



Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

August
2007

STPC donates defibrillator to Reed-Sweatt

Senior Players Tennis Club donated a defibrillator to Reed-Sweatt Family Tennis Center. The staff was trained by the supplier to operate the device in the event that the need arises. Those attending the training were encouraged by the simplicity and effectiveness of the operation of the unit. The STPC board has decided to dedicate the installation of the unit as a memorial in honor of Paul Steen, the immediate past president of STPC. It was during Paul's term in office that the decision was made to make the donation of the defibrillator. His family presented the board with memorial funds that were donated in his name. A plaque will be installed at the location of the unit honoring Paul.

InnerCity tennis tournament

The third annual tournament was held May 30 through June 1 at Reed-Sweatt. This event is a benefit for InnerCity Tennis. It has attracted more participants each year, though there is space for many more. Sign up next year! Results:

- Don Harnish and Jerry Kneisel won senior men's 3.5, with Doug Anders and Don Herrick as finalists
- Helen Wang and Tom Waki won senior mixed doubles 3.5
- Will Ketcham was champion and James Rick was finalist in the NTRP men's 50 singles.

Photos on pages 8-9.

Tennis events

By Bob Busch

Senior Men's Clay Tournament

Beautiful Bearpath Country Club in Eden Prairie will host its 6th consecutive USTA Men's Senior Clay Sectional Tournament. Play begins on Saturday, August 11th and will be completed by Friday, August 17th. This tournament is a benefit for the InnerCity Tennis Foundation. Please complete the application included in this newsletter or register on-line.

Due to player requests, we have added 50 and 85 singles and doubles categories to this year's tournament. Singles and doubles in ages 50, 55, 60, 65, 70, 75, 80 and 85 will be played. Weekday matches will start at noon; however, when possible, all matches in the 50, 55 and 60 age groups will be scheduled after 4 pm.

Registration entries must be received by Saturday, August 4th. All entrants must be USTA members. Call 952-941-1204 with any questions.

Grandparent/Grandchild

At the time this article was released for the August newsletter, Harlan Sween reported that 36 players registered for this tournament. This 13th annual tournament was held at the Valley View courts in Bloomington on Saturday, July 14.

Bolger Clinic

Thanks to Alice Weides and her committee for coordinating another sold out clinic at RSFTC on June

(Tennis events—continued on page 6)

**Preliminary fall/winter
schedule on page 14.
Captains—please
check!**

Upcoming Events

August 11-17, 2007

Bearpath Seniors Tournament
Information on page 11

August 18, 2007

Annual Picnic
Information on page 8

Senior Tennis Players Club, Inc.

A nonprofit corporation, P.O. Box 5525
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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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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.**

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4-line ad (members only)10
2-line ad (members only) First three months:
free, then \$5/issue.

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: 1441
August 2007, Volume 20, Number 6



Letters to the Editor are wanted!
This is your space to express an opinion or relate an interesting experience.

A Letter to the Editor in the June/July 2007 STT made two "common practice suggestions."

I agree with the first suggestion. It is inexcusable to deliberately or carelessly hit a ball at an unwary person. The potential for physical injury obviously exists. James Anderson strongly articulated this problem behavior in his extensive article in the STT of May 2006. I supported his article in my letter printed in the June/July 2006 STT. I know old people can read. It is just that they are set in their ways and resist responding to "suggestions" made by others.

In regard to the second "suggestion", I am a notorious perpetrator of loud talking on the

court, so I have to be defensive about the possibility that mental injury can be caused by cross-court talk. I thought that the idea of "senior tennis" was to get exercise, have fun and bond with some nice people. My letter printed in STT September 2006 orated on these same points. While the game is competitive, at our age and in the genre of senior tennis, a compulsive need to win is ridiculous. We need not carry the baggage of personal problem stress farther than the parking lot. So lighten up. In everyday life, we cope with extraneous noises that are music to some and anathema to others. But, I am chastised. I will try to avoid bugging sensitive players.

Speaking for those of us with arthritic and ski damaged knees, we deplore the practice of some players

(Letters—continued on page 3)

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 17th of the month for publication the following month. All material submitted for publication is subject to editing. 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, fellow members, are you enjoying your outdoor tennis gatherings? Hope we're all drinking lots of water (a must) and a sun screen if you have sensitive skin. Sun can be dangerous.

Mike Vidmar, our good friend at Reed-Sweatt, set up a class to learn how to operate a defibrillator. Reed-Sweatt now has one. The presentation was interesting and sort of "chilling" to some, I believe. Let's hope it never has to be used, but it's good to know we do have a life-saving instrument there for our immediate use.

Tennis! Did you have a chance to watch some of the Australian Open, The French Open and the Wimbledon Open? I hope so, and I'd appreciate your letting me know what you learned. Please do so, by email, phone, or a letter. The US Open is next.... Let's hope our American players will dominate this tournament, huh. I've followed tennis since the age of eight or nine, and back then just about all major

tournament players were Americans. Now....

A few tips to keep little creatures out of your tennis bag, and away from your water jug. Most courts next to the fences have little ants and other bugs, etc., that like to, **and will** crawl into your bags. Guess where you'll next see them? Uh-huh, in your car or your home. Get a (at least one) stretch cord, and hang the bags on the fence, head high. It works for me! Get the cord (about 6-8 inches long) that has a large hook on each end.




Take care of your body parts with professional bandages for just about every part of your body: wrist, elbow, shoulder, knee, ankle, etc. Have your doctor tell you if you're not sure just what you need. These products can be purchased at the tennis clubs or even stores like Target. In the meantime, dear **Senior Tennis Players Club**—are we all members? **Captains:** check that all your regulars and subs are members—you can get a **current** list by going to our website, www.seniortennismn.com. Click on Membership, then "To see a list of our members, Click Here!"

