



ILLINOIS STATE RACQUETBALL ASSOCIATION

NEWSLETTER

Vol. 10 No. 6
November/December 1994



State Doubles December 1 - 4 At Glass Court

The 1994 - 1995 ISRA State Doubles will be held December 1 - 4 at The Glass Court in Lombard. Entry fees remain the same as last year (First Event: \$30. Per Player, Second Event \$20. Per Player), VISA, MASTERCARD, DISCOVER CARD will be accepted, with a \$2 surcharge. Rich Clay is the Tournament Director.

highlights:

> Players must be amateurs, Illinois residents and I.S.R.A./A.A.R.A. members. All players will be given special tournament I.D., and matches will not be started by tournament control unless all four players display their tournament I.D. Referees will be paid \$10.

> new this year -

- ◆ An AA Division will form from first round Open losers (excluding seeded teams). This is a new division - not consolation. Seeded Open Teams may play consolation.
- ◆ Special rule modification will be in effect: ONE SERVE FOR ALL OPEN DIVISIONS. If a screen serve occurs, one more attempt to hit a legal serve will be granted.
- ◆ Players may choose two age or two skill divisions (not restricted to one of each).

> awards

Medals will be presented for First, Second, Semi-finals and First Consolation, in divisions having eight or more entries. All players will receive a souvenir.

> entry deadline

Saturday November 26 - *PLEASE - Do not send or deliver entries to Glass Court or call the club for start times or information.*

> hospitality, etc.

Fruit and Gatorade will be available all weekend, and a special tournament menu will be provided for purchase, by the host club. Child care will be available at Glass Court, Saturday 9:00 A.M. - 4:00 P.M., Sunday 10:00 A.M. - 3:00 P.M. \$2.00 per child.

> tournament events

ISRA Referee and Rules Clinic Saturday, 1:00 P.M. (tentative). Racquet service will be available.

Entries have been mailed to all ISRA Members and Racquetball Clubs. If you need an entry, call Bill Piggott (708) 597-0770 (day), (708) 748-4810 (eve). *See you all there!*



FROM THE PRESIDENT

Tournaments are important. Right now, tournaments are main reason the AARA and ISRA exist. But if we want to grow, more people have to be introduced to this game. I'm making an early New Year's Resolution; During the next year, I vow to get at least five new people interested in Racquetball. I mean five never-been-on-a-court-before-why-is-the-ball-blue people.

My first objective is my barber, Frank. He's fifty plus (like me), out of shape (like me) and renders me numb every captive visit, reminiscing about his once active life, griping that today's active sports all seem to cater to younger types. Next trip to the barbershop, it's "show 'n' tell" with a racquet and a can of balls. Then, I'll get him pounding away on a court. Spending court time with a novice player isn't fun, but it'll be good for him and good for Racquetball, and that's what counts.

Forget close friends or relatives, or people who once owned a racquetball racquet. They'll either smile and change the subject, or just go along for a while to humor you, then drop out. Think of all the diverse people we all know; clients in business, on the job or at school. Potential players abound, and all it takes is a little imagination and resolve. Let's see.....after Frank, there's our accountant's sister who runs 10k's, the UPS driver, the neighbor who played handball in the navy, the crossing guard lady.....

----- Bill Piggott

ELITE RACQUETBALL CAMP

Going to the Olympic Elite Training Camp in Colorado Springs, sounds like fun, doesn't it? Just a nice relaxing holiday. Wrong. Mornings were filled with a heavy regimen that included a three mile run, 30 minutes of calisthenics, fifteen minutes of speed training (sprints), and then we got to run 1 1/2 miles to breakfast.

After a health - oriented breakfast, we heard several lectures on subjects such as goal setting, concentration, doubles strategies, future of racquetball, etc. Then, it was off to the club, where we drilled incessantly; forehand, backhand, serves, back wall play, and ceiling play. All this before lunch.

After lunch, it was more endless drills, lectures, and homework assignments (short term goals, diet analysis, and referee testing). Then, we sat up most of the night with the instructors talking about who were (or are) the best players in the game, best matches, the future of racquetball and more.

Players finishing first or second in an adult regional qualify, but only after a health and conditioning evaluation. The U.S. Olympic Training Camp is a great experience, and a worthy goal for racquetball players at any level.

