



From The President

Recently we've heard Bill Clinton give the "State of the Union" address and Governor George Ryan present the "State of the State" address. So, it only seems appropriate to follow with the "State of the ISRA" address.

I recently attended the USRA Leadership Conference at the Olympic Training Center in Colorado Springs. This is an annual meeting of state organizations, racquetball manufacturers, and the USRA staff. Also attending were representatives from the national court club organization. The conference is unique in that groups that normally compete with each other come together to share ideas to build the sport of racquetball.

It's also a chance to see how the ISRA stacks up against other state organizations. And, each visit confirms the vitality of our organization and the importance of the ISRA at the national level.

The ISRA perennially ranks in the top five in membership and number of sanctioned tournaments. Tournament participation is UP this year – not a lot, but UP is definitely the right direction. Every sanctioned tournament in Illinois has had more players in it this year than last. The ISRA travel league (which is 500 members strong) was a topic of great interest at the conference. It is the largest and longest running league of its kind in the country. Our "Junior Clinic Tour" is attracting record numbers and introducing our sport to a new group of players. State organizations were asked to help compile a list of all health clubs that have racquetball courts. That's easy for the ISRA! We have maintained a list of clubs, number of courts, and racquetball contacts for many years.

Where can the ISRA improve? Probably in attracting volunteers to assist in supporting our programs. Volunteers don't have to have any special skills. They just need to be people who really enjoy the sport and are willing to give their time for nothing more than the gratification that comes from knowing you've done your part. There are no monetary rewards.

Volunteers must be idealists who know the value of tradition. They should be open-minded, but willing to make a decision. They need to be both leader and follower. Energy is a must, but volunteers can't be overzealous and take on too much. Creativity is a plus. So is an understanding spouse. Sometimes you have to work late hours only to get up and go to your "real" job the next morning.

Volunteers do all of these things knowing there is no paycheck...and knowing that not everyone will be happy. But, if you're lucky, someone will say "thanks", "nice job" or "great tournament". That's what makes it worthwhile. You also make some great friends that share a common interest.

If you've got some time to spare (even a small amount of time) let someone on the board know that you'd like to volunteer. If you don't, please take the time to just say thanks to those who do. They're doing it for you.

Laurel

Inside This Issue...

A Message from
Revie page 2

Travel League
Update page 4

ISRA Juniors do well
at Junior Worlds page 6

Mid-Season
Conditioning page 6

Tournament
Results pages 7-9

Is it you or is it the
Racquet? page 9

Ektelon Introduces
New Racquets page 9

What's My Ranking?
(Part 2) page 10-11

"My Changing Views"
about Racquetball for the
New Year page 11

ISRA 2000
Calendar page 12



ILLINOIS STATE RACQUETBALL ASSOCIATION

PRESIDENT

Laurel Davis - Hinsdale

VICE-PRESIDENT

Sean Nelson - Glen Ellyn

SECRETARY

Judith Young - Lisle

TREASURER

Rich Clay - Libertyville

ZONE VICE-PRESIDENTS

Carol Bastien - Vergennes (South)

Bob Graf - Urbana (Central)

Lynne Weisbart - Northbrook (North)

Doug Halverson - Westchester (West)

GOVERNING BOARD

Mike Davern - Naperville

T.J. Ferro - Naperville

Jim Gaw - Elmhurst

Pam Grace - Wheaton

Tom Griffith - Lisle

Larry Keller - Clarendon Hills

Geoff Peters - Chicago

Eric Rieman - Carol Stream

Howard Spaeth, Jr. - Bloomingdale

Tom Utterback - Orland Park

AUXILIARY BOARD

Patrice Calvi - Richton Park

Jeff Grace - Wheaton

Peggy Hartmann - Naperville

Carrie Jaskier - Addison

Dale Johnson - Schaumburg

Jordan Kahn - Buffalo Grove

Bill Lyman - Berwyn

Bev Powell - Lovington

JUNIOR AUXILIARY BOARD

Krystal Csuk - Naperville

Andy Hawthorne - Champaign

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 2000. 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, 704 Sherwood Court, Naperville, IL 60565 (630) 579-8611. Ad rates available upon request.

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

A MESSAGE FROM REVIE

Dear Racquetball Enthusiasts,

I want to thank you for your participation in the Revie Sorey/E-Force Celebrity Racquetball Classic. The 18th annual tournament was well-attended by 245 people from everywhere. Indiana, Michigan, Missouri, Florida, Ohio, Minnesota, Iowa, Wisconsin, Ontario, Canada, and of course, Illinois. Players of every background and ability came together to enjoy a weekend of the very finest racquetball, and to experience meeting new lifetime friends. Although the matches went on late into the night, every match started right on time. It was a treat to see such great competition!

I have been asked many times why I continue to do this tournament and what my association to the Boys and Girls Club is. Allow me to share my commitment with you. As a child in New York, I was a Boys Club member. It afforded me the opportunity to be safe and productive. I never forgot my debt of gratitude to that organization. After I retired from the NFL, I had the good fortune to become the Director of the Hammond Boys & Girls Club. It was more than a job to me. It was a means to give back to a community organization that helped mold my life. As a former professional athlete, I felt the need to sustain my physical well being throughout the years. That was where racquetball came in! Racquetball allowed me to maintain good health in a competitive setting. And when my friend and teammate, Walter Payton, passed away, it became even more apparent how important it was to be healthy. Through my association with racquetball, I received many opportunities to host my tournament at various venues - Lehmann, Charlie Club, Woodfield, Glass Court, Nordic, and Bloomingdale. This gave me the chance to meet and work with lots of good people.