No foot faults! Perc

The three crowns

By David Sommer

I've just returned from my seventh year at Tennis and Life Camp, held at Gustavus Adolphus College. Steve Wilkinson, professor of far eastern religion and the winningest tennis coach in college tennis, has run this camp for over 25 years. He teaches that in tennis there are things we **can** control and things we **cannot** control. We **cannot** control the outcome of the game; we **cannot** control our opponent's behavior; and indeed we **cannot** even control whether we play well on a particular day. But three things we can control he calls **the three crowns**:

-  We **can** choose to be positive.
-  We **can** choose to do our best.
-  We **can** choose to be good sports.

I believe in what Steve teaches. The game is more fun if you forget about those things you can't control.

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.



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(Letters—continued from page 2)

who habituate their special skill of dumping the ball just over the net knowing that the mobility restricted opponent cannot get to it. While this is perfectly legal,

it abruptly terminates stimulating deep court returns and it certainly does not enhance the pleasure of play, at least for us victims.

arrivederci.....Felix Perry

●● 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	5/3	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	6/6	8:30-10:00 AM	Percy Hughes	612-866-1102
Breck School 123 Ottawa Ave. Golden Valley	Tue	5/1	5:30-7:00 PM	Duncan Welty	952-933-8592
McKnight Field North St. Paul High School N.E. corner Hwy 36 and McKnight Rd. NOTE: in May, we'll use Oakdale Park.	Tue	5/1	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 \$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 ●●

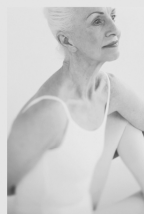
Location	Day	Cost	Time	Phone
Reed-Sweatt Family Tennis Center* 4005 Nicollet Ave S. Minneapolis	Tue Thu	\$7.50	9:00-10:00 AM	612-825-6844 Call for reservation.

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

That Donaldson gang

Every Monday, Wednesday, and Friday 7:00-9:00 we fill four courts at Richfield's Donaldson Courts. Many go to Baker's Square afterwards for breakfast and conversation. Standing, left to right: Gene Philipson, Aida Taniguchi, Herman Swanson, Irv Carr, Dorothy Rossing, Pat Fredricksen, Donna Roe, Judy Lieber, Fran Mankowski, Lyle Lassonde, Bob Campbell, Marge Philipson. Kneeling, left to right: Karron Busch, Carl Newberg, Willie Prawdzik (captain), Margret Prawdzik, Sally Finnegan, Ann Barten (photographer), not pictured: Gloria Belmer.





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(Tennis events—continued from page 1)

5. Roger Boyer and his teaching pros did an excellent job of providing helpful suggestions that improve the quality of our play. Another outstanding lunch followed the clinic at courtside.

Also a special thanks to Roger Boyer for his help in setting up the tables for lunch and to Tom Fischer for his help in taking down the tables. Sometimes we forget to thank those who help behind the scenes.

Wimbledon

#1 seed Roger Federer, Switzerland, defeated Rafael Nadal, Spain, 7-6(7), 4-6, 7-6(3), 2-6 and 6-2 in an exciting five-set final. Federer with 24 aces won his 5th Wimbledon title in a row. Federer has won 54 matches in a row on grass, including 34 at Wimbledon. Venus Williams, representing the USA, won the women's championship over Marion Bartoli of France 6-4, 6-1. This was the first major title for a USA player in a long time and was the 4th Wimbledon title for Venus. Williams defeated #2 seed Sharapova and Bartoli defeated the #1 seed Henin in the semifinal matches.

Gustavus Adolphus grad and Rochester native Eric Butorac, teamed with Jamie Murray, a Scotsman, won two doubles matches before losing in the third round. They entered the tournament ranked 38th in the world in men's doubles. The Czech team of Lukes Dloaky and Pavel Vizner won the 3rd round match 7-6(5), 6-3, 3-6, 6-2.

Tim Butorac, Eric's father and a former Gustavus tennis champ and his wife Jan, were on hand to watch the first two doubles victories. Tim is the current director of the Rochester Tennis Connection. Eric Butorac also played mixed doubles with Corina Morariu at Wimbledon.

Boys High School Tourney

Rochester Mayo defeated Mounds View in the Minnesota State High School Team Championship of Class 2A. St. Paul Academy edged Blake in the Class 1A finals.

Wyatt McCoy, an eighth grader from Mounds View with remarkable poise, won the singles title in Class 2A. McCoy defeated defending champion Michael Sicora of Buffalo in three sets in the semifinals and beat Paul Swanson of Blake 6-2, 6-0 in the final to become the first 8th grade boy to win a singles championship.

In Class 1A singles, Bryan Kelly of Mounds Park Academy defeated Ben Kopecky, a freshman from Rochester Lourdes 7-5, 6-0. Kelly's sister Brenna won the girls singles title last fall.

Edina Tennis Recognition

The National High School Coaches' Association honored two from Edina Girls Tennis in June. Steve Paulson was named National Coach of the year by his peers. The Edina girls he coaches have won 10 consecutive state titles with a record of 320-9 during the 10 year span. Paulson also won 3 state boys titles before Gary Aasen assumed the boys coaching responsibility at Edina.

Paulson was an All-American at St. Olaf College in his hometown of Northfield. He played in the quarterfinals of the NCAA Division III national tournament.

Whitney Taney was also recognized as National Player of the year. She achieved a high school career record of 166-0 over six seasons. She has accepted a scholarship to play at the University of Michigan.

Tennis Hall of Fame

On July 20th, the USTA Northern Section formally inducted Cliff Caine (St. Paul), Doc Dolny (Minneapolis), Chris Dummermuth (Sioux Falls), Bernie Gunderson (Minneapolis), Dave Mathews (Eden Prairie) and Jack Thommen (Minneapolis) into its Hall of Fame.

