



Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc. August 2005

Annual meeting

By Carol Shields

June 18th! It was a celebration, a recognition of dedicated STPC Captains, an Annual Meeting, and best of all, the awarding of the highest STPC honor, the Jack Dow Award to Matt Little, for his long service and dedication to the club. Add to all that, 164 members in animated conversation, lots of laughter, lots of old friends greeting new ones, and you have the reason the Spring Luncheon keeps growing each year. All of this took place at the Town & Country Club's beautiful dinning room overlooking the Mississippi River. You could almost imagine a scene out of a Fitzgerald novel: beautiful people chatting, tables sparkling with candles, white tablecloths, and blazing red geraniums announcing summer. Definitely the place to be!

President Darlene Moynagh greeted everyone and gave a brief outline of the program as the luncheon started. Everyone enjoyed the delicious meal that chair, Alice Wiedes, had arranged for us. No sooner had we finished when we were treated to a program of dancing feet and a sing-along by the 10 toe tap-

(Annual meeting—Continued on page 16)

Captains: IMPORTANT!

If you have a Northwest Club group, be aware that we will be allowed only the hours 7-10 AM. Also, fees will be substantially higher. Contact Rod Macpherson, 952-474-9346, for help in changing your court time, and for the latest information on the new rates. **Note** that some of you are not listed at all. This does not mean that you can't get time. And those who are listed have no guarantee that the time shown is reserved for you. Talk to Rod.

Other captains: check the schedule in this issue and verify that the information is correct. Contact Paul Steen (Minneapolis) or Thue Rasmussen (St. Paul) with any corrections.

Sign up for indoor tennis

This issue of Senior Tennis Times has the 2005-2006 indoor tennis season schedules. Now's the time to look it over and decide where you want to play.

Old STPC hands know how this all works, but it might be confusing to our new members. If you fall into that category, read on. Here's the short guide to playing indoor tennis.

(Indoor tennis—Continued on page 14)

Upcoming Events

August 13-19, 2005

USTA Senior Clay Tourney—page 9

August 20, 2005 8:30-3:30

Annual Picnic—Details page 7

October 29, 2005

Halloween Tennis Party

January 21, 2006

Winter Tennis Party

*Preliminary
Fall-winter
schedule
page 17*

Senior Tennis Players Club, Inc.

A nonprofit corporation, P.O. Box 5525
Hopkins, MN 55343

On the web: www.seniortennismn.com

Senior Tennis Times

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2005 Board of Directors

President: Darlene Moynagh .. 651-436-8927

Vice President: (to be determined)

Secretary: Gladys Murray..... 651-483-2850

Treasurer: Roger Junker..... 952-890-5370

New Members: Shirley Pratt..... 651-433-3583

Renewing Members:

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Events Director:

Joanne Schwartz..... 952-835-6794

Advisor: Mary Kaminski..... 612-781-3271

Bob Busch..... 952-941-1204

David Howard 952-525-2252

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Dotti Brazeal..... 952-377-2289

Jo Rolling 651-777-3773

Thue Rasmussen 651-917-0075

Paul Steen 952-835-9818

Past President: Ken Landro..... 763-544-9757

Director of Training: Roger Boyer

Ass't Director: Percy Hughes....612-866-1102

E-Mail: training@seniortennismn.com

Club Founder: Jack Dow

Advertising

Send digital files by disk or e-mail to the newsletter editor by the 15th of the month for publication the following month. **Please send all payments to the newsletter editor.**

Ad rates (first month/additional months):

Full page (7.5x10) \$110/90

Half page (7.5x4.9) 85/65

Quarter page (3.7x4.9)..... 60/40

Eighth page (3.7x2.4) 40/20

Classified ad

(members only, max 4 lines)..... 15

2-line ad (members only, 50 spaces/line)

First three months: free, then \$5/issue.

Publication Deadline

Submit articles to the editor by the 20th of the month for publication the following month. All material submitted for publication is subject to editing. Include stamped, self-addressed envelope if material is to be returned.

Membership information changes, newsletter delivery problems, etc.,

can be made by writing Senior Tennis Players Club, P.O. Box 5525, Hopkins, MN 55343 or currentmembers@seniortennismn.com

Membership total: 1487

August 2005, Volume 18, Number 6

Generations

By Darlene Moynagh

This is my second-ever "column" and I'm dedicating it to generations. I found it interesting and worth noting that we have a number of second generations as members in our club. Now I don't think this is very common among clubs. The reason I believe we are the benefactors is that you have been a good example in raising your children. And I don't even think they realize what benefits they have given us in the club. As other organizations dissolve, because members age, we can carry this club on indefinitely. Jean Murdock has



been instrumental in this effort by chairing the Grandparent-Grandchild Tournament event in July. This is truly one of the best investments we have in keeping the generations connected to this organization. So, gather the children, get them a racquet and have a great summer playing with your family. Thanks, Jean.



As a non-profit organization, the Senior Tennis Players Club gratefully accepts donations, memorials and estate gifts.



Mission Statement

The primary purpose of the STPC is to provide tennis playing opportunities to people 50 and older for their mental, physical, and social well-being; and to support the growth of tennis.

Newsletter Submissions

To help make the newsletter as correct as possible, please submit all items in writing only, by mail or email. The deadline is the 20th of the month for publication the following month. Enclose self-addressed stamped envelope if you want materials returned.

Send your submissions to: David Sommer, 3657 17th Avenue South, Minneapolis, MN 55407-2805.

Email: editor@seniortennismn.com.

We need help and input from writers, artists, and photographers.

Percy's tennis rhythms



By Percy Hughes

Well now—I believe the sun has won its battle with rain finally. Summer might finally be here.... This is subject to change, huh. I've actually had students coming to the Thursday morning class at

the Aquila courts with a racquet in one hand and an umbrella in the other. Please remember that tennis shouldn't be played on wet courts—it's dangerous.

I watched quite a few French Open matches—both our favorite male players, **Andre Agassi** and **Andy Roddick** went out, Andre due to injury, and Roddick's loss was in a great five-set match; both were eliminated in the second round. Unbelievable that after just two rounds all of our American men were gone.... I wonder—are there enough clay courts in the United States? How many clay courts are there in our Twin Cities? I'd like to know that, *and*, are some available to our up and coming young players? Don't you have concerns about what's happening to our country's top players? I can remember when our country led the world in tennis. **Enough, Percy!** Well, our players did do better at Wimbledon on the grass courts.

This year's **Annual Luncheon** was wonderful, as they always are. I've had to miss the last two be-

cause of music commitments. It makes you kind of proud to be there as a member of this great organization—right? The food is **always** super, as is the entertainment.

My **Wednesday morning class** (8:30) at the 85th and Bryant Ave So. courts will be just three months, **June, July and August**. I look forward to seeing some of the students that basically only come to that class, because of it being Southeast, and being our closest lesson to their homes. With the price of gas, believe me, I certainly understand.

