

National Racquetball®

Vol. 9 No. 1
January, 1980
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On The Cover . . .

Marty Hogan conditions for a win for racquetball in TV's Superstars finals to be taped in February for an early March nationwide viewing. For a story on the champ's training program turn to page 18.

—Barry Fitzsimmons training photos
—Arthur Shay racquetball photo

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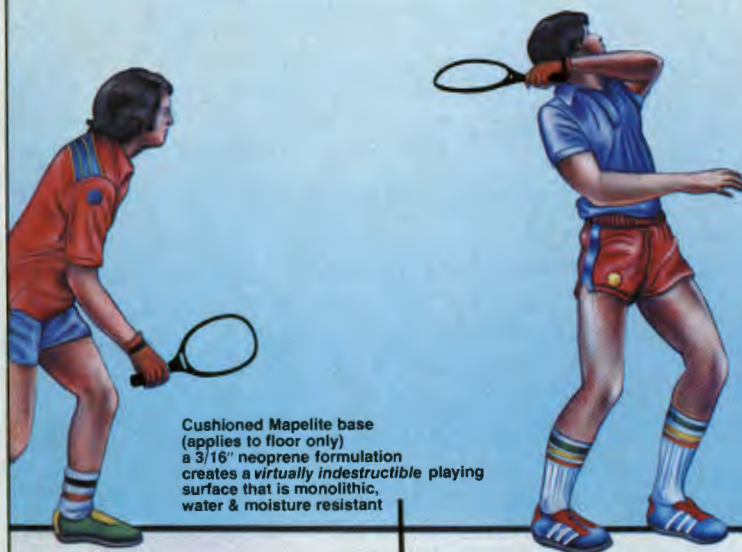
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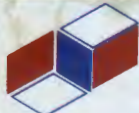
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Opinions

From Bob Kendler



Stay Tuned for the Future of Racquetball

If I started this column with the statement "We wrote the book on racquetball," you might get the impression that I'm exaggerating. But I'm not. We brought the racquetball child to life, we nurtured it through adolescence and we made its first decade a memorable one. Now we come face to face with the second decade, and it seems as if the whole world—writers, manufacturers, players, club owners—are eager to learn what we think about racquetball's future. They want to know where we're going to take the sport next.

To begin with we are going to take racquetball to every country of the world. It goes without saying that our goal is the Olympics! Won't that be something? A whole series of international events that will turn the mind of man to healthy, honorable racquetball competition?

A start already has been made. In the far east we are working closely with the Japanese Racquetball Association, a group of astute men whose compatriots should make fine competitors on the courts. We work hand in hand with the Canadian Racquetball Association, and are pleased to see that a TV series is ready to go in that country. And we have our foot in the door in—of all places—England. They don't know it, but any day now they will throw squash out and play our game in racquetball courts. They now have the interest, but not the courts, but that shouldn't be a problem because here, again, we have fine people working with us to spread racquetball around the world. Add Mexico, Australia and the Netherlands to that list of countries about to take to racquetball, and you see why—when we talk about the eighties—we surely have our hands full. But, like everything else we ever tackled, we'll get the job done.

Closer to home there will be thousands of local, state and regional events, and as often as we can swing it, scholarships will be the prize. (We may not have the best players, but we sure will have the smartest.)

Then there's television, closer than ever before because of the luminous ball and the white glass. Guess who is interested in a series of TV specials? Johnny Carson! He has acquired a TV station in Las Vegas and is thinking about having us run a series of tournaments for television. It's all predicated on the success of Twin-Vue white glass, which Alex Guerry, one of Chattanooga's leading citizens and president and board chairman of Chatterm, Inc., just installed in his new court. Guerry writes me "in less than two weeks . . . our members numbered around 1,000 . . . and we are . . . considering temporarily closing our membership . . . to assimilate the members we now have." About the white glass Guerry says "we are pleased [with] . . . the new white glass. The view into the court from the lounge area is superb, and it lends itself splendidly to television . . . A local television . . . feature on the Sports Barn [produced] pictures of racquetball [that] were outstanding."

So between international competition, television—and more programs we have planned for schools and colleges—we think our game will enter the homes and hearts of every American. I would be overjoyed just to be able to duplicate the progress we made in the last 10 years.

Of course we haven't always told our whole story. We never can. We've worked on some things that turned out fine and others—you'll never hear about.

We are doing the same now. We have a few ideas up our sleeve that look pretty good to us and if they are good for the game, you'll hear about them. I feel a little guilty teasing you about this, but you know the old saying "The penalty of success is to be followed by imitators."

That's what I meant when I started out "We wrote the book on racquetball." Whatever you get from us comes first hand, because we MAKE the news. We aren't just writing the history. We are making the history. Our people are not only subscribers. They are members.

So keep your eyes on this spot in *National Racquetball*. You'll learn—as you can learn nowhere else—what the next decade holds for our great sport. ●

Evie & Bob Kendler

Evie and Bob Kendler

He that hath my commandments, and keepeth them, he it is that loveth me: and he that loveth me shall be loved of my Father, and I will love him, and will manifest myself to him. John 14:21

How do you reach the finals?

Get the best shoes, the best racquet, and practice, practice, practice.

Mike Yellen



There are no shortcuts to winning. To reach the finals you've got to be good and practice hard. And the best equipment is a must. Especially in shoes.

When so many others are still trying to play racquetball in tennis shoes, you can get a big advantage by playing in the best specialty racquetball shoes available. Lotto.

Take it from Mike Yellen and Jennifer Harding. They've earned their place at the top through talent, a love of the game, good equipment and a lot of



sweat. But it pays off. Mike went to the National Men's Semi-Finals in 1978 in only his second year on the tour, and Jennifer made it all the way to the Women's Finals!

Mike and Jennifer wear Lotto because they know how important it is to have

the best equipment available.

And Lotto is the leader in specialty racquetball shoes, with 8 models to choose from, (more than double our nearest competitor) topped off by the Yellen and Harding Autograph models. Every Lotto has a unique wrap-around sole and suction cup tread pattern designed specially for hardwood courts and the sudden starts, stops, pivots and twists of racquetball.

Try Lotto. It'll bring you a step closer to the finals.



Jennifer Harding

Lotto

Lotto-Newk USA, San Antonio, Texas

From the National Commissioner



I Still Believe It:

"We've Only Scratched the Surface"

It was my pleasure recently to observe first hand and confirm the rapid growth of racquetball in the east, especially in New York, New Jersey, Connecticut, Pennsylvania, Vermont and Massachusetts where my USRA/NRC business took me.

I still don't understand why it took this long for our sport to travel from the west coast to the east coast. In the early days our greatest concentration of players was in the San Diego area, and recently the Chicago area crept up as number one in numbers of players. I wouldn't be surprised if the New York area would take over that distinction within the next few years.

Wherever I travel, the big question is "When will our fantastic growth level off?" Well I remember the first time I was asked that question. It was late in 1974, when we estimated there were one million people playing racquetball. My answer then was "We have only scratched the surface." Now at the end of 1979, according to the most recent A.C. Nielsen report, there are 10 million people playing racquetball. My answer for 1980 remains "We have only scratched the surface."

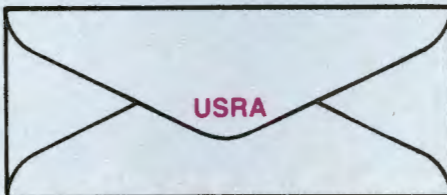
The court club investors are having a bonanza rushing into new growth areas like New York. Naturally the question comes up "Will there be an over saturation of court clubs?" I believe the investors are smart enough to get a bona fide feasibility report on any area they plan to go into. There are enough untapped areas available so investors can stay away from places that already have enough clubs.

One of the most interesting new clubs in the east is the Westwood Racquetball Club in Westwood, NJ. Strongwall Systems, Inc. built and owns this 11 court facility as a showcase for their products. One of these products that impressed me when I attended the grand opening of the club is their Mapelite flooring material, now available in a variety of colors and grains (including one that looks very much like real maple). Like the Strongwall Wall System the Strongwall floors emphasize minimum maintenance.

It's new products like these and new clubs like the Westwood center that lead me to believe—just as I did six years ago—that "We've only scratched the surface." ●

Joe Ardito
Joe Ardito

From Our Readers



Keeping a Brumfield Game Book

Dear Editor:

Your Charlie Brumfield series, "Inside the Master's Mind," has done more to improving my game than anything I've tried in the three years I've been playing racquetball. I have all the articles and study them to analyze my game. The tip that's been most helpful is the one in Brumfield's second article about keeping a game book. I fill mine in each time after I play and then at night I review what I've written. I can honestly say that reading Brumfield's stories have improved my game more than a one week racquetball clinic did a few years ago.

Perry Mullen
Starkville, MS

Among the Finest

Dear Carol [Brusslan]:

Thank you for mentioning us in your September story on the Vertical Club. We at the Courtier Club are very proud to be included among some of the finest facilities in the country.

Douglas R. Sellergren
Park Ridge, IL

Governor Glad to Play

Dear Bob:

I was glad to come and be with you at the exhibition tournament, and most especially since it's for such a worthwhile cause—the Robert W. Kendler scholarship fund.

As always Jayne and Samantha join with me in wishing you well.

James R. Thompson, Governor
Springfield, IL

British Racquetball Convert

Dear Bob [Kendler]:

Being an avid racquetball player for the last 12 years, and experiencing considerable difficulty with getting a court at our local Y.M.C.A., I chose to build one court in my new office and warehouse facility to be used by myself and family as well as my friends. It is a regulation size court with Block Bond walls, oak floor, complete with men's and lady's locker and shower facilities. I now have several employees who have taken an avid interest in the sport along with my own wife and children and many of my friends.

I have had, for several years, a good friend in northern England that I have usually met at least once a year, either here or there, and recently, while he was visiting my new facility here in Cedar Rapids, he became engrossed in the game of racquetball. After having played a few games with my son he was overwhelmed by the sport, and commented that he liked it much better than squash, his native game.

The last five days of his visit were filled with questions about the construction of the court and I noticed he was calling back to England asking his general manager to measure the height of the ceiling in one of his warehouses which he calls a "mill."

Before he left, he purchased two racquets and 6 or 8 balls, racquetball glove, etc. as well as several copies of our *National Racquetball* magazine.

I talk with him almost weekly and he tells me that they are currently playing racquetball on the squash courts, and that the women enjoy it tremendously, much better than squash, because of the softer ball and the different style racquet. They were to have their first mini-tournament last week at a local sports facility similar to our U.M.C.A.s.

My friend soon will be subscribing to your magazine and he'd like to establish a membership in England.

Russ Kool
Cedar Rapids, IA

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Dear Mr. Kendler:

Just a note to say thank you for selecting me as one of the honorable mention winners in *National Racquetball's* Most Improved Player contest. I hope to continue to improve my game and this award makes me want to play much more.

Your magazine has been of great value to me, both as a player and an instructor here at the University of California, Riverside. The instructional articles are all superbly written and easily understood.

Thanks again for all you've done for racquetball.

Fran Cummings
Riverside, CA

Come Play in Vicenza

Dear Editor:

I read your July story, "*Racquetball around the Mediterranean*," and saw no mention of racquetball in Vicenza, Italy, where we have one regulation court and a practice court much smaller than regulation size, with plans of building two new courts by the winter of 1981. Vicenza, a very beautiful city, just about centers itself between Venezia, with its unmotorized streets — waterways — and Verona with its old and new city, very beautiful if I may so.



The one court is busy from 0830 hours until closing daily. The court has excellent lighting with a gallery for at least 100 persons.

The beginning of the year I helped Vicenza organize its first racquetball club open to men and women of the Southern European Task Force (SETAF). I taught the people in the picture to play, then to conduct their own tournament which was a great success. The club invites all interested players wanting to learn the game to show up at the post gym 0900 hours any Monday, Wednesday or Friday. The gentleman in uniform in this photo of the Vicenza Racquetball Club is Col. John P. Cooper, at that time Chief of Staff of

SETAF. I'm "Big Al" in the sweatsuit. To CDR Glenn R. Allen, who wrote the July story, if you're ever inland as far as Vicenza, Italy, give us a call at Vicenza Military 500333 7616.

Alfred C. Meyers Mitchell SFC USA
APO New York

Looking for the 70-Year-Old

Dear Carol [Brusslan]:

Though I'm not 70, I would like to contact Dora Mitchell, who wrote a letter to the editor printed in the October, 1979, issue, about looking for players in that age category. Could you give me her address?

Eleanor Quackenbush
Salem, OR

You can reach Dora Mitchell at the Supreme Courts, 5555 Odana Rd., Madison, WI 53713. ED

Maine Thanks

Dear Editor:

I would like to give a public thank you to Keith and Larry Mahaney and the people of Bangor, ME, for putting on the nicest tournament ever. The hospitality at the Holiday Health and Racquet Club and the warm greetings the players received from everyone in Bangor will be remembered for a long time.

Randy Floyd
San Diego, CA

Clinic Thanks

Dear Dan [Bertolucci]:

Just a short note to let you know how much I enjoyed your clinic held at Sports Illustrated Court Clubs, here in Fort Wayne. The demonstration that accompanied your clinic with Camille McCarthy and Ken Strong helped enforce your commentary.

Dean F. Cutshall, Jr.
Fort Wayne, IN

Putting the Ball in the Square

Dear Sir:

I am writing in regard to an article in the August, 1979, issue of *National Racquetball*. The article, entitled "*Place Black Ball in Green Square*" by Lois Noack, is of particular interest to me. I would like to purchase the instructions and scale diagrams to set up a similar court here in our racquetball facility.

Dan Doyle,
Ft. McMurray, Alta Canada

Write to Jim Easterling, Franklin Racquetball Club, 29350 Northwestern Hwy., Southfield, MI 48034. ED

No Second Coming, Just N.Y.C. Real Estate

Dear Editor:

Terry Muck writes glowingly of *Racquetball: The Cult* by Eugene L. Scott in your November issue. He says Scott attributes racquetball's "slow movement" into the East to the fact that the populace of New York City is "culturally saturated, and to change the habits or to catch the attention of its sated residents requires a Second Coming with the original cast."

As a most interested observer into the fast growth of Court Clubs throughout the country I would toss in a disagreement. Racquetball would boom as loudly and successfully in Manhattan as it has in such diverse geographical locales as Chicago and San Diego if marketable real estate were available; it's as simple as that. Talk to Leon Van Bellingham of the Manhattan Squash Club about racquetball. He has just two courts along with 11 squash courts. He wishes he had two dozen racquetball courts. Would-be entrepreneurs have been scouring the city these past several years for possible site locations. The Grand Central station is now a possibility with a lease arrangement. The ultra-ultra Vertical Club on 61st Street will wish they included many more than the three racquetball courts instead of the space demands of multi-indoor tennis courts.

Rudy Riska, athletic director of the old-line New York Downtown Athletic Club, was finally able to find space on a third floor parapet to add two courts to an existing oversized pair. You can be sure racquetball will take over when the new courts are opened.

In total the land purchased from the Indians for \$24 has only a literal handful of 20x40 courts available right now. With innovations remodeling existing buildings and inclusion in high rises there will predictably be a real racquetball impact in Manhattan within the next few years.

And, to set the record even straighter — one tennis court does not cost twice as much as one racquetball court. Four racquetball courts can comfortably fit into the size of a tennis court at the approximate cost of the tennis court.

Mort Leve
Scottsdale, AZ



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Lynn Adams

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Bill Chadwick

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Diane Heims

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Kellie Cooper

"...the power of aluminum, plus the flexibility of fiberglass."
James Carson

"The most versatile racquet I've played with."
Dave Chandler

"I'm afraid I'm going to like it and then I'm in trouble with my sponsor. Just holding it feels good."
Name withheld by request

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Ron Bóthán

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Bill Thurman

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Carole Charfauros

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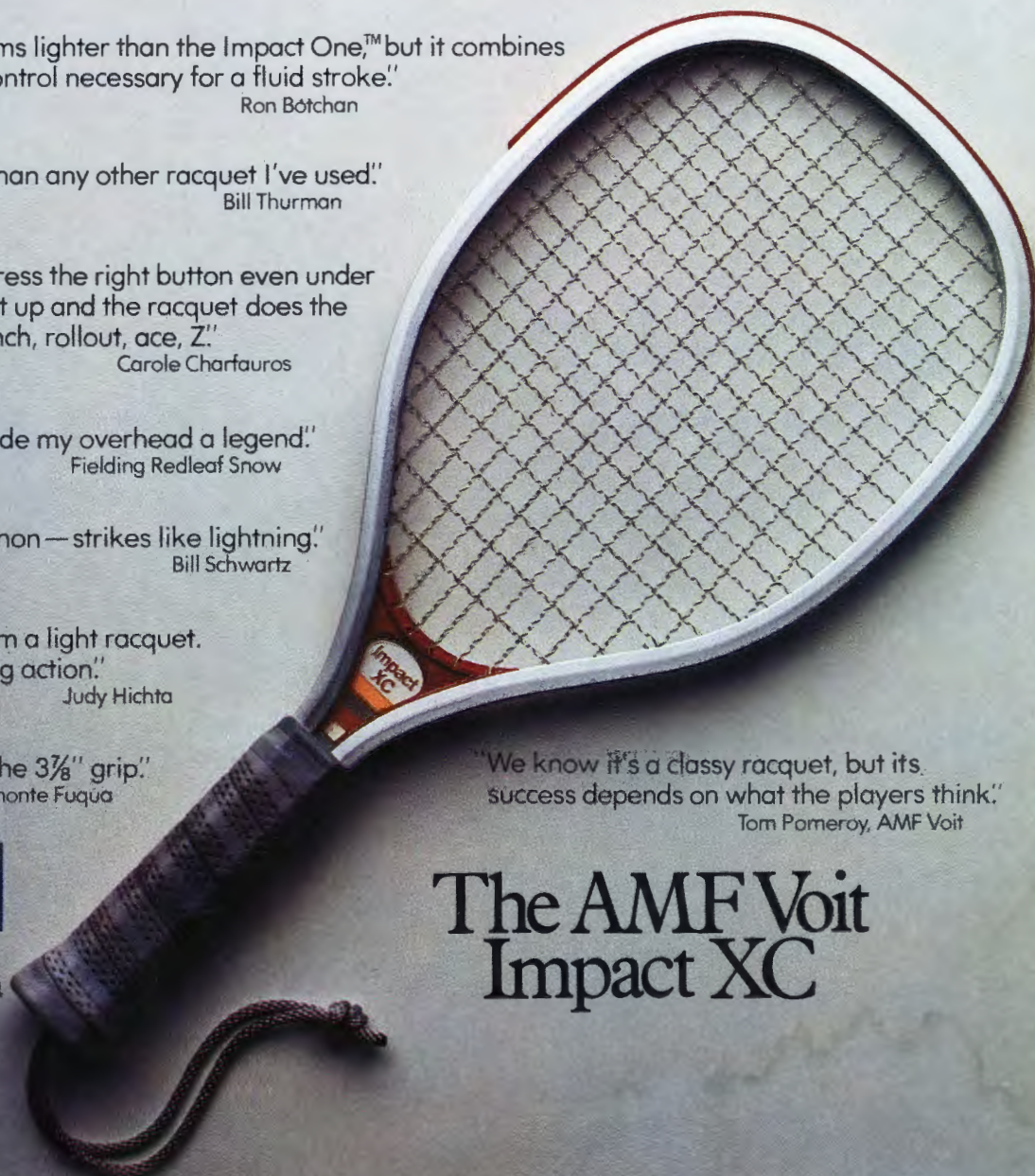
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Racquetball's Star Rides on Hogan

by Tom Reinman

Super Marty Takes Game to TV Millions



Watching the Racquetball Win

ABC television stations around the country will broadcast the finals of the Superstars early on two Sunday afternoons - March 2 and March 9. Those dates are subject to change, so make a final check with your local TV listings.

The segment that Marty Hogan won last August is slated for Jan. 13, but check that date, too.

This one isn't for the "Earthshaking News" file. Marty Hogan thinks he can win a tournament.

It's generally acknowledged that the guy is the greatest thing for the game since nylon string. The two time and current National Champ is generally acknowledged to be the one to beat in a given event.

The tournament he's now thinking about winning isn't one Charlie Brumfield once took, but rather guys like O.J. Simpson and Kyle Rote, Jr. It's not racquetball at all, but he still may be the one to beat.

August 23-25 Hogan won a preliminary round of the ABC Superstars competition, outscoring the likes of Brian Trottier, the National Hockey League's MVP, and Moses Malone, MVP of the National Basketball League. Racquetball's MVP totaled 55 points, just five short of Pole Vaulter Bob Seagren's record. That earned him a return engagement at the Princess Hotels in Freeport, Grand Bahamas, Feb. 5-7 for the finals of the eighth annual Superstars.

"I am totally confident I have a great shot at winning the Superstars," he said one autumn afternoon in San Diego. *"If I do win, it could be worth a million dollars. For me and for racquetball."*

Racquetball's own superstar considers the event a good test, and takes exception to the view that holds the Superstars to be little more than a made-for-TV sports show.

"This is a status event all the way. It's without a doubt the classiest event I've ever been involved with," he claimed.

"You know, I had heard people calling it a trashsport, and I honestly didn't know what my feelings about the whole thing would be. But once I got there and saw the pride and effort involved, I knew it was for real."

Marty Hogan rows his boat to a second place finish.



"The intensity is there, alright," agreed Trottier, a high scoring forward with the New York Islanders. *"There's nothing there to show how good an athlete is in his own sport. No one watching me at the Superstars can tell how I play hockey. But it's a challenge for the guys to compete in various sports, and it gives people a good chance to see what athletes are really like, how they think about things. A chance to laugh along with them instead of at them."*

Like Trottier, who'll be too busy to enter the finals in February, Malone competed in August nonetheless. *"I went down for some fun,"* allowed the Houston Rockets center, *"but I found out it can't be all fun and games. There's a lot of pride on the line there."*

There may be pride on the line, but there are also American dollars, lots of them. Up to \$60,000 for winning, plus a new car. That's after grabbing perhaps, as in Hogan's case, \$15,000 in the prelims.

There are also the endorsements, as Hogan is quick to point out. *"O.J. Simpson, the Superstar in Rent-a-Car,"* he chanted, knowing that the race will go the swiftest. The race to the bank, not just to the tape.

"Sure there's lots of strength and stamina involved," said Hogan, who as a schoolboy competed on several different teams, but preferred gymnastics before racquetball took over. *"But there's gotta be some strategy, too."*

Racquetball's Number One Man takes the number two bowling spot in the Superstar preliminaries set for mid-January viewing.



Strategy

He knew he wouldn't have much left at the end of the 100 yard swim, so he built an early lead and hung on to win by a length.

He figured the guy with the kick would win the half-mile run, so he stayed with the leaders throughout and when he saw they weren't kicking, he took off and won at the wire.

Indeed he did take off, lunging across the line to edge Malone by a hand. "Took a great wipeout," said Hogan with the grin of a kid recalling his steal of home plate to win a game. "I could have recovered, but . . ." But nothing. That concrete was hard. "Well, it'll look great if they ever show it on TV."

What they will show on TV is a collection of athletes competing in seven events of their choice for \$300 a point. There will be baseball and football players ("the toughest"), veterans ("they'll always be good") and probably a couple of race car drivers or skiers or bowlers or table tennis guys or racquetball players or . . .

"That's the thing," said Hogan. "Kyle Rote was just an average sort of soccer player. But when he won the Superstars two years in a row, soccer really began to take off. This'll be great exposure for me and racquetball."

If he doesn't fall on his face like Vito Anteufermo, the WBC's middleweight boxing champion who failed to score a single point in three days in August.

"Hey, I got down there three days early last summer and almost set the scoring record," Hogan said. "I won four events. Three days and look what I did. If I can score that well again, I can win the whole thing, or at least be very competitive. And I've got months to train now."

Marty Hogan may be a number of things, but shy is not one of them.

Murphy's Law

"I'm a firm believer in playing hard when it counts," he said. "I don't practice hard, really. I believe practice should be used for conditioning and to ready yourself for your competition. I think of matches in terms of Murphy's Law — whatever can go wrong will. So I try to prepare myself for all possibilities."

Hogan started prepping for the Superstars finals late in November, after he won the Jack-in-the-Box Classic in Tempe. He joined a bowling league and sought help from a college track coach and swim club coach in the San Diego area. He ran or biked daily.

"My racquetball game is really going to suffer," he said early in the program. "But this event is big, and I've got to do everything I can for it. When I get to Miami (the Kunnan-Leach Tournament of Champions concludes three days prior to the start of the Superstars) I'll be in the best shape of my life."

Hogan's events will be swimming, the half-mile run, the bicycle race and tennis ("that's sort of a ringer for me"), all of which he won in August, along with rowing and bowling, where he finished second, and the obstacle course. The last event was his downfall.

"I ran a 26-flat," he recounted. "That would have won it, but I knocked over the high jump bar and was penalized five seconds and finished fifth."

"Marty should do O.K.," offered Trotter, who was edged out in the bike race by one-hundredth of a second and finished second overall. "Just about the time you think he's out of it, he comes up with that little burst. He's quite a competitor, he's really got that killer instinct."

He'll do his bit if Lady Luck does hers. Like the 197 he bowled in August, the first time he had bowled in years. Timing counts. "You can work on the endurance events," he reasoned, "but if your timing is off just a little bit in, say, the obstacle course, you can get penalized out."