Dave Mathews was a young teaching pro at the Normandale Athletic Club in the early 1970s and coached the writer, Howard Cox and Greg Hazlett in the early bird sessions from 6:30 to 8:00 am. Bernie Gunderson continues to hit the ball regularly on Wednesday mornings at Shady Oak Park in Eden Prairie.

Twin City Super Seniors

The local 8.0 men's team recently finished second at the 2007 USTA League Tennis National Championships in Daytona Beach, Florida. The team comprised of men 60 and over, captained by Robert Stretmater, included David Paulson, Dave Spilseth, Tom McCune, Doug Watson, Tom Boice, James Hoeschler, John Mrachek and Jim Alstad.

Friends of Luther Prince

Luther is now living at West Bloomington Residence, a group home for Parkinson's patients. He would very much like to hear from his friends. They can call the home at 952-681-2028, or visit West Bloomington Residence, 10441 Johnson Ave S, Bloomington, MN 55437.

Raise your Cholesterol IQ

Healthy tips from UCare Minnesota

The following quiz can help determine your level of cholesterol savvy and offers tips from UCare Minnesota to cut your risk of heart disease and stroke.

True or False?

1. One of the major risk factors for heart disease, the No. 1 killer of Americans, is a high level of low-density lipoprotein (LDL) cholesterol.
2. A high level of high-density lipoprotein (HDL) cholesterol slows the buildup of plaque in the arteries.
3. Certain kinds of fiber are better than others at reducing LDL cholesterol.
4. To reduce or prevent high LDL, it is more important to decrease your intake of dietary cholesterol than your intake of saturated fat.
4. **False.** Although it may seem that dietary cholesterol would have a big effect on your cholesterol level, saturated fat actually raises your blood cholesterol more than anything else you may eat. Reducing the amount of saturated fat that you eat may lower your cholesterol up to 10%.* To help prevent high cholesterol, Dr. Baines recommends that 25-35% of your calories each day should come from fat, and no more than 7-10% of your calories from saturated fat.

Answers

1. **True.** Too much of this “lousy” cholesterol in your blood, 130 mg/dL or more, can build up in your arteries as plaque—clogging arteries and cutting off oxygen to the heart and brain.
2. **True.** HDL (or “healthy”) cholesterol slows the buildup of arterial plaque and seems to protect against heart attacks. In fact, low HDL levels (40 mg/dL or less) increase the risk for heart disease, but high HDL levels (60 mg/dL or more) cancel out a major risk factor (other than high LDL) for heart disease. For example, a woman with high blood pressure, high HDL levels, and no other risk factors has the same risk of a heart attack as a woman with normal blood pressure. HDL levels can be increased by losing weight, not smoking, and being physically active for at least 30-60 minutes most days of the week.
3. **True.** Although insoluble fiber (found in wheat

bran, vegetables, and some cereals) may help with constipation, it has no effect on cholesterol. Soluble fiber (found in oat bran, certain types of beans, apples and baked potatoes with skin, oranges, and psyllium) can help lower LDL cholesterol levels because it prevents cholesterol and fat molecules from being absorbed into the intestines and bloodstream. UCare’s Chief Medical Officer Barry Baines, M.D., recommends that, to help prevent heart disease, people should consume at least 20-30 grams of fiber every day, making sure to include good sources of soluble fiber.

To learn more about how to improve your cholesterol levels, or to get your cholesterol tested, consult your physician.

* Source: Mayo Clinic, www.mayoclinic.com.

About UCare Minnesota

UCare Minnesota is an independent, nonprofit health plan providing health care and administrative services to 123,000 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.ucareforseniors.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).

InnerCity Kidspeed benefit

InnerCity Tennis (ICT) announces its 3rd annual Kidspeed event benefiting its early childhood development program Kidspeed. The event is planned for Saturday, September 22, 2007 at 5:30 p.m. at the Reed-Sweatt Family Tennis Center, home of InnerCity Tennis, located at 4005 Nicollet Avenue.

Proceeds of the evening gala support ICT’s Kidspeed program. Kidspeed is a fast moving, vibrant program centered around tennis and other sports that helps young people build character, competence and

commitment for personal and community improvement.

The benefit features world-renowned tennis coach Nick Bollettieri and several world-ranked junior players, providing attendees a center-court tennis exhibition.

Nick Bollettieri has traveled the world coaching tennis greats like Andre Agassi, Boris Becker, the Williams sisters and Maria Sharipova and says, “In 1987, Arthur Ashe and I discussed how to help the thousands of

(Kidspeed benefit—continued on page 19)

Celebrate Summer

At the *free* annual STPC Picnic

When: Saturday, August 18, 8:30am to 3:30pm, rain or shine.

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, H₂O, charcoal, plates & utensils.



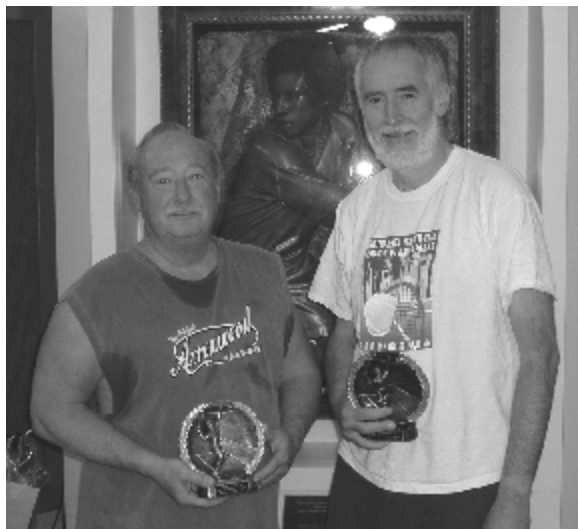
Eat at noon. Bring your own beverages and a dish to share.

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

Get this on your calendar and come for a fun day! Questions, call Marv Schneider 952-975-1895.

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.