Along with my partner, Anita Efron, who is the President of the Hammond Boys & Girls Club, we personally took on the challenge to provide life skill opportunities for our club members. Ours is a yearlong commitment. The positive energy that I derived from racquetball gave me the energy I needed to continue my support for youth in this country. For example, this past year we did our very best to enhance the lives of our kids. We helped provide Thanksgiving food baskets for 20 needy families. At Christmas, we personally undertook to make the holiday special for a family of eight children and their grandmother with tons of gifts and a huge dinner. Ten additional club families also were served. Each summer we offer free camperships to the Ryan Wetnight/Revie Sorey All Pro Football Camp to members of the Boys & Girls Clubs of Northwest Indiana. Last year eight club members attended and had the time of their lives. My commitment to the Boys & Girls Club is solid and genuine, which is why I chose the Boys & Girls Club to be the recipient of my emotional, physical, and financial support. And each time you participate in the Revie Sorey Classic you, too, share in my commitment to help a child in need.

By supporting this tournament each January, we each help to keep racquetball alive and well, so that we can come together and feel the wonderful bond of camaraderie and commitment that we share through our diverse backgrounds and skills. Thank you so much for your continued support. I truly look forward to seeing you next year!

Yours in racquetball,
Revie

P.S. Congratulations to Illinois, this year's Interstate Traveling Trophy winner.

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>

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

Head Racquetball: <http://www.head.com>

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

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

Gemini Racquetball: <http://www.craigahome.mindspring.com>

PENN Racquetball: <http://www.pennracquet.com>

National Masters Racquetball Association: www.genesinetnetwork.net/users/nmra

IRT/WIRT Pro Tours: www.irt-tour.com

Jordan Kahn's Home Page: <http://members.aol.com/Jordanisra/index.html>

Meet and Play: <http://www.meetandplay.com>

ANTI-OPPONENT WEAPON

THE TITANIUM POWER REVOLUTION CONTINUES...

ANTI-TORSION

DESTROY
ANNIHILATE
POWER LEVEL
HUMILIATE



Sudsy Monchik

#1 ranked player in the world
& three-time Pro World Champion

Arm yourself with the power to play...and win. Introducing HEAD's Ti. Power Series Racquets and the AnTi.Torsion System.

You can bet a player of Sudsy Monchik's caliber wouldn't be caught dead using a racquet that didn't have the ultimate in power and control. That's why Sudsy chooses HEAD's new Ti. Power Series Racquets with the **AnTi.Torsion System**. This innovative system stiffens the entire throat area and fuses more rigidity in the frame — all without reducing the length of the main strings or the size of the string bed. The result is unprecedented power even on off-center shots. And our **PowerZone System** allows the strings to move more freely by expanding the string bed by eight square inches, providing maximum power with every hit. HEAD's Ti. Power Series is constructed with the perfect blend of titanium for strength and graphite for lightness. Experience the most powerful racquets ever made.

Now, the only thing deadly about Sudsy...is his game.



www.headusa.com

Ti POWER SERIES Ti.FLEX Ti.HEAT Ti.INFERNO



penn

1999-2000 Travel League Party

The 1999-2000 Travel League Party has been set for Saturday, April 15 (get your tax returns in early) at the Glass Court in Lombard. In previous years we have heard that you wanted more play and party time. So we picked a Saturday and a 4:00 start time for doubles. Dinner will be at 8:00pm and awards at 9:00pm. Come early to get plenty of court time. Entries will be sent to your captains. Please sign up right away. Questions? Call Pam Grace at 630-462-0244 or the Glass Court at 630-629-3390.

Challenge Court Nights

Palos Olympic Health and Racquet Club
Fridays 7-11 \$5.00

Oak Park Athletic Club
Wednesdays 4-7 and Saturdays 12-3 \$8.00



1-888-822-2501

NOW OPEN: RACQUETBALL SUPERSTORE

ALL MAJOR BRANDS:

EKTELON WILSON
PRO-KENEX HEAD
ACTION EYES E-FORCE
SPALDING POWER

**FOR ALL YOUR RACQUETBALL NEEDS
AT DISCOUNT PRICES**

PROFESSIONAL STRINGING BY:

GENE-GENE THE STRING'N MACHINE

1-904-788-7780 1-904-788-7149 24-HR. FAX
2090 S. NOVA RD. #AA10, S. DAYTONA, FL 32119

2000 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, 2000.
- Ad deadlines are as follows:

Issue Mail Date	Article/Releases Due	Stuffers/Inserts Due
1/1/00	12/9/99	12/13/99
3/1/00	2/12/00	2/20/00
5/1/00	4/12/00	4/20/00
7/1/00	6/12/00	6/20/00

- 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

BREAK
YOUR OPPONENT'S
SPIRIT
TOO.



It's all about total domination. The power to out-muscle combined with the drive to out-hustle. How do you conquer the courts using both? With Ektelon's full line of racquets, gloves, shoes, balls and goggles. Ektelon. The #1 brand in racquetball.

PLAY_{WITH}
FIRE



EKTELON
THE #1 BRAND IN RACQUETBALL

1.800.4.EKTELON

WWW.EKTELON.COM

Illinois Juniors do well at Junior Worlds

Two top Illinois juniors made the long trek to last December's Junior Worlds in Fountain Valley, California. Andy Hawthorne from Champaign and Krystal Csuk from Naperville, both sixteen at the time, made the trip and came back with metals for their efforts.

Andy beat USA team member Eric Letch from Arkansas to reach the semi-finals where he ran up against eventual winner of the 16 year old bracket, Jack Huczek from Michigan. Andy then beat another USA team member, Matt McElkiney to take third place. Although Andy Hawthorne has only been playing racquetball for 3-4 years, he won Junior Regionals in 1999 in both the 16's and the 18's. He completed at the Jr. National's in Tempe, Arizona for the first time last June.



There he reached the quarterfinals for the 16's and 18's.

