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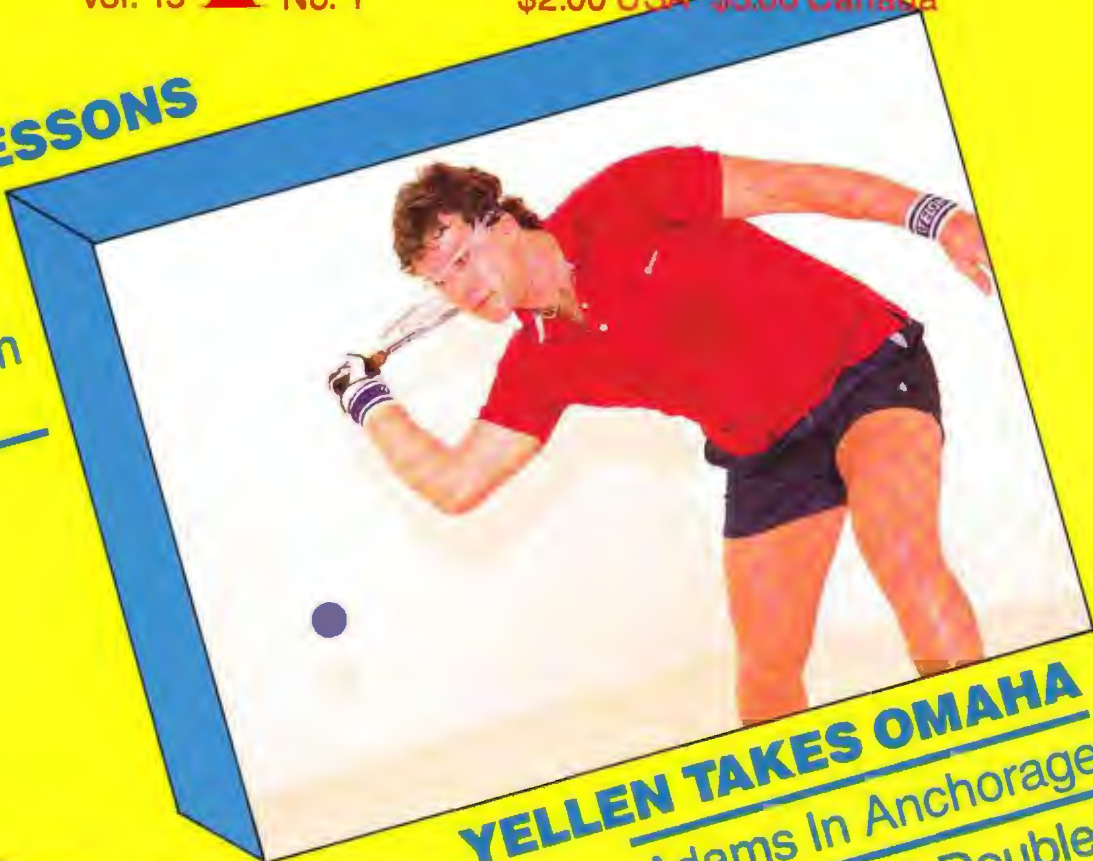
January 1986

Vol. 15 No. 1

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## WHY TAKE LESSONS

The Pros  
And Cons Of  
Learning From  
A Pro



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On the Cover: Mike Yellen photo courtesy The Phillips Organization. Club photo courtesy Donald DeMars, architect.

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# FIRST SERVE

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By Chuck Leve

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## To Learn Or Not To Learn

This is a true story. Anybody who has ever seen me play will concur. The rest of you will just have to believe me, but consider yourselves fortunate to have been spared having to see me play this crazy sport.

This month's issue centers on the theme of clubs. And whether you play in a "racquetball" club, "court" club, "multi-recreational" club, or YMCA, JCC, or other facility we hope to have touched all players by spending considerable space on the concept of lessons.

As you'll note in the two articles beginning on page 24, there is not unanimity on the answer to the question, "do lessons improve your game?" That's a bit curious (the lack of unanimity) inasmuch as logic should tell you (at least it does me) that if you receive pointers from somebody better than you, then you should improve.

Not so says one of racquetball's legendary gurus, Carl Loveday, and he raises some interesting points in support of his position. The opposite viewpoint is expounded by Mark Kessinger, himself an APRO teaching pro and long-time contributor to our pages.

As you might expect, I personally believe that lessons do improve your game. After all, think of all those wasted pages I've edited over the years if that were not the case! Gads, have we miscalculated what our readers have wanted all these past 12 years?

*National Racquetball* has always prided itself in its instructional pages. We've worked hard to bring our readers the best instructional material possible, utilizing the likes of champions and non-champions from Schmidtke to

Yellen and everybody in between. And we've paid dearly for their expertise.

But besides all that, I can personally attest to the "fact" that lessons improve one's game. That's because they improved mine.

Now before you start telling me that anything would improve my game, I should point out that I was once, in a younger state, a B player, at least around here. But that's another story and it helps that I chaired the seeding committee.

But long about the third week of my introduction to racquetball (we're talking the dark ages now folks—back in the summer of 1970) my Dad took me on the court and beat the you-know-what out of me. He enjoyed every minute, knowing that he was not only giving away 29 years to his jock son, but that he also had never played before.

My dad was (and still is, he'll proudly tell you) a handball player. Merely his knowledge of the court was enough for him to beat me. He had no backhand. He had no serve. He couldn't hit the ball lower than three feet high on the front wall. But he could beat me.

I tried for months to beat him, to no avail. I watched better players but didn't recognize what I was seeing. I even went to a tournament and saw what was supposed to happen, but couldn't duplicate it on the court.

Then one day a guy named Gerry Lapierre, one of racquetball's pioneers, came through town. Never one to let a handballer get the best of a fellow racquetballer, Lapierre (who a few years later was to make NR headlines by getting married on the glass championship court at the Tropicana Hotel in Las Vegas) offered to help me.

In about four hours over two days, Gerry gently instructed me in the sport of racquetball. Sure, I would improve without instruction, but my improvement would be slower than otherwise and I would be "self-learning" myself into severe bad habits that would be nearly incorrigible later.

Well, to end the story quickly, I ended Dad's winning streak a few days later and I know that if it wasn't for taking lessons (even if they were free), I'd probably still be losing to a guy with no backhand or kill shot. Dad now lives in Arizona, and I heard through the grapevine that he did hit a kill shot once in 1981.

This all leads me to introduce a more structured instructional section in *National Racquetball*, the beginnings of which you'll note next month. Essentially, we'll be targeting the instructional articles for beginner, intermediate and advanced players.

We feel strongly that all players can learn from all levels. The beginning players, of course, will be served well by peeking at what the intermediates and advanced players are working on, while the intermediates should never forget concentrating on the fundamentals learned as beginners, while keeping their eyes on the advanced players, where they'd like to be.

The advanced, for all their skills, can still benefit by reminders each month of where they came from, while emphasizing those certain shots and strategies that set them above the rest.

"A little knowledge is a dangerous thing," the saying goes, so check out our new focus on instructionals. It just might be the weapon you need to beat that special opponent. □

# LETTERS TO THE EDITOR

If you would like to write a letter to the Editor, please send your comments to: Letters to the Editor, National Racquetball, 4350 DiPaolo Center/Dearlove Road, Glenview, IL, 60025. All correspondence becomes the property of National Racquetball and will not be returned.

## Mistaken Identities And Lost Luggage

I am writing this letter just to make a little CORRECTION about the World Games in London. In your October issue, the player to the left in the picture is me, Raul Armendariz of Mexico, not Brendan Doyle of Ireland. If you check the records, Gustavo Retamozo and Brendan Doyle didn't even play each other.

Also, I would like to make a short notice that I lost my luggage on my way to London and I had to play with everything borrowed—from tennis shoes to racquets. I was notified that my stuff had returned back to Mexico, but when I got home, they had lost it again! I haven't gotten it back yet.

Raul Armendariz  
Cidade Juarez, Mexico

*Ah, the perils of being a world traveler. I'm sorry to hear about your luggage, but I'm glad you could travel to London to compete for your country in the World Games. Sorry about the mix-up in the caption. We'll try to get better information next time. — Ed.*

## Hey! What About Us?!

We loved your coverage of the 1985 Outdoor Nationals in the October issue. I am talking about myself, and the many of us who converge once a year on the second weekend of August at Ocean City, Maryland, for the East Coast Outdoor Championships. This year, my partner Marty Pavelic and I, won the Open doubles title for the second time since the championships began in 1982.

We have our own Dan Southern in Ocean City's three wall purist, Gary Martin. Martin defeated me in this year's Open semifinal in the tie-breaker, but was upset by an unseeded teenager by the name of Mike Engel in a thrilling 11-10 tie-breaker in the finals.

Do let California know that every summer on the East Coast, we take to the hot cement outdoor courts, too!

Mitch Smith  
Hanover, PA

*California is not the only state with Outdoor competition, just the biggest. Florida also has a lot of Outdoor racquetballers. You might give these people a call. They organize Outdoor tournaments in their states. California: Carol Herd—714-893-5821. Florida: Van Dubolsky—904-395-5356. — Ed.*

## Blacklight Racquetball

The racquetball court could, in the same way as a poster, provide a Blacklight environment. Namely the ability to play racquetball in near total darkness, yet at the same time surrounding the players with bright, fantastic color contrasts.

There would be certain technical requirements but none of which are beyond the scope of today's racquetball industry. First, one would replace the standard lighting fixtures with those of Blacklight. The court walls should be a dark Blacklight absorbing color along with strategically placed Blacklight reflective markings. The players attire, racquet, and racquetball should also be Blacklight reflective.

With these guide lines the racquetball court could be transformed into a safe, fantastic environment that, in many ways, would have the same appeal as an animated motion picture, only you would be the participant.

Thomas H. Sawicki  
Plainville, CT

## Where Are The Wheelchair Champs?

Dear Editor,

I am looking for any information I can get on wheelchair racquetball. If you have any information, could you please let me know?

Vicki Fisher  
San Luis Obispo, CA

*The Commissioner for Wheelchair Racquetball for the A.A.R.A. is Jim Leatherman, 21 South Kresson St., Baltimore, MD, 21224, 301-732-1881, or call the A.A.R.A. Headquarters in Colorado Springs, CO, 303-635-5396. — Ed.*

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## SHORT LINES

*Short Lines features personal stories of racquetball pros, celebrities, and industry leaders. Short Lines is about the special performances of racquetball people around the world, their personal bests and their personal sides.*

### We All Owe This Man A Favor

One gentleman in racquetball who's received some good media attention over the past few years is none other than the man who invented our sport, **Joe Sobek**. Sobek, who has been the subject of numerous articles, including stories in *Sports Illustrated*, has even been a guest on the television show, "To Tell The Truth".

Now, at age 67, Sobek still plays his sport on a regular basis, defeating strangers who have no idea who he is or what they are getting into when they challenge him to a friendly game of racquetball.

Did Sobek know what he was getting the nation into when in 1950, he designed a strung racquet to take the sting out of handball and paddleball?

"I knew it would explode," Sobek says proudly.

As for fame and fortune as racquetball's inventor? Well, he's not as rich as Marty Hogan.

"I have had offers to enter into business," he recently told a reporter from the Greenwich News. "But I was a successful tennis pro, and to leave, I would have had to travel a lot. If I was a lot younger, perhaps I could have done it."

Sobek nowadays is happily married, content to be the undisputed inventor of the world's fastest growing racquet



*Joe Sobek, racquetball's inventor*

sport. He's a grandfather of seven, plays racquetball two to three times a week, lives in a home he designed in Greenwich, and as for the rewards he's reaped from racquetball, he has this to say:

"Have you ever seen anyone who invented a sport as popular as racquetball who is alive today?" Alive and well and really living in the eighties seems to be Sobek's motto. Racquetball couldn't have a better inventor. □

### Kill Shots

**Mike Yellen** as Rambo? Not quite. The real story is that last summer, the U.S. government, **drafted** Mike Yellen to conduct racquetball clinics in military installations in West Germany. Equipped with "temporary duty" papers and an authorization to travel aboard U.S. Army aircraft (helicopters), Yellen went into action.

"Racquetball is in its infancy in Europe," said Yellen who was actually accorded temporary military status during his tour. "There is definitely not a lack of interest or enthusiasm, particularly among the American servicemen and women who are becoming more and more active in the sport. I hope my brief visit helped to stimulate additional interest in racquetball. I played a couple of German players



*Mike Yellen in the Armed Services?*

while I was there, and they are definitely improving."

So, too, are the relations between racquetball, Europe and the military as a result of Yellen's tour of duty. □



Linda Boberg with future editor, Megan

### More Baby Boomers

Linda Boberg, the former Editor for Racquetball in Review, gave birth to her first daughter and third child, **Megan Kate**, on October 18th. Weighing in at 7 lbs. 13 oz., Megan Kate is in good

shape, according to Boberg, who goes on to say that Megan's brothers, Danny (4 yrs.), and Patrick (3 yrs.) are more than happy to have her in the family. Congratulations, Linda! □

### MacEnroe Not A Racquetball Fan—What Else Is New?

In an article that appeared in many newspapers around the country, courtesy of Wire service reports, **John MacEnroe** described what he didn't like about racquetball.

"(In tennis) I feel I can hit any shot on a given point so that no matter what someone does, you have the opportunity to do something with it," explains MacEnroe. "That's why I never liked racquetball, where if you hit one of those corner things, there is no way anyone can get a shot back."

"In every game there should always be the chance for the other person to get something back, no matter how good that shot was. I don't believe in a game like that!"

For someone who serves as many aces as MacEnroe, we can't help but wonder what he was thinking at the time. Maybe the reason he lost this year's US Open to Ivan Lendl was a



John MacEnroe, tennis menace

new found desire to rally for show instead of shoot for dough. □



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# Yellen Comes To Life In Omaha

**Yellen Sauntered Into Town—A New Gun In His Hand—And Shot Down All Challengers**



After a slow season start that had many in the game wondering if his days at the top were numbered, three-time defending national champion Mike Yellen roared back to life at the D'Lites Pro Racquetball Classic in Omaha, Nebraska, with one of the most overpowering tournament victories of his ten-year pro career. Playing for his first time with his sponsor's unusual oversized racquet, Yellen swept through four rounds without losing a single game and then blasted top-ranked Marty Hogan in a surprisingly lopsided final, 11-0, 9-11, 11-10, 11-0.

Yellen's first win of the season came in the fourth stop of the 1985-86 RMA Pro Tour at the Park Avenue Health Club in downtown Omaha, October 16-20. The tournament was the first men's pro stop in Omaha since October of 1980, and the outcome was an ironic replay of one of pro racquetball's more historic events: Yellen's victory there in 1980 made him the first player to move past Hogan into the #1 position in the men's rankings since Hogan's ascension in 1976.

His win this time wasn't enough to overtake Hogan in the rankings, but it may have been just as significant for another reason: the ease with which he moved through the draw is certain to fuel new speculation about the effectiveness of the oversized racquets.

Introduced only about 18 months ago, the oversized racquets have been criticized as too bulky for use in serious competition. But two top players seem now to be proving otherwise: Yellen's effectiveness in Omaha was obvious, and Ruben Gonzalez—who in September became the first player to use an oversized in ranking competition—is having his best season ever.

As even Yellen would observe after his win, racquets don't win matches, players do. But it's hard to argue with results, and Yellen's play in Omaha was simply amazing—without question his sharpest performance since winning his first national title in 1983.

After taking out Dolwain Green and Cory Brysman with ease in the first two rounds—allowing no more than seven

points per game—Mike stopped Gerry Price cold in the quarterfinals, 11-8, 11-8, 11-9. Price has been one of the hottest players on the tour this season, and upset Yellen in the quarterfinals at Davison.

The win over Price was convincing enough, but in the semifinals Yellen did what these days is nearly impossible by downing third-ranked Gregg Peck in three games straight, 11-3, 11-10, 11-7. The match was the first meeting of the two since Peck's upset of Yellen in the final of the DP Nationals, and this time Yellen was in total control against the powerful Texan, scoring a good share of his points on ace drive serves.

Top-seeded Marty Hogan, meanwhile, was doing his best to make good on his recent prediction that he would win ten of the fourteen events this season. After gliding by Andy Gross and Ed Andrews, Hogan was nearly stopped in the quarterfinals by his nemesis Bret Harnett. In the only five-game match of the last three rounds, Hogan survived a real scare from his left-handed alter-ego, 11-8, 2-11, 11-6, 10-11, 11-6.

A potential barn-burner barely fizzled in the semifinal showdown between Hogan and fourth-ranked Cliff Swain. Swain, who reportedly fell ill late Friday, night, started slow, got slower, and never really had a chance, falling quickly to Hogan's powerful offense, 11-8, 11-3, 11-5.

