

National Racquetball[®]

Vol. 13 • No. 6
June, 1984
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**DAVID & ANDY GROSS:
GROWING OLDER—AND BETTER**



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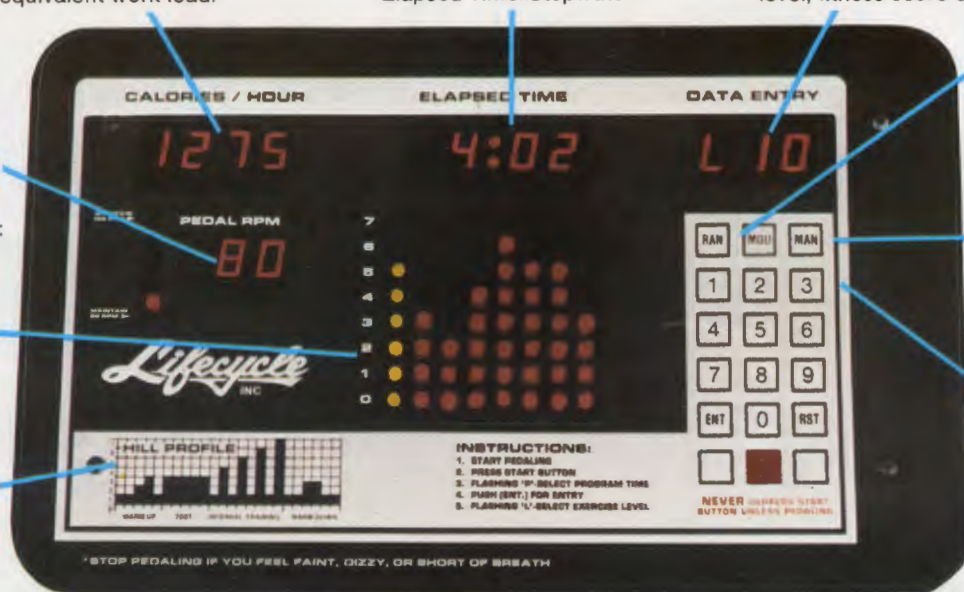
LED Matrix Display: provides graphic display of present and upcoming effort levels.

Hill Profile: visually represents terrain encountered in standard programs.

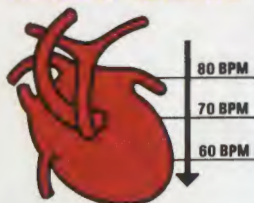
RAN: provides an immeasurable number of pre-programmed, random-accessed combinations to test the advanced user.

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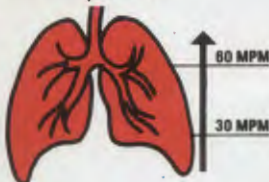
Maximum Oxygen Uptake: approximate measure of milliliters of oxygen consumed per minute, a documentable gauge of improvement.



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- Interval Training period—sequentially increases, challenging the body to do more while adhering to the laws of physiology.
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On the cover...

The rapidly rising Gross brothers (David and Andy, l. to r.) represent the new wave of racquetballers, young, strong, smart devotees of the power game. For a first hand look at their rise to prominence turn to page 7.

—photo by Stephan Thomas

Next issue...

The primary theme for July will be Olympic racquetball with an indepth study of exactly what's ahead on the road to Olympic participation and how long it might take to get there. Plus, the amazing Latin American travels of Steve Keeley and Carole George, full results of the Ektelon Nationals, and all our regular features!

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EXTRA!

Robson Stops Hofflander In Hands Vs. Racquet 'Battle Of The Sexes'

(Chicago)—Downtown Court Club racquetball pro Sandy Robson rallied from a 7-1 deficit in the fifth-and-deciding game to defeat Chicago fireman and USHA handball touring pro Dennis Hofflander to win the Fifth-Annual Hands vs. Racquet Battle of the Sexes at the Super Bowl V Midwest Handball and Racquetball Championships at Killshot, Ltd. in west suburban Bloomingdale, IL, January 29.

Robson's 6-11, 11-2, 6-11, 11-5 and 11-9 upset victory broke a two-all tie and gave women racquetball players a 3-2 edge over male handball players in the original Hands vs. Racquet Battle of the Sexes series.

Robson's victory also ended

speculation as to whether or not Hofflander would be able to come back fast enough from a leg injury he suffered in an exhibition match the preceeding Sunday in Canada to successfully defend the title he won last year against former three-time women's professional racquetball National Champion Shannon Wright-Hamilton.

Hofflander, who could not walk the day after the Canadian exhibition and only began jogging on Wednesday, was not sure his leg could take all the stop-and-go movement that would be necessary to win the \$500 winner-takes-all pro exhibition match.

Prime Time Enterprises, the west suburban sports pro-

motion company that originated the Hands vs. Racquet Battle of the Sexes concept and organized the Super Bowl V Championships, was seriously considering replacing Hofflander until the day of the event.

"The decision was his," said Prime Time president Gary Danno. *"If Dennis felt he could play well enough to win, we would go with him. If not, we would have gone with someone else."*

Hofflander, who is a great and proud handball player, was reluctant to talk after the event and obviously had mixed feelings about the match.

On the one hand, he would not blame his loss on the

injury. *"Sandy played a tough and aggressive game and deserved to win,"* he said like a true sportsman.

But, on the other hand, he also claimed he was "resurrected" saying, *"I came from the grave to play this match."*

That may have been an exaggeration but it is not too far from the truth. Normally a leg injury similar to Hofflander's takes about five weeks to fully heal. But the injury, although it was a factor, may not have been as big a one as everybody thought it would be.

"I pulled a muscle the day before the match," Robson revealed triumphantly after the match, *"but I didn't tell anyone and didn't think about it during the match."*

'Make RB Official High School Sport': Illinois

The Illinois State Racquetball Association (ISRA), represented by Alvin Barasch, Juniors Committee Chairman, has taken the first step to make racquetball an official high school activity in Illinois.

Barasch, along with Nick Schmitz, executive editor of Prime Time Sports & Fitness, presented a proposal to the Chicagoland Racquetball & Fitness Association (CRFA) at a recent

general meeting of that club owners organization.

The hope is to plug racquetball into teen life by making it an official sport at the high school level. If racquetball is given coverage in high school newspapers and yearbooks, Schmitz feels that more teenagers will be attracted to the sport.

"Then you will see teens flocking to the clubs in greater numbers than ever,"

Schmitz said. *"We will have taken a big step to guarantee that racquetball will have a large and steady influx of new blood and talent."*

Although schools are reluctant to sanction sports held at non-school locations (because of insurance and transportation difficulties), Schmitz feels that better utilization of clubs at non-prime time would be a big plus for courts and clubs.

It should also be pointed

out that many high schools already utilize off campus facilities for athletics including swimming, tennis, golf, and bowling—and the practice is growing since most school systems cannot afford the investment necessary to build additional facilities.

No official action has yet been taken by the CRFA to implement the proposal, but plans are being drawn up to approach the Illinois High School Association.

Head, Playboy Host Midwest Team Championships

Inaugurating a unique and exciting new concept in tournament racquetball, AMF Head and the Playboy Club sponsored the 1st Annual Midwest Team Championships, March 30-April 1 at the Court Players Club, Lansing, MI.

The tournament consisted of eight teams and 60 players who were invited to compete for money contracts to assist them in furthering their racquetball careers. Teams represented Ohio, Illinois, Indiana, Michigan, Missouri, Wisconsin,

Team Competition Results

1. Ohio	112 pts.
2. Michigan	86 pts.
3. Indiana	79.5 pts.
4. Illinois	76 pts.
5. West New York	69.5 pts.
6. Missouri	59 pts.
7. West Pennsylvania	47 pts.
8. Wisconsin	38 pts.

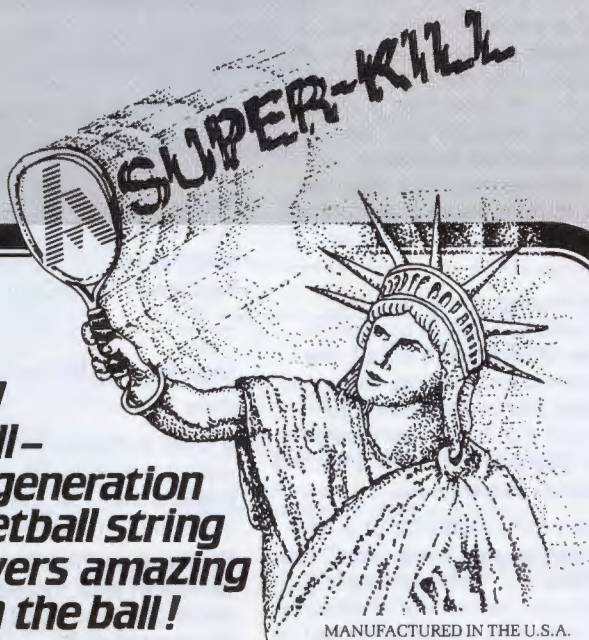


sin, Western New York and Western Pennsylvania.

Five men and two women made up each team and first place team members received a \$25 tournament entry fee and product grant from Head. In addition, four players, based on over-all performance, were awarded \$400 contracts. They were: Pam Clark (IN), Jim Juron (WNY), Bob Wilhelm (MI)

and Doug Ganim (OH).

Along with the tournament play, Steve Standemo and Doug Cohen hosted exhibitions and a two-day training seminar for the players. "The event was so successful," said Mark Wentura, head's assistant product manager, "that we plan to expand the program across the country."



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Letters

Portable Glass

Dear Editor:

I read with interest your April 1984 editorial entitled "Portable Glass: Why?" and found your point of view extremely short sighted.

At the close of your article you state, "I'd rather have a jam-packed, 400 people squeezed into The Glass Court or Sports Connection or Sportrooms or your club." Herein lies one of racquetball's major problems in my judgment.

Thus far, we as a sport have not been successful in exposing racquetball to the masses and, consequently, have failed to attract the attention of the masses or the sports media. I firmly believe that if the sport was exposed to the masses, the general sporting public would find it exciting, interesting, and extremely entertaining. Above all else, such exposure could create participation in racquetball and, thus, everyone involved in racquetball would benefit.

Envision, if you will, a major tournament that is staged in a metropolitan area in which numerous court clubs are used to play the early rounds of the draw. Once the participants have qualified for the quarters, the competition is scheduled into a major arena utilizing a glass court. In the arena the quarters, semis, and finals are staged and ample seating is available for all that care to observe. Therefore, the spectators could see the very best competition of the tournament and I, for one, believe that such would be appealing.

Of course, this format isn't new. The tennis world has successfully applied it for many years. Compare such with Wimbledon and the center court concept—it is very similar, and who is going to argue with the success of Wimbledon?

You bring out some valid logistical points. Certainly a portable court is expensive and, without doubt, developing one will require a rather strong financial commitment, as well as a lot of faith in the future of racquetball. Viewing distance from the court is also a logistical problem and certainly all arenas are not built for a racquetball tournament.

Nevertheless, we do observe large arenas that are filled for a boxing match. That guy in the "second balcony" does pay for a ticket to a boxing match, and in the ring fists do fly rather fast.

One arena that I've personally inspected and think would be ideal is Madison Square Garden's Felt Forum which seats approximately 5,000. There isn't a bad racquetball seat in the house. I suggest that you check out the Forum—your impression would be of interest.

Of course, there is risk involved in paying for a court and hoping that you can sell tickets. What's new about business taking risk? Your publication took a risk when it opened its doors for business. A court club owner took a considerable amount of risk when he invested to build the club in hope that people would pay to use it. All of us in business find it necessary to take risk from time to time, and it does take guts sometimes to venture into the unknown. However, sometimes the rewards can be great.

As far as the logistics of transporting, assembling and disassembling a portable court is concerned, it does pose an engineering challenge, but, perhaps, this challenge can be met. Tennis was able to accomplish it, and, of course, we now go to football and baseball games that are played inside. Technically, I believe that a portable court can be effectively engineered.

Of course, if a portable glass court is developed then a professional tour, that offers an opportunity for a promoter to make some money, becomes a reality. Without seating capacity and the possibility of effective television coverage a professional tour must be regarded as nothing more than promotional expense yielding minimal exposure.

Allow me to remind you when the American Football League started in 1960 that the crowds were small, the financials were discouraging, the facilities poor, and prospects of survival bleak. But the A.F.L. continued to exhibit both courage and faith and note where the A.F.L. is today.

So, why damn the possibility of a new innovation that would "show case" racquetball before it is given an opportunity to become successful? Certainly racquetball needs to be brought "out of the closet" for such action would be beneficial for all that have an interest in the sport—even you.

Cal James, President
Diversified Products
Opelika, AL

By raising and openly discussing the issue of portable glass courts we provide a service to the racquetball community. The fact that I came out

against such courts in no way should be interpreted as my being against expanding the racquetball universe. And since wiser minds than mine seem to feel strongly that there exists a cause and effect relationship between portable glass and increased participation in racquetball, then let's go for it!—Ed.

Dear Editor:

Your editorial in the April issue concerning portable tournament courts was of great interest to us at Playcon Recreational Equipment.

We have had available for several years a portable tournament squash court which can be erected in hotel ballrooms, auditoriums, etc. The court can be supplied with a glass back wall and/or one or two glass side walls.

The glass is normal one-half inch tempered and not Twin-Vue which has proven to be very expensive. We are of course aware of the Twin-Vue product as Playcon is the official supplier and installer of Ellis Pearson Glass Walls in Canada. Several years ago we installed an Ellis Pearson Twin-Vue front wall at the Mennen Cup in Toronto.

The cost of the proven Playcon portable tournament or "stadium" court is considerably less than the \$250,000 you quoted in your article and on a rental basis has proved in the world of squash to be a most viable project.

The court has, of course, existed as a squash court (18½ ft. x 32 ft. for Hardball and 21 ft. x 32 for softball). To convert to a racquetball court would not be a difficult problem.

J.M. Taylor
Kitchener, Ont., Canada

Digs Mondry Instruction

Dear Editor:

A brief follow-up to our phone conversation this morning in which I discussed with you the very nice articles Steve Mondry writes in your magazine.

Of the many fine instructional articles written in your magazine, I enjoy reading Steves' the best. He has a special talent for putting things into proper perspective, for both the novice and the advanced players. He keeps it simple and to the point whereby you can take his instruction onto the playing court and begin practicing his lessons.

Someday I hope to meet Steve and have him give me some much needed

lessons on how to cover the court better "defensively." Also, to get rid of my jitters and seemingly confusion in the best shot when up-front.

Bob Miller
Kingsford, MI

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A late addition to our Second Annual Glove guide, published in the May issue of *National Racquetball* is from AMF Voit.



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Upcoming Events

APRO Clinics, Convention

American Professional Racquetball Organization (APRO) has scheduled combination clinics/testings with facility management/operations seminars. An expanded program for certified racquetball teachers now includes full input on club operations responsibilities in keeping with the trend to multi-purpose facilities.

May 18-20—Charlie II Club, Palatine, IL.

June 13-14—Syracuse, NY.

June 16-18—Baltimore, MD.

June 22-24—Peace Dale, RI.

Plans have also been formulated for the APRO annual convention, Jamboree 1984—to be held at Steamboat Springs, CO, Labor Day weekend, **August 31-September 3**. A certified teachers' tournament will be held along with clinics/testings/seminars, and open membership meeting.

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From The Editor . . .

Tournament Time



I don't know about you, but I get excited this time of year. Excited because it's tournament time.

Sure, there are tournaments all year long and generally most major state and local events have recently been concluded. But for me, it's the major tournaments that get me going and this is the time of the year when they occur.

With the Ektelon Nationals just concluded and the DP Nationals about to begin, it brings back memories of Nationals past, where faded names captured cherished titles. The prize money is long-ago spent, but the titles remain.

Mike Yellen, of course, is the most recent in a long list of champions in racquetball, dating back, some say to 1968 when Bill Schultz of Madison, WI won the first National "Paddle Rackets" championships at the Madison YMCA, stopping Bill Schmidtke in the finals.

A year later, of course, Dr. Bud Muehleisen won a controversial, three game match over Charlie Brumfield to become the first "official" national champ, in the newly organized International Racquetball Association's (IRA) year-end tournament.

Ironically, both Schmidtke and Brumfield, the first two "losers," came back strong to become national champions in their own right, Schmidtke in 1971 and 1974 and Brumfield in 1972, 1973, 1975 and 1976. Only Craig Finger preceded their national domination with his 1970 victory.

And while much has been written about how this current season has been the year of the "non-tour," the fact that the pros have not had a cohesive, structured tour only serves to heighten the drama surrounding the Ektelon and DP Nationals.

These two tournaments have become *the* events of the year. Between Ektelon's national flavor (regionals preceding the nationals, ESPN coverage) and DP's prize money and tradition (the event can be traced to 1975) you have the unquestioned two major tournaments of the year.

Oddly, in the days prior to prize money, the days of Schultz, Schmidtke, Muehleisen, Finger and (for the most part) Brumfield, there was only *one* major tournament a year—the IRA Nationals. Imagine the pressure of that tournament!

Once a year you got a shot at the title. Everybody got the same shot. There was no qualifying, only matches. It seemed like endless matches, taking two days just to reach the round of 32. And anything could happen—injury, illness, bad day—and good bye for another year.

The IRA National is those days held singles and doubles under the same roof. The truly crazy entered both singles and doubles and it's no wonder it took six years before anybody won both (Brumfield, 1973).

So as we stand here in the midst of major tournament time, I sense the same pressure-packed atmosphere of days gone by. The players know that a victory in the Ektelon Nationals without a victory in the DP Nationals will merely create an empty throne. Without a third major event to break the tie, the players are forced to set their sights, not on one win, but on two.

Yet only one player will have that shot. Yellen? Hogan? Peck? Peck? Harnett? One from the pack? It's a wide open year. That's why I love tournament time. ●

Chuck Lane

David And Andy Gross: Growing Older — And Better!

by Thomas R. Raber

The Gross brothers, Andy (l.) and David.



Their gaze is intense, from eyes as dark as racquetballs. But the tennis ball fuzz on their chins gives away their youth.

David and Andy Gross, teen-age brothers from St. Louis, compete in the no man's land of racquetball where boys and men don't necessarily behave as men.

Take the case of Andy, 15, who recently began playing in professional tournaments. At age 12 he ranked No. 20 in

the St. Louis area and endured the acts of embarrassed wrath from opponents he defeated who were twice his age. This year, playing against fellow students in the St. Louis high school league, he weathered an unsuccessful movement to kick him out of the competition for being too good.

"Overall, I'd say most people are okay about it," Andy said. "In the pro division, everybody takes you seriously. But some of the amateurs try to intimidate me. Not so much now, but when I was younger a lot of guys didn't like getting beaten by a kid.

"In the high school league, I'll admit that I probably am better than most of the other players. But when my brother played in high school, he used to beat me in practice and they didn't kick him out."

David, 18, is ranked among the Top 25 on the pro ladder. In February, he upset No. 5-ranked Rueben Gonzalez at a satellite tournament in Atlanta. And in March he knocked off No. 7-ranked Jerry Hilecher at a satellite event in Cheyenne, WY.

Increasing strength to improve their power game, the Gross' have a constant training program.

Last year, David was the No. 1 amateur in the Midwest and led Parkway Central High School, where Andy is a sophomore, to an undefeated season. Now a freshman at Maryville College in St. Louis, David never was defeated in the high school league. Neither has Andy ever lost in school play.

But David has found that success comes with more difficulty in the pros, although as a rookie he has won more than \$800.

"Everything is more in the pros," he said. "There's more consistency, more accuracy, more power, more pressure. When you have to play a Hogan in the first round, it's pretty tough."

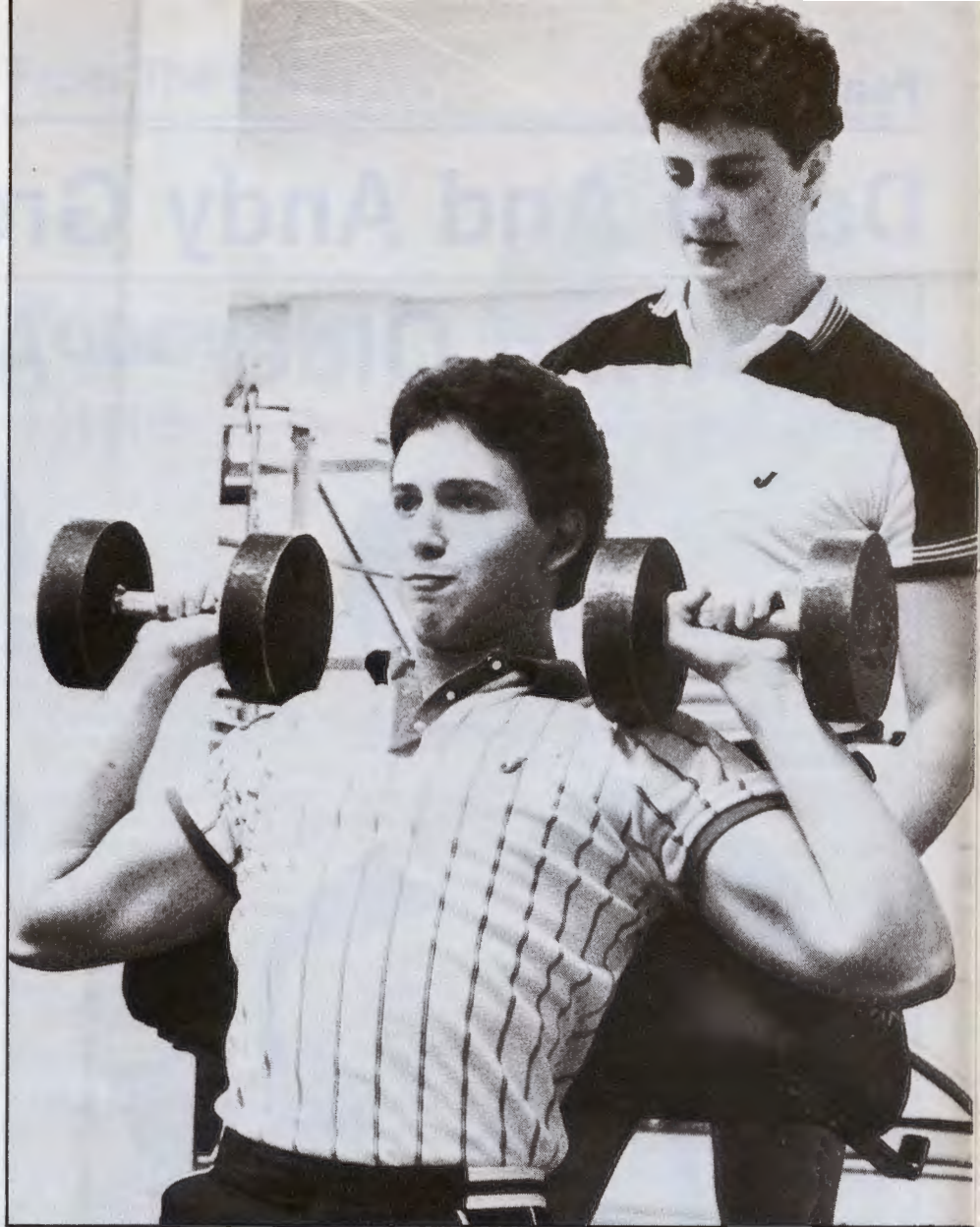
David and Andy are old friends of Marty Hogan. The brothers are sponsored by Marty Hogan Racquetball, a division of Pro-Kennex. They credited Hogan and other pros from St. Louis—including Steve Serot and Benny Kolton—for helping nurture their interest in racquetball.

"When we were getting started there were a lot of local pros around and they gave us a lot of encouragement," David said. "There were so many good players to watch, and we learned a lot just by watching them. After a few years we were playing against them."

The brothers' father, Marshall Gross, who owns a mirror manufacturing business in St. Louis, emphasized that making friends with established players helped his sons develop.

"They had some excellent role models," he said. "Having a bigger-than-life hero like Hogan around them all the time was meaningful. They really came along at a favorable time. The top guns in racquetball were accessible to them on a daily basis."

The brothers practice two to three hours on most days at the Jewish Community Centers Association (JCCA) in St. Louis. It was at the JCCA that David learned the game at age nine. A few years later Andy began playing when he was seven. The brothers have no coach. They never have taken a formal lesson.



"We watched a lot of old men who played handball at first," Andy said. "That's how we got the basic idea. There were a few other kids who started playing at about the same time who don't play now. Some stopped; we didn't."