In my next month's column I'm going to give our members some important input on the **tennis grips** we Pros are teaching—what, where, and when to use, etc. It will be quite interesting, and correct. Without a doubt we Pros **must** be on the same teaching page as are our two **B's**—(**Roger Boyer and Nick Bolletteri**) They work together as a **Super Team**, and they are that. We can claim Nick as one of our own since he's now a Board Member of the ICT organization. Hopefully he'll come here more often, plus he likes jazz! You know, I think most dedicated tennis players do like jazz, and are good dancers. (Guess what? Our **mentor Roger Boyer** at one time was a trumpet player.)

Oops! I'd better go.... **Grips** next month, meanwhile, **no foot faults!**

Perc

Roddick unplugged

From Star Tribune, July 4, 2005

Wimbledon, England—Andy Roddick was able to laugh at his post-match news conference after losing Sunday to Roger Federer in the Wimbledon final, and he had others laughing with him:

Q: Where do you go from this?

Roddick: Home, fast.

Q: What did you say to him when you shook hands?

Roddick: I just said, "Congratulations." ... I've told him before, "I'd love to hate you, but you're really nice."

Q. Can you think of one negative thing to say about Roger Federer?

Roddick: Well, he cut his hair. That's all we had going for us before.

Q: There's nothing even like off-the-court goofy something wrong with him?

Roddick: I'm sure there is, but I don't know if I know him that well. I can look into it for you.

Q: What is it like mentally to be in a situation like that when you're throwing out your best stuff, have a couple good points, it's almost like he teases you into thinking you have a chance? How do you

(Roddick unplugged—Continued on page 14)

●● STPC lessons and drills—all levels ●●

Some court locations are subject to change during the season. No reservations necessary.

Location	Day	Start	Time	Instructor	Phone
Aquila Park Mtka Blvd & Aquila Ave St. Louis Park	Thu	5/5	8:30-10:00 AM	Percy Hughes	612-866-1102
				Paul Stormo	952-944-6286
Bryant Courts 85 th and Bryant Ave. S. Bloomington	Wed	6/1	8:30-10:00 AM	Percy Hughes	612-866-1102
Breck School 123 Ottawa Ave. Golden Valley	Tue	5/3	5:30-7:00 PM	Jim Erler	952-471-9750
	Wed	5/4	5:30-7:00 PM	Laurie Koslak	952-939-9785
				Duncan Welty	952-933-8592
McKnight Field North St. Paul High School N.E. corner Hwy 36 and McKnight Rd	Wed	5/4	9:00-10:30 AM	Tom Bauman	651-738-6726

Free or low-cost lessons* are offered as part of your STPC membership. New members are encouraged to take advantage of them. After twelve lessons, you will receive a free can of balls and a certificate of accomplishment and congratulations from the STPC president. You should notify your instructor when you have completed twelve lessons.

* Lessons are free during outdoor season; they cost \$3 when indoor (to pay for court time). You may continue taking lessons as long as you are a member of the club.

●● Private Club Drills Open to STPC Members ●●

Location	Day	Cost	Time	Instructor
Reed-Sweatt Family Tennis Center* 4005 Nicollet Ave S., Mpls. Call for reservation 612-825-6844	Tue	\$6.50	9:00-10:00 AM	Abdul Idi
	Thu	\$6.50	9:00-10:00 AM	Laurie Kozlak
*Additional classes for all skill levels available, open to seniors and younger players.				

Bolger Clinic

By Roger Boyer

Thanks to Alice Weides and her committee, the Bolger Clinic was again a great success. I am always proud to be a part of such a well-attended event. It once again gave us the opportunity to showcase the talents of our exceptional pros and gave us a chance to recruit new volunteers for InnerCity Tennis programs. Feedback from those attending was all positive and some had suggestions for an even bigger event for 2006. Thanks.

And Alice Weides adds...

Special thanks to: Dottie Brazeal who juggled many enquiries regarding the “change of date” challenge; Jackie Darst, Carol Brant, Bob Sloan, Bob Busch, Tom Fischer and Willie Prawdzik—all volunteers.

72 seniors played and received instructions for three 50-minute segments with Nicollet pros. The clinic, always popular and successful, fills easily.

Again, Roger Boyer and RSFTC pros and volunteers, thanks for all your help. See you next year!

USTA Senior Clay Tourney

By Bob Busch

As tournament director, I'm pleased to invite senior men and women to a week of tennis at Bearpath Country Club in Eden Prairie. Play begins on Saturday, August 13th and will be completed Friday, August 19th. Please complete the application on page 9 of this newsletter or register on line for this USTA Northern Tennis Association Men's and Women's Senior Clay Sectional Tournament.

Women welcomed!

Senior women will be included in this sanctioned tournament for the first time this year.

Benefit for InnerCity Tennis

This is a benefit tournament for the InnerCity Tennis Foundation. A portion of the entry fee for this tournament is a deductible contribution to the InnerCity Tennis Foundation which supports programs serving over 3,000 youths. Programs operate in 36 parks during the summer and Saturday afternoons during the indoor season. The InnerCity programs emphasize life skills along with the tennis instruction. Nick Bollettieri, an internationally recognized tennis coach, was recently quoted in the Star Tribune when referring to the InnerCity Tennis program "There is no finer junior program in

the whole country..." Additional contributions to help InnerCity youth programs are appreciated.

Tournament details

Men's and women's singles and doubles in ages 55, 60, 65, 70, 75 and 80 will be played. All matches will be in accordance with USTA tournament rules and regulations. Weekday matches will start at noon and, when possible, all matches in the 55 and 60 age groups will be scheduled after 4:00pm.

From Hwy 212, Bearpath Country Club is located 2.8 miles west to Dell Road. Go north (right) .6 miles to the security gated club entrance. On tournament days, you may call 952-975-0123 ext. 256.

Registration entries must be received by Monday, August 8th. All entrants must be USTA members. Call Bob Busch, 952-941-1204 or any tournament committee members with questions.

Larry Greely 952-888-7509 Cell: 612-991-3489

Duane Ryman 612-865-9517

Paul Stormo 952-944-6286

Duncan Welty 952-933-8592

Susan Neet 612-825-4584

Andrea Boyle 612-825-6844

Jo Rolling 651-777-3773

In Memory...



Kenneth Stecklein, son of Senior Tennis past presidents Helen and John Stecklein, died peacefully at home May 22, 2005 surrounded by family after a valiant two-year struggle with lung cancer. Ken is survived by his loving wife Dr. Hilary Pert Stecklein; sons Gordon (18) and Graham (15); and his parents, Dr. John and Helen Stecklein; brothers Mark and Robb Stecklein and sister Beth True; and many dear and wonderful family and friends.

Sam Mersky, a member from 1982 until he was no longer able to play. Sam is survived by wife

Polly, STPC member and recent Board member. Also survived by many children, grandchildren, and great grandchildren. Sam was a businessman (owner of Storkville, one of the first discount juvenile furniture and toy stores in the country), jazz organist, and volunteer (Intergeneration Program and Meals on Wheels).

