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RACQUETBALL TODAY®

Inside this issue:

- orders Guide to
eye guards
- Exclusive
instructionals
by Lynn Adams
and Marci Greer
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child: Book
excerpt
- Results of
the World
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tournament
schedules
and results



Saving the younger divisions. See article on page 5.

New: Sweepstakes! Win a cruise!

See page 7 for details

We Get Letters . . .

Tributes to Tom

Dear RT,

I just read your July issue. While I was reading the letters from your readers I noticed one where I could receive rule books from you. I am a junior and do get some rules mixed up. Also you usually have to ref after a game in tournaments, so if you would send me rules, guides and whatever else I would appreciate it.

I did want Tom Grobmisi to know that when I get another dog I'm going to name it Grob. My dog (Nike) I have now loves your columns! Keep writing!

Enclosed is my puzzle!

Jenny Bennett
Greeley, CO

P.S. What does Tom Grobmisi look like?

Dear Jenny,

Tom Grobmisi probably bears a striking resemblance to your dog. (No insult intended, Nike.) By the way, where were you when we ran the "Name Tom Grobmisi's Dog Contest"? (Feb., 81) — Ed.

Dear RACQUETBALL TODAY,

Love your magazine - 'specially Tom Grobmisi. This is to my hero, Tom Grobmisi (an original for an original):

Go for the corner,
Go for the kill,
Hit to the ceiling -
Return it I will.

I'll run & I'll scramble,
I'll claw & I'll scratch.
I'll screen & I'll hinder,
I'll fight every match.

I'll hit you a Z-serve,
In the corner it sits -
'Cause winning's the utmost,
And losing's the pits!!!

Squeen Denke,
Oneida, PA

Dear RT,

Your paper sure makes reading about racquetball fun. More Grobmisi, please.

L. Short
Austin, TX

Cystic Fibrosis thanks Budweiser

Dear RACQUETBALL TODAY,

The Budweiser Killshots for cystic fibrosis competition offers our foundation one of the best opportunities for a national education program in years! We know racquetball people really care about our needs, we think this concept is so good that players and tournament directors could make a real contribution toward reducing this #1 genetic killer of children to just a bad memory. The Cystic Fibrosis Foundation is pleased to have Budweiser sponsor this event.

Terry Fries
Cystic Fibrosis

Dear Sirs,

I read with interest your article on the Budweiser Killshots for Cystic Fibrosis. It sounds like a fun addition to a tournament. How can we get the event at tournaments in my area? Please send me the information.

Gene Beauchamp
Weston, VA

Dear Gene,

You'll find that the event is not only fun for your players, but it gives them a chance to win some really nice prizes, get their name (and picture) in the paper, and it's all for a very worthy cause. Enclosed is the information on how you can have the event at your tournament or club. Others interested can write or call (toll free, 1-800-323-9167, in Illinois, 312/371-7616). — Ed.

Dear Gay,

On behalf of the Old Crow Canyon Racquetball Club, I would like to thank you for the beautiful work that you did on the plaques for our Summer Roundup tournament.

The great amount of care, time and generosity that you put in is greatly appreciated, and you can be sure that we will be doing business with you again.

Thank you once again.

Sincerely,
Cathe Formusa
Tournament Director
San Ramon, CA

Dear Cathe,

Thanks for the kind words! Enclosed is our new trophy and award catalog for the coming season. — Gay Kenna

Attention Association Members

The mailing label of RACQUETBALL TODAY is coded to show your state amateur racquetball association membership and expiration date. YOUR LABEL IS YOUR PROOF OF MEMBERSHIP. This service is provided to state associations which have contracted with Racquetball Today Promotions, Inc., and includes associations in the following states: CA, CT, FL, GA, IL, IN, IA, KY, MA, MI, MN, MO, NH, NJ, NY, OH, OK, OR, PA, RI, SD, TX, VT, VR, WA, WI. For information as to how your state association can take advantage of this and other services, please call toll-free at 800/323-9167.

Publisher's comments

Who should make the rules?

The year was 1977. Two players met for a "friendly" game of racquetball. Both were fairly good tournament players from adjoining states and they enjoyed getting together every year or so to test their skill against each other. And it was fun! The loser not only bought the beers but had to live with the other's ribbing until their next match. The buzzer sounded, they walked into the court, warmed up briefly, and enjoyed a close and challenging contest.

The same two players got together again recently. They entered the court to play, the buzzer sounded, and they began to warm up. But before they could play, they found they had a few things to discuss. They had to decide how many points to play per game; if the server and receiver both score points; if a screen serve was a fault or dead ball; and whose ball to use (one used a brand extremely livelier than what the other was used to). Finally, they agreed on the "basics" and began to play, but as the game progressed, they found they had to discuss a few other rules they had taken for granted: which receiving line rules would be used (the USRA, AARA, WPRA, and some state associations all have different rules and interpretations); was it a hinder or a point when one player was hit by a ball that was not going to make it to the front wall; and when one player sort of "carried" the ball on his racquet, was that an illegal hit (USRA only). They never finished the match. They ran out of time.

Do you think the above story is far-fetched? It's happening like that to some degree or another throughout the country. Actually, the examples in the story above are only some of the rule differences, and only those which affect everyone who steps in the court every time they play. In tournament play, and more serious competition when there is a referee, in addition to all of the above there are many, many more differences and interpretations that vary from association to association, state to state and tournament to tournament. And the complications these differences in the rules are creating for beginners, club pros, and tournament promoters is becoming quite difficult to cope with. AND THE SITUATION IS GETTING WORSE...It threatens to get completely out of hand (if it isn't already).

Not only do the two major amateur national associations continue changing their rules independently of each other or anyone else, but the women pros (WPRA) are formulating their own rules and interpretations as are several major state associations which are totally independent of the AARA or USRA. Add to that a new man's pro circuit (also independent of any other group or association) which is putting in touches of its own, and soon, it will be impossible to play a game of racquetball without an attorney to advise on the rules!

While each group or individual who makes a change sincerely believes he is coming up with a significant improvement and while each group maintains that their set of rules affects only the participants in their own tournaments and that they have the "right" to make whatever changes they want, the total net result of their efforts is chaos and is extremely detrimental to the sport. AND IT'S GETTING WORSE. The country seems to have been struck with "change-the-rules-fever". There's hardly a meeting of any kind of racquetball group that doesn't take time out to discuss what changes should be made to the rules. But we get down to some specifics about the rules themselves.

There have been any number of changes to the basic format of the game. Most notable is the WPRA's format of games to 11, with both server and receiver scoring points when they win the rally. Those kinds of changes, while drastic, do not affect the "flow of play", and because they are such drastic changes, they do not tend to confuse the players or the application of the rules. We're all for this kind of change and experimentation...it adds variety and interest to the sport and each different method of scoring offers various advantages depending on where (and by whom) the game is being played.

The fact that the AARA and USRA can't agree on the definition of an amateur, age cutoffs for junior divisions, time elapsed before a default, calls that can be appealed, and many other differences which primarily affect tournament play only, is unfortunate, but again, only affects the tournament player and do not affect the "flow of play" of the game itself.

But there are differences which do affect the flow, or play of the game itself, and though many of the differences are subtle, every place there is a difference there is a problem caused when two players walk onto the court (as in the example at the beginning of this article).

The most obvious example is the "receiving line violation" rule. The AARA, USRA, WPRA, and at least 2 state associations have rules that all differ. Without going into detail as to what the rules are and which is better (we have our opinions, like everyone else), suffice it to say that any one of those rules, adopted universally, would be a major improvement over what we now have in the sport! With few exceptions, virtually every tournament player, state association leader, tournament director, and racquetball pro we have discussed the rules with over the past year is unable to accurately and with reasonable confidence explain the current receiving line rules. Not only are each of the rules different, but the latest ones (produced by the USRA) are very poorly written, unnecessarily complex, and in practice, impossible to apply (and more impossible to explain).

There are other rules which affect the flow of the game which now exist or are being unilaterally considered by various groups and are likely to exist soon. Some examples include: whether or not it costs the hitter the rally if he hits his opponent with a shot that would not have made it to the front wall; whether or not a screen serve is considered a "fault" (and the additional complication as to whether or not, as a "fault", a screen could be appealed); losing the rally whenever the ball goes out of court; if a player swings and misses a shot and it goes on to hit the player behind him, is it a screen (hinder) or does the person hit lose the rally. AND IT'S GETTING WORSE...

It's not that we believe that the new rules are worse...many of them, in our opinion, are vast improvements which make the game fairer, more competitive, safer, or easier to officiate. They should be made. But they should be made properly.

O.K., so now we've defined the problem. "It's easy to criticize" you say... 'what's the solution?' Well, we haven't just criticized. We've personally tried to convince the leaders of the men and women's pros, the AARA and USRA, and the individual state association that what they are doing is causing problems and that they should be more responsible. We've sent letters to those people (including an advance, more detailed copy of this article) hoping to convince them to be more responsible. And we've personally helped in working with all the groups in making rule changes and recommendations and in the wording and design of the rules. We'll just keep trying! Maybe you can help too! If you agree and care about this problem, why don't you write or call your state and national leaders and put a little pressure on, too? If you don't know who or where to call, write us and we'll pass on or print your comments.

Kick the Habit

We at RACQUETBALL TODAY believe that smoking has NO PLACE in the viewing area of the courts. Smoke is irritating there, as well as in the close quarters of the locker room and sauna. For some reason, many club owners have been reluctant to establish reasonable restrictions on smoking. Maybe they feel they will offend the smoker and lose business. We think it's just the opposite. The nonsmoker is often offended. If a club has a lounge that is totally enclosed and separated from the courts, smoking should be allowed there, but in the typical court club or viewing areas which are open to the courts, smoking has no place.



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International Racquet Sports Association formed

The National Court Clubs Association (NCCA) and National Tennis Association (NTA) have formed a new association, the International Racquet Sports Association (IRSA), representing over 800 racquet sports clubs internationally.

The NTA, which previously worked on behalf of tennis club owners, and the NCCA, which did the same in the racquetball field, now will combine efforts in one organization, providing benefits and services to owners and managers of all racquet sports and health facilities.

IRSA will also begin operation with over 60 Associate Members, made up of manufacturers and suppliers of goods and services to the racquet sports operators.

"We couldn't be happier with the new arrangement," said Norm Cates, IRSA's new president and president of the Court-south chain of racquetball clubs in the Southeast. "The reasons to come together in one organization were overwhelming."

According to Cates, some of those reasons include more informative conventions and regional conferences, better membership services, increased staff efficiencies and an increased ability to provide the information necessary to aid owners in making their business decisions.

"The truth is that over 60 percent of NTA members had racquetball courts in their clubs," said Cates, "and the overlap was tremendous. Why should owners have to choose between NCCA and NTA when they are all seeking the same basic information?"

IRSA is a registered, not-for-profit trade association. The Board of Directors is made up of tennis and racquetball club owners from coast to coast. Besides Cates, who is headquartered in Atlanta, newly elected officers include Victor Morrison, Racquet Club East, Harrisburg, PA — Vice President; Peter Donahue, Stirling Sports Enterprises, Stamford, CT — Vice President; and Glenn "Bud" McNett, Indian Creek Racquet Club, Overland Park, KS — Treasurer.

IRSA has retained Chuck Leve, former Executive Director of NCCA as National Sales Director and Central Regional Director along with Mary Johnsen, former NTA Executive Director as Western Regional Director, and John McCarthy executive director of the New England Racquet Sports Association as Eastern Regional Director.

"We're going to have a strong emphasis on Regional activities," said Cates, "and IRSA is fortunate to have the services of Chuck, Mary, and John to help conduct this effort."

Shetzer!

by Alan Shetzer

The evolving Men's Pro Racquetball situation is a little like a scene from Alice in Wonderland. Just when you think you have things figured out they change the plan.

Cancel Charlie Drake's first plan announced at the Nationals and reported in my July column...cancel plan two reported in August by the NRC...begin plan three to start in September (assuming there is no plan four)...this one involves 12 selected players whose major qualification seems to be that they look good modeling men's sportswear — fortunately, they are also among the best racquetball players in the country.

Drake's new tour will consist of six regional tournaments and a regional final. Each pro event will offer a draw of 16 consisting of the 12 selected players and four qualifiers taken from a regional qualifying tournament. Only geographic restrictions will be placed on the qualifiers, and anyone is eligible to play regardless of previous money earnings.

The format may be good as an exhibition but it's a major set back as a "professional tour". Instead of moving toward a more open format and allowing players to compete in open competition, it *eliminates* competition, institutionalizes the selected twelve, and destroys the incentive for younger players to develop their skills and try to be a pro.

Of the seven events announced, qualifiers will only be eligible to play in the event they qualify for, and the regional finals. And to make matters worse, they only get one shot at qualifying because of geographic restrictions. The geographic restriction, which may have been installed to allow regional players (who can't afford to travel as much as sponsored players) to compete, could reward mediocrity and further enhance the "ranking of the institutionalized 12" because racquetball *talent* isn't spread equally on a geographic basis.

The 12 best players in southern California will only feed four players into the regional final, even though the remaining eight may be better than any of the qualifiers in the other five regions.

I am sure Bob Kendler didn't visual-



DG photo

ize this turn of events when he started pro racquetball back in 1973. But, as of this writing, it looks like the czar of racquetball's NRC is out of business, since Drake indicates that the NRC will **not** be running or handling any portion of the new tour. The NRC has been asked to give its approval of the event, but so has the AARA and other sanctioning bodies.

Informed sources indicate that the NRC currently has no replacement sponsors for Leach and Seamco whose current contract with the NRC has expired. Kendler will have to pass his crown on to Drake (it will probably fit) as the new godfather of racquetball.

And what about the women...the WPRA and their members, in a brave display of solidarity, chose **not** to participate in Drake's new venture. The plan was to invite eight women and take four qualifiers, (the same as the men's format) but of the 12 women offered invitations, only three accepted and none of the top four.

Tune in next month for the continuing saga of Drake and Kendler — will there be a plan four? Will the NRC come up with their own plan one? Who knows?

Dear RACQUETBALL TODAY:

I have been reading your publication since Nov. 1980 and am quite impressed at the increasing number of racquetball skill and fitness related articles which are geared toward the novice to intermediate player.

I am disappointed, however, that my own state, Iowa, has no correspondent and only two clubs listed in your Club Guide.

Believe me we Iowans enjoy racquetball, too!

Bruce D. Beasley
Manning, IA

Dear Bruce,

Thank you for your letter. As far as a correspondent for Iowa goes, we need help in Iowa and also other states. If there is not a correspondent listed for your state and if you know of anyone who is interested, please have them call RT, 800/323-9167.

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If your state is not listed above, WE NEED YOU to get local news and tournament results to us. If you are interested, please give us a call on our toll free number 800-323-9167.

More letters...

Dear Mr. Shetzer,

Hooray for your article on sportsmanship. It's about time people started writing letters and articles about cracking down on crybabies and bad sports. They ruin the sport for everyone. Especially in amateur competition, where winning is supposed to be secondary to just having a good time, I'd like to see referees start kicking one or two people out of every tournament the moment they become abusive and pretty soon, like you said, we won't have a problem anymore. I hope people read your article and follow your advice.

Art Hillman Jr.
Dallas, TX

World Games

Racquetball International debut

by Carole George

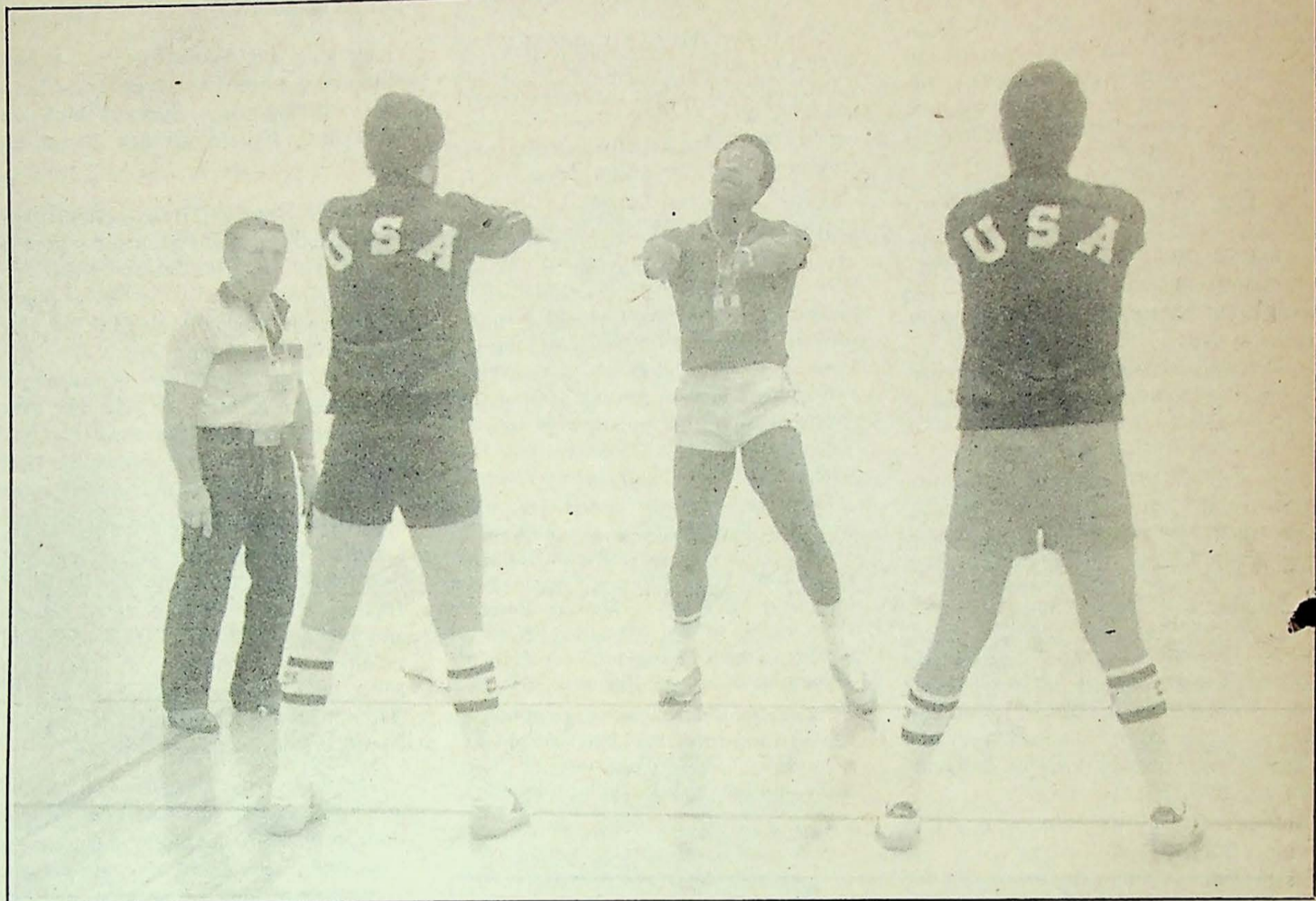
The sport of racquetball gained international exposure for the first time at World Games I, held in Santa Clara, CA August 1 and 2. Six countries — Mexico, Ireland, West Germany, Holland, Japan, and the United States — all sent teams to compete in the first World Racquetball Championships.

