Lynn Adams
WPRA's New 1984-85 National Champion

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FEATURES

6 An A+ For Adams
Lynn Adams Takes the WPRA Nationals In Fort Worth
By JOHN BARLOW

11 Interview: Jim Carson
The WPRA has a new Commissioner and he has a few things to say

14 Andrews And Baxter Win Flying Circus
The AARA National Singles puts on a real show
By JASON HOLLOMAN

22 Hogan Soars A Mile High
Marty Hogan takes the RMA stop in Cheyenne
By DREW STODDARD

25 Racquetball For Lunch Bunch
Famous surgeons make racquetball part of their life-saving routines
By JEAN SAUSER

27 Anatomy Of A Nationals
Canada’s biggest tournament of the year was a bash with class
By SIGMUND BROUWER

33 Scott Schafer Sweeps 1985 Japan Open
Japan’s 5th Annual Open has a surprize ending
By KEN SHINN

38 Adams Squeaks By Panzeri In Oklahoma
Adams may be #1, but watch out for Panzeri!
By JOHN BARLOW

INSTRUCTION

19 Back Wall Play
Getting out of those tough spots
By CHARLIE GARFINKEL

30 Championship Service Strategy For The Power Game
Inside tips from the ultimate power player
By MARTY HOGAN

FITNESS

35 Vitamins, Minerals and Your Game – Part II
What you don’t know will hurt you
By GIGI HORN

DEPARTMENTS

2 First Serve
By CHUCK LEVE

3 Letters To The Editor

4 Short Lines

34 Off Court Fitness
By JEAN SAUSER

40 Amateur Tournaments

40 Extra

42 New Products

43 Rankings

44 Side Out
By DREW STODDARD
Sad To See Her Go

"The times they are a-changin." But that doesn't mean I have to like it. I watched the Charlie Brumfield Era go; saw the Peggy Steding Era move on by; and have enjoyed the Marty Hogan Era that may or may not be over. But I don't think any of the above sadden-ed me like the official denotation of the end of the Heather McKay Era (see page 40).

That's because McKay, a class act if there ever was one, is hanging up her racquet. At least her competitive racquetball racquet.

And while the McKay Era has been running its course the past season and a-half as we usher in the Lynn Adams Era of women's professional racquetball, there is no doubt that overall, to date, Heather McKay has been the finest women's racquetball player ever to step on the court.

What makes McKay's credentials shine head and shoulders above all others is the simple truth: she pulled a "Steding" (winning national titles after her 40th birthday) and she did it against the higher caliber competition of the early and mid 80's as oppo-sed to Peggy's mid 70's reign.

Heather's battles the past five years against a foe nearly half her age (Adams) makes one reminisce about the similar battles between Steding and Arch rival Shannon Wright a decade earlier, with the same 18-20 year age differential.

Like Steding, McKay changed the game. And like Steding (and most other top athletes as they approach and pass their 40th year) nagging injuries began to take their toll. McKay was unable to compete for nearly six months this season due to a chronic neck ailment, diagnosed as two degenerating discs with some slight arthritis thrown in for good measure.

But despite the injuries, McKay was going to hang up her DP 8000 any how, opting to return both to her native sport (squash) and her native homeland (Australia) by accepting a position with the Australian Institute of Squash.

Heather's performances on the court became legendary as she dominated the field for a solid four years until Adams came of age, which, not coincidental-ly, paralleled McKay's push into her forties. Her grace, her style, her competiveness, her savvy, and her am-bassadorship for the sport, if you will, made most of us inside racquetball proud to have her as a champion.

After an appearance at the DP Nationals this month and an attempt, barring injury, in the Masters Games in Toronto, she'll be done. On August 26 she'll leave Toronto, her North American home, for Brisbane, Queensland, Australia, still more than 1,000 miles from where she grew up, and light years from her former racquetball life.

And while she manages an "I'm looking forward to the new challenge," she takes a deep breath and adds, "I'm gonna miss the racquetball in my life, for sure."

Well, I've got news for you. We're gonna miss you too, Heather. There are too few like you and I doubt there will ever be one better.
LETTERS TO THE EDITOR

Does Anyone Out There Read French?

Dear Editor,

I thought some of my fellow readers would find this interesting. Please find enclosed (picture below) some brief information on the Eiffel Tower Open Racquetball Tournament held this year in France. It was the biggest to date. Around 70 players, from France, Belgium, Holland, Germany and some wayfaring Americans were present for the festivities. Very fun and prestigious.

Bon voyage!

Stephen Glasgon
Paris, France

Reprints and Posters

Dear Editor,

Is there any way I may obtain a reprint of your April 1985 cover photo either in poster size or 8 ½ by 11? This photo, more than any other I've seen of Marty, epitomizes power racquetball which is the style of play I subscribe to. Please let me know if copies can be obtained and the cost.

Also, the "Championship Racquetball" series by Hogan now being run in NR is the very best instructional series I've read since I learned the basics of racquetball through NR's beginners instructional series back in 1977.

Keep up the good work.

Butch Dusenberry
Decatur, IL

Alas! All we have is our one cover photo and, of course, the printed magazine covers. If you want a back issue, just let us know. There are, however, some nice posters of Marty that were done by one of his sponsors, Nike. Our favorite around the office is one entitled "Smokin' Hogan." You might contact Nike at 3700 S.W. Murray Blvd., Beaverton, OR, 97005, to see if they have any posters left. Thanks for the compliment about our instructional series, too. We appreciate the input.—Ed.

10,000 Wins?!

Dear Editor,

I've been playing the game for 14 years as an open or A player and I have kept track of my won/loss record and in April I reached the 10,000 win level. I was wondering if any record like this has ever been achieved. If so, what was it?

Frank Lamuto
Hamtramck, MI

Check my figures to see if I'm correct. Let's see. 365 days x 14 years = 5,110 days. You say you had 10,000 wins in that time, so 10,000 / 5,110 days = 1.9569 days a day if you played every single day of the week. Sounds impressive. Of course, I'm 12,775 days old and that sounds impressive, too. Does your Dad own a racquetball court or something? I guess it is a record of some sort. Do any of you subscribers out there keep score on things like this?—Ed.

Got Something To Say?

If you would like to write a letter to the Editor, please send your comments to: Letters to the Editor, National Racquetball, 4350 DiPaolo Center/DeArlove Road, Glenview, IL 60025. All correspondence becomes the property of National Racquetball and will not be returned. Thanks.—Ed.
The Sports Connection Stars In “Perfect”

John Travolta Moves From Discos To Health Clubs... Santa Monica, California's premier health and racquetball club, The Sports Connection, is featured in “Perfect,” this summer's movie sizzler. The film stars Travolta as a Rolling Stone reporter who's out to do a hatchet job on health clubs. His quest for a hot story takes him to the Sports Connection where he learns about the health club scene from aerobics instructor, Jamie Lee Curtis, and of course, falls in love with her. It's really no surprise that the Sports Connection, is featured extensively throughout the film. In real life, Curtis is a member along with celebrities like Arnold Schwarzenegger, Jim Belushi and Carrie Fisher.

There are currently six Sports Connections in the Los Angeles area with a new club on the way. Founders of the exclusive clubs, Mike Talla and Nanette Pattee say that they were very pleased to have a major motion picture shot in one of their clubs. Since some of the club's staff and members had small parts in the movie, Pattee claims it is a lot of fun for members and staff to see themselves in a movie about the fitness craze that is currently sweeping the country. Now that's what we call a super club summer program! □

Hurricane Kozil Hits Maui

Ken Kozil, National Racquetball's advertising manager was married in Chicago on May 18. He and wife Mary took a two week honeymoon to Maui during the height of the United Airlines strike.

"For a while, it looked like we were going to be stranded in Hawaii," said Kozil. "Under the circumstances, I didn't mind." □

Ken and Mary Kozil
Off Court Strategy

Jack Newman recently earned his college degree. The 23 year old touring pro now has a Bachelor's degree in marketing from the University of Chicago. He won't put it to use immediately, however. Jack plans to take the pro tour by storm in the 1985-86 season. He's currently training and working part-time at Four Flags Court Club and Fitness Center in suburban Chicago in hopes of increasing his ranking from its current 15.

Where Are They Now Department

Sarah Green, former WPRA and NRC touring pro has joined the Army and is stationed in Germany! But, there is much more to her story than that. Green graduated from Memphis State University Law School in May, 1984. Upon passing the bar exam in July, she went into practice with her father until January of this year.

Sarah is now part of the Judge Advocate General's Corp., an organization of attorneys representing the soldiers. Sarah will be stationed in Germany for the next three years and is very serious about getting some good trial experience under her belt.

"I guess traveling never got out of my blood," says Green who consistently ranked among the top 8 players for over three years. Green's career hit its all-time peak in 1980, when she won the Ektelon Nationals, her acceptance speech included offering a round of free beers to all of her fans at the tournament site bar. At the next pro stop in Lawton, OK, she had no problem hamming it up with the McDonald's cartoon characters during a publicity photo session.

"Very few people know the real Lynn Adams," says Adams about Adams. "The real Lynn Adams has a sense of humor!"

Lynn Adams Poses As Tina Turner's Only White Sister

Now that we have your attention, we'd like to tell you about the off court antics of the best woman player in the world, Lynn Adams. It seems that her sense of humor is peaking along with her career.

When she won the Ektelon Nationals, her acceptance speech included offering a round of free beers to all of her fans at the tournament site bar. At the very next pro stop in Lawton, OK, she had no problem hamming it up with the McDonald's cartoon characters during a publicity photo session.

"Very few people know the real Lynn Adams," says Adams about Adams. "The real Lynn Adams has a sense of humor!"

Indeed she does. Most recently, at the WPRA nationals in Fort Worth, TX, Adams snatched the title on the court and appeared in an off court comedy skit at the tournament banquet. Her true calling in life. "I look back on my playing days of five and a half years of fun and friendship with nothing but fond memories," said Green. "I miss all of the beautiful people associated with the game, but I guess it was time for me to move on to a new career." Knowing Sarah, she'll not only move on, she'll keep moving up!

Lynn Adams having a good time posing with McDonald's characters, and hamming it up as "Lina" Turner in Fort Worth, TX.

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She's paid her dues. She's made the grade before, and, she's failed before, but when class let out after the WPRA Nationals at the River Bend Athletic Club in Fort Worth, TX, on June 9th, Lynn Adams had regained her title as national women's champion and #1 professional woman pro.

"I'm thrilled," Lynn beamed afterward. "It wasn't easy to get here, but it's definitely a great feeling to be on top again."

Lynn has traded the national women's title with Canadian Heather McKay over the last five years. Heather wore the crown in 1980, '81 and '84 and Lynn has now equaled her record with 1982, '83 and '85 triumphs. This year's success, though, hung in the balance two times as she faced a match-point disaster against Laura Martino in the quarterfinals and a five game marathon against Terry Gilreath in the finals.

Going into the finals of the $22,500 tournament, it was immediately clear there was going to be a battle between Adams right out of the gate and at 18-12, Adams looked repeatedly at her husband and coach, Jim Carson, for suggestions to put her on the right track, but Terry had a fist of iron on the reigns and galloped to a 21-12 first game win.

There was some complaint from both players that the ball wasn't bouncing true. The erratic bounce may have favored Gilreath's great diving ability, because when it was replaced, Lynn was playing better. She took the second game 21-16.

In the third game, Terri put on her wings and retrieved the unretrievable, but Lynn managed to stay out of serious trouble and took the third game 21-17.

In game four, Terri gave notice that, while Lynn may be the queen, she had better fear the guns that smoked behind the throne. Gilreath shot ahead 12-5 before Lynn knew what hit her, but slowly Lynn regained her composure and chipped away a Terri's lead like vintage Adams. There was quite a bit of stuff to chip away, however, and Terri won 21-18.

Entering the court for the tie-breaker, the two southern Californians met with thunderous applause from their fans. They were in on a good show and they wanted to let the two finalists know it. Adams served up a storm and Terri, feeling the pressure of the wind against her game, took a time out at 8-4. It was a stall that turned out to be just the eye of a hurricane. Lynn blew her away 15-6 to take her third national title.

The road to the finals for Adams had a few chuckholes along the way. She cruised through Texan Linda Porter,
from Dallas, in three games before crashing into a formidable Laura Martino in the quarters.

Adams jumped to a six point lead in the first game against twenty-first ranked Martino, giving many the impression that it was going to be a short match. But Laura took it all in stride scoring the next six points to tie the score. Martino went on to finish the game 21-19. Laura also won the second game, 21-18, before the tide of the match shifted. Adams struggled in the third game unable to take the lead, although she tied the game several times. Down two points at 18-20—match point for Laura—Lynn took charge. She tied the game at 20 and won it with an ace, 23-21. Lynn’s momentum spread into the fourth game as she won it also, 21-19.

Adams was overpowering in the fifth game as she was to be against Gilreath. She allowed Martino an early two point lead before opening the flood gates. Moments later Adams finished the match 15-6.

Lynn advanced to the semis where she met Janell Marriott, of Warwick, RI. Marriott, who was on the rebound from a stomach ailment, took out Bonnie Stoll in a five game second round 20-22, 14-21, 21-14, 21-17, 15-5. She went on to eliminate surprise quarterfinalist Marci Greer in three games 21-13, 21-17, 21-16. Janell’s winning streak came to a sudden end, however, when she met up with Adams in the semis. Marriott was never able to gain the lead from Adams in any of the three games. Lynn won the first two games with relative ease, 21-13, 21-13, and was only slightly taxed in the third game winning it 21-17.

