It's your competition you're supposed to run into the ground. Not your shoes.

So, get into a pair of Tuffs.

Tuffs are put together so they won't fall apart under all that twisting, darting, plunging and lunging. For openers, Tuffs have high-traction gum rubber soles that are all but bulletproof.

And stitching. No other racquetball shoe has anywhere near as much. 3 rows of it in the toe alone.

Plus, the uppers and lowers are stitched together - as well as cemented - all the way around.

Sole separation? Not very likely.

Tuffs are comfortable, too. With a special air-channeled innersole and super thick heel padding.

And now there are three new ways to get tough on the court. Whether it's racquetball, handball, squash or any other wood surface sport. A new hi-top Tuffs for extra support. A new leather Tuffs. And a wicked new nylon and suede style that's white and red and tough all over.

All three are available at quality shops now. Get a pair. Then go tear up the courts. Without tearing up your shoes.

TUFFS. THE TOUGHEST SHOES IN RACQUETBALL.
The one part of your game that never has an off day.

Rely on it. When all your shots are working. And when they’re not. Because even on those days your game’s more off than on, the Penn® Ultra-blue racquetball performs. Shot after shot. Game after game. Whether your style is power or finesse.

This ball is so lively, consistent, and durable, we back it with the guarantee no one else offers: If any Penn ball should fail before the label wears off, return it to the place of purchase or to Penn for two new balls.

Ask anyone who plays it. Once you try Penn, you won’t go back to anything else. Because even if you’re off, it’s on.

Penn Athletic Products Company, 200 Mall Boulevard, Monroeville, PA 15146.
AMF Voit introduces the Pacer. At close to $100, the price tag is not expensive. The racquet is.

Pam Osserman. Or one of a dozen other specially selected craftsmen who shape and string the lightweight Pacer.

The Pacer's design is light years ahead of the competition. A unique variable width frame puts reinforcement precisely where computers show most players put stress.

Our floating throat-piece and polyurethane foam handle are two more patented exclusives.

They reduce vibrations from the strings. So the racquet feels extraordinarily smooth in your hand.

Extra strength added to stress area.

Just as innovative is our quadraform head shape. We developed and perfected the slightly squarish shape that gives our racquet flexibility. And kill power.

The Pacer may easily cost twice as much as the racquet you're now playing with. But once you play with pure fiberglass, handmade no less, the Pacer won't seem expensive. Other racquets will seem cheap.

Santa Ana, California 92704

THE NEW PACER
Loose Ends
Everything You Always Wanted to Know About Stringing, But Were Afraid to Ask
• Jill Magoon

Nutrition
The Match Starts Here
• Alison Miller

Fran Prather
Playing for Higher Stakes
• Wanda Webb

Penn Stats
The 2nd Annual Natural Light/Seamco Open
• Tom Dougherty and Pat Gerity
SANCTION YOUR TOURNAMENT THROUGH
AMERICAN AMATEUR RACQUETBALL ASSOCIATION
AND RECEIVE FREE:
Balls
Score cards
Draw Sheets
Rule Books
Clinic Booklets
Tournament programs
Qualification for World
Amateur rankings
Guidelines of how to run a
successful tournament

PRICE. CONTROL.

Finally. A racquetball that gives a player more, but costs less.
durable. And spends more time on your racquet
to allow for better ball control.
So next time you buy racquetballs give
Winn Blu a shot.
They'll not only help you control your
game. They'll help control your budget.

RACQUETBALL is the official publication of the
American Amateur Racquetball Association. National
headquarters is located at 5545 Murray Avenue,
Memphis, TN 38119. Telephone 901-761-1172
President
Keith Calkins, Hayward, CA
Vice President
Bob Klass, St. Louis, MO
Secretary-Treasurer
John Lepore, Melrose, MA
National Rules Commissioner
Jim Austin, Houston, TX
National Commissioner
Fred White, Ft. Lauderdale, FL
Board of Directors
Ed Martin, Redding, CA; Paul
Henrickson, Millbury, MA; Al Schatt-
ner, Pittsburgh, PA
Past Presidents
Robert W. Kendler, 1969-1973
Dewitt Shy, 1973-1976
Wm. B. Tanner, 1976-1978

AARA NATIONAL HEADQUARTERS
Executive Director
Luke St. Onge
Administrator
Hallie Singer
Circulation
Leigh Tanner

RACQUETBALL Magazine is printed
and published by Towery Publishing
Company, Inc., 1535 E. Brooks Road,
Memphis, TN 38116 (901-345-8000)
under the auspices of the AARA.
Publisher
J. Robert Towery
Editor
Nancy K. Crowell
Art Director
Bett Watkins

Editorial Contributors
Tom Dougherty, Pat Gerity, Bob
Gura, Jill Magoon, Alison Miller,
Wanda Webb, Mike Yellen

Art Contributors
Curt Hall, David A. Workman

Executive Vice President
Mark J. Seitelman
Assistant
Cheryl Bader

For advertising rates, circulation and
distribution information, write or call
Towery Publishing Company, Inc.
We are most happy to announce that Penn has been awarded the 1981 AARA Junior Championships, which include:

* Local club tournaments and functions
* State Championships
* Regional Championships
* National Championships

Penn/Racquetball

Penn/AARA jointly announce the 1981 Intercollegiate Program

Goal:
Intercollegiate State Championships in every state in 1981.
(Interested in your state championships?
Phone 901-761-1172 and ask about the Intercollegiate Program.)
Dear Members,

In December we addressed the area of past history and the start of unity within the racquetball world of organizations, manufacturers and individuals. We are not naive to believe that this will happen overnight, but at least the spark seems to be there and the atmosphere has been created to allow our sport to mature.

As we start a new year it is extremely important to reassess our goals and set new priorities toward which our Association should strive in 1981.

1. The continuing effort to expand membership is the primary goal of the AARA for 1981. Only through a large and expanded membership can the AARA remain free to truly represent the amateur grass-roots player in the United States. What we mean by free is: free from undue influence by manufacturers or special interest groups which enables us to make the best decisions on behalf of our members and racquetball.

2. To solidify our position in racquetball as the only bona fide, not for profit, democratic organization working exclusively to expand the sport of racquetball by:

   A) Expanding an already strong Juniors Program into every court facility in the country;
   B) Expanding the Intercollegiate Racquetball program to include a State Intercollegiate Championship in every state;
   C) Sending men's and women's teams to represent the United States at the first sanctioned World Racquetball Championships;
   D) Sending men's and women's teams to represent the United States in World Games I;
   E) Expand our working relationship with court clubs through sanctioned programs to help fill their court time;
   F) Expanding our High School Program to include a reciprocal agreement with local court clubs;
   G) Work closely with the USOC and the President's Council on Physical Fitness and Sports to include racquetball in the Explorer Olympics;
   H) To support efforts by the International Amateur Racquetball Federation to expand racquetball internationally — toward the goal of inclusion of racquetball as part of the Pan Am Games, within this decade;
   I) Expand the scope of the Regionals and Nationals to encompass everyone who participates in racquetball;
   J) Recognize within each state one functional, democratic, not-for-profit, players’ association as the bona fide State Governing Body of racquetball; and, finally;
   K) To expand our sanctioned events 100% during the '81-'82 season.

This is a challenge not for a few, but for everyone who believes in the health and mental benefits that our great sport brings us.

Regards,

Luke St. Onge
Executive Director
Mr. Chuck Miner  
The Courthouse  
2625 Courthouse Circle  
Jackson, Mississippi 39208

Dear Chuck:

I wanted to write and thank you once again for your excellent [National Seniors Invitational] tournament.

The eagerness of your staff; the professional approach to all detail both major and minor were second to none.

I feel your organization should be commended in open letter form through our AARA publication. Furthermore I plead to the rest of the racquetball goodwill ambassadors to use your precedent and allow future tournaments to be sanctioned by the American Amateur Racquetball Association.

Looking forward to seeing you at another AARA event.

Joseph Icaza  
Vice President,  
Racquetball Courts International, Inc.  
Brandon, Florida

To Luke St. Onge and Hallie Singer

Once again, it was a pleasure seeing you and working with you at the National Doubles Championships. The tournament was superb. I must compliment you both and all who were involved in making the event such a success. You both should be proud.

I look forward to an even better tournament, if that's possible, in Boise, Idaho at the Singles Championships. We hope to iron out any creases of this past event.

Lots of luck in all your endeavors.

Francine Davis, AMF Voit  
Maywood, New Jersey

The USF (University of South Florida) Open Racquetball Tournament was a giant success, thanks to the interest and cooperation [the AARA] gave despite the late notice. The weekend weather was perfect and the players showed both great talent and sportsmanship. All in all, the promotional materials and the sanctioning made this tournament stand above the others in this area.

Again I thank the AARA for the support and cooperation you have given during this tournament and hope to work with you in the future.

Pamela J. Pautler  
Tampa, Florida

Thank you for the excellent article on women executives in racquetball. I thoroughly enjoyed your well written article, and was honored to be part of it. It is true that with 40 percent of the racquetball playing population being women, recognition of their efforts is long overdue.

A special word of thanks to Judy Heinrich, for the time and research in developing this article, and hope to see the same excellent coverage by Racquetball magazine at Women '81, to be held again at Boston Tennis Club, February 6-8, 1981.

Maureen (Boulette) Henrickson  
State Director, Massachusetts  
Tournament Director—Women '81  
Millburn, Massachusetts

Racquetball welcomes correspondence from its readers. All letters must be signed, and are subject to editing for clarity and length.
COMBAT GLASSES
Available from Doctors at these locations:

ALABAMA
Dr. James Perryman
Gadsden

ALASKA
All Western Optical Outlets

ARIZONA
Optical Dispensers
Tucson
Drs. Simpson & Miller At Sears
Tucson

CALIFORNIA
All Superior Optical Outlets
Dr. Richard G. Blake
Brea
Luxton Optical, Inc.
Greenbrae
Crest Lon Optical, Inc.
Hayward
Franklin Optical Co.
Hayward
The Ocularium
San Francisco
Contact Lens Center
San Jose

CONNECTICUT
William A. Pyrch Opticians
Fairfield
The Harvey & Lewis Co.
Hartford
Fritz & Hawley Opticians
New Haven
Drs. Trost & Arkin
S. Norwalk
Wethersfield Optical Co.
Wethersfield
Town Hall Opticians of Wilton
Wilton

FLORIDA
Drs. Conan & Silverman
Plantation
Zinn Optical Co., Inc.
St. Petersburg
Lakewood Opticians
Jacksonville

GEORGIA
James O. Heft, O.D.
Albany
James O. Heft, O.D.
Colquitt
Dr. Elliott J. Brass
Clarkston

ILLINOIS
Crown Optical
Alton
Glasses Ltd
Chicago
Mahoney-Wilcox Opticians Ltd.
Chicago
Contact Lenses By Vision Care
Chicago
Drs. Sims-Mizener-Depukat
Downers Grove
Drs. Sims-Mizener-Depukat
Naperville
Fox Lake Optical, Inc.
Fox Lake
Edens Opticians, Inc.
Oak Lawn
Drs. Yohn-Edwards & Nordquist
Rock Island
Schaumburg

INDIANA
Columbus Optical Service
Columbus
Dr. Benjamin Schuff, Inc.
Indianapolis

KANSAS
Dr. Herbert White
Dodge City
Owens Optical
Topeka
Drs. Reynolds, Reynolds & Kohake
Topeka

KENTUCKY
Dr. M. J. Noel, Jr.
Elizabethtown
Southern Optical Co.
Louisville
Dr. Fern Ivy
Madisonville

LOUISIANA
Texas Optical Co.
Shreveport
Drs. Jerry Williams & Jim Walker
Winfield

MASSACHUSETTS
Evans Eyeglass World
Boston
Massachusetts Opticians, Inc.
Chelmsford
Moody Optical Co.
Framingham
Goral-Your Community Opt. of
Worcester
Worcester

MARYLAND
Drs. Ostlerman & Ostlerman, O.D., Ltd.
Hillcrest Hts.
L & L Optical, Inc.
Silver Springs
Glick Optical
Silver Springs
Bowers & Snyder, Inc.
Towson

MICHIGAN
Ingham Optical
Lansing
Metropolitan Optical
Oak Park
Eye Work Optical
Roseville

MINNESOTA
All Duling Optical Outlets
Drs. McMahon & DeBolt
Winona

MISSOURI
House of Optics, Inc.
Clayton
House of Optics, Inc.
St. Louis
Dr. R. G. Palmer
Jefferson City
Ashland Optical, Inc.
St. Joseph
Dr. William F. Kieler & Assoc.
St. Louis

NEVADA
Myers Optician
Las Vegas

NEW JERSEY
J. L. Bear Opticians
Bridgeton
Northern Valley Opt., Inc.
Closter
Dr. Donald Saterstein
Paramus
Ridgewood
Mr. C. Smith, Jr., Opt.
Toms River
Dr. Richard A. Zaback
Ocean
Rocklin Styling Opt.
Montclair
Kubick & Kubick Guild Opt.
Millburn
Cranford Opticians
Cranford
The Optical illusion
Westwood

NEW YORK
Euphoropia Ltd.
Forest Hills
American Vision Ctr.
New York
Keenan & Buck Opt.
New York
A. R. Trapp Opticians
New York
Dr. I. J. Stone
New York
Crystal Opt., Inc.
New York
Hara Optical
New York
Purdy Opticians
New York
Drs. Hober & Schwartz
Binghamton
Dr. Alan Lax
Yonkers
Meade Opticians, Inc.
Watertown

GEORGE Optical Co.
Niagara Falls

OHIO
Snodgrass Opticians
Akron
Gemini Optical
Beaver Creek
Gemini Optical
Huber Heights
Ohio State Optical Co.
Columbus
Optical Arts, Inc.
Toledo

OKLAHOMA
Eye Fashion Unlimited
Tulsa

OREGON
All Western Optical Outlets
Dr. Bernard Brown, P.C.
Salem
Drs. Rowell, Wood, Hams & Gow,
P.C.
Salem

PENNSYLVANIA
Robert Huffman, Inc.
Bryn-Mawr
Helmick Optical
Harrisburg
Dr. Eugene T. Greenfield
Norristown
The Contact Lens Place Ltd.
Rosemont
Wm. G. Schwab Opticians
York

TEXAS
Noma Wilkins Fashion Optical
Abilene
South Austin Optical, Inc.
Austin
Morey Optical
Bedford

VIRGINIA
Leonard Grimm
Alexandria
Brahm Opticians
Alexandria
Marcus W. Arnold, Jr., O.D.
Grundy
E. Webster Andrews, Opt.
Petersburg
Dr. J. B. Repoort & Assoc., P.C.
Roanoke

WASHINGTON
All Western Optical Outlets
Drs. Roberson & Gibbs
Bingen
Dr. Ralph A. Halverson
Everett
Pearl Optical, Inc.
Seattle
Medicus Optical, Inc.
Spokane

WISCONSIN
All Duling Opt. Outlets
COMBAT GLASSES.
PRESCRIPTION ALL-SPORT EYE-GUARD
FOR RACQUETBALL, HOCKEY, FOOTBALL, SQUASH
AND OTHER FRIENDLY GAMES.
NOW ALSO AVAILABLE IN JUNIOR SIZE.

VIRTUALLY INDESTRUCTIBLE PLASTIC FRAME
ADJUSTABLE HEADBAND
FOAM RUBBER CUSHION INCLUDED (NOT SHOWN)
WIDE VISION, WRAPAROUND PLASTIC LENS GROUND TO YOUR PRESCRIPTION
WIDE TEMPORAL PROTECTION
NO-FOG VENT

It's funny how serious friendly games can get. Which is why most of us take our equipment seriously.
If you wear glasses, the Rainbo Prescription All-Sport Eyeguard will be the most serious piece of sports equipment you can own.
They give your eyes the same advantage on the playing field that your regular glasses give off the field. They let you see.
More so, they help protect your eyes from injury. And they're also available in bifocals and tinted lens.
At least, you can play safe.

RAINBO PRESCRIPTION ALL-SPORT EYE GUARD
NOW AVAILABLE AT YOUR EYE CARE SPECIALIST.

