



ILLINOIS STATE RACQUETBALL ASSOCIATION

NEWSLETTER

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January/February
1995



AARA INITIATES U.S. OPEN CHAMPIONSHIPS

The U.S. Open Championships, among the most prestigious events in the world of golf and tennis, has made its move into racquetball. The inaugural three-day tournament will be February 17 - 19, 1995 in Indianapolis Indiana. Patterned very closely after the World Seniors, the AARA U.S. Open Racquetball Championships will use a round robin format, with four to eight players in a bracket, before moving into the medal round.

More than 350 players are expected for the event, which will utilize the Keystone Fitness Center and Greenbriar Athletic Club which boast a combined total of twenty two courts. The entry fee is \$65.

Two specific items will separate this from all other AARA National Championships and Invitationals; it will be played in three days versus the normal five to six days, and along with the Open and age divisions of 19+ through 80+, it will include the A-B-C-D skill divisions.

The age and open divisions are level five, one which puts them on a par with the World Seniors, National Golden Masters Invitational, and National Women's Invitational. The skill division segment is a level three. The Ektelon /AARA U.S. National Singles and National Doubles are level six events.

There are a few twists in the format, according to tournament director Mike Arnolt. Round-robin matches, three games to 11 (and you must play all three) will be played back to back, and they will be self-officiated. The scoring for the round-robin is based on total points. The total is comprised of: a) each point scored, b) three additional points for winning a game, c) seven additional points for winning a match.

The top two players from each round-robin bracket will play in a straight draw Sunday. Those matches will be two of three games to 11, and the finals will be two games of 15, with an 11 point tie breaker.

This inaugural event promises something special. Olive Garden is providing the hospitality. Each player will receive a monogrammed tournament shirt. Players not eligible for the straight draw may participate in a complimentary blind draw handicap doubles event.

Play begins at 8:00 a.m. Friday, and, because it is a round robin, once a division is scheduled, all players will start at the same time. Information and entry blanks may be obtained by calling Mike Arnolt at (317) 926-2766.

PRESIDENT'S MESSAGE

In middle January, Lori Kaiser and I will travel to Colorado Springs for the annual AARA Leadership Seminar; a first time event for us both. The seminar is held at the Olympic Training Center in Colorado Springs, and is partially funded by the U.S. Olympic Committee. The plan is to return with a smorgasbord of valuable information and good ideas including how to better stimulate and develop juniors, how to attract more people of both sexes and wider age and socio-economic groups, how to enhance state tournaments, how to maximize Illinois' share of our AARA dues, and how to motivate clubs to develop and promote racquetball leagues and other programs besides tournaments. Naturally, we will be anxious to share much of this with anyone who will listen.

But, we also want to hear from you. Last spring, we took a poll on various topics, and the feedback was valuable and interesting. But, that poll didn't allow for much respondent creativity. Please write to us or call any time. We need to hear from people other than at tournament time. Give us your ideas. Let us know what you think. It doesn't have to be a detailed plan - just a concept or opinion. Someone will call you back, and, perhaps together, we can make the game or the organization more solid. The address is in the back, and my telephone numbers are (708) 748-4810 (eve), (708) 597-0770 (day).

Bill Piggott

1995 STATE SINGLES AT WOODFIELD & FOREST VIEW RACQUET CLUB

The 1995 ISRA State Singles will be held March 2 - 5, at Woodfield Racquet Club in Schaumburg, and the Forest View Racquet Club in Arlington Heights. Entry forms will be sent to members in late January or early February, and should be available at clubs by the middle of January. If you want to make certain you have one, send your name and address to ISRA State Singles, P.O. Box 282, Olympia Fields IL 60461.

PALOS OLYMPIC TOURNAMENT FEBRUARY 24 - 26, 1995

Palos Olympic Health & Racquetball Club in Palos Hills is alive and kicking thanks to new owner Bob Diamond, who has a renewed passion for the future of racquetball.

Tom Utterback, sponsored by Wilson Racquetball, is the new racquetball co-ordinator, and is holding an ISRA Sanctioned tournament, February 24 - 26, 1995. (See entry in this issue) The club is located at 11050 South Roberts Road in Palos Hills. Call Tom at (708) 974-1900.

AARA SCHOLARSHIPS

Since the AARA Scholarship Program was initiated in 1990, the AARA has received applications from thirty four candidates, and has awarded thirteen \$500 scholarships. Academic scholarships are available to full-time college students, and high school seniors who will become full-time undergraduates in the fall. Funds may be applied toward tuition, text books, library fees, instructional materials or room and board. The deadline for applications will be June 1, 1995.

For more information about the AARA Scholarship Program and to request an application, call the AARA National Office at (719) 635-5396.

EATING FOR RECOVERY

Reprinted from *Olympic Coach*, by W.M. Sherman Ph. D. with Jaime S. Rudd M.S., R.D.

The athlete has finished the race, and is scheduled to compete again in the morning. The athlete is tired and hungry. He/she ate a high carbohydrate meal before competition, but now the athlete needs to eat the foods that will prepare him/herself for the next day. What is the best food choice to prepare for tomorrow's competition? Carbohydrate.

Most athletes know that carbohydrate is an important nutrient in their diet. When exercising, muscles need carbohydrate (in the form of glycogen) to perform. Without enough carbohydrate, athletes can easily use up glycogen stores after a couple of periods of intense exercise, losing an important source of energy.

However, not just any carbohydrate will restore needed glycogen levels. The type of carbohydrate food athletes may eat make a difference in how well their muscle glycogen stores recover between training sessions or competitions. Studies show that consuming simple carbohydrates (glucose or sucrose) rather than complex carbohydrates results in greater muscle glycogen replenishment in the first six hours after exercise. Twenty four hours after exercise, glycogen replacement is similar regardless of the type of carbohydrate an individual eats. Obviously, eating simple carbohydrates is critical to an athlete who will be competing within 24 hours or less. Easy to find foods/beverages with simple carbohydrates are fruit, fruit juices, lemonade and high carbohydrate sports drinks.