The World Games attracted over 1500 athletes from fifty-nine countries to compete in 16 sports, most of which have been excluded from the Olympics. The idea behind the World Games was to provide fellowship among athletes from around the world and to allow international competition in sports that haven't had a chance to be recognized up until now.

Representing the U.S. team were Ed Andrews, Larry Fox, and Mark Martino in men's singles, Cindy Baxter, Barbara Faulkenberry, and Betsy Massie in women's singles, Jeff Kwartler and Mark Malowitz in men's doubles and Mary Ann Cleuss and Karen Borga in women's doubles. As anticipated, the Americans convincingly dominated the racquetball event.

Andrews, 24, of Bonita CA came into the World Games with five national titles to his credit — 1980 and 1981 AARA Nationals, 1981 USRA Nationals, 1980 Ektelon-Perrier Nationals, and 1979 AMF Voit Classic. Even though he supports himself by winning local tournaments and has won prizes, including a car, Andrews is still considered an amateur according to the AARA. He purposely refrained from turning pro on the NRC tour so that he could win the first World title, which he did by defeating Martin Padilla of Mexico in the semi's 21-8, 21-14, and Mark Martino in the finals 21-19, 21-5.

Martino, whose sister Laura is the 1980 WPRA amateur champion and top-ranked professional on the WPRA tour, is 19 and lives in Fountain Valley. The AARA Nationals in Boise, ID,



Lynn Finney, (center), trainer for the U.S. team helps Kwartler and Malowitz stretch out prior to their finals match.

which qualified him for the World Games was his first big national tournament, where he lost in the semi's to Larry Fox. In the World Games, however, it was Martino who outplayed Fox 21-16, 21-15.

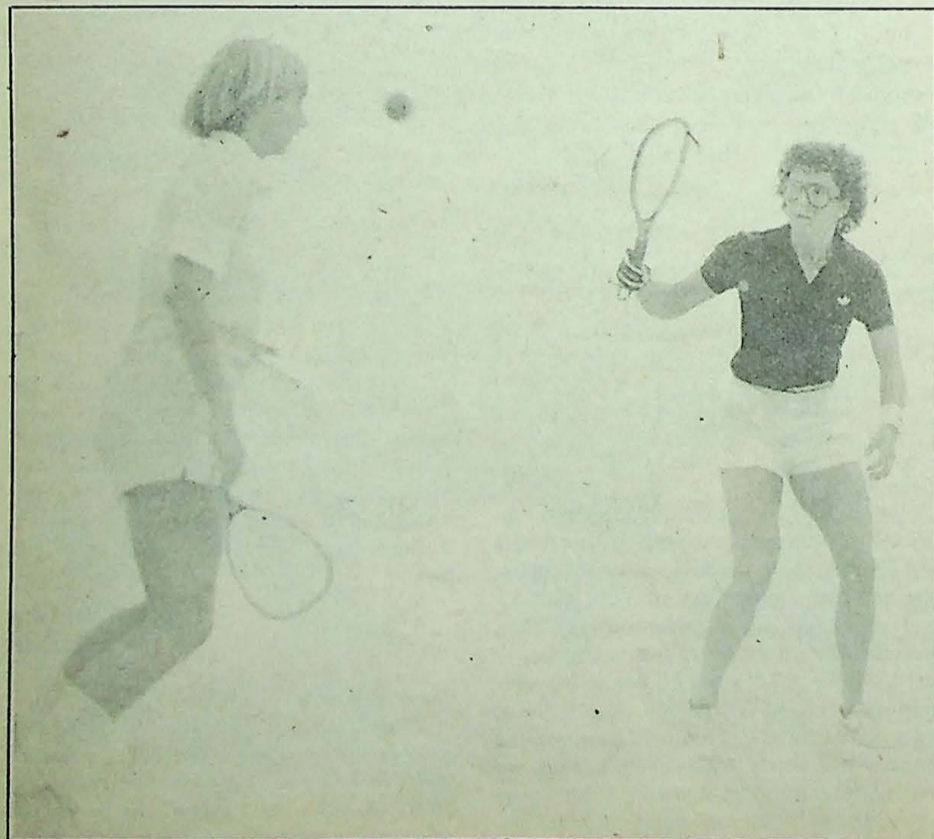
Padilla then slipped by Fox 15-14 in the tie-breaker of their third-place play-off to earn the distinction of being the only foreign player to win against an American. Five years ago, Padilla spoke no English, even though he often commuted to San Diego for racquetball matches, and now lives in Las Vegas.

Cindy Baxter, the Pennsylvania state champ, had little trouble getting to the finals of the women's singles by first defeating Marianne Culinane of Ireland 21-1, 21-3, then Mirjam Wielhessen of Holland 21-8, 21-10. However, in the finals she let Barbara Faulkenberry push her to the tie-breaker before taking the title 21-6, 18-21, 15-2. Baxter upset Faulkenberry (seeded number one in the AARA Nationals in Boise) 21-2, 21-3 in the semi's.

So other than Padilla, it was exclusively the Americans who took the gold,

silver, and bronze medals in the singles. Doubles was another story, since each country only sent one team. Therefore the Americans could only keep the gold for themselves, which they did. Mirjam Wielhessen and Dineke Kool, of Holland took second in the women's doubles. The Dutch Racquetball Federation, headed by International Amateur Racquetball Federation president Han van der Heijden, has been organized longer than any other outside of North America, so the Dutch players came into

(Continued on page 5)



First place Cindy Baxter, USA (right) and 4th place Mirjam Wielhessen Holland.

International Amateur Racquetball Federation's World Championships

Men's Team Final Standings

USA	20
Mexico	15
Holland	12
Japan	6
Ireland	3
W. Germany	3

Women's Team Final Standings

USA	19
Ireland	12
Holland	11
Mexico	10
Japan	0
W. Germany	0

Team Championship Points (combined men's and women's scores)

USA	39
Mexico	25
Holland	23
Ireland	15
Japan	6
W. Germany	3

C. George photo



Saving the older and younger divisions

By Phil Simborg

Editor's Note: Phil Simborg was co-author of the USHA rule book in 1965 which was the forerunner of the original rules of racquetball, and is co-author of the current USRA rule book. He has made more enemies enforcing the footfault rules than possibly anyone, and is therefore highly qualified to write on the subject.

In many areas of the country, for many tournaments, there just aren't enough players in the various age categories over 45 and under 18 to fill the divisions. As a result, the tournament directors either do not offer these divisions, or when they do, they get few entries, and there just isn't much competition. Yet these players need a place to play, and if we don't offer them a chance to compete, we'll never encourage more of them to come (Catch 22 at work here). But there is a solution...combine divisions and use a reasonable handicap system. We have devised a simple system based on matches consisting of 2 out of 3 games to 15.

In the junior divisions, the younger player gets a spot, the first game, of 3 points for each year's difference. If the younger player loses the first game, he gets the same spot in the second; if he wins, he gets no spot in the second game; and in all tiebreakers, he gets his spot. (No matter how great the age difference,

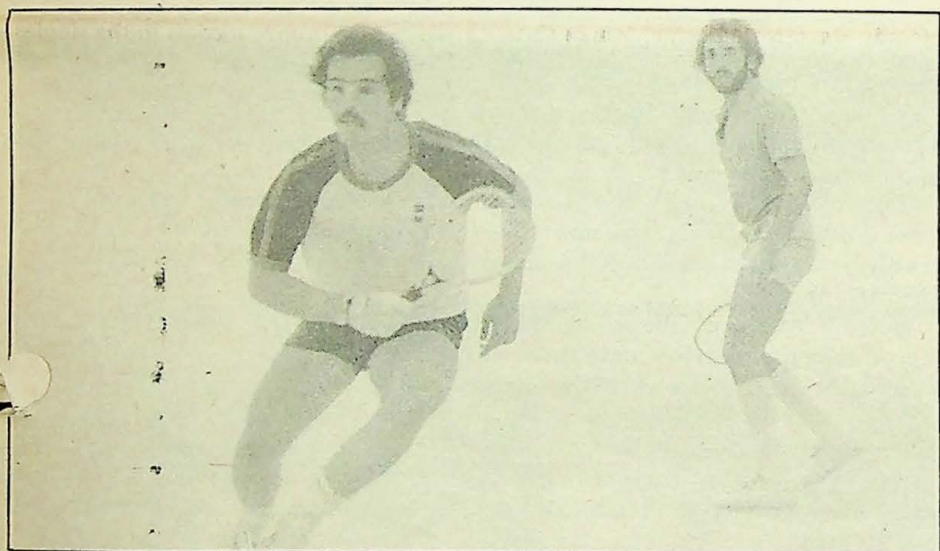
10 points per game is the maximum handicap).

In the over 45's, the spot goes to the older player, except it's 2 points per year (not to exceed 10 points).

The tournament entry form will simply offer a "45+" and "17-" division. Then, after all the entries are in, the tournament director has the option of splitting the groups further if there are enough entries (say, at least 8 per division). The director would also be careful to put the best 17-year olds in separate brackets, etc., so that players who are used to meeting each other would not play off until the semi's or finals.

Especially in the over-45 groups, as we all know, being older does not necessarily mean "not as good," so any player who would like to compete without the handicap is always free to waive it.

We think this system is an economical and practical way to offer more juniors and masters the chance to compete at local tournaments, and we hope tournament directors will give it a try. For complete information as to how to set this up, wording for the entry form, and sample draw sheets, tournament directors may call or write RACQUETBALL TODAY, P.O. BOX D, POSEN, IL 60469 (toll-free 800/323-9167, in IL 312/317-7616).



Ed Andrews USA (left) winner of world games and Martin Padilla (right), 3rd place, Mexico.

Racquetball International debut

(Continued from page 4)

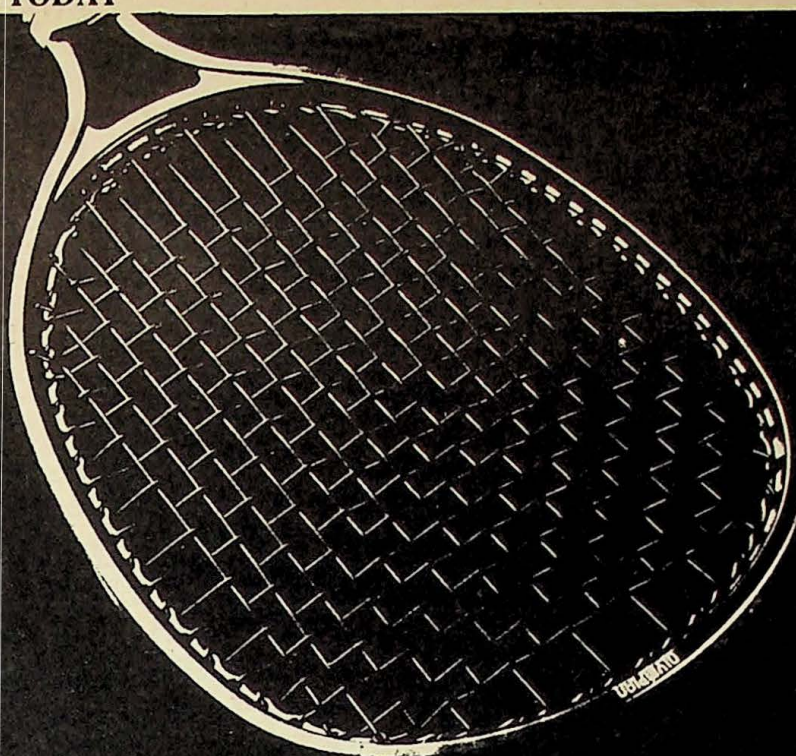
the Games with more court experience than most teams. Susan Martinez and Armida Suarez of Mexico took third; the Irish team of Catherine Donegan and Mavis O'Toole finished fourth.

In the men's doubles it was the Mexican team of Raul Canales and Federicq Alvarez who came back from an 18-15 deficit in the second game to win 21-18 after losing the first one 21-7. Malowitz and Kwartler decided not to let another one get away from them, winning the tie-breaker 15-1. William Wenzel and Jorg Harnold of West Germany took fourth and Tonny Luyckx and Frits Groenendyk of Holland took third.

Even though the World Games does resemble the Olympics in many ways, the differences are important. The governing board wanted to create a non-political atmosphere without national

anthems, flags, or ceremonies. Anthems were housed according to sport rather than country. Eligibility for each individual sport is determined by its own federation, not by the countries.

The World Games definitely got off to a slow start with problems of poor publicity and lack of organization, however if all goes well the idea will grow and take its place among the top international competitions. The Games should be held every two years, every odd year, so that they don't conflict with the Olympics. The next one is tentatively scheduled for London, England. By then, racquetball will hopefully be fully accredited by the World Games, so that the players can be subscribed by the Games rather than depend on their own resources or sponsorship by their country or racquetball federation.



Olympian introduces the suspension system racquet.

Once again Bud has turned the sport inside out.

After the innovations Bud has brought to racquetball you'd think he'd be content. No way. Once again, this inventor/pilot/skier/racer/engineer has advanced the state of the art.

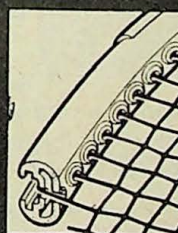
"Until now racquets were strung through the frame. The holes weakened it, allowed it to twist. Now there is the suspension system. An integral flange inside the frame provides the stringing platform. The result is a strengthened frame, and a much stronger game. This new trampoline platform holds the ball longer, allows it to regain an aerodynamic shape, then slings it with added power and control. Even when shots are struck off center.

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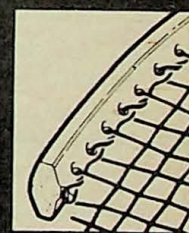
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Bud Leach, the Chairman of the Board of Olympian Sports Products, Inc. is world renowned as a Champion water skier, multi-class racing driver, scuba pioneer, inventor and racquetball engineer.



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RACQUETBALL TODAY

Exclusive instructionals

Around the wall ball

by Marci Greer

Editor's note: Marci Greer, number four ranked player on the WPRA tour, is highly respected for her use of strategy on the court.

In a sport saturated with serves, passes, drives, pinches and overheads, around-the-wall-ball shots seldom make headlines, or footnotes for that matter. But that's not to say in certain situations against certain opponents, ATW's can't be both effective and point-producing.

Primarily, a change of pace shot designed to buy time, around-the-wall shots are especially effective in doubles play (confuses the other team) and against beginning to intermediate players, who find a ball bouncing off the walls in succession somewhat confusing.

That's not to say they also don't find their way on the pro-tour. Lynn Adams, Shannon Wright and Laura Martino, all use ATW shots very effectively, especially Shannon, who credited ATW's for her win over Heather McKay in the Ektelon-Perrier Championships in May of 1980. So, for that matter, did Heather, who had trouble setting up to hit them. Today, I think Heather has learned quite well what to do with that ol' ATW.

As mentioned, ATW shots are change-of-pace, back-to-mid-court shots that arise when you need time to collect your thoughts and want to break up the ceiling ball.

The best time to hit them is on the return of any soft-serve, either a lob or Z, especially when your opponent is working on a string, or is somewhat inexperienced. In doubles, when you need something to cross up your opponents, that's the time for an ATW shot.

