

RACQUETBALL ILLUSTRATED

December/January 1984
K48651

\$2.00

**Shape-Up
Special!**
How to Start
Your Own Home
Fitness Center

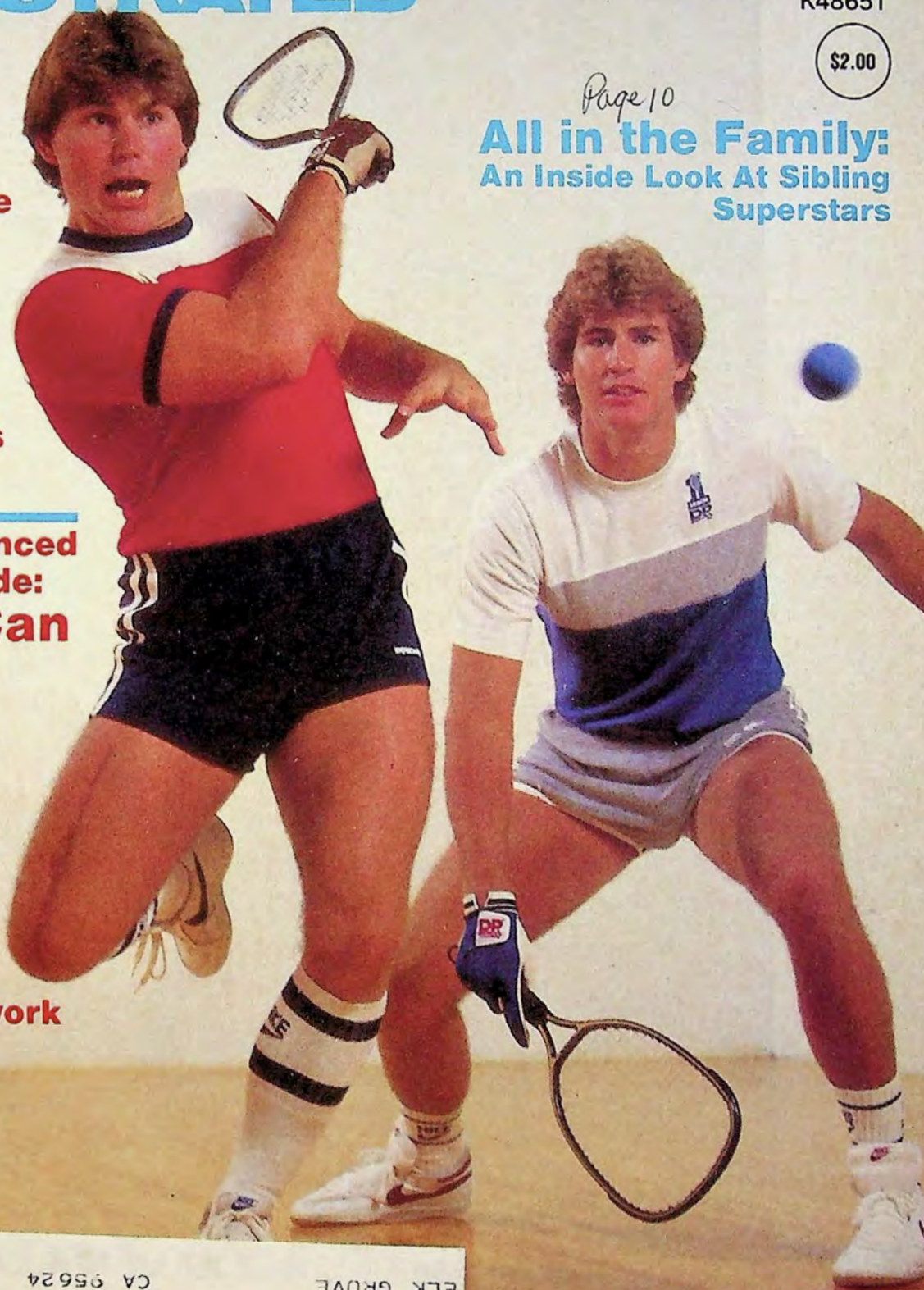
**Winter
Workout**
Where to Find
the Best Courts
and Ski Slopes

**Exclusive Advanced
Instruction Guide:
How You Can
Play Like
the Pros**

**Stepping
For
Success**
What it Takes
to Have
Flawless Footwork

**4 Fast
Formulas For
A Better
Backhand**

Page 10
All in the Family:
An Inside Look At Sibling
Superstars

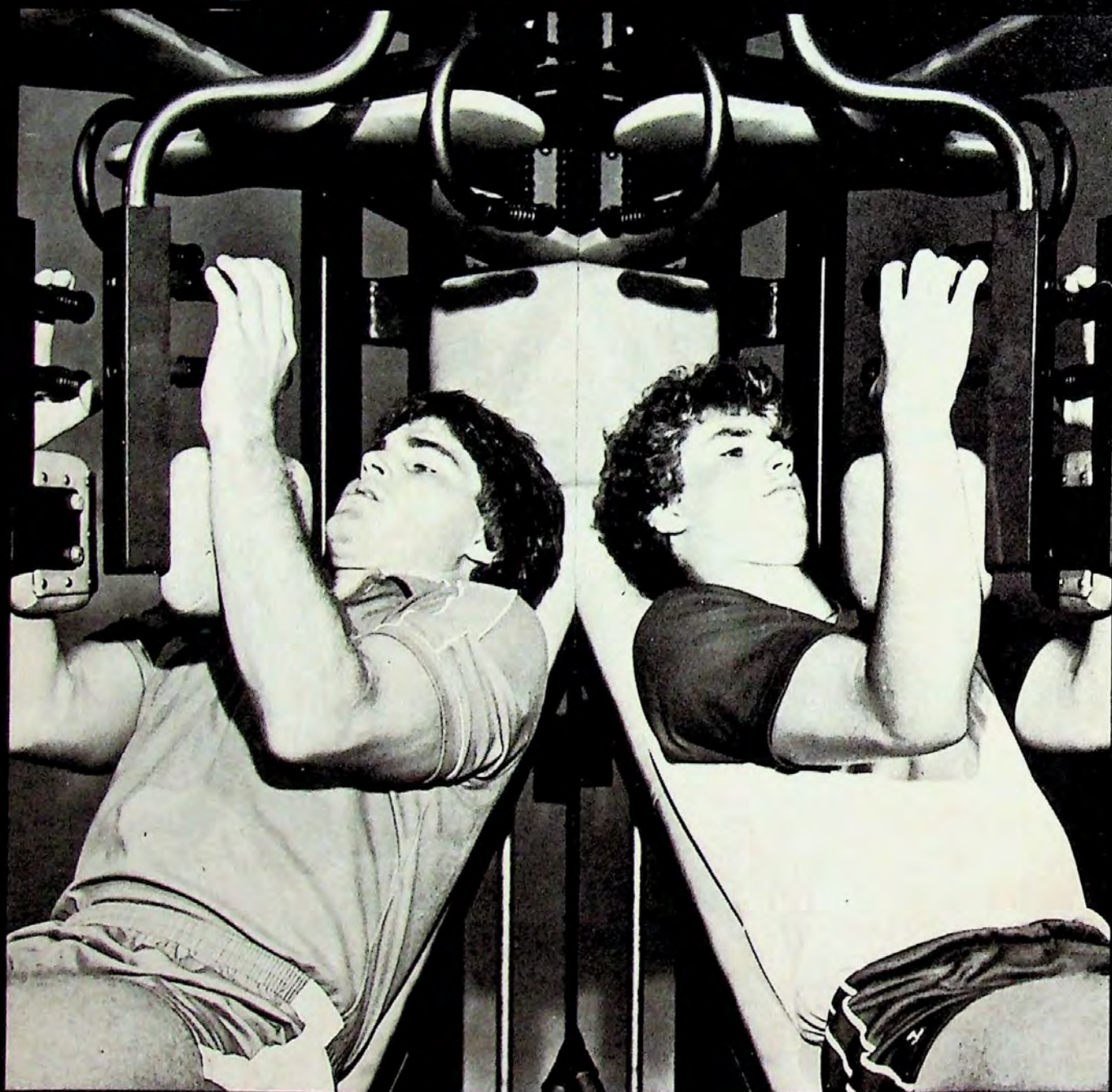


MAY 1985
95624CAS919BD006 PACG 050
JEAN CHASTAIN
9194 BADER RD
BGN
CA 95624
ELK GROVE

service
defense
forehand
backhand
conditioning

THE GAME

racquetball



Top ranked Racquetball professionals
Dave and Gregg Peck

[®] **Nautilus**
SPORTS/MEDICAL INDUSTRIES

P.O. Box 1783 ■ Dept. RI ■ DeLand, Florida 32720 ■ (904) 228-2884

RACQUETBALL

ILLUSTRATED

December/January 1984 Vol. 7, No. 1

Features

- 10 **All in the Family** Famous racquetball families share their secrets of success. *By Rhonda Wilson*
- 16 **Racquetball Below Zero** Racquetball is becoming a "natural high" at some of the country's most popular ski resorts. *By Michael Logan*

Special Home Fitness Section

- 32 **The 24-Hour Workout** A guide to the latest in family fitness equipment. *By Anthony Serafini*
- 38 **20 x 40 x 20** In an age of fitness first, many players are building their own racquetball courts. *By Mathew Tekulsky*

Advanced Instruction Guide

- 22 **Flawless Footwork** *By Jerry Hilecher*
- 24 **Five Simple Shot Selection Strategies** *By Steve Keeley*
- 27 **Four Fast Formulas For a Better Backhand** *By Marty Hogan*
- 28 **Wide-Angle Passing Shots** *By Mike Yellen*
- 29 **Surprise Southpaw Strategies** *By Bret Harnett*

Departments

- 4 **Side Out**
- 8 **Short Shots**
- 42 **Tournaments** Ektelon/Pernod Championship Series, WPRA in Massachusetts and the Central American Regional Games in Costa Rica
- 44 **Service Box**
- 46 **Off the Wall** Network Racquetball? *By Eric Alter*



10



16



32

All Work and No Play?

Regarding your article "Racquetball and the Business Traveler" (June 1983), "For Members Only" need not deter the racquetball/business traveler any longer. Travelers Tennis & Racquetball, Inc. has provided, for its members, privileges to play in hundreds of the finest host clubs and resorts throughout the United States, Canada and Mexico. The organization, begun by president Patrick L. Gaffney (himself an avid jogger and racquet sports competitor as well as a weekly intracontinental traveler), is a viable option offered to the regular racquetball player. Extras and fringe benefits, geared to the traveler, are offered in addition to annual membership and an executive directory of private clubs.

All in the spirit of fostering racquet sports participation on a regular basis, whether at home or away, "travelers" can open those heretofore closed doors.

E. Shannon Driscoll
General Manager
Travelers Tennis & Racquetball, Inc.
Longboat Key, Florida

Wider Shoes?

Regarding some of your feature articles on racquetball shoes, all of my questions were answered except one. In trying to buy a pair of shoes to fit my feet, I ran into a big problem of trying to find a pair that was wide enough.

In doing your research for these articles, did you find any shoe company that makes wide shoes? If so, I would like to have their address so I could order a pair.

William M. Roberts
Tacoma, Washington

Editor's note: Your search ends here. Many athletic shoe companies are offering some styles for men in widths up to EE. For example, the CT 600 from New Balance is an all-purpose shoe with wider soled players in mind. This shoe is designed for better traction and comfort on court. The CT 600 is also available in the EE width. For further information, you may contact New Balance at its main office in Boston, Massachusetts at (617) 783-4000.

Eye Deal

I have a story I would like to tell about eye protection.

I wear prescription glasses and enjoy playing racquetball very much. I've never given eye protection much thought since I wear a plastic frame and lenses. One evening I was playing a game and my opponent went for the ball. I was near the area where he was aiming. After he hit the ball and brought his racquet up, it hit me in the left eye and eyebrow. Fortunately for my eye, I wore

glasses but I did receive a nice size bump on my eyebrow.

It could have been a lot more serious—like some of the letters that other racquetball players send you. I consider myself very lucky. I now have the Eye and Glasses Protector from Unique Sports Products in Atlanta, Georgia. It takes some getting used to but it is well worth it and costs under \$20. Any eye protection that you buy is worth the investment. Please keep bringing up the point about how important eye protection is.

I enjoy reading your magazine very much and it has been very helpful to me. I like all your articles. Keep up the good work.

Larry J. Welcher
Norfolk, Virginia

Salute to Southpaws

I read your magazine every month and find every article very interesting. I play racquetball every day and find your instructional section very helpful. I found your article, "Southpaw Service Strategies" in the October/November issue to be very good.

I was injured at work and had three operations on my right shoulder. The only way I could play racquetball was to play left-handed. Rather than quit playing racquetball cold turkey I played left-handed for six months. I have recently switched back to a right-handed game. However, I have limited range with my arm and have lost a lot of strength.

When my doctor said I could return to a right-handed game, I started working with weights. My forehand is better than ever but my overhead and backhand shots need a lot of help. I plan on playing until I reach my goal of winning an open division. I am a "B" player now (or should I say used to be) but with lots of work and your tips I know I can reach my goals.

Thank you so much for printing your articles on left-handed instruction because I know without them I would never have been able to play during those months of recovery. I have ran more than 20 tournaments for the YMCA in Oklahoma City in the past three years on a volunteer basis. One tournament I started while I was in the hospital with my shoulder injury. With the help of some of the racquetball players and an evening pass from the hospital, the tournament turned out great.

Kathy Grice
Oklahoma City, Oklahoma

Drive to a Dream

Initially this was to be a great "All American" letter about the dream to become a national champion come true. But instead, it is a story of a realistic happening and real feelings of disappointment and frustration. The 1983

Curtis F. Wong	Publisher
Robert Matheney	Associate Publisher
Rhonda Wilson	Executive Editor
Mark Komuro	Art Director
Sandra Segal Mark Shuper	Assistant Editors
Brandi Centeno	Associate Art Director
Karin Prymak	Typographer
Ed Ikula	Photographer
Eric Alter Heather Kirkwood Brad Kruger Michael Logan Mathew Tekulsky	Contributing Writers
Carrie Wong	Administration and Accounting Manager
Barbara Wright	Administration Assistant
Margaret Tajiri	Sales Manager Unique Publications

Editorial Offices: 7011 Sunset Boulevard, Hollywood, California 90028-7597 (213) 467-1300. Return postage must accompany all manuscripts, drawings and photographs submitted if they are to be returned, and no responsibility can be assumed for unsolicited materials. All rights in letters sent to *RACQUETBALL ILLUSTRATED* will be treated as unconditionally assigned for publication and copyright purposes and as subject to *RACQUETBALL ILLUSTRATED*'s right to edit and to comment editorially. Contents Copyright ©1984 by CFW Enterprises. Nothing may be reprinted in whole or in part without written permission from the publishers.

Advertising Office:
LOS ANGELES: 7011 Sunset Boulevard, Hollywood, California 90028-7597 (213) 467-1300.
Robert Matheney, Advertising Director

CFW Enterprises, Inc.

Curtis F. Wong President
Craig L. Nickerson Executive Vice-President
RACQUETBALL ILLUSTRATED is published bi-monthly (six times a year) by CFW Enterprises, 7011 Sunset Blvd., Hollywood, California 90028-7597. Second class postage is paid in Los Angeles, California and at additional mailing offices.

(ISSN 0161-4312)

Postmaster send form 3579 to: CFW Enterprises, 7011 Sunset Boulevard, Hollywood, California 90028-7597.



IMPROVE YOUR GRASP OF THE GAME.

Pamper your hand with the softest sheepskin leather. Experience the comfort of seams you'll never feel. This is the glove that fits like skin. And grips like steel. The only glove worthy of the first name in racquetballs. The all-new racquetball glove from Penn. Ask for it wherever Penn racquetballs are sold.



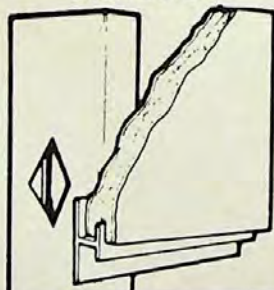
Penn Athletic Products Company



SPORTS

UNLIMITED

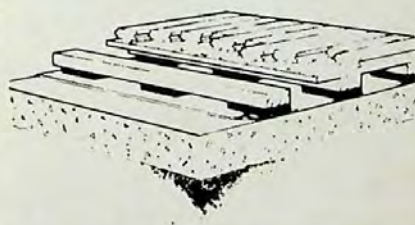
PRE-FINISHED PANEL SYSTEMS



MODUCOURT BUILDING SYSTEMS



HARDWOOD FLOOR SYSTEMS



Largest contractor of
racquetball courts in the U.S.A.

★ Commercial Buildings
★ Racquetball Courts

★ Racquetball
★ Gymnasium Floor
★ Floor Refinishing

FOR MORE INFORMATION CALL
1-800-654-6810

(OKLAHOMA CALL (405) 624-1252)

SPORTS UNLIMITED

P. O. Box 1207

Stillwater, OK 74076

IN CANADA:
**Canadian Racquet
Sports Equipment Ltd.**
10021 - 169 Street
Edmonton, Alberta, Canada
T5P 4M9
Phone: (403) 483-5149
Telex: 03742560

HOLABIRD SPORTS DISCOUNTERS *Beats Them All!*

• LOWEST PRICES • FACTORY WARRANTIES
• 48-HR. SHIPPING OR MONEY BACK

AMF HEAD RACQUETS

STANDARD	\$29.95
MASTER	36.95
PRO	44.95
GRAPHITE EXPRESS	67.95
GRAPHITE APEX	99.98
VECTOR	59.98

AMF VOIT RACQUETS

IMPACT I OR IMPACT M	\$33.95
IMPACT I OR IMPACT II	39.95
NOVA 2	19.95
NOVA 3	29.95
PACER	59.00

EKTELON RACQUETS

250 G	\$77.95
CBK	139.00
MARATHON GRAPHITE	42.95
MAGNUM II	50.98
CITORI	57.95
INTERCEPTOR	34.95
CR200	31.95
NEW COMP JUNIOR	20.95
GRC 3000—NEW	105.95
ST 245—NEW	71.50

KENNEL RACQUETS

HOGAN GRAPHITE	\$79.95
HOGAN COMPOSITE	58.95

LEACH RACQUETS

BROMFIELD ALUMINUM	\$24.00
BANDIDO GRAPHITE	24.95
HOGAN GRAPHITE 8000	62.95
HOGAN STEEL	60.95
HOGAN USA 100% Graph	89.95
GRAPHITE AC 240	41.95
GRAPHITE 260	49.95

WILSON RACQUETS

COMPOSITE PLUS	\$68.50
NEW EPIC PWS	38.95
STING GRAPHITE	39.95
TEMPEST PLUS	24.95
GRAPHITE BOSS	29.95

TENNIS & RACQUETBALL SHOES

FOOT JOY TUFFS M/L	\$22.95
FOOT JOY TUFFS 1/4 HIGH L/M	28.95
FOOT JOY HI-TOPS M	25.95
FOOT JOY POWER STRAPS M	33.00
ADIDAS GRAND PRIX M	32.95
ADIDAS STAN SMITH M	32.95
ADIDAS ATP FUTURA M	43.95
NIKE AIR ACES M	48.95
NIKE LADIES RACQUETTE	25.95
NIKE CHALLENGE COURT M	30.75
NIKE ALICOURT CANVAS M/L	16.95
NIKE COURT FORCE M	21.95
NIKE RIVALRY MENS NYLON MESH	25.95
PUMA VILAS TOPSPIN M	34.00
PUMA GUILLERMO VILAS LEATHER M	26.95
BATA PLAYOFF L/M	18.95
CONVERSE JIM CONNORS LEATHER M	29.95

BALLS/ACCESSORIES

PENN ULTRA BLUE BALLS	6 CANS 13.95
WILSON TRU BLUE BALLS	6 CANS 11.00
VOIT ROLLOUT BLEU BALLS	6 CANS 14.50
EKTELON BLUE BALLS (NEW)	6 CANS 14.50
EKTELON TOURNAMENT BAG	21.95
EKTELON CLASSIC COURT BAG	23.95
EKTELON GRAND TOURING BAG	29.95
EKTELON INTERCEPTOR GLASSES	19.95
AMF VOIT BAG, REG. 35.95	24.00
RAINBOW EYEGUARDS, REG. 8.95	4.95
EKTELON, FOOT JOY, ETC. GLOVES DISCOUNTED	

HOLABIRD SPORTS DISCOUNTERS

6400 BECKLEY ST. BALTO. MD. 21224

301-633-8200 OR 633-3333

MON.—FRI. 9 AM-4 PM/SAT. & SUN. 9 AM-NOON

ONLY AT HOLABIRD — ONE LOW \$2.75
SHIPPING CHARGE FOR ANY QUANTITY

VISA, MASTERCARD—NO SERVICE CHARGE FOR CREDIT CARDS
Mail or phone—ship anywhere. Charges—include charge * & ex-
piration date or send money order. Small additional shipping
charge outside continental USA & APO's.
Quotes for other racquets/catalog available

SIDE OUT

AARA Junior National Championships became a learning experience for a few very talented and gifted sixteen-year-old racquetball players from California.

