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Official Publication of the American Amateur Racquetball Association

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November 1981

RACQUETBALL

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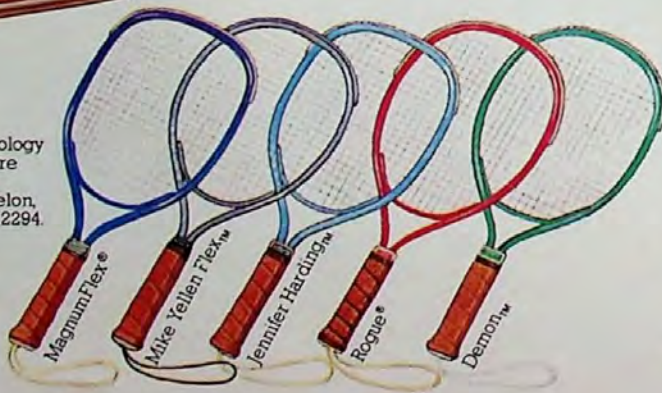
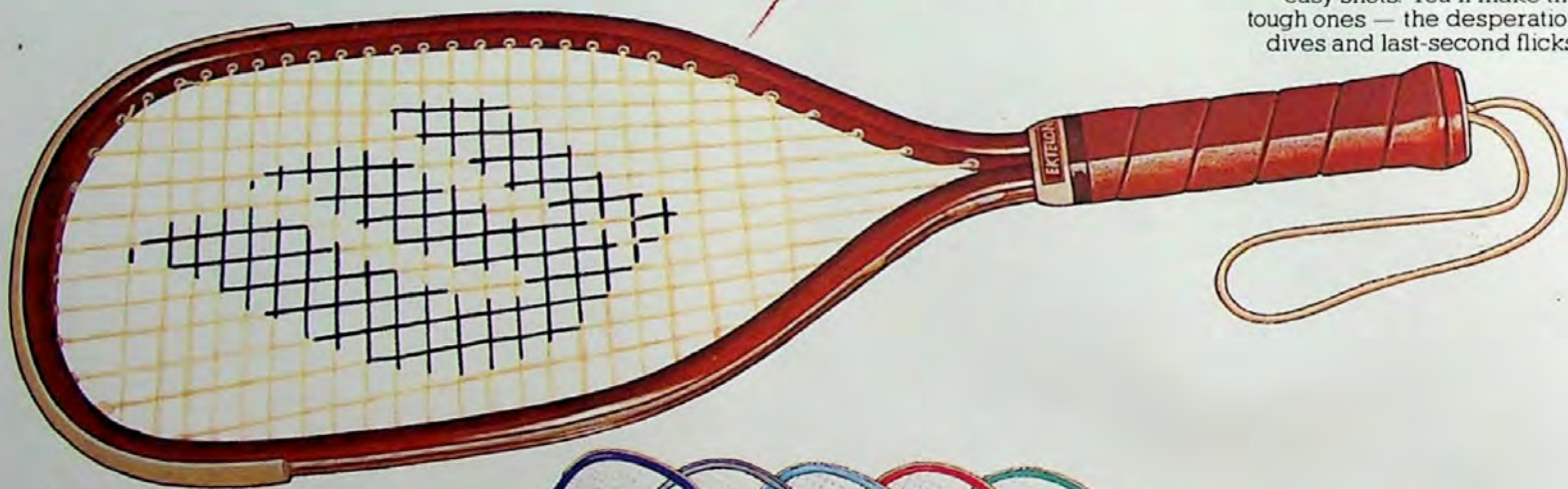


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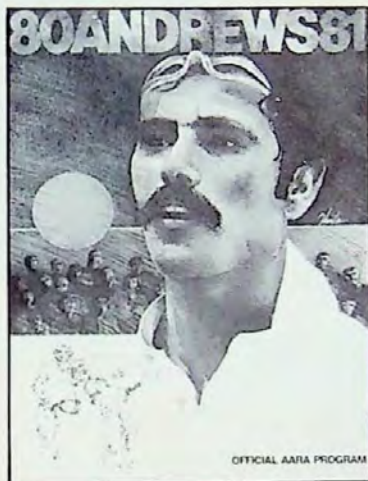
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RACQUETBALL

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BACK COURT

With The Editor

TAKE THIS JOB AND...

In the great scheme of things, I guess I should consider myself pretty lucky. You see, I really enjoy my job. And one of the main reasons I enjoy my job is that I have the opportunity to work with imaginative writers from all over the country. They come in handy when an editor, having put together 22 issues of the same magazine, on the same subject, has a momentary lapse in story ideas.

Take, for instance, Allen Ascher's story this month on winners and losers. Who would have thought one could so effectively capture the spirit of the game by looking at our attempts at sportsmanship? This story (on page 12) is terrifically amusing, and if you don't finish it feeling rather sheepish, I'd venture a guess you haven't been playing racquetball for very long.

Then again, there's Cheryl Phillips' cover story this month. A consistent contributor, she lends her unique sense of humor to an otherwise troublesome dilemma — selecting Christmas presents. You'll be surprised, and amused, as I was when you read through her ideas. You'll find the usual suggestions sprinkled throughout the article (on page 14), but I guarantee you'll also find some things you never thought of before.

Also in this issue, Ralph Wickstrom is back. Last year he provided instructional help for beginners. This month he offers another caveat about racquetball injuries. This is a particularly well-done article (on page 20) and should be must reading for anyone about to enter the court.

The remainder of the articles in this issue are equally entertaining, and informative. I'd give more details, but I'd rather let you discover them for yourself. That way you'll have a better understanding of what it's like for me on the first of each month — when stories arrive for deadline. And perhaps you'll understand why I agree with a colleague of mine who once said, "You can take this job — and love it!"

Finally, a word about the changes that have occurred here lately. While our magazine is still the official publication of the American Amateur Racquetball Association, (AARA), we are a separate organ. For this reason, as subscribers you will no longer receive renewal notices for both your subscription and your membership in the AARA at the same time. They will arrive separately. And, of course, this means that you can now subscribe to the magazine without joining the AARA, and vice versa. I hope this little note will avoid some confusion for you.

Nancy K. Crowell

RACQUETBALL

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WHAT'S NEW?

Items of Interest

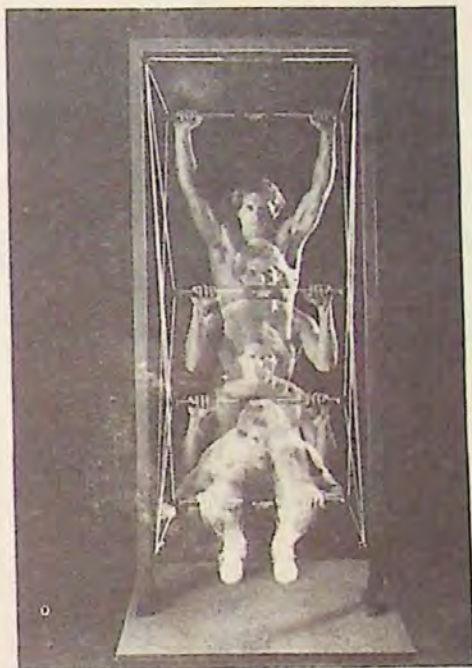
A Gripping Idea

It was developed for golfers, but could probably assist weak-wristed racquetballers as well. Power Putty, as the substance is called, was described in a recent issue of *Sports Illustrated* as "a kind of pocket-sized Nautilus machine for all the millions of compulsive tennis-ball squeezers out there."

In last month's *Racquetball*, Cheryl Phillips offered suggestions for strengthening your wrist and your grip. She mentioned Charlie Brumfield's idea of slowly wadding up a piece of paper. Well, Power Putty is intended to give you the same sort of workout, and the inventor, Bill Cox — a former Los Angeles area golf pro — has even devised 12 different exercises to ensure a good workout. Power Putty is sold in golf-course pro shops, sporting goods stores and by mail order. It comes complete with instruction book for just \$7.50 postpaid. To order, write to Sports Health Products, 527 West Windsor Road, Glendale, Calif. 91204.

The Basics

AMF Voit has recently published a racquetball handbook titled *Racquetball for Winners and Those Who Want to Be*. While it is obviously a promotional vehicle for the company's products, it does provide an introduction to the game for those who've just discovered it, by including rules, a dictionary of terms, and equipment. Aside from references to the now-defunct NRC pro tour, and the out-of-date initials of the IRA (International Racquetball Association — now the American Amateur Racquetball Association), the rules are fairly up-to-date. With diagrams of serving techniques, backhand and forehand returns, and information about court dimensions, etc., it is a helpful introduction to the sport. For those just taking up the sport, the booklet is available for \$1 from AMF Voit, 3801 South Harbor Blvd., Santa Ana, Calif. 92704; or call 714-546-4220.



New Exerciser

While everyone agrees that exercising at home is more convenient than belonging to a gym or spa, two drawbacks have previously existed: the cost of similar equipment and the problem of where in the home to put the bulky weights and ungainly machines.

A modestly-priced alternative to building a full weight room on to your dwelling is the In-Door Gym by Mono-Kinetic Exercise Equipment. The In-Door Gym offers a wide selection of workouts that can be tailored to the rigors of every user's needs, all while being done in the convenience and privacy of one's home or office.

The In-Door Gym consists of a padded bar and rope system that incorporate the isokinetic principle of exercises. It mounts easily into any standard home doorway and removes easily for compact storage. Simple set-up instructions and hardware are included.

Almost any movement, exercise or routine that can be performed with conventional free-weights or machines can be duplicated on the In-Door Gym, usually in half the workout time. The In-Door Gym replicates the movements and feel of free-weights at a fraction of the pound for pound cost, all according to the manufacturer.

Among the advantages the In-Door Gym offers over conventional weights and weight machines are: ease of operation — the In-Door Gym quickly adjusts from five to 300 pounds, safety — injuries can be avoided as there are no

weights to drop; and the unit's size which allows for compact storage, taking up no more room than an umbrella.

Included with the In-Door Gym is an Exercise Guide demonstrating more than 35 different exercises that can be performed by users. For further information, contact Larry Seiden at 408-246-1200.

Grow As You Go

It is now possible to go from a single racquetball court to a multi-court racquetball sports complex in a series of planned additions, with Module Mobile's Racqueton Component System.

This will accommodate about 125 players and can be equipped for electronic meter operation for 24-hour utilization. Starting at \$45,000, a single Racqueton racquetball court allows entrepreneurs, investors and present sports facilities a place to start, with the ability to add on as the need arises, all the way to a complex of four or more courts, clubhouse, lockers, health club, lounge or whatever is desired.

David Bernstein, president of the 22-year-old company compares the Racqueton growth potential to buying a stereo system.

"When you purchase stereo equipment, you might start with just a good receiver and speakers, knowing you want a turntable, tape deck, amplifiers, and more. Since the matching components are available, you can add them as the need arises, if you are not able to purchase them all at once," Bernstein said.

The Racqueton Component System can be installed and ready in as little as six weeks. Its construction and leasing plans allow for special tax advantages and investment tax credits.

Module Mobile has sold their courts throughout the United States to major developers, hotels and municipalities, such as A. G. Spanos Development, Atlanta Airport Marriott Hotel and Prince William County, Virginia. For more information, contact: Don Memberg, Module Mobile, Inc., 3340 Peachtree Rd., Suite 210M Tower Place, Atlanta, Ga. 30326.



SHORT LINES

News Round-up

Booking It

Ever found yourself at the court with no one to play, and no idea how to go about practicing? Now you can make effective use of your court time through orderly practice drills. Two new books, published by Contemporary Books, Inc., of Chicago, can help you out. The books are titled *Beginning Racquetball Drills* and *Intermediate Racquetball Drills*, and were put together by Jean Sauser, a professional on the Women's Professional Racquetball Association (WPRA) tour, and photographer Arthur Shay.

Both books aptly illustrate practice drills for their respective levels of play, providing both photographs and diagrams. The instructions are written clearly and concisely, explaining just what you need to know and no more. In a handy, paperback format, and at a cost of \$3.95 each, they are the type of books you can throw into your gym bag and refer to whenever needed. For information about where to obtain copies of these books, contact Contemporary Books, Inc., 180 North Michigan Ave., Chicago, Ill. 60601; or call 312-782-9181.



New Poster

A new poster urging eye safety in the racquet sports — today the nation's leading cause of adult sports eye injuries — has just been issued by the National Society to Prevent Blindness.

Carrying the Society theme, "Give Your Eyes a Sporting Chance," its advice to players is to use eyeguards in all racquet sports. It is designed for use especially at courtside, in locker rooms, at gyms, health, and racquet clubs.

With the current boom in tennis,

squash and racquetball — and over 40 million Americans now taking to the courts — the threat to eyesight is growing, according to the National Society. Though use of eye protection can dramatically reduce the risk of eye injuries, most players are not yet wearing effective protectors. Regular eye glasses and sunglasses offer virtually no real protection against high-speed balls and hard-swung racquets.

The Society's cartoon-style 12" x 18" two-color poster is available at \$1.00 per copy, or 2 copies for \$1.75.

To help racquet sports players select appropriate eye protectors whether or not they require corrective lenses, the Society also offers "Eye Protection Recommendations for Racquet Sports Players." Single copies of the recommendations are free to those sending a stamped, self-addressed business size envelope.

For posters or the recommendations, write: National Society to Prevent Blindness, 79 Madison Avenue, New York, N.Y. 10016.

Established in 1908, the National Society to Prevent Blindness is the oldest voluntary health agency nationally engaged in preventing blindness through community service programs, public and professional education and research.

The Sisterhood

The Monthly Sports Census (MSC) newsletter admonishes us to "never underestimate the power of women on today's sports scene, particularly during the month of April."

This compilation of data indicates that 36 percent of the women in the USA population say they exercise, compared to 28 percent of the men. This gives women a 58 percent share of the exercise participants, according to MSC. Contrary to popular belief, after the age of 18 the likelihood of women engaging in exercise is considerably higher than her male counterpart in a given age group.

In racquetball, the percentage of women participants fluctuates from 39 to 43, depending on the time of year. According to MSC, April is the month of most sports participation, although one suspects that generalization doesn't hold true for our sport.

Women's racquetball participation is concentrated in the 18-24 and 25-34-year-old groups, which represent two-thirds of the players. In comparison, 57 percent of the male players are in that age range. Highest percent group for females is 18-24 years, compared to 25-34

years for men. Roughly 21 percent of the players in both sexes are in the youth segments. The highest incidence of female racquetball play is in the North Central and Northeast regions. Finally, the incidence level for female racquetballers holds at a steady 2.5 per 100. (At that rate, it would be difficult to play cut-throat!)

Pepsi Assists Juniors

Scott Hickey, director of advertising and public relations for the Pepsi-Cola Bottling Company of Seattle/Tacoma, Washington announced the joining of Pepsi-Cola with Family Fitness Centers, to promote a juniors racquetball program in the Puget Sound area of Washington state.

Bob Bruce, racquetball and sports director for Family Fitness Centers, is offering free court usage, racquets, balls and eyeguards to senior high and junior high school students for the entire fall quarter, September through December, 1981. Six of Family Fitness' 16 locations will be participating in this juniors' program, which should reach approximately 2,000 to 3,000 students for junior racquetball.

Besides providing advertising support, Pepsi-Cola will be sponsoring several clinics on fundamentals and intermediate racquetball, game strategy, conditioning, refereeing and tournament play. In addition, Pepsi will be providing trophies, T-shirts and hospitality for all tournament play.

The school program will culminate this month when all participants will have an opportunity to enter the Pepsi Challenge of Champions Junior Racquetball satellite tournaments. These tournaments will be open to Washington State residents and will qualify juniors to compete in the final Challenge tournament in December at the Family Fitness Center in Bellevue, Wash. The top four males and females in the following age categories will advance to the finals: 12-and-under, 13, 14, 15, 16, 17; plus the top four in boys, girls and mixed doubles.

All tournaments will be AARA sanctioned. Balls will be furnished by Penn athletic products and eyeguards furnished by Carrera for all tournament play.

Scott Hickey stated that he is pleased that the Pepsi-Cola Bottling Company of Seattle/Tacoma is involved with a juniors program of such magnitude; especially since it is contributing to the ground floor building of a strong junior racquetball base in the northwest. ●

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WINNING POINTS

Time Out With Dr. Bud

This monthly column is penned by Dr. Bud Muebleisen, winner of 54 National titles and coach of numerous national champions. It is directed at questions which are of a technical, mechanical, or strategical nature for the racquetball player. Address your questions to Dr. Bud's Clinic, c/o Racquetball Magazine, 15115 S. 76th East Ave., Bixby, Oklahoma 74008.

Question: "What is the so-called 'dump shot' which is attributed to you?" *Danny Glusker, Los Angeles, California*

Dr. Bud: The dump shot is a shot which is hit quickly from off the half volley and is merely pushed through softly to the front wall and corner, where it seemingly just dies as it rolls out. It is not a difficult shot to hit, but it is not seen very often and is not very common — primarily because the majority of players do not understand it. Therefore, they allow no practice time for learning it.

Question: "What, in your opinion, is the best serve return?" *Mike Reid, Miami, Florida*

Dr. Bud: The best serve return is the one which moves your opponent from out of center court position, and hopefully, dies at the back wall. Or, at worst, one that forces your opponent to hit in an upward motion as he attempts to return it at or near the back wall.

Notice that I did *not* say a kill rollout, because while that shot would accomplish a side out it also invites the chance of skipping the ball — which would result in the loss of a big point. Or, it might result in leaving the ball up for a possible kill shot. Whatever shot for you that moves your opponent out of center court position, and either goes for a winner or forces a weak return is your best serve return.

Now I know that will open a lot of eyebrows, but unless the ceiling ball is hit almost perfectly, it presents itself to your opponent as a ball which is thrown up for grabs — similar to a tip off in basketball — and will afford a competent opponent the chance to begin an offensive overhead game. This would then force you into a defensive position in the return of such a shot. Think about it, and give great thought to the serve return, for it is the most important shot in racquetball.

