



ILLINOIS STATE RACQUETBALL ASSOCIATION



Building Strength for Racquetball

As fall approaches, it is time to gear up for indoor sports activities, and racquetball season is right around the corner. I would like to assist your fitness training by suggesting some sport-specific exercises in order to better prepare you for the physical demands of racquetball.

Most of us who maintain physical activity throughout the summer are involved in activities such as walking, jogging, roller blading, cycling, swimming or golf. Most of these activities involve maintaining a steady pace, and with the exception of golf, these activities are naturally aerobic.

The word "aerobic" means "with oxygen" and involves a constant heart rate. Maintaining a heart rate at an aerobic level is known as your "training zone" or "target heart rate," where fat is burned for energy.

Racquetball, on the other hand, is a sport which demands short bursts of speed and rest, in a repetitive manner. This type of activity is "anaerobic" which means "without oxygen"; therefore, your heart rate is above and below your target (where carbohydrates are burned for energy).

In making a transition from summer activities to racquetball, your fitness training regime should utilize intervals of speed which are applied when playing racquetball. During workouts of an aerobic nature, I recommend a proper warm-up, increasing in intensity, speed and heart rate anywhere from fifteen seconds to one minute, several times throughout your workout. Allow your heart rate to recover after each interval. This will simulate those long rallies when you become "out of breath" (anaerobic) during your game.

"Spinning" is an exhilarating workout which simulates this interval training with short bursts of speed, working glut and thigh muscle groups on a stationary bike. Spinning is the hottest trend in fitness clubs throughout the country. The Woodfield Athletic Club in Schaumburg offers fifteen classes a week.

In order to improve your speed on the court, I recommend weight training. Speed, in the physiological basis of weight training, is a function of stride rate. Stride rate indicates the number of steps you take per second and directly reflects your speed. Biomechanically, stride rate is related to the make-up of your muscle fiber (percentage of red and white fibers), and to the efficiency and speed with which nerve impulses are sent by the brain to receptors in the muscles.

continued on page 5

INSIDE THIS ISSUE...

Building Strength for Racquetball	page 1
From the President	page 2
Racquetball Websites	page 2
Industry News: Longer Racquets Debut on September 1st	page 3
1998 Junior Team USA Announced	page 3
Annual ISRA Golf Outing	page 4
Travel League	page 4
Where Are All The Juniors?	page 6
Pro Tour Final Season Rankings	page 8
Challenge Courts in Illinois	page 9
Tournament Results	page 9
Movin' On Up	page 10
Are You Playing in the Right Division	page 10



ILLINOIS STATE RACQUETBALL ASSOCIATION

PRESIDENT

Laurel Davis - Hinsdale

VICE-PRESIDENT

Tom Utterback - Homewood

SECRETARY

Judith Young - Lisle

TREASURER

Rich Clay - Libertyville

ZONE VICE-PRESIDENTS

Carol Bastien - Vergennes (South)
Bev Powell - Lovington (Central)
Lori Kaiser - Hanover Park (West)
Lynne Weisbart - Northbrook (North)

GOVERNING BOARD MEMBERS

Bill Feigen - Buffalo Grove
T.J. Ferro - Naperville
Pam Grace - Wheaton
Doug Halverson - Westchester
Bill Lyman - Berwyn
Sara Meline - Mundelein
Geoff Peters - Chicago
Susie Richardson - Elgin
Howard Spaeth, Jr. - Bloomingdale
John Thorson - Lombard

AUXILIARY BOARD MEMBERS

Wayne Buturusis - Addison
Winston Cole - Chicago
Al Danielwicz - South Holland
Jim Gaw - Elmhurst
Jeff Grace - Wheaton
Bob Graf - Urbana
Art Howard - Crete
Carrie Jaskier - Addison
Dale Johnson - Schaumburg
Jordan Kahn - Buffalo Grove
Larry Keller - Clarendon Hills
Gloria Lang - Lansing
Matt Malcheski, Lisle
Juan Martinez - Aurora
Sean Nelson - Glen Ellyn
George Pappas - Schiller Park
Eric Rieman - Carol Stream

The ISRA Newsletter is published in January, March, May, July, September and November, and is the official publication of the Illinois State Racquetball Association (I.S.R.A.). All rights reserved. Copyright 1997. Reproduction in whole or in part of any text, photograph or illustration without written permission from the I.S.R.A. is strictly prohibited. Changes of address, "Letters to the Editor", photographs and editorial contributions should be sent to: Editor, ISRA Newsletter, 3259 N. Clifton, Chicago IL 60657 (773) 935-9685. Ad rates available upon request.

Typesetting by: TypaGraphics
Printing by: Tyler Press, Inc.

FROM THE PRESIDENT

Racquetball is back!! The summer is over and it's time to get tuned up for the season and the upcoming events... travel league, tournaments, challenge courts, etc. Our annual pull-out calendar is enclosed with this month's issue, thanks to Ektelon Racquetball. Put it somewhere you can see it and plan on playing some events!

You'll notice that many of the tournaments on the calendar are sanctioned by the ISRA (Illinois State Racquetball Association) or the USRA (United States Racquetball Association) and you might wonder what that means to you as a player, and to the clubs who are hosting the events.

The benefits to the host club include the following:

- Weekend exclusivity in the state for racquetball sanctioning.
- Assistance and support from the state association, including help with the draw, seeding, manning the tournament, check-in desk, etc.
- USRA event liability insurance.
- Mailing of tournament entry forms to 1,000+ players in the ISRA newsletter.
- Current USRA membership lists of all members from the state and neighboring states, applications, rule books, event result forms, and rankings if requested.
- Automatic entry of tournament results into the ISRA ranking system, the USRA national ranking system, and publication of results in the ISRA newsletter.

