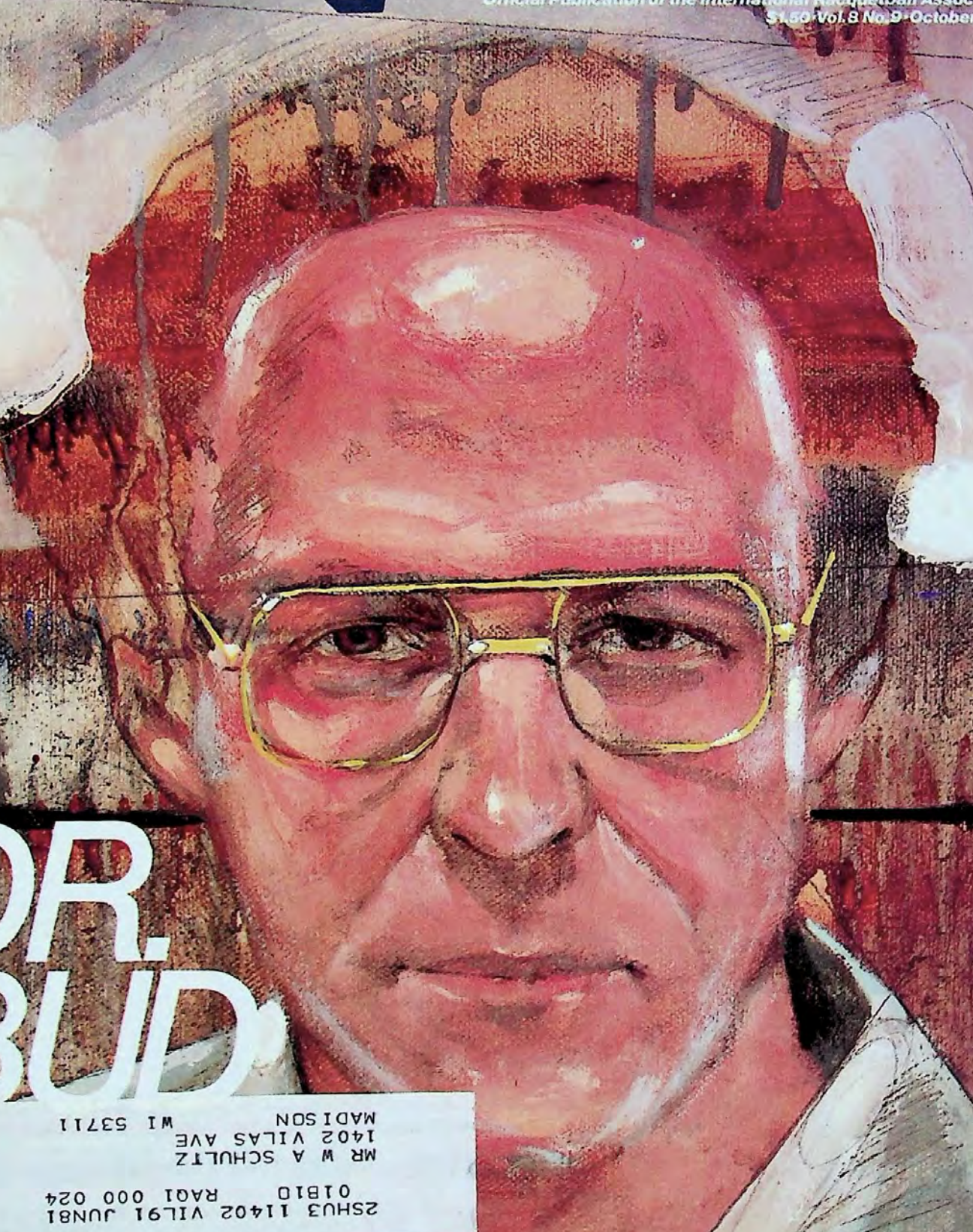


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Racquetball

Official Publication of the International Racquetball Association
\$1.50 Vol. 8 No. 9-October, 1979



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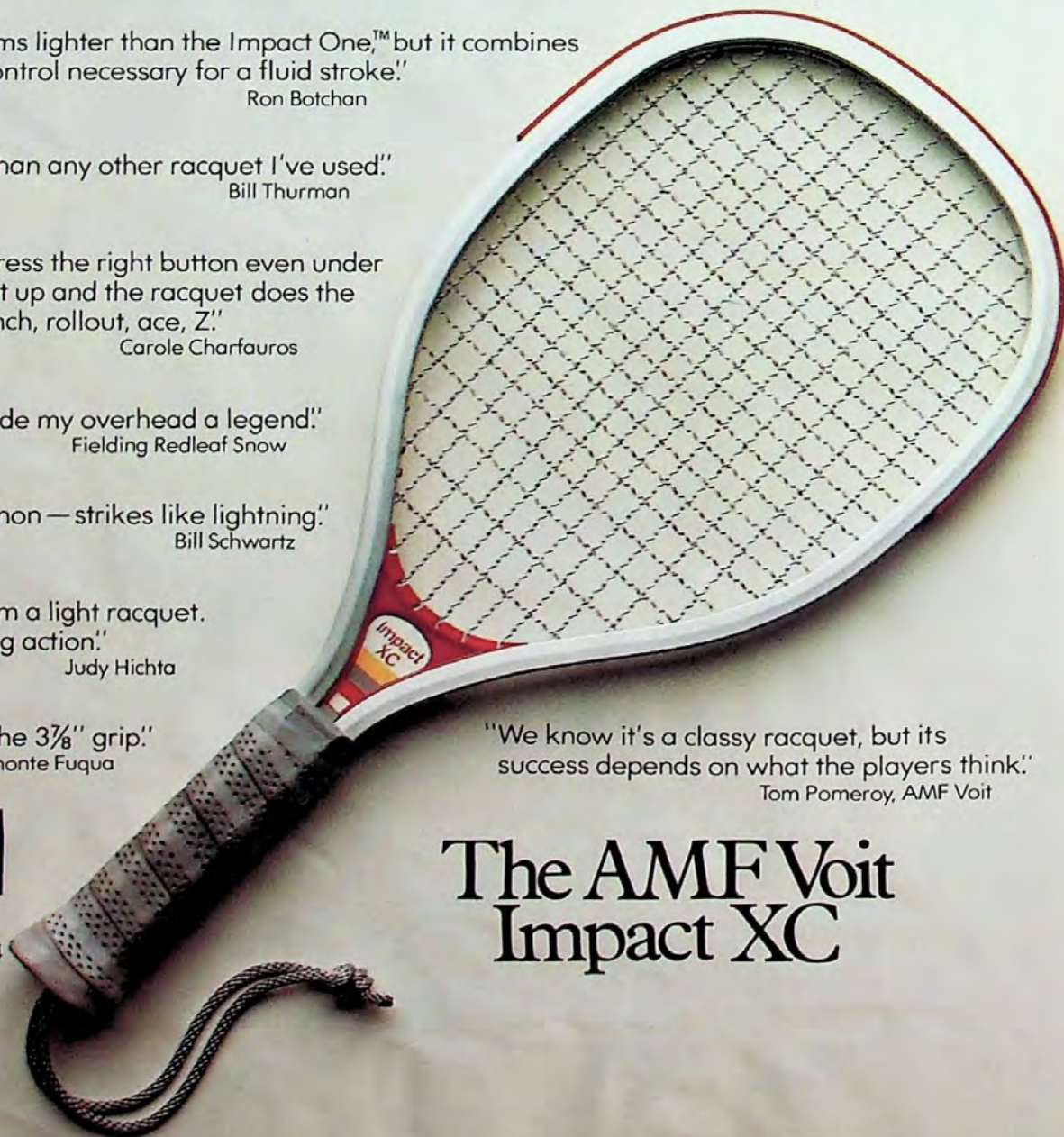
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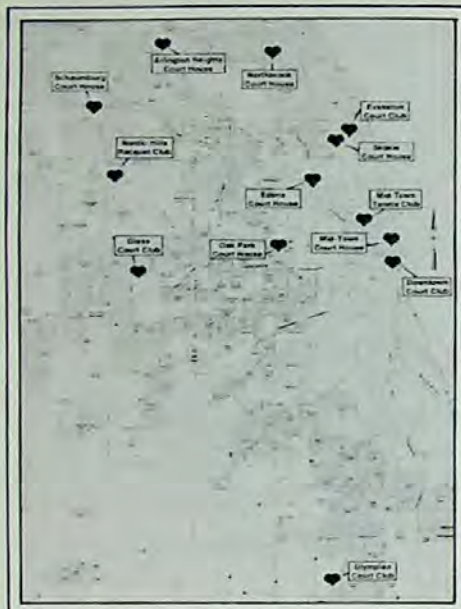
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SHORT LINES



One Metro Club membership entitles players to use 111 racquetball courts, 25 indoor and outdoor tennis courts, squash courts, indoor and outdoor pools, and other amenities at the 13 locations throughout metropolitan Chicago.

Chicago Clubs Announce Merger

Three major tennis and racquetball organizations in the Chicago area, Mid-Town Tennis Club, Court Club Circuit and The Court House, recently merged to form The Metro Club.

The Metro Club is a racquet sports group with 13 locations throughout metropolitan Chicago. Metro Club members have access to 111 racquetball courts, 25 indoor and outdoor tennis courts, squash courts, indoor and outdoor pools and other amenities. Membership at any club entitles members to use the facilities at all 13 locations. (See map above).

The five-man executive committee directing the Metro Club consists of Alan G. Schwartz, whose Chicago property is Mid-Town Tennis Club; James R. and William Bronner, founders of the Court Club Circuit; and Robert W. Fitzgerald, president, and John S. Wineman, Jr., vice president, of the Court House.

The Metro Club merger had been contemplated for more than two years, according to John Wineman. One of the benefits of such a merger is that with the diversity of facilities and multiplicity of locations it will be possible for corporations throughout metropolitan Chicago to coordinate employee fitness programs convenient to both office and

home. Such corporate fitness programs have risen in popularity over the past few years.

Another obvious plus for the merger is the combined experience in business and recreation of the group's executive committee. Schwartz, a successful businessman and real estate developer, is a director of the Chicagoland Indoor Tennis Association and is also president of the National Tennis Association, the 500-member group of indoor tennis club owners. Both Bronners are attorneys. James is president of the National Court Clubs Association (NCCA), the 260-member organization of racquetball club owners. His younger brother, William, with emphasis on real estate and development, has specialized in the recreational field since 1975. Fitzgerald, an architect/engineer, has been a pioneer in racquetball court design. Wineman is the immediate past president of NCCA. Fitzgerald and Wineman collaborated in the development of "Racquetball Now," an award-winning instruction program.

Metro Club has two membership plans available, Metro and Metro Plus. All new members pay a one-time \$30 initiation fee. All members, whether new or existing, pay a \$25 annual fee. In addition, Metro plan members pay dues for the seven months, September through March, of \$5 per month for individuals, and \$8 monthly for families. This comes to a total of \$90 per year for an individual membership and \$111 for a family. Junior membership is \$25, with no additional monthly fees. The Metro plan provides members with full use of all facilities at each of the 13 clubs, except that the indoor tennis courts may only be used during non-prime time hours.

The second membership plan, Metro Plus, has the same initiation and annual fees. Monthly dues for the seven month September-March period of \$16 for individuals and \$30 for families entitle members to use all facilities at all the clubs, including indoor tennis courts at both prime and non-prime time hours.

In addition to the individual and family membership plans, corporate/business memberships are also available.

What's In A Name?

Craig Hall, chairman of Sports Illustrated Court Clubs, Inc., announced recently that Sports Illustrated Court Clubs has acquired the 18 per cent of the

company's common stock which previously was held by Time, Inc. Hall said the company plans to change the corporate name to Standard Court Players Corporation.

The 14 individual racquetball clubs now operated by the company will be given options to drop their use of the Sports Illustrated Court Clubs name and to terminate a four per cent royalty fee payable to Time, Inc., for using the name. Future clubs will operate under a new name and will not be required to pay the royalty fee under the current license agreement.

Despite the transfer of stock and the name change, Time, Inc., remains an investor in the corporation, holding non-voting shares. Hall recently invested an additional \$500,000 in preferred stock to provide for continued growth and expansion.

In related transactions, Time, Inc., has purchased two racquetball clubs under construction plus certain other assets from the company making their total investment about \$4.8 million, and has signed seven-year contracts with Standard Court Players for the management of the two clubs. The clubs are in Needham, Mass., and Highland, Ind.

Hall announced that the company has begun construction on a 10-court racquetball club in Bay City, Mich. After its completion, scheduled for late 1979, the company will operate 17 racquetball clubs containing a total of 215 courts under management. This is believed to be the nation's largest racquet sport chain.



The Book Beat

Autumn has officially arrived, and with it the opportunity to test newly acquired skills in the annual wave of fall tournaments. If you didn't spend the summer honing your game in a racquetball camp, you may prefer to start your training slowly, by indulging in a

few good books about the sport. To make matters easy, we've sifted through some of the numerous racquetball books on the market and come up with three we think might be particularly helpful to anyone interested in racquetball.

The first is *Sports Without Pain* (Summit Books, \$9.95), a compendium of warm-up exercises for the athlete compiled by Dr. Ben E. Benjamin, founder and director of the Muscle Therapy Institute. Perhaps the most distinctive feature of this book is that it gives the athlete tips on which specific exercises are best for his particular sport. Unfortunately, the section on racquetball (or "racketball," as Benjamin spells it) is all too brief. Still, the book offers valuable exercise programs that prepare the body for the quick stops and starts peculiar to racquetball. And if you've ever experienced cramps or muscle pulls, you know that advice on how to avoid them is well worth the price of the book.

Marty Hogan's Power Racquetball (Contemporary Books, \$5.95) is just what it purports to be. Hogan, Charlie Brumfield, and sports photographer Arthur Shay, who share the author's credit, acquaint the reader with the skills and strategies that have made Hogan the dominant player in the game today. The book begins with the basics, even discussing the equipment and the clothes necessary to play the game. Employing a clear—if somewhat repetitive—style and numerous photographs of Hogan in action, the book goes on to cover just about every facet of the game, from how to hit Hogan's famous power forehand to how to play the ball on the new, glass-walled courts.

Busy man, that Arthur Shay. He and Terry Fancher, national executive coordinator for the USRA, have published another book, *40 Common Errors in Racquetball and How to Correct Them* (Contemporary Books, \$5.95). The book identifies typical mistakes in racquetball, such as holding the racquet incorrectly, and then describes the procedures necessary to correct them. For instance, have you ever wondered why your backhand wasn't as sharp as you wished it to be? According to Shay and Fancher, the problem may lie in your stance. Then with pictures and straightforward prose, the authors outline how you might improve your body position and thus your backhand. This and other problems, 40 to be exact, are dealt with clearly and succinctly—making this book a valuable read. ■

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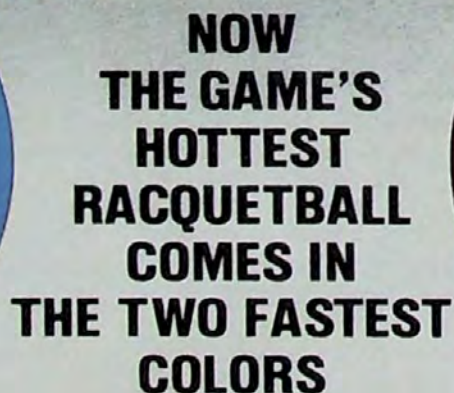
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RECEIVING LINE

Letters To The Editor

Before the good citizens of New Smyrna Beach, Fla., rise up in protest and demand more dollars the next time Carol and I want to drive on that famous, hard-packed strip of Daytona sand, please advise all readers that the daily toll at the beach ramp in New Smyrna Beach (and in the entire Daytona area) is \$1, not \$7 as printed in our story, "On the Road: North to South On A Racquetball Vacation," August, 1979.

Our thanks to you and your staff for a beautiful cover and layout. We thought the August issue was better than great.

Tom McDonough
Massapequa, N.Y.



I would like to direct a very special thanks to the IRA, Luke St. Onge, Hallie Singer and all of the other people involved in making the Junior Nationals possible.

I am extremely pleased to see the direction the IRA is taking towards the

junior player, and I am sure parents throughout the country join me in supporting your efforts.

The hospitality and the trip down the Mississippi were just super. Now I know what "southern hospitality" really means! Thanks again for your enthusiasm and support of our young players.

Nita Adams
Redding, Calif.



The concluding comment in Grady James Robinson's article in your July issue on the role of television in racquetball states that "the only question remaining is not when but who?" Robinson, however, misses the crucial question of why? Why is it necessary to have racquetball on television at all?

Racquetball is not designed as a spectator sport. Football is a spectator sport and baseball is a spectator sport, but racquetball is a sport of participation. The benefits of racquetball in terms of exercise, fun and competition are not derived by sitting in front of a television set on Saturdays; and to suggest changing ball size and court size to make

it acceptable to television is totally unacceptable.

The article inadvertently answers the question of "why" (television). It is not done for the average player who is concerned about strategy and shot selections. It is done for the benefit of the money people because as Robinson states people will "join more clubs, buy more equipment and more court time. And as the money increases . . . everybody wants to know who is winning big money."

Well, Robinson is wrong. Not everybody wants to know who is winning big money. Some of us are more concerned about playing rules, about potential court injuries, about health benefits, about running successful tournaments.

Does racquetball need television? NO, racquetball does not need TV.

David C. Huseman
Racquetball Instructor
Butler County Community College
Butler, Penn.

Racquetball welcomes correspondence from its readers. Letters are subject to editing for clarity and length.

