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National Racquetball

is published monthly by
Publication Management, Inc.
1800 Pickwick Ave.
Glenview, Illinois 60025
(312) 724-7856

National Racquetball • (ISSN 0161-7966)

Publisher

• Hugh Morgan •

Associate Publisher/Editor

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Associate Editor

• Helen Herber •

Design Director

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East Coast Editor

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West Coast Editor

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Advertising information requests should be
addressed to Advertising Manager,
National Racquetball Magazine
1800 Pickwick Ave., Glenview, Illinois 60025,
Or call (312) 724-7856
Copy subject to approval of publisher

All editorial communications should be
addressed to the Editor,
National Racquetball Magazine
1800 Pickwick Ave.,

Glenview, Illinois 60025.

Manuscripts must be typewritten
and double-spaced.

Color and black-and-white
photographs are welcome.

Please enclose a self-addressed envelope
for return of manuscripts and photos.

Subscriptions are \$16 for one (1) year.

Rates are for U.S., possessions and military.
Canadian subscriptions are \$20 per year.

All subscriptions payable in U.S. funds.

Foreign subscriptions are
\$20 per year plus postage.

Second class postage paid at Glenview,
Illinois and at additional mailing offices.

Postmaster send form 3579 to

National Racquetball

1800 Pickwick Ave., Glenview, Illinois 60025.

(Please allow 6 to 8 weeks
between the time subscription form is
mailed and receipt of first issue.)

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On the cover...

Former top professional player, instructor,
camp coordinator and author Kathy
Williams begins a new instructional series
providing readers with pragmatic drills to im-
prove your game. (page 20)

—photo by Arthur Shay

Next issue...

October brings our first annual racquetball
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D.C.

From The Editor . . .

What's The Problem?

My wife made her semi-annual visit to the dentist this month—a regular trek we're all familiar with. It wouldn't have been much to dwell on and the fact that the good doctor is a tennis player is all the more reason not to dwell.

But my wife was upset upon returning home. "My dentist says that racquetball is dying," she said. "People are leaving the game in droves. It's all over. I think it's time you look for a new job."

Well now, my wife isn't exactly the type of person to go to pieces based on some off-handed remarks of a tooth-filler. And having lived the life of a racquetball widow for nearly seven years, she knows the ins and outs of the racquetball world fairly well.

"What exactly did he say?" I asked.

"He said that racquetball is dying because it's too strenuous," she said.

"People are finding out that racquetball is too tough a workout and they'd rather do something not so physical."

"Like?"

"Like tennis, except it's too expensive. So they jog instead."

"That's it?"

"That's it."

"So what's the problem?" I asked.

"Well, can you write about jogging?"

Not having the slightest idea how to write about jogging, I decided to address the issue directly.

"First, racquetball is not dying. Racquetball is alive and well. In fact the sport of racquetball is no different than when it burst on the scene 15 years ago. It is still fun, easy to learn, a great work-out in a short period of time, good tension reliever and appeals to both sexes and all ages.

"Second, people are not leaving racquetball in droves. It is true that some clubs are experiencing financial difficulties, but these troubles are more directly related to management, location, concept and general economic problems than to racquetball. In fact, most clubs are reporting little, if any, decline in membership levels, with only court usage leveling off. This appears to be a sign of the poor economic times.

"Racquetballers don't want to give up their game, but they have been forced to play less, having to choose between bread and balls, so to speak. So they



play once a week instead of three times; they buy one racquet a year instead of two.

"Third, racquetball is a tough workout. I cannot disagree with the good doctor on that one. That's one of the most positive aspects of the sport—a good workout in a short period of time. If you don't like to sweat then racquetball is not for you.

"You see, racquetball has not changed. It has always been a vigorous activity, unlike most other recreational sports, tennis among them. If my shirt isn't absolutely drenched when I come off the court, then I consider my time spent a waste. I want those little salt droplets streaming down my face. I want my glasses to steam up a bit. I love changing headbands that are too wet to absorb anymore.

"Racquetball is physical fitness. That's what it's all about. Racquetball had its origins in the desire of its early aficionados to bring a physically demanding yet fun activity to the masses. And that's just what racquetball has done.

"Handball hurts and is difficult because you must utilize your "off" hand. Tennis takes a long time to just become a neophyte and is extremely expensive. Paddleball takes a Paul Bunyon just to swing the paddle. Jogging is great if you like to hear yourself breathe and don't mind frostbite in the winter.

"Racquetball combines the best of them all. It has handball's strategy and court sense; tennis' dedication to excellence; paddleball's need for strength; and jogging's stamina. And it's real, live competition.

"So what's the real problem?" I asked again.

"I've got two cavities," she said. ●

Chuck Lane

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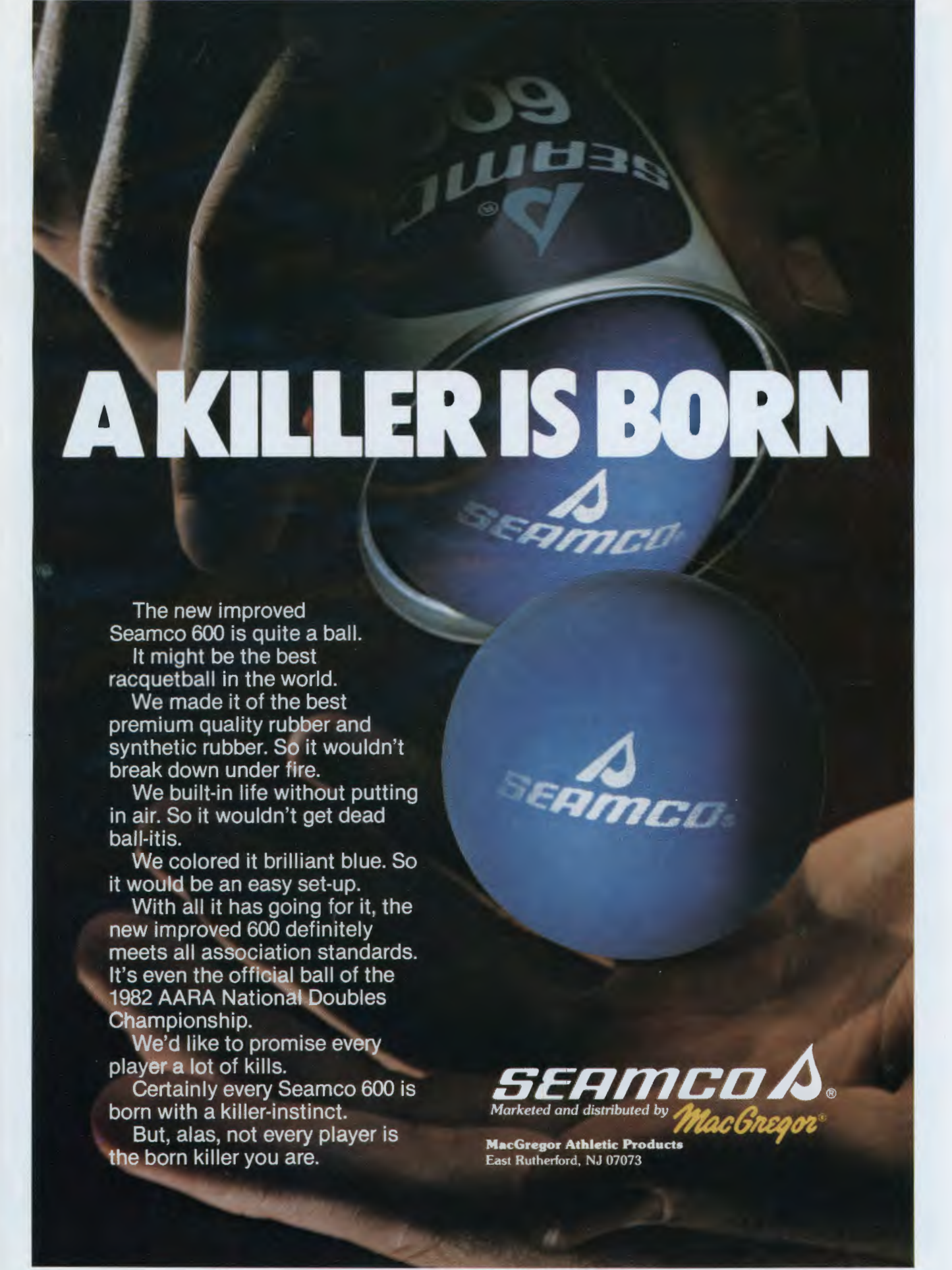
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Letters

AARA Means Amateur: What Does Amateur Mean?

Dear Editor:

I read with great interest your editorial in the July issue, "Take Not the Responsibility Lightly," where you discussed the emergence of the AARA as the national governing body of racquetball.

Your comments reveal a serious problem which has plagued our sport since its inception. The AARA (IRA) has always been a "players' association" made up of the players governing themselves. Yet we continually hear the AARA referred to as "you," "your," "it," "they," but never "we."

For the record, the AARA is made up of hundreds of dedicated volunteers whose only reward is the realization that they are involved in leading our great sport toward its rightful place in the sporting world. The AARA needs the help and support of dedicated individuals, and we welcome your involvement.

Elsewhere in your article you dealt with the definition of amateurism as it applies to the AARA membership in the United States Olympic Committee. I sincerely wish you had checked your facts before writing that "the AARA is prepared to embrace the strictest definition of amateurism—that any player accepting any rewards worth any money is a professional."

The AARA's definition of a professional has not changed. Rule 4.14: "Professional—A professional shall be defined as any player (male, female or junior) who has accepted prize money regardless of the amount in any pro sanctioned tournament (NRC, PRA, WPRA, NARP, Catalina) or any other association so deemed by the AARA Board of Directors."

The entire situation concerning amateurism under the USOC is quite complicated, but the following is how it is governed.

Amateurism is determined in all sports by the international federation that the national federation is recognized by. In our case, the International Amateur Racquetball Federation's definition is the same as the AARA's, and thus nothing changes even though the AARA is now a member of the USOC.

When racquetball competition comes to the Pan Am Games, World University Games, Olympic Games or any competition under the auspices of the USOC, the eligibility of the participants will be subject to the USOC's Rule 26, which in many respects is more liberal than the AARA's definition.

Unfortunately the average person associates the "pure" definition of amateurism with the USOC, which is not accurate. In fact, the "pure" definition of amateurism no longer exists in most amateur sports organizations and emphasis should be placed on the eligibility of participants to compete rather than on the word "amateurism."

Luke St. Onge
Executive Director, AARA

A Fourth Appeal

Dear Editor:

Dan Bertolucci's latest article on appeals (July issue) was excellent, with the exception that it did not include all the calls which may be appealed. To Dan's list of fault serves, double-bounce pickups, and skip balls (kill shots), a fourth item, "out" serves, must be added. Dan and I added this to the USRA rules in 1980, and it has just been adopted by the AARA as well.

Phil Simborg
Posen, IL

Words and Actions

Dear Editor:

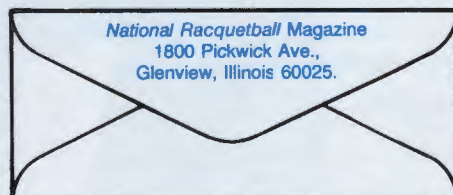
Tsk! Tsk! It was interesting to note, in your July issue, the dichotomy between what Marty Hogan says and what Marty Hogan does ("Ask the Champ").

To wit: on page 17, Hogan gives advice to a club program coordinator about eyeguards: "No sir, I'll never take mine off. At least not while I'm playing," he says. Then refer to pictures of Hogan in the same issue on pages 37 and 48, taken during matches, showing him without eyeguards. This in contrast to opponent Ed Andrews and two other players, Heather McKay and Lynn Adams, who are shown wearing eyeguards. Not to nit-pick, but the screened photo of Hogan that accompanies his column also shows him without eye protection.

Makes a person wonder about the advice being given, doesn't it?

Charles J. Rosenberger
Glenwood, IL

For Hogan's response, please turn to his column (page 19). — Ed.



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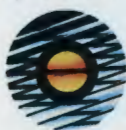
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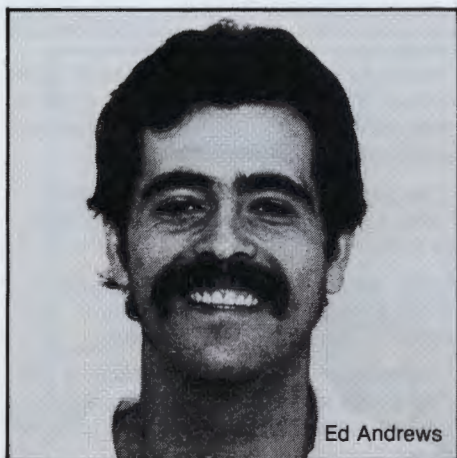
Superstitions Of The Players

by Charlie Garfinkel

When you're playing in a tournament do you always make sure that you put your left sock and left sneaker on before you put your right sock and sneaker on? Are you convinced that a large plate of spaghetti a half an hour before your match will make you play better? Do you try to use the same shower and toilet stall after every match?

You may or may not share in some or all of these superstitions. But a number of leading professionals and amateurs practice a variety of dietary and other rituals before and after their matches with religious intensity. We have persuaded them to divulge their secret rites for the privileged eyes of *National Racquetball* readers.

Were you aware, for example, that certain colors can profoundly affect your skill on the court? Ed Andrews never wears any clothing or sneakers that have brown on them.



Ed Andrews

"When I first started out as a novice, I'd always seem to lose if I wore brown," he said. "Today, I won't even wear socks or shirts that have brown trim. Brown is definitely not my favorite color."

Andrews also observes certain liturgical forms in eating and washing. He takes a shower to loosen up before a match. But not in any old stall.

"I always make sure that I use the same shower," he said. "If my particular shower is being used, I'll still wait for it, even if it means waiting for 10 or 15 minutes. It's always worked for me in the Nationals, so I intend to continue the practice."

"As for meals, my breakfast is always the same before every match."

Steve Lerner goes in for an arcane sneaker ritual. *"I have a different pair of sneakers for each round that I play in," he said. "I never switch them around. If a pair rips or becomes worn out, I'll buy a new pair. But I'll only wear the new ones in the round that I wore the previous sneakers before I had to get rid of them."*

Sneakers are imbued with powerful magic for other players too. Steve Chase's secret rites involve donning the ceremonial footwear in an inflexible and formal sequence.

"From the time I was in Junior High School, I've always had the same habit of putting my left sock on, then my left shoe on, then my right sock on, then my right shoe on," he said.

"It might have been because the floors were cold where I used to play. One thing that I accomplished for me—you better believe that I've never forgotten my shoes or socks."

Like many players, he also depends on ritual behavior on the court to keep Lady Fortune smiling on him.

"I always serve a Z-serve on my fifth and tenth point. Every time!" he said. "But with so many of my rivals reading this article, I may be tempted to change the serve in the future."

Jerry Hilecher is also an adherent of the footwear creed. *"I always wear two socks on my right foot, and two on my left."*



Jerry Hilecher

And he approaches the powers-that-be through the mediation of his son—children, as everyone knows, being closer to the sources of things than the rest of us.

"I call Justin, who is two and a half, on the phone and say 'Is Daddy going to win the tournament?' If he says 'No!' I'll keep him on the phone until he says 'Yes,'" Hilecher reported. "My wife, Debbie, may have to prompt him, but I won't let him off the phone until he says 'Yes.'"

Rich Wagner's pre-match practices involve ritual bloodletting, among other things. He shaves before every match, regardless of the time he's playing.

"I always make sure that I scratch myself shaving," he said. "Of course I make the scratch as tiny as possible, but I think the sight of blood makes me feel meaner."

"I then throw Skin Bracer on my face. This makes me feel awake and refreshes me." (Skin Bracer is particularly effective on cut skin.)

He drinks a cup of coffee just before he plays to give him a psychological boost. It also helps his punning ability. *"If I lose I won't have 'grounds' for complaint," he asserted.*

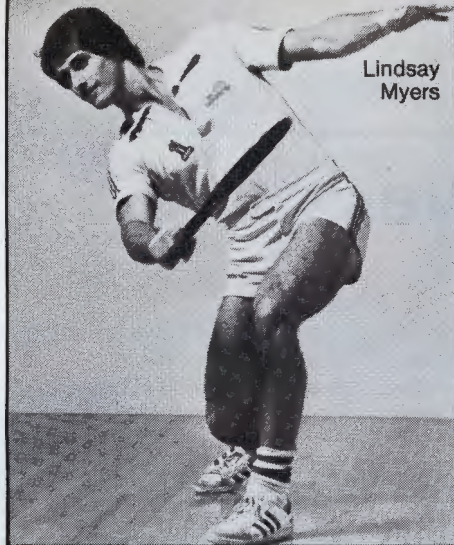
Dave Peck combines the shaving ritualism with the footwear fetishism, and throws in another ingredient of his own to come up with an altogether unique blend.

"I don't shave throughout the entire tournament," he said. "I always put my right sock on first, then my left sock, then my right shoe, then my left shoe."

"I also wear the same outfit, which includes my socks, shirts, shorts, and sneakers throughout a tournament. And I wear the same colored glove throughout."

Doug Cohen's observance of Lady Fortune is also complex and mysterious. *"During a match, when my opponent or I take a timeout, or between games, I have a set routine," he said. "I have to pick up the ball and kill it on both my forehand and backhand sides. It makes me more at ease and convinces me that I'm going to win."*

"Then I have a good luck necklace with a diamond in it that I wear all the time."



Lindsay Myers

"Finally, I'm wearing my lucky wristband. I wear it as much as I can. But I wouldn't advise looking at it closely, since it's never been washed."

Wearing the same things over and over, with or without the benefits of modern laundering techniques, appears to be a widespread practice. Jack Newman, the present AARA National Intercollegiate Champion, 17-And-Under Champion, and National Amateur Champion, insists on a single outfit.

"I wear the same uniform for every finals that I'm in," he said. *"Fortunately, I've been in a lot of finals, so I've been giving the uniform, which is navy blue and white, a real workout."*

In last year's Nationals, Craig McCoy defeated Dave Peck in the round of 16 and decided to wear the same clothes before every match the rest of the tournament—an outfit of some distinction, let it be noted.



Craig McCoy

"I wore a Coors hat and shirt, Adidas shorts, and flip-flops," he said. *"Evidently it worked since I reached the finals against Marty Hogan."*

His desire to appease the forces of Luck in the universe extends into equipment too.

"I like using the same racquet over and over," he said. *"If a string breaks and I've got identical racquets, I'll still have the strings repaired in order to use the same racquet."*

"However, I don't have a lucky necklace or anything like that."

Lindsay Myers, on the other hand, attributes his success in racquetball to a necklace. *"I always wear a 'chai' in the shape of Israel on my necklace,"* he said. *"I've got it with me, but the chain broke so I'm not wearing it. I don't know if I'll play as well or not."*

Belief in the power of such amulets is not easily shaken. You may think a penny is just a piece of obsolete currency, but to Mike Ray it's much more than that.

"Just before I was going to play Dave Peck in this year's DP Leach Nationals, I found a penny," Ray said. *"I thought I smelled the 'scent' of victory. Even though I was wrong, I played extremely well in losing a close five-game match to him."*

The magical properties of certain kinds of food and clothing are what make a winning doubles team, according to Mark Malowitz. He and his good friend and doubles partner, Jeff Kwartler, have won the National Doubles five times, with the aid of spaghetti and sweats.

"When we won in Detroit in 1978, I had a plate of spaghetti and meatballs a half hour before every match," Malowitz explained. *"I'd also eat the same meal twice a day, in addition to the pre-match meal."*

"Although it may sound hard to believe, it has never bothered my digestion during a match. Since I've won five national titles, I must be doing something right."

"I always wear sweats whether I play singles or doubles because it makes me feel more secure. Like Linus in Charlie Brown, I need my security blanket."

"I also wear a sticker that has a slogan about Mexico on it. I have to have it on me to play. If it comes off, I won't play until I stick it back on again."

His partner, Kwartler, concurs in the wearing of sweats in doubles.

"I feel that they're my protection, like a shield," he said. *"I've also got to eat an hour before our matches or I don't feel right. Mentally, I feel that I'm missing something."*

His ritual garments also reflect a protocol, as essential to conjuring magical powers as the item of clothing in itself.

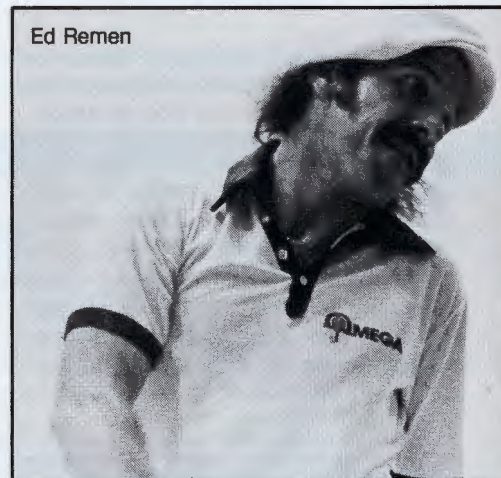
"I wear certain good luck shirts for certain matches," he said. *"You'll notice that I wear raggedy shirts in the early rounds."* Presumably, once assured of success and no longer a beggar at the gate of Luck, it is acceptable to put on the more pompous garb of the bourgeois athlete.

Kwartler and Malowitz also insure their luck by not practicing before a match.

"We're always being asked 'How much do you practice?'" Malowitz said. *"We never do. Why? The only time we did, we lost the only match we've ever lost in Texas. We've never practiced since because we feel that it will bring us bad luck."*

Which goes to show you that winning does depend on luck, and not on spending more time on the court trying to perfect shots.

