AARA INTERCOLLEGIATES
WOMEN IN SEATTLE
INSTRUCTION BY
STEVE STRANDEMO
RACQUET STRINGS

INTERVIEW:
HEATHER McKAY
We are the Official Racquet Sponsor of the 1983 U.S. Racquetball Team and a major sponsor of every AARA Regional and National event.

DP Leach...the Team that supports You.
May 1984

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Murphy is alive and well and living in this magazine. The ghost of his famous law—If something can go wrong, it will—has haunted us all, but, as I look back on when we started up this magazine a year ago this month, it's surprising we have a magazine at all. That first issue—what a headache! The feature tournament coverage was going to be the Men's Austin pro stop. We flew down, Drew and I, and covered the whole thing from top to bottom taking hundreds of photos of the tournament through the glass wall courts. Great color shots, wonderful stop-action shots—everything a racquetball fan would love. The photos went to the lab and when they came back, we nearly tore the package in two over our excitement to see inside. They were incredibly . . . ruined! Gak! We gagged. The lights in Austin had been out of phase with our shutter speed! Nothing. We had nothing. No great color shots for the cover, no great stop-action shots, nothing. How depressing.

Drew, went into shock when he saw the pictures. He was devastated. But, being the kind of person he is, he squared his shoulders and did the only thing that could possibly be done. He went to lunch. After lunch we were in a much better mood and had come to the conclusion that we could probably salvage some of the photos. Looking over that issue, I think we did pretty well.

We also had to salvage the typesetting. It was a computer mistake, and believe me, it was a doozy. We were going to save time, see, and pass all of our stories directly from our computer into the typesetting computer. Worked like a charm. Only problem was, the typesetting computer would hiccup every once in a while and casually throw out a letter into never-never land. The result was that we had a heck of a time proof-reading the copy. A missing letter sometimes would make sense. "A stinging victory," would become, "A singing victory" and so on. I don't think we caught all of them.

How about the cover? It was supposed to be this wonderfully great, sparkling silver-and-black bombshell of a cover. We borrowed the idea from a recent Newsweek cover we had seen. The cover we got back from the printer was more of an obscure, dream-like Renoir pointilistic failure, but there it was attached to thousands of our magazines. What could we do? We sent it out and crossed our fingers that our subscribers wouldn't defect en masse. You didn't, and we thank you very much for that.

We've changed our logo on the cover since then, and have made quite a few editorial and layout changes in response to what you people want in a racquetball magazine. Yet, I still get calls from people who run across that first magazine, dial me up and say, "Hey, I just found a May 1983 issue of International Racquetball and it was great! You guys still in business?" Yup. We're still here and intend to stay the best magazine in racquetball around, Murphy's ghost allowing.

So, that makes this May 1984 issue our first anniversary issue. There's lots of good stuff inside. Lots of different fun articles. Read the one on "Are You Really a Veteran?" I read it and I am not. I'm definitely a rookie. Now Drew, he's a veteran alright, but more in the category of fossilized veteran. Oh, he and I started playing racquetball at the same time, but, while he went on to become entrenched in the sport, I took an extended sabatical. Anyway, it's a good article.

Our cover story is about Heather McKay. Truly an amazing athlete and woman. I can't say half of what has already been said about her in other sport magazines such as Sports Illustrated. Racquetball is lucky to have her on the courts. Read her interview. You will learn something.

This month begins a series of racquetball instructional articles by Steve Strandemo (with Bill Bruns) from their best selling book Advanced Racquetball. We will cover a chapter a month in our pages. Our editor considers these lessons to be the finest instructional published to date. It will do you good to follow along each month.

Ever wonder about your racquetball strings? No? Well, you should. A racquet without string might as well be made into a lamp or something. Ashaway Line and Twine, one of the oldest and best manufacturers of tennis and racquetball string, has submitted a closer look at what we hit the ball with, string.

Ask the top thirty men pros who they think has the best backhand or forehand or retrieving ability and you might get thirty different answers. Not so. Jerry Hilecher took the time to find out what the men think of each other and there is some agreement on who is what. Do you agree with him? Let us know.

There's more, more and more. Complete coverage of the WPRA stop in Seattle. Complete coverage of the U.S. AARA Intercollegiate Championships. A handicapping article on who might win the upcoming Women's Nationals in Houston. Gosh. This is a good issue. Enjoy. Enjoy!
Adams Wins in Kent

Lynn Adams regained the #1 position in the WPRA rankings by defeating Heather McKay in the final of the April 5-8 WPRA pro stop at the Pacific West Health and Racquet Club in Kent, a suburb of Seattle, Washington. Adams took out former #1 McKay in three straight games, 22-20, 22-20, 21-17. The win for Adams brought her even in head-to-head competition with McKay for this season, 2-2.

To reach the final Adams defeated former national champion Shannon Wright-Hamilton, and McKay downed Janell Marriott.

In the pro doubles division Lynn Adams and Terri Gilreath kept alive their perfect string of victories by ousting Heather McKay and Janell Marriott in the finals, 15-7, 15-9, 7-15, 15-9. (Story on page 24)

Roberts Wins Intercollegiate

Andy Roberts of Memphis State University swept to victory in the 12th annual AARA Intercollegiate Racquetball Championships, held at the Memphis Racquet Club, April 5-8. Roberts upset top-seeded Paul Bakken of Bethel in the finals, 21-9, 21-13.

In the women’s Division 1, Kathy Gluvna of MSU downed Toni Bevelock, also of MSU, 21-16, 21-15.

Over 40 universities and colleges were represented at the event. The winners of the Division 1 titles will receive positions on the AARA U.S. National Team. (Story on page 16)

Women to Play in Atlanta

Diversified Products has announced that this year's DP National Championships in Atlanta will include a professional women’s division as well as pro men’s. It will mark the first time that a pro division for women has been offered at the event, which is the largest money event ($110,000) held in the sport of racquetball.

Prize money will be distributed as follows:
- Men's Pro - $40,000
- Women's Pro - $20,000
- Amateur - $60,000

Over 1,000 players are expected to play in this year’s event. (Schedule on page 44)

Head Starts New Format

The racquetball division of AMF Head has begun experimenting with a new tournament format. On the weekend of April 1 Head and the Playboy Club of Lansing hosted the Midwest Team Championship. Eight teams from the surrounding states, made up of 5 men and 2 women, competed for individual player contracts with Head. 60 of the region's top amateur players participated.

Pro players Steve Strandemo and Doug Cohen hosted clinics for the participants.

Head is currently formulating plans to expand the program across the country.

Ed Martin Promoted

Ed Martin has been promoted to President of Spare Time, Inc., which owns and manages five tennis/racquetball clubs in Northern California and Nevada. Martin currently serves as the United States National Coach for the U.S. Olympic Racquetball Team, and is a member of the House of Delegates, United States Olympic Committee.

CRA Headquarters Moved

The headquarters of the California Racquetball Association (AARA) have been moved. All correspondence and inquiries should be addressed to:
California Racquetball Assn.
C/O Spare Time Inc.
7919 Folsom Boulevard, Suite 150
Sacramento, CA 95826

MANUFACTURED IN THE U.S.A.

It’s here! Super-Kill—the new generation of racquetball string that delivers amazing action on the ball!

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

Last night, while I was preparing to write this column, I sat down and started thinking about what has taken place in my life and in the sport of racquetball since we began publishing *International Racquetball* exactly one year ago. It took only a few moments of reflection to realize what an incredible year it was.

For me, it has been the most exhilarating 12 months of what has been a pretty good 33 years. If that sounds overly dramatic, I'm sorry—anniversaries do that to me. I have been infatuated with racquetball since I was a teenager, and I thought I knew it well. But editing this magazine has allowed me to delve deeper into its "soul" than I ever thought possible. I found how little I really knew, and in the process my infatuation has grown into something more.

It's been a good year for racquetball too. In our first issue I wrote that this sport was at a crossroads more critical to its future than any it had ever faced. That was true. Although there are still some who don't agree, I have little doubt that crossroads is past, and that racquetball is finally traveling down the right road. If all this sounds a little too goody-goody for those of you whose stop regularly at this column, hold on—the tough stuff is coming up. Even cynics need to stop now and then and appreciate how nice things really are.

OK, enough of that. (You knew I couldn't keep it up for long, didn't you?)

Racquetball has had a good year:
The amateur game, which was once a divided battlefield, has regrouped, and under the competent direction of the AARA is now striding like a thoroughbred toward, among other things, full Pan Am and Olympic participation.

Racquetball has surged internationally. The Canadian pros formed a players association (CRO), and brought together their first ever pro tour. The Japanese are on fire, unable to build courts fast enough to satisfy demand. International competition has grown from nothing in 1979 to over 50 events this year. (At the World Championships in July at least 19 countries will be represented.)

The WPRA has continued to guide the growth of women's professional racquetball. Their accomplishments this year included the contract signing with a host club in Ft. Worth, Texas, to stage their

Continued on page 8

In June of this year a racquetball era will come to an end. At their National Championships in Atlanta, Georgia, Diversified Products (DP) will officially announce the dropping of the Leach name from their extensive line of racquetball products. The racquetball division of the large sporting goods manufacturer will now be known simply as DP Racquetball.

The Leach name has been familiar to racquetball players since shortly after the invention of the sport. Founded by Bud Leach in 1968, Leach Racquetball became a pioneer in the manufacturing of fiberglass racquets. The company was also particularly active in the creation of professional racquetball.

Diversified Products is one of the largest manufacturers of fitness and athletic equipment in the world and acquired Leach Racquetball in February of 1980.

According to Greg Eveland of DP, the Leach tag is being phased out primarily to allow the racquetball product line to more directly benefit from the name recognition created by DP's massive national advertising.

"With all of the advertising and promotion we do for the DP name," says Eveland, "it just didn't make sense to leave racquetball out."

The change is also seen as a move by DP to remove the pro-only stigma that remains attached to the Leach name.

"We want everyone to know that we're committed to all areas of the sport," explains Eveland, "amateur racquetball through the AARA, the pro game, and development at the grass-roots level."

DP is the sponsor of numerous AARA events, the U.S. National Team, and stages the largest single pro/am tournament in racquetball—the $110,000 DP National Championships.

HELLO DP — GOODBYE LEACH

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Featuring: The top men's professionals, the Women's Professional Racquetball Tour, and the best amateurs in the country. A special event for everyone including clinics with DP players Bret Harnett, Gregg Peck, Jack Newman, Heather McKay, Terri Gilreath, and Caryn McKinney; tournament banquet; and tournament party.

Dates: June 11-17, 1984.

Location: Atlanta Sporting Club, 1515 Sheridan Road NE, Atlanta, GA 30324 (404) 325-2700.

Entry Fees:
- Men's Pro Event - $75.00
- Women's Pro Event - $45.00
- Amateur Events - $35.00
- All Second Events - $15.00.

Fee includes tournament shirt, full hospitality, admission to pro clinics, Friday dinner banquet, Saturday party, and admission to all matches.

Entry Information: Checks payable to CRM Management and Promotions, Inc. Entries mailed to P.O. Box 95563, Atlanta, GA 30347. Entries must be received by Saturday, June 2.

Sanction: AARA - memberships required and may be purchased at site for $6.00. Women's Pro Event is WPRA sanctioned; WPRA membership is required for Women's Pro entrants.

Scoring:
- Men's Pro Event: 3 out of 5 to 11.
- Women's Pro Event: 3 out of 5 to 21, tiebreaker to 15, scoring on every rally.
- Amateurs: 15, 15, 11.

Official Ball: Penn

Tournament Director: Caryn McKinney, (404) 325-2700.

