

In This Issue...

From The President
2

USA Racquetball
2005 National
Singles
3-5

Edens Summer Slam
6

2005 Junior
Nationals
6

ISRA Annual
Golf Outing
7

Junior Team Illinois
7

Summerfest
8-9

Dog Days Open
Title Goes to
Herrera!
10

2005 NMRA
Masters International
Championships
10-11

ISRA 2005-2006
Tournament
Calendar
11

Back to Season
Fitness
12

Movin' On Up
2005-2006
14

ISRA Officer and
Board Member
Election Held
14

Racquetball
Challenge Courts
16

Central Illinois
Racquetball
Tournament
Calendar 2005-2006
16

ISRA

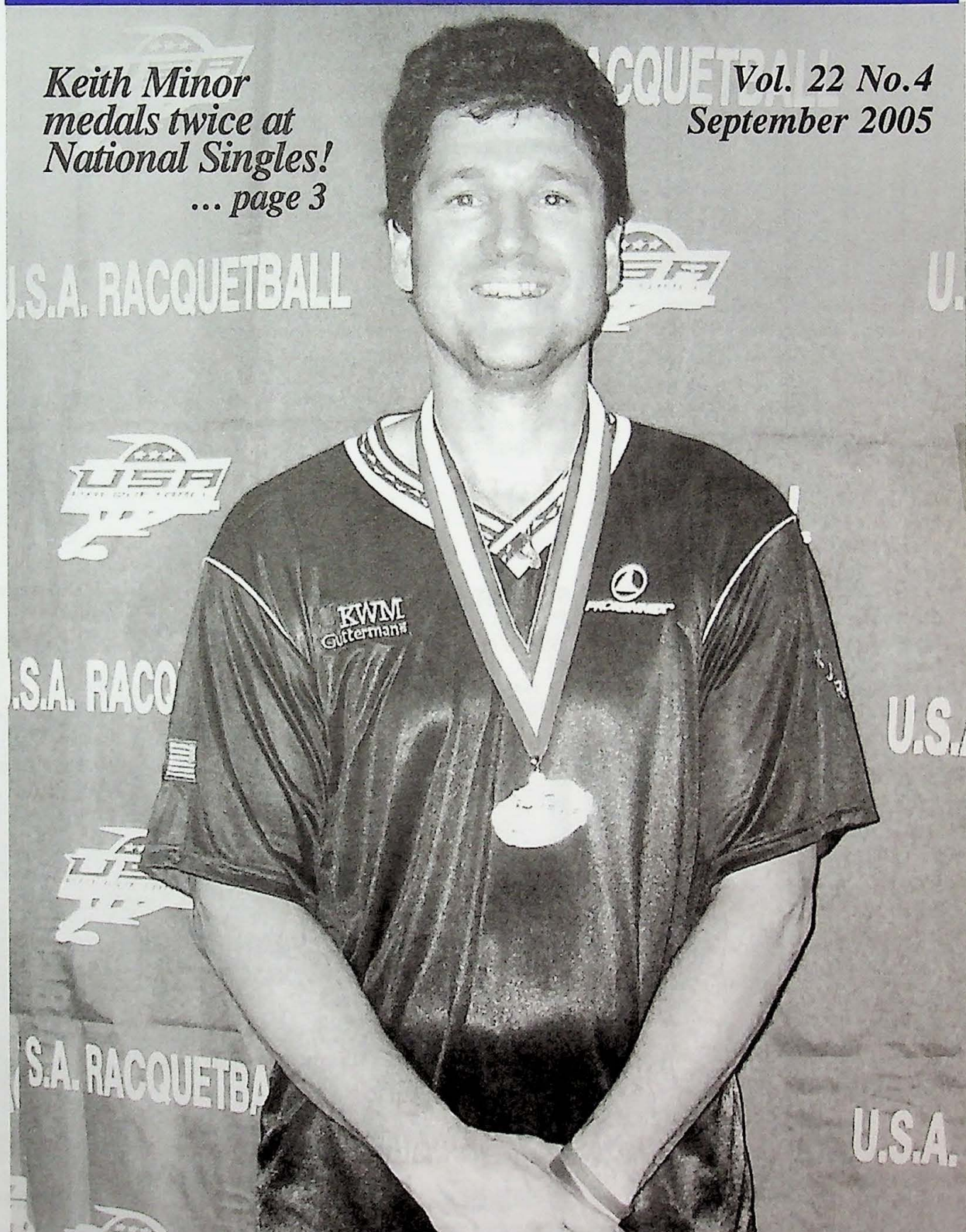


Newsletter

The Official Publication of the Illinois State Racquetball Association

**Keith Minor
medals twice at
National Singles!
... page 3**

**Vol. 22 No.4
September 2005**



ILLINOIS STATE RACQUETBALL ASSOCIATION

PRESIDENT

Laurel Davis - Hinsdale

VICE PRESIDENT

Cheryl Kirk - Naperville

SECRETARY

Judith Young - Lisle

TREASURER

Michelle Halverson - Lombard

ZONE VICE PRESIDENTS

Carol Bastien - Vergennes (South)

Larry Boyer - Mt. Zion (Central)

Lynne Weisbart - Highland Park (North)

Doug Halverson - Lombard (West)

GOVERNING BOARD

Patrice Calvi - New Lenox

Rich Clay - Libertyville

Mike Davern - Naperville

T.J. Ferro - Naperville

Pam Grace - Wheaton

Geoff Peters - Chicago

Joe Silius - Mokena

Chuck Snyders - Woodridge

Tom Utterback - Orland Park

AUXILIARY BOARD

Jeff Grace - Wheaton

Nancy Kronenfeld - Park Ridge

Kit Lawson - Naperville

Kurt Mankle - Peoria

Dave Milazzo - Gurnee

Liz Molitor - Glen Ellyn

Terry Sutton - Peoria

Mike Vicary - Metamora

Lynn Yeazell - Naperville

ISRA NEWSLETTER STAFF

Cheryl Kirk - Editor

Geoff Peters - Associate Editor

Mike Davern - Advertising Editor

Kit Lawson - Photo Editor

The ISRA Newsletter is published in September, January, March and June, and is the official publication of the Illinois State Racquetball Association (I.S.R.A.). All rights reserved. Copyright 2005. Reproduction in whole or in part of any text, photograph or illustration without written permission from the I.S.R.A. is strictly prohibited. Changes of address, "Letters to the Editor", photographs and editorial contributions should be sent to: Editor, ISRA Newsletter, 1064 Sylvan Circle, Naperville, IL 60540. (630) 305-8291. Ad rates available upon request.

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

From the President

As I sit here with a phenomenal golf tan, I wonder how I will look when I hit the racquetball courts. Will my racquetball skirt be long enough to cover the white part of my legs? Will my socks cover my white ankles? Will anyone notice that I have a permanent "v-neck"?

It's been a great summer for golf, but the time is nearing to return to the courts. Organizing for the upcoming racquetball season is in full swing. Travel Team captains are meeting, tournament schedules are being finalized and USA Racquetball is finally implementing the on-line services promised just about two years ago.

That's pretty exciting! We will be able to execute much of our tournament management on-line and enter results directly into the national database. When we get some history into the system, hopefully the ranking issues some of you have noted will work themselves out. In order to bring everybody up to speed on the new systems, a Tournament Directors' meeting will precede our September 14 ISRA Board meeting. Invitations are going out to all of the clubs and individuals that host tournaments. Anyone who is interested is welcome to attend; check the web site for time and location...

There were three tournaments over the summer for the diehards who never put down their racquets. Although I was on a

golf trip, I heard the competition and play at Summerfest was excellent (see article this issue). And Geoff Peters signed up 17 new ISRA members at his Dog Days Open tournament!

Many of those who exchange racquets for clubs during the summer attended the ISRA Annual Golf Outing. We had a perfect day, great hosts (Fox Run Golf Course — Janet Christie and Dennis Negrete), and an excellent event coordinator. Thanks to Tom Utterback for handling the event again this year.

Say, must run...I've got a tee time. I'll see you all soon back on the courts! Enjoy the last days of summer...

