



Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc. May 2009

New STPC officers

The April meeting of the STPC Board was the start of a year with new officers and three new Board members. This group of over 12 people will be the ones that guide the organization for the next 12 months to be responsive to the needs of its members.

The officers were elected unanimously and constitute the Executive Committee:

- President: Charlie Robbins
- Vice President: Rod Johnson
- Secretary: Joan Thomas
- Treasurer: Marv Schneider

The whole board is listed on the web site as well as in each issue of this newsletter (p. 2 masthead). Feel free to contact them about your concerns, your questions, or your thanks. The club has always operated with many volunteers, and can only succeed if you and others choose to continue this tradition.

Captains—your help please!

The next issue of Senior Tennis Times will contain the **final** summer schedule. Please report changes:

- Minneapolis area to Rod Johnson at 763-588-2107 or E-mail him at r-john@umn.edu
- St. Paul area to Thue Rasmussen at 651-917-0075 or E-mail him at thueor32@comcast.net

Humana helps Dow tourney

Humana has supplied very nice trophies for the winners of the Jack Dow Tournament. The trophies will be on display during the tournament. We thank Humana for their generosity, and hope we can continue to have their help with this great event in future years.

Upcoming Events

Annual meeting & captain's luncheon

May 16, 2009, Town & Country Club
Details and signup on page 12

Boyer-Hughes tennis clinic

June 1, 2009, Reed-Sweatt
Details and signup on page 6

Tennis Events

By Bob Busch

Pro Leadership

Rafael Nadal and Roger Federer, currently ranked #1 and #2, provide professional tennis with exceptionally great leadership. Both provide unsurpassed leadership with their hard work, strong passion for the game, sportsmanship and clean character. They are great examples for the youth in our sport. They always treat each other and other opponents with great respect. With this leadership, tennis is not experiencing the many problems reported daily in professional baseball, football and basketball.

Nadal Wins Indian Wells

Rafael Nadal easily won his second BNP Paribas Open in three years with a 6-1, 6-2 win over Andy Murray in mid-March. In the women's final Vera Zvonareva defeated defending champion Ana Ivanovic 7-6, 6-2.

In the semifinals Murray defeated Roger Federer 6-3, 4-6, 6-1 for the fourth time in a row. Nadal beat Andy Roddick 6-4, 7-6 in the other semi-final match.

Bollettieri

Nick Bollettieri, probably the world's most famous tennis coach at 77 years of age, continues to attract top talent. The IMG Tennis Academy in Bradenton, Florida, recently signed Hyeon and Hong Chung from South Korea. The Chung brothers are 12 and 15 years old and have recently won major international tournaments for 12-and-under and 18-and-under in Florida. Bollettieri is credited with developing champions like Maria Sharapova and Andre Agassi. He is also a current member of the Board of Directors of InnerCity Tennis in Minneapolis.

Fastest Growing Sport

Recently reported sporting goods statistics seem to indicate that tennis is the fastest growing sport. After years of relatively slow growth, tennis participation is up 43% since 2000, including almost a 10% increase in 2008. Tennis was one of only four sports to experience an increase during the study period. The St. Paul Harding athletic director recently reported that over 60 students were on the school tennis teams. I'm

(Tennis events—continued on page 11)

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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Board of Directors

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Vice President: Rod Johnson.....763-588-2107

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Treasurer: Marv Schneider952-975-1895

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Renewing Members:

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Advertising

Send by email or USPS 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)40/25

4-line ad (members only).....10

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

Strip ads: \$40 first two inches; \$12 each additional inch.

Membership information changes, newsletter delivery problems, etc.,

can be made by writing Senior Tennis Players Club, P.O. Box 5525, Hopkins, MN 55343 or email to Ronnae Wagner: howard5326@aol.com

Membership total: 1384

May 2009,

Volume 22, Number 4



Politics in our newsletter

Following are brief comments. I received other comments from Bill Cosgrove and Gary Gibson, both of whom made the point that though tennis isn't political, all writing (including tennis writing) is inevitably political. Though I find the topic fascinating, this will be the end of it.

This morning I asked the seven members of my very Republican Friday morning tennis group what they thought [about the Cosgrove article] and to a person they thought it would be a shame to "whitewash" our newsletters. They thought the amount of interest and discussion this article has generated is a good thing. I personally believe that articles of this nature do not need to be contentious. It's the reader's choice whether or not to make an issue of it. Some readers were offended but how many readers chose to read it with an open mind and recognized that it was simply

one individual's view?

—Joan Thomas

Needless to say, I wasn't at all offended by the so-called "politics" in the March newsletter and I wonder how many members were. You rarely have any statements in the newsletter that can be construed as political, so let it pass.

—Connie Metcalf

Mr. Ed: I personally found the sexist efforts at humor by Mr. Perry in the April issue to be just as tasteless as the political efforts by Mr. Cosgrove in March. However, if we oldsters have learned anything, it ought to be tolerance. I suggest that the Tennis Times does not need to be spiceless, homogenized or just a statistical record, and that we might stop reading it if it were. Let's try to laugh tolerantly at the other guy's warped sense of humor. Haha!

—Dave Brink

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 S, Minneapolis, MN 55407-2805.

Email: dsommer7@usewireless.com.

Opinions expressed in articles or letters are those of the author, and do not necessarily represent views of the newsletter editor or the Board or officers of STPC.

Percy's tennis rhythms

By Percy Hughes

Well, my fellow teammates, did we all use good common sense with those beautiful chocolate eggs? That's something pretty hard to do at Easter time, huh. Unfortunately, I seemed to be at the wrong places too often to really use good control. Shame, shame, Ol' Perc. Being around family sometime can get you into too much "goody eating."



Outdoor Tennis time is here, and we're pretty much set for our club's outdoor classes in the Twin Cities area.

Our wonderful editor, **David Sommer**, will have the outdoor schedule posted in this newsletter. **Tom Bauman**, back from winter teaching in the South, will have his class at Tartan Park, St. Paul, 9:00-10:30 AM, Tuesdays, starting May 5th. All of our classes are listed in this issue (p. 4)—thank you, David.