When eating for recovery, timing is important. It seems that, the sooner athletes eat after exercise, the faster their recovery rate of muscle glycogen. It is best to eat carbohydrates immediately after exercise. Waiting even two hours after exercise, has the potential to reduce, by half, the rate carbohydrates will be utilized by the body, delaying the recovery of muscle glycogen.

Eating the right carbohydrates at the right time is not the only consideration. Athletes need to know how much carbohydrates they should consume. The amount will vary depending upon an athlete's body weight and the type of exercise performed. Endurance athletes should consume at least 1.5 grams of carbohydrate per kilogram of body weight during the first two-hour period after exercise and at two hour intervals thereafter, if possible. This means that a 154 lb. (70 kg.) athlete would need to consume 105 grams of carbohydrate immediately after exercise, aiming for a total carbohydrate intake in 24 hours of 560 - 700 grams or 8 - 10 grams per kilogram of body weight.

Athletes can refuel their muscles with either liquid (sport drink, juices) or solid carbohydrates. Research shows that both forms of carbohydrates provide similar rates of muscle glycogen storage after exercise. Eating a combination of the two, however, may be the most practical approach.

The real challenge is changing athletes' diets to include the right amount of carbohydrate every day. A nutritional consultant can help you meet your carbohydrate needs by translating requirements and amount into food choices for you.



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BLOOMINGDALE SPORTS COMPLEX SHINES

Bloomingtondale Sports Complex (BSC), located just north of Army Trail Road, in Bloomingtondale, is close to completing a major rehabilitation which should inspire racquetball players and club owners everywhere. In 1990, previously known as Killshot, Ltd., sat vacant and was deteriorating rapidly. The once proud site of many Super Bowl and St. Valentine's tournaments needed help badly, and most observers assumed that the wrecking ball couldn't be far in the future.

Not Howard Spaeth. In an era when most clubs are trying to scale back racquetball, and convert courts to other uses, Howard bought the club in late 1991, and embarked on a determined program to make BSC a racquetball facility second to none.

Just as progress became apparent, disaster struck. A fire in October of 1993 wiped out most of the improvements, and created even more problems. Time for the wreckers? Take the insurance money and run. No way. Now the work

began anew. Along with Howard, sons (and full partners) Howie, Jr. 28, and Alex, 17, worked long hours refinishing courts, painting, and carpeting. The grand re-opening was May, 1994.

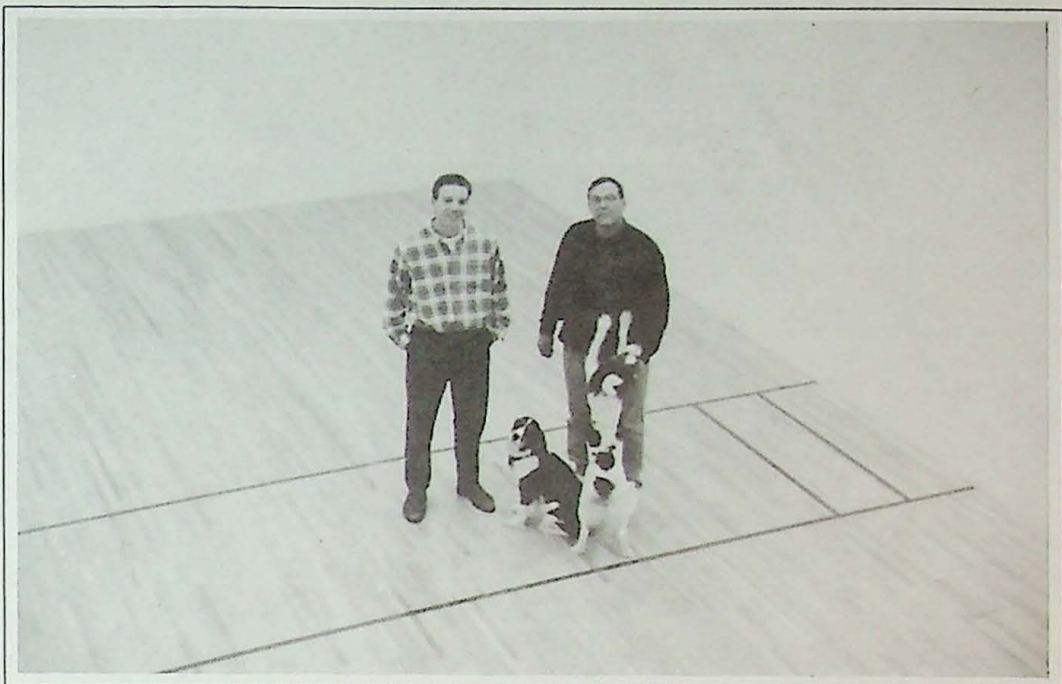
Repairs are far beyond cosmetic. The roof is repaired, and a state-of-the-art fire alarm and security system is in place. Entire court floor sections have been replaced, all courts sanded and re-finished, walls permanently repaired, glass walls reinforced, and the court lighting is all-new the best I've ever seen. The new gas heating system has banished the chills and humidity that accompanied most matches at the old club. The electrical system is all new, and the locker rooms have been extensively upgraded.

Projects currently underway are upper and lower hallway redecorating and carpeting. Back in shape shortly will be the whirlpool, and a club-wide audio-visual system, including spectator TV monitors for each court. Plans for spring of 1995, include a new outdoor swimming pool.

BSC has ten courts; two of which are outdoor, lighted three-wall (you must try this). Four indoor courts sport back glass walls (one court has a side glass wall), and expansion plans allow for two additional courts inside. An added, major attraction is a full size, lighted, beach volleyball theater. Current programs include cardiovascular evaluations, aerobics, free weights, and a variety of fitness machines. Howard, Sr., is a long time pilot, and plans to offer flight training and aircraft rental around the first of the year as part of the club's programs.

Total membership is now 550 and growing. The club utilizes a unique "key club" management system, allowing members to gain entry using their own key. BSC offers family, weekend and individual memberships. For information, call one these numbers: main line 893-9577, recorded player information. 893-9690.

