 DiPaolo Center/Dearlove Road, Glenview, IL 60025.



Question: I have been playing seriously for about three years now, and am playing at the open level. I live in a relatively small town and have no competition except when travelling to tournaments. My goal is to become a professional player but my game is stagnant. How can I improve my game in spite of the lack of competition?

Brad Ward
St. George, UT

Hogan: That's my problem too! Actually, you do have a problem that everyone has once they get past a certain, local skill level.

First, get out on the court and practice by yourself. Increase your overall accuracy and shot selection ability. Players who can overcome the initial boredom of practicing on court alone go on to become top players because they develop the concentration necessary to do so.

Secondly, play with a variety of players. Seek out those game styles that are different from the normal everyday style of play. This will help you learn to return shots coming at you at different speeds and angles.

Now for the hard part—travel. You've got to go to as many different tournaments as possible. Then you've got to come home and learn the skills you were lacking if you lost.

After that, you'll have to get out on the road again and put those things you practice to the test once again. Meet as many good players as possible at tournaments and if possible arrange to stay a day or two extra so that you can train with those players.

You said you wanted to become a pro and that's what pros do. It's a hard life at first, but it can become a special one for you if you have the skills and are as determined as I was when I told myself that I wanted to be the best.

Remember, becoming a pro is never easy, is a lot of work, but is very rewarding.

Question: I have two children, ages two and four. At what age and how do you suggest starting them with racquetball? When did you start playing?

Sandy Zeig
Houston, TX

Hogan: I started playing when I was eight years old. My mother took me out to play and my first goal was to beat her!

I would advise not starting your children in any type of formal program until they reach the age of seven. Before that I just don't think they have the strength or ability to concentrate on learning the skills involved with racquetball. You would be wasting their time and your time if you started pushing them to learn the game earlier. However, that doesn't rule out letting them hit the ball informally at an earlier age if they want to. In fact, you can plant the seeds of interest by going along with their request and letting them have some fun with racquetball first.

There are three things you have to do for your youngster at the very beginning of his racquetball experience. First, you have to make sure that he wears eye protection. Get him a comfortable pair of eye protectors and if there is any resistance to them, don't take no for an answer. He'll get used to eyeguards in no time as he develops a habit that will protect his eyes for a lifetime.

Secondly, get a lightweight junior racquet for him. Make sure it has a small grip. Immediate success with the sport and building self-confidence are two factors that are greatly enhanced when the racquet is right for the child.

Third, when he is ready to begin instruction, at age seven, find a competent teaching pro or a well known junior racquetball program for him. Of course a competent pro with a good junior program would be ideal because that way, while he's learning the fundamentals of racquetball the right way, he can be competing against players his own age and enjoying the camaraderie of the sport early on.

Question: Which situations call for overhead drive shots? Do you advise using them?

Mary Beth Pavlik
Hicksville, NY

Hogan: No, I don't advise using overhead drive shots. They are low percentage shots. Even at the professional level, overhead drives are not used that much. This is because they come off the back wall for an easy set up unless they are executed with nearly 100% accuracy.

I personally use the overhead drive only two or three times in a tournament. Out of those two or three times that I try an overhead, I end up losing the rally 75% of the time!

There's only one situation I would advise using an overhead drive in and that's during a ceiling ball rally. If you want to surprise your opponent, then go ahead and hit the overhead. Otherwise, don't use it at all.

Question: You haven't won a national title in two years. Do you think you can win a national title or two again in the upcoming years?

Robert Wood
Fort Meyers, FL

Hogan: Yes! I'm in the best shape I've ever been in right now. Unless I get hit by a truck, I'm going to win more titles. In fact, I'm going to keep on winning until I get thrown out of the game for winning too much! ●

TOURNAMENT RESULTS

Yellen Starts His Late-Season Charge

Here He Goes Again!

There are two basic requirements for any athlete to become the best in his sport; talent and timing. The talent part is obvious. And in men's pro racquetball the distinction of "most talented" has been a close two horse race between Mike Yellen and Marty Hogan for the last two years.

When there is no clear-cut leader in the talent category, the whole ball game comes down to timing—which team or player can summon that abundant natural ability and "peak" at just the right moment. Champions seem guided by that instinct that forever whispers, "What's most important is not how well you play, but when you play well."

In the timing category Yellen has had no peer in the last two years. By now, every fan of the men's pro game knows the story of Yellen floundering early and falling far behind by mid-season, and then kicking on the afterburners to overtake Hogan and win the national championship by a hair. So, what else is new?

Well, this season the Yellen Express pulled out of the station with a strong victory at the LaBatt's Pro-Am in Beaverton, OR. Now it's two in a row.

Aided by Hogan's injury default in the second-round, Yellen won the \$15,000 Little "C" Pro Racquetball Classic in Concord, CA by taking out fourth-time finalist Scott Oliver, 11-1, 6-11, 11-1, 8-11, 11-9.

The tournament, which was the first ranking men's pro event ever held in Concord, was the seventh stop on the 1984-85 RMA Pro Tour, and was played March 26-29 at the sprawling Big C Athletic Club, nestled in the lush green hills about 40 miles east of San Francisco.

To be sure, Yellen's victory in Concord did not come easily, despite Hogan's early exit due to a knee ligament problem that necessitated arthroscopic surgery. The depth of talent on the men's tour is now so great that there are few easy matches, even for the defending national champion. In the 16's Yellen was forced to push his way back from a two-game deficit against Corey Brysman (who upset him earlier this season) 9-11, 3-11, 11-5, 11-7, 11-3.

Then, after putting Ruben Gonzalez away in the quarters in four games, Yellen needed another five games to edge past third-ranked Gregg Peck in the semi-finals, 11-9, 8-11, 11-0, 9-11, 11-9, in yet another installment of what is becoming one of the better rivalries in pro racquetball.

With the exception of the third game, when Peck seemingly took a quick trip to the Bahamas, the scores were locked so tightly that for nearly two and a-half hours there was no indication who would come out on top. Again, Yellen's timing was the key; at 9-all in game five he put together three sterling points that made all the others meaningless.

Peck's finish marked the seventh time in his eight previous outings that he has finished in the semi-finals or higher; no other player—including Yellen and Hogan—has been able to match that record.

Although Hogan won his round-of-32 contest with Evan Terry easily, it was in that match that his injury occurred. Hogan flew back to San Diego for surgery the following day.

With Hogan out of the draw the question became who would emerge from the now diluted upper bracket. Sixth-ranked Oliver, the local favorite due to his residence in nearby Stockton, took advantage of the opportunity and shot

Yellen (l.) and Oliver grinning with award and check. All in a weekend's work.



through the upper bracket like a bullet.

Oliver, who is putting together an excellent season of his own, came through his four pre-final rounds with only one glitch—a five-gamer against Jim Cascio in the 16's. In the quarter-finals he destroyed fourth-seeded Dave Peck, 11-5, 11-2, 11-9, and did the same to number eight seed Jerry Hilecher in the semi's, 11-7, 11-5, 11-7.

Scott's appearance in the finals at Con-



Oliver sets to return the favor with a forehand down the right line. Note how Yellen is already on the move to cover.

The big Gregg Peck backhand is in evidence as he takes one off the back wall against Yellen in the semi's.

cord was his third this season (Davison, Tulsa) and the fourth of his career. And following his crushing defeats of Peck and Hilecher, there was more than a little speculation that Concord was Oliver's tournament.

Yellen came into the first game of the final at full speed, and Oliver, who is not prone to mistakes, was caught completely off guard; Yellen forced him into a series of errors that made the first game an uneasy 11-1.

Oliver's strong suit is his serve, which can be virtually unreturnable when it is on target. Wisely concentrating on that area of his game, Scott moved back into the match with an 11-6 victory in game two. Yellen shut him down again in the third, 11-1, and Oliver took the fourth, 11-8.

Finally, the match, which up to that moment had been a series of fits and starts, evened out in the tie-breaker. Yellen passed and pinched with precision, while Oliver raced everything down and killed the ball on the run as he does so well.

In the end, Yellen's steadiness paid off; Mike took the match with a solid 11-9 fifth-game victory.

In retrospect, the final was one of the weirder five-gamers on record; it lasted only a little over an hour, primarily



because the two players never seemed to get hot at the same time.

The victory was worth \$6,000 to Yellen, the largest first-place payoff yet this year. Oliver racked-up \$3,000 for second.

The win in Concord put Yellen back on familiar ground—right on Hogan's heels. Marty has to continually win tournaments just to stay even because of the "drop-off" ranking system currently in use. Five tournaments remain on this season's schedule, and Mike has four bad finishes he can drop off in order to win his third national championship.

That, of course, is what is meant by timing.

Yellen prepares a backhand down the line drive against Oliver in the finals. Note the textbook wrist cock.

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A familiar picture for 15 years: Hilecher stepping into a booming drive serve.

The Concord tournament was efficiently directed by Tom Martin, an ex-professional tennis player, and was staged for the benefit of the Little "C" Club, a

separate but affiliated non-profit facility in Concord dedicated entirely to providing recreational outlets for the young people of the area. ●

**Little "C" Pro
 Racquetball Classic
 Concord, CA, March 26-29, 1985**

Round of 32: Hogan d. Terry 11-8, 11-9, 11-8; D. Gross d. Bargas 11-2, 11-8, 11-2; Hilecher d. Sell 11-7, 11-4, 11-9; Swain d. Lowe 8-11, 11-3, 11-3, 11-4; Oliver d. Plazak 11-0, 11-3, 11-6; Cascio d. A. Gross 11-3, 11-3, 11-7; Hawkes d. Wright 11-6, 11-5, 11-6; D. Peck d. Green 11-4, 6-11, 11-3, 11-7.