Ed Remen, by contrast, reflects western American mythology in his use of hats to ward off the evil eye. *"I always start off my matches with a white hat. You know the old adage, 'Good guys always wear white.'"*



Ed Remen

"Having won my first two national titles (Senior Singles and Doubles), I've got to give a lot of credit to my hats. I always wear one when I play."

"I've got at least a hundred different hats. If I couldn't wear one of my hats or jackets, I'd forfeit the match."

Body language and kosher food are Steve Mondry's secret weapons in the battle to get Luck on his side.

"Before a match I open the door to the court with my right hand," he said. *"I always enter the court with my left foot first."*

"I always eat kosher meals before I play. If I find that I'm losing matches, then I'll go back to ham and cheese sandwiches."

For Bret Harnett, it's the avoidance of jinxed garments that make the difference. *"Any old outfits that I lost in when I first started playing I won't wear any more,"* he said.

He also observes a ritual vigil before matches. He insisted: *"I have to be up at least three hours before any morning match. It doesn't matter what time I have to play."*

But the principle that seems most important in wooing Lady Fortune is consistency. The players use the word 'always' more than they say kill shot.

Lynn Adams always uses the same locker throughout a tournament. But her consistency is even more extreme than that.

"I've got to have the same bathroom stall," she admitted. "Even if I'm in a hurry and someone is in there, I'll wait. And I listen to the same song before all my matches, particularly if it's the semi's or finals."

Sean Moskwa, who defeated Scotty Hawkins in the DP Leach Nationals, always wears black shoelaces. *"I wanted a good luck charm and my black shoelaces fit the bill,"* he said.

"Charlie Brumfield always had something like that. Steve Keeley has had different colored sneakers."

Moskwa also has a magic lightning bolt on his racquet. *"Looking at it makes me feel that I'm even faster and makes me try even harder,"* he claimed. *"I actually feel that I play better with it."*

With all the evidence that religious practices in diet, dress, and behavior—not to mention icons and amulets that guard against ill luck—with all of this, there are still non-believers out there, strong souls who flout Fortune with breath-taking bravery. Marty Hogan stoutly denied harboring any superstitions whatsoever.

Maybe he thinks his racquetball career has been all skill so far?

Larry Fox was tolerant, indulgent even, toward the benighted folk who believe in luck and amulets, but he doesn't number himself among them.

"Do I have any superstitions? Don't be ridiculous! Have some fun in your life. Everything's within you," he said.

"But don't get me wrong. Anyone who feels that superstitions help them, that's fine with me."



As for myself, the Great Gar, I'm not what you'd call superstitious. Before a match I prepare psychologically by fondling my hundreds of trophies, medals, and silver pieces. If I don't read at least seven of my scrapbooks before any given match, I don't feel as if I'm ready to play.

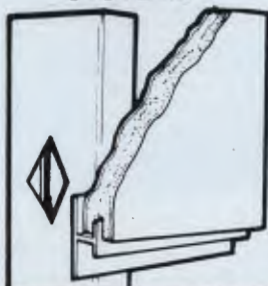
I do feel that if any of my shirts, jackets, headbands, or a pair of sneakers that says The Gar on them are stolen, this is a bad omen. It could even mean that my opponent will score between 10 to 12 points, rather than his usual seven to nine. ●



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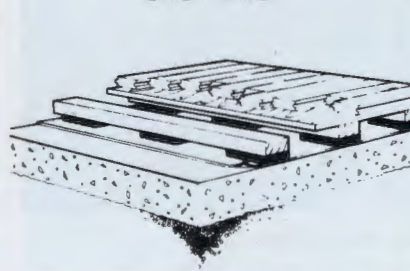
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National Racquetball's First Annual Racquet Guide

Your One-Stop Comparison Shopping List

Your local club's pro shop probably carries some of them. Your local sporting goods store carries some. And through the mail you can purchase still others. But for the first time, here they *all* are—the racquetball racquet guide you've been asking and waiting for.

For easy comparison, the editors of *National Racquetball* have categorized the various racquets on the market by price. For a certain amount of money, this is what you'll get.

Our sincere thanks to the many manufacturers who unselfishly provided samples, photos, descriptions and prices of their products. For more information on any of the racquets described in this issue, contact any of the manufacturers listed at the conclusion of this article.

\$35 and Less



The Original by Olympian

- Suggested retail: \$34.98
- Fiberglass construction
- Designed for flexibility & feel
- Light, for mobility & head speed
- Hour-glass shaped handle covered in leather
- Head cover included



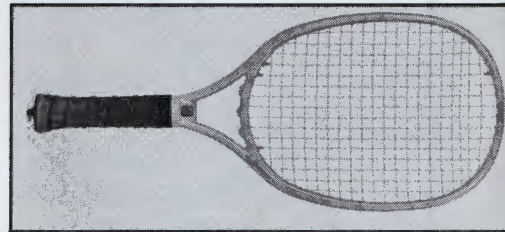
The Rogue™ by Ektelon

- Suggested retail: \$34.95
- Aluminum extrusion designed for recreational player
- Four grip sizes including flared
- Aluminum 7005-T53 for strength & durability
- 225 grams
- Teardrop headshape for larger sweet spot
- Nylon bumper/grommet system to limit vibration
- Flat, tacky leather grip



Impact One by AMF Voit

- Suggested retail: \$33.50
- 265 grams
- Teardrop headshape for extra power
- Aluminum I-beam construction
- Patented "floating throat" to absorb vibration
- Polyurethane foam handle
- Stitched-in bumper guard
- Strung one string per hole for uniform tension
- Leather grip in four sizes
- Vinyl head cover included



La Feminique by Olympian

- Suggested retail: \$31.98
- Quadraform frame
- Construction 33% fiberglass, 67% nylon
- Hour glass handle
- Genuine leather raised grip
- Designed for woman player



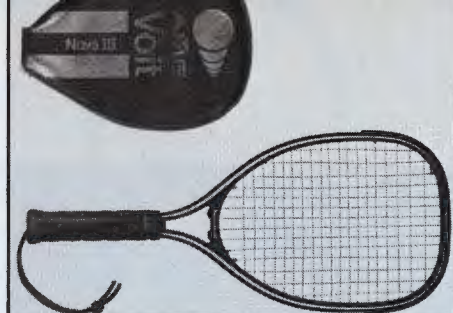
Impact M by AMF Voit

- Suggested retail: \$27.00
- Two-section floating throat to absorb vibration
- 245 grams
- Unique stringing pattern (12 mains x 14 crosses) for touch and control
- Teardrop headshape
- Rigid I-beam construction
- Patented bumper guard permanently balanced when strung
- Leather grip in three sizes
- Vinyl head cover included



Comp Jr.™ by Ektelon

- Suggested retail: \$24.95
- Designed for junior players 15 and under
- Lighter, shorter & more flexible than adult Ektelon models
- Alcoa 7005 aluminum wishbone frame for enlarged sweet spot
- I-beam extrusion and polyurethane foam handle



Nova III by AMF Voit

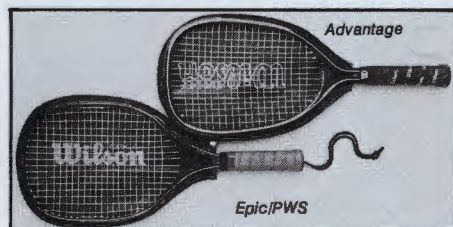
- Suggested retail: \$24.00
- Construction 10% graphite, 20% fiberglass, 70% nylon
- 250 grams
- Quadraform headshape for flexibility & durability
- Patented, stitched bumper guard
- Leather grip in 4" size



Little Bandido by DP Leach

- Suggested retail: \$24.00
- Designed for younger players
- Light and flexible
- Interlocking butt cap & grip for firmness & strength
- 260 grams
- Raised leather, small grip
- Tournament quality strings

\$60.00 and Less

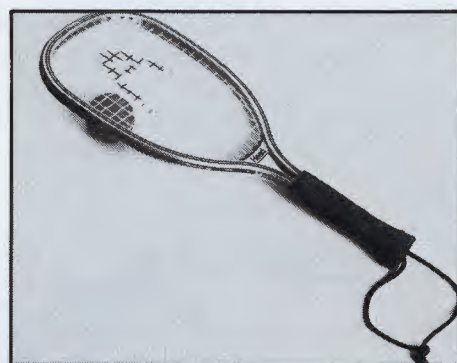


Epic/PWS by Wilson

- Suggested retail: \$60.00
- Unique aerodynamic aluminum tubular design
- Perimeter Weighting System (PWS) places weights on perimeter for solid hitting
- PWS enlarges sweet spot & reduces rotational movement
- Compressed frame area in throat increases torsional stability
- 250 grams
- Leather grip in two sizes
- Head cover included

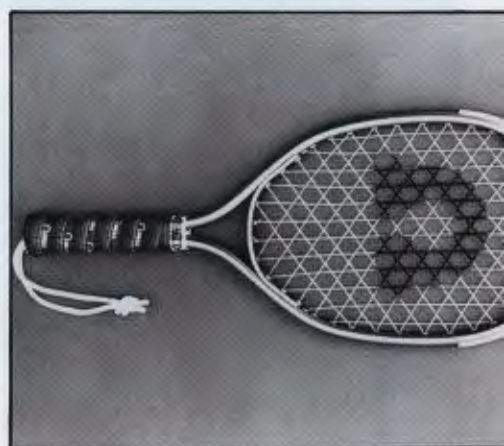
Advantage by Wilson

- Suggested retail: \$55.00
- Aluminum construction
- Durability of aluminum with quickness of fiberglass
- Frame core foam-filled to dampen vibration
- 255 grams
- Leather grip in two sizes
- Suede cover included



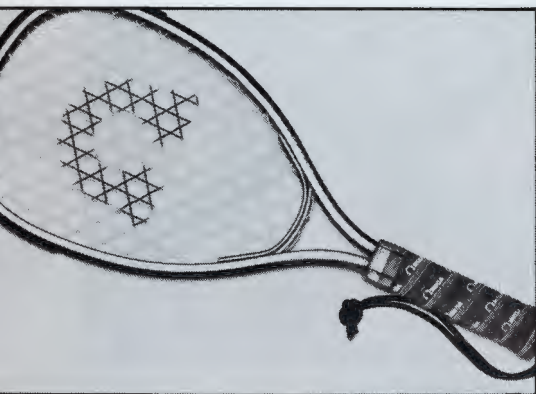
Master by AMF Head

- Suggested retail: \$55.00
- Light-weight aluminum alloy for speed and superior wrist snap
- Specially designed bumper-guard protects frame
- Molded foam handle to absorb vibration
- Hourglass-shaped handle for superior grip
- Top quality leather grip in four sizes
- 250 grams
- Head cover included



Esprit 2 by Omega

- Suggested retail: \$52.00
- Pale blue anodized aluminum frame
- Extended quadraform headshape
- Exclusive, patented Mad-Raq® stringing pattern for dampened vibration
- Two grip sizes
- 245 grams
- Head cover included



Olympic #1 by Omega

- Suggested retail: \$49.00
- Exclusive Mad-Rac® stringing pattern
- Frame extends to butt of handle
- Frame bonded to polyurethane for strength and reduced "racquet shock"
- Raised stitched leather grip in two sizes
- 240-245 grams



Arrow by Wilson

- Suggested retail: \$48.00
- Lightweight aluminum construction
- Aerodynamic cross section does not sacrifice power
- Dynamic extrusion to reduce twisting and minimize vibration
- Foam-filled handle to absorb vibration
- 235 grams
- Leather grip in two sizes
- Head cover included



Interceptor™ by Ektelon

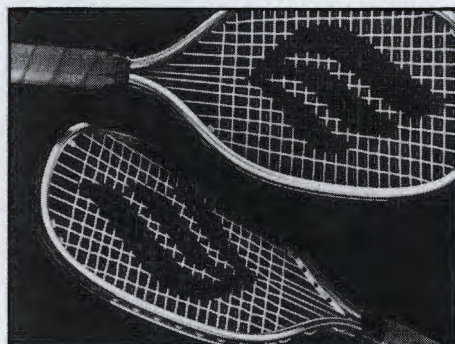
- Suggested retail: \$45.00
- Alcoa 7005-T53 aluminum I-beam frame
- Graphite-reinforced throatpiece for increased frame stability
- Nylon bumper/grommet strip system for reduced vibration and longer string life
- Quadraform head shape for larger sweet spot
- 250 grams
- Flat, tacky leather grip in four sizes including flared
- Tan-colored vinyl cover included



CR 200™ by Ektelon

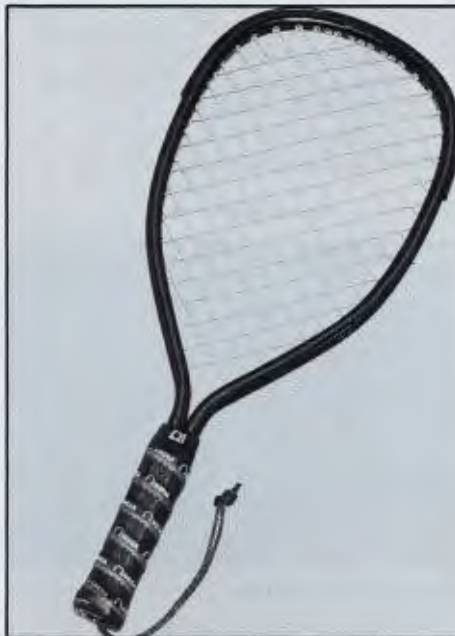
- Suggested retail: \$40.00
- Fiberglass & carbon fiber construction
- Lightweight yet durable
- 245 grams
- Custom framed polyurethane handle for reduced vibration
- Flat, tacky leather grip in four sizes including flared

\$100 and Less



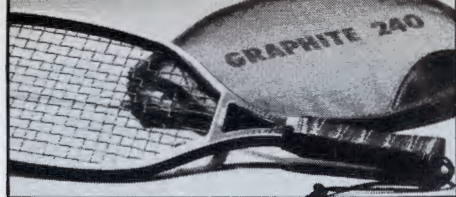
Citori™ by Ektelon

- Suggested retail: \$80.00
- Unique seamless tube of silverblue Ektelon/True Temper 7178-TG aluminum alloy construction
- Wishbone frame for larger sweet spot
- Sunburst string pattern for improved hitting surface
- 240 grams
- Sewn-on nylon bumper system
- Heat-welded multifilament braided string
- Four handle sizes including flared



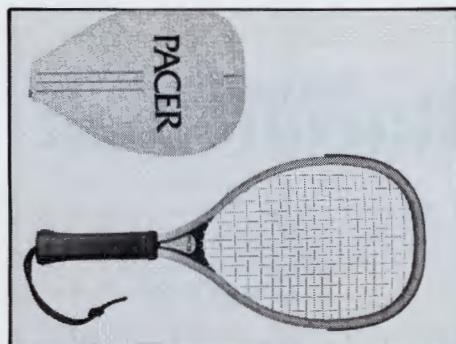
Galaxy 21 by Omega

- Suggested retail: \$80.00
- "Supertube" aluminum extrusion
- Exclusive Mad-Raq® stringing process for improved control
- Quadraform head shape for generous sweet spot
- 235-245 grams
- Two grip sizes
- Head cover included



Graphite 240 by DP Leach

- Suggested retail: \$73.00
- Fiberglass-wrapped graphite construction
- Diamond headshape with quadraform upper head & modified teardrop bottom
- 240 grams
- Tournament quality strings
- Raised leather grip in three sizes
- Head cover included



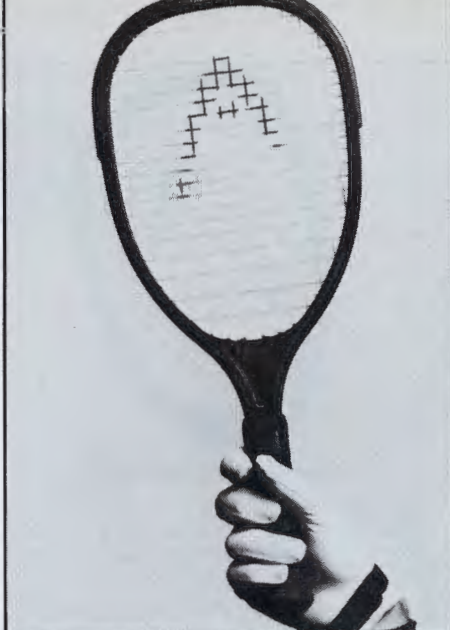
Pacer by AMF Voit

- Suggested retail: \$70.50
- Pure, hand-molded fiberglass construction
- Unidirectional, fiberglass reinforced stress points for maximum strength
- Quadraform head shape for flexibility
- Patented floating throat to absorb vibration
- Polyurethane foam handle
- Top-grain leather grip in four sizes
- Patented bumper guard permanently balanced when strung
- Head cover included



Magnum 2™ by Ektelon

- Suggested retail: \$70.00
- Aluminum alloy construction
- Wishbone frame
- Sunburst stringing pattern
- High performance Alcoa channel extension for durability
- 245 grams
- Four handle sizes including flared
- Vinyl bumper and grommet strip for reduced vibration
- Tan-colored leather grip
- Cover included



Professional by AMF Head

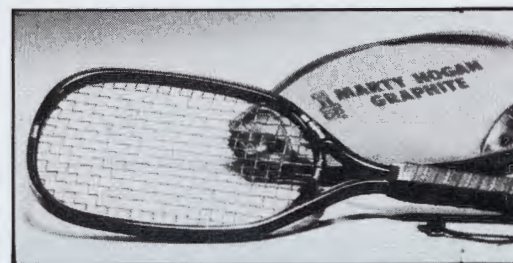
- Suggested retail: \$65.00
- Extruded aluminum-alloy I-beam frame for high strength
- Specially formulated bumper guard to protect frame
- Hourglass-shaped handle for superior grip
- 257 grams
- Top-quality leather grip in four sizes
- Molded foam handle to absorb vibration
- Head cover included

\$100 and More



Graphite CBK by Ektelon

- Suggested retail: \$195.00
- Graphite-carbon component highlights frame construction
- Designed for strength, rigidity & power
- Boron in maximum stress areas for power & flex control
- Kevlar® component in handle & throat
- Wishbone frame for enlarged sweet spot
- Sunburst stringing pattern increases power
- Two weight choices: 230 or 245 grams
- Four grip sizes including flared
- Head cover included



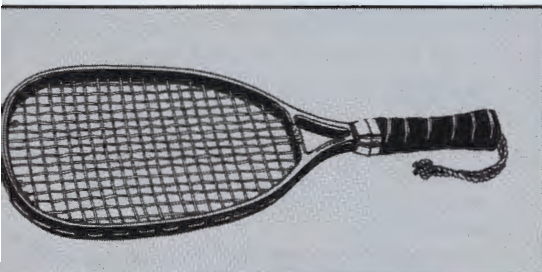
Marty Hogan Graphite USA by DP Leach

- Suggested retail: \$180.00
- 100% graphite fiber construction
- Additional throat graphite for more power
- Used by Marty Hogan to win five national titles
- Case design eliminates air pockets & string breakage
- Carbon strings
- 250 grams
- Raised leather grip in three sizes
- Deluxe head cover included



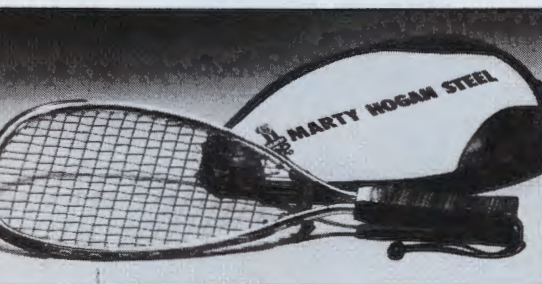
Composite Plus by Wilson

- Suggested retail: \$120.00
- Graphite/fiberglass construction for lightness, feel, control & durability
- Arched throat for wide base support
- Arched side to reduce twisting of head
- Strung-in bumper & grommet strip for string protection
- Foam-filled handle to reduce vibration
- 250 grams
- Leather grip in two sizes
- Full length cover included



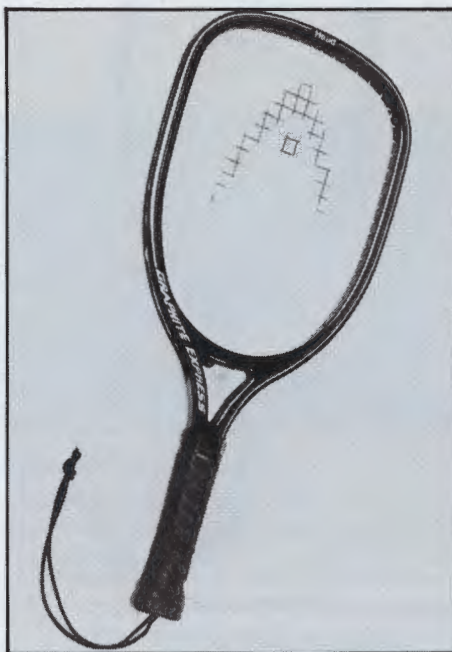
Marty Hogan Graphite 8000 by DP Leach

- Suggested retail: \$108.00
- 80% graphite construction for strength & power
- Core design eliminates air pockets
- Modified teardrop headshape
- Narrow, contoured throat for perfect balance
- 250 grams
- Three grip sizes
- Molded bumper guard for string protection
- Nylon cover included



Marty Hogan Steel by DP Leach

- Suggested retail: \$108.00
- "Stepdown" chrome plated steel construction
- Drawn tubular design for light weight & perfect balance
- Frame extends through the grip for strength & durability
- Chromed eyelets prevent string breakage
- Polyurethane bumper guard
- Multi-filament tournament-grade nylon strings
- 250 grams
- Three grip sizes
- Deluxe gusseted cover included



Graphite Express by AMF Head

- Suggested retail: \$105.00
- Hand-placed graphite and fiberglass fibers construction
- Designed for flex and response
- Hollow, torsion-tube construction provides exceptional strength
- 242 grams
- Hourglass-shaped handle of molded foam
- Top-grade leather grip
- Head cover included

For further information on any of the racquets included in this guide feel free to contact the appropriate manufacturer:

AMF Head, Inc., P.O. Box C-5227, Princeton, NJ 08540

AMF Volt, Inc., 3801 South Harbor Blvd., Santa Ana, CA 92704

DP Leach, 309 Williamson Ave., Opelika, AL 36802

Ektelon, 8929 Aero Dr., San Diego, CA 92123

Olympian Sports Products, 5567 Kearny Villa Rd., San Diego, CA 92123

Omega, 9200 Cody, P.O. Box 14926, Overland Park, KS 66214

Wilson Sporting Goods, 2233 West St., River Grove, IL 60171 ●

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The Glass Court

by Lorraine Madej

Part I of a two-part story.