CALL (800) 423-5221 FOR INFORMATION.
IN CALIFORNIA CALL COLLECT (213) 999-4330.
Jeff Mulligan

Jeff Mulligan of Reno, Nevada has been competing in racquetball for just one year. To get a grasp on just what he's accomplished in that brief year, start with the 1979 National Juniors Championships — Mulligan had yet to play his first tournament of any kind. This year he won the Junior Western Regional and finished second in the Nationals in the 13-and-under division. Quite a step up, for one brief year.

Mulligan's progress doesn't stop there though, for he's recently tasted victory of the sweetest sort. Mulligan now has a first place in a Men's "A" division to add to his list of credits. This he won in the Mr. Steak Tournament in Sacramento this past November; the same tournament in which he lost in the first round of the "C" division last year.

Mulligan loves racquetball, and would like to continue to defeat the best competitors around. Still, he's not giving up his other sports — pole vaulting and football — just yet. After all, at the rate he's going he could run out of competition in racquetball.

Stacy Sattler

Stacy Sattler is just 10-years-old, yet she's already celebrating the second anniversary of her appearance in court—racquetball court, that is.

Since that first visit in 1978, Sattler's accumulated a whole string of offenses against her competitors. From a September, 1979 third place in a "D" division only tournament, Sattler has steadily shot her way past her rivals. Just one year ago she won third place in her division in the Northern California Junior Championships. From there she proceeded to add another decisive victory or two, including first consolation in the AARA Junior Nationals, last July. By August she was ready to compete in a women's division in the 420 Sport Natural Light Skipsport Open, held at the Marin Racquetball Club. Sattler took fourth place in the Women's Novice division of the tournament. And with that victory well behind her, she realized there's no turning back now.

Coached by Ed Martin and Frank Nell, the Fairfield, California native is in a good position to appear in the 10-and-under finals at the National Juniors Championships this year. (And incidentally, Sattler and doubles partner, Rodie Martin, are currently favored to dominate in the National Doubles, 10-and-under division.)

If you ever meet her in court, you're not likely to forget Stacy Sattler.

Junior Regional Directors

Northeast Region
240 A. North Road
Poughkeepsie, NY 12601
914-452-5050
Jim Winter
Midwest Region
3702 West 13th St.
Wichita, KS 67203
316-945-8333
Deane Draves
Southeast Region
750 W. Sunrise Blvd.
Fort Lauderdale, FL 33311
305-764-8700
Fried Blaes
Western Region
3255 Forest Hills Dr.
Redding, CA 96002
916-221-4257
Lou Wallman
Northwest Region
2210 Oakmont Way
Eugene, OR 97401
503-687-2811
Reed Pitkin

Eastern Region
298 Wood Road
Braithwaite, MA 02184
617-848-8030
Jim Daly
Southwest Region
4022 C Mahalls
San Diego, CA 92122
714-452-7998
Nancy Martin
Midwest Region
1816 N. Lincoln, Suite A
Wilmington, DE 19806
302-658-1036
D.C. Lanz
Central Region
2700 N. Lehmann Court
Chicago, Illinois
312-745-5400
Ray Mitchell

10 January '81 Racquetball
**SHORT LINES**

**More Protection**

According to Dan Klamut of Dalton, Pennsylvania, if you are currently wearing safety glasses on the court, you may not be as protected as you think. After seeing a friend’s safety glasses shatter, Klamut submitted information to Racquetball about a product called the Omni-Gard Plus lens. Manufactured by the Gentex Corporation, this prescription lens is being promoted as much safer and stronger than a conventional glass safety lens. The Omni-Gard is protected by a coating that is both abrasion and chemical-resistant, according to the promotional material.

For detailed information about this new prescription lens, and why it may be safer than a glass lens, contact the Gentex Corporation at 717-282-3550.

**Racquetball Conference Formed**

A new organization has been formed to foster inter-club racquetball competition between various clubs, both public and private, in the New York/Massachusetts areas. The organization, based in Albany, N.Y., will establish league rules, come up with a league schedule, and also will administer the size of teams, etc., for the conference. Teams from member clubs will participate in the conference on a weekly basis with each club fielding a men’s team, a women’s team, a juniors’ team and an over-40 men’s team.


Teams will be selected for each one of the clubs and those interested in being in the conference should contact their individual club for details. The first officers elected as the Board of Directors of this new racquetball conference are Vincent Wolanin, President, from the 21st Point Club; Barry Russell, Vice President, from the Albany YMCA; Stevan Kuzman, Secretary, from Schenectady Racquet Club; and Maurice Keroack from The Court Club. The actual inter-club competition will begin during the week of January 5, 1981 and will continue through April 1981, with playoffs and championships to be held during that same month.

**Eye Safety**

The boom in racquet sports—racquetball, tennis, squash and badminton—has resulted in an increase in eye injuries among players of these sports.

Recognizing this, the National Society for the Prevention of Blindness, New York, has formed a Sports Eye Safety Advisory Committee to develop eye protection for racquet sports players.

Charles S. Leve, executive director of the National Court Clubs Association, (NCCA) Northbrook, Illinois, the 350-member organization of racquetball court club owners, has been named to the committee which held its first meeting Monday, December 8 in New York.

Leve, himself a racquetball player and a former official with the United States Racquetball Association and its affiliated organization, the National Racquetball Club, agrees there is a definite need for a public education program to convince racquetball players that they should wear eye protection.

"Too often recreational players have the feeling that 'it won't happen to me.' They tend to be overconfident, not dodging when it appears they may be struck by a ball or a swinging racquet. The more injuries there are, the worse it is for racquetball. Played properly, racquetball isn't dangerous. It's fun," says Leve.

"NCCA," Leve explains, "intends to lead the way to better eye protection. At our forthcoming annual convention (this month) we are planning to discuss a proposal to mandate the use of protective eye wear for all junior and club tournaments."

"Though virtually all eye injuries are accidental," says Leve, "they most often occur when the player most forward in the court looks over his or her shoulder to see where the ball is. Facial accidents happen when players are hit by racquets. Ninety-five percent of the players hit by racquets are at fault. Players should judge their opponent's style of play, making sure there is plenty of room to play. Players should take into consideration their opponent's backswing, point of contact, and follow through. Don't try to beat the odds by crowding. It doesn't work."

Leve maintains there remains as much a need for instruction in court etiquette as there is for strokes and strategy.

The National Society for the Prevention of Blindness, Leve says, recommends protective eye wear for those who wear prescription glasses or contact lenses.
**INDUSTRY NEWS**

**How Not To Lose Your Grip**

If you’ve been known to fly off the handle, so to speak, Surgrip may be just the product you’ve been waiting for. Surgrip is advertised as “an antiperspirant for the hands, with cohesive and adhesive properties,” and is touted as a solution for athletes who tend to lose their raquets.

Made in England by Fraser Chemicals LTD., Surgrip is a “texturizing gel,” which, according to the manufacturers, won’t harm skin or clothes. It can be washed off with soapy water. The manufacturers suggest using it for “all sports where getting a grip is a must—raquetball, tennis, golf, baseball, weightlifting, football, archery, flying, race car driving, bowling, gymnastics, shooting, and rugby.”

For more information, write Surgrip USA, Executive Offices, 909 15th St., Suite 2A, Dept. P., Modesto, CA 95353; or call 209-523-8333.

**NCCA Convention**

Operation of a profitable business will theme the four-day National Court Clubs Association’s (NCCA) 1981 convention and trade show, January 17-20, at the Tropicana Hotel, Las Vegas, Nevada.

“Running a business with both eyes on the bottom line has taken on a new importance in the last couple of years,” said Chuck Leve, NCCA’s executive director. “We are planning a variety of programs around the development of an effective exercise program, the utilization of a pro shop as a profit center, budgeting and interpreting computer data, programming, personnel motivation and incentive programs, and computers—how to use them.”

Development of incremental income from non-raquetball activities such as “wallyball” and aerobic dancing programs will also be on the convention’s agenda, Leve said.

“We are planning to break one session down into regional groups. We’ve learned that many of the problems confronting court club owners are regional in nature. By organizing one segment into regional groups, owners can address common problems and begin the work of organizing a regional structure to the NCCA,” Leve concluded.

Pre-convention activities start with registration and a cocktail reception Friday evening, January 16. The convention’s first business session begins at 9:30 a.m. the following morning, Saturday, January 17. The trade show is scheduled for Saturday and Sunday afternoons, January 17-18, from 2 until 5:30 p.m. Virtually all of the best-known suppliers to the raquetball industry will display their products at the show, Leve said.

As with previous conventions, NCCA will split its programming between operating club owners and those individuals developing new facilities. NCCA’s owners’ package, which includes registration fee, four nights at the Tropicana Hotel, round trip airport transfers in Las Vegas, two buffet lunches and a cocktail party, is $365. For an additional $23 NCCA guests will have a special reserved section for the popular Folies Bergere dinner show, one of the most famous attractions in Las Vegas.

For a second person attending the NCCA convention and sharing a room, the charge is $150, Leve said. If an owner or manager brings a guest who does not attend any of the meetings, the additional charge is $75.

The developers’ three-day meeting, which includes the trade show, and their own special series of seminars, will be $450. The developers’ meetings will cover site selection, financing, design and construction, membership, and marketing and promotion.

“The 1981 convention and trade show,” Leve said, “will focus on fewer individual speakers. Judging from the response to previous conventions, owners and managers prefer case studies and the opportunity for round table and panel discussions in which there is considerable give-and-take. It’s important to get a dialogue going between owners.”

For further information concerning the 1981 National Court Clubs Association convention and trade show, contact Leve at NCCA’s headquarters, 666 Dundee Rd., Suite 1003, Northbrook, Illinois 60062; or call 312-480-1206.

**Jack Of All Trades**

With the growth of racquet sports continuing to increase in North America, it is not surprising that a company has emerged into the market place to design, build, finance, market and manage, raquet court facilities.

In 1976, a Calgary-based company under the name of ‘Squash Consultants,’ commenced designing and building courts. By 1979, over 100 courts had been constructed and a number of facilities were being managed by the company. Management (England), David Morgan, whose experience in Europe included designing, building and managing some 17 facilities, felt that Squash Consultants was getting an image of ‘squash only.’ At the same time, his partners, who were consulting engineers, were beginning to balk at the time necessary to administer the ever-increasing business Morgan was generating. So in December 1979, after discussion with a UK court construction company— incidentally, one of the largest builders of courts in Europe—the corporate entity of Squash Consultants was changed and a new name was registered, Bicester Racquet Courts North America Limited.

Bicester, since January, 1980, has had an amazing success. Orders on hand in court construction are now in excess of $1.3 million—close to the annual turnover of their UK associates, who have been building courts for the past 14 years—while the company’s management division, Racquet Sports Canada, will have management control of 10 or more facilities by the spring of 1981.

The company promotes one basic policy, reflected in all their advertising copy—“Courts Built To Last.” Promotional activity in recent years has led the company to bring some of the world’s great squash players to Canada. Jonah Barrington (UAR), Ahmed Safwat (UAR), Hashim Khan (Pakistan), Ken Hiscoe (AUS), Howard Broun (New Zealand), are just some. Further on the promotional front, plans for 1981 include two major raquetball tournaments, a major squash tournament and numerous clinics across Canada on both raquetball and squash. For further information, contact Sigrid Aichinger at 403-249-8988.

Descriptions of new products are as according to information provided by the manufacturer; products have not been tested by Raquetball magazine.
We are most pleased to announce that AMF Voit Rollout Bleu™ has been selected by the AARA as the official ball for the 1981 Regional and National Singles Championships.

Regionals:
April 23-26
Nationals:
May 21-25, at The Courthouse in Boise, Idaho
Everything You Always Wanted To Know About Stringing, But Were Afraid To Ask

By Jill Magoon

Jill Magoon is editor for the United States Racquet Stringers Association. This is the second of two articles on stringing she has written exclusively for Racquetball. (See Racquetball, November 1980 for the first).

A wise old philosophical type once expounded: What you don't know about what you don't know can surely put your money into the pockets of people who don't know either. Loosely assimilated into the realm of racquetball stringing, it does have its meaning.

If you take your racquetball seriously (enough to break into a cold sweat when down 0-3), then perhaps you take your equipment seriously, too. There's always an excuse for that 21-1 loss—your shoes were on the wrong feet, you tangoed til dawn, you left your contacts in your extra set of eyes, etc., etc., ad infinitum. Yet there is one excuse the average racquetballer may not have considered; an excuse which is not entirely ludicrous. Your strings, man—blame the strings!

A nicely hit racquetball travels fast (anywhere from 100 to 150 mph) and connects with those strings some 150 to 400 times per game. If you've ever felt the sting of a racquetball, you'll understand the constant tension on your racquet, and on your racquet's strings. A few years ago, when things were affordable, if you broke a string you merely chucked the racquet. But racquetball is growing; equipment is becoming more sophisticated and so, necessarily, is the price. Racquet prices range from $9.95 to over $100. Unless you're an earl, baron, or you own your own racquet company, you may not want to ditch that racquet so fast.

A practical alternative to the trash can routine is a new set of strings. Seven to twelve dollars will buy you a new string job which, depending on the stringer, will either completely revitalize your racquet... or will virtually destroy its playability.

Consider the case of Rocco, who holds the distinction of bottom position on our club's "B" ladder. Rocco's racquet recently met its demise during a diving attempt for an over-the-shoulder flip kill shot. Wham! He won the point—at the expense of a broken main (or vertical) string.

Since our club doesn't have a stringer, Rocco took his racquet to a local tennis shop. He's not hitting kill shots any more. You see, Rocco didn't know what tension was right for his racquet and the tennis stringer set his machine at 72 pounds—acceptable for some tennis racquets, but roughly akin to playing racquetball with an oaken plank. Rocco's shoulder will be better in a week or so. His racquet, alas, will not. It sits in the trash bin marked TERMINALLY WARPED.

As far as tension is concerned, if you have not already determined a preference, you'd do best to follow the advice of the racquet manufacturer. Most manufacturers recommend tensions of 22-30 pounds, depending on the model and composition of the racquet. Usually, a flexible racquet is strung loosely (22-24 pounds) for control, while a stiff racquet is tighter (28-30 pounds) for power.

Tension preference is very subjective. The rule of thumb is usually (but all players won't agree) tight for power, loose for control. If you have no idea what tension to use, ask your stringer. However, there is probably no reason for you to venture outside of the 20-30 pound range, so if your stringer recommends 55 pounds, reread the first paragraph, that part about how what you don't know can put your money into the pocket of people who don't know either. In other words, find yourself another stringer. Preferably one who knows racquetball.

Your stringer may question how and why the string broke (keep this one around, he's conscientious and very likely a pro at what he does). If the break is near the center of the racquet, it usually indicates worn strings followed by a hard swat at the ball. If the string breaks at the frame (and here is where your stringer's curiosity is likely to pique), the cause could be a broken grommet (the
ring or hole through which the string is threaded), or a rough spot in the frame. A good stringer will easily determine if either of these causes is in fact the case.

If so, both are easily remedied. A stringer can smooth out a rough spot with abrasive cord and he can replace a broken grommet with grommet tubing. Regardless, before stringing your racquet, he may want to determine the cause of breakage and should take any measures necessary (if he can) to prevent it from happening again.

Many racquetball clubs are not fortunate enough to employ an in-house stringer. Often, you will have to leave your racquet at the front desk and someone will come by next Tuesday or Friday to pick up whatever batch awaits new string jobs. Obviously, it's not the ideal situation. You have no chance to confer with the stringer and no chance to evaluate his competence. You can only determine his stringing abilities after your racquet is returned to you. (He may be, of course, the Van Gogh of his profession.)

Even the best stringers have come upon the Saturday Night Special. If such is the case of your racquet (either one of the $2.98 variety, or a good one worn out over the years), chances are it will come back to you warped. Chances are, too, that it is not your stringer's fault. (If it looks like he's used it to chop wood, do complain.)

But warpage is a considerable plight to stringers. An average racquetball racquet is subject to some 850 pounds* of pressure. The stringer is in a somewhat precarious position being responsible for the application of that pressure. His stringing technique can determine the effect of those 850 pounds. He can take certain steps to prevent the distortion of your racquet, or he can warp it irreparably.

The most crucial preventive measure a stringer can take is to be sure that the racquet is braced securely in the stringing machine before he applies any tension. If the machine parts are not adequately tightened to brace the racquet, then the frame is at the mercy of those pounds and warpage is almost guaranteed.

