

Annual Awards Identify Top Players and Contributors

Holding with tradition, Illinois State Singles was the venue for the Annual Awards Ceremony on April 6, 2002. Nominees and winners were recognized for Male and Female Players of the Year (2001), Most Improved Player of the Year (2001) and the Distinguished Service Award (2002). Congratulations to both the winners and the nominees!



Pam Grace (Distinguished Service Award)
Bill Lyman (Male Player of the Year)

**Distinguished
Service Award —
Pam Grace**
Pam Grace's

nomination read: "Pam has been running the ISRA Travel League for several years. She consistently contributes at check-in and as a referee at almost all of the tournaments, and she continues to support this



Ubaldo Melo (Most Improved Player) and
Nancy Kronenfeld (Female Player of the Year)

Male Player of the Year — Bill Lyman

Bill Lyman has had excellent tournament results at both the local level as well as the national level this past year. With 5 national titles, he has become known as a force at tournaments around the country. Bill's results in 2001 (Men's 40+) include 1st place Illinois State Doubles, 1st place Illinois State Singles, 1st place Illinois Senior/Masters; placed first in Mixed 40+ with Chris Evon at National Doubles. Successful finishes in many local and out-of-state tournaments. Thanks, Bill, for your outstanding representation of Illinois at all levels of racquetball competition in the U.S.! Fellow nominees: Eugene Coyle, Ben Croft, John O'Donnell, Jr., Joe Silius

sport with her presence on the board and as a player. Our association is privileged to have Pam's constant assistance in all areas of racquetball participation in Illinois." Thanks, Pam, for your selfless service to our players and our sport! Fellow nominees: Bill Lyman, Fred Ritschard

Inside This Issue...

Annual Awards pages 1-2

From The President page 2

Annual Meeting
Reminder page 4

Juniors Excel at Palos page 4

2002 ISRA Newsletter
Advertising Rates page 4

The Official Translation
Guide for Racquetball
Players, Part 2 page 5

St. Valentine's Day
Massacre/LPRA Women's
Pro Stop page 6

Shamrock Shootout pages 6-8

Edens Athletic Club
March Madness page 8

Landmark
Invitational pages 8-9

Oak Park Hosts
Wilson Night page 9

Illinois State Singles
Championships pages 10-13

Double Trophy Winners
Celebrate page 12

Travel League Season
Wrap-Up page 13

USRA Membership
Application page 13

Physical Conditioning
and Longevity page 14

The Future of
Racquetball page 14

2002 ISRA Tournament
Calendar page 16

Racquetball Challenge
Courts page 16

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From the President

The renaissance of racquetball is at hand. For those of you who were in attendance at the ISRA State Singles Championships, you witnessed the future of Illinois racquetball. I am happy to report that the sport is alive, well, and contrary to some popular belief, it is **not** dying!

Forty-eight (48!) juniors participated in the ISRA State Singles tournament this year. This is the largest group of juniors we have seen assembled for Junior State Singles in many years. Junior participation has been up at other tournaments as well.

Our kids are learning — the game of racquetball, sportsmanship...and entrepreneurship. There was a raffle to benefit the juniors at the State Singles tournament. It was the juniors who did the work to sell the tickets and who will reap the benefit.

As the White Sox have told us in the past, "*the kids can play*". There was some good play in the junior divisions. And, there are an increased number of juniors who have progressed to the point where they can participate in the adult divisions. One father told me that he has taken up the game so that he can keep up with his kids!

How has this happened? It has happened through the dedication of many adults who love the game of racquetball. Most of them have children with whom they want to share that love. The kids have started following the "*ped pipers*" of racquetball, including Char Borre, Bob Croft, T.J. Ferro, Jordan Kahn, Bill Lyman, Dave Negrete, Sean Nelson, Fred Ritschard, Chuck Snyders, Tom Utterback and others. The individual efforts of many have been gathered together this year under the umbrella of **Junior Team Illinois**. The kids are practicing, supporting each other as teammates, and *competing* — against each other and against other states. It has to be very gratifying for the adults who have worked so hard.

The last event of the 2001 - 2002 Illinois tournament season will be the **USRA Junior Nationals**, hosted by the **Athletic Club of Bloomington**. It's the first time in a long while that a national racquetball event has been held in Illinois. Let's all support this tournament in any way we can to keep this game going...and growing.

Thanks for a great season,

Laurel

Annual Awards

continued from previous page

Female Player of the Year — Nancy Kronenfeld

Nancy Kronenfeld's nomination read, in part: "This is an athlete who has the heart to not only win, but to play her best each and every time that she steps onto the court. She's not in it for the glory, but just to be able to compete with all she has — this makes her a true winner!" Nancy's 2001 accomplishments (Women's 50+) include 1st place at National Singles, 1st place at Women's Senior/Masters, and 1st place at National Masters. Congratulations, Nancy, on your many racquetball achievements! Fellow nominees: Diane Bunker, Patrice Calvi, Janet Eminger, Cheryl Gudinas, Liz Molitor

Most Improved Player of the Year — Ubaldo Melo

Ubaldo Melo went from a "D" level player to an "A" player in a matter of months...a meteoric rise through the tournament ranks! His results include wins at USRA Regionals (1st Men's D); Summerfest (1st Men's C); Edens Oktoberfest (1st Men's C), Turkey Shoot (Men's B). This year, due to two full draw Men's B wins in the calendar season, he's playing Men's A. Nice job, Ubaldo; we're proud of your accomplishments! Fellow nominees: Ben Croft, Karen Marzano, Vito Rubiano, Russ Tatar

— The ISRA Officers and Board of Directors



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Annual Meeting Reminder

As mentioned previously in the March 2002 ISRA Newsletter, the Annual Meeting of the ISRA Board will take place on June 19, 2002, at the National City Bank office in Oak Brook at 2021 Spring Road, Suite 600 (use the elevator in the south-west corner of the building). As with all ISRA meetings, this meeting is open to the membership; however, this session is particularly important since all members attending have a vote in the election of the ISRA Board of Directors. If you've ever wondered what's discussed at a Board meeting, and/or have a desire to become more involved in Illinois racquetball, this would be a great place to start!

Juniors Excel at Palos Olympic Open

The 7th Annual Palos Olympic Open tournament adult results were covered in the March issue. However, there were junior divisions as well, and it's our pleasure to report the results:

Junior Boys 10 & Under 1. Jonny Belvedere

Junior Boys 12 & Under 1. Justin Fleck; 2. Nick Opyd

Junior Boys 14 & Under 1. Angel Khamis (also won Men's D in the same tournament!); 2. Mike DeGonia

Congratulations to all junior competitors, and a big thanks to Jerry DeGonia for coordinating the event!