As always I remind you about fresh strings, good tennis shoes, a visor or cap, and sun glasses that work for you. Naturally, we always have fresh tennis balls (boy, I'm like a broken record, aren't I?). I hope to see everyone at the annual meeting and luncheon. Meanwhile, please remember, **no foot faults!**

—Percy

Tennis on weekends

For those of you interested in playing a pickup type of game on Saturday and/or Sunday afternoons, we will be playing at Central Middle School (CMS) in Eden Prairie from 3-5 PM on both days starting the third weekend in April, and continuing into September.

The easiest way to find the CMS tennis courts is to drive about 2 miles west on Highway 5 from 494 in Eden Prairie, exit Mitchell Road, go left on Mitchell about 3 blocks, then right on Technology Drive ¾ mile to Wallace Road where the 8 tennis courts are right in front of you.

If any questions, call Marv Schneider at 952-975-1895.

Team Tennis season

With summer rapidly approaching, many of us are looking forward to another entertaining season of STPC Team Tennis. Besides a lot of competitive fun, this is an excellent way to meet a lot of other players (both men and women) who play your level of tennis.

Last year the league had five teams, each consisting of four men and four women. Each team played two matches against each of the other teams in the league. Matches were eight-game pro-sets (two men's doubles, two women's doubles, and four mixed doubles). All matches are played on Tuesday mornings, 9-11 AM,

STPC roster

For all those who requested delivery of their membership roster in May, and also for new members and those who renewed since February, your roster will be mailed on about May 15. **Note:** this is the **same** roster as that delivered in March, so it doesn't include new members and late renewals.

Starting with 2010 renewals, we'll offer another option:

Tennis for beginners

Kate Tucker, who joined STPC in September 2006, is in her second year as a captain. This summer, she is starting a walk-on doubles group on Sunday evenings, 6:30-8:00, at Eden Prairie Central Middle School. This is at the intersection of Technology Drive and Wallace Road. Start May 31, and continue through September 20.

Fridley High School players

By Connie Metcalf

I have found out that the Senior High courts in Fridley won't be available in June and July so we will be playing at the Middle School courts which are north across 61st Avenue just beyond the water tower. We will be playing in May at the Senior High.

from mid-June through mid-August. Court locations for the matches are in the southwest suburbs.

Most of the players in this league are rated 3.5 or above. If you are interested in joining this fun group as either a regular or a sub, or you have any questions about it, you can call either league manager Marv Schneider at 952-975-1895 or any of the other captains, including Don Harnish, Ken Landro, Ronnae Wagner, or Bob Ziomek.

an email roster, sent in March, June, and September. This choice gives you an **updated** roster—the June and September versions will have all members up to the date it is generated. The email roster is in PDF format, and can be searched. For example, you could search for someone with first name "Marcia." If you'd like to try out the email version, send an email to dsommer7@usewireless.com. Put "Email roster" in the subject line. You'll receive a June 2009 version.

●● 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	5/7	8:30-10:00 AM	Duncan Welty	952-933-8592
				Paul Stormo	952-944-6286
Bryant Courts 85 th and Bryant Ave. S., Bloomington Especially for beginners!	Wed	6/3	8:30-10:00 AM	Percy Hughes	612-866-1102
Breck School 123 Ottawa Ave. Golden Valley	Tue	5/5	6:30-8:00 PM Starting June: 5:30-7:00 PM	Duncan Welty	952-933-8592
3M Tartan Park 20th Street N between Cty Rds 17 and 15, Lake Elmo Enter through picnic/sports area. Follow sports complex signs to end of road.	Tue	5/5	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.

* 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	\$8.00	9:00-10:00 AM	612-825-6844 Call for reservation.
Williston Center , 14509 Minnetonka Drive, Minnetonka, MN 55345	Thu	\$8.00 (\$7 members)	3:00-4:00 PM Band-aid bunch	952-939-8370 Pat Allar

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

In Memory...



Jim Stark

Jim died 4/7/09 of a heart attack soon after his last tennis match. Jim joined Senior Tennis in 2007. He loved the game and his tennis friends. He will be remembered for his work in accounting, service to the community, faith in God, passion for sports and love of his family. Jim is survived by his wife of 60 years, Dorothy Shikany Stark; brother, Ted (Pat); five children and 10 grandchildren.



Jean Elizabeth Kelly

Jean, a lifetime member of Senior Tennis, left this lifetime peacefully on March 11, 2009 while staying with her son and family in Texas. Jean is survived by 2 children, Patricia (Kelly) Hartle and Tim Kelly; nephews, nieces, grandchildren, and great-grandchildren. Jean graduated from St. Mary's Hospital Nursing Program in Minneapolis in 1941. She worked as a RN for over 40 years, traveled to Europe, Ireland, and 32 states and loved to play bridge, golf and tennis. Jean had many lasting friends, including: Eunice, Libby, Karen, Delores, and others.



Financial Review

By Marv Schneider, STPC Treasurer

The following Financial Review compares the finances

of the Senior Tennis Players Club, Inc. for the year 2007 to that for year 2008. I will be available at the Annual Meeting and Captains Luncheon on Saturday, May 16, to answer any questions on it.

	12/31/2007	12/31/2008	COMMENTS
ASSETS			
Cash	\$21,715.00	\$11,475.00	
CDs, Money Markets	\$84,912.00	\$91,134.00	
Prepaid Postage	\$855.00	\$262.00	
Total Assets	\$107,482.00	102,871.00	
LIABILITIES & EQUITY			
Prepaid Membership	\$26,500.00	\$28,300.00	
Retained Earnings	\$79,691.00	\$80,890.00	
Net Income	\$1,291.00	(\$6,319.00)	See Note 5
Total Liabilities & Equity	\$107,482.00	\$102,871.00	

Note 1. There were more lessons given in 2008.

Note 2. Special events include the Annual Meeting and Captains Luncheon, Jack Dow Tourney, Bolger Clinic, Grandparent/Grandchild Tourney, two Tennis Parties, and the Annual Picnic. Most of these are run on a breakeven basis.

