



Newsletter

Vol. 17 No. 6
November, 2000

USRA
UNITED STATES RACQUETBALL ASSOCIATION

From The President

The leaves have turned many colors of yellow, orange, and red. That can only mean one thing. **It's time to get back to the racquetball courts!**

This year more people will be getting back to the courts. For the **first time in several years**, USRA memberships have **risen** from one year (1999) to the next (2000), stopping a previously steady decline. The USRA's membership theme is **"20,000 in 2000 - Bring a Friend to Racquetball"**. The ISRA's portion of that goal is 1,000 members. The end of the summer is typically the low end of our membership year. The number of members increases as Travel League gets started and people return from their summer activities.

Why should you bring someone new to racquetball? Here's my **Top 12 List**.

- Because it's fun.
- Because different types of events are being offered so all levels of play and interest are served; junior clinics, senior tournaments, intermediate and junior divisions in local tournaments, travel leagues, in-house leagues, challenge courts, etc, etc.
- Because it's good exercise.
- Because the pros are coming to Illinois - both the men, who just came through town, and the women, who come through in March. They are fun and inspiring to watch.
- Because you meet some neat people, like Leo Klimaitis, who sponsors the ISRA Website.
- Because the ISRA State Singles and Doubles Championships will have good food due to RC Cola's hospitality sponsorship.
- Because it satisfies your need for competition.
- Because there are many great ISRA sanctioned tournaments scheduled throughout the season - both big (Halloween Classic, Turkey Shoot, Revie Sorey Celebrity Classic and the Shamrock Shootout) and not as big (at Oak Park Athletic Club, Champaign Fitness Center, Palos Olympic, BR Ryall YMCA and The Southlake Club).
- Because the souvenirs are great.
- Because more clubs (maybe yours) are asking to get involved in hosting events more.
- Because of the times when you hit the perfect shot !!
- Because we, the current members, get to meet somebody new and cool !

Have a great season. See you on the courts !

Laurel

Right: Great tournament, Dave, and a great win for Cliff! See details inside.



Inside This Issue...

From the President page 1

Sport Specificity page 2

2001 Newsletter
Advertising Rates page 2

16th Annual
Senior/Masters page 4

Royal Crown Cola Sponsors
State Singles/Doubles and
Junior Clinic Tour page 4

ISRA Club News page 5

Ektelon helps the Travel
League Kick off Season with
Gusto page 6

Rich Rules! page 6

ISRA 2000/2001
Tournament Calendar . page 8

IRT Pro/Am Photo Spread
..... Page 10-11

2000 B.R. Ryall Fall Classic
Tournament Results .. page 12

USRA Competitive
License Application ... page 12

Bloomington IRT
Pro/Am pages 12-13

Strings - Why Do
They Break? page 14

Racquetball
Websites page 14



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Sport Specificity

My compliments to those who have been active running, biking, swimming and staying physically fit throughout the summer months. Those of you who have maintained activity since last season will see benefits in cardiovascular endurance. However, active or not, we all must remember the sport of racquetball is anaerobic. The word anaerobic means without oxygen. Activities comprising the sport of racquetball involve several short, quick bursts of energy.

I am often asked, "What is the best way to train for racquetball?" In my last article, I wrote about resistance training. I recommended "functional" training for increased strength and injury prevention. During "functional" training, exercises performed challenge multiple groups as well as your nervous system. I suggest strength exercises simulating movements made during play. Therefore, one would not be performing these exercises on a machine where you could sit, lean, grasp, and use leverage. Instead, one should stand to perform a movement. In this way, you will challenge multiple muscles, core musculature, and the nervous system. These concepts will continue to benefit you over the course of a lifetime. Recent studies in Gerontology have indicated that increased neurological stimulus over time is vital to the maintenance of mental acuity and motor skills.

Part of why racquetball is anaerobic in nature is due to the fact that most of its activities consist of high intensity, short duration movements, otherwise known as interval training. I suggest implementation of interval training in your preparation for your next match. This may consist of short segments of speed, quickness drills, or increased resistance within your existing routine. These segments can be performed on various types of cardiovascular equipment, or better yet, on a court floor.

The next time you observe a top Open player play, notice how fluid their swing is. All the muscle groups and the nervous system are working together to perform that movement. For those of you who are looking for an improved swing, try to coordinate using multiple muscle group movements in your exercise routine.

For additional assistance, please contact Eugene Coyle at 847-277-7746 (SPIN). Eugene Coyle owns and operates Personalized Fitness, Inc., a personal fitness training business with over 20 certified personal fitness trainers, corrective exercise specialists, kinesiotherapists, massage therapists, and group cycling instructors. With locations in Barrington, Palatine and Buffalo Grove, your initial fitness assessment is complimentary.

--Eugene Coyle

2001 ISRA Newsletter Advertising Rates

GUIDELINES:

- The ISRA Board of Directors has established a formal policy of not allowing advertisements to include **product pricing**.
- All ads are assumed to be camera ready. They can be accepted electronically in .tif, .pcx, or .ppt formats.
- If ads are run for the entire season, **AND** payment is received with the first issue, the sixth ad is **FREE!**
- These rates are in effect until December 30, 2001.
- Ad deadlines are as follows:

Issue Mail Date	Article/Releases Due	Stuffers/Inserts Due
1/01/01	12/12/00	12/20/00
3/01/01	2/12/01	2/20/01
5/01/01	4/12/01	4/20/01
7/01/01	6/12/01	6/20/01

- All stuffer/inserts are to be received by: Laura Kreiner, 2307 Arrow Street, Carpentersville, Illinois 60110.
- Ad rates:
Full page: \$300/issue. Half page: \$175/issue.
Quarter page: \$100/issue. Other sizes quoted on a case by case basis.
- For any questions or submission:
Mike Davern, 704 Sherwood Court, Naperville, IL 60565
(630) 579-8611

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16th Annual Senior/Masters

Tournament Director Rich Clay and the staff of The Athletic Club of Bloomingdale kicked off the fall 2000 season in fine fashion. The Senior/Masters tournament with 2 games to 11 in a round robin format is an excellent way to warm up for the coming season. You can't waste time getting into the match or it will be over before you get started. This tournament is also a level 5 event giving extra points for the participants under the USRA ranking system. Too bad we don't award points for tournament hospitality since Mama Negrete's turkey dinner on Saturday night would certainly win some. We also should give extra points to tournament rookies above a certain age. How about some extra points for 77 year old Tony Lang playing in his first tournament ever!!! Way to go Tony.

