



# Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

November  
2010

## Membership renewal

Late in October you'll receive a very important letter from Senior Tennis. It's your annual renewal. **Don't put it away in the "deal with sometime" pile!** Every year some members do that, and then discover after January 1 they are no longer members! That means they can't play in STPC groups, can't come to STPC events, their name doesn't appear in the Roster, and they don't get a Roster. So why be late? Send it in right away!

A few notes on filling in your renewal:

- Some members have been getting their **Roster** by email. They get it in March, followed by updated Rosters in June and September. The email Roster has several advantages **and** you save the club money. There is a full explanation on the reverse of the renewal form. Try it!
- Consider getting your **newsletter** by email. You get it 10-15 days sooner, and this saves the club money. (Not recommended for dial-up users.)

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## Free tennis lessons

Remember, your STPC membership entitles you to our free lessons (free in summer, \$7 for court costs in winter). You can take them as long as you want. Some clubs also offer lessons for intermediate to advanced players. All of this is described on page 4 of every newsletter. If you have questions or suggestions for our lessons program, contact Mark Mudra 952-833-1469 or [markmudra@aol.com](mailto:markmudra@aol.com).

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## Eric Butorac's Minnesota Tennis Challenge

We are delighted to announce that on Sunday, December 5th, Rochester native Eric Butorac will bring the world's #1-ranked doubles team to Minnesota. That's right. **Mike and Bob Bryan** are coming to Minnesota to play other professionals in front of the Minnesota tennis community. The night will feature the **Bryan Brothers, Eric Butorac** and his new partner **Jean-Julien Rojer, Justin Gimelstob**, and others in a professional men's doubles event. This is a fundraiser for youth development. Tickets at [www.ebmntc.com](http://www.ebmntc.com).

## Tennis Events

### By Bob Busch

During this season of Thanksgiving we extend a big **Thank You** to our Captains, Facility Coordinators, and Area Directors Rod Johnson (Minneapolis area) and Thue Rasmussen (St. Paul area) for scheduling facilities and coordinating play for STPC members in the Twin City metro area.

### Facilities available for indoor play

Senior Tennis offers indoor play at 11 metro area sites. You'll find them listed in our Fall/Winter schedule, published in the September newsletter or always available at our website (click Tennis Schedules). The schedule also lists the facility coordinator, who can help you with information such as how to start a new group at the facility, and the captains with groups there. Talk to captains to become a regular or sub.

### Rydberg US Open finalist

Jon Rydberg, the East Ridge High School girls tennis coach, and partner Nicolas Peifer of France advanced to the finals of the US Open Wheelchair Doubles Championship. They lost to Maikel Scheffers and Ronald Vink of the Netherlands. Rydberg also played in the singles draw where he lost in the first round.

### Davis Cup

The US won the Davis Cup match with Colombia in mid-September 3-1. The final singles match was canceled due to a rainstorm and because it would not have changed the team play outcome. By winning the playoff match, the US will remain in the World Group which is the top tier of Davis Cup play.

Edina native **Mardy Fish** became the first American to win three times in a single Davis Cup match since Pete Sampras in 1995. Fish won opening singles on Friday

*(Tennis events—continued on page 4)*

## Upcoming Events

November Oakdale Mixer

November 20. Details and signup, page 7

Gopher Tennis Mixer

January 16. Details and signup page 5

## Senior Tennis Players Club, Inc.

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

On the web: [www.seniortennismn.com](http://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

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#### Renewing Members:

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#### Training Liaison:

Roger LaShomb.....651-483-9258

#### Tournaments director:

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Paul Joyce .....952-927-8782

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David Sommer .....612-276-1313

3657 17th Avenue South

Minneapolis, MN 55407-2805

[dsommer7@usiwireless.com](mailto: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 cover ..... 125/100

Quarter page (3.7x4.9) ..... 70/50

Eighth page (3.7x2.4) ..... 45/30

Business card special ..... 30/20

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 Play-

ers Club, P.O. Box 5525, Hopkins, MN 55343

or email to Ronnae Wagner:

[howard5326@aol.com](mailto:howard5326@aol.com)

Membership total: 1469

November 2010,

Volume 23, Number 9



## Letters to the editor

### Van Alen scoring

*Editor's note: James Van Alen proposed various alternative scoring methods to speed up the game. The surviving method is: no-ad games (first side with four points wins) and a set tie-break. Alen's first tie-break was "sudden death": first side to five—you can win 5-4. The current method is "lingering death": first to seven, but must win by two. In ATP and WTA doubles matches, no-ad games are used. If a third set is needed, it consists of a 10-point match tie-breaker (lingering death). John Kasel offers a historical (hysterical?) alternative explanation.*

Tennis lore has it that the Van Allen scoring method started on a hot, hot day in Palm Springs, CA. Van Heflen and Gracie Allen were engaged in a grueling match at the Palm Desert Inn that took hours to complete. Over cocktails later that afternoon, they talked about ways to shorten sets, and thus the no-ad, six-game set came to be. It has since been known as the Van/Allen method. I wouldn't mind trying it.

