The A.A.R.A. Board of Directors voted to relocate the National Headquarters to the City of Old Colorado Springs, Colorado. The A.A.R.A., as well as all the International Amateur Racquetball Federation, will be housed in the Old Athletic Club complex located in the heart of the city of El Paso County and was built in 1859. Historically, it was the site of the famous racquetball courts, two squash courts, full basketball gym area, swimming pool, restaurant and lounge, running track and last, but not least, the National Headquarters of the A.A.R.A. and the international headquarters of the I.A.R.F. which now represents 27 countries participating in the sport. The structure will also house the national racquetball Hall of Fame and Museum.

The complex, which will be the showcase total fitness facility in the United States, is the brain child of Ken Racht and John Mooney, co-owners and developers of Old Colorado City, Colorado Springs not only as a major step in creating stability within the Association by taking advantage of the benefits offered by the U.S.O.C., but also as an overt sign to the industry that the A.A.R.A. has assumed the leadership role in the development of racquetball in the United States.

In addition to the above benefits, the U.S. National Racquetball team will also be housed at the U.S.O.C. and trained at the National Headquarters.

The move will further establish tradition and a sense of permanence in our sport with an open invitation for all A.A.R.A. members to come and visit not only the National Headquarters, but the developing Hall of Fame and Museum.

The Eyes Have It!

In sports, the name of the game is keeping your eyes on the ball, puck, pins, clock, opponent(s), teammates and playing area boundaries. To do that fast and accurately with minimum energy expended, 20/20 eyesight and many other vision skills are extremely helpful.

20/20 Eyesight—The ability to see sharply and clearly at a distance is a definite asset for just about every sport. Golfers use good distance vision on tee and fairway shots to judge the distance to the green and the location of traps, trees, and roughs. Sharp distance vision also is very useful for reading the greens on long putts.

Tennis players use it to watch the opponent, the ball, the net and the court lines. Both pin and spot bowlers utilize sharp distance vision for strikes and spares.

Distance vision can be blurred by nearsightedness and higher degrees of astigmatism and farsightedness. Doctors of optometry can prescribe eyeglasses, including special sports eyewear, or contact lenses to compensate for these three vision conditions.

Dynamic Visual Acuity—It is one thing to see an opponent or ball sharply and clearly at a distance, it is quite another to see them sharply and clearly while they are in motion. That is what the vision skill of dynamic visual acuity is.

Doctors of optometry say dynamic visual acuity enables a player to move his or her eyes rather than head or body to follow the action. This is more efficient and puts less stress on the balance and nervous systems.

Dynamic visual acuity is an integral part of such sports as racquetball, with its five playing surfaces creating many different bounce angles; tennis, where the player, opponent and ball are all in motion at the same time; baseball/softball, where hitters face a ball in motion and dynamics.
How A Flexible Round Robin Can Help Your Training Program

By Lon Fabian

We're sorry Ms. Wright; your partner's child is sick today, when can we reschedule your league match? Oh! Mrs. Peterson, Marilyn Ross will be late to play your league match at 11:00 a.m. in lieu of 10:00 a.m. I'm sorry, no, I have a doctor's appointment at 11:30 a.m. and other problems occur during league play at your club!

The author has developed a system for running leagues, whereby these and other problems are eliminated. This system will provide your members with many happy healthy racquetball experiences. The same program structure will generate more lessons for the teaching pro and sell more court time for the club.

Traditionally, eight people are scheduled to play one match a week, at the same time and day every week, for seven weeks. This system is used by most clubs across the country, however, it is barely adequate to handle everyday problems that occur. The system employed by Judi Stadler, Manager-Pro at St. Clair Courts, which overcomes these problems in the flexible round robin system. A flexible round robin involves playing with several different partners each week. Each person plays a one game round robin with 5 other people during the same hour every week (30 minute periods per hour). Then each week the eight people are rearranged (See Table 1). By the end of seven weeks, every player has played every other player three times for a total of 21 games. League results are based on total game record and ties are broken by the head to head record. The members benefit by this system because they are guaranteed several partners each week they play. This system allows for no shows and lateness. If someone does not show up and a replacement is not available, the remaining players play and their score is taken with a bye. If a person is late, the others can begin and usually, someone can remain an extra 20 minutes to allow the late person to play the missed game. In addition, mismatchs in ability are over with quickly and allow the slower opponent to prepare better for the next time.