Looks like the younger men need to take their cue from not only rookies like Tony but other Senior Masters like John O'Donnell and Bert Shulimsen since injuries and sprains were the rule of the day at least with the younger set. In the 35/40's first seed Dave Negrete had to drop out with a bad knee after 6 matches as did 4th seed Jim Hillman who dropped out after 5. Unfortunately this prevented a rematch between Dave and eventual first place finisher Tom Utterback. It was also nice to see Tom Connelly step up from third seed to take a strong second place finish in the 35's and a first in the 40's. Probably the biggest beneficiary of both Dave's and Jim's injuries was Mike Davern

(the author) who lucked into a 4th place finish in the 35's and an unexpected 2nd in the 40's. Playing poorly against those who dropped out and well against those who stayed certainly helped! Congratulations to all the winners especially repeat winners Manuel Rosiles in the 60+ INT the unstoppable Ron Yonkee in the 55+ and John O'Donnell in the 70's. Nice to see a good showing on the women's side with 15 participants. Repeat winners include Ellen Somberg Brenda White and Gail Parzygnat.

For all tournament places down to eighth place see the table below. -- Mike Davern

Tournament Results

October 14-15 2000

Event First through Eighth Place

Women's 35+ ADV: Ellen Somberg; Nancy Schum; Diane Bunker; Julie Vincent; Liz Moliter
Women's 35+ INT: Gail Parzygnat; Cheryl Kirk; Janet Christie; Laura Rosiles
Women's 40+ ADV: Ellen Somberg; Nancy Schum; Liz Moliter
Women's 40+ INT: Gail Parzygnat; Cheryl Kirk; Janet Christie
Women's 45+ ADV: Brenda White; Nancy Kronenfeld; Kathy Dunham; Also 1st 50+ ADV Marha Huske Lynne Weisbert
Women's 45+ INT: Gail Parzygnat
Men's 35+ ADV: Tom Utterback; Tom Connelly; Watmora Casey; Mike Davern;

Robert Morrison; Dave Negrete; Scott Ross; Jim Hillman
Men's 40+ ADV: Tom Connelly; Mike Davern; Watmora Casey; Dave Negrete; Scott Ross; Kevin Yeazell; Jim Hillman
Men's 35+ INT: Al Robledo; Mark Burns; John Geatros; Manny Diaz; Leo Formanski; Joe DeRoche
Men's 40+ INT: Al Robledo; Mark Burns; John Geatros; Manny Diaz; Leo Formanski
Men's 45+ INT: Rajesh Sendhi; Tom Corr; George Henton
Men's 45+ ADV: Dave Olson; Brian Castillo; Kevin Johnson; Jim Elliott; Rajash Sendhi; Tom Corr; Charley Naber; George Henton
Men's 50+ ADV: Horace Miller; Frank Rusch; Gene Cromwell; Dennis McKee; Leo Klimaitis; Len Schultz
Men's 50+ INT: Ric Robles; Joe Vallender; John Koziel; William Myers; Jim Schevers; George Smuckel; Alex Kurczaba
Men's 55+ INT: Larry Schum; Al Lund; Jessie Christian; Rich Weismahl
Men's 55+ ADV: Ron Yonke; Pat Taylor; Herb Laney; Erhart Gruenwald; Larry Schum; Al Lund; Joe Quirke; Jessie Christian
Men's 60+ INT: Manuel Rosiles; Curly Noerenberg; Terry Wagner; Michael Garcia
Men's 60+ ADV: Bruce Mason; John Talty Sr.; Ed Olah; John O'Donnell; Bert Shulimsen; Tony Lang; Robert Beiner
Men's 65+ INT: Curly Noerenberg; Terry Wagner; Michael Garcia
Men's 65+ ADV: Ed Olah; John O'Donnell; Bert Shulimsen; Tony Lang; Robert Beiner
Men's 70+ INT: Curly Noerenberg; Michael Garcia
Men's 70+ ADV: John O'Donnell; Bert Shulimsen; Tony Lang

Royal Crown Cola Sponsors

State Singles/Doubles and Junior Clinic Tour

The ISRA is pleased to announce that Royal Crown Cola products will again be made available free of charge at this season's ISRA State Singles and Doubles Championships. This will be the third year that B and A Distributors Inc., of St. Charles will supply soda and water throughout both tournaments. Owner, Kevin Allsup and regional sales coordinator, Bob Woods are pleased with the ISRA relationship to date. ISRA President, Laurel Davis noted that, "Relationships with non-racquetball companies are very important for the continued development of racquetball in Illinois. We are pleased with the relationship with B and A Distributors and hope it continues for the foreseeable future. Product donations give tournament directors the ability to provide better service and amenities to tournament players and help give more value for your

tournament dollars." ISRA Junior Clinic participants and trainers will also benefit from this relationship. We would like to thank T.J. Ferro for introducing B and A Distributors to the ISRA and for developing this relationship. We hope that all ISRA members support those companies that help support Illinois racquetball.



Rich Clay giving Ben Croft his trophy in front of the RC Cola sign at last year's State Singles.

Athletic Club of Bloomington

Schedule of Activities

November 18: Paddleball Singles (one day event)

November 24: Turkey Shoot Racquetball (one day event)

December 2: Wilson Women's Classic (one day women only event)

December 16: Winter Open Paddleball (doubles only event)

Challenge courts are scheduled every Saturday and Sunday from 9:00 a.m. to noon. Non-members may participate for a \$6 fee.

