



FROM YOUNG...  
TO OLD(ER)...  
TO EVERYONE  
IN BETWEEN -  
2009-2010  
HAS BEEN A  
GREAT SEASON!



## INSIDE

From the President

2

St. Valentine's Day Massacre

3

Rip It One Day Singles Shootout

3

ISRA Singles Championships

4

Winners Announced at ISRA Annual Awards Ceremony

8

Mehta Rises to the Chicago-area Competition

9

25th Annual Shamrock Shootout

10

NMRA National Championships

12

Men's 2009-2010 Travel League

12

2009 USAR Illinois Regional Qualifiers

14

Walk MS

16

What Racquetball Means to Me

17 & 18

2010 ISRA Newsletter Advertising Rates

19

The Kill Shot  
Kids Corner

20

ISRA 2010 Tournament Calendar

21

Lend Your Support

22

Attention ISRA Members

22

USA Racquetball Membership Application

22

Racquetball Challenge Courts

23

# ILLINOIS STATE RACQUETBALL ASSOCIATION

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## From the PRESIDENT

There has been a common sight outside the Glass Court at many of the tournaments over the past year or so. And, it's not something that I really like to see.

What is that I have seen too often? *It is an ambulance with flashing red lights that has come to pick up an injured tournament player!*

I'm not sure why we have had so many injuries. It may be a fluke, it may be that we are out of shape, we are getting older or we are more reckless. Maybe we're just jocks. Regardless, it seems like a good time to reiterate one of the benefits of a USAR/ISRA membership.

The benefit is the *Secondary Accident Medical Insurance for Licensed Members*. The coverage starts upon receipt of a completed application form and the appropriate fee. Members are covered while playing in state, regional or national USAR sanctioned events, as well as sanctioned leagues or organized practice sessions.

The deductible is rather high (\$7,500) but the insurance is intended to be secondary, not your primary insurance. The deductible is the greater of the total of other collectible benefits from primary insurance resources applicable to the injury, or

\$7,500 of paid medical expenses where there is no primary insurance.

So, if you have an injury that costs less than \$7,500, it isn't going to help. But if you have an injury that requires hospitalization or surgery, it may be a huge benefit to the player. Twenty-seven people across the country took advantage of this insurance over the last year. Let's look at an example:

A player gets injured, is taken to the emergency room and is then admitted to the hospital and has surgery. Let's assume the total expense is \$50,000.

Assume your insurance pays 80% and you are responsible for the remaining 20%. The \$40,000 paid by your primary insurance certainly meets the \$7,500 deductible. The USAR insurance will pay up to \$50,000 per occurrence. So, in this case, the USAR insurance will pay the \$10,000 that would typically come out of your pocket. If you don't have primary insurance, you would pay \$7,500 and the USAR insurance would pay the remainder.

A real-life example of the value of this coverage is related by Ryan Rodgers on page 55 of the Winter 2010 Racquetball magazine. Ryan describes how having this insurance saved him \$15,000 out of pocket!

I don't advocate getting hurt, but I do advocate being a USRA/ISRA member. The insurance is a real benefit that could come in handy in the event of an accident on the court.

So, stay safe, enjoy the summer...and make sure your membership is current!

Laurel



## On the Cover...

(clockwise from top left)

ISRA Annual Award winners Juan Martinez (accepting for Juan III), Nancy Amaro, ISRA President Laurel Davis, Lori Good and Alok Mehta (see page 8)

Dvorak Award applicants Brett Whelton, George Mugnani, Sam Goodman, Saad Siddiqui (award winner), Jason Goodman and Jack Vesevick (see page 20)

Team Illinois at NMRA in Tucson: Don Dennis, Lola Markus, Marty Haak, Phil Dziuk, Cheryl Kirk, Margaret Hoff, and Jerry Fronczak (see page 12)

# St. Valentine's Day **MASSACRE** IRT Satellite

Forest View Racquet Club; February 12-14, 2010

Tournament Director – Dave Negrete

## RESULTS

Division/# entered: First; Second; Semifinals

**Men's Pro/Open (13):** Andrew Price; Geoff Goldblatt; Zach Archer, Juan Martinez III

**Men's AA (3):** Dean Hamiti; Matt Barbusak; Tom Utterback

**Men's A (14):** Scott Fauque; Josh Cohen; Jim Thurber, Antonio Salazar

**Men's B (14):** Ozzie Moran; Ray Redelman; Glen Bero, Kevin Burns

**Men's C (10):** Matthew Reeser; Ranseri Salgado; Nick Snider, Scott Schulz

**Men's D (8):** Nick Snider; Philip Kluss; Nikhil Iyer, Scott Schulz

**Men's 40/45+ (8):** Mike Davern; George Pappas; Patrick Taylor, Jeff Grace

**Women's A/B (4):** Rhonda Mundhenk; Carrie Martin; Anna Marek, Tamara Buss

**Men's Open Doubles (6):** Andrew Price/Brad Schopieray; Geoff Goldblatt/Tom Utterback; Dean Hamiti/Zach Archer, Juan Martinez/Juan Martinez III

**Men's A/B Doubles (6):** Jeff Grace/Mike Davern; Adrian Montes de Oca/Luis Monsreal; David Chirio/Matt Barbusak, Jose Alberto Gallardo/Ranseri Salgado

**Mixed A/B Doubles (3):** Arnold Ortega/Carolyn Watkins-Vazquez; Adrian Montes de Oca/Anna Marek; Glen Bero/Tamara Buss

# Rip It **ONE DAY** Singles Shootout

Forest View Racquet Club; March 27, 2010

Tournament Director – Dave Negrete

### Pool Group #1

Brent Huff

Mike Davern

Suresh Palani

Angelo Moca

Tim Dern

Brad Johnson

Dave Negrete

### Pool Play #2

Eric Battaglia

Keith Wiener

Josh Cohen

Michael Bogue

Jim Thurber

Scott Koburi

Dean Hamiti

## RESULTS

Division/# entered: First; Second; Semifinals

**Men's Open/A Playoff (4):** Brent Huff; Eric Battaglia; Dean Hamiti, Tim Dern

**Men's B/C (8):** Arnold Ortega; Ray Redelman; Hugo Galicia, Glen Bero

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# ISRA State SINGLES CHAMPIONSHIPS

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*Please thank these sponsors  
for their support of Illinois  
racquetball!*

**The Glass Court Swim & Fitness**  
February 26-28, 2010  
Tournament Director – Cheryl Kirk

The 2010 winners have been logged in the record books, with reigning Men's Open Champion Trevor Snyders and Women's Open Champion Janet Eminger leading the way. Upwards of 30 new State champs proudly claimed their gold medals, with plenty of respectable silver medals going home as well. In the "Movin' on Up" category, healthy draws in the men's divisions compel four players to compete in higher divisions next season: Oscar Madrigal, Craig Herman, Arturo Baranco, and Glen Bero.