Question: "What do you look for when you scout an opponent?" *Betty Farmer, Philadelphia, Pennsylvania*



Dr. Bud: Besides looking for glaring weaknesses, a few important things to consider might be: A) What shots does the opponent *not* attempt? B) Where does the opponent contact the ball in relationship to his/her body, because that will determine the variety of shots the person can execute. C) Does the individual show any telltale signs in the serve, or groundstroke motion? D) How many times, or what percent of the time, does the person go up and back or cross-court for both the forehand and the backhand? E) What serves seem to be giving the person the most trouble? F) How good is the person's control from off the ceiling? G) How effectively does the opponent execute a shot when moving left or right, up and back?

Those are just a few things to consider, but one good clue that I might mention to you is that you should always observe an opponent when they warm up, because they will always show you their strengths.

Question: "I have trouble with the so-called wallpaper shot. What do you suggest in order to best execute this particular shot?" *Kathy Schmidt, New York, New York*

Dr. Bud: To properly execute the wallpaper shot you should consider the following suggestions: A) Try to watch the ball a little longer; that is maintain optimum eye contact with the ball. B) Swing in an upward motion as you attempt to return the ball. That is, almost place the racquet on the wall and kind of throw or scoop the ball in an upward motion, as this will give you less margin for error. C) Do not try to pick the ball off at a right angle, because even if you do you will be contacting the ball with the frame, or at best simultaneously with

the frame and strings, and the ball will not proceed in a controlled direction.

Question: "How do you suggest digging out balls that are dying in the corners or are dying at the back wall?" *Greg Wilkerson, Atlanta, Georgia*

Dr. Bud: Remember above all that the more you are in trouble on a shot, or in the return of a ball, the *easier* you should swing. Therefore, if the ball is dying in or around the back wall, or at the corner, try to develop a flicking motion with the wrist so that the racquet face will return directed high to the front wall. Points to remember when returning this so-called flick shot are: A) Get the wrist fully cocked; B) Direct the racquet to the spot on the front wall where you wish to hit and follow through with the arm. The wrist uncocks while hitting the ball. C) Try to catch the ball at the height of its bounce. D) Tell yourself while attempting to execute this shot to "relax, and flick."

To execute this shot properly takes no strength or power, it is merely the timing of uncocking the wrist as you flick the ball back towards the front wall. The two common errors while attempting this shot, or rather, the three common errors are A) Swinging too hard; B) Directing the racquet face towards the sidewall while attempting to return it to the front wall; C) Quitting on the shot with the arm after you have broken (uncocked) the wrist, which will result in the ball hitting the ceiling so far back that it does not carry to the front wall.

Question: "How can I best prepare to play in my first racquetball tournament?" *Jessie Kirk, New York, New York*

Dr. Bud: First of all, make sure you know and understand the rules. And know what rules the tournament you are playing in is going to utilize and enforce. This includes knowing and understanding the five foot rule, what you can appeal, and where your legal limitations are. Once you understand that, try to do your best to enter with a fun attitude making sure that above all you are not going to beat yourself, nor attempt anything that you have not practiced.

If you get beaten, that's one thing, because you will always learn more when you lose than when you win. But make sure you do not beat yourself. Also, a good goal for you, regardless of whether it is your first tournament or not, would be to tell yourself not to overswing, and not to skip the ball. ●

Rules Update

by Jim Austin, AARA National Rules Commissioner

A Guide for Referees

This is the first part in a series of articles compiled by Jim Austin, AARA National Rules Commissioner. Look for another article in this helpful "Guide for Referees" series next month.

Realizing that refereeing is one of the most important jobs in a tournament, and that players who win their matches must referee, it is imperative that all of us players know the rules and know how to interpret them well in order to become good referees. Refereeing can be a difficult, thankless job, but it is critical to playing a safe, fair, enjoyable game of racquetball. Nobody wants to lose a point, let alone a game or match, because of poor refereeing by a player who does not know the rules. This series of articles will deal with refereeing and rule interpretations that should help you become a good and qualified referee. Remember, you deserve a good referee when you are playing, and so do the players that you are refereeing for. That makes it your responsibility to know and interpret the rules correctly as a player and a referee.

What is a referee's function? Without referees, tournament racquetball on a highly competitive level would be impossible. In competitive athletics there is an obvious need to have a controlling element to coordinate and interpret the rules of play. In some sports a group of officials performs this function, while in others, the ultimate authority rests with one person. In most cases this is the situation with racquetball. One of the difficulties of being the sole official is that it puts you in a situation of high pressure. The need for an immediate and correct call, in sometimes highly explosive circumstances, is what usually scares most referees.

A racquetball referee is much more than a scorekeeper. This referee is an arbitrator, interpreter and enforcer. However, good referees are those who seem invisible, whose calls are crisp and clear, and delivered with authority.

Since most racquetball referees are also players, a built-in awareness of rules and situations should be used as an aid to making calls. Players must realize the intense pressure a referee is under and referees must also be aware of the high degree of competitive spirit the players have. Only through this mutual understanding can order rather than chaos emerge on the court. So, let's begin with the pre-match duties of the referee.

The referee can establish his control of the match during the pre-match conference with the players. This is an important meeting where the players get a feel for how knowledgeable and efficient the

referee is. You should be well organized. Make sure that you have towels, scorecard, pencil, and two game balls for them so there should be no delay in the match. Both game balls should be given to the players to warm up with and then they will choose the one they wish to play with. The other ball becomes the alternate game ball. The referee should explain the match format, i.e. number of games and tiebreaker and rule clarification (local court hinders, 10 second rule, avoidable hinders, technical fouls, foot faults, and the appeal procedure.) This lets the players know that you know the rules, what you will be calling, and what type of behavior you expect from them. This information will serve as a warning, therefore there will be no need for warning before making a call during play. Remind the players that they have ten seconds to put the ball into play once you call the score. (Always call the server's score first.) Between rallies give both players reasonable and adequate time to get ready for the next play before calling the score, but don't delay. This is a key factor in controlling the tempo for the match. Otherwise the players will control the match tempo. If you have linespersons, introduce them to the players and explain their function at this time and make sure they understand that appeals may *only* be made to you, never a linesperson. Appeal to the players' good sportsmanship and sense of fair play by asking them to help you call skip balls and double bounces. Remind them that the only hinder a player may call is a backswing contact hinder and this must be made instantly, not after the player has had time to see if their shot is good or bad. Ask if they have any questions and then flip the coin to determine who will serve first, and wish both players good luck.

This meeting takes a few minutes, but is extremely important to both the players and the referee. This meeting should precede every match you referee no matter what division of play you are refereeing. Every player deserves this courtesy just as you do as a player. It will eliminate a lot of problems for you and the players during the match.

Now you are ready to start the match. Make sure your linespersons are in position and ready, if applicable. Introduce the players and their division of play if spectators are present. Always call the players "Mr. or Ms." instead of using first names. By addressing the players on a non-personal level, you have succeeded in placing yourself above the players, in a sense, as a figure of authority. This feeling must be maintained at all times. After both players are ready to begin, call the score, "zero serving zero".

Remember, always give the server's score first.

Once the match is in progress the referee is responsible for making all the calls. Each call should be made quickly and loudly so that the players can hear and the play stops. This is a common fault of a lot of referees. They make a call, such as short serve, screen serve, hinder, but they do not say it loudly enough for the players to hear and the play continues. This can be very annoying to the players. Remember, there is probably noise coming from the courts on either side of your court, plus noise of the players hitting the ball so you must make your calls in a loud voice. This again will let the players know that you are forceful and in charge of the play.

When do you call the score after a play is over? Generally, when the server has picked up the ball and steps into the server's zone. You may call it earlier, if you feel the server is taking too much time. As the play ends, it should end on a referee's call, "point, skip ball, hinder, side out," etc. The worst call is no call at all. The sequence should go something like this: "Two serving five." The server checks the receiver, who is ready, and the ball is served. During the play a shot hits the floor. "Skip ball (pause) side out." (Pause) Give both players adequate time to get into position and then call the score "Five serving two" to start the next play. Remember, every play ends with a referee's call and every play begins with the referee calling the score.

Right or wrong, make your calls loud and clear. Nobody is always right, and even the best referees will miss plays sometimes. Players do not expect perfection, but they do expect decisiveness. Don't hem and haw around because some veteran players will begin to intimidate you. If you do make a bad call, forget it. The one thing you never do is ask the players their opinion. They may offer one, but don't ask!

This should not be misinterpreted as meaning that players should never be allowed to voice an opinion. If in fact, two honest players are competing and you miss a call, one player might offer, "the ball skipped" or "I got it in two." If so, thank the player, call the score and proceed.

When do you talk with the players? Seldom, if ever. The less discussion between the referee and the players, the better. However, if a situation pertaining to the rules occurs, some discussion might be necessary. Never get into an argument with a player. If this happens, you have lost control.

Next month I'll discuss some of the most common calls, and offer hints on how to call them. ●



How to Hit a Backhand Passing Shot

by Mike Yellen

Mike Yellen is currently ranked second on the men's professional tour as he approaches the 1981-82 season. He is a member of the Ektelon Professional Advisory Staff.

One of the toughest situations you'll face in the game of racquetball is when the ball lands in your backhand corner. No matter whether it arrived on a hard drive or soft lob it will cause problems and demand an immediate solution.

Possible solutions: "Try a backhand kill shot?" No, too risky. "How about a backhand ceiling shot?" No, it may put you on the defensive and could be just as risky as the backhand kill shot. "Then what?", you ask. Try the backhand pass.

A backhand pass combines a sufficient offensive attack with a relatively good chance for success. It is a shot anyone can hit. A passing shot can be any height, any velocity and hit from anywhere on the court but it must hit the front wall first or it won't be effective. It is worth saying twice so you don't forget. The passing shot must hit the front wall first.

If stroked correctly, your opponent will be looking over his shoulder in disgust while you're grinning as you walk to the service box.

Before I discuss the fine points of executing this shot let me say this shot is great because there is little danger of giving points away. You can execute this shot on balls of any height. I mean, if you were hitting a kill shot you would have to have a pretty low ball to execute the kill whereas you can execute the backhand pass on balls either low, medium, or high.

To hit a good backhand pass, the angle of the body is important. To go down the line, your body is facing the sidewall. I'm right-handed, so I face the left wall, my feet perpendicular to the

sidewall. And that's the way you want to make contact — off the front foot, striding into the front wall, hitting up and down the wall without the ball hitting the left side.

For the cross-court pass, the right foot pulls back so that an imaginary line connecting the tips of my toes would point to the center of the front wall, instead of toward the left corner.

How hard do you hit it? As hard as you can, so it goes past your opponent fast! But be careful: don't let it rebound off the back wall. The ball should take its first bounce somewhere in mid-court, so the second bounce comes before the back wall.

If it's coming off and producing a set-up, hit it lower but not softer.

My real favorite is the backhand down-the-line pass. The problem with going cross-court is that if the angle isn't just right, the ball will come off the sidewall or the back and flop out into center court, which is what you were trying to avoid in the first place.

With the up-and-down-the-wall pass, if it's hit properly, the only thing your opponent can do is cut the ball off at mid-court, which requires really quick reflexes. It helps to be faster than a speeding bullet but not even Superman can get to a really well hit pass.

Another point to remember is that, if you and your opponent are both right-handed, your cross-court shots will be to his or her forehand. That may spell disaster for you if you don't hit them correctly.

If it sounds like I'm biased toward the down-the-line shot, I am. It forces your opponent to make that quick decision. They have just a little more time if you go cross-court.

The down-the-line shot is also effective as an attempted kill. Think about it: if you keep the ball parallel to

the wall and go for a kill, even if your shot is just a little high, it will still turn into a really dynamite passing shot. Just smile and act like you meant it.

Understand, though, that the down-the-line passing shot loses every bit of its effectiveness if it hits the side or back walls. Keep your feet squared and be sure to hit off the front foot. If the ball hits the sidewall before the front wall, it will pop into the middle for a plum. If it hits the side later, at least be sure it's after the ball is already past your opponent.

Also, in all fairness to the cross-court pass, it can be terrific in some circumstances. For some people, the cross-court pass is a little easier to hit than the down-the-line. Also, your opponent may be backing up or cheating to the left in anticipation of your shot. Ripping it across court can catch him leaning entirely the wrong way.

Either type of pass can be effective as a service return, particularly on a low drive serve to your backhand. The ball will be coming at you like a line drive and that's exactly how you'll be trying to return it.

If the serve comes at you without hitting the sidewall, your opponent may be edging to the left and going cross-court could be the answer for you.

If, on the other hand, the serve ricochets off the sidewall and consequently bounces out toward the middle of the court, your opponent probably will be moving to the right, in fear of getting hit. That's your chance to rifle it down the line.

A passing shot is even effective from the front court but don't get trapped up there. Take the initiative to drive the ball down one of the sidewalls. You'll drive your opponent crazy.

Hit it where he isn't. That's the name of the passing game. ●

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Books are a major part of the 77-billion-dollar-a-year mail order business. Look at the number of book clubs and book stores. There will always be books. You don't have to be a genius, or already rich, to get your share of that market. You can do it a lot faster and easier than I did by avoiding the mistakes that I first made. I learned through trial and error. The amazing thing is how I achieved success, impulsively — and almost in spite of myself.

Hypnosis has been a lifelong interest of mine. Years ago, I wrote a book about it, but no publisher would accept it. After 17 rejection slips, my wife said to forget it or print it myself. I refused. After a few weeks of indecision about it, I agreed — on impulse.

The first ad I placed was a small one in *Popular Science* for \$119. After nine days, only twelve orders came in. I thought, "That's that! \$250 of our life savings for printing the books down the drain." Monday morning, the twelfth day, my wife called me at my job. She was hysterical with joy. The mailman had to come to the door because the mail wouldn't fit in the mail box! There were 201 letters.

That night we mailed out 201 books at \$5 each. That was more money than I made in a month. 38 days after the ad came out, we sold the entire first printing of 1,000, which was all I could afford to have printed at that time. Total sales \$5,000. Total profit \$4,131. And all in five and a half weeks. You know the rest. We could now afford a bigger printing and bigger ads in more magazines. I later sold millions of copies of a book on positive thinking called *Psycho-Cybernetics*.

It's easier, more profitable, and produces faster money to let others write the books. I'll tell you how to get all the material you want. People send me letters daily, asking what kind of a deal they can make with me to sell their book by mail order. Authors even ask what kind of books I want them to write.

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Think and Grow Rich — 7,000,000 sold at \$3

How to Form Your Own Corporation Without a Lawyer for Under \$50 — 400,000 sold at \$15

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The Ultimate Tax Shelter — 150,000 sold at \$15

And on and on. Believe me, thousands of entrepreneurs, starting out very modestly, have quickly built their fortunes. Check any magazine or newspaper mail order section. You'll see ads on everything from address labels to flea powder advertised week after week in publication after publication.

People keep advertising these and similar products because other people keep buying them. Notice the frequency and regularity of these ads. Day and night, your advertisement will be working for you, even while you sleep.

When you awake, you can start counting the dollars. But you have to take the first step yourself. I can show you the important things not to do and important things you must do. Certainly you can start in your spare time, without risking your present job or laying out a lot of money.

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To get you started, I am sharing my experiences with you in my 336-page, illustrated book, *How to Get Rich in Mail Order*. It even includes

- a large collection of ads that are still successfully used,
- reproductions of my most successful ads,
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- instructions on how to get free ads to make you wealthy.

I'm sure you have seen other ads like this, but, for some reason or other, didn't respond to them. You may have been a "doubting Thomas" or just an honest skeptic, so here's what I suggest: Follow your impulse now and change your life overnight, like magic — just as I changed mine years ago. To convince you, I'm selling my book on a one-year, money-back guarantee basis. Do you know any other offer to match that?

What you stand to gain by reading my book and starting out in your spare time at your own pace can exceed your wildest dreams.

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'Why Must I Lose to this Idiot'

The Art of Losing — and Winning — Gracefully



by Allen Ascher

An international chess grandmaster of three generations ago named Aron Nimzovich once emphasized the importance of optimism somewhere in his long treatise on chess tactics. "In the last resort," he wrote, "optimism is decisive in chess. I mean by this that it is psychologically valuable to develop to the greatest length the faculty of being able to rejoice over small advantages." Evidently he was talking about losing positions. He also meant, I suppose, that the longer you keep the idea of defeat out of your mind, the less likely it will be that your optimism will be disappointed.

Nimzovich himself did not handle such disappointments well. He was not one to take losing lightly, and once even ended a game by leaping onto the chess table, at the same time screaming, "Why must I lose to this idiot!"

Fortunately, most racquetballers aren't that extreme, although some come very close. If you've ever been on a court when your opponent starts smashing the ball off the wall *between* points, you know how deep these feelings can run. No one likes to lose, no matter how little he makes of his feelings, and when a loss becomes a thing accomplished, rather than a strong likelihood, optimism often dies a violent death, and feelings run at their fullest. Consequently the minute following the last point of the final game is in a sense

the most uncomfortable of the match, when winner and loser face each other wearing only their respective glory and discomfort. You mumble something courteous, something meant to relieve the tension, and shake hands pleasantly, but every nerve cell in your body screams for bloody vengeance and retribution, and you escape into the serenity of a quiet locker room to bang your head against a cement wall and mentally beat your dog. And the litany you repeat to yourself, in whatever words or feelings you choose, is essentially the same as poor Nimzovich's: "Why must I lose to this idiot!" Ah, yes, the ineffable satisfaction of losing gracefully.

What makes it even more difficult is the variety of solicitous winners who succeed only in pouring salt onto an open wound. Of course it's no fun to be left on the court with a silent opponent who takes on a look of mixed pity and awe after the last rollout, as though he'd like to say, "I can't believe you actually attempt to play racquetball. And you say you enjoy it?" but forbears out of a smug, Olympian noblesse. But is it any better when he attempts a kind word or two, magnanimously minimizing the significance of winning and losing altogether? "Well," he says, barely breathing hard after an hour that has left you paralyzed with exhaustion, "at least we got a good workout."

"Yes," I'd like to answer, "you're right. I never really intended to score any points anyway, and I've certainly succeeded. What I came here for was an enjoyable hour of complete physical collapse." But at that point who has the strength to speak?

My favorite of these toss-offs of modesty came from a player who had just beaten me to the point of embarrassment. "Tough match" he said after it was over, and even I couldn't help laughing at the abyss between what he said and what had actually happened.

"Tough match?" I repeated. "Are you kidding? You killed me."

"No," he said easily, "I was just lucky enough to make the last shot on most of the points."