The system allows the players to get a feel for the two different partners each week. Practice makes perfect when the players seek to improve their game more than wasting games with unhappy players. Many problems are generated from a program of this nature, especially if the pro is available for mini demonstrations prior to league play. The pro may be asked a question before the player begins play, and can watch the player in action and suggest a tip afterwards. This type of attention goes a long way to promote lessons.

The club benefits because their members play racquetball more frequently and for a longer period of time. People who improve in skill will remain racquetball players for many years to come. The attitude generated from the system makes the game easier during the difficult summer months.

Judi Stadler has added new meaning to the word flexibility during the 1980-81 season. Judi keeps over 2/5 of 150 women in the winter league playing racquetball all year round. During the summer, the league is restructured to playing a complete round robin every time they meet (two hours duration). Judi is able to maintain a round robin for various ability levels (novice, beginner, advanced beginner, intermediate, advanced intermediate) every day of the week. This system permits people to try different ability levels without giving a permanent commitment. In addition, no score is kept on the summer round robin, allowing the players to develop confidence. Also, Judi spices up the program by teaching the members a few ten minute lessons before they play. This allows the league members to learn and practice a new skill each week. Last but not least, racquetball for fun is the principal goal of this summer program and everyone contributes to that end.

TABLE 1

<table>
<thead>
<tr>
<th>FLEXIBLE ROUND ROBIN - EIGHT (8) ENTRIES</th>
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<tr>
<td>Weeks To</td>
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<tr>
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<td>FAIRINGS</td>
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</table>

Table Notes:

- No score is kept on the summer round robin, allowing the players to develop confidence.
- Judi spices up the program by teaching the members a few ten minute lessons before they play.
- This allows the league members to learn and practice a new skill each week.
- Racquetball for fun is the principal goal of this summer program and everyone contributes to that end.

AARACQUETBALL IN REVIEW

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DECEMBER 3-5
5th Annual Big Brothers & Big Sisters Westside Racquetball & Fitness Club
5000 Minutemen Ave W.
Bradenton, FL 34207
Jim Brown
813-355-2011
IAC Open Racquetball Classic (3)
Players Racquetball & Fitness Club
36 Mill Plain Rd.
Danbury, CT 06810
Kurt Oscherby - Bob McKinney
203-744-9121
Mr. Steck Open (3)
Westteer Racquetball Club
3730 Broadway Rd.
Sacramento, CA 95827
Steve Wolter
916-363-3263
Natural Light ProAm (3)
Howard Hedges & Racquet Club
Bangor, ME