Marshall Gross, who is an occasional player, tells a colorful tale about David's introduction to the game.

"I took him out to play racquetball when he was about eight and I beat him," Mr. Gross said. "Then I beat him again. I didn't hear anything about racquetball from him for about six months. Then he says, 'You want to play racquetball?' And I never beat him again."

But David and Andy are not the first of the Gross family to be competitive players. The brothers' sister, Sherri, 21, once was the top-ranked amateur among women in the St. Louis area. She soon will marry Bob Berg, who is a top open player in St. Louis.

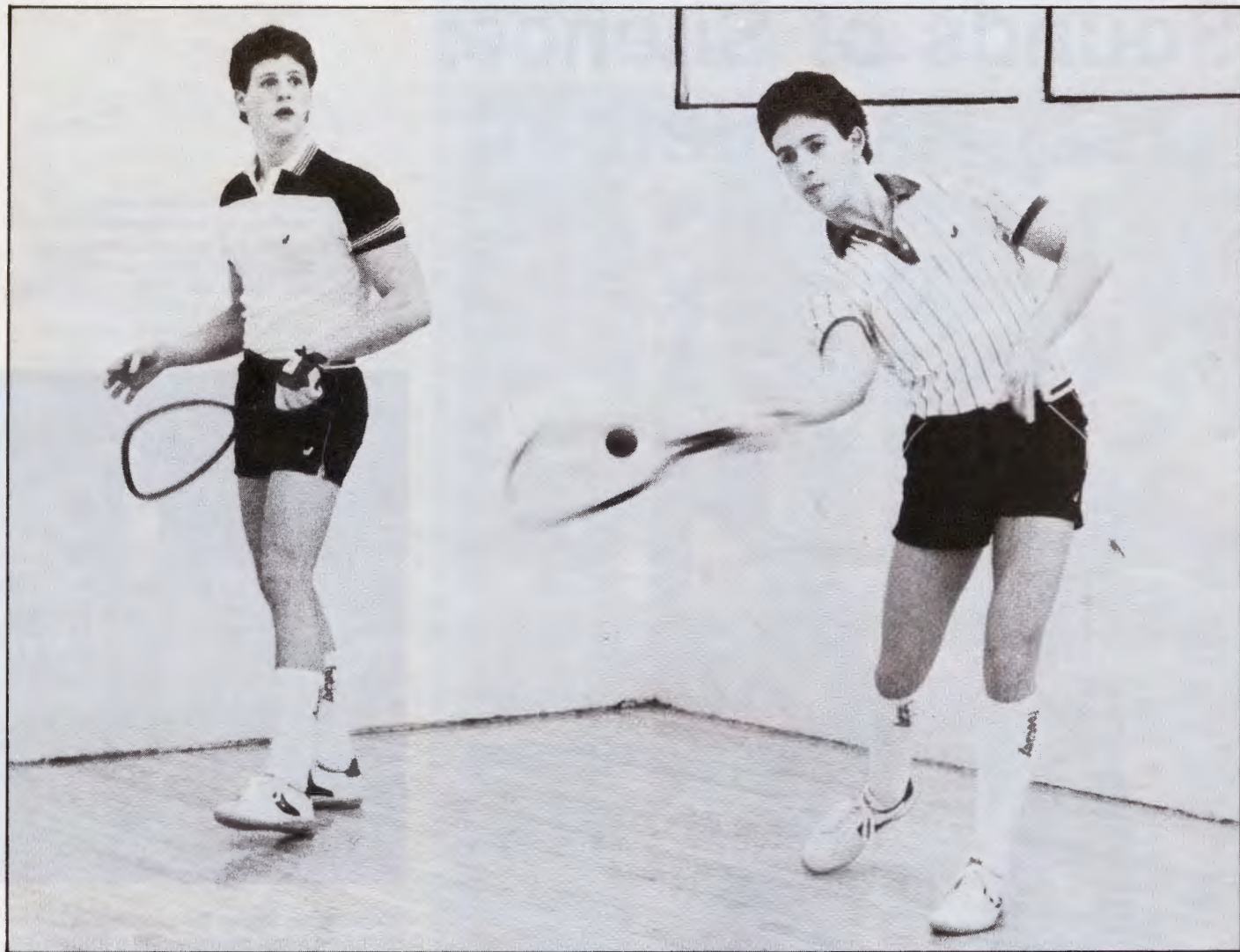
"Our parents never really pushed us. That might have turned us off," Andy said. "But they helped us. They used to drive us to all the tournaments and they still go to some of them."

Driving the brothers to tournaments primarily was the job of their mother, Joan. Now David and Andy usually drive themselves or take an airplane to events, but as Marshall Gross said, *"We're still very much involved. Absolutely. We schedule our time every day to fit their workout schedule."*

Andy limits his travel because he still is in high school. But he said that his teachers are cooperative, helping him keep up with the studies he does miss.

Although he has won no money since playing pro, he has had the satisfaction of upsetting John Egerman and Scott Hawkins at the Cheyenne tourney. He is ranked No. 3 in the Midwest. And he made the quarter-finals of the amateur nationals in Chicago a year ago.

Righthander David drives a shot against his lefty brother Andy. At least they never have trouble finding a game.



—photos by Stephan Thomas

"It seems that in the pros you have to put away your first shot," said Andy, who was unseeded at Cheyenne. "In the amateurs, maybe you can wait for the next shot. But the pros won't let you get that far."

The brothers each described their play as being a "power game." David stands 5'10", 155 lbs., and Andy is 5'9", 153 lbs., which they say is adequate size for their style.

"There's not much point in putting on too much weight or bulk, but we're still working on getting stronger and more filled out," David said.

And David is especially serious about his conditioning. *"I think David's main interest outside of racquetball is staying in shape," his mother said. "He works out more than anyone I've ever seen."*

Andy's main interest other than racquetball is magic and ventriloquism. Last summer he performed several shows at a resort in Wisconsin before 300 to 400 people. An outgoing sort, Andy also passes odd moments at tournaments by doing card tricks.

"They're very close," said Joan Gross. "They travel together and play together, and weightlift and jog together and fight together. They're often mistaken for twins."

"I think it has helped them a lot to have each other. Other people are always scrounging for games, but they always have one. Whatever they're doing, it's better to have a miserable time together than alone. And by themselves, I don't know if they would have been as perseverant."

Marshall Gross added, *"They're competitive, but without animosity. They know that if you're going to play ball, you have to play flat out even if it's against your brother."*

"Their participation has involved no active prompting on our parts. We've only worked with their interest. It's not like we've said, 'Okay guys, now it's time to play racquetball.' You can't make anybody do something like that."

Outside the racquetball community, the brothers have yet to be recognized for their accomplishments as much as athletes in other sports. Those who shoot jump shots always get more attention than those who make kill shots. But the Gross name is growing.

"It depends on who you talk to," Andy said. "I don't know what a tennis player might think, but among other athletes racquetball is a highly respected sport."

Their ultimate goal?

"We'd like to keep playing and get our rankings higher," Andy said. "And maybe play for a career." ●

Sounds of Silence: Deaf Racquetball

by Linda Catanzaro Boberg



Rock music blares out from the club's stereo system. Two guys slouch over the main desk, one making a pass at the girl running the show, the other accusing her of giving him the wrong key to a locker.

People dart, run, skip by, all yelling at someone lagging behind. People crowd around the front doors, making plans for their next session. And everywhere, at all times, the distinctive sound of blue balls can be heard bouncing off the walls.

Or can they?

To Peter Pudela, Jim Fleming, and Steve Horwich the world of racquetball is a silent place, but just as enjoyable as the loud, noisy one most players know. Pudela, Fleming, and Horwich are deaf.

Pudela lost his hearing after running a high fever at six months of age. Fleming's hearing was similarly affected when he was two. And although Horwich prefers the term "hearing-impaired," his hearing is really not any better than the other two. They are three of the directors of the National Racquetball Association of the Deaf (NRAD).



They are all "oral," the term given to deaf who can communicate with hearing people. As they stand on the court, they strain to read a hearing person's lips, but busily "sign" away with each other, arguing, laughing, chatting. Their speech, to a hearing person, does not always sound clear or grammatically correct, but they manage to get their point across if not through words then through determination and guts.

"I can talk. I can drive. I can play racquetball," said Fleming about the ability or inability deaf have with the sport.

In fact, Fleming, Pudela, and Horwich are founders of the NRAD. The three started on the court in 1976 and gradually brought more deaf into the game. Fleming began organizing tournaments for deaf in 1972 and helped form the West Suburban (Chicago) Association of the Deaf. That association hosted two tournaments, the first at the Glass Court in Lombard, IL and the next at the Chalet Sports Core in Willow Springs, IL.

There were only 21 people at the first tournament; this year the NRAD hosted

The committee for the First National Racquetball Tournament for the Deaf takes time out to learn hand signals. (Front row, left to right) Diana Pudela, Les Cooling, Jim Fleming, Peter Pudela; (Back row) Steve Horwich, Pat Youngs (Club Manager), Jean Sauser (Activities Director) and Rick Komer, Assistant Manager, Charlie Club.



over 150 people at the First National Racquetball Tournament for the Deaf, April 27-29 at the Charlie Club in Palatine, IL.

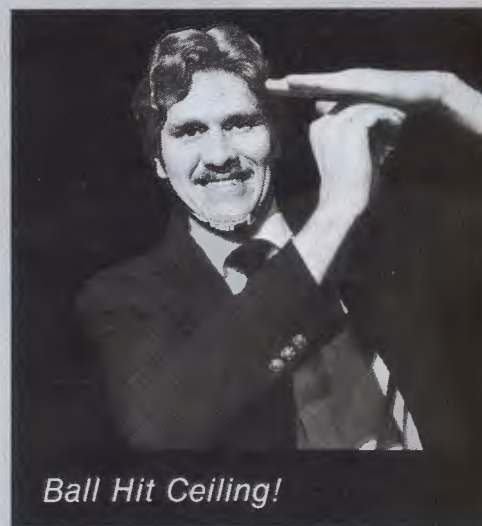
One would think that a deaf tournament would be much different from a hearing tournament, but it's not. There's the usual welcoming party, tournament prizes, and even a dinner dance. Deaf can hear the vibrations of music and dance to that while interpretive dancers are hired to dance to a band's music and sign the words to the songs.

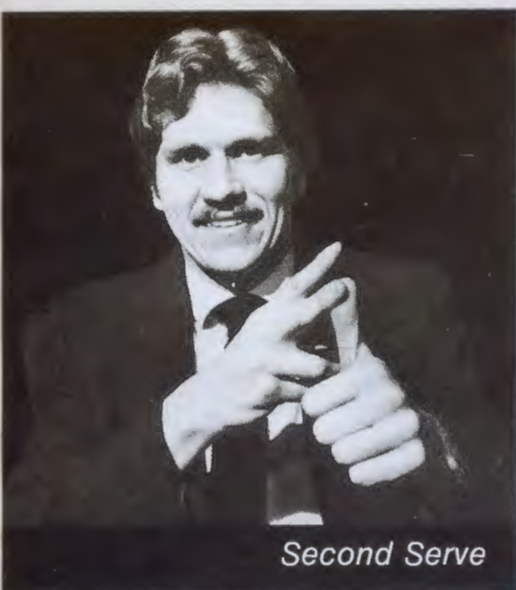
Les Cooling, the NRAD's Chief Referee—a hearing ref—says that he has never seen friendlier tournaments.

"They used to referee their own matches, but they couldn't hear skips and the arguments got pretty bad," said Cooling. *"It was obvious they could use some help in this part of the game."*

So Cooling, who had been refereeing regular tournaments, volunteered to officiate at deaf tournaments. It took him a while to learn sign language but after three years of doing these tournaments, Cooling is fluent.

Deaf Racquetball Signs





Second Serve



Play!



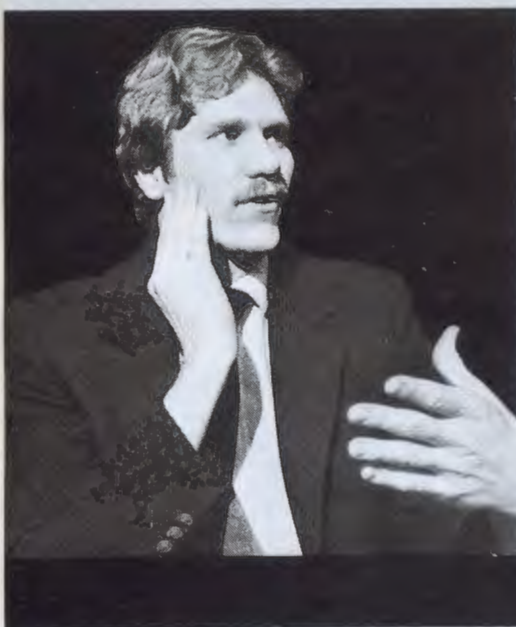
Dead Ball



Point



Long



Hinder

Deaf rely heavily on their eyes in racquetball as in other activities of their lives. Unfortunately, they don't like wearing eyeguards, and it was only after much insistence that Steve Horwich and Jim Fleming of the NRAD wore them.



— photos by Art Shay

Hearing players might wonder just how referees and deaf players communicate. A system has been worked out to make the game enjoyable for both sides. The refs use hand signals to communicate with the players. Cooling requires that all refs for NRAD tournaments attend two classes to learn the unique signals.

The refs throw balls onto the court if play needs to be stopped. The balls are taped with different colors to identify the reason for play stoppage, i.e., a hinder, skip, or double bounce pick up.

"Suppose there's a hinder and the players don't stop," said Cooling. "That's when we would throw a ball in. Or maybe it's a short serve and they continue to play. We throw the ball in."

But aside from using taped balls and hand signals, Cooling contends that the tournaments are like any of the regular tournaments with perhaps a little more brotherly concern for one another.

"They are the friendliest bunch I've ever worked with," he said.

As in other aspects of their lives, deaf rely heavily on their eyes. According to Jay Frankel, director of the Metro Washington (DC) Association for the Deaf, *"Most deaf players are afraid to turn their heads around to follow the ball. They keep their eyes on the front wall all the time. They depend on their eyes for their ears, so they are afraid that they might lose an eye by getting hit."*

Sadly, most deaf do not wear eyeguards, claiming that they are annoying to wear, fog up, and reduce their peripheral vision.

"They won't wear them," said Diana Pudela, Peter's mother, shaking her head. "If anyone should protect their eyes, they should."

She can recall a time when, riding in the car with Peter at the wheel, he suddenly pulled over and stopped. When she began questioning him about why he had stopped, an ambulance siren screamed out. She realized that although he couldn't hear the ambulance, his eyes had seen the ambulance far back, reflected in the rear view mirror long before any other drivers had seen or heard it.

Mrs. Pudela, like other hearing people who are in constant touch with deaf, shows no sympathy for her son's handicap. He doesn't want it.

Of her four children, Peter is the only deaf one. But that didn't stop him from starting school at age three, graduating from a "normal" high school, and going on to graduate from Rochester Institute of Technology in New York. She attributes his success to his outgoing personality.

"He's the only deaf where he works," she said. "And he's very aggressive, so if they don't understand him, he makes sure that they do."

"We don't use sign language at home. Never have. Peter didn't learn sign language until he went away to New York."

Although they can communicate with hearing players, deaf find it difficult to locate people who are understanding of

the communication difficulties. As a result, they tend to shy away from regular tournaments, preferring to participate in deaf events.

"We prefer to play other deaf because we're more comfortable on the court," said Fleming.

Of the three men, Horwich has competed the most, traveling to Baltimore, Kansas City, and Columbus, Ohio. As a member of the board of directors for NRAD, he has played a big part in forming the National association and bringing other states' deaf players into tournaments.

Fleming is also an instructor for deaf racquetball. He stands outside a glass court and communicate instructions through use of signs.

Aside from racquetball, the men are involved in hockey, baseball, and basketball. Horwich teaches for the Stan Mikita Hockey School for the Deaf, and is in a deaf bowling league. Fleming played basketball and baseball; Pudela has played football.

"Deaf people weren't involved in sports many years ago," Mrs. Pudela said. "They were shut out because of communication problems. They are very physical. That's why racquetball has caught on so well with them."

★ ★ ★

In court five the player misses the ball and begins cussing, swinging his arms violently at his opponent who answers with equal verbal abuse. Around them in other courts the constant *pong, pong, pong* of blue balls echoes off the walls.

Further down the hall in yet another court, play continues in a quiet way. A player might cuss but the words aren't heard. Blue balls strike walls but there are no echoes.

It is the sound of silent racquetball for deaf. Special and fun. ●

Les Cooling, Chief Referee for the NRAD indicates a hinder to Horwich and Fleming. Although all the refs for deaf tournaments hear, they must learn hand signals to call the games.



Hard Work, Dedication Pay Off for Peck; Fully Recovered



The 10 inch scar makes for an interesting conversation piece.

From Leg Injury

by Shaileen Kopec

June 18, 1983. It's a date Dave Peck doesn't forget. One year ago, a freak accident put Peck in an Atlanta hospital and left him thankful that he didn't lose his right foot.

The scene was the semi-final of the DP Nationals. Peck and Mike Yellen were battling it out in the first game when the two suddenly collided. Yellen's knee went straight into Peck's quadricap about four inches above the right knee.

What Peck thought was the worst charleyhorse he had ever had in his life was actually a rare condition called compartment syndrome. It's so rare that only nine cases have been reported in the entire country. If not treated promptly, the results can be severe nerve damage or even the loss of a limb.

But Dave was fortunate. The concern of Cal James, president of Diversified Products, led to a referral to an Atlanta surgeon who immediately diagnosed the rare condition and proceeded with surgery to relieve the pressure and restore circulation.

"The pressure reading on my leg was 68 pounds per square inch," recalls Peck. "Normal is 28. If I had gotten your average emergency room doctor who couldn't have recognized it, I might have lost my foot in maybe eight or nine hours."

But he was lucky. Lucky that he didn't suffer the loss of his foot or any permanent nerve damage. And lucky he didn't have to sign off on a career in pro racquetball. His luck, though, didn't extend to escaping the price a professional athlete must pay when faced with a serious injury.

Three more surgeries followed, plus a lot of pain and a personal odyssey back to the world of competition.

"I never thought I would play again," says Peck. "I had confidence in my doctors. Once they finished, they threw the ball in my court and it was up to me to get my attitude and body back in shape."

Getting back in shape started right in the Atlanta hospital, when the famous Peck appetite was put in check.

"Between the Nationals and the trauma of surgery, I lost about 15 pounds in four days. You don't lose too much weight sitting around in a hospital. I feared I would gain a bunch, so I cut down on the good stuff—pizza, ice cream, hamburgers." Presently Peck weighs between 185 and 190.

The second surgery was done in Atlanta to close up the muscle in his leg. A gaping 10"x4" opening in the skin still remained. Peck chose to have that grafted in his hometown of El Paso in early July, 1983. A few weeks later, he traveled to Poughkeepsie, NY to open his annual Dave Peck Racquetball Camps for juniors and adults at All Sport Fitness & Racquetball Club.

"I was determined to keep that commitment," says Peck.

Getting back to one of his first loves, teaching, was not only good therapy, but it also provided the time and place to begin serious rehabilitation. Peck started

a Nautilus rehab program under the supervision of Mike Arteaga, an All Sport owner who originally worked for Nautilus Sports Medicine Industry and has owned his own fitness and rehabilitation center for 10 years.

Undertaken with his doctor's approval, Peck's rehabilitation focused on the quadricap group of his right leg, where the injury occurred. Increased flexibility and restrengthening of that group were the primary goals.

"The first thing we did," says Arteaga, "was to analyze what Dave could do in terms of range of motion. It was quite limited—about 70 degrees. There was severe atrophy in his right leg, where the injury was, and the left leg had also atrophied to some degree and needed some conditioning."

Peck had no difficulty with hip and back machines, and was able to complete the upper body circuit without any problem. The leg curl, which was the key machine for Peck's rehabilitation, had to be worked very, very slowly and with a very light weight. Arteaga started him out with 10 pounds.

"Dave showed almost immediate improvement," recalls Arteaga. "His flexibility and strength levels increased significantly. It also helped his confidence. By the end of the week, he had increased his range of motion by 30 degrees and was lifting 30 pounds."

"The only thing I was worried about was Dave overdoing it. He has a high tolerance of pain. The body frequently tells us what we can and can't do, but when someone has a high pain tolerance, there's always a danger of pushing it too much."



Peck is examined by Dr. Michael Fulton, orthopedic consultant to Nautilus Sports Medical Industry, who assisted Dave in his rehabilitation.

Peck recalls, "I had a lot of apprehension when I started. It really hurt. But I worked my legs religiously. Your muscle shrinks from lack of use and I had to restore it. I had confidence in Nautilus, of course, because I had been using it for years. And I had confidence in Mike. I knew what to expect, but it still really hurt to work out."

Arteaga noted that "Dave's mental attitude was excellent. That's the reason he's a winner. In the five years I've known him, I've always been impressed by his positive attitude. He finds something positive in every situation and inspires that in people he instructs. It's certainly demonstrated at our camps, which have grown substantially every year."

Peck's fifth annual summer camps will be held at All Sport July 29 - August 5, with two adult weekends and a six-day junior program scheduled.

Says Arteaga emphatically, "I know this sort of injury would have ended the career of anybody with less determination. Dave's strongly on the come-back trail and he'll be shooting for that number one spot. I'll bet you he gets it."

It wasn't until last September that Peck picked up a racquet again.

"I just wanted to get to the ball to hit it and do something with it," he recalls.

Still in a rehabilitation stage, Dave played against his brother Gregg and other good players in Texas. He also watched himself on an instructional tape developed by SyberVision Systems, Inc.

Peck works out on the Nautilus Leg Extension machine under the watchful eye of trainer Rick Pratt.



(a California based research and development firm specializing in futuristic training films), which helped him visualize his strokes and game again.

To regain his tournament toughness and concentration, he started playing in smaller tournaments in his area. (Peck has been affiliated with the Supreme Courts of Texas for many years and is now working as director of racquetball for them out of their headquarters in Austin.)

By October, he was playing hard. He got back on the pro tour in December, going to Bangor, ME and into the semi-finals against Marty Hogan. Hogan prevailed, but Peck had done quite respectably for his first return to the circuit.

Reality caught up with him, though, in Pleasanton, CA one week later, when he was knocked out in an early round. It was an experience Peck wasn't used to, and he had to face the cause of his mediocre performance.

"I was pushing it, playing before I should have, he admits. "An inflammation in the patella tendon developed. The graft was anchored on the muscle and it didn't move when I'd bend my leg, so it was restricting my range of motion and endurance. The combination of back-to-back tournaments created fatigue in my leg; not having natural movement meant extra work. The inflammation caused pain, and it gave me a lack of confidence in movement. I decided to go back to square one."

That meant more surgery. He had the graft taken out and revised. It meant contending with the atrophy resulting from the immobility required during the healing process. It also meant mentally reprogramming himself to get back on the pro tour.

"If I wasn't an athlete, I wouldn't have had the problem with the graft," Peck points out. "Because I am an athlete, I push my body harder. The surgery was necessary. My business is my body and I have to be in good shape."

The fourth surgery was put to the test when Peck arrived in Portland, OR in February of this year for another pro attempt. He was back in the semi's facing Hogan again, and giving Marty a run for his money (11-7, 2-11, 11-5, 11-10), but it was Hogan's match.

Taking a hiatus in April, Peck headed for Nautilus headquarters in Lake Helen, FL to devote three weeks to "getting myself 100% mentally and physically" for the Ektelon and DP Nationals in May and June. His daily routine included Lifecycle work-outs, drills and time on the court, as well as full intensity Nautilus work-outs every other day (i.e. pushing the muscle group to fatigue).

"My leg is now as good as ever," he contends. "The incentive hasn't just been racquetball. I wanted to do everything I enjoy, like water skiing and playing basketball."

Dave Peck now knows the fickleness of fate.

"An injury like mine happened in less than a second and resulted in four surgeries and six months lost. Athletics don't last forever. I pretty much had these thoughts, but it's close to home now. If it had to happen, I've gotten the best out of it. What's the saying?" he chuckles.

"There are no winners or losers, just survivors. It's proven to me I'm a survivor."

The final word on his leg? Says Dave Peck, "Better than ever. Case closed." ●

Ask The Champ

by Mike Yellen

Current National Champion Mike Yellen answers questions about improving your game in this ongoing, exclusive series in *National Racquetball*. Readers are encouraged to submit questions to Mike Yellen, c/o *National Racquetball*, 1800 Pickwick Ave., Glenview, IL 60025.