Despite her last minute loss to Adams in the finals, Gilreath played very well through the entire weekend. She took out the home town favorite, and tournament director, Mary Pat Sklenka in the round-of-16 and Jennifer Harding, of Milwaukie, OR, in the quarterfinals without losing a single game. She went on to defeat Marci Drexler, of North Hollywood, CA, in a four game semi-final before meeting Adams in the finals.

The match between Gilreath and Drexler was a contest of speed and mobility vs. mobility and speed. Many consider these two to be the quickest and most agile in the women’s game but when tested against each other the physical skills balanced out. The match was ultimately decided on experience, and Terri had the most.

Gilreath walked through Drexler in the first game allowing Marci to score only 14 points and winning it 21-14. Drexler reversed the trend in game two and won it 21-10.

The third game was the proving ground for the young Drexler. She fought back from a 8 point deficit to tie the game at 11-11 and held a narrow lead until 15-14. Terri poured on the power, passing Marci at 15 and finished the game 21-17.

Marci floundered in the fourth game. Her preoccupation with missed shots left her struggling to stay in a rally. Terri completely dominated the game and won the match, 21-14, 10-21, 21-17, 21-12.

Far from a disappointment, however, was Drexler’s overall performance in Ft. Worth. To reach the semifinals Marci took out Cathy Nichols in the first round, Martha McDonald in the second and, in a stunning upset, defeated second ranked Vicki Panzeri in a five game quarterfinal.

In other matches, Laura Martino took out Liz Alvarado, of Odessa, TX, in three games. 21-15, 21-10, 21-10. Marci Greer, who had retired from the tour for a time, kept her skills sharp enough to upset Caryn McKinney in a four game quarterfinal, 21-15, 18-21, 21-17, 21-13. Fifteenth ranked Jennifer Harding advanced to the quarterfinals defeating Fran Davis, 21-10, 18-21, 21-18, 11-21, 15-10.

A half an hour after battling each other for the singles title, Lynn Adams and Terri Gilreath teamed to defend their National Doubles title against the team of Jennifer Harding and Caryn McKinney. For the third year in a row the Adams/Gilreath machine was un-

**Tournament Notes**

If only one word could be used to describe the River Bend Athletic Club, the word would be “Classy”. Anyone affiliated with the club, member or staff, should consider themselves fortunate. Special recognition goes to tournament director Mary Pat Sklenka and her excellent tournament staff: Carolyn Ogburn, Darlene Warner, Sherry Bergen, Ann Farrell and Denise Kohler...The WPRA held elections for next year’s tour officials. Caryn McKinney was re-elected president and Lynn Adams-Vice President. Board members are: Marcy Lynch, Vicki Panzeri and Molly O’Brien (who is finishing her second year of the two year term). Terri Gilreath was elected Secretary...The annual player awards were also voted on. “The Sportsmanship Award” went to the tour’s best sport and all around good person, Janell Marriott. “The Most Improved Player Award” was given to Marci Drexler who shot from number 28 to number six in the WPRA rankings. Finally, “The Steding Cup”, which is awarded to the player who has contributed the most to women’s racquetball in the last year, went to tour president Caryn McKinney...Other, and quite unofficial, awards are: the “I Can Sing, I Can Dance, and I’m Not Bad at Racquetball Award” which goes to Lynn Adams for her performance as Lina Turner, Tina Turner’s only white sister, at the Awards Ceremony....And finally the “Oh, I Just Thought It Was a Popular Shirt in Texas Award” goes to Jim Carson who, while talking to friends, said, “I swear I just saw three people wearing the same shirt!” Little did he know that it was the official shirt of tournament officials and there were over a dozen other people within twenty feet of him in identical attire.

**WPRA Nationals**

**Ft. Worth, TX**

June 6-9, 1985

**Round of 32:**

Lynn Adams – BYE
Linda Porter d. Gail Woods 21-23, 11-21, 23-21, 21-8, 15-12
Laura Martino d. Molly O’Brien 21-16, 21-14, 16-21, 21-13
Liz Alvarado d. Chris Evon 14-21, 21-18, 21-10, 16-14
Janell Marriott – BYE
Bonnie Stoll d. Terry Latham 22-02, 21-13, 21-17
Marci Greer d. Val Paese 21-7, 21-11, 21-15
Caryn McKinney – BYE
Terri Gilreath – BYE
Mary Pat Sklenka d. Pam Laursen 21-5, 21-12, 21-11
Jennifer Harding d. Sandy Robson 21-19, 16-21, 21-19, 21-21
Fran Davis d. Diana Reyes 21-18, 21-8, 21-8
Marci Drexler d. Cathy Nichols 21-8, 21-13, 21-12
Martha McDonald d. Babette Bell 21-10, 18-21, 21-12, 23-21
Marcy Lynch d. Margret Lucas 21-18, 21-12, 21-15
Vicki Panzeri – BYE

**Martino gave Lynn fits in the quarters.**

**Drexler took out #2 ranked Panzeri in the quarters.**

**Marriott had a good season but fell to Adams in three.**
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From left to right, Adams, Gilreath, Drexler and Davis show off their sponsor's shirts in doubles play.
Interview: Jim Carson

One of Racquetball's Most Respected Promoters Talks About Being the WPRA's New Commissioner

On June 8th at the WPRA National Championships in Ft. Worth, TX, Jim Carson was appointed Executive Director of Women's Professional Racquetball. A long time tournament promoter in Southern California, Carson has been active in women's racquetball since introducing the game to one of his students at Orange Coast College, Lynn Adams. He built a reputation as one of the sport's top coaches as he guided Adams to the very top of the women's game, a position she still holds today. Carson and Adams were married a few years ago and live today in Costa Mesa, CA.

The appointment of Jim Carson to direct the women's tour marks the end of a long-term relationship between the WPRA and International Management Group (IMG) the massive sports management firm that has been responsible for the tour since 1982.

We have six tournaments lined up for next season right now. Our minimum goal is 10, and we'd like to get to 12 or 13. That's going to be difficult because the tour is very Spring oriented, and that's when all of the national tournaments are held. So we might not get that many just because of scheduling problems, but that's the goal.

As Executive Director of women's pro racquetball, is your main responsibility to put together the women's tour?

Obviously, one of them is to build a good solid tour. That's what the women are looking for, and that's what the sponsors are looking for. Right now it's my top priority because we have contacts that are ongoing, and if we're going to have a schedule for the fall at all, it has to be done right away. But the tour isn't my only responsibility. I'll also be involved in working with potential sponsors, both inside and outside the racquetball industry.

What are some of your other goals?

One of them is to free up the WPRA Board of Directors so they can work on improving the women's professional tour and the involvement of women, both juniors and young adults, on the tour itself. They haven't been able to do...
general. In the past racquetball has real-
ition with that because they've been doing a lot of
overly political, and now I see a lot of
The women's game is geared toward a
work on the tournaments in conjunc-
Getting the effort it needed. We're a
12/12
and IMG officially ended, and if so why
Has the relationship between the WPRA
Another of my goals is a little more
general. In the past racquetball has reall
another fragmented and sometimes
and now I see a lot of

Do you see any conflict between your
responsibilities as Executive Director and
Lynn Adam's coach?
I don't, no. But within the membership there is some question about it. I talked to them at the general membership meeting in Ft. Worth and told them what I would like to do is be a general resource for the WPRA—period. My main job is to make the tour bigger, to get sponsors, to get exposure, and that doesn't really relate to the
coaching in any way. I'm a very low key
coach and the amount of time Lynn actually plays at a tournament is a very small part of my on site time.
One of the greatest women players ever, Heather McKay, has announced her retirement. Is that going to be a serious problem for the women's tour?
It won't be a problem, no. It will certainly be a loss. Any time you lose a world-class athlete like she is, it's going to affect the game. Everyone wants to see Heather and Lynn play, because
that's a great rivalry and a great thing to watch. But we have some very good players coming up. I think the match between Lynn and Terry (Gilreath) in Ft. Worth—which everyone will be able to see on cable television—was just as exciting. I'm certain what's going to happen now is a lot of the women who have been locked out of the finals are going to experience it and become a lot tougher.

Why do you think the women's profes-
sional game has slowed, in terms of
tournaments, during the last two years?
I think in women's racquetball much of the emphasis has to be on growth. The women who are growing up now are learning to be competitive, and that's going to be a very positive thing. For the men that's never been a problem, because it's always been, "When I grow up I want to be a professional racquetball player;" it's very natural. For the women who are coming up now—this generation and the next—that is something that has got to be nurtured and tapped, and in larger numbers.
What has been happening is while the women have been going through these management changes, they have been spending most of their time on the tour, and they haven't been able to concentrate on growth. It has to come from within, and that has been a real problem. They have to go out and promote, and find the great athletes who are playing other sports which have no professional game. There are a lot of great women athletes out there who's careers end with college, and we simply are going to have to recruit them.

What's your prognosis for the future of
women's professional racquetball?
It's very positive. There was a great deal of energy at the meeting we had in Ft. Worth. The sport itself, outside of just the professional ranks, seems to be growing on a steady base. I'm very excited about the professional end of it. I'm excited about the possibility of the portable court and what that could mean to the future. If the men's game is going to do it, it won't be long until the women's tour goes that way.
I think it's going in the right direc-
tion. This is a super sport, and all we have to do is promote it properly. I'm very positive.

This is a super sport, and all we have to do is promote it properly. I'm very positive.
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Andrews and Baxter Win Flying Circus

In a Spectacular Finish, The National Singles Open Champions Tamed the Field and Wowed the Crowds

by Jason Holloman

With 27 divisions of play at the National Singles Championships in Houston on May 22-27, a three-ring circus under the Big Top was small by comparison. And, like any circus, it was hard to focus on just any one thing because everywhere you looked something exciting was happening. A crowd ooched here and a gallery applauded there and it was all very confusing! But, judging from the sizes of the crowds and the quality of entertainment derived from the matches, it was easy to see that the men's and women's Open divisions were definitely the center of attention.

The men's Open final between Ed Andrews (CA) and Dan Obremski (PA) looked more like a tumbling match between two acrobats than a racquetball battle to the death. Ed emerged victorious in the tie-breaker, but only after a tortuous match against Obremski whose talent as retriever verges on the supernatural.

Cindy Baxter (PA), sly as a fox and quick as a cat, pounced on her third national singles title by defeating Marci Drexler (CA) in the women's Open final. Marci has always come through for her fans. But this time around, playing fellow U.S. Team member Dan Obremski was like trying to catch greased lightning. Dan was all over the court.

While Andrews and Baxter were creating the news with each stroke of their racquets, the media was there to report it. Along with local television coverage from Channel 11 in Houston, there were reporters from the Mutual Broadcasting System and various other media. Even the New York Times had unearthed the scent of a good story and came around taking furious notes for a story they would publish on the front page of the sports section on May 28th. There was a lot to discover.

The story started on Wednesday the 21st. Entrants from all over the U.S. came flying in to stay at the magnificent Hyatt Regency Hotel in downtown Houston. The tournament, which was held at the Downtown YMCA just blocks from the hotel, began play on Thursday. Each participant had hopes as high as the black glass skyscrapers that jutted up into the perfect blue skies around the YMCA that he or she would be a division winner. Each had earned the chance to be there, but it would take more than chance to earn a title.

By the time the quarter-finals started on Saturday, hundreds of matches had been played! Like some giant survival of the fittest course, those who had any weakness at all had been eliminated. It became very difficult to decide who would be the winner in any given match. The audience was very vocal about who were their favorites, though.

In the men's Open, Doug Ganim (OH) defeated Tim Hansen (FL) in the quarters 15-12, 15-9. Ed Andrews had a reverse score victory over home court favorite Ken Kalahanen. 15-9, 15-12, while Sergio Gonzales (FL) took down Jim Owens (CO) 15-8, 15-11.

The major upset of the quarter-finals was in the Andy Roberts/Dan Obremski face-off. The crowd was obviously for Roberts who has won numerous AARA titles, and in past tournaments, Roberts (TN) has always come through for his fans. But this time around, playing fellow U.S. Team member Dan Obremski was like trying to catch greased lightning. Dan was all over the court. Time after time Roberts would appear to put away a point only to have Obremski flash across the floor, kneepad on the ground, racquet out-stretched to fling the ball into the back court. It was a defense that turned into an impressive offense.

At one point, Andy dribbled a back-hand into the front left corner. Dan, in a typical dive, ran right into Roberts while the ball died in the front court. The ref called a hinder and Roberts was incensed. "He couldn't have got that!" He yelled back at the ref. Everyone watching knew that no normal opponent could have reached that ball. They also understood that Obremski was no normal opponent. The call stood and Obremski broke Roberts 15-12, 14-15, 11-1.


Another division also attracted the media hounds—the wheelchair championships. For the wheelchair participants, there is a combination of racquetball skills and mobility skills. The wheelchair athletes would like to open up the division to anyone who wants to climb in a chair and give it a shot.

I-Ed Andrews after his title victory. 2-Cindy Baxter, and her 3rd singles championship. 3-Gonzalez and Obremski in the semi's. 4-A stunned Roberts after his loss to Obremski in the quarters. 5-Jim Leatherman (right), wheelchair champ. 6-Andrews and Obremski in the quarters. 5-Jim Leatherman (right), wheelchair champ. 6-Andrews and Obremski in finals diving contest. 7-Obremski's mother and girlfriend during the tense tie-breaker. 8-Obremski give friend Doug Ganim advice in semi against Andrews. 9-Dot Fischl had rainbow racquet strings but ran out of luck in the semi's. 10-This lucky player had "21" in cards during Las Vegas Night. 11-Marci's perfect form during the final. 12-Julia Pinnell, Women's 30+ winner. 13-Andrews and Obremski receive the coveted AARA awards.