G. Peck d. Snead 11-7, 11-8, 11-4; Newman d. Austin 5-11, 11-5, 11-3, 11-6; Price d. Lerner 11-4, 11-8, 11-10; Andrews d. Moskwa 11-10, 11-8, 11-5; Gonzalez d. Marino 11-4, 11-3, 11-9; Cohen d. Inoue 11-3, 11-5, 11-3; Brysman d. Egerman 11-6, 11-3, 11-5; Yellen d. Plotkin 11-5, 11-5, 11-4.

Round of 16: D. Gross d. Hogan, injury default; Hilecher d. Swain 11-7, 11-10, 9-11, 11-10; Oliver d. Cascio 11-10, 11-3, 0-11, 8-11, 11-3; D. Peck d. Hawkes 11-9, 6-11, 11-10, 11-8; G. Peck d. Newman 11-7, 10-11, 11-7, 11-7; Andrews d. Price 10-11, 11-6, 11-6, 9-11, 11-5; Gonzalez d. Cohen 11-5, 11-4, 11-6; Yellen d. Brysman 9-11, 3-11, 11-5, 11-7, 11-3.

Quarter-finals: Hilecher d. D. Gross 6-11, 11-5, 11-8, 11-4; Oliver d. D. Peck 11-5, 11-2, 11-9; G. Peck d. Andrews 11-10, 11-7, 11-9; Yellen d. Gonzalez 11-6, 11-10, 7-11, 11-1.

Semi-finals: Oliver d. Hilecher 11-7, 11-5, 11-7; Yellen d. G. Peck 11-9, 8-11, 11-0, 9-11, 11-9.

Finals: Yellen d. Oliver 11-1, 6-11, 11-1, 8-11, 11-9.

**RMA Pro
 Racquetball Tour
 Official Professional Rankings
 3/29/85**

1. HOGAN, M	84.44
2. YELLEN, M	78.75
3. PECK, G	67.00
4. HARNETT, B	66.25
5. PECK, D	59.00
6. HILECHER, J	52.50
7. OLIVER, S	50.00
8. GONZALEZ, R	48.00
9. PRICE, G	46.00
10. SWAIN, C	38.33
11. COHEN, D	38.00
12. ANDREWS, E	30.00
13. HAWKES, B	27.50
14. GROSS, D	26.00
15. T. GROSS, A	26.00
16. WAGNER, R	25.00
17. BRYSMAN, C	23.33
18. T. NEWMAN, J	23.33
19. RAY, M	22.50
20. EGERMAN, J	21.42
21. SELL, B	18.57
22. GILLIAM, L	17.50
23. TERRY, E	17.42
24. LERNER, S	15.71

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A new dual-density polyurethane court shoe in men's and women's models has been released by Pro Kennex. Named the "Dominator" and the "Aspire," these innovative court shoes have a number of special features.

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For more information contact John Weaver at Pro Kennex, 7444 Trade St., San Diego, CA 92121, (619) 235-8136.



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For more information contact Gymjazz, 8157 Lankershim Boulevard, Suite 103, North Hollywood, CA 91605, (818) 767-7151.



Seated Calf Machine

The Seated Calf Machine by Paramount will deliver maximum results in developing the gastrocnemius, a particularly difficult muscle to develop. Proper flexion is achieved with no strain on the lower back.

Standard features include an auxiliary foot pad for greater flexion as well as a heavy-duty adjustable seat and large safety foot plates. Regular stack is 310 pounds and an optional stack of 210 pounds is available.

The frame is constructed of 2-inch tubular steel, and weights are available with either chrome or black finish. The Seated Calf Machine is 78 inches long by 24 inches wide and stands 62 inches high.

For further information, contact the Sales Department, Paramount Fitness Equipment Corporation, 6450 E. Bandini Blvd., Los Angeles, CA 90040.



Stairmaster Ergometer 6000 By Tri-Tech

The new Stairmaster Ergometer 6000 combines aerobic exercise with a computerized physiological evaluation system. It accurately measures heart rate, caloric expenditure, rate of exercise, time of exercise, and other aerobic concerns.

The data concerning the workout is recorded with a thermal printer to provide a printout for a permanent record of exercise. There is also a pulse monitor to ensure the athlete's ability to accurately monitor his heart rate throughout his entire workout.

For more information contact Donna Potts, Tri-Tech, Inc., 6011 N. Yorktown, Tulsa, OK 74156, 1-800-331-3578.



The Lift: Accessory to Whirlpools

Professional Pools, Inc. announces The Lift, a product that enables its users to position themselves directly in front of whirlpool jets for a more direct jet messaging of tense back muscles. The Lift also prevents arm stress by providing a higher seated position in the whirlpool thus eliminating the need to support one's body up off the whirlpool seat in an effort to have the jets hit the lower back directly.

The Lift is constructed of fiberglass with a one year manufacturers warranty and is available in over 25 colors. It can customize any residential or commercial whirlpool, hot tub, or spa.

For more information contact: J.A. Malin, The Lift, Inc., P.O. Box 31205, Lafayette, LA 70503, (318) 981-6425.



Heart Rate Heart Rate Monitor

Heart Rate Inc. announces the 1-2-3 Heart Rate Monitor. This speedometer of aerobic exercise takes the guess work out of aerobic training. By pressing the touch sensors, an athlete can obtain his heart rate accurately and immediately.

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For more information contact Heart Rate Inc., 3001 Red Hill Ave., Bldg. 5 - 106, Costa Mesa, CA 92626, (714) 850-9716.

Racquetball Is The Sport Of Fitness; Doctor Played And Tested!

by Jean Sauser

The measured heart rates of participants during racquetball play proved that both singles and doubles meet the criteria for exercise intensity established by the American College of Sports Medicine (ACSM) for developing and maintaining cardiorespiratory fitness.

That's the primary conclusion drawn from a study conducted at the University of Arkansas confirming that racquetball not only belongs in the world of fitness, but that it can and should be an integral part of everyone's overall fitness program.

So, if you're a racquetball player wondering about racquetball's health and fitness benefits, read on for all the ammunition you'll ever need.

Doctor Leland F. Morgans, a member of the department of biology at the University of Arkansas, Little Rock, and two members of the department of medicine there, Dr. James A. Scovil and Kay M. Bass, conducted a scientific study to determine how racquetball relates to cardiorespiratory fitness (heart and lung strength). What made their study unique was the fact that they incorporated doubles as well as singles play in an effort to find out if *both* forms of racquetball contribute to cardiorespiratory fitness. And, through the use of a very special self-contained device, a Holter Monitor, they were able to take a continuous reading of the heart rates of the players.

"What we were really interested in," explains Dr. Morgans, "was obtaining a record of continuous heart rate activity. Other studies simply monitored subjects in racquetball singles competition and were only concerned with determining an average heart rate. By using the self-contained Holter Monitor, all we had to do was let the players play continuously, just as they would at their clubs, while the monitor gave us a continuous heart rate reading. This enabled us to know how their hearts were reacting to racquetball throughout the entire hour they spent on the court in singles as well as doubles."

Fifteen male racquetball players were recruited to the study, ranging from 22 to 46 years old. The players filled out a questionnaire concerning the total

amount and type of exercise they performed each week, a brief medical history was taken, and a medical examination was given. Fitness testing was then conducted in the presence of a cardiologist to ensure safety.

Each player's resting heart rate (number of beats per minute when at rest or not exercising) was recorded. Through the use of a graded treadmill test, each player's maximum heart rate reserve (the difference between the resting heart rate and maximum heart rate obtained when exercising to maximum capacity on the treadmill) was determined.

One at a time, the players would begin by walking on a treadmill while it was in a horizontal position. Gradually, the speed of the treadmill was increased and the flat position became inclined, forcing the player to run or jog to maintain his balance.

During the test, each player's heart rate was monitored through the use of an EKG machine. The purpose of the heart monitoring was to make sure that each volunteer was not predisposed to heart problems, and to determine how many beats per minute each player's heart made when he was exercising to his maximum capacity (this gave the specialists each player's maximum heart rate reserve). The heart monitoring also gave the specialists an idea of the current heart strength of every volunteer.

Each player's breathing patterns were also monitored during the treadmill test through the use of a SRL Respiratory

Stress Analyzer. This told the testers how much air every volunteer was able to breathe in and out, thereby giving a measurable indicator of how much oxygen he was able to get to his muscles during exercise.

Additionally, each player's resting blood pressure was taken and maximum blood pressure was determined during the graded treadmill test.

Once testing was complete, each player's own personal statistics, including individual heights, weights, percentages of body fat and body part measurements, were determined and averaged. The players were then ranked by Dr. Morgans and his staff as Open, B or C players depending on their performances in recent area tournaments.

At this point, the on court testing began. The player who was being tested was always paired with a player of equal or better ability.

Ten one-hour matches were played — six singles and four doubles. The player being tested wore the Holter Monitor so that his continuous heart rate throughout the entire hour could be measured.

The results of the racquetball matches played showed that in singles the players averaged 83% of their maximum heart rate reserves. In doubles the players averaged 67% of their maximum heart rate reserves.

These statistics showed, obviously, that doubles is less strenuous than

The Holter Monitor makes a continuous reading of a player's heart rate while on the court not only possible, but extremely accurate.





Dr. Leland F. Morgans on the court. His love and respect for racquetball led to a fitness study.

More importantly, this study established that racquetball also meets the heart rate requirements of the ACSM, thereby indicating that the intensity of a racquetball workout elevates the heart rate enough to actually enable you to build cardiorespiratory strength (stronger heart and lungs).