Question: Do you ever play doubles? Have you ever played doubles in tournaments? Do you think there should be professional doubles tournaments?

Yellen: When I was starting out my racquetball career there was a little bit of doubles played by the top players but it was fading on the pro level. At that time I was concentrating on developing my singles game into one of the top in the country and I didn't want to divert that concentration by getting into doubles. By the time I had reached my singles goals, doubles had pretty much faded from the scene.

As for professional doubles, while I think it would be an exciting and entertaining attraction, I think racquetball needs to develop a cohesive singles tour first. Once the pro tour becomes more established, then we can begin thinking about doubles.

I enjoy doubles as a variation and a fun time on the court. When I was a kid, about 15 or 16 years old, I played a fair amount of doubles and did well. I almost always played the backhand and my normal partner, Tom Brownlee, played the forehand.

Tom had one of the first true power forehands; he could really blast it. And I could hit my backhand accurately, so we made a good team. The key was learning to play as a partnership and to develop the best system for us. We won the state (Michigan) title and I really enjoyed it.

Question: Are you an advocate of weight training for racquetball? How much and what type of weight training do you do?

Yellen: I think that if you work out with weights or weight machines properly that they can assist your racquetball game.

I primarily use Nautilus and lift every fourth or fifth day if I'm in training for a major tournament. Generally, I do a medium amount of weight with about 12 reps per set, so that I have to work hard on the second half (reps seven through 12).

A lot of people tend to lift more often than every fourth or fifth day; however, I found that to be a little too much for me. It's okay to lift every other day, for example, if the lifting is your primary workout. But if your primary workout is racquetball, and you're lifting to supplement your racquetball, then I prefer every fourth or fifth day.

The reason is I found my muscles weren't able to withstand the intense workouts of lifting plus other activities. It took too much out of my muscles and there wasn't enough recovery time. As a result, I wasn't getting the best response from my muscles and my game suffered.

So I went to a more "spaced out" workout and found the results were much better. I primarily lift for upper body, using leg machines only occasionally. I use jogging and jump rope to supplement my racquetball workouts for legs.

Question: Is it my imagination or is there less killing the ball off the back wall these days? I seem to remember that any ball off the back wall used to be killed by the top players. Now, not so much. What's the story?

Yellen: I think that today's player has a wider variety of back wall shots to choose from and perhaps that's why it might seem to you that there's not as much killing off the back wall. But believe me, when I give my opponent a back wall shot, I figure he's got a pretty good chance to put that ball away.

It used to be that your back wall options were really only four—straight in kill, cross court kill, down-the-line pass or cross court pass. In the last few years the splat shot has become an effective back wall shot with many players. As the percentage of splats continue to rise in the pro game, the percentage of the other shots will decrease.

In every day play on the club level, I would say that effective back wall shots are still a primary offensive weapon and should be treated as such. Thus, I would hope every player would avoid the most common pitfall on shooting off the back wall—setting up too early.

Nine times out of 10 the player having trouble with back wall shots is planting his feet too early. You must remember that every forehand shot, regardless if the ball is coming to you off the front wall, side wall or back wall, should be hit with exactly the same swing, same point of contact, same everything.

Too often, when players see the ball going to the back wall, they anticipate where the ball is going to end up, run there, set up and end up scooping back and not taking their normal forehand stroke. The result is consistently mis-hit back wall shots that include plenty of skips, inadvertent side walls hit and set ups for your opponent. ●

Charlie Garfinkel's 'Spot' Racquetball

Serve and Serve Returns In Doubles

by Charlie Garfinkel

This article continues a monthly series by former top pro Charlie Garfinkel using the "spot" theory of racquetball, which helps improve your game by hitting a specific spot on the wall, which will give the desired effect for the shot. The spot theory also takes into consideration the "spots" on the court occupied by both you and your opponent.

Why is it that two highly ranked Open level players will often lose a doubles match to opponents who aren't equal to them in ability?

First, many excellent singles players are just that: singles players. Even when they play doubles they're still playing singles. That is, they consistently hit shots that are more advantageous for singles play, not doubles.

Second, many singles players often team up just before a tournament. This usually means that they haven't practiced that much together, if at all. This makes it extremely difficult to function as a team, as their specific roles and strategies aren't spelled out. In addition, a new team will have difficulty covering for each other, as they won't be used to their partner's on-court movements.

Third, many singles players who team up aren't compatible as a team. Because they are primarily singles players, each player may be attempting to take most of the shots. Even worse, either partner could be trying to upstage the other partner by trying to make seemingly impossible shots. This only leads to bickering and a stressful situation between the two players.

Therefore, the message is clear. To really enjoy doubles you should play with a partner that you're compatible with, both on and off the court. By doing this you'll be able to play with a free and uncluttered mind. You won't have to worry about a nasty glare, or a racquet wrapped around your neck, when you miss an easy shot.

At the same time you must always be supportive of your partner. If he misses an easy shot never say, "What are you doing lame-brain?" Or, "What a dumb shot that was, Flenoid?!"

Instead, you should always be supportive and constructive. It is far better to say, "Don't worry, Bill. We'll get the next point." Or, "No problem, Mary. Let's keep the ball in play until we get a shot that we can put away."

Equally as important as playing with a partner you get along with is playing with a partner who complements your strengths and weaknesses. For instance, if you have a great forehand, but your backhand is weak, you'd be wise to play with a partner who has a solid backhand.

Of course, the optimum partner is one you not only get along with well, but one that is left-handed. A good righty-lefty combination is a tough team to defeat, as they always have the lanes down the forehand and backhand sides of the court covered with their forehands. If shots are hit down the middle of the court, either player can easily move over to take the shot with his forehand.

If both players are right-handed, the left court player should be the player with the better backhand. Because many shots are hit to the deep left corner he will be better able to return these shots and keep the ball in play. Also, he should take most of the shots that are hit down the center of the court as the ball will be on his forehand side.

The player on the right side should take all of the shots down the right side wall. He should also keep the ball in play until he or his partner gets a shot to put away.

One of the main problems that many doubles teams have, regardless of their level of play, is a poor shot selection when serving and returning serve. That is, they don't pick an optimum "spot" on the court when the occasion arises.

For instance, when many teams are serving, a familiar pattern emerges.

Drive serves are consistently hit to the backhand of the left court player. However, a truly great drive serve is nullified in many instances because the left court player on the serving team is standing in the service box near the left wall. When his partner serves, many times this left court player is hit with the ball. The ball is then served again. Sometimes this pattern continues for three or four serves.

I personally feel that the left court player should stand in the service box near the right side wall, then shift over after the serve. This would give the server a much greater serving area to serve to (Diagram 1). For the purists who feel that this type of serving formation is too risky, you'll be pleasantly surprised that it works. And well.

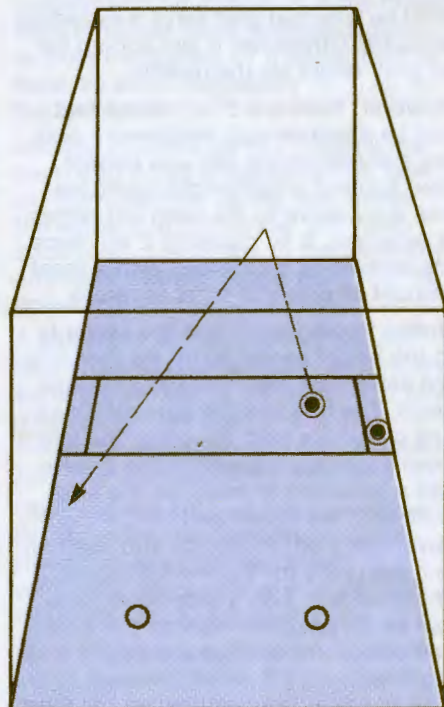


Diagram 1. Drive serve to the left with server's partner starting in the right partner's box, but moving out to play left side of the doubles team.

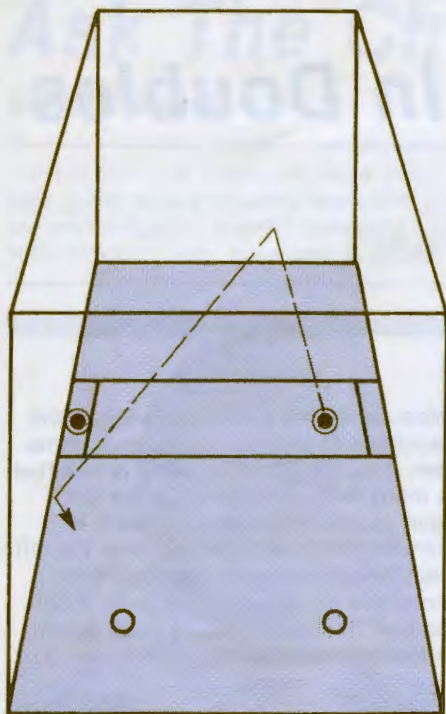


Diagram 2. Drive serve to the left crack. Note how if mis-hit it will pop back to center court for a set up. Also, the server's partner becomes an unnecessary hinder risk.

Naturally, you can still serve a drive serve with the left side player standing in the left side service box. However, when hitting a serve that cracks just behind the short line (*Diagram 2*) you must be sure that your serve is extremely accurate. Otherwise, it will pop up for an easy return for the receiver.

However, there are other serves that can be effective with the server's partner standing in the left side service box. Against a righty-righty combination the Z-serve to the deep left corner is excellent. If hit correctly it will force the receiver to hit the ball with a great amount of power in order to return.

Notice in *Diagram 3* that the server is to the left of center court. He then hits the serve near the front wall-side wall crack. The ball hits the right side wall and continues past the short line into deep back court. Because the Z-serve has a tendency to move off the side wall, both the server and his partner have plenty of time to get into position and get ready for the service return. The Z-serve is also a safe serve, as it can be hit relatively high on the front and side walls, without the risk of faulting.

A high lob serve to the left side player's backhand can be very effective (*Diagram 4*). However, a word of caution. If the lob serve isn't hit deep

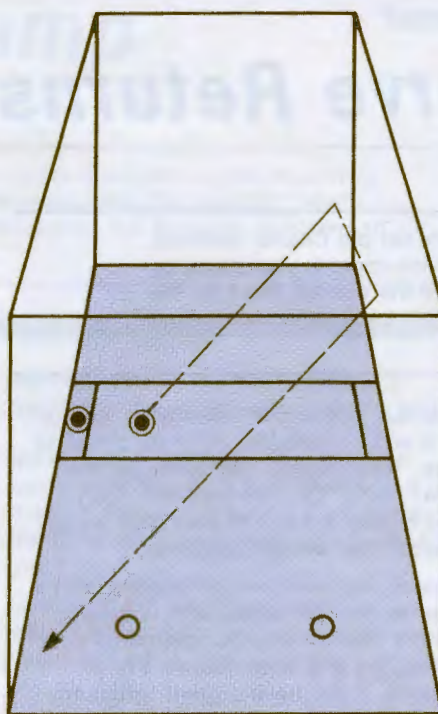


Diagram 3. Z serve to the backhand side.

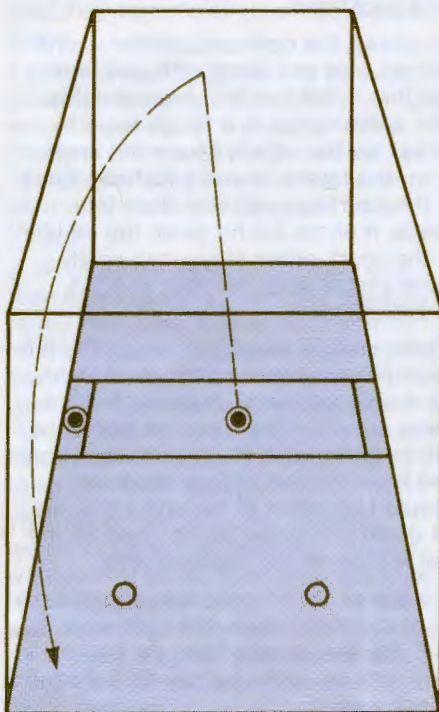


Diagram 4. Lob serve to the backhand side. Make sure to get this serve deep, or risk losing your left side partner.

enough an opponent can rush in and take the serve out of the air. This could be hazardous, as the server is usually moving backwards after the serve. Needless to say, a collision could easily result—so be careful.

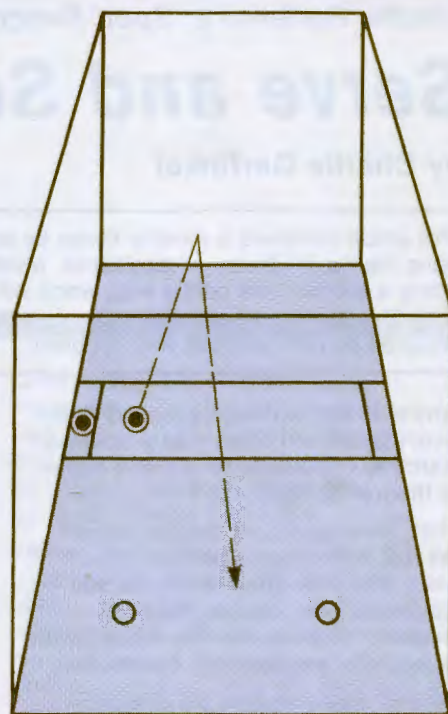


Diagram 5. Drive serve to the middle of the court—the backhand side for both player's on a lefty-righty team.

The ultimate problem that most teams encounter when serving is how to serve effectively to a righty-lefty combination. Jerry Davis and Tom Traver, a Cleveland based doubles team used a serving strategy in the Nittany Lion Open a few years ago that greatly impressed me. Unfortunately, it greatly depressed their opponents; highly favored Mike Levine and Leo Marsocci.

Davis and Traver basically used two serves throughout the match. The first serve (*Diagram 5*) found Davis or Traver starting their serve from near the left side wall. They would then hit a drive serve that would hit one-two feet to the left of center on the front wall. The ball would then travel down the middle, dissecting the court in half.

This serve constantly forced Levine and Marsocci to return the ball with their backhands. And, there were times when Davis and Traver would score a point outright due to Levine and Marsocci's indecision as to who would take the serve. This also led to skipped balls and mis-hit shots. This serve was very effective as Davis and Traver never let Levine and Marsocci utilize their forehand strengths on service returns.

The other serve that Davis and Traver used superbly (*Diagram 6*) found them starting slightly to the right of center court, hitting the ball slightly to the left of center on the front wall. The ball

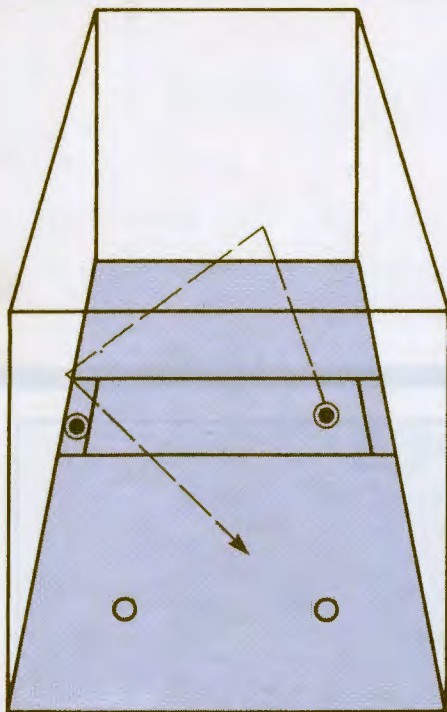


Diagram 6. Hard, front wall-side wall serve to the middle of the court against a lefty-righty team.

would then hit the side wall and ricochet to center court. Again, Levine and Marsocci had great difficulty in returning the serve effectively. In many instances they returned the ball down the middle of the court where Davis or Traver would quickly pounce on the ball with their deadly forehands.

Suffice to say that Davis and Traver won the match. On paper, it was a tremendous upset. But was it?

Davis and Traver had played together for a long time. They utilized their strengths to their utmost ability. Their weaknesses, if any, were camouflaged beautifully. And, they were the epitome of a well knit, cohesive, doubles team.

Each one knew what his role was, each knew where the other was at all times, and they covered for each other well. Most important, they never got mad at each other, even if things were going badly for a brief period. Their constant encouragement and comradery was a delight to see.

On the other hand, it was apparent that Levine and

On the other hand, it was apparent that Levine and Marsocci hadn't played a great amount of doubles together. Although they got along well, they frequently looked confused as to who should take the serve and other shots. And, they didn't seem to cover for each other as well as Davis and Traver did.

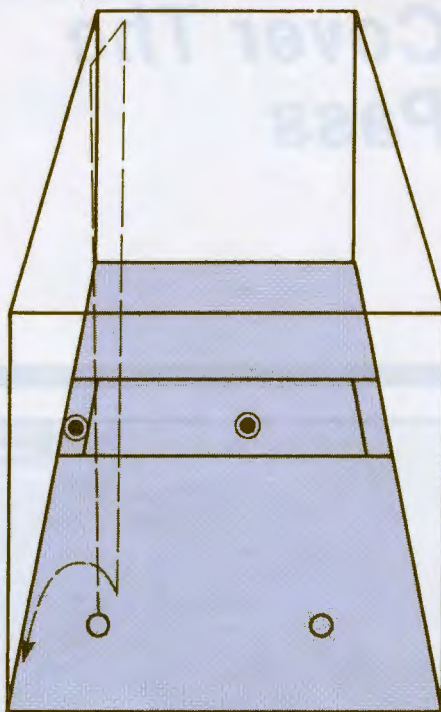


Diagram 7. Backhand ceiling ball forces serving team out of the center court position.

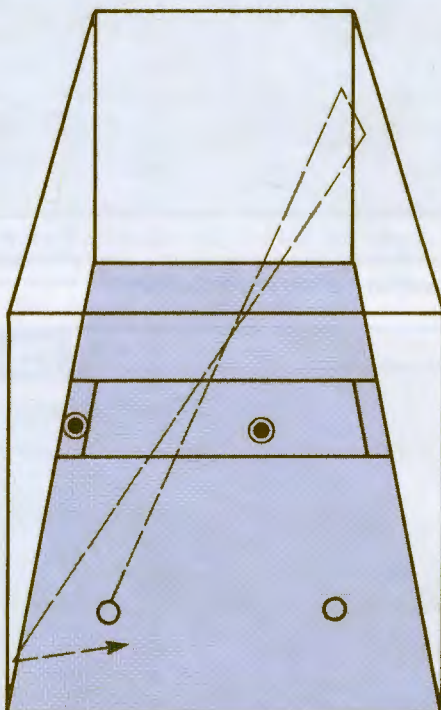


Diagram 8. Backhand Z ball return to deep, left corner.

When returning serve in doubles I can't stress enough the importance of hitting a ceiling ball (*Diagram 7*) on most returns. Let's face it, the ceiling ball return makes a lot of sense. Because the serving team is in the service box area they are in complete control of center court. If any service returns fall

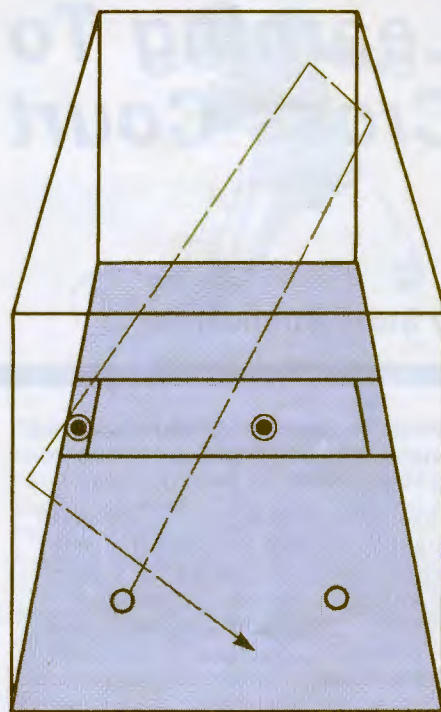


Diagram 9. Backhand around-the-wall ball.

short or land in the area from the short line to the front wall, the team that is serving can readily pounce on the ball and put it away.

The ceiling return is an excellent return because it forces the serving team into deep back court. This allows the receiver and his partner to move to the front or center court position. Nothing is more frustrating for a server than to have his serve continually returned to the ceiling.

Another effective service return is the backhand Z-ball (*Diagram 8*). This type of return, like the ceiling ball, forces the server and his partner into deep back court. Often, due to the trajectory and flight of the Z-ball, a point may be scored outright.

A backhand around-the-wall ball will also prove to be effective in moving the serving team out of the front court area (*Diagram 9*). The path of this shot forces the server and his partner to adjust their court position drastically.

Other returns such as the passing and kill shots may be used on occasion. However, they must be perfect. Otherwise, your opponents will be left with a relatively easy shot to put away.

So, if you're in a tight spot when serving or receiving serve, hit the right "spot" to get yourself out of the "spot" that you're in. ●

Learning To Cover The Cross-Court Pass

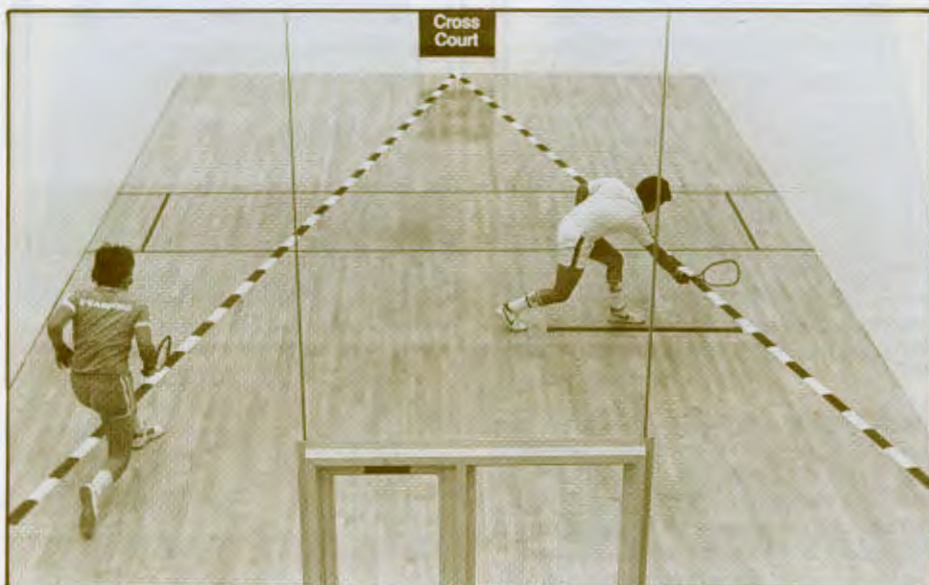
by Steve Strandemo

How do you react when you see a hard, perfectly angled cross-court pass coming your way?

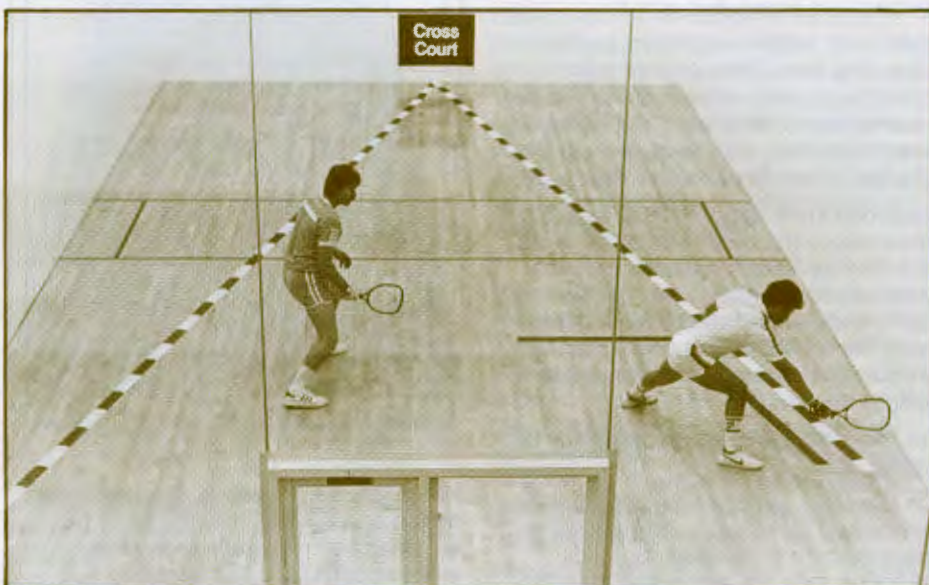
If, like many players, you usually make a frantic, probably unsuccessful, sideways lunge toward the wall in a desperate attempt to get the ball before it passes you, then you're throwing away the opportunity to create a potentially offensive shot.