A second logical step in preventing distortion is called alternate main stringing. It involves stringing the center two mains (or vertical strings) first, then alternately stringing one or two mains on each side (right and left). Alternate main stringing sustains an equalization of pressure on the frame throughout the stringing of the mains. Both of these techniques involve very little effort by the stringer, but they could make the difference between a racquet revitalized and a racquet quite effectively destroyed.

One way to insure that your stringer has access to the proper information to string your racquet is to choose a member of the United States Racquet Stringers Association (USRSA). The USRSA is an organization of over 1,800 professional racquet stringers dedicated to stringing for maximum playability of the racquet. Our members are kept informed as to current procedures and innovations in stringing for all racquet sports. The USRSA, in fact, developed the concept of alternate main stringing.

Ask your stringer if he's a USRSA member. If so, that spiffy racquet of yours is in good hands.

Okay, so let's say you've found your stringer; you've discussed tension and you're ready to entrust him with your most prized possession. If you were playing any other racquet sport, you'd have one more decision to make—which string to choose. There is, however, very little choice for racquetball players, simply because most players—including the pros—find that the string makes no difference in how the racquet plays.

Most racquetball companies use a 15 gauge, multifilament nylon string in their racquets. Consequently, most stringers do the same. Because 15 gauge string is relatively thick and can with-
stand high tensions, it is well suited to tennis stringing, but it may not be ideal for racquetball players.

At least three string manufacturers have begun marketing a string expressly for racquetball. Ashaway Line and Twine and Major Racquet Strings sell a 16 gauge (thinner than 15 gauge) multifilament nylon for racquetball stringing. Steve Crandall, vice president of Ashaway, explains: "A thick string doesn't give a player any 'feel' for the ball. Racquetball tensions, unlike tennis, are low enough so that string durability isn't really a problem. You can use a thin string for racquetball without sacrificing the life of your string job."

According to Doug Dempsey, president of New Process Products, Inc.; "Using tennis string in a racquetball racquet is a classic case of overkill. It's like building a 10 foot wall when a two foot wall will do. Tennis string is too thick, too stiff, too inconsistent and too insensitive to low tensions to be an effective string for racquetball." Dempsey has designed a very thin (17 gauge) string which he feels will revolutionize racquetball stringing. Having worked seven years as director of research and development for Wilson Sporting Goods, he realizes why strings are insignificant to racquetball players.

"No racquetball player thinks that string type makes any difference in playability, he continues. "That's because if you use a 15 gauge tennis string, it doesn't! In order for a racquetball player to notice any feel in a string, it has to be designed for the small racquet face, lower tensions and a softer, lighter ball." Dempsey contends that his racquetball string—called Gunpowder—is not only thinner, but more resilient, more powerful and more sensitive than is any tennis string.

Nothing gluts a market faster than an idea whose time has come. With the industry finally taking notice, research and development teams are finding themselves knee deep in string prototypes. Innovation will happen.

So take heart; racquetball stringing is coming of age. And in time, so will the stringers and methods most suitable for the sport. Players will demand the attention they deserve — and they'll get it. And shortly hereafter you may not be able to blame those losses on your strings. Good grief. Those midnight rumba lessons, man — blame those rumba lessons!"

For information about stringing, contact the United States Racquet Stringers Association, P. O. Box 40, Del Mar, Calif., 92014; or call 714-452-8602.

### String Sizes

Nylon string sizes are determined by the American Standard gauge system. The bigger the gauge number, the thinner the string.

Different string manufacturers use slightly differing measurements to determine gauge size. One company uses .057 to .059 inches in diameter as 15 gauge; another uses .055 to .057 inches.

The following chart for string thickness is recommended by the United States Racquet Stringers Association:

<table>
<thead>
<tr>
<th>GAUGE</th>
<th>DIAMETER INCHES</th>
<th>MILLIMETERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>.056 - .058</td>
<td>1.4+</td>
</tr>
<tr>
<td>15L (15 light)</td>
<td>.053 - .055</td>
<td>1.35+</td>
</tr>
<tr>
<td>16</td>
<td>.050 - .052</td>
<td>1.3</td>
</tr>
<tr>
<td>17</td>
<td>.044 - .046</td>
<td>1.14</td>
</tr>
</tbody>
</table>

For information about stringing, contact the United States Racquet Stringers Association, P. O. Box 40, Del Mar, Calif., 92014; or call 714-452-8602.
It’s Not Whether You Win Or Lose, 
But How You... Eat?

By Alison Miller

Alison Miller is a cookbook editor and free-lance writer.

You know the feeling. You are at 20-19, just one shot away from beating a player whose skills and shots are nowhere near as good as yours. You knew all along you would beat him, but never guessed that it would be so hard. Then—a deep corner serve, a high backhand lob, and he has won the game. Now, before you take your racquet to your head in anger, or storm into the clubhouse to sign up for another battery of lessons, stop for just one minute. Think back... to what you had to eat today.

The simple truth is that racquetball is a sport that burns over 600 calories in an hour of vigorous playing. Multiply that by two or three matches on some days, and you are talking about a high level of energy output. When you stop to realize that the average adult burns only about 3,500 calories in the course of a mildly active day, you can see that a few games can double the number of calories you expend, making it important for all racquetball players to remember: You are what you eat. Good nutrition is something you cannot overlook if you want to stay on top of your game, cut your reaction time down, and maintain stamina for those long tournaments and hot days. A nutritionally sound, well-balanced diet can truly give you the competitive edge.

But what is sound? How can you tell if the many “high-energy save your life” diets available at the drug and grocery stores are safe and what you need? The best thing for you to remember when analyzing your own eating habits is this: Any safe and healthy diet will include a complete variety of foods (not just grapefruit or bananas) and will allow you to modify your eating habits for a lifetime of good eating, both on and off the courts. Each player must determine for himself which foods work best for him—both before and on the day of a match. The most important thing to remember is that the diet that puts you in the best shape for your game is the diet that will keep you in shape for life; in other words, there are very few differences between the athlete’s diet and that of the average healthy person. You, as an athlete in training, only have the advantage of being able to eat more of the foods that will keep you in top shape.

But where to start? If you go to your local library, looking for a simple book that will reveal the secrets of diet success for the athlete, you will probably be greeted by a shelf full of diet...
"The single most important thing to remember about fats is that the body only needs a small amount to stay healthy, and the rest gets stored as a spare tire around your waist."

As a result, the disadvantage of refined sugar for the serious athlete is that it slows down muscle reaction time and can actually weaken muscles. While you may feel a temporary "lift" after you down a candy bar, be assured it is only that—temporary. Your blood-sugar level, which is what determines that energetic feeling, will drop dramatically shortly after it has been artificially stimulated by the refined sugar.

Most coaches no longer recommend chocolate bars in-between games. Instead, they are likely to persuade their players to eat a piece of fruit or a bowl of yogurt. It is easier for the system to digest, and will provide the energy needed to get through another game, rather than just through the next play.

For the athlete who is really serious about cutting sugar out of the diet, the best thing to do is become a "label reader." Whenever you are shopping, take a moment to survey the labels on the foods you are buying. Not only will you begin to recognize the number of additives in our American processed foods (to date over 1,300 are allowed), you will soon realize refined sugar is in almost everything—crackers, cereals, breads, meats, vegetables, and even salt! Anything with corn syrup, glucose, sucrose or dextrose on the label contains sugar in a refined form.

Carbohydrates—Carbohydrates are the most underrated foods on the American training table. Many people believe that they are fattening and have no nutritional value, when in fact carbohydrates should (ideally) provide us with 50 to 60 percent of our daily diet, and energy.

Unlike refined sugars, which actually take away some of our body's nutrients to complete their metabolism, complex carbohydrates—derived from fruits and vegetables in unprocessed, unrefined states—assist the body in digestion of other foods. Complex carbohydrates are very high in vitamins and minerals, and, contrary to popular belief, carry the same amount of calories as sugars and proteins.

When selecting fruits and vegetables for the diet, try to keep them as close to their natural state as possible—and you'll get those needed complex car-
"The danger of carbohydrate loading, before a match or any other time you may be depending on physical strength, is that a 'shock' effect can set in after a few hours."

bohydrates. Eat them raw or steamed lightly, with their skins and fibers intact. They are the parts of your diet that will keep your digestive system running smoothly, while providing you with the highest quality energy available.

One other valuable source of carbohydrates are cereals, such as bran, wheat germ, oats, corn and whole wheat. Spaghetti and rice products can be an inexpensive way to get quality carbohydrates—just make sure your pasta is made with whole-grain flour, (also check the bran and the wheat germ), and that your rice has been left unhulled. This eliminates any form of instant pasta or quick-cooking rice or cereal; they cook quickly only if the roughage has been removed. Without the roughage these foods provide you with many calories and no other redeeming value.

Finally, a word of caution against another element ever-present in the American diet—salt. Salt is mainly related to hypertension, or high blood pressure—which occurs in abundance in today's American population. And while you can voluntarily control your intake of table salt, you cannot control the varieties used in processing our foods. As with refined sugar, you will find sodium on the most surprising labels—from cheeses, and frozen dinners to chocolate milkshakes. Certainly, for any serious athlete, particularly racquetball players, whose exercise is primarily aerobic in nature, it is important to lower salt intake. After all, while the aerobic nature of racquetball is increasing your lung/heart capacities, the amount of salt you are eating may be offsetting those benefits.

There are innumerable theories about pre-game diets. A recent trend has been toward "carbohydrate loading." It is done like this: The player eats his normal diet until one week before the game. He then starts eating a diet that is high in protein and as low in carbohydrates as possible. About three days before the tournament, he continues with the high-protein diet but adds a large amount of carbohydrates, in the form of breads, cereals, pastries and pasta.

The theory behind such a gross change in diet is that carbohydrates are converted into body energy more quickly than other foods, and thus give the athlete "quick" energy. It has been an apparently successful plan for certain endurance sports, such as swimming and running. The competitors who do this can out-perform the competition on a short term basis. However, the danger of such a radical diet change, before a match or any other time you may be depending on physical strength, is that a "shock" effect can set in after a few hours. And that can leave you weaker than you would be if you had not consumed such large amounts of carbohydrates. For serious racquetball players, when a tournament can mean a few hours of serious play and many hours of waiting for matches, the technique of carbohydrate loading would be especially bad. What a racquetball player needs most is a diet that will allow him to maintain his stamina over several long days of competition, not just for short bursts of energy.

So, for the serious racquetballer, the diet to follow before an important match, or a tournament, is the one that he eats most of the time. And, if the one he eats most of the time doesn't fit the basic guidelines offered here, it may be time for a change.

A useful source for summarizing these guidelines is the Journal of the American Medical Association, which in June, 1977 offered the following dietary recommendations for the average American, as compiled by a group of over 200 scientists from 23 countries. In order of priority, the recommendations were: fewer total calories, less fat, less saturated fat, less cholesterol, more polyunsaturated fat, less sugar, less salt, more fiber, and more starchy foods. It is safe to say, then, that these general recommendations can be applied to American athletes as well. And for racquetballers, who expend such a great amount of energy in such a short period of time, good diet is essential. It is the first step toward maintaining peak form. And in the long run, it may mean the difference between winning and losing.

F.Y.I.

If this article has whetted your appetite for more information about nutrition, here are some helpful sources, recommended by author Alison Miller.


Columbus, Franks. Winning Bodybuilding. Chicago: Contemporary Books, Inc. 1977. This book deals mainly with weight-lifting, but also has an important chapter on the evils of sugar and the superiority of natural foods. Also, a book only recently published which is gaining in popularity is Diet Against Disease: A new plan for Safe and Healthy Eating, by Alice A. Martin and Frances Tenebaum. It is published by Houghton Muffin Company, Boston.

In addition, you may find it interesting to read Dietary Goals for the United States—the published results of the Senate Select Committee on Nutrition, which investigated the risk factors of disease from the average American diet.

And finally, if you really want to watchdog, for $2 you can purchase a poster called Chemical Cuisine (which describes additives, both safe and harmful), from the Center for Science in the Public Interest, 1755 S Street NW, Washington, DC, 20009.

Bon appetit!
Nashville/Natural Light Racquetball Championships (3)
Supreme Courts
4633 Trousdale
Nashville, TN 37204
Dorothy Dixon
615-832-7529

1st Annual Racquethouse Invitational (2)
Racquethouse
4951 Lower Roswell Road
Marietta, GA 30067
Janet Marshall
404-971-1700

JANUARY 23-25
Walsh Steel/Royal Courts Open (3)
Royal Courts
Wilkes Barre, PA
Bob Bakunas
717-822-9000

Bay State Open (3)
Game Pointe Racquet Club
Plymouth, MA
Maureen Henrickson
617-754-6073

1981 Tiger Open (3)
Racquet Club
467 N. Dean Road
Auburn, AL 36830
Jim Hawkins
205-887-9591

1st Annual Snowfest Open (3)
Courtyard Racquetball Facility
Rt. 5
Saco, Maine 04072
John Bouchard
713-771-9342

Lite/Penn Series (3)
Supreme Courts V
Keith Calkins
3033 Alvarado
San Leandro, CA 94577

2nd Annual March of Dimes Benefit (3)
Sportrooms
1700 Douglas Rd.
Coral Gables, FL 33134
Carl Dean
305-443-4228

Cerebral Palsy Benefit (3)
Quadrangle Coral Springs
Fred White
305-753-8900

Double Trouble (3)
Fairfield Court Club
1471 Holiday Lane
Fairfield, CA 94533
John Reibin
707-429-4363

1st Annual Indiana County Racquetball Tournament (3)
Supreme Court
1703 Warren Rd.
Indiana, PA 15701
Ken Baron
412-349-9430

Granite Racquet Club Open (3)
Granite Racquet Club
Acton, MA
617-263-0390

JANUARY 31-FEBRUARY 1
Hare A Heart RIB Classic
Sports World
2601 Ridgeway Road
Pine Bluff, AR 71603
James Bixler
501-879-4556

BIlltown Open (3)
Williamsport, PA 17701
Jim Huffman
717-326-2481

Northern California Juniors Racquetball Championships (2)
Sun Oaks Racquet Club
3452 Argyle
Redding, CA 96016
Lou Wallman/Dennis Bales
916-552-6586

University of Tennessee Health Services
7th Annual Big Orange Racquetball Tournament (2)
UTHS
800 Madison Ave.
Memphis, TN 38163
Dave Mullinax
901-528-5620