Starting Times: Call (404) 325-2700 after 12 noon on Thursday, June 7. Players must expect to begin play Monday, June 11.

Transportation and Housing: Mention DP Nationals for special rate.

Official Airline: Eastern. Call 1-800-327-1295 for at least 30% off the regular fare. Refer to easy access number 6T54.


Housing:
- Lanier Plaza Hotel, 1-800-554-8444, $48 single or double. Van to and from club every two hours. Days Inn, ($33.00) 404-633-8411 single or double.

Awards:

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<td>16,600</td>
<td>5,100</td>
<td>DP Gympac** 1500 (Multi-station Exercise Unit)</td>
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<td>2nd</td>
<td>5,000</td>
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<td>DP BodyTone** (Multi-Gym)</td>
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<td>Semi-Finals</td>
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<td>Round of 16</td>
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General Information: Pro Format: Unlimited qualifiers into a main draw of 32. Entries limited to the first 1000 received - no exceptions!

Please enter me in:

- Men's Pro
- Men's Open
- Men's A
- Men's B
- Men's C
- Men's CC
- Men's Jr. Vet (27-34)
- Men's Seniors (35+)
- Boys 16 and under
- Boys 14 and under
- Boys 12 and under
- Women's A
- Women's B
- Women's C
- Women's CC
- Women's Open**
- Women's Pro
- Women's Novice
- Women's Masters (45+)
- Girls 16 and under
- Girls 14 and under
- Girls 12 and under
- Women's Jr. Vet (27-34)
- Women's Seniors (35+)
- Girls 16 and under
- Girls 14 and under
- Girls 12 and under

**Please Note: Women's Open entrants will be given FREE entry into the Women's Pro division if they are WPRA members. WPRA membership fee of $25 is payable with your entry. If you think your division(s) may not be held due to lack of entrants, PLEASE indicate an alternate choice.

Name ___________________________ ___________________________
Address __________________________________________________________
City ____________________________ State ________ Zip ____________
Phone (H) ______________________ (W) ________

Waiver: I hereby for myself and my agents waive and release any and all rights and claims for damages I may have against DP, the AARA, the Atlanta Sporting Club, CRM Management and Promotions, tournament sponsors, and any of their agents, for any and all injuries received by me in connection with this tournament.

Signature (Parent if under 18)

Amount enclosed: ___________________________
largest ever Nationals ($22,000) for the next three years.

The most visible progress was made in the men’s professional game, which last year at this time was in total chaos. With surprising speed, the industry’s major manufacturers pooled their resources and formed the RMA, hired a sports management firm, and announced plans to stage a major three-year men’s pro series beginning in September of 1984.

The manufacturers are selling, the club owners are generally healthy, and most industry watchers agree that the sport in general is again growing at a healthy clip.

The progress has been good. But, the battle isn’t won. What we have really done in racquetball during the last year is corrected the mistakes we made in the past. We have built the foundation of a major sport, but we must overcome one major obstacle before we actually become one.

A better writer once said it this way: “The skeletons are out of the closet; it’s time to slay the dragon in the doorway.”

Racquetball’s dragon is communication. That is the monster that keeps us in the cell of “minor” sports.

Let me explain:

There is one characteristic of racquetball that makes it unique among the major participant sports in the world. While the sport has grown rapidly in participant numbers, it has done so in small, unconnected pockets. Most people who play racquetball do so at a private club. And those clubs have developed like small autonomous social groups, that have a great deal of strength in themselves, but communicate little with each other.

We say that racquetball is a sport of about 8 million active players. A more accurate description would be 4,000 groups of 2,000 players each. And therein lies the problem.

Before we can make racquetball visible to millions outside the sport, we must first spread the word through our own ranks. That is the job of this magazine, and others who perform the same function. But we are unable to accomplish that on a large scale because we do not know who those 8 million players are.

The largest actual readership any publication in this sport has ever reached was well under 50,000, way under 1% of those who play. Compare that with tennis, which reaches over 5%. As a sport we have 8 million, but we have the real selling power of 1.5 million. That is what keeps us where we are.

At International Racquetball we are trying to solve that problem, but we need help. Beginning this fall we will embark on a program that will put this magazine into the hands of over 100,000 people.

The only way we can accomplish that is by gaining access to the membership lists that are controlled by club owners. That is a tough sell, but we are convinced it is the only way that we, and others, can do our job.

During the next two months we will be making a direct appeal to owners to help us build the lines of communication this sport must have to grow. To those of you who are in a position to do so, please help us.

International Racquetball has had a great year. But it’s time to up the stakes, and succeed or fail, we are going to try.

One final thought:

When we are young, we are terrified by the dragon in the doorway. Only when we’re old do we realize the dragon was in our minds all the time.
Heather McKay’s career as an athlete has been so astonishing that Sports Illustrated once described her accomplishments as “unmatched by any woman in any sport.”

McKay (pronounced McEYE) was born in Australia in 1941. As a young girl she became involved with tennis, and was considered one of that country’s most promising junior players when, at the age of 18, she discovered the burgeoning sport of squash. Within one year of stepping on a squash court for the first time, Heather entered and won the Australian Squash Championships.

For the next twenty years, McKay totally dominated the world of international women’s squash. During that period she lost only two matches, both early in her career. She won 16 straight British championships, 14 Australian championships, and every major competition held in North America. So awesome was her domination of women’s squash, and her equally successful simultaneous career in Australian field hockey, that in 1969 she was distinguished by Queen Elizabeth as a Member of the Order of the British Empire.

With nowhere else to go in her own sport, Heather retired from squash in 1979. To satisfy her competitive drive, she turned to racquetball, and in her first year of competition she won the U.S. Amateur Championships. A year later she was crowned the undisputed queen of women’s racquetball when she defeated Shannon Wright in the final of the first Women’s Professional Racquetball
Bob McNamara in the semi-finals. Then I went into training for the World Squash Championships and didn't pick up a racquetball racquet again until 1979. I went to the women's pro stop in New Haven in May of '79 and did fairly well, and that's when I decided to take it up seriously. The following June I won the U.S. Amateur Championships (beating Lynn Adams in the final).

**What was it like switching to racquetball from squash?**

It was different. I think mainly I gave it a try because I was seriously thinking about retiring from squash, and I enjoyed racquetball because the concept of the game was so different. A lot of people think squash and racquetball are very similar—there are similarities but they are quite different. After I won the squash championships in 1979 I decided to retire, and I saw racquetball as something I could really get my teeth into.

**I think there are girls who want to win as much as I do but they don't concentrate as well.**

**How are the two sports different?**

Oh, there's very little similarity. Stroke-wise, I didn't have to change much. The shorter racquet in racquetball requires you to use more upper body strength to generate racquet head speed to hit the ball hard.

What have I taken from the game of squash? Definitely my passing game—down the line and cross-court passes. Also my knowledge of the court.

But racquetball has a lot of things you don't find in squash; ceiling shots, the serve, pinch shots. I had to learn all those.

You're considered perhaps the best in...
the game at positioning. Did that come from squash?

That’s knowledge of the court, and yes that came from my years on the squash court. With most of the girls I play, I can watch them hitting the ball and I can tell where the ball is going. I may not be as fast as some of them, but because I know where it’s going, I’m on my way as soon as they hit it, so I look as though I’m fast. It’s really just court knowledge.

You were born in Australia; how did you find your way to Canada?

My husband and I are both teaching pros in squash, and we came to Canada in 1975 to take a job at an 18-court squash center in Toronto. Back in Australia there are very few private clubs, and very few of the commercial clubs have paid full-time professional teachers. So we just couldn’t do what we wanted to do in Australia.

What other sports have you been involved with?

Tennis was my first sport. I was a reasonably good junior—locally. I lived in the country about 200 miles from Sydney, in a little town of about 11,000 called Queanbeyan, and I only traveled to Sydney once to play tennis. When I was 18, I took up squash, and then at 30 I took up field hockey, which is a big sport in Australia.

Do you have any regrets about giving up tennis?

Back then—1959-60—there was nothing for women in tennis. Plus the fact...
that I would have never made the move to Sydney to pursue tennis. Whereas with squash, within twelve months of picking up a squash racquet I had won the Australian Squash Championships.

Do you enjoy professional racquetball?

Yes, I do. I enjoy the competition. I don’t think I would enjoy doing it full-time. But to have a full-time job and just come away every two or three weeks—yes, I enjoy that. And I think I would miss the competition, the traveling, seeing the girls. That’s all part of it.

Do most of the women get along pretty well?

I think so. Most of the girls get on, and it’s nothing to see five or six of them go out together. Sure, when we’re on the court it’s a whole different ball game. But I’ve always been a great one for this; I think that what happens on the court finishes when you come off, and most of the girls are the same way.

Do you train a lot for racquetball?

Well, last year I played an awful lot of racquetball because I worked at a club that had squash and racquetball. But since July when I moved to an all-squash club I find it very difficult to play as much as I would like, and at the moment I’m only playing an average of 3 times a week. My squash does help my training; it helps me physically and it helps my movement. But, I would like to do more running if I had the time. I like to do a little bit of weight training; upper body only, very little on the legs. If I can find the time to put all that together, I’m very happy.

What do you consider the best parts of your game?

Concentration, probably. That’s part of experience. I concentrate on every point; I may look as though I get upset out there at times, but if I do blow up and yell at myself, as soon as I’ve said it, it’s gone and doesn’t hurt my next rally. I’d rather do that than have it build up inside myself.

Does your ability to concentrate come naturally?

It’s part of your game. You have to work at it a little bit, because your mind can wander out there just like anyone else’s. I think there are girls who want to win as much as I do but they don’t concentrate as well. The mental part of the game is extremely important. It doesn’t matter how well you hit the ball if you haven’t got it together up top.

Are there parts of your game you wish were better?

Definitely. I’d like to kill the ball better.
when I have set-ups. That's a result of squash, I'm sure, because I find it even more difficult the more squash I play. I don't kill the ball well enough on set-ups and therefore I have to take my passing shots and wait for the next opportunity...and sometimes it doesn't come.

What about the other women; what do they do consistently wrong?

I don't think they vary their games enough—they're too predictable. They shoot a lot of straight shots, and many of them have a favorite shot they just play to death no matter how many times you're there to cover it. They need to mix their games up more. How many girls do you see that hit reverse pinches? Lynn does, I do, Terri (Gilreath) has started to, but almost no one else. Very few of the girls

I want to win as badly if not worse than anyone else, but that's not why I play.

use the side wall as much as they could.

Why do you think the women's game, and the men's game for that matter, seems to always be dominated by two or three players?

Well, you have to have the basic ingredients to get to the top. But I really believe the difference is the dedication. That's where my years in squash have helped me. I know Lynn works extremely hard, both on fitness and on her game. That comes from your will to win; how much do you want it? Not so much when you're out there on the court, but how much do you want it when it's time to train—that's when it counts. And that's the part people don't see.

Many people are amazed that you remain competitive at your age. Have you noticed any difference in your game in the last few years that you attribute to age?

I notice a big difference from, say, five years ago. I find that if I have a really tough match, or if I have to play two tough matches in one day, I just don't come up the same the next day. The body needs more time to recuperate. It's the same when I train; I can't work out hard for two or three days in a row like I used to.

But, when I'm fresh I really believe that fitness is never going to beat me. I don't think that's why I lose racquetball games. I'm as fit as 99% of the girls out there. I've always said that I may get tired in a match, but if I'm pooped, I know my opponent is worse.

How much longer do you think you will play?

I'd like to finish this year and next year, and then realistically look at what I've done and if I'm prepared to stay in there and do the work. I'm a person who, if I can't do it at a level where I want to, I'll go out. But, at least another year, and then who knows, maybe one more after that.

