



Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

June-July
2010

The Jack Dow tournament

By Charlie Robbins, President

I have been at the Dow Tournament on Monday and Tuesday. I have seen fantastic tennis, great organization, and many friendships renewed. I have been especially impressed by this: sportsmanship and a willingness to help.

Competition exists for the obvious reasons, but afterwards the players are “in the same family,” chat together, etc.

Thank you for the opportunity to serve as your President and witness such great sports-people.

Editor's note: see the story about the Dow, including pictures of winners and runners-up, on page 6.

Racketeer Challenge

More insults from George Erickson

Editor's note: I captured the following from correspondence between Jon Weiss of STPC and George Erickson, the sponsor of the Racketeer Challenge. See page 5 for the signup. Looks like we'll have a good contingent from STPC, but there is still space available. Sign up, and prove to George that **pride goeth before a fall**.

Hello George,

Just a quick note to let you know we have four more definite players for the July 23-25 tournament. We hope to have 6, and then I'll send you names and info.

We are looking forward to taking some of your hardware back to the Twin Cities!

—Jon Weiss

Hi Jon,

Thanks for the note. Keep up the good work!

We are considering adding a booby prize so you folks will be guaranteed to have a trophy to brag about. Maybe Thue Rasmussen, Ghulam Quraishi or Jo Rolling could win it if they have the nerve to show up. Maybe you could give them a call for encouragement because they are very timid—especially Jo.

—George Erickson



Tennis Events

By Bob Busch

Please keep Percy Hughes, STPC Training Director, in your thoughts and prayers. We hope he is on the mend after being hospitalized in April and dealing with his wife's long hospital and nursing home stay earlier this year. We look forward to his speedy recovery and return to the courts.

Don't delay, sign-up for the **Grandparent/Grandchild** tennis event scheduled for Saturday, July 17. Complete the registration form included in this newsletter.

Plan to watch the **State High School Tennis**

(Tennis events—continued on page 9)

Boyer-Hughes June 7

Don't wait! The Boyer-Hughes Clinic with an improved format and led by Roger Boyer, takes place Monday June 7 at Reed Sweatt. 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 June 2nd and there is a limit of 96 players, so sign up now and be sure you're included.

Nearly three hours of lessons, drills, clinics with Minneapolis' best instruction staff (according to the US Commerce Association for 2009).

Upcoming Events

Boyer-Hughes Clinic

June 7, 2010 9:00-1:00

Reed-Sweatt Family Tennis Center

Details and signup on page 8

Grandparent/Grandchild Event

July 17, 2010

Details and signup on page 10

Racketeer Challenge, Virginia, MN

July 23-25, 2010

Details and signup on page 5

InnerCity Clay Courts Tournament

Details and signup 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.

Club Founder: Jack Dow

Board of Directors

President: Charlie Robbins.....952-934-0209

Vice President: Rod Johnson763-588-2107

Secretary: Joan Thomas651-249-6992

Treasurer: Marv Schneider952-975-1895

New Members:

Dottie Gardner612-827-4918

Renewing Members:

Ronnae Wagner.....952-938-5785

Events Directors:

Carol Brant612-627-0464

Mary Ann McGuire612-929-2038

Minneapolis tennis schedules:

Rod Johnson763-588-2107

Tournaments director:

Mark Mudra952-833-1469

Paul Joyce952-927-8782

Shirley Pratt651-291-1493

Other positions

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

St. Paul tennis schedules:

Thue Rasmussen651-917-0075

Director of Training: Roger Boyer

Ass't Director: Percy Hughes612-866-1102

Percy's email: percychjr@live.com

Newsletter Editor and Webmaster

David Sommer

3657 17th Avenue South

Minneapolis, MN 55407-2805

Phone: 612-276-1313

dsommer7@usiwireless.com

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).....\$165/135

Half page (7.5x4.9)110/85

Half page on back cover125/100

Quarter page (3.7x4.9)70/50

Eighth page (3.7x2.4)45/30

Business card special30/20

Horizontal strip ads: \$55 first two inches; \$20 each additional inch. Vertical: \$75 first two inches; \$25 each add'l inch.

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 email to Ronnae Wagner: howard5326@aol.com

Membership total: 1417

June-July 2010,

Volume 23, Number 5



Percy Hughes in hospital

Many of you have heard that our training leader is recovering from cancer surgery in Fairview Southdale Hospital. He can now have visits from his good friends.

Percy has led our lesson program for many years. His gentle touch with beginning players is admired by all who have been in, or watched, those lessons. By now there are hundreds of members who got their start in Senior Tennis thanks to Percy's tutelage.

Thank you Percy! You are in our hearts, and in our prayers.



What, no mail?

Yes, your editor is broken-hearted. He's *asked* and *pleaded* for you to send him a letter—love, hate, praise, insults, *anything!* But what does he get? Just another empty mailbox, day after day! This is **your** newsletter! Send letters, articles, pictures, and enjoy your 15 minutes of fame!



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@usiwireless.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.