It wasn't that long ago that a Yellen/Hogan matchup in the final of a major tournament was almost a foregone conclusion. Despite their contrasting styles of play, the two have traded the #1 and #2 rankings back and forth for almost four years now. Yet today, with so many players capable of reaching the finals, the classic matchup has become a rarity—prior to Omaha, Yellen and Hogan had faced each other only twice in the past 15 tournaments, and one of those meetings was forfeited because of injury.

So it was an excited Omaha crowd that gathered on Sunday to watch the clash of the tour's titans. They expected a close one; with Yellen and Hogan, five-game marathons are the rule.

But Mike Yellen hadn't seen the winner's circle in seven months, and he was ready. Yellen opened the match with a string of ace serves that sent Hogan reeling. Driving to both sides, Mike's serves were accurate as always but they were hit with a surprising amount of power. Hogan found himself scrambling to get his racquet on the ball, and in just minutes Yellen was off the court with a doughnut, 11-0.

Games two and three were typical Yellen/Hogan—locked-up tight all the way. Hogan found the mark on his serve in the second game and squeaked by 11-9. Yellen returned from a time-out behind 8-10 in game three and scored three quick points to win 11-10.

But Yellen knows better than any other player that to beat Hogan you have to put him under pressure. For three games Mike had played with near perfection, and by game four the pressure had taken its toll—Hogan's game collapsed completely. Yellen scored virtually at will, as Hogan notched only a single point and then saw it vanish when he was hit with technical foul by

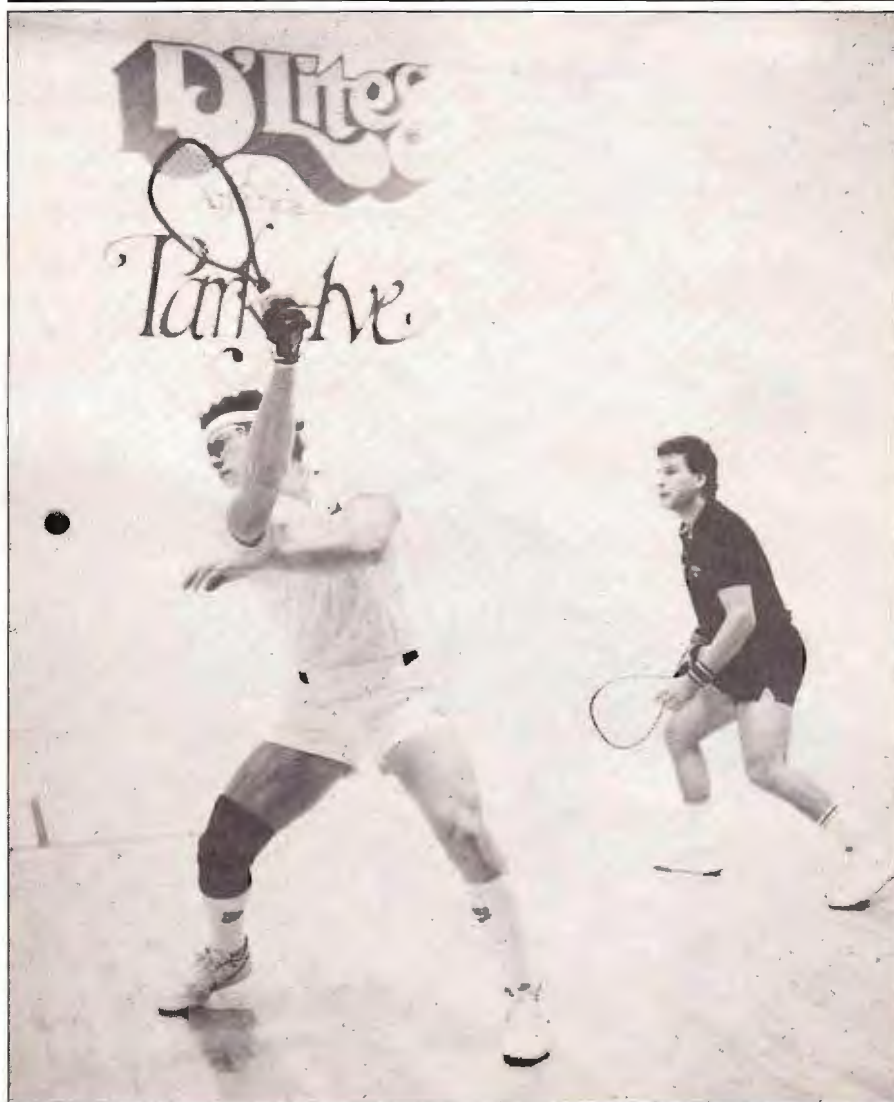
referee Corey Brysman. The technical was called at 8-1 when Hogan swore at himself in frustration, a minor incident which nevertheless effectively ended the match. Yellen ran three rapid points to win 11-0.

"I was playing really well today, and Marty obviously wasn't on top of his game," said Yellen. "I tried to stay on top of him all the time because I've had him 10-0 before and he's come back and beat me. Against him you just don't cruise to victory. I'm not out there trying to prove anything with those scores, I just know that if you start fooling around a little you're going to find yourself fighting for your life out there."

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**'With so many players capable of reaching the finals, the classic matchup has become a rarity—prior to Omaha, Yellen and Hogan had faced each other only twice in the past 15 tournaments.'**

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*Hogan and Yellen in finals—two donuts for Hogan, ouch!*

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For free product information write AMF Head, Inc., P.O. Box CN-5227, Princeton, N.J. 08540. ©1985 AMF Head, Inc. Head's new mid-size racquets are legal for all AARA and professional tournaments.



*Giant killer Gregg Peck fell to Yellen's heavy artillery in three semifinal games*

"My serve was good all tournament long. With the oversized racquet I'm definitely hitting it a lot harder. The biggest thing was it was keeping Marty off guard because he knew I was hitting the serve well."

Commenting on his switch to the oversized racquet, Yellen said, "I've been a little sluggish and I needed a change, something to help spark me. In a few situations it definitely helped me; it's a little bulkier when you get in the corners, but if you learn to avoid that, the benefits are really great. It's certainly not the racquet that's winning the matches, but there are some advantages with it that both Ruben and I have been able to capitalize on. I feel really comfortable with it."

Unquestionably, the rivalry between Yellen and Hogan will someday be remembered as one of the greatest ever in the pro game. Their meeting in Omaha was their 29th over a period of eight years. Hogan holds the overall head-to-head advantage, 20-9. But over the last four seasons Yellen has the edge, 7-5.

No ranking tournament in memory has had as few upsets as occurred in the competition at Omaha. Of the forty-one matches that were played in the main draw, only two were won by the lower-ranked player, and both of those came in the first round.

John Egerman, of Idaho, continued his recent resurgence by taking out twelfth-ranked David Gross, 11-9, 11-10, 5-11, 11-2, before falling to Ruben Gonzalez in the second round. And Egan Inoue, a young player from Hawaii who probably has more upper-body strength for his size than anyone on the tour, overcame ninth-ranked Scott Oliver in a match that seemed like it would never end, 7-11, 11-9, 6-11, 11-10, 11-9. Inoue lost to Gerry Price in the round-of-16, but extended him to five games as well.



*Hogan made short work of Swain in another three game semifinal*

The D'Lites Pro Classic offered \$15,000 in total prize money and was sponsored by D'Lites of America, Coors, Diversified Products, Coca-Cola, and Penn Racquetball. □

### D'LITES PRO RACQUETBALL CLASSIC PARK AVENUE HEALTH CLUB OMAHA, NE

October 16-20, 1985

#### Qualifying Rounds:

M.Romo d. J.Brown; M.Isley d. M.McCarville; A.Embry d. A.Batistatos; D.Negrete d. M.Romo; J. Sacco d. B.Koltun; R.Navarro d. T.Anthony; M.Plotkin d. B.Tibbles; B.Wilhelm d. M.Isley; M.Griffith d. R.Bezousek; J.Plazak d. C.Cole; B.Sell d. A.Embry.

#### Round of 32:

M.Hogan d. A.Gross; 11-8, 11-5, 11-6  
E.Andrews d. M.Plotkin; 11-5, 11-4, 11-10  
D.Peck d. D.Obremski; 11-3, 5-11, 11-7, 11-4  
B.Harnett d. B.Sell; 11-5, 6-11, 11-6, 11-9  
J.Hilecher d. D.Negrete; 11-10, 11-4, 11-10  
D.Cohen d. J.Nolan; 11-5, 11-5, 11-7  
M.Ray d. M.Levine; 11-8, 11-7, 9-11, 11-6  
C.Swain d. M.Griffith; 11-3, 11-9, 11-7  
G.Peck d. J.Sacco; 11-1, 11-7, 11-1  
J.Cascio d. J.Newman; 11-10, 8-11, 8-11, 11-5, 11-7  
J.Egerman d. D.Gross; 11-9, 11-10, 5-11, 11-4  
R.Gonzalez d. R.Navarro; 11-6, 11-9, 11-2  
G.Price d. J.Plazak; 11-2, 11-6, 11-10  
E.Inoue d. S.Oliver; 7-11, 11-9, 6-11, 11-10, 11-9  
C.Brysmann d. B.Wilhelm; 5-11, 11-3, 11-8, 11-1  
M.Yellen d. D.Green; 11-7, 11-4, 11-4

#### Round of 16:

Hogan d. Andrews; 11-7, 11-4, 11-8  
Harnett d. D.Peck; 11-5, 11-7, 11-4  
Hilecher d. Cohen; 11-7, 6-11, 11-5, 11-10  
Swain d. Ray; 11-5, 11-8, 11-5  
G.Peck d. Cascio; 9-11, 11-10, 11-6, 11-5  
Gonzalez d. Egerman; 11-6, 11-2, 11-4  
Price d. Inoue; 5-11, 11-3, 4-11, 11-9, 11-5  
Yellen d. Brysmann; 11-7, 11-3, 11-3

#### Quarterfinal Round:

Hogan d. Harnett; 11-8, 2-11, 11-6, 10-11, 11-6  
Swain d. Hilecher; 11-10, 11-7, 11-3  
G.Peck d. Gonzalez; 11-1, 11-4, 11-4  
Yellen d. Price; 11-8, 11-8, 11-9

#### Semifinal Round

Hogan d. Swain; 11-8, 11-3, 11-5  
Yellen d. G.Peck; 11-3, 11-10, 11-7

#### Final Round

Yellen d. Hogan; 11-0, 9-11, 11-10, 11-0

Prize Money: \$15,000



# Racquetball Design In The Club Of The 80's

## Racquetball Picks Up A Partner In Fitness And Moves Towards Experimental Areas

by Donald DeMars, Design Consultant

---

**'For the corporate market, racquetball predominates as the most viable singular program component that feeds the hunger of the corporate competitive spirit. Tennis does not.'**

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One of the major questions that I am asked as a designer who has been working in the club industry for approximately 15 years is, "Is racquetball still viable?" In other words, is there yet enough interest in the sport to justify further investment into buildings that house the activity? Will racquetball players generate enough revenue to support the investment of the developer?

Undoubtedly, these questions are raised not by someone who has truly experienced the sport, but by bankers (who are concerned about the developers mortgage payments), non-players, and new club entrepreneurs, all of which have seen the popularity of the sport soften in the past couple of years.

We were all witnesses to the racquetball expansion boom of ten-twelve years ago. The new sport of racquetball, encouraged by investors looking for new real estate ventures, and frustrated tennis players looking for an easier game to play, took off like wildfire. But the growth was too fast. The industry barely had a chance to start sorting itself out when a new challenger began to push forward for some of the stage. Fitness, that element formerly relegated to a small room on the second floor, broke out with a vengeance. And when the investors realized that in the space of one 2-4 man racquetball court you could service up to twenty, cash paying, fitness members, racquetball's foundation began to slip. Racquetball courts to this day continue to be removed for further fitness expansion. Where will it end? Do I foresee a day when I will council my clients against racquetball in their clubs?

My answer to the last question is, NO! As a designer who has specified over 1000 courts to date, I firmly believe that the sport is alive and well. All of its assets are just as viable as they always were. And as far as competing with fitness? It has been said that fitness is nothing more than a state of

health that exhibits a lean body mass with the ability to move. Most good racquetball players, likewise, have lean body mass and have the ability "to move!" Racquetball has indeed discovered a new partner.

The slowing down of racquetball can be attributed to various things:

1. The population is aging. Racquetball is predominantly a relatively young persons sport. The "Baby Boomer" generation, that heavily influenced the racquetball boom, has, in the last ten years, moved beyond A.C. Nielsen's "prime age category" for racquetball. Approximately 47,000,000 people in this age group today, they will comprise 65,000,000 people by the year 2000.
2. The novelty of racquetball, as something new, was expected to soften.
3. Investors are fickle and always looking for a new coat to put on. In the fifties and sixties it was bowling alleys. As investors rushed forward, markets were overbuilt, projects were ill-conceived, failures were an every day occurrence. Racquetball experienced almost the same scenario. But the food clubs, and bowling alleys, properly sized for the market, well-designed and well managed, flourish throughout the country today.
4. The national organizations for racquetball, coping with a young sport, untamed and caught up in the frenzy of fitness and an initial overexpansion of its markets, has not had the capital to build a strong foundation. And yet education, the cultivation of youth programs, must be developed if each decade is expected to support the past.
5. Television coverage has been minimal because the speed of the

---

*The success of the new generation of clubs stems from diversification. Restaurants, bars, free-weight rooms, lap pools, indoor running tracks, machine weight rooms, tennis courts and racquetball courts are all part of the new breed of multi-purpose clubs.*

**'The sport is exciting, competitive, wonderful exercise, emotionally therapeutic, and potentially a very viable consideration for any center, club, or recreational area.'**



game and the fact that the ball is difficult to see.

So where is the racquetball design going?

The Verandah Club in Dallas, Texas, an 82,000 square foot, \$10,000,000 club is one direction. In designing this facility, I began with a series of assignments:

- A) It is predominantly a corporate market, highly competitive, fairly young, well educated and efficient.
- B) Racquetball is generally very noisy, and although good acoustical engineering was necessary to mask this noise from bleeding into other areas, there was a need to isolate the courts from quieter pursuits. This active/passive orientation is far different from the racquetball club of a few years ago, with "four racquetball courts in the center of the lounge." Although it is a spectator sport, because of the intensity of its posture, it must not be

allowed to dominate the aura of a club.

- C) Racquetball, as with fitness, due to the intensity of the game, adds to the problem of club maintenance. The courts must be properly positioned to align with the mechanical systems if perspiration is to be adequately dealt with. (Four men in a game of doubles can give off one gallon of sweat in 1 hour of play, and you don't want this ending up in your lounge).

In writing the overall program of components for the club, racquetball and squash were natural decisions. Eight racquetball courts and two squash courts were selected. For the corporate market, racquetball predominates as the most viable singular program component that feeds the hunger of the corporate competitive spirit. Tennis does not keep pace in this regard because you can put four racquetball courts in the space of 1 tennis court, and with the generally high cost of land in business areas, racquetball provides more competitive program per square foot of space.

There are approximately thirteen basic types of club formats, including pure athletic clubs, country clubs, racquet courts, fitness centers, resorts, mixed-use centers, health and beauty spas, etc. In my opinion, racquetball, as a competitive game; as exercise; as an excuse to just "get crazy and have some fun", is still the most viable recreational component to consider in relationship with other such components in an overall program.

As a spectator sport, we are at present doing studies on how to see the ball more clearly over video. Five years ago I did a beige court to soften the glare of the white for TV cameras. It was still a problem to see the ball. Tennis is played over a much wider field, with a white ball over a dark background; you must still concentrate to keep up with the play of the ball. Racquetball is faster, and played in a smaller field. Although we have yet to try a dark blue or green court with a florescent yellow or white ball, I would expect that we may yet try this if our present experiments for video do not work.

All in all, racquetball is still a winner, and anybody who questions that should watch the level of professional play today. The sport is exciting, competitive, wonderful exercise, emotionally therapeutic, and potentially a very viable consideration for any center, club, or recreational area. □

***It's here!  
Super-Kill—  
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This sleek 16-gauge multifilament nylon string is jet black in color—the perfect companion for the new graphite racquets. Restring your racquet with Super-Kill and you'll feel the difference in your first game—more power without sacrificing control—and lots more action.



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Ask to try a Spalding demo today!