Photos by Jason Holloman
Jim Leatherman, who regained his title from Chip Parmoly by beating John Foust in the finals, put it this way. "Anyone who gets into a wheelchair forfeits the use of their legs. It becomes a contest of skill and stamina. It’s racquetball with the added dimension of wheels and that makes for a very enjoyable experience for everyone."

The quarter-final play ended Saturday night, but the fun was just beginning. Everybody dressed up and sauntered down to the Hyatt Grand Ballroom where an elegant dinner was served, awards given out and sponsors Bud Light, D.P., and Penn honored. Then, after everyone had stuffed their faces, they began to empty their pockets trying to outwit Lady Luck in the infamous Las Vegas Night.

For those unfamiliar with the rules of Las Vegas Night, they were as follows. Everybody started out with $5,000 worth of “Crazy Money”. You can try your luck at Blackjack, Roulette, Craps or the Wheel of Fortune. You may win or you may lose, but if you lose your stake, a buck will buy you $1000 more Lucky Bucks. All proceeds taken in were donated to amateur racquetball. There was also a very boisterous auction for prizes donated by D.P. A select few retired early to get ready for the semis on Sunday. Most decided to try on the nightlife of Houston for size.

Semi-final Sunday threw the top four in each division into a scramble for the final honors. As before, the largest crowds centered around the Open categories. The two match-ups for the women were Fischl/Drexler and Mook/Baxter. In the men’s bracket, the Ganim/Andrews match proceeded the Gonzales/Obremski semi.

The Fischl (PA) and Drexler semi was colorful. The ref, Mike Arnolt, wore some outrageous shorts, but he was upstaged by Fischl’s racquet which was strung with a rainbow of different colored strings. The pot of gold at the end of the rainbow turned out to be in Drexler’s court, however, as she consistently killed everything that came into the back court and put Dottie out of the running in two straight games, 15-7, 15-8.

Mona Mook (CA) didn’t fair much better. Even though Mona is one of the strongest southpaws and divers in the game, Cindy made her play by Baxter’s Rules which consist of only one rule: If you let her have center court, you lose. Cindy brilliantly kept Mona stretching to reach the back corners of the court and took her out in two games, 15-7, 15-10.

Doug Ganim cranked up his patented three step serve against Ed “The Machine” Andrews in his attempt to take over the semi-final. Doug played smart and his shooting arm produced an amazing amount of roll-outs from all over the court. The problem was that Ed was returning in kind. After a while, it looked like the only thing a ball was supposed to do after it hit the front wall was roll-out. Then Andrews shifted his serving style. High backhands Z’s started bombarding Ganim’s serve and shoot game plan. He struggled with the perfectly placed lobs and more often than not, left a shot for Ed to-you guessed it—roll-out from the front wall.

Ed won easily, 15-6, 15-7.

Sergio Gonzales and Dan Obremski entered court #10 like it was Sunday in the park. Both had very vocal fans and both had impressive warm-ups. Sergio is a scraper and makes you tough-out each point. Dan’s confidence from beating Roberts the day before made him walk like he was ten feet tall.

Unfortunately for Sergio that day, Dan was playing like a giant. Sergio would pass and Dan would dive like the devil to get it. Sergio would serve a blistering crack ace, but Dan would turn it into a point. Sergio bit and clawed up to 13-13 in game two, but Obremski would take back the serve and won the points, game and match, 15-14, 15-13.

That set the stage for Monday’s finals. (See the end of the article for detailed scores on all the division winners.) With all of the other finals decided by one o’clock on Monday, that left the last two and biggest finals with the court and took her out in two games, 15-7, 15-10.

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packed, standing room only crowds.

Cindy Baxter and Marci Drexler strode onto the exhibition court and limbered up their arms. The spectators were divided about who would win. Some favored Baxter’s experience and other’s favored Drexler’s power and the fact that her left-handed play gave some player’s fits. Of course, Cindy had put out lefty Mona Mook the day before without too much trouble.

Game one creeped by point by point. Cindy played perfectly placed pin-ball like rallies which she usually ended with a backhand roll-out and Marci glided from one side to the other effortlessly splatting the ball. Then at 11-11, Baxter shut down Marci’s serve and went ahead to win the first game 15-11.

Game two was a replay of game one except that Marci was fighting harder and harder for her points. It wasn’t that Cindy was doing anything different, it was what Marci wasn’t doing. Over 50% of her first serves didn’t pass the short line. As Cindy would say later, “Marci, just wasn’t on today!” Second verse, same as the first, 15-11. Congratulations Cindy Baxter, National Singles Champion!

Sitting in the stands before the Obremski/Andrews final, the fans began to brandy their opinions of the players back and forth. Of Obremski it was overheard: “…quickest guy I ever saw. He can get anything!” “He put out Gregg Peck in Cheyenne!” “Oh, yeah!” said another fan on Andrews side, “well, Andrews beat Hogan twice!”

When the match started, something happened that surprised everyone. Andrews is a big man, six three or so, and he could move! From Obremski’s past performances, it was no news that he could dive but to see Ed match him dive for dive was unexpected. The crowd loved it. Andrews was down 6-9 when Dan started to pour on the pressure. At 11-12, a call went against Ed and he yelled to the linesman after his appeal for a get was turned down, “You guys are ripping me off!” Obremski took the first game 15-11.

If game one had been incredible, game two looked impossible. The floor was constantly being toweled off and when play resumed, it looked more like an Olympic diving contest than a racquetball game. One particular rally at 4-all must have lasted a minute and the number of dives had to be close to ten. The point went to Obremski. Andrews angrily stomped to the door and yanked it open. “I appeal Obremski’s first get!” Over-ruled. “I appeal Obremski’s first get!” Over-ruled. “I appeal the second get!” Over-ruled. “I appeal the third
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There wasn't anything Dan could do against roll-outs and try as he might, he couldn't cool Andrews hot hand. Dan played tough, but he couldn't crack the diamond hard offense of Andrews who chalked up an 11-6 win and his first National Singles Championship. Dan was beaten but unbowed. After the match Andrews looked back on the match and shook his head, "That match is the toughest I've had all year and it feels great that I won it! London, here I come!" He was referring, of course, to the fact that the men's and women's open winners would represent the U.S. at the World Games in London in July.

Many thanks to the personnel at the Downtown YMCA, Gary Clarke, Jim Ferber, Kelly Margan, Dan Wilcox, Dick Bagby, Kirk Robison, Tom Sikorski and CeniKore, we thank you all for a great tournament. See you next year!

1985 National Singles
Open Championships


Women's 55+: 1st—Rachel Schild.

Women's Wheelchair Division: 1st—Stacey Norman.
Many players at the B and C levels have a great deal of difficulty taking shots off the back wall. They don't move properly to get into position to hit; and they have poor judgment as to how far the ball will carom off the back wall.

Often, even when they are set to hit the shot, they'll swing too early or too late. And, most of their back wall kill shot attempts hit much too high on the front wall (a problem seen at all levels).

To hit a back wall shot properly, you must have good footwork. You must move with the ball towards the back wall. As the ball ricochets forward you should move forward with the shot. You should then hit the ball slightly in front of your front foot or, as far in front of you as is comfortably possible.

By stepping and reaching out for the shot, you'll be taking a full and powerful swing. If you're trying to shoot the ball as low as possible you should hit the ball 6-8 inches high off the floor. If you're trying to pass your opponent you should hit the front wall 3-4 feet off the floor.

However, if you're frustrated at your inability to hit a kill shot off the back wall, you're not alone. Invariably, you're probably lifting your head just before you make contact with the ball. You're doing this either because you're looking at your opponent's court position, or the spot on the front wall where you want the ball to hit.

In either case, the lifting of your head forces you to lift your racquet up. This results in a miss-hit shot that lands too high on the front wall. Even worse, this could cause you to miss the ball completely, or skip in the shot.

Many of you might have experienced the same phenomenon in golf where pulling your head up results in a duffed shot. This is due to taking your eye off the ball before contact.

Therefore, to hit the ball properly (in golf or racquetball) keep your head down and eyes on the ball at all times, from the time you make contact, until you complete your follow through.

Assuming that you have the proper swing, you may still find that you're having difficulty with shots off the back wall. The problem here could very well be your shot selection. You may be trying for a kill shot when your opponent is stationed in deep front court, on the side that you're shooting to. If the shot doesn't roll out, your opponent will have an easy rekill.

Or, when your opponent is near the short line, you'll try to pass him instead of going for the kill. In this situation, your opponent can simply take a step to his right or left to return your shot.

Although most players usually shoot a kill or passing shot off the back wall, a pinch hit at the appropriate time is also an excellent shot. To improve your back wall game, I'll be showing you which one of the three aforementioned shots is the appropriate one to use in a given situation. Depending on your opponent's court position, you may vary your shot selection from the same spot.

"If you're frustrated at your inability to hit a kill shot off the back wall, you're not alone."

Personally, I feel that most back wall shots can be hit with a forehand stroke. Even shots that hit well to the left of center on the back wall, can still be returned with the forehand. I recognize there are "purists" who believe that you should always hit backhands in the backhand side. To me, that's great in practice, but unintelligent in games.

The advantage of this type of strategy, is that you're always facing the front wall. Therefore, you always know where your opponent is positioned.

When you're hitting a backhand kill or pass you're turned away from the front wall. If your shot isn't executed perfectly, your opponent has time to quickly put your shot away, before you have time to react.

If you can't comfortably hit a forehand and must utilize the backhand stroke because of your court position, hit a ceiling ball. Of course, this is a defensive shot. But, it is better to return the shot safely, than to attempt a weak kill or pass with an ineffective backhand.

By being patient, you'll soon get the shot on your forehand that you've been waiting for. Naturally, when you've progressed to the point where your backhand is as proficient as your forehand (don't we all wish) is off the back wall, there will be certain situations where you will use your backhand.

The shot that most players love to get off the back wall is approximately 3-5 feet away from the right side wall. However, before you decide on which shot you're going to hit, you must be aware of your opponent's court position.

I've always use the following guidelines when I've played and taught others. If my opponent is positioned near the service line or closer to the front wall, I'll attempt to pass him. If he is positioned near the short line or deeper, I'll shoot or pinch the ball.
When your opponent is standing near the short line (Diagram 1) and you’re about to hit a shot that is 3-5 feet from the right side wall, you should attempt to hit your shot straight in as low as possible. Even if your shot is a little “up,” it will be extremely difficult for your opponent to return, because he’ll be stationed too deep.

In the same situation (Diagram 2) your opponent has moved up to the service line, anticipating another straight kill shot. Don’t fall into his trap! Although your natural tendency will be to attempt another kill, forget it! Hit a cross court pass. The ball should hit the front wall, 1-2 feet to the left of center, 3-4 feet high.

When your opponent moves further toward the side wall (Diagram 3), has effectively limited the forehand kill or cross court pass on your back wall shot. Be sure he has left himself easy prey for a right side wall pinch.

Be sure to hit the pinch extremely hard and low into the right forehand corner. Because your opponent has decided to stand so close to the right side wall, he will find it virtually impossible to return your shot, since the ball will carom sharply away from him.

When shots carom off the back wall into the middle of the court, they appear easy to put away. However, you must choose your shot wisely. Because your opponent is also often stationed in the middle of the court, you must hit the ball away from him. Therefore, I’d rely on passing, rather than kill shots in this situation.

A hard cross court pass is one option (Diagram 4). The ball should hit 3-4 feet high on the front wall, 2-3 feet to the left of center. Ideally, the ball should travel straight down the left wall.

Even if your opponent does reach it, there will be a feeble return at best. This will enable you to easily put the next shot away. Remember: regardless of how effective your kill or pass seems, always be prepared for your opponent’s return, no matter how weak it may be. This will dramatically increase your alertness and quickness on the court.

After your opponent has seen plenty of your cross court passes, he will move slightly to the left in anticipation of that shot. It always amazes me how many players then continue to hit the same shot. The result is they hit their opponent with the ball.

They also become livid, feeling that their opponent has illegally blocked their shot. Whether he has or hasn’t really doesn’t matter. All of the aggravation could have easily been avoided, by simply hitting a cross court pass to the right (Diagram 5), which will win you the point.

Earlier I stated that some back wall shots could be taken with the forehand, even though the ball is well to the left of center. When you find that you’re positioned near the left side wall and your opponent is stationed near the short line (Diagram 6), in the middle of the court, a left side pinch shot is an excellent choice. The ball should be hit hard and low into the left corner. Your startled opponent will be helpless, as he is standing too far back to react fast enough.

In the same situation (Diagram 7) your opponent has moved toward the left side wall. Although a left side wall pinch or kill is inadvisable, a cross court kill to the right will prove very effective. Hit the ball as low as possible, 1-2 feet to the right of center. Due to the angle of the shot, a ball that stays slightly up will still win the point, since it is breaking away from your opponent.

By following the strategy that I advocate for back wall play, you’ll find that you won’t be in a “spot” when the ball is in deep court. In most situations, you’ll be able to score many points by using your forehand. If you’re forced to take the ball with your backhand and don’t have confidence in your offensive backhand shots—hit a ceiling ball. Be patient until the opportunity presents a shot on your forehand side.
All of the aggravation could have easily been avoided, by simply hitting a cross court pass to the right which will win you the point.

When you find that you’re positioned near the left side wall and your opponent is stationed near the short line in the middle of the court, a left side pinch shot is an excellent choice.

Hit the ball as low as possible, 1-2 feet to the right of center. Due to the angle of the shot, a ball that stays slightly up will still win the point.

