



Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc. August 2011

On the inside

Now in color! Email recipients of this newsletter now see it in color! Print recipients (USPS delivery) will continue to receive it in gray scale, due to the high cost of color printing.

- Page 2, **Letters and Peeves**
- Page 3, **Players wanted.** Here's captains *begging you* to join their indoor groups!
- Page 5, **Annual meeting** report.
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- Page 7, **Annual Picnic** information. Also, **Dynamic stretch** instructions for your tennis bag.
- Page 8, **InnerCity Tennis Men's Adult & Senior Clay Court Championships.**
- Page 9, **Degree of difficulty.** Editor's favorite essay on why we play tennis.
- Pages 10-13. **Preliminary indoor schedule.**
- Page 16, **Sign up for indoor tennis.** All those of you new to STPC should read this. Here's how to get going in Senior Tennis!

Captains! Please check....

Yes, check two things:

1. On pages 10-13 you'll find the **preliminary** fall/winter schedule. Be sure the listing for your group is correct. **Final** schedule will appear in September.
2. And check that **all your players** are members of STPC. Use your Roster. Better: to allow for new members or late renewals, get the current list of members from our website. Click Membership.

NOTE: We've eliminated "co-captains" except where you have four or more courts.

Upcoming Events

August 6-12, InnerCity Tennis
Clay Court Championship
Signup P. 8

Saturday, August 13, 8:30-3:30
Annual STPC Picnic
Information P. 7

Tennis events

By Bob Busch

Clay Court Championships

Register today to play on clay in your own age bracket at Bearpath or Interlachen Country Clubs in Eden Prairie or Edina. The registration deadline is August 1 for this InnerCity Tennis benefit tournament. Matches will feature men's play in five-year increments in ages 40 to 85. See the registration form included in this newsletter for details.

Wimbledon

Novak Djokovic, the world's new #1 player from Serbia, extended his 2011 record to 48-1, including five victories over Rafael Nadal. The 24-year-old Serb defeated #1 seeded Nadal from Spain 6-4, 6-1, 1-6, 6-3. Djokovic



used his power and punishing rallies from sideline to sideline to take the top world ranking from Nadal.

In the women's final, unseeded Petra Kvitova from the Czech Republic defeated #5 seeded Maria Sharapova 6-3, 6-4. Competing in her first grand slam final, the 21-year-old Kvitova used her left-handed power and great poise to defeat Sharapova, the 2004 Wimbledon champion and the heavy favorite.



The USA twins Bob and Mike Bryan defeated Robert Lindstedt of Sweden and Horia Tecau of Romania 6-3, 6-4, 7-6 (2) for their 11th Grand Slam men's doubles title. The Bryan brothers recorded their 73rd title and tied the Australian team of Mark Woodforde and Todd Woodbridge with 11 major titles in the open era.



(Tennis events—continued on page 6)

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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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 dsommer7@usiwireless.com.

Membership total: 1359

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Letters to the editor

Editor's note: Two letters this month, plus a Peeve. I invite readers to submit their own Peeves. It's OK to be peevish—*anonymity protected if you wish.*



What is your grouch index?

Some people, fortunately a tiny minority of senior tennis members, feel entitled to be habitually grouchy in tennis activities on and off court. These *difficult* people know that they are, and others do too. The reason for senior tennis is to have fun. All other motivations are weak in comparison, when you consider the age of the participants and the environs that are the site of the activities. So, as I tell my grandsons: **Accentuate the positive; eliminate the negative..**

Arrivederci, felix perry

Tennis Punctuality.

If one pays for their club membership, group lesson or drill fees and pro-rata shares of court fees, does one have every right to arrive late to tennis activities? The answer: **No! Definitely No!** Conversely, one does have every right to arrive late if the tennis activity involves either a private lesson or private, strictly individual, utilization of court-time, e.g., practicing with a ball machine.

Why does it make good sense to make the necessary effort to be on time for tennis?

(Letters—continued on page 3)

As a non-profit organization, the Senior Tennis Players Club gratefully accepts donations, memorials and estate gifts.



Mission Statement

The primary purpose of the STPC is to provide tennis playing opportunities to people 50 and older for their mental, physical, and social well-being; and to support the growth of tennis.

Newsletter Submissions

To help make the newsletter as correct as possible, please submit all items in writing only, by mail or email. The deadline is the 17th of the month for publication the following month. All material submitted for publication is subject to editing. Enclose self-addressed stamped envelope if you want materials returned.

Send your submissions to: David Sommer, 3657 17th Avenue S, Minneapolis, MN 55407-2805.

Email: 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.

- Because punctuality reflects concern for others, a lack of selfishness.
- Because punctuality isn't disruptive to the flow or progression of the warm-up, drill, lesson or game.
- Because many injuries result from cutting short or eliminating warm-ups, from just "jumping in".
- Because very few play up to their ability level from a cold start.

One becomes a better tennis player and has more fun by developing good habits and breaking bad ones. The first step is being on time.

