1981 INTERCOLLEGIATE CHAMPIONSHIPS

MEMPHIS STATE'S TEAMWORK PAYS OFF AGAIN!
Charlie Brumfield
Plays to Win
In Business... And on the Court

The Pro's Pro Chooses Geostar
When a superstar like Charlie Brumfield signs with a new team, you can be sure he has damn good reasons.

To racquetball enthusiasts, Charlie Brumfield means one thing: championship caliber racquetball. Charlie's titles are truly impressive: five-time International Singles Champ, four-time International Doubles Champ, two-time National Singles winner, five-time Tournament of Champions winner... the list goes on and on.

With Charlie's dynamic court presence, it's easy to overlook his off-court exploits. If you take a closer look, you see that Charlie knows all facets of racquetball. That's why he's known as "Mr. Racquetball". Charlie is also a respected racquetball author, instructor, lecturer, TV color commentator and racquet designer. On top of everything else, Charlie's a lawyer and an astute businessman.

So why did Charlie Brumfield join Geostar? Because he knows a quality racquet and a quality organization when he sees one.

Charlie knows that Geostar's innovative tri-radial stringing pattern will help even "Mr. Racquetball" play a better game. Amateurs and pro's alike get better control, increased speed and more power from Geostar's larger "Sweet Spot".

The Geostar 357 is also the only racquet on the market with a 7-year limited warranty. That's right, 7 years!

Innovation and quality... two good reasons why Geostar is now "The Charlie Brumfield Line".

To get your Geostar, contact your favorite sporting goods store or call 602-941-9042 for the retail outlets in your area.

U.S. Patent Pending
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.
THE NEW ROLLOUT BLUR.

AMF VOIT INTRODUCES A MUCH LIVELIER ROLLOUT "BLEU" RACQUETBALL.

Wham. Rollout Bleu's just got faster. Wham. Much faster. Now the game's original blue ball is even better. A special rubber compound gives it a new zing that'll out-perform any other racquetball we've ever made. And we did it without giving up any of its unbeatable durability or consistency of bounce.

The new improved Rollout Bleu Racquetball. Wham. Clearly a better ball.

Santa Ana, California 92704
That Old College Try
1981 AARA Intercollegiate Championships
• Nancy K. Crowell

First Aid
What You Don’t Know Can Hurt You
• Alison Miller

Something For Everyone
A Brief, But Entertaining Tale Of Racquetball Trivia
• Bob Gura

New Directions
A New Publisher

Receiving Line
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Cover: Photograph by Larry Kuzniewski
Wick Dry's Most Obvious Advantage Is The One You Can't See.

You can see the quality. You can see the comfort. You can see the fit. But what you can't see is the patented* wicking construction that keeps feet dry, healthy and comfortable through the toughest competition, match after match. Wick Dry socks give you that little hidden advantage that makes a big difference in performance right when you need it. When you want your mind on racquetball and not on your feet, make sure you're wearing Wick Dry.

Wick Dry
Rockford Textile Mills
McMinnville, TN 37110

Contributing to Better Sportsmanship for More Than 100 Years.

*Wicking Patent #3250005

4 May '81 Racquetball
Olympian introduces
the suspension
system racquet.

Once again Bud Leach has
turned the sport inside out.

After the innovations
Bud Leach has
brought to racquetball
you’d think
he’d be content.
No way. Once
again this
inventor/pilot/
skier/racer/
engineer has
advanced the
state of the art.
"Until now
racquets were strung
through the frame. The holes weakened it, allowed it to twist.

Now there is the suspension system. An integral flange inside
the frame provides the stringing platform. The result is a strength-
ened frame, and a much stronger game. This new trampoline
platform holds the ball longer, allows it to regain an aerodynamic
shape, then slings it with added power and control. Even when
shots are struck off center.

You’ll feel the added control and power
immediately. Later, you’ll feel less wrist and arm
fatigue, because there is less torque action each
time the ball is struck."

Of course, pick up any Olympian racquet and
you’ll sense the perfect simplicity combined with
optimum control and power. That’s the
Bud Leach philosophy. And at Olympian,
we’re putting it where it’ll do the most
good. Right in your hand.

OLYMPIAN
RACQUETBALL
The ultimate innovators in metal,
fiberglass, and graphite
racquets and accessories.
5567 Kearny Villa Rd.,
San Diego, CA 92123 • (714) 292-6000
NEW DIRECTIONS

Dear Members,

We announce with pleasure that, effective immediately, National Reporter Publications, Inc. of Tulsa, Oklahoma, has acquired ownership of Racquetball Magazine. This commitment to the sport in general, and to the American Amateur Racquetball Association in particular, is heartwarming to all of us involved in the day to day operation of the AARA.

We foresee a dramatic thrust forward as NRP puts its weight alongside the energies of the Association by expanding penetration and service of Racquetball Magazine, and widening the base of AARA membership.

On behalf of the AARA, and our Board of Directors, I would like to take this opportunity to say “thank you” to Bob Towery of Towery Press. This is totally inadequate for truly expressing our feelings for the support and loyalty that Towery Press has lent the Association over the past two and one half years.

With personal support, and resources, Bob Towery has enabled the AARA to grow and develop to the point where it is today—the national governing body of amateur racquetball in the United States.

Regards,

Luke St. Onge
Executive Director
Tell Us What You Think!

Racquetball is interested in serving you, the reader. So, let us know what you want to read about, which departments interest you most, and how you think we can give you the magazine you want. Take a minute and write to:

Editorial
Racquetball Magazine
1535 E. Brooks Rd.
Memphis, TN 38116

Thanks.

Let the help you fill your courts

Our Program is designed to retain and activate membership. Call collect and ask about our Associate Court Club Program.

901-761-1172
Ask for Hallie
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, mw, mwr, tc, ps, er

ARIZONA
Metro Athletic Club
4643 N. 8th Place
Phoenix, AZ 85014
Call Darlene 602-264-1735
wlr, mlr, ws, mw, mwr, ps, er, n

CALIFORNIA
Fairfield Court
1471 Holiday Lane
Fairfield, CA
wlr, mlr, ws, mw, mwr, b, sb, ps, er, n
Valley Court
11405 Chandler N. Hollywood, CA 91601
wlr, mlr, ws, mw, mwr, ps, er, n
Marin Racquetball Club
4366 Bel Marin Keys Blvd.
Novato, CA 94947
wlr, mlr, ws, mw, mwr, pb, ps, er, n
Sun Oaks Racquet Club
3452 Argyle Road
Redding, CA 96002
wlr, mlr, ws, mw, mwr, tc, sp, sb, ps, er, n
Sacramento Court Club
901 Enterprise Dr.
Sacramento, CA 95825
wlr, mlr, ws, mw, mwr, sb, ps, er, n
Sacramento Handball/Racquetball Club
16th & H Streets
Sacramento, CA
wlr, mlr, ws, mw, mwr, sb, ps, er, n
Racquetball Sportsworld
20 E. San Joaquin St.
Salinas, CA 93901
408-757-3331
wlr, mlr, ws, mw, mwr, mlr, wb, ps, er, n

CONNECTICUT
Racquetball Spa
500 Kings Highway Cut-Off
Fairfield, CT 06430
203-396-7888
wlr, mlr, ws, mw, mwr, mw, mwr, sb, sp, rm, er, n
Southport Racquet Club
220 Old Post Road
Southport, CT 06880
wlr, mlr, ws, ml, ps, n
Center Court Health and Racquetball Club
234 Route 83
Vernon, CT 06066
203-875-2133
wlr, mlr, ws, mw, mwr, sb, ps, er, n

FLORIDA
Sportrooms of Coral Gables
1500 Diamond Road
Coral Gables, FL 33143
305-443-4228
wlr, mlr, ws, mw, mwr, mwr, sb, ps, er, n
Sportrooms of Hialeah
1900 West 44th Place
Hialeah, FL
305-557-6141
wlr, mlr, ws, mw, mwr, sb, ps, er, n
Kendall Racquetball and Health Club
10631 SW 86th Street
Miami, FL 33176
305-596-0600
wlr, mlr, ws, mw, mwr, sb, ps, er, n
Sportrooms of Sabal Chase
10680 SW 113 Pl.
Miami, FL 33176
305-596-0677
wlr, mlr, ws, mw, mwr, sb, ps, er, n
Sportrooms of Plantation
8489 NW 17th Ct.
Plantation, FL 33322
305-472-2603
wlr, mlr, ws, mw, mwr, sb, ps, er, n
The Court House
26 Millburn Avenue
Springfield, NJ 07081
201-376-3100
wlr, mlr, ws, mw, mwr, sb, ps, er, n
IHC
Court Club of Coale
Old Rt. 13 East
Cerbonele, IL 62901
wlr, mlr, ws, mw, mwr, sb, ps, er, n

MASSACHUSETTS
Boston Tennis Club
853 Summer Street
Boston, MA 02210
617-269-4300
wlr, mlr, ws, mw, mwr, tc, sb, ps, er, n
Mid-Cape Racquet Club
100 White's Path
South Yarmouth, MA 02664
617-304-3511
wlr, mlr, ws, mw, tc, sb, ps, er, n

MICHIGAN
Keatington Racquetball Club
1755 Waldon blvd. Jostyn & Laper (M-24)
Pontiac, MI 48057
313-391-3334
wlr, mlr, mw, mwr, sb, sp, rm, er, n

MINNESOTA
Exercise Dynamics
Old Highway 71 North
Bemidji, MN 56601
218-751-8351
wlr, mlr, ws, mw, mwr, sb, ps, er, n

MINNESOTA
10611 SW 113 Pl.
Miami, FL 33176
305-596-0600
wlr, mlr, ws, mw, mwr, sb, ps, er, n
Kendall Racquetball and Health Club
10631 SW 86th Street
Miami, FL 33176
305-596-0600
wlr, mlr, ws, mw, mwr, sb, ps, er, n
Sportrooms of Sabal Chase
10680 SW 113 Pl.
Miami, FL 33176
305-596-0677
wlr, mlr, ws, mw, mwr, sb, ps, er, n
Sportrooms of Plantation
2011 NW 17th Ct.
Plantation, FL 33322
305-472-2603
wlr, mlr, ws, mw, mwr, sb, ps, er, n
The Court House
26 Millburn Avenue
Springfield, NJ 07081
201-376-3100
wlr, mlr, ws, mw, mwr, sb, ps, er, n
IHC
Court Club of Coale
Old Rt. 13 East
Cerbonele, IL 62901
wlr, mlr, ws, mw, mwr, sb, ps, er, n

NEW YORK
21st Point Club
McKown Road off Western Avenue
Albany, NY 12203
518-489-3276
wlr, mlr, ws, mw, mwr, sb, ps, er, n
Point Set Tennis and Racquetball Club
225 Howells Rd.
Bay Shore, NY 11706
wlr, mlr, ws, mw, tc, sb, ps, er, n
The King's Court
Racquetball Club
4101 Avenue V
Brooklyn, NY 11234
212-338-3300
wlr, mlr, ws, mw, tc, sb, ps, er, n

OREGON
Eastern Oregon Sports
366 S.E. 5 St.
Ontario, OR 97914
wlr, mlr, ws, mw, mwr, sb, ps, er, n

PENNSYLVANIA
The Supreme Courts
90 West Chestnut St.
Washington, PA 13301
wlr, mlr, ws, mw, mwr, sb, ps, er, n
Indian Springs Golf and Racquet Club
949 Church St.
Landisville, PA 17538
wlr, mlr, ws, mw, mwr, sb, ps, er, n

SOUTH CAROLINA
Charleston Racquet
Nautllus Center
1642 Highway 7
Charleston, SC 29407
803-571-1020
wlr, mlr, ws, mw, tc, sb, ps, er, n

TEXAS
Killeen Athletic Club
405 South 2nd
Killeen, TX 76541
wlr, mlr, ws, mw, mwr, sb, ps, er, n

UTAH
The Court Club
120 W. Hilton Inn Dr.
St. George, UT 84770
wlr, mlr, ws, mw, mwr, sp, sb, ps, er, n

WEST VIRGINIA
Charleston Racquet Club
P.O. Box 328
Hillcrest Drive
Charleston, WV 25332
wlr, mlr, ws, mw, mw, tc, sb, ps, er, n

For more information on how to list a court club on this page, call Cheryl at 901-345-8000.
I read with keen interest your excellent article on eyeguards (Racquetball, March 1981), and eye safety for racquetball players, for too are manufacturers of eyeguards.

It is a major problem, both from the players' point of view for eye safety, and the manufacturers' point of view in product liability. Allow me to list some statistics:

1. Racquetball is the number one most dangerous sport for eye injuries in the United States.
2. Players know this, and assume the risk of the sport; such as a hitter at bat in baseball, soccer, football, basketball—all are aware of the inherent dangers of their sports.
3. A racquetball travels at various speeds from 10 miles per hour to over 100 mph.
4. The distance between the players varies from four feet to 15 feet. Very few other sports are being played at such great velocity (from the ball and the force of the racquet), at such close proximity to each other.
5. Approximately 95 percent of the players do not wear any eye protection now, or over the last 20 years.
6. The players know this, and play at their own risk when playing with or without eye protection.
7. That only five percent of the players that do wear some type of eye protection have a right to sue for eye injuries, but the other 95 percent of the players, taking some risk, cannot. This is insane, since the player that uses any type of eye protection has more protection and has reduced their risk of serious eye injuries.
8. That no eye protection can claim 100 percent to eliminate all possible eye injuries. All they can do is to reduce the possibility of serious eye injury.
9. To achieve close to 100 percent protection, a hockey mask and a small helmet might give the player this protection, yet no manufacturer or club would endorse this 100 percent policy.
10. It will be impossible to guarantee no injury, due to the nature of the sport, velocity of the ball when hit, the angle of the ball, the various shapes of human heads, nose, and eye placement, the speed and angle of the racquet (a high percentage of injuries are caused by the racquet), and the agility and alertness of the players.

