



From The President

Fall is a beautiful season, a season of change. The days become shorter and cooler. The leaves change from green to shades of gold, orange, and red and then eventually fall from the trees. Pumpkins and corn stalks decorate the landscape. Each Indian Summer day is savored more because of the knowledge of the season that will follow.

As fall lingers on, golf matches and bike rides give way to indoor sports and a return to the racquetball courts. The dedicated racquetball enthusiasts and volunteers return from a summer of easy living and get back to work. Here are some changes you'll see as we start the 1999 - 2000 racquetball season.

There are some changes to the most recently published ISRA calendar. Check out the new calendar included in this issue.

There are also some changes in the Junior Tour schedule. Check the back of the ISRA Calendar for those changes. Did you know that over 500 junior players will have participated in the Junior Tour events by the time we get to the end of the season?

The ISRA web site has changed its address.....and it's a lot easier to remember. Please check us out at: www.illinoisracquetball.com

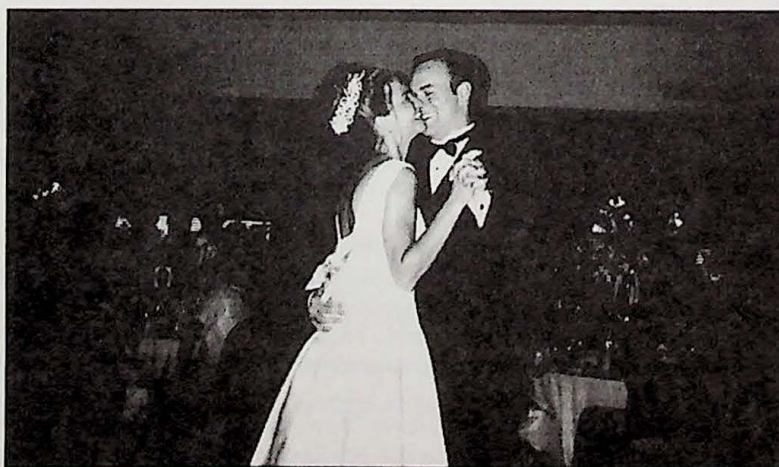
Last season's tournaments winners are changing divisions. Check last month's article listing those players moving to a new division or go to the ISRA website.

The State Doubles Tournament is changing dates and will be held on January 28 - 30 at The Glass Court Swim & Fitness Club in Lombard. (We keep looking for the perfect date !)

The State Singles Tournament (March 3 -5 at the Athletic Club of Bloomingdale) will offer prize money for the first time in Illinois state racquetball history. Now, that's a change ! And, of course, as you can see below, some people like Greg Hasty II had many changes!

So, make whatever changes YOU need to make and start the racquetball season right. Enjoy !

Laurel



July 17, 1999: Greg Hasty II and Karri Everett dance at their recent nuptials. Like any good Open player, notice he has the correct stance and grip!!

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Cheryl Gudinas: Can she win the Triple Crown of Racquetball?

Cheryl Gudinas has been having quite a year. She won the U. S. National Singles in Houston this past May and won the Pan Am Games gold medal in dramatic fashion. Her performance sparked some discussion in the racquetball internet newsgroup (alt.sport.racquetball) regarding the potential to record one of the best years ever in racquetball, if she were able to win the U. S. Open in Memphis.

If Cheryl Gudinas does win the US Open, she would be the first person to win the US National Singles, the Pan Am Games gold medal and the US Open in the same year. That would be quite an accomplishment, comparable to what Michele Gould did in 1996.

Racquetball competition in the Pan Am Games has only been held twice - in 1995 and 1999. World Championships are also held every two years (even numbered years - never the same year as the Pan Am Games). In 1995, Michele Gould won the National Singles, and also the gold medal at the Pan Am Games. There was no US Open in 1995. In 1996, she was the US National Singles Champion, World Champion and the US Open Champion. I think it will be years, if ever, before anyone puts together a streak like that. To "top" Michele's record, Cheryl would have to win the US Open, then win National's, Worlds and the US Open in 2000, the Nationals and US Open again in 2001.

However...if Cheryl wins the US Open, she'd be the first and only person to win the US National Singles, Pan Am Games Singles and US Open Singles crowns in the same year. And this feat would be on a par with Gould's Nationals, Worlds, US Open "triple crown" of 1996.