—Cheryl Kirk

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The Official Translation Guide For Racquetball Players, Part 2

(Or... "I Would Have Won, but...")

by Don Grigas

Racquetball Phrase: "I know I'm a better player than this guy, but for some reason I can't seem to beat him."

Actual Meaning: I have one really good shot that works on everybody else, but it doesn't work on him and I know no other shot.

Racquetball Phrase: "I took lessons once a week for the last three months and practiced religiously three times a week and still lost in the first round."

Actual Meaning: My club pro, who is half my age, can now afford to attend Harvard, while I am too tired to hit a decent lob serve, much less the nuclear drive serve he taught me for more than \$200.

Racquetball Phrase: "I played pretty well early, but once I lost momentum I couldn't get it back."

Actual Meaning: In the first game I was leading 3-2 before my opponent won 15-5, 15-3.

Racquetball Phrase: "I got hot late, but it wasn't enough."

Actual Meaning: After losing the first game and being down 12-2 in the second game, he started goofing around and I scored a few meaningless points to lose 15-5.

Racquetball Phrase: "I have trouble with glass courts."

Actual Meaning: I don't watch the ball anyway, so it really doesn't matter if the wall was made of glass or sandpaper.

Racquetball Phrase: "I am not really obsessed with winning like everyone else. I just want to play for fun."

Actual Meaning: I soooooo much want to win a trophy!

Racquetball Phrase: "My opponent was acting like a jerk, and I wasn't having any fun."

Actual Meaning: My opponent got mad at me because I hit him at least three times...two

times during warmups.

Racquetball Phrase: "I played someone who obviously sandbagged into a lower bracket."

Actual Meaning: (S)he's the same girl/guy I always lose to in the finals when I sandbag.

Racquetball Phrase: "My conditioning didn't allow me to play as hard as I wanted for three days."

Actual Meaning: I am so out of shape I was huffing and puffing carrying a full gear bag up the steps of the racquetball club on Friday.

Racquetball Phrase: "I should have stayed with the pass."

Actual Meaning: I don't understand the concept of shot selection, and once I hit one decent splat shot I will continue to try it every time until I am standing in the hallway muttering to myself and listening to my wife tell me, "That's \$50 we'll never see again."



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St. Valentine's Day Massacre/ LPRA Women's Pro Stop

Athletic Club of Bloomington
February 14-17, 2002

In honor of Valentine's Day weekend and to continue what is becoming a long-standing tradition, we will again cover the Women's side first. The addition of the LPRA Women's Pro Stop to the St. Valentine's Day Massacre brought out the big guns and got the best women's draw of the season. We had 22 in the Women's Pro event, 18 in the Open's, 12 in A's, 6 and 8 respectively in Women's B and C, and 10 in the 35+. This is an excellent showing for Illinois women's events. Still we hope to continue to do better with more age divisions and additional lower ranked players next year. As to the quality of play, that also was among the best of the year. Chicago's own Cheryl Gudinas continued her dominance of the Women's Pro Tour, although she was pushed several times on her way to a victory in this event. In her second round match, Cheryl almost did not get past a tough Laura Fenton, winning in five games: (12), 14, 8, (6) and 9. (The LPRA plays best out of 5 to 11 points; you must win by at least 2 points.) In the semifinals, Cheryl almost had to go to a 5th game against Rhonda Rajsich winning in four: 6, (12), 6, and 11. Cheryl was then able to extract a measure of revenge against finalist and former Chicagoan Kerri Wachtel. Kerri pulled out a surprise upset against Cheryl at the US Open last November in Memphis. This time around, Cheryl won 12, 4 and 10. Other women's events also had plenty of drama. Those hanging around the courts early Sunday morning were treated to an excellent semifinal match between Laura Fenton and Johanna Shattuck in Women's Open. Johanna was diving all over the court like a woman possessed, taking the first game 15-13. Laura woke up the second game winning 15-3. However, Johanna again took over the momentum, diving all over with multiple gets, pushing Laura to the limit before losing 11-7. In one rally, Johanna must have dove full out 4 or 5 times to retrieve excellent shots hit by Laura. In the end though, it was not enough, but it sure was entertaining! Despite the early morning workout, Laura had enough left to take out Sara Borland in the finals, winning 4 and 8. In the other women's events, the winners clearly dominated the draws. The winner of Women's A, Stephanie Cobb, was pushed to only one tie-breaker by Cathy Bertucci in the semis; Joan Vande Kieft won easily in Women's B and Women's C; Josie Barnett took her traditional top spot in the Women's 35+ event.

On the Men's side, the draw was equally strong. The Men's Open/IRT Satellite event saw Michigan's Jack Huczek continue his dominance of mid-western events, beating Indiana's Brian Simpson 8, 2 and 3. Only

Brian and Illinois' own Eugene Coyle were able to score more than 7 points on Jack (in games to 11) during the whole tournament. In fact, only a total of 4 points were scored against Jack in his first two matches: two shut-outs and 4 games of one point each. Talk about dominance. Amazing. There were also excellent matches up and down the draw. Even if you are not playing in an Illinois event, you must come out and see the action. The Olympics athletes had nothing on these competitors—at least in heart, which is, after all, appropriate for a Valentine's Day Massacre.

— Mike Davern

Results

Division, # entries

First Place; Second Place; Semifinals

Women's LPRA Pro (22)

Cheryl Gudinas; Kerri Wachtel (OH)

Women's Open (18)

Laura Fenton (KS); Sara Borland (IA);

Johanna Shattuck, Jen Saunders

Women's A (12)

Stephanie Cobb (MI); Donna Heinzl; Janet Eminger, Cathy Bertucci

Women's B (6)

Joan Vande Kieft; Carolyn Watkins; Janet Christie, Amy Stasny

Women's C (8)

Joan Vande Kieft; Carrie Howard; Janet Christie, Amy Stasny

Women's 35+ (10)

Josie Barnett; Liz Molitor; Nancy Kronenfeld, Diane Bunker

Men's Open/IRT (16)

Jack Huczek (MI); Brian Simpson (IN); Eugene Coyle, Brian Pointelin (CO)

Men's A (15)

Russ Tatar; Vito Rubiano; Larry Vena, Bob Wright

Men's B (20)

Vito Rubiano; Jack Tamplin; Ray Meisner, Ricky Sitz

Men's C (16)

Dave Porzel; Jon Soike; Mike Belvedere, Jose Castro

Men's D (21)

Bob Littledale; Angel Khamis; Sami Abualsamid, Lee Scoville

Men's 35+ (8)

Cary Slade; Dennis Negrete; Sandy Stephens, George Pappas

Men's 45+ (13)

