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June 1983
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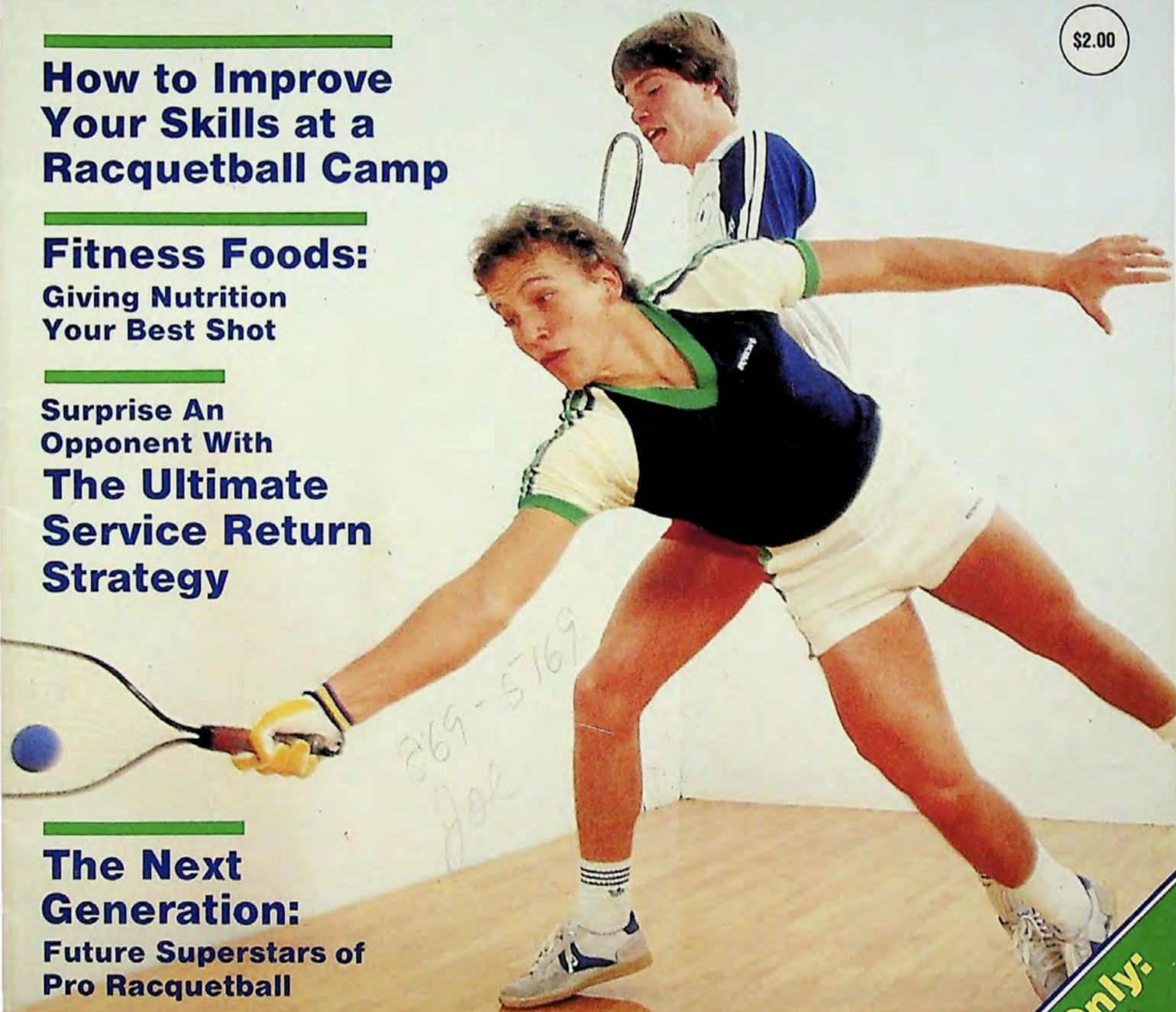
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May/June Vol. 6, No. 3

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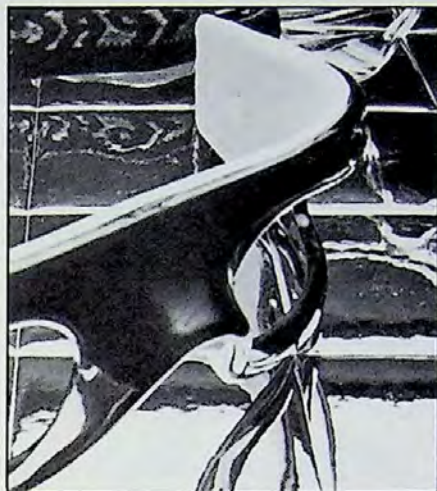
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Going With the Percentages

Excellent instruction article on "Percentage Shot Selection" by Jay Jones in your January/February 1983 issue.

The article was clear and easy to understand. His reasoning for strategy was well thought out. I found that once I took down some notes from the article and kept them in my bag for occasional review between games, I could actually put his suggestions to work in my game. Thanks Jay!

Dan Dickinson
Kansas City, Missouri

A Place In the Sun

There was an article about suntanning machines in your November/December 1982 issue. Our racquetball club is interested in buying a suntanning machine like the one pictured in that article. I have been unable to find an address for Klafs, Inc., which is mentioned in the article or any other suntanning machines for that matter.

Would you please give me Klafs' address and any other addresses that might distribute those machines in the Michigan area.

Virginia Ann Schmitt
Warren, Michigan

Editor's note: The nearest Klafs Sunlight Corporation office to your area would be their location in Illinois. Their address is 210 Campus Drive, Arlington Heights, Illinois, 60004. You may phone their offices at (312) 870-7748.

Another suntanning machine company you may be interested in contacting is Son-tegra in Minnesota. They may be reached at For the Health of It, 160 North Black Road, Hopkins, Minnesota, 55343 or phone (612) 546-2462.

The cost of purchasing a suntanning machine can vary from \$3,795 to \$5,995 for a more elaborate machine. If you would prefer to install the unit without paying a large cash sum up front, some companies will allow customers to rent the machines.

The rented machines operate on a special token basis. Fees for the rented machines include a delivery mileage charge and a charge for the number of tokens you wish to purchase to operate the tanning unit. The company will then make monthly service calls to your club to make necessary repairs or adjustments and as the UV-A lamps need replacement, the company will provide the service free of charge.

The "Mardi Gras" of Racquetball

I would like to thank you for that wonderful article that was in your January/February 1983 edition covering the Louisiana Racquetball Association state championship. The response from our players has been great, and it also helped our cause in Las

Vegas during the IRSA (International Racquet Sports Association) convention.

Ron Jeter
Director, LRA
Baton Rouge, Louisiana

Sight Nearly Unseen

From what I have observed recently, one out of ten players gamble with loss of vision by not wearing protective eyewear on the court. I suffered a torn retina from a blow off my racquet and had cryosurgery to repair the injury.

About six months ago my business partner suggested that we were both out of condition and that we should go play racquetball. I had never played before and was a little hesitant about venturing into a new sport at forty. I made some excuses about not having any of the equipment needed to play. It was pointed out to me all I needed was tennis shoes, sweat socks, shorts, T-shirt, racquet and at my option, a glove.

My mind left the court for a split second during a good fast rally and the ball was deflected off the edge of my racquet, striking my right eye. The eye poured tears, hurt a lot and my vision was blurred.

What flashed through my mind for the next several hours was even more frightening. I put cold towels on my eye for about a half-an-hour while thinking, what if I lose the sight in my right eye? My eyes are my livelihood.

The next day the eye seemed totally recovered. There were no effects of being hit the night before. I was extremely relieved.

About a week later I was driving back from the market and all of a sudden I could see cobweb shaped formations in the path of my vision. I thought I had something in my eye. There were no tears and no feeling of anything foreign in my eye. Panic set in.

My ophthalmologist told me that the racquetball injury the week before had torn the retina. The choices at that point were to have cryosurgery, in which they go into the eye and freeze the torn part of the retina, which would, so to speak, spot weld the damaged area. If there is any swelling after the operation, there would be a partial loss of sight in the eye. If the surgery was not performed, the retina could detach itself and sight would be lost in the eye.

I chose to have the cryosurgery. The eye is healing. I still have some blurriness from the dilation drops put in at the post-operative examination. Some of the cobwebs are still there, but I can see. I am thankful.

What could have prevented all of this pain, worry, expense and possible loss of sight in the eye? Protective eyewear made for the sport of racquetball. It costs between \$5 and \$20, can be purchased at most sporting good outlets and can save the sight of an eye.

The excuses of racquetball players for not

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wearing protective eyewear run from restricting vision and not looking good to it's just another piece of equipment to carry onto the court. To this I say "Wise Up!" Is vanity worth an eye? It is not worth the gamble to get into a closed room with a ball that can travel more than 100 miles an hour and not protect one of your most valuable possessions.

I still play and love the game of racquetball, but with protection. I want everyone who plays the game to wear eyewear! They will be protecting the only two eyes they will ever have.

T.R. Paulus
Beaverton, Oregon

Editor's note: Your letter on eye injuries sustained from racquetball is a timely one. You—and hopefully most readers—will be interested in our special feature on eye protection, "For Your Eyes Only" and an accompanying eyeguard review this month. Perhaps your unfortunate accident will help others realize the importance of protective eyewear.

Equal Rights

Your headline, "Trent-Wright Win AARA Nationals" in the January/February 1983 issue was certainly disheartening for all women amateur racquetball players.

Why not a headline on the gals who were champs? Is it just the guys who count?

Let's call some fair shots. And, I understand the winners were two young players from my own home state of Pennsylvania.

Ciely Lindstrom
Lewisburg, Pennsylvania

Keeping An Eye On Safety

I am presently living in Germany and very much enjoy racquetball here through the military facilities. I have been trying to find some racquetball safety glasses with removable lenses, so I can have prescription lenses made for them. I wear glasses now and have had to reshape them more than once, not to mention the embedded bridges in my nose.

The Germans don't seem to know what's going on in the world of safety glasses. I have visited many squash clubs here and have yet to find any information on them. Could you please send me some names and addresses of companies that make such a product? I would greatly appreciate any help you could give me.

Peter Kane
A.P.O., N.Y.

Editor's note: Fortunately for racquetball players in the United States, American eyeguard manufacturers are placing more emphasis on the importance of protective eyewear.

Rec Specs eyeguards from Unique Sports Products Inc. in Atlanta, Georgia are specifically designed to fit prescription lenses. The frames carry a full, life-time guarantee and are available at a cost of \$19.95

Racquetball Instruction Cassettes

In Ohio there isn't any television coverage of racquetball tournaments. Would *Racquetball Illustrated* have any TV cassettes of either tournament play or even instruction that could be rented? Would you know who does have this service? I'd like to hear from someone on this.

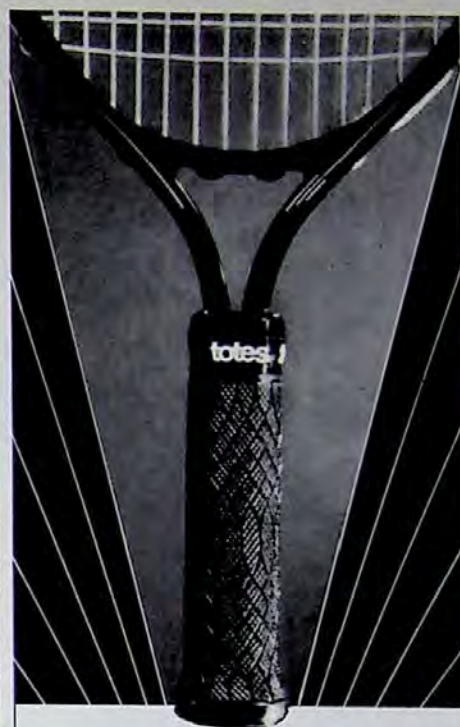
Duane Harrer
North Canton, Ohio

Editor's note: Racquetball pro Marty Hogan offers a racquetball instruction video cassette (VHS and Beta) for the beginning to intermediate player. The 30-minute cassette features instruction on service technique, returning the serve, forehand stroke, backhand stroke, shot selection and court strategy. The cassette is available for \$30 from Frontier Pro Shop, 2750 Midway Drive, San Diego, Calif., 92110 or you can contact their offices at (800) 854-2644.

Another set of racquetball instruction tapes is available through the Athletic Institute in North Palm Beach, Florida. Steve Strandemo, Terry Fancher, Kathy Williams and Janell Marriott offer tips on four instruction films. These four ten-minute films cover "Fundamentals of Racquetball," "Racquetball Shots," "Racquetball Serves and Serve Returns" and "Strategy for Singles, Doubles and Cut-throat."

The segments are available on 16mm film, Super 8 and video cassettes (Beta and VHS). The 16mm films and video cassettes cost \$185 each. The Super 8 films cost \$155. If all four instruction segments are purchased on one video cassette, a 25 percent discount is offered for a total cost of \$555. These four films can also be rented, but only on the 16mm films. A three-day rental will cost \$30. The films may be rented through Karol Media, 625 From Road, Paramus, New Jersey, 07652. For further information on purchasing the instruction films contact Athletic Institute, 200 Castlewood Drive, North Palm Beach, Fla., 33408 or phone (305) 842-3600.

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Playing the Pros

Could Diane Bullard Be the Next Threat to the Women's Pro Tour From the Amateur Ranks?

By Norm Blum

Her closet is overflowing with trophies—one on top of the other. Her shoe boxes are stuffed with plaques. There is no denying her record is impeccable in Florida. Yet, Diane Bullard, twenty-three, who dominates amateur racquetball in the Southeast, is sometimes frustrated and often feels she is chasing an elusive dream.

Fifteen months ago Bullard read about national amateur racquetball champions like Cindy Baxter and Tammy Hajjar. She wanted to cross the state line and see how her skills matched up with other top amateurs around the nation. Bullard had the moral support of her colleagues, but money was tight among local sponsors. So the Gainesville sensation continued her mundane practice routines, hoping they would one day reap dividends.

Bullard continued to play within the state against A players. However, the scenario was almost like tennis superstar Tracy Austin competing in the junior division. Bullard quietly seethed inside. She'd received offers of sponsorship only to have a deal fall through at the last minute.

Rising Through the Ranks

But those days are behind Bullard now. She has proven herself as a competent competitor in the professional world of racquetball. In a recent WPRA tournament in Georgia, Bullard gave the pros a run for their money. Her match against Shannon Wright in the finals of the Atlanta pro stop overshadowed Wright's eventual win. Although Bullard lost 3-1, 3-0, she had advanced all the way to the finals from her qualifying rounds. She surprised herself and everyone else on the pro tour with her control and clean kills.

Prior to her match in Atlanta, Bullard gave a respectable performance against pro Fran Davis in a St. Petersburg exhibition match. Bullard also raised a few eyebrows when she defeated Martha McDonald in an Ektelon/Pony regionals championship in Florida.

Last April, Bullard played top ranked Lynn Adams in a winner-take-all match. While Adams won, Bullard realized for the first time she could compete nationally. She was no longer a Doubting Thomas.

"Playing Lynn Adams for the first time was

terrifying," says Bullard. "I tried to put who she was out of my mind, but it was impossible. I realized she wasn't that far above my ability. I thought there would be quite a bit of difference."

Bullard entered the Ektelon/Pony National Championships last May in California with the hopes of winning it all, though no one

"I soon realized that the top amateur racquetball players in Florida could compete on a national level."

on the West Coast knew who she was. She promptly beat Cindy Baxter in the quarterfinals. "Everyone was asking how Baxter was doing," Bullard recalls. "That win made me feel good and I then realized that the top amateurs in Florida could compete on a national level."

Bullard advanced to the finals, but lost the title to Tammy Hajjar. "I was taken in by the whole affair," says Bullard. "We started the match at one and were told we had to be off by two for the pros. I knew I could have won and I knew I wouldn't lose another amateur tournament."

And she didn't. Bullard was an easy winner and captured her first AARA National Amateur Open Championship in Buffalo, N.Y. last summer. Baxter, whom Bullard easily defeated in the Ektelon/Pony National Championships was seeded first and Hajjar was seeded second. Bullard, despite playing on the pro stops, was still eligible to play for the amateur title because she didn't accept money as a pro. "I was surprised I wasn't seeded but I

preferred it that way because I didn't have the pressure," says Bullard.

Claim to Fame

Despite winning a national amateur championship, the title meant little to the touring pros. Bullard wasn't regarded as a threat on the pro tour this season. But Bullard wanted to change that. Trying to improve her game, she moved from Gainesville to take a position with the Miami Lakes Athletic Club (the club which sponsors her on the pro tour). She missed the pro stops in Canada and family illness prevented her from playing at the Louisiana pro stop. But Bullard made it to the Atlanta stop last December with the idea of getting back into the tournament routine. She qualified for the main draw by defeating Ann Barneburg (a Georgia state champion) and drew veteran pro Janell Marriott in the first round. Bullard took a surprisingly easy win over Marriott and later, Caryn McKinney in the second round.

However, her draw didn't get any better as she met top ranked Marci Greer in the semifinals. But Bullard became more aggressive and won the tiebreaker.

Bullard, surprising herself with her performance, lost decisively in the finals to Shannon Wright. However, her rapid advancement up the pro ladder became the talk of the tournament. Bullard was no longer an "unknown" in WPRA circles.

"Everyone was surprised," says Bullard. "Winning the national amateur championship was no big deal to them (the pros). Playing in the amateurs is totally different. Now they won't take me so lightly."

Bullard realizes she can't take anyone lightly either. In the Melbourne (Florida) Pro/Am Women's Racquetball Classic last December, Bullard, still overjoyed by her second place finish in Atlanta, lost in the first round to Baxter.

"Cindy played well but I couldn't get into it," she says. "She had more intensity. I wasn't disappointed because I knew it was going to happen. I was ready physically, but I wasn't ready mentally for back-to-back tournaments. I have to play more consistently."

With the pro tour resuming, and a sponsorship, Bullard is thankful she has the opportunity to prove her second-place performance wasn't a fluke.



"Playing pro Lynn Adams for the first time was terrifying," says national amateur racquetball champion Diane Bullard (opposite page). "But I realized she wasn't that far above my ability. I thought there would be quite a bit more difference."



Racquetball and Handball: The Best of Both Worlds

By Dennis A. Dorner

Photo by Nick Schmitz



Touring pro Shannon Wright (left) matched her skills against top ranked handball player Dennis Hofflander at the annual "Hands Versus Racquet Battle of the Sexes."

You may have learned to play racquetball or still play with a Wilson Shannon Wright racquetball racquet.

Wright is one of the few, well-known names in women's racquetball to the people in and out of the sport.

While Wright's game has always been outstanding, and her growth and continuing stature in the game is unrivaled, Wright never has been what one would call "outgoing."

To watch her at a pro racquetball stop was to watch a person who kept pretty much to herself, away from the crowds.

She transferred her inner fire to an outer fire when on the court, as her hard-hitting style of play has kept her among the top players in women's racquetball for years.

Furthermore, Wright has worked hard to stay among the top ranked players year after year. Any advance to the game, any change, has been carefully noticed by the astute Wright, and she has transferred her knowledge to a continual improvement in her own style.

But one always wondered if Wright

was really enjoying this sports success? It was hard to find out since she rarely opened up to anyone.