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Bring On The Band

If you think you've seen it all, well look again. Contemporary Concepts, a California-based company, is now marketing a new item called "Superbands," which functions as both a sweatband and a watchband.

Superbands are constructed of velour terry cloth and velcro fasteners. Since velour terry cloth is one of the more dense and durable terry cloths, the bands themselves, according to the manufacturer, are highly absorbent and long-lasting. The velcro fasteners, which can be adjusted to fit almost any wrist, enable the wearer to securely fasten his or her watch to the band.

The bands are handmade in California and come packaged in sets of two—one for sports activities and the other for casual wear.

Each band comes with a one-year unconditional guarantee. For more information, write Contemporary Concepts, 2544 Rose Way, Santa Clara, Calif. 95051, or phone 408-246-3749.

Buwick Heads Racquet Sports Committee

Gene Buwick, director of racquet sports promotion for Wilson Sporting Goods, Co., has been appointed chairman of the Racquet Sports Committee of the Sporting Goods Manufacturers Association (SGMA).

The committee, formerly known as the Tennis Equipment Committee, was reorganized in recognition of the rapid, worldwide growth of all racquet sports. It

represents manufacturers' interests in areas such as equipment changes by the United States Tennis Association, the International Lawn Tennis Federation and the newly formed World Federation of Sporting Goods Industry.

As chairman of the Racquet Sports Committee, Buwick will direct the activities of three subcommittees concerned respectively with tennis, racquetball and other racquet sports. Regarding racquetball in particular, he will lead discussions on the problems of standard grip sizes and racquet weights. He will also help promote a series of racquetball instructional films that the committee recently produced.

Buwick previously served as executive director of the U.S. Lawn Tennis Association's Professional Tennis Council in 1973 and 1974. In addition, he has been director of tennis sales promotion for Wilson and a member of SGMA's tennis panel.

Ektelon Wins Award

Ektelon, a San Diego manufacturer of racquets and accessories, was recently awarded "The President's Cup" by the American Marketing Association at the group's annual MARSY Awards dinner.

Now in their third year, the MARSY Awards are given to companies the marketing association considers "the marketing success stories of the year." MARSY Awards chairman, Dave Reagan, called Ektelon's achievements "a classic example of a company developing a total marketing mix." Since 1974, the company's sales have

increased nearly 1,200 per cent.

The Phillips Organization, Ltd., of San Diego was also recognized by the marketing group for its contributions to Ektelon's efforts. The firm has been the marketing, advertising and public relations agency for Ektelon since 1974.

A Gripping Announcement

Roll-A-Grip, Inc., of Staten Island, New York, has introduced a product guaranteed to keep your racquet from slipping out of your hands, even during the most heated of matches.

Appropriately named Roll-A-Grip, this non-sticky, roll-on hand grip provides the user with approximately 100 applications for every two-and-a-half ounce bottle. And the manufacturers insist that, unlike rosins and powders, this product is pleasantly scented, doesn't stain clothes and won't irritate the skin.

What's more, the company adds, Roll-A-Grip doesn't lose its hold as the perspiration mounts during a tough match. Yet, afterwards, it washes off easily with just soap and water.

For retailers, the firm offers an 18-piece, prepackaged display (plus free tester bottle) that it says will give you "a real grip on your profits." For more details, write Roll-A-Grip, Inc., 1180 Victory Blvd., Staten Island, N.Y. 10301, or call 212-442-5351. ■



Descriptions of new products are as according to information provided by the manufacturer; products have not been tested by Racquetball magazine.

FIRST SERVICE

New Court Club Openings

State College, Pennsylvania

The Racquet Club, located at 1445 West College Avenue, opened recently in State College.

Featuring six racquetball/handball courts, five with glass back walls, the club also includes one court with a glassed observation area for tournament play.

The Racquet Club offers fully-equipped Nautilus exercise facilities for both men and women. Membership options are: racquetball/handball only, exercise only, or a combination of racquetball/handball and exercise. Fees range from \$60 per year for an individual

(racquetball/handball only) to \$240 per year for a family (racquetball/handball and exercise). Court time rate is \$5 per hour, non-prime time; \$6 per hour, prime time.

A six lane, 75-foot pool with a diving well and a separate shallow area for instructional swimming is planned for the immediate future. Call 814-237-5108.

Annapolis, Maryland

The Annapolis Court Club, a 14-court racquetball and handball facility, recently opened at 1981 Moreland Parkway in Annapolis.

The club features one tournament court with two glass walls. Ten other courts have glass back walls for viewing ease. Other amenities include saunas, whirlpools, pro shop and rooftop sun-deck.

Open seven days a week from 6 a.m. to 12:30 a.m., the club offers individual, family and corporate memberships.

Also, membership in the club entitles members to use the facilities at Towson

Court Club, 8757 Mylander Lane, Towson, Md., and The Racquetball Club of Salisbury, 201 Milford Ave., Salisbury, Md.

Mike Linkous is the Annapolis club manager. Call 301-269-5400.

New York, New York

The Skyline Tennis and Racquetball Club is a new racquetball facility located in the heart of midtown Manhattan.

The club features five racquetball courts, two tennis courts, a 15-station Universal exercise machine and full locker room amenities. According to the owners, this is the first club in New York City to specialize in racquetball.

The Skyline facilities offer a new racquetball outlet for both city residents and travelers who make frequent or infrequent forays into the city and want to play while away from their home courts.

For additional information, write Skyline Tennis and Racquetball Club, 130 West 52nd Street, New York, N.Y. 10019, or call 212-247-7575. ■

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It is 1:30 on a Saturday afternoon in Madison, Wisconsin. At the Supreme Courts, not far from Lake Wingra and the University of Wisconsin, a group of middle-aged men is scattered about on couches, recliners and foot stools in the lounge. The men are participating in the IRA Masters Invitational Doubles tournament, a round robin affair being held at the club. Several of the men are watching the Cincinnati Reds pound out a victory over the Phillies on the "Game of the Week," some are sleeping, others are reading and a few are talking in hushed tones about "him."

"We played him yesterday," says one of the men. "He's tough. I guess it's because he hits the ball so hard." "Naw," another disagrees, "it's not that. It's his shots; they're so perfect. He doesn't take a bad shot." "Well, we lost to him yesterday," a third man chimes in. "But we've got another chance. I think he can be beaten." They turn back to the baseball game, each silently mulling over the prospects of dealing with "him" later. The man to whom they are referring is Eugene Fred Muehleisen, Jr. D.D.S.—known to all who play racquetball as simply Dr. Bud, the undisputed master of the Masters. Muehleisen is paired with Bob McNamara (one of several men with whom Dr. Bud has won doubles championships), and the team is currently undefeated in the tournament. But from the way the men in the lounge are talking, you'd think Muehleisen was facing the other teams single-handed.

In the distance, the sounds of a racquetball match in progress can be heard. Indeed, "he" is on the court. A handful of spectators watch as Muehleisen and McNamara destroy the opposing team; it is no contest. As the other two men huff and puff, sweat and stumble, Dr. Bud and his partner coolly dispose of them. Muehleisen moves gracefully around the court, with a fluid motion that belies his 48 years. His serves are powerful; his shots are often brilliant; he covers almost the entire court. (McNamara remarks—only half kidding—that when you're teamed with Dr. Bud, your primary duty is to serve and then get out of his way.)

As Muehleisen works his magic on the court, his opponents mutter words of frustration under their breath. They are powerless against

DR. BUD



Portrait Of A Racquetball Legend

By Tom Martin

the mastery of Muehleisen's controlled game; the score grows increasingly lopsided. Finally, Muehleisen slaps the ball hard; it hits the front wall only inches from the floor and screams back so fast that neither opponent can reach it. The game is over: 21-3. For Dr. Bud, it is a routine victory.

As he walks off the court, Muehleisen is cool, composed. His curly hair is barely mussed, his breathing regular and smooth; he's barely even sweating. His apparent nonchalance over the victory brings to mind a Bjorn Borg or Jack Nicklaus—a man supremely confident without being cocky or conceited. Put simply, Bud Muehleisen plays racquetball better than anyone else his age (and better, some say, than many younger pros). At this moment, as he shakes hands cordially with the vanquished pair and pats his partner on the back, no one is more aware of his supremacy than Dr. Bud himself.

He has been called one of the most influential figures in racquetball, an assessment which few would question. Joe Sobek may have invented the game, and men like Robert Kendler may have bankrolled it, but it is Muehleisen who has given racquetball much of its direction. He was instrumental in the early formation of the game's rules. He has worked for almost all the major equipment manufacturers in developing racquets, balls and other products. Muehleisen has also been an important coach and teacher for many of the top professional and amateur players, helping them develop the strategy that is an earmark of the game in its present form. And, perhaps most importantly, he has served as the sport's ambassador of good will, flying all over the country promoting the sport during its infancy. For the past decade, Muehleisen has served racquetball on so many fronts that he has become something of a patriarch for the sport. And, like all good fathers, he is consummately proud of his precocious child.

From the time of his first acquaintance with racquetball, Muehleisen's association with the sport has been extraordinary. In 1969, he learned that a National Paddle Rackets Association tournament was being held in St. Louis. At the time, Muehleisen had been



Muehleisen is one of the best doubles players in the country. One of his many playing partners remarks, only half kidding, that when you're teamed with Dr. Bud, your primary duty is to serve and then get out of his way.

playing paddleball for seven years, and had won four national titles. He'd never even heard of this new game called paddle rackets, but he had been looking for some new frontiers. He and his paddleball playing partner, Charlie Brumfield (who had also never played paddle rackets), decided to enter the tournament. They practiced for a brief six weeks before packing their bags and heading for St. Louis.

Though the two were thrown against far more experienced players, they decimated the competition and reached the finals; Muehleisen edged out Brumfield for the championship. A mere novice, Muehleisen had won the first national tournament in the sport that would soon become racquetball. It would be the first of many victories, and Dr. Bud would never look back.

It is now 2:30 p.m. in Madison, and Muehleisen is relaxing between games in one of the offices at the court club, away from the clatter of the other matches progressing on the courts. He remembers the St. Louis tournament well, including what happened after he won the event. "Bud Held, who had just founded Ektelon, had a racket-stringing machine, and he had bent some aluminum extrusions he wanted me to test. I agreed to and we eventually came up with the 'Bud Muehleisen Model' racquet. I ended up working with Ektelon for five years."

Muehleisen is wearing a natty brown warm-up suit that fits his trim frame perfectly. As he recounts his early experiences in the sport, he speaks in subdued tones with the same careful composure he exhibits during a match. He is visibly proud of what he did for racquetball in those early years. "In those days, I traveled thousands of miles—all over the country—promoting the sport, mostly with my own money," he recalls. "During those years, nobody knew what racquetball was. I would give clinics and exhibitions and try to explain the sport, and it started catching on."

As he became more and more involved with racquetball, Muehleisen's dental practice seemed less and less important. "Seven years ago, I cut back dentistry to three days a week," he says, counting off the years on his fingers. "I did that for two

years. Then I cut back to two days a week for two years. Finally, three years ago, I gave up dentistry entirely."

After his tenure at Ektelon, Muehleisen helped found the Vittert Sports company: "Mark Vittert and I started that company up from nothing." After two years at Vittert, Dr. Bud moved to Point West. "With each of these companies, I would act as an advisor or consultant," he explains. "I've had a very good relationship with all of the companies—streamlining their product lines, developing new products. I doubt that any other individual has been as involved with product development at so many companies as I have. Right now, I'm with Trenway in basically the same capacity. I'm also president of M-M Court Systems, which takes up most of my time. We've put in over 700 courts at 110 facilities, and we're just getting started."

In addition to his work with manufacturers, Muehleisen also served on the International Racquetball Association (IRA) Board of Directors for seven years, and was its first rules committee chairman. In that capacity, he was instrumental in formulating the rules that dictate how the game is played today.

More than anything else, however—more than promotion or manufacturing or making up the rules—what Bud Muehleisen enjoys most about racquetball is playing. And he has certainly played well. He holds an unprecedented 41 national titles. He's won them all: the U.S. National Open Singles championship, the U.S. National Doubles title, the Canadian Doubles championship, the list goes on and on. Though he's 48, Dr. Bud continues to play, and win, in the Open division. He was the first player inducted into the Racquetball Hall of Fame, and, this year alone, Muehleisen has walked away with five national titles.

As the clock moves toward 3 p.m. in Madison, Muehleisen leaves the stuffy office and goes to the practice court to prepare for his next match. As he begins banging the ball off the front wall, he talks about his role as an older man competing in what is increasingly becoming a young man's game. "My one

distinction is that I've never lost to a player older than me. Not once," he says proudly, stroking the ball with ease. "And I think I can still hold my own with the pros on a one-to-one basis. But I have to admit that the muscles don't come back like they used to. That's the difference with the kids. It's not that they're more accurate; they hit the ball harder, true. But the big thing is their retrievability, their speed."

As he continues hitting the ball with rhythmic perfection, Muehleisen assesses his own strengths. "I feel that my shot balance is the thing that has helped me win so much. My forehand and backhand are balanced enough that I can shoot at any time, from any spot on the court. Even the young pros know that. When they play me, they can't just run me down and tire me out like they would an old man. They've got to shoot before I do or they're gonna get blitzed."

As he moves through the workout, Muehleisen's talent is obvious. He is recognized as one of the finest left-handers in the game, and despite his disclaimers, he is still pretty quick on his feet. But, as he correctly notes, Dr. Bud's shot-making ability is truly his forte. In his hands, impossible shots become routine; no angle is too extreme for his racquet to make contact.

Despite his ability, Muehleisen never turned pro. He played in his first tournament when he was 37, and some say that had he been 10 or 15 years younger, Bud Muehleisen might have become the dominant force on the pro tour rather than Marty Hogan. Does he regret the way things turned out? "I'm asked that all the time: isn't it too bad that I came along too late?" he says matter-of-factly. "Well, I don't live in those eras. You know, it happened to Kramer in tennis, and Ben Hogan and Sam Snead in golf. But I'm quite thankful for what I have today. I never count what I don't have. My priorities are my God, my family and racquetball. I try to keep them in that order."

Muehleisen's family includes his wife, Cindy, and a four-year-old daughter, Shannon; he also has two children by a former marriage, Karen, 21, and Craig, 23. "My son was a pretty good racquetball teacher. But he's with the California Highway Patrol now, so he had to give it up."

Muehleisen is himself one of the most highly respected

teachers in the sport. He has coached a number of top pros, most notably Brumfield and Karen Walton; he also holds a summer clinic for amateurs in San Diego each year. Muehleisen doesn't teach his pupils to emulate his own training regimen, however. "I don't advocate the way I train personally," he says with a laugh. "I don't really train off the court—no running, no weight work. But when I teach the pros and the younger players, I start them on running and speed exercises. At my age, I'm just a little tired for all that."

"I stress control to the people I coach. I also teach them the ability to become their own coach, so that when things are going wrong in a match, they can make the necessary adjustments. I keep it very simple really. I want them to understand why the ball goes up or down, left or right. If they understand those fundamentals, the finesse will come later." As if to illustrate his point, Muehleisen finishes his practice session by slapping two crisp shots down the court. One goes deep into the left-hand corner and bounces back at an angle that not even Marty Hogan could handle. The other does the same thing, but this time in the right-hand corner of the court. Dr. Bud has proven his point; he tucks his racquet under one arm and walks slowly off the court, with just the hint of a smile playing at the corners of his mouth.

Bud Muehleisen's love affair with racquetball has not been without its darker moments. One of the darkest was an episode that began innocently enough at a tournament sponsored by the now defunct International Professional Racquetball Organization (IPRO) in November of 1977. It was the National Professional Doubles championship in Los Alamitos, California, and Dr. Bud was teamed up with Davey Bledsoe in the quarterfinals. (To retain his amateur status, Muehleisen never accepted prize money in professional tournaments.) The two were asked to put on shirts of the tournament's sponsoring company, since the match was being televised. But both men were under contract at the time to other companies, and they refused. They were forced to forfeit the match.

He has been called one of the most influential figures in racquetball. Joe Sobek may have invented the game, and men like Robert Kendler may have bankrolled it, but it is Muehleisen who has given racquetball much of its direction.



TOM MARTIN

As a result of this confrontation, Muehleisen filed suit against IPRO, the National Racquetball Club (NRC) and some of the sponsoring companies, claiming that players were being treated unfairly with such practices as the shirt rule. Since the matter is still in litigation, Muehleisen is reluctant to comment on the specifics of the case. But while sitting in the court club in Madison between matches, he explains some of his reasons for getting into the battle. As he speaks about the matter, his frustration is evident. "Everyone was being intimidated by the tournament sponsors," he says. "I took the lawsuit on because I felt it was for the good of the game, that it would help eliminate some of the exploitation of players. In some ways, I've been the scapegoat for the past two years; I've become something of a martyr and it's a position I loathe. But when the trial is over, I think the racquetball world will know and understand why it had to be done."

Robert Kendler, head of the NRC and the amateur United States Racquetball Association, is one of the principals in the lawsuit. Predictably, he disagrees with Muehleisen about how the suit will be settled. "Well, we're defending it (the suit), and we think we'll win it," Kendler says. "We don't think he has any case at all. He is taking the position that I'm trying to control the sport, and of course I don't feel that way about it at all. I think when the case is decided, we'll be completely absolved."

Kendler also questions Muehleisen's motives in filing the lawsuit. "It's a million dollar lawsuit," he says, "and if (Muehleisen) wins it he gives half to his lawyers, who are doing it on a contingency basis, and he puts the other half in his pocket."