At no place in any literature or package do we at Solari claim that all injuries will be eliminated. In fact, we have a caution notice disclaimer in all packages.

It is my strong opinion, since I have been in product liability law suits, as have all other eyeguard manufacturers, that before this problem solves itself, the club owners will have to take action before they also become involved in these law suits.

The law suits are rip-offs, for the players certainly would have sustained greater eye injury if they had not had eyeguards on.

Speaking from personal experience, on two occasions while playing the force of the ball pushed the plastic horizontal bar of my eyeguards to my cheek bone and cracked the skin. Yet, it protected my eye from serious injury. It is totally possible, too, that on this occasion I could have suffered eye damage. But, the risk was reduced greatly.

My suggestions for club owners on what should be done, and what I intend to follow up on, are as follows:

1. To have each member, guest, or participant at a club sign a waiver that they play at their own risk and are fully informed that with or without eyeguards an eye injury can occur as well as other injuries.
2. The eyeguard should be worn only to reduce the possibility of eye injuries, but certainly will not eliminate them. If people want to be free and clear of this possibility—Don't Play!
3. This information should be placed on every door to a court, on bulletin boards, and distributed to the trade magazines, teachers, and players.

It is my strong opinion that because of my personal and company experience, that before this problem of law suits is solved, the club owners and the racquetball associations should start to assume their responsibility before they also become involved in these product liability law suits.

Ray Solari
President
Solari Manufacturing, Inc.
Los Angeles, California

Racquetball welcomes correspondence from its readers. All letters must be signed, and are subject to editing for clarity and length.
SHORT LINES

Ektelon Goes to the Movies

Does this racquetballer look vaguely familiar? Actor Sean Connery isn’t just working out to stay in shape. The photo is from an upcoming motion picture called “Outland”, to be released this summer by Warner Brothers. According to Ektelon (manufacturers of Connery’s racquet) “Outland” is a sci-fi film that takes place sometime in the future; Connery is cast as an outer space sheriff.

And, it looks as if the filmmakers see racquetball as part of that future. Connery’s fashionable attire may be some indication of the direction they expect the sport to go, too.

World Games I

World Games I, an international athletic competition that grew out of the need for a wider representation of sports than is currently provided by the Olympics, is scheduled for July 24 through August 2nd this year. As reported in the December ’80 issue of Racquetball, our sport will make its debut on the international sports scene at this competition.

The doubles teams of Jess Kwartler and Maria Ann Cluess and Karen Borga, winners of the Women’s Singles Championships when the victors were decided upon in this month’s National Singles Championships when the victors claim their titles.

The World Games will take place this year in Santa Clara, California, and will be held every other year at different localities. Countries planning to send racquetball representatives include the United States, Japan, Mexico, The Netherlands, Ireland, Germany, and possibly Canada.

With world class athletes competing in 17 sports, the World Games committee expects more than 1,300 men and women participants.

With plans to televise the Games, coordination of the event is coming to a peak. For more information about the World Games I, contact Ruder and Finn of California. Their number is 213-274-8303.

APRO Convention

The American Professional Racquetball Organization (APRO) will have its 1981 convention in Chicago, Illinois from July 31st through August 2nd this year. According to APRO, the convention is exclusively designed to concentrate on the development of a racquetball teacher’s career future. The convention will focus upon numerous topics, such as racquetball drills, programming for the entire year, how to handle a racquetball injury, touring versus teaching pros, taking the player off the “plateau”, biomechanics, and many other topics which will be described in the convention information packet. According to APRO, the convention should be useful to all racquetball teachers—experienced and inexperienced—since this is the only such gathering of racquetball teachers in the world.

Dave Peck, third ranked touring racquetball professional on the men’s tour, will be the keynote speaker. He will speak Friday night, and hold a mini clinic on Saturday.

On August 3rd, Racquetball Industry magazine will conduct a racquet testing session with APRO certified teachers. This is the second year for such testing, and the magazine will devote an entire issue to the subject of APRO opinions on racquets.

For more information about the APRO convention, contact APRO National Offices at 730 Pine Street, Deerfield, Ill., 60015; or call 312-945-4678.

Racquetball Courtship

A recent news item reported from Enfield, Connecticut described a rather unusual wedding. Locals Robert Hollander and Marcy Hays, it seems, chose to exchange marriage vows on one of the racquetball courts at their racquetball club (the Sporting House). Of course, that’s been done before, and anyone who lives in Vegas wouldn’t find it the least bit unusual that people tie the knot in an extraordinary locality. But this wedding had more flair of originality than just the location. It seems the wedding party was a little absent minded. So, just to make sure no one got confused, they all wore t-shirts that identified their roles (bride, groom, best man, etc.).

If you can’t imagine who would conduct such a ceremony, you don’t know about justice of the peace Steve Wakefield. Wakefield leans to the unconventional, judging from his own experience. He was married by a rabbi and a Catholic priest at a Steak Out restaurant; so a racquetball court may have seemed rather tame to him.

Of course such a wedding calls for a unique send off. So, rather than all the traditional packets of rice, the couple had their well-wishers throw—you guessed it—racquetballs. And why did they opt for such a unique marriage? “Because we thought it would be a gas,” said Marcy Hays, the newlywed.
INDUSTRY NEWS

Keeping Time

If you get so involved in your game that you never know what time it is, C.L. Soriano & Associates company has just the thing for you. Soriano's new Double Action Sports Watch doesn't just keep time, it entertains you as well. The main attraction of such a watch is the feature of a player with moving hands and a ball that circles the dial each second. There isn't a watch for racquetball, but other sports featured include tennis, football, baseball, soccer, basketball, and golf. There are, however, no female athletes featured.

According to the manufacturer, each watch contains a Swiss precision shock-resistant movement, a gold-tone case, stainless steel back, and expandable band to fit anyone's wrist.

Double Action Sports Watches are available for a cost of $30 each from C.L. Soriano and Associates, 23012 Bolsa Ave., Carson, Calif., 90745. If you order 25 or more, it is possible to have a sports club emblem printed on the dial at no extra charge, according to the company.

Down The Hatch

Pripps Pluss, a powdered energy drink formula developed in Sweden for that country's Olympic teams, is now being distributed to institutional markets in the United States by Penn Athletic Products Company.

AB Pripps Bryggerier, Sweden's largest beverage producer, developed the product in conjunction with a team of Sweden's leading physiologists and athletic medicine specialists.

Penn president David R. Grant said the company has increased its promotional staff and is utilizing its nationwide marketing, sales and distribution organization to introduce Pripps Pluss to high school and college athletic departments, military exchanges and commissaries, sporting goods stores, tennis and racquetball pro shops, and professional athletic teams.

As an electrolyte energy drink, Pripps Pluss functions to quench thirst and replenish body salts, minerals, fluids and blood sugar levels, according to the manufacturer.

The U.S. Food & Drug Administration has confirmed that Pripps Pluss enters the bloodstream faster and with greater concentrations of blood sugar stimulants than any similar products now on the market.

Mixed with water, the drink formula is described as having a pleasant lemony taste, but leaves no unpleasant aftertaste.

With the exception of the exclusive key elements, all ingredients of Pripps Pluss sold in the United States are produced in this country.

Packets of the drink mix are available in four different sizes to provide liquid quantities of one quart, one gallon, two-and-a-half gallons, or six gallons. Also available are 32-ounce squeeze bottle dispensers and three-gallon and six-and-a-half-gallon coolers.

Additional information on Pripps Pluss may be obtained from Penn Athletic Products Company, 200 Mall Blvd., Monroeville, Penn., 15146.

Chart Your Moves

John E. Beaulieu, author of Stretching for All Sports, is now offering two-color posters which explain stretches for particular sports. The 23" x 35" posters are available for a variety of sports, including baseball, basketball, football, golf, martial arts, running/jogging, skiing, soccer, swimming, weight training, wrestling, and tennis/handball/racquetball. Each chart features recommendations and examples for pre-stretch warm ups, specific stretching routines for before and after each sport, easy-to-understand directions and examples, as well as highlighted quick routines.

For one to five charts the charge is $3 per chart; five to ten charts are available at $2.70 each; and 10 or more charts sell for $2.40 each. Charts may be obtained from Stretching Charts, P.O. Box 3288, Eugene, Ore., 97403.

Keeping Fit

The Nose Knows

Racquetball is definitely an active sport. And anyone who plays an active sport is going to perspire. Sometimes this can cause odor problems in lockers, sports bags, and other places racquetballers stash their dirty clothes. Until recently, no one paid much attention to this phenomenon. Now, however, Unique Sports Products of Cleveland, Ohio has come up with what they call a "unique solution" - Sport Air Fresheners. They come in various shapes including a tennis ball, soccer ball, golf ball, and universal peace symbol. Small and flat, they can be hung in lockers, or tossed in bags. Just like other air fresheners, they have their own fragrance. For further information, contact Unique Sports Products, 26101 Miles Road, Cleveland, Ohio, 44128; or call Unique Sports' P.R. Manager Vivian Niskaich at 404-993-5743.

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

May '81 Racquetball 11
AMERICAN AMATEUR RACQUETBALL ASSOCIATION
NATIONAL SINGLES CHAMPIONSHIPS
May 21 - 25, 1981

SITE:
The Court House
7211 Colonial
Boise, Idaho 83709
208-377-0040

ENTRY FEE:
$30.00 first event
$10.00 second event
Players may enter two events
Make Checks payable to: AARA National Singles
NO REFUNDS

ENTRY DEADLINE:
Postmarked Tuesday, May 12, 1981
ALL ENTRIES ARE FINAL
Positively no applications will be accepted after this date.

MAIL ALL ENTRIES TO:
The Court House
7211 Colonial
Boise, Idaho 83709

HOUSING:
Tournament Headquarters:
Red Lion-Riverside
29th & Chinden Blvd.
Boise, ID 83704  800-547-8010

Be sure to mention you are with this AARA Racquetball Tournament to receive special room rate. In order to assure you of a reservation, please make your plans before May 1, 1981.

Additional Housing at:
Holiday Inn 208-344-8365
Idanha Hotel 208-342-3611
Red Lion (Downtowne) 208-343-1871
Roadway 208-376-2700
Vista Inn 208-336-8100

TOURNAMENT DIRECTOR:
Luke St. Onge
5545 Murray Suite 202
Memphis, TN 38119
901-761-1172
RULES:
AARA Official rules will apply. Only amateurs may participate. AARA rules state the definition of an amateur racquetball player as any player (male, female or junior) who has not accepted prize money, regardless of the amount, in any PRO SANCTIONED tournament (NRC, PAA, WPRA, IPRO, NARP, or any other association so deemed by the AARA Board of Directors). ALL PARTICIPANTS MUST SHOW CURRENT AARA MEMBERSHIP CARD or purchase membership at time of registration.

TOURNAMENT BALL:
Voit Rollout Bleu

HOSPITALITY:
Hospitality will be provided throughout the entire tournament. Friday evening beginning at 6:30 GENERAL MEMBERSHIP MEETING with cash bar and party to follow. Saturday evening beginning at 7:00 p.m. with cash bar and buffet style dinner to follow at 8:00 p.m. Free to all PLAYERS; nominal fee for guests.

AWARDS:
Given for first, second, third, fourth, and consolation. For seeding purposes, please send record of past accomplishments.

NOTE: Men's and women's B divisions may be limited to 64 players per event. Due to the anticipated large turnout B's will be accepted on a first come, first serve basis.

DEFINITION OF AMATEUR - as applies to AARA rules - AARA rules state the definition of an amateur racquetball player as any player (male, female or junior) who has not accepted prize money, regardless of the amount, in any PRO SANCTIONED tournament (NRC, PAA, WPRA, IPRO, NARP, or any other association so deemed by the AARA Board of Directors).

Please enter me in the event(s) checked below. Players may enter two events.

WOMEN'S DIVISIONS
( ) Open
( ) Seniors 30 +
( ) Seniors 35 +
( ) Seniors 40 +
( ) Masters 45 +
( ) Masters 50 +
( ) Golden Masters 55 +
( ) Golden Masters 60 +
( ) Golden Masters 65 +
( ) B (non-championship event)

MEN'S DIVISIONS
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PLEASE TYPE OR PRINT CLEARLY

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Home Phone __________________________
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Expiration date of AARA/IRA Membership Card __________________________

Waiver: I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims I might have against the American Amateur Racquetball Association, The Court House, or their representative agents, for any and all injuries.

DATE __________________________
SIGNATURE __________________________
(Parent's signature, if participant is a minor)

MAKE CHECKS TO: AARA NATIONAL SINGLES
ENTRY FEE: $30.00 first event
$10.00 second event

MAIL TO:
THE COURT HOUSE
7211 Colonial
Boise, Idaho 83709

FORM IS NOT COMPLETE NOR IS ENTRY ACCEPTED UNLESS CHECK FOR CORRECT AMOUNT IS ENCLOSED
Juniors represent the future of the game. They represent the future court club members. They represent a vast number of children that can become involved in elementary, secondary, and high school levels of racquetball play, and thereby have the opportunity to grow and develop as individuals in a competitive atmosphere. Their needs must be served.