So imagine the surprise at the annual "Hands Versus Racquet" competition in Chicago, to find a smiling, totally relaxed, talkative and open Wright.

The "Hands Versus Racquet Battle of the Sexes" is put on yearly by Prime Time Promotions in Chicago. It matches one of the best handball players in the world against one of the best racquetball players. They play with a handball.

This year, Wright flew in from her home in Las Vegas to take on number four seeded handball player, Dennis Hofflander.

Hofflander is a Chicagoan, and a determined, not too friendly competitor. He worked hard for the match, as did Wright.

Wright lost game one of the best three out of five match, but stormed back in game two to tie the match at one all.

"I tried to rely too much on power in the first game and played right into his hands by putting too many balls off the

back wall for sure-kills," says Wright. "In game two I played my own game of hitting the ball hard, sure, but hitting it for more down-the-line passes too."

Her competitive nature was still there, but the old Wright temper had subsided.

"Getting married really made a change in my life," she says. "Since my husband is in the ministry he has had a great effect on me. I am afraid this change might work against me. Since I am more happy and relaxed I seem to have lost the killer instinct and haven't been winning as much lately. And if you are not number one in women's racquetball you just can't make any money at it."

Wright has been on the circuit for years and has been the national champion more times than anyone, yet she feels that the future of racquetball for the pro woman player is doubtful.

"I would think that with cow chip throwing and cliff diving going on television sports shows that there should be some room for racquetball," she says. "But the networks haven't shown it, and the money just isn't in the sport right now. I may have to concentrate my efforts in other areas."

Intercollegiate Championships

More than 60 colleges and universities are expected to compete for the coveted title of national champion at the AARA National Intercollegiate Championships to be held April 8 through 10 at the Racquet Club of Memphis in Memphis, Tenn.

For the third straight year, Lite Beer from Miller (co-sponsor of the event) will provide \$8,000 in scholarship funds to the championships.

The Racquet Club of Memphis is also the site for the National Indoor Tennis Championships.

The intercollegiate nationals are sponsored by Lite Beer from Miller, Penn Athletics Co. and DP Leach.

Hogan Honored

Five-time defending national racquetball champion Marty Hogan has been inducted into the Jewish Sports Hall of Fame. Hogan—named the Jewish Athlete of the Year last year—joined ABC-TV's Howard Cosell, former San Diego Charger all-pro Ron Mix and eight other well-known sports figures for the inductee ceremonies last January.

Hogan is favored to repeat his past performances and win his sixth straight national championship this spring. He was recently featured in *Us* magazine as racquetball's only millionaire.

Tournament Trophy With A Twist

By Judy Hughes

"I wanted to bring art and racquetball together," says the tournament director for the Holiday Racquetball Tournament in Twin Cities, Minneapolis.

Amos Rosenbloom commissioned a wood sculptor to produce a unique trophy for the annual tournament. The sculpture presented a challenge to the artist, who prior to the project had only carved wildlife. The result was a realistic eighteen-inch trophy of a racquetball player hand carved out of cherry wood.

Carving is a strenuous occupation. Luckily it keeps sculptor Brian Archibald physically fit since he used himself as the model for the racquetball trophy. With the aid of a mirror he first shaped a three-dimensional clay figure. He also used pictures from *Racquetball Illustrated* to capture the correct stance and proper clothing, making the figure accurate right down to the socks. After Archibald had the clay player formed to scale he took a chisel and mallet to a block of cherry wood.

Cherry wood is strong and difficult to carve. Because it was Archibald's first human figure, it took him several weeks to complete the trophy. He chose cherry

wood because of its natural beauty. It was cut from a tree in southern Minnesota several years ago and has been allowed to dry very slowly.

The pose of the racquetball player was somewhat decided by the composition of the wood. Archibald carved the wood to emphasize the musculature of the player and take full advantage of the wood grain. Whether he uses birch, oak, walnut, butternut, basswood or cherry, the wood can completely change the outcome of the piece.

Archibald prefers to leave his carvings natural. The racquetball trophy has a protective hand-rubbed tung oil finish.

Archibald has had no formal art training. He has a teaching degree in physical education. But when he couldn't find a teaching position he worked as a landscaper for several years. He does, however, come from an artistic family. His mother paints portraits.

Archibald's artistic reputation is growing. Though he does some substitute teaching at local high schools, most of his livelihood now comes from wood carving. A northern Minnesota

resort carries his work, otherwise his popularity has all been through art fairs, shows and word of mouth.

Though the racquetball trophy was awarded to the winner of the Holiday Racquetball Tournament, the trophy will stay on permanent display in the office of BHK&R, Inc. in Minneapolis. This unusual sports trophy is one award that won't be relegated to a dimly lit basement.

National Teenage Racquetball Team

Court Club Enterprises in Scottsdale, Arizona will serve as a clearing house for a National Teenage Racquetball Team program this summer. In its initial thrust the program will be limited to young men and women fourteen years of age and under. The format for organization is much like that of a little league baseball program.

Two teams, four players to a team, will be organized to form a minimum of three teams to a league. The scheduled season would run during summer school vacation, approximately mid-June to late July. Upon completion of the local season an all-star team for the boys and girls will be selected to participate in area, state, regional and national play-offs.

Volunteer adult participation, coaching, refereeing and administrative help is being sought. Local sponsorships will be acquired to provide uniforms, possible equipment and even assistance with court costs if such is necessary.

There will be a few variations from regulation racquetball rules. Everything counts in scoring as is employed in ping pong, which moves the games along much faster and puts emphasis on defense. Best two of three games for match win, 21 points first two games, 11 point tiebreaker if necessary with a two-point margin for deciding game victory. In local league play at least two of the four players must be under 14 years of age. No such restrictions are placed on all-star team selections. Eyeguards are mandatory.

National sponsors are being sought to obtain financial assistance to carry out the all-star play-offs.

Court Club Enterprises would be responsible for work with local leagues in their initial and ongoing operations, and in scheduling all-star competition. A registration fee will be charged to cover such administrative costs.

For further information contact Mort Leve at Court Club Enterprises, 8303 East Thomas Road, Scottsdale, Arizona, 85251 or phone (602) 991-0253.





By Lynda Huey

For Your Eyes Only

More than 70,000 eye injuries due to racquet sports occur annually. What is being done to protect racquetball players against permanent eye injuries?

"Eyeguards are a little like car seatbelts," says C.A. "Dewey" Morehouse, Ph.D. "No one disputes the need for them, but getting people to wear them is another story. People have an attitude that accidents won't happen to them."

Dr. Morehouse is a well-known expert on sports medicine at Penn State

University. He found out the hard way that accidents can happen.

Ten years ago he was on the squash courts standing nearly shoulder-to-shoulder with his opponent. The opponent's follow-through on a backhand, cross-court return went too far around and struck his left eye.

For Your Eyes Only

"In those days we didn't think much of eye protection while playing racquet sports," says Dr. Morehouse. "But then the same thing happened to me again just four years ago. I'm fortunate to still have complete sight left in my eye."

Six months after Dr. Morehouse's first eye injury, he was back on the courts. However, his second eye injury required a more lengthy treatment and convalescence. No surgery was required, but Dr. Morehouse learned the value of eye protection. Recently he was struck in the eye again, but this time his eyeguard deflected the racquet's blow.

Eyeguard Crusade

About a year ago Morehouse joined the eyeguard crusade. Morehouse, along with other doctors, is trying to make players aware of the potential danger that is inherent to racquet sports. Others around the United States and Canada have been working at the project even longer.

St. Louis ophthalmologist Dr. Benjamin Milder was an active racquetball player at the Jewish Community Center (JCC). As the racquetball boom took off nearly a decade ago, he watched as a continuous stream of

battered eyes poured into his and other ophthalmologists' offices all over town. It took him a full five years before he managed to convince the JCC's directors and the center's administration they should make protective eyewear mandatory for all court sports.

The JCC was a bit leary of imposing this rule, expecting strong resistance from the membership. But it surprisingly found few complaints, even though the enforcement policy was strict. Today the center reports 95 percent voluntary compliance. And the results are significant. Before the ruling there were 150 head and eye injuries per year and now the center says there are only three to five annually.

Another ophthalmologist in Toronto, Canada has compiled statistics for the last six years regarding racquetball eye injuries. Dr. Michael Easterbrook's studies have provided information to experts working to save athletes' vision. Ophthalmologist Paul Vinger, M.D., of Harvard University is chairman of the Eye Safety Committee of the American Society of Testing and Materials (ASTM). This group is working with the Canadian Standards Association (CSA), Easterbrook and

others in an attempt to come up with a compatible standard for eye safety sports-wear.

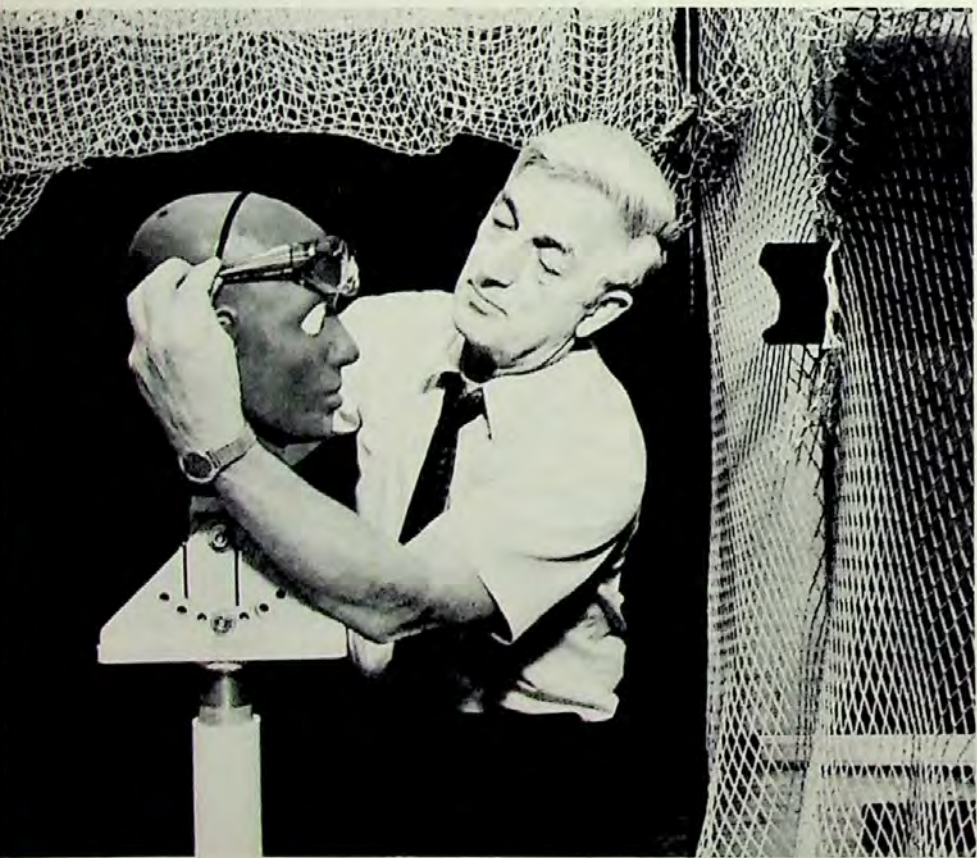
"We're hoping to have that standard within the next six months or so," says Dr. Morehouse, who is also involved in research that will help establish a standard. "The CSA is a governmental agency, so their standards are regulatory. They can enforce them. The ASTM in Philadelphia is a voluntary standards-writing association that establishes standards for everything from steel and concrete and rubber products to surgical implants and sports equipment. What we would hope is that the national squash and racquetball associations would choose to enforce the standard that is established. I believe they will eventually. Whether they do immediately or not remains to be seen."

One major obstruction to making eyeguards mandatory seems to rest in the legal arena. The sports associations, universities and racquet clubs all seem to feel that they would be assuming legal liability for eye injuries if they required participants to wear eyeguards. On the other hand, if the experts establish a safe standard for eyeguards—and if racquetball players are wearing protectors that have passed that standard—institutions, clubs and organizations would have a good defense in the event of a liability case. Moreover, they wouldn't be considered liable if a player were not wearing an eyeguard that met that minimum standard. The standard is expected to contain a disclaimer saying no eyeguard will prevent every eye injury. This way, eyeguard manufacturers will also have protection against liability suits.

Easterbrook, Vinger and pathologist Arnold E. Reif, Ph.D., recently published a study suggesting players switch to eyeguards with lenses. The position taken by leaders in this field is open eyeguards are not doing the job. They're merely a bit better than no protection at all. Doctors say the open-slit eyeguards can be penetrated by the ball at 50 m.p.h. Top players hit the ball up to 127 m.p.h. and even a novice hits the ball around 78 m.p.h.

Common Racquetball Eye Injuries

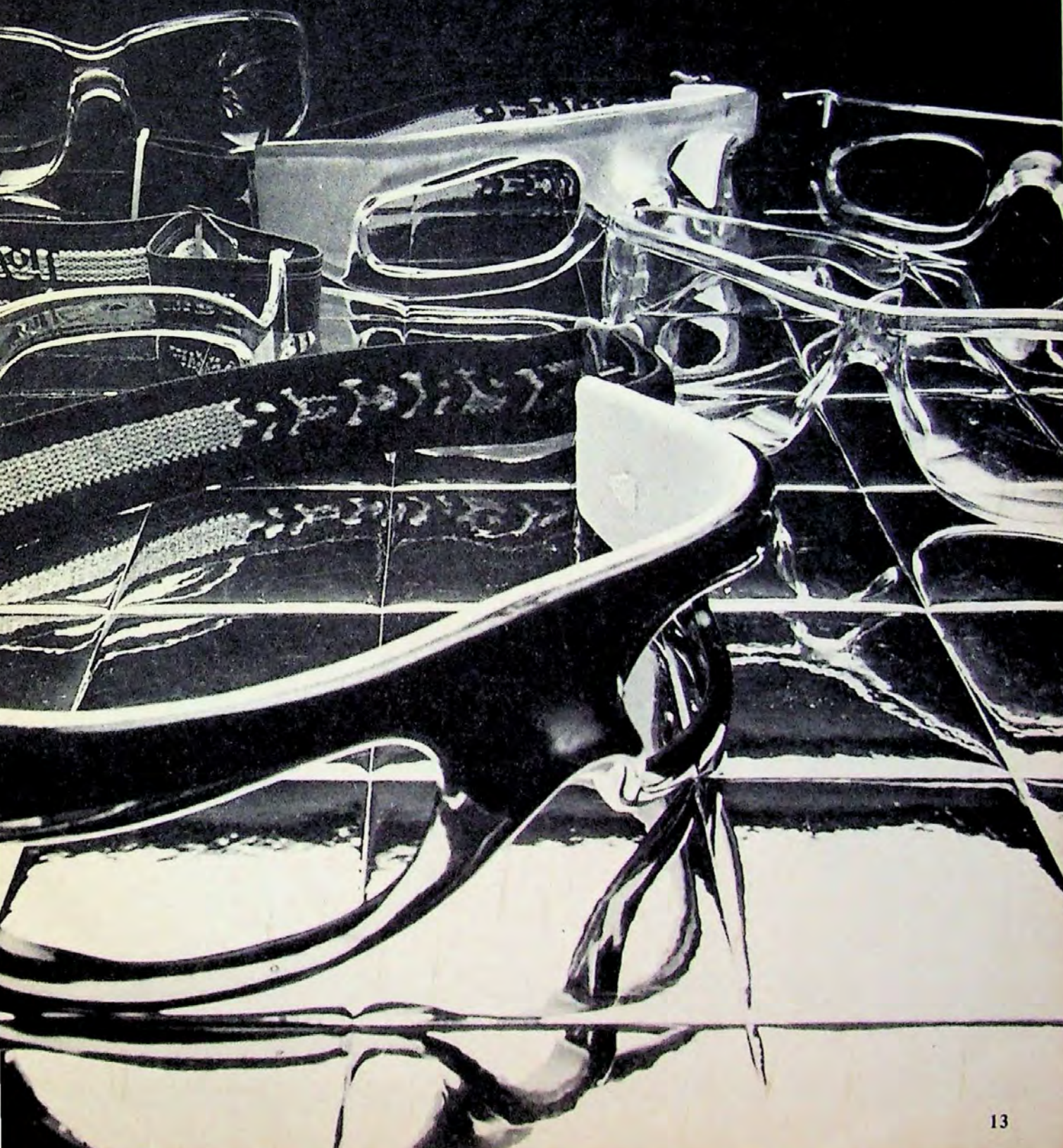
Just what kinds of problems can a racquetball player expect should he or she take a blow to the eye? Corneal abrasions are perhaps the most common of the injuries. A simple poke into the eye area can cause an irritation. A more powerful hit to the eye can cause the lens to be dislocated. The microscopic fibers that hold this focusing element in place can be torn, causing blurred vision that will usually require surgery for correction. A tremendous force applied to the eye can cause what is called a *contre coup* injury. The force is transmitted through the fluid from the front of the eye to the back. As that fluid moves, it can damage any portion of the eye. It can produce hemorrhaging anywhere. Hemorrhaging may or may not require sur-



Eyeguard research indicates plastic eyeguards should have at least three mils of thickness for adequate safety. Above, Dr. C.A. Morehouse conducts research on the impact resistance of commercial eyeguards by shooting racquetball balls at a head form wearing eyeguards.

Now You See It

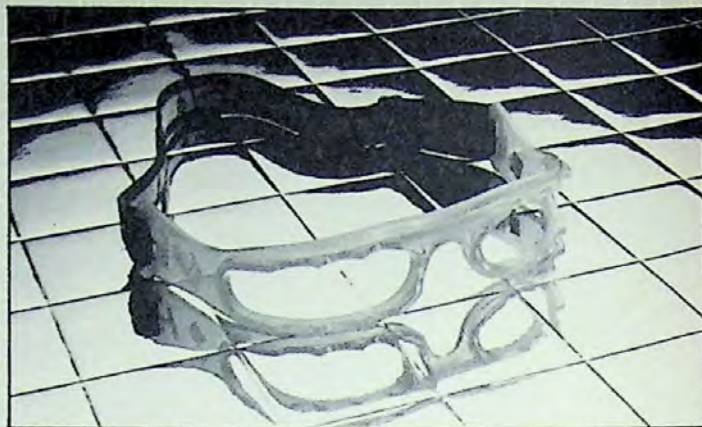
Watch out! The eyes have it this year in *Racquetball Illustrated's* 1983 eyeguard review. For a look at the latest in protective eyewear, see our collection of eyeguards presented from the least expensive to the more elaborate models.