DECEMBER 17-19
5th Annual Bluegrass Open (3)
North Park Racquetball & Fitness Club
Lexington, KY
Jared Brumfield-Simon Donald
502-651-7474
Second Annual Bluegrass Open (3)
North Park Racquetball & Fitness Club
Lexington, KY
Jared Brumfield-Simon Donald
502-651-7474
Soothwood
Pine Bluff, AR
For details contact Tom Wilkins
501-623-5690
Amphi Foundation Racquetball Open (5)
Playoff Racquetball Club
Beverly, MA
Jim Wilkins
617-846-9000
Imanta Sports (3)
Holliday Sports Center
111 Southwest Blvd.
West Lafayette, IN 47906
Mark Morehead
219-763-2123
January 7-9, 1983
Mike, Crescenzo Racquet Club
4000 Pembroke Dr.
Boca Raton, FL 33431
Jim Battistid
561-368-5550
January 11-13
Mountaineer Classic (3)
Klondike Sports Center
111 Southwest Blvd.
West Lafayette, IN 47906
Mark Morehead
219-763-2123
January 21-23, 1983
4th Annual Tiger Open (2)
Racquet Club
467 No. Eden Rd.
Auora, AL 36250
Bob Mossey
205-897-8951
Auburn YMCA
Auburn, AL
502-324-6110
YMCA Doubles Tournament (5)
YMCA-Louisville, KY
Sherrin Russell
245-897-4660
January 28-30, 1983
Life End 2nd Annual New Jersey Mixed Doubles (2)
Racquet Club
113 East Frederick
Cedar Knolls, NJ 07927
201-287-2668
January 30-31
Indiana College Championships (3)
Indiana College
Indianapolis, IN
Mike Richardson
317-265-1501
February 4-6, 1983
Open (5)
Playoff Racquetball Club
800 Commonwealth Blvd.
E. Hartford, CT
Steve Bloom
203-568-4207
February 11-13
N.C.A.A. Doubles Tournament (3)
Meadowbrook Park
Louisville, KY
Paul Williams
303-926-8000
February 18-20, 1983
February 26-27, 1983
Connecticut State Intercollegiates (3)
Connecticut State University
Storrs, CT
John Smith
860-486-1000
February 26-27, 1983
Contact Scott Brissin for details
203-664-5599
March 4-6
Canadian State Championships (5)
Cedar Hill Racquetball Club
375 East Cedar St.
Nevington, CT 06311
Scott Ersson
203-656-8431
March 9-10
Mountain West Classic (5)
Cedar Hill Racquetball Club
375 East Cedar St.
Nevington, CT 06311
Scott Ersson
203-656-8431
March 14-16, 1983
North Pacific States Championships (3)
Pacific States Classic
Portland, OR 97207
Scott Ersson
203-656-8431
March 14-16, 1983
North Pacific States Championships (3)
Pacific States Classic
Portland, OR 97207
Scott Ersson
203-656-8431
March 25-27, 1983
Northwest Racquetball & Fitness Club
Seattle, WA
Steve Cissel
206-622-3000
March 25-27, 1983
Northwest Racquetball & Fitness Club
Seattle, WA
Steve Cissel
206-622-3000
April 8-10
Executive Court Club Spring Open (5)
Executive Court Club
Manchester, NH 03102
Mary Dale
603-668-4723
April 22-25, 1983
AARA Junior Regionals
California
Scott Jensen
760-732-1399
This is a listing of AARA-sanctioned events
* To put your tournament on this calendar, call Hallie at 1-203-761-1172,
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inches disappearing as
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with your aerobic
dance program.

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TO YOU IT’S A GAME.
TO A SHOE IT’S AN ASSAULT
WITH A DEADLY WEAPON.

Oh sure, racquetball looks like an innocent enough game.
But if you were a shoe, you’d think it was about as innocent as an armor piercing bazooka.
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No other shoe in the game can touch it for durability, not to mention fit or comfort.
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10 different styles in all. So instead of wearing a shoe that was designed for a game, wear one that was designed for a battle. Tuffs, by FootJoy.

THE TOUGHEST SHOES ON THE COURT.
The unsung heroes of our sport are those dedicated volunteers who work untiringly for the betterment of racquetball through their state and regional associations. Four years ago, the direction of the Association was changed to place the major emphasis towards expansion of the membership thus allowing the A.A.R.A. to operate independently of manufacturers and special interest groups. We are now beginning to see the fruits of this hard, upward road and we would like to make special recognition of the top 20 states in order of A.A.R.A. membership:

- **California** under the direction of Scott Jenson, Richard Bruns and Regional Director, Ed Martin top the parade of states.
- **Massachusetts** under the direction of Maureen Henrickson comes in a close second and boasts over 38 sanctioned events in 1982-83. This is a tremendous feat in that Massachusetts is one of the smallest states racquetball-wise in the country.
- **New York** under the direction of Al Seitelman is a strong third.
- **Oregon**, under Dennis Hubel, is 16th, while newly affiliated Colorado, under John Foost, is in the 17th position. Mike Dinoff's North Carolina association holds down the 18th place with the newly affiliated Ohio association, under Jerry Davis, ranked 19th.
- **Missouri**, under Bob Hardcastle, rounds out the top 20.