Give us your opinion of the abilities of a few of your fellow players:

Lynn Adams—She's always my
If I didn’t have something to be competitive at I don’t know what I’d do.

toughest competition. You can’t let Lynn get set up off the back wall, she’s too good. She kills the best of any of the girls. You can’t afford to let Lynn set up, you have to keep her off balance and keep her moving. She’s very fit. A good variety of serves; probably varies her serve better than anyone on the tour.

Shannon Hamilton—Her backhand is very, very good. I always find Shannon tough because of her competitiveness. She has good serves, but she’s not quite fit enough, not quite fast enough. I think a lot of the desire is gone. When she’s on the court she wants to win as much as we do, but I think the desire is gone to do what she has to before she gets on the court.

Terri Gilreath—She’s fit, fast, hits the ball well, and plays all shots but doesn’t necessarily play the right shot at the right time. She gets a little emotionally upset if she hits a few bad shots. But if she’s able to bring it all together she’s going to be very tough and will be there for a long time.

How do you feel about the state of women’s professional racquetball?

Very positive. We have more events and more prize money this year than before, and as long as we keep growing...we don’t expect to grow by hundreds of thousands each year, we just want to continue to grow.

What do you and your husband, Bryan, enjoy doing when you’re not playing racquetball or squash?

Nothing! (laughing). Oh, he likes puttering around the house. I like to do a little gardening in the summer, a little knitting, and I like to read. He likes to do a little photography. We just really both like to relax by ourselves.

With all you have accomplished, why do you continue to compete? Is winning that important to you?

If my only desire was to be the world champion, I wouldn’t be working full time, because I just don’t have the time to train. I want to win as badly if not worse than anyone else, but that’s not why I play. Why do I do it? I’ve always been competitive. If I didn’t have something to be competitive at (and the best thing I’m competitive at is sports) I don’t know what I’d do. I think when I give up racquetball I’ll go find something else to be competitive at, most probably another sport.

For me, it’s a self-satisfaction. I need to set a goal for myself, to reach that goal, and then to maintain it. And I’ve worked very hard in my life to do that.

And it’s not the money. I played squash for 14 years as an amateur and I had the same will to win. I just have that, I just want to do it to my best.

Perfection—I don’t know. We can’t be perfect but you strive for perfection. And when you stop striving for perfection, that’s the time to get out.

(Laughing) How’s that for a quote?
• We want you to join professional racquetball in its exciting 1984-85 season. Racquetball like you've never seen it before!
• We want you to join the pros behind-the-scenes interviews, in-depth instruction written by the pros themselves, and superb photographic tournament coverage.
• We want you to join the pros as they battle in cities from coast to coast and beyond in the world of International Racquetball.
Students from over 40 universities and colleges battled it out in the posh Memphis Racquet Club April 6, 7 and 8 to see who was number one in the 12th Annual AARA Intercollegiate Racquetball Championships. Paul Bakken, the number one seed from Bethel, Minnesota, was the clear favorite to win the Men's Singles division as he sliced through the competition with his incredibly strong, smooth strokes. But it was not to be. Eighteen year old Andy Roberts, the second seed, surprised Paul in a tense final before Andy's home town crowd to take the intercollegiate crown.

Andy was part of the tough Memphis State University racquetball team that wrenched away most of the titles. Not only did MSU win the prestigious Men's Singles title through Andy, but it also took first in the Women's Singles championship, the Men's and Women's Division Two championships, and, in probably the most exciting match of the tournament, defended its grasp on the Men's Doubles championship against twins Pete and Paul Taunton from St. Cloud University. By beating the Tauntons in the tie-breaker, Brian Sheldon and Jim Jeffers gave MSU their eighth consecutive doubles championship.

Sue Hensley from Central Michigan University took the Women's Division Three title by edging out New Yorker Pam Reiling from Binghampton University. In the overall team scores, MSU took first place, Binghampton, second, and Providence, from Rhode Island, came in third.

Since the Division One (Open Division) champions in both the men's and women's singles would have an automatic berth on the U.S. Racquetball team, there were good crowds to view the eliminating rounds. In the Men's One upper bracket, Paul Bakken walked through his competition handing John Armstrong (GMU) a 21-4, 21-3 lesson and Dirk Zeller (Williams) a 21-11, 21-6 loss. This left Paul facing Lance Gilliam from Texas A & M as the only person to stop him from the finals.

Lance, tall and dark with a powerful upper body build, looked confident as he traded Paul point for point in the first
game. But Paul pulled ahead with tremendous backhand kills leaving Lance frustrated at 17-10. Connecting with two quick forehand blasts, the crowd heard Lance yell, “I do have a forehand!” So did Paul as he rolled to a 21-12 finish. In the second game, Lance shot ahead 6-2 and continued to force Paul into the backhand corner with defensive lobs. That didn’t last, however, as the lobs became a practice drill for Paul as he ripped one after another backhand into the frontwall. Lance watched his lead and confidence crumble to the machine-like strokes of Paul Bakken who defeated him 21-13.

In the Men’s One lower bracket, freshman upstart Andy Roberts from Memphis State faced down Tim Labonne (Purdue) 21-13, 21-1 and Mitch Campbell (Broward Community College) 21-4, 21-4 to meet Tim Hansen (Palm Beach College) in the semis. Tim is a big man and Andy, sizing him up, stated, “He’s like a bull on the court. It’s tough to get it around him. A person like that just makes you shoot the ball better. You can’t make many mistakes or he’ll get you.” To say Andy was ‘up’ for the first game was an understatement. He bubbled around the court and took Tim to the cleaners 21-6. Andy’s energy in the second game ran into a brick wall of resistance. Tim ground out his percentage shots and accurate kills until Andy, filled with emotion over some of the calls, stomped out of the court at 12-12 to ‘talk’ to the ref. Gaining some self-control, Andy grabbed an 18-12 lead. Tim scrambled, clawed, and dived back to 19-19 and looked like he would take the game out of sheer tenacity. But, the next side out proved Andy was the better man at 21-19.

The Division One Women’s singles found Toni Bevelock and Kathy Gluvna, both from Memphis State University, battling it out for the championship. Toni fought her way up through Glenda Sawicki (Providence) 21-15, 21-12; Kathy Votoupa (Broward Community College) 21-2, 21-3; and Lori McWain (SW MO State) 21-11, 21-17. Kathy glided through her early rounds defeating Janet DeNicola (Binghampton) 21-1, 21-2 and Lori Pizzini (N. Montana College) 21-3, 21-6. In the semi-final against Mona Monk of UCLA, Kathy ran into some competition. Mona, a super confident left-hander, hustled for every shot and barely lost the first game 21-20. The effort of the first game told, though, when she couldn’t keep her intensity up and let the second game slip to the defending champion 21-11.

The quarterfinals continued until eight o’clock on Saturday night when the festivities began. A banquet was graciously served to over 250 entrants within the high walls of the famous indoor courts that have felt the burning serves of Connors, Borg and other tennis greats. The sponsors of this prestigious tournament, Miller Lite Beer, DP Industries and Penn Athletics were all given grateful rounds of applause from all the schools, but what really shook the crowd loose was the raffling off of the sponsor’s prizes. As each prize was given out, it became evident that each school was immensely proud to be there, for when their teammates would win a prize, each school would try to out cheer the other. If it had been a contest, Binghampton might have won.

The home town crowd and media were out for their favorite son, Andy Roberts, as he stepped onto the court with the cool,
blonde Paul Bakken. The audience remained quiet while the opponents tested each other's weaknesses. At 6-6, Andy began a series of power and percentage rallies that caught Paul sleeping at 10-6. Taking a time out in hopes that Andy would cool off just prompted the crowd to applaud for Andy, and when they resumed the battle, Paul couldn't hold back the strident confidence of Andy as he powered ahead 19-6. Three straight points from Paul's racquet still didn't phase his opponent, and at the next side out, Andy rifled two straight to take the first game 21-9.

The second game started with two quick aces from Andy. Paul appealed to the linesmen who were sitting on the floor (a very poor angle for linesmen), and the shots were called good. The crowd cheered on and on. Paul was visibly upset as call after call fell to Andy's favor. At 8-6, there was a questionable avoidable hinder call that was ruled in Andy's favor. The usually controlled Bakken stepped from the court to discuss it with the ref. The scene grew tense and Paul entered the court. The rhythm of the game and Kathy took the game to Kathy 21-16. Kathy's sure serves and play took their toll on Toni early in the second game. The score inched up, but only on Kathy's side. Kathy's sure serves and play took their toll on Toni early in the second game. The score inched up, but only on Kathy's side.

In the next court, before packed stands, a very vocal group screamed at the tight and fiercely contested Men's Doubles Championship. Brian Sheldon and Jim Jeffers from Memphis State were defending their school's seven year hold on the Men's Doubles title. Each had won one game and it was down to the tie breaker. Like some planned choreographed event, each player had on a different colored shirt—green, red, yellow and blue. In a weird rainbow of action, the final game was ground out in what was a continual parade of side outs. Each team played with perfect passing shots until a deadlock at 10-10. The air was full of inarticulate exuberance from the stands—an agony and ecstasy of anticipation. There was a serve and a quick scramble from the teams. The Taunton's faces suddenly became blank and concerned. Brian Sheldon and Jim Jeffers exulted and everyone came to their feet. MSU had taken the school's eighth doubles title. There was a lot of well deserved back slapping.

The people watching hadn't had enough excitement yet, however. Into the center court walked the defending women's champion, Kathy Guvna and her rival Toni Bevelock. The favorite to win was Kathy, but, rumors were going around that Toni beat her schoolmate often in their everyday play. The first game showed that it might be a close contest as each traded points and serves until Kathy served an ace at 13-12. The ace broke the rhythm of the game and Kathy took control until a side out at 19-14. Toni executed two perfect rallies to take the score to 19-16 only to lose the serve and the game to Kathy 21-16.

Kathy's sure serves and play took their toll on Toni early in the second game. The score inched up, but only on Kathy's scoreboard. At 13-0, there were whispers of "donut" going around. Toni's desperation was visible as she dove at Kathy's pin-point placements. She scraped out one point, then three and then two more to make the score 14-8. The game entered a new stage as both players held onto their confidence, but Kathy emerged in the lead at 18-13. Toni called a time out to re-group then came back in the court and scored two more points. At 18-15, though, Kathy became impervious to Toni's accurate returns and refused to budge a point to take the match and her second consecutive Women's Division One Intercollegiate singles title.

Teresa Beresford and Kim Cooling (MSU) took the Women's Double Championship by ousting Mary Bauxsein and Marsh Robin of the University of Illinois 21-10, 21-10.

Peter Wong (MSU) was triumphant in taking the Men's Division Two title (B competition) against John Jones 21-5, 21-6. The Men's Division Three title (C competition) went to Richard Smith (MSU) over teammate Pat McGrew 21-12, 21-12. Krista Fox (MSU) defeated Karen Russel (U. of Virginia) in the Women's Division Two title 21-13, 21-7 and Sue Hensley from Central Michigan University broke MSU's string of victories by taking the Women's Division Three title in a battle with Pam Reiling of Hampton (N.Y.) 21-5, 11-21, 11-8.

All in all it was a first class affair and International Racquetball wishes to congratulate the winners, thank the Memphis Racquet Club for the use of their beautiful club and extend appreciation to the sponsors for their generosity in the 1984 AARA U.S. National Intercollegiate Championships.

