

National Racquetball

Vol. 6 No. 8
August, 1978
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WRIGHT TAKE
NATIONALS

• 11 PAGES OF
INSTRUCTION

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• HOW MUCH
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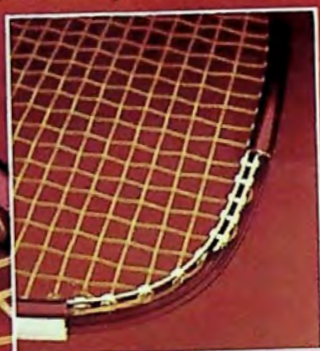
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On The Cover . . .

The intensity of Marty Hogan en route to the final victory, - his first national championship in a thriller over former champ Charlie Brumfield. More details on page 12.

-Photo by Arthur Shay

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It Wasn't All Play . . .

No one will ever dispute the fact that some of the most furious and exciting racquetball ever played took place at Sports Illustrated in Belleville, MI, June 17-24. The players as well as the host are to be congratulated for a performance befitting a national championship.

Putting the on the court performances aside for a moment, I feel that as an organization we did a few things that were also of championship caliber, and since some of them are somewhat premature, we know you'll keep them confidential.

To start out with, I negotiated a contract to build a portable court with one-way ("white") glass. This could be the most profound step we have ever taken and the impact would revolutionize the sport. Without going into the technology let me say that we can hardly expect any conventional club to have a gallery suitable for five or 10 thousand spectators. Even if we gave them a national championship every year, the economics would foreclose the possibilities, despite our knowledge that galleries would be full for the one time event.

It seems to me, therefore, that the only solution is for us to make the investment, bringing the glass court to the site. It would be simple enough to erect the court in a nearby field house, coliseum or exhibition center. That would insure a place for everyone to see who would like to see. It also guarantees we'll have the proper lighting for a network telecast.

Now this is no easy undertaking and the amount of money involved is astronomical. No point in burdening you with the mathematics. Suffice it to say we are on our way and after one more test of the visibility of the new glass, we'll make some definite announcements.

Then we spent a wonderful day with Jack Grimm, senior vice president of Colgate. If you ever want inspiration, just listen to him for a while. You'll readily learn what makes Colgate great. Bringing racquetball to the third world countries — making it available to the underprivileged in our own country and setting up a world-wide court club development organization were the topics of the day. The natural sequence was the Olympics.

None of this kept him from his favorite subject, the Better Boys Foundation, and it's quite obvious that in Jack Grimm, the boys have a patron saint. He apparently devotes a great part of his life and his substance in this labor of love and is to be admired for it.

Preparing for a network telecast was also part of our job in Belleville. We videotaped the entire men's and women's finals in the hope that maybe 15-30 minutes might make its way into the networks. Mark Churella, an independent television producer, gambled the production costs and whatever the outcome, we will have some mighty fine cassettes and instructional tapes to offer in the future.



We had a wonderful opportunity at the nationals to introduce our new official shoes — courtesy of Wilson. This very impressive organization has long offered to participate in our activities and their new shoe is the first step in this direction. We are proud of our association with Wilson and hope our members will buy the splendid shoes they offer with our full endorsement. Try 'em and you'll buy 'em.

New contracts were discussed for walls, eye guards, apparel and a multitude of products. We are slowly but surely developing a superior line of products we can proudly endorse, while at the same time broadening the financial base of the association.

So Belleville accomplished two goals. We ran the biggest National Championships in history and we made plans to enhance the future of the sport. I consider that a week well spent. ●

Evie & Bob Kendler

Evie and Bob Kendler

Be ye kind one to another, tenderhearted, forgiving one another . . . even as God for Christ's sake hath forgiven you.

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Pro Tour All Set For '78-79

One thing for sure in the racquetball world, there is plenty to do for everybody. The latest efforts of the USRA and NRC include the professional tour sponsorship arrangements for the 1978-79 season.

To nobody's surprise we will continue to work with our longstanding sponsors, Colgate-Palmolive, Seamco Sporting Goods and Leach Industries, the three firms that sponsored the season just concluded.

There will be a new twist, and a very important one for the 1978-79 season, which will allow many more sponsors from both inside and outside the sport to take advantage of the merchandising opportunities of the USRA/NRC.

Colgate-Palmolive will be the overriding sponsor for next season and Seamco/Leach will be the overriding co-sponsors. For top billing and other considerations Colgate has agreed to donate \$50,000 in prize money for the 1979 National Professional Championships as well as another \$75,000 in bonus money which will accumulate during the season and be awarded to pro players at the National Championships.

Thus Colgate's investment directly to the players will amount to \$125,000 in the next season.

Leach and Seamco will each take part in two events over the course of the year, including the Kunnan/Leach Tournament of Champions for men and the Seamco Tournament of Champions for women, which will be invitational events for the top pros only. Kunnan is the Taiwanese supplier of racquets and the largest distributor of glass filled nylon racquets in the world.

But the format also allows other firms to sponsor at least one event on the tour. Ralston-Purina will be sponsoring the tour's first stop this fall and Coors beer will sponsor the second stop in late October.

The result is that each tour stop will include prize money of at least \$20,000 with at least \$5,000 going to women. Additionally, the Colgate Bonus Pool will add another \$10,000 per stop for distribution at the Nationals, making the total purse per event at least \$30,000 (slightly less at a men-only or women-only event).

In negotiations with Charlie Drake of Leach, Jack Grimm of Colgate and Al Mackie of Seamco the overriding concern was for the total concept of the pro tour to be that of healthy growth and a broader base, a combination that makes the tour the soundest program in the sport.

We look forward to the entire 1978-79 season, one in which great strides are sure to be made in racquetball. Look for full details, including sites and dates next month.



The USRA/NRC has signed an exclusive endorsement arrangement with Wilson Sporting Goods for the Wilson/Bata Racquetball Shoe to become the official shoe of the USRA and NRC.

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Full details on the shoes and how to obtain them will be included in the September issue of *National Racquetball*. ●

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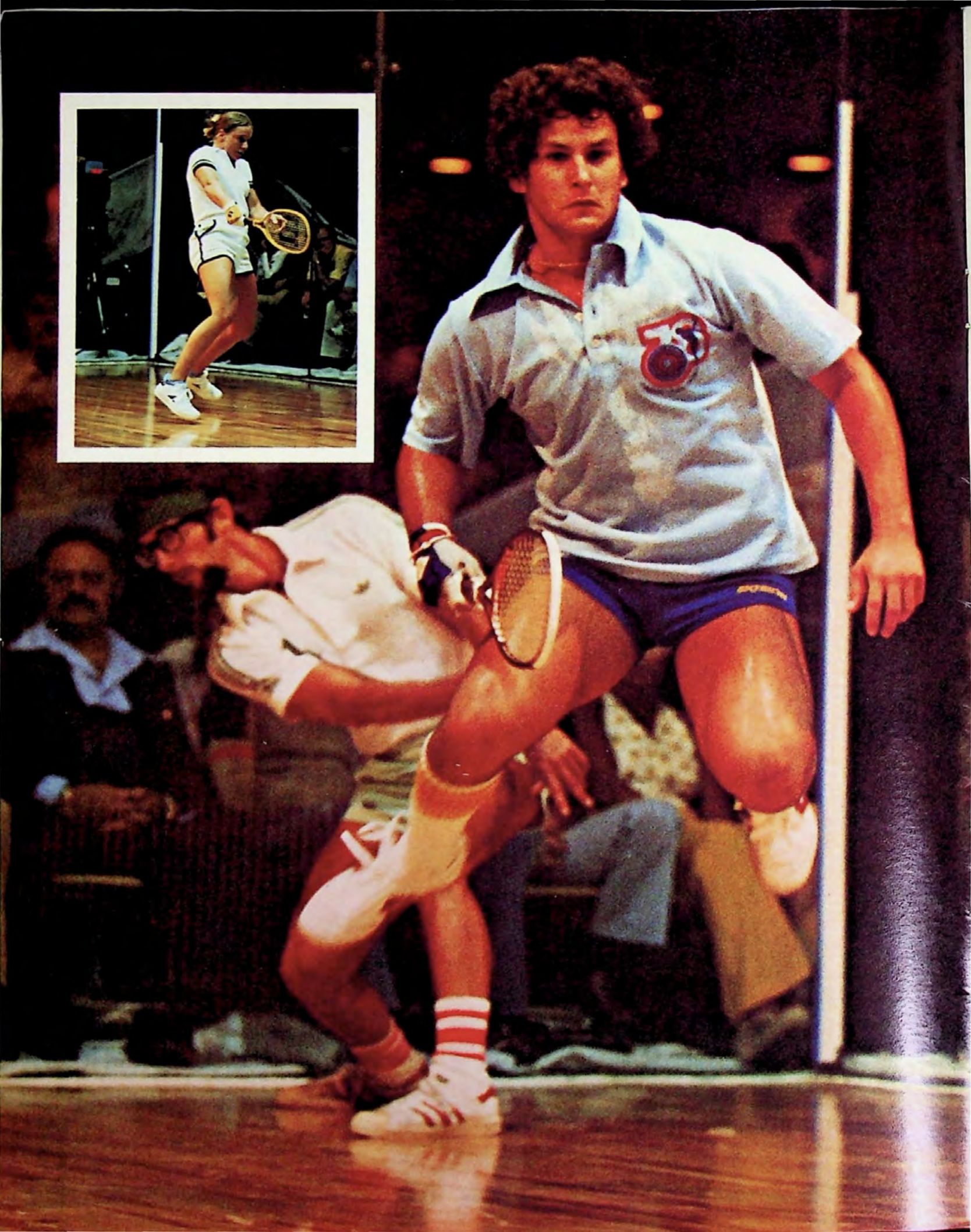
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Hogan, Wright Take National Titles

On Saturday, June 24, 1978, Marty Hogan got what was rightfully his — the National Championship of racquetball. And in the oddest of circumstances imaginable he had it handed to him on a silver platter by none other than his arch enemy, Charlie Brumfield.

Hogan broke a 12-12 tie in game one to run nine straight points including five aces to win 21-12. But after leading 14-7 in game two, Hogan's concentration seemed to wane and Brumfield mounted a determined comeback bid.

Scoring with a blend of strong serves and perfect control Brumfield managed to outscore Hogan 14-2 at one stretch and take a 20-16 lead.

"I knew I'd beat him in the tie-breaker," said Brumfield. The problem was that the tie-breaker never arrived.

Brumfield served game point number one and when Hogan left up a backhand pinch kill attempt left wall-front wall, Brumfield stepped over and into a forehand set-up off the right side wall.

Instead of the winning kill shot, the forehand dump attempt went directly into the floor for a monumental skip ball and side out.

Hogan managed one point, killed Brumfield's next serve and scored again to make it 18-20 before Brum regained the serve — his third attempt at game point.

But Brumfield couldn't get the one, leaving Hogan a back wall forehand which Marty buried in the right corner giving him the serve at 18-20. A backhand kill into the right corner, a forehand center court skip by Brumfield, and a backhand kill straight into the front wall gave the National Championship to Hogan 21-20.

As crushing as the defeat was for Brumfield he was actually lucky to even be in the finals, having been extended to the limit by unheralded Mike Yellen, the hometown favorite.

Yellen, who came through the tournament's most difficult bracket, outdueled the likes of number four Craig McCoy and number seven Jerry Hilecher en route to his near-upset of Brumfield.

In a display of outstanding and nail biting racquetball Brumfield captured the match 21-16, 17-21, 11-10. Yellen at one point in the third game held a 10-8 lead.

In the opposite side of the draw Hogan displayed awesome skills in a devastating defeat of Ben Koltun in the other semi-final battle 21-9, 21-6.

"I've never seen Hogan better," said Koltun. "I tried everything, but nothing worked."

Quarter-final results found Hogan defeating Richard Wagner 21-18, 21-13; Koltun stopping Steve Serot 21-7, 21-17; Yellen over Hilecher 14-21, 21-17, 11-5, and Brumfield eliminating Jay Jones 21-19, 21-13.

Defending national champ Davey Bledsoe was a first round loser to unranked Larry Meyers, former 1977 National Juniors Champion.

In the Women's Pro division, nobody could stop the Shannon Wright steamroller, as the number one ranked and defending champ made it two titles in a row in convincing fashion.

No player scored 21 points against her in two games combined, much less a single game, as Shannon displayed as much domination of her opponents as Hogan did in the Men's division, if not more.

Her championship match opponent was Jennifer Harding, who was unable to mount any semblance of offensive thrust against the powerful game of Wright, making for the final scores of 21-3, 21-8.

A better match you'll never see . . . here Mike Yellen, surprise semi-finalist and almost-finalist leaps to avoid a Brumfield kill attempt in their 11-10 battle. (Insert) Shannon Wright, the dominant figure in the women's pro division, goes after a backhand.

Driving everything to Harding's backhand, shooting the ball as well as ever, and simply playing near perfect racquetball, Wright was in command the entire way.

The only game in which Shannon was forced to work at all was her first game 21-18 win over Janell Marriott in the semi-finals. The three point margin of victory equalled the largest lead by either player in the game, which was tied at 17-all before Shannon captured the win.

Marriott was unable to keep her concentration for the second game and Wright played flawless ball resulting in a 21-2 tally.

The bottom bracket semi-final found Harding stopping surprising Karin Walton 21-18, 21-18 for a trip to the finals. Walton, who had stunned former champ Peggy Steding in the quarters, was unable to break ties at 16 in game one and 18 in game two. Harding managed the crucial points from those junctures to take the match.

Quarter-finals scores included Wright defeating Rita Hoff 21-10, 21-4; Marriott besting Martha McDonald 21-17, 15-21, 11-3; Harding stopping Kathy Williams 21-2, 21-15, and Walton over Steding 21-8, 17-21, 11-4.

A record-setting 772 entries made the tournament, which crowned champions in 12 divisions. ●

Those winners were:

Men's Open Singles: Jeff Bowman d. Bobby Bolan 21-5, 12-21, 11-10.

Men's Open Doubles: Mark Malowitz/Jeff Kwartler d. Stan Wright/Steve Trent 21-17, 21-15.

Men's Senior Singles: Bill Schmidtke d. Jim Austin 21-11, 15-21, 11-5.

Men's Senior Doubles: Charlie Garfinkel/Bill King d. Jim Austin/Chuck Hanna 13-21, 21-7, 11-10.

Women's Open Singles: Alicia Moore d. Linda Prefontaine 21-18, 20-21, 11-7.

Women's Open Doubles: Barb Tennesson/Ev Dillon d. Cile Adkins/Barb Falkenberry 21-10, 21-11.

Women's Senior Singles: Judy Thompson d. Sue Carow 21-20, 21-12.

Men's Masters Singles: Bud Muehleisen d. Jay Krevsky 21-6, 21-9.

Men's Golden Masters Singles: Burt Morrow d. Carl Loveday 20-21, 21-16, 11-4.

Men's Golden Masters Doubles: Jim DiVito/Sam Rizzio d. Art Payne/Brud Turner 21-4, 21-6.



Full details on all
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in September's
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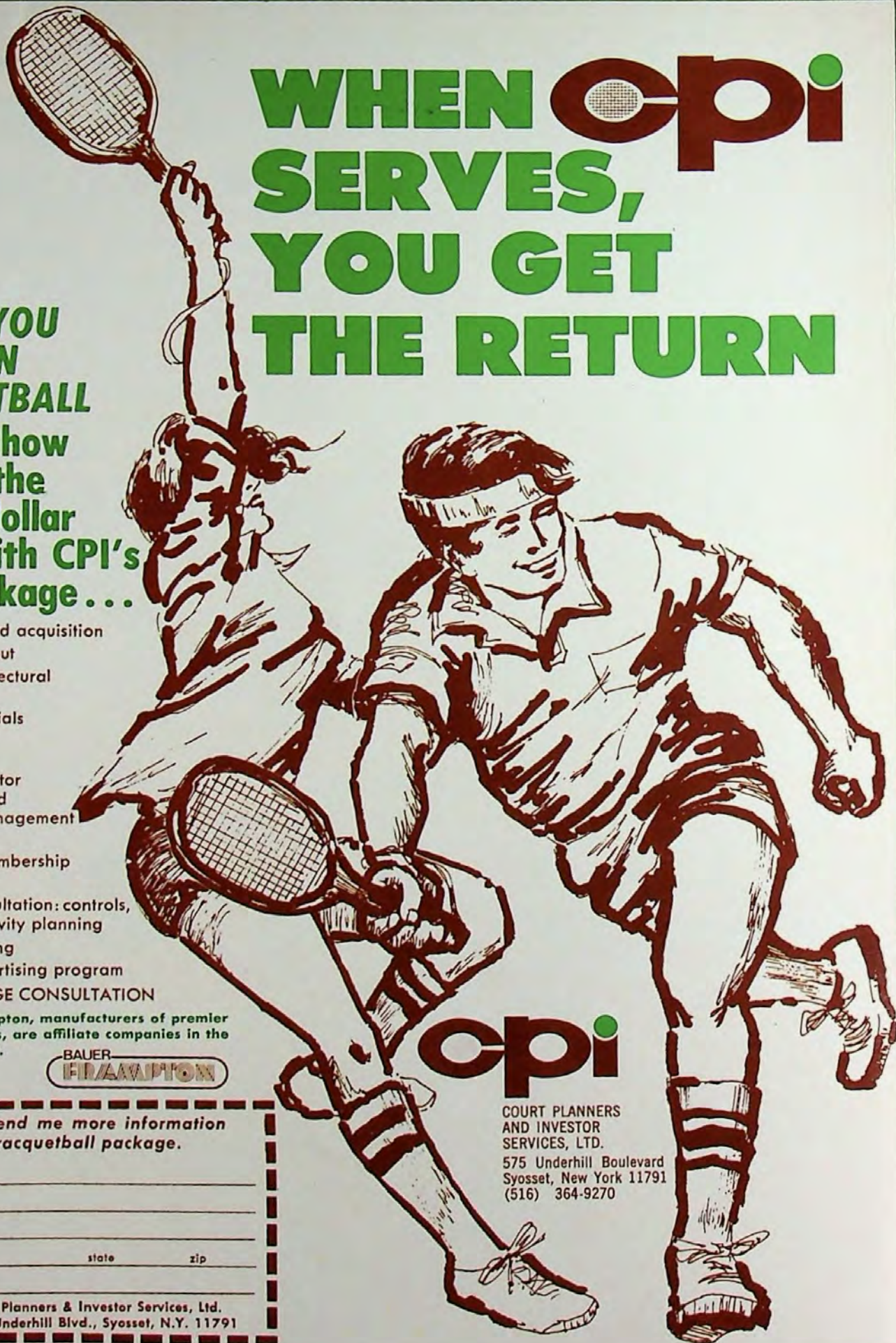
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The Backhand, Part I

by Steve Strandemo

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I know players in clubs across the country to whom racquetball is an obsession. They're good athletes, they're strong, they crack a good forehand, they have good serves, and they know all the fundamental shots. But they have one fatal weakness that overrides all their strengths: *they can't hit a backhand*. Oh, they usually manage to keep the ball in play with a short little punch stroke, but ultimately — no matter how much they hustle and scrap for every point — they lose to the better all-around players because: (1) they hit too many backhand "plums" to their opponent, and (2) they are unable to maintain consistent center-court positioning.

Mastering an accurate backhand that has both power and direction is no easy task, as we all eventually learn. For one thing, it's simply not as natural to hit as the forehand. We grow up playing sports off our dominant side — hitting a baseball, driving a golf ball, throwing a football — and it's an uncomfortable feeling to turn your body around and try to hit a coordinated backhand. Second, if you can do nothing else on the forehand but snap your wrist at impact, you'll still hit the ball hard. This wrist action is usually a little more difficult to learn on the backhand, and relatively ineffective if you fail to rotate your hitting shoulder and hips into the ball.

These initial experiences on the backhand are what lead many people to instinctively shorten their swing so they can at least punch or flick the ball back safely to the front wall. But this is to resign themselves to defensive racquetball, and my feeling is that everybody should be able to play the game somewhat offensively. The backhand certainly doesn't have to be a weak link in *your* game — providing you develop a confident approach and apply several fundamentals that lead to a full-body stroke.

The Grip

Whenever time permits, I like people to switch grips from the forehand to the backhand by moving their hand slightly to the left on the racquet handle. This facilitates a more natural swing.

With a little practice, you'll find you can easily switch grips as you move toward the ball. Keep your racquet hand relaxed and let your fingers and hand do the work. It may be tempting to hold the throat of the racquet with your non-hitting hand as you switch, but this will usually lead to a slow and constricted backswing.

When playing close to the front court, if you don't have time — or the quick hand movement — to switch, then maintain your forehand grip and go for a direction shot into the left corner or down the left wall. If you try to hold one grip for all of your strokes (slightly between the conventional grips), you will be forced to make slight adjustments in your basic swing in order to produce a vertical racquet face at impact.

The Backhand Grip

Your grip is the same as on the forehand, except that the "V" formed by your thumb and index finger moves slightly to the left and is directly on top of the left diagonal on your racquet handle.



The Full-Body Backhand Stroke

In setting up for the swing: the racquet is pulled back; the wrist is fully cocked; the hitting arm is bent; the knees are comfortably bent; the shoulders are coiled and pointing toward the back wall.



An Overview of the Full-Body Swing

When starting out with this stroke, keep in mind that most people have weak backhands because they fail to take a healthy swing at the ball — even when they have time to set up properly. So as you work on the techniques in this chapter, strive at first for velocity and don't worry about where the ball goes. The key thing to learn is how *good* it feels to rip that ball into the front wall; this gives you the confidence to never settle for a safe little punch shot.

Just as on the forehand, bring your racquet up to about chest level as you move into position for your shot, and then quickly pull it back behind your head as you set up. Your body will be facing the side wall as the ball is nearing your hitting area.

When the ball enters your hitting zone, rotate your upper body back toward the back wall so that your hitting shoulder is actually facing that wall. Try to feel those back muscles stretch out as you coil.

The hitter is getting a forceful thrust off the front leg (with his weight heavily on that leg), and the hitting arm is starting to extend – but the racquet is still kept back, with the wrist cocked.

Just before contact, the right arm is nearly extended, the wrist is starting to break, and the shoulder is pulling the racquet through the shot.

Contact is made off the front foot. The racquet arm is extended, the wrist has completed its snapping process, and the eyes focused down at the point of impact.



Now step diagonally toward the ball and transfer your weight out onto the front thigh. Thrust off this thigh as your hips and hitting shoulder start to rotate into the shot, but remember: keep the racquet pulled back so that it comes through last in the stroking sequence.

As the ball approaches your front foot, you want to be coming through with your entire arm and then the cocked wrist, which snaps through the ball at the last instant. But *hold the wrist solid after it has snapped and you have made contact* — don't let it roll over. Instead, pull through with your arm and shoulder. Your follow-through should carry around horizontally, at about waist level, so that you drive the ball back at the same height, or lower, than it arrived (assuming, of course, that your racquet face was vertical at impact).



In the beginning of the follow through, the wrist has been fully snapped and is being held firm. Notice how the legs are bent through contact and the follow through and how the shoulders continue to open up.



The follow through is on a horizontal plane and the racquet points approximately toward the right wall on the finish. Make sure your body stays low.

In waiting for a backhand, start with your racquet carried around knee-high, with the wrist fairly relaxed. Then as you move toward the ball, bring your racquet up around waist or shoulder level. This helps ensure a quick, flowing motion as you pull the racquet back up into its cocked position.



Key Elements of the Swing

Think "Shoulder Action"

Just as you can salvage your forehand with a proper wrist snap, you can generate real power on the backhand with a smooth, solid rotation by your hitting shoulder (plus a little help from your hips).

I recently worked with a woman in San Diego who didn't have any real power — or confidence — in her backhand until I started telling her, "Hit it with your *shoulder* — not your racquet. The racquet's a necessary evil; it has to be there. But you actually want to hit the ball by having your shoulder come through solidly as the racquet just trails along at the end." When I hit the ball to her, I made sure she had her racquet pulled back for a full swing, and then I'd say, "Shoulder!" And she would just concentrate on turning her shoulders into the shot. If she went after the ball too early, I'd say, "Wait on the ball and shoulder it." Pretty soon the ball was just popping off her racquet. She

wasn't bending her legs — that was our next goal — and yet she was generating good velocity just with the uncoiling of her upper body and a little rotation of her hips.

Physiologically, in fact, the backhand is actually an easier motion than the forehand because the body opens up naturally as you uncoil your hitting shoulder; there's nothing to impede your swing as you drive into the ball and then follow through.

"Get Ready Early — Then Wait"

When you set up for your shot, tell yourself to "take the racquet back quickly — and then wait." This will help you avoid a short, punching stroke in two ways:

1. By having your racquet up in its cocked position — instead of pulled in against your chest — you can bring your hitting shoulder down through the ball with authority.

2. By getting ready early and then waiting on the ball — much like a baseball hitter — you maximize the coordination and power in your shoulder swing.

Many people have a tendency to jump at the ball, instead of letting it come to them. They're unsure of their swing and they feel uncomfortable about letting the ball get too close; they're afraid they aren't going to be able to get their racquet around in time. They also have such a fear that the ball is going to bounce twice in front of them, or is going to get by them into the corners, that they just reach out and punch at the ball.

Getting Good Direction

Your eventual goal on the backhand is to be able to bang that ball into the front left corner so that it either goes for a kill or a down-the-wall passing shot. This ability will force your opponent to



There are two ways to cock your wrist in the set position. The conventional method (1) has your wrist cocked up, in direct line with the forearm. This requires less movement by the wrist as you start your swing, and it leads to better consistency by the average player. Some players, however, like to curl the wrist back (2). This allows for a longer wrist extension and more of a whipping action, and thus can generate a little more velocity on the ball. But it requires expert timing.



respect your left-wall play, and you thus keep him more centrally located so he can't overplay your shots.

Therefore, learn to step at a 45° angle into the left wall and funnel your stroke toward the front corner. But swing freely. Don't try to "aim" the ball or guide it there with a forced stroke.

Getting Low

You can develop a good backhand stroke without much bending of your legs — providing you compensate properly. You must master a good shoulder rotation (since you're losing power by failing to utilize your lower body in the swing), and you need to make the right adjustments to get your racquet down to the level of the ball. This means bending over at the waist and dipping down with your hitting shoulder. The more you can bend your knees comfortably, the less you will have to make these adjustments, and thus the fewer errors you should make in driving the ball low into the front wall.

The Hitting Arm

As you develop a swing with good shoulder action, your hitting arm will find a comfortable path to take — far enough away from your body to allow your hitting shoulder to come through unrestricted, yet not so far away that you acquire a tennis stroke. For a checkpoint, your elbow should be about six to ten inches from your body at impact.

The Wrist

There are two ways to cock the wrist when you have your racquet in a set position. But then the action of the wrist is pretty much standardized. Either way you start out, the wrist will remain cocked until it snaps forcibly through that 12-to-18-inch range before impact. But as soon as it completes its snap, then hold it and keep it fixed — if you let it roll over or just flick at the ball, then your shots will spray in every direction. ●

Coming in September: The Backhand, Part II, including the backhand wrist snap, the non-hitting arm, the follow through and practicing the backhand.