The pros have umpteen national championship tournaments to choose from. They also have a very efficient ranking system. The juniors, on the other hand, have but one national tournament (until this year—the U.S. Open Junior Racquetball Championships is now the second national caliber tournament for juniors) and a very inefficient ranking system. Look at the women's rankings from the AARA. You will see Marci Drexler ranked higher than pee wee Drexler—they are one and the same person.

Nevertheless, the 1983 Junior Nationals was to be a fine tournament for the youth of the sport. We left the Monday prior to the tournament and drove from Los Angeles to Oklahoma City in about 22 hours. The kids, Mark, Kevin and Tracy wanted to play as much racquetball as possible, so we played at the B-4 Racquetball Club that night.

From Oklahoma we drove to Lexington, Kentucky and played at a beautiful club called Racquetball at Northpark. This was a club that showed insight into their hiring process. They had fantastic personnel behind their reception desk. From Lexington (where by the way I lost a dinner bet to Tracy—she killed me in the tie-breaker), we went on to Baltimore.

It seems as though this is where our trip took a turn for the worse. After paying \$20 for one hour on one court at the Laurel Racquet Club, we were clicked off exactly one hour later. This was at 10:30 in the evening, no one was waiting for our court. After inquiring about the possibilities of staying on the court until someone needed it, I was informed the cost would be another \$20. We left the Laurel Racquetball Club wondering how juniors could afford to play racquetball. You see in California the kids stay at a club for hours playing, practicing, playing video games and socializing. The fact that amazed me about the Laurel Racquet Club was that it was a membership club that still charged its members for court time.

On to Fishkill, N.Y. and hopefully a national championship. Due to a misunderstanding in tournament seeding, Mark was placed against Cliff Swain, the eventual winner. Draws are draws, but Mark should not have been ignored in the seeding process. Needless to say, Cliff Swain is very impressive and was so when he defeated Mark.

Tracy is beyond a shadow of a doubt the best sixteen-year-old female player in the country. She was seeded number one and should have and could have won. Yet she played very poorly, as can happen in these tournaments, and was beaten by a girl who at her best would be a B player in California. The dream was shattered, but the lesson was just beginning.

Watching, talking, practicing—juniors are the future of this sport. Why then only one national tournament? Why are clubs across the country putting restrictions on the age of people that they allow into their facilities? Where there are kids, there are parents—two, possibly three new members come from just one junior player.

Too many clubs are ignoring the potential growth of the youth movement in racquetball. The AARA is doing a fine job with the juniors, but they could be doing so much more than just promoting their tournaments. How about promoting the sport and promoting character in the youth of racquetball? We do not need babies playing on glass courts. If racquetball is to flourish we need to promote the value of playing the sport and building a future.

The dream has yet to come true, but Tracy has two more years for a national championship. Since this is the first year for the U.S. Open Junior Racquetball Championships, a new dream may come true.

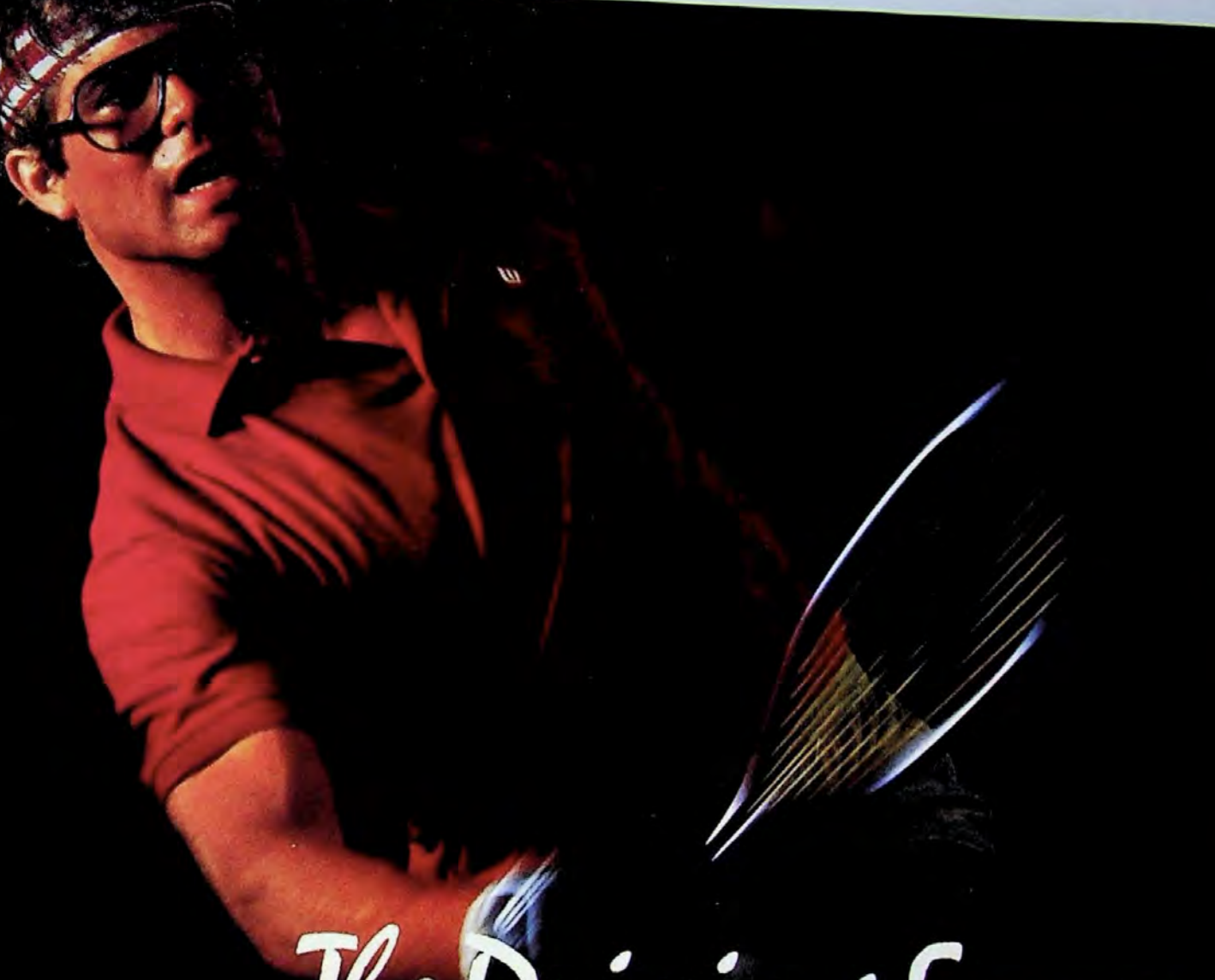
We covered 28 states in 12 days—a racquetball caravan. We played in Oklahoma City, Lexington, Baltimore, New York, Brockton, St. Louis (a beautiful city), Denver and then drove back home. The kids were happy to be home, I was happier that we broke down in St. Louis so that I could buy a Cardinal baseball jacket and see one of the most beautiful cities in the United States.

Mark, Kevin and Tracy felt the trip was fun and a worthwhile experience. We learned that to play racquetball outside of California can be costly. Most of all, they learned what fun it can be sharing and growing with each other's dreams. Making new friends, playing new places and, of course, the thrill of victory and the agony of defeat.

The great thing about the youth is there are so many tomorrows. The sport of racquetball has some great tomorrows ahead. Some of these juniors who are only twelve and thirteen years old are simply awesome. If the sport of racquetball is to prosper, as we all hope that it will, these talented kids need to be recognized and fine-tuned. Clubs across the country need to establish stronger communication lines between the youth in their areas and with organizations such as the AARA. Let's promote the sport—why not get high on racquetball!

Gary Williams
Hacienda Heights, California

Send letters to:
RACQUETBALL ILLUSTRATED
7011 Sunset Boulevard
Hollywood, CA 90028-7597

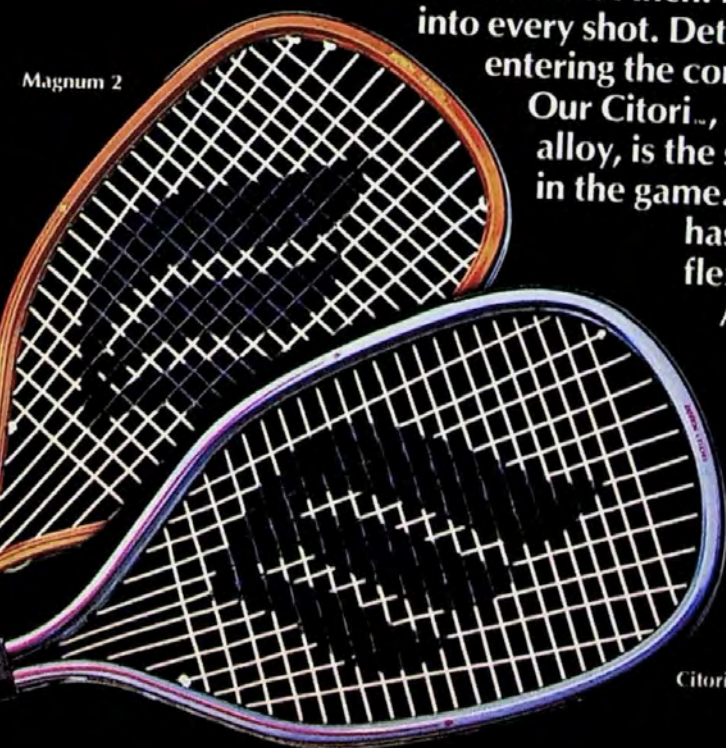


The Driving Force.

Drive. Kill. Pinch. Dive. You're putting everything you've got into every shot. Determined to succeed, driven to win, you're entering the competitive world where Ektelon excels.

Our Citori™, utilizing a unique Ektelon/True Temper™ alloy, is the stiffest, most powerful aluminum racquet in the game. Racquetball's most advanced technology has created the Magnum™ 2™, a more flexible racquet for the control player.

Awesome power. Exceptional control . . . from the driving force in racquetball . . . Ektelon.



Magnum 2

Citori

EKTELON

The Most Recommended Name in Racquetball

an official racquetball partner of  **BROWNING** racquetball

Jr. Sibling Stars



For the first time in the history of the American Amateur Racquetball Association (AARA), sisters took the top seeds at the Jr. National Championships. Thirteen-year-old Kim and twelve-year-old Stephanie Pinola of Blue Bell, Pennsylvania captured both the singles and doubles competition in Fishkill, New York last June.

"It wouldn't have been possible without the support of the Fort Washington (Pennsylvania) Club," says their father Bernie Pinola. Three months ago the racquetball club offered free court time to any member who volunteered to play the girls in training matches, according to Bernie.

"The response was strong and the girls were able to train one-and-a-half to two hours each day," says Michael Betz, club pro. "Kim and Stephanie have beaten some of our best adult players."

The Pinola sisters have been playing racquetball for the past four years. In those four years they won three state competitions, three regional championships and have held semi-finalist positions in the 1982 Jr. Nationals. This was their second trip to the Jr. Nationals.

In addition to racquetball, the Pinola sisters enjoy swimming, handball and video games. They are also honor students at the Epiphany School in Norristown, Pennsylvania.

Racquet Sports Convention

The 1984 International Racquet Sports Association (IRSA) National Convention—which annually attracts 700 to 800 racquet and multisport club owners and developers—will be held in New Orleans this February.

Topics that will be presented at the convention include "Facts and Figures Survey," in which the results of the IRSA's annual industry data study will be revealed, "Selling Corporate Memberships," "Fall Marketing Techniques," "Swimming Pool Cost and Design," "Computer Capabilities," "The Racquet Club of the Future," "Club Food and Beverage," plus many more topics dealing with specific areas of programming. Of particular interest to developers will be "Financing or Refinancing" and "Increasing Revenue through Better Design and Construction."

The IRSA National Convention is the only time during the year when owners of commercial racquet sports/fitness clubs meet to compare notes, exchange ideas and work together to improve their profitability.

For further information on the IRSA National Convention contact the IRSA at 112 Cypress St., Brookline, Mass. 02146 or phone (617) 734-8000.



Ambitious Aerob-a-thon

Powers Center Health and Racquetball Club raised \$6,000 for Houston's first Cystic Fibrosis Aerob-a-thon last October. The Aerob-a-thon lasted three-and-a-half hours and had 70 participants. Members and civic organizations asked their friends, relatives and business associates to pledge a monetary sum for each minute they exercised during the aerob-a-thon.

Cystic fibrosis is an inherited disorder which attacks the lungs and digestive system of its victims. Cystic fibrosis affects approximately one in every 1,800 newborns, making it the most common fatal genetic disease in the United States.

SHORT SHOTS

Costa Rican Coach

If you are a racquetball coach who likes travel, adventure and "muchos amigos" then Costa Rica may be the place for you.

The Costa Rican team—which will be competing in the World Championship Games in Sacramento, California this July—is seeking an experienced racquetball coach to prepare the team. A passport is not required—only proof of American citizenship and a tourist card.

In exchange, the lucky applicant who is chosen will receive six weeks worth of travel expenses, warm hospitality, six weeks in paradise and possibly token pay or the opportunity for additional employment.

If you are interested in the position



contact Rudolfo Echeverria, Asociacion Nacional de Racquetball, Apartado 35, 1150 La Uruca, Costa Rica. Knowledge of Spanish is not required.

Star Struck

Pictures, posters and praise! Enter the world of sports stardom.

And now top ranked touring pro Lynn Adams is no exception. Adams' superstar status has prompted the formation of her own private fan club—"Lynn's Racketts."

It all started when Kim Good—president of the club—delivered the *Daily Pilot* (the local newspaper) to Adams' home town in Costa Mesa, California. There was a feature story on Adams in the paper and the young newspaper person became an instant fan.

Since then Good and five other members of the club have followed the triumphs of Adams' racquetball career. They also hold car washes at local gas stations to raise money to go to tournaments, work out with Adams at her racquetball club and throw parties for their favorite

racquetball superstar.

One surprise anniversary party for Adams and her husband/coach Jim Carson had a bigger surprise in it for the club. "In addition to decorating the house and cooking the food, they surprised us with a singing telegram," says Jim. "One of their dads told us that they wanted to hire a stripper, but when he informed them that they would have to leave the room while he performed, they settled for a guy in a tux with a bottle of champagne."

Other officers of the club include Chalon Good (vice-president), Mo Moore (secretary), Becky Poarch (treasurer), Kirsten Hobbs (messenger), and Tracy Scofield (messenger).

The girls attend junior high school and range in age from eleven to fourteen years.



We
Honor Our Prices!

Frontier

PRO SHOPS

LEACH

Graphite USA	\$ 99.95
Graphite 8000	62.95
Graphite 260	43.95
Graphite 240	41.95
Graphite Bandido	26.95
Little Bandido	19.95
New Junior Hawk	15.95

EKTELON

Graphite CBK	\$ 139.95
New GRC 3000	107.95
Composite 250G	79.95
New ST 245	74.95
Citori	57.95
Magnum 2	51.95
Marathon Graphite	42.95
Interceptor	35.95
CR 200	29.95
Blue Lite	29.95
Rogue	27.95
Comp Jr.	22.95

PRO KENNEX

New Hogan Graphite	\$ 84.95
New Hogan Composite	59.95

WILSON

Composite Plus	\$ 69.95
Graphite Sting	39.95

VOIT

Impact Two	\$ 43.95
Impact One	36.95
Impact L or M	33.95

HEAD

New Graphite Apex	\$ 99.95
Graphite Express	69.95
New Vector	59.95
Professional	46.95

GLOVES

Footjoy	\$ 11.95
Ektelon Marathon	11.95
Ektelon Cabretta	9.95
Ektelon Synthetic	7.95
Penn Cabretta	9.95
Champion Tiger Grip	8.95
Champion Weightlifting	13.95

EYEGUARDS

Ektelon Eye Sentry	\$ 24.95
Ektelon Interceptor	22.95
Ektelon Ct. Specs or Jr.	6.95
Foster Grant Anti-Fog	12.95
Bausch & Lomb Action Eyes	22.95
Leader New Yorker	18.95
Pro-Tec	6.95

ACCESSORIES

Tourna Grip	\$ 2.95
Ektelon Racquet Tour.Bag	21.95
Ektelon Classic Ct.Bag	23.95
Gexco Racquetball Saver	7.95
Ektelon Wrist Tether	5.95

Call TOLL FREE and use your VISA or MASTER CARD. By mail, send MONEY ORDER — no personal checks, please. Add \$2.50 for Shipping & Insurance. Alaska, Hawaii, APO, FPO — ADD \$5.00. Calif. Residents add 6% sales tax. Prices subject to change without notice.

CALL TOLL FREE!

Outside California:

1-800-854-2644

In California: **1-800-532-3949**

Quotes on

Tennis Racquets Available

Frontier

PRO SHOPS

2750 Midway Drive
San Diego, CA 92110
619/225-9521



Hours: Mon-Sat. 10 AM-6 PM (PST)



All in the Family

Famous
racquetball families
share their secrets
of success

By Rhonda Wilson

The tall good looking blond is the quiet one on court. The shorter, stockier player has a temper that rivals tennis superstar John McEnroe. One player uses intimidation and the other relies on his awesome power. No one would ever guess Dave and Gregg Peck are related. Yet, they are pro racquetball's most feared brothers.