USA Team member, Krystal Csuk also finished third at the World's the Women's 16 and under bracket. She lost to Canadian, Karina

Odegard, 11-10 in the tiebreaker. Karina ended up in second place, losing to Kristen Walsh in the finals. Last June, Krystal placed second in the 1999 Junior Nationals in Tempe, Arizona. We expect to see more of each of our top juniors in future national events!

—Mike Davern

Junior Worlds 16 and under finalists (from left to right): Bart Crawford, Oregon - 2nd place; Jack Huczek, Michigan - 1st place; Matt McElkiney, Florida - 4th place; Andy Hawthorne, Illinois - 3rd place.

Mid-Season Conditioning

Ed Note: We thought that at just past the half-way point in the season with State's and Regionals right around the corner, we would take a look at what things we can do to improve racquetball conditioning. Luckily, we have a number of top Illinois racquetball players in the fitness industry we can turn to. One such player is Eugene Coyle who owns and operates his own fitness training company. So we turned to Eugene to see what mid-season conditioning we can employ to improve our racquetball game.

As a certified personal fitness trainer for over ten years, I am often asked for suggestions on improving game preparedness. Of course, much of your training should be done on the court. However, to be able to perform at your best deep in a match you should be prepared to work off the court as well. In order to simulate activity on the court and strengthen the muscles involved, it is necessary to analyze the complexity of the sport.

First, consider some of the physical factors needed to play racquetball. Racquetball players rely on four main physical skills: strength, balance, flexibility and endurance. I recommend creating a strength program which incorporates aspects of balance and flexibility. To often, racquetball players go to a gym and sit on a weight machine and perform slow, controlled movements, when on the court you are never in a seated position and rarely perform slow movements. It is necessary that your upper and lower body and your core musculature are all trained to work in concert to react to the demands placed on your body by playing racquetball. While strength and resistance training is essential, resistance exercises can be designed to perform exercises while on your feet, simulating racquetball movements. A properly designed program would include rotational and multi-directional movements with resistance,

a variety of upper body exercises while standing, forward and lateral lunging and squatting. All designed to work like you play on the court.

Next, you should incorporate elements of balance and stabilization into your program so that the entire nervous system is challenged. Balance conditioning is a way to train the body to combine accuracy with strength. In racquetball, players frequently execute a shot with most or all of their body weight on one foot. Why not perform a resistance rotational movement while standing on one foot? Looks strange, but gets the job done. Unfortunately, performing such an exercise on a machine is not an optimal way to change, as the component of balance is not used.

Finally, a thorough flexibility and endurance program should be developed. Muscles will get short and tight from repetitive use if stretching is not performed. This could lead to injury. Stretching is recommended so that muscles are warm before play and loose afterwards. In addition, racquetball requires elements of both aerobic and anaerobic conditioning. Engaging in any cardiovascular activity at a steady pace for a minimum of 20 minutes will develop aerobic conditioning. To develop anaerobic conditioning, activities requiring near maximal energy expenditure should be performed in an interval style. A combination of these various exercises completed on a consistent basis will better prepare you for your next match. Good Luck! Eugene Coyle owns and operates Personalized Fitness Inc. which specializes in corrective exercise, sports specific training and massage therapy. Personalized Fitness employs over twenty certified personal fitness trainers and cycling instructors, with locations in Barrington, Palatine and Buffalo Grove. Eugene can be reached at (847) 277-SPIN for further information.

TOURNAMENT RESULTS

1999 Wilson Fall Classic
December 10-12, 1999

The last tournament of 1999 went off without a hitch. Nice and smooth, just like Billy Lyman's sweet forehand. While he and partner Boris Carvallo didn't overcome a hurt Doug "hop-a-long" Halverson (playing on a reinjured broken foot) and Eric "diving" Rieman in doubles this past weekend, I think that he will still record a very satisfied 1999. On top of besting the young and still improving Cory Martin in Open singles, Bill can sit back and enjoy memories of winning Mixed 35+ at National Doubles and the US Open 40+ Doubles. Not a bad year. While many home club favorites played well, Naper Olympic playing partners Cary Slade (winner: Men's AA and Men's A) and Rob Ayres (winner: Men's B) took home some nice gold. While Cary gets lucky and this win doesn't count against having to move up to Open (since the Men's A draw brought in 2 less than the necessary 12 required), Rob wasn't so lucky. One more win Rob and you're packing your bags for Men's A! (Remember 2 full draw wins in one year and you are moving up to the next level with your next event.) Most likely Cary will be moving soon the way he his playing. Miguel Saavedra, winner of Men's C and first timer, Juan Alcantar, winner Men's D are also up for a moving experience next season. Gentleman, one more full draw win, and watch for a letter in the mail!!! Hey, win or lose, everyone seemed to have a great time. Thanks to Bill and his club and tournament staff. Check out the tournament results below.—Mike Davern.

Men's Open (8): 1-Bill Lyman; 2-Cory Martin; S-Doug Halverson, John Kundrot
Men's AA (4): 1-Cary Slade; 2-Kent Hadraba; S-Scott Ross, Mike Davern
Men's A (10): 1-Cary Slade; 2-Eric Rieman; S-Al Rubiano, Tony Mangiaracina
Men's B (17): 1-Rob Ayres; 2-Charlie Naber; S-Keith Mecklenberg, Dan Mayberry
Men's C (16): 1-Miguel Saavedra; 2-Don Mayberry; S-John Talty, Joe Vallender
Men's D (19): 1-Juan Alcantar; 2-Vito Rubiano; S-Dan Opferman, Ed Gutierrez
Mens Open Doubles (4): 1-Doug Halverson/Eric Rieman; 2-Dave Bachar/Don Grigas; S-Bill Lyman/Boris Carvallo, Tony Mangiaracina/Mike Davern
Men's B (8): 1-Charlie Naber/T.G. Venkateshwaran; 2-Bob Randazzo/Jamal Sinno; S-Kevin Lio/John Joselane, Joe Quirke/John Talty
Men's C Doubles: 1-Greg Benjamin/George Kostidis; 2-Mike Ryan/James Byrns; S-Al Brunner/Mike Pardavic

Illinois State Doubles January 28-30, 2000

What's a Super Weekend? Its playing racquetball all weekend long and getting home in time to sit back and watch Super Bowl 34. State Doubles weekend has moved around a bit on the Illinois calendar, but Tournament Director Sean Nelson thinks that the tournament may have found a home, with a date on the last weekend of January. It seemed to serve tournament players well, as the draw increased over last year's October contest. October seems a bit too early in the tournament season for doubles teams to hook up. A January date allows teams find each other and their game.