Since the suit was filed, the relationship between the two men has understandably deteriorated. The tension reached its zenith at one USRA tournament when, according to Muehleisen, he was barred from the draw. Muehleisen went to court and obtained an injunction allowing him to play, but Kendler attempted to defy the order. The judge finally threatened to shut down the tournament if Kendler didn't comply, and Muehleisen was allowed to compete.

Kendler tells a different version of the story. "In that particular case," he says, "we did not receive an entry blank and when he showed up he was not allowed in the draw. Sometimes people just take it for granted that they're automatically in (the draw) just because they're 'Mr. Big.' But we did put him in the draw; that's really not much of a story."

Muehleisen's company, M-M Court Systems, has also been prevented from advertising in the USRA's magazine, *National Racquetball*. Kendler claims a publisher's prerogative in barring the ads and they are still not allowed. "We check out a lot of products," says Kendler, "and if, in our opinion, we don't think a product is worthy of our recommendation, we don't run the ads. I can name you 30 companies that we turned down for the same reason."

Yet, prior to the legal battle, Muehleisen insists that he and Kendler were friends. He was once a visitor in Kendler's home and, according to Muehleisen, it was Kendler himself who christened Dr. Bud the "Father of Racquetball." But Kendler doesn't remember it that way. "I probably wouldn't even know (Muehleisen) if I saw him on the street," Kendler says. "I did have him in my home during a Master's tournament that was held in nearby Highland Park. The next day, I was handed a summons for the million dollar lawsuit. If that's your idea of a good friend, you'll have to explain it to me. And I never called him the 'Father of Racquetball,' either. I know 500 guys who've done more for the sport."

Muehleisen, for his part, refuses to speak ill of Kendler publicly. And while there is obviously a certain amount of animosity involved in his dispute with Kendler, the rift between the two men is largely a matter of two determined, strong-willed individuals butting heads over what is best for racquetball. Both men wield considerable influence in the racquetball world, and the resolution of their legal—and personal—battles figures to have a profound impact on the sport itself. Settlement of the suit is expected sometime next year.

In the meantime, Muehleisen is clearly uncomfortable discussing the case and would much rather talk about something else. Thus, he seems relieved when the conversation



Muehleisen's love affair with racquetball has not been without its darker moments. And he is reluctant to even talk about the darkest moment of all, which resulted in a running feud with USRA boss, Robert Kendler, and a still-pending lawsuit.

One of the most highly respected teachers in the sport, Muehleisen has coached a number of pros as well as holding a summer clinic for amateurs in San Diego each year.



shifts to talk of racquetball's future. It is a topic on which Dr. Bud has a number of opinions. He leans forward in his chair and speaks more rapidly, gesturing with his hands to emphasize his point. "When you talk about where racquetball has been, where it is now and where it is going, you're talking about three different things," he says. "I feel that racquetball will triple in size in the next four years, and my predictions about the sport have been pretty accurate so far. Certainly the catalyst for that growth is going to be television."

"Just look at what television did for tennis. In 1973, when Bobby Riggs and Billie Jean King had their match in the Astrodome, tennis wasn't nearly as big as it is now; that match brought tremendous exposure. One of the best things they did in tennis was pull the players off the grass courts. That slowed the ball down, put the rally back in, and people at home could relate to it better. Tennis went from 11 million participants to 35 million in three to five years. Racquetball is at about eight million right now. If we slow the game down and television picks it up, we could catch up with tennis in a hurry."

Muehleisen believes, as do many others in the sport, that the only way to slow racquetball down is to mandate the use of a slower ball. "Unfortunately, the emphasis now is on pure power," he says with a look of discomfiture. "The average number of hits after the serve on the pro circuit is only 2.4, which will never sell; it's just too fast. Only a few of the guys on the tour now can remember the old days of the slower ball. The rallies then were fantastic. The matches were full of dives and gets; the audiences would go into standing ovations. It's gotten so fast out there now, the pros can hardly even play doubles."

Muehleisen admits, though, that not only the pros like the faster ball; the buying public wants it, too. "The average player likes the macho idea of propelling the ball fast. But in reality, they need a slower ball to help them learn to hit the strokes."

In addition to the slower ball, Muehleisen thinks the sport must switch to a system of independent officiating if it is ever to reach the ranks of professional tennis or golf. "We need objective control of the seedings and pairings," he says sharply.

"And we've got to get control of behavior on the court. If the players' behavior during televised matches offends viewers in their living rooms, they'll put racquetball in the category of pro wrestling. But if it's got class, it will sell."

He believes that if all goes well, tennis may actually take a back seat to racquetball in the not-too-distant future. "Even people in the tennis industry are saying that racquetball will pass tennis in the mid-1980s," he contends. "Tennis has started losing ground because people see it on TV and they rush out and try to play. But tennis is a difficult sport to learn; you can't do it that way. Racquetball, on the other hand, is relatively easy to learn. We've got some statistics that say 80 to 90 per cent of the people who take up racquetball stay with it. That compares with about 10 per cent who stick with jogging, for example."

Muehleisen has been trying to promote the sport overseas lately, and he feels that the greatest potential for growth may not be in the United States but in foreign markets. "I went to Australia last July," he says. "I helped introduce racquetball down there, playing Ken Rosewall in a nationally televised match. I beat him, but he got even because we went out and played tennis later. Australia is a natural for racquetball; they're loaded with squash courts. I plan to visit Japan later this fall, as well. I think the sport will go well over there. It's big in some of the Scandinavian countries, and Mexico is now picking it up, too."

"Racquetball is just such a natural sport for people to learn. I'm looking for in the neighborhood of 24 or 25 million players by 1985." As he delivers this incredible prediction, Muehleisen gets up from his chair and walks briskly down to the court area. It is almost time for his next match.

While waiting for their opponents to arrive, Muehleisen sits with his wife Cindy and playing partner McNamara on the carpeted steps that serve as "bleachers" for spectators. The glass-walled court is empty, awaiting the combatants. Dr. Bud is anxious for the match to begin and he goes into the

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court to hit a few practice shots. McNamara soon follows.

As she watches her husband and his partner warm up, Cindy Muehleisen comments on how perfectly dressed the two men are. "They undoubtedly have the best coordinated outfits of anybody out here," she says, laughing. "They always discuss what they will wear before the match; they just have to look perfect."

But while Muehleisen and McNamara may tend to be fussy dressers, they can also deliver the goods when it comes time to play. They have won two United States national doubles championships and two in Canada in the three years they've been playing together. They have even won a national 35-and-over championship, even though both are over 45. During the year, Muehleisen also teams up with several other players and he's won with them all. McNamara, an excellent player in his own right, gives most of the credit for their team's success to his partner. "He's a complete player," he says of Dr. Bud. "He's a better shooter than anybody out here; he can really fire the ball. I more or less act as a screen for him. We play well together."

As he is practicing, Muehleisen is asked if he's ever lost a match. "I don't like to remember those too much," he says with a grin. "There haven't been too many. I played in a handball vs. racquetball match in Memphis a few years ago against Paul Haber. I lost the first match; I underestimated him. We were using a handball, which is difficult to control off a racquet. I beat him in the next match, but that type of game is very dangerous and I certainly wouldn't advocate it."

Muehleisen has never played Marty Hogan, but he would welcome the opportunity to play the man who currently dominates the men's pro tour. "I'd like to meet him in an 'all-racquet sports' type competition, like the one they had on TV. I honestly think I could take him."

The opponents arrive; it is finally time to play. Muehleisen steps out of his warm-up and walks leisurely onto the court. Ironically, though Muehleisen and his partner will win the match, Dr. Bud will severely injure his Achilles tendon during the game. The injury will reduce him to a hobble for Sunday's final, and the previously undefeated pair will lose the match in a tiebreaker. It will be one of the few times Dr. Bud has felt the sting of defeat.

But, at this moment, he is ready for the match, completely poised, eager to compete. He takes the ball and fires it to the wall. In a few brief moments, he will have added another victory to his collection. And so, the legend lives on. ■

'To Sleep, Perchance To Dream'

Researchers Uncover Startling New Facts About Sleep, Dreams and Exercise · by Becky Beene

The match is finally over, and after two hours of frenzied racquetball, you're beat. "I'll sleep like a baby tonight," you remark to your opponent as you walk off the court. "Yeah," your opponent agrees, "I always sleep better after a good workout." So, after a quick shower, you head home assured of a restful, comfortable night's sleep. After all, everybody knows that exercise is the best sleeping potion in the world, right?

Well, "everybody" may know that exercise promotes sleep, but a number of experts in the field of polysomnography, people who make their living studying sleep and its effects, aren't so sure. According to recent studies conducted by these scientists, exercise only indirectly promotes sleep, and then only if done *regularly*. Irregular exercise may actually disrupt sleep. In fact, the quality and quantity of sleep you get depends upon a whole range of factors, only one of which is the amount of exercise you put in. Researchers are looking at genes, diets and even entire lifestyles as clues to answering the question, "why do we sleep."

And still, the debate continues. *The Washington Post*, reporting on the 18th Annual Psychophysical Study of Sleep held recently in Washington D. C., wrote that, "for the lay person the most unsettling and intriguing revelation (about the conference) was that, to this day, scientists don't know why we sleep."

Becky Beene is a freelance writer living in Memphis.



While patients sleep, doctors monitor their brain waves, heartbeat, breathing pattern and a variety of other functions at the Baptist Memorial Hospital Sleep Disorder Clinic in Memphis. The clinic is one of only five such centers in the nation.

Yet, while the "why" of sleep is still a matter of controversy, there is one point on which scientists universally agree: your body needs sleep to function properly, and without it you won't be much use on the racquetball court or anywhere else. For that reason alone, if for no other, it's important that an athlete understand as much as possible about the process of sleep—how it does and doesn't work, its relationship to dreams and its effect on athletic performance and general good health. Sleepy players, after all, don't win many tournaments.

The most widely accepted theory on

why we sleep is called the "body restorative function" of sleep. According to proponents of this theory, sleep is a means of carrying away wastes and restoring tissues. There is some very healthy scepticism to this theory, however. The sceptics ask, "Why, then, do people vary so widely in the amount of sleep they need?" It would seem that we would all need about the same amount of time to get the body's "work" done, at least if the "body restorative" proponents are right.

But part of the reason answers about the process of sleep are so hard to come by is that sleep research itself is a

relatively new field. "It is appalling how little we know about sleep, an activity that we spend one-third of our lives doing," says Dr. Helio Lemmi, director of clinical neurophysiology at the Baptist Memorial Hospital Sleep Disorder Clinic in Memphis. The clinic is one of five in the United States equipped to treat patients with sleep disorders. It has only been within the last 10 years, Lemmi says, that researchers have begun to uncover mysteries surrounding sleep. Why, for example, do seemingly healthy individuals suddenly die during sleep? The disorder, discovered through sleep research, is known as "sleep apnea." Here, the individual simply stops breathing during sleep. Before sleep research, doctors thought the person had died of a heart attack or stroke.

The first extensive research began in 1957 when William Dement and Eugene Aserinsky, working at the Jefferson Medical College in Philadelphia, discovered the phenomenon called "rapid eye movement (REM)." During REM periods subjects who were awakened reported that they had been dreaming. The eyes move rapidly during these periods as if we are watching a movie, and, indeed, research has shown that REM dreams are more visual; non-REM (or, NREM) dreams are more verbal.

Dement and his associates found that sleep follows a particular five-stage pattern. Stages 1-4 make up NREM sleep; stage 5 is REM sleep. What actually happens in the five stages of sleep? According to R. Trube in *The Complete Sleep Book*, as we lie down for a night's rest our body temperature decreases, and our brain waves fall into a steady pattern. In stage 1 idle thoughts enter and leave our minds. As we fall deeper to stage 2, we are no longer conscious of our surroundings. If awakened during stage 2 we would be aware of having been asleep. In stage 3, delta waves begin to occur at the rate of one per second. These so-called "slow waves" are impulses emitted by the brain and occur only during stages 3 and 4, the deepest stages of sleep. (The brain sends out alpha waves during our waking and light sleep periods.) In stage 4, a telephone ringing a few feet away would not awaken us.

At first scientists thought that dreaming only occurred during REM periods, but they now know that we dream in NREM periods, too. In fact, most of the research now being done is in the area of slow wave (stages 3 and 4) sleep. Slow wave sleep is the most satisfying of the sleep stages. If we miss these stages, we feel deprived of sleep.

But, as in other areas of research, polysomnography continues to raise questions as it answers a few. Take, for

instance, the question of exercise and sleep. As Earnest L. Hartmann notes in *The Functions of Sleep*, "the relationship of physical exercise to sleep may be a complex one." In fact, the sleep/exercise relationship is so complex—or at least, so unfathomable—that a number of often disparate theories have been put forth to try to explain it. For his part, Hartmann concludes that it is the egosyntonic (mentally satisfying) quality of the exercise that is important, and not the amount of physical activity.

Other tests, however, have suggested that there is a positive relationship between the amount of sleep a person gets and his level of physical activity. Physically fit subjects, these tests revealed, have higher levels of slow wave sleep—and thus more satisfying sleep—than unfit subjects. Also, following exercise, the level of slow wave sleep increased in the fit subjects but not the unfit. As Dr. Kenneth L. Lichstein, assistant professor of psychology at Memphis State University says, "For professional athletes in excellent physical condition who exercise regularly and long, sleep is usually deeper and more satisfying." Lichstein hastens to add, however, that "for the average person, research has yet to show any consistent, predictable effect of exercise on sleep."

The most current theory on the relationship of slow wave sleep to exercise was proposed by two psychologists from the University of Tasmania. (Tasmania is an island south of Australia.) The scientists, Griffin and Trinder, concluded that physically fit subjects may have a higher level of slow wave sleep irrespective of prior daytime exercise. In other words, it's a person's physical condition that affects sleep, and not necessarily his physical activity. This is a two-edged proposition, of course, since regular exercise can promote good health. Thus, according to this theory, athletes actually build up a "reserve" of slow wave sleep. "Regular exercise and training," Griffin and Trinder maintain, "can cause a variety of physiological and functional changes in the body which enable a person to perform exercise and recover from it more efficiently. It would (also) not be unexpected to find that individuals who exercise regularly have different dietary practices which could affect their sleep patterns."

Further support for the belief that exercise is only indirectly related to sleep is provided by Ray Meddis in his book, *The Sleep Instinct*. "There is no proven connection between physical exercise and the need for sleep," Meddis says. "People want to sleep however little exercise they've had." Perhaps, he suggests, the desire to sleep is related to

mental fatigue. Sleep does come more slowly for those who have had an intellectually challenging day. In general, Meddis says, the more relaxing and stress free the evening the sooner our feelings of drowsiness occur and the more intense they are. "It is certainly true that we sleep for approximately the same length of time whether or not we have exerted ourselves. It seems natural to feel that we sleep because we are tired, but the question is, tired of what?"

Meddis points out, too, that even scientists have been misled by the feelings of fatigue which follow exercise and those which precede sleep. "They have been impressed by the relaxed quality of sleep," he says. "These (impressions) have caused prejudices which have led to a misinterpretation of the rebound phenomenon where people sleep longer when recovering from a loss of sleep." Research has shown, for example, that the notion that people deprived of sleep will take a longer period to "make up" that sleep is incorrect. "People who are deprived of sleep and finally do sleep," says the Sleep Disorder Clinic's Dr. Lemmi, "merely crowd the REM and NREM stages into a shorter period of time."

So, just as people believe they must sleep longer after being deprived of sleep, they also let what scientists call the "halo effect" influence their attitudes about sleep and exercise. Because we think exercise promotes sleep, it does.

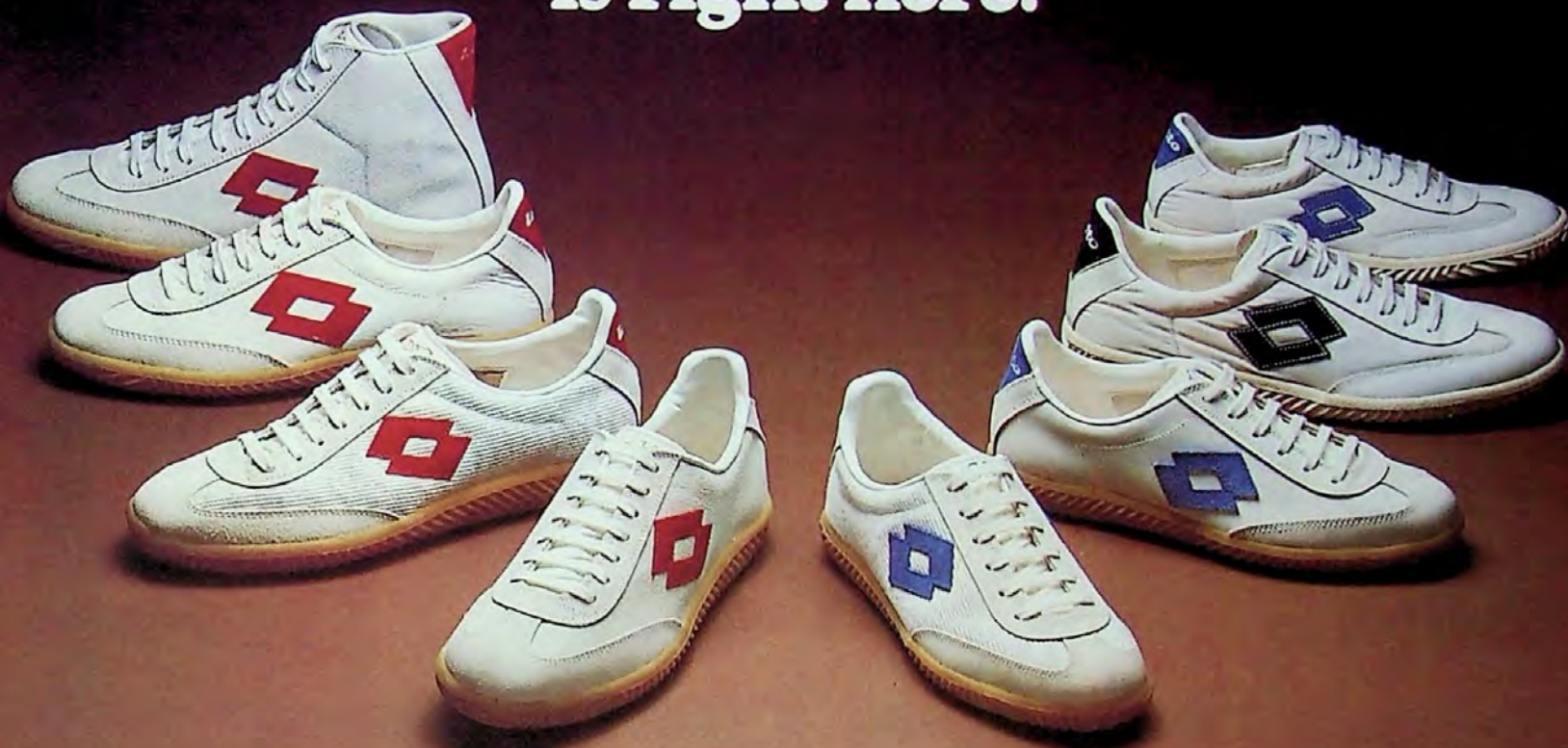
This might also explain, in part, why the presence or absence of exercise can affect the amount of sleep some people get, in some cases actually disrupting their normal sleep patterns. Routine conditioning is the way scientists are explaining this relationship between sleep and exercise. The relationship may best be explained, however, by the phrase, "whatever you are accustomed to." If you are used to getting exercise and are deprived of it, then sleep is disrupted. Conversely, if you are unaccustomed to exercise and suddenly become physically active, you might have trouble sleeping for awhile.