The elder—Dave—is the type of player everyone loves to hate. On the court he is tough, sassy and abrasive. After all, he's a good ole Texas boy (and he's even got the alligator skin boots to prove it)! However, it was these tough tactics that took him to the top for one brief season as he became racquetball's top seeded player in 1982.

The younger Peck is a little less flamboyant in nature. He was once just considered "Dave's little brother." But not anymore. Gregg Peck has become one of pro racquet-

Left, Dave—the eldest of the Peck brothers—uses the "tough Texan" approach to dispose of his opponents. Right, his brother Gregg, on the other hand, relies on the awesome power of his power/control game strategy.



All in the Family

ball's most aspiring new stars. He has beaten the best—his more memorable victories being against Marty Hogan at the Omaha pro stop three years ago and against Mike Yellen in Austin (Gregg's home town) last season. He has beaten just about every major pro player on the Catalina tour. That is all except one—his brother Dave.

"We hate to lose to each other," says twenty-year-old Gregg. "We really push ourselves and I think that's what improves our game. A lot of times when you play someone else you don't go all out. In practice we break two or three racquets a day because we hit them so hard getting mad at each other."

"It's easier for him to play me than it is for me to play him," adds twenty-six-year-old Dave. "There's more intensity when we play because he was a little punk kid when we started playing. I could easily run him around and handily beat him. Now, I don't want anyone to beat me and I especially don't want him to beat me."

Sibling Rivalry

Sound like a typical case of sibling rivalry? Maybe. However, it didn't come as naturally for Gregg as it did for Dave. Gregg had to psych himself up for the competition. "I had watched him play and when I got on the

court to play him, it was almost like I wanted him to win," says Gregg. "So it was like a psychological battle in my mind saying, 'No, you want to win! I'm getting past that now.'"

When they are not competing against one another, each is the other's number one fan. For both, it's like having your own personal coach escort you to all the tournaments. In fact, if they weren't brothers, they'd probably be best friends. "If I'm playing somebody and I'm not moving my feet—I'm anxious or something like that—Gregg will give me encouragement," says Dave. "When I call a timeout Gregg will come up to me and say, 'Hey, why don't you move your feet a little bit more? Just hit the ball and don't rush your shots.' Knowing that he's out there analyzing my game helps me be a better player."

Each expects and demands a perfect performance from the other. The brothers don't easily tolerate anything less. So their criticism tends to fluctuate between subtle sarcasm and blunt badgering. "Once—in a bad pressure situation—I hit a really stupid shot," says Gregg. "Right afterwards I called a timeout. When I walked out Dave came up and said, 'That last shot you hit was a real winner.'"

"When I heard that I just started cracking up," he says. "This was like nine all in the fifth

game of the Nationals and I'm sitting there laughing during the timeout. But it made me relax a little bit more and go back in and not worry about the shot but be aware of my mistake."

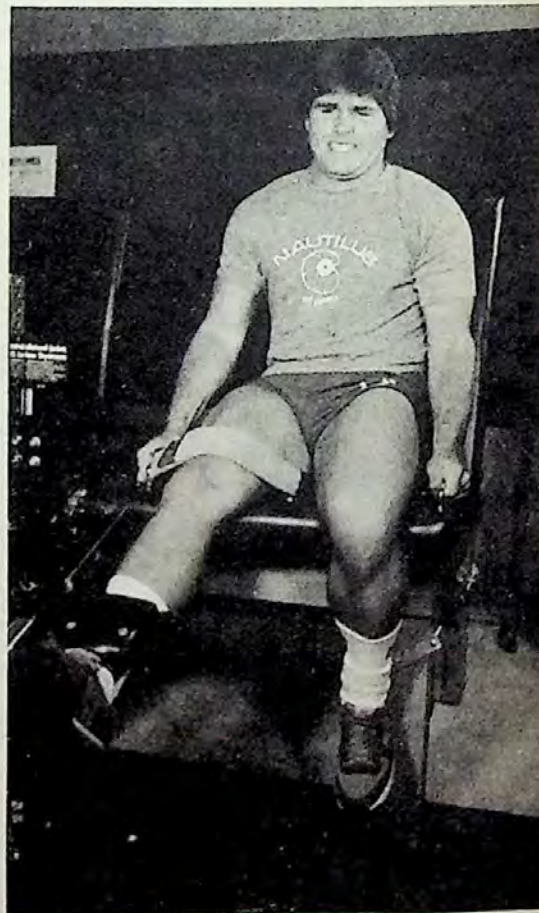
The Peck brothers are not afraid to joke about each other's mistakes. In fact, Dave makes fun of Gregg's physical awkwardness on the court (Gregg is unusually tall for a racquetball player—he's 6'2") and Gregg taunts Dave about his temper and stout size (Dave is 5'10" and weighs about 190).

"I can play a ceiling game whereas if Gregg plays a ceiling game, he'll hit his head on the wall," says Dave. And Gregg counters, "Yeah, and he has to watch out for the cockroaches."

Tragedy on the Tour

It is this camaraderie that has carried the brothers through some tough times on the tour. One of those times was just last season at the DP/Leach Nationals in Atlanta. Dave got kneed by Mike Yellen in the first game of their match in the semifinals. Yellen's knee went into Dave's quadriceps about four inches above the knee. The resulting injury was a rare case of "compartment syndrome" or as Dave refers to it, "a severe charleyhorse."

The blow to Dave's leg filled small compart-



"I have a new perspective on life now," says Dave Peck. Last summer Dave's racquetball career was seriously threatened when he got kneed in the leg by Mike Yellen in the semi-finals of the DP/Leach Nationals in Atlanta. Right, on the road to recovery, Dave strengthens his right leg.



"We took the time to spend hours upon hours practicing together on the court," says touring pro Laura Martino of her younger brother Mark. "We would hit thousands and thousands of balls." Like the Pecks, she and Mark share the same dream—making a career of pro racquetball.

ments under the muscle with blood. The blood then put pressure on the capillaries (tiny blood vessels connecting the arteries with the veins). There was no place for the blood to go. It got to the point where there was too much pressure against the muscles and nerves. The pressure had to be relieved.

"When I went into the hospital they took pressure readings," says Dave. "The normal pressure within the leg is 15 pounds per square inch. When they took the pressure at 12 o'clock that night it was 68. When it gets to about 75 that's when there's muscle and nerve damage. So they had to go in and operate."

The operation left a 12-inch long scar on Dave's right leg. However, athletic in nature (Dave has competed in wrestling, spring board diving, swimming, football and golf), he is not about to let this injury affect his racquetball career. To strengthen the leg, he uses variable resistance equipment like the Lifecycle and Nautilus. "My leg doesn't hurt at all," says Dave. "I can hardly wait to show everyone my scar."

"I have a new perspective on life now," he adds. "I appreciate things more. I no longer take good health and intelligence for granted."

The basic mechanics of both Dave and

Gregg's game are similar, according to the Pecks. It's the game strategy that is unique. For instance, Gregg was able to develop his own game style at a very early age. Before Gregg entered the pro arena, he used to accompany his brother to all the tournaments. So at the age of twelve, Gregg was sitting in the stands analyzing the strategy of Charlie Brumfield ("the professor of racquetball") and the forehands of players like Davey Bledsoe—one of the best forehands the game has ever seen.

"A lot of things that work for him don't work for me," says Gregg. "I finally realized that and said, 'Hey, you won't be able to play like Dave.' So I started using things that I liked and that worked for me. That's when my game started becoming better."

"When my brother started playing, he had his own type of game style," Gregg adds. "When I started, I was watching him and I was also watching Marty (Hogan) and Mike (Yellen) play. So I feel I have those three players in my style of play. What I've tried to do is blend all three of their best points into my game."

Today Gregg is secure with his own identity in professional racquetball. He has set realistic goals. He isn't trying to catch up to his brother. "I've never compared myself to Dave

saying I need to do it this way because he's done it this way," says Gregg. "I've always set my own goals and standards and that's the way I think it should be. I'm not trying to live up to what he's done. I'm trying to pave my own road."

Like the Pecks, touring pro Laura Martino and her brother Mark share the same dream—making a career out of pro racquetball. Ironically, both the Pecks and Martinos come from large family units (eight brothers and sisters in the Martino family and seven siblings in the Peck clan). Maybe this explains the camaraderies which both the Pecks and the Martinos say is the key to their success.

"We took the time to spend hours upon hours practicing together on the court," says twenty-three-year-old Laura. "We would hit thousands and thousands of balls. We would also chart out our shots and spend a lot of time on the court hitting the ball. We stuck with it."

"Plus living in Southern California we had the exposure to all the pro players," she adds. "We'd be able to watch the pro players and see how they did it."

Laura has had better luck in the pro ranks than her younger brother Mark. She is currently ranked among the top five players on

All in the Family



Last season Laura Martino (right) finished 0-2 against the WPRA tour's top seeded Lynn Adams. However, she did manage to place fourth in the overall rankings by consistently making a showing in the semis, quarters and finals of each tournament in which she participated.

the Women's Professional Racquetball Association (WPRA) tour. Mark, on the other hand, wasn't invited to participate in the Catalina pro tour. The sponsors limited the tour to 12 players (plus two alternates and four qualifiers) from around the country.

Semi-Pro Sensation

However, on the amateur circuit, Mark is considered to be one of the sport's toughest competitors. Last year he made it to the finals of the amateur open singles against pro Ruben Gonzalez at the Ektelon National Championships. And, along with good friend and playing partner Ed Andrews, Mark took the AARA National Doubles Championship a couple of years ago against the heavily favored team of Jeff Kwartler and Mark Malowitz.

Now that Catalina has pulled out and the pro tour has opened up once again, Mark's future in racquetball seems assured. "I make sure Mark never forgets how talented he is," says Laura. "Mark is very analytical about his

stroke mechanics. He knows exactly what to do when he hits the ball. And he has the ability to watch players and see exactly how they hit the ball.

"On the other hand, Mark didn't understand the strategy of the game as well as I did," she adds. "I think that's where I was able to help him."

Laura is not the only motivating force in Mark's career. Both the Martinos share the same family coach—their father. A racquetball player himself, the senior Martino encourages both his son and daughter to maintain other interests outside racquetball.

"Our father really tried to balance out our lives," says Laura. "Our dad has always instilled in our minds to try things other than racquetball. I went to college and got my accounting degree and Mark has done a lot of architectural design and photography. I think by balancing out our lives like that it really helped our racquetball. Plus when you are playing tournaments, you are not always going, 'God, I've got to win this tournament

and I have to win the money.'"

For Mark, there is a little more pressure to win the prize money. Unlike his sister, Mark does not have a sponsor to cover his tournament expenses. However, his father offers incentives so Mark won't be discouraged. "One time I wanted to go to this national tournament," says twenty-two-year-old Mark. "When I played in the qualifying match a couple of weeks before, my dad told me if I won the color television set for first place he would pay for my plane flight to the Nationals.

"Well, I ended up winning the tournament," he says. "So I gave my dad this beautiful 19-inch Magnavox color set and he paid for my plane flight to the Nationals—at that time it was \$120. My dad really made out on the deal since the TV was probably worth \$600."

Oddly enough, Laura's biggest source of inspiration has been outside her family. Her closest career confidant is Dave Peck. And it makes sense. Both share the same love—racquetball. They also share the same sponsor—Ektelon. Both come from large families

and each has paved the way for younger siblings in racquetball. In fact, the two met in San Diego, California—the racquetball capital of the world. Laura has since followed Dave to Texas and taken up residence in El Paso.

"Dave helped me a lot with my game," says Laura. "We became really good friends and he helped me out with my stroke. We practiced a lot together. But it wasn't like he was my teacher and I was the student. We would just play. Dave was one of the big reasons why I moved to El Paso."

So what's in store for both the Pecks and the Martinos? All agree that in the scheme of things, being number one isn't a means to an end. Both Gregg and Mark would eventually like to go back to college to get their degrees. In the meantime, they enjoy getting paid for what they love to do most—play racquetball. Laura is looking for a part-time job where she

can use her degree in accounting and at the same time continue playing on the WPRO tour.

"It depends on what happens to women's racquetball," says Laura. "If the money and the tournaments aren't there, then it's time to get out of racquetball and go on to something else."

Dave, on the other hand, would like to leave his legacy in racquetball behind as an instructor. He wants to have a major role in developing new blood into the sport. He plans to do this by getting more involved in the junior programs in the Austin area.

"All last year I was asked how it felt to be number two and always being second to Marty (Hogan)," says Dave. "As far as that goes, I'd say wait a minute, Marty can't claim responsibility for six national junior championships. That's more important to me in my career."

R



EKTELON

250G
72.50

ST 245
72.99

ORDERS ONLY: 800-358-3566
INQUIRIES & CA (213) 255-7186

FASTEST SHIPPING • PERSONAL
SERVICE FROM R/B SPECIALIST
MONEY BACK GUARANTEE

EKTELON

CBK	149.99
GRC 3000	105.95
CITORI	55.95
MAGNUM 2	46.50
MARATHON GRAPHITE	38.50
INTERCEPTOR	33.49
CR200	31.99
ROGUE	25.99
COMP JR.	22.99

HEAD

NEW APEX	105.99
NEW GRAPHITE EXPRESS	64.99
NEW VECTOR	59.99
PRO	41.50
MASTER	33.50

PRO-KENEX

HOGAN GRAPHITE	82.99
HOGAN COMP	83.99

VOIT

VOIT PACER	58.99
IMPACT II	38.99
IMPACT I	35.99
IMPACT M	31.99

CLOTHING

EKTELON WARMUPS*	36.99
EKTELON T-SHIRTS*	7.50
EKTELON SHORTS*	7.99
*NAVY, BURGUNDY	
MUSCLE T-SHIRT	CALL

WILSON

COMPOSITE PLUS	73.99
STRING GRAPHITE	48.99
PHOENIX	39.99
FLARE	34.99
STAR BURSTLITE	19.95

EKTELON BAGS

SPORT CARRIER	18.49
RACKET TOURNAMENT	19.99
ALL COURT	21.99
CLASSIC COURT BAG	21.99
GRAND TOURING	29.99
HEAD RACKET SPORT	21.49



EKTELON EYE WEAR

COURT SPECS	5.99
COURT GOGGLES	18.99
INTERCEPTOR	21.99
EYE SENTRY	24.99

EKTELON GLOVES

ALL PRO	
CABRETTA	9.75
TWO FOR	17.99
MARATHON	
DEERSKIN	12.99
TWO FOR	24.95
HEAD GLOVE	8.95



BALLS/STRING

PENN ULTRA BLUE (3 cans)	7.99
ASHWAY SUPERKILL	7.99

SHOES

NIKE CHALLENGE COURT	28.99
CHALLENGE KID SIZES 1-6	19.99
ETONIC REACTOR	CALL



DE LEACH

HOGAN GRAPHITE USA	98.99
HOGAN GRAPHITE 8000	81.99
HOGAN GRAPHITE 260	42.99
HOGAN GRAPHITE 240	40.99
GRAPHITE BANDIDO	25.99
BANDIDO	19.99
EAGLE	15.99

WRITE FOR FREE CATALOG

POWERFUL
SAVINGS

Mail Orders — Circle Selection Add 2.75 Shipping
AL & HI & APO & FPO Add 3.00. COD Add 3.00
Personal Checks 3 Week Delay

☐ SEND FREE CATALOG

NAME _____ STATE _____
ADDRESS _____
CITY _____ ZIP _____
CA RESIDENTS
ADD 6.5%

LIMITED OFFER CLIP AND MAIL TODAY

RAY
HIGHTOWER'S
RACQUETBALL

DEPT N 4891 EAGLE ROCK BLVD.
LOS ANGELES, CA 90041

"I make sure Mark never forgets how talented he is," says Mark's superstar sister. "He has the ability to watch other players and see exactly how they hit the ball." Mark is currently in the process of looking for a sponsor as his future in pro racquetball almost seems assured.

Racquetball Below Zero

Racquetball is becoming a "natural high" at some of the country's most popular ski resorts.

There was once a time when skiers had little to do after a day on the slopes but gaze at a crackling fire and sip hot buttered rum until the new day dawned. However, that has all changed. Today's active blade runners have little excuse for closing up shop! Ski resorts are offering racquetball players a wide array of after-dark options.

"If you've ever tried to ski five days in a row, it's not easy!" says Dennis Saffell, club pro at the Winter Park Meadow Ridge Resort in Colorado. "Visitors like to break up their days on the slopes and racquetball seems to be a popular way to do it." Players usually reserve late afternoon or early evening court time in advance, especially during the busy Christmas and Easter weeks, according to Saffell.

Meadow Ridge Resort also makes racquetball easy for beginners to learn. "We try to make everybody feel a part of the racquetball play," says Saffell. "Our exhibition courts face the bar and restaurant which allows for better observation. Lessons are available, as is equipment rental." Meadow Ridge frequently caters to large groups, wedding parties and conventions, so there are always

lots of new players willing to take their first crack at the sport.

Racquetball by Railway

The folks at Amtrak recently did Winter Park a big favor. The resort can now be reached directly by train from every major point of departure in the continental United States. Due to the increased traffic, Saffell coordinates several tournaments a year, usually featuring 30 to 40 players, although he admits, "We frequently throw them together without much warning." Tournament prizes include Denver Bronco tickets, three night stays for two at the adjacent condominiums and meals in the resort restaurants.

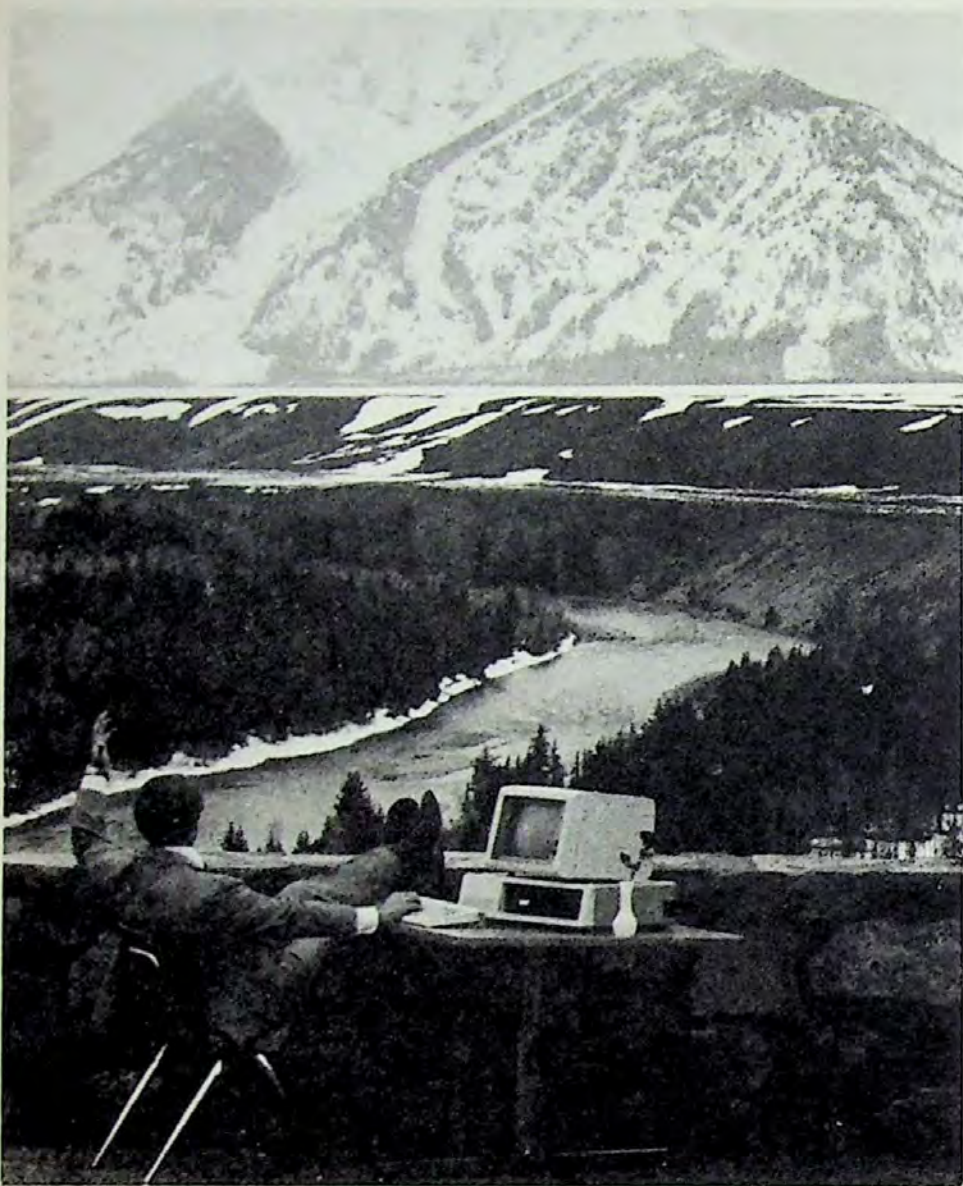
Nearby Steamboat Springs Resort is well known as the pioneer of the resort racquet-

At top ski resorts, many racquetball players are getting in a lot of R and R (racquetball and Rossignols)! Right, one such area is Boyne Highlands in Petosky, Michigan. Courts are available 24 hours a day at nearby Little Traverse Club—located right off Lake Michigan.