Around-the-wall shots differ from Z-balls in that you hit the sidewall first rather than the front wall. Your contact point along the sidewall should be 10-16 feet high and about four feet in front of the front wall.

The angle of your shot should insure the ball rebounding off the front wall, crossing over to the opposite wall and landing near the backcourt.

What you want to do is force your opponent into a tough situation in back, perhaps pinning him or her into that corner.

Hitting the shot, per say, is relatively simple. It involves somewhat of a ceiling or tennis approach, getting the ball just above the shoulder on the forehand and directing it toward the opposite sidewall.

On the backhand, contact carries just off the right shoulder and right foot. Go high cross-court with the shot so it wraps around to the forehand corner.

So how do you defend these shots? Simple. Move to the ball, don't stand mesmerized while the shot rolls around the walls. Get yourself moving forward and cut off the shot at mid-court, before it makes its way to either forehand or backhand corner. I've found the best shots to use at this point, are down the line or return to the ceiling.

Enough of those winners and your opponent will have to think twice about using the around-the-wall shot.



Betsy Koza sets up for backhand ceiling.

"When hitting a backhand ceiling ball, you want to contact the ball at chest height, swinging up through the ball"

Ceiling balls

by Lynn Adams

(Editor's Note: Lynn Adams, 23, is currently ranked No. 2 on the Women's Professional Racquetball Association tour. In three seasons, she has won the Columbus Pro Stop in 1980, National singles and doubles championships, and recently, the Providence Pro Stop. One of the sport's best teachers, Lynn is currently a member of Ektelon's Advisory Staff.)

The ceiling ball is the shot probably most taken for granted in racquetball. It is the least practiced shot, and is poorly executed by almost the entire racquetball playing populous. Just because it is a relatively easy shot to hit does not mean the ceiling ball should be neglected — it should be practiced just as you practice your backhand or serve.

First, let's start with how and where to hit a ceiling ball. The grip you use is the same grip you use for the forehand and backhand. That is, if you're hitting any type of forehand shot, including a ceiling ball, your grip stays the same. Ditto for the backhand side.

When you're hitting a forehand ceiling ball, depending on how tall you are, you should contact the ball anywhere from between the height of your head to as high as having your arm extended fully above your head. If you're short, you'll be hitting the ball above your head, contacting the ball at your arm's most extended length. If you're tall, you'll hit the majority of your ceiling balls at a three-quarter swing position with your arm extended up and out at the height of your head. **SWING ALL THE WAY THROUGH THE BALL.** Don't push or punch it. It's a stroke like any other in the game — your follow-through should be a natural down-swing.

When you're hitting a backhand ceiling ball, you want to contact the ball at chest height, swinging up through the ball. Your follow-through will finish high, with your arm fully extended.

The object of a ceiling ball is, first of all, to get you out of trouble when you're in a poor position. Secondly, you want to get your opponent out of center court. And finally, you want to use the ceiling shot to keep you in a rally when you can't make an offensive shot.

But you can also use the ceiling ball as a weapon against your opponent if you have a good ceiling game. How many times have you played someone who seems to shoot everything — no matter where the ball is? It can be frustrating, especially when that person makes the majority of his or her shots. What you want to do is turn the tables and make your opponent be the frustrated player — and you can do that if you slow the ball down and play a strong ceiling game. Just don't hit short ceiling shots or ones that come off the back and sidewalls, because those are set-ups and your strategy will lose its effect.

I learned a valuable lesson from Marty Hogan just by watching him in a tournament once. Here was this awesome serve-and-shoot player, rifling the ball around the court, trying for winners at every opportunity. But when he was in trouble, or in poor position, Marty went right up to the ceiling. Not only that, but he could continue playing the ceiling with perfect shots until he got a weak ceiling shot from his opponent — then he went for the kill. I went out and started practicing my ceiling shots the next day.

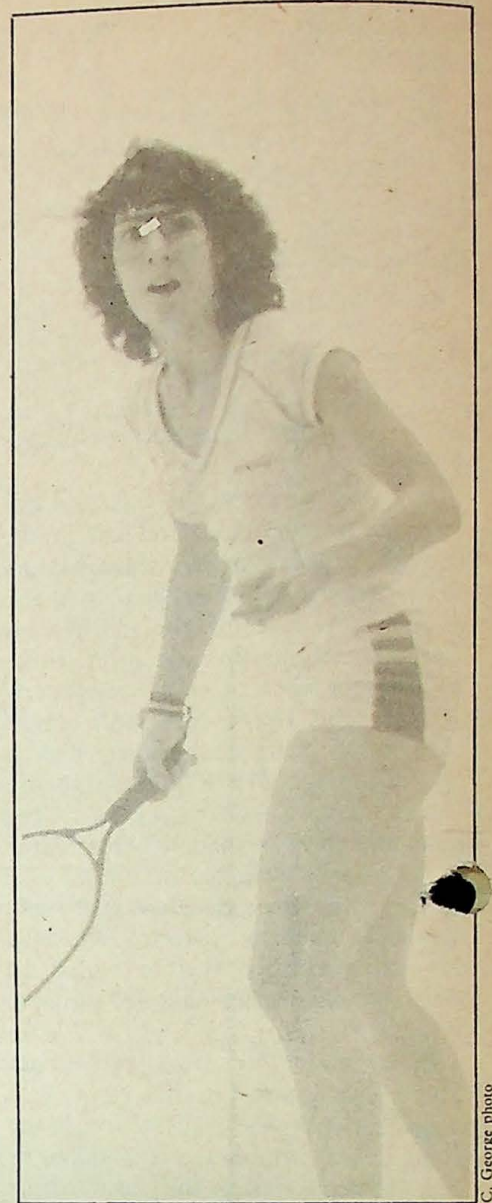
So how do you practice? First find the range in which to strike the ceiling shot. It will depend on how hard you hit the ball and the speed of the ball itself. The closer to the crack (where the ceiling and frontwall join) the ball is hit, the farther back the ball travels. The farther back on the ceiling, the shorter the ceiling ball. If you have a weak ceiling stroke, or if you're playing with a slow ball, hit your shot very close to the crack. If you're strong or are playing with a lively ball, hit your shots back farther.

Always aim to keep the ball traveling parallel along the sidewall or toward the corner if you're going cross court. The closer to the wall the ball is, the more difficult it is to return. Pick a spot on the ceiling that is about two to three feet away from the sidewall and imagine that you must keep your ceiling balls within that alley.

Start out hitting by yourself. Aim at being able to keep a rally going with yourself for at least 10 hits. When you're able to keep the ball in play, do ceiling drills with another player, hitting only ceiling balls for a half hour or so.

After you hit a shot, run to center court and watch your partner hit the next shot. Then as you go back to return another ceiling ball, your partner will cover the center court position. Use your imagination and you'll be surprised how much fun you'll have and how quickly you'll improve your ceiling game.

You'll feel great during your next match when you hit a ceiling shot that travels right down the sidewall and your opponent can't get his racquet on it. That's going to make you smile!



Lynn Adams



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ENTRY FORMS IN BOXES OF RAM RACQUETBALLS



Junior Forum

By Betsy Koza

Ed Note: RACQUETBALL TODAY is proud to welcome an accomplished Junior player, Betsy Koza, as a regular columnist. Betsy, sponsored by Omega and Nike, graduated cum laude from Lake Forest high school in Illinois after her junior year and now plays in the Pro and Open divisions in tournaments around the country. At seventeen, Betsy has come up against (and still does) many of the problems young people face when trying to play racquetball. Junior players are encouraged to send their questions and comments to Betsy in care of RACQUETBALL TODAY.

September is a transitional month for junior racquetballers. After a summer of freedom and countless days of racquetball, kids must now change their regimen to one revolving around school. Racquetball is no longer the temporal priority for juniors; school is. Not only are kids' days filled with school, but, more often than not, their "free time" is filled, too — with homework. Fitting racquetball into busy schedules takes some effort, but it can be done. You can improve your racquetball game over the school year, and it doesn't have to be — and shouldn't be — at the expense of your schoolwork.

There are a few secrets to fitting racquetball, school, and homework into your day, while maintaining your progress in each, and staying sane. You must budget your available time, and, more importantly, you must concern yourself only with the appointed task during its allotted time.

The junior who wants to reach his/her full potential in both racquetball and school will usually make three primary time allocations for a typical day: school, racquetball, and homework. Making the schedule is easy; sticking to it, both mentally and physically, is the challenging aspect, and the determining factor to your success.

After allotting yourself a part of the day for each of your activities, you must not overlap these times — either physically or mentally. Physically, this separation is relatively easy (you can't play racquetball during biology class!) Mentally, the task is much more difficult, and also much more crucial. You must not think about racquetball during school, or think about school in the middle of a racquetball game. You can't improve in school or racquetball by thinking about one and going through the motions of the other!

Just because you have a limited amount of time to devote to each activity (school and racquetball), doesn't mean that your performance in each has to suffer. Rather, your performance in each will most likely improve as you eliminate unneeded bulk activity and concentrate on quality. In racquetball, as with other aspects of life, quality, not quantity, is what matters. Fifteen minutes of quality, full concentration racquetball drills will benefit you immensely more than will an hour of half-heartedly batting a ball around a court while worrying about your science report. When you do schoolwork, think math, science, English, etc. When you play racquetball, think racquetball. Period.

For those juniors who participate in tournaments, time can be even more scarce. Not only must you keep up with school and racquetball practice, but you must be in peak shape — sharp, rested, and ready — for a grueling weekend of racquetball. Accordingly, a few hints for tournament juniors are in order here.

For starters, do all of your homework before the tournament. Talk to your teachers so that you can get a headstart on your homework — not an extension. Don't drag schoolbooks to tournaments. You probably won't do any homework, and, if you squeeze it in between matches, you're likely to detract from the quality of both your homework and your play.

When you finish all of your homework before a tournament, you can play freely, without worrying about getting it done. I can think of no worse victory celebration than having to go home and write a term paper! (And what are the chances of you actually doing your homework after the excitement of winning a tournament?)

When a tournament's coming up, allot yourself a little more time to complete your schoolwork ahead of time, and plenty of time to sleep. To compensate, play a little less racquetball that week. That way, you'll be ahead on schoolwork, well rested for a hard weekend, and itching to get on a court and play! You won't be burned out or lethargic; you'll be bursting with energy. And, if you've concentrated on quality racquetball workouts, are well rested, psyched up, and don't have to worry about school, there's going to be no stopping you on the racquetball court!



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Life enrichment through sports
By Laurence Korwin, Director, Sports Training Institute

Crippling Advice from Mom and Dad: "Pay Attention to What You're Doing"

Most child abuse is done in the name of love—to set the child on a socially acceptable track. Percentwise, few child-abuse injuries are from parents who hate their children.

Also in the name of love and guidance, parents cripple a child when they say, "Pay attention to what you are doing."

Why is it wrong to say this? Because it tells a child to try to control movements with the "aware" part of the brain—the upper conscious brain that does not know how to coordinate complex body movements. The lower brain resents this intrusion and presses the ANXIETY button. The result: clumsy, uncoordinated accident-prone kids.

Equally damaging (with the best of intentions) are sports instructors who try to get students to control body movements with bad advice like:

"Keep your eye on the ball."

"Be aware of where your racquet head is."

"Stay in control when you ski."

"Be aware of the angle of your edges when you ski."

"Swivel your hips to the right, pivot on the ball of your left foot, guide your club up slowly with a straight left arm, snap the wrists at the one o'clock position."

The results of such advice: students who hate sports, hate lessons, and hate themselves for failing to learn!

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Laurence Korwin is the author of "You can be good at sports!" To order the book write: Sports Training Institute, 333 North Michigan Avenue, Chicago, Illinois 60601. The book is available for \$14.95, plus \$1.55 postage and handling. The book is hardcover and richly illustrated in full color. The editor and publishers of RACQUETBALL TODAY recommend it to help you play better and enjoy it more. It is with permission of the author and publisher that portions of the book are reprinted.

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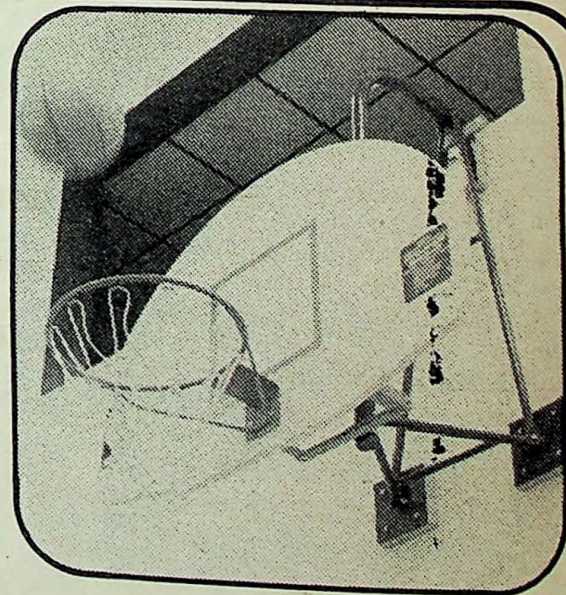
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Racquetball's Father takes a look

by Tom Slear

He stays in touch with racquetball, but not as much as you would think. Two, maybe three times a week during the winter he drives to a club in Port Chester, New York, or the state university in Purchase to find a game. You see, racquetball is the same to Joe Sobek today as when he invented it 30 years ago. It keeps him in shape during the weather-imposed break from his job as a tennis pro.

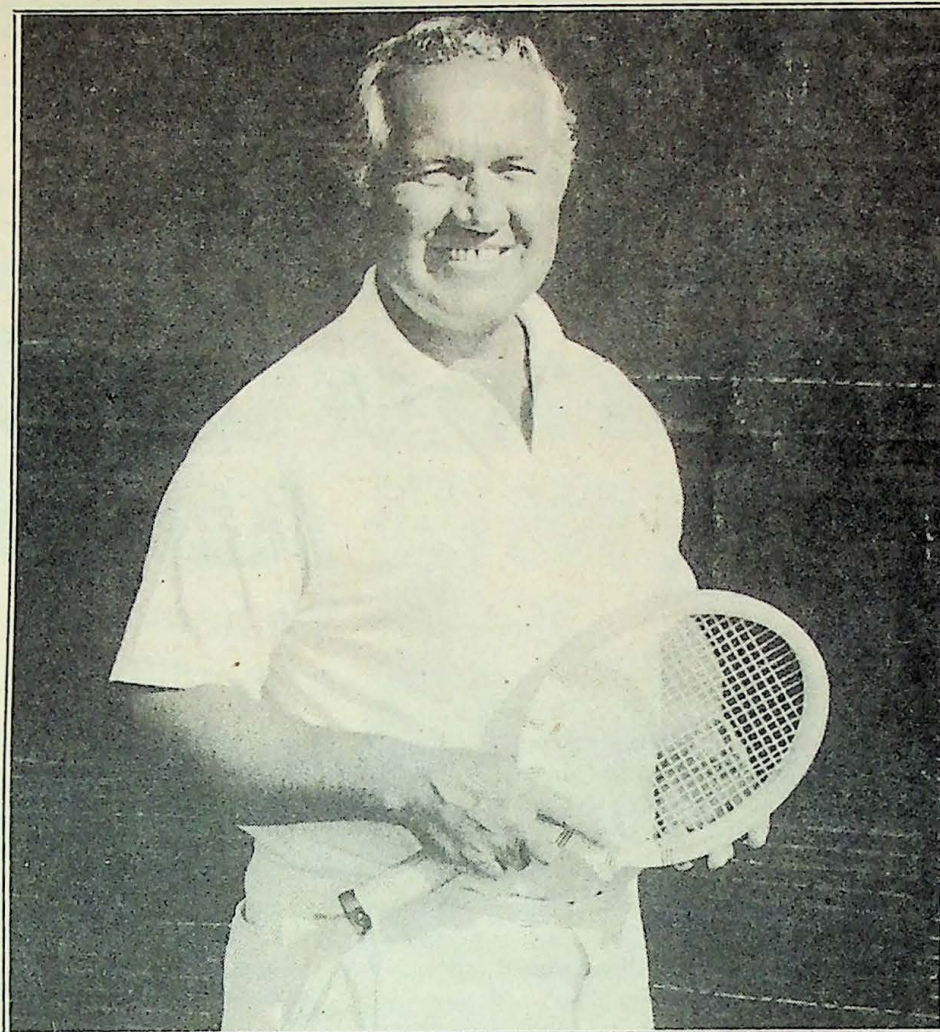
But the relationship of Joe Sobek and racquetball is much like that of a parent and child — maybe out of sight but never out of mind. He follows very closely the trends of the phenomenon that he created, and some of them he can't go along with.

"The power serve is a good example," Sobek says from his home in Greenwich, CN. "It dominates the game nowadays and discourages a lot of newcomers. Also, it has no appeal to spectators. It's fast and final and uninteresting."

Sobek recommends several alternatives: allow only one serve; place a five-foot-high line on the front wall that the serve must hit above; or divide the receiving area in two and require the server to place the ball alternately in one area and then the other, much like squash.

As Sobek explains, "Any of these changes would neutralize the power serve. In the early days of paddle rackets (racquetball's name until 1969), we divided the service area and it worked well."

However, Sobek is not naive. He knows the standard fare in the pro game



Joe Sobek

is a big serve. A rule change in such an important aspect of the game won't come easily.