Many thanks to the volunteers who contributed their time and efforts. It would be impossible to stage a quality tournament without their gracious assistance: Marian Bala, Kenny Brown, Kevin Brylski, Tamara Buss, Barb Curran, Marla Cusano, Mike Davern, Laurel



*Michael Mancuso  
Men's 45-50 + Intermediate  
State Champion*



*Tamara Buss and Sarah Vaughn —  
Sarah's first tournament!*

Davis, Joey Eminger, Dan Flood, Lori Good, Dolores Lamberson, Jeff Grace, Pam Grace, Doug Halverson, Michelle Halverson, Joy Herth, Kit Lawson, Jim Maroon, Dave Milazzo, Liz Molitor, Lola Markus, Ray Markus, John O'Donnell, Jr., Geoff Peters, John Puccio, Delmer Reed, Enrique Rodriguez, Joyce Satorius, Rick Seaberg, Joe Silius, Chuck Snyders, John Thorson, Jr., Tom Utterback, Julianne Valentino, Barb Vagedes, Joan Vande Kieft, Kevin Yeazell.

Check out the results on page 6 and take a look at all the draws on R2 Sports.

— Cheryl Kirk

## ISRA State **SINGLES CHAMPIONSHIPS** *continued from previous page*



*Men's Open Champion Trevor Snyders with fan/grandpa Charles Snyders*



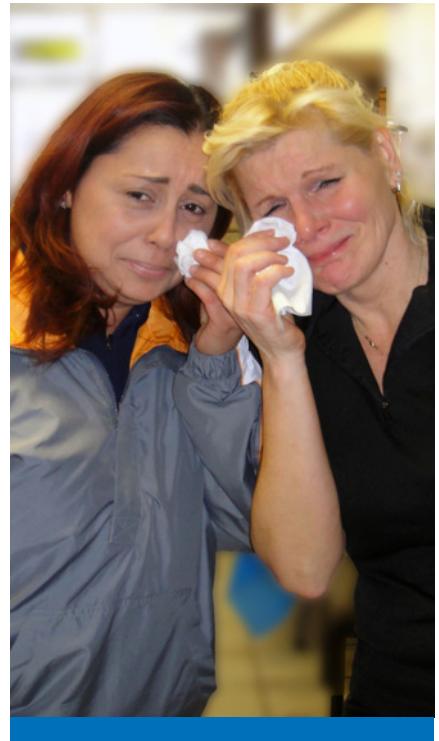
*Janet Eminger does the "I won Women's Open!" happy dance*



*Men's C Silver medalist Stan Postupaka and Men's B Champ Craig Herman*



*Michael Ryan, Gold medalist, Men's 25-40+ Intermediate*



*Tears of joy—Julianne Valentino (right) played a great match! Letty Rivera is overcome!*

# ISRA State **SINGLES CHAMPIONSHIPS**

*continued from previous page*



*Men's 50-60+ A gold medalist  
Jeff Grace*



*Dolores Lamberson - not quite  
ready to return to prime time but  
a stellar volunteer!*



*Men's 55/60+ Champ  
Dennis McKee*

## RESULTS

**Division/# entered:** First; Second;  
Semifinals

**Men's Open (16):** Trevor Snyders; Jorge Ortiz; Geoff Goldblatt, Dave Negrete  
**Men's AA (8):** Larry Vena; Dean Hamiti; Antonio Rosselli, Tom Utterback  
**Men's A (23):** Oscar Madrigal; Eric Mathews; Dan Flood, John Richier  
**Men's B (25):** Craig Herman; Basilio Salazar; Ozzie Moran, Michael Ryan  
**Men's C (30):** Arturo Barranco; Stan Postupaka; Daniel Mills, Dan Pacetti  
**Men's D (20):** Glen Bero; Federico Salazar; Nouman Qaiser, David Walker  
**Men's 25/35+ (8):** Jorge Ortiz; Tom Utterback; Tony Gonzalez, Dean Hamiti  
**Men's 40/45+ (9):** Dennis Negrete; Lem Rowans; Alok Mehta, John Thorson, Jr.  
**Men's 50+ (12):** David Milazzo; Jim Hillman; Tom Horton, Tim Dern  
**Men's 55/60+ (10):** Dennis McKee; Jerry Fronczak; Horace Miller, Dave Olson

**Men's 65/70/75+ (3):** Patrick Taylor; John O'Donnell, Jr.; Don Davis

**Men's 65+ (1):** Patrick Taylor

**Men's 70+ (1):** Don Davis

**Men's 75+ (1):** John O'Donnell, Jr.

**Men's 25/40/45+A (7):** Moses Elias; John Richier; Rick Seaberg, Antonio Vazquez

**Men's 50/55/60+A (5):** Jeff Grace; Michael Melber; Jim Maroon, Fred Barbara

**Men's 25/35/40+ Int (7):** Michael Ryan; Arnold Ortega; Kevin Burns, John Kultgen

**Men's 45/50+ Int (9):** Michael Mancuso; Daniel Kennedy; Sal Galvan, Rick Rinella

**Men's 55/60/65+ Int (5):** Paul Jepsen; Alberto Palacios; Sal Galvan (3rd)

**Men's 55+ Int (3):** Paul Jepsen; Sal Galvan; Rodrigo Vazquez (3rd)

**Men's 60+ Int (1):** William Wasserman

**Men's 65+ Int (1):** Alberto Palacios

**Women's Open (8):** Janet Eminger; Ellen Somberg; Diane Bunker, Renee Roux

**Women's AA (3):** Lynn Yeazell; Laurel Davis; Karin McCauley

**Women's A (7):** Kelly Gremley; Julianne Valentino; Pam Grace, Rhonda Mundhenk

**Women's C/Novice (4):** Tamara Buss; Sarah Vaughan; Amanda Meierdirk (3rd)

**Women's C (3):** Tamara Buss; Sarah Vaughan; Amanda Meierdirk (3rd)

**Women's Novice (1):** Sara Lyons

**Women's 40/45/50+ (7):** Renee Roux; Liz Molitor; Diane Bunker, Ellen Somberg

**Women's 24-/25/35+ A (5):** Rhonda Mundhenk; Kelly Gremley; Marlin Ortiz (3rd)

**Women's 24- A (1):** Kelly Gremley

**Women's 25+ A (2):** Joy Herth; Marlin Ortiz

**Women's 35+ A (2):** Rhonda Mundhenk; Letty Rivera

**Women's 50/55+A (3):** Cheryl Kirk; Pam Grace; Marla Cusano (3rd)

**Women's 50+A (1):** Cheryl Kirk

**Women's 55+A (2):** Pam Grace; Marla Cusano

**Boys 18/16- (3):** John Bertholomey, Jr.; Justin Peterson; Steve Troc

**Boys 16- (1):** Steve Troc

**Boys 14- (4):** Justin Kuhlman; Jeremy Dixon; Sam Goodman (3rd)

**Boys 12 & Under (3):** Sam Goodman; Jason Goodman; Jeremy Dixon (3rd)

NEW  
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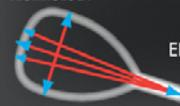
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# Winners Announced at ISRA ANNUAL AWARDS Ceremony

