PRO RB's YEAR:
• WAS YELLEN HURT THE MOST?
• THE RACE FOR SPONSORSHIP!

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On the cover... Mike Yellen, 1983 National Champion speaks out about the state of pro racquetball, how it's affected him and what the future might hold. For Yellen's comments, along with Hogan, Hilecher and the RMA, turn to page 6.
—photo courtesy of Ektelon

Next issue... Turning our attention to the up and coming, we'll visit with the rapidly rising Gross brothers, national seniors champ Steve Chapman, and with the movers behind promoting racquetball for the deaf. All this and our usual features make June a great month!
Not Cocky?
Dear Editor:
I just read Tom Grobmini's article in your March issue on "cocky, young racquetball players." Now, I am 16 years old and have been enjoying competitive racquetball for four years. I never "expect" to win or feel "entitled" to it.
Any competitor who feels that way is either very good or incredibly immature. I resent Mr. Grobmini's prejudiced judgment stating that all juniors are "cocky, young kids."

Other factors besides just age determine a successful racquetball player. Look not at the age of an athlete, but at his ability, agility and experience. If Mr. Grobmini loses to a junior, then he needs to practice instead of rationalizing his loss!

Beth Jamison
Lafayette, LA

We asked Mr. Grobmini about your letter and he said, "see what I mean?" He then added that the article was written under the "Humor" heading because it was offered "tongue in cheek." — Ed.

Smitten!
Dear Editor,
I am a subscriber to National Racquetball and play racquetball quite often. I was intrigued by your feature article, "Gabriela Pozuelo: Miss Costa Rica" in the March issue.
I was wondering if I could get some information concerning Miss Pozuelo like a mailing address or travel schedule (if she has one). I wish to contact her, somehow, about her racquetball playing and tournaments she'll be attending.

If you can't help me completely, then please refer me to someone else. Any help would be much appreciated.
Thank you.
John Seissiger
Santa Maria, CA

Sorry, John. I don't know how to reach Gabriela, but when I do find out I'm going to keep that information for myself. Just kidding. I've sent a copy of your letter to Carole George who wrote the article. She'll forward it to Miss Pozuelo. — Ed.

Oh, Such Problems!
Dear Editor:
I'm in a real dilemma.
As you know, many spectators crowd around the court when I'm playing a match. In the past I've charged $25 for viewing one of my matches, $35 for two, and $50 to view three or more. I know you've got a lot of experience in the racquetball field, so I ask you:
Do you think this rate is too low? Perhaps your readers can write in and tell me what they're willing to pay.
Charlie "The Gar" Garfinkel
(A Legend In My Own Mind)
Buffalo, NY (where else?)

How many signatures does it take in New York state to commit someone?
— Ed.

Who's Sandbagging?
Dear Chuck:
Your Getting Whomped editorial (March issue) reflects an ongoing problem in racquetball... the compatibility of competition. Whether it's hardcore sandbagging or just honest misrepresentation of one's ability, the old self-declared system of A, B, C, Novice is not precise enough.
If both you and "Cleveland" had been on the American Racquetball Handicap System (ARHS), you could have looked at the difference in your performance ratings and would have known what kind of point spread to expect in a game to 21. Armed with that information, you could have chosen to not play the game or handicap it.
In other words, using an accurate performance rating system like ARHS, it may have shown an expected point spread of 15 based on the difference in your performance ratings. The fact that you played to a point difference of 14, 12 and 9, would have meant that on a handicapped basis, you won all three games. Congratulations!

Patrick J. McGlone
President, ARHS
Fun Tourney
Dear Editor:
Recently I played in the Fairfield County Racquetball Championships, Stamford, CT for the benefit of multiple sclerosis. The tournament raised $50,000 for this worthy cause. Heartly congratulations to the sponsors of this fine event.
I played in the Masters Division, and the competition was fierce. But what a privilege to play with such gentlemen as Al Shapiro and Joe Rizzo from New York; and Bob Hollander from Connecticut. These men exemplify what is the true nature of competitive sports... none of the “dirty tricks,” the crowding of an opponent to limit his swing, the harassment of referees, etc. On the contrary, each man competed to the best of his ability, but with the understanding that his integrity was not wrapped up in winning, but in doing his (or her) best.
Victor L. Oliver
Atlanta, GA

Portable Preference
Dear Editor:
I don't understand what all the fuss is about portable glass courts!
Anything that might make racquetball easier for fans and players has to be of benefit. How many times have you been to a game and there've been so many people lined up by the one side of the court that's glass that you haven't been able to see? With a glass court that has all four sides glass, everyone will be able to see!
Also, our sport can't get the exposure it needs on television if television can't get the right angles.
And finally, the fact that it's portable will make it easier for tournaments to be held all over. Most clubs can't afford a glass court, or their courts were built without one. The club might have everything going for it, but it won't be able to have a tournament unless it has glass. This new portable court will make that possible.
So, let's hear it for racquetball — and glass courts!
Allan Gorman
Louisville, KY

The U.S. Nationals
Dan Ferris and Cindy Baxter will return to defend their crowns at the American Amateur Racquetball Association (AARA) U.S. National Singles Championships May 24-28 at the Downtown YMCA in Houston.
The event, presented by Lite Beer from Miller, is sponsored by Penn Athletic Products and Diversified Products.
The Nationals is an open draw, single elimination in 23 divisions for both men and women, including a wheelchair competition.
Tournament personnel include Luke St. Onge, executive director of the AARA, Bruce Hendin, president of the Texas Racquetball Association, Steve Forsyth of Lite Beer from Miller, and the staff of the Downtown Y.

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LOOK FOR NEW YORK CITY CLINIC DATES TO BE ANNOUNCED SOON

Penn Official Sponsor 1984 Steve Mondry Racquetball Clinics.
From The Editor...

**DP’s New Approach**

Change is the nature of manufacturing. New products, new ideas, improvements, research and development—they all lead to change. You see the evidence of change, at least the visible evidence, in every segment of society, from billboards to logos to "new and improved" on products.

Change has also been one of the trademarks of racquetball as our 17-year-old industry continues to evolve. And one of our continuous changes has been in racquets, an ongoing process to this very minute.

From the old wooden framed racquets of an era long gone, to aluminum alloyed frames, some of which are still with us, to plastic, then composite, recently graphite and now, they say, boron and who knows what next.

And since 1971 the name Leach has been highly visible as a racquetball racket manufacturer, initiating the plastic and composite racquets during a time when Ektelon's aluminum was the state of the art. But Leach, who pioneered the development of the racquets that bore his name, hired Charlie Drake who orchestrated the eventual sale of Leach Industries to Colgate-Palmolive and then Diversified Products (DP).

Drake, who’s racquetball career has been a swirl of controversy, had been primary spokesman for Leach, and for a while pro racquetball. But many in racquetball disagreed with the way Ektelon’s aluminum was the state of the art. Bud Leach, who pioneered the development of the racquets that bore his name, hired Charlie Drake who orchestrated the eventual sale of Leach Industries to Colgate-Palmolive and then Diversified Products (DP).

Change is a constant—especially in racquetball. In this case the change, the new approach, should enable DP to move forward in constructive ways, DP has decided to help lead the way. Their next step (for many have come before) is to release themselves from the Leach name.

One of the great things about racquetball is that the sport flourished in spite of such antics, and now that we’ve all grown up and realize that we must move forward in constructive ways, DP has decided to help lead the way. Their next step (for many have come before) is to release themselves from the Leach name.

*What bothered the folks at DP was the turbulent image of Leach based on the turbulent past. Too many segments of the racquetball industry they believe, viewed Leach as being synonymous with Hogan and Drake, it was time to change.*

“We have supported all of racquetball from the first day we got into the racquetball business,” said Eveland.

“From sponsoring pro events, amateur events, AARA, club activities, and a whole lot more. But somehow, our tie-in with Leach always got in the way.”

Thus DP has made it official. No more Leach.

In a way it’s the end of an era, which in its early days, did much to create the divisiveness that plagued racquetball in its formative years. I speak of the old Ektelon vs. Leach range wars, where players would line up on one side or the other and matches were played for your manufacturer as much as for yourself.

One of the great things about racquetball is that the sport flourished in spite of such antics, and now that we’ve all grown up and realize that we must move forward in constructive ways, DP has decided to help lead the way. Their next step (for many have come before) is to release themselves from the Leach name.

Change is a constant—especially in racquetball. In this case the change, the new approach, should enable DP to move onward without ties to the Leach past, good or bad.

And although no one asked me, I think it’s a good move. •

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

Dates: June 11-17, 1984.
Location: Atlanta Sporting Club, 1515 Sheridan Road NE, Atlanta, GA 30324 (404) 325-2700.

Entry Fees: Men's Pro Event - $75.00; Women's Pro Event - $45.00; Amateur Events - $35.00; All Second Events - $15.00. Fee includes tournament shirt, full hospitality, admission to pro clinics, Friday dinner banquet, Saturday party, and admission to all matches.

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

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

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

Official Ball: Penn

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

Starting Times: Call (404) 326-2700 after 12 noon on Thursday, June 7. Players must expect to begin play Monday, June 11.

Transportation and Housing: Mention DP Nationals for special rate.

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


Housing: Lanier Plaza Hotel, 1-800-554-8444, $48 single or double. Van to and from club every two hours. Days Inn, 1-800-325-2525, single or double.

Awards: Plaques to all finalists and

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General Information: Pro Format: Unlimited qualifiers into a main draw of 32. Entries limited to the first 1000 received - no exceptions!

Please enter me in:

- Men's Pro
- Men's Open
- Men's A
- Men's B
- Men's C
- Men's CC
- Men's Novice

- Men's Jr. Vet (27-34)
- Men's Seniors (35+)
- Men's Masters (45+)
- Boys 16 and under
- Boys 12 and under

- Women's Pros
- Women's A
- Women's B
- Women's C
- Women's CC
- Women's Novice

- Women's Open
- Women's Open**
- Women's Seniors (35+)
- Women's Masters (45+)
- Girls 16 and under
- Girls 12 and under

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

Name ____________________________
Address __________________________
City ____________________________ State _______ Zip _______
Phone (H) _______________________ (W) ____________

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

Signature (Parent if under 18) ____________________________

Amount enclosed: __________________
The phone rings and the caller always wants to know the same thing: what's going on in pro racquetball?

In this year of the non-tour, not much has gone on, although a lot has been attempted. Various individuals, organizations and associations have to varying degrees been out pounding the pavement, knocking on sponsor's doors trying to secure a viable professional series of tournaments for the 1984-85 season.

Racquetball enthusiasts will recall that at the end of the 1982-83 season (June, 1983) it was announced that the Catalina Pro Series was being discontinued. With the exception of the Ektelon Nationals and DP Nationals, the seven Catalina events were the only tournaments to offer "significant" prize money, in the $20,000 per event range.

And while it's true that many didn't like the Catalina format, it's also true that all the big boys showed up: Yellen, Hogan, both Pecks, Harnett, et. al. It was a tour, it was dependable, the money was there and the players put on their usual, outstanding show.

When Catalina excused themselves, a void was created, one that has yet to be filled. Not that there aren't plenty of people who would like to fill the void; racquetball has no shortage there. It's just that the job has not been an easy one and no one to date has called that long-awaited press conference to announce the long-awaited savior sponsor of men's pro racquetball.

But if you believe the rumors circulating this Spring, something is going to break in the relatively near future. Near enough so that you might be reading about it in the next issue or two of National Racquetball.

Here's a rundown on who's doing what:

**The PRO (Professional Racquetball Organization)**

President Jerry Hilecher's pro player's association, the PRO, has had the boldest plans and the toughest road in the last six to eight months, as they strive to help ensure the opportunity for a career in the pro game.

Seeing no pro tour in the offing for the 1983-84 season, PRO was forced, in its formative stages, to take on the responsibility of attempting to secure sponsorship for pro racquetball. This was a role the PRO didn't want, but felt it had to take on.

"We were caught with our pants down when Catalina pulled out," said Hilecher. "It takes a lot of work and time to put together a pro tour. This year we were overconfident that we could get something done at the snap of our fingers. We now realize you can't do it that way."

Hilecher is quick to emphasize that the PRO, as the players association, is not interested in organizing or running the tour. Nor are they truly interested in being the sponsor-chasing group. They are interested in doing whatever they can to make professional racquetball a viable career.

"We were caught with our pants down when Catalina pulled out . . . we were overconfident that we could get something done at the snap of our fingers . . . you can't do it that way."

— Jerry Hilecher

Thus PRO is basically on the sidelines now, it's fate in the hands of others who may or may not deliver the goods. Such a situation does not bother Hilecher.

"We believe a viable players association is necessary in racquetball," he said. "The manufacturers agree with us. Our role should be in making decisions concerning rankings, prize money breakdowns, rules of conduct and things like that."

What does Hilecher see on the horizon?

"'I'm always the optimist," he says. "I think there will be eight pro tour stops starting this fall, plus the Ektelon and DP Nationals for a total of 10 events, each with a minimum of $20,000 in prize money."

While admitting he had no idea who the sponsor or sponsors would be, Hilecher acknowledged that his personal desires and those of PRO are basically identical.

"Our goal is to enhance the livelihood of pro racquetball players," he said. "And we can't do it without a tour."

**The Racquetball Manufacturers Association (RMA)**

In January of this year five of racquetball's leading manufacturers (DP, Ektelon, Wilson, AMF Voit, Penn), through the auspices of the Sporting Goods Manufacturers Association (SGMA) formed their own organization, the RMA, stating as their goal the obvious: to insure the growth of racquetball.

The steps to be taken to achieve that goal, according to an RMA press release, are "a well organized and highly visible pro racquetball tour in the near future, as well as several grass roots and educational racquetball programs."

The fact the manufacturers view a pro tour as their number one priority would lead to the obvious question: since those firms stand to gain the most through the promotion, publicity, and growth of racquetball due to this pro tour, why don't they sponsor it themselves?
“It wouldn’t work because it’s not the proper way to do it,” said Don Bushore, executive director of RMA and an SGMA official. “We’re not saying that the manufacturers wouldn’t support a tour. It just means that we’re not going to ask one company to sponsor the whole thing. It would be a conflict.”