Dave Negrete; Dave Milazzo; Brian Castillo, Bob Wright

Men's 55+ (10)

Dennis McKee; Pat Taylor; Bill Welaj, Ron Yonkee

Men's Open Doubles (7)

Joey Logan/Ben Croft; Tim Austin/Jason Retzlaff; Rick Dern/Dave Milazzo, Dan Flood/Dennis Negrete

Men's A Doubles (9)

James Emslie/Scott Field; Brett Crawley/Bob Littledale; John Geatros/John Massard, Kevin Lio/Jon Joselan

Men's C Doubles (7)

Lee Scoville/Pete Schmeichel; Tony Falcone/Eric Tomek; Dave Porzel/Bryan Castro, Bill Apostolos/Tom Reed

Juniors 12 & Under (7)

Angel Khamis; Brandon Ritschard; Jason Young, Scott Ness

Shamrock Shootout

Glass Court Swim & Fitness

March 14-17, 2002

They just keep on coming — well-run tournaments courtesy of Glass Court & Co. One notable difference though, in this particular event — where was Doug Halverson? Doug, the traditional Glass tournament director extraordinaire, was not to be found...that's because Doug had recent back surgery with subsequent complications. Happy to report, though, that as of this writing Doug is well on the mend and itching to get back on the courts. (Players signed a "Get Well Doug" shirt posted at tournament control; this, no doubt, helped speed his recovery!) So this

year's Shamrock tournament director was Joey Brownlee, who did an excellent job upholding the fine reputation of this tournament. From my observations, he was organized and meticulous — everything went off without a hitch. Joey named many who helped out: Pam Grace, Lynn Yeazell, Liz Molitor, Gretchen Slusser, Peggy Hartmann, Patrice Calvi, Joe Silius, Cheryl Kirk, Jennifer Jaskier, Tom Utterback, Keith Mecklenburg, Jeff Grace, Laura Morgan, Grant Macuba, Rich Clay, Geoff Peters, Kara Peters, Dan Flood, Barb Utterback, Michelle

continued on next page

Shamrock Shootout continued from previous page

Halverson, Don Klopke, Dan Jaskier, Eric Rieman and Carrie Jaskier. Last, but not least, Diane and Joe DeArmas and the staff of Glass Court, who are always there when you need them, behind the scenes ensuring a great experience for everyone! (Diane, thanks especially for the Ektelon bag awaiting every entrant upon check-in!) And everyone looks forward to this tournament's Saturday evening corned beef and cabbage dinner, followed by entertainment from the Tony Smith Show (a perennial favorite), and the raffle of many fine prizes. So what happened on the courts? Well, a couple of guys came up from Missouri and got the attention of Illinois players. Josh Tucker and Chris Wright edged out Bill Lyman and Ben Croft in the Men's Open Doubles, then went #1 and #2 respectively in the Men's Open Singles...a handful of checks for these guys more than covered gas money! Iowa got into the picture, with Sara Borland (accompanied by her lovely family) winning Women's Open over Josie Barnett. Okay, let's not forget Indiana — Brian Simpson prevailed in Men's



Janet Christie and Liz Molitor enjoyed the Saturday night party!

30+. Back to Illinois, Tony Gonzalez, Men's B champ, earned his way into Men's A (this was his second full-draw win this season!) And a great moment as a happy Pam Santella logged her first tournament win, in Women's D (second tournament ever!). See the full listing of tournament results below...

—Cheryl Kirk



Glass Court's Barb Vagedes presents a check for 1st Place Women's D to Pam Santella

Results

Division, (Number entered)
1st, 2nd, Semifinals

Men's Open Singles (20)

Josh Tucker (MO); Chris Wright (MO); Ryan Homa (MN), Brian Simpson (IN)

Men's AA (8)

Matt Anderson; Tim Austin; George Pappas, John Thorson

Men's A (15)

Ron Calloway; Todd Sauerbrun; Joe Gill, Eric Battaglia

Men's B (22)

Tony Gonzalez; Vito Rubiano; George Kleber, Ray Meisner

Men's C (30)

Joe Kukielski; Todd Allen; Ruben Muruato, John Levy



Michelle Halverson & Joey Brownlee:
"Get Well Soon, Doug!"

Men's D (31)

George Vowell; Blair Wagner; Nickolas Kelly, Chris Kudrna

Men's Novice (2)

Michael Banish; Trevor Snyders

Men's 30+ (8)

Brian Simpson; Matt Anderson; Sandy Stephens, Cary Slade

Men's 40+ (8)

Bob Clar; Tom Griffith; Ron Calloway, Frank Bunker

Men's 45+ (14)

Dave Milazzo; Joe Silius; Len Restaino, Steve Lloyd

Men's 45+ Intermediate (6)

Ray Meisner; Tom Fehsel; Heinz Knops, Greg Burchill

Men's 50+ (6)

Horace Miller; Delmer Reed; Len Schultz, Gene Cromwell



Chris Wright & Josh Tucker
"Rich Guys from Missouri"

Men's 60/65+ (3)

Bill Schram (1st), Ed Olah (2nd), Manuel Rosiles (3rd)

Women's Open (9)

Sara Borland (IA); Josie Barnett; Nancy Schum, Liz Molitor

Women's AA (4)

Nancy Amaro; Diane Bunker; Ellen Somberg, Mary Crawford

Women's A (7)

Cathy Bertucci; Janet Eminger; Kathy Welker, Marcia Tilley

Women's B (7)

Joan Vande Kieft; Cheryl Kirk; Laura Samela, Char Borre

Rivalry at Its Best

I was lucky enough to catch a match at the Shamrock Shootout in March that, in my opinion, was one of the best matches I've seen in years. Kathy Welker and Janet Eminger are friends off the court but fierce competitors on the court. These women are probably in the best shape of their lives; they got to every shot, keeping rallies going past the normal 3 to 4 shots. One rally comes to mind, with Janet down in the tiebreaker. She hit a great cross court pass that even Russ Tatar couldn't have retrieved. With the athletic ability that Kathy possesses from her gymnastics days, she was able to lunge and retrieve the pass, forcing Janet to go to the forehand corner and up to the ceiling, then causing a flurry of setups and retrievals. Several shots later, Janet was able to hit a forehand pass so perfectly that it finally ended the rally. The crowd, having heard about the match in progress, gathered and clapped for both competitors fighting so hard for every point. The match went 11-10 with Janet taking the victory. Watching the match, I was so amazed at the energy these women had and I guarantee you that nothing was left on the court! Congratulations to you both!

