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USRA Newsletter

The Official Publication of the Illinois State Racquetball Association

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Team Illinois Stands Tall in Houston!
pages 10-12

Lori Good, Janet Christie, Eugene Coyle, & Liz Moltis

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From The Editor

This is an issue of celebration – celebration of our sport, of our players, of another successful season. Contribution, competition, camaraderie... Since the last issue, we've hosted the Ektelon USRA Regionals, we've seen an impressive number of Illinois players compete in Houston, and by the time you read this, some of us will have excelled on the golf course (or in the bar) at the annual ISRA summer golf outing!

This issue is about achievement, too. See the article on Carolyn Watkins on page 7. I think you'll enjoy the story of her focus and determination in racquetball and well beyond.

And speaking of achievement...you'll notice this is 'From the Editor', not 'From the President' this time around. I volunteered for this space with a dual purpose – to give Laurel a well-deserved break, and to take the opportunity to tell you about a banner year in the life of our ISRA president.

From time to time in this column, Laurel has shared with you the challenges associated with studying for her MBA (along with performing her day job as a bank Vice President and her occasional [!] ISRA responsibilities). We've seen plenty of her behind the scenes, but she hasn't been playing in as many tournaments as before (something had to give!). So let's catch up with Laurel...

The odyssey toward her MBA began in August 2001, when Laurel began spending 30-40 hours a week in class, study groups and independent research in addition to her bank position and other activities. As a culmination of their studies, she and the rest of her MBA class traveled to Germany and Belgium in March of this year. Presentations were made to companies like Volkswagen and BASF; the group partnered with German students on case studies as well. Laurel graduated from the University of Illinois with her MBA on May 17th.



She has been featured in a Uof I MBA program marketing brochure designed to attract new students in the Chicagoland area.

Then, just 6 days after graduation, Laurel received a call from the USRA notifying her that she had been selected to receive the USRA's 2003 State Presidential Award. The criteria for this coveted award include

professionalism, organization, state membership levels, compliance in tournament sanctioning and reporting of results, and newsletter quality and consistency. Laurel flew to Houston to accept the award at the National Singles banquet, saying, "This is really a group award. It is a reflection of the quality of the people we have on the Board and of those who contribute at the clubs and volunteer at the tournaments. I am pleased to accept this award on behalf of all of us in Illinois."

Newly-elected for another term as ISRA president, and with her MBA diploma well-earned and safely framed, we can expect more of the same commitment and leadership we've enjoyed from Laurel over the past 6 years (including a re-designed web site in the coming season)!

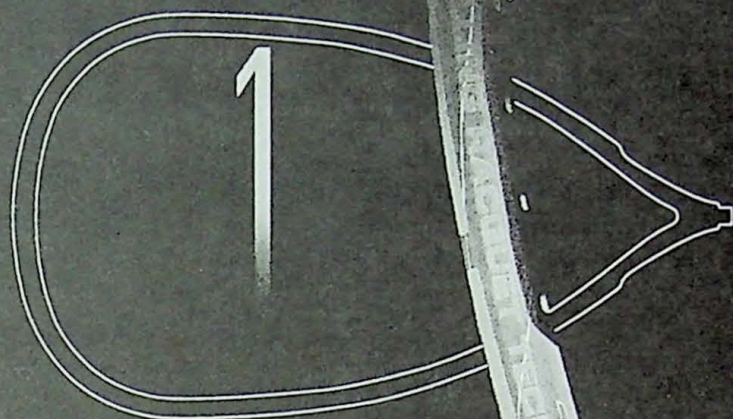
Congratulations, Laurel, and thanks for all you do. See you on the courts again soon!

Cheryl Kirk



*Congratulations to Laurel Davis —
USRA 2003 President of the Year!*

THE POWER OF THREE



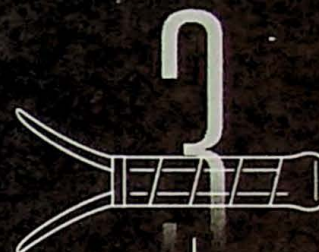
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Rockford Tournament

Rockford YMCA, Rockford, IL, April 25-27, 2003



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SPORTSWEAR



(L to R): Sponsors Bill Coon (Pella) and Jeff Miller (Inwave) with John Ellis, Derek Robinson and Gary Walters

Tournament Director Gary Walters wishes to thank the IRT, the ISRA and the volunteers for their support. Pro's John Ellis and Derek Robinson lent their participation, as did Josh Tucker and Ben Croft. Special

Swing (WI); Dean Heusinkveld, Rusty Sargent
Men's C (10): Larry Schum; Mike Daniels (WI); Jacob Fitzgerald, Don Schiff

thanks go also to Pella Windows and Inwave for their sponsorship of the tournament.

Results

Division/# entries

1st; 2nd; Semifinals

Men's Pro, IRT Rules

(15): John Ellis (CA); Derek Robinson (WA); Ben Croft, Josh Tucker (MO)

Men's Open

(Dropdown/7):

Bruce Moore; John Barelli; Kent Hadraba, Ray Brint (OH)

Men's A (10):

Juan Nieves (WI); Tom Goff (WI); Josh Hanford, Curtis Born

Men's B (11):

Ed Prochaska; Scott

Men's 30+ (11): Bill Lyman; Kent Hadraba; Bruce Nelson, Jeff Miller
Men's 30+ Intermediate (8): Scott Swing (WI); Craig Spires (WI); Chris Madigan, Jacob Fitzgerald

Men's 40+ (8): Bill Lyman; Tom Goff (WI); Ray Brint (OH), Bill Coon

Men's 50+ (4): Bill Coon, George Smuckel, Don Schiff, Frank LaSala



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Robinson sets up one of the biggest forehands in the game!

