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Cheryl Gudinas

ISRA Hall of Fame Inductee

July 2010

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Typesetting by: TypaGraphics

From the PRESIDENT

When you think of a road trip, what do you think of? When I think of the *ultimate* road trip, I think of the one in *Animal House* – friends getting together, visiting new places and making new friends.

There *is* a road trip opportunity in the future for many of us. As we kick off the fall Travel League and tournament season, keep the dates of **January 28-30** on your radar. That's the weekend that the **2011 Illinois State Doubles Championships** will be held at Landmark Health & Racquet Club in Peoria. This is the first ISRA State Championship road trip (away from the Chicagoland area) in quite a few years. It will be a great time to get some friends together (your doubles partners), visit a new place (Peoria) and make some new friends (racquetball players from across the state).

Landmark boasts a health club, bowling alley, movie theater and restaurant/bar. Outside the club, the Par-A-Dice Casino, Northwoods Mall, Pleasant Hill Antique Mall, The Shoppes at Grand Prairie and other entertainment venues are all nearby. Bring your family and make a weekend of it (in between your matches, of course)!



To get in shape for the road trip, make sure you sign up for ISRA Travel League and some of the tournaments on the fall schedule. Read the rest of the newsletter and check out the ISRA website (www.illinoisoracquetball.com) for news and schedules.

Have a great autumn. Not only do we look forward to seeing you on the courts this season...we also hope to see you "on the road!"

Laurel

On the Cover...

Clockwise from top left:

- Cheryl with her parents Bill and Pat
- Cheryl and buddy Krystal Csuk competed on the Exhibition Court at the 2009 US Open
- U.S. Women captured top honors in Ireland (2008)
- Cheryl with Jeff Grace (L) and Alok Mehta
- National Singles Gold (May 2010) — Cheryl ties with Michelle Gould for most Finals wins ever!



ISRA Travel League

Captains, start your engines! It's time to roster your teams and get ready for a new season. Contact Travel League Coordinator Pam Grace at 630-424-6035, pgrace@cata.info, to register your team. Don't delay — the league will begin the second week of October, just a few short weeks away!

FAMILY NEWS



Summer Wedding

The lake and vineyards of the Mackinaw Winery, west of Bloomington, IL, provided the backdrop for the August 1st wedding of Kelly Carter and Joe Williams. As the happy couple made their vows in a gazebo with beloved family and friends looking on, beautiful orange and grey accoutrements punctuated the nearby outdoor reception tent soon to be alive with music and chatter. At dusk, lights began to twinkle in the trees and a night of celebration and romance wafted in from the heat of the summer day. The bride never looked happier (which is saying a lot!). Kelly personifies fun, and no one was disappointed. From her first playful wave as she approached her walk down the aisle, to her address over the microphone, to dancing way into the night, Joe

was bewitched and Kelly was, well, her delightful self. Enough said. Much happiness and best wishes to two wonderful people as they begin their life together!

NRAD (National Racquetball Association for the Deaf) 25th Annual Championship Hosted by WSAD (West Suburban Association for the Deaf) Schaumburg Tennis Plus, Schaumburg May 14-15, 2010

Fourteen Illinois players competed in the NRAD's 25th anniversary championships in May. They joined 33 players from 11 other states (including 9 from MD, 6 from NY and 5 from CA) for a two-day competition at Schaumburg Tennis Plus.

Hailing from Illinois were Kent Boston, Gustavo Diaz, Carol Fleming, Jim Fleming, Michael Glennon, Michael Gordon, Raulene Hendee, Donna Rose Kartheiser, Mike Kartheiser, Frank McDonough, Steve Murbach, Marc Piotrowski, Hen Bee Tan-Turcsany, and Stephen Turcsany.

Congratulations to first place winners Jim Fleming (Men's 45+C) and Donna

Rose Kartheiser (Women's Novice). Semifinalists were Kent Boston (Men's A and Men's 45+A), Mike Kartheiser (Men's 45+C), Jim Fleming (Men's 55+), Michael Glennon (Men's Novice), Jim Fleming/Rita Marchuk (Mixed Open/A), Raulene Hendee (Women's C), Hen Bee Tan-Turcsany (Women's Novice) and Carol Fleming (Women's Novice).

At the banquet on Saturday evening, the theme was Chicago's Roaring Twenties, and there were some pretty creative costumes. A skit was performed by the organizing group, and entertainment by mime JJ Jones was a big hit. The NRAD inducted two individuals into its Hall of Fame — Steve Horwich and Bruce Herzig — and Slemo Warigon (MD) was announced as the organization's new president for the coming year.

The WSAD wishes to thank all the individuals who bought raffle tickets over the past year that helped fund the event.

continued on next page



Mike Kartheiser, Shelia Hajduk, Dana Murray (front Denise Vanthyne) Mime JJ Jones, Carol Fleming, Jim Fleming and Donna Rose Kartheiser

2010 NMRA INTERNATIONAL CHAMPIONSHIP
24/7 Fitness Club – Allentown, PA
July 14-17, 2010

Players numbering 145 from 31 states, Washington, D.C. and Manitoba, Canada, visited Allentown, PA for the NMRA summer event. Illinois players Phil Dziuk and John O'Donnell, Jr. were among them as was Greg Podolsky, the Canadian who provided the international representation!