Laurel



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

Here's a challenge to

- ▶ Sponsor ONE NEW player to the sport of racquetball this year. Any age.
- ▶ Take him/her to your club... 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!

www.illinoisiracquetball.com



USA Racquetball 2005 National Singles

Houston, TX

May 25-30, 2005

Tournament Director: Jim Hiser

Thirty-four players (24 men, 10 women) from Team Illinois descended once again upon Houston and came back victorious! Hot and humid per usual, it's a given over Memorial Day in southern Texas. We added to the heat, bringing home 6 gold medals, 5 silver, 3 bronze, 4 pewter and 1 consolation win with a total of 28 top finishes (top 8 in each division). Congratulations to our gold medalists: Janet Christie, Cheryl Gudinas, Cheryl Kirk, Lola Markus, John O'Donnell, Jr., and Alberto Palacios!

Open Finals

Cheryl Gudinas vs. Kerri Wachtel

15-12, 15-7

Jack Huczek vs. Rocky Carson

11-15; 15-9; 11-9

Awards

Hall of Fame: Steve Strandemo,

Jerry Hilecher, Dan Obremski

Male Athlete of the Year: Jack Huczek

Female Athlete of the Year: Cheryl Gudinas

Peggy Steding Age Group Award:

Lola Markus

Bud Muehleisen Age Group Award:

Jimmy Lowe

Joe Sobek Contribution Award:

Ron Pudduck

John Halverson Fair Play Award:

Bob "Action" Jackson

The Presidential Award was accepted in a moving and inspirational speech by Malia Bailey on behalf of Curt Rettke of Virginia, who passed away of leukemia in March of this year.



In the Players Village, Houston: (LtoR) Bill Kuhlman, John Mason, Joan Vande Kieft, Cheryl Kirk, Dennis Negrete, Janet Christie, Jim Maroon

USA World Championship Team

2004-2005:

Jack Huczek, Cheryl Gudinas, Rocky Carson, Rhonda Rajsich, Mike Dennison, Kim Russell, Kane Waselenchuk, Shane Vanderson, Jackie Rice, Mike Guidry

2005 National Team:

Jack Huczek, Rocky Carson, Andy Hawthorne, Jason Thoerner, Ben Croft, Mitch Williams, Cheryl Gudinas, Tammy Brown, Kerri Wachtel, Kim Russell, Jackie Rice, Adrienne Fisher, Coach Dave Ellis

Cheerleaders

Those who cheer, also serve (well, in a different way...):

Joey Logan; Kevin Yeazell; Kit Lawson; Arlene O'Donnell; Terri Graham; Pat and Bill Gudinas; Karolee, Carol, Caroline and Josephine Waller

Improvements

Changed location of draw sheets (this made a bigger difference than one would think);

continued on next page



Eugene Coyle advises Racquetball Legend Ruben Gonzalez before a match

And two additional awards (writer's prerogative):
Most Impressive Performances:
1. Chris Evon defeated Debra Tisinger (reigning queen of the 45s) 9,8! Yes!!
2. Keith Minor narrowly lost to Jimmy Lowe in a nail-biting tie breaker, a class act down to the last point.



Another racquetball match made in heaven...Andy Hawthorne proposed to Tracy Cerovski...she said "Yes!"



USA Racquetball Executive Director Jim Hiser congratulates gold medalist John O'Donnell, Jr.

USAR 2005 National Singles *continued from previous page*

match times, check-ins, court assignments, elapsed time of matches were projected on the screen over the tournament desk – fabulous!

Not Improved Yet

Hospitality (aka food or the lack thereof); treatment of people by one particular staff member who, in this writer's opinion, kind of ruins it for the rest of the pleasant and pa-

tient tournament staff.

A warm thanks to those who give their all to serve the players of this annual tournament!

—Cheryl Kirk

Team Illinois Results

Chris Caldwell – M35A, M40A
Watmora Casey – M35A, M45A (silver)
Fred Conforti – MC
Eugene Coyle – M30, M35
Joe Gill – M40, M40A
Jim Hillman – M45, M45A (pewter)
Brent Huff – MA, M25A
Leo Klimaitis – M55/60A
Bill Kuhlman – MB, M35B

Jim Maroon – M45B, M50/55B (pewter)
John Mason – M40A, M45A
Phil Mathews – MA, M24-A (silver)
Horace Miller – M55, M60 (pewter)
Keith Minor – M35 (silver), M40 (bronze)
Dennis Negrete – M35, M35A
John O'Donnell, Jr. – M75 (gold)
Alberto Palacios – M55C (gold), M60C
Geoff Peters – M45, M45A
Joe Quirke – M60
Wil Rounsaville – M50, M50A (pewter)

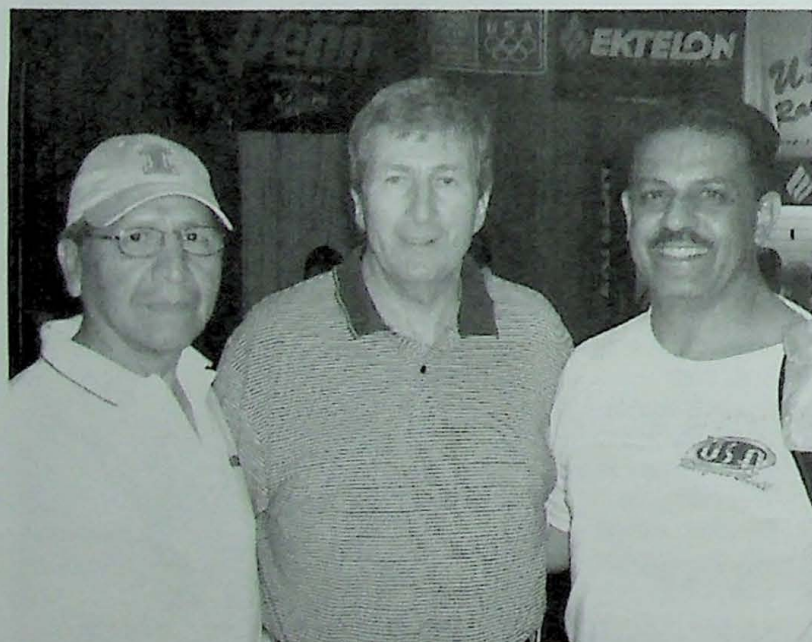
Royce Simpson – M40C, M45C (silver)
Desmond Slusher – MA (1st consolation), M35A
Pat Taylor – M60
Joe Waller – MA, M35A

Janet Christie – WC/D, W35/45/50C (gold)
Chris Evon – W45 (bronze)
Leila Gray – WB, W35/40B (bronze)
Cheryl Gudinas – WO (gold)
Cheryl Kirk – WB, W45/55B (gold)

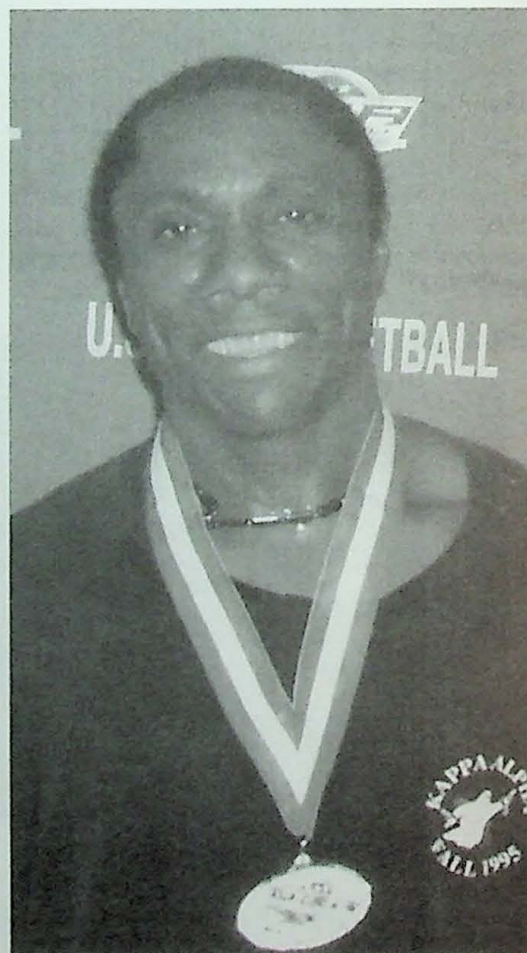


Illinois' own Lola Markus, recipient of the prestigious Peggy Steding Award

Lola Markus – W60/65/70 (gold)
Karen Thurlow – W35, W35/40A
Joan Vande Kieft – W45, W50
Carolyn Watkins – WB, W24/25/30B
Lynn Yeazell – WB, W35/40B (silver)