So the RMA has been actively seeking ways and means of putting a pro tour together for the coming season. They have solicited proposals from six leading sports management firms, including the International Management Group (IMG) which also handles the Women’s Professional Racquetball Association (WPRA), and ProServ, Inc., a highly specialized, tennis promotional firm.

Although public knowledge is sketchy, RMA officials have acknowledged that some of the undeniable time lapse built into their plan has been overcome. This is a crucial element.

Normally, an organization such as IMG or ProServ agrees to work on behalf of a client (in this case the RMA) and an agreement is made, generally with compensation for the sports management firm in the form of percentages of dollars brought in. From the time the company is hired to the time it brings in a sponsor could be a span of many months, if not years.

For example, IMG and the WPRA have been working together now for almost four years and still the WPRA has no sponsor of prize money. The women must depend on the host club raising the prize money locally.

“I would say the prospects for a major announcement soon are very favorable,” said Bushore. “We’ve had an excellent response. It looks like we’ll get proposals from five of the six companies.

“A real announcement of concrete nature that would satisfy pro racquetball players might be made as early as June of this year.”
— Don Bushore

The Hogan Tour

If you want to maintain a killer pace, try to keep up with Marty Hogan. Racquetball’s all-time everything is now in the pro tour organizing business and to hear him tell it, he’s serious.

“Anybody can talk about a tour,” he says, “but nothing’s getting done. Racquetball has suffered greatly by not having an organized, cohesive pro tour. As for the players, besides me, they’re all broke.”

So Hogan is out pounding the pavement. While some may find it inconsistent that Hogan would do exactly what he criticized the PRO for doing (“the players should play, not get sponsors”) few believe that it is Hogan alone trying to build a tour of his own. Rather, most believe that Hogan’s agent, Charlie Drake, is behind Marty’s effort.

Year Of The Non-Tour: Was Yellen Hurt The Most?

Around mid-season of the 1982-1983 season, everything fell into place for Mike Yellen. Ten years on the court and all the sacrifices that accompany the awesome effort to be number one finally paid off. It was at this point that Yellen’s game came together.

The likeable 24-year-old from suburban Detroit, went on a winning rampage, taking the final four stops along the tournament trail, including every major championship racquetball had to offer—the Catalina Series Finals, the Ektelon Nationals, and the “official” dethroning of Marty Hogan at the DP Nationals.

When Yellen was done with his Sherman imitation, he was on top of the hill, the first outright, undisputed national champ other than Hogan, since 1977 (with apologies to Dave Peck).

Mike Yellen in the winter and spring of 1983 didn’t just win tournaments, he dominated them. It was the dawning of the Yellen era.

Unfortunately, the Yellen era coincided with the year of the non-
In his normal, brash way, Hogan is un-daunted.

"I've taken a direct, personal approach to soliciting major sponsors for pro racquetball and I've gotten very, very favorable responses," he said. "I won't say I've got them, but it's getting close."

Hogan even elaborated, citing one beer company, a personal care firm, an insurance company and a soft drink company that are talking to him.

"The program will fly with two of them," he said, "it will be fantastic with all four."

Hogan's tour would be a September to May, 10 event, $20,000 minimum per tournament, with a major championship for $40,000 or more. Prize money would only be distributed to the quarter-final round, however, so plan on a long apprenticeship, you rising stars.

"We won't pay to the 16's because there's not enough money to go around," said Marty. "I'd like to see the tour, forcing Mike to 'defend' his national title and ranking in a series of small purse events, many of which had long been ignored by the big names because the prize money was so small.

He was king of the hill. But there was no hill.

"I agree that I was hurt the most, both in prize money and exposure because there was no tour this season," he said, "But I have no regrets. I've been treated fairly by the racquetball community and I've had some pretty good press."

Oddly enough, it's Hogan who is most outspoken in his praise of Yellen and sympathy for what didn't come Yellen's way.

"Yellen lost greatly, there's no doubt of that," said Hogan. "Mike was the national champ with nothing to defend. We'll never know what he lost in prize money and endorsements. It could easily be six figures."

Yellen is fatalistic when it comes for assessing the various efforts to secure sponsorship for the sport he's supposed to dominate.

"I'll support anybody who can put together an independent, non-political tour," said Mike. "Structurally, I prefer the old National Racquetball Club (NRG) method of 24 seeded players and eight qualifiers in each event.

While Yellen waits to see the outcome of the current efforts, he'll try to repeat his victories of last year, at least in the major events of the season, the Ektelon Nationals and the DP Nationals. Nobody questions that if one player wins both those tournaments, he'll be able to claim number one and national champion title.

"I think whoever wins those tournaments should be national champ," said Mike. "Ektelon has its prestige and national TV (ESPN) coverage; DP has its longevity and higher prize money."

As for Hogan, he fared well during the season, forming his own racquet line (Hogan Racquetball) and embarking on a national exhibition/clinic tour to 35 cities.

Peck, meanwhile, the co-national champ (with Hogan) in 1982, needed the year to recuperate from leg surgery (September, 1983 issue) and is just now rounding into playing form.

That leaves Yellen in pursuit of a second championship, perhaps one that will allow him to reap the tangible fruits of victory. But only, of course, if there's a tour.
Exercise, as you already know, is good for you. It makes you feel better. It makes you look better. And there’s even proof that it makes you live longer.

So if you take care of your body, why aren’t you getting a big break on your life insurance?

Why are you paying about the same rates as the guy down the street who maybe weighs over 200 pounds and never lifts anything heavier than a fork?

THE GOOD HEALTH BONUS. YOU’VE EARNED IT.

ITT Life thinks it’s about time you began getting the preferential treatment you deserve for being a better life insurance risk.

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$165,000 of term life insurance can be bought for the same price an out-of-shape smoker pays for a $100,000 policy.

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If your family’s insurance coverage has taken a back seat to inflation, don’t sweat it anymore.

Here’s your chance to provide realistic coverage for the people who depend on you.

And you can do it without straining your budget.

MARTY HOGAN, PROFESSIONAL RACQUETBALL CHAMPION

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Or mail this coupon to: ITT Life Insurance Corporation, P.O. Box 151, Minneapolis, Minnesota 55440.

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ITT
National Racquetball’s
Second Annual Glove Guide
Your Exclusive One-Stop Shopping List

"You know, I really can use this!" a co-worker here at National Racquetball exclaimed when we gave him a racquetball glove. "For the first time, the racquet didn't feel quite right and I knew I needed something to fix it."

That's how many players decide they need a glove. Sweaty palms, slipped grips, unsteady strokes—all these factors make racquetball more difficult than it need be. Adding a glove seems to improve that game and restore self-confidence.

Gloves come in assorted sizes, colors, and are made of many different materials. We’ve listed many different gloves on the following pages. Nearly all of them are available at your local sporting goods store or pro shop. Most gloves are available for either the right-handed or left-handed players.

National Racquetball would like to thank the manufacturers who sent us information on their products, and, in some cases, sent us the product itself. We urge our readers to contact any of the firms listed at the end of this article for further information.

Champion Glove Model 610
• Popular wrap around Velcro strap
• Soft, thin deerskin palm
• Foam backed terry cloth material
• Comfortable Helenca stretch design
• Men's sizes: Regular, King, Super King
• Women's sizes: Princess, Queen
• Colors: White, blue, red, yellow, natural
• Suggested retail price: $6.95

Champion Glove Model 612
• Large Velcro tab
• Soft, deerskin palm
• Foam-backed terry cloth material
• Tigergrip Velcro emblem keeps entire glove snug with no slipping
• Men's sizes: Regular, King, Super King
• Women's sizes: Princess, Queen
• Suggested retail price: $6.95

Champion Glove Model 620
• Thin leather
• Soft terry cloth
• Snug fitting Helenca sidewalls
• Positive closing Velcro tab
• Men's sizes: Regular, King, Super King
• Men's colors: White with colored trims of red, navy, white
• Women's sizes: One size fits all
• Women's colors: White with colored trims of red, yellow, powder blue, white
• Suggested retail price: $6.95

Champion Glove Model 692
• Suede, synthetic leather
• Thin, tough, and fits hand exactly the way you like it
• Machine washed with no effect on grip
• Stays soft forever
• Men's sizes: S—M—ML—L—XL
• Women's sizes: S—M—L
• Colors: Royal blue, red, white
• Suggested retail price: $6.95
Champion Glove Model 613
- Foam-backed terry
- Thin, durable deerskin palm
- Color coordinated elastic wrist
- Helenca finger inserts that stretch with hand movements
- Newly designed Velcro tab adjusts to exact feel for racquet
- Men's sizes: Regular, King, Super King
- Women's sizes: Princess, Queen
- Colors: Royal Back/Royal Trim; White Back/Red Trim
- Suggested retail price: $7.50

Champion Glove Model 696
- Soft, tacky and comfortable leather
- Stays tacky when wet and always dries soft
- Large Velcro tab
- Men's sizes: S—M—ML—L—XL
- Women's sizes: S—M—L
- Colors: White, blue, red, natural, yellow
- Suggested retail price: $7.50

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
- Panelled fingers, set-in thumb and open finger base for closer fit and increased durability
- Men's sizes: S—M—L—XL
- Women's sizes: S—M—L
- Color(s): Brown/beige
- Suggested retail price: $13.99

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
- Women's sizes: S—M—L
- Color(s): Blue (men); yellow (women)
- Suggested retail price: $10.99

Ektelon Racquetballer™
- Full fingered synthetic suede leather
- Blended fabric: 60% polyamid—40% polyurethane
- Soft, thin (0.4mm nominal) looks like suede leather
- Panelled 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
- Women's sizes: S—M—L
- Color(s): Navy (men); white (women)
- Suggested retail price: $8.99
DP Leach
• Crafted of thin cowhide leather for perfect second skin feel
• Spandex two-way stretch back
• Self-adhesive elastic wrist band and tab
• Panel finger construction, with opening between fingers to provide ventilation
• Set in “no stress” thumb
• Absorbent tacky, palm surface
• Suggested retail price: $9.00

Foot-Joy
• Full fingered, specially tanned Cabretta leather
• Leather imported from Pittards of London
• Durable and pliable
• Quickly dries, remaining soft and flexible
• Sturdy grip and long life
• Velcro tab closure with wrist vent
• Men’s sizes: Regular men’s sizes, plus Cadet
• Women’s sizes: Regular ladies’ sizes
• Color(s): Bone Cabretta and assorted Spandex colors
• Suggested retail price: $12.50

Omega Model 6300
• Designed for comfort and protection
• Made of finest, soft, furable tanned deerskin
• Accented with brown Omega logo
• Adjustable Velcro closure stays in place during play
• Comes in both right and left hands
• Sizes: S-M-L-XL
• Suggested retail price: $11.00

Omega Model 6320
• White, terry glove
• Designed for comfort and protection
• Beige deerskin palm
• Accented with Omega logo
• Adjustable Velcro close strap
• Comes in both right and left hands
• Sizes: S-M-L-XL
• Suggested retail price: $12.00

Penn
• Thin Grade A, Cabretta leather provides excellent feel while maintaining durability
• Offers naturally tacky surface for “non-slip” grip
• Naturally absorbent sheepskin keeps grip dry
• Flat seams on palm and “no-stress” thumb construction provide strength and a “no seam” feel
• Power mesh back assures snug and comfortable fit
• Narrow wristband and placement of closure allows free wrist movement
• Suggested retail price: $9.95

Tough Competitor by Saranac
• All new washable deerskin
• Scientifically developed
• Microfiber back
• Deep vent back
• Pro tab closure
• Made in USA
• Suggested retail price: $7.95
The Legend by Saranac
- Washable Cabretta
- Deep vent pro style back
- Pro style velcro tab
- Made in USA
- Suggested retail price: $9.95

Trophy Glove
- Cut from soft, fine leather
- Nylon blended with lycra
- Snug, cool fit
- Soft, colorful wrist band
- Silt back
- Big tab closure
- Men's sizes: S—M—L—XL
- Women's sizes: S—M—L
- Suggested retail price: $8.50

All American by Saranac
- New, washable suede deerskin
- Fits like a second skin
- Dries soft
- Deep vent back
- Pro tab closure
- Made in U.S.A.
- Suggested retail price: $10.95

Viking Sports Buckskin
- Full fingered polyurethane suede leather
- Guaranteed machine wash and machine dry
- Never shrinks or hardens
- Thin, durable with double stitched seams
- Velcro closure with narrow wrist elastic
- Men's sizes: XXS—XS—S—M—L—XL
- Women's sizes: S—M—L
- Color(s): White, beige, powder blue or red
- Suggested retail price: $9.95

Unique Sports Products
- Extra soft
- Extra thin prime calfskin leather
- Designed specifically for racquetball
- Great fit, feel, grip
- Velcro tab allows for adjustments
- Suggested retail price: $10.49

Sports Pal
- Thin, tough Cabretta sheepskin palm and fingers
- Stretch nylon Power Net back
- No-slip velcro closure
- Elastic wristband
- Holds shape well
- Allows for flexing and quick action movement
- Keeps palms cool and dry
- Colors: White Cabretta leather and Power Net backing in red, blue, white
- Sizes: XS—S—M—L—XL
- Suggested retail price: $7.95

For further information on any of the gloves included in this guide, feel free to contact the appropriate manufacturer:

Champion Glove Mfg. Co., 2200 East Ovid, Des Moines, IA 50313; (515) 265-2551
Diversified Products, P.O. Box 100, Opelika, AL 36802; (205) 749-9001
Ektelon, 8929 Aero Dr., San Diego, CA 92123; (1-800) 854-2958
Foot-Joy Inc., 144 Field St., Brockton, MA 02403; (617) 586-2233
Omega Sports, 9200 Cody, Overland Park, KS 66214; (206) 726-4477 or (903) 492-3994
Penn Athletic Products, Parkvale Building, Rts. 22 & 48, Monroeville, PA 15146; (412) 856-6110
Saranac Glove Co., 1263 Main St., Green Bay, WI 54305; (414) 435-3737
Sports Pal Co., Inc., P.O. Box 28906, St. Louis, MO 63132; (314) 968-0400
Trophy Glove Co., 122 Washington Ave., E., Albia, IA 52531; (515) 932-2183
Unique Sports Products, 5687 New Peachtree Rd., Atlanta, GA 30341; (404) 451-2800
Viking Sports, 5355 Sierra Rd., San Jose, CA 95132; (1-800) 535-3300
Tell Us About Your Racquet

You can't play the game without your racquet. And like the rest of racquetball’s equipment, the racquet has undergone many changes. First there was the wooden racquet, then aluminum, graphite and now there are many composites of materials.