John teamed with Cy Dietrich (GA) to take 2nd in the Men's 75+ Doubles and with Amos Rosenbloom (MN) for a 1st place in the Men's 80+ Doubles. Phil and his partner Dick Kincade (CO) were 3rd in the Men's 80+ Doubles, and Phil placed 4th in the Men's 80+ Singles.

Congratulations to these fine Team Illinois representatives for making the trip and for making such a fine showing to boot!



*John O'Donnell, Jr. and
Men's 75+ partner Cy Dietrich*



Phil Dziuk

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Three pizzas are displayed in the foreground. Each pizza has a label that reads "GOLDEN CRISPY THIN CRUST PIZZA" and "GINO'S EAST OF CHICAGO THE ORIGINAL". The pizzas are labeled "SAUSAGE & PEPPERONI", "PEPPERONI", and "CHEESE". Each pizza also has a "Since 1966" logo and a "NET WT 17 OZ (482g) KEEP FROZEN" label.

USAR 43rd National SINGLES CHAMPIONSHIPS

"The Finals"

**Downtown YMCA, Houston, TX
May 26-30, 2010
Tournament Director –
Jim Hiser**

Congratulations to our winners from Illinois at the 43rd USAR National Singles Championships in Houston over Memorial Day weekend. This one was bittersweet, as a good time was had by all but, by the same token, it was farewell to Houston after 26 years at the Downtown Y. Houston, thanks for the memories!

Awards Banquet

At the Awards Banquet on Saturday night, the John Halverson Fair Play Award was presented posthumously to our own TJ Ferro. Marty Haak and Laurel Davis accepted the award in his memory. Also on the stage representing Illinois were Geoff Peters (presenter), Cheryl Gudinas, Krystal Csuk, Lynn Yeazell, Dave Milazzo, and Cheryl Kirk.

Male Player of the Year - Jack Huczek (TX)
Female Player of the Year - Aimee Ruiz (NJ)
John Halverson Fair Play Award - TJ Ferro (IL)
Joe Sobek Contributor Award - Randy Stafford (TN)
Dr. Bud Muehleisen Age Group Award - Frank Taddonio (AZ)
Peggy Steding Age Group Award - Malia Bailey (VA)
Presidential Award - Bob Frazier (AL)
Military Racquetball Federation Achievement Award - Kimo Hansen (TX)
Hall of Fame inductees - Davey Bledsoe, Bret Harnett, and Larry Liles
Downtown YMCA honorees - Peyton Dorsett and Dick Bagby

Team Qualifying Divisions

Cheryl Gudinas defeated Kerri Wachtel, 3, 9
Rocky Carson III defeated Jack Huczek, 11, 5

Team Illinois

Twenty-two competitors and their cheering sections made the trip to muggy Houston and brought back some of the big hardware (16 in all): Women's US Team Qualifying - Cheryl Gudinas, 1st; Women's A - Lynn Yeazell, 3rd; Women's D - Dustie Baker, 1st; Women's 35+C - Dustie Baker, 3rd; Women's 40+A - Lynn Yeazell, 2nd; Women's 50+ - Chris Evon, 2nd; Women's 75+ - Lola Markus, 1st; Men's 35+A - Dennis Negrete, 1st; Men's 40+ - Keith Minor, 4th; Men's 40+A - Dennis Negrete, 2nd; Men's 40+B - Rick Seaberg, 2nd; Men's 45 - Keith Minor, 4th; Men's 45+B - Rick Seaberg, 3rd; Men's 50+A - Watmora Casey, 4th; Men's 75+ - John O'Donnell, Jr., 1st; Men's 80+ - John O'Donnell, Jr., 1st.

As noted above, special congratulations go to those who "double medaled" - Dustie Baker, Keith Minor, Dennis Negrete, John O'Donnell, Jr., Rick Seaberg, and Lynn Yeazell.

continued on next page



Team Illinois (and Cheerleaders) at "The Finals"

USAR 43rd National **SINGLES CHAMPIONSHIPS** *cont. from previous page*



Watmora Casey, Leo Klimaitis, Dennis Negrete, and John Mason



*Lola Markus -
Women's 75+ Champ*

Others making the trip were Chris Caldwell, Jerry Fronczak, Brent Huff, Cheryl Kirk, Leo Klimaitis, Gregg Mandell, Jeremy Mandell, Jim Maroon, John Mason, Dave Milazzo, and Geoff Peters.

Cheerleaders included Kevin Brylski, Laurel Davis, Terri Graham, Don Grigas, Pat and Bill Gudinas, Marty Haak, Sue Klimaitis, Kit Lawson, Arlene O'Donnell, and Kim Skarupski.

Okay, we're off to Fullerton, California (yep, that's near Disneyland) for the 44th National Singles next Memorial Day weekend. Let's go west, everybody!