—Duncan Welty

Peeve: racket wavers

Some players, while waiting to receive, or as server's or receiver's partner, wave the racket in a distracting way.

Editor's note: *The Code states: "33. Body movement. A player may feint with the body while a ball is in play. A player may change position at any time, including while the server is tossing a ball. Any other movement or any sound that is made solely to distract an opponent, including, but not limited to, waving arms or racket or stamping feet, is not allowed."* **Editor wishes** the code did not encourage argument with that phrase "is made solely to distract an opponent." That gets into intent, which leads to arguments. Code and rules should deal with behavior, not intent.

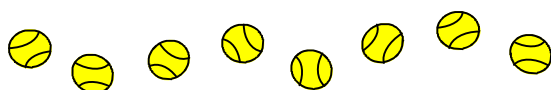
Important rules changes

By David Sommer

Just got my 2011 [Friend at Court](#). Significant changes:

Under Rule 26. Hindrance, is this: "USTA Comment 26.3: *What happens if a player's cell phone rings?* If the phone rings during the point, the opponent may stop the point and claim the point based on deliberate hindrance. If the cell phone rings between points, the interruption is treated as a Time Violation warning or point penalty depending on whether a previous Time Violation has been issued. In both cases the player shall turn off the cell phone." So remember to **silence your phone** before beginning play!

Code 9 was revised so that when a player corrects an "out" call to "good," the player always loses the point. This replaces the previous rule that allowed a let in some circumstances. **My note:** *many players say "let's play a let" when they are in doubt about a call. Wrong! If in doubt, the point belongs to your opponents.*



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



Time for spring/summer project? Kitchen, bath, paint, lighting/electrical, plumbing, tile. High quality attention to detail. Home Improvement Specialist 612-710-7055, ericostergaard@yahoo.com.

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

Rent Villages FL. Activities for all. 2BR, 2BA, den, garage. \$1100/month Sep-Dec. Vernon 952-935-5670.

Condo \$329,000, Longboat Key (Sarasota, FL) 2BR, 2BA, bay view, gated commun. Call Bud 612-333-4810.

Personal Gardner—garden help in Bloom., Edina, S. Mpls. & near areas. Lee Peterson 952-270-9472.

Players wanted

Indoor Sat/Sun court time

We may be able to have early morning indoor court time on Saturdays and Sundays starting September. Contact Joan Thomas: thomasjoan@comcast.net.

Roseville play, 3.0-3.5 MW

Monday, Wednesday, Friday play at Roseville Middle School courts. Captain David Howard 651-353-8564.

Baseline, fall/winter 3.5+ MW

We play Mondays and Thursdays, 10:00-noon. Best indoor courts in town! We need a few regulars and subs. Call captain David Sommer, 612-276-1313.

Reed-Sweatt, 3.0 MW, Tuesday, 10:30

New players welcome. Dennis Moody 651-488-8124.

Reed-Sweatt, 2.5-3.0 MW

Regulars & subs for Tuesday 9:00-10:30. Captain Donna Borgerding, 612-721-7038.

Oops! Missing Dow winners

The June/July newsletter didn't include one Dow winner: Sarah Lilja and Woody Gillette. They won the 8.0 mixed doubles. Congratulations, Sarah and Woody!



●● STPC lessons and drills—May through August—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	5/5	8:00-9:30 AM	Duncan Welty	952-933-8592 idwelty@q.com
				Paul Stormo	952-944-6286 pjstormo@aol.com
				Duane Ryman	612-865-9517 dhrtennis40@hotmail.com
Donaldson Park , Richfield 35W West Frontage Road, just north of 76 th Street	Sun	5/8	Noon- 1:30 PM	Duncan Welty	952-933-8592 idwelty@q.com
				Paul Stormo	952-944-6286 pjstormo@aol.com
				Duane Ryman	612-865-9517 dhrtennis40@hotmail.com
Eden Prairie Middle School . Wallace Road at west end of Technology Drive	Sat	5/7	Noon- 1:30 PM	Mark Mudra	952-833-1469 markmudra@aol.com
				Dilcia Pederson	612-824-6099 dilcia.pederson@innercitytennis.org
Lions Park in Golden Valley until about 6/15. Check with Duncan. Then Breck School 123 Ottawa Ave. Golden Valley	Tue Wed	5/3	5:30-7:00 PM	Duncan Welty	952-933-8592 idwelty@q.com
				Paul Stormo	952-944-6286 pjstormo@aol.com
				Duane Ryman	612-865-9517 dhrtennis40@hotmail.com
3M Tartan Park . 20th Street N between Cty Rds 17 and 15, Lake Elmo. Enter through picnic/ sports area. Take first right to 4 courts.	Tue	5/3	9:00- 10:30 AM	Tom Bauman	651-387-2373 tcbauaman@hotmail.com

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
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. Lower price listed is for members.	Tue	\$10/\$12	7:30-9:00 AM	3.0-3.0+ mixer w/critique. Runs mid-June thru mid-Aug.
	Wed	\$8/\$10	8:00-9:00 AM	Senior 3.0-3.5. Runs mid- June thru mid-Aug. Location is GroTonka Park, 17003 Prospect Place, Minnetonka

Drills for August

Note: each month all our instructors will place greater attention on one subject.