Actually, there are lots of things to find in running a tournament. Big things like finding food, setting up the club, getting volunteers to run the check-in and control desks. Small things, like remembering to bring pencils, cans of balls, the small draw cards and dozens of other important items, big and small. One thing Sean should remember for his next tournament is his shoes. He was quite a sight running around bare-footed before his first match on Friday looking for an extra pair of size ten's. Luckily, a fellow Team HEAD player came through and Sean was able to play on. Who can blame him with so many other things on his mind? He also might want to try practicing playing left-handed for his next mixed-A final, as Sean found that he

was the only right-handed player on the court. It must have been interesting, playing alongside lefty partner, Gail Parzygnat and left-handed opponents, Kathy Grill and Jack Cochran. A right-handed player in the minority!!! Strange. From the spectator's standpoint, confusion reigned supreme. The ball is moving all over the court and every shot is being taken back-handed. Quite a sight and quite a competitive match, where Kathy and Jack won a close one: 15-14, 15-12.

Another good story line could be found in the Men's A final. For the third time in a final of Men's A doubles, Dennis Negrete and Eric Rieman find themselves up against Rick Cavaliere and Eli Williams. The last meeting was at last November's Turkey Shoot where Eric and Dennis won 15-12 and 15-4. Rick and Eli won the first meeting at last season's Shamrock tournament, 9, (13), 9. Since the two previous meetings were in draws that had only 11 teams in them (and you need 12 for a full draw Men's doubles victory) this would be the last time these four would meet in a Men's A draw. The winning team has to move up (or as was mentioned by several knowledgeable tournament spectators, have to break up with Dennis Negrete going looking for another Men's A partner). Either way, Eric Rieman is going to have to move up to Open at the end of this season as a result of his Summerfest Men's A singles win. With all of this as subtext, the match starts up right according to schedule. Dennis and Eric take the first game 15-10, before losing the second, 15-7. Pretty close all around. Then disaster strikes. At 1-0 in the tie-breaker, with Dennis and Eric in the lead, Eli goes down with a torn hamstring. End of match. Negrete and Rieman win by default. End of story. We hope Eli has a fast recovery and comes back full strength. (Thanks to tournament player and Doctor, George Pappas for taking Eli in on a Sunday for an MRI.)

We also like to thank the club and tournament staff for putting on a nice tournament. Lots of food, fun and competition. Another typically excellent Glass Court tournament. We look forward to coming back to the Glass for this season's Shamrock Shootout, and the Regional's. Check out the other tournament winners below.—Mike Davern.

Men's Open (8): 1-Dale Johnson/Dave Negrete; 2-Mike Bogue/Keith Harper; S-Mike Burns/Gary Frumpkin, Bill Lyman/Steve Sulli
Men's A (19): 1-Dennis Negrete/Eric Rieman; 2-Rick Cavaliere/Eli Williams; S-Bill Kuhlman/Dale Carter; Scott Reiser/Jason Brownwell
Men's B (12): 1-Ron Calloway/Joey Brownlee; 2-Dan Flood/Jim Gaw; S-Martin Gonzalez/Tony Gonzales, Tad Smith/Greg Benjamin
Men's C (6): 1-Kelvin Branch/Tony Gonzalez; 2-Joe Wilhelm/John Anaya; S-George Kostidis/Greg Benjamin, Mike Digonia/Geri Digonia
Men's D (2): 1-Thomas Reed/Bill Apostolos; 2-Brian McNally/Richard DeArmas
Men's 25/30+ (5): 1-Dale Johnson/John Negrete; 2-Eugene Coyle/Dave Negrete; S-Chuck Snyders/George Pappas, Barry Dixon/John Thorson
Mens 35+ (5): 1-Dave Bachar/Don Grigas; 2-Tom Utterback/Rich Clay; S-Chuck Snyders/Dan Flood
Men's 35+/45+/55+ INT (3): 1-Tom Baxa/Scott Reiser; 2-Tom Curtis/Randy Ems; S-Roy Orr/Dale Peacock
Men's 40+ (10): 1-Bill Lyman/Steve Sulli; 2-Dave Milazzo/Gregg Mandell; S-Rick Cavaliere/Eli Williams, Winston Cole/Horace Miller
Men's 45+/50+ (8): 1-Dave Olson/Greg Mandell; 2-Winston Cole/Wil Rounsaville; S-Frank Rusch/Joe Silius, Horace Miller/Delmar Reed
Men's 55+ (1): 1-Roy Orr/Dale Peacock

Women's Open/A (10): 1-Julia Perkins/Pat Jennings; 2-Kathy Dunham/Connie Arvia; S-Liz Molitor/Laurel Davis, Patrice Calvi/Carrie Jaskier
Women's A (6): 1-Nancy Rocha/Brenda White; 2-Martha Huske/Donna Heinzl; S-Maria Johnson/Patti Drendel, Gail Parzygnat/Jill Wills
Women's B/C/D (4): 1-Debbie Windisch/Sharon Cunningham; 2-Elizabeth Anderson/Shelly Stewart (winner of Women's C); S-Cheryl Kirk/Lynn Hiorns, Pat Fortunato/Janet Christie (winner Women's D)

continued on next page

TOURNAMENT RESULTS

Illinois State Doubles continued from previous page

Women's 35+/45+ (2): 1-Lynn Weisbart/Julie Vincent; 2-Martha Huske/Donna Heinzl

Mixed Open (7): 1-Krystal Csuk/T.J. Ferro; 2-Carrie Jaskier/Doug Halverson; S-Laurel Davis/Rich Clay