So there'll be Marty Hogan in the sunshine in the Bahamas, with his strength and strategy and luck and incentive and some competition standing between him and the pot of gold at the end of the track.

"If it's a close race, if it's an inch or two, I'll win," he said. "I will make the sacrifice, whatever it takes, to win. I am very confident I will do the very best I can."

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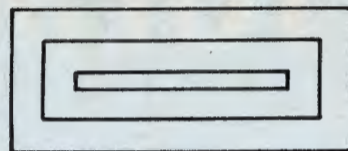
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Inside the Master's Mind

by Charlie Brumfield



With this article Charlie Brumfield, four time national champion and touring pro for the Sportrooms Racquetball Clubs, continues his exclusive series for *National Racquetball*.

The Head Game: Part 1—Getting Ready for the Match

Now we come to the area where my expertise really shows, when we delve deep into the Master's Mind and analyze the mental aspects of racquetball. This is a topic which I could write an entire book on, so let us first talk about what goes on inside your brain prior to a tournament match.

Through the years I've used three basic methods of psyching myself up mentally to be in the proper frame of mind prior to the match. The first method was taught to me by Paul Haber, who was then the number one handball player, many, many years ago. Haber told me that he always developed a firm artificial hatred of his opponent. What this does is it tends to raise your level of desire to beat that particular person. Of course it doesn't go very far in helping you to win friends and influence people. As you begin to take your position as a responsible member of the racquetball community, I think you have to diversify this particular tactic of psyching yourself up in favor of the other two.

However before leaving this point I would like to say that I've seen players who were really too nice to win. Paramount among those in the racquetball circuit are Sarah Green and Craig McCoy. In all the years I've played Craig I've never seen him take a bad call; I've never seen him intentionally crowd or do a number of things that all the other players have done at one time or another because they really wanted to win. I just think Craig and Sarah are too nice. You've probably heard the old phrase "It's



Too nice to win?



nice to be important, but it's more important to be nice." I think it's an ethical question that we could debate back and forth. But primarily racquetball competition is like any other jungle struggle—you have to go for the jugular—so Paul Haber in many ways was right.

The second way I psych myself up is by using music. Everyone has their own favorite songs that have a fast beat and tend to jazz them up. The theme from *Rocky* gets a lot of people ready to go. My own particular favorite is "Gone at Last" by Paul Simon.

Once you've chosen your song, make a little cassette of it to take to the courts with you when you practice and work out. It doesn't matter if it's patriotic music like "Stars and Stripes Forever" just as long as it's something with a fast beat that gets your adrenaline flowing at the proper level. Then take your little cassette with you to the tournament and play it before a match to psych yourself up. I'm not joking. Try it.

If you're too embarrassed to play your song, then you should use the third method which I call "Dumbo's Feather." Dumbo was an elephant who actually could fly, but he didn't realize it until a friend gave him a magic feather. His friend told him that if he held that feather in his trunk, he could fly. Dumbo had always had the ability to fly, but he was convinced that he could only do it when he had his feather.

Dave Peck's Dumbo's Feather is to stay unshaven during a tournament.

Most people have the mental and physical potential to play a very fine game of racquetball, if they could only find that feather. When I first started playing paddleball, I would have Carl Loveday sign his name on my racquet handle and then I would tape over it. No one else in the world knew it was there except for me, but that was my Dumbo's Feather. Some people have lucky socks or shirts. Dave Peck, for instance, told me that he never shaves during a tournament.

Everyone has their own peculiarities. Steve Keeley had a rubber band that he would put on his racquet which he superstitiously felt would weight it just right. If someone would have taken that rubber band off, Keeley would have been lost. Just like Dumbo—if someone would have taken the feather out of his trunk he would have fallen down.

Believe in Your Feather

Of course even with your feather you're going to win some matches and lose some matches, but the main thing is that you have convinced yourself beforehand that you have the proper mental frame of mind. You have to believe that your feather is there and that you can beat that particular opponent. If you lose confidence in your feather, you sure better change it. I used to believe that if I didn't go to church on the Sunday of the tournament I would lose the match. Then I started losing too many matches going to church so I decided that if I *did* go to church I would lose.

Sleeping and eating are other examples of Dumbo's Feathers. I never eat a full meal at least four hours prior to match time. I used to drink a lot of orange juice, but I decided that was bad luck. Now I drink a lot of tea before a tournament. I feel that the caffeine peps me up. That may be scientifically true or not, but the important thing is that I believe it.



Steve Keeley's used to be to keep a rubber band around his racquet.



Sleep's an even more important feather to me than food. I'm experimenting right now with getting too much or too little sleep. I like to get 10 hours before a match. I also like to be awake for four hours before I play. So for those of you who are so novice that you get 9 a.m. starting times, you would have to wake up at 5 a.m. Or like the old days at Mel Gorham's tournaments in Pacific Beach, CA—you finished one match at three in the morning and had to play your next day's match at six in the morning, so you wouldn't go to sleep at all. It might actually have been better physically for me to sleep, but psychologically I felt I wouldn't be awake.

Carl Loveday and I used to room together at tournaments and we'd stay up all night analyzing the matches. Once he fell asleep during our conversations until his cigar burned down and hit him in the chest. He woke up just momentarily and I was still talking. It cost us both the Nationals that year. I've just always felt that my feather was gone if I didn't get enough sleep. I'd think to myself "*Well I'm going to be sluggish and tired today*" and even if I wasn't tired before, I would be then because I was thinking about it. So be sure you eat right and sleep right so that you don't have to worry about it during your match.

You also want to get in a few easy matches when you're preparing mentally for a tournament. Beating somebody is a good way to build your confidence. Just the same you don't want to play someone who is so bad that you get lazy or pick up bad habits. It's sort of a fine line.

Orange juice was once Charlie Brumfield's food Feather but now it's tea.

I don't believe that you pick up bad habits by watching poor players, but you don't want to hang around the tournament and watch every match all day long anyway. It's too draining. You should watch your opponent a little bit if possible to begin making the mental evaluations as to your game plan, which we will discuss in detail next month.

I do not believe it's wise to come into a match without having thought about what your particular style's going to be unless you don't have any style or maybe only one style. But to stay around the tournament and watch every match is counterproductive because you tend to go through a stage of empathy for the players. Steve Serot is a personal favorite of mine because he plays so hard. When I watch Steve hit poor shots, I suffer too. It's just as fatiguing for you as it is for the person you're watching.

A lot of players suffer from pregame jitters. You have a lot of nervous energy that can exhaust you unless you know how to channel it properly. The best thing to do is concentrate on your game plan. Think about your shots, hit a few balls, visualize your strategy. It's just like a football game—until the first hit everybody's jittery. Particularly amateur players, I feel, would be better off playing a practice game before their match. Actually draw blood; let the first hit be made. Then you'll be out there playing your game instead of overanalyzing your opponent.

No Paralysis

What most people do is just sit there in a huddle and contract themselves into some kind of cathartic state. Amateurs particularly can drain themselves by what I call "*Paralysis by Analysis*."

What you need to find is a happy medium between the two contradicting theories. On one hand you want to prepare sufficiently for a tournament on a systemized schedule that allows

you to be physically ready. On the other hand you never want to step on the court if you're burned out and don't really want to play racquetball. You have to be both physically *and* mentally ready to play or else you'll get diminishing returns.

There was an interesting experiment done with two basketball teams of nearly identical caliber, almost player for player. One team practiced on the court every day for a month while the other team went to the court and sat around, visualizing basketballs going through the hoop and working out game plans in their minds. When the two teams played each other the team that had only prepared mentally won decisively over the team that had prepared physically.

You can use this same technique in racquetball, too. Experts have found that you can double your rate of learning if you can visualize the strokes before you even go through the mechanical movements. So naturally if you can visually see the ball rolling out before you hit it, it's more likely to become a reality.

Now I'm not advocating a new theory of Inner Racquetball. According to Chuck Leve, the former NRC chairperson, the number one reason why pros dropped out of the top eight was reading *Inner Tennis*. The number two reason was *believing Inner Tennis*. It's a very strange concept that you can perform better by putting everything out of your mind.

Keeley called it the "*Mickey Mouse Theory*." I'd be trying to teach my students the proper thought process to help them realize their potential in racquetball. Then I'd watch Keeley giving a lesson. He'd tell his students to say the words "*Mickey Mouse*" when they stepped up to serve in order to remove all thoughts from their mind. And that's when I'd blow chunks right over the 20 foot wall.

The two conflicting theories (mine and Keeley's) each have their supporters. There actually are people who feel that they play better when they perform just as they do in practice. They don't think about anything. Their bodies have gone through the motions so many times that they don't have to think about it.

I do believe that in many cases a player who doesn't think and just does is going to do better during actual competition. However in pregame preparation and during time outs where refinements should be made in your game plan, the weaknesses of the *Inner Tennis* theory will pop up. That's what made me so tough year after year—I've made the mental adjustments and haven't relied strictly on ... Buddah's will, I guess. I don't know how they do it.

I warm up every day with a specific practice system I'll discuss a few issues from now. The system includes 12-14 varieties of shots where I'll make maybe 75 repetitions of each shot. What I do before a tournament match will be a condensed version which takes a half hour or so. The mistake that most people make is to allow only 10 minutes to warm up before a match. Even if the courts are all booked, you can usually find another club close by or you can visualize your game plan we talked about earlier. This is the time to get your feather ready, play your song, get your adrenaline going.

During my miniaturized work out I'll hit all the varieties of the shots I plan to use against a particular opponent. If I'm playing Davey Bledsoe, for instance, I won't hit the ball cross court off my backhand to his forehand no matter how wide open it looks because I know that no matter how well I hit the shot, Davey's going to chase it down and kill it. Obviously I won't groove that shot before the match against Bledsoe.

You should pick out only a couple of attacks or counterplays and practice those before the match. That way you won't have too much on your mind. For the rest of your game you can rely on *Inner Tennis*, but to rely completely on it is failing to utilize your intelligence. Then again the complete use of intelligence is paralyzing your abilities. So what you want is a combination of the two. The exact recipe depends on each individual's ability to think on his or her feet.

Best Psych Tactic

Once you have yourself mentally prepared to play it's time to work on your opponent. Of course the best way to psych out the other player is to be technically and mentally prepared and let them know it. Being a better player is naturally the best psych tactic.

There is also a certain amount of showmanship that I believe is within the rules which you can use to reduce your opponent's concentration even more. Most people aren't prepared to both play and think at the same time. So you try to take their thought process and ultimately engage it—either bartering with you or trying to be amusing to the crowd with you or arguing with the referee about your call or fuming about the fact that you're *still* wiping up spots on the floor or you're doing the "*Stan Berney Shuffle*" to the front wall or jogging around the court before your match. All of these are legal tactics to reduce your opponent's concentration.

But not everyone can apply these psych tactics without reducing their own concentration as well. The decision is up to you. Some people psych *themselves* out instead of psyching out their opponent. You have to know exactly what your own concentration capabilities are.

Keeley, for one, is worthless trying to psych. He has to play his own game. Keeley is most effective when he is executing. I believe that other people, (I'm an outstanding example) are natural show-offs. I can engage in two or three activities at the same time and still give each of them adequate consideration. I can't do them all simultaneously as well as I could each one individually. What I'm saying is that the reductions in the capabilities of my opponent, by trying to engage in these same mental games, is worse for his game than it is for mine. The net increase is that I score more points.

The selection of the ball can also be a psych tactic. I always try to choose a ball that's best for my game and worst for my opponent's. If I'm playing Joe Flailer I try to get a slow ball. Whether it means anything or not, I just love to see people ticked off because it takes their concentration away from the actual game.



You have to be careful with power hitters, though. If you get them too mad they develop a Paul Haber artificial hatred which helps them generate additional power. That's the problem against Hogan. You want to work him to the point where you throw him off a little bit, but not to the point where he says "*I'm going to rip now*," because then you can't even see the ball ... but you can visualize it.

Selecting a referee can have the same effect. You want to pick a ref who gives you the most latitude without going overboard and firing up your opponent. To be sure you don't want to allow someone to referee who has a grudge against you or who favors your opponent.

Just to show you how far the Master's Mind has grown: In my first match ever I played Bob McNamara at his home court with his brother refereeing. Never again. I've come a long way since then.

Flipping the Cover

Once I achieved professional status and received an autographed racquet cover, I knew what to do with it, especially if I was playing against a rummy. If you're somebody, you gotta let them know it. I would walk out on to the court as if I owned it and flip my autographed racquet cover onto the floor, just to let 'em know who they were playing. It was worth 10 points every time. It helps psychologically to be a sponsored player, particularly in local tournaments. Why do you think the manufacturers print their players' names on their shirts?

On the other hand the reverse-psych is always effective. Once when I played against Bill Thurman, I walked onto the court and threw my autographed racquet cover on the floor. Thurman stepped on it. Or how about the guy at the Outdoors Nationals who asked Marty Hogan who he was?

Who are you???

I think the classic reverse-psych was when Shannon Wright was wearing her shirt that says "NC₂". It stands for National Champion Twice. Sarah Green asked her if it meant National Champion two years ago.

There are just a few final feathers that need to be in place before you step on the court. Always have adequate supplies of gloves, balls, towels, Kleenex, aspirin, water, whatever you might possibly need, so that you don't have to worry about it during the game. That's why I have a coach and a ballperson to help me at each tournament. Then I don't have to wonder "Oh my God, where's my gloves?" or "Is this glove dry?" or "Do I have this shirt ready?" Despite the fact that these are very incidental points remember, if your concentration is diverted just a little, even just thinking about a glove, it takes your concentration away from making a correction in your game plan which could give you the match. Not everyone has a coach, but you should have someone there as a feather to help you out, preferably the referee or tournament director.

Now you have your pregame mental preparation: the proper ball, referee, warm-up, your music playing, your lucky chain on and all of your Dumbo's Feathers in place. Next time we'll discuss possible game plans and how to continue the head game throughout the match. ●

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Ask The Champ

by Marty Hogan

This article continues a series by two time and current national professional champion Marty Hogan. Readers are encouraged to submit questions about their game to *Ask The Champ*, c/o National Racquetball.

Question: What can I do to practice getting and staying low on my shots? I bend my knees, but not my back. I tend to stand up just before I hit the ball. Any suggestions on getting and staying out of a slump? I have periods when I play as if I never played before. Joyce Franklin, Detroit, MI

Hogan: Many times I have watched amateur tournaments and it astounds me at how they all stand up and shoot from the hip. If you ever watch the pros play, see how low they let the ball drop before striking the ball. If you let the ball drop below your knee then you have to bend your back. Letting the ball drop also makes you have to get your shoulder down and through the ball. As for slumps I believe many slumps are mental. A person plays so much that they begin to just go through the motions. When you lose your enthusiasm towards playing this is when slumps most often occur. Take a few days off, until once again you can not wait to get on a court. I am willing to bet after a few days your slump will be gone.

Question: I read your book, *Power Racquetball*, and I'm trying to imitate your grip. It feels awkward, as I expected, but what I did not expect is that on my forehand, using your grip, the racquet moves almost every time I hit the ball. I'm not the weakest person in the world, so although I could strengthen my grip, it seems as though there's more to it than that. Any suggestions?

Richard Backer, Buffalo, NY

Hogan: I use a very open grip. By this I mean the face of my racquet is slightly opened up to the front wall. This grip works for me because as I hit, I come down and through the ball.

As I strike the ball, my wrist rolls over just as in hitting a baseball. I believe the wrist roll method gives much greater power than just snapping your wrist straight through. As far as copying a person's game style I don't believe anyone should copy anything, especially if it is not comfortable. The only reason I see that your grip slips in your hand is because you may not be rolling your wrist snap. Try coming over the ball with your forehand and down on the ball with your backhand. Hitting the ball in this manner should correct the turning of your racquet in your hand. As for the Hogan grip take your racquet and shake hands with it. The V of your palm should be in the middle of your racquet. Now take the top of your racquet and turn it to the right until the V of your palm is on the left ridge of the racquet. This is a total of about a quarter turn. This is the grip I hit with.

Question: How old were you when you first started playing racquetball? Simon Ruiz, Mounds View, MN

Hogan: My mother was the first person to introduce me to racquetball. We would go play at the JCCA in St. Louis about five times a week when I was only eight years old. I truly believe that the younger a person takes up the game, the greater his or her chances are of some day developing into a professional player. However I do not believe that racquetball should be the only sport that a young boy or girl should be interested in. Play other sports, baseball, football or tennis. But you should diversify your interests so that you don't get burned out on any given sport at too young of an age. Then if you decide that racquetball is your favorite sport, you are still young enough to become a top of the line player.

Question: I am frequently caught near the front wall after chasing a fast one off the back wall and barely hitting it. After hitting the ball I feel helpless, since my opponent can put the ball away — either hitting the ball to the back area of court or hitting the ball "anywhere" on the other side of the court. Usually I just stand there and watch my opponent, since he has all of the advantages — easy ones. What are my options? What is my proper position after hitting the ball? Phil Levin, Springfield, VA

Hogan: When following the ball up the front wall after a high back wall setup, you have two options. You can either hit a low, hard drive, or dump the ball into one of the corners. If you choose to drive the ball, drive it to the backhand side of the court. This always leaves you with more room for error. Whichever of the two shots you decide to hit make up your mind long before you strike the ball. Also mix up these options so you don't become predictable. When taking the ball off the back wall in the front court, try to hit the ball before it reaches the front wall twice. After the ball rebounds off the front wall a second time it is much more difficult to judge because the ball is dying. Also if you hit the ball in the air, it is much easier to hit a passing shot. In getting into position after your shot hit back out as quickly as possible, and try to position yourself at least as deep as the service box. Then anticipate a quick return from your opponent in case you did not hit a winner off your shot.

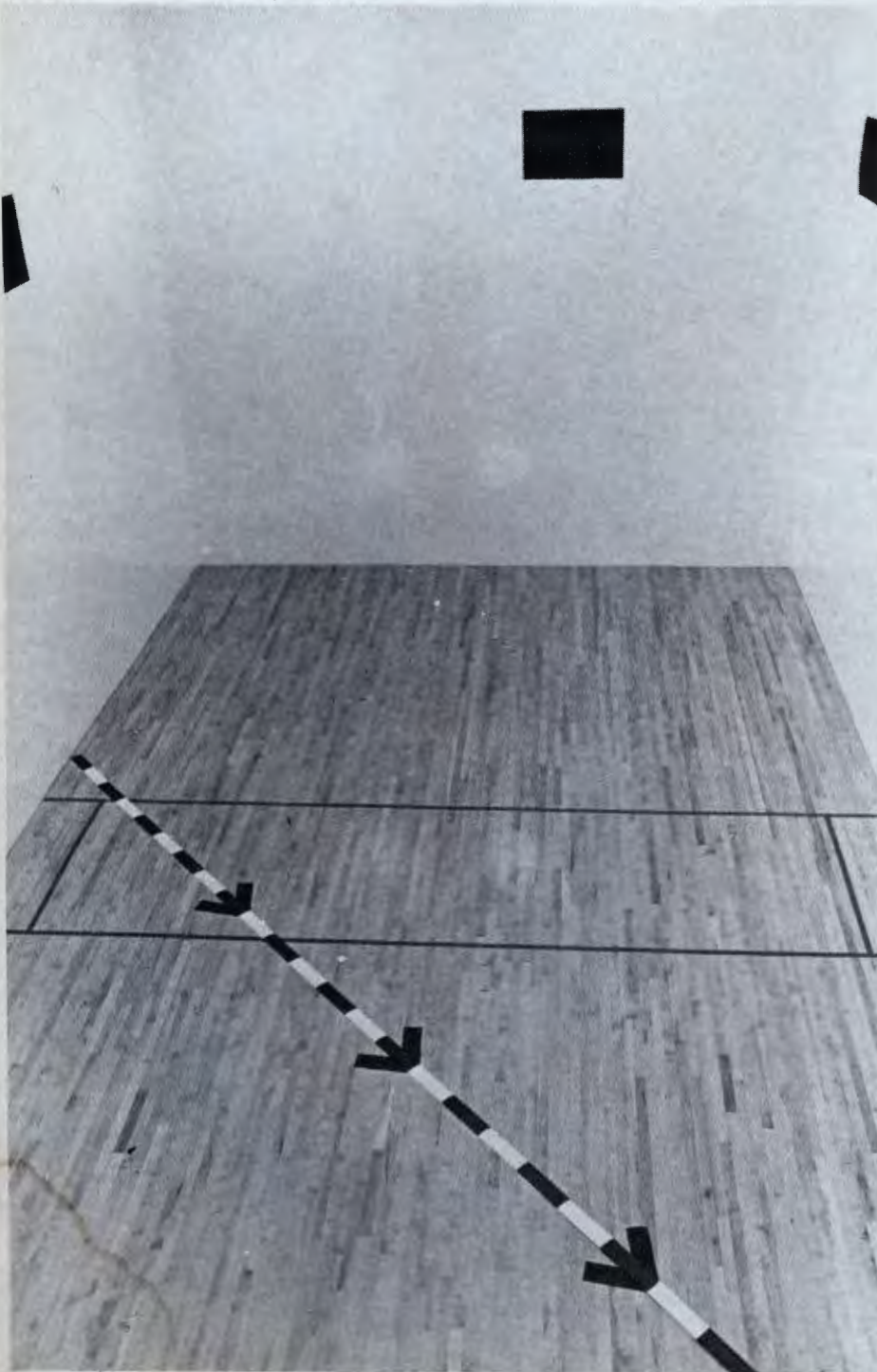
Thank you for this month's questions. I hope that my responses will in some way help your game. Watch for the next Marty Hogan win. ●

Hitting the Ball Around the Wall

The Shot with No Guarantees

by Steve Strandemo

This photo shows the target areas on three walls and the path of the ball as it angles off the left wall. This ARWB will hit the right wall first, then the front wall, will carom to the left wall and take the checkered path toward the back right corner. The ball will take its first bounce about seven to eight feet behind the back service line.



One day two people were playing a good game of racquetball when one of the players tried to hit a Z ball from the deep left corner of the court high into the right hand corner.

He missed rather badly, and instead of hitting the front wall first, the ball hit high on the right side wall. The ball then hit the front wall, carried high across the court and hit the left side wall, then bounced on the floor behind the service area, hit the right wall again, and died as it kissed the back wall.

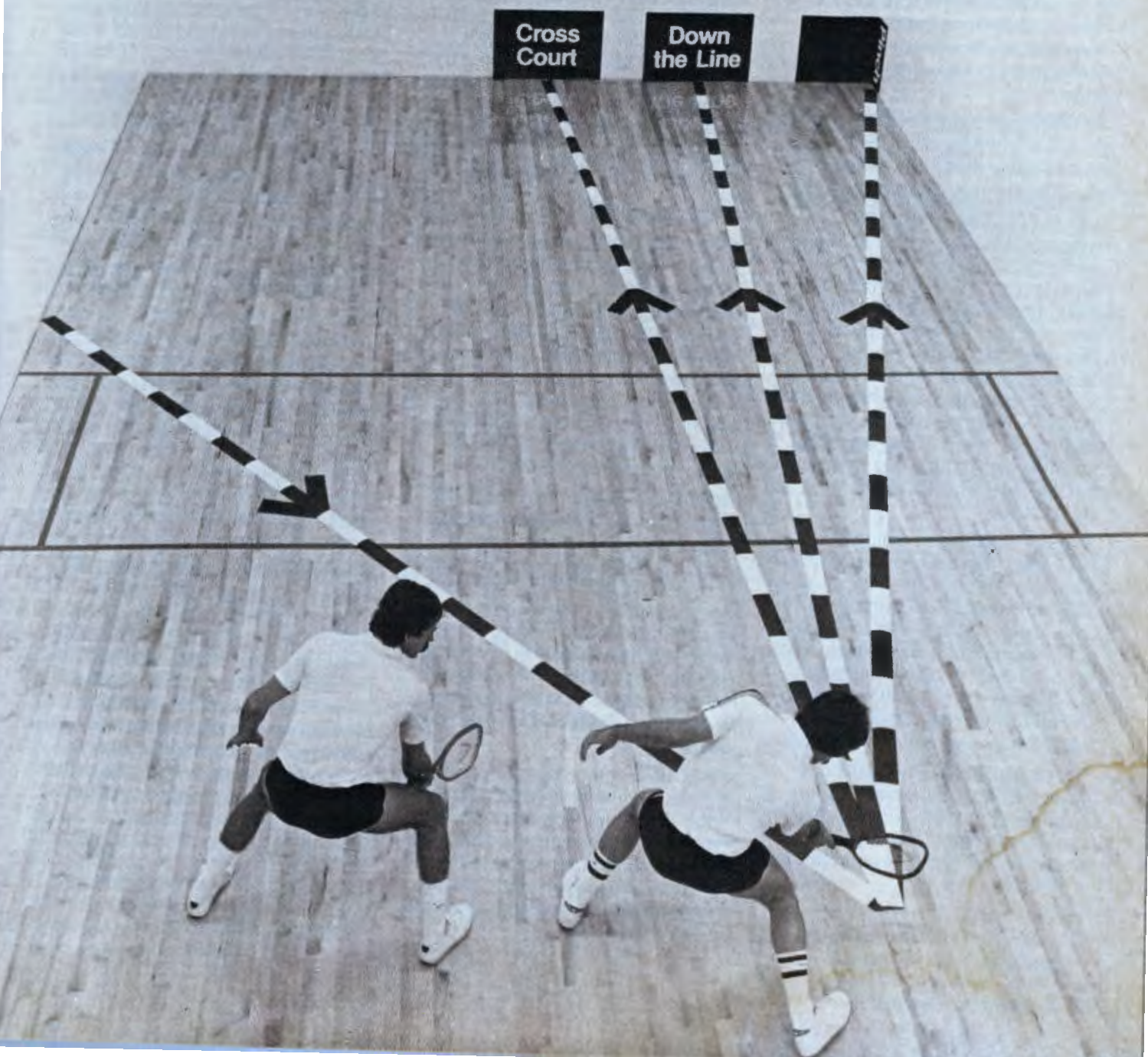
It didn't register immediately on the player what kind of shot he'd hit; he thought he'd merely mis-hit a Z ball. But the effect of the shot stuck in the back of his mind; his opponent had been confused by this ball that hit all three walls before coming down. He hadn't known where to position himself for the return, and finally he had to try to dig it out of the back corner, and failed.