Minnesota Senior Games

By Ruby Rott

Your chance to qualify for the National Senior Olympics in Houston in June of 2011 is coming up this summer from July 19th through the 22nd at the Minnesota Senior Games in Alexandria. If you haven't gotten a brochure with all the information, go to www.MNSeniorGames.com. Besides singles, doubles and mixed doubles in tennis there are over 20 other events in which you can compete, from bowling and cycling to horsehoes and pickleball, as well as track and field and team sports like volleyball and softball. Whether or not you're interested in qualifying for the National Senior Olympics, it's a fun time offering social events, too, that you don't want to miss.

Super Senior Mixed Doubles

Local Super Senior adults play mixed doubles in the Twin Cities during the summer. League play begins Thursday July 8th to August 12th. Teams play at Reed-Sweatt at 40th & Nicollet Ave S.

Couples are welcomed to join us, although a tennis partner is not required. There are a number of openings for women & men. You can be 59 but turning 60 in 2010 to join the group.

This 7.0 league plays a 4.0 with a 3.0 player or two 3.5's as partners.

The fee is \$12 for the season. Tyler Krumholz from USTA is the area director for this group.

The group is fun and competitive and gives you a chance to meet other tennis players in the Twin Cities and make new friends. This is a short-season league, so give me a call or e-mail. Give us a try & join in the fun.

For further information, please contact Douglas Anders mda1938@comcast.net, 239 248-3822

—or—

Tyler Krumholz, Adult Competition Specialist and Twin Cities League Coordinator, 952-358-3287, krumholz@northern.usta.com

Rules reminders

By David Sommer

Seen at the Dow: ball hit with lots of backspin bounces back over net. Player is there; could have hit ball for winner, but hesitated because "I didn't think I was allowed to reach over the net." **Wrong!** This is the one instance in which you *may reach over the net!*

Carl Newberg goodbye

By Robert Ostlund

Our tennis player Carl, who is 90 years old, has been told by his optometrist that due to his failing eyesight he should give up tennis, for fear of a fall.



In his younger days Carl was an all-around athlete, playing all three major sports in high school. He took up tennis at age 12 but gave it up after just a few years. Fifty or so years later, he once again picked up a racket and found enjoyment in playing. Joining STPC 18 years ago, he discovered much pleasure with the game and all the fine people involved. "My indoor and outdoor game improved with each season due to the thrill of playing with good players and meeting so many nice, good-looking ladies."

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.



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

Pastel & oil painting classes. Edina Art Center.

Thursdays: Apr 15-May 20. Judy Lieber 952-884-1815

Condo on lake sleeps 6, Big Sky, MT. available 8/29-9/5. Enjoy mountain top or Yellowstone. 612-374-2860

Perfect gift for someone who played high school tennis: Tennis in the Northland—a History of Boys' High School Tennis in MN. \$30 (tax & shipping included). Call Jim Holden 507-645-5313. **\$5 from each sale donated to Senior Tennis Players Club.**

Personal Gardener. Garden help in Bloomington, Edina & surrounding areas. Lee Peterson 952-270-9472

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

For Rent: 3+ BR Lake Home. Sleeps 10. Whitefish Lake. www.vrbo.com/231747, 651-343-5931

Hilton Head condo, Oct. 16-23 2010, 2BR, 2½BA, sleeps 6, 4 courts & 3 pools, reasonable. 763-571-4605.

Another case: **call of "out" corrected to "in"** by side that made call. If ball was not returned, or was returned for an "easy sitter," the point belongs to side that hit the ball. Otherwise, replay the point starting with a first serve.

●● STPC lessons and drills—all levels ●●

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

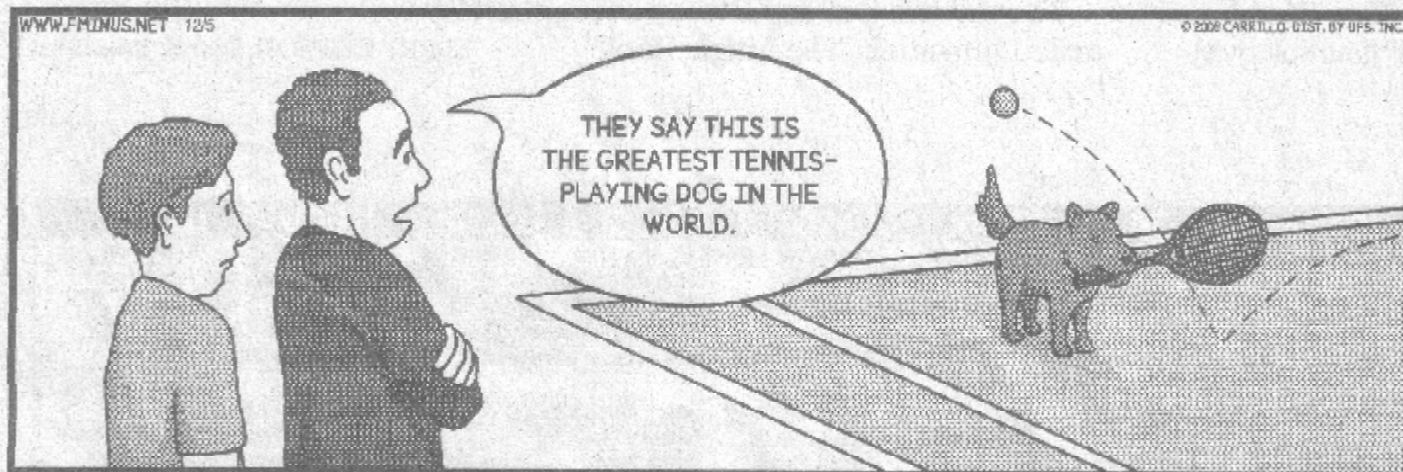
Location	Day	Start	Time	Instructor	Phone
Aquila Park Mtka Blvd & Aquila Ave St. Louis Park	Thu	5/6	8:30-10:00 AM	Duncan Welty	952-933-8592
				Paul Stormo	952-944-6286
Bryant Courts 85 th and Bryant Ave. S., Bloomington Especially for beginners!	Wed	5/5	8:30-10:00 AM	Chuck Supplee	952-884-2575
Lions Park in Golden Valley until about 6/15. Check with Duncan. Then Breck School 123 Ottawa Ave. Golden Valley	Tue	5/4	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	5/4	9:00-10:30 AM	Tom Bauman	651-738-6726