Jim Sager, Jim Sager, age 74, passed away unexpectedly on June 8, 2005. Jim was a member of Senior Tennis for many years, and was an excellent player until his untimely



(In Memory—Continued on page 10)

Did you know it's easy to make money in the stock market?

The problem is keeping it!
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Why not insure your mutual fund just like you would your car, home & RV?

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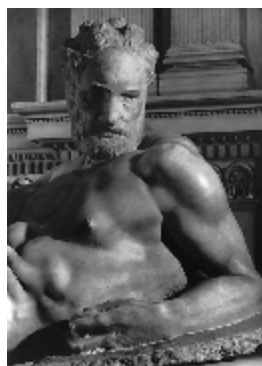
(651) 735-0144 800-766-1699 Ext. 4529

Securities offered through Workman Securities Corporation

Securities Broker/Dealer, Member NASD/SIPC

6500 City West Parkway #350 Eden Prairie, MN 55344 800-325-2435

Shoulder Specialty Clinics Minneapolis/Edina



Providing nearly 20 years of exceptional physical therapy care for conservative and post-surgical shoulder cases. Consultation may require a referral from your physician.

Terry Buisman PT

Trevor Erlandson MSPT

Minneapolis, Medical Arts 612-339-2041
Edina, Southdale 952-922-0330



ORTHOPEDIC REHABILITATION SPECIALISTS, INC.
Physical Therapy for the Twin Cities



Two-liner want ads

These two-liner want ads are available to all STPC members. Your ad is free for three issues.

After that, there is a charge of \$5 per publication. Your check should be payable to STPC and sent to David Sommer with instructions.

Interested in Head racquets and clothing? Consult Percy Hughes at 612-866-1102 for what's best for you.

Expert Racquet service. Fred Jurewicz (952) 496-1018 (H); (612) 250-3185. *10% STPC discount.*

Handyman Services. Affordable repairs/maint, SW Mpls/Edina/SLP. Bob 952-929-0844, rthompson111@earthlink.net.

2 Greek homes, 3BR, 2.5BA, near Nafplio, furnished, \$750(Euros)/week. Sally Howard 612-340-9706.

91 Buick 4dr, 68M miles, Exc cond, new tires, brakes, full power, great 2nd car \$5000 952-476-1298

Understanding Sergers - the best serger instruction and reference. 25% off - just \$18.70. 612-276-1313.

Scottsdale/Carefree AZ Townhouse to rent. 2 br, 2½ ba, fully furnished, free tennis. 651-631-1044.

Handi-steps, new redwood. Perfect for spa, RV, utility, home, garage; never used. \$70. 651-351-7269

Vintage early 1900's cupboard pine/butternut; drawers/doors \$700. Bette 651-644-9901.

For rent: Villages FL, activities for everyone. 2BR 2BA house \$1075/mo & up. 952-935-5670.

Towerpoint Resort, Mesa, AZ. Park Model. \$3300=3mo, \$2400=2mo, \$1300=1mo 763-788-2024

Celebrate Summer

At the *free* annual STPC Picnic

When: Saturday, August 20, 8:30am to 3:30pm

Where: Round Lake Park in Eden Prairie

Reservations? None needed. This event is for STPC members and spouse or friend only.

Cost? Zero! Your club is paying the reservation fee, and supplying tennis balls, pop, H₂O, charcoal, plates & utensils.

Food: Bring your own lunch and something to share. Grills available.

What's to do? We'll have tennis, volleyball, and cards.



So get this on your calendar and come for a fun day!

Directions: from I494 in Eden Prairie, go west about 3 miles on Hwy 5. Turn right on Eden Prairie Rd (Hwy 4) for about 1/2 mile. Turn left on Valley View Rd. Park is on your left with several large parking lots.

Palm Island escape

By David Sommer

How's this sound: a gulf-coast Florida island with no auto traffic, uncrowded white sand beaches, 2 BR, 2 BA ocean-view apartments, heated pools and whirlpools, and plenty of tennis courts. Plus Sara-



sota, Boca Grande, golf, water sports, etc. in easy reach.

If several Senior Tennis members are interested, I can negotiate a very favorable deal with the resort management for rentals in January and February, for one or two months, or weekly stays.

Call 612-276-1313, or dsommer7@earthlink.net. No commitment yet—just let me know your interest.

Treasurer's Report, by Roger Junker

Balance Sheet

	12/31/04	12/31/03
Assets		
010 Cash - Wells Fargo	\$ 38,134	\$ 29,639
InterBank Investments:		
021 Contingency Fund	\$ 23,402	\$ 23,000
041 Endowment Fund	\$ 30,000	\$ 30,000
subtotal	\$ 53,402	\$ 53,000
050 Prepaid Postage	\$ 625	\$ 318
Total Assets	\$ 92,160	\$ 82,958
Liabilities		
060 Memberships Payable	\$ 25,900	\$ 27,575
STPC Equity		
090 Excess/(Deficit) Current Yr	\$ 10,878	\$ (27,512)
095 Retained Earnings	\$ 55,383	\$ 82,895
subtotal STPC Equity	\$ 66,260	\$ 55,383
Liabilities & STPC Equity	\$ 92,160	\$ 82,958

Commentary

To the left are the balance sheets at year-end 2004 and 2003. There are two significant differences between the two years:

1) Cash is higher by \$8,495 mostly because of two unplanned transactions - a \$3,500 contribution from GMAC-RFC on behalf of Club member Marv Schneider for his many and varied contributions to the community, and \$4,926 from the USTA for Community Tennis, and 2) 2004 ran an Excess (account 090) whereas 2003 was a Deficit, the difference being \$38,390 resulting from the above two transactions, but more importantly, from the accounting change in 2003 of recording the dues in the year in which dues apply (accrual basis) rather than when received (cash basis). This change accounted for \$27,575, the amount in the liability account at the end of 2003.

Below is a comparison of the Income & Expense Statements at year-end 2004 and 2003. The main differences between 2004 and 2003 are in Income and Community Tennis. For explanations of these and all categories, see below.

2004 saw an Excess of \$10,878 mainly because of the Contribution of \$3,500 and the two checks from USTA totaling \$4,926. But other sources of income such as interest on investments, advertisements, and small contributions also contributed. The creation of the website has been well received. Doubling the Club's contributions to \$3,000 showed commitment to our mission statement.