### Intercollegiate Championships

**Memphis, Tennessee**

**April 6-8, 1984**

**Men's Division I**

- Paul Bakken (Bethel) def Alan Deisher (Ball State, IN); John Armstrong (George M) def Randy Engalia (Texas); Billy Dwyer (Providence) def John Rawlings (Montana); Dirk Zeller (Williamnette) def Roger Fudim (Cortland St.); Ross Luxom (MSU) def Bob Clar (SIU); Aaron Katz (Binghampton) def

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Singles champ Andy Roberts. Sheldon & Jeffers (center) take tough Men's double title.
Mona Monk dives in semi against Kathy Gluvna. Toni Bevelock with her MSU coach Larry Liles.
Handicapping The WPRA Nationals

The Women Travel To Ft. Worth, Texas For Their Biggest Nationals Ever

This year's WPRA National Championships in Ft. Worth, Texas, will be the largest money tournament ever in women's racquetball ($22,000). And, as has been the case for 4 years now, this event should turn into another installment of the Lynn and Heather show. Even more than the men's game, women's racquetball is divided into two groups; the top two, and everybody else.

Much of what happens in Ft. Worth will depend on how the draw is made. The WPRA uses a flip-flop draw, where the players other than #1 and #2 are seeded into alternate slots. Because the top two are practically unbeatable, those who draw the slots in the middle of the chart will have the best chance of scoring big. If there is going to be a surprise, that's where it will start.

Adams and McKay are so mentally dominant, they won't be outsmarted by anyone. Therefore, any upsets are likely to come at the hands of a physical, aggressive-type player.

These predictions were compiled from the observations of the few who can be considered expert observers of the women's pro game.

Like last month's handicapping of the men, the odds given here are those against the player winning the tournament.

LYNN ADAMS
2-1
1982-1st, 1983-1st

The favored player in this year's WPRA Nationals is hardly a mystery. In Ft. Worth, Lynn Adams will be defending the national championship she has held securely for the last two years. Her extremely strong win in Seattle boosted her confidence to its highest point this season. Only Heather McKay is capable of challenging Lynn's near-perfect game, but even Heather won't stop her here. Lynn will win this one going away.

HEATHER McKay
3-1
1982-Semi, 1983-2nd

Heather McKay has also won this event twice, and she is still capable of winning any event she plays. But by her own admission her game is not as sharp as it has been. Assuming she is not stopped by Wright-Hamilton (to whom she has lost 3 times), Heather should have no trouble getting to the finals. She has massive experience (that's an understatement), and she never folds. Look for a good battle with Adams in the final, one that Heather could win should Lynn be slightly off.
Although Shannon Wright-Hamilton remains one of the ruling triumvirate of women's racquetball, she will need some help to win in Ft. Worth. She is still capable of showing the brilliance that once put her at the top of the game... but what used to be her biggest strength—her conditioning—is now her weakness. If she gets through the early rounds easily, watch out. She tends to play on momentum and beat McKay in this event in 1982. Probably won't win—should be in the semi's.

If anyone is going to upstage the big three at the nationals it will be a physical player, and Terri Gilreath is the most physical, and fastest, player in women's racquetball. While she doesn't yet have the experience she needs to win a tournament like this, she can get hot enough to blow anybody away. This season she has beaten Wright-Hamilton once and Laura Martino twice. If she doesn't have to face one of the top seeds early, Terri should get into the semi's.

Laura is certainly one of the most talented women on the tour, but the real question mark in Ft. Worth will be her health. A slipped disk in her back caused her to miss most of the second half of the season, and that could hurt. Laura has shown that she can do well in big events; she went to the finals at the Ektelon Championships last year (losing to Heather McKay). She is consistent, smart, and plays good percentage racquetball—assuming she's well, look for a semi.

This pick will be a surprise to some. Many will disagree with these odds against a former champion of the women's game. Janell has much experience, and she is having a very good year. But Marriott suffers from a severe mental block against the top players. She could defeat Wright-Hamilton under the right conditions, but she simply cannot mentally cope with Adams or McKay. Janell can be an imposing opponent, and she's been here before. A strong performance will get her a quarter's.
Who really has the best forehand of all time? Who is Mr. Clutch? Who can leap tall buildings in a single bound? While this last question is a little out of my league, my series on "The Greatest" will attempt to answer the first two questions as well as many others concerning specific racquetball categories.

People seem fascinated over lists which rank people or objects as the best. Best dressed, album, television show, and movies are some of the more common lists people hear of. When you add the term "the greatest of all time" to these lists, everyone seems to take offense. Ask three different generations of tennis players, "who was the greatest tennis player of all time?" Depending on their age, there is a good chance you'll get three different answers. There really isn't any concrete way to prove one of them is right.

The only thing you really can prove with a greatest of all time list is that people have to argue about them. For this reason, and because I don't mind a little controversy, every now and then, I decided to tackle this topic in a series of articles. I surveyed over thirty top professionals concerning best forehand, backhand, etc., and one problem seemed to stand out—major emphasis was given to today's professionals, while the greats of yesteryear seemed all but forgotten. Since we can't forget the Bill Schmidtkes, Steve Keeley's, and of course the Charlie Brumfield's of the world, something needed to be done. I decided to scan the countryside to find that one person who had been to the first International Championship in 1969 to see Muehleisen defeat Brumfield in the finals, and has played in virtually every major event since. Luckily, since my budget had already dwindled to nothing, that person is me.

"The Greatest" list you will see in this article was compiled completely from the responses of interviewed professionals. In subsequent articles I will emphasize individual categories, interview various "greatests" and give my own input to past greats.

In my last article of the series, I will go out on a limb and give you my list of "the greatest." Get your spears ready because I'm sure you're going to disagree.

This is the professional player's list of "The Greatest of All Time."

### BEST FOREHAND
1) Jerry Hilecher
2) Marty Hogan
3) Davey Bledsoe

### BEST BACKHAND
1) Marty Hogan
2) Steve Serot
3) Bret Harnett

### HARDEST HITTER
1) Marty Hogan
2) Bret Harnett
3) Lindsay Myers

### BEST DRIVE SERVE
1) Marty Hogan
2) Jerry Hilecher
3) Bruce Christianson
QUICKEST
1) Davey Bledsoe
2) Rich Wagner
3) Marty Hogan

COMEBACK ABILITY
1) Marty Hogan
2) Jerry Hilecher
3) Charlie Brumfield

PRESSURE PLAYER
1) Mike Yellen
2) Marty Hogan
3) Jerry Hilecher

BEST VARIETY OF GAME PLANS
1) Mike Yellen
2) Jerry Hilecher
3) Charlie Brumfield

MOST CONSISTENT
1) Mike Yellen
2) Dave Peck
3) Charlie Brumfield

MOST DESIRE
1) Jerry Hilecher
2) Dave Peck
3) Marty Hogan

RETRIEVING ABILITY
1) Marty Hogan
2) Jerry Hilecher
3) Mike Yellen

MOST COLORFUL
1) Charlie Brumfield
2) Marty Hogan
3) Jerry Hilecher

MOST UNDERRATED
1) Gregg Peck
2) Scott Oliver
3) Gerry Price

BEST PLAYER MATCHUPS
1) Brumfield vs. Serot
2) Yellen vs. D. Peck
3) Hilecher vs. Bledsoe

GREATEST MATCHES
1) Bledsoe d. Hogan, 1977 Nationals, San Diego
2) Hilecher d. Hogan, 1981, C.B.C. Classic, Canada
3) Brumfield d. Serot, 1976, Aurora, IL
ONCE MORE WITH FEELING

Lynn Adams Takes Back The #1 Ranking

While it may not have been quite as well publicized an athletic confrontation as Akeem "The Dream" Olajuwon versus Patrick Ewing in the NCAA basketball championship game, the city of Seattle played host to another top two tilt just six days after Georgetown had performed a hazin on the Phi Slamma Jamma crew from Houston to claim the national crown in college ball. On a rainy (what else?) Sunday afternoon at the Pacific West Sport and Racquet Club in nearby Kent, second-ranked and seeded Lynn "Gotta Win" Adams displayed her own considerable athletic skills to capture the $10,000 Pac West Pro-Am WPRA title over top-ranked Heather McKay by a 22-20, 22-20, 21-17 score. Like the Houston Cougars, it was a battle of Seattle McKay would just as soon forget.

McKay entered the tournament with impressive 1983-84 credentials. In three events played, she had a 2-1 record against Adams, all of those matches having occurred in WPRA finals. She was riding an 11 match winning streak and during that period had chalked up...
two consecutive victories over arch-rival Adams and had dropped a total of only four games. She was the top ranked and top seeded player in the Pac West tournament and had little trouble disposing of her first three opponents heading into the final-round duel with Adams.

So much for statistics. Exactly one hour after the Pac West championship match had begun, the Californian from Costa Mesa had simply outplayed her opponent in just about every category to take the title.

In game one, Adams constructed a quick 4-1 lead on three McKay skips and her own forehand kill. The game continued on an even course with neither player establishing a dominance or string of scoring bursts until, at 11-9 in Adams’ favor, McKay skipped a forehand and backhand and her opponent cashed in on a forehand wide angle pinch and a cross court kill off the backhand side. McKay then missed an easy lob in the right back corner and promptly called a time-out. When play resumed, Adams hit a nice

Interestingly, neither player places too much importance on winning the first game of a match. “Winning the first game might put more pressure on your opponent under normal conditions but because Heather and I know each other’s games so well and have played so many times, we simply cannot fake each other out. We can pretty much assume that the person who loses the first game will come back twice as tough in the second.”

That second game saw McKay hitting too many uncharacteristically high shots. The kills and pinches which she usually cracks with pinpoint accuracy were simply not a part of the artillery on this day and, although the game was tied at 20, Adams was able to run down virtually all of McKay’s attempts at winners. She sustained a six-point scoring streak at 1-1 to start the game, as well as a pair of three-point bursts when leading 12-11 and 15-13. The latter flurry allowed Adams to take an 18-13 lead in the game. McKay
kept it interesting by scoring four straight points at 16-20 with a forehand splat, a backhand pass down the line (a shot which had not been as effective in the match as it usually is) and a forehand kill off a BB back wall. Unfortunately for McKay, Adams hit a backhand pinch and a forehand kill to claim the game, 22-20, and end the Toronto resident’s hopes for evening the match score at one game apiece.

The third game followed the same general pattern as the first two with neither player able to establish any real momentum. The score was tied at 2, 3, 4 and 5 in the early going, and the biggest lead by either player occurred at 8-5 and 9-6, both advantages going to Adams. Not until the underdog was ahead 19-16 did the difference in scores ever exceed two points again. At 17-15 in Adams’ favor, McKay skipped a backhand and, visibly frustrated, called a time-out. When the players returned to the court, McKay nailed a backhand cross court pass, but
Terri Gilreath drills a backhand during loss to Wright-Hamilton.

Adams countered with two forehand pinches to push to a precarious 20-16 lead, just one point from victory. McKay dished up a perfect forehand splat to make the score 20-17, but Adams crushed a forehand pinch in the right corner to capture the match.

McKay admitted after the match that she did not play well. “I couldn’t seem to keep the ball down. I felt good out there but Lynn played her game well. I was leaving a lot of balls up, and no one can afford to do that against her.” Adams summed up the rivalry between the two players succinctly when she said, “We simply hate losing to each other.”

The two semifinal encounters were exciting, albeit predictable. McKay dominated doubles partner Janell Marriott to claim a convincing 21-8, 21-12, 26-24.
Vicki Panzeri

victory. Marriott, of Warwick, Rhode Island, had a good tournament overall as she defeated Jennifer Harding in the second round and a red hot Bonnie Stoll in the quarters. McKay's accuracy and variety of shots, coupled with her effective serving, were simply too much for the sixth seeded Marriott, although the second half of the third game left a standing room crowd begging for more as the caliber of play was especially high. McKay sealed the victory with a spectacular overhead pinch to the left corner.