—Tom Utterback

continued on next page

Edens Athletic Club March Madness

March 22-25, 2002

Edens Athletic Club was proud to host our 3rd annual "March Madness" tournament the weekend of March 22-25. More than 85 players battled for top spot honors. All divisions were full of exciting matches with countless tie-breakers!

Ben Croft broke Eugene Coyle's unbeaten streak with an impressive Men's Open final match victory. Home club favorites Bob Clar and Fred Barbara took home the Men's Open Doubles championship amid a stocked division. Men's A division champion Jeff

Hotler was unstoppable throughout the tournament. Tony Rosselli, the "B" Division champ, rode his no. 2 seed all the way through the finals. C.J. and Angel Khamis made it a family affair with division championships in the C and D divisions, respectively. Pat Taylor was his usual self with victories in both the Men's 45+ and 55+ divisions and Ken Yahiro took home the gold in the Men's 70+. Junior Team Illinois set the club abuzz on Sunday with 15 kids competing in three different divisions. Ben Croft, Angel Khamis, and Justin Fleck took first in the 16-, 14- and 10/12- divisions. Congratulations to all our winners on a great weekend! With the help of Dan Pepin, Nikki and Jim Egan, Denise Bozza, Pete Shesek and the Edens staff and countless volunteers, the tournament ran smoothly all weekend. Many thanks to our excellent sponsors for their tremendous support with food, gift certificates, trophies, bags, and numerous other goodies. The only thing that could have been improved upon was the ladies of our sport taking part in the "March Madness" competition. Ladies, please join us in October for our Fall Classic! To all our players, sponsors, staff and volunteers, thanks again for a great tournament. Check out the results below...

—Joe Gill

Shamrock Shootout

continued from previous page

Women's C (8)

Jennifer Jaskier; Val Demich; Janet Christie, Julianne Vrtis

Women's D (6)

Pam Santella; Gretchen Slusser; Debbie Waterstone, Erin Fleck,

Women's 40+ (3)

Nancy Schum (1st), Mary Crawford (2nd), Brenda White (3rd)

Men's Open Doubles (10)

Josh Tucker (MO)/Chris Wright (MO); Ben Croft/Bill Lyman; Bob Clar/John Baumeister, Eugene Coyle/Ryan Homa (MN)

Men's A Doubles (16)

Delmer Reed/Derrick Childress; Ron Scaduto/Keith Kareiva; Kelvin Branch/David Royster, Don Klopke/Jeff Jovien

Men's B Doubles (12)

Matt Malcheski/Dave Schoonover; Tom Fehsel/Joe Quirke; Joe Wilhelm/Dan Peterson, Randy Ems/Tom Curtis

Men's C Doubles (13)

Eddie Ruffin/Mike Belvedere; Todd Allen/Joe Kukielski; Ruben Muruato/Steve Erickson, Kit Lawson/Ed Olah

Men's 40+ Doubles (4)

Joe Silius/Bill Lyman (1st); Dave Milazzo/Frank Milazzo (2nd); Rick Cavaliere/Nick Radloff (3rd), Jeff Baumgartner/Kevin Yeazell (4th)

Women's A Doubles (3)

Kathy Dunham/Patrice Calvi (1st); Diane Bunker/Julie Carter (2nd); Laurel Davis/Liz Molitor (3rd)

Women's A Doubles (3)

Pam Grace/Terri Kozubik (1st); Janet Eminger/Barb Utterback (2nd); Sharon Cunningham/Debbie Windisch (3rd)

Women's B/C Doubles (4)

Char Borre/Jane Klass (1st); Chris Esposito/Laura Samela (2nd); Pam Santella/Deb Dallas (3rd), Peggy Hartmann/Gretchen Slusser (4th)

Mixed Open Doubles (8)

Sara Borland (IA)/Rich Clay; Ellen Somberg/Jim Hillman; Nancy Amaro/Frank Bunker, John Matarrese/Patrice Calvi

Mixed A Doubles (6)

Cathy Bertucci/Keith Mecklenburg; Karen Marzano/Raul Arteaga; Geoff Peters/Lynn Yeazell, Tom Curtis/Maria Johnson

Mixed B/C Doubles (4)

Joe Quirke/Dorothy McDavid (1st); Lee Cherry/Dorothy Che-Menju (2nd); Mike Mahon/Cheryl Kirk (3rd), Andre Szechowycz/Debbie Szechowycz (4th)

Results

Division, (# entries)

First Place; Second Place; Semifinals

Men's Open (9)

Ben Croft; Eugene Coyle; Dave Milazzo, George Pappas

Men's A (12)

Jeff Hotler; Joe Gill; Ron Calloway, Mike Bernstein

Men's B (11)

Tony Rosselli; Grant Macuba; Mike Sassetti, Leo Formanski

Men's C (8)

C.J. Khamis; John Fitzgibbon; Ed Niemiec, Jon Soike

Men's D (10)

Angel Khamis; Alberto Palacios; Antonio Correa, Joe DeRoche

Men's 45/50+ (3)

Pat Taylor; Fred Barbara; Ray Meisner

Men's 55/75+ (4)

Pat Taylor; Howard Denk; Bob Goodman, Ken Yahiro

Men's 70+ (1)

Ken Yahiro

Men's Open Doubles (8)

Fred Barbara/Bob Clar; Eugene Coyle/Joe Gill; Mike Sassetti/George Pappas, Howard Nixon/Jim Valenti

Men's B/C Doubles (3)

Grant Macuba/Tony Rosselli; Ed Gustafson/Ed Niemiec, Geoff Goldblatt/Dick Goldblatt

Junior Boys 10 & Under (5)

Nick Loy; Trevor Snyders; Matt Loy, Tony Falcone, Eric Schubert

Junior Boys 12 & Under (4)

Geoff Goldblatt; Justin Fleck; Adam Ivetic, Joey Limonciello

Juniors 14 & Under (3)

Angel Khamis; Erin Egan; Chris Schubert

Juniors 16 & Under (2)

Ben Croft; Dave Thomas

Landmark March Invitational 2002

Landmark Health & Racquet Club, Peoria, IL

March 1-3, 2002

"Racquetball Plays in Peoria!" The tournament shirt said it all, as players from all over central (and northern!) Illinois, Iowa, Missouri, and Ohio (Baldwin Wallace College) turned out on this cold and snowy weekend. The entry limit was 230, but tournament directors Kurt Mankle, Terry Sutton and Mike Vicary squeezed in about 30 more before they had to draw the line — some were then left to plan for early entries in the next tourney...

Did the capacity crowd cause bleary-eyed players to battle on late into the night on Landmark's eight courts? Not on your life — from my vantage point, matches were pretty much wrapped up before midnight on both Friday and Saturday, and everything ran like clockwork.