Note 3. Membership expenses include printing and delivery of the roster.

Note 4. Contributions in both years went to InnerCity Tennis, St. Paul Urban Tennis, and Fred Wells Tennis and Education Center. A defibrillator went to Reed-Sweatt in 2007 and to Fred Wells in 2008. Larger donations went to all three in 2008 and \$1000 went to Support the Courts.

Note 5. The two biggest differences in the two years were the larger contributions and more lessons given in 2008.

	2007 ACTUALS	2008 ACTUALS	DIFFERENCE	COMMENTS
Paid Members	1468	1399	69	
INCOME:				
Dues, Interest, Misc. Inc.	\$41,347	\$42,039	(\$692)	
EXPENSES:				
Newsletter	\$11,863	\$14,325	\$2,462	
Lesson Program	\$7,905	\$11,850	\$3,945	See Note 1
Special Events	\$3,824	\$3,575	(\$249)	See Note 2
Membership	\$5,828	\$5,194	(\$634)	See Note 3
Contributions	\$6,538	\$10,657	\$4,119	See Note 4
Administration	\$4,099	\$2,757	(\$1,342)	
Total Expenses	\$40,057	\$48,358	\$8,301	
NET (Income - Expenses)	\$1,290	(\$6,319)	\$7,609	See Note 5

not allowed according to Friend at Court. So the answer to the rules question is that the server double-faulted, because once the ball bounced out of bounds the point was over. Had it fallen in the service box, the let call would be allowed.

Let, or not?

By David Sommer

Last month I posed this rule question. Situation: opponent's 2nd serve. His serve was out, but as his ball was in the air a ball came over the netting onto the court. I claimed he double-faulted, because the incoming ball could not have influenced his serve. But he maintained that he should get a let. I conceded the issue, since arguments spoil the game.

But what should the ruling be? Senior Tennis Players Club member Rich Naistat provided the answer. Rich checked with a very knowledgeable tennis official. That tennis official said that the server may not call a let once he has served until after the ball bounces. Whether the ball bounces "in" or "out" is immaterial insofar as whether a "let" call would be permitted. The server calling a let before the ball he just served bounces essentially gives the server a second chance, which is

Kudos to Marv Schneider!

By Thue Rasmussen

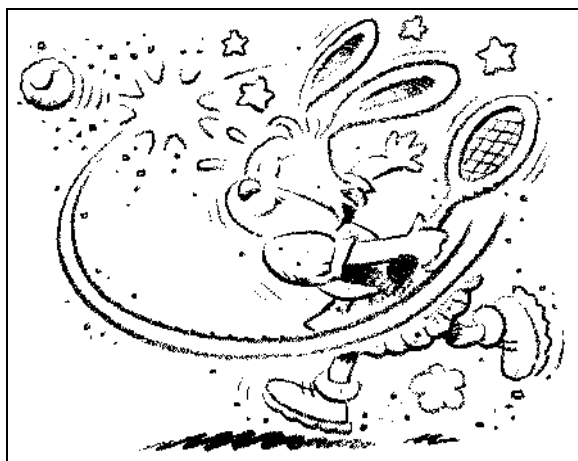
Not only is his selection as recipient of the Dow Trophy award well merited for his long record of diverse support for tennis, especially our STPC, but his article in the April issue of our Senior Tennis Times newsletter where, as Treasurer of our STPC Board, he adroitly answered the question "Where did my \$25 go???" was informative and an appropriate public relations move to satisfy the few who may question (surprisingly) the value of this annual membership fee.

Boyer-Hughes Clinic

Don't wait! The Boyer-Hughes Clinic **with an improved format**, led by Roger Boyer, takes place **June 1**. You'll improve your game, have a great time, and get lunch too, all for \$12.50. Bring a guest for just \$15.

Registration closes **May 27** and there is a limit of **96** players, so sign up now and be sure you're included.

Boyer-Hughes
Tennis Clinic & Luncheon
Monday, June 1, 2009



Reed-Sweatt Family Tennis Center
4005 Nicollet Avenue South
Minneapolis, MN 55409
612-825-6844

Tennis at 9 a.m., luncheon at **noon**
Please arrive by 8:45 am

Format: 3 50-minute segments
Men and women, everyone plays!

\$12.50 per member, \$15 per guest

96 Players Only
Register by May 27, 2009

Boyer-Hughes Clinic & Luncheon Reservation Form

Name: _____

Phone (w/ area code): _____

Skill Level: 1-1.5 2-2.5 3-3.5 4.0

Send your check payable to STPC (\$12.50 per member, \$15 per guest) and this form **by May 27, 2009** to:

Ronnae Wagner
5326 Rogers Drive
Minnetonka, MN 55343
952-938-5785

All players must sign the Release Form below:

RELEASE FORM

As a condition of my membership, I agree that any participation by me in the activities of, or sponsored by, the Senior Tennis Players Club, Inc. (STPC), a nonprofit organization, including, but without limitation, activities such as tennis lessons, clinics, drills, rating sessions, camps, trips, playing in or attending tennis games, tournaments, groups or social events, shall be at my sole risk; and I hereby release and hold harmless STPC and its officers, directors, members, employees, agents, tennis pros, tennis clubs, courts and facilities used or licensed by STPC, and all independent contactors with STPC (all being "Associated Others") for all claims of damage, whether due to injuries to person or property; to any direction, conduct, scheduling or claimed discrimination, nonfeasance or malfeasance, or otherwise, arising out of, or occurring in connection with, any such activities or conduct of STPC or such Associated Others.

Signature: _____

Date: _____

Watch the Dow!

Spectators are welcome at the Jack Dow Tournament May 4-7. There is seating at each end of the RSFTC bubbles. Come and see your friends compete for 1st and 2nd place trophies, courtesy of Humana.



A review of Tennis in the Northland by Bill Holden

Reviewed by Bill Cosgrove

Minnesota tennis can be as quirky, capricious, and unpredictable as the weather it's played in. For high school tennis in the spring, this can be especially true. There's the story of the player's eyeglasses that were completely covered over with driving snow and all that was visible were two white disks where his eyes should've been. Or the kick serve hit into so ferocious a cross wind that it bounced over the fence.