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It's That Time Again!

Travel League Captain's Meeting — August 26

Congratulations to the winning teams of the 2002-2003 ISRA Travel League season! The April 25th end-of-the-year party and awards banquet offered doubles play, dinner and prizes. We had some new teams show up on the winner's list. Thanks to everyone who participated and I'm looking forward to more teams and more competition with the coming season!

Division Winners

Women's Open:
Lattof YMCA
Men's Open: Glass Court
Men's A/B: Edens Athletic Club
Men's B/C: Lattof YMCA



Pam Grace
ISRA Travel League Director

City Playoff Winners

Men's Open: Schaumburg Tennis Plus
Men's A/B: Edens Athletic Club
Men's B/C: Glass Court

The Captain's Meeting for the 2003-2004 season will take place at 7:00 pm on August 26 at Glass Court. This is where your ideas are heard and rule changes are voted upon, so please come and support the largest and longest running travel league in the country. Let's

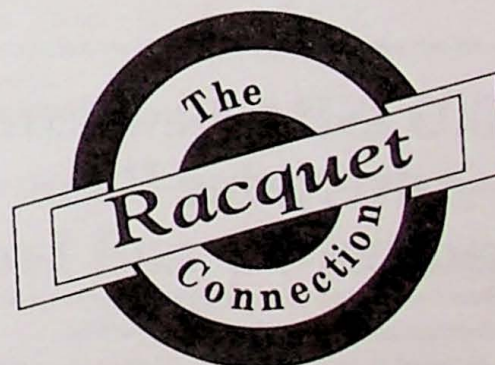
keep it going, and have a great summer!

Pam Grace

We are looking for sponsors who are willing to donate \$\$, shirts, gear, etc., to the ISRA Travel League. If you or someone you know are interested in sponsoring, please contact me at pgrace@drivechicago.com.



"First it was your outfit, then your shoes, now it's low blood sugar. See your tailor, shoemaker and doctor before our next match!"



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On the Road to the Big Leagues...

We're really not talking baseball, but the analogy seems appropriate since it's summer! It's also the time when we announce who will be moving up a level in the Minors — or all the way to the Big Leagues — when the new racquetball season begins.

Those lucky participants who have won a full draw sanctioned tournament must move up to the next level of play at the beginning of the next tournament season. Going forward, the USRA National Singles will be considered to be the last tournament of the ISRA season. Therefore, the first ISRA sanctioned tournament following that will be considered the first tournament of the new season. Participants required to move up will do so at that time; typically about June 1st.

What constitutes a full draw? Good question. For Men's divisions, a full draw is 12 participants. For Women's and Mixed Doubles divisions, a full draw is 8 participants (or teams).

Please congratulate those who performed

well and are being rewarded by moving up to the next level for the 2003-2004 ISRA tournament season:

New Division:

**Player Name — Tournament Won # 1,
Tournament Won # 2**

To Men's Open:

Joe Gill — Halloween Classic, Turkey Shoot

Kevin Johnson — Palos Olympic Open

William Lattner — ISRA State Singles

Todd Sauerbrun — Valentine's Day,

Eden's March Madness

To Men's A:

Mike Belvedere — Summerfest

Kelvin Branch — Palos Olympic Open

Scott Field — Super Bowl 2-Day

Sid Harshavat — USRA Regionals

David Kerr — ISRA State Singles

Angel Khamis — Revie Sorey, Eden's March Madness

Mike Lydy — BR Ryall Fall Open

Greg Martis — Shamrock Shootout

Tony Rosselli — Halloween Classic,

Turkey Shoot

Keith Stevens — Southlake Fall Open

To Men's B:

Adrian Beltramino — USRA Regionals

Dave Cieslewicz — Revie Sorey

Mike DeGonia — Halloween Classic

Bill Hawkins — Palos Olympic Open

Will Kazmier — Eden's March Madness

Chris Liljestrand — Shamrock Shootout

Robert Littledale — Southlake Fall Open

Desmond Slusher — ISRA State Singles

Jon Soike — Summerfest

To Men's C:

Sami Abualsamid — BR Ryall Fall Open

Brian Gioia — Eden's March Madness

Darren Halligan — Palos Olympic Open

Sergior Sanchez — Turkey Shoot

Lee Scoville — Halloween Classic

Michael Steinhaus — USRA Regionals

Blair Wagner — Revie Sorey

To Women's Open:

Kelley Fisher (OH) — Halloween Classic

Jill Wells — Turkey Shoot

To Women's A:

Karen Thurlow — ISRA State Singles

Cheryl Kirk

2003 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, 2003.
- Ad deadlines are as follows:

Issue Mail Date	Articles/Releases Due	Stuffers/Inserts Due
9/2/03	8/8/03	8/15/03
11/3/03	10/3/03	10/10/03

- All stuffer/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

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 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.illinoisracquetball.com

Enter Carolyn Watkins!

