



Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

December
2005

Tennis doubles—a challenge

By Paul Stormo

It has been fifteen years that I have been teaching tennis to the Sr. Tennis Players Club. It is hard for me to believe that I have been teaching that long, but I still remember very fondly the first lessons I gave under the tutelage of Percy Hughes and Ginny Owens. Teaching tennis has been fun, but learning from the members has been rewarding.

One thing that has bothered me in the last few years is how much more fun the game of doubles would be if it were better understood by the players. I include all levels of play when I make this statement. I assume I can exclude those who were well coached in high school or college, but I suspect my statement applies to most.

In order to bring better understanding to the doubles game I have created a series of questions that I hope you will answer. We won't keep score. It is for your benefit only.

The answers to the questions are found on page 10 of this newsletter. If you don't agree with my answers or want to discuss the answer drop me an e-mail at pjstormo@aol.com. More questions in future issues.

1. On a doubles team, which partner has priority in taking the shot?
 - a. The player hitting the forehand.
 - b. The player hitting the backhand.
 - c. The player closest to the net.
 - d. The better player.

(Tennis doubles—Continued on page 9)

Prez notes

By Darlene Moynagh

Dues are due, and save \$5 too!

By now you've received your invoice for the dues for next year. So, I just want to give you a behind-the-scenes view of what has to happen before you get your roster. First, Ronnae Wagner needs to open about 1500 envelopes, record who has paid, how much, etc. Second, the info is passed on to the printer where your information is put on a data base so we know who, what, when and where. The printer sends the renewal forms back to Ronnae, with a report summarizing the data, which Ronnae and volunteers use to check the accuracy of the data entry. After necessary corrections are made, the database is passed to David Sommer, the editor, so he can update his records for sending out the newsletter and roster. You can see why we encourage you to pay your dues as soon as possible, to make it easier for the people doing the job, all while the Christmas season is going on.

As we go to press, we've already received about half of the renewals! Some of you gave us a good money-saving idea: many couples don't need two rosters! We're too late to do anything about that this year, but we'll certainly take care of that next renewal time.

A reminder to Captains: please check your team rosters to be sure they are all members. The clubs have honored us by allowing us to play and not have to pay guest or membership fees. So it's up to us to be honorable in paying our dues.

As we kick off the holiday season I want to wish you all a very Merry Christmas, good health and lots of great tennis in the coming year.

— Darlene

*Warm greetings to all our members.
May you enjoy family, friends,
and all the good things of life in
this season and throughout
the coming year.*

*from your Editor and the
Board of the Senior Tennis
Players Club.*



Upcoming Events

February 12, 2006

Valentine Tennis Party—see page 7

April 29, 2006

Annual Meeting

Senior Tennis Players Club, Inc.

A nonprofit corporation, P.O. Box 5525
Hopkins, MN 55343
On the web: www.seniortennismn.com

Senior Tennis Times

The Senior Tennis Times is published ten times annually by and for the members of the Senior Tennis Players Club, Inc.

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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: 1551
December 2005, Volume 18, Number 10

While I still have access to the Senior Tennis Times, I want to use it to report that I will no longer be able to play tennis. I appreciate very much being able to play with so many of you over the years. I have been grounded not so much by the orthopedic work that has been done, but by the continuing deterioration of my lower back making it impossible to feel comfortable even while walking, let alone running. Goodbye to all.

—Ed Silberman

Editor's note: Ed has been a member of Senior Tennis since 1988. We all wish him comfort and happiness as he deals with his health problems.

Letters to the Editor are wanted! This is your space to express an opinion or relate an interesting experience. Letters will be edited only for length.

Help Urban Tennis

Lucille Bryant Little is looking for a volunteer bus driver for Urban Tennis. This person needs a Class B license. The need is for transporting 6 kids on Saturdays. Urban Tennis provides the bus. If someone can fill this need, they should call Lucille at 651-777-5291.