In spite of such handicaps, Minnesota has had players who were nationally ranked, won national titles, played professionally against (and even beat) world-class tour players, and represented the U.S. on international teams. The state also has some of the most successful programs for inner city and summer park tennis in the nation. If tennis is really, as some have said, "a wealthy man's game," Minnesota has done a good deal since at least the 1970s to make it more inclusive and "bring it to the kids in the streets" after the rush to the suburbs in the 1950s.

In Jim Holden's 2008 book Tennis in the Northland: A History of Boys' High School Tennis in Minnesota (1929-2003) you will find this information and a good deal more, including the occasional quirky rule change along the way. Coaches, boys singles and doubles champions, "dark horse" teams, dynasty teams, and tennis families are some of the topics in the 10 chapters and seven appendices of Holden's book, along with a "Foreword" by Steve Wilkinson.

Edina High School, for instance, has won the most team championships (25) through 2003 and no other school has even come close. You may wonder about the other schools that have won far fewer titles, or only one, but with far less students, money, equipment, practice facilities, available courts, private coaching, etc. Well, Holden gives us those, too.

Among these other smaller schools with fewer amenities are what author Holden calls the "Dark Horse" teams of St. James and Greenway of Coleraine that won state team titles. An Iron Range town of barely over 1,000, Coleraine took the state title in 1961, thereby pulling off "one of the most remarkable stories in the history of Minnesota boys' high school tennis."

In doing so, its doubles team, cobbled together from their #1 and #2 singles players for the State Tournament, won the doubles title over two large Minneapolis schools, Roosevelt and North, and then Austin in the finals. The League's "quirky scoring system" at the time may fairly be said to have had something to do with the win, but the doubles team still had to come from behind in two of their matches. Adding to the personal drama of their story, one of these two doubles players died tragically young at age 22 (the other Jim Miller, is today a member of STPC).



TENNIS in the NORTHLAND



A HISTORY OF BOYS' HIGH SCHOOL TENNIS IN MINNESOTA
(1929-2003)

by JIM HOLDEN

Blake with 12 state team championships is second after Edina, but 10 of those titles are in Class A for smaller schools. Does that affect

in some way its accomplishment? In the cases of both Edina and Blake, their total numbers would be reduced if wins before the beginning of the so-called "True Team" era in 1973 (in which the method of scoring was changed) were not counted.

In individual play, Ken Boyum, a "public parks product," won state titles in both singles and doubles in 1942 and 1943 making him the "only Minnesota player to twice claim titles in both events." With the rules change in 1950 forbidding such double entries, what does that do to this record?

Other singles standouts among many include Dave Healey ("first three-time Minnesota singles champion"), Chuck Darley ("the greatest high school player in Minnesota history"), and David Wheaton ("the greatest male professional player from the state") having been a Wimbledon semi-finalist, U.S. Davis cup member, and ranked 12th in the world.

As for coaches, Holden, a retired Hall of Fame coach himself, includes an entire chapter devoted to 28 recent inductees into the Minnesota Hall of Fame as well as a chapter for over 48 "prominent" coaches since 1929 from throughout the state. And as with all the entries, he gives plenty of biographical details as well as tennis and coaching accomplishments.

Holden's book has much to recommend it in addition to its abundance of statistics and information about Minnesota tennis. It's filled with human-interest stories about players and coaches and the Minnesota towns they are from. Multiple interviews and 1st hand

(Tennis in the Northland—Continued on page 8)

(Tennis in the Northland—Continued from page 7)

accounts, 180 pictures, and thorough research yield interesting background and contextualizing narratives on every page. From the teaching majors of high school coaches (surprisingly many in history and English) to the tennis upbringing of players (public courts vs. private country clubs), Holden gives us full, rounded portraits of a host of tennis players in Minnesota, many of whom I would guess you will know. The book itself is large format (8½ x 11, 444 pages) and professionally printed on quality paper with quality cloth binding and attractive covers and dust jacket. Altogether a high quality and attractive publication.

Finally, in addition to the short cultural histories of each decade, Holden includes excerpts from the plays of Shakespeare, who, as far as I know, was not a tennis player. “’Tis true ’tis pity, and pity ’tis ’tis true.” Would

that he were. Tennis and Shakespeare “twinn’d” together—priceless.

Editor’s note: *Jim Holden, who is a member of Senior Tennis, will have a table at our Annual Meeting where he will be selling this book. The list price is \$34.95, but for STPC members, he discounts the price to \$29.95. In addition, he contributes \$5 to our club for every copy sold to a member. So help yourself and your club by taking advantage of this offer for a wonderful book. You can also order the book directly from Jim for the same price. His address is 708 1st St W, Northfield, MN 55057.*

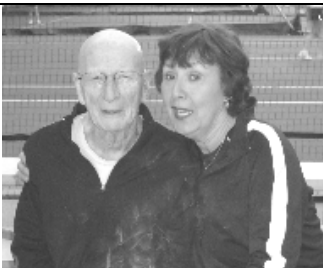
Whether you buy the book at the annual meeting, or direct from Jim, the total price with sales tax is \$31.90.

The book is also available at Amazon.com, Borders, and Barnes and Noble. You can learn more about Jim and this book by visiting his website: www.jim-holden.com

He’s my hero!

by Jo Rolling

Yes, he’s my hero and his name is Larry LaLonde and he just celebrated his 89th birthday on March 12. He is also my favorite sesquipedalian (look that up!).



Larry and I have co-captained two courts at Reed-Sweatt for STPC for ten-plus years now. In my estimation he has improved his game during that time. Also, during that time he lost all of his hair which seems to have made him quicker when he poaches at the net. He is living proof you **can** get better with age. He never picked up a tennis racquet until he was 52 years old.

Let me tell you a little bit about **my hero**. He was born on March 12, 1920, in Gilbert, MN, which is near Virginia, MN, up on the Iron Range. He was the youngest of twelve children and his mother died when he was very young. Life wasn’t easy but they made the best of it. He used to read the newspaper to his father and to this day loves to read.