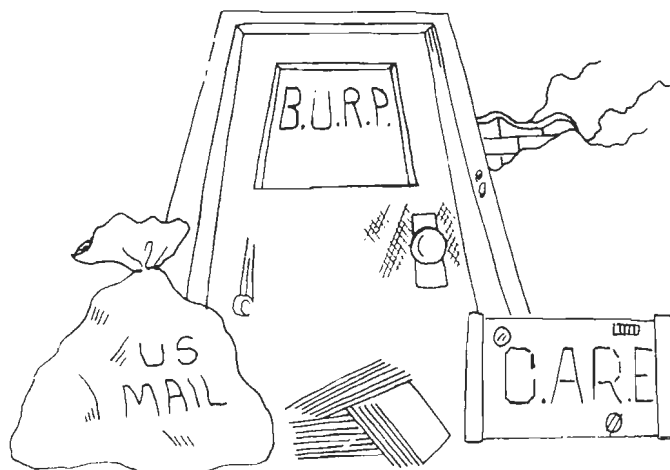


# Choosing The Proper Racquetball Club

## Authoritative Tips You Should Know Before It's Too Late

by Mr. Racquetball

*Editor's Note: Mr. Racquetball is the pseudonym for a highly respected and esteemed member of the racquetball community in Pago-Pago. Writer, lecturer, sculptor of ideas and a professional hair dresser, Mr. Racquetball's visions and insights have elevated the game to dizzying new heights. Besides being a major spokesperson for the racquetball industry, Mr. Racquetball is also the author of the best selling soon-to-be released pamphlet "Confessions of a Racquetball Groupie." We are sure you will enjoy Mr. Racquetball's insights into a very difficult subject.*



The Bureau of United Racquetball Programs (BURP), the governing body of racquetball as it is and isn't played throughout the world.

Choosing a racquetball club ten years ago was easy—either play at the YMCA or, don't play at all. (Unless one wished to play at the local Elks Club. But playing against a lush in a lodge hat can be depressing, especially if he wins.) Today the situation is just the opposite. Clubs abound. An estimated 15 million Americans have played racquetball and studies have shown that the figure could swell by 1990. Currently, thousands of court clubs, ranging from basic 4 court facilities to massive 30 court "Fitness Centers" have been built to satisfy the need of the avid (and rabid) racquetball minions. Construction has progressed so rapidly that in some parts of the country there is a court club for every 10 square miles of city. An abundance of clubs, however, presents a problem for the uninformed.

Serious questions arise: When choosing a club what should a person look for? Is the name of the club important? Can the staff of a racquetball facility change the way I think about what's ethical? Where do people who are "in-the-know" play and where do they buy their furniture?

Fortunately, the Bureau of United Racquetball Programs (BURP), the governing body of racquetball as it is and isn't played throughout the world, was also concerned about these ques-

tions. As a result of this concern, I was contacted and subsequently commissioned to study the problem, investigate it first-hand and, finally, to recommend a set of guidelines to the executive directors of the BURP. After an exhaustive probe of clubs that took the better part of the last weekend in October, all transcripts, notes and charts were bound and delivered to BURP headquarters in San Diego. The following is a brief look at the self-help guidelines that were approved and adopted by the BURP.

### What's In A Name

Before entering any of the clubs in your area, first consider their names. That's right. What's the club called? It's surprising what a name will tell you about a club. For instance, on the basis of name alone, which of the following three clubs would you rather be a member of? (1) The Fairfield Downs Racquet and Polo Club, (2) The Mid-Towne Athletic Club, or (3) Bernie's Kourt Klub and Kwick Kar Lube? No contest, right? Of course not. It's obvious to everyone that anywhere you

can play racquetball and get a lube job is going to put you just that much further ahead of the next guy.

Always be careful of clubs with elegant sounding names. A club with a name like The Fairfield Racquet and Polo Club will usually have ridiculously high membership rates and court fees not to mention the probability of a dress code and lofty standards of behavior. No doubt there will even be a notice outside the club courts stating, "Absolutely No Profanity On The Courts!" That's certainly understandable in Croquet, but what are you supposed to say when you get zapped in the rear by a rubber ball traveling at twice the speed of light... "Gee Whiz, I think I'm dying? Sometimes in life a good "##@!!#@! THAT HURT!" is called for.

Since racquetball players are a fairly mischievous lot, checking a club's name becomes doubly important. The Fairfield Downs Racquet and Polo Club would probably fail to see the humor of someone plugging up all the shower drains and announcing, "Surf's



The Fairfield Downs Racquet and Polo Club would probably fail to see the humor of someone plugging up all the shower drains.

up!" over the P.A. system. In fact, they might even take away your mallet.

A name will also reveal which clubs are trying to be more selective than others. Some clubs may wish to restrict their membership to a certain social elite, like "Junior's KKK (Creamy Kourt Klub)" or Roxanne's Racquet and Rap Parlour." Check your phone book for promising listings in your area.

#### **The Staff: Is the Attitude Infectious?**

The backbone of any club is its staff. A good staff is absolutely essential to a service oriented business like racquetball. After all, it's the staff one first meets when inspecting a new club. Top-of-the-line staffs are dedicated, tireless workers who not only conduct tours of the club, book reservations, and run the front desk, but they must also be ready to settle gambling disputes and fend off complaints and low blows from the club members. Several factors determine whether a staff is really top-notch.

**(1) Friendliness.** Is the staff friendly and outgoing? Is a cheery "Good Morning!" received by the member upon entering the club? Or, better yet, after being humiliated 21-0, 21-0, in the finals of the club tournament, is an understanding "Tough Luck, you'll get 'em next time!" offered? When one has just been crippled for life on the court, a bright smile and cheery greeting are generally appreciated.

**(2) Sensible.** Is the staff sensible? Will they accept your \$10 bribe to alter a court time? Are they realistic enough to realize that while a Certificate of Thanks signed by the entire membership may be nice, a \$10 bill will buy much more beer? As one industry expert put it, "An honest staff has respect and integrity,

but a sensible staff has money and girls." (Mr. Racquetball—speaking before a captive audience of illegal aliens at the San Diego County Jail in 1984.)

**Neat Appearance.** Does the staff present a neat appearance? Clothes pressed? Shoes shined? Hair combed? Is everyone on the staff wearing underwear? Although sometimes difficult to determine, the importance of wearing underwear cannot be stressed enough. Recent studies have shown that staff people who don't wear underwear are more likely to hand out dirty towels, have a greater tendency to drool, and show a remarkable difficulty in remembering their middle names. Do yourself a favor and ask the club manager if he has had a problem in this area.

At most clubs today, the trend is towards total fitness, not just the exercise racquetball provides. Newer clubs are now designated "Fitness Centers" and as such, offer a wide range of amenities to compliment racquetball. The most common include a complete Nautilus-type weight room, whirlpools and saunas.

#### **The Weight Room**

When touring a new club, take note whether the people using the weight room are "Oh'ers and Ah'ers" or "Grunters and Groaners." While going through a leisurely workout, nothing is more annoying than to hear the primal scream of some Neandathal trying to lift two tons of scrap iron. And worse yet, women, fresh off the aerobics court in their pretty outfits, are usually intimidated by loud weightlifters and will

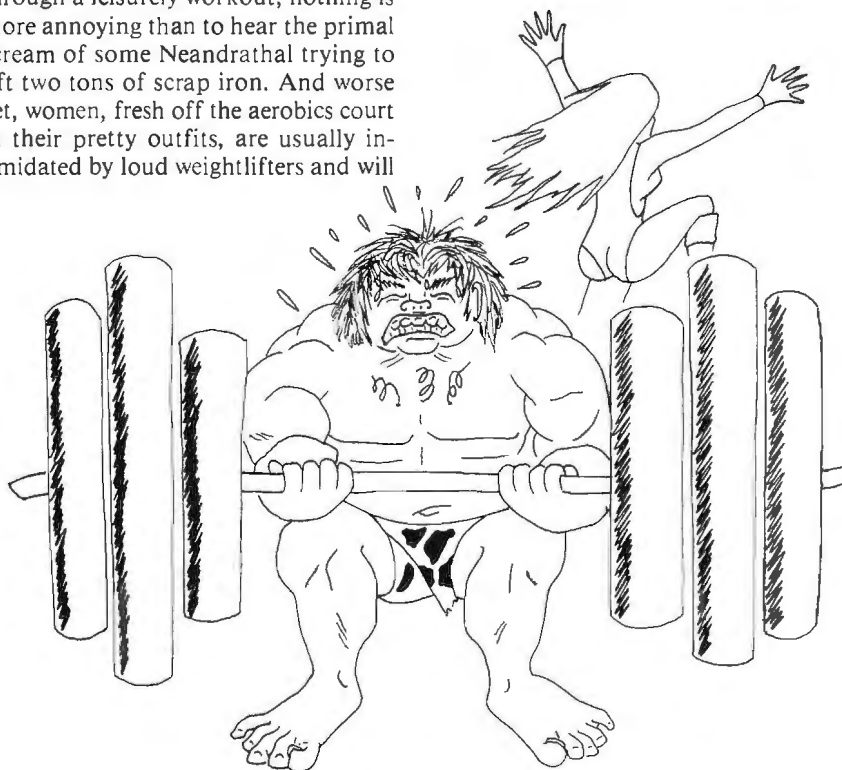


Is the staff sensible? Will they accept your \$10 bribe to alter a court time?

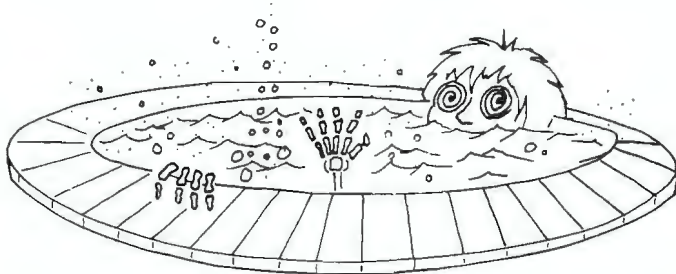
quickly vacate the scene. Instead, look for a club where men and women are working out harmoniously. Keep in mind the old weight room expression, "No pain, no gain" has been updated to, "Say, why don't you come over to my place tonight and we'll compare quadriceps?"

#### **Does the Club have a whirlpool?**

Saunas have been popular in clubs for some time, but whirlpools are a relatively new item. The therapeutic value gained from a whirlpool is unbelievable. It's total relaxation. If the club you're looking at doesn't have a whirlpool, forget it. It's an experience



Nothing is more annoying than to hear the primal scream of some Neandathal trying to lift two tons of scrap iron.



Stage Five: A feeling of peace, calmness and tranquility. You're drowning! Leave whirlpool immediately!

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**For The  
Winning Hand**

you should not miss, but, in order to completely enjoy a "whirlybath," there are a number of important stages and precautions you should be aware of.

*Stage One:* Muscles are tense, senses are on edge. Now is the time for getting into a whirlpool.

*Stage Two:* Muscles loosen, nerves are soothed. You are starting to unwind.

*Stage Three:* A feeling of relief, beginning to drift. You're starting to relax.

*Stage Four:* Heartbeat slows, a dream-like state. You're totally relaxed.

*Stage Five:* A feeling of peace, calmness and tranquility. You're drowning! Leave whirlpool immediately!

*Stage Six:* No feeling. Your carcass will be removed shortly by the staff and the bones will be used for tomorrow's soup du jour.

Here are some other inside tips for choosing the proper club.

Be wary of clubs that:

- Give away a free "Win" button with every membership
- Have more video games than courts
- Hold an annual "Son of Sam Open"
- Offer Aerobic Square Dancing
- Sell racquetball clothes labeled "Frederick's of Hollywood"
- Require a swine flu shot before joining
- Hand out fly swatters with their towels
- Allow insurance salesmen to use the sauna on a commission basis.

And so ends the official guidelines adapted and approved by the BURP. If, for some reason, a reader still has any doubts about club selection or the game in general, I would be happy to personally answer any questions. Just write to me in care if this magazine and enclose \$100 (to cover postage and handling), and I'll get right to work on it. □



*A rare, unauthorized photo of Mr. Racquetball by Rick Killion.*

# Adams Wins Alaskan Opener

## A Warm Reception Met The WPRAs Pros In Anchorage But Adams Quickly Put A Chill On The Competition

by Joyce M. Jackson

The 1985-86 WPRAs season rolled out to an exciting start with the \$10,000 *Anchorage Daily News* Silver Racquet Pro-Am October 23-27 in Anchorage, Alaska. The crowds that packed the Alaska Athletic Club for the five-day event were treated to spectacular displays of racquetball by the best women players in the world.

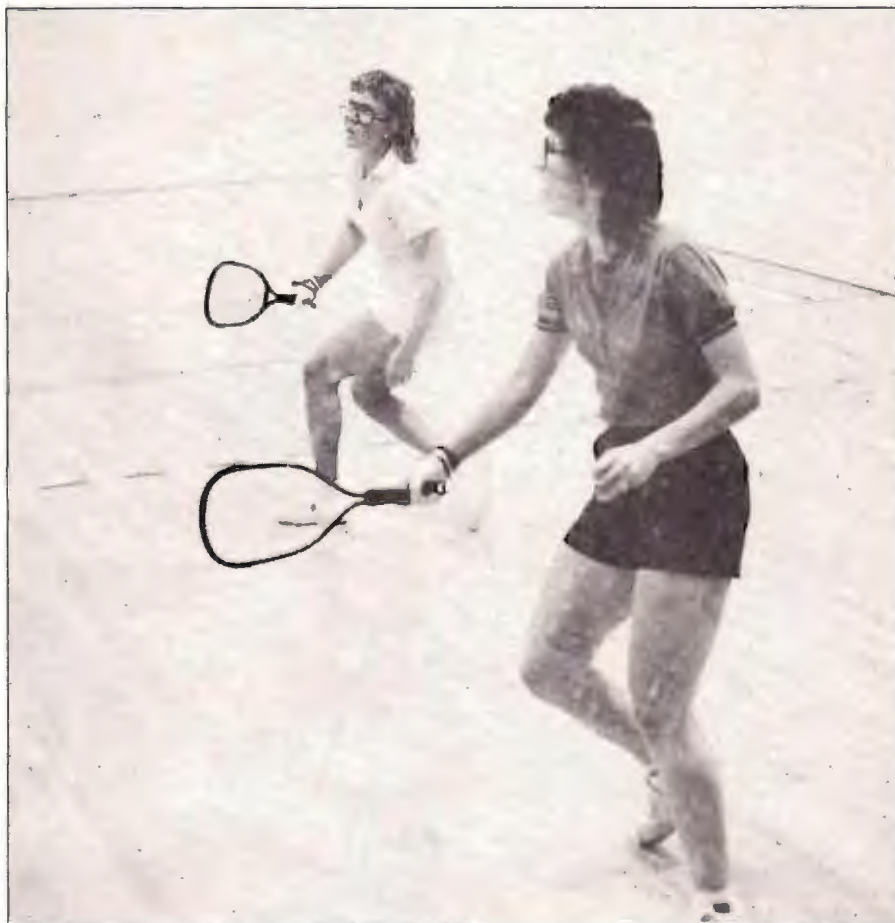
Number one ranked Lynn Adams, who continued her solitary domination of the women's circuit, handled #4-ranked Caryn McKinney in the finals 21-19, 21-7, 21-18 (see box).

The one hour ten minute match was played in front of a gallery that cheered and clapped on every rally. The first game proved to be one of the best of the tournament, as no more than 2 points separated the players at any time. Proving her intense concentration, Adams pulled out the game 21-19.

Easily in control the second game, Adams won 21-7 only to find her hands full in game three. As McKinney rolled to an 8-2 and then a 10-5 lead, Adams dove repeatedly and cheered herself on to pull even at 15-15 with a spectacular overhead kill from deep left court to the right front corner. McKinney surged late in the game again, but fell short, 21-18.

"We had a good match," Adams commented after her win. "Overall, I felt in control during the match. I did have problems being ready, mentally ready, for the match. The first game was difficult for me because of Saturday night. But I was glad she was able to play."

Adams was referring to a traumatic freak accident where McKinney took a racquet in the mouth, losing a tooth. Undergoing several hours of dental work Saturday night and Sunday morning, McKinney characteristically insisted that the incident did not affect her playing performance. "Lynn just



*Spunky Caryn McKinney, who lost a tooth in an accident in doubles play the night before the final, still gave Adams a run for the money*

played super," she stated emphatically after the match.

Both players reached the finals by dominating their half of the draw. Adams never dropped a single game in the entire tournament, drawing a "bye" in the 32's, beating Cathy Nicols in the 16's, Joyce Jackson in the quarters, and Terri Gilreath in the semi's. McKinney lost only one game up to the finals. She drew a "bye" in the 32's, defeated Lynn Wojack in the 16's, Liz Alvarado in the quarters, and Vicki Panzeri in the semi's.