Free or low-cost lessons* are offered as part of your STPC membership. New members are encouraged to take advantage of them. * Lessons are free during outdoor season.

●● Private Club Drills Open to STPC Members ●●

Location	Day	Cost	Time	Information
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. Call 952-939-8370 to reserve. Members may call 1 week in advance; non-members 4 days in advance. All classes are \$8 members; \$10 non-members.	Mon	\$8/\$10	3:00-4:00 PM	Senior Clinic 2.0-2.5
	Wed	\$8/\$10	8:00-9:00 AM	Senior Clinic 3.0-3.5
	Fri	\$8/\$10	8:00-9:00 AM	Senior "Focused Play &

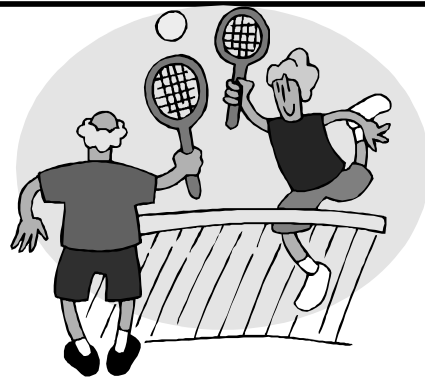
F MINUS TONY CARRILLO



Racketeer Challenge

Round Robin

July 23-25, 2010 (Friday-Sunday)
Quad Cities Tennis for All
Virginia, Minnesota



The honor of Senior Tennis is at stake! Former STPC member George Erickson insults us: "having experienced the wimpy level of tennis played by STPC members, I hereby challenge said members who are still able to move and can remember where they parked their cars, to a round robin doubles and singles tournament in the fine, new, 4-court, indoor tennis facility in Virginia, MN, that I and others have created... Categories will be men's, women's and mixed doubles and singles, with trophies to be furnished by the **Iron Range Racketeers**, which is only fair because we expect to keep them."

Combine a vacation in northern Minnesota with the opportunity to put those rangers in their place! Just \$5 entry fee, plus modest cost for indoor play (free on outdoor courts). Schedule:

Friday 2:00-9:00 — registration & informal play.

Saturday 9:30-noon & 1:30-4:30 — Tournament play.

Saturday 5:00 — dinner at one of the area's fine restaurants, followed by informal play, golf, a Lake Vermillion pontoon boat tour, or other activities.

Sunday 9:00-noon — Competition continues. Informal play, golf, etc. remainder of Sunday.

Schedule tentative, will adjust to accommodate number of players, and on your preferences. (Space for your comments below.)

Info on the facility: <http://www.quadcitiestennisforall.com/>

Virginia, Minnesota: <http://www.virginia-mn.com>

Event restricted to the first 30 persons who register. Send this reservation form with your check for \$5/ person, made payable to Quad Cities Tennis. Send to:

George Erickson
4678 Cedar Island Drive
Eveleth, MN 55734

Name _____ Rating ____ Phone _____ Email _____

Name _____ Rating ____ Phone _____ Email _____

(Space above provided for two players as a convenience only. You do not need a partner to register.)

Your comments:

Jack Dow event

By Jean Murdock

Approximately 90 players enjoyed this year's event which was held at Reed-Sweatt from May 3-May 6. A different format than in past years was used: instead of, e.g., "3.5 men's doubles" we had "7.0 men's doubles," meaning that the ratings of the partners could not exceed 7.0. So two 3.5's could play, or a 4.0 and a 3.0. Also, our excellent tournament director, Gary Rother, arranged for a full consolation round—if you lost your first match, you were in the consolation round. All matches were three sets, though the third set, if needed, was played as a 10-point match tiebreak. With this format, you were guaranteed at least four full sets of tennis for your \$10!