For several reasons, the junior side of the sport has been the last major focal point to be examined. In many cases, owners were filling all prime time hours, and running their clubs at 80-85 percent capacity. Who needed the juniors then? Managers would be spending their time trying to get women into the club to fill up morning and early afternoon hours. Why give the juniors a reduced rate or court time? Now the tide has turned. Competition has crept up on many club owners. Saturation is being reached in many cities. There are a lot of racquetball clubs. NOW they are looking at the juniors. So, our theme is now—whatever the reasons for not paying attention to us in the past, let us show you how you can increase business during down times.

Let us, the junior racquetball administrators around the country, start junior development programs at your clubs. Then we'll begin to hear such questions as: Why don't we have a free clinic on Saturday for kids, and see what happens? Now, what was that about junior memberships?

We need more junior tournaments. With the advent of more competition, more head to head play, and more participation, we can perform the one service that must be a part of this overall picture. We must have local, district, and state rankings. The one thing that will mean the most to any young competitor will be how he or she stacks up with other players in his or her age group. With enough organized, sanctioned play and with enough results to compile a valid ranking record, the AARA will be performing a great service to the young people coming into the sport. It will be the convincing reason why they should join and remain a member of the AARA throughout their junior career and beyond. With more and more junior members, the AARA will be able to create more programs to assist the club managers and pros in starting successful programs at their facilities. The fact remains, we need more junior tournament activity.

We at Penn Athletic Products Company have a commitment to junior racquetball. We are doing a lot of work on the development of junior programs for each region of the country. We have the good fortune to have been involved in the sport of tennis at the grassroots level for some time now. We have helped begin and develop many junior programs in that sport. And now we plan to lend our expertise to help solve some of the problems we see in racquetball at the junior level by supporting the AARA in its quest for accomplishment at this level. We have sponsored the AARA Junior Regional, and National Championships in 1981. This is our first year for this particular program and it has been very rewarding in the sense of the number of young players we have been able to help. This is not enough though. We are looking at the local, grass roots level in cities and states for programs that we can be of help with. That is the place where the groundswell must begin.

If more people are playing locally, then we will have even better representation at our regional and national tournaments. We have developed a junior racquetball tournament kit that will be available at minimum cost to clubs by midsummer. It is complete with tournament materials, balls, trophies, and t-shirts for the creation of a juniors-only event at your club. Each event must be sanctioned by the AARA and all players must be AARA members. This is only the beginning of what we see as the development of other progressive programs that Penn can become involved in to help build a solid constituency of young people entering the sport of racquetball.

There are some things you can do also. Make arrangements for a junior racquetball tournament at your club. Talk to your manager or owner and speak up for a junior development program on Saturdays. Ask your program director about starting after school leagues and clinics from 3:30 to 5:30 pm. Volunteer to become a junior director in your area to help organize junior activity. Talk to area pros about gathering one weekend for a free junior clinic just to see what happens. Talk to us at Penn about helping your tournament once it is on the calendar. Let's get behind the juniors. We all need the juniors and, most importantly, the great game of racquetball needs the juniors to help perpetuate the growth of the sport.
aded jeans and t-shirts aren't the usual attire at the plush Racquet Club of Memphis — host club of the U.S. National Indoor Tennis Championships. But during the weekend of April 10-12, the Racquet Club played host to a different crowd, and t-shirts and jeans were the norm. Instead of names like McEnroe, Borg, and Connors, the attention getters in this crowd were such names as Fox, Faulkenberry, Constable, and Bakken. These are the names of some of the country's top Intercollegiate racquetball players — as they aptly demonstrated at the 1981 AARA National Intercollegiate Championships.

With some 31 schools represented at this year's Intercollegiates, and a draw of 130 participants, this tournament was the largest ever. And the numbers represented depth of talent as well, for Memphis State University (MSU) managed to win the team championship for the fifth straight year, but won only one individual title (Men's number two singles). So, while other schools perhaps had fewer players, the players they sent were top quality. This bodes well for future competition as more and more schools begin to field talented teams and thus challenge the indomitable reign of the Memphis State Tigers.

The setting for the tournament could not have been better. The relaxed, elegant atmosphere of the Racquet Club put newcomers at ease immediately. And, a true sense of camaraderie emerged through the course of the weekend, as most matches were played on the three glass-backed courts that were set up with spectator bleachers behind. Teammates watched and cheered on another on, and players could look back at them for support.

Matches ran smoothly, and a feeling of friendly competition prevailed, as players were delighted to compete for $6,500 worth of scholarship money.

Men's Number One Singles

In the Men's number one singles, Larry Fox, a junior at the University of Michigan, came all the way to Memphis to prove he is a champion. In the semifinals, Fox was pitted against John Slazas of Memphis State University for
an exciting round of play. In game one Slazas started off strong, taking the game to 8-2 before Fox could get into it. A picture of concentration, Slazas has a slow motion, low wind up for his serve that is comparable to a human bow — drawn taut, ready for release. And that's just how he serves, winding up slowly, then letting loose with a booming low drive. It tripped up most of his opponents along the way; but Fox, a master of anticipation and quick moves, didn't take long to catch on.

Once he got the serve, Fox managed a few pointers of his own, to bring the score closer at 6-8, before giving up the serve again.

If he was at all affected by Fox's sudden rush of points, the stone-faced Slazas never let on. With the serve in hand he continued to drive forward until the score was 12-8. At that point a Fox rollout stopped his streak. Never one to quibble, Fox began to play a game of mixed up pinches and passes, while catching a few breathers as he mopped up the floor. Trying anything to break the momentum, at 17-12 Slazas, Fox pleaded to the ref to “Make him change his shirt!”’, claiming Slazas was dripping all over the court. This was the first time Slazas so much as changed his expression, as he came off the court and replied “But it's my favorite shirt!” — to which the spectators responded with laughter. One suspects this was the breaking point, because it was after this that Slazas seemed to lose the rhythm of his game.

Fox gained the serve at 18-14. Slazas, on a front corner pinch, then passed and killed the ball to reach 17-18. Stopping again to mop up sweat and blood from his cut knee, Fox grinned at the ref and noted “I still have one time out,” as officially he'd only called for one.

Slazas came back with a roll out and took the serve again. But at 20-17, he skipped a kill and Fox had a final chance. Fox took the opportunity to show his stuff, and after a tremendous rally, took game one 21-20. His only comment upon leaving the court was "First lead I had the whole game!"

Entering game two, Fox joked with the crowd, saying "Normally two Heads are better than one, but in this case I don't know." There were audible groans as people realized he was referring to the racketets he and Slazas were using.

Slazas came on even stronger in game two, starting off with that booming serve of his and at one point, had Fox down 14-5. Then, against all odds, Fox seemed to get a second wind. He started with a vicious overhand right corner kill, just to let Slazas know he was still in the game. Then, with the left shot-making of a master, he killed and re-killed until he was up 19-14. It was as though Slazas was helpless against the onslaught, because he really made few errors, rolling and diving to pick up whatever Fox dished out.

Slazas managed to get one more point, but his best efforts couldn’t contain the momentum Fox had going. Fox took game two and match, 21-15, after treating spectators to one of the best comebacks of the tournament.

In the other half of the draw, MSU's Scott Schafer just couldn’t quite take California State’s Kenny Kaihlanen, losing 21-19, 21-8. Schafer managed to stay in game one, displaying his usual passel of tricks and his agility as he flung himself at the ball for good retrieves. He also managed to slam it past the southpaw Kaihlanen to reach 19 points. But Kaihlanen wouldn’t be beaten, and after taking game one 21-19, dominated in game two (21-8) to set himself up for the finals against Larry Fox.

Kaihlanen, possessor of a lean and muscular physique, seemed large on the court next to the smaller, less intimidating Fox. But size was not a factor when it came to the final showdown. Although Kaihlanen played true to form, using both power and finesse, it seemed that Fox was always in control.

In game one Kaihlanen, like Slazas, started out strong, leaping ahead 10-5 before Fox was warmed up. But, Fox apparently thrives on coming from behind, and at 5-10 he began his run. With a surprising display of power, he beat Kaihlanen at his own game, rolling it out again and again until the score was tied 12 all. Fox served twice more to jump ahead, but Kaihlanen was hungry for a win and gutted it out to 14 all, then regained his composure. At 15-15, Fox serving, Kaihlanen answered the serve with a perfect rollout. So, they stayed neck and neck at 15 all for several exchanges of serve. Finally, Fox dropped one against the back wall, Kaihlanen flew at it, swinging hard but watched in desperation as it died. Not one to give up, at 16-15...
Fox, Kaihlanen came back with another kill, then made a point off his serve to make the score 16 all. At this point they began to play hot potato with the serve, neither of them scoring for several more exchanges. Fox finally broke serve with a neat down-the-line pass, then served three winners to leap ahead 19-16. Kaihlanen refused to let up, and at 20-16 he amazed the spectators with a spectacular last ditch effort of rolling and diving and digging it out of the back corners. But in the end, he missed, as Fox sneaked in a front right corner pinch, leaving the left-hander in backcourt with no hope of catching it.

Game two was another all out effort, with Kaihlanen showing the true, never-say-die competitive spirit. Pushing each other to the limits of their physical abilities, they rode each other till the score was 17 all. Then the game became a showcase for the acrobatic abilities of Kaihlanen, and the precise control of Fox. Fox hit a hard down-the-line pass to the right, and Kaihlanen dove hard, flipping it up with his backhand. Fox replied with a left wall cross-court pass, but Kaihlanen was back on his feet, then on the floor again to pick it up. Fox tried yet another cross-court pass to the right wall, but Kaihlanen wouldn’t quit, and flipped another backhand high to the front wall from his prone position.

Still, Fox realized he had him, and before taking the plum off the wall, applauded his opponent’s efforts, then drove home the final pass. That’s not to say Kaihlanen didn’t try — he dove again, but didn’t make it. The crowd exploded with applause at Kaihlanen’s relentless effort, but there was hardly any question that rally was the breaking point.

Kaihlanen made what were probably his only errors of the match in the last few points, giving Fox game, match and championship at 21-19. The winner later commented that he’d had to play all out for two games straight to win. No doubt Kaihlanen has a promising racquetball future.

Third place was won by John Slazas over Scott Schafer, 21-17, 21-2.

Women’s Number One Singles

Top seeded Barbara Faulkenberry of the U.S. Air Force Academy was back to defend her title this year, and Tricia Tillotson of Old Dominion was back to take her on. But MSU’s Sharon Fanning, whose game seemed to peak with this tournament, had plans of her own.

Faulkenberry had a relatively easy time getting to the semifinals. Although, she had an early round match against Andrea Katz of Virginia Tech that proved Katz to be someone to watch. Faulkenberry dominated the first game against Katz, 21-7. But Katz came back with a new game plan in game two, fighting tooth and nail until she had Faulkenberry down 20-15. But her confidence seemed to waiver at game point, and she couldn’t quite put it away for that last point. In an exciting struggle, Faulkenberry took control again and managed to eke out a 21-20 victory, in spite of a sprained ankle and a determined Katz.

In her semifinal match against Vicki Carr of the University of Illinois, Faulkenberry dominated the way a champion does. With a versatile display of power and finesse, she won 21-15, 21-7, and still had energy left for the finals.

The other half of the draw, though, pitted last year’s finalist Tricia Tillotson against MSU’s hopeful Sharon Fanning. Fanning is a small but feisty player who makes up for size in speed and determination. Tillotson, sporting a red bandana around her wavy hair, and with the long, muscled legs of a basketball player, looks more like a free spirit of the ’60s than a gutsy racquetballer. But there’s no mistaking her on court — she’s a fine athlete with tremendous grace.

Perhaps it was the home court, or perhaps it was the crowd rooting for her, but whatever the reason, Fanning’s victory over Tillotson seemed to be predestined. If ever a player was ready, it was Fanning. Skillfully mixing up her shots, she was always one step ahead of the defender. In fact, so in tune with her game was Fanning that she simply dominated game one, coming out on top 21-13.

In game two, with the match victory in sight, Fanning pressed even harder — forcing Tillotson to the back with ceiling shots, then slamming it low when the opportunity was ripe. Tillotson had but a fleeting chance at victory.

May '81 Racquetball 17
when the score flip-flopped at a steady rate for a while. But at 15-19, Tillotson saw her last point. Fanning won 21-15, and let loose her feelings as she skip• ped off the court and down the hallway, grinning widely, arms raised in praise of her success.

Needless to say, Fanning was primed for her final match against Faulkenberry on Sunday. But Faulkenberry was aiming to take the title for the third year in a row, and she wasn't slack in readying herself, either.

Both players came on strong in the beginning of game one, exchanging serves three or four times before either scored. Faulkenberry, however, bore down visibly and Fanning quickly found herself in trouble with Faulkenberry leading 7-0. Then she broke serve and scored her first point. It seemed to be all she needed to start a run of her own, and she pumped up the score to 9-7. By running

Faulkenberry all over the court, she managed to control the game for a while, particularly when she hit her frustrating around-the-wall ceiling shot that can be totally unpredictable. More than once, Faulkenberry had to dive hard toward the back wall to keep this shot from dying there. Unrestrained in showing her satisfaction, Fanning pulls her arm down in a gesture of victory after scoring a good point. After a particularly tough rally in which she finally got the ball away to gain side out, Faulkenberry good humoredly imitated this gesture, much to the amusement of the crowd.

Neither player was willing to give an inch, so the score steadily crepted along, at 10 all, 12 all, and finally 15 all, when Faulkenberry called a time out. The time out seemed to work against her though, as she came back to skip the ball and thus give Fanning the serve, to Fanning's delight.

Fanning managed one point, then lost serve until at 18-16 Faulkenberry made another unforced error for side out.

Fanning pulled in at this point, and hit hard, low passes to get to 18. But when the two replayed a hinder call, the decision went to Faulkenberry.