Continuous activities such as running, swimming, cross country skiing, and bicycling have been used to develop and maintain cardiorespiratory fitness. But, as many of us know, these are strict exercise regimens. Using an endurance type game (such as racquetball) is an excellent way to supplement one's cardiorespiratory exercise regimen because of the competitive and entertaining elements that are built into the sport.

Dr. Morgans is currently looking for the funding necessary to conduct further studies concerning racquetball that will determine if racquetball can be considered an effective means for achieving and maintaining heart strength and endurance. A player himself, Morgans has always found himself explaining racquetball to his non-playing colleagues.

"I call it the joggers mafia," says Morgans. "Those people who keep telling me that if you don't run for exercise, you aren't doing yourself any good."

"Every form of exercise has its point of effectiveness and its drawbacks. I've always loved racquetball and I use it to maintain my health. When the fitness boom came, people wanted to discount racquetball completely. I say that's wrong. My study proves how wrong that is and my goal with future studies is to find racquetball's proper and rightful place in the world of fitness."

Until then, however, the news is still good. The results of this study indicate that the racquetball players who participated in the testing displayed good cardiorespiratory fitness levels and that their racquetball habits were at least part of the reason they achieved it.

Racquetball, sport of fitness? You betcha! That's good news and those are encouraging words for players all around the world. ●



singles. More importantly the heart rates of participants during racquetball play proved that both singles and doubles meet the criteria for exercise intensity established by the American College of Sports Medicine (ACSM) for developing and maintaining cardiorespiratory fitness.

In order to fully understand how this study proved that racquetball helps your heart, it is important to understand what cardiorespiratory fitness is, according to the experts.

Guidelines set by the ACSM state that for an activity to build cardiorespiratory fitness, the frequency of the activity should be three to five times a week. The intensity of the training should be within the range of 60-90% of the maximum heart rate reserve (MHRR).

Most racquetballers can meet the frequency requirements of the ACSM, as long as they play three to five times a week.

If he's not on the court, you'll most likely find Dr. Morgans in the testing lab. Future studies concerning racquetball and fitness are in the works.

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Pro-Files in Fitness — Jack Newman

Jack Newman

by Jean Sausser

Jack Newman's life changed on the day his mother took him to play racquetball. The year was 1976, Jack was 13, and his mother loved the sport. What Evonne Newman didn't know at the time was that she was introducing a future professional player to racquetball, much the same manner Goldie Hogan did when she took 18-year old son Marty onto the courts back in 1967.

Not stopping with Jack, Mrs. Newman also convinced Jack's father to take up the game and racquetball became their family sport. Newman laughs as he recalls the first time he played with his father.

"It was kind of funny," he explains. "I remember that the first time we played, my dad and I didn't even know how to really keep score, and so I beat him 23-21!"

Newman's game grew by leaps and bounds every year, playing at the Morton Grove Park District (his suburban Chicago home town), and at Four Flags Court Club (where he still plays and works part-time as an instructor). He received his first full scholarship at Memphis State University in racquetball during that period and became a college champion.

Last year, Newman was the number 10 ranked player on the men's professional tour, a notable accomplishment for any 21-year old. Then the tour fell apart. Almost simultaneously, Newman's game began to slip. It clearly wasn't the same game that originally had catapulted him from a top ranked amateur player to the 10th professional seed. His ranking dropped to 14, as he lost to players he had been defeating handily.

"I'm finishing school," Newman explains, refusing to blame the lack of a tour. "I'll have a degree in nine weeks. This year, college really affected my ability to play well. I missed the Tulsa pro stop because one of my teachers wouldn't let me out of a mid-term exam."

As for the rest of the tournaments, there were times when I had a test right before or immediately after a tournament. But, it'll all be over shortly, and I can't wait! I'll have my degree and the new tour is just starting. I'll finally be able to train the way I should, and I think I have the added advantage of two years pro experience."

One word describes Jack Newman today. Optimistic. He is excited about graduation, the new pro tour, and a chance to make his mark in the sport that he loves.

NR: What is your goal with professional racquetball?

NEWMAN: I'd like to make a comfortable living from professional racquetball for at least four or five years before I go on to something else. I guess everyone who plays racquetball professionally would love to be number one . . . I mean that's an obvious goal. I don't know if I'll be able to reach that, but I'd love to be number one. If I'm not though, I'd like to be fourth or fifth.

NR: What fitness activities are you using right now on a regular basis to stay in shape to play?

NEWMAN: On a regular basis, I jump rope. It keeps my legs strong and gives me a better cardiovascular fitness level. I really enjoy it. I hate running. I ran before, and not only did I not like it, but I had a lot of trouble with my back when I ran. Jumping rope never bothers my back. It's fun for me because I can listen to music while I do it, and I do patterns like the boxers do, cross the hands, etc."

NR: Anything else?

NEWMAN: Machine weight training. In fact, I'm going to be doing it every other day starting this week.

NR: Do you use leg machines?

NEWMAN: Funny you should mention that. I used to, but my back bothered me too much and my dad pointed out that I was slowing down on the court. I've only been doing upper body workouts since.

NR: What would be a typical week in the life of Jack Newman?

NEWMAN: Monday and Thursday, I have school from 10 a.m.-4 p.m. in downtown Chicago. After school, I play racquetball downtown because rush hour traffic is impossible. So, I play from 4:40 p.m. until about 6:30, jump rope, weight train and then drive home. From 8 p.m. on, I study and then go to bed.

Tuesdays and Fridays, I only have one



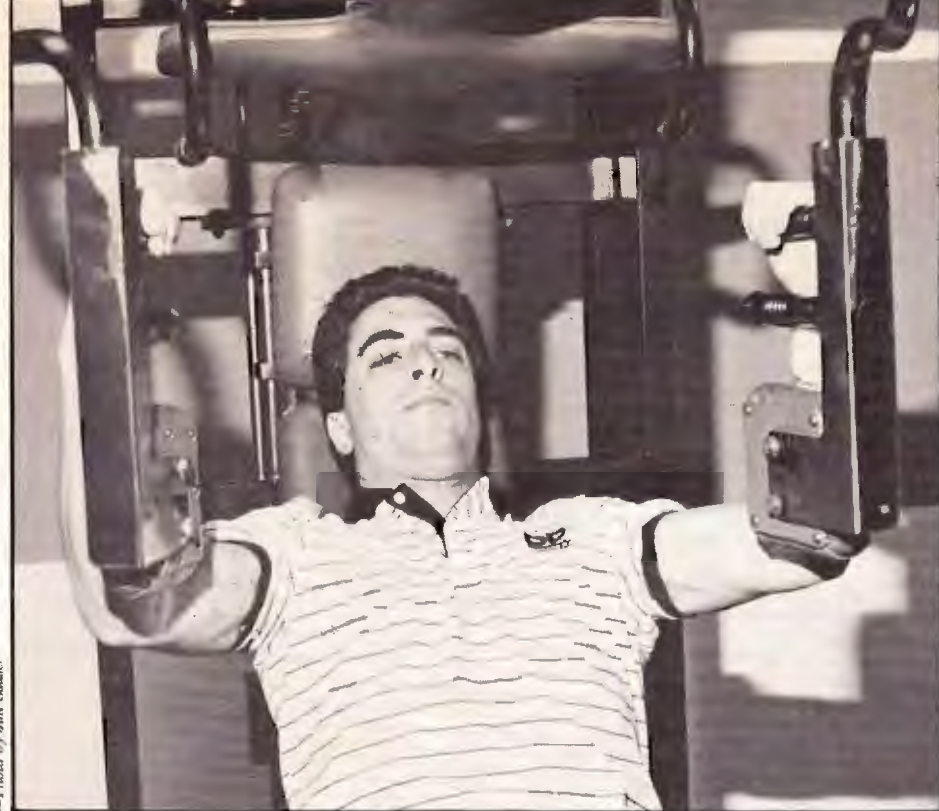
Photo courtesy of Diversified Products

class, from 10 a.m.-noon. Those are my better days. I come home immediately and play near my house. If I can't get a partner that early in the day, I hit by myself.

Wednesday, I have no classes, so I work for my dad at his shoe store and hit by myself or play at night. Saturday, I work all day at the shoe store and never play unless there is a tournament. Sundays I hit by myself and/or play.

NR: What's your nutrition program? Is there any specific way you eat?

NEWMAN: Bad! I know I should really watch myself more. I've been working on it lately. Before, when I used to go to tournaments, I would eat hamburgers the whole time. Now I don't eat any red meats during a tournament. I'll have chicken or fish or pasta. When I was younger it was all hot dogs and hamburgers! I still haven't changed enough. I just had a hot dog for lunch today. I love it! I am so bad. When I was younger, it was



A believer in machine weight training for on-court strength, Newman does upper body workouts only.



Muhammed Ali? No, just Jack Newman preparing to be the greatest on the racquetball court.

still worse. I'd be on my way to a racquetball game and right there there's a hamburger place with a drive through. I'd drive up to the drive through, order a double hamburger, go to the club, eat it and then jump right onto the court! It would never even phase me. Now I feel it and at least I don't do that anymore.

NR: Is it safe to say that the current Jack Newman is in a state of reform?

NEWMAN: That's right. I'm really cutting down on red meat. My dad is reading "Eat to Win," by Robert Haas. He said that next year I should really get into it. Also, I have a cousin who is a nutritionist. I'm going to sit down with him and make up a whole program for myself as soon as I graduate. It'll be so nice when I won't be at school where I only have 20 minutes to eat, am starving and all around me are junk food machines.