Alberto Palacios, Joe Quirke and Jim Maroon



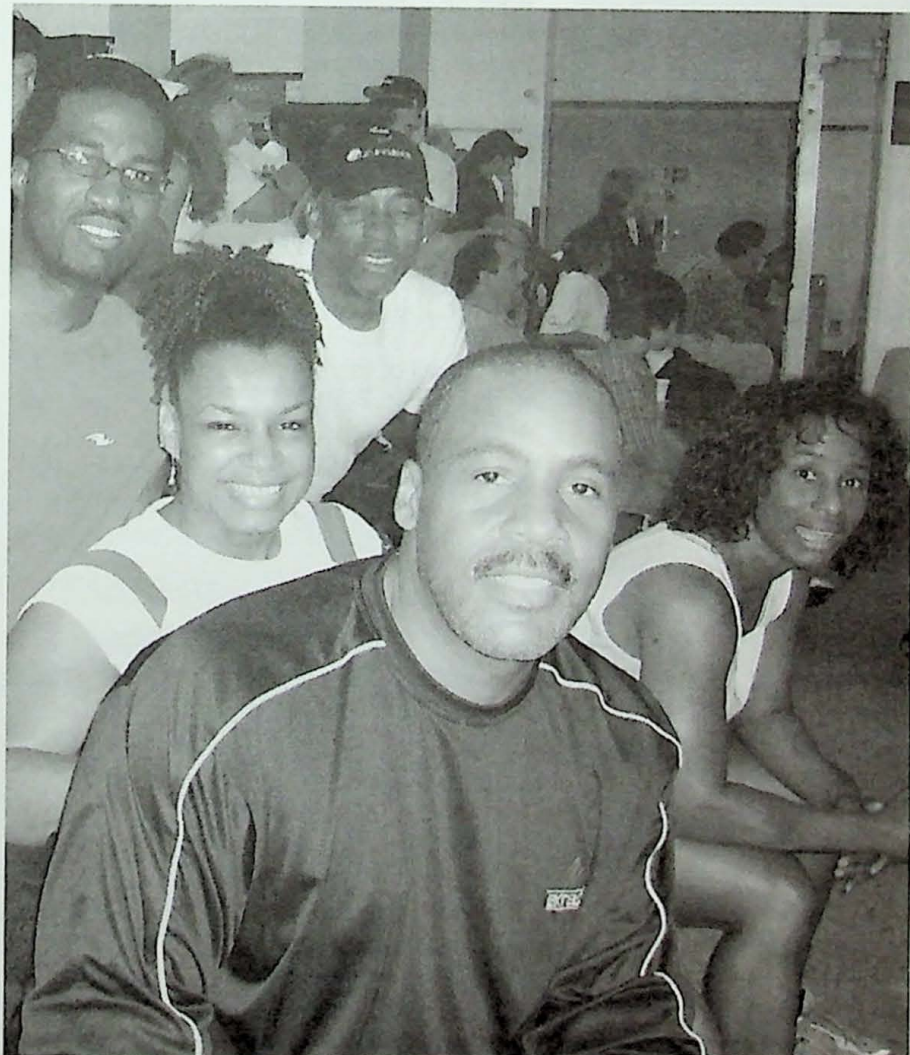
Perennial Nationals competitor Watmora Casey brought home a silver!



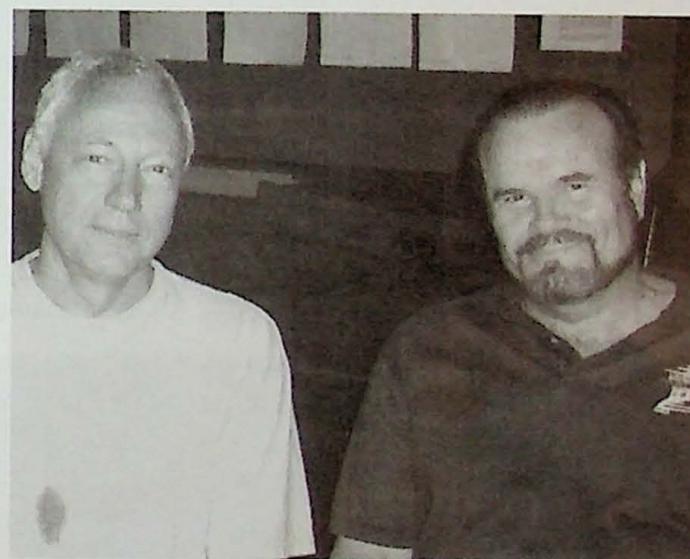
Alberto Palacios took gold in Men's 55+ C



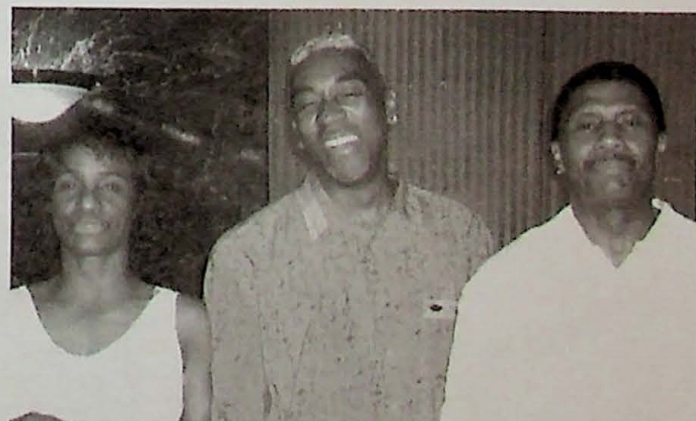
Jim Hillman (first-timer) with veterans Lynn Yeazell and Geoff Peters



*Catching a match on the Championship Court:
(LtoR) Desmond Slusher, Leila Gray, Wil Rounsaville,
Royce Simpson, Genevieve Washington*



Benefactors of our Sport -- Pat Taylor and Leo Klimaitis



Genevieve Washington, Wil Rounsaville and Horace Miller

Edens Summer Slam

Edens Athletic Club, Chicago
June 25, 2005
Tournament Director: Joe Gill

Summer Slam 2005, held at Edens Athletic Club in Chicago, saw plenty of great racquetball with all matches rolled into a one-day sanctioned tournament. Round robins seemed to be a theme this year with full divisions in only the Open, Men's 40/50+ and Men's D. More matches, more competition, more fun racquetball!

A barbecue-style hospitality tent with ribs, burgers, hot dogs and all the fixings fueled our hard-working participants. Summer Slam participation was select but what a selection we had – Ben Croft and Keith Minor in the Open Finals, yes, at Summer Slam! Little ol' Edens with big-time talent at all levels played!

Thanks again to all the players, their fans, and of course Edens' outstanding sponsors and volunteer staff for another successful racquetball tournament. Check out the results below...

Grip It...Rip It...Roll It...See Ya on the Courts!

—Joe Gill

Results

Division: 1st; 2nd; Semifinals

Men's Open (8): Ben Croft; Keith Minor; Jorge Ortiz, Lem Rowans

Men's A (3): Ubaldo Melo; Mike Hammel; Ben Fraga (3rd)

Men's B (3): Mike Hammel; Kevin Schulz; Alberto Palacios (3rd)

Men's C (3): Kevin Schulz; Gerry Kudanian; Marlin Ortiz (3rd)

Men's D (6): Randy Schulz; Jerry Toren; Bill Brennan, Marlin Ortiz

Men's 40/50+ (7): Dennis McKee; Ubaldo Melo; Gerry Kudanian, Ken Valdeserri

Men's Open Doubles (6): Ben Croft/Ben Fraga; Eric Battaglia/Keith Minor; John Baumeister/Jorge Ortiz, Joe Gill/Lem Rowans

2005 Junior Nationals

Portland, Oregon
June 22-26, 2005

Wow, what a week! Take the top 250-300 junior racquetball players in the country and place them in beautiful Portland, Oregon at the impressive Multnomah Athletic Club (The MAC Center) and you have the makings of a successful, fun packed, competitive week of junior racquetball.