Mixed A (9): 1-Kathy Grill/Jack Cochran; 2-Sean Nelson/Gail Parzygnat; S-Kevin Yeazell/Lynn Hiorns, Rich Wells/Jill Wells

Mixed B (6): 1-Jack Cochran/Liz Anderson; 2-Mike Mahon/Cheryl Kirk; S-Dorothy Jackson/Lee Cherry, Debbie Windisch/Mike Laback

Mixed C/D (2): 1-John Burke/Georgia Velisarius; 2-Carrie Howard/Bob Smith

Mixed 30+/35+ (5): 1-Nancy Rocha/Tom Utterback; 2-Maria Johnson/Jeff Baumgartner; S-Patrice Calvi/Mike Davern

Mixed 40+/45+ (6): 1-Joe Silius/Kathy Dunham; 2-Dave Olson/Nancy Kronenfeld; S-Connie Arvia/Len Restaino Laura Davis/T.J. Ferro

Juniors (3): 1-Tad Dallas/Justin Fleck; 2-Chris Snyders/Mike Steinhaus; S-Kevin Peters/Tom Molitor

Revie Sorey Tournament Results January 13-16, 2000

After the clock strikes 12:00 on the old year and the party dies down during the new, racquetball players around the midwest know what's up next. It's the Revie Sorey Celebrity Classic Racquetball Tournament. It is also the start of a brand new decade and the start of the second half of the 1999-2000 Illinois tournament season. You would think that everything would be different in some way. While the tournament was hosted by a single club, the Nordic Hills Resort, instead of two, the turnout looked much the same. Lots of out-of-staters. Lots of on the court and off the court action. In fact, the top part of the open draw this year had only two new combatants versus last year's draw. Unfortunately for the rest, those two, Mike Green of Canada and Mike Locker of Minnesota marched into the semi-finals competing for the first open title of the year. This time the battle went to the home country as Mike Locker bested Mike Green in two.

Other events also saw similar draws to past Revie Sorey tournaments. For example, two years ago, Cary Slade and then 15 year old Shannon Kohl met in the finals of Men's B in a battle that both of them remembered well. Shannon took the title back then in an 11-9 tie-breaker and worked his way up to Men's A. Cary also eventually made the trip to Men's A and as luck would have it they met again in the same tournament for this year's Men's A final. By the way, Cary made the trip despite human error in the draw process where the tournament staff forced Cary to play up to the finals starting from the 11th seed instead of the first seed that the Illinois ranking system dictated. A case of a simple transposed number. Sorry Cary! However, just like most bad calls in a match, things seemed to even out in the end. With Cary up 8-3 and dominating in the tie-breaker it looked like the old man, Cary at age 32, was going to have his revenge on the kid before Shannon woke up and put the game away 11-8. Will they meet in the finals of Men's Open two years from now? Looking at all the open competition ahead of them that would be a tough call. Still it would make for a nice human interest story.

Other same old stories can also be found in Men's 45+. We have the same winner in Horace Miller, the same semi-finalist in Bruce Nelson and three of the same 4 in the quarters. Only Ken Fleck breaks into top four to join fellow semi-finalist Len Restaino. Nice job guys. Consistency was also the name of the game on the women's side. National and Pan American champ, Cheryl Gudinas marched into her typical top spot and bested Kerri Stoffregen, 11, 14 in a tight match. We are going to be sorry to see Kerri leave the state to go back to her hometown of Cincinnati. She promises to

come back and continue to give Cheryl some competition. Ellen Somberg gets her second win of the season through a nice draw in the Women's A, this time in a full women's draw so next year, we'll see her in the open division. Congratulations to Ellen and to all of the Revie Sorey 2000 winners!!!—Mike Davern.

Men's Open (21): 1-Mike Locker (MN); 2-Mike Green (ONT); S-Josh Tucker (MO), Brian Simpson (IN)

Men's AA (8): 1-Davin Bryce (ONT); 2-Bob Bernier (MN); S-Jim Frautschi (MN), Steven Parker

Men's A (24): 1-Shannon Kohl (MI); 2-Cary Slade; S-John Bartholomey, Ed Libby

Men's B (32): 1-Martin Gonzales; 2-Rob Ayres; S-Bill Hampton, Randy Ems

Men's C (23): 1-Brandon Cortese (MI); 2-John Anaya; S-Don Mayberry, David Coyner

Men's D (21): 1-Troy Barber (IN); 2-Twayne Howard (MI); S-Dan Opferman, Tony Gonzalez

Men's 30+ (6): 1-John Kundrot; 2-Joey Logan; S-Richard Garriss, Mike Kinkin

Men's 35+ (14): 1-Lem Rowans; 2-Horace Miller; S-George Pappas, Greg Hodges (MI)

Men's 40+ (12): 1-Dave Milazzo; 2-Keith Tidd (OH); S-Mike Bryce, Jim Hillman

Men's 45+ (8): 1-Horace Miller; 2-Bruce Nelson; S-Len Restaino, Ken Fleck

Men's 50 (15): 1-Joe Silius; 2-Pat Taylor; S-Ric Robles, Pete Breskovich

Men's 60+ (3): 1-Elliott Papermaster (WI); 2-Frank Dascenza (MI); S-Jeff Roloff (MI)

Women's Open (11): 1-Cheryl Gudinas; 2-Kerri Stoffregen; S-Krystal Csuk, Gerri Stoffregen

Women's AA (4): 1-Diane Moore (IN); 2-Diane Bunker; S-Kelly Kirk (MN), Terry Fields