Forehand Versus Backhand Ceiling Shot

by Terry Fancher

Editor's Note: This article is excerpted from *40 Common Errors In Racquetball, and how to correct them*, by Terry Fancher and Arthur Shay. It's available for \$5.95 plus handling, from Contemporary Books, 180 N. Michigan Ave., Chicago, Illinois 60601. Attn: Karen Stein

Mistake: Using the Backhand Ceiling Shot

The backhand ceiling shot of most players is generally a weaker, less accurate stroke than the forehand ceiling shot. (See Figure 1.)

Don't be lazy and use the weaker backhand just because the ball seems headed to that side in deep court. All you need is adequate space to place your left shoulder against the side wall allowing a more comfortable overhand stroke or "throwing motion" to return the ball to the ceiling.

Be sure to quickly move behind the ball on this shot and set up in position before the ball starts its downward flight. If you are too late in setting up for the return you will practically have to jump up in the air to reach the ball and keep it in play.

This goes back to lessons learned in previous issues on the ceiling shot. Watch your opponent as he strikes the ball so you will be able to anticipate the ceiling shot in advance. This will not only alert you to the type of shot your opponent is hitting, but also will allow you to follow the ball to the part of the court where the shot is aimed and will alert you as to the speed of the ball. Not watching your opponent will result in poor reaction time to his shot and eventually a weak return.

Your chances of error on the backhand are considerably higher than when you use your forehand ceiling shot.

Fig. 1



Figure 1. The backhand ceiling shot of most beginning or even intermediate players is generally weaker, less accurate, and can often be avoided.

Figures 2-7. By "stepping around" a ceiling shot to the left side of the court, a player can hit a forehand ceiling return usually much easier than a backhand return. Even though the left shoulder is practically flush with the left side wall, there is plenty of space for the stroke. Notice how the player sets up for the shot well in advance and follows through on the return.

Correction: Stepping Around

It may feel like a back-to-the-wall maneuver, but it's only shoulder-to-the-wall. Unless it's a "wallpaper ball" that clings to the side wall all the way back, chances are good that by pressing your left shoulder to the wall you can hit an overhand ceiling shot with your forehand and make it count.

This will prevent weak or unpredictable backhand returns. It even may distress your opponent into trying to hit wallpaper balls down the side wall. He is bound to miss one of these, and the ball will carom off the wall into the clutches of your racquet for a good, low corner kill or pass. (See Figures 2-7.) ●



Fig. 2



Fig. 3



Fig. 4



Fig. 5



Fig. 6



Fig. 7

How To Teach, Part II

The Back Wall and other Mysteries

by Jerry Hilecher

Jerry Hilecher, the seventh-ranked racquetball professional in the nation, this month continues his unusual series — not articles on how to play, but on how to teach the game.

We ended lesson number one with you — the racquetball teacher — hitting some easy forehand setups to your student.

You were watching for checkpoints in the stroke: Stepping into the ball, contacting it low, rotating hips and shoulders in a fluid motion, following through.

And you left your student to practice the drills you taught him.

Now, at the start of lesson two it's time to backtrack.

Begin the lesson by playing several points, perhaps for 10 minutes. But don't spend the time practicing your own kill shots. You should be looking to see whether your student has made progress since last week.

Next, hit him several setups, just like in the first lesson. Watch the leg drive, the weight transfer, the position of the butt of the racquet. If you find disaster, be kind, but review the fundamentals of the stroke. If your student is making a pretty good swing, we're ready to go for some control.

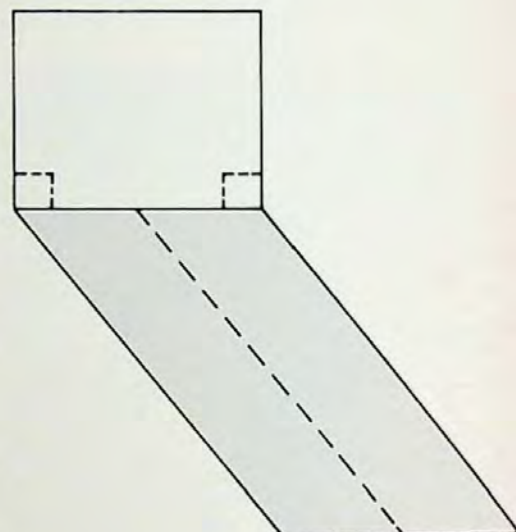
The Box Theory

This is the beginning of instruction on court position, strategy and shot selection. And it's really very simple. The Box Theory is that every time you get a setup in the right side of the court, you want to shoot into the *closest* box, the one in the right front corner. (See illustration.)

From the left side of the court, again go to the *closest* box — the one on the left.

The drill to introduce is for you to stand in the middle of the court, with your student about five feet behind you.

Hit an easy, waist-high "garbage" ball to your right, so the student is forced to take his stride into the ball at a 45-degree angle. Work on having him hit to the imaginary box in the right corner.



THE BOX THEORY



Lou Thiessen photos

2



The setups you hit should be positioned so the student will have to move from his center court position, step into the ball, make contact low and drive it toward that box.

The thing to watch for here is that some people simply don't pick this up well. They get their feet all fouled up — so they make contact with the ball with the wrong lead foot. Remind the student that for a right handed player, the left foot should be the front foot, the one nearer the front wall. Hitting the ball with the right foot stretched out in front makes it impossible to execute a good stroke.

The student should pivot right, stretch and stroke — with the left leg crossing over and the left foot pointing into that box in the right front corner. (See Photo 1.)

This would be a good point to introduce another little drill — a crossover step for improving footwork. WITHOUT a ball, show the student how to cross the front foot over and bend low into the stroke, then return to the ready position, and cross over again to the backhand side (Photos 2 and 3.) Forehand, backhand, forehand, backhand . . .

Have the student work on getting the racquet right down to the floor.

It's OK to do this drill a little even though the backhand stroke hasn't been introduced yet. The backhand is so tough that when we finally get to it, the student will have a head start in leg drive and footwork.

Now, if everything is going well, it's time for . . .

3



The Back Wall

There's really no secret to hitting the back wall shot. It's just that a lot of people have a mental barrier about it. And if they want to think there's some deep, dark mystery involved, fine. You can use that to your advantage in teaching.

Just say, *"I'm going to teach you the secret of hitting a ball off the back wall."* That should get their attention.

The real key is how far you stand from the back wall.

Just about every time a ball comes off the back wall you should be about five feet away from the wall, right? (Just a little closer than where you stand to receive serve.)

Stress that there's a reason for this distance — the biggest mistake most players make is that they follow the ball into the back wall, getting too close to the plaster. Then the ball rebounds and BOOM! It's past 'em.

If they'd stop about five feet from the wall, the ball wouldn't pass them by when it rebounds.

The best way I've found to teach someone how to hit the back wall shot is this:

Have your student stand the proper distance from the back wall, and you throw the ball so it hits the floor, then the back wall, rebounding into a simple setup.

Don't start by looking for a ripping, pro-style, all-out stroke. All the student has to do is let the ball rebound, so it's a little past him, and hit it firmly enough to get it to the front wall. Just make contact, helping the ball along (Photo 4.)

Even beginners may be surprised how easy it is.

As they start to pick this up, vary your throws to make them move farther or closer to the back wall. This helps in judging distances.

You, the teacher, will keep throwing, with the student just comfortably getting the ball to the front wall.

Show your student how to do his or her own toss. But it's always into the floor first, then a rebound off the back wall. This most closely simulates the ball's

action during actual play. If your student can do this back wall toss-and-hit alone, the drill can be practiced between lessons.

Remember at each lesson you should present a problem to be worked out in solitary practice.

By the next lesson they'll be ready for perfecting the stroke — leg drive, letting the ball drop.



Words to Remember

I suggest you conclude lesson two by talking. It leaves your student at ease and in a good frame of mind — and he can't fail at listening.

Don't say anything that will destroy him. Be constructive, encourage him to practice, build his desire.

Leave him with something he can do well, a drill that won't make him confused, feeling dumb.

And remember this, please, teachers: These articles are a progression. Some students will go faster, some slower. Don't force your students to use this guide exactly. Tailor your lessons to fit the needs of your students. If someone is a quick learner, he or she may zip through everything in this article in 30 minutes. Others may take weeks. There's no "right" or "wrong" time.

As you go from basics to fine points, remember to backtrack. Repeat drills. If your student passes the test, you can go on. If not, it's your job to help. Don't criticize too much, but don't allow bad habits to build.

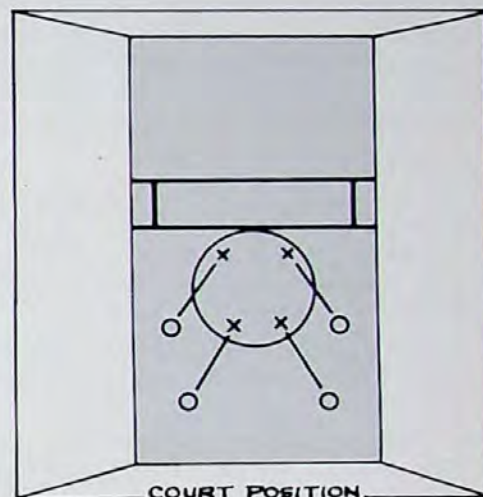
And while you're talking, always stress safety and court position. They go hand in hand.

How does an injury take place? Usually when the server backs into the receiver, eyes on the front wall instead of on the opponent.

Point out that center court is a flexible, circular area, not a specific "X" in the exact center of the floor.

Center court is not only a safe area, it's an area where you can reach the most of your opponent's shots.

As a teaching aid you might want to clip the illustration out of this article. Those funny little "X" and "O" marks and the lines connecting them are intended to show angles and distances. Show your students that your goal is to be the same angle and the same distance from an opponent at all times. When he moves, you move — but always at the same angle and distance. ●



Next in the series: Learning to bury the ball off the back wall, and more, from pro Jerry Hilecher.

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APRO Teaches . . . Practicing

This article is part of National Racquetball's series by members of APRO, the American Professional Racquetball Association. The author is John Kruger, general manager of the Decathlon club in Waterloo, IA.

A very important part of learning any physical activity is practice. It should be an integral part of any player's plan to improve his or her game. Unfortunately practice to many players means more games, not actually working on correcting a specific weakness *without* the instructor present.

Most racquetball instructors cover in their lessons, clinics, etc., the essentials of a well-balanced, refined game. However the students are not taught *how* to practice without the instructor present. Students are too dependent on the instructor to set up practice shots.

Many lessons end in this manner without the students knowing how to practice their weaknesses. They may know exactly what they are doing wrong with a stroke and be able to make great headway towards correcting their weakness during a lesson; but if they are not shown how to practice without the instructor present, they will probably continue their mistakes until the next lesson.

The next time you are on the court teaching the forehand, and your student is stroking your well placed set ups better than ever, don't be fooled! Have your student "feed" the ball to himself. Suddenly he is awkward, his timing is shot and the rhythm and grace are gone. Hitting the set up is as hard as the stroke he is trying to master. Alone, without the instructor present, the student finds himself lost. The student must be shown how to set *himself* up to provide good practice without great dependency on the instructor.

John Kruger says racquetball teachers should show their students how to practice without the instructor.



Whenever possible, practice of a shot should result from a set up off of the front wall to best simulate actual playing conditions. The player may not get in nearly as many practice shots, but the quality of each practice shot will be excellent in comparison to just hitting setups.

Once your students can set themselves up and know *how* to practice they can advance much more rapidly by practicing effectively without you, the instructor. There should be much more improvement in the general quality of play at your club and players will be coming to you for more strategy as their strokes improve. ●

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The Game of Numbers That Makes Racquetball Pay

by Mort Leve

Sports Court in Omaha put it all together by locating their whirlpool and exercise gear off the ground level of their exhibition court.

Success of our fast multiplying court clubs is based on the plus difference between operating expenses and income — strictly on zooming over the break even point that can be 45 per cent in pay-as-you-play hourly rentals or 100 members per court on monthly dues.

Just as we have a Richter scale of one to 10 in varieties of facilities, we can find as many variations in dues structuring.

The buildup in court clubs throughout the country started pretty much in the wake of the indoor tennis peak in the early 70's. Racquetball entrepreneurs looked at the minimum membership and hourly court charge format as the route to follow.

It figured sensibly that the less painful \$35 to \$50 yearly membership fee that qualified the player to rent court time would be most appealing and lure sought after numbers in getting the club quickly into the black. With the minimum competition the pioneer operations in San Diego, Minneapolis/St. Paul, Detroit, St. Louis and Chicago reaped a harvest of money intake.



Magic in Six — Then Eight

Follow-the-tennis-club pattern developers went with what is often termed the "pure court club". George Brown and Mel Gorham in San Diego conservatively put up six courts initially. Ken Rosland's King's Court in Edina, MN, was another six-courter and at the onset had only a men's locker room. Then followed the revelation that the better bottom line figure could be gained with additional courts for the simple reason that operating costs do not spiral correspondingly going from six to eight, 10 or more.

When John Wineman, Bob Fitzgerald and associates opened the Chicago suburban Court House in Northbrook in early 1974, it seemed that eight was the magic best return on the investment figure to go with along with the \$8 prime time and \$6 non-prime per hour court time.

Everyone reasoned that racquetball could not demand the same court fees as indoor tennis. Startup costs were lower with less land needed and overall operating expenses lower because of less utility and salary costs. Everything was aimed at filling the courts through 16 or 17 hours of daily operation.

It wasn't even necessary to charge the minimum membership fees in Southern California as long as those swinging, tanned, prime market, population-densified young 20's and early 30's came right out of the woodwork to find racquetball the key to "instant jockdom".

The court club business then entered the Comstock Gold Rush era. Hundreds wanted to jump on the bandwagon and put a facility package together. Unhappily the loan institutions didn't give cooperation. Pessimism about a single usage building, apprehension over the sport's short history and a memory of bowling lane failures slowed a real avalanche of clubs. But despite such an obstacle in the last five years more than 800 clubs have opened their doors.

In the high density metro population markets heavy competition is inevitable. The membership potential prime market radius then shrinks. Court occupancies that zoomed over 70 per cent leveled down 10 per cent or more. Especially in the Midwest and East there is no way to really alleviate the summertime doldrums and this pulls down the overall occupancy percentages. (See first two guidewords on the list on the next page.)

The "Something for Everyone" Club

Then along came the "modern version of the athletic club", centered around racquetball courts, with the Tucson Athletic Club as the prime example. Affording the members "something for everyone" at a one shot initiation fee/monthly dues the entire ball game was based on number of members, not court occupancy. With eight courts and the accompanying exercise programming, cocktail lounge, snack shop, swimming pool, jogging track around two outdoor tennis courts, barber shop and larger and more luxurious locker rooms, the Tucson club could absorb comfortably more members per court; and, most important, have an even cash flow the year around. By the second year the club was enjoying a reported 36 percent net-net-net return on the investment.

But as long as it was easier to get a "pure court club" off the ground (meaning far less construction costs and operating expenses) and gain above even court occupancies the racquetball-only facility took the lead.

Today there are about 20 Spartan in-and-out racquetball clubs to every club affording the range of activities offered at the Tucson A.C., Sporting Houses, Arizona A.C., Racquet World, Atlas Health Club, Southfield Athletic Club and Fairlane Club of Dearborn, MI, to name a few operations.

However as sure as it doesn't rain in Indianapolis in the summertime, there are many, many more full facility clubs coming. No the money market hasn't loosened to any extent, but groups are optimistically coming up with 40 percent or more equity on million-dollar plus packages, showing strong credit lines and insuring responsibility for the loans.

And clubs are getting more and more elaborate. Sports Illustrated Court Club-Lemontree in suburban Detroit, site for the 1978 National Championships, has the unique dual purpose glass court for championship

play and disco dance floor, with the additional use of surrounding bar/lounge. The club also has fully equipped exercise rooms.

There won't be a wholesale number of the two million dollar plus Arizona Athletic Club; rather, there will be a trend toward the middleground type club, incorporating eight or more courts, supervised exercise programming, juice and cocktail lounges and non-skimping on locker rooms. The Nautilus Fitness centers will more and more be in combination with the 20x40 courts. There are now more than 400 Nautilus centers only. It makes sense to combine health centers and racquetball play.

Pat Matson has the formula in Blue Ash, a suburb of Cincinnati. Previously Pat operated two successful Nautilus centers in Cincinnati. Then the ex-Bengal pro footballer did his homework and came up with the combination of 10 courts and separate men's and women's Nautilus training rooms — not mere "pumping iron" arrangements, but Nautilus machines giving flexibility and strength to even the average body.

Three Kinds of Fees

In such a club Matson has three types of membership fees. For those who play racquetball only it's a minimum membership charge plus court rentals. For the Nautilus trainers a monthly dues under yearly contract. And for the members who combine both a percentage off the yearly contract.

Parker Turner, an enterprising young man in Shreveport, LA, firmly believes he now has the answer to the ideal club for this area. Initially Parker put in an ambitious and plush martial arts club. He had limited participation. Then he discovered just what Nautilus equipment was, took out the martial arts and installed a full range of machines. His membership shot up to 800. Now he is adding seven racquetball courts, a swimming pool, cocktail lounge and disco. "We're shooting for the young, action-seeking

market," Parker contends. "I know that they go for the exercise program and from visiting other clubs see what racquetball is doing. Then when I see them lined up three deep at the hotel disco lounge I can give them the full boat." Why the swimming pool? "This will keep them coming throughout the summer."

Rick Coyne, general manager for the Follett Recreation Division of the old-line, established Follett Publishing Company of Chicago, leans the same way. Rick has a background dating back 14 years as a tennis pro. He has witnessed the rise, leveling off and now problems in many areas of indoor tennis mainly due to the more than 100 percent rise in utility costs in the past five or six years. "At our last tennis show and convention in Miami, these figures were brought out", Rick says. "Tennis operators just can't raise court rentals high enough to cover such tremendous expenses." The answer then would be in monthly dues. The problem would then be in changing over without offering additional amenities. Thus tennis operators are looking toward racquetball courts, exercise programs, and any other additional activities that would allow them to feasibly charge such monthly dues.

Which Club Will Last?

Coyne's group has recently acquired properties in Danville, IL, and Miami. Both these clubs are being refurbished with the variety of activities to give the club concept.

We repeat what is told attendees at our Court Club Enterprises seminars: Down the road three, four years from now there's going to be a shakedown period in the court club business. Location, management and type of facility will have a bearing on those who will come through unscathed.

The better mousetrap in the given competitive market will be the sturdiest

Words to Guide You Through The Court Club Business

pillar as the hurricane passes through. Those who are in the court club business to make the quick buck should be aware.

Dr. Joseph Bannon, who heads the Department of Leisure Studies at the University of Illinois, and also handles the management responsibility for the successful Champaign Court Club, agrees wholeheartedly that in many areas the clubs with racquetball alone are headed for stormy weather. *"The combination of the exercise programs, and our phase two additions of outdoor tennis, jogging, and swimming will give us the year around club atmosphere that will keep our members most satisfied and rule out the possibilities of any serious competition".*

The evolution from the six-court George Brown first venture in San Diego to what he is now constructing in multi-courts and exercise facilities would seem to prove the point. So does the recent *Wall Street Journal* article, *"Racquetball Craze Makes Millionaires, But Shakeout Looms"*, with the subhead, *"Investors Flock to Hundreds of Clubs Opening Yearly; Overcapacity Is Feared"*. George, at 28, is a multi millionaire from the club operations, but hasn't pyramided his facilities on the continuing first time format. He has kept with the trends and has gone from better mousetrap to better mousetrap. ●

New Court Clubs

Prime Time . . . Scheduled hours with highest occupancy. This could vary in different locations. A location that mixes office complexes and residential could add prime hours at the weekday mid-day. Generally speaking non-prime time usually runs from 7 a.m. to 5 p.m. during the week, and flip-flops on weekends, going from 5 p.m. to closing. Prime time would then be from 5 p.m. to closing on weekdays, 7 a.m. to 5 p.m. on weekends.

Blocked out, or permanent court time . . . Wherein the members can reserve the same hour, once or more a week for a given period of time — 30 weeks, 40 weeks or longer, payable at the existing rates up front.

Minimum membership fees . . . Payable yearly with individual and family rates, which merely entitles the members to rent court time.

Court rentals . . . Based on prime and non-prime time at rates varying from \$5 non-prime, \$7 prime to highs of \$12 prime, \$10 non-prime.

Hour play cards . . . Aimed toward the more frequent players who can get 15 per cent or more reduction on hourly play on multiple hours of attendance. The 10, 20 or more hour play cards must be used within a stipulated period of time.

Guest fees . . . Under court rental fees there would be a \$2 or \$3 guest charge plus the court time fees. Under monthly dues the guest fees would normally range from \$5 to \$10 a visit, with such visits limited to three.

Initiation fees . . . Is coupled with the yearly contract, monthly dues, and is a one-time charge.

Pure Court Club . . . The facility with racquetball courts, locker rooms, check-in control area, pro shop, nursery, office(s), vending machines or juice bar, throw-in type exercise area, rather confined locker rooms with saunas, perhaps whirlpools. The Spartan in-and-out bowling lane type concept.

Modern Version of the Athletic Club . . . Centered around racquetball courts with additional amenities that could include any or all of the following: jogging, juice bars/cocktail lounges, swimming pools, equipped, supervised exercise room(s), larger locker rooms to include saunas, whirlpools, steam rooms, massage, cold plunges, rental lockers; barber shops, beauty shops or unisex barbering; discos, meeting rooms, cardiovascular improvement programs, tennis courts, gymnasiums.

League Play . . . Either set up within club or amongst group of clubs in the general area. Stimulates variety of competition, more court occupancy.

Rental Racquets . . . Available at control area for both members and guests.

Rental Lockers . . . Lends itself more to the full concept facility. Package of rental locker to include laundry service most attractive.

Huron Court Club
2900 Krafft Rd.
Port Huron, MI 48060

Jacksonville Racquetball Club
6651 Crestline Dr.
Jacksonville, FL 32211

**Mentor Heisley
Racquet Club**
6000 Heisley Rd.
Mentor, OH 44060

**Pointe South
Racquet Club**
Highway 231 North
Dothan, AL 36303

**Stadium Racquetball
and Athletic Club**
5885 Rancho Mission Road
San Diego, CA 92108

**Tiger Racquetball Club
of Cedar Knolls**
19 E. Frederick Pl.
Cedar Knolls, NJ 07927

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National Racquetball

EXTRA!

Sporting Goods Survey Shows Racquetball Offsetting Slump in Tennis Sales

For the nation's sporting goods retailers booming racquetball sales have helped offset somewhat, the flattening out of the tennis business. According to a recent survey of 148 retailers operating 2,268 outlets, 1977 tennis equipment sales experienced a median decrease of 0.9%. This contrasts strongly with a median 1977 increase of 18.1% for racquetball equipment.

The survey was conducted

and published by *Sporting Goods Business*, a Gralla publication. Editor/Associate Publisher Robert E. Carr did the research and wrote the findings.

Many dealers expressed concern about the racquetball court facility shortage. Here are some sample comments:

• "Racquetball has growth potential, but the lack of facilities dooms it in this area;"

• "There aren't enough racquetball courts. Business would increase at a greater rate if there were;"

• "Unavailable tennis court space has forced many people into racquetball. This will become a similar problem for racquetball soon."

SGB survey respondents indicated they are selling \$23.63 of racquetball racquets for every \$100 of tennis racquets.

82.6% of the SGB sample indicated aluminum racquetball racquets priced over \$20, went up in sales last year. This compares to 79.2% reporting gains also for aluminum racquets under \$20. As for fiberglass racquetball racquets under \$20, 64.0% said they had increased sales, as compared to 61.1% reporting increases in higher-priced models.

Hogan Takes Third in World Racquets Championship

Racquetball's Marty Hogan won third place behind Guillermo Vilas, representing tennis, and Sharif Khan, representing squash, at the second annual World Racquets Championship played May 6 at the Atlas Health Club in San Diego and televised June 11 on the CBS network.

Hogan was a finalist in each of his competitions in the Vitalis sponsored event which brought together six world racquets champions to face each other in badminton, racquetball, tennis and table tennis. Each athlete played in every sport but his or her specialty.

Khan called Hogan "the

toughest competitor in the tournament," and Vilas asked the racquetball star to help build him a court at his home in Argentina. "It's a great sport," Vilas said, "I'm only sorry that I haven't played it sooner."

Hogan, as the tournament rules specified, didn't play racquetball but was involved

in the television commentary. He beat Table Tennis Expert Dan Seemiller in tennis 6-2, topped Badminton's Rudy Hartono 21-19 and Paddle Tennis' Hilary Hilton 21-19 in table tennis and led Seemiller 15-2 in badminton.

Hogan won \$5,500 of the \$40,000 purse. The tournament was worth \$15,000 to Vilas and \$6,000 to Khan.

Racquetball Pioneer Now Court Club Consultant

Tony Boccaccio, who was owner/manager of Health 'n Sports in Westbury, Long Island, (the first club in the east) is now president of Tony Boccaccio Racquetball Associates, offering complete consultation services. Boccaccio's firm, headquartered in East Northport, NY, han-

dles all or part of eight phases of a complete court package, ranging from site selection to setting up leagues and tournaments. Boccaccio, who holds masters degrees in mechanical engineering and business administration, entered the racquetball business in 1969.



Phoenix Pro Plays Record Breaking 100 Hours



Pat McMahon gets ready to return Gerry Corcoron's serve during Corcoron's 100 hour marathon at the Metro Racquet Club in Phoenix.

Gerry Corcoron, pro at Phoenix, AZ's Metro Racquet Club, set the world's newest continuous racquetball play record — 100 hours and 13 minutes — from April 28 at 6:30 a.m. through May 2 at 10:43 a.m.

Corcoron played 272 games against local celebrities, club members and others, with two minute breaks between games and five minutes rest time each hour. Corcoron followed the *Guinness Book of World Records* rules for the five minute hourly rest periods. The 26-year-old coach and P.E. teacher sent medical reports, newspaper clips and validation from the United States Racquetball Association to the Guinness staff in hopes that the marathon will become an official Guinness listing.

Recent racquetball marathons have included Rinaldo Gonzalez and Ernesto Ancira playing for 61 hours and nine minutes in San Antonio, TX; Jim Easterling competing for 61 hours and 10 minutes in Taylor, MI, and Ken Scott, Bill Gollnick, Homer Johnson and Bill Southward setting a 72-hour record in Sacramento, CA.

Corcoron's original partner in the record breaking event, Bruce Frankie, dropped out at 3 a.m. April 29 with an injured knee. Frankie is head coach for the Phoenix BG's, a group of young track and field competitors whose organization benefited from pledges and from fees opponents paid to play Corcoron.

Ektelon Names Stofko Advisory Staff Manager

Thomas J. Stofko, 28, has been named advisory staff manager for Ektelon, San Diego-based manufacturer of racquetball racquets and accessory equipment.

Stofko, who reports to Ronald A. Grimes, Ektelon's director of marketing, has overall responsibility for

Ektelon-sponsored racquetball player programs including player development, tournament and clinic participation, directing advisory staff support of Ektelon marketing programs and related activities.