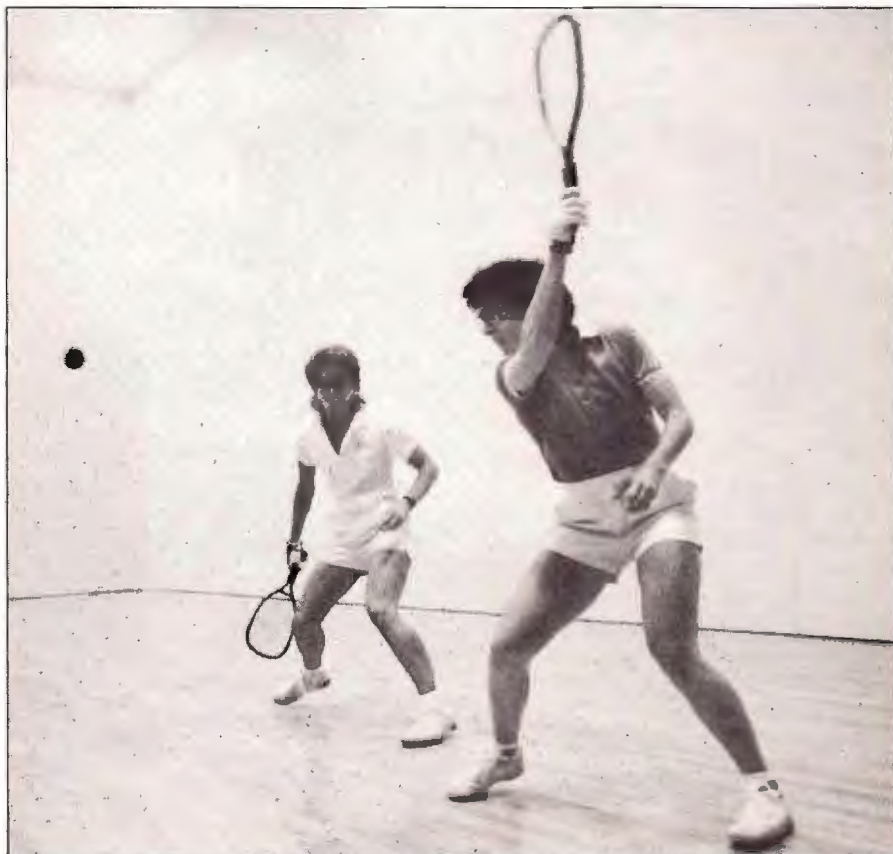
The semifinals highlighted the tournament's four best players as McKinney

mixed an array of precisely executed serves to down #2-ranked Vicki Panzeri 21-17, 21-14, 15-21, 21-17. The other semifinal pitted Adams against #3-ranked Terri Gilreath in an emotional match-up. Gilreath, unable to drive serve effectively because of a hamstring pull, was out of the rest of the tournament in forty minutes with scores of 21-16, 21-8, 21-14, despite her tremendous rallying efforts, body leaps, and dives.

Two other matches caught the attention of spectators and players alike. In the round of 16, Panzeri was taken to a tie-breaker by unseeded Chris Evon



*McKinney prepares to put away #2 ranked Vicki Panzeri in the semis*



*A pulled hamstring kept Terri Gilreath from putting pressure on Adams during their semi*

before advancing to the quarters. And a slimmer and obviously quicker #13-ranked Fran Davis out-scrampered #11-ranked Molly O'Brien also in the round of 16.

Introducing an innovation during the Silver Racquet stop, the WPRA began a Pro Consolation bracket for all first round losers. This bracket, now being played at all WPRA-sanctioned events, allows round of 32 losers a chance to earn more prize money, play more than one match, and offers spectators more pro match competition to enjoy. Tour newcomer Sharon Fanning went home with the \$200 first place prize.

As if all the Pro singles competition was not enough excitement, local men's open players teamed up with pros for an entertaining but intense Pro Mixed Doubles competition for \$2,000 in total prize money. Eighteen randomly drawn teams provided the crowds with fun, thrills, and a chill or two as they rooted for their local heroes and favorite pros. The Mixed Doubles turned out to be one of the highlights of the tournament with Lynn Adams and Jay Wisthoff defeating Vicki Panzeri and Steve Deaton in the finals 13-15, 15-13, 11-5 for the \$1,000 first place prize money.

The owners and managers of the host Alaska Athletic Club, Jay and Kathy Wisthoff, were pleased with the tournament. Their superb 30,000 square-foot, 13-court facility was ideal for the tournament. They provided the pros with many amenities, including transportation, free housing, clinics, private lessons, and excellent hospitality that proved pleasing for all involved.

Despite the chilly Alaskan weather, the WPRA competition has heated up and is off and running for the new season. On to southern California! (See WPRA tournament schedule on page 42.) □

The WPRA brings a unique and innovative scoring system to the game of racquetball. Either server or serve receiver can score a point on any rally.

A women's pro match consists of the best three-out-of-five games to 21 points. Each game is won by a two-point margin. The match tie-breaker, if needed, is played to 15 points, and must also be won by a two point margin.

Non-stop action is the result. Spectators are treated to a continuous exchange of points in an extremely entertaining match.



McKinney lunges at an Adams pass in the finals

### PRO SINGLES \$10,000 ANCHORAGE DAILY NEWS SILVER RACQUET PRO-AM

#### Finals:

Adams d. McKinney; 21-19, 21-7, 21-18

d. C.Cole; B.Sell d. A.Embry.

#### Semifinals:

Adams d. Gilreath; 21-16, 21-8, 21-14

McKinney d. Panzeri; 21-17, 21-14, 15-21, 21-17

#### Quarterfinals:

Adams d. Jackson; 21-10, 21-14, 21-10

Gilreath d. Drexler; 17-21, 21-12, 21-14, 21-15

McKinney d. Alvarado; 21-12, 21-8, 21-15

Panzeri d. Davis; 15-21, 21-15, 21-14, 21-10

#### Round of 16:

Adams d. Nichols; Jackson d. Lynch; Drexler d. Porter; Gilreath d. Stupp; McKinney d. Wojcek; Alvarado d. Harding; Davis d. O'Brien; Panzeri d. Evon.

### PRO CONSOLATION

#### Finals:

Fanning d. Latham (forfeit)

#### Semifinals:

Fanning d. Laursen; 24-22, 21-12, 21-4

Latham d. Ferguson; 21-17, 21-13, 21-19

#### First Round:

Latham d. Rodriguez; 21-11, 21-5, 21-10;

Ferguson d. Wisthoff; 21-12, 21-5, 21-14;

Fanning d. Campbell 21-16, 21-14, 21-5;

Laursen d. Kilpatrick 21-6, 21-7, 21-0

### PRO MIXED DOUBLES

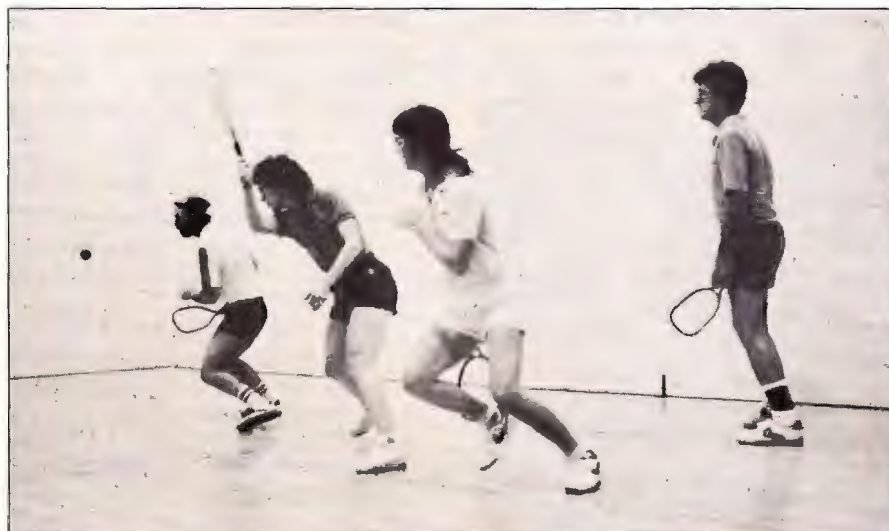
#### Finals:

Adams/Wisthoff d. Panzeri/Deaton; 13-15, 15-13, 11-5

#### Semifinals:

Adams/Wisthoff d. McKinney/Hamrick; (forfeit)

Panzeri/Deaton d. Davis/Stokes; 15-7, 10-15, 11-3



A new Pro Mixed Doubles event for \$2,000 featured locals Jay Wisthoff and Steve Deaton who teamed up with Panzeri and Adams.

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Photos by John Foust

*Charlie Nichols, Bobby Rodriguez, Scott Reid and Steve Moody in a typical doubles survival match in Cheyenne*

# Top Seeds Crushed in Cheyenne

## If You Were The Top Seed In Your Division At The 1985 U.S. National Doubles, Chances Were—you Were Going To Loose!

**Y**ou would think that being the number one seed in your doubles division would mean you've got a pretty good shot at the national title? Think again. Of the 21 top seeded teams that went into the Rocky Mountain Health Club in Cheyenne, Wyoming, on October 24-27, only 9 succeeded in turning that advantage into a medal. Not a very good percentage. Jimmy the Greek would have had a coronary.

Over 400 of the nation's finest players from all 50 states came to Wyoming for the 1985 U.S. National Doubles Championships presented by Lite Beer, Diversified Products and Penn Athletic Products. That's over 400 racquets blasting away at little blue balls and 800 legs jumping around 20 by 40 foot courts in what has to be the fastest game in racquetball. You don't play doubles, you survive it.

### The Men's Open

The men's open was full of surprises. The biggest of all was the fact that last year's national champions would not be

defending their title. Dan Obemski and Kelvin Vantrease were unable to attend this year's doubles and that left the door open for the crowning of a new champion.

Five-time winners, Steve Trent and Stan Wright of California, went in as top seeds. Last year's second place finishers, Andy Roberts and Scott Reid, both took new partners for this year's tournament.

In the quarterfinals, Trent and Wright defeated "Jersey" Joe Cline and New York's Don Costleigh, 15-9, 15-14, while the fourth seeded Roberts and his partner, Tim Anthony, from Ohio, knocked off the always tough Florida team of Tim Hansen and Bubba Gautier, 15-13, 15-12.

On the bottom half of the draw, the second seeded Florida duo, Joe Icaza and Sergio Gonzalez, were knocked off by the seventh seeds, New Mexico's Gary Mazaroff and Jack Nolan, 8-15, 15-4, 11-9. Third seeded Charlie Nichols of Florida and Ohio's Scott Reid were

beaten by the California/Colorado pair of Steve Moody and Bobby Rodriguez, 15-12, 11-15, 11-7, in the round of sixteen. Then Moody and Rodriguez edged New Mexico's Tom Neill and Mike Nowak in the quarters, 7-15, 15-13, 11-10.

In the semis, Mazaroff and Nolan whipped Moody and Rodriguez, 15-12 and 15-7, while Roberts and Anthony took out Trent and Wright, 15-12, 15-13.

In the finals, Roberts and Anthony took the title by ending Mazaroff and Nolan's hopes, 15-12, 15-13. Both teams made the U.S. National Team with their outstanding performances. Moody and Rodriguez took third.

### Mixed Doubles

The number one seeds, Andy Roberts and Toni Bevelock of Tennessee captured the title without ever losing a game. In the semifinals, they knocked off Connie Peterson and Jon Martin of Oregon, 15-10, 15-14. In the finals, they beat the second seeded duo of Steve Moody and Mona Mook of California, 15-10, 15-12. Moody and Mook had

knocked off the Wisconsin pair of Pat Schmidt and Jim Wirkus, 15-12, 15-7, 11-10. For Bevelock and Roberts, it was a sign of things to come as both were to go on to win a second gold in the open finals.

### Women's Open

Last year's champions of U.S. Team members, Diane Bullard and Julia Pinnell of Florida, were back to defend their title. Along with them were fellow Floridians Mary Lyons and Sue Morgan, who finished second.

Bullard and Pinnell met up with Tennessee's Toni Bevelock and Virginia's Malia Kamahoahoa in one semifinal, while Lyons and Morgan took on the Oregon pair of Michelle Gilman and Connie Peterson in the other. Both Bevelock and Kamahoahoa are past U.S. Team members and Malia, along with Carol Frenck was a former national doubles champion. Their experience, and especially Bevelock's hot shooting hand, proved to be the difference as they upset the defending champions, 15-13, 15-5. Meanwhile, Gilman and Peterson were busy upsetting the third quarters in a cliff-hanging 11-10 tiebreaker. Then, they followed up with a 15-14, 15-5, win over the second seeded Lyons and Morgan.

In the finals, Bevelock and Kamahoahoa dropped the first game 15-10 and then came on strong to take the title 15-4, 11-4, victories. Both finalists qualified for the U.S. Team for their efforts. Once again, Bullard and Pinnell edged Lyons and Morgan in a 11-10 tiebreaker, but this time it was for third place.

### Men's 35 Plus

This was the second largest division in the tournament as only the men's open had more teams. Highlighting the division was the return of Charlie Brumfield to the amateur scene. Brumfield teamed up with Dr. Bud Muehleisen and the crowds enjoyed watching the two legends all weekend.

In one semifinal, Brumfield and Muehleisen met the defending national champions, Joe Icaza and Van Dubolsky of Florida, while in the other, the 1984 champs, Johnny Hennen and Ed Remen met Colorado's Mark Hegg and Kent Taylor. Brumfield and Muehleisen knocked off Icaza and Dubolsky, 12-15, 15-10, 11-3 in a crowd pleaser while Hennen and Remen beat Hegg and Taylor 15-4, 3-15, 11-2.

In the finals, even 96 combined past national titles couldn't help them as Brumfield and Muehleisen were whipped by Hennen and Remen, 15-6, 15-2.

Hennen and Remen were back after a year's absence! See what a little vacation can do? Hegg and Taylor took third in a, 15-10, 11-15, 11-10 barn-burner.

### Men's B

Daryl Rosidivito and Peter Zollers of Pennsylvania took the B title by knocking off Colorado's Ed Creel and Shad Thayer, 15-10, 15-10. Third place went to Idaho's Gary Bratt and David March when they beat Montana's David Kuglin and Bill McLain, 14-15, 15-13, 11-4.

### Men's 19 +

The top four seeds made it to the semifinals were the defending national champions, Bubba Gautier and Tim Hansen of Florida were beaten by Minnesota's Paul and Pete Taunton, 15-7, 9-15, 11-9. In the other semis, second seeded Mark Malowitz and Mike Thurmond of Texas edged Florida's Charlie Nichols and John Schneider, 15-14, 10-15, 11-2. In the finals, Malowitz and Thurmond whipped the Tauntons, 15-1, 15-11. Nichols and Schneider placed third.

### Men's 25 +

Top seeded Dan Factor from California made it two years in a row with two different partners as the 25+ title holder. This year, Factor teamed up with Texas' Gary Merritt to capture an exciting tiebreaker from Wisconsin's Jim and Joe Wirkus, 15-5, 12-15, 11-7. Wirkus and Wirkus edged out Minnesota's Dan Ferris and Pat Page in one semi, 15-5, 6-15, 11-9, while Factor and Merritt took out New Mexico's Tom Neill and Mike Nowak in the other, 15-8, 15-0. Ferris and Page placed third.

### Men's 30 +

Arizona's Ken Garrigus and Mike Romo won this year's 30+ title without losing a game. In the semis, they knocked off the top seeded team of



*Men's Open winners Tim Anthony (left) and partner Andy Roberts*



*Women's Open winners Malia Kamahoahoa and partner Toni Bevelock*

Johnny Hennen, Tennessee, and Ed Remen, Virginia, 15-6, 15-10, and then whipped open finalist Gary Mazroff and Pat Page, 15-11, 15-9, in the finals. Third place went to Montana's Jim Heath and Rick Rios.

### Men's 40 +

Minnesota's Ron Strom and Les Dittrich took the title by beating Washington's Jack Lowery and Phillip Mortenson, 15-13, 15-13. Dittrich and Strom knocked off second seeded Ken Seamans and Mario Serafin of Califor-



*Doubles' action at the auction—everybody was a winner*

nia, 15-9, 12-15, 11-9, while Lowery and Mortenson beat the defending champions, Ohio's Jerry Davis and Mark Wayne, 15-11, 10-15, 11-7. David and Wayne captured third, 15-10, 15-7.

#### **Men's 45 +**

Pennsylvania's Ron Galbreath and Joe Jackman won this year's 45+ title with an exciting 15-10, 11-15, 11-8 win over Ohio's Otis Champman and Bobby Sanders. Chapman and Sanders had beaten the number one seeds, Jerry Davis and Mark Wayne in one semi, 15-9, 15-9, while Jackman and Galbreath knocked off Colorado's Gerald Beattie and Louis Smario, 15-11, 15-7, in the other. Davis and Wayne took third, 15-9, 15-5.

#### **Men's 50 +**

Last year, Pat Columbo and Bud Muehleisen captured this title. This year Columbo and Muehleisen decided to play in the 45+ division but Columbo was hurt in their first round match and forced to default. That left the 50+ division wide open and last year's bronze medalists, Otis Chapman (Ohio) and Pete Talbot (New Jersey) made the most of it. Chapman and Talbot beat California's Al Rossi and Florida's Art Payne, 15-2, 15-5, in one semi, while Kansas' J.D. Frederick and Ron Mag-

gard were beating Colorado's R.A. Manson and Louis Smario, 10-15, 15-14, 11-3, in the other. Chapman and Talbot took the crown by handling Frederick and Maggard, 15-5, 15-11. Manson and Smario took third.

