

ISRA NEWS



Team Illinois
at the US Open!



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From the PRESIDENT

Happy Holidays! As I write this article, I am in between holiday parties. I have attended four this week so far and have some sort of event for the next five days in a row – and then it will be Christmas Eve. December is filled with opportunities to get together with friends and catch up as well as to celebrate the year that is about to end.

But what happens when the holidays are over? January can be cold and lonely. That's when SAD may occur. According to the Cleveland Clinic, *"Seasonal depression, often called seasonal affective disorder (SAD), is a depression that occurs each year at the same time, usually starting in fall or winter and ending in spring or early summer. It is more than just 'the winter blues' or 'cabin fever.'"*

Don't let SAD get you this year! In order to help you start the fight against the winter blahs and prepare for the State Doubles Championships, the Glass Court will host a one-day doubles warm-up on January 8th, three weeks before the Peoria event.

Then, grab your doubles partner and head for Peoria. The ISRA hosts the 2011 ISRA State Doubles Championships at Landmark Racquet & Health Club, January 28th-30th. Landmark is known for hosting great tournaments. In addition to the health club, the complex features a sports bar, bowling alley and a movie theater all under one roof. Three hotels have provided reduced rates for the weekend. The number of rooms is limited; book your room early to receive the tournament rate.

On the Cover...

Saad Siddiqui, Eric Mathews, and Brad Statdfield all medaled at the US Open in October!
(See page 8, this issue)



You'll find tournament information at www.illinoisracquetball.com or www.r2sports.com. Remember when signing up for either event – **Doubles teams must play at the level of the highest skilled player per ISRA eligibility.**

A new doubles rule also goes into effect on January 1, 2011. This rule will require you to keep your brain (further) engaged when playing doubles. USAR's Board of Directors has voted that a doubles team should be allowed to have either partner serve first each time the team comes "in" to serve and that an "out" should be assessed to the team if a partner who has lost the serve attempts to serve again during that inning. Here is the pertinent rule wording:

Rule 4.2 SERVE IN DOUBLES

(a) Order of Serve. At the beginning of each game, when the first server of the first team to serve is out, the team is out. After that, either partner can serve first each time the team steps in to serve. Both players on each team shall serve until there is a handout and a sideout — i.e. both players are out. The referee must make sure that neither partner serves again after that partner had previously lost a rally while serving.

Rule 4.4 OUT SERVE IN DOUBLES

(a) Out of Order Serve. If either partner serves again after that partner had previously lost a rally while serving, the penalty is an immediate out for that team.

The new rule changes go into effect January 1, 2011.

continued on next page

ISRA FAMILY NEWS

Gudinas and Rajsich Host Clinic

En route to a women's pro stop in September, top pros Cheryl Gudinas and Rhonda Rajsich popped into Glass Court for a few hours of exhibition, instruction and play-the-pro activity. A number of diehards took the challenge - time well spent in the company of greatness!

World Seniors

August saw several members of Team Illinois in Albuquerque for the IRF 22nd World Senior Championships. Congratulations to Eugene Coyle (1st place, Men's 40+), Lola Markus (1st place, Women's 75+), Dave Negrete (4th place, Men's 45+) and Joe Quirke (3rd place, Men's 65+)!



Rhonda Rajsich and Cheryl Gudinas (center) provided a great clinic for attendees

From the **PRESIDENT**

continued from previous page

WOW! Referees will need to be alert in order to make sure teams abide by the new rule. As always, referees will be paid **\$10 per match** at the State Doubles tournament.

Please call me (630-476-6896) or Jim Maroon (309-208-7788) if you have questions about the tournament. Sponsorship opportunities are also available.

Have a safe and Happy New Year. I hope to see you all at the party in Peoria!

— Laurel

John LoMonaco Memorial Grant

For players who have never attended National Singles, check out the most recent USA Racquetball eNewsletter or the USA Racquetball website (www.usaracquetball.com). An all-expenses paid trip (up to \$2,000) to the USAR National Singles Championships in Fullerton, California, May 25-30, 2011, has again been anonymously donated by a friend of John LoMonaco of West Hills, California. Mr. LoMonaco, an avid racquetball player, passed away on May 5, 2009 at the age of 57.

The recipient of the John LoMonaco Memorial Grant must be at least 18 years of age, a member of USA Racquetball and a U.S. citizen. He/she will submit an application and write an essay of 500 words or less expressing why he/she wants to attend National Singles next May.

Full details and the application form are posted on the USAR website. The deadline for submissions is December 31, 2010, with the recipient announced on or before February 28, 2011.