To you, the player, the benefits are:

- The opportunity to earn points towards state, regional and national rankings.
- Ranking system that updates with each match played/entire match history for any player is available.
- Tournament draws seeded based on ISRA ranking system.
- USRA secondary accident insurance if injury occurs.
- That the event will follow USRA rules (ensuring use of approved eyewear and other safety standards) and that the event will be of high quality/standards expected by the state association.
- Membership in the ISRA/USRA including bi-monthly state newsletters, bi-monthly "Racquetball" magazine, USRA membership card and special offers.

Non-sanctioned events are always listed on our calendar, as well. Our ultimate goal is to promote racquetball, the sport we all love. We would love to have every event be a sanctioned event, but that's not always feasible. So, we'll continue to promote all events in our state.

I look forward to seeing all of you at tournaments this fall. I'll be the one with the big smile on my face as I finally get my backhand working again. Let's talk; I look forward to hearing your views on racquetball and the ISRA.

Laurel

Racquetball Websites

USRA Websites: <http://www.racquetball.org> <http://www.usra.org>

Racquetball Magazine Website: <http://www.racqmag.com>

ISRA Website: www.uic.edu/~earias1.isra.htm

Manufacturer/Supplier Websites:

E-Force Racquetball: <http://www.e-force.com>

Ektelon Racquetball: <http://www.ektelon.com>

Wilson Racquetball: <http://www.wilsonsports.com>

Courtesy Sports: <http://www.courtesysports.com>

Industry News: Longer Racquets Debut on September 1st

In a major rule change effective September 1st, both the USRA and the IRT have approved a one-inch increase in racquet length. Manufacturers wasted little time in designing, play-testing, and manufacturing these newly-designed frames. The increase in power and reach should be quite noticeable to the tournament player. Industry leaders expect sales to skyrocket as these new racquets become available.

All the major manufacturers were quick to jump on the bandwagon, and the new technology is not limited to the top-of-the-line models. Many racquets in the \$60-\$100 price range incorporate some of these new features. Following are some excerpts from catalogs or press releases from the major racquet manufacturers.

EKTELON LongBody

POWER RING PRO: Top of the Ektelon line, at 21.5 inches the Power Ring Pro has Sweet Spot Suspension, Wallbeater Bumper and Vision Grip. Weight: 220 grams unstrung.

POWER RING ULTRA: 22 inches long with Sweet Spot Suspension. This is Ektelon's most powerful racquet. Weight: 195 grams unstrung.

FUSION PRO: 21.5 inches long, the Fusion Pro brings back the classic shape of the Fusion with Sweet Spot suspension. Weight: 225 grams unstrung.

TURBO PRO: 22 inches long, this is the largest frame in the line at 104 square inches. Weight: 21- grams unstrung.

POWERSTICK: At 22 inches in length, the Powerstick has LongBody technology at a very affordable price.

These are the upper end LongBody racquets in the Ektelon line. The REVOLUTION XLT is an aluminum racquet at the lower end of the line.

WILSON STRETCH TECHNOLOGY

WILSON has five new racquets featuring Stretch Technology. The key to these new racquets is maintaining the handle length and increasing the hitting surface. "We were surprised that other racquetball companies chose to simply add an extra inch to their racquet handles," commented Tom Odishoo, Business Director for Wilson Racquetball.

Stretch racquets are 22 inches in length with 107-square-inch hitting surfaces. They feature a no-torque throat design and a built-in vibration dampener. Stretch technology is available in two racquet series; the ultralite AIR HAMMERS (175-190 grams) and the explosive ENERGY RACQUETS (220-230 GRAMS).

HEAD

HEAD has a complete line of Xtra Long racquets in the industry. New HEAD racquets for 1997/98 include:

CATAPULT 180 XL: At 180 grams, the 180XL measures 21-3/4 inches long. "Kickpoint" technology accelerates the ball as it leaves the strings. Pyramid "V" frame construction creates a consistent flex.

CATAPULT 200 XL: Weighs 200 grams and has a slightly larger hitting surface than the 180 XL.

PRO XL: Weighs 225 grams and is 21-3/4 inches long.

FURY XL: An aluminum racquet that is 21-3/4 inches long.

PYRAMID 190 XL: Weighs 190 grams and is 21-3/4 inches long. Pyramid frame construction.

PYRAMID 220XL: Same construction as the 190XL only heavier.

PYRAMID COMP XL: At 21-3/4 inches, the Comp XL weighs 220 grams.

PYRAMID DEMON XL: Pyramid-shaped aluminum frame, 21-3/4 inches long.

E-FORCE

The performance racquets for 1997/98 include:

BEDLAM: At 22 inches long, this frame has eight center main strings extending from the racquet tip through the handle. It weighs 195 grams and is 3/8 inch head heavy. The handle is six inches in length, one inch longer than the standard E-Force handle.

ANARCHY: At 220 grams, the Anarchy is also 22 inches in length. The main strings are 22 inches long and the racquet has a six-inch handle.

Play testers agreed that these new racquets are the most powerful ever... even more powerful than Mayhem (last year's top model).

1998 Junior Team USA Announced

COLORADO SPRINGS, Colo. - The United States Racquetball Association (USRA) announced the roster for the 1997-1998 U.S. Junior National Racquetball Team.