..... Andy Pitock

ARE YOU READY TO REF?

Pre-match duties play an important role in your success as a referee. No different than the players warming up on the court, referees must prepare themselves for the match. A few simple preparations should be taken once a match is assigned to you.

Be sure you know the basic rules concerning the type of match. They may vary depending on whether it is regulation, round robin or consolation match play. Immediately mark the score card with relevant information (how many games, how many points, number of time-outs, etc.). Also, mark down the number 1 or 2 to be guessed later by one of the players to determine serving options. With a pencil, scorecard, the game ball, and, if available, a towel in hand, head for the viewing gallery of the court.

Watch the players during the warm-up ritual to accustom your eyes and ears to the court, the pace of the ball, and the type of shots they appear capable of making. After five to ten minutes, enter the court and introduce yourself. Discuss any rules the players may be unaware or uncertain of i.e. five-foot encroachment, ten second serve, backing out of service area on lob serve, drive serve zones.

Remind the players of their responsibility to help with double bounces, skip balls, carries and other close calls against themselves. Assure them that you will call short serves, screens, skips, and hinders, loudly and clearly, and as quickly as possible. Review the court surface, designate court hinders, and other potential trouble areas such as door frames. Point out any line judges, and be certain the players know what may be appealed, and the method to do so.

Now, determine who will serve first (and in doubles, which partner will serve first). Hand over the game ball, retrieve the warm-up balls (to be turned in at tournament control), and return to your refereeing position.

Good luck everyone...the score is 0 serving 0!

----- Rich Clay, National Rules Committee

ISRA BOARD CHANGES

- ◆ Long time ISRA Governing Board Member, Diane Ogradowski, has resigned effective October 14, and moved to the ISRA Auxiliary Board. Family and job priorities have prevented her from attending regular Board meetings, and she felt that she could not devote the time necessary for a Governing Board Member. Look for her to continue to play a major planning role at State Doubles, Singles and AARA Regional events. The board unanimously approved a resolution commending Diane's past service. In 1986 she received the ISRA Distinguished Service Award.
- ◆ Bill Feigen, Auxiliary Board Member and former Governing Board Member, was re-appointed to the Governing Board. We welcome Bill's return, and look forward to his contributions. He was the recipient of the 1987 Distinguished Service Award.

AN EXERCISE PRESCRIPTION FOR GETTING BACK IN SHAPE AND PREVENTING INJURIES

By George Pappas, D.O.

Summer is gone and racquetball tournament season is here. If you are like most people, myself included, summertime has been leisurely from an exercise standpoint except for maybe some golf, swimming, outdoor hoops, etc... This in no way compares to the intensity and torture your body endures when training for league play or a tournament. Even that so-called "friendly" match with your regular practice partner can reach near epic proportions. The point of all this is that *now* is the time to establish a fitness program for yourself. This will allow you to safely get back in shape if you have slipped a little bit in the off-season and will help to prevent injuries.

All good fitness programs depend on three key elements: Frequency, intensity, and duration of exercise. It is well established that at least three exercise sessions per week are required to develop and maintain a certain level of fitness. Five sessions per week is probably optimal and provides maximum benefit. What this tells you is if you are exercising less than three times a week, you are probably wasting your time and won't achieve your goal; work out every day, seven days a week, and you may be doing more harm than good. Many individuals prefer a routine of daily activity; their bodies need the daily exercise. This can be an excellent regimen if used properly, but especially after a lay-off during the first few months of training, it is advisable to alternate easier and harder work-outs on separate days to prevent injuries and to allow muscles and joints to recover.

Intensity and duration of training are equally as important as how often you work out. These two goals must be attained very gradually and slowly, especially if you are coming off a prolonged lay-off. The absolute worst thing a racquetball player can do, even an Open or A player, is come off a lay-off lasting weeks to months and try to play at the same intensity level and length of time as when they were playing in state singles back in March. It may seem stupid and a waste of time, but going slowly now at lower levels of intensity and shorter matches (for example: 30 minute mini-matches) can minimize you time lost due to injury and poor conditioning later in the year when it really matters.