Call them shining knights or the three musketeers, the Spaeth family



"Howie Spaeth (l) and Howard, Sr., On One Of The Newly Renovated Courts At Bloomingtondale."

is doing what many say cannot be done - offer a wide range of programs to members of varying interests without tearing racquetball apart, and making a living doing it.

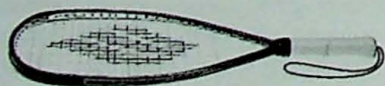
BSC will be holding a major, ISRA sanctioned tournament, February 3 - 5, 1995. Look for first class hospitality and surroundings. Division prizes will include entry fees paid to State Singles. Come and play, and take a look. It won't be long before a State Championship Tournament finds itself at BSC, in Bloomingtondale.

Errors & Corrections

In the last issue, we missed some key items about the World Senior Tournament in Albuquerque, last August.

- Six countries were represented, not 19 as reported.
- Most important was the inadvertant omission of Greg Hasty's performance. Greg finished third in the Men's 45+, beating another Illini, Frank Rusch in the quarter finals. By this time Greg is well on his way to a National No. 1 ranking in 45+. Congratulations for a fine performance.

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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 State Singles Championships, March 5, 1995.

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, 1995.

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 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 Gabrisco 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

RACQUETBALL FACTS AND FIGURES

According to the AARA, American Sports Data, Inc. reports these Racquetball Demographics (1992 Data):

LAYERS	
Total Participants	7,500,000
Total Adults	6,440,000
Total Youth	1,819,000

AGE	
12 - 17 yrs	18%
18 - 34 yrs	59%
35 - 54 yrs	20%
55 & older	3%

OCCUPATION / EDUCATION	
College Graduate	33%
Professional	34%

INCOME	
Less Than \$25,000	26%
25,000 - 49,000	36%
50,000 plus	38%

RESIDENCE	
Own Home	78%
Urban	46%
Suburban	36%
Rural	18%

ISRA TRAVEL LEAGUE

It's hard to believe, but we're already halfway through the Travel League season. We hope you have enjoyed the competition so far, and look forward to the rest of the season. Add those points, and get your team into first place!

Hopefully, by time the newsletter arrives, the Travel League shirts will be available. We are sorry for the long delay, but Ektelon's reorganization forced them a little behind in their merchandise availability. As soon as the shirts arrive, we will advise the captains in the standings sent in the mail, and with a message on league answering machine.

Speaking of the answering machine, some of you are still clue-less on how to report scores. A representative of the home team must phone match results to Lori Kaiser (708) 837-9172 within forty eight hours of the match. **Teams calling in their scores late will forfeit all points, and visitors will receive a perfect score.**



Please follow this format when calling in scores:

"Reporting scores for November 5 Men's
A - home team is Racquet Busters Court
Club
#1 J. Rollout 41
#2 R. Penn 13
#3 G. Pinch 40
Doubles
T. Ace-
G. Skip 34
For A Total Of 128

Visitors - Loose Grip Courts

#1 W. Serve 24
#2 R. Screen 41
#3 S. Kill 37

Doubles
H. Blue
B. Ball 39
For A Total Of 141

*Thank you for your wonderfulscore
keeping - Good Bye!"*

NEW THIS YEAR The mixed doubles league is going great. All teams are having a great time, and though there are only three teams, they haven't gotten tired of playing each other ... yet! We will be offering this division again next year, so talk it up let's get more teams for next year - it's fun.

A big *Thank You* to Diane Bunker for designing the new look of the Travel Team Roster. It is much easier to read, and has more space to write, midget printing is un-necessary. We look forward to seeing it again next year. Now, all we have to do is get teams to fill the thing out, and send it to us on time.

It is not too early to be thinking about the end of league party. Any ideas. Give us a call at (708) 837-9172

Lori Kaiser, Sara Meline
Travel League Co-Ordinators

Team Standings Effective December 6, 1994

(Point totals were unavailable)

WOMEN'S OPEN / A NIGHT

1. Glass Court #2
2. Wheaton Sports #2
3. Wheaton Sports #1
4. Glass Court #1
5. Woodfield Racquet Club

WOMEN'S B

1. Woodfield Racquet Club
2. Naper Olympic Health
3. Glass Court #2
4. Schaumburg Park Dist.
5. Glass Court #1
6. Buehler YMCA

WOMEN'S B & BELOW

1. Glass Court
2. Woodfield Racquet Club
3. Wheaton Sports Center

MEN'S OPEN/A DIVISION

NORTH

1. Woodfield Racquet Club
2. Glass Court
3. Lattorf YMCA
4. Bloomingdale Sports
5. Buehler YMCA
6. Southlake Racquet Club #2
7. Southlake Racquet Club #1

SOUTH

1. Aurora YMCA
2. Wheaton Sports Center
3. Tinley Park P.D.
4. Naper Olympic Health
5. Glass Court
6. Westmont Park District
7. Chalet Sports Club

MEN'S B DIVISION

NORTH

1. Woodfield Racquet Club
2. Bloomingdale Sports
3. Edens Court House
4. Logan Square YMCA
5. Excel Health & Fitness
6. Marriott Lincolnshire
7. Lehman Sports Center

SOUTH

1. Naper Olympic Health
2. Wheaton Sports Center
3. Courts Plus
4. Norris Center
5. Richport YMCA
6. Bolingbrook P.D.

MEN'S C

1. Lattorf YMCA
2. Edens Court House
3. Center Court Athletic
4. Courts Plus

MIXED OPEN / A DOUBLES

1. Wheaton
2. Westmont Park District
3. Glass Court



GET BETTER, NOT OLDER PLAYING PAST 40 AND BEYOND

Peak performance in sports may occur at a age much later than was once thought. An increasing number of athletes are playing at peak levels well into their thirties and forties. Tennis players Martina Navratilova and Jimmy Connors were two good examples.

Fortunately for the racquetball following, we need not look far to find our own shining example. Ruben Gonzales, once the number one ranked player on the men's pro tour at age 38. Now past 40, his training program is the epitome of what the experts are telling us regarding peak performance and the aging process.

Ruben describes younger players as "his fountain of youth." He says, "The more I beat them, the younger I feel. I have to be in top shape, however."