Women's A (8): 1-Ellen Somberg; 2-Pontee Dodds; S-Terry Truvillion (MI), Stephanie Cobb

Women's B/C (10): 1-Julie Perkins; 2-Veronica Brown (MI); S-Cheryl Kirk, Paula Frautschi (MN)

Women's D (3): 1-Bridget Kundrot; 2-Judy Porter (MI); S-Mary Fisher, Ju Suupi (MI)

Men's Open Doubles (11): 1-Josh Tucker (MO)/Chris Wright (MO); 2-Mike Locker (MN)/Jim Frautschi (MN); S-Davin Bryce (OH)/Mike Green (OH), Tim Hansen (IA)/Teddy Koukoulis (FL)

Men's A Doubles (11): 1-Delmer Reed/Derrick Childers; 2-Rick Cavaliere/Mike Beckman; S-Don Klopke/Jeff Grace, Rich Torres/Jamie Lane

Men's B Doubles (17): 1-Keith Mecklenburg/Jeff Jovien; 2-Jamie Lane/Rich Torres (MI); S-Art White/David Royster, Frank Ball/David Edwards (MI)

Men's C Doubles (8): 1-Kelvin Branch/Tony Gonzales; 2-Tom Pope/John Anaya; S-Frank Ball/Alonso Pugh, Brian Long/Sid Harshavat

Men's 40+ Doubles (9): 1-Winston Cole/Keith Avery; 2-Wil Rounsaville/Joe Olivieri; S-Norman Borden (MI)/Jim Bono (IND), Joe Silius/Brian Parrish

Women's Open Doubles (4): 1-Liz Molitor/Laurel Davis; 2-Terri Fields (MI)/Felicia Mann (MI); S-Pat Jennings/Julie Perkins, Patrice Calvi/Carrie Jaskier

Women's B/C Doubles (3): 1-Carol Crossett (IND)/Cammy Midthan (IN); 2-Darcy Crampton/Kelly Prielipp; S-Stacy Schlusser (MN)/Kallie Oberg (MN)

Mixed Open Doubles (8): 1-Cheryl Gudinas/Jack Huczek (MI); 2-Rich Lopez (IND)/Diane Moore (IN); S-Shannon Kohl (MI)/Krystal Csuk, Rich Clay/Laurel Davis

Mixed A Doubles (11): 1-Delmer Reed/Pontee Dodds; 2-Dan Kolodziej (IND)/Mary Herron; S-Cammy Midthan (IND)/Bruce Crossett (IND), Jim Hillman/Ellen Somberg

Mixed B Doubles (8): 1-Jim Nickerson (IND)/Carol Crossett (IND); 2-Cheryl Kirk/Grey Paulo; S-Sandi McIntyre/Jim Rogers, Stacy Barbas/Twayne Howard (MI)

Mixed C Doubles (4): 1-Judy Porter (MI)/Darrell Lewis (MI); 2-Dorothy Jackson/Willie McGee; S-Gregory McClellan (MI)/Marian McClellan (MI), Terri Howard/Bob Smith

3rd Annual 2000 Buehler Winter Classic February 4, 5, 6, 2000

Eugene Coyle and Leo Klimaitis three-peat as Open/A Doubles champions at the Buehler YMCA 3rd Annual Winter Open Racquetball Classic. However, they did not have to do it in an 11-10 tie breaker as in their two previous outings. This year the defending

TOURNAMENT RESULTS

champions never had to play a tie-breaker on their quest. Eugene also was a three-peat champion in the Men's Open singles playing a man in a rush through all the competition. Only John Bartholomey scored double digits against him.

The tournament saw an unusually high draw with 9 in the Open, 14 in A division, 16 in the B's, 20 in the C's, and 12 in the drop-down D division. A lot of great games, despite the fact that the Illinois women skipped the weekend for the most part (thanks to Gail Parzygnat and Ellen Somberg for keeping the Men's C and D draws honest). The number one and two seeded players in all three letter divisions never made it to the finals. Ben Croft, who already won the Men's B at the Southlake and Men's B at Turkey Shoot this season, put on a crowd pleasing display by destroying the Men's A bracket. Seeded seventh, Ben defeated Bob Morrison, second seed, John Bartholomey and third seed Kevin Johnson before facing Joey Brownlee in the finals. People jammed the bleachers to watch "the kid" play and he did not disappoint those who came to see a good match. In other action, Brian Johnson wins again at a YMCA tournament, this time with a full draw, by defeating Dan Pepin in the B finals, 15-13, 15-6. We'll see him next year in Men's A, if not sooner. US Open D champ, Sid "Mr. Racquetball Magazine" Harshavat was defeated by Brian Cody in the C finals 15-13, 15-2. Everyone seemed to have lots of fun as is typical with YMCA tournaments.

Is it you or is it the Racquet?

Remember the old Memorex commercial from the past? Is it live or is it Memorex? Well, this happens to racquets too.

I recently received two new racquets from Wilson. Same racquet so they should be the same weight and string tension. Right? Wrong! One racquet was strung to about 28 lbs string tension, the other to 35 lbs. I put each of them on my digital scale and found a 2 gram weight difference. Not enough to notice, however most players can tell a 5 gram difference. Taking it one step further, I restrung one of the racquets using a 17 gauge string that was 2 grams lighter than the factory string. (An 18 gauge would be lighter still—about half the weight of the factory string.) This could bring the racquet's weight down another 7-8 grams.

Next, I installed a rubber grip in place of the factory synthetic leather. Factory grip—8 grams. Python grip—22 grams. The handle circumference was increased from 3-3/4 inches to 4 inches. So lighter string and heavier handle but overall about the same weight as the original racquet. Still with these changes, I moved the racquet's balance point about the width of one cross string closer to my hand. So instead of a head heavy racquet, I have a more balanced racquet, one that is set-up closer to my playing preference.