Thus was the around-the-wall-ball born. Maybe not exactly that way, but something like it; the shot was "discovered" in the course of play. Nobody thought it out; it just happened, and people soon were saying to themselves "Hey, this crazy shot could have its uses."

Many players began to make the around-the-wall ball a regular part of their strategy, mainly as a defensive shot, but sometimes using it offensively to keep an opponent off balance. It was found to be effective as a return for a half lob serve; as an alternative to the ceiling ball, and as a good return of another ARWB (as they are called) that has been hit to you.

I agree that the shot can confuse an opponent, especially a beginner, and pull him out of center court, and that it can be effective in the situations described above. That means I like the shot, right? Wrong. I will expose my students to it, but I don't recommend it to them. Why? Because there is a rather easy solution to it, and it can't be used against anybody who knows how to employ this solution.

The solution to the ARWB problem is for the receiver to cut his opponent's shot off on the fly as it passes diagonally across center court. Notice the player hitting from an open stance in center court with three good serving options: (1) pinch into right corner, (2) down-the-wall kill or pass, (3) cross court kill or pass.



If the receiver lets his opponent's ARWB bounce in center court, the ball will angle into the right wall, carom toward the back wall and will die just before it reaches the back wall. In the photo we find the receiver trying to dig this ball out as he's been pushed against the back wall. Notice the player who hit the ARWB and his center court position as he awaits his opponent's shot.



Center Court Cutoff

The solution is this: When someone hits an around-the-wall-ball at you, cut it off in center court. Sound impossible, you say? Haven't we been taught to let balls go by that are above waist high? How can you get a decent shot off when you practically have to leap to reach the ball?

Good questions, to which the answer is: To understand the solution you have to understand the problem. Therefore we should examine the ARWB, how it is hit, and where it goes.

An ARWB is hit from the back part of the court, in response to the situations we described earlier.

The target is a spot high on the side wall. In this case let's say the opponent, standing in the left back court, hits a backhand ARWB. His target is a spot on the right side wall about three feet below the ceiling and three feet back of the front wall. The shot is not that difficult to hit, because the margin for error for this target is relatively large. The one thing a good ARWB must not do is hit the ceiling. We may assume, therefore, that the player hitting one will cheat to the low side, which is in our favor, as we shall see.

The ball hits the side wall, then the front wall, then losing speed—heads across the court to the left side wall, striking it about even with the service area. The ball is still well up in the air at that point, but watch closely what happens then; imagine yourself in good center court position, three to five feet behind the service line, watching the ball come toward you.

The perfectly hit ARWB will come diagonally across the center court area every time. So much for position; if you are in center court, you can reach the ball. The only other problem is altitude.

Watch the ball. As it comes off the side wall, it slants downward, toward center court. You may have to move

forward or back a step or so, depending on the velocity and trajectory of the shot, but there is some point within the center court area where you will be able to intercept the ball at waist level or below.

And, of course, that is the way to play the ARWB: Cut It Off! Take it in midair and drive it back to the front wall. You have the same strategy options that exist in any other offensive situation. You can go for the kill, a "fly kill," since you're taking the ball on the fly; it can be a straight rollout attempt or a pinch shot in the corner. You can also hit a low cross court pass, or just hit it straight and low into the front wall to keep pressure on your opponent.

Off the Back Wall

As you are practicing cutting off this shot, you will feel the temptation to let the ball go by, the way we discussed earlier. **MOST OF THE BALLS WILL BE HITTABLE IN THE CENTER COURT AREA**, but once in a while one will come back so high you just can't bring yourself to hit it. If it is that high, it will carom off the back wall with a big enough bounce to allow you to get a nice shot at it.

At first you may not feel confident enough to go for the kill attempt, or even an aggressive passing shot, when you're hitting the ball on the fly. Don't let that bother you too much. Keep working on the technique until you are confident enough to try the kill, but in the meantime, just hit the ball; punch it back to the front wall, with good velocity; keep your good center court position. Don't be pulled out of it.

Keep the pressure on your opponent. Players who hit one ARWB after the other tend to be slow, methodical types who are particularly vulnerable to that kind of pressure, even if you don't get off a perfect shot. Taking their pet ARWB away from them will rattle them enough.

Another thing about the ARWB that works in your favor is that you can practice it against yourself. Stand toward the back of the center court area and hit an ARWB to either side wall. Then step up, watch the ball, decide whether to take it with your forehand or backhand, intercept it at waist level, and cut it off.

Practice hitting the ARWB to either side of the target area, so you can watch the various trajectories. If the shot is hit weakly, or too far back on the side wall, or too low, it actually will bounce in the service box area after its trip around the three walls.

You should also hit the best ARWB you can, and let it go, just to watch what happens as it bounces deep in the back corner. You will see how quickly it dies, and how tough it will be to dig out. That should tell you how important it is to cut the ARWB off.

As you practice cutting it off, give equal time to both forehand and backhand. Work on setting up, knees bent, good body rotation and follow through, just like any other shot. It is easier to hit than a reaction type volley; the key is knowing how to move to intercept the ball at waist level. Watch the ball, move, set up, shoot.

One last word about the ARWB as a defensive strategy: Even if both players don't know how to cut off an ARWB, there still are better shots to be taken from that same part of the court. Offensively you can go for a down-the-line or cross court pass. Defensively to pull an opponent out of center court a ceiling ball is more effective than the ARWB. The ceiling ball bounces in the front court and arcs high over your opponent's head, pulling him toward the back wall; it's almost guaranteed. You can't guarantee that with the ARWB. ●

Don't Make Center Court Your Last Stand

by Mike Yellen

One of the hottest young talents on the professional racquetball tour these days is Mike Yellen of Southfield, MI. In only his second year on the tour the curly headed 19-year-old has kept racquetball fans on the edge of the bleachers through two consecutive National Championships. Barely beaten by five time national champion Charlie Brumfield, in an electrifying semi-finals match during the 1978 Nationals Yellen got a step closer to racquetball's top prize this year before bowing to Marty Hogan in the finals. When not competing Mike spends much of his time on the road giving racquetball clinics on behalf of his sponsor, Ektelon. In this series of exclusive columns, Mike shares with *National Racquetball* readers some of the techniques which he explains and demonstrates in his clinics around the country.

Don't make center court your last stand. I find center court positioning one of the most difficult racquetball strategies to explain. Many of the players I meet in my clinics seem to take the rule about dominating center court too literally and end up getting anchored there during a game.

Admittedly there are many advantages to dominating center court, that imaginary circle roughly seven feet in diameter and just behind the short line. There you are about equidistant from any point on the court to which the ball may be hit. You will have less running to do to retrieve your opponent's shots. You yourself have more shot options from that area and your shots have a greater chance of success. Since you are in the middle, you force your opponent to commit himself (or herself) to one side of the court or the other.

It's a pretty good place to be at most stages of a rally and, in fact, the player who controls center court the longest is usually the winner of the game. Still you don't want to think of this little piece of real estate as a good place to put down roots and raise a family for the simple reason that most of your opponent's shots are going to land anywhere but center court. Unless you are ready and willing to abandon that area quickly, you won't be able to retrieve those shots. You can't hesitate to leave but, of course, you also will be trying to move right back in as soon as possible.

Diagram 1

Center court is an imaginary circle about seven feet in diameter and located directly behind the short line. Dominate center court not by standing directly in the middle of the circle but at that point on its rim closest to your opponent, and don't be afraid to abandon that position when it becomes necessary.

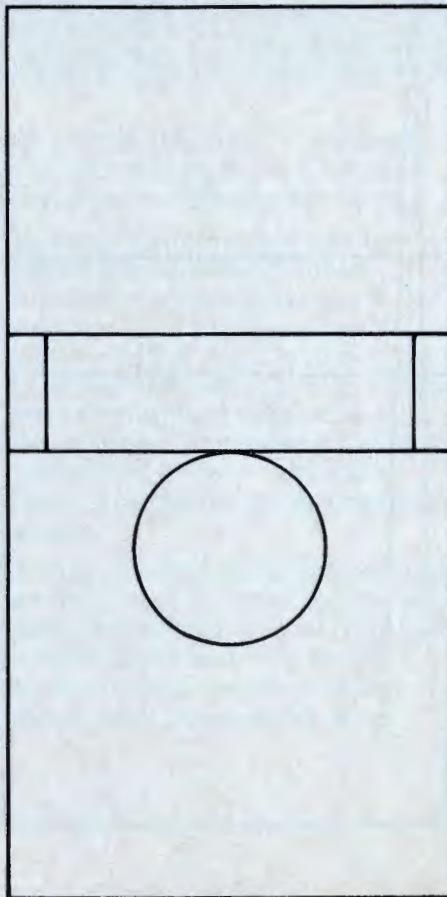
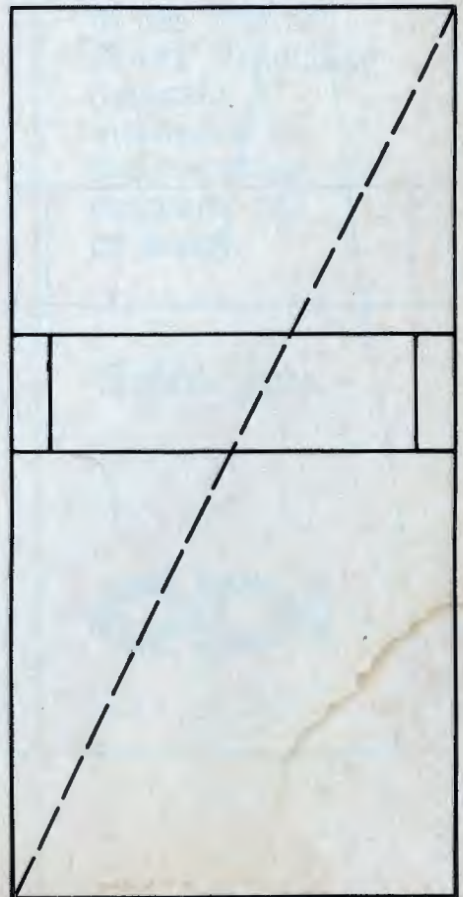


Diagram 2

When maintaining your position in center court, align your body along a diagonal running from your opponent behind you to the opposite front corner. Note the above line will be reversed if your opponent is in the right rear corner and, in general, its exact position will change as your opponent moves about. The important point is to only half-turn toward him so that you can see him and still turn quickly to the front for your own shot.



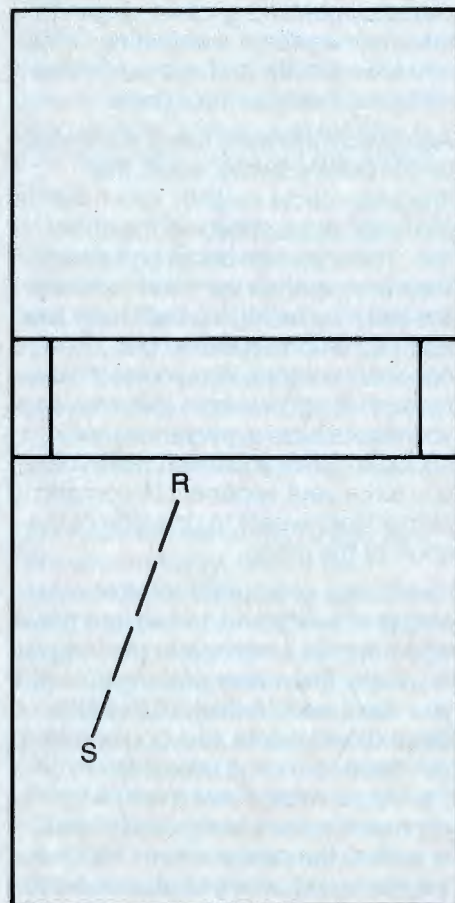
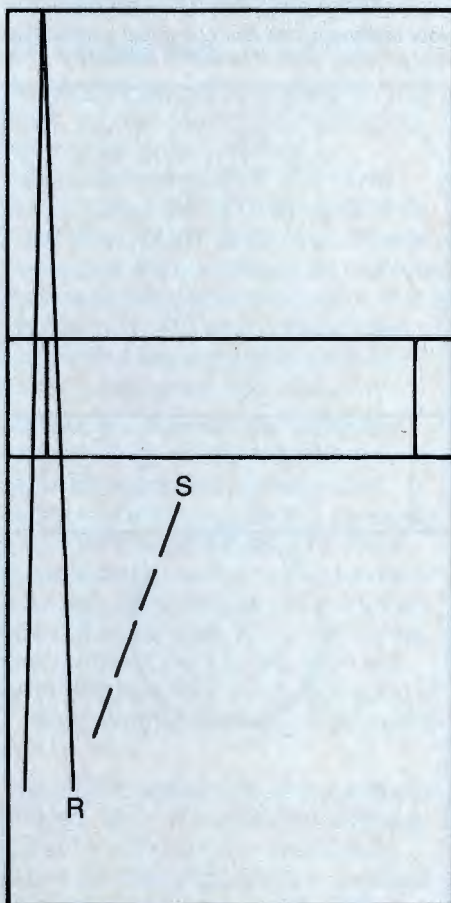
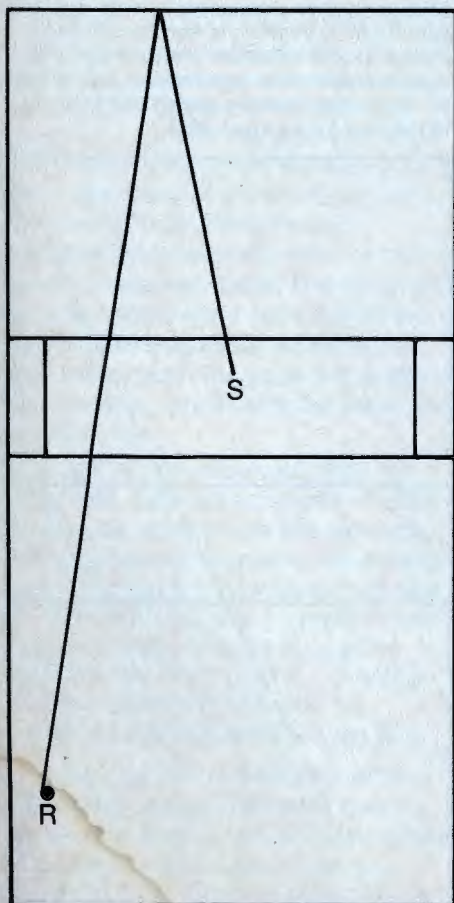
Think of this give-and-take as the flow of waves lapping up on a beach. First you hit the ball to a rear corner and wash into the center while your opponent sets up and takes his shot. If he has any smarts at all, he is going to hit the ball to a part of the court that forces you to relinquish center to him. Then you put it out of his reach again. He washes out, you wash in and so it goes until someone makes a mistake or hits a winner.

The key is to stay as close to the ball as you can without giving up a large section of the court for your opponent to shoot into, and center court just happens to be the ideal place from which to accomplish that. Always play the ball first and the position second. In fact most of the time you won't be in the exact center of that imaginary circle, but somewhere on its perimeter.



Diagrams 3, 4 and 5

Do not be afraid to relinquish the center court position when necessary. Wash in and out of it during a rally like waves lapping on the shoreline. Diagrams 3, 4 and 5 illustrate how this works immediately after the serve, but the sequence is the same anytime during the rally. It begins with S, the server, hitting the ball to R, the receiver, who then returns a shot which forces S out of center court so that R can assume that position. The procedure is then repeated by S who hits a shot that forces R out of center court. Ceiling balls do this very effectively.



Two views of center court positioning. Mike Yellen assumes a center court position during a practice session with his young Ektelon teammate Nathan Martin of San Diego. Note in Photo 1 that Mike is not in the precise center of the court, but rather, on the rim of the imaginary seven foot circle that constitutes the center court position. He is at that point on the rim closest to his opponent and in a good position to retrieve Nathan's down-the-line pass as well as legally screen his cross court shots.



Take up a position on the perimeter closest to your opponent while he is shooting. For instance if he is shooting from the left rear corner, you should be on the left rear portion of the center court rim.

This enables you to cover his potentially dangerous passes down the left wall and at least partially screen his cross court angles (legally, of course.) So we see that, even when you are in center court, you are actually playing "off center." The only time you might be dead center is if your opponent is shooting from the middle of the rear court.

That shouldn't happen too often because you should always keep your own shots from passing down the middle of the court. Keep your opponent running to the far reaches of the court, off balance and straining to get to the ball. If he can't get set,

he won't be able to get off a decent shot. That also gives you a second or two longer to recover center court.

As always maintain eye contact with the ball 100 percent of the time, including when your opponent is shooting. Get a pair of eyeguards to help you do this. Stand on the center court perimeter with your body turned along an imaginary diagonal so you can see where your opponent will hit the ball from the way he executes. Then get over to the ball as quickly as you can.

Don't be afraid to vacate the premises when you have to. Remember General Custer: his problem was that he cared so much about defending the Little Big Horn that he ended up getting planted there permanently. ●

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Beginner's Racquetball

by Jack Kramer

For the benefit of the millions of men, women and children who are taking up racquetball for the first time *National Racquetball* is serializing *Beginner's Racquetball* by Jack Kramer, copyright 1979, with permission of the publisher—World Publications, Inc., Mountain View, CA. If you're an experienced player, you might like to pass these articles along to a friend who's just starting the game.

Playing the Game

The racquetball rules are fairly uncomplicated and, after a few times on the court, become rote. Basically there are only two lines on the court to worry about: the service line and short line.

Let us look briefly at the game itself and how points are scored.

The Serve

To serve drop the ball to the floor and hit the ball on the *first* bounce. The serve must travel directly to the front wall and rebound to beyond the short line before touching the floor. After the service ball rebounds off the front wall, it can strike a side wall, but it must first bounce beyond the short line before it can hit a third wall.

There are four ways a server can miss the serve and get a second chance:

1. If the served ball hits three walls before touching the floor, a fault is declared; the server is then allowed one more serve.
2. If the served ball does not rebound past the short line, a fault is declared and the server gets another try.
3. If the ball cannons off the front wall to the back wall without first bouncing to the floor, this is a fault. The server tries again.
4. If the ball hits the front wall and then the ceiling, this is a fault.

If a server misses both attempts at a serve—the server thus getting two faults—a side out results: the opposing player or team serves.

If the served ball does not ever strike the front wall, but instead hits any other surface, this is a side out; the server loses the serve to the receiver. Thus the server gets no second attempt at a legal serve.

Returning the Serve

To return the serve the opponent (receiver) must stand at least five feet back of the short line; the ball must be returned after it hits the floor past the short line.

The receiver returns the ball to the front wall by using any combination of walls or the ceiling. The receiver must return the serve ball after the first bounce—the ball cannot bounce twice. Also the receiver's ball must reach the front wall without hitting the floor. Should the ball bounce twice or hit the floor before reaching the front wall, the receiver loses the point to the server.

The Rally

Once the ball is in play (after the receiver successfully returns it to the wall), the rally ensues. The rally is the alternate hitting of the ball first by the server and then by the receiver. Remember that during a rally the ball may be returned out of mid-air; it does not have to hit the floor. The ball may initially strike any playing surface—side walls, ceiling—but it must always carry to the front wall before bouncing on the floor.

Scoring

Only the server can win points. If the receiver takes the exchange, the receiver gets a side out rather than a point; in other words the receiver exchanges position with the server and gets the right to win points.

The goal of racquetball is 21 points; when one of the players reaches that magic number, the game ends. If the game is tied at 20-20, the person who

gets the next point wins. There is no overtime or sudden death, as in tennis. Usually the best two out of three games is the winner. (Beginners might want to play only one game.)

Hinders

There are unforeseen circumstances in any game, and in racquetball they are referred to as hinders. There are two types of hinders: unavoidable and avoidable.

The six unavoidable hinders occur when (1) the ball strikes a light fixture or door handle, (2) the ball hits the opponent after striking the front wall, (3) two players collide, (4) one player makes racquet contact with the other player, (5) the ball carries over the back or side walls after the front wall return or (6) a ball hits the front wall on the serve and on the rebound goes into the gallery. The play goes (starts) over. Also one player's body blocking the other player's view of the ball—such as when a ball passes between the legs of one player—results in what is called a screen shot. This, too, is a play over.

The three avoidable hinders occur when (1) one player does not move to allow the opponent to return the ball, (2) the player deliberately blocks the opponent's return shot to the front wall or (3) one player deliberately pushes or shoves during a hit rally. If the ball goes out of the court, such as careening off a racquet edge, before it is returned to the front wall, this is a side out or point against the player who hit it out.

The Grip: Forehand and Backhand Strokes

The grip—how you hold your racquet—determines how well you deliver the forward and back strokes of the game, your forehand and backhand strokes. If you have a good solid grip on the racquet, you will get the required power and control; an incorrect grip obviously will not deliver the ball properly.

Forehand Stroke

This stroke is the meat-and-potatoes of good playing, so learn it well. It saves a great deal of complicated strategy if you can wear your opponent down with good forehand strokes.

The forehand grip is basically a handshake clasp with a trigger finger (see photos 1 and 2). Pick up the racquet at the throat area and hold it in front of your body at navel height. Keep the string face of the racquet perpendicular to the floor (see figure 1). Be sure that the handle is properly set in your hand. Think or visualize a straight line drawn along the top surface of the racquet handle. This imaginary line from the throat of the racquet to your hand should exactly intersect the "V" formed by your thumb and index finger grasping the handle. Look down at your hand on the racquet—that is where the V should be. With this grip you will get maximum power and accuracy.

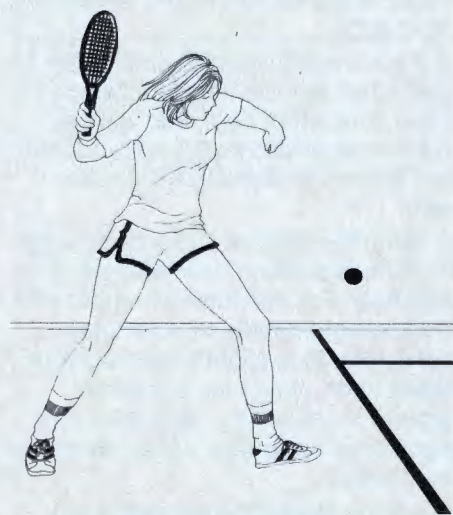


Figure 1 • Racquet head perpendicular to floor.

The forehand grip.

Photo 1

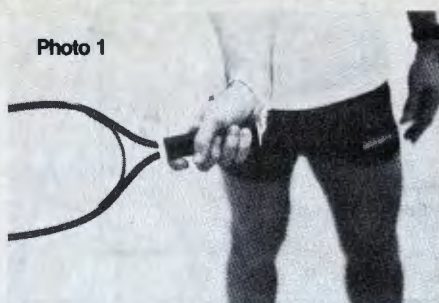


Photo 2



The forehand stroke

Photo 3



Photo 4



Photo 5



If the grip is not exactly as just stated—remember the V—the racquet will be twisted in your hand. This results in bad shots. For example if the top of the racquet is slanted backward, you will slice the ball. If the top face of the racquet is slanted forward, you will most probably hit the ball into the floor. For further accuracy, extend your index finger about one-half inch toward the racquet throat. This is known as the trigger finger grip and gives you more control of the shot.

The butt of the racquet should rest in the heel of your hand; it should be against the fleshy part of your palm. If you hold the handle too high, your stroke will be faulted. Similarly holding the handle in a low grip can cause you to lose the racquet completely on a hard hit ball.

To execute the forehand stroke face the right side wall if you are right handed, the left wall if you are left handed. Keep your feet apart about shoulder width and your knees slightly bent. Grasp your racquet with the proper forehand grip and swing (see photos 3-6).

Photo 6

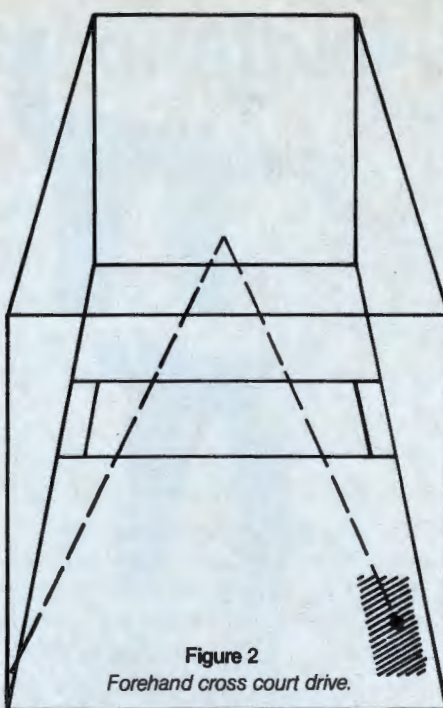


Figure 2
Forehand cross court drive.