Lite/Penn Series (3)
13th St. Racquet Club
1901 E. 13th St.
Cleveland, OH 44114
Frank Ondus
216-696-1395
FEBRUARY 13-15
Empire Racquet Club Open (3)
Empire I
Chicopee, MA
Mike Romano
Paul Gelinas
413-536-6574
3rd Annual Washington's Birthday Open
(Merrymeeting Racquetball Club)
Rt. 201
Topsham, Maine 04086
Bill Slattery
Blue Point Tournament (3)
Blue Point Racquetball Club
9A Montauk
Jacksonville, FL 32211
Mike Allentown Racquetball Club
904-724-6994 (club)
Jacksonville, FL 32211
3rd Annual Washington 's Birthday Open
Paul Gelinas
6651
FEBRUARY 13 - 15
Bently Club
John Friend
Bently Club Winter Classic (3)
Bently Club
2301 Grimes Dr.
Allentown, PA 18101
Garrett Jones
516-363-2882
Bently Club Winter Classic (3)
Bently Club
2301 Grimes Dr.
Harrisburg, PA 17112
John Friend
717-545-4231
1981 Jacksonville Winter
Racquetball Classic (4)
Jacksonville Racquetball Club
6651 Crestline Dr.
Jacksonville, FL 32211
Van Dubolsky
904-724-6994 (club)
904-378-5093 (home)
FEBRUARY 20-22
March of Dimes Benefit (3)
Allentown Racquetball Club
601 Union
Allentown, PA 18101
Mary Musewicz
215-821-1300
FEBRUARY 26-MARCH 1
Closed Pennsylvania State Singles
and Doubles Championships (2)
Monroeville Racquet Club
Monroeville, PA
Chuck Kohl
412-264-6793
Colorado State Championships (2)
Executive Park Athletic Club
2233 No. Academy Pl.
Colorado Springs, CO 80917
John Mooney
303-592-7775
FEBRUARY 27, 28-MARCH 1
RACQUETBALL WEEK 1981
AARA STATE TOURNAMENTS
Missouri State Championships (2)
Spalding Racquetball Club
Bob Hardcastle
314-532-0484
New York State Championships (2)
21st Point Club
McKown Rd.
Albany, NY 12203
Al Seitelman/Vince Wolanin
518-489-3276
Alaska State Championships (2)
Racquetball Fairbanks
2nd & Eagle Streets (Graehl)
Fairbanks, AK 99701
Marvin Andresen
907-456-1914
March of Dimes (3)
Downtown Racquet Club
New Haven, CT
Will Verhoeff
203-787-6501
7th Annual Tornado Alley
Racquetball Tournament (3)
Wichita Falls Racquetball Club and YMCA
902 Foley
Iowa Park, TX 76367
Ray Helcamp
Wisconsin State Singles (2)
Supreme Courts
1301 Black Bridge Road
Janesville, WI 53545
608-756-3737
Will Muwaney
MARCH 5-8
March of Dimes/Court House II 5th Annual
Oregon State Championships (2)
See page 27
MARCH 6-8
Massachusetts AARA State Singles (2)
Brookton Racquet Club
Brookton, MA
Maureen (Boulette) Henrickson
617-754-6073
1981 Connecticut State Championships (2)
Cedar Hill Club
Newington, CT
Ron Mirek
203-666-8451
Florida State Singles (2)
AARA Junior Regionals
See Page 27
MARCH 7-8
Dutch Open
Laan Van Niewwoost
Indie 287 2593 BS
Den Haag The Netherlands
Van der Heijden
MARCH 13-15
Lancaster-Osteopathic Hospital Benefit (3)
Lancaster County Racquetball
and Health Club
Lancaster, PA
Warren Koch
717-569-0463
MARCH 20-22
Illinois State Singles (2)
DuPage Racquet Club
Addison, IL
Ray Mitchell
312-745-9400
2nd Annual Heart Fund Winter Warm Up (3)
Jacksonville Racquetball Club
6561 Crestline Dr.
Jacksonville, FL 32211
Ray Ashworth
904-724-6994
Capitol Courts/Ormsby House Open (3)
Capitol Courts
3759 Gross Circle
Carson City, Nevada 89701
Rich Bennett - Mike Longero
702-882-9566
Eastern and Northwestern
Junior Regionals
See page 27
MARCH 27-29
13th Annual Maine Open (3)
Holiday Health & Racquetball
Odlin Rd.
Bangor, Maine 04401
Keith Mahaney
APRIL 10-12
Forest Hills Open (3)
Forest Hills Athletic Club
3910 Caughey Rd.
Erie, PA 16506
Tom Dougherty
814-833-2468
Blue Point Tournament (3)
Blue Point Racquetball Club
9 A Montauk
Jacksonville, FL 32211
Garrett Jones
516-363-2882
APRIL 16-19
JUNIOR NATIONALS
Wichita, Kansas
Supreme Courts West
Dewane Grimes 316-945-8331
Ed Martin 916-221-4405
APRIL 24-26
AARA REGIONALS
May 21-25
AARA NATIONAL SINGLES
The Court House
7211 Colonial
Boise, Idaho 83705
208-377-0040
AARA sanctioned
tournaments in bold
(1) 1st level tournament
(2) 2nd level tournament
(3) 3rd level tournament
(4) 4th level tournament
(5) 5th level tournament
(6) 6th level tournament
*To put your tournament on this calendar, call
Hallie at 901-761-1172.
FRAN PRATHER

PLAYING FOR HIGHER STAKES
BY WANDA WEBB

Wanda Webb is a free-lance writer living in Tennessee.

Fran Prather takes racquetball seriously, and with good reason. At 40 years of age, the vibrant, active Prather is one of the oldest living people with cystic fibrosis (CF), a disease which primarily affects the lungs. A major part of her therapy is exercise; and for Prather that means a lot of racquetball.

"I began playing racquetball two years ago with a friend of mine who is a nurse," Prather begins her tale. "I found that it increased my capacity for breathing and it just helped me all around. After a year of playing racquetball, my lungs increased their elasticity."

Until recently, Prather was playing racquetball three or four times a week. A hospital visit and a recent operation have caused her to slack off temporarily. But she's determined to play, as evidenced by the 30-mile trip she used to make to the Milwaukie (Oregon) Racquet Club where she began playing. She now plays closer to home (Canby, Ore.) at the Willamette Racquet Club—only a 24-mile trip. The distance traveled is minor to Prather. "It's worth it. It's better than making a trip to the hospital," she says in a matter-of-fact tone.

Racquetball has fit well into Prather's therapy as a sport in which she can get her needed exercise in a small and enclosed area. "Racquetball is fantastic. It's just great to get out on the court and bang that ball around and come out feeling like you could whip the whole world."

For a lot of [CF] patients, exercise is very hard to do because it takes so much out of you, but I feel that exercise is very important to the CF patient," she enthuses.

Cystic Fibrosis is a genetic disease which affects the lungs and gastrointestinal system and is a leading cause of death in children. Breathing difficulties occur due to a thick mucus that clogs the lungs and may also affect the digestive system. Prather is an exceptional CF victim, given her age and vitality.

The disease was first discovered in the 1930s and occurs in one in every 1,600 births. A sweat test to measure salt content is a major tool in detecting the disease. Both parents must carry the gene in order for a child to have CF, and the only way to find out whether one is a carrier is to have children with the disorder.

Often a CF patient's weight and height are stunted by the malabsorption of food through the digestive tract. For instance, Prather's weight has fluctuated between 82 and 130 pounds. Also, many facets of ordinary living become serious matters. Marriage, working, and having children are areas which pose particular problems and require careful thought. There are also daily concerns. Coughing is a constant reminder of the disease, but a necessary function to clear the breathing passages. Guarding the lungs against infection is another hazard, and the CF patient is always aware of the danger of infection. Hospital visits are common. The degeneration of the body and the fight to live are at times unbearable. It becomes as much a mental battle as a physical one—when dying seems easier than living.

At present there is no cure, but the disease can be controlled through
therapy and medication. Advances are being made to increase a patient's lifespan since little more than a decade ago most CF babies died at a pre-school age.

Although CF affects the digestive system, it more often seriously affects the lungs because of the mucus which forms in them. This is where racquetball comes in as a life-support system for Fran Prather.

"Racquetball really allows me to exert myself and helps to facilitate my therapy. I can be sick and not feeling well, but if I can go out and play for an hour without stopping, then I feel that I'm doing something that's very important to me." She also plays tennis, jogs, and has a recreation room in her home with exercise equipment which she uses on cold winter days when the risk of infection is greatest.

Prather was born in Davidson, Tennessee. Her family moved to Dayton, Ohio, and later Climax, Colorado, where she graduated from high school. Her father was a coal miner and it wasn't always easy to adequately feed and clothe Fran and her nine brothers and sisters. "We were very poor. There were days without food, and sometimes we went barefoot to school in the winter. And of course there were no doctors. We really didn't have the necessary medical facilities or help available. I saw a dentist for the first time when I was a teenager," she recalls.

Living in coal mining communities was not the best environment for Prather's health. Two of her brothers died in childhood, and it is thought that they too possibly had CF, but at the time it was a newly-discovered disease.

Prather's disease was not detected until she was 18-years-old and in the hospital having her first child. "I was treated for tuberculosis, chronic bronchitis, and asthma. The doctors finally tested me for cystic fibrosis because they ran out of things to test me for."

The knowledge of the disease came as a severe blow. "It made me feel that I was less than perfect, that my body was not as perfect as it should be. At first I did not want anyone to know I had it, so I kept it undercover. I did not want to be treated any differently."

Her disease affected her life even further. The stress on her marriage eventually led to a divorce, leaving her with the responsibility of raising two small children. She was forced to go to work, and she could not always afford the medication which she so desperately needed.

Then she met Dr. Julia Grach, a pediatrician and head of the Cystic Fibrosis Department at the University of Oregon. Through counseling with Dr. Grach, Prather began to come to terms with her disease and see the need to help other CF patients cope with the same things with which she had struggled in her life.

Prather is now candid about her disease. She attributes Dr. Grach with much that happened to change her attitude. She says the major adjustment is realizing that "it's normal to be sick. It's normal to feel bad all the time."

Activity is a necessity for Prather. "I think that a person can use their disease as an excuse. I could not do that. I'm a fighter. As long as I can do things, then I feel I have a chance. It's when I sit back and don't do anything—there lies the danger. I would rather live and really live than to sit around and wait for death, because death is an enemy."

And live she does. Prather is actively involved in promotional work for the local chapter of the Cystic Fibrosis Foundation, has been chairman for the CF "Bowl for Breath" bowling tournament in Canby, counsels other adults with CF as well as parents of CF children, and has been a counselor in a CF summer camp. She has competed in numerous racquetball tournaments, writes poetry, and of course, exercises as often as possible.

There have been many obstacles which Prather has had to overcome in living with her disease, and many components she feels have attributed to her success in coping with it.

She attests that not knowing that she had the disease as a child is a major reason for her being alive today. "If they had known that I had CF as a child, I think I would have died. It would have been hard for my parents to handle. They had enough to worry about. I was a sickly child, but I wasn't raised with the stigma of being labeled with CF. I couldn't have lived knowing I had a disease."

The support of her family is another element which she feels is important. About the same time that Fran met Dr. Grach, she also met and married her present husband, Raymond Prather. His support has been a mainstay for her.

"He's made me milkshakes and forced them down me when my weight was down and I was just skin and bones. Also my children, Kerri and Douglas, keep me from doing too much, because I am that type of person. I will go until I drop. They force me to take care of myself."

It is apparent Prather has learned to persevere. "I'm a fighter. I don't see my disease as a handicap. It makes me work as hard as I can. I wouldn't be the same person if I had not had CF."

And what kind of racquetball player is she? "I'm a good "C" league player. My endurance level is quite high, so I can tire out my opponent and beat them. I have to play strategy. My serving is very important to me whether it's tennis or racquetball because if I can't get them on the back court, maybe I can get them with my serve."

Prather recently underwent surgery which put her out of commission for a while. However, she looks beyond the surgery to her plans for the future. And those plans include becoming more active in the women's class of racquetball now being formed at her club, participating in more racquetball tournaments, going back to college, learning photography and eventually writing a book or two. She intends to continue her active involvement with the Cystic Fibrosis Foundation as well. Listening to her, one can hardly doubt she will do all that and probably more.

"Life begins at 40," she admonishes. "I'm a fighter, and I don't go down gracefully. I feel sorry for people who say they are bored, because [I think] there are so many neat things to do."

Then, with a laugh that dismisses the serious overtones of what she says, Prather adds, "Racquetball is great. It's a crazy game."

January '81 Racquetball 23
Penn Stats

THE SECOND ANNUAL STROH LIGHT—SEAMCO OPEN

BY TOM DOUGHERTY AND PAT GERITY

The Second Annual Stroh Light-Seamco Open held at the Forest Hills Athletic Club in Erie, Pennsylvania was a total tournament weekend for racquetball players. In conjunction with an AARA sanctioned open tournament which drew over 200 amateur players, players and spectators alike were treated to a semi-pro exhibition tournament with 16 of the top-ranked players in the East. Within this group were four defending state champions and players representing six states. And if that was not enough to satisfy any racquetballer's thirst for the game, the premier event of Saturday's activities was a three-hour clinic and exhibition by the number one touring professional in the country—Mike Yellen.

"Saturday Night Live" at Forest Hills had a unique guest host, Mr. Mike Yellen. Tournament players and spectators were treated to a display of racquetball prowess that many could only dream of having. The monologue for this "show" was a clinic by Mike Yellen explaining the basic strokes, serves, rally shots, and court positioning. This was followed by a question and answer session where the topics ranged from life on the pro tour to advanced court strategy and everything in-between. Mike Yellen then proceeded to engage and defeat a group of brave challengers. The first victim was the 1980 AARA Men's "B" National Champ, Mark Rapoport, followed by one of Forest Hills' professional staff, Mike Pancerev, and then onto Tom Dougherty, manager of Forest Hills. Next in line was Eric Foley, defending Maryland AARA State Champ and last, but not least, representing the state of Delaware, was Dave Mackelcan. This was truly a demonstration of the finer points of the game and the

(L) Rich Evans; Mike Pancerev (R)
characteristics which distinguish amateurs from professionals.

Starting Saturday morning, 16 top-ranked players began competition in a round robin, semi-pro exhibition tournament. Throughout the day the pre-tournament favorite, Steve Mondry, advanced past Mark Rapoport, Jim Jones and Clark Pittman to earn a berth in the semifinals. Joining Mondry in the semifinals was Al Plummer, with wins over Mike Mychaskiw, Tom Travers, and a hard-fought upset over Eric Foley.

Craig Guinter moved past Jim Sylvis, Jeff O'Malley, and last, but not least, after a two hour and 45 minute marathon, Leo Marsocci. Also entering the final four was John Moshides after defeating Rick Zewe, Vic Allen, and Dave MacKelcan. On Sunday morning, services began with Steve Mondry meeting Pittsburgh's Don Fletcher. The strong serves and powerful passes of Mondry proved to be too much for Fletcher to handle as Mondry moved into the finals with a 21-12, 21-12 victory. Action in the other semifinals involved Scott Johnson of Sharon, and Dave Sisemore of Pittsburgh. In a back-and-forth battle which lasted nearly three hours, Johnson outlasted Sisemore to win 21-16, 19-21, 15-9. Unfortunately Scott Johnson sustained an injury in his semifinal win which prevented him from playing the finals match against Biff Kress. In an anti-climatic finish, Biff Kress, winning by default, was crowned Men's “Open” singles champion.

**Men's Open**

The draw for the Men's Open was an impressive number of 29 men from the surrounding area. Reaching the quarterfinals on Saturday were Biff Kress, Adam Schwartz, Don Fletcher, Shelley Hoffman, Scott Johnson, Dan Obremski, Steve Kneeland, and Dave Sisemore. Emerging victorious from the quarterfinals to the semifinals were Biff Kress with a 21-13, 21-9 win over Adam Schwartz; Don Fletcher in a long, hard-fought match, 21-20, 12-21, 15-13, over Shelley Hoffman; Scott Johnson defeating Dan Obremski 9-21, 21-18, 15-11; and Dave Sisemore overcame Steve Kneeland 21-12, 21-6.

Sunday morning began with Biff Kress of Meadville, Penn., meeting Pittsburgh's Don Fletcher. The strongerves and powerful passes of Kress proved to be too much for Fletcher to handle as Kress moved into the finals with a 21-12, 21-12 victory. Action in the other semifinals involved Scott Johnson of Sharon, and Dave Sisemore of Pittsburgh. In a back-and-forth battle which lasted nearly three hours, Johnson outlasted Sisemore to win 21-16, 19-21, 15-9. Unfortunately Scott Johnson sustained an injury in his semifinal win which prevented him from playing the finals match against Biff Kress. In an anti-climatic finish, Biff Kress, winning by default, was crowned Men's “Open” singles champion.

**Women's Open**

Competition in the Women's "Open" singles began Saturday morning with Jan Peterson of Meadville eliminating Barb Smith of Erie, 21-12, 21-6. Karen Conlin of Cleveland, Ohio, moved past Trudy Schifter of Erie, 21-1, 21-6. Nancy Holowid, Meadville, defeated Mary Blanck, New Kensington, 17-21, 21-15, 15-6. Pat Martin, Cleveland, Ohio, gained a semifinal berth over Terri Johnson, Sharon, 21-11, 21-2. Saturday afternoon's semifinal action had Karen Conlin defeating Jan Peterson, the reigning Pennsylvania AARA Women's “B” champion, in a hard-fought 21-17, 20-21, 15-7 victory. In the other semifinals match, Pat Martin moved past Nancy Holowid by scores of 21-5, 21-15. This led to a finals match that pitted doubles partners against one another, Karen Conlin against Pat Martin. The outcome was a three-game match with Martin taking the Women's “Open” crown by the scores of 20-21, 21-19, 15-12.