Key factors include mental attitude, physical conditioning and diet. Gonzales speaks a great deal about mental attitude. He conditions daily on a stationery bike and stair climber. He also follows an enlightened diet, consuming more pasta and rice, while eliminating junk food and red meat. He seems surprised that he should be regarded as a rarity.

Aside from managing his mental attitude, how does the rest of his program match that prescribed by experts? Research has shown aerobic exercise can offset the decline in functional capacity, which is a measure of cardiovascular fitness. His physical training program is geared toward maintaining a high level of cardiovascular fitness. This can ultimately determine stamina and energy.

Regarding younger players who don't maintain this type of work-out program, Ruben advises, "They'll never make it (as they grow older). Most of the pros do not condition in this manner." Ruben favors a diet high in complex carbohydrates and low in fat. This can enhance energy levels at any age by increasing levels of glycogen (stored carbohydrate).

To enhance his understanding of nutrition he follows the advise of popular nutritionists, such as Robert Haas, author of *Eat to Win*. In his book, Haas states his belief that, with the right nutrition, the effects of aging, which end all athletic careers, may be deterred.

What are the advantages of all this to the player who functions well below the ability level of a Ruben Gonzales? Peak performance and health go hand in hand. Research shows exercise and dietary considerations may impact health in ways not previously understood. Exercise has been shown to work against the slow-down in reaction time that occurs with advancing age.

Although it is generally accepted that a high fat diet contributes to heart disease and many forms of cancer, it has also been shown that a wider variety of the diseases of aging are linked to improper diet. These include cataracts, loss of bone mass, and a weakened immune system. In his book *The 120 Year Diet*, aging specialist Roy Walford, M.D., prescribes a high carbohydrate/low fat diet. He describes the potential for a society where an eighty year old can look and feel like forty of today.

Mental attitude, physical conditioning and watching one's diet can make a difference. However, some theorists go beyond this by stating that individual beliefs regarding the onset of "old age" can actually set in motion a pattern of physical decline. So, if you believe middle-age begins at 35 then you can expect that it will.

If you listen to Ruben, merely thinking young can't hurt either. Emphatically, he says, "It is all a matter of how you feel about yourself. You can do it." His philosophy toward getting older seems to parallel his approach to winning at racquetball.

— Andrea Schwartz M.S.

CARPETED COURT IN VANDALIA

Lou Cotton, reports that Vandalia's YMCA did not have a racquetball court. But, one man in town wanted to play so desperately that he volunteered to build a single court. The YMCA takes up the second floor of a business building, so the court was built above offices.

The noise of pounding feet and "thwack" of the ball proved too much for the other tenants, so an ingenious and unique solution was agreed upon. The floor was carpeted. A heavy, rubber-backed, commercial grade carpet, light gray except for the usual zones, marked in red.

Lou says it plays just like a good wooden floor, with superb traction, and the ball bounces just about the same. The big difference is the sound rather the lack of sound. According to Lou, concentration is much better without the distraction of loud noises, and, of course, skips are inaudible, but, then, no one ever skips it in anyway. Has anybody else heard of this? Let us know.

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Women's A - Karen Burns, Cindy Rogers (1st), Ellen Somberg Cynthia Fautec (2nd)



Men's D 1st - Larry Paxson, Joe Burroughs



Men's 65 / 75+ - Chuck Matarano, David Soifer (1st), Mal Lloyd, Bob Warner (2nd)



Mixed C/D 1st - Gary Peckler, Ann Moraitis



Mixed C/D 2nd - Karin Kucera, Peter McCauley



Men's A 1st - Howie Spaeth, Jr., Alex Spaeth



Men's C 1st - George Halper, Mike Ardito



Men's B & Men's 35+ Intermediate - Len Peppi, Fred Cwynar



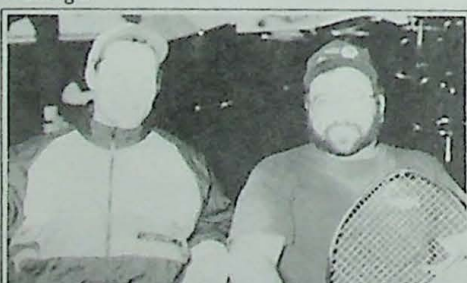
Women's B - Pat Hileman, Patrice Calvi



Men's 25/30+ 2nd - Boris Carvalho & Herbert J. Walberg III



Men's AA 1st - Mike Burns, Herbert J. Walberg III



Men's 25 / 30+ 1st - Eugene Coyle, Dave Negrete

GOOD TURNOUT STATE D

Glass Court Swim and Fitness did its usual terrific job of **and Joe DeArmas** and their entire staff for **and Sidekick, Tom Utterback** and scheduler **and** **Many thanks to our control and check in staffers **Eric B. Geoff Peters, Bill Roberts, Nancy Rocha, R****

Thanks, also, to **Kevin Joyce** at the AARA National. In 1994, we had already exhausted our allotment of Penn three cases.. Yes, the balls were a little spongy, but that be choosy.

Players and entries were up slightly this year over last entries. Most of the increase was attributed to players b being limited to one of each. The change worked well fo is a major headache. Matches times fell behind slightly b Some Mixed Doubles Divisions suffered major losses, b change will be re-evaluated for 1995.

Players seemed to prefer the December date, and exp better.

Things That Impressed Me The Most....

- **Tony Cosmano** and **Doug Peterson** for another Men's 35+ divisions, almost back-to-back. A total o it take to get them to go to National Doubles?
- The **Spaeth Brothers, Howie, Jr., and Alex,** v in the Open/AA. This is a team to watch.
- Nice play from **Dave Negrete** and **Eugene Coyle** and went on to win the Men's 25 / 30+.
- **Patrice Calvi** and **Pat Hileman,** winning the Wor too nervous to enter any tournament, mu ss Sta
- Even with limited data, the new computer eding reliable. *This is here to stay.*

Congratulations to all the winners, and the almost-winners.

