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Bill Kurtis: CBS Newsman Makes Time For Racquetball
by Chuck Leve

Who Is Ken Ishiguro And Why Is He Smiling?

National Racquetball's First Annual Glove Guide

What You Told Us About Your Gloves

Ask The Champ by Marty Hogan

Getting Offensive Off The Back Wall by Steve Strandemo

Returning The Angle Shot by Connie Peterson

How To Learn From The Pros (Part II) by Lynn Adams

Mind Game: The Top Player's Weapon by Leslie Hall

What's The Call? by Dan Bertolucci

By Leaf Alone! The Sports Power Of Vegetables
by Frances Sheridan Goulart

Where Are They Now?
The Reluctant Hero Fights A Crippling Disease

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On the cover...
Bill Kurtis, nationally recognized CBS-TV newsman probably goes farther out of his way for a racquetball workout than any player, traveling weekly from New York to Chicago for private lessons. For the story of how Kurtis and his fiance Donna LaPietra (also pictured on this month's cover) got into racquetball, what they get out of it, and why they enjoy it so much, turn to page 8. — photo by Arthur Shay

Next issue...
Why isn't there more racquetball on television? Just how tough is it to follow the ball? Will portable courts really make a difference? Is the public ready for a full dose of televised racquetball? Televised racquetball will be our theme in May, plus all of our usual departments and an in-depth look at the upcoming Nationals!
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Putting Something Back

Racquetball means many things to many people. Each of us plays our game for one of many reasons and we all derive certain benefits from our time on the court. I wonder sometimes how many of us put anything back into the sport.

We've all talked to people who love racquetball, who play it because it's a great workout, because it helps release tension, because it can be done in a short period of time, because it's easy to learn, or fill in the blank.

How many of those people have expressed their love of racquetball by doing something to help the sport? To spread the gospel, so-to-speak. I'd venture a guess that says not as many as we'd like.

One person who has put something back, perhaps more than any other person in the last few years is Joe Gibbs, head coach of the Super Bowl champion Washington Redskins. And nobody asked Gibbs to do anything special for racquetball, he just did it because he wanted to.

In case you were in hibernation or somberly looking for a super bowl, Gibbs was interviewed by Dick Enberg, who acknowledged Joe's impressive accomplishments on the racquetball court, stating that Joe was "a national calibre racquetball player."

In fact Joe Gibbs won the national seniors title in 1976 and has been at or near the top of the ladder for some time.

In response to Enberg's nice lead-in Gibbs took the opportunity to tell the nation just how great a sport racquetball is. In the ensuing three to five minutes Gibbs related what a super

workout it is, how it improves his overall physical condition, how he likes the competitiveness of the sport, how he's been playing it for years, and so on.

Let's face it sports fans, a better five minutes racquetball hasn't had.

And that's what I mean about putting something back. If Joe Gibbs, or you or I feel that racquetball has meaning to our lives, then we should not be bashful about saying, yes, but also doing something about it. Sure, I can be satisfied that I'm getting my daily fix of racquetball, I'm happy about it, and I get in my share of wins. But it needn't end there.

There are things racquetball has not yet accomplished that are important to me and I would think important to others within the sport. I for one, would like to see two or three major events on television each year. Twenty minutes of taped highlights will do.

I'd like to see somebody show the courage to stop talking about portable courts and start building them. I want to see for myself if 5,000 people can watch racquetball enjoyably from 250 feet away. Heck, I'd like to see if 5,000 people will come to watch racquetball at one time.

I'd like to see the pro tour gain the widespread exposure and attendance it once had for me I believe it's a vital element to the overall promotional needs of racquetball.

Most of all I'd like to see all seven, 10 or 12 million of us (pick your number) turn on another person to play the sport, derive the healthful benefits, and enrich their lives through racquetball.
**Letters**

**Do-it-Yourself Courts**

Dear Editor:

How about an article on racquetball court construction for the do-it-yourselfer? I would like to build a court attached to my home but don't know quite how to go about it. Any information would be appreciated.

Jim Couch
Pequot Lakes, MN

**The Pro Tour**

Dear Editor:

I certainly concur with your view that professional racquetball is a necessary part of the growth of racquetball. The pros represent the state of the art; it is they who develop new shots and unique game strategies, and these in turn encourage manufacturers to create better products that enhance the game.

I feel that the handling of the professional end of the sport during the past two years has been very unsatisfactory; in fact, it has been counter-productive to the growth of professional racquetball. But at least we did have a pro tour. Charlie Drake is to be commended for his efforts to fill the void.

Now it's time for the professional racquetball players to form their own association and schedule a series of independent pro stops. Personalities must be put aside. The women have done it—it is sad to realize that the men have not been able to.

We at Schoeber's have successfully held an independent pro tournament for the past six years. If an independent pro tour is set up for the 1983-84 season, we would certainly want to be included as one of the stops on it.

As club owners, we need continued growth in racquetball; without the pros, that growth will be in serious jeopardy.

Bill Dunn
Schoeber's Racquetball Spas
Fremont, CA

**Kudos For Art**

Dear Editor:

I've just received my January issue and want to thank you for the article, "Art Michaely: In A League By Himself."

Nine Years ago as a Program Director at the newly opened Buehler YMCA in Palatine, IL, Art taught me to play racquetball. He introduced me to my favorite sport which I continue to play at the Southport Racquet Club here in Connecticut.

I have lived in Connecticut for eight and a half years and had lost track of what Art was doing. Believe me, he is everything your article says.

Carolyn Bilski
Fairfield, CT

**Beating Experienced Players**

Dear Editor:

In addition to the fun and good workout I get playing racquetball, I enjoy playing and beating a much younger opponent. The other day while I was waiting for an open court, somebody much younger challenged me to a game. It was a hard fought battle, but experience triumphed over youth 21 to 19... he was the toughest three year old I ever played.

Al Freedman
Voorhees, NJ

**Eye Protection**

Dear Chuck:

Once again I must commend you on the emphasis National Racquetball has placed on preventing eye injuries. Your February, 1983, issue really drives home the message. The publication performs an important service for the racquetball industry, especially individual players.

The "Letters to the Editor" and survey results provided much encouragement to us and John Allin's "Opinion" reminds readers of what happens if eyes aren't protected. Support for eye protection seems to be growing amongst racquetball players. I am pleasantly surprised at the strong support your survey respondents expressed for mandatory policy.

The standard on racquet sport eye protectors should be published within the next six to eight weeks. Its availability will motivate additional state and national racquet sport organizations to require that all players wear protective eyewear.

Anyone who plays racquetball without eyeguards is nuts. To put it another way, there is more energy in a racketball travelling at high speed than there is in a bullet. Quote from Dr. Michael Easterbrook, Eye Surgeon and Consultant to U.S.A. & Canadian Racquetball Associations.

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Screen Serves

Dear Editor:

I think Dan Bertolucci's article on screen serves (February, 1983) leaves a little something to be desired. At the time the rule was written all the serving problems were not anticipated, so maybe now the rule should be changed. However, it is my contention that any time the server hits the ball back at himself (usually a mis-hit) regardless of the position of the receiver—the server should be penalized.

I think you indicated weaknesses in the rule when you remarked, "only if the server jumps or otherwise moves." There is nothing in the screen ball rule that mentions this; consequently, I think the intent of the rule was to prevent any screening by the server when the ball is on the way back to the receiver. (He can and should screen on the way to the front wall, but the reverse on the way back.)

The server has enough advantages without being allowed to pass the ball close to his body—the receiver should be able to count on this. The 18-inch idea seems about right to me, although I've never heard of it being used before. Perhaps "unobstructed" is the wrong word. Maybe "without interference" is better. This would accommodate your "jumping out of the way" comment.

DeWitt Shy
Memphis, TN

Women And The National Doubles

Dear Editor:

After your big editorial about late coverage on the National Doubles Championships, I waited anxiously for your January issue.

Well, let me tell you, I was totally disappointed! As a doubles fan, I had enjoyed hearing that the girls' competition in Seattle was really exciting—most matches went into tie-breakers, etc. But there was not one picture of the Women's
Can't win.

I'm stuck in this prison. On each side's a wall.
I'm trying like crazy to chase down that ball.
I bought this new outfit. It's the latest in dress.
Those girls in the window I hope to impress.
I then missed the ball, landed flat on my seat, not exactly a marvelous athletic feat.
My opponent called hinder twice during this game.
The back of my head is just not the same.
He hit all the corners, the back wall and ceiling.

and scored every time. What a frustrating feeling!
I was quickly exhausted and thoroughly trounced.
I couldn't get the hang of how the ball bounced.
When I took off my socks I discovered a blister.
Please don't tell a soul—I got beat by my sister!
I swear I am crazy as I'm taking my shower.
For all this I coughed up eight bucks an hour.

—by John W. Wilkie, Jr.

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What do you do for exercise when your day begins at 3 a.m.; when you spend from 4 to 6 a.m. getting ready, 6 to 9 a.m. on camera and then travel anywhere in the world the rest of the day? Why, you play racquetball, of course.

That's a "typical" daily schedule for Bill Kurtis, co-anchor with Diane Sawyer of the "CBS Morning News," the post this much-celebrated, award winning news correspondent has held since March, 1982. Yet Kurtis, despite the immense time pressures on his life, still makes room for racquetball.

"I needed something where I could get an intense amount of exercise in a short amount of time," said the 42-year-old Kansas native. "But it had to be something that I enjoyed, that was fun. I didn't want the monotony of weight lifting or jogging."

Introduced to racquetball in the winter of 1981-82 by his fiance, highly successful, independent television producer Donna LaPietra, Kurtis took to the courts, well, whenever he could. With most of the kinks worked out of his daily routine at CBS in New York, he's found time to play there as well as in Chicago where he spends most of his weekends.

A former high school quarterback, basketball player and trackman (440 yard dash) Kurtis found that after college the team sports experience held little value for him, that he'd need an individual sport to occupy his needs and desires for physical fitness.

Admitting that he hates most things with a routine and that he gets bored quickly, Kurtis found racquetball just the activity he needed. And although he once bought himself two racquets for his birthday back in 1978 with every intention to play, it wasn't until LaPietra got him on the court that he really got into the sport.

"I took a lesson from Steven (Steven Mondry, teaching pro at Chicago's East Bank Club) and loved it," said LaPietra, whose brilliant eyes, warm smile and congenial nature can disarm even the toughest of opponents. "I told Bill, 'you've got to try this.'"

At first Bill and Donna played against each other, having "a great time, the ball was all over the place." But with a desire to improve themselves, they continued on the lessons route. And just when he was "getting into it" Kurtis accepted the New York based co-anchor post with CBS Morning News.

He had been co-anchor of the 6 and 10 o'clock news at WBBM-TV (Channel 2), Chicago's number one rated evening news station, where he and Walter Jacobson made up one of the nation's most dynamic and successful teams, from 1973 through February, 1982, when Kurtis headed for the Big Apple.

The relocation has been a personal hardship both he and Donna have had to endure, with his reported high, six figure a year salary helping to make it a professional success, to be sure. In reality, Bill Kurtis is a New Yorker during the week and a Chicagoan on the weekends.

"I come to Chicago almost every weekend," said Kurtis. "A good weekend will be three days, sometimes I only get two and too often it's only one. I try to play as much racquetball as I can in New York. It's making the time that's the most difficult thing."

Time. It's Bill Kurtis' continuous rival. One day he'll finish up his on-air stint, race to the airport headed for Columbus, Ohio and a report on Honda's new manufacturing plant. He grabs another plane back to New York, landing at 8 p.m. and he heads straight for the office to write the story. Somehow he makes it back home by 10:30 and is up again at 3 a.m. to start anew.

Another day finds him headed for Washington D.C. after work to give a
speech at the Smithsonian at 7 p.m.
The last plane out for New York is at 9
and if he misses it it'll be the
Metroliner home, meaning a sleeping
bunk until the train pulls into the city at
2:30 a.m. It's then straight to the office.
"Life, and particularly my schedule,"
says Kurtis, "can be an absolute bitch."
So when the weekend rolls around he
likes to nestle up to the warm company
of Donna, see some old friends from
WBBM and generally rest and regroup
for the battle to come in the week
ahead. And, of course, he fits in his
weekly racquetball lesson from Mondry.
"Donna's really responsible for getting
me into racquetball," said Kurtis. "But
Steve's the guy who's kept my interest
at such a high level. His enthusiasm
for the game is infectious. He comes
down to your level and then brings you
up in little increments to help you
along, so that you have fun at the
game. He makes you feel good."

Mondry, a former top 20 touring pro
and well known author of instructional
articles for National Racquetball, has
kind, if well chosen, words about Kur­
tis' game.
"He's a good athlete," said Mondry,
"really a natural athlete and he learns
quickly. He just doesn't have the time
to play as much as he needs to to
maintain a steady improvement. But he
goes after every shot, he hustles until
he tires. I'd also say his backhand is
one of his strengths."
Kurtis's primary strength, though, is for
news, the field in which he has
distinguished himself with a career so
illustrious that his list of accomplish­
ments and awards runs literally too
long to recite in their entirety. His
assignments have taken him to all cor­
ers of the earth including Poland,
Rhodesia, Cambodia, Vietnam, Kenya,
Israel, Ireland, Italy, El Salvador,
Panama, Iran and Japan, in addition to
various domestic locations.

One of his major continuing stories has
been the effects of Agent Orange, the
chemical defoliant used by the U.S.
Military in Vietnam. His investiga­tions
on this subject have been presented
in three award winning special broad­
casts, for which he's received 11
honors including a national Emmy for
community service. The series resulted
in action being taken by the En­
vironmental Protection Agency and
Veterans Administration.

He's won Emmy Awards for his reports
ranging from the 1975 orphan-lift from
Saigon and in a follow-up broadcast
five years later, "The American Faces," he
reported on the children of Viet­
namese/American parentage left
behind in Vietnam. That report earned
him another Emmy and an Overseas
Press Club Award for international
reporting demonstrating a concern for
humanity.

Other Emmys have come his way for
reporting Croatian money going to
the IRA in Belfast; a journey retracing
Christ's "Stations of the Cross"; and as
part of WBBM-TV's spot news coverage
of Pope John Paul II's visit to America.

"My schedule is physically
demanding," said Kurtis. "My three
hours on the air each day is a longer
on-air schedule than I've ever worked
before. Just sitting there in almost one
space for three hours is rough."

Oddly enough, racquetball was all
around Kurtis back in his early years at
Channel 2 in Chicago, where co-anchor
Jacobson was (and still is) an ac­
complished and regular racquetballer,
and top sports broadcaster Johnny
Morris (former all-pro wide receiver of
the Chicago Bears) is a good handball
player and occasional racquetballer.

Even Channel 2 based, nationally
famous movie critic Gene Siskel has
recently found his way to the courts.

With McClurg Court Sport Center
literally across the street from CBS in
Chicago, with his co-anchor and sports
anchor playing there regularly, one
would expect an ex-jock like Kurtis to
be right in there as well.

NATIONAL RACQUETBALL 9
"Oh, I went over there a couple of times to watch them play," said Kurtis. "And they played hard. I guess I just didn't take them seriously. Frankly, at that point in my life I wasn't doing a whole lot in exercise. I was almost totally absorbed by my work."