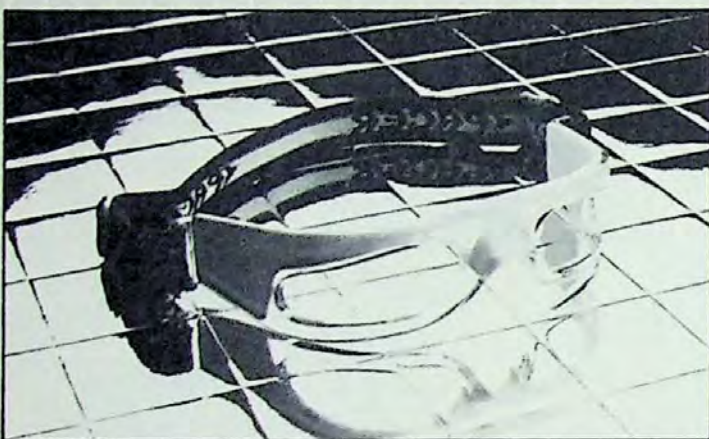
1983 Eyeguard Review



Molded in unbreakable Lexan, the LC-200 features wrap-around contour for full visibility. Adjustable cushioning shock pads and head straps. The LC-200 is available from Dunhill Inc. (Hackensack, New Jersey). **\$4.95.**



Junior eyeguards from Ektelon (San Diego, California) are optically engineered to fit a junior between the ages of eight and thirteen. Tapered wide angle for better peripheral vision. Orbital scalloped protrusions made of polycarbonate plastic. **\$5.95.**



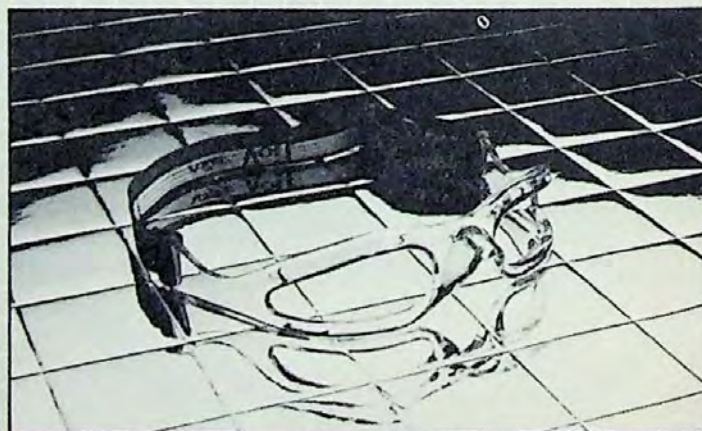
The Pacer 802 eyeguard is designed for protection while offering complete and unrestricted vision. Made of polycarbonate plastic with shock absorbing head pads. Available in clear, rose, blue, green and amber from Rothhammer International (Lancaster, California). **\$6.99.**



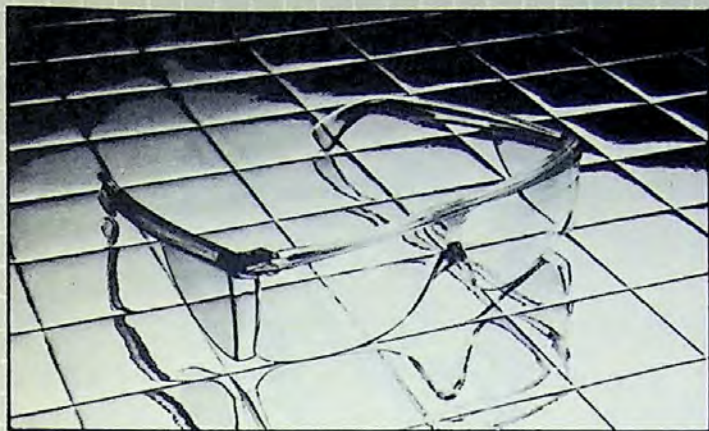
Omegard eyeguards offer a basic frame eyeguard. Nose bridge and frontal shock pads feature one size fits all design. Available from Omega Sports Co. (Overland Park, Kansas) **\$7.50.**



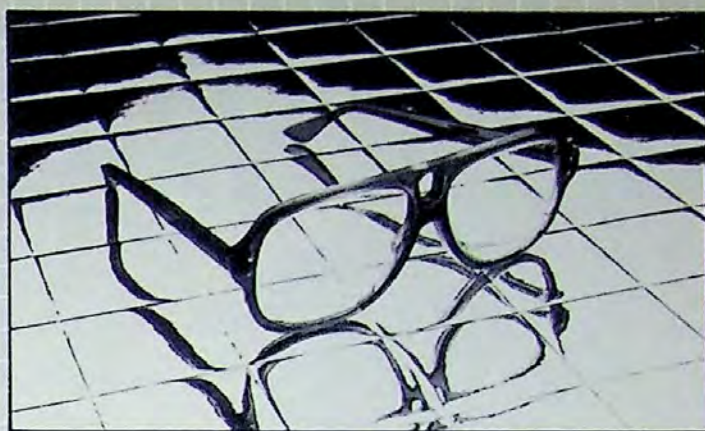
Made of Lexan resin, Lex Spex from Halo Optical Products, Inc. (Johnstown, New York) have a foam rubber nose pad for extra comfort and stability. Shatterproof lenses. **\$7.95.**



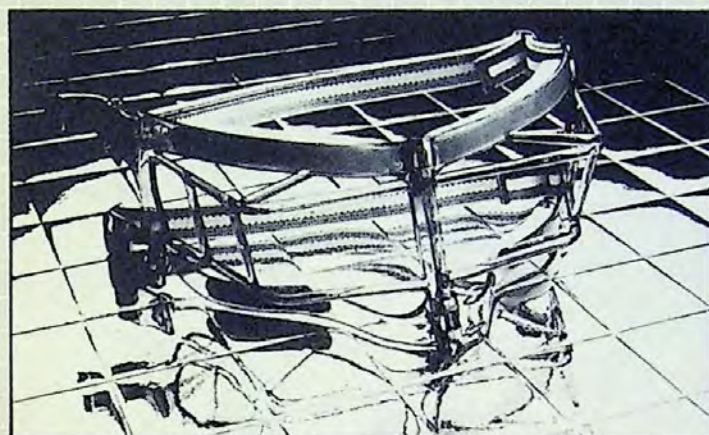
The RBEG eyeguard from AMF Voit (Santa Ana, California) features lightweight plastic for greater visibility and added protection. The eyeguard is secured with an elastic band. **\$8.**



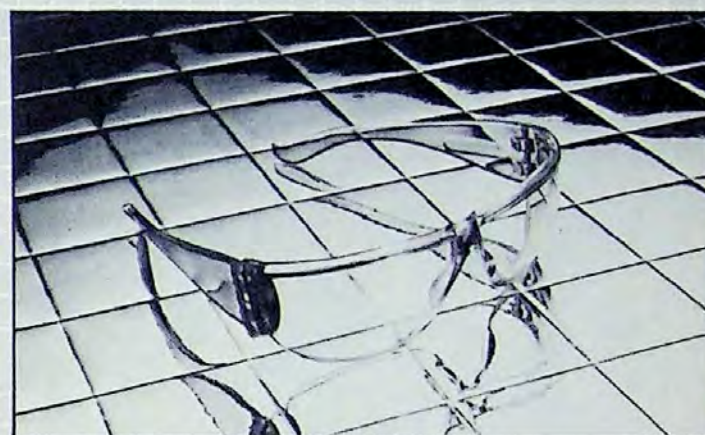
Guardian Safety Glasses have thick adhesive foam cushions for extra comfort and can be worn over corrective glasses. Flexible strap with adjustable band. Available through Guardian Safety Products, Inc. (Danbury, Connecticut). **\$11.95.**



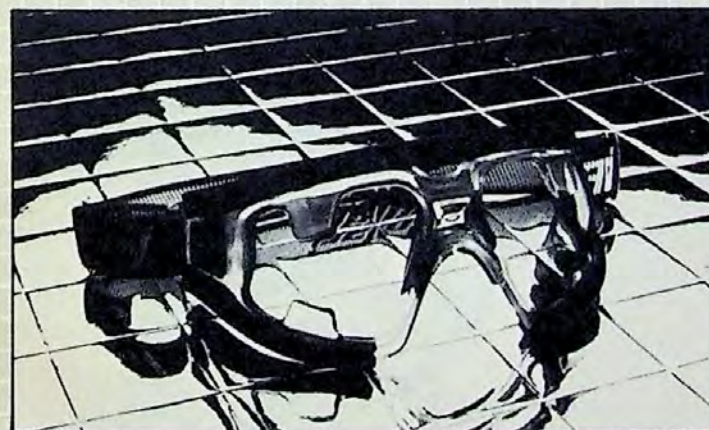
Fashion Racket Specs, introduced this year from Unique Sports Products (Atlanta, Georgia), are available in black, rose and clear frames. The lenses are made of shatterproof polycarbonate and are scratch resistant. **\$14.95.**



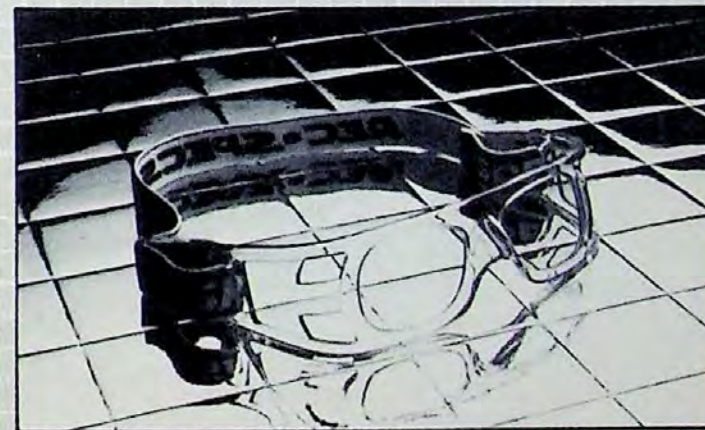
Eye and Glasses Protector has a plastic frame that fits over any size prescription glasses to protect them from possible damage. Shock absorbing forehead and cheek pads. Wrap-around wide angle design provides maximum peripheral vision. Folds for easy storage. Available through Unique Sports Products, Inc. (Atlanta, Georgia). **\$16.50.**



Court Goggles offer cushioned impact pad for nose and bridge. Impact and pierce-resistant, the eyeguard comes with Ekta-Clear anti-fogging wax. Adjustable elastic head strap. Available from Ektelon (San Diego, California). **\$16.95.**

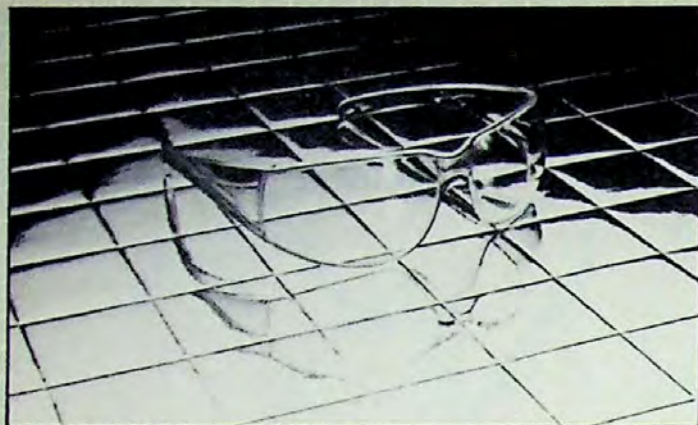


The Jupiter 007 from Solari Inc. (Los Angeles, California) has patented vertical split bars for unobstructed vertical and horizontal visibility. Made out of polycarbonate plastic. Full wrap-around frame with impact sponge rubber cushions. Adjustable elastic straps. **\$19.95.**

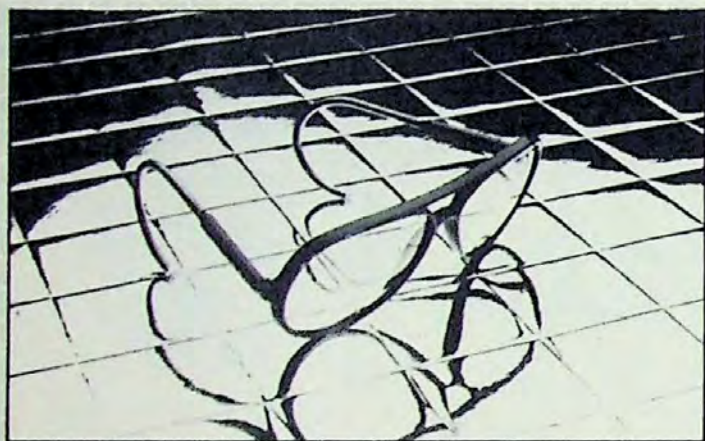


Rec Specs are engineered and designed to provide wide temporal protection. Non-prescription shatterproof lenses are designed to fit prescription lenses. Safety grooves prevent the lens from coming out of place upon impact. Special venting prevents fogging. Available from Unique Sports Products (Atlanta, Georgia). **\$19.95.**

1983 Eyeguard Review



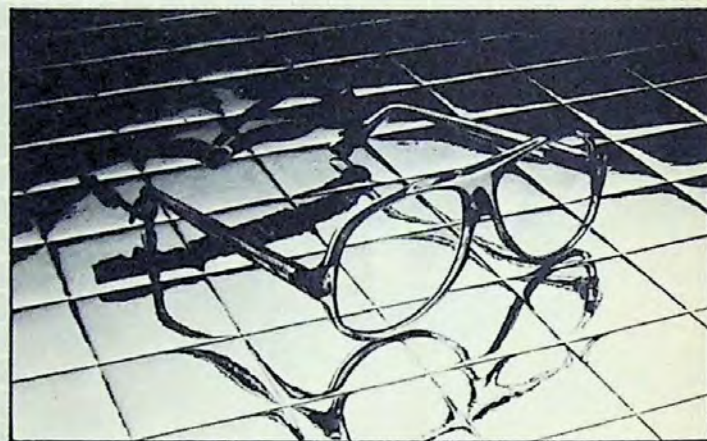
Sport-Specs feature one-piece construction with no folding hinges to weaken impact strength or restrict peripheral vision. The solid one-piece temple reaches back to the ear for added side protection. No openings to weaken eye protection. Sport-Specs are available from Allan Enterprises (Milwaukee, Wisconsin). **\$19.95.**



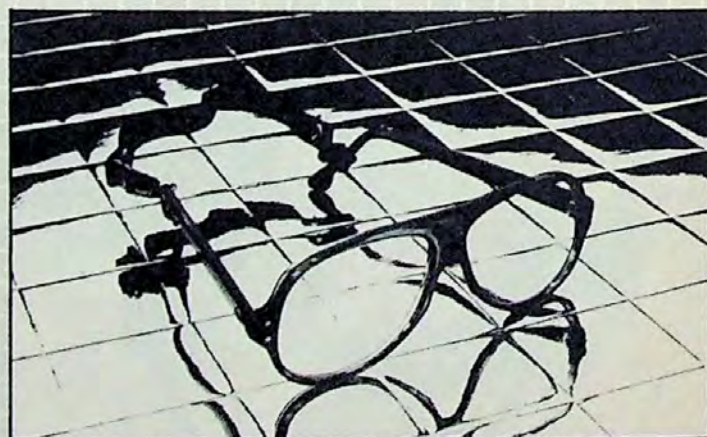
Interceptor Eyewear from Ektelon (San Diego, California) features polycarbonate scratch resistant lenses. Double bar bridge. Full-field peripheral coverage with 62mm lenses. Comes with Ekta-Clear anti-fogging wax. **\$24.95.**



The MAG-1 from Criss Optical Inc. (Augusta, Kansas) is made of DuPont nylon resin for better impact resistance. Bridge design improves comfort and air circulation. Contoured to match facial features. Neoprene self-adjusting head strap. Suggested retail price is approximately **\$20.**



Eye Sentry blue-lined crystal eyeguards from Ektelon (San Diego, California) features shatter-resistant, extra thick polycarbonate lenses. Comes with Ekta-Clear anti-fogging wax and protective carrying case **\$29.95.**



Eye Sentry tortoise shell eyeguards offer full-field peripheral coverage with over-sized 60mm lenses. Uni-fit nose piece to disburse impact over greater area. Greater air space between face and lens minimizes fogging. Available from Ektelon (San Diego, California). **\$29.95.**

For Your Eyes Only

Continued from page 12

gery, but a detached retina nearly always does. When too much pressure is exerted from the front of the eye, the back wall (retina) of the eye can tear away from its connection. And since the retina is the viewing screen for light passing through the focusing lens, no vision is possible without it.

Many detached retinas are the result of racquetball injuries. Typically, an injured racquetball player enters the emergency

Sometimes the patient gets a little near-sighted because of the change of the shape of the eye."

Rates of Recovery

How successful is this operation? "We get a high success rate as far as anatomically fixing the eye," says Lazerson. "Ninety percent of the retinas stay attached. But the visual rate is not as good. In a young

"There's been a decrease in eye injuries since more people are wearing protective eyewear."

room of a hospital having lost the lower part of his or her field of vision. He may complain that people look as if they are cut off at the neck and that something is floating in front of his eye. That something is blood. Usually the upper part of the retina has become detached and there is an associated hemorrhage.

Dr. Howard Lazerson, an ophthalmologist in Westchester, California, has seen many detached retinas in his 12 years of eye surgery. When this accident occurs, he dilates the eye and looks inside. If he can see in to diagnose the detachment and there's not a lot of blood, he will immediately perform surgery. If blood is blocking his vision into the injured eye, he will use ultrasound to help diagnose any problems he can't see at the back of the eye. Sometimes he waits a few days or even up to a week or two for the blood to be absorbed by the body so that he can perform the surgery. He has found that the quicker he can put the center part of the retina back in place, the more successful the operation will be to restore vision.

Once the patient is safely under a general anaesthetic, Dr. Lazerson peels back the outer layer (conjunctiva) of the eye to expose the globe. He localizes the torn portion of the retina with a freezing probe.

"Then we put a silicone band sutured on the outside of the eye, directly behind the tear and frequently extend the band so that it goes all the way around the eye like a belt," says Dr. Lazerson. "Next we make a small puncture through the wall of the eye under the detachment to release the fluid. It drains to the outside. Then we tighten the sutures that go around the silicone band. That pushes the wall of the eye in toward the retina. Since the fluid has drained out, the retina now falls back toward the wall."

The wall and the retina have, in effect, met in the middle. Now the only problem is how to keep them reattached to each other. "The freezing we did earlier creates an inflammatory response, which eventually causes a scarring reaction to form the cement that holds the retina down," says Lazerson. "The silicone is left in permanently. It keeps the wall of the eye pushed up against the retina.

population, however, we probably have greater than 50 percent who get pretty good vision."

Dr. Lazerson has seen enough serious eye injuries to know how to take care of his own vision. As an active hockey player himself, he wears a full face shield attached to his helmet. "Racquetball is probably more dangerous than hockey," he says. "Players are swinging around in such close quarters and the ball is so small and fits so neatly right in the eye."

"There's been a decrease in eye injuries since more people are wearing protective eyewear," says Dr. Manuel Sison of Inglewood, California. "For instance goggles and glasses are encouraged even in new places like the fitness center in Daniel Freeman Hospital here in Inglewood, and at the Inglewood Police Department facility."

But Dr. Sison still does see an occasional eye injury emergency, especially since he's the ophthalmologist for the Lakers and visiting National Basketball Association teams. He handles surgeries related to the front portions of the eye and refers any retinal problems to Dr. Lazerson.

If bleeding has occurred within the front portion of the eye, Dr. Sison will either use ultra-sound or inject a dye in the arm that will go to the eye. Photos are taken inside the eye to see if any of the dye has leaked into places it shouldn't. If a leakage does occur, Dr. Sison uses various kinds of lasers to perform welding-like operations to reseal the compartments.

Most ophthalmologists stress the importance of racquetball players being well informed about eye injuries. Where would he or she go if an eye injury occurred? What emergency facility is nearby? Who in the immediate area performs eye surgery and is considered to be well skilled?