—John Kasel

### Qualifying tournament to play against Bryan brothers!

There is going to be a qualifying tournament to play against the **Bryan Brothers** November 12-14 at Fred Wells. The best male players in the area will be competing. Winners get to play the Bryan Brothers at the Butorac Challenge December 5. Schedule: Friday night November 12 from 7-10pm, Saturday Nov 13 from 9:30am-4:30pm and Sunday from 10am-3pm.

—Lisa Musher, USTA Northern Section

*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](mailto: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.

# Dynamic stretch for seniors

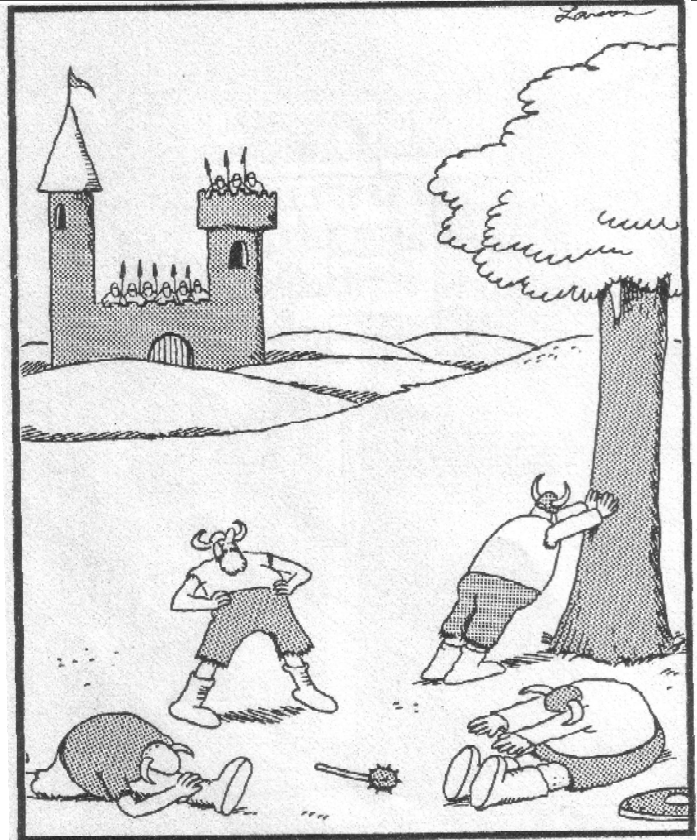
By David Sommer

*This is a repeat of an article in the June newsletter, with additions. I see very few players paid attention to that article, so I repeat it here.*

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 and the cartoon show some typical static stretches—**don't do them!**) The article offered some dynamic stretches that unfortunately looked impossible for us older athletes. I've looked 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! I've added a few more easy upper-body stretches. **Suggestion:** clip out and keep in your tennis bag.

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.
6. **Windmills.** Rotate arms at the shoulder, making large, and then small circles.
7. **Trunk twists.** Extend arms to side, and twist to the right, then left, etc. Easy does it!

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



The Vikings, of course, knew the importance of stretching before an attack.

## 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.*

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

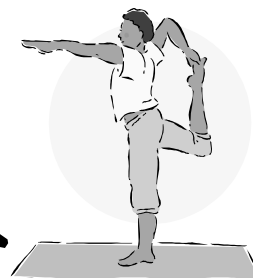
**2 Greek homes** 3BR 2.5BA near Nafplio. €585-€780/wk. MN owner Sally Howard 612-340-9706 for details.