Because of the fear of ending up in a defensive position with the ball behind them, this lateral move is a common hang-up for many players. Returning the cross-court pass is actually one situation where it can pay off to bide one's time and follow rules of strategy rather than yielding to instinct.

Nine times out of 10 a cross-court pass traveling at high speed at the correct angle will pass the receiver before he or she can reach it laterally. The player ends up between the front wall and the ball and has thrown away any chance of making an offensive return. His only shot at this point is to drive the ball into the back wall, which should result in his opponent moving into front court and fly-killing as the ball ricochets weakly off the front wall.



To prevent the ball from passing them, many players attempt to cut off the ball after it has taken its first bounce. But, a crisply hit pass usually travels too fast for even a supremely athletic player to reach.

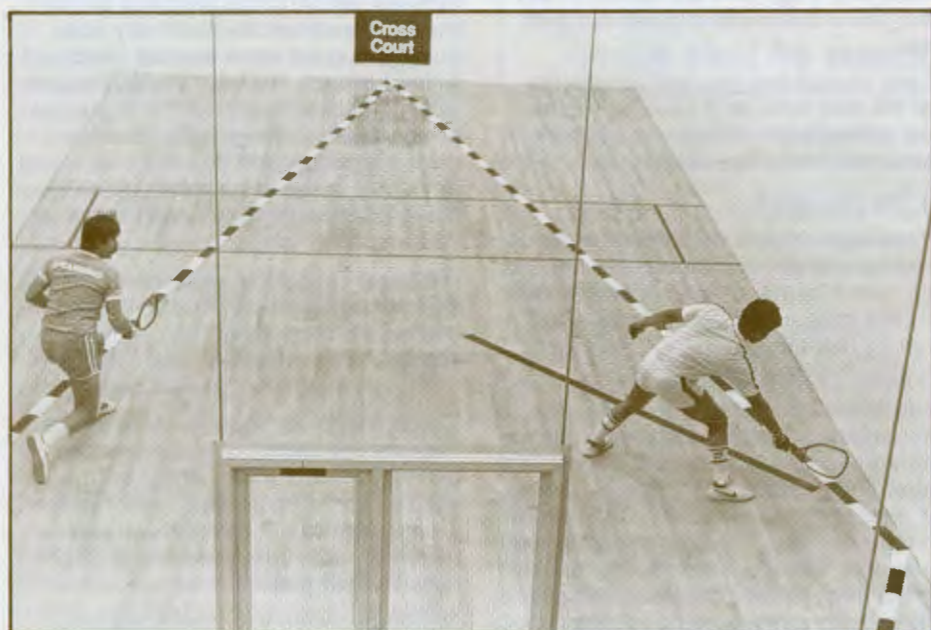


The defending player fails to reach the ball and it passes him. His only recourse is to turn and drive the ball into the back wall. However, a smart opponent will then move into the front of the court and "fly-kill" the ball as it rebounds weakly off the front wall.

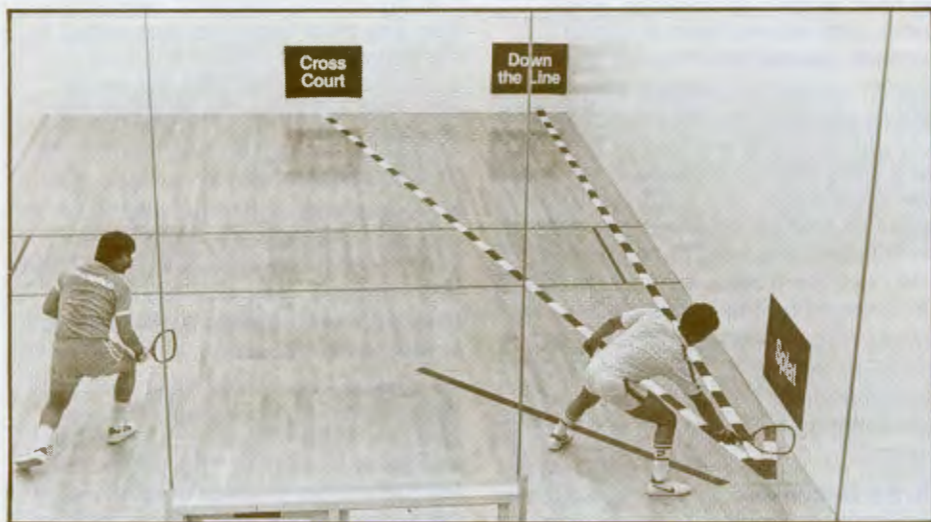


This is the offensive cross-court pass angle that has caused many a good racquetball player grief.

— photos by Jack Miller



The correct defense for the cross-court pass is to move diagonally towards the back right corner. This gives the player more time to track down the ball, think offensively, and attempt a scoring shot.



The best offensive shots are to drive the ball into the right corner, down the right wall, splat the ball, or re-drive the ball back cross-court.

To create the potential for an offensive shot when defending a good cross-court pass you must retreat diagonally toward the back of the court, moving in the same direction as the ball. By meeting the ball about seven to 10 feet deeper in the court you can gain a few seconds of precious time to prepare for an offensive, albeit off-balance, return.

Don't expect the offensive return to be the smoothest shot you've ever made; you are more likely to find yourself hitting on the run in a slightly off-balance, open stance position, making contact with the ball off your back foot or even behind your back foot.

But, this is one of many times in which less than perfect form is acceptable. Even top pros have no qualms about not cutting the perfect pose in this type of pressured situation. No racquetball player can be perfectly positioned or execute perfect shots all of the time. Sometimes what counts is making the shot by hook or by crook.

You can practice this cross-court pass coverage on your own by positioning yourself 25 to 26 feet from the front wall and tossing the ball out at a speed so that you can track down the ball, and go for an offensive shot. Because your opponent will be positioned on the left side of the court, the best offensive shots are to drive the ball into the right corner, down the right wall, or splat the shot. Also, it is not a bad option to re-drive the ball back cross-court to your opponent's backhand. ●

*Steve Strandemo has dedicated himself to the study and analysis of racquetball. He is the author of two instructional books, *The Racquetball Book* and *Advanced Racquetball*, director of *Strandemo Racquetball Camps*, a touring professional, and chairman of *AMF Head's Racquetball Advisory Staff*.*

Steve Mondry's Racquetball Clinic

5 Tips To The First-Time Referee

by Steve Mondry



In 1976, reigning national champion Charlie Brumfield was playing future national champ Davey Bledsoe in the semi-finals of a professional tournament in Rochester, MI. It was an excellent, exciting match in which Bledsoe's pressure made an upset over Brumfield possible, if not likely.

Brumfield, of course, was famous for his intimidation tactics, which even extended outside the court into the supposedly sacred realm of referees and linesmen.

After a tremendous rally, in which Bledsoe won the point with his patented forehand kill into the right corner, Brumfield appealed to the referee, arguing that Bledsoe's shot had skipped. It should be pointed out that in the early days of the pro game it was sometimes difficult to find experienced linesmen to help call the matches and apparently this was the case at hand.

Needing both linesmen to signal thumbs down to get the rally awarded to him, Brumfield spun toward the single linesman signalling thumbs up. His eyes filled with rage, Brumfield raced toward the obviously inexperienced and intimidated linesman, who quickly changed to a thumbs down signal at that very moment.

This was truly an embarrassing moment, for the tournament, pro racquetball and especially the linesman, who could have avoided the problem had he been properly trained.

I vowed I would never repeat my mistake, and I never did. Yes, I was the intimidated linesman, line judging the first match of my life. And while I won't comment on the mentality of tournament directors who put inexperienced referees and linesmen in pressure situations, I did have the option to say "no," so the responsibility rested with me.

If you should find yourself refereeing for the first time, or if you don't quite feel comfortable refereeing yet, then remember these five tips:

1) Be Prepared

Preparation breeds confidence and confidence eliminates intimidation. Before the match starts, a good referee begins to take charge and show the players that he has the confidence necessary to effectively call that match.

This is an important issue and the higher you go on the skill ladder the more important it becomes. The players must both believe that you are capable of making the proper calls. During the match warm-up, I recommend that you step onto the court, introduce yourself to the players, toss the coin, and get the other preliminaries out of the way.

Being prepared also includes having on hand all the necessary paraphernalia such as towels, scorecard, pencils, extra balls in case of breakage, wrist-watch with second hand or digital seconds counter, etc.

And, of course, a rule book. Every referee should at the minimum carry one with him, and it would be even better if every referee understood what is contained inside one. A referee who doesn't know the rules will find himself on the defensive from the beginning. And once the players suspect you don't know the rules, you're finished.

On the other hand, refereeing can be fun and exhilarating. But you must be prepared to put the same effort into refereeing that you would if you were playing.

2) Be Decisive

One veteran referee once told me, "right or wrong, call 'em loud and clear." Actually, that's pretty good advice. In local tournaments, especially

early rounds where it's unlikely you'll have the benefit of linesmen, the referee is on his own. And no match has ever been completed without a close shot, questionable "get," or borderline short serve.

Therefore, the referee must call 'em as he sees 'em. And the best way to do that is to call 'em loudly, firmly and quickly. A quiet voice sounds timid and a timid referee does not exude the confidence necessary to make the players comfortable; a shaky voice likewise gives the perception of uncertainty; and any delay in decision-making lets the players believe that you can't make up your mind.

I've heard basketball referees comment that not only do they have to make the correct call, but in big time college basketball they have to "sell" their call to the player. So it is in racquetball.

That's not to say that you're infallible. I've refereed plenty of matches and played in plenty more, where both players would agree that the ref missed a particular call. Either the call was reversed or the rally replayed in fairness to both players.

Of course, when you have linesmen, much of the pressure is off the referee because an inaccurate call can be overruled.

It is my opinion that good sportsmanship has crept back into racquetball to the degree that I believe it is now the accepted rule rather than the exception. This will make the referee's job a little easier.

3) Be Consistent

A good referee will clearly and early establish a rhythm and pace for the match. The general, overall pace is that of the referee; the pace within the parameters established by the referee is that of the players.

As a result, the referee must be consistent on each and every rally. He must be in the habit of calling the score the same way every time. This means honoring the age-old practice of announcing the server's score first, "seven serving 10," and doing so in a way that everybody knows that you don't care who has seven or who has 10.

Indeed, there can be no voice inflection changes on the part of the referee even if he's just seen the greatest rally ever to take place, or if a 20 point underdog is about to upset the defending champion.

But while important, consistency in voicing the score is merely window dressing when compared to consistency in calling the flow of the match. Basically, the flow involves hinders, screen serves and other obstructions. A hinder is a hinder is a hinder. Once the referee has established (hopefully as early as possible in the first game) what a hinder is and is not, then he must be certain to maintain a consistency about his hinder calls.

Nothing is more frustrating to a player than anticipating a hinder because that's the way the match has been called, and not getting it. Likewise, to have a slight obstruction but an absolutely set up erased by a hinder call is just as bad.

So be consistent, it's worth it.

4) Give 100%

Players do not expect you to be perfect. Brumfield used to say that he expected a referee to blow five calls a match and that he'd be happy to have three of the five go his way. Just as surely as the players will always skip some kill shot attempts, so will the referee always miss a call or two during a match.

But that doesn't mean you don't give it your all. If the players believe that the referee is giving 100 percent effort, then they will usually be satisfied. Therefore, your conduct and demeanor during the match, between rallies and even between games is a critical element. If in any way you give the impression that you'd rather be someplace else, you're in trouble.

That means you must mentally isolate yourself from all distractions and concentrate as much, if not more, than when you're playing. Some courts have perches that set the referee apart, most do not. The referee cannot be gabbing with people in the gallery; he can't be laughing or joking around; he can't be doing anything but taking his job seriously.



How would you feel if you were busting your guts and every time you looked up at the ref, he's making a pass at the lady on his right or yelling to his buddy that he wants pepperoni on his pizza?

How would you feel if you were the player, busting your guts on the court to win a tough match, and every time you looked up at the referee he's making a pass at the lady on his right or yelling to his buddy that he wants pepperoni on his pizza?

There's an old saying in racquetball that if you want the right to demand a good referee then you have the responsibility to be a good one yourself. It may be an old saying, but it still rings true today.

5) Call The Hinders

How a referee calls hinders and avoidable hinders is truly what separates the good referees from the not-so-good. Unlike skips or short serves (where the shot either is or is not), hinders are never for sure. They are the judgment calls that can make or break a referee and his control of the match.

Basically, racquetball rules call for the player to have an unobstructed view of and path to the ball. While this sounds great in a rule book, real life is not so clear cut. If this interpretation were to be cast in concrete, a huge percentage of rallies would be re-played and there would be little, if any, continuity to a match.

Thus, we players and referees have grown to accept partial obstruction as a way of life on the court. The decision then becomes at what point has the obstruction made the player unable to hit his shot. If not at all, then the referee lets play continue. If the player obviously must alter his shot, then the hinder is called. Those are the easy ones. All of the shots in between those two examples are difficult, and the closer to the middle you get, the more difficult the call.

Of course, any time you as referee believe the safety of a player is in jeopardy, then you should instantly call a hinder. And you should be lenient (but careful not to be duped) in allowing hinders when one player holds up his swing to avoid hitting his opponent.

As for avoidable hinders, well, they're never easy to call. And the tighter the match, the tougher it is to call them. But the referee must be oblivious to the score. A rally at 10-10 in the fifth game should be called no differently than the rally at 0-0 in the first game.

An avoidable, where a set-up is taken away, whether intentional or unintentional, is still an avoidable hinder, resulting in a point for the server or side out for the receiver. For beginner's matches, where a set-up is rarely a set-up, I find it best to be a bit more lenient with avoidables.

★ ★ ★

Chances are that if you play in racquetball tournaments you will be called on to officiate at some time. You can't hide forever. In fact, many tournaments now make refereeing a mandatory "reward" for winning a match. And while the first few times you referee might be a bit awkward, if you follow these guidelines the experience should be much more enjoyable.

I should also point out that refereeing is a lot more complex than this article makes it sound. This is merely a beginning point from which you can start your refereeing experience. At a future date, I will develop the refereeing concept further. ●

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

Workouts For Women: Free Weights For Upper Body

by Jean Sauser with Jodi and Jennifer



Free weights not only can develop your strength, flexibility and overall body look, but they can also develop your coordination. The element of control is very important in free weight workouts making the role of the spotter (for safety purposes) extremely important.

Prior to your workout (and after it) it is important to stretch your body to properly prepare it for the effort you're about to put forth. This warm-up can be achieved through a variety of exercises.

One commonly used stretching exercise is to take a wood pole and place it behind your head on your shoulders. Then, simply stand or sit on a bench with your back straight and slowly twist your body as far as it will go, left and right.

Do this 50-100 times and as you feel your upper body muscles get warmer try to twist farther and farther in the right and left directions.

When beginning a free weight workout, you can do your first set of repetitions (reps) in each exercise with extremely light weights, making sure to emphasize the stretching part of every motion.

Upper Body Exercise #1— A Bench Press

Bench presses, one of the standard exercises in any free weight program, develop the pectoral and deltoid muscles and the triceps. This development will give your racquetball strokes additional strength, add shape and heighten your bustline.

Equipment necessary: Straight bar with light weight or no weight. Incline bench.

Starting Position: Sit on incline bench, keeping your back and head flat against the bench. Grip the bar with an overhand grip. Hold the bar against your chest with your elbows turned out slightly and hands about four inches from your shoulders. (photo 1).



Photo 1



Photo 2

Phase 1: Press the bar straight over your chest and shoulders, exhaling as you do. Do not lock your elbows, simply allow your arms to straighten out as you lift the weight (photo 2).

Phase 2: Slowly lower the bar back down to your chest. Inhale as you do so.

Number of Repetitions: 10-12

Number of Sets: 1-3

Additional Tips: You should use a spotter for this exercise. If you don't have a spotter, make sure that the amount of weight you are lifting is light enough for you to control by yourself, during fatigue.

If you are lifting without a spotter and you begin to become unsure about your next repetition, do not attempt it. Put the bar down and rest. It is always better to be safe.

If you are looking for leaner muscle tone, increase the number of repetitions to 20 before you increase the weight. This means that the weight is light enough to allow you to do the 20 reps, but heavy enough so that you are fatigued on the 20th rep.

To increase chest size, keep the number of repetitions at 12, but increase the weight load so that your 12th rep is always extremely difficult.

Upper Body Exercise #2— Dumbbell Flys

Dumbbell flys are designed for the pectoral muscles and triceps. Developing these muscles will add strength to your racquetball strokes while keeping your arms toned and attractive.

Equipment necessary: Flat bench, dumbbells of five, 10 or 15 pounds, depending on your strength.

Starting Position: Lie flat on the bench. Hold the dumbbells in each hand with your arms straight over your chest. Do not lock your elbows, rather, keep them slightly bent (photo 3).



Photo 3



Photo 4

Phase 1: Slowly lower the weights down toward the floor. Go as far as your flexibility will allow, inhaling as you do so (photo 4).

Phase 2: Lift the weights back up to your starting position slowly until they touch above your chest. Exhale.

Number of repetitions: 10-12

Number of sets: 1-3

Additional Tips: You can do this exercise with or without a spotter, using the same guidelines as you did with the bench press exercise. Make sure to keep your arms slightly bent throughout the dumbbell flys, as if you were hugging a bear. Use the same weight load guidelines as with the bench press.

Upper Body Exercise #3— Pull Over

Pull overs are designed for the entire upper body. They lift and expand your rib cage making for better chest expansion and more effective breathing on the racquetball court. Pull overs also contribute to better and more attractive posture.

Equipment necessary: One dumbbell, flat bench.

Starting Position: Lie on the flat bench, making sure your head, while near the edge, is on the bench. Hold the dumbbell over your head with slightly bent arms. Use interlocking grip (photo 5).



Photo 5



Photo 6

Phase 1: Slowly lower the weight behind your head as far as your flexibility will allow. Inhale slowly as you do so (photo 6).

Phase 2: Lift the weight back up over your head. Exhale.

Number of repetitions: 10-12

Number of sets: 1-3

Additional Tips: Keep your arms slightly bent throughout this exercise. Use a weight that is heavier than the dumbbells you used for the dumbbell flys, but again, one that you can handle. ●

Next month: stomach exercises.

Jean Sauser, former touring pro, club manager and teaching pro, is currently activities director for Charlie Clubs, Inc., with four clubs in metropolitan Chicago and another in Houston, Texas.

Magic Overhead Shots

by Lynn Adams



I think all racquetball players, regardless of their skill level, no matter what their strengths and weaknesses, look for a "magic" shot—some shot that will give them an edge or advantage over their opponent.

With all the talk about basics and fundamentals as being the key to a strong game, the lure of a special shot is nearly irresistible. The overhead may well be one of the best "magic" shots in racquetball. It is a stroke not seen very often and its effect on an opponent is well worth the time it takes to learn it.

There are two types of offensive, overhead shots: an overhead drive, and an overhead kill. I'll go over the mechanics of each shot and then the reasons why and when to hit them.

How To Hit The Overhead Drive

Whenever you are learning a new stroke, break down the stroke into separate steps. Each stroke has similar steps, just different executions of those steps. For the overhead drive, assume you are in the back court where you would play a ceiling ball rally.

The first step is the preparation. The beginning of an overhead is like the beginning of a ceiling ball. The racquet is brought up above your head with your arm extended up and then you bend your elbow so the racquet face is behind your head. All of this is done in one smooth motion.

The second step is your arm and wrist motion. Bring your arm up as if you are going to hit a ceiling ball, except when you make contact with the ball, you hit with a downward stroke, where your racquet face is facing slightly down toward the bottom three feet of the front wall. Let your wrist snap over as you hit the ball to make sure the ball is traveling in a downward motion.

The third step is your contact point of the ball and the racquet. Make sure that you are going forward and stepping into the ball. Just like any other stroke, you want to shift your weight from the back foot to the front foot. Your arm should be extended and above your head in a range of positions and contact made slightly out in front of your body.

The fourth step is your follow through. Again, just like any other stroke, don't stop your arm from going through all the motions. After you have made contact, your racquet will continue its downward motion, and end up down by the opposite thigh of your arm that holds the racquet.

There are four basic overhead drives that can be used. A down-the-line, cross court, into your opponent's body, and a V-pass. Each one uses the same stroke, but the racquet face position itself is different, depending on where you are on the court and where your opponent is.

The best way to figure out where to aim your racquet face is to experiment.

The ball's direction will be your guide, because the ball travels in the direction the racquet face is pointing. The biggest key is to have the ball slightly in front of you so you can come down on the ball.

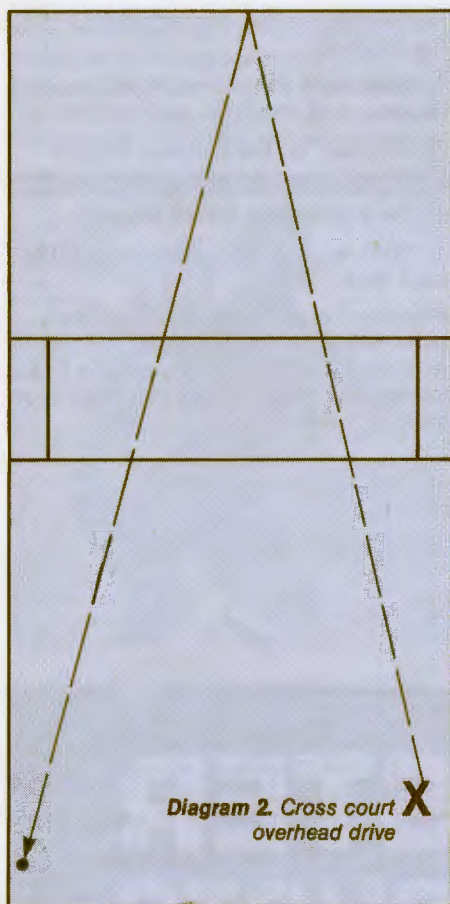
If you let the ball get over your head or behind yourself, your racquet face will most likely be facing the front wall and you will hit a nice back wall set up for your opponent. Back wall set ups are one of the hazards of an overhead drive, so give yourself room, keep the ball enough in front so you can step into it and hit *down* on the ball.

When To Hit It

When you hit the ball *down* from above your head, the ball will take an exaggerated bounce *up* after it has hit the front wall and then the floor. Because of the speed and bounce of the ball, it is a difficult shot to return offensively. Plus, because of the spin, it not only bounces up, it bounces faster.

In *Diagram 1* you are on the right side





of the court, about 35 ft. back from the front wall. Your opponent is in good center court position.

You have four overhead choices. All four are effective, but you want to make your selection according to your skills, and your opponent's skills.

A down-the-line overhead drive is an excellent shot, but it is the hardest of the four to execute. The keys to the down-the-line are to keep the ball from hitting the side wall and to keep it low enough so it doesn't come off the back wall. Because it is the shortest and most direct shot, it is one of the toughest to return.

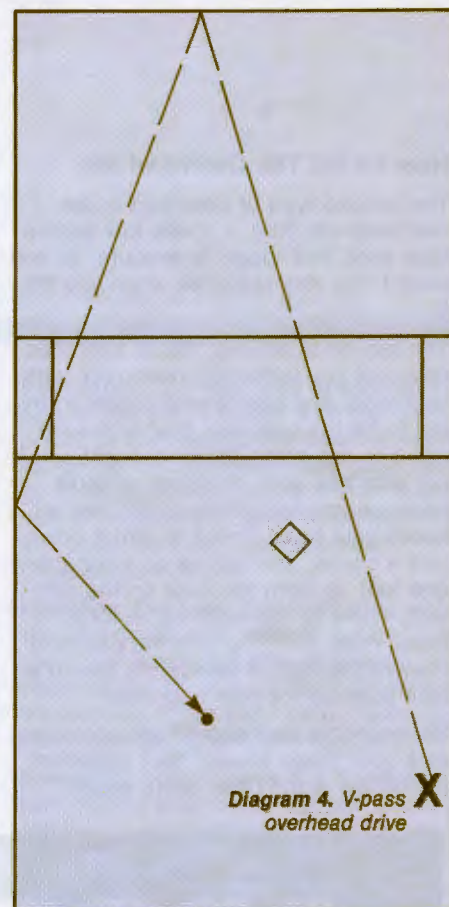
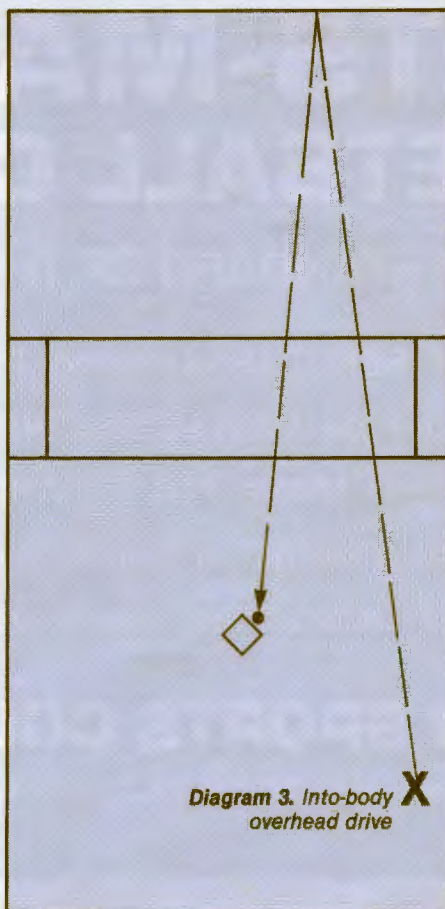
A cross court drive gives you the most room for error and is still highly effective. Even if you hit your drive too far over and hit the side wall, it is still traveling toward the back wall and forcing your opponent to hit on the run and possibly behind himself. If you are playing someone with slow reactions or who doesn't stay up on his toes, an

overhead drive that comes off the front wall and into his body is very effective.