SCHOOL DAYZE *Doubles Shootout*

Silver Lake Country Club
Orland Park
September 18, 2010
Tournament Director - Joy Herth

RESULTS

Division/# entered: First; Second; Semifinals

Men's Open/A (4): Joe Silius/Matt Sochacki; Rich Bowman/Len Restaino, Jim Wehrli/Doug Halverson (3rd)

Women's Open/A (4): Judy Sands/Nancy Amaro; Joy Herth/Kathy Ruzycki, Dolores Lamberson/Maritza Ortega (3rd)

Mixed Open/A (6) Double Elimination: Nancy Healy/Rich Bowman; Jim Wehrli/Marla Cusano, Barb Vagedes/Doug Halverson (3rd)
B/C (3): Glen Bero/Tamara Buss; David Carr/Joy Herth, Jason Goodman/Sam Goodman



The 2010 ISRA GOLF OUTING

The ISRA Golf Outing was held this year on August 28, 2010, at the Fox Run Golf Course in Elk Grove Village, Illinois. The weather was beautiful, and we had a fantastic turnout of golfers to mark the day -



Julie Carter, Keith Mecklenberg, and Cyndi Devoss display their winnings

18 women and 40 men! At the end of their rounds, everyone sat down to enjoy delicious food prepared by Rosario's Catering of Elk Grove Village.

The winners of the low net team men were Matt Malcheski, Jeff Bertrand, Anthony Giea and Jay Becker. Taking home the prize for low net team women were Laurel Davis, Barb Utterback, Kim Gregoire and Cyndi Devoss. Winning the mixed low net team were Marla Cusano, Kerry Spix, Julie Carter and Dale Carter. Keith Mecklenberg came out on top by winning both the men's closest to the pin and the longest drive.

Julie Carter took home a new driver for winning the women's longest drive, and Cyndi Devoss won a 5 Wood for women's closest to the pin. Both clubs were donated by

Tom Anderson of Golf Clubs Fore Less
(www.golfclubsforeless.com).

We'd like to thank all of our sponsors who donated money and prizes. A special thank you goes to Dan Flood, Laurel Davis, and Michelle Halverson for their time and efforts in helping make this event a success.

Plans are already in the making for next year's outing, and we hope to grow it into an even bigger and better event.



On the links: Rob Lee, Keith Mecklenberg, Doug Halverson, and Dan Flood

Look for the date and time announcement in our Spring 2011 Newsletter.

— Marla Cusano

"If you watch a game, it's fun. If you play it, it's recreation. If you work at it, it's golf." Bob Hope



Women of Golf

*Front, L to R: Lynn Yeazell, Judy Sands, Marla Cusano, Janet Christie, Liz Molitor, Sue Quigley
Rear, L to R: Pam Snyders, Barb Vagedes, Jen Dixon, Barb Utterback, Laurel Davis, Julie Carter, Cyndi Devoss, Becky Goodman*

4th Annual

SLAM IT FOR SUSAN

The Lattof YMCA began Breast Cancer Awareness Month by hosting the *Fourth Annual Slam it for Susan*. There were over 80 participants who donated to play in this event and for their donations received lots of pink goodies — pink socks, pink water bottles, pink key chains and Race for the Cure shirts.

Once again it was a night for remembering Susan Mertes and all the other women who have and have not survived their fight against breast cancer. This year Susan's sister-in-law Jean stopped by. Although she is not a racquetball player, she still bid on (and won!) several of the items in the silent auction. Challenge courts were set up for every level of racquetball enthusiast. Wilson Hope pink racquetballs

continued on next page



Remembering Susan — Martha Huske, Nancy Kronenfeld, Lynne Weisbart, Diane Bunker, Patti Moser

HIT MORE CRACKS!

Try Gino's East
“GOLDEN CRISPY”
Thin Crust Pizzas

Find Them In Your
Grocers Freezer



4th Annual **SLAM IT FOR SUSAN** *cont. from previous page*

were donated by Wilson Sporting Goods, and it was the ball of choice being slammed around all evening.

Janet Leet, Art Michaelay, Dave Kronenfeld and Nancy Kronenfeld checked in all the players and tried to make sure everyone got in lots of playing time (or, barring that, lots to



Guillermo Torres and
Antonio Vazquez —
Two Guys with the Right Idea!

eat!). Dave Negrete volunteered to string racquets and gave a generous donation to Susan G. Komen for the Cure from what he collected that evening. Thanks to Wilson Sporting Goods, Susan G. Komen for the Cure, Pam Grace (E-Force), Mike Davern (Head), Dave Kronenfeld and Dave Negrete, there were plenty of items donated. Also, huge thanks to Rick Coletti for generously donating awesome pizza from his restaurant, Coletti's, as he has every year since this event began. We want to recognize a new benefactor this year, Shirish (Sam) Sanghavi, who not only made fresh samosas for all but donated \$\$, too!

When the night was over \$2,450 was raised with \$1,550 donated to Susan G. Komen for the Cure and \$900 donated to the Lattof YMCA in Susan Mertes's memory. We are so grateful for the support we received from all of you this



Cheer up, Art!
(Nancy Kronenfeld and Janet Leet
Plant Two on Art Michaelay)

year, as this is a very special event that we would love to continue as long as you will all come out to play. So, please come back next year for the 5th Annual "Slam it for Susan!"