#### **Men's 55 +**

Illinois' Don Berk and Jack Burnstein won the gold medal by defeating Pennsylvania's Gene Grapes and Allen Schattner, 15-5, and Carol Loveday, 15-11, 15-13, in the semis while Grapes and Schattner had whipped California's Scotty Deeds and David Hughes, 15-10, 15-4. Deeds and Hughes took third.

#### **Men's 60 +**

Stan Bernie and Carl Loveday of California won this year's 60+ crown by defeating Ivan Bruner of Wisconsin and Dick Haney of Colorado, 15-11, 15-10. Bernie and Loveday took out top seeded Earl Acuff of Virginia and Luzell Wilde of Utah, 15-11, 15-3, while Bruner and Haney beat the Kentucky duo of Irv Zeitman and Ike Gumer, 8-15, 15-0, 11-8, in the semifinals. Gumer and Zeitman took third, 15-6, 15-12.

#### **Men's 65 +**

Kentucky's Ike Gumer made it two in a row for the gold in this division.



*Pro legends: Charlie Brumfield (right) exhorts teammate Bud Muehleisen in the 35+ doubles competition*

Last year he teamed with New Jersey's Aln Sheppard to win this title while this year Irv Zeitman was his partner. Gumer and Zeitman beat Acuff and wilde, 15-6, 15-12, in the title match. Ohio's Jonas Klein and Brad Turner placed third.

#### **Men's 70 +**

Ike Gumer, Kentucky, and Allan

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Sheppard, Maryland; were awarded the gold medal.

#### Women's B

Four teams competed in round robin format with Colorado's Mary Rodriguez and California's Kari McDonough finishing first. They defeated Alison Torres and Susan Schnitzer from New Jersey, 15-9, 15-5, in the gold medal match. Third place went to Wyoming's Judy Harmon and Debbie Mink as they edged Wyoming's Kate Ballew and Missy Woods, 12-15, 15-12, 11-10.

#### Women's 19+

Awarded to California's Lisa Hjelm and Kati McDonough as the only team entered. This was the first time a women's 19+ division was offered and hopefully the participation will increase next year.

#### Women's 25+

Last year's finalists met for the title again this year with a reversal of those results. Diane Bullard and Julia Pinnell knocked off the defending champions, Mary Lyons and Sue Morgan, 15-8, 2-15, 11-3. Third place went to Nebraska's Nancy Lee and Linda Wright when they beat Carol Frenck and Jeannie Cannella, 10-15, 15-5, 11-6.

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**'In the finals, even 96 combined past national titles couldn't help them as Brumfield and Muehleisen were whipped by Hennen and Remen.'**

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#### Women's 30+

Janice Brown and Linda Loughery-Knight of Colorado won this division with a perfect 4-0 round robin record. The championship match came Saturday morning when Brown/Loughery-Knight defeated fellow Coloradans Cathy Callahan and Jeannie Cannella, 15-11, 11-15, 11-2. Third place went to Idaho's Barb Smith and Sue Bates as they whipped Susan Schnitzer and Alison Terres, 15-7, 15-8. Bates and Smith could have thrown a monkey wrench into the round robin format if they had beaten Brown/Loughery-Knight on Sunday morning. The match lasted almost three hours before the champions survived, 12-15, 15-14, 11-8.

#### Women's 35+

Linda Loughery-Knight made it two for two when she teamed up with Col-

orado's Sherry Armstrong to win the 35+ title. Again, there was a five team round robin. And as it sometimes happens with a round robin format, the gold medal match was the first one played. The Florida team of Judy Schmidt and Agatha Falso finished second with their only loss being a 15-10, 15-12, Thursday night match-up with Armstrong/Loughery-Knight. The defending title holders, Idaho's Barb Smith and Sue Bates, finished third losing to Falso and Schmidt, 15-13, 15-5 and Armstrong/Loughery-Knight, 9-15, 11-5.

#### Women's 40+

Falso and Schmidt took the gold in this division by crushing California's Kathy Rishel and Illinois' Rose Mooney, 15-1, 15-1. Rishel and Mooney took second by defeating Wyoming's Peggy Buss and Majorie Johnston, 15-14, 15-9. Buss and Johnston finished third.

#### New U.S. National Team Members

|               |                  |
|---------------|------------------|
| Andy Roberts  | Malia Kamahoahoa |
| Tim Anthony   | Toni Bevelock    |
| Jack Nolan    | Connie Peterson  |
| Gary Mazaroff | Michelle Gilman  |

Next year's national doubles will be held in Jacksonville, FL, at Racquet Power. □



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# Why You Need Lessons!

**The Question is Not Whether You Should Take Lessons, But If You Can Afford Not To!**

by Mark Kessinger

**W**hy take lessons? To get better, of course. But why not improve your game yourself? You haven't done too bad at it so far. What could an instructor tell you that you couldn't figure out yourself?

Every time you swing, you make that same mistake, over and over. You swing a hundred times a game, three games per hour, three times a week and each month you've practiced that mistake over three thousand times. It's there to stay.

When players ask me why they should take lessons, I say the same thing: to get better, naturally. They might have done a good job themselves, but they might do even better with some help. No, they *definitely* will do better with help. In 16 years of instructing I haven't found any student who didn't progress faster with lessons than on their own.

Besides, lessons can save you time, money and injuries.

It's the money part that always catches their attention. There's two ways to do that: keep them from buying the wrong equipment and keep them from buying the right equipment for the wrong reasons.

This is a touchy area for lots of industry people. Just what is this teaching pro going to say to all these impressionable young players? Because many teaching pros are sponsored by racquet companies, it is commonly thought that we simply tell students to get what we've got.

In a way that's true: by playing with a racquet, I am telling everyone that I think this is the right racquet. But when it comes to advice for which I am paid for, I serve the consumer first. I don't let my sponsoring company tell me what to say to a student.

Many people buy a racquet for the wrong reasons: they are dissatisfied

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**'Spend the money on lessons and skip that year or two as a C player or B player that is waiting for you in the self-taught curriculum.'**

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with their game and want to improve by changing the armament. This is the least dependable way to improve. The chances of a new racquet correcting, your playing problems are slim.

Some racquets are better than others, and a step up in quality will give you a racquet that may add five or six points to your game. To find that racquet, you need expert advice and not the consensus of the locker room. What might be right for the player next to you may not be right for you.

How can you tell? First, you have to know what sort of player you are and that's the job of a teaching pro—to read your style. Second, you have to know what racquet will help you, again the job of a teaching pro.

When you get on the court, the pro will see if your problem is one that a new racquet will fix. Probably not. Getting a new racquet to beef up your game is like buying a fancy sports car to make you a better driver. To appreciate that fine sports car, and to survive in it, you should be a good driver already. The same is true in racquetball.

Once your form has been corrected, the need for a racquet may not be so great or pressing. But by the same token, once the form is corrected, a bet-

ter racquet will be truly appreciated. Either way the decision is yours and you are no longer being forced into action by a troubled game.

Another way to save the player money is to get the right kind of racquet at the right time. The wrong time is when the racquet is not to blame. The right time is when you've fixed your game mechanics and are ready to upgrade your equipment to match your newfound ability.

The single most important factor in getting a racquet is the grip. Who tells you this? The instructional pro. If the racquet doesn't fit your hand, it will never fit your game. The most basic of basics is good contact. Without good contact between player and racquet, nothing else will take place with any degree of control.

Let's use the car analogy again. If the tires don't make good contact on the road, because of ice, snow, water, gravel or whatever, the driver cannot steer well, brake well or accelerate. He has no control over the car. The same is true in racquetball: poor grip leads to poor everything else.

How do you get the right grip? See your pro. Choosing the right equipment can be part of any lesson. And that includes eyeguards, shoes and everything else. You don't need specific brand name recommendations but general traits in what a good racquet or shoe should have.

Saving the player money is just the start of instruction benefits. It is a sign that your self-teaching method has reached its limit when you begin looking towards the equipment as being responsible for your poor performance. Time to move out of the self-taught school of sports into the professional school of instruction.

*Continued on page 26*

# Do It Your Own Way

## Not Taking Lessons May Be The Best Thing For Your Game

by Brad Kruger

Carl Loveday, racquetball's most prominent coach, peered through the haze of his own cigar smoke, as he piloted his '69 Cadillac westbound on San Diego Interstate 8, toward a lesson scheduled at a popular beach club.

As the applauded mentor of Charlie Brumfield and Rich Wagner, Loveday's expertise is attested to by a fee that would cause many attorneys to blush (\$100 per hour). I reclined in the passenger seat and let the tape recorder roll.

"Let's face it," Loveday mumbled, his lips wrestling between words and the smoldering, soggy butt of his trademark, a Beaconsfield cigar, "Anyone looking for a competent racquetball instructor is going to be hurting. He's better off leaving his money at home and shooting the locker room breeze with the better players until he learns the ropes. Like the old saying goes, "a fool and his money are soon parted."

From the fat executive in his gray cotton sweat suit to the slender fashion model in her vogue Fila outfit, everyone wielding a racquet has a common goal: consistent optimal performance by the most expedient learning process. Now we have one of racquetball's top coaches revealing that conventionally accepted paths—the advice of teaching pros; the commands of coaches—are bogus for the average player.

"Here's how it is," Loveday said, "most players don't need coaches. Only those ranked in the top 50 or so who have a decent shot at climbing higher." Loveday added a touch of mysticism, vanishing behind a cloud of smoke as he exhaled.

"And because racquetball is so young, I just don't think there are many qualified instructors. Their advice could be more detrimental than helpful." An individual, according to Loveday, would

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**'Remember that racquetball is a young sport. What this means is that most of today's instructors were self-taught. They didn't have anyone to teach them when they began playing.'**

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be better off on his own, following a specific plan of improvement.

"Sure, babe," Loveday said, "Of course I'll tell you the plan... but first, let me explain what I said. I don't want to step on anyone's toes."

"It seems pretty obvious to me that the relationship between the coach and player is far too specialized for the average player. Besides being an expert in athletics, the coach has to be a public relations man, an agenda setter, a guidance counselor and motivator. Plus, he has to know strategy, psychology, personal relations, neuromuscular coordination, reaction time, fatigue and conditioning. It doesn't take a complete genius to realize that there's only a handful of players who need this kind of attention; even fewer who can afford it."

Loveday was painting, of course, the picture of the mountaintop guru and the kid who hikes up daily for insight into the hows and whatfors, growing stronger with each climb. Together they grow into a special unit, a team to be dealt with. It is a marriage of productivity—commitment must be absolute.

Preparation is the coach's major concern. "In pretty much all the individual sports, what a coach can do for the

player has to be done on the practice court. The coach tries to prime the player for optimal performance when it counts—in the contest."

"At game time, there are really only two ways a coach can help. First he has to set a game plan. Second as a security blanket. Brumfield once said he wanted a coach because it took the pressure of decision making off his shoulders and put it onto the coach's, so he was free to concentrate on shot execution."

Loveday flicked some ashes into the car ashtray. "If you analyzed the psyche of the game's top players, you'd understand the major reason why the average player doesn't want or need a coach. Most players have one motivation: They play individual sports because they're loners—if they lose, they take all the blame, but if they win, they get all the glory. And glory is what it's all about. They don't want to share."

Concentrating on the road, his cigar, trying to tune the radio and then rolling down the window, Loveday reached to the back seat and produced a copy of *Sports Illustrated*. It was folded open to an article about Wayne Gretzky. Loveday read out loud, "What I do is instinctive. I feel my way down the ice. I see where I want to go, and I go there. How could I teach that?"

"You listening? The greatest ever hockey player said that. I think racquetball's moved in the same direction—instinctive play—you know? When the ball was made quicker and the ceiling shot was all but eliminated, the great players began to play strictly on instinct. There is not a great deal of conscious thought involved?"

The jargon changed. "When in doubt, go to the ceiling" was replaced by "when in doubt, shoot it out." But

*Continued on page 28*

Saving you time, is the next reason that comes into the conversation. If you want to continue playing as much as you do *and* take some lessons, sure, it takes more time. But if you want to progress, you will progress faster this way. And if you weren't already committed to spending time at racquetball for improvement, you wouldn't be at the club three times a week. It's time for a more direct (and directed) approach.

You will spend much more time on the court trying to teach yourself to be a better player than if you take a few lessons now and improve faster. How do you want to spend your time on the court, as a C player or as a B player? How long do you want to take to reach your goals? Instruction is the only legitimate short cut.

If you belong to a club where you pay for court time, you will save money with instruction. You spend more for the instructional time but it allows you to save money in the long run by getting better sooner. Spend the money on lessons and skip that year or two as a C player or B player that is waiting for you in the self-taught curriculum.

Instruction can even make the difference in whether you continue playing

**'Everytime you swing, you make that same mistake, over and over. You swing a hundred times a game, three games per hour, three times a week and each month you've practiced that mistake over three thousand times. It's there to stay.'**

racquetball or not. Many players reach a limit they can't exceed and get discouraged or just bored with the game.

This limit is not the limit of their physical or mental abilities, it is the limit of their self-teaching abilities. That is the absolute end of what they can do for themselves and it is no longer a question of how much faster lessons will allow them to improve, but a question of will they improve any more or not? Not if they don't change instructors from themselves to a pro.

We demand training in everyone around us. We do not trust the self-taught doctor, lawyer or mechanic. We like to see those little diplomas on the wall saying they have been taught to do what they do. Yet, we inflate our self-opinion especially when it comes to teaching ourselves racquetball.

Two of the methods used by players to teach themselves have become two quagmires that stifle good players in their form and mechanics. They are *Imitation* and *Trial and Error Learning*.

*Trail and Error Learning* is basically trying to hit the ball right and trying different methods. At first this can be helpful to the player. Its easy to see if the trial was successful or an error. The racquet either hits the ball or it doesn't.

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## **“It is a sign that your self-teaching method has reached its limit when you begin looking towards the equipment as being responsible for your poor performance”**

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The ball either hits the front wall or it doesn't. If not, then, try again. Eventually, you will succeed.

*Trial and Error* really doesn't work well and we don't tolerate it in surgery, auto-repair or anywhere in our society. It's ineffective, wasteful and time-consuming. We don't pay anybody to learn on the job so we really drop our standards when we decide to teach ourselves how to play racquetball.

When the level of play gets past the novice stage, *Trial and Error* becomes less reliable and can actually hurt your game now. Suppose your premise is you're not hitting the ball hard enough to make it do what you want it to do. If that's the wrong premise, all the *Trial and Error* experimentation you do now is a waste of time and will only result in hurting your game and perhaps yourself. You will retard your progress as long as you stick to that premise.

The instructional pro knows what works and what doesn't. His method is based on the trial and error of hundreds before you and he has learned from a growing body of knowledge rooted in his experience. He can share the benefits of that research: the conclusions—right away—without duplicate trial and error on your part. You've saved time and money and trouble. The time it takes to share those conclusions with you can be measured in minutes and hours. Your own trial and error research will be measured in months, years, and perhaps your entire career.

The other learning method relied upon by self-taught players is *Imitation*. *Imitation* is another very basic form of teaching: monkey see—monkey do. Very ineffective, time consuming and wasteful. In advanced levels it can become downright harmful.

First off, everything you see is not

worth imitating. In fact, most isn't. You shouldn't even consider imitating someone unless they are one of the top players. And then you should imitate them only during their practice sessions, not their games.

If they are not a top player, much of what you see will be that trial and error method we threw out ourselves. Look for improved form in better players. That form is easiest to observe when they practice. When they are playing, what we see is good form corrupted in a hundred different ways because their opponent is trying to force them to make a mistake.

We don't see ideal form but ideal form that is being bent and adapted to game conditions. What looks good now may be just stylized errors. It takes a trained eye to tell the difference.

In order for the advanced player to become master of the game, he must first master good form and then learn to make it as flexible as possible. The good form is demonstrated in the warm-up, the flexibility is demonstrated in the actual game. They are very different.

To master racquetball you must master basic form. The top player is showing his ability to compensate for less than perfect set-ups with advanced flexible form. Players end up imitating variations on a theme that is still unfamiliar to them. Practicing the wrong moves makes your progress come to a complete halt.

By avoiding these mistakes with good instruction you become a better player sooner and have more potential than if you taught yourself. You save time, money and avoid bad habits which are harder to correct further along in your game.

Instruction can also prevent injury.

Swinging the right way is a painless, stressless, easy motion. Any pain, sore-

ness or discomfort is the indication of an improper stroke. It may be the grip, the swing, the snap, the stance or the set-up. It may be obvious to an instructor or it may take some hunting down but it most likely can be found and corrected.