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, Christmas 2005



By Percy Hughes

Once again, I wish everyone a **Merry Christmas, healthy and happy New Year**—you and all your loved ones. I lost my whole Christmas message, so here I am doing it again. My memory bank isn't the greatest, so I'm hoping I

can remember the most important messages I had for you. The important one for December is

1) **Roger Boyer's Christmas drill**, Thursday, December 15th, 8:30 AM. This drill has been going on for many years, and I'm very proud to say it was "yours truly's" idea. In fact, we started it before Roger was even old enough to be a member of our club. He's been one of us for quite a few years. This is Roger's special drills for us—please bring your usual \$3 and signature as always. We'll have a cake, etc., for after the class we'll sing and celebrate our Mentor's birthday. **Please** come to this special class, huh? All levels are invited.

2) **A reminder**: have you purchased the flyer on **grips** for 50 cents? Ask at the R/S main counter. It might help you pick the grip that's best for your game.

3) **Medical help** in our classes and playing groups. We're blessed with some retired (some still active) medical persons who've been there for us when a physical emergency happened. As seniors, we can expect "not-so-neat things" to happen unexpectedly. I have an idea that has to be approved by the persons having medical backgrounds, so this will go to the back burner until I've made contact with them. Right now I have four: **Mary Ramseth, Donna Peterson, Mary Ann McGuire** and **Karron Bush**. Please send me your name if you're interested.

I had the pleasure of sitting with our former President Ken Landro and current President Darlene Moynagh during part of USTA's 2005 Northern Regional Community Tennis Development Workshop, November 4-6, at Fort Snelling Tennis & Learning Center. This workshop is four days of **go-go-go** (no dead time). Unfortunately, there weren't many **seniors** in attendance—something that can be corrected in the coming years. USTA, please use our Newsletter to reach over 1500 tennis players. Your workshop is interesting and helpful to all ages of players.

I have **tips and suggestions** to our club's teaching staff. We must always be aware of the **wonderful human beings** we're working with: 1) elderly, 2) possibly

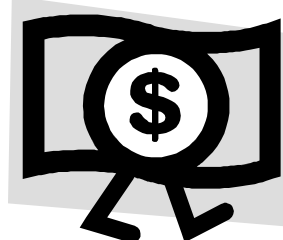
not in the best of health, 3) maybe minus their spouse, 4) depressed and lonely, and possibly more. **Our job?** Yes, to introduce them to tennis if possible. What if you realize they might **never** become an accomplished player—what do we do? We give them total TLC (total love & care) **Yes!** In many ways: 1) the way you compliment them (even in front of the whole class), 2) give them gentle **feeds** that they can have some successful returns.

There's a neat song I sing, (one of my big favorites) The first words are "Treat Me Sweet and Gentle." **Got that?** Any member unhappy with lesson methods by any of our instructors **please** call me—Percy Hughes (612) 866-1102, or percychjr@msn.com—you have that right as a member. I hope our whole team can understand this, and one other request from me for all:

No foot faults! Perc

Regrets! Court fees for indoor lessons now \$5

The lessons that our pros give are free, except that we ask participants in the indoor season to chip in enough to pay for our court costs. Those costs have risen in each of the last three years; finally we have to do something about it.



Beginning in January, we must raise your contribution to \$5. Thanks for your understanding!

Dr. Paul Stormo—he's not a real doctor!

By David Sommer

Yes, the truth is out! Percy started calling him "Dr. Pain" for his merciless warm-ups in our drills. Then Percy, gentle soul that he is, dropped the "pain" part of it, and just called him Dr. Paul Stormo. So the truth is: he's not a real doctor—he has a Master's Degree in Pain!



Your naïve editor thought he was a medical doctor, but it just isn't so. Still, "doctor" fits him, so for me and many others that's what he'll be. And he drives a Lincoln Town Car like a real doctor!