When stepping onto the court, divide each racquetball session into several parts. Make a picture of this mentally and stick with it, even if you are in a hurry to just jump in and start playing. First comes a five or ten minute warm-up period. Slowly loosen up your muscles and joints, progress to simple stretching exercises and calisthenics. Once this is done, softly hit a few balls stationary gradually beginning to walk after a few balls, and finally increasing the speed of your shots and even running a few balls down before playing. Again, this should only take five to ten minutes and is crucial in allowing your body to catch that "second wind" so your heart is pumping blood adequately and your lungs are ready to deliver the oxygen needed to sustain you during your workout.

The actual training period is next. How long you actually play for varies from individual to individual. It depends upon the overall health, age and level of fitness of the player. I generally recommend limiting match time the first few times out to about thirty minutes. This particularly applies to older players or players who have not worked out for over a month. You can extend your match time initially by altering games with a third or fourth player or by playing doubles or cut throat. If you are dedicated and stick with it, you can usually increase your amount of match time by 25% per week. That means that within three weeks, you can be back to matches in excess of an hour and hopefully without injuries or nagging aches and pains. Be extremely careful early on during tough workouts or matches on the back to back days.

Lastly, the final element of your racquetball fitness program is a five to ten minute cool-down period. Walk around, stretch, talk to the other

players in the hallway, but by all means do not neglect a cool down. A lot of players sit or lie down right away, belly right up to the bar, or rush for a whirlpool, sauna, or a hot or cold shower. Not allowing your body a ten minute cool-down period is a bad thing to do. Imagine the shock to your system going from intense exercise to rest too quickly. Liken that to continually slamming the brakes on your car or turning off the engine at 55 m.p.h.. Not a good thing and you are just asking for trouble in the form of injuries, cramps, strains, dizziness and the list goes on.

So, there you have your exercise prescription for getting back into racquetball. Follow these simple, common sense instructions and you should be ready to play both recreationally and competitively in a relatively short period of time while minimizing risk of injury. Of course, in addition to the above training tips, proper equipment, nutrition and stretching are all equally important components. These and other topics will be addressed in the issues to come. Good luck, have a ball, and get fit to hit!

Dr. Pappas' practice is located at the Tyler Medical Center in St. Charles. His practice includes Family Medicine, Sports injuries, Industrial/Occupational Medicine, Urgent Care Services and minor surgical procedures. He is also an Auxiliary Board Member of the ISRA.

Dr. Pappas' will respond directly to ISRA members' questions about sports related medicine. Send your questions to ISRA - Sports Medicine, P.O. Box 282, Olympia Fields IL 60461



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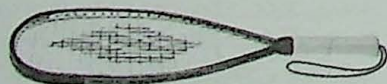
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CHANGES TO ISRA AWARD VOTING

On September 14, the ISRA Governing Board of Directors effected several changes to the voting rules for The Distinguished Service Award and Players of The Year Awards. Chief among the changes was the voting status of past winners.

Until now, all former winners have voted for current nominees, along with the ISRA Board of Directors. Continuing on that basis would soon create a majority of non-board voters, and the ISRA Board decided that voting for these awards should be limited to current board members. Other changes dealt with tie breaking vote procedures (to eliminate the need for re-votes), and the creation of a nominating committee.

Service and achievements by past winners is unquestioned, and will be respected and appreciated always. But, the ISRA Board feels that this change will enhance the award's credibility and objectivity.

1995 ISRA PLAYERS OF THE YEAR AWARD

Vote for your favorite male and/or female player of the year (see form below). Please send a brief description regarding your nominations using the following criteria:

1. Number of years played.
2. Improvement.
3. Sportsmanship
4. Personal accomplishments.
5. Contributions to racquetball.

The nominees, and those making and seconding the nomination, must be AARA/ISRA Members. Winners will be chosen by the ISRA Governing Board, and will be honored at the 1994 State Singles Championships, March 5, 1994.

Past recipients are Chris Evon and Marshall Waldo (1988), Cheryl Gudinas and Rich Clay (1989), Pat Tarzon and Bill Lyman (1990), Laurel Davis and Ron Johnson (1992), Lola Markus and Bill Lyman (1992), Cheryl Gudinas and Andy Pitock (1993).