"No, the pros won't take such radical

changes with the service game lightly," Sobek says, "because the power serve has gotten them where they are now. But rule changes should be for the betterment of the entire sport, not just the

pros. How the rules are adjusted in the near future will determine whether racquetball is going to continue to be popular."

Sobek is quick to jump on two other rules that he finds bothersome: the hinder and out-of-court rules.

According to Sobek, racquetball's way of determining hinders promotes more "acting" than "fairness." The squash let rule (if the ball would have made it to the front wall, the person hit loses the point) is much more logical and manageable and can easily be adapted to racquetball.

"And the out-of-court rule doesn't make any sense," Sobek says. "When a player causes the ball to go out of court, he should be penalized, not given another chance."

As for equipment, Sobek is pleased by current developments with one notable exception.

"In the last ten years," he says, "the ball has gotten faster and faster and faster. Finesse, strategy and tactics now play a smaller part of the game. The ball is so lively that the media is going to be slow to pick up on racquetball. The ball moves so fast that you can't even follow it."

Sobek's major concern, however, lies with the rule that doesn't exist yet or at least is not enforced.

"The on-court behavior of many of the good players is reprehensible," he says. "I think it is in part due to racquetball growing too fast to control. Still, the racquetball organizations have to exert some authority. They have to come up with an enforceable rule to control some of these immature antics."

Ed. Note: RACQUETBALL TODAY welcomes your reactions and opinions. Write P.O. Box D, Posen, IL. 60469.



APRO National Convention Report



The third annual APRO National Convention held July 31 - August 2 in Chicago was quite an event. Teachers from 25 different states attended, which is a true credit to their profession. These people are working to develop their career intellectually and financially by participating in the one and only racquetball teachers convention in the world. The convention's atmosphere was set at the banquet with Dave Peck's speech. Dave, a top ranked player, stated that all racquetball teachers should become more knowledgeable about their profession, because they are an important element to the club. Chuck Sheftel, President and founder of APRO, performed quite an exhibition on the court, explaining how to *enjoy* your profession of teaching. Chuck excited the crowd by stripping off his clothes, unveiling the *real* him — his racquetball clothes — and proceeded to give tips about drills, and how to invent them. He stressed the need to keep teaching enjoyable as well as profitable as a racquetball teacher.

Junior's programs were emphasized by Jim Winterton, because juniors are the future players and participants of racquetball. Jim has developed unique gimmicks, games, awards, and competi-

tion to keep juniors interested and encouraged to keep playing the sport regularly.

Another major highlight of the convention was the demonstration by Dr. Jack Groppe pertaining to the new science, bio-mechanics in racquetball. He showed us science, integrated with practical teaching, can make a teacher much more professional and accurate. His films pinpointed where the wrist snaps, how the followthrough ends, and other interesting ideas.

Sam DeCristino demonstrated wheelchair racquetball. The handicapped and or disabled are able to use racquetball facilities if their teacher can accommodate them by understanding their problems and capabilities.

Nancy Taylor, the National Coordinator, explained how members should use their credentials to enforce their teaching position. APRO is trying to educate certified teachers so that people are getting quality teachers.

Programming was discussed by Connie Peterson and Lou Fabian, who gave many ideas for court utilization. Mini-discussions were held by Phil Simborg on "Rules", Norb Duba on "Conditioning", and Dr. Birnbaum on "Racquet-

ball Injuries" with a question and answer time which was informative and beneficial. Wayne Franke and Marc Auerbach demonstrated additional drills to keep people interested while improving their skills.

Racquet testing was provided by Racquetball Industry magazine.

Plans are already in the works for next year's convention.

When asked who made his favorite racquet, Alan Shetzer replied, "My son, Jamie."

My friend, the star

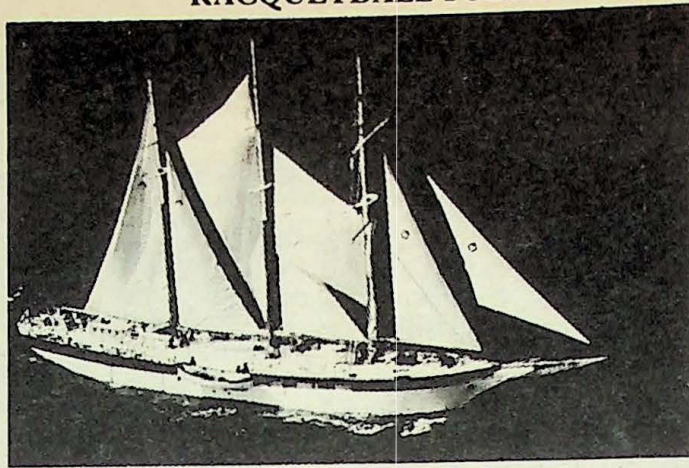
by Tom Grobmisi

Some people like to bore me with descriptions of their skill,
And tell me all about their lovely pass shots and their kill
And they go on and on about the people they have beaten
In spite of awesome skill (and the fact that they were cheatin')

But I am tired of hearing of these victories on the court,
So after listening carefully, I offer this retort:
Boy, you're really playing super, and it makes me sooo excited!
Next time you have a game, won't you please see I'm invited?

Would you mind it very much if I say you were my friend?
Then when you're really famous I could say "I knew him when"
Will you pose with me for pictures, can I have your autograph?
When you form a corporation, will you put me on your staff?

Who was it that you told me you beat last Tuesday night?
I want to write it down to be sure I've got it right.
And PLEASE accept my thanks for just being who you are,
It's been a thrill, and from now on, I'll admire you from afar.



Sail to a Caribbean Adventure.

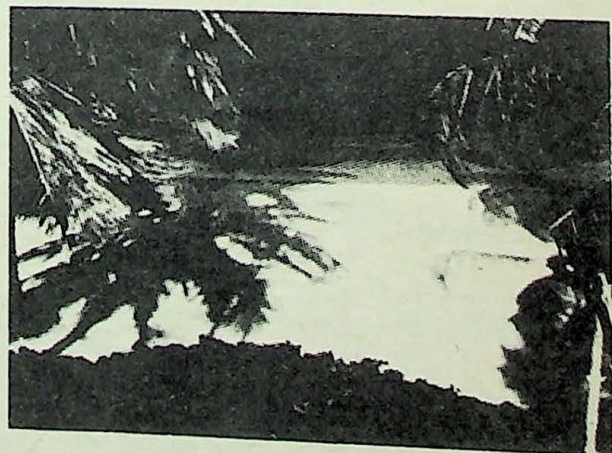
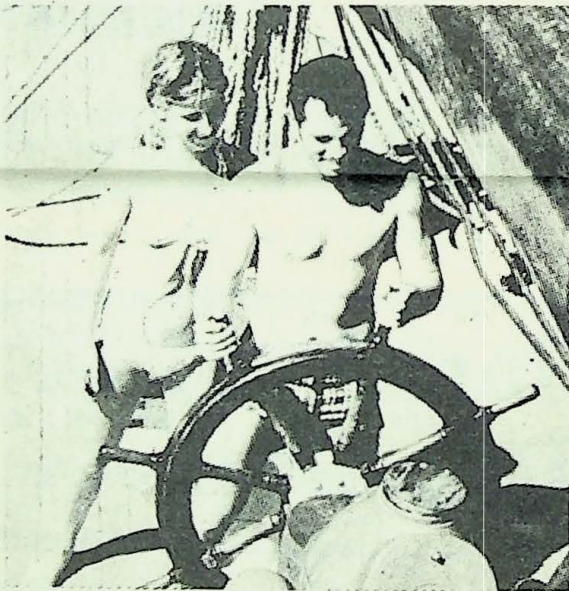
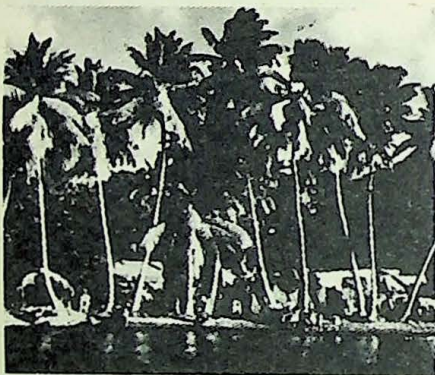
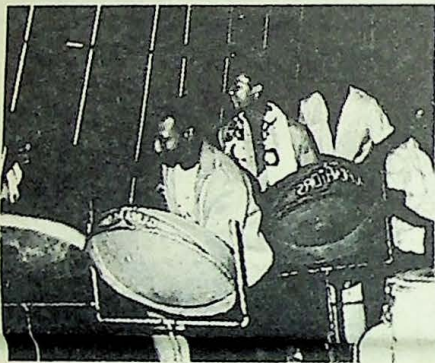
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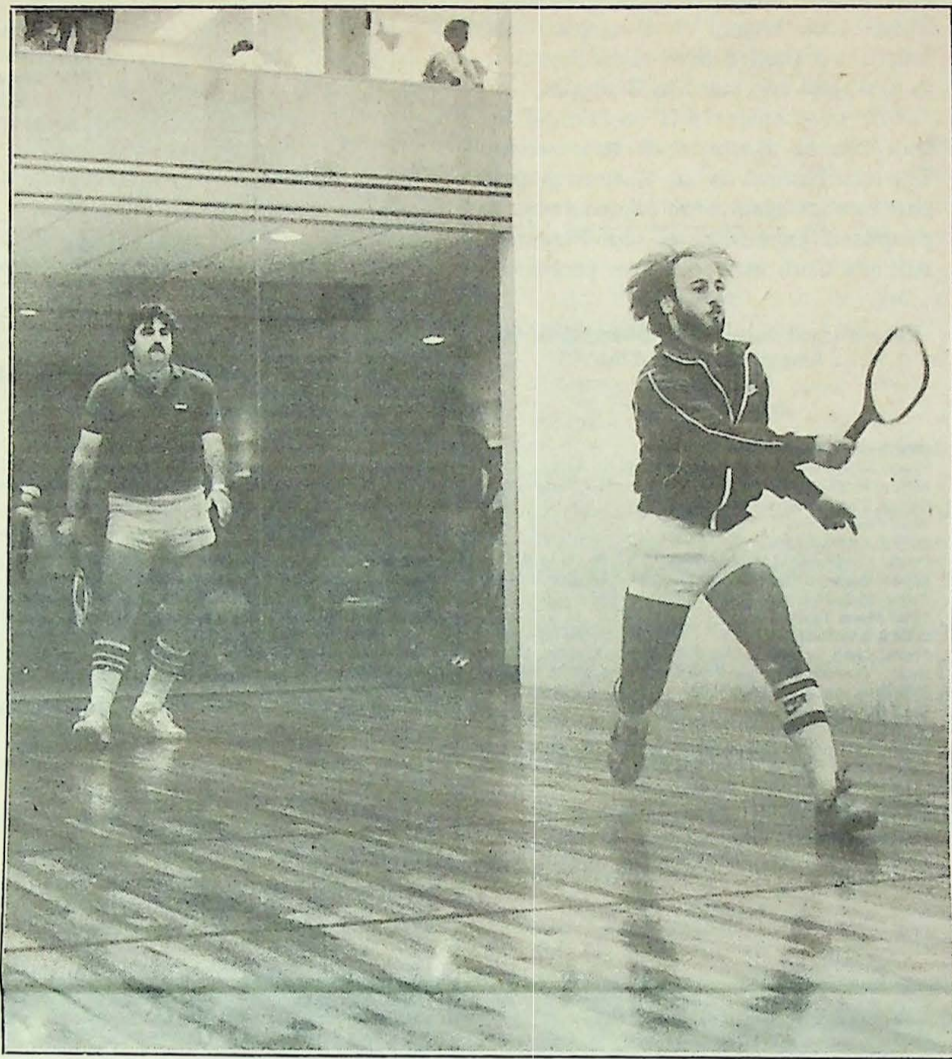


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Hank Marcus (R) shoots against Dick Chamberlin in the Timberhill Open Finals.

OPEN SINGLES
 Finals: Hank Marcus d. Dick Chamberlin, 15-10, 15-5.
 Semi's: H. Marcus d. Murray Slayer, 15-6, 15-6; D. Chamberlin d. Ramone Gonzales, 11-15, 15-8, 15-5.
 Third Place: R. Gonzales.
 Consol: Rudolph.

MEN'S A
 Finals: D. Wallace d. Steve Ducich, 15-3, 15-6.
 Semi's: D. Wallace d. W. Sageman, 11-15, 15-10, 15-5; S. Ducich d. S. Feike, 9, 10.
 Third Place: Sageman.
 Consol: S. Hanson.

MEN'S B
 Finals: Scott Hanson d. R. Rexius, (10), 6, 4.
 Semi's: S. Hanson d. P. Markle, 10, 7; R. Rexius d. G. Hardy, 6, (10), 7.
 Third Place: G. Hardy.
 Consol: R. Richardson.

MEN'S C
 Finals: Steve Manani d. Ray Farm, 15-8, 15-10.
 Semi's: R. Farm d. Keith Pearson, 13-7; S. Manani d. D. Smith, 9, 6.
 Third Place: K. Pearson.
 Consol: Blair.

MEN'S D
 Finals: John Zacharias d. Jack Moran, 9, (14), 9.
 Semi's: J. Zacharias d. Brian Downer, 6, 7; J. Moran d. Mike McNeal, 9, 13.
 Third Place: B. Downer.
 Consol: Clifford Rose.

MEN'S OPEN DOUBLES
 Finals: Marcus/Chamberlin d. Fischer/Rudolph, 10, 3.
 Semi's: Marcus/Chamberlin d. Martinez/Gonzales, 11, 3; Fischer/Rudolph d. Bone/Ryan, NA.
 Third Place: Martinez/Gonzales.
 Consol: Hardy/Bibles.

MIXED DOUBLES
 Finals: O'Brien/Carlos d. Sageman/Tiedeman, 13, 3.
 Semi's: Sageman/Tiedeman d. Marcus/Murphy, 5, (12), 5; O'Brien/Carlos d. Chamberlin/Eggers, 3, 10.
 Third Place: Chamberlin/Eggers.
 Consol: Pearson/Rowland.

B/C DOUBLES
 Finals: Martin/Mariani d. Lehman/Talton, 15-11, 9-15, 15-2.
 Semi's: Martin/Mariani d. Pearson/Dyer, NA; Lehman/Talton d. Smith/Farm, 6, (6), 3.
 Third Place: Smith/Farm.
 Consol: Moore/Zajicek.

MEN'S SENIOR A SINGLES ROUND ROBIN
 1st: Mike Gimperle.
 2nd: Tom Thomas.
 3rd: Mike Ryan.
 4th: Dennis Spenser.

MEN'S SENIOR C SINGLES
 Finals: Sullivan d. Sutherland, 13, 10.
 Semi's: Sutherland d. Cannon, 5, 2; Sullivan d. Bushong, 9, 1.
 Third Place: Cannon.
 Consol: Amato.

WOMEN'S A SINGLES
 Finals: Tiedeman d. Hawkins, 5, 12.
 Semi's: Tiedeman d. Eggers, 3, 9; Hawkins d. Henry, 7, 6.
 Third Place: Eggers.
 Consol: Jackson.

WOMEN'S B SINGLES
 Finals: Teresa Kralj d. Donna Maas, 10, 4.
 Semi's: T. Kralj d. Yvonne Rowland, 6, (14), 3; D. Maas d. Ann Pettinger, 9, 1.
 Third Place: Y. Rowland.
 Consol: M. Miller.

WOMEN'S C SINGLES
 Finals: Jan Lavender d. Shirley Neshyba, 15-12, 15-7.
 Semi's: J. Lavender d. Ann Pettinger, 9, (13), 10; S. Neshyba d. Pam Wright, 9, 4.
 Third Place: A. Pettinger.
 Consol: Barbara Dexter.

WOMEN'S D SINGLES
 Finals: Ruth Sherman d. Lila Paul, 15-1, 15-5.
 Semi's: R. Sherman d. Karey Poehlman, 7, 4; L. Paul d. Tan Moyer, 0, 1.
 Third Place: K. Poehlman.
 Consol: S. Markle.

Wyoming State Singles Championships
 Jackson Hole Racquet Club
 Jackson, Wyoming
 May 14-17, 1981

MEN'S A
 1st: Randy Dana - Sheridan.
 2nd: Mario Ibarra - Laramie.
 3rd: Doug Payne - Cheyenne.
 4th: Pal Parker - Rock Springs.
 Consol: Ed Kolsky - Jackson.

MEN'S B
 1st: Chuck Welter - Rock Springs.
 2nd: Jeff Elden - Cheyenne.
 3rd: Que Mangus - Cody.
 4th: Mike Evans - Rock Springs.

MEN'S C
 1st: Mark Erramouspe - Rock Springs.
 2nd: Dan O'Malley - Rock Springs.
 3rd: Gary Mills - Riverton.
 4th: Bucky Hall - Cody.
 Consol: Jim Peden - Laramie.

MEN'S SENIORS
 1st: Jim Jones - Laramie.
 2nd: Ken Lambert - Jackson.
 Consol: Ev Diehl - Cody.

WOMEN'S A
 1st: Karen Powers - Sheridan.
 2nd: Patay Hopkins - Laramie.
 3rd: Tanya Grunder - Cheyenne.
 4th: Kelly Johnston - Laramie.
 Consol: Bea Pfifer - Sheridan.