This National Racquetball Weekend and Tournament will be the first National Tournament ever held in New Mexico. All of you men and women over 40 are cordially invited to participate. It will be a fun time, plus a lot of competitive racquetball, and the pleasure of meeting and playing with racquetballers from all parts of the country.

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Hogan Soars a Mile High
But Yellen Got His Wings Clipped By An Unfortunate Injury

by Drew Stoddard

Top-ranked Marty Hogan brought the regular RMA pro season to a close the same way he opened it last September by sweeping to an uncontested victory at the 1985 Crackshooter Open in Cheyenne, WY, May 15-19. Fighting off the effects of a two-month-old knee injury and gasping for the sparse oxygen at Cheyenne’s 6,200 foot altitude, Hogan soared through the upper bracket of the pro draw only to be handed the title by the injury default of Mike Yellen in the second unplayed final of the 1984-85 season.

Pro seasons usually end with the top horses all in full stride down the stretch. This year they appeared to limp in unison across the finish line: Dave Peck was unable to regain his championship form after coming back from the serious trouble in his right leg; in February Bret Harnett forfeited his only final of the year after breaking his left thumb; and Hogan is still wearing a brace to support the left knee that needed arthroscopic surgery in March. Ten regular-season tournaments have taken their toll.

In Cheyenne the victim was none other than the defending national champion himself. Trailing Hogan 2-4 in the first game of the final, Mike Yellen hit a backhand drive down the left wall catching Marty out of position on the right. Hogan dove left and returned the ball, but as he was landing he accidentally moved into Yellen’s locked-up left leg, pushing the knee inward. The contact was minor, but after taking an injury time-out the knee began to stiffen and Yellen’s movement became more and more tentative.

In a warped sort of way the remainder of the first game was almost laughable. Playing to a packed gallery were the two greatest racquetball players in the world; Marty Hogan wearing a blue compression brace on his right knee and Mike Yellen with an identical one on his left. They looked like a matched set.

The humor of the situation wasn’t entirely lost on Yellen, who at one point stopped and inquired, “How do we look out there, like Tweedle-Dum and Tweedle-Dee?”

They didn’t, exactly, but it was close. With Yellen nearly incapacitated on the serve return, Hogan moved to a quick 11-4 win in the first game. Three points into game two Yellen stopped play and awarded Hogan his first tournament win since January.

“I’m sorry we couldn’t put on a better show for you today,” Yellen told the crowd after the match was called. “After that rally in the first game where Marty caught my knee, I just didn’t feel that I could bend and extend myself out there to even give Marty a game. It was getting really difficult for me to push off and return the serve particularly. Hopefully, it’s just a minor strain that will heal fast, but it’s one of the unfortunate things that happens sometimes in this game.”

(Yellen had his knee checked in Michigan the following day. The injury was apparently minor, required no surgery, and he expected to be ready for the DP Nationals in June).

“I can’t think of a worse way to win, or a worse way to lose” said Hogan. “I had to forfeit a few tournaments ago in the round-of-16, and I’m sure it’s a lot tougher to go out in the finals. It’s really disappointing, but what can I say? I think I was playing some of my best
"The humor of the situation wasn’t lost to Yellen who inquired, “How do we look out there, like Tweedle-Dum and Tweedle-Dee?”

racquetball this season. I thought I finally turned my game around, but we’ll just have to wait until next tournament to see if it’s for real!"

In fact, both Hogan and Yellen had played extremely well going into the final. Like the forfeited final in Beaverton earlier this season, it was a shame Yellen couldn’t finish. The final could have been another great one.

Mike glided through the lower bracket with the ease he usually displays when his game is working. Steve Lerner, Mike Levine, and Ed Andrews all fell without a whimper. Jerry Hilecher was able to push Yellen a bit in the semi-finals, but even that match ended in four games.

Marty was his old overpowering self as he crushed John Egerman, David Gross, and Corey Brysman in the first three rounds—all in three straight games. The man from San Diego looked like he was after something or somebody. He was—Cliff Swain.

Swain, of course, is the 19-year-old wonderboy of the men’s pro tour.

"The Kid" racked up two tournament wins during the regular season—Tulsa, and the Ektelon Nationals, where he stunned Hogan in a quarter-finals romp. The emotions of that match were still very fresh in Cheyenne.

Even more than Hogan, Swain was devastating in his first three rounds. He held his opponents—Dave Kelly, Doug Cohen, and Dan Obremski—to a total of 29 points combined!

So, the matchup was set. The finals weren’t scheduled until Sunday afternoon, but the battle of the tournament took place in the semi-finals on Saturday night. It was not a disappointment.

It is difficult to describe the level of emotion that was present in the Rocky Mountain Health Club when Hogan and Swain went after each other like caged panthers. There was a type of rare magic that occasionally comes along in sports; something about the combination of skill, intensity, and mutual respect that gives you the distinct feeling you are witnessing something important.

The level of play in their first game was almost beyond belief. Those who had predicted Swain would fold early were shocked. After falling behind briefly, Cliff locked in the sights on his serve and shot from a 0-4 deficit to a 9-5 advantage, forcing a rattled Hogan off the court with a time-out.

Determined to avoid a replay of the Anaheim fiasco at any cost, Marty returned to the court with enough adrenaline in his veins to light up Denver at night. It was a sight that few spectators ever see—Marty Hogan pumped so high that between points you could see the racquet quiver in his hand. The remainder of the first game was a two-man exhibition of the state-of-the-art.

Say what you will about Marty—he’s no dummy. He correctly analyzed that the only way you can beat Swain is to eliminate all errors; whatever else you do, don’t skip the ball, don’t lift your shots, and never be out of position. Playing furiously on every point, Hogan caught Swain at 10, blasted a backhand cross-court kill to win 11-10, and gave an uncharacteristic yelp as he left the court.

Swain was primed for game two, while Hogan walked onto the court showing all the symptoms of severe adrenaline shock. Cliff pounced quickly on his shaky opponent and, taking advantage of seven Hogan errors, evened the match by winning 11-1.

It wasn’t until he fell behind 0-3 in the third game that Hogan finally calmed down, and once he pulled everything together he shut down Swain’s game for the first time in over a month. It was visibly a sweet victory for Marty when he finally sealed the match with 11-6, 11-4 wins in the final two games.

Two other young players turned in strong performances in Cheyenne. Corey Brysman, North Hollywood, CA, who is known for terrorizing top seeds in the early rounds, pounded Dave Peck in the round-of-32, 6-11, 11-3, 11-8. It was the second first-round loss of the year for the former national champion from Texas, and virtually assured that Peck will finish the season outside the top five for the first time this decade.

Brysman continued to crank in the second round where he simply destroyed Gerry Price, the winner of the 1983 Crackshooter, 11-4, 11-6, 11-1. Although he fell easily to Hogan in the quarters, Corey’s string of upsets during the 84-85 season leaves little doubt about his ability to play world-class racquetball. He lacks only round-to-round consistency, and that could come very soon.
Bryson's closest friend on the tour is Obremski, current AARA doubles champion. Immediately following Corey's drilling of Dave Peck, Obremski followed suit with the upset of the tournament—a 6-11, 11-3, 11-8, 11-7 win over third-ranked Gregg Peck. Interestingly, it was the second time Gregg was defeated in the first round after watching his older brother go down in flames. It may just be an eerie coincidence, but the scores of the two upsets were nearly identical.

Obremski went on to eliminate Rich Wagner in the 16's before getting smoked by Swain in the quarters.

Harnett, still recovering from his broken thumb, began feeling the heat of his slip in the rankings when he drew into Ruben Gonzalez in the second round! Gonzalez upset the former Ektelon champion in the only five-game match of the tournament, 11-4, 3-11, 11-10, 9-11, 11-1.

Hilecher capped his best regular-season in years by taking out Rick Keefer, Andy Gross, and Gonzalez, before finally running into Yellen in the semi's. At the age of 31, Hilecher now stands a very good chance of finishing the season in the top four.

The final ranking tournament of the year was the $110,000 DP National Championships in Boston, June 16-20. The one-two finish of Hogan and Yellen in Cheyenne sets up another classic showdown for the biggest payoff of the year.

Either player can take the national championship with a win in Boston. But if neither wins, Hogan is the one the hot seat. Assuming they both get past the round-of-16, Marty must go at least one round further than Mike to retain the number-one position. In the unlikely event they are both eliminated in the quarter-finals, it would be a dead-even tie.

The 1985 Crackshooter Open was staged at the Rocky Mountain Health Club in Cheyenne, Wyoming, and was sponsored by Seven-Eleven Stores, Coors Light, Holiday Inn of Cheyenne, and Ektelon.

Crackshooter Open
Cheyenne, Wyoming
May 15-19, 1985

Round Of 32:
Hogan d. Egerman 11-1, 11-2, 11-5
D. Gross d. Ibarra 11-8, 11-1, 11-4
Price d. Romo Forfeit
Bryson d. D. Peck 6-11, 11-6, 11-3, 11-8
Swain d. Kelly 11-1, 11-2, 11-0
Cohen d. Rodriguez 11-9, 11-9, 11-8
Wagner d. Champagne 11-6, 5-11, 11-1, 11-4
Obremski d. G. Peck 6-11, 11-3, 11-8, 11-7
Hilecher d. Keefer 6-11, 11-6, 11-1, 11-1
A. Gross d. Cascio 4-11, 11-7, 11-7, 11-8
Gonzalez d. Busch 11-4, 11-2, 11-4
Harnett d. Rodriguez 11-2, 11-1, 11-2
Oliver d. Gilliam 10-11, 11-4, 11-6, 11-3
Andrews d. Parodi 11-4, 11-2, 11-4
Levine d. Newman 11-7, 5-11, 11-8, 11-9
Yellen d. Lerner 11-8, 11-7, 7-11, 11-2

Round Of 16:
Hogan d. D. Gross 11-8, 11-1, 11-7
Bryson d. Price 11-4, 11-6, 11-1
Swain d. Cohen 11-7, 11-5, 11-5
Obremski d. Wagner 11-1, 11-3, 11-4
Hilecher d. A. Gross 9-11, 11-4, 11-8, 11-6
Gonzalez d. Harnett 11-4, 3-11, 11-10, 9-11, 11-3
Andrews d. Oliver 2-11, 11-7, 11-7, 11-6
Yellen d. Levine 11-10, 11-6, 11-5

Quarter-finals:
Hogan d. Bryson 11-6, 11-9, 11-4
Swain d. Obremski 11-9, 11-1, 11-1
Hilecher d. Gonzalez 8-11, 11-6, 11-5, 11-4
Yellen d. Andrews 11-9, 11-4, 11-10

Semi-finals:
Hogan d. Swain 11-10, 11-11, 11-6
Yellen d. Hilecher 2-11, 11-10, 11-7, 11-4

Finals:
Hogan d. Yellen 11-4, Injury Default

Total Purse:
$10,000
Racquetball For Lunch Bunch Includes Famous Surgeons

Two Doctors Find Racquetball Gives Them a Work-out and Time to Spend with Their Children Patients

by Jean Sauser

Dr. Allex Haller, Jr., and Dr. David L. Dudgeon, like so many working professionals around the country, use their lunch hours to get in some hard-played racquetball matches. Big believers in exercise and “hearty” (sorry for the pun) competition for stress relief and well-being, these two surgeons say that their off court endeavors and abilities are indirectly tied to the times they spend on the racquetball court.

Dr. Haller and Dr. Dudgeon play racquetball at the Denton A. Cooley Center in Baltimore, MD, an athletic center serving the Johns Hopkins Medical Institutions. Their most highly recognized performance, however, took place off the racquetball court when in the spring of 1984, they performed a successful separation of one-month-old Siamese twins. The nationally recognized surgery took six hours to perform as the twin girls were joined from the chest to the upper abdomen.

“We went in to the operation with the intention of saving both lives,” says Dr. Haller. “We didn’t want to cheat either of them. We believed that each baby could lead a normal life if we successfully separated and reconstructed.”

Dr. Haller, Dr. Dudgeon and a medical team of 22 people worked over the twins for over 10 hours. On hand for the operation were eight surgeons, seven anesthesiologists, five nurses, and two anesthesia technicians. They were well rehearsed for the event, from the day prior when the team used two identical dolls taped together for a sort of dress rehearsal.

Not only was the operation a success, but today, both babies seem neurologically sound with a good prognosis.

“We hope they will grow up to be normal children,” says Dr. Haller, who also adds that soon the twins will have no restrictions on their activity at home.

Although the operation on the Siamese twins was nationally recognized, both Dr. Dudgeon and Dr. Haller modestly claim that they are just a couple of professionals trying to give kids the best of their talents and abilities. They claim that without racquetball,

Dr. Haller’s off-court uniform is most often a surgical gown.

“I’m not a fitness nut. I’m not a big runner or anything like that, but I do believe in keeping in reasonably good shape. I would recommend racquetball as a healthy life sport.”
their work at the Johns Hopkins Children's Center wouldn't be the same.

"We play at the Cooley Center which is luckily located right next to Johns Hopkins Hospital," explains Dr. Dudgeon. "It was built with a large contribution from Dr. Denton Cooley, a former student at Johns Hopkins. It's so convenient that we play fairly regularly. Dr. Haller is my partner but both of us play with some of the other residents around here, or I just go over by myself and pick up games!"

Dr. Dudgeon took up racquetball four years ago before teaching Dr. Haller to play in 1983.

"Primarily, I was looking for something that would give me a lot of activity in a short period of time!" he says. "I'd had some knee surgery and found that if I jogged, it would give my knee trouble. Amazingly enough, playing racquetball didn't seem to bother my knee as long as I played 45 minutes to an hour, which is all I have time for anyway.