Aside from the construction of the racquet, the price, appearance, and availability of the products has changed, too.

We'd like to know about your racquet. Please take a few moments to fill out this survey. We'll publish the results in the August issue, so we need your response by June 15.

Send your completed survey forms to National Racquetball Reader Survey, 1800 Pickwick Ave., Glenview, IL 60025

<table>
<thead>
<tr>
<th>1. How often do you play racquetball during the year?</th>
<th>7. How many racquetball racquets did you buy in the last 12 months?</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ 3 or more times per week</td>
<td>□ One</td>
</tr>
<tr>
<td>□ 2 times per week</td>
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<tr>
<td>□ 1 time per week</td>
<td>□ Three or more</td>
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<td>□ 1 time per month or less</td>
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<table>
<thead>
<tr>
<th>2. What is your playing level?</th>
<th>8. What was the cost of the last racquet you bought?</th>
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<tbody>
<tr>
<td>□ Beginner</td>
<td>□ $20 or less</td>
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<tr>
<td>□ Intermediate</td>
<td>□ $21 - $40</td>
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<tr>
<td>□ Advanced</td>
<td>□ $41 - $60</td>
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<tr>
<td>□ Open</td>
<td>□ $61 - $100</td>
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<tr>
<td>□ Professional</td>
<td>□ $101 - $150</td>
</tr>
<tr>
<td>□ Other</td>
<td>□ $151 or more</td>
</tr>
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<table>
<thead>
<tr>
<th>3. How many racquets do you personally own?</th>
<th>9. What will most likely influence your next racquet buying decision? (Rank in order of your first three preferences; i.e., put a number 1 next to your first choice; a number 2 next to your second choice, etc.)</th>
</tr>
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<tbody>
<tr>
<td>□ One</td>
<td>□ Playing test</td>
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<tr>
<td>□ Two</td>
<td>□ Price</td>
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<tr>
<td>□ Three</td>
<td>□ Appearance</td>
</tr>
<tr>
<td>□ Four or more</td>
<td>□ Local instructor’s advice</td>
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<tr>
<td>□ Other</td>
<td>□ “Sweet Spot”</td>
</tr>
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</table>

<table>
<thead>
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<th>4. What kind of racquet do you usually play with?</th>
<th>10. What do you like most about the racquet you’re now using? (Rank in order of first three preferences.)</th>
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<tbody>
<tr>
<td>□ Aluminum</td>
<td>□ Grip</td>
</tr>
<tr>
<td>□ Fiberglass</td>
<td>□ Appearance</td>
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<tr>
<td>□ Steel</td>
<td>□ “Sweet Spot”</td>
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<tr>
<td>□ Graphite</td>
<td>□ Power</td>
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<tr>
<td>□ Wood</td>
<td>□ Control</td>
</tr>
<tr>
<td>□ Other</td>
<td>□ Weight</td>
</tr>
</tbody>
</table>

<table>
<thead>
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<th>5. What is the name of the firm that manufactures your racquet?</th>
<th>11. Where did you purchase your last racquetball racquet?</th>
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<tbody>
<tr>
<td>□ AMF Head</td>
<td>□ Local club pro shop</td>
</tr>
<tr>
<td>□ AMF Voit</td>
<td>□ YMCA/JCC</td>
</tr>
<tr>
<td>□ DP Leach</td>
<td>□ Sporting Goods Store</td>
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<tr>
<td>□ Ektelon</td>
<td>□ Discount Store</td>
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<tr>
<td>□ Geostar</td>
<td>□ Mail Order</td>
</tr>
<tr>
<td>□ Hogan/Pro-Kennex</td>
<td>□ Other</td>
</tr>
<tr>
<td>□ Omega</td>
<td></td>
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<tr>
<td>□ Wilson</td>
<td></td>
</tr>
<tr>
<td>□ Other</td>
<td></td>
</tr>
</tbody>
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<tr>
<th>6. Have you had your racquet restrung in the past 12 months?</th>
<th>12. What do you dislike most about the racquet you’re now using?</th>
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<tbody>
<tr>
<td>□ Yes</td>
<td>□ Grip</td>
</tr>
<tr>
<td>□ No</td>
<td>□ Appearance</td>
</tr>
</tbody>
</table>

13. Are you male or female?
□ Male
□ Female

14. What is your age?
□ Under eighteen
□ 18 - 24
□ 25 - 34
□ 35 - 44
□ 45 - 54
□ 55 - 65
□ 65 or over

15. Please make any comments you’d like about your racquet:

16. (Optional)

Name
Address
City/State/Zip

Name of facility you play at
City/State of facility
Ask The Champ

by Mike Yellen

Current National Champion Mike Yellen answers questions about improving your game in this ongoing, exclusive series in National Racquetball. Readers are encouraged to submit questions to Mike Yellen, c/o National Racquetball, 1800 Pickwick Ave., Glenview, IL 60025.

Question: At what age do you think it's proper to introduce racquetball to children? Is any age too young?

Yellen: I think that by the time kids are five or six years old that they are definitely old enough to learn how to make contact between the ball and racquet. Most kids this age are even old enough for you to put on the court and let them run around, hit the ball, and "play racquetball" by themselves.

However, I don't think that you should put five or six year olds into game situations. I don't think they're ready at that age to cope with the sport, its rules, competition and safety needs. I'd say a highly developed seven year old, but most likely an eight year old would be where to start with "real" racquetball.

The first thing to stress is safety. Begin by making sure your child wears eye protection. He or she must then be able to understand the safety etiquette such as holding your swing in a dangerous situation, giving enough room to hit, and so on.

Question: What do you think of cut-throat or other "unofficial" versions of racquetball?

Yellen: My favorite is called "Ethnic Singles." Actually, you just fill in the ethnic group of your choice and that's what you call it. Basically, it's an off-shoot of two-on-one, although it's primarily a singles game.

Player A serves to Player B and they play a singles rally. Player C stands along the back wall and makes sure to get out of the way of any ball or player heading his way. After a little while, whoever is on the back wall, learns to stay out of the way by taking just a step or two in either direction. In fact, you rarely have a hinder because of him.

Whoever loses the rally goes to the back wall (sits out the next rally). Whoever wins the rally serves the next rally. As a result, even if you lost every rally you played, you'd still be guaranteed of playing in at least every other rally.

Question: How do you combat the problem of the racquet head turning in your hand? What causes it and what are the remedies?

Yellen: A lot of people think that string tension and sweet spots have a great deal to do with this problem, but I'm not a believer in that theory. Rather, I think the racquet head turning is almost exclusively a grip size problem.

Generally, if the racquet head is turning in your hand, it's because you're using a racquet that has too small a grip size. Many players believe, and rightly so, that the smaller the grip size, the more wrist snap you'll get. And, the greater the wrist snap, the greater the power.

Sometimes, however, players go too far, and when the grip becomes too small for the player, the racquet face will tend to turn upon impact with the ball. The question then becomes, which grip size is best for me?

I would say that men should be using, on the average, between 3 1/8 to 4 1/6 while women should use grips between 3 1/8 to 3 1/6. You might not think that 1/8th of an inch in a grip makes much difference, but believe me, it does. Pick up two racquets with that much grip difference and you'll be amazed!
We Honor Our Prices!

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Graphite Bandito  26.95
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EKTELEON
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Champion Tiger Grip  8.95
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Ektelon Cl. Specs or Jr.  6.95

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Tennis Racquets Available

Instructional

Charlie Garfinkel’s ‘Spot’ Racquetball

Use the Volley to Score Points

by Charlie Garfinkel

This article continues a monthly series by former top pro Charlie Garfinkel using the “spot” theory of racquetball, which helps improve your game by hitting a specific spot on the wall, which will give the desired effect for the shot. The spot theory also takes into consideration the “spots” on the court occupied by both you and your opponent.

In the minds of many experts Peggy Steding is the greatest woman’s player in the history of racquetball. Her serves, both the drive and the Z, were outstanding. Her forehand kill and pinch shots were tremendous. However, she is best remembered for her uncanny and deadly fly kill shots.

Steding could seemingly take shots out of the air from any place on the court. And, she would put them away before her startled opponent could react. In many instances her opponent didn’t even know where the ball was.

Naturally, most players can’t take a shot out of mid-air like Steding. But, players at all levels can volley the ball in certain situations before the ball bounces. Note: A volley is hitting a ball before it touches the floor. A rally is extended play where each player alternately hits the ball.

There are definite advantages in taking shots out of the air. First, you can keep your opponent off balance by hitting shots to various spots on the court before your opponent can react. Even if he is able to return the shot he is usually so far out of position that his return is weak, at best. This gives you the opportunity to easily put the ball away.

Second, by volleying the ball in mid-air you constantly keep your opponent on the run. This means that he’s always behind you. Therefore, you’ll be in complete control of the front court, enabling you to shoot the ball to almost any spot that you wish.

Third, by volleying the ball in strategic situations, you’ll be conserving a great amount of energy, as you won’t be scampering around the court chasing your opponent’s shots. Conversely, you’ll be able to tire out your opponent, especially if he’s not in top shape, by keeping him on the move.

Fourth, shots taken out of the air can be hit from any height. However, if you take a shot shoulder high or higher, you must be sure that you have your opponent well out of position, as a shot hit from this height will rebound high, thus giving your opponent a good opportunity to return the ball.

Ideally, shots hit from chest high and lower are more effective than higher shots. The ball’s trajectory, of course, will be lower. This will give your bedraggled opponent less time to get set and get to the ball.

Fifth, there are certain occasions when you can vary the pace, from hard to soft, when you’re hitting your volleys. Although a softer volley isn’t as prevalent, it can be lethal when used at the correct moment.
Six, most volleys are taken on the forehand side. It is easier to produce more pace on the ball as you're stepping directly into the shot. You're also facing the front court which will help you react quickly in case your opponent does return the ball. However, backhand volleys, when used correctly, can be very effective shots.

Due to court position it is imperative that you're in front of, or parallel to your opponent when you're volleying. This greatly helps to disguise your shots. Also, you should try to hit most volleys down-the-line. On occasion, pinch shots and crosscourt shots can be used, depending on the situation.

In Diagram 1, Player A is positioned at the short line in the middle of the service box. Player B is across from him, near the left side wall. Player B hits a hard cross court shot that will pass Player A at about knee level. Should Player A let the ball carry to the back wall for an apparently easy kill shot? "Yes!" You say? Think again.

If the ball is at knee level when it passes Player A, there is a good chance the ball will never reach the back wall before the ball bounces twice. Therefore, Player A should take the shot out of the air, hit it firmly and volley it straight down-the-line, as low as possible.

Pinching the ball or trying to hit a passing shot down-the-line could allow your opponent time to react to either shot. However, a shot such as I have discussed will be virtually unreturnable.

In Diagram 2, Player A is positioned at the service line. Player B is at the short line near the left side wall. Player B tries a soft backhand cross court drop shot to the right side of the court. The shot is miss-hit, hitting the front wall about two feet off the floor on the right side of the court.

Player A smartly moves up toward the front wall and "drop" volleys the ball straight down-the-line along the right side wall. Player B is still standing dazed back at the short line.

When hitting a drop volley it is imperative to watch the ball throughout the shot. Because Player B's shot was hit with very little pace, the ball will hang in the air like a fluffy cloud after hitting the front wall. So, even though you're softly hitting the ball down the right side wall, be sure to follow through completely. Otherwise, you may be unpleasantly surprised by hitting the ball into the floor.

In Diagram 3, a situation occurs in which a well-placed volley can score a point quickly. Player A and Player B have been involved in an extended, exhausting, rally. Player A is stationed near the right side wall by the short line. Player B is about five feet to his left at the short line. Player B thinks that Player A is going to move cross court in anticipation of a cross court shot. Player B, assuming this, decides to hit a passing shot down the right side where Player A was standing.

But, Player B is surprised. Player A has never moved. Player A anticipated that he was going to lose the point anyway, so he gambled and held his ground. Player A quickly takes the ball out of the air and hits a hard, low volley straight down-the-line. As for Player B, he's still looking for Player A on the left side of the court.

This brings up a very interesting point. If you're able to anticipate where your opponent is going to hit the ball you'll be able to volley it away before your
opponent can react. In addition, you can often put a great dent in his confidence. And, sometimes a shot as described above, can completely turn a match around.

A situation that is quite prevalent among beginners and intermediates occurs in Diagram 4. After an extended rally, Player B has been passed on his backhand side. Rather than run to the back court to take the ball on his backhand side, Player B scurries back like a demented rabbit. He slams the ball with his forehand stroke into the back wall.

The ball then carries to the front wall, rebounds, and hangs softly in the air waiting for Player A to put the ball away. But, does he? No, he flails at the ball as hard as he can. Usually, he hits the ball right back to Player B who was completely out of position. Or, even worse, he buries the ball into the floor.

What then, should he do? The answer is easy. Because Player B will be stationed in the deep left side of the court, Player A should take the ball out of the air as low as possible with his forehand. He should then hit the shot low and straight down-the-line. Player B’s chance of returning the shot are nil. And, you’ll have him very apprehensive about trying that desperation shot again. It is quite evident that he doesn’t have the confidence to hit a backhand from that position.

As far as serves are concerned I’m amazed by the relatively few players who return a lob serve by taking the ball out of the air. Because of the AARA rules in regards to the five foot line, the opportunity to put away many weak second serves is prevalent. (Earlier in this article I said that most volleys should be hit on the forehand side with some notable exceptions. These exceptions follow)

Because most lob serves are served to the backhand side, a well hit volley off a poor lob serve could produce many points. However, you should have a general idea of where the server moves to after he serves. If, like most servers he moves back past the short line after he serves, you should follow the strategy depicted in Diagram 5.