— Nancy Kronenfeld

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2010 US OPEN

Racquetball Championships

**Life Time Fitness,
Minneapolis, MN
October 20-24, 2010
Tournament Directors –
Doug Ganim and Jim Hiser**

Pro Results

Men's Pro Singles

Kane Waselenchuk (CAN) def.
Alvaro Beltran (MEX) (10), 2, 2, 6
Semifinalists Ben Croft, Jack Huczak

Women's Pro Singles

Rhonda Rajsich (USA) def. Paola
Longoria (MEX) 8, (8), 9, 5
Semifinalists Christie Huczak,
Samantha Salas Solis

Men's 40+ (Classic Professional Racquetball Tour – CPRT)

Woody Clouse def. Jeff Bell 0, (5), 2, 0
Semifinalists Brad McCunniff,
Jimmy Lowe

Team Illinois at the US Open

Men: 20
Women: 6

Ben Croft – Men's Pro (SF)

Krystal Csuk – Women's Pro (QF); Mixed
Open Doubles (Geoff Peters)

Mike Davern – Men's 45+A, Men's 50+

Geoff Goldblatt – Men's Pro, Men's Open

Cheryl Gudinas – Women's Pro (QF)

Juan Herrera – Men's Pro

Cheryl Kirk – Women's A Doubles
(Terry Rogers/CA); Mixed A Doubles
(Jeff Elder/MD)

Gregg Mandell – Men's 55+,
Men's 55+A (QF)

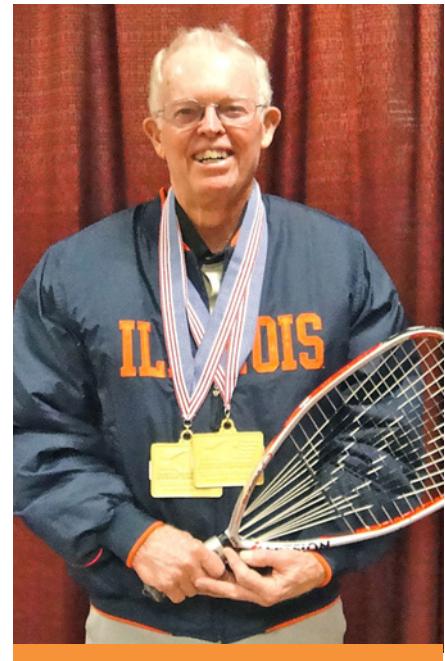
Eric Mathews – Men's A, Men's 24-A
(3rd), Men's A Doubles (Saad Siddiqui)

Ray Meisner – Men's B, Men's 55+B (QF)

Dave Milazzo – Men's 50+, Men's 45+
Doubles (Troy Stallings/SD)

Horace Miller – Men's 60+, Men's 65+ (3rd)

Keith Minor – Men's 40+, Men's 45+
Doubles (Scott Schafer/TX) (1st)



*John O'Donnell, Jr. brought
home Double Gold to Illinois!*

John O'Donnell, Jr. – Men's 75+ (1st),
Men's 80+ (1st)

Heather Olson – Women's C, Women's
24-/25+C (1st)

Alberto Palacios – Men's 55+B (3rd),
Men's 65+ (QF)

Geoff Peters – Men's 50+, Mixed Open
Doubles (Krystal Csuk), Mixed A
Doubles (Lynne Weisbart)

Ray Redelman – Men's 35+B (QF),
Men's 45+B

Rick Seaberg – Men's B (QF), Men's
45+B, Men's B Doubles (Bill Bearden/
TX) (QF)

Jesus Rojas – Men's B, Men's 25+B
(2nd), Men's A Doubles (Antonio
Vazquez)

Saad Siddiqui – Men's B, Men's 24-B
(3rd), Men's A Doubles (Eric Mathews)

Cary Slade – Men's Elite, Men's 35+
(QF), Men's 40+



*Ray Meisner, Wil Rounsville, Cary Slade, Horace Miller,
and Keith Brown at the Target Center in Minneapolis*

continued on next page

The 19th Annual **TURKEY SHOOT**

The Glass Court Swim & Fitness, Lombard
November 19-21, 2010
Tournament Directors – Doug and Michelle
Halverson

Another great Turkey Shoot is in the record books with this year's event having gone international, boasting 169 players not only from 5 other states (Colorado, Delaware, Indiana, Iowa, North Carolina) but from *Canada* as well! Twenty-four divisions included 12 men's singles, 2 women's singles, 5 men's doubles, 2 women's doubles, and 3 mixed doubles.