Studies have shown that active individuals who were deprived of their exercise noted some striking psychological changes. Researcher F. Baekland found that after one month of exercise deprivation his subjects reported increased anxiety, impaired sleep patterns, increased sexual tension and an increased need to be with others. Similarly, athletes who were deprived of sleep noted that their reaction time and "vigilance" were reduced.

Diet can also affect the amount of sleep you get. Research has shown, for example, that high stress foods like fried

(cont. on p. 26)

The difference between how good you are and how good you can be is right here.



Remember how good it felt jogging when you gave up your tennis sneakers and switched to running shoes? Or the first time you teed off in golf shoes? Or that magical moment when you sped around the bases in your first pair of baseball spikes? You got better.

Right away.

The same can happen when you step into a pair of Lotto racquetball shoes.



Mike Yellen

Any pair. And there are eight models to choose from. The largest selection in the business. Because Lottos are made especially for racquetball, they can



make the difference between how good you are and how good you can be.

All Lottos have a unique wrap-around sole and suction cup tread pattern to give you the most tenacious grip on the

court—start, stop, twist, dive—you can practically scale the walls. And you've never felt comfort like Lottos before. An anatomical footbed cradles your foot in a neutrally supportive position so you can dash, crash, roll, and leap your way around the court with abandon.

Lottos add speed and agility to your game and help prevent bruised heels and jammed toes.

Choose from leather, canvas or nylon uppers. Separate lasts and fit for women. At racquetball clubs and sporting goods stores.



Jennifer Harding

Lotto

Lotto-Newk USA, San Antonio, Texas.

RACQUETBALL

OCTOBER 5, 6, 7
Florida State Doubles
 (closed) (2)
 Omega 40
 1 So. Old Kings Road
 Orman Beach, FL 32074
 Tournament Director:
 Gordon Ira
 Steve Xynidis
 904-672-4044

Wilkes Barre/Walsh Steel
Open State Tournament (3)
 Royal Courts
 Wilkes Barre, PA
 Tournament Director:
 Virginia Jones
 717-822-8900

Pabst/S.E.R.A. Racquetball
Tournament (3)
Pointe South Racquet Club
 Dothan, AL
 Tournament Director:
 Lindy Bailey
 205-793-4955

OCTOBER 12-14
2nd Annual Mid Atlantic
Regional YMCA
Championships Open (3)
 Harrisburg Central YMCA
 Harrisburg, PA
 Tournament Director:
 Y Athletic Director
 717-234-6221

Memphis State/Jack Fulton
Open (3)
Memphis State University
Tournament Director:
 Larry Liles
 901-454-2807

1st Annual Manhattan
Open (3)

Omega-Hertz Racquetball
Classic (3)
Santa Monica Racquet-
ball Club
 1815 Centinella
 Santa Monica, CA 90404
 Tournament Director:
 Steve Lubarsky
 213-829-6836

OCTOBER 19-21
Racquettime Raise Your
Racquet Benefit Open
Tournament (3)
 Racquettime
 Dedham, MA
 Tournament Director:
 Bill Cavanagh
 617-326-2900

Padonia Court Club
B & C Racquetball Tournament
 Tournament Director:
 Tom Whipple
 3 Dalecrest Court No. 302
 Timonium, MD 21093

OCTOBER 24-28
Omega-Hertz Racquetball
Classic (3)
King Arthur's Court
 1355 15th St.
 Ft. Lee, NJ 07024
 Tournament Director:
 Stan Danzig
 201-944-8300

OCTOBER 25-28
Omega-Hertz Racquetball
Classic (3)
Continental Racquetball Club
 7717 Edgewater
 Oakland, CA 94621
 Tournament Director:
 Mark Auerbach
 415-568-0132

8th Annual Connecticut
Closed State Singles and
Doubles Racquetball
Tournament (2)
 Lakewood Racquetball Club
 666 Lakewood Rd.
 Waterbury, CT
 Tournament Director:
 Phil Panarella
 203-229-0526

1st Annual Pittsburgh
Women's Open (3)
 Tennis Land (Rt. 81)
 Pittsburgh, PA
 Tournament Director:
 Chuck Kohl
 412-264-6793

NOVEMBER 1-4
Omega-Hertz Racquetball
Classic (3)
 Courts, Etc.
 Ashford Square
 14690 Memorial Drive
 Houston, TX 77079
 Tournament Director:
 Jim Austin
 713-497-7570

Omega-Hertz Racquetball
Classic (3)
The Glove And Racquet
 3855 Wales Rd. N. 10
 Massillon, OH 44646
 216-837-9602
 Tournament Director:
 Dave Wallace

6th Annual Brockton Open
 Old Colony YMCA
 Brockton, MA
 Tournament Director:
 Gerry Cassidy
 617-583-2155

NOVEMBER 15-18
Omega-Hertz Racquetball
Classic (3)
Aidenlea Racquetball Club
 474 Iroquois Shore Rd.
 Oakville, Ontario L6H 2Y7
 Tournament Director:
 Ebbe Marquardsen
 416-842-2386

NOVEMBER 16-18
LeBlanc Open (3)
Shrewsbury Racquet Club
 Shrewsbury, Mass.
 Tournament Director:
 Paul Henrickson
 617-845-1001

Racquetball Northeast Grand
Prix (3)
Cedardale Racquet Club
 Tournament Directors:
 Jack McDermott
 Debbie Salmon
 931 Boston Rd.
 Haverhill, OH 01830
 617-373-1596

Turkey Shoot
Supreme Courts (3)
 Nashville, TN
 Tournament Director:
 Mike Mjehovich
 615-832-7529

Turkeyfest Open (3)
University of Southern Maine
 Portland, ME
 Tournament Director:
 Bruce Lewis
 207-773-6438

Salisbury Court Club
Maryland Racquetball
Association Open
 Tournament Director:
 Tom Whipple

NOVEMBER 30
Backwall Holiday Closed
State Tournament (2)
Backwall Racquetball Club
 Altoona, PA
 Tournament Director:
 Chris Kister
 814-946-1668

NOV. 30 - DEC. 2
Long Island Open (4)
Universal Racquetball
Massapequa, NY
 and
Center Courts
 40 Maple Ave.
 Rockville Center, NY 11570
 Tournament Director:
 Al Seitelman
 516-288-1448

DECEMBER 1-3
Western New England
Open (3)
Racquet Club of Bousquet
 Pittsfield, MA
 Tournament Director:
 Mike Meyer
 413-499-4600

DECEMBER 7-9
Towson Court Club
Santa Claus Anonymous
 Tournament Director:
 Tom Whipple

DECEMBER 14-16
Maine Closed Doubles
Only (2)
 Contact Bruce Lewis for
 details of site
 207-773-6438

DECEMBER 28-30

JANUARY 11-13
Maine Closed (2)
Andy Valley Racquetball Club
 Lewiston, ME
 Tournament Director:
 Bruce Lewis
 207-773-6438

JANUARY 18-20
Racquetball Northeast Grand
Prix (3)
Playoff-East Providence
Tournament Director:
 Stan Gosselin
 15 Catamore Blvd.
 Providence, RI
 401-434-3600

JANUARY 19-21
Mason Dixon Invitational
Greenville Racquetball Club
 3700 Kennett Pike
 Greenville, DE 19807
 Tournament Director:
 D.C. Lantz or John Chelucci
 302-654-2473

JANUARY 25-27
Rockville Courts Royal
Maryland State Doubles
 Tournament Director:
 Tom Whipple

World's Best Racquetball
Tournament (3)
Capitol Courts
 Sterling, VA
 Tournament Director:
 Sue Graham
 703-430-0666

FEBRUARY 7-11
Open I.R.A. State Men and
Women Singles (4)
 Central YMCA
 401 Atkinson Dr.

RACQUETBALL CATALOG 1979

AJAY





GRAPHITE

Ajay's answer to the "control player" who demands the power and flexibility characteristics of graphite composition. This racquet combines an elongated rectangular shape with good balance and a modest weight of 265 grams. Features tournament grade nylon strings, and a smooth leather grip. Grip sizes: 3-15/16", 4-1/8", 4-1/4", 4-1/2".

Standard Pack 1

Model CM90

Stock No. 28810

SPOILER

Large size and durability make the Spoiler a unique racquet which will add a new dimension to your game. This model is the largest legal size and provides enlarged sweet spot. Made from double heat treated aluminum, the Spoiler weighs only 265 grams. Poured foundation handle, top quality smooth leather grip and natural colored tournament grade nylon strings are standard. Deluxe vinyl cover included. Grip sizes: 3-15/16", 4-1/8", 4-1/4", 4-1/2".

Standard Pack 1

Model CM100

Stock No. 28815

ENFORCER II

This updated version of our proven Enforcer model, features the popular elongated rectangular shape, and striking appearance of silver striping. Ajay's most powerful racquet with a double-walled frame for the player who desires speed and accuracy. Quality smooth leather grip, tournament grade string, and poured grip foundation for vibration-free durability. Weighs 260 grams, deluxe vinyl cover included. Grip sizes: 3-15/16", 4-1/8", 4-1/4", 4-1/2".

Standard Pack 1

Model CM112

Stock No. 28818

ENFORCER

Rectangular shaped frame is constructed from double heat treated aluminum to endure heavy wear and tear. Poured foundation handle gives additional strength and stability. Top quality smooth leather grip, black tournament nylon strings and cover is included. Weighs 255 grams.

Grip sizes: 3-15/16", 4-1/8",
4-1/4", 4-1/2".

Standard Pack 1

Model CM110

Stock No. 28820



.357

An all new angular frame design allows racquet head to be held closer to the floor at almost any angle. Gives you better control and accuracy when going for difficult, low floor shots. Frame is constructed of double heat treated aluminum and strung with natural tournament grade nylon. Poured foundation handle reduces breakage. Top quality smooth leather grip and deluxe cover.

Grip sizes: 3-15/16", 4-1/8",
4-1/4", 4-1/2".

Standard Pack 1

Model CM120

Stock No. 28819



BULLET

Racquet features an elongated tear-drop frame creating an extended sweet spot. Player has increased ball control from any hitting position. Heat treated aluminum frame, tournament grade nylon strings, raised sewn cowhide grip, and poured foundation handle are standard. Matching racquet cover included.

Grip sizes: 3-15/16", 4-1/8",
4-1/4", 4-1/2".

Standard Pack 1

Model CM130

Stock No. 28821





HIT LADY (235 Grams)

Designed specifically for the competitive woman player, at an incredibly light 235 grams. This unique weight advantage combined with our rigid double heat treated frame construction results in incomparable performance. Top quality raised sewn leather grip on a poured foundation, tournament grade color co-ordinated string. Includes a rich vinyl cover with raised lettering.

Grip sizes: 3-15/16", 4-1/8", 4-1/4".

Standard Pack 1

Model CM150

Stock No. 28832



VENDETTA (Light Weight)

At 235 grams, the Vendetta is the lightest aluminum racquet on the market today. Player has quicker response time and increased racquet speed when hitting the ball. In addition, player fatigue due to normal racquet weight is reduced because of lightweight feature. Aluminum frame racquet with poured foundation handle features a nylon throat piece and a quality smooth leather grip. Includes a deluxe vinyl cover.

Grip sizes: 3-15/16", 4-1/8", 4-1/4".

Standard Pack 6 Assorted Sizes

Model CM160

Stock No. 28825



AVENGER

Large rectangular racquet frame made of double heat treated aluminum. Racquet offers durability with its tournament grade nylon strings, poured foundation handle, and top quality smooth leather grip. Available in three (3) color co-ordinated combinations.

Grip sizes: 3-15/16", 4-1/8", 4-1/4".

Standard Pack 6 Ass't'd.

Model CM180

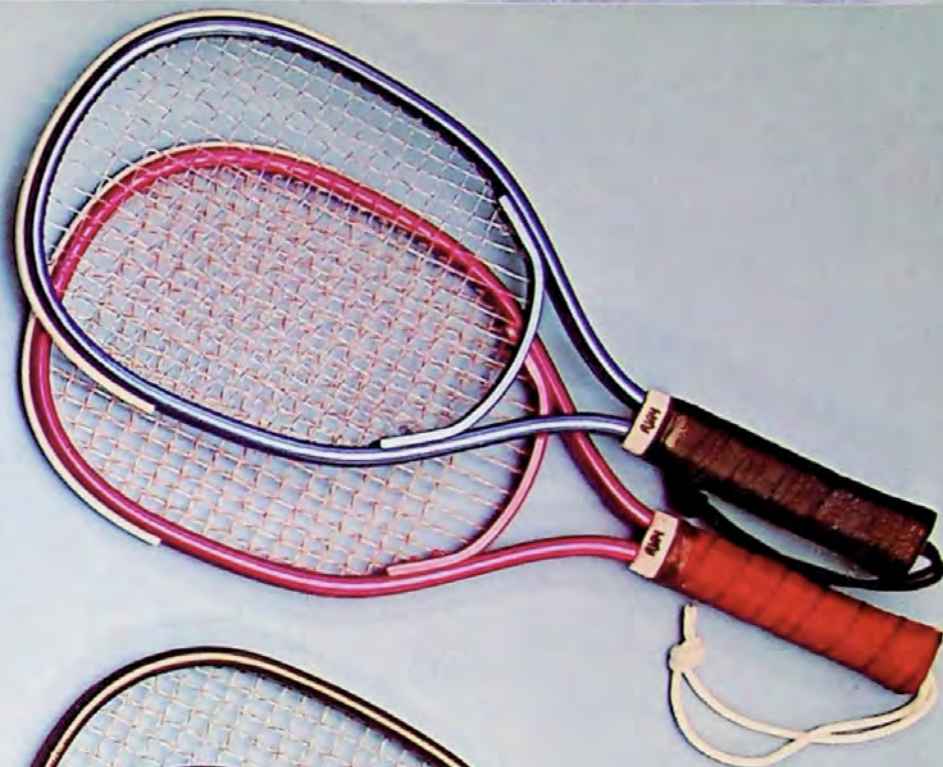
Stock No. 28827

EXCALIBUR

Rectangle shape, lightweight (only 265 grams), and rugged construction make the Excalibur the one to win with in 1979. Frame constructed of double heat treated aluminum and available in red or blue colors. Poured foundation handle reduces breakage. Color coordinated tournament grade nylon strings and raised sewn cowhide grip complement this outstanding racquet. Grip sizes: 3-15/16", 4-1/8", 4-1/4". Standard Pack 6 Ass't'd.

Model CM200

Stock No. 28823



LIBERATOR

New nylon and fiberglass composition model with a smooth leather grip and gold stripe for rich appearance. Available in brown or blue with color coordinated tournament grade nylon string.

Grip size: 4-1/8".