Player A has moved back a couple of feet past the short line. Therefore Player B should hit a hard volley low down the left side wall. If hit properly the shot is unreturnable as Player A is moving backwards. He will be completely out of the play.

In Diagram 6 Player A has served and stayed at the service line. Again, Player B volleys the ball. But, this time he hits a hard cross court volley that easily passes Player A.

So the message is clear. If you want to end a rally, pick the right “spot” to use a volley.
The line between a well-camouflaged but legitimate low drive serve and a screened low drive serve is a very fine one indeed. The screen serve is one of the toughest calls a racquetball referee is asked to make because his perception of the relative positions of two players on court can never be completely objective. The best a conscientious referee can do is to differentiate between fair and foul serves to the best of his or her ability.

Unfortunately, over the last two or three years some racquetball referees have been doing a disservice to the game by failing to rise to the challenge of tough on-court decisions and letting an excessive number of screened serves pass without making the call on the offending players. It makes the referee’s job shorter and easier if he permits screen serves, but although this solution may temporarily allow the game to flow more swiftly, it is ultimately detrimental to the quality of play.

As in basketball or soccer, to name just two examples, this lenient approach to umpiring can virtually legitimize certain unfair ploys at both the amateur and professional levels so that they become entrenched in the game and regarded as acceptable strategies—even though official regulations might clearly state otherwise.

In my opinion screening the serve is an example of behavior which has been responsible for destroying good play at many levels. It has been encouraged both by referees (who choose to take the easy way out) and players who through their example teach fellow players to win points using this strategy for as long as they can get away with it.

The screen serve unquestionably puts the receiver at a considerable disadvantage. Unless he is superbly athletic, the receiver, who cannot see the served ball until it passes the body of the server on its way into the back of the court, will almost certainly be late in his attempt to position himself for the return, let alone get his racquet on it.

To eliminate screen serves, at our racquetball camps we teach students to play according to a “visibility rule.” This yardstick reflects my own opinion of what constitutes a screen based on my personal experience in pro racquetball and racquetball instruction. Basically, the rule is that the ball must be visible about halfway from the front wall back to the server. However, in order not to give away any advantage in an effort to avoid screening, one of my priorities when teaching the low drive serve is to show the student how to camouflage the service ball as it travels towards the front wall.

The ball can be blocked up to this point without making the call on the offending players, provided the receiver can see the ball by the time it has rebounded halfway between the front wall and the server, about seven feet into the court from the front wall.

If the receiver can see the ball at this stage he has an opportunity to use a

**Photo 1**—The overly generous player. Many players like to stand far to the right and deliver a low drive serve into the deep left corner. By doing so they make it too easy for the receiver to see the ball, giving him ample time to move to the left and make an effective return. These players should learn to camouflage the ball’s trajectory into the front wall.
good crossover step into the corner to make a return. Official racquetball rules currently state that a serve is a screen if it passes so close to the server that it obstructs the view of the returning side and I believe that my rule of thumb does just that without giving the server an unnecessary, unfair advantage.

In contrast to the player who unfairly chooses to conceal the ball for almost its total trajectory back to the service box, is the overly and probably unintentionally generous player who likes to serve the low drive from the right wall diagonally into the left corner (photo 1). This clearly gives the receiver more information than necessary, an unimpeded view of the ball from just off the server's racquet to the front wall and back, and too much time to position himself for an effective return.

Photographs 2-5 show play from both the receiver's and referee's eyes and demonstrate that proper and acceptable visibility can be a matter of degree. However, if a player receives a thorough racquetball training and is well-versed in how to camouflage without screening, I am confident that that same player could call a good match between players of his own or similar ability. He may miss a few calls, but for the most part he should be well-equipped to make screen calls consistently and confidently.

At our camps we have proved that consistency can be achieved when making potentially controversial calls. On the first day or two of camp I have to do a lot of explaining and demonstrating concerning low drives and screen serves to differentiate between what's legal and what's not.

On videotape we can analyze shots which the unpracticed eye might be unable to distinguish as a screen or a good serve and by the end of camp, we can referee a game together and will, more often than not, agree on the vast majority of calls. Thus, calling screens need not be problematic for referees and players, provided there is a basic agreement about what constitutes a screen.

Unfortunately, the screen serve controversy is complicated by the fact that it is probably less detrimental to the quality of play at the top level than at the intermediate and beginning levels.
Photo 4—A legal serve. Given the server’s position in this photo, the receiver would see the ball about half-way between the front wall and the server, thus allowing him time to make a good cross-over step to return. The server has used good camouflage technique while still allowing the receiver a fair view of the ball.

This is because a top level player has highly tuned reflexes and an extremely effective cross-over step which enables him to reach a served ball even if it only comes into view after passing the server’s body.

Even if the top player can’t hit an offensive return he can at least pop the ball to the ceiling and, therefore, not badly burned by an uncalled screen. But as you move down in the level of play it becomes a different story.

For example, a C player sees an A or Open player serve a screen and decides to emulate the shot in his next tournament game. This is not that difficult. All it takes to hit a serve serve is to master an angle, hit with good velocity, and learn to block the ball.

The adventurous server is lucky because the referee is lax and fails to call a screen. The problem is that while the C server is skilled enough to deliver a screen, a C receiver usually is not quick enough to return it. The C receiver may then lose rallies not because his opponent is hitting great shots but because he cannot get to the unfairly concealed ball.

If this problem is not addressed, then players will enter tournaments, get beaten by opponents making uncalled screen serves, and maybe even abandon the game in frustration.

I believe the powers that be should review the regulations currently governing the screen serve and make haste in establishing more specific guidelines to curtail the unfortunate proliferation of screen serves. If no action is taken, the quality of the game will be compromised and will lead to players enjoying the sport less.

Steve Strandemo has dedicated himself to the study and analysis of racquetball. He is the author of two instructional books, The Racquetball Book and Advanced Racquetball, director of Strandemo Racquetball Camps, a touring professional, and chairman of AMF Head’s Racquetball Advisory Staff.
Steve Mondry’s Racquetball Clinic

5 Reasons A League Will Help Your Game

by Steve Mondry

If you belong to a commercial racquetball facility, chances are pretty good that it offers organized league play. Generally, leagues can be one of two types: in-house and traveling.

An in-house league gives the player the chance to compete against other club members, usually in a round robin format. At the conclusion of the league prizes are awarded to the various champions.

A traveling league is one in which players represent a particular club and travel to compete against other clubs. Many towns and cities have such leagues, often with dozens of teams. Traveling leagues can be exotic affairs with barquets, expensive awards, etc.

As you might imagine, in-house leagues are offered for the beginning and intermediate players while traveling leagues are for the more advanced.

If you've turned away from the opportunity to join a league until now—maybe it's time to take a closer look, keeping in mind that leagues can have a definite, positive impact on your game. Here are five reasons why:

1) Getting Regular

Since league matches are run similar to tournament matches, i.e., a designated time and place for your match, a league player will be able to plan his racquetball workout (match). In other words, if you club's league play is Tuesday and Friday at 2 p.m., then you know that's when you're going to be playing.

Having such a set time and day of the week makes it easier to plan and organize not only your racquetball affairs, but the other time-consuming aspects of your life as well. As a result, your racquetball workout will not get pushed aside.

People are creatures of habit and if you're scheduled to play at a certain time on a certain day with certain obligations (not "standing up" your partner/opponent) then you'll almost certainly show up. You may not always be at your best (everybody has a hard day at the office, with the kids, or just isn't with it that day) but you will be there.

And I'd say that no matter how you feel, when you show up, play and win or lose—chances are you'll feel 100% better.

2) Variety Is The Spice

One of the basic ways to develop a well-rounded game (and thus 'improve') is to play against players representing a wide variety of skills and styles. To play the same opponent week after week eventually becomes monotonous.

I've known players who deliberately set up weekly matches with three players—one of higher skills, one lower and one about the same. This player would then attempt to improve himself to the point where the player of equal ability became his opponent of lesser ability; the better opponent became the equal, and he'd search out a better player and "discard" the original player who was inferior.

And while this may seem a little cold-blooded, it makes the point that you must experience all types of opponents in order to improve yourself. And that's what so nice about leagues.

Leagues automatically put you on the court with players of comparable skill level, but with varying styles. You have the opportunity to face opponents slow and fast, power and control, offensive and defensive. Every player has his or her own, unique style.

As you play against this variety you will begin to improve your court sense and confidence each time out. You'll probably begin to take little bits of other players effective styles and incorporate them into your game.

The end result is that you'll sharpen your skills.

3) Chance To Progress

Most leagues are divided into skill levels. After all, it wouldn't be much fun for a league to have a mixture of open players thrown in against beginners, would it? As a result, if you start in the Novice league, you've got a long way to go.

Yet, one of the great things about racquetball is that you can progress rapidly, if that's your desire. There's nothing about racquetball that with the proper time and commitment, can't be achieved. And when you conquer that Novice league, you can move up to the next league. And the next.

Such opportunity to progress is what appeals to the competitiveness of racquetball players. C players always want to be B's; B's want to be A's. They may not be willing to put in the effort, however. That's where the league comes in by providing that chance to progress.

In addition, since most clubs have leagues for specific, relatively short time spans, you can even progress as rapidly as your pace allows, by setting specific time goals to achieve your skill goals.

4) Tournament Primer

I acknowledge that there is not an overriding desire to play serious, tournament racquetball in the hearts and souls of everybody who reads these words. Most of us play for fun, exercise, etc. However, should you find yourself in a league environment, well, a tournament is first cousin to a league.
Most leagues have some consolidating, final flurry at the end of the weeks of play. Generally, the league's competition leads to showdowns between divisions or teams, often a quarter-final or semi-final and final round. Many clubs offer nice prizes to the league champs. Uh, that's a tournament folks.

But not without the pressure. Not with the hundreds of spectators glaring at you through the glass and over the balcony. But when you're ready for tournament play, your league experience will be invaluable.

**5) Meet New People**

Actually, this reason should have been number one. If you're looking to meet others with common interests, where else but in a racquetball league? And, in fact, the main reason many people do join a league is to meet others. So leagues provide that perfect opportunity to make new friends (and foes). And it's my belief that players who become friends and better players.

Good clubs will make it a part of their on-going policy to have league directors and club personnel constantly looking to match players. They encourage participation in order to make the player's club experience all the more enjoyable. Instead of your club becoming the "place to go play racquetball," it's now become, "the place to meet your friends."

And it's my belief that players who develop friendships around racquetball become better friends and better players.

In our club, I make it a point to get to know as many players in the club as possible and introduce those who are compatible with each other. In the past 18 months, at two different Chicago clubs, I've watched many of my league players develop their games and progress through the rankings.

I've also seen the friendships that form and the club spirit that grows from a successful program. Ultimately, it makes for better, more dedicated racquetball players, helping to promote the sport.

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**Steve Mondry is head racquetball pro at Lehman Courts, Chicago, a top touring pro for six years and author of numerous instructional articles on racquetball, conditioning and weight training.**

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You are a tournament player. You enjoy the competitive and social aspects of a tournament. But lately it seems as though you are enjoying the social aspects more because of early round losses in your skill division. You would like to do more competing and less drinking and talking. There are ways to increase your chances of winning a racquetball match, and it requires you to be observant and flexible in your approach.

A lot of players go into a match blindly, with no thoughts of game plans or a knowledge of their opponent's strengths and weaknesses. There is no reason to be unprepared, and all it takes is a little time to look for habits and tendencies in your opponent. We will look into four basic areas of your opponent's game and explore ways to use his/her strengths and weaknesses to your advantage.

Warm-Up

How a player warms up for a match tells you a lot about his game. Start out by watching his stroke as he drops and hits the ball. The results of a drop and hit shouldn't elate you or intimidate you. It's the easiest shot to hit, so if his drop and hit is awesome, don't let this psych you out.

Remember, the ball is always moving in an actual match and your opponent won't have the chance to stand still, then hit it. Also, don't get over-confident if you see a player who can't drop and hit the ball accurately. Many gifted athletes need to be moving to be most effective.

What you are looking for is his tendencies. Does he contact the ball too close to his body? Behind his back foot? Way out in front of himself? Anywhere the ball presents itself? These early tendencies are the starting blocks to your game plan.

Players who hit the ball when it's behind them tend to pinch the ball more often than go down the line. A player who lets the ball get in close to his body does more pushing than stroking and also does more pinching. If a player lets the ball get way out in front of him, he can really go cross-court effectively.

The player who shows no rhyme or reason to his stroke will be very hard to analyze and you'll want to continue to watch him closely. Just remember that these aren't foolproof by any means and you need to be flexible to changes that might alter your initial game plan.

In addition, watch during the warm-up if your opponent favors one side or the other. Players have a tendency to stick with their strong stroke during warm-up so they appear in control. If you warm-up with a player who hasn't used his backhand side, challenge that backhand early in the match. Find out if there are reasons why he preferred to hit forehands instead of backhands.

The third area to watch for is how a player warms up. Does he concentrate on movement and continuous hitting of the ball? Players who are slow or sluggish with their footwork tend to stay with a drop and hit, which makes them look good. A good player will warm-up with drop and hits, but will move on to hitting the ball over and over as it comes and goes. He wants to warm-up his legs and feet as much as his arm and shoulder. The foremost thing to watch for during warm-ups are tendencies that you may be able to exploit during the match.

Scouting Your Opponent

If you have the chance, take time to watch your prospective opponent play a match. When you view someone during an actual match, you will see them trying to compete to their best ability. Weaknesses and strengths are much easier to spot when you are on the outside looking in.

Bring a notebook, and write down anything you see that might help you prepare for your upcoming match. For instance, notice where your opponent stands to receive serves. Does he stand more to one side than the other? Does he stay close to the back wall or closer to the five-foot marker?

If he does any of these things, you should have an immediate advantage.

Let's suppose he lines up closer to the backhand side of the court. This simply shows that he is protecting his backhand, and wants to feel closer to a drive serve that goes to his backhand side. The most efficient way to keep him honest is to serve to his forehand. Force him to move over and start out in the center of the court. That way your backhand serves will be a lot more effective and it will keep him guessing as to which side you will serve.