Racquetball News

- We are not losing courts – look for an *additional* court to be added soon!
- Lessons with Dave Negrete, Dennis Negrete or Dale Johnson are offered at a rate of \$30 per hour.
- A new Junior program will begin in November. Contact us if you have children under 16 who are interested.
- Check out our new full-service racquetball pro shop. Restrung special during November: \$18 and get a new grip for no extra charge!

Investment Opportunity

The Athletic Club of Bloomington is currently seeking investors. All serious parties should contact Dave Negrete for information. Club contacts – Dave Negrete and Dennis Negrete: 630-893-9577

Southlake Club

Schedule of Activities

Southlake Double Tune Up — Look for information on the upcoming USRA/ISRA sanctioned tournament coming to the Southlake Club on January 19-21, 2001. The tournament is scheduled one week prior to the ISRA State Doubles, giving you and your partner an excellent opportunity to warm up your game before taking home a state title.

Challenge courts are available on Saturdays from 10 to noon.

Open Wallyball – Friday nights 6:00 p.m. to close.

Racquetball News

- We offer racquetball lessons with two of the best teaching pros in the state – Howie Robins of Ektelon and Lynn Adams of Wilson. These two will whip your game into shape in a hurry!
- Our Pro Shop is fully stocked with Ektelon equipment including racquets, balls, gloves, shoes and all accessories. We also stock Penn and Head gloves and can order Head racquets on request. Our prices meet or beat the retailers in the area and we have demo racquets of all the popular models. Come on in and test-drive an Ektelon Vendetta or Hornet!
- Winter League signups will take place between Thanksgiving and Christmas with league play starting the first week of January. Make a promise to yourself to get in shape for the year 2001 and call early to sign up for Winter League play.

Club Enhancements

Come on over and experience our new and improved

fitness and cardio areas...we've spent a lot of time and money upgrading the equipment and adding new pieces to ensure that everyone can get a well rounded workout. Check out the heavy-duty treadmills, new cross-over-pull machine and pec-deck!

Club Rental for Parties/Corporate Outings

Rent the Southlake Club on a Saturday or Sunday afternoon or evening. Wallyball, racquetball, basketball, handball...after which you can relax with a beer or glass of wine at the bar or in the lounge. We'll handle the food arrangements and take care of everything for you – no stress!

The club is located in Mundelein, IL – just north of the intersection of Route 60 and Route 45, only 40 minutes north of Chicago. Club contact – Kathy Logic: 847-949-8180; fax 847-949-8160

Naper Olympic Health Club

We celebrated our 21st year by holding a Member Appreciation Week during the week of September 23-29. Mini-massages, racquetball clinics (including a USRA rules clinic), free cycle classes, body composition testing, nutrition counseling and a club trivia contest were just a few of the offerings to our loyal members.

Racquetball News

- Thirty (30) fall session leagues have just begun. Watch in the next newsletter for winter league signup information...
- Seven (count 'em, SEVEN) racquetball pro instructors are available to help you improve your game: Kathy Dunham, T.J. Ferro, Tom Griffith, Don Grigas, Cheryl Gudinas, Sean Moskwa, and Krystal Csuk (junior pro)
- In the Pro Shop, Ektelon and E-Force products are available for purchase on-site or by special order. We offer the newest line of both companies' racquets. Demo racquets are available for trial.

Club Enhancements — 2000

- Re-painted, wall-papered, re-carpeted entire club
- Remodeled multi-level cardiovascular and free weight rooms
- Remodeled studio cycling room
- Relocated and remodeled CYBEX studio
- Created new mind and body room
- Work In Progress – racquetball practice court/basketball court
- Just arrived – hot new Pilates reformer machine!

New Classes

Two new Group Exercise classes have appeared on the scene at Naper Olympic – STOMP and 4 on 1 Boxing. These classes enhance an already-strong offering of classes (70 per week), including but not limited to: Tai Chi, Body Pump, Yoga, Triple Play, Prenatal Fitness, Step, Aerobics, Reebok Cycle. Naper's classes are taught by our 25-person staff of ACE Certified and/or fitness-degreed professionals.

Club Contacts — Dave and Margo Gebraski (owners); Rich Gebraski (Membership Director): 630-357-7200

Ektelon helps the Travel League Kick off Season with Gusto

Another Travel League season is underway and this year looks to be bigger and better than last. After intense negotiations with Ektelon, the ISRA was received a commitment from Ektelon to sponsor the whole travel league this year!! This is a major commitment to Illinois racquetball from one of the top racquetball companies in the country. While the details are still being finalized, all travel league participants will receive shirts (that is over 400 shirts) and winning teams will receive other Ektelon prizes. This puts the league in great financial footing. This year we have 39 teams in 5 divisions with a total of 18 different clubs represented. This is by far the biggest and longest running travel league in the country. Other states have inquired as to the secret to our success. (We know that it is our

membership...but we won't tell.) This year, the league is being headlined by an open-only league played at Bloomingdale on Tuesday night. This opened up the men's divisions for better quality play in the Open/ A, A/B and B/C leagues. League commissioner, Pam Grace has done an excellent job once again in getting all the teams together. (Picture the commercial of the cowboys herding cats...) Liz Molitor is also providing great assistance in getting all of the scores reported. By the time you receive this issue, results should be posted for the various divisions on the Illinois website at <http://www.illinoisracquetball.com>. Check out the standings and see who holds bragging rights.

—Pam Grace and Mike Davern.



RICH RULES!

Racquetball Rules Trivia Question – Test Your Friends:

Q. With a referee present, what is the only call a **player** can make on an opponent?

R. If the player's racquet, before delivering the shot, comes in contact with his opponent, the player can call a backswing hinder. Because of the position of the two players, the referee may not have been able to see the contact.