On the State Director's page of A.A.R.A. Racquetball in Review we list the top ten states by membership each month. You, as a member, can readily see the performance of your state organization. All of our state and regional directors should receive our thanks for a continuing job well done and if your state does not rank in the top 20 lend them your help to get there. If your state ranks in the top 20, push them towards the Number 1 spot.

---

**NEW DIRECTIONS**

By Luke St. Onge – Executive Director

Texas, presently being reorganized under Bruce Hendin, is 8th.
Sparsely populated Maine, under the dynamic leadership of John Bouchard, has broken into the top ten for the first time ever in 9th place.
Illinois ranked number 10 is directed by Ray Mitchell.

The second 10 shows Washington under Bill Gillespie a strong Number 11 and a reinvigorating Michigan under Dennis Wood falling into 12th place. 13th is Connecticut under Scott Eliassen with George lead by Jim Cullen, 14th.

The small state of New Hampshire led by Tom O'Dwyer and Lance Bloom are now 15th.

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**CALENDAR**

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<td>816-780-0606</td>
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<tr>
<td>#10</td>
<td>Elishew</td>
<td>904-672-4044</td>
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<tr>
<td>#112</td>
<td>Seitelman</td>
<td>516-261-3255</td>
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<tr>
<td>#119</td>
<td>Wood</td>
<td>517-371-3277</td>
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<tr>
<td>#115</td>
<td>Arnold</td>
<td>219-267-1111</td>
</tr>
</tbody>
</table>

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(top ten in order of ranking)

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State Director

Region 1 Director

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REGION 2

State Director

Region 2 Director

Minneapolis, MN

REGION 3

State Director

Region 3 Director

Washington, DC

REGION 4

State Director

Region 4 Director

New Orleans, LA

REGION 5

State Director

Region 5 Director

San Antonio, TX

REGION 6

State Director

Region 6 Director

San Diego, CA

REGION 7

State Director

Region 7 Director

Kansas City, MO

REGION 8

State Director

Region 8 Director

Denver, CO

REGION 9

State Director

Region 9 Director

Phoenix, AZ

REGION 10

State Director

Region 10 Director

San Francisco, CA

REGION 11

State Director

Region 11 Director

Miami, FL

REGION 12

State Director

Region 12 Director

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Racquetball in Review December 1982 7
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And at $2.95, this offer is almost a crime.

*All details on coupons in specially marked cans.
Racquetball's Most Effective Weapon

The kill shot is absolutely the most effective offensive weapon a racquetball player can command. The receiver has to strain to get low to retrieve it and must always be on his toes, constantly anticipating where, when, how fast, and how low you'll shoot.

Kill shots can be attempted from virtually anywhere on the court. One does, however, have a better chance of killing the ball in the vicinity of the front wall. The reason for this is that your opponent will most likely be behind you, and therefore, farther from the ball. There is also a disadvantage here, that is, that it will be more difficult to know which way your opponent is leaning.

There are no definite do's or don't's regarding where to shoot. There is, however, a good rule to follow: put the ball where your opponent is not. Even if you're hitting 85 percent of your kills, your opponent will still work as a passing shot.

When attempting a kill, the key word is patience. You must let the ball fall where your opponent is not. Even if you're hitting 85 percent of your kills, your opponent will still work as a passing shot.

Kill shots

When attempting a kill, the key word is patience. You must let the ball fall where your opponent is not. Even if you're hitting 85 percent of your kills, your opponent will still work as a passing shot.

The basic reason for shooting the ball at a very low point is so the ball will stay low. If one shoots from the hip, for instance, in an attempt to make the ball hit the front wall low, the ball will be moving at such a great angle that it will bounce fairly high. The higher it bounces, the easier it will be for the opponent to retrieve.

Wait; be patient; don't rush; and when the ball is in place, smash it with an open.

PLAYING THE ANGLES

Geometry CAN Help

In racquetball, court strategy and court position are always spoken in the same breath. In most cases, if you could talk a little longer the words "Playing the Angles" would find their way out of your mouth.