Illinois featured four junior competitors who were not new to junior national competition: Geoff Goldblatt (Chicago), Joey Limonciello (Mundelein), Phil Mathews (Columbia) and Trevor Snyders (Woodridge). The overall tournament numbers were slightly down because of the far northwest tournament site; however, the juniors competing had a great time.

The MAC Center is a phenomenal facility and rightfully boasts about being the country's largest (22,000 members!) private health club. A few of the features include 12 racquetball courts with stadium seating, an impressive squash court wing, several restaurants and delis, a sports bar, and...oh yeah...the MAC building makes up the right field wall for a minor league professional baseball team...the infamous Portland Beavers (San Diego AAA farm club). The Illinois juniors enjoyed their fierce competitive play by day and the entertainment of baseball on the private balcony of the MAC Center at night. The kids also watched the baseball field transform into a football field for the Portland High School State Championship game!

The Portland tournament committee and the National committee did a superb job of keeping the tournament running on time, not to mention the fantastic hospitality made available to all players (and their parents) on a daily basis. All four Illinois players raved about the Saturday night tourna-

ment banquet that featured a Las Vegas Casino Night for the kids.

Following are the results for our Illinois players:

Geoff Goldblatt

Boys 16 Singles: (Blue Div.) Playoff Win vs. Ben Spooner 8-15; 15-0; 11-10

Boys 18 Doubles: Quarterfinal Loss vs. Charlie Pratt/Jordan Walters 15-3; 15-8
Partner: Vicente Uriostegui (Columbus, OH)

Joey Limonciello

Boys 16 Singles: (Red Div.) Finals Loss vs. Jordan Powers 11-15; 15-8; 11-7

Boys 16 Doubles: 16th Round Loss vs. Jerome Jackson/Chad LaForest 15-5; 13-15; 11-4
Partner: Trevor Snyders

Phil Mathews

Boys 18 Singles: (Red Div.) Finals Win vs. Michael Phillips 15-13; 15-4

Boys 18 Doubles: Quarterfinal Loss vs. Chris Coy/Mike Keddie 15-10; 11-15; 11-6
Partner: Jacob Hutkins (Lincoln, NE)

Trevor Snyders

Boys 14 Singles: (Gold Div) Quarterfinal Loss vs. Jose Rojas 15-1; 15-3

Boys 16 Doubles: 16th Round Loss vs. Jerome Jackson/Chad LaForest 15-5; 13-15; 11-4
Partner: Joey Limonciello

On behalf of the Illinois juniors, thank you to the staff in Portland and the national staff at USA Racquetball. Fellow racquetball players, if you ever have the chance to "play the MAC," the Illinois Juniors enthusiastically recommend it!

— Chuck Snyders



The Pride of Illinois -- Trevor Snyders, Joey Limonciello, Phil Mathews and Geoff Goldblatt

ISRA Annual Golf Outing

July 9, 2005

The Golf Gods were smiling upon the annual ISRA Golf Outing this year — the weather was perfect, the birdies frequent, the food delicious and the course was kind (to most of us). This was a fun-filled day of great golf, outstanding food, prizes and just an overall fabulous day of fun.

Fox Run Golf Links was again the host course this year and they provided outstanding service on this very challenging course. This year there was a three-way tie for first place in the low net score category. After consultation with course "officials," it was determined that the foursome led by captain Kit Lawson was the winner with a score of 5 under par. Longest drive for men went to Kevin Yeazell (yes, he does golf left-handed) and the closest to the pin winner for men was Bret Williams. Longest drive for women went to Janet Christie, and

closest to the pin for women was Barb Utterback.

After a delicious dinner, a raffle was held with prizes for every golfer in attendance. How often does that happen at a golf outing? Thanks to all of you who donated prizes, including Ron Callaway, Geoff Peters, ISRA, Wilson, Bojo Turf Supply, Milord Company and Fox Fun Golf Links.

And thanks also to Dennis Negrete and Janet Christie for their help in coordinating the event.

Next year promises to be even bigger and better, so all you racquetball-players-turned-summer-golfers be sure to sign up next year for the "best darned golf outing" of the year!

— Barb Utterback

Junior Team Illinois

Happy late summer, everyone!! As the kids' baseball and soccer shoes are being hung up for the season, the racquetball gear is coming out.

I've been receiving e-mails from several of our JTI team players who are anxious to start the 2005-2006 season. We will have our JTI website (www.juniorteamiillinois.org) updated in the next few weeks and all JTI team members will be receiving updated e-mails in the near future. If any e-mail addresses have changed since last year, please drop me the new information at proadjzz@aol.com.

We would like to cordially extend an invitation to any interested parents (and players!) to get involved with Junior Team Illinois this season. This is a great opportunity to give back to the great sport of racquetball that has given us all such fond memories. Remember, the juniors are the future of racquetball. It would be great to see the parents of some of our younger team members get involved. Please drop me an e-mail or phone call and I'll be happy to talk racquetball anytime!

See Ya Courtside,

Chuck Snyder
President, Junior Team Illinois
630-362-3313



The Clays and The Seabergs get ready to roll!



Golf Queen Barb Utterback congratulates winning team John Bittrich, Kit Lawson and Bret Williams

Summerfest

The Glass Court Swim & Fitness, Lombard, IL

July 29-31, 2005

Tournament Director: Doug Halverson

All is again right with the world...from one who (sorely) missed this perennial favorite tournament last year, I was back in the fold and happy to be part of this sunny, (relatively) low-key, non-refed tournament. Reflecting on the latter, with few exceptions I can't think of too many reasons why we shouldn't be moving to a non-referee format for more of our tourneys. Our racquetball community is filled with fair and honest players who wouldn't take anything that doesn't belong to them. Maybe we just ref the finals? Hmmm...food for thought...

Okay, off the soapbox and back to this great tournament. The Glass Court staff never fail to dish up great food and great atmosphere. The action on the courts migrated out to the pool on a perfect summer Sunday afternoon for the traditional barbecue where racquetball was replaced with pool competitions, bean bags and prize drawings.

Tournament Director Doug Halverson thanks all the volunteers who pitched in - Pam Grace, Laura Brown, Lynn Yeazell, Dan Flood, Liz Molitor, Lori Good, Tom Utterback, Patrice Calvi, Jim Maroon, Geoff Goldblatt, Joe Silius, Jeff Grace, Cheryl Kirk, Kara Peters, Geoff Peters and Michelle Halverson.

And we all thank Diane and Joe DeArmas for providing a wonderful site for so many of our tournaments throughout the season!
— Cheryl Kirk



Doubles team Steve Clark and Mark Calvin -- 1st in Men's A, 2nd in Men's B!

Results

Division: First;
Second;
Semifinals

Men's Open (10):

Juan Herrera (CA);
Andy Hawthorne (OH); Keith Minor, Ben Croft

Men's AA (2):

Jorge Ortiz;
Geoff Goldblatt

Men's A (11):

Ryan Lillis (OH);
Michael Mack (OH); Keith Mecklenburg,
Ubaldo Melo

Men's B (11):

Trevor Snyders;
Kevin Massard;
Dave Cochran (OH), Randy Ems

Men's C (15):

Juan Martinez; Vince Carvallo;
George Parobek (IN), Wayne Lorenz

Men's D (10):

Ron Muklewicz; Dan Pacetti;
Steve Sorenson, Andrew Benko

Men's 35/40/45 + (8):

Tom Utterback; Bruce Lillis (OH); Steve Salamone (WI), Jim Hillman

Men's 45 + Int (3):

Rick Nielsen; Alberto Palacios; Ray Meisner (3rd)

Men's 50/55 + (6):

Joe Silius; Frank Milazzo; Jim Maroon, Pat Taylor

Men's 65 + (4):

Elliott Papermaster (WI);
William Gingold; Jim Harper (3rd),
Don Schiff (4th)

Women's Open/A (10):

Krystal Csuk; Sharon Jackson (IN); Sarah Hettesheimer (OH), Lori Good

Women's Open/A dropdown (5):

Janet Eminger; Tracy Cerovski (OH);
Holly Hettesheimer (OH), Pam Grace

Women's B/C/D (6):

Laura Rosiles;
Dawn Dozier (NC); Dolores Bethune, Marlin Ortiz

Men's Open Doubles (9):

John Amatulli (IN)/Keith Minor; Eugene Coyle/Ben Croft; Joey Logan/Lem Rowans, Bruce Lillis (OH)/Ryan Lillis (OH)

Men's A Doubles (8):

Steve Clark/Mark Calvin; Joe DeArmas/Richard DeArmas; Matt Malcheski/Keith Mecklenburg, Dan Flood/Jeff Grace

Mens' B Doubles (7):

Juan Martinez; Mark Calvin/Steve Clark; John Massard/Kevin Massard, Keith Brown/Mike Hammel

Men's C Doubles (4):

Todd Burris/
Joe Lococo; Don Nessel/Ron Muklewicz; Glen Bero/Jeremy Bero (3rd), Dan Pacetti/Steve Sorenson (4th)



Pool Party on a Perfect Summer Day!