An example of the forehand cross court drive is shown in Figure 2.

1. Swing your racquet from a starting backswing position, follow through, then swing back to the backswing, and so on. The stroke should be smooth and rhythmical, never static or jerky if you want the ball to go where desired.
2. The backswing is when the racquet is behind the head, your wrist is fully cocked. Bend your elbow about 90 degrees and keep the racquet near your ear. Then swing and follow through.
3. To get some power in the stroke step into the swing. Step forward, with your left toe pointed in the direction of the right front corner of the court (have your right toes pointed to the left front corner if you are left handed). The front foot should lead the shot to where you are aiming the ball. Your front foot should be pointed forward at about the same time the racquet swings past your left ankle.

The Backhand Stroke

The backhand stroke seems like an awkward shot; actually, it is one of the most graceful strokes if done properly. Some players use the forehand grip as their backhand stroke, but it is much better to use the real

The backhand stroke.

Photo 7



backhand. This grip is similar to the forehand except that the handle is rotated within your hand about one-eighth of a full turn, with the top of the racquet tilting toward, not away from the wall (see photos 7 and 8).

1. Position your body with your feet *almost* parallel to the front wall; your right side (or left side if you are left handed) should be pointed toward the front wall.
2. Face the left (or right) side of the wall when you are ready to swing. Thus your left or right side will be pointed at the front wall and your feet will be almost parallel to the same wall.
3. Bring the racquet into a backswing or cocked position near your left (or right) ear. For the downswing put your body weight mostly on your left (or right) foot, thus slightly twisting your lower torso. Your hips will rotate around to the left (or right), and your right (or left) shoulder will be tucked in somewhat.
4. As you sweep the racquet downward, uncoil your hips and transfer your weight to the front foot (see

Photo 8



The follow through.

Photo 9



Photo 10



photos 9 and 10). Straighten your arm as the racquet leads with the foot so the racquet handle passes nearly parallel to the floor. Do not dip or slant the handle.

5. The follow through is low and smooth. Snap the wrist somewhat to give power to the stroke. The wrist snap occurs when you contact with the ball. As in the forward stroke the step forward ensures anterior body momentum: the hips uncoil from the rear to the front foot.

An example of strategic backhand rally placement is shown in figure 3.

If you learn these two basic strokes first and learn them well, you are on your way. More elaborate strokes and defensive plays are coming up. ●

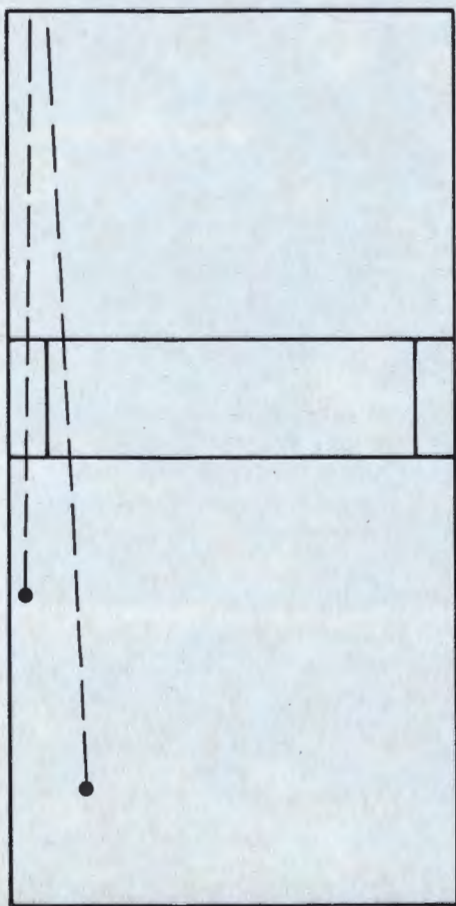


Figure 3 • Backhand rally.

APRO Teaches ... Open Stance Forehand

by Chuck Sheffel

Chuck Sheffel is president of the American Professional Racquetball Organization, which certifies instructors around the country. APRO Teaches is a regular feature of *National Racquetball*.

A professional teacher in racquetball should be able to teach all people in all situations. The teacher must be able to size up the student's strengths and weaknesses and change his or her teaching approaches when necessary.

The racquetball teacher should be able to draw on a depth of experience — the practical experience that comes with playing and the theory that comes with reading all the racquetball books and magazines.

Let's take the classical forehand as an example. It is usually performed with a closed stance. But what happens if a student feels the ball comes too quickly to set up the way the instructor told him? What happens if someone just can't get power out of the traditional shot? I've come across these situations often in my years of teaching, and when I have, I've had to change my instruction method rapidly and smoothly.

The forehand stroke with the open stance can be as effective as the closed stance stroke. The following instructions help in teaching the open stance forehand:

1. While facing the front wall get the racquet back quickly with the racquet head pointing toward the ceiling. The racquet face should be parallel to the front wall and even with your head.

2. Then, if time permits, try to take a short step in with the hitting foot when stroking the ball. This helps put a little more power into the stroke.

Chuck Sheffel, back, uses his open stance forehand.



3. Swing the hip and arm simultaneously into the ball with a good wrist snap. All your weight snapping into the ball makes this a very explosive shot.

4. The follow through of the racquet ends up across the body almost pointing toward the back wall. ●

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What's the Call?

Ask an Expert . . .

by Dan Bertolucci

This is the second part of a series I'm writing to answer questions about the use of linesmen to make matches run smoother. Check last month's *National Racquetball* for diagrams that show where to locate linesmen around the court.



What are the duties of linesmen?

Rule 3.8 states *"Two linesmen will be designated by the tournament chairman or referee and shall, at the referee's signal, either agree or disagree with the referee's ruling."*

The official signal by a linesman to show agreement with a referee is *"thumbs up."* The official signal to show disagreement is *"thumbs down."* The official signal for no opinion is *"open palm down."*

If both linesmen disagree with the referee, the referee must reverse the ruling. If one linesman agrees or has no opinion, the referee's call shall stand. If one linesman disagrees and one linesman has no opinion, the rally shall be replayed.

Linesmen never initiate a call at any time. They are merely to give an opinion if the ref cannot make a call or if a referee's call is appealed by a player. Once an appeal is made, the referee then must check the linesmen for that opinion. Remember: linesmen cannot offer their opinion unless they are specifically requested to do so by the referee.

Here's an example of how the system works:

Two players rally and finally one of them goes for bottom board, hitting an apparent rollout, which was called *"good"* by the referee. The opponent, feeling the ball skipped, simply turns to the referee and says *"I appeal."* The referee then announces to the linesmen and the audience that the resulting call is being appealed and immediately turns to one of the linesmen (it should be predetermined which linesman will be called on first) and says *"May I have your ruling, please?"* The linesman then issues the signal. If it was a *"thumbs down"* or *"no opinion"*, then the ref consults with the second linesman.

If the ref is overruled by the linesmen, the ref must announce to the players and viewers *"The referee has been overruled"* and then make the appropriate call.

What can be appealed?

First let me clarify one thing: Hinders, avoidable hinders and technical fouls can NOT be appealed. As of this writing only six situations warrant an appeal. The calls that can be appealed are:

1. *"Skip balls"* that the shooter thought were good
2. *"Kills"* that the opponent thought were skips
3. *"Short"* on serves the server thought were good
4. *"No call"* on serves the receiver thought were short
5. *"Two bounces"* on shots the player he or she got on one bounce
6. *"No call"* on shots the player felt the opponent retrieved on two or more bounces

How are appeals made?

A player must make the appeal directly to the referee. The player cannot appeal directly to the linesman. Linesmen must not make any call, either by voice or motion, at any time unless specifically requested to do so by the referee. Linesmen should remain expressionless if asked by a player whether a call was good or not. ●

Coming next: When should a player appeal?

Dan Bertolucci is director of the NRC, governing body for professional racquetball, and is a longtime racquetball referee. Send him your questions about rules *c/o National Racquetball*, 4101 Dempster, Skokie 60076.



"10"

*"The sea is at its best in London, near midnight, when you are in the arms of a capacious chair, before a glowing fire, selecting phases of the voyage you will never make."**

The same could be said of my racquetball game!

My drives, passes and kills are at their best when I'm curled up in my reclining lounge with my dog-eared copy of Marty Hogan's *Power Racquetball*. My shot execution is flawless, my strategy well laid, and my temperament controlled. Good instruction makes me feel like a champion long before I really am.

The power of a good instructional book makes champions of us all; it can rekindle the dying fires of enthusiasm as much as a Clement Stone sales meeting in Chicago or a Teddy Kennedy rally in Boston. If nothing else a good how-to racquetball book should make you want to play.

Unfortunately not all of them do. There are good books and there are bad books; most sports books fall into the latter category and the racquetball book nook is no exception. Chances are good that when you go to the library and check out a book with a 796 number you're getting a lemon.

There must be a lemon tree grove in racquetball-land, because a considerable number of how-to books have sprung up in the last five years, some would say like crabgrass in an otherwise immaculate sea of English rye. An occasional rose does appear in this matted morass of diagram, exhortation and platitude, however, and we're here to help you find that American Beauty.

Lest you think we're being overly pessimistic about the state of the art in racquetball writing, let me hasten to add that although we found very few top quality books in our survey, we didn't find very many atrocious ones either. Cervantes of Don Quixote fame said that *"There is no book so bad but something good may be found in it,"* and that pretty well sums up our

The Search for the Perfect Racquetball Book

by Terry Muck



Racquetball instruction books are big business. There's even a new service out of Palos Verde, CA—the Booklegger—that supplies clubs and stores with a variety of titles and with displays like the one pictured here.

feeling. Every book we read contained a few pearls of wisdom to be taken to heart by the serious student of the game.

Those few pearls saved many of the books from being a total waste of time but, just as two pearls do not a necklace make, so these occasional flashes could not totally redeem otherwise mediocre efforts.

Let's just say most of the books fell somewhere between a first round loss and a national championship win.

We ranked the books on a scale of one to 10. A ranking of five means the book was okay—nothing to write home about, but useful in its way. A ranking of one means don't buy it. It probably was saved from a zero ranking only because somebody took the time and trouble to write it.

A ranking of 10? How can we describe a 10 ... let's try it this way: Victor Hugo once said *"my coat and I live comfortably together. It has assumed all my wrinkles, does not hurt me anywhere, has molded itself on my deformities, and is complacent to all my movements, and I only feel its presence because it keeps me warm."*

Old coats and great books are the same thing.

Very few books are right in every way for every person. All of them fit a little differently, and appeal to a slightly different audience. So sit back, relax, and try a few of these racquetball books on for size.

*from Henry Major Tomlinson's 1912 *The Sea and the Jungle*

Garfinkel, Charles. *Racquetball The Easy Way*. New York: Atheneum/SMI, 1978. 148 pages rules included.

They say you can't tell a book by its cover and Charles Garfinkel can only hope that's true; the cover photo of his book, *Racquetball The Easy Way*, is atrocious. It shows Charlie staring straight ahead to the front wall (instead of following his own rule on page 106, watching your opponent hit the ball) as an acrobatic young man runs up the side wall to take a shot he'd be much better off waiting for on the floor. The court is dirty, the color is bad and the concept is hokey.

Fortunately the book is better. It's a pure instructional book aimed at the beginner, so don't look for any depth here. Look instead for simply stated truths about the game, its rules, its equipment, its shots and elementary strategy.

The photographs are obviously posed but, along with the diagrams, they make their points quite clearly. The chapter on serving introduces that subject particularly well. Each chapter ends with a point-by-point summary and some drills for use in developing the truths of that section, a very useful feature.

Because the book is so simple it tends to be authoritative, without examining fully alternative positions (i.e. aluminum racquets are best, grip the racquet thus-and-so, etc.).

The book suffers from the instructional motif—it reads like a grocery list. Probably the most interesting page of the entire book is that on the Z serve, which the author developed. He tells the story of its genesis (in an upset win over Brumfield) and that really makes the section come alive (p. 67).

More of that would have made this a much better book.

Ranking: 6

Scott, Eugene. *Racquetball: The Cult*. New York: Doubleday & Co., 1979. 115 pages rules included.

We reviewed this excellent book fully in our November issue of *National Racquetball* and for details you should refer to that number.

Scott does an excellent job of combining a minimal amount of instructional material with firsthand observations of the racquetball phenomenon. He discusses the history, the game's appeal, the players and the tournament tour in exciting, anecdote-filled prose.

A book we recommend highly to all racquetball players.

Ranking: 8

Keeley, Steve. *The Complete Book of Racquetball*. Chicago: DBI, 1976. 288 pages rules included.

One of the earlier books in the field this effort largely lives up to its title: It covers the field. Its 288 pages talk about more racquetball insights than you'll ever care to know.

Author Keeley is a pro racquetball player of no little merit—he consistently finished high in the money in the first few years of the pro tour, and he still makes creditable showings. The content of his writing reflects his authority.

Not only does Keeley know what he is talking about, he also writes very well. His style is light and interesting. His efforts to be interesting lead him on a constant search for off-beat metaphors and unusual vocabulary, and in this search he occasionally stretches the bounds of propriety, giving words meanings that just aren't right. For example in describing the friendship racquetballers typically display for one another he says "*pairs (of players) congealed to form larger units.*"

But the book is interesting, it is complete and it does teach students the game. He uses diagrams and sequence photos to illustrate the technical text.

Fortunately Keeley's technical text doesn't read like it; he mixes instruction with anecdote to make a very pleasing mixture. He practices in his writing the Mary Poppins axiom that "*a spoonful of sugar makes the medicine go down.*"

Ranking: 9

Keeley, Steve. *It's A Racquet*. Haslett, MI: Service Press, 1979 193 pages.

Once upon a time Steve Keeley decided to write a racquetball book. Not an instructional book, mind you, like his very successful *Complete Book of Racquetball*, but a book recounting some of the wondrous tales, mostly true, he has experienced on the racquetball tour.

Publishers weren't as excited about the idea as Keeley. Too bad, said Keeley, I'll publish it myself. Too bad indeed, for it's a fun book. What else can you expect from an author who wears one red tennis shoe and one blue tennis shoe to play racquetball; who keeps his notebook and pen stuffed in his sock; who kept a pet tarantula spider, who runs with the high and the low of the racquetball world and then tells their tales afterward?

He tells the story of Hogan's first win over Brumfield, of handball's Haber versus racquetball's Muehleisen, of the day Mighty Charlie struck out, of racquetball's beginnings.

The book suffers from its private printing; it has a homemade appearance that doesn't inspire much confidence in the content. The illustrations barely serve the purpose, and Keeley does go on a little too much at points.

But the book's a must for anyone with semi-groupie tendencies towards the stars of racquetball; it tells the behind-the-scenes stories as no one else has done, and it introduces the genre of literary fantasy to the otherwise staid literature of racquetball.

Ranking: 7

Leve, Chuck. *Inside Racquetball*. Chicago: Contemporary Books, Inc., 1973. 88 pages rules included.

If the true test of beginner's instruction is concise text that, despite its shortness, still tells the story, Leve's *Inside Racquetball* does the job.

True some of the advice is a little too basic: Leve asks that you "*don't strike*

your opponent deliberately" (p. 4), an admonition more appropriate to the Ten Commandments than a racquetball instructional book.

Leve also persists in calling national champions "*international champions*", an irritatingly imprecise designation of the United States championships. The International Racquetball Association sponsored the book, and Leve, an IRA employee at the time, followed the party line that claimed international status for the sport because a couple wandering Canadians happened upon the national tournament one year.

Other minor irritations are the use of the word volley where rally is meant, and diagrams of the court that are invariably out of correct proportion. In addition the diagrams on page 54 are almost impossible to figure out.

In spite of these small problems Leve introduces the game exceptionally well. He gives sound fundamental recommendations regarding equipment, warm-up exercises, shots, strategy and the rules.

For elementary instruction you can't do much better than *Inside Racquetball*.

Ranking: 8

Lubarsky, Steve and Delson, Rod, with Scagnetti, Jack. *Racquetball Made Easy*. North Hollywood, CA: Wilshire Book Company, 1978. 127 pages rules included.

The content of this beginner's book is somewhat better than the design and layout would indicate.

Too many flaws make this look like a hastily thrown together afterthought instead of a well planned instructional tool.

Things like the hybrid photo-diagram on page 61, the many out-of-place diagrams that are placed in one chapter but refer to text in the preceding chapter, the sideways photos that make one turn the book to read (pp. 5, 10, 15, 27, 51, 58, 74, 80, 82, 93, 94, 95, 101) and the photo illustrating the drive serve in which the server is obviously foot faulting (p. 52), all give an impression of carelessness that reflects on the text.

Although the text itself has some shortcomings (most notably organization: chapters 4, 5, 6 and 7 all overlap and run into one another—they don't really stand as units of thought), it does introduce some valuable ideas. It's pure instruction and never loses sight of its goal. The section on the "*four square logic*" for shot placement (pp. 81f.) is very original, and it would be exciting to see this developed further.

The various shots are described accurately and fully.

Racquetball isn't made easy in this book as the title suggests, but the authors present the material in such a way as to reflect their expertise as teachers.

If only they had come up with a good designer . . .

Ranking: 5

Strandemo, Steve, with Bill Bruns. *The Racquetball Book*. New York: Pocket Books, 1977. 207 pages.

Steve Strandemo's, *The Racquetball Book*, wins the award for having the most beautiful girl on the cover, even if she isn't watching the ball as she hits it.

In a more serious vein this book does win the award for best illustration. The stop action photos of Strandemo stroking the ball are superb, and the court diagrams, showing actual racquetball courts with huge dotted lines made of paper laid on the floor marking the proposed path of the ball, leave nothing to the imagination. In 207 pages of text, 151 illustrations are used to make it come alive, 95 of them full page for maximum clarity.

Strandemo keys his instruction around what he calls the center court system, meaning the person who controls the center portion of the court wins games.

Strandemo's instruction goes beyond a beginner's introduction; it offers an overall game strategy that can be used with profit by advanced players as well. The various strokes are outlined in general terms and then

broken down into their component parts. This technique allows a student to go as deeply into a shot as he wishes.

Co-author Bill Bruns has made the text come alive; even the most technical aspects of the book seem interesting and fast paced.

This is an excellent racquetball book.

Ranking: 9

Vemer, Bill, with Skowrup, Drew. *Racquetball*. Palo Alto, CA: Mayfield Publishing, 1977. 113 pages rules included.

This book isn't for rank beginners; it has a great deal of depth and detail, far more than the average instructional book. For example it's the only book on the market that identifies each of the eight beveled sides of a racquetball handle by name (p. 11).

In a way this detail can be seen as a strength of the book. The swing is analyzed into its smallest component parts, nicely illustrated with small, stop action photographs. Helpful hints and warnings are listed and boxed in on many pages, and numerous drills are explained for every type of racquetball shot. Court diagrams are well conceived and ably illustrate the text.

However the book seems to have an identity problem. The design is very informal, with slanted heads, recreational photographs leading off each chapter, and fetching cartoons sprinkled here and there showing cute racquetballers in impossible poses. The design says "*informal beginners book*" and the text talks technical.

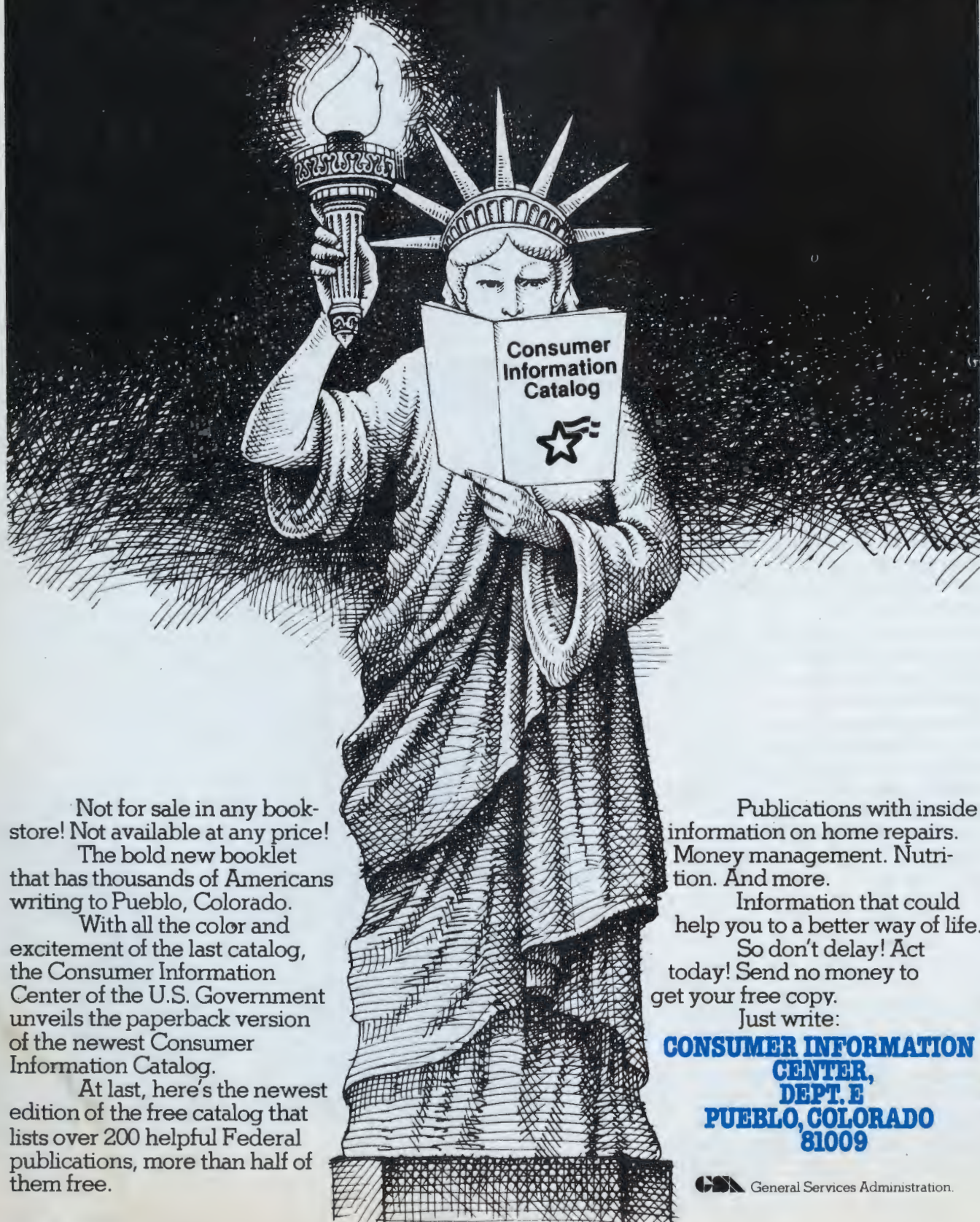
You may not find this bothersome. Look particularly closely at the chapter on strategy which offers some interesting approaches to shot selection. The guide to shot selection on page 79, for example, offers a great deal of information.

An interesting feature of the book is a chapter on refereeing, unusual in racquetball books.

If you're looking for a challenging book on your favorite sport, you might try this one.

Ranking: 6

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Women In Racquetball



Carol Brusslan

Poor Clara

Our favorite chapter in *Out of the Bleachers*, a top rate collection of facts and opinions on women's sports, is an article that Arabella Kenealy, M.D. wrote in 1899.

Dr. Kenealy's subject is Clara, the prototype of the "modern woman," the female athlete who "could not walk more than two miles without tiring, but who now . . . can play tennis . . . all day without feeling it."

The doctor is concerned about funneling Clara's energies into athletics and warns against destroying "a complex, well planned balance of faculties which had been Nature's scheme when Nature fashioned Clara."

Dr. Kenealy regards as "subversive to domestic happiness and the welfare of the race" a system "which sets our mothers bicycling all day . . . and our grandmothers playing golf."

The Kenealy gem is one of the diverse pieces Editor Stephanie Twin works into a total picture of women's sports. There are factual chapters on the physiology that gives a man a built-in athletic edge over a woman. And there are highly personal accounts by women athletes — from sports greats like Althea Gibson to a would-be swim champ who tells why she dropped out of the competition.

And there's even a story by an ex-cheerleader—now a poet—who writes "We were the best athletic supporters that ever lived."

Being a book of today *Bleachers* describes women's sports in China, explains Title IX and blasts some of the values of the prevailing male sports structure.

Ann Crittenden's contribution contains one of the most convincing arguments for women's sports. *The New York Times* writer says that women are entitled to "the essential source of human self-confidence—pride in and control over a finely tuned body."

Out of the Bleachers would have been enough to change even Arabella Kenealy's mind.

University of Nebraska pole vaulter, 1900
Photo from New York Library Picture Collection reprinted with permission of the publisher, The Feminist Press.



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Breathing and Stretching for Racquetball

by Katie Beck

Thirty-year-old Katie Beck, a former Chicago schoolteacher, is number four ranking player in Colorado, where she and her husband have lived the past two years. A yoga, pre-natal yoga and racquetball teacher at Denver and Cherry Creek Sporting Clubs Beck has spent 10 years studying with Yoga Masters B.K.S. Iyengar, Bernard Rishi and Joel Kramer.