1994 - 1995 IS December Glass Court S Lombard

MEN'S OPEN - (12) 1. Tony Cosmano & Doug Peterson 2. Keith Minor & Rick Ricksecker, Semifinals - Bill Lyman & Tom Connolly - Sean Moskwa & Michael Smith

MEN'S AA - (4) 1. Michael Burns & Herbert J. Walberg III 2. Rich Clay & Tom Utterback

MEN'S A - (22) 1. Howie Spaeth & Alex Spaeth (**) 2. Chuck Rupsis & Chuck Snyder, Semifinals - Bill Baumgartner & Jeff Baumgartner - Ed Guziejka & Bill Pavlovich, 1st Cons. Randell Ashton & Steve Gulick.

MEN'S B - (17) 1. Len Peppi & Fred Cwynar (**) 2. George Henton & Art White, Semifinals - Ken Fleck & John Matarese - Winston Cole & Tom Fehsel, 1st Cons. Tom Kato, Pete Nagle.

MEN'S C - (14) 1. Mike Ardito & George Halper 2. Tom Pope & Randell Porter, Semifinals - Rick Giffin & Ron Villalobos 3. Peter McCauley & Eric Reiman, 1st Cons. Josh Bardell & Eric Lackscheide.

MEN'S D - (8) 1. Joe Burroughs & Larry Paxson 2. Ed Libby and Jim Gaw, Semifinals - Al Kulig & Larry Rhoades - Ken Fleck & Jim Rogers 1st Cons. Brian Anderson & Adam Kern.

MEN'S 25 / 30+ - (10) 1. Dave Negrete & Eugene Coyle 2. Boris Carvalho & Herbert J. Walberg III, Semifinals - Bob Dunlap & Sean Moskwa - Tim Hillman & Keith Minor, 1st Cons. Bryan Banks & Rich Clay.

MEN'S 35+ - (6) 1. Tony Cosman & Doug Peterson 2. Tom Connolly & Bill Lyman, Semifinals - Al Ramirez & Phil Schmidt - Bob Dunlap & Gary Hunley, 1st Cons. Randall Ashton & Steve Gulick.

MEN'S 35 / 45+ INTERMEDIATE - (12) 1. Fred Cwynar & Len Peppi 2. George Henton & David Royster, Semifinals - Mike Burke & Sam Palamara - Ken Cook & Art White, 1st Cons. None.

MEN'S 40 / 50+ - (15) 1. Gregg Mandell & David Olson 2. Herb Gngg & Bruce Nelson, Semi-finals - Erhard Gruenwald & Ron Johnson - Joe Silius and Bob Vam Zeyl, 1st Cons. None.

MEN'S 65 / 70+ - (2) 1. David Soifer & Chuck Matarano 2. Mal Lloyd & Bob Warner.

AT 1994 - 1995 DOUBLES

...osting a major State Championship. Thanks to Diane
...poc...ournament Director Rich Clay, Number 1
...row...held it all together, and they did a terrific job.
...aglia, Laurel Davis, Bill Feigen, Sara Meline,
...Silver, and Kimberlie Streed.

...ce. Because Illinois held two doubles tournaments in
...lls for 1994, and the National Office graciously sent us
...ust be from that rarified Colorado air, and beggars can't

...st last February); about 16 more people and 38 more
...ng allowed to play two skill or two age divisions, and not
...layers, because it gives more options, but the scheduling
...ause of many players faced with back-to-back matches.
...ause many male players entered two skill divisions. This

...ssed suggestions that early November would be even

...outstanding performance, winning the Men's Open and
...ve matches and no tie-breakers. Wonder what would

...rming the Men's A, and proving to be tough opponents

...who matched up literally hours before their first match,

...em's B. I remember just a few years ago, these two were

...Dou...orked well; seeding was very consistant and

...rs. See you next year.Bill Piggott

IA State Doubles B - 5, 1994 Swim & Fitness Illinois

WOMEN'S A - (6) 1. Karen Burns & Sindy Rogers 2. Cynthia Fautec & Ellen Somberg, Semifinals - Rhonda Ferconio & Nancy Rocha - Connie Arvia & Pat Jennings. 1st Cons. Rhonda Ferconio & Nancy Rocha.

WOMEN'S B - (7) 1. Pat Hileman & Patrice Calvi 2. Patty Drendel & Marie Larsen, Semifinals - Sharon Cunningham & Debbie Windisch - Bernie Litton & Kathleen Guy Swanson. 1st Cons. Barb Aul & Pam Jacobson.

WOMEN'S C - (5) 1. Carrie Jaskier & Sharilyn Pope 2. Irene Hatcko & Sharon Sanchez, Semifinals - Dorothy McDavid & Dorothy Jackson - Pam Csuk & Cheryl Kirk. 1st Cons. Geri Hannah & Adele Touissant.

MIXED A - (19) 1. Kathy Dunham & John Thorson(**) 2. Marla Cusano & Dale Carter, Semifinals - Connie Arvia & Joe Oliver - Marion Konow & Fred Vath. 1st Cons. Pat Jennings & Ken Cook.

MIXED B - (7) 1. Gwen English & Winston Cole 2. Carrie Jaskier & Juan Martinez, Semifinals - Pam Jacobson & Marty Paxson - Patrice Calvi & Rick Giffin. 1st Cons. None.

MIXED C/D - (8) 1. Ann Moraitis & Gary Peckler 2. Lorie Cacia & Vic McDonnell, Semifinals - Geri Hannah & Bob Wolter - Michelle Thomas & Lee Cherry C. Sandi McIntyre & Jim Rogers.

MIXED 30 / 45+ - (9) 1. Brenda White & Greg Hasty 2. Marla Cusano & Kerry Spix, Semifinals - Nancy Kronenfld & David Olson - Frank Rusch & Laurel Davis 1st Cons. None.

Do...eams marked (**) must play in a higher division in all future
...ayers (or doubles teams) marked (*) are subject to Para-
...graph 5(c)(i) & (ii) of the ISRA Player Eligibility Rule effective June 1,
1988.