InnerCity tournament pictures



Don Harnish & Jerry Kneisel, winners senior men 3.5



Doug Anders and Don Herrick finalist senior men 3.5

In Memory...



Larry Brynestad

Larry Brynestad, age 71, of Minneapolis. Attorney at Law since 1962. Survived by wife of 48 years, Phyllis; sons & daughters-in-law, David and Lea, Eric and Kristen. Ken Landro adds this: "Larry and I played tennis against each other through the Senior Tennis Players Club for several years. Two years ago, he had to stop playing as he was becoming short of breath. Was diagnosed with a form of lung cancer shortly thereafter. I would call him once in a while to see how he was doing. He had left a large Minneapolis law firm sometime back and was still practicing law on his own."



Marilyn Coady

Marilyn reluctantly gave in to cancer on June 24, 2007. If you ever knew Marilyn at all, you know how ferocious a battle she waged. We'll all miss her ready smile, her energy and her love of life. She is survived by her



son Mark, daughter-in-law Sarah, grandsons Alex and Tony, good friend Phil Tennenbaum and a myriad of friends.

Fred Habegger

Fred Habegger, 82, succumbed to cancer on April 22, 2007 in Tucson, Arizona. Survived by wife, Florence, of almost 60 years; children and grandchildren, Fred was an STPC member 1983-2003. (This is a correction to the notice in the June-July newsletter.)

Dorothy Trow

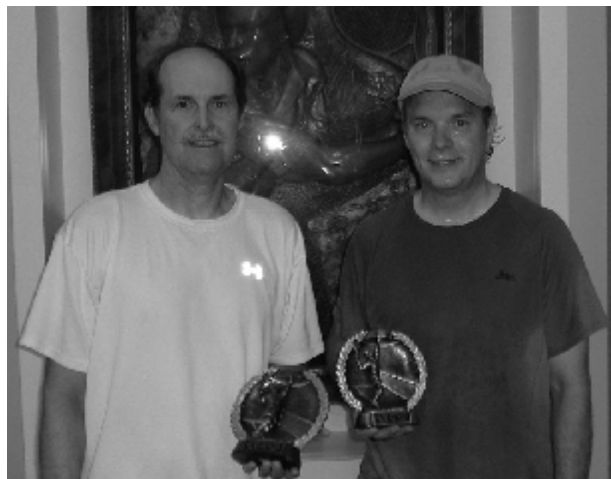
Dorothy Trow of Golden Valley, died peacefully on July 3, 2007. She was preceded in death by her beloved husband, Gordon Cole, and second husband, Eugene Trow. She is survived by many friends and a loving family including her two children, Phillip Cole of Eden Prairie and Sandra Glading of Mill Valley, California; grandchildren and others. She was a member of the Quarter Century Club of the Board of Realtors. She loved animals and cared deeply for her cats. She devoted many hours of service to the Animal Humane Society where she piloted the very successful "Pose Your Pet" program. Mary Kaminski remembers: "Dorothy was a Senior Tennis member from 1983 to the present. She was my roommate on one of our tennis vacations, and went on many of our trips. I liked Dorothy; she was quite a lady and loved tennis. She played as long as she could."



InnerCity tournament pictures (cont.)



Helen Wang and Tom Waki, winners senior mixed doubles



Will Ketcham, champion and James Rick, finalist in the NTRP men's 50 singles

5 minutes that may save your game

By Mike Dixey*

What if I were to tell you that taking an extra 5 minutes to warm-up could significantly reduce your chances of sustaining an injury while playing tennis? Intrigued? Over the last ten years, I have been treating injuries sustained in overhead activities. Throughout my experiences, I have developed a program that loosens up tight areas and activates the main muscles used in tennis. Best of all, it involves a minimal time commitment and produces maximal results. All of these exercises should be pain-free. While you may experience fatigue, you should not feel pain. If you do feel pain, please stop and visit your physician.

Our thoracic spine (the middle of our back) tends to become less flexible over time. Take a look around you next time you're at the mall or grocery store. Most people over the age of 50 start to develop that "hunchback" look. Besides not looking comfortable, it also causes unnecessary stress on the shoulder. When one lifts his/her arm overhead, the last 20-30 degrees of movement occurs in your thoracic spine. So, without that essential movement, the rotator cuff muscles of the shoulder will inevitably get "pinched" and become injured. So, the first exercise in our series is the foam roller** exercise designed to restore motion in your mid-back.

First exercise: Lie perpendicular on the foam roll. Place your hands behind your head and pull your elbows together in front of your eyes. Lift your buttocks up off of the floor so that your body is in a straight line. Slowly roll from the top of your shoulder blades to the bottom of your shoulder blades. Up and down the spine counts as 1 repetition. Repeat 10x.



The muscles of the thoracic spine are oriented in a diagonal fashion. That means that they are mainly responsible for rotation (twisting). Unfortunately, most of us have a difference in the amount of rotation when comparing side-to-side. According to medical research, this difference can be a big predictor in your chances of injury. So, the second exercise aims towards maximizing your rotation range-of-motion and balancing this motion side-to-side.

Second exercise: Lie on your



right side with your right leg straight and your left leg bent at a 90-degree angle with your knee resting on a foam roller. Place your head on the floor and look straight up at the ceiling. Push your right hand up to the sky and slowly rotate your left hand back as far as you can without lifting your knee off of the foam roll. Hold for a count of 2. Repeat 10x. Repeat for the other side with your left leg straight, your right knee bent on the foam roll, and your left hand pushing up towards the ceiling.

When we look at how our muscles work, we see that the muscles closest to our belly/core contract first to stabilize our spine. When looking specifically at movements of the arm(s), we see that the next muscles to "turn on" are those surrounding the shoulder blade. The next 3 exercises concentrate on activating (but not fatiguing) those muscles.