— Cheryl Kirk



*Gold medalist John O'Donnell, Jr.
with John Ellis (L) and Rocky Carson*



*Proud parents Pat and Bill with
Cheryl after her big win*



*VIP Reception: Geoff Peters, Laurel Davis,
Marty Haak, Cheryl Kirk and Kevin Brylski*



*Grigas and Lawson:
Great job, Team Illinois!*

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Peoria's 6th Annual Racquet FOR THE CURE

Peoria hosted its 6th annual Racquet for the Cure (RFTC) at Landmark Racquet & Health Club, June 25 & 26, 2010, in support of The Peoria Memorial Affiliate of Susan G. Komen for the Cure. The Planning & Fundraising Committee, consisting of JoAnn Wickwire, Jim and Monica Freaner, Dustie Baker, Kim Wainwright, Jill Grube, Jill Calvin, Laurel Davis, Cheryl Kirk, John Snarr, Bob Schwab and Tournament Director Jim Maroon, set out to achieve two objectives – fundraising and fun! We are proud to report that **\$5,800** was raised, bringing our six-year grand total to **\$50,000!**

The format was a two-day racquetball tournament beginning Friday evening, primarily with Men's

Singles and Doubles. Saturday saw competition in Women's Singles, Women's Doubles and Mixed Doubles. A good number of the 76 participants (51) entered two divisions.

The final matches played just past the cocktail hour on Saturday. An evening banquet featuring awards and the always-popular silent auction was held in Landmark's Starting Gate banquet room. Stu Regnier of the Peoria Memorial Affiliate of Susan G. Komen for the Cure attended the festivities. Returning this year also was "Up



Playing in Peoria: Barb Vagedes, Judy Sands, Julianne Valentino, Laurel Davis, Pam Grace, Marla Cusano, Donna Ebner, and Tamara Buss

All Night" DJ and Karaoke services.

Peoria, Susan G. Komen's hometown, is proud to host this annual event to benefit the foundation in her name.

— Jim Maroon

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Sorce Enterprises (Al Sorce),
Jim Stowell, Dennis Toland

Prizes & Gifts (\$50+)

Many generous businesses
and individuals too numerous
to mention donated prizes and
gifts for the silent auction –

Thank You!

RESULTS

Division/# entered: First; Second;
Semifinals

SINGLES

Women's Open (4): Nancy Schum;
Kristin Coulter; Kelly Carter (3rd); Sharon
Hunter (4th)

Women's B/C (2): Viri Del Bosque, Lee
Kriegshauser

Men's Open (7): Brent Huff; Dean Hamiti;
Tim Dern, Greg Hasty

Men's AA (2): Eric Mathews, Scott Fauque

Men's A (4): Antonio Vazquez; Suresh
Palani; David Angevine (3rd); Brad
Statdfeld (4th)

Men's B/C (8): Brad Statdfeld; Bob
Richmond; Carl Bunker, Suresh Palani

Men's B/C Consolation (4): Jonathon
Bowles; Doug Kerns; Travis Ziegler, Adriel
Reed

DOUBLES

Women's Open (5): Joann Kempthorne/
Pam Schubach; Jill Grube/Kristin Coulter;
Becky Gerig/Georgia Russell (3rd); Brenda
White/Kelly Carter (4th); Judy Sands/Laurel
Davis (5th)

Women's A (4): Julianne Valentino/Pam
Grace; Liz Anderson/Shelly Stewart;
Carolyn Watkins-Vazquez/Debbie Miller
(MO)(3rd); Barb Vagedes/Marla Cusano (4th)

Women's B/C (4): Kim Wainwright/Lisa
Vicary; Erin Hayworth/Missy Moses;
Dustie Baker/Gail Goeppinger (3rd); Joann
Wickwire/Mary Herman (4th)

Mixed Open/A (7): Jill Grube/Mark Calvin;
Becky Gerig/Tony Marquez; Jim Freaner/
Pam Schubach, Nancy Schum/Tim Dern

Mixed AA (3): Joann Kempthorne/Mike
Vicary; Brian Andresen (IA)/Shelly Stewart

Mixed A (10): Kerry Spix/Marla Cusano;
Georgia Russell/Matt Kaag; Barb Vagedes/
Jim Maroon, Brad Goeppinger/Debbie
Miller (MO)

Mixed A Consolation (4): Julianne Valentino/
John Geatros; Carolyn Watkins-Vazquez/
Howard Williams; Antonio Vazquez/Dustie
Miller, Glen Bero/Tamara Buss

Mixed B/C (8): Douglas Gordon/Liz
Anderson; Kim Wainwright/Mike Toland;
Lisa Vicary/Ron Jones, Bob Schwab/
Sandra Coursey

Mixed B/C Consolation (4): Josh Gaa/
Missy Moses; Joann Wickwire/Ken
Smith; Chad Toland/Erin Hayworth, Lee
Kriegshauser/Samuel Gomez