Another thing to look for is how he handles ceiling balls. If he is not good at that shot, serve more lob serves to force the ceiling return. Hit ceiling balls in the middle of rallies to again force the ceiling return.
There are a lot of aspects to consider. Let's imagine that your opponent is a shooter, and he likes a fast paced game. An effective way to frustrate him is to be patient and slow up the game. Use a lot of lob serves and ceiling balls and wait for your offensive opportunity. There is no reason to force the play, since that is what your opponent prefers.

On the flip side of the coin, say you are playing a slow paced, methodical player who is patient and controlled. For goodness sake, don't play ceiling balls with this guy! It is time to force the play, hit overhead drives in place of ceiling balls, stay on your toes, and keep the rally shots low and fast. Keep the pressure on this person until the control crumbles.

One other thing to look for in a player's physical game is the favorite shot. It seems as though most players have one shot that they feel very confident about and in crucial situations they most likely go with that shot. Try to investigate what the shot might be and anticipate. This could be a turning point in a match when your opponent goes for his bread and butter shot, and you smother it.

**Mental Attitude**

The attitude of your opponent can potentially affect your level of play. It shouldn't necessarily take a bad attitude to ruffle your feathers either. Have you ever played someone who is so nice that you can't seem to play hard? There are all types of attitudes, and you want to be prepared for everything.

The key to using someone's attitude to your advantage is to drop your defenses, and not let your ego get in the way. If you go into a match with the goal of doing the best that you can, having a good time and keeping your perspective, then you will be able to use someone else's attitude as a weapon.

There is nothing more maddening to a player who tries to intimidate an opponent, than having that opponent laugh at his stupidity and pay absolutely no attention. At that point, he knows he looks silly to the crowd, and it is a blow to his ego that he can't rile you. He'll end up intimidating himself. But if you get defensive and take his remarks or actions personally, then you are playing into his hand and he'll have a chance to beat you.

There also is the player who acts bored, or who doesn't seem to care what the outcome of the game is. You find yourself being lulled into a mindless state, and you are walking around instead of being on your toes and running balls down. The game feels long and dreary and before you know it, you have lost the match.

You need to be able to generate your own aggressiveness with this type of player. Force yourself to run hard and try to get to every ball. Forget about what the match looks like to spectators, and try your hardest. Don't let his attitude slow you down, and force the play into faster rallies if you can.

What if you play someone who cheats? Don't keep banging your head against a wall, go to the tournament director and insist on line judges. Sometimes a referee can't see everything and if you have three people to appeal to, your chances of getting cheated will be less. Also, convince yourself of the fact that if your opponent needs to cheat, it is because he is threatened by your skill, and feels he needs to cheat to make up points.

The essential thing to remember when you are dealing with any type of attitude is to forget about the other person's behavior as much as possible, and concentrate on you and the ball and the game. Your opponent is a necessary object on the court, and you wouldn't be able to compete without him. View him as a fun challenge, do the best you can, and then learn from your successes and failures.

This is a plan that you can tailor to your own specific needs and personality. It is fun to prepare for a tournament, and the more you practice it, the better you'll get. You will find yourself going home with more sweaty clothes, and you will be on the inside looking out more often than in the stands looking in!

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**The Physical Aspect**

Take stock of your opponent and what his physical strengths and weaknesses are. Does he have good strokes, can he hit the ball hard, is he fast or slow, quick or flat-footed, does he prefer a fast, power style of game, or does he like to keep things at a slower even tempo? Is one stroke stronger than the other and does he have good serves? There are a lot of aspects to consider.

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**NATIONAL RACQUETBALL 25**
Weight Training For Women in Racquetball
by Jean Sauser with Jodi Giarrante and Jennifer Berg

One of the most overlooked methods of improvement in racquetball for women is weight training. In fact, many women are afraid to train with weights because they are concerned about becoming bulky, unfeminine looking and inflexible. Nothing could be farther from the truth!

Weight training will not only improve a woman player’s game by making her stronger on the court, it will prevent injuries and actually help her attain a better figure at the same time! Any woman who wants to improve her game, keep her body nearly injury-proof and enjoy the side benefits of a nicer looking body on and off the court, should begin a weight training program.

If you’ve never been on a weight training program before, or are beginning to train again, this series can help you get started in a safe, effective way.

Consistency
The first consideration upon beginning your weight training program is consistency. Plan to work out at least two times a week. Once a week will not get the results you are seeking. Once you’re comfortable with twice a week, you should move to three times a week. If you find that you are really enjoying the benefits of weight training and want to achieve as much as you can, every other day should be your eventual goal.

Your Racquetball Game And Weight Training
Another consideration to keep in mind when you are beginning a weight training program is that at first, as you gain strength, your racquetball game may suffer a little. This is because your body will have to adjust to its newfound strength. Until it does, your ball control may not be what you are familiar with.

For example, pass shots may come off the back wall for set ups. Kill shots may stay up and ceiling balls may pop through center court with too much force resulting in still more back wall set ups for your opponent. As you are waiting for your body to adjust to its new-found strength and your ball control to return, try to make some adjustments immediately. Concentrate on your shots more. Set up faster to shoot and this transition period should pass quickly.

Never weight train before you play. Weight training is not a warm up before playing. Stretching is. A weight workout, when done properly, will drain you of the strength you need to play your best racquetball. You’ll be too tired to concentrate, set up and shoot the ball. Your court coverage will suffer.

It’s not advisable to work out with weights after you play either. You might be too tired to put your full energy into your weight workout and that means that you won’t get results as quickly.

The best advice about weight training and racquetball is to weight train on the days that you don’t play.

Stretching/Warm Up
Now that you know when you’ll be working out and when you’ll be playing, the next step to beginning your weight program is to understand the importance of stretching. You must stretch before and after you work out.

The reason that stretching must accompany weight training is that when you work out, your muscles tend to shorten as you build strength. Short muscles can be pulled to the point of injury with very little movement. Stretching will help prevent muscle tears. Keeping your muscles elongated as they grow stronger through stretching makes you more flexible.

Increased flexibility is highly desirable in racquetball. It gives your body stronger, steadier and more balanced movements on the court.

Breathing
Another important part of weight training will be your breathing. Never hold your breath! You must breathe naturally when you weight train. Holding your breath causes additional strain on your muscles, especially in the case of the stomach area. Holding your breath can even result in a hernia.

As you learn to breathe naturally during your workouts, you’ll see that you exhale when you are in the exertion phase of the exercise (your muscles are contracting to move and control the weight). You will inhale when you are in the expansion phase of the exercise (your muscles are expanding back to their original state).

Repetitions And Sets
How long your weight workout will be is defined in terms of repetitions and sets.

In weight training, the number of consecutive times you do an exercise before resting is called “repetitions” or “reps” for short. A good beginning weight program consists of 10-12 repetitions in an exercise before resting.

You’ll want to rest 30 seconds to one minute before repeating the exercise or moving on to the next exercise.
If you repeat an exercise after your rest, the number of times you repeat that exercise is defined in "sets." If you repeated your exercise only once, then you would have done two sets (of 10-12 reps) of a specific exercise.

A good guideline for building strength and muscle tone in the given area of the body that you are working on is to do three sets of an exercise (10-12 repetitions per set). You'll always want to do three sets of an exercise in your weaker or problem areas.

**Getting Stronger And Leaner**

When you find that you can do three sets at a certain weight load with little exertion, you then have two ways you can go with that exercise. You can increase the weight load to continue to build strength. However, you may build some undesired bulk also. If this happens, then you should increase the number of repetitions in a set instead.

Increasing the number of repetitions in a set to 20 should make you leaner and stronger, instead of bulkier and stronger.

Also, if leaner and stronger is what you are after and it doesn't happen by simply increasing your repetitions to 20, then you should increase the level of your aerobic exercise. Aerobic exercise will burn body fat and coordinate with your weight training program so that you can become leaner and stronger faster. Running and swimming are two excellent forms of aerobic exercise.

Last but certainly not least, if you want to be leaner and stronger, make sure that your nutrition program is one that will contribute to your efforts—not prevent them. The nutrition program that is least likely to detract from your regular workouts is the one that is least likely to contribute to your overall body fat percentage. This means that hamburgers and French fries should be replaced with chicken and fish. Fiber, fruits and vegetables should replace candy and cake.

If your eating habits are terrible, get professional advice about a good nutrition program. When you are eating the wrong foods, your body fat percentage will not decrease and you'll develop muscle under fat. This will make you bigger than ever!

Remember, aerobic exercise combined with a good nutrition program will make your weight training goals a lot easier to attain. All three considerations go hand in hand.

**Instruction**

In addition to this series, if the facility you are working out in provides instruction in weight training and/or nutritional counseling, take advantage of the situation. This series can get you started on a program with instruction as a much desired supplement.

**Free Weights And Machines**

There are basically three ways that you can work on developing your muscular strength. One is using free weights, one is using weight machines and the best way is a combination of the two. With the exception of some stomach exercises, you will learn to use free weights, machines and how to combine the two.

All of the exercises in this series will be presented in the correct order for the area of the body we are working on. We will stress starting with the major muscle groups in each area first. The larger muscle groups need the most energy and strength.
Obviously you have the most energy and strength at the beginning of your workout. Also, by getting the blood flow to those areas first, your oxygen supply will increase on a more desirable, much larger scale quicker. More energy producing nutrients will be carried to the muscles. Waste products will be eliminated faster. This means that your overall energy for the workout will remain high for the entire workout. You'll have plenty of energy at the end of your workout for your smaller muscles.

Charting Your Progress

Keep track of the dates, days and times that you work out. Also note how much weight you are using, how many repetitions you achieved in each set and how many sets you did for each exercise. If your facility doesn't provide a workout chart, get a small spiral notebook and create your own system of documentation. This will not only motivate you to stay involved with your weight training program, it will provide you with a record you can look back on to determine how you want to change your program to keep achieving results.

Crawl Before You Walk, Walk Before You Run

As was stated at the beginning of this article, start slowly! Don't set unrealistic goals, mentally or physically.

For example, if you begin by trying to work out every other day, and you miss a day, you will get discouraged and might even quit. Don't fight human nature. Start slowly and build your program over a period of months, and years, not days and weeks.

Expect to feel tired. Weight training will sap your strength. You'll get used to that feeling by keeping your consistency in the number of workouts you are doing per week and by using lighter weights and doing fewer sets on your low energy and low motivation days. On those days you are better off practicing your exercise form and mentally rewarding yourself for even showing up for the workout!

Silently pledge that if you like the results you are getting that you'll never quit, that you may lay off from time to time but always with the intention of returning to rebuild your weight training program and take it to new heights.

Allowing yourself to be human, charting your progress, getting good instruction, and maintaining consistency with your training all add up to one thing: having a good attitude.

A good attitude is the right attitude to have about introducing yourself to this series and consequently the benefits of weight training for women in racquetball.

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Put Your Bathroom Scale In Its Proper Place

by Dr. Joan A. Finn

Using the skin fold test, select body sites are measured to determine fat thickness beneath the skin. Age, sex, and activity levels are used to make accurate calculations.

Racquetball players, perhaps even more than average, sedentary adults, are weight conscious. The serious tournament competitor must be lean and trim for speed, power and endurance. Recreational, "hit-and-giggle" players often participate regularly to reduce or maintain their body weight.

The fact is that weight control, physical appearance and fitness level are significant concerns for most people. Weight conscious individuals support the popularity, proliferation and marketing success of fad diets, fitness books and all kinds of "quick-fix" gimmicks.

Body weight is one factor to be considered when assessing fitness level for racquetball enjoyment and success. The racqueteer striving to lose weight wants "to lose five pounds" or 10 or 25 pounds.

Expression of such a desire usually means that the athlete wants to look thinner, reduce certain body part measurements, improve fitness level, and/or fit into smaller size clothes. The average player usually does not know what scale weight really means. Understanding body weight will help you "put your bathroom scale in its proper place."

Scale weight is simply a measure of how strongly gravity is pulling a person toward the earth's center. Height and weight chart standards are, at best, grossly oversimplified and marginally accurate guidelines of "average" weight ranges. Remember average is seldom desirable, never mind ideal! At worst, such charts are a comforting excuse for laziness and mediocrity regarding personal responsibility and weight control.

The importance of body weight is the composition of body tissues. Total body weight equals pounds of body fat plus pounds of lean body mass (mostly bone and muscle). The greater the lean mass and the less body fat, the more fit, powerful and quick the person. Percent body fat is the key in determining ideal body weight.

To illustrate this point, imagine two young adult female racquetball players. Each woman is 5'2" tall and weighs 100 pounds. One woman, who has been a successful tournament competitor for five years, slides comfortably into a size three warm-up suit. Her counterpart, inactive until joining a club recently, barely squeezes into a size nine.

The difference in these two women is their percent body fat. The fit, active player is 15% fat. This means that only 15 pounds of her total 100 pounds is fat weight. The formerly sedentary female is 30% fat. She registers 30 fat pounds of weight. Equal height and weight does not mean equal body size.

To appreciate more completely the relationship between body composition and body size, we must examine fat tissue vs. muscle tissue. Fat is less dense than muscle. Therefore, one pound of fat takes up more space than a pound of muscle. Think of a pound of butter, that represents one pound of fat. Compare that with a 16-ounce can of tuna fish, muscle; clearly the tuna occupies much less space than the butter. The same is true for muscle and fat in the body.

Our two 100 pound women are graphically different in size because one is twice as fat as the other. The relatively fat-free body of the veteran player is more compact, and therefore, smaller than the recently active woman. The conclusion of this example for players desiring to "lose weight" is: reduce percent body fat and maintain compact, desirable, lean muscle mass.

There are various methods of accurately determining body composition. A skin fold test can be used. Select body sites are measured to determine fat thickness beneath the skin. If the tester is well trained and appropriate formulas are used based on age, sex, and activity level, this method is quite accurate, simple and satisfactory.