Racquetball is really a course in geometry. In a rectangular box 20 feet wide, 20 feet high and 40 feet long, figuring out where a speeding ball will bounce off walls is really a matter of mathematics.

Now I know some of you smart alecks are saying, "Yes, for my next match, I'm going to bring a pencil, piece of paper and protractor on the court. That should really help me win." The truth is, many players put themselves at an extreme disadvantage by not understanding the basics of a bouncing ball.

The obvious key to controlling a rectangular court is staying in the middle—maintaining the all-important center court position. For those new to the game, center court position is defined as one or two steps behind the short service line and a step or two to either side.

From there, you can cut off passing shots and retrieve down-the-line passes. It also allows for maximum visibility of the game's angles, particularly, side-wall, front-wall and side-wall, front-wall, side-wall shots.

One of the most common mistakes in "Playing the Angles" often happens on those side-wall front-wall, side-wall shots. Instead of anticipating where the shot will land and moving to get there, many beginners will follow the ball around the walls, swinging wildly as it passes by.

Proper racquetball technique stresses a solid stance when racquetball contact is made. If you're chasing three-wall shots, your stroke is suffering a basic illness.

In another instance, many beginners or intermediate players try to "scoop" two-wall balls that have either buried themselves in a corner of the backcourt or stayed very close to the backwall.

The technique here is not to rush in and flail away, but to watch the flight of the ball and get around it. By that I mean, if a ball hits deep off the sidewall and angles into the corner, don't try to hit it on the fly. Wait, watch the angle, get around the ball, then hit your shot.

Many players make the mistake of "freezing" when they see two and three­sided shots. Their first movement seems to come after the shot is finished. They react, instead of acting.

To play the angles you have to move your feet. Don't rush around like a chicken with your head cut off. Rather, wait, watch the angle, then move to a probable point of impact.

To many, impact on angle shots is another problem. They hit shots too close to their body, or in baseball talk, they get jammed. The reason is they can't calculate where the ball might land. More often than not they overbump—just, going off into the backcourt. This shortens their stroke and cuts down on the offensive action they can take.

How do you know where the ball is going to land? If players knew that, there wouldn't be much fun to racquetball. But the best angle players, like my Ektelon teammate Dave Peck, have done it over the years with practice.

When you get on a court by yourself, spend 20 minutes with geometries. Hit balls into the corners. See which way they angle off. Play the sidewalls. See how if you change your shot angle from the backcourt, you open or close your

WALLPAPER

Don't Let It Hang You Up

The wallpaper ball, it's one of the most entertaining things in racquetball. When your opponent is on the receiving end, it's just a couple of inches nearer to center court, would make it a plum. A player has only about a one-in-five chance of making a decent return of a wallpaper ball.

It may be slow and it may be high, but the ball also is glued to the sidewall as it travels into back court, giving the player virtually no room for error in his swing.

Usually, a player faced with wallpaper shots will try to hit it too hard, hoping to overcome the ball's contrariness by blasting it off the wall. Even if he hits the ball, which seldom happens, the player can't hope to control his shot under these difficult circumstances. The result is an easy return for his opponent.

A second aggravating characteristic of wallpaper is that it doesn't always stay on the wall. The ball may hug the wall all the way into the back court only to knock it slightly and jump off the wall just as the player is about to hit it.

It's this kind of behavior that can send you up the wall if you are trying to handle one of these shots, but you can improve your chances of a decent return if you can keep your cool.