Faulkenberry controlled the final points to take the game 21-18.

Game two was just as intense as game one, with Fanning scoring the first three points right away. But on her fourth serve, Faulkenberry returned with a kill and the fight was on. Both women showed their skill and mutual admiration for one another as each played all out in a spirit of friendly rivalry. After one long rally, Fanning let out her frustration by lightly tapping Faulkenberry on the head with her racquet. Both players laughed empathetically.

Although Fanning never let up even as the score went to 17-14, in Faulkenberry's favor, she could not control the game. Rolling it out and passing it by Faulkenberry, she did
manage to come back to 18-17, but the strain began to show. Faulkenberry wouldn't be contained, and if Fanning played flawless ball, Faulkenberry played better. She just didn't miss, and three points later she was again the champ, 21-18. Fanning couldn't be disappointed though, because she gave it a superb effort and played a challenging match that left both players drained.

Third place was won by Vicki Carr, as Tricia Tillotson forfeited.

Other Results

In the Men's number two singles, Brian Sheldon of MSU took on teammate Dan Cohen to win 19-21, 21-7, 15-8. It was a long, tough match, but Cohen gave out in the end as Sheldon not only won the title, but put his MSU team (there were two entered) up by one point for the overall team title. Third place was won by Bob Clar of Southern Illinois, who defeated Allen Berlinger of Rensselaer Polytechnic Institute 21-7, 21-11.

In Women's number two singles, MSU's hopeful, Linda Lavene lost to powerhouse Janine Toman of University of Illinois 21-8, 21-11. Third place was won by Lisa Paquin, also of MSU, who defeated Barbara Allen, another MSU teammate.

21-9, 21-8.

In the Men's Doubles a powerful duo from Bethel College in Minnesota dominated the field. The team of Don Constable and Paul Bakken were a pair that defied defeat. Constable, whose small size belies his power, had an unusual affinity for the front left corner, where he consistently pumped the ball in low and hard, to the disbelief of many of his opponents. Coupled with Bakken's diving retrievals, they were a pair to watch. Even through the glass one could hear the booming kills - causing some to speculate that ear plugs will soon be required equipment. In the finals they defeated Mike Gora and Keith Blackman of MSU, 21-6, 21-11.

Third place was won by the MSU team of Chris Moore and Billy Hendricks, who beat Jeffrey Davis and Tom Browne of Indiana University of Pennsylvania, 21-14, 21-14.

The Women's Doubles was the only finals match that went all the way to a tiebreaker. Laura Doak and Cindy Mahlstedt of Iowa State University finally dominated the MSU team of Renee Trammell and LeAnn Summer 14-21, 21-11, 15-7. Always neatly groomed, the attractive team of Trammell and Summer can easily be misjudged. But, as Doak and Mahlstedt found out, they are fierce competitors on court.

Third place was won by Dawn Kell and Karen Randich of the University of Illinois, as they defeated Joanne Lavender and Ellen Fabonio of Northeastern 21-9, 21-10.

Finally, in the team totals, Memphis State once again took the overall trophy, with a team total of 69 points. University of Illinois was second with a total of 28; Northeastern came in third with eight; and Oklahoma State was fourth with six.

In the Men's teams, MSU team number two was first with 34 points. MSU team number one was second with 33 points; Southern Illinois was third with 12 points; and Rensselaer Polytechnic Institute of Troy, New York, came in fourth with 10 points. Fifth was Indiana University of Pennsylvania with eight points.

In Women's teams, MSU came in first with a total of 35 points. University of Illinois was second with 26 points, Northeastern was third with six points, and Oklahoma State totaled two points.

All in all, this year's National Intercollegiate Championships were characterized by friendly, spirited competition and an outstanding gathering of racquetball talent. Next year's competition promises to be even better.

TIME OUT

PHOTOGRAPHS BY RON JEU.

[Left to right] AARA Executive Director Luke St. Onge, Men's Doubles winners Paul Bakken and Don Constable; Miller Lite representatives Bill Boyer and Randy Lacaeva.

[Clockwise] Bill Boyer, Randy Lacaeva, Larry Liles, Tom Martine, Phil Panarella, David Hott, and Luke St. Onge meet as an Intercollegiate Council to plan future events.

Many people worked long and hard to make this one of the most successful tournaments ever. Our very special thanks go to Union Planters Bank, of Memphis, Tennessee as a local sponsor, as well as other local sponsors: Coca Cola of Memphis, and True Temper of Memphis. National sponsors who deserve special recognition for their dedication to collegiate racquetball are Penn Racquetball, represented by Tom Martine and Miller Lite Brewing Company, represented at the tournament by Bill Boyer and Randy Lacaeva.

We are especially grateful for the scholarship money provided by Miller, as well as the plans for nationwide Intercollegiate programs by Penn Racquetball.

Mac Winker and The Racquet Club of Memphis deserve recognition for their support and particularly for providing this year's players with the opportunity to compete in one of the finest athletic facilities in the country. We also thank Kathy Amore, who was in charge of housing; June Green, who managed transportation; Carolyn McHenry, who made sure everyone enjoyed the hospitality; Pat Caldwell, who ran a smooth and friendly operation at the registration desk; Bill Gurner, who somehow always found referees and line men; and Leigh Tanner, for her hard work in putting together the tournament program.

And, of course, thanks go to all the players, who showed a genuine understanding of good sportsmanship and friendly competition— which made this an outstanding tournament for everyone involved.

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1st Annual Joint Effort Racquetball Tournament
Manor Courts So.
100 Roessler
Pittsburgh, PA 15236
Linda Montgomery
412-343-4667

JUNE 24-26
5th Annual Cascade Open (3)
Courtsports I & II
2510 Oakmont Way
Eugene, OR 97401
Reed Fitkin/Vern Cammack
503-687-2811

Sunshine State Games/1981
Florida Olympics (2)
Racquetball Finals
Sports & Courts
1430 S.W. 13th
Gainesville, FL 32601
Gary Zetrower
904-377-0348

1981 S. Dakota State Outdoor (2)
Sioux Park
Rapid City, SD
Clint Kobe/Larry Greff
605-394-4167

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.
This month, we asked freelancer Alison Miller to compile some basic first aid information which might be pertinent to racquetball. We think you'll find this article useful and informative. However, it is not a definitive study and you may wish to check Ms. Miller's sources, listed at the end of this report, for more details.

One of the biggest advantages of racquetball as a sport is that it is relatively injury free. Compared to other sports, such as football, baseball, or even tennis, racquetball enjoys a low percentage of on-court mishaps. Though we have all suffered our share of ball bruises and occasional glances from the racquet, have you ever stopped to wonder what you would do if your partner incurred a serious injury on-court? Worse, if something serious happened to you? What follows is a summary of some common injuries, and the first aid you can give to help the wounded player until a doctor or suitable transportation arrives.

EYE INJURIES
There is much discussion lately about eyeguards (see Racquetball, March 1981); and, while everyone seems to agree that players should wear them, not all of them do. This can be compared to a football player entering the Super Bowl game without his mouthpiece. But, leaving that discussion aside, it is important to recognize, and be prepared for, the possibility of a blow to the eye.

If you are hit, or your partner is hit in the eye, there are some very basic things to remember. First, never wash the eye, even if the ball was dirty. If the eye has been perforated and you try to wash it, you could end up...
EYE-BALL. OR BUT IN DON'T RASH SAME, AVOIDING MUCH SWELLING. IF THE PLAYER CANNOT OPEN HIS EYE, DON'T TRY TO PRY IT OPEN. LET THE PLAYER LIE DOWN; DON'T WALK HIM ABOUT UNNECESSARILY. IF THERE IS INDICATION OF A SERIOUS WOUND (DEPRESSIVE EYEBALL, OR BULGING EYEBALL), GET THE PLAYER TO A DOCTOR QUICKLY. IF IT'S A SIMPLE BLACK EYE, APPLY COLD PACKS BUT REMOVE THEM FREQUENTLY TO PREVENT IRRITATING EYE TISSUES.

Finally, most eye injuries should be followed up with a visit to the ophthalmologist. Frequently, a player won't be aware that there is damage. It's not worth risking future injuries due to vision problems, so take any blow to the eye seriously and you'll be better off in the long run.

NOSEBLEED

Not a common problem with racquetball players, the nosebleed is nevertheless an injury everyone should be ready to deal with. The first thing to do is have the victim sit down and lean forward. If this isn't possible, have him lie down. Gentle, firm pressure should be applied to the sides of the nose. Cold compresses may be applied to the nose and face. If, after 10 minutes of pressure, the player is still bleeding then a doctor should be consulted. There seems to be some disagreement about whether or not to insert absorbent cotton or gauze to aid in stopping the bleeding. Our advice is to let a physician do that.

HEAD INJURIES

A blow to the head can be a fairly common injury in racquetball. When racquets are swinging at high speed, sometimes it just isn't very easy to get out of the way. Then again, sometimes you may run out of the way and smack into the wall. Either way, the biggest danger in head injuries of this sort is concussion. If you suffer a blow to the head, stop play, sit down and check for the following symptoms: a bump on the head, mild to severe headache, inability to answer simple questions, loss of sense of time and place, pupils dilated unequally, paralysis of arms and legs, and varying pulse. Any of these symptoms may indicate a concussion. And this means serious business.

All head injuries should be treated as serious. Keep the victim quiet and lying down. Make sure air passageways are clear to prevent choking. Keep the victim warm to prevent shock in the more severe cases. Call a doctor right away, or transport the injured player, in a flat position (or tipped slightly downward), to the nearest emergency facility. If the player is bleeding, apply pressure to the cut area to try to stop the flow of blood. Generally, if the player is unconscious it is best to call an ambulance rather than to try to move him yourself, unless you are well-trained in first aid methods. Also, try to be alert to his level of consciousness—clear, or slightly dreamy and unable to answer questions, or even drifting in and out of consciousness. Such information can be useful to the emergency team in determining the seriousness of the injury.

BLOWS TO THE BODY

A blow to the body can sometimes cause temporary agony, but is usually not a serious injury; often the player can resume the game after a few minutes out. If bleeding is evident, say on an arm or leg, apply pressure to the wound until it stops. A cold pack will help prevent swelling and discoloration. If a more serious injury, such as a break or a deep cut to the face or head occurs, the player should be taken immediately to a first aid station or doctor. The biggest indicator when blows are concerned is how the patient feels; if he feels well enough to keep playing then he should be fine.

FRAC TURES

Broken bones and fractures are fortunately, rare in racquetball, but there is always the possibility that you will be in the wrong place at the wrong time, or that the racquet will hit you in just the wrong way, and a break will occur. Breaks of the arms, fingers, and toes would be most common, though anything is possible on the racquetball court. Let me preface any instruction by saying that unless you are confident in your own ability to give first aid to a fracture victim, do not do it, especially if the fracture is compound and the victim has passed out. The first order of business, therefore, is to call an ambulance or doctor. Then see what you can do to make the player more comfortable until help arrives.

There are two kinds of fractures, simple and compound. A simple fracture is characterized by tender, swollen overlying tissue and pain in the specific broken area. The skin is not broken and the bone is not visible. Sometimes the player can hear the bone snap on injury, and this is usually a good clue. It is sometimes hard to tell a simple fracture from a bad sprain, so under any circumstances stop play and keep the injured person as quiet as possible. Try to prevent shock by keeping the player warm. If the break is an arm or finger, splinting will be necessary. A splint is a brace usually made of wood, though anything sturdy such as rolled-up newspapers, magazines, or umbrellas can be used. The old adage "slip on where they lie" is certainly true for any fracture. Never try to move an unsplinted victim.

The splint should be well-padded and placed so that it extends past the broken area on both sides of the break. For the arm, use two splints and secure them with a bandage. For an upper-arm break, wrap the arm next to the body to immobilize it. For a forearm or wrist break, splint the broken area and place it in a sling hung from the neck. Then secure it to the body. Fingers can be splinted with one piece of wood, such as a tongue depressor, but will need to be set by the doctor. So don't think you can finish your game with a broken finger! Toes do not have to be splinted, but the shoe should be removed, or cut off if necessary and, the foot should be wrapped in a roller-bandage.

Compound fractures are evident when the skin is broken by the bone and bleeding occurs. With such injuries, you are in a much more dangerous position than with simple fractures.
because infection could set into the wound. The fracture and loss of blood, as well as stress and fright, can cause the victim to lapse into shock much more easily than with other injuries. Do not try to give first aid unless you are a doctor or nurse; call an ambulance immediately and keep the victim still, quiet, and warm. If the player is conscious, try to say a few reassuring words to keep him from being too frightened, and try not to let him look at his injury.

Any type of fracture requires immediate attention from a doctor or paramedic to prevent further damage to the bone, nerves, and tissues surrounding the break. Serious damage could result from a fracture that is improperly handled, so be sure of yourself before you administer first aid. This seems like a good opportunity to say that anyone involved in active sports, racquetball or anything else, would benefit from reading a good first aid book and taking a course in first aid. There is much a trained person can do to help injured players with only a small amount of experience.

SPRAINS

Due to the lateral movement required in racquetball play, sprains and twists are fairly common injuries. Fortunately, they are usually less serious than the less common fractures. Still, it's a sickening feeling to lunge one direction and feel your foot stay still, or even go in the opposite direction. And, such injuries can vary in their severity. If a player feels capable of continuing play, then generally speaking, he's going to be fine. But it's no time to be a hero. There's no game in the world that's worth risking serious injury. So, if there's pain, stop playing immediately.