Tina ran into "Mr. & Ms. Haircut" and leaned on her chair for support. Tears seeped from eyes that did not cry easily. Sniffing for control, she wiped her wet cheek on her rabbit fur jacket. Then she hung the jacket on a bent wire hanger.

"What's the matter?" Wanda asked.

"Ted." Tina had just seen him looking like a Score model, walking hand in hand with a Vogue cover girl, at the Mall. Yet Tina hadn't trimmed his hair for over two weeks. He hadn't even returned her calls. ("Just wondering how you're doing. I'm fine," was her typical recorded message.) It wasn't her style to fuss or fume.

Tina felt her friend's warm hand rest on her shoulder. She heard that advice-to-the-lovelorn voice say, "Forget him. Besides he was thinning on top. Sooner or later, there'd have been a toupee. That's not for you."

Tina's pulsing lips curled in a half smile at her friend's logic. Though twisted, it made her feel a little better.

"Our one o'clock appointments are here," Wanda whispered.

Tina fumbled for a tissue in her jeans pocket and glanced in the mirror. Her grey-green eyes were puffy. Alex had called them bottomless seas and declared his fantasy trips had given her backgammon victories. Bob, an anti-ques buff, had said the golden braid circling her crown reminded him of a figure-head on an old ship. She couldn't recall anything nice from Ted, yet.

Tina blew her nose and motioned for her customer to mount the cutting chair. She tried to smile, but could only frown and whimper, "How are you today?"

Mrs. Edwards rubbed a blood-red finger-nail over a lean bicep. "Oh, my aching muscles!" She seemed too involved with her own problems to notice Tina's.

"What've you been doing?" Tina felt obliged to ask, while tying the plastic protector around her neck.

"Racquetball. My second lesson today."

Tina fluffed the sweat-coated hair. "The usual?"

"Yes. But a little longer in the back, if you think it'll look right."

Tina nodded and motioned for Mrs. Edwards to change to the hair washing chair. Amidst the fine spray of water and perfumy smell of shampoo, Tina thought about Bob and Alex. Though Tina truly had liked both men, she really didn't share their enthusiasms. She had felt relieved that she wouldn't have to go through another barn or sit through another tournament. But she also discovered each time it was no fun to be alone either.

In time, Tina had concluded that perhaps she expected too much. Then she met Ted at the Mall. He made her feel solid, like all's well, and always

"Soon the court door burst open and their instructor, a trim figure dressed in a soft pink and white warm-up suit entered, radiating energy."

would be. So, while watching movie reruns on TV, she suppressed her creeping boredom by silent planning — what she would buy her mother for her birthday, or how to decorate her bedroom. This she felt she could live with forever, if asked. But the lunch hour shock planted serious doubts.

"Have you tried it?"

As Tina patted Mrs. Edwards' dripping hair in a towel, she became dimly aware of her question. "What?"

"Racquetball."

"No," Tina replied, wondering what a game would ever have to do with her life.

"You must. You forget everything when you are going for the ball. All your troubles — like they never existed."

Mrs. Edwards animatedly described the court, the racquet and several incidents.

As the wisps of lightened hair fell from the scissors, Tina felt a seed of interest beginning to sprout within her. Soon the seedling grew like Jack's beanstalk. Forget the painful old by taking on something new. Sound advice. If only Wanda would join her.

"Show these piano legs in public?" was Wanda's reply. "You're skinny as a model. But me!"

"The courts are closed — just a little window in the door — the size of a book."

Wanda fluffed her mass of auburn ringlets. "If I could survive a mangled wrist skiing in Vermont, why not this?"

The following Monday morning, Tina and Wanda stood waiting for their instructor on the 20' by 40' court. Tina squinted from the brightness of the snow white walls and ceiling and shivered from the cold. Wanda began running in place.

Soon the court door burst open and their instructor, a trim figure dressed in a soft pink and white warm-up suit, entered, radiating energy.

One hour later Tina and Wanda were red-faced and panting.

"See you next week!" their instructor said, looking as if she had taken an hour's nap.

"I need a transfusion," Wanda said, wiping drops of sweat from her brow.

"Let's shower."

On the way to the parking lot, Tina said, "Mrs. Edwards was right. I did forget my troubles — for a while."

"I'm curious when the guys play. The only males I saw were grand-dads or little boys. You couldn't have stuffed another female body into the locker room."

"Suits me just fine," Tina answered crisply. "If you must know, I'll ask Mrs. Edwards next time she's in."

A week later Tina asked the question casually.

"Evenings and weekends," the trim matron replied.

Tina was pleased she felt no sting these days at the prospect of another involvement. She congratulated herself on successfully getting over Ted.

Which is why, the next day, when she came back from lunch, she was very annoyed to see a familiar beige suit and swirling golden retriever hair occupying her chair. An unaccustomed wave of irritation and anger splashed over her.

She breathed deeply, then walked over. "Long time no see — or hear."

Not a flicker of shame at his deceit crossed Ted's perfect smile with its perfectly capped teeth. The smile that won customers for First Federal Bank whenever its manager's attentions were personally required. The smile that had instantly won Tina. A casual shrug was followed by, "Am I forgiven?"

Tina didn't answer. "You came for a haircut?"

He nodded.

She fastened the cape around his neck in a business-like manner and began clipping. "I saw you at the Mall a couple of weeks ago with someone very friendly." Her voice was carefully controlled.

His dark lashes blinked at her bluntness. Then that smile muffled all unpleasantness. "I'm here now, aren't I?"

Tina continued to snip. She felt the old tingle, brushing against his hands and shoulders, smelling the faint cologne and paper odor. When she finally whisked away the stray hairs that fell on his neck, Tina announced, "You're forgiven."

"How about dinner tonight?"

"All right."

"Your place?"

Tina nodded, making a mental note to shop on the way home.

Over steak and salad (Ted brought the wine and popcorn), Tina mentioned that she had taken up racquetball.

"Too much work," Ted replied, loosening his tie. "You'll find out. I'd rather relax on my time off." He yawned. "How about a movie?"

They settled on cushions with the traditional bowl of popcorn to watch *High Noon* for the third time. But all of Tina's careful conditioning had somehow vanished. Even though she still found Ted attractive, she found herself yearning for a good book to read, or a racquetball game to play.

"I see *Movie Re-run* is back," Wanda said the next day while sweeping up hair from her last customer. "By the way, next Monday's our final racquetball lesson. What's after that?"

Tina stopped. Funny the way Wanda mentioned Ted and racquetball in the same breath. If Tina had to choose between them, she'd definitely pick the game.

"How about trying for Saturday?" Wanda winked.

"Why not?" Tina called the courts. Someone had just cancelled three

"Tina's shirt was damp and clinging. As she lifted her hand to wipe her forehead, she became aware of B.O. This wasn't how she had pictured meeting anyone!"

weeks of permanent time. Nine to 10 A.M. was theirs.

Saturday morning Tina and Wanda edged up to the bustling desk. "Grey. 9 a.m."

The tightly-sweatered matron ran her finger across the page, "Court 2," and managed a harried smile as she handed Tina and Wanda their keys.

After depositing their coats in the lockers, Tina said, "Let's find Court 2."

"Two?" Wanda's eyes became as round as a racquetball. "Is that the glass court?"

Tina felt panicked. "I never thought to ask! I just wanted to buy time!" She noted how intently the guys waiting studied the players in the glass courts.

She could imagine them snickering as she and Wanda missed easy shots.

"Talk about being in the public eye!" Tina said. Her knees felt shaky. "Maybe we can get our money back." She inquired at the desk.

"I suppose it can be arranged," the court manager said. "But we have no other court to substitute. Why don't you try it for one day? You might find you forget all about the lobby."

The bell rang shrilly. Tina's breath felt short.

"They're not leaving!" Wanda whispered, looking into Court 2. "Maybe we should!"

Suddenly a wave of determination enveloped Tina's toes and spread upward. "What are we? Chickens?"

"Peep, peep," Wanda replied.

Tina strode resolutely to the glass, then taped her racquet lightly.

The men smiled, waved, and gathered their things to leave.

"See? That was easy." Tina felt better.

They warmed up by volleying the ball, then started a game. To Tina's surprise, they didn't play any worse under these fish bowl circumstances. In fact, Tina soon became so involved with reacting to the ball, she forgot they were in the glass court.

As she got in position to receive a serve, Tina heard a knock. "Wait." She wasn't wearing her watch. Could the bell have rung and they both missed it? Beads of sweat trickled down the side of her nose.

Tina went to the door. Two guys, one with wild frizzy hair and a roller coaster nose, the other with gold metal glasses and a serious expression, held up their racquets. "Want to play doubles?" the frizzy-haired one asked.

Tina's shirt was damp and clinging. As she lifted her hand to wipe her forehead, she became aware of B.O. This wasn't how she had pictured meeting anyone!

She turned to a flushed and panting Wanda. "They want to play doubles with us."

Wanda stood wall straight with her ample arms resting on her ample hips. "I'll try anything once." ●

Will Tina survive the rigors of doubles on the glass court? Who will be the man in her life? Will Ted win out over racquetball? Read Part II next month and find out.

Ask The Champ

by Marty Hogan

Five time and current National Champion Marty Hogan answers questions about improving your game in this ongoing exclusive series in *National Racquetball*. Readers are encouraged to submit questions about their game to Marty Hogan, c/o "Ask the Champ," *National Racquetball*, 1800 Pickwick Ave., Glenview, IL 60025.

Question: After the rigors of a demanding season, what type of training schedule do you maintain during the summer months to prepare yourself for the upcoming racquetball season?

Hogan: I do a lot of different things with the first one being to *not* play racquetball. I usually take two or three weeks off from playing after the Nationals. I use the time to almost totally relax. I train very hard for the Nationals and I need the time to recoup.

During the year of constant competition, I build up a type of competitiveness that takes a while to relieve. While I'm not playing the game during this period I am still thinking about it.

During and just after this rest period, I try to analyze in my mind the way I played during the year and how I might improve my game. I look at the beginning, middle and end of the most recent season. In other words, my number one goal does not change — I'm always trying to improve my game. Right after the Nationals, I can improve by not playing.

However, that's not to say that I just loaf around for a couple of weeks. It is vitally important for me to do the basic things that will maintain my physical condition, at least in the medium in-shape range. I can't let myself get too far out of shape because my style of racquetball is very physical. I need to be in better shape than my opponents and if I let myself go, it could take anywhere from three months to a year before I regain that top condition.

So during the early weeks of the summer I run, usually five or six miles about four times a week. I don't think running only two miles or so does much good for my racquetball game (although it's great for most people's general condition). I believe the longer runs do me more good because the extended time has a more lasting effect

on my condition. It's good for my confidence to know I'm still in good shape.

When the first tournament is about a month and a half to two months away I'll start stepping up the routine gradually. It's here that I'll work on specific aspects of my game in order to correct mistakes I made in the previous season. Being a notorious slow starter, it's important that I enter the season in as good a shape as possible.

I do mix in other sports during the summer, just to change the routine and allow myself some competitive fun. Tennis is my favorite and I'm not half-bad at the game. Plus it gives me a good workout. I do a little water skiing and play baseball.

Question: What are your feelings about different racquet weights? Do you find an ultra light racquet (230-245 grams) has any effect on arm or wrist strain as opposed to heavier racquets?

Hogan: I don't think your arm will be damaged by a racquet that is 10-15 grams heavier or lighter than a medium weight racquet. The only way your arm can be hurt is if you don't prepare it for the type of stress and strain that it's going to have to endure.

I happen to use a racquet that is anywhere from 255-258 grams. I did very little experimenting, and when I did test racquets, it was more for feel than for specific weight. Frankly, I have never thought that racquet weight is that important to my game. But I know there are many players, especially professionals, who go to pieces if their racquet isn't exactly the weight they believe is best for their game.

I picked out the racquet I like based on playability off the strings. In fact, when I selected the racquet I wanted to use, I didn't even know how heavy it was. I just swung some different models until I found one that felt right. The racquet I use is exactly the same racquet you

can buy in a store or pro shop. It's got the same strings, same frame, same weight.

Sure, there will be slight differences between racquets of varying weights. It will take more effort to swing a heavier racquet and it will take less effort to swing a lighter one. But the important ingredient is head speed which has a major bearing on control and timing. I find that when I start to vary racquet weights much from the medium range, I begin to have timing problems.

So I recommend that you view racquet weight as important, but not something to zero in on. Whatever feels good in your hand is what you should use.

Question: In a recent issue you proclaimed that you never go on the court without eyeguards. Yet in an even more recent issue you were pictured, during play, without eyeguards on. Is this a classic example of "do what I say, don't do what I do?"

Hogan: Guilty as charged. Yes, from time to time you might run across a photo of me playing without my eyeguards. I wish it wasn't so, but the photos don't lie.

And I really don't have any excuses. When I'm playing poorly I look to other reasons for my inadequacies and I usually settle on equipment. I can't change my racquet—it's been the same for four years and has given me tremendous success. I can't change my shoes, I have only one tournament pair at a time. I can't change my clothes, they have no effect. So the only thing that's left is my eyeguards.

I know it's an extremely weak and invalid excuse, but sometimes I can't help myself. I know in my heart that the eyeguards actually help my game. They give me the confidence of knowing that I can't be seriously injured in my eyes and therefore I can follow the ball a little longer than usual, which is a plus.

I don't take my eyeguards off very often and when I do I'm not proud of it. Maybe two times a year it will happen. You'll see the photos because I usually lose those matches, meaning that I was an upset victim, therefore the match will get publicized.

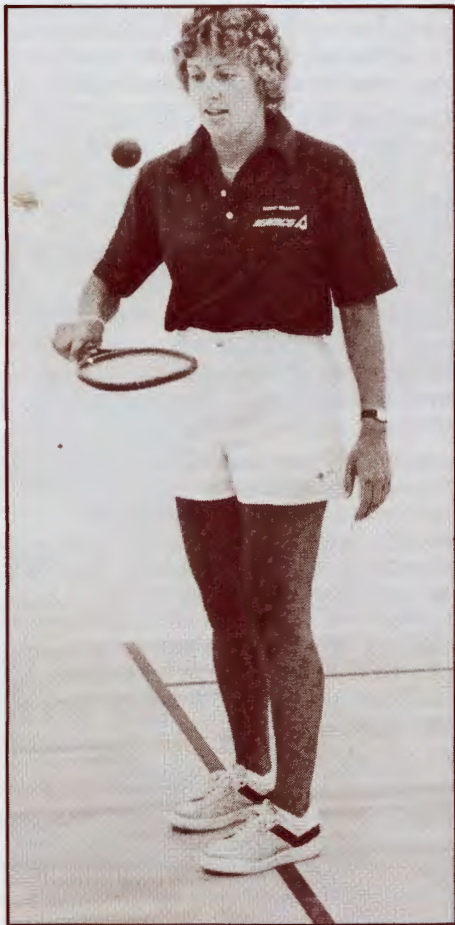
I should never take the eyeguards off. Period. ●

Practice Drills To Improve Your Game

by Kathy Williams

The importance of practice in any sport cannot be overestimated and racquetball is no exception. As a physical education instructor for many years I have seen the value of practice first hand. However, several important factors must take place before practice of any kind becomes beneficial.

Listed below are several vital principles of learning new skills. Read them carefully and try to incorporate as many as you can into your practice sessions. The more the better.



Kathy Williams has been a racquetball teacher and professional player for 10 years and was ranked in the top four for five years while on the pro tour. She has given clinics, camps and exhibitions in over 300 racquetball clubs across the country. In 1979 she was the first racquetball player ever selected to participate in ABC-TV's Superstars, and with only one week's notice she finished third overall. She has recently completed *The Book of Successful Racquetball Drills* from which this article is excerpted.

Practice Principles

1. Have a goal for every drill. The goals for every drill in this article are underlined for easy recognition.
2. Improvement cannot occur without knowledge of results. Every drill in this article will give you a goal to shoot for.
3. Mental practice is as important as physical practice. Sit quietly, usually with your eyes closed, and mentally experience the drill or skill that you will be practicing. Research on this subject has shown that mental practice can be as valuable as physical practice. A combination of both is the best.
4. Imagery is the ability to form a mental image of the task to be done. If you cannot imagine yourself performing the skill, chances are you will be unable to do it. One of the biggest obstacles to learning is in thinking you cannot do something.
5. A high level of aspiration is imperative for improvement to take place. Too many students set goals so low for themselves that failure becomes impossible. Don't be afraid to fail. We learn from success as well as failure.
6. Verbalize out loud to yourself or practice partner exactly what it is that you will be doing during a particular drill. If you cannot tell me in words what must occur during a drill, chances are you will not do it correctly.
7. The drill must be as much like the game situation as possible before transfer of learning can take place. Only when a student can transfer what he or she has learned from a drill into a game situation can practice be a success. The more similar the drill is to the game, the greater the amount of transfer that will take place.
8. A standardized practice routine will produce improvement. Practice one thing at a time and continue short practice sessions until improvement is evident.
9. Keep the number of skills to be learned to a minimum during each drill. The reason new players to racquetball improve slowly is that they have a greater amount of information to be evaluated. A beginner has more to think about and more choices to make, which produces a longer learning time. This is the reason why drills

are so important. They give the student an opportunity to zero in on just one skill.

The enjoyment from competing in a racquetball match cannot be understood by those not familiar with the skills involved in the game. If you are restricted by lack of skills, you cannot fully appreciate the joy of accomplishment. Use practice for the purpose of learning new skills that will give you greater pleasure in the game.

Finesse

I have always enjoyed playing racquetball with squash players. I marvel at the beautiful racquet control and finesse that squash players possess. In Michigan I gave lessons on a regular basis to a top notch squash player who taught me more about racquetball than anyone in the game. I saw him doing this drill as a warm up before one of our games and knew I was in for a real tour of the court.

Start

This is a continuous hitting drill in which the ball never touches the floor. Starting with the forehand, stand about four feet from the front wall. With your forehand, hit the ball to the front wall keeping it in play without it hitting the floor (*Figure 1*).

After you master this, begin again but after each hit take one or two steps toward the back wall until you reach deep court. Remember, the ball must not touch the floor at any time. When you reach back court begin walking forward after every hit until you reach your starting position.

My friend could walk forward and back several times with complete control. Now do the same with your backhand and good luck.

Notes

I have never in my career been able to hit an effective fly kill. Peggy Steding was the best fly kill player I ever saw and I believe that's the reason she dominated the game for so many years. I began court sports as a paddleball player and if you are familiar with that game you know that fly kills are not very effective. Thus, I have never been able to hit a fly kill with any degree of consistency or success. I can still envision Shannon Wright hitting

me those disgusting around-the-wall balls that I could never effectively cut off. This drill is nearly impossible for me to do and remains one of the few shots in racquetball that has eluded me.

