



# Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc.

December  
2010

## Better drills

Mark Mudra has been working hard to improve the drills and the information we provide. Page 4 (always about drills) now is expanded to include:

- Cancellations for holidays
- Bios of our pros
- Tips from our pros to improve your game
- The “stroke of the month.”

Check it out. And for late-breaking drill information, see our website—click Clinics.

## Membership renewal

Over half our members have already renewed! **But have you?** Time is running short—after January 1 if you haven’t renewed you can’t play, can’t attend our special events, and you won’t get the Newsletter or Roster. Why wait? Only \$25: “the best deal in town.”

## User-friendly Dow tourney

The 2010 event was a success, but 2011 will be even better. Two changes:

- You know in advance the days you play, so you can plan around it. May 2-3 8:30-3:00 for men’s and women’s doubles. May 4-5 8:30-3:00 for mixed doubles.
- New service to help you find a partner **before** you send in your application! We’ll have a page on our website for people seeking partners. To get your notice there, email [dsommer7@usiwireless.com](mailto:dsommer7@usiwireless.com) stating name, skill level, event (men’s, women’s, or mixed), and any comment you want to appear.

## Eric Butorac’s Minnesota Tennis Challenge

Sunday, December 5th, Rochester native **Eric Butorac** brings 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**

**Merry Christmas and Happy Holidays.** With this column we send our best wishes that your holiday season be filled with happiness, peace and joy.

### Girls High School

Edina in Class 2A and Rochester Lourdes in Class 1A won state titles and continue to dominate state high school tennis. Edina won state championships in 29 of the past 33 years. Their 5-2 victory over Mounds View made it 14 in a row for the Edina Hornet Girls coached by Steve Paulsen. Paulsen has coached Edina to 15 titles since taking the position in 1992. Rochester Lourdes won its 12th team title in the past 14 years in Class 1A competition under first-year head coach Steve Tocel. Lourdes defeated Staples/Motley/Verndale 6-1 in the Class 1A final.

Class 2A singles competition featured two Rochester Century teammates in the championship match. Kelsey Frechette defeated Jessica Aney 6-2, 4-6, 6-3 in the final. Aney is a seventh-grader who lost only 2 matches during the season, both to Frechette. She was recognized in November as *Sports Illustrated’s* “Sports Kid of the Year.” In addition to her exploits in tennis she is also one of the nation’s top hockey players in her age group. She is the first girl to receive this honor.

In Class 2A doubles, Katie Medlar/Mollie Meldahl of Edina defeated Laurel Kresbach/Tacy Haws-Lay of Mounds View 6-1, 7-5.

In Class 1A singles, Amber Washington, a junior from Mounds Park Academy, recorded her 5th individual

*(Tennis events—continued on page 6)*

## Upcoming Events

### Gopher Tennis Mixer

January 16. Details and signup page 7

### Dow Tournament

May 2-3: men’s and women’s doubles

May 4-5: mixed doubles

**See story this page!**

## 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

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

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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) .....\$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 Players Club, P.O. Box 5525, Hopkins, MN 55343 or email to Ronnae Wagner: [howard5326@aol.com](mailto:howard5326@aol.com)

Membership total: 1485

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## Advertising policy

By David Sommer, editor

STPC does advertising in our newsletter and also via email. In both cases, we do this to help pay the costs of our organization, and to avoid a dues increase. Recently, we've had two situations that caused us to clarify our policy.

### Authorized email advertising

This is done by us for a paying advertiser. The advertiser **does not** have access to any membership information. Instead, the advertiser supplies me with the copy and I do the actual emailing. Some members were confused, however, thinking that in some way we approved the product or service advertised. Not so. In fact, the OPT OUT statement at the end of the message made clear that this was paid advertising.

We recognize that we need to be

clearer. In future, such advertising will contain right in the Subject line the notice that it is paid advertising. And the paragraph at the end, besides giving the OPT OUT choice, will also make clearer the benefit to STPC, and the fact that members' information is never disclosed to advertisers.

### Unauthorized email advertising

Some members received an ad from a store and contacted me, asking "what's up with this?" I contacted the store owner, and she agreed to immediately stop. She wishes to apologize to all who received the message.

In this case, the store owner was a member of STPC, and somehow thought it was OK to use information from the Roster she'd received. It was not OK. There was a copyright notice which she had ignored. We will strengthen that notice in the next Roster.

*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, letters or advertisements are those of the author, and do not necessarily represent views of the newsletter editor or the Board or officers of STPC.

## In Memory...



### Holzacker, Edwin

Edwin was a member of Senior Tennis 1983-1999. [The following information was supplied by Chuck Supplee. Thanks, Chuck.] Edwin Holzacker died November 8. Born in Chicago in 1922. Edwin was a WW II veteran, serving two years in New Guinea, where American troops defeated the Japanese army. This was a turning point in the Pacific war.

Ed was an active member of STPC when it began in the early 1980's. He suffered a stroke in 2000 which cut short his tennis days. He was a captain in the Domino Pizza League and also the Men's Traveling Club for a number of years. He participated in the Minnesota Senior Games and a few times in the national Senior Games.