Racquetball Below Zero



Top, hit the keyboard and then hit the ball. At the Jackson Hole Resort in Jackson Hole, Wyoming, players can write off their winter vacations on their income tax returns with a special IBM computer course package. Above, after a day on the slopes, skiers can play racquetball at the Jackson Hole Racquet Club—located at the foot of the Teton Mountains.

ball industry—it was the first to sponsor an instruction camp. The week-long camp offers daily instruction with a club pro. After a lunch break, there's more supervised play. The camp ends with a tournament.

Regional tournaments and a November Turkey Shoot highlight other court activities. The resort also organizes an annual open tournament that's one of the biggest racquetball events throughout Colorado and the Rocky Mountain States. Top pros—both national and international—hop a plane to Steamboat for this popular ski/racquetball weekend. This tournament is usually scheduled in January.

The most famous downhill skiing area in the United States is created by the Aspen Highlands and Buttermilk mountain ranges in Aspen, Colorado. This area is all within a brief shuttle bus ride to the Snowmass Club. While many locals hit the racquetball courts of this Rocky Mountain resort via annual memberships, hotel guests automatically become part-time members and enjoy the use of all club facilities. Three to five day passes are also available to visitors staying in other local hotels and condominiums.

Located eight miles from Aspen, the Snowmass club is the first facility in Snowmass Village to introduce racquetball. "Response has been phenomenal," says club pro Karla Korneisel. "We started out with practically everybody at beginner's level because no one had ever played before. Now most of the regulars are at B level and many are A's!"

To reduce injuries on court, Snowmass offers slow stretch, stress and tone classes. "Stretching will expand your range of motion to improve athletic ability and enjoy a longer game," says Korneisel. Aerobics and morning wake-up sessions are also popular alternatives at the club. The Snowmass Club also plans a special two-day clinic with touring pro Dave Peck. The clinic is scheduled this February.

Players who want more of a challenge on the court and the slopes travel to Prospector Square and Conference Centre in Park City, Utah. The club pro works closely with travel agents across the country scheduling special tournaments for racquetball clubs and groups. "We're going to play host to a large group of players from Shreveport, Louisiana soon," says club pro Russ Abell. "They've booked 50 rooms for a full week. They'll ski all day and the tournaments will take place over three and a half evenings."

Private lessons and clinics are offered with heavy emphasis on youth programs. With Salt Lake City only 25 miles away, Park City stays buzzing from early December through Easter and from mid-June to mid-September.

The East Coast Resorts

Top skiers in the East appreciate the challenge of Sugarbush Valley Resort's tough terrain in Vermont—which is anything but ego pampering! Stein's Run, Black Diamond,



The most famous downhill skiing area in the West is created by the Aspen Highlands and Buttermilk mountain ranges in Aspen, Colorado. Above, the Snowmass Resort is located just eight miles from Aspen. The combination 76-room lodge and athletic facility was the first facility in Snowmass Village to introduce racquetball. Hotel guests automatically become part-time members and can enjoy the use of the club.

Spillsville (!), Rumble and Castlerock are just a handful of the notorious runs. Intermediates get plenty of thrills as well, while new skiers gain confidence and quickly build skills on wide open trails. This versatility holds true at Sugarbush for those with a passion for racquetball too.

The club pro at Sugarbush makes sure players of every level are appropriately challenged. "I would say that the majority of the players are a C level, which makes it very easy to arrange games," says club pro Larry Abrams. In its fifth year of operation, Sugarbush encourages competition. The club hosts the Northern Vermont and Northern New England Racquetball Leagues. Inner club events, open play skier's conventions, men's and women's days and evenings and round robins fill out the bill.

Located 45 minutes from Burlington, Vermont, Sugarbush is popular to visiting Canadians as well as to those escaping the big cities of Boston and New York.

Members of the International Racquet Sports Association (IRSA) can take advan-

tage of its reciprocal memberships at many ski resorts across the country. One such club is the Hampshire Hills Racquet and Health Club. Tucked away in Milford, New Hampshire the club operates on a membership basis, serving locals and visitors lodged at

The club pro makes sure players of every level are appropriately challenged.

nearby hotels. A burgeoning area of high tech commerce, this ski Mecca attracts many national conventions—the perfect place to talk a deal, slide the slopes and hit the courts.

Another racquetball club in Michigan has

found a way to keep its courts full and prices down in the winter. The Little Traverse Racquet Club in Petosky offers block packages of 13 hours of play which may be purchased for as little as \$2 per hour. Courts are available 24 hours a day.

"When racquetball was first introduced to the Northern Michigan area seven years ago, like anything new, it was real hot," says club pro Jeannette Aspenleiter. "When the novelty wore off, folks realized racquetball was more than just a passing fad. It was an inexpensive way to have fun and stay in shape!"

And things don't slow down when the snowflakes do. The Little Traverse club—located right off Lake Michigan—is a good spot for sailing, fishing, golf and windsurfing. The club keeps the racquetball courts busy with daily memberships, non-resident memberships, team sponsored leagues, clinics, floating leagues and a men's and women's challenge ladder.

At another ski resort in Pennsylvania skiers/racquetball players are treated to a

Racquetball Below Zero

special package. For just a little over \$200 the Seven Springs Mountain Resort in Champion offers two nights of lodging, selected

meals, access to sports facilities, lifts and—of course—champagne.

Seven Springs has one of the highest lift

capacities of any snow resort in the East. Racquetball players can beat the long ski lift lines by grabbing daytime court play and taking advantage of the unique illuminated night skiing. With the invigorating Laurel Highlands as a backdrop, the area is but an hour's drive from Pittsburgh.

For those who would like to improve their performance on the court during their winter vacation, the Americana Fitness and Racquet Center in Lake Geneva, Wisconsin offers a special testing device. Fitness Monitoring, an independent firm located within the multi-million dollar complex, conducts extensive stress and physical fitness tests for racquetball players.

In addition to the tests, the club will also feature a pro tournament this winter—along with several annual singles tournaments and round robins. Framed by 1,800 acres of wooded landscape, the Americana offers skiers and racquetball players downhill and cross country skiing, snowmobiling and ice-skating.

Business and Pleasure

Income tax itemizers will have a field day if they're heading to The Jackson Hole Racquet Club Resort in Jackson, Wyoming. Skiers and racquetball players can combine their winter vacations with an IBM computer course. This course can be a handy deduction for club registration fees, travel, meals and lodging. "Most adults have a nagging feeling that they must become knowledgeable and comfortable with the personal computer," says project manager Patrick Goings. "We offer an 18-hour introductory course that mixes business and family fun. Hit the keyboard, then hit the ball!"

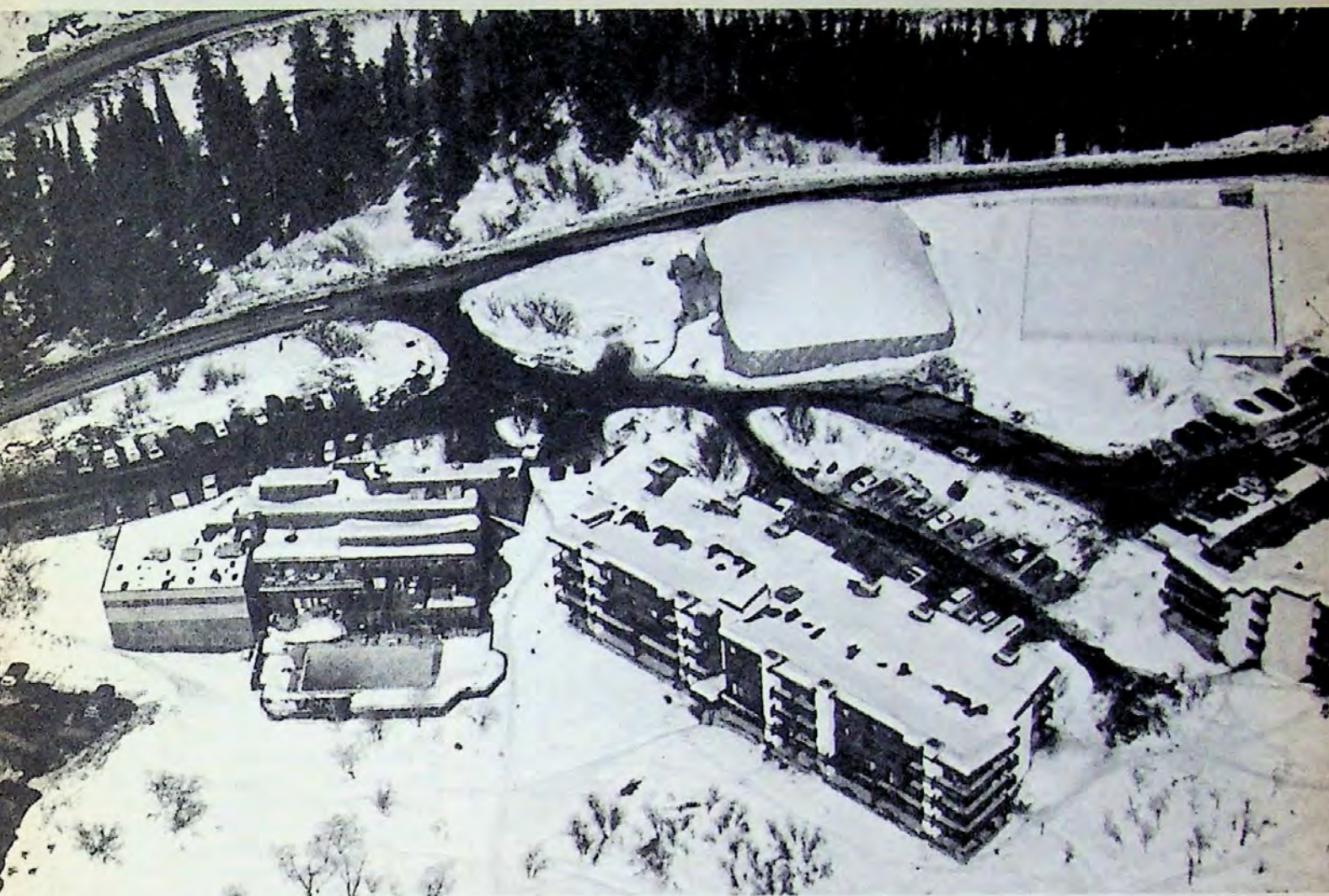
Located at the foot of the majestic Teton Mountain range, the Jackson Hole Racquet Club is within easy access of the Grand Teton and Yellowstone National Parks. Completely funded by private membership, a condo rental at this resort automatically entitles players to the steamrooms, whirlpools, saunas, indoor and outdoor swimming pools, jogging track and a fully equipped Nautilus weight room.

Both advanced and novice players can join "Fitness Week." Programs offered during this week include a complete health/fitness evaluation, an exercise program emphasizing aerobics (tailored to fit the player's individual athletic interests and abilities), as well as a series of lecture and seminars by physicians and health specialists and topics relating to exercise motivation, nutrition and lifestyle factors. All this and racquetball, too!

Of course, these resorts are just a sprinkling of the hundreds of similar ski and racquetball locales available across the country. Don't forget leading lodging chains such as Hilton, Best Western, Howard Johnson's and Sheraton are enlarging their facilities to include health and fitness activities. So be sure and pack your racquet along with your parka this winter!



The Prospector Square and Conference Center in Park City, Utah works closely with travel agents across the country scheduling special tournaments for racquetball clubs and groups.



Top, an aerial view of the Steamboat Springs Resort in Steamboat, Colorado. This resort is well known as being the pioneers of the resort racquetball industry as it was the first to sponsor an instruction camp. Above, framed by 1,800 acres of wooded landscape, the Americana Fitness and Racquet Center in Lake Geneva, Wisconsin conducts extensive stress and physical fitness tests for skiers/racquetball players.

Advanced INSTRUCTION GUIDE

Flawless Footwork

By Jerry Hilecher



The cross over step is an important element of good lateral footwork. Above, pro Jerry Hilecher gets more power in his backhand by facing the front wall and stretching.

I feel one of the most important aspects of racquetball that separates the open player from the pro player is proper footwork. Your footwork determines where the shots are going to go as well as the consistency of each shot. By having the correct ball placement and footwork, you will be able to hit your shots more accurately.

Take a look around at most of the pro players. You will see the strongest areas of their game are the direct result of proper footwork. For example, I feel my lateral movement—due to my size and my cross over step—is one of the best of any pro. But when you are looking at sheer speed, touring pro Rich Wagner would have to be one of the best.

One of the reasons why top ranked pro Mike Yellen is so tough is because he is never off balance. He very seldom has to dive for a shot. It's simply because his footwork puts him in the right position to hit the right shot. On the other hand, Marty Hogan is one of the quickest players on the tour. Fast footwork is the reason why he is able to set up so quickly. His footwork enables him to use more motion in his shots and allows him to hit the ball harder.

Point of Contact

You can keep a consistent point of contact by having the correct footwork. The point of contact is in your forehand. You should hit the ball with your lead foot in front and your

forehand slightly away from your body so you can stretch into the ball and your waist will go into the shot. It is important to keep the ball out in front of you.

On the backhand, the point of contact in your footwork is much more important. In the backhand stroke, your right shoulder is on your lead foot—if you are a right-handed player. If that ball gets behind your hitting shoulder (in other words, if the ball gets behind your lead foot), it's almost impossible to hit a good powered shot. You have to fall back to hit the ball and that's where your footwork is extremely important. You should set up so your point of contact is out in front of you.

Timing

The most important aspect of good footwork is timing. Timing determines your power point. If you have the correct timing—taking a step at the right time in your stroke—then you will hit the ball a lot harder. Some players go ahead and take their first step, wait for the shot and then attempt to swing after their motion has stopped. These players aren't going to be able to hit the ball nearly as hard.

The best way to improve your timing is to form specific movement drills. There are two types of drills that will improve your footwork. One is a playing drill where you are actually returning shots and the other is a coordination drill where you are not putting the ball in play.

For the first drill, stand on the back short line and have someone hit low shots to you. The shots should be knee high and hit at different areas on the court. You should return these shots as quickly as possible. Set up your feet as best you can to return the shot straight in front of you. This is a good strengthening drill. At the same time, you are helping your coordination and footwork as well.

Another effective non-playing exercise is the can drill. Place three cans next to the side wall. Starting at the other side wall look at the front wall and take two side shuffle steps and a cross over step toward the cans. When you feel you can turn and stretch to hit a forehand at the furthest point of contact, go ahead and turn, rotate your body, stretch out and pick up a can. Push out with your legs until you feel you can hit a forehand fully extended next to the right wall. Continue this drill toward the other side wall. Take two side shuffle steps and one cross over step. This time, stretch out and put the can down near the side wall.

Keep going back and forth until you can actually put those three cans back where you started. This is a simple drill and keeps your legs and body low. This drill also improves your stride. By timing your stride, you can

Advanced INSTRUCTION GUIDE

stretch out at a point where your racquet is fully extended.

The Cross Over Step

Another important element of good footwork is the cross over step. If you are facing the front wall and want to move to the right, you may take your initial step with that right foot. Now if you are facing the front wall, your right foot will only be able to extend one or two feet. You are not going to be able to reach out very far and hit the shot.

Instead, take your left leg, cross it over to the right and take a big step over your left leg. You can almost stretch out and touch the right wall with your racquet. You want to do this same movement on the left side too. Facing the front wall take your right foot and cross over your left. Take a big step with your right foot all in one motion. Stretch out your body so you can actually touch or come close to touching the left wall with that one step.

You want to be as fast as you can on your feet. Keep your weight on your toes. Try not to leave the floor while you are waiting for a

shot. It's impossible to change direction once you leave the ground. When I'm bouncing on my toes, I'm shifting my weight around. I'm not actually leaving the floor. I'm shifting my weight around so right when my opponent is taking the shot my weight is coming down on my toes. This way I can quickly change direction. You should try to have your weight coming down on your toes right at the point of contact.

Your weight should go in the direction where you feel your opponent is going to hit the shot. Set up your body so you are able to watch your opponent out of the corner of your eye. As your opponent hits the ball, you should transfer your weight forward in the direction you think he's hitting the shot. So if he passes to the left, all you have to do is pivot, take one cross over step and you can get to the passing shot on the right. This way you can quickly change your momentum with the cross over step and cover the other side.