Well, yes, I thought, that makes sense, even if it does sound like an apology for an embarrassing accident. Then again, what else would you try to do on a racquetball court? Somehow it sounded much better than 21-7, 21-4.

What bothers me most about these offerings, well-intentioned as they are, is that they rob the loser of whatever vestige of dignity he's so far managed to hold on to. In fact, the one thing I find entirely unbearable is an attitude of superiority and condescension, i.e., "We still have a few minutes left in the hour. Would you like me to give you some pointers?"

"Come on, now," I feel like saying, "let's play the game as one adult to another, man to man. No patronizing, no

coddling." But the offer always unstrings me, and it's as loaded as they come: answer yes and you're reduced to a blithering novice taking lessons from someone who may be one rung above you on the club ladder; answer no and you're on your way to becoming known as a spiteful and bitter loser.

Well, then what's the solution? Manage an affable grin laced with a heart-felt, "Oh, boy, you're good." Then escape to the locker room and practice whatever form of self-flagellation first comes to mind. Or avoid the whole issue by winning.

That, however, entails dealing with losers, which isn't one whit easier than dealing with winners, especially those losers who have taken Nimzovich's advice to its ultimate conclusion. They've succeeded, through a variety of devices, in keeping the idea of defeat out of their minds even after they've been defeated.

Impossible? Not at all. "The mind is its own place," as Milton says, "and in itself / Can make a heav'n of hell, a hell of heav'n." It doesn't even have to try hard to find a hook on which to swing into a more comfortable reality.

Infirmity is one such hook. In all my years of racquetball I may have never won a game from a well man. I can't be too intimidating an opponent, either, because people seem willing to play me while they're suffering from damaged arms, legs, backs, elbows, and psyches, none of which has ever been revealed to me before the final out. Then the confession of nagging injuries begins, and I feel as though the court were an adjunct of an orthopedic ward.

A while ago I had a semi-regular game with someone whose footwork made a cement truck look agile. After one match (our last), which was very much like every other match we had ever played, he casually mentioned a hidden injury. "You may have noticed how much slower I was today than usual," he smiled, with just a touch of martyrdom playing about his lips. I stared at him blankly. The only way he could have been slower than usual was if he had tied himself to the door handle. "I knew you did," he continued, completely oblivious to what I was thinking. "It was pretty obvious. I strained a muscle in my right foot."

Well, all right, I'm willing to concede the possibility of muscle strain. But why should that take the glitter off my win? And what's the point of bringing it up after the fact?

The point is, naturally to hold onto some self-respect by denigrating the accomplishment of the winner, to keep, in other words, the idea of defeat away from the door. No matter how nicely it's put, that's exactly what's going on, and it's not right. For all my internal anguish when I'm beaten, I give credit where it's due, and I'd like the same courtesy when I win.

Now making excuses is not necessarily a universal response to coming in second in a singles match. The easy-going player who doesn't put the bulk of his self-worth on the line every time he plays a club game doesn't find it necessary to aim an excuse or two at the results, and that's as it should be. The game is, after all, recreation. But oh, the excuses you run into!

There are implications that you were lucky to catch your man on an off-night; otherwise, presumably, the results would have been different. "I don't understand why, but I just wasn't on tonight." "I haven't been able to get to a court in three weeks. I'm pretty rusty." "I would have given you a better game if..." The idea is always the same: your ability had nothing to do with the outcome. The results of the match were solely the consequence of *his* ability, and everything that influenced it (except you, of course). Win or lose, that makes him the star.

Nor are the losers shy about giving advice. I've had as many helpful hints from people who can barely hold a racquet as from class A winners. "Your serve/backhand/footwork isn't good enough to be competitive" is a phrase I've heard in various forms from players I've just beaten soundly, serve/backhand/footwork notwithstanding. It proves, of course, that, despite the score, they know more about the game than I do. Well, it's certainly possible. I'm the first to admit that playing ability is no barometer of coaching talent. But even so, grant me my moment of happy delusion. I earned that much, at least.

And there are even subtler ways of mixing winners and losers in the great "the game was closer than the score" tradition, until even the participants can't tell who's who. Someone you've beaten regularly for years still talks about a common level of play: "Sam isn't as good as we are," or "Sam plays about as well as we do." Just once, wouldn't you love to ask, "What do you mean, 'we'?"

Or he may try to pull you down a notch or two, at the same time reaffirming his personal worth. "You may have beaten me," (may have??) "but you'll never beat Sam, who is my best friend and likes me as a person."

The solution? There is none, really, so be patient and shrug it off, no matter which side of the won-lost wars you're on. No one ever said racquetball wasn't a game of psychology and personality as much as of racquets and walls, and that can mean hurt feelings and an attempt, as Nimzovich suggested, "to rejoice over small advantages," even after the game is over. If your opponents look for magical ways to concretize a win or make the reality of a loss an illusion, so be it. It's all part of the game.

It's also why I enjoy playing racquetball with my wife. She doesn't keep score. ●

'Tis the Season to be Jolly



'Tis the season to be jolly and generous, and if you want to have some fun this year, add an athletic angle to your holiday buying. Peruse your Christmas gift list . . . does it include any racquetballers? If so, you can use their sport interest to give you a shopping adventure; there's much more available than settling for tying a red bow around a racquet handle.

There are related items that will fit the bill for friends, family and lovers. In fact, there are so many possibilities, you can choose one especially aimed at the kind of player the receiver is and what you want the gift to reflect about yourself. So, get your list, circle anyone who has discovered racquetball or who you would like to encourage to, and let us help you become a sporty Santa. You may even be able to take care of all your present decisions.

One of the biggest advantages to choosing racquetball gifts is that you're assured of getting something that will be appreciated; since anything that symbolizes a game enthusiast's devotion will be a certain hit. And, the selection covers everyone's distinct present-giving image . . . no matter if you like to buy novelty trinkets, practical equipment and supplies or something to say, "I love you".

Laughable to Lovable

Novelty gifts can be the ideal selection for an array of folks — from nephews to grandmothers, and the place to shop

Christmas Shopping Tips for the Racquetball Players on Your List

by Cheryl McClure Phillips

for these is a sports store that caters to the recreational player. Some suggestions are specially designed towels or ties, or decorative items like planters, stain glass pictures and ashtrays. They are good for the person who wants to display to the whole world that he/she is a racquet fanatic.

For the real ho-ho-ho player, or the too serious player who needs a good laugh, there are several gifts that are funny bone ticklers. John Cassady, who

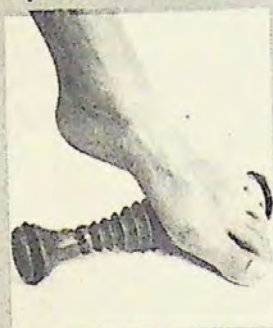
recently made his debut in *Racquetball*, has designed cartoons just for racquetballers. The artwork portrays a new sports philosophy — it doesn't matter if you win or lose, it's how often you're bruised that counts. These come in 8 x 10 sizes and are suitable for framing. Players who have a practical joker as a buddy may opt for the gag gift as opposed to a humorous one. You may elect to give a year's supply of dead balls, a clumsy player award, or a stringless racquet.

If you know someone who is a biker, on a bicycle that is, there is a racquet holder that will attach to the frame of a bicycle which allows the person to peddle to the court without having to juggle equipment. This is a particularly good item for junior players on your list and may be found in sporting goods stores, or through mail order catalogs. A unique stocking stuffer that will be treasured by the player whose feet show the wear and tear of many court hours is a foot massager. There are different styles that can give either mechanical or battery operated relief to those aching arches. You can spend as little or as much as you want, opting for the do-it-yourself Footsie Roller, or going all out for a fancy machine.

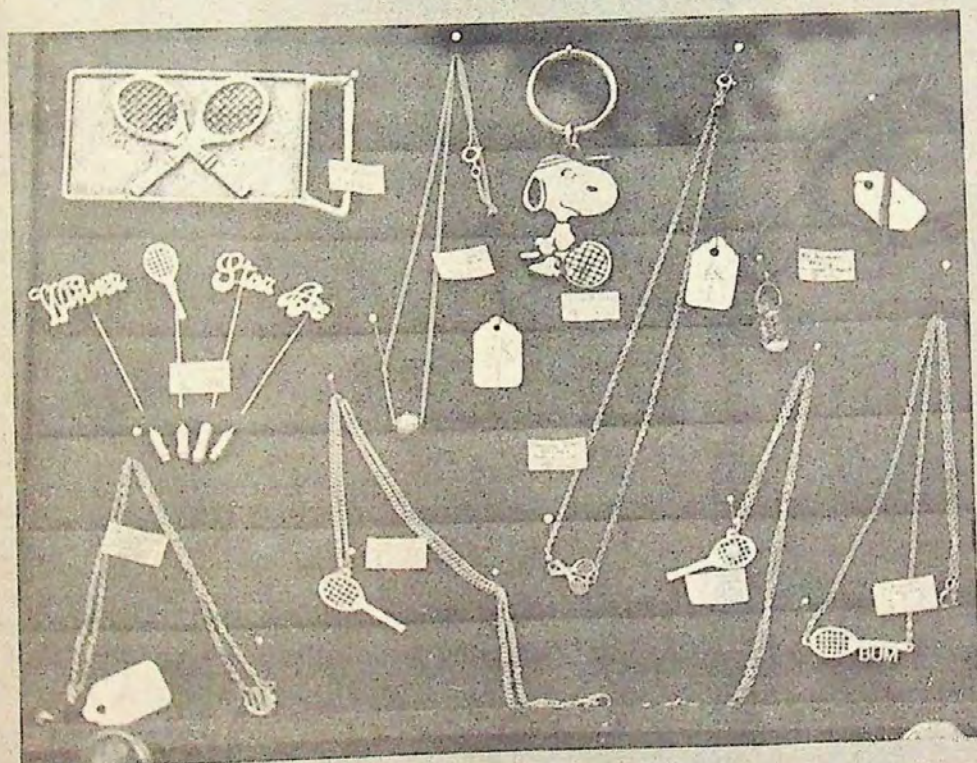
If a novelty surprise doesn't seem right for someone on your list, you may want to choose a more practical approach to your Santa role and select from a wide range of racquetball supplies and equipment. Avid competitors



There's more than one way to soothe a foot.



For a racquetballer who really smokes — help put out his light.

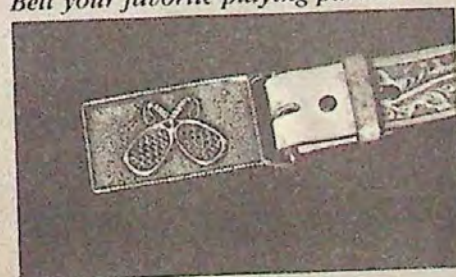


A charm for a charmer?

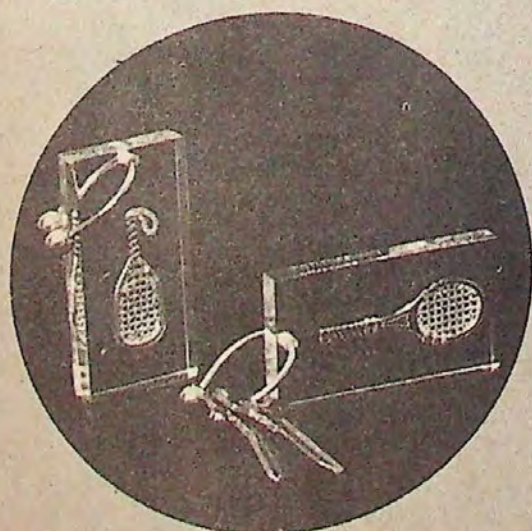


Go for the gold.

Belt your favorite playing partner.



This should help them keep their eyes on the ball.



For the person with the key to your heart.



Wipe out your partner with a racquetball towel.



can never have too many balls, gloves, grip tape, socks, sweat bands, or clothing. To find the supplies you want, try your own club pro shop, or a local sporting goods store.

A practical gift can also express safety. Giving eye goggles to someone who doesn't have a pair is a real gesture of concern, and if your friend wears glasses, Unique Sports Products offers an eye glasses protector that is lightweight and especially designed to fit over a person's prescription lenses. Also, there are many eyeguard manufacturers who offer eyeguards that accept prescription lenses. There is a racquetball bouncer available — a little device which helps prolong the life of balls by giving them a pressurized storage container while not in use. At a cost of about \$10, it could be a worthwhile investment. Other sensible seasonal greeting ideas are to re-string a friend's racquet or re-new a club membership. Here again, you should check with your club pro shop for help with either of these suggestions.

For those who want a gift message to encourage a racquetball buddy, there are several choices that will be well appreciated by the beginning or intermediate player. A subscription to *Racquetball* or a book on basic technique is an obvious possibility. (*Racquetball* is planning a super instructional issue for early '82). Another is a prepaid lesson with your club's pro or a court time certificate.

If you know someone who hasn't yet discovered the pleasures of the game and looks the "type", a gift certificate for a racquet would be a nice starter. And, unless the novice player knows someone else who enjoys the sport, a new racquet is apt to become a closet decoration; so, plan on following up with a game invitation. Better still, give an engraved invitation to a challenge match — winner buys dinner. (A good way to set a date with your favorite competitor — or future competitor.)

One unique encouragement present is "Racquetball Without Walls," a game produced by Jokari company of Dallas, Texas that will enable the player to practice without the expense of court time. Any of these items will help give a player the incentive to take up or improve his/her game, and it's appropriate for someone who needs a boost.

And what if one of the people on your racquetball buying list is a very special person, like a spouse or lover? Well, there are no rules against mixing racquetball and romance, and there are several options that will guarantee to put sparkle in the receiver's eyes. You can customize the person's equipment, like having his/her name embroidered on shoes, shorts, or shirts; or get name-engraved brass plates for his or her racquet.

Other customized gifts are imaginative

T-shirts, bumper stickers or trophies. Slogans like, "Kiss my Racquet," "Crotch Shots Hurt," "I Play the Backwall," "I'm a Racquetball Groupie, and 'I Brake for Wallpaper Shots,'" will add style to your gift giving. If your lover or spouse hasn't yet won a tournament, you can offset the disappointment by giving them a winning trophy. You may want to have their shoes bronzed (provided they're no longer in use!) or have a trophy shop design a statue with a special message, like, "You are Always a Winner to Me," or "You can Play with Me Anytime."

For the woman on your list, V.R. Creations of Redondo Beach, Calif. has a fascinating line of jewelry — pendants, charms, stickpins, earrings, and anklets. Several have diamonds, sapphires, and emeralds. Or, maybe your man would be impressed with a racquetball money-clip, tie tac, or key chain. It's your chance to go all out and spend as much as you like.

A new equipment bag is always a welcomed replacement for the tattered and torn one. And, to really touch the one who is your racquetball romance, give a certificate for a full body massage.

You can really make a hit with that special someone by giving a trip to racquetball camp, and there are several to choose from throughout the country. This could be a joint gift for a playing couple who want to have a fitness vacation.



Tickle a funny bone with one of John Cassady's colorful cartoons.

Development of your racquetball Christmas custom doesn't have to be limited to one gift for one person. By combining several items, you can produce a super theme gift. An example is putting together shoes, socks, athletic insoles, a foot massager with a message, "Season's Greetings to Your Feet from My Heart".

You can extend the holiday excitement by suggesting that your local club sponsor a Christmas tournament with all

the participants bringing a present to be part of the winning purse. Playing for surprises can add spice to amateur competition and will help bring your club into the swing of the season. In addition, wearing green and red shirts, shorts, socks and accessories will help spread Christmas cheer to your favorite playing spot.

Want to deck the halls with a wider racquetball theme than just gifts? Then, put aside that Santa or bell covered wrapping paper and go with racquetball packaging. Use color tape or ribbon to create a racquet or use the bottom half of a box covered with white paper on top to make a court. A few pieces of red ribbon can be placed to mark off serving lines and a door entrance. This could make your gift the most desirable under the tree.

Your racquetball Christmas motif can also include cards. You will need to visit your local print shop and take in a chosen design and card message. Cards are a good idea for the player who wants to express a latent artistic flair.

One unusual aspect of giving an athletic type gift is that the gesture supports the concept of health and fitness. An advantage of making this season one for racquetball rather than reindeer is that it gives you an opportunity to check out the gamut of available supplies and fun items; so, you too can ask Santa for a gift that will enhance your game or player's image.

Are there still some folks left on your gift list who remained after your racquetball gift selection was completed? Well, there is certainly some odd or end in the department store that will suffice. It's just that shopping for these people won't be as much fun. Of course, you can always give them a picture of yourself decked out in playing gear.

May your Christmas be a sporty one. To find most of the items mentioned in this story, check with your club pro shop, a local sporting goods store, or one of the major racquetball manufacturers. For some of the more unusual items mentioned, you will find these addresses helpful:

Cassady Cartoons
P.O. Box 106
Martin, Tenn. 38237
901-587-5428

Jokari/US, Inc.
4715 McEwen
Dallas, Tex. 75234
214-233-5541

Unique Sports Products, Inc.
5687 New Peachtree Rd.
Atlanta, Ga. 30341
404-451-2800

V.R. Creations
P.O. Box 7000-281
Redondo Beach, Calif. 90277
213-378-4425

Why you should be a member of the American Amateur Racquetball Association!

Over 800 tournaments annually — Ranked nationally with all AARA players — Uniform rule book — Recognized amateur governing body.

As a member of the American Amateur Racquetball Association, you are entitled to play in all AARA sanctioned tournaments. This year, there will be over 800 to choose from — almost twice as many as last year. Plus in each AARA tournament, you can accumulate points that will go toward your national division ranking.

Each new member in the AARA receives a membership kit which consists of —

- A membership card (you will need this when registering for a tournament)
- Official rule book — as the international governing body for amateur racquetball, all AARA sanctioned tournaments must follow the published rules.
- Discount coupons worth \$20 — Discounts on racquetball equipment have been given to the AARA by manufacturers as an added incentive for joining.

To become a member of the AARA, simply mail the coupon, along with \$6.00 (\$10.00 for two years) or contact the state director nearest you.

TO JOIN AARA MAIL THIS COUPON!

YES! I would like to be a member of the AARA, eligible for tournament play. Please send me the membership kit, which includes — the membership card, official rule book and discount coupons worth \$20. I am enclosing
☐ \$6 on one year ☐ \$10 for two years.