John Varrill from the racquetball newsgroup, alt.sport.racquetball.

Wilson introduces Hyper Carbon Racquetball Racquets

Wilson Sporting Goods has had overwhelming success with their two newest Hyper Carbon racquetball racquets, the *Hyper 150g* and the *Hyper Air Hammer*. Both racquets feature the breakthrough material Hyper Carbon® -- an ultra-high modulus carbon, which is four times stiffer, four times stronger, and 65% lighter than titanium. Additionally, the new racquets feature Power Holes, which are elongated grommet holes on the inside of the racquet head, allowing the strings to move freely upon ball impact, creating tremendous power.

The Hyper Carbon material was introduced at the 1998 U.S. Open tennis tournament, but launched in racquetball racquets in June, 1999. Hyper Carbon is a space age material developed by Toray Industries Inc., the largest supplier of composite materials in the world. This technological breakthrough, proprietary to Wilson, has produced amazing performance results in Wilson racquetball racquets.

The new *Hyper 150g* and *Hyper Air Hammer* racquets feature Wilson's patented Hammer technology, which removes weight from the handle and shifts it to the racquet head. At 150 grams, the *Hyper 150g* is the lightest racquetball racquet ever made, while the *Hyper Air Hammer* weighs only 180 grams. These ultralite, head-heavy racquets provide lightning-quick maneuverability with tremendous power and superior stability.

Cliff Swain, Five-Time Pro World Champion, plays the *Wilson Hyper 150g*, while Derek Robinson, ranked #6 on the IRT Pro Tour, plays the *Hyper Air Hammer*. Interested customers can learn more about Wilson's complete line of racquetball products by calling the company's customer service number at 800-WIN-6060. Computer users can also inquire directly through the company's web site (<http://www.wilsonsports.com>).

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An open letter to all Illinois Sponsored Players:

We show up at tournaments, play our games with our sponsored clothes and racquets and go home. How many of us give anything else to the racquetball community? Are we giving anything back to the sport?

This year, the Junior Clinic Tour and the Junior Series mini-tour stops are being sponsored by all of the major racquetball companies in Illinois: HEAD, E-Force, Wilson, Pro-Kennex, Penn and Ektelon. As sponsored players from these companies, we need your help as leaders in this sport. We are asking you to help this program grow. Junior stops in Illinois will reach over 500 kids this year, most of whom don't get the opportunity to walk into health clubs and enjoy the facilities they have to offer. I encourage all of you volunteer a couple of hours this year to give back something to a sport that has given us lots of enjoyment over the years. You will be helping kids learn the game and also bring new players into the sport to help the game we love grow.

Any player, whether sponsored or not, and especially any sponsored player who would like to help out, should call T.J. Ferro at 630-357-7200 and join the Junior Clinic Tour instructor staff. You do not have to be a trained instructor or open level player to participate in the Tour. Our programs are very simple and only run a few hours per stop. We look forward to hearing from all of you this season.

T.J. Ferro, Krystal Csuk, Tour Co-commissioners



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Racquetball Websites

ISRA Website: <http://www.illinoisracquetball.com>
Check out the ISRA website for updated tournament information, tournament results, ranking information, and to find out what's happening at Illinois Clubs. Stop in and check it out soon!

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

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

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

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

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

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

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

Gemini Racquetball: <http://www.craiga.home.mindspring.com>

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

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

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

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

1999/2000 ISRA Newsletter Advertising Rates

GUIDELINES:

- The ISRA Board of Directors has established a formal policy of not allowing advertisements to include **product pricing**.
- All ads are assumed to be camera ready. They can be accepted electronically in .tif, .pcx, or .ppt formats.
- If ads are run for the entire season, **AND** payment is received with the first issue, the sixth ad is FREE!
- These rates are in effect until December 30, 2000.
- Ad deadlines are as follows:

Issue Mail Date	Article/Releases Due	Stuffers/Inserts Due
11/1/99	10/12/99	10/20/99
1/1/00	12/9/99	12/13/99
3/1/00	2/12/00	2/20/00
5/1/00	4/12/00	4/20/00
7/1/00	6/12/00	6/20/00

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

The Junior Clinic Tour got off to a rousing start this year, with the first two stops under our belt as we go to press. The Junior Clinics are 2-3 hour training sessions for kids with some of the top racquetball players in the state. The kids are taught the forehand and backhand strokes, game techniques and training tips.