●● STPC lessons and drills—all levels ●●

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

Location	Day	Time	Skill	Cost	Instructor	Phone
Reed-Sweatt Family Tennis Center 4005 Nicollet Ave S Minneapolis 612-825-6844	Mon	1:30-3:00PM	All	\$5.00	Laurie Kozlak	952-939-9758
					Duncan Welty	952-933-8592
	Wed	9:30-10:30 "Owies"	All	\$6.00	Roger Boyer	612-825-6844
	Thu	8:30-10:00AM	All	\$5.00	Percy Hughes	612-866-1102
					Paul Stormo	952-944-6286
Fort Snelling Tennis and Learning Ctr. 100 Federal Drive, Minneapolis	Wed	11:00 AM - 12:30 PM	All	\$5.00	Tom Bauman	651-738-6726
Williston Fitness & Sports 14509 Minnetonka Drive Minnetonka 952-939-8370	Tue	5:30-7:00PM	All	\$5.00	Duane Ryman	612-865-9517

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 \$5 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	Phone
Reed-Sweatt Family Tennis Center* 4005 Nicollet Ave S, Minneapolis	Tue Thu	\$7.00	9:00-10:00 AM	612-825-6844 Call for reservation.

***Additional classes for all skill levels available, open to seniors and younger players.**

Hurricane Katrina benefit

Last September Percy Hughes, Steve Wright (rear) and Dennis Scholtes played Duke Ellington favorites in the Landmark Center's atrium to raise money for victims of the hurricane.

Percy, how do you find time for all you do?



Are you *sure* of your call?

LaVerne Wilger

By Dotti Brazeal

LaVerne joined STPC in 1991 when she turned 62. She called Ernie Greene and told him she had never played tennis. He told her to come to 84th and Normandale for lessons at 5:30 PM. He had her come early so he could show her how to hold the racquet, etc. for drills. She continued taking drills with Ernie and Percy Hughes.

Twelve years later she moved to Wolf Park Condos. She called Dick Pratt to start a program at Wolf Park. LaVerne captained seven days a week for about two years. Six courts were always full, and the overload went to Carpenter.

After a period of time she realized she needed help.

The following people are captains at the Belt Line courts at present:

Monday: Ann Stirrat

Tuesday: Mel and Millie Warnert

Wednesday: Barb Webb

Thursday and Friday: LaVerne Wilger

The main goal of the program is to have fun. There are many who have been coming since the first day it started. The program at Belt Line runs from May to October.

Every year she organizes a picnic Labor Day weekend (see picture). She always has a large turnout. LaVerne always checks with new players to be sure they are members of STPC.



In Memory...



Sam King

King, Samuel D. Retired Fort Snelling Veterans Administration employee, age 89, on July 7, 2005. Matt Little remembers Sam: "To Sam King tennis was not just a game; it was a passion. In retirement his life revolved around tennis. The court at the Community Center near his home was constantly occupied by him. You seldom saw him without his tennis gear."



"In addition to Senior Tennis Players Club, he was a longtime member and participant in activities of the American Tennis Association (ATA), the historic

national African American tennis organization that developed such champions as Althea Gibson, Arthur Ashe, Zina Garrison and Chandra Rubin. Sam was a regular participant in the organization's annual tournaments, and was among the founders of an ATA chapter in the Twin Cities called the 'Martin Luther King Buffs.'

"At age 79 Sam was a member of a Senior Tennis Players Club team that played in the USTA national championship at Seabrook Island, South Carolina, and he competed in the Senior Olympics for several years."

Homa Amir-Fazli

Amir-Fazli, Homa of Roseville, MN, born in 1931, died Oct 22, 2005. She was a retired Associate Professor Emeritus of Department of Design, Housing, and Apparel, College of Human Ecology, University of Minnesota. Survived by her six sisters and three brothers. Homa was a member of Senior Tennis since 1993.

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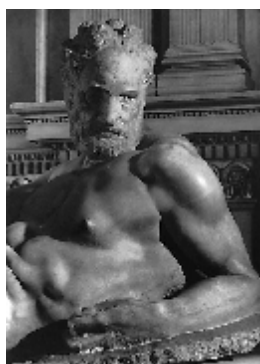
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Two-liner want ads

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.