After graduating from high school, Larry enlisted in the army (all 132 lbs. of him) and became a bombardier flying in the B-17 bombers in WWII. These planes were known as “flying fortresses”. Webster defines a bombardier as “a member of a bomber crew whose duty it is to guide the plane in the run over the target by means of the bombsight and to release the aerial bombs.”

Larry came back from the war and earned an education under the GI bill. He married, raised a family, worked and eventually retired from his job as Director of Public Works in Minneapolis. Besides playing tennis 2-3 times a week, he volunteers weekly at a local hospital. He is currently married to his wonderful wife, Barbara, and they share a blended family.

Oh, one last thing: Larry refuses to fly and not because he’s afraid...he just doesn’t like the hassle at airports. Luv ya, Larry, and look forward to celebrating your 90th birthday on the tennis courts! Thanks for being my hero and keep swinging!

Legendary ladies

By Connie Waterous

Two tennis legends, hitting winners in the “Owie” drill at Reed-Sweatt, provide plenty of inspiration for players who are dealing with physical issues. At 89, Ginny (Virginia) Humphrey is working with a new titanium shoulder and getting in shape to play with her children and grandchildren. At 94, Marmie (Margaret) Ankeny has an all-around game that emphasizes placement of volleys and touch shots.

Each is proving that tennis is truly the sport of a lifetime. And incidentally, each shows that the docs are right in saying that exercise helps not only your physical health but also keeps your attitude upbeat and your brain in good shape.

“I could not be feeling the best that day, but the minute I hit the tennis court, I feel better,” Marmie said.

Each legend grew up in Minneapolis and each was started in tennis by her father.

(Legendary ladies—continued on page 9)

(Legendary ladies—continued from page 8)

Ginny began playing at age eight or nine, on outdoor clay courts at Nicollet and Franklin in Minneapolis. The only tennis lessons she recalls were from Phil Brain, the University of Minnesota coach when Ginny was at University High. She was on the tennis team at Smith College (Massachusetts) and had a career teaching school. “I’d teach in the morning and play tennis in the afternoon,” she recalled.

Ginny’s tennis triumphs include a championship. She was women’s singles champion of Minneapolis and recalls some doubles wins at the Minikahda Club. One of her indelible tennis memories was playing Jeanne Arth, the only Minnesotan who has won a Wimbledon championship (ladies’ doubles, in 1959).

“She let me have one game each set,” Ginny recalls.

Marmie first picked up a racquet at the age of five, when her father would take her to the old Minneapolis Tennis Club on Grand Avenue and 22nd Street. Then at age 17 she became a tennis counselor for the summer at Lyman Lodge, a YWCA camp for young girls and working mothers, on Lake Minnetonka.

“Tennis has been such a big part of my life,” Marmie said. “I have had so many friends and family play tennis over the years. It has brought all of us closer together. When my husband passed away and I moved back to Minnesota, tennis was the one thing that really kept me going during that terrible time.”

Marmie also played at the Minikahda Club and has a memory that really reflects its time. Believing that the club courts should be kept clear for the men on Saturdays, Marmie and several other women went to public courts instead.

Both legends remember playing at tennis courts gone but not forgotten. There was a complex of courts at the Parade Stadium, where the Walker sculpture garden is located. There was a North Star club on Highway 12 in St. Louis Park, one of the earliest indoor court areas in the city (near the current club on Cedar Lake Road). And Ginny remembers playing on a grass court (privately owned) in Deephaven. And they both have many tennis-playing children and grandchildren

For the summer, Marmie is looking forward to playing at Carpenter Park, where she applauds the excellent team of captains including LaVerne Wilger, Barb Webb, Mel and Millie Warnert and Julie Richmond. “After 50 years of trying to get subs, I like the come-if-you-please walk-ons,” Marmie says.

Ginny lives at Madeline Island (WI) in the summer and belongs to tennis groups there. There are a number of courts on the island but (alas) the one red clay court is, she says regretfully, somewhat run down.

Both legends enjoy the “Owie” drills, taught by Dilcia Pederson. Dil’s aim is to help people get back into tennis, generally after some injury-related lay-off, and she says both legends are doing great and improving.

NO MEMBERSHIP INFORMATION IS INCLUDED IN THE WEB VERSION OF THE NEWSLETTER. The print and email versions have membership additions and changes in this space.

(Tennis events—continued from page 1)

sure the local Minneapolis and St. Paul inner city tennis programs are contributing to this increase in tennis participation.

Other March/April Results

Mardy Fish, Edina native, defeated Evgeny Korolev 7-5, 6-3 in Delray Beach, FL, recording his third career tournament championship. He previously won singles tournaments in Stockholm in 2003 and Houston in 2006.

Venus Williams defended her Mexican Open singles title by beating Flavia Pennetta 6-1, 6-2. This championship provided Venus with her 41st singles title. Playing on clay in Acapulco, she became the only active professional women's player to win 40 championships.

Andy Murray won his third tournament of the year in early April with a 6-2, 7-5 victory over Novak Djokovic

in the Sony Ericsson Open in Key Biscayne, Florida. In the Sony Ericsson women's final, Serena Williams was upset by 19-year-old Victoria Azarenka 6-3, 6-1. Serena tried to compete with a sore thigh and ankle after defeating sister Venus in the semi-final match 6-4, 3-6, 6-3.

High School Favorites

Edina is again the pre-season favorite to win the Class 2A state title with two singles players, Hamish Weerasinghe and Noah Siviler, ranked in the top ten Metro Rankings in the Star Tribune. The three "E's", Edina, Eagan and Eden Prairie are ranked 1, 2, & 3 in this early ranking.

Moundview Coach, Mike Cartwright, reported that Wyatt McCoy, who won the Class 2A singles title as an 8th grader in 2007 and finished third in 2008, is playing national tournaments. McCoy is ranked 13th in the nation for boys 16 and under.