Whether it's training for racquetball, losing weight, preparing for a 550-mile AIDS bike ride, or educating caseworkers on teen pregnancy and parenting, Carolyn Watkins keeps her eye on the goal. Her story of personal sacrifice and success is inspiring...and racquetball is a big part of it all.

Born and raised on the south side of Chicago, Carolyn graduated from St. Ignatius High School, then went on to earn her BA from Chicago State University. She holds a position as a Training and Communications Specialist with the Teen Parenting Service Network. In addition to her "day job" keeping DCFS caseworkers up to date on policies and procedures, she mentors at-risk teenage girls.

Carolyn and her sisters were introduced to racquetball as a family activity; of the three girls, Carolyn was the only one who kept it up recreationally through college. After college, a pause in athletics caused her weight to creep up to over 300 pounds. Realizing she had to do something to lose weight and get into shape, Carolyn committed to training for the 6-day AIDS ride, a bicycle marathon from St. Paul to Chicago. A personal trainer at Bally's Total Fitness in Westport, Don Myles, began working with Carolyn in 1998 to prepare her for what was to be her first of two AIDS rides, during which she raised over \$5,600 for AIDS and HIV victims.

"I said I was going to ride away from my weight." Every day, Carolyn left her car at home and rode her bike to work (25 miles each way). "The first time it took about two hours. Eventually the time came down - and so did my weight." In the process of training for the two AIDS rides, Carolyn lost over 85 pounds, which she has maintained over three years. "During the first day of the AIDS ride, my body locked up - Wisconsin was a lot hillier than Chicago! But a group of people I was riding with encouraged me to hang in there."

"I began to like training for things." At River City North Shore, Carolyn began to play racquetball again. "I became addicted once I got back on the court." Once she finished the second AIDS ride in 2000, she returned to the sport in earnest, playing more regularly and, thanks to the support and encouragement of players like Joey Logan, Lem Rowans, Horace Miller and Joe Gill, learned more about the structure of tournaments. Through their advice, Carolyn realized

she needed to get in shape, this time for racquetball. She began working on fundamentals with her trainer (running, weight training, cardio) and concentrating on the basics of the game.

Carolyn began playing a number of tournaments, and she took home trophies from a few, impressing her trainer with her achievements. One day this past spring, representatives of the Oprah show called Bally's, who referred them to Carolyn's trainer, Don. He told them about Carolyn's achievements with the AIDS ride, weight loss and racquetball, netting her an invitation to come down on April 16 to interview for a show they were doing on individuals who have lost weight through athletics. "There was no real script...I didn't know what cameras were on me. They were giving away a hiking trip with Oprah - another lady ended up winning it, but the experience and recognition were so rewarding."

"I enjoyed this past season because I met so many people. As I started to compete against players at higher levels, things started to click. I've found a home for my



athletic ability. Racquetball keeps me on my toes...it pushes me to want to stay fit." Carolyn's 2002-2003 season culminated in attendance at The Finals in Houston over the Memorial Day weekend where she earned gold medals in Women's D and Women's 30+ C/D.

"In Houston, I never felt more proud to be a part of Illinois racquetball. Nationals was a way to be a part of the group and feel the support of the Illinois players. If you're there, they're going to support you."

Beyond her personal goals, Carolyn wants to explore how she can incorporate racquetball into the lives of the teenage girls she works with - to build their self-esteem and give them something to work for. "I can't wait to see where this is gonna take me!"

Neither can we, Carolyn!

—Cheryl Kirk

ISRA Officer and Board Member Election Held

The ISRA Board held its Annual Meeting on Wednesday, June 18, 2003, at the National City Bank office in Oak Brook. As with all ISRA meetings, this meeting was open to the membership.

Per the ISRA bylaws, if there are no opposing nominations to the original slate (published in the January newsletter), the Nominating Committee's slate is to be accepted automatically. May 1st was the deadline for notification of opposing nominations; none were received.

The Officer and Governing Board Members elected for two-year terms are as follows:

Officers and Zone VP's: Laurel Davis, President; Judy Young, Secretary; Lynne Weisbart, North Zone VP; and Jim Jeffers, Central Zone VP.

Governing Board Members: Mike Davern, T.J. Ferro, Pam Grace, Geoff Peters, Tom Utterback. (The remaining board members will stand for election when their two-year terms end next year).

The Nominating Committee (Cheryl Kirk, Chair; Rich Clay; and Patrice Calvi) wishes to thank these returning officers and board members for their continuing service to the ISRA and to the sport of racquetball.

Remember, any ISRA member who wants to help improve the quality of racquetball in Illinois is welcome to join the Auxiliary Board. Please contact any member of the ISRA Board for further information.

Signed, The Nominating Committee

2003 Ektelon USRA Regionals

Glass Court Swim & Fitness

April 11-13, 2003

After a two year absence, the 2003 Ektelon USRA Regional Championships returned to the Glass Court April 11th through the 13th. With many local players having competed the week before at the ISRA State Championships, we weren't sure how many players would choose to play two weekends in a row. We needn't have worried. The State Championships had a great draw, and players reacted so well to the new site at Chalet that the goodwill seemed to carry over to the following weekend at Glass. As a matter of fact, the "Team Illinois" shirts from State Singles had evidently made it through the laundry during the week and were in evidence around the club all weekend as the Illini tee'd it up against competitors from Wisconsin, Indiana, Iowa, Michigan, Texas, Ohio, Kentucky and California. Overall, the draw was larger than it has been in several years and players got used to the new A/B and C/D designations in the age categories. This means smaller divisions, but each match appears to be more competitive since the 40+ C/D players are no longer

either a) not entering or b) getting only 3 points in a first round loss.