Kurt, Terry and Mike were supported by an impressive team of staff and volunteers: Teresa Plymale, Karen Carter, Scott Sutton, Brad Goeppinger, Peter Anderton, Sr., Pat Armstrong, Steve Kelly, Dale Smith, Carol

Bury, John Allen, Charlie Shempf, Melissa Kraft, Sandy and Jeff Camp, Julie Webber, Terry Kelly, Sue Malone, Monica Jordan, Greta Reynolds, Jeff Malone, Matt Kaag, Don Gall, Jake Sutton, Jim Freaner, Beth Hageman, Bill Malone, not to forget the maintenance crew, counter staff and babysitters...nice job, everyone!

Some pretty neat touches observed — posted referee guidelines above each court, mall gift certificates for winners of non-cash divisions, menu posted for the entire weekend (you and your stomach knew what to expect), referee incentive drawing (besides the \$5 payout, each time you ref'd, you put your name in and the winner won a free massage at Landmark!).

I really liked the club spirit, too — their recent state doubles winners' trophies were on display in the glass case at the front desk. If

continued on next page

Landmark Invitational continued from previous page

perchance you were from out of town and lost early, or if you brought your family along, there's a lot to do beyond the tournament itself — the Landmark complex is really something special — in addition to the club, under the same roof there's an OTB (off-track betting) facility, a bowling center; 12 theaters, an arcade, a sports bar...not to mention a big indoor mall nearby, a Wal*Mart right across the street, and negotiated hotel rates of approximately \$50-60/night.

A quick 2 1/2 hours' drive from the western suburbs, Mike (Mahon), Kit (Lawson) and I are already making plans to go back to Landmark's October 4-6 tournament; this was really an enjoyable weekend, and a nice change of pace from the bustle of Chicagoland! —Cheryl Kirk

Division 1st, 2nd, 1st Consolation

Men's Open

Andy Hawthorne (Baldwin Wallace), Greg Hasty II (Landmark), Tony Marquez (FitClub-Springfield)

Men's A

Brady Mann (Landmark), Ron Lewis (Landmark), Joe DeLuce (Univ. of IL - Champaign)

Men's B

Steve Taden (Landmark), Mike Flaherty (Plum Hollow - Dixon), Dave Howell (Village Courts)

Men's C

Doug Gordon (Landmark), Jeff Ensinger (Landmark), Jim York (Ottawa YMCA)

Men's 40+

Greg Hasty (Landmark), Rick Reynolds (Landmark), Rick Harris (Burlington YMCA)

Men's 40+B

Mark Mazza (Schaumburg Rec Center), Don Davis (Landmark), Al Sewell (Landmark)

Women's Open

Brenda White (The Edge - Peoria), Mo Egizii (YMCA - Springfield)

Women's A

Cheryl Kirk (Naper Olympic), Jennifer Bryce (Springfield Racquet & Fitness)

Women's B

Vicki Taylor (Landmark), Shelley Stewart (Fitness Center - Champaign), Greta Reynolds (Landmark)

Women's C

Lori Bilbrey (Macomb, IL), Tracy Cerovski (Baldwin Wallace), Andrea Bailey (Landmark)

Men's Open Doubles

Andy Hawthorne (Baldwin Wallace)/Rob Hartman (Scott AFB), Pat Armstrong (Landmark)/Mike Vicary (Landmark), Jim Freaner (Landmark)/Jeff Hayes (Davenport Athletic Club)

Men's Doubles A

Rick Harris (Burlington YMCA)/Brian Dameron (Burlington YMCA), Carl Bunker (Landmark)/Dan Curless (Landmark), Jim Maroon (Landmark)/Steve Kelly (Landmark)

Men's Doubles B/C

Jim York (Ottawa YMCA)/Carlos Rivera (2 Rivers YMCA), Terri Hinton (Image - Decatur)/Larry Boyer (Image - Decatur), Ken Springer (Plum Hollow - Dixon)/Mike Flaherty (Plum Hollow - Dixon)

Women's Doubles

Brenda White (The Edge - Peoria)/Leslie Miller (Image - Decatur), Terry Sutton (Landmark)/Stephanie Wolf (4 Seasons-Bloomington)

Mixed Open Doubles

Terry Sutton (Landmark)/Kurt Mankle (Landmark), Pam Schubach (Landmark)/Pat Armstrong (Landmark), Terri Hinton (Image - Decatur)/Mike Campbell (Fitness World - Jacksonville)

Mixed A/B Doubles

Stephanie Wolf (4 Seasons - Bloomington)/Tim Helphinstine (4 Seasons - Bloomington), Cheryl Kirk (Naper Olympic)/Mike Mahon (Naper Olympic), Liz Anderson (Fitness Center - Champaign)/Joe DeLuce (Univ. of IL - Champaign)

Juniors (17 & under)

R.J. Mercer (Landmark), Jake Sutton (Landmark)

Junior Novice (13 & under)

Ben Schlichting (Davenport Athletic Club), Michael McDowell (Bloomington YMCA)

Oak Park Hosts Wilson Night

Cliff Swain and Derek Robinson were not the biggest names at the Oak Park Athletic Club on March 12th. That would have been



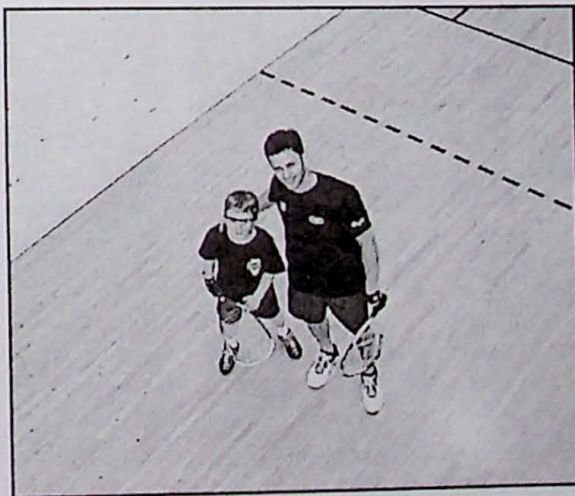
**Cliff Swain, Bill Lyman
and Derek Robinson**

Bill Lyman. Bill not only put the event together but he also promoted the event throughout the Chicago area and gathered more than a dozen of the area's junior players together. He also offered pizza (donated by local racquetball legend Tony Cosmano) and beverages. Prizes were handed out compliments of Wilson Racquetball.