The changes that your stringer can make to your racquet can make a difference in how the racquet feels in your hand. Tests show that the average tennis player can tell a difference of about 10 grams in weight from racquet to racquet and about a 4 pound difference in string tension. A pro can tell the difference of about 4 grams in weight and 1 pound in tension. Since racquetball weights and tensions are lower than in tennis, it stands to reason that racquetball players can detect more minor variations from racquet to racquet than in tennis. Changes in your racquet string and grip can cause adjustment problems. Check with your stringer to set your racquet to your personal preference. Call Ralph Kusche at 618-667-8243 or email Ralph at rmkusche@aol.com for more questions.—Ralph Kusche.

Hope to see all of you next year. —Sean Nelson

Men's Open (9): 1-Eugene Coyle; 2-John Bartholomey; S-Al Rubiano, Doug Halverson
Men's A (14): 1-Ben Croft; 2-Joey Brownlee; S-Dan Flood, Kevin Johnson
Men's B (16): 1-Brian Johnson; 2-Dan Pepin; S-Gary Trekker, Frank Aguilar
Adult C (20): 1-Brian Cody; 2-Sid Harshavat; S-John Eliasik, Ellen Somberg
Adult D (12): 1-Bob Woycheese; 2-Scott Niemiec; S-John Wiemhoff, George Kostidis
Adult Open/A Doubles (9): 1-Eugene Coyle/Leo Klimatis; 2-Sean Nelson/Troy Stevens; S-Doug Halverson/Dan Flood, Greg Benjamin/Tad Smith
Adult B Doubles (6): 1-Phil Schmitt/Bill Disico; 2-Jim Walker/Brian Cody; S-Greg Benjamin/George Kostidis, Scott Naumann/Lanshier

Errors and Omissions:

Two divisions were dropped in the last newsletter. At the Bloomingdale IRT Halloween Pro/AM Men's A: Winner: Jon Cole, (IN); Second: Andrew Stamler; Semifinalists: Cary Slade and Steve Simpson; Quarterfinalists: Eric Reiman, Travis Gray (MI), Kurt Mankle, Ed Libby. In the Men's B division for the Turkey Shoot: Winner: Ben Croft; Second: Dick Heithoff; Semifinalists: Rob Ayres and Mark Mobilia; Quarterfinalists: Steve Donarski, Keith Mecklenburg, Charlie Naber, Joel Nelson. In addition, John O'Donnell Jr. won the Men's 70+ age group at the US Open in Memphis in December, not the Men's 55+ A/B as originally reported. Congratulations to John and all of the winners.

Ektelon Introduces New Racquets

Proprietary Weighting System and Power Web™ Technology Produce Expanded Sweet spot in Every Direction

Ektelon, the world leader in racquetball equipment, launched two new racquets for the 1999/2000 season. The Power Ring Ultralite™ serves as Ektelon's lightest racquet ever, and the Triple Threat Deliverance™ introduces a unique weighting system that provides the ultimate balance of power and control.

"Our new racquet introductions address the needs of today's players. We provide expanded sweet spots on maneuverable, powerful frames," said Sharlene Sones, product manager for Ektelon.

The Triple Threat Deliverance

The key technology is a revolutionary weighting system featuring Triple Braid™, a combination of woven titanium, copper and carbon that's placed in three critical racquet locations: 10 o'clock, 2 o'clock and the bottom of the handle. This unique system produces an expanded sweet spot in every direction, ultimate stability for increased power and control, and reduced shock to a player's arm so she/he can play better, longer and stronger. The Triple Threat Deliverance has a suggested retail of \$260.

The Power Ring Ultralite

As the lightest racquet in Ektelon's history, the Power Ring Ultralite™ offers ultimate maneuverability without sacrificing power. The 22" Longbody design of the racquet provides increased reach and power, while the patented PowerWEB™ design creates a larger sweet spot through the unique stringing design. The Power Ring Ultralite has a suggested retail of \$240.

What's My Ranking? (Part 2)

Last month we covered how players earn ranking points under the national USRA system. One of the benefits of competing in USRA/ISRA sanctioned events is the potential to earn state and national ranking points. As was explained last month, reaching the quarterfinal round, or higher, in any sanctioned tournament earns USRA ranking points toward a season record that is maintained over a trailing twelve month period. The top ten nationally ranked players in each division are published in each issue of Racquetball Magazine and the top 25 nationally are listed on the USRA website at <http://www.usra.org>. Now, with access to the Illinois racquetball website, all Illinois tournament players can see their USRA ranking points at <http://www.illinoisracquetball.com>.

This month we want to cover the ISRA ranking system. This is an important system to understand for tournament players, since the ISRA system is used to seed tournament players.

The ISRA System

The ISRA system tracks every single point you earn in a tournament match, no matter what round you are playing. Every point counts. When you play in Illinois for the first time, you are given an initial rank based on the division that you have entered. This is the only time that your division matters in the ISRA system. The system assigns a numerical rating based on that initial division for singles, doubles and mixed doubles. Therefore you can have three separate point totals in the Illinois system, depending on if you play singles, doubles and mixed doubles over time. The ranking is extended to two decimal places, for greater accuracy. The following table

indicates initial values for each of the tournament categories:

Open	5.75
A division	4.50
B division	3.50
C division	2.50
D division	2.50
Novice division	1.50
Advanced Age division	5.50 (60+ and above: 5.00)
Intermediate age divisions:	4.00 (60+ and above: 3.00)

A player's initial rating is determined by the numeric rating for the division in which he/she is first entered into the system. Each rating will then change with every match result entered and is based upon the rating difference between players in a match and the actual match results. Therefore, under the ISRA system, every point you make adds to the potential for you to move up in the system and more importantly, move up in tournament seeding. For example, the system predicts that a B player with an initial rating of 4.50 points should beat a C player with 3.50 points by about 15 points over the course of a match. If that is what actually happened, then no change is made in either player's ranking points. If the C player performs better than expected, that player will gain ranking points

continued on next page



AMERICA'S #1 SELLING BALL.