"The secret is in doing surgery right then and there," says Sison. "If the cornea is fresh, you can sew it right up. But if two days have gone by, it would be too soft and peel up. You can't work with dead skin. If you wait too long, you can't put Humpty-Dumpty back together again."

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The Next Generation

Who are the future superstars of men's pro racquetball?

By Michele Kort

The odds are high against most young athletes becoming successful professionals in any sport. Thousands of talented men play college football and basketball each year. Yet only a few dozen graduate into the National Football League or National Basketball Association. Millions play tennis, yet only a select group makes it to Wimbledon.

In men's racquetball these days, the odds are even more astronomical against becoming a top pro. The way the sport is currently structured, a select group of 12 men play almost the only game in town called "professional," where just four players can qualify at each pro stop.

There's a wider circuit of semi-pro events in which money can be earned, but these events don't carry the purses, the prestige or the opportunity for big-name sponsorship the DP Leach/Catalina pro tour does.

Despite the slim odds, there's a crop of young men around the country itching to turn pro. They're a confident, even cocky bunch. Give them an opportunity, they say—open the pro tour wider—and they'll crack into the top ten rankings. They just need the chance, then watch out!

The Best in the West

Corey Brysman, twenty, is a former AARA 19-and-under juniors champion. He also won the Ektelon/Pony Regionals in California last year and finished second in a professional satellite tournament in Michigan, beating

pros Bret Harnett and Doug Cohen before losing to Mike Yellen. "I was definitely a little nervous and not used to glass," he explains.

Miami-born Brysman now lives in Los Angeles, working and teaching at two racquetball clubs in the area. He wishes he could afford to work less and practice his game more. He's been playing racquetball for five years.

"I know I can do well," says Brysman, who has now graduated out of the juniors. "I know I can get into the top ten. I just need to start playing against the pros."

Mike Gustaveson, eighteen, is another

promising racquetball player in the Southern California area. He and Brysman often practice together. A high school senior in Orange County, Gustaveson is ranked the number one junior in Southern California (second in the nation among juniors 16-and-under last year) and first in the California/Arizona/Nevada region. He's had some chances to play the pros, losing to Bret Harnett in the Las Vegas Fall Classic last year and falling to Scott Hawkins in an exhibition game.

Gustaveson is unusually tall for a racquetball player (6'4"), so he relies on a lot of running and hustle in his game. "I'm constantly getting better and better," he says. Playing four hours a day, five days a week is the major reason.

Eighteen-year-old Gerry Price of the San Francisco Bay area already has won three junior titles. He also won the AARA National Open title this past year. He has already beaten many of the pros including Rich Wagner, Don Thomas and Craig McCoy. At the Beaverton, Oregon pro stop last February Price won the qualifying tournament. He then went on to beat Jerry Hilecher before falling to Bret Harnett 11-9, 11-9, 11-8 in the quarterfinals.

Price has even played Marty Hogan, losing to him in the second round of the Catalina Nationals last year by a respectable 11-7.

(Opposite page) Former AARA junior racquetball champion Corey Brysman (left) feels he has the talent to be ranked among the top ten of the DP Leach/Catalina professional racquetball tour. Unusually tall for a promising racquetball player, 6'4" Mike Gustaveson (right) relies on a lot of running and hustle in his game.



The Next Generation



Photo by Lynn K. Glatzer



(Top left) Known for his powerful backhand, defending AARA National Open Champion Gerry Price feels he has what it takes to be among the top four players on the pro tour. (Top right) With four state racquetball titles to his credit, Dan Obremski plans to move to San Diego, California to practice with the pros. (Above left) Dubbed "the one to watch" in the early days of his career on the pro racquetball tour, Bruce Christensen now limits his competition to regional tournaments making just as much money as he did on the pro tour but without the same kind of pressure. (Above right) Former national handball champion Ruben Gonzalez recently made it all the way to the semi-finals of the pro stop in Connecticut.

11-8, 11-9. "Sometimes you feel you're playing against someone in a book," he says of the match against Hogan. "But now it's not intimidating to play him anymore."

Price is known for his backhand. "A lot of people have told me I have the best backhand in the world," he says, trying to be modest. "I'm also real consistent. I don't miss

many shots." And he's more than ready to be a pro, currently working out four to six hours a day. He turned down a racquetball scholarship from Memphis State University because he didn't want to commit himself to four more years in the amateur ranks. "I feel I could be in the top four (among pros) right now," he says.

East Coast Hopefuls

Although the West Coast seems to be the center of top professional racquetball competition, there's plenty of up-and-coming players in the east as well. Nineteen-year-old Dan Obremski of Pittsburgh, Pennsylvania—though he's been playing racquetball only three years—has already won four state titles (Pennsylvania's men's open, men's juniors, and open juniors, as well as New York's

There's not enough opportunity for these young men to make national marks.

open championship). He came in second to Larry Fox in the first National Amateur Invitational in New Jersey last year.

"I'm a power player—serve and shoot," says Obremski. "And I'm getting stronger and stronger. When I started I weighed 110 pounds and now I weigh 170."

A pro at Westmoreland Racquet Club in Irwin, Pennsylvania, Obremski's goal is to play five or six years on the pro tour. "I may be as good as a couple of the pros now," he suggests. But, he says, there's no competition in Pittsburgh. So look for him to spend a few months in San Diego soon, playing with the pros and working with Dr. Bud Muehleisen. "You can't just play them (the pros) once a year," says Obremski. "I don't even know what level I have to reach yet."

"Go West Young Man"

"All the pros are on the West Coast and practicing together," says Ruben Gonzalez, thirty, a top East Coast racquetball amateur—or, rather, semi-pro. "I only have one or two top players to practice with."

Born in New York's Spanish Harlem, Gonzalez is a former national handball champion. He has won the Ektelon/Pony Nationals for the past two years and recently won a Toyota at a Baltimore racquetball tournament. "I bought a one-way ticket down there," he says. "I was so confident I was going to win the car and drive back." He's played many of the top pros beating Richard Wagner and Steve Strandemo, among others. In a recent exhibition against Hogan, he won one of four games.

"My style is basically unique," says Gonzalez, the only Puerto Rican to make such a big splash in racquetball. "I play for the

crowd. I like to dive. I like to psych my opponent out by calling a time out, wiping the floor, wiping the walls. I take it serious, but I enjoy my game. I like people to talk behind my back and say, 'There's Ruben Gonzalez.'"

Another racquetball hopeful who is 14 years younger than Gonzalez is not nearly as flamboyant. "I just play a regular game," shrugs Cliff Swain of Braintree, Massachusetts. But he's just as confident as older players. He's already thinking about joining the pro tour next year and traveling around with a high school tutor. He is sponsored by the local R&R Racquetball Club.

Swain is considered to be perhaps the number one player in New England. Winning the Massachusetts state juniors title last year and the men's open this year Swain was beating twenty-four and twenty-five-year-olds. He's already played at two pro stops. At the Maine pro stop he qualified for the round of 16 only to then lose to Don Thomas in an 11-10 tiebreaker. "There was no pressure on me," says Swain of his performance. "I don't get nervous, I guess."

Stagnate Status

Swain's optimism is tempered by the attitude of one former pro player who dropped off the circuit. "There's a kid with a lot of potential," says Bruce Christensen of his fellow New Englander player, Swain. "But he can't go anywhere."

Christensen, now twenty-one, went from the pro tour and life in San Diego back to Manchester, New Hampshire and a different

style of racquetball competition—playing regional tournaments rather than pro stops.

"I'm finding myself making just as much money as I did on the pro tour," says Christensen. "On a good season I can pull in \$6,000 to \$8,000. It's turning out really well, and there's not as much pressure. I think you're going to see a lot of other players doing the same thing—staying in their own regions."

As the pro tour stands now, Christensen would probably be right about Swain's chances and those of other budding pros. There's not enough opportunity for these young men to make national marks with only 16 slots per pro stop—and a rule allowing amateurs to play at only one pro stop per season. Needless to say, there's a lot of bitterness about the current set-up among semi-pros.

"It's a big joke as far as I'm concerned," says Brysman. "It just keeps racquetball really small." Brysman would like to see the tour have more than one sponsor, like tennis, and offer better prize money. "I looked at one tennis tournament and it paid \$1,500 to players who lost in the first round," he says. "In racquetball, if you lose in the first round they give you a handshake."

"I think they'll change it," says Gustafson. "The pro tour will get a different sponsor." That seems to be the general consensus among these pro hopefuls.

Maybe next year will be the year for these players to begin their climb up the top ranks. Maybe even the next Marty Hogan is among them.

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In an exhibition match against touring pro Dave Peck, Cliff Swain (left) is considered to be the top amateur racquetball player in the New England area.

How to Improve Your Skills At A Racquetball Camp

By Steve Strandemo



Photos by Jack Miller

Most racquetball camps use video cassettes to tape each participant's stroke technique and shot selection as an instruction aid. Above, top ranked pro Steve Strandemo (right) points out strengths and weaknesses to determine proper improvement drills.

So, you're going to racquetball camp this summer. You've picked the camp that's "right" for you, your boss has approved your vacation time and your reservation has just been confirmed. Now everything is set and you can sit back and cross off the days on your calendar until camp week arrives. Right? Wrong!

Like most things worth doing, if you want to get the most out of racquetball camp a certain amount of thought and preparation is involved. Of course, whether you prepare in advance or not, camp will be exciting. You'll receive expert instruction and be saturated with the strategy and philosophy of the game.

But camp alone will not work miracles.

Most camps last only a week, but "camp" should be regarded as a 90-day commitment. Camp is indeed the highlight, the crucible for change in your game. But preparation and follow-through in the weeks before and after are what guarantee lasting results.

Physical Preparation

To get yourself in good physical shape you should play regularly for two or three weeks prior to leaving for camp. This will help sharpen your coordination and timing. You will also build up stamina for drills and be

able to play sessions which might otherwise tire you if you're completely out of condition.

Exercise such as jogging and stretching is also a good idea to help tone up muscles and get limber, so that you're not sore after the first day. But don't overdo it! The ideal way to start camp is fit and refreshed, not worn out and bored. So put your racquet away in the closet a day or two before checking in.

An Open Mind

Preparing your mind is perhaps even more important than preparing your muscles. It is vital to begin camp with a receptive attitude, unrestrained by old concepts and open to all

INSTRUCTION

the new options and ideas that will be presented to you by your instructors. It is not a good idea to be one of those reluctant students who cling to "pet shots" just because they always seem to work well against your buddies on a Saturday afternoon. Be bold and eager to experiment with new forms and strategies. Better to have a go and miss some shots—we all do—than to lock your game into a few safe stand-by plays.

Every student should come to camp with well-defined goals. Write them down along with the questions you want to ask the instructors. There is also no harm in a little

background reading on racquetball style and strategy either. This way racquetball concepts and terminology will seem like old friends not strangers.

Getting Equipped

On a more practical note, make sure you equip yourself adequately. Court time is too valuable to spend running around trying to buy a new pair of shoelaces or borrow a spare racquet. For clothing I recommend at least two pairs of broken-in playing shoes, a good supply of shorts and shirts, and as



Racquetball camp offers the opportunity for participants to analyze shot selection strategies.

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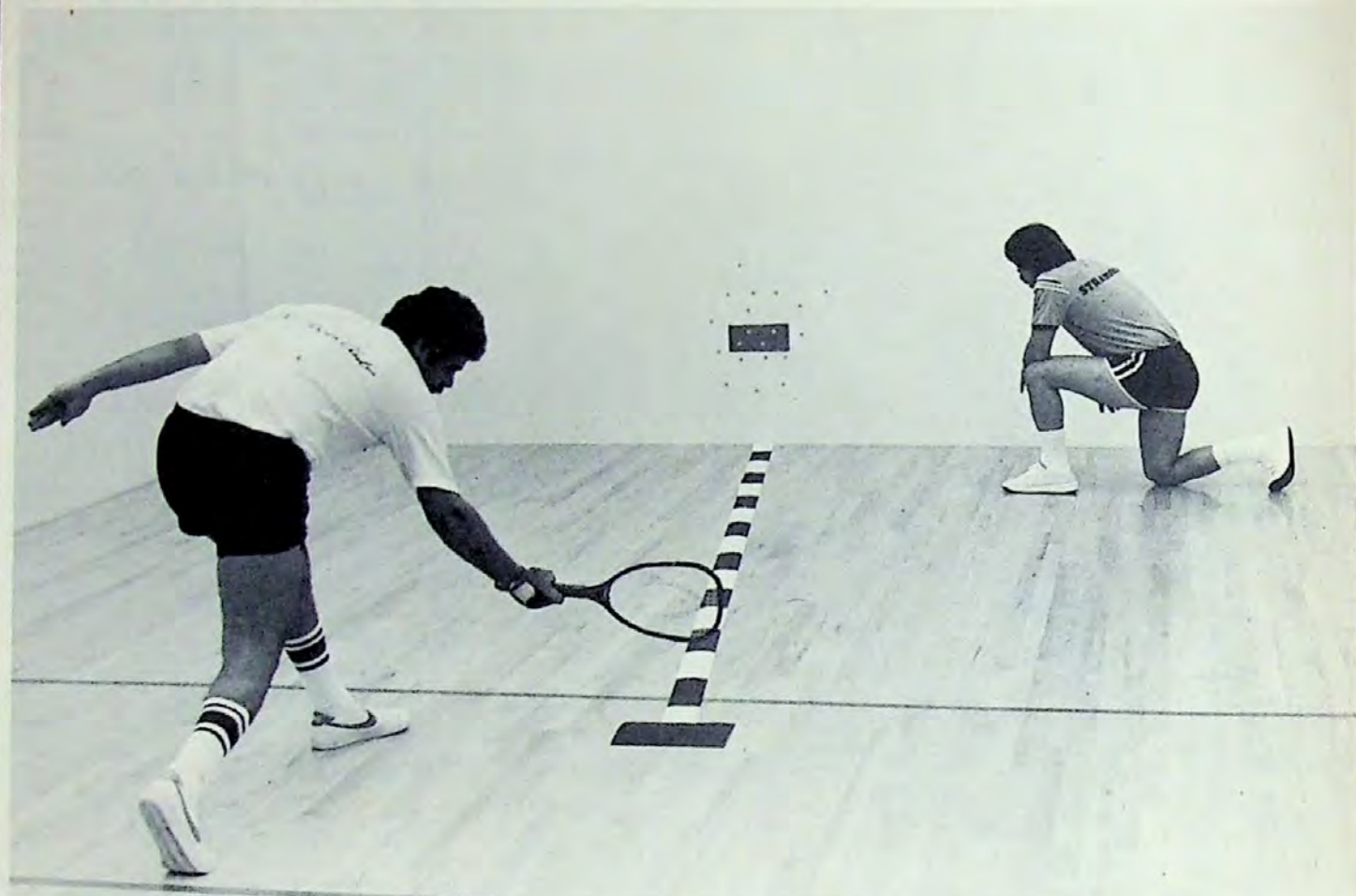
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Racquetball Camp



Strandemo sets up serving targets for participants to establish proper positioning and execution.

many athletic socks as you can find. Other equipment that you might pack in your racquetball bag are gloves, wrist and headbands, and a warm-up suit. And please play it safe by bringing more than one racquet.

Last but not least, eyeguards should be at the top of your equipment list. They not only prevent injuries but give you the confidence to watch the ball even in the most difficult and dangerous court situations.

High Tech Racquetball Training

Seeing ourselves as others see us can always come as a bit of a shock. So be prepared if your camp—like many do today—offers video analysis and instruction.

The first time you see yourself on screen is usually a revelation, but it may also be a little disappointing. Perhaps you thought your swing was smoother than it actually is or that you positioned yourself better on the court. Don't worry. Video is a marvelous feedback tool for training which can help improve your game.

For example, many camps offer a personal video tape of each individual as he plays

during the week. This enables the participant and the staff to observe stroke technique, shot selection, strategy and positioning. It is then decided how their games can be improved and shape drills and instruction accordingly. Early disappointment turns to fascination and pride as players see their game improve over the course of instruction.

By the end of camp, new ideas on positioning, strategy and shot selection will be firmly implanted in your game. To help students assimilate what they have learned, many camps set aside time for non-point play early in the week. The non-competitive sessions prepare students for a successful transition into competitive play with the new skills already under their belts.

But what happens when you leave the controlled camp environment? How do you go on building upon and refining new found skills? An eight or nine-week follow-through program is the answer.

Post-Camp

Once you get home you'll probably be in demand by friends who want to play against

you and see just how much you've learned. Take advantage of your popularity and arrange to play regularly against a variety of opponents. This way you'll be able to keep working on all aspects of the game.

In addition, individual practice is recommended to perfect specific techniques and shots you learned at camp. Newly acquired skills could degenerate if you only play matches and go for points.

Also, students should refer to their individual tape at home as a reminder of the new techniques that they learned at camp.

If you regard camp as a 90-day commitment which includes preparation and a nine-week follow-through, you'll enjoy the benefits of the camp experience and improvements will be permanent. After all, 90 days is not a long time when you consider that you're changing your game for life. 

Editor's note: Touring pro Steve Strandemo annually offers summer racquetball camps. For those interested in attending or receiving further information contact Strandemo Racquetball Camps, P.O. Box 24445, San Diego, California, 92124-0445 or phone (619) 268-8707.

Racquetball Camp Guide

California

Bud Muehleisen Racquetball Camp

(June 13-17 and July 11-15) Contact Atlas Health Club in San Diego at (619) 298-9321.

(August 1-5) Contact Santa Barbara Racquetball and Health Club in Santa Barbara at (805) 962-0069.

(August 8-12) Contact Decathlon Club in Santa Clara at (408) 738-2582.

(August 15-19) Contact Telegraph Hill Club in San Francisco at (415) 543-7992.

(August 22-26) Contact Incline Village Court House in North Shore Lake Tahoe at (702) 831-4212.

Lynn Adams Racquetball Camp

(August 22-28) Contact Los Caballeros Racquetball Club in Fountain Valley at (714) 546-8560.

Colorado

Steve Strandemo Racquetball Camp

(June 27-July 29) Contact the Aspen Club in Aspen at (303) 925-8655.

Indiana

Lynn Adams Racquetball Camp

(July 18-24) Contact Omni Racquetball Club in Schererville at (219) 865-6969. Adult and junior sessions offered.

New Jersey

Steve Strandemo Racquetball Camp

(August 1-26) Contact Woodbridge Racquet Club and Fitness Center in Woodbridge at (201) 634-5000.

Pennsylvania

Lynn Adams Racquetball Camp

(July 25-31 and August 1-7) Contact Seven Springs Racquetball Club in Seven Springs at (814) 352-7777.

Rhode Island

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(July 11-15) Contact Celebrity Courts in Warwick at (401) 826-1800.

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Playing the Glass

By Mike Yellen



Given the increased speed of the ball, lower ball visibility and infrequency of play, most racquetball pros say players are more inclined to increase their concentration while playing on a glass court.

At one time or another, in one racquetball club or another, a player has strolled up to the front desk, requested racquetball time and been hit with that one startling response.

"All the regular courts are full right now. Would you like to play on the glass court?"