NR: Are there any fitness endeavors you want to try in the future?

NEWMAN: Aerobic exercise classes. I want to find a good class. I tried a co-ed class, but it was too easy for me because they had it geared to all the old men who came. I'm going to talk to some of the instructors at my club into letting me into the women's classes. Their classes are tough!

NR: They will probably love that.

NEWMAN: I know I will! Seriously though, I'll need it. ●

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Acquiring And Maintaining Championship Shots

by Marty Hogan

A friend of mine once told me he was going out to buy himself a backhand so that he could just win one game from me before he retired from the game. At first I thought he was joking. But much later, I found out that it wasn't far from the truth—he spent a pile of money on lessons from a local pro.

His backhand did improve, but unfortunately not enough for me to call it a championship backhand. The truth is that lessons alone will not buy you championship shots, no matter who the teacher is. There is no easy or sure fire method for acquiring the shots you need to compete with the best.

This article examines some of the ways in which I acquired my shot-making skills. It is not intended to be the last answer. Nor is it intended to be complete. But it does discuss some of the basic principles and myths (in my opinion) in climbing up the ladder to the championship level and then staying there.

Maintaining Your Winning Shots

Let's do this backwards and start with the easiest topic—maintaining championship quality shots. The first step is to *stop* practicing them so much. That's right!

Let me admit now that my heavy promotional schedule for Pro-Kennex doesn't give me time to practice at all during most of the season—at least not what I would define as serious practicing. But even if I had all the time in the world, I wouldn't be on the court practicing shots.

In a sense, once you reach the championship level, practicing shots alone on the court will not substantially improve your game. Once you have reached that exalted level of play, your motor skills are near their peak and shots are almost automatic, even after a month long layoff.

In fact, the very opposite may be true: you may become stale and lose your desire to play when tournament time comes around. Since I play a tournament about every three weeks, I really don't lose any of my shot-making skills if I only play a little right before the tournament.

You only need to maintain the basic skills required in court sports: fast start-stop speed, endurance, quick reflexes, and explosive strength. I find that these skills are best maintained by supplementing my racquetball with competitive participation in such sports as tennis, squash, basketball and running.

Since I am so adept at killing the ball and my racquetball shot-making is so ingrained, I could dog it while playing racquetball, win every game against most of my practice partners, and feel that I was in tip-top shape when in reality I wasn't.

However, in these other sports, I can find plenty of competition that will keep me on my toes and cut me down to size whenever I get too cocky. Furthermore, these sports heighten my awareness of the basic kinesthetic skills required to play top-flight racquetball.

Tennis increases my strength and feel for the racquet. Contrary to popular belief, tennis will not ruin your racquetball game unless you can't play tennis at all. The stroke is different (in a sense), but the fundamentals are almost identical: weight shift, preparation, and efficient transfer of power. Because the racquet is heavier, there is a greater premium on an efficient stroke.

Furthermore, the strokes and the serve develop the wrist because of the greater racquet weight. Top tennis players do use wrist, although a different form in their ground strokes than in racquetball. The court coverage in tennis requires greater distances to be covered and different coverage angles.

Squash looks very much like racquetball, but it is much more demanding of patience and one-step conditioning. Tennis and squash seem to be at two extremes with racquetball in the middle. The tell-tale and the small court in squash prolong the rallies.

The balls come back at you much quicker because you are much closer to the front wall than you are in racquetball. Playing squash is similar to

playing front court in racquetball requiring quick reflexes and instant decision making when an offensive opening presents itself.

Basketball develops change-of-direction movements. Running with and without the ball teaches you how to use your body to control the movement of your opposition and how to cut down angles even against superior physical specimens. The team nature of the game pushes you physically further than an individual sport. When you start to tire, there's always a team member there to pump your adrenaline up and motivate you to push past your mental limits.

But we can't forget the final way to maintain your championship shots: play racquetball. Play it with a purpose, with aggressiveness, and with creativity. Get on the court with an idea of what you want to accomplish. Then, attack that goal 110 percent. Go after every shot even if it means beating your partner 11-0. Take the proper shot—even if it means a skip ball. Go for it.

If you don't have the guts to take the shot in practice, you certainly won't be



Squash demands patience and endurance as well as pinpoint control.

Basketball develops cat-like quickness. Here Hogan uses his cat-like quickness to go up for two.



able to hit it under pressure. Finally, be alert to new possibilities in shot-making during each and every rally. Brilliant shot-making at the championship level is commonplace because the championship player is constantly looking for new avenues of attack.

Acquiring Championship Shots

Going to a racquetball guru is probably only a part of the solution to this elusive goal. Chants of "wrist snap, snap, snap" and "pendulum swing, swing, swing" will not give you instantaneous power and accuracy.

Some people might even tell you that only a few of the gifted will attain this goal, so stop trying so hard. Others will tell you that the Protestant work ethic—more work, work, work—is surely the ticket to the gates of championship shot-making. I really don't know. I can only tell you how I acquired my skills.

My early years of racquetball were quite different than they are now. Back then I spent hundreds of hours on the court alone practicing shots. But, not in the typical ways that you read about in your standard instructional manuals. I didn't put up front wall targets, cardboard boxes in corners, or draw charts of my shot-making progress. I never have used any of those gimmicks. Furthermore, I consider them distractions from the essence of learning the art of hitting the power kill or any other shot.

The Feel Technique

I was lucky in that the best racquetball players in the world practiced on my home courts (the Jewish Community Centers Association, better known as the JCCA or J) and we hosted numerous national and regional championships in those early years. I saw first hand state-of-the-art racquetball—"serve and shoot" from Steve Serot and Jerry Hilecher and "control and tour" from Brumfield and Keeley.

You can't substitute anything for seeing the best except playing the best. They gave me visions of motion that I could replay over and over again in my head as I compared the different styles

of play and shot-making. Out of that spectating experience, I dreamed up my own vision of the geometry of the perfect kill shot and different laws of motion.

Unfortunately, my body couldn't learn the shots as fast as my mind could. I would hit one flat out kill followed by 10 skip balls and a couple of home runs. Needless to say none of the high caliber players wanted to play me. But that was really a blessing in disguise because it meant that I was relegated to the Siberian courts located in the farthest corners of the J where I blasted shot after shot down the alleys on both the forehand and backhand sides—an hour or two a day, every day.

Not only did I develop visions of the perfect shot, but I developed a "feel" or sensations of the perfect shot. On every shot, I tried to find that feel. I experimented. Changed my grip, my wrist snap, my back swing. I tried everything. I experienced the good with the bad. But slowly, the pieces fell into place in the summer of '75.

I even used the feel technique in other sports. I find that it takes the drudgery



out of solitary practice.

I think that visualization and the feel technique of practicing shots is far more beneficial than setting up targets and counting shots. The goal is to attain an efficient stroke which will propel a racquetball to a desired spot at upwards of 120 mph on command. Looking at targets distracts from that goal. Rather, look within yourself and ask what your body is saying. Are you developing a case of tennis elbow? Are you exhausted after a few shots? If so, you are doing something drastically wrong.

Go back and watch a championship caliber player, either at a local club or on video tape. Try to get a better picture of what he or she is doing. Try to sense what they feel as they prepare, contact, and finally drive through their shots. Ask a pro to look at your shots, or video tape your swing. Play it over in your brain. Then, get back on the court and try to capture those same sensations.

The feel of the perfect shot won't arrive over night. In fact, players usually reach plateaus. When this happens, take a break or try a slightly different hitting technique. You will find that all of this experimenting will improve your ability to develop racquet "feel" and increase your range of hitting techniques.

You will also find that there isn't just one exacting technique to making shots. Hopefully, one day you will hit that perfect shot. Once that happens, you will never forget the sensation. Your racquetball career will have taken a sudden upward turn because you have finally tasted the ultimate goal.

Tennis helps develop racquet control and strength.



Practice Matches

Great shots aren't of much use if the only time you can hit them is when you get a perfect set up and you don't have to move. You need to hit them on the run. The only way to get this kind of practice is to do drills with a willing partner where one person hits the simplest set ups to the other player and then increases the level of difficulty in proportion to the skill level. This is a favorite technique of tennis players. Top pros have been known to "hit patterns" for hours, even right before a tournament match.

Unfortunately, I know of no championship players who learned how to hit on the run using this practice technique. Racquetball players tend to be individualistic and the top players are the worst. So, we racquetball players are forced to use more primitive practice techniques such as "sparring partners." In this approach, you find a player who plays a game style that uses shot patterns matching somewhat your needs and then pray that you get enough set-ups to practice the shots that you want.

During these matches, use your time efficiently. Know what you want to accomplish. For example, if you need to break a bad habit of always hitting cross court on your forehand, make a special effort to hit a down-the-line when given a forehand, even if it means contorting your swing the first few times.

If you seem to be jammed continuously, take a break and try to get some semblance of concentration before continuing. If you need to work on improving the fluidity of your swing, start deeper in the court to give yourself more time and then work toward the front wall as you get the feel of the shot.

Play aggressively. Attack the ball and take a full swing at the ball, even if it means hitting the ball into the rafters. Apprehension is probably the biggest cause of losses in tournament play and the greatest deterrent to the improvement of shot-making. Playing aggressively on every point reduces the chances for apprehension to creep into your game because your natural inclination will be to hit all out. It also improves your confidence and will give you a positive outlook on your game.

From day one, I always went all out on every shot. I burned a lot of rubber on the courts at first, but one day my shots leveled out and became the flat out kill shots I hit today from anywhere on the court. I still adhere to the philosophy that it's better to have lost going for a kill shot at match-point than to have won waiting for my opponent to skip the ball.