Women's Open/A Doubles (4):

Sharon Jackson (IN)/Holly Hettesheimer (OH); Barbara Curran/Cheryl Kirk; Patrice Calvi/Mary Herron (3rd), Pam Grace/Barb Vagedes (4th)

Mixed Open Doubles (9):

Jim Hillman/Sarah Hettesheimer (OH); Joe Silius/Patrice Calvi; John Thorson/Barbara Curran, Pam Grace/Jeff Grace

Mixed B/C Doubles (4):

Cheryl Kirk/Mike Mahon; Julianne Beran/Frank Valentino; Heidi Kelle (NE)/David Wolford (NE) (3rd), Marlin Ortiz/Jesus Uriostegui (OH) (4th)



The Ladies from the East: Sarah Hettesheimer, Sharon Jackson, and Holly Hettesheimer



*Men's Open Doubles winners
John Amatulli and Keith Minor*



*Women's Open Champ Krystal Csuk and
Men's Open Champ Juan Herrera*



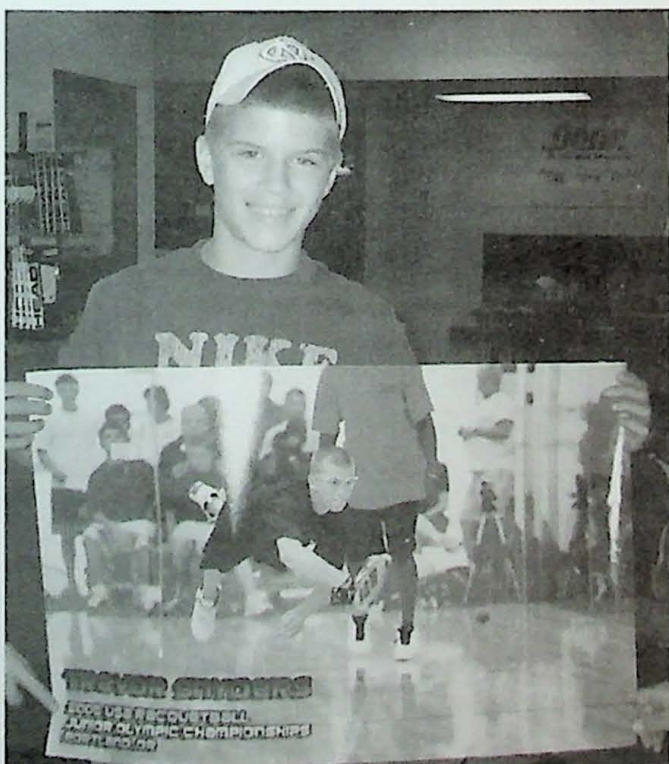
Vince Carvallo with dad Boris



Doubles partners Barb Curran and John Thorson relax poolside



*Pava & Jim Maroon with daughter Andreana (front) and
Jim's sis Charlotte (right)*



Trevor Snyder -- Airborne!



Keith Mecklenburg and Kevin Massard enjoy the view and the summer sun

Dog Days Open Title goes to Herrera!

Mundelein, IL

August 13-14, 2005

Tournament Director: Cindy Flores-Mocarski

Juan Herrera traveled north from Naperville to smoke the field and take home the \$200 first place money at the Dog Days Open held at the Southlake Club in Mundelein. He took out a determined Keith Minor in the finals during a long day of racquetball. There was an excellent turnout for this year's Dog Days: 45 players (58 entries) battled all day long, and Tournament Director Cindy Flores-Mocarski kept everyone going with plenty of food and, of course, well-strung racquets! Local eating emporium El Barrios (Diamond Lake) once again supplied excellent food and the King of the AA Division, Doug Halverson, could be seen at the Southlake bar well into the evening, eating and telling stories of his continued domination of the "drop-down bracket." Team Southlake acquitted themselves well again, as the team of Brian Berkelhamer and Mitch Becker took the Open Doubles while a number of club and Bally's members played in their first USAR/ISRA sanctioned event.

Special thanks to volunteers Doug Halverson, Howie Robins, Maria Limonciello and Krystal Csuk who manned the desk in support of Cindy and her staff all day long. The Southlake gang is looking forward to the Fall Open in November - we hope to see you then!!

—Geoff Peters

Division: 1st; 2nd; Semifinals

Men's Open (9): Juan Herrera (CA); Keith Minor; Jorge Ortiz, Eugene Coyle

Men's AA (1): Doug Halverson

Men's A (4): Pat Taylor; Ben Fraga; Krystal Csuk (3rd), Mike Hernandez (4th) (IN)

Men's B (8): Juan Martinez III; Walter Fornek; Joey Limonciello, Bill Butterworth

Men's C (10): Gerardo Sulic; Juan Martinez; Rajarshi Das, Tony Cornelious

Men's 45+ (3): Pat McGrath; Bill Butterworth; Frank Milazzo (3rd)

Women's B/C (4): Robin Smulsen; Donna Albert; Sandy Ostman, Dolores Bethune

Men's Open Doubles (3): Mitch Becker/Brian Berkelhamer; George Pappas/Doug Halverson; Geoff Goldblatt/Jorge Ortiz (3rd)

Men's A/B Doubles (4): Steve Jungmann/Rodrigo Diaz; Walter Fornek/Tom Lamberson; Kevin Schulz/Joey Limonciello (3rd), Juan Martinez/Juan Martinez III (4th)

Men's C Doubles (3): Ron Hosman/Alberto Palacios; Joe Falco/Mark Roberts; Dales Dirkes/Mohan Shetty (3rd)

Mixed Doubles (4): Tom Lamberson/Dolores Bethune; Herb Rodriguez/Robin Smulsen; Pete Dyer/Donna Albert (3rd), Jason Young/Sandy Ostman (4th)

2005 NMRA Masters International Championships

The NMRA held its Masters International Championship in Canton, Ohio, July 13-16, 2005. This four-day event was held at the Hall of Fame Fitness Center, featuring 25 courts for the 240 players gathered, who ranged in age from 45-80. Illinois was well represented with twenty-seven players from northern, central, and Chicagoland areas making the trek to Canton.



Record showing for Illinois at the NMRA in Canton!

All players had to endure extremely warm temperatures throughout the event as air conditioning units proceeded to break down prior to the start of the tournament. The self-referee round robin event took its toll on all with the humidity and high temperatures — it was truly an endurance contest. Despite the summer conditions, everyone had fun meeting up with friends, making new ones and enjoying the competition. Many Illinois players were cheered on by family members and Team Illinois compatriots! Friday night play wrapped up with the traditional NMRA banquet. As players found spare time, many visited the nearby Pro Football Hall of Fame.

This was a first-time NMRA event for some...hope you are hooked! Congratulations to all medalists and all players who attended. We hope to see more of you in either of the NMRA tournaments, March 2006 back in Canoga Park or July 2006 in Minneapolis!