Invariably, you glance at your partner. Gulp. You've never played on glass before. Suddenly, all the often-heard problems pop into your head: the super speed, shot adjustments, playing in the public eye, and for goodness sakes, trying to see a ball bouncing off one, two or even three glass surfaces.

Almost everyone would prefer to play on

white, solid walls. But don't despair if a glass court is your only choice. Knowing how to play the glass, where to hit and what shots to use will score points.

Glass courts (one-half-inch thick tempered glass) are one of the most confusing aspects of racquetball. Even if you've mastered plaster and cement courts, playing on glass is a unique experience. So unique, some players say, they don't know how to cope with it. They psych out on the glass court turning from a "riches to rags" player in a matter of minutes.

Most racquetball players are anticipators. They react to angles. On glass courts the

speed of the ball goes against you. You have to hold yourself back and take a wait-and-see approach.

What you're waiting for is simple—to see which way the ball will bounce. On a regular court, you can anticipate where the ball will come off the front or side wall. With glass, you have to slow down before you react. People get frustrated doing that and most of the time they react with quick, reactionary movement.

You need to slow down, hold back a bit on a glass court. And wait to see what happens to shots.

Another problem frequently associated

INSTRUCTION

with glass is concentration—or lack of it. Some say the mind wanders on a glass court due to its surroundings. The pros, however, will say given the increased speed of the ball, the difficulty in seeing shots and the infrequency of playing on glass, players increase concentration.

Concentrate on the corners. The ball seems to slip and grab coming off side wall, front wall shots. Learn to watch the ball and work with the glass instead of playing against it. Don't resist the change. Accept the ball's reaction to the glass.

You simply can't cheat with glass. If you try to anticipate, you're asking for trouble. And if

Try to mix up your serves off the front wall, tossing in low drives and Z serves.

you don't focus on the ball, you're again asking for trouble. You have to maintain total concentration. Be patient, keep the ball in play, and wait for your opponent's game to shatter.

The consensus from other pros is that the front wall glass court is the hardest glass-court condition in which to play. It's almost impossible to see where the ball is going.

Many pros suggest hitting drives, cross-court passes, and down-the-line shots using the front wall's confusing background to rattle your opponent. Stay away from ceiling balls, and surprisingly, kill shots. You don't want to hit a low or high shot that will put a different background behind the ball. You need to let your opponent make the mistakes. You can maximize that possibility by making the ball difficult to see.

Try to mix up your serves off the front wall, tossing in low drives and Z serves. Deception is the key. Use the same serving motion, but use different angles.

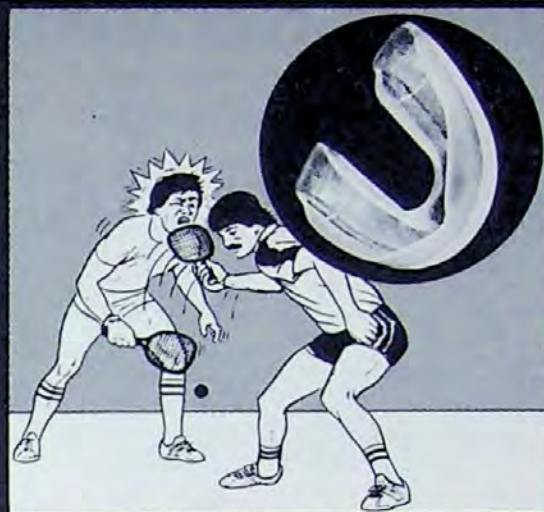
On a court with back wall glass, your strategy should remain the same as your strategy on front wall glass. Go for shots that play off the back wall, emphasizing high lobs, Z serves and around-the-world shots.

On two and three-sided glass courts, play similar to the strategy you would use on side wall glass. Go for corners with side wall and front wall pinch shots and passes right down-the-line. Use cross-court shots when playing off two confusing backgrounds as the ball travels across the court. The bottom line is to keep your concentration. Play to the glass. Don't get to the point where you're reacting to your opponent's shots with nerve-rattling, reactionary responses.



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The Rekill: Offense is the Best Defense

By Dave Peck

The rekill shot is known for its hula hoop motion. It is also known for taking advantage of the power generated by your opponent's return. But let's set the situation up so that you can see what I mean.

It starts with your serve. About 80 percent of the time, your serve is going to be a hard drive to your opponent's backhand. Now and then, you'll throw in an occasional change-of-pace serve or a lob shot (if your first serve is long or short), but you are generally going for that quick ace.

After you serve, you should jump behind the short line and take up a center court position. Watch your opponent from the corner of your eye. Either the serve is going to be right on or less than perfect.

If the serve is so good that your opponent has to scramble for it, then he will probably have to return with a ceiling ball or a passing shot. If the serve is a little long, a little short or a little slow and you can see that your opponent is going to be able to get set up on it, hold your ground a step or two behind the short line. Get ready to move laterally into a rekill position. Chances are ten-to-one he is going to drive the ball right back down your throat.

I should emphasize that all this transpires within moments and both you and your opponent are moving as quickly as you can. It's a gun-and-run style that allows you only a split second to make your observations,



You just have time to slide over, get your racquet up and stroke the ball from that straddle stance. Being able to anticipate which way you will have to move is important. You should always make one more important observation during the time you are moving back out of the server's box. That is, how are your opponent's feet positioned going into his return?

Either his lead foot will be directly in front of his other, indicating that he is going down-

So, at this stage in the rally, you should be in position. You should also be armed with the knowledge of what kind of shot is coming and to what side of the court it is going to be hit. By this time, you should be leaning to the proper side and getting your racquet up for a rekill.

As the ball reaches you—whether a forehand or backhand—you should simply bring your racquet down and contact it while swivelling your hips in a hula hoop motion to generate what little power you will need. (On the backhand, you have to twist your body a little more but that is the only difference from a forehand shot.)

Power and height are no problem. Your opponent has just hit a low kill shot. Assuming that it doesn't roll out, you need only get your racquet down parallel to the front wall at about knee height to have the ball rebound back to the front wall.

It is important to have your racquet face flat, neither tipped up so that the ball lobs back nor down so that it skips into the floor. For this reason, the arc that your racquet head moves during your swing should be more to the side than down as in the normal pendulum stroke.

Control is critical. The racquet face held out to the side and perpendicular to the floor, enables you to direct the ball either cross court or down-the-line instead of into the floor or up to the ceiling. Your shots should also double for crosscourt or down-the-line passes.

Keep your knees slightly bent for maximum balance, your stroke even and your follow-through smooth and easy. Concentrate on placing the ball where you want rather than smashing it. Like many of your opponent's kills, your rekills aren't all going to stay down.

The basic rule of racquetball applies here: hit your passes to the rear corner farthest from your opponent. Since most of your opponent's service returns are going to follow the easier cross court angle, you'll probably find yourself hitting a lot of rekills off your forehand and down-the-line.

It sounds like a lot to remember for a specialty shot but, with so many players emulating the hard-hitters, you'll probably have plenty of occasion to put rekills to good use.

Just remember three things: watch your opponent and anticipate his shot. Shoot from a straddle stance with your knees bent. And, concentrate on keeping your racquet face flat and your stroke smooth.

Keep your knees slightly bent for maximum balance, your stroke even and your follow-through smooth and easy.

reach a decision and act. You never really stop moving before you find the ball coming back at you at 100 m.p.h.

For this reason, you aren't going to have the luxury of stepping over, setting up and shooting a proper kill off your front foot. In this situation, you are going to be in a straddle stance near the middle of the court and, by the time that you decide whether to step over to your backhand or your forehand, it will be too late.

the-line. That foot may also open up to the right (assuming you served to the backhand of a right-handed player) indicating a cross-court shot.

I know of very few players who are going to take the trouble to change this basic footwork just to throw you off (it's not worth it to them to try, anyway). It is wiser for them to just execute a good kill. Consequently, this is a tip-off for you as to which way the ball is headed in most circumstances.

Look Before You Leap: Alternatives to Diving

By Jean Sauser



As spectacular as it may look, diving on the court may be hazardous to your racquetball game—not to mention your health. The truth is most of this physical activity is as unnecessary as it is unwise. Excessive diving can limit good racquetball strategy. In fact, advanced players often say that once they get over their "diving phases," their games actually improve.

If you are a player who is currently thrilling crowds with your kamikaze approach to racquetball, then it's time for you to stop and think about the dangerous aspects of diving!

The primary danger is injury. Everytime you dive for a shot, you are increasing the chance of injury. This can take you out of the match (so you automatically lose) or force you to play in pain.

In addition to possible injuries, excessive diving requires a lot of energy. Any player who dives in the beginning points of a racquetball match is not using common sense about energy conservation. Win or lose the first game, you still have a second game to play plus a possible tie-breaker. Don't make the mistake of putting out all that extra energy diving in the first game when you have 90 percent of the match still ahead of you.

Diving also creates avoidable hinders. If you fail to get up and out of your opponent's way after a dive, the referee will call an avoidable hinder. This results in a point or side out against you.

If you want to dive less and improve more, enforce a no diving allowed rule on yourself in practice. If you never allow yourself to dive in practice, you'll be able to make an effort to improve your footwork and speed on the court. Simply tell yourself you will run for every ball, and that you will run especially

hard for the balls you usually dive for. While running you will be forced to concentrate on your footwork.

Sure Ways to Avoid Diving Injuries

Most of us will never play for a national title but there will be last moments of a tiebreaker when we just can't resist the decision to go all out. If you do dive to win a match, use the following tips to reduce your chances of injury:

1.

As you fall to the floor use your free hand to cushion the shock of your body hitting the ground.

2.

Make sure some padded part of your body hits the floor first. If a knee, elbow or shoulder hits the floor first, you may be injured seriously.

3.

When diving face first, women should arch their backs slightly to prevent a blow to the chest area.

4.

Never dive near a side wall. The impact may fracture a foot, dislocate a shoulder or cause a major head injury. In short, your body will break before the wall does.

By running for every ball on the court, you will soon find yourself retrieving shots you used to give up on. Soon, this ability will transform into the ability to even set up and take a shot! Obviously, the reward for this is more points for you.

When you never dive in practice, you'll find that you play better in tournaments. If you must dive at all, there should be only one situation that calls for it: when the risk is worth the reward.

Diving when the risk is worth the reward is less than one percent of any competitive player's game. One of the most famous matches of all time emphasizes this point. It was at the 1976 Nationals between Marty Hogan and Charlie Brumfield. Brumfield soundly defeated Hogan the first game. However, the second game was all Hogan. Brumfield lost that game by a score of 21-6. The tie-breaker was even until the final points of the match. Every winner Hogan hit was retrieved by a diving Brumfield. The crowd was not only amazed at all the retrieves, but also at the fact that no one had ever seen Brumfield on the floor. This last ditch effort on Brumfield's part to gain another national title, did just that. Hogan was shocked the shots he could normally beat Brumfield with, could not beat the diving Brumfield. The risk was worth the reward. This was Brumfield's last national title.

Make it your goal to limit your diving to the bare minimum. As you eliminate diving from your racquetball game you may soon see your ability on the court improve dramatically. You'll be playing in less pain and have more energy than you will know what to do with. The next time a choice of "to dive or not to dive" comes up, remember that it's better to be "thinking on your feet."



The Quick-Shot Service Return

By Brad Kruger

About once a week, at the early hour of 4 a.m., my roommate, Carl "coach of the pros" Loveday, would barge into my room, roust me from a deep, dreamy slumber and demand, "Hey! What are the three most important things to remember to improve your racquetball game?"

"Practice! Practice! And more practice!"

I learned to hate the concept of practice. Besides, I knew there would always be some single-minded fanatic—a disciplined Goliath of sorts—chalking up more practice hours than yours truly. My solution—perhaps my only course of action—was to condition my mind to create on impulse, successful racquetball strategies.

Racquetball Strategies From the Past

The foundations of today's racquetball strategies are somewhat uncertain. Many of the strategies were conjured up by court disciples of the "old days," and much were borrowed from the handball player's worn-out pocket handbook.

Yet, while many of the general concepts of these strategies are still valid, racquetball has changed significantly in the past decade. The ball is faster, clobbered harder and the rallies are shorter. An effective strategy must accommodate today's game—not yesterday's.

To establish why changes must be made, let's discuss the most basic concepts of service return. The server, every receiver's archenemy, has always dominated the rally. Given complete control over the ball, he decides exactly where and how hard he will hit the serve. With the ball's increased velocity, aces come more frequently and with seemingly greater ease. With the advent of the "legal screen serve," the receiver is blinded, white cane in hand, until the ball crosses the short line. But because the ball isn't close to the server's body, the referee calls the serve fair. Most important, however, is the server's dominant court position.

Traditionally, the server stood only a couple of feet away from the center court area. This area, an imaginary circle about ten-feet wide with its tip just to the rear of the short line, is where the majority of shots rebound into. Plus, a player positioned within the invisible boundaries of this circle can reach any corner of the court with just a few energetic strides.

Considering the server's superior court position, the receiver's goal was, and still is, to somehow switch positions with the server. The receiver wants to hit a shot that will force the server out of center court, preferably backward, without leaving the server with an easy set-up. While the server frantically pur-

sues the return of the serve, the receiver saunters into center court.

How does the receiver do this? The three most effective methods are the so-called defensive shots. They are: the ceiling ball, the pass shot and the around-the-wall-ball which contacts the side wall high, carooming off the front wall and opposite side wall, dropping in one of the court's rear corners.

Modern Racquetball Strategies

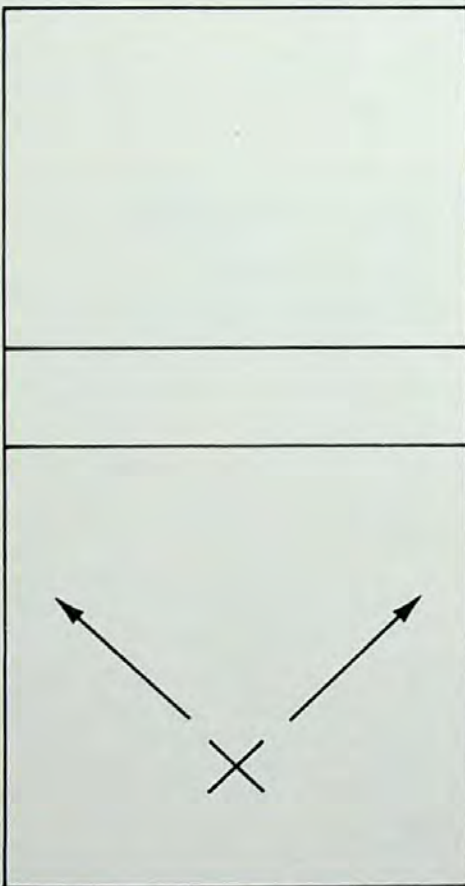
The fast ball virtually eliminated two of these service returns from today's racquetball scene. While the ceiling ball and the around-the-wall-ball were effective with the slow ball, they are now carried off the back wall becoming set-ups for the server.

Only the most masochistic of touch artists still attempt these defensive service returns. Racquetball die-hards still mourn the death of the saying, "The best offense is a good defense."

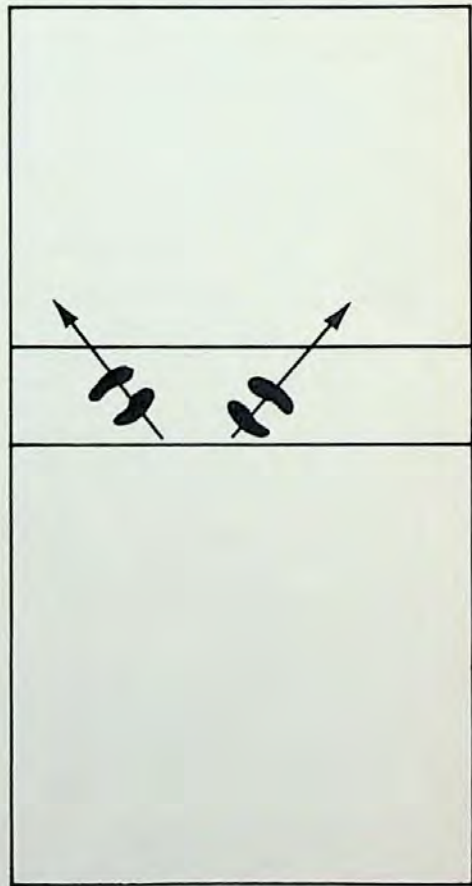
With the acceptance of the fast ball, offensive service returns became the norm. "Push" strokes became "power loop" flails. Players began attempting kill shots from the deep court, even when off balance—a cardinal sin, heretofore. What's more, these racquetball deviants became proficient at the method.

Center Court Control

Perhaps the most overlooked change came in the area of center court positioning. Servers could no longer stand just a couple of feet behind the short line. The service



The quick-shot service return strategy positions the receiver about six feet from the back wall (mid-way between the two side walls). The receiver should be leaning forward with his weight on the balls of his feet ready to move in either direction for the serve. This way, when the server contacts the ball, the receiver will be ready to cut the ball off at the earliest possible moment.



As the server begins his service motion, the receiver should look for clues that will tell him the direction the serve is about to go. Often the way a player steps into the serve will indicate the direction of the serve. By anticipating the direction of the serve, the receiver can then surprise his opponent with a "quick-draw" service return.

INSTRUCTION

return was hit too hard. The ball traveled too fast. The server was no longer effective in the traditional center court position.

The adjustment was simple, perhaps even subconscious by most. Immediately after serving the ball, servers backpedaled to a spot a few feet deeper in the back court. How much deeper? About five feet, according to former national champion Charlie Brumfield. This position is now the generally accepted center court area.

Immediately after clobbering the serve, the server is out of position. In years gone by, the server could get away with walling the ball and returning to the optimal court position. But now, the server has an added distance to scramble over or he will be caught out of position—too far forward.

Ultimately then, the receiver of the serve wants to hit a service return that will take advantage of the server's poor service position, which is too far forward.

Service Return Strategy

The quick-shot service return strategy does just this. Properly implemented, the receiver hits his shot at the earliest possible moment—before the server has had a chance to backpedal into center court.

To execute this return, we must forget the "wait until the best shot presents itself" mentality. This mentality should be filed under "racquetball: yesteryear."

Eliminate the word "wait" from your service return vocabulary. The longer you wait before hitting the serve return, the more time the server has to backpedal. The reverse is also true. The earlier you return the serve, the less time the server has to reposition himself.

For example, let's say you are receiving a drive serve to your forehand that looks like it might come off the back wall. Under the wait-and-see school of thought, you wait for the ball to rebound off the back wall and attempt your best shot—some 38 feet away from the front wall. Your shot must be perfect, however, because your opponent has had ample time to high-tail it into center court. Perfectly positioned and ready to move, he is hungrily anticipating your shot.

Contrastly, rather than wait for the back wall set-up—if you hit your service return as early as possible—the server should be caught scrambling toward center court. His time to set-up and properly execute has been reduced significantly. The server will also be off-balance. Even with a poorly hit service return, you may win the rally.

Of course, it makes little sense for the receiver to hit the quick-shot return if he can win the rally by waiting for a better shot. If the ultimate plum has just been served, and the receiver is sure he can roll the ball out, he should do so by all means. But how many of us know we can end the rally on any given shot?

The quick-return strategy will still accom-

modate even the toughest player. If you are set-up to quick-return the serve, the option to cancel and hit a shot a little later still remains open.