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## **‘Lessons can save you time, money and injuries.’**

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Learning to live with imperfect form is learning to live with an imperfect game. If that imperfection manifests itself in pain or soreness, the consequences can be more damaging to you than just your racquetball game. That forearm goes with you when you leave the court. Damaged, it will force you out of the game and a good many activities also. Good instruction can be viewed as health insurance: worth the money.

An instructor can teach you how to be a safer player. You can learn how to get out of the way of play, when to look back in the court, how to keep you balance and so forth. *Trial and Error* will not work here: the human body can be very unforgiving when it comes to injuries.

So you should take lessons to save money, time and yourself. And, of course, the fourth reason: to become a better player.

If you're serious about playing the game, do yourself the honor of getting the right kind of help. It is well worth it. □

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**'Anyone looking for a competent racquetball instructor is going to be hurting. Like the old saying goes, 'a fool and his money are soon parted.'**

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*Continued from page 25*

racquetball's wham-bam-slam-it-where-you-can-and-hope-it-wins gamestyle can't be blamed for the lack of qualified instructors. "There aren't many qualified instructors in racquetball because there isn't any way for a beginning instructor to train someone with experience."

Loveday smirked as he explained how some clubs recruit teaching pros. "Club managers turn to their own membership roster for an instructor. First, they'll ask the best player, to try and employ him. If he doesn't accept, they'll simply move down the line until they find somebody else."

"Remember that racquetball is a young sport. It's still growing. What this means is that most of today's instructors were self-taught. They didn't have anyone to teach them when they began playing.

"The teaching pro is supposed to make on-the-spot corrections, suggestions for improvement within the very short time of a lesson period. That's all. He's concerned with obtaining short-term results."

More often than not, the teaching pro treats the symptom and ignores the cause. "A quick fix is prescribed. The stroke improves on the surface for a short time. But the core mechanics are still lacking. When something goes wrong, nobody knows why. They look for deviations from the instructor's swing and they attempt to make the student's swing a copy. But they never really understand the basic principles of physiological movement. The relationship become parasitic. Not teacher and pupil, but pusher and junkie. The player lacks the self-learning process. He's trying things he doesn't understand."

You've read all the answers, the differing answers: the texts of Strandemo, Keely and Brumfield, the pamphlets of lesser knowns. Each month you rush to the mailbox for the latest update in *National Racquetball*. You've questioned your local teaching pro and all you get is, "Hey, if ya wanna play well, ya got-

ta pay well." So you fork out a few more bucks...and still, that forehand remains the same.

"One of the biggest problems in racquetball today is misinformation," Loveday said, "So many people saying so much. I guess it's expected in a growing sport because the sport has got to change, but it is hardly attractive."

"The answer is simple. It's hard to function unless you have a strong rudimentary foundation, and this is tough to develop with the overabundance of differing advice. The player has to be able to judge the good from the bad. With Charile (Brumfield), all we did was identify the correct physical principles of hitting the ball. Then we incorporated it to his body. We decided where the ball should be hit, relative to his body, to develop maximum power. Ten years ago, Loveday said, the self-taught pros resigned. "The same is true today. They still do it alone. The game has changed, but the process of learning hasn't."

"Above all else, the player must first gain a sound knowledge about the principles of physiological movement in sports. This can be done by reading a couple of textbooks and theorizing with buddies. the movements of other sports should be analyzed too, until you compile a mental rulebook for sports movement. Hey, films and video ain't bad either."

"Then, the player should practice what he has learned with strict adherence to the law of specificity" (George B. Dintimen: "Exercise Programs should stimulate movements of the activity for which training is designed whenever possible.")

"The quickest way to learn is to buy an airplane ticket, fly down to San Diego and pay me for a lesson," Loveday laughed, "Second to that, the best way to learn would be to come to San Diego and do nothing else other than to analyze and try to learn how Marty Hogan hits the ball. In most cases, the better the skills analyzed, the better the skills that will develop."

"Obviously, most players can't do this. So, the student should watch the best players in his area. But watch the player not the game. He should define the player's individual strength, and then analyze the physiological foundations, eliminating the weaknesses in the process."

"When this is done, he should jot his discoveries down in a notebook—for comparative reference later—and then move on to another player with a different set of strengths and weaknesses."

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**'More often than not, the teaching pro treats the symptom and ignores the cause. The relationship becomes parasitic. Not teacher and pupil, but pusher and junkie.'**

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"If you run into a problem, ask a better player for his advice," Loveday said. "Remember, he got to where he is by the same process. Very few players will give you a bum steer. They have too much respect for the game."

"Know something of everything and everything of something," Loveday quoted, cautioning players to sift through the vast bulk of misinformation before they form their own individual doctrines. "It takes a lot of work, all right. There's no free ride."

"Just consider the non-effects of forking out the dough to a pro. and besides the attractiveness of developing a genuine rapport with the better players, there is a larger plus: when something goes wrong, you can turn to yourself for the answer. You analyze the situation on the spot and, because you were instrumental in the building process, you can come up with your own solution. Who better to fix the broken plumbing than the plumber who designed and installed it? A player's confidence develops. And this can't be bought, stolen or rented."

Loveday extinguished his cigar, leaned into a hard left turn and docked his car in a vacant spot in the parking lot as we walked through the club's entrance, we were greeted by the stale odor of damp locker rooms and a cacophony of exploding racquetballs against concrete.

"Hey, but listen," I said, "What about conflicts of interest. I mean, it looks like your fate is about the same as last decade's pinkie black ball. If it's true, you're going to be out of a job. Don't you think?"

C'mon, let's get goin'," yelled a balding man of about 40 to Loveday. "I've been waiting here over 15 minutes!"

Loveday dressed in an aura of confidence. "People," he said, "don't always want to hear the truth. I can't remember whom, but someone said, 'There is no darkness but ignorance.' Well, you sure don't need any sunglasses around here." □



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# Don't Throw That Big Lead Away!

## Sure-Fire Ways To Take Care Of That Second Game Slump

by Charlie Garfinkel

**H**ow many times have you won the first game of a match easily, were leading the second by a big margin, only to inexplicably lose the second, and then the third games?

The frustration is unbelievable. You start to doubt your own ability. Even worse, you don't want to go near a racquetball court for weeks, or in some cases, even months.

Unfortunately, the aforementioned problem seems to happen to intermediate players more than advanced or beginning players. Intermediate players are in a peculiar situation. They're much better than beginners. But, they're not quite as good as the advanced players.

Although some of their shots may look as good as the advanced players, the intermediate player isn't nearly as consistent. In addition, he'll sometimes use poor shot selection, or lose concentration.

Usually, an intermediate player loses a match that he should have won because of three main reasons. They are:

1. He has stopped using the serves or shots that were winning for him.
2. He has failed to try different shots and strategies when it is evident that the momentum has definitely swung back to his opponent.
3. He has become so nervous (is choking) that he can't correctly execute the serve or shot that he is hitting.

Once you feel your huge lead slipping away, you should concentrate on hitting the two or three shots that you feel most comfortable with. And, in order to hit these shots correctly and accurately, you should have spent a great amount of time practicing these shots before you play a tournament or practice match.

For instance, you may have been serving a hard drive serve that has scored many outright points, or has produced many easy returns for you to put away. Suddenly, you're rarely getting any drive



*Charlie Garfinkel, winner of 14 national titles, writes each month on his 'spot' theory of racquetball play that can get you out of a 'bad spot' and put your opponent 'on the spot.'*

serves in. Your high lob second serve is continually returned to the ceiling, giving your opponent time to prepare for your next shot. As your opponent returns more and more of your serves, his confidence soars.

Instead of you having a one game lead and a large lead in the second game, your match is now tied late in the second game at 11-11.

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**'Once you feel your huge lead slipping away, you should concentrate on hitting the two or three shots that you feel most comfortable with.'**

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Now it's time to forget the drive serve and use the high lob! For your first serve, switch to a hard Z to the backhand (**Diagram 1**). Stand 2-3 feet from the left side wall in the service box. Hit

your serve 3-4 feet high on the right front wall, 1-2 feet from the right side wall. The ball will then hit the right side wall, carry over the short line to the deep left corner, bounce, and then hit the left side wall.

If it is hit correctly, the hard Z will force your opponent to hit a very difficult service return. Even if he can return it, you have caused him to change his strategy on the return of the first serve.

On your second serve, take plenty of time before you put the ball into play and be sure to look at the receiver before you hit. Many intermediate players simply put the second serve into play without any thought as to where it will go. You should be doing just the opposite.

Even though your opponent has rallied to tie the match late in the second game, you still want to appear as if you've got things completely under control.

Therefore, take the pressure off yourself. Don't hit a high lob serve. Hit a medium lob or garbage serve. By hitting a medium lob serve you don't have to worry about possibly doublefaulting on the ceiling, as you would with a high lob serve. The medium lob is hit 7-8 feet high on the front wall, 1-2 feet to the left of center (**Diagram 2**).

Often, the anxious receiver will hit an easy return, or a shot that flies off the back wall, thus enabling you to put the ball away.

When you're not serving and you've blown a big lead, concentrate on the ball at all times. Watch the server bounce the ball. Try to see the ball hit his strings as he serves. Follow the ball from the time the server strikes it, through its flight to where you hit it.

To hold onto your lead you must limit your opponents chances to kill the ball. The old, reliable, but extremely effective backhand ceiling ball, is the return to use on the service return.

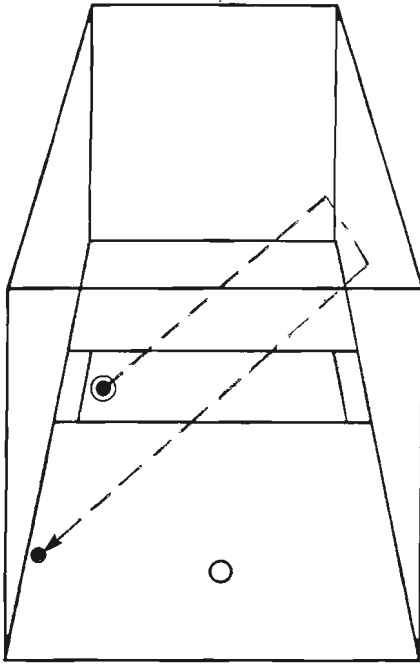


Diagram 1

You'll force the server out of the service box. Equally important, you'll be able to take control of center court yourself. To hit the backhand ceiling ball correctly (**Diagram 3**), the ball should hit the ceiling 3-5 feet back from the front wall, 1-2 feet from the left side

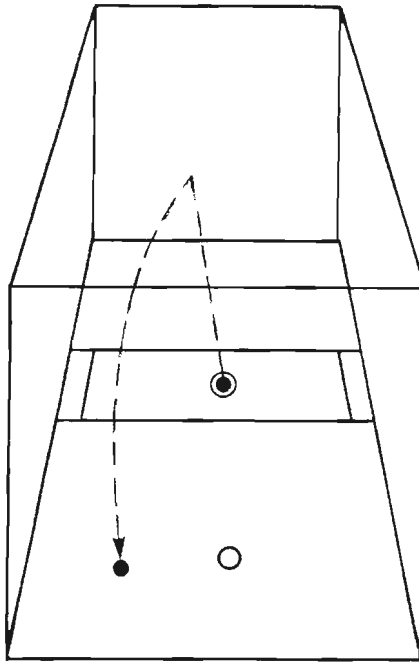


Diagram 2

wall. The ball will then bounce high and carry deep to the left side of the court.

An extremely effective tactic to use against a player who has closed the gap in your match, is to hit as many shots as possible to his backhand. By continually hitting the ball to that side,

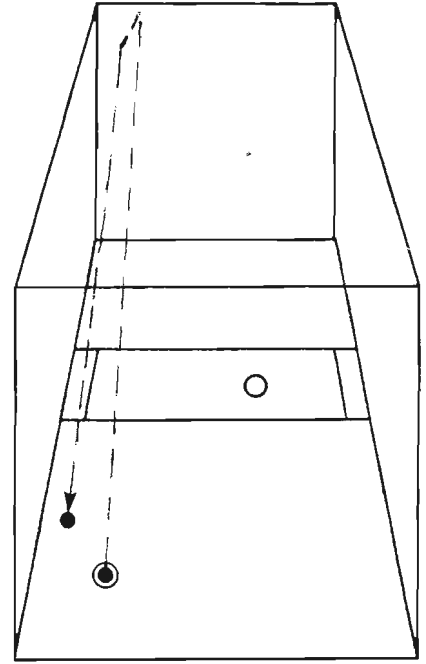


Diagram 3

sooner or later you will get an easy shot to put away.

An especially effective shot is a hard forehand crosscourt, to your opponent's backhand, when you're both stationed at the short line. With you in the right side of the court, your shot should hit

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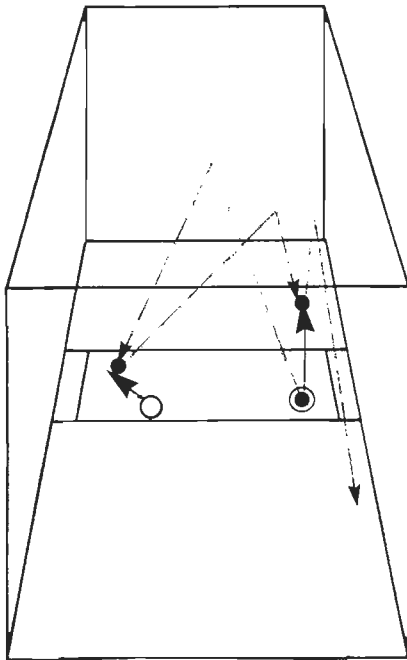


Diagram 4

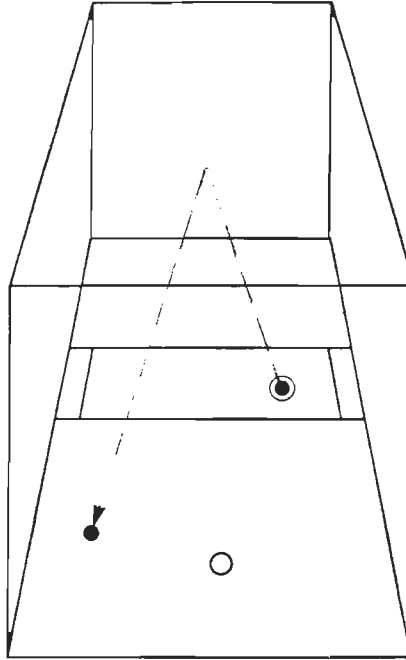


Diagram 5

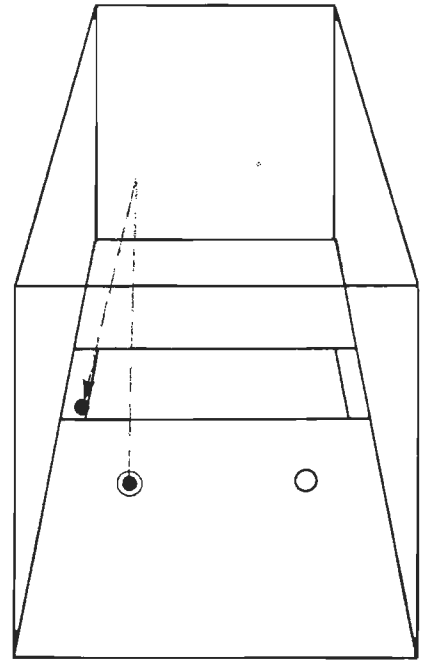


Diagram 6

3-4 feet high on the front wall, 1-2 feet to the left of center. Let's even assume that your opponent actually returns the shot. Your next shot will be an easy one, as your opponent has returned a weak shot at best. Then, you simply blast the shot down the forehand side of the court, low and hard for a winner (**Diagram 4**).

Of course, you can try these aforementioned strategies to no avail. This still could result in your losing the second game.

In the third game, you'll most likely be serving to start the game, as you've scored more total points in games one and two than your opponent has. Now is the time to unleash your drive serve again. The reason is that the tie-breaker is only to eleven points. A fast start could completely demoralize your opponent. And, you'll be keeping on the pressure from the start.

I suggest moving 1-2 feet to the right of center when serving the hard drive to the backhand. Because of the acute angle of the serve, you'll be giving yourself a greater margin of error. In addition, you'll be forcing your opponent to return a serve that is breaking away from him.

To hit the drive serve effectively, you should stand 1-2 feet (**Diagram 5**) to the

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**'Intermediate players tend to make poor use of their time outs. If you've won the first game, and are winning the second 12-4, take your time out. Make your opponent think about what he's trying to accomplish.'**

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right of center as I said before. The ball should hit the front wall, 1-2 feet to the left of center, 3-4 feet high. The ball should then carry over the short line, bouncing twice on the left side of the court, before the receiver can return the ball. Continue to serve the medium lob for your second serve to ensure that you don't doublefault.