Name _____

Address _____

City _____ State _____ Zip _____

Mail to: AARA, 5545 Murray,
Memphis, TN 38119

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32 Sandhill Rd., Essex Jct., VT 05452
802-878-4757
Maine — John Bouchard
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Social St., Woonsocket, R.I. 041-766-6766
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Court House One, 47 Hartford Turnpike,
Vernon, CT 06066 203-649-0597

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516-732-5500 (office)
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Madison Univ., Harrisonburg, VA 22807
703-433-6618, 703-433-6624

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404-432-2120
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701 East Trade St., Suite C,
Charlotte, NC 28202 704-376-0800

South Carolina — Joe Moran
1800 William Kennedy Dr., No. 5,
Charleston, SC 29407 803-571-6498
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1622 Bishop Hollow Run, Dunwoody, GA
30338 (H) 404-394-3326, (O) 404-955-2120
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930 N. E. 14th Ave., Gainesville, FL 32601
904-372-2120, 304-378-5093
Southern Florida — Fred White
8431 N. W. 2nd Manor, Coral Springs,
FL 33065 305-473-3912 (office)

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205-745-6295 (office), 205-749-0776 (home)
Tennessee — Bill Branta
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615-757-4448
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1631 N. Hills Blvd., Knoxville, TN 37917
615-794-5111

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501-666-9629
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405-743-1328
Kansas — Rick Willets
3725 West 13th St., Wichita, KS 67203
316-945-8331
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181 Trailswest, Chesterfield, MO 63017
314-469-3395 (home), 314-532-0484 (office)

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12800-19 Briar Forrest Dr., Houston, TX 77002
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504-923-0271
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Houston, TX 77098

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608-755-0706

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Ohio — Jerry Davis
19713 Shaker Blvd., Shaker Heights,
OH 44122 216-751-5575

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5724 W. Diversey St., Chicago, IL 60639
312-745-9400
Illinois — Ray Mitchell
5724 W. Diversey St., Chicago, IL 60639
312-745-9400
Indiana — Indiana Racquetball Assoc
7590 Haccourt Rd., Indianapolis, IN 46260
Kentucky — Dennis Smith
c/o Lovers Lane Racquetball Club, 1056
Lovers Lane, Bowling Green, KY 42101

REGION #11

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605-348-9336
Nebraska — Terry Elgelthun
c/o Racquetball of Omaha, 3415 S. 67th St.
Omaha, NE 68106 402-393-3311
Minnesota — P. A. Deutsch
4510 West 77th St., Suite 235,
Minneapolis, MN 55435
North Dakota — Jay McGurran
c/o TAC Racquetball Club, 1401 Dyke,
Grand Forks, ND 58201 701-746-4486
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206 St. Andrew, Rapid City, SD 57701
605-348-9336

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505-243-5505
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5618 S. Spyglass Road, Tempe, AZ 85283
602-838-7698
Utah — Vincent H. Brown
c/o Fountain of Youth,
4300 South 300 West, Murray, UT 84107
801-262-7487 (club), 801-262-9414 (office)

REGION #13

Commissioner — George Dwyer
5206 Alta Loma Rd., Colorado Springs,
CO 80918 303-598-0963
Wyoming — Wyoming Racquetball Association
Robert Ruchman, President, Rt. 2,
Box 3074, Cody, WY 82414 307-587-6058
Colorado — Steve Krum
413 Skyway Dr., Ft. Collins, CO 80520
303-226-6734 (home), 303-493-2101 (office)

REGION #14

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c/o Spare Time Inc., 79 Scripps Rd., Suite 212,
Sacramento, CA 95825 916-920-0606
Northern California — Bill Masucci
870 E. El Camino Real, Mountain View,
CA 94040 408-738-4545 (office),
415-964-4400 (home)
Southern California — Billy Gould
c/o Santa Barbara Racquetball Club,
P.O. Box 30817, Santa Barbara, CA 93105
805-966-2035
Nevada — Bob Justice
6758 W. Matero Dr., Las Vegas, NV 89103
702-873-9439

Hawaii — Phyllis Gomes
519 Nowela Pl., Kailua, HI 96734
808-261-2135

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Oregon — Dennis Hubel
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Idaho — Wayne Weirum
c/o The Court House, 7211 Colonial,
Boise, ID 83709 208-377-0040
Co-Director — Roger Day-Davies
822 W. Idaho, Boise, ID 83702
Montana — Lee Tickle
S.R. Box 135, Clancy, MT 59634
406-449-4540 (office), 406-449-4559 (home)
Alaska — Marvin Andresen
P.O. Box 1912, Fairbanks, AK 99707
907-452-5303
Washington — Washington St. R.B.
Association, Bob Bruce
2725 169th St. S.E., Bothell, WA 98011
206-481-4081

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CO 80918 303-598-0963
NAVY COMMISSIONER — Dr. A. Bill Fleming
NMPC 651 E. 1300 Wilson, Commonwealth
Bldg. Rm 956, Arlington, VA 22209
202-694-4384
MARINE CORPS RACQUETBALL COMMISSIONER — Major J. B. Egan
Head, Sports Unit, Hdq. U.S. Marine Corps
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ARMY COMMISSIONER — Bill Begel
HQ-DA, DAAG-MS, Washington, DC 20310
202-325-9716
AIR FORCE COMMISSIONER —
Stephen D. Ducoff
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TX 78148 512-652-3471
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5545 Murray Ave., Memphis, TN 38119
901-761-1172



Pittsburgh Pirate Players Adopt Rac

The 1979 World Champion Pittsburgh Pirates dropped to a disappointing third place finish in 1980. But in anticipation of improving their record the Pirates have joined the leagues of ball players who have adopted racquetball as their major off-season training procedure.

Several Pirates play racquetball regularly, including Tim Foli, Jim Bibby, Bill Madlock, Willie Stargell, Steve Nicosia, and Dale Berra. Though All-Star second baseman Phil Garner, who the Pirates recently traded to the Houston Astros, was the veteran racquetballer on the club, having played three years longer than any of his former teammates, experience isn't everything.

"Let's see. I've played Foli and he beat me. I've played Oliver and he beat me. Hey, I haven't played anyone on the Pirates who hasn't beat me," admits Garner. "Maybe I'll play Dave Parker while he's still hurting from that knee injury. Then I'll stand a chance."

Though Garner is not known as an All-Star racquetball player, he could someday be elected into the Tobacco Hall of Fame for rarely is he seen without a distinguishing mount of Redman protruding from his right cheek. Once, in fact, he was forced into a decision of either losing his chew or his racquetball game. His choice was surprising.

"I was like a cat trying to find a corner in a round room," recalls Garner. "I simply couldn't find a place on the racquetball court to spit and I didn't want

to swallow that stuff, so I tried spitting in my pockets and that didn't work. Then, I tried spitting in my opponent's pockets and that didn't work either. Finally, I decided to set my spittoon in the left rear corner and wouldn't you know, the first shot I hit knocks the cup over.

"The tobacco juice went all over the floor and those nice white walls. I believe they were permanently stained. This forced me to give up chewing while playing racquetball because I couldn't find a place to spit."

Shortstop Tim Foli performs everything for a purpose and one of his reasons for playing racquetball is a desire to win. Besides being rated as the top Pirate racquetball player on the basis of sheer determination, Foli finished second in a 1977 celebrity baseball tournament to Texas Ranger star Al Oliver. Since then, Foli has entered several other tournaments and has been equally successful.

Garner likens Foli's racquetball play to his baseball presence, one which netted him the highest fielding percentage for a National League shortstop in 1980.

"Foli plays racquetball just like he plays baseball — hard. He's always looking for an edge to beat you and he usually uses physical contact to gain it. In fact, he hit me more times at second base last year than I was hit by opposing players."

Foli's style of play has caused Garner to describe him as the relentless pursuer armed with spikes on his shoes and racquet; a deep piercing snarl; a bully visor; and two different racquetballs, a live one for when he serves and a dead one for

which he exchanges it when his opponent serves.

"He has no friends and is completely blind of guilt when playing but he is a smart racquetball player and knows what to do. I also rate myself as a smart player but I guess I just don't know what to do with the ball," says Garner.

Third baseman Madlock witnessed Foli's exploits in the '77 celebrity tourney in Las Vegas and accurately describes the extent of his teammate's desire.

"I watched him play Pete LaCock (Kansas City Royals) and he was brutal. After the match, Pete left the court simply covered with welts from the times Foli had hit him," says Madlock. "Preparing to play Foli is like preparing to go to war."

Yogi Berra's 24-year-old son, Dale, plays for the Pirates and people notice some character resemblances to the former Yankee star.

The young Berra began playing racquetball approximately three years ago at his father's court club in New Jersey. Initially, he adopted the sport to improve his quickness and lateral movement but now he plays because of his love for the game. Recently, Berra, who has become quite proficient as a player, was asked by a friend to offer advice on some of the game's finer points.

"Well, you see, there's more to the game than just strength," instructed Dale. "In fact, I feel about 90 percent of the game is mental while the other part is physical." Shades of Yogi.

So common are such tales that the Pirate clubhouse often rocks when stories of Berra are told. But the zaniest



Racquetball as Off-Season Program by Tom Bird

story concerning racquetball happened off the court.

The story begins with Berra lounging in the lobby of a racquetball club when two streakers, with paper sacks covering their heads, ran by him. The incident so alarmed Berra that he immediately relayed the tale to the first friend he encountered. After listening to Berra's recount of the events the person asked, "Were the streakers men or women, Dale?"

The young Berra innocently replied without hesitation, "I don't know, they had bags over their faces."

All the Pirate racquetballers are power players, the only difference being that while Berra, Madlock, Foli, and Garner are powering the ball into the corner for points, third-year catcher Steve Nicosia powers the ball onto the floor.

Throughout his 26-years, Nicosia has been extremely versatile. For example, he was the North Miami Beach baseball MVP his senior year while also being named to the Florida All-state basketball squad. As a result, he was named the school's Athlete of the Year. But with all his athletic talent, Nicosia's racquetball talent has yet to surface following a three month trial with his more experienced colleagues.

"He's terrible," says Madlock. "He's a disgrace to mankind on the racquetball court. You don't have to be a pro to defeat Nicosia. In fact, his wife is almost as good a player as he is."

Garner best illustrates Nicosia's poor style of play by giving him the title of the fruitless challenger while offering the following evidence: Oversized-underpriced

racquet complete with price tag; high top tennis shoes; cut-off jean shorts; saggy shoulders surrounded by a worn out sweaty body, and the famous words, "Have I scored yet?"

While Nicosia's rookie racquetballing attributes loom obvious, veteran Stargell has played the game for years. Stargell was taught to play by former teammate Oliver but has not played much recently, preferring to keep his mind on baseball.

Because of the constant media attention after winning the National League's MVP in '79, Stargell shys away from publicity whenever possible. He believes that recurring injuries and demanding public appearances last season limited his contribution to the team.

In an attempt to save the Pirates' pennant chances, he underwent arthroscopic surgery on an arthritic knee at the conclusion of the '80 season. The knee did not respond to surgery as swiftly as anticipated and Stargell spent the remainder of the season on the disabled list. Since the operation, he has worked diligently to strengthen the knee and its surrounding muscles. He has also become more cautious regarding the injury and his body in general and thus has limited his brand of exercise.

"I didn't play any racquetball last off-season. There are corners on those courts you can twist your knee in. There are walls you could accidentally bang your knee against. I'm just trying to stay away from reinjuring my knee and bring it along slowly," says Stargell, who, at 40 is the oldest Pirate player.

As the team sage, Stargell often philosophizes about the game he loves. "How

stupid we are. Imagine this — trying to hit a round ball with a round stick squarely, and the ball coming at you 100 miles per hour. Boy, are we crazy. Who would want to reap such little success with such a great rate of failure? Say a player hits .300. That's a great year but heck, that still means he failed 70 percent of the times he's come to bat. There are a very few players who have collected 3,000 hits in their careers and to do so most would have had to fail 7,000 times.

"If Doctor J. or Terry Bradshaw failed that often they'd be laughed at." He pauses. "But that's the beauty of the game."

Stargell believes baseball is also more difficult to master than other object-strike-ball sports, including racquetball.

"There are actions in baseball which cannot be practiced. If you are having trouble with your serve in racquetball, you go to a court and practice it. If your problem is your return, you have someone serve to you. But how can you practice hitting a Phil Niekro knuckleball or a Steve Carlton slider? There is no assimilation for either of these. That's the fine edge a true hitter must possess to make him a great hitter."

Stargell has often been quoted as saying when his playing days are finished he'll know it and simply tip his hat to the crowd and depart. Last season could have been his final season. He's not saying for sure. His enthusiasm for baseball still shows.

"I really love the excitement of a baseball season," says Stargell. And so do his teammates. ●

A Case for Eyeguards and Proper Warmup

AVOIDING SERIOUS INJURY

by Ralph L. Wickstrom

Ralph L. Wickstrom coauthored the book Racquetball and Paddleball Fundamentals. He is a professor at Ripon College in Ripon, Wisconsin, and has written for Racquetball on several occasions in the past. As a long time Fellow in the American College of Sports Medicine, he has a serious interest in enhancing participants' enjoyment of sports by teaching them how to avoid injury. In addition, he did special research on injuries in connection with his doctorate.

An item appeared recently on the sports page of the *Milwaukee Journal* stating that racquetball, "a favorite pastime of baseball players in the off season, is on a list of no-no's for Houston Astro players." It is specifically forbidden in a clause in the 1981 Astro contracts. "The way salaries are today, we have no choice," the general manager was quoted as saying. Even though the Astro management did not go into detail on the reasons for prohibiting racquetball play, their decision reflects a growing awareness of the possibility of debilitating injury occurring in the racquetball court.

The risk of injury is the dark side of racquetball and certainly not the side to be emphasized. However, there is an ever-present risk especially among the more experienced, aggressive players and that risk cannot be ignored. While specific evidence on the nature of racquetball injuries has been accumulating slowly, it is now being gathered more

systematically and a clear picture is starting to emerge.

One example of the systematic approach is a study from the medical supervisors at the California State University at Long Beach, who reported on the racquetball injuries treated by them during the year 1977-78. In the three years preceding their study 29, 30, and 23 injuries respectively had been reported by the University Health Services. Then there was an explosion in the amount of play and in the number of injuries. The 70 cases comprising the data from Drs. Rose and Morse did not include the minor sprains, contusions, and lacerations treated by trainers or those that were not treated by anyone. Of the 70 injuries, 37 percent were racquet-related, 23 percent ball-related, 14 percent wall-related, and 26 percent were miscellaneous injuries (sprains, strains, etc.) not peculiar to racquetball. Among the injuries directly related to racquetball, there were 31 different injuries requiring medical attention. A summary of the injuries appears in Table 1.

TABLE 1

	Racquet-related	Ball-related	Wall-related	Misc.
Head and Face	14	1		
Eye	5	15		
Dental	3			
Musculoskeletal	4		10	18

(*The Physician and Sports Medicine* — Jan. 1979)

The physicians concluded that although "the incidence of major injury in racquetball is low, the sport is potentially hazardous, particularly to the eyes."

Michael Easterbrook, a Canadian ophthalmologist, has been particularly concerned about injuries to the eye resulting from participation in all racquet sports. His publications include important data on eye injuries that occurred during racquetball play and on the relative effectiveness of eyeguards commonly used. In one report he summarized the details of 18 cases of racquetball-related eye injury reported to and treated by members of the Canadian Ophthalmological Society from the summer of 1978 to January 1980. Fifteen of the injuries were caused by a ball and the remainder by a racquet. Seven of those injured were wearing open eyeguards (open between upper and lower rims). In five cases the ball had been hit with enough force to penetrate the open space and cause injury to the eye and in two cases the lower rim of the open guards had been driven into an eye by the ball and had caused damage. It would seem that any eyeguard is better than none, *but* even the best few of those currently available do not offer *absolute* protection against injury, and most of them do not claim to.

HypHEMA (hemorrhage into the anterior chamber of the eye) was the most common eye injury reported in the California State University study and it was

the primary injury in the Easterbrook report. Fortunately, most of the cases of hyphema resulted in full recovery but permanent eye damage due to racquetball injury can and does occur.

The potential danger of severe eye injury and the importance of wearing eyeguards was dramatized by the experience of racquetball author/player Victor Spear, M.D. The physician, whose book on racquetball has been excerpted in magazines, is a competitor who suffered only one serious injury in his playing career. He was struck in the eye by a ball. "It knocked me down and blinded me for four hours. I would have lost the eye if I hadn't been wearing eyeguards," he said.

Most players agree to the need for wearing eyeguards but there is often a gap between what they know and what they do. One top ranked professional player, Mike Yellen, defended the pros who do not wear eye protectors by stating that the high level of skill at which they play reduces their chances of injury. His opinion is not in agreement with Dr. Easterbrook's finding that "experience does not appear to reduce the incidence of eye injury." The matter undoubtedly will be settled in the near future when rule changes making eyeguards mandatory will bring practice in line with safety for all players.

The miscellaneous musculoskeletal injuries referred to in the California study can be serious and deserve more than passing consideration. Injuries in that category are primarily the result of over-stressing ligaments, muscles, and tendons which have not been conditioned properly to withstand the demands of vigorous play. One problem is that most players, including the pros, tend to play themselves into condition rather than conditioning themselves prior to play. This approach to physical conditioning is one of the main reasons why racquetball players are so vulnerable to musculoskeletal injuries. It also allows for a simple solution — taking time to condition through stretching and strength-building exercises. Playing oneself into condition has some merit but it deals more effectively with cardiorespiratory fitness than with musculoskeletal fitness. This seems to be true even among racquetball professionals.

Exercise physiologist Thomas Pipes did a physiological profile of 10 male professional racquetball players who at the time of the testing were ranked in the top 15 in the country. The results of strength and flexibility testing were quite revealing. Pipes found that the racquetball professional had significantly greater leg strength than non-athletes of the same age and size but only had about the same upper body strength as the nonathletes. Formal strength training had been done by only two of the 10 pros in the study. The professionals had less hamstring flexibility than either professional foot-

ball players or elite body builders and again had not systematically attempted to improve in this important aspect of fitness. Pipes observed that "many use it incorrectly as a warm-up procedure" and suggested that "this may account for the many strains and muscle pulls they suffer throughout competition."