Division successes provided trips upward for several skill division players. Matt Sochacki, after having won Men's A at Summerfest, made this his second win in the current season and therefore, he makes the move immediately to Men's Open (but still retains the chance to nab State, Regional and National championships in his prior Men's A division). Basilio Salazar will move to Men's A at the beginning of the next season; Benjamin Torres to Men's B; and David Singer to Men's C.

continued on next page



Tournament Director Doug Halverson (center) congratulates Mixed Open Doubles Champs Rich Bowman and Nancy Healy

2010 US OPEN Racquetball Championships *cont. from previous page*

Brad Statdfield – Men's D (3rd), Men's 24+C (QF)

Joan Vande Kieft – Women's 55+ (3rd), Women's 60+ (1st)

Antonio Vazquez – Men's A, Men's A Doubles
(Jesus Rojas)

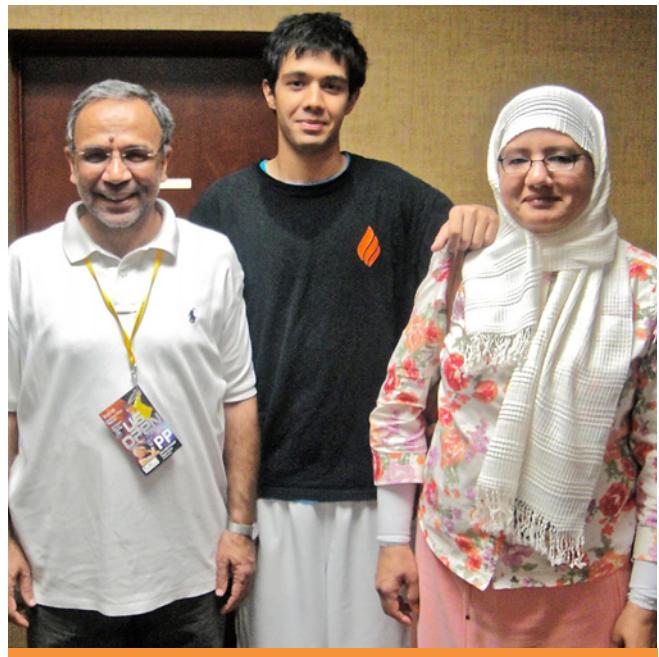
Lynne Weisbart – W45/55+A (4th), Mixed A Doubles
(Geoff Peters)

Team Illinois Medal Count (14)

Gold (5): John O'Donnell, Jr. (2), Keith Minor, Joan Vande Kieft, Heather Olson
Silver (1): Jesus Rojas
Bronze (7): Ben Croft, Eric Mathews, Horace Miller, Alberto Palacios, Saad Siddiqui, Brad Statdfield, Joan Vande Kieft
Pewter (1): Lynne Weisbart

Team Illinois Cheerleaders

Bringing their enthusiasm to Minneapolis were Keith Brown, Chris Evon, Terri Graham, Pat and Bill Gudinas, Leo and Susan Klimaitis, Kit Lawson, John Mason, Bobbi Redelman, Wil Rounsville, Kim Skarupski Seaberg, Nadeem and Ghazala Siddiqui, Arlene O'Donnell



Dr. Nadeem and Ghazala Siddiqui lend support to son Saad

The 19th Annual **TURKEY SHOOT** *continued from previous page*



Phil Brankin, Brian McNally and Joann Martin — our Glass Court buddies!



Sam and Katelyn Singer cheered their dad David on to victory in the Men's D

In the Men's Open, it was the Battle of the Brothers, with Andres Herrera emerging the victor over sibling Juan, (14), 10, 3. Ellen Somberg squeaked by challenger Janet Eminger in the Women's 40+ with scores of 9, (11), 6.

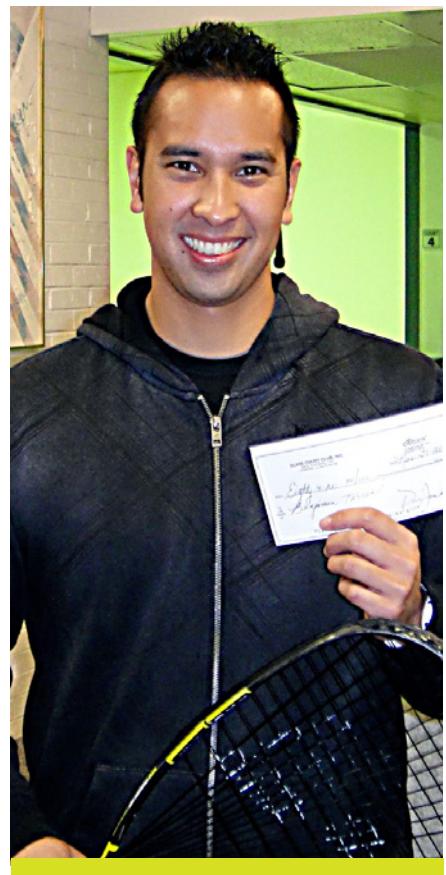
Tournament Directors Doug and Michelle Halverson, along with club owners Dan Jaskier and Joe DeArmas, provided another world-class tournament experience. Their thanks go to the many volunteers who lent their support: Marian Bala, Dustie Baker, Kenny Brown, Ron Calloway, Marla Cusano, Laurel Davis, Joey Eminger, Dan Flood, Lori Good, Jeff Grace, Pam Grace, Joy Herth, Cheryl Kirk, Sara Lyons, Jim Maroon, Eric Mathews, Liz Molitor, Geoff Peters, John Puccio, Len Restaino, Bill Roberts, Ashley Ryan, Judy Sands, Pam Schubach, Joe Silius, Sam Singer, Chuck Snyders, John Thorson, Marcia Warren, and Lynne Weisbart.