Third—Push-Up with a Plus: Place yourself in a standard push-up position (or on your hands and knees



if that is too difficult). Lower yourself down to the floor, then push up. When at the top position, give yourself an extra push so that your back rounds. Up and down counts as one repetition. Repeat 10x.

Fourth—Prone T's: Place yourself on your belly with a rolled-up towel under your forehead. Have your arms straight out to the side of your body to look like the letter "T". Tighten your belly muscles, squeeze your shoulder blades together, and lift your arms up to the ceiling maintaining the "T" posture. Lower slowly. Up and down count as 1 repetition. Repeat 10x.



Fifth—Wall Slides: Place your upper back to a wall with your arms bent at a 90 degree angle (your feet should be about a foot away from the wall). Make sure that the backs of your hands and forearms are on the wall. Slowly pull your arms down as far as you can while maintaining contact between the backs of your hands and



(Save your game—continued on page 11)

(Save your game—continued from page 10)

forearms and the wall. (You will likely not be able to go very far in the beginning. Keep trying...it gets easier and the motion gets greater as you do more). Slide back up to the starting position. Down and up count as one repetition. Repeat 10x. Note: If you are unable to perform this exercise with both arms, then place one arm across your belly and perform to one side at a time.

Lastly, we must look at balancing motion between the muscles that pull the wrist up and those that push the wrist down. As a test, put your arms straight out in front of you at shoulder height with your fingers extended. Pull your wrists back and look at the creases in your wrist. Do you have a different number of creases in your racquet wrist/hand vs. your non-racquet wrist/hand (most of you will notice less creases in your racquet wrist/hand)? If you do, tennis elbow may be in your future. Help decrease your chances by performing these two exercises.

Sixth exercise: Stand with your arms at shoulder height and your arms and fingers straight out. Slowly bend the wrist down (keeping the fingers straight). Go as far as you comfortably can. Then, pull up as far as you can. Down and up count as 1 repetition. Repeat 10x.



Seventh exercise: Perform in the same position as in the sixth exercise. Now, move your thumbs in towards each other as far as you comfortably can. Then, slowly move them away from each other as far as you possibly can. In and out count as one repetition. Repeat 10x.



The key to preventing injuries in our body is balance. Research shows that if one is symmetrically tight or symmetrically weak, he/she is less likely to get hurt than one who is asymmetrically tight or asymmetrically weak. Performing the exercises I outlined above will help to restore balance and symmetry in your upper body and keep you on the court. Good luck.

* Mike Dixey, PT, is the Clinic Director, OrthoRehab Specialists, Inc. See Ortholab's ad in this issue.

** A foam roller is a piece (typically 3 feet long) of tightly-packed Styrofoam. When you roll on it, it provides a massage-style effect to your muscles and soft-tissues. It can be purchased at Target (about a 2 foot piece...available in the exercise section) or from Perform Better (www.performbetter.com).

Players wanted!

Working adults

Senior Tennis Players Club would like to better serve those who are working and find our typical play hours impractical. We'll organize some groups early morning, late afternoon, evening, or weekend if we find sufficient interest. We'd like to hear from both members **and potential members**. (Members: tell your friends about this!) Contacts:

- Marty Plitnick 612-247-7412, martyplitnick@comcast.net
- David Sommer 612-276-1313, dsommer7@earthlink.net

Men, 2.5-3.5, Reed-Sweatt, Wed. AM

Want men to play as regulars or subs in mixed doubles group (2.5-3.5) on Wednesday mornings at Reed Sweatt from 9:00-10:30 starting this fall. Call or email: Darlene (952) 941-2494 Swederose1@aol.com.

Men/women 3.5+, Baseline, Mon. or Thu.

Want regulars or subs for my groups playing at Baseline, Monday at 10:00 and Thursday at 10:00. This is equal-opportunity tennis (not necessarily mixed doubles). Friendly and competitive. David Sommer, 612-276-1313, dsommer7@earthlink.net.

Practice/play, 2.5

I am a newer player, living in Golden Valley, skill level about 2.5, looking for someone to practice with and/or to play singles. I have pretty much of an open schedule, but would prefer late afternoon or early evening. Phil 763-545-6222, genrlphil1@isp.com.

Women, 3.5-4.0, Fort Snelling, Wed. PM

Need subs for group playing Wednesdays 1:00-2:30. Call Georgia Mroska 612-724-4909.

USTA NORTHERN TENNIS ASSOCIATION

Men'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 11, 2007 through Friday August 17, 2007
(Weekday matches will start at noon, and when possible, all matches in the 55 and 60 age groups will be scheduled after 4:00 PM)

Who: Men 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 555111707

Complete the form and mail with payment to:
ICT Clay Court Tourney
5229 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 at 952-941-1204



Clay Sectionals Registration Form:

Entries MUST be received by Monday August 6, 2007. Draws and match times will be posted on USTA's Tennis Link for the tournament ID# 555111707 by 9:00 p.m. on Thursday, August 9, 2007.

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

Name _____

Phone (_____) _____ - _____

Address _____

City _____ State _____ Zip _____

Birth date _____ USTA Number _____

My Doubles partner is:

Name _____

Phone (_____) _____ - _____

Address _____

City _____ State _____ Zip _____

Birth date _____ 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 _____

FWTEC needs bus driver

The Fred Wells Tennis & Education Center ("FWTEC") is a nonprofit organization providing tennis and education for kids in the Twin Cities. Our kids come from all walks of life, and many have never played tennis before coming to the Center. A critical factor in our students' ability to regularly attend programs is transportation. For more Center information please go to www.tennisandlearning.org.

We are seeking a part-time bus driver for our "Big Blue Bus," which provides transportation to our facility from various locations in Minneapolis during the school year. As part of the education team, you will work with the paid staff and volunteers to help kids engage in fitness, educational and life skills and to help them be successful on and off the courts.