Vulnerability to certain musculoskeletal injuries is not the same for players in all age groups. It varies considerably. During childhood and adolescence there seems to be a natural, high level of immunity to sprains and strains. Progressively in adult life the resilience of youth is lost and more care must be taken to avoid these types of injuries. The middle aged player who is not in peak condition, for example, is susceptible to injuries such as achilles tendon (heel cord) strain or rupture from stressful changes of direction and energetic stretching to make low returns, and rotator cuff (deep shoulder joint muscles) syndrome from repeatedly hitting vigorous overhead ceiling shots. Tennis elbow, bursitis, tendonitis and various sprains also occur with increasing frequency among players in more advanced age groups.

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The discussion of musculoskeletal injury would not be complete without reference to the abuse to which his body was subjected when Curt Nance established the Guinness world record for marathon racquetball play. After 120 hours of racquetball, his legs had swollen to three times their normal size and his feet had grown from a size 10 to a 15. The musculoskeletal insult with circulatory complications resulted in a month of hospitalization and four episodes of corrective surgery. It is unlikely that any amount of conditioning could have prevented injury under the extreme circumstances of his marathon play.

Curt Nance courted injury in his heroic record breaking performance as many others do regularly, but in a less conspicuous way. It makes much more sense to avoid injury in every way possible and to provide for complete recovery when injury does occur. Then the game can be

truly enjoyable and can be played in good health for many years.

Preventive Procedures

The application of preventive procedures is vital to the avoidance of injury. There are several aspects of prevention which should be practiced routinely and habitually.

1. Warm up. General physical warm-up as a means for injury prevention is more important for adults than for children. The main reasons for physical warm-up are to assure adequate circulation for vigorous activity, and to increase the core body temperature for effectiveness in certain physiological functions. Working on the basic shots briefly after entering the court (skill review) is not enough general physical preparation for vigorous play by adults. They need more work to get their bodies "revved up" and "stretched out", but it is not wise to waste precious court time in the process. A better approach is to do the preliminary physical preparation *before* entering the court so that skill warm-up can be brief and play begun promptly.

Five to 10 minutes of general calisthenics followed by a few selected stretching exercises in some convenient area adjacent to the courts should help prevent many of the annoying muscle strains that might otherwise occur. A simple warm-up routine might be as follows. The number of repetitions must be individualized.

Jog in place. 80-90 steps per minute for about 300 steps.

Jump and swing. Jump six to eight inches upward from both feet and at the same time swing arms in large forward, upward, backward and downward circles. Coordinate one jump and one swing for each count. 10-20 repetitions.

Sideward leg swing. Stand on one leg, hands on hips and the other leg extended out to the side. Swing upward and switch leg positions and continue in a rhythmical, alternating pattern. 20 repetitions.

Trunk twister. Stand, feet shoulder-width apart, trunk bent forward to the horizontal, arms extended straight sideward. Rotate trunk alternately to the right and to the left, keeping the knees locked and the arms in a straight line. 20 repetitions.

Squat and Rise. Standing position with hands on hips. Keeping back straight and head up, lower body to 1/2 squat position (90° angle at back of knee) then rise to full extension on toes. 10 repetitions.

Heel cord stretch. Stand facing a wall three to four feet away with both hands on the wall for support. Keeping the heel of one foot on the floor and the knee of the same leg straight, lean forward as far as possible and hold for five seconds. Do the same with the other leg. Five repetitions each leg.

Lower back stretch. From a supine

position (lying on back), flex one leg, grasp behind the knee, pull as close to the chest as possible and hold for 5 seconds. Do the same with other leg. Five repetitions with each leg.

Groin stretch. Stand in a wide straddle position. Pivot right foot to the right, bend right knee, press left hip downward and place the chest on the top of the right thigh. Hold for five seconds. Return to starting position, then do stretch to the left. Five repetitions to each side.

Playing while injured can eventually lead to development of a chronic inflammatory condition.

It should be noted that these are warm-up activities rather than exercises to increase range of motion or to improve muscular strength. Special physical conditioning techniques must be used over an extended period of time in order to achieve these ends.

2. Proper equipment. In this category of prevention, footwear is highly important. One suggestion for proper footwear comes from Garron Weiker, M.D., an orthopedist who plays regularly and treats racquetball injuries at the Cleveland Clinic. He has said about shoes, "Basically, you need to buy the same thing you would buy for basketball or volleyball."

Shoes with broad heels that discourage lateral rollover can help prevent eversion sprains. Shoes with non-skid soles reduce the slippage that is related to nasty falls and collisions with court walls. At the same time it is important to have soles that are not so sticky that all slippage is eliminated. For example, some cleated and some waffle type soles can provide too much purchase with the floor during quick changes in direction and produce excessive torsion resulting in injury to ankles and/or knees.

As has been mentioned, eyeguards are essential protective equipment. Players must get used to wearing eyeguards while practicing and playing. It takes time to adjust to playing while wearing them and the adjustment can be frustrating at times. There can be a temporary reduction in playing effectiveness particularly where peripheral vision is essential. However, eyesight is too

precious a gift to be jeopardized by risking it with the hope of saving a few points in a racquetball game.

3. Court Etiquette. A relatively small amount of all the racquetball played is sanctioned and officially refereed. Most is played under circumstances where both court etiquette and rule enforcement are responsibilities of the players. Improvement of player behavior in connection with these two responsibilities can be a major factor in the reduction of racquet-related and ball-related injuries.

Certain items need immediate attention. (1) The hinder rule should be used liberally by all players in an effort to avoid injury to anyone else in the court. (2) Free access to the ball should be granted generously, the reluctance of experienced players to give up the center court position notwithstanding. (3) Players with wild slashing strokes must be encouraged to bring their play under control or risk being ignored in favor of more civilized opponents. (4) Finally, player frustration must be brought under control. It has been found that injuries, especially ocular ones, have resulted from "a shot fired by an opponent in anger or frustration after he or she has lost a point." While these dead ball injuries are mostly unintentional, they are totally unnecessary and should not occur.

Recovery-Rehabilitation

As a general rule, one should not play while troubled by an injury. When tissue has been damaged it is weakened and not able to withstand the tremendous stress that must be dealt with in the game. Playing while injured can aggravate an injury and eventually lead to the development of a chronic inflammatory condition. Tendonitis, bursitis, sprains, and strains are types of injuries that often become chronic and plague a player for months.

The degree of injury is a key factor in rate of recovery and in readiness to return to play. First degree injuries are minor, result in no loss of function, and are symptom-free following a few days of modified activity and rest. Nearly every player has had experience with them. Healing of minor strains and bruises is so rapid that there is minimal, if any, loss in playing time.

Second and third degree damage to tissue is more extensive and usually incapacitates a player for a period of from one to several weeks. These more severe cases are complicated by the fact that after the damaged tissue has healed, the injured area is left in a weakened condition and susceptible to reinjury. Range of motion and muscular strength must be restored by rehabilitation procedures before returning to the game.

When formal rehabilitation takes place it ordinarily is supervised by the

physician who attends the injured player. The extent of the monitoring varies widely from one physician to another. General practitioners tend to be concerned mostly with the healing process while sports medicine specialists are sensitive to the need for complete rehabilitation after recovery. The latter, for example, are acutely aware that sprained ankles are particularly vulnerable to reinjury. A sports medicine specialist probably would not allow a racquetball player with a sprained ankle to return to competition until he could (1) demonstrate normal range of motion by flexing and extending the ankle fully, by rotating the foot to the inside and the outside, and by drawing a large circle with the toes, and (2) show a return of normal strength by running a tight figure-eight pattern at full speed.

Unfortunately not all racquetball players who have second and third degree injuries are attended by a medical doctor. These players are well advised not to play "hurt." Playing while hobbling on a sprained ankle or while favoring a painful shoulder is "macho" but dumb. It can predispose a player to additional injury due to abnormal compensatory movement and can delay or extend the time of recovery for the area already injured.

Unfortunately, not all racquetball players who have second and third degree injuries are attended by a medical doctor.

To summarize: current injury records clearly show that in a highly competitive, fast-paced sport like racquetball, it is impossible to avoid injury completely. Injuries may be self-inflicted, opponent-inflicted, or partner-inflicted. They may be racquet-related, ball-related, wall-related or stress incurred. Identification of this wide variety of types and causes of injuries has made it possible to provide for and to emphasize the use of effective preventive procedures.

Careful attention to prevention of injuries will help make playing racquetball even more enjoyable in the future than it is now. ●

NOW—171 PERFECTLY LEGAL WAYS TO GET A CHECK FROM UNCLE SAM!

Does The United States Government Owe You Money?

Surprisingly, the answer is probably "Yes"—

And it could be a heck of a lot more than you think!

By John D. Morgan

What you don't know is probably hurting you in the pocketbook. Take just 8 minutes to read this special announcement. It might just pay you at the rate of \$1000 per minute or more! Right now, there's a very good chance that Uncle Sam owes you money. The sum could shock you. In fact, the amount could be more than you ever dreamed of. Enough to retire on for the rest of your life!

Sound incredible? The fact is, the United States Government gives away more money than it can ever keep track of. Every year, millions of dollars simply get lost in the shuffle. Last year, for example, 1.35 million dollars went unclaimed simply because folks like you didn't know how to collect their fair share.

And that's just ONE U.S. government Payment Program. Just imagine how many millions more go unclaimed in dozens of other programs!

The dollar total is staggering!

And just as staggering is the sobering fact that a good sized chunk of that cash may well belong to you. And it doesn't matter if you're rich or poor, married or single, young or old, male or female, black or white. It doesn't matter if you're from a big city like New York or you're simple "down home" country folk. Some of that money is probably yours—and you have every legal right in the world to claim your fair share!

How to Claim Your Tax-Free Cash!

The first thing to realize is—there are at least 171 perfectly legal ways to get a check from the U.S. Government. Most of it is tax-free cash! A few of these ways are common knowledge, but we're willing to bet that not one person in 5,000 knows all of them.

Here are just nine of the ways you could be cashing in right now on the Government bonanza!

1) If you're on Social Security, you may be able to increase your payments to as much as \$848.80 each and every month just by filling out a simple form!

2) Even if you're under 65, you may be able to start collecting Social Security now—without any more waiting!

3) If you want to go back to school to continue your education, there's a good chance the Government will foot the bill—to the tune of \$352 per month!

4) If you know any easy legal "trick", you may be able to claim \$587 extra every month, over and above your regular Social Security retirement check.

5) If you're interested in moving to a new home, the Government may be dying to lend you \$22,000.00 to help pay for it—at less than half the interest rate banks charge for mortgages!

6) If you decide to stay where you are, you could be entitled to collect a \$3,500.00 check to help fix up the place you now live.

7) If you're a renter, the Federal Government will pay 75% of your monthly rent—if you qualify and know how to apply.

8) If you or any member of your family earned less than \$8,000 last year, there's probably a \$1,000.00 check ready and waiting for you—to spend any way you want, on anything you like!

9) If you'd like to start your own business, the government will give you \$25,000.00 to get your new business off the ground—and they'll wait up to 15 years for you to pay them back!

The list goes on and on. There are at least 162 other legal ways to get a check from Uncle Sam.

It's easy to put in your claim for the money that's coming to you—if you find out where your money is, and what you have to do to collect it. Now, an important new book has been prepared for American citizens to help them find their money—and put in their claim.

Imagine! Make a phone call... fill out a form... send it in, and wait for your check in the return mail! It sounds unbelievable, but it's true—there are at least 171 legal ways to get a check from Uncle Sam! Some are for ten or twenty bucks. Some are for \$35 a month every month for the rest of your life. Some are huge payments of as much as \$15,000.00... even \$50,000.00 or more! The average is an unbelievable \$220 per family per month.

**This is NOT Welfare... NOT Charity.
It's Your Money,
And You're Entitled To Claim It!**

Make no mistake... this is not welfare. This is not charity. This is money owed to you by the Government. This is money that is rightfully coming to you as a decent citizen who plays by the rules and pays his taxes. And if you don't put in your claim for your fair share, you're simply cheating yourself!

Most people simply don't know how to ask for their money. So it sits there unclaimed. In fact, most people haven't the slightest idea how to get everything coming to them—even from well known payment programs like Social Security.

Do you know that the odds are 2 to 1 in your favor that there's a Social Security check waiting for you right now—even if you're still working and years away from 65? Most folks think they're paying too darn much in Social Security... AND THEY'RE RIGHT!!! There may be hundreds—even thousands of dollars in over-payments in your Social Security account right now—money you could put back into your pocket if you simply ask for it back in the proper way!

The horrible truth is, there's \$69 billion sitting in Social Security bank vaults right now that the Government has no idea where it came from—or whose it is! If some of that extra money is yours, there's a form you can use to force the Federal Government to track your money down, and credit it to your account!

Are you a student or the parent of a student? Students between 18 and 22 can get big cash benefits! Are you a vet? You might be able to get as much as \$264 each and every month for "bad luck" that happened after you mustered out of service. Don't laugh—more than one-and-a-half million men and women already cash in on this one!

Consider These 4 Additional Facts!

1) In one U.S. Payment Program, 31 million Americans get a check each and every month.

2) In another, 11 million get money in the mail—regularly.

3) In still another, 19 million more get money.

4) And, of course, there remains those 5 million who receive tax-free cash every time the first of the month rolls around.

Do you want to know who pays for this? You do. You have paid for all of these programs with your taxes. That's why you deserve your share of this money. And that's why we've decided to put all 171 perfectly legal ways to claim big bucks from the Federal Government for you in a big book.

It's simple, concise and very easy-to-read. What's more, it tells you exactly how to get these payments. We give you all the addresses. All the telephone numbers to call. Who to contact and what to say. Everything you need to know to qualify for your share of the bonanza.

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Almost every morning this summer, the sun bathed the Air Force Academy located in Colorado Springs, Colorado with its golden rays. By noon, however, clouds would begin rolling across the Rampart Range to the west and as early evening approached, the cadets who make the grueling run along the highways here each day would not have to suffer the searing heat — the heat of the sun you can only feel at 8,000 feet above sea level. Or in a desert.

They run in pairs, packs, or sometimes alone. They may be stopped by tourists who want directions to the Cadet Chapel, Colorado's top man-made tourist attraction. But they run, and run, and run. Marvelous stamina; mirrors of true physical health. And mental discipline.

One of the "loners" pounding the dirt path that follows the same route as the paved, curving, climbing roads, is a short, petite woman with sun-bleached blonde — really blonde — hair jouncing

Cadet Firstclass Barbara Faulkenberry is in training, she is a study in fluid motion; she's obviously an athlete.

as she takes quick, measured strides. She's a study in fluid motion; she's obviously an athlete.

Cadet Firstclass (senior) Barbara Faulkenberry is in training. Always in training, for one of her favorite — certainly her most successful — pastimes: racquetball. This summer has been a busy one for her — and successful. Just recently she returned from the World Games in Santa Clara, Calif.

"The American Amateur Racquetball Association organized the racquetball portion of the games, and six different countries competed," explains Faulkenberry, in the clear, steady voice that reflects her amiable personality. Most of the time, she's cool-headed, a necessity for future Air Force officers.

Participating in the racquetball segment of the World Games were players from the United States, Ireland, Mexico, Holland, Japan, and West Germany. The Americans had a field day.

"The U.S. brought three girls and three men, and we pretty much took it all," Faulkenberry recalls, a pleasant, easy-to-take smile crossing her face. We gave lessons almost; we showed those other girls how to play. I placed second, losing to Cindy Baxter of Pennsylvania."

Racquetball and the practice that goes with being a quality player like Faulkenberry wasn't all she was involved in this summer. After finals in late May, she reported to the academy Public Affairs Office where she worked for several



Perennial Intercollegiate Champion Wears Air Force Academy Blue

by TSgt. Douglas J. Gillert

weeks as a tour guide, showing tourists about the main Cadet Area. This is the area you may see on postcards or in travelogs that cover the academy. Aluminum and glass and marble and green, green grass manicured to perfection, aircraft on display, and the sounds of cadets marching to the beat of drum to noon meals in the dining hall that can serve all 4,500 of them in less than an hour.

In July she took on a totally different role, returning to the site of Basic Cadet Training, a tough 13-day encampment she had gone through, like all new cadets, to be where she is today.

Jacks Valley. It sounds like a nice enough place; peaceful and serene. And it is, except during the last two weeks

of July. Then, the new class (the Doolies) arrive to begin their four-year trek toward officership. This year Faulkenberry served as an instructor on the assault course — "the most feared course for all the basics," she says.

"It's tough physically and mentally. It's demanding. You have pyrotechnics [fireworks] going off . . . and the shouting . . . and the dirt . . ."

Not fun for the basics, and hard work for the upperclass cadets who do the instructing. "But, it's a lot better from my side," laughs Faulkenberry. It's obvious she didn't really mind the challenges of a few summers ago when she was being yelled at rather than yelling.

Classes began shortly after she returned from Jacks Valley and the World

Games. In the next few months, time will pass swiftly for her as she prepares to become an Air Force second lieutenant. "My major's operations research, but my long-range goal is to return to the academy in a couple years and teach in the P.E. department."

Unlike a majority of her classmates who will go on to either pilot or navigator training after they graduate next May, Faulkenberry will be assigned, probably in an area that matches her major to an Air Force base someplace in the United States. Her bad eyesight will keep her out of the cockpit. But if you're wondering how somebody with bad eyes can hit a racquetball so accurately, it's easy — she wears contact lenses.

Adaptability is the key to Barbara Faulkenberry's psyche. It is a major reason why she has been successful at the academy.

She'll be among only the third class of women to graduate from the academy when she accepts her diploma and commission next spring. And while women have been totally assimilated into the Cadet Wing, it took some adjustment within the previously all-male wing.

"I've seen a lot of improvements since I've been here," she says. "When I was a freshman, the guys used to make fun of women's voices when they walked by and greeted them. That kind of burned me up, but we're accepted now. I can take a little pride in an athletic area that I can do well in, and they can't criticize my grades."

Cadets here must be concerned with two sets of grade averages, academic and military. The military includes studies such as ethics, leadership, goal-setting or a particular job they hold within their squadron or the Wing. Faulkenberry shines in both areas, on a 4.0 scale: academic average, 3.32; military average, 3.25.

"So," she admits, "I'm happy with myself."