Adams' showdown with perennial semifinalist Shannon Wright Hamilton offered a wondrous display of fine-tuned racquetball skills. Although Adams emerged a 21-16, 11-21, 21-16, 21-11 winner, the match included a sample of everything: dramatic swings of momen-

Heather McKay and Janell Marriott in the semifinals.

Bonnie Stoll locks on the ball against Vicki Panzeri.

Jim Carson (lower right) enjoys Lynn Adams' final victory.
McKay and Adams in the final.

IMG representative Sandy Genelius.

Lynn flies to a backhand.

The two dynamos performed as if they had invented the game, displaying phenomenal quickness and retrieval abilities rarely seen on a racquetball court. It was the kind of game which one hates to see either player lose, but Gilreath ended up on the short end of a 15-21, 21-14, 16-21, 21-18, 15-9 decision. In other quarterfinal matches, McKay rolled past Francine Davis of Verona, New Jersey, 21-16, 21-17, 21-13; Marriott subdued Bonnie Stoll of Stamford, Connecticut, 21-19, 21-12, 21-14; and Adams handled Atlantan Caryn McKinney, 21-19, 21-10, 21-17.

The second round in Seattle produced one exceptional match, although it might more appropriately be termed a war. McKay, in surprisingly good shape for not having played a WPRA event for several months, chalked up her eighth semifinal credit in the last 21 tournaments she has played. During that period, the Las Vegas resident has also earned one victory and two runner-up finishes.

The highlight match of the quarterfinal round was the showdown between the reborn Terri Gilreath, the tournament’s fifth seed, and Hamilton. Gilreath, from El Toro, California, entered the Pac West event coming off of her best performance of the season a month earlier in Bangor, Maine, where she reached the semifinals and lost a close match to eventual winner Vicki Panzeri, who did not play badly in the tournament, fell victim to the Stoll steamroller and dropped a 21-23, 22-20, 14-21, 21-14, 15-7 heartbreaker in front of a hometown crowd. The fact that the two women are friends and doubles partners and were roomies for the week did not make the loss any easier to accept for Panzeri. In other second round matches, McKay topped a much improved Marcy Lynch of Philadelphia, 21-13, 21-15, 21-3; Davis won by default over seventh seed Marc Greer of San Antonio, who pulled a muscle in her first round match; Marriott stopped Jennifer Harding of Milwaukee, Oregon, 21-16, 21-12, 21-9; Hamilton upended Susie Carlos of Lebanon, Oregon, 24-22, 21-10, 21-9; Gilreath handed defeat to Joyce Jackson, 23-21, 21-5, 21-23, 21-8; McKinney outlasted eighth seed Brenda Barrett of Miami, 21-16, 21-12, 15-21, 21-10; and Adams sailed past Liz Alvarado of Odessa, Texas, 21-15, 21-13, 21-9.


In the pro doubles final, the top-seeded team of Adams and Gilreath overwhelmed the duo of Marriott and McKay, who were playing as a team for the first time, by a 15-7, 15-9, 7-15, 15-9 score.

The WPRA tour now moves to Anaheim, California, on May 2-6 for the Ektelon Nationals at the Sports Gallery, the final major tune-up for the WPRA Nationals at the RiverBend Athletic Club in Ft. Worth, Texas.
FEATURE:

Racquetball string is a very misunderstood subject, but one which is becoming more important to racquetball players and manufacturers all the time. There is no question that racquetball string technology has been in the dark ages for many years, but with the evolution of the new, graphite and graphite/composite racquets, there has been a corresponding evolution in string development.

In the early days of racquetball, the racquets were inexpensive and simple in design. The string used was a standard 15-gauge nylon that more often than not was developed primarily for tennis racquets. The stringing pattern of the early racquets, the tension at which the string was put into the racquet, and the overall skill level of the average participant of the sport of racquetball combined to make the use of tennis string in a racquetball racquet a logical choice. Players had no experience with other types of racquetball strings.

STRING

With today’s ‘high-tech’ racquets, maybe you need a ‘high-tech’ string —

by Steve Crandall
Multifilament nylon yarn is ply-twisted to form the core or strength member of the racquetball string.

As we know, the days of "basic" racquetball are gone. With the evolution of the game, the players' skill levels have increased, the quality and the price of their racquets have increased, and the demands made on string have also increased. In the last several years, at least three companies have finally started selling strings designed for racquetball. Perhaps they have realized that quality string often will make the difference between gaining or losing a customer. Manufacturers have been forced to look for especially strong strings to use in graphite racquets to eliminate premature string breakage at the perimeter of the racquet due to a variety of reasons to be discussed later. Players are looking for thinner strings and strings with more texture to give them a better feel of the ball and to get more action on the ball for ceiling shots, pinches, and kills. Other factors, such as climate (i.e., cold racquets and strings being brought into warm courts) and ego (wanting the most expensive string for one's expensive racquet) have also contributed to this evolution in string design.

So what are the choices you must make when you look for a racquetball string for your game? Currently, all of the popular strings for racquetball are manufactured from some form of nylon polymer, so there is not a great decision to be made in this area. When it comes to gauge, however, you have several choices. Historically, a 15-gauge string has been used for racquetball, but in the last several years the evolution has been to thinner strings, especially L15-gauge and 16-gauge strings (see chart). Some players even use 17-gauge strings, but they realize the tradeoff they must make in life of the string. There is no question that the thinner the string, the better the grip or feel of the ball. Conversely, the thinner the string, the easier it is to pop the string on a dive serve or kill shot which may hit the racquet off-center. This tradeoff between playability and durability is very common in tennis and other racquet sports.

Another consideration to players is the surface of the string. Obviously, a smooth surface is easier to string in the racquet, but it tends to be slippery and to not "bite" the ball as effectively. A rough string "bites" into the ball better but requires more care in stringing in order to avoid nicks or scratches during the stringing process which could possibly cause premature string breakage. Needless to say, players are becoming more and more finicky about who strings their racquets and the care with which the job is done.

One string characteristic that is becoming increasingly important is knot strength. This is due to the huge increase in the use of graphite racquets. Without a doubt, graphite and graphite/composite racquets have proven to be tougher on strings than any other type of racquet. Some models
Coated core is wrapped with armor sheath of monofilament nylon to insure optimum durability.

are notably worse than others, but most racquet manufacturers agree that premature string breakage is becoming more apparent with their graphite frames. Why is this? First, graphite is an unforgiving material. It is not meant to flex a great deal, which is why so much additional power and ball speed is generated with a lighter racquet. The down-side to this is that the strings must do more work and realize a greater strain. This in itself should not be a problem for a quality nylon string. However, the problem appears because the "sweet spot" in a racquetball racquet is not in the center of the frame, but more toward the head end of the frame. This means the string is constantly being "pinched" between the top of the frame and the ball. Therefore, the string suspension system of a particular frame (into which the string is "pinched" by the ball) is critical. Broken grommets, sharp grommets, rough holes, sharp edges, bad suspension system, protruding graphite fibers, or any combination of these factors will undoubtedly lead to premature string breakage. If, by chance, the stringer has "nicked" or "scratched" the string in the stringing process, it is even more likely that the string will pop as soon as it is placed under this tremendous strain.

As a result, there appears to be a premium placed on high technology string for these frames. The string manufacturers have received this message, and the development process is under way to find 16-gauge string that has the high knot strength to stand up to today's power player who wants to use the latest graphite racquet. While a racquetball racquet is only strung in the range of 25-35 lbs. of tension, manufacturers and players are reaching the same conclusion in different ways—that they need a string with 100 lbs. of knot strength to perform effectively in these new frames. At the same time, perhaps racquet manufacturers may take into consideration some additional steps to improve this situation—by offering their racquets as frames only, thereby leaving the stringing up to the pro shop expert, or by taking more care in the factory stringing process and using tubing in some of the holes (grommets) at the head of the frame, where string breakage is most common.

In any event, you can be sure that just as the racquetball racquets of yesteryear are very different in comparison with the racquets of today, so the racquetball strings of today will be different when compared with the strings of tomorrow. Certainly, there is a long way to go in racquetball string development, and I'm certain the racquetball players will be pleased with the results.

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ABOUT THE AUTHOR

Steve Crandall has a vested interest in Ashaway Line & Twine, a company that was started by Captain Lester Crandall, his great-great grandfather, six generations ago back in 1824. Steve's mother, Pamela Crandall, manages the company, and Steve, who knows the company inside and out, does a tremendous amount of public relations and sales work for the company. He travels often to tournaments all over America and Europe and plays tennis and racquetball with some of the best players of both games. He hears first hand what the players think of Ashaway's strings. Add that information to his knowledge of the sports he serves and you can understand why Ashaway makes such good strings. International Racquetball thanks Steve for the article and welcomes our readers and other companies to comment on the subject of racquetball strings.
WHEN YOU PLAY TENNIS, YOU LOSE:

SODIUM,
POTASSIUM,
CHLORIDE,
GLUCOSE
AND WATER.

AND YOU CAN'T
PLAY AS WELL WITHOUT THEM.

When you’re sweating so hard you can taste it, you’re losing a lot more than water. Your body’s sweating away minerals and salts. Elements important to your game. They’re things that help your body work. And Gatorade® thirst quencher helps put ‘em back. Better than fruit juice, soft drinks or water. Before body thirst gets the best of you.

That’s why the pros use Gatorade. And why it’ll work for you. Regular or Instant Gatorade gives you more, when your body needs it most.

GATORADE® GIVES YOUR BODY WHAT IT’S THIRSTY FOR.
Take This Simple Quiz
And Find Out . . .

ARE YOU A TRUE RACQUETBALL VETERAN?

by Mark Kessinger

This simple quiz is designed so you can test yourself to see if you really paid your dues as a veteran racquetball player. This is not a quiz for everyone, only for those who started playing when the sport was young—sometime in the early to mid-sixties. You Johnny-come-lately's are welcome to take the quiz, if for no other reason than to see what you missed.