Job responsibilities:

- Driving a 48-passenger bus (formerly a school bus) with a current Class B license and a perfect driving record.
- Transporting between 15 and 35 kids, (known as "precious cargo"), to and from the Center for after-

school programs in a safe and attentive manner.

- Maintaining a cheerful, positive and in-charge manner with the children and with other aides and staff.
- Maintaining appropriate fuel and oil levels in the bus at all times, taking the bus in for servicing as needed, or at least twice between October and June and maintaining the cleanliness of the bus on a daily and weekly basis, as needed.

Schedule, salary, benefits

Monday-Thursday 1:30-6:00 pm (October-May)

The salary is \$10,000 with medical and dental health insurance available. The position reports to the Director of Operations.

There are certain holidays and breaks throughout this period, dictated by the Minneapolis Public School calendar, including Thanksgiving, Christmas and spring break that are included in the salary.

For further information about the position please contact Lisa Stingley, Director of Operations at lisa@tennisandlearning.org or 612-252-8367 x 5.

Octogenarian winners

Betty Western and **Marilyn Cuneo** have been playing tennis together as a women's double team for twelve years. They met after joining the Senior Tennis Players Club, Betty in 1986 (lifetime member), and Marilyn in 1993. They became interested in participating in the Northland Senior Games and in the National Senior Olympics when each played mixed doubles and qualified to go to San Antonio, Texas in 1995. When they discovered they were the same age with only two weeks separating their birthdates, they saw an opportunity to become a team and enter age-bracketed state and national competitions. As a result, they have qualified and played in five National Olympics: Tucson, AZ 1997; Orlando, Fla. 1999; Baton Rouge, LA 2001; Hampton Roads, VA 2003; and Pittsburgh, PA 2005. They won one silver and one bronze medal against stiff competition in these matches. They are skipping this year's games in Louisville, KY, but are planning to compete for a spot in the 2009 Olympics in San Francisco when they will be 85 years old.

Betty, who was born in Canada, began playing tennis when she was 63 years old. Marilyn played as a teenager, taught by her dad, then played little in the



intervening years until after the death of her husband in 1993. She did, however, teach her four children the game as they were growing up and still plays with them at family get-togethers. She has also competed several times in the Grandparent/Grandchild tournaments with her two grandsons.

Betty started competing locally and nationally before she met Marilyn. She won many medals playing in Minnesota games in Bloomington and Duluth and qualified with a USTA team that went to Nationals in Amelia Island Plantation, Fla. She also competed in the 1993 National Senior Olympics in Baton Rouge, LA, with her doubles partner, Connie Metcalf.

Marilyn honed her skills by attending Ernie Greene's drills and tennis camps over the years. At the same time she took up racquetball at the urging of a friend. She competed three times at the National Senior Olympics in that sport, winning a bronze and a silver medal.

Betty and Marilyn continue to play tennis regularly with all of the many wonderful friends they have made in the STPC. These friendships extend beyond the confines of the court to many other activities including travel, theater, music, Elderhostel, vacationing, restaurant-hopping, birthday parties and any other life-sharing events that may come up.

Fall/winter schedule 2007-2008

Up-to-date schedule is always on our website: www.seniortennismn.com

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.

●● 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
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	3	3.0-4.0 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 Center 2122 Wooddale Drive Woodbury Facility Coordinator Bob Wilfer 651-439-1987	Mon	9:00-11:00 AM	1	3.0-3.5 M	Jack Wadlund	651-770-1983
		11:00-1:00 PM	2	2.5-3.5 MW	Patsy Sipple	651-484-5743
		1:00-3:00 PM	3	2.5-3.0 W	Carol Shields	651-484-3213
		1:00-3:00 PM	2	3.0-3.5 MW	Gordy Manaige	651-429-4046
		3:00-5:00 PM	3	3.0-3.5 MW	Mary Wenz	651-457-5347
	Tue	1:30-3:00 PM	1	2.0-2.5	Carol Mader	651-735-8707
	Wed	12:00-1:30 PM	2	3.0-3.5 MW	Matt Little	651-773-8141
		1:30-3:30 PM	4	3.0-3.5 M	Woody Gillette	651-436-2614
	Thu	9:00-11:00 AM	1	3.0-3.5 M	Jack Wadlund	651-770-1983
		10:00-12:00	2	3.0 MW	Earl Hall	651-731-5127
		1:00-3:00 PM	2	2.5-3.0 MW	Gloria Dombroch	651-738-9449
		3:00-5:00 PM	2	3.0-3.5	Darlene Moynagh	651-436-8927
	Fri	8:30-10:30 AM	2	3.0-3.5 M	Tom Quitter	651-779-1861
		10:30-12:30 PM	2	3.0 MW	Connie Villars	651-457-1650
		1:00-3:00 PM	2	2.5-3.0 W	Virginia Johnson	651-739-0487
1:00-3:00 PM		2	2.5-3.0 M/ W	Pat Bruflodt	651-451-0883	
				Les Anderson	651-735-3953	
For corrections for St. Paul and suburbs call Thue Rasmussen 651-917-0075						