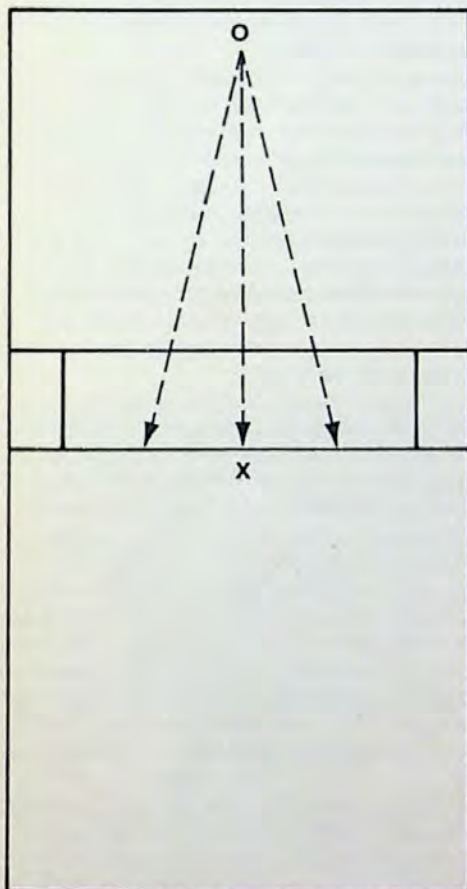
Better Balance

A good exercise to improve your balance

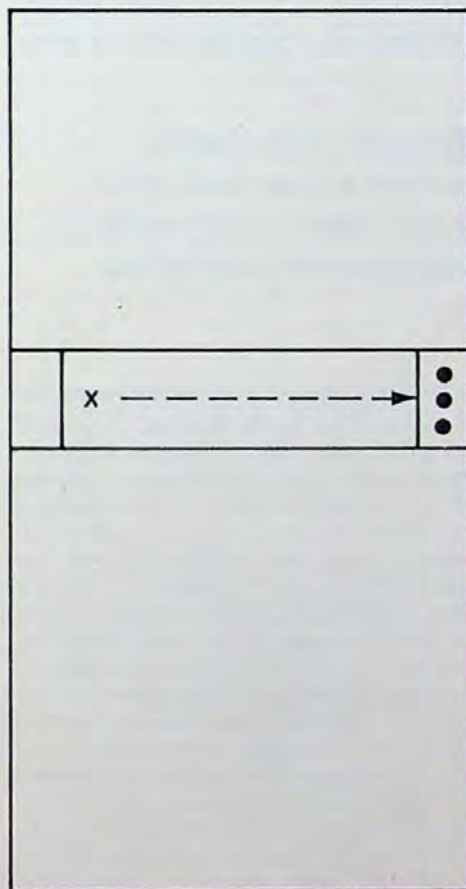
is the star drill. As you stand on the court, someone else stands in front of you. Your partner will be moving you in six different directions—all four corners and the left and right side walls. Watch your partner's hand. If he brings his hand forward, go forward with the shot. Take one or two quick steps and go ahead and swing just like you are attempting to hit a shot that's in front of you. If he goes to your left, then take a couple of steps to the left and swing. After you swing, quickly return to center court.

You are able to get more out of this drill if you do it in the sand. It's harder to get your motion going. As a result, you have to drive your legs harder.

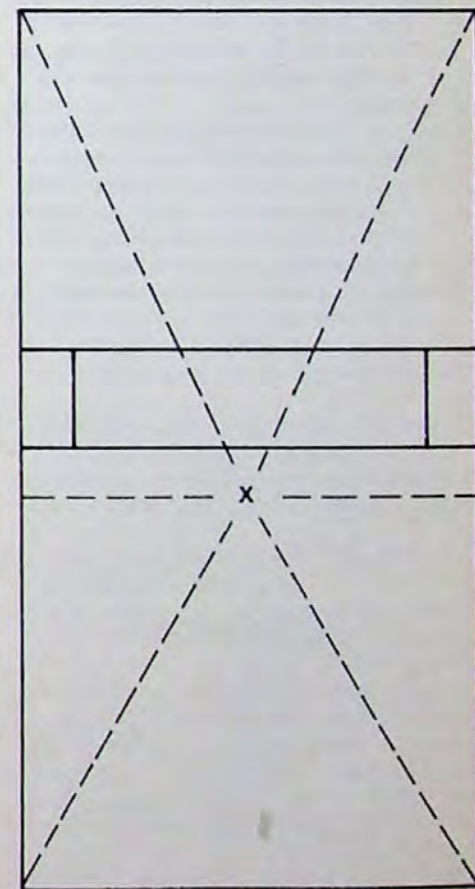
During a match, your shots and footwork should be as natural as possible. Any movement you make should be second nature. Once you start thinking too hard about your footwork, your reactions are going to be too slow. It has to be a subconscious effort based on your hours on the court by yourself and in practice matches.



The short line drill improves the timing in your footwork. Stand on the back short line. Have someone hit knee high shots to you at different areas of the court. Try to return all their shots as quickly as possible.



The can drill improves the timing in your stride. Place three cans by the side wall. Take two side shuffle steps and one cross over toward the cans. Stretch out and pick up a can. Continue toward the other side.



The star drill improves a player's balance. Stand in center court and have a friend stand in front of you to direct your movements. Follow his hand and swing. Return to center court after each stroke.

R

Advanced INSTRUCTION GUIDE

5 Simple Shot Selection Strategies

By Steve Keeley

The main skill which separates the intermediate from the advanced player in racquetball is shot selection. The intermediate typically has solid strokes and serves, and is able to hit all the important shots. Normally, however, the intermediate doesn't know when to hit these shots. He frequently hits a pass when he should go for the kill, or he hits to the ceiling when he should go for the pass. This then is the essence of shot selection: knowing when to hit the proper shot during the rally.

I often illustrate the significance of shot selection at my clinics in a novel way. I challenge any student to a game in which I play with my "wrong" (left) hand. A natural righty, I've nonetheless hit enough left-handed strokes over the years to have attained about a "B" level of physical skills. By physical skills I mean if you watched me drop and hit a few forehands, backhands and serves, you'd probably guess that I was about a "B" rated player.

However, this simple observation leaves out an equally important aspect of racquetball: mental skills. Though I go on the court as a "B" league physical southpaw, I also take with me a pro player mind. That is, I play a topnotch cerebral game, knowing when to hit the right shot at the right time, despite my wrong-handedness. Thus, I am a pro head set upon a "B" body, and this averages out to an "open" player. I trounce most of my clinic students.

Whatever hand you use, there are a number of ways to explain shot selection strategies, ranging from the simple to the fairly detailed. Perhaps the most logical approach would be for you to begin with what seems the easiest to assimilate and then progress to the more complicated. Note that the following are shot selection theories, not truths. Try out each idea and then select the one or ones that work best for you.

I don't believe that one particular theory which holds for one player will necessarily hold for another. If Charlie Brumfield followed Marty Hogan's shot selection concept of blast the ball as hard and low as possible on every shot, Brumfield would instantly regress to a novice player. Similarly, if Hogan tried to adhere to Brumfield's shot selection technique of picking the most logical shot on each set-up according to the multiple variables of relative court position, game score, who served, relative player fatigue, etc., Hogan would short circuit his brain within three rallies and start climbing the walls. Besides trying out and selecting your person-

al favorite shot selection theory or theories, I encourage you to experiment with the various proposals which I'm about to lay down.

Mold my strategies as you will, or combine them, or create your own. Be aware racquetball theories haven't been around since day one. Somebody at some time had to concoct the strategies. Most of what you are about to read I came up with from endless trial and error. You have the power to do the same.

Let's individually examine the following theories of shot selection: 1) the offensive theory of play, 2) the ball height technique, 3) the two-shot shot selection, 4) the relative court position theory and 5) the who's serving hypothesis.

I first proposed the offensive theory of play in the early 1970s when our game's ball was

Begin with what seems the easiest and then progress to the more complex.

slower and the game style was a runner's sweat-fest rather than a cerebral match-up. Bluntly, most players back then were oatmeal above the eyebrows when it came to know-how on the court. Their strategy mainly consisted of hitting the ball where the other guy wasn't. That is, if the opponent was in right deep court, the proper shot was hit low into the front corner. If the opponent was in left front court, the definitive shot was a pass or ceiling ball into the right rear corner. This simple strategy worked well enough for most players in that era (and it still works well among novice players), but I soon discovered that by thinking a tad on the court I could literally waltz with no sweat through tournaments. I did this by playing as offensively as my physical skills allowed.

The Offensive Theory

The offensive theory of play has three parts. First part: Whenever you can, take the most offensive shot possible. That means kill the ball. I admit the phrase "whenever you can" is a rather subjective view, but remem-

ber the top players of old (and most novices in any era) played the game more by "feel" than by analysis. We didn't have instructors, textbooks or magazine articles to guide us, and we hadn't consciously broken down game strategy by dissecting shot angles, ball spin, court position and so forth. Rather, we considered these sundry factors only in our subconscious minds as we rallied, and then somehow our arms hit the most logical shot.

This whole idea amazes me, in retrospect. Nowadays I approach the game more analytically and less intuitively. You also can play by feel, and do so successfully all the way up to the pro ranks. That is, when it seems right to hit an offensive shot during a rally, be sure to adhere to part one of the offensive theory of play and go for the most offensive shot available—the kill.

Second part: if it doesn't feel right in a particular instance to go for a kill—and only when it doesn't feel right—then you should hit the second most offensive shot available in our game. This is a pass. Again, the specific time to forego a kill in favor of a pass is pretty much subjective according to this theory, but properly so. The details of pass placement are beyond the theoretical nature of this article, but I would be remiss if I didn't include a couple of comments on the old dependable pass shot.

In general, passes should go, as we used to say, "where the other guy ain't." If you're on the left side of the court, as is your opponent, hit a cross-court pass to the right, and so on. Most top players avoid forehand down-the-line passes. If you want to hit up-and-down the right side wall, make it a straight-in kill. The most effective all-around pass is the backhand down-the-line drive. This ball runs along the left side wall past the opponent for a "wallpaper shot" which clings to the plaster all the way to deep court. But—and this is the warning—your backhand wallpaper pass must not be rebound off the back wall for a set-up.

Almost a decade ago, I said the first player to master the down-the-line backhand drive would be the next national champ. To my knowledge, only two players of national caliber have mastered the shot. One, Victor Niederhoffer, took up the game at too old an age to become champ. The other, Marty Hogan, did indeed become racquetball's top dog.

Part three of the offensive theory of play. If it doesn't feel right to hit either a kill or a pass—and only when it doesn't feel right—go for a

Advanced INSTRUCTION GUIDE

defensive shot. In these days of the lively ball, the only logical defensive shot among better players is the ceiling ball. Again, I won't delve into the details of the ceiling game except to say you should keep in mind the prime objective of ceiling play is not to place the ball to your opponent's backhand, but rather to neutralize a weak court position by forcing your rival into deep court where he must handle a chest high or higher shot. Of course, go ahead and hit the ceiling shot to the backhand side if there is no risk of a mis-hit. Some of the typical foul-ups in this area include miscalculating the angle and having the ball pop off the side wall in three-quarter court for a set-up, under-hitting the ball and again providing a three-quarter court set-up, or—and this is very common with a lively ball—over-hitting and having the ball rebound off the back wall for a routine plum.

The offensive theory of play may sound complicated initially, but it is a very effective means of programming your mind to play offensively. The more conservative player who hides behind an impotent array of defensive shots may win at the lower skill levels, but he severely limits his progress in the game. Offense is the name of the game among advanced players. Go for the kill when you can.

Ball Height Technique

The ball height technique and the ensuing theories are less detailed, but don't laugh off their simplicity. For example, I still use the ball height gimmick in a couple of instances. I use it in a game when things aren't going my way strategically and I need to fall back on a proven fundamental. And, I utilize it when I'm up against an impetuous opponent

(usually a flailing young shooter) who can be beaten with steady play, leaving my impatient rival to make the mistakes.

If the ball is presented to you during the rally at knee height or lower, go for a kill. If the ball is knee to waist high, hit a pass. If the ball is waist high or above, go to the ceiling. I'm talking about *any* shot you could possibly

**The better the player,
the higher the
percentage of kills
relative to pass
attempts.**

take during the rally. All you have to think about is the height of the ball.

Consider a few common serve returns, for example. If a served ball rebounds off the back wall and you can let it drop to knee height, do so and hit a kill. If the serve isn't going to come off the back wall, take it after the bounce and—contacting it knee to waist high—hit a pass. Finally, if the serve is hit high and soft enough such that after its bounce you're forced to make contact above your waist, go up to the ceiling.

Give the ball height technique a try for at least one game. All you have to do is become a racquet wielding robot programmed to execute shot selection solely according to ball height. You may be surprised at the results.

Two-Shot Selection

Next is the two-shot selection. It is so simple and ingenious that I wish I had invented it, but a fellow named Victor Spear first proposed the idea in an innocuous looking book titled *How to Win at Racquetball*. Spear observed professional players hit only one of two shots during serious matches: kills or ceiling balls. No messing around with fancy Z-balls, around-the-wall balls or even bread-and-butter passes.

Spear didn't detail exactly when the pros hit a kill as opposed to a ceiling ball. However, anyone who has observed Hogan, Dave Peck or Jerry Hilecher in action knows that these guys grudgingly go to the ceiling only when out of position with the ball chest high or above. The pros play gorilla ball, hitting hard and low at every opportunity. Note that Spear's two-shot shot selection is similar to my preceding ball height strategy, except his theory does not allow for passes when the ball is knee to waist high. Be aware the better the player, the higher the percentage of kills relative to pass attempts. And the less skilled the player, the higher the percentage of passes relative to kill attempts.

Relative Court Position

The relative court position theory is a nifty guide for the beginning to intermediate player who wants to play a thinking game without having to think much. This concept deals specifically with set-ups—with shots that are at least below the waist and you have ample time to set yourself up. This theory propounds when you get a set-up anywhere on the court and your opponent is between you and the front wall, you should hit a pass. But when you get a set-up anywhere on the court and



Steve Keeley's ball height technique features three basic theories. Left, if you are returning the ball from knee height or lower, hit a kill shot. Center, if the ball is knee to waist high, hit a passing shot. Right, and if the ball is waist high or above, your best bet is to hit a ceiling shot.

GOLFER'S TRAVELING COMPANION

Transforms From This



To This

Transforms from an ultra modern piece of luggage to a well organized golf bag with a few zips of the zippers and it's a virtual Pro shop. Carries a full set of 14 clubs, ball, tees, shoes, a change of clothes, and much more.



Or This



This patented product is constructed out of the long wearing DuPont Cordura Nylon and is practically indestructible. It can be carried or will fit on any type of golf cart.

INTRODUCTORY OFFER

~~\$179.95~~ \$159.95

Plus \$10.00 shipping and handling each
California residents add 6% Tax

MATERIAL COLORS:	TRIM COLORS:
☐ Black	☐ White or ☐ Black
☐ Red	
☐ Navy Blue	
☐ Royal Blue	
☐ Black	☐ Carmel
☐ Navy Blue	
☐ Tan	☐ Brown
☐ Brown	☐ Brown or ☐ White

☐ CHECK ☐ VISA ☐ MASTERCARD

Expiration Date: _____

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

Please allow from 2 to 4 weeks for delivery.
Hawaii and foreign inquire for shipping charges.

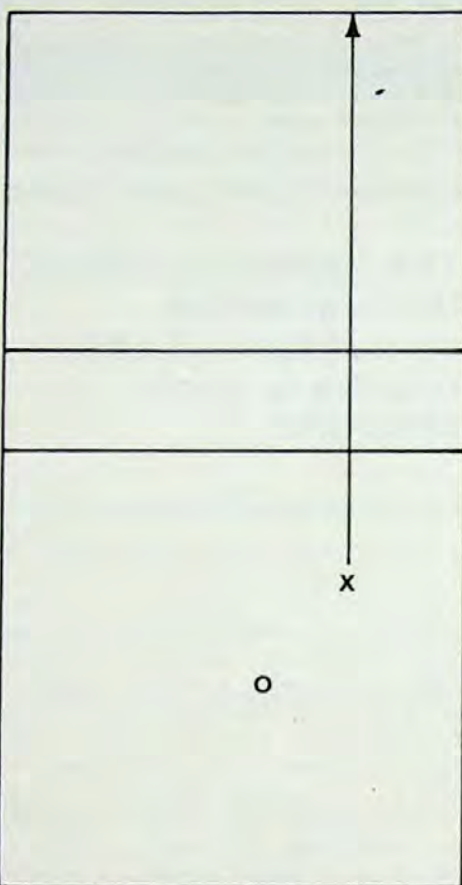
MAIL TO: **UNIQUE PRODUCTS**

PO Box 3749
Hollywood, CA 90078

☐ For additional information

Advanced INSTRUCTION GUIDE

Shot Selection



The relative court position theory says if your opponent is behind you anywhere on the court, you should automatically hit a kill.

your opponent is between you and the front wall, you should hit a pass. When you get a set-up anywhere on the court and your opponent is stationed behind you, you should hit a kill. You should hit a pass when your opponent mis-hits a ceiling shot which pops off the left side wall for a set-up in three-quarter court. Since you are positioned deeper in the court than him, you should pass—either cross-court or down-the-line. You should kill after your opponent mis-hits a potential kill and the ball rebounds back for a set-up. Your thought should be to re-kill since your rival is stationed behind you in deeper court.

The most attractive feature of the relative court position theory is its simplicity. In fact, you know enough from reading the preceding paragraph to put it into execution in your next practice game. Moreover, this court position concept is especially strategic if at present you are not overly confident in your deep court kill attempts, or if those kill attempts get tentative when you notice your opponent is camped out near the front wall awaiting your kill. However, as your kill expertise develops, you will find yourself paying

less attention to the relative position of your rival. In fact, most of the pro players have singular focus—on the ball. Ninety percent of the time, 90 percent of the pros couldn't care less where their opponent is stationed.

Who's Serving?

The final theory is the who's serving hypothesis. This is based on a scoring system in which only the server can score points. According to this hypothesis, when you are the server you should go for the riskier offensive shots such as kills and passes, as opposed to passes and ceiling balls. This is because, as the server, if you miss the kill or pass attempt, you lose only the serve. On the contrary, when you are the receiver you should think about more conservative shot selection. You should hit a pass in lieu of a kill, a ceiling ball instead of a pass. The rationale here is that a mis-hit kill or low-percentage overhead attempt usually means an immediate loss of point when you're the receiver.

The only times I use the who's serving hypothesis are in clinics or in wagers in which I spot an inferior opponent a lot of points. I've given 20 points a game handicap to "B" rated players and won by basing my shot selection around who served the ball in each rally. I go for rally ending shots when I'm serving, play it safe when I'm receiving. On a more practical basis, the who's serving hypothesis is more a mental exercise than a

Ninety percent of the time, 90 percent of the pros couldn't care less where their opponent is stationed.

feasible strategy. You should kill a set-up even if you haven't served the ball.

That completes my five theories of shot selection. In closing, realize the best strategy or combinations of strategies for a particular player depends mainly on skill level. In general, the beginner (playing against a beginner) fares well with the ball height technique or the relative court position theory. The intermediate (playing against an intermediate) succeeds using the offensive theory of play or the ball height technique. And the advanced (playing against an advanced player) should consider using the ball height technique or the two-shot selection. In other words, as your skill increases, your strategy becomes more offensive.

Advanced INSTRUCTION GUIDE

4 Fast Formulas For A Better Backhand

By Marty Hogan



To hit a solid backhand stroke, Marty Hogan doesn't ease up when he is going for a kill.

The best backhands in the game have been imitated and analyzed. However, no player in the history of racquetball has ever rivaled Marty Hogan's infamous looping backhand. Some say it was this technique—coupled with Hogan's awesome power drive serves—that made the man almost invincible for half a decade.

Racquetball Illustrated is proud to present an insight into the almost magical mechanics of the Hogan backhand. After all, it is this technique that transformed Hogan the tyro into Hogan the technician. For a perfect balanced offense, the former five-time national champion offers four fast formulas on how to make your backhand just as deadly as your forehand.

1. Imitate Your Forehand

Your backhand stroke should ideally be almost exactly like your forehand stroke. I consider the backhand the easiest stroke to make in racquetball. I have more confidence hitting my backhand than I do in hitting my forehand. My backhand is such a nice, fluid motion. I am also able to maintain the consistency in my backhand regardless of my

positioning on the court.