Since the server is in the process of backpedaling, just about any low, crisply hit shot will be effective. An emphasis on the down-the-line pass shot and a low front wall-side wall pinch are recommended. By the time the server realizes the serve has been hit and begins backward momentum, the rally should be over in the receiver's favor.

Let's run through the service return again. Positioned about six feet from the back wall, the receiver should be standing midway between the two side walls. He should be leaning forward with his weight on the balls of his feet, knees and back bent slightly, ready to move in either forward-diagonal direction. The receiver's racquet should be directly in front of his body, not at his side, and it should be raised to about waist level.

As the server starts his service motion, the receiver should search for tell-tale signals that will tell him the direction the serve will go. For example, often the way a player steps into the serve indicates the direction the serve will take.

As the server contacts the ball, the receiver should be moving to cut the ball off at the earliest possible moment. Good balance is important. While moving toward the ball, the player must decide if he wants to quick-return the serve, thereby taking advantage of the server's poor court position. The choice is the receiver's. The receiver must stay bouncy on his toes. This way, if he changes his mind at the last moment to wait for a better shot, he can bounce toward or away from the ball.

Summary

The biggest bonus of the quick-shot service return is the element of surprise. Even if you hit a poor shot, the server will be caught out of position, off balance, still thinking he has enough time to get into position. Little does he know...

Two traditional and general concepts should be added here. First, along with the saying, "when in doubt, shoot it out," goes the principle of hitting the service return crisply. This way, the service return's surprise is magnified even more. Second, the old saying, "when all else fails, go to the ceiling," still rings true.

Loveday was leaning back, relaxing in his thick, upholstered chair. He was resting his feet on the only unclustered corner of his desk when I presented the quick-shot service return strategy to him.

Immediately, he began searching the piles of paper on his desk for a pen. Finding one, he frantically scribbled down what I had told him.

"Ya know," he said. "Practice is important, but I still think the three most important things in racquetball are strategy, strategy, and more strategy!"



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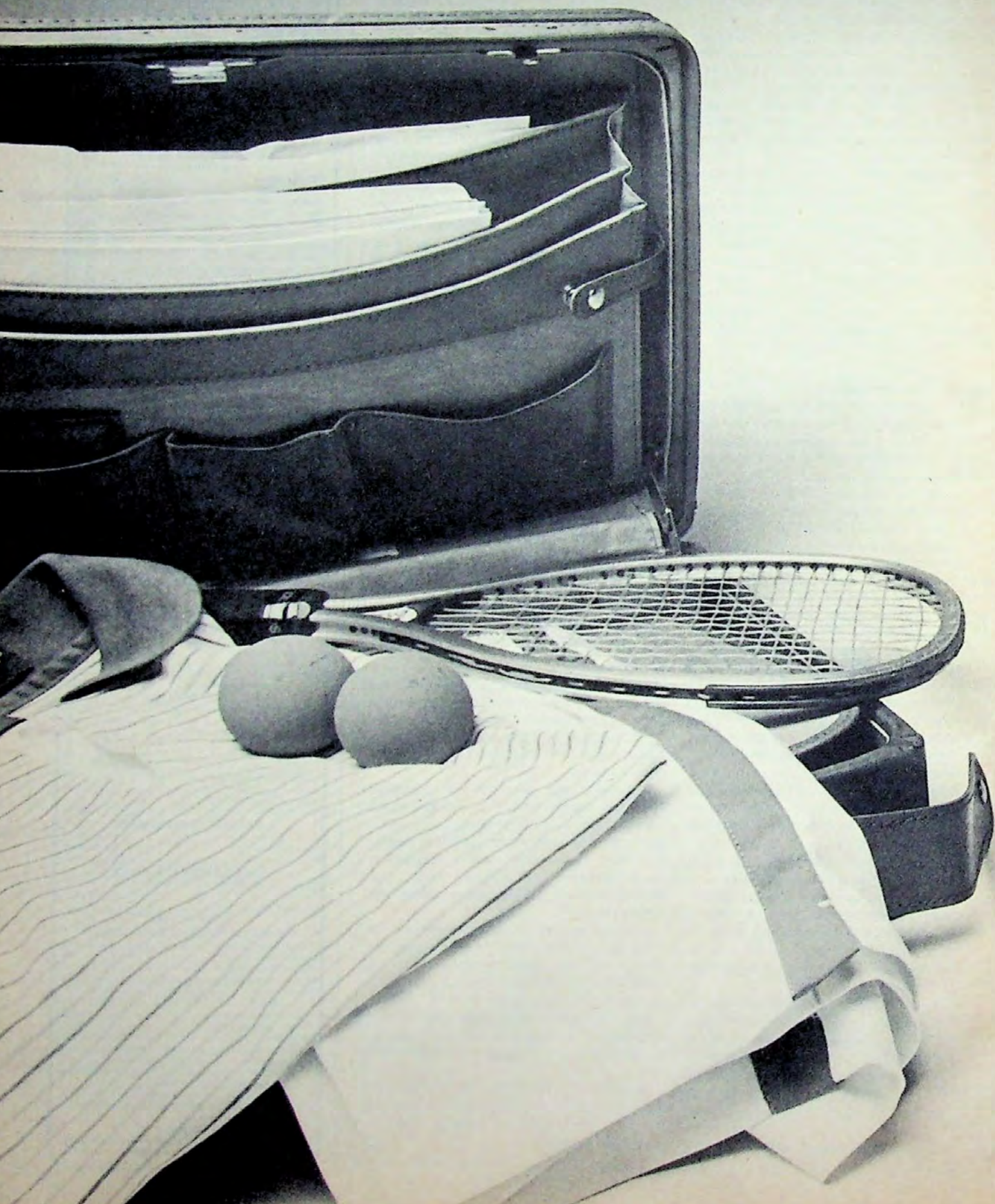
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Racquetball and the Business Traveler: All Work and No Play?

What options are available for those who would like court time in a members only club?

By Victor Block

Almost everyone travels now and then—some of us frequently for business purposes, others less often for vacations. One of the major advantages to playing racquetball—compared with many other sports—is the ease of carrying along your equipment when it comes time to pack up and go.

For those who wish to take their own

paraphernalia on a trip, a small corner of your overnight suitcase will hold everything you require to feel at home: your racquet, a ball, sneakers, shorts, T-shirt and, if you use them, eyeguards, wrist and head bands. Even this minimal weight may be lightened by using rental racquets.

However, the biggest problem facing rac-

Racquetball and the Business Traveler

quetball players on business or vacation trips—unlike golfers, sailors or horseback riders, for example—is not how to carry along your own equipment. Rather, it's the question of whether and where you'll be able to find a place to play in another city.

"For Members Only"

At first glance, or phone call, the visitor from another town might get quickly discouraged. In a number of cities, the listings under "racquetball courts" are devoted largely to those labeled as private clubs. In other destinations, such as New York City, the listings are divided into "racquetball courts—private" and "racquetball courts—public." The majority of clubs are included under the former in most cases.

Pick up the telephone and call around. The initial results may seem equally as discouraging: "Sorry, we're a private club." "For members only." "You may play here if a member brings you as a guest."

Despite this response, don't let these apparent obstacles convince you to leave your equipment—and your eagerness to play when you are on the road—at home. Take

along your gear. Use a bit of persistence and imagination, and it's likely that you will be able to find a facility where you can obtain court time even without a membership.

This outlook is seconded by Lee Backston, the club pro at the Athletic Express and the Chevy Chase Athletic Club in the Washington, D.C. suburbs. "I've found that whatever their policies, clubs will often allow out-of-

racquetball facilities. That's simple to do in cities where they are listed separately in the telephone book.

However, if those clubs are booked or not conveniently located, do not give up. Turn to the clubs included in the "private" listing.

In New York City, for example, the Manhattan Plaza Racquet Club appears under "racquetball courts—private." But Gertrud Chap-

Use a bit of persistence and imagination, and it's likely you will be able to obtain court time even without a membership.

town visitors to play—if they are willing to pay the court and guest fees," says Backston, who also serves as director of the Maryland Racquetball Association.

The first approach when you reach a destination—not surprisingly—is to contact the

pelle, manager of the club and of its sister club, Racquet Club Fifth Avenue says visitors may play at either facility on a space-available basis. Use of two courts at Manhattan Plaza costs \$4 to \$9 per half-hour, depending on the day and time, plus a \$7 a day guest fee per person. At the Racquet Club Fifth Avenue, which has four racquetball courts including two with glass backwalls, the half-hour rate is \$6-\$10, plus a \$4 per person daily guest fee.

Exceptions to the Rule

Even clubs that are more stringently restricted to use by members and their guests often make exceptions. Several club managers admitted they are often willing to allow visitors to use a court rather than let the courts remain empty. Others suggested another trick. Visitors are sometimes able to convince a club's sales department that he or she is interested in taking out a membership, but wishes to try out the facilities first.

The Sporting Club at Tysons Corner, Virginia, just outside Washington, D.C., is a massive members-only facility with 20 racquetball courts. One desk clerk said if a visitor can persuade whomever happens to be in the business office you are interested in a membership, they're likely to let you pay the \$12 guest fee and play.

Remember the procedure for checking on court availability the next time you take a business trip. First, contact the public clubs. If they're filled up or located too far from where you're staying, call those which are listed as private. If they adhere to a strict members-only policy, consider trying to convince the management you're interested in a membership and would like to check the facilities.

According to several managers and club pros this approach often will be accepted in the same spirit with which it is employed. From your standpoint, you wish to play. From the standpoint of the club, it's better to have an out-of-town visitor pay for and use a court than for the court to stand idle for an hour or two and bring in no revenue. **R**

Court Club Check List

Counting on a little exercise in between meetings or appointments on your next business trip? Many "members only" court clubs are flexible enough about their policies to occasionally bend the rules. So you may not have to leave your racquet behind.

Of the most frequently traveled cities for business trips, *Racquetball Illustrated* has compiled a brief check list of racquetball clubs open to the public. This list provides a general idea of the types of first-class facilities available away from home.

☐ Chicago

The Downtown Court Club, 441 N. Wabash Ave. Advertised as a private club with courts restricted to members only. The club features 13 air-conditioned racquetball/handball courts as well as jogging track, swimming pool and weight training equipment. Racquet sports activities director Melody Weiss says some activities are open to non-members unaccompanied by a member. On Fridays and Saturdays, for example, "challenge courts" allow non-members to participate for about \$4.

☐ Dallas

American Racquetball Club, 6959 Arapaho Road. Non-members may reserve courts no earlier than two days ahead of time at a cost of about \$4 to \$6 an hour per person. The club offers ten racquet-

ball courts, co-ed whirlpool, steam room and sauna.

☐ Los Angeles

Holiday Harbor Racquetball Club, 14045 Panay Way, Marina del Rey. With nine racquetball courts, Nautilus equipment, co-ed jacuzzi and hot tub overlooking Marina del Rey, this club has no restrictions on play by the public. The club operates on a pay-as-you-play basis. Racquetball courts are \$4 to \$5.50 an hour per person with the Nautilus and aerobics workout costing about \$5.

☐ New York City

Gramercy Racquetball and Tennis Club, 706 Sixth Ave. Offering members four racquetball and two tennis courts, non-members pay \$20 to \$24 an hour per court for the use of the facilities.

☐ San Francisco

Royal Racquet Club, 1718 Rollins Road. Non-members pay \$6 to \$7 an hour for the use of the club's 15 racquetball courts, complete weight room, aerobics and fitness classes. Schoeber's in San Francisco, 425 Eccles Ave. Non-members may use courts with one-day in advance reservations at a cost of about \$5 to \$6 an hour. The club features ten racquetball courts, Nautilus, exercise classes, steam room, sauna and whirlpool.



New Wave Racquetball

Move aside all you other health spas, racquetball clubs are offering more than just racquetball these days.

By Steve Phillips

It's a common story across the United States. Racquetball clubs are no longer just for racquetball.

For example: A \$2.5 million club in Scottsdale, Arizona offered its members 14 racquetball courts, a restaurant, a lounge and a sauna. It went broke.

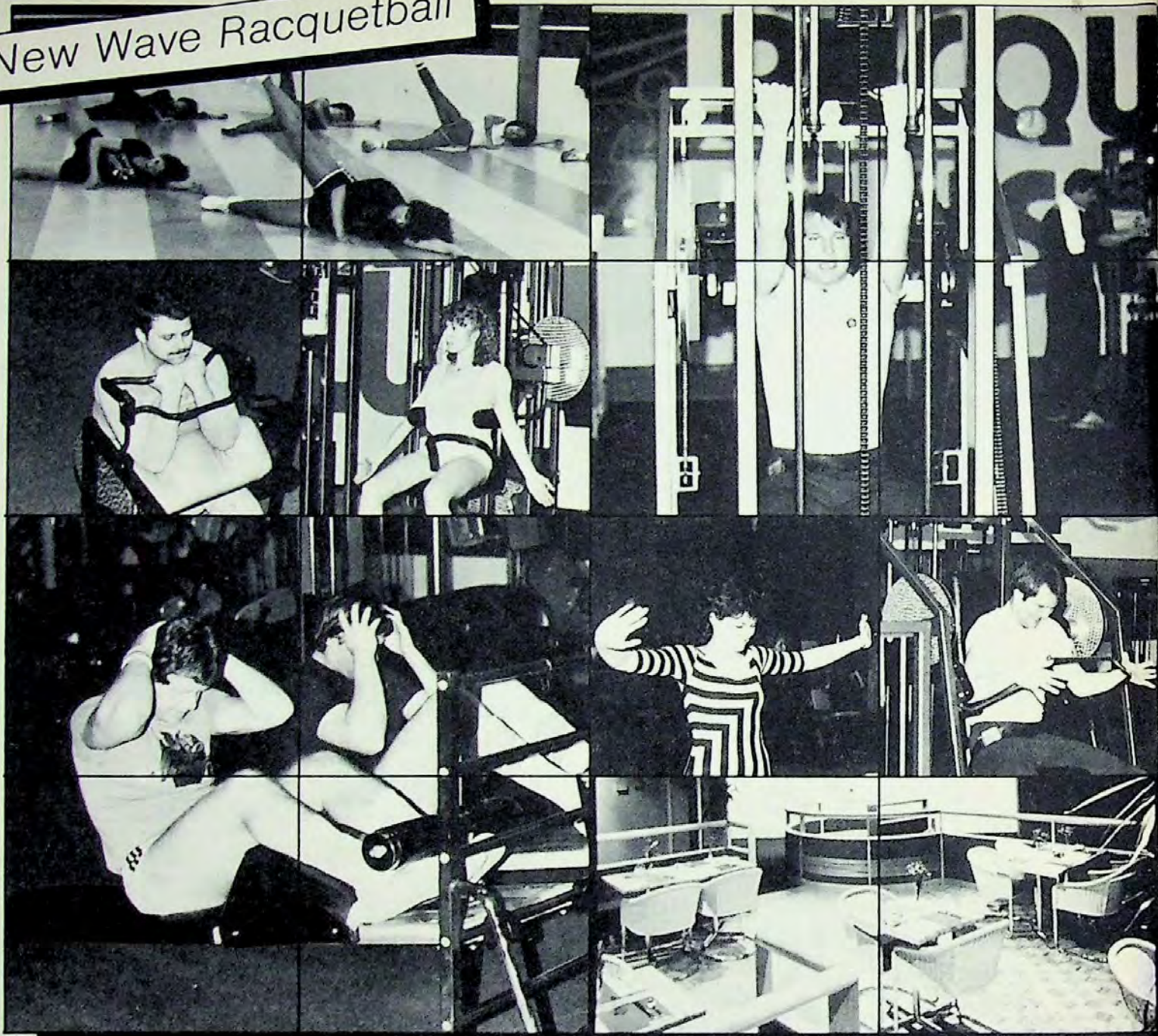
However, when a nearby club in Mesa purchased the facility, added a swimming pool, indoor track and 2,000-square feet of Nautilus equipment the club's membership skyrocketed.

Another club in Miami, Florida converted a social area into an aerobics studio and then changed one of its 11 racquetball courts into a Nautilus center.

And in Indianapolis, Indiana a racquetball club eliminated two racquetball courts to add an indoor track and Nautilus.

The moral: racquetball can no longer live alone.

New Wave Racquetball



Photos courtesy Steve Phillips and the Boston Back Bay Racquet Club.

The reasons for the additions and subtractions in clubs today is twofold. Club managers and owners want to keep their members happy as well as search for other sources of income.

"I think racquetball clubs only offering racquetball are like the dinosaurs of long ago. They are a dying breed," says Mike Morris of Racquetball Plus in Indianapolis. "Clubs all over have brought in new things for their members."

A racquetball club pro in Florida agrees. "If a club just offers racquetball, then the people who are going to walk through their doors are the ones who are interested in only playing racquetball and nothing else," says Geoff Hunter of the Holiday Health and

Racquetball Club in Miami. "The only revenue they have are their court time and memberships."

So, racquetball owners and managers are now offering their members everything from exercise equipment to self-defense classes to massages.

"Members can get burned out on one thing, like racquetball," says Larry Williford of the Ark Health World in Little Rock, Arkansas. "However, if you offer them more, then they can go from one activity to another without leaving the club to find what they want somewhere else."

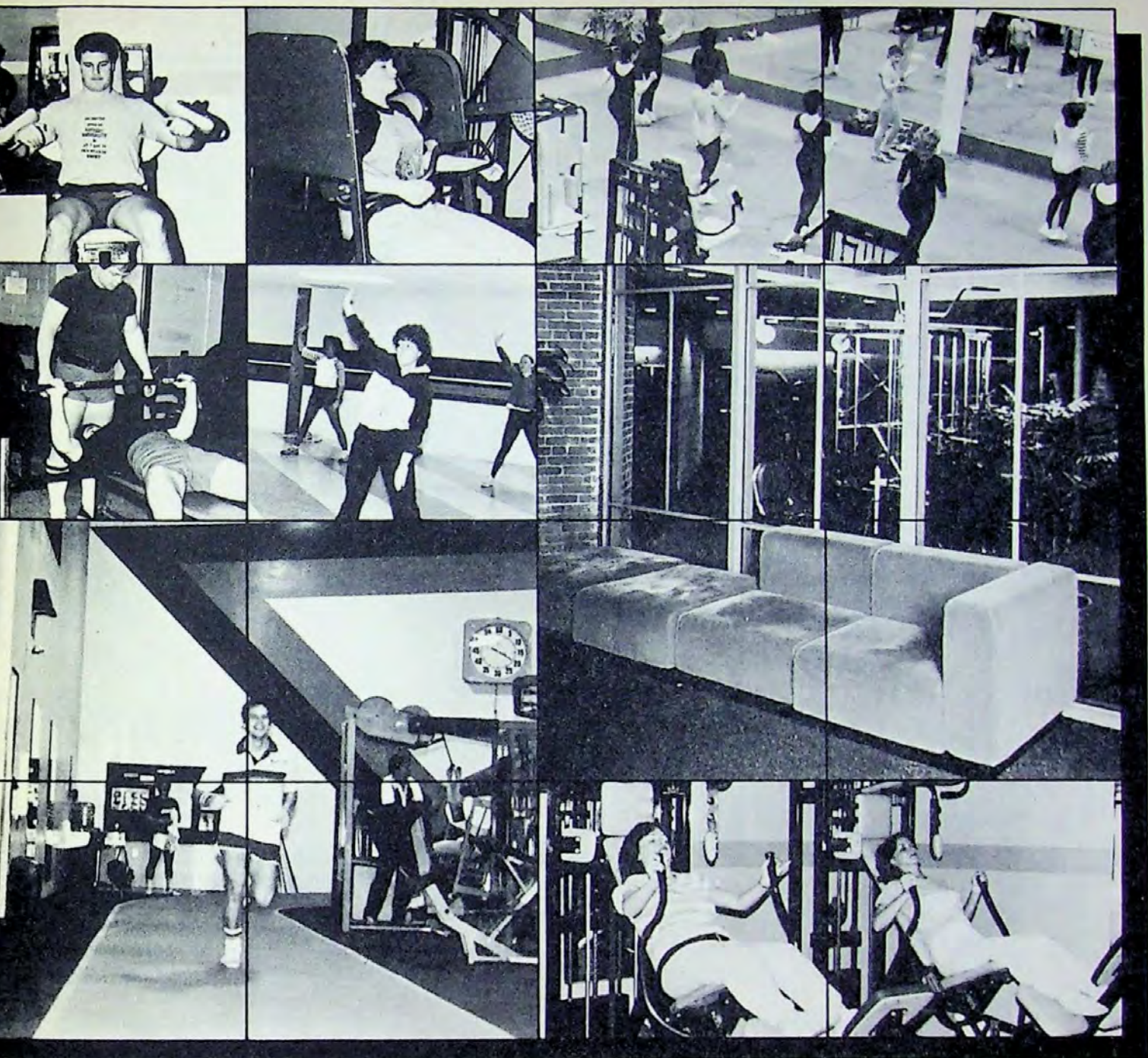
The most popular item introduced to racquetball clubs are the Nautilus, Cam II and Universal fitness center. While some facilities

have constructed extra room for space, most clubs are willing to eliminate one or two courts to make room for these new additions.