If you are playing someone who is very quick and has fast hands, a V-drive that cuts behind his body will give him fits because all his speed won't help if he is forced to hit a desperate shot into the back wall, or miss completely.

Variety can make or break a shot. If you hit an overhead every time you go cross court, then the shot loses its effectiveness because your opponent knows what to expect. Then the pressure is on you to hit a perfect shot. None of us wants to feel we have to be perfect in order to win, so mix up your shots. That way, your opponent won't know what to expect, and if he's got to go more on reactions, then you will have more room to make mistakes and still win the rally!

Along the same lines, mix up your drives with your ceiling balls. The opportunity to hit an overhead usually occurs during a ceiling ball rally, but not every ceiling ball is meant to be



returned by an overhead. Be selective and make sure the ball is in front of you when you do decide to go for it.

Why Hit It

Why would you possibly want to hit an overhead drive in the first place?

First, it is a shot that isn't seen a lot, so the surprise factor alone is an advantage. Second, it is a very aggressive shot and because it is frequently hit in place of a ceiling ball, it says something about your attitude and lets your opponent know you mean business.

All of us tend to relax and catch our breath when we get into a ceiling ball rally. When someone takes that rest time away by driving the ball down, it can really rattle an opponent. Third, an overhead is a difficult shot to return offensively. The best return is usually a ceiling ball, and because your opponent has to hit a ceiling ball while on the run, you are hoping for a weak ceiling ball that gives you a good set up.

The biggest drawback of the shot is when it comes off the back wall. So be aware of that, and hit *down* on the ball.

How To Hit The Overhead Kill

The second type of overhead is the overhead kill. This is a very low percentage shot, and tough to execute, so you want to be very selective when you hit it.

The motion is exactly like an overhead drive but you will come over more with your wrist and aim toward a corner, trying to hit the side wall first of the corner. You are going for an outright winner with this shot. It is very difficult because you are taking a ball that is above your head, trying to aim it down into a corner, and hitting no more than one foot up from the floor on the side wall. There is not much room for error. If you miss low, you skip the ball, and if you miss high, it leaves the ball in a nice position for your opponent.

Because this shot should be used rarely, pick your times wisely. Your opponent should be in the back court, either

anticipating a ceiling ball or an overhead drive. By having him in the back court, you give yourself some breathing room. If you should miss and hit the shot too high, at least he has to move a longer distance to get to the ball.

Also, if you hit this shot once a match, you can be pretty sure your opponent isn't anticipating it, so sometimes the surprise factor alone can make up for a poorly executed shot. I don't recommend using the shot often, but an overhead kill, hit at a crucial time can really devastate your opponent. Again, make sure your opponent is in the back court, hit through your shot, and don't push it.

If you have trouble seeing in your mind what an overhead stroke looks like, visualize a tennis player hitting a serve. The motion is very similar and will give you a good mental picture.

Remember the key characteristics of the overhead:

- 1) Make sure the ball is slightly in front of you.
- 2) Hit down on the ball and let your wrist snap over.
- 3) Don't stop your follow through.
- 4) Don't let your shot rebound off the back wall.

Practice the overhead off of ceiling balls and get a feel for what you can and can't do. Who knows, maybe this will be the "magic shot" you have been looking for! ●

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The Hogan Way

by Marty Hogan

Five time National Champion Marty Hogan answers questions about his game and how to improve your game in this ongoing, exclusive series in *National Racquetball*. Readers are encouraged to submit questions to: Marty Hogan, c/o The Hogan Way, *National Racquetball*, 1800 Pickwick Ave., Glenview, IL 60025.



Question: I have the unfortunate problem of not being able to get past the first round of most tournaments. When I do get past the opening match, I seem to go a lot farther, but man, do I have trouble in that first round. Any suggestions.?

Hogan: First round jitters are not unusual. In fact, I think you'll find the large majority of upsets take place in the first round primarily because the seeded players tend to lack the intensity that is evident in later matches.

Basically, you have to look at your first round match like you would any other tournament match. Approach it with the same mental attitude by understanding that any point in the first match is worth just as much as any point in a later match. Besides, if you want to be playing in tomorrow's round, you have to win today.

One of the ways to help alleviate your early round jitters is to be sure that you are properly warmed up, even extra warmed up. Try getting on the court an hour or two before the match and hit the ball around to release nervous tension. Prior to your match be sure to warm up to a good flowing sweat before the match starts.

Once you get into the match, I recommend that you put out the maximum efforts as early as possible. Often players

tend to hold back in the first game of the first match, saving something or sizing up the opponent. This strategy has a tendency to backfire, because you often don't get going. Instead, play the first portion of the first game like an incensed maniac. Your intensity might intimidate your opponent.

To consistently win in tournament play you have to be mentally tough. There is no room for anybody who is not willing to pay the price. When you take the court you are issuing a challenge to your opponent, telling him *"I am better than you are and I'm here to prove it."*

Question: I'm a lefty and have developed a dynamite drive serve to the left. I stand just a few feet off the left wall and serve the ball between my body and the wall. My problem is that the referees keep calling screens. What is the screen rule?

Hogan: It doesn't matter. It's one of those rules that has been interpreted and re-interpreted so many times that the referee literally makes up his own interpretation. So don't believe what you read, rather, believe in how your particular ref calls the game.

Regardless of the rule book or the referee, it's just a matter of fair play to give your opponent ample room or vision to see and return the serve. And while the rule is often bent by players of all levels, it is a judgement call. Period.

If your serve is really that good, then I say stick with it with the understanding that you'll have to adjust, probably each match, depending on how the referee calls screens. Just keep moving slightly until you and the referee reach an unwritten agreement.

A lot of people like to cite 18 inch rules or 12 inch or 24 inch or some other measurement. I've yet to see a referee come down on the court with a tape measure. How far the ball is from the server's body is irrelevant. Remember that an ace is an ace, no matter where you hit it from.

As for me, I've never tried to rely on partial screens or dicker with the fine points of the rules to my advantage. I'm for giving my opponent every opportunity to win a point from me. I don't want him to have any excuses when he loses, nor do I want any shallow, undeserved victories.

Question: I've been having trouble with the 10 second rule. I like to get up there and serve, but my opponents seem to like to wait out their allotted 10 seconds. What can I do if my opponent uses the 10 seconds to stall?

Hogan: In today's game the 10 second rule implies that the server has to put the ball in play within 10 seconds and that the receiver has the same 10 seconds to be in a ready position. The 10 second rule is one that I feel is not fully enforced enough.

In my opinion there is nothing more disrespectful to your opponent, or racquetball in general, than purposely stalling or holding up play. It shouldn't be allowed and although the situation is a lot better than it used to be, we could still stand some improvement.

Both the server and receiver have the same 10 seconds, beginning with the referee's call of the score. If you as server believe the 10 seconds has elapsed and the receiver is not ready—serve anyway. The worst that can happen is you'll have to serve over.

I've probably been stalled against more than any player in the history of racquetball. Finally, I just decided that when I thought 10 seconds was up, boom, here comes my serve. Every once in a while I'd get a point out of it, but mostly it was a warning to my opponents that I was going to let it rip within the rules.

Don't worry about the referee calling you for a side out for not serving if the 10 seconds has elapsed and the receiver is not in the ready position. The referee must check the receiver's readiness before he can make such a call. ●

Tennis Elbow Revisited

by Geoffrey Baum D.O. Resident Orthopaedic Surgery

Tennis Elbow or Lateral Epicondylitis results from overexertion or strain of the forearm muscles. This muscle strain often involves a repetitive pinching, squeezing grip with hand and forearm rotation.

These motion patterns are frequently seen with racquet sports, bowling, hammering and sawing. With such motion patterns small tendinous tears (muscle strain) occur above and lateral to the elbow where the large forearm muscles of wrist extension attach to the upper arm. This area is anatomically called the lateral epicondyle. Inflammation of this anatomical area is thus called lateral epicondylitis.

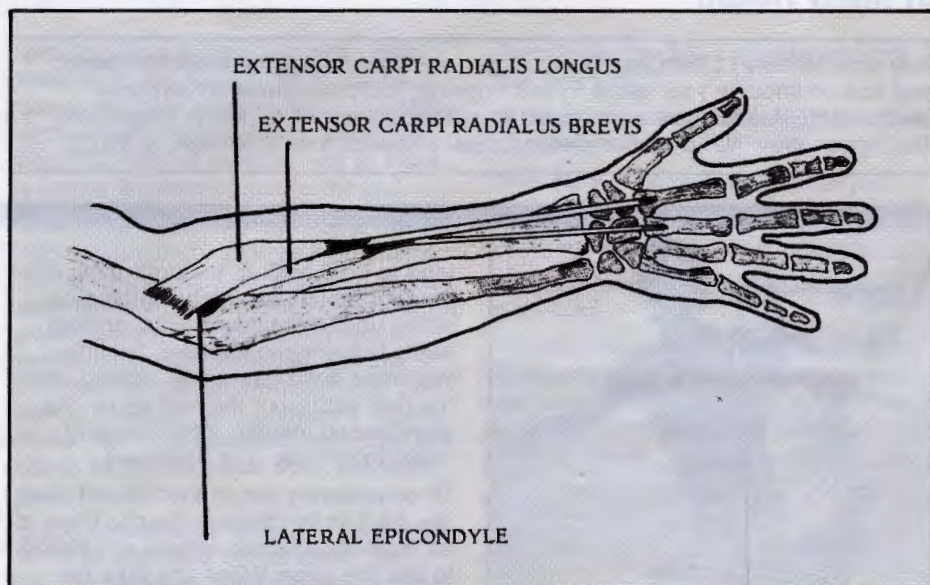
A similar inflammation may occur on the inside of the elbow where the powerful muscles of wrist flexion attach. This entity is referred to as medial epicondylitis and frequently occurs with baseball pitchers and less frequently in racquetballers.

Inflammation at these epicondylar areas results from small tears of the tendons which attach these large and powerful muscle masses to the bone of each epicondyle. If the small tears heal promptly, pain subsides. However, if the tears persist or progress a degenerative process ensues. Tendons ordinarily have a relatively poor blood supply. With tendinous tears, blood supply is further compromised, inflammation persists and pain prevails.

Where a debilitating pain or a menacing twinge is experienced with racquet to ball contact, some degree of concentration as well as grip strength is lost. Ultimately control suffers and desire to play wanes. This downward spiral understandably could compromise conditioning, consistency, consortium, and other desirable benefits of racquetball.

But, alas, before you are consumed by this fearful and unforgiving disorder—retaliate! Your marriage can be saved!

Many variables within your game are amenable to change: racquet, grip size, string tension, ancillary equipment, and approach to workouts.



Your racquet could be the culprit. Its construction (wood, plastic, metal, graphite, composite or grandma's booties), may be subjecting your elbow to high frequency vibrations (the nervous system perceives vibration and pain on separate nerve pathways, therefore discomfort is in a sense amplified in stereo). Individual variation in biomechanics of swing, grip, string tension, ball contact, and all too frequently wall contact creates a market for the many types of racquet construction available.

The absolute best combination of these variables for you can, with great difficulty, and expense be determined at the various well known racquetball and biokinematics laboratories throughout North America, or at much less expense appropriate or inappropriate selections can be made via the advice of friends and pros.

Grip size can be changed. It is an all but forgotten, but very important control factor. By simply changing size, most frequently down sizing, the dynamics of swing are modified . . . and with luck improved.

In general, as grip size diminishes, the wrists range of motion with power grasp increases. What this means for you is that when your back is to the front wall and you're headed for rear court to retrieve a passed ball, the power with which you're able to return

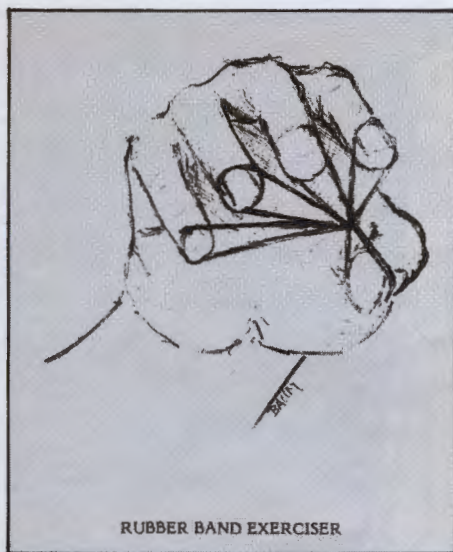
is increased with a smaller grip, due to increased wrist extension with power grasp. Thus less stress is directed at the epicondylar tendinous insertions so that normal tissue remains healthy and inflamed tendons are somewhat protected.

The racquet handle can be modified. The leather grip you now own may be jettisoned for a thinner leather grip, or replaced by rubber or other synthetic grip materials.

The handle itself can be shaved, either by your pro shop or at home. This can usually be accomplished with a power sander or beveled chisels and mallet depending on your racquets construction and your ingenuity.

Most racquet handles are cut octagonally (like a stop sign if you view the racquet from the butt of the handle) which permits them to spin in your grasp if the ball is hit off center. By shaving the handle on front and back rather than top and bottom you achieve a dual purpose. The size is diminished and with flattened grip you can feel the direction your racquet is facing (more time for you to watch the ball or whatever else catches your eye).

Shave a little, play a little until grip size is right for you. Caveat! When you have shaved too much material from the grip you'll notice two distinct conditions. The racquet will spin in your hand if the ball is hit off center and the grip may break.



RUBBER BAND EXERCISER

String tension has a bearing on the amount of discomfort sufferers of tennis elbow will endure. As tension is increased, less vibration and tenderness are experienced at the elbow. As string tension increases, the ball/racquet contact time is diminished, therefore the trade off is less control.

During symptom-producing play, an adjustable, non-elastic tension band measuring about 1½ inches, which to the uninformed might appear to be an errantly placed wrist band, would be worn circumferentially around the forearm just below the elbow, the point of maximum tenderness. When tightly applied it is designed to restrict the actions of the extensor muscles and act as a secondary origin, thus decreasing the force of muscular contraction at the lateral epicondyle. The band also seems to distribute the force over the extensor tendons without affecting muscle function.

Consider modifying your workouts if the above outlined equipment changes don't provide the pain relief required to maintain some semblance of order.

Start with aspirin a half hour prior to warm-up. Jump in the hot tub or shower, stretch and rub your sore elbow for five to 10 minutes. Then after drying off keep the elbow warm. Wear long sleeves if necessary or elastic wrap. Polyester shirts are great heat retainers and they stretch with the action.

Start in court warm-up drills always to your backhand with easy down the wall strokes catching the ball each time so that your stroke and body are completely controlled. As 10-20 backhand shots are made pain should diminish. If the ball pinches off the side wall don't

be foolishly inclined to snap off a forehand shot which could end the session in agony. Gradually increase stroke velocity to full speed then proceed to other pre-game strategies. This should then continue to be your warm-up protocol even during pain-free episodes so as not to rekindle painful inflammation.

Between workouts a simply strengthening apparatus can be constructed from rubberbands to overcome deficiencies. This type of exerciser can easily be adjusted by the length and thickness of

bands selected. It is easily used when puttering about. I recommend that it be used hourly for 20 or so repetitions throughout the day. If however this causes epicondylar pain temporarily abandon its use.

Rest has its place in your armament against this dreadful condition. If the preceding are in any way distasteful, or you are not as avid as many players, simply lay off the racquetball or any other activity that inflames you. ●

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Racquetball 'A La Francais'

by Victor Block

Winding up our final racquetball game with a devastating backhand passing shot, Fyllis kindly praised my play and suggested that we get a light snack. After showering and changing clothes, we wandered in the general direction of the Louvre, stopping at a sidewalk stand to purchase a cognac flamed crepe and a *croque monsieur*. Munching the crepe and grilled ham-and-cheese sandwich, we ruminated over a country that has fewer racquetball courts than do many individual court clubs in the United States.

This scene occurred during my most recent trip to France, earlier this spring. Following publication of an article about the status of racquetball in Europe in the March issue of *National Racquetball*, I decided to check the situation in that most magical of continental cities—Paris.

The bad news for visitors to France is that I was able to pinpoint only three and a-half racquetball courts throughout the entire nation—a fragmented figure that is explained below. The good news is that there is an excellent court in Paris, located in a comfortable club, and that—given the relative unfamiliarity of most Europeans with the game—playing time is readily available.

My investigation indicated that racquetball courts are located at Blois, a medium-sized town in the lovely Loire Valley about 100 miles southwest of Paris; at Anglet, a small seaside town near the Spanish border, and in Paris. (Any readers aware of other courts in France are urged to write me with the information.)

The Squash-Racquet Club de France at 24 rue Richard Lenoir compares favorably in atmosphere with many a club I've seen in the U.S. The single *court de racquetball* is well lit, has a glass rear wall and two small glass panels midway up the right wall for viewing play from the side hallway. The cost to play racquetball is 60 francs per person for 40 minutes (about \$7.20 at the rate of exchange when I was there). Rental racquets are available for 20 francs (about \$2.40).

Other facilities include three squash courts and an aerobic exercise room. The congenial owner, Guy Sauvin, told me he hopes to install a sauna and whirlpool shortly. He said (during our conversation conducted half in English

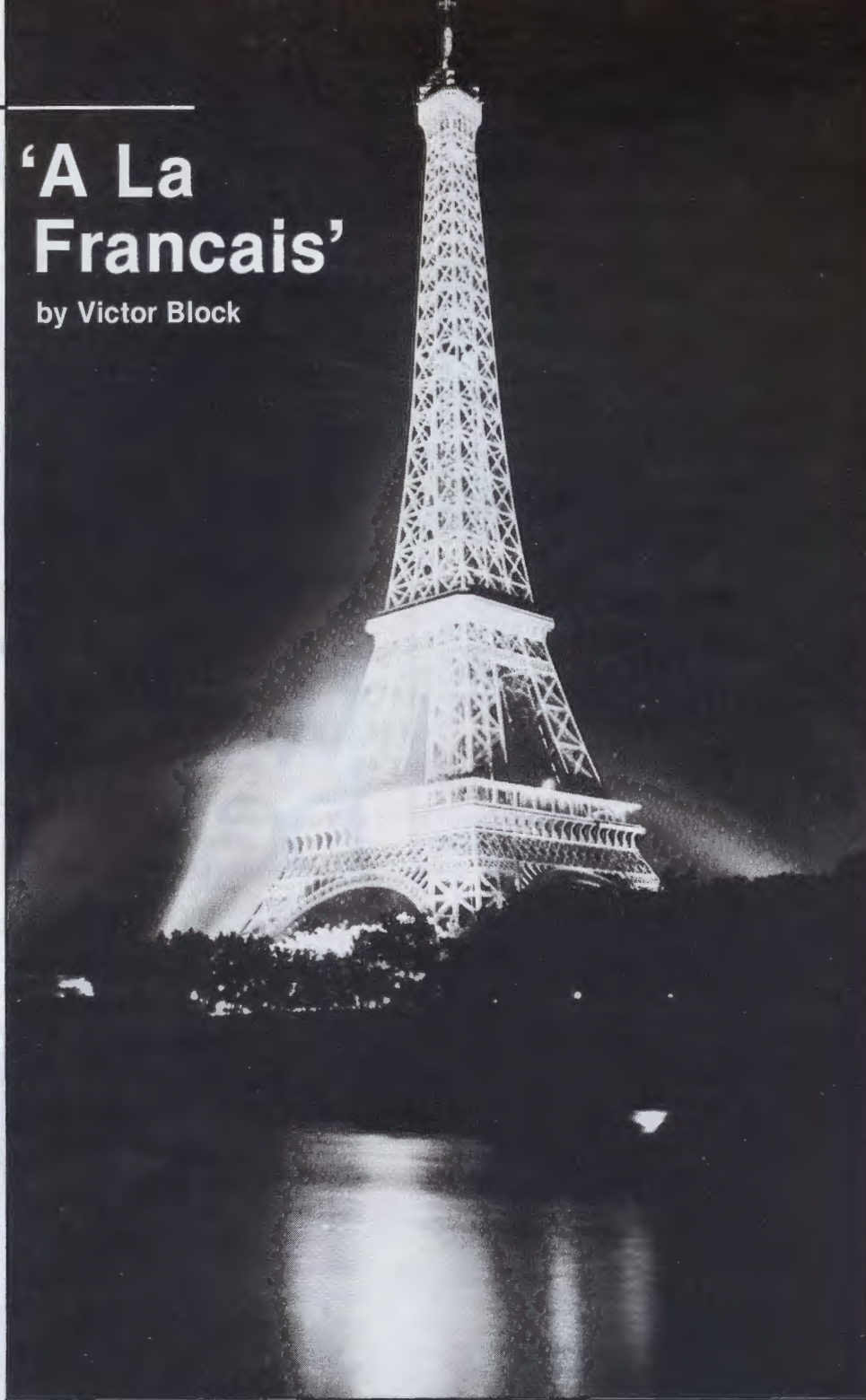
and half in my halting French) that an American professional is available to give racquetball lessons, and that his club includes some 40 Americans among its members. A number of them are U.S. Embassy staff personnel and foreign correspondents for American newspapers who are assigned to Paris.

Guy—who happens to be a karate expert—was introduced to racquetball during a visit last year to Cleveland. He enjoyed the game so much that he decided to install a court at what was at the time exclusively a squash club.

In an effort to help popularize the sport, he held an Open European Racquetball Tournament last April.

An indication of the early stage of popularity for racquetball in Europe is the fact that about three dozen players from the entire continent gathered to compete, taking turns on the single court at Sauvin's club.

The telephone number of the Squash-Racquet Club de France, for those planning a visit to Paris, is 367-13-98. If traveling there by Metro—the very efficient, clean, low-cost Paris subway—the nearest stop is at Voltaire-Charonne.



The "half court" referred to earlier in this article actually is a slightly undersized racquetball court that has been converted from squash play. It is located at the Squash Front de Seine, 21 rue Gaston de Caillavet (telephone 575-35-37). While well lit, the court has a net stretched across an open space at the top of the rear wall, with a club rule for replaying any point during which the ball is caught in the webbing.

Owner Pierre Etcheverry also learned to play racquetball in the U.S., while attending school here. Sean Flynn, the English-speaking pro, is the top-ranked squash player in France.

The charge for use of the "racquetball" court is about \$6.50 a person for 40 minutes. Rental racquets cost about \$1.25.

For anyone planning a summer trip to Europe that includes a visit to Paris, a few general tips may be of some assistance. Do consider riding the Metro as the best way to get around the city. A single second-class ticket (which includes transfers to your destination) costs 4 francs (about 50¢), while a *carnet* (10-ticket booklet) costs 24 francs (less than \$3).

If you're economizing, consider buying your breakfast and lunch from food shops or street vendors. A morning meal of juice or fresh fruit, a *baquette* (traditional long loaf of French bread) and coffee or tea is filling enough and quite reasonable—especially when compared with the price of breakfasting in even the least expensive cafe.

A crepe bought at a street stand—filled with orange or strawberry maralade, flamed in cognac or sprinkled with confectioner's sugar—costs less than \$1; the *croque monsieur* slightly more. Eaten in a park with a half bottle of wine (or other beverage), they make a delightful repast.

Pleasant, comfortable accommodations also are available at reasonable rates, particularly when compared with many U.S. hosteleries. Official government rating—from ****L (four-star luxury) to * (one star), based upon price and specified facilities—serve as a helpful guide.