In the tie-breaker you should constantly be striving to keep your opponent as off-balance as possible. That's why you should keep as many shots as possible off the side walls. If they're not hit accurately, they will carom out to center court. And, because your opponent's adrenaline is really high in the tie-breaker, especially if he's in top shape physically, you'll

find him returning shots that he wasn't returning earlier.

An excellent shot to hit when you're on the left side of the court, 3-5 feet from the short line, when your opponent is on the right side of the court, is a hard backhand passing shot straight down the line (**Diagram 6**). The ball should be hit 1-2 feet high on the front wall.

Other suggestions that will help you in a match that seems to be slipping away, after you've had a big lead, is to continually pace yourself, take deep breaths, and time outs when necessary.

Intermediate players tend to make poor use of their time outs. If you've won the first game, and are winning the second 12-4, don't wait until the score is 12-11, or 12-12. Take your time out at 12-7, or 12-8. Make your opponent think about what he's trying to accomplish. Take another time out at 12-10 if it gets that close.

Remember that you've got three time outs in each of the first two games. Use them wisely. In the tie-breaker, you only have two time outs.

Practice, concentrate, and use the serves and shots that have consistently worked for you. You'll find that your big leads will turn into routine wins, and not frustrating losses. L

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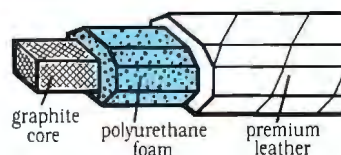
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# OFF COURT FITNESS

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By Jean Sauser

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## Are You A Fitness Fad Junkie?

Exercise and diet fad junkies are the ones who are always trying to lose five pounds in five days, enlarge their breasts overnight or build muscles in minutes by taking protein pills. Oftentimes they can be found sitting in front of their television sets, thighs tightly bound in some sort of Saran Wrap over a secret reducing cream from Sweden, eating bon bons and patiently waiting for this cellulite reduction method to work.

As a college student, I had a brief flirtation with being an exercise and diet fad junkie, so I understand the nature of the beast. I learned the hard way that not only are mail order "quick fixes" for health, good looks and fitness expensive and ineffective, they can be downright dangerous to your health! Luckily, I just lost money and had a lot of laughs.

I discovered the world of crash diets and ridiculous workouts with my first roommate as a freshman in college. We made a pact to lose ten pounds together and almost immediately began to starve ourselves to death. The first thing we did was to cut our calorie consumption to under 600 calories a day. Then we began to play racquetball like maniacs every morning before school and every evening after school.

On the fifth day of our new regimen, we were on the racquetball court at 6 a.m. when my roommate said, "Jean, do you see stars after a hard rally?"

"Come to think of it, I do," I answered, amazed she'd read my mind.

"You know I feel dizzy and weak. I think I need a little more to eat today," she ventured.

"Let's go off our diets today," I said reading her mind back.

From there we went to breakfast and

ate back twice the calories we had saved in the previous four days. A week later, we'd gained five pounds apiece. Terror stricken, we decided we had to do something new and completely different. That's when we found this ad in one of our women's magazines that promised to trim our tummies through the use of an electrical shock machine. We immediately sent away for it, collecting money up front from everyone on the dorm floor so we could easily cover the cost (and make a slight profit at the same time).

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**'My life flashed before me as a jolt sent me jumping around the room like a mexican jumping bean. Turn it down! Turn it down! I screamed.'**

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The day the machine arrived, everyone piled into our room for the demonstration. I volunteered to be first. I wanted a flat stomach and I wanted it now! I stripped down to my underwear as my roommate strapped the pads on my stomach and buttocks and turned on the juice. Immediately my life flashed before me as a jolt sent me jumping around the room like a mexican jumping bean.

"Turn it down! Turn it down!" I screamed.

"Sauser, you're a baby," my roommate replied laughing, applying more juice.

"No pain, no gain," shouted the P.E.

majors in the room. By now everyone was laughing but me.

Finally, I ripped the pads off and threw them at my audience. "You guys, we got ripped off," I said now laughing along with them. "Anyone who wants this thing can have it with my blessing."

So, the tummy trimmer ended up in the bottom drawer of my dorm dresser. We decided that although it didn't get anyone results (everyone eventually did try it), it was good for occasional laughs as well as practical jokes on unsuspecting people.

Even after I graduated from college and went to work at the YMCA, fitness fads seemed to follow me and tickle my fancy enough for me to participate in them from time to time. I'll never forget playing racquetball against my friend, Greg, who decided to wear a scuba diving weight belt during one of our racquetball games to lose weight. He had a theory that the extra poundage would burn more calories in an hour.

Instead of copying his calorie burning idea, I donned three sweat suits so that I could sweat off the pounds while he burned calories. What actually happened during that match was both of us almost getting injured due to constantly slipping on my sweat and falling down. We spent most of the hour laughing as both of us were too tired and overheated to make it through a serious hour anyway.

What amazes me is that with all of the updated information on fitness, most of America is still engaged in fad diets and exercise crash courses that promise everything and deliver nothing. Having once been a participant in this type of nonsense, I can only hope that if you are one of these people, you are having as many laughs as I did. □

# Pull Ups!

## Don't Forget This Old Standby For Extra Power In Your Game

by Jean Sauser

**Y**ou can build upper body strength for your racquetball game at home with pull ups. The muscles you'll develop (everything but your stomach!) will enable you to hit the ball harder through a combination of stronger upper body rotation (from strengthened back muscles) into your shots, and a stronger wrist snap (due to increased forearm strength).

Pull ups can be done at your club, providing that they have the equipment. If not, simply purchase a pull up bar at your local sporting goods store and start your program at home. These bars are relatively inexpensive, around ten dollars, and are priceless when it comes to developing the upper body strength you need for racquetball.

### Underhand Pull Ups

**Muscles Strengthened:** Biceps

**Racquetball Application:** Increased stroke strength and counter punching ability in front court of opponent's quick shots.

**STEP ONE:** Using an underhand grip, place your hands about shoulder width apart on the bar. Hang so your feet are off the floor completely, and your arms are comfortably straight (elbows not locked).

**STEP TWO:** Pull your chin up to the bar slowly by bending your arms. Exhale slowly as you come up.

**STEP THREE:** Lower yourself back down to your original starting position slowly to a count of four. Don't lock your elbows as your arms straighten out.

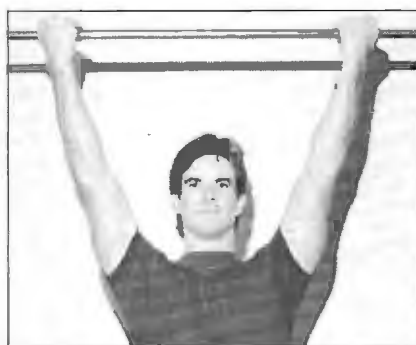
**Exercise Prescription:**

**Beginner:** 3 Sets of 5-10 Repetitions every other day.

**Intermediate:** 3 Sets of 10-15 Repetitions every other day.

**Advanced:** 3 Sets of 15-20 Repetitions every other day.

**Super Advanced:** Keep increasing the number of repetitions in a set, but always hold your number of sets to 3.



*Underhand pull ups: always in sets of three...it's man against himself*



*Overhand pull ups: develops your forearm muscles for more power*

**'A few months of pull ups on a regular basis can result in a slight increase in power on the racquetball court. Combining pull ups with push ups can increase upper body strength even more.'**

### Overhand Pull Ups

**Muscles Strengthened:** Triceps, Shoulders (deltoids) and Forearms.

**Racquetball Application:** Prevention of tendonitis through increased forearm and tricep strength. Increased power and prevention of shoulder injuries through stronger shoulder (deltoid) muscles.

Use the same formula for overhand pull ups as with underhand pull ups with the exception of the grip. Use an overhand grip (fingers pointing away from you).

**Exercise Prescription:** Same as underhand pull ups.

A few months of pull ups on a regular basis can result in a slight increase in power on the racquetball court. Combining pull ups with push ups (see our February issue '84) can increase upper body strength even more. Increased strength not only increases your racquetball power, it boosts your self-confidence on the court also. A stronger body does make a stronger mind. For racquetball, you need both. □

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The One Minute Manager Gets Fit. How to choose and keep winners for your management team by Kurt Einstein, chairman of the Einstein Human Resource Institute. Winning the inner game of work by Tim Gallwey, author of The Inner Game of Tennis.

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# Hilecher's Four Phases Of Fitness

**Jerry Hilecher Hangs Tough Through A Decade Of Pro Play**

by Jean Sauser

**J**erry Hilecher is in a time warp. His ranking at this writing is higher than it was ten years ago (fifth versus eighth). He's outlasted almost all of his competitors from days gone by, like Brumfield, Keeley, Serot, and Bledsoe, just to name a few. Nowadays he gives Hogan, Yellen, Peck and Peck fits in competition. Most pro tour fans agree that Jerry Hilecher is not ready to become part of racquetball history just yet because he's still making it!

We were naturally curious about Hilecher's off-court training habits. What could he possibly be doing that might be contributing to what may become one of the longest and most impressive professional racquetball careers to date? Did he have some secret workout that we needed to uncover? Would he even talk about it with us? Or was he going to save it for his memoirs?

Upon contacting Jerry in his hometown of St. Louis, we discovered that Hilecher, although pleasantly surprised about his most recent pro tour finishes, is confident that he's going to be able to play among the best a while longer. It was an obviously pleased, polite and optimistic Hilecher that gave National Racquetball this interview.

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**We've been given conflicting reports on how you train for racquetball. Some say you do, some say you don't. Which is it?**

---

Well, I do and I don't! Actually, I've gone through a lot of different phases with racquetball. I've trained sometimes harder than others. I've gone through about four phases in racquetball.

---

**Can you describe them?**

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Sure. Phase one was from 1972-1976. I was in college at the time and didn't get a chance to play or train much, so I just tried to play. In fact, my college had no racquetball courts so I went home to St.




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**'I ran, jumped rope, went swimming, played basketball, lifted weights, played squash, sprinted up and down stadium stairs. Racquetball and training for it became my eight-hour-a-day job.'**

---

# FITNESS

Louis on the weekends to play. My attitude about training in those days was "If it hurts, why do it?"

## What was phase two?

That was from 1976 to about 1979. The summer of '76 I went out to San Diego and spent a week training and playing with Steve Strandemo. His house was a couple of miles from Mel Goram's Racquetball Club and close to the beach. We ran to the club to play and we ran on the beach. I used muscles I never used before. I remember that afterward I was really sore! But at the end of that summer I decided to move

to San Diego and that's when I began to play hard and train, too.

## How did you train at that point?

I played racquetball a couple of hours a day, and did Nautilus every other day. I'd go down to the beach by myself and run. But back then, I was still only working out when I thought I needed it, like if I came back from a tournament tired, then I knew I had to get in shape. That's when I would train.

## What was your ranking during this time?

I got into the top eight. Then I decided that I wanted to get serious. That began phase three, from 1979 until 1982. These were the years that I made a commitment to be the best. I ran, jumped rope, went swimming; played basketball, lifted weights, played squash, sprinted up and down stadium stairs. Racquetball and training for it became my eight-hour-a-day job.

## Did it pay off?

In the fall of 1981 I attained a number one ranking and held it for a few months.

## You broke your foot in 1982. That must have been a set back.

It was and it led into phase four. From 1982 to 1983 I really couldn't play racquetball, but I stayed up with training. I did upper body workouts and general overall conditioning while my foot healed. And, I decided to move back to St. Louis, to be with my family. The climate there isn't very conducive to off-court training outside, so I decided to just play again. Most importantly though, in the early part of 1985, I read a book called "Eat To Win". I was looking into nutrition for the first time. The weird thing was, all of these years I was always trying to gain weight for racquetball. After being on the "Eat To Win" program, I lost 10 pounds and went to the finals of the 1985 Ektelon Nationals.

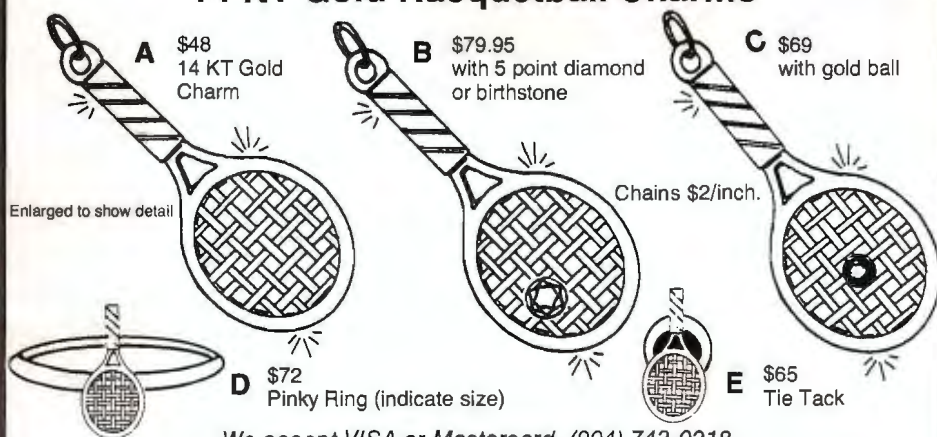
## Are you still on the "Eat To Win" program?

About fifty percent of the time, but my eating habits now have more common sense to them than ever before. I don't eat poorly when I'm not on the program totally. And another thing I've learned is about the importance of water. I drink a lot of water, not those energy drinks with heavy sodium concentrations, just water. That really helps me in tournament situations. I following good sense about nutrition and I feel good.

## What else enabled you to get back into the top four recently?

Well, my priorities really changed in St. Louis. For the first time, racquetball became secondary to my family and checking out business opportunities. That took a lot of pressure off me, not caring about racquetball so much anymore. In fact, I looked at the rankings

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and felt that I really didn't have a chance to get back into the top four anymore. So, I decided to just play this thing out. Feeling less pressure, I just started doing better. I ended up getting back into the top four. It wasn't expected at all!

## What's phase five?

I don't know, I'm still in phase four. In fact, when I was ranked third last season, in my mind I was very close to number one. But it always seems like when I get into the top four, I want to train harder, and then I put more pressure on myself—so I want to stay in phase four!

## Any other explanations for your staying power on the pro tour, or for that matter, that of your fellow younger veterans Hogan and Yellen?

Well, I think we've done our work over the years to get to the level we are. Now it's a question of staying healthy, keeping reasonably fit, keeping that mental edge over the other players and keeping our self-confidence. □

**'I drink a lot of water, not those energy drinks with heavy sodium concentrations, just water. That really helps me in tournament situations.'**



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## IN THE CRACKS

By Tom Grobmisi

*Slightly off-center humor by racquetball's resident out-patient.*

### You Know Your Club Is Getting Sleazy

**Y**ou know your club is getting sleazy when:

- They charge more for the towels than they do for courts.
- The razors are chained to the wall.
- They sell K-Mart sportswear in the pro shop.
- The whirlpool is a different color everyday.
- The manager wears a tool belt.
- The aerobic instructor has a tattoo on her arm.
- The hair blowers are coin-operated.
- They sell "generic" racquetballs.
- They announce when the coffee truck arrives.
- They put a turnstyle at the entrance.
- They put signs around the locker room asking you not to do things you'd never dream of doing.
- The name of the club on the outside wall is done in pencil.
- There are more pickup trucks than cars in the parking lot.

### Strange But True

- The average racquetball club has 7.2 courts, 11.3 employees, and 3.4 calls on "hold".
- If you took all the racquetball clubs in the United States and put them in a row, you'd have the world's largest collection of broken whirlpools ever assembled.
- "Animals will never be able to play racquetball, and there's just no point in trying to teach them," states Skippy, the star dolphin at Sea World.
- A new racquet with strings that never break will be marketed soon by Popiel. This amazing product also cuts cheese into squares, tenderizes meat, dices and chops vegetables, strains spaghetti, and can be used to punish bad hamsters.
- A two-year study of the aerodynamics of the racquetball swing, recently completed by the U. of California, concludes that the speed of the ball is more directly related to the amount of hostility and anxiety within the hitter than to muscle development or coordination. □

## SCHEDULE OF EVENTS

### 1985-86 RMA MEN'S PRO RACQUETBALL TOUR

#### MASTER SEASON SCHEDULE

**Aug. 24-Sept. 2, 1985**

**\$15,000 Open**

West Lane Racquet Club  
Stockton, CA

Winner: Marty Hogan

2nd: Jerry Hilecher

**Sept. 18-22**

**\$15,000 Open**

Davison Racquetball Open  
Davison, MI

Winner: Bret Harnett

2nd: Gerry Price

**Oct. 2-6, 1985**

**\$15,000 Open**

Crystal Racquet & Health Club  
Arlington, VA

Winner: Marty Hogan

2nd: Ruben Gonzalez

**Oct. 16-20, 1985**

**\$15,000 Open**

D'Lites Pro Racquetball Classic  
Omaha, NE

Winner: Mike Yellen

2nd: Marty Hogan

**Nov. 5-10**

**\$15,000 Open**

MPact Texas Challenge  
International Athletic Club  
Dallas, TX

Winners: TBA

**Dec. 11-14**

**\$15,000 Open**

Gold River Winter Classic  
Gold River Racquet Club  
Sacramento, CA

Ed Martin

916-282-3070

**Jan. 15-19, 1986**

**\$15,000 Open**

Arizona Athletic Club  
1425 West 14th Street  
Tempe, AZ 85281

Jack Nolan

602-894-2281

**Feb. 12-16**

**\$15,000 Open**

IMPACT Tulsa Open  
Tulsa Racquetball/Aerobics Club  
2321 West Louisville

Broken Arrow, OK 74012

Mark Fairbairn

918-493-3331

**Feb. 26-March 2**

**\$15,000 Open**

Griffith Park Athletic Club  
4925 S.W. Griffith Dr.