NOMINATION FORM

MALE NOMINEE'S NAME _____

FEMALE NOMINEE'S NAME _____

DESCRIPTION (PLEASE ATTACH SEPARATE SHEET)

ISRA MEMBER MAKING NOMINATION: _____

PHONE (DAY) _____ (EVE) _____

SIGNATURE _____

SECOND _____

SECOND _____

DATE: _____

BALLOT DEADLINE IS JANUARY 16, 1995

MAIL BALLOT TO:
ISRA PLAYERS OF THE YEAR
1953 morton road, lisle il 60532

1995 ISRA DISTINGUISHED SERVICE AWARD

Nominations are being accepted for the 1995 Distinguished Service Award to be presented at the 1995 ISRA State Singles Championships, March 5, 1994.

Criteria for consideration include: Commitment to the sport of racquetball; Length and quality of service; Actual accomplishments which have benefited the sport and players.

Nominations may be made by any ISRA member, and must be seconded by two additional ISRA members. A signed and dated nomination, together with a typed statement of the nominee's contributions must be received no later than January 16, 1995.

The winner will be voted by the ISRA Governing Board, and will be honored at the 1995 State Singles, March 5, 1995.

The nomination criteria are very specific, and the format shown below must be followed for your nominee to be considered. If you have any questions, contact ISRA Secretary Judy Young at (708) 969-6093.

Past recipients are: Tom Street 1978, Bob Troyer 1979, Art Michaely 1980, Jim Harper 1981, Gay Kenna 1982, Jim Cartwright 1983, Al Shetzer 1984, Clyde Senter 1985, Diane Gabrisko and Geoff Peters 1986, Bill Feigen 1987, Alvin Barasch 1988, Judy Young 1989, Bill Roberts 1990, Al Danielwicz 1991, Bill Piggott 1992, Rich Clay 1993, Dave Negrete 1994.

NOMINATION FORM

NOMINEE'S NAME _____

NOMINEE'S ADDRESS _____

PHONE (DAY) _____ (EVE) _____

NOMINEE'S CONTRIBUTIONS TO THE SPORT OF RACQUETBALL.
(PLEASE ATTACH SEPARATE SHEET)

ISRA MEMBER MAKING NOMINATION: _____

PHONE (DAY) _____ (EVE) _____

SIGNATURE _____

SECOND _____

SECOND _____

DATE: _____

BALLOT DEADLINE IS JANUARY 16, 1995

MAIL BALLOT TO: ISRA - DISTINGUISHED SERVICE AWARD
1953 morton road, lisle il 60532

ILLINOIS PLAYERS EXCEL AT 1994 WORLD SENIOR RACQUETBALL CHAMPIONSHIPS

Illinois brought a strong twenty one player contingent to the 1994 World Senior Racquetball Championships. August 30, 1994 through September 4, in Albuquerque New Mexico. Nineteen countries were represented at this tenth anniversary year. In 1984, there were nine women entries; this year - ninety. The tournament is growing, and the ladies are gaining in competitive players.

It was a very successful event for new senior players Bill Lyman of Berwyn and Carol Bastien of Vergennes, both playing their way to the top four in their divisions. Bill placed second in Men's 35+, and Carol was a semi-finalist in Women's 35+. Judy Sands of Mokena placed second in the 45's on her first trip to Albuquerque. Other second place finishers from Illinois included Lola Markus, Park Ridge (60+), and Erhard Gruenwald, Woodale (Men's 50+).

Medal semi-finalists included Brenda White, Dunlap (40+), and Phil Dzuik, Homer (65+). Quarter-finalists included Frank Rusch, Urbana (45+), Nancy Kronenfeld, Park Ridge (40+), and Pauline Kelly, Park Ridge (50+).

Other Illinois players, many finishing well in the upper half of their divisions, included Bev Powell, Lovington; Margaret Hoff, Park Ridge; Pat Tarzon, Oak Park and Grace Touhy, Chicago (all Women's 45+); Bill White, Dunlap (40+), Gregory Hasty and Robert McGowan, both of Peoria; Joe Quirke, Chicago; and Bob Van Zeyl, Mokena (all Men's 45+). John Talty, Burbank; Joe Winkiel, Schaumburg (both Men's 50+); and Harry Hefter, Wilmette (Men's 65+).

Although no tally is kept on points per country or state, twelve Illinois players made the top ten, or better, in their divisions.