Standard Pack 6 Assorted Colors

Model CM260

Stock No. 28834



COLT

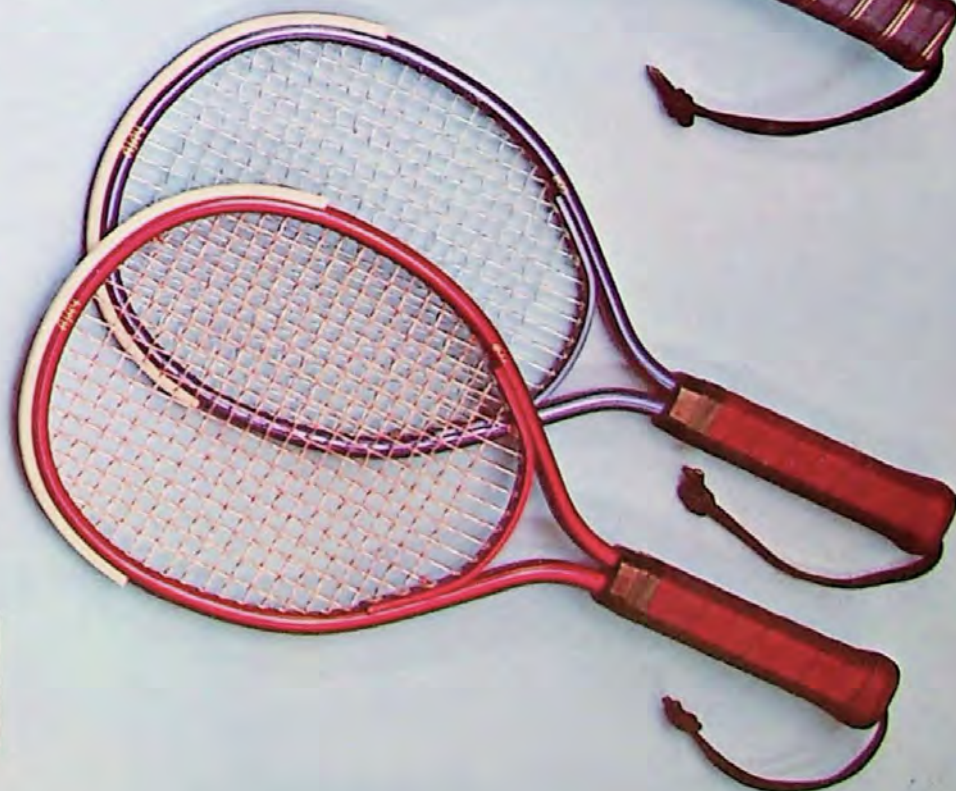
Ajay's new junior model. The frame is shortened to 17-1/2" for the younger player, without sacrificing head size or grip length. This is a quality racquet with tournament grade string and a smooth leather grip. Comes in red or blue.

Grip sizes: 3-15/16", 4-1/8".

Standard Pack 6 Assorted Colors

Model CM445

Stock No. 28838



AJAY





CM300

Teardrop shaped and constructed from specially formulated aluminum. Result is a durable and heavy duty racquet capable of holding up under heavy use. In addition, a new special brushed finish will keep racquet looking like new. Poured foundation handle, composition rubber grip, and cross nylon strings are standard.

Grip sizes: 4-1/8", 4-1/4".

Standard Pack 6

Model CM300

Stock No. 28828

DIGGER

High impact resistant plastic frame makes racquet extremely durable yet lightweight. Nylon strings and composition rubber grip. At 220 grams, this racquet is ideal for women and beginners.

Standard Pack 6

Model CM400

Stock No. 28835

RACQUETBALL GIFT SETS:

Attractive racquetball gift sets contain an Ajay racquet with deluxe vinyl cover and one (1) can of Ajay balls and rulebook. Gift sets are packaged in printed corrugated cardboard with clear plastic overwrap. An ideal gift for the beginner or the pro.

CM100 "SPOILER" GIFT SET:

Oversized rectangle racquet with smooth leather grip and deluxe vinyl cover. Available in assorted grip sizes. Standard Pack 6.

Stock No. 28886

(Not Shown)

CM110 "ENFORCER" GIFT SET:

Rectangle racquet with smooth leather grip and deluxe vinyl cover. Available in assorted grip sizes. Standard Pack 6.

Stock No. 28885

CM150 "HIT LADY" GIFT SET:

Ladies racquet with sewn raised leather grip and deluxe vinyl cover. Available in assorted grip sizes. Standard Pack 6.

Stock No. 28897

CM160 "VENDETTA" GIFT SET:

Extra light teardrop design racquet with smooth leather grip and deluxe vinyl cover. Available in assorted grip sizes. Standard Pack 6.

Stock No. 28898

CM180 "AVENGER" GIFT SET:

Large rectangular racquet with smooth leather grip. Available in three colors and assorted grip sizes. Standard Pack 6.

Stock No. 28889

CM200 "EXCALIBUR" GIFT SET:

Rectangular shaped racquet, available in red or blue colors with deluxe vinyl cover. Available in assorted grip sizes. Standard Pack 6.

Stock No. 28887



LADIES TOTE BAG:

Attractively styled bag constructed of durable rubber backed rayon. Bag features attractive tri-color braided handles, silk screened outside ball and racquet pockets, as well as an inside zippered accessory pocket for easy storage of personal belongings. Packed in attractive four color display carton.

Standard Pack 3

Stock No. 28871

DELUXE NYLON CARRYALL:

Multi-purpose bag features durable nylon construction. Poly zipper and heavy duty nylon web carrying straps.

Standard Pack 6

Stock No. 28872

DELUXE VINYL CARRYALL:

Ideal for carrying racquetball racquet and clothing. Heavy duty expanded vinyl construction and brass hardware insures long wear. Bag features detachable shoulder sling and an inside pocket to store wet clothing. In an attractive four color display carton.

Standard Pack 3

Stock No. 28870

EMBOSSED RACQUET BAG:

Smart styling and attractive materials make this bag an excellent value. Bag body is made from linen fabric bonded to vinyl with polyurethane vinyl trim. The bag features a separate wet pocket accessible through a second zipper opening and convenient racquet pockets are located on each end of the bag.

Standard Pack 3

Stock No. 28874

DELUXE RACQUET COVER:

Cover is made from expanded vinyl with attractive raised letter design. Heavy duty nylon zipper for long wear. Cover is available in assorted colors and fits most racquetball racquets.

Standard Pack 12

Stock No. 28867

Deluxe Racquet Cover — Rectangular

Stock No. 28868

Deluxe Racquet Cover — Teardrop

AJAY RACQUETBALL:

A durable, consistent, blue ball packed two (2) per pressurized can. Meets USRA specifications for size, weight and performance.

Standard Pack 6 Cans/1 Dozen Balls

Stock No. 28805

AJAY



OFFICIAL SEAMCO RACQUETBALL BALLS

Approved balls by both the International Racquetball Association (IRA) and the United States Racquetball Association (USRA). Made of natural rubber, 2-1/4" in diameter. Two balls per can.

Standard Pack 6 Cans/1 Dozen

Stock No. 28801 — Seamco 559 Green

Stock No. 28802 — Seamco 444 Official IRA

WRIST BANDS: Elasticized 2 ply cotton band. One pair per printed bag.

Stock No. 27010: Royal-White-Kelly; Navy-White-Burgundy; Brown-White-Tan; Blue-White-Maize Standard Pack 12 pair (3 of each color)

Stock No. 27011: Blue-White-Blue; Maize-White-Maize Standard Pack 12 pair (6 of each color)

Stock No. 27012: Solid White Standard Pack 12 pair

HEAD BANDS: One size. Absorbent cotton band. One per printed bag.

Stock No. 27020: Royal-White-Kelly; Navy-White-Burgundy; Brown-White-Tan; Blue-White-Maize Standard Pack 12 each (3 of each color)

Stock No. 27021: Blue-White-Blue; Maize-White-Maize Standard Pack 12 each (6 of each color)

Stock No. 27022: Solid White Standard Pack 12

HEAD & WRIST BAND COMBOS: One set per printed bag.

Stock No. 27030: Royal-White-Kelly; Navy-White-Burgundy; Brown-White-Tan; Blue-White-Maize Standard Pack 12 sets (3 of each color)

Stock No. 27031: Blue-White-Blue; Maize-White-Maize Standard Pack 12 sets (6 of each color)

Stock No. 27032: Solid White Standard Pack 12

BELT TOWEL: 12" x 15" terrycloth towel with belt clip. One per poly bag.

Stock No. 27040: Standard Pack 12

MOR GRIP:

Stock No. 27050: Non toxic rosin compound. Resealable vinyl bag. One per polybag. Standard Pack 12

ELBOW LOC:

Stock No. 27060: Strong reinforced elbow bandage with adjustable velcro closure. White and Red-White-Blue. One per card. Standard Pack 12 (6 of each color)

TERRY SLIP-ON GRIP:

Stock No. 27070: Elasticized and slips over regular grips. Available in Brown or Navy. One per poly bag. Standard Pack 12 (6 of each color)

EYEGlass HOLDER:

Stock No. 27080: Adjustable elastic band with metal slides. One per printed card. Standard Pack 12

RACQUETBALL GLOVES: Absorbent, dimpled rubber palm design with velcro closure. One size fits all. One per bag with printed insert.

Stock No. 27090: Men's Right Hand Standard Pack 12

Stock No. 27090-L: Men's Left Hand Standard Pack 6

Stock No. 27091: Women's Right Hand Standard Pack 12

Stock No. 27091-L: Women's Left Hand Standard Pack 6

PROFESSIONAL RACQUETBALL GLOVES: Deluxe sheepskin with expandable back. Velcro closure for form fit. One per printed envelope.

Stock No. 28862: Men's Right Hand. Small, medium, large. Standard Pack 12 (assorted sizes)

Stock No. 28863: Men's Left Hand. Small, medium, large. Standard Pack 6 (assorted sizes)

Stock No. 28864: Ladies Right Hand. Regular, large. Standard Pack 12 (assorted sizes)

Stock No. 28865: Ladies Left Hand. Regular or large. Standard Pack 6 (assorted sizes)

AJAY EYEGUARD: Molded of polycarbonate for strength and durability. Self-adhering padding included to be applied by wearer for most comfortable fit. Adjustable elastic straps. Packaged on blister card for effective merchandising.

Standard Pack 6

Stock No. 27005

1/2 FINGER RACQUET GLOVE: Reinforced leather palm with moisture absorbing terrycloth back. Washable. Adjustable velcro tab for perfect fit. One per poly bag with printed header.

Stock No. 28558: Men's Right Hand. Std. Pack 12

Stock No. 28558-L: Men's Left Hand. Std. Pack 12

Stock No. 28559: Women's Right Hand. Std. Pack 12

Stock No. 28559-L: Women's Left Hand. Std. Pack 12

SPORTS ACCESSORIES



RACQUETBALL ACCESSORY COUNTERTOP SELF-SELLER

Attractive heavy duty cardboard display holds 8 popular Ajay racquetball accessories, including the following:

Stock No. 27010	Wrist Bands	14
Stock No. 27011	Wrist Bands	14 (Assorted)
Stock No. 27012	Wrist Bands	14 (Assorted)
Stock No. 27020	Head Bands	14
Stock No. 27021	Head Bands	14 (Assorted)
Stock No. 27022	Head Bands	14 (Assorted)
Stock No. 27040	Belt Towel	7
Stock No. 27050	Mor Grip	12
Stock No. 27060	Elbow Loc	7
Stock No. 27080	Eye Glass Holder	7
Stock No. 28876	Self-Seller Merchandise	



28801



28802



27060



28862

27090



27050



27080



27005



27040



27070



AJAY



AJAY SPORTS
DELAVER, WI 53115
800-558-3276

Litho in USA

Club
130 W. 52nd St.
New York, NY 10019
Tournament Director:
Brad Gardiner
212-247-7575

Natural Lite Open (3)
Supreme Courts
West Springfield, MA
Tournament Director:
Paul Henrickson
617-754-6073

1st Annual Apple Week
Open (3)
B & R Racquetball Club
Feasterville, PA
(N.E. Philadelphia)
Tournament Director:
Ken Eagle
215-355-2700

OCTOBER 18-21
I.R.A. National Doubles
Championships (6)
OK Racquet Club
1508 S.E. 25th
Oklahoma City, OK 73129
Tournament Director:
Luke St. Onge
901-761-1172

Women's Open Singles (3)
Central YMCA
401 Atkinson Dr.
Honolulu, HI 96814
Tournament Director:
Phyllis Gomes

OCTOBER 26-28
Greenfield Open (3)
Greenfield Racquet Club
Lancaster, PA
Tournament Director:
Elaine Lee
717-392-4194

Omega-Hertz Racquetball
Classic (3)
Fox Racquetball Club
2500 Interplex Drive
Philadelphia, PA 19047
Tournament Director:
Mike Flieshut or Lou Gillmore
215-638-7320

6th Annual Charlotte Open
Racquetball Tournament (3)
Sports Illustrated Court Club
Charlotte, N.C.
Tournament Director:
Tony Giordano
704-372-1946

Head/Schlitz Open (3)
Courts South
Tournament Director:
Jim Cullen
404-952-2120

1st Annual Waterfront Pepsi
Cola Open (3)
Waterfront Racquet Club
229 W. Genesee St.
Buffalo, NY 14202
Tournament Director:
Donald Abramo
716-856-4074

NOVEMBER 7-11
Omega-Hertz Racquetball
Classic (3)
Racquettime of Ballwin
(formerly Wilson-Coryell
Racquetball Club)
910 Clayton Rd.
Ballwin, MO 63011
Tournament Director:
Sherry Ridings
314-391-8087

Omega-Hertz Racquetball
Classic (3)
Racquetball Centre
440 Interstate No. Parkway
Atlanta, GA 30339
Tournament Director:
Bobby Slegle
404-955-5555

NOVEMBER 9-12
Heart Association Benefit (3)
Downtown Racquet Club
230 George St.
New Haven, CT 06510
203-787-6501
Tournament Director:
Will Verhoeff

NOVEMBER 10-12
Nittany Lion Open (4)
Penn State University
Contact: Jere Willey
814-865-6588 (work)
814-238-2864 (home)

Racquetball Grand Prix (3)
Cedardale of Haverhill
Haverhill, MA
Tournament Director:
Jack McDermot
617-373-1596

NOVEMBER 23-25
Easter Seal Benefit (3)
21st Point Racquetball Club
721 Boardman-Poland Rd.
Youngstown, OH 44512
Tournament Director:
Mary Ann Johnson
216-758-2334

NOVEMBER 29-DECEMBER 2
Omega-Hertz Racquetball
Classic (3)
Franklin Racquet Club
29350 Northwestern Highway
Southfield, MI 48034
Tournament Director:
Jim Easterling
313-352-8000

Peter Cornell Open (3)
Downtown YMCA Fitness
Center
2 W. Franklin St.
Richmond, VA 23220
Tournament Director:
Carter Brook
804-644-4611

Racquetball Northeast Grand
Prix (3)
Boston Tennis Club
Tournament Director:
John Lepore
72 Prospect St.
Melrose, MA 02176
617-662-6791

Boston Tennis Club Holiday
Festival (3)
Boston Tennis Club
Summer St.
Boston, MA
Tournament Director:
John Lepore
617-269-4300

JANUARY 3-7
I.R.A. Open State Men and
Women Doubles (3)
Central YMCA
401 Atkinson Dr.
Honolulu, HI 96814
Tournament Director:
Phyllis Gomes

JANUARY 4, 5, 6
Auburn Open Regional (3)
Auburn University
Auburn, AL
Tournament Director:
John Jordan or Gary Bell
205-895-6144

Tournament Director:
Phyllis Gomes

FEBRUARY 8-10
Women '80 Tournament (3)
Boston Tennis Club
Tournament Director:
Maureen Boulette
617-754-6073

FEBRUARY 15-17
Washington Birthday
Open (3)
Merrymeting Racquetball
Club
Topsham, ME 04086
Tournament Director:
Bruce Lewis
207-773-6438

FEBRUARY 22-24
Racquetball Northeast Grand
Prix (3)
Racquetball International
Tournament Director:
Jim Power
45 Vanderbilt Ave.
Norwood, MA 02062
617-769-2340

APRIL 25-27
I.R.A. Regionals (5)
sites to be announced

I.R.A. sanctioned tournament in bold
(1) - 1st level tournament
(2) - 2nd level tournament
(3) - 3rd level tournament
(4) - 4th level tournament
(5) - 5th level tournament
(6) - 6th level tournament

CALENDAR

(cont. from p. 22)

chicken or french fries can not only elevate your blood fat level and resting pulse rate, but also keep you awake at night as well. And the adverse effect of such spicy foods as chili on sleep has been widely noted in common experience.

Other foods have been shown to actually promote sleep. Leading the way are such common vegetables as carrots, tomatoes and salad greens. Dairy products, such as cheese and milk (thus the popular warm milk sleeping remedy), have also been shown to be conducive to sleep.

Yet, while scientists have learned a few things about sleep, there are still many unanswered questions, especially in the area of dream research. There is even a lively debate over what actually constitutes dreaming. Dement, in his research, considered subjects dreaming only if they could recall the content of their dreams. Researcher David Foulkes, on the other hand, considered a person having dreamed even if he recalled only auditory or visual images. "We have an 80 per cent chance of recalling a dream if awakened soon after dreaming and a 7 per cent chance of recalling it the next morning," Dr. Lemmi says.

Research suggests that we may use dreaming as a kind of balance for activity in our waking life. In 1970 Paul Hauri

did research on the relationship between evening activity and sleep, and discovered that after an evening of physical exercise subjects typically dreamt of sitting in a chair reading or chatting with others. Subjects who had a sedentary evening, meanwhile, typically dreamt of doing some physical activity.

Interestingly enough, our brain waves respond in opposite fashion to the subjects of our dreams. Charles Dunlop writes in "Are Dreams Experiences?" that "a person whose REMs are predominately vertical is awakened and reports a dream in which he watched two people throwing tomatoes at each other. A predominately horizontal pattern in REMs is correlated with a dream report of picking basketballs off the floor and throwing them in a basket."

Researchers are hesitant to speculate what these findings might mean, but they do agree that dreams are definitely used to sort out mismatched programs or conflicts we are experiencing in waking life. As Ray Meddis says in *The Sleep Instinct*, "Almost everyone believes that sleep does permit repair processes which cannot take place during wakefulness, but no one knows what these (processes) are."