The first stop was at the Evergreen Racquet and Fitness Club, a new club to the Junior Clinic Tour. T. J. Ferro, Tour Co-commissioner, noted that the Tour hopes to continue to add new stops. The Evergreen stop picked up 17 kids, all new to racquetball. "The kids had a great time and this stop meant a lot to me personally as I really got the feeling of giving something back to the sport," said T.J. Ferro. Club Pro Winston Cole and Lee Cherry set up the stop and helped with the training duties along with Rob Ayres of Pro-Kennex and Dorothy McDavid, all of whom volunteered their time to help the kids out. The highlight of the session, according to T.J., came at the end of day when time came to give away a few gifts. "We gave away a set of eye guards, T-shirts and a new racquet from Ektelon," said T.J. "I wish I could have given away racquets to all of the kids attending, but we just do not have the funds. The look on their faces over the free stuff was just something else." As a result of this experience, the Junior Tour is looking for your help. At upcoming tournaments a box will be set up at the tournament desk so that ISRA members can donate their used racquets and equipment. The tour will see to it that these racquets find a good, loving home.

The second stop of the year was at the Glass Court in Lombard. Twenty-one kids came to the club, despite some excellent early fall weather. Most of the kids had never been to a Tour stop, even though the Tour has had sessions at the Glass Court many times in

the past. "This is what the Tour is all about," Tour co-commissioner Krystal Csuk noted. "We have the opportunity to introduce kids to racquetball and get them, and their parents, excited about this sport." While Krystal was impressed with the kids, the kids were equally impressed with her, as T.J. noted that Krystal is currently ranked the #2 player in the country for girls 16 and under and is a member of the Junior Olympic Team. "Krystal has been an

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integral part of the Tour and has been a lead instructor for the past two years. We would not have been able to pull this together without her help," said T.J. Thanks also to the Glass Court and Char Borre, who consistently support Junior programs, both for the Junior Tour and for their own members. Lastly, the Tour would like to thank instructors, Tom Griffith from Team Wilson, Mike Davern from Team HEAD, Cary Slade from E-Force and Lynn Hiorns from Ektelon for their help. We look forward to seeing you and your kids at future stops. Check out the Tour schedule on the back of the Illinois Tournament Calendar and look for further updates here and on the ISRA website at <http://www.illinoisracquetball.com>.

Who's Who on the ISRA BOARD

ed. note. We thought that you might like to learn something about the ISRA board members who help make the state organization run. We are always looking for suggestions on how to improve Illinois racquetball. We hope that you feel free to contact any one of us, including Sean Nelson, profiled below, with your ideas, suggestions, comments and criticisms.



Sean Nelson and Frank Aguilar after winning Buehler YMCA's "One Day Doubles Tournament"

Sean Nelson has been playing racquetball for 20 years, which might be why you see him sporting some gray streaks in his dark mane. Sean has the advantage of allowing his avocation, playing racquetball, to mix with his vocation, running health clubs in the Chicagoland area. Sean is currently the Associate Executive Director at the B. R. Ryall YMCA in Glen Ellyn. Many ISRA tournament players know Sean from his previous club duties at the YMCA in Elgin and at the Buehler YMCA in Palatine. Wherever Sean works, you know that racquetball participation is bound to grow. According to Sean, "The key to any racquetball program's success is to have someone in charge who loves racquetball. Space is always a premium at any health club, especially heavy-use facilities like the YMCA's. You have to commit effort to the racquetball program to make the program a success." That means, at Sean's clubs, running leagues, giving lessons, hosting clinics, posting results and printing newsletters, while at the same time keeping up with his other club duties. It also means hosting tournaments if your club is going to be serious about its racquetball program. This year Sean will be the tournament director for two tournaments at the B. R. Ryall, as well as hosting a tournament at each of his previous clubs in Elgin and Palatine. In addition, Sean will once again be the tournament director for the ISRA State Doubles tournament at the Glass Court in January. Quite a load to carry.