Of the 16-person roster, seven athletes were re-appointed, five have been on the squad for three or more seasons, and six earned their first appointment. The USRA's first edition of the U.S. Junior National Team (1991-92) included current head coach Eric Muller (Boston, MA) and assistant coach Craig Rappaport (Philadelphia, PA). Carol Pellowski (Milwaukee, WI) and Jen Yokota (Hazelwood, MO) round out the coaching staff as assistants.

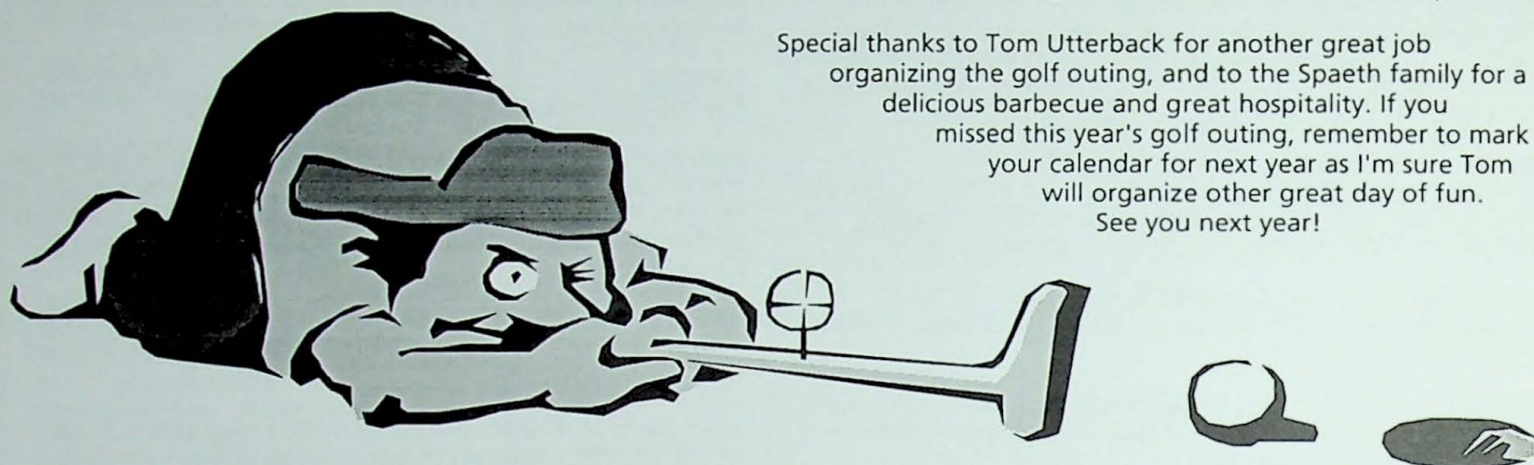
The 1997-98 Junior National Team consists of: Megan Bals, Lincoln, NE, Rookie; Jed Bhuta, Pike Road, AL, 2nd year; Sara Borland, Bettendorf, IA, 4th year; Erin Brannigan, Sagle, ID, 2nd year; Brooke Crawford, Klamath Falls, OR, 2nd year; James Ford, Riverton, WY, 2nd year; Scott Foster, Pleasanton, CA, Rookie; Katie Gould, Ellisville, MO, 3rd year; Jack Huczek, Rochester Hills, MI, Rookie; Lianna Kerwood, Beaverton, OR, 2nd year; Christina Lewendal, Beaverton, OR, Rookie; Ryan Staten, Dodge City, KS, 3rd year; Willie Tilton, Colorado Springs, CO, 3rd year; Josh Tucker, Joplin, MO, Rookie; Vanessa Tulao, Chapel Hill, NC, 5th year; Kristen Walsh, Salt Lake City, UT, Rookie.

Krystal Czuk from Naperville, IL was the lone Illinois Junior to attend. She finished second to Kristen Walsh in the 14 and under division and is looking forward to making the 1998 squad!

Annual ISRA Golf Outing

IF YOU MISSED IT, you missed a great time at the Annual ISRA Golf Scramble held on Saturday, July 12th. This year's outing was once again held at the challenging Nordic Hills Country Club in Itasca and the weather was absolutely beautiful. Every foursome shot in the 70's (Well, almost every foursome!). There were 37 golfers, including eight women, and everyone participating had great fun and a lot of laughs. (Next year, Jim, limit your bets to money!) After the golf scramble, all golfers were warmly welcomed at Bloomingdale Sport Complex for a huge feast of barbecued chicken, brats, corn on the cob, salads, fruit, and other goodies! Prizes were given to every participant; and additional prizes were awarded for lowest score, most honest score, etc. After dinner, several golfers switched gloves and played outdoor racquetball well into the evening for an all-around fun-filled day.

Special thanks to Tom Utterback for another great job organizing the golf outing, and to the Spaeth family for a delicious barbecue and great hospitality. If you missed this year's golf outing, remember to mark your calendar for next year as I'm sure Tom will organize other great day of fun. See you next year!



FOR ALL YOUR RACQUETBALL NEEDS AT THE LOWEST PRICES

1-888-822-2501

ALL MAJOR BRANDS:

EKTELON	WILSON
PRO-KENNEX	PENN
E-FORCE	KLEERSHOT
HEAD	RAD EYEWEAR
POWER	SPALDING
	ACTION EYES

PROFESSIONAL STRINGING BY:

GENE - GENE THE STRING'N MACHINE
773-585-7920 FAX LINE • 773-585-7790 INFO LINE
5127 S. AUSTIN AVE. CHICAGO, IL 60638

BE A TOURNAMENT SPONSOR!