The night was so well promoted that more than 60 players were on hand to watch #1 Player in the World, Cliff Swain, and #6 Player in the World, Derek Robinson, put on a clinic and an exhibition game. However, the best part of the night was watching both Cliff and Derek playing game after game with each junior player in attendance. They did not stop until everyone had the chance at one of the top guns. We



**Derek with local racquetball
legend, Tony Cosmano**



**Cliff Swain with a
young competitor**

were not sure who was enjoying the matches more, the juniors or Cliff and Derek!

The two world class players were in town for a photo shoot for Wilson's new catalog. They also put on a second exhibition at Palos Olympic promoted by Tom Utterback.

Thanks to all the players who participated in the events!

—Terri Graham



**Laurel: "Thanks to Dave and ACB
for hosting the State Singles!"**



**Female Player of the Year nominees Liz Molitor, Patrice
Calvi, Diane Bunker, Tom Utterback, and Janet Eminger.
Hey, wait a minute...!**

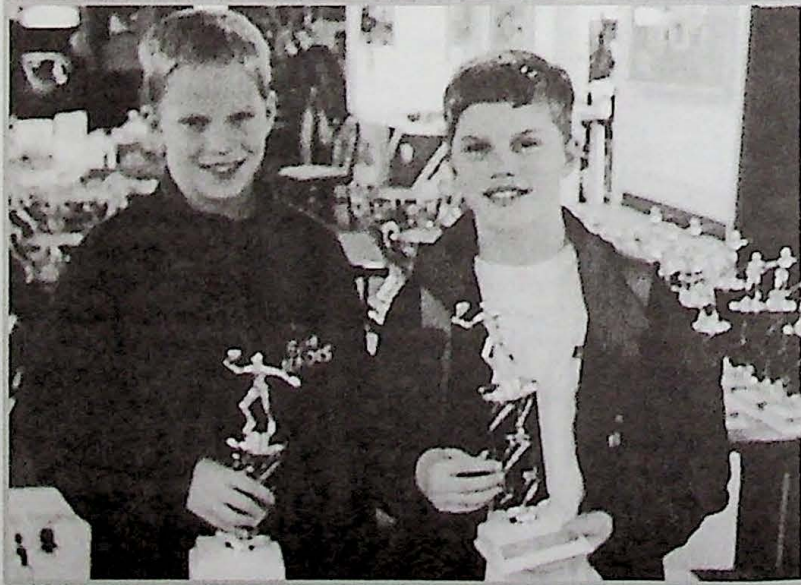


**Who's having more fun, Fred...
the kids, or you?!**

Illinois State Singles Championships

**Athletic Club of Bloomingdale
April 4-7, 2002**

As another tournament year nears its close, tons of players turned out for State Singles. These particular dates seemed a great choice, netting 291 entries from over 200 players. Tournament coordinators were just a touch nervous about "time change" weekend, but few missed their matches because of it (a failed hotel wake-up alarm here, an "I just plain forgot" there, but really not a problem). Matches were spirited, and some of the results in the skill divisions (A,B,C,D) identified those who will be moving up to the next division come July (or sooner, if they enter the Negrete Open). ISRA rules state that the winner of a full draw (12 for men, 8 for women) in State Singles must move up immediately, with the exception of Regionals and Nationals, where they can still play their lower division one last time! Congratulations to Russ Tatar (to "Open"), Vito Rubiano (to "A"), Sid Harshavat (to "B"), and Angel Khamis (to "C") in the men's divisions, and to Cathy Bertucci, moving from women's "A" to "Open" next season! Amenities throughout the weekend brought kudos from the players: "Team Illinois" tournament jacket; tournament program; trophies worthy of champions; hospitality virtually non-stop (made it hard to actually walk away more svelte than one walked in the door, thanks to the sponsors!). Laurel Davis, Tournament Director, thanks the following individuals for their contributions pre-, during and post-tournament: Patrice Calvi, Rich Clay, Mike Davern, Kathy Dunham, TJ Ferro, Jeff Grace, Pam Grace, Peggy Hartmann, Cheryl Kirk, Kit Lawson, Gloria Lang, Bill Lyman, Grant Macuba, Liz Molitor, Laura Morgan, Geoff Peters, Sharyn Rawls, Fred Ritschard, Joe Silius, and Lynne Weisbart. Special recognition goes to the Sue and Arnold Young family for their assistance with the hospitality and their participation — they get the (newly-established) Oscar for Most Players from a Single Family — Sue and all 5 kids (Vanessa, Jason, Stephanie, Jessica and Peter) competed! Congratulations to Junior Team Illinois (JTI) for their very successful raffle, netting over \$860 for upcoming activities. JTI members staffed the table and did a great job making sure that everyone had the opportunity to buy chances for prizes on Saturday evening! The ISRA Annual Awards ceremony recognized players and contributors to our sport (see front page). Besides the



**Brett Petricek & Trevor Snyders proudly display their
Junior Boys 10 & Under trophies**

front page). Besides the traditional awards, an official referee shirt was presented to Pete Shesek, omnipresent referee over many seasons (and a tournament desk coordinator's dream!) Many thanks to the sponsors of the tournament — Head/Penn Racquet Sports, Cub Foods, Little Debbie, Entenmann's, Jays, Frito-Lay, Hostess, Keebler, RC Cola and Nabisco. And this article wouldn't be complete without a very special thanks to Dave Negrete and the staff of the Athletic Club of Bloomingdale for their hard work toward the success of this tournament. Sincere gratitude also goes to Mrs. Pat Negrete and Juana Stoiser, for their assistance over the entire weekend. Special note to those attending National Singles in Houston — don't forget your Team Illinois warm-ups when you pack — let's show our Illinois pride as we kick you-know-what! Now, without further ado — The Results:

— Cheryl Kirk

Results

Division (Number in Draw)

1st; 2nd; Semifinals

Men's Open (14)

Eugene Coyle; Ben Croft; Cary Slade, Dave Negrete

Men's AA (6)

Jorge Ortiz; George Pappas; Sandy Stephens, Scott Ross

Men's A (23)

Russ Tatar; Eric Battaglia; Larry Vena, Mitch Becker

Men's B (16)

Vito Rubiano, Tony Rosselli, George Kleber, Luis Monsreal

Men's C (26)

Sid Harshavat; C.J. Khamis; Chris Caldwell, George Gonski

Men's D (25)

Angel Khamis; Bob Littledale; Bill Butterworth, Will Kazmier

Men's 25+ (3)

Russ Tatar; Jorge Ortiz; Chris Cotton

Men's 30+ (7)

Dennis Negrete; Cary Slade; Kent Hadraba, David Kerr

Men's 35+ (7)

Eugene Coyle; Jim Jeffers; Scott Ross, Rick Reynolds

Men's 35+ Intermediate (9)