The ISRA State Singles tournament, as is customary, hosted the ISRA Annual Awards Ceremony on February 27, 2010 at The Glass Court Swim & Fitness. Attending the event were racquetball players participating in the tournament, members of the ISRA Board, as well as family and friends of the award recipients.

The ceremony was held on the Glass Court on Saturday evening at 7:00 p.m. Laurel Davis, ISRA President and MC, spoke about making a commitment to the sport of racquetball and the importance of recognizing the best of our sport. She also announced that the next ISRA Hall of Fame Ceremony will take place at the Summerfest tournament in July.

The Glass Court Swim & Fitness Club was presented the plaque for hosting the ISRA State Doubles and State Singles tournaments for 2009.

Winners and nominees of the awards, recognized as the Best of the Best in Illinois racquetball over the past year, are as follows:

## 2009 Male Player of the Year: **ALOK MEHTA**

Fellow nominee: Geoff Goldblatt

### 2009 Female Player of the Year:

#### **NANCY AMARO**

Fellow nominees: Krystal Csuk and Pam Grace

### 2009 Most Improved Player of the Year:

#### **JUAN MARTINEZ III** (*accepted by his father Juan Martinez*)

Fellow nominees: Nancy Amaro, Dean Hamiti, Joy Herth, Oscar Madrigal and Lynn Yeazell

### 2010 Distinguished Service Award:

#### **LORI GOOD**

Fellow nominees: Diane Bunker, Dave Negrete, Andy Pitock and Joe Silius

The **JAMES B. DVORAK AWARD** was awarded to **Saad Siddiqui**. The number of applications submitted by junior players this year far exceeded those from prior years, and Saad was proud to have been declared the winner. Although he was unable to attend the awards ceremony, Steve Goodman accepted Saad's award for him and presented it at a later junior event. (See Cover and Page 20.)

### ISRA Awards Criteria and History

On an annual basis, the ISRA Board of Directors requests nominations from the entire ISRA membership. Nominees must be USAR/ISRA members and may play at any level. Once nominations have been submitted, the Board members cast their votes and the award winners are selected. The criteria for ISRA awards are as follows:



Most Improved Award Nominees - Juan Martinez (for Juan III), Lynn Yeazell, Nancy Amaro and Oscar Madrigal

Male and Female Players of the Year and Most Improved Player Award

- Sportsmanship
- Number of years played
- Improvement
- Personal accomplishments
- Contribution to the sport of racquetball

Distinguished Service Award

- Commitment to the sport of racquetball
- Quality of service
- Accomplishments that have benefited the sport and its players

— Marla Cusano, Awards Chair



Lori Good —  
Distinguished Service Award



Male Player of the Year Alok Mehta with wife Heather and kids Devin, Amber and Rani

# MEHTA RISES

## *to the Chicago-area competition*



Winnetka resident Alok Mehta recently was honored as the 2009 Male Player of the Year by the Illinois State Racquetball Association. Mehta calls North Suburban YMCA his home court.

**Editor's Note:** Players, this is a perfect way to gain recognition for your achievements and promote racquetball to the "outside world" at the same time!

By DENNIS MAHONEY  
*dmahoney@pioneerlocal.com*  
Reprinted courtesy of Pioneer Press

**RACQUETBALL** — To be the best you've got to beat the best. How often has that old saw been applied to a variety of sports over the years?

That's why being named the 2009 Male Player of the Year by the Illinois State Racquetball Association means so much to Winnetka resident Alok Mehta, who earned that distinction and was recognized last month by the state association.

The 42-year-old Mehta, who works

as a software professional in the insurance business when he doesn't have a racquet in his hands, has been a national age group finalist twice — winning it all in 2003 — but still regards this award as something special.

"I moved to Chicago about two-and-a-half years ago and it's definitely more competitive than other places I've played," said Mehta, who previously lived in Colorado and Massachusetts. "I think the people here are a lot more competitive in all age groups. There are more clubs here, and the competition is definitely more intense."

"With the love and the dedication I have for the sport, to be recognized in an area like this that's known for its good racquetball across the country is something I really feel good about."

Mehta's "home" courts are at the North

Suburban YMCA in Northbrook and he says the Y is the place that has offered him a platform for success.

"You have to give your personal best, and play with passion," he said. "You also need support from your community, like at the YMCA, and from your loved ones."

"I think Northbrook is one of the best places I've played. The people are so nice and friendly and I do a lot of my cross-training and drilling there, too. I try to play at least twice a week and cross-train two or three times a week."

Mehta said he participates in 10-12 tournaments per year. He reached the finals of the Chicagoland Regional Championships last April in Lombard.

One thing Mehta likes about racquetball is that it's a "life" sport and he pointed out that most players don't reach their peak until they hit age 30 or 40.

"Just the other day at Northbrook a friend of mine who's 52 played neck-and-neck with a guy who's a 22-year-old, and he lost by one point. He stayed with the younger guy for two hours," Mehta pointed out.

"In racquetball you definitely have to be in good shape, be quick on your feet and have good hand-to-eye coordination. But over the years is when you develop the mental strength to stay with your opponent. You get a little smarter, so you can adjust your game accordingly."

Mehta's racquetball career began back in college in 1990 because Northeastern University didn't have courts available for squash, his first choice. He went on to place second in his age group at the 2001 Nationals before winning it all in 2003. In 2006 he and his partner placed third in the mixed doubles competition at the World Masters competition in New Mexico.