1. If you learned how to play with a wooden racquet; score +2 points.
2. If you remember the name of the racquet; score +1 point.
3. If you still have that racquet; score +2 points.
4. If you started out playing with a pink rubber ball; score +1 point.
5. If you remember playing with the original Penn racquetball, which was blue and had a powdery graphite dust on it, and came in a carton of two dozen; score +1 point.
6. If you used to play with the official green ball; score +1 point.
7. If you used to play with the official black ball; score +1 point.
8. If you used to play with a plum-colored ball; score +1 point.
9. If you used to play with a red-colored ball; score +1 point.
10. If you used to play with a hot-chocolate-brown ball; score +1 point.
11. If you used to play with a ball which was pumped up with a strange-looking hypodermic needle; score +1 point.
12. If you ever played with the dimpled racquetball; score +1 point.
13. If you ever took the dimpled racquetball seriously; score -2 points.
14. If you have ever played on a court still under construction; score +1 point.
15. If you have ever played on a non-regulation size court; score +1 point.
16. If you have ever played on a one-wall, two-wall, or three-wall court; score +1 point.
17. If you have ever played on an outdoor court (and do not live in California-ed.); score +1 point.
18. If you have ever had the lights turned off during your game because it was past time to go home; score +1 point.
19. If you have stood in the morning cold waiting for the courts to open; score +1 point.
20. If you had to outwit handball players just to get a court; score +1 point.
21. If you have played regularly at a YMCA; score +1 point.
22. If you have played regularly at a JCC; score +1 point.
23. If you have played regularly at your college; score +1 point.
24. If you have ever belonged to more than one facility at a time; score +1 point.
25. If you have ever arranged free court-time somehow, to support your playing habit; score +1 point.
26. If you have ever purchased more than $50 in clothing because you showed up for a match without anything; score +1 point.
27. If you have arrived at a facility already dressed for your game; score +1 point.
28. If you have ever left that club still in the same clothes; score +1 point.
29. If you have ever played in street clothes; score +1 point.
30. If you know any of the following names: Bledsoe, Brumfield, Fleetwood (Serot, Finger, Wong, Campbell-ed.); score +1 point.
31. If you have ever seen any of these players in person; score +1 point.
32. If you have ever modified your racquet in any way; score +1 point.
33. If you still have all your old racquets; score +1 point.
34. If you have all your trophies in a special place in your home; score +1 point.
35. If you have all your trophies in a box in your attic; score +2 points.
36. If you have ever driven more than a hundred miles for a match; score +1 point.
37. If you have played in tournaments which required you to stay overnight, and you had no shot at prize money and were not sponsored; score +1 point.
38. If you have ever dressed in your car or used your gym bag as your locker at a tournament; score +1 point.
39. If you have never taken a racquetball lesson because, first, there weren't any instructors around (just touring pros) and then later there weren't any instructors who had played as long as you; score +2 points.
40. If you have had more than one subscription to a racquetball publication at one time; score +1 point.
41. If you still have all your old copies; score +2 points.
42. If you have ever received free equipment; score +1 point.
43. If you have moved up a division in competition without ever having played in that division; score +2 points.
44. If you've ever played above yourself just for the experience; score +1 point.
45. If you have more than a dozen tournament/souvenir shirts; score +1 point.
46. If you refuse to dress-up on court, and insist on wearing t-shirts and non-matching outfits; score +1 point.
47. If you still use a handball glove; score +1 point.
48. If you owned an original Bandido racquet; score +1 point.
49. If you played with it until it broke; score +1 point.
50. If you played with an original Schmidtke; score +1 point.
51. If you played with it until the frame pulled lose from the handle; score +1 point.
52. (If you remember when it was a miracle for ANY racquet to last 30 days; score +1 point.)
53. If you've ever glued your sneakers back together; score +1 point.
54. If you have pictures of yourself in action; score +2 points.
55. If you have ever taught anyone how to play; score +1 point.
56. If you have ever taught anyone how to play and they now play better than you do; score +2 points.
57. If you no longer play with the same people you started out with; score +2 points.
58. If you've been a member of a racquetball association of any kind; score +1 point.
59. If you've had more than one membership in an association at any time; score +2 points.
60. If you've ever volunteered or served in an association; score +2 points.
61. If you have played left-handed when you are right-handed (or vice-versa) because of injury or just to experiment; score +1 point.
62. If you have ever had to explain racquetball to someone who has never heard of it; score +1 point.

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SCORING

65-75 points  “Mr. Racquetball”
55-64 points  A true veteran
45-54 points  Paid your dues
35-44 points  Average player
25-34 points  Wet behind the ears
20-24 points  Learned the game yesterday
10-20 points  Inventor of the dimpled ball
0-10 points

Mark Kessinger is a teaching pro at Chancellors Racquet Club in Houston, Texas. He has played for 15 years and scored perfect on the quiz.
BY STEVE STRANDEMO AND BILL BRUNS

ADVANCED RACQUETBALL

PART 1: THE FUNDAMENTALS OF ADVANCED PLAY

Editor's Note:
Beginning with this issue, and running for the next 11 months, International Racquetball is pleased to offer a series of excerpts from the book Advanced Racquetball, by Steve Strandemo and Bill Bruns. Since its first publication in 1981, this book has become the "bible" for advanced players in the sport; we consider it to be the finest racquetball instructional series ever written.

Introduction:
Steve Strandemo and Bill Bruns proved to be a winning team with their best-selling The Racquetball Book, a comprehensive guide to playing the game. They followed this up with the popular Advanced Racquetball, which provides expert advice for any player who takes the sport seriously. In both books, Strandemo drew on his years of experience as one of the game's most renowned players, as well as the insights gained from teaching the game to thousands of players around the country.

Both Strandemo books were published by Wallaby Books, a division of Simon and Schuster, and are available at most book stores. For an opportunity to have Steve give your game his personal attention, write to him about his instructional camps: C/O Strandemo Racquetball Camps, P.O. Box 24445, San Diego, CA 92124.

The Fundamentals of Advanced Play

Racquetball has been described as a sport in which "any semblance of stroking style is probably accidental" and where "95 percent of the strategy is based on hitting the ball as hard as you can." This may certainly be true for beginners, and even for those players who can intimidate opponents with their uncontrolled power. However, if you're hooked on this game as a competitive outlet, I'm sure that an important motivation is the endlessly absorbing challenge it presents for you to play well and to reach higher skill levels. Advanced racquetball, played the way it is intended, is not a mindless, helter-skelter, let-it-rip contest where neither player knows where the next shot may end up. It's a game of power, but also of patience and control, and many pieces must all fit together—reliable strokes, intelligent shot selection, efficient court coverage, and a grasp of match-play tactics.

My presumption is that you're familiar with the basic shots and strategy, and you have a playing style that is comfortable for you—but you're looking for ways to play better under pressure and to win more matches, whether among your regular playing partners, opponents on the challenge ladder at your club, or in league and tournament competition. If you're willing to experiment with concepts and techniques that may challenge you to change the way you play now, then I'm confident I can help you make important breakthroughs to better play. There are creative ways to gain a better mastery of this game, and I'll give you practical, realistic guidelines that have been gleaned from three perspectives (1) my own experience as a playing pro since 1973, (2) my teaching experience giving summer camps and clinics around the country, and (3) my own homework—watching numerous amateur tournaments and substantiating my judgments through videotape.
analysis and matches at every playing level. So I know how the game should be played, but I'm also familiar with the common problems that might be limiting your efficiency as you play—and your progress.

To lay the groundwork for the rest of the book, this first chapter will describe the crucial concepts underlying advanced play, whether you're a C player in San Diego or an open player in Wisconsin. This overall approach is one another, experimenting with new theories, and continually refining their games as they've searched for those methods of hitting the ball and covering the court that work best for them, with prizes money and rankings at stake. There isn't a mystery style you must uncover as you try to work your way up to the next playing level. What counts is how well you can execute the key fundamentals while adding the important nuances through experience and common sense. Ten Crucial Checkpoints

Racquetball is still a young sport, several hundred how-to books behind golf and tennis. Yet while stroking techniques and tactical philosophies are continuing to evolve, only so much evolution can take place inside this 20-by-40-foot court we play on. And now that the game has been sufficiently influenced by two distinct playing styles—control and power—we can isolate the most important elements and blend them together into "advanced racquetball." Check your own game against the following list of characteristics the top players share in their overall playing style. You may come in at the struggling end of a particular fundamental, or you may have already successfully incorporated it into your game. But whatever your playing level, I hope this list will challenge you and open your eyes to ways you can advance your playing ability by developing a well-rounded game. When you go to work on your game, periodically review these guidelines to see specific areas in which you have improved...and where work still remains.

1. On both forehands and backhands, you have the stroking techniques—and an aggressive attitude—that when an offensive opportunity exists, you try to either kill the ball, angle it away from your mispositioned opponent, or at least hit it low enough so that it takes its second bounce before caroming off the back wall. This gives you offensive weapons that keep constant pressure on your opponents.

2. You have good solid swings on the forehand and backhand that enable you to minimize your exploitable areas, allowing you to hit with strong force and accuracy—into your offensive "low zone" and to the ceiling—so that you're not at the mercy of an opponent who can direct the ball into the back corners or hit the side walls and score at will.

3. When serving, you have the correct mechanics (for instance, a two-step motion into the ball) and you know your front-wall targets so that you can drive your opponents deep into the back corners with properly placed low drives and hard "Z's," while minimizing the setups that come off the side and back walls. You also mix in correctly angled half-lob and high-lob shots that keep your opponent on the defensive.

4. After serving, you relocate quickly and efficiently behind the service box as you study your opponent to see if he's going for an offensive return or if he's going to the ceiling—and you're ready to react accordingly.

5. When returning a serve, you are able to react and move quickly to either corner and you have the strokes to hit effective offensive returns, or, if the serve is really tough, to go defensively to the ceiling.

6. You cover the back half of the court (the "action zone") with a blend of quickness, strength, and agility—plus an attitude that you want to try to put the ball away at every appropriate opportunity. In the front part of this area (center court) you know when to cut the ball off and when to let it come off the back wall. In the deeper part, during low-zone rallies, ceiling ball exchanges, and against the serve, you use common sense in deciding when to be offensive and when to go back up to the ceiling.

7. You have good "adaptable" form from varying stances so that you can hit quickly and forcefully, with a good degree of accuracy, when you don't have time to take your normal swing or you're not in a position to step into the ball (for example, in center court or when the ball is driven by you and you must stretch and reach to make the hit).

8. Going into an important match, you've thought about a "game plan" and an alternate strategy, you're warmed up properly, and you're ready to play at full throttle on the very first point.

9. You can adjust your game to the type of ball being used, your opponent's particular playing style, and the patterns of a rally and the match. When you're ahead you stick with what's working; when you're behind you make strategy changes and use time-outs to gain the momentum back.

10. Percentage racquetball is your goal: you know the value of power and control and you strive to blend both elements; you have a sense of when to hit the ball offensively and when to go to the ceiling; you strive for a put-away but you minimize skips; you maneuver your opponent around the court with solid shots—passes, pinches, straight-in and cross-court kill attempts, and ceiling balls; and you recognize the importance of using one shot to set up an easier second shot, rather than having an all-or-nothing philosophy of shot-making.

The 20-by-20 Concept

While researching this book, I charted tournament matches at every level of play, looking for statistical patterns, and I was amazed by one basic similarity: after the serve and service return, over 80 percent of the shots in a match—and often 90 percent—are taken from behind the service box. Agreed, this is a game of kill-shot attempts, but only rarely do we have time to actually move into the service box or closer to dig up those shots; the ball either dies in front of us or comes into the back half of the court. In other words, this game is played deeper—far more often—than we commonly think, and this dictates several basic premises for advanced play.

First, although the court is 40 feet long and 20 feet wide, your success is actually going to depend upon how effectively you learn to cover the entire back 20-by-20 area—what I term the "action zone." Eventually you're going to need the ability to thrust forward to dig up shots in the service box, but day in and day out you'll prove yourself in the back 20-by-20 area as you cover and hit groundstrokes, volleys, ceiling balls, and other shots.

Second, to maximize your efficiency inside the action zone—in terms of both coverage and shot-making—you may find that you need to cover your opponent's offensive shots from a slightly deeper position than you may be presently playing. Your basic coverage position should fluctuate from around 23 feet to 28 or 29 feet, depending upon your opponent's position and his ability to put away the shot you've given him.

Third, instead of worrying about being in a position to dig up your opponent's perfect winners in the front 15-foot area, be more concerned about your readiness to cover the shots he leaves up, because nearly all of them will carry back to the action zone. Make that critical breakthrough by learning to cover your
opponent’s offensive shots with an attitude of “I’ll concede you any shot that bounces twice inside of 15 feet—since this is basically an irretrievable area—and instead I’m going to play off all of your mistakes.” It’s true, of course, that as your playing level moves up, your opponents will be hitting an increasing number of successful kills. However, the problem isn’t going to be your positioning, but the fact that you’re probably giving them far too many offensive opportunities. Keep the pressure on with accurate shot-making and even your toughest opponent will continually leave the ball up, giving you a chance to score again.

If your progress has leveled off, one major factor holding you back may be that you’re trying to buck reality by constantly rushing up near the back service line as your opponent goes to hit, thinking you can add some pressure and also dig up more kill attempts. True, you may make the occasional spectacular rekill from up here, but far more of your opponent’s shots are going to come back into the action zone that jam you or easily angle past you. You put too much pressure on yourself while giving your opponent greater leeway in his shot selection.