Chris Caldwell; Royce Simpson; Ray Shimizu, Nick Kelly

Men's 40+ (15)

Bill Lyman; Tom Utterback; Bob Clar, Dave Negrete

Men's 45+ (12)

Dave Milazzo; Steve Lloyd; Doug Peterson, Gregg Mandell

Men's 45+ Intermediate (7)

Frank Smalarz; Brad Jordan; Mike Berdell, Randy Ems

Men's 50+ (10)

Joe Silius; Dave Olson; TJ Ferro, Frank Rusch

Men's 55+ (6)

Horace Miller; Pat Taylor; Joe Quirke, Bruce Mytys

Men's 55+ Intermediate (3)

David Seltzer; Barry Anders; George Smuckel

Men's 60+ (5)

Pat Taylor, John Talty, Sr.; William Gingold, Don Davis, David Seltzer

Men's 65+ (3)

Ed Olah; Ray O'Brien; Dan Dallas

Men's 65+ Intermediate (2)

Ray O'Brien; Dan Dallas

Men's 70+ (3)

John O'Donnell, Jr.; Max Call; Philip Dziuk

Women's Open (10)

Josie Barnett; Ellen Somberg; Diane Bunker, Liz Molitor

Women's AA (4)

Laurel Davis; Julie Vincent; Cathy Bertucci, Martha Huske

Women's A (9)

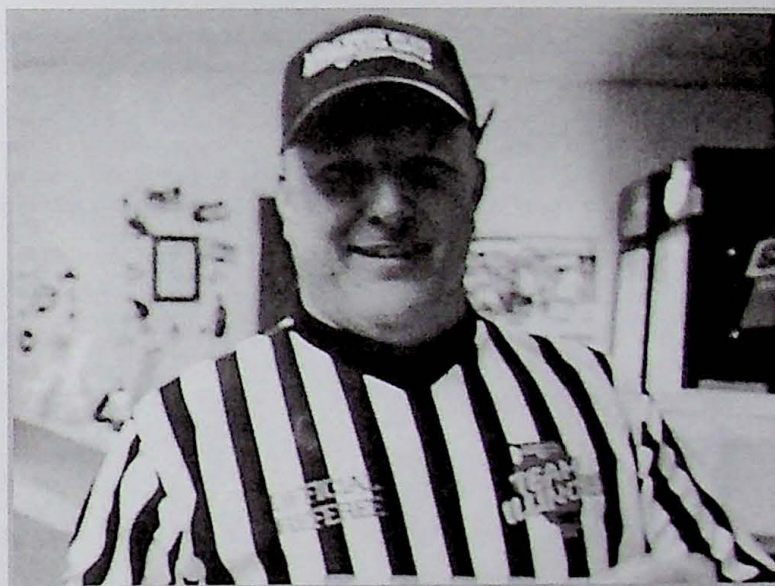
Cathy Bertucci; Janet Eminger; Kathy Welker, Donna Heinzl

Women's B (7)

Karen Marzano; Joan Vande Kieft; Cheryl Kirk, Lynn Yeazell



Men's AA Jorge Ortiz (1st)
and George Pappas (2nd)



ISRA "Official Tournament Ref" Pete Shesek



Deserving award nominees Eugene Coyle,
Patrice Calvi and Joe Silius

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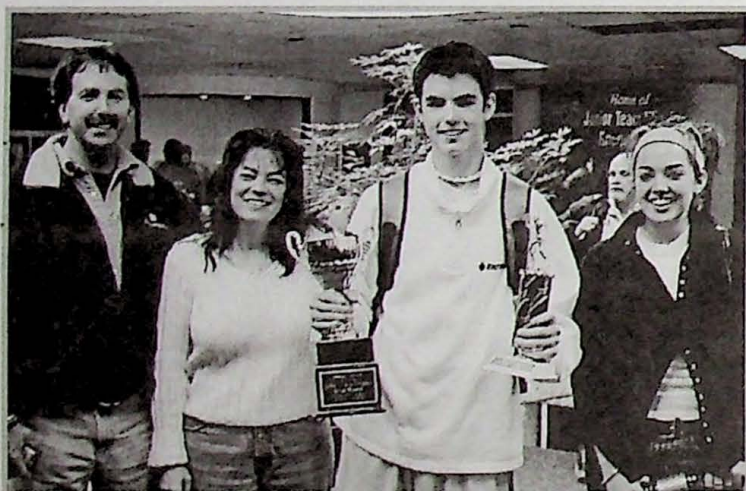
Illinois State Singles
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Women's C (7)
Kelly Carson; Carrie Howard; Carolyn Watkins, Sue Wojnowski
Women's D (6)
Janet Christie; Sue Wojnowski; Deb Bordignon, Amy Stasny
Women's 35+ (2)
Julie Vincent; Kathy Welker
Women's 35/40+ (6)
Ellen Somberg; Liz Molitor; Julie Vincent, Diane Bunker
Women's 45 Intermediate/45+ (8)
Brenda White; Kathy Dunham; Cheryl Kirk, Martha Huske
Women's 45+ Intermediate (4)
Cheryl Kirk; Janet Christie; Sue Young, Peggy Hartmann
Women's 50+ (3)
Kathy Dunham; Donna Heinzl; Pam Grace

Junior Boys 8 & Under Multibounce (2)
David Negrete; Pete Young
Junior Boys 8 & Under (4)
David Negrete; Eric Schubert; Daniel O'Malley, Pete Young
Junior Boys 10 & Under (8)
Trevor Snyders; Brett Petricek; Tony Falcone, Nick Loy
Junior Boys 12 & Under (11)
Justin Fleck; Geoff Goldblatt; Zac Antonoff, Trevor Snyders
Junior Boys 14 & Under (8)
Angel Khamis; Brandon Ritschard; Mike Antonoff, Wesley Lynch
Junior Boys 16/18 & Under (6)
Ben Croft; Mike DeGonia; Jeff Albert, Scott Ness
Junior Boys 16 & Under
Ben Croft; Mike DeGonia
Junior Boys 18 & Under
Jeff Albert

continued on next page

Double Trophy Winners Celebrate at the Illinois State Singles



Bob, Beth and Brittany Croft admire Ben's achievements!
Ben Croft, 2nd Men's Open, 1st Junior Boys 16 & Under



Laurel Davis congratulates Kathy Dunham
1st Women's 50+, 2nd Women's 45+



Pat Taylor
1st Men's 60+, 2nd Men's 55+



Ellen Somberg
1st Women's 35/40+, 2nd Women's Open

Illinois State Singles
continued from previous page

Junior Girls 10 & Under (3)
Izzy Vogt; Julia Negrete; Meaghan Reilley
Junior Girls 12 & Under (2)
Jamie Vincent; Jessica Young
Junior Girls 14 & Under (2)
Erin Egan; Stephanie Young
Junior Girls 18 & Under (2)
Lauren Ritschard; Vanessa Young

It's All in Your COURT! Be A SPONSOR!