- Cost effective product sampling
- Prime demographics
- Support Racquetball

For further information on our programs, contact Geoff Peters (773) 935-9685.

Building Strength continued from page 1

Evidence has shown that strength training may have a positive bearing on fiber content by forcing more slow-twitch muscle fibers to switch over to fast-twitch and on the nervous system by strengthening the pathways along which the impulses are sent. Both of these effects give athletes greater speed "off the mark" and the acceleration required for an advantage on their opponents. Besides the positive effects that strength training has on the biomechanical aspects of speed, it helps you sustain short bursts on the court without encountering nearly as much fatigue. Further, by strengthening the tendons, ligaments and joints, added strength will make structural areas less vulnerable to pulls, tears, and other injuries commonly associated with racquetball. By solidifying the link between the brain and the musculature, strength gain can even add to your reaction speed, enabling you to respond faster and move more quickly once you are underway.

Last but not least, there is the psychological advantage that strength training gives you. When you add strength, you gain self-confidence and feel as if you can handle anything that comes your way.

That's what it's all about -- being totally prepared and knowing who you are. As you come to grasp this mental attitude, success is almost inevitable.

I recommend you seek assistance from a certified personal fitness trainer or strength coach to develop a strength training program to specifically cater to your needs.

I am a certified personal fitness trainer through the National Academy of Sports Medicine and have actively worked in the fitness industry for thirteen years. I recently opened a business called Personal Fitness, Inc. where we offer personal training and massage therapy. You can contact me for an appointment to assist you with your fitness program. Best of luck to you in the fall season.

Eugene has trained several of the top racquetball pros, including Andy Roberts, Rubin Gonzalez, Cheryl Gudinas, Mike Cerecia, Dave Negrete and Jack Newman. He can be contacted at: Personalized Fitness, Inc., 195 W. Northwest Hwy., Palatine, IL 60067 or call (847) 358-5688.

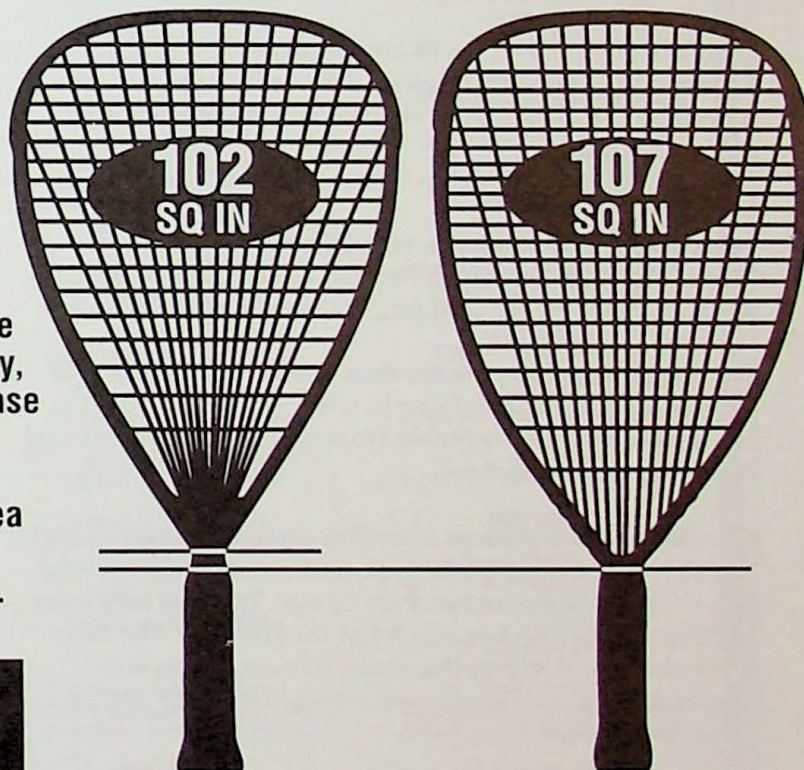
BUYER BEWARE! ALL LONGER RACQUETS ARE NOT CREATED EQUAL.

Everyone knows that greater racquet length increases power. But it's greater length *plus* greater mass that *maximizes* power. So instead of merely lengthening the handle, Wilson engineers developed Stretch Technology, which completely redesigns the entire racquet to increase *both* length and mass.

Stretch racquets combine a sleek and aerodynamic 22" frame with an expanded 107-square inch hitting area to deliver 10% more power, a larger sweet spot and 8% greater reach. It's like driving in a whole new gear.

But don't take our word for it. Check out *all* of the new longer racquets. You'll see that Stretch Technology takes the extra inch an extra mile.

Your game is too important to settle for just an ordinary longer racquet.



Ordinary
Longer Racquet
Longer handle

Wilson.
Stretch Racquet
Greater length *plus*
expanded hitting area
maximizes power

See the new Stretch Racquets at **SPORTMART**
your local court club.

Where Are All The Juniors? —

This June I had the pleasure of attending the Junior Nationals in Baltimore, Maryland. What a great tournament! There were 425 Juniors from around the United States, enjoying a great time and playing some amazing racquetball. I was really impressed with the team from Oregon. They had sixty-four team members entered in the tournament, ranging from eight to eighteen years of age. Other states that were well represented included New York, Massachusetts, Florida, Ohio, California, and Missouri. Much to my surprise, with the size of Illinois, we sent only three junior players!