NWAC/Oakdale, in Mtn., **90 min. drill/play** sessions T/W/T. Dunc Welty, USPTA, 952-933-8592.

Beautiful 3 BR townhouse on Lake Superior for rent by day or week, sleeps 8. Call 952-831-0880.

One-level 2-BR townhome near Lexington & Hamline (Shoreview) for sale. \$280k 651-784-0343.

FL, Bonita Beach 2BR 2BA, pool, tennis Dec 05 - Jan 06, \$5250/mo. 952-933-3434.

Wanted: Prince racquet—Stealth or Hornet, Mid-plus. David 952-831-7303

2BR/2BA Condo Dec/Jan at Sun City Grand, Phoenix, AZ area. Randy Kraker 1-623-910-3279

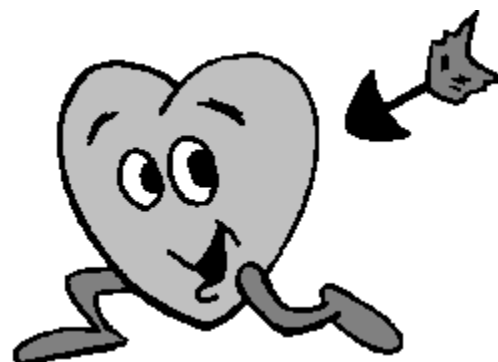
Chicago studio condo for rent. 2 blocks off Michigan Ave on lake. Gold Coast area. 612-817-2233.

Sub needed Wednesdays 9-10:30 Jan 11 - Mar 29. Reed/Sweatt. Please call Bernice 651-486-2900.

Wanted: Female 3.0-3.5

Regular play Wednesday noon-1:30 PM at Wooddale Recreation Center, Woodbury, starting December 7th. Call Matt Little 651-773-8141.

Fort Snelling Valentine Tennis Party



Sunday, February 12, 2005

4:00-7:00 pm

Fort Snelling Tennis and Learning Center

Open to Singles and Couples. Mixed Doubles. Rotating Partners.
Only the first 56 players to enter will play!!

----- Please detach and mail in this registration form. -----

Name _____ Phone (____) _____

Rating _____ (You do not need a partner; this is rotating doubles)

Name _____ Phone (____) _____

Rating _____

No-shows will not receive their money back—sign up, be there!

I agree that any participation by me during my membership or at any other time, in an activity of, or sponsored by, Senior Tennis Players Club, including lessons, clinics, drills, rating sessions, tournaments, meetings, camps, trips, scheduled group (or other) games, and social events, shall be at my own sole risk, and I hereby release and hold harmless Senior Tennis Players Club and its officers, directors, members, employees, agents, tennis pros, and other independent contractors from any and all claims of any nature whatsoever.

Signature _____ Date _____

Signature _____ Date _____

Send check for \$12 per person payable to STPC before February 6 to:

Terry Diebold
3539 Holmes Ave. S.
Minneapolis, MN. 55408
612-823-7253

Recent changes to fall/winter schedule

Location	Day	Time	Cts	Skill	Captains	Phone
Daytona Club	Thu	9:30-11:30 AM	4	2.5-3.5 MW	John Malerick (temp captain)	763-537-5595
Williston Fitness and Sports	Fri	8:30-10:00 AM	2	2.5-3.0 W	Char Bonniwell	952-947-1330
					Clair Tyra	952-906-9506

Test your driving safety savvy

Take this quiz from UCare Minnesota today!

As cold weather approaches, now is the time to take extra road safety precautions. Dispel driving myths with this true/false quiz from UCare Minnesota.