A sprain is actually a displacement of the ligaments that are attached to bone ends, and can occur at any joint when the area is jerked and twisted with too much force. Symptoms of sprains are immediate swelling at the site of the joint, tenderness, and discoloration in the general area, and pain when the player attempts to move the area, are sure signs. If you or your partner sprain something during play, stop immediately to check the severity of the injury. If it is bad, take all the weight of the injured part and elevate it to help prevent pain and swelling. Cold packs should be applied the first day or so to discourage internal bleeding and swelling. Elastic bandage can be put on the sprained joint, but loosely at first to allow for the swelling that will take place despite all your best efforts.

After 24 hours, cold packs can be switched to warm wet compresses and the bandage can be put on more securely. If the sprain is too painful to play on, the injured player should check with a doctor. Sprains have a way of recurring when they are not allowed to heal long enough, and a doctor is in the best position to say when "long enough" has taken place. Also, remember that sometimes a severe sprain is difficult to distinguish from a fracture; under such circumstances the injured player should certainly see a doctor.

STRAINS AND PULLS

Another fairly common injury, especially to the arms, is the strained or pulled muscle. This happens when the muscle is stretched beyond its normal flexibility. Over-exertion, as well as improper warm up can cause strained muscles. Symptoms include a sharp pain in the strained muscle and intense pain when the player attempts to use it. Soreness, stiffness, and spasm may occur in the affected area. Strains and pulls are not serious injuries and can be treated with applications of heat, warm, wet applications, and rest.

Of course, back strains can be more severe and cause the player to be incapacitated for some time. First aid for a strained back includes rest, heat, and use of firm support under the victim. It is wise to consult a physician if you suspect a back strain.

HEAT REACTIONS

Now that the weather is warming up in most parts of the country, racquetballers should be conscious of overheating. The game's a heated workout anyway, but can be especially so if played outdoors, or in un-air-conditioned courts.

There are three types of heat reactions for players to be aware of. Heat stroke is a response to heat characterized by very high body temperatures and the inability of the body to perspire. In heat stroke the victim's skin is hot, red and dry. The pulse is rapid and strong, and the person may be unconscious. Because this is a very serious condition, you must be prepared to take immediate action. Remove the clothing of the victim and sponge his body with cool water or rubbing alcohol; or apply cold packs; or place him in a tub of cold water (not ice) until his body temperature is lowered. Use fans or air conditioners if available, but take care not to chill the victim after the body temperature is lowered to below 102 degrees Fahrenheit.

Heat cramps can be a sign of approaching heat exhaustion. The first affected areas are most commonly the abdominal and leg muscles. The person suffering from heat cramps has lost a great deal of salt and should be given sips of a solution of salt water (approximately one teaspoonful per glass) at the rate of half a glass every 15 minutes for about an hour. To relieve the spasms, gently massage the cramped muscles.

Heat exhaustion is characterized by normal body temperature, pale, clammy, and cool skin, nausea, dizziness, and perhaps cramps. Loosen the victim's clothing, have him lie down, and administer sips of the salt solution mentioned above. You can apply cool, wet cloths and fan the victim, or move him to an air conditioned area. If the victim vomits, don't give him more fluids. Do take him to a hospital, where more salt solution can be administered.

Of course, this isn't meant to be an exhaustive report of first aid techniques. The possible injuries mentioned in this article are, however, common to racquetball. And, it is helpful to have a few basic pointers on how to deal with them. Even better, though, is the prevention of such complications. A few simple suggestions for making your racquetball game safe and fun:

-Abide by the rules (such as the five foot line behind the server) at all times.
-Stay in good condition.
-Warm up and cool down properly.
-Adhere to court etiquette.

-Wear proper clothing (no running shoes, no plastic warmups that can cause you to overheat).
-Use proper safety equipment (i.e., wear eyeguards and use your wrist strap).
-Avoid wet, slippery floors by mopping up, changing wet clothing, and towelling off regularly.

-Don't hit a ball that is obviously a foul—your opponent may realize he hit a bad ball and could turn around.

-Tie your shoelaces.
-And be aware of your court position in relation to the walls and your opponent.

Here's to a safe and fun game of racquetball!
A BRIEF, BUT ENTERTAINING TALE OF TRIVIA
BY BOB GURA

Something For Everyone

Seized with exuberance the host and hostess decided to try a risky conversa-
tional gambit. After making sure the guests were well-fed and oiled they urged the revelers to gather round. Reaching into an attaché case secreted behind the bar, the host pulled out a sheaf of paper. What we have here, he announced, is the making of a test of knowledge, a parlor game par excellence. Tossing out a wide grin while his wife obtained pencils, he asked if anyone was up for it.

As planned, the crowd rose to the challenge. It only took a few minutes for the ground rules to be laid. The game took the form of a racquetball test, with everyone chipping in to buy the winner a free club membership. If the wizard already belonged, an equal number of bucks would be paid for court time.

One of the guests, a muscular Marty Hogan look-a-like, wondered about the questions. Who would make them up, and how would the test-takers know the answers were correct? A good question, commented the party giver. Sticking an arm into the attaché case he produced an official rulebook and a couple of instructional texts.

He admitted composing the exam a night ago in the hope people would find it interesting. He joined his wife in saying the questions covered a wide range of knowledge. It was only fair they explained, since not everyone was involved with the game.

The ground rules were simple. The contestants had an hour to come up with the answers. In the interest of conviviality anyone who wanted could seek help from a spouse, date, friend, acquaintance or barely-known.

The group was buoyed by the thought of making financial hay off the sport and dug into the quest with gusto. Over the course of the hour the room was abuzz with four-walled chatter and the tinkling of regulation ice in glasses. When it came time to hand in the answer sheets a good number were marrred with crossouts, erasures and an occasional wine stain.

Some of the participants were sure they'd won, although deep inside they were puzzled over certain questions. The test was no piece of cake, and even the totally spirit-free had trouble racking up a high score.

The exam began with a few simple questions, the sort designed to boost con-
fidence. Now, it should be mentioned the party people were able to brainstorm and bounce ides off one another. Then again, who's to say that was any more helpful than harmful?

Anyone who feels like answering some of the questions should pull out paper and jump right in. Think of it this way. Persons who score well can boast of their racquetball know-how. Those who botch up can crumple, toss away, or burn their papers.

Question number one started things off and established the laughable mood of the investigation. It read as follows,
Racquetball is supposed to be the fastest growing sport in America. How many people play? Choice (A) 100,000. Choice (B) 1-3 million. Choice (C) 2,000. Choice (D) 3-5 million. Choice (E) 7-10 million. Choice (F) 50 million.

Question two was also less than a mind-bender. "Killshot" Miller to use two hands to grip the racquet handle. Choice (B) It is illegal to use two hands to grip the racquet handle. Choice (C) It is impossible to use two hands to grip the racquet handle.

None of the pencil pushers had much problem with these openers. The next group was just a tad harder, but nothing to bring on aspirin. Question three. Please name two, repeat two famous racquetball players, either male or female. Question four was in the same vain. Name the name of any full-time racquetball organization. Question six was a follow up. Identify last year’s top racquetball player. Ace "Killshot" Miller. Choice (A) Dave Sobek. Choice (B) Joe Sobek. Choice (C) Moose Sakowitz. Choice (D) Ace "Killshot" Miller. Choice (E) Charles Garfinkel.

This one threw the crowd into an uproar. Hardly anyone was sure of the answer, and debate was split among the various Sobeks. A few people who believed in Ed Sobek turned back to question number seven. If Ed was the father of the sport he could easily have invented the initial shot. But, since he wasn’t listed in question eleven it threw doubt on his parentage. Of course, the creator of a game isn’t obligated to break all the ground. The Sobekians moisted their pencil points, jotted an answer and plowed ahead.

There were others who were also confused by question ten plus one. Moose Sakowitz was a likely choice as many early players were Jewish. It make good since number six who marked the Sobek on his parentage. Number six the R-Ball was developed in the early years. Charles Garfinkel was also worth considering from a religious perspective. Strangely enough, nary a person selected Ace "Killshot" Miller as the answer. If he was any shakes in the creation business most reasonable Miller would have been the first player to hit a kill.

By this time the tension was beginning to tell. The racquetball players in the group realized they didn’t have all the answers and the remainder could be tougher. A bucket brigade to the bar had informally developed with drinks being passed hand to hand as the minutes passed. The anxiety began to ease as the spirits performed their function. A short while the formerly grim test takers were grinning with anticipation at the questions to follow.

The climate in the room had relaxed considerably from its never tense peak. Many women had kicked off their shoes while the menfolk doffed suitcoats and loosened ties. One wag went so far as to scream "exam-time was never like this in college!"

Some agreed heartily, while a small number furrowed brows and thought it was easier back then. At least they knew more than half the answers most of the time.

The twelfth query carried on the tradition of grins and furrows. It was designed to appeal to players, with little chance of non-participants getting the answer. What is the diameter of approved balls of the American Amateur Racquetball Association? Choice (A) 1¼ inches. Choice (B) 2½ inches. Choice (C) 2¼ inches. Choice (D) 3½ inches. Choice (E) None of the above.

This question was put in to act as a tiebreaker if needed. When the host made up the test he figured no one would come up with the answer. Number 13 was, how high must the approved balls rebound from a 100 inch drop at a temperature of 70-74 degrees Fahrenheit?

After calling the testmaker all sorts of names and subjects the disbelieving throng turned to the options. Choice (A) 56-60 inches. Choice (B) 66-70 inches. Choice (C) 68-72 inches. Choice (D) 70-74 inches. Choice (E) None of the above.

The entire population was unable to cope with the regulation rebound height. Unable to make an intelligent guess within such narrow boundaries, almost all said "none of the above." Of the masses putting pencil to paper less than one in ten stumbled across the answer. Not everyone was honorable, however. Partners were asked to buddy check each other’s answers to arrive at final scores. When the final tallies were called out, one well-dressed guy flew into action. He insist a pencil smudge next to one of the choices for Question 13 was his answer. He marked the sheet insisted it was a blotch and stood fast. A small committee investigated, and the smudge was disallowed.

Silence took over when the verdicts were announced. The room showed signs of the cerebral workout. The buffet was totally ravaged with only a few hurrings escaping the gluttonous attack. The ice sculpture had deteriorated to a likeness of Quasimodo holding a backscratcher, and the ferns were starting to sag.

When the host cleared his throat and called out the winner, the high scorer was a surprise. Instead of one of the court-hardened party jocks or a friend of the same, it was a tiny lady in the corner. She was new to the neighborhood she admitted along with the news she had never played racquetball. She was then pushed and prodded to come clean as to the know-how. Flashing a wide smile she said she liked to read. One day after work she bought a book and took it home. It turned out to be one of the hosts’ sources, and the rest was easy pickins’. She was, she commented, interested in trying the game out, what with a free membership and all. Sighing at the injustice of it one of the expected winners turned gentleman and bought her a drink. A few minutes later she had lined up three invitations to play. Summing it up afterward the host and hostess were proud to call the bash a success. As to the answers—they are (1) E, (2) A, (3) Marty Hogan and Shannon Wright or others. (4) The American Amateur Racquetball Association, The Women’s Professional Racquetball Association and others, (5) Marty Hogan, (6) E, (7) E, (8) C, (9) E, (10) C, (11) E, (12) C, (13) C.

Take a read, then decide whether to hang the answer sheet up or reduce it to ashes. If it’s the flames, no one need ever know.
By Cheryl McClure Phillips

WEIGHTING FOR A WIN

Give Your Game A Lift

The use of weights for improving one’s sports ability is largely accepted by the world’s leading coaches; but the concept has been underrated by racquetball enthusiasts. Trainers have found that the strength gained from such exercise gives an athlete an additional edge on using acquired technique with greater skill and efficiency. During active sports, the weight-trained muscles have better tone and contractibility; so they respond more readily to sudden exertion and total effort.

Aside from strengthening, this type of program benefits the muscles by routine stretching. Unlike the popular misconception that working out with weights makes you “muscle bound,” regular resistance exercise will aid muscle and tendon flexibility.

There is a difference between weight training for sports conditioning and weight training for body building; conditioning the muscles results in regenerated tissue pliability. A more attractive body is a side benefit, but not the main goal. With muscle building, the primary purpose is strengthening and shaping the muscle fibers. The over-500 muscles in the body means a building program takes years of dedication on the part of the participant. It requires a lot of pushing, pulling, and lifting.

Susie Dugan, a national women’s racquetball pro, says, “A good extracurricular fitness program is essential for competitive playing. Racquetball is a pretty well-rounded game, but it is, like all sports, needs to be supplemented with physical activities that improve individual weaknesses.” As a complementary routine, weight training is desirable since specific exercises can be chosen to address you and your game’s unique improvement needs.

Many players have ignored the ball control gained from conditioning voluntary muscles to focus on increasing endurance with workouts directed at the cardiac muscles. Having the stamina to play three fast-paced games is useless if your shoulder starts to give out after 30 minutes of backhands.

Ball control comes with muscle control. You cannot place your shots without a sharp connection between your mental concentration, muscle tissue, racquet, and ball. Increasing slamming power and forgetting the need to reasonably predict where the ball will hit means undirected, untamed shots. Weight conditioning can add English to racquetball. While working your body mass, you are also improving concentration and coordination.

Resistance training advances your sports ability by keeping your body responsive to action commands, giving you the feeling that you own your body and not just in it. This kind of mind/body totality produces more harmonious movements; and a well-integrated sense of self can smooth out rough edges of your game.

With racquetball, the upper torso and extremities are particularly important. Our illustrated exercises are aimed at the shoulders, arms and wrist, and condition the deltoid, tricep, bicep, flexor carpi radialis, supinator longus, wrist flexor, and wrist extensor muscles. While these areas get an exhaustive workout during a good game, in everyday activity they are rarely tasked.