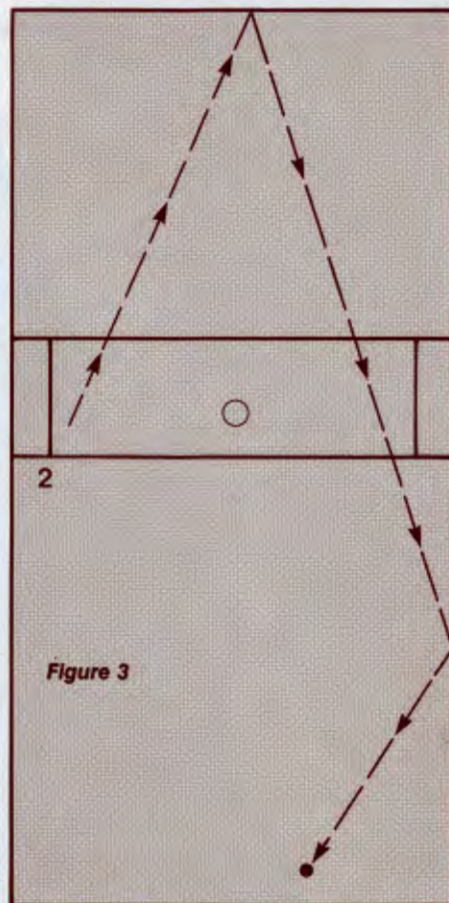
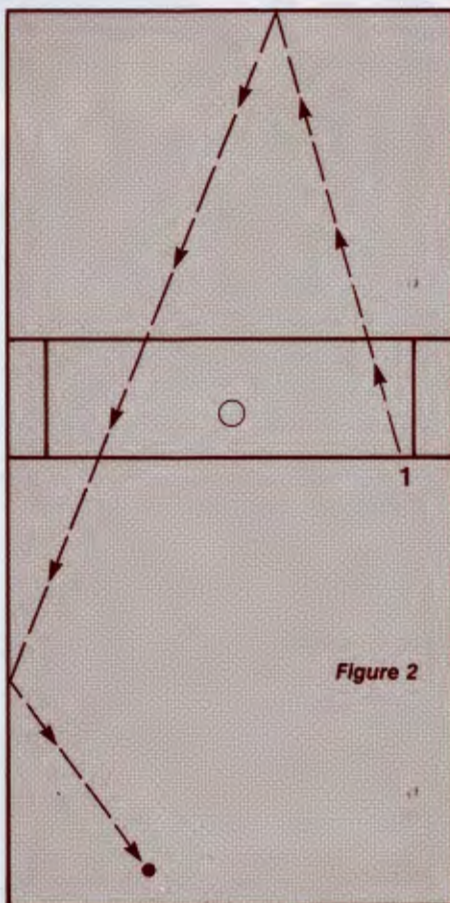
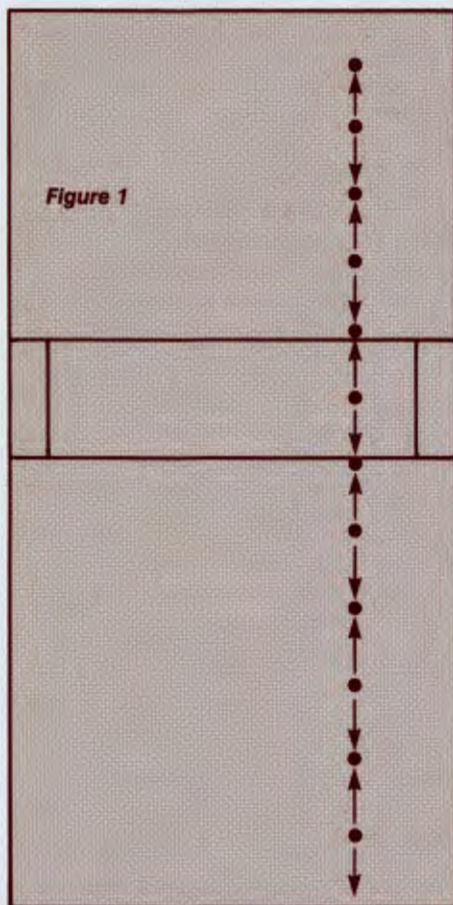
Cheetah

This is a pass shot drill for retrieving those shots that get by you during a match. It requires a practice partner and a couple of balls ready to keep the action going.

Start

If you are the runner, position yourself between the service lines in the middle of the court. Your partner will stand on either side of the court in position 1 or 2 (Figures 2 and 3) and hit a hard cross court pass that is a little higher than usual so that it will rebound slightly off the back wall.

Pretend you have been passed by a cross court pass; you must now run to



the back of the court and retrieve the ball for a good return. Immediately go to your starting position and get ready for the next attempt.

The cross court hitter should change sides several times to give you practice from both sides. Don't cheat by running before the hit. Face forward so you cannot see when the ball is being hit. Perform 20 attempts and switch with your partner.

Notes

This is a wonderful conditioning drill if performed with minimum rest. It is one of my favorites.

Hop To It

This is the box of balls drill. It is the ultimate ball retrieving drill and requires two people. Since every shot is an all out effort, just a few minutes of this drill will give you an excellent workout.

Start

You and a partner first determine who will be the runner and who will be the ball thrower. The thrower assumes a

position in center court with a box of 6 to 10 balls. The thrower will toss a soft underhand throw to any area of the court (Figure 4). The retriever must run to the ball and return it before it bounces twice. Immediately after the return, the thrower will toss another ball to a different area of the court.

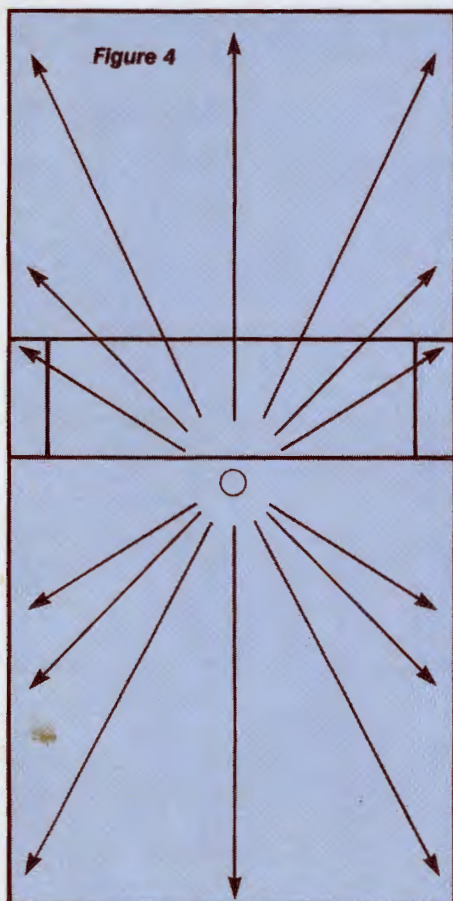
If you are the thrower, try to make your throws as difficult as possible for the runner. Shout continuous encouragement to your partner and don't stop until the runner has retrieved 20 shots. Change positions so the runner now becomes the thrower.

Notes

With a little practice, the thrower can give the runner a real workout. Use the entire court in this drill and keep the action going. If the drill is done correctly, the runner will be getting a real tour of the court.

Return Your Serve

This drill requires quick feet and quick judgment. I have never advocated hitting a ball into the back wall for anything other than a last resort desperation shot.



This drill makes you decide in a fraction of a second what shot should be used to keep the ball in play. This is a reaction drill that teaches you never to give up on any shot.

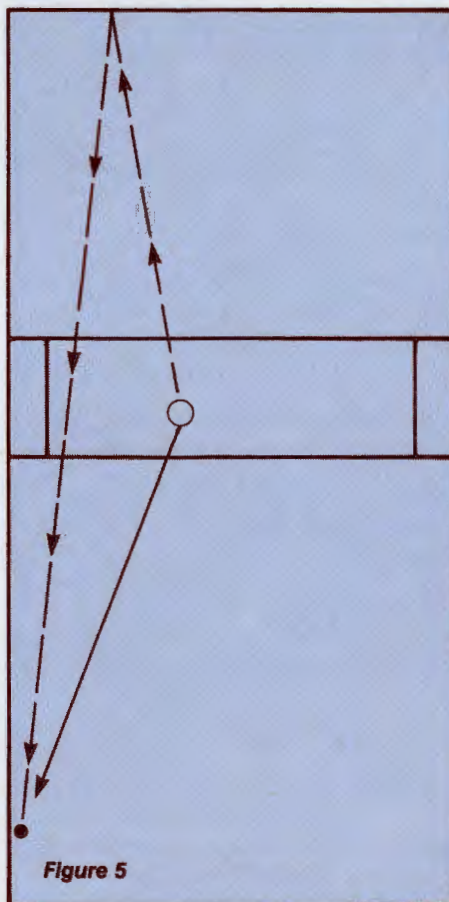
Start

Assume your favorite position in the service area for a drive serve. Hit a hard drive serve to either corner, turn and try as hard as you can to return your own serve (Figure 5).

This drill perhaps sounds impossible, but you will surprise yourself at the number of serves you can return. Play an 11 point game against yourself. Score one point for every unreturnable serve and one point for every serve you legally return. I have made many spectacular returns on my own serve and so can you.

Notes

This drill helped me with passing shots that I normally would have given up on. I give a 100% effort on serving aces and a 100% effort on returning that serve. If the server wins, you'd better start practicing your drive serves. From this drill I have learned to never give up on any shot.



Every pro in the game will make several unbelievable returns sometime during the match.

Practice Games

The following drills are designed for practice during a game. Instead of playing your regular old game, try these game variations. When you have a regular playing opponent, it's very hard to think about anything but winning the game. When practicing different things during a game it's best not to keep score. Play for 10 or 15 minutes and concentrate on one aspect of your game that you need to work on. I was lucky to have racquetball friends who also wanted to improve their game so it made it very easy to practice in this manner.

1. Mental Practice Game

Before you enter the court, sit quietly with your eyes closed and envision yourself playing a perfect game. See your kill shots rolling out, your pass shots perfect, and your serves unreachable. Get rid of all negative thoughts and see yourself winning the tournament. If I went into a match afraid that my shots might be off, they usually would be off. Before any important game I

always found a quiet place to practice my mental game.

2. Play a game with no drive serves. Eighty percent of serves in a game are drive serves. This drill made me practice the other serves and experiment with different hitting positions in the service zone. I developed an excellent low Z serve that scored many points for me during tournament games. This kind of play also gives you confidence in the other serves when your drive seems to be missing that day.
3. Play a game more aggressively. Instead of waiting for a ball to bounce off the back wall, cut it off. Go for the fly kills and the overhead drives. When you are in center court, pretend that no balls can get by you. Be more aggressive than you have ever been.
4. After a hard practice game that you played as if it was the finals of the nationals, talk about the game with your opponent. Discuss each other's strong and weak points. Many times a part of your game you thought was invincible is actually rather weak. I practiced with a doctor in Denver and after each game we would talk about the game. It was a tremendous help to us both. I learned some very surprising facts about my own game.
5. Play an 11 point game where you are not allowed to hit the front wall first. This is one of my favorite practice games and I usually make all my classes try it at least once. If you forget and hit the front wall you lose a point or the serve. This simple drill will make you start using pinch shots more effectively.
6. Pick your favorite player and pretend you are that person. Play the game as if you were Marty Hogan or Heather McKay. Try to look and play just like that player. Go for the same shots and try something new and different when you play.
7. Call out your opponent's next shot. Play an 11 point game and tell your opponent what shot to hit next. He in turn calls out the shot you must hit. Don't exclude any shot and give your opponent enough time to attempt the hit. Many times you will do a more effective return than you ever imagined. This drill gives you variety to your game as well as a good mental workout. ●

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Do You Really Want To Improve?

by Lynn Adams

This article is another in a continuing series authored by Lynn Adams, current Women's Professional Racquetball National Champion. Adams is also one of the nation's foremost instructors, dealing with players of every level.

The answer to our title question is always a resounding "yes." Of course, you really want to improve your game. But have you ever thought through what's involved in truly doing so?

If you are serious about improving then there are a few things you need to understand at the beginning. First, it takes time—and plenty of it. Second, you need a plan of how to go about this comprehensive program. Third, (and most important) you need the dedication and desire to do whatever is necessary to follow your plan. Hard work pays off.

If you can accept the challenge of parts one and three, then I can help you with part two.

So, you've decided to take one segment of your game that is weak and make it strong. Since most players have weaker backhands than forehands, we'll use the backhand stroke as our example. Remember though, that the principles can be applied to virtually any stroke in racquetball.

The initial step is to evaluate your backhand honestly. The brutal truth can bring you a long way toward eventual improvement. But you must be willing to accept this honest evaluation. I suggest you seek out an accomplished teaching professional who can help you design the beginning phases of your plan.

You are going to have to tear your stroke apart and put it back together again the right way, minus the bad habits this time. I believe the best way to learn a stroke properly is to start out as simply as possible and gradually add the more complex elements. Therefore, the first thing you must do is throw away your racquetball.

That's right—the ball has got to go. The idea in these early stages is to concentrate totally on your body motions. Now is the time to learn how to use your legs properly to step into the ball; now is the time to learn how to really pull back your shoulders, rotate your hips, use proper footwork and generally apply text-book fundamentals to your stroke.

Before you ever hit the ball you should be able to swing through an imaginary ball with a classic stroke. That's why a qualified instructor is so important — to be able to detect and correct your mistakes. It is counterproductive to attempt to start over with your stroke, only to make the same mistakes as before. If you work out the kinks now, your later phases will be smoother, easier to learn, and far more efficient.

Once you've patterned your stroke into that smooth, graceful and powerful arc that we all knew you were capable of, it's time to reintroduce you to the ball in the form of a drop-and-hit drill. Yes, you're now going to learn how to hit with your new stroke.

In the beginning, things will feel terrible. It's crucial that you don't deviate from what's correct and go back to the bad habits that feel good. Hang in there and very soon your new stroke will start to feel natural. So natural, in fact, that pretty soon you won't even be able to remember your old stroke.

Sticking to your plan is extremely important. Don't get distracted and try other things too soon. Repetition is the key at this time — to implant these new maneuvers into your brain so they become second nature.



The drop-and-hit drill is exactly what it sounds like. Drop the ball, step into it and hit, using your new stroke. Then do it again. And again. And again. Make sure that if you are consistently hitting skips or the ball is going into the side wall, you can detect your flaw. This is where your teacher can be invaluable. It is far easier for someone watching from the outside to detect a flaw in your stroke, than for you while concentrating on hitting the ball.

The next phase calls for the introduction of the moving ball. This is where you get into drills in which you toss the ball against the side wall (*Diagram 1*) or where you hit set-ups to yourself off the front wall (*Diagram 2*). You must now concentrate on the footwork of stepping into a moving ball as opposed to the drop-and-hit.

Remember, start simple and build up. You want to give yourself very slow, easy set-ups to start with. Stay on your toes and always keep moving. Never remain flat-footed.

You should move away from the ball diagonally which will help you maximize your power and keep the ball away from your body. This allows a full

Diagram 1. Side wall drill. Toss the ball into the side wall, step back diagonally and then back into the ball as you execute your backhand.

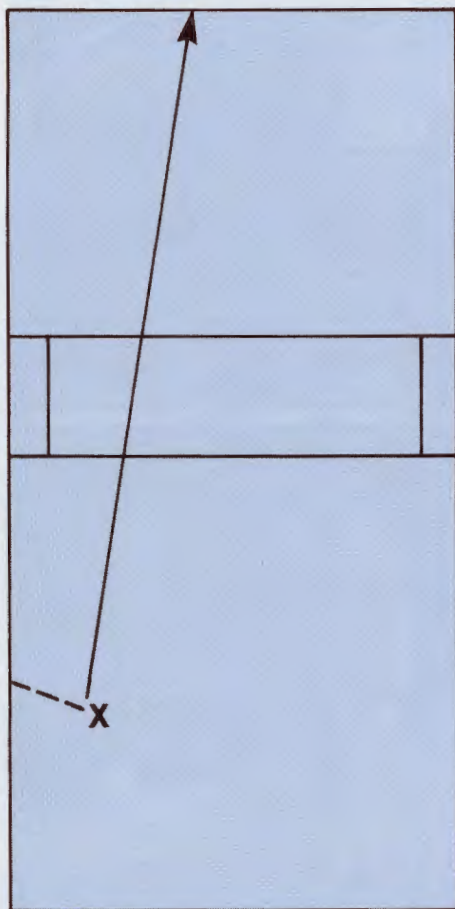
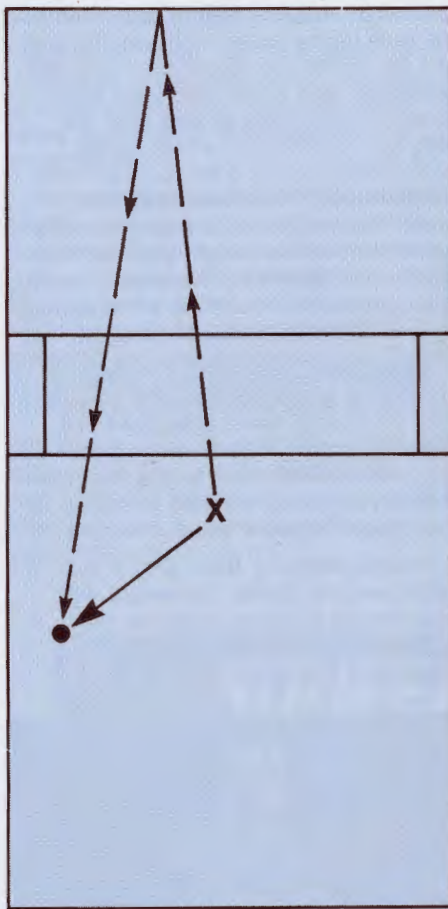


Diagram 2. Front wall drill. Hit the ball to the front wall so that it rebounds back to you as a set-up. Take a step or two back and then into the ball and execute your backhand.



swing that contacts the ball with your arm extended. Being jammed is a common error. As you move back to the ball diagonally, your natural body motion and anticipation will help remedy your tendency to get too close to the ball.

On your first go-round do the drills by yourself, first tossing the ball against the side wall, then hitting yourself set-ups off the front wall. Then you'll be ready to "graduate" to having someone else hit the set-ups to you. This will entail a whole new adjustment due to the different heights and speeds that your "opponent" (or teacher) will put on the ball. Yet, while more difficult, the drill much more closely approximates real game situations.

This is really just half of our plan to improve. We'll dissect the second half in next month's article. By following this plan you will have plenty to concentrate on for the next month. If you approach your improvement properly and don't cut corners, you will cut down on errors, thereby increasing your skills.

It does take time and patience, along with your acceptance that your stroke does need an overhaul, in order for you to reach your racquetball potential.

Don't get discouraged. It may feel as if you will never get the hang of it, but all of a sudden things will click and start feeling right — quite an exciting feeling, I might add.

Having a second person around to help identify both your successes and mistakes is important, so try and find that certain someone who has the knowledge and compassion you need. Good luck! ●

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Weight Training For Your Forehand

by Steve Mondry

A strong forehand is essential for playing good racquetball; it has to be, since it's the most often used stroke in the game. Two basic forehand styles are predominant—the traditional “set-up and hit” swing and the “Marty Hogan” power swing which uses a strong snap of the wrist to generate pace on the ball.

Many serious players have been trying to change their swing to emulate Marty's, and there's nothing wrong with that; but some people have not noticed the tremendous size and strength of Marty's wrists and forearm that allow him to put so much power in his famous swing. However, my feeling is that rather than trying to change your swing, strengthening your own wrists and forearms so you can hit the ball harder would go further to improve your forehand.

This month's article shows you six exercises that will strengthen your wrist and forearm and, therefore, your forehand. After all, the forehand swing is by and large a wrist snap so anything you do to strengthen the wrist-forearm area will automatically improve your swing.

These first three exercises develop wrist/grip strength.

1. *Wrist rolls.* You will need a dowel (a round piece of wood approximately one

foot long and one and a half inches in diameter), with a hole through the middle, a rope that extends from the ground to shoulder height to be tied to the hole in the dowel, and weights that can be tied to the rope. Stand with the dowels in your hands and your arms straight out in front of you. Roll the weights up with your wrists—alternating one wrist at a time—until the weights touch the dowel, and then unroll the weights until they touch the floor. Start with a weight you can handle for one repetition. When you can do five consecutive reps (five times rolling up and down), increase the weight.

2. *Newspaper crunching.* This will improve your grip strength. After you have read your local newspaper, take one sheet of it in your hand, extend your arm, and roll the sheet into a ball. Optimally you should be able to roll up to five sheets of paper without resting.

3. *Weight pinching.* Start with a five-pound weight. Grasp the weight with your fingers and pick it up five times. As your grip strength increases, increase the number of reps to 10, then



Steve Mondry is head racquetball pro at the East Bank Club, Chicago, a top touring pro for six years and author of numerous instructional articles on racquetball, conditioning and weight training.

increase the poundage and number of plates in five-pound increments. When you can pick up 10 five-pound plates, you may find that your next pre-game handshake ends your match right there.

These next three exercises develop many of the muscles used in the swing, and will develop both your forehand and backhand.

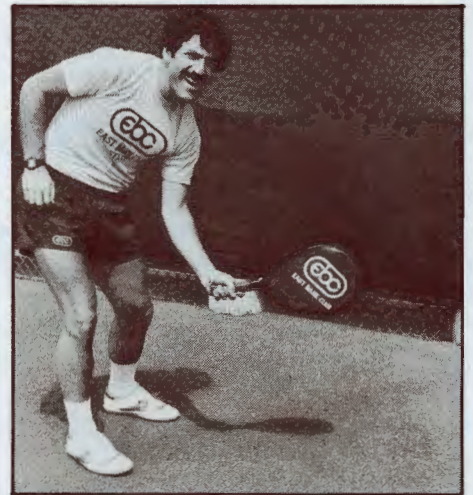


4. Power Swinger. Swing your usual forehand stroke (with follow-through) using a power swinger. Now do your backhand. Do 20 reps of each.

5. Weighted swing. Add weight to your racquet by using lead tape or a weight tied to the end of the racquet. Again swing your normal stroke, using your weighted racquet.

6. Racquet with cover swing. This exercise is a warmup of the above themes. However, this time the cover is on the racquet to add swing resistance to your swing and the added difficulty will again help build strength in both forehand and backhand muscles. To do this exercise just swing your normal strokes. Do 20 reps with each stroke.

You should find a tremendous increase in the pace you put on the ball with your forehand swing within two months after you start this wrist and forearm strengthening program.



Not everyone will be able to pick up a racquetball racquet and become a five-time national champion. But if you like the feeling of surprising your opponent by blasting a forehand past him for a winner, these exercises will help. ●



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What's The Call?

Reswinging And Off The Front Wall

by Dan Bertolucci

I always enjoy it when readers write in relating to this column. Not only do your letters give me many of the ideas for future columns, but reader involvement indicates the high degree of dedication that many of us have toward racquetball.

This month, I'll answer a couple of specific questions sent in by readers.

First, Dr. Robert W. Coulter of Port Huron, MI, describes the following situation:

● The ball is in play (not on the serve), hits the back wall and returns to the front wall, having hit the floor once. May the receiver legally keep the ball in play by hitting the ball on its rebound from the front wall before it hits the floor again, i.e., twice?

Well Doc, the answer to your question is yes. Described in Rule 4.7 — Return of Serve (d) Legal Return: "... if the ball strikes the front wall, then the back wall, and then the front wall again after striking the floor, the player whose turn it is to strike the ball must do so by striking it before it hits the floor a

second time ..."