LaPietra, it turns out, was having the same problem. Finally, she decided it was time to drop that extra 20 pounds and for the first time in her life get into a regular exercise routine. She joined the East Bank Club to play racquetball, to run (the club sports one of the nation's few indoor, quarter-mile tracks) and to establish a pattern of workouts that would get her in shape.

Now, she takes her racquetball lessons regularly and seriously, causing Kurtis to remark, "I think she's real good. She doesn't have the strength that men do, of course, and her backhand needs some work, but she's progressed amazingly well."

"I may not have the strength of some men," said Donna, "but I certainly think that I can find four or five men that I'm stronger than." (Careful, Bill.)

After those initial encounters on the court together, Bill and Donna have opted for individual lessons and workouts with Mondry rather than hitting so much together, feeling they're getting a better workout and improved performance for their time.

"We've gotten into a situation where Steven will play Bill for as long as Bill can take it, and then he'll play me for as long as I can take it," said Donna. "We really get a great workout that way. We haven't played each other for a long time. I wonder what would happen because I know I'm a lot better than the last time we played."

"Steven really gives you the sense that you're playing well, while at the same time he points out the things you're doing wrong."

For Kurtis, one of the toughest things was to put racquetball into its proper perspective, but to definitely make a place for it. A widower with two children, he's eager to get 12-year-old Scott into the courts. But first he had to get himself into the 20x40 room.

"I was just like anybody else," he said. "You know, work all day, come home and want to be with the family. I was possessive of that time and didn't want to give it up to work out. Now, I'm glad that I've been able to make the time."

Kurtis also manages to make time for other endeavors. An accomplished photographer, he's had his pictures exhibited in several galleries. As an author, he's written articles for the Chicago Sun Times and New York Times Magazine.

As a reporter and anchorman he's also covered such stories as the Chicago Seven Conspiracy trial, the tumultuous Democratic National Convention of 1968, both the Democratic and Republican Conventions of 1972 and the Charles Manson and Angela Davis trials.

He's also found time to earn a legal degree, having passed his Kansas Bar Examination in 1966. He's a member of the American Bar Association.

Left, Steve Mondry of the East Bank Club in Chicago gives Bill some pointers on stroke refinement. Below, Bill looks on as his girlfriend, Donna LaPietra, sets up for a forehand shot.
Who Is Ken Ishiguro And Why Is He Smiling?

If you had to name three countries outside the US or Canada where racquetball is played, you might have a hard time. But you'd hazard a few guesses, and if you guessed Japan you'd be right on target.

It figures they'd play in Japan, right? Racquetball is a hi-tech sort of sport, a super-efficient workout, and allows the players to develop their native ingenuity, strategy and smarts. It's an advanced, sophisticated brain-game that's a natural for an advanced, sophisticated society.

Like Japan, in fact. And racquetball has taken off there in the past five years, enjoying the sort of staggering growth that it saw in the 1970's in this country. One of the prime movers behind this great surge in the popularity of racquetball is Michikane "Ken" Ishiguro, the Japanese national champion of racquetball, president of the West Japan Amateur Racquetball Association, General Director of the all-Japan Association, and all-round racquetball guru and leader in the sport.

The 39-year-old Ishiguro has an impressive background in sports although he came to racquetball relatively late in a jock's life. During high school and college days at Doshisha, a Christian school in Kyoto about an hour away from his home town of Osaka, Ken distinguished himself as an athlete. From age 12 to 15, he was involved in basketball and judo—sports which complement one another in developing all-round coordination.

Around 15 he took up tennis, and from 15 to 18 represented his prefecture (one of 49 regional divisions in Japan) in the all-Japan Inter-High School Tennis Championships.

Once he reached university studies, the versatile athlete changed his focus again—to alternate between water- and snow-skiing, in both of which he represented his university and prefecture in the all-Japan University Championships. He spent his winter vacations in the north of Japan, in Hokkaido where there are mountain ski resorts, perfecting his skills.

But it was as a water-skier that he achieved most distinction during university days. In the All-Japan Open Long Distance water skiing competition, he was the only competitor to complete the grueling course, crossing Biwako Lake—all 72 kilometers of it—non-stop, with no fatigue, to take the championship.

The next 10 years were filled with working abroad, international travel, marriage and, of course, sports. Then in 1975, at the YMCA near his office in Kobe, Japan, he came across a new sport: racquetball. He was instantly fascinated.

He began to play regularly, staying at the Y until eight or nine at night to get in a few hours playing time after work. He did everything in his power to get others involved, to build up a core of players and share the fun.

Outside of the Kobe Y, the only other place racquetball was played in Japan at that point was on the American Military bases. As Ken's game improved, he began to travel around to the bases to play with American officers.

"Sometimes I'd go as far as four hours away on the Shinkansen—a very fast train," he recalled. "I really enjoyed playing against some tough competition, and a lot of the Americans were good players. I found the change very worthwhile—I had been playing the same people every night. These new players could really challenge me."

In the meantime, he was an avid reader of National Racquetball, devouring the instructional articles and teaching other players what he learned through his reading and experience. He even prepared several copies of the rules to distribute to other players at the Y, all in the name of getting as many people to enjoy racquetball as possible.

Although his involvement was not competitive—he was strictly interested in sharing the game, getting players involved and helping them to improve—his commitment and concentration paid off in other ways too.

Once the Y began to hold tournaments, about four years ago, there was no stopping Ken. First he was the consistent holder of the YMCA champion title.

Then, when two other clubs opened in Tokyo in 1980, the All-Japan championships were established. And in that year, Ken won the All-Japan title, beating a contingent of ex-squash players from the Tokyo clubs to win the championship.

In 1981, Ken was one of five Japanese representing their country at the First World Games, in Santa Clara, CA. Japan placed fourth—with Ken individually placed among the top eight amateur players in the world.

Later that year, his opportunities for international competition were broadened further, when Marty Hogan, Dave Peck, Don Thomas and Bud Muehleisen were invited to the opening of a new club in Kobe.

Ken proved that racquetball Japanese-style is up to the level of the world's best.

"He's a very strong player," Thomas said of their exhibition game. "His speed and endurance are incredible—he's got all that experience in endurance sports and its shows."

Hogan concurred, and added, "He's also a very smart, strategically aware..."
player. He stacks up against the top players in this country—particularly when you consider his age group."

In life, as in sports, Ken is adventurous and versatile. After graduating from university, he decided to see a bit of the world and traveled widely in his work for the Tokyo Bank for a number of years.

Three of those years were spent in Beirut, Lebanon, where he found opportunities for both snow- and water-skiing, living in a city that nestles between the Lebanese mountains, 10,000 feet in altitude, and the Mediterranean Sea.

He won several awards in competitive skiing on both snow and water. At the same time, he kept up with his other sports, representing Japan in judo competition in Iraq, for example.

He already spoke fluent English, and during these years began to study Arabic and French. Through his French studies he met his wife, Marie Rose, a language teacher working at embassies in Beirut and with appointments as palace teacher for Kuwaiti and Quatari princes on the Persian Gulf.

Teacher and student became friends, and soon after meeting they fell in love. "Japan was like the other side of the moon to me," Marie Rose recalls. "I had not given any thought to marriage—I liked my work and had a very nice life."

But now marriage came up. In 1972, Ken was needed back in Japan on family business, so Marie Rose traveled with him. It seemed an ideal opportunity for her to get acquainted with the country before she decided on marriage.

They were both reluctant to leave Beirut, "the Paris of the Middle East," which, before the war, was a city renowned for its charm and brilliant Mediterranean climate.

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HEALTH

How Tough are Your Eyes?

Not tough enough. Laboratory tests show that some eyeguards will allow a racquetball to contact the eyeball even when properly worn.

Chairman of the Canadian Standards Association Committee on Eye Protection, Dr. Easterbrook talked with NR.

"It has been proven that any open eyeguard on the market can be penetrated by a racquetball traveling at only 50 miles per hour and the average beginning player hits the ball over 70 mph."

"Polycarbonates are by far the best impact resistant material we have for eye protection. They're even better than industrial safety thickness plastic (known as CR-39). Street wear plastic, as normal glasses, does break," says Easterbrook.

In his opinion, "Anybody who plays racquetball without eyeguards is nuts, to put it another way, there is more energy in a racquetball traveling at high speed than there is in a bullet."

We have the reasonable alternative to open eye protection. Compare Action Eyes' features against any other eye protection:

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- Heavy 7 barrel hinges attached to frame and temples with rivets.
- Strong metal core temples.
- Frame is reinforced at stress points.
- Bridge is specially designed for safe, comfortable contact on nose.

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SERVICE — QUALITY — PRICE
"I could have stayed there forever," Ken says. "Of all the countries I visited—52 altogether, all over Europe, America and Africa—Lebanon and the city of Beirut was the most beautiful place."

But a year after their trip to Japan, Ken and Marie Rose married and left their beloved city. They honeymooned in Europe and the Far East, then settled permanently in Japan, in Ashiya City, a very pretty and select residential area outside of the cosmopolitan port of Kobe where Ken works for the Union Company which imports fresh fruits—chiefly from the US.

Apart from his own competitive prowess, Ken is very pleased with how racquetball is progressing in Japan. Over the past three years, more and more clubs have opened up around the country. Now there are 11 clubs with 41 courts and 5,000 players.

"I expect upwards of 100 courts to be built in the coming year," Ken says. "Racquetball is becoming popular at an astronomical rate."

"It makes excellent sense for a country like Japan where population density is high and space is at a premium. Racquetball courts are space-efficient, and allow a large number of people to get the use of a facility."

He dreams of having more top American players come to Japan to demonstrate racquetball and help get new clubs off to a flying start.

"American players attract more attention, and that’s attention for the sport," he says.

Besides being national champion and working in key positions as Director of the amateur association and president of the West Japan division, he is also Japan’s leading author on the subject of racquetball, having recently written a highly successful instructional book, Racquetball For Winners.

The book had been a dream for a long time, and finally, in the spring of 1981 he began work on it. Marie Rose’s sister, Pauline Abdeljalil, a photographer living and working in Paris, traveled to Japan and shot 3,000 photos, of which 350 were used in the book.

It was published in the fall of 1982 and attracted some prestigious attention. The ex-Minister of education, Mr. Sunada, personally endorsed the book, and celebrities in various sports have expressed approval. In spite of its English title, the book is in Japanese, and its first printing of 4,000 copies is selling well in clubs and bookstores all over Japan.

Marie Rose regrets that she usually cannot spend the time to play racquetball with the national champion—although she has contributed to the growth of the sport in Japan by her support of Ken’s work and her help with his book.

"I have a very busy schedule," she says with massive understatement. "I teach at Osaka University, and at NHK Cultural Center—a radio and TV network. I also do some lecturing for the Kobe UNESCO Association and I’m often called on to travel and lecture as a representative of Lebanon."

She is proud of Ken’s achievements, however, and happy that he is so involved in racquetball. "He encourages and helps so many people—he’s very well-liked and respected for that," she says.

Besides the regard of his wife and his immediate associates, Ken continues to earn public honors. In the summer of 1982, he was invited to a garden party by then-Prime Minister Suzuki, in honor of the top athletes of Japan.

And in the fall of the same year, he won the racquetball competition at the Asian Games in Tokyo.

Marie Rose’s pride in him certainly seems well-placed.
There was a day, many ages ago, when racquetball players disdained the use of gloves. It was a pseudo-macho thing—"I don't need a glove—I can beat you even with sweaty palms, slipped grips and unsteady strokes." Eventually, however, most players came to realize that success on the court was more important than macho image and thus, gloves began and continue to be the norm rather than the exception.

Gloves come in many different sizes, styles, colors and are made of a variety of different materials. The differences between makes and models is sometimes subtle and often the tiniest of differences in fit from one make to another can significantly impact your game.

For easy comparison we have listed and in most cases pictured on these pages the various gloves on the market today. Virtually all of these models are available from your local pro shop or sporting goods store and all are available for either right or left handed players.

National Racquetball would like to thank those manufacturers who have provided the information and in many cases the sample products to make this article possible, and we urge you to contact any of the firms listed at the conclusion of this article for further information on their products.

**AMF-Voit**
- Full fingered top grade white leather
- Silver nylon back for additional ventilation
- Non-slip grip surface
- Comfortable fit with Velcro tab closure
- 1 inch elastic wristing for support
- Men's sizes: S—M—L
- Ladies' sizes: S—M—L
- Color(s): white/white
- Suggested retail price: $13.00

**Champion Glove Model 613**
- Full fingered deerskin palm
- Foam backed terry
- Thin and durable
- Color coordinated elastic wrist
- Helanca finger inserts that stretch
- Velcro tab that adjusts to your exact feel
- Men's sizes: Regular—King—Super King
- Ladies' sizes: One size fits all
- Color(s): Royal blue only
- Suggested retail price: $7.50

**Champion Glove Model 668**
- Half fingered thin sheepskin
- "Easy on—easy off" design
- Large Velcro tab closure
- Form fitting Sta-tite back
- Men's sizes: Regular—King—Super King
- Ladies' sizes: One size fits all
- Color(s): Royal blue only
- Suggested retail price: $7.50

**Champion Glove Model 677**
- Full fingered thin deerskin
- Especially tanned for tacky, positive grip
- Soft, ultimate feel
- Durable, Sta-tite elastic back
- Popular Velcro tabs
- Men's sizes: XS—S—M—L—XL
- Ladies' sizes: S—M—L
- Color(s): Red, royal and white
- Suggested retail price: $7.00
Champion Glove Model 692
- Full fingered suede/synthetic leather
- Thin and tough for exact fit
- Soft Amara for unbelievable grip
- Machine washable
- Men's sizes: S—M—ML—L—XL
- Ladies' sizes: S—M—L
- Color(s): Royal, red, and white
- Suggested retail price: $7.00

Champion Glove Model 696
- Full fingered "non-slip" suede leather
- Maintains tackiness wet or dry
- Famous for feel, style, comfort and durability
- Large Velcro tab strategically placed to create vent for additional flexibility
- Color coordinated elastic cuff
- Men's sizes: S—M—ML—L—XL
- Ladies' sizes: S—M—L
- Color(s): White, blue, red, yellow and natural
- Suggested retail price: $9.95

DP/Leach
- Full fingered cowhide leather for perfect second skin feel
- Spandex two-way stretch back
- Elastic wristband and self-adhesive closure
- Panel finger construction for additional ventilation
- Set-in, "no stress" thumb
- Absorbent, tacky palm surface
- Unisex sizes: XS—S—M—L—XL
- Color(s): White, beige, or blue
- Suggested retail price: $8.90

Ektelon Marathon™
- Full fingered natural deerskin
- Soft and thin (0.6mm nominal)
- Keeps shape, fits like second skin
- Natural absorbency for cooler, dryer playing
- Two-way, nylon-mesh backing for maximum breathability
- Paneled fingers, set-in thumb and open finger base for closer fit and increased durability
- Men's sizes: S—M—L—XL
- Ladies' sizes: S—M—L
- Color(s): Brown/beige
- Suggested retail price: $12.95

Ektelon All Pro™
- Full fingered, naturally tacky Cabretta sheepskin
- Holds shape while allowing for flex-and-give action (0.6mm thick)
- Natural absorbency helps keep palms cool and dry
- Set-in thumb allows for independent movement
- Multi-panel design provides better finger fit
- Sure grip, reduced racquet twisting and slippage
- Stretchy nylon backing
- Elastic wrist band and Velcro wrist closure
- Men's sizes: S—M—L—XL
- Ladies' sizes: S—M—L
- Color(s): Blue (men); yellow (ladies)
- Suggested retail price: $9.95