Men's Open Doubles (4): Brent Huff/Mark
Calvin; Brian Andresen (IA)/Mike Vicary;
Mark Mattos (MI)/Tony Marquez (3rd); Eric
Mathews/Scott Fauque (4th)

Men's A Doubles (3): Jeff Grace/Kerry
Spix; Brad Goeppinger/James York;
Robert McGowan/John Snarr (3rd)

Men's B/C Doubles (6): Glen Bero/John
Geatros; Mike Toland/Samuel Gomez;
Doug Kerns/Bob Schwab, Bob Richmond/
Carl Bunker

Men's B/C Doubles Consolation (4): Chris
Martin/Douglas Gordon; Bob Richmond/
Carl Bunker; Doug Kerns/Bob Schwab,
Adriel Reed/Travis Ziegler

SUMMERFEST OPEN



*Doug Halverson with Men's Open
Doubles Champs Snyders and Crockett*



*Mixed A Champs
Thomas Bassett
and Kelly Gremley*

**The Glass Court Swim & Fitness,
Lombard
July 23-25, 2010
Tournament Directors – Doug and
Michelle Halverson**

Players (118) from Illinois and seven additional states (Alabama, Arizona, Florida, Indiana, Maryland, Ohio, Wisconsin) gathered for the traditional "lazy little summer tournament" that has become the mainstay of summer racquetball in the Chicagoland area. Glass Court hospitality was exquisite as usual, but they couldn't control the weather as torrential rains began Friday afternoon and went on through the night, causing flooding and wreaking havoc on the tournament match schedule the next day. Scores of players were late, two notably having to temporarily abandon their car on Interstate 294, call



Glen Bero, 1st Place in Men's B

for a ride, and arrive a bit soggy but ready to play their match. And play, they did – the two were Kelly Gremley and Thomas Bassett, the eventual winners of Mixed A Doubles. Flexibility was the word of the day, and everyone from the tournament desk staff to the players kept their cool, unanimously affirming that you just can't do much about Mother Nature.

It was pretty much all Allan Crockett (AL) and Sharon Jackson (IN), the reigning King and Queen of Summerfest. Allan took Men's Open Singles, then teamed with

continued on next page

SUMMERFEST OPEN *continued from previous page*

Sharon to win Mixed Open Doubles and with Trevor Snyders to win Men's Open Doubles. Sharon added the Women's Open Singles feather to her cap. It's really great to have these guys come over to play – they are as gracious as they are accomplished.

Several local players will be "movin' on up" at the beginning of the 2011/12 season (or sooner if they win another full draw): Matt Sochacki won Men's A, Glen Bero took Men's B, Nick Czapla (IN) captured Men's C, and Hung Che played in his very first tournament and won Men's D!

By Sunday, the clouds had cleared, the sun came out, the matches finished on time, and everyone headed out for swimming, volleyball, and the famous Glass Court raffle. The beautiful summer weekend we hoped for was saved after all, and another great Summerfest is in the record books. Results below...

— Cheryl Kirk

THANK YOU

From Doug,
Michelle, Danny and
Joe, thanks to these
volunteers who
contributed their
time and efforts at
Summerfest:



Marian Bala, Tristan Bush, Tamara Buss, Marla Cusano, Laurel Davis, Jonelle Dubois, Dan Flood, Lori Good, Jeff Grace, Pam Grace, Kelly Gremley, Joy Herth, Cheryl Kirk, Jim Maroon, Eric Mathews, Liz Molitor, Geoff Peters, Kara Peters, Judy Sands, Pam Schubach, Joe Silius, Chuck Snyders, Brad Statdfield, John Thorson, Marcia Warren, and Jim Wehrli

Our gratitude goes to sponsors Comfort Suites, A Complete Door (Michael O'Dea), and Kirsten's Danish Bakery (Paul Jepsen)

RESULTS

Division/# entered: First; Second; Semifinals

Men's Open (14): Allan Crockett (AL); Juan Herrera; Trevor Snyders, Vinny Carvallo (FL)

Men's AA (6): Brent Huff; Kenny Brown; Kent Hadraba, Dan Salamone (WI)

Men's A (13): Matt Sochacki; Mark Calvin; Juan Arteaga, Thomas Bassett

Men's B (17): Glen Bero; Justin Peterson; Juan Arteaga, Ricardo Fleury

Men's C (16): Nick Czapla (IN); Nick Loy; Alcides Gutierrez, Justin Peterson

Men's D (12): Hung Che; Brad Statdfield; Doug Kerns, Cari Carman

Men's 35/40+ (8): Alok Mehta; Cary Slade; Joey Logan, Fabrizio Mora (OH)

Men's 45-50+ (4): Tim Dern; Andrew Kulback (OH); Dan Malone (3rd)

Men's 55+ (6): Jim Maroon; Horace Miller; Patrick Taylor, Joe DeArmas

Women's Open (6): Sharon Jackson (IN); Janet Eminger; Lynn Yeazell, Kelly Gremley

Women's AA (2): Marcia Warren; Judy Sands

Boys 16 & Under (5): Sam Goodman; Jason Goodman; Bobby Koon (3rd)