There was plenty to learn. Even the most seasoned players in attendance gave rapt attention to Rich Clay, the USRA National Rules Commissioner, when he presented his Racquetball Rules Clinic to 30 players at the Naper Olympic Health Club in Naperville on September 28th.

Few left early, many stayed late. An overflow crowd found 2 hours to be just about enough time to cover many of the nuances of racquetball regulations. Rich's

captivating presentation style and his authoritative description of USRA rules gave the crowd much to absorb.

The subject of avoidable hinders generated the most "what if?" questions. Rich's all-encompassing explanation of this controversial rule is summed up as, "If the shot that was taken away would most likely have ended the rally, then an avoidable hinder should be called."

All aspects of the game, from the lines on the court, to faults, to encroachment, to rules governing timeouts, were covered in clearly explained detail...with more than a dash of Rich's humor thrown in. A spirited question & answer session concluded the clinic.

Those in attendance were invited to take the certification exam. Successful completion of the clinic and exam, along with the experience of then refereeing 10 games (including one witnessed by Rich or another Certified Referee) results in Level One Certification as a referee.

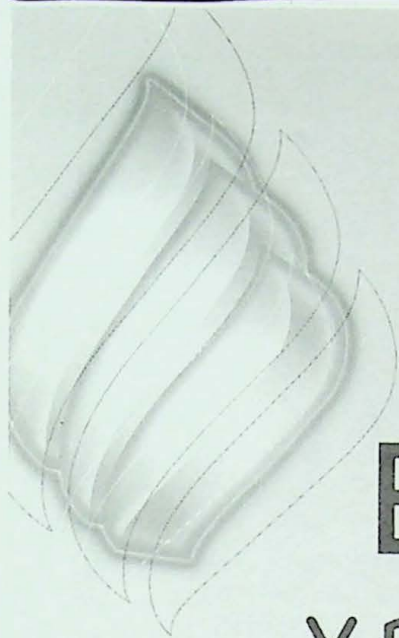
— Cheryl Kirk and Kit Lawson



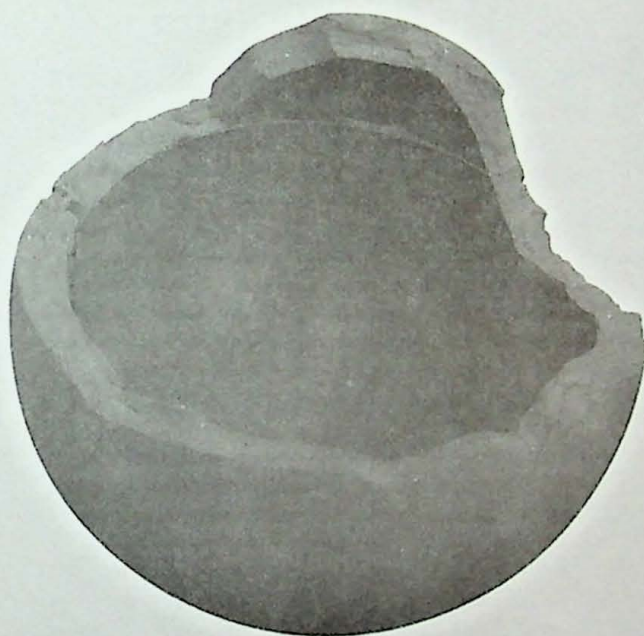
Rich Clay laying down the rules at a recent clinic at Naper Olympic Health Club in Naperville.

P.S. Did you know...

"As a referee, you can be held personally responsible if you don't enforce the eyeguard rule and someone gets hurt. This includes during warm-ups". Ref's, watch for those eyeguards!



BREAK YOUR OPPONENT'S SPIRIT TOO.



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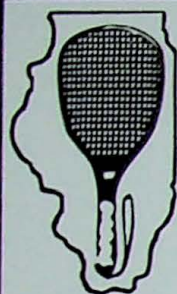
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USRA

2000-2001 TOURNAMENT CALENDAR

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

November 9-12

Glass Court Turkey Shoot

Glass Court Swim & Fitness, Lombard
Doug Halverson (630) 629-3390
SANCTIONED

November 15-19

**5th Annual Hilton Hotels
U.S. Open**

Memphis, Tennessee
Jim Hiser (719) 635-5396
SANCTIONED

December 2

Wilson Women's Classic

Athletic Club at Bloomingdale,
Bloomingdale
Dave Negrete (630) 893-9577
SANCTIONED

December 2

**One Day Doubles
Bloomington Doubles**

Bloomington YMCA
Jeff McDowell (217) 787-2460

December 8-10

Wilson Holiday Classic

Oak Park Athletic Club
Bill Lyman (708) 848-5200
SANCTIONED

January 12-14

**Revie Sorey E-FORCE
Celebrity Classic**

Athletic Club at Bloomingdale,
Bloomingdale
Dave Negrete (630) 893-9577
SANCTIONED

January 19-21

Women's Senior/Masters

Canoga Park, CA
Debbie Tisinger (818) 884-5034
SANCTIONED

January 19-21

Doubles Tune-Up

The Southlake Club
Kathy Logic (847) 949-8180
SANCTIONED

January 26-28

ILLINOIS STATE DOUBLES

Glass Court Swim & Fitness, Lombard
Tom Griffith (630) 629-3390
SANCTIONED

February 2-4

B.R. Ryall Winter Tournament

B.R. Ryall YMCA, Glen Ellyn
Sean Nelson (630) 858-0100
SANCTIONED

February 2-4

Tournament at the Club

Fit Club, Springfield, IL
Tony Marquez (217) 787-1111

February 9-11

St. Valentines Day Massacre

Athletic Club at Bloomingdale,
Bloomingdale
Dave Negrete (630) 893-9577
SANCTIONED