Check out the results, on page 10...

— Cheryl Kirk



Vishwam Sankar — his first tournament!



Benjamin Torres, Men's C Winner



Glass Court Presents The 19th Annual

TURKEY SHOOT

RACQUETBALL TOURNAMENT

NOVEMBER
18-21ST

Sponsored By:



RESULTS

Division/# entered: First; Second; Semifinals

Men's Pro/Open (14): Andres Herrera; Juan Herrera; Geoff Goldblatt, Trevor Snyders

Men's AA (4): Oscar Madrigal; Clint Hickman; Saad Siddiqui

Men's A (15): Matt Sochacki; Kenny Brown; Eric Mathews, Patrick Sands

Men's B (19): Basilio Salazar; Ryan Fosco; Rick Nielsen, Matthew Reeser

Men's C (22): Ben Torres; Hung Che; Jesus Rojas, Dan Musgrove

Men's D (15): David Singer; Levester Dean; Porfirio Villalobos, Larry Schum

Men's Novice (2): Vishwam Sankar; Harry Tram

Men's 30/40+ (10): Alok Mehta; Antonio Rosselli; Eric Battaglia, Cary Slade

Men's 35/45+ Intermediate (8): Dave Wielgus; Alan West; Gerald Kudanian, Dan Pacetti

Men's 45/50+ (10): Tom Horton; Bob Riley (NC); Michael Mancuso, John Richier

Men's 55+ (9): Bob Riley (NC); Joe

DeArmas; Dave Olson, Jim Maroon

Men's 60/65+ (6): Joe Silius; Pat Taylor; Alberto Palacios, Larry Schum

Women's A (3): Rhonda Mundhenk; Mary Crambes; Sandra Filipp (3rd)

Women's 40+ (8): Ellen Somberg; Janet Eminger; Lynn Yeazell, Diane Bunker

Men's Open Doubles (9): Juan Herrera/Andres Herrera; Bryan Crosser (IA)/Keith Minor; Geoff Goldblatt/Juan Martinez III, Oscar Madrigal/Trevor Snyders

Men's A Doubles (12): Kenny Brown/Eric Mathews; John Puccio/Mike Davern; Jake Ryan/Jeffrey Hill, Jim Maroon/Joe DeArmas

Men's B Doubles (8): Dan Musgrove/Dave Wielgus; Jose Alberto Acosta/Ranferi Salgado; John Anaya/Joe Wilhelm, Enrique Rodriguez/Gene Cromwell

Men's C Doubles (4): Hung Che/Philip Kluss; Edgar Pinto/Jorge Pinto; Danny Ortega/Dominic Galvan (3rd)

Men's 40+ Doubles (10): Jim Hillman/Keith Minor; Tom Utterback/Dave Bachar; Andy Pitock/Eric Jensen, Dave Negrete/Eric Battaglia

Women's Open Doubles (2): Janet Eminger/Nancy Amaro; Laurel Davis/Pam Schubach

Women's A Doubles (6): Dolores Lamberson/Lynne Weisbart; Julianne Valentino/Pam Grace; Dustie Baker/Kim Wainwright

Mixed Open Doubles (9): Nancy Healy (IN)/Rich Bowman (IN); Martin Gonzalez/Lynn Yeazell; Jim Hillman/Ellen Somberg, Janet Eminger/Tom Utterback

Mixed A Doubles (9): Julianne Valentino/Frank Valentino; N/A; Rick Seaberg/Cheryl Kirk, Barb Vagedes/Doug Halverson

Mixed B/C Doubles (4): Leon Soren/Joan Hohs; Sandra Filipp/Carl Carman; Dustie Baker/Michael O'Dea (3rd)

VOLUNTEERS ROCK!



As we close out another great calendar year and fling ourselves into the second half of the racquetball tournament season, the ISRA takes this opportunity to thank our volunteers who help make our tournaments so enjoyable. You come in all shapes and sizes, and (per the pictures below) many times in sets of three! We can't include every valued volunteer's picture on this page, but let these pictures represent you all. Thanks so much for what you do in service to your racquetball community!