Men's Open Doubles (4): Allan Crockett (AL)/Trevor Snyders; Juan Herrera/Geoff Goldblatt; Mark Calvin/Brent Huff (3rd)

Men's A Doubles (8): Fabrizio Mora (OH)/Andrew Kulback (OH); Doug Halverson/Dan Flood; Joe DeArmas/Joe Wilhelm, John Geatros/Frank Valentino

Men's B Doubles (5): Jose Alberto Acosta/Ranferi Salgado; Jeff Jovien/Jesse Ortiz; Matt Rowland/Mark Coleman (3rd)

Men's 40+ Doubles (6): Joe Silius/John Amatulli (IN); Andy Pitock/Eric Jensen; Howard Williams/Joey Logan, Dan Flood/Chuck Snyders

Women's Open Doubles (3): Laurel Davis/Janet Eminger; Lynn Yeazell/Judy Sands; Pam Schubach/Marcia Warren (3rd)

Women's A Doubles (5): Marian Bala/Cheryl Kirk; Joy Herth/Kathy Ruzyski; Carolyn Watkins-Vazquez/Mary Crambes (3rd)

Mixed Open Doubles (4): Sharon Jackson (IN)/Allan Crockett (AL); Marian Bala/Andy Pitock; Laurel Davis/Geoff Peters (3rd)

Mixed A Doubles (10): Thomas Bassett/Kelly Gremley; Kristopher Horgen/Jonelle Dubois; Julianne Valentino/Frank Valentino, Pam Grace/Jeff Grace

Mixed B/C Doubles (3): Keith Wiener/Mary Crambes; Art Davis, Jr./Deanna Munro; Tamara Buss/Michael O'Dea (3rd)

SUMMERFEST OPEN *continued from previous page*



*Goodbye: Scott Martin bids Team Illinois farewell
as he moves to the East Coast*



Matt Sochacki — Men's A Champ



*Winners!
Hung Che (Men's D) and Nick Czaplă (Men's C)*

Gudinas Inducted Into ISRA Hall of Fame at Summerfest

Match play halted temporarily at 8:00 p.m. on Saturday evening and everyone gathered in the Glass Court lounge to celebrate Cheryl Gudinas, the newest member of the ISRA Hall of Fame. ISRA President Laurel Davis conducted the induction ceremony, citing Gudinas' impressive playing record over the years that has helped put Illinois on racquetball's national map. Cheryl's eight National Singles wins in Women's Open/Team Qualifying (the most recent was this year in Houston) ties Michelle Gould's record. She was World Champion in 2000, 2002, and 2004; US Open champion in 2002 and 2004; and National Doubles champion in 1995 and 1996 (with Michelle Gould) and in 2001 (with Kim Russell). At press time, Cheryl had just returned from Seoul, Korea where she was competing as a member of the U.S. National Team at the IRF World Championships. The Team took Gold!

Cheryl's gracious acceptance speech at her induction named many in Illinois who have coached and trained with her during her career. Her mom and dad, Pat and Bill, were on hand to witness the induction as were many who have watched and enjoyed seeing Cheryl achieve racquetball greatness over the years.

Cheryl joins Sue Carow, Ron Johnson, Revie Sorey, Lola Markus, John O'Donnell, Jr., Diane DeArmas and TJ Ferro in the ISRA Hall of Fame.



ISRA President Laurel Davis inducts Cheryl Gudinas into ISRA Hall of Fame



Hot off the Press, August 21: The U.S. Team captured the title of World Champions in Seoul, Korea! L to R (front) Jackie Paraíso, Cheryl Gudinas, Aimee Ruiz, Rhonda Rajsich, (rear) Jack Huczek, Ben Croft, Coach Mike Guidry, Mitch Williams, Rocky Carson

Life's a Beach at the **SUMMERFEST OPEN**



Women of Summerfest relax poolside



Taking it easy: Jesse Ortiz, Jim Maroon, and Doug Kerns



"The tournament was a success... the sun is out... my wife is gorgeous... life is good!"



Tamara and Don Buss enjoyed the party



A photo of Kathy Ruzycki...taking a photo...



Krystak Csuk, Cheryl Gudinas and Sharon Jackson head out to the pool



Allan Crockett serves...some more!



Don Buss, Tamara Buss, Heidi Geatros, John Geatros, Jeff Jovien and Joe Wilhelm



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Conditioning for **RACQUETBALL 101**

by Cheryl Gudinas

"What is the best workout to improve my racquetball game, besides playing racquetball?"

My answer always relates back to 1993, when I was fortunate to meet Scott Phelps. Scott was the Speed Coach for the Dallas Cowboys and Portland Trailblazers. He introduced all USA Racquetball Team members that year to the idea of Speed and Quick Feet. Upon implementing his workouts and drills, my game jumped up several levels almost immediately. Naturally, there was a lot of incentive to continue on with his workouts! So, I always tell players that, if I only had time for one type of workout aside from racquetball to improve my racquetball game, it would be "Speed, Explosiveness and Quickness."