Sean's is also the ISRA Vice President, a leadership role which Sean takes to naturally. With a background in sales (he managed a rental car agency in California before coming to Chicago) Sean has been a leader in developing membership ideas for the board, the fruits of which we hope ISRA members will begin to see as this season unfolds. With all of this activity, it is hard to believe that this father and husband finds any time for racquetball itself, although Sean's game has developed to the point where he was able to win a tough Men's B draw at the Glass Court Turkey Shoot, last season.

The ISRA board members all appreciate Sean's involvement in Illinois racquetball and wish him well in his new position at the B.R. Ryall. When you're in Glen Ellyn, stop by to say hello.

A Triple Victory at National Doubles as Terri Graham Leads Illinois Players to Baltimore

Three events. Two different partners. Three gold medals. Not a bad week at the National Doubles for Terri Graham. As double first seeds in Women's 30+ and Women's 35+ Terri Graham along with partner Chris Evon took home double wins. Chris and Terri had to face second seeds in both finals as the draw held to form in both events. In the Women's 30+ they defeated Doreen Fowler and Sandra Kubany both from Maryland 5, 10 after only losing one game in their march to the finals. In the 35+ division they were tested early losing their first game in the finals to second seeds Kersten Hallander and Chau Phan both of California 7-15 before winning 15-7 and 11-4. Terri Graham, obviously not in Baltimore for sight-seeing, took her third gold medal with Bill Lyman in Mixed 35+. Bill also came to Baltimore to get some work done as he also played in three events, taking third in Men's 35+ with Bobby Haab (Ct.) and fourth with Chris Evon in Mixed 35+.

1999's National Singles Champ and Pam Am gold medal winner, Cheryl Gudinas took second along with her partner, Jimmy Lowe of Alaska, losing to Jackie and Joe Paraiso in Mixed Opens, 5, 9. Jackie Paraiso and Laura Fenton also stopped Gudinas and partner Mailia Bailey, Virginia in the semis of Women's Open on their way to their eventual victory.

Lola Markus recorded double second place finishes in Mixed 60+ (with Paul Banales, Az.) and Mixed 65+ (with Robert Malcom, Fl.) and a quarterfinal finish with Jo Kenyon (Fl.) in Women's A/B. Other top Illinois finishers:

Kerri Stoffregen Chris Wachtel (Oh.)	Mixed 24-	Semis
Kerri Stoffregen Elaine Albrecht (Oh.)	Women's Open	Quarters
Jason Brownell Scott Reiser	Men's B	Quarters
Lynn Adams Kathy Wisthoff	Women's 40+	Round 16
Lynn Adams Rich Clay	Mixed 35+	Quarters

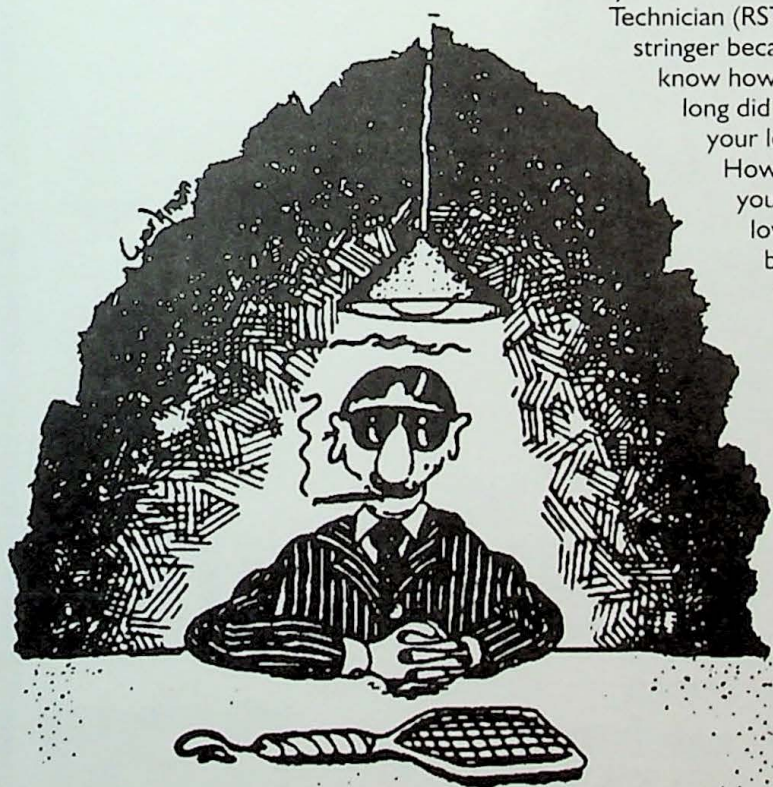
Congratulations to all of the participants. We appreciate all of your efforts to keep up the excellent Illinois reputation!!!