Income and Expense Statement Summary

	2004 Actuals	2003 Actuals	Difference Favorable/ (Unfavorable)	Cause(s) of Deviation
Paying Members	1,579	1,728	(149)	
Income:				
- Dues, late fees, interest, and miscellaneous income	\$ 44,934	\$ 8,148	\$ 36,786	2003: 1) accounting change \$27,575. 2004: 2) increase of \$5 in dues \$7,895, 3) loss of 149 members (\$3,725), 4) contribution of \$3,500, and 5) late fees and interest \$985.
Expenses:				
- Newsletter	\$ 12,356	\$ 12,819	\$ 463	2004: lower editor costs partially offset by higher postage
- Lesson Program	\$ 12,644	\$ 11,900	\$ (743)	2004: the costs of lessons were almost offset by lesson fees - shows good participation and good value for the \$.
- Special Events	\$ 1,898	\$ 662	\$ (1,236)	2004: Awards Luncheon net expenses greater by \$1,000
- Administration	\$ 5,852	\$ 3,666	\$ (2,186)	2004: Web Site \$1,157 and contributions up by \$1,500 partially offset by lower D&O Insurance (\$435)
- Membership	\$ 6,052	\$ 6,686	\$ 634	2004: Roster expenses lower by (\$650)
- Community Tennis	\$(4,746)	\$ (74)	\$ 4,672	2004: two USTA checks totaling \$4,926 for Community Tennis.
Total Expenses	\$ 34,056	\$ 35,660	\$ 1,604	
Net Excess/(Deficit)	\$ 10,878	\$(27,512)	\$ 38,390	Net Excess of income over expenses



USTA NORTHERN TENNIS ASSOCIATION

Men's and Women's Senior Clay Sectionals

A BENEFIT FOR THE INNERCITY TENNIS FOUNDATION

What: All events sanctioned by the USTA

Where: Bearpath Country Club, Dell Road, Eden Prairie, MN

When: Saturday, August 13, 2005 through Friday August 19, 2005

Who: All men and women 55 and above with divisions at 55, 60, 65, 70, 75, and 80

How much: \$35 for singles and \$60 for doubles team payable to InnerCity Tennis.

Additional contributions to help InnerCity youth programs are greatly appreciated.



Registration Options:

Register and pay online with USTA's Tennis Link access to the tournament at www.northern.usta.com
The Tournament ID # is 555111705

Complete the form and mail with payment to:
ICT Clay Court Tourney
5529 Duggan Plaza
Edina, MN 55439

Format:

Best two out of three sets will be played with regular scoring. There will be a first match consolation bracket unless division play is a round robin. A 12- point tiebreaker will be used at 6 games all in each set. The 15-minute default rule will be strictly followed. Scores must be reported immediately after each match.

Gifts and Awards:

Your entry fee includes certificates redeemable at Bearpath Country Club and a gift from InnerCity Tennis. Prizes will also be awarded to finalists in all divisions.

Restrictions:

All entrants must be USTA members. To enroll call: 1-800-990-8782. Please contact Tournament Director, Bob Busch with any questions.
952-941-1204



Clay Sectionals Registration Form:

Entries MUST be received by Monday, August 8, 2005.

Draws and match times will be posted on USTA's Tennis Link for tournament ID# 555111705 By 9:00 p.m. on Thursday, August 11, 2005.

Men's 55 Singles ()	Women's 55 Singles ()
Men's 55 Doubles ()	Women's 55 Doubles ()
Men's 60 Singles ()	Women's 60 Singles ()
Men's 60 Doubles ()	Women's 60 Doubles ()
Men's 65 Singles ()	Women's 65 Singles ()
Men's 65 Doubles ()	Women's 65 Doubles ()
Men's 70 Singles ()	Women's 70 Singles ()
Men's 70 Doubles ()	Women's 70 Doubles ()
Men's 75 Singles ()	Women's 75 Singles ()
Men's 75 Doubles ()	Women's 75 Doubles ()
Men's 80 Singles ()	Women's 80 Singles ()
Men's 80 Doubles ()	Women's 80 Doubles ()

Name _____

Phone (_____)_____-_____

Address _____

City _____ State ____ Zip _____

Birthdate _____ USTA Number _____

My Doubles partner is:

Name _____

Phone (_____)_____-_____

Address _____

City _____ State ____ Zip _____

Birthdate _____ USTA Number _____

Waiver: I, hereby for myself, heirs, executors and administrators, waive and release all rights and claims for damages against the InnerCity Tennis Foundation, the USTA, and Bearpath Country Club, and/or their respective agents, representatives, successors and assignees for any participation in this event.

Signature Required: _____ Date _____

Tennis elbow: Not just for tennis players

Preventive tips from UCare Minnesota

Sometimes a tennis player's most daunting opponent is an aching elbow. Tennis elbow—or what doctors call lateral epicondylitis—can leave many tennis buffs sidelined. Medical experts at UCare Minnesota note that up to half of those who play recreational tennis have some symptoms of the condition.

However, you don't have to be a tennis buff to get it. Only about five to 10% of people who seek help for tennis elbow actually play the game. Besides tennis players, those at highest risk are:

- Older than age 35
- Less active
- In a physically demanding job, such as construction.

The condition serves up pain in the elbow, especially when gripping or lifting something. The elbow may feel stiff in the morning, or a dull ache could linger all day.

The pain may first jab you after a particular event or injury. Or it could build more gradually.

Overusing the elbow is what causes the pain. Repeatedly extending the wrist and similar actions can cause tiny tears in the muscles connected to the outside of the elbow.

Try UCare's remedies for sore elbows

Conditioning exercises may help you prevent tennis elbow by building your overall strength and flexibility. Here's one to try: Grasp a 1 or 2 pound weight in the hand of your tender arm. Support your forearm on a table. With the palm down, bring the wrist and weight up, then down. Repeat with the palm facing up. Slowly do each exercise 10 times.

(In memory—Continued from page 5)

death. He always had a smile and was very helpful to his numerous friends and family. Survived by his

If your elbow aches, try taking a break from activity for a few weeks. Apply ice and take a pain-relief medication (or analgesic) recommended by your physician to ease the pain. If the pain persists and is at an uncomfortable level, or if the pain is interfering with your activities, see your doctor. Treatments, such as injections, elbow straps, and physical therapy can help.

Golfers who suffer from painful golfer's elbow in their trailing arm may use braces, larger club grips, and graphite shafts to ease the pain. Proper swing technique may also help the problem.

Avoid double-faulting on the court

If you play tennis, poor technique on the court can add to the problem. For example, hitting the ball behind the body or swinging a one-handed backhand can put muscles at risk. A lesson from a pro can help improve your form.

Spare your elbow with these other tips from UCare:

- Warm up with a brisk walk, then stretch before a match.
- Use the right racket. It's a good fit if your arm doesn't feel tired after swinging it. Your racket also should have a mid-level string tension.
- Get an oversized grip. When you hold the racket, make sure there's a finger's width between the base of your thumb and the tip of your middle finger.

UCare Minnesota is an independent, nonprofit health maintenance organization (HMO) serving 140,000 members. UCare offers three health plans for seniors: UCare for Seniors, a Medicare Advantage product for Medicare beneficiaries; UCare SeniorSelect, a Medicare Select product; and Minnesota Senior Health Options for seniors eligible for Medical Assistance with or without Medicare.