An air of tense expectancy surrounded us as our teacher glanced over the Northwestern University gymnasium. We sat cross legged on the floor as she explained that yoga was the union of body, mind and spirit. We would be working with various postures or asanas to build strength, flexibility and put us in closer touch with our bodies. *"Learn to listen to your body, gain a new awareness by putting your brain into the body,"* she told us.

"If she makes us stare at a candle flame, I am leaving," I whispered to the college friend who had coaxed me to Yoga to *"lose weight for bikini season."* I was skeptical about getting any results by contorting my body.

We proceeded with a series of twists, forward and backward bending motions. *"Breathe into the muscles,"* our teacher advised. *"What does your body say?"* Mine was screaming in pain, but I continued to breath deeply and stretch. Deep breaths, oddly enough, seemed to help relax the straining muscles, easing the pain. Even stranger was the wonderful calm and relaxed feeling that flowed through my body and mind following each class session. I began to look forward to our bi-weekly classes.

Soon class was no longer enough yoga to fill the growing need in my stiff body. Days without yoga left my body and mind feeling thick and sluggish. I began to practice daily in my dorm room cubical. I had to wedge in between furniture to complete postures, but I did not want to spend a day without the freedom and openness I was beginning to experience.

Randy Huber, K.T. Beck, Greg Milberger



The class in the cicada position



My body was beginning to send messages to me and I started to gain a new awareness of myself. As my muscles began to loosen, my spine became more supple and I had a wonderful feeling of weightlessness. I felt marvelously alert and relaxed.

We learned to *"play our own edges"*, going just far enough to build strength and flexibility, but not straining or hurting ourselves (*"over the edge"*). This, I later realized, is the essence of all athletic training.



I continued to read and study with other teachers in the area. Vacations were spent in yoga "ashrams" or camps, to study with "Gurus" or great masters from India. I traveled all over to learn all I could about yoga, but what I ultimately discovered was myself.

Years later, coaxed by another friend, I found myself in a curious white room. I was handed a sawed-off tennis racquet and listened to a brief explanation of how to play a game called "racquetball". I assumed it was named this because of the deafening "racket" the ball made as it slammed around the walls. But oddly enough, I seemed to get around the walls very well with the ball. My reflexes were quick, my muscles were responsive and my energy level was twice that of my friend, turned opponent. To his dismay I proceeded to win all three games, even though I knew nothing about the game.

Deciding to look closer into all this I joined a local racquet club and quickly moved to the top of the C, then B ladders. My "racqueteer" companions often complained of backaches, pulled ligaments and sore muscles, while I remained miraculously unscathed by any of these ailments.

My secret went back to that Northwestern gym. When I consider my early racquetball success and absence of injury, it always comes back to yoga.

And here is how some of my racquetball playing yoga students feel:



The Believers . . .

Practicing yoga gives me an edge. While getting ready for a tournament and during play yoga deep breathing helps me deal with any tensions and allows me to focus on the game where concentration is all. Donna Jackson . . .

Yoga has increased my self confidence in playing because I know how to concentrate on myself. It's also increased my range of motion, giving me greater versatility on court. Yoga helped me get back to racquetball after I ruptured my Achilles tendon. Andy Sabo . . .



Andy Sabo's forward lunge and knee press

After studying yoga and jogging for years I discovered I spent all of my free time alone, so I started playing racquetball to get involved with other people. Regular yoga workouts have prevented my having any injuries, while many of my competitors have suffered various injuries that have stopped them from playing. Linda Hofeldt . . .



—Mark Hofeldt photo

Linda Hofeldt



Yoga has alleviated the pain and stiffness I was having from arthritis and has allowed me to continue to play racquetball. Carolyn Crane . . .

I'm 42 and I feel yoga keeps me limber so I can compete with younger people. I use it before a hard match to warm up and get the concentration going. Lois Wakefield . . .



Lois Wakefield

I'm calm, relaxed and able to concentrate because of yoga, and all of those qualities help in playing racquetball. Yoga is not competitive—you learn what your body can do. Therefore in racquetball I don't try to beat my opponent, I try to improve my game . . . Taking yoga while I was pregnant helped me continue playing racquetball right up to the time my daughter was born. Liz Grams . . .

Even my short experience with yoga has helped me return shots because I'm more flexible and I'm able to get more variety in my arm movements and swings. I'm quicker and more aware on court. Yoga has made me more aware of my body, so I find myself playing in harmony with my body's natural movements. Mindy Harris . . .



Expectant mother Mindy Harris' squat variation



Yoga has made me more aware of my body. The stretching exercises have made me more supple and I can move around the court faster. Marlene Will ...

Specifically yoga helps me bend at the knees, have a freer arm reach and turn more naturally at my waist when I play racquetball. In general my stamina has increased and I feel more coordinated and confident about controlling my body—more willing to compete. Helen Reed ...



Marlene Will in a body raise pose and receiving Helen Reed's serve



Katie Beck's Yoga for Racquetball

Yoga, the inner journey, gives you a better awareness of yourself and therefore a better understanding of others. It gets rid of tension, increasing strength, flexibility and agility and helps protect you from injury.

The exercises I describe here reap direct benefits to your racquetball game and will not harm you when you do them on your own for 10 to 15 minutes a day. If you're looking for group lessons, choose Iyengar—or the vigorous—form—of yoga. You might also read *Yoga, Youth and Reincarnation* by Jesse Stem, *Light on Yoga* by B.K.S. Iyengar, *Hatha Yoga for Total Health* by Sue Luby and *Yoga and the Athlete* by Ian Jackson.

Triangle (Trikonasana)

1. Stand, feet apart 3—3½ ft. Point rt. foot out, turn left foot in at a 45° angle.
2. Arms stretch straight out from the shoulders, parallel to the floor.
3. Imagine your back is against the wall and glide down in a straight plane to the right.
4. Stay within the limits of your stretch. Do not over extend or sacrifice straightness for coming down closer to the floor.
5. Breathe deeply and evenly. Hold for a minute and increase to 3 or 4 as endurance builds.

Benefits:

Tones leg muscles, hips and waist. Gives greater flexibility inside of the torso to give you greater reach in the court. The additional flexibility in the legs gives them a more bouyant feeling for greater speed.

Butterfly to star (Buddha Konasana)

1. Sit on floor, spine straight.
2. Soles of feet together. Press knees toward the floor.
3. For increased stretch bring forehead down to toes.

Benefits:

Opens hip and inner thigh area. Brings flexibility into the knees preventing injury. Makes it easier to get down on the ball and helps you dig out those low ones in the corner.

Lunge (Parshvakonasana)

1. Feet apart 4—4½ ft. One foot points out, one foot in (45°).
2. Lunge to one side forming a right angle with the front leg (Thigh is parallel to the floor).
3. Push off the outside of the back foot and try to form a diagonal line between the back leg and the overhead arm.
4. Breathe deeply and check alignment in mirror.

Benefits:

Tones and stretches ankles, knees, thighs. Relieves sciatic or lower back pain. Great for helping you reach those "wallpaper" balls down the side walls.

Bridge (Adho Mukha Shvanasana)

1. Start on knees (all fours), palms beneath shoulders. Curl toes under and straighten legs.
2. Inhale as you press hips up toward the ceiling—heel toward the floor. (Tailbone up—Heels down)
3. Concave spine, press face back towards the ankles with each exhalation.

Benefits:

Strengthens wrists, shoulders, hips and thighs. Increases flexibility in shoulders, hamstrings and Achilles tendon (prevents problems with "Mr. Achilles"). Streamlines that ceiling game.



Spinal Twist

1. Sit straight, right leg against the wall.
2. Bend right leg and place right foot to outside of left knee.
3. Twist to right, place left shoulder to inside of right knee and twist into wall.
4. Goal: to get both shoulders on the wall—arms out stretched.
5. Look out over right shoulder and breathe deeply.

Benefits:

Creates good posture by bringing flexibility into lower back. Aids circulation and releases tension. Protects lower back from injury (Slipped discs, etc.) Saves back on those wind up drive serves and helps you crank around for those fly kills off the back wall.

Head to Knee

(Paschimottasana)

1. Legs straight out in front
2. Stretch arms up toward ceiling (Straighten spine)
3. Exhale. Come forward, elongate sternum, reach out and then down. (Do not hunch or round back)
4. Pull tummy in and finally lower head to knees.
5. The goal is to have the abdomen down on the thighs, but do not over extend. Stay within the limits of your own stretch.

Benefits:

Stretches hamstrings. Promotes flexibility in the (lower back) spine. Stimulates circulation. Quickens muscle reflexes in the legs (Helps get you ready for the shooters)

Incline Plane

1. Sit on floor, legs straight.
2. Arms behind you, finger tips point out behind you.
3. Inhale, extend sternum, straighten arms and legs.
4. Lift hips up toward ceiling.
5. To perfect pose elongate spine, shrug shoulders down toward feet and squeeze shoulders together behind you.
6. Variation: In the raised position, lift one leg and then the other one.
7. Variation II: Turn finger tips in toward buttocks

Benefits:

Stretches and strengthens arms and wrists. Strengthens and develops legs, thighs, and buttocks. Limbers Spine and shoulders. Improves balance. All these are useful to the racquetball player.



Yogic Breath Control

Since breath is life, the quality of our lives depends on how we breathe. We can control both our physical and mental states by different types of breathing. Yogic breath control can be used by the racquetball player for calming, energizing, strengthening and tranquilizing after the match.

● Got the slows? Use *Yoga Re-energizing breath*. To do this close mouth, inhale rapidly eight times through the nose, hold air in lungs for four counts, and exhale slowly for four counts. Repeat five times. Best done prior to a match to bring energy level up.

● Too hyper or tense? Calm down with *Deep Abdominal breathing*. This time smooth inhalation and longer relaxed exhalation. Think of filling the lungs from the bottom up and emptying from the top down. Inhale through nose, balloon out abdomen, fill lower, middle and upper lungs. Count eight. Hold air in lungs eight seconds. Exhale through nose deflating *top* of lungs first, middle, then lower lungs and finally pull in stomach. Count 16. (Important to remember that the exhalation is twice as long as the inhalation.) Repeat five times. Best done in time outs, when tensing is causing errors.

● Need extra power? Use the *Energy Focus Breath*. This is similar to the Karate "Ki-ai" or yell. Although no sound is emitted, a sharp exhalation is given when the ball is contacted. Inhale deeply as you take your backswing and exhale forcefully upon hitting the ball, focusing energy. Body and breath work together creating a sharp snap!!!

● Too fired up after the match to sleep? Try *Tranquilizing breath* or *Alternate Nasal Cleansing*. This has the "sleeping pill" effect on the central nervous system and is a natural cleanser for the sinus. Exhale completely from both nostrils. Close the right nostril with the right thumb. Draw air in through left nostril. Close the left nostril with the ring and little fingers of the right hand. (Both nostrils are closed). Lift thumb and exhale slowly through right nostril. Inhale through same side (rt. nostril), close both nostrils and exhale left. (This constitutes one round of alternate nasal breath). Continue for 10 rounds of this type of breathing and you will be ready for deep sleep.



Hand position

K. T. Beck

Who's Playing Racquetball?

Dr. Robin Starr: Veterinarian

Dr. Robin Starr never realizes just how tense she has become until she gets onto the racquetball court. As a veterinarian specializing in small animals at her own clinic in Colorado Springs Robin spends much of her day empathizing, listening, and remaining observant, objective and in control. It is not until she gets onto the court and starts slamming balls that she thinks "Hey, that lady bothered me more than I thought."

Robin, who has been playing racquetball several times a week for three years, likes the sport because it's fun, good exercise and a welcome relief from the intricate calm work required in her professional life.

In addition she likes the direction it sends her in after a long day at work. "So many times I'm so tired I don't feel like going over to the court. If I went home in that kind of mood I would just sit and eat. But after an hour of playing I feel great. I get to cuss and do all the things you can't do with clients."

Robin, at 36, believes that racquetball serves as a "spotlight on the rest of my life. I see myself clearly, and I see why I do certain things. For example I have a problem with beating someone. And I can see that problem in the rest of my life, too."

Though Robin was never active in competitive sports before, she began competing immediately after taking her first series of racquetball lessons. "I couldn't stay away from tournaments," she says, rating herself a low B player. Though she is no longer so avid a competitor, she plays challenge court at the Executive Park Athletic Club at least once a week. She also plays with a friend and occasionally with her boyfriend.

After graduating from UC at Davis with a degree in veterinary medicine in 1967 Robin looked around for a pretty state with good



Robin Starr plays racquetball (here with club pro, Red Horton) as a welcome relief from the exacting demands of her job as a vet. She credits the game with correcting her own former mild case of cross eyedness.



weather. She settled in Colorado Springs, worked for another doctor for several years and opened her own clinic in 1971.

Robin's first career objective was to be a vet, but at age 10 she decided it would take too long and vowed to become a secretary. After considering the alternatives open to those who excel in math and chemistry, however, she returned to her original goal.

With the help of an office manager (who introduced Robin to racquetball) and a surgery assistant, Robin sees

approximately 20 animals a day for 15 minutes each. She performs surgery on Monday and Thursday mornings and takes Wednesdays off, working about 30 hours a week.

Though originally Robin moved to the mountains because, "I was hot on skiing," she doesn't do much of that anymore. "After racquetball, skiing is really kind of boring. You for five minutes, ride the lift for five wait in line minutes and ski for five minutes. Imagine taking time out from a game that often."

—Jennifer Alter

Food for Thought

by Suzanne Williams

Reprinted from *Pilot*, Spring 1979, with permission of the publisher, the Evanston (IL) Hospital Corporation.

It is obvious that fitness and exercise are major contributors to good health. But the one factor that is most important to good health is often the most overlooked. That factor is diet.

What is good diet? According to Julie Boyer, R.D., clinical dietitian at The Glenbrook Hospital, a nutritionally sound diet is one that includes foods from the basic four food groups in amounts that satisfy your caloric needs. The "Basic Four" are as follows:

The Milk Group: This includes all dairy products. Examples include milk, cheese, yogurt, ice cream, etc. An adult should have two servings of these daily.

The Meat Group: This group provides the major source of protein in the diet. It includes meat, fish, poultry, eggs and certain beans, peas, and nuts. Two servings (two to three ounces each) provide an adequate amount for a healthy adult.

The Fruit and Vegetable Group: This group provides vitamins A and C. When eating the daily recommended four servings you should try to include some dark green or deep yellow vegetables and at least one citrus fruit, as well as other fresh fruits and vegetables.

The Grain Group: Breads, cereals, rice and pasta are included in this group. Although this very important group is often the first to be omitted in a "diet" plan, four servings are recommended each day.

Sweets, condiments, and dressings, which supply carbohydrates and empty calories, do not fall into any of the "Basic Four." Those foods high in sugar or saturated fat content should be limited in your diet. The suggested daily allowances of the "Basic Four" (using skim milk) provide 1,200 calories.

"The human body uses the calories in food in two different ways," Boyer explained. "The first, which accounts for approximately two-thirds of our food usage, is the basal metabolism. This includes the organic functions of the body; for example circulation and digestion. The remaining one-third of the calories are used by physical activity. Every movement or activity burns some calories. Calories are values assigned to foods to indicate potential energy for body fuel."

"Those calories not used as fuel are stored as fat. Once that happens, you must compensate for the excess by cutting back caloric intake and/or expending more energy. This is what losing weight is all about. To maintain your weight the number of calories you eat must equal the calories used by your body. If you eat more than your total caloric needs, you will gain weight; if less, you will lose weight."

You can determine the approximate number of calories your body requires.

Multiply your desirable weight (as determined from a standard height-weight table) by 15; multiply by 12 if you lead a sedentary life. That is your recommended daily caloric intake. For example if you weigh, or would like to weigh, 130 pounds, you would multiply 130 by 15 to arrive at 1,950 calories, which is the number of calories you need each day to maintain that weight.

Realize, that for each excess pound of fat 3,500 calories were not utilized by the body. If you wish to lose weight at the rate of one or two pounds per week, you must cut back your daily intake by at least 500 or 1,000 calories, respectively. Therefore an intake of 1,400 calories, which is approximately 500 fewer calories per day than you would need to maintain your weight, should result in a one pound a week weight loss. Greater weight loss than two pounds per week is not considered healthful by the American

A Daily Food Guide

The recommended daily pattern provides the foundation for a nutritious, healthful diet.

The recommended servings from the Four Food Groups for adults supply about 1,200 Calories. The chart gives recommendations for the number and size of servings for several categories of people.

Food Group	Recommended Number of Servings				
	Child	Teenager	Adult	Pregnant Woman	Lactating Woman
Milk Group	3	4	2	4	4
Meat Group	2	2	2	3	2
Bread-Cereal Group	4	4	4	4	4
Vegetable-Fruit Group	4	4	4	4	4

Nutrients for Health

Reprinted with permission from the National Dairy Council.

Nutrients are chemical substances obtained from foods during digestion. They are needed to build and maintain body cells, regulate body processes and supply energy.

About 50 nutrients, including water, are needed daily for optimum health. If one obtains the proper amount of the 10 "leader" nutrients in the daily diet, the other 40 or so nutrients will likely be consumed in amounts sufficient to meet body needs. The 10 leader nutrients appear in the chart below with food sources and some major physiological functions.

Nutrient	Sources of nutrient	Some major physiological functions		
		Provide energy	Build and maintain body cells	Regulate body processes
Protein	Meat, Poultry, Fish Dried Beans and Peas Eggs, Cheese, Milk	Supplies 4 calories per gram	Constitutes part of the structure of every cell, such as muscle, blood, and bone; supports growth and maintains healthy body cells	Constitutes part of enzymes, some hormones and body fluids, and antibodies that increase resistance to infection
Carbohydrate	Cereal Potatoes and Corn Dried Beans Bread Sugar	Supplies 4 calories per gram Major source of energy for central nervous system	Supplies energy so protein can be used for growth and maintenance of body cells	Unrefined products supply fiber—complex carbohydrates in fruits, vegetables, and whole grains—for regular elimination Assists in fat utilization
Fat	Shortening, Oil Butter, Margarine Salad Dressing	Supplies 9 calories per gram	Constitutes part of the structure of every cell Supplies essential fatty acids	Provides and carries fat-soluble vitamins (A, D, E and K)
Vitamin A (Retinol)	Liver Carrots Sweet Potatoes Greens Butter, Margarine		Assists formation and maintenance of skin and mucous membranes that line body cavities and tracts, such as nasal passages and intestinal tract, thus increasing resistance to infection	Functions in visual processes and forms visual purple, thus promoting healthy eye tissues and eye adaptation in dim light
Vitamin C (Ascorbic Acid)	Broccoli Orange Grapefruit Papaya Mango Strawberries		Forms cementing substances, such as collagen, that hold body cells together, thus strengthening blood vessels, hastening healing of wounds and bones and increasing resistance to infection	Aids utilization of iron
Thiamin (B₁)	Lean Pork Nuts Fortified Cereal Products	Aids in utilization of energy		Functions as part of a coenzyme to promote the utilization of carbohydrate Promotes normal appetite Contributes to normal functioning of nervous system
Riboflavin (B₂)	Liver Milk Yogurt Cottage Cheese	Aids in utilization of energy		Functions as part of a coenzyme in the production of energy within body cells Promotes healthy skin, eyes, and clear vision
Niacin	Liver Meat, Poultry, Fish Peanuts Fortified Cereal Products			Functions as part of a coenzyme in fat synthesis, tissue respiration, and utilization of carbohydrate Promotes healthy skin, nerves, and digestive tract Aids digestion and fosters normal appetite
Calcium	Milk, Yogurt, Cheese Sardines and Salmon with Bones Collard, Kale		Combines with other minerals within a protein framework to give structure and strength to bones and teeth	Assists in blood clotting Functions in normal muscle contraction and relaxation, and normal nerve transmission
Iron	Enriched Farina Prune Juice Liver Dried Beans and Peas Red Meat	Aids in utilization of energy	Combines with protein to form hemoglobin, the red substance in blood that carries oxygen to and carbon dioxide from the cells Prevents nutritional anemia and its accompanying fatigue Increases resistance to infection	Functions as part of enzymes involved in tissue respiration

Medical Association. Because a caloric intake below 1,200 calories is deficient in certain vitamins and minerals, you may need to increase your energy expenditure at a slower rate. The chances are better that with a smaller per week weight loss eating habits will be changed more slowly; and hopefully permanently.

"While it may seem difficult to cut 500 calories from your daily allowance, there are some things that may help," Boyer continued. *"One is to keep in mind that a true serving size is often smaller than we think. As an example one serving of meat is three ounces. Most restaurant portions are much larger than that. Also high calorie salad dressings can be replaced with lemon juice or vinegar or one of the many good low-calorie salad dressings available. It helps to write down the foods you eat each day and their caloric value (obtain from a calorie counter). This gives you an accurate idea of how much you REALLY eat. You may be surprised."*

Boyer stressed that it is a mistake to cut back on calories by skipping breakfast or any other meal.

"Even though a meal (and thus the calories) is missed, it does little good to make up for it by overeating at another meal or by eating a snack that is higher in calories than the meal you missed, simply because you are hungry. The body uses calories more efficiently if they are spaced evenly throughout the day. Unfortunately Americans have a tendency to eat small, if any, breakfasts, light lunches, and huge dinners. The problem with eating a large dinner is that there is very little time left before going to sleep for the body to use those calories through activity. Once unused calories are transformed into fat, as they often are in this situation, it is a lot harder to get rid of them."

It is obvious from this that exercise and weight loss, even weight maintenance, go hand in hand. This is especially true as we get older, since our basal metabolism tends to slow down as our age increases, but our eating habits remain the same.

"People often become frustrated when trying to lose weight because they do not see the results fast enough. This is often due to inactivity. Performing one's daily routine is usually not going to be enough to aid in weight loss."

"As an example it takes 40 minutes of brisk walking to work off a 209 calorie chocolate bar; alternatively, one could jog at a good clip for 21 minutes or swim vigorously for 25 minutes with the same result. By the same token exercise alone is not going to be enough to cause weight loss. You may firm up somewhat, but the actual pounds will not disappear without a caloric decrease. Diet alone can cause a person to lose weight, but the best results seem to come when the two are sensibly combined. If you are over 35 or have any physical problems, you need your physician's help in determining what will be sensible for you."

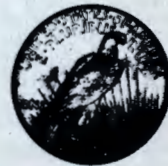
"The best exercise is that which applies the aerobic principle, promoting overall body conditioning," she continued.

"It should be added here that most of the popular trimming ideas and gimmicks are useless. There are many fallacies surrounding weight loss. For example spot reducers such as sauna belts do nothing more than temporarily reduce water in the tissues of that part of the body, which is quickly replaced. Along the same lines exercises designed to thin only one part of the body are generally ineffective. The idea that cellulite is some type of unique fat is very popular right now, yet those lumps are little more than fat which is housed under skin of a different texture."

It is important to realize that the only truly effective way to get and keep your weight where you want it is to develop sound eating habits, according to Boyer. To do this many people will have to incorporate permanent modifications into their eating patterns if they are to be successful. She emphasizes that "quickie" weight loss methods only produce "quickie" results; that is weight lost is usually regained soon after it is lost.

"Learning to live with good eating and exercise habits is the only real solution to weight problems," she concluded. ●

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The Full Treatment Brings in the Members

by Mort Leve

David Micheal



All racquetball trends point toward the more sophisticated facility offering more than the pure in and out, play and leave club that predominates among the more than 1,400 estimated court clubs in the United States today.

A recent A.C. Nielsen survey indicated that there are 10 million players, seven million over 1976. During the last three years the increase for women players has been 378 percent as compared to 238 percent for men. We can surmise that this feminine influence is helping to change clubs from racquetball only to the modern version of the athletic club that you find in \$5,000,000 plus operations such as the five Sporting House facilities in Newport Beach, CA; Denver, Las Vegas and Atlanta.

To understand what goes into the full concept club that I consider THE club of the future, let's see how Carl Porter, Jr. and his group parlayed their preferences into the Arizona Athletic Club that they began planning five years ago. Porter's club in the Ho-Ho-Kam Industrial Park in Tempe, AZ, features two championship courts, a full gymnasium, Nautilus Fitness Center and the necessary outdoor amenities—pool, jogging track and tennis courts—appropriate for a club in the Sun Belt.

This Arizona Athletic Club, in the 100,000 population Phoenix suburb, is in its third successful year and is the ideal athletic/social modern day approach to the recreation market.

David Micheal, the 27-year-old general manager of the club, thinks that tournaments have been a big plus in the Arizona A.C.'s success story. In his job, which he's held for the last year, Micheal has guided the club through four racquetball pro-am tournament scheduled stops and the United States Handball Association's national tournament.

Events are held on two glass courts which are the ultimate in spectator viewing. One side of a court is full glass and faces the 72-foot gymnasium, there is a full glass wall between the two courts (federal regulations no longer allow between court full glass) and both courts have full glass backwalls. Last June during the NRC Nationals a record crowd of more than a thousand watched Marty Hogan's final round win over Mike Yellen.