For those who do not seem to have the strength needed for cross court returns, deltoid fitness is perfect. Such shots increase the use of wall angles and your body, making chances of error high. But, with refinement, diagonal plays will make the game fast moving and exciting. After one develops the required power and accuracy, this can be one of the most effective strokes of the game.

LESS SHOULDER STRAIN AND PAIN

Steve Dieb, supervisor for the National Health Studios and racquetball addict, says, “Shoulders are very vulnerable to strain following several fast-moving, hard-hitting games.” As he spoke, I recalled the familiar antiseptic liniment stench that fills the locker room as teammates attempt to soothe away their post-game muscular fatigue. “Your shoulders provide the driving force behind a shot. Power players are familiar with the tightness after overworking a forehand,” he informs us.

Spending some of your off-court time doing deltoid side lifts, deltoid front lifts, and dumbbell presses is a prescription for many winning games and fewer aching muscles.

For the side lateral lift, (photo #1) stand with a dumbbell in each hand, arms at your sides, palms facing your thighs. Lifting with the back of the hand, and without bending the arms, raise the dumbbells up and out to each side, in a wide arc, until just above the shoulders. Do not allow your arms to
WINNING POINTS

Photo #2 — Front lifts build important deltoid muscles.

Photo #3 — Steve is snapped in the middle of a dumbbell press.

Photo #4 — Tricep curls add shape and strength to the upper arm.

Photo #5 — With wrist curls, the forearm needs to be raised.

rotate; the palms should face the floor during the lift. The dumbbells should remain slightly in front of the body. When the dumbbells are far apart as you can manage, pause for a moment. Slowly lower to the starting position. This can be done one arm at a time, like Judie is doing in the photo, or simultaneously with both arms. Exhale as you lift, inhale as you let the weight return. Build up to 15 repetitions.

With the front lifts, (photo #2) your arms move at a different angle and you condition a different part of the deltoid muscle. Take a dumbbell in each hand, stand with your arms in front of you, palms facing the body, back straight, and feet approximately 10 inches apart. One arm at a time, lift the weight in front of you, keeping elbows straight, until the dumbbell is just above the level of your head. At the top, it should be directly in line with your face; not opposite your shoulder. You can make this exercise more rhythmical if you start raising one arm while you lower the other. This is excellent for strengthening, toning and smoothing the shoulders. The goal is a set of 15 repetitions for each arm.

The dumbbell press (photo #3) is another that can be done one arm at a time or simultaneously. This will develop the front deltoid muscle. Stand with your arms at your side, palms facing back. In one smooth movement, bring the dumbbell to your shoulder; then press it slowly and smoothly over your head and lock your elbows. Lower the weight to your side in one gradual movement. Exhale as you lift; inhale as you lower the weight and flex each arm 10 times.

Try to use flowing gestures with all the deltoid sets. This will develop rhythm, muscle control and consistency to smooth out choppy or punched shots. Your follow-through is hampered by too stiff deltoids, and is like a forced reverse to an easy transition from one stroke movement to another.

LIFTING TO HIGHER SCORES

The principle behind resistance training is very simple. If you lift your forearm, your muscles must work to overcome the resistance created by the weight of your forearm and hand against gravity; and with more weight, the biceps must work harder. When you work a muscle, blood rushes in to supply it with nutrients and take away waste materials. When your arm tissue is healthy, you have more swing energy on the court.

The tricep curls (photo #4) will strengthen and shape two-thirds of the upper arm. Working one arm at a time, take the dumbbell, lift it straight overhead, drawing your elbow close to your head. Bend your elbow, slowly lowering the weight behind your head until it is almost touching your back.

Keeping your elbow close to your head, straighten your arm, raising the dumbbell to the starting overhead position. Do one set of 15 for each arm. This exercise is particularly helpful for improving ceiling shots, which is the most common maneuver of tournament players. Well-conditioned triceps give the tenacity required to drive against gravity without frizzling the ball.

If your shoulder and upper arm are usually sore following a racquetball workout, you probably are not employing enough wrist action. Strokes like the backswing are dependent on a well-timed wrist snap. Proper wrist usage originates the majority of the power behind plays. The wrist is frequently underdeveloped in the American player. Xushing pencils and machine buttons do not build the slender fibrous tissue.

The best exercise for wrist building is wrist curls (photo #5). Adding these to your racquetball training program will make your wrist loose for when you need the flexibility and strong for when you need the force. For curls, you pick up the dumbbells with an underhand grip. Sit on a low chair where your forearm can rest on your knees or a table top like Steve is using. Let your hands and wrist dangle unsupported. Bend wrists back and lower the dumbbell toward the floor, letting it roll down the tips of your fingers. Roll the weights back into the palms of your hands, bringing your wrists up. Continue the upward movement with your wrist and curl as far as you can. Wrist curls will assist your snapping at the point of ball contact. The loud, satisfying swish sound arising from hard, well-timed wrist action will be heard more often.
Health and Sideline Benefits

"Muscle development will decrease the chances of an injury. From post-match aches to torn tendons, an athlete in pain cannot enjoy the sport," states Steve Dieb who has done body building for six years and played twice weekly racquetball for two years. He recommends a dumbbell workout, three times a week, on off-game playing days. Minimal progress can be made on less, but generally it will not be enough to see results. Also, guard against overtraining; the body needs a balance of rest and resistance.

Dieb concludes, "Weight training is much more advantageous to the racquetball player than other forms of exercise. You receive cardiac and vascular and voluntary muscle conditioning. Game quickness and agility come from trained muscles." Structured weight training can transform your game from a pure power contest to one in which patience, control, poise, and stamina are rewarded. Gaining flexibility and strength will put sizzle into your slam and live your lob.

This dumbbell program can be done anywhere — home, office, or club; and requires only five to seven minutes, not enough to work up a sweat. You can use one set of weights for all the exercises. Coming in three, five, eight and ten pound options, the cost is from $11 to $25 a pair. If you want the option of more variety, you may prefer a set of adjustable bars and collars. For those who have weight workout areas at your racquetball club, you can adapt this routine to the available gym and weight sets. Regardless where you choose to do your resistance training, or what type of standard weights you use, the best results come when you do the conditioning on off-playing days and regularly.

Just like the weight of a dumbbell, the benefits of resistance conditioning can be measured and predicted. For increased size, increase repetitions, for increased strength, gradually add more weight. Higher repetitions allow a longer period for the muscles to be flushed with blood and tend to increase size. Lower repetitions with heavier weights will have more effect on strengthening. Additionally, the speed in which you complete an exercise set will vary outcomes. A fast pace will reshape tissue; slow movements stretch it.

The worth of specialized weight training exceeds how you perform on the court — lifting, reaching, or carrying jobs are easier and your physical tone is more attractive. Why not look better and play better because of one group of calculated movements?

It is one of life's bargains — spending half an hour a week gets many hours of comprehensive benefit. There is a wide range of positive effects from incorporating this program into your lifestyle. The outgrowth from regular resistance activity extends from strengthening one's backhand, protection from injury, accelerating sport confidence, and sharpening concentration to personal bonus, like handling luggage, groceries, kids, and lawn equipment with less effort, improving massaging abilities, and increasing one's physical appeal.

In fact, being a wise choice for how to use time and movement, you might say, dumbbell training makes you a more intelligent player.

By Charlene Grafton
With Janis Loeb And Dennis Fitch

How Handy Are You?

Test Your Dominance

It is common practice for racquetball players to follow the advice of their instructors to pick up their racquets with the hand they use to write, or the hand they use to shake hands with. Yet, recent findings point to the possibility that this may not be the best way to determine handedness. It may explain why some players slap at backhands and forehands with the wrong hand or the wrong grip. It may also explain problems from weak strokes to the inability to time ball reaction movements. In short, it may be helpful to determine more clearly which hand is the dominant hand, so that positive reinforcement and instruction can be given.

According to tennis professional Charlene Grafton, a player can correct some of his mistakes and improve his game if he is armed with the knowledge of which side is his "right" side. If he is a beginner, he can save himself years of frustration by starting off right—or left. Grafton has devised a handedness inventory for side dominance, which she believes can help a player.

The four-step inventory helps a player discover his strengths and use them. Ten carefully chosen questions ask which hand he writes with and deals cards with, which eye he looks through a microscope with, which foot he kicks with. The answers, according to Grafton, reveal the dominant sides in handedness, binocular and monocular vision, footedness, gross motor, and fine motor abilities.

Next, an instructor assesses the eye, hand, foot, and side preferences by categorizing them as matching, mixed, or ambidexterous, then classifies them, using an alphabet-soup hodge-podge of abbreviations, according to the degree of dominance shown. Strongly right-sided players are designated as dextral, or D, while strongly left-sided players are sinistral, or S. In-between players are moderately dextral (MD), slightly dextral (SD), moderately sinistral (MS), slightly sinistral (SS), ambidextral (AD), and ambinsistral (AS). Players with little sports background are ambidextral (AND) and ambinsistral (ANS).

Ds and Ss are the players whose dominant eye best follows what the dominant hand is doing; whose dominant foot leads the body quickly and easily toward the dominant side without mis-steps and stumbles; and whose dominant-side stroke forehand is considerably stronger than the weak-side backhand. MDs and MSs, who often encounter rhythm and timing problems, should follow their eyes, not their hands, when it comes to choosing up sides. They are somewhat like nailbiters—if caught and corrected early, both can have lovely hands, both fore and back. Such players should use the hand on the side with their dominant eye, and would do well to train themselves to reduce movement time by learning to transfer cues to provide earlier reaction for the player. With extra practice and patience, they can become competition-level players, but odds are against success as an A player.

SDs and SSs tend to have even more rhythm and timing trouble than MDs and MSs, along with difficulties with spatial adjustment, stress reactivity and direc-
### The Test

The following is the Grafton Handedness Inventory. There are no right or wrong answers to these questions. The answers you give help to determine your strong side and your side preferences for better teaching and coaching. Important instructions: Please answer all questions that can be answered with a yes, no, either, both, right, or left.

1. **Do you consider yourself right-handed? or left-handed? Ambidextrous?** Which hand do you write with?
2. **Your dominant eye (see box) is right, or left?**
4. **Which foot do you kick with? Hop on? Or push off for a running jump?**
5. **In some sports, hand preference must be made. In bowling, which hand do you use? Table tennis?**
6. **When using tools, which hand do you use for a screwdriver? A hammer? On which side do you shovel with?**
7. **In other sports, side and hand preference must be made. In baseball, which shoulder do you rest your bat on? On which side do you swing a bat? Do you throw overarm with your right arm or left arm? In boxing, which side do you lead with? In basketball, which hand do you dribble the ball with?**
8. **When doing fine work such as sewing, how do you thread a needle—do you hold the thread in your right hand, or left hand? With which hand do you deal cards?**
9. **As a musician, with which hand would you strum a guitar? Or use a bow for a violin?**
10. **Are either of your parents left-handed? Or your brothers or sisters?**

Now, to assess your own handedness inventory, read the section above on evaluation, then fill out the form in the assessment column, on the right.

### Evaluation

**EVALUATION**

**Important Instructions for the Self-evaluator:**

First, put down what type of school you attend. If you had any problems in school such as reading, writing or were in a slow learner class, you may indeed have problems in learning to play the racquet sports.

Following the completion of the inventory, align the assessment column of the "Handedness" Inventory to the assessment column of the Evaluation sheet. The method used for the assessment of handedness and sidedness is to categorize and to classify. The categories are matching, mixed or ambidextrous dominance. The classifications are right-handed, left-handed (matching), moderately right-handed or left-handed (mixed), and ambidextrous, ambisinistral, ambino-dextral or ambion-sinistral (ambidextrous). Align your inventory with the Evaluation sheet along with the numerical markings.

The questions are weighted. Read questions (1) and (2). Categorize yourself as matching (M), mixed (Mx), or ambidextrous (A). The M is used whereby the hand and eye dominance are on the right.

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<tr>
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<td>(5)</td>
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<td>Sinistral (strongly left-handed) (S)</td>
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<td>Ambi-non-dextral (AND)</td>
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<td>Ambi-non-sinistral (ANS)</td>
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**Answers To Inventory**

These questions have been formulated by research in the fields of psychology, anthropology, neurology, and sports. Question (1) measures handedness, (2) binocular vision, (3) monocular vision, (4) footedness, (5) handedness, (6) handedness and sidedness using tools (gross motor), (7) handedness and sidedness in team and individual sports, (8) handedness and sidedness for precision or aim (fine motor), (9) handedness and sidedness for instruments, and (10) familial history.

Do not attempt to fill in this column until after reading the section on evaluation.

30 May '81 Racquetball
same side, i.e. right-handed and right-eyed or left-handed and left-eyed. The 
Mx is used when the hand and eye are on opposite sides or of mixed dominance, i.e. 
left-handed and right-eyed or right-handed and left-eyed. The A is used 
when the subject believes they are not 
one-side dominant or either side dom-
nant. They could be mixed or matching 
dominant.

The next questions help to determine 
what degree you are classified, i.e. 
strongly, moderately or slightly and, too, 
having prior sports or other motor ex-
periences for the development of 
handedness and sidedness. If the 
answers to (1) and (2) are the same and 
marching, then you are strongly right-
handed or left-handed. If your answers 
are different, then after reading the 
answers the second time (after (1) and 
(2)), note if there is sufficient experience 
to have developed handedness and 
sidedness. If there is not, mark yourself 
acci-non-dextral or aci-noni-sinistral. 
Check question (2) again. If your 
eyedness is right, classify aci-noni-
dextral; or is left, classify aci-noni-
sinistral. If there is sufficient experience, 
count the number of right hand or side 
answers and determine if you are 
moderately or slightly right-handed or 
left-handed, or if you are mixed 
dominant.