**Men's Open Doubles**

Saturday afternoon's quarterfinals had the team of Scott Johnson and Jeff O'Malley gaining a semifinal berth with a 21-14, 21-10 victory over Wally Mason and Rich Wilson; Don Fletcher and Dave Sisemore edging by Dan Obremski and Adam Schwartz 18-21, 21-9, 15-14; Jim Jones and Rick Zewe defeating Tony Gentile and Rip Miller, 18-21, 21-17, 15-4; and Biff Kress and Steve Kneeland squeezing by Lou Fabian and Harry Miller, 21-11, 19-21, 15-13. In Sunday morning's semifinals, the teams of Johnson and O'Malley defeated Fletcher and Sisemore, 19-21, 21-19, 15-10; and Jones and Zewe defeated Kress and Kneeland 21-15, 8-21, 15-3. The final of the Men's “Open” doubles went to Jim Jones and Rick Zewe with a 21-19, 21-16...
victory over Scott Johnson and Jeff O’Malley.

**Women's Open Doubles**


**Men's Seniors**


**Men's B**

In a thrilling finish, the Men’s “B” final went the distance with Bob Embow of New York, meeting Brian Lucas of Pittsburgh. The first game went to Embow 21-18; the second, on a strong comeback went to Lucas, 21-9; but Embow prevailed in the tiebreaker 15-11, to capture the Men’s “B” laurels. Embow advanced into the finals with a 21-13, 21-10 victory over Ron St. Clair of Pittsburgh; in the other semifinals, Lucas defeated Erie’s Brian Morris, 21-9, 21-12. The quarterfinal action, which was contested Saturday morning, had St. Clair defeating Rockey Castor of Youngstown, Ohio, 21-18, 21-18; Embow defeating Charles Tarantino of Pittsburgh, 21-7, 21-12; Lucas defeating Wall­e­y Mason of Meadville 21-9, 21-15, 15-4; and Morris defeating Scott Bush of Erie, 21-14, 21-11.

In the semifinals, Terri Brinker earned a finals spot with a 21-19, 21-20, 15-2 upset victory over Mead­ville’s Eileen Carlson; Terri Brinker of Oil City, eliminating Trudy Schitter of Erie, 21-11, 21-13; Samantha Brem of Pittsburgh, defeating Youngstown, Ohio’s Jackie Hanslick, 21-14, 21-11; and Terri Johnson of Sharon, moving by Judy Weber of Pittsburgh, 21-0, 21-7.

Later that day in the semifinals, Terri Brinker earned a finals spot with a 21-19, 21-18 victory over Debbie McCollim 21-20, 15-2 upset victory over Mead­ville’s Eileen Carlson; Terri Brinker of Oil City, eliminating Trudy Schitter of Erie, 21-11, 21-13; Samantha Brem of Pittsburgh, defeating Youngstown, Ohio’s Jackie Hanslick, 21-14, 21-11; and Terri Johnson of Sharon, moving by Judy Weber of Pittsburgh, 21-0, 21-7.


**Women's B**

Saturday morning’s matches began with the quarterfinals of the Women’s “B” singles. Emerging victorious were Debbie McCollim of Erie with a 17-21, 21-20, 15-2 upset victory over Mead­ville’s Eileen Carlson; Terri Brinker of Oil City, eliminating Trudy Schitter of Erie, 21-11, 21-13; Samantha Brem of Pittsburgh, defeating Youngstown, Ohio’s Jackie Hanslick, 21-14, 21-11; and Terri Johnson of Sharon, moving by Judy Weber of Pittsburgh, 21-0, 21-7.


**Women's Novice**

Flonet Biltgen of Pittsburgh defeated Erie’s Kathy Zeisler in the semifinals 21-14, 19-21, 15-7 while Sherry Mason of Meadville ousted Margaret Tiglio of Pittsburgh 21-5, 21-2. The finals on Sun­day morning had Mason downing Biltgen 21-14, 21-11.

**Time Out**

The success of the Second Annual Stroh Light-Seamco Open would not have been possible without the help of many good friends whom we would like to take this opportunity to thank: Stroh light beer represented by Ed and Phil McCormick from Erie Beer Co.; Jim Amick from Seamco sporting goods; Professional Employment Recruiters, Inc., Super Sport and Jerry and Sue Beck who were sponsors for Mike Yellen; Bob O’Malley for his help with the tournament lodging; Margaret Beckman, Marie Bruno, Kathy Wehrle, Jack Watts, Gib Loesel, Eric Staaf, and Dick Yeager who helped make this tournament run smoothly and successfully; and Gene and Nancy Ware for all the excellent photography.

Thanks also go to Pat Gerity, director of Tournaments Unlimited, Inc. and his staff; to Barry Grossman and Jack Faticha, owners of Forest Hills; to Tom Dougherty, club manager; Mark Salvia, club pro; Diane Fratus, program director; and the entire staff of Forest Hills Athletic Club.

Finally, to all 246 entrants without whom there would have been no tournament, we say thanks.
The Junior Regionals will be "OPEN" this year and players may compete in any regional he or she desires; however no player may compete in more than one regional.

ENTRY FEE:
$15.00 (Limit one event) Make all checks payable to: AARA Junior Regionals (list the name of your regional)

ENTRY DEADLINE:
Postmarked February 27, 1981. ALL ENTRIES ARE FINAL. No applications will be accepted after this date. Mail all entries to: the address listed for each individual region.

OFFICIAL TOURNAMENT BALL:
Penn Ultra-blue.

AWARDS:
For first three places in each division and consolation. Regional winners will be seeded in the Junior Nationals — April 13-16, 1981 at Supreme Courts West, Wichita, Kansas.

RULES:
Age as of January 1, 1981. AARA official rules will apply. Only amateurs may participate. AARA rules state the definition of an amateur racquetball player as anyone who has not received money (any amount) in any pro-sanctioned tournament (NRC, PRA, IPRO, WPRA, NARP or any other association so deemed by the AARA Board of Directors), for one year. Validation of age must accompany entry.

Proof of current AARA membership required.
(Membership may be purchased at registration.)

Eye protection is necessary to play in any event.

*Eastern Regional and Northwest Regional will be held March 20-22, 1981.

DIVISIONS:

<table>
<thead>
<tr>
<th></th>
<th>BOYS</th>
<th>GIRLS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Check</td>
<td></td>
<td></td>
</tr>
<tr>
<td>one</td>
<td>10 and under</td>
<td>10 and under</td>
</tr>
<tr>
<td></td>
<td>13 and under</td>
<td>13 and under</td>
</tr>
<tr>
<td></td>
<td>15 and under</td>
<td>15 and under</td>
</tr>
<tr>
<td></td>
<td>17 and under</td>
<td>17 and under</td>
</tr>
</tbody>
</table>

PLEAS PRINT

NAME________________________AGE_____
ADDRESS____________________CITY____STATE____ZIP_____

WAIVER: I hereby, for myself, my heirs, executors, and administrators waive and release any and all rights and claims I may have against the American Amateur Racquetball Association or its representative agents for any and all injuries.

DATE__________SIGNATURE_____

SIGNATURE OF PARENT OR GUARDIAN__________
(Validation of age must accompany entry.)
The National Court Clubs Association (NCCA), the national association of racquetball clubs, is holding its annual National Convention and Trade Show this month, bringing together 400-500 club owners or their managers for four days of meetings, workshops, seminars and two days of exhibits at their annual Trade Show.

The Convention is the highlight of the year for the racquetball industry because it is the only opportunity owners get each year to meet with their counterparts from the various geographic regions in order to identify problems in the industry and take steps to solve those problems.

While many owners may find it difficult to consult with another owner who's club is a few miles away, most find little difficulty discussing the intimate details of the court club business with owners hundreds or thousands of miles away. This give and take enables club owners to find out what programs are proving successful around the nation, how they work and how they can be implemented in his, and your, club.

The Trade Show portion of the National Convention features manufacturers and distributors of equipment ranging from pro shop items like balls, racquets and gloves, to pre-opening equipment such as panel systems, computers and exercise equipment.

As important as the NCCA's annual Convention and Trade Show is, the truth remains that it is merely one segment of an overall program aimed at improving the racquetball industry and promoting racquetball with the average player in mind.

"The NCCA believes very strongly that the future of the industry is with the players who make up the heart and soul of racquetball," said Chuck Leve, executive director of the organization. "That means the average club player. Without these men and women, we'd all be out of business."

The NCCA appears to be reading the industry correctly if you judge by the progress this not-for-profit association has made in the past few years. Today over 60 companies in racquetball and related businesses have joined under the NCCA's Associate Membership program.

"We feel the support from so many manufacturers is a vote of confidence for the avenue we're pursuing," said Leve. "You can only do so much with tournaments. After that you have to go directly to the needs and goals of the average player, male and female. And let's face it — over 99 percent of all racquetball players are not tournament-type players, they're recreational players, with different needs."

The club owners also seem to agree, as the NCCA's membership for clubs has grown from 159 two years ago to over 350 currently. A significant reason for this growth comes from the NCCA's development of additional benefits for its members.

In the past 18 months the NCCA has incorporated new programs that aid both the owner and the players at NCCA clubs. A 25 percent discount from Avis Rent A Car, extended to any member of an NCCA club, became the most widely used member benefit during 1980, with over 500,000 players in North America receiving wallet-sized Avis discount cards.

The formation of the industry's first worker's compensation insurance safety group became a major benefit for owners who are now hopeful of receiving substantial rebates on their worker's compensation insurance premiums due to the formation of the safety group. This particular program was coordinated by the NCCA with the National Tennis Association (NTA), the association of tennis club owners, due to the great similarities involved in running tennis and racquetball clubs.
We've found over the past few years that the NCCA and NTA were duplicating efforts in some areas," said Leve. "So it only made sense to combine forces for the betterment of both industries."

Another program the NCCA has co-produced with the NTA is a Management Training Short Course, a full three and one-half day seminar on improving the management skills of club employees. The most recent such Short Course, held last November at Michigan State University, was universally acclaimed by those attending as one of the best educational sessions they've ever seen in the court sports industry.

When talking of the benefits of joining the NCCA, one must always come back to the flagship benefit,—reciprocity. Leve feels its the backbone of the NCCA's overall program.

"Reciprocity is a key ingredient in our overall recipe," he said. "It is the type of benefit that is good for the player and good for the owner. Not only can the player actually have playing and membership privileges at 350 clubs across North America, but the owners are helping their members by providing this service. And the owner benefits because he'll be selling court time otherwise unused."

The NCCA also has a reciprocity arrangement with United Airlines Red Carpet Club members, bringing a potential of another 185,000 people into NCCA clubs.

What does the future hold for this aggressive, young organization? One item at the top of the NCCA's agenda is work in the area of safety on the racquetball courts, particularly eye safety. The NCCA feels that much more needs to be done, particularly in education, to encourage players to wear eye protection devices.

"But just wearing eyeguards is not enough," says Leve. "We must stress court etiquette, safer playing styles, and on-the-court concentration. When played properly racquetball is not dangerous, however, if the players don't really know what they're doing on the court, there could be a problem."

In this regard Leve was recently named to an advisory committee on eye safety in racquet sports by the National Society to Prevent Blindness and recently attended the first meeting of that committee.

"I was tremendously impressed by the dedication of these people toward reducing the number of eye and facial injuries in racquetball," he said. "And many of those on the committee are the top medical experts in the area of eye safety who have spent 10-20 years in this field."

All in all, the NCCA is beginning to establish itself as a major factor in the racquetball industry. The leadership it is showing is vital to the future success of the sport and the association does not take its position lightly.

"We care very much about the success of racquetball," said Leve. "We work with club owners, managers, teaching pros, players, manufacturers and publications. We believe that we have our finger on the pulse of this sport and further, that we have an obligation to do everything we can to make racquetball the most enjoyable recreational activity there is."
THE R & B BLUES

How To Learn A Backhand Service Return

Pick a racquetball club, any ultra-modern, high-tech place you like. Then settle into a comfortable chair and take a slow look around. At first everything checks out. The courts are just-tended clean and the exercise gear is oiled and ready.

The membership is lean, well-dressed and relaxed and the atmosphere is congeniality personified. There's no doubt the club could serve as an ad for the good life. Well, the situation may not be as innocent as it seems. The chances are at least even there's an epidemic of sorts spreading through the facility.

Victims are easy to spot if you know who to look for. They're the folks who stand in dark corners muttering, or speed to the lounge after a game. Some sit silently, identified by brooding eyes and flushed cheeks. Others consider leaving never to return, while a few consider leaping into an overheated whirlpool bath.

The origin of these funks is no mystery to clever club owners, managers or house pros. They've been working together to stamp out the blight since the sport began. As of this date no vaccine has been test tube certified to cure all the patients.

Of those stricken none suffer as much as beginners. Some will carry traces for years and never fully recover. For them the illness is chronic and only a love of the game keeps them swinging. A tiny minority are immune, but most players contract a dose along the way.

If you're not familiar with the name of the court-haunting bugaboo you may be in the grips of one of the symptoms. It's called self-denial and affects most players from time to time.

Perhaps the news that all racquetballers worth their matching outfits have seen or played against a case will spur the think tank.

It's long been true sickness and other shortcomings are more noticeable in others. If you still draw white space in the I.D. department don't worry about it. For the benefit of newcomers, the truly baffled and those who won't know, here's the answer.

While it won't be found in crisp lettering in any medical or psychology books the ailment packs a properly heavy name. Thanks to its physical and mental punch local court doctors tremble at the thought of the Return Of Service Backhand Blues.

Nicknamed the R&B Blues by sufferers, the sickness comes in many forms. Some are victims of the "perpetual flailer" syndrome. Others are easy prey for the "hunchbacked poker" problem.

The inability of many players to return services hit to the backhand side has a traceable legacy. Since most American sports are forehand oriented the backhand motion is somewhat of a strange agent. After years of tossing
base, foot, basket and other balls overhand the turnaround maneuver is hard to master. There are some folks who choose to do without it altogether. This tactic worked for them on the tennis court, where they were often able to run around the backhand. The ploy didn't produce many winners but it avoided the need to work on the reverse stroke.

Net gamers who turn to racquetball learn early, often physically, that the walls of the court discourage the turnaround. Faced with the fact the backhand is a necessary evil in the short-handed world the newcomers try to adapt. Racquetball itself is easy for most to pick up. Many non-athletes find it child's play to bat the ball around with a forehand stroke. Some go as far as to feel if you can't play racquetball you probably can't eat.

The viewpoint changes when they try to play with other more court-wise folk. Minutes after warming up the secret is out. Unless the opponent is a mental detective he or she knows the other side can't hit a backhand. The info comes from the fact the other side's best backhand was a pathetic half-push. Armed with the news the opposition knows how to use it. When it comes time to serve, the ball screams low toward the left-hand rear corner of the court.

Struck numb with nervousness and confusion, the returner stands rooted in place. When movement finally begins it's too little, way too late. A point goes up on the scoreboard for the other side and it won't be the last. Again and again the server takes advantage of the insipid backhand return. Each time the result is predictable—one more point. Some returns are comical. They are half-hearted pokes that bloop in the air and land at the hitter's feet. Others float lazily upward to land losers near the service zone.

When the "game" is finally over, the R&B Blues have begun to set in. The severity of the attack depends on the surroundings. Those playing before a few onlookers suffer mildly. They can avoid witnesses afterward and try to laugh it off. Those who played before a seated crowd of observers however, are ripe for psychic scarring. Victims who have endured 21 points of self-inflicted embarrassment before their peers often display tell-tale symptoms. Some tend to feel self-conscious off court; others take a turn toward introspection.

It's at this point that one of racquetball's major miracles invariably takes place. Whether they turn to TM, Zen, the power of positive thinking or just bite their upper lip, the afflicted always return for more. The most rational cause for this masochistic behavior stems from the nature of racquetball itself. Given time and practice each of the blues-struck knows they can overcome the condition. Not everyone is so noble. There are those who continue harboring a single, sadistic hope. They look forward with bright-eyed glee to the day they dish out a whiz-bang crushing to whoever humiliated them. Regardless of the motivation they deserve all the help they can get to beat the blues. In keeping with the spirit of these doughty racquetmen and women it's fitting to offer a possible remedy. Medical research is never simple though, and there are a racquet factory's worth of clues and cues to unstring. The prescriptions offered may not be the answer for everyone, but no disease was ever wiped out in one day or article.

The first place to start is the confidence department. When the moment comes to make the backhand service return the player has to believe it's his or her baby. This can be done in several ways. One of the handiest is to enroll in the Walter Mitty School of Delusion. What you do is walk around the club and peer at other players. Pay attention to the ones who can make the backhand service return. Then check for similarities. Don't be afraid to grope for straws. Any ego boosters will do.