Tournament Highlights:

Bill Lyman was the #4 seed in 35+, and had to beat Tom Neal (New Mexico), last year's silver medalist, to advance to the play-offs. In the quarters, Bill defeated last year's #5 finisher, Lorenzo Amdondo (Mexico), in two games. The semi-final was a great match with many diving "gets", as Bill advanced after an 11-7 tie-breaker over Robin Dixon of California. In the finals, Bill lost to



Bill Lyman & Carol Bastien, semi-finalists in their 35+ divisions.

Mike Martinez, also from California, 15-7 and 15-12. Another great match which was much closer than the scores would indicate.

Joe Quirke competed very well in the 45+, but fell just short of making the playoffs.

Grace Touhy and Pat Tarzon traveled all the way to Albuquerque only to discover that they were playing each other in the first round. The women's 45+ was a very strong field. But, both narrowly missed the playoffs, which allowed them some quality sightseeing and shopping time.

Joe Winkiel, Erhard Gruenwald, and John Talty were entered in the 50+ division. Fifty entries were made up into six round robin draws of eight or nine players.

Division winners plus four wild cards would move on to the play offs. Since this was Joe's first trip to Albuquerque, he was not well known or seeded. Joe got everyone's attention when, on the first day of competition, he knocked off Jerry Davis, the #1 seed and last year's champion. Joe's division was loaded with national level players, and he fell a single point short of making the play-offs.

Erhard was the #1 seed in his draw, and won all his matches to advance to the play-offs as the number 2 play-off seed. The quarter final match against Terry Banderas of San Diego required a major come-back, after Banderas won the first game. Erhard took the second, but fell behind 6-10 in the tie-breaker. He pulled the match out 11-10 with an effective service game. Next in the semis, Dick Malkart of Washington fell to Erhard, two straight, setting up the final match with Mike Aubrey of Phoenix, the #1 seed and last year's silver medalist. Erhard won the first game 15-3, but Aubrey came from behind in the second to win 15-11, and won a thrilling tie-breaker 11-10 for the championship.



Janice & Frank Rusch, Urbana

Much thanks goes to the dedicated sponsors who began the World Senior Championships, and continue to provide an outstanding event. Albuquerque is a ter-

rific location; wonderful culture, historic sites and the Sandia Mountains overlooking the city. The city and the scenic land of enchantment does grow on you. If you are a 35+ player, make plans to attend next year's event of world competition. You won't regret it.

..... Reported by Bev Powell and Erhard Gruenwald

U.S. National Senior Sports Classic

Racquetball is now included in the U.S. National Sports Classic (55+). The next Classic will be held May 17 - 24, 1995 in San Antonio, Texas. To qualify, one must finish in the top three of any one of following events; AARA U.S. National Doubles, U.S. Golden Masters Championships, U.S. National Women's Seniors/Masters Championships, AARA U.S. National Singles, or State Seniors Racquetball Olympics (if offered). For more information, call the AARA or the USSNO (National Seniors Organization), 314-921-7933.

From Missouri Racquetball Association

TOURNAMENT RESULTS

Tournament Directors: *Player first and last names and match scores are critically important. Please make certain that small draw sheets sent to ISRA show legible, accurate and complete, names and scores.*

Players: *Make sure that your name is spelled correctly, and match scores are posted on the draw sheets.*

September 30 - October 2
FALL CLASSIC
OAK PARK ATHLETIC CLUB
JOANNE PECK TD
ISRA - AARA SANCTIONED

MEN'S B - 1. Dan Pepin, 2. Scott Ross, 3. Larry Cotton & Tim Vandenakker. C - Mike Kukulinski. MEN'S C - 1. Scott Ross, 2. Eric Lacksheide, 3. Tim Vandenakker & Leo Formanski. C - Dan Kizior. MENS'S B/C DOUBLES 1. Matt Malcheski & Juan Martinez 2. Mike Padavic & Al Brunner 3. Larry Cotton & Jim Gaw.

Players (or doubles teams) marked () must move to the next highest skill division after June 1. Players (or doubles teams) marked (**) must move to the next highest skill division immediately. All results are subject to the ISRA Tournament Division Eligibility Rule, effective June, 1988.*

If you would like a copy of the complete ISRA Eligibility Rule, send a stamped, self addressed envelope to ISRA Eligibility Rule, P.O. Box 282, Olympia Fields IL 60461.