◀◀ *Sam Singer, Joy Herth, Lori Good*



▲ *Jeff Grace and Ashley Ryan — Tournament Desk Dream Team!*



◀◀ *Marcia Warren, Pam Schubach, Jim Maroon*



▲ *Trevor Snyders, Ron Calloway, Chuck Snyders*

2010 ISRA Players of the Year

Vote for your favorite Male and/or Female Player of the Year and Most Improved Player using the form below. Please include comments regarding your selection(s) using the following criteria:

1. Accomplishments
2. Number of years played
3. Sportsmanship
4. Improvement
5. Contribution to the sport of racquetball

Nominees must be USAR members and may play at any level. Winners will be chosen by the ISRA Governing Board and will be honored at the ISRA State Singles Championships on April 2, 2011.

Players of the Year — past recipients: Chris Evon, Marshall Waldo (1988); Cheryl Gudinas, Rich Clay

(1989); Pat Tarzon, Bill Lyman (1990); Laurel Davis, Ron Johnson (1991); Lola Markus, Bill Lyman (1992); Cheryl Gudinas, Andy Pitock (1993); Cheryl Gudinas, Greg Hasty (1994); Cheryl Gudinas, Horace Miller (1995); Dawn Gates, John Negrete (1996); Krystal Csuk, John O'Donnell, Jr. (1997); Mary Crawford, Greg Hasty, Sr. (1998); Terri Graham, Cary Slade (1999); Cheryl Gudinas, Bill Lyman (2000); Nancy Kronenfeld, Bill Lyman (2001); Liz Molitor, Ben Croft (2002); Liz Molitor, Dave Milazzo (2003); Krystal Czuk, Dave Milazzo (2004); Liz Molitor, Keith Minor (2005); Liz Molitor, Keith Minor (2006); Pat Taylor, Julie Vincent (2007); TJ Ferro, Ellen Somberg (2008); Alok Mehta, Nancy Amaro (2009).

Most Improved Player Award — past recipients: Robert Gates, Jr. (1998); Ben Croft (1999); Diane Bunker (2000); Ubaldo Melo (2001); Angel

Khamis (2002); Carolyn Watkins, Adrian Beltramino (2003); Geoff Goldblatt (2004 & 2005); Richard DeArmas (2006); Trevor Snyders (2007); Frank Milazzo (2008); Juan Martinez III (2009).

Act Now: Nominations must be received by February 15, 2011!

Submit your nominations to: Illinois State Racquetball Association, 1163 S. Grace St., Lombard, IL 60148; or email your nomination to Marla Cusano at marcusano@comcast.net. Your nomination(s) should include your name, address, day and evening phone numbers, the name of the nominee(s), and the reasons why that person(s) should receive the award, including a list of achievements. *Note: The more detailed your nomination (including tournament results), the better chance your nominee(s) will have!*

2010 ISRA Players of the Year & Most Improved Player NOMINATION FORM

Male Nominee's Name _____

Female Nominee's Name _____

Most Improved Player's Name _____

Include paragraph regarding your selection(s) (may use separate sheet of paper):

Name of ISRA member initiating nomination (please print): _____

Phone (day) _____ Phone (night) _____

Signature _____ Date _____

Please return by February 15, 2011 to:

ISRA c/o Marla Cusano
1163 S. Grace St., Lombard, IL 60148

or email nomination to: marcusano@comcast.net.

2011 Distinguished Service Award

Nominations are being accepted for the 2011 ISRA Distinguished Service Award. Criteria for consideration include commitment to the sport of racquetball; quality of service; and accomplishments benefiting the sport and its players. Any ISRA member may make nominations. The winner, chosen by the ISRA Governing Board, will be honored at the ISRA State Singles on April 2, 2011.

Distinguished Service Award – past recipients: Tom Street (1978); Bob Troyer (1979); Art Michaely (1980);

Gay Kenna (1981); Jim Harper (1982); Jim Cartwright (1983); Alan Shetzer (1984); Clyde Senters (1985); Diane Gabrisko (1986); Geoff Peters (1986); Bill Feigen (1987); Alvin Barasch (1988); Judy Young (1989); Bill Roberts (1990); Al Danielwicz (1991); Bill Piggott (1992); Rich Clay (1993); Dave Negrete (1994); Lori Kaiser (1995); Brian Stuertz (1996); Diane DeArmas (1997); T.J. Ferro (1998); Laurel Davis (1999); Rich Clay (2000); Mike Davern (2001); Pam Grace (2002); Cheryl Kirk (2003); Patrice Calvi (2004); Geoff Peters (2005); Doug Halverson (2006); Laurel Davis (2007); Michelle Halverson (2008); Cheryl Kirk (2009); Lori Good (2010).