Stofko, a native of Yonkers, NY hold a Bachelor of Arts

degree in economics and secondary education from Hunter College in New York City. An avid racquetball player today he won the Yonkers Junior Amateur Golf Championship at age 14 and taught skiing and tennis during his college years.



Henderson Named Exec VP

William P. Henderson has been named Executive Vice President of Court Management Company, Inc. He will have operational responsibility for Court Management Company as well as the three Dayton area racquetball clubs it manages: Dayton Circuit Courts South, Dayton Circuit Courts North, and Dayton Court House. Henderson is a 1969 graduate of the University of Dayton and was previously Vice President and General Manager of Data Services Corporation in Dayton, OH.

Manager Racquetball Club Experienced

Send resume and salary requirements to:

Badger American
P.O. Box 212
Mequon, Wis. 53092



Chicago area pros Charlie Rish, Scott Hemphill, Bob Deuster, Ric Dem and Steve Sulli, left to right, have been appointed to the Vittert Sports racquetball advisory staff. Deuster recently captured the Illinois State Racquetball Association's singles title, Hemphill the doubles title. Clyde Senter, the sixth member of the group, was absent when the photo was taken. Vittert Sports, Ashland, OH, a major maker of racquetball equipment, is a member of the Brown Group, Inc.



The Rev. James J. Close, left, superintendent of Mercy Mission, a home for homeless boys in Chicago, congratulates the Rev. Charles Cronin of St. Jude Thaddeus parish. Father Cronin successfully defended his title for the third consecutive year in the Archdiocesan clergy racquetball tournament sponsored by Mercy Mission/Mission Press. He defeated the Rev. Paul Reicher St. James, Maywood, right, by scores of 21-8, 21-8 at Mercy Mission court.

Mr. Universe Joins Racquetball West Staff

Earl Maynard, two time winner of the Mr. Universe title, has been appointed fitness director at the new million dollar Racquetball West Club in Fox Hills, CA.

He is a graduate of the SMAE Institute in Surrey, England specializing in remedial and physical therapy, and has for

many years been associated with health spas throughout Southern California. Earl is also well known for his roles as an actor in motion pictures such as "The Deep," "Switch," "Uptown Saturday Night" and "The Swashbuckler."



Women In Racquetball



Carol Brusslan

Unstress in Your Shorts

The picture below is filled with people who need racquetball.

At a meeting at the Chicago Board of Trade (those frantic men are buying and selling future contracts in soybeans) Dr. Irving H. Tracer, a psychiatrist at Michael Reese Hospital and Medical Center, told a group of business and professional women that "putting on shorts and enjoying a change of pace" offsets the dangers of stress.

Tracer was launching Michael Reese's annual Medical Research Week, this year spotlighting stress. The women were gathered in the stressful atmosphere of the Board of Trade to emphasize the fact that women are joining men in jobs that can lead to disorders ranging from peptic ulcers to heart attacks.

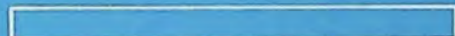
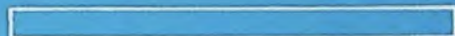
Women who work, Tracer said, are subject to a special set of stress producers. "A man may be tolerant on the surface, but his resentment emerges when there's a difference of opinion. Then he thinks 'she's a woman,' and questions her right to her job."

Also tough on women are the prejudices a man carries over from his relationship with his mother, wife or girlfriend. He often regards a woman as less than a man. "The male ego is fragile, and if a woman can do his job, he feels threatened."

On the other hand women have an edge over men when it comes to unstressing, Tracer said. "Women are more open about their feelings. Men smoulder. They bottle up their emotions and direct them at their heart, arteries and stomach."

Which is where racquetball comes in. Tracer, who happens to use handball as his personal treatment for tension, believes everyone — man or woman alike — needs "a change of pace."

"Playing a game like racquetball puts you into a different role," the psychiatrist explained. "You become someone else — you become a child. It's the best way to unstress."



How to Choose a Racquet

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Playing Tip Number Ten

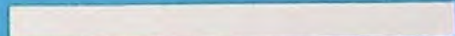
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How to Choose a Racquet

by Kathy Williams

You've decided it's time to own your own racquetball racquet. Out you go to the nearest sports store or racquetball club where you are now confronted with racquets of every shape, size and weight. Rather than throwing yourself at the mercy of a salesman who rarely has adequate knowledge of racquets, why not become an expert yourself?

Frame construction, degree of flexibility, grip size and material, balance, weight, and string tension are the most important considerations when selecting a racquet. Being a woman these variables have added significance. A racquet good for a man doesn't make it right for you. Let's talk about racquets and decide what's best for your game.

Fiberglass and aluminum are the two most popular materials used in racquet construction. Fiberglass racquets are flexible, lightweight, and usually carry a 90 day guarantee. Aluminum racquets usually carry a one year guarantee and are considered the best racquets for durability and power. Wood frame racquets tend to be heavy and bulky. They have a very small sweet spot (best area to hit the ball) and are prohibited by many clubs due to the damage they inflict on court walls.

Degree of Flex

Any racquetball racquet is flexible to some degree. Determining the amount of flex best for you is a personal preference. The more flex in a racquet the longer the ball stays in contact with the strings and the more accurate the shot. Over 90 percent of the men and women pro players use a very flexible racquet. As your game improves you will notice the effect of more flex in a racquet.

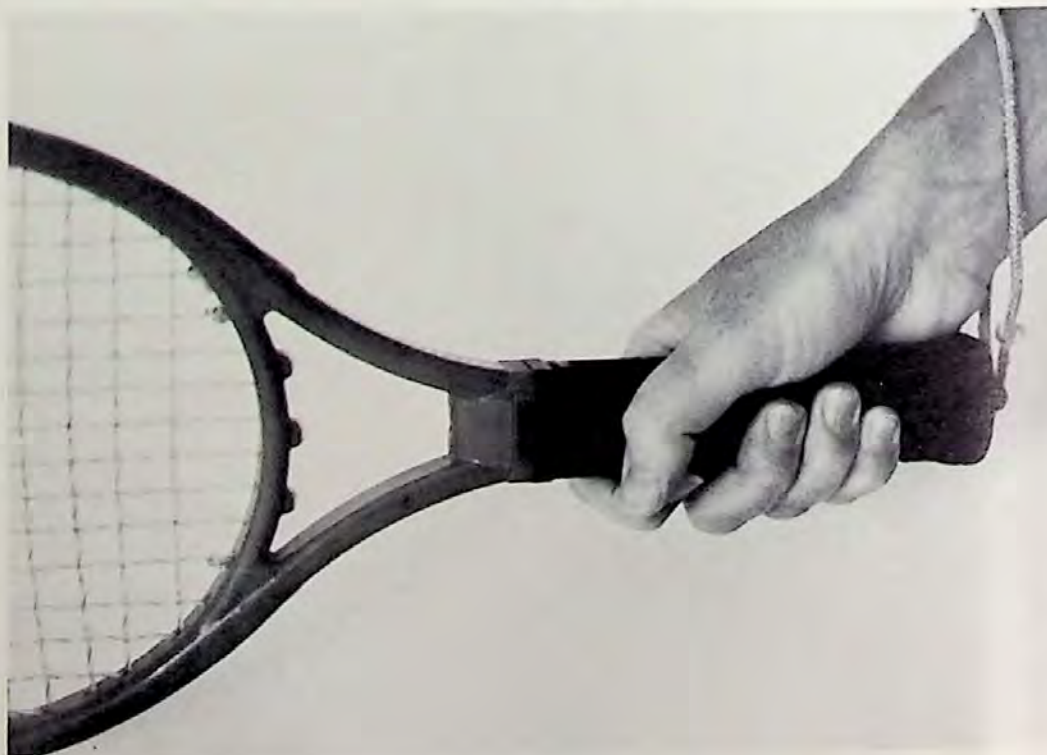
With aluminum racquets two factors produce flexibility. First the wider the head of the racquet the greater the flexibility. So a teardrop shaped racquet will be more flexible than a narrower rectangular shape. The second factor is in the construction itself. As you look at an aluminum racquet you can see that the bumper fits into a groove. If only the outside is grooved the racquet will be stiff. But if both the inside and the outside are grooved out the racquet will be very flexible. If you are plagued by a sore elbow or shoulder, a more flexible racquet would be best.

Grip Size

Grip sizes vary from extra small $3\frac{15}{16}$ inches to large 5 inches. The important thing to remember when selecting grip size is that it should be small enough to allow wrist snap, but not so small that the racquet twists in your hand during play. To check your grip size assume the proper forehand grip. Your fingers should be close but not touch the base of your thumb as your hand wraps around the racquet. Most of the women pros play with a grip size somewhere between a $3\frac{15}{16}$ inches to $4\frac{1}{4}$ inches. Just remember to select the smallest grip that feels comfortable to you.

Leather or Rubber Grip

Leather grips absorb sweat and become tacky. If the grip becomes too dirty, it can easily be washed with plain water to make it like new again. Rubber grips on the other hand do not absorb the sweat from your hand and stay on the handle making it necessary for most players to wear a glove. Also rubber grips weigh about 10 grams more, so — naturally — you end up with a heavier handle.



Note the distance between the first finger and the base of the thumb in a forehand grip. This is the proper grip size.

A Sample of Pros' Racquet Choices

	Jennifer Harding	Martha McDonald	Peggy Steding	Karin Walton	Shannon Wright
Material	Aluminum	Aluminum	Aluminum	Fiberglass	Fiberglass
Degree of Flex	Medium — <i>"Not stiff, but not as flexible as some"</i>	Each racquet she uses is more flexible than the last one	Medium — a little more on the stiff than flexible side	Whip in head A racquet with <i>"lots of snap"</i>	One of most flexible made
Grip Size	3 ¹⁵ / ₁₆ — Middle finger touches pad of hand	3 ¹⁵ / ₁₆ — <i>"Biggest mistake women make is to play with a cannon with a too big grip"</i>	4 ¹ / ₂ to 4 ⁵ / ₈ — <i>"used to a 4⁵/₈ grip tennis racquet"</i>	Shaves down a ladies small <i>"Tiny, so my fingers come around to my palm"</i>	3 ¹⁵ / ₁₆
Kind of Grip	Smooth leather	Strips leather off, replaces it with <i>"green sticky tape from an athletic store"</i> wrapped around four or five times	Strips off leather and wraps adhesive tape twice around, then puts leather back	Flat leather	Raised leather with rib down the center
Balance	Center a little short of halfway — More weight on tip because of bumper	A light head — Gets most of her feel from handle, with balance on the top of handle — <i>"I use the racquet like a fly swatter"</i>	Heavier head	A head heavier than that of most fiberglass racquets	<i>"Power balanced"</i> — more weight in the head — wide head
Tension	25 pounds	<i>"Machines vary — strung at 30 pounds in Gainesville, FL, 25 pounds in California"</i>	34 or 35 pounds	28-30 pounds	30 pounds
Weight	260 grams	242 grams	260 grams	Under 250 grams	250 grams

Balance

If the overall length of a racquet is divided in half, a well balanced racquet will balance at this mid point. You can easily determine the middle of a racquet and see if it balances evenly as it is placed on the edge of your hand. If the racquet is slightly head heavy, that's OK. Stay away from handle heavy racquets as they greatly reduce power and accuracy.

String Tension

Racquets are strung with nylon string at a tension somewhere between 22 and 30 pounds. If a racquet is strung too tight, the ball will jump off the racquet giving you less control. If too loose the ball will slingshot off the racquet. To test press your fingers into the strings. There should be a little give but not so much that the strings move around.

Weight

Racquets weigh somewhere between 8½ to 10 ounces. The lighter the racquet the easier it is to move and attain greater speed. If a racquet is too light, it will twist in your hand as you hit the ball. For a woman the best weight would be between 240 to 250 grams. Most fiberglass racquets fit into this range and several aluminum racquets also are lightweight. A racquet that is too heavy can cause problems.

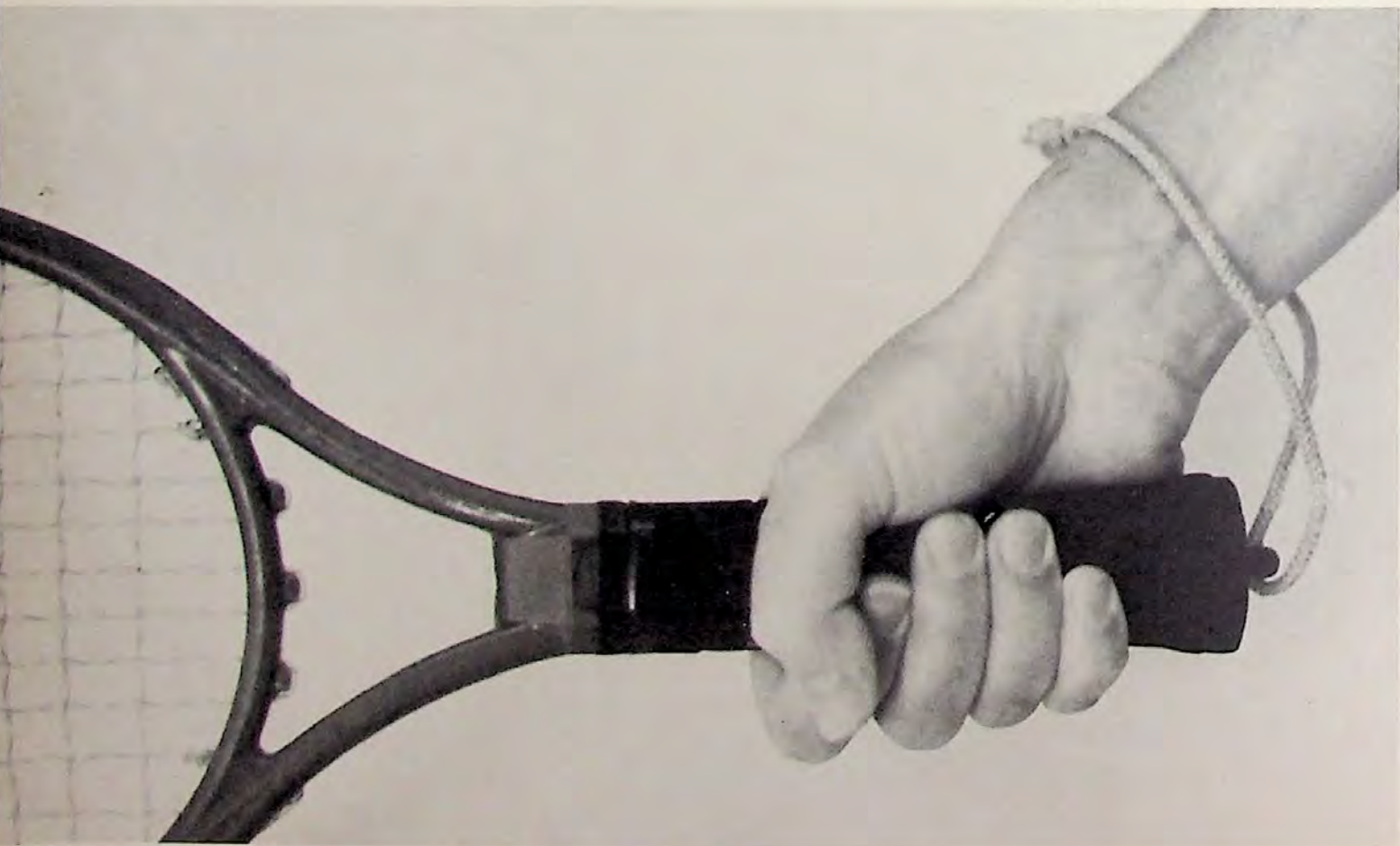
If you are a beginner, durability, proper grip size and light weight of the racquet should be the most important factors. As your game improves, string tension and flexibility will take on added significance.

Many clubs provide demonstration models that can be rented. Take the time to try out several of the different models (fiberglass, stiff aluminum,

flexible aluminum). If this is not the case at your club, then borrow your friend's racquet during the warmup and hit a few practice shots.

No single racquet is best for all women. Once you understand all of the variables of racquetball racquets, you should be able to determine the racquet most desirable for you.

Another way to check grip size is to grab the racquet like a hammer. Your thumb should touch the first knuckle on your first finger.



Playing Tip #10

If you find yourself avoiding your backhand, it's time to pause and analyze the shot. Mastering your backhand will hype up confidence in your entire game.

When you break down your backhand problems, you might discover that you're simply starting out wrong, as Jean Sauser demonstrates in this mistake photo from her book *Inside Racquetball for Women*, which she co-authored with USRA Official Photographer Arthur Shay. The book by Sauser, a top ranking pro, and Shay, who photographs regularly for *Time* and *Sports Illustrated*, as well as *National Racquetball*, is available at your pro shop or at bookstores in paperback and hard cover versions. Contemporary Books is the publisher.

Mistake:

Being ahead of the ball — Backhand

If you set up ahead of the ball on your backhand side, the results will be weak or misdirected shots, especially in back wall play. When you are ahead of the ball, you hit off your back foot. Your body is in the way of your follow through. Most of the time the ball won't even have enough momentum to reach the front wall.



Correction:

As on the forehand side set up with your body behind the ball, your shoulders facing the side wall. You can now easily step into the ball and contact it off the lead foot. With all your weight behind the shot the ball easily reaches the front wall in the form of a solid shot.

Speaking to "The Fatter Sex"

Book Review

by Judith Neisser

The Woman Doctor's Diet for Women (Prentice-Hall, \$8.95). The title is a mouthful, and that is what this well-researched diet book for women is all about. An articulate and militant "diet" ribe against "medical male chauvinism," this book speaks sympathetically to overweight women taking into consideration their body chemistry, their psyches and their inherent problems in losing weight. According to author Dr. Barbara Edelstein women "are the fatter sex" mainly because they "were designed as baby receptacles."

A former psychiatric resident Dr. Edelstein is an M.D. who specializes in the practice of bariatrics (weight control). Her 12 years of practice have taught her that "Women are different! Especially with regard to diet, exercise, obesity, weight loss, energy expenditure and attitudes towards food." She reveals that women lose weight half as quickly as men; the reason being that "a woman's body is naturally composed of a higher proportion of fat to muscle tissue than a man's, and muscle mass burns five more calories per pound to maintain itself than fat or connective tissue."

Throughout the book Dr. Edelstein angrily decries the male medical profession and those men who commandeer the diet world. She damns her male colleagues for treating "weight problems in women as if they were identical to those of men" and accuses them of being "almost uniformly unsympathetic, non-supportive and stubbornly uncomprehending when they confront the problems of overweight in women."

The Picture that Males Don't Get

Harsh words, but essentially true! According to several of my stockier sisters when asked to comment on the good doctor's militant outcries, the general consensus was: "She really understands!" "She's right on target!" "Most doctors (male) really don't get the picture!"

But Dr. Edelstein does get the picture. And for 140 pages along with angry remonstrations against medical male chauvinist pigs and other men who "sabotage" female dieters, she devotes herself to enlightening her reader both physiologically and psychologically. We learn, among other things, that "there is a correct formula for every woman to lose weight by," and that "the universal overweight is a passive-aggressive personality type." "Most obese females need to eat 1,000 calories or less a day to lose weight," and overweights usually equate mood — happiness, sadness, boredom, guilt, anxiety, frustration, nervousness — with a desire for food.

Dr. Edelstein insists that the key to successful dieting is "flexibility," and that a diet should be adjusted to meet the "changing needs of a woman's body as it grows, moves through its reproductive cycles, recovers from illness and undergoes stress." She recommends three basic diets: The Balanced Deficit ("Core") Diet (a program balancing protein, carbohydrates and fats while creating a calorie deficit), The High Calorie Weight Loss Diet (a diet for women who are pregnant, or in puberty, or undergoing physical stress), and the Re-Start Diet (a plan for women who have rolled off the wagon). She also provides a Cheat List to help dieters combat "that irrational desire to go off their diets."

Exercise Decreases Appetite

Several pages in the book are also devoted to exercise and its importance to a successful diet program. Dr. Edelstein bemoans the fact that "American women have not been taught to enjoy using their bodies in strenuous exercise" and urges the reader to engage in physical activity primarily for firming and toning. She also reveals, contrary to popular belief, that exercise "decreases appetite" and is actually "a perfect method for controlling hunger."

Although sometimes tedious in her relentless hammering away at medical male chauvinism Dr. Edelstein makes her point strongly and convincingly. And there is no question that she breaks the pound barrier by providing a fresh viewpoint for those women who are saddled with too many pounds of flesh.

Dr. Edelstein's Balanced Deficit (Core) Diet



An urge to eat less – not more – follows exercise like racquetball, according to The Woman Doctor's Diet for Women.

Her favorite diet for women

Breakfast

2 ounces orange juice or 1 orange
1 egg (prepared any way, 1 teaspoon margarine permissible)
1 slice melba toast

Lunch

4 ounces fish or meat (cooked weight and lean beef allowed). Can have chicken with crisp skin or chicken roll. Drain canned fish or seafood of oil. O.K. to use 1 teaspoon margarine in cooking fish.
1 slice melba toast
1 cup of salad with diet dressing or 1 cup cooked vegetables (no corn or peas)
1 fresh fruit (nix to grapes or cherries) or ½ cup jell-O (regular)

Supper

Exactly like lunch except 1 more ounce of meat and you can have both salad and a cooked vegetable.

Between Meals

Raw vegetables, dill pickles, diet gelatin, mushrooms (raw or broiled without butter), 1 can stewed tomatoes

To Drink Any Time

Coffee with regular milk and sugar substitute, tea, diet soda, tomato juice, skim milk

The only required foods on the list are the orange juice (for potassium; much is lost from the body the first two weeks) and 9 ounces of meat or fish (vegetarians can eat half the amount of cheese or 1 egg for every 2 ounces of meat).

During the first two weeks of the diet, the only substitution allowed is 1 alcoholic beverage in place of 1 fruit. It must be nonsweet and not wine or beer.

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The Cheat List

Rules: 1. You must cheat consecutively. 2. You may skip no foods. 3. You may go backward on the list once you have eaten something on it.

1. Raw Vegetables
2. Cooked Vegetables
3. Eggs
4. Hard Cheese
5. Soft Cheese
6. Fish — Canned, Frozen, Fried
7. Meat, Plain
8. Cold Cuts
9. Fruit
10. Plain Popcorn
11. High-Fiber Bread
12. Rice
13. Potatoes
14. Fruit Juice
15. Crackers
16. Ice Milk or Sherbet
17. Ice Cream
18. Peanuts
19. Potato Chips, Etc.
20. Foods Served Creamed or With Gravy
21. Noodles
22. Cookies
23. Cake
24. Pie

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Who's Playing Racquetball?

Cathy Barrett: Relaxed Restaurant Owner

Cathy Barrett is one of those fortunate persons who has found a way to manage her time to its best advantage. Consequently when the co-owner of San Francisco's Park Bench Restaurant has finished serving breakfast and lunch she always "takes a while off before the cocktail hour."

And for the past year or so she's been taking off for the same place every day: The San Francisco Bay Club.

"It really breaks up the day. I just have to get out of here," she says of her racquetball habit. And she finds the social aspects of the sport just as important as the game itself. "I play with all kinds of people," she says. "I have standing dates with different people every day." On top of that she takes a lesson every week.

Among her partners are friends she has introduced to the sport, players she has met at the club and longtime enthusiasts. "I like playing with people who are real close to me in ability. Otherwise one of us ends up feeling either superior or inferior, and it just isn't that much fun." Men, she adds, are generally much stronger and therefore not as good a match as women.

Cathy, who at age 26 has had extensive restaurant experience through the catering service her father ran while she was growing up,

manages the Park Bench with her mother. She says she hangs around during breakfast and lunch to "make sure everything works perfectly," while her mother looks after the books. And then during the cocktail hour, she adds, "I run around with complimentary hors d'oeuvres — whatever hits me at the time. Some nights we have little barbequed chicken wings, and other nights, when I'm tired, we do tortilla chips."

Cathy feels it is crucial to be relaxed. This is perhaps best illustrated by her unusual philosophy on rush hour traffic. "I make sure I take that extra 10 minutes in the morning to drive through the park on the way to work," she points out.

Her feelings on relaxation bubble over into her racquetball game. She recently moved back from intermediate to novice in her ranking at the club. "I decided to give up competition and just relax and enjoy the game," she explains. Though she can't help adding that she ultimately won the novice championship.

Cathy also likes to fly kites and skateboard and sit in the sun and read, and she takes advantage of the west coast on weekend camping trips. She appears to have complete control over her life. As she says, "I gave up working for a living a long time ago. I enjoy what I do."

—Jennifer Alter



Between lunch and the happy hour Susan Parratt arrives at the Bay Club, plays racquetball and returns to her Park Bench restaurant in San Francisco to check out new cocktail garnishes.

Three Steps Are All This 64-Year-Old Needs to Win

Long rallies are the rule during Richard, left, and Ralph Milner's weekly racquetball games.



Ralph Milner, 64, and brother Richard, 59, live some 25 miles apart but they hold a weekly reunion — on the racquetball court.

Ralph, a retiree, lives in Ann Arbor, and Richard, co-owner of an insurance agency, lives in Howell, MI. They meet for an hour's play every Saturday, winter or summer, at Sports Illustrated Court Club-Ypsilanti. Then in the club's snack bar they review their separate weeks.

Racquetball is a family affair with Ralph Milner. He also plays once a week with a 33-year-old son-in-law, Ron Exelby. And he makes frequent visits to Sports Illustrated Court Club-Flint to play with a daughter and son-in-law who live in Fenton, MI.

Racquetball, and indeed active competitive sport of any kind, was a late-come thing for Milner. For more than 20 years he had not engaged in any sport more arduous than canoeing or sailing. He played in softball leagues into his 40's. He had played and enjoyed three-wall handball while in the service in San Diego.

When he retired as a heavy equipment mechanic with the Ira Wilson Co. dairy in Detroit, he was looking for some kind of exercise. Then a Sports Illustrated Court Club opened five miles from his home.

The sudden transition at age 63 to a competitive physical sport didn't give Milner much trouble. "My work was pretty physical," he points out.

Milner gives son-in-law Exelby, half his age, a good workout.

"He says he's going to have to find someone older than me to play if he wants to win every game.

"We can only squeeze in two games and a couple of minutes over in an hour, so you can tell we have a lot of long rallies.

"The difference is, he can play hard for two or three hours. I play one hour and then I have to rest for two days.

"We play cutthroat with another player sometimes. I don't win but the scores are always respectable — 21-15, 21-7 and the like."

When brother Richard is the opponent, the play is less strenuous. "We play mostly for fun."

Milner's secret of keeping up with younger players?

"I try to get into position, then you don't have to play as hard. I'm not going to kill myself going after something I can't reach anyway. If you stay in position, you don't have to move more than two or three steps in either direction.

"I've been getting National Racquetball magazine and studying the articles on position play and strategy." ●



Racquetball

Dozens of Racquetball Professionals Direct USRA State Associations

While telephoning all of our USRA state chairmen over the past few weeks, it became quite evident to me that these dedicated people have a remarkably sincere interest and concern for racquetball. By actual count 26 of the 50 chairmen are club owners, managers, or professional staff members of YMCAs throughout the country. The remaining 24 are normally closely allied with an active club or Y as well.