The reason nearly all shots are taken in the back half of the court once the rally begins is that the ball carries deeper than we tend to realize (and much more frequently). This is a game where inches on the front wall dictate feet on the court, and the slightest error in accuracy is magnified, especially when there’s good pace on the ball. For example, if a skilled player varies his shots more than 12 inches up and down on the front wall and maintains the same velocity, it means the difference between a successful kill shot and a setup off the back wall. Even a straight-in kill attempt that hits just 12 inches high will actually take its first bounce near the front red line (15 feet) and then carry well into the action zone. (If you’re not convinced, get on a court and just drive balls hard into the front wall from about 25 to 30 feet and watch where they take their first bounce and the second bounce—in relation to how high they were hit. It helps to have a friend stand near the front wall and mark the spot where each shot hits. Look for the same relationship the next time you watch a match.)

The Virtues of a Deeper Coverage Position

When you fluctuate your prime coverage position from about 23 feet back to almost 30 feet, here are the advantages you gain over a more inflexible position just behind the service box:

- You’ll feel more in control of your play because you’ll be getting jammed less often.
- You’ll be much less vulnerable to having the ball driven constantly by you, cross-court or down-the-line.
- With slightly more time to react to the ball, you’ll reach more shots. That extra split second can also make the difference between setting up on a shot or just flicking the ball back to the front wall.
- You gain much greater efficiency in the action zone; you can cover a bigger area more effectively because you’re more equidistant from the shots that you’ll be forced to hit.

Perhaps you’re wondering, “If I lag deeper against a hard hitter in my different coverage positions, doesn’t this simply give him more room to kill the ball in the front court?” Yes, but only slightly. Since his ball has added pace, his shots have greater depth and he must keep his kill attempts very low on the front wall to keep them from rebounding back to you in the action zone. Also, power players are far less accurate than you might think when they have to hit while on the move, stretched out, or when they don’t have time to uncork on the ball. So lay back a bit and realize that you’re putting pressure on the shooter to execute. For he knows that when he has the shot, he has to make it. If he errs to the high side, then you’re ready to cover his shot when it comes into the action zone; you have slightly more time to get into position and this will help your execution, which in turn should lead to more winners for you.

Testing the 20-by-20 Concept

If you’re still hesitant that you should maintain deeper coverage positions than you may use now, do some objective homework and find out for yourself why some changes in your approach to this game could be dictated.

First, chart matches between players at different ability levels. In the first game, put a dot on a court diagram to indicate where every shot is taken after the service return. In the second game, note how few kill-shots attempts actually die in the front 15 feet versus those that travel into the action zone.

Second, have a friend chart you and an opponent during the first game of a serious match, noting where both of you take all of your shots after the service return. In the second game, have your friend chart only your shots.

Third, get on a court and see for yourself just how low you must hit the front wall to make the ball bounce twice before the front red line (15 feet). Then, as you hit from about 30 feet, have your friend indicate where each shot hits the front wall while you watch to see where the second bounce occurs.

Fourth, when watching matches at your club, notice where players are positioning themselves as their opponent hits—and where the ball takes its second bounce.

Fifth, in practice matches try to analyze how often the ball is coming to you in the desired hitting zone—from call to thigh height—and where you were positioned for that particular shot as your opponent went to hit.

(You may find that you only have to play a long stride deeper than you presently do, but a 2-to-4 foot change on a court this size can be tremendously important in adapting your game to basic realities and to the kind of racquetball you want to play. See Chapter 9 for a fuller discussion of court coverage.)

The Overall Goal: Power with Control

Your ability to hit with power is crucial in today’s game—and can help move you many pegs up the ladder—but aimless, uncontrolled power will get you in as much trouble as the good that it brings and will sabotage your efforts to develop a sound game. Conversely, you can’t expect to win big matches with a totally defensive game, where you simply keep the ball in play by hitting ceiling balls, passing shots, and lob serves while waiting for your opponent to make all the errors.

Ideally, the goal to strive for is what we might call “controlled maximum velocity,” where you blend power and control in your strokes, your shot selection, and your overall approach to the game. The realists in advanced racquetball are learning that to become complete players who can adjust to every type of opponent, they must develop confidence in their ability to play with both power and control.

Keeping Power in Perspective

The great virtue of controllable power is that it enables you to play tough against any type of player. When you can pound the ball accurately, low enough to keep it from coming off the back wall as a setup, you generate more mistakes by your opponent (such as flat shots and balls that carom unintended off a side wall) because you cut down on his reaction time and put him on the defensive—either by jamming him or forcing him to move quickly and to hit while on the move or stretched out. This lowers his
scoring efficiency while increasing your offensive opportunities.

For example, power with control will nearly always beat the adept control player because you can hit at a speed that minimizes his chances to set up comfortably and hit accurately and thus keep the game controlled to his liking. This same power in your game will help keep the blaster at bay by keeping him under constant pressure. As one of the original control-era pros, I’ve had to change my swings on the forehand and backhand to gain more power. Now I can hit the ball hard enough to stay in the rally against the “shooters” and create my own offensive opportunities. Power itself is not the crucial factor when killing the ball straight-in or as a pinch—accuracy is what counts—but it does help give you more chances for the knockout punch by putting your opponent on the defensive and forcing weak returns.

Therefore, have an appreciation for power (and study Chapters 2 and 3 for ways to add it to your forehand and backhand), but remember that your ability to sting the ball unbelievably hard is not enough to keep you advancing if you can’t keep the ball low with a minimum of skips. If you’re a dedicated shooter and you’re on your game and getting setups from your opponent, you’ll bury him. But when you’re out of the groove and wild, your opponent doesn’t have to be awed or intimidated by your power—he must simply hang in there until you skip the ball or wait for his chance to rekill your shots in center-court, off a side wall, or off the back wall.

The Important Elements of Control

Increasingly, as I see the game evolving, a preoccupation with all-out power can’t hide the fact that the big hitters must know how to hit good ceiling balls and passing shots as well as the control player.

First of all, whatever your playing style, there are many times in a match when you have no other logical choice but to go to the ceiling—in response to an opponent’s well-placed serve, when you don’t have a good offensive opportunity during the rally, and when his ceiling ball dictates another ceiling return. As much as fellow pro Marty Hogan may be identified as the ultimate blaster, he doesn’t crunch every shot from all over the court; he flips to the ceiling when he can’t be accurately offensive and he will stay in the ceiling rally with a nice feathery touch until his opponent makes an error or he gets a better shot.

Playing the Percentages with A Kill Shot Philosophy

Many power players believe they’ve got to “hit the bottom boards” ultimately to play this game right. They like the spectacular approach, often getting into competition with other power players to see who can hit the most phenomenal kill shot with the most velocity. Yet since their margin of error is so small between a skip, a winner, and setup off the back wall, they end up playing a “feast-or-famine” type of game. I certainly favor an aggressive, offensive approach to racquetball, but one that also takes reality into mind, and the percentages. Since you can’t depend on the spectacular kill to win matches week in and week out, here’s my shot-making philosophy in a capsule: Go for winners at every reasonable opportunity, but (1) minimize your skips, (2) try to keep the ball from coming off the back wall, and (3) learn to use good passing angles and pinches to create additional scoring opportunities.

Minimize Your Skip Shots

Ultimately, you should be constantly funneled in and saying, “I’m aiming low and I’m going for winners—but I don’t want to skip the ball in.” When you can play with this attitude and you’re not giving your opponents gift points with constant skips, you force them to beat you with good shots and they must all deal with you. Certainly skips are going to happen as you gain more power and you’re forced to hit the ball closer to the floor, but don’t accept them as a natural trade-off for being offensive. If you’re hitting more skips than winners, you’re not playing with common sense; you’re taking too much responsibility off your opponent and digging your own hole. Why gamble with a “bottom-board” philosophy, trying for perfect rollouts, when you can raise your aim a couple of inches and still hit winners? If you’re going to error, learn to do so on the high side and force your opponent to reexecute a good shot. Also remember that many times your opponent will be out of position as you go to hit, and just good placement on your part—away from your opponent—will do the job as well as a flat-out kill.

Be Patient in Creating Scoring Opportunities

Advanced racquetball often turns into a
flailing duel when two players go toe to toe, hitting the ball as hard as they can until the really ends with some kind of a kill shot or a skip. You want to be able to rip with the hitters—when the opportunity is there—but I feel it's also crucial to know how to play a more patient game where you use well-executed passing shots and pinches to force the weak returns that give you safer kill attempts. (Chapter 7 will discuss ways you can hone the accuracy of your pinch shots and passes.)

Working on Hitting the Ball Low

1. Determine your general low-zone area by standing about 30 to 55 feet from the front wall and hitting the ball straight in, low and hard, until you learn how far up you can hit and still have the ball bounce twice on the floor before it hits the back wall.

2. Mark off your low-zone area with a horizontal line and play a practice match with a friendly opponent, while a friend in the gallery charts how many of your offensive shots hit below the line (as kills, skips, and others) and how many hit above (noting how many come off the back wall as setups). These statistics should help you be objective about your game, in terms of realizing just how few shots actually hit in the low zone and knowing the relative role played by skips and kills.

3. Use practice drills and practice matches to gain confidence at hitting the ball as low as you can without skipping the ball in. Developing the right mental approach is enhanced when you get into situations where you can attempt kill shots without being inhibited by the fear of losing the rally with a skip.

4. If you're going for your low-zone area, always try to be thinking "Shoot down," however high you're contacting the ball. There's a relentless attitude required here, a persistence to stay low with the ball as you play.

The Influence of the Ball

We know that the type of ball being used (slow or fast) will influence how a match is played and perhaps force some slight adjustments in target areas. However, the smart players prepare for any eventuality by becoming familiar with all types of balls in practice sessions. They can then take any match as it comes, adjusting to however the ball might be affecting play. My feeling is that if you can develop sound strokes and a grasp on basic strategy, you can adapt the fundamentals in this book to any speed of ball and play a solid game of racquetball. For instance, if you're going to play in a tournament, find out in advance what make of ball will be used (which is usually noted on the entry blank) and then practice and play with that ball for a couple of weeks before the tournament.

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**Head to Head Competition**

Here are the head to head statistics for the top 15 men and women professionals.

The women's chart was compiled by IMG for the Women's Professional Racquetball Association. Those tournaments included on the chart are: (1982-83) Toronto, CBC, Vancouver, Lafayette, Atlanta, Quebec, Melbourne, Ft. Worth, Tucson, Bangor, San Francisco, Seattle, Anaheim, Chicago, (1983-84) Atlanta, Auburn, Plymouth, Bangor, and Seattle.

The men's chart was compiled by International Racquetball Magazine from tournament records. Those events included on the chart are: (1982-83) Stockton, Westminster, Burnsville, CBC, New Haven, Pleasanton, Hawaii, Palm Desert, Beaverton, Cheyenne, Austin, Toronto, Anaheim, Chicago, Atlanta, (1983-84) Davison, Stockton, Amarillo, Walnut Creek, Pleasanton, Beaverton, and Cheyenne.

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TO READ THIS CHART: For any player, the won/loss record against every other player is read horizontally opposite his/her name.