WOMEN'S B
 1st: Karen Drago - Rock Springs.
 2nd: Karen Humnik - Casper.
 3rd: Sue White - Laramie.
 4th: Sharon Payne - Cheyenne.
 Consol: Linda Starner - Gillette.

WOMEN'S C
 1st: Pam Dillon - Riverton.
 2nd: Nancy Grundell - Laramie.
 Consol: Denise Brinkerhoff - Jackson.

San Francisco Cablecar Classic
 Royal Racquet Club
 Burlingame, CA
 Sponsored by United Airlines
 July 18-19, 1981

MEN'S OPEN
 Finals: Mike Mathis d. George Garcia, 15-7, 15-3.
 Semi's: Mathis d. Ahuna, 15-4, 15-14; Garcia d. Basancz, 15-5, 15-4.
 Consol: Terry Mayeda.

MEN'S B
 Finals: Roger Herren d. Terry Kerfoot, 15-13, 15-6.
 Semi's: Herren d. Patton, 15-10, 15-7; Kerfoot d. Brendel, 15-10, 15-2.
 Consol: Mike Lacey.

MEN'S C
 Finals: Joe Osorio d. Stuart Coffey, 15-9, 13-15, 11-9.
 Semi's: Osorio d. Uhl, 9-15, 15-8, 11-8; Coffey d. Kauertz, 15-9, 15-1.
 Consol: Aldon Yamamoto.

MEN'S D
 Finals: Don Johnson d. George Schoenberger, 3-15, 15-10, 11-9.
 Semi's: Johnson d. Muir, 15-1, 15-8; Schoenberger d. Munna, 15-10, 15-7.
 Consol: Don Tutt.

MEN'S NOVICE
 Finals: Albert Wijnveldt d. Neil Bye, 15-5, 15-1.
 Semi's: Byl d. Pineda, 15-6, 15-5; Wijnveldt d. Thrush, 15-9, 15-4.
 Consol: Frank Perrera.

OPEN DOUBLES
 Finals: Mike Mathis/Chuck Wittneson d. Wayne Garntreiter/Marc Basanez, 15-7, 15-5.
 Semi's: Garntreiter/Basanez d. Kaverz/Ahuna, 15-10, 15-8; Mathis/Wittneben d. Delautre/Olson, 15-8, 15-8.
 Consol: Don Patton/Joe Muscat.

MIXED DOUBLES
 Finals: Ron LeLautre/Terry Cubbery d. George Garcia/Jan Meyer, 14-15, 15-14, 11-0.
 Semi's: Garcia/Meyer d. Abruzzo/Tansey, 15-1, 15-3; Delautre/Cubbery d. Lowers/Lowers, 15-4, 15-8.
 Consol: Roger Tragessor/Marlene Timm.

WOMEN'S OPEN
 Finals: Terry Cubbery d. Ava Tansey, 15-5, 15-6.
 Semi's: Tansey d. Meyer, Cubbery d. Lowers.
 Consol: Jan Larson.

WOMEN'S B
 Finals: Susan Finnocchio d. Diane Shaw, 15-9, 4-15, 11-5.
 Semi's: Finnocchio d. Timm; Shaw d. Larson.
 Consol: Jan Larson.

WOMEN'S C
 Finals: Sharon Higgins d. Brenda Cottingham, 15-5, 15-7.
 Semi's: Cottingham d. Laird, 15-7, 15-12; Higgins d. Wittneben, 15-12, 15-1.
 Consol: Pat Kollen.

WOMEN'S D
 Finals: Eleanor Schoenberger d. Alana Dixon, 15-10, 13-15, 11-7.
 Semi's: Schoenberger d. Lucas, 15-2, 15-2; Dixon d. Basanez, 15-1, 11-15, 11-1.
 Consol: Christine Szymanski.

WOMEN'S NOVICE
 Finals: JoAnne Arrasmith d. Shelly Bacon, 15-10, 15-6.
 Semi's: Bacon d. Geracol, 15-10, 15-13; Arrasmith d. Brady, 15-8, 15-12.
 Consol: Renee Gerald.

1981 Big Brothers RQB Tourney
 Perfect Racquet
 San Diego, CA
 ICCBQ, Bill Gambles
 July 24-26, 1981

MEN'S OPEN SINGLES
 Finals: Dan Factor, \$500 clothing certificate - Bill Gambles d. Leo Gumoe, 21-8, 21-13.
 Semi's: Factor d. Lusk, 14, 13; Gumoe d. Kevin Williams, 17-21, 21-17, 11-5.

MEN'S B SINGLES
 Finals: Ackerman d. Holtz, 15, 19.
 Semi's: Ackerman d. Juarez, 14, 15; Holtz d. Araugo, 8, 17.

MEN'S C SINGLES
 Finals: Hackney d. Johnson.
 Semi's: Hackney d. Pariso, 21-7, 4-21, 11-3; Johnson d. Orduo, forfeit.

MEN'S NOVICE
 Finals: Zepeda d. Heinz, 21-16, 19-21, 11-4.

MEN'S FINALS NOVICE
 Finals: Gaytan d. O'Brien, 21-5, 21-16.

MEN'S MASTERS
 Finals: Kunze d. Johnson, 19-21, 21-14, 11-8.
 Bennis - Winner Round Robin.

MEN'S OPEN DOUBLES
 Finals: Pawka/Solomon d. Laughter/Maddocks.
 Semi's: Laughter/Maddocks d. Eggleston/Floyd; Pawka/Solomon d. Benavides/Cassidy, 21-17, 17-21, 11-8.
 Consol: Nyberg/Taylor d. Durante/Holtz, 21-10, 10-21, 11-9.

MEN'S C DOUBLES
 Finals: Drew/Guerra d. Scott/Scott, 21-8, 21-16.

MIXED OPEN DOUBLES
 Finals: Berneathy/Singh d. Clifford/Pawka, 21-14, 21-10.
 Consol: Leeper/Orauna.

WOMEN'S OPEN SINGLES
 Finals: Paredes, won Stereo d. Rosi, forfeit.
 Semi's: Paredes d. Burton, 8, 6; Rosi d. Pariso, 16, 17.
 Consol: Humphrey d. De La Paz.

WOMEN'S C SINGLES
 Finals: Aguirre d. Pariso, 21-6, 8-21, 11-6.
 Semi's: Aguirre d. Bordieri; Pariso d. Leeper.

WOMEN'S NOVICE
 Finals: Colter d. Boasey, 21-8, 21-7.

JUNIORS ROUND ROBIN
 Finals: Devico d. Fair.

BIG BROTHER/LITTLE BROTHER DOUBLES
 Finals: Robitaille/Trejo d. Flores/Kaiser, 14-21, 21-12, 11-3.

TOURNAMENT DIRECTORS...To list your tournament in RACQUETBALL TODAY call toll free 800-323-9167.

Nolan takes Natural Light

by Bill Perry

Jack Nolan won tie-breaker matches in both the semi-final and final rounds to successfully defend his Men's Open Singles Title in the National Light Racquetball Championships held at the Flagstaff Athletic Club, July 17, 18, and 19th.

Nolan dominated the tie-breakers in both matches, but both his semi-final victim Mike Romo of Tempe and losing finalist Cliff Fiore of Mesa had good chances to win their respective matches in two straight games. Fiore in particular had chances to win after dominating the first game with his powerful backhand 21-5. Fiore led several times early in the second game, but Nolan came back to knot the game at 16-16. A combination of Nolan's pinches and Fiore's errors gave Nolan the game at 21-16.

Fiore seemed to lose heart, and Nolan became stronger as he ran out the tie-breaker 11-1.

Nolan's mental game has improved since his recent move from Flagstaff to Tempe. He has been working with Chuck Hallock, and Hallock's coaching seems to be paying dividends.

Carol Pranka of Tucson handled Debbie Swenson of Glendale easily 21-9, 21-12 to annex the combined Women's Open - A Singles Title. Pranka was extended in her semi-final match with Maggie Rodriguez of Phoenix. Rodriguez held a match point, but Pranka steadied to win 18-21, 21-20, 11-1.

Notable performances in the classes were turned in by Lance Trella of Mesa

and Bobby Brownfield of Flagstaff. Trella took second in B singles and fourth in A singles. Brownfield took first in C singles and third in B singles.

The tournament was sanctioned by the Arizona Racquetball Association. The tournament is so successful that entries once again were turned away. A proposed expansion of the Flagstaff Athletic Club may solve this problem.

Natural Light Racquetball Championships Flagstaff Athletic Club Flagstaff, AZ July 17-19, 1981

MEN'S OPEN SINGLES

Finals: Jack Nolan d. Cliff Fiore, 5-21, 21-17, 11-1.
Semi's: Nolan d. Mike Romo, 15-21, 21-17, 11-4; Fiore d. Tom Ochoa, 21-2, 21-20.

MEN'S A SINGLES

Finals: Joe Durant d. Rick Whalen, 19-21, 21-10, 11-9.
Semi's: Durant d. Gary Taylor, 21-19, 21-1; Whalen d. Lance Trella, 21-9, 21-8.

MEN'S B SINGLES

Finals: Craig Damron d. Lance Trella, 21-17, 15-21, 11-1.
Semi's: Damron d. Bobby Brownfield, 21-5, 21-18; Irelia d. Rich Sprague, 21-18, 7-21, 11-9.

MEN'S C SINGLES

Finals: Bobby Brownfield d. Dave Hejna, 21-19, 13-21, 11-8.
Semi's: Brownfield d. Robert Legill, 21-13, 21-16; Hejna d. Bill Karis, 21-18, 21-14.

MEN'S NOVICE

Finals: Dave Watson d. Dale Duncan, 21-4, 21-11.
Semi's: Watson d. Wayne Sprouse, 9-21, 21-13, 11-8; Duncan d. Don Schilling, 21-13, 21-20.

WOMEN'S OPEN A-SINGLES

Finals: Carol Pranka d. Debbie Swenson, 21-9, 21-12.
Semi's: Pranka d. Maggie Rodriguez, 18-21, 21-20, 11-1; Swenson d. Penny Blum, 21-7, 21-3.

WOMEN'S B-C SINGLES

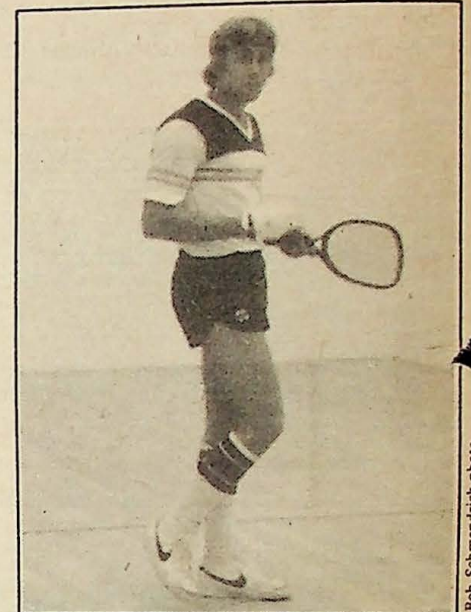
Finals: Jan Link d. Leigh Saffell, 21-10, 21-15.
Semi's: Saffell d. Sue Howard, 19-21, 21-18, 11-3; Link d. Robbi Bielec, 21-8, 21-10.

WOMEN'S NOVICE

Finals: Tracy Wasley d. Kathryn Kennedy, 21-7, 21-7.
Semi's: Wasley d. Sandi Hejna, 21-15, 19-21, 11-5; Kennedy d. Pamela Blum, 21-1, 21-14.
Third Place: Hejna.

Rich Wagner over Fielding Snow in the tie-breaker in Edmonds

First Serve Seafair Gold Cup Open
Racquetball Tournament
First Serve Racquetball Club
Edmonds, WA
July 30 - Aug. 2, 1981



Rich Wagner

MEN'S OPEN

Finals: Rich Wagner d. Fielding Snow, 8-15, 15-8, 11-3.
Semi's: Rich Wagner d. Wendell Tallaber, 15-8, 15-4; Fielding Snow d. John Kubasek, 15-9, 15-6.

MEN'S A

Finals: Mike Ellinger d. Marr Madden, 15-10, 7-15, 11-5.
Semi's: Mike Ellinger d. Jim Fleishman, 15-11, 15-10; Mark Madden d. Ernest Andres, 15-10, 15-6.

MEN'S B

Finals: Steve Ellis d. Lon Berstrom, 15-10, 15-11.
Semi's: Steve Ellis d. Jeff Eberle, 15-2, 15-8; Lon Berstrom d. Mark Ellinger, 15-10, 15-3.

MEN'S C

Finals: Dick Winters d. Jeff Evans, 15-11, 15-1.
Semi's: Dick Winters d. Neil Romney, 15-4, 15-4; Jeff Evans d. Steve Thomas, 14-15, 15-13, 11-3.

MEN'S D+

Finals: Skip Smith d. Mark MacLaren, 15-9, 15-8.
Semi's: Skip Smith d. Kurt Miller, 15-11, 15-7; Mark MacLaren d. Dan Tomasek, 15-14, 15-8.

MEN'S SENIORS 35+

Finals: Sid Williams d. Rhett Kirk, 15-12, 15-12.
Semi's: Sid Williams d. Jim Stuart, 11-15, 15-11, 11-10; Rhett Kirk d. Terrance Marcell, 15-0, 15-3.

MEN'S MASTERS 45+

Finals: John Logan d. Walt Taulbee, injury default.
Semi's: Walt Taulbee d. Harold Gillis, 13-15, 15-7, 11-5; John Logan d. Mel Brown.

MEN'S OPEN DOUBLES

Finals: Snow/Bannerman d. Panzeri/Wagner, 15-10, 15-7.
Semi's: Panzeri/Wagner d. Albrano/Andres, 15-6, 15-7; Snow/Bannerman d. Kubasek/Stuart, 15-2, 15-11.

MEN'S DOUBLES

Finals: Ellinger/Ellinger d. MacIsaac/Marcell.
Semi's: MacIsaac/Marcell d. Currie/Schmits; Ellinger/Ellinger d. Brown/Holly, 5-15, 15-12, 11-3.

MEN'S NOVICE

Finals: Tracy Wasley d. Kathryn Kennedy, 21-7, 21-7.
Semi's: Wasley d. Sandi Hejna, 21-15, 19-21, 11-5; Kennedy d. Pamela Blum, 21-1, 21-14.
Third Place: Hejna.

WOMEN'S A

Finals: Connie Fall d. Bethany Ryals, 15-5, 15-3.
Semi's: Bethany Ryals d. Kim Tiederman, forfeit; Connie Fall d. Kay Trepanier, 15-4, 15-0.

WOMEN'S B

Finals: Debbie Geiger d. Vicki Brown, 15-8, 15-10.
Semi's: Debbie Geiger d. Ann Jamieson, 15-2, 14-15, 11-0; Vicki Brown d. Judy Smith, 15-2, 15-4.

WOMEN'S C

Finals: Janet Rogers d. Tara Spanger, 12-15, 15-4, 15-2.
Semi's: Janet Rogers d. Tova Kornlieb, 12-15, 15-12, 11-3; Tara Spanger d. Cynthia Moore, 15-8, 15-9.

WOMEN'S NOVICE

Finals: Tracy Wasley d. Kathryn Kennedy, 21-7, 21-7.
Semi's: Wasley d. Sandi Hejna, 21-15, 19-21, 11-5; Kennedy d. Pamela Blum, 21-1, 21-14.
Third Place: Hejna.