**Basement apartment for rent** in Bloomington. Utilities included. 952-888-0334.

**Piano lessons** for you, a child, grandchild? Experienced, empathetic, enthusiastic. All ages. 612-823-0046.

**"Big Red" for sale.** 2002 red Cadillac Seville SLS. Low mileage, well cared-for. 612-823-0046.

**Naples new 3BR/2BA house** in gated community, available for seasonal rental. Call 612-202-0367.



**●● STPC lessons and drills—all levels ●●**

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

Location	Day	Time	Skill	Cost	Instructor, Phone, Email
<b>Reed-Sweatt Family Tennis Center</b> 4005 Nicollet Ave S Minneapolis 612-825-6844	Mon	1:30-3:00 PM Start Sept. 13	All	\$7.00	Dilcia Pederson 612-824-6099 <a href="mailto:dilcia.pederson@innercitytennis.org">dilcia.pederson@innercitytennis.org</a>
					Duncan Welty 952-933-8592 <a href="mailto:idwelty@q.com">idwelty@q.com</a>
	Thu	8:30-10:00AM	All	\$7.00	Duncan Welty 952-933-8592
					Paul Stormo 952-944-6286 <a href="mailto:pjstormo@aol.com">pjstormo@aol.com</a>
<b>Fred Wells Tennis and Education Center.</b> 100 Federal Drive, Minneapolis	Tue	12:30-2:00 Start Sept. 14	All	\$7.00	Brandon Heath 612-252-8367 ext 2 <a href="mailto:brandon@fwtec.org">brandon@fwtec.org</a>
<b>Williston Fitness &amp; Sports</b> 14509 Minnetonka Drive Minnetonka 952-939-8370	Wed	5:30-7:00PM	All	\$7.00	Duane Ryman 763-557-8607 <a href="mailto:dhrtennis40@hotmail.com">dhrtennis40@hotmail.com</a>
<b>PublicIndoorTennis.Com</b> 7833 Highway 65 N.E. Spring Lake Park, MN 55432	Fri	1:00-2:30 PM	All	\$7.00	Tony Larson 303-808-7809 <a href="mailto:tonyl@publicindoortennis.com">tonyl@publicindoortennis.com</a>

**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 \$7 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	Information
<b>Reed-Sweatt Family Tennis Center</b> 4005 Nicollet Ave S, Minneapolis	Tue	\$9.00	9:00-10:00 AM	612-825-6844 Call for reservation.
	Thu			
<b>Williston Center,</b> 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 & Critique"3.0-3.5

*(Tennis events—continued from page 1)*

and teamed with **John Isner** to win doubles on Saturday. On Sunday, he won a great singles match over Santiago Giraldo 3-6, 6-3, 7-5, 4-6 & 8-6. In the final set, Giraldo broke Fish to lead 6-5. Fish broke back to tie at 6-6. He then held serve by fighting off two break points and then broke Giraldo again for the 8-6 victory in 4 hours and 5 minutes. Fish logged over 11 hours of tennis in his three matches. The US team played without Andy Roddick, James Blake and Bob &

Mike Bryan.

**Pro money winners**

The top three men and women money winners, as reported in the Star Tribune on September 28:

**Men:** Rafael Nadal—\$7,382,000, Roger Federer—\$4,078,000, Novak Djokovic—\$2,533,000

**Women:** Serena Williams—\$4,266,000, Kim Clijsters—\$3,585,000, Venus Williams—\$2,615,000

# Gopher tennis mixer

Sunday, January 16, 2011  
5:45-8:00 PM  
Baseline Tennis Center, U of M  
1815 4th St. S.E.



This **FREE** event is hosted by the Men's and Women's Gopher tennis teams! Meet and play with these student-athletes. Schedule:

5:45 PM. Registration begins

6:00 PM. Group of 30 seniors, three per court with one Gopher. (We're using all 10 courts.) Other 30 enjoy snacks and conversation with Gopher players in the stands.

6:45 PM. Exhibition play on two courts by Gopher players.

7:15 PM. Second group of 30 seniors go on courts.

Only **first 60** registrations will be accepted. **Sign up, be there!**

**Parking:** There is a lot behind Baseline, on 5th St. Also meter parking on 5th St. If those are full, use the ramp at 4th St. and 17th Ave.

Please detach and mail in this registration form.

## Gopher Tennis Mixer

Name \_\_\_\_\_ Rating \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Name \_\_\_\_\_ Rating \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

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 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 \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

No cost, but you must mail this form **by December 15** to:  
Mark Mudra • 5008 Nob Hill Drive • Edina, MN 55439 • 952-833-1469

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# STPC new members, renewals, and changes

Name                      Rating   Primary phone   Other phone   Address / Email

MEMBERSHIP DATA NOT SHOWN IN WEB VERSION!

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## 10-And-Under Tennis

**By Lisa Mushett, USTA Northern Section**

The **QuickStart Tennis** format is designed and structured for kids to learn, rally and play quickly in a way that is both enjoyable and rewarding. Tailoring equipment and court sizes for those under the age of 10 just makes sense. You do not see kids playing soccer or baseball with adult-sized equipment, and now with QuickStart Tennis you will not see tennis players doing that either.

You also won't see players waiting in lines to hit the ball. You won't see tennis balls bouncing over a child's head. What you will see is kids having success and enjoying the game right away, while wanting to come back for more and developing a passion for this lifetime sport.

Here is a breakdown of the QuickStart Tennis play format.