# 25th Annual SHAMROCK SHOOTOUT

The Glass Court Swim & Fitness,  
Lombard

March 18-22, 2010

Tournament Directors –  
Doug and Michelle Halverson

This is always a fun way to start Spring, at least 156 players thought so anyway! Player count was down slightly from 160 players last year but there was a lot of action on the courts. All entrants received a souvenir T-shirt. The hospitality was super. The St. Patrick's Day Celebration Buffet included traditional corned beef & cabbage and all the tasty trimmings. There was a generous raffle as well. A silent auction was held to benefit the TLC Camp.

Nancy Amaro continues to be on a roll. She emerged as the sole double winner with her partners Lynn Yeazell (Women's Open Doubles) and Trevor Snyders (Mixed Open Doubles).

Juan Herrera retained his Shamrock Shootout championship title by defeating Trevor Snyders in the finals. In a tough Men's A Doubles semifinals match, Wayne Lorenz and partner James Zidek were up against Matt Malcheski and Jim Freaner when Wayne pulled a muscle in the tiebreaker. Matt and Jim went on to win in the finals.

The largest overall division was Men's C Singles with 22 participants. After getting a first-round bye, James Camasto played four matches to win this division. The second largest division with 19 entries was Men's B Singles, won by Eric Mathews.

Sunday afternoon saw seven junior players get a workout for several hours. Andy Pitock organized the juniors to first play a one-game round robin for seeding purposes, then standard bracket play for the finals. Jeremy Dixon won the Junior Singles 14 & Under division with Justin Kuhlman winning the Junior



Pam Forsberg and Dustie Baker battled it out in Women's D!

Singles 12 & Under. Three junior players from the Peoria area traveled to Chicagoland for the first time: Chad Toland, Nathan Baker and Daniel Baker.

Prize money was awarded in all divisions (except Juniors) to first and second place winners. Tournament sponsors included Kirsten's Danish Bakery, Comfort Suites, Wilson and Ektelon.

Michelle and Doug along with club owners Joe DeArmas and Dan Jaskier and all of the volunteers thank you all for coming out to play in this fun event to kick off Spring!

— Jim Maroon



Juan Herrera — Men's Open Champ

## 25th Annual **SHAMROCK SHOOTOUT** *continued from previous page*



Jim Freaner collects his winnings from Barb Vagedes



Jim Wehrli and Carolyn Sobacki captured the Mixed A title

## RESULTS

**Division/# entered:** First; Second;  
Semifinals

**Men's Open (12):** Juan Herrera; Trevor Snyders; Alok Mehta, Jorge Ortiz

**Men's AA (4):** Geoff Goldblatt; Tony Domelle (IN); Richard DeArmas

**Men's A (17):** Juan Martinez; Antonio Vazquez; Eric Mathews, Mario Becerra

**Men's B (19):** Eric Mathews; Basilio Salazar; Steve Grujich, Michael Mancuso

**Men's C (22):** James Camasto; Dan Pacetti; Kevin Burns, Alcides Gutierrez

**Men's D (13):** Justin Peterson; Nick Loy; Ron Gerona, Jay Mooncotch

**Men's 30/45+ (10):** Alok Mehta; Antonio Rosselli; John Thorson, Jr., Dean Hamiti

**Men's 50+ (8):** Jim Hillman; Tim Dern; Dave Milazzo, Mario Becerra

**Men's 55+ (6):** Joe DeArmas; Len Restaino; Patrick Taylor, Jim Maroon

**Men's 60/65+ (6):** Dennis McKee; Horace Miller; Joseph Quirke, Alberto Palacios

**Women's Open (4):** Janet Eminger; Joan Vande Kieft; Sharon Hunter (3rd)

**Women's A/B (6):** Becki Bowman (IN); Deanna Munro; Kathleen Ruzycki, Joyce Satorius

**Women's D (4):** Dustie Baker; Pam Forsberg; Sara Lyons, Lauren Roberts

**Junior 14 & Under (3):** Jeremy Dixon; Chad Toland; Danny Baker

**Junior 12 & Under (3):** Justin Kuhlman; Sam Goodman; Jason Goodman

**Men's Open/40 Doubles (8):** Rich Bowman (IN)/Jose Martinez (IN); Brian Berkelhamer; Jorge Ortiz; Dan Flood/Ron Calloway (DE), Frank Bunker/Scott Fauque

**Men's A Doubles (6):** Matt Malcheski/Jim Freaner; Dick Heithoff/Chris Liljestrand; Aaron Pace/Moses Elias, Wayne Lorenz/Jim Zidek

**Men's B Doubles (8):** Howard Chan/Hector Landeros; Kevin Noone/Sal Galvan; John Massard/Kevin Massard, Michael Ryan/Carl Sick

**Men's C Doubles (7):** Jose Alberto Acosta/Ranseri Salgado; Sal Galvan/Kevin Noone; Michael O'Dea/Art Davis, Jr., Dominic Galvan/Danny Ortega

**Women's Open Doubles (7):** Nancy Amaro/Lynn Yeazell; Kelly Gremley/Maritza Ortega; Marian Bala/Lynne Weisbart, Jonelle Dubois/Carolyn Sobacki

**Women's Open/A Cons (3):** Julianne Valentino/Pam Grace; Judy Sands/Marcia Warren; Marla Cusano/Barb Vagedes (3rd)

**Mixed Open Doubles (9):** Nancy Amaro/Trevor Snyders; Tom Utterback/Janet Eminger; Geoff Goldblatt/Kelly Gremley, Lori Good/Brian Berkelhamer

**Mixed A Doubles (7):** Jim Wehrli/Carolyn Sobacki; Kristopher Horgen/Jonelle Dubois; Marla Cusano/Kerry Spix, Dick Heithoff/Lynne Weisbart

**Mixed B/C Doubles (4):** Deanna Munro/Art Davis, Jr.; Tamara Buss/Michael O'Dea; Dustie Baker/Michael Toland (3rd)

# NMRA NATIONAL

## Championships

Tucson, AZ  
March 17-20, 2010

While most of Team Illinois was enjoying the Shamrock Shootout back home in Lombard, six Team Illinois players traveled out to the NMRA tournament in Tucson (hey, *someone* had to do it).

The NMRA did its usual excellent job with the event. From an Illinois perspective, this one was even more special than most: it was dedicated to the memory of TJ Ferro. TJ not only served on the ISRA Board of Directors, he was also a member of the NMRA Board. This was the first time the NMRA had lost a sitting Board member, and the NMRA's gesture of dedicating this event to TJ was one of loyalty and gratitude.

Marty Haak was at the event last July where TJ played his last match in competition with doubles partner Jim Elliott. Marty was on hand again in Tucson to accept awards on TJ's behalf as well as to receive a one-of-a-kind RacquetSkinz racquet designed with pictures depicting TJ, his family, and his racquetball friends

and colleagues. Marty's words to the group were heartfelt and would have made TJ so proud.