You don't have to change shots for a wallpaper shot, just go with the flow. When you see the ball sliding back along the wall, it should be a signal to you to switch into another serve.
NATURAL LIGHT OPEN

For the fifth straight year Davidson Racquet Club, Davi­son, MI, was host for the highly successful Natural Light Open. Mike Yelen, for the fourth time, defended his Natural Light title by defeating the surprising Corey Brysman from Los Angeles, CA. Brysman was destined to be the upset favorite from the very beginning. In the match, against number two seed Breet Harnett of Las Vegas, Brysman eliminated the stunned Harnett in three games straight 11-9, 11-6, 11-6. Harnett wanted to be off ad­dressed from his long trip and the loss of all his racquet­ball equipment by the airlines. Brysman then went on to defeat John Molek of New York and did it again in the semifinals. Once again Corey played with great confidence and poise and defeated Cohen 11-9, 11-9, 11-6, defeating John Moshides of New York and met Doug Co­hen. the home crowd was split between the underdog Corey. Although unusual for playing in Michi­gan’s great serving and pass­ing game proved too much for Corey. Although Corey was able to win the second game. Yel­ler really had very little trouble and won in two sets.

Brysman and the hometown Yellen. Ye llen arrived, fol­lowed by the sponsor. Na­tural Light Beer. The mens open con­sisted of the best field ever assembled in Michi­gan. With state champions from Georg ia, Michi­gan, Hackbarth of Canada, in an effort to re­serve his energy to the final prize.

You’re sweating on the inside of your face. Wiping rivers of your face with the outside. But your Sta-Sof glove is made of the finest Cabretta leather from Prittricks of England and tanned with an exclusive process that locks mois­ture out. So your glove stays dry, tacky, doesn’t slide around on your hand. And when you’re done playing it doesn’t dry still like ordinary gloves. It restores itself. So it’s soft and supple when you’re ready to play again. Not a name, Sta-Sof... and you’ll never get stiffened again.

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FootJoy, Inc., Brockton, MA 02403
**Shoot To Kill** (Continued From Page 10)

The time by placing yourself in a stationary position (you can’t shoot effectively when you’re on the run), and watch the ball closely. Only by studying the ve-locity and angle of the ball can you determine when to shoot. Wait until the last possible moment.

The standard method of the kill shot execution is as follows:

Assume a batter’s stance with your foot a little closer to the side wall which you are facing than your back foot. The knees should be more than slightly bent. The torso should be bent so as to assume a stationary position (you can’t shoot effectively when you’re on the run), and watch the racquet, which should begin its rotation toward the ball from above the shoulder. The wrist should be slightly cocked to ensure that the ball must hit close—within one or two feet—of the front wall.

This procedure is identical for the backhand and forehand kill shot, except for one variation. In the backhand motion the racquet will begin its descent to the ball from your free-hand shoulder, whereas on a forehand the racquet will issue from the vicinity of your racquet-hand shoulder. There are no set rules on where and when to attempt a kill shot. It is common to see the ball unchagrined to the side wall first (reverse corner kill) is the most effective because the ball will die on the court. It is the case in one instance, i.e., when the ball is hit low enough and grazes slightly enough. The basic kill shot hit low into the front wall and quickly wedging into the side wall is called a straight-in kill.

However, the disadvantage to this kill shot is that the only way to become acquainted with the shot is relatively few inches make the difference between a ball that makes one and gets the opposite. "Good" isn’t the word for a "rollout," but like most other things, it’s easier said than done in this case, at least, practice can make "perfect."  

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**Playing The Angles** (Continued From Page 10)

front wall possibilities.

For example, the closer you are to the side wall, the more acute the angle. To hit a shot off front wall, you’re going to have to angle the racquet more close to the body. If you plan to pinch the close corner, the ball must hit close within one or two feet of the front wall.

The server is a subject well-covered in other instruction. Since three-wall serves are illegal, your adjustment comes from taking shots off the side wall.

The key once again is anticipation.

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Don’t look into the flight of the ball. See the serve, then adjust your feet and shot to make solid contact towards your front foot. Angles, like geometry, take time to learn. But once you understand the basics—and practice them—your game can take a 100 degree turn for the better.

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**Editor’s Note: Mike Yellen finished the 1981-82 season as the fifth ranked male professional player in the world. He is a valued member of the Editorial Advisory Staff.**

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**Wallpaper**

(Continued From Page 10)

off the front wall as wallpaper. It’s all a question of how you go into the front wall.

