



'Main object... is to keep ball in play' a 'how to' on tennis

By Shirley Whittington
It seems to me to be impossible to succeed at anything without really trying, but that "without really trying" phrase is a great eye catcher, and seems to promise effortless victory.

Shepherd Mead, author of *How To Succeed In Business Without Really Trying* has just published *How To Succeed In Tennis Without Really*

Trying. He has really hit the jackpot, since tennis and not really trying are make your game better so that other people will enjoy playing with you.

Book review

both very popular. As the title suggests, the book is less about winning and more about enjoyment, and how to

nismanship can result in rapid rises up the social ladder, advantageous marriages, lascivious affairs, meteoric rises up through the business world and rich financial success.

The basic premise however, is a good one. "The main object of club tennis," says Mead, "is even more important than winning. It is to keep the ball in play." Succeeding in this skill makes one a club "touchable". The Abominable Chopperman, the Sultan of Swat, the Terrible-Tempered Tantrum-Thrower, the Poppy Retriever, the Line Shrinker and the Ball Miser are the club "untouchables."

having made all your opponents look good, and making them all think they've played the best tennis of their lives."

According to Mead, there's an unwritten rule in all tennis clubs which prevents a poor player from asking a better player for a game. How then does one improve one's game, since the only way to do it is to play with people who are better than you are? Mead suggests you improve your opponents by playing hard to their strengths.

Included in the book are some good practical tennis tips. In a bad patch, total concentration on one word - BELTS - will put you back on top. BELTS stands for Backswing, Eyes, Legs, Through (as in follow through) and Side, which you always keep to the net.

Mead also claims that he can correct a faulty serve over the telephone. "Even if I don't know you

and have never seen you play...I'd say 'Just throw the ball up higher, and reach for it.'"

The most important advice about a bad day is not to make excuses for it. Accept it cheerfully, says Mead, and praise your opponent - the one that beat the socks off you.

Training tips fill a couple of chapters. Mead insists that every club should have a practice wall, and preferably two or three. This confers an added benefit of relieving log-jams on congested days. "Half an hour on the wall might leave (waiting players) limp but it will improve their game more than two hours of playing."

I'm happy to note that Mead has included a use for old bald tennis balls. He considers them pieces of training equipment. Squeezing an old tennis ball repeatedly strengthens the grip and gives more power to the forearm.

Throughout the book, Mead who is a perennial Wimbledon watcher illustrates his points with anecdotes about the pros. He explains those murderous Connors and Everet two-handed backhands this way: "These kids were so little when they started playing, they had to swing with two hands."

Something for everyone in new summer movie releases potpourri

by Terry Dupuis
Movie fans are going to have a great selection to choose from this summer. A larger than average number of big films are already playing Toronto, and many more will be released through July and August. Today's column is sort of a sneak preview of what we can expect to be seeing on our theatre screens in the coming months:

A Bridge Too Far - This high-budget war actioner cost a staggering \$25 million to bring to the screen. Adapted from a book by Cornelius Ryan, it promises to be the most massive war picture since *The Longest Day*. To call it star-studded would be an understatement; the stars include James Caan, Michael Caine, Elliott Gould, Robert Redford, Ryan O'Neal, Sean Connery, Laurence Olivier and Liv Ullman. The movie's director is

actor Richard Attenborough, who also directed a much-underrated war satire in 1969 called *Oh What A Lovely War!* I hope his new picture will be as good.

Movie review

Exorcist II: The Heretic - The long-awaited sequel to the 1973 hit about demonic possession has just opened in Toronto recently. Linda Blair is back as Regan, the girl who was possessed four years ago; once again she is having the devil of a time. Also in the cast are Richard Burton as a priest sent by the Vatican to investigate, and Louise Fletcher as a psychiatrist. Fletcher, as moviegoers will remember, won an

Academy Award last year for her performance as the stern nurse in *One Flew Over The Cuckoo's Nest*. The director of this new Exorcist movie is John Boorman, whose previous credits include

musicals once again. Let's hope that the movie at least gives Liza Minnelli that hit she so badly has needed since *Cabaret*, which was 5 years ago. Director of New York New York is Martin Scorsese, who was also responsible for *Taxi Driver* and *Alice Doesn't Live Here Anymore*.

Rollercoaster - Most reviews have indicated that this latest disaster movie specimen is better than average. Timothy Bottoms plays an extortionist who goes around blowing up amusement parks. George Segal is the agent who is trying to stop him. Also in the cast are veteran performers Richard Widmark and Henry Fonda. The special effects, both visual and

sound, are said to be terrific.

The Star Wars - Another new movie which is said to contain the most outstanding effects since 1001: A Space Odyssey (some say even more outstanding) is a new \$8 million science-fiction fantasy by George Lucas, the director of *American Graffiti*. Most of the critics' reviews on it have been raves, including

Clyde Gilmour's. The Star Wars is claimed to be pure entertainment from start to finish and the best science-fiction movie ever made. Many in the cast are newcomers, but there are also some veteran players such as Alec Guinness and Peter Cushing on hand. There

are also two very endearing robots in the picture which are said to be a sort of Laurel and Hardy-type team. The Star Wars is said to be for all of us who love fantasy and science-fiction, regardless of age. It is something the whole family can watch.

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