



Senior Tennis Times

The 50+ tennis experience

December
2013

6 Newsletters by mail in 2014

The STPC Board decided to cut the number of newsletters delivered by the post office from ten/year to six. The number of newsletters sent by email **will remain at ten/year**.

Why the change?

Last year, printing and postage for the newsletter cost the club \$8,400. About 560 members receive the newsletter by U.S. Postal Service. That gives an annual

(Cut mail delivery—continued on page 7)

Printed Roster to cost \$7

Due to the high cost of printing and mailing the Membership Roster (\$2,152 this year), those who want a printed copy and USPS delivery will be asked to pay \$7. The email version of the Roster will remain free. Senior Tennis has had deficits the last few years, and

(Printed Roster—continued on page 2)

Captains: have your players renewed?

Time to check on this. For a [list of members](#), go to our website; click Membership. Until January 1, those paid for 2014 have a "\$" after their name. After January 1, only those paid for 2014 appear in the list.

On the inside

P 3. Tennis string tips—improve your game at little expense!

Pp 4-5. Our lesson schedule. We offer 15 hours per week of lessons, plus monthly Open House at Life Time White Bear Lake. Cheap improvement!

P 8. USTA Code on court etiquette. A classic by our Steve Keefe.

P 10. Continuation of Bill Cosgrove's "Tennis players quirks, tics, & superstitions." Amusing stories about your favorite pros.



Membership renewal—it's in your mail! Please be kind to our volunteers and return promptly!

Tennis events

By Bob Busch

Merry Christmas and Happy Holidays! During this Thanksgiving and festive holiday season we want to thank the many volunteers that provide tennis playing and social opportunities to our members. Be sure to recognize the hard work of our Board of Directors, the coordinating efforts of our team captains and the many drills provided by our teaching pros.



The fall/winter Indoor Schedule for drills and playing opportunities is included in the Newsletter and on our website (click Tennis Schedule). If you are new to the STPC, looking for a drill or not yet a regular or sub, contact a captain who coordinates play at one of the eight indoor facilities near you. We send our best wishes that your holiday season will be filled with happiness, peace and joy. **Keep swinging!**

Gopher tennis

Coach **Geoff Young's** men's team finished its fall season in early November at the Dick Vitale Lakewood Ranch Intercollegiate Clay Court Classic in Sarasota, Florida. In the main draw doubles championship, Gophers **Mathieu Froment/Jack Hamburg** lost to top-seeded **Florent Diep/Stefan Piro** of Florida 8-5. The loss ended a seven-

match winning streak for the two Gopher juniors who finished the fall season with a 11-2 record. They previously reached the ITA Central Region final and were 4-0 in the Gopher Invitational. Following the doubles loss, Mathieu Froment also lost in the consolation singles final to **The Longwy**, France, 7-6 (11), 6-2. Gopher men's spring season will start at

(Tennis events—continued on page 6)

Upcoming events

Open House at White Bear Lake LTF

December 21, 2:00-4:00 PM

This is an opportunity for all STPC members to check out this Life Time Fitness club. Details page 5. Also see membership offer on page 7.

Chance to "try before you buy."

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 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 additional inch.

2-line ad (members only), first three months free, then \$5/issue. Additional lines \$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.

December 2013, Vol. 26, #10

Membership total: 1280

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(Printed Roster—continued from page 1)

we must bring income in balance with expenses.

How will this work?

We will send the email Roster to everyone who has indicated they want a Roster (and has an email address). Note that the email Roster comes out three times a year (March, June, and September). All three have complete membership information at the time of publication, while the printed Roster only has membership information as of March 1.

If in addition, you would like a printed Roster, please send a check payable to "STPC" for \$7 to your newsletter editor: David Sommer, 3657 17th Ave S, Minneapolis, MN 55407. If your address has changed, please note that. All checks must be received before March 1.

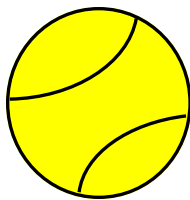
If you have never given us your email address, or it has changed, please email that information to me. dsommer7@usiwireless.com.

"Let's play a let"

This is heard too often when players can't decide whether opponent's ball was *in or out*. The offer to play a let, shows that players had doubt. Doubt is always resolved in favor of the opponent, so the ball was *in*. A "let" should be used only for a let serve, or for when something outside players' control, like a ball from another court, interferes with play.



As a non-profit organization, the Senior Tennis Players Club gratefully accepts donations, memorials and estate gifts. Please send to Senior Tennis Players Club, P.O. Box 5525, Hopkins, MN 55343.



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 15th of the month for publication the following month. All material submitted for publication is subject to editing. Enclose a self-addressed stamped envelope if you want materials returned.