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



Women's C 1st - Sharilyn Pope, Carrie Jaskier



Men's Open 1st & Men's 35+ 1st - Tony Cosmano and Doug Peterson



Men's 35 + 2nd - Bill Lyman, Tom Connolly



Men's 40 1st - Greg Mandell, David Olson



Mixed B 1st - Winston Cole and Gwen English



Men's A 2nd - Chuck Rupsis, Chuck Snyder



Men's 40 2nd - Bruce Nelson, Herb Grigg



Mixed A 1st - Kathy Dunham, John Thorson



Men's B 2nd - George Henton, Art White



Mixed B 2nd - Carrie Jaskier, Juan Martinez



Mixed 30/45+ 1st - Greg Hasty, Brenda White



Mixed 30/45+ 2nd - Kerry Spix, Marla Cusano

NEW EKTELON EYEWEAR

Ektelon has announced the availability of the new SCOPA eyewear. SCOPA features adjustable side arms that provide a customized fit, and a padded brow bridge that provides maximum comfort.

SCOPA also features a one-piece, distortion-free polycarbonate lens, specially treated to resist fogging and scratching. Suggested retail price is \$19.95.



FROM THE SECRETARY'S DESK

Beginning with this issue, we will publish highlights and the key issues discussed at ISRA Board Meetings. ISRA members are welcome to a copy of the entire minutes, and agendas for any meeting, and are encouraged to attend the monthly board meeting, held (usually) at 7:00 P.M., on the second Wednesday of each month. Please call Judy Young, ISRA Secretary at (708) 969-6093, for updated information and material desired.

SEPTEMBER

Board members voted to limit voting for the Distinguished Service and Player of the Year Awards to current Governing Board members. Additionally, voters will rank their selections in order of preference on the ballot to eliminate revotes. Lastly, a nominating committee was created to augment nominations made by the at-large ISRA Membership. Committee members this year are Rich Clay, Laurel Davis, Bill Lyman, Andy Pitock, and Judy Young.

The board moved to send at least two people to the AARA Leadership Conference in Colorado Springs, January 13-16, 1995.

OCTOBER

Diane Ogradowski has requested to be moved to the Auxiliary Board. She was thanked for her many years of service to the ISRA. Bill Feigen was nominated and voted to return to the the Governing Board.

Judy Young reported that the ranking system was used to seed the Forestview tournament, and it worked very well, with all the top seeds winning their divisions.

NOVEMBER

Board members in attendance this month included Rich Clay, Lori Kaiser, Bill Lyman, Tom Utterback, Lynn Weisbart, and Judy Young.

Bill Piggott reported the latest news from the AARA:

1. The AARA membership is down 2,500 members from last year, at 23,630.
2. The AARA will pay for one attendee from each state to attend the annual Leadership Conference in Colorado Springs, Colo., in January.
3. The AARA has signed a three year sponsorship contract with Ektelon.
4. Oakley eyewear does not meet AARA safety standards.

Lynn Weisbart announced that the Junior State Singles Championships will be held on January 9th at Woodfield Racquet Club.

Judy Young
ISRA Secretary

NATIONAL REFEREE CERTIFICATION PROGRAM

The AARA National Referee Certification Program has two primary objectives. First, is to standardize the interpretation and enforcement of the official rules of racquetball. The program provides a formal method through which racquetball enthusiasts may become competent referees and judges, and end the shortage of referees at tournaments. Secondly, the program enables referees to continually improve their skills, assuring matches that are judged and played fairly.

There are three levels of referee certification. The first step of Level 1 Status requires an Individual to accomplish the following:

1. Be a member of AARA/ISRA.
2. Attend a rules interpretation clinic (the session lasts about one and one half hours).
3. Pass a written examination of fifty questions, receiving a minimum score of ninety percent.
4. Referee ten matches at AARA sanctioned tournaments over a reasonable time period. Two the matches must be semi finals or higher. Date and tournament must be attested to by the tournament director, or an individual appointed by the State Referee Director. A wallet size record card will be given to the applicant after the written test is passed. Completed cards must be reviewed by the State Referee Director.
5. Pass a match assessment conducted by the State Referee Director or a referee assigned by him/her, as an applicant referees a semifinal or final match. Match assessment scoring involves ten criteria, each scored on a basis of a) no points, b) five points, or c) ten points. Minimum passing score is 55.

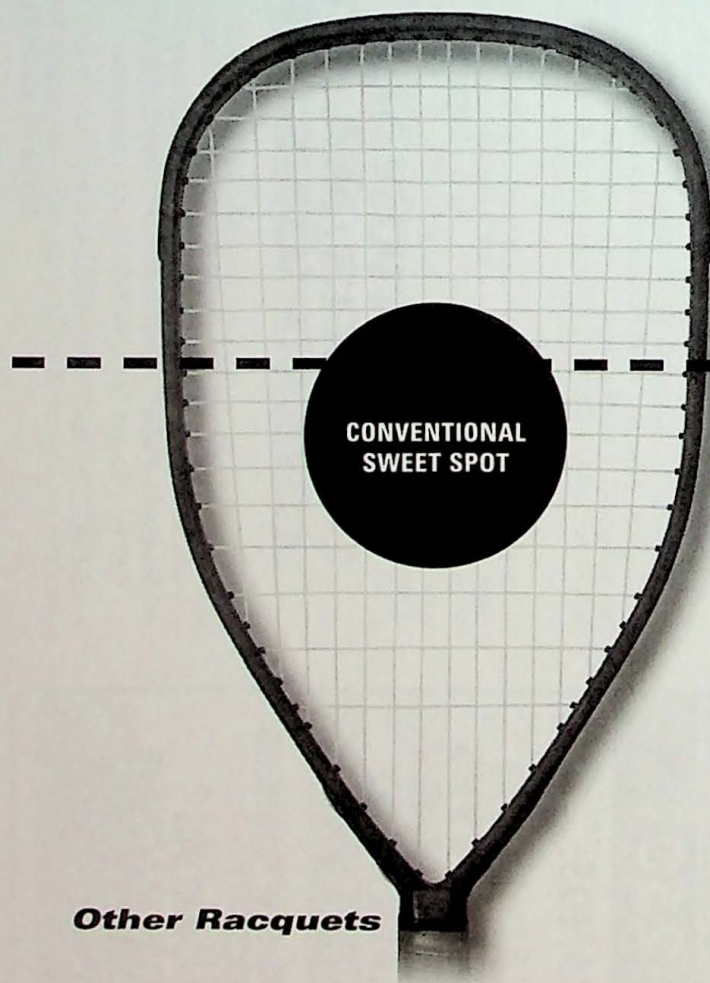
After completing the above requirements, the results will be sent to the AARA National Office, with a \$10 fee paid by the applicant. An official Referee Certification Card, valid for four years will then be issued.