This business or occupational association with the sport of racquetball goes far beyond the average enthusiasm for the game and its rapidly growing ranks. Anyone who is a state chairman can tell you it's no bed of roses at times, but the desire to provide guidance and leadership and the feeling of accomplishment it brings is well worth the effort that goes into directing a state association.

Often times a club owner has taken a big gamble in opening a club and may even have his life savings tied up in his business. Indeed, with the cost of construction and land these days, this is often the case. Why does someone take this risk? The answer is enthusiasm. Racquetball is the type of game that brings out enthusiasm in its followers. So much so that they find themselves getting more and more involved in it and this extends far beyond just playing.

The fun and enjoyment people get from playing causes many to want to have a business or profession that they can combine with their hobby. Having seen this interest sparked in many friends and seeing the months or years of effort going into planning, building, and

finally opening the doors in a racquetball club, I can attest that it is a long labor of love for an owner. Many of these men wanted to do even more than make it a business; they enjoy seeing the game organized at the state level and perpetuated for future players to enjoy.

It was only a few short years ago that organized racquetball was a fledgling enterprise at any level. Through state amateur organization we see local businesses now contributing merchandise, money, hospitality and promotional effort to USRA state tournaments and state associations. Can you blame anyone for wanting to be associated with such a wholesome activity?

What about the YMCA directors? Supervising activities for all types of sports and community projects is a regular promotion of these professionals. State association racquetball goes hand in hand with what they have done for years. Having courts and facilities available has allowed them to host innumerable events such as clinics, tournaments and meetings to promote the game and local or state associations.

Our other USRA state chairmen have found themselves involved with racquetball clubs or working through YMCAs for the promotion of the sport both directly and indirectly. Potential club owners often call state chairmen listed in our amateur section prior to



Terry Fancher

building to get suggestions for club layout, hosting future tournaments and general information on the game and its players. This initial contact has spurred long and continual mutual effort between the club owners, professional YMCA staff and our state chairmen much to the benefit of the state and local players. Without their leadership and the resulting involvement of the players, the progress of organized racquetball would be years behind what it is today. The USRA exists to assist this effort.



Upcoming Events

Sept. 15-17
USRA Ohio Racquetball Championships

Sept. 15-17
USRA Racquetball Championships, Glove & Racquet Club, 3855 Wales Rd., Massillon, 44646, 216-837-5157 and The Racquetball Emporium, 1320 W. Maple, North Canton, 44720, 216-494-7736. Entry deadline Sept. 6.

Nov. 10-12
USRA Pennsylvania State Championships, Ft. Washington Racquetball Club, 469 Pennsylvania Ave., Ft. Washington, 19034, 215-646-4848. Entry deadline Nov. 3.



USRA State Affiliates

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Birmingham 35205
205-324-3431

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Anchorage 99509
907-276-0700

Arizona

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ARA, Inc.
401 N. Hayden Rd.
Scottsdale 85258
602-992-9420

(North/Central)
Chuck Hallock
602-967-0001

(Southern)

Daryl Krugman
602-886-0196

Arkansas

James Bixler
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Arkadelphia 71923

California

Jerry Monell
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714-275-3344

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The Sport Sole
4777 N. Blackstone Ave.
Fresno 94536
209-226-9232

Colorado

John Mooney
3455 David Circle
Colorado Springs 80907
303-597-7775

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c/o YMCA
842 Maine St.
Williamantic 06226
203-423-4951

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404-971-5441

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301-821-0160

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Racquetball Suits Alaska's Long Winters and Energetic People

During grand opening celebration at Dompier's Racquetball & Spa owner and manager, Dan Dompier, right front, enjoys certificate sporting "You went for it. You got it."



Just as amateur racquetball is thriving in Hawaii, growth is becoming evident in Alaska. Our USRA affiliate in the furthest northern state is the Alaska State Racquetball Association, headed by Dan Dompier. Dan has recently opened the first "pure" racquetball club in Alaska, Dompier's Racquetball Spa located in Anchorage.

The top stars in the national racquetball circuit initiated Alaska's newest club. The pros showed how it's done during three intense days of clinics and exhibitions that have already prompted racquetball fever. As guests toured the plush spa, owner and manager, Dan Dompier, proudly greeted friends, business associates and the pros at an informal cocktail party on April 27. Brian Saario, co-director of the Alaska State Racquetball Association and club principal, also was celebrating.

Anchorage Mayor George Sullivan graciously welcomed the guests and pros to the city's finest indoor sports facility. Dan's kudos from admirers included a certificate "You went for it; You got it," recognizing the drive and foresight that made Dompier's Racquetball & Spa a reality.

We talked with Dan shortly after the very successful clinic and exhibition by Leach professionals to ask him about the sport and its potential in his area. When he moved to Anchorage from sunny San Diego three years ago, there were practically no courts at all to play in.

Jay Jones, right front, and Steve Keeley, left front back, warm up clinic participants during grand opening activities at Dompier's Racquetball & Spa in Anchorage, AK.



Indoor Competition

"I played several times a week in California and recognized the need for a club here," says Dan. "Because of the long winters and the need for indoor activity, coupled with the competitiveness and energetic nature of the people who live here, I felt a club could stand alone and be successful." Judging by the already high court occupancy rate at his club he is correct.

Construction of the club in the cold environment raised some problems. *"I got some crucial assistance in the development of my plans from Bob Kendler at the 1977 National Championships and also George Brown (California racquetball developer) has been quite helpful."* The foundation of the club proved to be

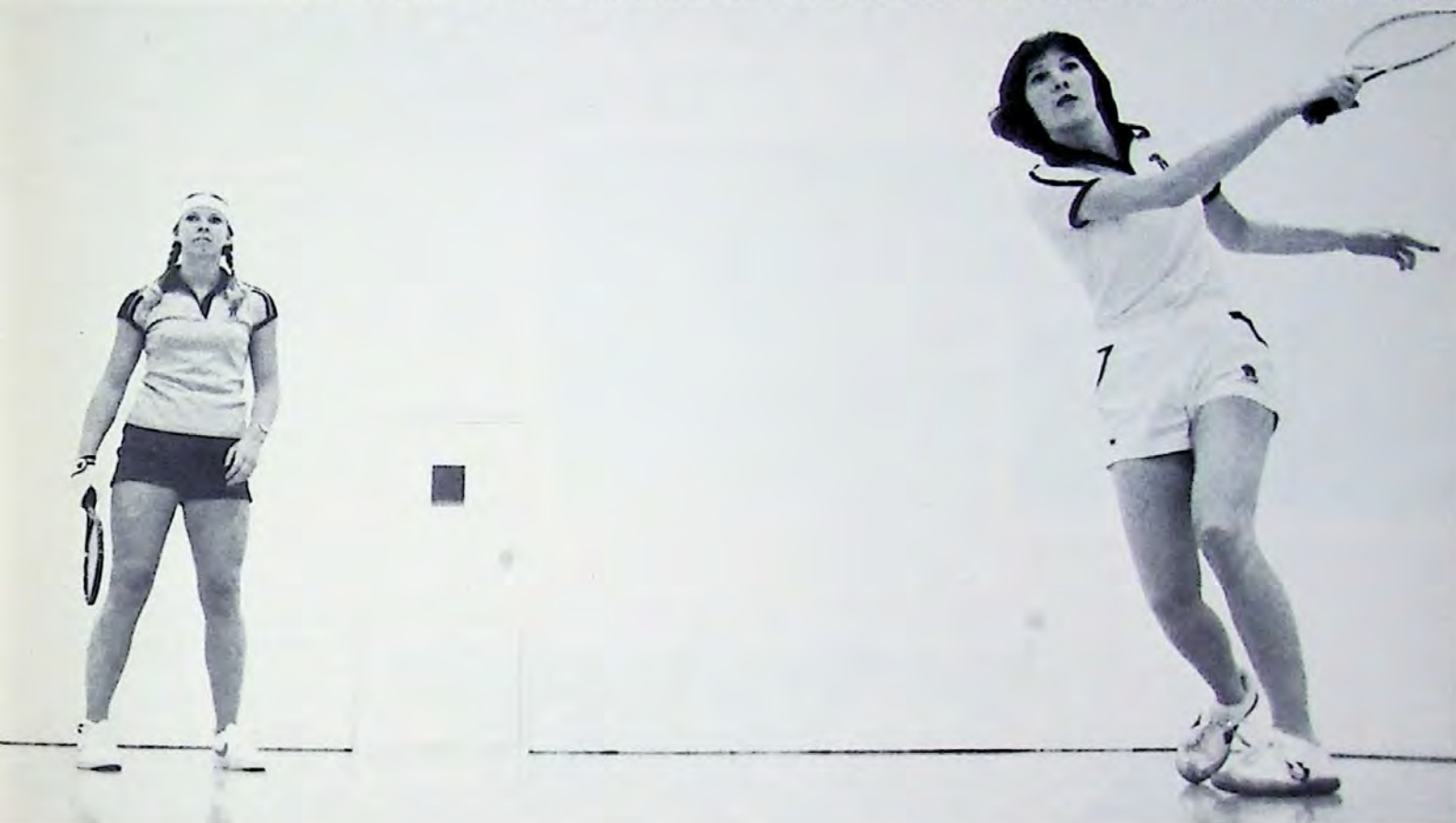
critical, since the soft peat goes as low as 18 feet below ground surface, creating the need for additional support and stability. Reinforcement piles had to be sunk 250 feet into the ground *"which, of course, drove the construction cost up. Besides, there is always the problem of getting adequate building supplies in the state to be delivered promptly. All of this combined caused the cost per individual court to run about \$90,000 apiece, at least twice as much as what it would cost in the lower 48 states."*

Some climactic problems are anticipated in having a successful racquetball business in Alaska. The hardest time will be in mid summer because of the 20 hours of daylight and the 60 to 70 degree weather. Then the fishing and hiking are excellent. But the

winter activities are somewhat limited to skiing and a few other sports, and racquetball should fit in nicely then. The average temperature in Alaska is 15 to 20 degrees in winter, ranging to the high 50's and low 60's in the summer and part of the warm season is in the 70's. In general, there are seven months of snow and five months of good weather with some variation.

Some interesting comparisons were made between the racquetball players in San Diego as compared to Anchorage. San Diego is primarily a service community for various corporations and military personnel, and has a heavy tourist population. Anchorage is a service support center for the state of Alaska and is made up of the same types of people with some added emphasis on new construction.

Sarah Green, right, hits a steady stroke to opponent Karin Walton during grand opening match at Dompier's Racquetball & Spa.



Fewer Organized Sports

"As far as sports are concerned in San Diego there is a lot of organized athletics at the various public schools and colleges and a great deal of outdoor activity in general. Alaska has fewer organized sports but the people are very competitive in physical pursuits and have to also compete against the weather and elements day-to-day, creating the need for a hearty and vigorous disposition," according to Dompier.

Growth of Alaskan cities is bringing in a new population composed mainly of people from other states in the U.S. These new people are causing the cities to swell and will be looking for similar activities to those they have been accustomed to, such as racquetball. Anchorage has a current

population of 200,000 and by 1980 it is expected to reach 300,000. Sports that are already big in Alaska include AAU swimming programs, junior hockey, semi-pro basketball, hunting and tennis.

During the recent Leach Clinic the Alaskans watched Professionals Sarah Green and Karin Walton demonstrate that you do not have to be big and strong to be an excellent woman player. *"Sarah and Karin did a fine job at the clinic showing the ladies how adaptable women are to the sport,"* Dompier says. Women in Alaska like to be participants, not sports spectators so racquetball's a natural for them.

"State association activities are currently emphasizing the juniors along with the involvement of women

in lessons and leagues," Dan says. *"We want to develop state level programs for racquetball promotion and exposure and also have plans to include the teamsters, who have fine recreational facilities and some courts. Racquetball tournaments are also being planned for the summer and fall."* Serving with Dompier on the ASRA Board of Directors are John Rodda, Bill Bulchis, Kevin Delaney and Brian Saario.

With another club under construction in Juneau racquetball is coming of age in Alaska and although Dompier feels they are eight to ten years behind some parts of the U.S. in the sport, the future looks promising.

—Terry Fancher



Absolute Ball Request Deadline: One Month Ahead

We have been asked by Seamco Sporting Goods that all requests for racquetballs for sanctioned USRA tournaments be submitted to the state chairman at least *one month* in advance of the event.

Please do not put your individual state chairman or the USRA on the spot with a rush order. Without proper advance warning the request cannot be honored. Thank you for understanding and adhering to this policy in the future.

Tournament Results

Reporters, take note: Help make our typesetter happy by sending us your tournament results typed double or triple (preferred) space with one-inch margins all around. Thank you.

Japan

The 1978 Far East Invitational Racquetball tournament was held at Yokota Air Base, Tokyo, Japan from March 29 through April 2. Over 45 participants were attracted from U.S. military installations throughout the far east. Four titles were up for grabs in this double elimination tournament played in one of the finest military racquetball facilities.

In the Open division Staff Sergeant George Heagerty of Yokota AB won first place by battling through the loser's bracket after being upset in the second round by Senior Airman Ruben Lopez of Kadena Air Base, Okinawa. Lopez gained the finals by defeating Dan Fields 21-14, 21-2; Robert Conn 21-7, 21-9; Jerry Wilcox 21-6, 21-2; George Heagerty 21-16, 21-8, and Otto Dietrich 21-12, 21-4. Heagerty eliminated Mike Whitford 21-10, 21-19, Vince Warner 21-12, 21-10; lost to Lopez, in the loser's bracket defeated Gary Zimmerman 21-18, 21-15, Mario Gonzales 21-14, 21-13, and Otto Dietrich to gain a rematch with Lopez. Heagerty's experience and kill shots were too much for Lopez as Heagerty won.

The Open Doubles championship went to Col. Gerald Collins, of Yokota AB and Ruben Lopez, who teamed up after both arrived at the tournament without doubles partners. Lopez's kill shots combined with Collin's strong ceiling game proved too much for the U.S. Army's Major George Nikotich and Chief Warrant Officer Robert Conn from Seoul, Korea.

In the Senior's Division Major George Nikotich took home first place by defeating Dr. Chuck Solberg, Misawa, AB, Japan in the "If Necessary Game" 21-16, 21-17.

In the Women's Division Mary Jewel Ficken, Yokota AB, Japan, worked her way thru the loser's bracket to avenge her loss to Diane Musha, Yokota AB.

The "Iron Man" of the tournament was Major George Nikotich, who, participated in all three men's events and played 17 matches in four days.

Rhode Island

Providence Mayor Vincent A. Cianci, Jr. presented trophies at a special awards ceremony following the Rhode Island Racquetball Association's State Tournament April 6-9 at the Providence Central YMCA.

In the Men's Open Singles Fred Miller successfully defended his title by defeating Jerry Melaragno in the finals 21-8, 21-3. Melaragno upset second seeded Dennis Culberson 21-14, 9-21, 11-9 and third seeded Ed McGovern 21-17, 21-6 on his trip to the finals. Miller defeated Dave Brown in the quarter-finals 21-19, 21-13 and Bill Neri in the semi-finals 21-8, 21-6. McGovern took third place and Culberson won the consolation prize.

Bee Lufkin also made it two successive state titles in the Women's Open, defeating Peggy Whitemore in the finals. Pat Pyne was able to defeat Lillian Winoker twice in the tournament, once for the Women's Class B title and once for third place in the Women's Open. Sharon Culberson took third place in the Women's Class B over Sue Wade.

Jay Roberts defeated Don Krasko 21-8, 21-12 to take the seniors crown and Andy Scampomino won the Juniors title over Brian Gorodetsky 21-15, 21-4. Seniors third place winner was John Rosato; Dick Zotti won the consolations. Scott Kent defeated Kevin Jodrey for third place on the Juniors division.

Carl Picerno beat Dick Zotti 21-1, 21-17 to win the Men's Class B and Karl Krikorian won the Class C with a tough 21-16, 18-21, 11-9 win over Larry Reynolds. Third place in Class B went to Howard Hawkins, and Henry Fortes won the consolation event. Dave Wehr took third in Class C and Preston Kidd won in the consolations.

Maine

"This was our first all women's tournament and it was super. We're hoping to make this women's racquetball classic a traditional event that women from all over will want to play in year after year."

That was State Chairman Kevin York's comment on the Down East Women's Racquetball Classic held May 12-14 at Down East Court Club in Falmouth. The event drew over 50 players from most of the New England states and Canada.

Results

A — Monique Parent d. Vicki Wyse 21-13, 21-9; Susan Churchill d. Danielle Shaienks 7-21, 21-20, 11-9; Parent d. Churchill 21-8, 21-10.

A Consolation — Jane Flahive d. Debbie Brown 21-6, 21-9.

B — Julie Cobb d. Lydia Emerick 11-21, 21-17, 11-10; Suzanne Robert d. Eileen Ehrlich 10-21, 21-12, 11-9; Robert d. Cobb 21-17, 21-14.

B Consolation — Karen Nuttal d. Lynda Hathaway 21-12, 21-10.

C — Joyce Guiles d. Carol Firzlie 21-11, 21-16; Linda Fitzpatrick d. Ellen LeMaistre 21-3, 8-21, 11-5; Fitzpatrick d. Guiles 21-14, 21-11.

Doubles — Parent - Shaienks d. Sally Hathaway - Brown, Emerick - Nuttal d. Sally Ruggles - Cobb, Parent - Shaienks d. Emerick - Nuttal 21-8, 21-4.

Doubles Consolation — Connie Timlake - Ann Izzo winners.

Missouri

The following are the winners of the Spaulding Racquetball Clubs' Spring Youth Championships held May 20 and 21, at the Spaulding Creve Coeur Club, in the Creve Coeur suburb of St. Louis.

Results

Boys

(9 & under): Ryan Beatty — 1st place, Frankie Fernandez — 2nd place, Jason McKinstry — consolation.

(10 & 11): Chris Dallas — 1st place, Brian Schrock — 2nd place, Paul Helmering — 3rd place, Robbie Panosh — consolation.

(12 & 13): Steve Dreyer — 1st place, Fred Dallas — 2nd place, Greg French — 3rd place, Colin Millstone — consolation.

(14 & 15): Jamie Gross — 1st place, Mike Byrne — 2nd place, Mike Janos — 3rd place, Jeremy Millstone — consolation.

Girls

(9 & under): Heather Long — 1st place, Susan Woods — 2nd place, Kristin Nixon — 3rd place.

(10 & 11): Tammy Woods — 1st place, Anna Hudspeth — 2nd place.

(12 & 13): Jackie Bruffee — 1st place, Teresa Laird — 2nd place, Karen Dempsey — 3rd place.

(14 & 15): Chris Cropper — 1st place, Elizabeth Roach — 2nd place.

California

March 16 through 19 allowed more to celebrate than St. Patrick's Day at King's Racquetball Court in Westminster. It was the weekend of the "Natural Light" Doubles Classic, with excellent competition the name of the game for the entire weekend.

Some spectacular Open play was witnessed as Stan Wright and Steve Trent, recognized at the number one amateur doubles team in California,

had to go to the final point of a tie-breaker to squeak by Bill Hildebrand and Al Portune.

Results

Men's Novice — Dumalski and Clark. Men's C — Charles and Russell. Women's C — Charfauros and Weightman. Men's B — Allen and Buggs. Women's B — Dolan and Bishop. Men's A — DeLaney and Chadwick. Senior — Morrow and Ehren. Master — Armstrong and Gibson. Mixed D — Langten and Ko. Mixed B — Charfauros and Charfauros. Women's Open — Martino and Seavello. Men's Open — Trent and Wright.

Bill Hildebrand (in the air) avoids his opponents' return during the Men's Open finals of the Natural Light Doubles Classic. Also pictured, left to right, are Steve Trent (behind Hildebrand), Stan Wright and Al Portune.



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Michigan

The University Racquetball Club of Pontiac, MI, was host April 21-23 to the 1978 Michigan State Doubles Tournament sponsored by the Michigan Racquetball Association and Seamco, and featured an impressive draw in the Open division and an extraordinary number of entries in the Men's B division.

The Men's Open division saw number two seeds Gil Schmitt and Larry Jackinovich cruise to an impressive victory over the number one seeded team of Tom Brownlee and Tom Carpenter 21-11, 21-8. The key factors behind the Schmitt-Jackinovich upset win were Schmitt's devastating high velocity serves and a below average performance by the Brownlee-Carpenter team which had played spectacular ball thru the semi's.

The semi-final Open contests were highlighted by an excellent match between Schmitt-Jackinovich and the team of Joe Aguglia and Greg Paliczuk. Aguglia's power-shoot game and Paliczuk's soft touch provided the large crowd with the most exciting match of the tournament. The outcome of the first two games remained in doubt throughout with the lead switching hands many times. Schmitt-Jackinovich finally gained control of the match in the early going of the tie-breaker behind Schmitt's serves and Jackinovich's excellent play on the right side. The result: 20-21, 21-13, 11-2.

The other semi-final match featured the irrepressible Radiation Man (Bill Gottlieb) and his partner Joe Schmid against Brownlee-Carpenter. The match was never close as Brownlee and Carpenter established their dominance from the very beginning with superior court coverage and precision shooting. Radiation Man was unable to unleash his phenomenal pinch shots which make him one of the best singles players in Michigan. The result: 21-6, 21-9.

The Men's B division featured a grueling draw of over 40 teams. Coming out on top was the team of Dan Schreiber and Gar Thomas who weathered three tie-breakers on their way to the B division championship. The final match was no exception as Schreiber-Thomas beat Buzz Carhart and Kyle Smith in a thrilling tie-breaker 19-21, 21-10, 11-9. The match showcased the sensational getting abilities of Gar Thomas and the blistering power shooting of his partner Dan Schreiber. Carhart-Smith did an admirable job of countering the superb play of Schreiber-Thomas, but were unable to generate enough offense to win the tie-breaker.

The Women's Open division was won by the team of Caprice Behrane and Janis VanDerWel who beat Cathe Davis and Melanie Taylor in an unusual championship match. Behrane-VanDerWel appeared to have the match well in hand winning the first game 21-2,

but Davis-Taylor fought back in the second game winning by the score of 21-3. Both teams played evenly in the tie breaker with Behrane-VanDerWel finally winning 11-7.

The Men's Senior division was totally dominated by the team of Fred Lewerenz and Sam Young, who beat John Radusha and Jim Erickson in the finals 21-15, 21-5.

The Mixed Doubles division was highlighted by an exciting championship match between the teams of Paliczuk-Stacey Fletcher and Brownlee-Donna Henry. The excellent play of 14 year old Stacey Fletcher was the key to the Paliczuk-Fletcher victory as she demonstrated her ability to handle the power of the Brownlee-Henry team 21-14, 21-18. Stacey may soon become a factor to contend with on the Ladies Pro Tour.

Tournament Notes:

The excellent organization and hospitality of the University Racquetball Club contributed to the delightful atmosphere of the tournament. Players were provided with a lavish hospitality area and scheduling of matches was accomplished without any major problems. Thanks go to the University staff including owner Ron Zilka and tournament directors Bob Madole (manager) and Craig Rylee for making the Michigan State Doubles Tournament a noteworthy success.

Results

Men's Open

(Quarter-finals): Carpenter-Brownlee d. Hurst-VanOver 21-2, 21-9; Gottlieb-Schmid d. Barr-McKinney 21-12, 21-12; Aguglia-Paliczuk d. McLaughlin-Llewellyn 21-10, 7-21, 11-6; Schmidt-Jackinovich d. Miles-Lockett 21-16, 12-5, Injury.

(Semi-finals): Carpenter-Brownlee d. Gottlieb-Schmid 21-6, 21-9; Schmidt-Jackinovich d. Aguglia-Paliczuk 20-21, 21-13, 11-2.

(Finals): Schmidt-Jackinovich d. Carpenter-Brownlee 21-12, 21-9.

Men's B

(Quarter-finals): Smith-Hass d. Baranac-Atkins 21-4, 21-14; Schreiber-Thomas d. Krass-Karstofsky 21-11, 21-10; Campbell-Wachel d. Brower-Kristin 21-10, 21-13; Carhart-Smith d. Kolassa-Heshelman 21-18, 21-11.

(Semi-finals): Schreiber-Thomas d. Smith-Hass 21-4, 21-14; Carhart-Smith d. Campbell-Wachel 21-20, 21-17.

(Finals): Schreiber-Thomas d. Carhart-Smith 19-21, 21-10, 11-9.

Men's Seniors

(Quarter-finals): Lewerenz-Young d. Klockow-Matusko 21-1, 21-14; Barrett-Haskins d. Fisher-Chambers 21-13, 18-21, 11-7; Timmer-Lindsay d. Mann-Schreiber 21-4, 21-15; Radusha-Erickson d. Schummer-Landuyt 21-10, 21-6.

(Semi-finals): Lewerenz-Young d. Barrett-Haskins 21-11, 21-12; Radusha-Erickson d. Timmer-Lindsay 21-13, 21-8.

(Finals): Lewerenz-Young d. Radusha-Erickson 21-15, 21-5.

Women's Open

(Quarter-finals): Behrane-VanDerWel d. Maynard-Klockow 21-1, 21-7; Krise-Nelson d. Madole-Thomas 21-10, 21-9; Henry-Cummins d. Rutherford-Casha 21-10, 21-2; Davis-Taylor d. Tabor-Warner 21-1, 21-6.

(Semi-finals): Behrane-VanDerWel d. Krise-Nelson 21-14, 21-14; Davis-Taylor d. Henry-Cummins 21-7, 21-20.

(Finals): Behrane-VanDerWel d. Davis-Taylor 21-2, 3-21, 11-7.

Wisconsin

A round trip for two to Las Vegas was one of the prizes that over 170 entries vied for in the Second Annual Terrace Sports Racquetball Open in Sun Prairie April 28-30.

Joe Wirkus captured Men's Open class with a thrilling three game victory over Paul Ikier. Paul seemed to have control of the match as he breezed to a 21-12 first game victory. Joe turned the table, however, grabbed a 10-0 lead in the second game and held on to win 21-16. The tie-breaker was close early, but Wirkus was shooting and Ikier finally succumbed 11-4.

The B final was a superb match featuring two young players of the future. Dan Frank defeated Don Chambers 21-20, 12-21, 11-9.

Mens Class C Champion was 35-year-old Duane Appledorn, who defeated another local player, Randy Brehmer 21-5, 21-12. The finals was almost anti-climatic for each player. Both played six matches in three days, each battling through two tie-breakers to reach the finals.

Women's Class B honors went to Sharon Telander, as she defeated Janice Lucht 21-6, 21-19.

Women's Class C Champion was Bridget Block over Sandy Bilty 21-10, 21-5.

Special thanks from the tournament committee goes to Terrace Sports for their help with the event. Thanks also to Hemispheric Travel for helping to arrange the Las Vegas trip which was won by Robert Sobocke.

—Bruce Thompson

Results

Men's Open

(Quarter-finals): Paul Ikier d. Jim Lucht 21-8, 21-6; Ken Frank d. Bill Schultz 21-13, 21-17; Bruce Thompson d. Brian Parrott 21-19, 21-13; Joe Wirkus d. Bob Van Tuyle 21-9, 21-10.