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### Master Tournament Schedule

**PROFESSIONAL RACQUETBALL**

**MAJOR EVENT SCHEDULE**

**MEN'S PROFESSIONAL EVENTS**

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<tr>
<th>DATE</th>
<th>LOCATION</th>
<th>PRIZE MONEY</th>
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<tr>
<td>MAY 2-6</td>
<td>Ektelon Nationals Sports Gallery Anaheim, CA Jim Carson 714-968-4314</td>
<td>$22,500</td>
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<tr>
<td>MAY 9-13</td>
<td>Third Annual Austin Pro-Am Supreme Court Austin, TX 512-451-8113</td>
<td>$15,000</td>
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<td>JUNE 11-17</td>
<td>DP Nationals Atlanta Sporting Club Atlanta, GA Caryn McKinney 404-325-2700</td>
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<tr>
<td>JUNE 24-28</td>
<td>Las Vegas Pro-Am Las Vegas Athletic Club Las Vegas, NV Ed Peterson 702-733-1919</td>
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<td>AUG 30-SEPT 2</td>
<td>Natural Light Pro-Am Davison Racquet Club</td>
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**1984-85 SEASON**

**WOMEN'S PROFESSIONAL EVENTS**

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<td>MAY 18-20</td>
<td>Providence, RI Frank Rawcliff 401-823-1088</td>
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<td>MAY 31-JUNE 3</td>
<td>WPRA Nationals Ft. Worth, TX Ken Newell Mary Pat Sklenka 817-284-3353</td>
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<td>JULY (TBA)</td>
<td>Alaska (TBA)</td>
<td>$6,000*</td>
</tr>
</tbody>
</table>

---

**Moving?**

Make sure International Racquetball travels with you to your new location. Fill in the information below and send it in to: International Racquetball, P.O. Box 7548, Reno, Nevada 89510.

OLD ADDRESS:

Name ________________________________
Address ________________________________
City __________________ Zip __________
State ________________________________

NEW ADDRESS:

Name ________________________________
Address ________________________________
City __________________ Zip __________
State ________________________________ Phone __________

---

**AARA NATIONAL AMATEUR EVENTS**

<table>
<thead>
<tr>
<th>DATE</th>
<th>LOCATION</th>
<th>PRIZE MONEY</th>
</tr>
</thead>
<tbody>
<tr>
<td>MAY 24-28</td>
<td>AARA U.S. National Singles Championships Downtown YMCA Houston, TX 303-635-5396</td>
<td></td>
</tr>
<tr>
<td>JUNE 23-27</td>
<td>AARA National Juniors Championships Davison Racquet Club Davison, MI 303-635-5396</td>
<td></td>
</tr>
<tr>
<td>JULY 16-22</td>
<td>IARF World Racquetball Championships Glenaegis Racquetball Club Sacramento, CA 303-635-5396</td>
<td></td>
</tr>
</tbody>
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*Tentative
### Master Tournament Schedule

<table>
<thead>
<tr>
<th>AMATEUR EVENTS SCHEDULE</th>
<th>MAY</th>
</tr>
</thead>
</table>
| May 18-20               | AARA New Jersey Closed Championships | 2
| Residents except for open division | | Front Wall Racquetball & Swim Club | 1129 Kahn Drive | St. Cloud, MN 56301 | Greg Hayenga | 612-252-8000 |
| | Ricochet Racquet Club | 219 St. Nicholas Ave. | South Plainfield, NJ 07080 | John Denley | 201-753-2300 |
| May 18-20               | UAB Spring Classic | 3
| UAB Gym | 9795 Hopkins Road | Liverpool, NY 13088 | Jim Winterton | 315-451-5551 |
| | May 21-23 | AARA Junior Regionals, Region 10 | 553 Thunderbird | Bouldor, CO 80303 | Corinna Young | 303-439-8090 |
| | June 1-3 | AARA Junior Regionals, Region 8 | The Glass Court | Lombard, IL | Mike Wood | 630-244-6106 |
| | June 1-3 | Junior Regionals, Region 12 | Flatiron Athletic Club | 503 Thunderbird | 505-534-5800 |
| | June 1-3 | Junior Regionals, Region 9 | Bottineau Family Club | Bottineau, ND 58318 | | 701-338-8176 |
| | June 1-3 | Billy Bowlegs Classic | Racquetball West | 125 Miracle Strip Parkway | Ft. Walton Beach, FL | Mike Wood | 630-244-6106 |
| | June 1-3 | Sunshine Games | STBA | 125 W. 39th Street | Indiapolis, IN 46290 | John Franks | 317-277-1100 |
| | June 8-10 | Junior Regionals, Region 7 | RB & Handball Club of Houston | 9651 Greenfield Court | Houston, TX 77096 | Gary Cohen | 713-721-6800 |
| | June 8-10 | Sunshine State Games | *2 | Quadrangle Racquetball Club | 2160 University | Coral Springs, FL 33065 | | 305-644-5411 |
| | June 8-10 | Sunshine State Games | *2 | Capital City Courts | 2699 Capitol Circle E | Tallahassee, FL 32308 | | 904-925-1090 |
| | June 8-10 | Sunshine State Games | *2 | Suncoast RB Club | Tampa, FL | | 813-257-1780 |
| | June 8-10 | Surf 'n Sun Open | *3 | Center Court Athletic Club | 2502 South 10th Street | Wilmington, NC 28403 | | 919-343-0291 |
| | June 8-10 | Junior Regionals, Region 5 | Montgomery Athletic Club | 5575 Carmichael Parkway | Montgomery, AL 36175 | | 334-277-1100 |

### Why should you be a member of the American Amateur Racquetball Association!

Over 800 tournaments annually — Ranked nationally with all AARA players — Uniform rule book — Recognized amateur governing body.

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**YES!** I would like to be a member of the AARA, eligible for tournament play. Please send me the membership kit, which includes — the membership card, official rule book and discount coupons worth $20. I am enclosing $6 for one year.

Name ________________________________

Address ________________________________

City ___________________ State ______ Zip ________

Mail to: American Amateur Racquetball Association

815 North Weber, Suite 203

Colorado Springs, CO 80903
### Rankings

#### MEN'S RANKINGS

The Men’s pro rankings are based on a 10-tournament rotating schedule. For each new ranking event that is added to the list, one event (the oldest event on the previous list) is dropped. Only major ranking events are included on the 10-event list. This month the 10 events used are:

- Honolulu, HI, 1983
- Beaverton, OR, 1983
- Austin, TX, 1983
- Toronto, ONT, 1983
- Anaheim, CA, 1983
- Chicago, IL, 1983
- Atlanta, GA, 1983
- Davison, MI, 1983
- Pleasanton, CA, 1983
- Beaverton, OR, 1984

The ranking system utilizes the following point system:

- Winner: 120 points
- Second: 90 points
- Semifinalist: 70 points
- Quarterfinalist: 50 points
- Round-of-16: 30 points
- Round-of-32: 10 points
- Round-of-64: 2 points

The total points accumulated by a player during the 10 listed events are totaled and then divided by the number of events in which he participated. The largest possible divider is 10, and the minimum divider is four.

#### WOMEN'S RANKINGS

The rankings listed for the women are the official rankings of the Women’s Professional Racquetball Association (WPRA).

The current rankings include the most recent WPRA stop.

#### AMATEUR RANKINGS

The men’s and women’s amateur rankings are the official rankings of the American Amateur Racquetball Association (AARA). The AARA publishes state, regional, and national rankings of all AARA members monthly. For information about amateur rankings, contact your state AARA director, or the AARA headquarters in Colorado Springs.

### AARA NATIONAL RANKINGS

**MARCH 12, 1984**

<table>
<thead>
<tr>
<th>NAME</th>
<th>ST</th>
<th>REG. POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Sergio Gonzalez</td>
<td>FL</td>
<td>520</td>
</tr>
<tr>
<td>2. Dennis Acato</td>
<td>MA</td>
<td>320</td>
</tr>
<tr>
<td>3. Jim Cusick</td>
<td>PA</td>
<td>320</td>
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<tr>
<td>4. Dan Obremesi</td>
<td>PA</td>
<td>320</td>
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<tr>
<td>5. Andy Roberts</td>
<td>TN</td>
<td>300</td>
</tr>
<tr>
<td>6. Tim Hansen</td>
<td>FL</td>
<td>273</td>
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<tr>
<td>7. Dan Ferris</td>
<td>MN</td>
<td>250</td>
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<tr>
<td>8. Cliff Swain</td>
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<td>250</td>
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<tr>
<td>9. Mike Lowe</td>
<td>CA</td>
<td>210</td>
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<tr>
<td>10. Tony Gabriel</td>
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<td>200</td>
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<tr>
<td>11. Mike Levine</td>
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<td>200</td>
</tr>
<tr>
<td>12. Bubba Gaultier</td>
<td>FL</td>
<td>198</td>
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<tr>
<td>13. Scott St. Onge</td>
<td>MA</td>
<td>195</td>
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<tr>
<td>14. Gene Fitzpatrick</td>
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<td>180</td>
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<tr>
<td>15. Fred Calabrese</td>
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<td>170</td>
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<td>16. Ralph Hackworth</td>
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<td>17. Ron Misek</td>
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<tr>
<td>18. Bobby Little</td>
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<td>140</td>
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<tr>
<td>19. Mark Morrison</td>
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<td>20. Mike Ray</td>
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<td>130</td>
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<tr>
<td>21. Mark Mikula</td>
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<tr>
<td>22. Paul Thiel</td>
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<tr>
<td>23. Brian Hawkes</td>
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<tr>
<td>24. Randy Olson</td>
<td>ME</td>
<td>117</td>
</tr>
<tr>
<td>25. John Bouzis</td>
<td>WY</td>
<td>115</td>
</tr>
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</table>

### AAEA NATIONAL RANKINGS

**MARCH 12, 1984**

<table>
<thead>
<tr>
<th>NAME</th>
<th>ST</th>
<th>REG. POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Cindy Baxter</td>
<td>PA</td>
<td>550</td>
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<td>2. Dot Fischl</td>
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<tr>
<td>3. B.Crawley</td>
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<tr>
<td>4. Marie Younger</td>
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<tr>
<td>5. Cathy Groller</td>
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<td>175</td>
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<tr>
<td>6. Kathy Kamahaoa</td>
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<td>175</td>
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<tr>
<td>7. Melanie Britton</td>
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<td>170</td>
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<tr>
<td>8. Chris Upson</td>
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<tr>
<td>9. Jessica Rubin</td>
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<td>160</td>
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<tr>
<td>10. Jan Curtis</td>
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<td>150</td>
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<tr>
<td>11. Mary Dee</td>
<td>NC</td>
<td>150</td>
</tr>
<tr>
<td>12. Terry Latham</td>
<td>NM</td>
<td>150</td>
</tr>
<tr>
<td>13. Susan Sotelo</td>
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<tr>
<td>14. Kate Conway</td>
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<tr>
<td>15. Lisa Ecker</td>
<td>MI</td>
<td>131</td>
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<tr>
<td>16. Bev Bell</td>
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<td>130</td>
</tr>
<tr>
<td>17. Terry Graham</td>
<td>ME</td>
<td>130</td>
</tr>
<tr>
<td>18. Jan McVey</td>
<td>NC</td>
<td>130</td>
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<tr>
<td>19. Brenda Poe-Barrett</td>
<td>FL</td>
<td>120</td>
</tr>
<tr>
<td>20. Trina Rasumussen</td>
<td>OR</td>
<td>130</td>
</tr>
<tr>
<td>21. Julie Ginsburg</td>
<td>FL</td>
<td>120</td>
</tr>
<tr>
<td>22. Mary Holroyd</td>
<td>FL</td>
<td>120</td>
</tr>
<tr>
<td>23. Janet Burke</td>
<td>MA</td>
<td>115</td>
</tr>
<tr>
<td>24. Elaine Mardas</td>
<td>OH</td>
<td>115</td>
</tr>
<tr>
<td>25. Joy Eon</td>
<td>MA</td>
<td>114</td>
</tr>
</tbody>
</table>
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