Ektelon Racquetballer™
- Full fingered synthetic suede leather
- Blended fabric 60% polyamid/40% polyurethane
- Soft, thin (0.4mm nominal) looks like suede leather
- Paneled fingers, set-in no-stress thumb, open finger base for more natural fit
- Two-way, nylon-mesh stretch backing
- Men's sizes: S—M—L—XL
- Ladies' sizes: S—M—L
- Color(s): Navy (men); white (ladies)
- Suggested retail price: $7.95
Foot-Joy
- Full fingered, specially tanned Cabretta leather
- Leather imported from Pittards of London
- Durable and pliable
- Quickly dries out, but remains soft and flexible
- Sturdy grip and long life
- Velcro tab closure with wrist vent
- Men's sizes: Regular men's sizes, plus Cadet
- Ladies' sizes: Regular ladies' sizes
- Colors: Bone Cabretta and assorted Spandex colors
- Suggested retail price: $12.50

Kay Sports "Buckskin"
- Full fingered polyurethane suede leather
- Guaranteed machine wash and machine dry
- Never shrink or harden
- Thin, durable with double stitched seams
- Velcro closure with narrow wrist elastic
- Men's sizes: XXS—XS—S—M—L—XL
- Ladies' sizes: S—M—L
- Colors: white, beige, powder blue or red
- Suggested retail price: $9.95

Omega
- Full fingered suede deerskin palm and fingers
- Absorbs moisture while remaining soft and supple
- Terry cloth back
- Oversized Velcro tab
- Elastic cuff for snugness and no slipping
- Men's sizes: S—M—L—XL
- Ladies' sizes: S—M—L—XL
- Colors: White/beige (model #6320); white/blue (model #6330)
- Suggested retail price: $12.00

Penn
- Full fingered Cabretta (sheepskin) leather for excellent feel
- Naturally absorbent, durable and stays dry
- Flat seams give "no seam" feel on naturally tacky surface
- Power mesh nylon back assures snug fit
- Full leather, no stress thumb offers strength
- Men's sizes: S—M—L—XL
- Ladies' sizes: S—M—L
- Colors: White/navy
- Suggested retail price: $11.95

Ram by Right-Gard
- Full fingered slip resistant genuine sheepskin
- Skin-like fit for superior control and feeling
- Soft, supple, sure-handed
- Adjustable Velcro wrist tab
- Woven wrist sweatband
- Men's sizes: S—M—L—XL
- Ladies' sizes: S—M—L
- Colors: White/navy
- Suggested retail price: $8.95

Saranac Super Suede (R-200)
- Full fingered suede leather
- Ultra-thin specially cut and shaved for ultimate racquet control
- Seamless palm and no-stress thumb
- Sure and comfortable grip
- Deep vented stretch back
- Adjustable Velcro tab closure
- Elastic wristband for custom fit
- Men's sizes: S—M—ML—L—XL
- Ladies' sizes: S—M—L—XL
- Colors: eight vibrant solid colors with multi-color coordinating wristbands
- Suggested retail price: $12.95
Saranac Lightouch (R-150)
- Full fingered native deerskin palm
- Featherweight and completely washable
- Crafted in USA
- Ultra-lite microfiber back
- Custom fit through easy-entry vent
- Touch-tab Velcro closure
- Color coordinated snug-top wristband
- Men's sizes: S-M-L-XL
- Ladies' sizes: S-M-L
- Color(s): Assorted
- Suggested retail price: $12.95

Unique Sports Products
- Full fingered prime calf skin leather
- Extra soft
- Extra thin for great grip
- Designed specifically for feel and fit
- Velcro tab closure allows for adjustments
- Men's sizes: S-M-L-XL
- Ladies' sizes: S-M-L
- Color(s): White/red-blue
- Suggested retail price: $9.98

For further information on any of the gloves included in this guide, feel free to contact the appropriate manufacturer:
- AMF Volt, Inc., 3801 South Harbor Blvd., Santa Ana, CA 92704
- Champion Glove Mfg. Co., 2200 East Ovid, Des Moines, IA 50313
- Diversified Products, P.O. Box 100, Opelika, AL 36802
- Ektelon, 8929 Aero Dr., San Diego, CA 92123
- Foot-Joy, Inc., 144 Field St., Brockton, MA 02403
- Kay Sports, 5355 Sierra Rd., San Jose, CA 95132
- Omega Sports, 9200 Cody, Overland Park, KS 66214
- Penn Athletic Products, Parkvale Building, Rts. 22 & 46, Monroeville, PA 15146
- Right-Gard Corporation, Stump Road & Commerce Dr., Montgomeryville, PA 18936
- Saranac Glove Co., 1263 Main St., Green Bay, WI 54305
- Trophy Glove Co., 122 Washington Ave., E., Albia, IA 52531
- Unique Sports Products, 5687 New Peachtree Rd., Atlanta, GA 30341

Trophy Glove Big Tab
- Full fingered quality cream leather
- Powernet back
- Snug fit, comfortable feel
- Big tab closure
- Elastic wrist sewn with strong nylon thread
- Men's sizes: S—M—L—XL
- Ladies' sizes: S—M—L
- Color(s): red, white or blue
- Suggested retail price: $10.95
What You Told Us About Your Racquetball Glove

Readers in 33 states and four Canadian provinces took the time to respond to our glove survey, sharing their glove-buying experience and insights with each other and with those of us who may not be in the habit of purchasing gloves and may not know quite what to look for.

Just as you might expect, everyone who responded wears a glove while playing. Well, almost everyone. We also heard from two hardy souls who replied “No” to Question 7. (We studied these survey forms at length and could not derive any useful knowledge from them, except to speculate that neither of the players in question suffers from sweaty palms. They also gave rise to some “real” men speculations around the editorial offices, as in: Do real men wear racquetball gloves? Then we noticed that one of the forms was from a female reader.)

Almost everyone reporting owns more than one glove, with 52% indicating that they own four or more. The gloves are made primarily of cabretta leather, deerskin, and other, unspecified, leathers, with calfskin and chamois represented in small numbers. Synthetics accounted for 12%—in the form of synthetic suede or synthetic leather. A small percentage (14%) did not know what their gloves were made of, but those responding were pleased with their present glove, the qualities that they like vary widely. Nonetheless, fit rated a hefty 48% of first-place votes once again, and the other categories that players felt were important—lasting absorbency and tackiness, and long life—were all represented at all three preference levels.

Even of the 88% who said they were pleased with their glove, only 18% were entirely and unqualifiedly so. The remainder, along with the 12% who said they weren’t pleased in the first place, all had some criticism to offer. Overall, however, the criticisms were not very severe. Many respondents

Caring For Your Glove

When we put the survey questions together, we didn’t place much emphasis on how a glove washes—whether it was a high priority and an influential buying factor. Many of the respondents wrote us little marginal notes, however, pointing out that it’s important to them to have a glove that can be washed without shrinking into a miserable, blackened husk. One reader said succinctly, “I hate all those smelly gloves hanging off of bags!”

But let’s face it—if you want fine leather in your glove with a high degree of flexibility, absorbency, fit, and sensitivity, you can’t expect to have polyester washability. You’ll have to resign yourself to taking a little extra care of your glove instead of just flinging it into the raging-hot-with-bleach washload and then punishing it further in the dryer.

Nor can you expect polyester durability. Leather which is repeatedly wetted by sweat and washing will ultimately become stiff and brittle. If you play a lot, you’re going to have to replace your glove a lot.

For those of you who have a deep-seated need to launder your glove, we polled the staff at National Racquetball and from the
marked only one negative in response to Question 17 “What do you like least about your glove?” The only categories that elicited more than a scattered and sparse response at any level of preference were price, life-span, and “Other,” which took 25%, 28% and 19% of the first-preference vote.

In the “Other” slot, criticisms ranged from performance problems—thick feeling, restriction of wrist movement, and similar complaints—to quality and durability: the glove stiffens when washed, wrinkles, shrinks, tears, falls apart too easily.

A recurrent theme—in the “Other” slot of both the questions about what you liked most and least, and as a “write-in” on what will influence your next glove purchase—was washability.

Never mind that in Question 18, “How often do you wash your glove?”, the responses indicated that players wash their gloves only every few months—42%—or never—43%. Many of them sincerely want to wash their gloves, but feel that the soaking does more harm than good. To help resolve this dilemma we’ve included some pointers for taking care of your glove along with this article.

We would also urge the glove manufacturers to include care instructions on the packaging of each product. We at National Racquetball fall into two camps on the subject—the Wear-It-Till-It-Rots faction, and the more rational, hygienic group, who feel your glove will last longer if it’s rinsed thoroughly to remove salt and sweat.* We need expert advice on each specific product. And only the manufacturers can provide that.

• The anti-washing faction, we must note, out-number the pro-washing faction two-to-one.

Don’t wring or twist the glove. To remove excess water, roll it in a towel and press the water out. Allow it to dry naturally, without heat or hair dryers. Never put it in the clothes dryer. Just shape it and lay it on a dry towel and leave it along for 12 to 24 hours. If you find it takes too long to dry, provide yourself with another glove and switch off.

Most gloves will stiffen up some from getting soaked, so before you use it again, put it on your hand and flex and stretch it gently until the leather is more or less evenly soft.

That’s all there is to it.

Who Answered The Survey

Like the readers who have responded to surveys in the past, these respondents are frequent players—almost all reported that they play three or more times per week, and those who didn’t, still got out on the court twice a week. Less than 20% of those responding were women, which at least helps us to establish that men wear racquetball gloves (in case anyone out there still thought “real” men played bare-handed).

Private clubs are where most of these players play—92%, to be precise, with 19% also playing, or playing exclusively, at their local YMCA. They’ve been playing anything from one to five-plus years, with a concentration of responses falling at “Three or less” and “Five or more.” In other words, relatively new and long established players told us about their gloves. Those playing four or five years, the middle of the graph, weren’t heavily represented.

Their playing level also turned out to be fairly uniform, and predictably high given the frequency of play they reported. Intermediates accounted for 41% of the responses, and advanced players for another 45%. Apart from a small number of pros and beginners, the rest—10.5%—were open level.

The majority of those we heard from are between the ages of 25 and 54, with 38% in the 25-34, 26% in the 35-44 and 17% in the 45-54 slots. A few over-55’s and under-24’s also sent us responses.
That said, however, I would also like to ask the Champ.

The world's worst doubles player in the history of racquetball is what I call THE RUMOR. It has circulated in the racquetball community for some years now that I am the world's worst doubles player. I would like to confirm that rumor at this time. It is true. I am the worst doubles player alive.

That said, however, I would also like to state that Steve Mondry and I are undefeated in doubles tournament play and would be willing to play any team in a winner-take-all match at any time, any place! (Steve and Marty played one tournament against mediocre competition and won—Ed.)

Question: What do you think is the best rule in racquetball? The worst?

Hogan: There's a lot of worst rules, that's for sure. Probably my least favorite rule is the one currently in force about communicating with the referee. That's one rule that must be changed.

Right now the players are allowed to discuss calls with the referee. Let's put it another way—if they're not allowed to, they do it anyhow, so perhaps it's a function of enforcement. However, I think racquetball has lost a great deal of its professional credibility because of it.

Some of these guys bitch, moan, and argue for 10 minutes over one call. They come out of the court and complain like spoiled babies. I think the player should be allowed to say only two words to the referee, "I appeal."

Probably the best rule, as far as controlling the play goes, would be the avoidable hinder rule, which theoretically gives your opponent visual contact with the ball going to and coming from the front wall. This clear path of vision makes the game fair for all, for if you can see the ball then the question becomes one of athletic ability to get it. The better player will win.

Besides that, can you imagine what racquetball might be like without the avoidable hinder rule? I'd like to have a commission on the sale of helmets, face masks, and other protective clothing that would be needed to play the game.

Question: Have you ever analyzed your game or stroke on videotape? For an intermediate player is this an advisable course of action?

Hogan: The answer to the first question is yes, sort of. The answer to the second question is yes, definitely, but under the proper circumstances.

Any time you can take a good, hard, long look at your stroke, where you can slow it down, break it down and really get into it—then you're on the right road to improvement. Through videotape you can find out where you are doing things correctly and where you're not.

However, and this is where the proper circumstances come in, it is imperative that you have the right person, a qualified person, analyzing the videotape with you. I suggest a good teaching pro, or other expert. Under this condition, I heartily recommend using videotape as a means of improving your game.

A good teacher will be able to see that your backswing is too high, or not high enough; where you're losing your vision, they know enough about the game and their game to make adjustments (as compared to beginners), but they're not too set in their ways (like advanced players).

I've used videotape extensively in giving instruction, but frankly, after this nice speech, the truth is that I've never used it to improve my game. Actually, I feel confident that my stroke is perfect or so nearly so that I am capable of making any of the necessary, minor adjustments on my own. I'm not closing the book to the future possibilities, though.

With the computer and video technology available today and likely to be available in the near future, I think it's foolish not to take advantage of what can be done.
Executing an offensive shot off your opponent's long ceiling ball is one of the most difficult skills for many racquetball players to acquire. In this article, we are going to review the proper direction of the ceiling ball, the different back wall contact heights and how these heights affect the difficulty of the shot, the proper and improper set-up positions used in executing this shot, the strategy involved, and helpful practice drills.

First, let's give credit to the ceiling ball for its value. It is still, and probably will be, the best defensive shot that you can use to keep your opponent pinned in a defensive position in deep court. Its value is as important as killing, passing, or pinching the ball.

Because of its value, let's review your goals in hitting the ceiling ball. Your objective is to bring the ball to your opponent at shoulder height in the deep part of the court. This will virtually force him to hit a ceiling ball back to you with his shot (photo 1).

Very few players possess the ability to bring the ball down from shoulder height into a low zone, scoring area. In higher levels of play, this shot is pulled down more often, but for 95% of racquetball players this ability is not honed into their game and they are forced to go defensively back up to the ceiling.

A properly hit ceiling ball should contact the back wall approximately two feet up. When the ball contacts the back wall it will angle out and contact the floor approximately the same distance forming a triangle. When the ball hits the back wall at two feet, the triangle that is formed is very small and does not give your opponent sufficient room to set-up and execute a full offensive swing (photo 2).

Therefore, if your opponent chooses to let a properly hit ceiling ball come off the back wall he puts himself in a virtually impossible hitting position.

The situation changes drastically when the ball strikes the back wall five or six feet up (photo 3). This is a much easier offensive shot because the triangle formed by the back wall, the floor, and the ball is much bigger and the hitter won't feel jammed.

The important point to keep in mind for the hitter, is that he should position his body within the triangle in order to hit an effective offensive shot. If he's in the triangle, he'll be behind the ball. The momentum of his swing will carry out with the ball and he should hit an accurate offensive shot.

Photo 1. When the ceiling ball comes in at the proper angle in deep court, the hitter is virtually forced back to the ceiling with his shot.

Photo 2. In this photo you can see that it is impossible to be offensive when the ceiling ball strikes the proper height of two feet on the back wall.