Racquet Service Technician or Stringer—a primer

Ed. Note: ISRA tournament players may know Ralph Kusche, even if they don't know his name. He is usually the guy standing quietly in a corner waiting for some string disaster to strike. Many a player would not be able to get through the tournament without the comfort and security of knowing he is there. We thought we would pick Ralph's brain over the next few issues to see what is up in the world of string. Got any questions you want to ask, send them to the ISRA at <http://www.illinoisracquetball.com> or just pick up the phone and give Ralph a call at 618-667-8243. Just don't call him a stringer. Ralph is a Racquet Service Technician as he explains below:

Anyone can learn to become a "stringer". However, I prefer the term, Racquet Service Technician (RST), even if it sounds too politically correct. I use this term instead of stringer because so many people seem to know how to string a racquet but so few know how to do it right. A good RST will ask you about your last set of strings—how long did they last, how was the tension, power, control etc. They will ask about your level and playing style. Is there something you'd like to have more of? How often do you play and how often do your strings break, if ever? Next, your tech should explain tension recommendations for your racquet followed by differences in string gauges. You, as the paying customer, need to be able to answer these questions to the best of your ability. You should try to learn as much about your RST you can. Ask how many racquets they normally string in a given week, if the tech is familiar with your racquet and if they are willing to stand behind their work?

Once you decide on your tech, you should try to observe the installation of the cross strings. This is what separates good stringers from bad. Proper cross string installation is done by weaving the first two crosses before tensioning the first one and then continually repeating the pattern. This accomplishes two things. First, it raises the opposing main strings as you proceed along the face of the racquet thus reducing the friction of the installation. This friction can cause premature notching, where a main and a cross string intersect. Notching, along with the power of today's players cause about 90% of string breakage. Second this method speeds the stringing which gets the racquet back in the player's hands faster. For more information on choosing a Racquet Service Technician or a certified stringer see the United States Racquet Stringing Association website at www.usrsa.com



It's important to find a stringer you trust...

Ralph Kusche

Things to remember when drilling

ed. note: This is part of a continuing series from AmPRO Instructors in Illinois and around the country. This excerpt is from Leo Vasquez, AmPRO Instructor and frequent racquetball internet newsgroup participant from Plano, Texas:

1. Drills should be set-up with precise goals in mind for each session.
2. Sessions should be approximately 20 minutes in length.
3. Drills allow you maximum benefits because of their repetitive form involved.
4. Drills should be preceded by visualization of the perfect shot and footwork.
5. Stick with the same drill until you get positive results.
6. Follow the session plan.
7. To avoid boredom, think creatively and modify your drills.
8. Work on the basics first and then add difficulty.

DRILLS

Drop and Hit: A player drops and hits the ball from several locations on the court. The player executes forehand and ceiling shots using

this drill. The player should practice passing, pinching, ceiling, off-the-backwall, splats, and vary the locations. There are many different varieties of shots that can be practiced in this manner.

Setup Off the Backwall: The player tosses the ball into the backwall and strikes the ball as if playing the ball off the backwall. The player should practice all varieties of shots from several positions with their forehand and backhand.

