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## racquetball/into the 80s racquetball/into the 80s racquet Classes reflect sport's following

By Jim Faddis

Racquetball has grown more popular and so have the racquetball classes offered at UNL, according to racquetball instructors.

Three sections of racquetball are offered each semester and each section is limited to 30 students, said Bill Tuning, assistant professor of physical education. Class size is limited because the university only has nine racquetball courts, Tuning said.

The racquetball classes fill up fast, Tuning said. He recommended that students pre-register for them.

Racquetball popularity has risen the last few years as people have become more physically active, and will continue to rise even after the physical activity fad dies out, Tuning said.

Racquetball has become popular because it is a fun way to get exercise, said Jake Cabell, an assistant football coach, who also teaches racquetball.

"It's an exciting game," Cabell said. "It's not boring like jogging and it is just as much exercise."

Tuning said racquetball is especially popular during the winter—among people looking for a new sport to play.

"Racquetball is a game a person can learn quickly and enjoy right away," Tuning said. "There aren't as many frustrations in racquetball as there are in other sports like golf or tennis. It is easier for the beginner to learn."

Cabell said racquetball is a good conditioning sport a person doesn't have to play a long time to get a good workout.

Although racquetball is good exercise, a person doesn't have to be in good physical condition to play it, Tuning said.

"The better shape you are in the more you will enjoy it," he said. "But it is also a good way to get into shape."

Cabell said racquetball is mainly a game of quick moves and positioning. A player must anticipate where the ball is going to go and react quickly to it.

"It involves good hand-eye coordination and agility," he said. "Many football and baseball players play it to improve their reaction time."

Because it involves quick movements, Tuning recommends that a person do stretching exercises before playing to avoid pulling a muscle. A good pair of tennis shoes is also important, Tuning said.

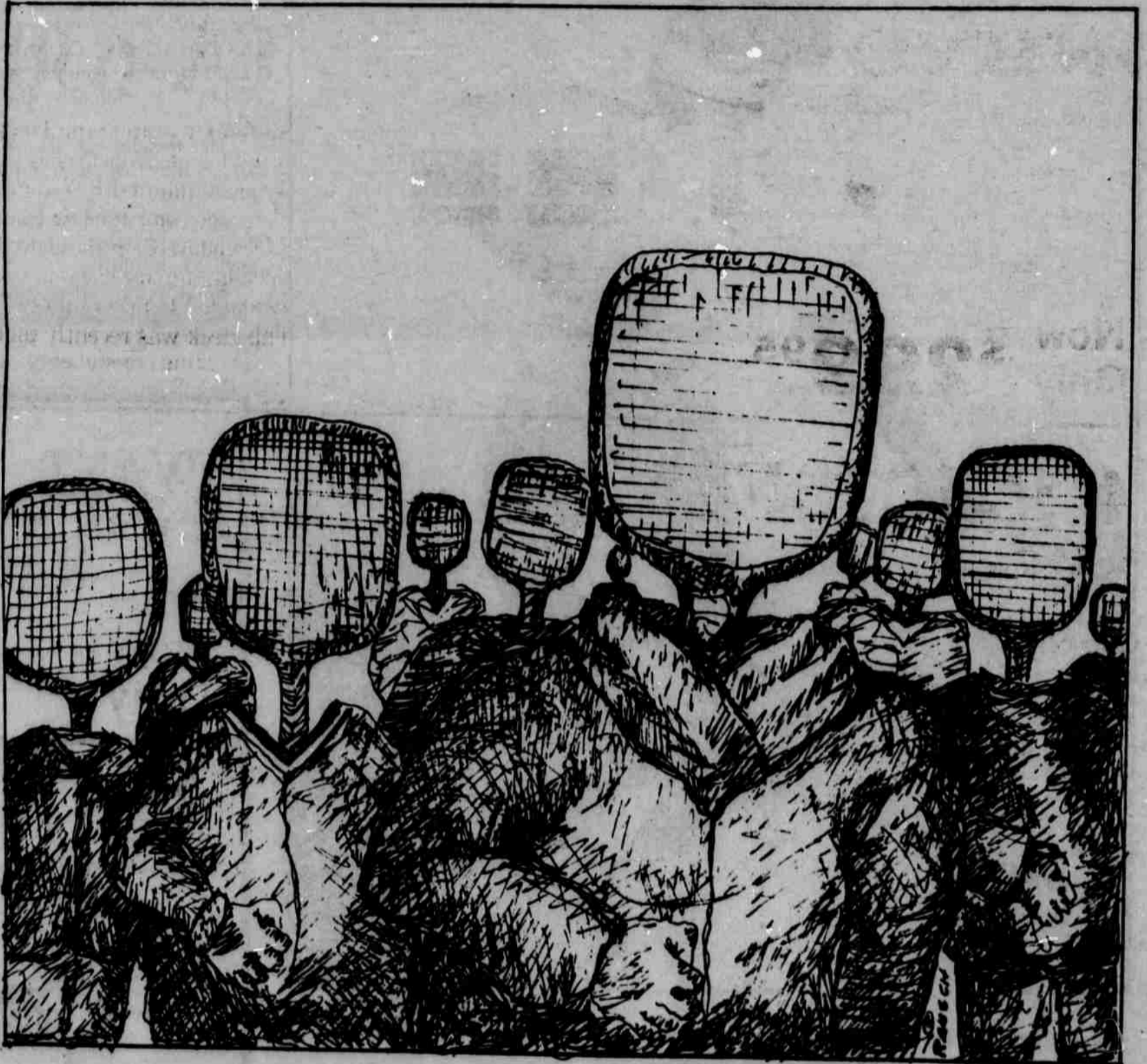
One problem in taking up racquetball is finding a place to play, Cabell said. The nine university courts are not enough for the university, he said.

"To reserve a court you have to call in at 8 a.m., and even then you'll be lucky to get one," he said.

Wallbangers, Sports Courts, the YMCA and the YWCA also have racquetball courts, but the average cost for the use of the courts is \$6 an hour, Tuning said.

The racquetball classes at the university are mainly for beginners, but an experienced player would also benefit from it, Tuning said. He said the class concentrates on the rules, fundamentals and strategy of the game and most of the class time is spent playing the game.

Tuning said the classes are open to all students, but students must provide their own racquet and ball.



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