The AD and AS have sports ex-
perience and have adequate physical 
strength and stamina. The AND and 
ANS do not have adequate strength or 
stamina, therefore, the AND and ANS 
should be encouraged to use additional 
grip and upper arm strength training and 
to develop a conditioning program for 
stamina. All of this grouping should be 
taught a simple grip. 
The AD and AND should place their 
right dominant hand on the racquet grip 
while serving and playing out the point. 
The AS and ANS should place their 
left hand on the grip while serving and 
playing out the point. 
The AND and ANS may not have ade-
quate strength for the driving action 
demanded in serving and put away 
shots. These individuals need to realize 
this weakness and either develop an ex-
ercise program to negate this weakness 
or be encouraged to play leisurely games 
of racquetball. 
The AD and AS should be encouraged 
to play both competitive and recreational 
racquetball.

STYLE RECOMMENDATION 
Style recommendations are made ac-
cording to your category and 
classification. 

The D and S are to be encouraged to 
develop the non-dominant side to aid in 
the transfer of strength and movement. However, most time should be spent on 
the strong side. The strong side, being 
either right or left forearm, right or left 
forehand serve, moves to avoid the 
backhand side and take the ball on the 
forehand or strong side. Expect rapid 
learning and improvement from this if 
you are in this group. Motivate yourself 
toward competitive play. 
The MD and MS are encouraged to 
make their dominant side the side of 
their dominant eye, not the dominant 
hand because of rhythm and timing 
problems.

The dominant eye will provide an 
avenue for learning by allowing a 
heightened awareness for the develop-
ment of kinesthetic sense. This will help 
the student player to coordinate both 
rhythms and timing, two problems in-
herent in the MD and MS group.

Do not expect speedy improvement, 
just buckle down to the basics. Motivate 
yourself for competitive or recreational 
play, depending upon your personality. 

If you rate yourself SD and SS, you are 
also encouraged to make your dominant 
side the side of your dominant eye. You 
probably have rhythm and timing prob-
lems too but to a greater degree, in-
cluding problems with spatial adjust-
ment, stress reactivity and directional 
certion. Don't expect so much of 
yourself and be content to play the 
recreational level of the racquet sports.

In the event you classified yourself as 
ambidexterous, determine to what ex-
tent you are either-side dominant, i.e. 
more right-sided than left-sided. Go back 
to question (1) and check which hand you 
write with and (6), which hand you ham-
mer with and (7), which hand you throw 
overarm with. You can determine from 
those three questions and be able to 
classify yourself as AD or AS.

After evaluating yourself, ask 
yourself—what do I really want to get 
from racquetball? Competition in sport, 
fun, exercise—whatever. 

Remember, the basic fundamental of 
racquetball as dealt with here, is not 
footwork, not balance or strategy, but 
which hand is the racquet hand and 
which style to play. Racquetball players 
in 1981 should be listed as more than 
right or left-handed, but how right or 
left-handed and to what degree.

EYE DOMINANCE TEST* 
Use a card or sheet of heavy paper about nine by twelve inches with a hole in 
the center the size of a dime. On a second card, draw a pair of crossed lines, 
each line running diagonally from one corner to the opposite corner. The place 
where the two lines intersect will be the sighting point.

1. Keep both eyes open. Hold the card having the hole with both hands, arms 
   extended and lowered.
2. Look across the room at the card with the crossed lines.
3. Keep looking (both eyes open) at the point where the lines cross and, still 
   holding your card at arm's length, raise your card until you can see the 
cross through the hole.
4. Repeat this three times. Keep both eyes open.
5. After you have raised the card for the third time, keep looking at the cross 
   through the hole. Without losing sight of the cross, slowly pull the card 
toward your face until it touches your nose.
6. Decide which eye is looking through the hole by closing first one eye and 
   then the other.
7. The eye looking through the hole is your dominant eye.
8. Repeat several times.
9. Close the eye which was used in sighting. Keep it closed. Using the other 
   eye, sight through the hole at the cross. This is done to learn if your other 
   eye can see is the sighting test a true indicator of inherent sidedness.

* This test is used by permission of Dean Trembly, California Polytechnic 
State University, San Luis Obispo.
You do not have to be born with epilepsy. It can result from many causes... viral encephalitis, meningitis, measles, high fevers, poisons, or serious head injuries.

**Epilepsy.**
It's not what you think.

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**WINNING POINTS**

By Allen Ascher

**DOWN TO SIZE**

Cut Your Court Territory

This is the final article in a three-part series of instruction for Intermediates.

One of the most interesting varieties of racquetball is the three man round robin, a game most players avoid like the plague and submit to only after a sincere and unsuccessful search for a viable fourth to fill out a doubles match. In most places the game is more descriptively called “cutthroat;” each player in it becomes a wild man, like the Biblical Ishmael: “His hand will be against every man, and every man’s hand against him.”

Cut-throat is itself a variation of an odds game in which one superior player plays against a doubles team. The idea, of course, is to equalize the disparity of the levels of play by minimizing the court area each doubles player is responsible for. Thus in theory the doubles team is automatically afforded a positional advantage.

But that’s only theory. In practice the single player can minimize his own court responsibilities more effectively than the doubles team can, and insure an almost certain win for himself, simply by concentrating his play against the weaker half of the team. It may look as though he’s playing two opponents, but he’s really playing only one. And if that one doesn’t have a good kill or a backhand, or if he can’t return a drive, or a drive serve, the game is hardly a game at all.

The singleton isn’t even called upon to display his full abilities. He can simply ignore defending against a shot his weaker opponent can’t hit, and hit only shots his weaker opponent can’t return: a doubles team is only as good as its weaker half.

Now to some extent every racquetball player is analogous to a doubles team. He has, if you will, a multiple personality. Some parts of his game, like the stronger player in the team, will be superior to other, weaker parts. Some of his shots will be overpowering, others liabilities. Some of his defensive capabilities will effectively neutralize your best shots; other defensive weaknesses will leave him helpless against you. He may have a picture perfect serve, the result of hours of concentrated practice, but a weak shot, perhaps a shot he hits too high, off the back wall. Or he may be a very quick defensive player, but without the offensive punch he needs to put the ball away. Few players develop an equal excellence in all aspects of the game.

The decision you have to make at the outset of a game, then, is which of the two personalities you are going to play against. Take a lesson from the odds game: you can cut down what’s demanded of you, and increase your chances of winning dramatically, if you know which shots your opponent can’t hit, and play your game accordingly.

I touched on this topic from the other side in *Racquetball*’s March issue, in an article on court position. There I said that if your opponent stands too far out of center court you can beat him with a shot to the vacated court area—i.e., if he stands too far back, hit low shots to the forecourt; if he stands too far forward hit behind him. The underlying assumption of my advice was that you could execute the shot he was giving you. The variety of shots you have is a major condition of court strategy.

Now turn the sides around. If you stand too far back your opponent can beat you with a low shot to the forecourt. Provided, of course, that he can hit low forecourt shots. If he can’t, you don’t have to worry about covering the forecourt too carefully. In fact, you may have to cover only 30 feet of the court length, rather than the full 40.

The 20 x 40 foot court has, in fact, a floor area of 800 square feet. That’s a lot, and, obviously, the less of it you have to cover the more brilliant a defensive player you’ll be. How much area you’ll have to cover is determined solely by how much of the court your opponent can use offensively. The next time you watch a class A player, notice how accurately he uses the side lines and the four corners. He uses every square inch of the court, and his opponent has to run from here to tomorrow just to keep up with him. The average intermediate uses...
WINNING POINTS

considerably less of the court, primarily around the center. But he will often have a perfect pet shot or two—down the sidewall, perhaps, or into a deep corner. Defending against those will be easier if they are all you'll have to defend against.

Let me illustrate this kind of strategy with a game condition example. On your first service to an unfamiliar opponent, you stand in the service area, perhaps a foot or two left of center, and hit a drive serve deep to the right hand side; on the return your opponent hits a winner past you along the same right sideline. The next time up you'll probably opt to stay away from his forehand side. That would certainly be solid racquetball strategy, and, above all, the logical thing to do. But let's consider for a moment the assumptions that lead you to your new strategy.

The right side service return beat you because you were too far away from the wall to retrieve it. Take two or three steps closer to the right wall on your serve and you'll remove the effectiveness of his shot and force him into a new strategy.

Now, normally, that's exactly what you shouldn't do. Moving two steps to the right only places you in a poorer court position and creates a weakness on your backhand side; your responsibility is, after all, to cover the whole court, all 800 square feet of it. But keep the fundamental definition of a weakness in mind: a weakness is a weakness only if your opponent can take advantage of it.

It may be—it is, in fact probable—that he can't take advantage of every weakness you might present to him. In such a case you no longer have to cover 800 square feet of the court; you need cover only the square footage he uses offensively.

Let's suppose that, in this situation, he has only a mediocre cross-court service return, one that, because of his inaccuracy on the left side, always comes off the sideline too early, loses some velocity, and sits up in the middle. Suppose then, that rather than serve to his backhand your second time up, which he expects you to do, you take two steps to the right and serve down the line again.

When he tries to go cross-court on his return—badly—you put the ball away, because you've been a diligent player and you've been working on your short backhand game. On your next service you go down the right sideline again. This time, instead of pushing a second weak cross-court shot, he tries another return along the right sideline. But now you're already there to pick the ball off because of those two steps you've taken to the right of center. What does he do next?

Well, that's his problem, and it may be a problem of appreciable proportions. If he knows what he's doing, he'll undoubtedly try a ceiling shot, which, if executed correctly, will neutralize your service advantage. Nevertheless, you've forced him to give up his first line of attack against your serve and fall back into a defensive posture. Chances are his second line of attack won't be as effective, and it's safe to say that there'll be psychological dividends as well.

This is the chess of racquetball, the constant probing, attacking, responding, adjusting of your own play that takes the mental aspect of the game a quantum leap beyond the simple formula of "hit 'em where they aren't." Above all of its other qualities, racquetball is situational, and it requires almost instantaneous readjustments to dozens of new positions a game. The situation in the above illustration was governed by the opponent's lack of a good cross-court shot, which in turn led to less court for you to cover. But racquetball consists of a number of fundamental offensive shots, the lack of any one of which creates, in effect, safety zones for the opposing player—areas of the court which he need not defend as he would against a better, more complete opponent. And very often these key shots which your opponent can and cannot hit are determined by his position on the court, something which you can control, often to the point of manipulation, by the strategic placement of your own shots.

For example, suppose that during a rally early in a game your opponent shows a strong, low shot to the left corner of the front wall, not quite a kill, but low enough to be a winner. You should immediately take note of his position on the court. The probability is that he's standing to the right of the center line about 20 or 35 feet away from the front wall, and it may be that he doesn't have another good offensive shot from that position on the court. With the situation arises again, perhaps as a result of a ceiling shot that forces him to retreat, anticipate him; make your move to the left forecourt and pick up the ball.

You'll find that many players are remarkably inflexible. You may beat your opponent on this shot three or four times before he tries a normally less effective alternative, and you may beat the alternatives as well.

What are his alternatives? There are three: 1) He can go down the right sidewall and catch you out of position. That's a risk you take in moving to the left forecourt, but many intermediates like to pull the ball. They have real trouble hitting a forehand along the right sidewall from the right side of the court.

If he can't hit to the right off his forehand, you can safely ignore that part of the court on this play. His limitation has effectively shrunk the amount of court you have to cover on that particular shot. 2) He can beat you on the left side with a carom shot off the sideline. But if he hits that shot too high you'll be able to retrieve it off the back wall, and you can safely ignore the rear 15 feet of the court. 3) He can give up the attack and hit a ceiling shot.

Each alternative changes the complexion of the point, and the game. This is complex racquetball, not meant for the novice, or even the fledgling intermediate. Your response to the immediate circumstances of the game at any given point in it must be very nearly intuitive. You must move into position with the flow of your opponent's play. Specifically, you should lean toward the area of the court where he is most likely to return your last shot as soon as you hit it. Most often your best position is at center court, but sometimes you can be a foot or two more accurate in one direction or another. And that entails taking risks by giving up some portions of the court. Cataloguing as early as possible the shots your opponent can't execute will be the key to how successful your risk-taking is. The amount of court area you have to cover will vary with each player; the sooner you know which parts of the court you don't have to play, the better your chances will be of controlling the game.

Now, take everything I've said up to this point and turn the sides around. What about the shots you can't make? How much of the court do you use? How much of the court can your opponent safely ignore? If you have seen the advantages a consideration of court position and an analysis of your opponent's game will give you, you must surely see the disadvantages that are inherent in any weaknesses in your own game. If it is you about whom I was speaking—the opponent who can't hit a solid cross-court shot, the opponent who can't hit to the right from the right side—take yourself in hand and work to improve your game. You'll soon be playing a more intricate brand of racquetball, you'll win more often, and, most important, you'll enjoy the game more.
## AAR '81-'82 RANKINGS

*Rankings compiled by RW VanElven of Penn State University's computer department, based on three-day standings as of June 1, 1980 in January 15, 1981.*

### RANKINGS

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### WOMEN'S 10K

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### MAGNETIC

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### RACQUETBALL

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### 34 May '81 Racquetball
Here it is—where beginners learn the game, where social players become competitors. Where you can become a vital participant in America's fastest growing sport.

Under the experienced eye of Dave Peck (currently ranked #2 on U.S. Pro Tour) and his staff (all ranked in TOP 10 on pro tour) —you’ll work on, practice and discuss the techniques and strategies of racquetball for eight hours a day. Every day for six days.