Photo 3. A lot of players are capable of making this shot because the ball kicks out at least five feet from the back wall. Notice how the player has properly positioned himself within the triangle ABC formed by the lines of the back wall, floor, and the path of the ball. To make life easier for yourself, hit from within the triangle.
Many players never realize that they have to be this close to the back wall in order to execute the shot. From photo 6, you can see this player making life very difficult for himself by being positioned too far forward. (See photos 7 and 8 for the forehand hitting position off the back wall.)

One of the most important points to be made in this article, is the mental strategy that should be used in dealing with mis-hit ceiling balls. Every single one of us commits errors with much greater regularity than we might want to concede. If this is the case, is it best to err long off the back wall, or bring the ceiling ball in short? Let's analyze both cases and I think we'll conclude that one is much better than the other.

If you err and hit the ceiling ball long off the back wall, realize that you've already established the direction of the shot for your opponent—the ball is heading to the front wall. Your opponent must only continue the direction of the ball, increase the velocity, and keep the ball low in order to score.

Notice in photo 4, the hitter is positioned in front of the triangle and has to reach back in order to attempt to execute an offensive shot. By positioning himself in this way, he's forced to reach back and use an awkward arm motion which usually results in a weak scoring attempt. Mis-positioning by being in front of the triangle is probably the biggest flaw of all players who have trouble hitting long ceiling balls.

The area on the back wall between two and five feet is the crucial area that separates the good player from the very best. In photo 5, you can see that a properly hit ceiling ball is impossible to hit offensively off the back wall. But, when that shot hits just a foot higher, the accomplished and patient player gets himself pushed up against the back wall, lets the ball drop to a low hitting point, and executes an offensive winner into the front wall.

There is nothing difficult about this as long as he is aware of his correct position in regard to the back wall.

The difficulty of the shot changes greatly when the shot is brought in just shy of the back wall (photo 9). Your opponent is still hitting from the same area on the court, but in this case, he must completely change the direction of the ball. It is of much greater skill to execute this shot than to execute a shot off the back wall.

As a solid recommendation for your ceiling game, I suggest that you either learn to bring the ball in at a proper velocity into the deep court, or take pace off the shot so that it comes in short forcing your opponent to execute a difficult change-of-direction shot.
Photos 7 and 8. When the ball caroms off the back wall at approximately three-and-a-half feet, the advanced player has the ability to get within the triangle and score. In photo 8, you can see that the player is too far forward in his position. He is forced to reach back to hit and will usually skip it or catch the side wall.

Photo 9. If you err on your ceiling ball, make sure it is short so that you force your opponent to change direction of the ball and hit an effective scoring shot from 37 feet with his backhand.

To start developing consistency with this shot, I recommend practicing three basic drills:

First, get deep in the back court by yourself and lob balls into the back wall that hit anywhere from five to seven feet up on the wall. When you toss them into the back wall at these heights, the ball will rebound out far enough so that you can easily get within the hitting triangle and won’t feel jammed against the back wall.

Second, have a friend hit long ceiling balls to you that carom off the back wall. Your responsibility will be to anticipate how far the ball will rebound off the wall and position yourself accordingly to execute a solid offensive shot.

Third, after you’ve become comfortable with your friend’s shot to you, practice this drill by yourself. Imitate your opponent’s long ceiling ball, then position yourself appropriately to the back wall, move out with the ball, and execute an offensive shot.

Get comfortable with the hitting triangle formed by a long ceiling ball off the back wall, and your success with this shot will be a tremendous asset to your game.

NATIONAL RACQUETBALL
APRO Teaches:

Returning The Angle Shot

by Connie Peterson

An angle shot will mean different things to different levels of players. To the beginning player it can mean trouble and frustration. To the intermediate player it can mean the start of understanding the real mechanics of shot selection and to the advanced player it means a set up and the win of a rally.

Definition

I define an angle shot as any shot which comes off more than one wall and is not low enough to be considered a kill shot (pinch, reverse pinch, splat) or high enough to be a defensive shot (around the wall ball, Z ball). The shot hits somewhere in between which means trouble to the beginner and a set up for the advanced player.

For the beginner, returning the angle shot needs to be dealt with by learning how to read angles and how to position our bodies just to be able to return it successfully to the front wall. The intermediate player most likely can already read the angle but needs to be more consistent at returning it constructively and the advanced player should never lose the rally on the return of the angle shot since it is always a set up.

Reading The Angle Shot

As defined earlier, the angle shot hits more than one wall. Since the ball must always contact the front wall during the rally before hitting the floor we are talking about the front wall plus one, two or three more surface contacts.

The angle shot is not any defined shot in the game of racquetball. It is hit by a beginner player out of error because beginner players are just trying to get the ball back to the front wall. Most beginners do not have any concept of how to swing, where to contact, or direction in placement of the ball. Their primary objective is to just keep the ball in play.

At this level the angle shot seems to work best against an opponent just because beginner players have not been on the court enough hours to fully comprehend these shots. Usually, the ball goes in one direction and the player in the opposite direction.

An intermediate player hits an angle shot for many reasons. It could be overanxiousness in returning a planned shot that was meant to pinch, for example, but was left too high; or just contacting the ball in the wrong place either too far in front of or behind the body which makes the shot constantly catch a side wall.

An advanced player will rarely hit an angle shot (remember the definition stated earlier) because he knows this means a set up for an opponent of equal ability and a point or side out for that person. But you will see an advanced player hit an angle shot to their opponent if their opponent happens to be at a lower level. Why? Because it confuses the opponent, can cause rally ending errors or set ups for the advanced player.

The Angle Shot In Center Court

Upon returning an angle shot in center court the main things to be considered are the height and speed of the ball, and how close the ball hits to the corner on the first angle (first two surfaces it contacts). By looking at the diagrams you can begin to see exactly what the ball does.

Beginners: Hit It First

In Diagram 1 you can see how a ball that hits side wall—front wall close into the corner will travel to the opposite side of the court and go beyond center court towards the back court. In Diagram 2, note how a ball hitting further away from the corner will travel back towards center court.

The thing to remember first, therefore, is you must watch what the ball does. How high on the front wall does it hit, and how close to the corner? From here you can begin to set up for the shot in the correct position to return the ball to the front wall.
Ideally you would like to hit the ball between you and the side wall. The best way to approach the ball is to be back away from it and then move forward to the shot.

The two main problems of returning or attempting to return an angle shot as a beginner are (1) trying to hit the ball too far in front of your body toward the front wall; and (2) ending up too close to the ball and having to back away from it.

Since a shot that is hit close to the corner travels more to the other side of the court and usually a little beyond center court, try moving back a bit behind center court and near the middle of the court (Diagram 3). Then shuffle into the shot on a diagonal path. This will allow all of your body weight to be transferred into the shot while you are in the best possible position to return the ball to the front wall.

Do not worry about where you want your return to go. Concentrate on getting in the correct position and hitting a solid shot first. You can work on placement later.

Since a shot hit away from the corner will travel more toward the middle, players often find themselves caught too close to the ball or hitting it out in front of them. Watch the angle on the ball and if it is a wider angle, place yourself on the opposite half of the court near the short line and wait for the ball to hit the second side wall.

Then move into the shot and again hit a nice solid shot to the front wall.

As an intermediate player you should be able to read the angles of the ball making your challenge one of consistently returning the shots away from your opponent in a constructive manner. Once you have set up for the shot, it is now time to place the ball in such a way that you win the rally.

One of your best returns is to hit it right back down the same side wall. If you can get your body in such a position to do this and do it regularly, most likely you will win every rally from that particular shot (Diagram 4).

Once you become consistent at this return, you will be able to hit the ball a little in front or behind this spot for a cross court pass shot or pinch shot. It is correct positioning and consistency which will help your level of play the most. And, of course, that means practice.

An advanced player knows the correct body position in returning a mis-hit angle shot. Remembering what was said earlier, at this level of play you should never lose the rally on the return from this shot.
Advanced players have many options of returning the ball. One of the best options is to return it down the side wall—either same side for a down-the-line pass shot or opposite side for a cross court pass (Diagrams 4 and 5). This keeps the ball as far away from center court as possible.

The reason pass shots are more effective than pinch or straight in kill shots is because of your location on the court. If you attempt a kill shot and mis-hit it, you have left your opponent open to win the rally. This is because your position after the shot is somewhat in front of your opponent, leaving you vulnerable to an easy pass. It is important to remember that the pass shot should be precise and bounce twice before the back wall so there is no chance for your opponent to return it.

Intermediates: Learn To Win The Rally

Returning The Angle Shot Off The Back Wall

We have thus far dealt mainly with the angle shot in center court. What about off the back wall? Basically, the same theory applies here as it does in front court.

When a shot is hit high enough to come off the back wall it should be taken off the back wall. The closer the shot hits to the corner the more it will travel to the opposite side of the court coming off the back wall (Diagram 6). As it hits farther away from the corner off the front wall it will not angle quite so much off the back wall (Diagrams 7 and 8).

In setting up for a return of an angle shot off the back wall try to follow the first angle of the shot. Most players do not react to the first bounce off of a surface, rather they wait until the ball has hit two, three, or four surfaces before moving for their next shot. If you let this happen off the back wall you will find yourself usually far too close to the ball or scrambling to chase it down.

Instead, begin to react after the ball contacts the first surface by watching the path the ball takes off your opponent's racquet (be sure to wear eye-guards). Then start positioning your body to where the shot is going to end up. It is much better to be back away from a shot and move into it, than get caught with the ball on top of you.
Advanced: Put It Away Every Time

Where your opponent is standing and where the ball angles to meet you, makes a difference in your shot selection.

Beginners should concentrate on the angles and learn to read them so you can get your body in a good position to return the ball to the front wall. Intermediates should make an attempt to hit good passing or kill shots and find the shots that are most effective against specific opponents. Consistency in return of this shot is the key. Advanced players should have just that.

2) The closer the ball hits to the corner, the more it will travel to the other side of the court; the further the ball hits from the corner on the first angle, the more it will come back to the center of the court.

3) When returning an angle shot, try to back away from the shot and at a slight diagonal and then move into it to return. If you end up too close to the shot and have to back away upon contact, you will have no control of the shot.

4) Depending on your level of play, either work on contacting the ball in the correct location by learning to read and understand the angles or work on consistency of returns so you can win the rally every time if someone should hit you an angle shot.

Remember, by definition an angle shot is a set up for the intermediate and advanced player. Hitting the shot accomplishes nothing for the person hitting it, but it accomplishes a great deal for the opponent. It is a return that should never be missed, meaning you should win the rally off of that shot.

Next time you are on the court try to think about what was previously said. Don’t hit an angle shot unless it is low enough to be a pinch shot or high enough to be an around the wall ball or Z ball and never... never lose the rally off of an angle shot!

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Key Points To Remember

For all levels there are certain vital elements in returning angle shots.

1) Watch the path of the ball as it leaves your opponent’s racquet remembering to always wear eyeguards. Watch for the height and the angle for which it leaves the racquet so you can begin judging ahead of time where the ball is going and where it will end up.
How To Learn From The Pros
(Part II)

by Lynn Adams

In my last article, I talked mostly about a player's attitude on the court. Watching how the pros react in different situations and how they handle pressure—or don't handle pressure—can teach you a lot. In this article I want to talk more about watching the pros use varying stroke techniques and shot selections.

When you go to a professional match, take a pencil and a small notebook with you. Don't rely on memory. Write down observations as you see them—that way you'll have your notes to refer back to later.

Watching to learn is very different from watching as a spectator. When you watch as a spectator, you see things generally, not specifically. You don't see plays unfolding or pick up on patterns. You need to learn what to look for in a match.

Start by focusing on one player. Decide who you think is the better of the pair and then focus your attention on him or her.

What do you look for first? Positioning—where your player goes when she's not hitting the ball. One of the most common errors in positioning is succumbing to a natural tendency to face the front wall after hitting the ball (Diagram 1).

So what do you do? Put yourself in an open stance with your feet pointed almost directly toward the side wall (Diagram 2) so that you're able to look over your shoulder at the play. That way you can see what your opponent is doing and get out of the way if necessary.

Let's talk about the advantages of good positioning and visibility. Watching the pros, you'll notice their eyes constantly follow the ball. They also seem to get to a lot of shots that would elude you. Are they unusually fast? No, not really. They have learned how to anticipate shots. By turning and watching, you can see if your opponent is going to hit low or go to the ceiling. You can learn to read body movements—to tell if your opponent will hit cross-court or up and down the line.
You will never see a top pro back out of the service box after a serve, showing you her back and bottom. She'll come out sideways, looking to see where her serve is going and how her opponent is approaching it.

Watch one player and follow her moves. Where is her center court? How long does she watch the ball? How are her feet positioned?

There's a lot to watch for. After a while see if you can tell what type of shot a player is going to hit. Watch her body, her feet, and her racquet face. Then say out loud the shot that's going to come and see how many times you get it right. It takes some practice. But it's the start of learning how to anticipate.

Next you want to watch serves. Serves are extremely important (Diagram 3).

Diagram 3. A strong variety of serves marks a good racquetball repertoire of shots. From a single position in the service zone, many serves can be hit.

and you'll see a variety of serves that you can put into your own game. Variety is important—not only from the standpoint that it keeps your opponent off balance, but it also gives you the opportunity to fall back on solid serves if your favorites aren't working. Most pros use a mix of serves, but not necessarily in the same match. If an opponent shows a definite weakness, the pro will exploit it. Watch for it.

Watch how the pro sets up and uses her body. Most pros have one consistent body motion and serve a variety of serves from that motion. That creates deception and doesn't allow your opponent to anticipate the serve. Also, watch how she comes out of her box and takes position. While watching, see if you can tell where the server is going to serve the ball. Practice your anticipation. Also note how frequently lob serves are used in the pro's game. It's an extremely effective serve and it allows you to get into a rally smoothly. Watch for the lob serves.

The third thing you want to watch for is shot selection. There are reasons why a player will hit a pinch instead of going down the line (Diagram 4). There are reasons why a player will go up to the ceiling instead of going for a kill shot. It's up to you to find those reasons.

Diagram 4. Shot selection is a key ingredient to a well rounded game. Why would player even consider a down the line shot when the pinch and cross court pass are so wide open?

A couple things to look for: A lot will depend on where your opponent is. Is she up waiting for that kill shot or is she back struggling to regain position after a tough get? Does she square herself to the front wall, or is she in an open stance watching your every move?

Some pros will shoot almost every shot that comes their way, whether it's a smart shot or not. But most will take good, smart shots depending on the situation. Try to see if you can tell why a certain shot was taken and decide if you thought it was a smart move.

Beware: You can't make that determination simply on whether the shot was good or not. Sometimes a flat kill shot was the stupidest shot a player could have gone for, but he happened to make it. And other times, the ball that skipped was going toward the perfect place to hit in that particular situation. In other words, judge the situation and the attempt, not necessarily the outcome.

There's a lot to be learned from watching two highly skilled players go at it. Keep your eyes open and your pencil ready and get as many ideas as you can down on paper.

One word of advice: Remember that these players are professionals and they spend a great deal of time working on their game. The shots they hit with ease and precision are often difficult to execute consistently by an amateur. A pro will take frequent percentage shots but she can hit that shot eight out of 10 times because she practices it over and over again. Keep it in mind when you try to incorporate some new elements into your own game.