On top of seeing many great matches, I also attended meetings on how to promote racquetball to Juniors. These meetings gave me many new ideas on how to not only get Juniors involved with racquetball, but more importantly, to get them to stay with it. When I left Baltimore, I made a promise to myself to take this new found knowledge and use it to promote the game that I love to Juniors in our area.

When I returned I had a meeting with Ektelon and the ISRA to work out the details of what I would do. We decided that we would run a Junior Racquetball Clinic Tour. This tour will be instructed by top Juniors in our area, and supervised by Team Ektelon players. It will be held once a month, for six months.

The club dates and locations are as follows:

October 25, 1997: South Lake, 12:00 - 4:00 p.m.

November 18, 1997: Bloomingdale Sports Complex, 1:00 p.m. - 5:00 p.m.

January 10, 1998: Wheaton Sports Complex, 2:00 p.m. - 6:00 p.m.

February 7, 1998: Glass Court, 2:00 p.m. - 6:00 p.m.

March 28, 1998: Evergreen Racquet Club, 12:00 - 4:00 p.m.

April 25, 1998: Naper Olympic, 1:00 p.m. - 5:00 p.m.

The Junior instructors for our tour will be Krystal Csuk and Nic Bishoff. We hope to bring in other Junior instructors in our area such as Corey Martin from Wisconsin, and Seth and Adam Taylor from Indiana.

The clinics will be held on Saturdays and will be free; Juniors can attend as many as they wish. Each Junior will be placed into divisions by skill rather than by age. This will help even out the talent while keeping it fun for everyone. The clinic will include how to play the game, its rules, along with proper drills to use to better your skills. There will also be actual play time.

So let's get the word out that the Ektelon and ISRA Junior Racquetball Clinic Tour is coming to Illinois, which will hopefully get more Juniors playing the game that we all love.

T.J. Ferro, Club Pro, Jr. Coach at Naper Olympic

If you would like more information, please call me at Naper Olympic (630) 357-7200.



Penn.

EKTELON

Travel League —

For the third straight year, PENN and EKTELON will be co-sponsoring the league. We have been thrilled with what they've given us the last few years and know they won't disappoint us this year, either.

League competition will begin the week of October 6, 1997. **PLEASE have all applications and fees to us by September 22, 1997.** Remember, all players must be members of the ISRA through the entire travel league season. If your membership expires before March, 1998 you need to renew it NOW. The league fee will again be \$125 per team with a discount for clubs with more than three teams.

Divisions of play are as follows:

MEN'S OPEN/A: Tuesday at 8 p.m. or later.

MEN'S B: Wednesday at 8 p.m. or later.

MEN'S C: Thursday at 8 p.m. or later.

WOMEN'S OPEN/A: Monday at 8 p.m. or later.

WOMEN'S OPEN/A: Wednesday at 10 a.m.

WOMEN'S B: Tuesday at 1 p.m.

WOMEN'S B & Below: Thursday at 8 p.m. or later.

MIXED OPEN/A: Wednesday at 8 p.m. or later.

(We are hoping to resurrect the WOMEN'S OPEN/A daytime league this year.)

If you have any questions or would like an application package, please call Lori Kaiser at 630-837-9152.

Lori Kaiser, Sara Meline
League Coordinators

HOT!

DoubleBridge™ racquet technology offers advanced frame and string vibration dampening with extra stability. It's on the **WhisperDamp™** racquet. Exclusively Ektelon.

new!

WallBEATER™
Bumpers improve frame durability and reduce the shock of wall hits by 70%, making the Power Ring™, Power Ring Lite™, WhisperDamp™, Razor Lite™, Strobe Lite™ and ThunderStick™ racquets nearly unbreakable.

The radical **Power Ring™** racquet features our exclusive **PowerWEB™** racquet technology. This cool new frame design allows us to spin a 102 sq in web of uniformly longer main strings. What's in it for you? Raw power – a minimum **25% POWER BOOST** across the racquet face. Never go power hungry again!

FOR ALL OF YOU WHO HAVE TASTED THE KILL AND CRAVE MORE, WE ONLY HAVE ONE THING TO SAY...

Dinner's Ready.



The **Power Ring™** glove lets you go all out, flat out.

EKTELON
THE #1 SELLING BRAND IN RACQUETBALL

For where to buy or a free brochure, call 1-800-4-EKTELON.

AARA Ektelon is an official sponsor of the American Amateur Racquetball Association.



© 1996 Ektelon

Pro Tour Final Season Rankings

IRT TOUR FINAL SEASON RANKINGS

1. Sudsy Monchik	3121
2. Cliff Swain	2030
3. Andy Roberts	2498
4. Jason Mannino	1897
5. John Ellis	1815
6. Mike Guidry	1545
7. Mike Ray	1399
8. Drew Kachtik	1388
9. Woody Clouse	1310
10. Dan Fowler	1195

OTHER LOCAL PLAYERS:

27. Brian Simpson, IN	257
35. Tim Doyle, OH	161
40. Ryan Homa, WI	121
42. Sean Graham, WI	116
50. Brad McCunniff, IA	84

WIRT TOUR FINAL SEASON RANKINGS

1. Michelle Gould	2215
2. Cheryl Gudinas, IL	1695
3. Jackie Paraiso	1417
4. Laura Fenton	1182
5. Molly O'Brien	887
6. Lynne Coburn	816
7. Marcy Lynch	765
8. Janet Myers	725
9. Lydia Hammock	676
10. Randy Friedman	543

OTHER LOCAL PLAYERS:

18. Kim Machiran, MO	265
26. Chris Evon, IL	143
28. Kerri Stoffregen, OH	116
29. Elaine Mardas, OH	94
32. Jen Yokota, MO	89
40. Shelley Ogden, OH	53

FUNNY, IT LOOKS SO UNINTIMIDATING NOW.