Of course, there are many other methods that you can use to improve your shot-making, but these are some of the ways. My introductory racquetball book contains about 10 other techniques which can be profitably used by the beginning or intermediate player. I have limited myself here to only those aspects directly pertaining to the aspiring championship player. Some players never experience the perfect shot during their entire racquetball career. But often, the chase is almost as satisfying as the catch. ●

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FEATURE

Busy Summer for Pro and Am Alike

Summer's here and with it the usual rash of tournaments—both the big, often talked about tournaments held by Diversified Products, Ektelon, and the AARA-sponsored tournaments.

Few players are aware of two more prestigious tournaments, one for the master player, and another to be held in England under the auspices of the International Olympic Committee.

The World Games will be held this July 26-August 4 in London, England. It is designed for sports trying to get into the Olympics, like racquetball. The United States Racquetball Team, guided by the American Amateur Racquetball Association (AARA) and the International Amateur Racquetball Federation (IARF) will compete at the David Lloyd Centre.

Toronto, Canada will host the first Masters Games, designed to show the mature and professional athletes that high competition can be a life-long pleasure. The Masters Games are not sanctioned by the IOC; in fact, emphasis is placed on the individual rather than a country/team competition.

Masters Games: Competition For All Ages

The inaugural Masters Games will take place August 7-25, 1985, in Toronto, Canada, bringing together 10,000 athletes from around the world.

Racquetball is one of 22 sports selected for the first Masters Games. The games will provide athletes with an opportunity to compete with some of the true sports legends in this multi-sport competition.

Racquetball-great and women's professional, Heather McKay will compete at the World Games and attend as the racquetball grand marshal. McKay, ranked number one on the pro circuit, is also a former squash champion.

The Masters Games have been created to provide long-term goals in sports and to promote the ideals of "sports for life." They offer an inspirational message to the mature and professional athletes that continuing sports competition at the highest level can be a life-long pleasure.

There will be no flags or national anthems. All competitors will participate as individuals, competing in the uniform of their sports. The Masters Games are solely for the purpose of providing fine competition for mature athletes in their own age group.

What is a Master?

Although many different terms are used to define a "master," most sports use the word to denote the mature male or female sports-person who meets the minimum age requirement for inclusion in their respective sports.

Often this minimum is 35 years for women and 40 for men. However in some sports such as swimming in which the open competition is quite often the preserve of the young, the minimum eligibility begins at age 25. Many sports have age-based classifications or categories rising in five- or 10-year intervals. Racquetball is one of these sports.

While a pre-determined level of skill is not a mandatory requirement of participation, many Masters are highly skilled. Some will have been international champions. Still more compete solely for the pleasure of beating their own age group. Some are latecomers to their sport. Whatever the reason they compete there will be more champions among Masters at the Masters Games.

Funded through a combination of corporate sponsorship, government and participant contributions, the Masters Games will take place once every four years in different cities around the world. Athletes are responsible for their own travel and accommodation expenses and will pay a nominal registration and entry fee.

Toronto was chosen as the host city for these inaugural games because of the excellent existing sports facilities including courts, pools, tracks, and playing fields necessary to accommodate the 22 sports involved.

To be eligible for the Games as Masters, participants must agree to the eligibility rules and competition rules set by the specific Host Masters Organizing Committee, International Sports Federation, and its affiliated national host sport federation.

Master racquetball athletes will be competing in singles competition only. Male and female preliminaries will be held August 13-16 with the finals on August 17. Age categories for women and men are 35+ and up.

For more information, contact Masters Games World Headquarters, P.O. Box 1985, Postal Station P, Toronto, Canada M5S, 2Y7. ●

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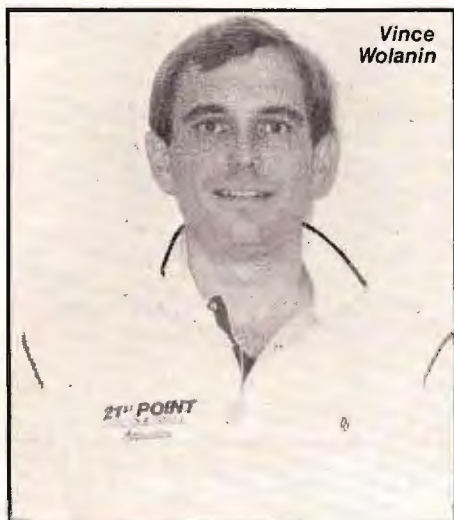
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Racquetball Camps: How To Select And Prepare For Them

by Vincent Wolanin

Vincent M. Wolanin is president of the 21st Point Club, Albany, NY and a member of the Ektelon and Asahi/Yamaha Professional Advisory Staff. He directs and organizes the annual 21st Point Club Crash Summer Racquetball Camp held in July each year in Albany.



One of the things I am often asked is how to select a racquetball camp and what to look for in making the selection. As an organizer and director of a camp held each year in Albany, NY, I would like to explain how I organize an instructional camp. The guidelines here should help you decide which camp to go to as you understand what items are important. Then you can research thoroughly the camp you are planning to attend to see if they measure up.

I have always believed that it is necessary for our camp to have instructors who are not just good professional players, but more importantly, professional teachers with a genuine interest in helping further the racquetball games of our students. They must combine their teaching of the fine points with entertaining drills and dialogue with the students. Good players are one thing but without the other skills, you will not learn successfully at a camp.

Point 1)—When selecting a camp, don't just go to it because it has the endorsement of a top player.

If a camp you are going to doesn't publish information and background on their teaching staff, you should request

it from them. The professionally run camps list their entire staff and their backgrounds and not just their headline pros. Remember, the headline pro is only one person and he can't teach all 30 people in the camp.

Video analysis is a very important part of the camp, but the fact that a camp has video equipment doesn't mean they know how to analyze on court play.

Point 2)—Make sure the camp has a person with professional coaching experience, preferably someone who has worked with pro tour players with a trained eye for analyzing video recollection and then offering you a concise critique on your play with pointers to improve by.

When looking for instructors, I try to organize our staff so each player has a primary playing point or two that they excel in and are experts at teaching. For instance, Bruce Christensen works on the pro style serve and Charlie Garfinkel handles strategy, Jeff Leon works on drills, and I work on video analysis. If we had a staff of all good servers, the rest of your game would be neglected and you would only know how to serve.

Point 3)—Make sure the camp you go to has a staff with a variety of talented teachers who are experts in different aspects of the game.

Remember, learning at a camp is like a big puzzle. Each instructor must build each part of your racquetball puzzle in his session so when you are done, the whole puzzle goes together. That is how to build and perfect a complete racquetball game.

Our camp policy is that we want every player to go away satisfied, feeling that they have spent their money on a worthwhile project; i.e., come away with an improved racquetball game.

Point 4)—Ask if they will refund your money in full if you are not satisfied, and also if they can supply you with copies of letters of recommendation

from people who have attended their camp in the past. If they can't do these things, beware!

We attempt to integrate practice drills in all our sessions as players can go back home with the right ideas regarding how to practice by themselves.

Point 5)—Find out if the camp you are thinking about attending incorporates practice drills in its camp program so you can go back to your home club with interesting ways to practice on your own to integrate what you have learned into your game.

Conditioning, strength training, and other human performance criteria are tools for success in most sports and we include these in our racquetball camps.

Point 6)—If Olympic athletes work on human performance improvement to raise athletic performance, the racquetball camp you attend should include this also. Check it out to see if they do. If no one works on or discusses this aspect, you won't be a complete player.

Because of the quality of our teaching staff, we have been able to secure major sponsors for our camp. Ektelon is our camp sponsor and they are a valued ally, as we are able to offer special deals on equipment to camp attendees.

Point 7)—A manufacturer's sponsorship at a camp should be researched to find out if you will be getting special deals on equipment.

Last year, some players at our camp saved enough money on equipment alone to more than cover the cost of the camp. Once again, this can be a valuable asset of going to the right camp. Also a manufacturer's willingness to sponsor a camp indicates a lot of confidence in the director of the camp as well as the teaching staff.

We keep a record on a lot of our camp alumnus to see how they have improved since our camp. We also get repeaters who come back year after year to our camps.

FEATURE

Having Fun At RB Camp

by Bill Mueller

Stuck in the 20x40 box for a week? No way—not in Aspen where the outdoors are too inviting.

Point 8)—Ask the camp if they can document cases of improvement where players have raised their games one or several levels and have even gone on to become tournament champions. Ask for names and phone numbers of players you can call and talk to regarding their camp and post camp progress.

After deciding which camp to attend, it is time to prepare to go to camp. The most important thing to do in preparing for the camp you are going to attend is to make sure you get yourself in decent physical shape beforehand, as you will be spending a great deal of time on your feet listening to instruction as well as playing and if you are not in shape, you will be distracted from learning by your being physically tired out.

Also, don't come to camp in a brand new pair of shoes that you are wearing for the first time, since if you get blisters, you will be suffering for 48 hours and not learning as you should be.

The last things to do before leaving for camp are also sometimes the most forgotten; namely, *what do I bring to camp?* The following checklist should help. If you perspire a lot, bring the maximum. If not, the minimum as noted.

- 3-6 shirts • 2-4 shorts
- 1-2 pairs of racquetball shoes
- 1 pair of jogging shoes
- 1 warmup • 6-8 pairs of socks
- trainers tape (if injured)
- notebook for lectures, notes and pen or pencil
- 2-4 athletic supporters (males only)

Non-racquetball items

(some only apply to traveling participants)

- 1-2 casual shirts • casual shoes
- casual pants or skirts • toiletry items
- laundry bag • pajamas or robe
- reading materials • raincoat or jacket

We recommend that each participant bring \$25.00-\$35.00 for non racquetball activities and personal needs that arise. The club will provide lunch each day, but participants must purchase their beverages for lunch and during the camp.