The serve

- Grip continental.
- Toss 1 foot in front of you
- Toss high so that you extend racquet to meet ball at top of arc.
- Shoulder tilt.
- Point with left (non-dominant) hand to contact point.

- No spin on toss.

WOW! Evening/weekend drills!

Outdoor drills are May through August. The schedule, shown above, has early evening drills on Tuesday and Wednesday, and mid-day drills on Saturday and Sunday.

We're trying hard to make our entire program more accessible to those working 9-5. **Take advantage!**

4 CHAMPIONS... 3 MATCHES... 1 WINNER!

LEEANN CHIN Challenge

AGASSI McENROE CHANG COURIER

Friday September 30 at 7:30pm

TARGET CENTER MINNEAPOLIS MINNESOTA

ON SALE NOW

SPONSORS: GEICO, LOWE'S, DONALDSON, ASG, HEPBURN, TENNIS.com, and others.

Seating	Regular	STPC
Lower level sidelines	\$127.00	\$114.50
Lower level corners (low rows)	\$97.00	\$87.50
Lower level ends/corners (high rows)	\$67.00	\$60.50

Name _____ Day phone _____ Email _____

Affiliation: Senior Tennis Players Club members & friends

Street _____ City _____ State _____ Zip _____

Please send: ___ tickets x \$ _____ = \$ _____ **OR** charge to my: ___MC ___Visa ___AMX ___Discover

+ handling fee = \$ 3.00 Acct# _____

TOTAL = \$ _____ Expiration date (MM/YYYY) _____

Make checks payable to **Target Center.** Signature _____

Mail to: Target Center Group Sales Expires **9/27/11**
 600 First Avenue N
 Minneapolis, MN 55403

Fax to: 612-673-1343

For more info, call 612-673-1311

Special Offer for STPC Members!

Annual meeting

By Dottie Gardner

It was not a snow day, but a very wet day. However, many members showed up to celebrate the Annual Meeting/Luncheon on May 14th. This is a special time to honor our Volunteer Captains and greet our many tennis friends.

Charlie Robbins, President, was Master of Ceremonies.

It was a pleasure to meet our "Pros" plus hear a quick lesson from Paul Stormo on warm-up drills!

Marv Schneider, Treasurer, presented the financial status of the club with printed copies on each table. Our membership is slightly down and our investments are producing like all investments at this time!

David Sommer received the prestigious 2011 Dow Trophy award from last year's winner, Caryl Minnetti. He



looked pretty sharp in a suit and tie. David stressed how much volunteering helps our club and thanked many people for their help. David is also the Editor of our Newsletter which is delivered by email or USPS (your choice) and on our web site.

Our speaker, Roger Boyer, gave us an insight into our senior years of being active, staying healthy and volunteering. Roger has been involved with our program for many years. He reminded us that volunteering serves a purpose to the cause and to ourselves.

Once again The Town and Country Club accommodated our group with great food and service

We are always grateful for volunteers, so please feel free to contact any Board Member with suggestions and to offer your services.

French Open

Raphal Nadal defeated Roger Federer in the final 7-5, 7-6, 5-7, 6-1 after Federer stopped Novak Djokovic's 43-match winning streak in the semifinals.

In the women's championship match, Li Na from China defeated defending champion Francesca Schiavone from Italy 6-4, 7-6. It was reported that 116 million Chinese and only 1.1 million Americans viewed the first Grand Slam victory by a Chinese player. Li lost to Schiavone in the 3rd round of last year's French Open.

High school tennis

Two of the best boys teams in the state met in a very exciting Class 1A semifinal match, with Breck the victor 4-3 over Blake. Breck went on to defeat Rochester Lourdes 5-2 to win the Class 1A championship. Rochester Mayo defeated Wayzata in the Class 2A championship final. The talk of the Boys High School Team Tournament was the play of Mayo 7th grade girl, Ingrid Neel, who played with the boys varsity team at a very high level during the year. She is ranked #8 nationally for 7th grade girls. Neel won matches against tough competition at #2 singles against Eden Prairie and #3 singles against Wayzata in the championship match. Dusty Boyer, a Forest Lake junior won the individual play Class 2A singles championship for the 3rd year in a row. He defeated #1 ranked Wyatt McCoy of Moundsview 6-4, 6-4 in the semifinal and #3 ranked Eric Frueh of Rochester Century 6-2, 6-3 in the final.