Unfortunately, I can’t tell you how to hit the ball so that it comes off as wallpaper every time. The angles will change depending on where you are on the court and the only way to become acquainted with them is through practice and play.

Incomparable down-the-line drives into your game strategy will increase your chances of winning a wallpaper ball and familiarizing yourself with this shot won’t hurt your game either. It is especially useful during service return.

Just concentrate on putting the ball as low and close to the side wall as possible. If it comes off as a low pass, fine. If it comes off as wallpaper, so much the better.

Alternate your down-the-line drives with crosscourt drives just to keep your opponent off balance. These shots will work either backhand or forehand and should be executed with the normal backhand or forehand stroke. As with any passing shot, you want to be careful that you don’t put so much angle on the ball that it comes off the side wall into center court, giving your opponent an angle advantage.

To summarize, the most important point to remember is to keep your head and control of your racquet regardless of which end of a wallpaper ball happens to be.

When returning wallpaper, play it safe and hit a ceiling ball. On offense, play to "cut the corner" and hit a shot or two on any list of "shots to perfect." But, like most other things, it’s easier said than done in this case, at least, practice can make "perfect."
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New Products

NEW THIRST QUENCHER

Wet Energy has introduced a new, all-natural thirst quencher containing 100 percent pure crystalline fructose. The lemon-flavored electrolyte replacement drink replaces minerals and body fluids lost through perspiration during strenuous physical activity.

Fructose is the natural energy booster and sweetener that gives Wet Energy an advantage over other thirst quencher containing ordinary sugars. The drink eliminates the sudden increase in the blood sugar level followed by a dramatic "sugar low." Wet Energy contains no artificial flavors, preservatives or additives and is chemically compatible with body fluids. Magnesium, potassium, calcium and sodium are combined in proper proportions to maintain the body's nervous, cellular and muscular functions, and to regulate body temperature.

Wet Energy is sold in granular form in 15.49 oz. (459 grams) cans that make two gallons of drink and in 1.94 oz. (55.04 grams) envelopes that make one quart.

For more information write the marketing department of Wet Energy, P.O. Box 10957, Dept. 121, Houston, TX 77292.

NEW HEART MONITORING WATCH

CardioWatch features an instant response pulse monitor which allows the user to read his pulse rate simply by holding his finger over a light diode sensor built into the face of the watch. The pulse rate is given by an LCD readout in the corner of the watch dial.

The monitor is conveniently packaged in an exquisite, swiss-made, analog, quartz watch. For the first time ever, people who care about their physical and cardiovascular condition can monitor their vital life sign while wearing a beautiful, swiss-made wrist watch.

Having precise control of the heart rate is serious business for active people who are concerned about their physical stability and the strength of their cardiovascular system to help survive a heart attack. People already suffering from cardiovascular problems can use CardioWatch to continuously monitor their pulse to avoid over-exerting themselves.

CardioWatch comes in five models ranging in price from $160 to $400. For more information or questions about CardioWatch, call: (213) 822-9796. CardioWatch can be ordered by calling (800) 423-6333, or, in California (800) 352-6207.

ACE® Brand First-Aid Cold Therapy Products

The ACE Instant Cold Compression Wrap provides immediate cold therapy in a convenient, low-cost, disposable product which needs no refrigeration. Easily activated with a squeeze of the hand, the pad becomes cold instantly and is ideal for emergency use away from home.

The ACE Cold Compression Wrap permits the convenient, simultaneous application of cold and compression by means of a specially designed elastic bandage wrap with a built-in pocket and a unique reusable cold pack. A special reusable storage tray is also included to keep the cold pack and bandage together in the freezer, always ready for use. The addition of a new compact size now provides two convenient sizes, each of which can also accommodate the ACE Instant Cold Compression for emergency use.

ACE Cold Therapy Products can be found near ACE Brand products in the first-aid section of drug stores everywhere. During the introductory promotion, Boston Dickinson Consumer Products is offering a 50c consumer rebate on the ACE Instant Cold Compression. A $1.00 consumer rebate on ACE Cold Wraps is available with purchase of the ACE Instant Cold Compression.