Our **Food Committee** was awesome: Sally Browning and Caryl Minnetti selected the menu. Helpers were Dorothy Rossing, Dottie Gardner, and Dotti Brazeal came as stand-by to help if needed.

Sign-in volunteers: Al Holter, Rosemary Rockwell, Dorothy Rossing, Dottie Gardner, Larry Bordsen, Marv Schneider

Score Table Volunteers: Dottie Gardner, Duncan Welty, Bob Busch, Larry Bordsen, Duane Ryman.

Everyone received a commemorative tennis-bag tag with the words "15th Annual Tennis Event, May 3—May 6, 2010". On the back of the tag was an image of a tennis player and words "Thank you for your participation!!"

Just a note: When Larry Bordsen in Florida received the information about the Dow event he called to say he would be back to volunteer! Can we have some others like that!!

Championship round

Important: In each picture, winners are on the right, finalists on the left.



7.0 Men: Bruce Blado, Larry Miller, David Fridgen, Robert Fridgen



7.5 Men: Don Harnish, Ed Hollenbeck, Joel Johnson, Duane Hoecherl



7.0 Women: Jan Dubois (missing in photo), Betty Culligan, Jean Robbins, Gloria Wynnemer



6.0 Mixed: Mark Mudra, Jan Mudra, Ann Barten, Thomas Kraft



7.0 Mixed: Doug Allsup, Helen Wang, Brian Kretsch, Becky Beck



7.5 Mixed: Larry Miller, Adrienne Alexander, Lowell Gillette, Sarah Lilja

Consolation round

Each picture shows the winner of a consolation round.



7.0 Men: Gary Schulze, Vince Barton



7.5 Men: Bruce Mikkelsen, Dave Appelhof



7.0 Women: Pat Dahlman, Ruby Rott



6.0 Mixed: Chuck Bartels, Florence Halverson



7.0 Mixed: Barb Schmit, Bruce Williams



7.5 Mixed: Don Harnish, Sheila Bjore

A wish for clay

By Scott J. Raskiewicz

As a tennis teaching pro and a former competitive player I owe much to our sport. As a late-blooming athlete I gained a great deal of confidence as a college tennis player. Along with my doubles partner (a close friend for over 35 years now) I was just a few points away from winning a match that would have earned us All American status. I've enjoyed dozens of weekends of competition where I was fortunate to emerge a champion, including State and United States Sectional Singles Championships. (Admittedly, the draw could have been stronger on many of those weekends.) Most important of all, I owe thanks to all the people I've met along the way—the people who allowed me the privilege and pleasure of coaching them and the people I competed against.

But tennis has taken its toll. Due to a tennis-related chronic hip problem, it has been seven years since I've been able to play competitive tennis. And there have been many days when even walking, particularly up stairs, was painful.

Being one of the tens of millions of Americans denied health care I'm not sure exactly what is wrong with my hip. From my research I've figured out I probably suffer from a recurring hip flexor strain. I still play tennis recreationally on occasion and I feel the pain most when I try to stop suddenly and push off to change directions. Over the decades I've played about 95% of my tennis on hard courts, a surface that severely punishes one's body, especially those of us who are or were singles players who enjoyed trying to chase down every ball.

I can't help but think that if I had played most of my tennis on clay I could still be out there, competing to the best of my age-diminished ability. But generally speaking, at least in the upper Midwest, clay court tennis is not for the working class. There are a few exceptions, but clay court tennis, like so many of the benefits of our society, is reserved for the country club set.

It is my hope that someday our nation will place the well-being of all citizens first, and provide the things we need, including an abundance of publicly-owned clay court facilities. This will result in a dramatic reduction in the number of hard-court related injuries that prevent so many of us from fully enjoying the great sport of tennis. We must remember, America is not a poor nation. We can afford the things that truly benefit all our citizens, not just the privileged few. Some of

these are serious, like providing adequate health care for all; some not so serious but still desirable, like publicly-owned clay courts.

Editor's note: *Scott is a member of STPC, a tennis teaching professional, the Director of The Ideal Society Center (a populist think tank) and a DFL candidate for governor.*

Tennis quotes

Writing free verse is like playing tennis with the net down. —**Robert Frost**

Tennis is a perfect combination of violent action taking place in an atmosphere of total tranquility.

—**Billie Jean King**

If you can react the same way to winning and losing, that's a big accomplishment. That quality is important because it stays with you the rest of your life, and there's going to be a life after tennis that's a lot longer than your tennis life.

—**Chris Evert**

Bill Tilden was once asked what was his secret for winning in mixed doubles. He thought about it for a moment, and then said "I hit the ball at the woman first!"

advertisement

Change your water, change your life

Thirty-five years ago, a Japanese scientist developed a machine with platinum-coated titanium plates that makes 2.5 pH acid water to disinfect and clean, 4.5 pH beauty water, to 9.5 pH alkaline, the best drinking water that alkalizes the body, eliminates acid waste, etc. I have 20 pages on the great benefits of acid/alkali water and an explanatory brochure on the automatic unit I bought. One page has a list of 106 common acidic disorders.