(Semi-finals): Ikier d. Frank 21-5, 21-10; Wirkus d. Thompson 21-9, 21-10.

(Finals): Wirkus d. Ikier 12-21, 21-16, 11-4.

(Third): Ken Frank

Men's B

(Quarter-finals): Don Chambers d. Randy Hyack 21-11, 21-15; Dan Skalecki d. Art Nelson 11-21, 21-7, 11-6; Dan Frank d. Wayne Krueger 21-13, 21-20; Vaughn Loudonbach d. Jim Jochen 21-13, 21-14.

(Semi-finals): Chambers d. Skalecki 21-9, 21-9; Frank d. Loudonbach 21-16, 21-8.

(Finals): Frank d. Chambers 21-20, 13-21, 11-9.

(Third): Vaughn Loudonbach

Men's C

(Quarter-finals): Appledorn d. Allen 21-11, 21-19; Brehmer d. Blanchette 5-21, 21-7, 11-10.

(Finals): Appledorn d. Brehmer 21-5, 21-12.

(Third): Ralph Blanchette

Women's B

(Quarter-finals): Janice Lucht d. Barb Van Tuyle 21-3, 17-21; Dyanne Singler d. Joan Jordan 18-21, 21-8, 11-9; Sharon Telander d. Lou Bradley 21-8, 21-10; Lisa Brickson d. Joan Domitz 21-7, 21-7.

(Semi-finals): Lucht over Singler 21-8, 21-18; Telander d. Brickson 8-21, 21-12, 11-10.

(Finals): Telander d. Lucht 21-6, 21-19.

(Third): Lisa Brickson

Women's C

(Semi-finals): Block d. Farr 21-11, 21-19; Bilty over LaBelle 21-14, 21-18.

(Third): Mary LaBelle

Consolation Winners were: Men's Open — Art Guenther over Mike Bottrell 21-18, 21-18; Men's B — Robert Sobocke over Jon Oehrlein 21-17, 21-10; Men's C — Mike Dibble over Tom Bauer 21-10, 21-7; Women's B — Ethel Brandt over Nancy Krause 21-17, 21-18; Women's C — Mary Wagner over Mary Franke 21-16, 21-19.

Ohio

The Racquetball Emporium in North Canton hosted the 1978 Stark County Racquetball Tournament May 11-14 which drew over 100 entries. One of the most exciting matches of the tournament was the final match in the Men's B Singles division with Bill Yates defeating Cary Wohlin in the tie-breaker 21-15, 15-21, 11-7.

Results

Men's Open

Class A — Dave Drumm d. Ed Witham 21-15, 11-21, 11-8.

Class B — Bill Yates d. Cary Wohlin 21-15, 15-21, 11-7.

Class C — Don Stanbro d. Lon Walters 21-17, 21-5.

Men's Doubles

Class A — Randy Williams - Ron Akins d. Steve Carson - Frog Wachtel 19-21, 21-7, 11-3.

Class B — Al Neago - Les Green d. Mark Hastler - Greg Mathes 21-8, 21-13.

Class C — Virgil McCammon - Fred Ward d. Dan Cerrezuela - Jorge Cerrezuela 21-19, 17-21, 11-4.

Women's Open

Class A — Cookie Wachtel d. Bobbie Bricker 21-13, 14-21, 11-7.

Class B — Kathy Schultz d. Jennifer Plotter 21-5, 21-11.

Class C — Judy Maynard d. Jean Sinclair 20-21, 21-10, 11-7.

Women's Doubles

Class A — Bricker - Wachtel d. Barb Bordner - Joan Dorkoff 21-13, 22-6.

Class B — Micki Lavis - Linda Allen d. Jean Clark - Janine Hartman 14-21, 21-12, 11-7.

Class C — Joan Sander - Karen Colwell d. Juleen Juestner - Judy Maynard 21-6, 21-15.

Ohio

The Second Annual Semi-Pro/Am Racquetball Tournament was held at The Court Yard in Cincinnati April 14-16 with 132 players in seven divisions treated to plenty of food and drinks as well as consolation rounds for all of the first round losers.

In the Men's Semi-Pro division the round of 16 showed only one upset, as Michael Sipes (not seeded) beat David Fleischaker (number eight seed). The rest of the seeded players rolled into the round of eight. In the round of eight Danny Clifford upset Indiana State Champion Ron Johnson. In the semi-finals, despite Marc Fried's excellent gets and court coverage, Clark Pittman was too much for him as he outshot and passed his way into the finals 21-7, 21-7. In the other half of the bracket Larry Fox overpowered Danny Clifford in the first game 21-8. In the second game Clifford turned on, but it was too late as Fox won 21-18. The stage was set for the finals. Up to this point Fox and Pittman had met three times, Pittman winning each time. This time the tables were turned as Fox hit shots from everywhere on the court. His around-the-wall balls off the ceiling rallies had Pittman shooting from back court, but Fox was too quick in the front court, covering everything that didn't roll out. The final scores were 21-16 and 21-7, but the match was closer than the scores indicate.

In the Women's Semi-Pro division the top four seeds worked their way out to the semi-finals. In the semis Camille McCarthy downed Irene Ackerman 21-12, 21-7. In the other half of the

bracket, Gerri Stoffregen beat Dana Cornblath 21-15, 21-10. In the finals Stoffregen jumped out to an early lead to take the first game from McCarthy 21-16, but McCarthy fought back to put together a chain of strong serves to take the second game 21-14. In the tie breaker McCarthy, shooting well, drew Stoffregen to front court and then started passing to take the tie breaker 11-6. For third place it was Irene Ackerman over Dana Cornblath. The Women's Semi-Pro consolation division was won by Trish Morphew, beating Lu Gifford 21-2, 21-12.

Women's Class B finals saw Kathy Berg over Betty Mattiew 21-15, 21-19. Third place went to Marrian Cutter, when she beat Paula Pittman, 19-21, 21-16, 11-6. The consolation round was won by Marcia Landefeld.

Men's Class B drew a tough field of 50 players. Semi-final action was Melvin Kince over Ray Huss 15-21, 21-9, 11-7. In the other semi-final round J. Spickelmire downed number two seed Ken Strong. The finals saw Kince retrieve and shoot his way to victory over Spickelmire 21-14, 21-15. Third place was taken by Ray Huss as he beat Ken Strong 21-13, 21-19. Men's Class B consolation was won by Randy Frees as he beat Hal Schwartz 18-21, 21-14, 11-4.

Harold Huff won the Men's Seniors, beating Boyd Dowler in the semi-finals 21-7, 18-21, 11-4 and Rod McKinley in the finals 21-12, 21-20. McKinley gained his way to the finals by beating Brownie Vantrease 20-21, 21-8, 11-6. In the consolation division, it was Early Heidtman over Frank Redden 21-19, 21-18.

A round robin tournament saw the Women's Seniors battling against Phyllis Vantrease as she took first place. Betze Brown came in second and Nancy Kilduff emerged third.

A round robin was also played in the Boys' Junior Division with Jack Ecktmann too much for everybody as he downed all challengers and finished the tournament never losing a game. Joey Liner came in second and third was Frank Pruitt from Lexington.

Players were very helpful and the video camera provided viewing space for all. Because of the tremendous success of this tournament The Court Yard plans an annual event the second weekend of April.

—Michael D. Sipes

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Ohio

The Second Annual Dayton Area Racquetball Tournament held May 12-14 at Dayton Circuit Courts North raised over \$2,000 for Children's Medical Center, a major regional children's hospital located in Dayton. Over 200 players participated in the benefit.

Winners and second place finishers in the various tournament categories were:

Women's Novice — Peggy Winsheimer and Susan Hooghe.

Women's C — Rosemary Maxwell and Deb Shartle.

Ladies Open — Sandy Brickley and Cindy McKenzie.

Mixed Doubles — Bob Ptacek - Cindy McKenzie and Greg and Valerie Huff.

Men's Novice — Alphonse Croucher and Bruce Beemer.

Men's B — Dennis Stitsinger and Bob Ptacek.

Men's C — Carl Fischer, Jr. and Richard Roach.

Men's Senior — Harold Huff and James Marsh.

Men's Open — Dan Cartee and James Marsh.

Men's Doubles — Tom Murray - Bob Vicander and David Kronour - Melvin Kince.

Wyoming

Laramie sponsored the fifth Annual State Racquetball Tournament April 13-16 at the Kourt House Racquetball Club, Rocky Mountain's newest racquetball facility, and 101 entries across seven divisions made this the largest draw in a Wyoming State Tournament. The results:

Kris Hunter made her way through the Women's division undefeated, ousting Defending State Champion Jan Nelson in the semi-finals, then winning over Missy Mullinex to capture the Women's Division 15-21, 21-13, 11-6. Consolation winner Melinda Bliss went three rounds to beat Dot Gourley with scores of 21-7, 19-21, 11-10.

Winston Ho battled his way to the top, defeating last years state champion, Charlie Jorgenson, in an excellent match 21-19, 21-17. The Consolation division was won by Dan Huber over Greg Morris 21-9, 21-8.

The Men's Masters field proved that younger is not always better, as Dick Kehrwald won the Masters in an excellent game against Joe Benson 21-11, 21-9. The Master's consolation went to Cliff Pomeroy, over Vince Johnson 21-20, 17-21, 11-8.

In a very competitive field Jay Johnson topped Ron Clark in the finals for the B division title 21-19, 21-18. Throughout the various rounds very close tie-breaker matches were seen. The consolation was won by Robert Johnson, Jr., over Larry Grubbs.

Marilyn Kite played an excellent match against Linda Dobler to win the Women's B title 21-17, 21-19. The consolation bracket was won by Patty Akins over Scarlet Toon 19-21, 21-12, 11-2.

The Women's Doubles, with nine teams competing, provided exciting racquetball as well as good watching, the number three seeded mother and daughter team of Missy Mullinex-Marge Johnston being victorious over Kris Hunter-Marci Mitchum in the final match 21-11, 21-6, 11-6. The consolation was won by Vicki Jorgenson-Yolanda Hill against Annette Smith-Linda Dobler 19-21, 21-6, 11-7.

Seventeen teams competed in Men's Doubles. The new state champion, Winston Ho, and partner Dean Flock battled their way to the top to win a well played game against Dan Sell and Byra Kite 15-21, 21-13, 11-7. Consolation went to Bill Atencio and Charlie Wicker, over Brad Butler and Jeff Johnston 21-9, 21-9.

Thanks goes to the Kourt House Racquetball Club and its staff for providing the facility for its first state tournament. Special thanks to Dan Sell who devoted a considerable amount of time in organization and running of the tournament. And thanks to all racquetballers for their enthusiasm and participation.

Results

Men's Open

(Championship): Winston Ho d. Charlie Jorgenson 21-19, 21-17.
(Semi-Finals): Jorgenson d. Charlie Wicker 21-14, 20-21, 11-1; Ho d. Dean Flock 21-8, 21-17.
(Quarter-Finals): Jorgenson d. Ted Wiley 12-21, 21-15, 11-7; Charlie Wicker d. Mike Hopkins 21-8, 21-10; Flock d. Byra Kite 21-8, 21-10; Ho d. Mark Miller 21-10, 21-20.
(Consolation): Dan Huber d. Greg Morris 21-9, 21-8.

Men's B

(Championship): Jay Johnson d. Ron Clark 21-19, 21-18.
(Semi-Finals): Clark d. Mario Ibarra 21-18, 21-14; Johnson d. Joe Dowler 21-16, 17-21, 11-8.
(Quarter-Finals): Clark d. Hank Coe 21-6, 21-3; Ibarra d. Conrad Dobler 21-3, 21-12; Johnson d. Gary Hopkins 21-12, 21-12; Dowler d. Wataru Ogawa 21-8, 21-2.
(Consolation): Robert Johnson Jr. d. Larry Grubbs 8-21, 21-3, 11-3.

Masters

(Championship): Dick Kehrwald d. Joe Benson 21-11, 21-11.
(Semi-Finals): Kehrwald d. Ralph Holen 21-0, 21-11; Benson d. Larry Averill 21-16, 21-8, 11-7.
(Quarter-Finals): Kehrwald d. Dan Ho 21-8, 21-1; Benson d. Doug Mitchum 21-4, 21-2; Averill d. Bill Hankins (Doc) 21-9, 21-4; Holen d. Jack Taylor 21-13, 21-4.
(Consolation): Cliff Pomeroy d. Vince Johnston 21-20, 17-21, 11-8.

Men's Doubles

(Championship): Ho-Flock d. Pat Schoff-Bob Shine 21-10, 21-4; Mike Hopkins-Ted Wiley d. George Potekhen-Dean Johnson 21-3, 21-11; Dan Sell-Kite d. Dan Ho-Tony Ross 21-7, 21-9; Brian Brodersen-Bill Hankins (Doc) d. Jorgenson-Tim Schutz 12-21, 21-5, 11-10.
(Consolation): Bill Atencio-Wicker d. Brad Butler-Jeff Johnston 21-9, 21-9.

Women's A

(Championship): Kris Hunter d. Missy Mullinex 15-21, 21-13, 11-6.
(Semi-Finals): Hunter d. Jan Nelson 21-17, 21-10; Mullinex d. Mary Ann Bayless 21-13, 21-11.
(Quarter-Finals): Jan Nelson d. Marci Mitchum 21-14, 21-10; Hunter d. Patsy Hopkins 21-10, 21-15; Bayless d. Annette Smith 21-16, 21-10; Mullinex d. Ann Conolly 21-12, 21-9.
(Consolation): Melinda Bliss d. Dot Gourley 21-7, 19-21, 11-10.

Women's B

(Championship): Marilyn Kite d. Linda Dobler 21-17, 21-19.
(Semi-Finals): Kite d. Phyllis Flock 21-20, 21-11; Dobler d. Gail Williams 21-6, 21-9.
(Quarter-Finals): Flock d. Patsy Sell 21-9, 21-3; Kite d. Brenda Ruckman 21-7, 21-3; Williams d. Gene Soderberg 21-7, 21-8; Dobler d. Patty Akins 21-16, 20-21, 11-8.
(Consolation): Patty Akins d. Scarlet Toon 19-21, 21-12, 11-2.

Women's Doubles

(Championship): Mullinex-Marge Johnston d. Hunter-Marci Mitchum 21-9, 17-21, 11-4.
(Semi-Finals): Hunter-Mitchum d. Gourley-Donna Wilson 21-9, 17-21, 11-4; Mullinex-Johnston d. Hopkins-Nelson 21-5, 21-17.
(Quarter-Finals): Hunter-Mitchum d. Vicki Jorgenson-Yolanda Hill 21-19, 21-5; Gourley-Wilson d. Akins-Ruckman 21-5, 21-10; Mullinex-Johnston d. Smith-Dobler 21-11, 21-6; Hopkins-Nelson d. Barb Williams-Melinda Bliss 21-16, 21-5.
(Consolation): Jorgenson-Hill d. Dobler-Smith 19-21, 21-6, 11-7.

Pennsylvania

Twelve of the best female players from Virginia and Pennsylvania competed Feb. 4 and 5 in the First East Coast Women's Double's Racquetball Invitational at Off the Wall, Bethel Park, PA.

First place wins went to Carol Frenck and Trisha Tillotson, second to Patty Mattson and Samantha Weaver and third to Marilyn Tebbs and Marilyn Ross. Shirley Pettinato and Mary Musewicz took fourth and Eileen Turiak and Jenine Farrell came in fifth.

Indiana

Players from Indiana, Illinois and Ohio took part in the First Annual Indy Open April 21-23 at The Court Club in Indianapolis. Such fine players as Denny McDowell of Bloomington and John Barrett of Champaign, IL and Ron Johnson and Hal Broderson of Bloomington, IN were the top seeded players in the Men's Open. In the Womens Open Indiana player Camille McCarthy was the big attraction, along with number two seed, Pat Foltz of Indianapolis.

Neither Foltz nor McCarthy were threatened on their way to the finals. Camille, playing with her usual style, won over Pat in two games 21-13 and 21-7. Jane Pritchett took third place over Brigitte Huff 21-4, 21-16.

In the Men's B competition, which had 58 entries, James Crosley emerged the victor, with Scott James taking second place and Geoff Gooch placing third.

The champion of the Mens' Seniors was Earl Dixon, an Indianapolis player who didn't have much trouble in his early tournament matches. However Dixon did have to turn it on in a tough finals match with Lloyd Delman. Dixon prevailed with scores of 21-18, 21-15. Brownie Van Treese won third place honors.

Jack Eckman, the number one seed in the Junior Boys division, was victorious after an exhausting tie-breaker with John Amatulli, a 13-year-old comer from Schererville. The score was 3-21, 21-20, 11-7. Erick Rigby easily won his match for third place.

There were several exciting matches in the Women's C division, with The Court Club home players making an excellent showing. In the second round of play Kay Kuhfeld exhibited her strong drives and stamina by defeating the number one seed, Lori Fisher, 21-19, 21-17. Kay had no difficulty in defeating her remaining opponents to win the first place trophy. In the semi-finals between Pam Chapman and Anita Swank spectators were treated to an exciting tie-breaker game as Anita came from a 4-10 deficit to win 11-10. Anita placed second in the division and Pam Chapman was third.

In the Mens Open quarter-finals all four seeded players came through unscathed. The only close match was between Ron Johnson (number two) and Jim Knauer 21-18, 21-16. Denny McDowell (number one) defeated Dan Chapman, 21-8, 21-9; John Barrett (number three) defeated Jim Spicklemire 21-12, 21-9, and Hal Broderson (number four) defeated Bob Craig 21-9, 21-16. The semi-finals Sunday morning featured top seeded McDowell in an exhibition of total control over Broderson, with a dazzling variety of ace serves, crisp passes and consistent kill shots. McDowell took an 18-0 lead in the 1st game before Broderson got on the score board. Result: McDowell in two 21-3, 21-14. Meanwhile Barrett and Johnson were next door having a shootout with Johnson coming up short two straight games. Barrett avenged an earlier defeat this year held in Louisville. The afternoon final between Barrett and McDowell was packed with spectators who arrived as much as 45 minutes early to get a choice viewing position. Rumor had

it that Barrett had never won a game from McDowell in tournament action and both had looked unbeatable all weekend. Barrett unloaded in the first game and shot from everywhere except the hallway. Game one was all Barrett 21-7. Game two was a little closer in the early going when McDowell slowed his service with lobs and the pace with ceiling balls. Barrett paused for a tie at 7-all and started his attack with three quick roll outs. McDowell held on for a few more points, but was simply overpowered, time and again. Barrett took the second game for the Men's Open win at 21-17. The play for third between Johnson and Broderson found Johnson on top in 17-21, 21-16, 11-5.

The hospitality committee did a fine job of making the players feel welcome. Many of the Clubs members showed their interest in the tournament by not only working on various committees, but also by bringing in home baked cakes, cookies and other snacks for the players to enjoy. All agreed that it was a terrific tournament and we are looking forward to the Second Annual Indy Open.

—Mary Ann Johnston

Results

Men's Open

(1st & 2nd rounds): Harold Huff d. Terri Frisk 21-11, 21-19; Lee Van Treese d. Dick McCabe 7-21, 11-6; Dan Chapman d. Ken Strong 21-8, 21-6; Chuck Solomon d. Ron Parr 21-5, 15-21, 11-5; Bob Craig, III d. Bob Orsini 21-7, 21-6; Kim Drake d. Ed Studniarz 21-5, 21-17; John Barrett d. Steve Renfro 21-1, 21-7; Duane Mulvaney d. Rod Hofis 21-20, 21-20; Jim Spicklemire d. Mike Ellis 15-21, 21-7, 11-7; Rex Lawler d. Geoff Gooch 21-17, 21-10; Jim Knauer d. Bill Lancel 21-14, 21-10; Paul Kruger d. Russ Craig 19-21, 21-9, 11-3; Jim Hall d. Chuck Parsons 21-5, 21-5; McDowell d. Huff 21-12, 21-14; Chapman d. Van Treese 21-17, 21-11; Bob Craig, III d. Solomon 21-20, 21-9; Broderson d. Drake 19-21, 21-7, 11-5; Barrett d. Mulvaney 21-4, 21-13; Spicklemire d. Lawler 21-14, 17-21, 11-6; Knauer d. Kruger 21-12, 13-21, 11-3; Johnson d. Hall 21-6, 12-21, 11-3.

(Quarter-finals): McDowell d. Chapman 21-8, 21-9; Broderson d. Bob Craig, III 21-9, 21-16; Barrett d. Spicklemire 21-12, 21-9; Johnson d. Knauer 21-18, 21-16.

(Semi-finals): McDowell d. Broderson 21-3, 21-11; Barrett d. Johnson 21-5, 21-15.

(Finals): Barrett d. McDowell 21-17, 21-7.

(Third Place): Johnson d. Broderson 17-21, 21-16, 11-5.

(Consolation): Parr d. Frisk 21-10, 9-21, 11-8.

Women's Open

(1st round): Julia Marshall d. Helen Parr 21-10, 21-5; Carol Fox d. Donna Stapleton 15-21, 21-12, 11-1.

(Quarter-Finals): Camille McCarthy d. Marshall 21-4, 21-7; Jane Pritchett d. Pam Hofer 21-6, 21-18; Brigitte Huff d. Phyllis Van Treese 21-3, 21-10; Pat Foltz d. Fox 21-7, 21-0.

(Semi-Finals): McCarthy d. Pritchett 21-4, 21-3; Foltz d. Huff 21-4, 21-0.

(Finals): McCarthy d. Foltz 21-13, 21-7.

(Third Place): Pritchett d. Huff 21-4, 21-16.

(Consolation): Hofer d. Van Treese 21-15, 21-3.

Men's B

(1st & 2nd Round): Bill Fellmeth d. Ed Montgomery 15-21, 21-15, 11-9; Greg Gummere d. William Studebaker 21-8, 21-10; Mike Hernandez d. Dave Bock 21-3, 21-8; Tom Johnson d. Charles Gordon 21-13, 21-18; Scott James d. Larry Bloom 21-15, 21-3; Craig Urban d. Brent Bracey 21-7, 21-11; Mike Snyder d. Bill Shepherd 21-0, 21-15; Randy Craig d. James Logan 21-19, 20-21, 11-10; Tom Worrell d. Ron Blue 21-9, 21-19; John Isenbarger d. Charles Larman 21-3, 21-4; Jeff McDowell d. Steve Hood 21-8, 21-7; Doug Perry d. Frank Steinman 14-21, 21-17, 11-10; Roger Ware d. Fellmeth 21-9, 21-13; Hernandez d. Gummere 21-3, 21-11; Dustin Silver d. Johnson 21-9, 21-12; James d. Walker 21-2, 21-10; Snyder d. Urban 21-16, 21-17; Randy Craig d. Worrell 21-11, 12-21, 11-9; McDowell d. Isenbarger 21-20, 21-19; Russ Craig d. Perry 21-6, 21-6; Robert Fisher d. Daniel Karnowsky 21-16, 21-3; Jim Hamilton d. Tim Phelps 21-8, 21-11; Lyn Gavin d. Gary Souders 21-4, 21-5; Dan Whitmire d. Steve McPherson 21-13, 21-9; Steve Abbey d. Rod

Morris 21-12, 21-8; James Crosley d. Gregg Butler 21-5, 21-8; Steve Cain d. Scott Loughheed 21-11, 21-7; Ken Miller d. Bud Wade 21-6, 10-21, 11-0; Bruce Sexton d. John Wood 21-4, 21-11; Dick Fiorelli d. Peter Kupperbusch 21-4, 21-11; Steve Renfro d. Dan Myers 21-8, 21-9; Bob Stapleton d. Bob Craig, Jr. 20-21, 21-4, 11-2; Dan Raetz d. Dave Bazna 21-4, 21-9; Bill Lancel d. Karnowsky 21-10, 21-5; Gavin d. Hamilton 21-16, 21-14; Whitmire d. Abbey 21-9, 21-16; Crosley d. Leo McCarthy 21-8, 21-20; Miller d. Cain 19-21, 21-14, 11-6; Sexton d. Fiorelli 21-4, 21-6; Stapleton d. Renfro 21-3, 21-5; Geoff d. Raetz 21-7, 21-15.

(Third round): Ware d. Hernandez 21-7, 21-11; James d. Silver 21-15, 21-19; Snyder d. Randy Craig 21-10, 21-8; McDowell d. Russ Craig 21-12, 13-21, 11-6; Gavin d. Lancel 21-11, 21-16; Crosley d. Whitmire 21-5, 21-11; Sexton d. Miller 21-16, 21-15; Gooch d. Stapleton 21-18, 21-16.

(Quarter-finals): James d. Ware 21-13, 15-21, 11-8; Snyder d. McDowell 21-12, 21-11; Crosley d. Gavin 21-11, 21-4; Gooch d. Sexton 21-17, 21-12.

(Semi-Finals): James d. Snyder 21-15, 9-21, 11-9; Crosley d. Gooch 21-5, 21-11.

(Finals): Crosley d. James 21-14, 21-11.

(Third Place): Gooch d. Snyder 9-21, 21-18, 11-9.

(Consolation): Gordon d. Butler 21-15, 21-9.

Men's Seniors

(1st & 2nd Round): Del Daines d. Charles Moore 10-21, 21-8, 11-8; Chuck Solomon d. Daines 19-21, 21-12, 11-10; Larry Webber d. Jeff Delys 21-7, 21-9; Lloyd Delman d. Dustin Silver 21-2, 21-11; Bob Solon d. Russ Heil 21-15, 21-16; Earl Dixon d. Bob Craig, Jr. 21-5, 21-2; Barry Wallack d. Larry Pritchett 21-10, 21-18; Dale McClain d. Bill Lindner 21-5, 21-12; Brownie Van Treese d. Bob Kuhfeld 21-9, 21-5.

(Quarter-finals): Solomon d. Webber 21-12, 7-21, 11-10; Delman d. Solon 21-16, 21-14; Dixon d. Wallack 21-11, 21-9; Van Treese d. McClain 21-3, 21-8.

(Semi-Finals): Delman d. Solomon 18-21, 21-18, 11-2; Dixon d. Van Treese 21-12, 21-10.

(Finals): Dixon d. Delman 21-18, 21-15.

(Third Place): Van Treese d. Solomon (forfeit).

(Consolation): Silver d. Pritchett 5-21, 21-12, 11-6.

Women's C

(1st & 2nd Round): Diane Unger d. Terri Dugan 21-7, 21-12; Lori Fisher d. Dalea Gray 21-9, 21-2; Kay Kuhfeld d. Donna Johnson 21-5, 21-2; Connie Tillery d. Jean Craig 21-11, 21-7; Linda Durr d. Linda Kauffman 21-0, 21-0; Pam Chapman d. Terry Pettitt 21-8, 21-8; Frankie Grider d. Dina Pritchett 21-9, 21-6; Patsy Jones d. Judy Sartin 21-12, 21-17; Anita Swank d. Unger 21-0, 21-4.

(Quarter-finals): Kuhfeld d. Fisher 21-19, 21-17; Durr d. Tillery 21-13, 21-19; Chapman d. Grider 21-9, 21-2; Swank d. Jones 21-12, 21-0.