Always try to be realistic about your skill and what you're capable of. The only reason I bring this up is because I don't want you to get frustrated if you can't hit a shot like Heather McKay or Dave Peck did in the last tournament you watched.

Enjoy watching the pros. They're the best in the business and they work hard to give you the best racquetball entertainment you can get. Learn from watching and enjoy the benefits. All it takes is a little bit of effort, practice and patience to improve your own game.
If you have ever defeated another player who has more physical skills than you possess, then you have seen the power of the mental aspect of racquetball. The longer you play, and the better player you become, the more important the mental side of the game is. While you are still learning the physical skills of racquetball it might not even occur to you that there is a mental side. But as you progress, you start to realize that some players can "psych you out," and you must learn to deal with this. Next comes the stage of "psyching yourself out," which is (hopefully) followed closely by "psyching yourself down." "Psyching yourself down" refers to calming yourself down and clearing your mind of all irrelevant thoughts. This is necessary when you are playing under conditions that you feel are loaded with pressure. Pressure situations are different for different people. To you a pressure situation might be playing in front of other people, playing a better player than yourself, or playing in a tournament. Whatever the cause, the result is the same: if you are not able to keep the pressure at a manageable level you will not play up to your potential. As a group, the players on the professional tour might be expected to be under the most pressure while playing. They play before hundreds of people, their livelihood and reputations are based on their performances, and many times they have sponsors depending on them. Now, this being the case, we would expect a professional tournament to be filled with participants exhibiting all the symptoms of nervousness, such as shaking in their shoes, quick shifting eyes, and of course the frequent trips to the "lounge." Instead, the men and women on the professional tours show fewer signs of being under pressure than their amateur counterparts. At a recent women's pro stop I asked three of the top pros to share their secrets for controlling the pressure. I was interested in three things: (1) how they prepare themselves in order to go into a tournament match with a relaxed attitude; (2) what they do while on the court to keep themselves relaxed; and (3) what advice they could give other players who are interested in improving their performance under pressure. Lynn Adams, Jennifer Harding, and Rita Hoff have all been on the tour for the last few years and display an extremely relaxed attitude toward playing. These players do feel the pressure but through experience they have learned that to play effectively they must do one thing—relax. Adams finds that the added pressure of playing in a pro tournament gives her a feeling of being out of control. When she first enters the court the racquetballs seem to be flying all over the place. At the beginning of her career she had to run up a good sweat before ever going onto the court. Now she is better able to control this pre-competition anxiety and simply allows herself an extra long warm-up period. She maintains that the more tournaments a person plays the faster he will learn how to deal with the anxiety, just as she did. Hoff has found that the most effective way for her to prepare to go into a match is to picture how the game is going to go—with her hitting the good shots, of course. Seeing it happen before she goes onto the court keeps her mind on the relevant aspects of what she will be doing. This gets her onto the court ready to play, but this alone is not always enough for her to play her best. During the match Rita sometimes has to consciously calm herself down, especially against hard hitters. When her timing is off and she is rushing her shots she must say to herself, "Slow down, take your time, slow your swing down." This keeps her from getting caught up in playing her opponent's game when it differs from her own. Rita has also been making a conscious effort to think about every shot she makes, and to forget about the bad shots by moving on to the next rally. This keeps her from losing her concentration. It takes a tremendous amount of concentration, but she has found that as she gains confidence in herself it is easier to find that concentration. Having been on the tour since its inception, Jennifer Harding finds confidence in the fact that she has played...
everyone on the tour several times, and she knows what to expect from each one. This confidence allows her to go onto the court with a relaxed attitude. She no longer has to deal with the element of the unknown as she did when first playing on the tour. On the court she tries to stay positive about her game. Instead of feeling negative about her backhand being off, or some other momentary difficulty, she thinks about the part of her game that is working.

Hoff: “I always thought it was skill against skill. It’s really skill and mind against the other person’s skill and mind.”

“It’s a rare day,” she says, “when every shot is working perfectly. You must concentrate on the positive aspects and positive shots. Don’t dwell on the negative. If you do, the negative tends to repeat itself.”

Hoff says that it is only in the last year that she has realized how important the mental aspect of the game is. Like Harding, Hoff believes that the majority of the players on the tour have equal skills. One player might excel in the execution of one particular shot but in the end it all evens out.

Since there is not a big difference in skill level this means that whoever is mentally prepared, confident, and ready for that particular match is going to win. As Rita puts it, “So I figure now I not only have to have the physical condition, and have my skills finely honed, but I also have to be mentally sharp and have to concentrate, with no mental lapses.”

Adams, when asked what advice she could give to a person who wanted to play better in tournament play said, “Don’t take your playing too personally. It’s not a life-or-death situation. When you lose it doesn’t make you any less of a person. The person who eliminates that feeling will play better—and have more fun. It’s weird, the person you see having fun is usually a lot more relaxed and they’re playing up to their potential.”

Lynn is now able to live what she says. When you watch her play you can tell you are watching someone who really enjoys the game. Yet several years ago she stopped playing completely because she was letting the game become too serious, too important, in the wrong ways. As she explains the results of this attitude, “It just messes you up. You can’t function on that kind of a level. It’s very depressing to keep going very long.”

On the pro tour, where every player has good physical skills, the important aspect of the game is the mental aspect. Hoff summed it all up when she said, “I’ve been competing since I was a kid...but always before I thought it was skill against skill, now it’s skill and mind against the other person’s skill and mind.”

Leslie Hall is a sports journalist and racquetball teaching pro from Carrollton, TX.
What's The Call?

by Dan Bertolucci

'It Hit You!' 'No It Didn't'!

Have you ever been hit by the ball and not known it? I'm sure all of us have been in this situation at some time in our racquetball experience. Usually, the rally is re-played on a friendly basis, since recreational play generally doesn't call for a lot of arguing.

But in tournament play a little thing like the ball grazing one player or the other can make a huge difference in the outcome, especially if there is disagreement among the players and/or the referee as to whether a player was actually hit or not.

Recently I witnessed a situation that confounded the players, referee and spectators. Depending on who you were and how you viewed (or didn't view) the play in question, any of three possible rules could have governed.

Player A, in a bit of defensive panic, lofted an around-the-wall ball in desperation, attempting to somehow drive his opponent (Player B) out of center court. As often happens in this kind of circumstance, the shot didn't materialize quite as hoped by Player A, and it lazily floated in the center court area, actually just grazing Player B's wet shirt.

Despite the shot hitting Player B, neither the referee nor Player B was aware of this occurrence, and both were startled out of their shorts when Player A began to shout.

"Hold it! The ball hit him!" screamed Player A.

Player B, having recovered in time to set up on this dying quail, was in the process of blasting a decent down-the-line pass against Player A, who had stopped playing altogether while he began to plead his case to referee, fans and probably, himself.

"No way," Player B screamed back. "The ball never touched me!"

Player A then turned to the referee, who had not made any call. We can therefore assume he had not seen the ball hit Player B. The referee asked to see the ball, which, unfortunately for Player A, had dried.

The question, then, is, what's the call?

The referee had three options open to him. First, he could call an avoidable hinder, since Player A stopped playing (other than for safety reasons) until you call. Perhaps he could have allowed a dead ball play and disrupting Player's B effort. Second, he could allow a ball hit to inspect the ball to determine if it was wet and re-play the rally. Third, he could do nothing and let the play stand, which resulted in a rally ending pass for Player B.

The referee decided to call a dead ball hinder to inspect the ball to determine if it was wet and re-play the rally. Player A then turned to the referee, who had not made any call. We can therefore assume he had not seen the ball hit Player B. The referee asked to see the ball, which, unfortunately for Player A, had dried.

The proper call in this situation was the one the referee didn't make, i.e., no call. The rally took its normal course and Player B won it.

Now you might say that this is unfair to Player A, because the ball did hit Player B, and thus the truth of the rally did not win out. Player A, needless-to-say, was beside himself because he should have won the rally due to the ball hitting his opponent off the front wall.

But the cards were stacked against Player A this day. When he asked to appeal the call, he was informed that hinder calls of this nature do not fall into the appealable category. He was, as they say, out of luck.

Unfair? Perhaps. Yet in a fast moving sport like racquetball, there will always be specific instances where the referee does not see everything. Each player owes it to himself (or his teammate in doubles) to play as smart as he can. In this case, Player A betrayed himself by stopping play. Perhaps he could have retrieved that down-the-line pass by playing Player B.

We'll never know.
New Wood Court Shoes

Foot-Joy has introduced Tufts SL court shoes, specifically designed to handle the lateral skidding, rapid linear acceleration and deceleration, and explosive twisting motions integral to racquetball and other indoor court sports.

The shoe features a nubuck leather speed lacing design to maximize foot control. Durability and comfort are assured by a nubuck leather toe cap and polyurethane AirFlo orthotic shock-resistant removable innersole with form fit support molded in. The lightweight, durable gum rubber outersole provides high-traction performance.

Available in men's and women's sizes.

For more information ask at your pro shop about Tufts SL or contact: Foot-Joy, 144 Field Street, Brockton, MA 02403.

Hi-Tech Tanning

An advanced, German-designed tanning system, the Wolff System, is now available through SCA Corporation.

The heart of the system is two banks of 12 Bellarium lamps, the most long-lasting source of properly balanced ultraviolet light. These high-efficiency lamps, with a life of 1,000 hours, are set in even-dispersion parabolic reflectors behind UV-transparent contoured acrylic.

For more information, contact SCA Corporation at (800) 526-9061; in New Jersey, (201) 289-6465.

Computers And Programming For Clubs

Lifesport Enterprises, specializing in developing concepts, products and services in the health, fitness and recreation industry, has a new club computer and program.

Touted to increase revenues as a sales tool; by limiting club attrition; by increasing efficiency; and through custom programming, the firm also consults in the operations phases of club management.

For further information, contact: Lifesport Enterprises, 3000 Little Blue Expressway, Independence, MO 64057 or call (815) 795-1020.

More Efficient Stringing

Ektelon has introduced a new improved Model F stringing machine that is 20% faster, mechanically more efficient, and easier to operate than any previous model manufactured by the company.

It features a new throat clamping system, with five frame retainers to hold frames securely and resist distortion, along with other improvements.

Owners of Model D machines can upgrade their equipment to Model F standards by purchasing Ektelon's adapter kits.

For more information, contact your Ektelon representative, or call Ektelon direct: (800) 854-2958. In California, (800) 542-6227.

New Shoulder Machine

The Polaris Model 216 Lateral Deltoid machine is designed to isolate and develop the lateral deltoids (side shoulders) through an efficient and compact double cam system.

The machine provides fast and easy body adjustment through a spinning seat. Weight levels range from five to 150 lbs.

For more information, contact Ironco/Polaris, 5334 Banks St., San Diego, CA 92110. (714) 297-4349.

Restores Worn Shoes

Shoe Mend, a shoe-restoring formula with a high rubber content for extra durability, is now available from Unique Sports. Applied to worn and torn areas of court and other athletic shoes, it dries overnight to a tough, permanent repair. It can also be used to reinforce weak spots. The compound comes in white.

Look for Shoe Mend at your pro shop, or contact Unique Sports Products, Inc., 5687 New Peachtree Road, Atlanta, GA 30341. (404) 451-2800.
By Leaf Alone!
The Sports Power of Vegetables

by Frances Sheridan Goulart

“I could live on salads,” Marty Hogan once said; so could Connecticut superpro Dick Squires—and the same goes for weekend racqueteer Diana Nyad.

If you've never met a vegetable you didn't like; if you're one of the average sports-happy Americans who tucks away an average of 70 pounds of tomatoes alone a year—you're in good shape.(1)

“Calorie for calorie, vegetables contain more vitamins, more minerals, more fiber, and more protein than any other food…If what you crave is quantity, think vegetables. Better yet, think salads. What is true about vegetables is even truer about salad greens,” says health writer Judith Daniels.

An average head of lettuce contains 13,000 I.U. vitamin A, 40 I.U. vitamin B1, 100 I.U. vitamin B2 and 200 I.U. vitamin C. It also supplies calcium, potassium, sulfur, phosphorus, iron, magnesium and even vitamin E. Or consider spinach. It gives you 25 times more vitamin A, nine times more vitamin C, six times more iron, and 50 percent more B1 than iceberg lettuce.

According to Dr. R. Gauther Hansen, a professor of nutrition and biochemistry at Utah State University who created the Index of Nutritional Quality, vegetables can be value-rated. His INQ equals the percent that a nutrient in a vegetables can be value-rated. His INQ #8, Composition of Foods, vitamin group.

But the percent of food is to the total U.S. RDA of the nutrient, divided by the percentage that the caloric value of the portion contributes to the day's total allowance of calories assumed to be roughly 2300. Using USDA's Handbook #8, Composition of Foods, foods in the vegetable category are found to provide in general more nutrients in proportion to calories than do those in any other group.

Health culturist Bernard MacFadden lived to be 87. The factors that got him there? “Wheat germ, bicycle riding and vegetables,” among others. Medical studies have shown that eating quantities of vegetables can reduce or eliminate many of the health snags that contribute to an endangered sports potential. Researchers have found that the average body builds bone up to the age of 40, after which bones begin to deteriorate. But not if you vegetate.

Besides providing plenty of B vitamins, bone and tooth building minerals like magnesium, and silica and trace minerals not to be had from meat, such as chlorophyll, for instance, diets heavy on the leafy greens also provide considerably more calcium. Since a standard steak and spuds diet has a phosphorus content that can reduce the amount of calcium the body absorbs, this is a special threat to females. A deficiency of as little as 50 mg. of calcium a day over a 20-year period can lead to osteoporosis, say experts.

A recent study of elderly male vegetarians at the University of Michigan showed they also lost less to osteoporosis than those males of the same age and who ate meat. Moreover, by providing greater amounts of fiber, a diet high in vegetables offers protection against intestinal diseases often associated with sitting-it-out-on-the-bench syndrome—such as diverticulosis and colitis.

Another minor point that could be major: Diets high in milk, sugar and refined cereals and low in fruits and vegetables could contain less than five parts per million of manganese. Foods which contain the most manganese are those same foods which contain the most magnesium (the other trace mineral electrolyte involved in protecting the body from epilepsy) and, generally speaking, the most heart-healthy B-6. These foods include seed foods—nuts, wholegrain cereals, seeds of all kinds such as sunflower and squash—green leafy vegetables like spinach, parsley, broccoli, fresh fruits, and potatoes, carrots and other root vegetables.

Nuts may give you as much as 42 parts per million of manganese while wholegrain cereals and breads may have up to 91 parts per million.

According to the Longevity Research Institute, “a diet relying heavily on vegetables, but eliminating fats, sugar, dairy products, alcohol and tobacco, can restore health and vigor even to people with bad hearts.”(2)

And another reason there's nothing more vital than a vegetable? Emphasis on fresh fruits and vegetables, along with nuts and whole grains, promotes proper acid-alkaline balance (2.0% acid foods and 8.0% alkaline) in the body, thus promoting optimum health and maximum resistance to disease, says Dr. Ragnar Berg, the authority on the relationship between the acid-alkaline ratio in the diet in health and disease.