Two doubles teams from Minneapolis South faced each other in the Class 2A championship final. Martin Beck/Luke Elifson defeated Noah & Jesse Sprinkel 6-2, 6-1. In the Class 1A singles championship, Myles Tang of Breck defeated John Hill of St. Paul Academy 7-6(1), 6-3. Ford Traff/Kai Skallerud of Blake defeated Max Hommeyer/Birk Mitau of St. Paul Academy 6-3, 6-1 in the doubles championship.

Gopher season ends

After achieving a national ranking of #19 and finishing second to #3 ranked Ohio State in the Big Ten tournament the Gopher men lost to Fresno State 4-3 in the first round of the NCAA tournament. The Gophers defeated Fresno State in January in California. They finished the season with a strong 19-6 record. Geoff Young, Gopher Tennis Coach, was named ITA Central Region Coach of the Year.

USA pros slip in rankings

For the first time in almost 40 years the US doesn't have a highly ranked singles player. It should be noted however that the Bryan twins continue their dominance in men's doubles. Patrick McEnroe, USTA's Player Development Manager, indicates that US players must train more on clay to regain their competitive edge. In recent years some of our top junior players and coaches traveled to Barcelona, Spain to train at Barcelona Total Tennis on red clay. McEnroe says that our players and coaches were surprised at the intensity and attention to detail in training. Jose Higuera, the new USTA Director of Coaching, hopes to build a coaching program around intensity and sense of urgency that he sees in young European players. The clay surface is easier on the body. It's the best surface for legs, ankles, hips and knees. Clay has less traction, thus avoiding sudden slips and grabs of the feet. The most dangerous part of playing tennis is the traction from the tennis court surface.

Whitney Taney

Taney, the former Edina High School player, who in her six-year varsity career recorded 166 wins without a loss, recently achieved her 200th win at the University of Michigan. She has the highest career doubles winning percentage in Michigan school history and ranks second in singles winning percentage. Taney is only the fifth tennis player to be named All Big Ten three times in Michigan history. She has been captain of the Michigan Women's Tennis team for the past two years.

Warm-up: it's about US!

This is not stretching. Stretching should be done **before** you get on court. See separate article in this newsletter.

Many players like to start with easy hits standing on the service line. Next:

1. Both players back up to baseline. Hit some easy baseline shots, then increase pace.
2. One player comes to net. "Friendly volleys"—baseline player hits to net person, who volleys back

to baseline player.

3. Person at net backs up to service line. Baseline player feeds overheads to him/her.
4. Reverse positions—baseline player comes to net, and other player goes to baseline. Repeat 2. & 3.
5. Practice serves. Many senior players may prefer to simply hit a few practices when it is their turn to serve, or do "first ball in."

This procedure is what the pros and better amateurs do. Remember, you're not trying to "win the warm-up." It's a cooperative thing: "It's not about **me**, it's about **us**!"

Celebrate Summer

At the *free* annual STPC Picnic

When: Saturday, August 13, 8:30am to 3:30pm, rain or shine.

Where: Round Lake Park in Eden Prairie

Reservations? None needed. This event is for STPC members and spouse or friend only.

Cost? Zero! Your club is paying the reservation fee, and supplying tennis balls, plates & utensils.



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

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

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

Directions: from I494 in Eden Prairie, go west about 3 miles on Hwy 5. Turn right on Eden Prairie Rd (Hwy 4) for about 1/2 mile. Turn left on Valley View Rd. Park is on your left with several large parking lots.

Dynamic stretch for seniors

By David Sommer

Avoid injury and improve your game. Please!

A New York Times article made the point that static stretches are **out**—they can actually weaken the muscle and don't help with muscle warm-up. I've looked for stretches 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!**

InnerCity Tennis Men's Adult & 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 6, 2011 through Friday, August 12, 2011.

(Weekday matches will start at 11 AM, and when possible, all matches in the 40, 45, 50, 55 and 60 age groups will be scheduled after 4:00 p.m.)

Who: All men 40 and above with divisions at 40, 45, 50, 55, 60, 65, 70, 75, 80 and 85.

How much: \$50 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 1, 2011.
- Draws and match times will be posted on USTA's Tennis Link for the tournament ID# 555111711 by 9:00 p.m. on Thursday, August 4, 2010.

____ Men's 40 Singles	____ Men's 40 Doubles
____ Men's 45 Singles	____ Men's 45 Doubles
____ 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 and Interlachen Country Clubs, 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 555111711.

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.

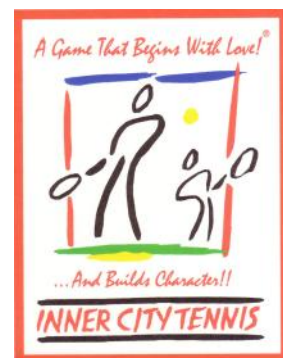
Gift and Awards:

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.



Degree of Difficulty

L. Jon Wertheim

The pros make tennis look easy, but we hackers know what a challenging game it is to master. And that's why we love it.

For all the praise we lavish on top tennis players, this, perhaps, is the most meaningful accolade: They make it look easy.