Act Now: Nominations must be received by February 15, 2011! Submit your nominations to: Illinois State Racquetball Association, 1163 S. Grace St., Lombard, IL 60148; or email your nomination to Marla Cusano at marcusano@comcast.net. Your nomination(s) should include your name, address, day and evening phone numbers, the name of the nominee(s), and the reasons why that person(s) should receive the award, including a list of achievements. *Note: The more detailed your nomination (including tournament results), the better chance your nominee(s) will have!*

2011 ISRA Distinguished Service Award NOMINATION FORM

Nominee's Name _____

Include paragraph regarding your selection(s) (may use separate sheet of paper): _____

Name of ISRA member initiating nomination (please print):

Phone (day) **Phone (night)**

Signature _____ Date _____

Please return by February 15, 2011 to:

ISRA c/o Marla Cusano
1163 S. Grace St., Lombard, IL 60148

or email nomination to: marcusano@comcast.net.



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The Kill Shot KIDS CORNER

JTI MISSION STATEMENT

Junior Team Illinois (JTI) was founded by TJ Ferro and the ISRA for the purpose of teaching and promoting racquetball to junior players aged 6-18. JTI's goal is to develop character, skill and sportsmanship in young players, teaching the fundamentals of the game from an introductory to an advanced level and promoting safety on the court. JTI staff is comprised of volunteers, parents and advanced junior players.

2010 – 2011 Season

The season kicked off on November 7th at The Glass Court Swim & Fitness in Lombard, IL and runs through the last Sunday in February, but we will continue to work with juniors who wish to compete at a high level at the ISRA State Singles Championships scheduled for early April 2011. For a nominal membership fee, juniors receive two hours of coaching and court time on a weekly basis.

Our mission for this season is to spread the word to other clubs in Illinois. We are reaching out to assist interested clubs in creating a juniors program at their facilities.

Our suggested approach is a simple one. First, the club may want to hold a clinic to introduce the sport to a wide variety of ages. We have volunteers who are willing to help host a clinic.

Second (and most important) is that adult/parent leadership continues with the next step of the process: initiating a weekly two-hour session. This is when the juniors can come to learn and play the game. **ADULT/PARENT INVOLVEMENT IS THE KEY TO A PROGRAM'S SUCCESS.** The successful youth program leaders in Oregon and Missouri stress this key element.

Large organizations such as Life Time Fitness have recognized the importance to their business of maintaining healthy adult and youth racquetball programs. Racquetball is

part of their vision for the future in their clubs nationwide.

There is a revenue stream for the club associated with junior racquetball activity. Depending upon the number of kids involved and the fee charged, it could become economically meaningful in the short- and long-term. Generally, court time is used during the off-prime court hours. As an example, Glass Court offers us their facility mid-afternoons on the weekends.

JTI is also working with sponsors/manufacturers to assist in providing equipment and promotional materials as needed.

Please feel free to contact us if we can be of assistance:

Barry Dixon - phone# 630-881-4639,

email bdixon01@comcast.net.

Steve Goodman - phone# 708-819-3067,

email goodman055@comcast.net.

WHY PEOPLE SHOULD PLAY RACQUETBALL

*by Sam Goodman (Junior Player)
(Excerpts from a 7th grade school paper submitted in 2010)*

Racquetball was created by a man named Joe Sobek in the 1960's. In the 1980's racquetball became more popular. The court you play on is forty feet by twenty feet. Players use a racquet and hit a hollow rubber ball at the front wall. A maximum of four people can play on one court. Three reasons that people should play racquetball are that this sport is fun; helps work on player's cardio vascular system; playing can also help players lose weight. Racquetball is more fun because players can work out with friends and play with new people.

Clearly, more people should learn to play racquetball because it is more fun than a torturous work out program. So when they try racquetball they see that you run and workout as well as having a fun time. Another reason that racquetball is good is that USAR (United States Racquetball Association) found out that players work their heart 75 to 85% of its maximum heart rate. People run a lot in racquetball up to two miles so that will help your legs get stronger.

Since racquetball is not just for young people when you grow up you can play in an age group that allows you to play harder players and work out. Playing racquetball is more exciting and fun because playing against friends and meeting new people is always a good experience. People should get off the couch and pick up a racquet and play racquetball.

MEET OUR JUNIORS



Max Trakas

Meet Max, one of our junior players who plays at Glass Court in Lombard, IL. He is a 6th grader at Kingsley School in Downers Grove, IL. His favorite subjects include science, reading and math. He is a Cubs fan whose favorite sports are football, baseball, bike riding and going to the beach. His other interests are video games, music and art. Max has been participating with our juniors program for the past three years. He always comes to practice ready to play and have fun. He is a great kid to have in our program.

Note: If any other clubs would like to introduce their junior players to our readers, please forward their information to Barry Dixon or Steve Goodman for future publication.

TJ FERRO Award Created in Memory of JTI Founder



The James B. Dvorak Award was created by the Dvorak family who has generously provided the monetary donation for this award since 2005. The Dvorak Family has made the decision not to continue funding the award going into the future but wants everyone to know how much they have enjoyed remembering their husband and father in this way. The ISRA extends its warmest thanks to the Dvorak family for making the award possible these past five years.