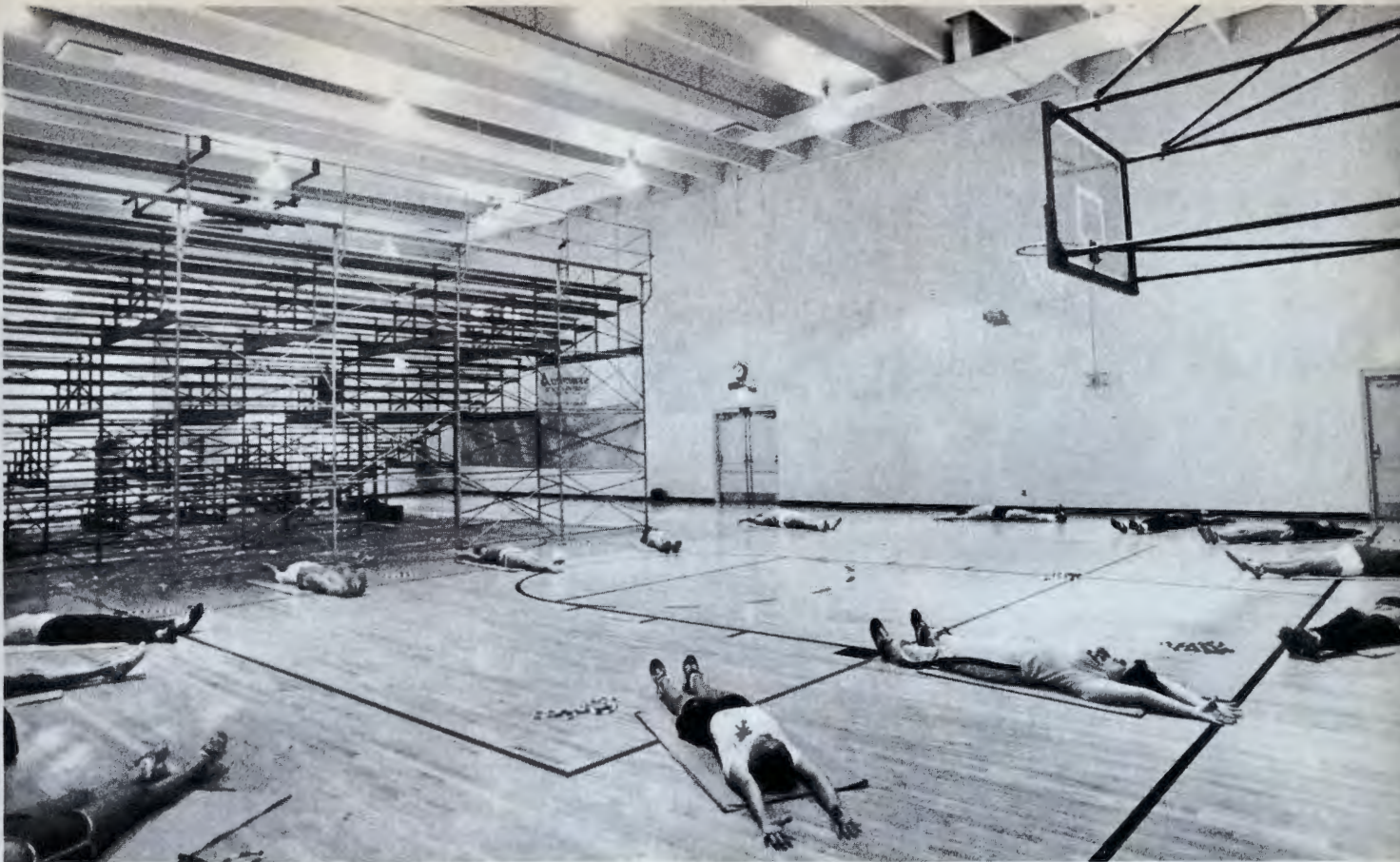
Micheal says those tournaments have put the club in the public eye.

"Players now think of the Arizona A.C. when they come to Phoenix. The tournaments bring in new people, give us promotional exposure that would otherwise cost a lot of advertising dollars. Money can be made on such tournaments if they are handled properly. Most of the top priced seats were purchased by the out-of-town players and guests."

Bolan Bonus

Giving the Arizona A.C. some extra publicity was Bobby Bolan, a member, who won the amateur crown and is now on the pro tour, sponsored by local builder, Neal Asprea.

Racquetball is the hub of activity, even on non-tournament days. The 14 courts get maximum action from men and women during prime hours. And though Micheal would like to see more occupancy on weekdays before 4 p.m., he says *"Located as we are in the fast developing industrial park we do get a lot of play from 11 a.m. to 2 p.m. We are in an area with working couples, so we find both men and women playing the game evenings and weekends. League play has picked up, and on Saturday nights we have developed mixed doubles leagues that add up to recreation and social night for our members."*



Micheal thinks the club's Nautilus facilities are important, too. All the weight training—as well as bicycles, supine boards, jump ropes and tread mills—is confined to the Nautilus room, with light and heavy free weights in separate areas.

"I have seen some members increase their power and improve on their flexibility by regularly working out under supervision," Micheal says. *"The circuit training definitely shows positive results. And we find that the Nautilus name, nationally publicized as it is, sells memberships for us."*

Cardiovascular programming is another popular activity, especially since the stress testing of a member revealed a heart disorder, later corrected by successful bypass surgery. A cardiologist comes in once a week, accompanied by a nurse, to give the motorized stress test and EKG reading.

"This gives credibility to our fitness program," Micheal says. *"The member is charged a nominal fee for the testing, which includes personality screening, historical analysis, blood test . . . then our athletic director, Denny Poor, can prescribe*

individualized programs. Even in our workout classes we have periodic pulse readings. Incidentally Denny is just a few units away from his doctorate in physical education and he's done an outstanding job for us."

The Arizona A.C. also offers members submerged water weighing, which gives the most accurate reading of percentage of fat so the individual knows exactly how much weight to shed.

Karate and Jazz

The gymnasium is the club's all purpose area to carry out fitness programs. The 25 foot high ceiling allows for regularly scheduled basketball and volleyball games, and then there are workout classes, yoga, martial arts, karate and jazz dancing. The morning exercise class attracts an increasing number of women, who can also sign up for coed classes from 5 to 9 p.m. Members can even take five-week classes in ski conditioning, taught by an experienced outside instructor. This is one of the only classes that require a fee beyond the regular membership cost.

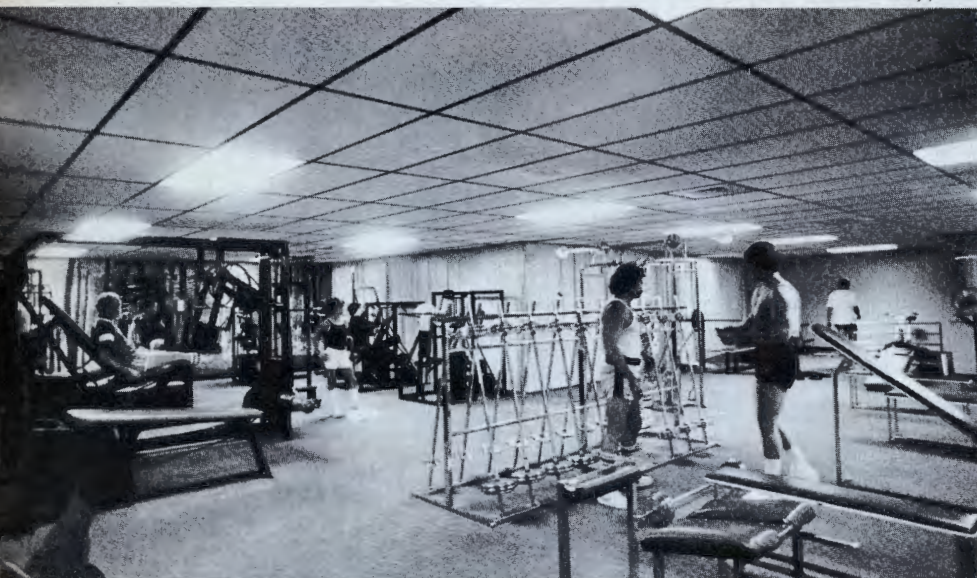
Being in the "Valley of the Sun" lends itself to outside facilities—six tennis courts, a jogging track and the pool.

Micheal prefers his club's conventional size pool to the workout type lap swimming pools that some clubs install. *"Our kind of pool can serve both the person who wants to work out and the frolicker. Our 60 to 70 workout swimmers usually come in early or at night. We know that the pool has values from both ends. For members who just want to sun and socialize we have ample deck area and convenient food and drink service."*

The fast food service and beverages is a department that demands expertise, Micheal says. *"This is an area that clubs should approach with much care—they should consult the experts,"* says Micheal. *"Efficiently operated it will give the club good net income and provide a real service to the membership."* He adds *"We find that 70 percent or more of our bar business is with beer. We have a separate entrance for the public and have been doing a strong noontime business with the nearby industrial park people. Then there's the special promotions such as Monday Night Football and regularly scheduled parties."*

Proof in Numbers

— Arthur Shay photos



In total David Micheal is quite aware that it is simply an ongoing promotional program. *"We take advantage of the surrounding industrial park area with varied jogging trails, anywhere from a mile to 10 miles. We have reciprocal arrangements with clubs throughout the country and can set up part time memberships for incoming snow birds. For our members we can even offer a summer 'freeze' under controlled conditions in which their monthly dues can be bypassed for a month or two. This has shown values in signing memberships, and at the same time we find our membership does not abuse the privilege."*

It is true that it takes a much stronger financial package to put the concept club into reality, and once underway the operating costs are naturally much higher than the 90 percent or more of the racquetball court clubs around the country that are basically "pure" in structure.

But the right locale, strong management and active promotion and programming will spell success. Arizona A.C.'s David Micheal is

convinced that the concept club is the best route to take. *"We can point to income producers from locker rentals, our lease arrangements with massage and unisex hair salon, the cocktail lounge/food service, the big league tournaments and special programs in addition to our dues structuring. The monthly dues with the upfront one time initiation fee provides the smooth cash flow. We can accommodate twice as many members than a club with the 14 courts only through the participation in our many other activities."*

Bulwarking the full concept club is the manager who can coordinate and supervise the varied departments, bring in good personnel and orientate them smoothly into the club routine.

From our observations young David Micheal has done just that.

Mort Leve is a veteran court club consultant headquartered in Scottsdale, AZ.

More than 200 Nautilus Fitness Center owners/operators attended the First Annual National Fitness Center Symposium Oct. 18 and 19 at West Point, NY, where I spoke on *"Racquetball Clubs—Fitness Center: Partners in Profit"*. Here's a review of that presentation:

The *"better mousetrap"* is the feasible route to take for new court club developers. Lower construction costs and more attractive loan money interest rates gave developers the edge when they opened doors three, four or more years ago. Now the money market is tight indeed . . . construction costs continue to escalate with inflation. The concept operation allows the new owner to compete with existing facilities.

We realize that startup costs will be much higher and the debt retirement 50 percent or more than many clubs now in existence. But we are sure the proper market/demographic studies will point toward a swerve away from the *"pure court club"*.

Five years ago an eight court club—essentially an in-and-out, play and go facility—would cost no more than \$500,000 complete with land. Today that same club would cost upwards of \$750,000. Add the concepts of the supervised exercise area, juice bar/quick food service, more luxurious locker rooms with steamrooms, saunas and whirlpools, at least one glass back walled court and the price goes to \$900,000 or more.

Overhead costs with the concept club are naturally higher with the need for more personnel, together with an upswing in utility usage, supplies and promotional outlays.

But the court club business is a *"game of numbers"*. Provided the operator can gain sufficient numbers of members at the desired fee structuring to offset higher operating figures the package becomes viable.

New Court Club Listings

The smooth cash flow of monthly dues as against the sporadic nature of pay-as-you-play can be gained more easily with the concept club.

Precedences have been set in many areas with the minimum annual membership costs which merely entitles the member to rent court time, and it is difficult for the basis pure court club to change over from this pattern.

But, when you give the member "something for everyone" as at the Arizona Athletic Club (\$39 per month for the individual covering use of all facilities within the club), then such dues structuring is in line.

It is easy to demonstrate that 1,000 members with monthly dues as against 1,400 or 1,500 members with the minimum membership fee and court rentals will give a better bottom line figure. With the monthly dues is the usual one-time initiation fee—averaging approximately \$300 for the individual, \$450 for the family. This is more likely to lock the member into the club than the pure court club in which members are more prone to jump from one such club to another.

—Mort Leve

Are You Interested in Becoming A Racquetball Court Club Owner/Operator?

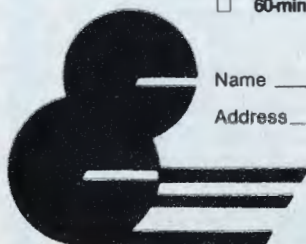
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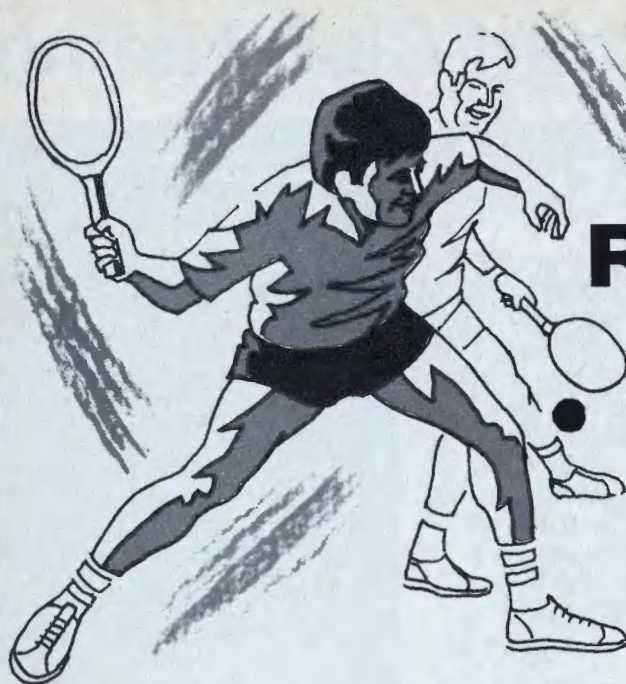
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Racquetball

Saranac Glove Company Shares \$100,000 with the Amateurs

Saranac Glove Company of Green Bay, WI and the USRA are proud to announce a new national glove discount program that will save USRA members participating in USRA sanctioned events upwards of \$100,000.

Saranac's new "All-American" series racquetball gloves, the R-200 "Super-Suede" and the R-600 "Ultra-Thin" will be offered at a special discount, via an exchange coupon, to all clubs hosting a USRA sanctioned tournament during 1980. Each USRA member participating in the event will receive a coupon. At clubs that have become part of the program players may exchange the coupons at the event and realize a substantial savings off the retail price. The coupons are then redeemed by the host facility directly to Saranac against any future or existing order for the "All-American" series.

On a national level this program will save USRA members over \$100,000.

John Fabry, President of Saranac Glove, says *"We couldn't be more pleased to participate in this program on behalf of the amateur players. The All-American series glove is the finest racquetball glove we've ever produced and we are equally pleased to have the endorsement of the United States Racquetball Association"*.

The program will be implemented through our state chairmen and our headquarters here in Skokie. Along with the normal free balls and tournament kits we provide, each host site will receive an ample supply of coupons for distribution to



John Fabry

tournament players. In addition we are encouraging each host facility to offer an additional retail discount to make the total savings even more attractive for the players.

As always the USRA will continue to seek ways and means to assist the amateurs and if we can save them money at the same time—it's well worth the effort.

For further information and details how your club can become involved just contact your state chairman or give me a call at 312-673-4000.



Bob Keenan

Salute to Kevin Smith West Lafayette, IN

This is another in our series saluting USRA state chairmen or members. Let me know about players you think worthy of a USRA Salute.

Losing his arm to bone cancer three years ago hasn't stopped Kevin Smith from leading a normal life that includes a lot of racquetball.



Kevin Smith

Smith, 22-year-old senior at Purdue University, plays eight to 10 times a week at the Levee Court Club in West Lafayette. He also gives lessons at Levee and has become number two player with the Purdue Racquetball Club.

Smith started playing racquetball last winter, when he and his friends took up the sport for exercise and fun. But Kevin was more serious about the game than his friends were, and soon he started entering club tournaments.

Says Kathy King, Levee Court Club assistant manager, *"His competitive and enthusiastic spirit for racquetball is contagious. He sets an example for members of our club and our community."*

Most Improved Players:

Tennis Instructor, P.E. Major and High School Student

Here are another three winners in *National Racquetball's* first Most Improved Player contest. Please save score sheets, club writeups, local newspaper clips and other collaborative materials to submit when *National Racquetball* again chooses the Most Improved Players from each state. The 1980 contest covers the period from June, 1979, to June, 1980.



Roberta Dimond, Pennsylvania

"On Aug. 8, 1978 I weighed 175 pounds and was 38 years old, wondering if I would ever get my figure back again after this final baby was born," says Pennsylvania's winner, Roberta Dimond, who holds a doctor of education degree and teaches psychology and tennis at Temple University in Philadelphia.

Dimond—with 25 pounds to lose and a baby of six weeks—tried racquetball because it offered "free babysitting and a quick, exhausting workout." Through December and into February Dimond was playing several times a week and mastering new shots ("I noticed the pros used the ceiling shot to get their opponents out of center court") and by March she won the Riverside III Spring Classic and a pair of eyeguards. In May Dimond—now down to the 135 pounds she was aiming for—entered her club's A tournament, lost to a Pennsylvania State A semi-finalist 21-19, 21-20 and went on to win the consolation A.



Richard Smith, Florida

Winning first place in the men's novice division at the Kunnan-Kennex pro-am tournament at the Sportrooms of Coral Gables last February was a shining moment for 18-year-old Richard Smith, Florida's Most Improved Player and a resident of Hollywood. Smith, who started playing in August of 1978, followed that win with third in the southeastern Junior Regional Boys 17 and Under and first in the Men's C of the second annual Spring Swing Racquetball Tournament at the Courthouse in West Palm Beach. Smith is majoring in physical education in college this year and playing more racquetball.



Joe Sacco, Nebraska

"What began as a family sport has become a way of life for Joey," says Mary Pat Sacco about her son, Joey, Nebraska's Most Improved Player, who took up the game in March of 1978 and won his state's B doubles championship just 13 months later.

Joe, who works at Racquetball of Omaha also won first in the junior division of the state singles held in Lincoln last May. The 17-year-old's "whole future plans seem to revolve around this new sport of racquetball," his mother says. "He'd even like to find a college where there is racquetball competition."

Yachting in the Indian Ocean? You're Invited to Play Racquetball

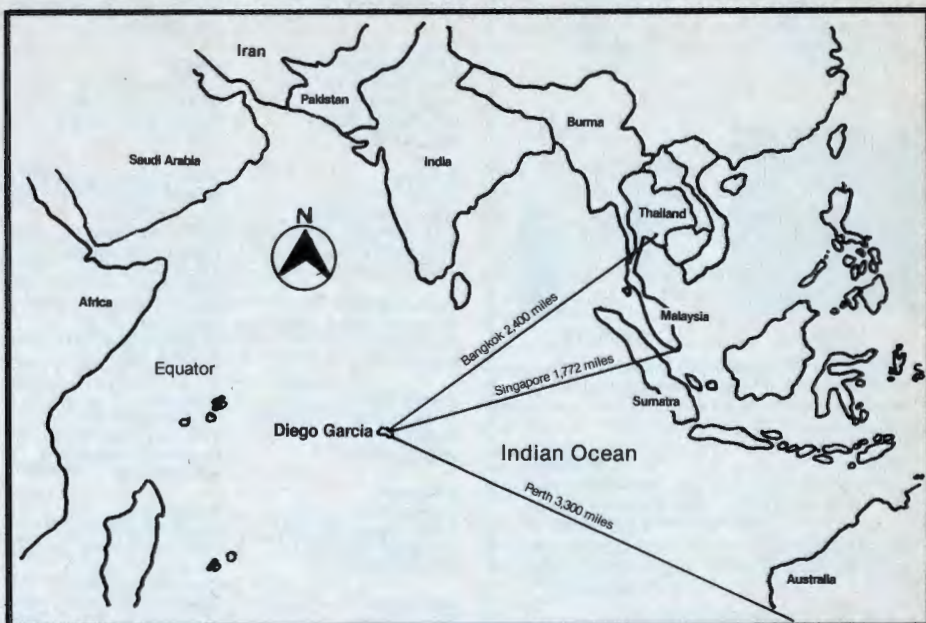
by R. E. Brown, Lt. Cmdr. U.S.N.

Racquetball, for several years billed as an "international sport", is closer to achieving that billing with the construction of the first racquetball facilities located in the vast Indian Ocean area. A two court facility is now in operation at the U. S. Navy Support Facility, Diego Garcia, British Indian Ocean Territory. Diego Garcia is strategically located astride the great maritime trade routes in the Indian Ocean, ideally situated to support the U. S. Navy presence in the Indian Ocean.

Diego Garcia, one of five major islands in the Chagos Archipelago is believed to have been discovered around 1498 by Portuguese explorers, with the first settlement on Diego Garcia in the 1780's. The island has been inhabited since that time, with the economy centered on copra production. A British-American agreement in 1966 authorized the United States to use the island as a military defense facility. Construction of facilities began in 1971 by U. S. Navy Seabees.

With the growth in racquetball popularity throughout the U.S., the sport has also become extremely popular in the military. Consequently plans for the base gymnasium also included two racquetball courts. These courts are the only courts in the Indian Ocean, with the nearest other courts located in the Philippines, 3,100 miles away at Clark Air Base and at the Naval Base at Subic Bay. The seven courts at Clark are non-standard size construction; Subic Bay has four standard size courts. In addition 3,000 miles away at the Naval Communication Station, Harold E. Holt on the Northwest Cape of Australia, is a one court facility.

The courts on Diego Garcia, as at most stateside facilities, have a heavy demand year around. There isn't really much of a *winter season*, since the mean temperature year round is about 86 degrees (F) during the day and 75 degrees (F) at night. The courts are now open 24 hours a day to accomodate the demand.



Could it be tropical rot that's eating at the walls of the only racquetball facility in the Indian Ocean? Rick Brown, right, and Lt. (JG) Dennis Biddick don't let the climate affect their game.



In the recent Diego Garcia Racquetball tournament I found the players as competitive and enthusiastic as at any tournament in the states. The big difference is that most of the players have just started playing seriously since arriving on the island and are a year or two away from A level competition. With the turnover of military personnel on the island (Seabees have an eight month and Station personnel have a 12 month assignment) players cannot develop from novice to A level during their tour. But many players learn the game and develop the basic skills which they can build upon when they return to the states.

With no commercial flights to the island, visitors are rare. However occasional yachts pull into the lagoon to replenish stores, take on water and make repairs. If you are a racquetball player and also plan on sailing around the world—take your racquet with you; you may get to be one of the few members of USRA who has ever played racquetball in the middle of the Indian Ocean.

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Tournament Results

Please send tournament results and clear black and white action photos to Bob Keenan, USRA, 4101 Dempster, Skokie, IL 60076. Type your results double spaced, including name of tournament, dates and place with scores listed in style you see on these pages. Use first and last names the first time you mention a player (in doubles matches, too) and last names only after that.

Allow two months or more for your tournament writeup to appear here.

Wisconsin

The Supreme Court in Madison was the site of the 1979 National Invitational Masters Doubles Aug. 17-19 sponsored by Vittert Sports, Saranac Glove Co. and Wisconsin Cheese Man.

Results

Division 1

1. Bud Muehleisen-Bob McNamara 2. Pat Colombo-Al Rossi 3. Gordon Ira-Don Clark 4. Al Schattner-Pete Talbot 5. Joe Bechard-Diz Kronenberg 6. Stan Simon-Dick Lane 7. Charles Wickham-John Brandrup 8. Wally Plazak-Tom Murray 9. Ralph Stillman-Paul Nelson 10. Fred Zitzer-Ralph Shively

Bob McNamara was one of the winners of the 1979 National Invitational Doubles at Madison, WI's Supreme Court.



—Dan Kasberger photo

Division 2

1. Bob Troyer-Ed Lammersfeld 2. Paul Bonales-Bill Daly 3. Richard Walker-William Sellars 4. William Tanner-William Roy 5. Ivan Bruner-Chet Howard 6. Phil Dzuik-David Matthews 7. Norm Goloetsky-Amos Rosenbloom 8. Ray Fox-Ed Ellett 9. Fred Vetter-Larry Altman

1979 National Invitational Masters Doubles Final Rankings

1. Bob Troyer-Ed Lammersfeld 2. Bud Muehleisen-Bob McNamara 3. Paul Bonales-Bill Daly 4. Al Rossi-Pat Colombo 5. Gordon Ira-Don Clark 6. Richard Walker-William Sellars 7. Bill Tanner-William Roy 8. Al Schattner-Pete Talbot 9. Joe Bechard-Diz Kronenberg 10. Ivan Bruner-Chet Howard 11. Phil Dzuik-David Matthews 12. Stan Simon-Dick Lane 13. Charles Wickham-John Brandrup 14. Norm Goloetsky-Amos Rosenbloom 15. Wally Plazak-Tom Murray 16. Ray Fox-Ed Ellett 17. Fred Zitzer-Ralph Shively 18. Ralph Stillman-Paul Nelson 19. Fred Vetter-Larry Altman

Wisconsin

Don Simon Realtors and Tuff-Kote Dinol sponsored the second annual Pro-Am Racquetball Tournament held at the Sun Prairie Racquetball Club September 14-16.