We said it of Sampras and McEnroe, Hingis and Goolagong. These days, we invoke that same enchanted phrase to describe Roger Federer. That serve that kicks so severely it should require a turn signal? Like all the great ones, Federer makes it look simple. Then there's the rest of us.

For us, tennis is hard, really hard. Arthur Ashe's longtime coach and mentor, Dr. Walter Johnson, was onto something when he described the sport as "the most challenging endeavor you could imagine." It's easier to pick up a nun than it is to pick up tennis. And while the revolution in racquet-head size 30 long years ago probably made the game somewhat easier to play, we still know the real meanings of those NTRP ratings categories:

3.5—First serve disappears under pressure; lobs often land inches past the net; slices pop up and topspin balls tend to stay low. As in below net level.

4.0—Occasionally bangs shin with serve follow-through; drop shots often land beyond the baseline; kick serve sometimes alights in the flower beds.

I was reminded of how hard tennis is last winter when I wrote about a high school basketball team in Indiana. The team's center was a hockey prodigy who, after suffering a brain tumor, was forced to give up contact sports. So the kid took up hoops in his senior year. At the end of the season, the lucky player secured a full scholarship to play for the University of Indianapolis. I laughed as I tried to imagine anyone picking up a racquet for the first time and, within four months, becoming good enough to land a free ride to college.

Of course, this makes it tough for tennis to attract and hold new players. It's also tough for the game's marketers. What do you promote, the fact that you might play diligently for five years and still wind up shanking forehands into the cyclone fence as you get humiliated in the first round of your town tournament?

But the difficulty of tennis is also one of the sport's long-term assets. Tennis requires an extraordinary blend of precision and power. You might hit a tennis ball the way Barry Bonds hammers a hanging curve, but

it's not worth anything if you can't guide it within the parameters of the court (see: Gonzalez, Fernando). Conversely, you can hit your shots with laser-like precision, but if they lack pop you'll get blown off the court.

Here's another thing about tennis: You can't be a specialist. Baseball pitchers can't hit, football running backs can't throw or kick or tackle, basketball rebounders have trouble dribbling. But in tennis, if you can't achieve a modicum of proficiency in every shot, you'll end up with a ranking like a FedEx tracking number.

Stand by a practice court during a pro tournament and you'll see even marginal touring pros turn the high backhand into a work of art. The struggle to approach that standard is half our fun; we're overwhelmed by a sense of accomplishment when we hit that perfect backhand on the dead run just once. For that split second, it's as if we've gained membership into an exclusive club. Tennis players know why an A in Advanced Aerospace Engineering means more than the top grade in Introductory Shadow Puppetry.

The sport of tennis ought to consider trumpeting, not hiding, its degree of difficulty. That's what gives tennis heft. You want "fun"? Play badminton in your backyard or try the latest video game. You want to start down a road to proficiency that will take years to travel? Play tennis.

Perhaps the slogan of the game ought to be "Tennis: Play It If You Can."

L. Jon Wertheim is a senior writer at [Sports Illustrated](#). He also writes the weekly [Tennis Mailbag](#) at [si.com](#). [Tennis Magazine, Jan/Feb 2005]

Tennis quips & quotes

The great thing about playing tennis is that you forget your troubles for two hours, and when you're finished, everything you do is better. Even the beer tastes better.

—Bill Talbert, U.S. doubles champion, U.S. Open director, and author.

Jimmy was taught to be a tiger on the court. When he was young, if I had a shot I could hit down his throat, I did. And I'd say, "See, Jimmy, even your mother will do that to you."

—Gloria Connors, mother of Jimmy Connors

He [Jimmy Connors] has one weakness. He can never say his opponent played well. That's why it feels good to beat him, and that's why other players would rather beat him than any other player.

—Bjorn Borg

Fall/winter schedule 2010-2011

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

Want to find a place to play? Here's what you do:

Locate one or more locations, times, and skill level that you'd like.

Call the captains responsible and ask if they have any regular or sub positions available.

If this doesn't accomplish what you want, call Facility Coordinators for places you'd like to play. They may be able to help you get a new group together. If no Facility Coordinator shown, call the Area Director.

Captains! We've eliminated most co-captains, per Board resolution. This was done by dropping the second name listed. If you'd rather have that "second" person listed as captain, please let Thue Rasmussen (St. Paul area), or Rod Johnson (Minneapolis area) know.