NEW PROFESSIONAL SPORTS LOTION

Super-Enriched AfterPlay™, the first therapeutic hand, foot, and skin lotion to be specially formulated with the active principles in mind, has been introduced by La-cide Research Laboratories.

The hands and feet are a vital part of every sport and activity. Yet they are constantly subjected to the drying and damaging effects of heat, perspiration, repeated washings, and contact with alkaline and acidic materials.

AfterPlay is a major skin care advance, helping to restore and maintain the optimal 5.5pH of normal skin, thereby preventing dryness, roughness and inflammation. Only a few drops leave an invisible, comfort-styled SPORT lotion on the skin to keep the skin soft, smooth and refreshed. Used regularly, AfterPlay speeds up the healing and revitalization of skin, while strengthening and nourishing deep cell layers to renew skin tone.

AfterPlay is non-greasy. It won't leave an oily film that could cause slippage and effect an athlete's game. Moreover, AfterPlay has a clean, fresh scent.

AfterPlay is available in a 12 oz., unbreakable flip top dispenser. The suggested retail price is $4.95.

S'PORT BRIEF

FUTURO All-American introduces the new S'PORT BRIEF athletic supporter. Designed for the man in action, the new comfort-styled S'PORT BRIEF provides all day comfort and all sport support.

The FUTURO All-American S'PORT BRIEF is ideal for wear while playing tennis, racquetball, baseball, basketball, soccer, or jogging, bicycling, and more.

The FUTURO All-American S'PORT BRIEF helps keep you feeling trim. There are no irritating leg straps like conventional athletic supporters. Stretch fabric provides added comfort. Other features include a non-roll waistband, quick drying fabric that holds its shape, and a comfortable full seat.

FUTURO All-American products are available at leading pharmacies everywhere.

COOLEST NEW PRODUCT UNDER THE SUN

If you've ever splashed cold water on your face, held ice to your wrists, worn a wet bandana or towel to help the wearer stay cooler and feel less tired. Also, the palms of the hands seem to stay drier with less perspiration due to cooling effects of the frozen elements and absorbent cotton Terry cloth sweatbands. The manufacturer cautions that individuals should take normal rest breaks as timely as liquids required for good health during strenuous activities.

COOL BAND™ stays frozen for up to an hour during use and should be frozen for up to 24 hours in a freezer. When the frozen jell-pac finally thaws, the band can be replaced with spares. COOL BAND™ stays frozen for hours when kept wrapped in a towel or placed in an ice chest.

Specific uses for COOL BAND™ include any warm weather or strenuous activity such as racquetball. COOL BAND™ comes in white and a variety of bright fashion colors, packaged with two wrist or ankle bands, or one headband. The suggested retail price is $4.95. They are manufactured in the U.S. Patents Pending by American Leis­ure Products, Inc., P.O. Box 2438, Covington, LA 70434.

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Socks is the perfect gift for the sports enthusiast. An authentic replica of a sports locker, complete with vents, contains three pairs of Equipe™ high performance Terry cushioned crew socks, assorted stripings. All features BioGuard™, The Odor Controller™ that lasts for the life of the socks. Suggested retail selling price: $1.25.

SUNBURST STRINGING PATTERN

A new Sunburst Stringing Pattern, designed to maximize ball-racquet response, highlights Ektelon's new Marathon Graphite™ racquetball racquet, one of the most popular models in Ektelon's 1982 line.

The Marathon Graphite™ has long offered controlled flexibility and enormous power for an injection molded racquet. It is constructed of durable graphite and lightweight fiberglass, set in a nylon matrix.

The addition of the new, wider Sunburst Stringing Pattern has optimized the efficiency of an already high-performance racquet. The stringing pattern increases the power and responsiveness of the Marathon Graphite™.

The Marathon Graphite™ is available in five handle sizes from super small (3/4") to medium (4")", including Ektelon's new flared handle. The Marathon comes with a full two-year racquet frame warranty and full 90-day racquet string warranty.

(Editors' Note: Products have not been tested by Racquetball in Review.)
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