You're bound to be taller, quicker, stronger or better-looking than some. If you can't find any sunny spots, murmur to yourself "I can do it." This can be done in relative silence or with the vigor of a Notre Dame locker room address. If you choose the latter it's most effective just before a game, in sight of the opponent. At the bare minimum the other guy or gal will be a mite shaken at the thought of playing a ranting madman or woman. It's wisest to use this tactic when you've already mastered the physical side of the return.

This area of research deals with body mechanics. While it may seem intricate, there's really little to the backhand service return. In fact, if you can throw a frisbee you can do it. While there are many detractors of the brightly colored recreational discs they have one saving grace. Since nearly every human on earth has thrown a frisbee, everyone is familiar with the mechanics. The body
weight is on the back foot and the throwing arm is held back next to the opposite ear. When you throw the thing you step forward, bring the arm out and down and snap the wrist. Add a little follow-through and it takes off.

It may not seem possible, but that’s all there is to the backhand return, with just a few differences. For starters, one throws a frisbee when they are ready, not before. In racquetball the backhand return comes at you ready or not. The first thing to do then is learn how to be ready. This is done by assuming the ‘ready position.’ For those who barely remember, hazily recall or never learned, check photo one. The player is in a slight crouch, with the arms gently raised at the sides. From this position, located an arm’s length from the middle of the rear wall he’s ready for action. If the serve comes to the left or right he can move either way easily (some serves do come to the forehand side). The next thing to check is the grip. Different grips are used for the forehand and backhand strokes. Players using the wrong one, or forgetting to switch for backhand returns, are doomed. With the proper grip the ball will go straight forward after contact with the racquet, assuming all else is well. Use the wrong grip, especially on the backhand, and most returns will hit the floor. To find the right grip, take hold of the racquet handle and shake hands. Take a peek at the "V" formed by the thumb and index finger. It should be in the middle of the haft facing you. On fleshy players the "V" may resemble a "U". It’s nothing to concern yourself with as long as it’s still in the middle. To get the backhand grip, turn the racquet away from your body. When the "V" has shifted to the left side of the haft you’re in business. (Check photos two and three for detail. Lefties read right for left.)

Once you’re ready to go and have practiced the grip switch, prepare for the worst. To do this, assume the serve will come to the left side (southpaws switch again). This heady move cuts down on time you’d use thinking about the grip switch. It also gives you extra milliseconds to start moving. Always remember the sooner you’re in position to make the return, the more time you have to adjust.

The path to the area where the service is traveling is easy to get to. What you do is move the torso, legs, arms, and head quickly to the left. To avoid tripping over yourself and incurring laughter check pics four through six. In the sequence the player has left the ready position and starts to slide over and back. The transfer to a sideways stance has begun and the racquet-arm is moving into frisbee position. By photo six the player is comfortably stationed in the "attack" position awaiting the ball. Notice the body weight is largely on the back foot and the eyes are looking for the ball. The wrist is cocked to insure later power and the non-hitting arm is out of the way. When the ball comes closer the player steps sideways to it and brings the arm down and out. The wrist is ready to release on contact, adding extra power. The body weight has also shifted to the front foot adding additional momentum when the arm follows through away from the body the shot should go forward. See photos seven and eight.

Beginners would be wise to take the medicine in small doses at first. Be content to overcome the illness slowly by hitting hard passes off lowburners. Powerful returns down the line or cross court may not win many rallies at first.

Lacking control, the server will put many away for winners. What the passes will do, however, is earn your backhand return some respect. With time you’ll become more accurate. There will even be moments in the first stages when you kill a serve or two. When this blessed act happens make the most of it and act nonchalant. There’s a chance the opponent won’t know you were lucky and play scared from then on.

Anytime the service comes in high or slower try something different. Straighten up a tad and with the same motion hit under the ball. If you keep the arm flowing up and out, and don’t snap the wrist, a ceiling ball will result. See photo nine. This shot will hit the roof near the front wall, land by the service zone, and float overhead to the back wall. Veterans use the shot defensively and the blues-bit can produce winners against other novices. Players who have never seen the shot often scramble wildly backward. The most unprepared often spin like human tops. Against these players the returner should always be able to take over center court position.

It’s necessary for patients to know when to hit what. With experience even the sickest of the sick will be able to hit ceiling balls off low, meteor services. Until you reach that point it’s important to play within yourself. This means practice the returns again and again. It shouldn’t be difficult to find a player willing to trash you consistently at first.

Who knows, by the end of a game sometime in the near future, you may have riveted a slew of hot passes and ceiling balls with the backhand service return. You’ll then find yourself looking for other areas of your game to improve. That’s when you’ll know the medicine’s took and you’ve shook the R&B Blues.
TRouble SHOOTING

How To Avoid The Danger Zones

By Mike Yellen

Mike Yellen, 20, of Southfield, Michigan, is the number one pro on the racquetball tour, and a two-time national finalist. He is also a member of the Ektelon Professional Advisory Staff.

Just as on any battlefield, there are parts of a racquetball court that mean nothing but trouble. These areas seldom stay the same from rally to rally because their location is dependent on the shifting positions of you, your opponent and the ball. But, one thing always stays the same: you want to avoid them.

Because trouble spots are always changing, it is difficult to generalize about them. However, we can look at a couple of common specific situations which may yield some generalities.

A good place to start is where everything starts: with the serve. Once again, no man's land's location depends on where the ball goes.

There are only two acceptable places to serve the ball: in either rear corner. Any serve down the middle will be a virtual setup for any opponent who is half awake.

Assuming for the sake of simplicity that both you and your opponent are right-handed, you will want to hit most of your serves into the left rear corner; that is, to your opponent's backhand. In this situation, no man's land becomes a semicircular area whose axis extends out six or seven feet from the left sideline.

If you move into this area following the serve, you will be cutting off your opponent's angle for a down-the-line pass. Nothing wrong with that except that you also will be leaving wide open the much less difficult crosscourt pass.

Should you move over to within six or seven feet from the right sideline, you will be in a position to take a crosscourt pass off the front wall as well as pinches or roll-corner kills which don't stay down. Unfortunately, you will then be giving your opponent too much room to negotiate that more difficult down-the-line pass, so a semicircle here similar to the other becomes a secondary no man's land.

It is better to assume a position somewhere in-between these two semicircles, preferably a step or two behind the short line and in the path that the ball would have to travel for your opponent's crosscourt pass, that is, slightly to the left of center court.

Give your opponent that down-the-line shot. It is difficult to execute and you will be close enough to cover it. But not too far from the right side of the court, should he be able to get off a crosscourt pass. Forget about trying to cover the pinch or kill on the left side. Many experienced players will remain in the server's box to cover these shots (or, perhaps, because they can't get out of the box fast enough, particularly on a hard drive serve).

If the ball is hit the way it should be, there is nothing you can do about it. If not, it probably will rebound into the center of the court close enough for you to dig it out. Likewise, don't worry about hanging back to cover the ceiling return. You will have plenty of time to get back there if need be.

If you serve to your opponent's forehand, all of the above applies on the opposite side of the court and, instead of slightly left of center, your ideal position after the serve becomes slightly to the right of center. Many people prefer to serve from a point close to this position so as to jump in it quickly after the serve.

If you do that, though, your opponent will eventually be able to "read" which side you are going to serve to.

You must learn to serve from all over the server's box and to move quickly to your after-service position. You are most likely to get pinned in trouble spots on the Z-serve, which many people tend to serve from a spot closer to the wall. You'll just have to hustle to get where you want to be.

If you are receiving the serve, the discussion becomes much simpler. The only place to await service is in the middle of the court about an arm's length from the back wall. If you lean to one side, your opponent will simply serve the ball to the other, a difficult shot to retrieve.

During the rally, trouble spots once again become a function of the relative positions of the players and the ball. The same rule about hitting the ball down the middle applies here: don't do it. Likewise, there is an area which extends from about five feet behind the short line forward and from sideline to sideline in which you don't want your opponent shooting. If he and the ball are there at the same time, recognize again that you will have to pay for it.

There is almost no good place for you to go in that situation since, wherever you stand, he will hit the ball somewhere else. However, there are some places which are worse than others. The rear corners, for instance, are very definitely off limits if your opponent is in front of you. Try to stay "inside" your opponent's swing; that is, between him and the middle axis of the court whether you are in front of or behind him. For his backhand, you will be standing to his right and, for his forehand, you will be standing to his left.

As I mentioned before, it's hard to generalize about the trouble spot for every situation. There are some similarities, though, which we can summarize as follows:

- The concept is most useful during passing situations for your opponent.
- If you play to cover his passes and stay out of no man's land, you also will be able to pick up on his not-quite-perfect pinches and kills. His good shots are a lost cause.
- Always give your opponent the more difficult down-the-line passes as opposed to the crosscourt angles.
- Stay away from the walls while awaiting your opponent's shots. In most situations these are the trouble spots you want to avoid.
<table>
<thead>
<tr>
<th>AAR '81-'82 RANKINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MEN'S</strong></td>
</tr>
<tr>
<td>1. Fournier, Bob</td>
</tr>
<tr>
<td>2. Ferguson, Bob</td>
</tr>
<tr>
<td>3. Woods, Bill</td>
</tr>
<tr>
<td>4. Woods, Bill</td>
</tr>
<tr>
<td>5. Williams, Bill</td>
</tr>
<tr>
<td>6. Terry, Bill</td>
</tr>
<tr>
<td>7. Jones, Bill</td>
</tr>
<tr>
<td>8. Brown, Bill</td>
</tr>
<tr>
<td>9. Johnson, Bill</td>
</tr>
<tr>
<td>10. Brown, Bill</td>
</tr>
<tr>
<td><strong>WOMEN'S</strong></td>
</tr>
<tr>
<td>1. Cox, Terry</td>
</tr>
<tr>
<td>2. Cox, Terry</td>
</tr>
<tr>
<td>3. Cox, Terry</td>
</tr>
<tr>
<td>4. Cox, Terry</td>
</tr>
<tr>
<td>5. Cox, Terry</td>
</tr>
<tr>
<td>6. Cox, Terry</td>
</tr>
<tr>
<td>7. Cox, Terry</td>
</tr>
<tr>
<td>8. Cox, Terry</td>
</tr>
<tr>
<td>9. Cox, Terry</td>
</tr>
<tr>
<td>10. Cox, Terry</td>
</tr>
</tbody>
</table>

**RANKINGS**

**MEN'S**

1. Fournier, Bob       FL 10.0
2. Ferguson, Bob       FL 9.0
3. Woods, Bill         FL 8.0
4. Woods, Bill         FL 8.0
5. Williams, Bill      FL 7.0
6. Terry, Bill         FL 7.0
7. Jones, Bill         FL 7.0
8. Brown, Bill         FL 7.0
9. Johnson, Bill       FL 7.0
10. Brown, Bill        FL 7.0

**WOMEN'S**

1. Cox, Terry          NY 100
2. Cox, Terry          NY 100
3. Cox, Terry          NY 100
4. Cox, Terry          NY 100
5. Cox, Terry          NY 100
6. Cox, Terry          NY 100
7. Cox, Terry          NY 100
8. Cox, Terry          NY 100
9. Cox, Terry          NY 100
10. Cox, Terry         NY 100
## GRAND MASTER NATIONAL CHAMPIONS

This system was devised to honor our National Champions. Based on tournaments since 1988, the following players have achieved Grand Master National Champion status and have been awarded the Gold Points accompanying their listings. Gold Points are permanent awards and can be accumulated over a lifetime of play.