For more information, visit www.ucare.org or call 612-676-3500 or 1-877-523-1518 (toll free). If you are hearing impaired, please call our TTY line at 612-676-6810 or 1-800-688-2534 (toll free).

wife of 48 years, Roseann; children, Kathryn and David; and many grandchildren, nieces, nephews, and friends.

STPC Membership Changes, Renewals and New Members
August, 2005 (not available online to protect privacy)

(Indoor tennis—Continued from page 1)

What are regular and substitute players?

A regular player makes a commitment to play every week at a particular place and time. The other people signed up at that location depend on you to show up so that there is the correct number of people present to play doubles on all courts. If you don't show up and don't find a substitute to take your place, they're forced to play three on a court or singles, and that isn't always fun.

If you want to play but can't make a commitment, you can be a substitute player. Substitutes play when regulars can't show up, for instance when they are on vacation or sick. You can sign up as a substitute at several times and locations to increase your chances of playing frequently.

How do I sign up to play?

First, look over the schedule in the back of this issue. Find a location and time that looks good to you. Then call the captain listed and sign up as either a regular or substitute. Act soon—many people play at the same time and place every year and places fill up fast.

How much does it cost?

(Roddick unplugged—Continued from page 3)

deal with that mentally?

Roddick: Sounds like my life in high school.

Q: You said sometimes you have to tip your hat to him. Are you able to do that during the heat of the game?

The cost to play as a regular varies from location to location—captains can tell you just how much.

I still have questions—who should I talk to?

Talk to the court captains for more information on starting dates, fees, rotation of playing, and anything else about playing at that captain's location. Captains run their sessions differently, so be sure to talk to the captain of the session you're interested in.

What's this about free lessons?

An important objective of STPC is to encourage more people over 50 to learn and appreciate tennis. So every new member is entitled to twelve free lessons from our own STPC pros (you do have to pay a nominal court fee; the lessons themselves are free).

You don't have to commit to a set series of lessons—just pack your racquet and show up. Balls are provided.

There's a listing of lessons and drills in every issue of the Times. Check it out! If you have any questions about the lessons, just call the instructor listed in the schedule.

Roddick: No. I'm in denial the whole time I'm out there.

Q: Do you want another crack at him in New York (at the U.S. Open)?

Roddick: I want another crack at him till my record is 1-31.

Grandparent/grandchild

By Jean Murdoch

Saturday, July 16th was a very hot day but everyone survived. Thanks to Bob Busch for setting up the divisions for 36 participants and to Dottie Gardner who helped at Valley View. All the grandchildren at the end of the tournament were given a new can of balls so everybody won.

Agassi Division: 1st Place—Betty Porter and grandson Bill Porter; 2nd Place—John Hillern and grandson Arne Kallas; 1st Place Consolation—Ray Andrews and grandson, Nicholas Berndt; 2nd

Place Consolation—Phil Nistler and Leah Bell.

Roddick Division: 1st Place—Tony Shostak and grandson Stephen Stack; 2nd Place—Connie Waterous and granddaughter Paige Waterous; 1st Place Consolation—Vern Jensen and granddaughter Eliana Kantar; 2nd Place Consolation—Jack Ewing and grandson Jack Ewing.

Sampras Division: 1st Place—Jerry Simcoe and grandson Tyrone Simcoe; 2nd Place winners—Kevin Farley and grandson Jackson Farley.

Thanks to all the participants who made it another fun tournament.



**Organizers Bob Busch,
Jean Murdoch, & Dottie Gardner**



**Betty Porter &
grandson Bill Porter**



**John Hillern &
grandson Arne Kallas**



**Ray Andrews, grandson Nicholas
Berndt, and Jean Murdoch (center)**



**Tony Shostak & grandson
Stephen Stack**



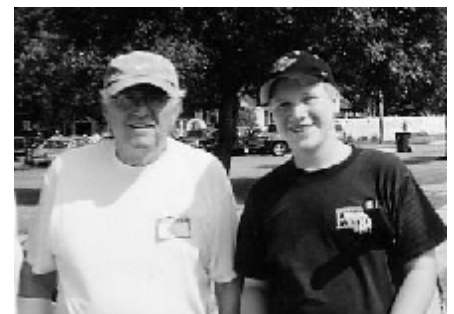
**Connie Waterous &
granddaughter
Paige Waterous**



**Vern Jensen & grand-
daughter Eliana Kantar**



**Jerry Simcoe & grandson
Tyrone Simcoe**



**Kevin Farley and grandson
Jackson Farley**

Grandparent/grandchild 1st and 2nd place winners

(Annual Meeting—Continued from page 1)

ping Satin Dolls. A bit of nostalgia with songs from the 40's and 50's, and many of us remembering all the lyrics! All the dancers are seniors, 60 and older. Some had been professionals and others just love to dance. Much like our STPC members, many of their performances are as volunteers to benefit the community. Their sparkling, sequined costumes, I have to say, make our tennis clothes look rather plain!



After a round of applause the STPC Annual Meeting was called to order by President Moynagh.

Treasurer Roger Junker, presented a report (see page 8) that was both concise and easy to understand. The spontaneous applause was well deserved.



Roger Junker

Percy Hughes' report focused on the free lessons available from the pro's and encouraged everyone to attend the drills that are offered. This was the first year that the pro's have attended the luncheon and were recognized for their help in improving our game and our health on the courts. Percy's behind the scenes volunteer work as



Darlene Moynagh, Percy Hughes, and Matt Little.

STPC's Assistant Director of Training keeps the benefits high for all club members. President Moy-

nagh introduced the new Board members and thanked the outgoing members. Past president, Ken Landro, spoke briefly on the activities during his term and the accomplishments of his board. He could not resist telling one of his Ole and Lena stories, then two, amidst much laughter.



The highlight of the afternoon was the awarding of the 2005 Dow Trophy to Matt Little. The introduction of Matt Little was given by Percy Hughes, a long-time friend. The introduction was a touching reminder of how respect and close friendships can grow through a common interest in tennis. Matt Little's acceptance of the award and the applause that followed was in heartfelt response to all that he has brought to STPC all these years. (Please read your May newsletter for more about Matt.)



The generosity of several members was recognized. Among them: Ruth and Harlan Hansen, for their



generous gifts these last two years that made the Dow Tournament possible; and Marv Schneider for his many efforts on behalf of the club, including his initiative in getting his employer, GMAC, to give \$3500 gifts in each of the last two years.

If you were not able to attend the event this year, you missed an opportunity to see members of STPC recognized for the many contributions that make this organization "one of a kind" in the greater Twin Cities area. We hope to see you next year!

Fall/winter schedule 2005-2006

Want to find a place to play? Here's what you do:

- Locate one or more locations, times, and skill level that you'd like.
- Call the captains responsible and ask if they have any regular or sub positions available.
- If this doesn't accomplish what you want, call Facility Coordinators for places you'd like to play. They may be able to help you get a new group together.