"Besides, if I did play for a prolonged period of time, I don't really know what would give out first, my knee or me!"

Agreeing that racquetball is the sport of fitness, Dr. Dudgeon says that occasionally he does lift weights. He loves being actively involved with racquetball on a regular basis.

"I really think racquetball helps your mental attitude," he says. "When you are actively involved in sports on a regular basis, you tend to see things differently than when you're not!"

Dr. Dudgeon's partner, Dr. Haller, agrees with him point by point about racquetball, its tie into mental and physical health, and its recreational value for those of us who are under career pressure.

"I found out about racquetball from Dr. Dudgeon. He's my teacher," says Dr. Haller. "I'm occasionally beating him now, but he probably doesn't want anyone to know that!"

"I would recommend racquetball as a healthy life sport," says Haller. "The big advantage racquetball offers to those of us who tend to be sedentary is that it can be done in a short period of time. Also, you don't have problems getting a partner to work out with because skills levels can be farther apart than in tennis, for example!"

Haller loves the fact that racquetball burns up so much energy in an hour, leaving golf (another sport he's tried) and tennis stale by comparison. But he also cautions that he is not a maniac about exercise.

"I'm not a fitness nut. I'm not a big runner or anything like that, but I do believe in keeping in reasonably good shape with certain kinds of exercises.

"I would much rather play a competitive sport than just work out. Working out is just dull for me. Also, I was involved in competitive varsity sports in high school and college, so you can see that racquetball was a perfect transition for me!"

Lastly, Dr. Haller acknowledges that racquetball is a place where he can let off some steam.

"It gives me a chance to take out my frustrations," he says as he goes on to note the specific pressures that doctors face on a daily basis. "Not only are you under tension, but particularly as a surgeon, you're worried about your patients, you are involved with them. Racquetball gives me a chance to throw it off my shoulder for a while and still have time to see my patients before I go home at night!"

Dr. Haller and Dr. Dudgeon haven't entered any tournaments or formal racquetball competitions as of yet, and both seem to be content just to play the sport on a regular, recreational basis. That's understandable for two professionals who compete against illness and death on a daily basis. As recreational players though, the two surgeons plan to keep using racquetball for fun and fitness while they continue careers that will make hundreds of children's lives healthier and happier. ☐
Anatomy of a Nationals

The Canadian National Championships Had The Best of Everything. Call It Class.

by Sigmund Brouwer

Call it hibernation. Six months pounding hardwood floors and pressurized balls in 20 x 40 courts, a retreat from piling snow and subzero weather. Then, like kids tumbling from a school bus, they converged under deep blue skies and blazing sun to greet each other as old friends at the Canadian Racquetball Nationals in Kelowna, B.C.

There, Lake Okanagan stretches crystal blue the length of a valley 60 miles long, guarded by the high rounded hills that are gentle reminders of the Rocky Mountains to the east. The valley holds fruit orchards, wide clean beaches, and even its own Loch Ness monster, called the Okopogo. Not a place that suggests racquetball, except to the nearly 500 Canadians who met there and competed May 21-25.

Roger Harripersad, Canada's 1985 Men's Open National Champion.

Sunday night, two days before the first scheduled match, the lounge above the Four Seasons Racquet Club was full to standing room only. That is not unexpected, no matter where the tournament is held. Canada has only one tournament to determine the national champions, so it becomes the important one.

Last year, Quebec City held the event, and next year Toronto will have that honor. For 1985, it was Kelowna's success, at two clubs, the Four Seasons, and the Courtplex.

What was it like? "Good shot" echoed "bon coup" of the French Canadian players from Quebec; 3000 miles to the east. There was the squeak, squeak not only of court shoes, but of wheelchairs oiled and primed for quick movement. Heavy wheezing of masters and golden masters shared equal volume with the grunts of dedicated professionals. And everywhere, tired grins.

The week held a matchup of timeless grace versus determined spunkiness as all-universe champion Heather McKay took defense of her Canadian title against Carol Dupuy, who didn't lose, as expected, to Heather Stupp, the other favored finalist.

There was the match that never was. Six time Canadian champion Lindsay Myers against anyone. His torn hamstring injury opened the gates for a training group that had been runners-up since before the days of graphite racquets.

It also became the match that never will be. Myers announced his retirement at the tournament banquet, citing tiredness of pressure, and an urge to "play only for fun".

What else happened? Not the juniors. Organizers scheduled it separately (June 27-30 in Saskatoon, Sask.) to give juniors their own showcase, and to keep them away from adult influence—a.k.a. partying.

Canadian racquetball tournaments have not been entirely invaded by cool young athletes. The old time "color players" still get respect and affection and hangovers; even if they don't win as often as before. One such player stepped on the courts in swimming trunks, and shirts bright enough to burn holes in sunglasses, a tradition he has kept since the first nationals, in the days of YMCA greys. Another player charmed and baffled his listeners with threats of "retina flicks" through the eyeguards of his opponents, never wore less than three torn shirts at one time, and punched two of his knuckles to a pulp against the back wall on route to a semi-final loss. Then he grinned, casually took his injury time out, and resumed play.

Poolside was never quiet of the peculiar twang of balls against outdoor concrete, as the seriousness of having
fun carried to the three wall courts at the back of the Four Seasons. There, the ultimate in Canadian racquetball took place—blasting rollouts under the blasting of the sun.

In spite of the festive atmosphere created by the early eliminations, and maintained as that group grew bigger, there was some good, serious racquetball played in all events; especially at the higher levels.

Canada has Heather McKay (that says it all), and the other Heather, Stupp, who has wins over American pros Bonnie Stoll, Vicki Panzeri, Marci Greer, and even McKay herself.

Crystal Fried and Carol Dupuy, Canada's representatives in next year's World Games in London, and Lisa Devine, who plays for an American college team, gave the draw a five person depth out of the 16 open entrants.

The men's draw had internationally tough talent, too. The main draw was represented by CPRO (Canadian Professional Racquetball Organization), which has run successfully for two years. Myers, who has been ranked as high as seven in the U.S., was out, but Sherman Greenfield, number one seed from Winnipeg, Man., was not.

Roger Harripersad placed third in the World Championships held last year in Sacramento, CA, and now attends school there, coached by Ed Martin. He was seeded third in Kelowna.

Second seed, Brian Valin of Toronto, has wins over pros Mike Levine and Ruben Gonzalez, despite a near fatal heart attack two years ago, and the removal of a tumor from his left leg.

Valin notes, "the biggest difference between us and the Americans is the depth of field. They can assemble a draw of 32 that is tough all the way through, and that round is as good as our semi's. Our top guys can compete to the quarter-finals there!"

McKay, who has more titles than the House of Lords (she did not lose a single match in 17 years of world class squash competition), said she enjoys the Canadian tournament because, "the men and women play together, unlike the American events, and that it was even more special as the last tournament!"

Then, as if to prove there is no justice, she teamed with equally formidable Stupp to play women's open doubles. The result was as predictable as pitting Wayne Gretzky against an empty net. Just add another national title to the list.

In men's open doubles, there was a changing of the guard. Wayne Bowes and Bob Daku did not win. In Canada you can say Bowes-Daku as a substitute word for doubles. They have won 10 of the last 12 national doubles titles, but this year lost early to Hayden Jones and Bobby Meloche of Ontario. Jones/Meloche lost in the final to Glen Collard and Kevin Carson of New Brunswick, who proved all parts of Canada play good ball as they pulled out a gutsy 11-10 tie-breaker win.

The tournament had another first time winner, playing in a first time event. Mark Cormack of British Columbia showed smart shot selection, good anticipation and—great wheels in winning. Take "great wheels" literally, and know the anticipation was necessary, despite being allowed two bounces before each shot. Mark played in a wheelchair.

That event was well received by spectators and the wheelchair athletes. Murray Brown, the other finalist, said all the competitors in the wheelchair event felt comfortable because they were treated as athletes, and there were no people "looking down on you, feeling sorry for you". Brown grins when she tells you he has been in a wheelchair since falling out of a tree 9 years ago, and adds he "has been swearing ever since to cut down that bloody tree!"

Champions emerged from all events by week's end, but it wasn't until the final match, early Saturday evening, that the hundreds of spectators knew who to crown as the new Canadian men's champion.

Myers made his presence felt, but only at court-side, probably rehearsing his retirement speech. Lanky fourth seed Jones had dropped in the first round to Paul Shanks of Alberta.

It had been Valin losing to third seed Harripersad in one semi-final, despite Brian cruising through the draw while Roger struggled to get on track to that point. Greenfield walked to the finals, defeating Mike Ceresia of Ontario in the other semi-final.

The match disappointed no one. Greenfield plays smart. He is fast, hard-hitting, and has a well balanced attack. Harripersad seems to store winter in his veins, never losing composure, favors a tremendously consistent backhand, and has hands and reactions as quick as
anyone in the game. From the first serve, both hit rockets, and returned rockets. The pace never slowed, until Harripersad scored match point at the end of the fourth game, in games to 11.

It was as close as Greenfield had ever been to that title, but he was gracious, even in his disappointment. He admitted later, at the banquet, the Roger "simply played better".

Shortly after, he handed the microphone to Roger, who finally showed he does have nerves, by white knuckling the microphone during his emotional thank you speech. McKay drew three standing ovations from the large crowd, and then made room for Myer's retirement speech.

The banquet continued a Canadian tradition of tournament hospitality that occurs at nearly all events north of the American border. The tradition means inhaling the food, listening only to the important speeches, and taking every opportunity to explain just how you managed to lose the last match.

The Nationals also ended with another tournament tradition. The morning after. Survivors of the competition and banquet gingerly checked sore muscles and groggy heads, swearing never to unsheathe a racquet again. Just like the last tournament.

Harripersad, in a caggy, Canadian pose.

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Championship Service Strategy For The Power Game

by Marty Hogan

Unquestionably, the most important shot in racquetball at any level is the serve. A good serve can carry you a long way. You can have mediocre shots and still seem to be a championship player. You can make brilliant scoring runs. You can turn defeat into victory. It's no wonder then that at the championship level, the top players all have great serves.

At no other time in the game are you in greater control of the match than when you are serving. On the other hand, if you are not serving, you are at the complete mercy of the server. Thus, you can not squander service opportunities. You must pick a serve which will minimize their opponent's chances for scoring while maximizing your own chances. You shouldn't just put the ball into play—even if it's second serve.

At the championship level, there are as many service strategies as there are personalities. Since the tempo of the rally is dictated by the serve, the different service strategies reflect the different personalities of the top players.

Power players, for example, tend to build their service strategy around their drive serve. The superior power player realizes that it is to his advantage to play a frantic series of power kills and counterkills.

Control players, on the other hand, tend to build their service strategy around their lob and Z serves. The superior control player wants to play a more deliberate rally relying more on pinpoint accuracy than on lightning fast ball speed. This article concentrates on service strategy in the power game.

To play the power game, you should develop your hard, drive serve to the backhand as your bread-and-butter serve. The ultimate hard, drive serve moves so fast that it offers no real setup time for the returner, is so low that it bounces twice on the floor before hitting a wall, and is directed toward a spot on the side wall which will force the receiver to travel the furthest distance on his backhand side (Diagram 1).

Diagram 1

Technique

Start in the service zone about one step to the right of center. This position will let you hit a serve which will angle across your opponent's body, offering him a target which seems to be moving away from him when he attempts to turn his shoulders for a down-the-wall drive.

Starting too close to the center of the service zone forces you to hit a serve which is much easier to prepare for because it comes almost straight back from the front wall (Diagram 2). Furthermore, the chances are much higher for the ball to catch the side wall too early and pop into the center or become a screen as it comes by your body when you serve from the center or left part of the service zone.

However, I have one caution—starting the drive serve from the right side of the service zone offers your opponent an opportunity to drive the ball along the left wall with you caught in the right side of the court. But this shouldn't happen if your basic motion carries you into the center of the service zone. You can not expect much success at the championship level if you hit the drive serve and then stand. Some players even toss the ball so that it moves toward the left and then step into the ball with a right-to-left foot motion which carries them into the coverage zone of the return (Diagram 3).

Since my service motion naturally carries me into center court, I am ready for any offensive opportunities and have my opponent trapped behind me unless he hits an excellent return. The best offensive shot after a drive serve is a sharp pinch into either corner.

I hit my power serve with top spin. I've found that the ball literally squirt at or sometimes away from my opponent when I use top spin. However, too much top spin will rob the serve of its power. The top spin ball tends to carry deeper than a flat or under spin serve. So, it should be hit lower on the front wall to keep it from setting up off the back wall.

With top spin, the ball seems to pick up speed as it takes its first bounce. Thus, under spin gives you the most desirable characteristics that a power player would want: higher ball speed and lower trajectory. This is contrasted with an under spin serve which tends to
slow down the setup (Diagram 4). There are situations where under spin is more desirable, but the basic power drive serve is most effective when hit with top spin.

**Complementary Service Patterns**

Like ground strokes, the serve is maximally effective only when you can execute complementary service patterns with deception. If you hit the same drive serve over and over again, you decrease the effectiveness of the serve because your opponent eventually is able to time it and tee off.

You should develop serves which complement your hard, drive serve to the backhand. This is true for any shot whether you are a power player or a control player. The drive to the forehand and the hard Z to the forehand are the two most common complements to the drive to the backhand (Diagram 5).

There are a number of rules of thumb that you can use as a guide to finding the right mix of serves. I tell most beginners to use the "three-one rule": drive three to the backhand followed by one complementary serve. It's an easy rule to remember that can really be used at all levels by varying the number of consecutive serves to the backhand—for example, two-one or four-one.