Still unanswered, also, is the question of why some people, usually those who practice Zen, Yoga and other forms of meditation, can sleep only four or five

hours a night and still function normally. Perhaps they have somehow learned to shift to the slower delta brain waves in the waking state, but scientists aren't sure.

Polysomnography has a long way to go. Scientists are questioning the validity of studying sleep only a few nights and not looking at a person's entire sleep pattern. They are questioning the validity of testing sleep in a lab environment. And, most importantly, they are taking a hard look at dietary and genetic influences on sleep. (There is some evidence, for example, that a person's sleep pattern—whether he is a light, heavy or moderate sleeper—is determined by his genetic make-up.)

Yet, in spite of all the uncertainties inherent in sleep research, two points at least remain clear. First, people who are in good shape usually sleep better than those who aren't, which is good news for racquetball players who use the game as a means of staying in shape. Second, a regular sleep pattern, a "sleep hygiene," is important no matter what kind of condition a person is in. You should establish a sleep pattern that's comfortable and right for you, and then stick to it. Such a routine, coupled with regular exercise and a balanced diet, is your best bet for putting in the kind of restful Z's you need each night. And it sure beats counting sheep. ■

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RACQUETS

'Your eyelids are getting heavy'

Picture yourself at the top of a staircase," the soothing voice says. "The staircase is going downward and you are simply standing there, looking down...I would like for you to go down

the staircase, one step at a time beginning when you hear me say the number 100. All right, begin now: 100, 99-another step down, 98-another step, and with each step that you take downward as you hear each number, you're going to slip into a very pleasant and relaxing state of hypnosis. 97, 96-down further and further, 95-going deep into a very relaxed state...

... When you hear the number zero you'll reach the bottom of the staircase. 10... 9... 8... 7-deeper and deeper. . .6-down and down, deeper and deeper. . . .1-almost at the bottom now and what you see is a racquetball court... zero. Now finally at the bottom and I want you to see every detail of this racquetball court. I want you to go into the court, see the walls, the lines on the floor, the ceiling, the lights. Everything, including your own racquet. Now I would like to introduce you to our racquetball professional, Mr. Charles Brumfield."

Thus begins the text of the latest product—or, as some might say, the latest gimmick—on the racquetball scene—"The Hypnosis Racquetball Tape." Marketed as the "key to a better game," the tape is ostensibly designed to make you a better racquetball player. If

advertisements are to be believed, this tape can increase self-confidence, motivation, strength and endurance. It can enhance concentration, "counter-condition" anxiety and allow you to perform to your fullest possible mental and physical potential. And all for only

IMPROVING YOUR GAME THROUGH HYPNOSIS

BY JUDY
HEINRICH

\$9.95 per, courtesy of ARCH Enterprises, San Antonio, Texas.

Sound too good to be true? Perhaps it is. Hypnosis is by no means an established tool for improving athletic performance (many athletes, in fact, ridicule the whole idea), although it has had its proponents in just about every sport. Indeed, one point in favor of

ARCH Enterprises' racquetball tape is the fact that it is endorsed by one of the most respected players in the game today: Charlie Brumfield.

In fact, this tape is not just endorsed by Charlie Brumfield, winner of five national singles titles, four national doubles titles and numerous outdoor titles; Brumfield actually narrates part of the tape. He speaks not as a hypnotist, but as a racquetball instructor. Once at the bottom of the stairs, the listener meets Brumfield and begins a lesson in basic racquetball techniques. From the grip to the final concept of game strategy, Brumfield shares the basic knowledge which has helped build his reputation as the "professor of racquetball."

Why would a professional racquetball player help develop an hypnosis tape? Brumfield says, "I'm a firm believer in hypnosis as an effective means of increasing all areas of your game, but most of all the mental part. To me it's the most important part of the game. The hypnosis tape that we've put together will give you the competitive edge at any level of play."

That, apparently, is what makes this tape appealing to Brumfield, and, potentially attractive to other athletes: "the competitive edge." That magic advantage every athlete longs for, if Brumfield is to be believed, is at last obtainable through use of the hypnosis tape.

Charlie Brumfield's partner in the development of the tape was Dr. Richard B. Garver, Chief of the Hypno-Therapy





“Hypnosis is simply a technique of using your unconscious mind in a very productive way.”

Clinic at Wilford Hall, United States Air Force Medical Center in San Antonio. He holds a doctorate in health and psychology, and is a Diplomat of the American Board of Examiners of Clinical Hypnosis. He's also an "A" class racquetball player. It is Dr. Garver's soothing voice that appears on the racquetball tape, imploring deeper and deeper relaxation. He describes the tape this way: "Hypnosis is simply a technique of using your unconscious mind in a very productive way. In hypnosis the unconscious mind is more open to suggestion or, in the case of the tape Charlie and I put together, concise instructions on improving your game both mentally and physically. It's been demonstrated to be a great aid to any athlete."

Brumfield met Dr. Garver several years ago while on the pro tour. "I was having a lot of problems with my back and with certain portions of my game," Brumfield recalls. "Then when I was in San Antonio, I met Dr. Garver. He suggested hypnosis for therapy and training." The doctor worked out a program that Brumfield has used since and still swears by. "For instance," he says, "I used to lose concentration on glass courts and would find myself looking at my intended target rather than at the ball. To go through the usual practice method of correction would have taken months; but using Dr. Garver's method I was able to improve much more quickly." Dr. Garver's method, Brumfield claims, is to listen to the same tape that is available from ARCH Enterprises.

You might be thinking to yourself, if Charlie Brumfield feels this way about hypnosis, it can't be all bad, can it? Yet, hypnosis is not exactly a common subject in racquetball circles. Could it be that the pros have been keeping it to themselves in an effort to fend off the competition from local upstarts? Not likely. In spite of Brumfield's belief in hypnosis, his enthusiasm isn't shared by most of his peers. The general reaction is, "Hypnosis? Yeah, I've heard about it but I don't use it." Others come closer to using hypnosis techniques than they actually admit. Here are some comments from some of the top men professionals. (According to reliable sources, hypnosis is virtually unheard of in women's pro racquetball.)

Mike Yellen believes that although hypnosis may have some helpful effects, he is essentially above using it: "Since I've been playing I've always been able to concentrate on what I feel is a strong enough level. Concentration has always been one of my strongest points."

Jerry Hilecher claims that he doesn't use hypnotism *per se*, but relies on

relaxation exercises to slow his breathing and enable him to concentrate. David Fleetwood agrees with the importance of relaxation and uses a technique known as "progressive relaxation," whereby he tenses all of his muscles, first in groups and then his whole body, for a period of seconds. He then relaxes completely, "letting the tensions flow out." Once in a state of "semi-sleep" he visualizes a match and concentrates on watching only the ball. This visualization increases his confidence and concentration. "We all know how to play, it just amounts to who has the most confidence and concentration during the match," Fleetwood says.

Gary Stephens is optimistic about hypnotism, but tempers his enthusiasm with caution. "I think there's a future for it," he says. "I've read about it and studied it, but I don't use it. I don't know enough about it."

Neither does anybody else, and therein lies a great deal of the reason that hypnosis has not been more widely accepted as a training tool. In fact, it should be pointed out that the Brumfield/Garver tape doesn't even include instructions for use. And when asked about how often a player should use the tape, how long the suggestions last and other instructional information, Bruce Hendin (president of ARCH Enterprises) said: "A person should listen to it once, then play racquetball for a couple of weeks, and then go back and listen to it again." Yet he confirmed that the only item included with the tape is a photo of Charlie Brumfield. The only hint of directions for use is at the beginning of the tape when Dr. Garver warns the listener not to use the tape while driving or performing other tasks which require intense concentration.

It seems, then, that before being able to fully appreciate the benefits of hypnosis, more information would be useful. For instance, it would help to understand just what hypnosis is. Unfortunately, hypnosis has never been clearly defined.

The first known records of hypnosis are from ancient Egypt, where "sleep temples" were used to cure the troubled and afflicted. It wasn't until much later, however, that hypnotism was advanced as a science. Franz Anton Mesmer (1734-1815), a Viennese physician, received credit for this development. Mesmer had both fans and detractors. The detractors eventually won out and he was forced to flee Vienna for Paris, where he and a partner established a sort of hypnotism "spa" for the affluent, complete with large wooden soaking tubs and live music.

The colorful history of hypnosis continues to this day, alternating periods of popularity with apparent total

disinterest. It has been used in lie detection, surgery, psychological therapy and sports training. And of course, there has always been hypnotism in the nightclub setting, where professional "entertainers" in tuxedos make nightclub patrons do things they wouldn't normally think of doing, all to the delight of other nightclub patrons who literally fall off their seats with laughter. That form of hypnotism has always been deplored by professional psychologists, and one disgruntled critic goes as far as to say that "what passes as hypnosis in the nightclub setting is actually the result of a cooperative subject not wishing to queer the act."

Whether that is true or not, the nightclub hypnotist has probably done the most damage to hypnotism's chances for acceptance as a safe and valid science. Too many people fear that they will be put into a trance and rendered totally powerless, under someone else's control. Hypnotism proponents decry that belief, explaining that it simply isn't true. In Dr. Garver's words, "Hypnosis is not a magical cure-all, but it is a proven scientific, psychological process which can improve human performance of all types. It is perfectly safe when instructed by a professional person such as a physician, dentist or clinical psychologist who is trained in its use. You are simply using the natural resources of your own mind with professional guidance."

Garver's assurances are echoed by other experts who emphasize that hypnosis is nothing more than an altered state of consciousness in which the mind is more receptive to suggestion. But, they insist, the mind still retains the selective process which allows it to choose which suggestions to accept and which to reject. In other words, you won't do anything under hypnosis that you wouldn't choose to do in a normal conscious state. It is the increased receptiveness to suggestion that allows the hypnotized individual to concentrate more, to mentally visualize and rehearse the desired skills.

That would seemingly make hypnosis perfect for sports, but it has never been widely accepted in any athletic arena. It has been used by Olympic athletes, professional boxers, skaters and baseball, basketball and football players. Reviews, as they say, have been mixed.

Dr. Garver, of course, champions the side of the believers. "Many amateur and professional athletes in several sports have greatly improved their individual skills through hypnosis," Garver says. "This is possible because hypnosis increases your ability to concentrate and improves the learning process. It enables you to receive instructions and mentally

program the correct skill patterns before you physically use them."

Hypnosis critics, meanwhile, counter that it creates dependence in athletics, a field that demands the opposite traits: independence, competence, autonomy and the ability to control ego. The image of dependence on outside manipulation has kept many athletes from accepting hypnotism more readily. The plain fact is that most athletes want to be able to claim full credit for their victories, without a hypnotist hovering in the background.

Another criticism of hypnosis is that the length of effectiveness of hypnotic suggestion has never been pinpointed. Some suggestions have lasted only minutes, while others remained in effect for weeks or months. (What if, for instance, suggestions wore off in the middle of a tournament game?) The length of time is effected by two variables: the nature of the suggestion and the personality of the subject. Research has shown that only 10 per cent of the population responds totally to hypnotic suggestion, 10 per cent doesn't respond at all and the remaining 80 per cent fall somewhere in between. Hardly a definitive breakdown.

While these criticisms deal with hypnotism in general, there is one specific complaint about the possible effectiveness of the racquetball hypnosis tape. Many experts maintain that in order for the hypnosis method to work fully, a good rapport must be developed between the subject and a "competent hypnotist." No one has questioned Dr. Garver's competence; however, can a brief introduction via the world of audio-cassette be classified as "a good rapport?"

The existence of hypnosis in general and the racquetball hypnosis tape specifically generate a lot of questions. The answers are harder to come by. Sure, Charlie Brumfield is a great player and he believes in hypnosis. But wouldn't Brumfield be just as good without it? Who can tell? The tape hasn't been around long enough and hasn't been purchased or used by enough people to have warranted a real consensus of opinion. But as the sport grows and more and more players develop that competitive, play-to-win instinct, hypnosis may become just another tool of the trade—like deerskin gloves, yellow-tinted eyeguards and composition racquets.

In fact, the day could come when hypnosis is so much a part of the game that it even shows up as a new version of the familiar loser's lament: "Aw, he didn't beat me because he's better than I am. It's just that my hypnotist is out of town this week." ■



“Many people fear that being hypnotized will put them into a trance, under someone else’s control.”

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SHOWDOWN IN THE EAST

The Yogi Berra/Lite Beer
Grand Prix

Two former national champions, in squash and one-wall handball, squared off for the second time in the second leg of the 1979 Yogi Berra/Lite Beer Grand Prix in Fairfield, New Jersey. Vic Niederhoffer from New York (the squash champion), using his racquet like a surgeon's scalpel, sliced up the diving, power hitting former handball champion, Ruben Gonzalez from New York, to capture the Men's Open title 21-12, 21-11.

This was the second tournament in the Grand Prix. The tournament was sponsored by the Miller Brewing Company and Vittert Sports, who helped provide some of the \$15,000 in prizes being awarded to players. The Grand Prix finals, scheduled for September 28-30, should be truly representative of east coast racquetball, with 450 entrants expected. The grand prize is a new Honda Civic.

Gonzalez and Niederhoffer's finals bout in the August Grand Prix was a rematch of their earlier meeting in the July tournament. In that tournament, Gonzalez, the seventh seed, knocked off



Vic Niederhoffer (left), winner of the Men's Open, faces Ruben Gonzalez in the division finals.



*Vic Niederhoffer (foreground) defeated
Art Diemar in the Men's Open semifinals.*

two tough competitors before going on to an exciting victory over Niederhoffer in the finals. Racquetball fans in the East wondered if Gonzalez could pull off a repeat performance in the August tournament, but Niederhoffer had other ideas.

As in July, the field for the August Grand Prix was packed with many of the best players in the East. Rob McKenny, the third seed in the Men's Open, was upset by little known Mark Berwick in three games. Rob couldn't seem to get his game up to tournament level for this one, while Berwick played with unusual intensity to beat McKenny 15-21, 21-19 and 15-9 in the second round.

Art Diemar, the former handball player from New York and now a teaching pro at Racquetball Plus in New Jersey, made up for the upset he suffered in July by coming from the sixth seed position to reach the semis against Niederhoffer. Using his forehand oriented power game, Art held all opponents under 12 points. He rolled out shot after shot and kept all of his rivals off balance with his driving smashes. Many feel that Diemar's forehand may rival that of the fabled Marty Hogan for sheer power.

Meanwhile, in the other bracket, Ruben Gonzalez was sweeping into the semifinals via straight two-game wins, along with New Jersey's Ray Capitanelli. This set up a rematch of the meeting between these two in the July tournament, when Gonzalez beat Capitanelli in the quarterfinals. In that first meeting, Capitanelli was serving in the tiebreaker leading 14-9 when he began suffering from cramps. Bravely, Capitanelli tried to continue, but Gonzalez powered the ball left and right and came back to win the game and match.

The second meeting between these players was a mirror image of the first. Again, Gonzalez won the first game with driving serves, great retrieving and forehand kill shots. Capitanelli's backhand, usually accurate and powerful, was off and he continually left the ball up high in game one, losing 21-18. But in game two he adjusted and started rolling backhand kills, winning 21-18.

Once again a Gonzalez-Capitanelli tiebreaker ensued and again history repeated itself. At the start of the game, with Gonzalez leading 1-0, Capitanelli's hand cramped so badly he could not hold a racquet, let alone straighten his fingers. Leg cramps followed, and the match ended in forfeit by Capitanelli.

In the other semis match, Art Diemar squared off against the most feared player



Ray Capitanelli (left) lost a semifinal match with Ruben Gonzalez in the Men's Open.

in the tournament, Vic Niederhoffer. They had met before in the Staten Island Pro-Am with Diemar's power game keeping Niederhoffer off balance enough to win. This time, Niederhoffer came out on top 21-18, 21-18. It was power verses control, mixed with diving "gets," kills and pinches. But most of all it was Niederhoffer's superb passing shots, change of pace and court sense barely off-setting the screaming drives of Diemar.

Time and again, Niederhoffer saved a sure kill by Diemar and with great control forced him to deep court on the backhand side. Diemar's return would then be pinched into the right corner as Niederhoffer called on his great squash background.

Niederhoffer's victory over Diemar led to his finals match with Gonzalez. The first game of the match started slowly as the two opponents felt each other out. The strategy of each soon became apparent, as Gonzalez went to drive serves, power passes and roll-outs. Niederhoffer's style of play included "wallpaper" passes, squash-type pinch shots and cross-court passes.

Niederhoffer won the coin toss and tallied his first two points on a backhand kill and a cross-court pass down the right side. Gonzalez, meanwhile, ended each of the first three innings with back wall kill shots.

In inning four, Gonzalez hit two pinch shots into the right corner. He tallied his fourth point in inning five on a diving kill off a Niederhoffer passing shot down the right side, ending an eight shot rally.

Both players exchanged points through inning 14, with Gonzalez edging ahead 9-7. In the 15th inning, Niederhoffer made his move, stringing together points 8 through 11 on a diving save, two passes and a backhand pinch kill to the left corner.

Gonzalez had made several unforced errors on his forehand throughout the early going and this plagued him again as the match wore on. After regaining the serve in inning 15 on a questionable avoidable hinder call (Niederhoffer and the fans were in an uproar), Gonzalez glanced an easy forehand off the edge of his racquet, giving Niederhoffer the serve.

Niederhoffer started with a Z-serve ace



Vic Niederhoffer (left), Ruben Gonzalez
in the Men's Open finals.

in inning 16. Then, after several changes of service, Niederhoffer tallied five straight points in the 20th inning using pinches, passes and kills to put the game out of reach. He ended the first game on a perfect backhand roll-out that brought the crowd to its feet.