One of my favorites is the two-star Hotel de la Bretonnerie at 22 rue Ste. Croix de la Bretonnerie (telephone



Guy Sauvin, chases a shot from Fyllis Hockman on the club's glass back walled court.



887-77-63). Located in the historic Le Marais district, it is close to a Metro stop; near the *rue de Rivoli*, the major commercial avenue running parallel to the Seine River along the right bank, and within a pleasant walking distance of the *Louvre*, *Tuileries* gardens and—for the hardy hiker—the *Champs Elysees* and *Arc de Triomphe*. It also is just a short Metro ride to the Squash-Racquet Club de France.

The converted 17th century mansion, set in a picturesque side street, has 31 rooms with exposed beams and free-stone walls that are furnished with period furniture and charming touches. The proprietor, Monsieur Sagot, cheerfully deals with the efforts of his guests to speak French (he speaks more than passable English) and is happy to offer sightseeing advice, call a taxi or help out in other ways. At a double room price range of about \$33-\$36 for two persons (with private bath), the Hotel de la Bretonnerie combines attractive accommodations with a convenient location.

One other recommendation, based upon my experience, is when possible (and practical, depending upon fares) to fly the airline of the country you will be visiting. In this way, your vacation begins from the moment you step on the plane. The gracious Air France cabin attendants, bilingual (French and English) announcements by the captain and other touches provided a taste of Paris before we left New York.

Other extras provided by Air France also added to the atmosphere: free wine, champagne and cocktails; ear-phones for the movie provided at no cost; and—even in tourist (coach) class—dinner that included succulent pate, a salad and cheese course, and French pastry.

Indeed, my hour of racquetball in Paris probably didn't work off even the calories I consumed on the Air France transatlantic flight alone. But it did provide some welcome recreation; an opportunity to keep up my practice, and an interesting and enjoyable introduction to racquetball *à la française*. ●

Victor Block is a free-lance travel writer for newspapers, newsletters and magazines; a state editor for Fodor's Guidebooks, and a member of the Society of American Travel Writers. When not on the go researching travel articles, he lives in Washington, DC.

Readers are encouraged to send your racquetball travel questions to Victor Block, c/o National Racquetball, 1800 Pickwick Ave., Glenview, IL 60025.

What You Told Us About Your Racquet Strings

"Stringing is an important part of the player's game and should complement the player rather than hinder his game." — Dean Foes, Hawaii

Probably the least talked about area of racquetball is the topic of strings. According to *The Stringer's Assistant*, the official newsletter of the United States Racquet Stringers Association, most players are looking for everything and anything to improve their games and that includes the right string and the stringer.

Sixty percent of this year's respondents to our string survey felt that string tension was extremely important; the remaining 40% felt that it was moderately important, an indication that most players see the significance of strings.

These players—80%—play racquetball three or more times per week. Thirty-five percent have played for more than five years and the same 80% play at commercial clubs.

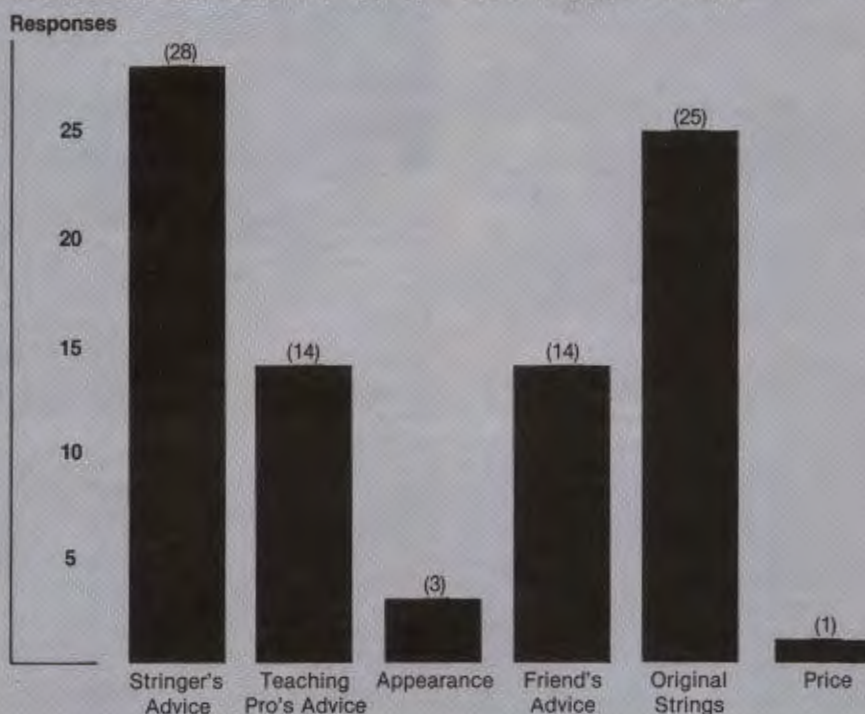
Fifty-two percent of these players are at the advanced level and own two or more racquets. The days of buying your racquet at the discount store seem to be on their way out as players look for more durable and professional racquets.

Our survey agreed: 40% enjoyed playing with graphite, 39% played with a composite racquet, while only 11% used fiberglass, and two percent preferred aluminum.

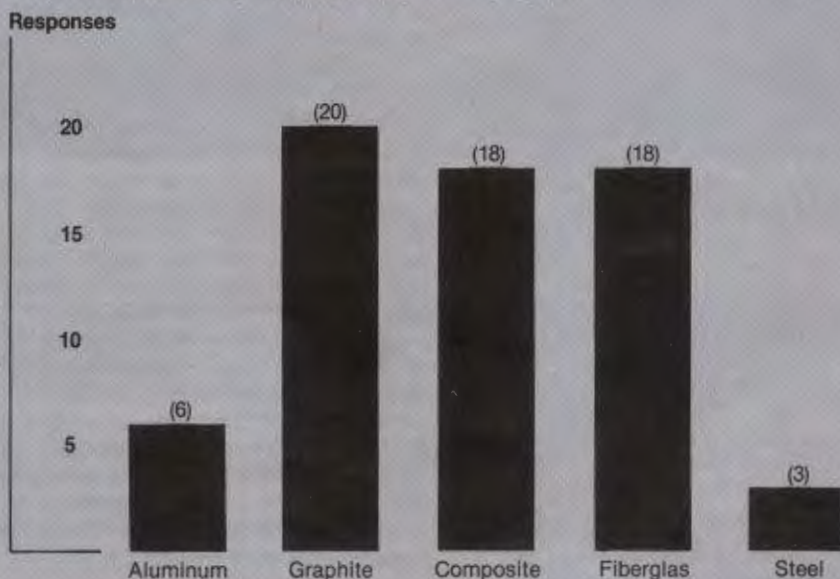
Re-stringing continues to be on the rise as the availability of racquetball string meets the demand for the product and service.

"Thinner is better in racquetball," said Buley Thompson, assistant manager of product development for Ektelon. *"A 16 or 17 gauge string offers more response and better feel for the ball."*

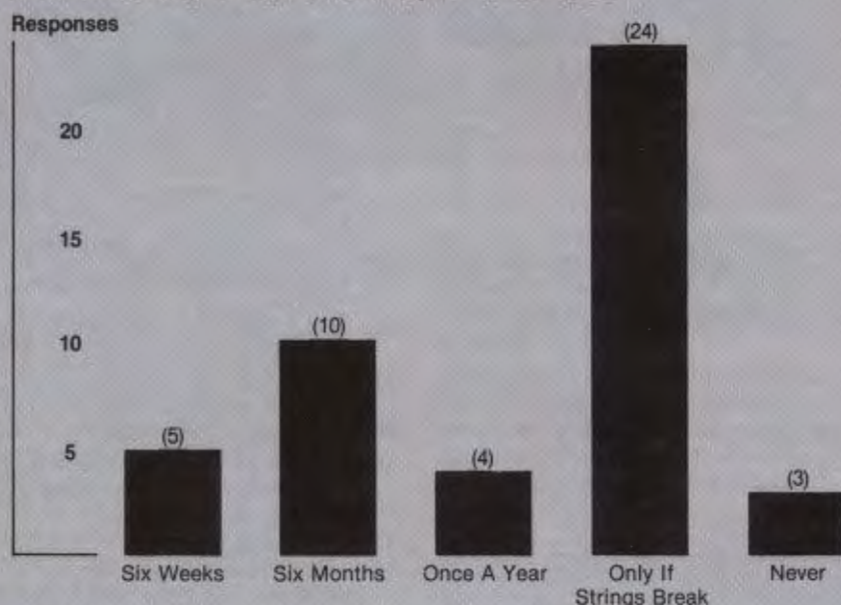
What was the major influence on which strings you bought?



What is your usual playing racquet made of?



How often do you have your racquet re-strung?



Now that there are companies that sell string intended solely for racquetball, players can feel that they are getting the best possible product for their racquet.

Now all they need to do is find a qualified stringer.

"I restring the racquets at our club . . . give the customers a fair price and a string job with a guarantee that no other person in our area does this. Consequently, people are bringing me their racquets from all over town!"—Ken Johnson, Janesville, WI.

People like Ken Johnson make up 24% of the stringing services that are available for players. Sporting Goods Stores make up another 24% and 40% of our respondents had their racquets re-strung at their club.

Stringer's Assistant suggests that people who know how to string offer their services by sticking business cards, flyers, or notices on bulletin boards in clubs that don't offer stringing services.

As far as the cost of re-stringing, 56% of our readers paid \$11-\$15 the last time they had their racquets re-strung—not inexpensive.

"At \$10 a throw, it can add up to where you could have bought a new racquet!" said reader Jan Novak, Amarillo, TX.

Maybe not any longer, Jan. *Stringer's Assistant* feels that players are demanding better quality racquets—a demand for the higher price of higher quality racquets.

But as strings break from the powerful swings made by even beginners, these racquets will have to be re-strung. And since 56% of our respondents felt that re-stringing helped their game, it seems likely that there will be an upsurge in the need for stringers and stringing facilities in the coming months. ●

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Old Racquetballs Never Die

by Philip Carnes

A short while back in trying to do my part, I promised my son's Cub Scout leader that I would bring home some large coffee cans from the office so he could use them for a den project. I also remembered I had some racquetball cans in the bottom of my closet and thought perhaps he could use them, too. I came up with about a dozen cans, many containing old, dead racquetballs.

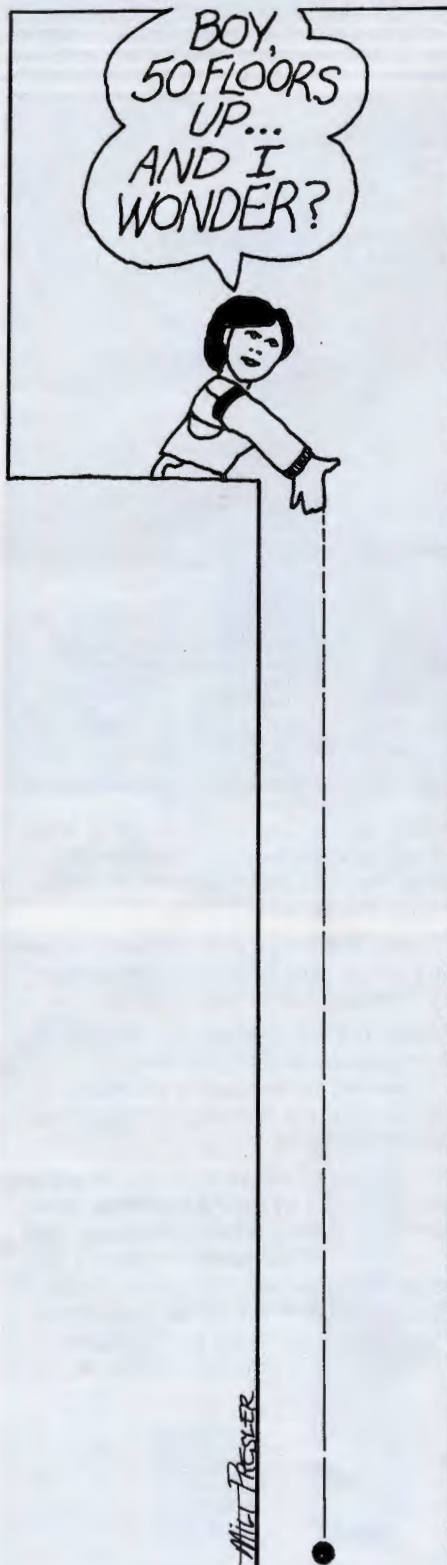
This brought to mind a common situation. My wife, my oldest son (nine), and I all play racquetball on a regular basis. We find that our home is infested with old, dead racquetballs for which we have absolutely no use. After all, the dog can only chase one ball at a time. And no matter how many our youngest son (three) loses, plenty of old balls remain.

Need we throw them away? I tried to think of what to do with dead racquetballs and 24 things came to mind. You might try to come up with more. Some of these uses are logical—common sense—and practical. Others are a little ridiculous. In any event it proved an interesting mental exercise.

Here are my 24 uses for old, dead racquetballs:

1. Play toys for your dogs and something for your child to fetch.
2. Sell them at a cheap price to would-be players who have never played. Most will not know the difference.
3. Set up a barrel in your club for old racquetballs to be donated to orphanages.
4. Cut them in half and use them to serve nuts and dip at your next club function.
5. Take three racquetball halves, fashion a bikini — use your imagination.
6. Likewise take two racquetball halves and make sun shades for the beach or your club's tanning machines.
7. Punch a small hole in a ball and fill it with lead shot. Toss it to your opponent for first serve.
8. Take three or more halves and use them to play the old "shell" game.

9. Drop a few off of a 50-story building and see if they go bounce or splat.

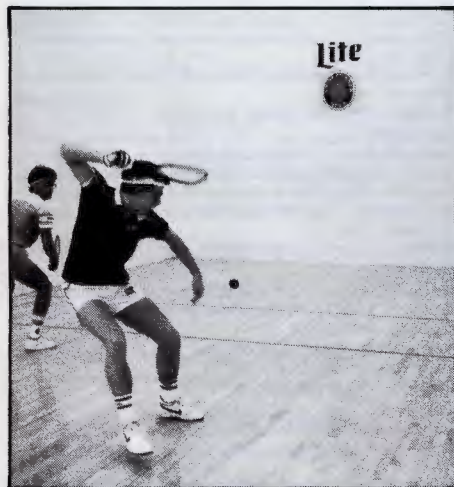


10. Inject balls with foam caulking compound, lace together with nylon chord and make a floating rope for your swimming pool.
11. Put two racquetball halves together with rivets where their curved sides touch. This makes a nice dresser catch-all for coins, car keys, etc.
12. Cut out a piece of an old ball about 1½ inches in diameter. Slip the remaining ball over a door knob that bangs against the wall. This should protect your wall.
13. Sew old balls into the lining of a not-so-new windbreaker to make a floatation vest for boating. Definitely would be a problem getting Coast Guard approval, however.
14. Throw them in a river and just watch them float away.
15. If you really want to cause a problem, flush one down (it'll only go half way) a toilet.
16. Fill a large plastic garbage bag with 700 old balls and make a ball bag chair.
17. Practice juggling.
18. String them like popcorn for an old-fashioned ornament for your club Christmas tree.
19. Do something similar and make an add-a-ball chain for your favorite sweetheart.
20. Use half balls to serve strange tasting cool Chinese tea for your dinner guests who are able to eat with only one hand.
21. Put one in the freezer for a few days and drop it on concrete.
22. Inject one with water, freeze, and use the round frozen thing to add zest and interest to the punch bowl at your next wine, cheese, and punch tasting gathering.
23. Pierce them and use them for scratch guards on your jeep's wip antenna.
24. Take half a ball, add string ties, and use it for a safety mitt for your small dog named Killshot.

And there must be dozens of more good useful ideas out there. If you know of any, don't tell me . . . write *National Racquetball*. ●

Tournament Results

Memphis State Retains Intercollegiate Title



Andy Roberts, MSU, prepares to bury a forehand in the right corner against Paul Bakken in the championship match of the U.S. Intercollegiates.

Mary Bouxsein gets ready to drive the ball down the right wall in the finals of the Women's Doubles competition at the U.S. Intercollegiates. Bouxsein and partner Marsha Robin were unable to stop Memphis State's Kim Cooling and Teresa Beresford.

Memphis State University continued its domination over collegiate racquetball by capturing its eighth straight U.S. Intercollegiate Championships April 7-9 at the Racquet Club of Memphis. The MSU dominance was evident as the Tigers were victorious in six of the eight divisions of play.

Actually, Memphis State students were victorious in a seventh division as Kathy Gluvna, a MSU student competing as an independent, won her second consecutive Women's No. 1 Singles crown, defeating Toni Bevelock, Memphis State's number one player 21-16, 21-15.

The only division of play that found the winner coming from a school other than Memphis State was the Women's No. 3 Singles where Sue Hensley from Central Michigan University defeated Pam Reilling, State University of New York at Binghamton for the title.

Freshman Andy Roberts continued MSU's ironclad hold on the Men's No. 1 Singles by defeating Bethel College (MN) junior Paul Bakken 21-9, 21-13. It was the second year in a row that Bakken reached the finals only to lose to a Memphis State player.

Gluvna and Roberts, by virtue of their victories, received berths on the U.S. National Racquetball team which will represent the U.S. this summer at the World Championships in Sacramento, CA. The same team will travel to Ecuador for the South American Regionals.

In Men's Doubles, last year's runners-up, Brian Sheldon and Jim Jeffers, Memphis State, stopped Paul and Pete Taunton, St. Cloud State University (MN) in what was easily the most thrilling match of the tournament, 21-7, 19-21, 11-10.

Memphis State easily dominated the Women's Doubles competition with Kim Cooling and Teresa Beresford defeating Mary Bouxsein and Marsha Robin, University of Illinois 21-10, 21-10 in the finals.

In Men's No. 2 Singles, Memphis State's Peter Wong captured the division with a win over teammate Pat McGrew. Wong was a fourth place finisher a year ago in the Men's Doubles.

The tournament, attracting over 250 players representing 38 colleges, was sponsored by Lite Beer from Miller, Diversified Products and Penn Athletic Products. Top finishers in each division received cash scholarships from Lite Beer from Miller—ranging from \$600 to the winners of Men's and Women's No. 1 Singles to \$100 for third place in the No. 3 Singles Categories. In all, \$8,000 in scholarships were awarded. ●

Team Results

1. Memphis State
2. St. Univ. of NY at Binghamton
3. Providence
4. Illinois
5. University of Texas at Austin
6. Rensselaer Polytechnic Institute
7. (tie) Penn State
Auburn
Cortland

Men's Team Results

1. Memphis State
2. Memphis State No. 2
3. (tie) Southwest Missouri
University of Texas at Austin

Women's Team Results

1. Memphis State
2. St. Univ. of NY at Binghamton
3. Illinois

Individual Results

Men's No. 1

- 1st: Andy Roberts, Memphis State
- 2nd: Paul Bakken, Bethel College

Women's No. 1

- 1st: Kathy Gluvna, Memphis State
- 2nd: Toni Bevelock, Memphis State
- 3rd: Mona Mook, American River College

Men's No. 2

- 1st: Peter Wong, Memphis State
- 2nd: Mike Miffia, Memphis State
- 3rd: John Jones, Southwest Missouri

Women's No. 2

- 1st: Krista Fox, Memphis State
- 2nd: Karen Russell, Virginia
- 3rd: Maja van Eysbergen, Auburn

Men's No. 3

- 1st: Richard Smith, Memphis State
- 2nd: Pat McGrew, Memphis State
- 3rd: David Metzger, R.P.I.

Women's No. 3

- 1st: Sue Hensley, Central Michigan
- 2nd: Pam Reilling, Binghamton
- 3rd: Maria Fountain, Providence

Men's Doubles

- 1st: Jeffers/Sheldon, Memphis State
- 2nd: Taunton/Taunton, St. Cloud State (MN)
- 3rd: Harlan/Waldorf, Memphis State

Women's Doubles

- 1st: Beresford/Cooling, Memphis State
- 2nd: Bouxsein/Robin, Illinois
- 3rd: Griggs/Haimes, Cortland, NY

Tournament Results

New York

Bud-Light St. Valentine's Day Massacre
Tournament
Liverpool, NY — Feb. 3-5

Men's Open Doubles

Quarter-finalists — Winterton/Ladge d. Mootz/Mootz, 15-7, 15-10; Stapleton/Brady d. Demaree, 15-7, 13-15, 15-5; Rougeux/Blanton d. Rossi/Vinciguerra, 15-12, 8-15, 15-3; Dzurio/Clark d. Ashby/Woods, 15-7, 15-6

Semi-finalists — Winterton/Ladge d. Stapleton/Brady, 15-14, 15-7; Dzurio/Clark d. Rougeux/Blanton, 9-15, 15-12, 15-14
Finalists — Dzurio/Clark d. Winterton/Ladge, 15-14, 15-8

Men's B Doubles

Quarter-finalists — Shick/Cleary d. Rossi/Menchella, 15-14; Flacichio/Smith d. Monroe/Guccicadi, 15-10, 11-5, 15-4; Paratore/McGee d. Chielo/Paciello, 15-14, 14-15, 15-3; Hartz/Peck d. Greveling/Darwin, 15-0, 15-1

Semi-finalists — Hartz/Peck d. Schick/Cleary, 15-4, 15-5

Men's C Doubles

Quarter-finalists — Schreck/Thompson d. Malowski/Woodrick, 15-6, 15-4; Canfield/Martin d. Procopio/Donauan, 15-7, 15-8; Legere/Fritz d. Piper/Hennigan, 12-15, 15-10, 15-8; Goodelle/Sybold d. Mosher/Bacca, 15-1, 15-4

Semi-finalists — Canfield/Martin d. Schreck/Thompson, 15-8, 15-14; Legere/Fritz d. Goodelle/Sybold, 12-15, 15-4, 15-8
Finalists — Canfield/Martin d. Legere/Fritz, 15-4, 15-11

Mixed Open Doubles

Quarter-finalists — Winterton/Holl d. Ashby/Ashby, 15-4, 15-12; Cassidy/Cassidy d. Sheedy/Brown, 15-0, 15-3; Crawford/Blanton d. Amueller/Stapleton, 15-12, 11-15, 15-13; Rougeux/Moran d. Hanno/Morabido, 4-15, 15-14, 15-8

Semi-finalists — Cassidy/Cassidy d. Winterton/Holl, 15-12, 8-15, 15-12; Crawford/Blanton d. Rougeux/Moran, 15-9, 15-7
Finalists — Cassidy/Cassidy d. Crawford/Blanton, 15-8, 15-4

Mixed B/C Doubles

Quarter-finalists — McGee/McGee d. Paratore/Renske, 11-15, 15-7, 15-13; Kelly/Hughes d. Procopio/Eames, 15-10, 15-11; Cerosoli/Keller d. Legere/Cook, 15-11, 15-10; Falcichio/Guinn d. Keovil/Selbert, 15-2, 15-13

Semi-finalists — McGee/McGee d. Kelly/Hughes, 15-14, 15-10; Falcichio/Guinn d. Cerosoli/Keller, 15-8, 15-3

Finalists — McGee/McGee d. Falcichio/Guinn, 15-6, 15-14

Women's Open Doubles

Finalists — Cassidy/Aumiller d. Crawford/Moran

Women's B/C Doubles

Finalists — Quinn/Scollan d. Brown/Renske

Men's Open Singles

Quarter-finalists — Katz d. Dautrich, 15-10, 15-6; Simeo d. Fudim, 15-6, 15-4; Juron d. Hanno, 15-4, 15-7; Kemp d. Niemiec, 15-7, 15-6

Semi-finalists — Katz d. Simeo, 15-12, 15-5; Juron d. Kemp, 15-2, 15-11

Finalists — Katz d. Juron, 15-4, 15-8

Men's Open Veterans

Semi-finalists — Janiak d. Scalise, 15-5, 15-1; D'ziura d. Rougeux, 13-15, 15-12, 15-12

Finalists — Janiak d. D'ziura, 15-5, 15-5

Men's 35+

Quarter-finalists — Audi d. Sheedy, 12-15, 15-9, 15-4; Paciello d. Wallace, 15-9, 15-4; Smey d. Chazin, 15-7, 15-9

Semi-finalists — Crawford d. Audi, 13-15, 15-5, 15-9; Smey d. Paciello, 15-5, 15-9