1. Most accidents happen in bad weather. **True** **False**
2. It's safest to keep pace with traffic, even if other cars are speeding. **True** **False**
3. Sport utility vehicles, or SUVs, are less likely than cars to roll over in an accident. **True** **False**
4. No matter how fast you are going, you should always keep two car lengths between your car and the car ahead of you. **True** **False**

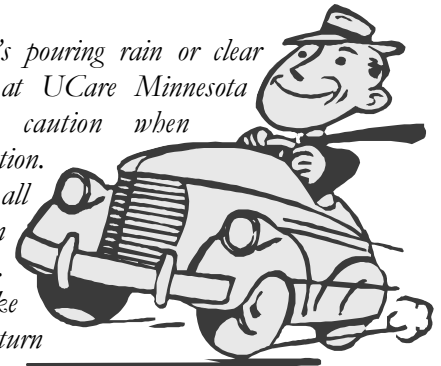
Check Your Answers

1. **False.** In a study of more than 200,000 crashes, most accidents occurred during clear weather, not during rain.
2. **False.** Speeding is one of the most significant causes of car crashes. It both lengthens your stopping distance and reduces your reaction time. Tips: Heed posted speed limits unless weather or other conditions call for slower speeds. If you need to slow down, tap your brakes a few times to warn drivers behind you to reduce their speed.
3. **False.** Sport utility vehicles have the highest rollover rate in accidents. The problem? They have a high center of gravity. SUV occupants are almost three

times as likely as car occupants to die in a rollover accident. Seat belts are your best protection. Make sure all passengers buckle up all the time. If you have an SUV, practice driving and braking in an empty parking lot during wet weather, so you know how it handles.

4. **False.** Keep at least one car length between you and the car ahead of you for every 10 miles per hour of speed. So if you are traveling at 30 miles per hour, don't drive closer than three car lengths behind the car in front of you.

Remember: Whether it's pouring rain or clear and dry, the experts at UCare Minnesota advise you to use caution when approaching any intersection. More than two-thirds of all traffic injuries happen in accidents at intersections. When you plan to make a turn, always use your turn signal, and don't assume others will give you the right of way. It's safer to yield.



UCare Minnesota is an independent, nonprofit health maintenance organization (HMO) serving 140,000 members. UCare offers two health plans for seniors: UCare for Seniors, a Medicare Advantage product for Medicare beneficiaries, 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).

Senior Tennis needs you! (to be our new treasurer)

Roger Junker completes three years as our treasurer next March. He has done a superb job getting our financial affairs in better order than ever before, and keeping them that way.

Though replacing Roger is difficult, that is what we must do. We need someone with bookkeeping or accounting experience.

If you could help with this critical position, please call Jack Baloga, 952-944-5194, or email Jack@BalogaEnterprises.com.

(Tennis doubles—Continued from page 1)

2. You arrive to play a doubles match and your new partner announces that she/he does not come to the net. What do you do?
 - a. Ignore them and play your usual attacking game.
 - b. Stay back at the baseline with them during the match.
 - c. Compromise by playing the match in “no man’s land.”
 - d. Refuse to play.
3. What do the lines mean on a tennis court?
 - a. They define the boundaries for the players.
 - b. They define whether a shot is in or out.
 - c. They mean nothing.
 - d. They define “no man’s land” which is “no-no” territory.
4. You are playing a match and your partner is having trouble returning the ball away from your opponents’ net man. You suggest to your partner that a lob return might work. She/he responds that lobs are for sissies. What do you do?
 - a. Get in a better ready position to try to return the volley from your opponent.
 - b. Back up a few feet to give you more space to return the opponents volley.
 - c. Move back to the base line with your partner.
 - d. Argue with your partner that a lob is a perfectly legitimate shot.
5. You are playing a very important match. You and your partner have won the first set 6-4, but are behind in the second set 1-3 because your partner’s serve is very weak. The rest of her/his game is pretty solid. Your partner is about to serve. What do you do to win this game?
 - a. You begin using signals; you poach and fake poach every point.
 - b. You show your partner how to serve more effectively.
 - c. You move back to the baseline with your partner.
 - d. You try distracting your opponents with movement and noise.