Harley Wishart, a long-time STPC captain, said Ed was a good organizer of tennis play and enjoyed the game very much.

Edwin is survived by three sons: Bob of New York city; Ron, a professor in Amsterdam; and Richard of Burnsville.

## Happy holidays to all!

### Players wanted

#### Fred Wells, 3.5-4.0 men

Subs wanted. Strong 3.5 to 4.0 group plays Mondays at Fred Wells from 7:00 to 8:30 am. Need subs for fall and spring (January through May). Check us out for regular play also. Call Rick Van Doeren 952-897-3888.

#### Pelican Bay/Naples Florida, February

I am looking for people who will be in Pelican Bay/Naples area in February and who would like to play 3.0 doubles or mixed doubles. E-mail me at [mhickem@yahoo.com](mailto:mhickem@yahoo.com) Thanks, Mary Hicken

### 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.

**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.

## Give a gift of love!

### By Dottie Gardner, New Members chair

It is that time of year when the snow flies, the temperature drops and thoughts of warmer places sets in. If you want to warm up a friend, give a gift of membership in STPC, and get them moving that body out on the tennis court. The Holiday season is upon us so give a gift of *love, love, love*, game, set and match! What a bargain at \$25.00 a year.

**●● 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 612-865-9517 <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

## Drill for December

*Note: each month all our instructors will focus their lessons on one subject. For December:*

### The volley

#### Most common problems

- Too long a swing
- Too much spin

#### The fix

- Start and finish the shot on the same side of your body
- No arc in racquet path
- Keep strings nearly vertical on back of the ball, not underneath ball

## Cancellations

No drills at PublicIndoorTennis.com on November 25 (Thanksgiving). Also November 26, December 24 and December 31.

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## Brandon Heath, tennis pro

**Brandon** is our instructor for drills at Fred Wells, on Tuesdays 12:30-2:00 PM.

Grew up in Minneapolis and started playing tennis when he was 10 in the InnerCity tennis program at Kenwood Park in Minneapolis. He continued his playing career in high school at Minneapolis South, where he was a part of the 2001 state champions. During his time at south he also began coaching for

InnerCity Tennis at the same park where he had begun his tennis career. After high school he attended the University of St. Thomas and was a member of the varsity team for all four years, finishing his career playing #1 singles. During his time at St. Thomas he began teaching part time at Fred Wells. He graduated from the University of St. Thomas in 2006 and headed to Los Angeles where he worked for the LA Tennis Academy for nine months before heading back to Minneapolis in 2007 to teach at Fred Wells full-time.

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## Duane Ryman, tennis pro

**Duane** does our drills at Williston, Wednesdays 5:30-7:00 PM. Especially convenient for those with a regular job!

### Experience

- 10 years, Certified Tennis Instructor with USPTA & PTR.
- 7 years teaching with Northwest Club and Lifetime Fitness.
- Tournament activity: Winner of the Over 70's Single Tournament at the 2002 USPTA Convention, Las Vegas, NV.
- Finalist in the Over 70's Singles and Winner in the

Over 70's Doubles Tournament at the 2004 USPTA Convention, La Quinta, CA.

### Favorite aspects of tennis

- Teaching tennis, mainly to adults; however, I have taught any age from beginners to 3.5 & 4.0 players.
- Thoroughly enjoy playing recreational social tennis.

### Tennis advice

Remain positive. Constantly promote the game of tennis.

### Tennis tip

- Keep your feet constantly moving; i.e., **happy feet!**
- Move to the ball, make your contact point in front of your body and **follow-through!**

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## Service recovery

### By Duncan Welty, USPTA

*Editor's note: Duncan is our instructor at Reed-Sweatt on Mondays (with Dilcia Peterson) and Thursdays (with Paul Stormo).*

Your serve has gone awry. You can't hit the box with the first one. Worse yet, you double-fault. It's happened before and it will happen again. You're out of phase and need to get back on track. But how? Try to find two or three new, fresh tips which can be helpful in the future. Good luck!

- **Alignment.** Are your feet, hips and shoulders where they should be before you toss the ball?
- **Toss.** Are you tossing consistently to the right location, extending the tossing arm and not bringing it down too early?
- **Contact point.** Are you keeping the chin up, trying to see the racquet make contact with the ball?
- **Taking time.** Are you rushing it? Should you be slowing the pace temporarily?

- **Playing safe.** Should you be substituting your more dependable second spin serve for your riskier, flat, normal first serve?
- **Rituals.** Will the adoption of a routine help you become more deliberate, more focused?
- **Relaxation.** Are you gripping the racquet too tightly? Are your hands, wrists, arms and shoulders loose?
- **Weight transfer.** Are you allowing your center of gravity to shift slightly from front, to back, to front foot during the service motion?
- **Rhythm.** Are you maintaining a smoothness, a balanced coordination between the movements of both arms in the tossing of the ball and the taking back of the racquet? Are there hitches which can be eliminated?
- **Visualization.** Can you "see" or imagine your ideal serving motion in its entirety, including the path of the ball from the start of the toss to its bounce in the receiver's court?