Faulkenberry got started playing racquetball as a 13-year-old in her hometown of Clearwater, Fla. A friend of hers who lived across the street was interested in the game but needed a partner. They went to the YMCA to play.

"They didn't look too favorably on girls there and we got kicked off the court frequently," she remembers. "But we just kept on playing and then in '76 I started going to some tournaments and won the Florida State Championship the week before I came out to the academy."

"Winning the state championship was the neatest thing I'd ever done, and I was wondering if my choice was right in coming to the academy. I was afraid I wasn't going to get to play here. They didn't know anything about my racquetball playing when I arrived. I was down as a basketball recruit. But I tried out for the team and didn't make it."

Not making the basketball team could have had something to do with her size, but it wasn't a setback. In fact, it was a blessing.

"I thought, maybe I'll try for racquetball, and I just started asking around but kept getting referred to somebody else. Finally I was told to see Capt. John Blecher. So I went to him and he said let's play. We played . . . and here I am. I really have Captain Blecher to thank for getting me anywhere."

Until June, Captain Blecher was the racquetball coach at the academy and Faulkenberry was his star. He was then transferred to Ft. Worth, Texas and Capt. Neil Wong became the new coach.

"I've played with Captain Wong but he's got quite a different game style than mine," Faulkenberry says. "I hope it will compliment mine, because he plays a control game and mine's considered a power game. If I can pick up some tips

from him, then it should work out."

Explaining the two types of play, she notes, "In a power game you go for the kill. You're on the offensive all the time, and I go for the bottom two inches. If I skip it, the other guy gets a point and if I make it I get a point."

"A control game is more wearing down your opponent by running him back and forth. It's considered a smarter game, but you won't see any of the top pros playing it, only the seniors."

Her style and her success at it have elevated the game of racquetball at the academy. "It used to be a recreational club until last year, and Captain Blecher got it to be a competitive club. Now we have competition club status and more money for the activity. The last three years, however, I've been the only one traveling to the tournaments."

The tournaments are mostly open, although she does compete in two inter-collegiate matches each year which she usually wins. The opens are tougher, with some of the women playing racquetball daily and serving as club pros.

"I don't have it quite as good as they, because they can play all day. With my schedule here, it doesn't leave a lot of free time."

Her schedule begins each morning at six and doesn't end until after 11 p.m. Lesser beings would not even attempt a beginning but somehow Faulkenberry and her fellow cadets make it through.

"Military training starts at seven, classes start at eight and go until noon, though you might have a free period in there somewhere," she says, adding "for studying."

"The noon meal we all march to lunch, so that takes about an hour. Classes start back at one and go until four. Last year I didn't have a last period so I could start working out about 3:30, and I could stay til about six o'clock or 6:15 before I had to come up for dinner. After dinner it's academic call to quarters where nothing much goes on except studying until 11 p.m. Then it's lights out and you start back in the morning. It gets kind of monotonous after awhile."

***Adaptability is
the key to Barbara
Faulkenberry's psyche.
It is a major reason
she has been
successful.***

You don't usually deviate from the schedule."

Believe it or not, even with such a horrendous schedule, Faulkenberry participates in more than just racquetball.

"I play a variety of intramurals in the fall. You have to play intramurals or be an intercollegiate athlete. So one of the three seasons I play intramurals and the





other two seasons I am considered an intercollegiate athlete.

"You know, they've really taken care of me, because while there isn't a racquetball team — it isn't a varsity sport, per se — they do give me intercollegiate status, time to work out and of course, on the weekends I have tournaments they allow me to miss training, such as in-rank or room inspections."

Her energy didn't give out this fall; she planned to try out for the softball team. She played softball for six years before coming to the academy and her team went to the nationals three of those years.

During racquetball season she works out during that 3:30-6:15 time slot each afternoon, both running and honing her racquetball skills. But right now she's a little worn down.

"I've just finished the World Games about a week and a half ago, and I've sworn off the sport for about a month. Just taking it easy, because I almost got burned out. My last season went from the middle of October to the beginning of August." Long, indeed.

Faulkenberry's enthusiasm for sports will return, however. They have been an important part of her life for a very long time.

"I lettered in basketball — played on the varsity team — at Clearwater High for three years." And, as she said earlier, basketball helped her get accepted to the academy. There were other qualifying factors, of course. She was vice president of the National Honor Society and a member of the Latin Club. Not only did the Air Force Academy take notice; she was also accepted by West Point.

"I was accepted there (West Point) but I'm happy to say I turned that one down." Faulkenberry admits, however,

she really wasn't sure which to take and relied on her father's influence.

"My dad said the Air Force is more like a job, which isn't really true. We've come to find out here that you have to be totally dedicated to it. But the jobs the Air Force is into are almost like the full spectrum of what civilian institutions are into."

Explaining the need for dedication, Faulkenberry says, "When I came in I didn't know anything about the Air Force. Now I can see it's a way of life. When you put on this blue suit, it's not like you take it off at 4:30 or 5:00 in the afternoon. If you think of yourself as a military professional, you have a responsibility to society."

"You're not here for the money; I don't think anyone joins the service for the money. It's more like an ideal for your country — and things that sound kind of corny like that."

Faulkenberry, although committed to the Air Force for five years after she graduates, isn't sure she'll make it a career. "It's really hard to say. I don't know anything about it. The academy is not quite like real service, so I think I'll have to get out there before I really decide."

Another question she won't be able to answer until after graduation is how much time she'll have to play racquetball.

"I have kind of an optimistic outlook, though, because when I came here I figured something would work out and it worked out better than I could ever have hoped. Maybe I can represent my base, if not the whole Air Force. They have inter-service competition each year and they have major air command tournaments. So I think that I'll get to play."

Other attributes of the Air Force are of

equal importance to her for now, especially traveling and flying activities.

"While I'm single the travel opportunities are real neat. I've been to Hawaii and the Philippines already. I've flown in just about every type of aircraft, in a helicopter, and I've jumped out of an airplane five times. This fall I'm going to soar (in a sailplane)."

Silver jump wings attest to her adventure in parachuting.

During the racquetball season she works out three hours each day, both running and honing her skills. She has worn down at times.

"It's the neatest thing I've ever done. There's this really deep fear as you're climbing up into the plane and holding onto your reserve parachute. Your heart almost stops as you jump out of the plane. But as soon as you're out and the parachute opens up and lifts you up in the air, it's a high like nothing else. It was just tremendous."

Sailplaning will probably give her an equal high as she enters the flying program. After a few lessons, she'll be ready to solo. The program is an elective at the academy and part of a 24-hour load she's taking this semester.

"It's a big demand on your time," she understates seriously. "We take a core, with chemistry, physics, biology, electrical engineering, everything, even if you want to be a history major. Right now I'm more into management, math and some computer courses, and economics courses. But you virtually spend three years in the core and have a very small number of majors courses. It's an advantage, though because when you graduate you do have a very well-rounded background."

"I've heard of instructors who majored in history and then went into a masters in double E (electrical engineering). You can kind of jump into and just take on anything."

She's proud of the academy, and knowledgeable about its academic achievements and standings nationwide. "For example, I think we've had 26 Rhoades Scholars graduate from the academy in our 25 years of existence, better than many schools that have been around for hundreds of years." The academy ranks third in Rhoades Scholars.

While it is racquetball that has helped her years here be successful ones, it was also racquetball that almost prevented her coming to the academy. The story goes like this.

"I went to three or four out-of-state tournaments before I came here. There was a tournament in Pennsylvania and it

was against one of the pros. I said, well, if I do really well I'll have a chance to be in the pros, be able to pull my own weight. If I do badly, I'll go to the academy. I ended up doing badly in the tournament so I came to the academy."

After winning the Florida State championships, Faulkenberry was on top of the world. "Now, however, it seems smaller. I've won the states in Colorado in the AARA the last three years and I've done well in the regional and now every year I go to a national competition."

But she's never won nationally. "National intercollegiates I've won five out of six times, but so far as the open championships are concerned, I've only placed third in the AARA's twice and then once I reached the quarters in the United States Racquetball Association."

"So, I keep trying. I've been seeded first in a lot of those tournaments and I figure one of these times it's just going to click."

"In a tournament of that caliber, you're up against somebody that would be like the finals of any other tournament — round after round after round. It's just a matter of who can hang in there the longest. So far I've come up short every time."

Faulkenberry will have to compete in other state tournaments in the future — wherever the Air Force assigns her. But that's still a few months away, and for now she has got all she can handle with getting ready to graduate.

From bicycling tours to camping, Faulkenberry's interests definitely keep her occupied during the academic year.

How does she possibly find time for all her activities and school? "You just learn to budget your time. To fit things in as well as possible. You have to accept priorities, too, because you can't spend your whole existence studying. Even

though it's important, you need time for your spiritual activities — I'm a member of the Fellowship of Christian Athletes (FCA) — and so you just have to say, I have to take one night a week and go be with friends, visit people or try to help folks who are down. You won't exist here if you say hey, I've got to study and shut your own problems out and other people's problems out. You have to keep going."

"I lean upon my belief in God to help me through. I can ask myself, how important is this? If we're going to talk important things, we can talk about life and death, you know? How important is getting an A as opposed to getting a B in classes?"

"You have to have that attitude. You can't only strive for the top in academics, athletics and military training. So, it's a juggling act and if you don't set priorities, too often you're working and you may attain your goal but it doesn't bring you satisfaction."

Faulkenberry's number one priority for now is just to be happy and satisfied with how her life is going. She has goals for each area of interest in her life, for instance, to win that elusive national racquetball championship. "And to do the very best I can in all things I do," she adds.

Doing the very best seems to come naturally to Faulkenberry, and the discipline she has developed here will stay with her throughout life, helping out in many instances. Strangely enough, however, she has mixed views about how well or much the discipline has helped her racquetball game.

"I used to be a very calm and cool person on the court," she says. "I had the nickname of the Cold Cucumber. Nothing phased me: as a freshman, however, I almost lost all my bearing on the court."

"I would get upset at referees' calls if they were bad. It would visibly upset me. I've been struggling back from that. I don't think I am where I was before, because I think it's obvious to people who watch me that when something bothers me, even though it isn't displayed in anger, hitting my racquet on the wall or whatever, I still show that I'm upset."

"In a way, though, it has helped me because before if I felt a referee had made a bad call I wouldn't say anything, whereas now if I think it's a bad call, I say so and say why it is. I'm not taken advantage of anymore."

If this new display of emotion does help her, Faulkenberry would like to test it against a few choice opponents.

"I've played Cindy Baxter twice and she's beaten me twice. She is high on my list of people I want to play. Lydia Emerick, a woman who lives in Denver, is another. We've played about 10 times during the three years I've been at the academy and I just won everything up until a half year ago, and then she started beating me. So I have a few coming to her."

"People I admire and respect — Heather McKay, who is ranked number one in the world. She's 39-years-old and I look at her and think, that's how I want to be on the court, very calm and cool."

"I have a lot of respect for her. I played her twice and lost both games quite handily. But I learned things each time. I hope to meet her again. She's a pro."

Faulkenberry's own sights on the pros are set for the future. "If I were to get out of the service I think I would play on the pro tour. And if I get to where I could financially support myself, then I think that would definitely be within my future."

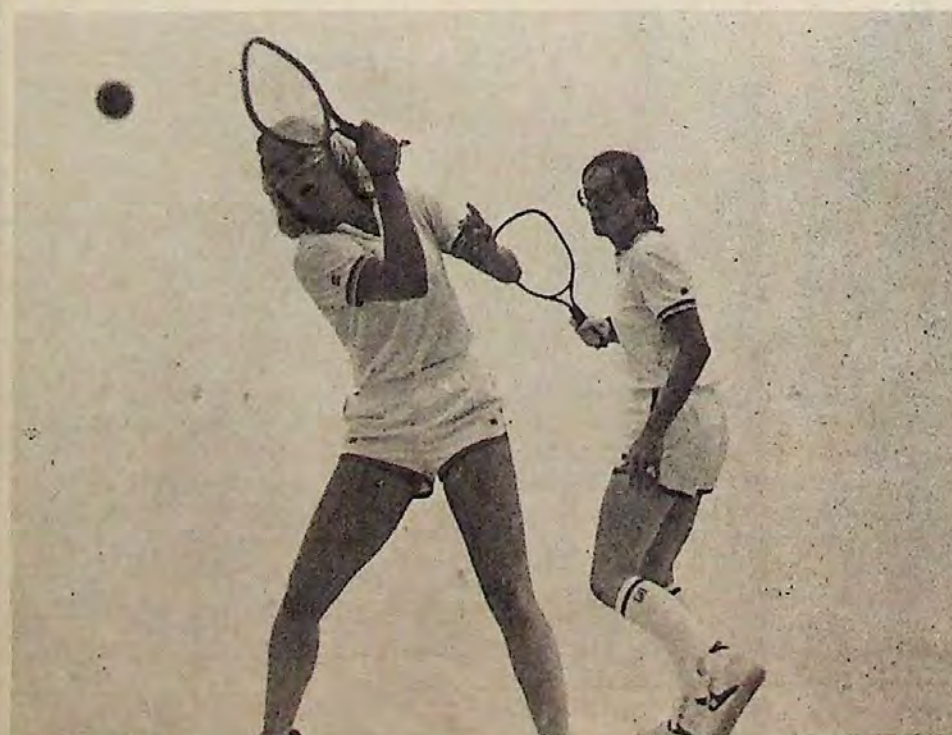
"While I'm in the service, that just won't happen. So, I'm the perennial amateur. Many of my contemporaries have moved on to the pros, but I started so young — I'm still younger than they are — they're in their mid to later 20s and that's what they're doing for a living while I'm still here plugging away at school."

Right now, the pros will have to wait, while Faulkenberry decides about her future in the Air Force.

"Racquetball is not so important to me anymore. I realize that it's a game you play to stay in shape and to compete in, and I enjoy it that way. But, it is not the end of the world if I lose. And that has been a long time coming."

"It's kind of hard to take those losses, and I've done my share of crying in the shower... but it's just a game."

Whatever her final decision is, no doubt she'll make it on her own, perhaps while riding her bicycle along a Florida highway or while camping in the Rocky Mountains. Or on the court at the national racquetball championships. Wherever life takes Barbara Faulkenberry, one thing's for sure: she'll be a winner — in a very special way. ●



Tough On Court Competitor Wins Match Against Cancer



Robin Wadsworth is an outgoing, attractive 18-year-old from Pittsfield, Massachusetts who also happens to be an outstanding athlete with a lot of courage. Last summer she won a National racquetball championship, but 14 months before that things were not so bright for her. At that time she was facing a serious operation and a potential life-threatening situation.

Robin was 16-years-old at the time and she was playing the best racquetball of her young career. She had taken up racquetball at age 14 when her father Bob, who was the general manager of a racquetball club, introduced her to the sport. She began playing after school with anybody who would go on the court and hit with her. When her father directed a local tournament he entered Robin just for the fun of it and much to their surprise she made it to the semifinal round in the Women's B division. From then on she was hooked.

By the end of that year she had practiced almost daily, entered eight tournaments and had taken trophies in seven of them. Her most notable wins were finishing second in the Massachusetts Women's State Doubles Tournament, in the Open division and winning the Massachusetts State Class C championship at the ripe old age of 14.

Over the next year she picked up more trophies competing mostly in Women's Open division and selected tournaments in Women's B division. At the end of the season she entered the Junior Regionals and took second in the American Amateur Racquetball Association's (AARA) Junior 15-and-under in New England and the following month took first place in the United States Racquetball Association (USRA) Northeast Junior Regionals in the 17-and-under division. In August of that year she traveled to Tucson, Arizona to compete in the Nationals but lost in the early rounds.

At age 16 she decided to play only in Women's Open tournaments. She got off to a good start in the fall of '79 taking several firsts and seconds in AARA sanctioned events. Then in February of 1980 she had a bomb dropped on her. It was discovered that she had a cancerous tumor on her right foot. The tumor was diagnosed as malignant melanoma. Treatment was quickly prescribed and it called for immediate surgery. At first the doctors felt she might lose her foot but after several days of tests they decided to remove only a portion of the top of her foot. Robin's comment at the time was, "How quickly can we perform the operation, because I have to be ready for the Regionals in April?"

Two weeks after the original diagnosis, the tumor was removed. The top of the foot was rebuilt by grafting skin taken from her upper left leg. Being optimistic but somewhat cautious, the doctors judged the operation successful.

Robin was laid up for a period of two months and then she began physical therapy. She joined Nautilus and started jogging. It was more like hobbling. In mid-April she began light workouts with her high school softball team. A week after that she began playing racquetball. By the end of April she entered the Northeast Regional Junior Racquetball Championships to defend her Northeast title, having had only 10 hours of court time in preparation for the tournament. Although not in top shape and with a foot heavily bandaged and padded, she managed to reach the finals. She lost her title in a very tough match that went to a tiebreaker against Ginger Sottile from Fishkill, N.Y. Sottile then went on to take a second place trophy in the National Championships.

After her second place finish in the Regionals, Robin went back home and



Robin Wadsworth is a fierce competitor both on and off the court. Her happiest victory was over cancer.

started preparing for the upcoming high school softball season. She retained her old spot at third base, a position she had held as a starter since her sophomore year, and proceeded to lead the team in hitting with a .527 percent batting average.

During the summer months she continued to work on her racquetball conditioning by playing hard games against her brother Barry who is also a ranked junior player. In the fall of 1980 she hit the racquetball tournament circuit again. She started the season off by winning the Men's C division consolation in the Western New England Open. (There were not enough entries in the Women's Open division). And, between November 1980 and March 1981 she captured four firsts and two seconds competing in Women's Open division. Some of her wins during this period of time were firsts in the Miller Lite CP

Open in Springfield, Mass., first in the Columbus Day Shootout-Miller Lite Open Doubles in Albany, N.Y. and first in the Brodie Mountain Wallbanger Open. She and her partner Ginger Sottile took second place in the New York State Open Doubles Tournament.

And where is Robin now? An 18-year-old accounting student at Berkshire Community College in Pittsfield, Mass., she's still on the racquetball courts most days. After an extremely successful summer of softball, in which she was not only captain of her team but also outdid everyone in all offensive departments except homeruns, she's ready to settle back into her racquetball routine of workouts five days a week. Of course, that doesn't interfere with her long-range goal of becoming a Certified Public Accountant.