I urge all ISRA members to test and improve your referee skills, and take advantage of this program. See you at the clinic!

Rich Clay,
National Rules Committee

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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.

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9:30 - 12:30 Sat.
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NATIONAL SENIORS/MASTER CHAMPIONSHIPS

We have received late notice of the 1995 National Women's Seniors / Master Championships to be held January 27 - 30 at the Southern Athletic Club in Lilburn GA. Entry deadline is January 17. Call Bev Powell (217) 873-5173 for information. Telephone entries are not being accepted.

TOURNAMENT RESULTS

FALL OPEN

OCTOBER 7 - 9, 1994
 WEST VIEW RACQUET CLUB
 CHRIS GRABNER - TD
 ISRA / AARA SANCTIONED

MEN'S A - (3) 1. Rob Strauch, 2. Lou Vasta. **MEN'S B - (9)** 1. Al Rubiano 2. Juan Martinez, S. Nick Curcio. S. Scott Ross C. Ron Dim. **MEN'S C - (12)** 1. Nick Curcio 2. Dennis Bonn, S. Ray Cruz Solano, S. Craig Citti, C. Larry Levine. **MEN'S D - (8)** 1. Ray Cruz Solano 2. Adam Kern S. Manuel Rosiles S. Anthony Rubino C. Pete Foelker. **MEN'S 40+ (5)** 1. Steve Conn, 2. Alan Shetzer.

ILLINOIS MASTERS TOURNAMENT

OCTOBER 14 - 16
 EDENS ATHLETIC CLUB
 RICH CLAY - TD
 ISRA / AARA SANCTIONED

MEN'S 35+ ADVANCED 1. Bill Lyman 2. Andy Pitock. **MEN'S 35+ INTERMEDIATE** 1. Don Kohlendorfer. **MEN'S 40+ ADVANCED** - 1. Glynn Williams 2. Gregg Mandell. **MEN'S 40+ INTERMEDIATE** 1. Jeff Scharfe 2. Bruce Edelson. **MEN'S 45+ -** 1. Greg Hasty 2. Dennis McKee. **MEN'S 45+ INTERMEDIATE** - 1. Steve Sacks 2. Tom Green. **MEN'S 50+ -** 1. Ron Hohnson 2. Joe Winkiel. **MEN'S 50+ INTERMEDIATE** - 1. Alan Andalman 2. Gary Lindeman. **MEN'S 55+ -** 1. Rex Lawler 2. Paul Franks. **MEN'S 55+ INTERMEDIATE** 1. Tom Herrington. **MEN'S 60+ -** 1. Bert Shulimson 2. Mel Nelson. **MEN'S 60+ INTERMEDIATE** 1. Jim Fyfe. **MEN'S 65+ -** 1. Don Greive. **MEN'S 65+ INTERMEDIATE** 1. Kenneth Yahiro.

WOMEN'S 35/40+ - 1. Julie Jacobson 2. Nancy Kronenfeld. **WOMEN'S 35/40+ INTERMEDIATE** - 1. Bernie Litton. **WOMEN'S 40+ -** 1. Nancy Kronenfeld 2. Julie Jacobson. **WOMEN'S 45/50+ -** 1. Grace Touhy 2. Linda Miller.

5TH ANNUAL HALLOWEEN CLASSIC

OCTOBER 27 - 30
 WOODFIELD RACQUET CLUB
 DAVE NEGRETE - TD
 ISRA / AARA SANCTIONED

MEN'S OPEN - (33) 1. Tim Sweeney 2. Brian Rankin S. Derek Robinson S. Steve Mueller. **MEN'S AA - (16)** 1. Frank Bunker 2. John Conrad S. Josh Hawkins S. Mike Ackerman. **MEN'S A - (40)** 1. Andy Jacobson (*) 2. George Pappas S. Jim Laskero S. Charlie McLaughlin. **MEN'S B - (37)** 1. Joey Logan (*) 2. Rich Book S. Steve Franz S. Andy Jacobson. **MEN'S C - (31)** 1. Ron Dim (*) 2. Nic Curcio S. Tim Vandemaker S. Ray Cruz Solano. **MEN'S D - (16)** 1. Terry Phillips 2. John Riske S. John Geatros S. Brian Jantz. **MEN'S 25/30+ - (16)** 1. Sean Moskwa 2. Brian Hermans S. Jim Laskero S. Herb Walberg. **MEN'S 35+ - (14)** 1. Tony Cosmano 2. Dave Milazzo S. Andy Pitock S. Brian Hermans. **MEN'S 40+ - (14)** 1. Horace Miller 2. Gregg Mandell S. Greg Hasty S. Bruce Fulkerson. **MEN'S 45/50+ - (13)** 1. Herb Grigg 2. Horace Miller S. Greg Hasty S. Joe Winkiel.

WOMEN'S OPEN - (14) 1. Cheryl Gudinas 2. Kerri Stoffregen S. Dana Sibell S. Amy Kilbane. **WOMEN'S AA - (6)** 1. Megan O'Malley 2. Mary Pomeroy. **WOMEN'S A - (11)** 1. Karen Green 2. Kathy Dunham S. Rhonda Ferconio S. Denise Bozza. **WOMEN'S B - (9)** 1. Peggy Hollinsworth 2. Bernie Litton S. Pam Grace S. Ellen Somberg. **WOMEN'S 25/30/35+ - (11)** 1. A. Dickerson 2. Teri Straka S. Kathy Haggerty S. Mary Pomeroy.

Note: Results from several fall tournaments have not been received by the newsletter, and will appear in the March issue.

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.

ProKennex Introduces TOUR NEWS

ProKennex has commenced publication of *Tour News*, a slick, four page newsletter full of details about the Men's International Racquetball Tour. October, 1994 is the initial issue, and covers the first three event of this season's tour.