Charlie Bachman

216 N. Hale Street • Palatine, IL 60067
(847) 776-7366 • FAX (847) 776-7317

and the B player will lose points. The reverse is also true, where if B beats C by more than expected, B gains points and C loses points, widening their differential. A valiant effort resulting in a loss could still move the C player up and help that person's seeding in the next tournament.

It is important to note that the system is not used to move a player up to the next division. Only winning tournaments can move a player up. So the B player who climbs to the equivalent of an A division ranking in points (5.25 or better), is still eligible to play B's until they win a full draw B tournament (moving up next year) or win two full draw B tournaments in the same year (moving up with the next tournament) or win State's (moving up with the next tournament). The higher ranked B player will likely be the beneficiary of a high seed in their next few tournaments and they would be expected move up to the A's over the course of the season. The system does also reward those who play tournaments consistently by giving a set number of bonus points for every 10 matches played. The system does not record any benefit to winning a match. Only winning by a larger margin than expected, or losing by a smaller margin than expected, will change the points by a noticeable amount.

Judy Young, the ISRA Secretary has the unenviable task of loading in every score of every match over the course of the Illinois tournament season. You can send Judy a self-addressed stamped envelope requesting a copy of all of your tournament results for every match that you have ever played in Illinois for \$3.00 a copy. Send the request to Judy Young, 1953 Morton Road, Lisle, Illinois 60532.

Next month we will look at the top seeds in both systems and see who is moving up and who is vulnerable to a late season charge. Good luck. —Mike Davern.

"My Changing Views" about Racquetball for the New Year

There seems to be a "vicious circle" of blame for the responsibility of racquetball promotion. Players blame their clubs, state and national organizations. Clubs say the cost of hiring a racquetball programmer is the problem. State organizations say it is the "clubs" responsibility to promote racquetball. National organization says it is up to the local state organizations, clubs and players to promote racquetball.

Though the national organization does "certify" (AmPRO) instructors and programmers, these are primary existing instructors who have already promoted racquetball in a club, or who teach for "club membership" or extra income. Unfortunately promoting is not as easy to do as teaching racquetball and most "part-time" instructors barely have the time to teach racquetball lessons.

I believe the common thread, or complaint is the lack of "promotion". I am not talking about instructors, AmPRO or even televised racquetball, but the day-to-day "club" promotion to existing and future players and members. Before you pass the blame, look at what each group does: clubs provide the courts; national and state associations run tournaments; instructors teach.

All three groups above do different things that complement each other, with the exception that without the clubs you would have no need for instructors and national or state associations.

So my "New Changing View" for this year is what can I do to help the clubs? I challenge all ISRA readers to meet with their local facility manager/owner and ask how YOU can help them for FREE. Yes, for free. That's the magic word. I will use this space in future issues to post ways in which YOU can help your local facility. Ideas of your own? Send them to me at jordanisra@aol.com. Let's get out there and promote this sport to the masses.—Jordan Kahn.



COMPETITIVE LICENSE APPLICATION

Send to:

ISRA
2291 Shannondale Rd.
Libertyville, IL 60048

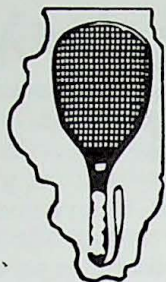
Member Sport,
U.S. Olympic
Committee

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	 \$

Tournament _____ Representative _____

All memberships are for one year, and include a subscription to RACQUETBALL Magazine (six times/year) and the Illinois Newsletter (six times/year).





2000 TOURNAMENT CALENDAR

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

March 3-5 * * *

28th ISRA State Singles

Athletic Club of
Bloomington
Laurel Davis
(630) 325-6410
SANCTIONED

March 3-5
Landmark Invitational
Landmark Health & Racquetball,
Peoria
Terry Sutton
(309) 685-8200

March 9-12 *
Shamrock Shootout
Glass Court
Swim & Fitness
Doug Halverson
(630) 629-3390
SANCTIONED

March 10-12
St. Pat's Day Open
Springfield Racquet
& Fitness Center
Dana Welge
(217) 787-2460

March 24-26
The Negrete Open
Athletic Club of Bloomington
Dave Negrete
(630) 893-9577
SANCTIONED

April 7-9 * *
**Ektelon/USRA Regional
Championships**
Glass Court Swim & Fitness
Geoff Peters
(773) 935-9685
SANCTIONED

April 28-30
Illini Classic
The Fitness Center, Champaign
Bob Graf (217) 356-1616
SANCTIONED

May 6-7 *
WRA Junior Singles
Mukwonago Athletic Club
Carol Pellowski (262) 363-2212
SANCTIONED

May 20-21 *
USRA Junior Regionals
Wisconsin Athletic Club, Waukesha
Trish Elfman
(414) 544-4111
SANCTIONED

* **JUNIOR DEVELOPMENT TOURNAMENTS** - full slate of kid's divisions with entry fees reduced to 50% of adult totals.

* * **SENIOR EMPHASIS TOURNAMENTS** - full slate of Senior and Masters divisions with prime starting times and deep fields.

sponsored by



Don't forget about the final Junior Clinic Tour stops of the Season!

Sat., March 18	3:00-6:00pm	Buehler Family YMCA, 1400 W. Northwest Hwy (847) 359-2400
Sat., March 25	2:00-5:00pm	Naper Olympic, 34 S. 75th, Street, Naperville (630) 357-7200
Sun., April 30	2:00-5:00pm	The Fitness Center, 2508 S. Galen Dr., Champaign (217) 356-1616



Illinois State Racquetball Association
3259 N. Clifton
Chicago, IL 60657

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