The best way to handle fear is to stare it directly in the face. Which is exactly what your opponent will be doing when you bring Penn Racquetballs, America's #1 ball.

The Official Ball of the AARA & WPRA.

Your Penn Representative: Charlie Bachman • 216 North Hale Street, Palatine, IL 60067 • 847/ 776-7366

CALL FOR INFORMATION ON EVENT SPONSORSHIPS!

Challenge Courts* in Illinois

To update your listing, please contact Matt Malcheski at (630) 322-9077.

Athletic Club
of Illinois Center
11 N. Stetson, Chicago
(312) 616-9000
\$14 for Non members

Bloomington
Sports Complex
Bloomington
(630) 893-9577
Sunday 9 a.m. to 1 p.m., \$5
Brunch Served

Edens Athletic Club
Chicago
(773) 286-6700
Saturday 12-3

Evergreen Racquet Club
Chicago
(708) 425-7200
Friday 6:30 - 9:30 p.m. - \$5
Sunday 9:30 a.m. -
12:30 p.m. - \$5

Landmark Racquet
and Health
Peoria
(309) 685-8200
1st and 3rd Friday,
6-8 p.m., \$5

Oak Park Athletic Club
Oak Park
(708) 848-5200
Saturday 11-3 p.m.

Bolingbrook Health
and Racquetball
Bolingbrook
(630) 739-0304
\$5 - Non-Members

East Bank Club
Chicago
(312) 527-5800

Hillside Racquet House
Hillside
(708) 449-2255

Lakeshore Athletic Club
(Chicago Downtown)
(312) 644-4880
Monday, Wednesday
5-8 p.m.
Saturday 9:30 a.m. - 12:30 p.m.
\$5 Members -
\$10 Non-Members

Naper Olympic
Health & Fitness
Naperville
(630) 357-7200
Tuesday, Thursday
3:30 - 9 p.m. - \$5
Saturday, Sunday All Day - \$5

The Body Club
Bensonville
(708) 595-9009
Wednesday 5-8 p.m. - \$5

The South Lake Club
Mundelein
(847) 949-8180

UIC Fitness Center
Chicago
(312) 413-5150
Monday, Wednesday,
Friday, 4-6 p.m. - \$3
Saturday 11 a.m. -
1 p.m. - \$3

Wheaton Sports Complex
Wheaton
(630) 690-0887
1st Sunday of Month,
9 a.m. - Noon - \$9

Woodfield Athletic Club
Schaumburg
(847) 884-0678
Saturday 11 a.m. - 2 p.m.

*We recommend contacting
the club for further details.

Tournament Results

SUMMERFEST, Glass Court Swim & Fitness, Lombard, IL, July 25-27

MEN'S A (13): 1-Robert Reuther; 2-Mitch Slater; S-Leo Klimaitis; S-Chris Selvig. MEN'S B (17): 1-John Matarese; 2-Jim Gaw; S-Derek Hugg; S-Annie Walker. MEN'S C (14): 1-Richard Garris; 2-Nick Kritzer; S-Ray Meisner; S-Kris Styrsy. MEN'S D (15): 1-Nathan Wisner; 2-Dave Coyner; S-Rugen Murmato; S-John Anaya. MEN'S 40/45+ (4): 1-Pat Taylor; 2-Tom Fehsel.

WOMEN'S A/B (8): 1-Patrice Calvi; 2-Leslie Miller. WOMEN'S C/D: 1-Sharilyn Pope; 2-Karen Berry.

MEN'S OPEN DOUBLES (8): 1-Howie Spaeth/Joe DeArmas; 2-Lem Rowans/Joey Logan; S-Dave Bacher/Don Griggs. MEN'S A DOUBLES (7): 1-Ed Arias/Arnie Walker; S-Kurt Mankle/Derek Huff; S-Gene Bartkiewicz/Sherman Elsea; S-Mitch Slater/Robert Reuther. MEN'S B/C DOUBLES (8): 1-Roy Orr/ Jeff Gorski; 2-Patrice Calvie/D. Jaskier; S-Ken Vedder/Roy Fitzpatrick; S-Pat Collins/Dave Coyner.

MIXED OPEN DOUBLES (6): 1-Lynn Adams Clay/Rich Clay; 2-Joe Silius/Kathy Dunham. MIXED A/B/C DOUBLES (4): 1-Barb Utterback/Jim Amsden; 2-Georgia Velisarius/Mike Mahon.



COMPETITIVE LICENSE APPLICATION

Join the USRA as a competitor and become eligible for any of over 1,200 sanctioned tournaments held in the U.S. each year. You'll also receive:

- Membership Kit
- Personalized Competitive License
- Competition Accident Insurance
- Six issues of "Racquetball" Magazine
- The USRA Newsletter & Entry Forms
- USRA Official Rulebook
- National ranking points for your quarterfinal, or high, finishes in sanctioned play
- State rankings based on all sanctioned events
- Industry, Product & Service discounts

NAME _____
ADDRESS _____
CITY _____ STATE/ZIP _____
TELEPHONE (Home) _____ (Business) _____
BIRTHDATE _____

Adult competitor \$20.00 _____
Junior competitor \$15.00 _____
Junior competitor (without RACQUETBALL Magazine) \$10.00 _____
RACQUETBALL Magazine subscription only \$15.00 _____
Tax-deductible donation \$ _____
Total enclosed \$ _____

Send to: ISRA
1725 Wildwood Lane
Hanover Park, IL 60108
Member Sport, U.S. Olympic Committee



Movin' On Up

Congratulations to those of you who won various tournaments throughout the 1996-97 season. You are all commended on a job well done. Good luck to you in the upcoming year.