### MEN

<table>
<thead>
<tr>
<th>Total Points</th>
<th>Player</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Bud Muehleisen</td>
<td>8500</td>
</tr>
<tr>
<td>2</td>
<td>Ike Gumer</td>
<td>5250</td>
</tr>
<tr>
<td>3</td>
<td>Jim Austin</td>
<td>4500</td>
</tr>
<tr>
<td>4</td>
<td>Charles Brumfield</td>
<td>3500</td>
</tr>
<tr>
<td>5</td>
<td>Myron Roderick</td>
<td>3500</td>
</tr>
<tr>
<td>6</td>
<td>Gene Grapes</td>
<td>3250</td>
</tr>
<tr>
<td>7</td>
<td>Marlowe Phillips</td>
<td>3250</td>
</tr>
<tr>
<td>8</td>
<td>Pete Talbot</td>
<td>3020</td>
</tr>
<tr>
<td>9</td>
<td>John Dunlap</td>
<td>3000</td>
</tr>
<tr>
<td>10</td>
<td>Keith Dunlap</td>
<td>3000</td>
</tr>
<tr>
<td>11</td>
<td>John Egerman</td>
<td>3000</td>
</tr>
<tr>
<td>12</td>
<td>David Gross</td>
<td>3000</td>
</tr>
<tr>
<td>13</td>
<td>Bill Schmidtk</td>
<td>3000</td>
</tr>
<tr>
<td>14</td>
<td>Bill Sallars</td>
<td>3000</td>
</tr>
<tr>
<td>15</td>
<td>Floyd Svenson</td>
<td>3000</td>
</tr>
<tr>
<td>16</td>
<td>Fred Vetter</td>
<td>3000</td>
</tr>
<tr>
<td>17</td>
<td>Irving Zeitman</td>
<td>3000</td>
</tr>
<tr>
<td>18</td>
<td>Charlie Garfinkel</td>
<td>2750</td>
</tr>
<tr>
<td>19</td>
<td>Jeff Kwarter</td>
<td>2750</td>
</tr>
<tr>
<td>20</td>
<td>Bob McNamara</td>
<td>2750</td>
</tr>
<tr>
<td>21</td>
<td>Al Schattner</td>
<td>2750</td>
</tr>
<tr>
<td>22</td>
<td>Randy Stafford</td>
<td>2750</td>
</tr>
<tr>
<td>23</td>
<td>Mike Luciw</td>
<td>2600</td>
</tr>
<tr>
<td>24</td>
<td>Chris Wickham</td>
<td>2530</td>
</tr>
<tr>
<td>25</td>
<td>Bob Adams</td>
<td>2500</td>
</tr>
<tr>
<td>26</td>
<td>Ed Andrews</td>
<td>2500</td>
</tr>
<tr>
<td>27</td>
<td>Wayne Bowls</td>
<td>2500</td>
</tr>
<tr>
<td>28</td>
<td>Doug Cohen</td>
<td>2500</td>
</tr>
<tr>
<td>29</td>
<td>Giles Coors</td>
<td>2500</td>
</tr>
<tr>
<td>30</td>
<td>John Fazio</td>
<td>2500</td>
</tr>
<tr>
<td>31</td>
<td>Craig Finger</td>
<td>2500</td>
</tr>
<tr>
<td>32</td>
<td>Kal Gladstone</td>
<td>2500</td>
</tr>
<tr>
<td>33</td>
<td>Sergio Gonzalez</td>
<td>2500</td>
</tr>
<tr>
<td>34</td>
<td>Mike Gora</td>
<td>2500</td>
</tr>
<tr>
<td>35</td>
<td>Don Green</td>
<td>2500</td>
</tr>
<tr>
<td>36</td>
<td>John Halverson</td>
<td>2500</td>
</tr>
<tr>
<td>37</td>
<td>Scott Hawkins</td>
<td>2500</td>
</tr>
<tr>
<td>38</td>
<td>Mark Hegg</td>
<td>2500</td>
</tr>
<tr>
<td>39</td>
<td>Jerry Hilecher</td>
<td>2500</td>
</tr>
<tr>
<td>40</td>
<td>Marty Hogan</td>
<td>2500</td>
</tr>
<tr>
<td>41</td>
<td>Bob Kraut</td>
<td>2500</td>
</tr>
<tr>
<td>42</td>
<td>Chuck Lake</td>
<td>2500</td>
</tr>
<tr>
<td>43</td>
<td>Jeff Larsen</td>
<td>2500</td>
</tr>
<tr>
<td>44</td>
<td>Mike Levine</td>
<td>2500</td>
</tr>
<tr>
<td>45</td>
<td>Carl Loveday</td>
<td>2500</td>
</tr>
<tr>
<td>46</td>
<td>Ed Lowrance</td>
<td>2500</td>
</tr>
<tr>
<td>47</td>
<td>John Lynch</td>
<td>2500</td>
</tr>
<tr>
<td>48</td>
<td>Mark Malowitz</td>
<td>2500</td>
</tr>
<tr>
<td>49</td>
<td>Luis Miranda</td>
<td>2500</td>
</tr>
<tr>
<td>50</td>
<td>Cal Murphy</td>
<td>2500</td>
</tr>
<tr>
<td>51</td>
<td>Lindsey Myers</td>
<td>2500</td>
</tr>
<tr>
<td>52</td>
<td>Gerry Price</td>
<td>2500</td>
</tr>
<tr>
<td>53</td>
<td>Matt Rudich</td>
<td>2500</td>
</tr>
<tr>
<td>54</td>
<td>David Simonette</td>
<td>2500</td>
</tr>
<tr>
<td>55</td>
<td>Steve Smith</td>
<td>2500</td>
</tr>
<tr>
<td>56</td>
<td>Glen Turpin</td>
<td>2500</td>
</tr>
<tr>
<td>57</td>
<td>Richard Walker</td>
<td>2500</td>
</tr>
<tr>
<td>58</td>
<td>Jim White</td>
<td>2500</td>
</tr>
<tr>
<td>59</td>
<td>Joe Wirkus</td>
<td>2500</td>
</tr>
<tr>
<td>60</td>
<td>Mike Zeitman</td>
<td>2500</td>
</tr>
<tr>
<td>61</td>
<td>Joe Zelson</td>
<td>2500</td>
</tr>
<tr>
<td>62</td>
<td>Jerry Zuckerman</td>
<td>2500</td>
</tr>
<tr>
<td>63</td>
<td>Robert Adams</td>
<td>2250</td>
</tr>
<tr>
<td>64</td>
<td>Stan Berney</td>
<td>2250</td>
</tr>
<tr>
<td>65</td>
<td>Jerry Bilsky</td>
<td>2250</td>
</tr>
<tr>
<td>66</td>
<td>Jeff Bowman</td>
<td>2250</td>
</tr>
<tr>
<td>67</td>
<td>Dave Charlson</td>
<td>2250</td>
</tr>
<tr>
<td>68</td>
<td>Dan Cohen</td>
<td>2250</td>
</tr>
<tr>
<td>69</td>
<td>Ray Crowley</td>
<td>2250</td>
</tr>
<tr>
<td>70</td>
<td>Jim Cullen</td>
<td>2250</td>
</tr>
<tr>
<td>71</td>
<td>Vince Cutshall</td>
<td>2250</td>
</tr>
<tr>
<td>72</td>
<td>James DeVito</td>
<td>2250</td>
</tr>
<tr>
<td>73</td>
<td>Mark Domangue</td>
<td>2250</td>
</tr>
<tr>
<td>74</td>
<td>Don Erickson</td>
<td>2250</td>
</tr>
<tr>
<td>75</td>
<td>Carey Finn</td>
<td>2250</td>
</tr>
<tr>
<td>76</td>
<td>David Fleetwood</td>
<td>2250</td>
</tr>
<tr>
<td>77</td>
<td>Gene Gibbs</td>
<td>2250</td>
</tr>
<tr>
<td>78</td>
<td>Chuck Hanna</td>
<td>2250</td>
</tr>
<tr>
<td>79</td>
<td>Milt Harris</td>
<td>2250</td>
</tr>
<tr>
<td>80</td>
<td>Eric Hinds</td>
<td>2250</td>
</tr>
<tr>
<td>81</td>
<td>Allan Hyman</td>
<td>2250</td>
</tr>
<tr>
<td>82</td>
<td>Jeff Larson</td>
<td>2250</td>
</tr>
<tr>
<td>83</td>
<td>Dennis Maher</td>
<td>2250</td>
</tr>
<tr>
<td>84</td>
<td>Hank Marcus</td>
<td>2250</td>
</tr>
<tr>
<td>85</td>
<td>Craig McCoy</td>
<td>2250</td>
</tr>
<tr>
<td>86</td>
<td>Dean Nichopolous</td>
<td>2250</td>
</tr>
<tr>
<td>87</td>
<td>John Parks</td>
<td>2250</td>
</tr>
<tr>
<td>88</td>
<td>Dave Peck</td>
<td>2250</td>
</tr>
<tr>
<td>89</td>
<td>Ken Porco</td>
<td>2250</td>
</tr>
<tr>
<td>90</td>
<td>Stan Rizzo</td>
<td>2250</td>
</tr>
<tr>
<td>91</td>
<td>Mike Romano</td>
<td>2250</td>
</tr>
<tr>
<td>92</td>
<td>George Rudysz</td>
<td>2250</td>
</tr>
<tr>
<td>93</td>
<td>Steve Serot</td>
<td>2250</td>
</tr>
<tr>
<td>94</td>
<td>Steve Strandemo</td>
<td>2250</td>
</tr>
<tr>
<td>95</td>
<td>Pete Tashe</td>
<td>2250</td>
</tr>
<tr>
<td>96</td>
<td>Jim Thon</td>
<td>2250</td>
</tr>
<tr>
<td>97</td>
<td>Bill Thurman</td>
<td>2250</td>
</tr>
<tr>
<td>98</td>
<td>Steve Trent</td>
<td>2250</td>
</tr>
<tr>
<td>99</td>
<td>Don Wallace</td>
<td>2250</td>
</tr>
<tr>
<td>100</td>
<td>Stan Wright</td>
<td>2250</td>
</tr>
<tr>
<td>101</td>
<td>Mike Yellin</td>
<td>2250</td>
</tr>
</tbody>
</table>

### WOMEN

<table>
<thead>
<tr>
<th>Total Points</th>
<th>Player</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Peggy Steding</td>
<td>4000</td>
</tr>
<tr>
<td>2</td>
<td>Jan Pasternak</td>
<td>3250</td>
</tr>
<tr>
<td>3</td>
<td>Barbara Faulkenberry</td>
<td>3000</td>
</tr>
<tr>
<td>4</td>
<td>Carol Frenck</td>
<td>3000</td>
</tr>
<tr>
<td>5</td>
<td>Linda Hogan</td>
<td>3000</td>
</tr>
<tr>
<td>6</td>
<td>Linda Siau</td>
<td>3000</td>
</tr>
<tr>
<td>7</td>
<td>Janet Marshall</td>
<td>2750</td>
</tr>
<tr>
<td>8</td>
<td>Donna Allan</td>
<td>2500</td>
</tr>
<tr>
<td>9</td>
<td>Liz Alvarado</td>
<td>2500</td>
</tr>
<tr>
<td>10</td>
<td>Sheryl Ambrer</td>
<td>2500</td>
</tr>
<tr>
<td>11</td>
<td>Martha Byrd</td>
<td>2500</td>
</tr>
<tr>
<td>12</td>
<td>Fran Cohen</td>
<td>2500</td>
</tr>
<tr>
<td>13</td>
<td>Delaninie Comer</td>
<td>2500</td>
</tr>
<tr>
<td>14</td>
<td>Stacy Fletcher</td>
<td>2500</td>
</tr>
<tr>
<td>15</td>
<td>Carolyn Ghealdini</td>
<td>2500</td>
</tr>
<tr>
<td>16</td>
<td>Sue Graham</td>
<td>2500</td>
</tr>
<tr>
<td>17</td>
<td>Sarah Green</td>
<td>2500</td>
</tr>
<tr>
<td>18</td>
<td>Ann Gorski</td>
<td>2500</td>
</tr>
<tr>
<td>19</td>
<td>Tammy Horrocks</td>
<td>2500</td>
</tr>
<tr>
<td>20</td>
<td>Carmenza Jond</td>
<td>2500</td>
</tr>
<tr>
<td>21</td>
<td>Noelle Kudinger</td>
<td>2500</td>
</tr>
<tr>
<td>22</td>
<td>Barbara Leavitt</td>
<td>2500</td>
</tr>
<tr>
<td>23</td>
<td>Leslie Lindskog</td>
<td>2500</td>
</tr>
<tr>
<td>24</td>
<td>Sandy McPherson</td>
<td>2500</td>
</tr>
<tr>
<td>25</td>
<td>Mona Mook</td>
<td>2500</td>
</tr>
<tr>
<td>26</td>
<td>Karin Walton (Trent)</td>
<td>2500</td>
</tr>
<tr>
<td>27</td>
<td>Hope Weisbach</td>
<td>2500</td>
</tr>
<tr>
<td>28</td>
<td>Lynn Wojek</td>
<td>2500</td>
</tr>
<tr>
<td>29</td>
<td>Karen Borga</td>
<td>2500</td>
</tr>
<tr>
<td>30</td>
<td>Sue Carow</td>
<td>2500</td>
</tr>
<tr>
<td>31</td>
<td>Mary Ann Cluess</td>
<td>2250</td>
</tr>
<tr>
<td>32</td>
<td>Kristen Conrad</td>
<td>2250</td>
</tr>
</tbody>
</table>

January '81 Racquetball 35
### AARA AFFILIATE COURT CLUBS

If you're traveling farther than 75 miles from your home court, the following affiliate court clubs will honor your AARA (IRA) card. Please call ahead for house rules and guest fees.

**Listing Key:** 
- **wlr:** women’s locker room
- **mlr:** men’s locker room
- **ws:** women’s sauna
- **ms:** men’s sauna
- **ww:** women’s whirlpool
- **mw:** men’s whirlpool
- **wsr:** women’s steam room
- **msr:** men’s steam room
- **tc:** tennis court
- **sp:** swimming pool
- **r:** restaurant
- **b:** bar
- **sb:** snack bar
- **ps:** pro shop
- **er:** exercise room
- **n:** nursery

#### ALASKA
- Anchorage Racquet Club
- 700 South Bragam
- Anchorage, AK
- wlr, mlr, ws, ms, ww, mw, sp, r, b, ps, er, n

#### ARIZONA
- Metro Athletic Club
- 4843 N, 8th Place Phoenix, AZ 85014
- Call Darlene 602-264-1735
- wlr, mlr, ws, ms, ww, mw, sp, r, b, ps, er, n

#### CALIFORNIA
- Fairfield Court Club
- 1471 Holiday Lane
- Fairfield, CA
- wlr, mlr, ws, ms, ww, mw, sp, r, b, ps, er, n
- Valley Court Club
- 11405 Chandler
- N. Hollywood, CA 91601
- wlr, mlr, ws, ms, ww, mw, sp, r, b, ps, er, n
- Marin Racquetball Club
- 4364 Bel Marin Keys Blvd.
- Novato, CA 94947
- wlr, mlr, ws, ms, ww, mw, sp, r, b, ps, er, n
- Sun Oak Racquet Club
- 3452 Argyle Road
- Redding, CA 96002
- wlr, mlr, ws, ms, ww, mw, sp, r, b, ps, er, n
- Sacramento Court Club
- 947 Enterprise Dr.
- Sacramento, CA 95825
- wlr, mlr, ws, ms, ww, mw, sp, r, b, ps, er, n
- Sacramento Handball/Racquetball Club
- 14th & H Streets
- Sacramento, CA
- wlr, mlr, ws, ms, ww, mw, sp, r, b, ps, er, n
- Racquetball Sportsworld
- 20 E. San Joaquin St.
- Salinas, CA 93901
- 408-757-8331
- wlr, mlr, ws, ms, ww, mw, sp, r, b, ps, er, n

#### CONNECTICUT
- Norwich Racquet Club
- 406-757-8331
- wlr, mlr, ws, ms, ww, mw, sp, r, b, ps, er, n
- Center Court Health and Racquetball Club
- 33 Drive 83
- Vernon, CT 06066
- 803-757-8331
- wlr, mlr, ws, ms, ww, mw, sp, r, b, ps, er, n

#### FLORIDA
- Sportsrooms of Coral Gables
- 1500 Douglas Road
- Coral Gables, FL 33143
- 305-443-4228
- wlr, mlr, ws, ms, ww, mw, war, mrr, sb, pa, er, n
- Sportsrooms of Hialeah
- 1900 West 44th Place
- Hialeah, FL
- 305-557-6114
- wlr, mlr, ws, ms, ww, mw, war, mrr, sb, pa, er, n
- Jacksonville Racquetball Club
- 6651 Crestline Dr.
- Jacksonville, FL 32211
- 904-724-6994
- wlr, mlr, ws, ms, ww, mw, sb, pa, er, n
- Kendall Racquetball
- 10631 SW 88th Street
- Miami, FL 33176
- 305-596-0600
- wlr, mlr, ws, ms, ww, mw, war, mrr, sb, pa, er, n
- Sportsrooms of Sabal Chase
- 10060 SW 113 Pl.
- Miami, FL 33176
- 305-596-2677
- wlr, mlr, ws, ms, ww, mw, war, mrr, sb, pa, er, n
- Sportsrooms of Plantation
- 8489 NW 17th Ct.
- Plantation, FL 33322
- 305-427-2608
- wlr, mlr, ws, ms, ww, mw, war, mrr, sb, pa, er, n
- The Court House
- 219 St. Nicholas Avenue
- South Plainfield, NJ 07080
- 201-753-2200
- wlr, mlr, ws, ms, ww, mw, war, mrr, sb, pa, er, n

#### HAWAII
- The Courthouse Racquetball
- 45-608 Kam Highway
- Kaneohe, HI 96744
- wlr, mlr, ws, ms, ww, mw, sp, r, b, ps, er, n

#### ILLINOIS
- Court of O’neal
- Old Rt. 13 East
- Carbondale, IL 62901
- wlr, mlr, ws, ms, tc, r, b, sp, r, ps, er, n

#### MASSACHUSETTS
- Boston Tennis Club
- 653 Summer Street
- Boston, MA 02210
- 617-289-4300
- wlr, mlr, ws, ms, ww, mw, tc, r, b, ps, er, n
- Mid-Cape Racquet Club
- 193 White’s Path
- South Yarmouth, MA 02664
- 617-384-5511
- wlr, mlr, ws, ms, tc, r, b, sp, r, ps, er, n
- The King’s Court
- Racquetball Club
- 4101 Avenue V
- Brooklyn, NY 11234
- 212-398-9300
- wlr, mlr, ws, ms, tc, r, b, ps, er, n
- The Pelham Racquetball and Health Club
- 6 Pelham Parkway
- Pelham Manor, NY 10803
- wlr, mlr, ws, ms, ww, mw, war, mrr, sb, pa, er, n

#### MINNESOTA
- Exercise Dynamics
- Old Highway 71 North
- Bemidji, MN 56601
- 218-751-8351
- wlr, mlr, ws, ms, ww, mw, sp, r, ps, er, n

#### NEW JERSEY
- The Racquet Ball Club
- 19 East Frederick Place
- Cedar Knolls, NJ 07927
- wlr, mlr, ws, ms, tc, r, b, ps, er, n
- Racquetline Court Club
- 1710 River Road
- Fair Lawn, NJ 07410
- wlr, mlr, ws, ms, war
- King George Racquetball Club
- 17 King George Rd. (US 22 West)
- Greenbrook, NJ 07840
- 201-356-6900
- wlr, mlr, ws, ms, ww, war, mrr, sb, pa, er, n
- Ricochet Racquet Club
- 219 St. Nicholas Avenue
- South Plainfield, NJ 07080
- 201-753-2200
- wlr, mlr, ws, ms, ww, mw, war, mrr, sb, pa, er, n
- The Court House
- 20 Millburn Avenue
- Springfield, NJ 07081
- 201-376-3100
- wlr, mlr, ws, ms, pa, er, n
- What’s Your Racquet
- 1904 Atlantic Ave.
- P.O. Box 1402
- Wall, NJ 07719
- wlr, mlr, ws, ms, ww, mw, war, mrr, tc, r, sp, b, sb, pa, er, n

#### NEW YORK
- 21st Point Club
- McKown Road of Western Avenue
- Albany, NY 12203
- wlr, mlr, ws, ms, tc, r, b, ps, pa, er, n
- The Pelham Racquetball and Health Club
- 6 Pelham Parkway
- Pelham Manor, NY 10803
- wlr, mlr, ws, ms, ww, mw, war, mrr, sb, pa, er, n

For more information on how to list a court club on this page, call Cheryl at 901-345-8000.
REGION # 1
Regional Commissioner
Paul Heinrich
c/o The In Court Club
P.O. Box 374
Santa Cruz, CA
95060
965-725-4990

REGION # 2
Regional Commissioner
Al Saldin
274 Sunset Ave
West Hampton Beach, NY 11793
516-285-1448