Game two was all Niederhoffer, as he forged leads of 3-1 and 7-3 through inning four. Gonzalez tried to keep it close, tallying three points during inning five and upping the score to 7-6.

Innings six and seven saw Niederhoffer score five unanswered points and it became obvious that Gonzalez lacked the fire that brought him his first Grand Prix championship in July. His semifinal victory over Capitanelli, a two hour "donnybrook," may well have taken its toll.

In inning eight, Niederhoffer was devastating. Leading 14-9, he scored six unanswered points with two forced backhand errors, an ace, a soft squash pinch to the right corner and two precise wallpaper passes. Finally, in inning 10, after a great four shot rally, Niederhoffer won his first Yogi Berra/Lite Beer Grand Prix Tournament with a forehand cross-court kill to the right corner.

In the Women's Open, the competition was also tough as Linda Kennedy of Pennsylvania defeated Jackie Adler of Connecticut 21-11, 21-12 to

take the championship. Earlier, Kennedy had upset New Jersey State Women's Open Champion Gerry Rudysz 21-16, 21-4, and then held off a determined Adler in the finals. The match had many long rallies, but Kennedy's fine shot-making eventually carried the day.

In the Men's Seniors, Fred Letter of New Jersey had an easy time winning the division title for the second straight time in the Grand Prix. He defeated New Jersey's Leo Fonseca, the new pro at King Arthur's Court, 21-6, 21-8. Pete Talbot also breezed through the Men's Masters before defeating Ferd Elia 21-7, 21-10 in the finals. Talbot finished third in the July Grand Prix.

The Open Doubles division featured one of the tournament surprises, as the nationally ranked team of Diemar-Luft suddenly withdrew. This left the division wide open, with Helmar Gonzalez of New Jersey and New York's Jerry Yee powering their way to victory. Their opponents in the finals, Robert Kabilian and Gerry Cassidy, both from New Jersey, were also power hitters but nevertheless went down to defeat 21-17, 21-13 before a full house on the glass exhibition court.

The Yogi Berra/Lite Beer Grand Prix is establishing a permanent trophy which will be awarded to the winners of the Men's and Women's Open, Men's Seniors and Men's Masters. The leading

point scorers so far are Niederhoffer and Gonzalez, 17 points each in the Men's Open; Francine Davis and Linda Kennedy, 10 points each in the Women's Open; Men's Seniors, Fred Letter, 20 points and John Sergentanis, 12 points; Men's Masters, Pete Talbot, 15 points and Pat Colombo, 10 points.

The IRA has designated the Yogi Berra/Lite Beer Grand Prix a Level 4 tournament under the new ranking and seeding system announced in the August issue of *Racquetball*. Each of the top eight finishers will receive Gold Points and Tournament Points which will be used for seeding IRA-sanctioned tournaments during the year.

As players accumulate more Gold Points in designated tournaments, they will achieve the national recognition many deserve but have not received. The Tournament Points earned in tournaments such as the Grand Prix will allow tournament directors to accurately seed players from every area of the country.

All entrants in the Grand Prix tournaments will also receive a handicap rating. This rating is an accurate indication of a player's ability and will be used in the New Jersey State Championships this month. Several states surrounding New Jersey also hope to use the Talbot 2100 Handicap System after the first of the year. ■

TWO TO TANGO

PRACTICING WITH A PARTNER

By Charlie Garfinkel

EDITOR'S NOTE: This is the second of two articles on practicing. Last month, Charlie Garfinkel discussed some techniques for practicing alone. This month, he provides tips for players who prefer to practice with a partner.

Racquetball is not a one man sport. So, although practicing alone can certainly be beneficial, a duo can be even better. Herewith are some helpful suggestions for making the most out of your on-court partnership:

After choosing a reasonably compatible partner (in personality as well as skills), prepare yourselves for a good workout that should last at least 75 minutes, and possibly as much as 90 minutes.

As with all sports, the most important place to begin is warming up. This does not mean simply batting the ball around a few times. Instead, you should do several different types of exercises to get your blood circulating and your muscles warm. For example, touching your toes, sit-ups and similar stretching exercises are appropriate for this. Be sure to do enough to break a slight sweat.

Inventive teachers often use games to make studying a little less drudgery for their students, and the same concept can be applied to the study of racquetball. For instance, begin with a ceiling ball drill. You and your partner go to the back of the court, and start the rally with a ceiling ball. The return should also be a ceiling ball. Continue to alternate ceiling ball shots until one of you is ready to attempt to put the ball away or pass your opponent. Play to 11 points and score when one player fails to return a shot (regardless of who initiated play). This method of scoring points will force you to concentrate on each shot you attempt, just as keeping score will give you incentive.

The next drill should last only about five minutes. Move to the service box area, where you and your partner stand almost on the service line. Hit the ball

back and forth as hard and low as you can. This will increase your quickness and ability to return shots that hit low on the front wall. It improves reflexes and hand/eye coordination.

When you're ready for another game, set a goal of 15 points and take turns hitting to each other. The first shot should be an easy one off the front wall which will carom off the back wall to the forehand side. The return shot should be

an attempt to roll out the ball or pass it. If successful, a point is scored. After one partner reaches 15 points, switch positions and play again.

Do the same on the backhand side. This should improve both your passing and kill shots. In addition, it sharpens your sense of where the front wall sweetspot is for your passing shots.

Next, if you move to the short line area, one of you near the right sidewall and one near the left, you'll be in good position to work on those rolled out sidewall shots.

Take turns, hitting about 25 each, and then do the same for your backhand. Remember that most sidewall shots are hit when you are in front of your opponent, so they should be practiced fairly close to the front wall.

By the time you've finished these drills, you'll be ready for a break. And, if you've been serious, you deserve one, so take a few minutes for a drink of water



Always begin your practice session by warming up. Be sure to do enough exercises to break a slight sweat.



To improve reflexes and hand/eye coordination, you and your partner should stand almost on the service line and hit the ball back and forth as hard and low as you can.

and some discussion with your partner about what you've just accomplished.

When you're ready to return to the workout, warm up first by practicing some of your favorite shots. This should be sufficient preparation for the final part of your practice session, and give you a chance to gather your strength for a mock competition. It is time to practice serves and returns.

As this drill will simulate an actual game, it would be wise to practice all the serves you might use in a match: the medium and high lobs, soft and hard z's, and the ever-popular drive serve.

Each player serves a 21-point game. (As in previous drills, points are scored by either player, regardless of who serves.) To get the most from this drill, start slowly and gradually build up to the faster serves. Concentrate, but don't be discouraged if you can't score an ace on every serve. (Even Marty Hogan can't do that!) Try to serve in such a manner that your serve forces a weak return which will eventually result in a point for you.

At the end of this serve/return drill, your body will be acutely aware of just how good a workout you've had.



The last part of your practice session should be a serve/return drill that will simulate an actual game situation. Take turns serving a 21-point game, using the opportunity to practice all the serves you might use in a match.

Congratulate yourself on your stamina and relax; you deserve it.

A few additional tips: Keep in mind that some balls are livelier than others and that court surfaces themselves play an important part in the specific shots you practice. If you're scheduled to play in a tournament in the near future, use the type of ball that will be used in the tournament. Don't be shy about asking

your partner for objective analysis or criticism of your game. (That's why it's important to play with someone you like. Otherwise, you may wind up with a sparring partner instead of a playing partner.)

Finally, if the partnership has worked, discuss plans for future practices. Before long you'll be a duo even Gable and Lombard would envy. ■

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WINNING POINTS

PINCH SHOTS

**SOMETIMES,
JUST A PINCH WILL DO**

By Mike Yellen

During my two years on the professional tour, I've acquired something of a reputation as a good control player who relies on wide-angled passes to tire my opponents and win matches.

While it's true that my passing shot is my principal offensive weapon, it's also true that my passing shot wouldn't be a thing without a good pinch shot now and then to keep my opponents guessing. Pinch shots are the perfect complement to a passing, control game.

In racquetball, it's important to have a balanced attack. Even a kill shot artist like Jerry Hilecher cultivates his control game. Conversely, beginners or control players who rely on ceiling and passing shots must also mix shots up with pinches.

As the name implies, the pinch shot is one which pinches out between the side and front wall in one of the front corners. It is hit off the normal forehand or backhand strokes and differs from the execution of the kill shot only by the placement of the ball. In fact, when hit sufficiently low, the pinch shot rolls out from the front wall and is sometimes referred to as the "kill pinch."

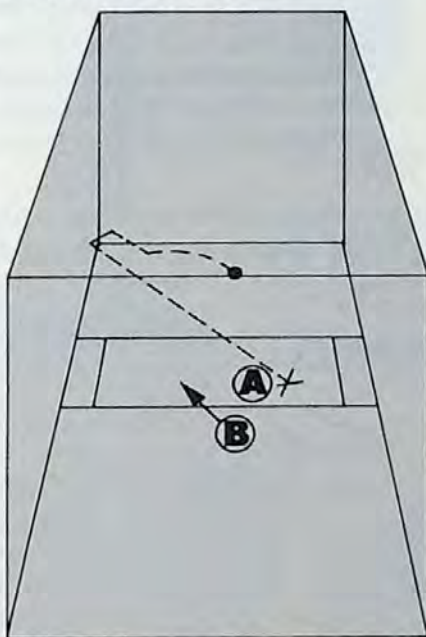
Generally, try to make all of your shots off the same stroke, changing only the direction that the ball takes. If you have a different stroke for all of your different shots, you might just find yourself hitting the wrong shot at the right time. So, keep it consistent. Hit the pinch off your lead foot and at knee height or lower.

Under most circumstances, the pinch should contact the sidewall six inches to two feet from the front wall and as low as possible. The ball will travel from the sidewall to the front wall and out toward the opposite sidewall but, if placed low enough on the first sidewall, it won't get past the service line before bouncing two or three times.

Like any other shot, there are right and wrong times to hit the pinch. The

cardinal rule applies here as with other shots; don't hit it all the time. If you do, your opponent will quickly pick up on that and simply be there every time.

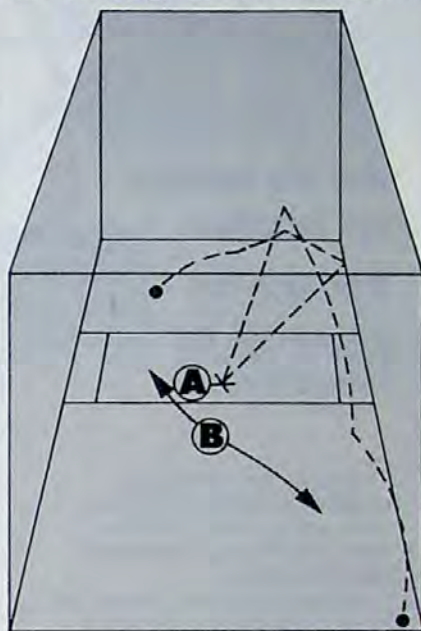
The ideal situation for the pinch is when you are in the middle of the court anywhere from the short line to 10 feet back and your opponent is next to you halfway to one of the sidewalls. Pinch the ball off the sidewall he is closest to and it will either die in the corner or rebound low toward the opposite side of the court from your opponent. The only danger is if you hit the ball too high and it bounces to the opposite wall and then into the middle of the court.



The object of the pinch shot is to either roll the ball out of the corner or, at least, hit the ball in the opposite direction from your opponent as illustrated.

It has probably occurred to you that this is also the ideal situation in which to hit a passing shot. That's as it should be since the pinch and pass are complementary shots, as I pointed out earlier. The pinch will also work very well if your opponent is behind you or as an alternative to the down-the-line pass

when your opponent serves to your backhand. Very often, your opponent will move to the side to which he served while blocking the down-the-line and



This diagram shows how pinch shots complement drives or passes. Player A has an option of two shots, either of which will keep Player B moving in opposite directions. One of the advantages of pinch shots is that they open up opportunities for your passing game.

expecting a cross-court pass. The backhand pinch into the sidewall on that side of the court is a difficult shot, but will go a long way toward keeping your opponent honest.

You might also want to pinch the ball after being given a poor ceiling return. Certainly, when your opponent or both of you are in the back court, it is inadvisable to pass because that's where passes put the ball.

One situation in which you do not want to hit a pinch is when your opponent is in front of you in the mid or forecourt areas. It is too easy for him to cover the front wall in this circumstance and it is better to hit a shot past him into the back court. Also, as dangerous as it is to hit your pinch shot too high on the sidewall, it is even riskier to hit the front wall first. Depending on the angle of your shot, the ball could come directly back to your opponent. Better to hit the ball a little farther down the sidewall away from the front wall and be safe.

The secret to a good pinch, though, like any shot, is practice. You have to expect to hit a certain number of bad pinches before you get the shot right, so hit all those bad pinches in practice and develop a good pinch for your matches. Most importantly, learn to recognize the proper situations for hitting a pinch, a kill or a pass and mix them up. ■

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Scorecard

RACQUETBALL welcomes all tournaments to report their results. Please list all rounds of each event. Scorecard will report as many rounds of each tournament as space allows.

For reasons of space and clarity, tournament results submitted for listing in "Scorecard" should be arranged as shown in the example below. Entries using this format stand a better chance of being included in the "Scorecard" section.

Men's Open:
Semifinals: John Smith over Peter Smith 21-7, 21-15; John Doe over Peter Doe 21-20, 21-13.
Finals: John Smith over John Doe 21-20, 13-21, 21-16.



1979 National Court Clubs Amateur Racquetball Championships—First place winners: (L to R) Lee Steele (Wilson), Larry Meyers, Gary Kelley, Mike Smith, Hope Weisbach, Carole Charfauros, Chris McGirr, Cathy Austin (NCCA).

YOGI BERRA/LITE BEER GRAND PRIX/JULY West Fairfield, New Jersey

MEN'S OPEN

Quarterfinals: Niederhoffer over Ellis 21-17, 21-7; McKinney over Bierman 12-21, 21-19, 15-13; Clark over Dehm 21-9, 21-17; Gonzalez over Capitanelli 21-19, 15-21, 15-14.
Semifinals: Niederhoffer over McKinney 21-15, 21-12; Gonzalez over Clark 21-20, 21-15.
Finals: Gonzalez over Niederhoffer 21-15, 21-20. Third: Clark.

MEN'S SENIORS

Quarterfinals: Letter over Weiss 21-2, 21-5; Kohout over Pruitt 21-1, 20-21, 15-11; Arnold over Shulman 21-7, 16-21, 15-11; Sergeantanis over Caes 21-3, 21-4.
Semifinals: Letter over Kohout 21-10, 21-1; Sergeantanis over Arnold 21-9, 21-8.
Finals: Letter over Sergeantanis. Third: Kohout.

MEN'S MASTERS

Quarterfinals: Krevsky over Weber 21-20, 21-11; Zofrea over Charocopes 21-8, 21-6; Talbot over Ella 21-16, 9-21, 15-5; Colombo over Pudding 21-1, 21-18.
Semifinals: Krevsky over Zofrea 21-8, 21-15; Colombo over Talbot 21-11, 21-18.
Finals: Colombo over Krevsky 21-13, 21-15. Third: Talbot.

MEN'S "B"

Quarterfinals: Dowell over Weiss 21-8, 21-6; Barsky over Englander 21-15, 21-10; Sweetwood over Schaupp 21-4, 21-9;

Rapoport over Gonzalez 21-14, 21-15.
Semifinals: Dowell over Barsky 21-12, 21-8; Sweetwood over Rapoport 21-11, 17-21, 15-14.
Finals: Dowell over Sweetwood 21-20, 21-12. Third: Rapoport.

MEN'S "C"

Quarterfinals: Gonzalez over Betts 21-13, 21-20; Nahass over De Graff 21-7, 21-12; Bannon over Jefferson 21-7, 21-15; Gershaw over Canero 13-21, 21-7, 15-8.
Semifinals: Bannon over Gershaw 21-19, 21-12; Gonzalez over Nahass 21-15, 21-20.
Finals: Gonzalez over Bannon 16-21, 21-8, 15-6. Third: Gershaw.

OPEN DOUBLES

Quarterfinals: Luft-Diemar over Dehm-Melstner 21-12, 21-18; Colombo-Castillo over Berwick-Goodman 21-2, 21-10; Eagle-Farrell over Talbot-Sergeantanis 21-18, 19-21, 15-14; Clark-Ellis over Giamporone-Valinati 21-5, 21-18.
Semifinals: Luft-Diemar over Colombo-Castillo 21-12, 21-8; Clark-Ellis over Eagle-Farrell 21-51 21-9.
Finals: Luft-Diemar over Clark-Ellis 21-20, 21-16. Third: Colombo-Castillo.

WOMEN'S OPEN

Quarterfinals: Davis over Wolf 21-7, 21-3; Adler over Yard 21-10, 21-9; Stoll over Hajjar 21-15, 21-5; Taylor over Perrotty 21-11, 21-12.
Semifinals: Davis over Adler 21-12, 21-8; Taylor over Stoll 21-15, 21-16.
Finals: Davis over Taylor 21-6, 21-14. Third: Stoll.

WOMEN'S "B"

Quarterfinals: Pallas over Byk 20-21, 21-7, 15-3; Cluess over Wolf 13-21, 21-10, 15-0; Hajjar over Capitanelli 21-6, 21-6; Marchini over Fisher 21-6, 21-7.
Semifinals: Cluess over Pallas 16-21, 21-6, 15-13; Hajjar over Marchini 21-9, 21-17.
Finals: Hajjar over Cluess 21-18, 21-13. Third: Pallas.