(Semi-finals): Kuhfeld d. Durr 21-6, 21-10; Swank d. Chapman 18-21, 21-13, 11-10.

(Finals): Kuhfeld d. Swank 21-7, 21-8.

(Third Place): Chapman d. Durr 21-18, 21-13.

(Consolation): Craig d. Pettitt 21-10, 21-7.

Junior Boys

(1st Round): Matt Johnston d. Paul Obear 21-9, 21-5.

(Quarter-finals): Jack Eckman d. Johnston 21-1, 21-1; John Wesner d. Larry McDowell 21-10, 17-21, 11-1; John Amatulli d. Matt Meyerson 21-9, 21-8; Erick Rigby d. Wes Marshall 21-5, 21-6.

(Semi-Finals): Eckman d. Wesner 21-11, 21-5; Amatulli d. Rigby 21-16, 21-19.

(Finals): Eckman d. Amatulli 3-21, 21-20, 11-7.

(Third Place): Rigby d. Wesner 21-3, 21-4.

(Consolation): McDowell d. Marshall (forfeit).



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Illinois

The Illinois State Racquetball Association staged the largest racquetball tournament in history May 4-7 at the Glass Court in Lombard, with 803 entrants.

The organization was tremendous, and it would be impossible to mention all the people who broke their backs to make the tournament successful, but we can't help mentioning some. Tom Street, the dauntless leader of the ISRA, was present throughout the entire tournament, making sure that everything was running smoothly, encouraging workers, congratulating players and handling all the all-night sessions with a spirit that belied his lack of sleep. It is his leadership and his efforts like this over the past year and a half that have earned Tom the respect and admiration of players, sponsors and ISRA members alike, and qualified him hands down to be the first recipient of the Louis P. Zahn Memorial Governor's Cup Award, which was presented to him during the finals Sunday afternoon.

Al Shetzer, the tireless secretary-treasurer of the ISRA, was everywhere, helping to keep the tournament moving, and Clyde Senters showed that his facility is capable of handling a tournament of this size without a hitch. Ellie Hertz, Jack Moskwa, Steve Boren, Bill Feigen, Bob Troyer, Jim Stotz and Gay Kenna gave unstintingly of their time and effort to make the tournament run efficiently. The innovative idea of walkie-talkies between the courts and the control desk was the key to keeping the matches on time most of the week-end, and the players themselves were very cooperative.

Men's Open

It looked like another Deuster-Dern confrontation was in the offing here, but Steve Sulli broke up that thought when he upset Ric in the semi-finals, 21-16, 21-10. Steve was shooting crisply and was never headed in the second game. He had wins over Mike Suppan in the round of 32, 21-15, 21-15, Mark Coleman, 21-3, 21-13 in the round of 16 and withstood a second game scare from Scott Hemphill in the quarters 21-3, 21-18.

Meanwhile Bob Deuster was decisively working his way through the lower bracket with victories over Jim Murphy, 21-13, 21-7 in the round of 32, Dennis Majher, 21-19, 21-10 in the round of 16, and 21-8, 21-14 over John Barrett in the quarters. The number three seed, Dennis McDowell, tried to repeat his performance in the Regionals when he upset Deuster, but Bob was ready for him this time. After losing game one 18-21, Bob came out firing to even it at 21-12, and kept the pressure on to take the tie-breaker, 11-5.

In the finals Deuster was shooting well and, combined with some uncharacteristic skipping by Sulli, he moved out to an early 12-6 lead. Steve honed his racquet during a time out and started to chip away at the lead with some nice backhand kills. He got close, but fell short 21-19. In the second game Deuster didn't miss any opportunities and rolled on to a 21-13 championship victory. Bob's recent absences from area tournaments have not hurt his competitive edge, and he is taking up where he left off.

Dennis McDowell was awarded third place by default.

Sue Carow, right, backhands a Glenda Pommerich shot during their intense finals match in the Women's Open division of the Illinois State Racquetball Association's tournament at the Glass Court, Lombard. Pommerich won the match 18-21, 21-7, 11-10.



Women's Open

With all due respect to the Men's Open this Division was where the excitement was.

It started early in the round of 16 when Lynn Farmer upset number three seed Gail Klein. Lynn came out shooting and did not let up to take game one 21-13. Gail found her power game to even things up 7-21, but Lynn did not fold under pressure and took command in the tie-breaker to come out on top 11-6.

The excitement continued in the quarters when number one seed Bev Franks was ousted by sharp-shooting Nancy Kronenfeld. Nancy had Bev on the ropes right from the start, and was virtually everywhere. When she didn't kill it, she kept the ball in play until Bev made a mistake. The scores were 21-12, and 21-14.

Meanwhile number two seed Sue Carow and four seed Glenda Pommerich were heading for the finals. Carow dispatched Elena Carbajal 21-3, 21-1, and Barbara Edelstein, 21-1, 21-2. In the semi's she defeated Pam Prina, who had eliminated Farmer, in the first match where Sue had been pressed 21-14, 21-13.

Pommerich had a little tougher time, but she was shooting well in wins over Kris Biggs 21-6, 21-11 and Sheryl Weiss, 21-4, 21-13, and defeated Kronenfeld in the semi's, 21-16, 21-5. She had to

come form behind in game one after trailing 12-4, but had no trouble in game two.

The finals had the gallery on the edge of its collective seat. Glenda was hot at the start of the game, and Carow, reluctant to shoot, merely played her retrieve and pass game. This resulted in a 13-4 lead for Pommerich and it looked like a ho-hummer. But Sue changed her strategy and slowly struggled back. She started shooting her forehand a lot, and her backhand, too, making some superb shots. Glenda, for some reason, stopped shooting as much as she had been, and Carow caught her at 15. Each rally was surrendered grudgingly, and Sue took the first game 21-18. In the second game some of Glenda's kills were sensational, and she did not let up, tying it 21-7. The tie-breaker started off the same way with Glenda taking a commanding 6-0 lead. But Carow dug in, never gave up on any shot, and brought it back to 8-all. Sue astounded even those who know her game with some of the spectacular gets she made, and Glenda, feeling the pressure, responded in kind. At 10-all Glenda rolled one out to capture the championship 11-10, and the crowd gave both players a well-deserved standing ovation.

In the battle for third Kronenfeld took a hard-earned first game over Prina 21-16, rested in the second 4-21 and came on strong in the tie-breaker, 11-7.

Men's Seniors

Jim Clemons repeated his Midwest Regional magic in the State as he two-gamed it all the way to the Championship. Combining power and accuracy with a superb display of retrieving he had successive wins over Jim Harper 21-10, 21-18; Bill Williamson 21-16, 21-11; Joe Goldberg 21-16, 21-12, and Shelly Clar in the finals, 21-10, 21-8.

Clar, the number three seed, had gained the finals with victories over Don Webb, 21-16, 21-17, Scott Berry, 21-4, 21-20 and Jordan Tilden, 21-15, 21-14.

Tilden captured third place honors with a 21-9, 21-12 win over Joe Goldberg.

Men's B

Kevin Semenas shot his way to the top in the Men's B division. The 120 man draw saw some excellent matches, and Kevin was in several of them. He had a round of 32 win over Tom Costa 21-11, 21-17, then had to go three games to get past Paul Weber 14-21, 21-8, 11-7. In the quarters he came up against tough Lindsay Eastman, the man with the less than golden arm. Lindsay, keeping his shooting arm wrapped to lessen the strain, was unable to keep Semenas from getting his shots, and Kevin rolled them out to advance to the semi's 17-21, 21-12, 11-1. There he met number two seed, Jerry Sayers. Kevin was as sharp as a Brumfield barb as he edged Sayers 21-20, then cruised into the finals 21-11.

The finals went to a tie-breaker as Semenas bumped heads with Herb Grigg, the number one seed. Kevin captured game one 21-17, with a display of excellent shooting. Herb turned the tables in game two with an 8-21 blowout, but it was all Kevin in the tie-breaker 11-4.

Grigg had defeated John Schenck 21-8, 21-13, Ken Krebs, 21-12, 21-3 and Gary Saretsky, 21-4, 21-14 to gain the finals.

In the match for third place Sayers regained his shooting form to cop the trophy 21-16, 21-18.

Women's B

Mary Tordella rapped out three successive tie-breaker wins to gain the B Championship. In the round of 16 she turned back Diane Gabrisco 21-1, 21-8. Then in the quarters she bested Cheryl Smith 21-20, 11-21, 11-5, followed by a tense come from behind victory in the semi's over Laurel Davis 16-21, 21-19, 11-4. She met Susan Lee Yovic in the finals, took the first game 21-15, fell 16-21 and came back strong for the title 11-4.

Yovic advanced to the finals with tough wins over Lee Collins 13-21, 21-17, 11-3, Roselle Jacobsen 21-20, 20-21, 11-10 in a classic and Maureen Kruml 11-21, 21-17, 11-6.

For third place it was Kruml over Davis 21-11, 20-21, 11-4.

Men's C

Jim Cartwright emerged as the Class of the C Division with a gritty showing against Ed Burns in the finals 21-19, 18-21, 11-5.

—Jim Harper

Results

Men's C

(Finals): Cartwright d. Burns 21-19, 18-21, 11-5.

(Third): Jennings d. Schneider, 21-20, 21-18.

Women's C

(Finals): Prishing d. Volkadav 21-17, 21-9.

(Third): Kenna d. Azeka 21-17, 14-21, 11-6.

Men's Masters

(Finals): Troyer d. Eggert 21-10, 21-11.

(3rd): Hanke d. Schuberth.

Men's Golden Masters

(Finals): Shively d. Gerrish 6-21, 21-18, 11-1.

(3rd): Salvesen d. Jacobitz 21-11, 21-3.

Women's Seniors

(Finals): Deuster d. Maskalunis 21-11, 21-8.

(3rd): Dowd d. Markus 21-10, 21-15.

Junior Boys 17 and Under

(Finals): Carvallo d. Gallagher 21-20, 21-16.

(3rd): Sampson d. Shanks 21-5, 21-3.

Junior Girls 17 and Under

(Finals): Paice d. Allweiss 21-19, 21-19.

(3rd): Koza d. Siebert 21-10, 21-18.

Junior Boys 15 and Under

(Finals): Slazas d. Newman 21-3, 21-9.

(3rd): Moskwa d. Santen 21-4, 21-14.

Men's Novice

(Finals): Dubin d. Mah, 21-20, 18-21, 11-6.

(3rd): Mason d. Schwartz 21-15, 21-14.

Women's Novice

(Finals): Edgington d. Taylor, 21-18, 12-21, 11-10.

(3rd): Trousdale d. Dohr 21-7, 21-9.

Minnesota

Believe it or not, women in Minnesota do more than ski and hibernate during the winter months. They play racquetball! And judging from the enthusiasm of the more than 80 participants in the second annual USRA sanctioned Women's State Tournament, the sport is here to stay. Held May 5-7 at the Kings Court Racquetball and Handball Club in Roseville, the tourney resulted in trophies for:

A Singles: 1st — Nancy Harrer, 2nd — Elaine Weiss, Consolation — Tammy Taylor.

B Singles: 1st — Ellen Kurland, 2nd — Jane MacLain, 3rd — Sandi Riach, Consolation — Marilyn Sturm.

C Singles: 1st — Kathy Mueller, 2nd — Liz Murray, 3rd — Marta Groess, Consolation — Lois Payment.

Novice: 1st — Darlene Gosselin, 2nd — Teri Douglas, Consolation — Lisa Adam.

A Doubles: 1st — Ev Dillon and Nancy Cato, 2nd — Barb Tennyson and Andrea Brosch.

B Doubles: 1st — Tammy Taylor and Becky Beck, 2nd — Meg Sander and Terry Schimbeno, Consolation — Sandi Riach and Edie Kittelsen.

For both spectators and participants the State Tournament was exciting and challenging and proved to Minnesotans that women's racquetball is indeed to be taken seriously! Hats off to the tournament committee from Roseville, the participants and spectators for laying the groundwork necessary for many more years of women's state tournaments.

—Sandi Riach



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How Much Exercise Can You Handle?

Cooper's Center Comes Up with the Answer

by Nick Longhurst

This is the second of a two-part *National Racquetball* series on the Aerobics Center in Dallas, TX, the world's most famous facility for learning how to exercise for health.

"Ouch that pinches" . . . The jaws of the caliper skin fold test device do exactly that. They pinch a fold of skin and tell just how much surface fat there is on the body. It's a simple test, and deadly accurate in showing just how much excess there is on the outside . . . when you pinch the fold of fat in the spare tire around your middle, you are doing the same thing.



Racquetball, running, basketball, swimming or a multitude of less strenuous sports will slowly, over a period of months, pull back into health the "hopeless" cases lucky enough to find a place at the Aerobics Center.

But for them the first run is always the hardest — and while making that first run, they never leave the colonial style building which contains the Cooper Clinic — that part of the Aerobics Center that houses most of the examination rooms, consultation rooms and offices.

For even before our overweight, potential heart attack victim can sign on the dotted line, there is a stiff medical examination.

For four hours Dr. Cooper's staff uses a series of inquisitive machines to monitor just what responses — if any — each newcomer has.

There's something which looks like a medieval torture device and the one machine which corporate executives all over the world hate more than a trip to the boss's office — the treadmill.

Officially titled the "maximal performance treadmill stress test with multi lead electrocardiograph monitoring" it's the sort of test everyone should go through on a regular basis — corporate executive or not.

As the patient runs up an ever increasing angle against increasing pressure, the device monitors everything from cardiac response, and blood pressure through pulse rate . . . all under stress.

"It can be quite a hard test for a newcomer. Especially if he is the sort of person who has not had any tough exercise before and who has a known history of medical problems," Dr. Cooper says.

"But we are very careful about conducting the treadmill test. We have never lost anyone during a test. Either I or one of the staff members is with the patient constantly. We monitor heart function very closely and if there is something abnormal — we stop the test."



The all-seeing electronic monitoring devices perform an important function in the Aerobics Center approach to health. "Find out exactly what is wrong first before setting a course to better health in the future," says Dr. Cooper. "First on the list for a prospective Center member is the treadmill test, set up to monitor 15 different functions under stress."

That Ominous Bulge

But that is only part of the initiation program. Ordinary looking calipers are used to check the skin fat layer . . . too much and it produces an ominous looking bulge right between the jaws of the device.

"We take the most extensive medical look possible at our patient," explains Dr. Cooper.

"There is a complete physical examination — blood tests for 16 different studies, urinalysis, cancer checks, a glucose tolerance test and the best invention of them all . . . the 'tank'."

The tank is a tool to measure the percentage of fat to tissue in body weight. There is an easy way to check that, by finding out the specific gravity of the body. Hence one standing room only single seater tank — which looks more like a spacecraft re-entry capsule, in which the body gets a quick dunking.

Almost 50 per cent of the patients at the Aerobics Center are there thanks to their employers. Companies are beginning to realize that there is something — if only eventual savings in medical care costs — in Dr. Cooper's maxim — *An ounce of prevention is worth a pound . . . etcetera.*

And after the testing is over, trained medical aides advise the newcomer just what sort of sport to start with.

"There is no way the majority of our patients could go out and run a mile around our special track — no more than a person in normal health could go and enter a marathon," says Dr. Cooper.



"Some people start with short walks, and often they need nitroglycerine pills that their doctors have been prescribing for that. Our aim is to get their hearts functioning as normally as possible and the sooner they can do without pills the better."

Regular exercise is the key. Everyday the pace builds up — distances get longer and the "reborn" athlete begins to get confidence in his abilities.

"Confidence in their bodies is the most important thing," explains Activities Center Director Bill Grantham.

"We have people who have suffered long histories of their bodies telling them that they have had enough. We have to get things functioning again."

What may seem "small time" walks around an indoor track not much larger than the basketball court it surrounds, are often the most important steps some of the Aerobics Center patients will take.

Lights Set the Pace

"There is a sequential light system so that they can pace themselves and learn to understand the body responses," says Bill.

"Just by keeping up with the lights relieves some of the tedium and anxiety they tend to experience."

And as their pace shoots up, they begin to enter more and more points into the computer terminal — closer to the magic 30 point per week total, which Dr. Cooper believes is necessary to maintain the body in a reasonable physical condition.

Looking at Dr. Ken Cooper today — a sparsely built man in the peak of health with the mild manners of a monk — it is hard to believe that a few years ago, when he was graduated from Harvard Medical School, he was overweight and definitely not in shape for the water ski session he attempted shortly afterwards.

He felt so bad he was physically sick, and he decided he would try to get back the old high school track standards he set as a distance miler.

He used shame techniques — the conscience-on-the-shoulder trick which makes people hate themselves — to improve. He got better, to the point that in 1962 he was running in the gruelling Boston marathon.

"I was the last official finisher," he explains with a smile, from his office just inside the imposing front door of his colonaded building.

Dr. Cooper was already thinking of ways to quantify exercise. To try to determine how much was needed to fully develop the body.

Would you willingly step into a thing like this? It looks more like the cousin of a medieval torture device, a sort of medical iron maiden, but the fat tank is an essential part of the Aerobics Centers' battery of pre-entry tests. With total immersion, the tank tells the specific gravity of whichever body is inside and trained technicians can calculate the amount of fat to body weight.



30,000 Guinea Pigs

He had plenty of chance working as an Air Force Medical Officer. He had 30,000 guinea pigs and an inquisitive desire to find out the differences between the weight lifters who couldn't run a mile and the desk bound overweight officers who panted climbing the stairs on a hot day.

His studies became the book, *Aerobics*, a best seller when it was published in 1968 and the doorway to his Aerobics Center when he started it on leaving the Air Force in 1970.

What is it all about?

"It seemed to me that the more oxygen a body can absorb, the richer the supply will be to all the nooks and crannies in the body where it is needed to convert food into energy."

Racquetball is a great sport for those people wishing to increase their aerobic potential, according to Dr. Cooper.

"When we first opened our two courts at the center in 1975 they were swamped and people kept asking me to build more. But I am going to wait a short while to see how racquetball develops itself as a trend."

"There are over five million people playing the game and whatever the sport, it's rewarding to know that 25 percent of the adult population of America is involved in some fitness program or another."

More and More Racquetball

"I used to play handball back in the service in the 1950's, but I was doing minor surgery at the time and when I played handball my hands were often so swollen I couldn't hold a scalpel properly.

"I never developed much expertise at it but I retained enough court sense to be able to play the racquetball I play now. Not much - I'm still a long distance runner - but I do happen to be playing racquetball more and more.

"I have no choice, my two children are insisting I play with them. They are still young, but the beauty of racquetball is that it is a co-educational sport all ages and all sizes can play and have fun at. That is what makes it such a good family sport.

"It has all the lively characteristics to it so that it can be picked up in a hurry and enjoyed. And if the player has any dexterity or athletic ability, the improvements in the basic playing of the sport are intensely rewarding.

"There is no question that racquetball is a good aerobics workout. That is why I rate it at nine points per hour along with handball. Just over three hours per week is enough to maintain the good aerobics fitness level and more can only improve the player's physical and cardiovascular condition."

There is some special advice the health conscious doctor can give to racquetball players, especially beginners . . .

Cooper's Warning

"I believe that it is a good idea to wear eye guards. Here at the Center we have had three or four eye injuries and I have been thinking about instituting an eyeguard rule on the courts. It is senseless to ruin such a beneficial exercise with injuries - even if they are just temporary - to something as precious as our eyes." ●

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Illustration by Pat Huggins

Feature

The Secret

by John Chelucci

I am a nutritionist. Today I placed the following ad in the *New York Times*.

Wanted: hopelessly fat, or incurably thin, female who can't speak or talk, to share fun and good times playing racquetball; must have own court. Sincere replies only.



Having been disturbed at all hours of the day and night for three years for free nutritional guidance by family, friends, friends of friends and barking dogs, on the verge of total collapse, I decided to go underground. I knew exactly how to do it, too. Well almost. Just before completely disappearing from the social scene six months ago, my neighbor, Tom Sullivan, slipped me a small piece of paper.

"Don't tell anyone."

"Don't tell anyone what?" I asked, a bit alarmed by the glazed look on his smiling face.

"Don't tell Agnes," he whispered; then he was gone. Agnes was his wife.

I rummaged through some back issues of *Nutrition Today*, found the faded slip of paper and gingerly unfolded it. The handwriting was bold, clear: *Courts Royal . . . Racquetball!*

On the back, the address and another warning: *the courts are white*

By nightfall I had accomplished what had to be done; letters of resignation to three clubs, a note of apology for not being able to make my brother's upcoming wedding and lists of chores for the wife and kids to keep the place running. More importantly I had purchased my supplies, white sneakers, wooden racquet and a white cotton sweat suit. I nailed a recently-ironed, white sheet to the wall, nervously donned my new disguise and with the sheet as a backdrop looked into the mirror. The confrontation took my breath away. Like Bela Lugosi I too cast no reflection. I wept joyously.

The next morning I awoke refreshed. Easing the car into the street I pretended not to notice Mrs. Ferguson atop the hood pounding on the front windshield, pointing to her bottle of vitamins. Finally at an especially abrupt stoplight I lost her and, unfortunately, the left windshield wiper; shortly thereafter, however, I pulled up beside

a formidable building at the designated address. The young man at the desk smiled conspiratorially, showed me the way to the lockers, then he too disappeared. Minutes later I walked into a racquetball court for the first time. The chemistry was electric. Smooth white walls, no windows, the smell of stale sweat, and there in the far corner, also completely in white, my neighbor, my savior, Tom Sullivan. He glanced up smiling, then gasped as he recognized me. I quickly put a finger to my lips, and we both relaxed.

Those first weeks on the courts, in beginners' anonymity, were uninterrupted bliss. I laughed and danced about the place chasing that elusive orb carelessly, as oblivious of the other players as they of me. For the first time since receiving my degree I felt accepted; I was content to finally be with people who liked me for what I was, unskilled and ignorant.

Then it happened. One hot day after an enjoyable game with Tom (or approximately a game, we never kept score), while sitting outside the courts midst the general hubbub of people chattering about kills, shooting this, blasting that, and who can slaughter whom, I casually remarked that I could sure use a good electrolyte.

The awesome quiet that hushed every voice, stilled every motion made the hair on the nape of my neck rise. Tom looked at me with incredulous bulging eyes. Was someone filming an E. F. Hutton commercial? The unbearable stillness was mercifully broken by the advance of a Tournament player directly toward us. Tom could endure it no longer and bolted, whimpering with terror. I recognized it as a Tournament player not by the dual wrist bands, aerodynamic racquet with matching gloved hand, nor polyester blue/gold warm-up . . . but by those peculiar round welts on his legs. This one must have been the leader; he had one right in the middle of his forehead.

His voice was powerful, demanding. *"What did you just say?"*

"Elect a sight," I stammered, pleased at how quickly my mind worked under pressure. Someone in the background snickered.

"No you didn't. You said electrolyte, a fluid replacement. Who are you?"

By now there were five or six of them surrounding me, looking at me for the first time since I'd joined the club. Tournament players, all of them. Instinctively I knew now was the time to give name, rank, and serial number. *"Eagle scout, third class,"* I sputtered.

Suddenly I heard a gleeful squeal from one of the girls. *"I know him, he's a nutritionist!"*

Foiled again.

I got home that evening three hours after the club closed. Not only was I forced to reveal the secrets of a good electrolyte, but I also was debriefed on glucose, protein, vitamins B and E and lecithin. When they satisfied themselves as to my authenticity, they began the real questions. Sunken eyes burning intently they grilled me endlessly about the darker secrets, bee pollen, royal honey, loading . . . even PH changes. Exhausted, eyes glazed, mindless I was finally allowed to leave after promising to meet with them again the next night. Confident I would be there, and eager initiate into their ranks, they hinted they might even hit a few with me.

That was three weeks ago. I still play racquetball, disguised, robes and all, as a Catholic monk. But just yesterday my beard slipped off while one of them was walking by; his suspicious, laughing *"Hey, what are you?"* seemed satisfied when I told him I was a writer, a harmless enough lie, but still too close an encounter. I know my time is running out. My only hope lies with my ad in the *Times*. Until then, however, don't tell Mildred! ●

Pro Jay Jones Falls off Horses, Plays Superhero as Hollywood Stunt Man

by Nick Longhurst



The scene is Hollywood. The cameras are rolling and a western is in progress. It's the old story, fleeing bad guy being chased by the goodies.

Suddenly a cowboy-hatted figure leaps from a rocky outcrop and grabs the passing rider, tumbling them both to the ground for a hearty fist fight.

The take ends and covered in dust, the flying stunt man gets gingerly to his feet checking for any bits and pieces of body which may not be synchronizing too well.

His face, liberally streaked with dirt, is well recognizable to racquetball fans as that of Jay Jones, who, when he is not performing stunts, goes out and battles his way around the pro tour.

Currently number nine seed Jay is the top example of just how racquetball can sharpen other skills.

"But that doesn't mean that any C players can improve their game by falling off horses. The Stunt business takes a lot of nerve, practice and dedication, . . . and that's just to stay the right side of that ragged line between success and failure," he explained in a recent *National Racquetball* interview.

Jay may be the only stunt man currently on the tour, but he is also, at the ripe old age of 35, the father of the professional athletes who form the racquetball pro tour circus.

Jay plays a grubby sheepherder in a Walt Disney movie, *Menace on the Mountain*.



Lightening Bolts Sparkle Round His Fingers

And right now he has a few other titles as well. Television viewers in California may not recognize him leaping over the Datsun 280 Z's in an all channel Television commercial, but it's Jay all right. The masked, cloaked "Datsunman," a kind of automotive superhero with lighting bolts sparkling from his fingertips at the sight of luxury options, delivers the lines "My mission on this planet is to bring you the truth about the great deals you can get at your dedicated Datsun dealer."

Maybe not quite Oscar winning material, but Jay's doing quite well out of it.

Jay first started professional stunt work 14 years ago: "It's fun doing stunt work. Few people really know how difficult it is to get everything perfect for the cameras. And if it's not right the first time . . . we just go again until it is."

"Stunt work I love, but I'm not foolish to make it my whole life. Racquetball plays a big part of it, too."

It's probably the actor in him, but whatever Jones is doing, he looks the part. Decked out in his Leach equipment Jay holds on to a respectable placing on the pro tour. Dressed in a sharp business suit he is currently general manager of a group of racquetball facilities under construction.

And as he relaxed in his plush office, he talked about his past and the start of his special love for racquetball.

Jones was born in Dallas, never knew his father too well and was often in fights in an area of the Texas city where kids didn't know any other way.

Jay's stunt career began with an old silent picture stunt man — one of the best in Hollywood — called Carl Pitti. Carl was one of two hopefuls who were selected to try for Roy Rogers' original job. Carl doubled for Zorro at one point, too.

"When I was young, one of the strongest things I ever remember was wanting to win," Jones said. "I wanted to win — anything — more than anything else in the world."

"Maybe that's why the on court antics of a lot of the younger players — while I don't condone them — don't faze me too much."

Someone should teach this guy to ride . . .

Jones goes for what could probably be termed an over the rump roll out.



Dreaming about Gladiators

"As a kid I dreamed about being a stuntman. I thought these people were like old style gladiators."