The competition was stiff in all divisions as Ben Croft emerged as the only double

ments early and don't come back for the Saturday night festivities don't know what you're missing. We gave out 40 great raffle prizes - and all you had to do was be present to win! In addition, all players

got mesh shorts and a Road to the Finals T-shirt as their tournament souvenirs!

Thanks also to Brian McNally, Barb Vagedes and Char Borre (of the Glass Court staff), Doug Halverson, Michelle Halverson, Cheryl Kirk, Laurel Davis, Kara Peters, Jennifer Jaskier, Mike Davern, Laura Morgan, Jeff Grace, Pam Grace, Chuck Snyders, Pam Snyders, Liz Molitor and John Thorson for manning the control and check-in desks all weekend. It really does take the efforts of many volunteers to

make a tournament successful!

—Geoff Peters



John Thorson & Chuck Snyders — Two Guys in Control!

winner in the singles divisions. He bested Brad McCunniff in the Men's Open final and Filip Vesely in the Men's 24+ division as he continued his tune-up for the Junior National Championships in late June. Ben went into an early tiebreaker (0) against Brent Huff and then cruised in straight games the rest of the tournament. Of special note were Ken Yahiro competing in the 75+ Division and John O'Donnell, Jr. once again driving north from Champaign to take the Men's 70+ Division. Competitors Juan Martinez (Men's 35+ C/D), John Mason (Men's 35+ A/B), Lori Good (Women's B), Tina Hernandez (Women's 35+ A/B), Liz Molitor (Women's 45+), Suzette Solomon (Women's A), Larry Bizarri (Men's 60+ C/D), Jim Luzar (Men's 50+), Dean Cline (Men's 45+ C/D), Dave Negrete (Men's 40+), Brad McCunniff (Men's 35+) and Jason Hicks (Men's 25+ A/B) all won their divisions as they prepared for the National Championships over Memorial Day weekend in sunny Houston.

Special thanks to Joe and Diane DeArmas of the Glass Court for hosting this fun event. We had a DJ on Saturday night to keep everyone going and a great raffle for everyone still in the building at 10 pm. Those of you who leave Glass tourna-

Results

Division; # entered

1st; 2nd; Semifinals

Men's Open (10): Ben Croft (IL); Brad McCunniff (IA); Greg Hasty II (IL) 3rd; Cary Slade (IL) 4th

Men's Elite (5): Alex Zamudio (IN); Joe Klibowitz (WI); Filip Vesely (IN) 3rd; Ron Calloway (IL) 4th

Men's A (10): Donald Volz (IL); Juan Niaves (WI); Dick Heithoff (IL); Kevin Massard (IL)

Men's B (25): Sid Harshavat (IL); Michael Lydy (IL); Tony Rosselli (IL); Ray Shimizu (IL)

Men's C (27): Adrian Beltramino (IL); Chris Liljestrang (IL); Ruben Muruato (IL); Peter Schmeichel (IL)

Men's D (17): Michael Steinhaus (IL); Nils Mogensen (IL); Jeff Novak (IL) 3rd; Bill Doyle (IL) 4th

Men's 24- (3): Ben Croft (IL); Filip Vesely (IN); Tyler Nelson (WI)

Men's 25+ (3): Ryan Griffin (IN); Eric Zamudio (IN); Brent Huff (IA)

Men's 25+ A/B (7): Jason Hicks (KY); Kevin O'Keefe (MI); Juan Niaves (WI); Tony Rosselli (IL)



Tina Hernandez tuned up for the Houston Finals

Men's 25 + C/D (5): Jose Ortiz (TX); Mark Stevenson (IL); 2nd; Kris Robinson (KY) 3rd; Bob Shurlow (MI) 4th
Men's 30 + (3): Kent Hadraba (IL); Dennis Negrete (IL); Craig Dennings (MI)
Men's 30 + A/B (3): Kevin O'Keefe (MI); Juan Niaves (WI), Tony Rosselli (IL)
Men's 30 + C/D (2): Mark Stevenson (IL); Joel Zawko (IL)
Men's 35 + (7): Brad McCunniff (IA); Eugene Coyle (IL); Cary Slade (IL) 3rd; Dennis Negrete (IL) 4th
Men's 35 + A/B (9): John Mason (IL); Kevin Massard (IL); Joe Waller (IL), Ray Shimizu (IL)
Men's 35 + C/D (7): Juan Martinez (IL); Desmond Slusher (IL); Richard Lux (IL), Jon Soike (IL)
Men's 40 + (7): Dave Negrete (IL); Bob Wright (IN); Ron Calloway (IL) 3rd; Jeff Hotler (IN) 4th
Men's 40 + A/B (3): John Mason (IL); John Anaya (IL), Philip Singer (KY)
Men's 40 + C/D (5): Juan Martinez (IL); Richard Lux (IL), Jon Soike (IL); Leon Bekker (IN)



Kathy Dunham and Liz Molitor — the Women's 45+ Division!