●● ST. PAUL AREA ●●						
Play is usually September-April. Check with Captains for Start/end Dates						
For corrections 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	Ct s	Skill	Captains	Phone
St. Paul Indoor Tennis Club 600 Desoto, St. Paul Facility Coordinator ??	Mon	7:00-9:00 AM	1	3.0-3.5 MW	Peter Plagemann	651-633-0466
	Wed	7:00-9:00 AM	3	3.0-3.5 MW	Brian Kretsch	651-341-8860
	Fri	7:00-9:00 AM	3	3.0-3.5 MW	Annette Adam	651-455-9319
Wooddale Recreation Center 2122 Wooddale Dr, Woodbury Facility Coordinator: Darlene Moynagh 651-436-8927	Mon	9:00-11:00 AM	2	3.0-3.5 MW	Connie Alt	651-450-4580
	Tue	9:00-11:00 AM	2	3.0-3.5 M	Woody Gillette	651-436-8927
	Wed	8:00-10:00 AM	2	3.0-3.5 MW	Ken Simmons	651-436-8857
	Fri	8:00-10:00 AM	2	3.0-3.5 MW	John Booher	651-578-6794
For corrections 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 ●●						
Play is usually September-April. Check with Captains for Start/end Dates						
Corrections for Minneapolis and suburbs call the Area Director: Rod Johnson 763-588-2107 or E-mail him at r-john@umn.edu						
Location	Day	Time	Ct s	Skill	Captains	Phone
Baseline Club 1815 4th St SE, Minneapolis 612-625-1433 Facility coordinator: Thue Rasmussen 651-917-0075	Mon	10:00-Noon	3	3.5+ MW	David Sommer	612-276-1313
	Tue	8:30-10:00 AM	2	3.0-3.5 MW	Bob Williams	763-488-9986
	Wed	10:00-Noon	1	3.5 M	Art Fudenberg	763-784-9716
		10:30-Noon	2	3.0 MW	Louise Halverson	612-722-7132
	Thu	10:00-Noon	3	3.5+ MW	David Sommer	612-276-1313
		10:00-11:00 AM	1	3.0 W	Brenda Zimmerman	651-645-1662

Daytona Club 14740 Lawndale Lane Daytona. Facility Coordinator: Donna Mueller 763-421-8436	Tue	9:30-11:30 AM	4	2.5-3.5 MW	Donna Mueller	763-421-8436
	Thu	9:30-11:30 AM	4	2.5-3.5 MW	John Malerich	763-537-5595
Fred Wells Tennis and Education Center 100 Federal Drive, Ft. Snelling 612-252-8367 Facility Coordinator Joan Thomas 651-249-6992	Mon	7:00-8:30 AM	5	3.5-4.0 M	Rick Van Doeren	952-897-3888
		8:00-9:30 AM	1	3.5 W	Marion Knox	651-454-5501
		8:30-10:00 AM	2	3.0 + MW	Skip Pederson	651-454-3699
		10:00-Noon	3	3.5 + MW	Dave Fridgen	651-521-4063
		10:00-Noon	2	3.0-3.5 MW	Loren Barber	651-770-6887
		9:30-11:00 AM	1	3.0-3.5 W	Sandra Loewenstein	651-454-3699
	Tue	8:00-9:30 AM	1		Robert Burow	651-457-3735
		8:00-9:30 AM	2	2.5-3.0 MW	Carrie Howes	651-406-9583
		8:00-9:30 AM	3	3.0-3.5 M	John Hilleren	952-831-1907
	Wed	8:00-9:30 AM	1	3.5 M	Hossein Nahvi	651-344-3300
		9:30-11:00 AM	2	3.0 + MW	Skip Pederson	952-831-0684
		10:00-12:00 AM	2	3.5-4.0 MW	Marty Plitnick	612-247-7412
		1:00-2:30 PM	1	3.5-4.0 W	Mary Lou Dyrhaug	651-690-2094
	Thu	8:00-9:30 AM	1	3.0 MW	Ariel Dickerman	651-292-1933
		8:30-10:30 AM	3	3.5 MW	Dave Fridgen	651-454-3699
		9:30-11:00 AM	1	3.0-3.5 W	Sandra Loewenstein	651-454-3699
		12:30-2:00 PM	1	4.0 M	Dennis Barrett	651-457-1801
	Fri	7:30-9:00 AM	3	3.0-3.5 M	John Hilleren	952-831-1907
		8:00-9:30 AM	1	3.5 M	Blake Davis	651-450-7071
		9:00-11:00 AM	2	3.0-3.5 MW	Loren Barber	651-770-6887
		9:00-11:00 AM	2		Caryl Minnetti	952-884-5136
10:30-Noon		1	3.5-4.0 W	Mary Lund	952-929-8075	
10:30-12:30 PM		2	3.5 MW	Gordy Manaige	651-429-4046	
1:00-2:30 PM		1	4.0 M	Dennis Berthiaume	651-686-7710	
Hopkins North Junior High 10700 Cedar Lake Road Minnetonka	Sat	4:00-6:00 PM	4	3.0-4.0 MW	Marv Schneider	952-975-1895
Lifetime Fitness Oakdale 1201 Ford Road, Minnetonka Facility Coordinator: Glenn Fuller 763-588-0464	Wed	7:00-8:30 AM	3	3.0-3.5 M	Bob Carr	952-944-2662
	Fri	7:00-8:30 AM	3	3.0-3.5 M	Glen Fuller	763-588-0464
Match Point Tennis Center 9913 214th Street W, Lakeville. Facility coordinator: Bruce Abrahamson 952-461-2617	Tue	8:30-10:30 AM	2-3	3.0-3.5 M	Bruce Abrahamson	952-461-2617
	Thu	8:00-9:30 AM	2-3	3.0-3.5 M	Bruce Abrahamson	952-461-2617
	Fri	8:30-10:30 AM	2-3	3.0-3.5 M	Bruce Abrahamson	952-461-2617