"Through high school, and then during the four years I served in the air force air commandos, I used to get names of actors and stuntmen from the movie magazines and I would write to them, care of, the studios."

"Carl Pitti was the only one who ever answered me. He wrote a letter of discouragement telling me how tough

it was. He gave me all the negatives . . . and ended by saying that if I was still interested he would help me."

"When I was discharged, I went to Carl's home close to MGM studios in Culver City and he took me under his wing. As a kid I had taught myself how to use a bull whip, knives, how to throw tomahawks and I could even ride like an Indian. He helped me hone those skills to the perfection needed in the movie industry."

"My first few jobs were eye openers. I was 22 years old, ready for the glamour, and I soon found out that

stunt work was really just a professional athlete's job. It required perfect skills, involved lots of gymnastics and choreography.

"But, as I soon found out, there is much more to falling off a horse than just parting company with the saddle. The stunt has to be prepared, and the skill is being able to get up from one stunt, ready to do another."

"Everything is planned. It is not like in the old days when you just got drunk enough to get the courage to do whatever had to be done once... and hoped that it was a good take."

"I did stunts on the TV series, *Man from U.N.C.L.E.* for three years then I flew the inter galactic voyages with *Star Trek*.

"In three and a half years I did all the *Star Trek* stunts, doubled all the guys from one time to another and even wore Dr. Spock's pointed ears. I was also hopping from sound stage to sound stage. I would do *Star Trek*, then go into the *Wild West* and do a stunt on *Bonanza* or *High Chaparral*. They were all being made on the same Paramount Studio lot."

Jay still does stunts from time to time, but one of his last TV appearances was in a different role, that of the anchor man on racquetball's own P.B.S. TV show from Phoenix.

"I love both racquetball and television and this assignment combined both. It was a great experience working with Charlie Brumfield and helping racquetball move onto the TV screens where it belongs."

He Keeps Tabs on Opponents

Jay may be older than the other pros he regularly meets on the cross country pro trek, but he believes that there is still a solid place for a player who uses his head.

Jay, who began playing racquetball seven years ago, keeps a log of all his opponents, listing their percentage success records on each shot.

"When I go into a court, I pretty well know not only what sort of game they will play, but also the weaknesses I can exploit."

"I do play by plays on a mini tape recorder. It may take as much as five hours to get the feel of it but it's worth it."

"The biggest problem with me is that I don't have the recovery that the younger players have. I can have two good wins two successive days, - hard games which take their toll out of any player, young or old - but when the third day comes, I find that unlike the younger ones - I don't have a quick rebuild of strength and coordination. I can go two good ones, the third one is always a lot harder to find."

"By the third day the fun has gone. I find some of my aggression slipping away with the sores."

Jay is happy with his performances - he has beaten players like Hogan, Serot, Strandemo, Brumfield, Wagner and Bledsoe in tournaments, but he can't find the extra zip to do it consistently in top tournament play.

So why carry on.

Explains Jay: "I play on the pro tour because it is the only place I can find the level of play that I need. Playing on the tour is fun - it's my recreation and vacation. I work seven days a week and the only time I ever get away is to go and play."

If the polo fields and racquetball courts ever merge, Jones will definitely be the man to watch... he already is on speaking terms with the horse (or some part of it).



"One thing," he added jokingly, "I could start my whole career over again if there was a pro tour for seniors."

Jay, as well as playing and running several racquetball oriented businesses, part owns several racquetball facilities dotted around the country.

And he was responsible for manufacturing some of the shirts used on the pro tour last season. So it is no wonder he says, "Racquetball is my life, I have enjoyed both the playing and business aspects of it."

Jay also has an extra interest in seeing a growing future for racquetball. There are two identical ten-year-old Jones', Brent and Brad, who are getting some of the best professional racquetball instruction around.

"And they are going to be great winners," says a proud father. ●

Basketball Beats Hockey At All-Pro Racquetball Tournament

Quaffing Coors between matches are, left to right, Fred Ahern, Derrick Dickey, USRA National Commissioner Joe Ardito and Adolph Coors Company Vice President of Marketing Lee Shelton. All-Pro Winner Dickey defeated Ahern in the semi-finals.



Gail Goodrich, veteran basketball pro, was one of the winners of the NBA-NHL competition.



Jim Flood, the idea man behind the pro athletes' racquetball competition, is managing partner of All-Pro Sports, Ltd., which is operating the series of events sponsored by Coors Beer in conjunction with Leach Industries and Seamco Sporting Goods.

Two basketball players defeated two hockey players in the final round July 12 in Las Vegas of the NBA-NHL competition, a portion of the \$188,000 Coors All-Pro Racquetball Championship.

Derreck Dickey, former Golden State Warrior and now a free agent, beat Buffalo Sabre Jim Schoenfeld 21-11, 21-5. Gail Goodrich, who plays with the New Orleans Jazz, downed St. Louis Blue Jim Roberts 21-17, 21-5.

In the quarter-finals Dickey defeated New York Islanders' Lorne Henning 21-0, 21-0; Cleveland Barons' Fred Ahern beat Islanders' Jude Drouin 21-6, 21-7; Schoenfeld downed New Jersey Nets' David Wohl 21-0, 21-7 and Detroit Redwings' Dennis Hextall won over Phoenix Suns' Ron Lee 21-16, 21-15. Other scores were Houston Rockets' Rick Barry over Los Angeles Kings' Don Kozak 21-14, 21-14; Roberts over Islanders' Clark Gillies 21-3, 21-4; Atlanta Flames' Gene Carr over San Diego's Randy Smith 21-11, 21-13 and Goodrich over Blues' Barry Gibbs 21-11, 21-13.

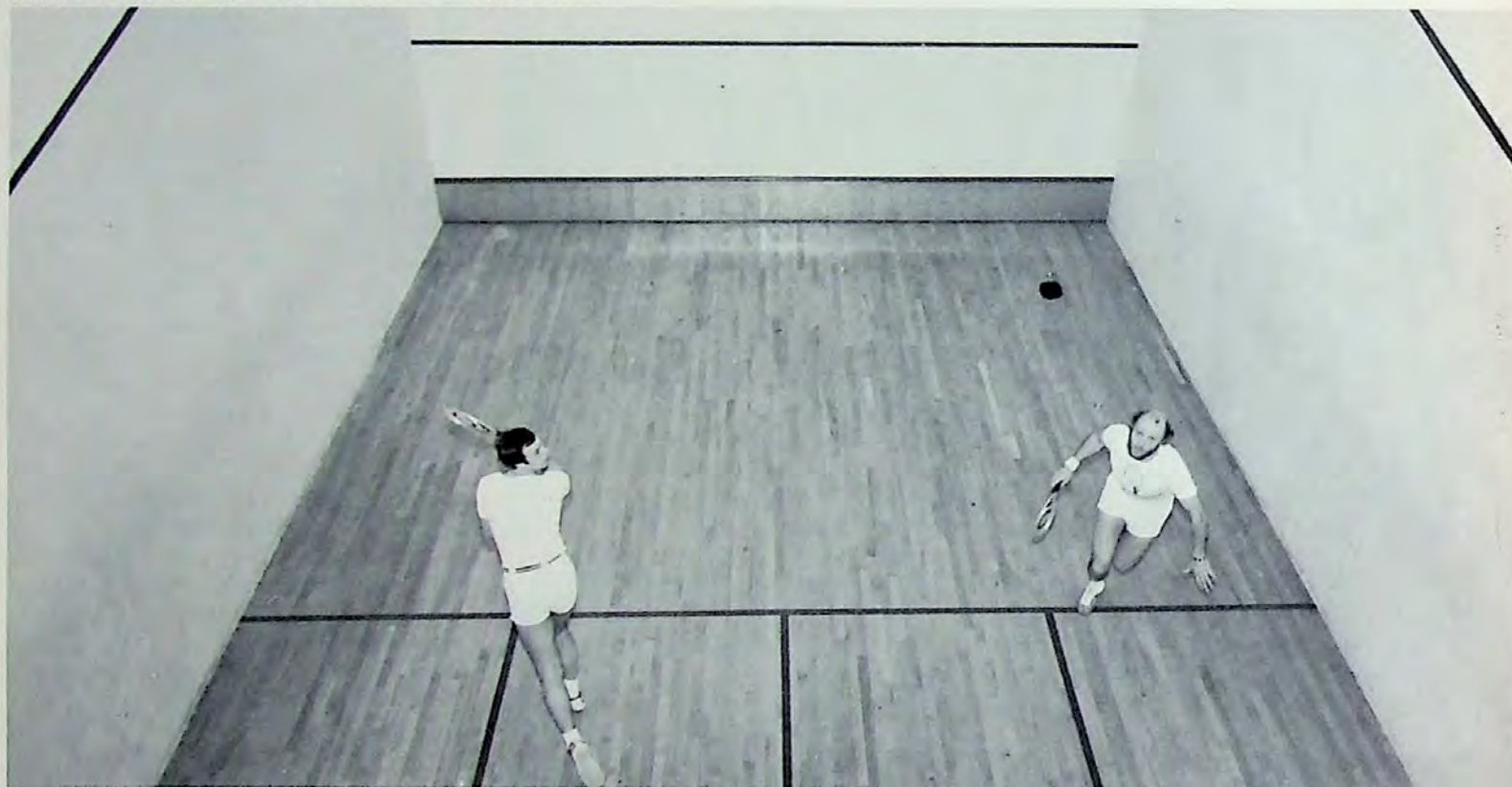
Dickey and Goodrich each earned \$4,000 and will advance to the All-Pro Championship rounds and compete against qualifiers from six other professional sports in the Grand Finals, scheduled for January, 1979. Schoenfeld and Roberts earned \$2,000 each and the quarter finalists went home with \$1,000 apiece. ●

When an Englishman Plays Racquetball

He Takes a Very British View of the Game

by John Parry

British racquetball players use a conventional squash court.



"Playing racquetball on a squash court is for us the finest and best way of getting the game started in Britain. As squash courts spread around Europe, I'm sure racquetball will develop at the same time."

The speaker is Chester Nobbs, member of the Council of the British Racquetball Association and a driving force behind the development of the game here in Britain. Racquetball currently is played at close to 100 different centers and from here has spread to Australia, where it's played with what Nobbs describes as "a very slow ball indeed." Regulation racquetball courts as they're known in the United States don't exist in Britain, and as Nobbs says, "for obvious commercial reasons it would be

illogical not to utilize the facilities we already have here in substantial numbers.

"Obviously the rules of the game had to be altered slightly to adjust to the squash court, which is shorter than a racquetball court," Nobbs told *National Racquetball*. "And of course, the ball can't be hit onto the ceiling."

The British carried out various experiments with ball speed in seeking to adapt the game to squash courts, and found that their best ball has slightly less bounce than the regulation U.S. ball.

"We've experimented with very slow balls but we found this makes the game too much like squash," he says.

"One of the attractions of racquetball played with a reasonably fast ball is that it makes the game very different and particularly attractive to young people, women and others who would find squash an unattractive game anyway."

The rules adopted by the British don't have too many changes of substance from either those of squash or those of racquetball in the U.S. The game is played to 9 "simply because to play to 15 or 21 would cause each game to be somewhat too long," Nobbs told *National Racquetball*, adding: "because the ball cannot be hit to just above floor level on the front wall the game we play here has more finesse and rather less hard hitting."

Hitting to "A Good Length"

"If the ball is hit too hard it's always retrievable from the back wall so hitting to a good length plays a very important part in our game."

How else does the British game differ from the American? Nobbs, who's played in both countries says there's one major difference.

"When I've played and seen the game in the States, I've noticed that when a ball's hit very low to the front wall it's difficult for anyone to decide whether it's bounced once or five times before it's been retrieved. There's a tendency for top players to throw themselves forward in order to get the ball up."

"I suspect that as the game gets more sophisticated in the States it may be necessary to introduce a line above the floor on the front wall below which the ball may not be hit; of course if that happened, the American game would be a lot closer to ours than it is as we play it today."

Nobbs, like enthusiasts everywhere, is convinced that racquetball is the game of the future. But he sees it developing on different lines in the U.S. and elsewhere.

"It's quite clear from the developments which have taken place outside the United States already that a slightly different game to that played in the U.S. will emerge," he says. "But I hope that we in the British Racquetball Association have been prudent in the way we have encouraged the game to develop on squash courts, and that we'll eventually be able to have international competition."

So far the international links of the British are pretty tenuous. They're in regular touch with Australia and correspond from time to time with other countries: Sweden and Germany have already evinced some interest, he says. But the British have no formal links with U.S. racquetball players stationed at U.S. forces bases in Britain, who are controlled by the European Racquetball Association, headquartered in Frankfurt, Germany.

Chester Nobbs and Barbara Diggins demonstrate their version of racquetball during a major squash tournament.



Letting It Grow on Its Own

The future? Nobbs thinks that squash courts play will cause racquetball to grow of its own volition.

"We don't believe in attempting to publicize the game in anything like the way it's done in the States," he says modestly, "and in any case in Britain we're relying on existing facilities designed for another sport."

Squash courts in Britain have a high level of utilization in the evening and weekends, and Nobbs looks to racquetball to increase court use, and thus raise the profitability of facilities.

It's interesting that when people start playing racquetball they become addicted to it, and that they're often very good players of squash or other racquet games," he says.

The Sports Council, a government body which hands out cash grants to sports bodies in Britain, has become interested in racquetball and is shortly

publishing a major article on the sport in its own magazine, which should lead to even more interest.

No mean player himself Nobbs first played racquetball on a squash court at Seattle Tennis Club where, he says, *"there appeared to be no rules enabling the game to be played in that kind of court."* He has also played in Chicago at the club in McClurg Court and now takes part in demonstrations staged during squash tournaments in Britain.

In a recent game Nobbs took on Barbara Diggins, a British woman ranked among the world's top 10 squash players, and beat her by two games to one in a racquetball demonstration staged during an interval at a major squash tournament.

"It was very close and caused a great deal of interest," he says with typical British understatement. ●



Racquetball — The Game of The Future

USRA/NRC President Bob Kendler's annual speech to the players at the National Championships awards banquet touched on many areas of concern to the racquetball world.

Among these were the future plans of the USRA/NRC regarding the professional tour, the position of the associations within the sport and general outlook for the next 10 years.

Highlights of Mr. Kendler's remarks follow.

Thank you for giving me a few moments of your time, and forgive me if that nasty word "*handball*" creeps into my remarks now and then. You see, I just returned from the National Handball Championships in Tucson where a record breaking entry of 933 kept us on our toes. When you consider that, along with racquetball, we conducted five big national handball championships . . . including the Junior, Master, Intercollegiate and Outdoor . . . plus nine Regional Championships, 41 State Championships and 11 professional stops, I know you'll forgive me for an occasional mention of the word handball.

The reason I kind of slipped in that handball commercial was because I wanted you to know that when you add all the handball tournaments to nearly 500 racquetball tournaments we are

Kendler Announces New Sponsor Plan for 78-79 Pro Tour



Photos by Arthur Shay

involved in, you will understand why we are recognized as the largest tournament management organization in America. This is not, in itself, our brightest light, however. The fact that we have never canceled a tournament, never suspended a player, never failed to stage a scheduled tournament . . . makes us just about the most reliable promoter in the court sports. We consider ourselves specialists in every phase of the tournament business. Handball, like racquetball, has its own staff, and every member of our staff is a specialist with but one responsibility at each tournament. This they do better than anyone else, and that's why they are on our team. To this day not one man has ever been replaced, and we still have every man we had when we started racquetball 10 years ago! They know the work so well, they know the players so well that, for us, it is easy to run a tournament. It's more like a family reunion.

Forgive me for bragging but it's time that everyone in handball and racquetball realizes how much we do to make a success of court sports. And just as I told the National Handball Convention, I love racquetball as much as I do handball, even though I am not a player. So try to understand my dual role, and remember that I learned a lot running handball for 40 years and this passed on to racquetball. I believe that's why racquetball got off to such a good start.

As I look back now, it is hard for me to believe that anyone ever had any doubt about racquetball's influence for good. After a couple of very stormy years I settled the *handball* players down and, today, they respect your skills as much as I do. Ironically, although handball supplied all the courts 10 years ago, today it is racquetball that is providing the facilities. Racquetball's phenomenal growth has equally stimulated handball, making many more courts available to both sports. It

should please you to know that you did more with racquetball in 10 years than handball did in a thousand. Of course, I wasn't here a thousand years ago!

This is a very proud moment for me. It marks the end of our first decade, and the beginning of our second. I sincerely hope that God will guide us as wisely in our second 10 years as He did in our first. In 1968 would anyone have believed that in 1978 we would be running the biggest national tournament ever held in one of the great new clubs?

Would they have believed that 10 years down the road we would be involved in almost 500 national, regional, state and local racquetball tournaments a year? And that in 10 years some 700 court clubs would be built, giving America a totally new industry now estimated at a billion dollars? Did you know that most every new court club received some guidance from us?

You'll probably never believe this, but I really went into racquetball like I did handball . . . just for the fun of it. Honestly I had no more idea of making this "big business" than you did. Nevertheless here we are with a billion dollar hobby; and if you think this is *not* big business, you should have to spend a day at our office. All you have to see is the caliber of people on our team, and you'll know that success, for us, is a foregone conclusion. There are no adequate words to describe the quality and character of our fine young staff, all players! Some day, perhaps, this sport will recognize them and generate a meaningful reward for these kids who deserve a lot of the credit I get.

I strongly suspect that you are asking yourself, "What is the future of racquetball?" Well, we think there is a lot more that *could* be done and *should* be done. Perhaps I should start with the pro prospects first. It is with considerable pride that I announce a new format for next season's Men's and Women's Professional Racquetball Tour. As you all know the Pro Tour in the past has been sponsored by Colgate, Leach and Seamco. These three companies have assumed the total funding responsibilities for the Professional Tour.

However, after discussing this funding approach with Jack Grimm of Colgate, Charles Drake of Leach and Al Mackie of Seamco, we have decided that the Pro Tour has outgrown this funding structure. Accordingly we decided to restructure the 1978-79 Professional Tour and pattern it after the funding format utilized in other major individual sports . . . such as tennis, golf, and bowling. The structure of the Tour will once again include a series of regular tour events culminated by the Men's and Women's National Professional Championship. Now all manufacturers

will be able to make a contribution to racquetball and share its manifold blessings instead of tearing apart the sport as in tennis — one and all can work together to build it and enjoy unity and prosperity. The new format will be a positive peacemaker and at the same time provide direction that can only enrich the game. I would like to say this is some of my genius, but honestly, — the thanks belong to my two guardian angels, — Al Mackie and Charlie Drake.

Each of the regular tour stops for men and women will be sponsored by a variety of companies . . . some within the racquetball industry and some without. By reshaping the funding structure in this manner we will allow the professional game to grow in a way which is commensurate with the growth of the overall sport. At the same time we will allow players a better opportunity to make a meaningful career as professionals.

Let's get down to some specifics. Colgate-Palmolive Company has agreed to serve as the overriding sponsor for the Men's and Women's Pro tour. In this capacity Colgate will serve as the sponsor for the National Championships, for which it will put up \$50,000 in prize money. They have also agreed to make available \$75,000 to fund a Bonus Program which will reward both men and women whose performance throughout the regular tour events merit distinction. Each of the regular tour events will offer *more* prize money than in the past, for both men and women.

Seamco Sporting Goods has once again agreed to serve as a major sponsor for the tour. Leach Industries and its Taiwan partner, Kunnan Enterprises, have also agreed to serve as major sponsors.

The National Racquetball Club has received tentative commitments to sponsor tour events from Catalina Sportswear, Coors Beer and Ralston-Purina; and negotiations are now under way with a number of major

corporations. This list includes Connecticut General Insurance Company, Hertz Rent-a-car, L'eggs Hosiery, Seven-Up, and Ektelon! Can't you just picture the crowds waiting in line to attend our National Championships, maybe next year at Madison Square Garden? Don't laugh . . . we're working on it!

Now if that is not enough, we plan a greatly expanded State Program for our amateurs. I hope this won't ruffle any feathers, but we think the amateurs, the ladies and the juniors should be our first considerations. We certainly intend to serve this area far more generously than we have in the past.

If you are beginning to wonder how all this is possible, consider this.

Last year Seamco contributed 2,500 dozen tournament racquetballs and, along with Leach, contributed \$200,000 in tournament shirts. We contributed nearly \$50,000 in cash, along with score cards, magazines, rule books, draw sheets, and all the paraphernalia needed to put on successful State and Regional Championships. I sometimes think we do not fully appreciate the wonderful support we get from Al Mackie at Seamco and Charlie Drake at Leach. Now I know that they have a vested interest, but I can name several people who have also profited from our efforts and have not contributed one thin dime.

Some of you know that we have been testing the newsstand market for several months with our *National Racquetball Magazine*. Would you believe that our little publication is in such great demand that we were invited by one of America's largest distributors to go nationwide? Our August issue will climb 10,000 in circulation just as our July issue did. We have been asked for 150,000 more copies when we go on the newsstands coast to coast. Pretty good for a greenhorn, isn't it?

You know, I've stood before many conventions like this, over the years, and I have had the good fortune to be able to address a captive audience each time. If you have been one of my

Sports Illustrated Court Clubs awarded beautiful sportsmanship awards to Sarah Green (l.) and Steve Serot who accepts congratulations from USRA president Bob Kendler.



listeners, you have heard me direct my remarks to the heart of the racquetball world. I stated last year in San Diego that the true racquetball boom had not yet begun. Wait another year or two, and you will see a blossoming in racquetball that will, in fact, be the real beginning of our growth.

In 1975 I stated that by 1980 we'd have racquetball on national television, and players shook their heads. *"It can't be televised,"* they said. *"Nobody will watch."* My response was that it *can* be televised, and we *did* televise it with two shows early this season.

I stated as far back as 1968 that we would take racquetball and make it a national pastime, . . . that it would be the primary recreational outlet for Americans in all walks of life, and you see it happening now.

Here it is, June of 1978, and many things have come to pass. How ironic it is that virtually all of our predictions over the years have come true.

For years you have heard me defending the need for sound fiscal responsibility for racquetball. And do any of you wonder *why* it is that the fiscally sound National Racquetball Club and United States Racquetball Association are the leaders in racquetball? Ask the players how fast they get their checks, or the State Chairmen theirs.

Who will deny the leadership position of the USRA and NRC? Who will deny that we put on the *best* tournaments and the largest number of them? Who will deny that we publish the finest magazine of all the racquet sports, and particularly in the racquetball world? Who will deny that it was the USRA that finally organized the 50 states into cohesive units, helping each other through the national office to further

promote racquetball throughout the nation? Who will deny that we are running this sport with our eyes on fiscal and moral standards . . . which is why we are not only strong, but respected as well.

Will anybody challenge the fact that our leadership has been the catalyst that sparked the growth? That our leadership created the players who spawned this billion dollar industry? Do you think it was an accident that created this industry in just ten short years? We have brought this sport through the years of jealousy, bickering, cynicism and suspicion. We have traveled the longest road, the toughest road and the most hazardous road.

The leadership of the USRA and NRC has been the driving force behind racquetball, and I assure you we will *continue* to be the driving force for as

long as this game is played. We will continue to stand up for what we believe. Pay no heed to the rumors, the legal threats, or the opportunists. Strong and forceful leadership is all racquetball needs. And we will give racquetball that leadership with the highest of principles . . . always listening closely to the players and being motivated by their best interests.

One of my reasons for believing in the future of racquetball is its *worldwide* acceptance as the sports craze of the future. I'll give you a good example. In March of this year the International Sport Summit convened in Monte Carlo . . . a meeting of the world's sports leaders to hold seminars and discussions on the trends of the business of sports.

What interested me about that meeting were the remarks of Joseph Termini, publisher of *Sporting Goods* magazine and Thomas Greenidge, president of the Continental Group and a sports management expert.

Reminding attendees that the U.S. market is fadish they cited the snow ski explosion of the fifties, ice hockey in the sixties and tennis in the 70's as examples, while predicting that racquetball would be the growth sport of the 80's.

Now I have never met either Mr. Termini or Mr. Greenidge, yet both men have enough faith in racquetball to announce to the world that *our* sport will be the growth sport of the 80's. So thank you, gentlemen, wherever you are!

What is the future of this fine sport of racquetball? Assuming we are at the crossroads, what do these two roads hold for us? What are our alternatives? People have compared racquetball with many other sports that have come before it . . . bowling, tennis, squash and others. We are flattered to be included in such distinguished company; however, we prefer not to be compared in the same terms as these other activities. We know who has the best game!

Each sport is different, has a variety of appeals and has its ups and downs in public acceptance. The participation curve for some of these activities looks like a drawing of the Rocky Mountains. I don't believe for one minute that racquetball's participation curve will ever show a downslide like those just mentioned . . . at least not until we reach a plateau of 50 million players, a goal I feel is realistic and attainable by the year 1990.

As for us . . .

We will continue to spend more than we take in, just like we always have . . . despite what the *Wall Street Journal* may say. The pros will play for considerably more prize money than they did this season, which was considerably more than last year which was *double* the year before. There will be more amateur events, bigger state tournaments, more juniors promotion and an even finer magazine. And we will continue to be the leaders in this sport. The USRA and NRC are in the business of racquetball to provide this nation with an athletic endeavor designed to make racquetball teams out of street gangs. When we put modules of two and three hundred courts into the inner city, the ghetto and the blighted areas, when we lift the minorities, the underprivileged and the truants into our way of life, spreading our gospel *in the urban* as in the suburban areas — then we will have done the ultimate good with our sport and for our poor. And if I live, by God we'll do it!

We believe in racquetball as the method of improving the quality of life for all people, but more especially, our youth.

As this takes place, we must not lose sight of the fact that racquetball is still an infant in amateur and professional sports. Because of that infancy it possesses innate characteristics of innocence and vulnerability that can be challenged by the advent of big money and opportunists who have but one interest in the sport . . . money. It's when these external influences enter in that the integrity and purism of the sport are jeopardized. We've seen things happen to other sports that I assure you won't happen to ours. Racquetball

is our baby and, although this might be our latent paternal instinct coming out, we intend to protect our child and help it develop a character-building way of life.

We are particularly proud of our efforts in behalf of our women players. What has certainly been a forerunner of the Equal Rights Amendment is the Pro Tour we set up for women. It has paved the way for women to make their contribution to racquetball . . . just like our Junior program did for the youngsters. Without the fair sex and our kids, racquetball wouldn't be nearly as popular as it is.

For us success is only one thing . . . an inspiration to the young and a comfort to the old. H. G. Wells, the famous British writer, says, "*The only true measure of success is the ratio between what we might have been on one hand, and the thing we have made of ourselves on the other.*" That makes sense. Furthermore a successful individual is one who is well organized, well integrated, healthy minded, in control of himself; an individual who has no mix-ups, no quirks, no disorganization; one who is a whole human being. I think that pretty much describes our staff.

And I think everyone on our staff deserves a bouquet. Joe Ardito does a wonderful job managing the business. Chuck Leve is his counterpart . . . managing the sport. Carol Brusslan is the Managing Editor and has done a superb job. Nick Longhurst, our West Coast editor, has uncovered movie stars of the highest caliber, and given us their stories in his remarkable articles.