This can include hundreds of exercises. My favorite is the footwork ladder, which combines coordination, quickness and concentration, all in one. I use the footwork ladder 2-3 times per week, for about 20 minutes each session.

The thing to remember when training for speed and quickness is that it is only beneficial if you aren't exhausted! So keep workouts short and sweet, allowing for time to recover between sets.

Other exercises to incorporate could include Ball Drops** (a Krystal Csuk favorite and Cheryl Gudinas not-so-favorite... they are brutal!), Star Drills (working on change of direction efficiency), line drills, and lateral movement drills.

It is important to remember that in racquetball we move in all directions, not just forward or side-to-side. Therefore, we should train similarly with forward and backward movements, diagonal movements and lateral movements.

Keeping it interesting and fresh is the key. Try to change your workouts every day to avoid boredom and keep your body in a state where it is forced to adapt and improve.

My upcoming Racquetball Clinic scheduled for September 24-26 will be focusing on this type of conditioning along with improving racquetball skills and strategies. For more information on this clinic, email me at unifiedfit@aol.com or give me a call at (630)308-2323.



Good luck in your training!!

**** Editor's Note:** *Had to ask...what exactly is the dreaded Ball Drop?* Cheryl replied, *"To work on first-step explosion, a ball drop is where one person drops a ball from 5-8 feet away and the other has to explode, from receive-of-serve stance, and attempt to get to it before it bounces twice."*

ISRA **MOVIN' ON UP** **2010-2011 Season**

Racquetball success equates to greater challenges. These individuals won at least one full-draw division during the 2009-2010 season and recently received "The Letter" (suitable for framing) notifying them of their new eligibility. Good luck to all in the coming year!

— Jim Maroon

SINGLES DIVISIONS

Men's A to Men's Open – Juan Martinez, Oscar Madrigal, Scott Fauque
Men's B to Men's A – Antonio Vazquez, Ozzie Moran, Eric Mathews, Craig Herman
Men's C to Men's B – Christopher Bucholtz, Arturo Barranco, James Camasto
Men's D to Men's C – Tony Garcia, Glen Bero, Justin Peterson
Women's D to Women's C – Dustie Baker

DOUBLES DIVISIONS

Men's A to Men's Open – Brandon Pevnick/Craig Geller
Men's B to Men's A – Paul Shafar/Gary Stone
Men's C to Men's B – Daniel Kennedy/Arturo Barranco
Mixed A to Mixed Open – Jill Grube/Jim Bush

The Kill Shot

KIDS CORNER

**2010 USAR Racquetball Junior Olympic Championships
June 26-30, 2010**

This national competition that brings together the top junior players in the country was held this year at the University of Minnesota. We had seven Junior Team Illinois players compete. It is an Olympic Format, so you are guaranteed at least three matches in each division played. There were over 30 divisions and not quite 200 competitors.

Junior Team Illinois Results 18 & Under Singles

- Trevor Snyders, Gold division - quarterfinals
- Saad Siddiqui, Red division - quarterfinals
- Nick Loy, White division

18 & Under Doubles

- Trevor Snyders/Josh Hungerford (OR) - Bronze
- Nick Loy and Saad Siddiqui - Consolation

18 & Under Mixed Doubles

- Trevor Snyders/Lily Berry (OH) - Bronze

14 & Under Singles

- Justin Kuhlman, White division - Bronze

14 & Under Doubles

- Justin Kuhlman/Luis Fernandez (CA) - Consolation, 4th place

12 & Under Singles

- Sam Goodman, White division - Gold

- Jeremy Dixon, Blue division - quarterfinals

- Jason Goodman, Blue division - quarterfinals

12 & Under Doubles

- Sam and Jason Goodman, Consolation - Silver
- Jeremy Dixon/Braeden D'Almeida (MI), Consolation - Bronze

Thank you to the ISRA Board and all the members in Illinois for their contribution of shirts and shorts to all who competed. We would also like to thank Dave Negrete and Andy Pitock for their time and efforts in working to prepare some of our

guys for this event.

In addition to the great racquetball, it was a wonderful family experience. Five families spent a lot of quality time together encouraging our players on the court and in the evenings sharing dinner and quality time. The friendships the kids and parents develop with families from all over the country is terrific.

It was noted at a tournament meeting that we need daughters and granddaughters to play more. It made the difference in attendance at the tournament from the year before. We have a couple of great female teachers/players in Illinois who would look forward to introducing the game to our young ladies.

Moving On...

We would like to honor and acknowledge our older junior players who, due to the fact that they grew up, will not qualify for juniors competition next year. Their leadership and example of good sportsmanship for all our juniors is worthy of our respect and recognition. These are terrific young men who are great role models for our younger players.

Nick Loy - Nick is a graduate of Downers Grove North and now attends Illinois State University, majoring in business. Nick played in three national junior tournaments while also playing foot-



*Team Illinois Juniors in Minnesota:
(L to R, seated) Trevor Snyders and Saad Siddiqui;
(standing) Sam Goodman, Jeremy Dixon, Justin Kuhlman,
and Jason Goodman. (Not pictured: Nick Loy)*

ball and youth baseball.