WEST TOURNAMENT SCHEDULE

September 10, 11, 12 & 13, 1981

TIMBERHILL GRAND SLAM REGIONALS

Timberhill Athletic & Court Club
2855 NW 29th St.
Corvallis, OR 97330
503-757-8559

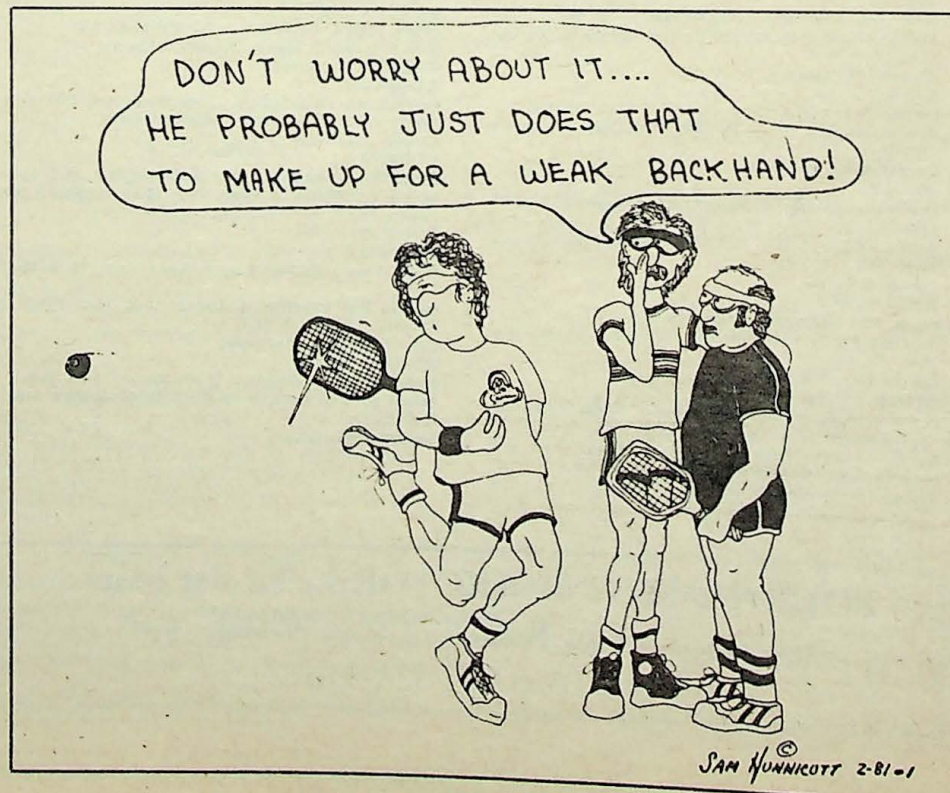
BELLEVUE OPEN

Bellevue Family Fitness Center
1505 140th NE
Bellevue, WA
Contact: Bob Bruce
206-481-4081

September 15-20, 1981

PERNOD CALIFORNIA GRAND PRIX FINALS

Del Amo All Pro Athletic Club
21345 Hawthorne Blvd.
Torrance, CA
213-957-0577



September 23-27, 1981

HOUSEHOLD FEDERAL SAVINGS WESTERN COOKOUT & RACQUETBALL SHOOTOUT

The Irvine Clubhouse
17850 Skypark Blvd.
Irvine, CA 92714
Contact: Scott Winters
714-754-7500

September 25-27, 1981

4TH ANNUAL SUMMER MADNESS

Tacoma Family Fitness Center
2228 S. 78th St.
Tacoma, WA
Contact: Sid Williams
206-473-2266

October 23-25, 1981

THE 3RD ANNUAL FOG CITY CLASSIC

The CalCourts
518 W. Clark
Eureka, CA 95501
Contact: Pat Idica
415-445-5445



Why tournaments?

by Geoff Peters

Tournament play is now available within an easy drive of most players nearly every weekend from September through May. In spite of this, a vast majority of players never take advantage of the multitude of benefits a tournament has to offer.

How many times have you heard comments like "it's too expensive", or, "I don't play for the sake of competition — I just want to get in some exercise"? Unfortunately, these worn phrases are often based on false expectations, or second and third hand stories rather than on experience. A well run tournament has something to offer everyone regardless of their skill level or reason for playing the game. As for expensive? Let's just look at what you get for an entry fee that most often ranges from \$18-\$25:

First of all, you are usually guaranteed at least two matches against two different opponents. Your court time is paid for (and may run well over an hour per match), and balls and referee are supplied. The most important thing of course, is that you will be playing somebody new who is likely to have a different style from your current list of opponents.

The existence of C, D, and Novice brackets minimizes the chance that you will run up against somebody whose skills are much more developed than your own. Only in your first tournament may you play "Novice" class — after that you must play at least D level. Ask your club pro or a local player who regularly enters tournaments where they think would be best for you.

In addition to the playing portion of the event you enter, you get several other benefits for your money. Perhaps the most tangible is the racquetballer's habit of giving each entrant a souvenir of the tournament. Most often this is a shirt, but at past events I have received shorts, visors, a beer mug, paperweights, game bags, jackets, and even a sweater. You'd be surprised at the status and snob appeal that a shirt from a well known event can generate at your local club.

Entrants are also treated to "hospitality" throughout the tournament. This varies from Gatorade and apples to player banquets, but most often includes enough food, drink, and munchies to preclude any additional food purchases for the duration. When you add up the court time, souvenir, food, balls, etc., you'll usually find that you've gotten your money's worth. Of course, with so many tournaments available, you can actually shop around to find the one that

has the extra amenities you want. Just keep an eye on the tournament listings in one of the many racquetball publications, and on your club bulletin board.

Even if the tangible benefits like food, a shirt, and club facilities are what you base your tournament choice on, don't overlook the most enjoyable aspect of being a part of local tournaments: the comradery of other players. Whether it be in the locker room, watching a match, or bending an elbow in the bar, you're all there to enjoy the game of racquetball.

Sure, there'll always be a few intense competitors who are bent merely on winning matches, but far more of the players are there to socialize and spend time with friends. How else can you explain the packed galleries on Saturday nights when 70% of the players are out of the competition? Believe it or not, it isn't unusual for a finalist's spectators to include two or three opponents who he or she beat earlier in the weekend. They are there to cheer on a new friend and learn better racquetball by watching the match. Many players have found that their most valued lessons come while either playing at or watching tournaments.

So next time you see that entry blank in the paper for a local tournament — take a chance and enter, it could add a new dimension to your game.

Planning a Tournament?

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You Need
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A
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Today!

800-323-9167

Sportsman of the month

Ed note: In an effort to encourage and reward good sportsmanship, RACQUETBALL TODAY features: Sportsman of the Month, a person selected for his/her high sportsmanship demonstrated in and around the racquetball court. The winner will be chosen from letters sent in by readers. If you know of someone deserving of recognition send us a note about it. We welcome pictures, too.

Your "Sportsman of the Month" has inspired me to pay tribute to a great sportsman, and even martyr: my husband, Ralph. Ralph played racquetball with me last week. I know that doesn't sound like much, but my husband is a very busy man. He only gets to play racquetball three or four times a week, and then there's golf, softball and bowling. He gets to go to very few of the basketball, football, and hockey games and has to settle for watching most of them on TV. But after weeks of talking about it, he finally agreed to give me a game (he had to pay for the court anyway, and after five calls it was clear that he wasn't about to find another game in time).

And when we got on the court, what a sportsman! Most men would be condescending and play down to their wife, but not Ralph. He wouldn't dream of insulting me that way and he reminded me that there's nothing embarrassing about getting a donut from a far superior player. And he even threw in some pointers and words of encouragement like, "hustle and you'll get those," and "if you jump those shots won't hit you."

Thanks, Ralph, for being such a swell guy. Let's play again soon. Same time next year?

Marilyn Moil
Midlothian, IL

"Women pros are twice as good as men — we get a point after every rally and they only score when they serve!"
Shannon Wright

Preparing for the match

by Tom Grobmisi

I always eat a banana before a big match (it would be rude, if not illegal, to eat one *during* the match). Some people believe in the banana because they say it helps prevent muscle cramps; others laugh at the banana saying it's a "frivolous" fruit; while others shy away from the banana, attributing all kinds of sexual connotations to eating it. Most people just say, "A banana, who cares?"

I like to eat the sweet, creamy fruit before a match because it relaxes me — it helps me take my mind off the match and become calm. First you have to get your mind to accept the fact that, in the midst of all the tumult going on, you're actually going to sit down and consume a banana. Then you have to concentrate on peeling it, locating and removing brown spots, then chewing and swallowing. If someone comes by and tries to break my concentration, I say something like, "Can't you see I'm in the middle of eating my banana?" and they usually leave me alone.

Eating a banana sounds quite simple, but there's a few things pros forget to mention when they recommend them:

- 1) They're often in short supply at tournaments, so bring your own;
- 2) Never pack your banana in the same compartment as your racquet;
- 3) Don't get frustrated if you have trouble peeling your banana...get help from one of the more experienced players or a pro.
- 4) Don't allow yourself to become dependent on the banana. If you find yourself *needing* a banana the first thing in the morning when you get up, and several times during the day, that's banana abuse. Get help!

NOTE: The banana has been erroneously singled-out as one of our most serious littering problems. The classic stereotype of the poor, innocent nice-person slipping on

the banana peel, is nothing more than part of a major anti-banana propaganda campaign by the federal government and "the establishment" designed to make the banana look harmful and dangerous. In fact, there is no clinical or statistical evidence which substantiates the large numbers of deaths and injuries attributed to the banana peel. My personal experiments leaving banana peels in the center of racquetball courts and women's locker rooms clearly show that most people are able to avoid them easily due to their high visibility and the pungent odor that develops after several hours.

Editor's Note: RACQUETBALL TODAY is sorry to announce that writer, Tom Grobmisi was recently admitted to the psychiatric ward of one of Chicago's leading mental institutions. Arms restrained, behavior unbalanced and deranged. Diagnosis: Wild and crazy...as in having gone bananas.

Some Refereeing Tips from Tom Grobmisi

GROBMISI REFEREEING TIP NO. 1:

Never give your real name.

GROBMISI REFEREEING TIP NO. 2:

Avoid avoidable hinders; don't get technical about technicals.

GROBMISI REFEREEING TIP NO. 3:

Never ref anyone bigger than you.

GROBMISI REFEREEING TIP NO. 4:

The bigger the crowd, the longer you should wait before making your call.

GROBMISI REFEREEING TIP NO. 5:

Don't ref doubles. Don't ref free.

Club Guide

California

SIERRA TAHOE ATHLETIC CLUB

2565 Lake Tahoe Blvd., South Lake Tahoe, California (916) 544-6222. 12 racquetball/handball courts, co-ed jacuzzi; sauna and whirlpool available for both men and women; universal weight room, attended nursery, pro shop, t.v. lounge, gym/basketball court, exercise classes, slimnastics and aerobic classes. Hours 6 a.m. — 2:30 a.m. 6 days, 6 a.m. — 11 p.m. Sundays. Manager, Patrick Ryan.

COURTSPO RTS

3443 India St., San Diego, CA (714) 294-9970. 14 racquetball/handball courts, 2 glass courts, nautilus exercise center, sauna, steam and jacuzzi available for women; exercise classes, pro shop, group lessons. Manager, Herb Solomon.

MODESTO COURT ROOM

2012 McHenry Ave., Modesto, CA 95350 (209) 577-1060; they have 16 racquetball courts; whirlpool and saunas available in both locker rooms; 10 hour attended nursery; indoor/outdoor pool; juice bar; conversation area; fully stocked pro shop; lessons, clinics, extensive aerobics and exercise classes; complete Nautilus fitness center.

IRVINE CLUB HOUSE

17859 Skyline Blvd., Irvine, CA 92714 (714) 754-7500 they have 12 racquetball courts, 2 with glass back walls, men & women whirlpools & saunas, full exercise room outdoor running track thru 4 acre park, slimnastic and aerobic classes, attended nursery, lounge with TV, games and movies, lessons and leagues available, pro, Scott Winters.

RIVERSIDE RACQUETBALL CLUB

11060 Magnolia Ave., Riverside CA 92505 (714) 687-5440; 10 racquetball courts; co-ed jacuzzi; sauna in men & women's locker rooms; lounge; racquetball lessons; public is welcome.

BKB COURTHOUSES

3760 Telegraph Rd., Ventura, CA, 93003 (805) 642-2131
201 W. College Ave., Lompoc, CA 93436 (805) 736-3483
7849 Canoga Ave., Canoga Park, CA, 91304 (213) 340-8888
500 Paseo Camarillo, Camarillo, CA, 93010 (805) 484-0423.

31425 Agoura Road, Westlake Village, CA, 91361 (213) 991-4500.

43845 N. 10th Street, West., Lancaster, CA, 93534 (805) 945-2631.

1020 Southwood Dr., San Luis Obispo, CA, 93401 (805) 541-1816.

All clubs have 10 racquetball courts, saunas, jacuzzi, weight equipment, lounges; babysitting service, & fitness center.

ROCKY'S RACQUET WORLD

12111 Strathern St., N. Hollywood, CA 91605 (213) 768-5541; 18 temperature controlled tournament level courts with cement front walls; men's locker room has showers, jacuzzi, sauna and also a complete Universal gym room (over 30 stations), women's locker room has private showers and dressing area, jacuzzi, sauna & grooming area and a complete Universal gym area (over 15 stations); four glass back wall exhibition courts, full spectator observation gallery for all courts; tournament and club ladder play; Challenge Courts discount playcard packages; complete pro shop; racquet rentals; instruction; club and party rentals; free day use lockers; league play and social events, special programs; snack bar; free parking; viewing lounges.

TORRANCE COURT CLUB

3825 Del Amo Blvd., Torrance, CA 90503 (213) 542-3538; 8 racquetball courts; men & women sauna and jacuzzi; aerobics & exercise classes; 3 instructors; complete lessons & leagues; attended nursery; open to the public; memberships are also available.

THE COURT HOUSE RACQUETBALL CLUB

2120 University Ave., San Diego, CA, 92104 (714) 297-5203, 10 racquetball courts, private & group lessons; universal exercise room; exercise classes, weight control classes; jacuzzi available for both men and women. Mgr. Saul Klein.

CLAREMONT TENNIS CLUB

1777 Padua Ave., Claremont, CA, 91711 (714) 621-3907 10 racquetball/handball courts, 20 tennis courts, universal exercise center, steam, sauna and whirlpool available for both men and women, pro-shop, snack bar, private lessons by appointment; free attended nursery, aerobic dance classes, exercise classes, members only. Manager, Karen Lucke.

Utah

TOWNE & COUNTRY RACQUET CLUB

2250 South 800 West, Woods Cross, Utah, 84047. 8 racquetball/handball courts; 4 indoor tennis courts; sauna, steam and whirlpool available for both men and women; universal weight room, attended nursery; pro shop. Hours 6 a.m. — 10 p.m. Weekdays, 7 a.m. — 8 p.m. Saturdays. Open Sundays for members only.

FOUNTAIN OF YOUTH HEALTH CLUB

4300 So. 300 West, Salt Lake City, Utah, 84107 (801) 262-7487. 10 racquetball/handball courts, gym/basketball court, 7 tennis courts, sauna, steam and whirlpool, universal weight room, snack bar, pro-shop, beauty salon, barber shop. Hours: 6 a.m. — 10 p.m. Weekdays, 7 a.m. — 8 p.m. Saturdays. Open Sunday for members only.

SHERWOOD HILLS RACQUET CLUB

4303 N. Foothill Drive, Provo, Utah, 84601 (801) 224-6969. 6 racquetball/handball courts; 1 challenge court; 13 tennis courts; slimnastics and aerobic classes; tap, jazz and ballet classes; dining facilities; 3 outdoor pools; sauna and jacuzzi; nautilus and free weight equipment, gym/basketball floor; modeling classes, pro-shop, boutique, lounge, t.v., adults and junior locker rooms, group and private lesson. Open 6 a.m. — 11 p.m. 6 days a week, closed Sundays. Pro: Racquetball — Mike McGovern, Pro: Tennis — John Bennett, Manager: Larry Anderson.

OGDEN RACQUET & SWIM CLUB

1221 E. 5800 S. Ogden, UT, 84403 (801) 479-6500. 6 racquetball courts, co-ed sauna & whirlpool, weight room, pool; snack bar; pro shop; private bar; indoor tennis, private classes and clinics; aerobic classes; weekly round robin; USRA tournaments. Mgr. Chris Zimmerman.

Oregon

KLAMATH RACQUET CLUB

2524 Crosley Avenue, Lamath Falls, OR (503) 883-3728. 9 racquetball/handball courts; 2 glass courts; universal exercise room, restaurant lounge; attended nursery for members, sauna, steam, whirlpool and jacuzzi for both men and women, pro-shop; jazzercise classes; mens exercise classes, group and private lessons. Hours 6 a.m. — 11 p.m. weekdays 9 a.m. — 9 p.m. weekends.

THE COURT HOUSE FITNESS CENTER I

2975 River Road South, Salem, OR, 97302 (503) 364-8463, 10 racquetball courts, outdoor track, one glass side court, universal weight room; sauna, shower and whirlpool available for both men & women, co-ed jacuzzi; nursery, pro shop. Mgr. Dean Wallace.

ALBANY SUPERIOR COURTS

380 Hickory Ave., Albany, OR 97321 (503) 926-2264; 9 courts, 2 glass, rental conference rooms; complete snack bar; pro shop; men & women locker rooms, each with sauna & jacuzzi; indoor jogging track; separate men's & women's weight room, day care center; large lounge area.

MEDFORD SUPERIOR COURTS

727 Cardley Ave., Medford, OR 97501 (503) 779-7529; 8 courts, 2 glass; complete snack bar, pro shop; men & women locker rooms; each with sauna & jacuzzi; indoor jogging track; separate men's & women's weight room; day care center; large lounge area.

Nevada

CAPITOL COURTS

3759 Gross Circle, Carson City, NV, 89701 (702) 882-9566. 12 racquetball courts; jacuzzi, sauna, steam and whirlpool available for both men & women; separate weight rooms for men & women; pro shop, in-door jogging track, basketball & volleyball area. Mgr. Rich Bennett.

INCLINE COURT HOUSE

880 North Wood, Incline Village, NV, (702) 831-4212. 10 racquetball/handball courts; 2 glass courts; steam room, weight room and jacuzzi available for both men & women; nursery available for children ages two years and up; pro-shop. Open 7 days a week.

CAPITOL COURTS

3759 Gross Circle, Carson City, NV 89701 (701) 882-9566; 12 racquetball courts, 2 with back wall glass viewing; attended nursery; men & women whirlpool, steam and sauna; exercise, aerobics and slimnastics available; complete men and women's weight rooms; lounge with TV; complete leagues and lessons available; basketball and wallyball. Hours: 6:00 a.m.-10:30 p.m. M-F; 8:00 a.m.-8:00 p.m. Sat; 9:00 a.m.-6:00 p.m. Sun; Mgr. Rich Bennett.