DIVISION	TOURNAMENT	NEW DIVISION	DIVISION	TOURNAMENT	NEW DIVISION
MEN'S SINGLES			WOMENS SINGLES		
John Thorson	Summerfest	Open	Krystal Csuk	Revie Sorey	Open
Ken Fleck	Turkey Shoot	Open	Diane Bunker	State Singles	Open
Lamar Leverett	Revie Sorey (MI)	Open	DOUBLES		
Winston Cole	State Singles	Open	Howie Spaeth	State Doubles	Open
Pat Murray	Regionals	Open	Dave Young	State Doubles	Open
Ken Bauer	Illini Classic	Open	MIXED DOUBLES		
Jeff Gorski	Summerfest	A	T.J. Ferro	Turkey Shoot	Open
Kurt Mankle	Halloween	A	Dennis Bischoff	Turkey Shoot	Open
Al Rubiano	Turkey Shoot	A	Joe DeArmas	Revie Sorey	Open
Ron Dim	Revie Sorey	A	Don Klopke	Revie Sorey	Open
Ron Dim	State Singles	A	MIXED DOUBLES		
Randy Ransom	Halloween	B	Krystal Csuk	Revie Sorey	Open
Ed Gutierrez	Turkey Shoot	B	Seth Taylor	Revie Sorey	Open
Tom Kennedy	Revie Sorey	B			
Jim Burns	Palos Olympic	B			
Eric Rieman	State Singles	B			
Martin Gonzales	Regionals	B			
Ken Yeazell	Bloomington	B			
Tim Murray	Wilson Classic	C			
Nick Kritzer	Turkey Shoot	C			
Larry Brand	Revie Sorey	C			
Joe DeMarco	Palos Olympic	C			
Joey Prust	State Singles	C			
Rick Cavaliere Jr.	Turkey Shoot	C			
Anthony Gonzales	Palos Olympic	D			
Scott Lubbers	Regionals	D			
Karen Berry	Regionals	D			

Are You Playing the Right Division?

The racquetball season is again upon us and eligibility is an important issue. To ensure fair competition there will be an eligibility list for the Tournament Director at every tournament. If you do not know which division you are eligible for, call TOM UTTERBACK at 708-479-1135.

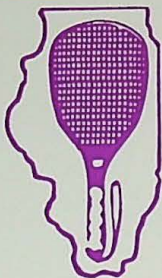


3259 N. Clifton
Chicago, IL 60657

Non-Profit Organization
U.S. Postage
PAID
Elgin, Illinois
PERMIT NO. 74

LAUREL DAVIS
464 OLD SURREY
HINSDALE

1198
IL 60521



ISRA

1997-1998 TOURNAMENT CALENDAR

Call Geoff Peters (773) 935-9685 to add your listing.

September 26-28
Illini Classic
The Fitness Center, Champaign
Bob Graf (217) 356-1616

September 26-28
National Systems Open
Woodfield Athletic Club
Dave Negrete (847) 884-0678

October 3-5
Wilson Fall Classic
Oak Park Athletic Club
Bill Lyman (708) 848-5200
USRA SANCTIONED

October 3-5
Landmark "No Frills"
Tournament
Landmark Racquet & Health,
Peoria
Sue Malone (309) 685-8200

October 10-12
Masters Invitational
Bloomingdale Sports Complex
Rich Clay (630) 893-9577
USRA SANCTIONED

October 10-12
Indian Summer Open
Decatur YMCA
Dick Dechert (217) 428-6606

October 15-19
EKTELON USRA 30th U.S.
National Doubles
Championships
Phoenix, AZ
Margo Daniels (719) 635-5396
USRA SANCTIONED

October 18
Doubles Warm Up
Image Health & Fitness, Decatur
Larry Boyer (217) 424-9925

October 24-26
10th Annual Saluki Open
Student Rec Center, SIU/
Carbondale
Bob Jansen (618) 549-4195

October 24-26
Jim Shaw Memorial
Channing YMCA, Elgin
Sean Nelson (847) 888-7400
USRA SANCTIONED

October 26
One Day Doubles
Bloomington YMCA
Jeff McDowell (309) 827-2323

October 31 - November 2
11th Annual Halloween Classic
Woodfield Athletic Club
Dave Negrete (847) 884-0678
USRA SANCTIONED

November 1
One Day Women's Only
Champaign Fitness Center
Bob Graf (217) 356-1616

November 7-9
Vince Toepper Memorial
Bloomingdale Sports Complex
Howie Spaeth (630) 893-9577
USRA SANCTIONED

November 12-16
Promus Hotel Corporation 2nd U.S.
Open Championships
Memphis, TN
Margo Daniels (719) 635-5396
USRA SANCTIONED

November 14-16
Fall Open
Image Health & Fitness, Decatur
Larry Boyer (217) 424-9925

November 20-23
Turkey Shoot
Glass Court Swim & Fitness
Doug Halverson (630) 629-3390
USRA SANCTIONED

December 5-7
ISRA State Doubles Championships
Glass Court Swim & Fitness
Geoff Peters (773) 935-9685
USRA SANCTIONED