I.D. for Emergencies

By Harlan Hansen

Every Senior Tennis player should attach some form of identification onto his or her tennis racquet. The obvious reason is if it were lost or stolen. There is an equally important reason and that is in case of a medical emergency on the court.

I play Monday, Wednesday, Friday mornings at the Roseville Middle School with up to 20 players. I know all of their names: three Jim's, four Bob's, five Bill's, one Whitey (where did he come from?) and an assortment of other names. It's a great group and we have spirited play. Most of us come alone, some come together, some know each other personally, most of us

have met as new friends.

If I had a serious fall on the court, experienced a heart attack or became incapacitated in some way, I know someone would immediately call 911. But would anyone know how to contact my wife if she was home or our son if she were not? Calling 411 would get to her, perhaps, but who knows our son's first name? Any delay would be my fault because I have given my colleagues no help in this endeavor.

This year is different. I now have the information attached to my racquet. My main hope, of course, is that it will never be needed.

Editor's note: *if no space on your racquet, you could attach the information to your tennis bag with a luggage tag.*

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.



Interested in Head racquets & clothing? Consult Percy Hughes 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: Get that To-Do list taken care of. Basic repairs and maintenance. Friendly, affordable and flexible. SW Metro area. Bob Thompson, 952-929-0844 / rthompson123@gmail.com.

For Sale: Cornerstone Co-op 1 or 2 BR units for Seniors. Amenities, balconies, garages, in unit laundry, storage, cable TV. 3790 Lawndale Lane N, Plymouth, MN. 763-478-4661 for tour.

2 Greek homes 3BR 2.5BA near Nafplio. €585-€780/wk. MN owner Sally Howard 612-340-9706 details.

Need a vacation? Go anywhere, reasonable rates. Ken Landro 763-544-9757.

Garden Handyman. Garden help in Bloomington & surrounding areas. Call Lee Peterson at 952-270-9472.

For sale: 2BR 2BA condo for seniors (55+) 1020 sq ft. 4th floor in Uptown 28th & Hennepin. 612-741-5290.

Tennis Desk—part time position with perks. Bearpath Country Club. Raman Jayapathy, 952-949-0889.



26th STPC Annual Meeting

All Members Welcome

- Captain's Recognition Luncheon
- Jack Dow Trophy Award
- Annual Meeting

Saturday, May 16, 11:00 am - 2:30 pm
 Town & Country Club
 300 Mississippi River Boulevard N.
 St. Paul, Minnesota

Schedule of Events

- 11:00 am Social Hour
 12:00 pm Luncheon
 1:15 pm Annual Meeting, Introduction of new Board members, and Jack Dow Trophy award.
 1:45 pm Speaker: Jim Klobuchar, journalist, author, trip leader

Luncheon Menu

- Steak Diane—sautéed medallions of beef tenderloin with shallots*
Salad of mixed greens, strawberries and brie cheese with poppyseed dressing
Dessert tray of mixed bars
Regular or Decaf Coffee, Hot or Iced Tea

Directions to Town & Country Club

From 94 East: Take the Cretin Avenue/Vandalia Street exit (exit 237) and turn left (south) onto Cretin Avenue. Turn right onto Marshall Avenue. Turn right onto Otis Ave, then left into parking.
From 94 West: Take the Cretin Avenue/Vandalia Street exit (exit 237) and turn right (south) onto Cretin Avenue. Turn right onto Marshall Avenue. Turn right onto Otis Ave, then left into parking.

Send reservation form by Monday May 11 with check for \$19 payable to STPC to:
 Sue Shull • 7098 Red Cedar Cove • Excelsior, MN 55331 • 952-831-5235

Please call to cancel if unable to attend.
 (Cancellations accepted up to 24 hours prior to event)

Captains: you will receive a mailed invitation—**do not use this reservation form!**

STPC Luncheon Reservation form for Non-Captains and guests only
Saturday, May 16, 11:00 am - 2:30 pm. Cost: \$19 per member or guest

Name: _____

Name: _____

Phone: _____

USTA tennis in the desert: blood on the sand

By Bill Cosgrove

If you were to go to Palm Springs or Indian Wells, CA regularly (or your rich friends go and tell you about them), you'd know all about the blistering sun, suffocating heat, and dry desert air pervading everything in every direction. You'd see the sand, cacti, tumble weeds, human-made canals looking like arroyos, and the backdrop of brown mountains looking like naked hills suddenly pushed up from hell without an invitation from anybody. And barely any respectable claim to mountainous beauty.

A cynic might say those dirty foothills of the Santa Rosa Mts. are to real mountains what the Foshay Tower is to the Eiffel Tower. Each is certainly formidable on its own, but others of its kind are so much more, ... well, ... striking. These hills from hell—lifeless, barren looking—stand in stark contrast to the lush greenery of the nearby resorts—artificial, imposed, imported, trucked in—surrounding the spot-lit date palm trees. All the resorts together look like an up-scale, less-garish Las Vegas strip without neon lights or go-go girls—a picturesque, adobe-like haven that you might see on the back lot of a major movie studio, maybe for making a new Griswold family vacation movie—“Palm Springs Vacation.”

But suppose you went there for a National championship tennis tournament for USTA Senior 3.5 league play representing the “Northern Section” along with winners from the other USTA Sections around the country. In other words, as a recognition and reward for accomplishing something or other. In that case, Indian Wells would be a Mecca of tennis talent and a font of wisdom, achievement, and success like no other, ever. A wonderful place for meeting the tennis elite and hobnobbing with one's fellow wizards. It would be, in such a case, one of the finest tennis facilities in the country and a once-in-a-lifetime experience promising a rare, life-affirming endorsement of one's otherwise mundane life. It might even prompt Seniors to say, “Now I can die happy having made my mark and left my blood on the unforgiving sands of Palm Desert.”

Each desert town melts into the next one unobtrusively and suddenly from any given intersection to another. You start out in Indian Wells but then you are suddenly in Palm Desert...or Rancho Mirage... or La Quinta. And they melt because there are virtually no noticeable differences between one and another. At the same time,

it's all a kind of repetitive illusion because it seems as though you are always going someplace else that is exactly like where you've just been. And so is everyone else. The main streets are smooth flowing arteries of autos and acceleration ripping along on their way to the next place. This maze of highways imposed on the desert floor of sand is today's version of the ancestral trails beaten for millennia into the silty clay of the underlying ancient China Lake of the Pleistocene Age.