REGION # 3
Regional Commissioner
Bennie Howard
R.D. Box 362A
Readville, PA 17084
Pennsylvania
Bernard Howard
R.D. Box 362A
Readville, PA 17084
717-667-2206

REGION # 4
Regional Commissioner
Tony Gandola
701 East Trade St.
S.C.
Charleston, SC 29402
704-376-0000

REGION # 5
Regional Commissioner
Mississippi
Amy Fosters
2400 East Ave
Gulfport, MS 39501
601-466-5551

REGION # 6
Regional Commissioner
Arkansas
Arkansas Racquetball Assoc.
2601 Ray Bates Rd.
Pine Bluff, Ark.
71603

REGION # 7
Regional Commissioner
Jim Austin
12800 S. Solar Forest Drive
Houston, TX 77077
713-697-3447

REGION # 8
Regional Commissioner
Iowa
Reinard Nielsen
Hawkbill Company
402 East 5th St.
Vinton, IA 52349
319-472-3673 (home)
319-472-2133 (office)

REGION # 9
Regional Commissioner
Michigan
Michigan Racquetball Assoc.
2808 S. Charleston
Lansing, MI 48910

REGION # 10
Regional Commissioner
Billy Mitchell
5724 W. Divinity St.
Chicago, IL 60637
312-745-9900

REGION # 11
Regional Commissioner
Nebraska
Tom Elghm
Racquetball of Omaha
343 S. 67th St.
Omaha, NE 68117
402-393-3111

REGION # 12
Regional Commissioner
New Mexico
Dallas M. Young
1025 4th Ave W.
Lubbock, TX 79401
915-747-7957

REGION # 13
Regional Commissioner
Regional Director
George Dryer
2050 Alfa Luma Rd.
Colorado Springs, CO 80918
303-589-0963

REGION # 14
Regional Commissioner
Mike Hunter
Huntington Beach, CA 92647
714-576-1331

REGION # 15
Regional Commissioner
Regional Director
Bill McManus
Illinois
750 E. Pershu Rd.
Joliet, IL 60430
708-922-2122

REGION # 16
Regional Commissioner
Regional Director
Russ Mann
Skateboard America
714-747-7957

REGION # 17
Regional Commissioner
Regional Director
George Dryer
2050 Alfa Luma Rd.
Colorado Springs, CO 80918
303-589-0963

REGION # 18
Regional Commissioner
Regional Director
Bill McManus
Illinois
750 E. Pershu Rd.
Joliet, IL 60430
708-922-2122
RACQUETBALL welcomes all tournaments to report their results. Please list all rounds of each event. Scorecard will report as many rounds of each tournament as space allows.

Tennessee Turkey Shoot
Supreme Courts
Nashville, Tennessee
November 21-23

Men's A:
1st: John Dunlap; 2nd: Bryce Anderson.
Men's B:
1st: Mike Tuminello; 2nd: Dan Phillips.
Men's C:
1st: Rick Hudson; 2nd: Mike Dixon.
Men's Novice:
1st: Jeff Jenkins; 2nd: Larry Pitts.
Men's Seniors:
1st: Luke St. Onge; 2nd: Ron Stevens.
Men's Masters:
1st: Bill Roy; 2nd: William Tanner.

Women's A:
1st: Sharon Fanning; 2nd: Marie Copley.
Women's B:
1st: Suzanne Briggs; 2nd: Marcy Anderson.

Pennsylvania State Police Anniversary
Alpha Club
September 12-13
Shiramstown, Pennsylvania

Men's Open:
Men's Open Doubles:
Women's Open:
1st: Trudy Schell; 2nd: Carol Webb.

American Cancer Society Benefit
Off-Keys Racquetball Club
October 17-19
Doyles-town, Pennsylvania

Men's Open:
1st: Jim Ciasco; 2nd: Scott Ryan; 3rd: Bruce Becker; 4th: Jim Young.
Men's B:
1st: Bilian Hill; 2nd: Gannotti; 3rd: Bill Montanari; 4th: Jeff Miller.
Men's C:
1st: Gene Dougherty; 2nd: Jim Curtis; 3rd: Bill Macready; 4th: Mike Hartwick.
Men's Novice:
1st: Steve Aiken; 2nd: Randy Berlew; 3rd: Ralph Rambo; 4th: John Blumenstein.
Men's Open Doubles:
Men's Seniors (55 plus):
1st: Ray Jean; 2nd: Darro Mas; 3rd: Frank Town; 4th: Mike Kichan.
Women's Open:
Women's B:
1st: Nancy Katz; 2nd: Betsy Hepfinger; 3rd: Joan Alcibien; 4th: Cathy Ciasco.
Women's C:
1st: Jane Rickets; 2nd: Carol Hupsaon; 3rd: Mary Weis; 4th: Pat Varnum.
Women's Novice:
1st: Pat Soprano; 2nd: Sue Farrell; 3rd: Treasa Held; 4th: Pat Kitchen.

Fog City Classic
Cal-Courts
October 30-November 2
Eureka, California

Open Mixed Doubles:
1st: M. Mook - E. Martin.
Open Men's Doubles:
1st: Price-Sullivan; 2nd: Contreras-Haworth.
Women's B:
Men's B:
1st: Steve Royce; 2nd: Tim Nowell.
Women's Open:
1st: Jan Mathews; 2nd: Donna Myer.
Men's Open:
1st: Gerry Price; 2nd: Joe Sullivan.
March of Dimes Benefit
Greenfield Court Club
October 24-26
Lancaster, Pennsylvania

Men's Open:
1st: Judd Grosshans; 2nd: Junior Powell; 3rd: Jay Krevisky; 4th: Joe McAndrews.
Men's A:
Men's C:
1st: Barry Frank; 2nd: Randy Laird; 3rd: Mike Pijar; 4th: Larry Fishel.
Men's Seniors (60 plus):
1st: Jay Krevisky; 2nd: Darro Mas; 3rd: George Kroll; 4th: Bud DeJohn.
Men's Open Doubles:
Women's Open:
Women's B:
1st: Susan Farmer; 2nd: Sherry Miller; 3rd: Marcy Ruenb; 4th: Samantha Brem.
Women's C:
1st: Claudia Sanger; 2nd: Jody Conrad; 3rd: Pam Litchy; 4th: Jeanie Kepler.
Women's Seniors (70 plus):
1st: Nancy Katz; 2nd: Rose Donahue; 3rd: Isabel Castles; 4th: Pam Carpenter.
Women's Open Doubles:
1st: Pat Dorschier-Mary Musewicz; 2nd: Molly O'Brien-Linda Kennedy; 3rd: Rose Donahue-Sue MacLennon; 4th: Joanne Hughes-Pam Carpenter.

Rick Cerone Lite Beer Grand Prix
King George Racquetball Court
October 15-16
Greenbrook, New Jersey

Boys 13 and under:
1st: Chris Cipriano; 2nd: Jim Salva; 3rd: Rick Vazzano; 4th: Pete Appel.
Women's Seniors (35 plus):
1st: Debbie Pallet; 2nd: Karen Standkow; 3rd: Mary Vanore; 4th: Mary Schaeferberger.
Men's Masters (55 plus):
1st: Fred Weber; 2nd: Gabe DiDiario; 3rd: Saul Lesser; 4th: Dave Haber.
Men's Seniors (65 plus):
Men's Masters (65 plus):
Women's Open:
1st: Maryann Glueck; 2nd: Karen Bora; 3rd: Pam Perrott; 4th: Karen Kimerling.

Women's A:
1st: Janis Gibson; 2nd: Kathy Fulmer; 3rd: Bobbie Billinger; 4th: Mary Emanuelle.
Women's Novice:
Men's A:
1st: Tony Gentile; 2nd: Ken Barran; 3rd: Bera Molnar; 4th: Ron St. Clair.
Men's Novice:
1st: James Ebert; 2nd: Robert Ansberry; 3rd: Randy Eyock; 4th: John Flora.

Women's B:
1st: Linda Montgomery; 2nd: Cathy Cronic; 3rd: Candy Eason; 4th: Jan Titchworth.
Men's B:
1st: Ken Goldberg; 2nd: Adam Schwartz; 3rd: Kevin Pilion; 4th: Jeff Shearer.
Men's C:
Men's Masters:
Women's C:
Women's Open:
1st: Jan Titchworth; 2nd: Linda Montgomery; 3rd: LaRue Ann Jones; 4th: Lynn Ross.

October 24-26
Fox Racquetball Club
Trevose, Pennsylvania

Men's Open:
1st: Jim Young; 2nd: Scott Ryan; 3rd: Ray Jeans; 4th: Lonnie Allgood.
Men's B:
1st: Jim Worthington; 2nd: Joe Borich; 3rd: Jim Collins; 4th: Dave Hamilton.
Men's C:
Women's C:
1st: Lynn Kulp; 2nd: Kathy Case; 3rd: Cindy Greenfield; 4th: Diane Reilly.
Women's B:
1st: Pat Soprenuk; 2nd: Sandy Crawford; 3rd: Peg Veas; 4th: Ronnie Borich.
Men's Open Doubles:

1982 Oregon YMCA Championship Tournament
Albany YMCA
October 17-19
Albany, Oregon

Men's C:
1st: Mike Groff; 2nd: Don White.
Women's C:
1st: Robby Todd; 2nd: Kay Hopkins.
Men's Novice:
1st: Gordon Walker; 2nd: Dave Wheeler; 3rd: Jeff Prank; 4th: Bruce Beebe.
Men's B:
Men's A:
1st: Chris Redfield; 2nd: John Mistkow; 3rd: Glen Lasken; 4th: Bill O'Brien.
Women's B:
1st: Kathy Wilson; 2nd: Katherine Bryant; 3rd: Laura Hyde.

1st Annual State Halloween Tournament
Andy Valley Racquetball
October 31-November 2
Lewiston, Maine

Men's Open:
1st: Steve Dubord; 2nd: Randy Olson; 3rd: Steve Trenti; 4th: John Bouchard.
Men's B:
1st: Tom Fournier; 2nd: Marc Bourge; 3rd: Steve Cox; 4th: Jim Hood.

38 January '81 Racquetball
Now available:  
**Copenhagen**  
The High-Top  
January '81 Racquetball  

patrick stands alone. We were the first to develop a shoe specifically designed for racquetball. We didn't take a tennis or basketball shoe and adapt it with a different sole; we started from scratch and built a shoe that nobody has come close to in quality and design.  

The Copenhagen is available at pro shops and fine Sporting Goods stores. Try a pair. You won't believe it!

Now available:  
The High-Top Copenhagen

| Men's B | 1st: Bob Lee 2nd: Bob Lee-Donn Over 3rd: Bob Lee  
|---------|----------------------|------------------|
| Women's | 1st: Pam Carpenle 2nd: Sandy Pcler 3rd: Rea Kea  
|---------|----------------------|------------------|
| Men's Open Doubles | 1st: Joe Ross-Roy Strucker 2nd: Bob Lee-Dan Miller  
|---------|----------------------|------------------|
| Women's Open | 1st: Cindy Baxter 2nd: Marcy Lynch 3rd: Pat Dorheimer  
|---------|----------------------|------------------|
| Men's A | 1st: Judd Grossman 2nd: Junior Powell 3rd: Jay Kreusky  
|---------|----------------------|------------------|
| Men's B | 1st: Bill Reddy 2nd: Phil Overton 3rd: Scott Martin  
|---------|----------------------|------------------|
| Women's B | 1st: Cindy Baxter 2nd: Marcy Lynch 3rd: Pat Dorheimer  
|---------|----------------------|------------------|
| Men's Seniors | 1st: Barry Siegel 2nd: Ron Paul 3rd: Ron Johnson  
|---------|----------------------|------------------|
| Men's D | 1st: John Now 2nd: Chris Farmer 3rd: Mike Saltzman  
|---------|----------------------|------------------|
| Women's Open | 1st: Cindy Baxter 2nd: Marcy Lynch 3rd: Pat Dorheimer  
|---------|----------------------|------------------|
| Men's Seniors | 1st: Barry Siegel 2nd: Ron Paul 3rd: Ron Johnson  
|---------|----------------------|------------------|
| Men's Open Doubles | 1st: Joe Ross-Roy Strucker 2nd: Bob Lee-Dan Miller  
|---------|----------------------|------------------|
| Women's A | 1st: Judd Grossman 2nd: Junior Powell 3rd: Jay Kreusky  
|---------|----------------------|------------------|
| Men's B | 1st: Bill Reddy 2nd: Phil Overton 3rd: Scott Martin  
|---------|----------------------|------------------|
| Women's B | 1st: Cindy Baxter 2nd: Marcy Lynch 3rd: Pat Dorheimer  
|---------|----------------------|------------------|
| Men's Seniors | 1st: Barry Siegel 2nd: Ron Paul 3rd: Ron Johnson  
|---------|----------------------|------------------|
| Men's Open Doubles | 1st: Joe Ross-Roy Strucker 2nd: Bob Lee-Dan Miller  
|---------|----------------------|------------------|

When it comes to racquetball shoes the Copenhagen by Patrick stands alone. We were the first to develop a shoe specifically designed for racquetball. We didn't take a tennis or basketball shoe and adapt it with a different sole; we started from scratch and built a shoe that nobody has come close to in quality and design. The Copenhagen is available at pro shops and fine Sporting Goods stores. Try a pair. You won't believe it!
THE 1981 EKTELEON/PERRIER RACQUETBALL CHAMPIONSHIPS

PERRIER, THE NATURALLY SPARKLING THIRST QUENCHER. EKTELEON, THE MOST RECOMMENDED RACQUET IN RACQUETBALL.*

FREE TRIP TO NATIONAL CHAMPIONSHIPS IN LOS ANGELES, APRIL 1981.
Air fare and lodging for regional winners** provided by Ektelon/Perrier and your host court facility.

$40,000 PROFESSIONAL INVITATIONAL TOURNAMENT.
Regional winners compete for Amateur Championship while top professionals vie for National title.

GRAND PRIZES . . .
CLUB MED VACATIONS.
Exciting vacations for two in Mexico, the Bahamas or Caribbean for each of the four National Champions.†

MAJOR PRIZES AND TROPHIES FOR REGIONAL WINNERS.
Major prizes for finalists and commemorative awards for top eight finishers in each division.

COMPLIMENTARY EKTELEON/PERRIER BAGS.
Free Ektelon/Perrier canvas racquetball bag for each player who participates.

REGIONAL TOURNAMENTS FEBRUARY 1 THRU MARCH 15, 1981.
Atlanta, Boston, Chicago, Columbus, Denver, Detroit, Houston, Kansas City, Miami, Minneapolis/St. Paul, New York City, Orange County, Philadelphia, Phoenix, San Francisco, and Northern Virginia. Details at your local racquetball facility.

A portion of all tournament entry fees will be donated to The Special Olympics.

From one of five U.S. departure points.

Club Med, Inc. American Airlines

*Research results available from Ektelon. **Men's and Women's Open and Senior.
The Ektelon Composite 250G™...the most important points are the ones it can add to your game.

Introducing Ektelon's Composite 250G — the first continuous-fiber graphite/fiberglass composite in the game. Revolutionary design, construction and unparalleled tournament performance have made it the most popular racket in its class.

Point One: Unique Construction. Ektelon craftsmen hand-lay laminations of continuous fiberglass fibers around a continuous graphite fiber core. Using precise variations in the proportions, positions and relative angles of these two materials, Ektelon fine-tunes every millimeter of the racquet frame...making it flexible where it should be flexible, stiffer where it should be stiffer, and lighter where it needs to be lighter.

Point Two: Power. Ektelon's carefully controlled use of stiffer, lighter graphite fibers gives the 250G tremendous snap at impact with the ball.

Point Three: Control. Ektelon's unique use of tough, heavier fiberglass fibers provides exceptional flexibility and control, while adding strength.

Point Four: Durability. Utilizing a torque tube design (the fiberglass entirely encases the graphite), Ektelon minimizes racquet face distortion and maximizes durability. Like all Ektelon racquets, the Composite 250G features a full two-year racquet frame and ninety-day string warranty.

Point Five: Winning Points. The popularity of the 250G among knowledgeable players points to just one thing: performance. Its innovative features add up to surer passes, harder kills, fewer skips, more points game after game and match after match. And that's the whole point of a racquetball racket.

The Most Recommended Racquet in Racquetball*

*Research results available from Ektelon.

Composite 250G is a trademark of Ektelon, San Diego, CA.