February 16-18

6th Annual Olympic Open

Palos Olympic
Tom Utterback (708) 974-1900
SANCTIONED

February 16-18

President's Day Open

Image Health & Fitness
Decatur, IL
Larry Boyer (217) 424-9250

February 22-25

29th ISRA STATE SINGLES

Athletic Club of Bloomingdale
Laurel Davis (630) 893-9577
SANCTIONED

March 2-4

Landmark Invitational

Landmark Health &
Racquetball, Peoria
Terry Sutton (309) 685-8200

March 8-11

Shamrock Shootout

Glass Court Swim & Fitness, Lombard
Doug Halverson (630) 629-3390
SANCTIONED

March 9-11

Four Seasons

Bloomington, IL
Bev Schebbe (309) 663-2022

March 16-18

St. Pat's Day Open

Springfield Racquet & Fitness
Sara Welsh (217) 787-2460

March 16-18

Edens March Madness

Edens Athletic Club
Cindy Flores (773) 286-6700
SANCTIONED

March 21-24

NMRA National Championships

Maverick Athletic Club, Arlington, TX
Ron Pudduck
SANCTIONED

March 22-25

WIRT Pro Stop Negrete Open

Athletic Club of Bloomingdale
Dave Negrete (630) 893-9577
SANCTIONED

April 19-21

**Ektelon/USRA REGIONAL
CHAMPIONSHIPS**

20 sites nationwide
Jim Hiser (719) 635-5396
SANCTIONED

April 27-29

Illini Classic

The Fitness Center, Champaign
Bob Graf (217) 356-1616
SANCTIONED

May 3-6

**Ektelon/USRA REGIONAL
CHAMPIONSHIPS**

Athletic Club of Bloomingdale
Dave Negrete (630) 893-9577
SANCTIONED

May 23-28

**Ektelon/USRA NATIONAL
CHAMPIONSHIPS**

Downtown YMCA, Houston TX
Jim Hiser (719) 635-5396
SANCTIONED

July 18-21

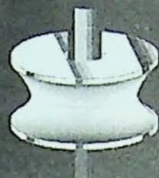
**International Masters
Championships**

Wisconsin Athletic Club, West Allis, WI
SANCTIONED

sponsored by

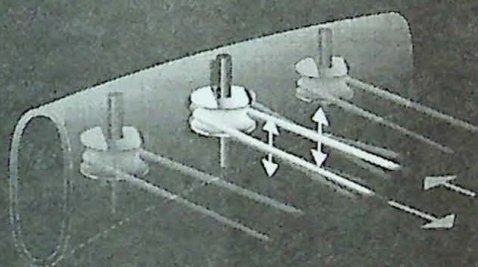


A Revolution In Racquetball



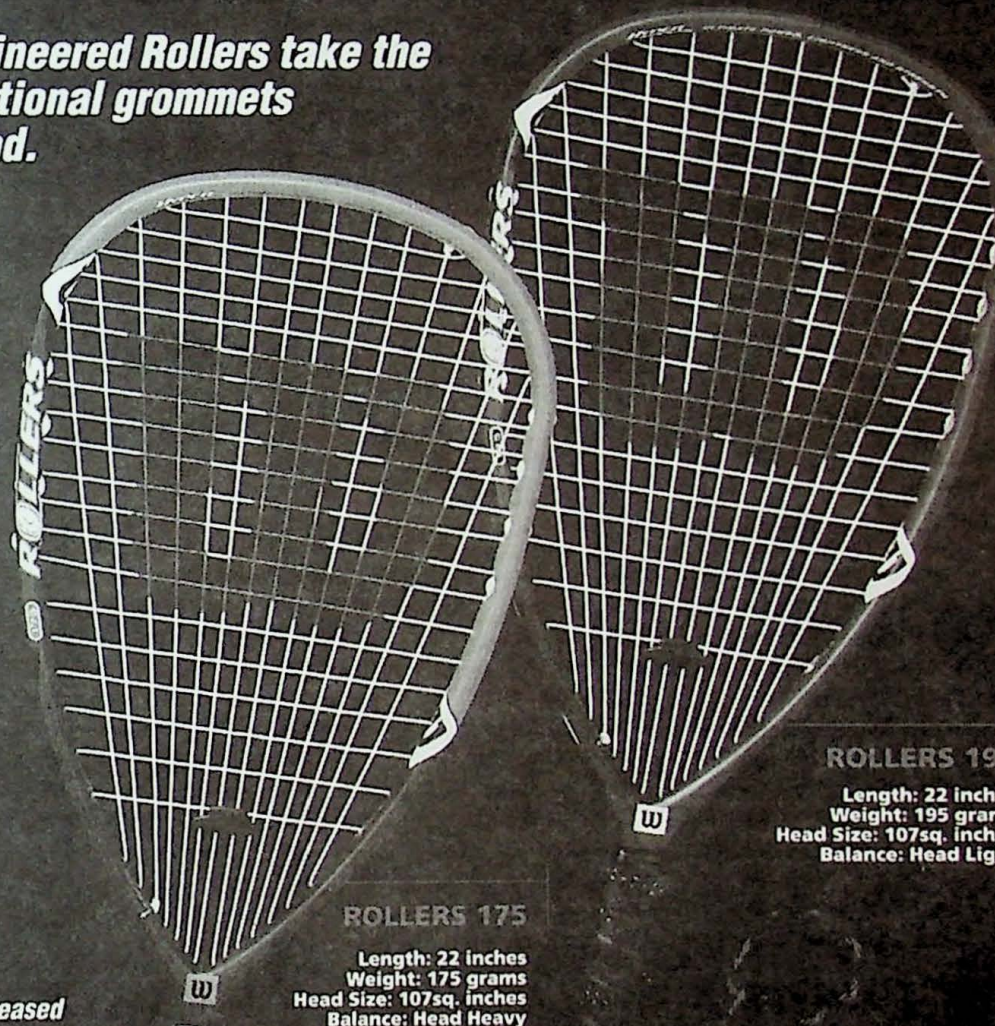
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Horizontal String Movement
Upon ball impact, strings move freely in a pulley motion.