And yet our team's arrival on this unforgiving, ancient sand seems oddly serendipitous in that we have exactly enough players—Jim Winter, Dan Whalen, Eric Narvaez, Kevin Mulcahy, Tim Lee, Rick Kadue, Bruce Hashimoto, Paul Dalton, and Bill Cosgrove—so each can play two matches out of three in different combinations in the two days. A few win both their matches—Jim, Kevin, and one other fortunate enough to partner with both of them—and all are affected by the terrible beauty of relentlessly perfect weather and an unrelenting sun. One swears that an opponent said this is the best 3.5 Senior men's team from Minnesota in five years—Mirage? Sunstroke? Satan? Tennis in Paradise must still give the Devil his due.

The location of the matches—the Indian Wells Tennis Garden—is the largest covey of tennis courts you've ever seen. Something like 20 courts surround on two sides a center court looking very much like a miniature soccer stadium masquerading as a stylized bullring. Many are arranged in a multi-level series of byways and courtyards that give the impression of semi-privacy. But all are open to the blinding sun pasted in the limitless sky like a red wafer.

The entire complex of resorts, towns, and tennis center is like being inside a vast bumper car game, or a movie like “The Matrix,” “Blade Runner,” “Batman Begins,” or Disney's “Tron,” or an expanded computer circuit board. It's like a labyrinthine pinball game containing flippers, levers, and bumpers manipulated by some Pinball Wizard who bounces you from one group of gated communities and fenced enclaves to another. You get the feeling that if you ever leave the confines of this artificial watering hole you'll end up wandering in the real desert for 40 days and nights and then wind up back where you started. You are on a gigantic Mobius strip in the Twilight Zone.

Within that autonomic tennis world, you are guaranteed a minimum of three team matches in your 4-team division and the chance to advance to the semi-finals and finals. A snowball's chance, really, since you'll be

(Blood on the sand—continued on page 14)

(Blood on the sand—continued from page 13)

playing teams that play outdoors year round and that seem to be frolicking in their own backyard while you've been putting a couple thousand miles on your frequent flyer card.

But say you win your first team match at 9:30 a.m. against an equally disadvantaged opponent from Rhode Island, 2-1, in a third-set tiebreak. But you are still left at a disadvantage when your beaten foes give you mementos from their state and you have nothing from Minnesota for them in return. And then that afternoon you lose the next match 1-2 to the eventual national champions, Atlanta, GA from the Southern Section, and the next morning lose to Northern California 1-2 in another third-set tiebreak. These are good losses, if there is such a thing, and a bottle of wine from NorCal is little solace. In some ways, the best part of this tennis day is playing mixed doubles with the Northern Section Women's 3.5 Senior team in the late Saturday afternoon sun a few miles down the road in Palm Desert

Within this "Oasis of desert resorts," as the eight cities in the Coachella Valley bill themselves, there are enough impressive attractions and adult playground activities to make a Senior USTA League player's aging body quiver and mouth water. And then there's the pleasant evoking of old, famous, and mostly dead people in the street names—Bob Hope Drive, Dinah Shore Drive, Gene Autry Trail, Frank Sinatra Drive. If you are not properly impressed and hopelessly jealous, not to mention unappeasably covetous, you'll have to answer to them.

Stretching: the truth

By Gretchen Reynolds [from the NY Times, November 2, 2008]

When Duane Knudson, a professor of kinesiology at California State University, Chico, looks around campus at athletes warming up before practice, he sees one dangerous mistake after another. "They're stretching, touching their toes..." He sighs. "It's discouraging."

If you're like most of us, you were taught the importance of warm-up exercises back in grade school, and you've likely continued with pretty much the same routine ever since. Science, however, has moved on. Researchers now believe that some of the more entrenched elements of many athletes' warm-up regimens are not only a waste of time but actually bad for you. The old presumption that holding a stretch for 20 to 30 seconds—known as static stretching—primes

You might be forgiven for wishing you had a nickel (wait, make that a dollar considering our destroyed economy) for every lob you lost in the depthless blue sky. But, actually, the 95° heat is less overwhelming than some summer days I've spent on courts in Minnesota and North Dakota missing overhead lobs. The special pro-fit absorbent shirts you buy in the Indian Wells Tennis Garden pro shop ("Special Sale ½ Price!") are a lesson in preventive overkill. They really aren't as necessary as advertised. A simple Minnesota Nice cotton one will do just fine, thank you. And then there's the \$15 special cooling towel that's guaranteed to stay cold against your neck for as long as you can stand up on court against your opponent. It actually feels uncannily like a chamois collar, and looks like an ascot in some overdressed athlete's nightmare.

Here, then, like it or not, is the backdrop for the ideal golden years of your life, the fatted, golden calf made modern and acceptable. Indian Wells is the Biblical promised land of milk-and-honey, the "city on a hill," Shangri-La, Eldorado, the New Eden, Atlantis, the New Jerusalem, the New Ark—your just desserts in a reclaimed desert for a life well-spent. Take home your T-shirt, towel, and your special souvenir cap for test-driving a Chrysler Sebring convertible with a state-of-the-art GPS system and a titanium top that folds back invisibly into the trunk. Count your blessings, not to mention the exclusive fenced enclaves, members-only resorts, walled-off residential neighborhoods, and gated communities straddling 4- and 6-lane highways. Claim your just reward. You only go around once, remember. But you knew that.

muscles for a workout is dead wrong. It actually weakens them. In a recent study conducted at the University of Nevada, Las Vegas, athletes generated less force from their leg muscles after static stretching than they did after not stretching at all. Other studies have found that this stretching decreases muscle strength by as much as 30 percent. Also, stretching one leg's muscles can reduce strength in the other leg as well, probably because the central nervous system rebels against the movements.