Each of the six Illinois players brought home at least one medal (eight in all): four first's, one second, two third's, and one fourth. Lola Markus and Margaret Hoff achieved Double Gold.

Congratulations to all...see the group picture on the cover of this issue, and here are the particulars:

**Don Dennis** (Springfield) and **Herbert Rubenstein** (AZ) – Men's 75+ Doubles – 1<sup>st</sup>

**Phil Dziuk** (Homer) – Men's 80+ Singles – 3<sup>rd</sup> and Men's 80+ Doubles (with Lee Goldstein, CA) – 2<sup>nd</sup>  
**Jerry Fronczak** (Hinsdale) – Men's 55+ Singles and Men's 55+ Doubles (with Ricardo Sanchez, AZ) – 4<sup>th</sup>  
**Cheryl Kirk** (Naperville) – Women's 50+ Doubles (with Cindy Tilbury, CO) – 3<sup>rd</sup> and Mixed 50+ Doubles (with Alex Puchall, FL)



Jim Elliott (left) presents special racquet to Marty Haak in TJ Ferro's memory

**Margaret Hoff** (Des Plaines) and **Lola Markus** (Park Ridge) – Women's 65+ Doubles – 1<sup>st</sup>  
**Margaret Hoff** – Women's 65+ Singles – 1<sup>st</sup>  
**Lola Markus** and Howard Nellor (FL) – Mixed 70+ Doubles – 1<sup>st</sup>

— Cheryl Kirk

## Men's 2009-2010

## TRAVEL LEAGUE

Nineteen teams, 250 players  
Wrap-up Party and Awards: April 9th at Glass Court, Lombard

**Men's Open City Champions:** Glass Court Swim & Fitness (Jeff Grace, Captain; Barry Dixon, TJ Ferro, Dan Flood, Cheryl Gudinas, Tom Lamberson, Gary Lehnert, Keith Minor, Lem Rowans, Chuck Snyders, Trevor Snyders, Kerry Spix, John Thorson

**Men's Open Division Champions:** Forest View Racquet & Fitness Club (Marlin Ortiz, Captain; Zach Archer, Mitch Becker, Brian Berkelhamer,

Carl D'Ambrose, Geoff Goldblatt, Sid Harshavat, James Jones, Alok Mehta, Jeff Mullins, Jorge Ortiz, Brant Spiewak, George Steffens, Jim Thurber)

**Men's A/B City and Division Champions:** Chalet Family Fitness Center (Bryan Knudsen, Captain; John Bazzoni, Mario Becerra, Walt Fornek, John Geatros, Mike Mulcahey, Frank Valentino)

**Men's B/C City and Division Champions:** Norris Recreation Center (Matt Rowland, Captain; Bill Beebe, Mark Coleman, John Hatch, Mike Mulrooney, John Rosauer, Wayne Stanko, Ron Stefan)





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# 2009 USAR Illinois REGIONAL QUALIFIERS

April 23-25, 2010  
Schaumburg Tennis Plus,  
Schaumburg, IL  
Tournament Director –  
Dave Negrete

Division/# entered: First; Second;  
Semifinals

**Men's Open (7):** Keith Minor; Zach Archer; Dean Hamiti, Alok Mehta

**Men's Elite (3):** Brent Huff; Dean Hamiti; Eric Battaglia (3rd)

**Men's A (12):** Scott Fauque; Bill Kuhlman; Aaron Pace, Josh Cohen

**Men's B (11):** Basilio Salazar; Pete Schmeichel; Gerardo Sulic, Ben Torres

**Men's C/D (7):** Darren Halligan; Jose Vazquez; Abdullah Alsaeed (IN), Jeremy Mandell

**Men's 30+ (3):** Brent Huff; Juan Martinez; Jim Thurber (3rd)

**Men's 40/45+ (6):** Cary Slade; Carl Evers (WI); Alok Mehta

**Men's 50+ (10):** Tim Dern; Mike Davern; James Jones (IN), Jim Hillman

**Men's 55+ (3):** Jerry Fronczak; Gregg Mandell; Patrick Taylor (3rd)

**Men's 60+ (5):** Horace Miller; Dennis McKee; Pete Harvey (TN) (3rd)

**Men's 24/35 ABC (5):** Moses Elias; Brian Myers; Jesus Rojas, Aaron Pace

**Men's 40/45 ABC (5):** Juan Martinez; Rick Seaberg; Tommy Troutman (WI) (3rd)

**Men's 50/55 AB (8):** Ray Redelman; Jim Maroon; Wil Rounsville, Pete Harvey (TN)

**Women's Elite (5):** Mercedes Arias (MI); Abbey Lavelly (OH); Lynn Yeazell (3rd)

**Women's 50+A (2):** Cheryl Kirk; Marla Cusano

**Juniors 12 & Under (5):** Justus Benson (WI); Carter Simon (WI); Sam Goodman (3rd)

**Men's B/C Doubles (4):** Antonio Vazquez/ Christopher Bucholtz; Dave Polin/Willie Zapata ; Greg Benjamin/Peter Schmeichel (3rd)



Dave Negrete and Keith Minor discuss world peace...  
or their next match... or something like that

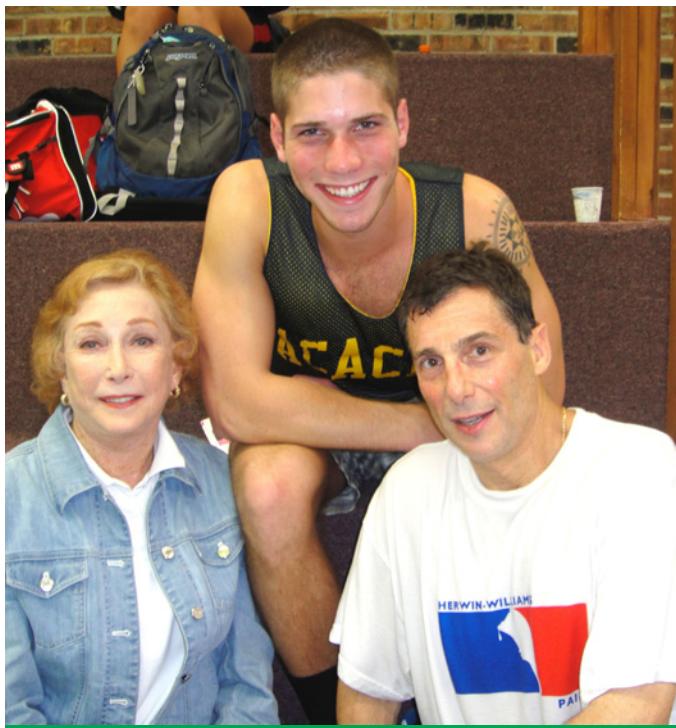


Mercedes Arias and Abbey Lavelly  
saw lots of racquetball action



Mike Davern and Jerry Fronczak  
on the stadium court

## 2009 USAR REGIONAL QUALIFIERS *continued from previous page*



Proud cheerleader Kay King with son Gregg Mandell and grandson Jeremy Mandell



Marla Cusano and Cheryl Kirk: a two-player division was enhanced with a bit of fantasy



James Jones competed in Men's 50+



Racquetball God Dave Negrete finally acquires this life skill.