ROLLERS 175

Length: 22 inches
Weight: 175 grams
Head Size: 107sq. inches
Balance: Head Heavy

ROLLERS 195

Length: 22 inches
Weight: 195 grams
Head Size: 107sq. inches
Balance: Head Light

**HYPER
CARBON
CONSTRUCTION**

Cliff Swain, 5-Time Pro
World Champion.

Derek Robinson, #6 Ranked
on the IRT™ Pro Tour.

Both play with Rollers Technology.

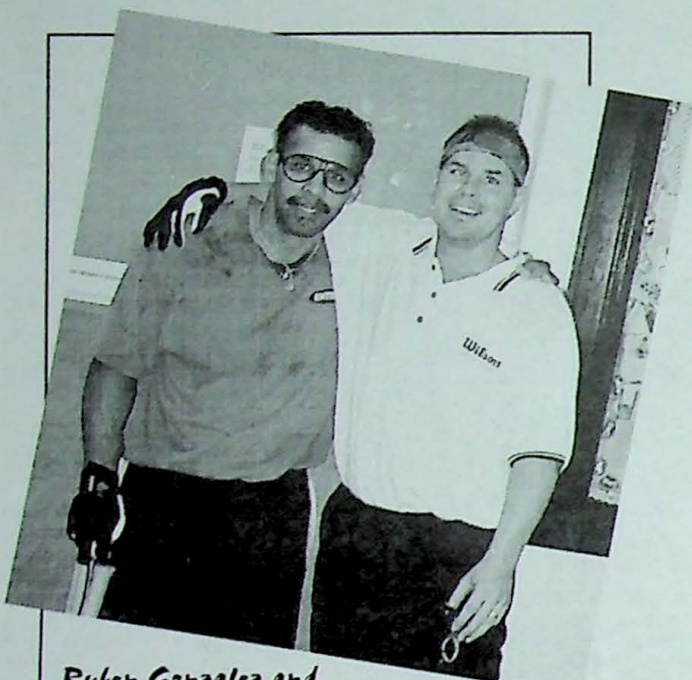


ROLLERS
Power in Motion

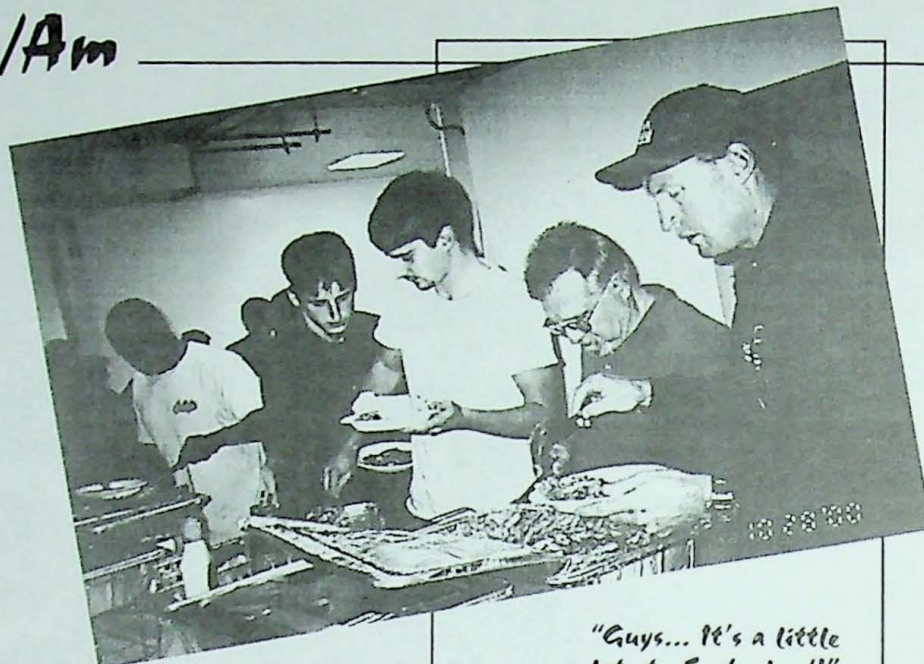


www.wilsonsports.com

Bloomingsdale IRT Pro/Am

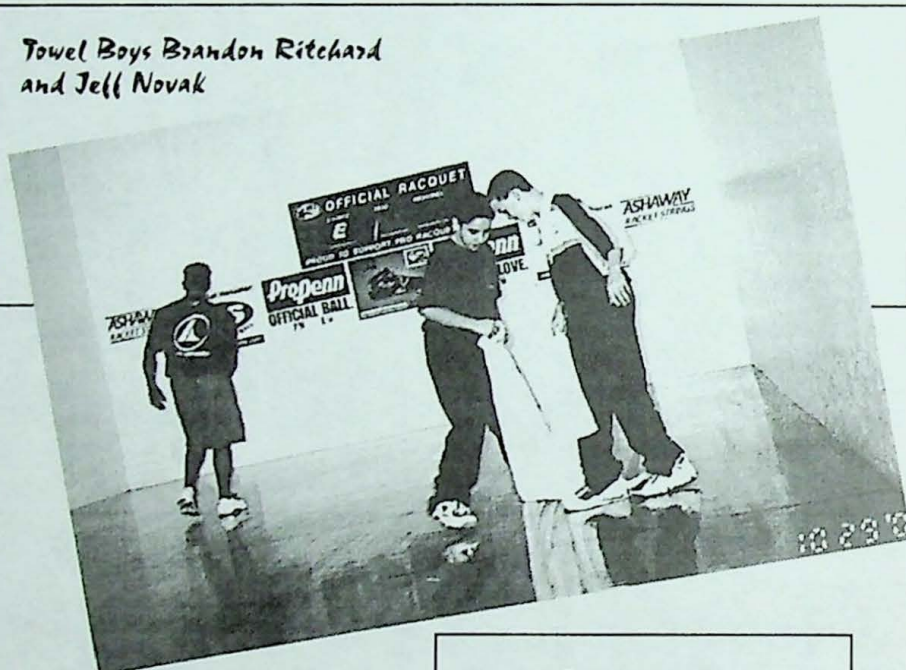


Ruben Gonzalez and Tom Utterback coming off courts after a tough quarter final match.