Ben Koltun defeated David Fleetwood in the Men's Pro Finals 21-15, 21-15. Rita Hoff captured the Women's Pro division with a 21-10, 21-9 victory over Peggy Steding in the finals.

Results

Men's Pro

Quarter-Finals: Ben Koltun d. Jim Wirkus 21-11, 21-9; Steve Keeley d. Larry Fox 21-12, 21-17; Joe Wirkus d. Bill Schmidtk 21-10, 20-21, 11-5; David Fleetwood d. Doug Cohen 19-21, 21-14, 11-2

Semi-Finals: Koltun d. Keeley 21-18, 19-21, 11-4; Fleetwood d. Joe Wirkus 21-4, 21-17

Finals: Koltun d. Fleetwood 21-15, 21-15

Women's Pro

Quarter-Finals: Rita Hoff d. Barbara Tenneson 21-8, 21-1; Judy Thompson d. Linda Frank 16-21, 21-19, 11-7; Pat Schmidt d. Sue Carow 19-21, 21-11, 11-3; Peggy Steding d. Hope Weisbach 21-17, 21-15

Semi-Finals: Hoff d. Thompson 21-3, 19-21, 11-1; Steding d. Schmidt 21-6, 21-10

Finals: Hoff d. Steding 21-10, 21-9

Wisconsin

Michelin Tires and Falls Tires and Auto sponsored the Falls Open September 28—30 at the Falls Racquetball Club.

Results

Men's Open

Quarters: Dieter Schmidt d. Bob Kinney 21-10, 21-18; Steve Peck d. Dan Frank 6-21, 21-13, 11-3; Bruce Thompson d. Bob Kohl 21-9, 21-16; Gari Tate d. Joe Waynert 21-7, 21-5

Semis: Peck d. Schmidt 16-21, 21-18, 11-10; Thompson d. Tate 21-18, 16-21, 11-7

Finals: Peck d. Thompson 21-9, 19-21, 11-6

Men's B

Quarters: Sheryl Kraus d. Jim Rupnow 10-21, 21-16, 11-7; Bruce Barndt d. Hank Steinmiller 21-12, 21-9; Rick Winn d. Dennis St. George 21-12, 21-10; Mike Price d. Dave Aumiller 14-21, 21-10, 11-5

Semis: Barndt d. Kraus 21-17, 21-11; Price d. Winn 21-13, 21-11

Finals: Barndt d. Price 21-17, 6-21, 11-10

Men's C

Quarters: Keith Carleton d. Jim Langenberg 21-17, 21-17; Eliot Papermaster d. Ralph Reimer 21-16, 21-16; Ernesto Acosta d. Luis Acosta 21-2, 21-17; Kurt Rautenberg d. David Johnson 21-7, 8-21, 11-1

Semis: Papermaster d. Carleton 21-4, 21-9; E. Acosta d. Rautenberg 21-9, 21-5

Finals: E. Acosta d. Papermaster 21-12, 21-16

Men's D

Quarters: Don Mullen d. Bodi Milykovic 21-9, 21-2; Rob Parkhurst d. Mike Derdzinski 21-5, 21-14; Tom Brown d. Anthony Kreiter 21-10, 21-14; Dan Keller d. Roger Wagner 21-7, 7-21, 11-6

Semis: Mullen d. Parkhurst 21-14, 21-6; Brown d. Keller 21-13, 21-11

Finals: Mullen d. Brown 21-19, 11-21, 11-8

Men's Veterans (30 and over)

Quarters: Wayne Franke d. Jack Rubinstein 21-6, 21-8; Ken Layden d. Greg Sensiba 10-21, 21-15, 11-10; Daryl Greenmeier d. Bill Johnson 21-13, 8-21, 11-9; Ken Cooke d. Gary Kampnow 21-6, 21-6

Semis: Franke d. Layden 21-5, 21-15; Cooke d. Greenmeier 21-12, 21-17

Finals: Franke d. Cooke 19-21, 21-11, 11-10

Men's Seniors and Veterans Seniors (35 and over)

Quarters: Jon Derksen d. Mike Reilbrock 21-16, 21-10; Ralph Blanchette d. Jerry Fisher 21-12, 21-9; Mike Mackedon d. Tim Lattimer 20-21, 21-5, 11-9; Dwayne Appledorn d. Fred Vetter 13-21, 21-19, 11-3

Semis: Derksen d. Blanchette 21-10, 21-3; Mackedon d. Appledorn 21-14, 21-14

Finals: Derksen d. Mackedon 21-5, 21-2

Men's Masters and Veteran Masters (45 and over)

Quarters: Mike Mackedon d. John Hackett 21-8, 21-2; Dick Kalal d. Corby Stanelle 21-6, 21-10; Claude Seebuch d. Bud Acheson 21-8, 21-18; Ralph Kraussel d. Wally Plazak 21-19, 21-4

Semis: Mackedon d. Kalal 4-21, 21-16, 11-3; Kraussel d. Seebuch 21-6, 21-16

Finals: Kraussel d. Mackedon 21-5, 21-9

Junior Boys 15 and Under

Semis: John Kraus d. Mike Hofbauer 21-1, 21-3; Jerry Belcaster d. Greg Sheahan 21-9, 21-12

Finals: Belcaster d. Kraus 21-9, 21-11

Juniors 12 and Under

Quarters: Kim Gnewuch d. Deborah Lombardo 21-2, 21-0; Larry Gnewuch d. Mike Kommer 21-4, 21-8; Billy Ersbo d. Judy Fisher 21-9, 21-12; Mike Kaufman d. Amy Knuth 21-5, 21-18

Semis: Larry Gnewuch d. Kim Gnewuch 21-2, 21-7; Ersbo d. Kaufman 21-15, 21-20

Finals: L. Gnewuch d. Ersbo 21-5, 21-8

Women's B

Quarters: Kathy Roskopf d. Ro Grzesk 21-13, 21-20; Marty Peterson d. Johanna Nelson 21-6, 21-17; Vicki Emmerson d. Jane Oakley 21-0, 21-5; Laura Merkel d. Sandi Farr 21-12, 21-11

Semis: Peterson d. Roskopf 21-13, 11-21, 11-8; Emmerson d. Merkel 21-3, 21-1

Finals: Emmerson d. Peterson 21-11, 18-21, 11-6

Women's C

Quarters: Pat Knuth d. Cindy Seeger 21-6, 21-6; Sandi Farr d. Karen Piscione 21-4, 21-17; Jane Fisher d. Julie Knuth 21-6, 21-15; Janice Legler d. Charlotte Stiefuater 21-5, 21-20

Semis: Farr d. P. Knuth 21-8, 18-21, 11-8; Fisher d. Legler 21-18, 5-21, 11-6

Finals: Farr d. Fisher 21-10, 17-21, 11-9

Women's D

Quarters: Cathie Milykovic d. Rose Gullotti 21-11, 17-21, 11-8; Priscilla Mueller d. Maureen Dunn 21-14, 21-18; Sandy Ropel d. Marty Rothbauer 16-21, 21-16, 11-4; Carol Lombardo d. Sandra Reinl 21-9, 21-5

Semis: Mueller d. Milykovic 21-5, 21-4; Ropel d. Lombardo 19-21, 21-8, 11-5

Finals: Mueller d. Ropel 18-21, 21-16, 11-1

Mixed Doubles

Quarters: Sheryl Kraus/Kinney d. Schmidt/Mary Johnston 21-10, 21-10; Jim Verhein/Peterson d. Aumiller/Diane Miller 21-8, 21-9; Joe Waynert/Teresa Gnewuch d. Mary Lindblom/Bill Ersbo 21-15, 21-3; Gary Legler/Janice Legler d. Jerry Fisher/Jane Fisher 21-7, 17-21, 11-8

Semis: Kraus/Kinney d. Verhein/Peterson 21-9, 21-10; Waynert/Gnewuch d. Legler/Legler 21-6, 21-18

Finals: Kraus/Kinney d. Waynert/Gnewuch 21-16, 21-6

Connecticut

The Bristol Clubhouse hosted Connecticut's first televised racquetball tournament and Bristol's first major racquetball championship Sept. 28-30—the Connecticut Closed Tournament sponsored by Seamco Sporting Goods. John Cassesse, Men's B winner, is *National Racquetball's Most Improved Player for 1979*.

Results

Men's Open

Semis: Rob McKinney d. Phil Panerella 21-16, 12-21, 11-8; Brian Dehm d. Ron Mirek 21-9, 20-21, 11-3

Finals: McKinney d. Dehm 21-9, 20-21, 11-3

Rob McKinney was Men's Open champion and Valerie Liberator tournament director of Connecticut's first televised racquetball tournament.



Men's B

Semis: Marc Gardner d. Jerry Terracino 19-21, 21-11, 11-2; John Cassesse d. Harvey Adler 21-5, 21-7

Finals: Cassesse d. Gardner 21-10, 21-10

Men's C

Semis: Jackie Adler d. Roger Poudrier 18-21, 21-10, 11-8; Brian Hussey d. Jeff Rosenblatt 8-21, 21-18, 6-6 forfeit due to injury.

Finals: Adler d. Hussey

Open Doubles

Semis: Howard Packer/Jack Nocera d. Ira Kroopneck/Joe Curley 21-10, 21-17 Jeff Hattem/Jeff Rosenblatt d. David Souza/Frank Cappello 21-15, 21-15

Finals: Hattem/Rosenblatt d. Packer/Nocera 2-21, 21-19, 11-6

Women's Open

Semis: Margo Chase-Wells d. Karen VanKampen 21-0, 21-0; Jackie Adler d. Lynn Petrowski 21-6, 21-9

Finals: Chase-Wells d. Adler 21-17, 21-20

Women's C

Semis: Carol Deluca d. Mary Martin 21-12, 21-8; Kathy Tyler d. Mona Gentile 21-6, 21-10

Finals: Deluca d. Tyler 21-16, 21-10

Women's Novice

Semis: Hollis Ettinger d. Mona Gentile 21-15, 21-9; Lori Wartonick d. Judy Domian 21-7, 21-6

Finals: Ettinger d. Wartonick 21-14, 21-13

New York

Buffalo's Boulevard Mall Racquetball Club hosted the Mindy's Wine Cellar's USRA Racquetball Open Oct. 11-14. This major tournament event drew 293 entries, making it the largest USRA tournament ever held in New York State.

Results

Men's Open

Quarters: Brian Valin d. Mike Mychaskiw 21-14, 21-5; Manny Gregorio d. Bud Stange 21-20, 9-21, 11-5; Bruce Miatello d. John Moshides 21-9, 21-20; Jim Winterton d. Don Scales 21-7, 21-18

Semis: Gregorio d. Valin 21-19, 21-13; Winterton d. Miatello 21-11, 21-5

Finals: Gregorio d. Winterton 21-13, 21-6

Men's B

Quarters: Gary Chesman d. Warren Gleckel 21-19, 21-10; Sandy Goldrich d. Dan Ricigliano 21-13, 21-17; Newton Glassman d. Stan Tambre 5-21, 21-13, 11-0; Peter Bluestone d. Robert Brunner 21-14, 21-12

Semis: Chesman d. Goldrich, 21-15, 21-12; Glassman d. Bluestone

Finals: Glassman d. Chesman 21-12, 21-12 **Third Place:** Goldrich d. Bluestone 21-19, 21-7

Men's C

Quarters: Sam Cianfierano d. Joe Gabarino 21-8, 21-7; Jose Alvarez d. Gerald Gentner 21-14, 21-1; Sam Battaglia d. Peter DiGiacomo 13-21, 21-13, 11-9; Wayne Morlock d. Paul Schick 16-21, 21-1, 11-0

Semis: Alvarez d. Cianfierano 21-19, 21-13; Morlock d. Battaglia 21-7, 21-16

Finals: Alvarez d. Morlock 21-14, 21-18 **Third Place:** Cianfierano d. Battaglia 21-12, 21-19

Men's Novice

Quarters: George Mikes d. Robert Gates 21-11, 21-19; Lee Evert d. Dave Tubinis 21-11, 21-10; L.R. Walker d. Ed Czerwinski 21-1, 21-5; Don Sparrow d. Nelson Adams 21-12, 21-17

Semis: Evert d. Mikes 21-15, 21-2; Walker d. Sparrow 21-11, 21-5

Finals: Evert d. Walker 21-14, 21-16 **Third Place:** Mikes d. Sparrow 21-12, 21-10

Men's Seniors

Quarters: Herm Neumeier d. Carm Iannacone 21-13, 21-14; Jim Sylvis d. Frank Milligan 21-13, 21-3; Paul Smaldone d. Jack Armstrong 21-9, 21-13; Joe LoTempio d. Sonny Hill 21-7, 12-21, 11-7

Semis: Sylvis d. Neumeier 21-7, 21-18; Smaldone d. LoTempio 21-15, 21-19

Finals: Sylvis d. Smaldone 21-20, 21-18 **Third Place:** LoTempio d. Neumeier 20-21, 21-20, 11-5

Men's Doubles

Quarters: Marsocci/Levine d. Tarantino/Dunstan 21-12, 21-8; Scales/Adams d. Myshaskiw/Stange 21-3, 21-11; Vallin/Allen d. Smaldone/McLaughlin 21-7, 21-19; Winterton/Moshides d. Milligan/Feary 21-15, 21-12

Semis: Marsocci/Levine d. Scales/Adams 21-3, 21-11; Vallin/Allen d. Winterton/Moshides 11-21, 21-19, 11-6

Finals: Marsocci/Levine d. Vallin/Allen 21-11, 21-7 **Third Place:** Winterton/Moshides d. Scales/Adams

Women's Open

Quarters: Kathy Witzig d. Merilee Doyle 21-8, 21-20; Donna Allen d. Lori Nave 21-8, 21-12; Elena Mildenberger d. Barb Grant 21-17, 21-15; Donna Meger d. Paula Morabito 21-3, 21-8

Semis: Witzig d. Allen 21-17, 21-9; Meger d. Mildenberger 21-3, 21-15

Finals: Meger d. Witzig 21-18, 8-21, 11-8 **Third Place:** Mildenberger

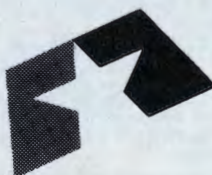
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Women's B

Quarters: Terry Ann Rogers d. Kathryn Masztaler 21-1, 21-7; Alice Kozen d. Esther Horowitz-default; Mary Lou Smeaders d. Trish Murphy 21-19, 21-8; Jill Besdin d. Celeste Angelo 21-14, 21-7

Semis: Rogers d. Kozen 21-15, 21-8; Smeaders d. Besdin 21-9, 21-18

Finals: Smeaders d. Rogers 21-8, 21-19 **Third Place:** Besdin d. Kozen 21-9, 21-18

Women's C

Quarters: Celia Moody d. Jessica Rubin 21-12, 21-3; Susanne Kryszak d. Pat Wopperer 21-19, 21-7; Kathryn Masztaler d. Judy Nyshta 21-19, 21-5; Bev Wurzer d. Andrea Natal 21-4, 21-11

Semis: Moody d. Kryszak 21-19, 21-7; Masztaler d. Wurzer 21-16, 21-5

Finals: Moody d. Masztaler 21-1, 21-14 **Third Place:** Kryszak d. Wurzer

Women's Novice

Quarters: Lori Miller d. Bonita Nowicki 21-20, 2-21, 11-6; Laura King d. Cathy Dohn 21-18, 21-16; Sue Pyke d. Laurie Kitchen 21-4, 21-6; Lucille Miller d. Carol Renkiesel 21-11, 21-15

Semis: King d. Miller 21-5, 21-5; Pyke d. Miller 21-1, 21-0

Finals: Pyke d. King 21-13, 21-7

Results

Men's A: Holly Holliday d. Cliff Zeairs 21-15, 14-21, 11-9; 3rd—Mike Almerico

Men's B: Jim McGuirt d. Paul George 21-11, 21-13; 3rd—Frank Gomila

Men's C: Tommy Coyne d. Steve Rogers 21-15, 10-21, 11-10; 3rd—Richard Broadwell

Men's D: Joe Munday d. Oscar Concepcion 21-10, 11-21, 11-7; 3rd—John Pellerin

Women's A: Gail Woods d. Renee Hebert 21-2, 21-1; 3rd—Donna MacDiarmid

Women's B: Gina Salemi d. Sandra Zulli 21-19, 15-21, 11-7; 3rd—Bonnie Bozant

Women's C: Carla Conway d. Jodi Silar 21-3, 21-18; 3rd—Shirley Craig

Women's D: Barbara Davis d. Cissie Texada 21-6, 21-4; 3rd—Lou Reynolds

Minnesota

The Supreme Court Racquetball Club of Rochester held the 1st Annual Kahler Midwest Round-Robin Doubles Tournament Oct. 12-14.

Results

Men's Open: 1st-Ron Strom/Pat Page, 2nd-Joe Wirkus/Tom Wirkus, 3rd-John Cretzmeyer/Craig Wagner

Men's B: 1st-Tom Grady/Sparky Corwin, 2nd-Pat Gronigan/Mike McGongle, 3rd-Dave Van Massenhove/Gary Wheaton

Men's Senior: 1st-Bill Harper/Harold Kronenberg, 2nd-Fred Banfield/Dick Carpenter, 3rd-Jim Graddy/John McConell

Men's Masters: 1st-Norm Goldetsky/Malin Greenberg, 2nd-Jack Davidson/John Timmer, 3rd-Ivan Brunner/John Brandrup

Women's A: 1st-Julie Jacobson/Diane Singler, 2nd-Ellen Kurland/Martha Corwin, 3rd-Robyn Weir/Darcy Chastain

Women's B: 1st-Merrisue Soutor/Nancy Boyum, 2nd-Peggy Clark/Linda Smith, 3rd-Linda Fess/Judy Thompson

Massachusetts

Phil Panarella smashed his way to a third New England championship by capturing the Natural Light Open Racquetball Tournament at the Supreme Court in West Springfield Oct. 12-14.

Results

Men's Open A: 1st-Phil Panarella, 2nd-Dave Janelle, 3rd-Pete Silvano

Men's B: 1st-Steve Emma, 2nd-Ed Chandler, 3rd-Ted Jez

Men's C: 1st-John Wilson, 2nd-Bob Strycharz, 3rd-Mike Parent

Men's Novice: 1st-Greg Boulanger, 2nd-Howard Devine, 3rd-Sam Robinson

Men's Masters: (45 and over) 1st-Wolfgang Schmidt, 2nd-Carl Buschner, 3rd-Tom Economy

Women's C: 1st-Linda Ksieniewicz, 2nd-Alice Lajoie, 3rd-France Mouton

Women's Novice: 1st-Joan Hebert, 2nd-Laurie Dewey, 3rd-Sue Rhieu

Louisiana

The third annual Louisiana Racquetball Singles Championships were held September 14-16 at the Wallbanger Court Club in Baton Rouge. Burger King and the Louisiana Racquetball Association sponsored the tournament.

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Wyoming

The Cheyenne Rocky Mountain Health Club celebrated the opening of its four new courts by hosting the first annual Crackshooters Open Oct. 25-28.

Results

Men's A

Semis: Frank Leydens d. Mario Ibarra 21-10, 21-17; Mick Hopkins d. Steve Krum 21-12, 21-18

Finals: Leydens d. Hopkins 21-11, 21-15

Cons: Dick O'Gara d. Bill Ruck 19-21, 21-20, 11-5

Men's B

Semis: Greg Wicker d. Steve Galassini 16-21, 21-14, 11-1; Rick Anderson d. Marc Rhinehart 6-21, 21-19, 11-5

Finals: Anderson d. Wicker 21-9, 21-7

Cons: Bud Razez d. Norm Wakerly 19-21, 21-16, 11-5

Men's C

Semis: Scott Nelson d. Cal Simmons 21-18, 21-20 Mike Czarnowsky d. Mike Fuller 21-19, 21-12

Finals: Nelson d. Czarnowsky 12-21, 21-3, 11-5

Cons: Steve Enlering d. Bob Burch

Women's A

Semis: Kathy Hinshaw d. Missy Mullinax 21-17, 21-15; Patsy Hopkins d. Linda Wright 18-21, 21-14, 11-9

Finals: Hinshaw d. Hopkins 21-17, 21-16

Cons: Annette Smith d. Kelly Johnson 18-21, 21-16, 11-2

Women's B

Semis: Vicky Kingry d. Carolyn Kwaliek 21-9, 21-6; Melinda Derowtsch d. Kathy Merklin 21-5, 21-9

Finals: Kingry d. Derowtsch 21-11, 21-16

Cons: Bunny Jones d. Gail Rothwell 14-21, 21-20, 11-9

Women's C

Semis: Chris Hall d. Vicki Huber 21-3, 21-5; Rita Antencio d. Sharon Engebart 13-21, 21-19, 11-8

Finals: Hall d. Antencio 21-5, 21-17

Cons: Sharon Engebart d. Stephanie Carley 21-12, 21-6

Women's D

Semis: Chris Zesterman d. Fern White 21-14, 12-21, 11-2; Nora Leedy d. Thelina Lupovich 21-8, 21-16

Finals: Leedy d. Zesterman 21-9, 21-11

Cons: Mauri Cullen d. Marie Maglaty 21-7, 21-18

Caryn McKinney, left, National Racquetball's Most Improved Player for 1979, beat Janet Marshall in the Women's Open finals of the third Georgia State Singles Tournament.



Caryn McKinney, matched against Janet Marshall in the Women's Open finals, won 20, 17 in one of the most intense finals of the tournament.

Jim Cullen took the Men's Open championship with scores of 13, 12 against Vic Matich. Third place went to Wayne Vincent, and Allen Dunn won consolation.

Hugh Durham, University of Georgia basketball player, handed number two seed Men's Senior, Roger Wehrle, a 21-17, 21-11 defeat in the championships. Third place found Ron Scallion over Marsh Chamberlain.

Larry Reuter took the 21-18, 21-4 victory over Danny Phillips in the Men's B finals. Roy Thomas defeated Tom Trochek for third, and Steve Keohler won consolation.

Number one seed Beth Crawley had to work hard against Rita Callahan to beat her 21-9, 11-21, 11-10. Mellany Malone won consolation.

All four seeds in the Men's C division were sitting on the side lines by the time the semis came around. In their place were Pat Larkin, Jerry Brody, Marvin Soskin and Frank Pickens. Larkin knocked off Brody 14, 9, and Pickens got by Soskin 13, 9, to make the finals. Larkin took the championship with a 17, 16 victory. Brody took third and Joe Arem won consolation.

Kathy Gluvna went the distance in a three game Women's C finals match 21-14, 15-21, 11-10 and defeated number one seed, Louise Jones. Shelly Zeiden defeated Vicki Gatlin for third.

The Men's Novice division was for first time toumey players saw Eddie Stockman outdistance Bob Patrick 19, 12 for the championships. Frank Phillopson took third, and Mike Thomas won consolation.

Upcoming Events

January 11-13 Ninth Annual Cowboy Open, Oklahoma State University, 119 Colvin Center, Stillwater 74074, Tournament Director Bill Wallace 405-624-7406

August 15-17

Eleventh annual Masters Invitational Doubles Championship, Supreme Court, 5555 Odana Rd., Madison, WI 53719, 608-274-5080, Contact Joe Wirkus.

Georgia

The third Georgia State Singles Tournament, sponsored by Mark Singleton Buick, was held Sept. 28-30 at the new Akers Mill Courtsouth Racquetball Club in Atlanta, owned by Rich Boggs, Ray Irwin, Fred Streck and Norm Cates.

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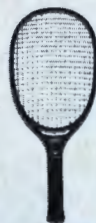
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SPALDING

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— Arthur Shay photo

75 Roses

Bob Kendler's birthday greetings last November included Veteran Top Pro Charlie Brumfield's bouquet of 75 roses, marking the USRA/NRC president's three-quarter century celebration.

Her Name's Annette Anderson

Our apologies to Annette Anderson, misnamed in the November story on promising up and comers who are brothers and sisters of top racquetball pros.

Annette, who is Jennifer Harding's sister, is shown here with new Oregon state chairman, Molly Mankertz, after Annette won the 1978 Northwest Regionals 14 and Under competition.



New 155 Hour Record Aiming for Guinness

Ken Eigel "watched the news, had champagne and passed out" after playing racquetball from 7 a.m. Oct. 18 to 6 p.m. Oct. 24 to set a new marathon record of 155 hours at the Mill Creek Park Racquetball Club in Feasterville, PA.

Eigel's goal was to "be someone who contributed a lot of money to the fight against muscular dystrophy just as if I had a lot of money of my own." So he raised \$2,190.22 by beating opponents in 401 out of 410 games. Contributors



paid \$10 to the Muscular Dystrophy Foundation for the chance to face the marathon man.

The Mill Creek pro took 102-hour Player Phil Ciarco's advice about accumulating five minute breaks over a 48 hour period, and took a four hour rest period to shower, eat and nap.

"The worst part came about three weeks after the marathon," Eigel says. "That's when I really felt exhausted." Eigel experienced the delayed

reaction despite the fact that he was in shape generally ("I'd grown up playing all the ball games and I'd been running regularly since August").