Other research from Dr. Tsuneo Dada, a Mutation Specialist at the National Institute of Genetics in Japan whose extensive experimentation has demonstrated that bean sprouts (and certain vegetables such as cabbage, turnips, asparagus) may even have the ability to deactivate cancer-causing substances in the body.(3)

And if you keep your spinach up, you may keep your cholesterol down. Spinach is a first rate source of blood-fat lowering fiber.

Vegetable roughage, like yogurt, also encourages the growth of the intestinal flora so important for your whole body—especially after 30, the age when all the body's systems begin to wind down.

Greens even give you more get-up-and-go. Why? Because they provide folic acid or folate, the "foliage vitamin," named for and richly supplied by those chewy-sweet deep violet spinach leaves, among others—folic acid is found in all leafy greens—that prevent anemia and build a healthy bloodstream.

Give green the go-ahead especially—the darker the better. Weeds like dandelion greens, for instance, have six times the vitamin A and twice the mineral and fiber content of ordinary lettuce. Less commonplace greens such as sorrel, kale and cress are among the richest available sources of such antioxidant trace minerals as sulfer, silica and ascorbic acid.

A wild lettuce like lamb's-quarters has almost as much health-boosting roughage as wheat bran. So do salad fixings like green pepper, beets, and parsnips.

And the greener the green, the more vitamins and the higher levels of natural iron, phosphorus, potassium, and calcium it's likely to yield.
The parings and scrapings that wind up on the cutting room floor of your colander may include the core of the cabbage, for instance, which is high in ascorbic acid, and the broccoli leaves you prune away offer more vitamin A than the flowerets or stalks themselves. Even the leaves of artichokes which we customarily discard contain large amounts of potassium and phosphorus.

In general, vegetables (nature's second gift to mankind in the Garden of Eden), consist of leaves—chard, beet greens, turnip greens, mustard greens, lettuce, cabbage, kale—which are rich in minerals. Stems and stalks—such as celery, rhubarb, broccoli and cabbage bottoms—contain vitamins and certain amino acids. And roots and tubers which provide natural carbohydrates, some water and essential vitamins and minerals—potatoes, turnips, carrots, parsnips, Jerusalem artichoke, onions, sweet potatoes—are examples of healthy roots to root for. The buds and flowers of foods such as cauliflower, broccoli and artichoke have protein and vitamins. And vegetables that contain seeds—peanuts, okra, beans, peas, for example—contain a prime source of unsaturated fatty acids, protein, minerals.

The following chart presents a few of the vegetables that should win, place or show in your diet.

<table>
<thead>
<tr>
<th>Nutrients* in Six Leafy Greens</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td>Protein (gr)</td>
</tr>
<tr>
<td>Fat (gr)</td>
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<tr>
<td>Carbohydrate (gr.)</td>
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<tr>
<td>Calcium (mg.)</td>
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<tr>
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<tr>
<td>Potassium (mg.)</td>
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<tr>
<td>Vitamin A (I. U.)</td>
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</tr>
<tr>
<td>Thiamine (mg.)</td>
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<tr>
<td>Vitamin B2</td>
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<tr>
<td>Riboflavin (mg.)</td>
</tr>
<tr>
<td>Vitamin B3</td>
</tr>
<tr>
<td>Niacin (mg.)</td>
</tr>
</tbody>
</table>

*Figures based on the raw edible portions of one pound of greens as purchased.

These recipes contain fresh greens in particularly tasty, appetizing forms. Either one makes a delicious light lunch or first course.

**Bowl Slaw**

This is a tasty wilted Chinese cabbage dish with crunchy uncooked pasta. Prepare this unusual slaw several hours ahead so that it will have time to wilt.

**Dressing:**

½ cup salad oil
1 tsp. sesame oil (optional)
6 tbsp. white wine vinegar
1 tbsp. soy sauce
½ tsp. pepper
¼ cup toasted sesame seeds

Stir together the salad oil, sesame oil (if used), vinegar, soy sauce, and pepper. Pour over the cabbage mixture and toss well. Cover and chill two to four hours or until wilted. Stir before serving. Sprinkle with sesame seeds.

**Yield:** 1 cup

**Salad:**

1 large head (3 lbs.) cabbage
6 scallions
3 oz. dried uncooked noodles

Shred the cabbage (use a very sharp knife); you should have three quarts. Cut the scallions (including some of the tops) into thin diagonal slices. In a large salad bowl, combine the shredded

cabbage and the scallions. Crush the uncooked noodles into small pieces and stir them into cabbage. Refrigerate salad.

Yield: 8 to 10 servings

**Emerald Greens**

Watercress and fruit salad—good enough to start any meal and good enough to end it!

2 diced apples
3 cups blueberries
1/8 tsp. nutmeg, freshly grated
1/8 tsp. ground allspice
1/8 tsp. white pepper
4 cups torn watercress leaves
Alfalfa sprouts
1 lemon, juiced (or to taste)
Eggless mayonnaise or plain yogurt

Peel, core and dice apples and add them to the blueberries in a bowl with nutmeg, allspice, and pepper. Add watercress leaves, sprouts, and lemon juice and toss the salad gently to combine the ingredients. Divide the salad among four chilled salad plates and garnish each serving with a tablespoon of mayonnaise or plain yogurt.

Yield: 4 servings

Notes

(1) USDA 1981 survey.
(2) Organic Gardening, January 1980.

Frances Sheridan Goulart is the author of numerous books on nutrition and health. Most recently she has published The Vegetarian Weight Loss Cookbook (Simon & Schuster, 1982) and The Official Eating To Win Cookbook (Stein & Day, 1983). She is an athlete, a vegetarian, and a frequent contributor to National Racquetball.
The Reluctant Hero Fights A Crippling Disease

DeWitt Shy can tell you all about rheumatoid arthritis. Severe rheumatoid arthritis. The kind that eats away at what nature puts into bodies to connect bone to bone in most joints. Eats it away until bone just grinds on bone. There's no known cure. Primary treatment is aspirin.

"You just take about 20 a day and hope you feel better," says Shy, who has waged a constant battle against the dreaded disease for the last 10 years. "I've never been through a more depressing period of my life as when the arthritis struck me down."

DeWitt Shy, who made Memphis, TN into a racquetball focal point, was once a helluva racquetball player. Back in the late 60's and early 70's he was one of the best Masters (40+ in those days) players around, teaming with his ol' buddy the late Smith "Smitty" Schippers to reach as high as a second place finish in 1971 at the National Championships.

But as good as DeWitt was or might have been, he will probably be most remembered as the reluctant hero of the old International Racquetball Association (IRA). For it was DeWitt Shy who was left with what was left of the IRA when Bob Kendler resigned his post of president in 1973 to form a rival organization (U.S. Racquetball Association).

DeWitt Shy, who said then and always said later "I never wanted the job, I never asked for the job, and I didn't seek the job," was elected president of the IRA barely 48 hours after Kendler's resignation. War had been declared and suddenly a faithful lieutenant found himself commander-in-chief.

Any war is tough. A racquetball war against Bob Kendler would take a supreme effort by all who stood by the IRA's ideals of a democratic association of racquetball players guiding their own destiny. How unkind, then, that on the brink of battle DeWitt Shy was struck down by rheumatoid arthritis.

"I guess I had always had a little of it," he said. "My mother had it. I can think back of certain situations that lead me to believe that I had it as long ago as 1950. I'll tell ya', it's brutal."

Severe rheumatoid arthritis seems to know its victims. It seems to attack jewelers in their fingers, and racquetball players in their knees and ankles. If you can't run, you can't play racquetball.

"Run, hell," said Shy. "Man, I'm talkin' about walkin', I'm talkin' about opening a car door. I'm talkin' about lifting a racquet let alone swinging it."

Yet somehow Shy fought his way through those difficult mid and late 70's. He did indeed do battle with Kendler and his USRA and NRC (National Racquetball Club). And while some may dispute the final results, let the record show that the IRA still functions (re-organized into today's American Amateur Racquetball Association) and the USRA/NRC does not.

But Shy was not a political person. In fact he had a distinct distaste for politics. What he did (and still does) have a taste for was racquetball—a good, sharp workout in a short period of time. Play it hard, play it strong. DeWitt Shy's kind of game. The kind of game to earn the respect of those handball players.

The Memphis handball contingent, led by the famous Jack Gillespie, was as strong a handball group as existed in the nation in 1973. And Shy's own Memphis Racquetball Association could make the same claim in their game. It could have been a third front to the wars that raged during this period of Shy's life. Fortunately, it wasn't the case.

Call it mutual respect, or even southern gallantry, but the rivalry between handballer and racquetballer, never outgrew the friendly stage in Memphis, despite the range war being fought in virtually every other part of the country.

"Sure, there was a rivalry," said Shy. "And a good one. But there were two good reasons why we all got along."

"First and foremost it was due to a man named Giles Coors, our city handball champ, who converted to racquetball and became city racquetball champ. Every handball player in town respected Giles and his ability. When he converted, racquetball's prestige in this town skyrocketed.

"Second, we adhered very strictly to a segregationist policy. Since we all played down at the Y, we had four new courts built, leaving the racquetball players with the four old ones and the handballers with the four new ones. Everybody had their own courts and everybody was happy."

His own modesty prevents Shy from also pointing out that the Memphis Racquetball Association held nearly as many members as did the Memphis Handball Association and also the fact that both he and Schippers were members of the IRA's Board of Directors, giving them national "clout," since at the time Kendler was president of both the IRA and U.S. Handball Association.
the event. was one of the primary organizers of dary hands vs. racquet showdown. Shy
that cool January afternoon in 1972 when Paul Haber carried handball's
quetball rivalry reached its zenith on
checks amounting to over $30,000 to
folks covered more than half of it right
ball's Dr. Bud Muehleisen in the legen­
still puts in a rigorous daily schedule.
He and his wife Sally have been mar­
and Duke Universities, Shy found many
range from 19 to 31.
Shy was first introduced to racquetball
in 1968 playing his first time with a cut­
off tennis racquet. After a few weeks
he purchased a wooden framed racquet
that was the standard for the day. His
first opponents were Coors ("I never
could handle him") and Schippers.
A former basketball player at Auburn
and Duke Universities, Shy found many
of the movements similar and easily
flowed into racquetball. He found the
competition invigorating and the sport
captivating.
Shy's business has taken many turns
over the years with his heaviest con­
centration in insurance (he's written a
book on life insurance), financial plan­
ing and tax sheltered investments. He

Probably the Memphian handball/ra­
quetball rivalry reached its zenith on
that cool January afternoon in 1972
when Paul Haber carried handball's
banner onto the glass court at Mem­
phis State University to duel racquet­
ball's Dr. Bud Muehleisen in the legen­
dary hands vs. racquet showdown. Shy
was one of the primary organizers of
the event.

"I hosted a party for the handballers
two nights before the match," said Shy,
"when somebody pulled out cashier's
checks amounting to over $30,000 to
wager on Muehleisen. The handball
folks covered more than half of it right
there.

"I'll tell you this: I've seen as much rac­
quetball as the next guy, probably
more, and I've never seen a better
match. Never."

That year 1972 was when Shy was
elected to the IRA's Board to succeed
Schippers mostly he feels to maintain
representation of the large MRA in the
IRA. But Shy's modesty again gets in
the way. He not only helped or­
chestrated the hands vs. racquet match
drew national attention to both
sports, he also hosted the IRA National
Championships in 1972 and did an ex­
cellent job. He had proven himself
devoted to the racquetball cause and a
leader in the field. As a successful
businessman, he also brought that
solid and necessary business judg­
ment to the organization.

"I guess that's why I ended up being
president after Kendler quit," he said.
"Everybody else was running a club, or
was a dentist or something. I won by
default."

On racquetball clubs: "I never thought
they'd develop to become as big as
they have. I don't know all the numbers
and I don't know if anybody's making
any money, but I do know there's a
heiluva lot of players out there. Nation­
wide these clubs gave the sport places
to showcase."

On Bob Kendler and the IRA: "We
wanted to take charge of our own fate
and we told Kendler so. We thought
he'd go along with it. His taking a walk
was a surprise to me. We misjudged
the man's ego."

On racquetball: "I learned a great deal
on the processes of manufacturing a
raquetball. My tenure was during the
ball controversy years where nobody
could make a decent ball. I still think
today's racquetballs are too lively. A
slower ball would require more finesse
which I think would be good for the
game."

The biggest change: "The technological
advancements in the racquets
themselves. When I think of the
bludgeons we used to play with and
look at today's racquets, I shake my
head and marvel at the development."

Pro racquetball: "I see it now and then
on TV. It's not very satisfactory to
watch because the ball's too fast."

Today, DeWitt Shy spends most of his
recreational time on the golf course,
golf being the most strenuous form of
exercise that he can handle, because
the arthritis still deeply affects his
knees and ankles. But he's able to
shoot in the mid-90's, while playing
once a week and is happy for what lit­
tle activity he does have.

"It's a far cry from racquetball," he
said. "I wish I could get on the court.
But I'll say this to the world—racquet­
ball is the greatest. Everyone should
play."

DeWitt Shy, a reluctant hero, is still
promoting the game he loves despite
life cruelly keeping him from it. •

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603-668-8375 Bill Plopek

May 5-6
Rallysport Health
2799 29th St.
Boulder, CO 80301
303-449-4800 Mike Keel

May 21-22
Universal Racquet Club
6000 Sunrise Hwy.
Massapequa, NY 11758
516-799-4000 Fred Acee

WPRA Tour 1983
Ekotlon Championships
May 12-15
Sports Gallery
2560 E. Katella
Anaheim, CA 92806
Tournament Director: Frank Pace
(714) 274-8100

WPRA National Championships
May 23-26
The Glass Court Racquetball &
Swim Club
830 E. Roosevelt Rd.
Lombard, IL 60148
Tournament Director: Lynn Farmer
(312) 629-3390

Pacific West Sport and Racquet Club
April 14-17
32818 1st Avenue South
Federal Way, WA 98003
Tournament Director: Irene Arden
(206) 937-3312

5th Annual Midnight Sun Pro
Racquetball Classic
July 8-10
Alaska Athletic Club
630 E. Tudor
Anchorage, AK 99503
Tournament Director: Deno Paolini
(907) 276-0700

AARA Junior Regionals
April 22-24
Schoeber’s Racquetball Spa
3411 Capitol Av.
Fremont, CA 94538
Tournament Director: Bill Dunn
(415) 791-6350

Benefit Special Olympics
April 22-24
Racquettime of Greensburg
101 Sheraton Drive
Greensburg, PA 15601
Tournament Director: Bruce Turchetta
(412) 832-7050

Charlie Club Annual Spring Classic
April 29-31
Charlie Club Health & Fitness Center
501 Midway Drive
Mount Prospect, IL 60056
Tournament Director: Steve Case
(312) 364-6415

AARA Nationals
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Houston, TX 77002
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SPORTS HOTEL & FITNESS CENTER

Palatine, Illinois • May 30-June 4, 1983

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ENTRY FEE: $25 per player for first event in Amateur division. $15 for second event.

ENTRY FEE INCLUDES:
1) FREE general admission pass (standing room only) to each player for viewing all matches. (Does not include glass court)
2) FREE souvenir tournament shirt valued at $20.
3) The famous Charlie Club hospitality will be provided throughout.
4) FREE admission into the Charlie Club lounge.
5) FREE use of the fitness facilities including warm-up courts on May 28 and 29 (2 days prior to start). Any family members staying in the hotel will also receive free use of the facilities.