Justin Peterson - Justin graduated from Willowbrook High School and now attends the College of DuPage, majoring in music. He

continued on next page



Nick Loy



Justin Peterson

played football and baseball in his high school years.

Trevor Snyders - Trevor played in six national junior tournaments, truly excelling in his last one as one of the top juniors in the country. Active in high school football, soccer and baseball, he now attends Illinois State University.

SUMMERFEST (see article, page 9)
Junior competitors included Jason Goodman, Sam Goodman, Bobby Koon, Nick Loy, Justin Peterson, Justin Snyders, Trevor Snyders, and Ryan Slade.

Of note in the adult divisions: Trevor Snyders was a semifinalist in the Men's Open division, Justin Peterson took 2nd place in Men's B and 3rd place in Men's C, and Nick Loy took 2nd place in Men's C.

We are all looking forward to next season. Any questions or comments please contact us: Barry Dixon at (630) 881-



Trevor Snyders

4639, bdixon@holophane.com, or Steve Goodman at (709) 819-3067, goodman055@comcast.net.

Taking Racquetball to the **NEXT LEVEL**

by Saad Siddiqui

We [who avidly play the sport] all pretty much accept racquetball as part of our daily lives. Without it, we would be incomplete. That being said, we're part of a racquetball community that lacks true size and strength. It's good to hear that racquetball participation is increasing lately, but in order to see racquetball truly flourish as one of the great sports of this nation, we have some things we need to tweak.

While at the Junior Nationals, I realized that we need more of our players to challenge themselves and step up to the plate. There are so many people who play racquetball "just for fun." Personally, at my hometown club in Rockford, IL, there are so many recreational players who have never thought to play in a tournament. They just play racquetball at their convenience, and that's it. These recreational players have never even been to a tournament, yet they think that they aren't good enough for the competition; in reality, they would do

well within their respective divisions. Then we've got the guys who play many local and state-level tournaments, but again, they've never been to a national tournament. They think it's way above them. They're afraid to challenge themselves.

The fact of the matter is, we need people to step up and devote themselves to racquetball. Thinking you're not good enough is underrating yourself and undermining the sport as a whole. The best don't just skip their way to the top. You've gotta lose and get you're a—kicked in order to move up and get better.

Recreational players must start exploring tournaments in general. Local tournament players need to explore state level competition. And if you're at the state level, you've gotta get into that national competition. That's how we increase racquetball participation and get more people involved. Then, with the IRT and WPRO doing their part, and with more newcomers



Dvorak Award presentation: Saad with his parents and Cheryl Kirk

getting into the sport, racquetball can be viewed as a major sport, side-by-side with basketball, football, baseball, and so on. But it all starts with whether YOU'RE willing to take it to the next level.

Editor's Note: Saad, 18, was the recipient of this year's James Dvorak Award. He is the son of Dr. and Mrs. Nadeem and Ghazala Siddiqui of Cherry Valley, IL. Saad will attend Loyola University of Chicago this fall, majoring in Chemistry or Biochemistry. He plans to play racquetball in college and throughout his lifetime; in fact, he'll be competing at the US Open in Minneapolis in October!

What Racquetball MEANS TO ME

by Georgia Russell

Tell us a little about yourself: age, hometown, occupation?

I'm 49, I hail from Wenona, Illinois, and I've been a fitness equipment technician at the University of Illinois for 20 years.

What influenced you to start playing racquetball?

My partner was the manager at a fitness center that was big into racquetball, so I started to play, improved, played in leagues. Then I got real serious and took lessons from racquetball pro Bob Graf. My game *really* improved at that point, so I started playing tournaments.

What are your goals in racquetball for this year?

I want to play and practice more so I become more consistent...play as many tournaments as my schedule will allow...possibly join the Illini Racquetball Club to get more playing time in.

What makes you love this sport?

I love the friendly and honest com-

petition. I love playing and meeting new people, and I also enjoy seeing my old friends, too! It is great for my mind, soul and physical well being. I feel so great after playing (even if I lose). It motivates me to improve my game.

What is your philosophy on life?

Take care of #1 (yourself) first and foremost. Stay active in body and mind. Live each day with no regrets. Hold family and friends close, for they shape our lives and help make us who we are. Show and tell people you care about how you really feel about them now, before it's too late. Count your blessings.

What was your most memorable moment in racquetball?

Winning the gold medal in singles and the bronze in women's doubles at the National Masters tournament in 2009 at the University of Illinois.

What cause(s) do you support?

Breast cancer awareness and research, ASPCA, The Humane Society, National Wildlife Federation, Illini Racquetball Club, NMRA, USAR and ISRA.



What is one thing you would like to do that you have not done yet?

Travel. Become a sponsored player. Play in the State Singles and State Doubles Tournaments.

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

I am not nearly as mean as I look on the court, I am actually a softy. I have my own business doing fitness equipment repair. I enjoy riding my Harley Sportster, playing softball, working out, and taking my dog Odie for walks. I love animals. I love coffee, especially in the morning while watching the birds.