There are 5 machines priced from \$1,280 to \$5,980. With time payments up to 16 months, additional cost \$10 per month. Most fluids, especially sodas, are very acidic, as are many white foods, bread, flour, potatoes, sugar.

For 37 years, we've used distilled water (DW) for all drinking and cooking, which healed my calcified knees and right elbow. According to experts, subtle changes in the pH of the body's "inner sea" can affect overall health, level of fatigue, pain, weight and athletic performance. pH balance and acid buffering are crucial to human health and slowing the aging process. Info, Al Holter 763-537-1843, ajholter@earthlink.net

www.WaterCoast2Coast.com

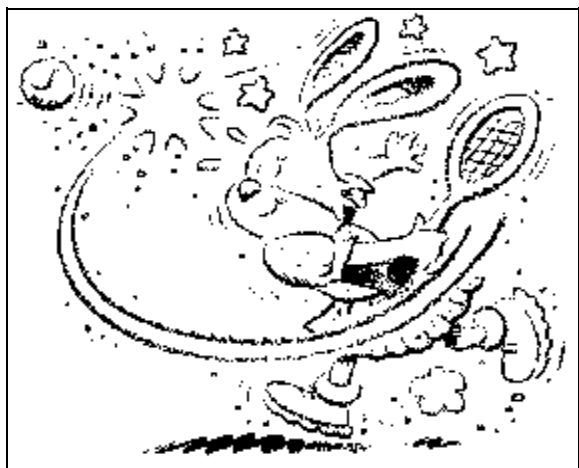
Boyer-Hughes Clinic

Don't wait! The Boyer-Hughes Clinic **with an improved format**, led by Roger Boyer, takes place **Monday June 7**. 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 **June 2** and there is a limit of **96** players, so sign up now and be sure you're included.

Nearly 3 hours of lessons, drills, clinics with Minneapolis' best instruction staff (according to the US Commerce Association for 2009).

Boyer-Hughes
Tennis Clinic & Luncheon
Monday, June 7, 2010



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 STPC member, \$15 per guest

96 Players Only
Register by June 2, 2010

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 June 2, 2010** 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 contractors 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: _____

(Tennis events—continued from page 1)

Tournament scheduled for June 8-11. It promises to be a very competitive tournament as the top-ranked teams have experienced several losses in early season play. The Class 1A tournament will be played at Reed-Sweatt Tennis Center and the Class 2A tournament will be played at the Baseline Tennis Center on the campus of the U of M.

Dow Tournament

Although member participation was down from 2009, many exciting matches were played. Thanks to Gary Rother and his hard-working tournament committee for another fine tennis event. Mark your calendar and plan to play this early May event in 2011.

ICT Clay Championships

Bearpath Country Club in Eden Prairie is hosting this USTA Men's Northern Sectional Tournament for the 9th consecutive year. This benefit tournament for the **InnerCity Tennis Foundation** grossed over \$10,000 in 2009 and will again offer men's singles and doubles in 50, 55, 60, 65, 70, 75, 80, & 85 age brackets. A portion of the entry fee and all donations are considered to be tax deductible. Play begins on Saturday, August 7 and will be completed by Friday, August 13. We are planning for 100 senior players. To play on the clay surface at Bearpath complete the application in this newsletter (page 11) or register on-line (details page 11).

Gopher tennis

Regular season matches for both the men's and women's teams ended in April. The Gopher Men finished with an overall 13-9 season and were 6-4 in the Big Ten while the Women were 10-13 overall and 3-7 in the Big Ten. Gopher Men lost 4-0 to Wisconsin in the quarterfinals of the Big Ten Tournament and were ranked 32nd in the nation. They received an at-large berth to the NCAA tournament and will play Arizona on May 15 in Austin, Texas.

Taney recognized

Edina's Whitney Taney was a unanimous choice for the Big Ten all conference team. She compiled a record of 25-9 in singles and 33-6 in doubles as junior captain of the Michigan Wolverines. She is recognized as the greatest player in Edina High School tennis history with a record of 166-0 during her high school career.

Wilkinson to Hall of Fame

Steve Wilkinson, Gustavus tennis coach, was inducted into the Intercollegiate Tennis Association Hall of Fame during the NCAA men's championships in

Athens, Georgia. As head coach since 1970, Wilkinson accumulated 929 wins, the most in the history of collegiate men's tennis. His MIAC record was 334-1. His teams won two NCAA Division III and four ITA national indoor championships. He continues to serve as a Gustie assistant men's coach.