As you become more sophisticated, perhaps a better rule is to adjust the mix of serves commensurate with the results. If you are getting tons of aces on the backhand, it doesn't make sense to change your serve until you sense that your opponent is beginning to hone in on your serve. On the other hand, if you aren't getting tons of aces in the beginning of a match, it doesn't necessarily mean that you should abandon your drive serve.

Typically, this mix of serves changes throughout the course of a match. In the beginning of a match, your opponent is fresh and alert. Drive serves to the backhand may only solicit ceiling returns. Z serves should be hit into the shoulder high regions of your opponent in hopes of avoiding setups while draining his upper body strength.

As the match wears on, drives to the forehand or low Z serves may be much more effective as your opponent tires and becomes lazier. For example, a hard, sharply angled, low Z to the right which hits one or two feet high on the front wall, barely clears the short line, and then catches the side wall near the receiving line is sometimes effective near the end of a match because it comes out almost perpendicular to the side wall in a low trajectory (Diagram 6). If your opponent is tired, his first reaction will be to prepare for the deep Z serve, leaving him out of position for any offensive return.

**Complementary Deliveries**

Another technique for increasing the effectiveness of your drive serve is to vary the delivery of the serve—both the speed and the angle. This tactic is like a fast ball pitcher throwing an occasional curve ball. Otherwise, your opponent will eventually groove his return to the speed of your drive serve. You must break his rhythm. Unfortunately, it's almost impossible to hit a curve in racquetball.

However, you can get good results if you hit a medium speed, sliced (underspin) drive serve to the backhand. You will give your opponent fits because he can't develop any rhythm to his return. You may not get any aces on the serve, but in many cases, the return may be weak enough or your opponent may be off balance enough that you can attack his return.

The off-speed drive serve is never a setup if executed properly. The key characteristic of a good drive serve is that it stays low to the ground and forces your opponent to stretch and dig the ball out of the floor. You should hit this serve with some underspin so that it barely clears the short line and then angles toward the ideal spot in the back corner. If the serve is consistently too deep, attempt to hit a short serve until the ball barely clears the short line.

You can vary your delivery by also starting your service motion from dif-

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Illustrations by Milt Presler
different spots in the service zone. This may be worthwhile just as a change of pace to improve your concentration. I know that sometimes you can get so carried away with the power drive serve that you get stuck hitting the same serve from the same spot not realizing that it has lost its effectiveness.

With a full arsenal of drive serves, you can potentially hit drive serves throughout an entire match without getting arm fatigue. Although there is seldom the need to do this, there are occasions where this may be the best strategy.

For example, if your opponent has developed effective offensive returns of your lob serves or your soft serves are pathetic on a particular day, an attack of nothing but drive serves removes one of your opponent's avenues of attack.

In these situations, you don't have to release the pressure on your opponent just because you have to hit some lob serves to save your arm. The variations of the drive serve I've described above allows you to do this while maintaining the pressure you want.

The drive serve variations are just the ticket for uncovering your opponent's weaknesses. They may not appear immediately, but an attack of drive serves will eventually reveal them to you. Master the drive serve and watch those points come rolling in.

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The Hogan championship service form.
The 1985 Japan Open Racquetball Tournaments, sponsored by the Japanese Amateur Racquetball Association (JARA), were long awaited events for racquetball players throughout Japan. The 4th Women's Japan Open was held April 28-29 at Musashino Sporting House, with the semifinals and finals at Do Racquetball Club in Harumi, Tokyo. The 5th Men's Japan Open was staged entirely at Do Racquetball Club, April 28-30. The largest draw ever for the Japan Open, 169 men and 55 women, required that the tournament locations be divided in the early rounds for the first time ever.

In the women's division, all eyes were on Kiuchi to see if she could gain back the women's title. After winning the first two national titles, she was forced to withdraw last year because of injury. In the absence of Kurimoto, the 1984 women's champion, Kiuchi swept to victory in a three game final over Ohta, 15-13, 13-15, 11-6.

"I'm so happy to become champion again," said Kiuchi. "I couldn't enter the Japan Open last year because I tore my achilles tendon. It's always nice to be a champion. It was very tough because Ohta hardly missed shots. Toward the end my shots were getting higher, so I had a hard time winning. I will keep practicing even harder for the upcoming major tournaments!"

The winner of the men's division was not a Japanese player at all, but American Scott Schafer. Schafer is a top amateur player in the United States, and was a finalist in the 1981 AARA National Singles Championships in Boise, Idaho. He was clearly one of the most talented players to ever compete in the Japan Open, and all speculation centered around whom he would meet in the final match.

In the semifinals Schafer defeated All Japan Seniors champion Ishimoto in two games. The other finalist was determined when Hirasaka defeated long-time foe Naoi in a tight three-game match.

Schafer has a small frame for an American, and was about the same size as Hirasaka. However, his powerful shotmaking and amazing speed held Hirasaka nearly scoreless as Schafer eased to the championship, 15-1, 15-2.

Scott's performance was a clear demonstration of the difference in playing level that still remains between top U.S. and Japanese players. However, Schafer demonstrated to the Japanese that one need not have great size to hit powerful shots. Japanese people have relatively small bodies compared to Westerners, and they tend to think that body size is the key to hitting with power. But, considering some of the Japanese players are actually bigger than Schafer, that is clearly not the case.

"In Japan people are so nice and the atmosphere is not so intense," said Schafer following his two-game victory, "so I hate to win. I don't want to feel like I'm beating my friend. Racquetball has been played in America many years longer than in Japan. But if the Japanese continue to pick it up like they have, they will be the world champions in the next five years. The level of play has improved a lot since 1981!"

Hirasaka (right) and Schafer in the Japan Open.

In fitness and racquetball as well as in life, it is very important that you decide for yourself what you really want to achieve based on the ability you know you have, and then set out to achieve it. But beware of the fact that the biggest obstacle you'll ever face is the temptation to listen to everyone but yourself.

I decided that for my own personal sanity, I had to start setting and achieving my own goals when I was in high school. This realization came when my guidance counselor informed me that based on my aptitude tests and my current C average, I was doing as well as could be expected.

It was easy to remember which aptitude tests he was referring to. They were the ones I had taken on the morning my mother had informed me we were getting rid of the family dog! Since losing one's pet ranks pretty high on a sixth grader's emotional crisis scale, my test results had probably put me in the "moron" category.

My counselor went on depressing me by suggesting if I wasn't lucky enough to get married first (in other words, get someone to take care of me), that I should become a gym teacher. Since it was too late now to demand a re-test, I sat quietly while he explained that any C student could be a gym teacher.

I didn't dare tell him that it was my dream to train for and play professional racquetball, maybe even own a club someday. The sport was unknown in high schools at the time. I was smart enough to know that telling him these dreams might damage my school records even further. Besides, it was obvious that his expectations of me were different than what I expected from myself.

The biggest obstacle you'll ever face is the temptation to listen to everyone but yourself.

So, refusing to accept his scenario of my life, I immediately began to plot and plan my own future. I'm glad I did, because it was on the pro tour, 10 years after high school, that this C student was having the time of her life. I was traveling the country with all expenses paid and making money doing what I loved.

If Marty Hogan had listened to the people telling him his racquetball stroke would never take him to the top, he wouldn't be there today. When Dave Peck severely injured his leg two years ago, he fought the odds to return to the top by taking his fitness and rehabilitation program more serious than the skeptics thought he could. If Peck had listened to anyone but himself, there would be no Dave Peck today.

Recently, Cliff Swain decided to silence his critics by turning his "fluke" Tulsa pro stop win into an Ektelon national title two months later. Between Tulsa and Anaheim, everyone was saying the only reason the number 24 ranked Swain won Tulsa was that Yellen and Hogan had failed to appear. Somewhere between Tulsa and Anaheim, Swain himself made the decision that if he could win once, he could win twice, no matter what anyone was saying.

So, when Yellen and Hogan arrived in Anaheim, it made no difference. Swain still won. Turning deaf ears to anyone's expectations but his own gave Swain two pro stop victories in one season, a national title and a new number five ranking.

Recently, outside the world of racquetball, one of my personal tennis idols got in shape to win against the odds-makers. Chris Evert Lloyd, who had been playing second fiddle to Martina Navratilova for the past two years, decided to go back to the baseline game that originally took her to the top and stop trying to play like Navratilova.

In addition to returning to the strategy she was the best in the world at, she embarked on a fitness program with Kathy Smith, a Los Angeles based fitness expert. Ignoring the talking heads that had crowned Navratilova number one and condemned her to number two, Evert put it all together to win this year's French Open.

Having an "It's not over until I say it's over" attitude enabled Evert to beat Navratilova and more importantly, has started her on the way to her personal goal of re-taking the number one position in tennis.

All of these athletes have achieved great success by simply having the courage to set and achieve their own goals. Personal quests and personal efforts finish marathons, win racquetball tournaments, take tennis titles and will keep you on your fitness program so that you can be healthy enough to achieve other life goals.

Setting and achieving your own goals is easy to say and hard to do. Let's face it, social pressure is always against you when you refuse to accept the limitations set by those around you. But, if you can work against that inertia, there really is no limit to what you can achieve, on or off the racquetball court, in or outside of the fitness center.
In part two of this exclusive two part series, Gigi Horn describes how minerals work in conjunction with vitamins and each other to enhance your on court performance as well as your health.

Nothing hurts an athlete more than empty calories. That is, food choices that are barren in terms of vitamin and mineral content. Since your body cannot manufacture all of the necessary vitamins and minerals, it is crucial for your health as well as your fitness and racquetball performances to pack as many solid vitamin and mineral combinations into your daily food selections as possible.

Minerals enable your body to assimilate the vitamins you take in through food or supplementation on a daily basis. They are different than vitamins because they become part of the makeup of your body tissues once they enter your body.

Potassium
Potassium is an essential mineral for normal growth and for the regulation of the water balance of your body. If you are experiencing a general weakness and slower reflexes on and off the court, you may be experiencing a potassium deficiency. Potassium is a mineral easily depleted by the traditional American diet and everyday lifestyle so many of us lead.

First and foremost, nothing depletes potassium faster in your body than mental and physical stress. Other potassium depleters are coffee, alcohol, sugar, and sodium (salt). Sodium is found in deli meats, sausage, ham, bacon, pork, processed and packaged foods.

One of the best ways to ensure that you are not jeopardising your potassium supply is to never salt anything you eat again the the rest of your life. As radical as that sounds, it is safe and sound advice. Eliminating your salt shaker and getting as many of the potassium depleters mentioned here out of your lifestyles will protect your potassium supply.

Eating raw foods, fruits and vegetables will give your body the potassium it needs for health as well as racquetball. Specifically, baked potatoes, and bananas are excellent suppliers of potassium. Poultry, fish, whole grain breads and pastas can also contribute to your body's potassium supply.

Lastly, do not take salt tablets during racquetball matches to prevent cramps. According to author of "Eat To Win", Robert Haas, "Salt tablets are precisely what sweating athletes need least". He goes on to explain that salt tablets not only deplete your potassium supply, but that they can actually harm your body. This is because the excess salt in your stomach and in your blood will draw water from the working muscles and tissues to dilute the abnormally high salt concentration. This could actually make an athlete more prone to muscle cramps and fatigue.

During strenuous exercise your muscles need water. It is better to maintain hydration by drinking water before, during and after your match. You'll prevent cramps much more effectively in this manner.

Calcium
Calcium maintains healthy teeth, bones and gums. It may also alleviate insomnia, thereby benefitting players who are restless (especially during tournaments) and find sleeping nearly impossible.

Low fat dairy products (milk, yogurt)
sardines, salmon, and some dark leafy vegetables are good suppliers of calcium, yet many racquetball players do not eat enough of these foods. This is especially evident in tournament hospitality rooms where most competitors can be found scarfing down potato chips, instead of salads and drinking pop instead of lowfat milk.

Calcium deficiency can lead to gum diseases, bone disorders, and an increase in susceptibility to bone fractures. Osteoporosis, a disease which deteriorates bones, causing hip fractures, loss of height and bent backs, is also caused by calcium deficiency.

Calcium requirements for men and women do not differ very much. The Recommended Daily Allowance (RDA) for calcium is 800-1200 milligrams per day. That's about 3-4 eight ounce glasses of skim milk per day.

Women, more so than men, have a tendency to fall prey to the effects of a calcium deficiency because their daily caloric intake is less than men. Subsequently, they often do not get enough calcium in the amount and types of food they eat. In addition to the ability to take in more calories in a day, men also have larger bones than women. This means that calcium stores in male bones will last a little longer if a calcium deficiency develops.

Women over age thirty and senior citizens of both sexes must be very conscious of their daily calcium intake in order to prevent osteoporosis and other deficiency effects.

**Phosphorus**

Phosphorus is a necessary mineral for almost every chemical reaction that takes place in your body. It aids in the growth, maintenance and repair of cells as well as in the production of energy. Phosphorus also helps your body use carbohydrates, fats, and proteins as well as aids in stimulating muscular contractions.

Calcium and phosphorus work together to build strong bones and teeth. The bones use calcium in a two to one ratio with phosphorus. This means that for every molecule of phosphorus, there must be two molecules of calcium in order for the bones to utilize both minerals properly.

Due to the fact that phosphorus is found in abundance in the American diet (red meat and soft drinks contain ample amounts), there is always the danger of throwing off the precious two to one ratio concerning calcium and phosphorus. When more phosphorus than calcium is being taken into your body, your body will start using your bones for its calcium requirements. This inadvertant canabilism of calcium from your bones causes bone breakage, osteoporosis, and cavities. So, in the case of phosphorus, overabundance is a constant worry, not deficiency effects.