Washington

MUENCHER ATHLETIC COURTS

13018 Meredian Court, Puyallup, WA 98371 (206) 845-7620. The racquetball club is attached to Shakey's Pizza, has two racquetball courts, both with glass back walls for spectator viewing, weight room, individual sauna and whirlpool for both men & women; snack bar.

196th & 50th, Lynwood, WA 98036 (206) 778-1998; the racquetball club is attached to Shakey's Pizza; has three racquetball courts, two with glass back walls for spectator viewing; weight room; individual sauna and whirlpool for both men & women; snack bar, liquid refreshments (beer & wine) also available.

TUMWATER VALLEY RACQUET CLUB

4833 Tumwater Valley Dr., Tumwater, WA 98501 (206) 352-3400; this club has 10 racquetball courts, 7 indoor tennis courts and 4 outdoor courts; gymnasium; attended nursery; steam, whirlpool, sauna and exercise room available for both men & women; group or private lessons and leagues available; pro shop; they also offer classes in the following: aerobics, exercise; and jazzercise. Club Manager: Ed Odegard; Club Pro: Jeff Watson.

VANCOUVER TENNIS & RACQUETBALL CENTER

5300 E. 18th, P.O. Box 1995, Vancouver, WA 98663 (206) 696-8123; they have 4 racquetball courts; lessons & leagues are available; will be expanding the facilities real soon! Pro: Bill Brouhard.

FIRST SERVICE RACQUET CLUB

24228 76th Ave. West, Edmonds, WA 98020 (206) 775-0667; they have 10 racquetball courts; saunas available in both locker rooms; co-ed jacuzzi; lounge; full pro shop; attended nursery, massage; sun room; lessons, clinics, leagues and aerobic exercise classes also available; weight room; wallyball; Head Pro: Mike Hoonan.

THE ACE OF CLUBS

610 W. Tietan, Walla Walla, WA 99362 (509) 522-0330; 7 racquetball courts, 1 all glass; running track; complete weight conditioning area (2 types available); locker rooms, saunas & spas available for both men & women; observation & lounge area.

Colorado

THE EXECUTIVE PARK ATHLETIC CLUB

2233 Academy Place, Colorado Springs, CO 80909 (303) 597-7775; they have 10 racquetball courts; available for the men is a whirlpool & steam sauna, for the women is a whirlpool & dry sauna, swimming pool; running track, weight equipment; half-court basketball court; pro shop; restaurant; lounge with TV; just about any program is available aerobic exercises, racquetball lessons, karate, self-defense, etc.

You know your racquetball club is getting sleazy

by Tom Grobmisi

You **KNOW** your racquetball club is getting *sleazy* when:

You have to pay for a cup of coffee;
You have to leave a deposit for a razor;
They turn the lights off when your court time is up;

You can hear a sneeze from the next locker room;

They sell "generic" racquetballs;
The manager, the pro, the nursery attendant and the janitor all have the same last name;

The lockers are thinner than you are;
They put up a poster called "Expose yourself to Racquetball";

They put a gadget on the toilet paper so you can only get three sheets at a time;
They have more Tupperware parties than tournaments;

The hair blowers are coin-operated;
They announce when the coffee truck arrives;

The combs are attached to the wall by a wire rope;

There's a timer on the shower;
The whirlpool seems to be a different color every day;

There are more than four signs in the locker room asking you not to do something gross;

The peephole in the door looks like a kaleidoscope;

They put a turnstyle at the entrance;
They sweep out the court between seasons;

The towels are stamped "Holiday Inn";

The club pro wears a tool belt in the court.

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The challenge ladder

by Phil Simborg

I was playing just for fun, never really cared who won
Till one day I joined the local Challenge Ladder.
Now I'm playing for a prize, and I guess it's no surprise
That although I'm playing better, I'm much sadder.
See, the trick to competition is to practice repetition;
Never give the other guy an even break.
So you go for every shot, and you give it all you've got,
And you run until your legs and belly ache.
Now I've finally reached the top, and I'll tell you all I've got
Is the wish that I could start at the beginning;
When we only played for fun, and we never cared who won,
And just being with my friends meant more than winning.

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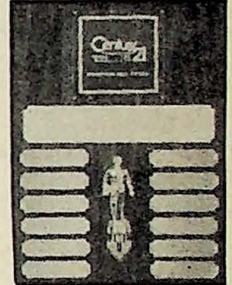
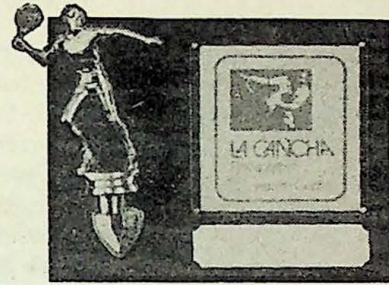
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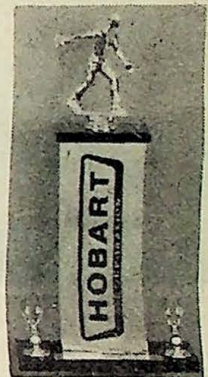
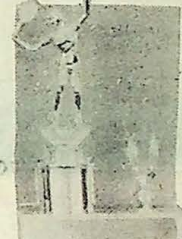
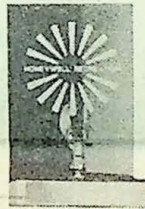
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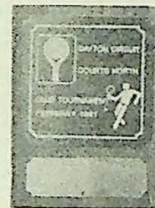
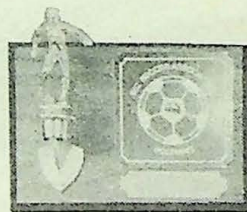
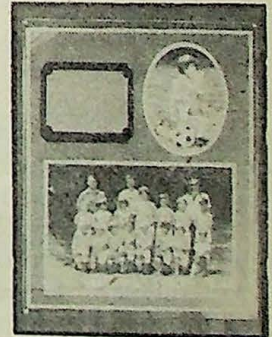
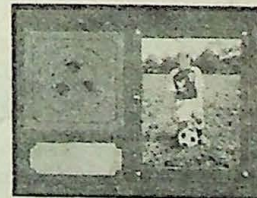
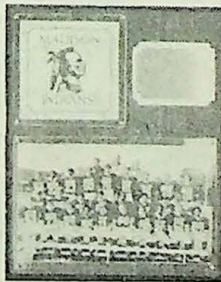


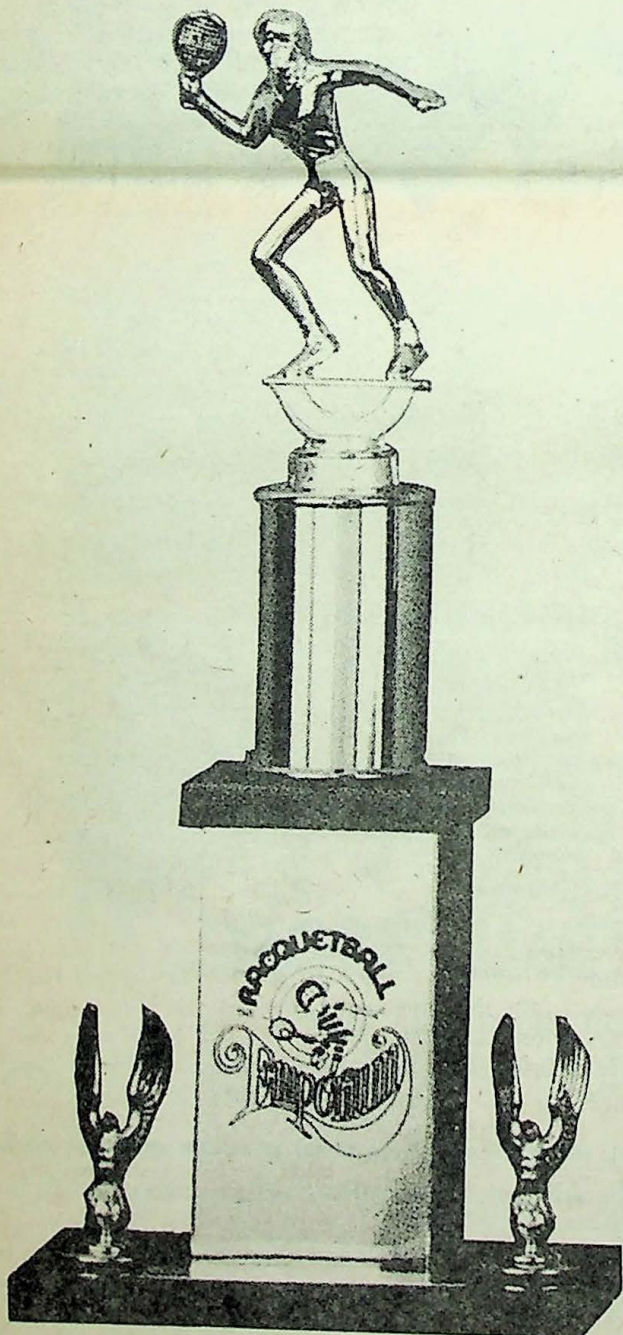
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Teaching your child racquetball

By JEAN SAUSER

Editor's Note: Jean Sauser, professional women's player sponsored by Ektelon, and photographer Arthur Shay, are co-authors of TEACHING YOUR CHILD RACQUETBALL, a do-it-yourself manual which gives the prospective "teacher" everything he needs to know to help a youngster learn to play and enjoy the game. With permission of the publisher, RACQUETBALL TODAY will reprint portions of that book.



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Lesson 1:

The Fundamentals

The first lesson will probably be the toughest for you and for your young student. But if it is learned well, the dividends of a good basic foundation in racquetball will come in every lesson to follow.

Gripping the racquet (how deceptively simple is that phrase) is absolutely the key to building a good game. Racquetball's Baby Ruth, Charlie Brumfield, lectures at seminars to professional racquetball players on the grip. The grip lecture is *one hour long!*

In this lesson we will go over the grips, discuss off-the-court practice, get into the basic forehand and backhand strokes, and generally try to help you build a good racquetball foundation for your student's game.

Racquetball Without a Court?

Absolutely. Generation of handball players emerged from the walls and sidewalks of New York. A good wall in a safe area makes a good non-court court. So does a garage door or a basement wall.

Beginning to Teach — Show your pupil how the leather or cord thong fits over the wrist and explain the reason for this safety device. "We wouldn't want the racquet to go flying through the air and hit your partner if you lost your grip on it, would we?"

Warming Up

A five-minute series of knee bends and arm stretching helps new players get ready for racquetball.

The Grips

The racquetball grip itself is basically simple. You shake hands with the handle. If your youngster's hand is quite small the hand can be moved up the handle an inch or so. (This is called "choking up" on the racquet, just as it is on a baseball bat.) Looking down at the forehand grip, the player should see a clear V between the place where the thumb and forefinger wrap around the racquet handle, a little V-shaped valley.

When the learner can make out the V, with the face of the racquet perpendicular to the floor — that is, facing — the front wall, have the student try swinging the racquet back and forth. This swing, done sidearm, is the basic racquetball stroke.

Ideally, when attempting a backhand swing, the racquet should be turned about half an inch forward so that it feels as if the face has angled slightly to the floor. In practice, the forehand grip will serve most beginners for a backhand grip too. After a few lessons, especially if

their backhand shots seem to hit too high on the wall, they'll want to experiment with switching the grip to that downward position the moment before contacting the ball.

If your student's hands are too small to hold the racquet comfortably in one hand, take a leaf from tennis: let the student use a two-handed grip. (There are dozens of hard-hitting eight-year-olds entering tournaments with this stroke and doing well with it according to United States Racquetball Association (USRA) Commissioner Joe Ardito who runs the youth tournaments!) Right-handed students using the two-handed grip should grip the racquet with the right hand closer to the racquet head. The same grip is used for forehand and backhand. (Lefties reverse these hand instructions, or use a mirror.)

The Forehand Stroke

Now have your student turn and face the forehand side wall (an imaginary one if you're using a garage door, basement or other makeshift wall), hold the racquet back. Then the student should bring the racquet forward across the body with the wrist leading, snapping the wrist as the racquet passes the lead foot. The student should step toward the front wall every time the stroke is executed. (To get started, move the weight from back foot to front foot, an important part of learning racquetball.) Allow a minute or two for practicing the stroke through the air without the ball, just swinging freely. You can thus spot any errors in the stroke and correct them immediately. Then tell the student to take the ball in the free hand, drop it out and away from his body, step toward the ball, and then hit it to the front wall.

Demonstrate a lot, using the best form you can. Children are great imitators. Give your child easy shots, set-ups, off the front wall, so that the ball drops below waist level before it is struck with a side-arm motion.

(If your student has had any softball experience, it might help to mention that the racquetball stroke is something like getting up at the plate and hitting a softball with the bat held in one hand.)

The Backhand Stroke

After practice with the forehand has allowed the student to return the ball to the wall with some confidence, it's time to learn the backhand stroke.

Remember that ideally the backhand grip differs very slightly from the forehand grip. The V of the hand as looked down on by the player is rotated slightly to the left to keep the face of the racquet flat when the ball is hit. If your student finds it difficult to do the slight (half-inch) grip change, let it go for a few lessons.

Play Therapy

Whenever your teaching seems to be getting a bit too heavy, not to say boring, use an old kindergarten trick: play games!

It's actually getting to be that time near the end of the hour when you should be playing the game anyway. At the beginning it doesn't even have to be a scorekeeping session with serves — just a series of shots — "Just hit it to me and I'll try to return it."

Hitting the ball back and forth to the front wall and back (via sidewalls or ceiling is fine too) is called volleying.

Students should at this time try to incorporate their newly learned knowledge of the sideways idea — that racquetball is mostly a sideways idea — game. Attention should be paid to hitting the ball "off" the lead foot. Now and then when a real good hit is made, the student will feel a surge of power through the wrist to the ball. This wrist snap should be watched for, or rather felt for, because eventually it will be the means by which thin-armed students will suddenly begin powdering the ball as if they had bulging biceps.

If your student has had any baseball, softball, or tennis instruction, this is a good time to point out that in these sports, as in racquetball, there is a fleeting split second that is the absolute best time to strike the ball, and that a good part of the learning process will be directed towards developing a swing that connects with the ball at this best possible instant.

If your student's grip wobbles or seems to weaken at the moment of

impact, the ball will fly off in unwanted directions. Teach your student to squeeze hard on the racquet just before hitting the ball. As you volley or as your student volleys with another young player, call out suggestions and encouragement. "OK. You hit it a second too late. There, that was fine! OK. Sideways, face the side wall, that's better. No, don't scoop at the ball. That racquet isn't a butterfly net. Fine — fine —"

Older students might, at this point, enjoy playing an 11-point game, keeping score and following the rules insofar as they can.

"Keep your eye on the ball!" is excellent racquetball advice. So is, "Run, run, run!"

Half-Court Racquetball

For kids from three to eight who just can't wait to imitate their elders, half-court racquetball is lots of fun and a good teaching technique.

You merely use half the court to help those little legs and short reaches. You use the front half of the court, from the front wall to the short line.

The server stands in front of the front (service) line and the receiver stands just inside the short line. The ball is put in play when it passes the server's body on a bounce. The receiver must return it to the front wall, and the ball must bounce inside the half-court area. The server scores a point when the receiver misses a shot or the ball otherwise gets past after a legal bounce within the stated bounds.



teaching your child racquetball
Jean Sauser and Arthur Shay

TEACHING YOUR CHILD RACQUETBALL
Jean Sauser and Arthur Shay

Designed as a do-it-yourself manual for anyone who wants to teach a child to play one of America's fastest growing sports, Teaching Your Child Racquetball gives the prospective "teacher" everything he needs to know to help a youngster learn to play and enjoy the game.



RACQUETBALL STRATEGY
Jean Sauser

Designed for the regular player who is determined to improve his game, Racquetball Strategy provides the tips from the pros on such subjects as analyzing your opponent's weaknesses, shot selection, and court positioning.



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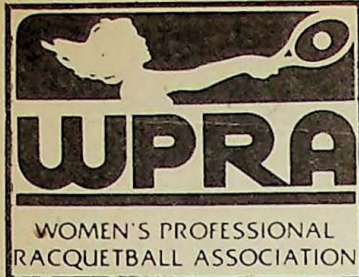
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News

By Francine Davis, President
Women's Professional
Racquetball Association



Speaking for the newly-elected Board of Directors, I would like to express our gratitude and pride at being given the opportunity to guide the WPRRA next season. Preparation for the 1981-82 season has required, and will continue to require, long and hard hours this summer. Conference calls have been placed, chain letters have been sent, and a Board of Directors meeting has been held in Costa Mesa, CA July 23-26, in order to assure a successful kick-off of the new season.

As of August 1, 1981, Dan Seaton has resigned as Commissioner of the WPRRA. Unfortunately, his duties at the D.A.'s office in Las Vegas, NV required much more time of him, and he could no longer continue the efforts he so very much wanted to with the WPRRA. I know you will all join with me in thanking Dan from the bottom of our hearts for making the WPRRA a viable force in the racquetball industry.