This situation, although more uncommon today, was not an infrequent occurrence during the late '70s lively ball era. In those days we'd see all sorts of crazy situations due to the ball's speed, including what Dr. Coulter describes.

In fact, I've even seen balls strike front wall, back wall, and front wall again, without hitting the floor. Such shots were usually not returned, mainly because both players were in awe of the whizzing meteorite and wanted to see just how long it would go before touching down.

Today's game doesn't have quite the ball liveliness, thus the situation described doesn't happen all that often. But it does occur, so we must all be prepared to deal with it.

* * *

Louis Meyers of Minona, WI, writes in describing the following:

● My opponent "re-swings" after missing the first time, only to cause an

injury to me. What penalty could the offending player be assessed in this situation? What would happen if I am unable to continue the match due to this injury?

First, I hope your injury was not so severe as to cause you serious harm, least of all the inability to continue play. However, assuming your opponent did not maliciously or intentionally inflict the above-mentioned injury, he is entitled to the opportunity to swing repeatedly at the ball until either he makes contact or it bounces twice.

This situation is covered in Rule 4.9 — Rallies (c) Return Attempts: "... if a player swings at but misses the ball in play, the player may repeat his attempts to return the ball until it touches the floor the second time ..."

If the referee believes that your opponent was not attempting to hit the ball, but rather was attempting to injure you, then of course he would be forfeited. However, if the injury occurred during the normal attempts of your opponent to reach the ball, then your injury must be dealt with according to the rules.

This would fall under Rule 4.12 — Rest Periods (b) Injury: "... if a player is injured during the course of a match as a result of contact with the ball, racquet, opponent, wall or floor, he shall be granted an injury time out. An injured player shall not be allowed more than a total of 15 minutes of rest. If the injured player cannot resume play after total rests of 15 minutes, then the match shall be awarded to the opponent ..."

Now this is quite a different situation from the one where a player may swing at the ball after the rally, usually in anger after losing a tough rally or mis-hitting an earlier shot. If an injury takes place to his opponent as a result of this action, then the rule is clear-cut, the player is to be forfeited.

In the event that you are unable to recover from your injury before your next match, then your next opponent wins by injury default. Under no circumstances would the player who injured you be allowed to return to the tournament and play on. ●

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EXTRA!

National FUND Established To Promote Racquetball; Players', Club Owners' Support Sought

Imagine a doubling or tripling of racquetball participation across the land. Imagine racquetball news, announcements and promotions in magazines like *Sports Illustrated*, *Sport*, *The Sporting News*, and *Inside Sports*. Imagine racquetball reports on the radio, and in your local newspapers. And imagine racquetball on television.

A pipe dream? *National Racquetball* magazine doesn't think so and publisher Hugh Morgan is putting his money where his mouth is.

"We have established a national FUND for the generic promotion of racquetball," he said, "the purpose of which is to raise substantial sums of money for that sole purpose. We believe the future of racquetball depends on what we do today."

The key to the program is for individual players to subscribe or renew their *National Racquetball* subscriptions through their local club. One dollar of each subscription generated through this program will go directly into the FUND.

"The program will not cost one subscriber or club owner a single penny," said Morgan. "We will donate the dollar per subscriber."

For the individual player, the program's primary benefit is simplicity—the act of joining a club or

renewing a club membership would automatically include a subscription to *National Racquetball*, if that club is participating in the program. No additional bills, no additional invoices, and their normal club payment could keep the finest racquetball publication in the land coming their way.

In addition, readers would know that by not doing anything extra, they were consciously contributing to the future growth and success of racquetball.

The monies generated by the FUND will be spent promoting racquetball, highlighting the many benefits of the sport that led to its rapid rise in popularity in the mid-70's. Those same benefits remain today and the FUND will publicize those facts through print, radio, and television media.

* * *

Another key to the FUND for the generic promotion of racquetball is participation by club owners. Since *National Racquetball* announced the program with a special mailing to clubs last month, participants from Kentucky, Illinois, California, Oregon, Pennsylvania, Hawaii, Louisiana and many other states have already signed up.

The program allows the club to include a subscription to *National Racquetball* as an optional portion of

club membership. There is no risk involved for the club owner and for each subscription submitted through a club, one dollar will be put into the FUND by the magazine.

Those clubs participating will be listed in each issue of *National Racquetball* beginning next month.

"There's no reason that we know of for a club owner not to give the program a try," said Morgan. "If his members don't wish to subscribe, they have that option, but if they do subscribe an automatic dollar goes into the FUND. At no time does anybody pay for something he doesn't want."

"In addition, club owners have the option of matching or even surpassing our donation to the FUND. There's no pressure on them to do it, but some are already voluntarily contributing to the cause. After all, through the national, generic promotion of racquetball, it's the clubs who stand to gain the most."

If you own, manage, or work in a club, check for *National Racquetball*'s promotional piece outlining the program and pass it along to your decision-maker. If you have any questions about the program, or if you didn't receive the mailing, call *National Racquetball* collect at (312) 724-7856 and we'll be happy to send you the appropriate material.

As a player, check with your local club to see if they're participating in the program and find out if you can subscribe or renew your subscription through the club. If the answer is "no" find out why and call us collect so we can discuss the program again with your owner.

With the support of players, owners, publications and manufacturers, the national generic FUND for the promotion of racquetball will become a reality. The industry will then be working together for the future health of the sport.

And after all, teamwork is what it's all about.

APRO Hires New National Coordinator

The Board of Directors of the American Professional Racquetball Organization (APRO) has announced the appointment of Renee Coplan as their new National Coordinator. An avid racquetballer, Renee has worked on the administrative side of the sport for many years. Her efforts include stints with the National Court Clubs Association (NCCA), National Racquetball Club (NRC) and U.S. Racquetball Association (USRA).

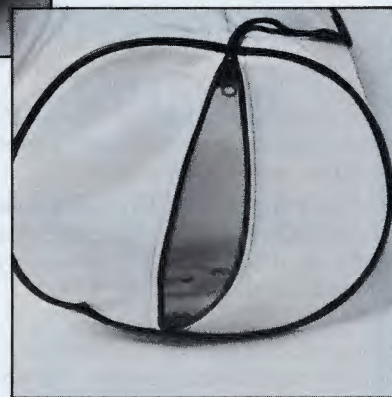
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Common Injuries: What To Do About Them And How To Prevent Them

by William Southmayd, M.D. and Marshall Hoffman

This issue begins an exclusive alternate month article related to common sports injuries. Each article is excerpted and reprinted by permission of Perigee Books from the book *Sports Health* by William Southmayd, M.D. and Marshall Hoffman (© 1981 by Quick Fox). It is must reading and a great resource book for the jock of all types, recreational to professional.

This article is about the aches, pains, strains, and sprains that you will encounter from time to time in athletics. Sports injury is inevitable. In my football career, I suffered a broken nose, three broken fingers, two front teeth knocked out, stretched knee ligaments, a mashed toe (the nail was surgically removed), cervical nerve burners, a broken hand, and a series of face lacerations that required 32 stitches. Despite my injuries, I missed only two games in eight years of football.

Probably the least-injured athlete I know is my coauthor, Marshall Hoffman. During the writing of *Sports Health*, he used to say, "I'm never injured. I am careful not to overdo it." But in the last week of working on the book, he came to my office with a limp. "What's the matter?" I asked.

"I pulled a groin muscle," Marshall answered sheepishly. "I don't understand it. I was running slowly."

My point is that injury happens even in "safe" sports like shuffleboard, table tennis, and badminton. There is no absolutely foolproof form of injury protection.

Many injuries heal by themselves without medical supervision, but some, if left undiagnosed and untreated, can hamper or even end your participation in sports.

The purpose of this article (and others in this series) is to give you guidelines and insight into injuries and how to prevent some of them from happening. I don't advocate self-care. I think that a physician can help your body to heal itself.

What To Do First

Have you ever seen a football player on the sidelines with his foot propped up on a bench, with a bag of ice lashed to his ankle, wearing an Ace bandage? That player is practicing athletic injury first-aid. It is called RICE and is the immediate treatment for almost all athletic injuries, whether you've pulled a muscle, sprained a ligament, or broken a bone. The letters in the acronym RICE stand for:

Rest. Rest is necessary because continued exercise or other activity could extend the injury. Stop using the injured part the minute it is hurt. Use a sling or crutches.*

Ice. Ice decreases the bleeding from injured blood vessels because it causes them to contract. The more blood that collects in a wound, the longer it takes to heal.

Compression. Compression limits swelling which, if uncontrolled, could retard healing. Following trauma, blood and fluid from the surrounding tissues leak into the damaged area and distend the tissue. Swelling is sometimes useful since it brings antibodies to kill germs; but if the skin is not broken, antibodies are unnecessary and swelling only prolongs healing.

Elevation. Elevation of the injured part to above the level of the heart uses the force of gravity to help drain excess fluid.

Because swelling usually starts within seconds of an injury, start RICE as soon as possible. Don't wait for a doctor's orders. First place a towel over the injured area. Then apply an ice pack, ice chips, or cubes over the towel. Do not apply the ice directly to the skin as it can cause the skin to hurt.

For compression, wrap an elastic bandage firmly over the ice, around the injured part. Be careful not to wrap the area so tightly that you shut off the blood supply. The signs of a shut-off blood supply are numbness, cramping, and pain. If any of these occur, unwrap the area immediately. Otherwise, leave the ice pack and bandage in place for 30 minutes. Next, to allow the skin to rewarm and the blood to recirculate, unwrap the area for 15 minutes. Then rewrap it. Repeat this procedure for three hours. If the area continues to swell or the pain increases, check immediately with a physician if you have not already done so.

If the injury is severe, you can follow the RICE program for up to 24 hours. If pain and swelling persist 48 hours after the injury, apply heat. Further treatment depends on the type of tissue that was injured.

When Should You See A Doctor?

In my opinion, you know your body best. If your intuition tells you that you are injured, see a doctor. I tell my patients that they have only one body. Don't gamble with it. Here are other guidelines.

1. **Pain.** Any injury that causes severe pain. Pain is nature saying that something is wrong. When it talks loudly, listen.
2. **All joint injuries.** All injuries to a joint or its ligaments should be examined by a physician. If they are not treated quickly, these injuries have a potential for permanence. A joint injury should be immobilized until it is seen by a physician.
3. **Loss of function.** If you cannot move a limb, an ankle or finger, for instance, then you have a loss of function.
4. **Pain in joint or bone that persists for more than two weeks.** These tissues are the ones in which the most serious injuries occur.
5. **Any injury that doesn't heal in three weeks.** All injuries that don't heal should be checked for a structural abnormality.
6. **Any infection in or under the skin manifested by pus, red streaks, swollen lymph nodes, or fever.** Infections, if uncontrolled, may lead to serious complications. Antibiotics generally bring relief quickly.

These are only guidelines. Every injury is an individual event. Use your common sense.*

How Long Will It Take You To Recover?

The rule in orthopedics is three days, three weeks or three months. That was almost doctrine in my medical training. But I have learned through hard experience that life and medicine are not so simple.

For example:

A fractured finger. Three weeks to heal on the average for children. Three to five weeks for adults.

A broken collarbone. Four weeks in children. Six to 10 weeks in adults.

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Skin injuries to the arms and legs heal in 10 days because of a smaller blood supply.

Muscles. After skin, the next best blood supply is to the muscles. Muscles like the calf are filled with blood vessels. When you tear a muscle (a muscle strain), you rip apart these blood vessels. The blood rushes out and collects under the skin. To you, it is a black-and-blue mark. In medical parlance, it is called an *ecchymosis*. The average muscle strain will heal in three weeks.

Bones. They are full of blood vessels. Why? Bones are constantly rebuilding. In fact, every 10 years you tear down and rebuild your complete skeleton. Without a rich blood supply, you could not do this. Also, the bones are an enormous storehouse of minerals. The bones store 98 percent of the body's calcium, 40 percent of its sodium, and 30 percent of its potassium.

Ligaments and tendons. These are composed of collagen material, which looks like chicken gristle. It is fibrous and doesn't have many living cells. Thus, it doesn't need a large blood supply. Collagen usually requires six weeks to heal solidly.

Spinal discs. The discs in your neck and low back have a marginal blood supply. When I cut into these discs, I see only a few drops of blood. This is why disc problems take three months or more to improve. You can't rush nature. You can't change the blood supply.

Knee joint cartilage (meniscus). Knee joint cartilage has no blood supply. Therefore, it has no biologic ability to heal itself. Once injured, always injured. This is why so many athletes have to have knee cartilage surgery. There is no other way. In 1972, 62,000 knee cartilages were removed because of football injuries.

You will heal faster if you are in good condition. That seems obvious. But there is a technical reason. People in good shape have a better blood supply throughout their bodies. A marathon runner has to supply more blood to his muscles than a non-athlete, when running.

The degree of injury influences the healing time. For instance, there are three grades of ankle sprains. A grade I sprain, with mild swelling and tenderness, takes you out of competition for four to five days. A grade II sprain, with severe swelling and tenderness, requires seven to 10 days of inactivity. With a grade III sprain, the swelling is so bad you can't move your ankle up

A broken toe. Three weeks on the average.

A simple sprained ankle. Five days.

A mild thigh contusion. Five days.

A hamstring pull. Three to five days.

A simple shoulder separation. Seven days.

Healing time depends mainly on blood supply. The blood brings the elements necessary for healing:

- **Nutrients.** Think of injury as a remodeling job. Nutrients are the building materials for healing.
- **Oxygen.** This is the energy source for the project. I tell my patients that you can't have fire without oxygen. The body can't heal without oxygen.
- **Inflammatory cells.** These are the workers. They carry away the old blood and dead tissue. They fight off infection. They assemble the building blocks. Unfortunately, the best they can do is a slick patch job. Most body tissue, except the liver, heals with scar tissue. It is this biologic fact that explains why the body never totally "forgets" an injury.

Blood supply to some parts is inherently better than to other parts. That is why injuries heal at different rates. Skin injuries to the face usually heal within a few days because the blood supply to the face is one of the best in the body.

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and down. This injury will cost you at least three weeks of inactivity.

One way to extend your healing time is to start back to sports too early. Injured tissue needs time to heal. Tennis elbow sufferers are a good case in point. A tear in the muscle origin which connects the forearm muscle to the outer elbow knob is the cause of tennis elbow in about 90 percent of tennis players. The tear heals with rest. Because the blood supply to this particular muscle origin is minuscule, the healing time can be two to three months. Normally, after a week of rest, many tennis players return to the courts, only to extend the injury. Even daily activities—like lifting bundles or opening a car door—can cause reinjury. Each time this happens, you restart the biologic clock.

When Can You Resume Your Sports?

That is the number one question I am asked by athletes, their parents, their coaches, their agents, and the management of the Boston Red Sox.

There is never a pat answer. As I discussed earlier, different parts of the body heal at different rates. Also some people heal faster than others.

Here are my guidelines:

1. If the injured part hurts at rest, you should not exercise it.
2. As soon as the injured part does not hurt at rest, you may start exercising it minimally. That means *slowly*. If the pain starts up, stop exercising. Your body is telling you that something is wrong. Listen to your body signals.
3. As soon as you can exercise without pain, increase the intensity and the duration of your exercise program. Expect a little aching. But remember that the moment that sharp pain starts, stop.

When you are recovering from an athletic injury, it is important to maintain your cardiovascular fitness. Thus, if you have an injured ankle, perform a sport that doesn't require that you use the ankle strenuously. Try swimming. If you have a wrist injury, try bicycling. It takes only six weeks to lose your cardiovascular endurance. Any exercise will benefit you more than resting in bed or sitting in a warm bath.

I treat athletes according to their injuries, not the sport they play. I treat Fred Lynn's hamstring pull the same way I treat David Weinstein's hamstring pull. Weinstein is a top marathon runner in the Boston area. Rob Roy McGregor fits orthotics—devices which support the bottom of the foot—for skiers, runners, basketball and baseball

players—in exactly the same way. A foot is a foot; a hamstring is a hamstring; a bone is a bone.

It is a physician's or a trainer's job to determine which one of the body's seven structures—muscles, bones, tendons, joints, ligaments, fasciae, or skin—is injured. The more experience that your medical professional has, the higher chance you have of getting a correct diagnosis. Without an accurate diagnosis, you are shooting in the dark.

When you can return to competition is the hardest question to answer. The only way to find out whether you've healed enough is to play on the injury. It is impossible to simulate game conditions in practice. There is a point where you must try out the part.

Whether you are a recreational, amateur, or professional athlete, the timing of when you return to sports after an injury is an important decision. Consider it carefully, not emotionally. If there is any doubt in your mind, don't make the decision by yourself.

When Should You Take Aspirin?

For centuries, people have chewed on willow bark to relieve pain and reduce fever. In 1827, a scientist whose name is lost in history identified salicylic acid as the active ingredient in willow bark. It was not until 1875, when a salt was added to it, that caustic salicylic acid became widely used, especially for rheumatic fever—a strep throat which spreads to joints. (Now penicillin and other antibiotics stamp out rheumatic fever before it spreads). In 1899, modern aspirin, acetylsalicylic acid, was discovered by a German chemist named Dreser.

More than any other medication, I recommend aspirin. Just because aspirin is cheap and can be purchased without a prescription, do not discount it.

"My maid said..."

A doctor friend of mine recommended aspirin and moist, wet heat to help a patient who is suffering from back trouble.

The patient returned a week later and told my doctor friend, "*The medicine and those heat treatments didn't do me one bit of good. My maid told me to put ice on my back and it feels great now.*"

My doctor friend retorted, "*That's funny, my maid always recommends moist, wet heat.*"

(From a story told to trainer John Lally of the Washington Bullets by team physician Stan Levine.)

1. It is an excellent painkiller or analgesic.
2. It is an effective anti-inflammatory medication.
3. It reduces fever quickly.
4. It is a safe medication.

Even in large doses, aspirin has no harmful effects on your heart, lungs, blood vessels, or kidneys.

I use aspirin mainly for its pain-relieving and anti-inflammatory powers. I start patients with irritated tendons (tendinitis), irritated nerves (neuritis), or swollen joints on aspirin immediately. Aspirin thins the blood, which is an important plus for people who have injured legs or have been operated on. The development of blood clots in your legs is called *phlebitis*, and is a potentially serious condition in which the blood clots can break off and travel to your lungs. Occasionally, it is even fatal. If you are a bleeder, do not take aspirin. It will encourage bleeding.

Medical science knows all about aspirin—how it is absorbed into the blood, how it is distributed within the body, and how it is eliminated from the body. But what is not understood is how it actually works.

An average dose is two aspirins with each meal—six a day. In some severe arthritis cases, the worst type of swollen joints, physicians prescribe 18 aspirins a day.

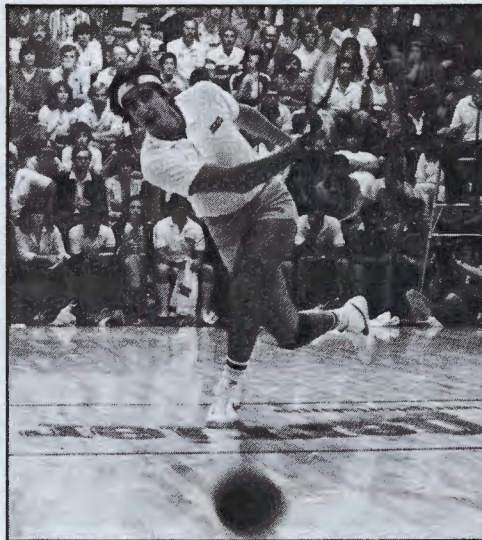
If you are taking too much aspirin, your stomach will "speak up." You will develop heartburn. I recommend that you take aspirin with meals to avoid stomach upset. It does not matter if you take it before or after, as long as it goes into your stomach about the same time as the food.

Aspirin is readily and chiefly absorbed in the upper intestinal tract—the stomach itself. Within 30 minutes, you have appreciable blood concentrations of aspirin. Peak levels are obtained in about two hours, and then a slow decline occurs over the next six hours.

After absorption, aspirin is rapidly distributed throughout all body tissues. It is excreted from the body mainly by the kidney. About 50 percent of a given dose is eliminated within 24 hours. Traces of aspirin can still be found in the urine up to 48 hours after taking it. The blood level of aspirin can be measured by a plasma salicylate test. ●



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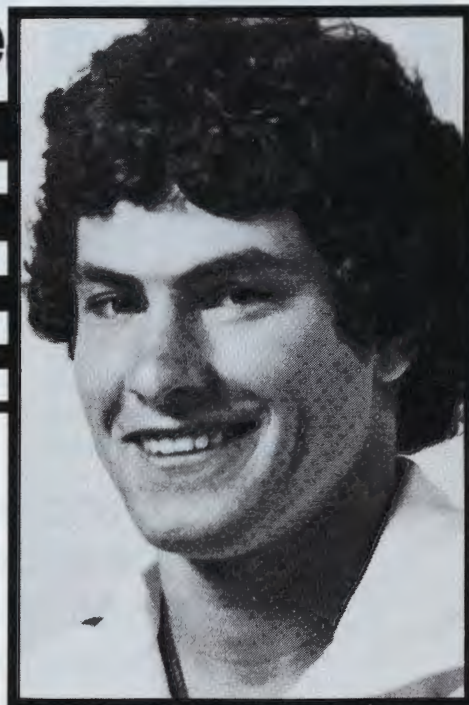
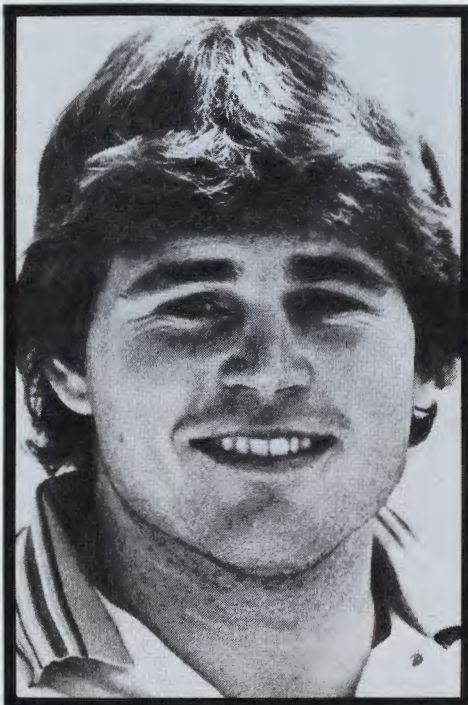
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Peck And Hogan One-On-One



The day of the semi-finals of the DP Leach National Championships was a drizzly, windy, typically Chicago late-Spring afternoon. For Marty Hogan and Dave Peck, it meant passing time until their later matches, both eventual victories, leading to Hogan's next day win over Peck in the final round for the coveted title and \$25,000 first prize.