2005-2006 Fall/Winter Indoor Court Schedule—Senior Tennis Players Club						
●● ST. PAUL AREA ●●						
Play is usually September-April. Check with Captains for Start/end Dates						
For corrections for St. Paul and suburbs call Thue Rasmussen 651-917-0075						
Location	Day	Time	Cts	Skill	Captains	Phone
Lilydale Racquet Club 945 Sibley Memorial Hwy Lilydale Facility Coordinators Dot Guenther 651-457-4682 Nancy Karasov 651-452-3172	Mon	7:30-9:00 AM	1	2.0 M/W	Pat Palmer	651-686-6780
	Tue	7:30-9:00 AM	2	2.5-3.0 M/W	Bunny Dougherty	651-454-1353
	Wed	7:30-9:00 AM	2	2.5-3.0 M/W	Ginny Stockwell	651-690-1840
					Dodie Greig	651-687-9139
	Thu	7:30-9:00 AM	2	2.5-3.0 M/W	Marion Knox	651-454-2054
	Fri	7:30-9:00 AM	2	3.0-3.5 M/W	Bob Kelly	651-452-0244
Oakdale Golf and Tennis 5115 Hadley Avenue N St. Paul Facility Coordinator Connie Waterous 651-291-1610	Mon	10:00-12:00 PM	2	2.5-3.5 MW	Patsy Sipple	651-484-5743
		4:00-5:30 PM	2	3.0-3.5 MW	Shirley Kresko	651-770-1272
	Tue	1:30-3:30 PM	3	3.0-3.5 M	Woody Gillette	651-436-2614
	Wed	8:30-10:30 AM	3	3.0-3.5 M/W	Helen Stecklein	651-494-0648
					Louis Hauser	651-426-2732
		2:00-3:30 PM	2	3.0-3.5 M/W	Matt Little	651-773-8141
	Fri	8:30-10:30 AM	3	3.0-3.5 M/W	Erika Plagemann	651-633-0466
		10:30-12:30	2	3.0-3.5 MW	Tom Quitter	651-779-1861
		10:00-12:00 PM	2	3.5 M/W	Connie Waterous	651-291-1610
					Gordy Manaige	651-429-4046
St. Paul Indoor Tennis Club 600 Desoto, St. Paul Facility Coordinator Jack Wallin 651-457-2266	Wed	7:00-9:00 AM	3	3.0-3.5 M/W	Krueg Krueger	651-776-5366
	Fri	7:00-9:00 AM	3	3.0-3.5 M/W	Krueg Krueger	651-776-5366
White Bear Racquet Club 4800 White Bear Avenue White Bear Lake Facility Coordinators Ed Wensman 651-429-3683 Jim Rausch 651-429-3091	Mon	7:00-8:30 AM	3	3.0-3.5 M	Jim Rauch	651-429-3091
	Wed	7:00-8:30 AM	2	3.0-3.5 M	David Howard	952-525-2252
	Fri	7:00-8:30 AM	3	3.0-3.5 M	Ed Wensman	651-429-3683

Wooddale Recreation Ctr 2122 Wooddale Drive Woodbury Facility Coordinator Bob Wilfer 651-439-1987	Mon	8:00-10:00 AM	3	3.0-3.5 M/ W	Mary Wenz	651-457-5347
		9:00-11:00 AM	1	3.0-3.5 M	Bob Wilfer	651-439-1987
		1:00-3:00 PM	3	2.5-3.0 W	Dee McPhillips	651-451-6301
	Tue	1:30-3:00 PM	1	2.0-2.5	Carol Mader	651-735-8707
	Wed	10:00-12:00 PM	2	2.5-3.0 M/ W	Connie Villars	651-457-1650
					Bob Gatti	651-777-7580
	Thu	8:00-10:00 AM	3	3.0-3.5	Darlene Moynagh	651-436-8927
		9:00-11:00 AM	1	3.0-3.5 M	Bob Wilfer	651-439-1987
		1:00-3:00 PM	3	2.5-3.0 M/ W	Gloria Dombroch	651-738-9449
	Fri	8:00-10:00 AM	2	2.5-3.0 W	Virginia Johnson	651-739-0487
					Sandy Vick	651-739-8107
		1:00-3:00 PM	2	2.5-3.0 M/ W	Pat Bruflodt	651-451-0883

For corrections for St. Paul and suburbs call Thue Rasmussen 651-917-0075

•• MINNEAPOLIS AREA ••

Players: Check with Captains for Start Dates

For corrections for Minneapolis and suburbs call Paul Steen 952-835-9818

Location	Day	Time	Cts	Skill	Captains	Phone
Burnsville Tennis Center 146 Burnhaven Drive, Burnsville Facility Coordinator Rod MacPherson 952-474-9346	Mon	7:30-9:30 AM	2		Need captain(s)	
	Thu	8:00-9:30 AM	2		Georgiann Yung	952-435-7255
		Up to 9 AM	3		Need captain(s)	
	Fri	Up to 9 AM	3		Need captain(s)	
Crosstown 6233 Baker Road Eden Prairie Facility Coordinator Rod MacPherson 952-474-9346	Mon	7:30-9:00 AM	3	3.0-3.5 W	Marlys Christensen	952-368-3285
	Wed	Up to 9 AM	2		Need captain(s)	
	Thu	Up to 9 AM	2		Need captain(s)	
	Fri	Up to 9 AM	2		Need captain(s)	
Daytona Club 14740 Lawndale Lane Daytona	Tue	9:30-11:30 AM	4	2.5-3.5 M/ W	Chantal Brown	612-201-2028
	Thu	9:30-11:30 AM	4	2.5-3.5 M/ W	Jerry Smith	763-421-0379