# WALK MS

Naperville, IL  
May 2, 2010

Julie Wielgus arranged beautiful weather (she's 6 for 6) for racquetball players and their family members who spent a Sunday morning away from the courts to support Team Wiel Power in Naperville's Walk MS. Dan and Marcia Musgrove, Scott and Milette Fauque, Wayne and Marianne Lorenz, Cheryl Kirk and Kit Lawson, Mike Mahon, Jonelle Dubois, Jim Wehrli, John Kiley and daughter Kara represented the racquetball contingent. Julie and Dave Wielgus offered their thanks by generously treating their entire team to a buffet brunch at Jimmy's in downtown Naperville.

Julie and Dave describe their involvement with the National Multiple Sclerosis Society in their own words:

"Over the past six years, we have been actively involved in NMSS activities. As you may or may not be aware, we received the diagnosis shortly after returning from a ski trip to Aspen 22-23 years ago. While skiing, Julie's feet felt numb and at the time, we thought she had a problem with her ski boots. Since there are no tests for MS, multiple exams and tests were performed to



*(L to R) Marcia Musgrove and Milette Fauque relax after the walk with respective hubbies Dan and Scott*

rule out other diagnoses. Eventually, the diagnosis arrived and it was indeed MS. For many with MS, dealing with symptoms is quite manageable. For awhile, we continued to participate in many of the same activities we always enjoyed — dual careers, traveling, building a new home together and learning more and more about MS.

"For extended periods of time, Julie would not need any treatment. Her symptoms were contained to fatigue, some loss of vision and controllable numbness. Eventually though, it became harder and harder to control

these episodes. Conventional medicine did little to help and her ability to drive became compromised. Through the generosity of Julie's employer, she was able to work from home, and when she was needed in the office, Dave or other friends from work would take her to her meetings. Her clients understood and became great friends and supporters.

"In 2004, as a family, we made a decision for Julie to focus her efforts towards her health and

*continued on next page*



*Wiel Power was out in force this gorgeous spring day*

# WHAT RACQUETBALL

## Means to Me



Janet Eminger, Orland Park

### Janet, tell us a little about yourself.

I am 46, live in Homer Glen (Orland Park) area. I have been married for 24 years. Everyone who knows me probably feels sorry for my husband

having to put up with me! I have an 18-year-old son (Joey), a 13-year-old daughter (Amanda), and a 5-year-old son (Adam)...so doesn't that mean I'm really not that old? I am a programmer/analyst at a company called HAVI where I support and create recipes for 1,400 Canadian McDonald's restaurants. Finally after twelve years of playing racquetball, I joined LA Fitness.

### What influenced you to start playing racquetball?

I started to really enjoy racquetball in my college years at Eastern Illinois University. But I really got into tournaments just twelve years ago when I was playing with a group of guys at SilverLake Country Club. Bob Woycheese talked me into my first tournament and ever since then, I became *addicted* and haven't stopped since.

### What are your goals in racquetball for this year?

Becoming more consistent with playing the sport and most of all *not* getting injured. I will be so discombobulated if I can't play this sport.

### What makes you love this sport?

Wow, there is so much I can say. The sport itself is so intense, fast, competitive and *not boring* at all. Racquetball also teaches a person to be more than just being athletic; it is huge in teaching you how to be in better control of yourself and how to handle your sportsmanship. Most of all, I truly *love* being with the "racquetball family." They are all amazingly sweet people.

*continued on page 19*

## WALK MS *continued from previous page*

fundraising. Through the couple who originally introduced us to each other, we joined the annual MS Walk. This introduction has led to the following:

- We have participated in the MS Walk for the past six years
- For the past four years, Wiel Power has been one of the Top 100 fundraising teams in the state, raising more than \$50,000 total.
- We have been fortunate to help introduce Frito Lay to the MS Society through Julie's cousin Dawn. For the past two years, they have joined as a key sponsor, handing out snacks at the Naperville walk and bringing Chester Cheeto for photo ops with the kids.

- We have had more than 400 people walk with us at one time or another.
- We have hosted parties with magicians and comedians to thank our sponsors.
- We were the first team to bring cheerleaders and photographers to the Naperville walk. Today, they are a staple of the event.
- The shirts we wear have been sponsored annually by Bev Masuda, one of the attorneys Julie worked with more than six years ago. She is a great friend.
- We have had walkers come in from out of town at each of the past four walks. People join us from Colorado, Georgia and Arizona.
- We have national supporters who have never set foot in Naperville,

people we have met through our travels. One of our sponsors met us in the Caribbean and has regularly contributed.

- Despite the MS, we know we have been blessed in life. We believe our fundraising efforts have helped others get better treatment faster. It is our hope that few others experience the challenges we have experienced and witnessed over the years. We take great comfort in knowing a few other women in and around our racquetball family who have been diagnosed with MS but have few symptoms or challenges.

Thanks to everyone for your support and friendship. For anyone who is interested in learning more and participating in the future, our email address is [julwielgus@comcast.net](mailto:julwielgus@comcast.net)."

# WHAT RACQUETBALL

## Means to Me



Robert E. Schwab, Peoria, IL

**Bob, tell us a bit about yourself.**  
I began playing racquetball in 1974 when a friend introduced me to the game while I was still in college. I currently live in Peoria and play at Landmark Racquet & Health Club. I retired from Caterpillar in 2009 and have been volunteering my time to several non-profit organizations. I am tutoring at a high school in Peoria. However, my favorite job is that I am doing interim management for InterVarsity Christian Fellowship. I am currently the Acting Director for Undergraduate Ministries in the Central and South US. I have been married to Gweneth for 40 years. We played mixed doubles together until her knees took her out of the sport.