She says she wants to "go to college, get my degree, and then maybe turn pro." The cancer on her foot hasn't set her back one bit. In fact, if anything, it seems to have given her a sense of priorities — goals that must be met now. "It's taught me to look at what's happening now, to live day to day. I've had a pretty full recovery, and haven't had much trouble since I was first coming back," she reflects. In fact, racquetball may have helped her recovery, for she admitted that she "loved racquetball so much, I couldn't wait to get back to it."

She's also pleased with the new AARA age divisions, which will give her one more shot at the National Juniors championship (in the now 18-and-under division). She felt she was "so nervous last year. I don't think I should have lost. Hopefully, this year I'll win."

She'll have plenty of time to practice for the upcoming national tournament, as she's recently been hired at the local YMCA as the racquetball teaching pro. It gives her the opportunity to work out every day. In fact, when she's not practicing shots on her own, she's on the court with local A level male players.

"There aren't many women who can overpower me on the court now," she observes. "I think playing against men has helped my game tremendously. I used to get on the court with somebody who was powerful and be afraid. Now I'm not afraid. In fact, I find myself taking advantage of being able to control the game when I'm playing against somebody smaller, and less powerful."

So, the prospects look good for her future in racquetball. They also look good for her health. She recently had a scan to determine if there were any more cancer cells living in her body — and came away with a clean bill of health. For the time being she visits her doctor every six months. Soon, though, they'll let her know she'll only have to come in once a year.

Looks like this story has a happy ending after all. ●

TOURNAMENT CALENDAR

AARA Sanctioned Events

OCTOBER 29-NOVEMBER 1

Jack Fulton Open (3)
Memphis State University
Memphis, TN
Larry Liles
901-454-2807

OCTOBER 30-NOVEMBER 1

Mid-Court 1st Annual Halloween
Goblin Open (3)
Stuart, FL 33495
Shirley Smith
305-692-9488

4th Annual Greenfield/
March of Dimes Open (3)
Greenfield Racquetball Club
Lancaster, PA
Bob Lee
717-392-4194

Halloween Open (3)
Andy Valley Racquet Club
Lewiston, ME 04240
Dave Blodeau
207-786-2161

Racqueteer Halloween Bloody
Sunday Open (3)
Racqueteer Club
Plymouth, MA
Duane Kinkus/Janet Kelleher
747-1980

OCTOBER 31-NOVEMBER 1

Michigan State Intercollegiates (2)
University of Michigan
Ann Arbor, MI 48109
Dick Pitcher
313-764-1580

NOVEMBER 6-8

Cedardale Holiday Racquetball Open (3)
Cedardale Racquetball Club
Haverhill, MA
Ginnie Balder
617-373-1896
617-685-7581

1981 Florida State Doubles
Championships (2)
Fountain Bleu Racquet Club
2100 Northeast 46th Ave.
Ocala, FL 32670
John Hadaway, Jr.
904-236-2288

Forest Hills/Stroh Lite Open (3)
Forest Hills Athletic Club
3901 Caughy Rd.
Erie, PA 16506
Mark Salvia
814-833-2468

4th Annual Royal Courts Open (3)
Royal Courts
Rt. 315
Pallinestownship, PA 18705
Bob Bakunas
717-822-8900

Schlitz' Open (3)
Court South
1500 54th St.
Columbus, GA 31904
Leroy Bush
404-324-2211

NOVEMBER 7-8

Alabama State Intercollegiates (2)
Court South
100 Old Towne Rd.
Birmingham, AL 35216
Don McNutt/Bob Huskey
205-823-2120

Nebraska State Intercollegiates (2)
University of Nebraska
Campus Rec Bldg 100
Omaha, NE 68182
Sid Gonsoulin
402-554-2539

Idaho State Intercollegiates (2)
Sports World Racquetball Club
1633 Olympus Dr.
Pocatello, ID 83010
Dan Collins
208-237-9100

Washington State Intercollegiates (2)
125 S. 156th St.
Burien, WA 98146
Sid Williams
206-242-9641

NOVEMBER 13-15

Long Island Open (4)
Center Court
46 Maple Ave.
Rockville Center, NY 11576
516-536-8700
Al Seitelman
516-261-3257
and
Universal Racquetball
6000 Sunrise Hwy.
Massapequa, NY 11758
516-799-4000

1981 Joslin Open (3)

Racquettime
Danvers, MA
Ron Miano
617-774-6434

1981 Lehigh Valley Championships (3)

Allentown Racquetball Club
610 Union St.
Allentown, PA 18101
John Brinson
215-821-1300

Rax Roast Beef Open (3)
Ohio Valley Glove & Racquet
52610 Holiday Drive
St. Clairsville, OH 43950
Carol Wojcik
614-695-3055

Turkey Shoot (3)
Anna Racquetball Center
Rt. 1 Hwy. 146 E
Anna, IL 62990
618-833-7722
Terry Dean

NOVEMBER 14-15

Vermont State Intercollegiates (2)
Racquet Edge Rec Center
#4 Morse Dr.
Essex Junction, VT 05452
Jerry Donahue
802-879-7734

Florida State Intercollegiates (2)
Orlando Tennis & Racquet Club
825 Courtland St.
Winter Park, FL 32804
Alan Sobel
305-644-5411

Nevada State Intercollegiates (2)
University of Nevada at Las Vegas
Las Vegas, NV 89154
Ed Mahn
702-878-6665

NOVEMBER 19-22

The Sports International and
Brownsville Sport Palace Turkey Shoot
Out Open Racquetball Tournament (3)
Brownsville Sport Palace
2349 Price Rd.
Brownsville, TX 78521
George Squire
512-542-1460

NOVEMBER 20-22

Turkey Fest (3)
Merry Meeting Racquet Club
120 Main St.
Topsham, ME 04086
Bill Slattery
207-729-0129

Turkey Shoot (3)
Supreme Court
4633 Trousdale
Nashville, TN 37204
Dorothy Dixon
615-792-7829

4th Annual Miller Lite Greater
Richmond Racquetball Classic (2)
Courts Royal Racquetball Club
4700 Thalbro St.
Richmond, VA 23220
Armen Sharigian
804-355-4311

King George Open (3)
King George's Racquet and Health Club
17 King George Rd.
Greenbrook, NJ 08862
Pete Talbot
201-356-6900

Brockton Open (3)
Brockton Racquetball Club
Brockton, MA
Gerry Cassidy
588-3444

NOVEMBER 21-22

New York State Intercollegiates (2)
21st Point Club
McGown off Western
Albany, NY 12203
Vince Wolanin
518-489-3276

DECEMBER 4-6

Natural Life Pro/Am
Holiday Health and Racquet Club (3)
424 Odlin Rd.
Bangor, Maine 04401
Keith Mahaney
207-947-0763

6th Annual Western Massachusetts
Open (3)
Pittsfield, MA
Mike Meyer
413-499-4600

Texas State Intercollegiates* (2)
Southwest Texas State
San Marcos, TX
John Hooghe
512-392-4576
*Housing Available

Santa Claus Special (3)
Anna Racquetball Center
Rt. 1 Hwy. 146 E
Anna, IL 62990
Terry Dean
618-833-7722

"SHOWDOWN IN SACRAMENTO"
Oldies But Goodies Handball/
Racquetball Tournament (3)
Sacramento Handball &
Racquetball Club
725 14th St.
Sacramento, CA 95814
Ed Martin/Jose Phillipps
916-441-2977

Holiday Festival (2)
Pleasure Park
2303 Hwy 70 E
Hot Springs, Ark 71901
Tom Wilkins
501-623-5559

DECEMBER 5-6

Arizona State Intercollegiates (2)
Scottsdale Civic Center
7303 E. Earli Dr.
Scottsdale, AZ 85251
Dave Braga
602-949-0643

North Dakota State Intercollegiates (2)
Tac Racquetball Club
1401 Dyke
Grand Forks, ND 58201
Jay McGurran
701-746-4486

DECEMBER 11-13

1st Annual Big Brother & Sister
Manatee County Racquetball
Tournament (2)
West Side Racquetball Club
6500 Manatee Ave. W.
Bradenton, FL 33505
Jim Brown
813-355-2912
813-792-7383

DECEMBER 12-13

Connecticut State Intercollegiates (2)
Downtown Racquet Club
230 George St.
New Haven, CT 06502
Will Verhoff
203-787-6501

Indiana State Intercollegiates (2)

The Court Club
3455 Harper Rd
Indianapolis, IN 46240
Brenda Garvey
317-846-1111

JANUARY 8-10

Seniors Only (2)
Sun Oaks Racquet Club
3452 Argyle Rd.
Redding, CA 96002
Debbie Carmona
916-221-4405

Win Your Height in Miller Lite
Supreme Court Club
West Springfield, MA
Tom Economidy
413-781-0181

JANUARY 15-17

2nd Annual What's Your Racquet
Open (3)
What's Your Racquet
1904 Atlantic Ave.
Wall, NJ 07719
Pete Brown
201-223-2100

Maine State Singles Closed (2)

Andy Valley Racquet Club
John Bouchard
207-284-5953

JANUARY 22-24

3rd Annual Tiger Open (3)
Racquet Club
467 N. Dean Rd.
Auburn, AL 36830
Bob Huskey
205-887-9591

R & R Racquetball Open (3)

R & R Racquetball Club
Whitman, MA
Dave Harrison
447-4478

This is a listing of AARA-sanctioned events.

- (1) — 1st level tournament
- (2) — 2nd level tournament
- (3) — 3rd level tournament
- (4) — 4th level tournament
- (5) — 5th level tournament
- (6) — 6th level tournament

*To put your tournament on this calendar, call Halie at 901-761-1172. To ensure publication, information should be turned in by the 1st of the month, 60 days prior to publication (i.e. August 1 for the October issue, etc.)

AARA NEWS

by Luke St. Onge, Executive Director

"On behalf of the AARA Board of Directors, we are most pleased to announce that Lite Beer from Miller will be the "official beverage" of the AARA 1982 Regionals, National Singles, and National Doubles Championships. In addition, Lite Beer from Miller has indicated their willingness to work as co-sponsors of all AARA State Championship tournaments and all AARA events at the Level 3 status and up.

This long term commitment from Lite Beer from Miller is extremely significant in that it marks the first time that amateur racquetball has been sponsored by a manufacturer outside the racquetball industry. We applaud Miller for their commitment and look forward to a great 1982 for the amateur player.

"Last month we printed the final 1981 National Amateur Racquetball Rankings, based upon AARA sanctioned events. Mr. Bill Verity, the AARA's National Ranking Chairman, has ranked over 6,000 players from 40 divisions during the 1980-81 season and our thanks go out to him for his efforts. The AARA congratulates all of the division champions in the final standings. Remember, you can only attain this national recognition by playing in AARA sanctioned events.

"The 15 AARA Regionals will be held on weekends from March through April this year. This is a departure from past years when all Regionals were held on the same weekend. It was felt that by allowing each Region to pick its own weekend, that the response will be greater.

"The new rule book is now available, and will be enclosed in each AARA membership packet. Also, the membership packet has been expanded to include over \$30 in equipment and service discounts — all for only \$6 per year.

"Sportprint, official suppliers of T-shirts for the AARA, has secured a toll free number for customer convenience. Ask for Morris Brown at 1-800-238-3248.

"Sites bidding on the AARA Nationals include Chicago, Detroit, Boston, New Haven, and Miami.

"The nominating committee of the AARA is beginning to put together its slate of candidates for the 1982-85 term. Interested parties please contact AARA National Headquarters, 5545 Murfay Ave., Suite 202, Memphis, Tenn. 38119; 901-761-1172, for further information. ●

SCORECARD

Tournament Results

California's Grand Prix

by Janet Glenney



Men's Open Champ, Bruce Radford.

The beautiful Del Amo All Pro Athletic Club in Torrance, California, played host to the finals of California's largest amateur circuit; the Pernod California Grand Prix.

This circuit, run by Creative Tournaments, consisted of twelve qualifying tournaments; seven held in southern California and five held in northern California. The top four finishers in each division qualified to play in the finals at Del Amo and with over 350 entries, the finals were truly a racquetball delight.

All participants received complimentary gifts and the third and fourth place winners received shoes from Tred-2 and warm-ups compliments of Regal Sportswear. First and second place winners received fabulous prizes ranging from stereos to AM-FM clock radios from Emerson Radio. First place prize in the Women's Open division was a Lifecycle and first place prize in the Men's Open division was a trip for two to England, courtesy of Grand Metropolitan Hotels, London, England.

Many surprises unfolded as the tournament progressed. Women's open number one seed, Marci Drexler, lost in the semifinals to Cindy Donnelly. The defending champion of last year, Cindy Moore, proved once again that she is truly a champion by beating Cindy Donnelly in the finals, 21-16, 21-4.

Men's Open division also held surprises for racquetball fans. Number two seed, Rob Baruck, lost to Guy Texera in the second round while number one seed, Steve Lerner, lost in the semifinals to long time competitor Bruce Radford, 8-21, 21-15, 11-10. Texera and Radford played in the finals and Radford won handily, 21-19, 21-12.

"The tournament was a success due to player enthusiasm", says Tournament Director and Creative Tournaments founder, Gary Williams. "We are fortunate to have a following of loyal and excellent racquetball players." This was

the Second Annual Grand Prix and Williams is already planning ahead for next year's Grand Prix.

It was quite a tournament at Del Amo. All participants at these finals were winners and all should be congratulated.

Results

MEN'S OPEN: Finals: Bruce Radford over G. Texeira 21-19, 21-12; Semifinals: B. Radford over S. Lerner 8-21, 21-15, 11-10; G. Texeira over J. Mack 21-14, 17-21, 11-8; MEN'S A: Finals: Bruce Cooperman over Steve Gartrell 21-15, 21-12; Semifinals: B. Cooperman over A. Chavez 21-16, 21-3; G. Gartrell over T. Smythe 21-16, 21-6; MEN'S B: Finals: Mike Gustafson over Keith Denton 20-21, 21-16, 11-4; Semifinals: M. Gustafson over L. Estes 16-21, 21-11, 11-2; K. Denton over J. Davidson 10-21, 21-12, 11-5; MEN'S C: Finals: Steve Rametta over Dave Diaz 21-11, 21-16; Semifinals: S. Rametta over C. Lytle 21-6, 21-14; D. Diaz over S. Holm 21-17, 21-9; MEN'S VETERAN SINGLES: Finals: Bruce Radford over Jon Woodard 21-9, 17-21, 11-7; Semifinals: B. Radford over J. Sullivan 21-19, 21-12; J. Woodard over D. Jones 21-15, 21-13; MEN'S SENIORS: Finals: Gary Guilleotte over Bill Fearing 21-18, 21-7; Semifinals: G. Guilleotte over T. Marti 21-18, 21-19; B. Fearing over S. Sutherland 19-21, 21-17, 11-7; MEN'S MASTERS: Finals: Bob Wetzel over Jay Streim 21-10, 19-21, 11-2; Semifinals: B. Wetzel over P. Belmonte 21-10, 21-6; J. Streim over V. Lerner 21-19, 19-21, 11-2; WOMEN'S OPEN: Finals: Cindy Moore over Cindy Donnelly 21-16, 21-4; Semifinals: C. Moore over Joanne Pokorny 21-17, 21-10; C. Donnelly over Marci Drexler 8-21, 21-20, 11-5; WOMEN'S B: Finals: Carol Montalbo over Jill Braasch 21-7, 21-8; Semifinals: C. Montalbo over K. Shaw 21-7, 21-11; J. Braasch over S. Lacey 21-20, 14-21, 11-5; WOMEN'S C: Finals: Sherria Bouea over Corrine Georgino 21-17, 20-21, 11-6; Semifinals: S. Bouea over P. Fruhwirth 21-8, 21-13; C. Georgino over L. Oliver 21-15, 21-14; WOMEN'S SENIORS: Finals: Terry Esser over Pauline Bloor 21-16, 21-8; Semifinals: T. Esser over T. Thomas, P. Bloor over J. Green; MEN'S OPEN DOUBLES: Finals: G. Texeira / C. Brysman over R. Williams/W. Radford 21-19, 21-11; Semifinals: Texeira/Brysman over Wolf/Gomez 21-16, 21-18; Williams/Radford over Sullivan/Baruck 18-21, 21-15, 11-3; MEN'S B DOUBLES: Finals: J. Shaw/D. Perkins over A. Viramontes/D. Asimos 21-18, 21-11; Semifinals: Shaw/Perkins over Watson/Goulding 21-7, 12-21, 11-5; Viramontes/Asimos over Beck/Kirksey 8-21, 21-16, 11-6; MEN'S C DOUBLES: Finals: G. Sais/T. Retting over M. Sloor/D. Bowers 21-17, 8-21, 11-10; Semifinals: Sais/Retting over Apple/Reynaldo 21-16, 18-21, 11-8; Sloor/Bowers over Montano/Barragan 21-20, 20-21, 11-9; MIXED OPEN DOUBLES: Finals: K. Watson/C. Moore over M. Drexler/J. Shulem 21-18, 17-21, 11-9; Semifinals: Watson/Moore over Hollingsworth/Evans 21-13, 21-16; Drexler/Shulem over Sutherland/Esser 14-21, 21-11, 11-5; MIXED C DOUBLES: Finals: B. Wetzel/K. Wetzel over M. Silva/J. Desantis 21-7, 21-17; Semifinals: Wetzel/Wetzel over Atwood/Frohworth 15-21, 21-20, 11-7; Silva/Desantis over Horan/Smith 21-6, 21-18.

CANCER SOCIETY BENEFITS FROM RACQUETBALL

by Keith Eller

The Second Annual Cancer Society Racquetball Tournament, held in Wintersville, Ohio, August 21-23 was a tournament for enthusiasts and players alike. An AARA sanctioned open tournament which drew over 250 competitors, it showcased a Semi-Pro exhibition division with 28 of the top-ranked players from 12 states. Featured in this group were pro regulars Ben Koltun of St. Louis and Mike Levine of Rochester, N.Y.; one of the best, if not the best, amateurs in the United States, Ruben Gonzales of New York City; and the 12-year-old phenomenon from Baltimore, Maryland, David Simonette. Tournament players and spectators were treated to a display of racquetball prowess that many only dream of having.