●● MINNEAPOLIS AREA ●●

Play is usually September-April. Check with Captains for Start/end Dates

Corrections for Minneapolis and suburbs call Marty Plitnick 612-247-7412

Location	Day	Time	Cts	Skill	Captains	Phone
Baseline Club 1815 4th St SE, Minneapolis 612-625-1433 Facility coordinator: Thue Rasmussen 651-917-0075	Mon Tue Wed Thu	7:00AM-1:00 PM	4		Need captains	And players
	Mon	10:00-12:00	2	3.5+	David Sommer	612-276-1313
		10:30-12:00	1	2.5-3.0 MW	Louise Halverson	612-722-7132
					Catherine Robinson	651-487-4189
	Thu	10:00-12:00	2	3.5+	David Sommer	612-276-1313
		10:00-11:00 AM	1	3.0 W	Brenda Zimmerman	651-645-1662
	Fri	9:30-11:00 AM	2	3.0-3.5 MW	Rod Johnson	763-588-2107
	Fri	7:00-1:00	8		Need captains	And players
	Sat	7:00-9:00 AM	?		Need captains	And players
Burnsville Tennis Center 146 Burnhaven Drive, Burnsville						
Crosstown 6233 Baker Road, Eden Prairie						
Daytona Club 14740 Lawndale Lane Daytona	Tue	9:30-11:30 AM	4	2.5-3.5 MW	Donna Mueller	763-421--8436
	Thu	9:30-11:30 AM	4	2.5-3.5 MW	John Malerich	763-537-5595
Eden Prairie Lifetime Athletic 755 Prairie Center Drive, Eden Prairie. 952-941-2000 Facility Coordinator Marv Schneider 952-975-1895	Wed	7:00-9:00 AM	4	3.0-4.0 MW	Marv Schneider	952-975-1895
Fred Wells Tennis and Education Center 100 Federal Drive, Minneapolis (Formerly "Fort Snelling....") 612-252-8367 Facility Coordinator David Sommer 612-276-1313	Mon	8:00-9:30 AM	1	3.5-4.0 M	Jim Nichols	651-450-7071
		9:30-11:00 AM	1	3.0-3.5 W	Sandy Loewenstein	651-454-3699
		9:30-11:00 AM	1	3.0 W	Bea Langford	651-454-7223
		9:30-11:00 AM	1	3.5-4.0 W	Mary Lund	952-929-8075
		9:30-11:30 AM	2	3.0-3.5 MW	Jim Hanson	651-430-1464
		11:00-12:30 PM	3	3.5+ MW	Don Oseth	651-457-4642
	Tue	8:00-9:30	2		Carrie Howes	Must join STPC
		8:00-9:30	1		Bob Burrough	Must join STPC
		9:30-11:00	1	4.0 W	Mary Lou Dyrhaug	651-690-2094
		9:30-11:00	1	3.5-4.0 M	Frank Klein	651-686-9375
		9:30-11:30	1	3.5-4.0 M	Tom Rice	952-435-8485
		11:30-1:00	1		Tom Costello	952-927-9366
	Wed	8:30-10:00	1	3.0-3.5 W	Jerrice Barrett	651-457-1801
		8:30-10:00	1	3.5-4.0 M	Jim Nichols	651-450-7071
		10:00-11:30	2	3.0 W	Bea Langford	651-454-7223

Fred Wells Tennis and Education Center (Continued)	Wed	10:00-11:30	2	3.5 MW	Rosemary Rockwell	952-831-1461
		12:00-1:30	2	3.0-3.5 MW	Matt Little	651-773-8141
		1:00-2:30	1	3.5-4.0 W	Georgia Mroska	612-724-4909
	Thu	9:00-10:30 AM	1	3.5-4.0 M	Frank Klein	651-686-9375
		9:00-10:30 AM	1	3.0-3.5 W	Sandy Loewenstein	651-454-3699
		9:00-10:30 AM	1	3.5-4.0 M	Tom Rice	952-435-8485
		10:30-12:30 PM	3	3.5+ MW	Roger Johanson	952-831-5507
		12:30-2:00	1	4.0 M	Dennis Barrett	651-457-1801
	Fri	8:30-10:30	2	3.0-3.5 M	Jim Hanson	651-430-1464
		9:00-10:30 AM	1	3.5-4.0 M	Jim Nichols	651-450-7071
		9:00-10:30 AM	1	4.0 W	Mary Lou Dyrhaug	651-690-2094
		10:30-12:30 PM	2	3.5 MW	Gordy Manaige	651-429-4046
		12:00-1:30 PM	1		Tom Costello	952-927-9366
	Sat	8:00-9:30 AM	2		Illja Gregor	Must join STPC
		9:30-11:00 AM	1	4.0 W	Mary Lou Dyrhaug	651-690-2094
	Sun	1:00-2:30	1		Mary Kay Ulness	651-227-4667
Hopkins North Junior High 10700 Cedar Lake Road Minnetonka Facility Coordinator: Marv Schneider 952-975-1895	Fri	6:00-10:00 PM	2		Need captains	And players
	Sat	3:00-5:00 PM	3	3.0-4.0 MW	Marv Schneider	952-975-1895
	Sun	2:00-4:00 PM	2		Need captains	And players
Oakdale Lifetime Fitness 1201 Ford Road, Minnetonka	Tue	8:30-9:30 AM	1	3.0 W	Eudice Gallop	952-595-8357
	Wed	7:30-9:00 AM	2	3.0-3.5 M	Bill Jacobs	952-473-2084
	Fri	7:30-9:00 AM	3	3.0-3.5 M	Bill Jacobs	952-473-2084
Reed-Sweatt Family Tennis Center 4005 Nicollet Avenue S Minneapolis 612-825-6844 Facility Coordinator Marty Plitnick 612-247-7412	Mon	7:00-9:00 AM	1	3.5+ M	Ross Davis	952-946-9696
		7:00-9:00 AM	2	3.0-3.5 MW	Frank D'Ascenzo	952-922-0546
		8:30-10:00 AM	3	2.5-3.0 W	Peggy Feilzer	612-331-4470
		10:00-11:30 AM	3	2.0-3.0 MW	Lois Bunday	952-831-7677
		11:00-12:30 PM	2	2.5 MW	David Kopf	612-340-0287
					Hansel Hall	612-332-2685
		11:30-1:30 PM	6	3.5-4.0 M	Chuck Emme	763-502-9063
					Jim Jensen	952-922-3435
	Tue	7:00-9:00 AM	2	2.5-3.0 MW	Herman Swanson	612-861-4313
		9:00-10:30 AM	3	3.0 M	Don Pirner	612-377-9125
		9:00-11:00 AM	3	3.0-3.5 MW	Roy Rincon	612-724-4623
		10:30-12:00 PM	3	2.5-3.0 MW	Gladys Murray	651-483-2850
					Dennis Moody	651-488-8124
		11:00-12:30 PM	3	2.5-3.0 W	Donna Borgerding	612-721-7038
		Noon-1:30 PM	2-3		Need captain	And players
		1:30-3:00 PM	2	2.5-3.5 MW	Jane Tischbein	952-938-9348
		1:30-3:00 PM	2	3.5 W	Jean Murdock	612-825-5826