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## Tip from Billie Jean King

"Hit the ball earlier." *Earlier than what?* "Earlier than

you're hitting it now." *How do you know I'm not hitting it early enough already?* "You said you were an average player, didn't you?"

(Tennis events—continued from page 1)

championship with a 6-2, 6-1 win over Elena Sullivan of Providence Academy. Washington had previously won four doubles titles at Mounds Park.

In class 1A doubles, Brittany Alexander/Margaret Pearson of Rochester Lourdes defeated Emily Alper/Sunny Tang of Breck 6-4, 7-5.

**Florida senior tennis**

Minnesota senior snowbirds looking for competitive tennis can find 55-90 singles and doubles in the 2011 schedule for the Florida Super Senior Grand Prix. The following tournaments are scheduled for the West and East Coast of Florida:

**West coast:** January 10-15 Colonial Country Club, Fort Myers. January 17-22 Mid Cape Racquet Club, Cape Coral. January 24-29 Sterling Oaks Country Club, North Naples. January 31 through February 6 Naples Bath and Tennis (Cat II). February 14-19 Payne Park, Sarasota. February 21-26 Meadows Country Club, Sarasota. February 29 through March 5 SPTC, St. Petersburg. March 7-13 SPCC (Cat II), St. Petersburg.

**East coast:** The East Coast matches for the first quarter of 2011 are all in the Boca Raton area. January 10-16 Boca West Country Club. February 14-20 Polo Club. February 28 through March 6 Woodfield Country Club. March 14-20 Broken Sound Club.

**Fed Cup**

The Italians won their third Fed Cup title in five years including their second consecutive victory over the US women’s team. The tie was played in San Diego. The only victory for the US was an upset 6-3, 6-1 win for Melanie Oudin over French Open champion Francesca Schiavone. Rochester native, Bethanie Mattek-Sands lost to Flavia Pennetta 7-6, 6-2 in one of the singles matches and Coco Vandeweghe lost two singles matches in the 3-1 Italian team Championship. Venus and Serena Williams did not play due to injuries, but would have made the US team more competitive.

**Gopher tennis**

**Gopher women** wrapped up the fall season in November. They played six competitive tournaments and coach Tyler Thomson said, “We’ve got some great new freshmen and we had some really good improvement with some of our returning players.”

Freshman Natallia Pintosava was 11-5 in really strong competition, including reaching the ITA Regional singles final. In doubles, Alessandra Ferrazzi and Alexa Palen and Magalena Wiecha and Pintosava won their respective flights in the Wildcat Invitational in Evanston, Illinois. The Gopher Women return to action on January 21, 2011 in Huntington, Virginia against Marshall. Their first home match against Oklahoma will be on February 11 at the Baseline Tennis Center.



**Gopher men:** Sophomore Rok Bonin won the singles championship with a perfect 4-0 record in the first fall tournament in Denver. The second tournament at Harvard included Notre Dame and South Carolina, all very strong teams. The Gophers in singles won 14 and lost 9 and in doubles won 6 and lost 5. Six Gophers participated in singles in the Big Ten Indoor Championships at Michigan State. They accumulated 9 wins and 6 losses in the main draw. In the final fall tournament in Miami the Gopher doubles team of Rok Bonin and Julian Dehn won the doubles title on clay. Sebastian Gallego and Tobias Wernet lost in the semifinals to a Florida team. The first home match of 2011 will be played against Marquette on January 22.

The home schedules for Gopher men and women are shown below. **Suggestion:** clip it out and post it on your fridge! Contrary to rumor circulated by certain wimps, parking is **easy** at Baseline. On our website, click Tennis Schedules, then click on the Baseline map item. **GO GOPHERS!**

Here are the **home** matches for Gopher men and women. All are at Baseline Tennis Center. Map showing parking, etc. is on our website—click Tennis Schedules.

<b>Gopher Men’s Tennis</b>	
Sat, Jan 22, 6:30 PM	Marquette
Fri, Feb 04, 6:00 PM	Virginia Tech
Sun, Feb 06, noon	Boise State
Fri, Feb 25, 6:30 PM	Drake
Sun, Feb 27, noon	SMU
Fri, Mar 25, 6:30 PM	Northwestern
Fri, Apr 08, 3:00 PM	Indiana
Sun, Apr 10, noon	Purdue
Fri, Apr 15, 3:00 PM	Penn State
Sun, Apr 17, noon	Ohio State

<b>Gopher Women’s Tennis</b>	
Fri, Feb 11, 6:00 PM	Oklahoma
Sun, Feb 13, 11:00 AM	Oregon
Fri, Feb 18, 6:00 PM	Brigham Young
Sun, Feb 20, noon	North Carolina State
Sun, Feb 20, 4:30 PM	Carleton
Fri, Mar 04, 6:00 PM	Wisconsin
Sun, Mar 06, 11:00 AM	Nebraska
Sat, Apr 02, 11:00 AM	Michigan
Sun, Apr 03, 11:00 AM	Michigan State
Fri, Apr 22, 6:00 PM	Illinois
Sun, Apr 24, noon	Iowa

# 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

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

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