You should develop the same fluid motion with your backhand as you have with your forehand. Make sure you get a high backhand swing and a good follow-through on each backhand stroke. It doesn't matter if you are in the front court or if you are in the back court, every stroke should look the same. I think the worst thing anyone could

do in learning a backhand is learning a particular stroke which is going to handicap you in certain shot selections.

2. Build Your Confidence

My game style has enabled me to hit a backhand anywhere on the court. I've been able to hit my backhand better than head high, 39 feet away in the back court for an outright kill. I think anyone who learns the fluid power of my backhand stroke will also have greater range in their stroke and in their shot selection.

If you're weak in hitting your backhand in the deep parts of the court then your opponent will soon catch on. As a result, these are the only shots your opponent will be hitting during the course of the match. So the most important thing to remember is find a backhand stroke you can incorporate into your game. This way you will not be at a disadvantage during the game. Racquetball is played on a 20 by 40 by 20 foot court and it's fairly easy for your opponent to isolate certain areas of the court, especially if he knows you have a weak return.

3. Use a Solid Stroke

The one tip I give everybody is hit your backhand solid. When you go to hit the backhand, hit it like you would your forehand. To hit a forehand you should step up and execute a good hard swipe. Make good, firm contact.

The same should go with your backhand. Don't push your backhand stroke. Don't ease up when you are hitting cross court or going for kills because you feel like you don't have enough accuracy. Hit the ball solid with your backhand. Create a backhand stroke you are going to be as confident with as you are with your forehand.

4. The Secret Splat Shot

One shot I think is very effective is a backhand splat shot (side wall, front wall and then sort of splats out on court). This shot is so tough to judge and cover you'll find even if you don't hit it just right, the ball will go in for a winner. There's no player in the game who can cover a splat shot with 100 percent efficiency. This is because no one expects you to hit down hard on your backhand. It's also hard to judge whether the ball is going to splat out wide or splat out short. So covering the splat shot becomes extremely difficult for your opponent.



Advanced INSTRUCTION GUIDE

Wide-Angle Passing Shots

By Mike Yellen



The wide-angle passing shot moves your opponent out of center court. Above, Mike Yellen (left) puts more distance between the ball and his opponent with a wide-angle passing shot.

I am a firm believer in hitting passing shots. This is because these shots tend to wear down my opponent until his legs feel as though he is trudging through sludge. No one can survive the exercise he gets being on the wrong side of a good passing game. You can usually mop the guy up with a large sponge by the time the tiebreaker rolls around.

However, there are some players who you just can't seem to get the ball past. These are guys who move around the court like they were shot from a gun. Some even hover over the floorboards like a low-flying Superman indiscriminately hitting kill shots.

There are also players with rubber arms who seem to know where the ball is going before you hit it. These players fall into the general category of "good retrievers" and, against these kinds of players, a normal passing shot may not work. But, I see no reason to change what is, basically, a good game strategy. What I usually do in this situation is switch to wide-angle passes.

The Mechanics

A wide-angle pass is a little more than a normal passing shot hit at a slightly wider

angle. It puts a little extra distance between the ball and your opponent and, often, that is just enough to take it out of reach of your opponent's speed.

A wide-angle pass can even fool a smart player. Since it is hit in exactly the same way as a regular pass, the ball won't travel the same path. In fact, a wide-angle pass is useful against a good control game player who will usually have a lock on the important center court position.

The second most important object of the passing game is to move your opponent out of center court and into the back court where he can do less damage. The main object, of course, is to zing the ball past him and score the point on that shot.

In both cases, the wide-angle pass can be a lifesaver. It is, however, slightly more difficult to hit than a normal pass. The normal pass or drive shot is aimed at one of the corners. It is either a down-the-line shot or a cross court shot hit off the backhand or forehand. A wide-angle pass also can be hit off the backhand or forehand, but it is invariably a cross court shot. Instead of aiming for the corner, you are aiming for the side wall about

the same distance as your opponent from the front wall.

A normal pass can be hit when your opponent is as far as three-quarters of the way back from the front wall. However, a wide-angle pass should never be hit when your opponent is farther back than center court. The ball tends to rebound from the side wall and will come right at him if he is too far back.

The wide-angle pass should contact the front wall about three feet up, give or take a foot. It will bounce and then rebound to the side wall somewhat lower than that. The ball will then come toward the middle of the court, but so far back and so low your opponent will have little chance at the ball. Even if the ball isn't that low, your opponent will still be trying to take the ball off the wall and we all know how much fun that is.

If your opponent waits until the ball comes off the wall, he will be trying to hit a ball forward while moving toward the back wall—assuming that you have hit the side wall at the right spot. A word about hitting the right spot on the side wall: no one is so accurate that he will be able to always place the ball even with his opponent. It is safe to assume that you will make errors. Unfortunately, in this shot, the room for error is smaller than for many shots.

You don't want the ball to bounce off the side wall in front of your opponent. If it does, it will be heading for the middle of the court just about where he would like to have it. It is much better to err in the direction of the back wall and let the ball contact the side wall a little behind your opponent.

Once again, you can't hit the ball too far behind your opponent because if it is very high at all, it will come off the back wall, once again giving him a shot. It also starts looking like a regular pass when angled that way and he may be able to move up and cut the ball off if the angle isn't wide enough.

About two feet either way is all the room you have for error. Therefore, practice is important. You have to hit the ball by yourself or in practice matches until you are able to put it where you want it.

Start off a game hitting normal passing shots until your opponent figures out what you are doing and starts moving up to cut your shots off. Then put a wide-angle pass by him. Since you will be hitting passes only if you are even with or behind your opponent, you should have a pretty good perspective on his movement.

In and of itself, the wide-angle pass won't do you much good. If that is the only shot you are hitting in the pass situation, a good

Advanced INSTRUCTION GUIDE

Surprise Southpaw Strategies

By Bret Harnett

player will quickly pick up on this and be in position to scoop up each shot.

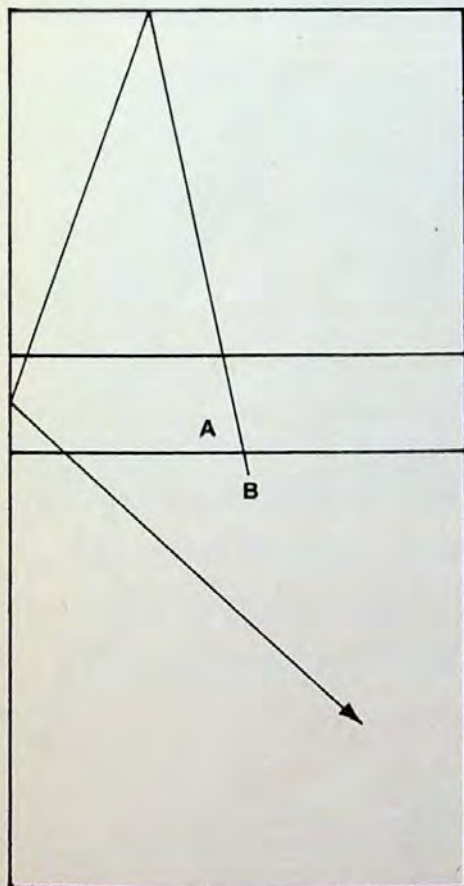
The Pinch Shot

The pinch shot, which rolls out from the front corners, is still a necessary complement to your passing game. If your opponent starts to hang back anticipating a pass, pinch the ball and send him scurrying toward the front wall.

If he starts to move up to cut off the forecourt shot or a regular pass, go to the wide-angle pass. Pretty soon, he will find himself running forward only to have to pedal backward and then forward again for the next shot.

In summary:

- Begin with a standard passing game, using pinches and kills as complementary shots and to keep your opponent guessing.
- If he catches on and starts to move up to where he can cut off your passes and reach your pinches, add wide-angle passes to your attack.
- If you are going to make a mistake with your wide-angle passes, have them contact the side wall a little behind, rather than in front of, your opponent.
- Keep your shots low on the front wall. Bend over as if you are going to hit a kill. 



Wide-angle passing shots are effective when your opponent is near the short line. This shot tends to hit the side wall floor seam.



Touring pro Bret Harnett surprises many of his right-handed opponents with the backhand pinch and the cross court ceiling ball. Both force the righty into unfamiliar situations.

The left-handed player is in a unique situation on the racquetball court. He is endowed with a wide variety of surprise strategies in his shot selection arsenal. These shots tend to catch the right-handed player off guard since the righty rarely has the chance to play against a left-handed opponent. Two of the most effective shots against the righty are the lefty backhand pinch and the cross court ceiling ball.

The Backhand Pinch

The lefty's backhand pinch goes into the right corner and comes out to a right hander's backhand. When a right hander is playing another right hander, this same shot goes to his opponent's forehand which is more deadly. However, if a right hander is playing center

court and a lefty pinches it into the right corner with his backhand, the right-handed player has to stretch out and push it with his backhand rather than just taking one step and hitting a forehand.

This shot is generally one of the toughest shots to return for most right-handed players. And if it's a halfway decent shot, the ball will be too low for the right-handed opponent to return the shot. If a lefty were to hit this backhand pinch to another left-handed player, his opponent would be able to put more steam on it.

The Cross Court Ceiling Ball

Another shot a left-handed player should take advantage of is the ceiling ball. Most right-handed players are not used to hitting

WE HAVE YOUR RACQUET

1-800-327-0346 Toll Free

A.M.F. VOIT RACQUETS

IMPACT ONE	39.95
IMPACT X-C	36.95
PACER VOIT	84.95
IMPACT II	46.95

EKTELON RACQUETS

NEW CBK	147.95
250 G	74.95
MARATHON GRAPHITE	39.95
NEW MAGNUM	49.95
NEW MAGNUM FLEX	45.95
NEW JENNIFER HARDING	29.95
ROUGE	25.95
BLUE LITE	29.95

LEACH

NEW HOGAN GRAPHITE	
U.S.A.	117.95
NEW HOGAN STEEL	64.95
NEW 7100 ALUM	49.95
HOGAN A.C. 250	39.95
NEW HOGAN 240	42.95
GRAPHITE COMPETITOR	64.95
GRAPHITE BANDIO	32.95

HEAD

HEAD GRAPHITE EXPRESS	67.95
HEAD PROFESSIONAL	45.95
HEAD MASTER	34.95
HEAD STANDARD	29.95
HEAD ENDURO	41.95

OMEGA

NEW STAR GALAXY 21	48.95
--------------------	-------

Covers included with all racquets. Add \$2.75 per racquet for postage and handling. APO \$4.75.

RACQUET BALL SHOES

HEAD BALLISTIC	25.95
NIKE KILLSHOT	25.95
NIKE PLAYER	27.95
NEW BALANCE CT 300	37.95
FOOT JOY TUFFS	22.95
ASAHI LEATHER	27.95
ASAHI CANVAS	17.95
FOOT JOY HI-TOP	25.95
K SWISS	26.95
BATA PLAYOFF	20.95

*Please write or call for our entire
Merchandise Price List*

Add \$1.75 Per 1st Pair
\$1.00 Each Additional Pair

ATHLETE'S CORNER

P.O. Box 16993, Dept. R10
Plantation, Fla. 33318

Call TOLL FREE

1-800-327-0346

Phone (305) 475-0327

We Ship C.O. D. \$1.50 Extra.
Prices Subject To Change.

Money Orders
Certified Checks

Master Charge
Visa

Advanced INSTRUCTION GUIDE

Southpaw Strategies

ceiling balls. Most righties want to return the ceiling ball with a straight in down the line shot. While playing against a lefty, he can't do that because he would be returning it to their forehand. If the lefty hits a good ceiling ball, the right-handed player has to return it and bring it back. However, most of the time the ball either comes up short or hits the side wall. Sometimes it comes out off the side wall which is an easy set up for the lefty.

The cross court ceiling ball is a different

cross court ceiling ball is going to go. A lot of righties just don't play lefties enough to know how to return a cross court ceiling ball.

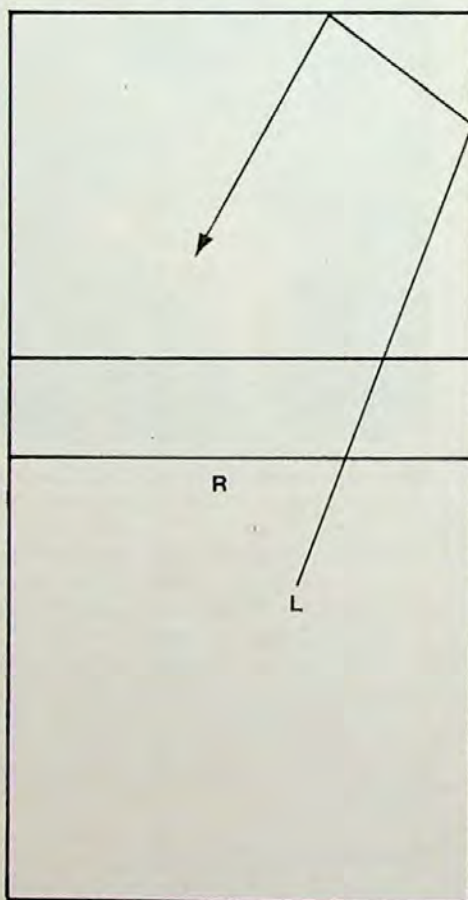
I've played a lot of righties and I find most cannot hit good ceiling balls. On the other hand, lefties hit ceiling balls all the time. When the righty plays a left-handed player in a tournament, the right hander tends to hit the first couple of shots to the lefty's forehand. He doesn't realize he's playing a lefty. When the lefty begins to crank his shots down the line or cross court his opponent soon realizes he's playing a left-hander. This is when the lefty should start hitting his ceiling balls cross court. The lefties can hit these shots better than the righties because they have practiced them more.

I've played right handers all my life. When I confront them with hitting cross court ceiling balls, chances are good they will come up short or return the shot at the wrong angle.

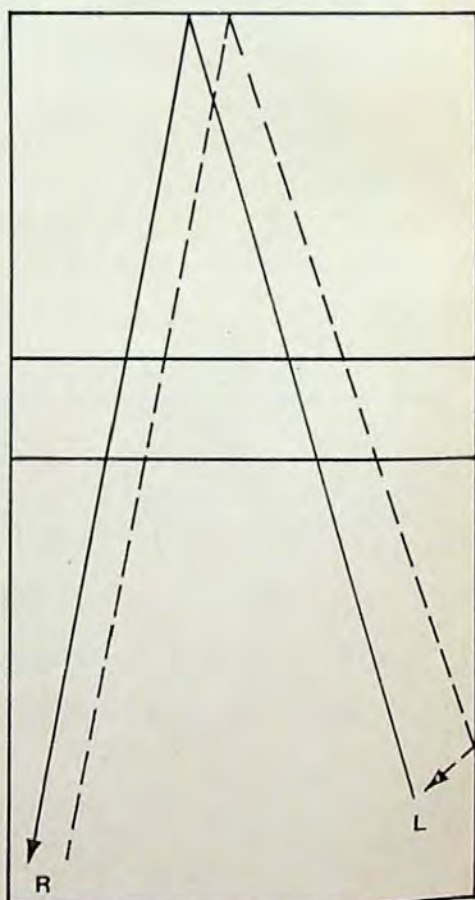
This cross court ceiling ball strategy even works with the pro players. They end up hitting the side wall instead. If they hit the side wall, then it's just an easy plum for the left-handed player. The lefty can then hit his backhand pinch and it will all be over. **R**

Righties don't play lefties enough to know how to return a cross court ceiling ball.

kind of stroke than just hitting a down the line shot. All of a sudden the right-handed player has to get the angle perfect in just one match. Lefties have already practiced hitting this angle for years. They know exactly where the



The backhand pinch is one of the toughest shots for a right-handed player to return. This shot forces him out of center court.



The right-handed player is forced to play a cross court ceiling game against a lefty. Thus, a righty's shots often come up short.

SO LIVELY, SO CONSISTENT, SO DURABLE, WE GUARANTEE IT. TWICE.

The only thing tougher than a Penn® Ultra-blue racquetball is the Penn Double Performance Guarantee behind it: "If any Penn ball should fail before the label wears off, return it to the place of purchase or to Penn for two new balls."

This is how we stand behind our ball. And our customers.

Penn Athletic
Products Company,
4220 William Penn
Highway,
Monroe-
ville, PA
15146.



**Harold Yuker is Provost
of Hofstra University.
He has cerebral palsy.**

President's Committee on
Employment of the Handicapped
Washington, D.C. 20210

Produced by The School of Visual Arts Public Advertising System

★ SHOE SPECIAL ★

FOOT-JOY Tuffs #62265 or #62208 **\$21⁹⁵**

Tourna Grip **\$2⁹⁹** EACH

WILSON
Composite Plus \$ 69.95
Arrow \$ 32.95
Epic Plus \$ 38.95
Force 250 \$ 19.95

EKTELON RACQUETS
CBK \$137.95
250G \$ 73.95
Citori \$ 56.95
Magnum 2 \$ 47.95
Marathon Graphite \$ 38.95
Interceptor \$ 33.95
Blue Lite \$ 25.95

HEAD RACQUETS
Professional \$ 42.95
Master \$ 33.50
Graphite Express \$ 66.95

VOIT RACQUETS
Pacer \$ 79.95
Impact One \$ 36.95
Impact Two \$ 43.95

All U.S. Orders Add \$2.50 for Handling and Freight, Nevada Residents Add Sales Tax



NEVADA BOB'S
DISCOUNT Golf & Tennis

4702 Maryland Parkway (R) Las Vegas, Nevada 89109

Send for FREE Catalog

Call Toll Free

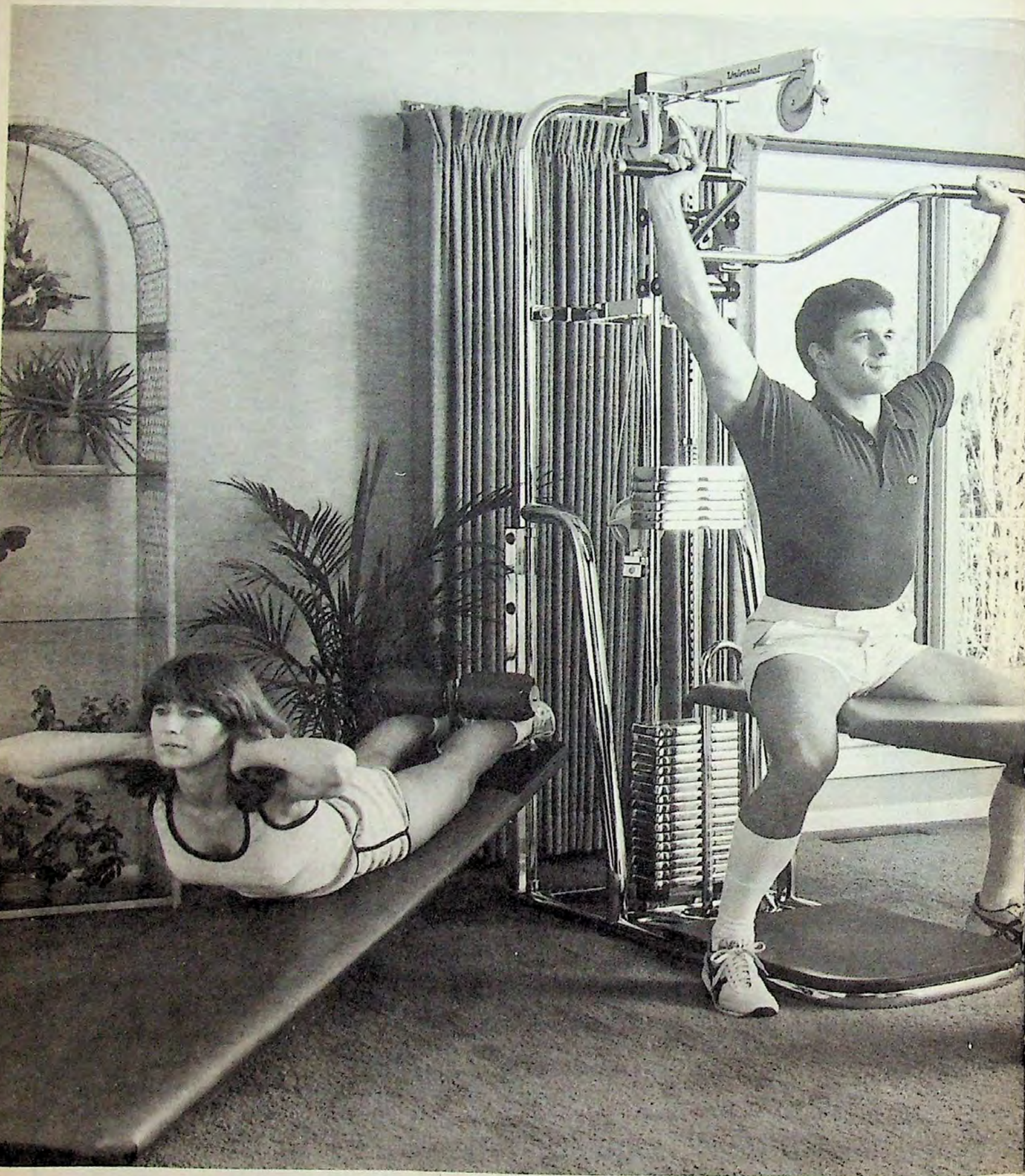
1-800-634-6202

Local (702) 736-3686

OPEN 7-6 PM Mon-Fri
8-6 PM Sat
7 DAYS 10-5 PM Sun P.D.T.
5 minutes from airport



Mail order prices only
Prices subject to change
3 weeks delay on personal checks





SPECIAL
H·O·M·E
FITNESS

SECTION

The 24-Hour Workout

A guide to the latest in family
fitness equipment

By Anthony Serafini

There are usually two good arguments for working out at the club: The environment provides a nice social atmosphere and the showers usually work. Outside of that, there are many more good reasons for toning up at home. These include saving on rising club memberships and not having to wait in line to use the equipment. So if you think you can avoid the temptations of the refrigerator and television, home training just might be the route for you.