When accuracy within one half of a percent is necessary, an underwater weighing technique is used. The subject is submerged while hanging on a scale and exhales all possible air from the lungs. An average weight measure is obtained from 10-12 trials. Since fat floats and lean mass sinks, this measurement is very accurate. It is, however, expensive due to equipment necessary, and potentially stressful for the subject, especially if the person fears water or has claustrophobic tendencies. This method is best suited for research purposes.
The body composition test that I personally prefer is the “mirror test.” It is simple, inexpensive and specifically applicable to the normal, overfat person. You can do this test right now, privately, in your own home.

Go stand in front of a full length mirror. If you don’t have one, go out and buy one. You can use this test as long as you have interest and pride in your appearance and fitness. Standing in front of the mirror, take off all of your clothes. Now, evaluate yourself from head to toe. Observe your front, right side, back (use a hand-held mirror for this) and left side. Be honest with yourself. If you see excess creases, ripples and bulges you are overfat.

The average 20-year-old American male and female are often cited to be 15% and 25% fat, respectively. Such percentages increase steadily with age in sedentary individuals. You don’t need sophisticated, accurate measures to assess such “progress.” Visual observation is accurate enough!

The mirror test, revealing ridges and bulges, simply identifies fat. There is no such thing as cellulite! Fat under any other name is still fat.

Body weight facts:
- Scale weight is a measure of the force of gravity.
- If you can see areas of fat deposits, you are overfat.
- The safe, sure way to reduce percent fat is to eat less and exercise more on a daily, lifelong basis.
- Weight chart norms are meaningless.

The body composed of some fat and mostly muscle is the ideal in terms of racquetball fun, success, and general fitness. There is no “quick-fix diet,” lotion or body wrap that produces the long-term weight loss most people seek. If your goal is really to “lose five pounds,” all you have to do is sit in a sauna long enough. Of course, you will only lose water. If you mean you want to look thinner and be fitter, you can begin today:

1. Check with your doctor for advice.
2. Reduce your food intake.
3. Increase your activity level.
4. Use your bathroom scale as a vague indication of your progress.

Dr. Finn, a member of the American College of Sports Medicine is an Associate Professor and the Director of the Human Performance Laboratory at Southern Connecticut State University in New Haven, Connecticut.

Hanging on a scale and exhaling all possible air from his lungs, the subject is submerged for an underwater weighing which is accurate to within one half of one percent.
Houston's Super League Prepares Texans For Nationals

Wednesday nights the boys get together and play. They play racquetball, of course, but not just any racquetball. They play the slam-bam, knock-down, drag-out, no holds-barred racquetball that you only see at open tournaments. The "boys" just happen to be the top 16 players in Houston. And they're playing for over $1,000 cash.

Every Wednesday night these top players gather at one of Houston's most exclusive clubs, Chancellors, for the Chancellors/Penn Super League. The goal of the Super League is to bring the best players in the area together at one time each week to sharpen their skills. Spectators describe it as being better than an open tournament or exhibition.

"It's like racquetball at its best on cable TV," says league director Mark Keslinger. "It's like having eight different channels to watch. All you have to do is pick up your chair and move to the next court to see another great match."

The games run in a round robin format with two flights for seven weeks. Then the best players are moved to a tournament bracket for the play-offs. This takes four more weeks. At the end of the competition, the winner takes home $500, second place gets $250, third place $150, and fourth place $75. The next four players get their $30 entry fee back plus $20.

The eight other players are moved into a consolation bracket. Here they play off for consolation prizes: four pairs of shoes from AMF Head Racquetsports and bragging rights.

Wednesday nights were chosen for the league to avoid interference with tournament play. If there is a big tournament in town, these guys will all be there. Wednesday falls right in the middle of the week: If they played in a tournament the week before, they have recovered by Wednesday. If one is coming up, then the Super League provides a perfect pre-tournament warm-up.

In fact, the players like the league because it helps to keep their skills sharp. It has been described as one long open tournament in which everyone is playing their best.

In order to keep the competition keen, the prize money has been distributed throughout the ranks to avoid a winner-take-all prize. For third place, $150, everyone has a chance at that and play hard to be there. Every point counts and the pressure is kept on throughout the league. In case of a tie in the league format, the winner will be decided by best percentage of points won in each game. When every point may make the difference between being in the top eight or not, the pressure is very demanding.

Some of the big names drawn to the Super League include Barry Smith, Intramural Champion of the University of Texas; Mike Thurmond who took first in the Texas State Men's A and in the Ektelon Championship Men's A; Gary Merritt who at one time played professionally; and Jeff Kwartler, five time National Doubles Champion. There is even a guy named Tony Rivas who claims to have beaten Marty Hogan (the score was 7-5 in an exhibition after Marty had just given Tony a half-hour private lesson).

With Houston being the site for the AAARA National Singles for the second year in a row, these players are very excited about their game. For those who are expecting to come to Houston for the Nationals, be forewarned the home town team is planning on keeping a lot of those trophies in Houston.

New Teaching Pro Association Seeking Pre-Organization Support

A move is under way to establish another racquetball association, the U.S. Professional Racquetball Association (USPRA). The USPRA will strive to serve its members by concentrating on specific programs to that end.

The USPRA's primary organizer, Mike Keel, of Dallas, has identified five programs that will initiate the effort. They are player ability ranking system, teacher certification, rules/referee certification, programming seminars, and merchandising seminars. Further, the USPRA intends to model its organization after successful, similar organizations in tennis and golf.

As for racquetball's existing teaching pro organization, the American Professional Racquetball Organization (APRO), executive director Mort Leve said, "we'll work with anybody if it's in the best interests of the teaching pros and the sport. APRO welcomes the opportunity to sit down with Mr. Keel and discuss common interests." Keel estimates that it will take a year collecting data and developing the programs he has in mind. He has approached various manufacturers to help underwrite those costs, estimated at $12,000. More as it develops.
**Chicago Is . . . San Diego East?**

Steve Mondry, six years a touring pro and regular contributor to National Racquetball, is making some major moves which he believes will soon turn Chicago into the San Diego East of racquetball.

As of March 1, Mondry became responsible for developing, promoting, and coordinating all racquetball activities at Chicago's Lehmann Sports Club. He plans to have the club host at least two major tournaments in the coming season.

Lehmann will also be headquarters for the Steve Mondry Training Camps scheduled on three consecutive weekends in June — the first camps to be held in the Midwest.

"The owners of Lehmann have made racquetball their number one priority," said Mondry: "They are dedicated to the sport."

Mondry, one of the starry-eyed kids who trekked to racquetball's San Diego "mecca" in the mid-1970's, is convinced Chicago can attract racquetballers in similar droves.

"Chicago is a great racquetball city," he said. "It's going to become one of the nation's best places to play out of."

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**Wilson, High School Students Use RB To Benefit Retarded**

Over 200 students from nine Chicago area high schools played five hours of racquetball in the sixth annual Racquetball Round Robin to help raise funds for the North Shore Association for the Retarded.

"The first year we held the Racquetball Round Robin in 1979, 32 students from one high school played," said Lori Ratcliffe, Round Robin organizer. "The fact that over 200 students, from nine schools are participating this year shows the increased awareness and commitment from the area's teen-age community."

Wilson Sporting Goods was one of the original corporate sponsors of the event and has annually donated racquets, balls and other support.

Proceeds from the fundraiser will help provide programs for over 300 mentally retarded children and adults. Over $6,000 was raised.

For further information on how to organize a Racquetball Round Robin, contact Ms. Lori Ratcliffe, 2525 Church St., Evanston, IL 60201.
Tournament Results

McKay Tops Adams; Regains #1 Ranking

by Sandy Genelius

It was everything you always wanted in a racquetball match... and more.

When the dust had settled after the March 11 finals of the $10,000 Lite Beer Pro-Am at the Holiday Health and Racquet Club in Bangor, ME, there was no question as to who was the queen of women's racquetball—at least not for another four weeks when the throne could be up for grabs again.

Heather McKay, who entered the tournament as the WPRA's second-ranked player and the number two seed, saw her 14-21, 21-15, 21-19, 21-18 victory over number one Lynn Adams perpetuate a string of upsets in the finals of this event and allowed her to reclaim the top position in the rankings.

In each of the last three years of the Lite Beer event, the number one player heading into the tournament has met the number two player and lost. While Adams began the streak of upsets in 1982, McKay was the beneficiary of the Bangor jinx last year, making this 1984 title the second consecutive here for the 42-year-old Toronto resident.

McKay, who served superbly throughout the entire match with crisp, hard drives, ran off six straight points when she was down 1-2 to push to a 7-2 advantage. Adams' offensive game picked up briefly at 4-9, and she utilized two passes and a rollout off the forehand side to pull to within two points at 7-9. After trading shots and at an 8-12 disadvantage, Adams ran off nine unanswered points with a beautiful combination of kills and pinches, primarily delivered from the forehand side, and ended the flurry of scoring with two aces.

With Adams now up 17-12, McKay called a time-out to try to get her game back on track. A forehand kill and pass cut the deficit to three, but Adams responded with four straight well executed forehand shots—a pass, a pinch and two more passes—sandwiched around an ace to take the first game.

"I think I played the (first) game too straight," said McKay. "by not mixing up my shots enough. My serve also got stronger as the match wore on."

The second game is where McKay's tough serve began to pay off. She continually kept Adams off balance and was able to capitalize on weak service returns from her 26-year-old opponent.

The fact that Adams was forced to shoot on the run resulted in many more skipped balls and fewer winning shots in game two, which was one of mini-scoring streaks.

McKay began the game with an ace and followed that with a kill shot and two pinches to jump to an early 4-0 lead. Up 6-4, she scored six of the next seven points to pull to a 13-5 lead. Four
of those points were the result of Adams skips. McKay added another three-point scoring burst to lead 19-11 and, after a last-ditch effort in which Lynn scored three straight points herself to trail 15-20, McKay nudged a soft forehand dink in the right corner with Adams trapped in the back court to even the match at one game apiece.

Game three was just as close as the 21-19 final score indicated as the players were never more than five points apart. McKay staged a strong comeback when trailing 9-14, scoring the next seven points, to pull to a 16-14 advantage. She mixed V-passes, kill shots and a nifty overhead reverse pinch to keep Adams continually on the defensive. The score was tied at 14, 16, 17, 18 and 19 until McKay cracked a backhand rollout and a forehead pinch to go up 2-1 in the match.

The fourth and deciding game followed the same pattern as the third with many ties leading to 13-all. The two talented women thrilled the standing-room-only crowd with breathtaking rallies. With Adams leading 18-15, McKay flew across the court to hit a crosscourt pinch to keep Adams continually on the defensive. The score was tied at 14, 16, 17, 18 and 19 until McKay cracked a backhand rollout and a forehead pinch to go up 2-1 in the match.

The semi-finals provided a showcase for two players who have not made much noise on the WPRA circuit lately. Although Brooklyn-born Fran Davis lost her encounter with Adams, 21-17, 21-15, 21-10, she was pleased with her overall performance in Bangor, the tournament at which she recorded her last semi-final finish two years ago. After scoring and upset of fifth seed Janell Marriott in the round of 16, Davis, ranked 17th prior to the event, rolled to a surprisingly easy 21-14, 21-0, 21-11 victory over third seed and 1983's AMF Voit Player of the Year, Vicki Panzeri, in the quarter-finals.

"I've been putting more time into preparing myself for tournaments both physically and mentally," Davis said. "I do a lot of clinics around the country, and I think they help me analyze my game and my opponent's game better."

The other semi-final match offered the aforementioned duel between McKay and 26-year-old Gilreath, the Flying Wallenda of the WPRA tour. Gilreath has a habit of launching her athletic body into the air and performing other similarly impossible feats to reach shots most other players do not try for. Her acrobatic style, coupled with a new-found confidence resulted in a great match.

In the quarters, Adams pulled out a 21-11, 21-14, 22-20 win over eighth seed Brenda Barrett of Miami, one of only two players to post a winning record against the top seed on last year's tour. After Davis' upset of Panzeri, Gilreath defeated close friend and Atlanta native McKinney by a 21-6, 22-20, 21-10 mark, and McKay stopped Joyce Jackson of Norman, OK 21-11, 21-13, 21-17, after Jackson's upset of seventh seed Jennifer Harding in the previous round.

**Lite Beer Pro-Am**

**Holiday Health and Racquet Club**

**Bangor, ME, March 8-11, 1984**

**Round of 16:**
- Adams d. McDonald 21-13, 21-19, 21-16; Barrett d. Stupp 21-14, 21-14, 22-20; Davis d. Marriot; Panzeri d. Lynch 21-18, 19-21, 21-16; Gilreath d. Pranka 21-6, 21-13, 21-11; McKay d. O'Brien 21-17, 23-21, 21-13; Jackson d. Harding 21-12, 21-12, 17-21, 11-21, 15-6; McKay d. Parent 21-11, 21-11, 21-10.

**Quarter-finals:**
- Adams d. Barrett 21-11, 21-14, 22-20; Davis d. Panzeri 21-14, 21-8, 21-10; Gilreath d. McKinney 21-6, 22-20, 21-10; McKay d. Jackson 21-11, 21-13, 21-17.

**Semi-finals:**
- Adams d. Davis 21-17, 21-15, 21-10; McKay d. Gilreath 16-21, 21-18, 21-14, 21-16.

**Finals:**

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### WPRA Rankings (as of March 12, 1984)

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<tr>
<th>Ranking</th>
<th>Player</th>
<th>Points</th>
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<tr>
<td>1.</td>
<td>Heather McKay</td>
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**NATIONAL RACQUETBALL**
Doug Cohen, playing "the best match in my career," defeated defending champion Gerry Price, 8-11, 11-1, 11-4, 11-3 to capture the $8,500 Crack Shooter Open held at the Rocky Mt. Health Club in Cheyenne, WY March 1-4. The win was Cohen's second Crack Shooter title (1982 was the other) enabling him to make the trip back to St. Louis $2,500 richer.

Price, who had a relative easy path to the finals, had to settle for the $1,600 second prize in the fifth annual tournament sponsored by Holiday Inn and Coors Light.