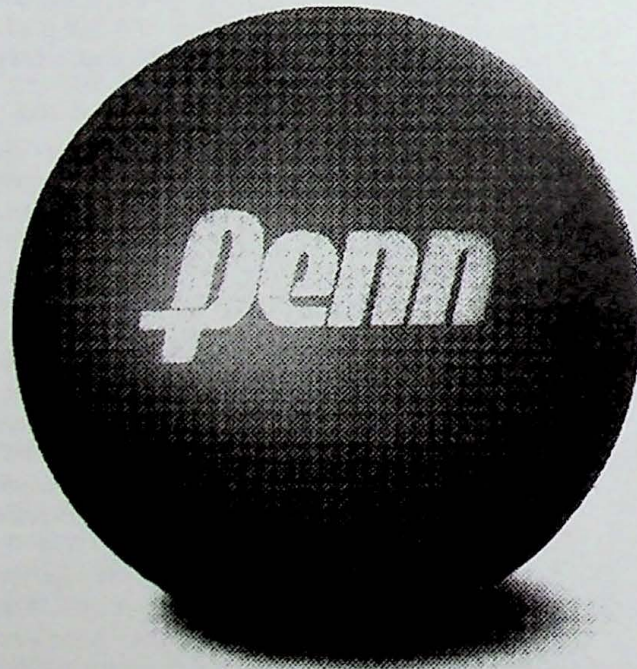
Setup Off the Frontwall: The player hits a shot that gives them a set-up off the front wall. The player must execute a specific shot before the ball bounces twice.

Shuffle: To shuffle means stepping and sliding laterally from one side of the court to the other. When shuffling, both feet should be pushing, don't let the trail foot drag. Make sure both feet push off with each step. Keeping your center of gravity low, knees bent, and go as fast as you can back and forth across the court.

The amount of time you spend working on your racquetball skills will dictate your degree of success!

Good Luck!!

*Leo R. Vasquez
AmPRO Professional Instructor
Plano, Texas*



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Central Illinois Racquetball Tournament Calendar 1999-2000

NOV. 5-6	DOUBLES TOURNAMENT JEFF MCDOWELL (309) 827-6233	BLOOMINGTON YMCA
NOV. 12-14	FALL OPEN LARRY BOYER (217) 424-9925	IMAGE HEALTH AND FITNESS, DECATUR
JAN. 7-9	ILLINI OPEN* STEVE STONE (217) 355-0140	IMPE BUILDING, U OF I ISRA SANCTIONED!
JAN. 15	SHOOTERS CLASSIC I DAY DOUBLES NORTHGATE RACQUET CLUB, GALESBURG, IL ANGIE BRAND (309) 344-3600	
JAN. 22	I DAY DOUBLES* BOB GRAF (217) 356-1616	THE FITNESS CENTER, CHAMPAIGN
JAN. 28-30	WINTER CLASSIC TERRY TAYLOR (217) 428-6606	DECATUR YMCA
FEB. 4-6	Tournament AT THE CLUB* ALISON SCHOMBURG (217) 787-1111	THE CLUB, SPRINGFIELD
FEB. 18-20	PRESIDENT'S DAY LARRY BOYER (217) 424-9925	IMAGE HEALTH AND FITNESS, DECATUR
FEB. 25-26	4 SEASONS BEV SCHUBBE (309) 663-2022	4 SEASONS, BLMGTN
MAR. 3-5	LANDMARK INVITATIONAL* TERRY TAYLOR (309) 685-8200	LANDMARK RACQUET
MAR. 17-19	ST. PAT'S OPEN SARA WELCH (217) 787-2460	SPRINGFIELD RACQUET AND FITNESS
APR. 21-23	ILLINI CLASSIC* BOB GRAF (217) 356-1616	THE FITNESS CENTER ISRA SANCTIONED!