To do this, you need a safe and space-saving array of equipment. Fortunately, a number of companies provide this type of equipment with prices ranging from \$29 per unit to several hundred dollars or more for one of the fancier, multi-purpose gadgets.

Most in-house training equipment rely on

the progressive resistance principle—the gradual and continual increase in body power produced by forcing the muscles to fight against weight. In the old muscle beach days about the only way to do this was to grapple awkwardly with the old fashioned, fixed weight barbells and dumbbells.

For a more elaborate home fitness program, Universal offers its Power-Pak 300. The system features 100 individual exercises as well as accommodating two people at the same time.

The 24-Hour Workout



Most home training equipment does not need to take up much space. For example, Indoor Jogger (above) by Total Gym Inc. in San Diego, California only measures 30-by-40 inches and weighs 26 pounds. This mini-trampoline is versatile enough to allow racquetball players to do their jogging and aerobic exercise within the confines of a small home or apartment.

Muscles and Machinery

However, machinery is all the rage today. If you want a "Mr. Olympia" physique, of course, the machines are no substitute for free weights, and there isn't a top bodybuilder in the country who has won the muscleman contests by training solely on machines. Still, for the average fitness buff and racquetball player, the machines will do the job.

Weight or "resistance" training may be of considerable value—even necessary—for the dedicated racquetball player. "Before anyone starts participating in racquetball, he should devote some time to conditioning work," says weight training and court sports expert Mitch Lemelbaum. "Since the legs bear the brunt of the strain in racquetball, special resistance should be used to strengthen the underpins. Another area of the body that would benefit from weight training is the wrists and forearms. In racquetball, these muscles supply the prime source of power."

Exercise experts recommend both body training and more localized work for the special muscle groups involved in racquetball. One system that achieves this kind of preparation for racquetball is the "Power-Pak" by Universal Gym Equipment, Inc. (Cedar Rapids, Iowa). "We encourage total body conditioning for all sports and Power-Pak's six stations can help provide that kind of conditioning for the serious racquetball player," says Universal spokesperson Norm Barnes.

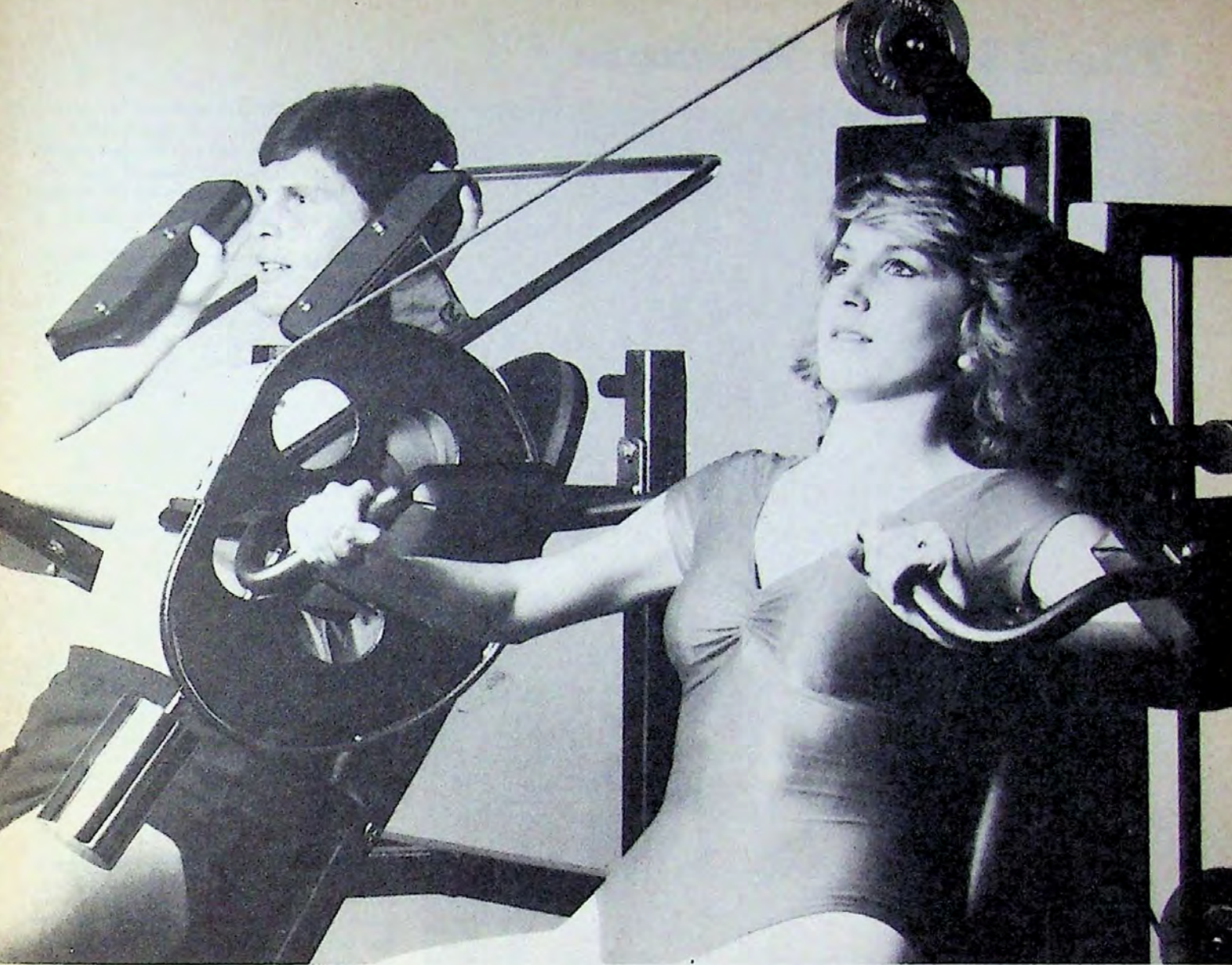
"The most crucial exercises for racquetball are those that involve the muscles of the ankle, knee, hip, shoulder, elbow and wrist joints and the mid-section (lower spine)," says Dr. Michael Yessis, a biomechanics and sports training specialist.

Iron Co. (San Diego, California) offers equipment to exercise these muscles. For any sort of knee joint and leg work, its leg extension/leg curl allows you to work both the front leg muscles (leg extension exercise) and the back leg muscles (leg curl exercise). For power in the hip joint, Iron Co. recommends both adduction and abduction exercises that can be performed on its lower torso machines. And for maximum development of the hamstrings, it recommends glute-ham raises on the hamstring machine. These movements promote flexibility and agility in the back thigh area—a critical area for the racquetball player.

For full development in your forehand shots Iron Co. suggests sit-ups. Just add a full twist at the end of the "up" phase. Other exercises recommended for the mid-section are back raises on its hamstring machine, side-bends (these can be done with a dumbbell in each hand) and trunk twists (these can be done standing with your hands held behind your head).

Total Body Conditioning

Still another approach to racquetball fitness is offered by the Total Gym Exercise



Above, for those racquetball players who would like to strengthen their upper bodies, Iron Co. suggests its Polaris Tricep Machine (\$1,695) and Lateral Deltoid Machine (\$1,595). Far left, Nautilus Abdominal Machine (\$2,465). Left, the Gympac 1000 (\$349.95) by Diversified Products.

The 24-Hour Workout



Another compact training device is the Backstretch from Inspir Air (Westlake Village, Calif.). An effective inversion therapy system, this device helps reduce compression.

System (West Bend, Wisconsin). This system is designed for total body conditioning (strength, flexibility and aerobic endurance). The system uses a percentage of one's own body weight to form the resistance, thereby allowing a full, natural range of motion and increased flexibility.

The four models in the Total Gym series are the pro plus, pro, competition plus and competition. All four are good for flexibility and aerobic workouts. However, only the top two models offer a weight frame to increase the resistance (pro plus and pro). Each model in the Total Gym series occupies no more than an eight-inch deep storage space for even the top-of-the-line pro plus.

To keep the heart rate at a proper training level Soloflex (Hillsboro, Oregon) offers a unique aerobic system. Since the system is

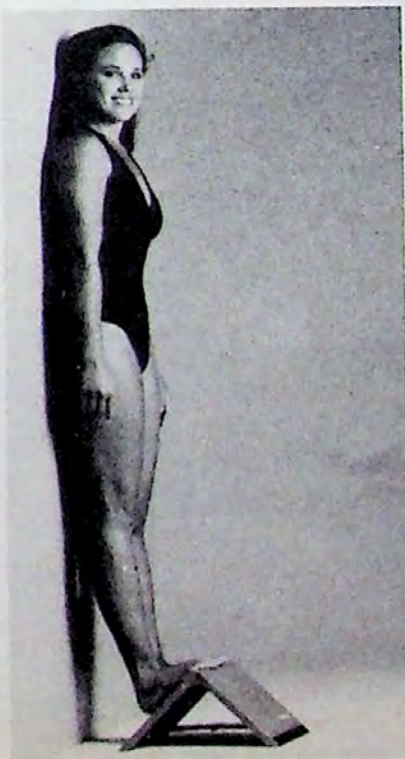
Although the equipment may look complex, it should be simple to use.

only four feet by four feet and six feet tall, it works well enough for home use and can be disassembled when not in use. The apparatus has 24 stations and works every large muscle group in the body.

Another company offers a training device specifically designed for the muscles of the legs and the lower back. The Paraflexor (San Diego, California) helps prevent tendonitis, pronated ankles and pulled hamstrings. "In court sports where a lot of jerky, pulling movements go on, it's easy to strain a muscle," says a company spokesperson. "The Paraflexor helps prevent these injuries."

The wedge shaped stretching device takes up only one square foot of space, making it ideal for home use. It weighs five pounds and folds into the size of a large book.

Most machines will exercise the major areas of your body: pectorals (chest), abdominals (stomach), quadriceps (front of the thighs), calves and hamstrings (back of the legs), latissimus dorsi (upper back), deltoids (shoulders) and gluteus maximus (buttocks). However, before you buy, inspect the equipment. Although the equipment may look complex, it should be simple to use. Comfort is also important. There may be no substitute for the exercise equipment you may find in your neighborhood racquetball club but many home fitness machines are the next best thing to being at the club. **R**



Above, the Total Gym Exercise System offers the Pro Plus (\$499) and Pro (\$359). Far left, the Polaris Lying Leg Curl (\$1,540) by Iron Co. Left, an inexpensive "static stretcher" (\$29.95) is available through Paraflexor in San Diego, California.

20 x 40 x 20

In an age of fitness first, many players are building their own racquetball courts

By Mathew Tekulsky

In the summertime, seventeen-year-old aspiring pro Dina Pritchett doesn't take the 20-minute drive to her racquetball club in Muncie, Indiana. Instead, she practices racquetball on her own court in her backyard barn.

Well, it's not exactly a racquetball court. It's actually an outdoor practice wall. This "court" consists of four-and-a-half foot high plywood boards painted white and arranged in a U-shape that goes back about half the length of a regular court. The forehand wall is attached to a barn wall. When her brothers aren't playing basketball on the 30 by 20 feet cement slab, Pritchett practices her kill shots, passes and pinches.

Has it helped her game? Well, it certainly hasn't hurt. Last May, Pritchett made it to the round of 16 at the WPRA Nationals. "The practice wall makes you practice shots more seriously," she says. "If you miss, you've got to go chase the ball."

Corporate Racquetball

Corporations are even getting into the act. Somerset Distributors Inc. (an Anheuser-Busch beer distributor in Carson, California) designed its new corporate offices to include a racquetball court. The court is open 24 hours a day and seven days a week for the more than 100 employees at the company.

Since its completion last January, the courts have been a boon to morale. "Employees see that the company is doing some-

thing positive for them," says Dan Newkirk, operations director. "People from the warehouse, salesmen, drivers and management meet on the court and this helps our company operate more efficiently."

Contemporary court construction is also affecting the urban scene. An abandoned ink factory in downtown Boston was gutted to accommodate the Back Bay Racquet Club in the six story structure. "The novelty and charm of the building certainly attracts customers," says club pro Tim Berringer. "We blend in very nicely architecturally and aesthetically with the surrounding area."

And finally, this new phenomenon has become something of a family affair in downtown Pittsburg. Attorney Irwin Wedner and his brother Sandy spent the last six years building the Downtown Racquet and Athletic Club. The \$2 million plus project was completed last November. The club has eight racquetball courts (five with glass back walls

and three with four by four feet viewing windows), a lounge, a jogging track and a 75-foot indoor swimming pool.

"If I sound tired, it's because I've put a lot of





SPECIAL

H·O·M·E FITNESS

SECTION



20 x 40 x 20



Top, two brothers in Pittsburgh spent the last six years of their life building a dream—their own racquetball club. The \$2 million plus project was completed last November. Middle, racquetball courts (background) add an aesthetic touch to the new \$18 million sports and recreation center at New York University. Above, state-of-the-art glass in court construction at UCLA's John Wooden Center supplied by W&W Products International in New York.

money and blood into this project," says Sandy.

From Dina Pritchett's modest backyard "court" to the more ambitious facilities, there's a lot of racquetball court construction going on these days. The big boom of the late seventies is over, but racquetball is adapting to today's world and expanding in it.

"Racquetball is not having the growth that it had five years ago, but court construction is still increasing," says Jeff Larson, sales engineer for the Hollman Court System in Beaverton, Oregon. "It's the busiest year for panel suppliers like ourselves."

Most new racquetball courts are being built in clubs, according to Larson. "Out of 100 signed contracts we have, only four are for courts in homes," he says. Many courts are also being built at colleges, YMCAs that are doing renovation and at company facilities for employees.

Court Costs

The largest deterrent to building a home court is still cost. One court construction company in Pennsylvania built a court for Dick Marriott (of Marriott Hotels) in his Washington, D.C. home. The \$180,000 structure consists of an entire wing and includes full tournament glass. The company also built a court in Salt Lake City for financial author Howard Ruff. "We get 30 to 40 inquiries per year on home courts," says Ray Omholt, president of American Sports Courts in Devon. "We bid on far more than that each week for club courts."

There are a number of companies that design and build racquetball courts. This includes all aspects of construction except the concrete slab on which the court will rest and the actual building in which the court is housed. It does include the framing, panels, flooring, lights and door. For a single court, completely installed and ready to go, the general cost is \$18,000 to \$20,000. Sometimes you get a discount for building multiple courts.

Most court companies use laminated plastic panels for the walls. They give a true bounce, don't nick and only require a simple maintenance—a standard cleanser. Some panels are coated with fiberglass. This provides a seamless surface. Concrete or plaster walls cost a lot more and require much more maintenance. They tend to nick more and are harder to clean. The exterior of the building, of course, should be waterproof. Sometimes extra measures are taken to waterproof the interior walls.

In most cases, an architect and a general contractor collaborate during court construction. These people work closely with the court builder in the design and construction stages. Some court builders will do the entire structure, but this is rare.

Glass Vs. Paneling

Glass is also important when considering materials for court construction. Glass costs

five times as much as a paneling system. There are several options available with a glass court: one side wall made of glass, two panels and two glass walls or even three walls made of glass. Side glass walls are much more expensive than glass back walls.

"Twin-view" two-way white glass walls are another option to consider. This type of glass works well for low-lit lounges. The twin-view glass provides a fishbowl effect for better spectator viewing while the players see the ball as if it were a closed-in court. For the most part, glass is not used in home courts. The exception is when there's a sitting or entrance area with a view of the court.

The use of glass for racquetball courts is growing, according to one major glass supplier. "In posh clubs, three-quarters to all courts have glass," says Ron Haber, president of W&W Products International in Spring Valley, New York.

Purchasing Property

To alleviate some of the expenses in court construction, many investors cut costs through the property they purchase. For instance, the Boston Back Bay Racquet Club was built in a "rehab" area. Therefore, investors were able to get a good price on the property.

And as for the Wedners, it was the Urban Redevelopment Authority (URA) that lessened the load of their total investment. "It wasn't that easy, though," says Sandy. "We had a lot of battles with the URA. It was five years of aggravation and politics. But as a result our club is now one of the most reasonably priced in the nation when you consider all the amenities we offer in a major downtown facility."

Other costs can be cut in the actual building plans. The court at Somerset Distributors was built with concrete panels. However, concrete panels is the most expensive type of system to use. How were they able to afford these panels? The court was figured into the building plans. Two of the panels were existing walls in the design so they only added two more.