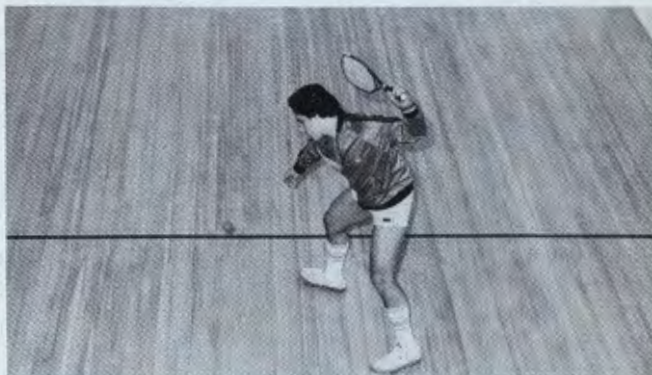
Eigel hopes that his 155 hour record, which topped the former mark by five hours, will be part of the 1980 Guinness Book of World Records. He's lobbying to get racquetball acknowledged for the first time in the best selling account of the most noteworthy events around the globe.

Foot and Tree Saver

Playing at the Westwood Racquetball Club in Lyndhurst, NJ Andy Allen approves of the new Mapelite floor developed by Strongwall Systems, Inc. Though it looks exactly like wood the resilient Mapelite floor, in both the "Pro" and "Club" flooring systems, is easier on the feet than the

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The Twins Behind Twin-Vue Glass

Ideas that Crossed the Atlantic

This story is another in *National Racquetball's* series on the people who've made major contributions to racquetball's success.

by Dick Squires

Their company plane wings Ron, left, and Jerry Haber around the country on glass wall business.



They are young, have dark, curly hair and are sons of glass merchants. In the trade they are known as "glaziers." They were born practically on the same day of the year—one year and one day apart—and each has a son (one is four days older than the other) and a daughter. They have older brothers who also are in the glass business. They both left their family enterprises to "spread the Gospel" about some things they believe in. They look alike enough to be mistaken for brothers. For recreation each wields a racquet, though they play two different games.

Their present goals and ambitions are similar: To sell as many glass wall systems for racquetball and squash courts as they possibly can, to merchandise a new product called "Twin-Vue" and to develop a totally portable court that could bring racquetball before thousands of spectators—or a television audience of several million.

Fairly lofty objectives for a couple of pioneering type guys who are still in their early thirties.

Well, to tell the truth, these gentlemen are not even related. And 3,000 miles separated them until they met for the first time in August of 1977 in New York City.

David Pearson, the older of the two at 35, is a "limey" from the industrial hamlet of Sheffield, located in Southern Yorkshire, England. His grandfather founded the Ellis Pearson Glass Co., Ltd. They did not manufacture glass; they sold it. Even at his tender age Pearson already has had 19 years of experience in the glass industry.

Ron Haber, Pearson's American counterpart, and his older brother, Jerry, likewise worked in a family founded similar glass merchandising company in New York City.

David Pearson holds the product that puts racquetball on view.



The story really begins in 1970 with David's brother, Jonathan, who was an avid squash player and member of the prestigious Abbeydale Squash Club, also located in Sheffield. While racquetball is still practically unknown in England, squash rackets is an extremely popular pastime. A major squash championship could mean a good deal to a club in recognition and revenue.

Twenty Was S.R.O.

But only a handful of people near the front could see the action from the small balconies in most of the clubs. If 20 persons sat or stood in a squash gallery, it was considered an "S.R.O." crowd. How could the clubs increase spectator viewing? With a clear, see-through playing surface that was an integral part of the court—with glass!

The story goes that several Abbeydale members wanted to have an important British squash tournament at the club, so they gave the problem to some logical experts—the well

known glass company right in their hometown: Ellis Pearson Glass. Jon and Dave Pearson accepted the challenge.

After months of experimentation the first standard tempered glass backwall, with special fittings that made the wall resilient and shatterproof, was developed and installed just in time for the renowned British Open. Specially designed stabilizing fins and connectors spread the impact so that players, making contact with the wall, would not break it—or their shoulders.

Players and watchers lauded the innovative court, but hardly anyone realized the impact the glass wall would have on the sports of racquetball and squash. *Hardly* anyone, that is. David Pearson did.

"We got the endorsement of the English Squash Rackets Association," Pearson recalls, "and I sold the system to some clubs in England. But the breakthrough came in 1975 when the fabulous Tennis World Club in Seattle was going up. A cousin of the squash professional at Abbeydale was involved, and he decided he wanted the new glass squash courts for Tennis World."

Pearson raced to America and walked away (ran?) with an order for 14 racquetball and squash courts. Then Racquet Time in suburban Detroit used the Ellis Pearson glass system in some three-wall courts.

A serious logistics problem, however, was beginning to occur. Manufacturing glass panels in England and shipping them to the U.S. was not the most efficient way to market a product, nor to run a business.

"In four years I logged over half a million air miles," Pearson says, "including 37 trips to America and nine to Australia."

Sometime during the middle of 1977 Ellis Pearson and Company, Ltd. found itself on the verge of insolvency, brought on, to some extent, by all the development money it had spent on glass walled systems, as well as an overexpansion in foreign markets.

A huge construction services conglomerate, the HAT Group, took over Pearson's family business and in August of that year changed its name to HAT Glass Pearson. (HAT did not take over World Squash and Racquetball Promotions, Ltd, a separate company previously formed by Dave Pearson.)

Parallel Peddling

During these trying times the Pearson company's unfilled orders were going to the competitor who was destined to become Dave Pearson's friend and teammate. While the English company was refunding and reforming, some parallel peddling of glasswall systems for racquetball was being done by Ron Haber, who had joined the family business after studying law at N.Y.U. and teaching in the New York City schools.

When a man by the name of Abraham Shames wanted glass for an old Westbury, Long Island, movie theater he was renovating for racquetball, he called Haber to provide the system he couldn't get from Pearson.

"I turned to Falconer Glass Industries in Jamestown, NY, to create a system similar to Pearson's for Shame's racquetball complex," Haber says. "Everyone was very satisfied with a 'Dura-Safe' glass wall system Falconer developed and eventually installed in the Westbury Club."

By now the "twins" from two sides of the Atlantic Ocean—pursuing similar markets with competing concepts—had become all too aware of each other. (Ron Haber had left Haber & Henry to form W & W Products International, Inc. specializing in glass court system construction.) After a few letters and phone calls the rivals decided they might have something to offer each other.

And so at last the "twins" got together. The circuitous rendezvous was fortuitous for racquetball. Within a few short days the competitors had shaken hands on an arrangement whereby Haber's W & W would use the Pearsons' superior system exclusively for its sales in North America.

Barbara Maltby serves squash under glass.



Modern technology of Ellis Pearson and Falconer, combined with good, old Anglo-American entrepreneurship of Haber and Pearson, was ready to change the games of racquetball and squash forever. *"The day of the jammed peanut gallery had passed,"* Haber says.

The advent of glass also made these sports much more than merely a one-on-one or two-against-two smelly form of exercise enjoyed by "jocks" who have no leanings toward claustrophobia. Now the gallery could sit immediately behind the court—vicariously out there competing.

"Grab" for the Ball

But Pearson's glass dreams were even more ambitious. He wanted to develop a two-way glass: a surface opaque to the players inside but clear to the spectators surrounding the court. And he wanted the surface to have texture, so a ball would "grab" and bounce off the walls, reintroducing control to the sport of racquetball.

So in 1977 the Englishman flew to Australia to work with an architect on a product first named "White Glass" and then "Twin-Vue." What they came up with is a fully patented ceramic mixture that looks like printed-on white dots fused or baked right into the surface of tempered glass.

The first panels of "dotted glass" arrived in England for testing, a partial court was erected in a TV studio and in November of 1978 invitations went out around the world to racquet sport governing association representatives, including Joe Ardito and Dan Bertolucci of the USRA.

The two-way glass court received unanimous, enthusiastic raves.

"Besides being a better surface for playing and viewing Twin-Vue turned out to be better for television," Pearson says. *"For 'white glass' to work properly much lower lighting is required in the gallery outside the playing area. It would be like dimming the lights when the curtain goes up. All attention is directed toward the stage. With two-way glass and this specialized lighting the players, the gallery and the camera lens all focus on the action on the court and not beyond or behind the walls."*

Just a year after his New York meeting with Ron Haber Pearson left his family business to further develop the patented two-way glass. The "twins"—with the help of Falconer Glass—further refined the whole "White Glass" process under license to David Pearson, so the glass would have consistent marketable qualities. The glass was renamed and registered as "Twin-Vue."

In January of 1979 Jerry Haber rejoined his brother, Ron, at W & W and the next spring W & W got the official okay from Ellis Pearson to produce and market the glass with Falconer's innovative dots.

Portable Next

I asked Pearson and Haber somewhat facetiously what they planned for an encore. They replied in unison. *"How about a portable court?"* *"You're kidding,"* I replied. *"What a sensational idea. That would really open up racquetball and make it even more of a spectator sport. Hey—how about a portable court that employs Twin-Vue?"*

"We're already working on it. If we get the financing we need, we could be in the Madison Square Garden's Felt Forum a year from now." Knowing these two guys I would not bet \$2 (or a quid) against this happening. Can't you see it? Eight thousand racquetball nuts sitting around a portable, white glass court that had been installed a few hours before. The lights in the arena dim and the two gladiators appear from opposite ends of the Forum. Spotlights follow them as they wind their way to the court. A buzz of excitement and anticipation sweeps across the large amphitheater as the players start their warmup.

Television cameras start grinding away as Pat Summerall and Charlie Brumfield handle the commentary. There is not a bad seat in the entire house. Soon the *"Star Spangled Banner"* rings out, then all the spectators sit down on the edge of their seats, ready for the macho, emotional action and beauty of professional racquetball. Each kill shot is accompanied by a simultaneous roar of approval from the appreciative, overflowing crowd of aficionados. Racquetball has, indeed, arrived and become a Big Time Spectator Sport.

Pipe dream? A few years ago who would have thought glass would have been an acceptable or accepted playing surface? Then who would have thought of two-way glass as a playing possibility? And now who would imagine that a portable court could ever be developed?

The "twins," that's who. ●

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Mr. Good Guy

Congenial, Competent Mike Yellen
Polishes Racquetball's Image

by Mike Hogan

Even as racquetball players go, he isn't what you would call faster than a speeding bullet. His shots are not more powerful than a locomotive, and it is totally out of character for him to leap across court in a single bound. Still while he may lack the speed of Wagner, the power of Hogan or the dive-and-get 'em stretch of Hilecher, there is definitely something super about Mike Yellen both on and off the court.

It's hard to put your finger on just what he's got, but whatever it is, the racquetball community has definitely begun to sit up and take notice of him. From the fans' viewpoint, this mild mannered kid from the midwest is a good show. No on-court shenanigans; just good nail biting, heart stopping racquet work that leaves them awed.

"My best physical attribute," says Yellen, "is my brain. I'm able to read my opponent and the ball well."

Although in recent months he has begun putting more moxie on the ball, Yellen is still basically a control player in an exclusive fraternity for ball killers. But that hasn't kept him from carving out a top ranking for himself in just two short years on the pro tour. Along the way he has given the fans some matches they won't soon forget, including the Detroit Nationals performance against Charlie Brumfield in 1978 and his Los Angeles match with Hogan in 1979.

It was during the Detroit match against Brumfield, in fact, that Yellen first shed his Clark Kent disguise, and he did it in a grand fashion. Here was Mr. Charles *"Five-Time-Everything-Da'-Peoples'-Champeen"* Brumfield playing in the Nationals semi-finals against some snot nose from the Southfield suburbs, a hometown hick just six months out of the juniors. Did the kids' babysitter know he was out of bed?

1978...



As it happened, though, Brum was lucky to get out of that one with his beard intact. The first two games were a split and the third was a tie-breaker such as is seldom seen. Yellen had him at 10-8 and serve when a disputed call and Brumfield's canniness turned

it around. Brumfield survived to get beaten in the finals by Hogan and Yellen and went home with Rookie of the Year honors and a determination to do better the next year.

... 1979



— Arthur Shay photos

Brumfield in the Semis

Ironically the following year's Nationals in Tempe, AZ, produced another semi-finals matchup between the pair. This time Yellen took it in two for the privilege of getting beaten by Hogan in an exciting finals match. While a loss may not sound like much to crow about – even a finals loss – it's no disgrace at the hands of Hogan, who has been a nearly immovable object since he first occupied the championship in 1978. Mike is – as they say in the fight game – a prime contender.

His finishes in the past two Nationals as well as his performances during the year make it clear that this curly-top with the cherubic grin has definitely arrived. What's more, at only 20 years of age, he's going to be around a long time and that's okay with racquetball fans. He has won their hearts for more reasons than simply his skill on the court.

"He is a class personality," explains Dr. Fred Lewerenz, Mike's manager-mentor-friend. *"He has a wit about him and a class about him which are both just spontaneous Mike Yellen."*

"He knows that he is successful today but tomorrow may be different, and he wants to be remembered as a person, not someone who has crammed his success down everyone's throat."

Mike's popularity extends even to the other members of the pro tour with whom he is in very serious competition.

"He's a great guy," says David Fleetwood of Memphis, TN. *"He's real personable and everyone on the tour likes him. It's amazing how he gets along with everyone."*

... 3 months



One reason is that Yellen is as much a gentleman on the court as he is off. That's no small feat in the racquetball arena where the lid is clamped down tight on a combination fishbowl and pressure cooker. There's bound to be a little steam produced when high strung egos are left to bounce around with one another, and the media has duly noted every flare-up. Throughout all his matches, though, Yellen has remained unflappable.

"Actually I've noticed that there are less court hijinks as time goes on," he says. "The secret, though, is not to let anything bother you because if you do, it will ruin your concentration and performance."

Mike's concentration is as solid as a rock, notes Fleetwood, and so are his principles.

"He doesn't take anything he doesn't earn," says Davey. "If he thinks a ball skipped, he'll even call it on himself. Now that's unusual."

Mike's mother, Lenore Yellen, says she has no idea where she went right with him, adding she hears nothing but praise about Mike from everyone who knows him.

"I am asked how I did it daily, not weekly but daily," she says, "and I just don't know. He's just a good kid."

... 3 years



—Forman Studios photo

Does that sound crazy? But then, all my boys are like him. They've never given me a day of trouble."

Swept Up

Yellen started out his racquetball career not with a racquet in his hand, but rather, holding a broom. He and his brother, Sheldon, worked at the Southfield Athletic Club after school and at that time, Mike's sports interests were football, basketball and baseball. But he soon noticed that the club's racquetball pro was able to maintain a pretty good level of play even without practicing between tournaments.

"I figured that this game must be pretty easy," recalls Mike, "so I decided to see how far I could go."

Mike didn't take it easy, though. He put a lot of hard work into the game and progressed rapidly. His first goal was to overcome one of the other players at the club, Lewerenz, who has been one of the midwest's top amateurs for the past several years.

... 9 years



Mike met that challenge and was soon moving on to others. Out of that competition, though, was born a friendship and, later, a successful business relationship.

"But we are much closer than the typical manager and client or even friends," says Lewerenz. "I put as much effort into Michael's business as I do those of my own sons."

Mike has the same kind of warm relationship with his own family, says Lewerenz, and it is just that which keeps him from abandoning Southfield for one of the racquetball metropolises.

"We are very close," agrees Lenore Yellen. "If Mike could take Martin, my youngest, on the road with him for every tournament, he would. We eat all our holiday dinners together and Mike never misses a meal away from home when he is in town."

Apparently neither do many of the other players on the tour. It's not only the chance to play Mike but also Mom Yellen's home cooking that brings the



... today.

... 14 years (number 32)



... 15 years



At only 20 years of age Yellen is no business giant, says Lewerenz, but he is scrupulous about honoring his commitments. That's a must, says the doctor, because as Mike's skills on the court and his personality have become better known, the demand for him has increased dramatically. He has even become something of a sports celebrity around Detroit, and Lenore Yellen notes that they are seldom out in public without being approached by someone from among her son's widening circle of friends.

"I used to get a little upset at him because he is always running late," she says, "but then I realized that he can't walk out the door without the phone ringing or running into some kids outside. It's always Mike this and Mike that, and he talks to them all. He seems to feel that is very, very important."

So here, then, we have Mike Yellen and we have the kids that look up to him. Unlike some of their other heroes, he's not an ambassador of Disco or drugs or the me-first mentality. He's just an average guy who is good at racquetball, Middle America all the way, Mom-and-apple-pie for sure. *"Truth, justice and the American way"* sounds corny in the chic 70s, but it's a refrain to which we're all susceptible.

Maybe Mike Yellen is just what racquetball needs. ●

pros to Southfield and has put this Detroit suburb on the racquetball map.

The players always get a warm welcome because the Yellens are all too familiar with that unpleasant side of life on the pro tour: the road. Mike is much in demand for clinics and personal appearances around the country and must travel to those as well as tournaments.

Kids' Favorite

This year Yellen gave racquetball instruction to 43 million prime-time television viewers of the nationally syndicated PM Magazine program. His favorite appearances, though, are those he makes at grade schools.

"Mike's visit will be an unforgettable experience for these children," Diane Madole wrote *National Racquetball* about Yellen's visit to her third grade class in Waterford, MI. *"His*

enthusiasm for the game of racquetball and his sincerity in dealing with the children were most gratifying."

Mike doesn't get just letters from the kids, his mother says. In addition he is quickly developing a collection of finger painted pictures, plates, poems and even stationery which the children send him. He always answers their letters immediately and personally, she says. This sense of responsibility has impressed people with whom Mike has business dealings.

"For his age, he has a great business sense," says Ektelon Player Promotion Manager Peg Watkins. *"It's the way he treats people, the way he follows up, the way he presents himself. He's a very sincere guy, and when he's talking to you, he looks you straight in the eye."*

Feature

Resort Racquetball

Playing Where You Stay



by Ivan Fuldauer

Even sun worshippers want to vacation where there's racquetball, so resorts like the Hyatt Sarasota pictured here have special arrangements for play at nearby court clubs.

Aloha, says Jane Goodsill, USRA Hawaii state chairman, who invites island visitors to the Courthouse Racquetball Club which she manages at 45608 Kam Highway, Kaneohe 96744 (phone 808-235-5839). Since there are no resorts in Hawaii with racquetball courts, you might make the eight mile drive from Waikiki if you want a change from sun and surf.

Resort owners and hoteliers catering to commercial travelers have discovered racquetball. Though many of the older establishments only offer the use of nearby facilities, increasing numbers are including racquetball courts in their plans.

"It makes good sense," says George Schumaker, a Hilton Inns divisional vice president, "for we feel that both men and women enjoy unwinding with a game or two of racquetball after a tough business day. Racquetball is the ideal sport for the commercial traveler. They have less

gear to carry. And, they can get more exercise in a shorter time than they can in any other racquet sport.

"Hotels are becoming more sophisticated," Schumaker continues, "than they once were. Practically every project we now have on the drawing board includes a pool, racquetball courts and other recreational amenities."

Hilton Inns is particularly partial to racquetball, Schumaker says, because there has been a demonstrated "demand for it. Racquetball ties in well with the balance of indoor activities."

Florida

In Florida the Palm Beach Polo and Country Club has more sports facilities than you can shake a stick, club or racquet at. There's golf, tennis, racquetball, squash, cycling, sailing, canoeing, swimming and horseback riding. Even supervised activities for racquetball players with kids in tow. Guests have use of the racquetball courts as part of their room charges.

A little further south near Miami is the Miami Lakes Racquet Club with nine racquetball courts. The club has arrangements with two nearby resorts, the Miami Lakes Inn and Country Club and the Doral Country Club. All that guests at either resort need do is show their room key when signing in. No guest fees. Just court time.

On Florida's west coast there's a similar setup between the Sarasota Racquetball Club and the Hyatt Sarasota. Hotel guests get playing privileges on the club's six courts.

In addition to resort and hotel connected courts are the court clubs in warm and sunny locales. Almost any of these clubs will allow guests who display their USRA membership cards. Reciprocal play privileges are also the rule at clubs belonging to the National Court Club Association.

Arizona

In Arizona there's La Posada, in Scottsdale, with two precast concrete outdoor racquetball courts in the shadow of Camelback Mountain.

The Pointe, a 48 acre resort in nearby Phoenix, has four air conditioned indoor racquetball courts in addition to five heated swimming pools featuring swimming bars and underwater music, eight tennis courts, golf, hiking trails, volleyball, sauna and an exercise room. After dark there's a splendid panoramic view of the lights of Phoenix and fine continental cuisine at the Pointe of View, the resort's mountainside restaurant.

California

The Hyatt Hotels Corporation, Chicago, is yet another group that is aware that racquetball is a needed ancillary service.

Guests at the Hyatt at the Los Angeles Airport may use the facilities at the nearby International Health Club. Unfortunately for the Peggy Stedings, Marci Greers, Karin Waltons and Jennifer Hardings of the racquetball world, the club is a male chauvinist hideaway. It's men only.

Hyatt Regency Los Angeles guests will have three courts at the Los Angeles Racquet Club available to them beginning later this month. The Racquet Club is a plush layout located in the World Trade Center building, about four blocks from the hotel.

In California there are any number of resorts with their own racquetball facilities. The Marina City Club in Marina del Rey sports three courts, the Atlas Health Club in San Diego has seven racquetball courts, six outdoor tennis courts, a large pool, weight rooms, steam room, ladies-only sauna, a jacuzzi and a one-tenth mile jogging track.

Dallas

Another hotel chain including racquetball in its plans is Loew's. The \$50 million, 900-plus-room world class luxury hotel and convention center, Loews Anatole, rises high into the Dallas skyline. It's just five minutes from downtown. In addition to its five restaurants and a pulsating disco recreational facilities include a large glassed in swimming pool, three racquetball courts, two indoor tennis courts and a complete health club loaded with exercise equipment. Other than court time or use fees for the other facilities guests pay no additional charges.

Courts are off the atrium at Loews Anatole Dallas.



So next time you plan a vacation, check out the racquetball facilities, choose the resort with the court and take along your racquet. You can be sure there will be fellow racquetball enthusiasts waiting to play. ●

Williamsburg

Further north in Williamsburg, VA, just five minutes from Colonial Williamsburg, is the Hilton Inn and National Conference Center. The facility includes two pools (one indoor, the other outdoor), clay tennis courts, target tennis, two indoor racquetball courts, whirlpools, men's and women's saunas and an exercise room. Four championship golf courses are located nearby. Williamsburg is an ideal location for a spring vacation, for warm weather comes early to tidewater Virginia.

Las Vegas

Though Las Vegas is better known for other recreational pursuits, at least one hotel, the Tropicana, gives its guests an opportunity to win at something other than craps, black jack or roulette. The Tropicana sports an 18 hole championship golf course, an Olympic swimming pool, a complete health spa, indoor tennis, racquetball and handball.

New Orleans

Probably the most successful integration of a recreational facility into a Hilton Hotel has been the Rivercenter Tennis/Racquetball Club at the New Orleans Hilton. The club features eight indoor and three outdoor tennis courts, eight racquetball courts, a jogging track, health club facilities, lounge and clubrooms. Located on the sixth floor of the International Rivercenter complex adjoining the New Orleans Hilton access is available directly from the hotel. New Orleans Hilton guests pay for court time only. No guest or membership fees.

The Hilton is the New Orleans home of famed clarinetist Pete Fountain. Just two blocks from the French Quarter the New Orleans Hilton is an ideal location for Mardi Gras visitors next month.

Racquetball courts are open until 11 at night Monday through Friday at the New Orleans Hilton's adjoining facility.

Racquetball Players' Hotel, Resort Directory

New Orleans Hilton
Poydras at the Mississippi River
New Orleans, LA 70140
504-561-0500

Hilton Inn
Kingsmill Drive & Jefferson St.
Williamsburg, VA 23185
804-220-2500

Loews Anatole Hotel
2201 Stemmons Freeway
Dallas, TX 75207
214-748-1200

Marina City Club
4333 Admiralty Way
Marina del Rey, CA 90291
213-822-0611

La Posada
4349 E. Lincoln Dr.
Scottsdale, AZ 85253
602-952-0420

The Pointe
7677 North 16th St.
Phoenix, AZ 85020
602-997-2626

Tropicana Hotel
P.O. Box 14460
Las Vegas, NV 89114
702-739-2222

Palm Beach Polo & Country Club
13198 Forest Hill Blvd.
West Palm Beach, FL 33411
305-793-1113

Miami Lakes Inn & Country Club
14340 N.W. 60th Ave.
Miami Lakes, FL 33014
305-821-1130

Doral Country Club
4400 N.W. 87th Ave.
Miami, FL 33166
305-592-2000

Hyatt Sarasota
1000 Blvd. of the Arts
Sarasota, FL 33577
813-366-9000

Hyatt Los Angeles Airport
6225 W. Century Blvd.
Los Angeles, CA 90045
213-670-9000

Hyatt Regency Los Angeles
711 So. Hope Dr.
Los Angeles, CA 90017
213-683-1234



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- **January 31-February 2 ***

Kunnan/Leach Tournament of Champions
Coral Gables, FL
Invitational

- **February 20-24**

Coors Classic
Denver, CO
Open

- **March 19-23**

Catalina Classic
Los Angeles, CA
Open

- **April 16-20**

Seamco Classic
Undetermined site
Open

- **May**

Site and date to be determined
Open

- **June 1-7**

Colgate National Championships
Las Vegas, NE
Open

- **June 26-29 ***

CBC International Classic
Winnipeg, Ontario, Canada
Invitational

- **July 10-13**

Hawaiian Sports Week Pro/Am
Honolulu, HI
Invitational

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