Men's 45 + (7): Dave Milazzo (IL); Jim Luzar (WI); Dale Hagy (IN) 3rd; Rich Lopez (IL) 4th
Men's 45 + A/B (10): Dale Hagy (IN); Delmer Reed (IL); Geoff Peters (IL), Joe DeArmas (IL)
Men's 45 + C/D (5): Dean Cline (IN); Dean Hollowell (IL); Larry Hicks (KY) 3rd; Jerry Knowles (IL) 4th

Men's 50 + (7): Jim Luzar (WI); Dave Olson (IL); Greg Hasty (IL) 3rd; Gregg Mandell (IL) 4th
Men's 50 + A/B (10): Dick Heithoff (IL); Jeff Grace (IL); Delmer Reed (IL), Wil Rounsaville (IL)
Men's 55 + (7): Greg Hasty (IL); Mike Goodyear (IL); Pat Taylor (IL) 3rd; Joe Quirke (IL) 4th
Men's 55 + A/B (3): Don Davis (IL); Elliott Papermaster (WI), John Koziol (IL)
Men's 55 + C/D (8): Bill Reed (IL); Sal Oliver (IL); Larry Bizzari (IN), David Seltzer (IL)
Men's 60 + (7): Pat Taylor (IL); Ed Olah (IL); John Talty (IL), Don Davis (IL)
Men's 60 + A/B (2): Don Davis (IL); Elliott Papermaster (WI)
Men's 60 + C/D (6): Larry Bizarri (IN); David Seltzer (IL); John Urycki (IN), Al Basile (IL)
Men's 65 + (2): Ed Olah (IL); Bill Schram (IL)

Men's 70 + (3): John O'Donnell, Jr. (IL); Charles Kaiser (MI); Ken Yahiro (IL)
Men's 75 + (1): Ken Yahiro (IL)

Women's A (6): Suzette Solomon (IN); Tina Hernandez (IL); Char Borre (IL), Joan Vande Kieft (IL)
Women's B (6): Lori Good (IL); Karen Thurlow (IL); Kelly Carson (IL), Cheryl Kirk (IL)
Women's C/D (5): Kelly Carson (IL); Maria Niaves (WI); Laura Rosiles (IL) 3rd; Janet Christie (IL) 4th
Women's 30 + A/B (6): Tina Hernandez (IL); Lori Good (IL); Carolyn Watkins (IL), Joan Vande Kieft (IL)
Women's 35 + A/B (5): Tina Hernandez (IL); Lori Good (IL); Joan Vande Kieft (IL); Cheryl Kirk (IL), Lynne Weisbart (IL)
Women's 40 + A/B (4): Tina Hernandez (IL); Joan Vande Kieft (IL); Cheryl Kirk (IL), Lynne Weisbart (IL)
Women's 45 + (2): Liz Molitor (IL); Kathy Dunham (IL)
Women's 45 + A/B (3): Tina Hernandez (IL); Cheryl Kirk (IL), Lynne Weisbart (IL)
Women's 45 + C/D (3): Dorothy Che-Menju (IL); Maria Niaves (WI); Janet Christie (IL)
Women's 50 + A/B (1): Lynne Weisbart (IL)
Women's 50 + C/D (2): Dorothy Che-Menju (IL); Maria Niaves (WI)



The Martinez family celebrates Juan's gold medal

Mixed Open Doubles (9): Liz Molitor (IL)/ Rich Lopez (IN); Karen Thurlow (IL)/Joe Gill (IL); Renee Roux (CA)/Jeff Hotler (IN), Bob Wright (IN)/Kathy Dunham (IL)

"The Finals": Ektelon National Singles

May 21-26, 2003; Downtown YMCA, Houston, Texas

Team Illinois Stats

Players:
22 men/11 women
Entries (61):
Men – 43, Women – 18
Illinois ranked 2nd in
participation out of 48
states represented!

Men's and Women's

Open Finals:

Rocky Carson (CA) d.
Jack Huczek (MI) 6-15,
15-12, 11-10
Cheryl Gudinas (IL) d.
Laura Fenton (KS) 15-11,
15-5

USRA Awards – Saturday night

*Female Player
of the Year –*
Cheryl Gudinas (IL)
Male Player of the Year –
Mike Guidry (TX)
Hall of Fame Inductee – Cliff Swain (MA)
Bud Muehleisen (age group award) –
Robert McAdam (TX)
Peggy Steding (age group award) –
Sharon Hastings-Welty (OR)
State President of the Year –
Laurel Davis (IL)

Most Fun Event (reporter's opinion)

Karaoke "American Idol" –
Rap meets (& beats) Sinatra!



USRA Executive Director Jim Hiser, ISRA President Laurel Davis,
and IRT Commissioner Dave Negrete

Team Illinois Medal Count

7 gold, 3 silver, 5 bronze, 3 pewter =
18 medals!
10 more placed 5-8
This equaled **28 Top Finishers** (nearly half
of all Illinois entries!)