Finalists — Smey d. Crawford, 15-5, 15-0

Men's A

Quarter-finalists — Scollan d. Rossi, Jr., 15-11, 15-13; Bailey d. Audi, 11-15, 15-8, 15-10; Watkins d. Cayea, 2-15, 15-3, 15-7; Frank d. Hanno, 15-3, 15-8

Semi-finalists — Scollan d. Bailey, 9-15, 15-10, 15-11; Watkins d. Frans, 15-8, 15-8

Finalists — Watkins d. Scollan, 15-14, 14-15, 15-14

Women's B

Quarter-finalists — Cleary d. Downey, 15-1, 15-3; Qyerri d. Dieterich, 15-6, 15-8; Hotaling d. Palamar, 15-12, 15-5; Moore d. Wells, 8-15, 15-8, 15-12

Semi-finalists — Querri d. Cleary, 15-4, 15-5; Moore d. Hotaling, 13-15, 15-8, 15-6

Finalists — Querri d. Moore, 14-15, 15-14, 15-2

Men's C

Quarter-finalists — Marzano d. Canfield, 15-3, 15-12; Mayer d. Seybold, 15-4, 1-15, 15-5; Ciampichino d. Donovan, 15-10, 15-7; Canizaro d. Grant, 15-12, 15-7

Semi-finalists — Marzano d. Mayer, 15-3, 15-4; Canizaro d. Ciampichino, 15-9, 15-4

Finalists — Marzano d. Canizaro, 12-15, 15-10, 15-11

Men's 35+

Quarter-finalists — Crowley d. Clark, 15-4, 9-15, 15-7; Shreck d. Goodell, 15-8, 14-5, 15-6; Bodley d. Killiam, 15-13, 15-8; Vanek d. Mosher, 15-2, 15-9

Semi-finalists — Crowley d. Schrek, 15-7, 15-4; Vanek d. Bodley, 15-7, 15-9

Finalists — Vanek d. Crowley, 15-3, 15-10

Men's Novice

Quarter-finalists — Coppola d. Karglarininaro, 15-9, 15-8; Dawson d. Brennan, 15-8, 15-4; Amerson d. Hennigan, 2-15, 15-14, 15-11; Reifensnyder d. Henson, 15-3, 15-11

Semi-finalists — Coppola d. Dawson, 15-2, 15-5; Reifensnyder d. Amerson, 15-3, 15-11

Finalists — Coppola d. Reifensnyder, 15-10, 15-8

Women's Open

Quarter-finalists — Holl d. Gyder, 15-8, 15-7; Crawford d. Aumiller, 7-15, 15-12, 15-4; Moran d. Crawford, 15-9, 9-15, 15-10; Morabido d. Ashby, 15-9, 15-8

Semi-finalists — Holl d. Crawford, 15-5, 14-5, 15-12; Morabido d. Moran, 15-11, 15-13

Finalists — Holl d. Morabido, 15-12, 15-5

Women's A

Quarter-finalists — Mika d. Slayed, 15-2, 15-9; Sanpore d. Scollan, 15-13, 15-12; Brody d. Brown, 15-7, 15-0; White d. White, 15-8, 15-2

Semi-finalists — Sanpore d. Mika, 15-9, 2-15, 15-5; Bory d. White, 15-9, 15-8

Finalists — Sanpore d. Brody, 15-13, 7-15, 15-12

Women's B

Quarter-finalists — Ferranti d. Barnes, 15-3, 5-15, 15-13; King d. Hayes, 6-1, 15-14, 15-11; Brown d. Wright, 15-9, 15-8; McGee d. Keller, 15-9, 15-2

Semi-finalists — King d. Ferrenti, 11-15, 15-13, 15-7; Brown d. McGee, 15-8, 15-12

Finalists — King d. Brown, 15-13, 15-6

Women's C

Quarter-finalists — Riefensnyder d. Eames, 15-2, 15-7; Goldych d. Schreck, 15-12, 15-5; Murray d. Keller, 15-8, 15-11; Alvarez d. Quinn, 15-12, 15-3

Semi-finalists — Riefensnyder d. Goldych, 11-15, 15-6, 15-5; Alvarez d. Quinn, 15-12, 15-3

Finalists — Riefensnyder d. Alvarez, 15-14, 15-7

Women's Novice

Finalists — Quinliuan d. Callen

11 and Up Juniors

Semi-finalists — Scollan d. Eames, 15-3, 15-7; Goodelle d. Ludlam, 15-4, 15-2

Finalists — Goodelle d. Scollan, 15-1, 15-11

14 and Up Juniors

Semi-finalists — Casey d. Young, 15-3, 15-7; Himes d. Olsen, 15-3, 15-7

Finalists — Casey d. Himes, 15-1, 15-0

17 and Up Juniors

Semi-finalists — Sullivan d. Paciello, 15-7, 11-15, 15-12; Hachman d. Meetz, 15-3, 15-9

Finalists — Sullivan d. Hachman, 15-4, 15-11

Pennsylvania

Omni N Schmidt's Classic

Omni Court Club

Philadelphia, PA — Feb. 3-5

Sponsor: Schmidt's Beer

Tournament Director: Lynn Pitts

Men's Open

Quarter-finalists — Simmonette d. Bowman; Vivola d. Becker; Denito d. Barrett; Powell d. Garabedian

Semi-finalists — Simmonette d. Vivola; Powell d. Denito

Finalists — Simmonette d. Powell

Men's A

Quarter-finalists — Polsky d. Pavlic; Hindo d. Learson; Mayfield d. Schalder; Wilson d. Marasco

Semi-finalists — Polsky d. Hindo; Wilson d. Mayfield

Finalists — Polsky d. Wilson

Men's B

Quarter-finalists — Polovy d. Zollers; Vail d. Walters; Vail d. Vanone; Weidner d. Ardrey

Semi-finalists — Polovy d. Vail; Weidner d. Vail

Finalists — Polovy d. Weidner

Men's C

Quarter-finalists — Walls d. Levin; Castleman d. Youngblood; Fischer d. Whetstone; Montgomery d. Tomicki

Semi-finalists — Walls d. Castleman; Montgomery d. Fischer

Finalists — Walls d. Montgomery

Men's Novice

Quarter-finalists — Babiarz d. Adams; Butler d. Hymson; DePascale d. Gionfriddo; Pornoy d. Young

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Semi-finalists — Babiarz d. Butler; Portnoy d. DePascale
Finalists — Babiarz d. Portnoy

Men's Open Doubles

Quarter-finalists — Simonette/Powell d. McKinney/McElheny;
Cambodian d. Hindo; Platas/Vivola d. Cook/Sciubbn;
Durito/Vanne d. Platas/Vivola; d. Martin/Mitchell
Semi-finalists — Simonette/Powell d. Garabedian/Becker;
Denoit/Vanne d. Platas/Vivola
Finalists — Simonette/Powell d. Deritio/Vanne

Men's B Doubles

Quarter-finalists — Kohut/Hilton d. Vail/Vail; Polovoy/Walls d.
Spadaccino/Hoffman; Miller/Kuski d. Fordney/Rohrbaugh;
Schadler/Saylor d. Sollers/Rosidivito
Semi-finalists — Schadler/Saylor d. Polovoy/Walls; Hilton/Kohut
d. Miller/Kuski
Finalists — Hilton/Kohut d. Schadler/Saylor

Women's Open

Quarter-finalists — Baxter d. Bye; O'Brien d. Conley; Zarfes d.
Fogel; Fischl d. Bye
Semi-finalists — O'Brien d. Baxter; Fischl d. Zarfes
Finalists — O'Brien d. Fischl

Women's A

Semi-finalists — Lee d. Coutu; Conley d. Linville
Finalists — Lee d. Conley

Women's B

Quarter-finalists — Coutu d. Bye; Walton d. Guyete; Gratnik d.
Ackerman; Garrett d. Larson
Semi-finalists — Coutu d. Walton; Garrett d. Gratnik
Finalists — Coutu d. Garrett

Women's Novice

Semi-finalists — Stoner d. McCarthy; Condo d. Goldstein
Finalists — Stoner d. Goldstein

Women's C

Quarter-finalists — Guyette d. Tamasito; Martin d. Caine;
Alexander d. Blackman; Turnquest d. Vanne
Semi-finalists — Guyette d. Martin; Turnquest d. Alexander
Finalists — Guyette d. Turnquest

Women's B Doubles

Semi-finalists — Roggenbaum/Barnes d. Ackerman/Robinson,
Garrett/Walton d. Kirk/Mulhern
Finalists — Roggenbaum/Barnes d. Garrett/Walton

Men's 40+

1st — McNabb; **2nd** — Untalon

Men's 45+

1st — McNabb; **2nd** — Untalon

Men's 50 +

1st — Rodriguez

Men's 60+

1st — Goss

Women's Open

1st — Goodwin

Women's A

1st — Funes; **2nd** — Duell

Women's B

1st — Henabray/Women's C

1st — Wassel; **2nd** — Pringle

Women's D

1st — Williams; **2nd** — Pearson

Women's 20+

1st — Goodwin; **2nd** — Duell

Women's 30+

1st — Funes; **2nd** — Jones

Senior Open/A

1st — Snow; **2nd** — Lubisch; **3rd** — Jahn

Senior B/C

1st — Hamill; **2nd** — Kangas; **3rd** — Mercer

Master B/C

1st — Bittke; **2nd** — Smith; **3rd** — Elings

Women's A

1st — Egberman; **2nd** — Bromfield; **3rd** — Kerth

Women's B

1st — Wilkerson; **2nd** — Westphal; **3rd** — Seely

Women's C

1st — Sherman; **2nd** — Powell; **3rd** — Baril

Women's D/Novice

1st — Severson; **2nd** — Jilin

Men's Open Doubles

1st — Westwood/Housgard; **2nd** — Griffith/Zacharias; **3rd** —
Wise/Hanson

Men's A Doubles

1st — Gaunt/O'Reilly; **2nd** — Fitzwater/Gaynor; **3rd** —
Gabrial/Sparks

Men's B/C Doubles

1st — Thrush/Powell; **2nd** — Fieke/Bittke; **3rd** — Dues/Kelly

Women's B/C Doubles

1st — Kelley/Swanson; **2nd** — Wilkerson/Goetz

Mixed B/C Doubles

1st — Davidson/Westphal; **2nd** — Priez/Gonzalez; **3rd** —
Kelley/McKibben

Oregon

Labatt's Pro-Am Tournament

Griffith Park Athletic Club

Beaverton, OR — Fed. 7-12

Men's Open

1st — Negrete; **2nd** — Housgard; **3rd** — Westwood

Men's A

1st — Geyhring; **2nd** — Elinger; **3rd** — Camus

Men's B

1st — Davidson; **2nd** — Bertelson; **3rd** — Shoning

Men's C

1st — Plant; **2nd** — Anderson; **3rd** — Leland

Men's D/Novice

1st — Rightmire; **2nd** — Galligan; **3rd** — Larson

Pennsylvania

Master's Tournament

Charles Club & Pub and Rent-A-Wreck

Racquet Club of Meadville

Meadville, PA — Feb. 4-5

Tournament Directors / Nancy Manning and Jan
Peterson

Men's 40

1st — Miller; **2nd** — Roberts

Men's 45

1st — Jackman; **2nd** — Felicetti

Men's 50

1st — Grapes; **2nd** — Castor

Men's 55

1st — Witham; **2nd** — Stevenson

Men's 45-Doubles

1st — Miller/VanHulten; **2nd** — Shattner/Felicetti

Men's 50-Doubles

1st — Grapes/Shattner; **2nd** — Shirey/Cole

Nevada

1984 Showboat Military Racquetball Tournament

Showboat Hotel and Casino

Las Vegas, NV — Feb. 6-10

Spring Mountain Racquetball Club

Tournament Director: Stephen D. Ducoff

Men's Open

1st — Kelly; **2nd** — Alacala

Men's A

1st — Sanchez; **2nd** — Duggan

Men's B

1st — McClaren; **2nd** — Fernandez

Men's C

1st — Wesley; **2nd** — Lau

Men's D

1st — Gray; **2nd** — Brown

Men's 20+

1st — Alcala; **2nd** — Mistele

Men's 35+

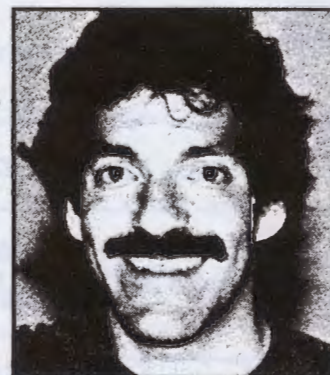
1st — Meltsner; **2nd** — Pringle

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LOOK FOR NEW YORK CITY CLINIC DATES TO BE ANNOUNCED SOON

Men's Open

Quarter-finalists — Sanchez d. Vigil, 21-12, 21-17; Rodriguez d. Ruiz, 18-21, 21-17, 11-4; Tarde d. Farkas, 21-19, 21-10; Zirkle d. Benedetti, 21-4, 21-14

Semi-finalists — Sanchez d. Rodriguez, 21-7, 21-1; Zirkle d. Tarde, 21-5, 21-15

Finalists — Zirkle d. Sanchez, 21-15, 21-14

Men's A

Quarter-finalists — Smario d. Ireda, 18-21, 21-14, 11-2; Matson d. Nagy, 21-9, 21-20; Walker d. Fortney, 13-21, 21-15, 11-9; Hartman d. Boscia, 21-15, 21-5

Semi-finalists — Smario d. Matson, 21-19, 21-17; Hartman d. Walker, 21-18, 21-13

Finalists — Hartman d. Smario, 15-21, 21-13, 11-5

Men's B

Quarter-finalists — Alonzi d. Ewing, 21-6, 21-16; Runyan d. Silvestain; Floerke d. Harness, 21-9, 21-4; Whitaker d. Beckwith, 14-21, 21-8, 11-8

Semi-finalists — Runyan d. Alonzi, 21-15, 21-9; Floerke d. Whitaker, 21-9, 21-1

Finalists — Runyan d. Floerke, 21-13, 21-13

Men's C

Quarter-finalists — Elchorn d. Gosnell, 21-13, 16-21, 11-6; O'Connell d. Fuller, 21-18, 21-15; Lusso d. Tidwell, 21-16, 21-17; Miller d. Lanci, 21-7, 21-18

Semi-finalists — O'Connell d. Eichorn, 21-12, 21-8; Lusso d. Miller, 15-21, 21-8, 11-5

Finalists — O'Connell d. Lusso, 21-19, 21-11

Men's Novice

Quarter-finalists — Nabati d. Kowprowsky, 20-21, 21-12, 11-8; Lostroth d. Adler, 21-13, 21-4; Ressler d. Thien, 21-12, 21-10; Parrino d. Merl, 7-21, 21-11, 11-10

Semi-finalists — Nabati d. Lostroth, 21-12, 21-13; Ressler d. Parrino, 21-8, 11-21, 11-10

Finalists — Nabati d. Ressler, 21-14, 21-15

Women's Open

Quarter-finalists — Falagrad d. Wyble, 21-8, 21-16; Howard d. Pendley, 21-15, 21-17; Fornaciari d. Dahl, 21-9, 21-18; Hatton d. Delucia, 21-12, 21-13

Semi-finalists — Falagrad d. Howard, 9-21, 21-19, 11-9; Fornaciari d. Hatton, 21-16, 21-18

Finalists — Fornaciari d. Falagrad, 21-9, 12-21, 11-9

Women's A

Quarter-finalists — Carder d. Hori, 21-12, 16-21, 11-4; Hulet d. Fortney, 21-11, 21-14; Wilcox d. Williams, 21-19, 21-14; Swoboda d. Knight, 21-13, 16-21, 11-3

Semi-finalists — Carder d. Hulet, 21-13, 21-16; Wilcox d. Swoboda, 16-21, 21-13, 11-3

Finalists — Wilcox d. Carder, 21-12, 21-19

Women's B

Quarter-finalists — Havener d. Lanci, 13-21, 21-20, 11-6; Tjelmeland d. Zimmerman, 21-15, 21-18; Helma d. Starns, 21-15, 21-18; Grand d. Grass, 21-14, 21-14

Semi-finalists — Tjelmeland d. Lanci, 21-20, 21-14; Grant d. Helma, 21-19, 21-12

Finalists — Tjelmeland d. Grant, 21-13, 21-3

Women's C

Quarter-finalists — Best d. Hansen, 21-6, 21-7; Skinner d. Buston, 21-16, 21-7; Meyer d. O'Connell, 21-13, 15-21, 11-3; Portfolio d. Lamb, 21-11, 21-13

Semi-finalists — Best d. Skinner, 21-8, 21-7; Meyer d. Portfolio, 21-17, 21-9

Finalists — Best d. Meyer, 21-13, 21-3

Women's Novice

Quarter-finalists — Iacometti d. Sawmbides, 21-16, 21-16; McDonnell d. Rule, 21-8, 21-5; Lopez d. Grant, 21-10, 21-19; Williams d. Heit, 21-4, 21-3

Semi-finalists — Iacometti d. McDonnell, 21-6, 21-10; Williams d. Lopez, 21-5, 21-8

Finalists — Iacometti d. Williams, 11-21, 21-2, 11-2

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Illinois

St Valentine's Day Massacre

Killshot, Ltd.

Bloomington, IL — Feb. 10-12

Tournament Director: Craig Steichen

Men's Open

Semi-finalists — Steichen d. Talty, 15-7, 15-8; Grigg d. Milazzo, 15-3, 15-6

Finalists — Grigg d. Steichen, 15-3, 15-5

Men's A

Semi-finalists — Smith d. Sweeny, 15-6, 13-15, 11-4; Fronczak d. Ervin, 3-15, 15-5, 11-6

Finalists — Smith d. Fronczak, 15-11, 15-6

Men's B

Semi-finalists — Rodia d. Smith, 7-15, 15-10, 11-9; Jensen d. Abbott, 9-15, 15-12, 11-6

Finalists — Jensen d. Rodia, 15-11, 5-15, 11-9

Men's C

Semi-finalists — Claps d. Vrabel, 15-11, 15-14; Hamiti d. Prohaska, 15-2, 15-4

Finalists — Hamiti d. Claps, 10-15, 15-7, 11-5

Men's D

Semi-finalists — Weiss d. Kunio, 15-9, 15-3; Thoms d. Connelly, 15-7, 15-3

Finalists — Thoms d. Weiss, 15-4, 10-15, 11-9

Men's Novice

Semi-finalists — Toniolo d. Hrivnak, 8-15, 15-10, 11-1; Weissgerber d. Torres, 15-1, 15-14

Finalists — Toniolo d. Weissgerber, 15-2, 15-4

Women's A

Semi-finalists — Pearce d. Hanson, 7-15, 15-6, 11-4; Horn d. Kaspari, 15-9, 15-2

Finalists — Pearce d. Horn, 15-11, 15-9

Women's B

Semi-finalists — Nero d. Gibbs, 15-8, 15-7; West d. Johnson, 15-7, 14-15, 11-4

Finalists — Nero d. West, 14-15, 15-2, 11-6

Women's C

Semi-finalists — Kohoutek d. Mohr, 15-13, 15-10; Miller d. Couture, 15-3, 15-10

Finalists — Miller d. Kohoutek, 15-14, 15-4

Women's D

Semi-finalists — Metzger d. LePon, 15-3, 14-15, 11-8; Medernach d. Piotrowski, 15-2, 15-4

Finalists — Metzger d. Medernach, 15-3, 11-15, 11-5

Men's Seniors, 35+

Semi-finalists — Dolby d. Waldo, 15-12, 15-3; Johnson d. Senters, 15-2, 15-6

Finalists — Dolby d. Johnson, 15-9, 11-15, 11-6

Men's Masters 45+

Semi-finalists — Eller d. Ritchie, 15-12, 15-10; Kurtz d. Byckun, 15-5, 15-4

Finalists — Kurtz d. Eller, 15-9, 15-10

Wisconsin

7th Annual Bridgkort Racquetball Open

Sponsored by Miller Lite, WNAM, Tombstone Pizza

Neenah, WI — Feb. 10-12

Men's Open

1st — Connelly; 2nd — Kiercz

Men's 35+

1st — Edgerton; 2nd — Lambeseder

Men's A
1st — Hermus; 2nd — Wichman

Men's B
1st — Miller; 2nd — Ciske

Men's C
1st — Katner; 2nd — Gollinger

Men's D
1st — Anderson; 2nd — Provo

Wyoming

American Bank Open
Family Action Center
Wheatland, Wyoming — Feb. 10-12
Sponsored by American Bank
Tournament Director: D. David Rodriguez

Men's Open
Semi-finalists — Elden d. Rodriguez, 15-7, 15-13; Panker d. Keefer, 15-11, 11-15, 15-8
Finalists — Elden d. Panker, 15-14, 15-9

Men's A
Semi-finalists — Land d. Barber, 3-15, 15-9, 15-4; Crawford d. Ailey, 6-15, 15-10, 15-5
Finalists — Land d. Crawford, 15-4, 13-15, 15-12

Men's B
Semi-finalists — Bint d. Vali, 15-13, 15-13; Bryant d. Wall, 15-5, 15-9
Finalists — Bint d. Bryant, 12-15, 15-14, 15-11

Men's C
Semi-finalists — Johnson d. Ollim, 15-11, 15-7; Pennington d. Thompson, 15-9, 15-9

Women's B
1st — Handerson; 2nd — Bright; 3rd — Bryant

Women's C
Semi-finalists — Trautwern d. Ballew, 15-7, 15-4; Thompson d. Antery, 15-11, 9-15, 15-6
Finalists — Thompson d. Trantwer, 15-11, 15-11

Illinois

Ottawa Open
Ottawa YMCA
Sponsored by Jim M'Lady Oldsmobile
Ottawa, IL — Feb. 10-12
Tournament Director: Bruce Patnoudes

Men's A
Quarter-finalists — Nonas d. Edwards, 21-9, 21-6; Ballu d. Bennett, 21-16, 21-19; Lofthouse d. Patnoudes, 7-21, 21-5, 11-2; Malone d. Susner, 21-17, 21-19
Semi-finalists — Ballu d. Nonas, 7-21, 21-4, 11-8; Lofthouse d. Malone, 21-8, 13-21, 11-9
Finalists — Ballu d. Lofthouse, 21-5, 14-21, 11-3

Men's B
Quarter-finalists — Wright d. Kimberly, 21-6, 21-0; Kutz d. Martin, 20-21, 21-17, 11-7; Hernandez d. Frame, 20-21, 21-14, 11-8; Macki d. Sone, 21-19, 17-21, 11-5
Semi-finalists — Macki d. Kutz, 21-10, 21-16; Wright d. Hernandez, 21-11, 21-12
Finalists — Macki d. Wright, 21-12, 21-12

Men's C
Quarter-finalists — Schwinnen d. Reeser, 21-4, 21-9; Moore d. Strobel, 21-3, 21-13; Makeever d. Webber, 21-12, 21-14; Cummings d. Fuller, 14-21, 21-16, 11-8
Semi-finalists — Makeever d. Cummings, 18-21, 21-17, 11-5

Women's A
Finalists — Edwards d. Johnson, 21-18, 21-18

Women's B
Finalists — Stirniman d. Gall, 21-19, 21-13

Women's C
Semi-finalists — McGrath d. Tumey, 21-11, 21-5; Doyle d. Giese, 21-3, 21-9
Finalists — Doyle d. McGrath, 21-4, 21-8

Colorado

1984 Grand Junction City Handball/Racquetball
Tournament
Grand Junction Athletic Club
Grand Junction, CO — Feb. 13-17

Men's A
Thayer d. Saad

Men's B
Pollen d. Bollenbaugh

Men's C
Reece d. Temple

Men's D
Kendall d. Bechtel

Men's Novice
Stellavato d. Mower

Women's A
Wilemon d. Draeger

Women's B
Parsons d. Geer

Women's C
Powell d. Howell

Women's D Erven d. Smith

Women's Novice
Bechtel d. Hess

8 and Under
Aubert d. Aubert

9-12
Brown d. Mahoney

13-15
Phillips d. Felin

Hawaii

1984 Hawaii Doubles Championships
Oahu Athletic Club
Feb. 16-19
Tournament Director: Harry O. Fischl, Jr.

Men's Open
Semi-finalists — Britos/Britos d. Lau/Dung, 13-15, 15-9, 11-4; Akau/Deforest d. Macari/Albao, 15-6, 15-5
Finalists — Britos/Britos d. Akau/Deforest, 15-13, 15-4

Men's B
Semi-finalists — York/Brag d. Serafin/Barnes, 15-9, 14-15, 11-2; Tuohy/Turalde d. Ikehara/Takayasu, 15-10, 13-15, 11-2
Finalists — York/Brag d. Tuohy/Turalde, 15-12, 15-14