JOHN ELLIS JOINS POWER

Power Footwear has announced the signing of John Ellis as the leader of their advisory staff for racquetball. Ellis was the 1993 U.S. National Singles Champion, and is a two-time National Doubles Champion. Ellis also competes full time on the International Racquetball Tour, and is currently ranked eight.

Power Footwear expects to fill out its national player staff by offering advisory agreements to the sponsored players of Pro Kennex and Spalding. For Power Footwear literature or to find a dealer in your area, please call Power at 1-800-567-8194.

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ILLINOIS PLAYERS NATIONALLY RANKED

Men's D Ray Cruz Solano - 8T
Men's 19+ Tim Sweeney - 3
Men's 25+ Jim Jeffers - John Negrete - 3T
Men's 30+ Bill Lyman - 4
Men's 35+ Andy Pitock - 5
Men's 40+ Gregg Mandell - 5
Men's 50+ Ron Johnson - 6
Men's 60+ Bert Shulimson - 5, Bud Moretz - 6T
Men's 65+ Donald Grieve - 4

Women's Open Cheryl Gudinas 3
Women's D Barb Carrington 2
Women's 25+ Megan O'Malley - 4T
Women's 40+ Laurel Davis - 4T
Women's 45+ Bev Powell - 3
Women's 50+ Marilyn Fisher 6
Women's 60+ Lola Markus - 2

Rankings Dated August 1, 1994

EKTELON SPONSORS TRAVEL LEAGUE FOR SECOND YEAR



TEAMS OF THE 1994 - 1995 ISRA TRAVEL LEAGUE

WOMEN'S OPEN / A
 Edens Court House
 Glass Court #1
 Glass Court #2
 Wheaton Sports #2
 Wheaton Sports #1
 Woodfield Racquet Club

WOMEN'S B
 Buehler YMCA
 Glass Court #1
 Glass Court #2
 Naper Olympic Health
 Schaumburg Park Dist.
 Woodfield Racquet Club

WOMEN'S B & BELOW
 Woodfield Racquet Club
 Wheaton Sports Center
 Glass Court

MEN'S A NORTH
 Bloomingdale Sports
 Buehler YMCA
 Glass Court #1
 Hillside Racquet House
 Lattorf YMCA
 Southlake Racquet Club #2
 Southlake Racquet Club #1
 Woodfield Racquet Club

MEN'S A SOUTH
 Aurora YMCA
 Chalet Sports Club
 Glass Court #2
 Naper Olympic Health
 Tinley Park P.D.
 Westmont Park District
 Wheaton Sports Center

MEN'S B SOUTH
 Bolingbrook P.D.
 Courts Plus
 Edens Court House
 Naper Olympic Health
 Norris Center
 Richport YMCA
 Wheaton Sports Center
 Woodfield Racquet Club

MEN'S B NORTH
 Bloomingdale Sports
 Edens Court House
 Excel Health & Fitness
 Lehman Sports Center
 Logan Square YMCA
 Marriott Lincolnshire
 Woodfield Racquet Club

MEN'S C
 Center Court Athletic
 Courts Plus
 Edens Court House
 Lattorf YMCA
 Lemont P.D.

MIXED OPEN / A DOUBLES
 Complex Sports Center
 Glass Court
 Westmont Park District

One last reminder - We must get the scores out on time. All scores must be called in to Lori at 837-9172 within forty-eight hours, or the home team will forfeit the match.

..... Sara Meline & Lori Kaiser

Ektelon will be the primary sponsor of the 1994 - 1995 ISRA Travel League. We can again count on great looking, high quality shirts, and terrific prizes for our year-end party. Ektelon is now a division of Prince, and because of the changeover, the shirts will be arriving a little late in coming out; they should be in your hands by November. We have added a new division this year - Mixed Open /A Doubles. There are only three teams, but if it is successful and fun, we will add more next year.

Special thanks to the teams who sent not only their rosters and entry fee to us by the September 19th deadline, but also has all their ISRA memberships up to date. AARA / ISRA membership requirement is required for the entire season. If you already have a current membership that would expire before the end of the league season, it will be extended for twelve months.