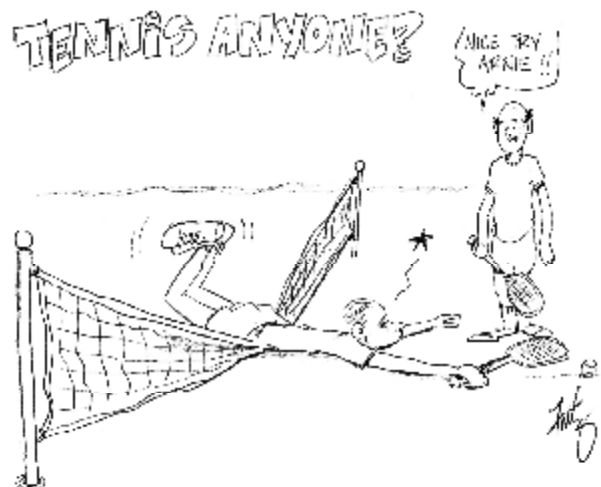
U.S. Women Advance

After defeating Russia in the semifinals in April, the American team advances to the Fed Cup final against defending champion Italy. The match will be played in November at an undetermined site in the USA. The team played without top-ranked Serena and Venus Williams. Rochester native, Bethanie Mattek-Sands won at doubles and one of two singles matches.

Match Results: Melanie Oudin (U.S.) defeated Alla Kudryavtseva (Russia) 6-3, 6-3. Elena Dementieva (Russia) defeated Bethanie Mattek-Sands (U.S.) 6-4, 6-3. Mattek-Sands defeated Ekaterina Makarova 6-4, 2-6, 6-3. Dementieva defeated Oudin 7-6, 0-6, 6-3. Liezel Huber and Mattek-Sands defeated Dementieva and Kudryavtseva 6-3, 6-1.

Bollettieri to Afghanistan/Iraq

Nick Bollettieri and Anna Kournikova visited US military bases during the holiday season in connection with a USO tour. Bollettieri, currently on the Board of Directors of InnerCity Tennis, was a first lieutenant in the 187th Airborne Paratroopers in the 1950's. The 78 year-old coach was quoted in Tennis.Com: "My athletes play for prizes and money. These kids play for lives, their own and ours. I can't describe what it felt like to see and feel the spirit and enthusiasm of the kids we met over there." Kournikova, a former Bollettieri student, won two Grand Slam doubles titles and in 2000 was ranked #8 in singles. The USO tour also included singer Billy Ray Cyrus and comedian Dave Attell and provided a way to thank our service men and women for their sacrifices for our security and freedom.



15th Annual
**Grandparent/Grandchild
Round Robin**
Saturday, July 17, 2010
9 AM—Noon
Valley View Courts

Nicollet & 90th St., Bloomington



Here's an opportunity for you to play tennis with your grandchild, share time together, and most of all, have fun!

Only \$4 per person. Deadline for reservations: postmarked by July 10, 2010.

Send this reservation form with your check for \$4 per person, made out to STPC, to:

Gary Rother

Grandparent/Grandchild

5208 16th Ave S

Minneapolis MN 55417-1814

Grandparent _____ Rating _____ Phone # _____

Email: _____

Grandchild _____ Age _____

Grandchild's level:

☐

Beginner

☐

Intermediate

☐

School varsity

I agree that any participation by me in the activities of, or sponsored by, the Senior Tennis Players Club, Inc. (STPC), a non-profit 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 contractors 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, non-feasance 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 _____

InnerCity Tennis Men's Senior Clay Court Championships

A Benefit for the InnerCity Tennis Foundation

What: Northern Sectional event sanctioned by the USTA.

Where: Bearpath Country Club, 18100 Bearpath Trail (off Dell Road), Eden Prairie.

When: Saturday, August 7, 2010 through Friday, August 13, 2010.

(Weekday matches will start at 11 AM, and when possible, all matches in the 50, 55 and 60 age groups will be scheduled after 4:00 p.m.)

Who: All men 50 and above with divisions at 50, 55, 60, 65, 70, 75, 80 and 85.

How much: \$45 for singles and \$80 for a doubles team payable to InnerCity Tennis.

Additional contributions to help InnerCity Tennis are greatly appreciated! InnerCity Tennis is a 501 (c)(3) non-profit organization.



REGISTRATION FORM

- Entries must be received by Monday August 2, 2010.
- Draws and match times will be posted on USTA's Tennis Link for the tournament ID# 555111710 by 9:00 p.m. on Thursday, August 5, 2010.

____Men's 50 Singles	____Men's 50 Doubles
____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
____Men's 85 Singles	____Men's 85 Doubles

Name _____

Phone (____) _____

Address _____

City _____ State _____ Zip _____

Birth date _____ USTA # _____

My Doubles partner is: _____

Phone (____) _____

Address _____

City _____ State _____ Zip _____

Birth date _____ USTA # _____

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(s) Required:

_____ Date _____

_____ Date _____

REGISTRATION OPTIONS

1. Register and pay online with USTA's Tennis Link access to the tournament at www.northern.usta.com. The tournament ID # is 555111710.

2. 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 7-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.

Gift and Awards:

Your entry fee includes a gift from InnerCity Tennis. Prizes will also be awarded to finalists in all divisions.

Restrictions:

All entrants must be USTA members.

To join the USTA call: 1-800-990-8782. Please contact Tournament Director Bob Busch with any questions at 952-941-1204.