PublicIndoorTennis.com 7833 Highway 65 N.E., Spring Lake Park, MN 55432. 763-231-3109. Facility Coordinator: Diane Lehman 651-488-6147	Mon	10:30-Noon	3	3.0 MW	Lee Carlson	763-571-6862	
	Thu	8:30-10:30 AM	3	3.0-4.0 MW	Mike Schleeter	651-274-2011	
		10:30-Noon	3	2.5-3.0 MW	Diane Lehman	651-488-6147	
Reed-Sweatt Family Tennis Center 4005 Nicollet Avenue S Minneapolis 612-825-6844 Facility Coordinator ??	Mon	7:00-9:00 AM	2	3.0 MW	Herb Bacal	612-750-8318	
		8:30-10:00 AM	1-2	Available permanent court time – call RSFTC			
		8:30-10:00 AM	2	2.5-3.0 W	Joan Petroff	952-893-9149	
		10:00-11:30 AM	3	3.0 MW	Lois Bunday	952-831-7677	
		11:00-12:30 PM	2	2.5 MW	David Kopf	612-340-0287	
					Hansel Hall	612-332-2685	
		11:30-1:30 PM	6	3.5-4.0 M	Ken Landro	763-544-9757	
					Thue Rasmussen	651-917-0075	
		12:30-2:00 PM	1-2	Available permanent court time – call RSFTC			
	3:00-4:30 PM	1-2	Available permanent court time – call RSFTC				
	Tue	7:00-9:00 AM	2	3.0-3.5 MW	Herman Swanson	612-861-4313	
		9:00-10:30 AM	2	2.5 MW	Donna Borgerding	612-721-7038	
		9:00-10:30 AM	2	3.0 M	Patrick Meekin	612-874-8319	
		9:30-11:00 AM	1	3.0-3.5 M	Ken Rich	612-377-4682	
		10:30-Noon	3	2.5-3.0 MW	Dennis Moody	651-488-8124	
		10:30-12:30 PM	1-2	Available permanent court time – call RSFTC			
		11:30-1:30 PM	2	3.5 M	Bill Sampson	763-566-4085	
		1:30-3:00 PM	2	3.5 W	Jean Murdock	952-941-5362	
		1:30-3:00 PM	1-3	Available permanent court time – call RSFTC			
		2:00-3:30 PM	2	2.5-3.0 MW	Miriam McCreary	651-454-9465	
	3:00-4:30 PM	1-4	Available permanent court time – call RSFTC				
	Wed	9:30-11:00 AM	3	3.0-4.0 W	Joanne Schmid	952-474-6022	
		9:30-11:30 AM	3	3.0-3.5 MW	Ronnae Wagner	952-938-5785	
		10:30-Noon	2	2.5-3.0 W	Shirley Pratt	651-291-1493	
		10:30-Noon	1	3.5 M	Bob O'Brien	952-920-1571	
		11:30-1:30 PM	2	3.5-4.0 MW	Jo Rolling	651-777-3773	
		1:00-3:00 PM	2	3.5-4.0 M	Tom Jackson	763-550-1369	
		3:00-4:30 PM	1-4	Available permanent court time – call RSFTC			
Thu	7:00-9:00 AM	4	3.0-3.5 MW	Herman Swanson	612-861-4313		
				Ann Barten	612-724-0712		
	8:30-10:30 AM	4	2.5-3.0 MW	Linda Wright	952-895-1142		
				Bill Kruckeberg	952-926-3397		
	10:30-Noon	2	3.0-3.5 MW	Corrine Lee	612-922-1333		