Answers on page 10



Ghosts and goblins

By Joanne Schwartz

28 “ghosts and goblins” filled our seven tennis courts at NWAC St. Louis Park on Saturday, October 29. We celebrated the nice, warm, fall evening with great food, brew and camaraderie after two hours of good tennis. Our Halloween event was chaired by board member Dotti Brazeal and her committee of five: Roz Bernstein, Jack Baloga, Marv Schneider, Jean Murdock and Bonnie Bolton. We thank Dotti and the committee for a great job organizing this event. Also present was our treasurer, Roger Junker, and his gracious wife Kathy. Roger has been our treasurer for the past three years and will be



leaving the board next April. We’ll miss you, Roger, and thanks for all your great work for STPC.

We’ll see you all again at our next social event on Sunday, February 12—our annual Valentine’s party. If anyone would like to help with our “heart-filled” event, please contact co-chair person

Terry Diebold at 612-823-7253.

I wish you all a peaceful holiday season. And keep the men and women in Iraq close to your heart. Peace on earth; good will to our fellow man.

Answers to the tennis doubles challenge

1. Which partner has priority in a doubles match?

In almost all cases (c) is the correct answer. The person closest to the net has total authority to cross over the entire width of the court to take a shot if she/he believes they can make it. The partner farthest from the net can see the cross and can cover the empty court behind her/his partner. One of the exceptions to this rule is the lob which we will cover in a later question.

2. Partner says she/he won't come to the net. What to do?

You could try (a) your usual attacking game, but if your partner will not come to the net, you are left "naked." Your opponents will repeatedly drive the ball through the very large gap between you and your partner. Accept your partner's choice (b) and go back to the baseline. If you are good, you and your partner can drive your opponents crazy with lobs. Incidentally, "no man's land" is definitely a misnomer. Ernie Green who played in many national senior tournaments played his entire match from "no man's land". By moving in from the baseline closer to the net he was able to narrow the court. As we get older we will take any help we can get.

3. What do the lines mean on a tennis court?

Lines on the tennis court mean only one thing: (b) they define whether a ball is in or out. If you said the lines mean nothing you are not wrong. In terms of player positions on the court they mean nothing. Too often players feel they must get to a certain spot to hit a shot. That is true, but it has very little to do with the lines. I think we might be better off teaching tennis if the only lines we have on the court are the outer doubles lines. Players would have to learn position based on where your opponents will hit from and where the likely shot will go. I will explain this in later issues of this newsletter.

4. Partner says lobs are for sissies. What to do?

Never, never, never argue with your partner on the tennis court. The only words you should have for your partner are words of encouragement and support. No matter how bad she/he is playing. It is not likely that getting in a better ready position or moving back a few feet will do much good if your opponents are teeing off on your partner's return. If your partner won't change, then you must change. (c) is the right answer. Move back to the baseline to give yourself a chance.

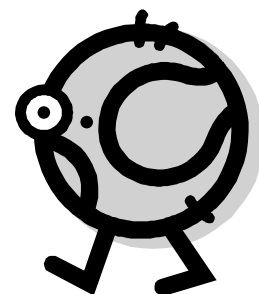
5. Partner has weak serve. What to do?

Answer (d) is a rule violation. The rule book states that any unnecessary movement or noise that is used solely to distract your opponent is illegal and your opponents can call a hinder which means you play the point over. If I were playing in this situation I would try (a) first. There is a fairly subtle difference between (d) and (a) but if you do poach a few times and your opponents see you moving at the net they will be distracted, but not consider it a hinder. If my opponents are upset by my net movement or there is no change in the outcome I would move to (c) and go back to the baseline. Do not try (b) during a match—save instruction for the practice court.

Tennis rules for seniors

Well, they're the same as for juniors! Anyone who loves the game should have the official Rules and The Code. Where to get?

- Our website, Links, then click "Rules of Tennis" and "The Code: Players' Guide to Unofficial Matches"
- Call USTA Northern Section
- Any good tennis shop (Michael Lynn's, Twin City Tennis....



B.C. JOHNNY HART



STPC Membership Changes, Renewals and New Members, December, 2005

**Member information not included
on website version for security
reasons.**

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