— Liz Molitor, Dave Milazzo, John O'Donnell, Jr., and Nancy Kronenfeld

Illinois Medalists:

Women's/Mixed Divisions

Liz Molitor – 45 Singles, Gold
Brenda White – 50 Singles, Bronze; 50 Doubles, Gold (w/Kronenfeld)
Nancy Kronenfeld – 50 Singles, 4th; 50 Doubles, Gold (w/White)
Kathy Ruzycki – 55 Singles, Gold; 55 Doubles, Gold
Liz Anderson – 55 Doubles, Bronze (w/S. Crouse); Mixed 55 Doubles, Gold (w/Richardson)
Shirley Crouse – 55 Doubles, Bronze (w/Anderson); Mixed 60 Doubles, 4th (w/D. Crouse)
Margaret Hoff – 60 Singles, Silver; 60 Doubles, Gold (w/Markus)
Lola Markus – 60 Doubles, Gold (w/Hoff); Mixed 70 Doubles, Gold

Men's/Mixed Divisions

Dave Milazzo – 45 Singles, Silver; 45 Doubles, Gold (w/Lyman)
Bill Lyman – 45 Doubles, Gold (w/Milazzo); Mixed 45 Doubles, Silver

TJ Ferro – 50 Singles, Bronze
Gregg Mandell – 50 Doubles, 4th
Tom Richardson – Mixed 55 Doubles, Gold (w/Anderson)
Dave Crouse – Mixed 60 Doubles, 4th (w/S. Crouse)
Phil Dziuk – Mixed 65 Doubles, Silver; 75 Doubles, Gold (w/O'Donnell, Jr.)



Kathy Ruzycki cleaned up in the 55's

continued on next page

2005 NMRA Masters
continued from previous page

John O'Donnell, Jr. – 75 Singles, Gold; 75 Doubles, Gold (w/Dziuk)

Other Illinois players/divisions:

Dave Crouse – 55 Doubles (w/Richardson)

Patrick Francis – 45 Singles, 45 Doubles (w/Gallo)

Bob Gallo – 45 Singles, 45 Doubles (w/Francis)

William Gingold

Dennis Healy – 55 Singles
Leo Klimaitis – 55 Singles
Gregg Mandell – 50 Singles
Frank Milazzo – 50 Singles
Tom Richardson – 55 Doubles (w/Crouse)
Len Ruzycki – 65 Singles
Ed Stoller – 65 Doubles (w/Williamson)
Pat Taylor – 60 Singles
Shawn Warner – 45 Doubles
Bill Williamson – 65 Doubles (w/Stoller)



Frank and Dave Milazzo made the trek over to Ohio



TOURNAMENT CALENDAR

For updates or edits to the ISRA Tournament Calendar, please contact
Geoff Peters at (773) 251-4413 or at Petersgeoff@Hotmail.com

September 30 - October 2
Ektelon 38th USA Racquetball National Doubles

Tempe, AZ
Heather Fender (719) 635-5396
SANCTIONED

October 7 - 9
Fall Classic
Edens Athletic Club, Chicago
Joe Gill (773) 286-6700
SANCTIONED

October 27 - 30
Chicago Open IRT Pro Stop
Schaumburg Tennis Plus
Dave Negrete (630) 430-1478
SANCTIONED

November 4 - 6
The Southlake Fall Open
The Southlake Club, Mundelein
Cindy Flores-Mocarski (847) 949-8180
SANCTIONED

November 4 - 6 (tentative)
Saluki Fall Open
SIU Carbondale
Andrew Benko (618) 457-0999
SANCTIONED

November 10 - 13
The Glass Court Turkey Shoot
The Glass Court Swim & Fitness, Lombard
Doug Halverson (630) 629-3390
SANCTIONED

November 16 - 20
The Choice Hotels 10th U.S. Open
The Racquet Club, Memphis, TN
Doug Ganim (719) 635-5396
SANCTIONED

December 4 (Sunday)
Wilson One Day Ladies Tournament
Schaumburg Tennis Plus
Dave Negrete (630) 430-1478

December 17 - 21
IRF 17th World Juniors
TBD
Heather Fender (719) 635-5396
SANCTIONED

January 6 - 8
Junior State Championships
Location TBD
Chuck Snyders (630) 362-3313
SANCTIONED

January 12 - 15
Revie Sorey Celebrity Classic
The Chalet, Willow Springs
Anita Efron (708) 474-2440
SANCTIONED

January 21
One Day Doubles Tune-up
The Southlake Club, Mundelein
Cindy Flores-Mocarski (847) 949-8180
SANCTIONED

January 26 - 29
ISRA State Doubles Championships
Glass Court Swim and Fitness, Lombard
Laurel Davis (630) 325-6410
SANCTIONED

January 27 - 29
WSMRA 17th Seniors Masters
Maverick Athletic Club, Arlington, TX
Jere Lutner (817) 935-4723
SANCTIONED

February 9 - 12
St. Valentines Day Classic (IRT Satellite)
Schaumburg Tennis Plus
Dave Negrete (630) 430-1478
SANCTIONED

February 24 - 26
2006 Titledown Open
Western Racquet Club, Green Bay, WI
Doug Halverson (630) 973-6131

March 3 - 5 (tentative)
Wilson 19th U.S. High School Championships
TBD
Heather Fender (719) 635-5396
SANCTIONED

March 8 - 11
NMRA National Championships
The Spectrum Club, Canoga Park, CA
Ron Puddock (734) 426-8952
SANCTIONED

March 10 - 12
March Madness
Edens Athletic Club, Chicago
Joe Gill (773) 286-6700
SANCTIONED

March 16 - 19
Shamrock Shootout
The Glass Court Swim and Fitness
Doug Halverson (630) 629-3390
SANCTIONED

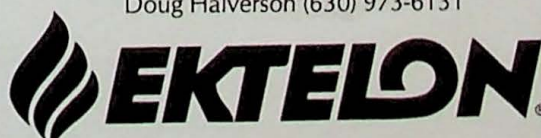
March 30 - April 3
ISRA State Singles Championships
The Chalet, Willow Springs
Laurel Davis (630) 325-6410
SANCTIONED

March 30 - April 2 (tentative)
E-Force 34th Intercollegiate Championships
Location TBD
Heather Fender (719) 635-5396
SANCTIONED

April 26 - 30
IRT Pro Nationals
Schaumburg Tennis Plus
Dave Negrete (630) 430-1478
SANCTIONED

May 24 - 29
39th Ektelon USA Racquetball National Championships
Downtown YMCA, Houston, TX
Heather Fender (719) 635-5396
SANCTIONED

sponsored by





Thanks to ISRA
Sponsors who
help to make our
tournaments a
success!

Cub Foods
E-Force
Ektelon
Entenmann's
Frito-Lay
Hostess
Jay's
Keebler
Little Debbie
McDonald's
Nabisco
National City
Head/Penn
Sears
Wilson

Please show your
loyalty by
choosing their
products when
you shop!

Back to Season Fitness

By Eugene Coyle

To prepare for the rigorous racquetball season, the athlete needs to focus on a solid foundation – core, shoulders and hips.

The body's foundation is the core. A strong, stable core provides an anchor for the arms and legs to develop speed, power and agility while at the same time reducing the possibility of injury.

Core strength is increased by training the transverse abdominus. To activate this deep abdominal muscle, exhale hard drawing the navel into the spine. Doing this will activate the internal obliques, the thoracolumbar fascial system, the deep erector spinae and the multifidus. These internal "core" muscles give the body added strength and stability. A good exercise to facilitate this is the reverse torso curl, which involves curling the knees to the chest while lying on a bench or floor. An incline or decline bench can be used to increase or decrease resistance.

The rotator cuff (the group of muscles that stabilize the shoulder while swinging the

racquet) is another area that needs development. Retraction (back) and depression (down) of the shoulder blades open the chest and helps prevent overuse injuries of the shoulder. These movements can be performed together. External rotation of the shoulder joint (turning your arm from palm down to palm up) keeps the rotator cuff stable and strong. Regular training with these movements reduce the chances that biceps or elbow tendonitis will develop as the season progresses.

The stabilizer of the hips, the gluteus medius, can be strengthened by standing on one leg and doing slight knee bends. This will help your hip and leg strength, and equally important, improve your balance.

Developing your core, shoulders, and hips through strength training will impact your racquetball game. Contact Eugene Coyle, owner of Fitness Specialists, Inc., at (847) 736-7954 or email at eugenecoyle@sbcglobal.net, with any questions or to schedule a complimentary fitness assessment.