In the round of 16, David Gross, St. Louis, announced that he would be heard from with an upset of eighth ranked Evan Terry. Terry, who admitted he wasn't prepared for the match, could only get it going the second game, but many felt the upset Gross would have been too much anyway. Final scores in Gross' favor, 11-2, 1-11, 11-4, 11-6.

Cohen played Jack Nolan, Phoenix, and came within one point of being eliminated early. The fourth game could have gone either way and Doug was lucky to escape with a 9-11, 11-4, 7-11, 11-10, 11-4 victory.

John Egerman, number three seed, did get eliminated in the round of 16, upset by Andy Gross, David's brother, 11-9, 4-11, 9-11, 11-9, 11-10.

Scott Hawkins went the McEnroe route in his two and-a-half hour marathon match against rookie Dolwain Green of San Diego. Hawkins appealed call after call, openly questioned the ability of the referee, John Egerman, and his linesmen, and turned the crowd completely against him by the match end. Hawkins needed every point to squeak out his 4-11, 10-11, 11-10, 11-10, 11-10.

In the quarters, David Gross continued his upsets as top seed Jerry Hilecher fell 11-8, 11-10, 11-6. Cohen kept on top of Scott Oliver and won in four, 11-9, 11-8, 11-10, 11-4. Andy Gross, following his brothers footsteps, upset Hawkins 11-6, 11-3, 11-7. Price had no problem with Mike Romo, 11-3, 11-1, 11-3.

In the semi's, the Gross brother's strings came to an end, Cohen defeating David, 11-7, 11-8, 11-2, while Price handled Andy 11-6, 11-4, 11-9. But their showing impressed many. One veteran player commented, "one of those two will be a national champion in three years." For their efforts, both went home with $800.

In the finals, few fans felt Cohen could keep Price from winning his second straight title. Doug won the toss and the first point when Gerry skipped in his serve return. Gerry captured the serve and proceeded to run off four straight points, but Doug retaliated by scoring three to tie at 4-4.

Both players were shooting and points were being scored on aggressive play, not mistakes. Although Gerry had problems getting his first serve in, he ran off four more points to take the score to 9-5 and force Cohen to call time-out. Play continued to be aggressive as Gerry kept his lead and won game one, 11-8.

In game two, Price served first, but was immediately broken on a Cohen roll-out. Two serves produced two points for Doug, the players exchanged serves on two good offensive rallies, and Doug then ran off three points causing Gerry to call time-out.

Doug was getting hot while Gerry was making unforced errors. Time in—three lob serves—three weak returns—three points for Cohen now leading 8-0. The game ended 11-1.

Price (r.) rolls one out against Cohen in the finals. Unfortunately for Gerry, there weren't enough of these.
Cohen opened game three with a surprise forehand Z serve—1-0. At 1-1, Cohen scored six straight using a Z-lob or lob serve to set up his second shot. Price was frustrated with his inability to control the match, and tried to regroup with a time-out.

He came back with aggressive play and a strategy of attacking Cohen's forehand resulting in the best racquetball of the match as both players hit one spectacular shot after another. At the end of it, though, the score was 9-4 Cohen. Doug surprisingly switched to drive serves to Gerry's backhand and he got what he wanted—two points and game three.

Game four started out slowly, but eventually followed the pattern of the other games. Trailing 0-1, Cohen's lob serves produced three set-ups and three points. Gerry wasn't going to let this get out of hand early so he again called an early time-out, but again it didn't work.

Cohen continued with four more straight points, all off set ups after lob serves and ceiling rallies. Basically, the match was now history. Gerry tried to extend it, hopeful of finding himself a hot streak, but Doug won it, burying a returned drive serve to Gerry's forehand. •

5th Annual
Crack Shooter Open
Rocky Mountain Health Club
Cheyenne, WY, March 1-4, 1984

Round of 16:
Hilecher d. Champagne 11-3, 11-6, 11-8;
D. Gross d. Terry 11-2, 1-11, 11-4, 11-6; Cohen d. Nolan 9-11, 11-4, 7-11, 11-10, 11-4; Oliver d. Sanchez 11-4, 11-10, 9-11, 11-6;
A. Gross d. Egerman 11-8, 3-11, 9-11, 11-6, 11-10; Hawkins d. Green 4-11, 10-11, 11-10, 11-10, 11-10; Reiner d. Egerman, forfeit; Price d. Ibarra 11-1, 11-4, 11-5.

Quarter-finals:

Semi-finals:

Finals:
Cohen d. Price 8-11, 11-1, 11-4, 11-3.
Tournament Results

California

Good Chevrolet Great Pumpkin Open
Sacramento Handball Racquetball Club
Sacramento, CA — Oct. 28-30

Men's Open Singles
Quarter-finalists — Lowe d. Thomas; Bent d. Holland; Scott d. Jamison; Fitzpatrick d. McCoy
Semi-finalists — Lowe d. Bent; Fitzpatrick d. Scott
Finalists — Fitzpatrick d. Lowe

Men's B Singles
Quarter-finalists — Kemp d. Munro; Flores d. Masel; Vergid d. Nevroom; Bales d. Gray
Semi-finalists — Flores d. Kemp; Bales d. Yergin
Finalists — Bales d. Flores

Men's C Singles
Quarter-finalists — Hughes d. Powers; Griffin d. Palge; McMillen d. Deader; Valero d. Adenhold
Semi-finalists — Hughes d. Griffin; McMillen d. Velio
Finalists — Hughes d. McMillen

Men's D Singles
Quarter-finalists — Leon d. Hay; Wragge d. Mitchell; Runnels d. Yorong; Esperandiea d. Abbott
Semi-finalists — Leon d. Wragge; Runnels d. Esperandiea
Finalists — Leon d. Leon

Women's Open Singles
Quarter-finalists — Mook (Bye); Curtis d. Naird; Morrow d. Gniarducci; Rasmussen d. Yamashiro
Semi-finalists — Mook d. Curtis; Rasmussen d. Morrow
Finalists — Rasmussen d. Mook

Women's B Singles
Quarter-finalists — Hernandez d. Gravity; Jordan d. Thompson; VanMaren d. Sazo-Garcia; Jaureche d. Crets
Semi-finalists — Hernandez d. Jordan; VanMaren d. Jaureche
Finalists — VanMaren d. Hernandez

Women's C Singles
Quarter-finalists — Brow d. Ramirez; Martin d. Nolan; Cox d. Nell; Germond d. Moore
Semi-finalists — Martin d. Brown; Germond d. Cox
Finalists — Germond d. Martin

Women's D Singles
Quarter-finalists — Thompson d. Godson; Raetz d. Cox; Ralj d. Barnett; Comer d. Roney
Semi-finalists — Thompson d. Reetz; Blair d. Comer
Finalists — Thompson d. Blair

California

7th Annual Women's Classic Racquetball Tournament
Sacramento Court Club
Sacramento, CA — Nov. 11-13

Open Singles
1st — Pupek; 2nd — Chiarcchi; 3rd — Ring

B Singles
Quarter-finalists — Franzman d. Maxwel; Stevens d. Sherwood; Wingo d. Flores; Filgate d. Lopez
Semi-finalists — Franzman d. Steven; Filgate d. Wingo
Finalists — Franzman d. Filgate

B Consolation Singles
Quarter-finalists — Sadawos d. Dale; Maksin d. Glickert; Yorong d. McDonald; Jake d. Fields
Semi-finalists — Sadowski d. Maksin; Dukas d. Yorong
Finalists — Sadawos d. Dukas

C Singles
Quarter-finalists — Large d. Facic; Wilson d. Jones; Boeger d. Martin; Seltzer d. Bedford
Semi-finalists — Large d. Wilson; Boeger d. Seltzer
Finalists — Large d. Boeger

C Consolation Singles
Quarter-finalists — Wilson d. Restaino; Thompson d. Thompson; Pierce d. Hatfield; Puls d. Crets
Semi-finalists — Wilson d. Thompson; Puls d. Pietra
Finalists — Wilson d. Puls

D Singles
Quarter-finalists — Brian d. Turgeon; Foster d. Matthews; Ward d. Barrow; Bott d. Garcia
Semi-finalists — Foster d. Brian; Bott d. Wardup
Finalists — Foster d. Bott

D Consolation Singles
Quarter-finalists — Conner (Bye); Coleman (Bye); Garcia d. Barrow; Hughes d. Anderson
Semi-finalists — Coleman d. Conner; Garcia d. Hughes
Finalists — Garcia d. Coleman

Senior Singles
1st — Idra; 2nd — Coyne

A&B Doubles
Quarter-finalists — Ring/Filgate d. Glickert/Fowler; Lopez/Yorong d. Watson/McDonough; Coyne/Germond d. Garner/Maksin; Puls/Cardenas d. Maxwell/Fields
Semi-finalists — Ring/Filgate; Lopez/Yorong; Puls/Cardenas d. Coyne/Germond
Finalists — Puls/Cardenas d. Ring/Filgate

B Doubles
Quarter-finalists — Glitzker/Fowler d. Watson/McDonough; Garner/Maksin d. Maxwell/Fields
Finalists — Glitzker/Fowler d. Garner/Maksin

C Doubles
Quarter-finalists — Large/Bott d. Boeger/Prestiano; Holland/Wilson d. Marin/Jones; Foster/Wardup d. Wilson/Wilson; Puls/Wright d. Bryan/Garcia
Semi-finalists — Large/Bott d. Holland/Wilson; Foster/Wardup d. Puls/Wright
Finalists — Foster/Wardup d. Large/Bott

New Hampshire

Gilford Hills Singles Classic
Gilford Hills Club
Gilford Hills, NH, November 12, 1983

Men's Open
1st — Eaton; 2nd — Lloyd; 3rd — Morrison; 4th — Maxwell

Men's C
1st — Hallis; 2nd — Carroll; 3rd — Parsons; 4th — Patting

Women's C
1st — Perreaux; 2nd — Anezis; 3rd — Morrison; 4th — Hough

INSRA — Classic Tour
Summit City Spaulding
Wayne Fer, December 2-4

Men's Open
1st — Gebre; 2nd — Bartlett; 3rd — Ciaggett; 4th — Walls

Women's A
1st — Kewley; 2nd — Mikes; 3rd — Carriello; 4th — Christiansen

Women's B
1st — Williams; 2nd — Looper; 3rd — Freehin

Women's C
1st — Williams; 2nd — Looper; 3rd — Freehiein

Women's E
1st — Bulleythugh; 2nd — Ranford; 3rd — Underwood; 4th — Murray

Women's F
1st — Nyenhaus; 2nd — Fuller; 3rd — Allen

Men's D
1st — Williams; 2nd — Looper; 3rd — Freehinein

Women's G
1st — Williams; 2nd — Looper; 3rd — Freehinein

Women's H
1st — Haworth; 2nd — Davis

Women's Masters
1st — McCuller; 2nd — Miller; 3rd — Bye; 4th — Tronnmark

Ladies Open
1st — Baker; 2nd — Haybyond

Women's A
1st — Ellis; 2nd — Reddy; 3rd — Stalun; 4th — Sheva

Women's B
1st — Miller; 2nd — Berch; 3rd — Duff; 4th — Ahead

Women's C
1st — Soreton; 2nd — Hawkins; 3rd — Sheward; 4th — Looper

Women's D
1st — Soxeld; 2nd — Moke; 3rd — Underwood; 4th — Stackle

Women's E
1st — Beauchamp/Gransifeld; 2nd — Arnold/Hutchens; 3rd — Foster/Sukait; 4th — Butler/Mackel

Men's A Doubles
1st — Felton/Alchak; 2nd — Morini/Freak; 3rd — Baker/Hansen; 4th — Berry/Morris

Men's B Doubles
1st — Campbell/Seller; 2nd — Duran/Sweigart; 3rd — Bollman/Ostheimer; 4th — Diamond/Perrin

Mixed Open Doubles
1st — Huguen/McWorm; 2nd — Miller/Miller; 3rd — Coffee/Keejian; 4th — Selva/Selva

North Carolina

Cardiac Classic
Courts Plus
New Bern, NC
December 2-4

Men's Open
1st — Little; 2nd — Clark; 3rd — Zayoyn; 4th — Hunt

Quarterfinalists — Barrow; Gamnaziaco; Malister; Rossi

Men's B
1st — DeRossett; 2nd — Bennett; 3rd — Kane; 4th — Halloes

Quarterfinalists — Tillotton; Walters; Whitney; Hovchan

Men's C
1st — Zergel/2nd — Duntap; 3rd — Hamilton; 4th — Bergevin

Quarterfinalists — Thompson; Zagoraki; Stalma; Kostin

Men's D
1st — Carson; 2nd — Lopez; 3rd — Tedder; 4th — Read

Quarterfinalists — Zayon; Lee; Janes; Romero

Men's Novice
1st — Giles; 2nd — Isaacs; 3rd — Powell; 4th — Falls

Quarterfinalists — Tyson; Huddle; Regezar; Moore

Men's Novice
1st — Wooten; 2nd — Morrison; 3rd — Hawkins; 4th — Shelton

Quarterfinalists — McCosker; Wellington; Ming; Ives

Women's Open
1st — McVeigh; 2nd — Skalin; 3rd — Rossi; 4th — Tillotton

Quarterfinalists — Abirton; Borton

Women's D
1st — Reed; 2nd — Powell; 3rd — Mobley; 4th — Beck

Quarterfinalists — Stanton; Sheffell; Neil; Parker

North Carolina

1st Annual Lite Open
The Racquets — December 2-4
Morganton, NC

Men's Open
1st — valeurs; 2nd — Biederman; 3rd — Yang; 4th — Anthony

Quarterfinalists — Griffie; Johnson; Miller; Worthyhouse

Men's A
1st — Gilly; 2nd — Nell; 3rd — Shorthouse; 4th — Bryne

Quarterfinalists — Thorton; Newlin; Bux; Lackey

Men's C
1st — Bayer; 2nd — Utar; 3rd — Auton; 4th — Inecke

Quarterfinalists — Noll; Masny; Taylor; Dozier

Men's Novice
1st — Byarn; 2nd — Caughey; 3rd — Cooper

Quarterfinalists — Miller; Mitchell

Women's B
1st — Miller; 2nd — Harris; 3rd — Giles; 4th — Miller

Quarterfinalists — Trayor; Trayor; Maney

Women's Novice
1st — Clark; 2nd — Throckmort; 3rd — Giles; 4th — Sparks

California

Senior Showdown
Sacramento Handball Racquetball Club
Sacramento, CA — Dec. 2-4

Men's 25+
Quarter-finalists — Raqueo d. Hill; Bill d. Bez; Jr.; Wong d. Legie; Stewart d. Howe