Reed-Sweatt Family Tennis Center (Continued)	Tue	2:00-3:30 PM	2	2.5-3.0 MW	Marie Nelson	952-922-2957
					Len Lampert	952-545-7881
	Wed	9:00-10:30 AM	3	2.5-3.0 MW	Darlene Hultquist	952-941-2494
		9:30-11:30 AM	3	3.0-3.5 MW	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
					Rita Welch	952-926-5789
		11:30-1:30 PM	2	3.5-4.0 MW	Larry LaLonde	612-922-1780
					Jo Rolling	651-777-3773
		1:00-3:00 PM	2	3.5-4.0 M	Tom Jackson	763-550-1369
	Thu	7:00-9:00 AM	4	2.5-3.0 MW	Herman Swanson	612-861-4313
		8:30-10:30	4	2.5-3.0 MW	Linda Wright	952-895-1142
					Bob Campbell	952-835-0828
		10:30-12:30 PM	2	3.0-3.5 MW	Corrine Lee	612-922-1333
		12:30-2:30 PM	2		Need Captain	And players
	Fri	7:00-9:00 AM	5	3.0-3.5 MW	Marty Plitnick	612-247-7412
					Fred Jurewicz	952-496-1018
		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 MW	Bob Hokanson	952-929-1152
					Mary Lou Bowen	612-869-9438
					Nancy Lindeman	952-935-4674
		9:00-11:00 AM	4	3.0-3.5 MW	Ronnae Wagner	952-938-5785
		10:30-12:30 PM	3	3.0 MW	Roy Rincon	612-724-4623
					Amy Rincon	612-724-4623
		12:30-2:30 PM	6	3.5-4.0 MW	Joel Anderson	952-881-5510
					Gerry Ludwig	763-522-9376
	Sun	2:00-3:30 PM	1	3.0-3.5 W	Judy Sweeney	612-866-5298
St. Louis Park 5525 Cedar Lake Road St. Louis Park						
Williston Fitness and Sports 14509 Minnetonka Drive Minnetonka Facility Coordinator Ed Fischer 763-550-9770	Tue	6:30-8:00 AM	1	3.5-4.0 M	Rick Van Doeren	952-941-5322
98th Street Racquet and Swim 1001 West 98th Street Bloomington	Wed	8:00-10:00 AM	2	3.0-3.5 MW	Joyce Hermann	952-890-0877
					Caryl Minnetti	952-884-5136
Corrections for Minneapolis and suburbs call Marty Plitnick 612-247-7412						

STPC new members, renewals, and changes

Name

Rating

Home phone

Other phone

Address / Email

No membership information is included in web version of newsletter.

(Kidspeed benefit—continued from page 7)

inner-city children have the opportunity to achieve. We formed ABC—the Ashe Bollettieri Cities program—and for ten years, worked with children through tennis and educational programs. I am so honored and excited to be a part of ICT’s Kidspeed program because I truly feel that it parallels the passion and commitment of the work we started twenty years ago.”

Belinda Jensen, KARE 11’s Chief Meteorologist, will host this year’s event. The Kidspeed event will also include a cocktail reception, silent auction and dinner program. Tickets are \$75 per person. Call Karen McGlynn at 612-803-0350 to purchase tickets or make a silent auction donation.

Team Tennis action

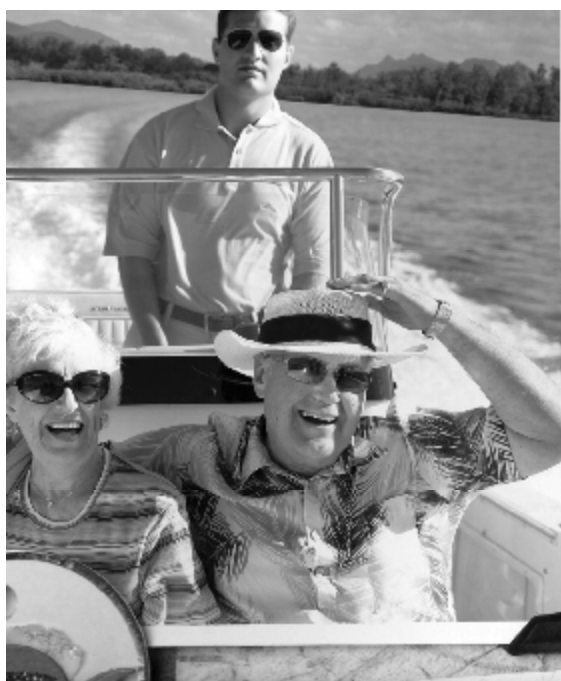
In a recent Team Tennis match on a very windy day, there was no doubt at all by some of the players that the wind favored the winning team as the Ziomek team lost to the Schneider team, 7-1.

Team Tennis is played on Tuesday mornings during the summer at several locations in the southwest suburbs. Each team is composed of 4 men and 4 women, mainly at the 3.5 level. For more information, talk to any of the captains: Marv Schneider, Bob Ziomek, Ronnae Wagner, Rog Junker, and Ken Lucas; or any of the players in the league.

Senior Tennis Times
P.O. Box 5525
Hopkins, MN 55343

August 2007

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Organization
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Permit No. 3270



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