2006 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, .jpg or .pdf 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, 2005.
- Deadlines are as follows:

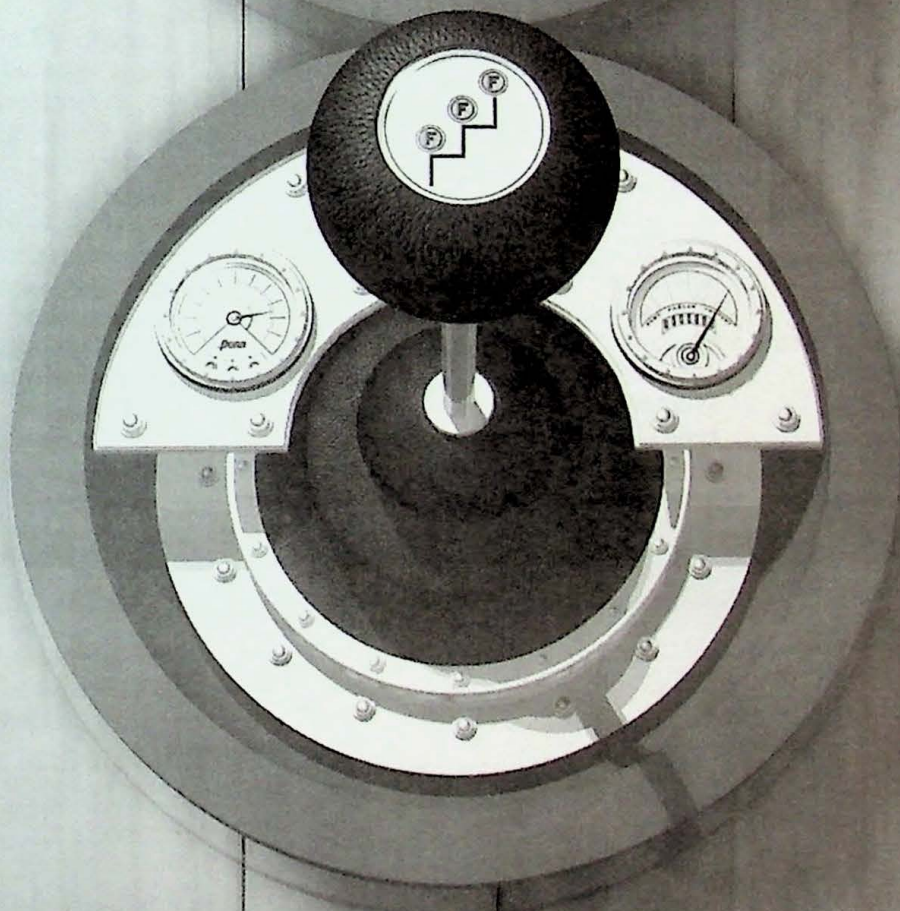
- **Issue Mail Date:** 1/6/06
- **Articles/Releases Due:** 12/2/05
- **Stuffers/Inserts Due:** 12/9/05

- All stuffers/inserts are to be received by: Laura Kreiner, 2307 Arrow Street, Carpentersville, Illinois 60110.
- Ad rates:
Full page: \$250/issue. Half page: \$150/issue.
Quarter page: \$75/issue. Other sizes quoted on a case by case basis.
- For any questions or submission:

Cheryl Kirk, 1064 Sylvan Circle, Naperville, IL 60540
(630) 305-8291

Speed?

You don't know
the half of it.

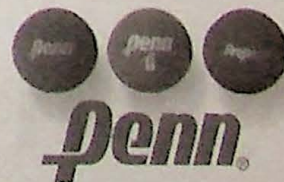


The Ball Matters.



Shift your game into high gear with racquetballs that are fast (Ultra Blue), faster (Titanium), and fastest (Pro Penn). Play the world's #1 selling balls, just like 5-time Pro World Champion Sudsy Monchik, and make quick work of your next opponent. Now you know.

World's #1 Selling Racquetball* | www.pennracquet.com



Movin' On Up 2005-2006

Full-draw wins in sanctioned tournaments (12 in Men's, 8 in Women's and 8 in Mixed Doubles) mean a move upward in the coming season. Congratulations to these players, who through their exemplary efforts last season, won the right (indeed, the *obligation*) to play at the next higher level!

New Level

Name, Full-Draw Tournament Win

Men's Open Singles

Dave Schoonover, Dog Days/Shamrock
Ryan Smith (CAN), Chicago Open/IRT
David Kerr, Jr., Revie Sorey
Geoff Goldblatt, Valentine's
Tony Rosselli, ISRA State Singles
Bryan Crosser (IA), USAR Regionals

Men's A Singles

David Wolford, Summerfest, Shamrock
Justin LaBelle (OH), Chicago Open/IRT
John Puccio, Turkey Shoot
Tom Lamberson, Palos Olympic Open
Richard DeArmas, ISRA State Singles
Blair Wagner, Edens March Madness

Men's B Singles

Trevor Snyders, Turkey Shoot, ISRA St. Sgls
Chris Schubert, Revie Sorey
Steve Brady, Edens March Madness
Mike Hammel, Shamrock Shootout

Men's C Singles

Todd Burris, Summerfest
Phil Mangiaracina, BR Ryall Four Wall Brawl
Joe Lococo, Turkey Shoot
Dave Wielgus, Revie Sorey
Vince Carvallo, ISRA State Singles
Gerardo Sulic, Shamrock Shootout

No More Novice!

Len Ruzicky, Kenny Brown

Women's Open Singles

Barbara Curran, Revie Sorey
Lori Good, Shamrock

Men's Open Doubles

Mike Campbell/Tod Dillard, ISRA State Doubles

Men's A Doubles

Joe DeArmas/Trevor Snyders, ISRA State Doubles

Men's B Doubles

Humberto Sosa/Gilberto Hernandez, Revie Sorey

Men's B Doubles

Mike Hammel/Joe Dobrzynski, Shamrock

Women's Open Doubles

Barbara Curran/Cheryl Kirk, ISRA State Doubles

Non-full draw, can't play below current level:

Men's A

Eric Battaglia, John Beaulieu, Erik Becker (MO), Ben Fraga, Jacob Hutkins (NE), Desmond Slusher

Men's B

Jim Burns, Brett Crawley, CJ Khamis, Juan Martinez, Rick Seaberg

Men's C

Fred Conforti, Brian Manis, Juan Martinez III, Vey Miracle, Kevin Schulz, Mike Vieni

Women's A

Julia Perkins

Women's B

Leila Gray, Lola Markus

ISRA Officer and Board Member Election Held

The ISRA Annual Meeting was held on June 8, 2005, at the National City Bank office in Oak Brook. As with all ISRA meetings, this meeting was open to the membership.

Laurel Davis will continue her reign as ISRA President. Judy Young, Secretary, and Lynne Weisbart, North Zone Vice President were also retained as officers. New Board member Larry Boyer replaces outgoing Jim Jeffers as Central Zone Vice President. The Governing Board had five members who retained their positions for another term: Mike Davern, T.J. Ferro, Pam Grace, Geoff Peters and Tom Utterback. (Not all Officer and Governing Board positions were on this year's slate since the Board operates on a two-year staggered term format to help ensure balance and continuity for the ISRA.)

The ISRA Auxiliary Board continues to welcome volunteers who would like to become more involved in supporting racquetball. This sort of "apprenticeship" preps individuals on the aspects of conducting ISRA business and serves as a stepping stone for aspiring governing board members and officers. Any member who would like to lend time and talent in support of the ISRA should contact Laurel Davis (laurel.davis@nationalcity.com) or any board member.