	Thu	2:30-4:00 PM	1-4	Available permanent court time – call RSFTC		
	Fri	7:00-9:00 AM	3	3.0-4.0 MW	Marv Schneider	952-975-1895
		7:00-9:00 AM	1-4	Available permanent court time – call RSFTC		
		8:30-9:30 AM	1	2.5-3.0 W	Florence Halverson	952-835-5999
		9:00-10:30 AM	5	2.5-3.5 MW	Bob Hokanson	952-929-1152
					Mary Lou Bowen	612-869-9438
		9:00-11:00 AM	4	3.0-3.5 MW	Ronnae Wagner	952-938-5785
		10:30-12:30 PM	2	3.0 MW	Roy & Amy Rincon	612-724-4623
		12:30-2:30 PM	6	3.5-4.0 MW	Joell Anderson	952-881-5510
					Gerry Ludwig	763-522-9376
2:30-4:00 PM	1-4	Available permanent court time – call RSFTC				
Williston Fitness and Sports 14509 Minnetonka Drive Minnetonka Facility Coordinator Ed Fischer 763-550-9770	Mon	7:00-8:30 AM	3	3.0-3.5 W	Erlene Herr (fall)	952-944-5963
		10:30-Noon	2	3.0-3.5 MW	Frank Locke	952-937-9394
		2:30-4:00 PM	1	3.0-3.5 W	Vi Schaber	763-420-9749
	Tue	8:00-9:30 AM	2	3.0-3.5 MW	Tom Shillock	952-475-2199
		11:30-1:00 PM	2	3.0-3.5 MW	Fred Wright	952-938-1242
	Wed	7:30-9:00 AM	2	2.5-3.0 W	Jane Tischbein	952-938-9348
		8:00-9:00 AM	1	3.0 W	Eudice Gallop	952-595-8357
		10:30-Noon	2	3.0-3.5 MW	Harold Krantz	952-937-9394
	Thu	8:00-9:30 AM	2	3.0-3.5 M	Fred Wright	952-938-1242
		11:30-1:00	2	2.5-3.5 W	Jeannie Rose	763-537-2455
		1:00-2:30 PM	1	3.0-3.5 W	Linda Kraft	952-934-1992
	Fri	2:00-3:30 PM	2	3.0 MW	Arnie Nelson	763-473-2089
		2:00-3:30 PM	1	3.0-4.0 W	Ginger Stees	952-476-2547

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

Grandparent/grandchild

By Gary Rother, Tournament Director

Intermediate champions were (below, L to R) Roger Newinski and Jonathan Newinski.

In the High School Varsity division (L to R), finalist—

Jennifer Harms and Conway Villars; champions—Maddie Cotter and Pat O'Halloran.

Thanks to Pat O'Halloran with helping clearing the courts of water from the rain that fell early Saturday morning. Play started at 10:30 am with matches ending at noon.



STPC new members, renewals, and changes

Name Rating Primary phone Other phone Address, Email, Member #

Membership information is not shown on the website!

Sportsmanship

By David Sommer

The Code should be read by all players. It's included with the Rules of Tennis in print. Or, read it online—from the STPC website, click **Links**. Here's a few selections:

1. **Courtesy is expected.** Tennis is a game that requires cooperation and courtesy from all participants.

5. **Player makes calls on own side of net.** A player calls all shots landing on, or aimed at, the player's side of the net. **Editor comment:**

refrain from questioning opponents calls, even politely. No "negative body language" either!

6. **Opponent gets benefit of doubt.** When a match is played without officials, the players are responsible for making decisions, particularly for line calls. There is a subtle difference between player decisions and those of an on-court official. An official impartially resolves a problem involving a call, whereas a player is guided by the unwritten rule that any doubt must be resolved in favor of an opponent. A player in attempting to

be scrupulously honest on line calls frequently will keep a ball in play that might have been out or that the player discovers too late was out. Even so, the game is much better played this way.

8. **Ball that cannot be called out is good.** Any ball that cannot be called out is considered to be good. A player may not claim a let on the basis of not seeing a ball. One of tennis' most infuriating moments occurs after a long hard rally when a player makes a clean placement and an opponent says: "I'm not sure if it was good or out. Let's play a let."

Sign up for indoor tennis

This issue of Senior Tennis Times has the 2011-2012 indoor tennis season schedules. Now's the time to look it over and decide where you want to play.

Old STPC hands know how this all works, but it might be confusing to our new members. If you fall into that category, read on. Here's the short guide to playing indoor tennis.

What are regular and substitute players?

A regular player makes a commitment to play every week at a particular place and time. The other people signed up at that location depend on you to show up so that there is the correct number of people present to play doubles on all courts. If you don't show up and don't find a substitute to take your place, they're forced to play three on a court or singles, and that isn't fun.

If you want to play but can't make a commitment, you can be a substitute player. Substitutes play when regulars can't show up, for instance when they are on vacation or sick. You can sign up as a substitute at several times and locations to increase your chances of playing frequently.

How do I sign up to play?

First, look over the schedule in this issue. Find a location and time that looks good to you. Then call the captain listed and sign up as either a regular or substitute. Act soon—many people play at the same time and place every year and places fill up fast.

How much does it cost?

The cost to play as a regular varies from location to location—captains can tell you just how much. Also ask court captains for more information on starting dates, fees, rotation of playing, and anything else about playing at that captain's location.

What's this about free lessons?

An important objective of STPC is to encourage more people over 50 to learn and appreciate tennis. So every new member is entitled to free lessons from our own STPC pros (you do have to pay a nominal fee to help pay for the court; the lessons themselves are free).

You don't have to commit to a set series of lessons—just pack your racquet and show up. Balls are provided.

There's a listing of lessons and drills in every issue of the Times. Check it out! If you have any questions about the lessons, just call the instructor listed in the schedule.