ENTRY DEADLINE: Completed entry forms and fees must be in possession of the Charlie Club by 6 P.M. Friday, May 20, 1983. Entries received unsigned or without enclosed fee will not be accepted. NO PHONE entries will be allowed.

RULES: ISRA/AARA rules to govern amateur divisions.

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STARTING TIMES: All players may call the Charlie Club (312) 934-4910 after 12 noon on Friday, May 27. No calls will be accepted before this time.

MAKE CHECKS PAYABLE TO: Charlie Club, 1500 E. Dundee Rd. Palatine, IL 60067 Attn: Lynn.

TOURNAMENT INFORMATION:
• All amateur match winners must referee the next match or risk forfeit.
• Entry fees are non-refundable.
• A minimum of 8 entries or teams are required in order for a division to be held.
• All players are required to bring their own padlocks.
• Tournament director reserves the right to reclassify or move players to the next highest bracket in the event of an incomplete bracket.
• Maximum of two events per player in the amateur divisions.

TOURNAMENT DIRECTORS: Dan Bertolucci and Lynn Rickspon

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☐ B ☐ Masters Doubles 45+
☐ C ☐ Golden Masters
☐ Novice ☐ Doubles 55+
☐ Veteran 30+
☐ Senior 35+
☐ Veteran Senior 40+
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☐ Golden Masters 55+
☐ Veteran Golden Masters 60+

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☐ 12 & Under ☐ 10 & Under

PLEASE PRINT CLEARLY:

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Phone (H) (W) ____________________________ Age ____________________________
Partner’s Name ____________________________ City __________ State __________ Zip __________
Phone (H) (W) ____________________________

WAIVER: I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Charlie Club, DP Leach, Catalina, and O&I & D. Inc., and their respective representatives for any and all injuries suffered by me in connection with any participation in the National Championships.

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Third WPRA Win For McKay

The bleachers for 500 could not hold the overflowing crowd at the L’Entrain Racquet Club in Quebec City for the finals of the WPRA sanctioned Winter Carnival tournament, February 3-6.

On court, surrounded by videocameras for the seventh match to be televised over cable television in Canada, Heather McKay, the Canadian national champion and two-time WPRA champion, faced Laura Martino, a past WPRA amateur champion and current number five on the WPRA tour.

An hour and 20 minutes later, McKay emerged the winner of her third WPRA stop of the season—all three wins in Canada, with a score of 21-14, 21-18, 21-17.

The predictable final tells only part of the story of this first tour stop following a month’s holiday recess. Local favorite, Heather Stupp, who had booked clinics before the event in Quebec was scheduled.

Greer, who had booked clinics before the event in Quebec was scheduled.

So were Shannon Wright and Marci Harding, to reach the quarter-finals. Martino is to be congratulated on acquitting herself well in her first final as a pro.

The tournament was sponsored by a group of Canadian and American firms, including O’Keefe Beer, Massicote Sports, Club Voyage, Nike and AMF Voit.

Quebec Winter Carnival

L’Entrain Club
Quebec, February 3-6

Semi-finals: McKay d. Marriott 18-21, 21-17, 21-10, 21-13; McKinney d. Fletcher 21-16, 21-15, 21-16, 21-17; Martino d. Marriott 21-14, 21-17, 21-15

Quarter-finals: McKay d. Marriott 18-21, 21-17, 21-10, 21-13; Stupp d. Stoll 21-18, 21-16, 21-17; McKinney d. Fletcher 21-16, 21-11, 21-17; Martino d. Jackson 21-15, 21-16, 21-17

Round of 16: McKay d. Paese 21-3, 21-6, 21-7; Marriott d. Young 21-13, 21-14, 21-15; Stoll d. Bullard 21-19, 21-16, 17-21, 21-11; Stoll d. Harding 21-12, 17-21, 21-15, 21-17; McKinney d. Davis 21-17, 21-12, 21-17; Fletcher d. Deo 19-21, 21-17, 21-23, 21-21, 11-21, 21-15; Jackson d. Sauer 21-9, 21-12, 21-11, 21-4; Martino d. O’Brien 21-9, 21-17, 21-11

The tournament was sponsored by a group of Canadian and American firms, including O’Keefe Beer, Massicote Sports, Club Voyage, Nike and AMF Voit.

In the bottom half of the draw, Atlanta’s Caryn McKinney, the number four seed, and Laura Martino, the number two seed, easily dismissed their opponents. The semi-final match between Martino and McKinney offered Martino the chance to avenge her first round loss to McKinney this past fall in Atlanta. Laura won in four sets, 21-14, 21-17, 21-15, 21-18.

Lynn Adams, who was preparing for her part in the Women Superstars competition, was absent from this tournament. So were Shannon Wright and Marci Greer, who had booked clinics before the event in Quebec was scheduled.

In this final, McKay powered her way through the first game. Martino led in the second, 18-13, but then McKay cracked a few aces and the momentum stayed with her. Again in the third set, Martino relinquished a 16-11 lead to McKay and fell, 21-14, 21-18, 21-17.

“Vicki has improved tremendously,” remarked McKay. “She played a passing game, one that I’m not used to playing in the finals.”

In the first game, Panzieri skipped five of five forehand kill attempts, showing her weariness from previous giant-killing matches. The only points she could score against McKay were backhand passing shots or backhand 40-foot kills.

“Vicki is serving very well,” remarked McKay. “I knew that I would like to pinch much more than I did against Wright the day before.”

Nonetheless, it was an anxious time for McKay. “I was concentrating on three things. The first was to hit simple soft shots; the second was to hit a soft, very controlled serve; and the third was to keep calm during the pressure of the game.”

That concentration developed into points in the second game as Panzieri settled down and began reeling off winners from both her forehand and backhand. As in her match with Adams the day before, she dropped the first game, then came storming back in the second. Heather became confused and consequently lost the second game 18-21.
"My game went to straight up and down in the second game which was not my strategy," commented McKay. "I thought that I was patient on the ceiling rallies, and I had to mix up my game a bit. Vicki was playing most of her matches on the backhand; I had to alter my shots to keep her from getting back into that style."

Throughout the third and fourth games, one of the contestants would be behind, and then come storming back. In the fourth game at 20-13, Vicki had game point. She then skipped a forehead off the back wall, and she could not recover.

"Did she have game point against me?" questioned McKay. "Well, I always felt confident in the match. I never always felt myself let up. With Lynn, well, I do get shaken sometimes. When her kill shot is on, there is no way to beat her. Vicki needs a bit more experience in the finals. She played well, though."

In other tournament action, Caryn McKinney, WPRA amateur champion and Ektelon-Pony amateur champion, defeated number six seed, Jennifer Harding, in four games. Molly O'Brien, who is vying for the AMF Voit Rookie of the Year award, was given a second chance when Cindy Baxter withdrew after the qualifying rounds were played. Molly had lost a hard fought battle with Mary Dee in the qualifiers, 23-25, 21-18, 21-15, 21-13, but won the lucky losers pool to take Cindy's place against Terri Gireath, Brenda Young, from Las Cruces, NM, stretched veteran Janell Marriott to a tie-breaker, with Marriott winning 24-22, 17-21, 17-21, 21-18, 15-9.

The tournament aired over local cable television in the Fort Worth area the day following the finals. Jim Carson, Buffy Filippelli, and hometown girl, Shannon Wright, did the commenting for the match.

**WPRA RiverBend Pro Classic**

* Ft. Worth, TX, February 17-20

**Round of 16:**

**Quarter-finals:**

**Semi-finals:**

**Finals:** McKay v. Panzeri: 21-12, 18-21, 23-21, 24-22

**WPRA Current Rankings**

<table>
<thead>
<tr>
<th>Name</th>
<th>Points</th>
</tr>
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<tbody>
<tr>
<td>Lynn Adams</td>
<td>512.25</td>
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<tr>
<td>Heather McKay</td>
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<td>Shannon Wright</td>
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<td>Caryn McKinney</td>
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<td>Rita Hoff</td>
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<td>Marci McNally</td>
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<td>Marta McDonald</td>
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<td>Frans Davis</td>
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<td>Gail Woods</td>
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<td>Bonnie Stoll</td>
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<td>Stacie Fletcher</td>
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<td>Jean Sauser</td>
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<td>Diane Bullard</td>
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<td>Beth Crawley</td>
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Hofflander Stops Wright in 'Battle of the Sexes'

Fourth ranked U.S. Handball Association touring pro Dennis Hofflander, Chicago, took early control of the $500 winner-take-all exhibition against former women's racquetball champ Shannon Wright, and went on to defeat her 11-8, 8-11, 11-7, 11-9 in the fourth annual male vs. female, handball vs. racquetball match.

The match was one of the highlights of Super Bowl IV amateur Racquetball and Handball championships held January 28-30 in the Chicago suburb of Bloomingdale. The tournament itself attracted more than 525 players (see tournament results).

Hofflander, using his infamous steel cold eyes and stone-faced stare, was able to unnerv Wright in an atmosphere of intensity, raw feelings, and no holds barred. It was played like anything but an exhibition. It was a battle.

This annual match (with different players vying from year-to-year), now stands even, with the male handballers having won twice, as have the female racquetballers.

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Barring serious difficulties, Marty Hogan has all but wrapped up the number one ranking in professional racquetball for 1982-83, after winning his second tournament of the $150,000 DP Leach/Catalina Pro Racquetball seven-stop series in Beaverton, OR, by downing Bret Harnett 9-11, 11-4, 11-4, 11-10 in the finals.

Winning only two events during a pro season normally wouldn't make much of a headline, but this year it's been different. Until Beaverton, a different win—of a headline, but this year it's been different, winning points toward number one ranking.

Hogan was blown out in the first game 5-11, but had the momentum on his side. The champ racked up an 8-2 lead in the second game, then it was tied again at 9-9, when Harnett managed to slip ahead with a questionable service call and won 11-9.

In the second game, Hogan opened up like he was coming through a barroom door—both guns blazing with hard driving kill shots and a series of long rallies. He put the capper on these with a series of long rallies and outstanding kill shots to tie the score at 9-9. The crowd was on its feet no less than three times during this initial stanza. Harnett, however, was able to slip ahead with a questionable service call and won 11-9.

In the third game, Hogan opened up like he was coming through a barroom door—both guns blazing with hard driving kill shots and a series of long rallies. He put the capper on these with a series of long rallies and outstanding kill shots to tie the score at 9-9. The crowd was on its feet no less than three times during this initial stanza. Harnett, however, was able to slip ahead with a questionable service call and won 11-9.

The third game proved that Hogan definitely had the momentum on his side. The champ racked up an 8-2 lead without hardly giving Harnett a shot as Burt was unable to find a way to slow him down. He finished the third game off with a forehand kill shot at 11-4.

The fourth and final game was one for the record books which nearly equalled the exciting play the two pros had engaged in a year ago in Honolulu when Harnett began to prove he was definite champion material.

Harnett jumped to a 4-2 lead, then stretched it to 6-2, before Hogan managed to tie it at 6-6. The two players were diving, jumping and leaping, making fantastic gets and kill shots. The score climbed to 8-8 tie and stood there for more than 15 minutes with the two players exchanging sides 11 times!
Ektelon Regionals

The first of the Ektelon Championships regional events took place simultaneously in Los Angeles and Chicago on the weekend of February 17-20. The respective winners were Mark Martin and Jack Newman in Men's Open division, and Marc Drexler and Kay Kufeld in the Women's Open divisions. In Men's Veterans 30+, Bruce Radford took the Los Angeles tourney, and Steve Chase the Chicago one.

All six winners will advance to the Ektelon Championships National Finals beginning May 12.

In addition to the regional playoff excitement, two 19th Panamonic color televisions are being given away at each regional tournament in a random drawing. At the nationals, the stakes get higher, with $1,000 in prize money along with the glory of the national Ektelon Championship title.

Chicago

Evergreen Bath and Tennis Club
Evergreen, IL, February 17-20

Men's Open: Jack Newman d. Kelvin Vanreeve 15-6, 15-13
Men's A: Jim Roberts d. Helmut Braun 4-15, 15-10, 15-9
Men's Veterans 30+: Steve Chao d. Herb Griffin 15-14, 15-14
Men's Seniors 35+: Clyde Senters d. Gary Loizzo 15-5, 15-13
Men's Masters 45+: Charles Solomon d. Ralph Clar 15-6, 15-12
Men's B: Tim Linde d. Don Cameron 15-13, 15-12
Men's Open Doubles: Greg Mandell/Horace Miller d. Kelvin Vanreeve/Justin Vanreeve (forfeit)
Men's B Doubles: Mike Konner/Dean Musbach d. Bill Reynolds/Dennis Jordan 15-12, 15-13
Men's B Doubles: Paul Markwicz/Larry Denz d. Mike Moran/Ken Berry 15-3, 15-2
Women's Open: Kay Kufeld d. Pam Clark 15-10, 7-15, 15-8
Women's B: Laurie Klaas d. Pat Bombshott (forfeit)
Women's C: Glenda Stewart d. Sue Buckingham 15-1, 15-13
Women's A/8 Doubles: Kathy Busek/Janet Goodwin d. Linda Kuhn/Connie Ania 16-4, 15-6
Men's 17 & Under: Drug Gainlin, Mike Zwiechowski 15-11, 15-6
Los Angeles

Racquetball World of Fountain Valley
Fountain Valley, CA, February 17-20

Men's Open: Mark Martin d. Brian Hawkes 15-11, 2-15, 11-9
Men's A: Adam Rodriguez d. Dan Almazan 15-14, 15-14
Men's Veterans 30+: Bruce Radford d. Mark Morrow 15-14, 15-13
Men's Masters 45+: Terry Hepner d. Abe Woodson 13-15, 15-14, 11-10
Men's Golden Masters 50+: Bill Carroll d. Bert Morrow 15-12, 15-7
Men's B: Adam Rodriguez d. Bobo Jerez 15-11, 15-6
Men's C: Rob Jones d. David Wirtrey 15-6, 6-15, 11-9
Men's Open Doubles: Brian Hawkes/Bill Sell d. Bill Chadwick/Laure Barket 15-7, 15-11
Men's B Doubles: Vem Keoken/Claudia Valencia d. Tony McKinney/Bill Martinez 15-7, 15-14, 11-8
Men's C Doubles: Terry Hepner/Mike Luna d. Roy Findling/Dean Bell 15-6, 15-13
Women's B: Christine Aquella d. Becky Burt 15-7, 14-15, 11-6
Women's C: Llylna Reynolds d. Cindy Gilling 15-3, 15-18, 11-9
Boys 17 & Under: Regan Franklin d. Erik Pippen 15-12, 15-22

New York

Six Annual Long Island Open
Sportscapts (Syosset, Massapequa, Rockville Centre)
November 11-14, 1982

Sponsors: Lite Beer from Miller, Coral House Restaurant & Catering House
Director: Al Seitelman

Men's Open: 1st—Ruben Gonzalez; 2nd—Jimmy Casclio; 3rd—Tim Montlais; 4th—Charlie Horton

Ruben Gonzalez prepares a backhand against Jimmy Casclio in the Men's finals of the prestigious Long Island Open.