Maple tends to be the most popular wood used for the floor. However, when considering the materials used for the floor, the concrete slabs underneath the floor should not be overlooked. Remember, if the slab is not level enough, the floor will buckle, creak or even split and the panels won't be installed properly. Some court builders will not lay a floor unless the slab is level or they will require a signed release from liability.

Post Production Care

Maintenance is also important once construction has been completed. After all, you want to protect your investment. If the court is used often, you should sweep the floor every two or three days. Dust and residue from shoes will grind into the floor and scratch the wood. The panels should be washed halfway up once a month. They should be given a good scrubbing all the way up once a year. To clean the panels, use a non-oil based



Top, Somerset Distributors Inc. (a beer distributor in Carson, Calif.) designed its new corporate offices to include a racquetball court (box-like structure on the left) for employees. The court was actually figured into the building plans to cut costs. Above, the Boston Back Bay Racquet Club was built inside an old abandoned six-story ink factory.

cleaner and a soft rag

The courts should also be occasionally refinished. If there's two to four hours a day of play on the court, it should be refinished every year-and-a-half to two years. Heavier use, such as in the clubs (where courts are used 12 to 16 hours a day) necessitates refinishing the courts once a year.

The biggest percentage of court costs are wrapped up in the materials used. These materials include the floor, panels, lights and door. The remainder of the cost is labor.

However, most professionals in the industry encourage people to spend the extra money and have a professional installer do the work. Others suggest using one builder for the entire project rather than subcontract out for the floor, panels, etc.

In any case, be sure and check into every detail of court construction before you begin the project. Look at lots of different courts to get ideas for your own court. And look in different areas. Sometimes bad designs get duplicated.

TOURNAMENTS

1983 Ektelon/Pernod Racquetball Championship Series

Photo by Frank Wong



Touring pro Dave Peck defeated Corey Brysman in a \$500 winner-take-all match at the 1983 Ektelon/Pernod Championships in North Hollywood, Calif. Brysman earned the chance to compete against Peck by defeating Bruce Radford in the open finals of the series.

Central American Regional Games

By Carole George

A giant step forward in international racquetball competition was made last October in San Jose, Costa Rica. Nine countries from North and South America participated in the Central American Regional Games. These games are a qualifying event for the 1984 World Championship Games.

"We'd like to call it the 'Copa de las

Photo by Carole George

Americas (the American Cup)," says Rudolfo Echeverria, president of the asociacion nacional de racquetball—Costa Rica. "We'd still give out trophies to all the winners, but we'd like to keep a really impressive perpetual trophy here in Costa Rica in order to add the name of the winning nation each year."

It came as no surprise that the United

States team is still "numero uno" in international racquetball. In fact, it was the United States versus the United States in the finals of both the men's and women's open. Dan Ferris defeated Ray Navarro and Cindy Baxter topped Malia Kamahoa. Both the men's and women's doubles team from the United States finished first. Steve Trent and Stan Wright topped Juan Gutzman and Diego Sanchez (Columbia) and Beth Latini and Tammy Hajar defeated Sylvia Portuguez and Patricia Leiva (Costa Rica).

The Asociacion Nacional de Racquetball—Costa Rica has come up with a tournament format all its own. It divides the draw into random groups of four and each group play round robins. This way every entrant is guaranteed a minimum of three matches. So you can say "adios" to losing first round. After the round robin matches are completed, the association totals the points scored in the first two games of each match. The highest scorers are put into a main draw and then play it out from there.

Besides the national division, there was an "A Division" for the extra players Costa Rica and the United States brought. Evan Terry of the United States won the A division by defeating Teo Fumero of Costa Rica in the finals. There was also a seniors division which was popular among team managers, association presidents and coaches.

"I think the seniors division is very important," says Echeverria. "It could even be the deciding factor in whether a team goes to the



Costa Rica's Enrique "Chino" Carranza blasts a powerful backhand pinch against Honduras' Tito Atala at the Central American Regional Games in Costa Rica. However, it was America's Dan Ferris and Cindy Baxter who won the open finals division in international competition.

TOURNAMENTS

tournament or not because the person in charge will be able to participate too." Echeverria added that while the younger players are often the top players in a country, the senior players are usually better able to afford the expenses of travel, food and lodging.

WPRA Titans Collide

Five upsets highlighted the WPRA budweiser Light Pro Classic in Auburn, Massachusetts last October. One of the most dramatic upsets was the defeat of top seeded Lynn Adams by Heather McKay 21-12, 21-17, 21-23, 24-22, 15-13—one of the closest matches the two have ever played.

The two titans collided for what might be the showdown of the season. With the first game of the match tied at 6-6, McKay's lateral moves allowed her to reach Adams' passing shots. Not only did McKay reach these shots, but she responded with textbook pinches and kill shots. Several uncharacteristic errors by Adams allowed McKay to take advantage and win the first game.

In the second game, McKay raced to an 8-1 lead. McKay's serve proved to be too strong for Adams. Two wide-angle pinches by McKay, one from the forehand and one from the backhand side, closed out the game at 21-17.

"I felt tense and rushed throughout the first two games," says Adams. "I gave Heather some set-ups and she was very precise with her shots, which put more pressure on me. Although I'm used to the pressure and to someone that good being able to take advantage of my errors, I just couldn't establish a rhythm."

In the third game Adams played more aggressively. Relying on her waterbug quickness, she began killing and diving for the ball. McKay's serves—which carried her to victory in the first two games—seemed to lose some of their effectiveness.

Game three was tied ten times. Adams hit a backhand pass to reach game point. Adams then cracked a backhand pinch to win the game after three match points on McKay.

In the fourth game the score was tied 11 times. Adams hit three consecutive pinches while down 21-22 to claim the game and send the match into a tiebreaker.

McKay surged to a 4-1 lead in the tiebreaker. The lead changed hands two more times before McKay hit a forehand pinch to take a one point lead at 12-11. McKay finally sealed the victory at 15-13.

"I was not pleased overall with my play in the match because I changed my play after the first two games," says McKay. "I'm just glad I was able to stay with Lynn and play well enough to win the tiebreaker."

To reach the finals, McKay defeated Joyce Jackson (who earlier upset Jennifer Harding and Janell Marriott) 21-11, 21-13, 21-11 and

Adams topped Vicki Panzeri (who earlier upset Rita Hoff-Scott) 21-11, 21-10, 21-14.

In the quarterfinals, Adams defeated Marci Greer in three games. Panzeri won over Hoff-Scott in three, Jackson beat Harding in the tiebreaker 15-9 and McKay topped Stacey Fletcher in three.

Top ranked Laura Martino was upset in the opening rounds by Harding in the tiebreaker 21-19.

Etc.

- Pete Chardavoyne defeated Rich DeVito and Val Pease topped Anna Calderon in the



Pete Chardavoyne

open finals of the AARA New York City Championship Racquetball Series.

- Jeff Larson beat Steve Dunn and Karey Peohman won over Maria Hyne in the open finals of the 1983 Racquetball State Fair in Salem, Oregon.

- Guy Texeria topped Bill Sell and Marci Drexler defeated Karin Walton-Trent in the open finals of the Wilson "Trublu" Shootout in Newport Beach, California.

- Keith White (Post #110) beat Jeff Jorden (Post #806) and Paula Russler (Post #110) won over Christi Binns (Post #6) of the



Keith White

National Explorer Olympics Racquetball Championships.

- Stan Wright and Steve Trent defeated Mark Malowitz and Jeff Kwartler and Carol Frenck and Melia Kamahoaoha beat Mary Holroyd and Gail Lauteria in the open finals of the AARA U.S. National Doubles Championship in St. Petersburg, Florida.

- Ray Navarro topped Andy Roberts and Trina Rasmussen won over Becky Rush in the 18-and-under finals of the AARA U.S. National Junior Championship in Fishkill, New York.

R

1984 EKTELON REGIONAL RACQUETBALL CHAMPIONSHIPS

BOSTON

Feb. 10-12

Gamepoint Racquetball & Health Club
Aldrein Road, Plymouth Industrial Park
Plymouth, MA 02360
(617) 746-7448

SAN FRANCISCO

Feb. 9-12

Schoeber's
3411 Capitol Avenue
Fremont, CA 94538
(415) 791-6350

BALTIMORE

March 2-4

Merritt Racquetball & Fitness/Security
2076 Lord Baltimore Dr.
Baltimore, MD 21207
(301) 298-8700

HOUSTON

March 1-4

Courts, Etc.
14690 Memorial Drive
Houston, TX 77079
(713) 497-7570

LOS ANGELES

March 16-18

Racquetball World of Canoga Park
22235 Sherman Way
Canoga Park, CA 91303
(213) 884-5034

NEW YORK/NEW JERSEY

March 23-25

Ricochet Racquetball Club
219 St. Nicholas Avenue
South Plainfield, NJ 07080
(201) 753-2300

MIAMI/FT. LAUDERDALE

April 6-8

Holiday Courtrooms
750 West Sunrise Blvd.
Ft. Lauderdale, FL 33311
(305) 764-8700

CHICAGO

April 12-15

Glass Court Swim & Fitness Club
830 E. Roosevelt Rd.
Lombard, IL 60148
(312) 629-3391

The Lifecycle



The new Lifecycle 5000 features the tested computerized exercise program that distinguishes Lifecycle equipment. The Lifecycle offers a 12-minute accelerating-level aerobic exercise program that allows the racquetball player to measure improvement quantitatively.

The new model includes 12 exercise levels, up from the previous ten levels, and a new solid steel one-piece pedal crank. The Lifecycle 5000 is now available in five colors: red, yellow, orange, blue and white.

The "hill profile," a console-displayed visual representation of optimal human aerobic physiology mechanics, is calibrated at all levels by the Lifecycle computer. Four distinct exercise sequences: warm-up, test, interval training and warm-down are programmed into the 12-minute ride. Pedal resistance is accordingly increased or decreased as

the "hill" is traversed.

Lifecycle also features a 20-minute random program, for the finely tuned athlete. In addition, it offers an infinite number of pre-programmed, random-accessed "hill" combinations. The microprocessor constantly communicates with the load control unit, electronically adjusting pedal resistance. Finger-tip controlled display console digitally illustrates calories/hour, elapsed time/stop watch, data entry, maximum oxygen uptake with random-accessed and manual override touch controls. An illuminated matrix display provides a continuous illustration of the "hill" effort levels.

The suggested retail price for the Lifecycle 5000 is **\$1,995**. For further information contact Lifecycle Inc., 10 Thomas Road, Irvine, Calif. 92714 or phone (714) 859-1011.

Jump Stretch

The Diversified Products Jump Stretch PowerGym has been introduced to help racquetball players maintain a high level of fitness. The Jump Stretch can provide a complete fitness program for players while producing significant improvements in strength and cardiovascular endurance.

The Jump Stretch unit consists of a heavy duty fiber board base and specially made bands. The bands are placed in the slots at the base to provide a variety of exercises for every major joint of the body.

Jump Stretch has been designed to provide many types of exercise programs. Assisted squats, curls, leg curls, resisted sit-ups, front squats, wrist curls, military presses, hack squats and bench presses are just a few of the exercises that can be performed on the Jump Stretch.

The Jump Stretch can be easily adjusted to different levels of resistance. It also develops flexibility and full range of motion, strength, speed, quickness, balance, agility, skill, coordination and both anaerobic and aerobic endurance.

Suggested retail price for the Jump Stretch is **\$150**.

For further information contact Diversified Products, P.O. Box 100, Opelika, Ala. 36802 or phone (205) 749-9001.



SERVICE BOX



True Blue Offer

Wilson has introduced a "Buy Two, Get One Free" promotion on TruBLUE racquetballs.

Packed inside each specially marked TruBLUE racquetball can, racquetball consumers will find a proof of purchase card. Purchasers merely need to fill in two cards and send them to Wilson for a free can redemption.

For further information contact Wilson Sporting Goods, 2233 West Street, River Grove, Ill., 60171 or phone (312) 456-6100.

Portable Slide Show

Looking for a great gift for your favorite racquetball photo enthusiast? You know, the one who takes endless slides of racquetball tournaments, along with his memorable trip to the Nationals and then stores them into boxes never-to-be-seen?

SIMA Products Corporation suggests giving the EvenLite Slide viewing system—a slide sorter/light box duo.

The EvenLite Slide viewing system is easy to use. The oversized (11" x 14") face of the EvenLite Light Box provides a lighted surface with which to evaluate and select slides.

The Slide Sorter holds up to 42 slides in place with special extruded tracks. These tracks are designed so slides can glide smoothly on the viewing surface without spilling.

The EvenLite viewing system also offers special pockets to stack packets of slides before and after sorting, a specially molded pocket for a slide viewing loupe, two convenient viewing positions and storage without the need to disassemble the unit.

The SIMA EvenLite viewing system is priced far below other viewing systems of comparable quality. The EvenLite Light Box and Slide Sorter retail for **\$49.95** each. The viewing stand, which sells for **\$12.95**, conveniently holds the Slide



Back on Track

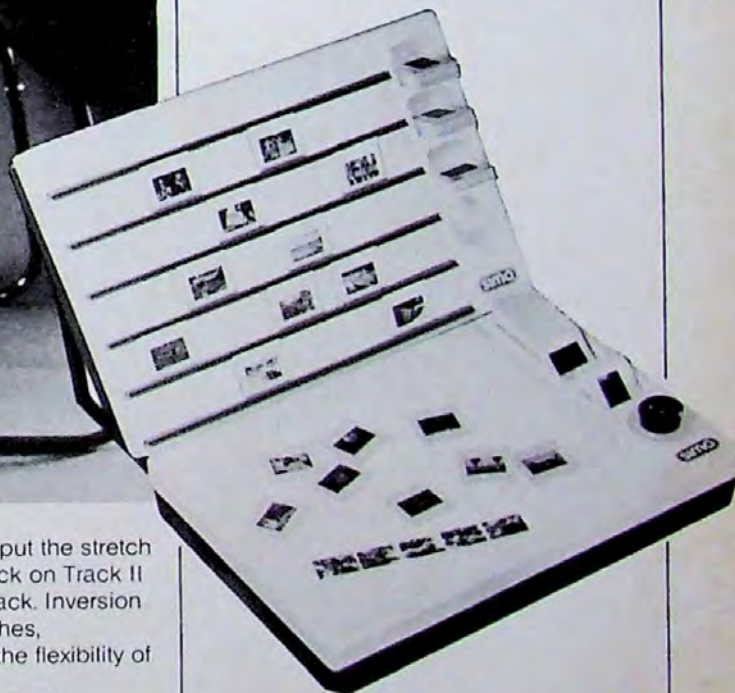
Stress and strain on the racquetball court combined with gravity puts constant pressure on the spine. Until now there has been little relief to reverse this force.

The Lossing Orthopedic Company has gone one step further and is marketing a safer inversion experience. Rather than hanging from the ankles, new Back on Track II inverts the user from the hips where the spine begins.

Scientifically designed to put the stretch where the spine begins, Back on Track II maximizes benefits to the back. Inversion with Back on Track II stretches, strengthens and increases the flexibility of the back.

Suggested retail price is **\$385**.

For further information contact Lossing Orthopedic, 2217 Nicollet Ave. South, Minneapolis, Minn. 55404 or phone (800) 328-5216.



Sorter behind the Light Box to create a compact workspace. The components may be purchased separately.



Network Racquetball?

By Eric Alter



Hey, network television! What's it going to take?

Racquetball is one of the most exciting racquet sports in the country. It's fast, action-packed and fun. It also has great looking competitors and clubs.

It has everything but a television deal.

Instead, it's the less exciting sports that get TV coverage. The Americas Cup yacht races appeared on the evening news every night last September. However, watching a sailboat race is like watching grass grow. And how many people even know the rules of a yacht race?

A lot of people play racquetball and they want TV coverage. They want the exposure and the fun. But most of all, they want the big bucks.

OK, networks. Racquetball players are willing to play by your rules. We'll do exactly what it takes to get on the tube.

Commercial breaks, for instance. The networks complain racquetball has no breaks in the action for beer ads. So how about a half time break in the middle of the game? After the first couple of games, we'll take a break and put a couple of pickup truck commercials in. And we'll also place a referee down on the court to call timeouts and to get in colorful fights with egotistical players.

We can snap up the visuals too. Playing racquetball is the closest anyone can get to

actually being inside a video game. So, we'll enhance that feeling. The plain blue rubber ball will be changed to a fluorescent orange. This way, the orange ball will arc across the TV screen like a tracer bullet. And let's get rid of the plain white walls. We can paint them with bright colors instead. We could also maybe even get graffiti or the logo of a major advertiser.

Let's dress up the walls with a flashy electronic screen. The screen will flash like a berserk pinball display. "Ace," the board would signal on a good serve. "Go for it!"

Music. That's what the game needs. In our new game of Futureball, a heavy soundtrack of some new wavers like the Plasmatics will blast on the court as the players charge around.

Television loves costumes. Let's lose those boring preppy racquetball shorts and white shirts. Our Futureball players will wear uniforms straight out of the movie *Road Warriors*. Lots of leather and dog collars bristling with spikes. We'll also add helmets and capes like Darth Vader's. No more sissy court shoes either. Boots will take their place.

Sure, it's going to be hot in those heavy costumes. But the audience will love them. The good guys can wear white and we'll put the bad guys in black. This is "show business," baby. It's worth a little extra sweat to get good Neilsens. We could even change

the racquetball rules to allow blocking and tackling.

No more Mr. Nice Guy for us racquetball players. We have learned a lesson from the tantrums of Jimmy Connors and John McEnroe. These antics have made tennis a supersport and as we all know, racquetball needs the publicity. From now on, all racquetball players will refuse to resume play unless one of the line judges is replaced when the player is dissatisfied with a call.

And what's with all the WASPs in this sport. The network executives like players who look like Mr. T or have human interest stories like Los Angeles Dodger pitcher Fernando Valenzuela. There are far too many racquetball players with names like Harnett and Harding, and too few with names like Mean Joe Green and Too Tall Jones.

There are plenty of other stunts we can build into Futureball. Half time shows. Pinch hitters. Tag Teams. The "Racquetball Rockettes." We're willing to try anything to get that big time TV deal.

How about that, Howard Cosell? If that's still not good enough for you, we have one more gimmick. We could borrow a trick from the ancient Maya Indians of Mexico. We could arrange the ultimate racquetball match. The winner takes all. The loser gets sacrificed!

NEW

From DP Leach

Racquet weight —
245 grams.



Our newest graphite racquet, the Graphite 260 features an ingenious combination of maple, ash, bamboo and graphite laminates.

This handsomely designed racquet is shipped with an attractive cover that matches the brilliant three-color racquet frame. It also has a contour-molded bumper guard which gives added racquet protection.

These characteristics add up to make the Graphite 260, an outstanding and powerful racquet to meet your demands.

DP LEACH
Fit for Life 

Diversified Products: Opelika, Alabama Compton, California



The Clincher

It's match point. And you're confident. Your racquet won't slip because the Racquetballer glove has kept the handle dry. It's just the clincher you need to win.

The Racquetballer glove is extra thin for better feel. The washable Amara® poly suede is textured and moisture-resistant for a better grip. The fabric's two-way stretch assures a closer, more natural fit. And the open-mesh backing breathes to keep your hand cool and dry.

The Clincher: The Ektelon Racquetballer glove. No other glove can outlast it.

EKTELON 

The Most Recommended Name in Racquetball

another  BROWNING company