"It's not unusual to see clubs convert a court or two for the weight machines," says Tim Berringer of the Back Bay Racquet Club in Boston, Massachusetts, which was built inside an abandoned ink factory. "It's nothing unusual at all."

Aerobic classes, jazz aerobics and yoga are also popular. These activities take up a small amount of space for usually just an hour's time.

"The amount of return you get per square-foot is much greater for an hour exercise class in an 800-square foot area than what you'd get for two or four players on a racquet-



ball court," says Hunter.

But clubs are offering more than just exercise programs and aerobic classes. Other popular items include indoor-outdoor swimming pools and running tracks, volleyball, wallyball, racquetball courts that can be converted into basketball facilities in minutes, squash, handball, tennis courts, whirlpools, saunas, steam rooms, jacuzzis, self-defense classes, massages, human performance testing labs and suntanning rooms.

Although the craze has hit most racquetball clubs, some clubs claim it's booming more in the sun belt states. "As far as fitness is concerned, this is probably one of the hottest areas in the country," says Hunter. "The Florida and Dallas areas are probably

the most popular. People are moving into the sun belt to live and, since the weather is so nice all year round, they are more conscious

"It's not unusual to see clubs convert a court or two for weight machines."

of how they look. With all the sun, they're not covering themselves with heavy coats and more clothes in the winter."

With clubs offering a wide assortment of activities, the name "racquetball club" has

taken on a new meaning. "The name 'multi-use' or 'multi-purpose' fits better now," says John Dietrich, president of the American International Health Industries. "Owners and managers are finding other areas to keep their members interested in than just racquetball."

While some skeptics feel the fitness boom in racquetball clubs is just a fad, many owners and managers aren't taking any chances. "It's my feeling that you don't play racquetball to get into shape, but you get into shape to play racquetball," says Dietrich. "The fitness boom in racquetball clubs is not a passing fad, but a trend in society and a change in attitude about being and staying fit. It's definitely not a passing fad."

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Fitness Foods

A Racquetball Pro Offers Tips On How to
Give Nutrition Your Best Shot

By Lynn Adams



Dedicated racquetball players depend on their bodies being in the best possible physical condition. As a serious or even semi-serious athlete, you should strive to have a physically well-rounded approach to racquetball.

If you have proper practice habits you can improve the psychological aspect of your racquetball game through visualizing and role playing. But when it comes to the physiological aspect of your game, improper eating habits are one major weakness many athletes should try to overcome. Cakes, candy, pastries and bread unfortunately lack the nutritious components of a physically fit lifestyle.

Many racquetball players often reach a point when they try to improve their game by eliminating their weaknesses. Many have become victims of low energy play periods, periods of poor health and occasional headaches. These symptoms could possibly be the result of poor eating habits.

Some nutritionists feel our lifestyle has changed so dramatically over the years that it's difficult to live and eat "naturally." But it also takes a conscious effort to change habits built up over the years. However, don't feel you have to change overnight or that you can never eat sweets again. One piece of pie, once a month, will not cause problems. An occasional ice cream cone won't hurt either. It's when you have the sugar, the additives, the white flour, the food colorings etc. over the course of 10, 15, 20 years on a daily basis that you may begin having problems.

The best solution is to gradually eliminate certain bad habits from your diet. Start with sugar or soft drinks. If you try to do everything at once, you may get discouraged and quit. So take it one step at a time, just like you do when you want to improve your racquetball game.

Feel free to eat all the fruits and vegetables

you want. In fact, some nutritionists recommend six servings of each daily. Fish and poultry provide healthy protein sources. However, try to limit your pork and beef intake because of the high levels of fat.

So the next time you visit the supermarket try to only shop the perimeters of the store. Almost all markets are designed the same. Fresh fruits, vegetables, breads, meats, fish and dairy products are located toward the outside areas of the market.

Eating discriminately may even give you extra confidence as a racquetball player. When you walk on the court, you might have an advantage over your opponent. You know your body will perform better because it's being fueled better than anyone else's. And when you feel confident, you play better.

Energy Fruit Drink

2 fresh squeezed oranges
1/2 cup aloe vera juice
1 tablespoon brewer's yeast
1 tablespoon bee pollen
Combine all four ingredients in a tall glass.

Low Calorie Molasses Brown Bread

1 cup whole bran cereal
1/2 cup raisins
2 tablespoons butter or margarine
1/2 cup molasses
3/4 cup boiling water
1 egg
1 cup whole wheat flour
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon cinnamon
Preheat oven to 350 degrees.
Combine bran cereal, raisins, butter and molasses. Add boiling water and stir until butter is melted. Add egg and beat. In another container combine flour, baking soda, and salt. Combine all ingredients. Place in a loaf pan. Bake 35 to 45 minutes or until brown.

Imitation Ice Cream

2 tablespoons vanilla yogurt
1/2 cup raw milk
2 cups sliced bananas and strawberries
Combine ingredients in blender. Spoon over fruit or eat like ice cream.

TOURNAMENTS

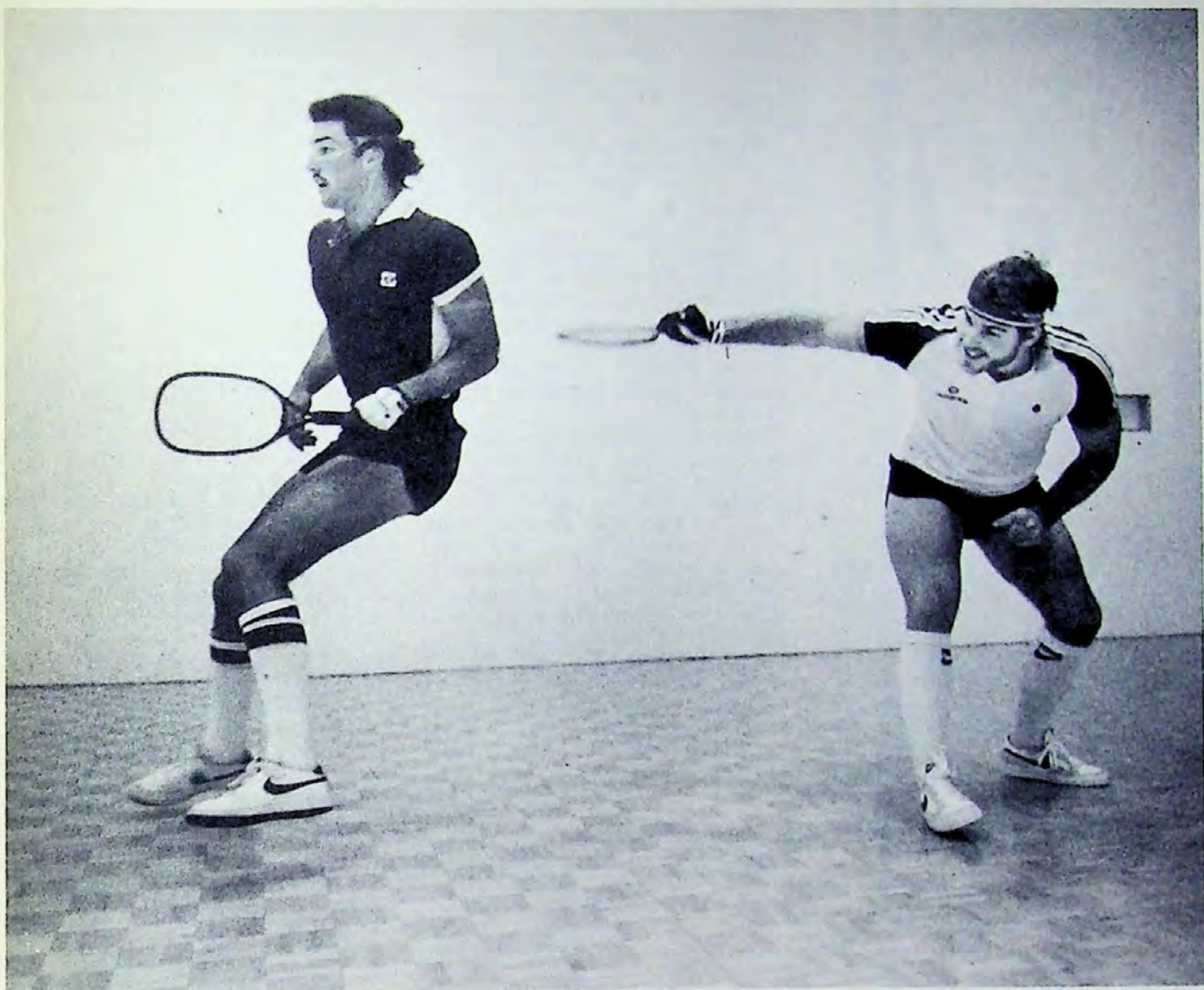


Photo by Dennis Oda

Dave Peck (right) goes low to kill a shot against Bret Harnett in the finals of the Hawaili pro stop in Honolulu. But it was Harnett who went on to put Peck away in three straight games.

Aloha Harnett!

By Thomas J. Morrow

There is no more jinx in Bret Harnett's life. He finally achieved his goal and defeated five-time defending champion Marty Hogan, taking the \$20,000 DP Leach/Catalina Classic in Honolulu, Hawaii.

Harnett, the eighteen year-old sensation from Las Vegas has beaten every other major professional, including top-ranked Dave Peck of El Paso, Texas. But the lanky left-hander hasn't been able to stop Hogan, who has dominated the sport for the past seven years.

On Hogan's 25th birthday it was Harnett who delivered a decisive four-game victory. Harnett turned in a brilliant performance with scores of 11-8, 11-9, 7-11, 11-6 during

the semifinal round to go on and meet Peck in the finals.

Harnett knew he had Hogan worried. "Marty won't relax on the court with me," says Harnett. "When we play, our games always go the limit."

But Hogan was also confident, if not a little too sure. "I've never lost to him (Harnett) yet," was his only comment.

As has been the case in previous tournaments of the past, this' series match was the top performance of the tournament. More than 300 spectators saw racquetball at its best form.

Everything Hogan shot, Harnett returned with awesome power. The youngster's shots were right on.

Once Harnett was on a roll in the semifinals, nothing could stop him. In the finals,

Peck seemed to fold under the awesome kill shots from Harnett's formidable left arm. Harnett put Peck away in three straight games 11-6, 11-1, 11-2 to win his first major tournament stop of the season.

Peck just simply couldn't get started and never really was in the match as Harnett completely dominated the Texan.

"The main thing to remember when you play against Dave is to serve a serve he can't kill," says Harnett. "He had a hard time with my serve. I just gave him a soft serve but I was able to place it so if he did shoot it, it would be a low percentage shot."

Peck was complimentary of Harnett. "He was hitting the ball low," says Peck. "He placed the ball where he needed to. I couldn't do anything. When I've played him before, he's been off a little more. But his

TOURNAMENTS



Photo by Dennis Oda

An exhausted Bret Harnett acknowledges his first pro tournament victory of the season after defeating Dave Peck in Honolulu.

style threw mine off completely."

In the semifinals Peck, the defending Hawaiian champion from the previous year, was determined to hold on to that honor. However, a revitalized Mike Yellen, who was still savoring his New Haven victory, had other ideas. Peck, who hadn't lost to Yellen this year, was confident.

In a methodical, closely fought match, Peck emerged over Yellen 11-2, 3-11, 11-8, 11-10. In the quarters, Hogan defeated Hilecher in four games, Harnett topped Andrews in four, Peck beat Don Thomas in three and Yellen defeated Gregg Peck in four games.

The King Still Rules

By Thomas J. Morrow

With only two sanctioned professional racquetball tournaments remaining before the DP Leach/Catalina Nationals in Palatine, Illinois (May 28-June 5), it will take a major upset to take the number one ranking from five-time defending national champion Marty Hogan.

Hogan won his second pro stop in Bea-

verton, Ore., by defeating Bret Harnett 9-11, 11-4, 11-4, 11-10.

Winning only two events during the pro season normally wouldn't make much of a headline. But this year it's been different. Up until Beaverton, no one else on the tour had won two major stops. Hogan won in California, Peck won in Minnesota, Yellen took the Connecticut stop by storm and Harnett upset Hogan and Peck to win his first major tour stop in Honolulu.

Unless Hogan gets blown out in one of the early rounds in Austin and Anaheim or has a bad showing at the Nationals, it would appear no one will be able to stop him. Hogan traditionally finishes strong and has no intention of relinquishing his national crown he has dominated for the past five years.

And, unless Peck regains the momentum he had last season, it would appear only Yellen and Harnett have any sort of chance at taking Hogan this season. Yellen is playing the best he has in two years, but it is Harnett who has been blowing everyone off the court in a one-two-three fashion.

The Beaverton tournament was almost a repeat of the Honolulu pro stop. Harnett walked through nearly everyone he played prior to the finals.

When Hogan lost the first game to Harnett, whispers in the crowd began proclaiming: "The King is dead!"

"Everybody sensed that I was ready to quit," says Hogan. "I have dominated the

game for so long that they all thought I was going to retire and roll over right out there on the floor. But one thing I've learned in my career is never to settle for second place. I came into this tournament in the best physical shape of my life."

Early in the match Harnett came out slamming and quickly scored a 6-0 lead in the first game. Harnett managed to briefly hang on to the lead. The score suddenly became tied 9-9, until Harnett slipped ahead to win 11-9.

In the second game, Hogan put the capper on the match with a soft dink shot near the front wall, winning 11-4.

The third game proved Hogan definitely had the momentum over Harnett, who wasn't playing near the quality he had been for the past two months. Hogan racked up an 8-2 lead without even working up a sweat before eventually winning the game 11-4.

Harnett jumped to a 4-2 lead in the fourth game, then stretched it to 6-2 before Hogan managed to tie it at 6-6. The two players were diving, jumping, leaping, making fantastic gets and kill shots, while at the same time showing the best of sportsmanship and respect toward each other. The score climbed to an 8-8 tie and stayed there for quite a while when the two players exchanged sides 11 times. It was tied again at 9-9, but Harnett hit a forehand into the right corner to bring the score to 10-9. Another diving rally ended with Hogan

Photo by Neil Wolf



Bret Harnett (left) dives for a back wall shot against Marty Hogan in the finals of the Oregon pro stop in Beaverton. Hogan went on to defeat Harnett in four games.

TOURNAMENTS

finishing the match and the tournament with a forehand kill shot, winning 11-10.

"I really fell off after that first game and didn't get it back until the fourth game," says Harnett. "I don't like to lose, but how can you be disappointed with yourself too much when you play the world's best as close as that?"

Hogan also had praise for his worthy opponent. "It's refreshing to see a player of Bret's caliber doing this well," he says. "He's a real gentleman, great player and fine athlete. I really enjoy playing him. It's a little like déjà vu seeing Bret do what he's doing. I'm not losing too much sleep over seeing him get this close, but I certainly can't relax because he's the kind of player who can take it all."

To reach the finals, Harnett defeated Peck 11-5, 11-3, 10-11, 11-6 and Hogan topped Yellen 11-5, 9-11, 11-5, 11-3.

In the quarterfinals, Peck defeated his younger brother Gregg in three games, Harnett beat qualifier Gerry Price in three, Yellen topped John Egerman in three and Hogan won over Don Thomas in three.

WPRA River Bend Classic

By Beverly Peterson

Eleventh seeded Vicki Panzeri upset top ranked Lynn Adams early in the WPRA River Bend Charity Classic Tournament in Fort Worth, Texas to earn the right to face former national champion Heather McKay in the finals.

In the first game of the finals McKay took control of the game by positioning herself in center court. She defeated Panzeri 21-14.

"I was a little tense until I got more and more into it," says Panzeri.

Panzeri changed her pace and evened the score 13-13 with several kills and low passes. An effective backhand and a pinch put McKay back into the lead, 19-16. But it didn't last, because Panzeri didn't retrieve. In fact, she played more offensively and every time Panzeri was given the opportunity, jumped on the ball for a kill.

Panzeri began the third game with complete confidence in her power game leading 5-2. A spectacular 40-foot roll by McKay gave her command of the game 18-16. Panzeri came back with a pinch to make the score 19-17. A soft shot from the corner put McKay at game point and was followed by a pinch at the side wall to give the game to McKay 21-19.

McKay took a wide lead, 9-2, over Panzeri in the fourth game. But with some low pass shots Panzeri evened the score, 11-11. Panzeri had the lead 14-12 when her racquet broke. At a 17-13 lead by Panzeri, contact was made between the players.

McKay had won the point and Panzeri could have played the ball. "She had won the point," says McKay. "Vicki had tried to go for the ball hitting me in the mid-section. The wind was knocked out of me."

A tied contest followed, 17-17, 18-18, 19-19. Panzeri made game point with a speed shot off the front wall and then tried a screen serve, skipping it and evening the score once again 20-20. The score was also tied at 21 and 22. McKay caught Panzeri with a pinch shot and then a reverse pinch winning the game 24-22.

McKay said her game plan was to pinch more shots and to be patient. She said the courts took some getting used to at first.

Panzeri, on the other hand, said she likes to maintain a fast pace like a runner. "I'm normally an angry player but this time I let things go by," says Panzeri. "It's the first time to enter the finals for me. I feel really pleased about my play."