"Guys... It's a little late to Carbo-load!"

Towel Boys Brandon Ritchard and Jeff Novak



Racquetball Challenge Courts

Bloomingsdale Challenge Court
630-893-9577

Saturday and Sunday 9 a.m. - 12 p.m.
\$6.00

Glass Court Challenge Court
630-629-3390

Wednesday 6 - 9 p.m. and Saturday 9-11 a.m.
\$6.00

Oak Park Athletic Club
708-848-5200

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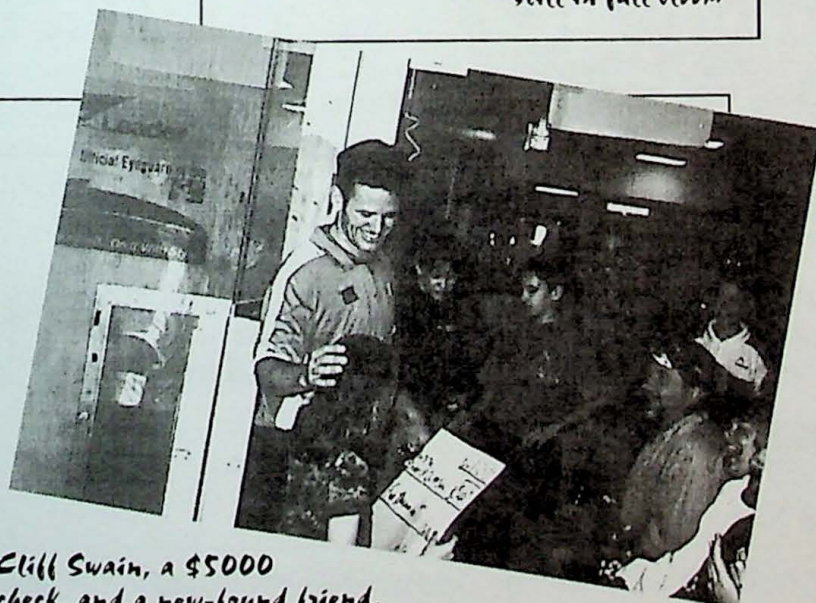
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Cliff Swain, a \$5000
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2000 B. R. Ryall Fall Classic Tournament Results

October 20-22, 2000

I am pretty sure that a lot of people came to the B.R. Ryall YMCA Fall Classic Tournament thinking that they would not have a very tough draw. Those who may have thought so were surprised to find draws of 15 and 16 in the A, B and C divisions! Ben Croft was one of those tough guys you would have to go through to win the Men's Open. Tough enough to take the open division without letting any opponent score double digits. In Men's A, fifth seed Scott Ross took the hard route to the championship, beating Dennis Bonn in the first round, third seed Chris Selvig in the second and a surprising Frank Aguilar in the semi's. Then he had to face Bob Morrison, who has been playing giant killer in recent tournaments. This time it was Scott's turn to catch some luck as Bob's bad knee knocked him out of the finals, giving the win to Scott.

In some tournaments, you might find the B and C divisions combined. Not this time, although it did not matter since Mark Mobilia decided to win both. He beat Keith Stevens in the B finals and Joe Vallender in the C's. Mark now has to play the B's having already won the Summerfest C division. In the D division we had 13 participants. Carlos Vidrio, unseeded and playing in his first tournament, beat number one seed, Gary Muhr in the finals. In the eight team Open Doubles division, Dave Bachar and Don Grigis put on a clinic by destroying everyone they faced. Only the team of Ben and Bob Croft could score a tournament high of eight points against them. In the four

team A Doubles, another father/son team Al & Vito Rubiano finished first. In the Women's divisions, Carol Lisson won the Open/A, with Kathy Dunham in second. The Women's B division finals saw Lynn Hiorns defeat Gail Parzygnat. In the Youth 14 and under, Ben Croft again crushed all who faced him. Brandon Ritschard was second and Jeff Novak finished third in the five man round robin. —Sean Nelson

Event

First Place; Second Place; Semis

Men's Open (7)

Ben Croft; Bob Morrison; Scott Ross, Keith Wiener

Men's A (16)

Scott Ross; Bob Morrison; Ed Libby, Frank Aguilar

Men's B (16)

Mark Mobilia; Keith Stephens; George Nonas, Frank Aguilar

Men's C (15)

Mark Mobilia; Joe Vallender; Tom Atwood, Ray Shimizu

Men's D (12)

Carlos Vidrio; Gary Muhr; Gail Parzygnat, Scott Bieller

Boy's 14 under (5)

Ben Croft; Brandon Ritschard; Jeff Novak, Jason Young

Women's Open/A (5)

Carol Lisson; Kathy Dunham; Lynn Hiorns, Gail Parzygnat

Men's Open Doubles (8)

Dave Bachar/Don Grigas; Ben Croft/Bob Croft; Chris Selvig/Jim Gaw, Al Ramirez/Phil Schmitt

Men's A Doubles (4)

Al Rubiano/Vito Rubiano; Rich Wells/George Nonas; Bob Morrison/Gail Parzygnat, Tad Smith/Greg Benjamin

Bloomingsdale IRT Pro-Am

Tournament Results

October 25-29, 2000

What a draw. Only national tournaments can pull in a stronger field than Dave Negrete. Look at the quality of the quarterfinal finishers. They would top the list of winners at any other tournament. Try to find a higher quality Men's 35+ draw, with Ruben Gonzalez and Andy Roberts in the finals. That's some amateur draw! All over the draw, participation was way up this year. Both Men's Pro and Men's D pulled in 11 more participants each! The shift to more court time for intermediate divisions instead of doubles was a big hit. Age group participants should watch for these divisions in future tournaments. There were 44 in the Pro draw, including all of the top 15 pros. The amateur draw was up by at least 1/3 over last year's event and that was up big from the year before. The lower ranked divisions really drew in the numbers. Even the women decided to get into the act with the draw increasing nicely from last year. We even got an all Ohio Women's Open final. Oh well. Over and over again you heard the pros commenting on how they like coming to play at Bloomingsdale. Dave Negrete and the tournament staff went all out to put on a great event. It was great seeing "standing room only" for the pro events. Even non-tournament players took advantage of the opportunity to come in the club to watch some of the best athletes in any sport.