Flagship Athletic Club 755 Prairie Center Drive Eden Prairie Facility Coordinator Ken Hendrickson 952-474-5477	Mon	7:00-9:00 AM	3	3.0-3.5 M	Dick Johnson	952-941-1313
					Jim Sager	952-949-2331
		7:00-9:00 AM	4	2.5+ M/W	Dean Sausele	952-828-9506
	Tue	7:00-9:00 AM	2	3.0 M/W	Dean Laurance	952-941-2975
	Wed	7:00-9:00 AM	6	3.0-4.0M/W	Marv Schneider	952-975-1895
	Fri	7:00-9:00 AM	4	3.0+ M/W	Robert Ziomek	952-470-0736
					Pauline Bouchard	952-476-2351
	Sat	3:00-5:00 PM	2	3.0-4.0M/W	Marv Schneider	952-975-1895
Fort Snelling Tennis and Learning Center 100 Federal Drive, Minneapolis Facility Coordinator David Sommer 612-276-1313	Mon	9:00-11:00 AM	2	3.5+ M/W	David Sommer	612-276-1313
		11:00-12:30 PM	1	3.0 W	Ardith Johnson	763-420-3859
		10:30-12:30 PM	3	3.5+ M/W	Roger Johanson	952-831-5507
	Tue	10:00-11:30 AM	1	3-3.5M	Jerry Gilliland	952-890-7023
	Wed	9:30-11:30 AM	2	3.5+ M/W	David Sommer	612-276-1313
	Thu	10:30-12:30 PM	3	3.5+ M/W	Roger Johanson	952-831-5507
	Fri	9:00-11:00 AM	2	3.0-3.5 M	Chuck Wenz	651-457-5347
					Jim Hanson	651-430-1464
Highway 100 No. France 4001 Lake Breeze Avenue Brooklyn Center Facility Coordinator Rod MacPherson 952-474-9346	Mon	9:00-11:00 AM	2	2.5-3.0 M/W	Jim McMeen	763-545-0124
Moore Lake 1200 East Moore Lake Dr Fridley Facility Coordinator Rod MacPherson 952-474-9346	Wed	7:00-9:00 AM	3		Need captain(s)	
Normandale Racquet and Swim 6701 West 78th Street Bloomington Facility Coordinator Rod MacPherson 952-474-9346	Mon	7:00-9:00 AM	1		Ross Davis	952-946-9696
	Tue	7:30-9:30 Am	2	3.5-4.0 M	Rick Van Doeren	952-897-3888
	Wed	7:30-9:00 AM	3	3.0	Virginia Vining	952-941-4319
	Thu	7:00-9:00 AM	5	3.0	Polly Maki	952-472-7707
Northwest Racquet and Swim 5525 Cedar Lake Road St. Louis Park Facility Coordinator Rod MacPherson 952-474-9346	Wed	8:00-10:00 AM	2	3.0-3.5 M	Rod Macpherson	952-474-9346
	Fri	8:00-10:00 AM	4	3.0-3.5 M	Rod Macpherson	952-474-9346

Oakdale Racquet and Swim 1201 Ford Road Minnetonka Facility Coordinator Rod MacPherson 952-474-9346	Mon	7:00-9:00 AM	3		Need Captain(s)	
	Tue	7:00-9:00 AM	2	3.0 M/W	Orville Anderson	952-935-7398
	Wed	7:00-9:00 AM	3		Need Captain(s)	
	Thu	7:00-9:00 AM	2	3.0 M/W	Orville Anderson	952-935-7398
		8:00-9:00 AM	1		Eudice Galloy	
	Fri	7:00-9:00 AM	1		Don Schneider	952-938-0121
		8:00-9:30 A.M.	1		Charlotte Beattie	763-545-4173
	Sun	7:00-9:00 A.M.	3		Need Captain(s)	
Reed-Sweatt Family Tennis Center 4005 Nicollet Avenue S Minneapolis 612-825-6844 Facility Coordinator Mary Kaminski 612-781-3271	Mon	10:00-11:30 AM	3	2.0-3.0 M/W	Lois Bunday	952-831-7677
					Jim Duffey	651-778-0645
		11:00-12:30 PM	2	2.5 M/W	David Kopf	612-340-0287
					Hansel Hall	612-332-2685
		11:30-1:30 PM	6	3.5-4.0 M	Don Bratt	651-636-7083
					Chuck Emme	763-502-9063
	Tue				Jim Jensen	952-922-3435
		9:00-10:30 AM	3	3.0 M	Bill Stamm	952-920-7632
		9:00-11:00 AM	3	3.0-3.5 M/W	Fritz Christensen	763-571-5212
		10:30-12:00 PM	3	2.5-3.0 M/W	Mary Kaminski	612-781-3271
					Gladys Murray	651-483-2850
		11:00-12:30 PM	3	2.5-3.0 W	Joan Rathbun	952-829-5650
					Donna Borgerding	612-721-7038
		1:30-3:00 PM	2	2.5-3.5 M/W	Jane Tischbein	952-938-9348
		2:00-3:30 PM	2	2.5-3.0 M/W	Ted Steen	952-926-9026
					Paul Steen	952-835-9818
		1:30-3:00 PM	2	3.5 W	Jean Murdock	612-825-5826
	Wed	9:00-10:30 AM	3	3.0-3.5 M/W	Darlene Hultquist	952-941-2494
					Bernice Galush	651-486-2900
		9:30-11:30 AM	3	3.0-3.5 M/W	Ronnae Wagner	952-938-5785
		9:30-11:00 AM	3	3.0-4.0 W	Joanne Schmid	952-474-6022
					Frances Reid	612-929-2255
		10:30-12:00 PM	2	2.5-3.0 W	Shirley Pratt	651-433-3583
		11:30-1:30 PM	2	3.5-4.0 M/W	Larry LaLonde	612-922-1780
					Jo Rolling	651-777-3773
	Thu	1:00-3:00 PM	2	3.5-4.0 M	Tom Jackson	763-550-1369
					Linda Wright	952-895-1142
		8:30-10:30	4	2.5-3.0 MW	Bernie Larson	612-869-1520
		10:30-12:30 PM	2	3.0-3.5 M/W	Bob Metcalf	763-571-3596

Players needed!

Women's 2.5-3.0 group at RSFTC, playing Tuesday 11-12:30
needs two regulars. Contact Donna Borgerding 612-721-7038.