Tour News is available for just \$5 postage and handling. Send your subscription order (name, address, city, state & zip) to ProKennex Tour News, 1852 Tamarack Circle South, Columbus OH 43229.

OAKLEY EYEWEAR NOT APPROVED FOR RACQUET SPORTS

Oakley, Inc. of Irvine California and the AARA have issue a joint release confirming that current eye wear produced by Oakley does not meet ASTM standards, and thus are not approved as safety eyewear for racquet sports.

Oakley apparently does intend to develop approved eye wear, and we will publish that notice when available.

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ILLINOIS PLAYERS NATIONALLY RANKED

- MEN'S OPEN** - Tim Sweeney, 10.
MEN'S D - Ray Cruz-Solano, 9.
MEN'S 19+ - Tim Sweeney, 3.
MEN'S 25+ - Jim Jeffers, John Negrete T3.
MEN'S 30+ - Bill Lyman, 4.
MEN'S 35+ - Andy Pitock , 6.
MEN'S 40+ - Gregg Mandell, 7.
MEN'S 45+ - Greg Hasty, Sr. 6.
MEN'S 50+ - Ron Johnson T2, Erhard Gruenwald, 7.
MEN'S 60+ - Bert Shulimson, 7 Bud Moretz, 9T.
MEN'S 65+ - Donald Grieve, 4 Philip Dziuk T3.

- WOMEN'S OPEN** - Cheryl Gudinas, 2.
WOMEN'S D - Barb Carrington
WOMEN'S 25+ - Megan O'Malley T5.
WOMEN'S 40+ - Laurel Davis, 6.
WOMEN'S 45+ - Bev Powell, 5 Judy Sands T9.
WOMEN'S 50+ - Marilyn Fisher, 7.
WOMEN'S 60+ - Lola Markus,

Rankings Dated September 22, 1994

TOURNAMENT RANKING REQUEST

Please send my I.S.R.A. tournament record and current ranking to:

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Send to: I.S.R.A. RANKINGS
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Please do not send cash. Available only to ISRA members.

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All memberships are for one year, and include a subscription to RACQUETBALL Magazine. Receipt can be presented as proof of membership at tournaments until card is received.



1995 Adult Metro Regionals

Minneapolis, MN	March 3-5	Long Island, NY	April 7-9
Casper, WY	March 10-12	Fountain Valley, CA	April 7-9
Columbus, OH	March 10-12	Denver, CO	April 18-23
St. Louis, MO	March 17-19	Arlington, TX	April 20-23
Atlanta, GA	March 23-26	Jacksonville, FL	April 21-23
Syracuse, NY	March 24-26	Manchester, NH	April 21-23
Norfolk, VA	March 24-26	Philadelphia, PA	April 21-23
Chicago, IL	March 30 - April 2	Anchorage, AK	April 27-30
Stockton, CA	March 31 - April 2	New Orleans, LA	April 27-30
Ft. Lauderdale, FL	March 31 - April 2		

For information, call Geoff Peters (312) 935-9685

The ISRA Newsletter is published in January, March, May, July, September and November, and is the official publication of the Illinois State Racquetball Association. Letters to the editor and editorial contributions are welcome. Send to: Bill Piggott - Editor, ISRA Newsletter, P.O. Box 282, Olympia Fields IL 60461

Please send change of address to
A.A.R.A., 1685 West Uintah, Colorado Springs CO 80904.

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TOURNAMENT CALENDAR

JANUARY 6 - 8, 1995
ILLINI OPEN
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JANUARY 6 - 8, 1995
JUNIOR STATE SINGLES
 WOODFIELD RACQUET
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JANUARY 13 - 15
**REVIE SOREY
 CELEBRITY CLASSIC**
 GLASS COURT - LOMBARD
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JANUARY 27-28, 1995
**1995 NATIONAL WOMEN'S
 SENIORS / MASTERS
 RACQUETBALL
 CHAMPIONSHIPS**
 SOUTHERN ATHLETIC CLUB
 LILBURN GA
 BEV POWELL (217) 873-5173

JANUARY 27-28, 1995
WINTER CLASSIC
 DECATUR YMCA
 DICK DECHERT
 (217) 428-6606

JANUARY 27-28, 1995
**5TH ANNUAL
 KAHLUA CLASSIC**
 SOUTHLAKE CLUB -
 MUNDELEIN
 TOM NEWBERG
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BLOOMINGDALE OPEN
 BLOOMINGDALE
 SPORTS COMPLEX
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ISRA - AARA SANCTIONED

FEBRUARY 10 - 12, 1995
**ST. VALENTINE'S DAY
 MASSACRE**
 WOODFIELD RACQUET CLUB
 DAVE NEGRETE
 (708) 884-0678
ISRA - AARA SANCTIONED

FEBRUARY 17 - 19, 1995
AARA U.S. OPEN
 INDIANAPOLIS, IN
 MIKE ARNOLT
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FEBRUARY 24-26, 1995
PALOS OLYMPIC OPEN
 PALOS OLYMPIC HEALTH &
 RACQUET
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ISRA - AARA SANCTIONED

FEBRUARY 24-26, 1995
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MARCH 2 - 5, 1995
ISRA STATE SINGLES
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 RACQUET CLUB &
 THE PRESIDENT'S CLUB
 BILL PIGGOTT (708) 748-4810
ISRA - AARA SANCTIONED

MARCH 10-12, 1995
LANDMARK INVITATIONAL
 LANDMARK CLUB - PEORIA
 SUE MALONE (309) 685-8200

MARCH 17-19, 1995
SHAMROCK SHOOTOUT
 GLASS COURT - LOMBARD
 DIANE DEARMAS
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ISRA - AARA SANCTIONED

MARCH 24 - 27, 1995
SPRING OPEN
 OAK PARK ATHLETIC CLUB
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MARCH 24-26, 1995
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 KANKAKEE YMCA
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MARCH 30 - APRIL 2, 1995
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ISRA - AARA SANCTIONED

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GREATER CHICAGO OPEN
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MAY 24-29, 1995
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