By virtue of pro racquetball's ranking system, Peck held a lock on the number one position, no matter what the outcome of the tournament. Yet Hogan still was number one in the minds of many and his victory at the Charlie Club in suburban Palatine, IL, just lent fervor to that belief.

Facing each other instead of a front wall, racquetball's superstars kept the ball bouncing back and forth as they expounded their opinions about being number one, what it takes to get there, stay there and the general life of a pro racquetball player at the top.

Conducted by National Racquetball editor Chuck Leve, the interview is a self-portrait of two men who have taken decidedly different paths to the highest level of racquetball achievement.

Leve: What's the difference between getting to number one and actually being number one?

Peck: In order to get there you have to have somebody to aim for—you're always after that certain person who has the top spot. And for the last seven years it's been Marty Hogan. My entire mentality this year has been trying to catch up with Marty and then surpass him in points, tournament victories and head-to-head competition.

Beating Marty was crucial if I was going to take over his number one slot. If I didn't beat him myself there would always be people who'd say, "Well, Marty's known to be lackadaisical and Peck didn't actually beat Marty to reach number one." Therefore, I had to beat him myself.

Now that I'm here it's a different situation. I can see to a certain degree what Marty's been through the last couple of years. It's a tremendous adjustment in many ways.

It may sound silly, but a major adjustment for me has been the change in playing times. Now I have to wait all day long until 9 or 10 o'clock at night to play. I just sit around knowing that the guy I'm going to play most likely will play his best because he has

nothing to lose. I know, because when I used to play Marty I'd think, "Hey, this guy's the best player, the national champion. There's nothing to lose; I can just relax."

Leve: Marty, did you feel that most of your opponents played over their heads against you over the years?

Hogan: Every match for seven years! They can't help wanting to play well. They can't help taking the shots they think they can't make, but they take them anyhow because they have nothing to lose. They know that average shots are not going to beat me. They have to take shots that are a step above anything they're used to. I expect it. They play out of their mind. They come in all fired up and they end up playing a level or two above their head.

But it evens out. I've won a lot of matches where my opponent played out of his head for two-thirds of the match and then all of sudden he's within eight points of winning. He thinks, "I can beat Hogan. I'm within range." And just when it dawns on him, that's where the pressure comes in and if I'm playing half-way decent, I end up coming back and winning.

Leve: Isn't there a trap though, in waiting for that to happen?

Peck: I've gotten to the point where I forget about who I'm playing and just concentrate on the ball.

Hogan: My record speaks for itself. But yes, there is a trap. I know that my opponent respects my game and my ability — and he knows what will happen if he plays anything short of great against me. I've been able to maintain a psychological edge over most players because they *have* played great against me and I have still won — over and over again. That in itself is more self-defeating than anything I feel my opponent has to go up against.

Peck: The biggest adjustment I made this year against Marty was mental. In previous years I'd get in there against him and think, "Well, let's see, what am I going to do now?"

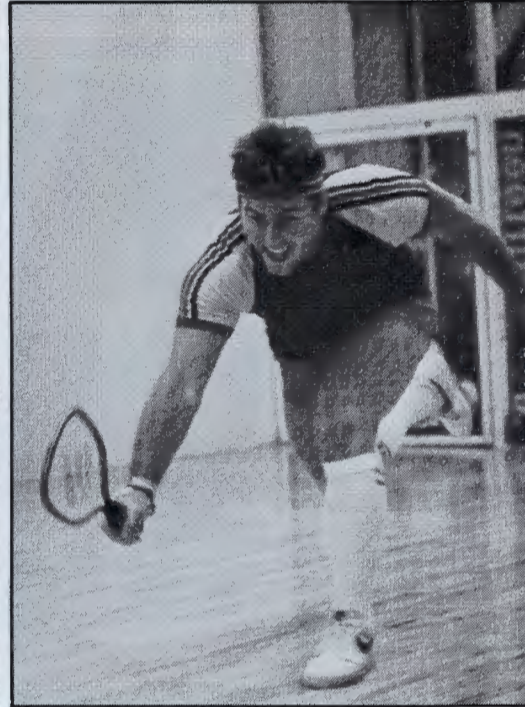
Now I've gotten to the point where I forget about who I'm playing and just concentrate on the ball. All I do is worry about the ball — just go in there and play racquetball and don't worry about the opponent.

Leve: Marty, it took you two years to clearly establish yourself as the number one player by overtaking Charlie Brumfield. The fact that it took two years — does it say something about how tough it is to reach number one?

Hogan: I'm not sure. To be the best at any sport you not only have to be better than a Brumfield or a Keeley or any one individual, you have to be better than 60, 90 or 100 guys who are in every tournament. Of course, there are always a few athletes who are better than the rest and those are the ones you have to concentrate on.

As for overtaking Brumfield, it wasn't Charlie so much as it was his past, his legacy. He was four time national champion and in my mind the best player the game had ever seen before then. And he beat players like Serot and Keeley who had superior physical skills. He developed something, an aura, that made him bigger than he really was. He had that something extra that I believe all great athletes have. It's a special quality that wins the big tournaments, the big matches and puts him above the crowd when it counts.

Peck: In my mind that quality is desire. The desire and ability to get to the ball no matter what happens. Heck, I was just an inkie-dinkie B player when I first saw Hogan, Brumfield and those guys play and I was just amazed how Brumfield always got to the ball. And I think the reason he got the ball was that he had so much desire to win that nothing was going to stop him. Physical ability had nothing to do with it.



Hogan: When I first came on the scene my power stroke was considered a fluke; the norm was control. Within three years the game completely changed.

Leve: Dave, what has been the most difficult part of climbing the ladder? Marty, after all, never did climb the ladder, at least not the way you did.

Peck: Marty didn't have to go work at a hospital from 11 p.m. to 7 a.m. to pay for his tournaments. He didn't have to then work from 7 a.m. to 3:30 p.m. and drive to each tournament. When I think back on what I had to do to get sponsors, what I went through to make it, well, it's been a different story certainly than Marty's and I would say, than any other player's.

Leve: In what ways?

Peck: I had to start at ground zero. When Marty was playing racquetball at age eight, I was thinking of a thousand other things. I didn't start playing the game until I was 18, in 1975.

I had to learn the whole game — I didn't know anything about it. I had to try and get good enough to compete at the local level, and then the state, regional and finally national level. I had to watch, learn and take my lumps. You try and forget the disappointments and keep going for it. I think one of the reasons I've been successful is that I've worked hard to get here.

Hogan: In reaching our positions we took two entirely different paths. I was the little kid in the last court who had this crazy, new stroke. Yet I knew that if I could just hit the front wall I would be tough to beat. And I didn't hit the front wall for two years! Everybody would look over the balcony at me and just laugh at my game.

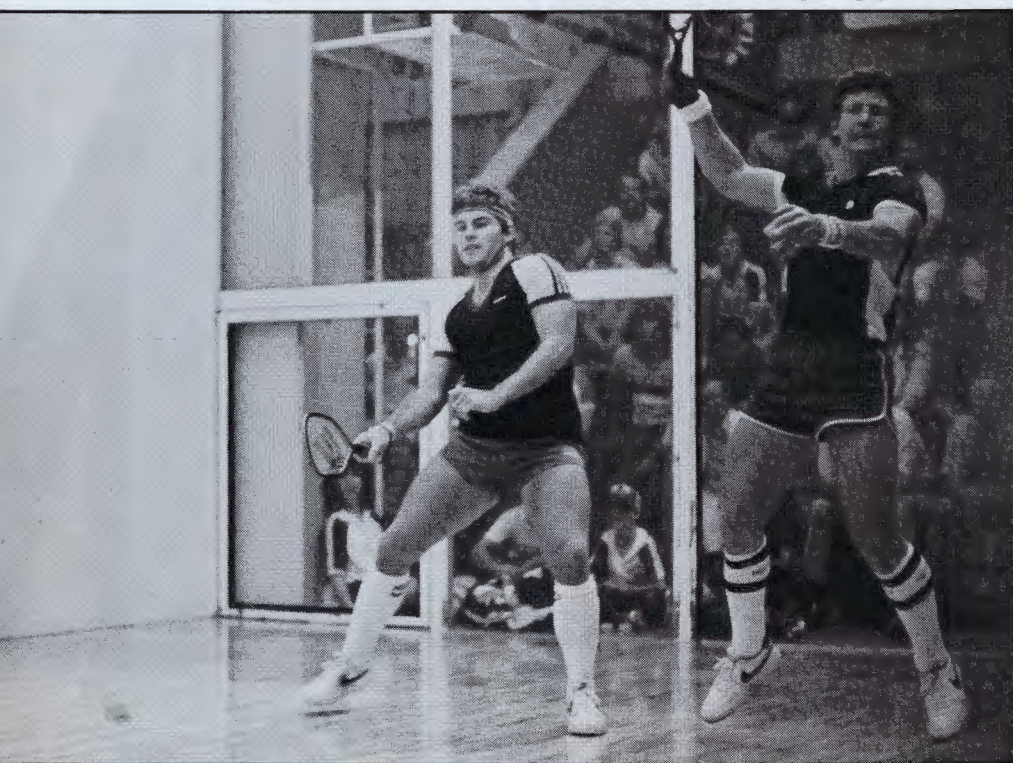
I too had to go through every level, but I didn't have to prove myself from, say, the 20th position, up to 18, then 16 and so on. I went from virtually nowhere to instant contender. I jumped 12 places at a time — I didn't have to fight my way through the way Dave had to.

Leve: Is that because there are more good players today?

Hogan: I don't know about more, but there is better quality. Has the level of competition improved over the last five years? Absolutely! But the level of competitiveness hasn't really changed. Back then you had players like Serot, Zeitman, Hilecher, Schmidtke, Keeley, Brumfield, Strandemo — in their day they were all very competitive.

It's tough to compare. Today's game is totally different — the style has completely changed. When I first came on

Peck: What was it like to play three brutal matches to qualify and then go against a top pro? It was no fun. By the tie-breaker I was sucking eggs.



Hogan: If a sponsor feels he can get mileage out of you he's willing to pay a lot of money—six figure deals.

the scene my power stroke and style was considered a fluke. The way I played the game was in total contrast with the norm of the day which was control. And then, all of a sudden, my style became "right" and everybody else was doing it "wrong." Within three years the game had completely changed.

When I was 16, I was no threat to anybody. Like I said, I couldn't hit the front wall. Then when I was 17 I won seven tournaments in a row! I lost the first tournament and won all the rest. Every tournament. I won nine on the tour and I don't know how many satellites.

It was then that these other players started trying to put some of my style into their game. In the process, which took about three years, I just walked through players. I remember winning tournaments and not having anybody even score 10 points against me. I wasn't even getting a workout. In fact, there was a span of two or three tournaments where I didn't ever practice between them and I still won — easily.

It wasn't even funny. But days have changed.

Leve: Dave, you used to have to go through qualifying just to reach the round of 32, an experience Marty never had. What was that like?

Peck: You mean, what was it like to have to play three brutal matches on Wednesday just to qualify and then go up against a top pro at 9 a.m. Thursday? It wasn't any fun, that's for sure.

One thing I had to do was train hard. Waking up the day after those three matches, oooh, I could barely move sometimes. And then to go up against a top pro, it was tough, especially to win a tie-breaker.

For example, one year I qualified in St. Louis and then had to play Strandemo in the first round where he eventually won the tournament. I thought I had him, but he won 11-4 or 11-5 in the tie-breaker. By mid-way through that third game I was sucking eggs.

This happened for the first three tournaments until I accumulated enough points not to have to qualify. I'll never forget it — it was Denver — and I drew Wagner, the number two seed, in the 32's. Since I didn't have to qualify I

went in fresh, beat him in two straight and progressed to the semi's. That was a real turning point in my career.

I just hung in there until I got my break. Otherwise you might as well get out of the game. I was fortunate. I caught Wagner at the right time, beat him and cruised on through playing these different guys. I remember thinking afterwards, "Man, that sure wasn't very hard to make it to the semi's."

Of course, I was also a young player who was so excited about doing well that my adrenalin was really flowing. I had to keep going, keep winning. "I can't lose now," I'd say to myself, "I beat the number two seed."

Leve: How do you get the adrenalin flowing now?

Peck: Money.

Hogan: No. It isn't money at all. There's an attitude you have to have about competing. I went from nowhere to the top position in the game. When I was in my teens I was a lot more competitive, a lot more aggressive. Flat out, I was meaner; I'd play every point just as hard as the one before. I mean nasty. I'd go out there and play *real* nasty.

Peck: Nothing personal, Marty, but I've played you a bunch and you're still that way.

Hogan: I am, but not to the same level of intensity. My personality has changed a little bit. I don't know if it comes with age, or what.

Leve: How about complacency? You've got the money, you've proved yourself.

Hogan: That's part of it.

Leve: Did you ever play for the money?

Hogan: Never.

Peck: Definitely. When I first started playing, you have to understand, I had to make it to a certain round in order to win enough to pay off my bills, pay my expenses or I couldn't afford to come back and play the next month.

So when I first started playing, I played for the money. It's gotten to the point now where the money is an added bonus. When Marty and I play, I don't care whether it's a tournament for \$20 or \$20,000 — it's going to be the same. The thing that made Marty and me get to where we are is that we hate to lose. And I've said it a million times — whoever wins between us is the one who dislikes to lose the most at that particular time.

Peck: When I first started out I definitely played for the money. I had to win enough to pay my expenses or I couldn't afford to come back and play the next month.

Hogan: One relevant thing is that when I came into professional racquetball we were playing for \$1,500 first place. There was no real pro racquetball career — it was just beginning. You couldn't say you were playing for the money because there wasn't any real money.

Now, as Dave comes into the game, there is very good money. If a sponsor feels he can get mileage out of you, he's willing to pay a lot of money, six-figure deals. I've always had the attitude that the best player will always get rewarded monetarily. The best of any field will be rewarded.

But back when I won my first two national championships, they were pretty good first place prizes, \$5,000 and \$8,000. That was a lot of money to a 17-year-old kid. But I remember I couldn't have cared less. I would have paid off Brumfield three times the money to have the championship. Winning the Nationals, my God, it took Brumfield 10 years to win his four. All I could think about was winning it. The money never entered my mind.

Leve: *What do you have to achieve to be satisfied with your legacy?*

Peck: Four years ago, my goal was to be number one. I've achieved that by winning the Ektelon/PONY Nationals and the Catalina Nationals. I'd be a fool and a liar if I said I didn't want this one (DP Leach Nationals). This is an important tournament for me to win — for the title because I've never won this one and to stop Marty from winning his fifth. I really don't like him having the title, you know what I mean?

I know Marty's goal is to win the fifth, to surpass Brumfield's record of four. I have accomplished a lot of my goals this year and I will continue striving each year and develop new goals.

Hogan: I have only one goal left. When I retire I want to be known as the greatest racquetball player ever to play the game. The only way to accomplish that is to win the major championships. Don't get me wrong, you have to win the little ones along the way, but the big ones are the ones that put you in the book forever.

Peck: The little ones set up the promotional aspect and stuff like that. The big ones get you into the record book.

Leve: *Are you guys telling me that the days of one player dominating like Hogan did are gone?*



Hogan: When I retire I want to be known as the greatest racquetball player ever to play the game.

Peck: I don't think that will ever happen again. The level of competition among the players has become too good. Today's pro racquetball players could excel in any sport, they're top-grade athletes, tremendous competitors.

For Marty and me to say we're going to dominate the next couple of years is hard to back up. I do think we've been the most consistent throughout the recent years and that's why we're numbers one and two.

Leve: *How do you continue to improve once you reach number one? How do you keep the space between yourselves and the rest of the field?*

Peck: For me it's a real easy thing because I've only been playing four years as a pro. There's plenty of room to improve. I work on one different shot every year.

For example, this is the first year I've learned how to hit on the run. Marty—since he was 15 he could hit on the run. I think Marty's at a tough point in his career, but me, I'm still learning a lot of new things about the game.

Hogan: I don't consider myself through at age 24. I think I've got five strong years left with all the shots, all the creativity of my game, my stroke and my attitude. I have the potential to consistently improve.

When I came into the game I was something totally new and different. If

I'd been anything less I don't think I would have been able to beat Brumfield. Look at Serot. He was so much more talented than Brumfield, physically, but he could never overcome him.

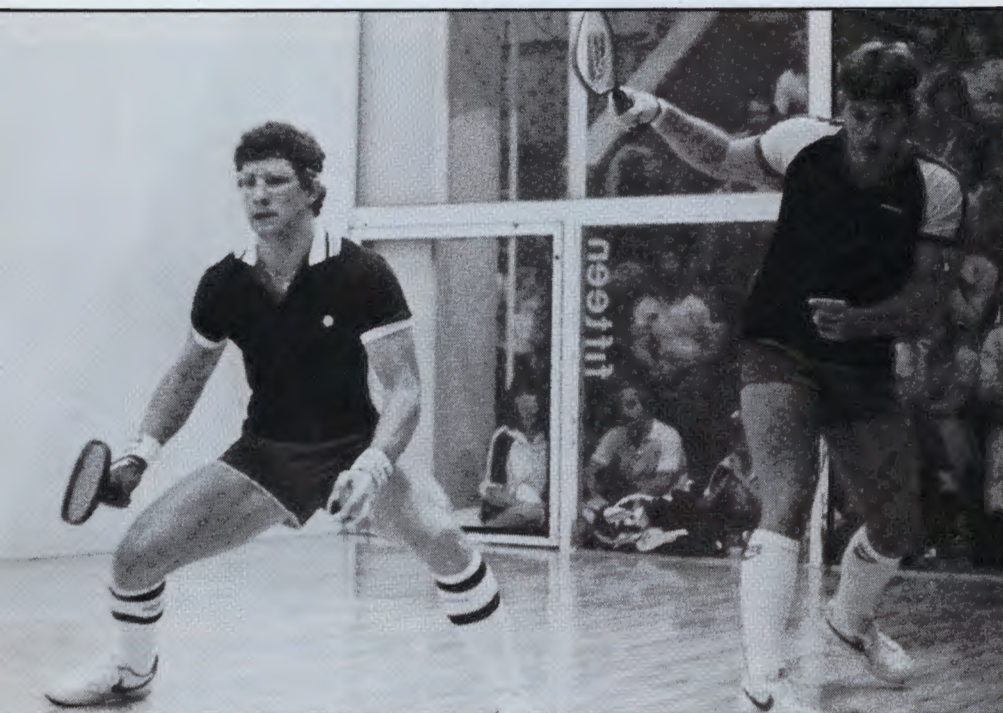
Brumfield had that mental aspect we all talk about. You have to have the physical tools and then enough brainpower to control what you're doing out there. The one thing I'm going to try to accomplish in the next part of my career (and I feel right now I'm in the middle of my career) is to use my God-given abilities to play racquetball the best that it can be played by me.

Leve: *How do you feel about being number two?*

Hogan: Not that bad. Frankly, I expected to be number two. No matter what Dave says, if racquetball had any 100 percent top-grade athletes I wouldn't be ranked in the top 10 the way I've played this year. This has been by far my worst year in the past seven. But by anyone else's standards (except Dave's of course) it would have been the best season anyone had ever had. But I've never looked to the field for my self-accomplishments. It was a terrible year.

Every year I have more and more responsibility. Three years ago I had nothing to worry about except going from tournament to tournament,

Peck: Are you ever going to beat Hogan? Can't you beat that guy? What's the matter with you? I've heard it a million times.



Hogan: I don't consider myself through at age 24. I think I've got five strong years left with all the shots, all the creativity of my game and my stroke.

beating players. It was nothing. Now, with all my outside responsibilities, it's a lot tougher.

Peck: Wait just a second! You think you've got it so tough? I've been traveling around with all these outside responsibilities my whole career. With Ektelon I do clinics, trade shows and a tremendous amount of traveling. And I'm with a racquet club that travels me throughout Texas. I've got my obligations as well.

I think one of the biggest differences between us is that I've learned how to adjust, to cope with them. For me, these obligations and responsibilities began after my rookie year, so it's just a matter of continuing to do the same thing.

Leve: What does the future hold for pro racquetball?

Hogan: I don't think racquetball can maintain its popularity without the showcase — the real cream of the crop displaying their talent. And the men's pro game is exciting, with upset potential at almost any point. There are excellent players out there and you don't know from one round to the next how well they'll play.

Will I turn it on again? How will Peck handle the pressure? Will Yellen ever wake up? How good will Harnett become? We have a number of unfinished stories in every tournament, especially the major events.

Another healthy thing for the pro game is the attitude change. I guess I'm partly responsible for opening up the gate. In previous years when I showed up it was a foregone conclusion that I would win. Who would finish second was the question. Now a lot of players think they can win, which makes them better.