"There is a neuromuscular inhibitory response to static stretching," says Malachy McHugh, the director of research at the Nicholas Institute of Sports Medicine and Athletic Trauma at Lenox Hill Hospital in New York City. The straining muscle becomes less responsive and stays weakened for up to 30 minutes after stretching, which is not how an athlete wants to begin a workout.

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The right warm-up should do two things: loosen muscles and tendons to increase the range of motion of various joints, and literally warm up the body. When you're at rest, there's less blood flow to muscles and tendons, and they stiffen. "You need to make tissues and tendons compliant before beginning exercise," Knudson says.

A well-designed warm-up starts by increasing body heat and blood flow. Warm muscles and dilated blood vessels pull oxygen from the bloodstream more efficiently and use stored muscle fuel more effectively. They also withstand loads better. One significant if gruesome study found that the leg-muscle tissue of laboratory rabbits could be stretched farther before ripping if it had been electronically stimulated—that is, warmed up. To raise the body's temperature, a warm-up must begin with aerobic activity, usually light jogging. Most coaches and athletes have known this for years. That's why tennis players run around the court four or five times before a match and marathoners stride in front of the starting line. But many athletes do this portion of their warm-up too intensely or too early. A 2002 study of collegiate volleyball players found that those who'd warmed up and then sat on the bench for 30 minutes had lower backs that were stiffer than they had been before the warm-up. And a number of recent studies have demonstrated that an overly vigorous aerobic warm-up simply makes you tired. Most experts advise starting your warm-up jog at about 40 percent of your maximum heart rate (a very easy pace) and progressing to about 60 percent. The aerobic warm-up should take only 5 to 10 minutes, with a 5-minute recovery. (Sprinters require longer warm-ups, because the loads exerted on their muscles are so extreme.) Then it's time for the most important and unorthodox part of a proper warm-up regimen, the Spider-Man and its counterparts.

"Towards the end of my playing career, in about 2000, I started seeing some of the other guys out on the court doing these strange things before a match and thinking, 'What in the world is that?'" says Mark Merklein, 36, once a highly-ranked tennis player and now a national coach for the United States Tennis Association. The players were lunging, kicking and occasionally skittering, spider-like, along the sidelines. They were early adopters of a new approach to stretching.

While static stretching is still almost universally practiced among amateur athletes—watch your child's soccer team next weekend—it doesn't improve the muscles' ability to perform with more power, physiologists now agree. "You may feel as if you're able

to stretch farther after holding a stretch for 30 seconds," McHugh says, "so you think you've increased that muscle's readiness." But typically you've increased only your mental tolerance for the discomfort of the stretch. The muscle is actually weaker. Stretching muscles while moving, on the other hand, a technique known as dynamic stretching or dynamic warm-ups, increases power, flexibility and range of motion. Muscles in motion don't experience that insidious inhibitory response. They instead get what McHugh calls "an excitatory message" to perform. Dynamic stretching is at its most effective when it's relatively sports specific. "You need range-of-motion exercises that activate all of the joints and connective tissue that will be needed for the task ahead," says Terrence Mahon, a coach with Team Running USA, home to the Olympic marathoners Ryan Hall and Deena Kastor. For runners, an ideal warm-up might include squats, lunges and "form drills" like kicking your buttocks with your heels. Athletes who need to move rapidly in different directions, like soccer, tennis or basketball players, should do dynamic stretches that involve many parts of the body. "Spider-Man" is a particularly good drill: drop onto all fours and crawl the width of the court, as if you were climbing a wall. (For other dynamic stretches, see below.)

Even golfers, notoriously nonchalant about warming up (a recent survey of 304 recreational golfers found that two-thirds seldom or never bother), would benefit from exerting themselves a bit before teeing off. In one 2004 study, golfers who did dynamic warm-up exercises and practice swings increased their club-head speed and were projected to have dropped their handicaps by seven strokes over seven weeks. Controversy remains about the extent to which dynamic warm-ups prevent injury. But studies have been increasingly clear that static stretching alone before exercise does little or nothing to help. The largest study has been done on military recruits; results showed that an almost equal number of subjects developed lower-limb injuries (shin splints, stress fractures, etc.), regardless of whether they had performed static stretches before training sessions. A major study published earlier this year by the Centers for Disease Control, on the other hand, found that knee injuries were cut nearly in half among female collegiate soccer players who followed a warm-up program that included both dynamic warm-up exercises and static stretching. (For a sample routine, visit www.aclprevention.com/pepprogram.htm.) And in golf, new research by Andrea Fradkin, an assistant professor

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(Stretching—continued from page 15)

of exercise science at Bloomsburg University of Pennsylvania, suggests that those who warm up are nine times less likely to be injured.

“It was eye-opening,” says Fradkin, formerly a feckless golfer herself. “I used to not really warm up. I do now.”

You’re getting warmer: the best dynamic stretches

These exercises—as taught by the United States Tennis Association’s player-development program—are good for many athletes, even golfers. Do them immediately after your aerobic warm-up and as soon as possible before your workout.

Straight leg march

(for the hamstrings and gluteus muscles) Kick one leg straight out in front of you, with your toes flexed toward the sky. Reach your opposite arm to the upturned toes. Drop the leg and repeat with the opposite limbs. Continue the sequence for at least six or seven repetitions.

Scorpion

(for the lower back, hip flexors and gluteus muscles) Lie on your stomach, with your arms outstretched and your feet flexed so that only your toes are touching the

ground. Kick your right foot toward your left arm, then kick your left foot toward your right arm. Since this is an advanced exercise, begin slowly, and repeat up to 12 times.

Handwalks

(for the shoulders, core muscles, and hamstrings) Stand straight, with your legs together. Bend over until both hands are flat on the ground. “Walk” with your hands forward until your back is almost extended. Keeping your legs straight, inch your feet toward your hands, then walk your hands forward again. Repeat five or six times.

Editor’s comment: *I accept the studies showing that static stretching is worthless or destructive. However, the dynamic stretches given above seem difficult or possibly injurious to many of us senior athletes. What are your favorite dynamic stretches? Seen any expert commentary on this?*