On a happier note, the WPRRA Board of Directors is proud to announce that IMG, International Management Group, the world's largest sports promoter, signed a contractual agreement with the WPRRA to represent the WPRRA for a 2-year period. Along with them, they bring years of experience, professionalism, offices in

Cleveland, London, Las Vegas, New York, Tokyo, Paris, Rio de Janeiro and Brussels, and some of the greatest names in sports, such as Bjorn Borg, Andrea Jaeger and Arnold Palmer, to name just a few. Buffy Gordon will be working with us directly, and presently she is the founder and organizer of the Tennis Legends. This is quite a successful tennis series, with Ken Rosewall, Marty Reissen and Rod Laver. She can make it happen. Jennifer Harding and myself had several meetings with Buffy Gordon, and we feel very confident she will use her expertise and experience in assuring us a full-blown racquetball tour this year and next. At the present, we have already secured several definite stops for the 1981-82 season. Ektelon/Perrier championships for \$18,000, the National Championships in Warwick, RI for \$25,000, First Annual WPRRA NJ Pro-Am in October, Lafayette, LA in Dec., NY in April, and Ohio in June. Several other tournaments are in a state of being finalized, and we will announce the schedule as soon as possible. I hope you are as excited as we are. A new season seems to be shaping up better than ever before, and with the new agreement between the WPRRA and IMG, we only stand to grow bigger and better.

Feet First Ask a podiatrist

RACQUETBALL TODAY will feature monthly articles on foot care provided by the Community Health Information Council, a not-for-profit organization of consumers, health professionals and media professionals cooperating in the development and dissemination of health related information at the community level. Readers are invited to submit questions to be answered by Dr. Louis A. Sorto Jr., 420 Lee Street, Des Plaines, IL 60016.

Q. I play racquetball approximately two times a week. Recently, I have increased to four times a week. Along with this increased playing time, I have developed a nagging pain in both of my Achilles' tendons. I have tried to play through the pain, but it just seems to be getting worse. Do you have any suggestions?

A. Achilles' tendonitis can be a very disheartening condition to treat for both the doctor, as well as the patient. The Achilles' tendon attaches the calf muscles to the back of the heel bone. Since the calf muscles make up approximately 4/5 of the mass of the lower leg, it is not hard to recognize the tremendous amount of stress applied to this tendon, especially when subjected to strenuous activities such as racquetball. This is particularly true when the athlete exceeds the limits of his or her training, or ignores the necessary warm-up exercises which are instrumental in preventing such injuries.

Other factors can predispose an athlete to Achilles' tendon injuries, such as congenitally short heel cords (equinus condition), or developmentally short heel cords, which may result from inadequate stretching of the calf muscles before and after sporting activities. People suffering from such conditions often times complain of a generalized tightness and aching of the calf muscles, and tend to walk

by Dr. Louis A.
Sorto, Jr.



with a "bouncy" type gait pattern.

The Achilles' tendon is surrounded by a sheath called the paratenon. Either this sheath, the tendon itself, or a combination of both can be involved in Achilles' tendon injuries. In the more advanced cases the tendon can actually become enlarged and extremely tender to the touch.

Treatment of the acute state is aimed at resting the injured part (which means no athletic activity for at least two weeks), elevating the heel with a 1/4 inch to 1/2 inch felt lift, massaging the affected area of the tendon with ice for five to six minutes several times per day, and finally using some type of oral anti-inflammatory medication when necessary (such as two aspirin tablets two to three times per day for five to seven days).

I do not advocate the use of steroid injections for this particular problem, because cortisone injected into the Achilles' tendon can weaken its fibers and sometimes lead to spontaneous rupture. This is especially true when repeated injections are given directly into the tendon itself.

If this condition is ignored or inadequately treated during the acute stage, it may progress to a chronic tendonitis which can be very disabling for a prolonged period of time.

Prior to returning to athletic activities, one should be experiencing no Achilles' tendon pain with their normal every-day walking activities. A gradual return to these athletic activities is essential, along with proper stretching exercises (especially of the calf muscles). A 1/4 inch heel lift should be used for approximately three months (longer if the pain returns). If the symptoms persist, one should see a podiatrist.

It's not racquetball at all

Book review: *Killshot*

by Ralph Moil

The Book: *Killshot*, by Tom Alibrandi. Fiction: Paperback, Pinnacle Books, \$2.25.

The "killshot" referred to by the author is actually a handball shot which "strikes the crotch of the floor and the front wall simultaneously." As any handballer or racquetballer knows, that's no killshot, it's a crotch (skip) ball!

For the author to misdefine such a basic principle of the sport demonstrated his total ignorance of the game and his obvious disregard for authenticity. The book uses the sport of handball as the setting for a very predictable plot, and offers descriptions of games and shots that are totally impossible on the handball court.

The book angers me, not only because it is a piece of trash that caused me to waste time and money and insulted my intelligence, but because it offers such a totally distorted picture of a sport that many, including myself, have enjoyed and loved for years. And you can't excuse the book because it's fiction.

The author describes the head of the "National Handball Association" as a wealthy construction company owner who rules over the sport like a czar. But if the "czar" doesn't like someone, he not only "blackballs" him from tournaments, he runs him over with his car and cripples him for life.

The author cites the game's all-time greats by name, and states that players

like Jacobs and Haber were nothing but "hotdogs" who "beat out-of-shape business men all year" and played in those "faggy tournaments" run by the NHA. The real greats of the game, according to Alibrandi, were a bunch of bar room hustlers and drunks who refused to give in to the czar and really knew how to live (as one of their food-fights at a local greasy-spoon restaurant illustrated).

The book portrays handball as such a dangerous and violent sport that players were actually eliminating their opponents intentionally with well-placed shots, and made matches appear more like duels than games. Those of us who know handball realize that this is a vulgar distortion of the game.

The reason I'm taking the trouble to review this handball book in a racquetball publication is because the cover is misleading. If you see it in a book store, you're likely to think it's about racquetball (as I did) as nothing about the illustration or writing on front and back cover give you a clue.

But if you find it's about handball, I'm afraid you might read it anyway. Please don't. There's no reason for racquetballers to get such a distorted view of a sport with which we have much in common, and the book is simply not entertaining. Why don't you try a game of handball? You'll find out what a fun, non-violent sport it really is; unless, of course, you try to claim the point after hitting a crotch ball!



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Court Specs

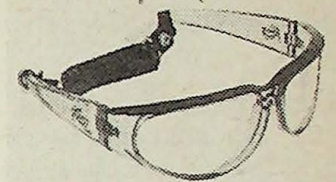
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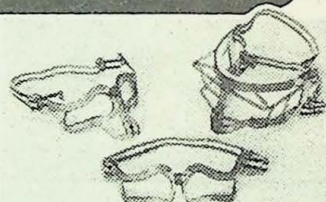
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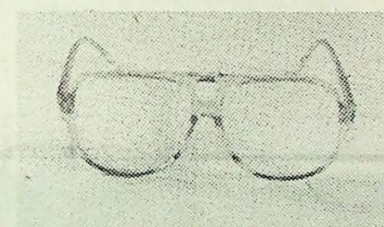
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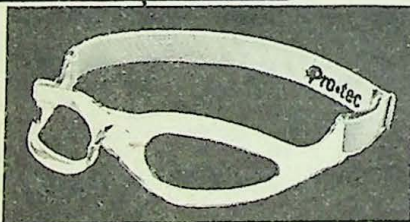
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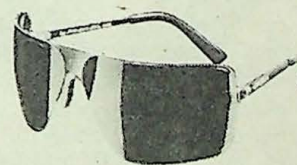
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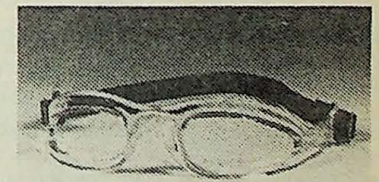
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Number one in a series.

The racquetball center manager and the professional source: Rich Fuchs

SFO Inc. is among the nation's leading insurers of special multi-peril property and casualty insurance for racquetball centers nationwide. Here, in an interview, Rich Fuchs II, Vice President of SFO, Inc. and a tournament player, discusses the rapid growth of the racquetball industry and some of the insurance issues confronting proprietors today.

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"As a participant in the sport, I am particularly enthusiastic about the tremendous growth potential for racquetball centers nationwide.

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"Timeliness, of course, is an important factor in the success of any enterprise that serves the public. But experience plays a significant role as well. And the fact is, few proprietors, and few insurers, have in-depth experience in determining the full range and costs of the risks associated with this relatively new field.

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SFO Inc., your professional source.

"Historically, SFO has its roots in special multi-peril property and casualty insurance protection for retail groups that serve large numbers of the general public on premises on a daily basis. For example, SFO is a leading insurer of racquetball centers, bowling centers, supermarkets and shopping centers nationwide.

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"Today, through what is perhaps the industry's most sophisticated in-house computer operation, SFO is able to offer these benefits to the racquetball center proprietor.

"SFO can do this because of a unique approach to data collection and risk management. Consider, for example, that every single facility SFO insures is inspected by professional engineers who utilize data collection methods exclusive to SFO. Consider, too, the fact that all SFO insurance programs are written through Best's rated A or A+ companies.

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"What SFO offers the agent is knowledge of your business class, prompt quotations and policy issuance, and equally prompt claims service. What we offer the racquetball center proprietor is broader coverage at a lower cost.

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New Products

New racquets and new strings

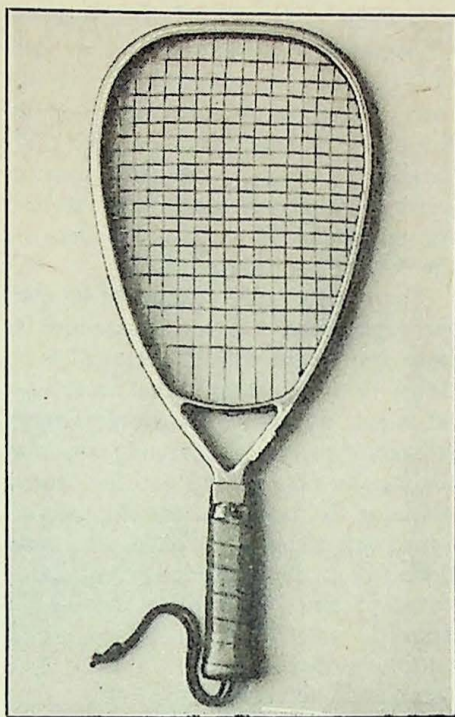
by Bob Schmendrick

The new season brings several new products —

Wilson introduces an amazing new racquet called the Composite Plus, getting its name from the composite material used, plus an advanced design.

The composite material in each racquet is wrapped and diagonally stratified by hand. This attention to detail enables the continuous fiberglass fibers to be constructed in a manner to determine localized flexibility characteristics. Stiffness and flex can then be distributed along the racquet where each is needed most. Thus the racquet's playability characteristics are virtually "dialed-in", maximizing the combined attributes of the composite material and head design.

Plus an innovative yet very practical design feature; the Arched Throat. The sides of the Composite Plus throat are convex rather than conventionally concave, arching gently outward to provide a wide base of support for the racquet head. These arched sides are designed to



Wilson Composite Plus

work like torsion bars, stabilizing the hitting surface to reduce torque, or

twisting of the racquet head upon ball impact.

Less twisting of the racquet head provides two very important playability benefits:

1) Greater control due to increase perpendicularity of the hitting surface toward the intended flight of the ball.

2) Increased power from the direct transfer of ball energy. When the racquet twists upon ball impact, the ball's energy is partially absorbed and power is reduced. Less racquet head twist, or torque, enables the racquet hit to transfer the ball's impact energy directly back into the ball, producing greater ball speed and increased power.

The Composite Plus comes with a strung-in bumper and grommet strip for added string protection, a foam filled handle to reduce vibration, a high quality grip for sure handling, and rich cosmetics to provide shelf impact. In addition, the Composite Plus is racquetball's first racquet to include a full length cover.

At last, a string that's designed exclusively for racquetball, that gives power and control to even the most discriminating racquetball player. Known as Gutex RB, the string has space-age technology applied to the string construction with outstanding results. Its unique twisted and fused design with no center core holds the ball longer. This gives the player more control and delivers more power at the face of the racquet. The string is suitable for metal, graphite, and composite racquets. Gutex RB is manufactured and distributed by Winn, Incorporated, and additional information is available by calling Winn at 714-842-1301.

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Jim Bozek photo

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Oops, we goofed! The prices we printed for the Foot Joy shoes were wrong. Sorry!



Out damned spot!

John Donati

John Donati of Nautilus Sports/Medical Industries will be happy to answer questions pertaining to training and conditioning. Questions may be submitted to John Donati: P.O. Box 1783, DeLand, Florida, 32720.

Spot reducing is a system of exercises that promises to reduce flab from selected areas of the body; generally, the hips, thighs, waist, and abdominal area.

Traditionally, men and women have areas of the body that store excess fat. Women tend to store fat on the upper thighs, the back of the arms, the breasts, and the buttocks. Men store fat around the waist and the upper back. Most people mistakenly believe fat can be eliminated simply by exercising the affected area; hence, spot reducing. They do sit-ups for the abdominal area, hydrants for the thighs, butt bumps for the buttocks. All are seemingly productive exercises, but very ineffective.

Millions of dollars have been spent in health spas which have promised to remove the fat from specific areas. The spas advocate passive exercise, some active exercise, and sometimes a combination. But for spot reducing, none of these work. Actually, nothing short of surgery will remove fat from one specific area!

But let's talk about some of the passive exercises that have gained popularity:

such things as vibrator belts, rollers, and twisters. Their popularity may be derived from the fact that one puts forth very little effort. For example, a person may sit on the rollers and receive nothing more than a sensual rub down.

Another popular method is the vibrator belt. This belt is wrapped around the waist as the individual receives a violent shaking. The whole concept behind such passive exercises seems to be that one can merely shake or beat the fat off: probably a very effective way to tenderize beef, but an ineffective and dangerous way to reduce body fat.

Heat application has also enjoyed popularity as a fat reducer. Such applications as sauna belts, sweat suits, saunas, and steam baths have received notoriety as being able to melt fat away. But these gadgets simply reduce the water content of the body and not the fat. Fat actually has very little water, and its boiling temperature is 360°. No human being alive could withstand that degree of temperature. The heat generated by such devices as saunas, or steam belts, won't boil the fat. It will produce extreme water loss that results in heat prostration, which causes the enzymes in the muscles to work less efficiently. Any weight loss that does occur is purely water loss.

Since the body senses this water loss, the kidneys will automatically adjust so water is regained. The water weight-loss

will not stay off. The importance of water is such that the body will adjust, regardless of what one does, so the water loss is only temporary; and the body definitely has not lost any fat.

Spot reducing exercises have been mistakenly heralded as the answer to whittling away any unwanted fat. Sit-ups, for example, will certainly strengthen abdominal muscles, but will do little to reduce the fat around the mid-section. One may potentially produce larger, stronger muscles, but will also increase the girth of the middle because the fat has not been reduced.

There is the same cushion of fat over the larger muscles. The subcutaneous fat layer around the abdominal area has no ties with the muscles of that area. This fat is just a part of the overall energy storage of the body. The only way that the fat can be depleted is if the caloric needs of the body exceeds the calories which are consumed. Then, and only then, will the fat be needed as fuel. Exercise will help to increase the caloric demand of the body, then when additional fuel is needed, the fat will be taken from all areas of the body.

The fat that may be burned by doing sit-ups comes from cells over the entire body, not just the waist area. To understand the mistake behind the philosophies of spot reducing, one needs to understand how the body metabolizes fat. When extra energy is needed during exertion, the nervous system triggers the release of minute amounts of fat from fat storage cells throughout the body. The circulatory system carries that fat to the liver where it is converted to fuel that muscles can burn.

Exercising just one muscle group because that area of the body is a prob-

lem spot is actually counter-productive. No matter how much one muscle group is exercised, it will have little or no effect on fat deposits under the skin over those muscles. It would be more effective to do large muscle activities, thus creating a greater demand on the stored energy source; fat.

The more muscularly fit an individual is, the more calories he will require to function. For example, a non-conditioned athlete will burn .9 calories per minute while sitting; however, a conditioned athlete doing the same activity, sitting; will burn up 3.5 calories per minute.

The body is made up of between 30 and 50 percent muscle. Muscle is responsible for movement. And movement is the most calorie demanding bodily function. Enzymes within the muscle have the potential to vastly increase calorie burning during exercise. So the more muscularly fit an individual is, the more calories needed, even when resting. Muscle also uses many calories simply because it makes up such a large percentage of the body.

This is one of the reasons why fit individuals are able to consume more calories and not gain weight. Fat people generally don't eat too much, they just don't burn up what they eat.


So the moral of the story is that no matter how unsightly the dimpled legs or sagging middle seems to be, no one isolated exercise or magic potion will reduce the problem. One should be involved in whole body exercise and be concerned with total fitness, both cardiovascular and muscular. People who maintain an active fitness regime don't need to worry about unsightly spots. They're able to see that whole picture.

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JUNIORS: We're looking for Junior Correspondents...kids under 18 who are active in the sport and want to help us get more news and information about junior racquetball leagues, tournaments and general news. With your help we can provide a lot more information about what is available for and happening with kids. Just call and ask for Betsy or Louise at 800/323-9167.

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 22 H E 23 E 24 R A 25 N
 26 O U T 27 A M B L E R 28 G
 29 T U 30 I 31 F A N S
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