



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



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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

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)



\$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 USAR/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

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 Barbuscak, 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 Snymers with fan/grandpa Charles Snymers



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!



*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 Vaughn; Amanda Meierdirk (3rd)

Women's C (3): Tamara Buss; Sarah Vaughn; 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)

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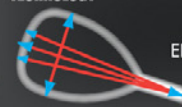
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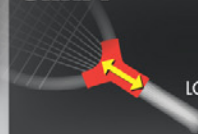
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Winners Announced at ISRA ANNUAL AWARDS

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:

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



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



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, *some-one* 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 – 1st

Phil Dziuk (Homer) – Men's 80+ Singles – 3rd and Men's 80+ Doubles (with Lee Goldstein, CA) – 2nd

Jerry Fronczak (Hinsdale) – Men's 55+ Singles and Men's 55+ Doubles (with Ricardo Sanchez, AZ) – 4th

Cheryl Kirk (Naperville) – Women's 50+ Doubles (with Cindy Tilbury, CO) – 3rd 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 – 1st

Margaret Hoff – Women's 65+ Singles – 1st

Lola Markus and **Howard Nellor** (FL) – Mixed 70+ Doubles – 1st

— 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 Rounsaville, 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.



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

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

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.

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 ½ 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.

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/Releases/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 cherylkkirk@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!



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

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.

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 26th with the finals scheduled for June 30th. 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

May 26th – 31st

**43rd USA Racquetball National
Singles Championships**

The Downtown YMCA

Houston, TX

Heather Fender

(719) 635-5396

Enter online at

www.usaracquetball.com

June 25th – 26th

**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

June 26th – 30th

**38th National Junior Olympic
Championships**

Minneapolis, MN

Heather Fender

(719) 635-5396

Enter online at

www.usaracquetball.com

JR

July 14th – 17th

**NMRA International
Championships**

Allentown/Bethlehem, PA

Steve Cohen

(714) 767-4622

Enter online at www.nmra.info

July 23rd – 25th

17th Annual

Summerfest Open, \$\$

The Glass Court Swim and

Fitness, Lombard

Doug Halverson

(630) 629-3390

Enter online at

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) or Steve Goodman (708-819-3067 or 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

Attention ISRA MEMBERS!

The ISRA Newsletter has transitioned to an electronic format. As you know, it is presently available on 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
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.

Thanks for taking the time...and be sure to visit www.illinoisracquetball.com for tournament schedule revisions and competition results.



Send to:

ISRA
603 E. Wilson Ave.
Lombard, IL 60148

Member Sport,
U.S. Olympic
Committee



MEMBERSHIP APPLICATION

NAME _____

ADDRESS _____

CITY _____ STATE/ZIP _____

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 _____

All memberships are for one year, and include a subscription to RACQUETBALL magazine (four times/year).

Racquetball

CHALLENGE COURTS

Buehler YMCA

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Palatine, IL

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\$15 One-Day Guest Pass

Courts Plus

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(630) 833-5064

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\$2.00 M-F,

\$3.00 Sat. Members

\$10.00 Non-Members

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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

Landmark Health and Racquetball

(309) 685-8360

Peoria, IL

First and Third

Friday each month

6 - 8 p.m.

\$5.00

Life Center Health and Fitness at the Bartlett Park District

(630) 540-4848

Bartlett, IL

Wednesdays

7:30 -9:30 p.m.

Saturdays

7:30 - 9:30 a.m.

\$4.00 Members

\$6.00 Non-Members

\$9.00 Non-Residents

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