### What influenced you to start playing racquetball?

A friend came to my school from the University of Illinois and told me that he wanted to introduce me to a great game that they were playing there. Both of us were handball players at the time. So we went

the gym at the University of Missouri – Rolla and played for almost two hours. My first thought was, what a great game! When I left the court that day, I put away my handball gloves forever because I was sure this was the sport I wanted to play for the rest of my life. I was right, because 36 years later I still think it is a great game.

### What are your goals in racquetball for this year?

I have three goals this year. First, I want to use every opportunity that I have to teach people how to play the game better. For example, when I see young people hitting balls on a court, after watching them for a while, I step in and ask them if they would like to see a few things that would help them play better. I have never been turned down. Secondly, I am working on the organizing committee for the Racquet For the Cure Tournament in Peoria which will be played this June 25 and 26. I want to make certain that we put on a good tournament and that we exceed our goals for our gift to the SG Komen Foundation for Breast Cancer Research. Third, I want to continue playing racquetball as long as I can. I have been fighting cancer for almost 11 years. I have now been on continuous chemotherapy for 28 months. I believe that staying active playing racquetball is actually helping me fight the disease.

### What makes you love this sport?

I will often think to myself (and sometimes say out loud) after making a good play, "I love this game." Playing the sport brings great joy into my life. I love both the competition and the camaraderie of the sport. But most of all I enjoy the fact that a small guy and a not-too-strong guy like me can compete against big, fast and strong guys on the same level. When I was growing up, I started playing softball and was a catcher. I quickly learned after a big collision at the plate that size was

everything. But in racquetball, the important skills are mechanics, strategy and execution. Racquetball permits a small, weaker hitter like me to compete with bigger and stronger people. I like to win, but win or lose, I love playing the game.

### What was your most memorable moment in racquetball?

Although racquetball has provided many enjoyable and memorable moments for me, the most memorable occurred at a tournament in St. Louis. The club had a very similar layout to our club in Peoria. After winning the tie breaker in a very long match, I just wanted to take a shower and relax. I headed down the stairs and into the locker room. The only problem was that in the Peoria club, the men's locker room was at the bottom of the stairs. In this club, it was the women's locker room. I got pretty far into the locker room before I realized that I was literally in "no man's land." I quickly made my apologies and retreated.

### What else would you like your racquetball friends to know about you?

Over the years, there has been some question about whether my serve was a screen or not (although not in my mind). Some years ago, a racquetball friend asked me to let him know when I retired from the game because he wanted to come and present me with a plaque that said, "We have played with him for 30 years and we never saw his serve."

I want to thank everyone who has made playing racquetball so enjoyable.

## *Janet Eminger: **WHAT RACQUETBALL** Means to Me*

*continued from page 17*

### **What was your most memorable moment in racquetball?**

Playing in a tournament out in Las Vegas. What a blast that was having a long weekend playing racquetball, hanging out by the pool, and shhhh...gambling with the many racquetball families. It was a great time had by all.

**What else would you like your racquetball friends to know about you?**

At age 45, I ran a  $\frac{1}{2}$  marathon and went skydiving. It was finally one thing that really scared me but I *loved* it and will do it again at age 50 with my daughter.

**Editor's Note:** Thanks to Jim Maroon for contributing the feature "What Racquetball Means to Me" in this newsletter. If you would like to be considered for a future issue, or if you would like to suggest someone to be featured, contact Jim at [jim\\_maroon@hotmail.com](mailto:jim_maroon@hotmail.com).

# **2010 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.
- These rates are in effect until December 31, 2010.
- Deadlines are as follows:

- **Issue Publication Date:** 8/13/10

- **Articles/Rleases/Ads Due: 7/30/10**

- **Ad Rates:**

Full page: \$150/issue

Half page: \$75/issue

Quarter page: \$50/issue

Other sizes quoted on a case-by-case basis.

- For any questions or submission:



Send articles/releases to Cheryl Kirk at *cherylkirk@aol.com*

Send ads to Joe Silius at *jsilius@yahoo.com*

# The Kill Shot

## KIDS CORNER

### JUNIOR TEAM ILLINOIS

#### 2009-2010 SEASON UPDATE

We had a great turnout this year for the Juniors program, with over 30 young players signing up for our season (November through March), our largest membership in recent years. We actually had to expand our court time to accommodate the additional players! The Juniors ranged in age from 6 to 18 years of age. Many thanks to Glass Court Swim & Fitness in Lombard for working with and supporting our program. A highlight of our practices/ matches was when US Junior Team Assistant Coaches Cheryl Gudinas and Andy Pitock came to address the group.

Some Tournament and Awards Results for the Team:

#### State Singles

The matches were played in a Round Robin format. Everyone had an excellent tournament. Our champions included:  
18 and under - John Bertholomey  
16 and under - Steve Troc  
14 and under - Justin Kuhlman  
12 and under – Sam Goodman



State Singles medalists Jason Goodman, Jeremy Dixon, Justin Kuhlman, and Sam Goodman

#### James B. Dvorak Scholarship Award

We had 11 applicants for this award, which goes to the individual who ex-

hibits racquetball participation, sportsmanship, scholarship and community service. Saad Siddiqui emerged the winner. He participated in High School Nationals this year and is very active in his community. Congratulations to Saad and his family!

solid 2½ hours of racquetball!

Many thanks to Glass Court and to Andy Pitock for organizing and running the junior divisions. Welcome to first-time tournament players Danny Baker, Nathan Baker and Chad Toland who came in from Peoria to compete for the day.



Season-end pizza party had a great turnout!

#### Pizza Party

It was a great season for developing our junior players' skills. We had a number of new participants and it really expanded our program. The Pizza Party, held at our last practice, is always fun. Cheryl Kirk came by to share some gifts with our team and present the Dvorak Award to Saad.

#### Shamrock Shootout

The juniors initially played in a round robin format that then qualified them for their single elimination grouping – a

#### Regionals

Illinois Juniors also competed in the USAR Regional Championships in Schaumburg in late April. In the lone division, a Junior 12 & Under round robin, Justus Benson placed first, Carter Simon was second, followed by Sam Goodman, Jason Goodman and Jeremy Dixon.