Reed-Sweatt Family Tennis Center (continued) 4005 Nicollet Avenue S Minneapolis 612-825-6844 Facility Coordinator Mary Kaminski 612-781-3271	Fri	7:30-9:00 AM	1	3.0 MW	Bob Ylvisaker	612-871-4432
		8:30-9:30 AM	1	2.5-3.0 W	Florence Halverson	952-835-5999
		9:00-10:30 AM	6	2.5-3.5 M/W	Bob Hokanson	952-929-1152
					Mary Lou Bowen	612-869-9438
					Nancy Lindeman	612-823-0304
		9:00-11:00 AM	4	3.0-3.5 M/W	Ronnae Wagner	952-938-5785
		10:30-12:30 PM	3	3.0 M/W	Roy Rincon	612-724-4623
					Amy Rincon	612-724-4623
	Sun	12:30-2:30 PM	6	3.5-4.0 M/W	Joel Anderson	952-881-5510
					Gerry Ludwig	763-522-9376
Williston Fitness and Sports 14509 Minnetonka Drive Minnetonka Facility Coordinator Ed Fischer 763-550-9770	Mon	2:00-3:30 PM	1	3.0-3.5 W	Judy Sweeney	612-866-5298
		8:30-10:30 AM	1	4	Dick Miller	952-446-1504
		10:30-12:00 PM	2	3.0-3.5 M/W	Frank Locke	952-937-9394
	Tue	8:00-9:30 AM	2	3.0-3.5 M/W	Bruce Mobberly	952-448-9829
					Tom Shillock	952-475-2199
		8:00-9:30 AM	1	3.0 M/W	Bart Tsai	952-988-7873
		9:30-11:00 AM	1	2.5-3.0 W	Marian Iverson	952-935-7095
		11:30-1:00 PM	2	3.0 M/W	Henry Flesh	763-546-7317
					Fred Wright	952-938-1242
		1:00-2:30 PM	1	2.5-3.0 W	Linda Kraft	952-934-1992
	Wed	10:30-12:00 PM	2	3.0-3.5 M/W	Frank Locke	952-937-9394
					Bruce Mobberly	952-448-9829
		1:00-2:30 PM	2	2.5-3.0 M/W	Dwane Billbe	952-938-5016
	Thu	8:00-9:30 AM	2	3.0-3.5 M	Ed Fischer	763-550-9770
		8:00-9:30 AM	2	3.0 M	Henry Flesh	952-546-7317
					Fred Wright	952-938-1242
		11:30-1:00 PM	2	2.5-3.0 W	Mary McNeil	952-545-7142
		1:00-2:30 PM	1	3.0-3.5 W	Linda Kraft	952-934-1992
		3:00-4:30 PM	1	4	Dick Miller	952-446-1504
	Fri	7:30-9:00 AM	2	2.5-3.0 M/W	Bart Tsai	952-988-7873
		8:30-10:00 AM	2	2.5-3.0 W	Carole Benzick	763-475-2763
					Bonnie Skelton	952-546-3511
		2:00-3:30 PM	2	3.0-3.5 M/W	Dwane Billbe	952-938-5016
		2:00-3:30 PM	2	3.0-3.5 M	Fritz Weber	763-732-1605
					Hal Olsen	952-920-0533
	Sat	12:00-1:30 PM	2	2.5-3.0 W	Audrey Roe	952-545-9434
		12:00-2:00 PM	1	3.0-3.5 M	Bob Jamieson	952-935-8791

98th Street Racquet and Swim 1001 West 98th Street Bloomington Facility Coordinator Rod MacPherson 952-474-9346	Mon	7:30-9:00 AM	4	3.0-3.5 M	Ken Gjerde	612-827-2073
		8:30-9:30 AM	3	2.5-3.0 W	Peg Feilzer	952-881-9485
		12:00-1:30 PM	2		Ann Listug	952-890-9643
	Tue	8:00-10:00 AM	4	3.0 W	Genevieve Gjerde	612-827-2073
					Ruth Peterson	952-941-7116
	Wed	7:30-9:30 AM	3	3.0-3.5 M	Cliff McMinn	952-888-4989
		9:00-11:00 AM	2	3.0-3.5 MW	Paul Steen	952-835-9818
	Thu	9:00-10:30 AM	3	3.0+W	Pat Judge	651-452-1124
	Fri	7:30-9:30 AM	3	3.0-3.5 M	Cliff McMinn	952-888-4989

For corrections for Minneapolis and suburbs call Paul Steen 952-835-9818

Ancient History

Pictures by Mandy Johnson from the dim past



Mandy Johnson and Jack Dow



Naples 1987: Irma Brink, Lucille Curran, Mandy Johnson, Evonne Goolagong, and Virginia May



Virginia Owens Lidstone & Percy Hughes



STPC Board. Front: Ned Bunday (tournaments), John Crow (membership), Mary Kaminski (newsletter), John Bolger (parliamentarian), Mary McNeil (historian), Elsa Hutchinson (treasurer). Rear: Ruth Hanold (secretary), Al Mohr (captains), Mandy Johnson (president), Chuck Mercer, Ginny Owens (pro)

Degree of Difficulty

L. Jon Wertheim

The pros make tennis look easy, but we hackers know what a challenging game it is to master. And that's why we love it.

FOR ALL THE PRAISE WE LAVISH ON TOP TENNIS PLAYERS, this, perhaps, is the most meaningful accolade: They make it look easy.

We said it of Sampras and McEnroe, Hingis and Goolagong. These days, we invoke that same enchanted phrase to describe Roger Federer. That serve that kicks so severely it should require a turn signal? Like all the great ones, Federer makes it look simple. Then there's the rest of us.

For us, tennis is hard, really hard. Arthur Ashe's longtime coach and mentor, Dr. Walter Johnson, as onto something when he described the sport as "the most challenging endeavor you could imagine." It's easier to pick up a nun than it is to pick up tennis. And while the revolution in racquet-head size 30 long years ago probably made the game somewhat easier to play, we still know the real meanings of those NTRP ratings categories:

3.5—First serve disappears under pressure; lobs often land inches past the net; slices pop up and top-spin balls tend to stay low. As in below net level.

4.0—Occasionally bangs shin with serve follow-through; drop shots often land beyond the baseline; kick serve sometimes alights in the flower beds.

I was reminded of how hard tennis is last winter when I wrote about a high school basketball team in Indiana. The team's center was a hockey prodigy who, after suffering a brain tumor, was forced to give up contact sports. So the kid took up hoops in his senior year. At the end of the season, the lucky player secured a full scholarship to play for the University of Indianapolis. I laughed as I tried to imagine anyone picking up a racquet for the first time and, within four months, becoming good enough to land a free ride to college.

Of course, this makes it tough for tennis to attract and hold new players. It's also tough for the game's marketers. What do you promote, the fact that you

might play diligently for five years and still wind up shanking forehands into the cyclone fence as you get humiliated in the first round of your town tournament?

But the difficulty of tennis is also one of the sport's long-term assets. Tennis requires an extraordinary blend of precision and power. You might hit a tennis ball the way Barry Bonds hammers a hanging curve, but it's not worth anything if you can't guide it within the parameters of the court (see: Gonzalez, Fernando). Conversely, you can hit your shots with laser-like precision, but if they lack pop you'll get blown off the court.

Here's another thing about tennis: You can't be a specialist. Baseball pitchers can't hit, football running backs can't throw or kick or tackle, basketball rebounders have trouble dribbling. But in tennis, if you can't achieve a modicum of proficiency in every shot, you'll end up with a ranking like a FedEx tracking number.

Stand by a practice court during a pro tournament and you'll see even marginal touring pros turn the high backhand into a work of art. The struggle to approach that standard is half our fun; we're overwhelmed by a sense of accomplishment when we hit that perfect backhand on the dead run just once. For that split second, it's as if we've gained membership into an exclusive club. Tennis players know why an A in Advanced Aerospace Engineering means more than the top grade in Introductory Shadow Puppetry.

The sport of tennis ought to consider trumpeting, not hiding, its degree of difficulty. That's what gives tennis heft. You want "fun"? Play badminton in your backyard or try the latest video game. You want to start down a road to proficiency that will take years to travel? Play tennis.

Perhaps the slogan of the game ought to be "Tennis: Play It If You Can."

L. JON WERTHEIM IS A SENIOR WRITER AT "SPORTS ILLUSTRATED." HE ALSO WRITES THE WEEKLY "TENNIS MAILBAG" AT SI.COM. [Tennis Magazine, Jan/Feb 2005]

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