Ektelon is not our only sponsor, but the official ball that will be used for all travel league matches. Please make certain that all matches are played with the Ektelon Ball. If there are any problems, call Lori or Sara.

EKTELON

CHICAGO AREA CHALLENGE COURTS

Calling all Illinois Racquetball Clubs

We will publish your Challenge Court schedule. Just drop a note to - ISRA Newsletter, P.O. Box 282, Olympia Fields IL 60461, or call (708) 748-4810. Tell us the days, times, costs, telephone numbers and any special policies regarding non-members.

Athletic Club of Illinois Center
211 N. Stetson
Chicago
(312) 616-9000 -Mon. & Wed. Night
Call James Hoover for details

Bloomington Sports Complex
Bloomington
(708) 893-9577
Su., 9 a.m. to Noon. \$5.00
(Alternates with Wheaton Sport Center)

Bolingbrook Health & Racquetball
Bolingbrook
(708) 739-0304
Sun. Noon - 3:00 p.m. \$3.50

East Bank Club
Chicago
(312) 527-5800
Sat. 9:30 - 11:30 a.m. \$6.00

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Call for details

Glass Court Swim & Fitness
Lombard
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Call for details

Hillside Racquet House - Hillside
(708) 449-2255
Call For Details

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9:30 - 12:30 Sat.
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\$10 Non-Members

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(Chicago Lincoln Park)
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9:30 - 12:30 Sat.
\$5 Members
\$10 Non-Members

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Sat. & Sun., all day. \$5.00

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\$5.00

The South Lake Club
Mundelein
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Call For Details

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(Chicago - 750 S. Halstead,)
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Wheaton Sports Complex
(708)690-0887
Alternates with Bloomingdale.

Woodfield Racquet Club
(708) 884-0678
Sat. 11:00 a.m. - 2:00 p.m.

Times and dates are current as of November 1. We suggest you call the club to check availability or any recent changes.

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NOVEMBER 11 - 13
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SALUKI OPEN
 S.I.U. HEALTH CENTER -
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NOVEMBER 11 - 12
CHAMPAIGN COUNTY CLASSIC
 CHAMPAIGN FITNESS CENTER
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NOVEMBER 18 - 20
TURKEY SHOOT
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NOVEMBER 18 - 20
FALL OPEN
 KANKAKEE YMCA
 DIANA LAST (815) 933-1741

DECEMBER 2 - 4
ILLINOIS STATE DOUBLES
 GLASS COURT - LOMBARD
 RICH CLAY (312) 539-1112
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DECEMBER 2 - 4
PEORIA CITY CHAMPIONSHIPS
 LANDMARK CLUB - PEORIA
 SUE MALONE (309) 685-8200

DECEMBER 9 - 11
OAK PARK HOLIDAY OPEN
 OAK PARK ATHLETIC CLUB
 JOANNE PECK (708) 848-5200
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DECEMBER 16 - 19
EVERGREEN '94
 EVERGREEN RACQUET & FITNESS
 EVERGREEN PARK
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ISRA - AARA SANCTIONED

JANUARY 6 - 8, 1995
ILLINI OPEN
 U. of I. IMPE BUILDING,
 CHAMPAIGN
 FRANK RUSCH (217) 333-2325
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JANUARY 6 - 8, 1995
JUNIOR STATE SINGLES
 SITE TBA
 LYNNE WEISBART (708) 480-1952
ISRA - AARA SANCTIONED

JANUARY 13 - 15
REVIE SOREY CELEBRITY CLASSIC
 GLASS COURT - LOMBARD
 ANITA EFRON (708) 474-2440
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JANUARY 27-28, 1995
WINTER CLASSIC
 DECATUR YMCA
 DICK DECHERT (217) 428-6606

JANUARY 27-28, 1995
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 SOUTHLAKE CLUB - MUNDELEIN
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FEBRUARY 3 - 5, 1995
BLOOMINGDALE OPEN
 BLOOMINGDALE SPORTS COMPLEX
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 SCHAUMBURG PARK DISTRICT
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FEBRUARY 24-26, 1995
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MARCH 24 - 27, 1995
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MARCH 30 - APRIL 2, 1995
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