Starting Friday night, 28 top-ranked players began competition in a double elimination type set-up until the quarter-finals. Then the winners continued on to the semifinals, while the losers bracket fought it out for a winner-takes-all prize of \$200. Pre-tournament favorite, Ben Koltun, advanced past Mark Nash and Dave Rosenblum to earn a berth in the semis. Joining Koltun in the semifinals was Kevin Vantrease of Findlay, Ohio with wins over Mike Ray and Tom Whipple. Ruben Gonzalez advanced past Al Plummer and Danny Obremski. Also entering the final four was Mike Levine after defeating Mitch Buckler and Eric Foley. On Sunday morning, play began with Ben Koltun slipping past Kelvin Vantrease 21-18, 14-21, 11-2 and Ruben Gonzalez overcoming Mike Levine 21-11, 15-21, and 11-8 in a good tie-breaker. This set up a Sunday afternoon shoot-out between Koltun, a regular on the pro tour the past six years and Gonzalez, winner of the 1981 Ektelon-



Ruben Gonzalez, left, defeats Ben Koltun, right, Men's Semi-Pro Division.

Perrier Championships and a semifinalist in this year's Nationals. The two players put on a demonstration of superior racquetball for two hours with Ruben Gonzalez coming out on top in the Semi-Pro division 21-6, 10-21, and 11-6.

In the loser's bracket of the Semi-Pro division, Mike Ray of Dunwoody, Georgia slipped by Dave Rosenblum of Cleveland in a very tight match, 20-21, 21-19, 11-10 to win the \$200. In the Men's Semi-Pro doubles, Dan Clifford and Dave Eagle of Cincinnati, Ohio defeated Kelvin and Lee Vantrease of Findlay, Ohio by scores of 21-10, 17-21, and 11-5.

Competition in the Women's Open singles began Saturday morning with Fran Davis of Maywood, N.J., the number one seed, eliminating Jan Peterson of Meadville, Penn., and Melanie Britton of Palm Springs, Fla., to move into the finals on Sunday. Cindy Baxter of Lewistown, Penn. filled the other finals slot with wins over Ohio State champ Colleen Brint of Sylvania, Ohio and Melanie Taylor of New Jersey. The women put on another excellent exhibition of fine racquetball finesse in the finals as Fran Davis, who is ranked 6th on the Women's Pro Tour, defeated Cindy Baxter, who is also a tour regular qualifier, in a very



Fran Davis, from New Jersey; Women's Open Division winner.

closely contested match, 21-18, 21-18.

In the Men's Open singles, top seed Jack Emes of Pittsburgh made it into the finals with wins over Hugh Klein, Jerry Lombardo, and Jerry Mifsud. Number two seeded Justin Vantrease of Findlay, Ohio moved into the finals by defeating Tran Forbes, Mike Coyne, and Don Granahan. In the finals Vantrease overcame Emes in another great match 16-21, 21-13, and 11-3.

Men's Open doubles semifinals saw Bill and Harry Miller defeat Don Granahan and Jerry Mifsud and Jack Emes and Rip Miller downing Justin Vantrease and Adam McKay. The finals brought victory to Miller and Miller over Emes and Miller 21-20, and 21-17.

Closing Comment. Special thanks go out to the Sponsors who helped make the tournament possible: Genesee Beer represented by Vince Tripodi; Dr. Roger Isla; Cameron Coca Cola; McDonald's Hamburgers; Teramana Brothers; Lancia Nursing Homes; Drs. Mike Giannamore & Frank Petrola; and AMF Voit and Fran Davis. Thanks also go out to Patty Eller, Pauletta Sprochi, Judy Wright, & Shelle Pentes on registration; Diane DeLoreto, Barb and Joe Matello, Shirley Mitchell, Betty Atkinson, Marianne Falbo & Margaret Gaudio for Hospitality. Also Bruce Hornick and Steve Luckhardt as Floor Managers, Kent Moore and Mike Falbo for transportation. Finally, to all

265 entrants without whom there would have been no tournament, we say thanks from the American Cancer Society.

The rest of the divisions went like this:

Men's B Singles:
Quarterfinals: Bolger over Magistro; Finowski over Braun; Miller over Eross; Lombardo over Neuschwander.
Semifinals: Miller over Finowski; Lombardo over Bolger.
Finals: Larry Miller over Jerry Lombardo 21-3, 15-21, 11-2.
Men's B Doubles:
Semifinals: Runkel and Bickel over Frazier and Carenbauer; Armstrong and McLane over DeLoreto and Shane.
Finals: Ron Runkel and Tim Bickel over Armstrong and McLane 21-9, 21-16.
Men's C Singles:
Quarterfinals: Ayers over Mercer; Neal over Jokovich; Erchick over M. Wagner; Sabey over Romito.
Semifinals: Ayers over Neal; Erchick over Sabey.
Finals: Jerry Ayers over Chris Erchick 21-5, 21-9.
Men's C Doubles:
Semifinals: Ayers and Brandenburg over Von Schwarz and Drake; Stern and Crow over Falbo and Matello.
Finals: Jerry Ayers and Todd Brandenburg over Ken Stern and Tim Crow 21-15, 14-21, 11-8.
Men's Novice singles:
Quarterfinals: Reed over Krosky; Larson over Matthey; Nelson over Krug, Sr.; Khuze over Willis.
Semifinals: Reed over Larson; Khuze over Nelson.
Finals: Wally Khuze over Hank Reed 12-21, 21-19, 11-6.
Men's 30+:
Semifinals: Rosenbloom over Prezkop; Bates over Becker.
Finals: Jim Rosenbloom over Don Bates 21-10, 21-6.
Men's 35+:
Semifinals: R. Miller over Durant; H. Miller over Scarano.
Finals: Rip Miller over Harry Miller 21-17, 10-21, 11-7.
Men's 40+:
Semifinals: Beitsch over Brem; Treika over Krovocheck.
Finals: Bill Beitsch over Dennis Treika 21-13, 21-14.
Juniors 13-and-under:
Semifinals: T. Brandenburg over R. Travelstead; E. Liss over L. Lewis.
Finals: Todd Brandenburg over Eric Liss 21-10, 21-1.
Juniors 15-and-under:
Semifinals: M. Mikulla over Finowski; R. Krug, Jr. over Stern.
Finals: Ron Krug, Jr. over Mark Mikulla 13-21, 21-6, 11-8.
Juniors 17-and-under:
Semifinals: T. Dieghan over K. Kasper; Armstrong over S. Dean.

Finals: Tim Deighan over Rick Armstrong 21-7, 21-4.

Women's B Singles:

Quarterfinals: Nakovich over Gawlas; Brint over Ross; Gray over Gibson; Ackerman over Fink.

Semifinals: Nakovich over Brint; Ackerman over Gray.

Finals: Kerstin Ackerman over Porge Nakovich 21-8, 12-21, 11-10.

Women's B Doubles:

Semifinals: Pecman and Nakovich over Smith and Landers; Brem and Ross over Gibson and Pentes.

Finals: Samantha Brem and Lynn Ross over Donna Pecman and Porge Nakovich 21-8, 21-8.

Women's C Singles:

Quarterfinals: Mishrell over Britton; Crider over S. Weber; Conti over Black; Buckingham over Mowder.

Semifinals: Crider over Mishrell; Conti over Buckingham.

Finals: Kim Conti over Judy Crider 21-11, 21-19.

Women's C Doubles:

Semifinals: Lundberg and Conti over Gray and Vicek; Bagnoni and Adiatori over Piar and Kurek.

Finals: Maxine Lundberg and Kim Conti over Tammy Bagnoni and Jan Adiatori 21-8, 21-3.

Women's Novice Singles:

Quarterfinals: Mowder over Pavone; Fox over Gray; Piar over Flutem; Kurek over Andes.

Semifinals: Mowder over Fox; Kurek over Piar.

Finals: Carol Kurek over Lori Jo Mowder 21-2, 4-21, 11-9.

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SCORECARD

Tournament Results

NORTHEASTERN OPEN MAY 29-31

WOMEN'S B: Bonnie Frua, Lori Ward, Chris Olijnyck, Fran Mullen; WOMEN'S C: Louise Demars; Laura Hannon, Debbie Didato, Debbie Wartonick; MEN'S NOVICE: Ray Frisbee, Larry Crone, George Balducci, Joe Shelto; MEN'S CC: Ray Brooks, Frank Patton, Joe Sendra, Rick Fitzsimons; MEN'S C: Mark Fraser, Tom Masewan, Tim Collins, Steve Pyka; MEN'S B: Dave Cardillo; Scott Brown, Bob Siematoski, John Luclew; BOYS' 18-AND-UNDER: Pete Chardoyne, Ray Ranson, Bruce Stegnah, Tom Montalbano; BOYS' 16-AND-UNDER: Scott Brown, Tim Collins, John Tutko, Lou Rivera; BOYS' 14-AND-UNDER: Nolan Glantz, Tyson Peco, Darren Adler, Jeff DelRosso; BOYS' 10-AND-UNDER: Nolan Glantz, Bryan Hogan, Eric Crawford, Bill Austin.

THE SUPREME COURT JUNIORS OPEN AUGUST 7-9

10-AND-UNDER: Jack Delaney, Brad Boney, Jason Lewis, Candi Conway; 12-AND-UNDER: Lee Lewis, T. J. Bugel, Jack Delaney, Candi Conway; 14-AND-UNDER: Scott Corneal, Lee Lewis, Christine Zello, Thomas Fulcomer; 16-AND-UNDER: Dave Sabalesky, Scott Corneal, Brian Stewart, Steve Orlick; 18-AND-UNDER: Dave Sabalesky, Tony Ivock, Bruce Thomas, Jeff Troxell.

LONG ISLAND CHAMPIONSHIPS AUGUST 21-23

MEN'S OPEN: Tom Jacklitsch, John Peterson, Tom Montalbano, Hank Grass, Jr.; MEN'S B: Brian McDermott, Don Costleigh, Jr., Ron Goldman, Bryan O'Neill; MEN'S C: Bruce Stegner, John Malgeri, Steve Schnecter, Malgeri; MEN'S CC: Neil Cohen, Steve King, Richard Applebaum, Michael Fritzman; MEN'S NOVICE: Richard Consiglio, Scott Graber, Stuart Glickman, Robert Blumenthal; MEN'S SENIORS: Jack Crisp, Don Costleigh, Sr., Rick Walsh, Dennis McComb; MEN'S MASTERS: Charles Bott, Bernard Bellman, Ray Devine, Dick Goodheart; WOMEN'S NOVICE: Deena Cohen, Cathy Hughes, Denise Ryan, Fran Gutowsky; WOMEN'S C: Cathy LoVerde, Denise Densing, Verna Brown, Ann Solomon; WOMEN'S A: Pat McCarrick, Jodi Llacera, Dolores Cannella, Phyllis Borow.

MISSOURI STATE CHAMPIONSHIPS JULY 31-AUGUST 2

MEN'S OPEN: Mike Greenberg, Mark Newport, Jeff Berin; MEN'S B: Dave Creech, Jim Wolff, Bill Martin; MEN'S C: Steve Phipps, Jim Griffin, Gene Schmitt; MEN'S D: Terry Dean, Rick Wallace, Ken Sanger; MEN'S NOVICE: Brian Hoff, Les Peacock, Joe Ribando; WOMEN'S OPEN: Debbie May, Tammy Woods, Deni Roman; WOMEN'S B: Linda Pressgrave, Stephanie Hawks, Diane Kirkland; WOMEN'S C: Janet Hertlein, Jan Bester, Linda Gosney; WOMEN'S D: Melissa Meyerkord, Erika Carr, Laura Proemsey.

MAINE VACATIONLAND OPEN AUGUST 15-16

MEN'S OPEN: Randy Olson, John Bouchard, Rick Eddy, Steve Cox; MEN'S B: Gary Bissonnette, Robin Liller, Mike Spugnardi, Mike Byrne; MEN'S C: Dale Smith, Brad Joslyn, Scott Cochran, Jim Chase; MEN'S NOVICE: Alan Alexander, Phil Dyer, Mitchel Guntly, Carl Brunelle; WOMEN'S B: Anne Thibeault, Kathy Gagne, Nancy Carr, Anita Findlin; WOMEN'S C: Maxine Michaud, Leesa Barnes, Muriel Jalbert, Donna Cool; WOMEN'S NOVICE: Donna Cool, Mary Perkins, Loraine Cormier, Sandi Beaudoin; MEN'S OPEN DOUBLES: Randy Olson-John Bouchard, Tim Larabee-Mark Bourque, Erney Tarling-Steve Cox, Dave Trout-Steve Dipalma; MEN'S B DOUBLES: Bruce Dow-Dan Tibbetts, Jim Hood-Bruce Collette, Robin Liller-Leon Francoeur, Jeff Haywood-Alfred Karter; MIXED DOUBLES: Frankie Campbell-Mike Spugnardi, Gary Smith-Leesa Barnes, Sandi Beaudoin-Ray Beaudoin, Fred Karter-Nancy Carr.

SOUTHWEST GRAND PRIX FINALS JUNE 11-14

MEN'S OPEN: K. Taylor, K. Chamblis; MEN'S B: R. Piper, J. Graham; MEN'S C: T. Hill, D. Beach; WOMEN'S OPEN: Melinda Trickett, Carol Godard;

WOMEN'S C: T. Singletary, C. Schmidt; MIXED DOUBLES: D. Brassfield-M. Sexton, B. Brassfield-K. Barnett.

JUBILEE 351 PEPSI CHALLENGE JULY 31-AUGUST 2

MEN'S OPEN: Gul Khan, Al Manditch, Mike Killian, Dennis Aceto; MEN'S B: George Noonan, John Ustas, Joe Savino, Tom Gill; MEN'S C: Steve Pelaez, Jeff Keenan, Tony Grande, Earl Seligman; MEN'S NOVICE: Dennis Quintal, John Hoffner, John Lang, Louis Rubera; MEN'S SENIORS: Rich Voto, Pat Brennan, Joe Indelicato, Keith Morgan; MEN'S MASTERS: Frank Middleton Sr., Vincent Riccardi, John Lepore, John Wheeler; WOMEN'S OPEN: Nan Higgins, Janet Kelleher, Mary O'Sullivan, Deborah Hensley; WOMEN'S C: Ellen Febonio, Karen O'Neil, Laura Radice, Philae Carver; WOMEN'S NOVICE: Denise Lecompte, Alice Meehan, Debbie Demarco, Lorraine Foreman.

THE BEST IN JUNIORS 1981 SUMMER CLASSIC JULY 18 & 19

BOYS' 18-AND-UNDER: Pat Silberman, Robert Meadows, William Holmes, Ken Larsen; BOYS' 16-AND-UNDER: Bob LeClaire, Bill Sparks, Robert Meadows, Terry Wheaton; BOYS' 14-AND-UNDER: Bobby Rodriguez, David Garcia, Jeff Baggenstos, Byron Cone; BOYS' 12-AND-UNDER: Jeff Stark, Mark Carpenter, Scott Warren, Steven Adams; BOYS' 10-AND-UNDER: John Ellis, Jeff Russell, Jason Gilbertie, Chris Carmona; BOYS' 8-AND-UNDER: David Sparks, Justin Moore, Jason Chel-lew, Jared Smith; GIRLS' 10-AND-UNDER: Rodie Martin, Stacy Sattler, Salina Rodriguez, Monica Carmona.

TRI-COUNTY RACQUETBALL CHAMPIONSHIPS SEPTEMBER 19-20

JUNIORS: Keith Getty, Brad Heckman, Joe Gallucci, Chris Greenlund; WOMEN'S C: Jan Fritz, Kristi Jordan, Linda Loudon, Emma Leese; WOMEN'S B: Pam Moffit; Coleen O'Keefe, Sue Kauffman, Jeanie Kepler; WOMEN'S A: Marjie Stewart, Jean Heckman, Jeri Barnes, Cindy Geiling; MEN'S C: Jim Kohlhaas, Carl Nicholson, Jack Hench, Tom Boyd; MEN'S B: Dennis Rosenberg, Ron Popola, Steve Denison, Larry Rados; MEN'S A: Marty Pavelic, Phil Overton, Fran Roman, Charlie Lichty.

VOIT SUMMER CLASSIC AUGUST 14-16

MEN'S B: Horace Wiggins, Earl Cornachehio, Gary Berman, Todd Miller; WOMEN'S NOVICE: Audrey Brandt, Janet Neubauer, Cynthia Uhl, Diane Schwartz; MEN'S NOVICE: Luis Martinez, Oreste Aribu, Steve Gates, Stan Schweiger; JUNIORS 18-AND-UNDER: John Rowlee, Tow Cowher, Tim Ouellette, Scott Hirsch; MEN'S C: Benny Lee, John Mas, Leo Piwnizka, Gus Casado; WOMEN'S B: Rhonda Elias, Kathy Dillon, Donna Willerth, Ellie Safie; WOMEN'S C: Audrey Brandt, Janet Neubauer, Martha Fernandez, Laura Weiner; MEN'S OPEN: Tom Rothstein, Jim Hawkins, Geoff Hunter, Richard Smith; MEN'S JR. VETS: Gary Biedermann, Steve Chapman, Butch Mysel, Tom Strang; MEN'S MASTERS: Jack Ross, Bill Leibstone, Jay Amis, Bill Alheim.

55 MPH OPEN JUNE 5-7

MEN'S OPEN: Kelly Rasmussen, Tim Nowell, Mike Goodman, Dan Contreras; MEN'S B: Jerry Webb, Jim Dunker, Sam White, Keith Solonen; MEN'S C: Rex Bradford, Steve Weiss, Joe Frazier, Fred Richardson; MEN'S D: Kurt Howe, Bob McRae, Larry Turner, Randy Forbes; MEN'S NOVICE: Pete Aronson, Ron Bryan, Ken Backman, Tim Kyle; WOMEN'S OPEN: Trina Rasmussen, DeeDee Nagel, Melodie Duke, Monika Smit; WOMEN'S B: Kasey Clark, Lisa Giannantonio, Sally Dunker, Chris Baker; WOMEN'S C: Cherry Stowers, Linda McRae, Pam Nickolaus, B. D. Parks; WOMEN'S D: Judy Boss, Jody Jarvis, Kim Cobine, Barbara Turner; WOMEN'S NOVICE: Mariellen Jurkovich, Karen Holcomb, Johnny Downing; MEN'S 35 OVER: Bob Page, Dave Rasmussen, Ben Ditch, Dave Gauthier.

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