The Medalists

Gold: Janet Christie, Chris Evon, Cheryl
Gudinas, Lola Markus, Ray Meisner,
Carolyn Watkins
Silver: Dennis Negrete, John O'Donnell,
Jr., Alberto Palacios
Bronze: Lori Good, Tina Hernandez, Juan
Martinez, Ray Meisner
Pewter: Alberto Palacios, Royce Simpson,
Joan Vande Kieft

Cheerleaders

Randy Christie, Kunjal Harshavat,
Susan Klimaitis, Kit Lawson, Heidi
Rosselli, Jugie Martinez, Gay Kenna
Mason

"Top Ten" Advice & Insights

The daily newsletter at the tourna-
ment had a blurb on comments
from players. Stealing this idea
shamelessly, Team Illinois offered
up their own observations for next
year's first-time entrants. Heard (or
overheard):

1. Remember your Advil and Pepto
Bismol
2. Don't believe your opponent
when you make a deal that each of
you will go out drinking the night
before your match
3. Pack lots of clean underwear
4. Do a "snore check" on your potential
roommate
5. If you don't want to receive calls at 3 am,
don't tell Dennis Negrete what room
you're in
6. Lose early, drink early and bring a good
liver
7. Practice your MTV home video (especially
Baby Got Back, ref. American Idol night)
8. Val-en-teeeee-na!!
9. Bring your sunscreen and your wetsuit
– the pool is *freezing*!
10. Team Illinois rocks!

—Cheryl Kirk

continued on page 12



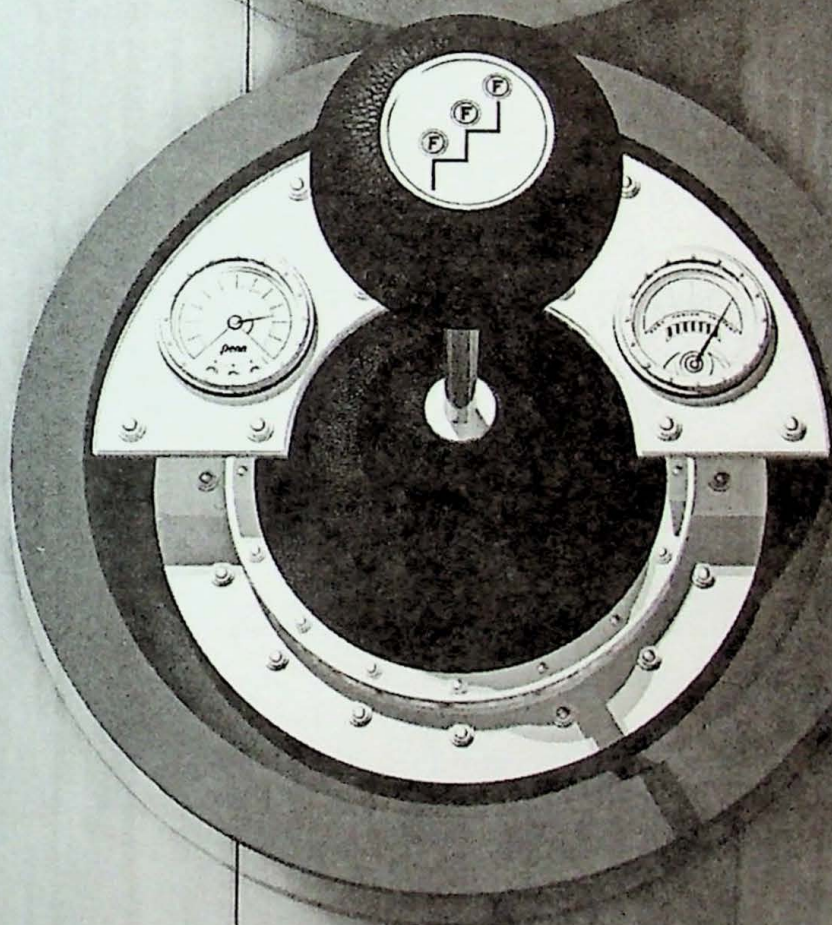
(Clockwise) Carolyn Watkins, Geoff Peters, Cheryl Kirk, Lori Good,
Karen Thurlow and Joe Gill at the Metropolitan Club



"Hey, look what I got!"
Ray Meisner came home with TWO medals!

Speed?

You don't know
the half of it.

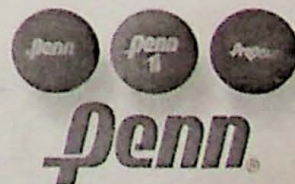


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Dennis Negrete and Watmora Casey

Gregg Mandell,
M45 +, M50 + *
Lola Markus,
W70 + (1st) *
Juan Martinez,
M30 + C/D (3rd) *
M35 + C/D
John Mason,
M40 + A/B,
M45 + A/B
Ray Meisner,
MC (3rd) *
M50 + C/D (1st) *
Horace Miller,
M50 +, M55 + *
Liz Molitor, W Elite
(1st cons.), W45 +
Dave Negrete,
M40 +
Dennis Negrete,
M35 +,
M35 + A/B (2nd) *
John O'Donnell, Jr.,
M70 + (2nd) *



Joan Vande Kieft and Alberto Palacios

Illinois entries/results:

*denotes Top Finisher

Watmora Casey, M40 + A/B, M45 + A/B
Janet Christie, WD*, W45 + C/D (1st) *
Fred Conforti, MC, M35 + C/D
Eugene Coyle, MO, Men's 35 +
Chris Evon, W45 + (1st) *
Jerry Fronczak, M50 + A/B
Joe Gill, M Elite, M35 +
Lori Good, WB (3rd) *, W25-35 + A/B (3rd) *
Cheryl Gudinas, WO (1st) *
Sid Harshavat, MB, M25 + A/B*
Andy Hawthorne, MO, M24 + *
Tina Hernandez, W45 +, W45 + A/B (3rd) *
Cheryl Kirk, WB*, W45 + A/B*
Leo Klimaitis, M55 +, M50 + A/B*

Alberto Palacios, M55 + C/D (4th) *,
M60 + C/D (2nd) *
Geoff Peters, M40 + A/B,
M45 + A/B
Tony Rosselli, MB, M30 + A/B
Wil Rounsaville, M45 + A/B,
M50 + A/B
Royce Simpson,
MC, M40 + C/D (4th) *
Cary Slade, M Elite, M35 +
Pat Taylor, M55 +, M60 + *
Karen Thurlow, WB
Joan Vande Kieft, WB*,
W45 + A/B (4th) *
Carolyn Watkins, WD (1st) *,
W30 + C/D (1st) *



Tony and Heidi Rosselli

USRA
United States Racquetball Association

COMPETITIVE LICENSE APPLICATION

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2291 Shannondale Rd.
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U.S. Olympic
Committee*

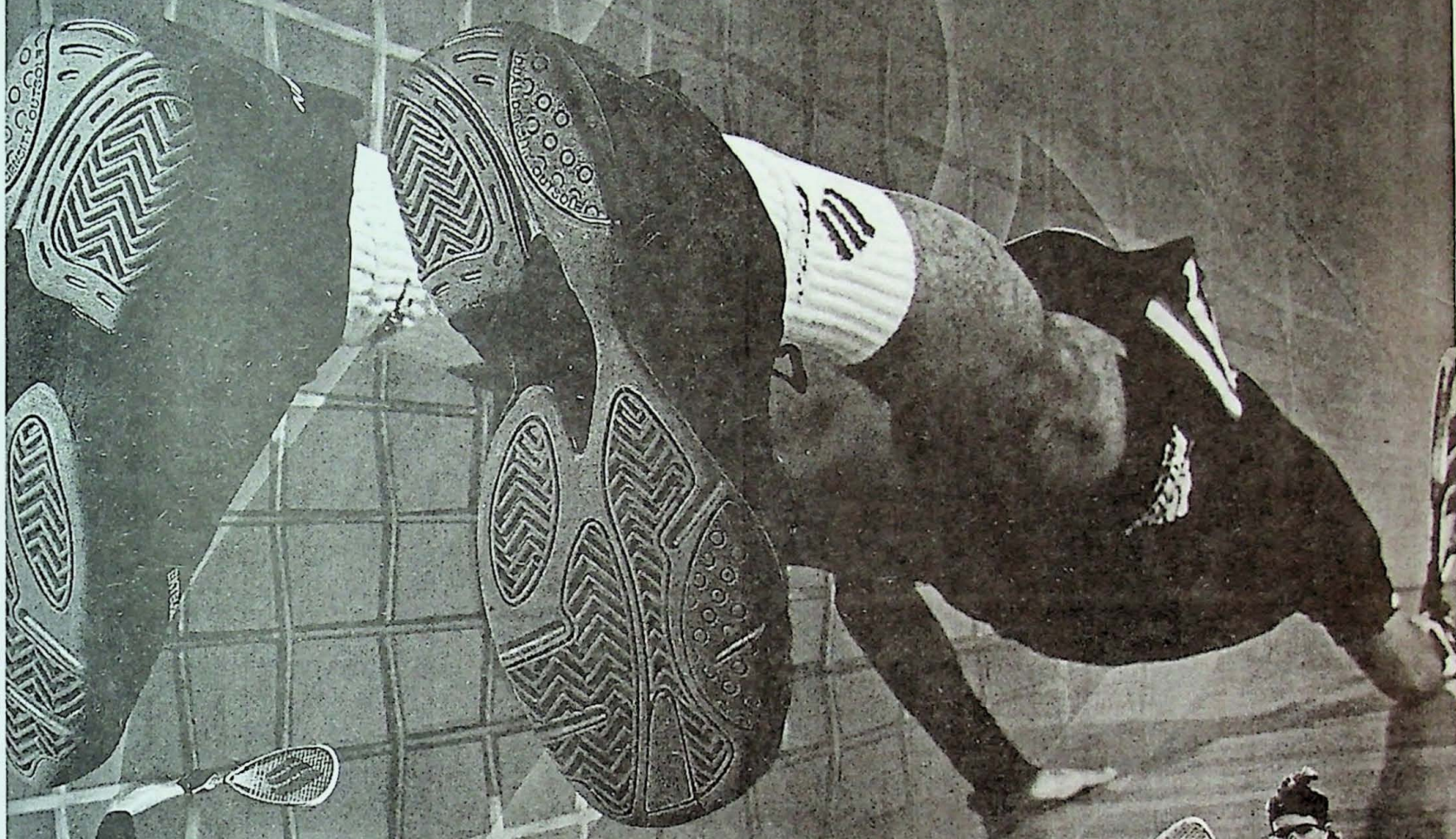
Adult competitor	\$30.00
Junior competitor	\$20.00
Junior competitor (without RACQUETBALL Magazine)	\$15.00
RACQUETBALL Magazine subscription only	\$20.00
Tax-deductible donation	\$
Total enclosed	\$