Dave is one of them. Right now he's sitting in the exact same position that Wagner held at one time, Hilecher, Brumfield, Serot, Yellen and others. In order for him to establish himself above these others he's going to have to reach down within himself and prove that he's better. Otherwise, he'll just be here a short while and eventually will be discounted, just like the others, as a good player who was here but couldn't maintain it.

Peck: I disagree with you. You've put guys into this category who have never maintained the number one slot, except Brumfield. I've been ranked second

since after my rookie year. You want to talk pressure? Let me tell you about the pressure of being number two.

All I've been hearing for three years is, "Are you ever going to beat Hogan? Can't you beat that guy? What's the matter with you, you've been number two for three years, you should be able to catch him." I've heard it a million times. Heck, being number one is a cakewalk compared to number two.

And let me set another thing straight. If you think for one minute that I worry about what other people say, man I'd be history. The only people I worry about are immediate family members and myself. You've seen my attitude on the court and I've seen yours. The last thing we worry about is what the crowd thinks.

Hogan: You can see that we're both very competitive. That's the reason we've gotten to where we are.

Peck: Man, if I had listened to what people say, I'd have never beaten you. In certain ways we're exactly the same. When you were a kid people would laugh at you and say, "Oh look at Marty hitting the ball as hard as he can. He sure is stupid."

Well, they laughed at me too. When I told people I was going to turn pro they'd sit there and say, "Hey, that's great. The tour needs a fat guy. That tub of lead can't beat anybody, much less the pros."

You had to show people what you were made of, and so did I. We may be from different areas, and upbringings, but we're pretty much the same — cheaters.

Hogan: He's watched me cheat over the years.

Peck: What're you talking about? I've played you over the years.

Hogan: Now wait a minute. Hilecher told the newspapers that of all the players today, there's only one who still plays fair. Who do you think he was talking about?

Peck: Me.

Hogan: No way! It was me. Ask him — he said it.

Peck: Marty, I've seen you skip the ball on match point and turn around and appeal it. I've seen you pick up three bounces against me and turn around and tell the referee, "I'm Marty Hogan. I don't lie."

Peck: I've seen you pick up three bounces against me and turn and tell the referee, 'I'm Marty Hogan. I don't lie.'

Hogan: What about you? At the Miami tournament this year — I remember that backhand down-the-line you took at 8-8 in the fourth game. Hey, that's part of the game. There's going to be blatant cheats. Who's going to remember that cheat except you and me?

That's part of the game. But it was only one point and I don't think cheating has won any tournaments or matches or even games.

Leve: Are we going to have five more years of Peck/Hogan finals?

Peck: We'll try.

Hogan: I think the only reason I'm down to number two is that I changed a winning attitude during this year. I was too relaxed, played half-blanked and lost to players who have barely a third of my ability.

Let me tell you, it's tough getting psyched up for 15 tournaments a year and then come into the major championships with all this pressure. It's getting very tough for me. Dave doesn't realize yet what type of pressure it is, he hasn't won four consecutive national championships.

Peck: The reason is because I haven't been around for four years. I'm here now.

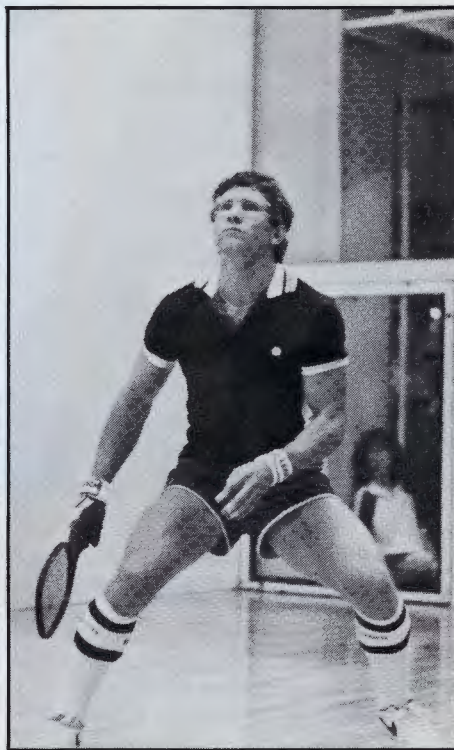
Hogan: You can say you'll do it, but you're going to have to beat me.

And you'll have other obstacles to overcome. For one, the competition is getting better all the time. Two, you can say what you want about caring what other people say, but you're going to have to prove to the racquetball community that you are the best player in the country — without doubt. And three, the toughest obstacle for you to overcome is my shadow because I'm going to be extremely competitive. Now for the first time in years I have something to shoot for.

Dave was more consistent than I was and played better than me this year. But the important question to me is, do I have the ability to be better than I was this year? Time will tell.

Leve: Dave, do you consider Marty your biggest threat?

Peck: Not necessarily Marty, just my next match. I'm not going to worry about Marty coming after me. Man, there's too many other players around.



Hogan: Any time you have the attitude that all you need to do is just be good enough to win, that's the first sign of a loser. Never be just good enough to win. Be the best you can all the time.

As far as other players coming after me because I'm number one, hey, listen Marty, I hate to be the one to break the news to you buddy, but if you think for one second that these guys are going to get more psyched up for me than you, well, you have another think coming.

Hogan: I agree. They've been playing out of their gourd for seven years. I wanted to give that position to you so maybe they'd play hard against you and just regular with me.

I really don't think about it any more. I only have to look out for one person. I only have to be concerned with the one person who's been in my way all year — Marty Hogan.

I think next year is going to be very interesting. For the first time I have something to prove. I should thank Dave. He's given me a second life.

Peck: By taking over number one I think I've given Marty something to aim at. For seven years he's been at the top of the ladder. I knocked him out of that slot and I know he's gunning for me.

We spoke of that burning desire to be the best. Obviously Marty has it and obviously so do I. Marty should thank me.

Hogan: I've proved through my dynasty in racquetball that I never settle for second. Now, I have to prove it again. I have not been the best player this year. I have not even been close to being the best player.

Peck: Yet he's still amazing. At the Catalina Nationals he really turned it on. Nobody won a game against him until I beat him in the finals.

Hogan: Nowadays the earlier rounds are getting tougher which I feel is an advantage for me because I usually get into early matches and "dog it." Even though I win, my game is not improving, it's staying at a level just good enough to win. And any time you have the attitude that all you need to do is just be good enough to win, that's the first sign of a loser.

Never be just good enough to win. Be the best you can all the time. ●

Upcoming Events

Kettering Classic

September 16-18, 1982
Dayton Circuit Courts
5600 Kentshire Drive
Kettering, OH 45440
Tournament Director: Jim Hooghe
(513) 435-3113

The International Challenge

September 17-19, 1982
Racquetball International
350 Fall River Avenue
Seekonk, MA 02771
Tournament Director: Dave Izzo
(617) 336-5300

4th Annual Cape Cod Open

September 17-19, 1982
The Racquet Club
Route 28, 1067 Main St.
S. Yarmouth, MA 02664
Tournament Director: Tom Mirisouli
(617) 398-0131

First Annual Marchwood Racquetball Tournament Benefitting the Devereaux Foundation

September 24-26, 1982
Marchwood Racquetball Club
P.O. Box 602
Exton, PA 19341
Tournament Director: Tom Young
(215) 363-8505

Third Annual Lite Beer Columbus Day Shootout

October 8, 9 and 10, 1982
Twenty-First Point Club
McKown Road off Western Avenue
Albany, NY 12203
Tournament Director: Vincent Wolanin
(518) 489-3276

United States National Doubles Championships

October 21-24, 1982
Federal Way Athletic Club
31701 20th Av. South
Federal Way, WA 98003
Tournament Director: Luke St. Onge

Fourth Annual Straw Hat Pizza Western Cookout And Racquetball Shootout

September 22-26
Entry deadline: September 19
The Irvine Clubhouse
17850 Skypark Drive
Irvine, CA 92714
Tournament Director: Scott Winters
(714) 754-7500

HRPC Fall Classic, 1982

October, 29-31
Holiday Park Racquet Club
2037 Route 286
Pittsburgh, PA 15239
Tournament Director: Bob Kirchner
(412) 327-7510

2nd Annual Big Brothers and Big Sisters Manatee County Racquetball Tournament

December 3-5, 1982
Westside Racquetball and Health Club
6500 Manatee Av. West
Bradenton, FL 33519
Tournament Director: Jim Brown
(813) 355-2911



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New Products



New Lightweight Racquetball Shoe

The Edge Shoe Division of Tennis Togs announces the introduction of a new lightweight racquetball shoe, named the "Racquetball" model.

The upper is 60% suede leather and the rest is nylon mesh. Leather is used on all heavy wear points such as the heel counter, around the perimeter next to the sole and on the eyelet strip. The nylon mesh portion is light, with open weave for ventilation. A padded tricot liner wicks away the sweat, acting as a built-in air conditioner.

The insole is double padded with thick foam for comfort, and a thick foam cookie provides extra arch support. The bottom layer of foam is of high density to absorb even heavy shocks. The upper layer of foam is softer to conform to foot contours. A terry liner is bonded on top of the foam, next to the foot.

The sole of the Racquetball shoe is a special pattern designed specifically for racquetball and molded out of solid gum rubber for better traction, long wear and non-marking qualities.

For more information on Edge Shoes, write to Tennis Togs, Inc., 2520 NW Second Avenue, Boca Raton, FL 33432, or call (305) 368-3660.

Sparkling Whirlpools With New System

For years, owners of pools, spas and hot tubs have been dependent on chlorine and related chemicals to kill bacteria and algae, clear up cloudy water, and "cure" other water problems. But if the pH of the water is outside specific limits, or if the temperature is above 85 degrees as it is in spas and hot tubs, chlorine's efficiency decreases quickly.

Now you can eliminate or radically reduce chlorine and have pure water, with the use of Aquazone, a revolutionary system for treating pool and spa water with a continuous supply of sanitizing ozone bubbles.

Aquazone overcomes the expense of ozone generating with an economical, easy to install and simple to maintain purification system.

For more information write Aquazone Products Co., 79 Bond St., Elk Grove Village, IL 60007. Or call (312) 364-1655.



Relief From Pain Is "Shock Watch" Claim

In a study conducted by the New Jersey Institute of Sports Medicine of more than 30 shock-induced injuries to the arm and shoulder in racquetball players, the majority of sufferers found relief from pain by wearing the "Shock Watch."

Secured by a Velcro strap to the wrist, the "Shock Watch" looks very much like a wrist watch but is actually a small plastic disc and dome containing a quantity of liquid metal. During play, the liquid fractures with

each contact of ball and racquet, effectively suppressing shock waves reverberating through the wrist, forearm, elbow and shoulder.

As a preventative, the "Shock Watch" can practically assure any avid player a pain-free sport despite the rigors of competition.

For more information, write Future Sports, USA, 74 Industrial Av., Little Ferry, NJ 07643, or call (201) 441-6100.



Extra Soft Heavyweight Socks

"ABC Sports" newest line of socks, Huskies, give the wearer an added degree of comfort and style. Designed for all court sports, Huskies are just what the name implies, heavyweight softies with a hand-knit look.

Made of 90% cotton for absorbency, the socks are available in crew length and tube models for men, and in ankle length for women. They come in solid white, or white with stripes of navy, red, royal, kelly or maroon.

Available from "ABC Sports" Socks, Adams-Millis Hosiery Co., P.O. Box 2650, High Point, NC 27261. Outside NC, call 800-334-2741; in state (919) 889-7071.



Performance Through Mental Imagery

Based on the premise that sports are 10 percent physical and 90 percent mental, author John Pattison has prepared a new series of tapes, "How to Win the Mental Game of Racquetball."

The tapes are aimed at developing the power of the mind to improve each player's game, using principles of analysis, relaxation and mental imagery which Pattison has applied with striking success in other sports.

The series consists of two cassette tapes and a booklet with diagrams to aid players in visualizing the racquetball court as they mentally rehearse their shots.

For more information, write Sports Imagery International, 3857 Birch St., Suite 233, Newport Beach, CA 92660.

Adams Wins WPRA Finals For First National Title

by Elizabeth Kaufmann

When the finals of the Michelob Light/WPRA National Racquetball Championships were over, top-seeded Lynn Adams said, "I have to tell you this story.

"I had three dreams this week," she said after her victory at the Denver Sporting Club in Denver, CO. "The first two came true. In the third dream I was talking to my dad and telling him that I had lost the first set, won the second set and that the score in the tie-breaker was 15-14, but I didn't know who I was playing or who won."

Piece by piece, during the two hours and 20 minutes of spectacular finals play, Lynn Adams' third dream also came true. The outcome of the match sent her back to dreamland, \$2,650 richer and holder of her first National title.

She won that dreamy tie-breaker 15-14; her opponent was third-seeded Shannon Wright. Wright won the first set 3-2. Adams won the second 3-2. The only player who could have ousted Adams from her number-one ranking, second-ranked Heather McKay, was upset in the semi-finals by Wright.

Both Adams and Wright played superbly down to the last point of the tournament. With the score tied at 14 in the tie-breaker, Wright had the advantage of serving. (WPRA rules allow scoring on every rally.) She served a low hard shot to Adams' backhand and with one swift motion Lynn killed it into the lefthand side of the front wall for game, set and National Championship.

"I planned on shooting the last one before she served it," Adams said afterwards. "You can't be tentative, you have to go for it. If you skip it, at least you can live with yourself because you've tried."

Wright, who had been gunning for victory and had overpowered all her previous opponents, appeared calm and confident throughout the match. She didn't blame her defeat on the final point.

"I didn't care if she shot the ball or not," she said of the final play. "I was going for the crack (ace). It was an excellent serve. It was an excellent return."

Was she surprised at the way it turned out?

"No. You can't think about it, whether everything's riding on one point or not. But I don't think I've ever had a 15-14 tie-breaker."

Unfortunately for her opponents, Wright didn't have to worry about tie-breakers in any of her matches leading to the finals. Not even in the semi-finals against McKay, the two-time National Champ. Wright upset McKay soundly, with a score of 3-0, 3-0. Breezing her way to the semis, Wright defeated Beth Crawley, 3-1, 3-1; Diane Green 3-0, 3-0; and Peggy Gardner 3-0, 3-0;

Adams also marched to the finals without difficulty. She defeated Stacey Fletcher 3-1, 3-1; Peggy Steding 3-0, 3-0; Terri Gilreath 3-0, 3-0; and in the semi-finals she defeated sixth-seeded Laura Martino 3-0, 3-0.

Tournament players and aficionados who had observed Wright as she bulldozed her way to the finals predicted that if she maintained her caliber of play, she would also defeat Adams.

"Shannon Wright is in love and in very good spirits," one seeded player explained. "Being in a good frame of mind really helps. If Shannon and Lynn are in the finals, I'd pick Shannon. I think it's Shannon's turn."

"I decided to play a more aggressive game this time," said Wright in a post-match interview. "I nearly defeated Lynn the last time we played each other, and my confidence was regained. I went back to a serve-and-shoot style and played more off the back wall. Lynn's determination brought her back, though. I'm sure I'll relive the tie-breaker for quite a while."

The results of the tournament left the overall rankings of the top three players unchanged. Adams retained first place, McKay second, and Wright third. The top rank for Adams meant another \$5,000 as number-one finisher in the Nike Bonus Pool, which distributed \$13,000 in additional prize money.

The biggest upset of the early rounds found former squash champion Barbara Maltby eliminating fourth seed Marci Greer in the first round 3-1, 3-1. Maltby then raced all the way to the quarter-

finals, where she gave Martino a tough first set battle before succumbing 3-2, 3-0.

Martino had her hands full in the round of 16, needing a tie-breaker to stop Caryn McKinney 3-0, 2-3, 15-8. Laura's first round match was no picnic either, a tough 3-2, 3-2 win over Martha McDonald.

Eighth seed Jennifer Harding was a second round victim to Terri Gilreath 3-1, 3-0, after Gilreath barely got by qualifier Tammy Kennedy in the opening round 2-3, 3-0, 15-12. But her two wins just got Gilreath to the quarter-final upper bracket and you know who resides there—Adams, who took the match 3-1, 3-0.

One of the most entertaining, if not crucial, matches of the tournament was Fran Davis' first round victory over Janell Marriott 3-2, 0-3, 15-14. But Fran ran into a red-hot Rita Hoff, the seventh seed, in the second round and Rita emerged with a 3-0, 3-0 win. Hoff's smoking kill shot held its own against McKay in the quarters before Heather held on for a 3-2, 3-1 victory.

Peggy Gardner, the eighth quarter-finalist, did it by taking the tie-breaker route. She stopped Gail Woods in the first round 2-3, 3-1, 15-9, while her next opponent, "Tie-breaker" Vicki Panzeri, was eliminating former National Junior Champ Liz Alvarado 0-3, 3-2, 15-12. Panzeri and Gardner then battled out another tie-breaking match with Gardner emerging victorious 3-1, 2-3, 15-6 to reach the semis against Wright.

WPRA Top 21: Final 1981-82 Ranking as of June 28, 1982.

Ranking	Player	Points
1	LYNN ADAMS	539.38
2	HEATHER MCKAY	464.64
3	SHANNON WRIGHT	337.50
4	MARCI GREER	165.00
5	PEGGY GARDNER	157.50
6	LAURA MARTINO	137.50
7	TERRI GILREATH	128.75
8	RITA HOFF	95.63
9	JENNIFER HARDING	88.13
10	VICKIE PANZERI	84.11
11	BARBARA MATLBY	81.79
12	CARYN MCKINNEY	80.00
13	BRENDA POE	70.00
14	JANELL MARRIOTT	65.00
15	MARTHA McDONALD	50.42
T 16	FRAN DAVIS	40.00
	BONNIE STOLL	40.00
18	JOYCE JACKSON	37.50
19	STACEY FLETCHER	36.67
T 20	BETH CRAWLEY	35.00
	PEGGY STEDING	35.00

Tournament Results

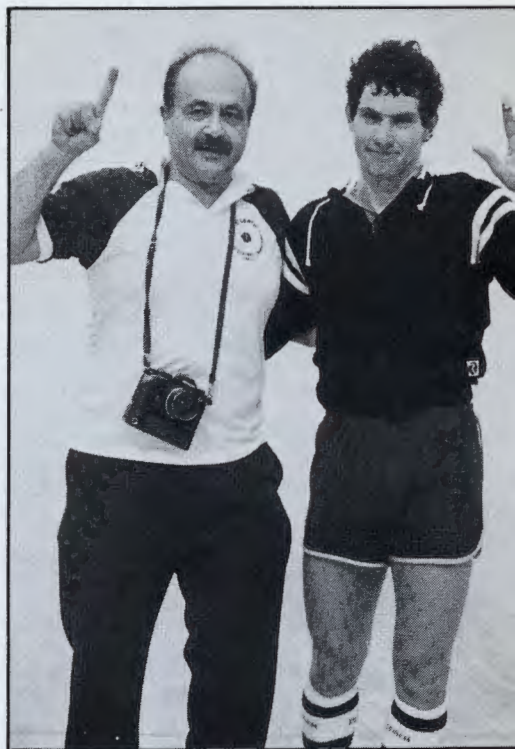
1982 DP Leach National Championships

Charlie Club
Palatine, IL
June 20-26



Jack Newman sets up for a backhand kill attempt as Larry Fox rushes in to cover in the men's open singles championship match at the DP Leach National Championships.

Super-fotog Art Shay (l.) celebrates his first national championship (Veteran Golden Masters) comparing his number one to Hogan's fifth. "Marty better watch out," said Shay, "I'm after him now."