Selection of an appropriate racquetball camp using these guidelines will prove to be an extremely valuable learning experience which will benefit your racquetball game in an invaluable way. Remember, in a short time you will be exposed to techniques which have taken years for the players who are teaching you to master. If they do their job properly, you will not waste time on mistakes which most times take longer to correct than learning the right way the first time.

Good luck and have a great time at camp! ●



Sometimes the best thing you can do for your game is to forget it. Just leave it behind for a week or so, take that vacation you've been remotely lusting after for more than a year, and keep your racquet zippered under wraps —where it can't serve to remind you that it's been four months since you last beat your boss, and never mind the fact that you only won *that* match because he happened to be recovering from the flu and a monumental hang-over at the same time.

Then again, sometimes it's best to grab your game by the throat, swing at it until your arms and legs feel like spaghetti, and then analyze it with the cool precision of an expert mechanic trying to figure out where the knocks and pings are coming from.

And if you're lucky, you can do both at the same time.

For Mike Nave and a group of friends from the Mid Valley Racquetball Club in Reseda, CA, attending racquetball camp in Aspen, CO last summer was a "super opportunity for a bunch of guys to have a lot of fun, and a great way to get away from business."

Not that the business at hand was anything other than racquetball, however. Because if a week in Aspen sounds like a travel agent's best sales rap, keep in mind that those at the Strandemo/Head Racquetball Camp weren't sweating because of a hot sun at poolside. To be sure, this vacation had more to do with gulping Gatorade than sipping pina colodas. But it wasn't exactly a few days of maximum security at San Quentin, either.

"I think it was great fun," said Perry Altshule, who also attended the Strandemo camp last summer. *"I enjoyed it. It was a helluva week, a helluva workout."*

Nave, Altshule and five others from the Mid Valley club organized last summer's "working" vacation as a way to kick back and kick some bad playing habits. As it turned out, they did plenty of both.

For the 48-year-old Nave, work on improving his game starts in a familiar place for many racquetball players: the backhand. *"I seemed destined to go to the grave with a lousy backhand and wanted to improve my court sense,"* he

The gang from Mid Valley Racquetball Club took their fanaticism to Steve Strandemo's Aspen camp last year.

said. "I was staying in the service box after serving. Steve (Strandemo) taught me that I've got to change position and drop back after serving. And also on keeping my eye on the ball."

Strandemo has camp participants following the bouncing ball by keeping their eyes on videotapes which monitor their style, form and progress. Filming each player every day in the camp is an integral teaching tool in improving one's game at the camp.

"The slow-motion relays are extremely helpful," said Nave, who lives in Santa Monica, CA and distributes cosmetic and beauty supplies. "It makes it a lot more obvious what you need to do."

Those who attended the camp said that Strandemo's step-by-step instruction and the objective videotape analysis were the perfect antidote for on-court ailments. But the sight of your form on videotape isn't always a pretty one. For Perry Altshule, it meant the thrill of victory and the agony of watching it later on film.

"That was a negative," said Altshule, 46, with a laugh. "I had to see what I looked like. As a former tennis player I thought I was stylish going into the camp, but after seeing one's self on videotape, one tends to lose any preconceived notions one has about one's style."

A video camera doesn't blink, so neither will it deny or make excuses for a player's weaknesses—which is why Strandemo uses them as standard teaching equipment.

"I could teach without videos," says Strandemo, "but videotaping makes it easier for me to teach because they can see themselves do it. They can see their good and bad points and make the necessary adjustments."

Altshule, who lives in Encino and owns two companies, plays racquetball every morning and competes in tournaments in doubles. After six years, seeing himself on film wasn't the only thing that exploded a few myths for him.

One of the first things you learn at a Strandemo camp is that proper strategy is the best doubles partner you'll ever have. Of course, that's not what a lot of us were led to believe.

Strategy in racquetball? C'mon. It's just a matter of hitting this little ball a little lower on the wall and a little harder than anyone else, right?

Wrong, says Strandemo, who's been running racquetball camps for 10 years.



"This sport was never promoted correctly. People have been told that they don't need lessons or strategy to be good in racquetball. That's a very false statement."

All of which brings us back to Aspen, where players such as Altshule and Nave are schooled in some of the game's finer points, which eventually translate into points of your own when you return to clean up back at the local club.

"I now know why I'm getting beat," joked Altshule. "It totally screwed up my game for a month-and-a-half. It changed my whole game and improved it. I went in thinking I was a racquetball player, and left thinking I wasn't a racquetball player, and then I spent the months afterward proving to myself that I was."

One of Altshule's problems was following the ball off opponents' racquets. That and other weaknesses were attacked with videotape, Strandemo's personal instruction, and non-competitive rallying with other players.

Nave, who's been playing racquetball for 15 years, said the rallying helps you work on many aspects of your game without the burden of worrying about winning a match.

The camp accepts players with a wide range of abilities, which is appropriate because Aspen is a town with a wide range of recreational possibilities. Not that you have an incredible amount of energy left over from a full day at Strandemo's camp, either.

"The thought of running around with women was nice, but you're a little too dead for that," said Nave. "After playing we'd go out for drinks, out to dinner, and then collapse."

"We didn't tear up the town," said Altshule. "If there were any virgins in Aspen they're still there."

The group took a private plane to the camp, and included Las Vegas on their vacation itinerary. It was Altshule's first summertime visit to Aspen, and the spectacular weather did nothing to discourage efforts to make it back again this year. In fact, the group is planning to again take a private plane to Aspen for this summer's camp.

"The fact that we had seven guys there made it fun for us," said Nave. "They set you up with different levels of players, which helps your game. And, of course, Aspen in the summertime is very beautiful."

Not as beautiful, perhaps, as a newly honed game plan which finally beats your old club rival, but all in all, not a bad way to spend part of the summer.

"I enjoyed the camaraderie of the guys, I enjoyed going out to the restaurants, and just kicking back and doing nothing."

Well, almost nothing—and if you don't believe that, Steve Strandemo has some videotape he'd like you to see. ●

SUMMER CLINIC SCHEDULE

Pro(s)	Sponsor	Dates	Club	For More Information Contact
1. Steve Strandemo	AMF Head	June 5- 9 Session 1 June 12-16 Session 2 June 19-23 Session 3	Incline Court House Incline Village, Nevada	Steve Strandemo Racquetball Camps P.O. Box 591 Coronado, CA 92118 619-437-8770
		July 10-14 Session 1 July 17-21 Session 2	The Aspen Club Aspen, CO	
		July 24-28 Session 1 July 31-Aug. 4 Session 2	Lehmann Sports Club Chicago, IL	
		Aug. 7-11 Session 1 Aug. 14-18 Session 2 Aug. 21-25 Session 3	Omni Court Club and Fitness Center Philadelphia, PA	
2. Lynn Adams	Ektelon	July 14-19	Los Caballeros Racquet and Sports Club 17272 New Hope St. Fountain Valley, CA	Jim Carson 714-546-2900
		July 22-25 Junior Camp	Omni 222 S. Route 41 Schereville, IN (In the South Chicagoland Metropolitan Area)	
		July 26-28	Omni 222 S. Route 41 Schereville, IN (In the South Chicagoland Metropolitan Area)	
3. Bret Hamett	DP	July 15-19	Sacramento Court Club Sacramento, CA	Penny Bryant Program Director Sacramento Court Club 916-383-3070
4. Vince Wolanin, Charlie Garfinkel, Bruce Christensen, Jeff Leon, Mike Daniels	Ektelon	July 13-14	3rd Annual Weekend Crash Racquetball Camp Twenty First Point Club McKown Road off Western Ave. Albany, New York 12203	Vince Wolanin Twenty First Point Club 518-489-3276
5. Terri Gilreath	DP	July 6-12	California Physical Education and Coaching Summer Workshop Cal Poly University San Luis Obispo, CA	Carolyn Thompson 714-786-1739
6. Greg Peck Caryn McKinney Terri Gilreath Bret Hamett		July 27-Aug. 3 Session 1 Aug. 3- 9 Session 2 Aug. 10-17 Session 3	Olympic Training Camp Olympic Training Center 1750 East Boulder Colorado Springs, CO	Luke St. Onge AARA Headquarters 303-635-5396
7. Marty Hogan	Pro Kennex	July 20	The Coors-Hogan Exhibition Series Nashville, TN Site to be announced	John Weaver Pro Kennex 1-800-854-1908
8. Connie Peterson	AMF Head	July	Racquetball Programming Seminar July Chicago Site and Date to be announced	Connie Peterson 503-665-4142
9. Joyce Jackson	DP	June 24-26	Tulsa Racquetball and Aerobics Club Tulsa, OK	Tulsa Racquetball and Aerobics Club 405-321-2357
10. Fran Davis	AMF Head	July 13-14	Capitol Courts Carson City, NV	Capitol Courts 702-882-9566 Vance or Laura
		July 20-21	Burlington, VT Racquet's Edge	Lorraine Schimmenti Racquet's Edge 802-879-7734

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TOURNAMENT RESULTS

Home Town Favorite Position Pays Off For Panzeri

For the second time in three weeks, Vicki Panzeri was a finalist in a WPRA tournament. For the first time in over two years, she emerged victorious by winning the fifth annual Pacific West Classic held March 8-10, at the Pacific West Sport and Racquet Club in Lynwood, WA. In front of her home town crowd, Vicki blasted by Terri Gilreath to win the \$10,000 event in a three-game final 21-10, 21-7, 21-10.