### Racquets

For an adult player to succeed at tennis, racquet control is essential. Same goes for kids. But since kids are smaller than adults, kids have trouble controlling full-size racquets. They're too long, they're too heavy, and the grips are too large. Kids need racquets that are proportionate in length and weight and have a grip that fits their smaller hands.

For 8-and-under, the racquet should be 19", 21" or 23". For 10-and-under, the racquet should be 23" or 25".

### Balls

Kids need a ball that's sized and paced to their playing

abilities. A regulation tennis ball moves too fast, bounces too high and is too heavy for their smaller racquet. Each age group, therefore, uses a ball better suited to their size and unique playing ability.

For 8-and-under, a foam ball or a very low compression ball moves slower, bounces lower and travels less distance.

For 10-and-under, a low compression ball moves a little faster and travels farther than the ball used with the younger group, but it still has a lower bounce than the adult standard.

### Court Dimensions

QuickStart Tennis uses equipment that is scaled to the size and ability level of young children. Eight-and-under children will play on a court that is 36 feet long and 18 feet wide (singles and doubles). The net is 18 feet long and 2-foot, 9-inches in height. The service line is 13 feet 6 inches from the net. Note that this court can be placed on an adult court sideways: the doubles lines of the adult court become the baselines, and the singles lines of the adult court become the service lines. Portable nets and support systems are available from many manufacturers, or temporary nets can be constructed using caution tape tied to existing nets, fences or even chairs.

A regulation net is used on the 60-foot court for youngsters 10-and-under. Width is 21 feet for singles and 27 feet for doubles. Just as with the adult court, the service line is 21 feet from the net. (See page 8 for

*(QuickStart Tennis—continued on page 8)*

# Oakdale November Mixer

**Mixed doubles. Rotating partners. 48 players only! You do not need to bring a partner.**

**Time: Saturday November 20, 6:00-9:00 PM. Play one 90 minute session (either 6:00-7:30 or 7:30-9:00).**

**Place: LifeTime Fitness Oakdale—see directions below.**

**Cost: \$13/person. Guests welcome.**

**Light snack food and beverages. Bring your own water bottle.**

**Limited to first 48 who sign up. No refund for no-shows.**

**You will be notified as to the time you are scheduled to play. If any questions, please call Mary Ann McGuire 612-929-2038 or Carol Brant 612-627-0464.**

**The Oakdale facility is also offering the following amenities for the tennis players: an exercise room with a treadmill, showers and towels, and a big screen TV.**

**Directions: LifeTime Fitness Oakdale is at 1201 Ford Rd, Hopkins, MN 55305. This is just west of Hwy 169 and just south of I394.**

**From the east: Go west on I394. Take exit 3 for General Mills Blvd. Turn right at General Mills Blvd. Turn right at Wayzata Blvd. Turn left at Ford Rd.**

**From the west: Go east on I394. Take exit 3 to merge onto US-169 S. Exit onto W 16th St. Turn right at Ford Rd.**

## November Oakdale Mixer Reservation Form

Name: \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Skill Level:  2.5  3.0  3.5  4.0

Send check, payable to STPC, and this form by **November 15** to:

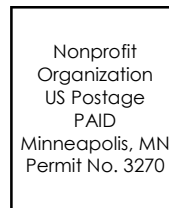
Carol Brant 110 Bank St. S.E. #1403 Minneapolis, MN 55414

All players must sign the Release Form below:

### RELEASE FORM

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: \_\_\_\_\_



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*(QuickStart Tennis—continued from page 6)*

diagrams.) If you are not using an existing court and net, the net height for the 60 foot court is three feet.

### **Scoring**

For players who are 8-and-under, there are only seven points in a game, so match play is short and sweet. Kids play the best of three games; the first to score seven points wins the game. The first to win two games wins the match. The longest the match will last is approximately 20 minutes.

Players who are 10-and-under should play the best-of-three sets; the first to win four games wins a set. For the third set, the first player to win seven points wins the match.

### **Tournament Play**

The USTA just passed a new rule effective for the 2012 competition season requiring that all tournaments for those ages 9 and 10 be played on 60-foot courts using orange low-compression tennis balls and regulation nets (3 feet at the center) or, for those more experienced and more skilled players, on 78-foot courts with green lower-compression balls.

Tournaments for those 8-and-under are to be played on 36-foot courts using red foam balls and nets at a height

of 2 feet, 9 inches.

USTA Northern has over 121 registered QuickStart programs. Ask about QuickStart Tennis programs in your community and get the little ones in your life involved today! No programs in your area? Contact USTA Northern at (952) 887-5001 and learn how to start your own today as there are many training and equipment grants available.

### **Court diagrams**