Men's C
Semi-finalists — Smith/Noa d. Bolibol/Onoka, 12-15, 15-8, 11-10; Sokoloff/Pollack d. Cadiente/Sayson, 15-14, 7-15, 11-10
Finalists — Smith/Noa d. Sokoloff/Pollack, 6-15, 15-4, 11-3

Men's Novice
Semi-finalists — Oshiro/Watanabe d. Lopera/Kahikina, 15-8, 15-10; Kane/Akiona d. Cockett/Dumancas, 15-10, 10-15, 11-5
Finalists — Oshiro/Watanabe d. Kane/Akiona, 15-6, 15-14

Seniors
Semi-finalists — Moku/Tom d. Rezentes/Waialae, 15-13, 15-13; Wong/Burke d. Cho/Kaikimaka, 15-13, 8-15, 11-7
Finalists — Moku/Tom d. Wong/Burke

Masters
Semi-finalists — Harris/David d. George/Tamaye, 15-7, 15-7; Keaunui/Warner d. Koanui/Swoish, (default)
Finalists — Harris/Davis d. Keaunui/Warner, 15-6, 15-3

Women's B
Semi-finalists — Hall/Lohmann d. Chang/Maginsay, 9-15, 15-6, 11-1; Judy/York d. Asato/Kamalii, 9-15, 15-8, 11-3
Finalists — Judy/York d. Hall/Lohmann, 15-13, 15-10

Women's C
Semi-finalists — Burghardt/Vallaios d. York/Carr, 15-4, 15-5; Masaki/Lee d. Iwamoto/Jardin, 15-10, 3-15, 11-6
Finalists — Burghardt/Vallaios d. Masaki/Lee, 15-11, 7-15, 11-3

Women's Novice
Semi-finalists — Dung/Nakata d. Nakayama/Bienfang, 4-15, 15-0, 11-2; Kwok/Tom d. Martin/Rainey, 15-3, 15-14
Finalists — Dung/Nakata d. Kwok/Tom, 10-15, 15-13, 11-4

Mixed Intermediates
Semi-finalists — Wise/Suenaga d. Sokoloff/Schneider, 15-14, 12-15, 11-3; Turalde/Kamalii d. Ford/Benavante, 15-14, 15-7
Finalists — Wise/Suenaga d. Turalde/Kamalii, 7-15, 15-10, 11-4

Connecticut

Courtside Open 1984
Courtside at Cromwell
Cromwell, CT — Feb. 17-19
Sponsored by Ram Racquetballs, Kemfast Corp., Lotto, Miller Lite Beer and Fordham Distributors
Tournament Director: Deb Didato

Men's Novice
Quarter-finalists — Davidson d. Simpson, 15-5, 15-5; Miano d. Howarth, 15-9, 15-0; Lopata d. Gvoseclose, 15-1, 15-2; Reed d. Knight, 15-10, 15-9

Semi-finalists — Reed d. Miano, 15-12, 15-12; Davidson d. Lopata, 15-3, 15-6

Finalists — Davidson d. Reed, 15-4, 15-3

Women's C
Quarter-finalists — Linsky d. Englehardt, 15-11, 15-14; Benesch d. Gregory, 15-11, 14-15, 11-3; Wagner d. Default; Zimmerman d. Davis, 15-3, 15-4
Semi-finalists — Denesch d. Linsky, 14-15, 15-7, 11-7; Wagner d. Zimmerman, 15-10, 15-5
Finalists — Wagner d. Benesch, 15-11, 15-7

Men's B/C Doubles
Quarter-finalists — Evle/Shrader d. Mehmed/March, 15-7, 15-13; Nares/Norton d. Malavasi/March, 15-12, 15-2; Chahet/Champagne d. Hogan/Hogan, 15-5, 15-11; Sheldon/Peterson d. Matulis/Anderson, 15-5, 15-11
Semi-finalists — Nares/Norton d. Evle/Schrader, 5-15, 15-8, 11-7; Sheldon/Peterson d. Chahet/Champagne
Finalists — Sheldon/Peterson d. Nares/Norton, 15-6, 15-14

Men's C
Quarter-finalists — Ellis d. Holmes, 15-12, 15-8; Hollender d. Peterson, 15-12, 15-10; Evle d. Marino, 15-2, 15-9; Mehmed d. Davden, 14-15, 15-14, 11-10
Semi-finalists — Hollender d. Ellis, 15-13, 13-15, 11-3; Evle d. Mehmed, 15-2, 15-4
Finalists — Hollender d. Evle, 10-15, 15-9, 11-7

Men's CC
Quarter-finalists — Tyranski d. Chares, 15-10, 15-10; Davidson d. Summers, 15-5, 15-2; Ehlers d. Marion, 15-6, 15-9; Macieaga d. Preckler, 10-15, 15-4, 11-4
Semi-finalists — Davidson d. Tyranski, 15-7, 15-0; Ehlers d. Macieaga, 5-15, 15-1, 11-7
Finalists — Davidson d. Ehlers, 15-3, 15-11

Men's A/B Doubles
Quarter-finalists — Dubois/Skaff d. Kieran/Cook, 14-15, 15-3, 11-10; Mirek/Hollander d. Stefanski/Kane, 13-15, 15-9, 11-6; Lee/Boulanger d. Hermann/Miller, 15-13, 15-14; Pyka/Eliason d. Cabot/Lough, 15-6, 15-9
Semi-finalists — Mirek/Hollander d. Dubois/Skaff, 14-15, 15-6, 11-4; Pyka/Eliason d. Boulanger/Lee, 15-5, 15-8
Finalists — Pyka/Eliason d. Mirek/Hollander, 15-3, 11-15, 11-2

Men's Seniors
Quarter-finalists — Smith (bye); Champagne d. Ehrgott, 15-3, 15-6; Lee d. Shulte, 14-15, 15-3, 11-0; Chabot d. Crowe (default)
Semi-finalists — Chabot d. Smith (default); Lee d. Champagne, 10-15, 15-7, 11-3
Finalists — Lee d. Chabot, 13-15, 15-12, 11-5

Men's Open
Quarter-finalists — Keiran d. Boulanger, 15-4, 14-15, 11-9; Pyka d. Good, 15-13, 15-13; Eliason d. DeMico, 15-7, 15-8; Mirek d. Kane, 15-11, 15-7
Semi-finalists — Mirek d. Pika, 15-7, 15-9; Eliason d. Keiran, 15-13, 15-12
Finalists — Eliason d. Mirek, 15-3, 15-7

Men's B
Quarter-finalists — Sheldon d. Hogan, 15-9, 15-6; Holmes d. Matulis, 15-7, 15-8; Miller d. Schrader, 15-9, 15-0; Cabot d. Liscinsky (default)
Semi-finalists — Cabot d. Sheldon, 15-5, 15-8; Miller d. Holmes, 15-2, 15-1
Finalists — Miller d. Cabot, 14-15, 15-14, 11-10

Women's Novice
Quarter-finalists — Webb (bye); Marino d. Legowski, 15-14, 15-11; Campbell d. Taylor, 15-3, 15-8; Linsky d. Alabre, 15-3, 15-13
Semi-finalists — Webb d. Marino, 15-1, 15-7; Campbell d. Linsky, 15-5, 15-6
Finalists — Campbell d. Webb, 15-7, 15-13

Women's Open
Quarter-finalists — Curtin (bye); Ehrgott d. Kamyck, 15-11, 15-12; March d. Didato, 15-14, 14-15, 11-10; Barnes (bye)
Semi-finalists — March d. Barnes, 15-13, 15-10; Ehrgott d. Curtin, 15-12, 15, 10
Finalists — March d. Ehrgott, 15-12, 15-3

New Hampshire

1st Annual WCGY Valentines Day Open
Salem Racquetball Club
Salem, NH — Feb. 17-19
Tournament Director: Al Parchuck

Men's Open
1st — Swain; 2nd — Aceto; 3rd — St. Onge; 4th — Riley

Men's A
1st — Thibault; 2nd — Barrett; 3rd — Martellini; 4th — Fransoso

Men's Seniors
1st — Luciw; 2nd — Pattison; 3rd — Smith; 4th — Burdo

Men's B
1st — Patten; 2nd — Kough; 3rd — Bublitz; 4th — Madden

Men's C
1st — Callahan; 2nd — Lukeman; 3rd — Lamontagne; 4th — DeFrancesco

Men's D
1st — Gazelein; 2nd — Walsh; 3rd — Schneider; 4th — MacDonald

Men's Novice

1st — Bochers; 2nd — Norman; 3rd — Morris; 4th — Mirabito

Men's A Doubles

1st — Pirece/Lemanski; 2nd — Proulx/Barrett

Men's Open Doubles

1st — St. Onge/Riley; 2nd — Aceto/Luciwi; 3rd — Sachs/Wright;
4th — Belanger/Polopeck

Women's A Doubles

1st — Knowlton/LeGassie; 2nd — Bloom/Lucher; 3rd —
Mullen/Baeder; 4th — Parchuck/O'Dwyer

Women's A

1st — Knowlton; 2nd — Lucher; 3rd — Proctor; 4th — Baeder

Women's B

1st — Lallamme; 2nd — Crowley; 3rd — Parchuck; 4th — Stone

Women's C

1st — Gaudioso; 2nd — Porcello; 3rd — Heiges; 4th — Baddely

Women's D

1st — Wallace; 2nd — Fallon; 3rd — Nicolosi; 4th — Marquis

Women's Novice

1st — Paciario; 2nd — Smith; 3rd — Ruggieri; 4th — Magiera

Men's B

Semi-finalists — Kiensat d. Neff, 6-11, 5-11, 11-10, 11-10, 11-10;
Piszczek d. Abdin, 11-4, 3-11, 11-4, 8-11, 11-8

Finalists — Kienast d. Piszczek, 11-4, 11-10, 10-11, 11-1

Men's C

Semi-finalists — Hauser d. Gundermann, 5-11, 11-9, 11-3, 11-1;
Jentges d. Stocke, 11-5, 11-4, 11-9

Finalists — Hauser d. Jentges, 6-11, 11-3, 9-11, 11-2, 11-9

Men's 35+

Semi-finalists — Neville d. Stoltmann, 11-7, 11-0, 11-2; Carney
d. Gloden, 5-11, 11-3, 11-8, 11-6

Finalists — Neville d. Carney, 11-2, 5-11, 11-6, 11-4

Men's D

Semi-finalists — Lallensack d. Doll, 11-0, 5-11, 11-6, 11-4; Smith
d. Riebe, 11-2, 8-11, 10-11, 11-8, 11-4

Finalists — Lallensack d. Smith, 11-9, 11-7, 11-7

Men's Novice

Semi-finalists — Beogenschultz d. Hanson, 11-4, 7-11, 11-7,
11-10; Jasin d. Mikulec, 8-11, 11-8, 11-10, 4-11, 11-6

Finalists — Beogenschultz d. Jasin

Women's A

Semi-finalists — Spector d. Taylor, 11-3, 11-0, 11-2; Thieme d.
Novak, 11-2, 11-6, 10-11, 11-8

Finalists — Spector d. Thieme, 4-11, 11-3, 11-4, 11-3

Women's B

Semi-finalists — Wilde d. Bruss, 11-8, 11-5, 11-4; Stuckey d.
Fahey, 11-7, 11-4, 10-11, 8-11, 11-8

Finalists — Wilde d. Stuckey, 7-11, 10-11, 11-5, 11-5, 11-9

Women's C

Semi-finalists — Ansorge d. Slovacheck, 11-10, 11-7, 10-11,
11-4; Coates d. Asen, 11-3, 11-10, 11-5

Finalists — Ansorge d. Coates, 11-10, 11-9, 11-2

Women's D

Semi-finalists — McBride d. Heilman, 7-11, 11-9, 11-9, 10-11,
11-1; Pellowski d. Colley, 11-2, 11-2, 11-10

Finalists — McBride d. Pellowski, 11-9, 7-11, 11-1, 11-9

Women's Novice

Semi-finalists — Pellowski d. Rafferty, 11-5, 11-2, 11-8; Minnig d.
Kurgan, 11-6, 11-7, 11-1

Finalists — Pellowski d. Minnig, 11-4, 9-11, 11-7, 11-6

Men's Open Doubles

Semi-finalists — Wirkus/Plazak d. Kelly/Evers, 11-10, 11-5, 11-8;
Frankel/Hay d. Grigg/Gloden, 11-6, 11-5, 3-11, 7-11, 11-10

Finalists — Wirkus/Plazak d. Frankel/Hay, 5-11, 10-11, 11-8,
11-0, 11-5

Men's B Doubles

Semi-finalists — Rosenthal/Zandt d. Ramstack/Marsack;
Wachowiak/Krause d. Mader/Leininger, 11-8, 11-3, 11-4

Finalists — Sauncy/Walters d. Coolidge/Hart, 11-7, 11-10, 11-2

Men's C Doubles

Semi-finalists — Rosenthal/Cook d. Heilman/Gomolla, 11-9,
5-11, 11-4, 11-5; Pellowski/Miller d. Pellowski/Mayer, 11-7, 6-11,
11-2, 11-5

Finalists — Rosenthal/Cook d. Pellowski/Miller, 6-11, 11-10,
10-11, 11-2, 11-5

Mixed C Doubles

Semi-finalists — Stocke/Perkins d. Flores/Asen, 9-11, 6-11,
11-9, 11-7, 11-3; Young/Young d. Kennenberg/Laabs

Finalists — Stocke/Perkins d. Young/Young, 5-11, 11-6, 11-9,
11-6

Wisconsin

Falls Valentine Classic

Falls Racquetball Club

Menomonee Falls, WI — Feb. 17-19

Tournament Directors: Carol Pellowski and Jim Wirkus

Donations to the American Heart Association of Wisconsin

Men's Open

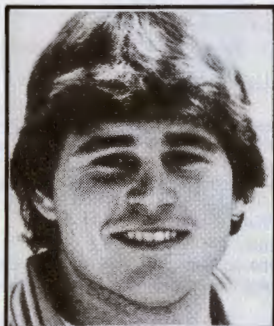
Semi-finalists — Jim Wirkus d. Herb Grigg, 11-4, 11-2, 11-8;
Frankel d. Plazak, 11-7, 11-6, 7-11, 11-4

Finalists — Wirkus d. Frenkel, 11-2, 8-11, 11-4, 11-2

Men's A

Semi-finalists — O'Connell d. Bogenschultz, 11-7, 6-11, 11-2,
11-4; Hefemeister d. Neville, 11-7, 11-4, 9-11, 9-11, 11-8

Finalists — O'Connell d. Hefemeister, 11-2, 6-11, 11-5, 11-6



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Michigan

A.A.R.A. State Doubles Championships

Mt. Clemens Racquet Club

Mt. Clemens, MI — Feb. 19-20

Sponsored by DP Leach and Penn

Men's Open

1st — Wilhelm/Davison; 2nd — Hall/Cole; 3rd —

Zwierchowski/Dutcher

Men's A

1st — Hiser/Stanley; 2nd — Brockshire/Minto; 3rd —

Holdenbrook/Floyd

Men's B

1st — Fecher/Lepczyk; 2nd — Goodman/Broucek; 3rd —

Heitjan/Kurtz

Men's C

1st — Boane/Cole; 2nd — Rozier/Reneuo; 3rd —

Scavo/McClargie

Men's 35

1st — Kitson/Rupp; 2nd — Suhy/Yandura; 3rd —

Schmelter/Lesage

Women's A

1st — Kishigian/Hamec; 2nd — Ecker/Marshall; 3rd —

Brockshire/Fecher

Virginia

1984 Sportsmanship Racquetball Classic

Ace of Clubs at Greenbriar

Chesapeake, VA — Feb. 24-26

Women's A

1st — Baumier; 2nd — Mason; 3rd — Roberson

Women's B

1st — Lewis; 2nd — Steele; 3rd — Ashley

Women's C

1st — Gooding; 2nd — Ferich; 3rd — McElveen

Women's Novice

1st — Zieme; 2nd — Sloan; 3rd — Potter

Men's A

1st — Whitbeck; 2nd — Loehr; 3rd — Roberson

Men's B

1st — Beasley; 2nd — Lindley; 3rd — Krause

Men's C

1st — Elliot; 2nd — Maxwell; 3rd — Scott

Men's Novice

1st — Randolph; 2nd — Floyd; 3rd — Moorehead

Men's Seniors

1st — Martin; 2nd — Allen; 3rd — Gusky

Open Doubles

1st — Scott/Taylor; 2nd — Dawson/Buell; 3rd — Loehr/Avalos

Reader Survey

Tell Us About Your Shoes

When you think about it, for the most comfort on the court, where would you be without your shoes? Slipping heels and ill-fitting shoes can cause severe ankle and foot injuries as well as hurting your game.

So, please, take a minute and let us know about the shoes you wear while playing. We'll publish the results in the October issue of *National Racquetball*.

Send your completed survey forms by July 15 to *National Racquetball* Reader Survey, 1800 Pickwick Avenue, Glenview, Illinois 60025.

1. How often do you play racquetball?

- ☐ 3 or more times per week.
- ☐ 2 times per week
- ☐ 1 time per week
- ☐ 1 time per month or less

2. What is your playing level?

- ☐ Beginner
- ☐ Intermediate
- ☐ Advanced
- ☐ Open
- ☐ Professional

3. How many years have you been playing?

- ☐ More than 5
- ☐ 5 or less
- ☐ 4 or less
- ☐ 3 or less
- ☐ 2 or less
- ☐ 1 or less

4. Are you male or female?

- ☐ Male
- ☐ Female

5. What is your age?

- ☐ Under 18
- ☐ 18-24
- ☐ 25-34
- ☐ 35-44
- ☐ 45-54
- ☐ 55 or over

6. How many pair of racquetball shoes do you own?

- ☐ None
- ☐ One
- ☐ Two
- ☐ Three or more

7. Which firm manufactures the shoes you now use?

- ☐ Adidas
- ☐ Bata/Power
- ☐ Brooks
- ☐ Converse
- ☐ Foot-Joy
- ☐ New Balance
- ☐ Nike
- ☐ Patrick
- ☐ Pro-Keds
- ☐ Puma
- ☐ Tred 2
- ☐ Other_____

8. Are you pleased with your present shoe(s)?

- ☐ Yes
- ☐ No

9. What was the most important buying influence in choosing your shoes?

- ☐ Comfort
- ☐ Quality
- ☐ Price
- ☐ Appearance
- ☐ Recommendation
- ☐ Advertising
- ☐ Other_____

10. Where did you buy your shoes?

- ☐ Club Pro Shop
- ☐ Sporting Goods Store
- ☐ Athletic Shoes Store
- ☐ Discount Store
- ☐ Department Store
- ☐ Mail Order
- ☐ Other_____

11. How often do you buy shoes?

- ☐ Every 3 months or less
- ☐ Every 4-6 months
- ☐ Every 7-12 months
- ☐ Every 12-18 months
- ☐ Every 19 months or more

12. How long do you expect your shoes to last?

- ☐ A year or more
- ☐ 6 months to a year
- ☐ less than 6 months

13. Do you wear your shoes for racquetball only?

- ☐ Yes
- ☐ No

14. If you answered "No" to Question 13, for what other activities do you wear your racquetball shoes?

15. What material are your shoes made of?

- ☐ Leather
- ☐ Canvas
- ☐ Mesh
- ☐ Other_____

16. Do you find leather to be a better lasting shoe?

- ☐ Yes
- ☐ No
- ☐ No Opinion

17. What type of soles do your shoes have?

- ☐ Partial Cup
- ☐ Full Cup
- ☐ Don't Know

18. Do you prefer gum rubber outsoles or natural rubber?

- ☐ Gum rubber
- ☐ Natural rubber
- ☐ No Opinion

19. Do you prefer:

- ☐ Hob Nail Pattern
- ☐ Deviled Outsole
- ☐ Herringbone Pattern
- ☐ No Opinion

20. Do you prefer low profile shoes, i.e. do you like "cushion?"

- ☐ Yes
- ☐ No
- ☐ No Opinion

21. Do you prefer velcro closure systems over standard lacing systems? Or both in the same shoes?

- ☐ Velcro System
- ☐ Standard Lacing
- ☐ Both
- ☐ No Opinion

22. Do you like high top shoes?

- ☐ Yes
- ☐ No

23. How much did you pay for your shoes?

- ☐ Less than \$20
- ☐ \$20-25
- ☐ \$26-30
- ☐ \$31-35
- ☐ \$36-40
- ☐ \$41-45
- ☐ \$46 and above

24. Optional

Name _____

Address _____

City _____

State/Zip _____

Portable Glass: Yes!

by Ron Haber

The following article is written in response to the *From The Editor* column, April 1984 and is designed to update the racquetball community on the myths surrounding the feasibility and desirability of an all-glass, portable court.

Events in Europe in the last couple of years have destroyed the myth that racquetball can never be a great spectator and television sport. This shot in the arm has come as a direct result of a portable glass squash court. Racquetball could well learn a few lessons from its close relative, squash.

Glass back walls were used for major squash tournaments from the mid 1970's onward, opening up the games to larger audiences and making television coverage more interesting. To date, glass back walls have provided good but very limited coverage of racquetball. Clear glass, multiple wall courts have opened up wider viewing angles and the possibility of more spectators but still to a limited degree because the effectiveness of television on clear glass is extremely limited.

A major breakthrough for spectator squash came in 1980 with the launch of Twin Vue Glass. This patented product utilizes a series of white dots superimposed on black, fused into the glass during toughening, giving all the non-skid playing characteristics of plaster walls. With the lights very bright on the playing side and dimmed on the spectator side, the audience can see into the court, while the vision from the players' side is obscured and the glass appears whitened.

A progression from this was the development of a portable Twin Vue glass court to be used for the world's premier tournaments. Squash has now taken place in major arenas where crowds can sit on all four sides of the court. These "fish tanks" generate much the same gladiatorial atmosphere as boxing matches. Squash has now moved far ahead of racquetball towards becoming a mass spectator sport.

First used in 1982, the court, with the help of European major television experts, underwent a number of changes; the floor was darkened to a blue, with all markings in yellow. Vertical corners were marked in yellow and a white ball used.

With these changes, extensive coverage on major television has occurred,

culminating in March 1984 with the Guy Laroche French Open in Paris. A capacity crowd of 2,000 watched the final in an atmosphere charged with excitement. Viewing was absolutely perfect, even from the very last row. French television transmitted the finals nationally around the end of April.

Many things have been learned to date from these early, fully-sponsored tournaments:

1. International sponsors have been willing to put very substantial sums of money into tournaments. They realize that they will get major exposure from demographic profile of the potential audience. Well known names already committed to squash include Canadian Club, Guy Laroche, and Pro-Kennex. There is no reason why similar companies would not commit to racquetball.
2. Very successful television is possible if all interested parties work together. The time worn adage that you cannot see a fast-moving racquetball has been disproved. A squash ball is smaller and faster and shows up against the new color scheme.
3. Racquetball and squash televised tournaments will never take place in such major arenas such as Madison Square Garden, but smaller rooms with seating capacities of 3,000-4,000 will work and should sell out with good promotion.
4. The "\$250,000 plus or minus a few" referred to by *National Racquetball* as the price of the court is not realistic. It is estimated that the portable court can be leased to a promoter including erection and dis-

Ron Haber is president of W & W Products International, a New York based company specializing in the installation of glass walls in racquetball and squash courts, along with the distribution of a variety of court sport related items.

mantling for \$55,000-\$60,000 maximum including a crew on site full time, immediate replacement capability, delivery, insurance, etc. With these prices and adding in venue costs, sponsors with television revenue would be able to have cost effective investments.

The editorial's discussion of the pro tour versus the portable court has no validity. They aren't opposites. They are quite definitely working towards a common goal, that is bringing in large sponsors and successful television as the only way to create the needed money to seed a superior pro tour with a major following.

The Wide World of Sports type of shows and other sports programming have shown popularized sports events with a much smaller following than racquetball nationally. They won't take up racquetball unless there are sponsors and a good way to film the sport. Without television we all know that the pro tour format will never become big enough to command major dollars.

With the type of attitude shown in the article written in April's *National Racquetball* by a person of the editor's stature in the sport, why would a potential sponsor, i.e. Coke, Canadian Club, etc. ever consider major participation in this sport?

The only way that racquetball will get the pro tour of the size it so badly needs is by improving the game for television and therefore bringing in more sponsors. Squash in Europe is proving the point: The answer for major pro racquetball and continued growth of the sport cannot be so different. ●

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