December 12-14
Cardiac Classic
Evergreen Racquet & Fitness
Winston Cole (708) 425-7200
USRA SANCTIONED

December 19-23
IRF 9th World Junior Championships
Fountain Valley, CA
Margo Daniels (719) 635-5396
USRA SANCTIONED

January 9-11
Illini Open
IMPE Bldg., Champaign
Kevin McDonald (217) 359-2947
USRA SANCTIONED

January 9-11
1997 Shooters Classic
Northgate Racquet, Galesburg
Ellen McNeil (309) 344-3600

January 15-18
Revie Sorey Celebrity Classic
Bloomingdale Sports Complex
Anita Efron (708) 474-2440
USRA SANCTIONED

January 23-24
Super Bowl Open
Channing YMCA
Sean Nelson (847) 888-7400
USRA SANCTIONED

January 24
One Day Doubles Only
Champaign Fitness Center
Bob Graf (217) 356-1616

January 30 - February 1
Bloomingdale Open
Bloomingdale Sports Complex
Howie Spaeth (630) 893-9577
USRA SANCTIONED

January 30 - February 1
1998 Women's Seniors/Masters
Canoga Park, CA
Nancy Kronenfeld (847) 825-5564
USRA SANCTIONED

January 30 - February 1
Winter Classic
Decatur YMCA
Dick Dechert (217) 428-6606

February 6-8
Illini Classic
Champaign Fitness Center
Bob Graf (217) 356-1616
USRA SANCTIONED

February 6-8
Valentine Open
The Club, Springfield
Barry Slifer (217) 787-1111

February 13-15
St. Valentine's Day Massacre
Woodfield Athletic Club
Dave Negrete (847) 884-0678
USRA SANCTIONED

February 13-15
President's Day Open
Image Health & Fitness
Decatur, IL
Larry Boyer (217) 424-9925

February 20-22
4th Annual Olympic Open
Palos Olympic
Tom Utterback (708) 974-1900
USRA SANCTIONED

February 27 - March 1
ISRA State Singles Championship
Site TBA
Geoff Peters
(773) 935-9685
USRA SANCTIONED

March 6-8
Landmark Invitational
Landmark Racquet & Health, Peoria
Sue Malone (309) 685-8200

March 12-15
Shamrock Shootout
Glass Court Swim & Fitness
Diane DeArmas (630) 629-3390
USRA SANCTIONED

March 13-15
St. Pat's Day Open
Springfield Racquet & Club
Brian Kosa (217) 787-2460

March 20-22
March Madness
Oak Park Athletic Club
Bill Lyman (708) 848-5200
USRA SANCTIONED

March 27-29
USRA Regional Championships
Glass Court Swim & Fitness
Geoff Peters (773) 935-9685
USRA SANCTIONED

April 3-5
Greater Chicagoland Open
Evergreen Racquet & Fitness
Winston Cole (708) 425-7200
USRA SANCTIONED

April 3-5
Saluki Open Racquetball
Tournament
Student Rec Center, SIU/
Carbondale
Bob Jansen (618) 549-4195

April 17-19
USRA Regional Championship
Various Sites
Geoff Peters (773) 935-9685
USRA SANCTIONED

April 24-26
Negrete Open
Woodfield Athletic Club
Dave Negrete (847) 884-0678
USRA SANCTIONED

April 24-26
15th Annual National
Racquetball Tournament for the
Deaf
Nordic Hills Resort, Itasca
Steve Horwich (847) 679-8108
(TDD)
USRA SANCTIONED

May 20-25
USRA National Championships
Downtown YMCA, Houston
Margo Daniels (719) 635-5396
USRA SANCTIONED

June 26-28
Three-Wall Outdoor
Tournament
Bloomingdale Sports Complex
Howie Spaeth (630) 893-9577

July 24-26
5th Annual Summerfest
Tournament
Glass Court Swim & Fitness
Diane DeArmas (630) 629-3390
USRA SANCTIONED



EKTELON®



JUNIOR RACQUETBALL CLINIC TOUR

FREE

One a month for six months at a location in your area - Saturdays

October 25, 1997: South Lake, Mundelein 12:00 - 4:00 p.m.

November 8, 1997: Bloomingdale Sports Complex, Bloomingdale 1:00 p.m. - 5:00 p.m.

January 10, 1998: Wheaton Sports Complex, Wheaton 2:00 p.m. - 6:00 p.m.

February 7, 1998: Glass Court, Lombard 2:00 p.m. - 6:00 p.m.

March 28, 1998: Evergreen Racquet Club, Chicago 12:00 - 4:00 p.m.

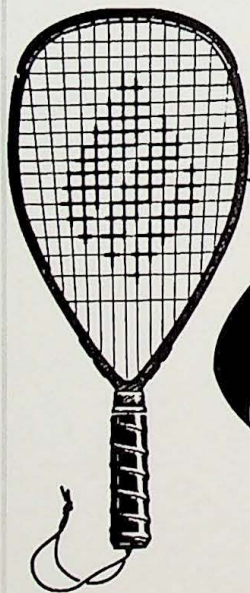
April 25, 1998: Naper Olympic, Naperville 1:00 p.m. - 5:00 p.m.

Jr. Instructors: Krystal Csuk, Nic Bishoff

supervised by **TEAM EKTELON PLAYERS**

COME AND JOIN THE TOUR AND THE FUN!!

Questions? Call T.J. Ferro at Naper Olympic 630-357-7200



EKTELON®

THE #1 NAME IN RACQUETBALL