Men's Open

Quarter-finals: Newman d. Kwartler 21-14, 21-7; Jim Wirkus d. Ferris 21-16, 7-21, 11-7; Fox d. Wilhelm 13-21, 21-6, 11-6; Martino d. Slazas 21-20, 21-13

Semi-finals: Newman d. Jim Wirkus 21-19, 21-14; Fox d. Martino 21-14, 21-15

Finals: Fox d. Newman 10-21, 21-15, 11-9

Veteran 30 +

Quarter-finals: Joe Wirkus d. Cartwright 21-4, 21-10; Podgorny d. Nelson 21-4, 21-8; Brown d. Babbitt 15-21, 21-20, 11-1; Chase d. Senters 21-5, 21-14

Semi-finals: Joe Wirkus d. Podgorny 21-4, 21-17; Chase d. Brown 21-10, 21-3

Finals: Chase d. Joe Wirkus 11-21, 21-14, 11-5

Seniors 35 +

Quarter-finals: Remen d. Bellah 21-4, 21-10; Waldo d. Block 21-15, 21-18; Podgorny d. Vincent 21-20, 21-5; Icaza d. Grigg 21-20, 21-7

Semi-finals: Remen d. Waldo 21-16, 21-9; Icaza d. Podgorny 17-21, 21-11, 11-1

Finals: Remen d. Icaza 17-21, 21-11, 11-7

Veteran Seniors 40 +

Quarter-finals: Garfinkel d. Bushfield 21-4, 21-8; Berry d. Barasch 21-12, 21-10; Johnson d. Rapp 21-18, 16-21, 11-2; Humphrey d. Paul 21-6, 21-9

Semi-finals: Garfinkel d. Berry 21-6, 21-12; Humphrey d. Johnson 21-18, 21-13

Finals: Garfinkel d. Humphrey 21-11, 21-10

Masters 45 +

Quarter-finals: Pudduck d. Harnett 21-20, 21-15; Oas d. Sandoval 11-21, 21-16, 11-3; Day d. Harper 21-11, 21-17; Weckerly d. Moskwa 21-11, 21-9

Semi-finals: Pudduck d. Oas 21-12, 21-5; Weckerly d. Day 21-18, 21-18

Finals: Pudduck d. Weckerly 21-16, 21-17

Veteran Masters 50 +

Quarter-finals: Lerner d. Buckun 21-2, 21-7; Siemars d. Horner 21-7, 8-21, 11-6; Frederick d. Cincotta, forfeit; Zitzer d. Gothard 21-5, 21-7

Semi-finals: Lerner d. Siemars 21-4, 21-7; Frederick d. Zitzer 21-17, 15-21, 11-5

Final: Lerner d. Frederick 21-13, 21-13

Veteran Golden Masters 60 +

Round Robin: 1st-Art Shay; 2nd-Ralph Shively

Women's Open

Quarter-finals: Shields d. Weber 21-12, 21-10; Franks d. Porter, forfeit; Pritchett d. Kladis 21-8, 21-2; Carow d. Wimmer, forfeit

Semi-finals: Shields d. Franks 21-9, 21-9; Carow d. Pritchett 12-21, 21-13, 11-6

Finals: Shields d. Carow 21-15, 21-12

Women's Senior Singles

Round Robin: 1st-Woods; 2nd-Franks; 3rd-Coplan

Open Doubles

Quarter-finals: Wirkus/Wirkus d. Brown/Sacco 17-21, 21-20, 11-9; Johnson/cozza d. Negrete/Ervin 21-20, 21-9; Garrigus/Handley d. Allan/Golueke; Kwartler/Malowitz d. Murray/Thurman 21-9, 21-3

Semi-finals: Wirkus/Wirkus d. Johnson/cozza 21-16, 21-16; Kwartler/Malowitz d. Garrigus/Handley 21-20, 20-21, 11-9

Finals: Kwartler/Malowitz d. Wirkus/Wirkus 21-3, 21-11

Senior Doubles

Quarter-finals: Garfinkel/Remen d. Bushfield/Gamm 21-4, 21-8; Heath/Simborg d. Block/Coolley 7-21, 21-17, 11-10; Grigg/Berry d. Shetzer/Humphrey 21-14, 21-13; Vincent/Bushfield d. Harper Barasch 21-20, 21-19

Semi-finals: Garfinkel/Remen d. Heath/Simborg 21-15, 21-7; Vincent/Bushfield d. Grigg/Berry 21-18, 21-20

Finals: Garfinkel/Berry d. Vincent Bushfield 21-9, 21-7

Masters/Golden Masters Doubles

Round Robin: 1st-Troyer/Lammersfeld; 2nd-Howard/Bruner; 3rd-Widerman/Karp

The National Pro Racquetball Final Season Rankings and Point Totals

1. DAVE PECK, El Paso, TX.....	920
2. MARTY HOGAN, San Diego, CA.....	860
3. BRET HARNETT, Las Vegas, NV.....	630
4. JERRY HILECHER, Encinitas, CA.....	630
5. MIKE YELLEN, Southfield, MI.....	570
6. RICH WAGNER, San Diego, CA.....	550
7. LINDSAY MYERS, Vancouver, BC.....	130
8. CRAIG MCCOY, Riverside, CA.....	430
9. DON THOMAS, Mesa, AZ.....	420
10. ED ANDREWS, San Diego, CA.....	210
11. SCOTT HAWKINS, Santa Clara, CA.....	260
12. GREGG PECK, El Paso, TX.....	300
13. JOHN EGERMAN, Boise, ID.....	280
14. DOUG COHEN, St. Louis, MO.....	260
15. STEVE STRANDEMO, San Diego, CA.....	200
16. BEN KOLTON, St. Louis, MO.....	90
17. GERRY PRICE, Castro Valley, CA.....	110

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Tournament Results

Hawaii

1982 USRA State/Regional
Racquetball Tournament
Sponsored by The Courthouse
Racquetball Club
The Courthouse—Mapunapuna
Honolulu, HI
April 29-May 2

Men's Open: 1st—Joe Decker; 2nd—John Britos;
3rd—Randy Lau

Men's A: 1st—Rick Rangel; 2nd—Robert Ryan;
3rd—Tom Yamashita

Men's 35+: 1st—Manny Rezendes; 2nd—George Akeo;
3rd—Kevin Dorr

Men's B: 1st—Bobby Wray; 2nd—Cecil Lam; 3rd—Randy
Chang

Men's C: 1st—Dip Singh; 2nd—John Lim; 3rd—Gary
Moore

Men's D: 1st—Derek Dung; 2nd—Egan Inoue;
3rd—William McFarland

Women's Open: 1st—Shizu Takeyasu; 2nd—Angela
Russo; 3rd—Marguerita Parrent

Women's B: 1st—Karen Suenaga; 2nd—Laurie Potter;
3rd—Dorie Carson

Women's C: 1st—Beth Hodge; 2nd—Ann Wert;
3rd—Melissa Llamas

Women's D: 1st—Nani Paek; 2nd—Missi York; 3rd—B.
Vellalos

Juniors: 1st—Francis Kim; 2nd—Derek Tom; 3rd—David
Bowman

Women's C: 1st—Kathy Gentile; 2nd—Penny Jacobs;
3rd—Fran Trees

Women's CC: 1st—Ronni Vendetti; 2nd—Marcia
Heinrich; 3rd—Nancy Hunsel

Women's Novice: 1st—L. Weisenstien; 2nd—Debbie
Giardano; 3rd—Sharon Karas

Women's B Doubles: 1st—Ellen Costanzo/Pam Regan;
2nd—Kim Gloede/Dede Bercaw; 3rd—Leslie
Loprete/Patty Marchetta

Women's C Doubles: 1st—Fisher/Chang; 2nd—Sue
Ponatoski/Himself; 3rd—Karen San Fillipo/Pat Natali

Michigan

Backwall/Lite 1982 Racquetball
Tournament
Sponsored by Miller Lite, Penn,
Dr. Pepper and Speedy Printing
Backwall Racquetball Club
Madison Heights, MI
May 21-23

Men's A: 1st—Pharis; 2nd—Hughes

Men's Seniors: 1st—Grudzinsky; 2nd—Tayles

Men's B: 1st—Mattias; 2nd—Hotra

Men's C: 1st—Veith; 2nd—Turner

Men's D: 1st—Donovan; 2nd—Belcher

Women's A: 1st—Seiders; 2nd—Todd

Women's C: 1st—Westveer; 2nd—Nirganakis

Women's D: 1st—Fristel; 2nd—Schmelter

Juniors: 1st—Mannella; 2nd—Richards

Pennsylvania

HPRC 1982 Spring Classic Open
Sponsored by McDonald's, 7-Up, Penn
Athletic Products and local sponsors
Holiday Park Racquet Club
Pittsburgh, PA
June 18-20, 1982
Director: Robert Kirchner

Men's Open

Semi-finals: Gene Rodgers d. Joe Corsi 21-17, 21-19; Keith
Eller d. Tom Elliott 21-6, 21-14

Finals: Rodgers d. Eller 21-4, 21-10

Men's B

Semi-finals: Tom Elliott d. Jim Christner 21-12, 21-11; Keith
Eller d. Jeff Tack 21-6, 21-14

Finals: Eller d. Elliott 21-6, 21-14

Men's C

Quarter-finals: Larry Shuff d. Dan Abraham 19-21, 21-3, 11-7;
Emie Willis d. Jerry Peck 21-12, 21-5; Don Bedel d. Brad
Eberle 21-9, 17-21, 11-5; Fred Lau d. Gary Lackey 21-8, 21-14

Semi-finals: Shuff d. Willis 15-21, 21-19, 11-5; Lau d. Bedel
21-14, 21-11

Finals: Shuff d. Lau 21-5, 21-11

Men's Novice

Semi-finals: Don Bedel d. Rick Thomson 21-3, 21-6; Gary
Lackey d. Phil Jameson 21-17, 21-13

Finals: Bedel d. Lackey (forfeit)

Men's Doubles

Semi-finals: Lynn Ross/Dave Martin d. Fred Lau/Rich
Shotwell 21-19, 21-4; Joe Corsi/Dave Mazurek d. Brad
Eberle/Tom Elliott 21-13, 21-8

Finals: Ross/Martin d. Corsi/Mazurek 21-11, 21-14

Women's Open

Finals: Jan Peterson d. Lynn Ross 21-6, 21-7

New Jersey

NJ State Racquetball Championships
Sponsored by Natural Light, Gaspar's,
Ramapo Volkswagen, and
Struble Air Conditioning
Racquetball 23 and Spa
Pompton Plains, NJ May 21-23

Men's Open: 1st—Bob Francavella; 2nd—Don DeFillipis;
3rd—Perry Roman

Men's A: 1st—Sal Teodoro; 2nd—Jon Sweetwood;
3rd—J.P. Vaccaro

Men's Seniors: 1st—Sam Munsan; 2nd—Peter Pruscha;
3rd—John Sergentanis

Men's Veterans: 1st—Willie Wong; 2nd—Mark Berwick;
3rd—Bill Wela

Men's Masters: 1st—Everett Christmas; 2nd—M.
Frankel; 3rd—Rick Grofsick

Men's Golden Masters: 1st—Bernie Pruzansky;
2nd—Rick Grofsick; 3rd—C. Adler

Men's B: 1st—Joe Cline; 2nd—Todd Kohout; 3rd—Ross
Reeves

Men's C: 1st—Matt Hoelzel; 2nd—Steve Grunfest;
3rd—Paul Nodjak

Men's CC: 1st—Bill Magee; 2nd—Rick Szambel;
3rd—Doug Thompson

Men's Novice: 1st—Terry Rietting; 2nd—Willie Michaels;
3rd—Dennis Cox

Men's Open Doubles: 1st—Rick Platas/Rich Vivolo;
2nd—Lonnie Allgood/Wong; 3rd—Jack Rooney/Sal
Teodoro

Men's B Doubles: 1st—Jim Powers/Joe Paradiso;
2nd—Les Solomon/Ken Stier; 3rd—Larry Howard/Alan
Wilson

Men's C Doubles: 1st—Larry Howard/Alan Wilson;
2nd—Greg Forte/Jim Busch; 3rd—Wm. Magee/Morris

Women's Open: 1st—Teri Gatarz; 2nd—M. Moore;
3rd—Pat Urkowski

Women's Veteran Open: 1st—Winnie Forte;
2nd—Deanna Holiday; 3rd—Candy Dunn

Women's B: 1st—Cunningham; 2nd—Heather Schwartz;
3rd—Mandie Sudol

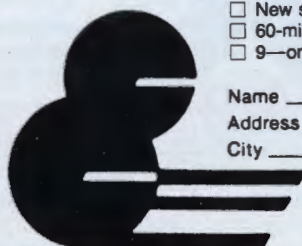
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a/c 602. 991-0253

Women's C

Finals: Pam Beek d. Nancy McLaughlin 21-11, 21-8

Women's Novice

Semi-finals: Nancy McLaughlin d. Cheri Welch 21-1, 21-3;
JoAnn Bardo d. Cindy Primozic 21-13, 21-9

Finals: McLaughlin d. Bardo 21-18, 21-10

Juniors

Finals: Dave Martin d. B.J. Matsey 21-13, 21-4

Iowa

Third Annual Pig-Out Open Racquetball Tournament

Mason City Racquetball Club
Mason City, IA
June 18-20

Men's Open: 1st—Roger Lindwall; 2nd—Dave Nowack;
3rd—Dee Lichty

Men's B: 1st—Larry Hensley; 2nd—Tom Bohrer; 3rd—Brad McCuniff

Men's C: 1st—Bruce Verink; 2nd—Roger Hauptert; 3rd—Tom Shattuck

Men's D: 1st—Jim Christakos; 2nd—Doug Bieber; 3rd—Bob Oaks

Men's Open Doubles: 1st—Montie McCuniff/Bob Sheldon;
2nd—Joe Lindwall/Rodger Lindwall; 3rd—Brad Flack/Javier Alejo

Men's B Doubles: 1st—Larry Hensley/Bruce Verink;
2nd—Jim Pratt/Larry Ricketts; 3rd—Greg Wiersen/Bill Barnett

Women's B: 1st—Lee Ann Jotham; 2nd—Jan Diddy;
3rd—Laurie Stephens

Women's C: 1st—Nancy Skarlis; 2nd—Vicki Jeffres;
3rd—Roxie Logan

Women's D: 1st—Vicki Schroeder; 2nd—Mary Meir;
3rd—Becky Wetter

Women's B Doubles: 1st—Linda Anderson/Jan Diddy

Hawaii

Downtown Honda's Top Ten Racquetball Shootout

The Courthouse-Mapunapuna
Honolulu, HI
June 19 and 20

Round Robin: 1st—Egan Inoue; 2nd—John Britos; 3rd—Joe Decker; 4th—Randy Lau

Nevada

The top Junior racquetball players in the United States competed June 24-27 in 22 divisions for the coveted title of AARA National Junior Champion.

The 1982 Juniors was successful beyond expectations, with 450 competitors. The tournament was held over four days at the Capitol Courts in Carson City, NV, and was sponsored by Penn Athletic Products Company.

Boys' 16: Corey Brysman d. Dan Obremski 15-14, 15-7;
3rd—Robert Kinney d. Bruce Erikson 15-7, 15-6

Boys' 16—Ray Navarro d. Mike Gustaveson 15-3, 15-13;
3rd—Jeff Mulligan d. Cliff Swain 15-13, 15-14

Boys' 14: David Simonette d. Luis Miranda 15-3, 15-14;
3rd—David Gries d. Mike Lowe 15-5, 15-11

Boys' 12: James Lorello d. Matt Rudich 7-15, 15-13, 15-10;
3rd—Tim Doyle d. Derek Robinson 15-7, 15-13

Boys' 10: John Gillooly d. Mike Altman 15-12, 15-10; 3rd—John Ellis d. Brett Hentze 11-15, 15-7, 15-7

Boys' 8: Nicky Xynidis d. Ricky Donovan 11-4, 11-5;
3rd—Todd Van Hees d. Franco Palmer 11-7, 9-11, 11-8

Girls' 18: Marci Drexler d. Cheryl Mathieu 7-15, 15-8, 15-3;
3rd—Tammy Hajjar d. Mona Mook 4-15, 15-5, 15-13

Girls' 18: Brenda Young d. Loretta Peterson 11-15, 15-4, 15-4;
3rd—Rebecca Rush d. Caroline Montalbo 15-11, 15-13

Girls' 14: Crystal Fried d. Michelle Morrow 11-15, 15-3, 15-8;
3rd—Elaine Mardas d. Janet Burke 15-3, 15-4

Girls' 12: Tanya Spangler d. Heather Adler 15-3, 15-2;
3rd—Cindy Doyle d. Steffanie Adams 15-7, 15-6

Girls' 10: Jennifer Celaya d. Faline Wood 11-15, 15-14, 15-10;
3rd—Angie Pellegrino d. Brandy Yrigoyer 15-9, 8-15, 15-3

Girls' 8: Talya Sanders d. Jill Haynes 15-8, 15-10; 3rd—Stella McPhee d. Shanna Wallace 15-8, 15-10

Doubles

Boys' 18: Hart Johnson/Robert Kinney d. Dan Obremski/Hugh Klein 15-10, 7-15, 15-13; 3rd—Jeff Olsen/Clay Ballard d. Scott Morey/Robert Meadows 15-11, 15-8

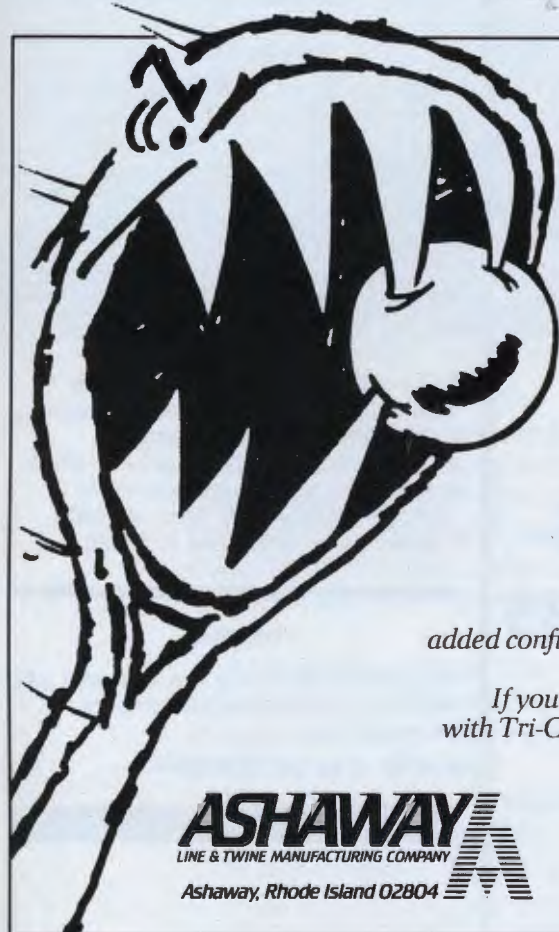
Boys' 16: Eric Scheyer/Lance LaCour d. Ray Navarro/Jeff Plazak 15-13, 15-8; 3rd—James Leona/Doug Ganim d. Mark Mikulla/Jeff Zipes 15-14, 15-8

Boys' 14: Luis Miranda/Ed Fuentes d. Mike Bronfeld/Mike Lowe 15-10, 15-10; 3rd—David Simonette/Matt Rudich d. Todd Kohout/Tim Collins 15-14, 15-8

Boys' 12: Nolan Glantz/Tim Doyle d. George Delaney/John Gillooly 15-8, 11-15, 15-3; 3rd—Eric Oxman/Derek Robinson d. Brian Polsky/Jason Friedman 15-10, 10-15, 15-10

Boys' 10: Jeffrey Russell/John Ellis d. Scott Corneal/Michael Altman 15-8, 15-7; 3rd—Jason Gilbertie/David Dodini d. Tommy Foster/Kelly Jeffrey 15-12, 15-14

Girls' 18: Mona Mook/Mo Nard d. Trina Rasmussen/Cheryl Mathieu 15-8, 15-7; 3rd—Val Paese/Tammy Hajjar d. Lynette Porch/Cindy Richardson 15-7, 15-8



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Girls' 16: Lisa Anthony/Michele Gilbertie d. Anna O'Connell/Michelle Nunes 15-14, 15-10; **3rd**—Loretta Peterson/Melanie Mason d. Shelly Adams/Steffanie Adams 15-8, 15-10

Girls' 14: Sheri Fried/Crystal Fried d. Lisa Mark/Delanie Comer 13-15, 15-13, 15-4; **3rd**—Shelley Wallman/Michelle Morrow d. Kim Goodman/Joline Goodman 15-1, 15-6

Girls' 12: Heather Adler/Cindy Doyle d. Alma Fuentes/Sylvia Parga 15-12, 15-10; **3rd**—Jennifer Afford/Pamela Afford d. Tiffany Evans/Angle Peterson 15-7, 15-1

Girls' 10: Sara McPhee/Brandy Yrigoyer d. Faline Wood/Robin Goodman 5-15, 15-5, 15-9; **3rd**—Michelle Wallace/Angle Pellegrino d. Amber Dixson/Monica Carmona 15-6, 15-2

Directors: Gary Roberson, Joe Mulkerrin, Dan Samek and Pete Tortolini

Men's Open: Glenn Allen (U.S. Navy) d. Steve Bernard (USMC) 21-17, 17-21, 11-4; **3rd**—Steve Evans (USAF)

Men's Seniors: T.C. Cannady (Army) d. Joe Kinsey (Navy) 13-21, 21-20, 11-2; **3rd**—Glenn Allen (Navy)

Men's B: T.C. Cannady (Army) d. Phil Pemberton (Army) 21-10, 21-13; **3rd**—Paul Martinez (Army)

Men's C: George Scamihorn (USMC) d. Pete Galluci (Navy) 21-10, 21-17; **3rd**—Jerry Cotton (USMC)

Men's Open Doubles: Brit Mistele (USAF)/Carl Crown (Coast Guard) d. Angel Nieves (USMC)/Walt Peterson (USMC) 21-8, 21-0; **3rd**—Kevin Dorr (Army)/Joe Mulkerrin (Navy)

Women's Open: Chris Manthei (Navy) d. Michelle Persinger (Navy) 19-21, 21-14, 11-10; **3rd**—Roxanne Gustitis (Army)

The 18 racquetball winners are the cream of the crop of 163 players participating in this year's Olympics—all members of the Explorers, the co-ed young adult program of the Boy Scouts of America. In all, over 1,500 Explorers competed in 33 different sports.

In spite of the disparity in levels of racquetball skill, from novice to advanced, to a person the players competed fiercely. With the competition packed into a day and a half, muscles and minds were stretched to their limits—and beyond, as most of the Explorers competed in two or more other sports.

Final results follow.

Men's Singles: Gene Muolo d. John Baumann 15-10, 15-7; **3rd**—Mike Thomas d. Gregory Dawson

Ladies' Singles: Erica Grendel d. Karla Torbit 15-1, forfeit; **3rd**—Tarolyn Whitt d. Ronnie Ruiz 15-10, 15-1

Men's Doubles: Gene Muolo/Bruce Myhre d. Dave Kimball/Kevin Kimball 14-15, 15-2, 15-8; **3rd**—Ted Brewster/Eric Gutierrez d. Chris Ronneberg/Mike Thomas 10-15, 15-6, 15-11

Ladies' Doubles: Tarolyn Whitt/Chris Elmore d. Debbie Emerson/Sandie Harbart 15-1, 15-12; **3rd**—Holly Harpham/Julie Mazer d. Denise Chambers/Lorie Oyler 15-10, 15-7

Virginia

Sixth Annual International All Military Racquetball Championships Sponsored by Poseidon Industries, Inc., and Pizza Hut Ace of Clubs at Greenbrier Chesapeake, VA June 25-27

Colorado

The action was fast and furious in the racquetball competition of the 1982 National Explorer Olympics, hosted by Colorado State College, Fort Collins, CO, July 11-17.



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