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 should 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:** 11/26/10 • **Articles/Releases/Ads Due:** 11/1/10

• 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





2010-2011 Tournament **CALENDAR**

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

August 31-September 4, 2010
IRF 22nd World Senior
Championships (35+)
Albuquerque, NM

September 18, 2010
School Dayze Doubles Shootout
Silver Lake Country Club, Orland Park
Joy Herth/MatchPoint Racquetball
(708) 717-6987

September 25, 2010
Forest View One Day
Shootout Series - Singles
Forest View Racquet Club,
Arlington Hts.
Dave Negrete
negretz@comcast.net

October 8-10, 2010
4th Annual Illinois Vest-A-Dog
Fundraiser
Norris Center, St. Charles
Rick Seaberg (630) 803-1396

October 20-24, 2010
15th Annual US Open Championships
Minneapolis, MN
Heather Fender (719) 635-5396

October 29-31, 2010
2010 Halloween Classic
Forest View Racquet Club,
Arlington Hts.
Dave Negrete
negretz@comcast.net

November 12-14, 2010
All Military National Championships
San Diego, CA
Steven Harper,
steven@militaryracquetball.com
www.r2sports.com

November 15-20, 2010
IRF 22nd World Junior
Championships - JR
Los Angeles, CA

November 18-21, 2010
The 19th Annual
Turkey Shoot Open - JR
The Glass Court Swim & Fitness, Lombard
Doug Halverson (630) 629-3390

December 2-4, 2010
NMRA Doubles Championships (40+)
Fullerton, CA
www.r2sports.com

December 4, 2010
Rip It Racquetball
Women's One Day - Singles
Forest View Racquet Club,
Arlington Hts.
Dave Negrete; negretz@comcast.net

December 11, 2010
Forest View One Day Shootout Series -
Doubles
Forest View Racquet Club,
Arlington Hts.
Dave Negrete; negretz@comcast.net

January 7-8, 2011
New Year's Doubles Warm-up
The Glass Court Swim & Fitness,
Lombard
Andy Pitock (630) 629-3390

January 14-16, 2010
WSMRA Championships (35+)
Denver, CO
Kendra Tutsch, kdtutsch@wisc.edu
www.r2sports.com

January 28-30, 2011
ISRA State Doubles Championships - JR
Landmark Racquet and Health, Peoria
Laurel Davis
laurelmdavis@comcast.net

February 9-13, 2011
USAR 44th Annual National Doubles
Championships
Arizona State University, Tempe, Arizona
Heather Fender (719) 635-5396

February 11-13, 2011
2011 St. Valentine's Day Massacre
Forest View Racquet Club,
Arlington Hts.
Dave Negrete; negretz@comcast.net

March 10-13, 2011
2011 Shamrock Shootout - JR
The Glass Court Swim & Fitness,
Lombard
Doug Halverson (630) 629-3390

March 23-26, 2011
NMRA National
Championships (45+)
Portland, OR
Steve Cohen
www.r2sports.com

March 26, 2011
Forest View One Day
Shootout Series - Singles
Forest View Racquet Club,
Arlington Hts.
Dave Negrete; negretz@comcast.net

April 1-3, 2011
ISRA State Singles
Championships - JR
The Glass Court Swim & Fitness,
Lombard
Cheryl Kirk (630) 215-4242

April 6-9, 2011
2011 USAR National
Intercollegiate Championships
Arizona State University,
Tempe, Arizona
Heather Fender (719) 635-5396

April 15-17, 2011
USAR Regional Qualifiers - JR
Locations TBD
Eddie Meredith (719) 635-5396

May 25-30, 2011
USA Racquetball 44th National
Singles Championships - JR
Fullerton, CA
Heather Fender (719) 635-5396

JR - Includes Junior Divisions

All tournaments listed are sanctioned by USA Racquetball

Illinois tournaments are highlighted in red

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

ISRA Officer and Board Member **ELECTION HELD**

The Annual Meeting of the Board of Directors was held on Wednesday, June 9, 2010.

ISRA Board Elections were held, with the following results: Geoff Peters continues as Vice President, Michelle Halverson was re-elected Treasurer, Doug Halverson was renamed West Zone VP and Steve Angelo remains South Zone VP. The following four individuals were re-elected to the Governing Board: Patrice Calvi, Rich Clay, Joe Silius and Lynne Weisbart. Additionally, we are pleased to announce that Steve Goodman was recently appointed to the ISRA Governing Board, bringing knowledge and focus for junior development.

Not all Officer and Governing Board positions were on this year's election slate since the Board operates on a two-year staggered term format to help ensure balance and continuity.

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

— *Marla Cusano, Chair, ISRA 2010 Nominating Committee*



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 (847) 359-2400

Palatine, IL
Thursdays 7-10 p.m.
Saturday 8 a.m. - Noon
\$15 One-Day Guest Pass

Courts Plus (Elmhurst Park District) (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

**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



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