Semi-finalists — Raqueo d. Hill; Wong d. Stewart

Finalists — Raqueo d. Wong

Men's 30+
Quarter-finalists — Pezhu d. Sorenson; Infantado d. Erikal; Thomas d. Letache; Kurz d. Mahf

Semi-finalists — Infantado d. Petrui; Kurz d. Thomas

Finalists — Infantado d. Kurz

Men's 35+
Quarter-finalists — Palermo d. Gaynon; Barreras d. Woods; Bales d. Dauphine; Johnson d. McDonald

Semi-finalists — Palermo d. Barreras; Johnson d. Bales

Finalists — Palermo d. Johnson

Men's 40+
Quarter-finalists — Throssell d. Prise; Hort-Lorenzen d. Early; Gray d. Mitchell; Saradil d. Lippman

Semi-finalists — Throssell d. Hort-Lorenzen; Sevart d. Gray

Finalists — Thomas d. Sevart

38 MAY
Men's 25+ Doubles
Quarter-finalists - Baez/Howe d. Feltner/Macias
Easterly/Hall d. Macias/McDonald
Quarter-finalists - Gardner/Gardner d. Grosz/Rossow
Sadowski d. Van Maren
Sharts d. Lockett
Women's 25+
Semi-finalists - Sadowski d. Van Maren
Semi-finalists - Sharts d. Lockett
Men's 35+
Finalists - Lopez/Thomas d. Anthony/Serafin
Defazio d. Pym; Elkins d. Day
Quarter-finalists - Denoncourt (Bye); Polenske d. Simmons
Denoncourt d. Polenske; Hathaway d. Allen
Hathaway d. Joines; Allen d. Rossow
Barrera's/Hiort-Lorenzen d. Flores/Gray; Bartell/Johnson d. Johnson/Hall
Men's 45+ Doubles
Lopez/Thomas d. Bartell/Johnson
Finalists - Seams d. Gardner; Bates d. Grosz
Semi-finalists - Petrie/Racqueno d. Kennedy/Morrison
Semi-finalists - Petrie/Racqueno d. Hill/Stewart
Semi-finalists - Petrie/Racqueno d. Baez/Howe
Women's 25+ Doubles
Crets/Thompson d. Mendonca/Pacheco
Ebisu/Van Meren d. McGlone/Fitzpatrick
Women's 30+
Men's Novice
Tardiff
Men's B Doubles
Men's C Doubles
Penn
Men's Pro Doubles
Boiven; 3rd - Mahaney; 4th - Brooks
Men's Open Doubles
1st - Collard/Fitzpatrick; 2nd - Bouchard/olson; 3rd - Daye/Griffing; 4th - Dubord/Germain
Timberlake/Innsdale; Mack/Curtis
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Celebrity Courts
Warwick, RI — Jan. 13-15
Sponsored by Paul Arpin Van Lines
Tournament Director — Janell Marriot

Men's A
Semi-finalists — Dogan d. Lamont, 15-6, 15-10; Drew d. Marriott 15-9, 13-15, 15-12

Men's B
Quarter-finalists — Klingaman d. Meyer, 15-14, 15-12; Wood d. Couture, 15-5, 15-11; Stewart d. Ellis (forfeit); Leite d. Jennings, 15-11, 7-15, 15-10
Finalists — Leite d. Klingaman, 15-4, 15-14, 15-8

Men's C
Semi-finalists — Fishman d. Hughes, 15-1, 15-5; Alvernaz d. Chatello, 15-4, 15-8
Finalists — Alvernaz d. Fishman, 1-5-12, 15-5

Men's Novice
Finalists — Dittmar d. Shiel, 8-15, 15-1, 15-13

Men's 35+ B
Finalists — Friel d. Wise, 15-11, 5-15, 15-5

Men's 35+ C
Finalists — Prosser d. Coletta, 15-13, 14-15, 15-8

Men's A Doubles
Finalists — Drew/Crockett d. Rawcliffe/Henry, 15-2, 15-10

Men's B Doubles
Semi-finalists — Forseca/Leite d. Davies/Hornmann, 15-15, 15-10; Drescher/Jennings d. Lostocco/Carnell, 15-9, 15-13
Finalists — Drescher/Jennings d. Forseca/Leite, 12-15, 15-1, 15-13

Women's A
Quarter-finalists — Champion d. LaFontaine, 15-5, 15-9; Chabot d. Perry, 15-14, 15-14; Mycroft d. Dugas, 15-6, 11-15, 15-4; Tremen d. Carr, 15-15, 15-14
Semi-finalists — Champion d. Chabot, 15-2, 15-9; Mycroft d. Tremen, 15-12, 15-11
Finalists — Champion d. Mycroft, 15-6, 11-15, 15-7

Women's C
Quarter-finalists — Bailey d. Desisto, 15-7, 15-9; Condon d. Tisch, 15-3, 15-2; Rohrberg d. Glazer, 15-10, 15-11, 15-5; DiCarlo d. Marropio, 15-9, 15-4
Finalists — Bailey d. Rohrberg, 15-13, 15-11

Ohio
1st Real Estate Open
Sponsored by Lake County Board of Realtors
Mentor, OH — Jan. 19-21
Tournament Director — John Barkan

Women's A
Quarter-finalists — Carmen d. LaFontaine, 15-5, 15-9; Chabot d. Perry, 15-14, 15-14; Mycroft d. Dugas, 15-6, 11-15, 15-4; Tremen d. Carr, 15-15, 15-14
Semi-finalists — Champion d. Chabot, 15-2, 15-9; Mycroft d. Tremen, 15-12, 15-11
Finalists — Champion d. Mycroft, 15-6, 11-15, 15-7

Women's C
Quarter-finalists — Bailey d. Desisto, 15-7, 15-9; Condon d. Tisch, 15-3, 15-2; Rohrberg d. Glazer, 15-10, 15-11, 15-5; DiCarlo d. Marropio, 15-9, 15-4
Finalists — Bailey d. Rohrberg, 15-13, 15-11

Men's A
Quarter-finalists — Higley d. Lorton, 21-13, 21-5; Deeb d. McLaughlin, 21-3, 21-12; Marinelli d. Rudder, 21-11, 12-21, 11-5; Kamar d. Hennal, 21-1, 21-3
Semi-finalists — Higley d. Deeb; Marinelli d. Kamar, 21-15, 17-21, 11-10
Finalists — Marinelli d. Higley, 21-19, 21-10

Men's B
Quarter-finalists — Tough d. Hilton; Layton d. Jeran, 21-18, 21-9; Metelko d. Rudder, 21-10, 11-21, 11-6; Albu d. Louis, 21-20, 21-9
Semi-finalists — Layton d. Tough, 21-15, 21-8; Metelko d. Albu, 21-18, 21-17
Finalists — Layton d. Metelko, 14-21, 21-16, 11-10

Men's Novice
Semi-finalists — Vanni d. Grier, 21-18, 21-17; Kovalsky d. Radcliffe, 21-4, 20-21, 11-6

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Maine

The Nike IV

The Courtyard

Saco, ME — Jan. 27-29

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Tournament Director: John Bouchard

Men's Open


Women's Open


Women's B Doubles

Quarter-finalists — Fenelli/Linn d. Berry/Yocum, 15-9, 15-4; Greenaw/Krause d. Hammond/Trask, 15-3, 15-4; Ouarter-finalists — Bouchard/Olsen d. Norsworthy/Pierpont, 15-12, 15-14

Women's Men's doubles

Quarter-finalists — Demb/Klein d. Berry/Yocum, 15-9, 15-4; Ouarter-finalists — Bouchard/Olsen d. Norsworthy/Pierpont, 15-12, 15-14

Minnesota

Advantage Athletic-University Ford Racquetball Tourament

Supreme Court Racquetball & Fitness Center

Rochester, MN — Jan. 27-29

Tournament Director: Ann Townsley-Evans, Mike Gorman

Men's Open

Quarter-finalists — Stead & Steen; Ouarter-finalists — McManus & Waterhouse

Women's Novice

Quarter-finalists — Wright/Isenberg, 15-6, 15-3; Ouarter-finalists — Babb/Johnson, 15-6, 15-2; Eddy/Fitzpatrick d. Brown/DiPalma, 15-4, 15-4

New Hampshire

1984 New England Open Doubles Championships

Laconia Racquetball Club

Laconia, NH — Feb. 3-5

Tournament Director: Joyce Beaudoin

Men's Open

First — Brown/O'Neill; Ouarter-finalists — Stylianou/Long; Ouarter-finalists — Rynan/Strapero; 4th — Graham/Morrison

Women's Open

First — Brown/O'Neill; Ouarter-finalists — Stylianou/Long; Ouarter-finalists — Rynan/Strapero; 4th — Graham/Morrison

Michigan

Buff Dog Super 7 #5

University Racquet Club

Sponsored by Bud Light, Ekelon, Lewerentz Sports Clinic

First — Ferris; Ouarter-finalists — Vanin; 3rd — Vanegage

First — Manor; Ouarter-finalists — Seccast; 3rd — Beers

First — Girman; Ouarter-finalists — Secast; 3rd — Floyd

First — Worthy; Ouarter-finalists — Dewosin; 3rd — Pitchett
<table>
<thead>
<tr>
<th>Event</th>
<th>Winners</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women's Doubles</td>
<td>1st - Kreuzwizer / Lutzel</td>
</tr>
<tr>
<td>Men's Doubles</td>
<td>1st - Lepczyk / Fecher</td>
</tr>
<tr>
<td>Women's A</td>
<td>1st - Smith / Leasure</td>
</tr>
<tr>
<td>Men's B Doubles</td>
<td>1st - Fast / Lutzel</td>
</tr>
<tr>
<td>Men's A</td>
<td>1st - Butler / Colon</td>
</tr>
<tr>
<td>Men's B</td>
<td>1st - Davis / Schmidlin</td>
</tr>
<tr>
<td>Men's C</td>
<td>1st - Looper / Strait</td>
</tr>
<tr>
<td>Men's Seniors</td>
<td>1st - McCabe / Mildrow</td>
</tr>
<tr>
<td>Women's Open</td>
<td>1st - Geiser / Young</td>
</tr>
<tr>
<td>Men's Masters</td>
<td>1st - Dorman / Robinson</td>
</tr>
<tr>
<td>Men's Open</td>
<td>1st - Baker / Lutzel</td>
</tr>
<tr>
<td>Men's D</td>
<td>1st - Michael / Retz</td>
</tr>
<tr>
<td>Women's A</td>
<td>1st - Fischer / Leuck</td>
</tr>
<tr>
<td>Women's B</td>
<td>1st - Holman / Ferrell</td>
</tr>
<tr>
<td>Women's C</td>
<td>1st - Hufnicker / Marion</td>
</tr>
<tr>
<td>Women's D</td>
<td>1st - Nye / Owens</td>
</tr>
</tbody>
</table>

**Michigan**

Bud Light Super Seven #6

Maple Courts Racquet Club

Sponsored by Bud Light, Ektelon, Lewrenz Sports Clinics

<table>
<thead>
<tr>
<th>Event</th>
<th>Winners</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men's Open</td>
<td>1st - Valin / Mitchell</td>
</tr>
<tr>
<td>Men's A</td>
<td>1st - Walshe / May</td>
</tr>
<tr>
<td>Men's B</td>
<td>1st - Szusko / Hodges</td>
</tr>
<tr>
<td>Men's C</td>
<td>1st - McIcarge / Rozier</td>
</tr>
</tbody>
</table>

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Opinion

Change Serve Rules For A Better Game

by Harris Cassell

Racquetball is a fantastic and extremely enjoyable game. I have played handball, tennis, and squash but they do not compare to the thrills and excitement provided by racquetball, which requires concentration, sharp reflexes, cleverness, strength, power, speed, agility and endurance.

Racquetball is not a game of giants and heavyweights. Everybody can play and enjoy themselves. What makes the game so exciting and intriguing is that it can in many ways be compared with chess.

The many combinations of striking the ball against the front, side, back walls, and ceiling, the tactics and playing strategy with the innumerable possibilities of attacking, defending, feinting, and changing pace make racquetball so variable and versatile.

In the few years that I have played, read, and discussed the game with other players, I have found the concept and method of winning to be "exploit your opponent's weakness". This really means, "play and pound his backhand."

There is no required alternating service box, like tennis or squash; therefore an individual can serve predominately into his opponent's backhand. I have played against players who have used this service tactic throughout the entire game.

What disturbs me is the philosophy of the method of winning. The objective of any competitive game is to have fun, exercise, and win by aggressive, determined, and hard playing. In winning, the victor should be able to say, "I prevailed because I was better, faster, and stronger than my opponent. I defeated him at his strongest play, not that I won because of his weakness or poor play." This is the ultimate goal of winning. To win by exclusively exploiting weakness is a shallow and incomplete victory.

I would like to recommend a rule change which would require that serves to go alternately to the receiver's backhand and forehand side. The serving player would have to alternate his service position from right to left in a divided service box (see diagram).

The method would operate as follows; a server would serve from the left service box and the ball would have to bounce into the right divided back court. The procedure would alternate, serve from right service box into the left back court. This alternation would continue until side out.

I am firmly convinced that this rule change would make a more competitive game and enhance the future development of this marvelous sport of racquetball.
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ARHS isn't just for leagues and tournaments. It provides all racquetball players additional incentives that go beyond just winning. They can improve their performance rating, beat the handicap, or arrange new, compatible matches. And generally become more active. More active players are happier players and that is good for the players and the sport.

So put an end to sandbagging. Increase your enjoyment of racquetball by encouraging your club to join ARHS. Club Managers or Activity Directors can contact ARHS at (612) 933-8400. Or write to:

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