Tournament _____ Representative _____

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



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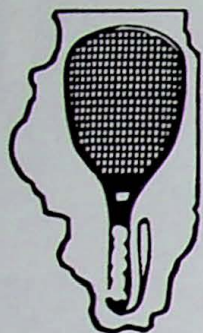
*Member of the World Champion Canadian National Team



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ISRA

2003-2004 TOURNAMENT CALENDAR

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

**Tentative — the Official ISRA Calendar will
be published in the September issue!**

August 23

1st Annual Dog Days Open
The Southlake Club, Mundelein
Bob Croft (847) 949-8180

October 1-5

Ektelon 36th U.S. National Doubles
Minneapolis, MN
Heather Fender (719) 635-5396
SANCTIONED

October 10-12

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

October 11

JTI Awards Banquet
Location TBD
Fred Ritschard (630) 668-3138

October 18-19

19th Annual Illinois Senior/Masters
Naperville Olympic Health and Fitness
Cheryl Kirk (630) 215-4242
SANCTIONED

October 24-26

B. R. Ryall Four Wall Brawl
B.R. Ryall YMCA, Glen Ellyn
Sean Nelson (630) 858-0100
SANCTIONED *

October 30-November 2

Halloween Classic IRT Pro Stop
Athletic Club of Bloomingdale
Dave Negrete (630) 430-1478
SANCTIONED

November 8-9

The Southlake Fall Open
The Southlake Club, Mundelein
Bob Croft (847) 949-8180
SANCTIONED *

November 13-16

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

November 19-23

The Choice Hotels 8th U.S. Open
The Racquet Club, Memphis, TN
Doug Ganim (719) 635-5396
SANCTIONED

December 6

Wilson One Day Women's
TBD
Dave Negrete (630) 430-1478
SANCTIONED

December 17-21

IRF 15th World Juniors
Orlando, FL
Heather Fender (719) 635-5396
SANCTIONED *

January 15-18

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

January 16-18

WSMA 15th Senior/Masters
Royal Athletic Club, Burlingame, CA
Terry Rogers (650) 349-9533
SANCTIONED

January 23-24

Ed Lembitz Memorial Open
B.R. Ryall YMCA, Glen Ellyn
Sean Nelson (630) 858-0100
SANCTIONED *

January 31

One Day Doubles Tune-up
The Southlake Club, Mundelein
Bob Croft (847) 949-8180
SANCTIONED

February 6-8

ISRA State Doubles Championships
Location TBD
Laurel Davis (630) 325-6410
SANCTIONED

February 13-15

St. Valentine's Day Massacre
Location TBD
Dave Negrete (630) 430-1478
SANCTIONED

February 20-22

9th Annual Palos Olympic Open
Palos Olympic Health and Fitness
Keith Kareiva (708) 444-0051
SANCTIONED

March 4-7

Wilson 17th US High School Championships
Portland, OR
Heather Fender (719) 635-5396
SANCTIONED *

March TBD

Negrete Open
Location TBD
Dave Negrete (630) 430-1478
SANCTIONED

March 11-14

Shamrock Shootout
The Glass Court Swim and Fitness, Lombard
Doug Halverson (630) 629-3390
SANCTIONED

March 19-21

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

March 27-28

ISRA Junior State Singles and Doubles
Location TBD
Laurel Davis (630) 325-6410
SANCTIONED *

April 1-4

ISRA State Singles
Location TBD
Geoff Peters (773) 251-4413
SANCTIONED

April TBD

E-Force Intercollegiate Championships
Location TBD
Heather Fender (719) 635-5396
SANCTIONED *

April 15-18

Ektelon USRA Regional Championships
Location TBD
Geoff Peters (773) 251-4413
SANCTIONED

May 26-31

37th Ektelon USRA National Championships
Downtown YMCA, Houston Tx
Heather Fender (719) 635-5396
SANCTIONED

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*** = Junior Divisions Offered**



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 (with membership card)

The Glass Court
Swim & Fitness
630-629-3390

Saturdays 7 a.m. - Noon
 \$6.00

Landmark Health
& Racquetball
309-685-8200

Peoria, IL
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 Fridays of Month
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Oak Park Athletic Club
708-848-5200

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 and
 Saturdays 12-3 p.m.
 \$8.00

Oak Park YMCA
708-383-5200

Wed. 7-8 p.m., Thurs. 2-4 p.m.,
 Sat 8-10 a.m.
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 non-members

Palos Olympic Health
& Racquet Club
708-974-1900

Thursdays 6 - 8:30 p.m.
 \$5.00

The Southlake Club
847-949-8180

Saturdays
 10 a.m. - 1:00 p.m.
 \$10.00 for ISRA members
 (with membership card)

Sunset Racquetball
& Fitness Center
630-232-7867

Geneva, IL
 Saturdays 12:30 - 2:30 p.m.
 Members: \$2 Non-Members: \$5

To add your club to this list, contact:

Lynne Weisbart
847-732-7245



Illinois State Racquetball Association

c/o Cheryl Kirk
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 Naperville, IL 60540

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