To reach the finals, Panzeri defeated Adams 15-21, 21-15, 21-17, 9-21, 15-13

DP Leach/Catalina Player Point Standings

(as of February 20, 1983)

	Points
1. Marty Hogan	490
2. Mike Yellen	380
3. Dave Peck	370
4. Bret Harnett	360
5. Don Thomas	230
6. Gregg Peck	230
7. Ed Andrews	210
8. Jerry Hilecher	200
9. Doug Cohen	170
10. John Egerman	160

WPRA Rankings

(as of February 21, 1983)

	Total Ranking Points
1. Lynn Adams	511.25
2. Heather McKay	462.50
3. Shannon Wright	328.13
4. Laura Martino	183.75
5. Terri Gilreath	156.88
6. Vicki Panzeri	136.88
7. Peggy Gardner	121.25
8. Marci Greer	112.50
9. Jennifer Harding	97.50
10. Barbara Maltby	85.00

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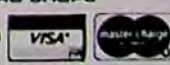
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TOURNAMENTS

and McKay beat Shannon Wright 13-21, 21-18, 23-21, 23-21.

In the quarterfinals Adams defeated Marci Greer in four games, Wright topped Caryn McKinney in three, McKay beat Peggy Gardner in three and Panzeri won over Laura Martino in four.

Photo by John Hughes



Touring pro Jerry Hilecher defeated former national racquetball champion Charlie Brumfield in an exhibition match of the Isuzu Racquetball Grand Prix at the Irvine Clubhouse in California.

Etc.

- Jack Newman defeated Kelvin Vantrease and Kay Kuhfeld topped Pam Clark in the season opener open finals of the Ektelon Regional Championships in Chicago, Illinois. That same weekend, Mark Martino beat Brian Hawkes and Marci Drexler topped Kippi Bishop in the open finals of the Ektelon Regional Championships in Fountain Valley, California. Martino and Newman will advance to the Ektelon National Championships in May. There they will vie for the national title and \$1,000 in prize money against six other regional winners yet to be decided.

- The Santa Ana Racquetball World defeated the Hacienda Health Club in California to win the finals of the Isuzu Racquetball Grand Prix '82. Mike Gustaveson and Bobby Green were the open finals players who clinched the award for Racquetball World.

- Ross Harvey defeated Aaron Katz and Tammy Hajjar topped Jessica Rubin in the open finals of the 21st Point Club St. Valentine's Open in Albany, New York. Jim Rougeaux and Sherry Moran beat John Rosado and Theresa Rosado in mixed doubles competition.

- John McConnochie defeated John

McMahon and Angie Stevens topped Theresa Scott in the open finals of the 1983 Miller Lite Beer Second Annual Racquet Tournament in Juneau, Alaska. Brad O'Dell and Gail O'Dell beat Theresa Scott and Willy Stone in mixed doubles. The tournament raised \$1,000 for the National Multiple Sclerosis Society.

- Jeff Riehl defeated John Negast and Elaine Mardas beat Abbie Baxter in the open finals of the Open Winter Tournament in Poland, Ohio. John Negast and John Moshides defeated Dave Kavanda and Henry Wiseman and Elaine Mardas and Michele Cullen beat Ellen Kosa and Beth Kobly in open doubles.

- Tom Szaiko topped Mike Kallimani in the open finals of the Elkhart YMCA Valentine Racquetball Tournament in Elkhart, Indiana.

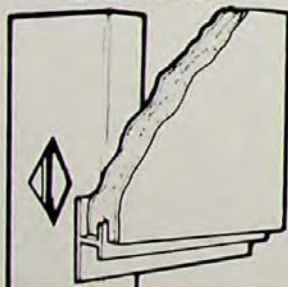
- Bob Nix defeated Lonnie Allgood and Kathy Yard beat Jane Enderlein in the open finals of the 1983 Holiday Classic Tournament in Medford, New Jersey. Rich Vivolo and Rick Platas topped Lonnie Allgood and Mr. Searles and Kathy Yard and Ms. Cummings defeated Mary Rasmussen and Jane Enderlein in open doubles. The tournament raised more than \$1,000 to benefit the Ronald McDonald House and the Eagles Fly for Leukemia Fund.



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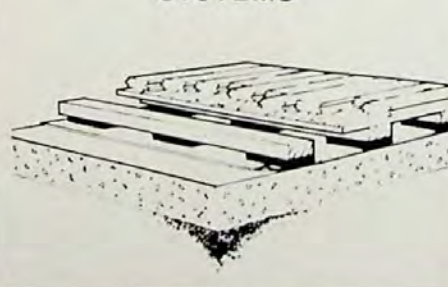
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Court Quencher



For those racquetball players who would like to tote along a quick thirst quencher in their racquetball bags, Ocean Spray introduces the "Paper Bottle." These unique single-serving airtight paper containers require no refrigeration or freezing (keeps at room temperature).

Fruit juices in the Paper Bottle contain

no preservatives and are available in six flavors: cranberry, pink grapefruit, cranapple, grapefruit, grape cranberry and apple.

The Paper Bottle retails for about \$1 and is available in selected supermarkets, convenience stores and delicatessens.

Sports Support

Like running on air, the new men's Burlington Runner-Lite socks for racquetball players and women's Jogger-Lite are wafer-thin with cotton sport sock support.

The socks feature a stay put top available in white and assorted contrasting cuffs. The socks are made of 50 percent cotton, 25 percent acrylic, 20 percent nylon and 5 percent lycra.

Suggested retail price for the socks is \$3 for the men's and \$2.50 for the women's. For further information contact Burlington, 1221 Avenue of the Americas, New York, N.Y., 10020.



Conditioning Aids

Watching a racquetball player is like watching fluid motion. The movements are automatic, allowing the player to concentrate on strategy.

Most recreational players don't seem to react quite as automatically to the ball. There is a certain amount of hesitation between the time the mind summarizes a situation, decides how to react and passes the instructions along the nerves and muscles.

Indian clubs—once a popular conditioning aid of the military in India,



Rome, Persia and Britain—can be quite helpful toward overcoming this hesitation. Exercise repetitions with Indian clubs get the arms accustomed to a swinging motion, so the swing becomes second nature. Also, working with the clubs develops muscle tone in the wrists, arms, shoulders and upper torso. Eventually, returning a racquetball becomes much more automatic and players can concentrate on strategy rather than mechanics.

Made of hardwood maple, Diametrics Indian Clubs are 18 inches long and weigh two-and-a-half pounds each. Included with each pair is an exercise booklet with Diametric techniques. Suggested retail price is \$24.95. For further information contact J.M. D'Arcy Diametrics Company, P.O. Box 818, Windsor, Conn., 06095.

A Step in the Right Direction



Foot-Joy, a leading manufacturer of athletic shoes and accessories, introduces Tufts SL. This shoe is specifically designed to handle the lateral skidding and explosive twisting motions that are associated with racquetball.

To help racquetball players achieve maximum performance, Tufts SL (men's style 62521 and women's style 64527) features a leather speed lacing design to maximize foot control. Tufts SL also features a leather toe cap and polyurethane air-flo shock resistant removable innersole with form fit support. The lightweight, durable gum rubber outersole provides high-traction performance.

Suggested retail price for Tufts SL is **\$39.**

For further information on Tufts SL and the Foot-Joy athletic footwear line contact Foot-Joy, 144 Field Street, Brockton, Massachusetts, 02403.

Stepping In Style

Etonic introduces an innovative racquetball and tennis shoe which represents a radical visual and function departure from traditional court footwear. The Catalyst resembles a slipper.

Featuring a two-part sole with a flexible coupling at the center, this unique court shoe retails for **\$59.95**. For further information contact Etonic, 147 Centre St., Brockton, Mass., 02403.



Racquetball Shoe Seal



White formula Shoe Mend is an advanced shoe repair product. The secret is in the high rubber content chemically brewed into every tube.

Applied to worn and torn areas of racquetball and tennis shoes, it dries overnight to a tough, permanent repair. Suggested retail price is **\$1.49.**

For further information contact Unique Sports Products, Inc., 5687 New Peachtree Road, Atlanta, Georgia, 30341 or phone (404) 451-2800.

Racquetball Rinse

"Take a Shower," used by racquetball players, joggers, skaters and skiers, washes away dirt and sweat even when there is no running water available. By squirting "Take a Shower" on a paper towel or cloth it is ideal for those who take a noontime racquetball break.

"Take a Shower" is packed in a plastic pouch with two mesh applicator mitts and retails from **\$1.80** (four ounce bottle) to **\$5** (eight ounce). For further information contact The Health Works, 808 Busse Highway, Park Ridge, Ill., 60068 or phone (312) 696-3037.



Perfecting Your Swing

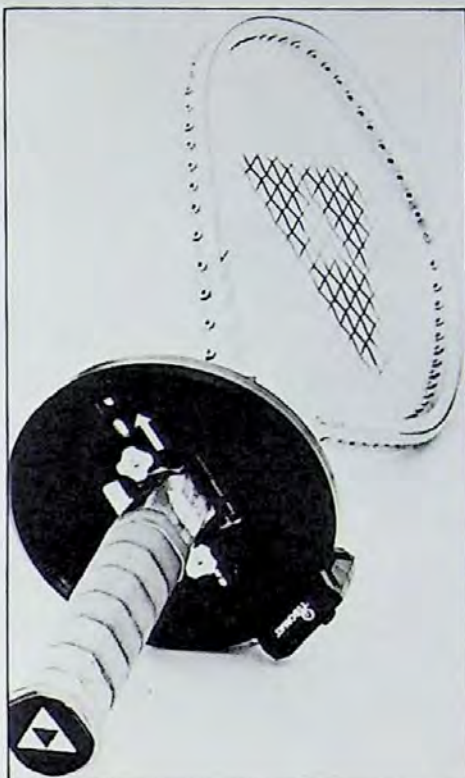
The Tisomat disc is the first electronic racquetball and tennis training aid designed to help players perfect their forehand, backhand and serve strokes. The disc is fastened to the throat of the racquet and fits all types, sizes and makes of racquets. Mounting is simple and can be done in seconds.

The proper swing of the racquet is signalled by three electronic "beep" sounds. These sounds are activated by a computer battery from a carriage attached to the Tisomat disc. Less than three "beeps" or none at all indicates incorrect execution of the forehand or backhand stroke.

Beginning players can perfect proper stroke technique. Intermediate and advanced players can improve ball control and hitting accuracy.

Suggested retail price is **\$75.**

For further information contact the Vetter Company, Inc., Box 652 Park and "S" Center, Elm Grove, Wisconsin, 53122 or phone (414) 782-6330.



Sportswear Support

Actively Yours offers a bra that limits bounce without restricting freedom of movement. The bra features a patent-pending non-stretch nylon mesh at the neckline and between the cups to provide ventilation and prevent moisture build-up. Non-slip straps are positioned closer to the neck.

The bra is available in sizes 32A to 46DD. The suggested retail price for the bra is **\$24** and is available in sports stores or by mail order (add **\$2** for shipping) from Actively Yours, 347B Noyac Road RBI-6, Sag Harbor, N.Y., 11963.



Shoulder Strength

To improve your racquetball swing, Polaris/Ironco suggests adding its Lateral Deltoid machine to your workout routine. This machine isolates the lateral deltoid muscles (side shoulders) through an efficient and compact double cam system. It provides body adjustment through a fast, easy-spin seat. Weight levels accommodate from five to 150 pounds.

Suggested retail price for the machine is **\$1,595.**

For further information contact Polaris/Ironco, 5334 Banks St., San Diego, Calif., 92110 or phone (619) 297-4349.



Portable Heart Monitor

Sunshine Express introduces the Exercise Trainer ET-2000, a portable heart monitoring device that can be used during racquetball or any type of exercise with total accuracy.

ET-2000 is a major breakthrough in the fast developing heart rate monitoring field. The unit is the first and only wrist-worn portable heart monitor that picks up the true electro-cardiogram heart signal. It also displays a continuous update of your heart rate during any type of exercise (except swimming).

Those suffering from cardiovascular

problems can use the ET-2000 to continuously monitor their pulse rate to avoid over-exerting themselves.

ET-2000 is programmable with the upper and lower limits of a person's exercise zone. The unit also gives an audible alarm if the heart rate exceeds the upper limit or falls below the lower limit.

The suggested retail for ET-2000 is **\$229.99**. For more information call (800) 423-6383 in California and (800) 352-6207 elsewhere in the United States.



Fashion Fitness '83

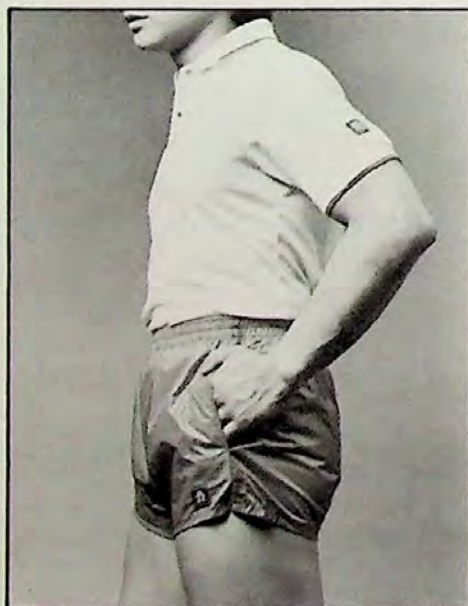
Outfits courtesy Munsingwear (Minneapolis, Minn.)/Shoes, glove and bags courtesy Foot-Joy (Brockton, Mass.)/Model: James Lew/Photography by Ed Ikuta



(Left) "Recwear" from Munsingwear is designed for outings to and from the racquetball club. White with marathon yellow and marine blue stripe shirt. Box collar with two-button placket. \$24. Tri-blend pants (poly/cotton/nylon) with elastic waistband and zipper front. Contrast piping along side seam pockets. \$34. Matching marine blue zipper front jacket with marathon yellow piping along underarm. Cadet collar and flapped front pocket with concealed zipper. \$58. The latest in fashion footwear from Foot-Joy (Tuffs TP) features staggered eight-eyelet lacing with blue puffed vamp area. Air-flo sponge cushion innersole and gum rubber outersole. \$45. Foot-Joy all-purpose orlon-acrylic socks feature three color stripes, FJ logo and "stay up" design. \$4.25. To carry along racquetball accessories, the Racquetball Gear Bag (front) from Foot-Joy has adjustable, detachable strap with wet clothes pocket and racquet pouch. \$20. Large All-Sport Gear Bag (rear) features adjustable, detachable shoulder strap with leather shoulder pad. Large enough to hold any size racquet. \$35.



(Below) Add some pizzazz to your play with this white with smoke and banner red striped collar shirt. Snap front placket. \$21. Banner red with smoke piping pull-on shorts. Contrast piping along side seam pockets. \$19.



(Above) Jade with white double placement bar shirt. Striped box collar with front placket. \$26. Matching poly/cotton white twill shorts with jade side piping. Elastic back waistband. Two side seam pockets with one right rear pocket. \$22.50. For a better grip on your racquet, Foot-Joy suggests its Sta-Sof glove. Resists absorbing perspiration so it stays dry and grips better. Restores itself after play. \$12.50.



(Above) For a casual court coordinate, Munsingwear suggests its marine blue with marathon yellow eight bar placement stripe shirt. Box collar with snap front placket. \$26. Matching polyester white shorts with marathon yellow waistband. Three-quarter elastic waistband with snap closure. \$26.

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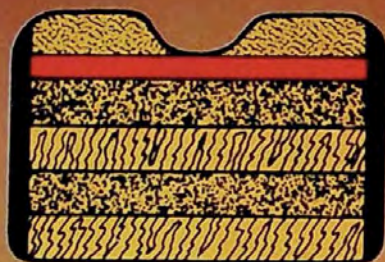
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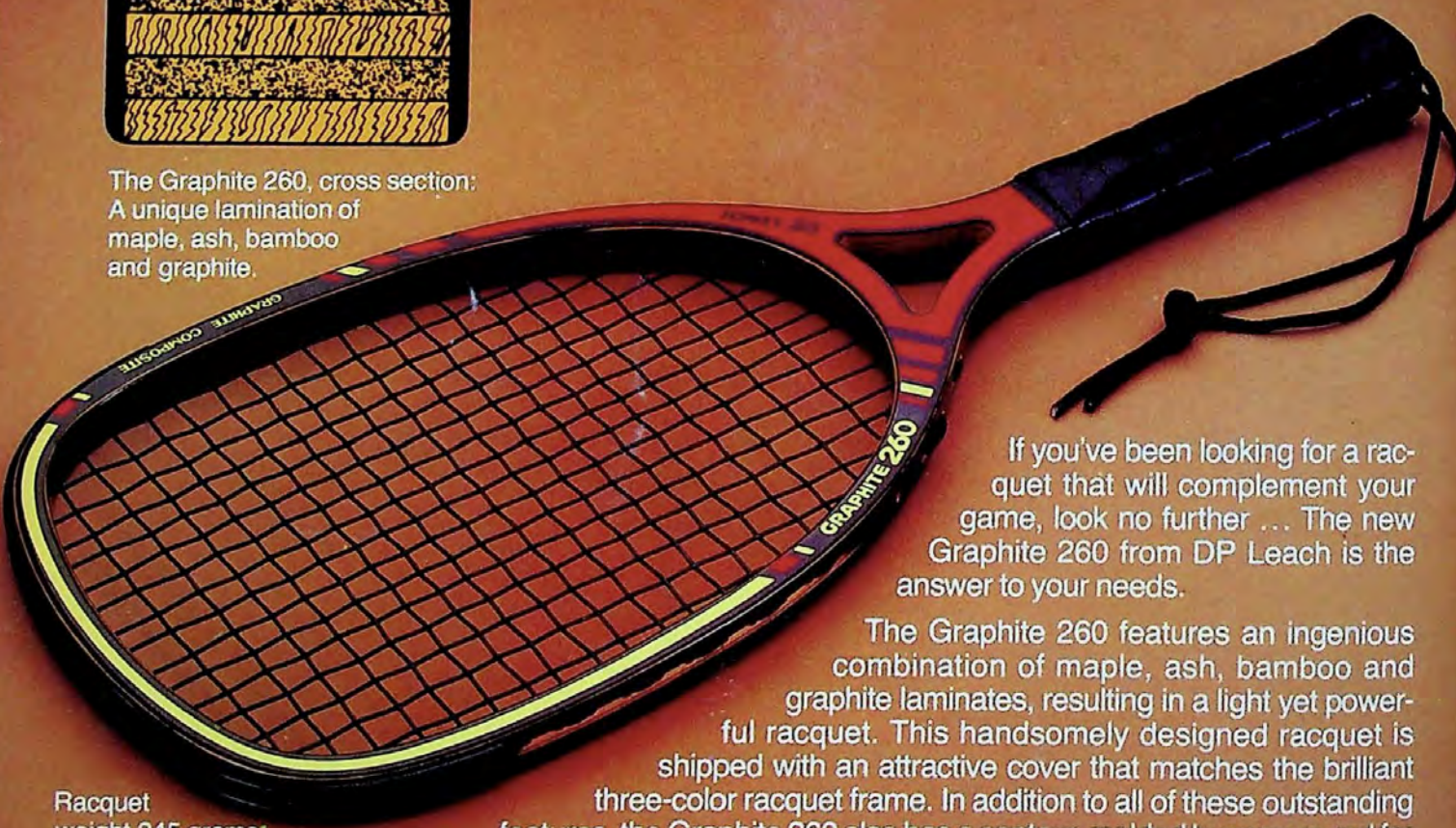
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