Here's a challenge to all ISRA Members:

- ▶ Sponsor ONE NEW player to the sport of racquetball this year. Any age.
- ▶ Take him/her to your court... and teach the game. Stay with them until they can join a league on their own.
- ▶ Just think how good you'll feel when each of us sponsors the players of tomorrow!



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Travel League Season Wrap-Up



Fun (and great food) were had by all at the End-of-the-Season Party and Awards Banquet held Friday, April 12, at Glass Court Swim & Fitness. No one walked away empty-handed, thanks to the sponsors who donated the many prizes and gifts (E-Force, Ektelon, Penn and Wilson).

So how did the season end up?

- Glass Court won the Men's Open League
- Men's A/B champs represented the Athletic Club of Bloomington
- Latoff YMCA took Men's B/C North
- Glass Court prevailed in Men's B/C South

And the playoff winner for the city championship was... Glass Court!

Last but not least, the Women's Open League was won by Glass Court. (P.S. WE NEED MORE WOMEN!! Ladies, let's start talking now about next year's travel season. We can do this...)

Special recognition goes to Liz Molitor for her outstanding assistance with the scoring (and sending out those standings)!

Thanks to everyone who participated in the league for making it another great season — see you next year!

—Pam Grace, ISRA Travel League Coordinator



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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).



Physical Conditioning And Longevity

by John O'Donnell, Jr.

The two items mentioned in the title of this "mental meandering", as far as I am concerned, are inseparable and intertwined one with the other.

Our bodies are just like any other piece of equipment or tool that we use - it needs maintenance. There is one big difference - we can't drive in to a "body" garage and request an overhaul, replacing worn or broken parts - although at the rate technology is progressing that could be an option in the not too distant future. But, in the meantime, our need to be healthy and active in our "mature" years falls squarely in our court. This is not a passing fancy with a yearly New Year's resolution that evaporates by mid-February. It is an ongoing and daily activity that requires a little initiative and perseverance.

Although we may have been a "little" lax in our 20's, 30's and 40's, this does not mean that all is lost. The body is an amazing piece of machinery. It can be rehabilitated with a little dedication, foresight and a reasonable amount of time. If we have grown up with a sense of responsibility and discipline, then we understand the need to budget some time in our busy lives to keep the juices flowing and our physical condition in decent shape. If we have been too involved in family, work and extracurricular activities, then we may have to do a little remedial training.

As you have probably surmised from the above paragraphs, the "art" of staying or getting back in good physical health is mental. You have to have the desire and dedication to feel good physically. This doesn't mean a two or three hour workout every day of the week. If you have time - that isn't all bad. But the majority of us don't have that kind of time to devote to being "gym rats". We have to find a middle ground between doing nothing and over-reacting. Each individual has a different goal set for their personal situation.

Now comes the numbers and our game of racquetball. In studies done for Reebok in 1991 and 1992, covering a wide range of physical activity such as cycling, basketball, football, rope skipping, skiing, step aerobics, swimming, soccer, weight training, volleyball and running, racquetball burned more calories per hour than all but two of the above. Only rope skipping and swimming (lap swimming) were more productive in burning calories than racquetball. I guess either of those two would get the job done - but where is the enjoyment of accomplish-

ment - hitting a great kill shot, or driving a good passing shot by an opponent or making a spectacular "get" of an opponent's shot?

The inherent competitive nature of the game of racquetball makes it enjoyable no matter what our age. With the Seniors and Masters divisions of our sport, it becomes a great carry-over activity, akin to tennis, golf, bowling and squash.

So much for the "numbers". What we really need to dwell on is the mental approach to any activity. It takes a mental discipline to get into a routine of exercise. You have to dedicate at least one hour, three times a week, at a minimum, to start your body rehab. It can be in the early morning before going to work, at lunch time or in the evening right after work. But it has to be regular - a routine. If you don't make it that way, then it will be too easy to "just don't have time today, I'll make up for it next time" - but all too often that next time just doesn't materialize. Then, because you didn't make the effort a couple of days ago, it gets too easy to say "one more time won't make a big difference". We are right back where we started - basically doing little or nothing.

If you have done a reasonable or adequate job of staying in good physical condition, then adding a routine maintenance program is just icing on the cake. You've made it this far, now it's time to keep your insurance company in good financial health by delaying that life policy payoff for a few more years. Get into the weight room for just a few minutes - 15 is enough, after each racquetball match. A short routine of six or eight machines covering one set of 10 or 12 reps on each would go a long way towards building your endurance and getting rid of a little of that "excess adipose tissue" - better known as "fat".

As earlier stated, it's all mental. You have to have the desire, initiative and dedication to make it work. Quoting one of our better-known pro football coaches in his TV add: "It's your future, be there to enjoy it!"

Editor's Note: Great advice, and John lives what he speaks. John O'Donnell, Jr. is a former #1 ranked national age division champ in several age groups. He is a past Player of the Year in Illinois and has been consistently ranked as one of the best age division players in the state. He currently stands at 10th nationally in 75+ and 4th in 70+. Racquetball is truly a sport you can play your whole life!

The Future of Racquetball



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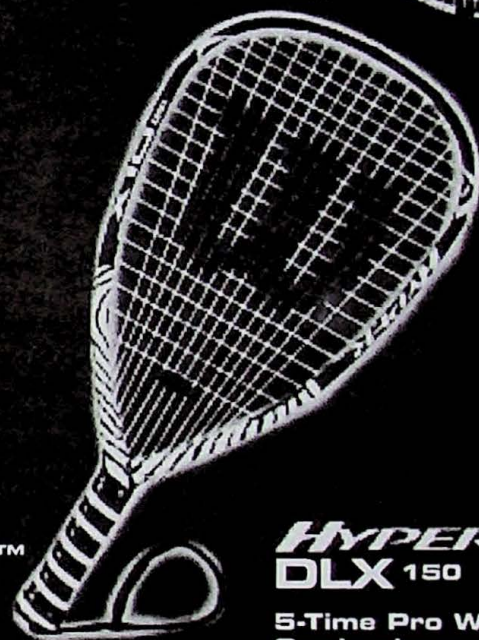


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Call Geoff Peters (773) 935-9685 to add your listing.

May 23-27, 2002

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Jim Hiser (719) 635-5396

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To add your club to this list, contact: **Mike Davern 630-579-8611**



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