The big win, combined with her second-place finish last month in Vermont, moved her from fifth to third place in the WPRA rankings, a spot which has long been held by Shannon Wright-Hamilton. Furthermore, with three National events set for the women in May and June, Panzeri's current winning momentum couldn't be more timely.

Going into the first game of the final, Terri was the first to score. She warmed Panzeri up, shooting around her for most of the first 13 points of the match, gaining an 8-5 lead. That was Gilreath's last lead of the match.

Once Vicki "got into it," she devoured Terri, outscoring her 16-2 enroute to the 21-10 win.

Panzeri's skills were even sharper in game two. With the help of excellent serves, including a two aces, Vicki jumped out to an 11-1 lead. As Panzeri was putting on a racquetball show of "Swiss accuracy," Gilreath was struggling just to stay in every rally.

Terri's game had lost the intensity of her previous matches while Vicki's game appeared to be at an all time high. She moved Gilreath all over the court and scored at the slightest opening, 21-7.

It soon became apparent that there was also no hope for Gilreath in game three as Vicki once again took control, racking up points at will. Terri called a time out at 11-2 to regroup but to no avail. When play resumed, Vicki continued to send Terri on a tour of the court. No matter how hard Gilreath tried, there was no containing Panzeri's near perfect shots. There seemed to be no defense against Panzeri's total control as each rally kept Terri too far from her own game style. The final game score was 21-10.

Panzeri (background) sends Gilreath (foreground) on a magical mystery tour of the court in their final match.



After the match, Vicki seemed to discount the win saying, "It was an easy draw." But friend and fellow pro Bonnie Stoll was there to keep things humorous and in perspective.

"Vicki, don't say that," she grinned, "I was in your draw!"

"I was very nervous going into the final," Vicki said, "I expected a close match and I felt that Terri could come back at any time. I played well, but Terri was mentally drained."

There was little doubt that Terri had lost some of her mental energy after her five-game upset win over Lynn Adams the night before, but even Terri was the first to say that Vicki had played great racquetball.

"She was possessed," Terri said. "She didn't hit the ball with tons of speed, but she placed it exactly where she had to. Her passes never came off the back wall. When I was running them down, I would say to myself, 'Oh boy, there it goes.'"

In the semi's, Panzeri took out Liz Alvarado in five games. Alvarado had a great tournament, stopping fifth seeded Fran Davis in the round of 16, tough Babette Bell in the quarter-finals and pushing Panzeri before Vicki managed to stop the 22-year-old Texan. Alvarado clearly showed signs of future

greatness despite Panzeri's 21-17, 15-21, 19-21, 21-6, 15-12 victory.

The other semi-final match between number one Adams and third seeded Gilreath was a hard fought battle between friends as the two Southern Californians kept spectators on the edge of their seats.

Going into the tie-breaker, the match was so close that the cumulative score after four games totalled 78 points for each player. But the fifth game and the match were finally decided on a single, hotly contested point.

With Adams leading 14-13, Terri ripped in a forehand that Adams thought skipped into the front wall. She offered her hand to Terri thinking the match was over only to be told by the referee that the shot was good and the score was tied (remember WPRA score on every rally). Astonished by what she thought was an obvious skip, Adams appealed to the linesmen. It was thumbs down for the judge on the right and the left linesman didn't see the shot. So, the point had to be replayed.

The momentum then went to Terri's favor. In the next four points that followed, Terri came on like a tornado while, at the same time, the wind went out of Adams' sails. Five serves later Terri won the match, 15-21, 21-23, 21-19, 21-15, and 17-15.

"Solid as a Rock." Not the song, but a quote from Lynn Adams about Dave Brown's body. She defeated the all-pro corner back for the Seattle Seahawks in a clinic-exhibition held in conjunction with the tournament.

"I shouldn't have let it get that close," said an obviously distraught Adams. "She played really good racquetball, she really did. I missed a lot of shots. It was a good learning experience."

There were also other notable upsets of the tournament that brought new names to the attention of the tour followers. Bell, of Pensacola, FL entertained spectators in a five-game upset of fourth-seeded Caryn McKinney in the round of 32; Molly O'Brien played sound and aggressive racquetball to put sixth-seeded Janell Marriott out of the Tournament in the round of 16; Marci Drexler established her future by knocking Jennifer Harding out of the first round in three games.

This \$10,000 pro stop was held in conjunction with the Pacific West's grand



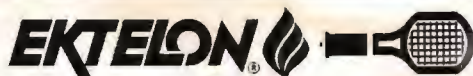
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Ladies of the Eighties. (Left to right) Stoll, Adams, Gilreath and Panzeri confer with the referee prior to their "grudge" match doubles exhibition.



—All photos by John Barlow.



Adams shows signs of personal disgust as it becomes apparent she will be marked absent from the finals. She went down in the semi's to Gilreath.

opening of their new Lynwood (WA) facility. The event also featured one doubles and one singles exhibition.

The stars of the singles exhibition were Adams and Dave Brown, the all-pro corner back of the NFL's Seattle Seahawks. Adams superiority was never in question as she trounced Brown in

three games. A very enthusiastic crowd attended the clinic-exhibition to see if a pro footballer could cross sports to defeat a pro racquetballer.

The doubles exhibition was billed as a grudge match between partners Adams/Gilreath and their foes Panzeri/Stoll. The National championship team of Adams/Gilreath emerged victorious in five games that left spectators drained as well as entertained. ●

Pacific West Classic Pacific West Sport and Racquet Club Lynnwood, WA — March 8-10 March 8-10

Round of 16: Adams d. Low 21-12, 21-11, 21-13; Drexler d. Lynch 21-11, 21-13, 21-17; O'Brien d. Marriott 21-17, 22-20, 21-7; Gilreath d. Rasmussen 21-11, 21-8, 21-13; Bell d. Gilman 21-13, 21-7, 21-16; Alvarado d. Davis 10-21, 21-8, 21-7, 21-9; Jackson d. Stoll 21-11, 17-21, 21-19, 17-21, 15-11; Panzeri d. Strandberg 21-15, 21-7, 21-12.

Quarter-finals: Adams d. Drexler 21-5, 21-10, 21-13; Gilreath d. O'Brien 21-12, 21-8, 22-24, 19-21, 15-11; Alvarado d. Bell 20-22, 21-11, 21-17, 15-21, 15-12; Panzeri d. Jackson 21-19, 21-19, 21-17.

Semi-finals: Gilreath d. Adams 15-21, 21-23, 21-17, 21-15, 17-15; Panzeri d. Alvarado 21-17, 15-21, 19-21, 21-6, 15-12.

Finals: Panzeri d. Gilreath 21-10, 21-7, 21-10.

WPRA Rankings As of March 28, 1985

Ranking	Player	Points
1	Heather McKay	301.50
2	Lynn Adams	290.75
3	Vicki Panzeri	160.00
4	Terri Gilreath	129.00
5	Shannon Wright	127.50
6	Caryn McKinney	89.00
7	Janell Marriott	86.25
8	Fran Davis	72.00
9	Joyce Jackson	71.00
10	Liz Alvarado	49.00
11	Brenda Poe-Barrett	48.75
12	Jennifer Harding	47.00
13	Molly O'Brien	42.25
14	Peggy Gardner	41.25
15	Bonnie Stoll	41.00
16	Babette Bell	36.25

INSTRUCTIONAL

Steve Mondry's Racquetball Clinic

Now Is The Time To Get Serious

by Steve Mondry



With the culmination of the 1984-85 racquetball season upon us, many players find themselves signing up for major tournaments, be they national, regional or local. The desire to end the year on a winning note seems to be a common feeling among racquetballers.

It's important for all players to realize that this late in the season is not the time to work on any new shots, or overhauling your backhand, for example. Those adjustments should have been made over the past six or eight months—and any further work in this area should be begun during the upcoming summer.

Even if you haven't reached all of the lofty goals you might have set for yourself a year ago, that's no reason you shouldn't be able to play well—despite any weaknesses in your game. I have three ways for you to be able to play your best during late season tournament time.

1) Change To A Heavier Racquet

Yes, you read it right! Change to a heavier racquet.

I believe that one of the advantages Charlie Brumfield had en route to his string of national titles was "Big Bertha." Big Bertha was the name Brumfield gave to his massive, 290+ gram racquet that he used during many of those national tournaments.

Charlie would change racquets often during the season, but he would always end up with good ol' Big Bertha when it counted. At first this may sound like superstition, but a closer examination reveals a process that is not unfamiliar to athletes in tennis and baseball, as well as racquetball.

During the first third of the season players use a heavier racquet (or bat in baseball) to get their timing down. For this reason, Brumfield always started the season with Big Bertha. With Bertha it didn't matter where the ball hit on the racquet—it was a solid shot because the racquet had so much mass behind it.

As Brumfield's timing improved (and his confidence with it) he would move to a lighter racquet so he could really start ripping the ball. This phase generally lasted into the final third of the season or until some of the negative symptoms associate with light racquets appeared—sore arm, miss-hitting shots, etc.

Charlie would then switch back to Big Bertha for their final thrust toward the national championship. With Bertha he didn't have to swing as hard and everything that came off the racquet was solid.