2010 Spring/Summer Court Schedule—Senior Tennis Players Club

Play is usually May-August. Check with captains for start/end dates
Up-to-date schedule is always on our website: www.seniortennismn.com

●● St. Paul Area ●●

For corrections or changes for St. Paul and suburbs call the Area Director:
Thue Rasmussen at 651-917-0075 or E-mail him at thueor32@comcast.net

Location	Day	Time	Cts	Skill	Captains	Phone
Como Park Horton Avenue, west of Lexington	Mon	8:00-10:00 am	4	2.5-3.0	Anne Carchedi	651-494-9050
	Wed				Lois Nedoroski	651-645-2368
Irondale High School Long Lake Road south of Cty Rd H, New Brighton	Sat	8:00-10:00 am	4	3	Jim Vint	651-636-0071
Marthaler Park 1625 Humboldt Ave (across from Police and Fire Depts.), West St. Paul	Tue Thu Sat	9:00-11:00 am	2	2.5-3.0	Jack Wallin	651-457-2266
Mendota Heights Marie St, between Victoria & Lexington	Tue	7:30-9:00 am	2	2.5-3.0	Bernice Dougherty	651-454-1353
					Carrie Howes	651-406-9583
North Valley Park Hwy 52 So to 70 th , left ¼ mile Inver Grove Heights	Mon Wed Fri	8:30-10:30 am	4	2.5-3.5	Jan Machacek	651-455-5236
Roseville Middle School 15 County Rd. B2 E; Little Canada; 2 blocks E of Rice St.	Mon Wed Fri	7:00-10:00 am	8	3.0-3.5	David Howard	651-353-8564
Skillman Courts, Roseville East of Cleveland on Skillman	Tue Thu	8:00-10:00 am	4	3.0	Richard Thompson	651-645-1478
3M Tartan Park 20 th Street N between Cty Rds 17 and 15, Lake Elmo. Enter through picnic/sports area. Follow sports complex signs to end of road.	Mon	9:00-11:00 am May & Sept	6	3.0-3.5	Darlene Moynagh	651-436-8927
	Wed				Sandy Barstad	651-777-7582
	Fri	8:00-10:00 am June-Aug			Rudy Jensen	651-738-9152
Walton Park 1584 Hadley Ave N, Oakdale	Tue Thu Sat	8:00-10:00 am May 11 thru October	3	2.0-3.5	Jack & Ruth Kovacs	651-777-1769
White Bear Lake High School Cty Rd E and McKnight Rd White Bear Lake	Wed	6:00-8:00 pm	7	3.0-3.5	Shirley Kresko After May, ask Shirley for time	651-399-9431

For corrections or changes for St. Paul and suburbs call the Area Director:
Thue Rasmussen at 651-917-0075 or E-mail him at thueor32@comcast.net

●● MINNEAPOLIS AREA ●●

**For corrections or changes for Minneapolis and suburbs call the Area Director:
Rod Johnson at 763-588-2107 or E-mail him at r-john@umn.edu**

Location	Day	Time	Cts	Skill	Captains	Phone
Aquila Park , St. Louis Park Not drop-in. Call Rick.	Mon	7:15-9:30 AM	5	3.5-4.0	Rick Van Doeren	952-897-3888
Augsburg Park 72 nd and Blaisdell, Richfield	Mon Wed Fri	7:30-9:30 am Start June	5	Open	Carol Ogden	612-869-9062
Bryant Park 85 th and Bryant, Bloomington	Tue Thu	8:30-10:30 am	4	All levels	Chuck Supplee	952-884-2575
					Ray Ranallo	612-827-8066
Brookview Park Hwy 55 & Winnetka Ave Golden Valley	Sat	8:00-10:00 am	6	2.5 – 3.5	Gloria Kumagai	763-377-5602
					Rod Johnson	763-588-2107
Central Middle School, Eden Prairie. Technology Drive and Wallace Rd. Behind the school	Wed	6:30-8:00 pm	2	1.0-2.0	Kate Tucker	612-810-6694
	Sat Sun	3:00-5:00 pm	7	3.0+	Marv Schneider	952-975-1895
Central Park in Hopkins	Fri	8:00-10:00 am	3	3.0-3.5	Captain needed	
Century Middle School, Lakeville 185 th St between Dodd and Ipava	Mon	8:30-10:30 am	8	All	Warren Porter	952-431-5850
		6:00-8:00 pm	8	All	Lester Drankwalter	952-432-7218
	Wed	8:30-10:30 am	8	All	Rick Specht	952-423-5974
	Thu	8:30-10:30 am	8	All	Bruce Abrahamson	952-461-2617
		6:00-8:00 pm	8	2.5-3.0	Marty Alterman	612 671-1241
	Fri	8:30-10:30 am	8	All	Sandy Porter	952-431-5850
Crosstown Lifetime Fitness Not drop-in. Call. Subs needed.	Wed	8:00-9:30 pm	2	3.25 MW	David & Sue Houghton	612-220-6780
Donaldson Park 75 th and Humboldt Richfield	Mon Wed Fri	7:00-9:00 am	4	3.0	Margret & Willie Prawdzik	612-869-1989
					Ann Barten	612-724-0712
Dred Scott Park West Old Shakopee Rd & Ferry Bridge Road, Bloomington	Mon thru Fri	8:00-10:00 am	5	Open	Robert Ostlund	952-934-6306
Fridley High School 61st Ave & 7th St (park behind Community Ed Building). NOTE: during June-July, play will be at the Middle School courts – north across 61 st Ave, just beyond water tower.	Tue Thu	9:00-11:00 am	6	3.0 - 4.0	Connie Metcalf	763-571-3596
Hopkins Central Not drop-in! Call first.	Thu	9:00-10:30 am	4	3.0+ W	Roz Bernstein	952-938-7698
Holy Family School 8475 Kochia Lane, Victoria	Tue Thu	8:00-11:00 am	8	Open	Steve Nelson	952-443-2989
Lone Lake Park Call first – subs may be needed	Mon	7:30-9:00 am	4	3.0-3.5 W	Libby Hargrove	952-941-1313
					Martha Johnson	952-942-9588
Lone Lake Park No walk-ons. Call Skip Pederson at 952-831-0684 or sapederson11@earthlink.net	Mon Tue Wed Fri	9:00-noon	4	3.0-4.0 MW	Skip Pederson	952-831-0684
Melrose Park 36th Street and Monterey St. Louis Park	Mon	June-August: 9:00-11:00 am May, Sep, Oct 10:00 am-noon	2	2.5 – 3.5	Mary Fran Bradley	952-922-8885
	Tue				Mel & Millie Warnert	763-588-1887
	Wed				Barb Webb	612-922-0757
	Thu				Sue Larson	952-929-4673
	Fri				LaVerne Wilger	952-929-8120