#### Upcoming Tournaments and Events

#### 2010 USAR Racquetball Junior Olympic Racquetball Championships

This national competition will be held at the University of Minnesota in Minneapolis with over 30 divisions being offered. The first matches will go off on June 26<sup>th</sup> with the finals scheduled for June 30<sup>th</sup>. This event is a Junior National Team qualifier for the IRF Junior Worlds in November. The competition is excellent, and with the Olym-

*continued on next page*



# 2010 Tournament **CALENDAR**

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

**May 26<sup>th</sup> – 31<sup>st</sup>**

**43<sup>rd</sup> USA Racquetball National  
Singles Championships**  
The Downtown YMCA  
Houston, TX  
Heather Fender  
(719) 635-5396  
Enter online at  
[www.usaracquetball.com](http://www.usaracquetball.com)

**June 25<sup>th</sup> – 26<sup>th</sup>**

**6th Annual  
Racquet for the Cure**  
Landmark Health  
and Fitness, Peoria  
(Women's Division plus  
Men's/Mixed Doubles)  
John Snarr  
(309) 685-8360  
Enter online at  
[www.illinoisracquetball.com](http://www.illinoisracquetball.com)

**June 26<sup>th</sup> – 30<sup>th</sup>**

**38<sup>th</sup> National Junior Olympic  
Championships**  
Minneapolis, MN  
Heather Fender  
(719) 635-5396  
Enter online at  
[www.usaracquetball.com](http://www.usaracquetball.com)  
JR

**July 14<sup>th</sup> – 17<sup>th</sup>**

**NMRA International  
Championships**  
Allentown/Bethlehem, PA  
Steve Cohen  
(714) 767-4622  
Enter online at [www.nmra.info](http://www.nmra.info)

**July 23<sup>rd</sup> – 25<sup>th</sup>**

**17<sup>th</sup> Annual  
Summerfest Open, \$\$**  
The Glass Court Swim and  
Fitness, Lombard  
Doug Halverson  
(630) 629-3390  
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[www.illinoisracquetball.com](http://www.illinoisracquetball.com)

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*JR - Includes Junior Divisions*

*\$ - Prize Money in Open Divisions*

*\$\$ - Prize Money in Multiple Divisions*

*All tournaments listed are sanctioned by USA Racquetball*

## **The Kill Shot KIDS CORNER** *continued from previous page*

pic format, the kids get to play a ton of racquetball over the course of the week. Last year, five players from Illinois earned medals. We are so excited at the prospect of watching our kids compete and exhibit their skills in June.

We are already looking forward to the next season starting up. We will keep you posted and look forward to expanding the Juniors program to other clubs statewide. Racquetball is a great game that strongly complements any other sport kids choose to play. It's a great family activity, as well!

If you have any questions or thoughts, please contact Barry Dixon (630-881-4639 or [barry.dixon@acuitybrands.com](mailto:barry.dixon@acuitybrands.com)) or Steve Goodman (708-819-3067 or [goodman055@comcast.net](mailto:goodman055@comcast.net)).

# Lend Your **SUPPORT**

Your membership in the ISRA has helped make our organization second to none. Though we strive to make improvements to build and grow the sport for future success, we sometimes struggle to keep our heads above water as an organization. Our focus is not for the purpose of monetary gain but to generate enough funds to give back quality, first-rate programs, tournaments and events we can all be proud to participate in. Our volunteers who donate their time and/or money are greatly appreciated as are those who advertise in this ISRA Newsletter. For as little as \$25 for a business card size ad, we can help get your name out there to let everyone know what you do; for \$150, we can run your ad on a full page. Help Us Help You by getting your ad into the next ISRA newsletter.

Many thanks,  
*Joe Silius,*  
*Advertising Editor*



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U.S. Olympic  
Committee*



## Attention **ISRA MEMBERS!**

The ISRA Newsletter has transitioned to an electronic format. As you know, it is presently available on [www.illinoisracquetball.com](http://www.illinoisracquetball.com). We may, however, move to an email (members only) format in the near future. Please take the opportunity now to update your USA Racquetball membership profile, most especially supplying your current email address so you don't miss any issues of this cutting edge publication!

Please follow the steps below to update your profile:

1. Log into [www.usra.org](http://www.usra.org)
2. Select Membership Login in the upper left hand box
3. Enter your six-digit USAR membership number and password\*
4. Update the information in the profile
5. Click on Edit Contact Info
6. Log out

Now, wasn't that easy?

\*If you don't know or have misplaced your membership number and/or password, contact Heather Izzett at [hizzett@usra.org](mailto:hizzett@usra.org).

Thanks for taking the time...and be sure to visit [www.illinoisracquetball.com](http://www.illinoisracquetball.com) for tournament schedule revisions and competition results.



## MEMBERSHIP APPLICATION

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TELEPHONE (Home) \_\_\_\_\_ (Business) \_\_\_\_\_

E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_

Adult competitor ..... \$50.00 \_\_\_\_\_

Junior competitor (age 21 and under) ..... \$25.00 \_\_\_\_\_

Tax-deductible donation ..... \$ \_\_\_\_\_

Total enclosed ..... \$ \_\_\_\_\_

Tournament \_\_\_\_\_ Representative \_\_\_\_\_

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## Racquetball

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Palatine, IL

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\$15 One-Day Guest Pass

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**(630) 833-5064**

Monday-Saturday

8:30 -11:00 a.m.

\$2.00 M-F,

\$3.00 Sat. Members

\$10.00 Non-Members

### Fitness Formula Clubs –

**Old Town**

**(312) 640-1235**

1235 N. LaSalle St., Chicago, IL

Tuesdays 6:00-9:00 pm

Saturdays: 9:00 am – 12 noon

\$20 for guests

### Forest View Racquet

**and Fitness Club**

**(847) 640-2574**

Arlington Heights, IL

Thursday

6:30 -10:00 p.m.

\$2.00 Members,

\$5.00 Non-Members

### Heritage YMCA

**(630) 420-6270**

Naperville, IL

Saturday

9 -10 a.m.

\$4.00

Members,

\$8.00

Non-Members

### Norris Rec Center

**(630) 377-1405**

St. Charles, IL

Tuesday and Thursday

7 - 9 p.m.

Friday 5 - 7 p.m.

Sunday 8 -10 a.m.

\$5.00 Members

and Non-Members

### Schaumburg Park District

**(847) 490-2505**

Schaumburg, IL

Saturday 8 -10 a.m.

Sunday 6 - 8 p.m.

\$3 Members,

\$9 Non-Members

### Silver Lake Country Club

**(708) 349-6940**

Orland Park, IL

Friday 7 - 10 p.m.

\$7.00 Members

and Non-Members

### West Cook YMCA

**(708) 383-5200**

Oak Park

Wednesday 7 - 10 p.m.

Thursday 2 - 4 p.m.

Saturday 8 -10 a.m.

Free to YMCA members,

\$9.00 Non-Members

To add your club to this list, contact: **Marla Cusano** at [marcusano@comcast.net](mailto:marcusano@comcast.net)