However, if you don't eat red meat, and are a vegetarian who doesn't drink soft drinks, then you could be susceptible to a phosphorus deficiency. A deficiency in phosphorus is characterized by symptoms such as a lack of appetite and weight loss, stunted growth, bone, teeth and nervous disorders.

If you eat meat, fish or poultry, you will be getting your daily requirement of phosphorus in its proper form. Watch out for tournament hospitality rooms that feature overabundances of carbonated soft drinks. Remember for the sake of all your vitamin and mineral concerns that tournament hospitalities are often nutritional wastelands. Unfortunately, pop, hot dogs, beer, and chips do not provide the kind of energy a player needs to make it through a tournament.

**Iron**

Iron is another important mineral. It is vital to muscular function, and body stamina. It is essential in the formation of red blood cells which carry oxygen to your body tissues.

If your diet lacks iron, this means that you will have fewer red blood cells carrying oxygen to your muscles and body tissues. Consequently, you'll become weak and tend to tire easily. Also, you will have lowered resistance to infection.

Anemia (lowered red blood cell count), is also caused by a lack of iron. Loss of appetite, a pale skin color, general weakness and fatigue are signs of anemia.

During those long racquetball matches, endurance is often the determining factor for who wins. Keeping up with your iron intake can allow you to concentrate on skill and game strategy more, because you'll have the endurance to do so.

Also, remember that if you drink coffee, tea or other caffeinated beverages on a daily basis, you'll be depleting your iron supply. Eat turkey, beans, raw broccoli, spinach, peas, and sunflower seeds to achieve and maintain a good iron supply to your body on a daily basis.

Women must always be aware of iron, especially during menstruation, where blood loss means loss of iron.
Men don't have to worry about iron as much as women and so the RDA for iron in men is only 10 milligrams as compared to 18 milligrams for women. Making sure that your daily multivitamin has an iron supplement in it is one way to keep your blood full of iron for on and off court performances.

Magnesium
Magnesium is responsible for muscular contractions and proper nerve functioning. It is necessary for the utilization of carbohydrates, protein and fat. Feelings of irritability, nervousness, muscle cramping, and muscle weakness may be symptoms of a lack of magnesium. Whole wheat bread, nuts, black-eyed peas, and buckwheat flour are some of the foods that contain magnesium. Substituting seafood in place of red meat will give you an adequate supply of magnesium. Spinach is also a good magnesium supplier.

In a world where stress is a common problem, individuals risk becoming vitamin and mineral deficient daily. Vitamins and minerals are essential in promoting the growth and function of the body parts and systems. Good food verses junk food selection is a gradual process which will reward you with a better energy level and a healthier body, one that wins more racquetball games than it ever loses.

"Good food verses junk food selection is a gradual process which will reward you with a better energy level and a healthier body, one that wins more racquetball games than it ever loses."

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**MINERAL CHART**

<table>
<thead>
<tr>
<th>Mineral</th>
<th>Major Function</th>
<th>Symptoms of Deficiency</th>
<th>Major Food Sources</th>
<th>RDA (Recommended Daily Allowance)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>Essential in developing and maintaining strong bones and teeth. Aids circulation. Helps nervous and muscular systems.</td>
<td>Softening bones, leg and back problems, brittle bones, insomnia and/or constipation.</td>
<td>Milk products (skim milk, cottage cheese, low fat yogurt, frozen yogurt), spinach, cabbage, shell fish and molasses.</td>
<td>Adults 800-1200 Mg</td>
</tr>
<tr>
<td>Women 18 Mg</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Magnesium</td>
<td>Helps the body utilize nutrients.</td>
<td>Nervousness, muscle spasms, tremors and/or depression.</td>
<td>Seafood, whole grain products, spinach, and other dark green leafy vegetables. Also, molasses and nuts.</td>
<td>Men 350 Mg</td>
</tr>
<tr>
<td>Women 300 Mg</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phosphorus</td>
<td>Develops bones and teeth. Stimulates muscular contractions.</td>
<td>Weight and appetite loss. Irregular breathing. Sore gums. Fatigue and nervous disorders.</td>
<td>Fish, poultry, meats, eggs, milk products, and whole grain cereals.</td>
<td>Adults 800 Mg</td>
</tr>
</tbody>
</table>
Adams Squeaks By Panzeri in Oklahoma

By John Barlow

While Ft. Sill’s cannons were shredding targets in the hills a half mile north of the Sportsworld Racquet Club, Lynn Adams was launching a few missiles of her own. Lynn won the first annual Lawton Classic, in Lawton, OK, and tightened her grip on the WPRA’s #1 ranking.

Adams took top honors at the $10,000 Sportsworld stop, May 16-19, by taking out co-finalist Vicki Panzeri in five hard-fought games.

The last time these two West Coast natives met in a WPRA event was in mid-February in Vermont where Vicki fell to Adams in three very short games. Although Vicki could not pull off the victory in Oklahoma, she pushed Adams to the limit before yielding in the tie-breaker.

Later a relieved Lynn Adams talked about her narrow victory. “I feel so lucky I won that match,” Lynn smiled, “I wasn’t expecting her to play that well, which was negligent on my part. I feel like I’ve been playing really good racquetball lately and I obviously didn’t think I’d have a lot of trouble with her. The last time we played, I beat her easily.”

By way of a complement Lynn added, “Vicki’s game style is extremely difficult to be good at, and she is very good at it. I felt like a rabbit out there. I kept saying to myself, ’come on Vicki, put it away or do something with it, but (laughing) don’t make me run so much.’”

In Vicki’s mind, however, her game was below her expectation. “I had her 13-10 in the tie-breaker;” said a disappointed Panzeri, “but I let my mind wander at the end. It just takes a little more mental toughness to win than I displayed in the last five points.”

In Vicki’s mind, however, her game was below her expectation. “I had her 13-10 in the tie-breaker;” said a disappointed Panzeri, “but I let my mind wander at the end. It just takes a little more mental toughness to win than I displayed in the last five points.”

In the tie-breaker, Janell Marriott, Warwick, RI, was a welcome surprise. It has been almost a year-and-a-half since Janell had played in a WPRA semi-final, but her strong finish in Lawton was easily forecast after watching her first match. She took out Molly O’Brien in the round-of-16, in four games and went on to upset third seeded Terri Gilreath in the quarter-finals before meeting Panzeri in the semis.

Marriott took Panzeri by storm in the first game never allowing Vicki in the game and winning it easily 21-12. But Vicki couldn’t be quelled for long, winning the next two games, 21-16, 21-16.

The fourth game was the ultimate test for Marriott. The game was very close throughout. The score was tied six times with the last time being at 20-20 but Marriott couldn’t pull it out. Panzeri won the game and match 22-20.

In the other semi-final, Adams defeated Caryn McKinney, Atlanta, with relative ease. Caryn won the first game 21-15, but it proved to be only a warm-up for Adams. In the next three games, Lynn went after Caryn like Jaws after a swimmer.

Caryn started strong in the games two and three but was quickly contained by Adams. In the fourth game Adams was simply overpowering. Caryn was never in the game and Adams won the match 15-21, 21-14, 21-11, 21-10.

In other action, Liz Alvarado, Odessa, TX upset local favorite, and fifth seeded, Joyce Jackson, Norman, in five games. Alvarado started slowly in the first two games losing each 21-12, 21-12. Her game rapidly improved, however, as she turned the tide of the match winning the next three games, 21-17, 21-14, 15-10, advancing to the quarter-finals where she lost to McKinney in four games, 21-19, 17-21, 21-17, 21-15.

Adams and Gilreath continued their dominance of the WPRA’s doubles tour. They came out on top in the $1,000 doubles tournament held in conjunction with the singles event in Lawton. The two Southern Californians took out Marci Drexler and Fran Davis in the semis, and went on to beat the team of McKinney and Jennifer Harding in the finals, 15-11, 15-10, 8-15, 15-6.

The Lawton Classic was sponsored by Sportsworld Racquet Club and received support from McDonalds, KRLG Radio, Stroh’s and the Lawton Chamber of Commerce.
Lawton Classic
Sportsworld Racquet Club
Lawton, Oklahoma
May 16-19, 1985

Round of 16:
Adams d. Stoll 21-13, 21-9, 21-18
Davis d. Harding 21-17, 21-16, 21-10
Alvarado d. Jackson 12-21, 12-21, 21-17, 21-14, 21-10
McKinney d. Porter 21-11, 21-8, 21-15
Gilreath d. Latham 21-10, 21-6, 21-10
Marriott d. O’Brien 21-11, 21-19, 18-21, 21-18
Drexler d. Bell 21-8, 12-21, 21-19, 21-16
Panzeri d. Paese 24-22, 21-11, 21-12

Quarter-finals:
Adams d. Davis 21-19, 21-18, 21-9
McKinney d. Alvarado 21-19, 17-21, 21-17, 21-15
Marriott d. Gilreath 21-17, 16-21, 21-17, 21-17
Panzeri d. Drexler 21-12, 22-20, 21-15

Semi-finals:
Adams d. McKinney 21-14, 20-22, 21-12, 18-21, 16-14
Total Purse:
$10,000

Panzeri put out Marriott in four close games in the semis.

For a complete listing of rankings for the Women's Professional Racquetball Association (WPRA), Racquetball Manufacturers Association Men's Pro Tour (RMA) and the American Amateur Racquetball Association (AARA), please turn to page 43.
Amateur Tournaments

Cole Wins 3rd Annual
“One Last Shot” Tourney

Hot off his state singles titles in the men’s Open and Junior Boys, top-ranked Chris Cole, 18, from Davison, Michigan, picked his way through the 23-man field to win the 3rd Annual “One Last Shot” racquetball tournament, May 10-12, to take home the $750 first place prize and become the meet’s first Michigan champion.

After losing the first game of the finals 8-11 in the best-out-of-five contest, Cole, the #3 seed, came back to stop Chicago’s #1 player Dave Negrete 11-8, 11-10, 6-11. Negrete took home $450 for his runner-up effort.

In the women’s Open, Michigan’s top-rated Cathie Frederickson of Wayland was the first state woman to make it to the tournament finals, but she lost to the defending champion Negrete 11-8, 11-10, 11-10. Frederickson received $300 for her 2nd place finish.

Finals:
Cathie Frederickson d. Cindy Doyle 11-4, 10-11, 11-2. Frederickson took home $650 prize. Frederickson received $300 for her 2nd place finish.

The event, sponsored by Grand Rapids’ EVT Trucking and 7-Up, posted over $4000 in cash prizes for the men’s and women’s Open competition and drew players from 7 states and Canada.

One Last Shot
Alphine Racquet Club
May 10-12

Men’s Open:
Quarter-finals:
Doug Ganin d. Pete Rubiaia 9-11, 11-2, 11-10; Chris Cole d. Scott Reid 11-3, 11-9, 11-4; Dave Negrete d. John Amatulli 6-11, 11-7, 4-11, 11-1, 11-5; Tim Anthony d. Mike Anderson 11-5, 11-8, 8-11, 11-4.

Semi-finals:
Cole d. Ganin 11-7, 11-10, 6-11, 11-7; Negrete d. Anthony 11-4, 8-11, 11-10, 11-7.

Finals:
Cole d. Negrete 8-11, 11-8, 11-10, 11-6.

Women’s Open:
Quarter-finals:
Tamara Low d. Lisa Ecker 11-7, 5-11, 11-2, 11-4; Cathie Frederickson d. Cindy Doyle 11-4, 10-11, 11-9, 11-3; Cathy Nichols d. Sandy Robson 6-11, 11-10, 11-9, 11-3; Cathy Nichols d. Sandy Robson 6-11, 11-10, 11-9, 11-5; Dina Pritchett d. Colleen Britt 11-6, 2-11, 11-10, 11-0.

Semi-finals:
Frederickson d. Low 11-3, 10-11, 11-2, 8-11, 11-8; Pritchett d. Nichols 7-11, 11-5, 0-11, 11-9.

Finals:
Pritchett d. Frederickson 11-8, 11-10, 11-0.

Frick & Trousdale Win 8th Annual Elgin YMCA Spring Fling

In the biggest tournament to date at the Elgin YMCA in Elgin, Illinois, held this past April 12-14, Lee Frick and Karen Trousdale rose to the top of the A divisions to win the Hansen Plastics and Groen, Inc. sponsored event. The results for the division winners were:

Men’s B: Rubenzer d. Ashworth forfeit.
Men’s 35+: Round-Robin winner Gertz.

EXTRA

Important industry news that you should know about in the world of racquetball.

IMG Out; Carson In, At WPRA

A three-year agreement that came in with a bang, went out with a whimper this month when the Women’s Professional Racquetball Association (WPRA) declined to renew their management contract with the huge, Cleveland-based International Management Group (IMG).

Instead, the WPRA has decided to turn back the clock philosophically, by hiring Jim Carson, a Santa Ana, CA, racquetball promotions man, who also happens to be the husband of national champion Lynn Adams. Carson, as solid a racquetball promotions man as there is, knows the ins and outs of the WPRA’s dealings with IMG.

“It wasn’t anything specific,” said Adams, WPRA vice president. “We just felt it was time for a change in direction. It was a mutual decision with no hard feelings.”

Adams and others within the WPRA felt that IMG was too big and too tennis-oriented to do justice to the women’s tour. IMG, on the other hand, felt that what the women had for sale, was unmarketable.

“We tried all of our normal channels and then some,” said Susan Douthit, the third account exec the WPRA has had from IMG in their three years. “It always came back to a question of visibility. How many people would actually be exposed to the sponsors message. Unfortunately, no matter what we did, we always seem to come up short with the numbers.”