Joe Silius, Chair

ISRA 2005 Nominating Committee



Send to:

ISRA
603 E. Wilson Ave.
Lombard, IL 60148

Member Sport,
U.S. Olympic
Committee



COMPETITIVE LICENSE APPLICATION

NAME _____
ADDRESS _____
CITY _____ STATE/ZIP _____
TELEPHONE (Home) _____ (Business) _____
E-MAIL _____
BIRTHDATE _____

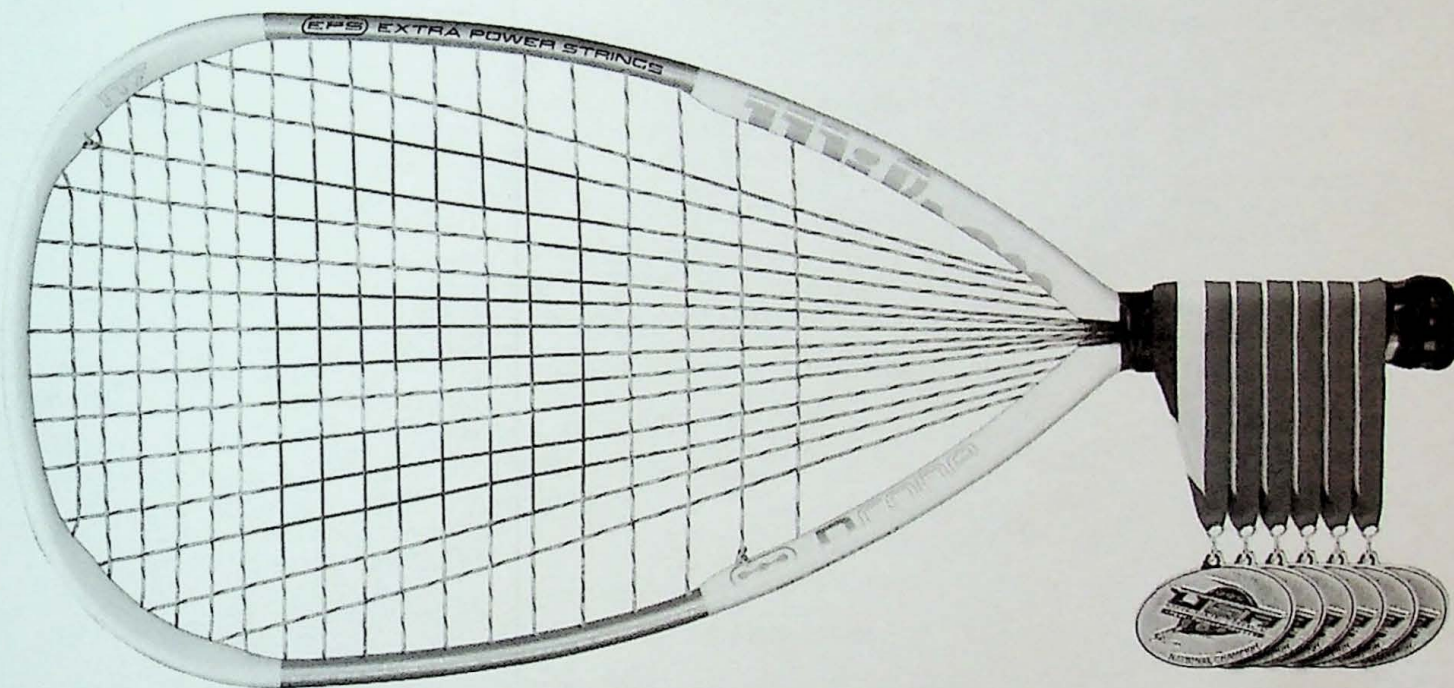
Adult competitor \$30.00
Junior competitor \$20.00
Junior competitor (without RACQUETBALL Magazine) \$15.00
RACQUETBALL Magazine subscription only \$20.00
Tax-deductible donation \$
Total enclosed \$

Tournament _____ Representative _____

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

AS GOOD AS GOLD

NCODE RACQUETS STRUCK GOLD AT THE 2005
USA RACQUETBALL NATIONAL CHAMPIONSHIPS, WHERE
W TEAM PLAYERS WON A TOTAL OF 15 GOLD MEDALS.
WANT TO STRIKE GOLD? - GET NCODED TODAY!



CONGRATULATIONS TO THE GOLD MEDAL CHAMPIONS

BRIAN ANCHETA	JIMMY LOWE (2)
MALIA BAILEY	MARQUITA MOLINA (3)
MATT DAVENPORT	LEE RIENTS
SUE GOODWIN	JANEL TISINGER
TIM HANSEN	PAULA SAAD (2)
THAO LE	

nCODE

W Wilson

THE NAME OF THE GAME™

WILSON.COM © 2005 WILSON SPORTING GOODS CO.

Racquetball Challenge Courts

Bartlett Health and Fitness
(630) 540-4848
Bartlett, IL
Wednesdays 7:30 - 10:00 p.m.
Saturdays 8:30 - 10:30 a.m.
\$5.00

**Bloomington Health,
Handball and Racquetball, Inc.**
(630) 924-0788
Saturdays & Sundays
8:30 a.m. - Noon \$6.00

Buehler YMCA
(847) 359-5098
Palatine, IL
Thursdays 8-10 p.m.
Saturdays 8 a.m. - Noon
\$15 One-Day Guest Pass

**Courts Plus
(Elmhurst Park District)**
(630) 833-5064
Saturdays
8:30 a.m. - 11:30 a.m.
Members \$3, Non-Members \$10

Edens Athletic Club
(773) 286-6700
Saturdays 12-3 p.m.
\$8 for ISRA members
(with membership card)

Glass Court Swim & Fitness
(630) 629-3390
Wednesdays 5:30 - 8:00 p.m.
Saturdays 7 a.m. - Noon
Members Free, Non-Members \$7.00

Heritage YMCA
(630) 420-6270
Naperville, IL
Saturdays 8:00 - 10:00 a.m.
Members \$4, Non-Members \$8

**Lakeshore Athletic
Club - Downtown**
(312) 644-4880
Chicago, IL
Mondays & Wednesdays 5:30 - 9:30 p.m.
Members free, Non-Members \$12

Landmark Health & Racquetball
(309) 685-8200
Peoria, IL
First & Third Fridays of Month
6-8 p.m. \$5.00

Norridge Rec Center
(630) 377-1405
Norridge, IL
Tuesdays and Thursdays
7:00 - 9:00 p.m.
Fridays 5:00 - 7:00 p.m.
Sundays 8:00 - 10:00 a.m.
\$5.00 Members and Non-Members

Palos Olympic Health & Racquet Club
(708) 974-1900
Thursdays 6 - 8:30 p.m. \$12.00

Schaumburg Park District
(847) 884-0678
Saturdays & Sundays 9 a.m. - Noon
\$8 for Non-Members

Schaumburg Tennis Plus
(630) 430-1478
Women Open/A Players
Fridays 9:00 - 11:00 a.m.
Members \$3, Non-Members \$9

The Southlake Club
(847) 949-8180
Saturdays 10 a.m. - 1:00 p.m.
\$10.00 for ISRA members
(with membership card)

**Tinley Park Park District
Fitness Center**
(708) 532-8899
Thursdays 5-8 p.m.
Saturdays Noon - 3 p.m.
Members free
Residents \$8, Non-Residents \$12

West Cook YMCA
(708) 383-5200
Wed. 7-8 p.m., Thurs. 2-4 p.m.,
Sat 8-10 a.m.
Free to Y Members,
\$9 for Non-Members

To add your club to this list, contact:
Lynne Weisbart (847) 732-7245

Central Illinois Racquetball Tournament Calendar

2005 - 2006

Sept 30-Oct 2
Landmark No Frills
Landmark Racquet (Peoria)
Terry, Kurt, Mike (309) 685-8200

November 11-13
Fall Open Tournament
Image Health And Fitness (Dec)
Larry Boyer (217) 424-992

December 3 (tentative)
Springfield Invitational One Day
Springfield Racquet & Fitne
Karin, Bob, Steve (217) 787-2

January 7 (tentative)
One Day Doubles Trn
Forum Fitness (Rantoul)
David Litman

January 20-22
4 Seasons
4 Seasons (Bloomington)
Kelly, Kelley (309) 663-202

February TBD
Quad Cities Open Singles
North Scott Fitness (Eldrige,
Brad Flack, Dave Herzog

February 10-12
President's Day
Image Health And Fitness (De
Larry Boyer (217) 424-992

March 3-5
Landmark Invitational
Landmark Racquet
Terry, Kurt, Mike (309) 685-8

Date TBD
St. Patty's Open
Springfield Racquet & Fitness
Karin, Bob, Steve (217) 787-2460

Date TBD
Quad Cities Open Doubles
North Scott Fitness (Eldrige, IA)
Brad Flack, Dave Herzog

Any Questions, Corrections Or Additions
Please Call Larry Boyer 217-864-4862 (217-
864-6635 Fax) Boyins@Insightbb.com



Illinois State Racquetball Association

c/o Cheryl Kirk
1064 Sylvan Circle
Naperville, IL 60540

Kit Lawson
1064 Sylvan Circle
Naperville IL 60540

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