Not too many repeat winners this year around, but we did have some. Ruben Gonzalez is not going to come all this way without bringing home some green. (Thanks to Keith Minor for sponsoring some of that

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green in the Men's 35+ event.) Kerri Stoffregren, now having to travel up from Cincinnati, also was a back-to-back winner in Women's Open. Looks like traveling to Bloomingdale from out of state was profitable. Jack Huczek down from Michigan put in a back-to-back win in Men's Open. This year he took on Alvaro Beltran here all the way from Tijuana, Mexico. (Not a record, since Seiichi Tateuchi came in from Japan last year, but close.) Whether a back-to-back winner, first time winner or first time loser, Bloomingdale put on quite a show. Here are the results:

Event

First Place; Second Place; Semis

Men's PRO (44)

Cliff Swain 9,4,1 over Ellis; John Ellis 2,0 (4) 4 over Monchik Swain over Jason Mannino 8,3 (8) 7; Swain over Tim Doyle 3,1,4 Mannino over Mike Guidry 7,5,6 Ellis over; Rocky Carson 9 (5) 3,6 Monchik over Fowler 2,0 (4) 4; Swain over Homa; Doyle over Robinson; Guidry over Bustillas Mannino over; Priamo Ellis over Huczek Carson over Locker; Fowler over Karp Monchik over Green

Men's Open (35)

Jack Huczek (MI); Alvaro Beltran (Tijuana, Mx); Jason Jansen (MN), Josh Tucker (MO)

Men's AA (14)

Cary Slade; Tom Utterback; Mike Davern, Travis Gray (MN)

Men's A (31)

Matt Stamborski (WI); Martin Gonzalez; John Berelli, Watmora Casey;

Men's B (32)

David Royster; Ed Libby; Jack Tamplain, Joey Brownlee

Men's C (20)

Greg Benjamin; Russ Tatar; Mark Rusinko, Tony Gonzalez

Men's D (30)

Vito Rubiano; Howard Williams; Tom Reed, Humberto Sosa

Men's 25/30+ (8)

Eugene Coyle; Chris Wachtel; Cary Slade, Joey Logan

Men's 35+ (16)

Ruben Gonzalez (NY); Andy Roberts (TN); Keith Minor, John Amatulli (IN)

Men's 40+ (8)

Tom Connelly; Mike Bogue; Tom Griffith, Mike Davern

Men's 45 (10)

T.J. Ferro; Len Restaino; Horace Miller, Greg

Mandell

Men's 50/55+ (8)

Bruce Nelson; Horace Miller; Pat Taylor, Ron Yonkee

Men's 35/40+ INT (6)

Ron Calloway; John Mason; Joe DeMarco, John Geatros

Men's 45/50+ INT (11)

George Goudie; Kelvin Branch; Terry Kennedy, Ray Meisner

Men's 55+ INT (6)

Elliot Papermaster (WI); John Talty; John Massano, Larry Schum

Women's Open (12)

Kerri Stoffregren (OH); Adrienne Fisher (OH); Diane Bunker; Dana Anderson (MN); Ellen Somberg, Laurel Davis

Women's AA (4)

Kathy Dunham; Cathy Bertucci; Julie Vincent, Ramona Vonondarza

Women's A (11)

Martha Huske; Janet Emminger; Cathy Bertucci, Barb Utterback

Women's 30+ (10)

Nancy Kronenfeld; Mary Crawford; Diane Bunker, Kathy Dunham



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First, our tensions are less. This is necessary for power but the bad part is this-it stretches string farther. Well, if you got stretched a lot often, you'd break too. Second, all of this stretching and string movement creates notches-where the intersection of two strings cut into each other. This phenomenon accounts for probably 90% of breakage in combination with hard hitting and continual use. The only effective way to stop it is by installing a

product called string savers or 'string-a-lings. They don't cost much and if you use the tool supplied are relatively easy to install. Remember this however-nothing can stop breakage, it only slows it.

The other 10% of breakage is the infamous mis-hit. This is characterized by where the string breaks. When you see string broken anywhere near the actual frame of the racquet itself, it is likely the result of a mishit. It is also possible that your grommets may have become so worn that they no longer protect the string from the frame. This is an obvious cause-you should know if the grommets are this worn

and do some preventive maintenance.

So, in summary, it happens to virtually everyone eventually, and, if you don't break them after an extended period of time they're just old and probably should be replaced anyway. See you at the Turkey Shoot! Call Ralph Kusche at 618-667-8243 or e-mail Ralph at rmkusche@aol.com with any questions.

-- Ralph Kusche

Racquetball Websites

ISRA Website: <http://www.illinoisracquetball.com>

Check out the ISRA website for updated tournament information, tournament results, ranking information, and to find out what's happening at Illinois Clubs. Stop in and check it out soon!

USRA Websites:

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

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

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

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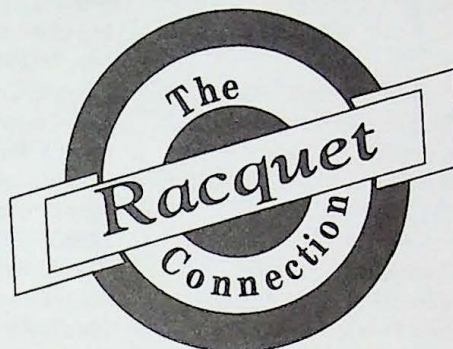
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