Carson, will be a throw-back to their first few years when Las Vegas attorney Dan Seaton led their break from Bob Kendler’s National Racquetball Club, and into their own tour. Seaton resigned after two years when his WPRA activities began to take up more time than his district attorney responsibilities could comfortably handle.

IMG, through the outstanding representation of Buffy Gordon, then offered the WPRA their vast sports promotion empire as part of a promotional/management relationship that many felt would lead the women to the promised land of professional sports.

And progress came quickly.

“Buffy Gordon was great,” said Adams, “and that’s not a knock against any body else who handled our account. But Buffy cared about us. She had a burning desire to help us succeed. She seemed to take the challenge personally.

“When Buffy left (to get married and move to Europe) things were never the same.”

To those who watch the WPRA, nothing could be truer, with the tour falling from 12 solid events in the first year of the IMG deal, to a rash of late cancellations last year.

“But we’re on the way back,” said Adams. “We’ve already got six events lined up for next season and a bunch more in various stages of negotiations. We’re excited about the future!”

(To get Carson’s feelings on the issue, see related story in this issue, page 11).

Heather McKay Hangs ‘Em Up

With a stiff upper lip and a new life in front of her, perennial national women’s champion Heather McKay is calling it quits, retiring from racquetball this month.

McKay who dominated the women’s professional game from 1979 through 1984, cited a combination of nagging injuries and one of those offers too good to turn down as the reasons behind her decision.

She has accepted a four-year contract to head up (along with squash cham-
Addy Appointed Jason Empire President

Calson Companies, Inc., the parent company of the Jason Empire that manufactures the Omega Racquet line, announced on June 7th the appointment of Donald Addy, a top consumer products marketing executive, as President of Jason Empire, Inc.

Addy has a wide ranging depth of experience in management and marketing consumer products. He has served in executive positions for Conagra Inc., Home Brands Division, Consumer Foods Group and the Peavey Company. Mr. Addy will be located at the Jason Empire headquarters in the Kansas City suburb of Overland Park, Kansas, where he will oversee the nationally known product lines that include Jason binoculars and telescopes, and Omega Racquetball racquets and sports bags.

Wilson Sporting Goods Sold

PepsiCo Inc. has agreed to sell its Wilson Sporting Goods subsidiary to a unit of Wesray Capital Corporation, a New York based investment firm headed by former Treasury Secretary William E. Simon. The mostly cash sale at a

price sources said was about 150 million, caps Pepsi's restructuring program and marks the company's departure from the sporting goods business.

Donald M. Kendall, Chairman and chief executive of PepsiCo said Wilson "is not closely related to our major product lines and last year accounted for only 3 percent of our total sales"

John Howard, vice president of Wesray said the investment firm's Wesray Sporting Goods unit will streamline Wilson's operations, but does not foresee layoffs or a management shakeup. Wilson employs about 4,500 people, about 400 of them at the River Grove headquarters, a company spokesman said.

Squash Championships Played On Portable Court — Racquetball Not Far Behind

Beating its big brother sport of racquetball to the punch, The North American Professional Squash Tour staged their 1985 North American Open on a portable squash court set on the stage of Manhattan's Town Hall theater. The event, which was held in mid-May, apparently marked the first official tournament use of a portable court in the United States. A four-wall portable squash court has been in use on the European Squash circuit for over a year.

The court, which cost $100,000, was constructed of two walls—side and back—of completely clear Plexiglass, the other two of regular white paneling. The two-wall viewing arrangement provided seating for approximately 950 spectators.

The early rounds of the tournament itself, which included 64 entries, were played at three separate Manhattan squash facilities. Play was then moved to the portable court for the round-of-16 on down.

The arrangement was similar to one being discussed for use on the men's pro racquetball tour in the near future. Initial construction has already been completed on a portable racquetball court with all four walls of a new generation Twin-Vue glass. The exact timetable for the introduction of the court on the tour will be announced shortly.

Fitness Systems, Inc. Provides Corporate Fitness Programs

Fitness Systems, Inc., headquartered in Los Angeles, CA, is broadening its efforts to provide corporate fitness programs to companies that wish to help their employees stay healthy. When such a program has been implemented, a company can expect as much as a 50-200% savings over annual health benefit operating costs.

Cindy J. Miller, Director of Corporate Programs for Fitness Systems stressed that it is important that a company take carefull measures to ensure that they have the proper program otherwise, it may become a waste of money. She stated, "The more components—track, swimming pool, exercise equipment and racquet sports courts—coupled with professional, caring supervision, the higher the participation rate!"

FSI research demonstrated that after just four months of carrying out a program, the typical 50-year-old has superior cardio-vascular conditioning compared with the average 30-year-old just starting a program.

FSI has started programs for over 80 companies that include ABC, Johnson & Johnson, First Interstate Bank and Atlantic Richfield Company. For more information, contact: Fitness Systems, Inc., 505 South Flower Street, P.O. Box 71606, Arco Plaza, Los Angeles, CA 90071 213-488-9949. □

Marty Hogan Writes For World Tennis

In its June issue, World Tennis decided that Marty Hogan would be an excellent way to start off it's expanded coverage of racquet sports. The two page article was titled "Let Hogan Make You A Hero", and Marty made comparisons between the world's two largest racquet sports, tennis and racquetball.

"About the only major difference I can see between the two sports is that in racquetball the whole object is to keep the ball down—hit the ball low," wrote Hogan. "Whereas in tennis, due to the net, you have to keep the ball up!"

Marty also gave tips to tennis players that racquetball can improve concentration and help them be more aggressive.

SPECIAL EVENTS

Club management/programming seminar, Aug. 15-18, Steamboat Athletic Club, Steamboat Springs, CO. Full slate of presentations. Contact: Mort Leve, area code 602. 945-0143.
NEW PRODUCTS

Anti-fog Permaclear Lenses Introduced
If you wear glasses, then you know the problem. You walk into a steamy room or out into the cold air and presto! You can't see a thing. Your glasses have fogged over. Now there is a new prescription lens that has been invented to prevent fogging. It's called Permaclear and it's made by the Noram International Corporation. Soon it will be available in leading optometrists and optical outlets across the country.

Even when held in the steam of a boiling kettle or exposed to severely cold temperatures, the new lenses effectively resist misting. The lenses will be available in polycarbonate lenses which can be used as protective eyewear for sports and in regular and sunglasses prescription lenses.

For more information, contact Permaclear, Noram International Optical Division, Box 636, 250 North Central Avenue, Minneapolis, MN, 55391, 612-473-4701. □

Total Gym Systems Improved
Two Total Gym exercise systems have been improved. The Pro and Competition Plus now feature a split rail construction for easy storage. The new design allows the units to be folded when not in use. The Pro requires less than 48 inches of floor space for storage while the Competition Plus uses less than 38 inches.

The new units also feature reversible handlebars at the rail base. When the handlebars are turned outward, military presses can be done. When turned inward, the unit is ideal for squat exercises. The Pro system has nine resistance levels and the Competition Plus features seven resistance levels. At $495 and $395, the machines are competitively priced.

For more information, contact Total Gym, The West Bend Company, P.O. Box 278, West Bend, WI, 53095, 414-334-6909. □

New Two-Way Support From Futuro Company
Futuro's Neoprene Thermal Supports combine firm support with soothing body heat to make elbow, knee, ankle and thigh support double effective. The secret is the neoprene. Neoprene is a material similar in look and feel to skin divers' wet suits. And like a wet suit, neoprene retains body heat. Retained body heat keeps muscles, tendons and ligaments supple and relaxed, and substantially reduces post-exercise stiffness and soreness. It is also an excellent support material, yet gives just enough to provide the wearer maximum mobility.

Contact The Futuro Company, 5801 Mariemont Avenue, Cincinnati, OH, 45227, 513-271-3400, for more information. □
### WPA Rankings - June 10, 1985

<table>
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<tr>
<th>Player</th>
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### WPRA Rankings - June 10, 1985

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### AARA/ARHS National Top 20 Rankings - June 19, 1985

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### AARA/ARHS National Top 20 Rankings - April 30, 1985

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### RMA Pro Rankings - June 19, 1985

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August 1985 / National Racquetball / 43
I was a little bit insulted the other day while talking to a friend of mine, a man I much respect for his success in the racquetball industry. I'm sure he meant no offense, but it was difficult for me not to react when at one point in our conversation he referred to me as racquetball's "doomsayers". Good heavens, I thought, is that the way I come across?

It does seem, when I think about it, that I've spent an inordinate amount of my time over the last few years trying to counter the claims of those in the sport I call the "doomsayers". You know the ones; they've been predicting the demise of racquetball as an organized sport for about ten years now. I wish my friend had phrased it differently, but I suppose—considering the other things I could have been called—being a cheerleader isn't so bad. I'm not that way about many things. But I just believe, and have for many years now, that we haven't even started to tap the potential of this incredible product we have to market to the world.

OK, you want cheerleader? Here's the cheerleader: Around 8-10 million people in the United States currently play racquetball—about one in 25 of the general population. I believe the potential for actual participation is at least twice that number, if we make the game visible. And, I believe racquetball has the potential to achieve major spectator-sport status. I felt that way ten years ago, and I have seen the process work on a small scale too many times to feel any differently now. There, I said it and I'm glad.

Looking back now it really shouldn't surprise anybody that racquetball hit the skids between '81 and '84; the only thing that grew during that period was the national debt. But there's another factor we need to take into account. Too often we forget that marketing a sport is just like selling any other product. A product for which there is no demand always fails. But even when a product or concept is viable, demand tends to build in a natural growth cycle. It goes something like this: Stage 1—early interest creates tremendous initial growth; Stage 2—initial demand is satisfied and sales flatten; Stage 3—a new development or "gimmick" reignites interest and the growth curve goes up—not as steeply as stage 1, but the overall user base gets larger; Stage 4—sales flatten again until the next "gimmick", and so on.

Most industries survive because they accept the "growth-hibernation cycle" as a fact of life, and even construct their marketing plans to exploit it. There are two classic examples of this pattern. One is the stereo industry, which experienced a stereo explosion that lasted 10 years in the late 60's and early 70's. Then sales suddenly dropped dramatically—the market was simply saturated, and how many stereos does one family need? Now, after a five-year hibernation, the home stereo growth curve is up sharply again, thanks to a newly invented "gimmick" called the compact disc player. Not only is the product viable again, but the original sales job has already been done—and 5 million stereo owners will buy.

The other is the micro-computer industry which is going the opposite direction. After five-years of growing at a rate beyond anything any industry has ever experienced, Silicon Valley is in a panic. Is the micro-computer industry dead? Of course not; the initial demand has been filled, and the public is unknowingly waiting for the next wave of whatever it is they can't live without.

What do these examples, and a hundred more like them, have to do with racquetball? Quite a bit; no matter the product, the cycles are the same. Even if we had not suffered a general economic recession a couple of years ago, the racquetball industry was bound to bottom out. The growth of the 70's was simply the first wave. But consider this: far more people in this country play racquetball than own home computers. So do we junk the whole idea because we're not on national television? No. We start building on that base of 10 million who already love the product.

In business terms, what was accomplished in the first 15 years of this sport was nothing short of phenomenal. Yes, we made a few mistakes; so does IBM. The bottom line is that the racquetball industry's first period of hibernation seems to be over; most areas of the sport are once again reporting the early signs of an upturn in the growth cycle. If that is true—and I believe it is—then this sport is facing a window of opportunity we will not see again for perhaps another decade. We must react quickly by offering something new and different than simply the old party line.

In professional racquetball our game plan is designed to do exactly that. Already in place is the schedule for the 1985-86 RMA Men's Pro Tour; at 14 stops and over $250,000, it will be the largest tour the pros have ever played. (By the time you read this the schedule will have been made public, and you will see it in the September issue). The WPRA has recently appointed Jim Carson as their commissioner, and under his competent direction the women's tour promises to be one of their largest ever.

Over the next year, the AARA will be preparing to guide racquetball's first participation in U.S. Olympic competition, providing the massive exposure of the 1987 Pan American Games.

I think racquetball has used its down-time well. We have regrouped, streamlined, unified, and constructed an ambitious but achievable long-range strategy. We have a terrific product, and the world is waiting for the next shipment.

The next time you run into one of the doomsayers you tell them that. And tell him that's straight from the cheerleader's mouth. □
We've got a love affair going with a fleet of Tall Ships, and we're looking for an intimate group of congenial guys and gals to share our decks.

We're not the Love Boat, but we'll take on anybody when it comes to sailing and fun in the exotic Caribbean. There's runnin' with the wind to great ports o' call for those with itchy feet and a love of adventure. Cruises to the loveliest places in paradise start from $425. We'd love to send you our brochure.

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TOLL FREE (800) 327-2600
in FL (800) 432-3364

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ADDRESS ___________________________
CITY/STATE/ZIP ___________________________
AN ASTOUNDING REVELATION? NO, AN AMAZING INNOVATION,
AND IT’S CALLED INDOOR TANNING.

Because we are now able to effectively duplicate the tanning
effects of the sun, restrictions such as inclimate weather,
prohibitive work schedules, even sensitive skin have
become obsolete. Merritan, the steadfast innov­
or of the indoor tanning industry, has
created safer, more comfortable, effective
sun tanning systems designed to bring the
sun to you. In a few short sessions you
have a golden, healthy looking tan. So
in effect there are no more sunsets; the
sun now shines everywhere, all the
time—when you have the time to enjoy it.

UNENDING SUNSHINE. SPECIALLY FOR YOU. FROM MERRITTAN.