* Asterisked tournaments are on the ISRA Calendar as well

WRA Calendar 1999-2000

November 5-7	WRA State Doubles Supreme Health & Fitness Sanctioned	Madison Howie Grigg 608-274-5080
November 19-21	The First Tourney Mukwonago Athletic Club	Mukwonago Carol Pellowski 262-363-2212
December 3-4	Candy Cane Classic Wisconsin Athletic Club	Waukesha Trish Elftman 414-544-4111
January 14-15	Post Holiday YMCA Green Bay YMCA	Green Bay Bernie Scheer 920-983-3454
January 21-22	Winter Classic Southridge Athletic Club Sanctioned	Greenfield Kevin Leon 414-421-5770
February 11-12	Titletown PRO-AM Western Racquet and Fitness Sanctioned	Green Bay Bernie Scheer 920-983-3454
February 12	Cupid's Killshot Southridge Athletic Club	Greenfield Kevin Leon 414-421-5770
February 18-20	President's Day Open Wisconsin Athletic Club Sanctioned	Waukesha Trish Elftman 414-544-4111
March 3-4	March Shootout Lake Country Athletic Club Sanctioned	Hartland Kevin Leon 414-421-5770
March 11	St. Pat's One Day Doubles Wisconsin Athletic Club	Waukesha Trish Elftman 414-544-4111
March 17-18	Milwaukee City Championship Wisconsin Athletic Club	West Allis Gary Schlein 414-321-2500
March 24-26	WAMBO Supreme Health & Fitness	Madison Howie Grigg 608-274-5080
March 31-Apr 1	State Singles Tune-Up Mukwonago Athletic Club	Mukwonago Carol Pellowski 262-363-2212
April 7-9	Wisconsin State Singles Wisconsin Athletic Club Sanctioned	West Allis Gary Schlein 414-321-2500
April 15	Wisconsin Open Doubles Wisconsin Athletic Club	Waukesha Trish Elftman 414-544-4111
May 6-7	WRA State Juniors Mukwonago Athletic Club Sanctioned	Mukwonago Carol Pellowski 262-363-2212
May 20-21	Junior Regionals Wisconsin Athletic Club	Waukesha Trish Elftman 414-544-4111
June 17	Jerry Stoltmann Memorial Summer Open	West Allis Gary Schlein 414-321-2500



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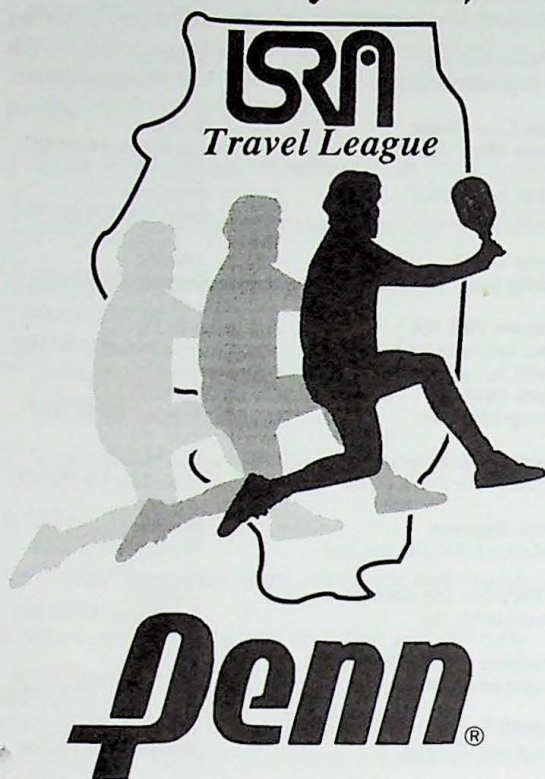
Adult competitor \$20.00
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Junior competitor (without RACQUETBALL Magazine) \$10.00
RACQUETBALL Magazine subscription only \$15.00
Tax-deductible donation \$
Total enclosed \$

Tournament _____ Representative _____

All memberships are for one year, and include a subscription to RACQUETBALL Magazine.



Travel League Update



The 1990-2000 Travel League is underway with only a slight delay this year as compared to last. We have 38 teams this season playing out of 21 different clubs. The rule change creating A/B teams helped reflect the correct level of play of the participants from last year's program. Under the previous rules, winners of B tournaments were forced to play on Open teams or not play at all in situations where higher level non-tournament A players could continue to play for B teams. Now both players can remain on their respective A/B teams. Of course, as with Open level divisions in tournaments, anyone can form an Open level team to face the toughest competition that the city has to offer. This year we will provide monthly status reports on the ISRA Website at www.illinoisracquetball.com. The first update is scheduled to be up on the site by the end of October. Team captains, please remember to fax your results in to us at (630) 469-3748 as soon as you are able. Good luck to all teams and we hope you have a successful and fun season.

Challenge Court Nights

Palos Olympic Health and Racquet Club

Fridays 7-11 \$5.00

Oak Park Athletic Club

Wednesdays 4-7 and Saturdays 12-3 \$8.00



Illinois State Racquetball Association

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