The sweetest one on our staff is Evie, who works harder than I do and doesn't get any pay either. She has been an inspiration to our staff as she has been to me — and I want you all to know that no man on earth is more in love with his wife than I am.

One of my favorites on our staff is Terry Fancher, and I don't know if it's because he married my daughter, Kip, or because he did such a great job



Charlie Brumfield receives the Kendler Cup, awarded to past national champions. Other recipients included Davey Bledsoe, Shannon Wright and Peggy Steding.

Lindsay Myers shows off the plaque signifying the annual Leach/Seamco Scholarship Award, which goes to an outstanding amateur player and includes a \$5,000 college scholarship grant.



organizing the States. Dan Bertolucci has earned everyone's confidence, including mine, in managing major tournaments. Milt Presler does the outstanding art layouts you see each month and also handles production. He gets a giant portion of the credit for our magazine's eye appeal and slick professionalism. That's just *part* of our specialized team, and I count myself fortunate to be blessed by all of them, here and at the office.

We are totally dedicated to making racquetball a success. We want it to be *your* success, not ours. We want it to be *your* sport, not ours. We want it to "*light up your life*," and maybe to shed a little glow on us.

Let me close by telling you what I told the handball players. As a young boy Jesse Owens once heard a great runner say that any young person could achieve whatever his attitude toward himself would dictate. Jesse said, "*I want to be the fastest man in the world . . . the greatest runner.*"

His coach replied "*That is right, Jesse. You must have a dream. But you can be great only if you build a ladder to your dream. And,*" he added, "*the first rung of the ladder is determination; the second rung is dedication; the third rung is discipline; and the fourth rung is attitude.*"

Then the coach continued, "*The first three rungs are very important, but the fourth rung is vital. If you will form the attitude of mind that you can overcome every discouragement, that you can surmount all your difficulties, and if you put your life in God's hands, you can build that ladder to your dreams.*"

Jesse Owens adopted that attitude and, against all hardships and discouragement, he became one of the supreme athletes of all time. He said "*It*

doesn't make any difference how much is against you, how difficult the problem, how discouraged you are. If you have a positive attitude, if you believe that those things which are impossible with man ARE possible with God, you can attain your dream."

So let us all believe that racquetball is the game of the future, and that the second decade will be the threshold of a glorious new chapter. Only YOU, the PLAYERS, can make this possible! ●

Monitoring Fitness by the Resting Pulse Rate Method

by Marcus B. Sorenson, Ed. D.

Dr. Sorenson, director of the National Institute of Fitness, is a frequent contributor of health articles for National Racquetball.

How can I tell what all of this racquetball playing is doing for my health?" A legitimate question, right? All of us believe that playing racquetball regularly is good for us and that we are somehow improving our fitness through regular participation. Should someone ask the average racquetballer just how much his fitness has improved, however, he would be stuck for an answer or would offer such non-quantitative answers as "I don't get tired as easily anymore" or "I feel better when I get up in the morning" or "My clothes seem to fit better now."

The vagueness of these statements will do little to convince the nonplayer that he should engage regularly in the sport for its health benefits. They also do little to let the occasional player know that there is a great deal more to the game than just the enjoyment.

There is a very simple and interesting way to monitor the fitness effects of your racquetball playing or other fitness sport, and that is by keeping a close record of changes in your resting pulse rate. But before explaining how that is to be done it will be worthwhile to explain the effects of regular exercise on the heart, blood and blood vessels of the body.

Heart Contracts More Fully

The heart is a muscular pump, and like other muscles of the body it can grow stronger and somewhat larger through exercise. The weight lifter can strengthen and enlarge his arm and shoulder muscles through regular training with barbells. In the same manner the heart becomes larger and stronger through regular participation in endurance exercise such as racquetball, jogging, tennis and cycling. This change causes the heart to become much more efficient in its pumping action. The increased strength and size cause the heart to contract more fully with each beat and therefore put forth a larger volume of blood per beat. *Since more blood is pumped per beat, the heart at rest will need fewer beats to pump the same volume of blood and therefore the resting pulse rate will drop.*

An important change in the blood also occurs with regular endurance training. The capacity of the blood to carry oxygen increases. A given volume of blood will now carry more oxygen than before. *The heart will need fewer beats to carry the same amount of oxygen to the tissues of the body and therefore the resting pulse rate will drop.*

A third important effect of endurance training is the fact that oxygen is transferred more easily from the blood to the body cells which need it. A lesser volume of blood will now be needed since more of the available oxygen in the blood will be utilized. *Since the heart now has to pump a smaller volume of blood, it will require fewer beats and the pulse rate will drop.*

By combining the three endurance effects discussed above, some individuals have been able to slow resting pulse rate as much as 50 per cent. (i.e. a nontrained pulse rate of 80 beats per minute to a trained pulse rate of 40 beats per minute.)

New Blood Vessels Open

Other beneficial effects occur from regular participation in sports such as racquetball. Fat accumulation in the arteries and fatty deposits in the fibers of the heart and other muscles decrease. New blood vessels open up in the heart, brain and muscular system. The hormonal balance of the body also stabilizes. All of this results in better health and a great decrease in the risk and severity of heart disease. In fact the chance of heart attack among sedentary individuals is two to three times as great as it is for those who participate regularly in endurance exercises. The chance for survival after a heart attack is also about two to three times as great for the active individual. Although these benefits do not directly affect or become effected by pulse rate itself, *they do occur concurrently with a drop in pulse rate.* Therefore pulse rate is an excellent indicator of fitness and cardiovascular health levels.

Please realize that some individuals have naturally lower pulse rates than others. A person who lowers his pulse rate from 100 beats per minute (BPM) to 50 BPM has done as much for himself as the person who lowers his rate from 80 to 40 BPM. Compare your heart rate figures only with yourself when you are determining your fitness progress.

To accurately determine your resting pulse rate always take it in the morning before you get out of bed. You are the most relaxed at this time and your heart will be beating at its slowest rate. Use the second hand on a watch or clock and record your pulse rate after counting the beats for one minute. The easiest location to find your pulse is usually in the carotid artery in the neck. Use the first two fingers of your hand to

push in slightly on either side of your neck, right next to your Adam's apple. You should feel a strong beat. Other good areas are the wrist or the temple. Record your pulse rate regularly and watch it drop. Do not become alarmed if occasionally your pulse rate rises. Anxiety, sleeplessness and other factors can affect your heart by making it beat faster. Over a period of a few weeks you will establish a downward trend.

You may wish to plot your pulse rate on a graph such as this:



Be patient and give yourself at least 12 weeks to decrease your rate by 10 - 15 per cent. *You must play at least three times weekly to produce much in the way of improvement.* If you can ultimately decrease your pulse by 30-50 per cent you can rest much easier about your health and fitness.

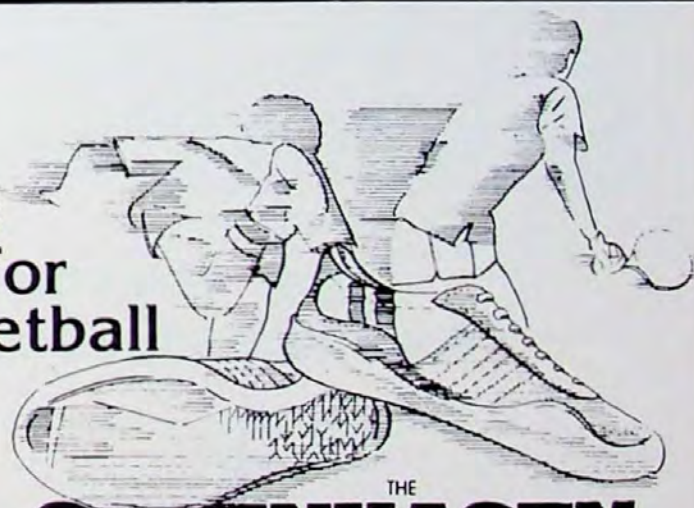
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Percentage of Pulse Rate Decrease

Rating	10%	20%	30%	40%	50%
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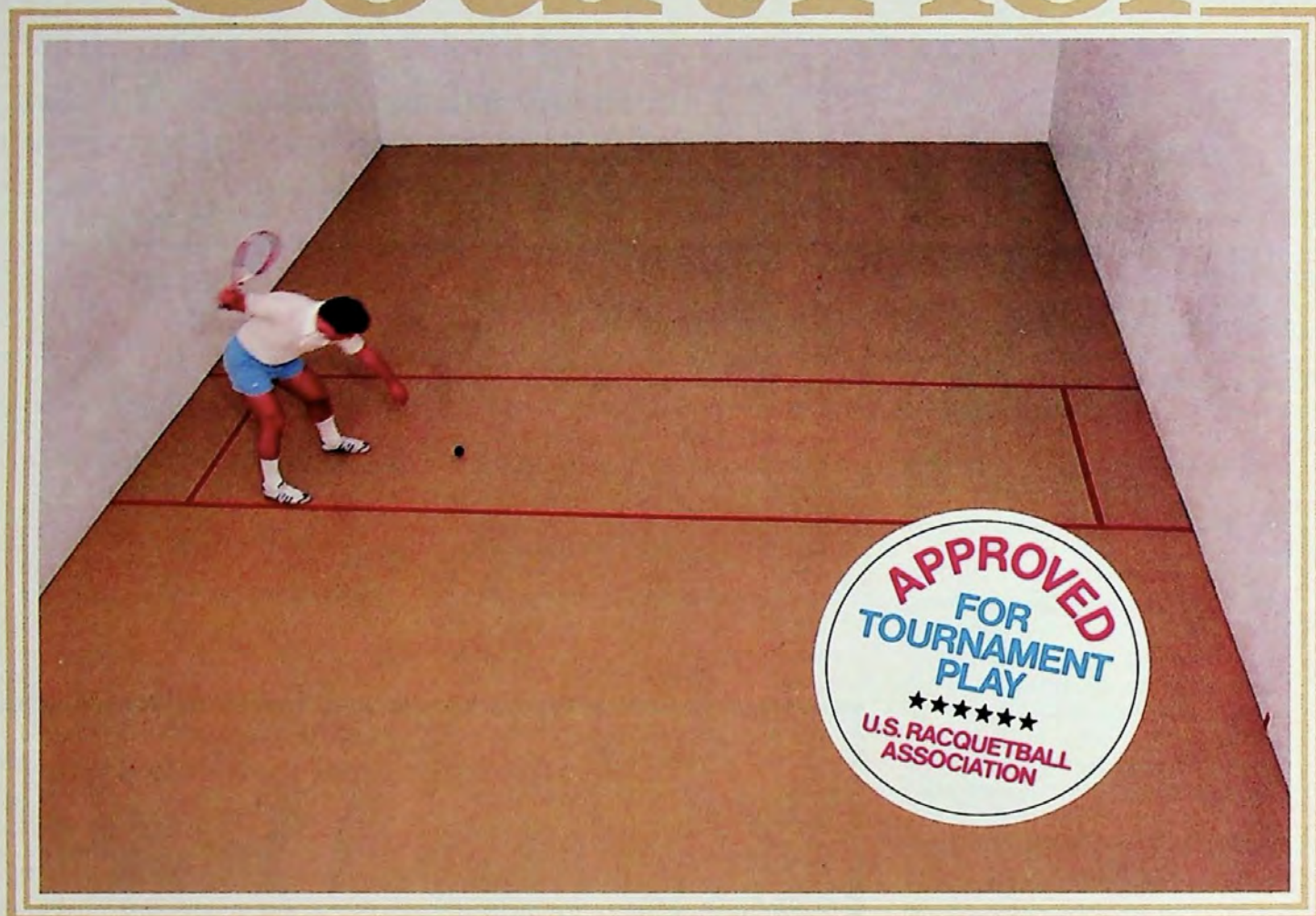


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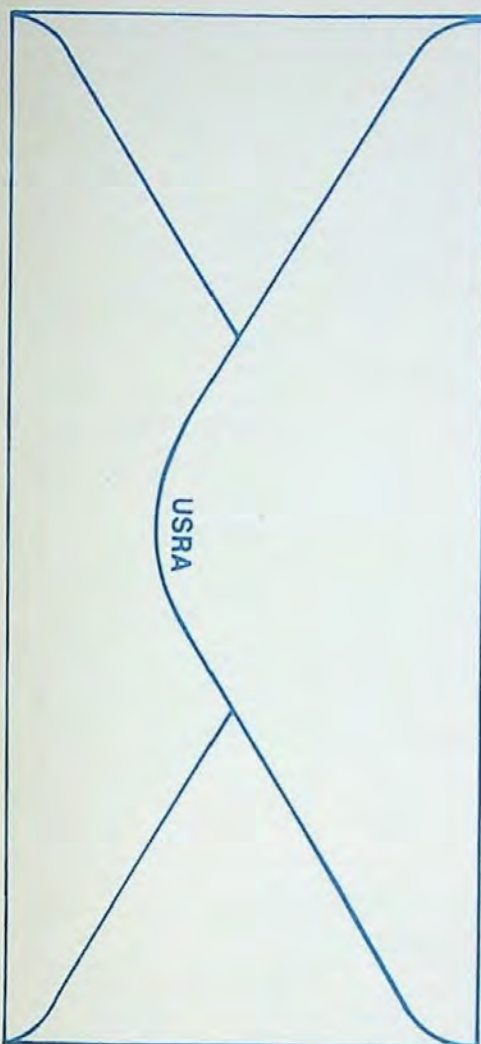
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Can't Help Saying Thanks

Dear Terry:

The Illinois State Singles Championship was such a tremendous success I feel compelled to pass on our gratitude to you and the USRA for helping to make it so.

A strong national and state association, dedicated people like Tom Street and Al Shetzer, enthusiastic sponsors — Paul Masson, Athlete's Foot, Louis Zahn Data, S & S Insurance — the fine facilities of the Glass Court, all combined to make this a happy and exciting racquetball event.

Such a tournament has to be the finest promotion of the sport of racquetball.

Peggy and Chuck Gudbransen
Lake Forest, IL

Lindsay Myers Is Canada's Champ

Dear Sir:

This letter is to bring you up to date on what is happening in Canadian Racquetball.

In your issue for April 1978, page 77, in your feature article "Canadian Government Helps Racquetball Grow North of the Border," there is a photo of Wayne Bowes and Wes Hadikin in it. Under the photo a caption reads "Wayne Bowes Canada's number one player, defeats second ranked Wes Hadikin." Please note that he was defeated by Lindsay Myers in the '77 CRA Nationals.

Sidney R. Kirson, D.D.S.
Vancouver, B.C.

Glad to Keep Kids Happy

Dear Carol:

We received our April issue of *National Racquetball* magazine and were real pleased with the article, "Keeping Kids Happy While Mother's at Play." Storm Meadows Athletic Club's program was proud to be one of the clubs chosen to portray and promote this idea. Fun for the kids as well as the parents is what we would like our club to provide.

Thank you and hope you can use our club again in the future for other articles.

Karen Macrae
Steamboat Springs, CO

Tell Us About Racquets and Shoes

Dear Mr. Kendler:

My husband and I love to receive *National Racquetball* magazine and look forward to the articles.

We were wondering if you would include a review of racquetball racquets and shoes. Because Little Rock hasn't had racquetball that long the stores don't carry a large variety of equipment and there aren't many experts. Please give us some help. Thank you.

Cheri Hall
Little Rock, AR

Look in our "Women in Racquetball" section for advice from a veteran pro on choosing a racquet and then check the chart to see what some other women pros are using. We agree that our readers want help in choosing equipment and we plan more stories of this kind. ED.

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Cover Girl, Take Off Your Earrings

Dear Editor:

As a racquetball instructor at the Community College level (Palomar College) I found the photo coverage provided Lindsay Bloom in your June, 1978 issue of *National Racquetball* in conflict with one of my personal safety rules for women students. Blessed with beginning racquetball class sizes of 32 students in eight courts I have found that the initial and most important concern in instruction is safety!

I use to think I covered about everything imaginable regarding safety, until one day a new safety consideration came to light. Earrings! A woman student wearing earrings, similar in size and design to those worn by Lindsay Bloom in your cover picture, was struck hard by a ball on one of her ears. The result was a severe tear in the earlobe. A second incident with another woman student, but not quite as serious as the first, made it quite apparent that I must strongly advise women racquetball players to remove their earrings when playing.

G. Vernon Ellison
San Marcos, CA

Better Still, Take Off the Cover

Dear Editor

I've always been an avid reader of your magazine because of it's excellent tourney coverage and fine editorials but I find your overdisplay of novice but sexy racquetballers a little bit nauseating. Your recent surge of Hollywood starlets and beauty queens leaves me wondering just who you are trying to impress.

I can appreciate the fact that you want to sell a lot of magazines, but it seems like a cheap way of getting males to pick up and read your publication.

There are many talented female ATHLETES who deserve the recognition more than a "seductively curved" beauty pageant winner who flails at the ball occasionally.

It is obvious that your magazine is male oriented as you continually exploit the female on and off the court. Couldn't you be strictly a racquetball magazine and leave the tantalizing pictures to *Penthouse* and *Oui*?

Chris McGirr
San Diego, CA.

PS: I wonder if racquetball was the only thing Bruce Radford had on his mind when giving lessons to your so called "Harlow type sex goddess?(!)"

Dear Editor:

First of all I'd like to say that Jerry Hilecher's humorous "Hilecher Mile", Art Shay's "Photography Tips" and Chuck Leve's National Picks were outstanding in the June issue, but the feature on Miss America was definitely an avoidable hinder!

I really don't see any relevance in how Ms. Bloom began her journey in a high school counselor's office and went on to a meaningful career as a "Ding-a-Ling" sister with Dean Martin. There is a time and place for everything. This article did not belong in *National Racquetball*, even though racquetball was briefly mentioned.

Can't you find some top women pros and amateurs with interesting backgrounds or occupations to write about? I'm sure there are a few gals out there with more than skin deep beauty.

If this is the direction in which women's racquetball is headed, I feel sorry for the skilled but not so good looking female players who will never be heard from.

Michael Maddocks
San Diego, CA

Hope you'll take a look at Who's Playing Racquetball? each month featuring women who practice law, counsel college students and cover the news for television, among other pursuits. ED.

Shay Helpful from Three Feet Away

Dear Carol:

Congratulations to you and Art Shay on the excellent two article series on racquetball photography.

Art's pictures in the magazine make it obvious that he knows what he is writing about. Having had seats within three feet of him at a recent pro tournament, I can also say that he is a very pleasant and helpful person as well. Although we talked briefly about cameras and films, just watching him improved my photographs of the tournament tremendously.

Thanks for a consistently excellent publication.

Richard Peck
Wauwatosa, WI

Young Athlete Likes National Racquetball

Dear Bob:

I just finished reading the April, '78 issue of *National Racquetball*, and I would just like to add my own congratulations on the great job you, your editors, your artists and the rest of your staff are doing — both on the magazine and for the sport itself.

I've asked my editor, Dan Zadra, to work on various ways of promoting racquetball in upcoming articles in *Young Athlete* for young readers around the country. Keep up the good work, Bob.

James R. Rothaus
Edmonds, WA

Instant Friendship

Dear Terry:

It only takes one simple but sincere gesture to confirm a friendship. You just did it. I was surprised and delighted at the fact that you took the time to send me the article about the European Racquetball Association from *National Racquetball*.

The report from the European front is as I expected. It's a poignant portrayal of dedication that the 91 entry, two court, 24 hour a day tournament gives us. We needn't worry over court shortages for long. As growth potential racquetball sells itself.

I work for Impact Systems, a company which builds racquetball courts in Hawaii. Though we've scarcely been in business two months and Hawaii is virgin territory for racquetball, both

interest and demand are strong. Being an avid player and promoter of the sport, I find my job highly gratifying. There clearly is a place for courts in our athletically charged community. Despite the fact that it is an indoor sport, residents are clamoring to play this new game. There are very few who aren't enchanted once they try it. So business looks good.

I have lived in Hawaii all my life and have an interest in its development. Recreational facilities are vital in maintaining that social balance between activity and frustration. That is why I was curious about racquetball in Japan. It is a sport which fulfills the activity needs of residents in congested cities in that it funnels aggressive expression. On a lighter note it is a fun family game easily learned and absolutely addicting. I personally feel the Americans had better watch out when the Japanese discover racquetball. Won't they be fabulous?

I had heard of, but not read, *National Racquetball* magazine before your April edition came out. Candidly I remark that I might not have read it then had not my photo and some complimentary remarks about me been a part of the contents. Having digested that one sample issue I am so well pleased that I enclose herewith my request to be on your subscription list. I found the coverage complete, the layout attractive, the articles articulate, the instruction portion useful and even the advertising creditable.

Jane Goodsell
Honolulu, HI

Scientists Nailed,

Dear Mr. and Mrs. Kendler:

In the May issue of *National Racquetball* magazine an article, "Scientists Nail Down Racquetball Benefits," in the health section, stated that playing racquetball for three hours a week would result in the utilization of approximately 39 pounds of fats and carbohydrates. If it were only true!

The authors, Sinclair and Goldsmit, state that about 829 calories were burned per hour. In three hours this would equal 2487 calories. In humans the ratio of calories used to pounds of stored fats and carbohydrates burned is 3,500-3,700 calories per pound. Therefore in three hours of racquetball an individual would use about 0.71 pounds of stored foods. To burn 39 pounds of stored fat and carbohydrate would require playing racquetball for about 162 hours.

Even if it takes 162 hours of racquetball to burn off 39 pounds, it is a wonderful way to spend the time.

N. Susan Bakaitis, Ph.D.
Findlay, OH

But They Clarify Their Figures

Dear Carol:

Dr. Bakaitis' comments do not surprise me as both Goldsmit and I spotted the sentence in question, plus a minor typographical error, when we read the article in the May issue.

The typesetter omitted the word "oxygen" in the sentence:

The caloric expenditure was calculated by standard procedures based upon the scientific determination of the player's oxygen consumption and carbon dioxide production.

The omission of two words, in this case "per year", justify Susan's concern. The statement challenged should read as follows:

Therefore if a person played at the level of intensity of this group of beginning racquetballers, and it is assumed that an increased skill level will result in an increased game pace, for one hour three days per week, approximately 39 pounds of stored energy (fats and carbohydrates) would be utilized per year.

Sorry we omitted those two words, and hope this correction clears up misunderstandings.

Gary D. Sinclair, Ph.D.
Vancouver, B.C., Canada

Another Bit of Confusion . . .

Dear Editor:

In the May issue of *National Racquetball* fitness benefits of racquetball appeared more elusive than nailed down. With an average male heart rate of 177 beats per minute Table 1 of the article reveals that no one 30 years or older should play racquetball because 170 bpm is their target heart rate upper limit. However four racquetball lessons do not produce the efficient skill level (especially when backpacking an eight pound spirometer) of most *National Racquetball* readers and I believe that as skill level increases heart rate decreases.

The most important cardiovascular response I have noted in regular racquetball players has

been the rather quick heart rate recovery times (returning to their resting heart rate in two minutes from 150 bpm). Heart rate recovery times provide a mirror image of how well one's heart adapts to stress.

Let's not compare ourselves with others; for always there will be greater or lesser sports. I may swim but only to improve my shoulder musculature for racquetball. I may cross country run but only to improve my cardiorespiratory fitness for racquetball, or I may play handball, but only to improve my off the back wall kill shot for racquetball. No one sport is perfect in itself, but give me all I can get from the sport I want to play — RACQUETBALL!

James E. Kellogg
Massillon, OH

Cleared Up by the Experts

Dear Carol:

James E. Kellogg appears to have missed the message regarding the concept of "heart-rated activity" and I trust that the following comments will clarify the situation. Our research revealed that a group of university physical education majors possessed both the fitness level and the ability to engage in a racquetball competition at a heart rate intensity level of 177 bpm and, thus, for their age group, achieved a cardiorespiratory system (CR) training effect through the enjoyable medium of racquetball.

The heart rate target zone (HRTZ) limits are merely guidelines, in terms of age and sex, for each of us to utilize when monitoring our workouts to determine their relative effectiveness from a CR point of view. If our activity involvement does not produce a heart rate at least equal to our lower limit, we are not exercising hard enough and will not improve our CR fitness level.

Of more importance is our awareness of the level of intensity above which a workout may be too strenuous and become detrimental to our physiological wellbeing. The upper limit of our HRTZ provides us with this precautionary information.

Consequently I trust that it is sufficient to remind JEK that as one's CR integrity increases, the exercise heart rate for the same level of exertion will be reduced, thus permitting a player to increase the tempo of the game and to endure it longer, at a reduced heart rate. JEK's concern for the recovery heart rate *after* exercise is sound, but he must realize that heart rate *during* exercise is also of importance as it is a measure of the physiological stress currently being placed upon the body.

Gary D. Sinclair, Ph.D.

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Ramblings

Having just returned from our fourth annual USRA/NRC National Championships, some thoughts on the state of the sport at the conclusion of another season:

It may very well be the time to separate the professional and amateur National Championship tournaments. In a day and age when the pros can command and get up to \$250 per seat for the Nationals, with prize money at \$30,000 and upwards, it seems that the amateurs are getting pushed around — a great disservice to them and the sport.

There is nothing wrong with high priced galleries and high priced hospitality — for professional sporting events. However if you invite amateurs to participate, and amateurs comprise over 90 percent of the event, then the thrust has to be to accommodate the amateurs, not just the pros.

Just as we've been saying all along about the juniors, i.e., give the kids their own events because the tournaments will be more meaningful and the kids will enjoy them more — the same holds true for the amateur National Championships.

In Belleville, where there were 772 entrants including an amateur open singles draw of 221, the quality of play was outstanding, certainly outstanding enough to have made it the highlight of a National Amateur Championship.

Add to that the spectacular amateur doubles competition and superb women's amateur play with the older age groups and you have the makings of a great national event.

As for the professionals — let them command the high priced galleries and the three-glass walled arenas and the \$1.40 a beer facilities. But allow the amateurs to enjoy themselves — to enjoy racquetball for the camaraderie, the hospitality and the play.

White glass — where are you? Don't you think it's time to get the glass manufacturers off their duffs and come up with what we all know is technologically possible — white glass?

White glass is the glass wall that under a special treatment, diffuses light in such a way that the walls seem white or near white to players on the inside, yet still remain transparent to spectators and television cameras on the outside.

Many of this nation's glass courts are glaring examples of the fact that inadequate lighting can make play as we know it virtually obsolete, unless the glass walls become white glass.

Today's power players force reactions from opponents in split seconds even with the best of glass courts. If the glass is highly reflective, or the lighting not balanced or strong enough, you have the makings of serve and serve racquetball.



A postscript to the comments recently published about Shannon Wright, her attitude and her game. The women's pro champ was all business on the court during the Nationals, playing and not hassling opponents or referees, a sight quite welcome.

Nobody will ever know for sure but odds are that her sponsoring company, Wilson Sporting Goods, let her know that her image was their image and what they expected that image to be.

Shannon kept her mind on hitting her shots instead of trying to upset the minds of her opponents. The end result was, she played better than I've ever seen her, a clear 10-12 points above the rest of the field.

It should be a lesson well learned by other pros as well, a lesson we've been preaching for some time — you will always play better when you concentrate on your game. Period. ●



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