Winners of the James B. Dvorak Award in the past have included Kevin Schultz, Jake Sutton, Trevor Snyders, Geoff Goldblatt, Vinny Carvallo, Jeremy Dixon, Noor Michael, and Saad Siddiqui.

In November 2010, the ISRA Board voted unanimously to rename the award in memory of TJ Ferro, Founder of Junior Team Illinois. A \$250 scholarship will be awarded annually to a deserving junior player who is a member of the ISRA, to be used to supplement the cost of that player's education.

Four categories that were important to TJ will be used to evaluate applicants: Racquetball Participation, Sportsmanship, Scholastic Achievement, and Community Service. Interested junior players must apply (see information in this newsletter). Please complete the application and return it to Barry Dixon via e-mail at Bdixon01@comcast.net.

Applications will be accepted through February 15, 2011.

The 2011 Award will be announced at the ISRA Annual Awards Ceremony to be held at the ISRA State Championships on Saturday, April 2, 2011.

TJ FERRO JUNIOR AWARD APPLICATION

Junior players, please provide the information in this application and include it along with your written essay (see below) to Barry Dixon via e-mail at Bdixon01@comcast.net. ***Remember, you must apply to be considered!***

APPLICANT INFORMATION:

Name: _____ USA Racquetball Member #: _____

Street Address: _____

City: _____ Zip Code: _____

Phone: _____ E-Mail Address: _____

Please describe your activities and involvement in each of the following four categories:

- Racquetball Participation
- Sportsmanship
- Scholastic Achievement
- Community Service

References:

List three people (non-family members) who can provide a reference for you. Include people who are familiar with the activities you have described above. They may include coaches, teachers, peers, et al. Please include an e-mail address, phone number and their relationship to you.

Name _____ Relationship _____

Phone _____ Email _____

Name _____ Relationship _____

Phone _____ Email _____

Name _____ Relationship _____

Phone _____ Email _____

What Racquetball MEANS TO ME

by Shelley Stewart

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

I am 40 years old and have been playing racquetball for 22 years. I live in Chatham, IL with my 2 young boys (Trenton, 9, and Clayton, 4). I am a Literacy Coach at an elementary school for Springfield District #186. My home club is Springfield Racquet and Fitness Center.

What influenced you to start playing racquetball?

I was influenced by my grandfather as well as my mother to begin playing racquetball. I began by traveling to tournaments with my mom and just watching. When I began playing shortly afterward, I realized how much I loved the sport.

What are your goals in racquetball for this year?

My goals are to play as much as possible, which, in reality, is currently not nearly enough as I would like. With two young children who are very active in sports themselves, I find my time is limited on the court. I am going to play in the State Doubles tournament in January with my mother but will most likely not get to play before then.

What makes you love this sport?

It's one more thing that I get to participate in with my mom. We travel together to various tournaments and play for fun. I also enjoy the fast pace of the sport. I like to be active, and it feels good at my age to still be somewhat quick on the court.

What is your philosophy on life?

Simply, to enjoy life to its fullest.

This includes doing what it takes to accomplish any personal and professional goals. My favorite quote that I live my life by is, "Cherish yesterday, Dream tomorrow, and LIVE today." I believe that life is full of choices, and it is up to the individual to make the best ones.

What was your most memorable moment in racquetball?

It was at State Singles a long time ago when I forgot to bring the most important thing for me to have when playing racquetball...something that I was not going to be able to replace when in the Chicago area...my contact lenses! Luckily, I am not completely blind without them but would certainly prefer to have them considering that it is pretty crucial to be able to see the ball. Regardless, I won first place and was proud to say that I was able to do it without my contacts!

What cause(s) do you support?

Literacy in Education, Cancer research, Youth Sports, and research for the American Heart Association.

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

I'd like to play more tournaments, not just around the state but around the country. I feel I have viewed my love for this sport as more of a hobby verses a competitive sport that I live and breathe. As much as I love being on the court surrounded by great friends, the reality is that I do not have the time in my life at this point to devote to being more active in it than I currently am. I would also like to instill my love of the sport to

my children and hopefully watch them play someday.

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

I think it's important for everyone associated with the sport of racquetball to keep the sport alive. Over 22 years of playing, I have watched it slowly die in the areas of Springfield, Decatur, and Champaign. When I began, there were so many great tournaments around the area, but now the tournaments seem more limited. I appreciate my racquetball friends in Peoria who are working to keep the sport alive and consistently putting on great tournaments at their fabulous facility.





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

January 8, 2011
Glass Court One-Day 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



Send to:

ISRA
603 E. Wilson Ave.
Lombard, IL 60148

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Committee



2011 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, 2011.
- Deadlines are as follows:
 - **Issue Publication Date:** 2/25/11
 - **Articles/Releases/Ads Due:** 2/1/11
- **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



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

We've got you under our wing

Jeff Grace

Associate

Jeffrey_grace@us.aflac.com

1000 Jorie Blvd.
Oak Brook, IL 60523-4482



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