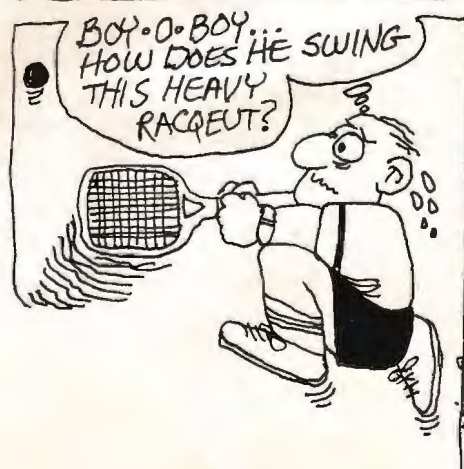
Personally, I have three different weighted models of the DP 8000 that I alternate using according to my timing factor, and I know I have a playing advantage because of it. And if you read the sports pages, you'll note now and then how a particular slugger will switch to a heavier bat toward the dog days of summer.

2) Utilize Your Strengths

Major tournament time is not the time to hit a feeble backhand in hopes of practicing that shot in game situations. Rather, this is the time to try your best to win.

In order to win, you have to hit your best shot. In any given situation—you must play to your own strengths—even if it means running around your backhand to hit that powerhouse forehand. Sure, you've been practicing all season with drill after drill to develop that backhand. But at major tournament time you've got to go with the percentages and if that means waiting another year for full confidence in your backhand, then, so be it.

The same thing goes for your serves. It's time to shelve the "new serve" you've been working on in favor of the serves you know you can hit best. Ditto for serve return. Do not try to perfect your backhand kill of a drive serve now, unless you want to give away too many points. Go with your best return, most likely a ceiling ball.



The player I admire most in this area is Jerry Hilecher, a top eight player in the pro ranks for nearly 15 years. And for 15 years everybody's been saying that Hilecher has a weak backhand. And for 15 years Hilecher has been working on that backhand, one, by the way, that most of us would eagerly trade for.

Yet when it comes down to "crunch time," invariably you'll see Hilecher run around his backhand to drill his awesome forehand. He does not dwell on his backhand, rather he concentrates on taking as many balls as he can (comfortably) with his forehand—one of the best there ever was.

That's the type of positive thinking that makes a champion and Hilecher has certainly stood the test of time. I'll guarantee you that he constantly works on his backhand throughout the season in matches and practice. But when the money is on the line, Hilecher goes with his strength—and so should you.

3) Don't Overtrain

There was a time during my playing career in which the word "overtrain" did not exist. To me it was impossible to overtrain. It would have been akin to Miss Piggy telling Kermit the Frog not to overeat—you've got to consider the source.

Well, after too many exercise physiology courses and talking to many experts in the field, I finally learned (albeit too late to help my playing career) there are proper methods and principles of training. I know I could have been a much better player had I lived by them instead of my "more is better" approach.

For example, in the week prior to the nationals, if my backhand didn't feel "right," I would stay on the court and hit 1,000 backhands in order to "re-groove" my stroke. By the time the tournament arrived I'd be listless and lethargic and perplexed besides.

To further illustrate the point, we need turn back the clock to 1977 when Davey Bledsoe won his national title. One of the questions he was asked about was his training procedure in preparation for the big event. Bledsoe knocked more

than one person off their chair when he confided, "*I did a little light housework and relaxed,*" or words to that effect.

The point was (and is) that Davey realized that it was the end of the season. His body was tired enough from the rigors of the tour. And he knew well enough that if he didn't have it now, he wouldn't find it in the week prior to the nationals.

The best he could do to prepare was to relax and get himself into the proper frame of mind to play to the best of his ability, which he certainly did in 1977.

These three tips should help you play the best you are capable of playing during the season-ending events. I'd like to wish all readers of *National Racquetball* the best of luck in their tournament efforts and no matter what the outcome, I'll have some summer tips to help you get ready for next year. ●

Steve Mondry, a top touring pro for six years, author of numerous articles on racquetball, conditioning, and weight training, and director of the Mondry/DPI/Penn Clinic Series, is an instructor with the East Bank Club, Chicago.

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Ferris Joins ARHS

The American Racquetball Handicap System (ARHS), a service of Standard Competitive Rating Systems, Inc., based in Minnetonka, MN, has announced the addition to its marketing department of two-time National Men's Open champion, Dan Ferris.

According to Pat McGlone, president of ARHS, "Ferris will be working with the many racquetball clubs throughout the country that participate in the ARHS program. He will also be

contacting the clubs that are not presently enrolled in the program to introduce them to the many benefits the ARHS system provides to the sport of racquetball and the clubs. Dan Ferris comes to ARHS as a recognized leader in racquetball," said McGlone.

Ferris won the AARA National Open Championship in 1983 and 1984 and defended his title in Houston last month. Dan was a member of the racquetball team representing

Dan Ferris at work . . .



. . . and Dan Ferris at work.

the U.S. in international competition in 1983 and won the Central American Games held in Costa Rica.

Between 1979 and 1985 Ferris won over 50 major Pro-Am racquetball events throughout the U.S. He is currently sponsored by Diversified Products (D.P.), Nike, Saranac Glove Company and A'me Manufacturing.

In addition to his successful play at the national level, Ferris has spent a great deal of time and effort promoting grass-roots participation in the sport. While

earning his degree in business at St. Cloud State University, he was instrumental in organizing, and playing on, the school's first racquetball team which finished second in 1980 and third in the 1981 AARA National Intercollegiate Championships.

"For the past four years I have spent a great deal of time putting on racquetball clinics throughout the country to help build more enthusiasm for the sport and to develop junior players," said Ferris.

Crystal Light Aerobic Championships

If you're a player looking for more than just racquetball competition and you've been participating regularly in aerobic exercise classes, the Crystal Light National Aerobic Championships may be the competitive outlet you're looking for.

Thousands of America's 20 million aerobic fitness buffs will compete in this year's Crystal Light National Aerobic Championships. Nine regional events will take place from May through July in Los Angeles, San Francisco, Denver, Miami, Pittsburgh, Chicago, New York, Atlanta, and Houston.

The national championship will be held this fall at a site to be determined. We'll keep you posted. For more information, contact Stacy Bender or Bill Summers at (212) 977-9400.



Actress Susan Anton shown here with Michelle LeMay, Miami, FL, last year's individual competition winner in the Crystal Light National Aerobic Championship.

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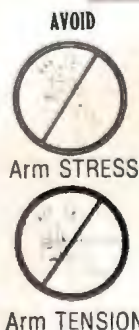
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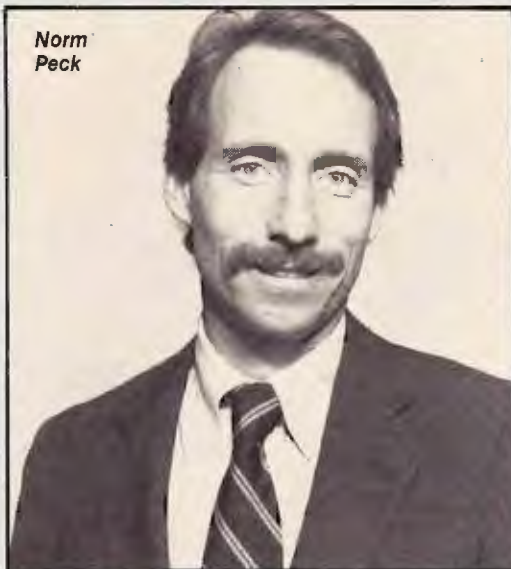
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Ektelon Promotes Norm Peck

Norm Peck has been promoted to the position of director of marketing for Ektelon, the San Diego-based manufacturer of racquetball equipment, apparel and accessories. The announcement was made today by Robert McTear, vice president and general manager of Ektelon.

Peck, 35, originally joined Ektelon in September of 1980 as player program manager, directly overseeing the company's relationships with professional racquetball champions Mike Yellen, Dave Peck (no relation) and Lynn Adams, plus more than 1,000 Ektelon-

Norm Peck



sponsored teaching pros and amateur players. Peck served as the head squash and tennis coach at Princeton University from 1972-80, prior to accepting his position with Ektelon.

"Norm's responsibilities and influence have steadily expanded since he joined the company almost five years ago," said McTear. "He is an extremely capable individual and I'm certain that his hard work, dedication and productivity will carry over into his new position."

Ektelon, headquartered at 8929 Aero Drive, is a division of Browning, located in Morgan, UT.

Head Signs Panzeri



Perseverance has finally paid off for Vicki Panzeri. She's signed an exclusive one-year contract with AMF Head, the result of graduating from a pro tour regular to the number three seed on the circuit.

"We're looking forward to an exciting year with Vicki on our staff," says Mark Wentura, Head's racquetball product manager. "We think she has national tournament title potential."

Panzeri recently won her first pro tournament of 1985 in her home town, Seattle,

and was a finalist the month before in Vermont. She's played professionally for six years. She also dabbles in squash.

"I don't want to give squash too much credit for my racquetball ability," Panzeri explains. "Racquetball is my sport and it's good enough to stand on its own as the vehicle through which my game has improved."

Panzeri has participated in numerous tournaments as a doubles player in the Pacific Northwest and has dominated tournament play there for the past four years. She's excited about her current national ranking and states that she is serious about her current assault on the number one spot.

Vicki Panzeri

Podiatrist Joins Yamaha

Dr. Douglas H. Richie Jr., a California podiatrist who specializes in the prevention, treatment and causes of sports-related foot and leg injuries, will serve as a technical consultant to the

Yamaha International Corporation in the design of their Asahi footwear, the company has announced.

In addition to a sports medicine practice in Seal Beach, Dr. Richie has con-



Dr. Douglas H. Richie, Jr.

ducted significant scientific research in the field, teaches podiatry, lectures widely, and also serves as a podiatrist for several Southern California track and field teams.

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