Beaverton, OR 97005

Devri Doty

503-644-3900

**March 12-16**

**\$15,000 Open**

Midtown Athletic Club  
5400 Kennedy Avenue  
Cincinnati, OH 45213

Mike Sipes

513-532-2250

**April 16-20**

**\$15,000 Open**

Merritt Racquetball &  
Fitness Center  
Security, Baltimore, MD

RAMB - Dave Pivec

301-532-2250

**April 30-May 4**

**\$22,000 Open**

Ektelon National Championships  
The Sports Gallery

2560 East Katella Avenue

Anaheim, CA 92806

**May 14-18**

**\$15,000 Open**

Rocky Mountain Health Club

1880 Westland Road

Cheyenne, WY 82001

Steve Galassini

307-634-8884

**June 10-15**

**\$33,000 Open**

DP National Championships

Site To Be Announced

### FOR RMA TOUR INFORMATION

Drew Stoddard, Commissioner

702-826-6037

### WPRA 1985-86

#### SEASON SCHEDULE

**Oct. 24-27**

**\$12,000 Open**

Anchorage Athletic Club  
Anchorage, AK

Winner: Lynn Adams

2nd: Caryn McKinney

**Jan. 31-Feb. 2**

**\$10,000 Open**

Davidson Racquet Club  
G-2140 Fairway Drive

Davison, MI 48423

Jim Hiser

313-653-9602

**Mar. 13-16**

**\$10,000 Open**

The PAC West Athletic Club  
Tacoma, WA

**April 10-13**

**\$12,000 Open**

Sportsworld Athletic Club  
Lawton, OK

**May 1-4**

**\$18,500 Open**

Ektelon National Championships  
Anaheim, CA

**June (TBA)**

**\$30,000 Open**

WPRA Nationals

Site To Be Announced

**June 10-15**

D.P. Nationals

Site To Be Announced

### FOR WPRA INFORMATION

Jim Carson, Commissioner

714-641-7452

### AARA NATIONAL EVENTS

**Oct. 24-27, 1985**

National Doubles

Cheyenne, WY

Men's Open Winners:

Andy Roberts/Tim Anthony

Women's Open Winners:

Toni Bevelock/Malia Kamahoa

**April 11-13, 1986**

Intercollegiate Championships

Playoff Athletic Club

2191 Post Rd.

Warwick, RI 02886

Contact: 401-738-0833

**May 21-26**

National Singles Championships

(Qualifying required)

Downtown YMCA

Houston, TX

Contact: AARA

303-635-5396

**June 28-July 2**

National Juniors Championships

(Qualifying required)

Chicago, IL

Contact: AARA

303-635-5396

**July TBA**

World Games

(Qualifying required)

Site To Be Announced

Contact: AARA

303-635-5396

**July-August TBA**

AARA Elite Training Camp

(Qualifying required)

Colorado Springs, CO

Contact: AARA

303-635-5396

**October 23-26**

National Doubles Championships

Racquet Power

3390 Kori Road

Mandarin, FL 32217

Tom Collins,

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### MAJOR SPORT

#### CONVENTION CALENDAR

**Feb. 19-23**

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Hogan imparts his professional advice on serving techniques, returning the serve, the forehand stroke, the backhand stroke, shot selection and court strategy.

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# RANKINGS

The sources for these national rankings are as follows: Men's—Official RMA Pro Racquetball Tour rankings; Women's—Official WPRA Tour rankings; Amateur—Official AARA national rankings.

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### RMA PRO RACQUETBALL TOUR OFFICIAL PROFESSIONAL RANKINGS OCTOBER 22, 1985

| Ranking | Player        | Points |
|---------|---------------|--------|
| 1       | M. Hogan      | 530.90 |
| 2       | M. Yellen     | 445.12 |
| 3       | G. Peck       | 389.38 |
| 4       | C. Swain      | 372.19 |
| 5       | J. Hilecher   | 330.31 |
| 6       | R. Gonzalez   | 313.49 |
| 7       | B. Harnett    | 291.30 |
| 8       | G. Price      | 281.14 |
| 9       | S. Oliver     | 226.29 |
| 10      | D. Cohen      | 207.82 |
| 11      | D. Peck       | 201.33 |
| 12      | M. Ray        | 181.39 |
| 13      | J. Cascio     | 172.32 |
| 14      | D. Gross      | 167.94 |
| 15      | C. Brysman    | 163.15 |
| 16      | E. Andrews    | 159.83 |
| 17      | J. Egerman    | 138.98 |
| 18      | A. Gross      | 124.57 |
| 19      | J. Newman     | 120.75 |
| 20      | D. Obremski   | 117.43 |
| 21      | S. Lerner     | 80.73  |
| 22      | R. Wagner     | 75.24  |
| 23      | E. Inoue      | 71.45  |
| 24      | M. Levine     | 67.33  |
| 25      | D. Green      | 59.58  |
| 26      | B. Hawkes     | 56.93  |
| 27      | J. Nolan      | 49.44  |
| 28      | D. Johnson    | 49.16  |
| 29      | A. Roberts    | 46.45  |
| 30      | D. Ganim      | 46.38  |
| 31      | S. Moskwa     | 40.55  |
| 32      | D. Negrete    | 40.07  |
| 33      | B. Sell       | 37.45  |
| 34      | B. Wilhelm    | 33.05  |
| 35      | M. Plotkin    | 32.45  |
| 36      | R. Navarro    | 30.65  |
| 37      | E. Terry      | 30.12  |
| 38      | W. Snead      | 24.97  |
| 39      | M. Griffith   | 24.64  |
| 40      | W. Clouse     | 22.62  |
| 41      | J. Plazak     | 20.09  |
| 42      | E. Remen      | 15.99  |
| 43      | M. Martino    | 14.46  |
| 44      | F. Calabrese  | 12.69  |
| 44T     | D. Simmonette | 12.69  |

|    |                  |       |
|----|------------------|-------|
| 8  | Laura Martino    | 50.00 |
| 9  | Fran Davis       | 47.50 |
| 10 | Jennifer Harding | 36.25 |
| 11 | Joyce Jackson    | 35.00 |
| 12 | Linda Porter     | 30.00 |
| 12 | Bonnie Stoll     | 30.00 |
| 14 | Marci Greer      | 25.00 |
| 14 | Marcy Lynch      | 25.00 |
| 16 | Martha McDonald  | 20.00 |
| 16 | Molly O'Brien    | 20.00 |
| 18 | Babette Bell     | 16.66 |
| 18 | Terry Latham     | 16.66 |
| 18 | Val Paese        | 16.66 |
| 21 | Chris Evon       | 13.33 |
| 21 | Cathy Nichols    | 13.33 |
| 21 | Sandy Robson     | 13.33 |
| 21 | Mary Pat Sklenka | 13.33 |
| 25 | Toni Bevelock    | 10.00 |
| 25 | Dot Fischl       | 10.00 |
| 25 | Nan Higgins      | 10.00 |
| 25 | Mona Mook        | 10.00 |
| 25 | Heather Stupp    | 10.00 |
| 25 | Lynn Wojcik      | 10.00 |

|    |                  |    |
|----|------------------|----|
| 34 | Mike Ray         | GA |
| 35 | Scott St. Onge   | MA |
| 36 | William Gottleib | MI |
| 37 | Jim Owen         | NM |
| 38 | Dave Watson      | OK |
| 39 | Steve Cutler     | UT |
| 40 | Oscar Gonzalez   | FL |
| 41 | Ruben Gonzalez   | NY |
| 42 | Sean Moskwa      | IL |
| 43 | Tom Riley        | MA |
| 44 | Roger Haripersad | CA |
| 45 | Lloyd Marsh      | MT |

### AARA/ARHS NATIONAL RANKING OCTOBER 16, 1985

#### Women's Open

| Ranking | Player             | State |
|---------|--------------------|-------|
| 1       | Cindy Baxter       | PA    |
| 2       | Terry Latham       | TX    |
| 3       | Mona Mook          | CA    |
| 4       | Chris Evon         | IL    |
| 5       | Cindy Doyle        | NY    |
| 6       | Trina Rasmussen    | CA    |
| 7       | Nan Higgins        | MA    |
| 8       | Claudia McCarthy   | FL    |
| 9       | Mary Dee           | VT    |
| 10      | Cathy Nichols      | CD    |
| 11      | Cathie Fredrickson | MI    |
| 12      | Malia Kamahoa      | VA    |
| 13      | Diane Bullard      | FL    |
| 14      | Marci Drexler      | CA    |
| 15      | Pam Beck           | PA    |
| 16      | Martha Adams       | GA    |
| 17      | Diana Almeida      | CO    |
| 18      | Dot Fischel        | PA    |
| 19      | Terry Singletary   | OK    |
| 20      | Debbie Mackell     | IN    |
| 21      | Sheri Anderson     | MI    |
| 22      | Cindy Overstake    | OK    |
| 23      | Jan Curtis         | FL    |
| 24      | Kay Kuhfeld        | IN    |
| 25      | Robin Levine       | NY    |
| 26      | Babette Bell       | FL    |
| 27      | Rosemary Magliano  | IN    |
| 28      | Anne Calderone     | NY    |
| 29      | Crystal Fried      | CT    |
| 30      | Jane Marriot       | RI    |
| 31      | Tracy Eagleson     | CA    |
| 32      | Michelle Gilman    | OR    |
| 33      | Leigh Anne Coutu   | DE    |
| 34      | Diane Fields       | IL    |
| 35      | Linda Porter       | TX    |
| 36      | Lynn Price         | IN    |
| 37      | Linda Diamond      | FL    |
| 38      | Joy Eon            | ME    |
| 39      | Kathy Gluvna       | TN    |
| 40      | Angela Wyble       | CO    |
| 41      | Joanie Quinlan     | MA    |
| 42      | Sandy Robson       | IL    |
| 43      | Joan Azeka         | IL    |
| 44      | Toni Bevelock      | TN    |
| 45      | Laura Fenton       | NE    |

### AARA/ARHS NATIONAL RANKING OCTOBER 16, 1985

#### Men's Open

| Ranking | Player            | State |
|---------|-------------------|-------|
| 1       | Ed Andrews        | CA    |
| 2       | Andy Roberts      | TN    |
| 3       | Dan Obremski      | PA    |
| 4       | Fred Calabrese    | MA    |
| 5       | Tom Montalbano    | NY    |
| 6       | Aaron Katz        | TX    |
| 7       | Tim Hansen        | FL    |
| 8       | Doug Ganim        | OH    |
| 9       | Charlie Nichols   | FL    |
| 10      | Joey Cline        | NJ    |
| 11      | Sergio Gonzalez   | FL    |
| 12      | Todd O'Neil       | VT    |
| 13      | Dave Negrete      | IL    |
| 14      | Mark Morrison     | FL    |
| 15      | Jim Hamilton      | IN    |
| 16      | Dan Ferris        | MN    |
| 17      | Don Kelly         | CO    |
| 18      | Dennis Aceto      | MA    |
| 19      | Scott Reid        | TN    |
| 20      | Richard Hull      | FL    |
| 21      | Don Costleigh Jr. | NY    |
| 22      | Paul Marino       | CA    |
| 23      | Rodger Lindwall   | CO    |
| 24      | Gene Rodgers      | PA    |
| 25      | Fielding Snow     | WA    |
| 26      | Brian Valin       | CO    |
| 27      | Vinnie Ganley     | FL    |
| 28      | Jim Jeffers       | IL    |
| 29      | Mark Hegg         | CO    |
| 30      | Jamie Sumner      | UT    |
| 31      | Todd Thielen      | SD    |
| 32      | Mike Lowe         | CA    |
| 33      | Skip Merrill      | TX    |

### WPRA RANKINGS OCTOBER 28, 1985

| Ranking | Player          | Points |
|---------|-----------------|--------|
| 1       | Lynn Adams      | 200.00 |
| 2       | Vicki Panzeri   | 127.50 |
| 3       | Caryn McKinney  | 105.00 |
| 4       | Terri Gilreath  | 90.00  |
| 5       | Marci Drexler   | 85.00  |
| 6       | Janell Marriott | 80.00  |
| 7       | Liz Alvarado    | 63.75  |

For questions about the RMA men's pro rankings, contact: Drew Stoddard, Commissioner, 702-826-6037.

For questions about the WPRA women's pro rankings, contact: Jim Carson, Commissioner, 714-641-7452.

For questions about the AARA/AHRS amateur rankings, contact: Luke St. Onge, 303-635-5396.

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# SIDE OUT

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By Drew Stoddard

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## Open Racquetball

I've never started a column with a disclaimer before, but I think this month I probably should. The ideas I present here are my personal views about *open* racquetball competition, and they are not necessarily shared by others either within the RMA or at National Racquetball.

Since at least the late 1970s, the American Amateur Racquetball Association (AARA)—the governing body of amateur racquetball in the U.S.—has been enforcing a rule which defines amateur and professional players, and prevents those designated as professionals from competing in AARA events. In the past year I have become reluctantly involved in a number of disputes between pro players and the AARA over the implementation of this rule, and I have come to the conclusion that the rule itself is illogical, discriminatory, and dangerously divisive. I believe it is time for this sport to eliminate the distinction between amateurs and professionals, and to open up all competition to anyone wishing to compete.

I am well aware that few of you will agree with me on this, but I would suggest that the concept of purely open competition in sports is not as radical as it might seem. In 1968, under circumstances very similar to those we now face in racquetball, the sport of tennis declared itself as "open". For 17 years tennis has operated exclusively by the rules of supply-and-demand, and has, as we all know, fared quite nicely.

The AARA rules states that any player who has accepted any money in a professionally sanctioned event is ineligible for AARA or IARF (international) competition. The AARA currently defines "professionally sanctioned" as any of the 14 RMA Tour

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### 'The current AARA pro rule serves no useful purpose.'

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events. What makes this definition ludicrous is that prize money is regularly offered in "amateur" tournaments, yet accepting money in an AARA event has no effect on eligibility. This puts RMA touring pros in a ridiculous position. Here's an example:

Scott Oliver—currently ranked #9 on the RMA Tour—made \$225 for reaching the second round of the RMA stop in his home town of Stockton during the first week in September. Accepting that money made him ineligible to play in an AARA tournament two weeks later at his own Stockton club. The winner of that tournament made \$400, yet he remains eligible for amateur events. And it is not unusual for amateur tournaments to offer as much as \$1000 for first place.

Whatever the original purpose of the AARA pro rule may have been, the result is a system which discriminates against RMA touring pros, yet allows amateurs to make an unlimited amount of money and gives them a protected draw in the process. Some system. It's little wonder why amateur players support the rule so vocally.

The AARA does provide a way for RMA pros to maintain their eligibility. This involves funneling prize money through an AARA trust account, a method similar to that used by TAC for track-and-field athletes. But this process doesn't eradicate the basic fallacy of the rule: If playing for money makes one a professional, then money from

all events should be considered, not just those whose names are preceded by "RMA".

So, why have a distinction between pros and amateurs at all? The official stand of the AARA is that such a rule is necessary for racquetball to achieve full Olympic status from the International Olympic Committee. There is now some evidence to suggest that the rule is no longer necessary.

At a recent meeting in Portugal, the IOC reportedly decided to allow unlimited participation of professional tennis players in the 1988 Korean games. It is apparently the position of the IOC that each sport should determine its own policy on professionalism, and since tennis has no such definition, all players will be eligible to compete. The IOC decision clearly puts the AARA Board on the spot to explain why the current pro rule exists at all.

I don't want to appear to be attacking the AARA. In fact, I believe the organization does a good job of administering amateur racquetball in the U.S., but we must clear up the needless dissension caused by an archaic and misguided policy towards professionalism.

The current AARA pro rule serves no useful purpose. If racquetball is required by the IOC to distinguish between amateurs and professionals, then a new rule should be written which treats all players who accept prize money on an equal basis. If not, the entire problem of "shamateurism" should be eliminated. It's time to follow the lead of tennis and establish racquetball as a truly open sport. □

*Drew Stoddard is the commissioner for the RMA Pro Tour and Editor of National Racquetball.*

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