The camp provides individual instruction and analysis on every aspect of your game. Along with videotape playbacks of your strokes as an aid in perfecting your technique.

Four Consecutive Weeks
Make plans now to sign up for one of the following weekly sessions:

<table>
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The Total Resort
Seven Springs offers a ton of activities; a complete health spa, tennis, golf, the Alpine Slide, indoor miniature golf, bowling, swimming—it's all here. Slow-down recreation includes entertainment in Seven Springs' lounges, dancing, excellent cuisine and the invigorating air of the Laurel Mountains.

Five nights of comfortable lodging are included in your Racquetball Camp tuition rates. Come on! Get in the game. Return the coupon for all the details or phone Jeff Shearer at 814-352-7366. (If no answer, phone 814-352-7777, Ext. 7579.)

SEVEN SPRINGS
MOUNTAIN RESORT
Send your tournament results to AARA National Headquarters, 5545 Murray Ave., Suite 202, Memphis, Tenn. 38119. Scorecard will report as many results as space allows. Black and white photos are welcome, but will not be returned unless a self-addressed, stamped envelope is included.

All results should be typed, double spaced, and preferably arranged according to the example given here. Entries using this format stand a better chance of being included in the "Scorecard" section.

Left to right: Jim Cullen, Men's Open winner, Jim Smith, club owner, Jim Hawkins, second Men's Open, Allen Dunn, third Men's Open and Greg Easom, tournament co-director.

Enjoying themselves in a "hot tub" break during the recent Lite Beer Southeastern Open tournament are (left to right) Charlie Gries, Allen Dunn, Steve Wallace, Gerald Cleveland, Bobby Armour, David Rigby, and Joe Pappaterra.

Lite Beer Southeastern Open
Point South Racquet Club
Dothan, Alabama
February 13-15, 1981

Men's Open
Semifinals: Jim Cullen over Gerald Cleveland 21-9, 21-6; Jim Hawkins over Allen Dunn 18-21, 21-17, 11-8; Finals: Mike Ward over Jim Hawkins 21-9, 18-21, 11-6

Men's B
Semifinals: Mike Ward over Bobby Armour 21-12, 8-21, 11-7; David Rigby over Steve Wallace 21-12, 21-15; Finals: Mike Ward over David Rigby 21-11, 14-21, 11-6

Men's C
Semifinals: Al Stanfield over David Parsons 21-10, 21-6; Greg Turner over Joe Simpkins 15-21, 21-11, 11-2; Finals: Al Stanfield over Greg Turner 21-14, 21-10

Men's Novice
Semifinals: Joe Simpkins over Rusty Reigel 20-21, 21-7, 11-2; Mike Brown over Ray Weeks 21-10, 21-12, 11-10; Finals: Joe Simpkins over Mike Brown 21-6, 21-8

Men's Seniors
Finales: Mike McCormick over Wayne Wegner 21-5, 14-21, 11-3

Women's Open
Finales: Susan Capiel over Laura Sulton 7-21, 21-11, 11-5

Women's B
Semifinals: Linda Johnson over Celeste Hollands 21-9, 21-6; Sandi Walding over Rosemary Alcardi, forfeit; Finals: Linda Johnson over Sandi Walding 21-17, 21-13

Women's C
Semifinals: Miriam Redden over Leslie Driskell 21-12, 21-5; Sandi Walding over Celeste Hollands 21-13, 18-21, 11-4; Finals: Miriam Redden over Sandi Walding 21-2, 21-6

Women's Novice
Semifinals: Sara Knolls over Loe McLean 21-12, 21-8; Caroline Dove over Gail Salazar 16-21, 21-17, 11-9; Finals: Sara Knolls over Caroline Dove 21-3, 21-12

1st Annual Snowfest Open
Court Yard Racquetball Facility
Saco, Maine
January 23-25

Men's Open
1st: Randy Olsen; 2nd: Norm Bernier; 3rd: Ed Curtis; 4th: Dale Bennett

Men's B
1st: Mark Cox; 2nd: Dick Devaney; 3rd: Gary Williams; 4th: Steve Smith

Men's C
1st: Bob Quirk; 2nd: Ron Lachance; 3rd: Harry Wong; 4th: Steve Hare

Men's Novice
1st: Craig Miller; 2nd: Ralph Hiltz; 3rd: Jeff Barnes; 4th: Dan Perkins

Women's Open
1st: Barbara Olsen; 2nd: Nan Higgins; 3rd: Debbie Waldruff; 4th: O. Sullivan

Women's B
1st: Marianne Meade; 2nd: Joyce Adams; 3rd: Frankie Campbell; 4th: Liz Nelson

Women's C
1st: Christy Brouillard; 2nd: Terri Graham; 3rd: Anita Findler; 4th: Lucy Hunter

Women's Novice
1st: Sandy Saucier; 2nd: Debbie Choroszy; 3rd: Teresa Brady; 4th: Maxine Michaud

Junior Boys
1st: James Hunt; 2nd: Jon Langmaid; 3rd: Troy Bloom; 4th: Derek Simmons

Men's A Doubles
1st: Sandy Olson-Sandy Moore; 2nd: Dave Bennett; Steve Smith; 3rd: Roger Crim Dennis Ordway; 4th: Norm Bernier John Bouchard

Men's B Doubles
1st: Harold Sacks-Al Wright; 2nd: Tom Fournier-Alec Stevens

Women's Doubles

1st Annual Indiana County Racquetball Tournament
Supreme Court
Indiana, Pennsylvania
January 30-February 1

Boys 14-and-under
1st: Ben Pratt; 2nd: Greg Stokes; 3rd: Alan Stewart; 4th: Brian Cove

Men's B
1st: Jerry Kengerski; 2nd: Mark Marion; 3rd: Paul Sedor; 4th: Ron Davis

Men's C
1st: Phil Somers; 2nd: Dave Barclay; 3rd: James Aken; 4th: John Johnston

Mixed Doubles
1st: Sandy Smith-Jeff Davis; 2nd: Yvonne Buggley-John Foley; 3rd: John Johnston-Beth Geary; 4th: Ron Ursone-Ben Jarbars

Women's Novice
1st: Susan Moczy; 2nd: Nancy Jones; 3rd: Donna Woodall; 4th: Kathy Jones

Women's B
1st: Beth Beary; 2nd: Cindy Delaney; 3rd: Amy Bell; 4th: Lois Bartko

Men's Masters
1st: Roy Moss; 2nd: Ron McBride; 3rd: Doyle McBride; 4th: George Halsey

Men's Novice
1st: William Jabela; 2nd: Terry L. Cover; 3rd: Dan Shirley; 4th: Bernie Pavlick

Women's Open
1st: Sandy Smith; 2nd: Ellen Tircianni; 3rd: Mary Ellen Frick; 4th: Yvonne Buggley

Men's Open
1st: Kevin Pillion; 2nd: Ken Baron; 3rd: Jeff Davis; 4th: Aaron Anberry

Boys 17-and-under
1st: Marty Pillion; 2nd: Alan Stewart; 3rd: John Troxell; 4th: R.T. Gattie

Boys 18-and-under
1st: Eddie Broughton; 2nd: Jack Deleoney; 3rd: Todd Owens; 4th: Brian Patras

Men's Seniors
1st: Ken Baron; 2nd: Veditas Celnik, 3rd: Ron Burner; 4th: Tom Miller

Men's B Doubles
1st: Dan Nash-Tom Miller; 2nd: Ron McBride-Doyle McBride; 3rd: Ron Ursone-Robert Napoli; 4th: Don Davis-Ron Naco

Southwest Florida Winter Classic
Racquet Club
Naples, Florida
January 30-February 1

Men's Seniors
1st: Fred White; 2nd: John Buckley; 3rd: Bob Riley; 4th: John Brown

Men's Masters
1st: Gene Orr; 2nd: Howard Hirschy; 3rd: Roger Swanston; 4th: Ed Meeds
Listed below are the ball manufacturers who have received approval of their products in AARA sanctioned tournaments. For tournament sponsorship, contact these manufacturers, your AARA State Director, or National Headquarters at 901-761-1172.

Ektelon  
Regent  
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Point West  
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Sportcraft  
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DAVEY BLEDSOAP  
1981 RACQUETBALL RANCH  
at STEAMBOAT ATHLETIC CLUB  


As in other years, we make it easy to enjoy the activities available in our famous mountains. Hiking, fishing, golf, tennis, swimming, horseback riding and gondola rides. Babysitting is provided so everyone can participate.

DATES: August 2 - 8  
August 9 - 15  

Cost: $350/student. Room rates start at $80/week. Luxurious condos all have fully equipped kitchens, fireplaces, balconies, along with a spectacular mountain view.

FOR MORE INFORMATION CALL OR WRITE:  
DAVEY BLEDSOAP  
RACQUETBALL RANCH  
Box 1566  
Steamboat Springs, CO 80477  
303-879-3335  

May '81 Racquetball 39
SANCTION YOUR TOURNAMENT THROUGH

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Tournament supply discounts
Listing in Racquetball's calendar of events
Rulebooks
Clinic Booklets
Tournament Programs
Qualification for World Amateur Rankings
Guidelines of how to run a successful tournament

Contact Hallie for further information
901-761-1172

Register Early!
Pool privileges for all campers • Limited Openings •

Ages 10-17 (coed)
Intermediate-Advanced programs directed by Dave
Peck & JIM WINTERTON

2nd Annual
Dave Peck
Summer
Camps
for juniors & adults

Tournament supply discounts
Listing in Racquetball's calendar of events
Rulebooks
Clinic Booklets
Tournament Programs
Qualification for World Amateur Rankings
Guidelines of how to run a successful tournament

Contact Hallie for further information
901-761-1172

1st: Stacy Sattler; 2nd: Rodie Martin; 3rd: Salina Rodriguez; 4th: Jennifer Sattler.
13-and-Under Girls
15-and-Under Girls
10-and-Under Boys
1st: John Ellis; 2nd: Chris Carmona; 3rd: Jason Gilbert; 4th: Aaron Downey.
13-and-Under Boys
15-and-Under Boys
1st: Woody Claus; 2nd: Jim Oliver; 3rd: Jimmy Rummmond; 4th: David Garcia.

Location:
ALL SPORT Fitness & Racquetball Club
240A Washington St.,
Poughkeepsie, NY 12601
Inquiries: (914) 452-5050
Jim Winterton or Mike Arteaga

2nd Annual
Dave Peck
Summer
Camps
for juniors & adults

Two super instructional programs directed by Dave
Peck, No. 2 Pro in the Country—Also featuring GREGG PECK

Ages 10-17 (coed)
Intermediate-Advanced

$318 includes accommodations and all meals

Pool privileges for all campers • Limited Openings •
Register Early!

All Sport Fitness & Racquetball Club
240A Washington St.,
Poughkeepsie, NY 12601
Inquiries: (914) 452-5050
Jim Winterton or Mike Arteaga

Bentley Club Winter Classic
Bentley Club
Harrisburg, Pennsylvania
February 13-15.
Men's Open
1st: Tom Ranker; 2nd: Joe McAndrew; 3rd: Chris Buickie; 4th: Jerry Wolff.
Men's B
Men's C
1st: Mitch Smith; 2nd: Jeff Charmogurs; 3rd: Chris Keller; 4th: Jay Lelan.
Men's Doubles
1st: Nancy Bernardi; 2nd: Shelly Lee; 3rd: Dean Heckman; 4th: Marcy Reuben.
1st: Nancy Bernardi; 2nd: Shelly Lee; 3rd: Dean Heckman; 4th: Marcy Reuben.
Open Doubles
1st: Denny O'megna & Mitch Bokter; 2nd: Chris Mathewson; 3rd: Joe McAndrew; 4th: Dan Obremiski & Bob Steeleing.

March of Dimes Benefit
Allentown Racquetball Club
Allentown, Pennsylvania
February 20-22.
Men's Open
1st: Joe McAndrews; 2nd: Hal Foss; 3rd: Pete Fuoco; 4th: Mike Curewitz.
Men's B
1st: Daneby; 2nd: Enoch Ferencz; 3rd: Barry Ashworth; 4th: Lee Backston.
Men's C
1st: Dan Rhodes; 2nd: Dan Keuler; 3rd: Bob Wittmer; 4th: Don Potts.
Men's Doubles
Women's Open
1st: Hal Foss/Jim Bachman; 2nd: Frank Possoczog (Gerry Schulman); 3rd: Joe McAndrew/Mike Curewitz; 4th: Tony Salvaggio/Phil Frassinelli.
Women's Doubles
1st: Dot Fischel; 2nd: Tammy Haljar; 3rd: Marcey Reuben; 4th: Cathy Lee.
Women's B
1st: Marcey Reuben; 2nd: Cathy Lee; 3rd: Darlene Her- shay; 4th: Trude Frick.
Women's C
1st: Carol Hopson; 2nd: Sharon Williams; 3rd: Cheryl Anders; 4th: Vicky Porter.
The most advanced system of training for

STRENGTH
FLEXIBILITY
MUSCULAR ENDURANCE
CARDIOVASCULAR ABILITY

Nautilus
SPORTS/ MEDICAL INDUSTRIES
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Smash me.
Crush me.
Splat me.
Kill me.

I'll stay forever true blue.

No ball stays lively longer than the new Wilson Tru Blue.

We'll pay you to prove it to yourself. Take Wilson's Great American Playtest. There's a Playtest Questionnaire packed in every can of balls. Fill out the questionnaire and send it to Wilson. We'll send you a dollar. Ask your pro for details.