Minnetonka Junction Park Excelsior Blvd ½ mile west of Shady Oak	Fri	8:00-10:00 am	2	3.0-3.5	Herb Bacal	612-750-8318
New Hope Park 4300 Xylon Ave N (behind swimming pool), New Hope	Mon thru Fri	8:00-10:00 am	5	2.5 – 3.5	John Malerich	763-537-5595
Parkers Lake County Rd 6 & Niagara Lane Plymouth	Mon thru Fri	8:30-10:30 am	4	2.5 – 3.5	Ed Fischer	763-550-9770
Pershing Park 48th and Chowen, Minneapolis	Mon Wed Fri	8:00-10:00 am	4	3.5-4.0 MW	Captain needed	
Rivers Bend Park in Ramsey 14200 Waco Street	Tue Thu	9:00-11:00 am	4	2.5 – 4.0	Ken Thomas	763-753-4971
Terrace Oak Park ½ mile E of Cty 11 on Burnsville Parkway, Burnsville	Tue Wed Fri	9:00-10:30 am	2	3.0+ W	Ann Listug	952-890-9643
Utley Park, Edina	Tue	8:00-10:00 am	2	Open	Mark Mudra	952-833-1469
Valley View Park 90 th St between Nicollet and Portland, Bloomington	Mon Wed Fri	7:00-9:00 am	4	3.0+ MW	Ken Gjerde	612-827-2073
Wayzata Bell Courts Minnetonka St 1 block north of Wayzata Blvd, Wayzata	Wed Fri	9:00-11:00 am	3	2.5-3.0	Captain needed	
Team Tennis Organized team play at various west metro locations. Contact coordinator Marv Schneider or any of the team captains for information.	Tue	9:00-11:00 am	20	3.5+ M/W	Don Harnish	651-227-8387
					Ken Landro	763-544-9757
					Marv Schneider	952-975-1895
					Ronnae Wagner	952-938-5785
Women On Wednesday June-August team play. Courts in New Hope and Golden Valley. Call Jane Tischbein or Al Simcoe.	Wed	9:00 am	6	2.5-3.5 W	Al Simcoe	763-315-0657
					Jane Tischbein	952-938-9348
For corrections or changes for Minneapolis and suburbs call the Area Director: Rod Johnson at 763-588-2107 or E-mail him at r-john@umn.edu						

Dynamic stretch for seniors

By David Sommer

Several months ago, this newsletter had an article from the NY Times about dynamic stretches. It made the point that static stretches are **out**—they can actually weaken the muscle and don't help with muscle warm-up. (The clip-art below shows some typical static stretches—**don't do them!**) The article offered some dynamic stretches that unfortunately looked impossible for us older athletes. I've been looking since for some we could use. At the **Tennis Festival of the North** there was a session on this topic. Here are the five stretches recommended—I find I can do all of them, and they really work!

1. **Butt kicks.** Jog around kicking your legs up behind as high as you comfortably can. Young women can actually kick themselves in the butt. I can't, but it's

a good stretch anyway.

2. **Walk on heels.** You probably did this when you were a kid. Just walk around with your toes off the ground. Good for balance, too.
3. **Cross walk.** Walk around such that at each step you lift your foot up high enough that you can touch it with the opposite hand—right foot to left hand, then left foot to right hand,
4. **Pull knee to chest.** Again while walking around, on each step pull the knee of the foot that's off the ground to your chest.
5. **Shuffle step.** Side step for 10-15 feet, then reverse and side step back. Continue.

How much? I find five minutes total is a very good warm-up and stretch. Do before and after tennis. **Try it—you'll like it!**