Women's Open: 1st—Marilyn Scharffenberger; 2nd—Grace Grillo; 3rd—Lisa Hoffman; 4th—Robin Saraceni

Women's B: 1st—Mandie Sudol; 2nd—Grace Grillo; 3rd—Carole Andrews; 4th—Maureen Bike

New Jersey

1982 Woodbridge Winter Classic
Woodbridge Racquetball Club
December 3-5, 1982

Men's Open: 1st—John Bierman; 2nd—Steve Rubin; 3rd—Bob Malneti

Men's A: 1st—Steve Rubin; 2nd—Bruce Hamlin; 3rd—Corso

Men's B: 1st—Bill Young; 2nd—Frank Luchetta

Men's C: 1st—Ted Korkus; 2nd—Jim Tice; 3rd—Art Lopaz

Women's Open Doubles: 1st—Bierman/Seallers; 2nd—Malneti/Hamlin; 3rd—Barrett/Kivittora

Women's 17 & Under: 1st—Evelyn D'Oro; 2nd—Mary Jacob; 3rd—Sue Stoll

California

Mr. Steak Open
Sponsored by Mr. Steak
Wall Street Racquetball Club
Sacramento, CA December 3-5

Men's Open

Men's A
Quarter-finals: Andy McDonald d. Phil Damiano 15-12, 9-15, 11-18; Jeff Meyer d. Mike Green 15-11, 15-16; Steve Day d. Don Martin 7-15, 7-17, 15-9; Bob Pette d. Kirk Hawke 15-7, 15-17
Semi-finals: Meyer d. McDonald 15-14, 15-10, 11-4; Pete d. Martin 15-12, 13-16, 11-8
Finals: Pete d. Meyer 15-11, 15-1

Men's Seniors 35+
Semi-finals: Johnson d. Woldier 15-4, 15-18, 11-1; Flores d. Scott 15-4, 10-15, 11-16
Finals: Flores d. Johnson 15-10, 12-15, 11-4

Men's Masters
Finals: Clar d. Morrow 15-11, 15-7

Men's B

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Connecticut
IRC Open Racquetball Classic
Sponsored by Penn, Genesee Beer, Banking Center
Players' Racquetball & Fitness Center Danbury, CT, December 3-5
Directors: Ken Ordway, Jim Winterton, Nicki Nocera

Men's Pro
Finals: Panarella d. Peterson 15-6, 15-12

Men's A
Semi-finals: d'Innocenzo d. Kristjansen 15-10, 15-12; Gershaw d. Rivera 15-14, 15-6
Finals: Gershaw d. d'Innocenzo 15-10, 8-15, 11-6

Men's Seniors
Finals: Winterton d. Nocera 15-6, 15-7

Men's Masters
Quarter-finals: Peter Perlmutter d. David Maitland 15-6, 15-0; Peter Rosathy d. Al Mauri 15-11, 15-11; Alex Shapiro d. Chuck Ehrgott 15-7, 15-2
Virginia

Courts Royal A/C Open
Alexandria, VA, December 4-5, 1982
Director: "Raybo"

Men's A
Finale: Myers d. Rendr 15-3, 15-8

Men's C
Finale: Grisl d. Teague 15-6, 15-11

Women's A
Finale: Becky Pickert d. Jean Tuln 15-11, 15-12; Janet Jacobson

Women's C
Finale: Walte d. Beals 15-9, 15-8

Arizona

Tucson Shootout
Tucson Athletic Club
December 8-12, 1982
Sponsors: Ektelon, New Life Health Centers
Director: Carl Porter III

Men's Open: 1st-Bryan Oates; 2nd-John Lankford; 3rd-Mark Thomas; 4th-Joe Hessey
Men's A: 1st-Kim Richards; 2nd-Rudy Chilktesk; 3rd-Scott Bradley; 4th-Neil Katz
Men's B: 1st-Richie Morris; 2nd-Dennis Augherbaugh; 3rd-Ric McCarty; 4th-Bill Rucker; 5th-Steve Farley; 6th-Dave Marurah
Men's C: 1st-Mary Stuart; 2nd-Bryan Morris; 3rd-Byan Millhouse; 4th-Lao Lois
Men's Veteran Seniors (40+) 1st-John Lankford
Men's Veteran Seniors 50+ 1st-C. Ward Kachger; 2nd-Roy Wheeler; 3rd-Pete Farina; 4th-Jerry Courtrny
Men's Veteran Golden Masters 60+ 1st-Pete Farina; 2nd-Jerry Courtney
Men's Veteran Seniors (70+) 1st-John Lewitzk; 2nd-Linda Siew
Women's B: 1st-Leasie Hammond; 2nd-Carol Bjelka; Semi-Finalists: Judy Rowley, Pat Morris

Women's C: 1st-Nancy Himmel-Bischof; 2nd-Karl Kalbahn

Semi-Finalists: Melissa Calton, Lucy Devill

Boys 17 and under: 1st-Tom Linn; 2nd-Jeff Wheeler

Boys 14 and under: 1st-Eric Osman; 2nd-Chris Krausman

Oregon

1983 Holiday Open
Cascade Athletic Club
Gresham, OR
December 9-12, 1982
Sponsors: Papa Aldo's Pizza, Reser's Fine Foods
Director: Neal Simpson

Men's Open
Men's A: 1st-Jim Garcia; 2nd-Roy Ford; 3rd-Stan Meyers
Men's B: 1st-Bo Bob Lewis; 2nd-Mike O'Bryan; 3rd-John Martin
Men's C: 1st-Kevin Rittmiller; 2nd-Bo Baumbaugh; 3rd-Tony Funduk
Women's Open: 1st-Vicki Gardner; 2nd-Shirley Stielties; 3rd-Donna Severson
Women's B: 1st-Diane Steele; 2nd-Darcy Lenz; 3rd-Tom Anderson
Women's C: 1st-Susan Heachick; 2nd-Diane Jensen; 3rd-Janet Thompson
Men's Senior A/B: 1st-Mike Sherman; 2nd-Dean Wallace; 3rd-Dave Malheison
Men's Senior C/D: 1st-Dave Lahn; 2nd-Tom Hopfer; 3rd-Kelly Masters
Women's Masters: 1st-Lee Smith; 2nd-Lake Westphal; 3rd-Jack Morris
Men's Open Doubles: 1st-Krause/Horngard; 2nd-Westwood/Rudolph; 3rd-Carroll/Hi
Men's A/B/C Doubles: 1st-Max/LeBlond; 2nd-Gutierrez/Phillips; 3rd-Camais/Becce
Women's Senior Doubles: 1st-Melton/King; 2nd-F. Morissett; 3rd-Hunt/Kopp

Connecticut

Bud Light Holiday Open
The Sporting House
Enfield, CT
December 10-12, 1982
Sponsors: Budweiser
Directors: Charlise Durouere, Marty Kidder

Men's Open
Semi-Finals: Kidder d. Silicnese 4-15, 15-10, 11-3; Ragland d. Maturo 15-14, 15-12

Men's B
Semi-Finals: Good d. Grassev 15-2, 15-8; Miller D. Finney 215-2, 15-12, 11-4
Finale: Good d. Miller 15-14, 15-9, 11-1

Men's C
Semi-Finals: Barnes d. LaGrave 15-3, 15-10; Lotti d. Meikel 15-3, 7-11, 15-8

New Hampshire

1st Annual Multiple Sclerosis Benefit Tournament
Sponsored by Clyde Bartlett Buick, BMW Manchester Court Club
Manchester, NH, December 3-5, 1982
Men's A: 1st-Philip Belanger; 2nd-Bill Polcoper; 3rd-Greg Sarle
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Men's C Singles

Men's 35 + Singles

Men's 35 + Singles

Men's A Doubles

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Kokomo, IN
December 17-19, 1982
Sponsors: AMF-Head, Foot-Joy Shoes; Gold Rush Restaurant
Directors: Mark Moorhead, Tony Gabriel

Men's Open

Women's A

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NATIONAL RACQUETBALL 47
New Jersey Sands Hotel & Casino Invitational Open
Sands Racquetball & Health Club
Atlantic City, NJ
December 17-19, 1982
Sponsor: LITE Beer from Miller

Men's Open
Quarter-finals: Larry Fox d. Ira Miller 21-17, 21-10; Tom Jackitch d. John Bierman 21-10, 19-21, 11-4; Tom Montalbano d. Shawn Brown 21-17, 21-14; Dan Obremski d. Ron D'Allesandro 21-10, 21-10
Finals: Fox d. Obremski 21-18, 21-14, 21-16; Third: Montalbano 21-10, 21-15, 21-14

Men's Seniors

New Hampshire
Country Squa Estate—Bud Light Open Mountain Valley Court Club
North Conway, NH, January 7-9

Men's Open:
1st—Bob Nick; 2nd—Lonnie Allgood; 3rd—Dan Weiss

Men's A:
1st—Robert Ross; 2nd—Mark Kemp; 3rd—Benjamin Cohen

Men's B:
1st—Thomas Finlan; 2nd—Neil Shapiro; 3rd—James Aug

Men's Novice:
1st—Charles Garfinkel; 2nd—Neil Shapiro; 3rd—Ian Tashme

Men's Veteran:
1st—David Spalding; 2nd—Mark Tice; 3rd—John Denley

Women's Open:
1st—Irene Kamper; 2nd—Karen Westover; 3rd—Christy Galaty

New York
1983 Holiday Classic
Medford Racquetball Club
Medford, NY, January 7-9
For the benefit of Ronald McDonald House and the Eagles For Leukemia Fund
Director: Pat Struthers

Men's Open:
1st—Ron Rosso; 2nd—Steve Arizmendi; 3rd—Frank Serbin

Men's A:
1st—Jack Nocera; 2nd—Dave Kilcrece; 3rd—Dave Kilcrece

Men's B:
1st—Larry Hyman; 2nd—Terry Jandreau; 3rd—Karen Daniels

Women's Open:
1st—Mary Whited; 2nd—Karen Sawyer; 3rd—Terry Jandreau

Sponsors: Prime Time Promotions, Michelob

Men's Open:
Finals: John Negrete d. Sean Moskwa 21-15, 21-10
Semi-finals: Negrete d. Dave Negrete; Moskwa d. Rick Ricksocker

Men's A:
Finals: Gary Hunley d. John Baumtrier 21-13
Semi-finals: Hunley d. Dave Ervin; Baumtrier d. Jim Hiltman

Men's B:
Finals: Ray Servin d. Bob Lodestro 21-12, 21-15
Semi-finals: Servin d. Scott Stopinski; Lodestro d. Rod Osborne

Men's C:
Finals: Dave Kilcrece d. Mike Stangel 21-10, 21-17
Semi-finals: Kilcrece d. Rick Buckland; Stangel d. Pete Stopinski

Men's 35+:
Finals: Herb Grigg d. Clyde Sanders 21-17, 21-12
Semi-finals: Grigg d. Derek Buckley; Sanders d. Don Cliford

Men's Open Doubles:
Finals: Doug Peterson/Mike Viola d. Craig Steichen/Bruce Colby 15-14, 15-8
Semi-finals: Peterson/Viola d. Sartem/Buckley; Steichen/Cratty d. Pete Natzke/Koech

Men's B Doubles:
Semi-finals: Dumais/Lolasco d. Ken Ratlin/Dennis Casey; Stopinski/Sawko d. Chris Shodey/Sure Ballenger

Women's Open:
Finals: Sue Priehesch d. Sue Carow 21-12, 21-14
Semi-finals: Priehesch d. Chris Von; Cartwright d. Colleen Shields

Women's A:
Finals: Diane Fields d. Grace Touhey 21-10, 21-14
Semi-finals: Fields d. Kim Cooling; Touhey d. Shirley Shellen

Women's B:
Finals: Nancy Kamper d. Karen Sears 21-12, 21-20
Semi-finals: Kamper d. Lori Horn; Sears d. Candy Cohen

Women's C:
Finals: Glenda Stewart d. Jay Ferraro 21-12, 21-14
Semi-finals: Stewart d. Pat Jennings; Ferraro d. Joyce Brown

Illinois
Super Bowl IV
Killshot, Ltd.
Bloomington, IL, January 28-30

Sponsors: Prime Time Promotions, Michelob

Men's Open:
Finals: John Negrete d. Sean Moskwa 21-15, 21-10
Semi-finals: Negrete d. Dave Negrete; Moskwa d. Rick Ricksocker

Men's A:
Finals: Gary Hunley d. John Baumtrier 21-13
Semi-finals: Hunley d. Dave Ervin; Baumtrier d. Jim Hiltman

Men's B:
Finals: Ray Servin d. Bob Lodestro 21-12, 21-15
Semi-finals: Servin d. Scott Stopinski; Lodestro d. Rod Osborne

Men's C:
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Semi-finals: Kilcrece d. Rick Buckland; Stangel d. Pete Stopinski

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Women's A:
Finals: Diane Fields d. Grace Touhey 21-10, 21-14
Semi-finals: Fields d. Kim Cooling; Touhey d. Shirley Shellen

Women's B:
Finals: Nancy Kamper d. Karen Sears 21-12, 21-20
Semi-finals: Kamper d. Lori Horn; Sears d. Candy Cohen

Women's C:
Finals: Glenda Stewart d. Jay Ferraro 21-12, 21-14
Semi-finals: Stewart d. Pat Jennings; Ferraro d. Joyce Brown

New York
21st Point Club St. Valentine's Open
21st Point Club, Albany, NY, February 4-6
Sponsored by the Wolinan Group of Companies
Director: Vincent M. Wolinn

Men's Open:
1st—Ron Rosso; 2nd—Aaron Katz; 3rd—Howard Packer

Men's Senior:
1st—Charles Garfinkel; 2nd—Neil Shapiro; 3rd—Jack Nocera

Men's B:
1st—Mark Kemp; 2nd—Jim Aug; 3rd—Ian Tashme

Men's C:
1st—Howard Spade; 2nd—Mark Verti; 3rd—Walt Schramm

Men's Novice:
1st—Eric Rubin; 2nd—Jared Marden; 3rd—Phil Serbin

Men's Master:
1st—Nobil Ackerman; 2nd—Jack Wheeler; 3rd—Art Carpusz

Men's Golden Master:
1st—Frank Anderson; 2nd—Dave Silver; 3rd—Bennie Cohen

Women's Open:
1st—Tammy Hajjar; 2nd—Jessica Rubin; 3rd—Sue Bidoski

Women's B:
1st—Barb Meredith; 2nd—Pat Riley; 3rd—Gayle Tabone

Women's C:
1st—Debbie Clibb; 2nd—Robin Coffey; 3rd—Kim Rusin

Women's Novice:
1st—Cindy Regan; 2nd—Becky Ellen; 3rd—Charlotte Christians

Women's Open Doubles:
1st—Jackie Nowak; 2nd—Mike Daniels/Ron Hyman; 3rd—Tony Jeandreau/Jim Giner

Women's B Doubles:
1st—Paul/Steve Artz; 2nd—Frank Degee/Kirk Ward

Women's Open Singles:
1st—Karen Kinnison; 2nd—Mike Daniels/Ron Hyman; 3rd—Tony Jeandreau/Jim Giner

Women's C Doubles:
1st—Aug/Ster Artz; 2nd—Frank Degee/Kirk Ward

Women's B Singles:
1st—Karen Kinnison; 2nd—Mike Daniels/Ron Hyman; 3rd—Tony Jeandreau/Jim Giner
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