WOMEN'S "C"

Quarterfinals: Forman over Miller 21-1, 21-1; Fisher over Goffus 21-13, 21-10; Del Vecchio over Leach 21-3, 21-11; Armstrong over Samansky 21-2, 1-5.
Semifinals: Fisher over Forman 21-11, 21-20; Armstrong over Del Vecchio 21-17, 21-15.
Finals: Armstrong over Fisher 21-14, 21-20. Third: Forman.

FIRST SUN BELT OPEN RACQUETBALL TOURNAMENT Sports Illustrated Court Club Charlotte, North Carolina

MEN'S OPEN: Quarterfinals: Bill King over John Jordan; P. Chandler over Bobby Ison; Dave Peters over Gerald Tunney; Larry Gammons over Jim Bailey.

Semifinals: Bill King over Phillip Chandler 21-17, 21-11; Larry Gammons over Dave Peters 21-18, 21-17.
Finals: Bill King over Larry Gammons 21-4, 21-8.

MEN'S SENIORS

Semifinals: Haywood Thompson over Don Pertl 21-6, 21-7; Felix Acosta over G. Gorson 21-8, 21-13.
Finals: F. Acosta over H. Thompson 16-21, 19-21, 11-6.

MEN'S "B"

Quarterfinals: Lat Purser over Gene Surface; Jim Daley over Donald Acklin; Jim Hawkins over Emmet Wood; Frank Anthony over Don Morrow.
Semifinals: Jim Daley over Lat Purser 21-19, 21-8; Jim Hawkins over Frank Anthony 21-18, 14-21, 11-8.
Finals: Jim Hawkins over Jim Daley 21-19, 21-19.

MEN'S D [upper bracket]

Quarterfinals: Richard Fall over Steve Wohlgenuth; John Stout over Thomas Barnes; Skip Hartwell over Charles Crawford; Ron Cohen over Bill Moore.
Semifinals: Richard Fall over John Stout; R. Cohen over Skip Hartwell.
Finals: Richard Fall over R. Cohen 21-10, 21-18.

MEN'S D [lower bracket]

Quarterfinals: Howard Medley over Don Drage; Colon Wood over Jeff Joyce; Randy Foster over J. Harvie; F. Stallworth over Doug Hird.
Semifinals: Howard Medley over Colon Wood; Randy Foster over F. Stallworth.
Finals: R. Foster over Howard Medley 21-15, 21-20.

WOMEN'S OPEN

Round Robin: 1st: Gwinn; 2nd: Myers; 3rd: Burns/Moore; 4th: Bullington/Jarrett.

WOMEN'S "B"

Quarterfinals: K. Parolini over Karen Love; Ann Burbach over Nancy Moore; Beth English over Beth Tanner; C. Javins over Myrna Burns.
Semifinals: A. Burbach over Kathy Parolini 21-9, 21-11; B. English over C. Javins 21-2, 21-6.
Finals: Ann Burbach over B. English 21-14, 7-21, 11-7.

WOMEN'S "C"

Quarterfinals: Becky Jackson over Judy

Racquetball Magazine is seeking articles and freelance writers. Articles can cover everything from new developments in the game to interesting racquetball personalities. How-to articles, on improving your backhand, returning serves, etc., are also welcome. Please send manuscripts (along with a stamped, self-addressed envelope) to: P.O. Box 16566, Memphis, Tn. 38116. For further information, call Larry Conley at (901) 345-8000.

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Bentsen; Susan Harris over Terri Jones; Rebecca Braswell over Irene Drage; M. Cameron over M. Bertin.
Semifinals: Susan Harris over Becky Jackson 21-8, 21-11; R. Braswell over M. Cameron 21-13, 21-18.
Finals: Susan Harris over R. Braswell 21-16, 21-14.

2ND ANNUAL ROYAL PALM FESTIVAL OPEN RACQUETBALL TOURNAMENT The Courthouse West Palm Beach, Florida

MEN'S JR. VETS:

Quarterfinals: Steve Squire over Arthur Beller 15-2, 15-6; Gary Biederman over Thomas Strang 15-9, 15-10; Danny Chandler over Kirk Stelson 15-13, 4-15, 11-8; Bob Driscoll over Gary Mammele 15-14, 15-6.
Semifinals: Squire over Biederman 21-11, 21-10; Driscoll over Chandler 21-17, 21-3.
Finals: Driscoll over Squire 21-17, 11-13.

MEN'S B:

Quarterfinals: Tom Pignato over Robert Bell 15-12, 15-2; Tim Sheehan over Medardo Espinosa 15-5, 15-9; Byron Lobsinger over Philip Adams 15-6, 15-4; Richard Smith over Tim Tracy 15-12, 15-12.

Semifinals: Pignato over Sheehan 21-6, 21-18; Lobsinger over Smith 21-15, 14-21, 11-6.
Finals: Pignato over Lobsinger 21-19, 21-19.

MEN'S C:

Quarterfinals: Jack Knight over Ron Patrick 15-4, 15-7; Dan Shortley over Dennis Freirich 15-7, 15-9; Roberto Suarez over Dave Merrill 15-2, 15-4; Victor Orbay over Angel Lomas 3-15, 15-3, 11-6.

Semifinals: Shortley over Knight 21-18, 16-21, 11-6; Suarez over Orbay 21-15, 21-8.
Finals: Shortley over Suarez 21-10, 21-18.

MEN'S SENIORS:

Quarterfinals: Bob Riley over Ed Hamilton 15-6, 15-3; Ed Kepp over Mario Ariet (forfeit); John Brown over Orrie Cherasia 3-15, 15-8, 11-5; Sonny Marcus over William Mularchuk 15-4, 15-0.
Semifinals: Riley over Kepp 15-4, 15-3; Marcus over Brown 15-12, 15-11.

Finals: Riley over Marcus 21-20, 21-6.

WOMEN'S B:

Quarterfinals: Jan Lord over Cynthia Barton 3-15, 15-14, 11-6; Cheryl Lee over Rene Sayles 15-13, 15-9; Donna Furlong over Gail Flynn 15-2, 15-1; Chris Mazzara 15-6, 15-12.
Semifinals: Lord over Lee 9-21, 21-12, 11-10; Furlong over Mazzara 15-6, 15-12.

Finals: Furlong over Lord 21-1, 21-8.

WOMEN'S C:

Quarterfinals: Linda Curls over Carole Longere 15-3, 15-8; Nancy Manchester over Kathy Patrick 15-2, 15-4; Jane Meilleur over Regina Wehrach 15-7, 15-2; Barbara Leach over Gina Marcus 15-5, 15-4.
Semifinals: Manchester over Curls 21-15, 21-12; Meilleur over Leach 21-12, 21-12.
Finals: Meilleur over Manchester 21-14, 21-15.

JUNIORS - 15 & under:

Round 1: Shane Brown over Chris Chasback 21-7, 21-1.

Round 2: Adam Morrison over Chris Chasback 15-1, 15-8

Round 3: Morrison over Brown 21-12, 21-10.

1979 HIGH ROLLERS RACQUETBALL TOURNAMENT Monroeville, Pennsylvania

Round Robin standings: 1st: Gene Grapes - Lou Fabian, 381 pts.; 2nd: Tom Ranker - Craig Guinter, 379 pts.; 3rd: Ken Baron - Jim Reddic, 378 pts.; 4th: Lou Martire -

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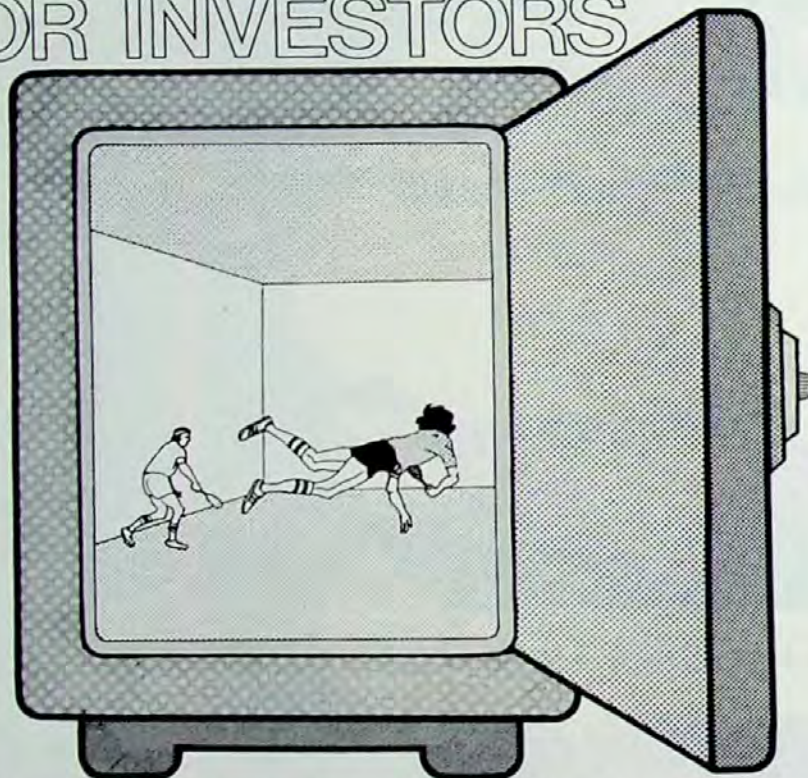
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'NORTHWEST SUMMER RACQUETBALL CLASSIC

Eastern Washington University
Cheney, Washington

MEN'S PRO:

1st: Dave Peck over Scott Hawkins 15-21, 21-13, 11-2; 3rd: Don Thomas over Dave Fleetwood, 15-21, 21-17, 11-10.

MEN'S OPEN SINGLES:

1st: Mike Hoonan over Richard Henrickson 21-17, 21-5; 3rd: Jerry Henderson over Charles Carrella 21-9, 19-21, 11-3.

WOMEN'S OPEN SINGLES:

1st: Gail Allert over Nancy Pellegrine 21-11, 21-10; 3rd: Lindsay Robinson over Medrice Caluccio 21-5, 21-3.

MEN'S SENIOR SINGLES:

1st: Myron Roderick over Bill Lang 21-2, 21-3; 3rd: Charles Berry over Bob Stayko 16-21, 11-5, 21-14.

WOMEN'S SENIOR SINGLES:

1st: Judy Pike over Rita Doran 21-13, 21-4; 3rd: Dorothy Patent over Pat Guth 21-16, 21-9.

MASTER SINGLES:

1st: Pat Whitehill over Dick Reinhard, Forfeit; 3rd: Duncan Stockwell over Lee Smith 21-5, 21-15.

GOLDEN MASTERS SINGLES:

1st: Dan Goddard over E. F. Zak 21-11, 21-20; 3rd: Harold Libak over Jack Domnik, Forfeit.

13 & UNDER JUNIORS:

1st: Mark Hinshaw over Dave Patent 21-5, 21-16; 3rd: Mathew Smith over John White 21-13, 21-3.

B DOUBLES:

1st: Aschenbrenner-Romano over Robinson-Smyth 20-21, 21-11, 11-2.

B 1 MEN:

1st: Rusty Wynd over Bill Linnenkohl 21-6, 21-12; 3rd: Gerry Peterson over Jim Swain 21-7, 21-14.

B 2 MEN:

1st: Fred Romano over Gene Hansen 21-0, 21-2; 3rd: Rogers over Don Peterson, Forfeit.

WOMEN'S B:

1st: Kathy Wiber over Medrice Caluccio 20-21, 21-6, 11-7; 3rd: Yvonne Calavan over Kathy Schilling 21-20, 18-21, 11-3.

MEN'S C 1:

1st: F. Aschenbrenner over DeBauer 21-11, 21-13; 3rd: Mike Kenny over Lyle Creclius, Forfeit.

MEN'S C 2:

1st: Jim Wilson over Gary Ryan 17-21, 21-11, 11-8; 3rd: Terry Britton over Mark Davis, Forfeit.

WOMEN'S C:

1st: Joanne Femling over Kathy Anderson 21-17, 9-21, 11-9; 3rd: Kim Sullivan over Lynn Robinson 21-15, 21-19.

OPEN DOUBLES:

1st: Henderson-Hoonan over Berry-Caresella 21-16, 21-11.

SENIOR DOUBLES:

1st: Smyth-Roderick over Tinsley-Stayko 21-

14, 21-8; 3rd: Farrell-Lang over Whitehill-Stockwell 9-21, 21-19, 11-10.

WOMEN'S DOUBLES:

1st: Pike-Doran over Olbu-Calavan 17-21, 21-13, 11-7; 3rd: Guth-Shupe over Therrien-Fieler 21-8, 21-10.

1979 GRAND SLAM OF RACQUETBALL Hall of Fame Tennis, Racquetball and Health Club Center Canton, Ohio

PRO MATCH:

1st: Steve Strandemo, 2nd: Larry Fox

WOMEN'S OPEN:

1st: Trish Morphew, 2nd: Pat Martin

WOMEN'S B SINGLES:

1st: Nancy Vaughn; 2nd: Marcia Landefield

WOMEN'S C SINGLES:

1st: Donna Huff; 2nd: Judy Henry

WOMEN'S NOVICE:

1st: Treacy Fusselman, 2nd: Gail Tessean.

WOMEN'S CLUB PLAYER:

1st: Justina Saxby, 2nd: Cathy Durant.

WOMEN'S DOUBLES:

1st: Shirley Strickland; 2nd: Linda Allen

MEN'S OPEN:

1st: Kevin Deighan; 2nd: Bo Perkowski.

MEN'S B:

1st: Brian Deighan; 2nd: Doug Troyan.

MEN'S C:

1st: Tim Deighan; 2nd: Tony Berkmeier.

MEN'S NOVICE:

1st: Dale Romito, 2nd: Tim Conway.

MEN'S SENIOR:

1st: Jerry Davis; 2nd: Bobby Sanders.

MEN'S OPEN DOUBLES:

1st: Jerry Davis-Tom Travers; 2nd: Marty Sikora - Gaylon Finch.

MAAS BROTHERS/SCHILTZ TOURNAMENT Kangaroo Kourts Tampa, Florida

Men's Open: B. Phillipi over M. Fatolitis 21-16, 21-14.

Men's B: J. Kelly over B. Lobsinger 7-21, 21-9, 11-6.

Men's C: S. Smith over T. Meiller 21-10, 12-21, 11-2.

Men's Senior: B. Koenig over B. Reilly 15-21, 21-16, 11-3.

Men's Master: S. Marcus over T. Vann 21-11, 21-12.

Women's Open: N. Hamrick over P. Harrison 21-16, 14-21, 11-2.

Women's B: T. Mele over R. Fish 21-14, 14-21, 11-6.

Women's C: K. Bruckner over E. Smith 21-6, 21-19.

JULY MUSCULAR DYSTROPHY INVITATIONAL Kangaroo Kourts Tampa, Florida

Men's Open: B. Phillipy over J. Icaiza 9-21, 21-20, 11-9.

Men's B: Dunn over Chapman 19-21, 21-16, 11-0.

Men's C: G. Marsh over S. Smith 21-17, 21-4.

Men's Novice: J. Saltzgaver Jr. over M. Sauls 21-2, 21-6.

Men's Senior: E. Vlock over B. Riley 21-15, 21-6, 11-3.

Men's Jr. Masters: F. Blaess over J. Saltzgaver 21-9, 21-4.

Koenig 21-19, 21-12.

Women's A: R. Fish over J. Lord 21-16, 21-5.

Women's B: J. Kamp over J. Snider 21-18, 21-3.

IRA BALL APPROVAL

As of press time the following ball manufacturers have received tentative approval of their products in I.R.A. sanctioned tournaments.

Final contracts and authorization are forthcoming and will be announced in a future issue of RACQUETBALL Magazine. For tournament sponsorship contact these manufacturers, your I.R.A. state director, or national headquarters.

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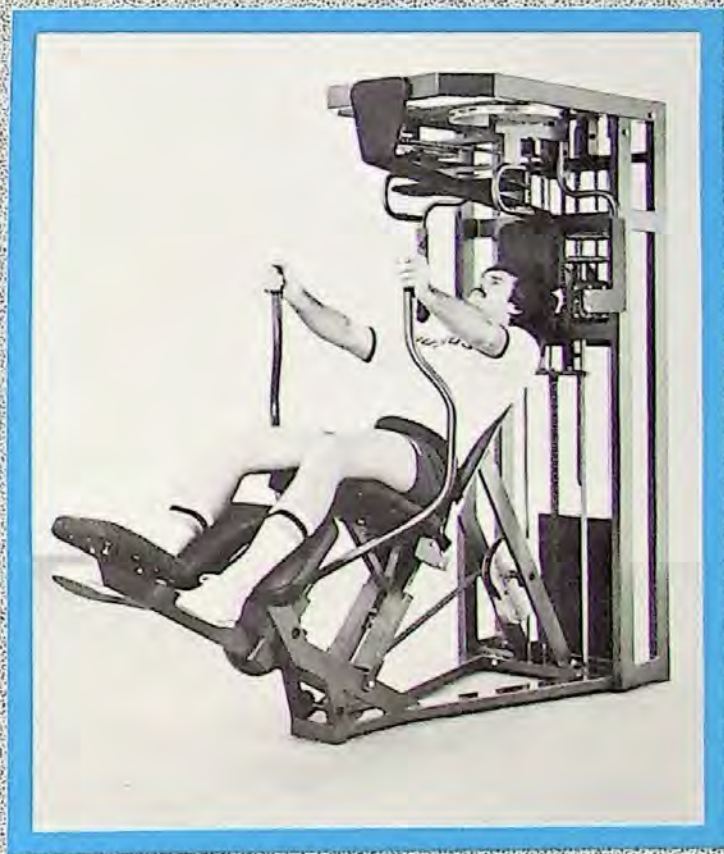


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