Send your submissions to:

David Sommer, 3657 17th Avenue S, Minneapolis, MN 55407.

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.

Mark's corner

By Mark Mudra

If you've always wanted to attend a tennis camp but have not been able to do so, you may want to take advantage of two local opportunities which are similar.



The Bloomington Lifetime program has, in one year, grown from 5 to 35 STPC members, who pay \$100 a month to play free from 7-9 AM, 6 days a week. Also, there are more than 30 additional Lifetime members who pay \$7 per class to attend this program on Tuesdays and Fridays.

The White Bear Lake Lifetime program offers free tennis Monday through Friday twice a day, 7-9 AM and 2-4 PM; there is also a free class Thursday mornings at 8-9:30 AM. These classes are taught by Denny Wagner.

For questions or more information about Bloomington, email Mark Mudra at markmudra@aol.com; for White Bear Lake, email Denny Wagner at dennis8477@gmail.com. See also page 7.

Last year I had several players who were rated 2.5 at the start of the program; by summer, they had improved to 4.0. The opportunity to play/hit with better players, free hitting on the ball machine, and instructors who focus on your tennis/fitness development all pay dividends to those wishing to improve.

STPC, *the 50+ tennis experience*, now offers 15 hours of indoor drills per week. See page 4 for a complete schedule or check it out on line. Now included is a map to each location. These drop-in drills are for all levels. They cost only \$7.00 (\$4.50 for the Baseline class.) You do not need reservations; just show up and play.

Each month our coaches will focus on one skill. Other strokes will be included but more time will be spent on the selected stroke/skill. For December, the forehand ground stroke:

- Target: 4' x 4' square in court corner, 2' from sideline and baseline. Left hip dictates shot direction.
- Slight shoulder turn.
- Weight on back foot.
- Keep head down through the shot.
- Push palm through contact point.

If you have any questions about any of the above information, please contact me.

Mark Mudra markmudra@aol.com

Tennis string tips

By Reed-Sweatt staff

We are frequently asked two questions on strings:

1. "How often should I restring my racquet?"

The most common answer is that for as many times in the week you play, it should be strung that many times per year. So if you play twice a week, you should string your racquet twice a year. Even with this general rule in place, most people don't restring nearly enough. You want your strings to be close to the same tension most of the time for consistency of play and "feel" of the ball.

Most Minnesotans love the changes in weather, even welcome the challenges of the extreme temperatures we must face. However, your strings (and racquet) do not share that feeling. In situations of high exposure to those large temperature changes (hot summer day in July or cold January day in winter), strings will easily lose their integrity if left in the car all day. The player will then suffer with soft or brittle strings that have a higher risk of breaking and also give the player a worse match experience.

2. "What tension should I string my racquet?"

Every racquet has a recommended range of string tension. For example, your racquet might have listed 55-65 pounds. We will string a player's racquet in the middle of this range unless the player wants more

(Tennis string tips—continued on page 5)

Players wanted

Monday 7-9 AM, St. Paul Indoor Tennis Club, MW 3-3.5. Peter Plagemann 651-633-0466, plage001@umn.edu

Want ads

Two-line 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.

Time for winter/holiday/gift project? Bathroom, kitchen, insulate, paint, tile, lighting/electrical, plumbing. High quality attention to detail. Home improvement specialist. Eric 612-710-7055 ericostergaard@yahoo.com

Want to rent: Garage stall or shed space for compact car, Nov-Mar. Jeanne.rahe@gmail.com 952 649-0727.

Personal Assistant. Home chores, cleaning, shopping, driving, assist medical appointments, personal care. Lee Peterson, 952-270-9472.





Senior Tennis Players Club, Indoor Lesson Season

The 50+ Tennis Experience
www.seniortennismn.com
 Lessons and drills—September through April
 Just drop in—all levels welcome.
 Questions? Contact Mark Mudra, Director of Training:

| Day | Location | Time | Instructor, Phone, Email | Cost |
|-----|--|---------------|--|--------|
| Mon | Reed-Sweatt Family Tennis Center 4005 Nicollet Ave S, Minneapolis, 612-825-6844 | 1:30-3:00 PM | HP, 612-590-0181, hung Huyphan@gmail.com Duncan Welty 952-933-8592 idwelty@q.com | \$7.00 |
| Tue | Life Time 98th St – only open to Life Time Members. FREE for Unlimited Tennis Pass; \$7.00 for others. Instructional class (3.0 level and below) 952-830-7900. | 8:00-9:00 AM | Mark Mudra 952-833-1469 markmudra@aol.com | \$7.00 |
| | Life Time 98th St – only open to Life Time members. FREE for Unlimited Tennis Pass; \$7.00 for others. 3.5+ level players only. 952-830-7900. | 9:00-10:30 AM | Mark Mudra 952-833-1469 markmudra@aol.com | \$7.00 |
| | Public Indoor Tennis . 7833 Highway 65 N.E., Spring Lake Park, MN 55432. 763-231-3109. | 1:00-2:30 PM | Mark Mudra 952-833-1469 markmudra@aol.com | \$7.00 |
| Wed | Baseline Tennis Center , 1815 4th St SE, Mpls, 612-625-1433. | 9:30-11:00 AM | Mark Mudra 952-833-1469 markmudra@aol.com | \$4.50 |
| | Williston Fitness & Sports , 14509 Minnetonka Drive, Minnetonka 952-939-8370. | 5:30-7:00 PM | Duane Ryman 612-865-9517 dhrtennis40@hotmail.com | \$7.00 |
| Thu | Life Time Fitness White Bear Lake – only open to Life Time members. FREE for Unlimited Tennis Pass; \$7.00 for others. 4800 White Bear Pkwy, White Bear Lake, MN 651-426-1308. | 8:00-9:30 AM | Denny Wagner, 612-578-8477 dennis8477@gmail.com | \$7.00 |
| | Reed-Sweatt Family Tennis Center . 4005 Nicollet Ave S, Minneapolis, 612-825-6844 | 8:30-10:00 AM | Paul Stormo 952-944-6286 pjstormo@aol.com Dilcia Pederson 612-824-6099 dilcia.pederson@innercitytennis.org | \$7.00 |
| Fri | Life Time 98th St – only open to Life Time members. FREE for Unlimited Tennis Pass; \$7.00 for others. 3.5+ level players only. | 8:00-9:30 AM | Mike Johnson or his staff | \$7.00 |
| | Public Indoor Tennis . 7833 Highway 65 N.E., Spring Lake Park, MN 55432. 763-231-3109. | 1:00-2:30 PM | Mark Mudra 952-833-1469 markmudra@aol.com | \$7.00 |
| Sat | Life Time Fitness, White Bear Lake . Open houses 12/21/13, 1/18/14, 2/15/14, 3/15/14, 4/19/14 for all STPC members. | 2:00-4:00 PM | Mark Mudra 952-833-1469 markmudra@aol.com | \$7.00 |

Drill of the Month

Each month our instructors will focus on one stroke. Other strokes will be included as well, but more time will be spent on the selected stroke. See Mark's Corner in the monthly newsletter to determine what stroke is featured.

Stroke sequence:

1. The volley
2. Forehand ground stroke
3. Backhand ground stroke
4. The serve
5. Return of serve
6. Doubles play
7. Advanced doubles play
8. Singles



Senior Tennis Players Club

The 50+ Tennis Experience

Presents Saturday afternoon tennis! You do not need to be a member of Life Time to attend.

Two hours of tennis at a great facility. All levels of players welcome. We will have courts for 4.0, 3.5, 3.0 and 2.5 players. No reservations—just show up and play.

When: Saturdays 12/21/13, 1/18/14, 2/15/14, 3/15/14, 4/19/14; 2:00-4:00 PM (please be there at 1:45 to pay and sign in).

Where: [White Bear Lake Life Time Fitness](#), 4800 White Bear Parkway, 651-292-2300

Cost: \$7.00

Format:

- Drills: 4 Ball, Mudra Drill, Mudra with serve drill, Coach feed—Ground/ approach/volley. Gopher drill.
- Rotational /Second ball doubles

Featured skill of the month: December—ground stroke forehand, January—ground stroke backhand, February—return of serve, March—doubles play, April—singles play

Name tags and court assignments at registration

Questions? Mark Mudra, Director of Tennis markmudra@aol.com

| ●● Private Club Drills Open to STPC Members ●● | | | | |
|--|------------|--|--|--|
| Location | Day | Cost | Time | Information |
| Reed-Sweatt Family Tennis Center 4005 Nicollet Ave S, Minneapolis | Tue Thu | \$12.00 | 9:00-10:00 AM | Call 612-825-6844 for reservation. |
| Williston Fitness & Sports 14509 Minnetonka Dr. Minnetonka, MN 55345 | Mon | Williston member \$10, non-member \$14 | Senior 2.0-2.5 Tennis Clinic 3:00-4:00 | Call front desk to sign up: 952-939-8370 |
| | Wed | | Senior Tennis Clinic 8:00-9:00 am | |
| | Fri | | Senior Focused Play & Critique 8:00-9:00 am | |

(Continued from page 3)

power (lower tension, so 55 in this example) or more control (higher tension, so 65 in this example).

Remember, the string and its tension are the “fine tuning” of the racquet!

Send in your renewal!

(Tennis events—continued from page 1)

Oklahoma State on January 19.

Gopher Women again competed in North Carolina's Kitty Harrison Invitational in early November. Their last day of the tournament produced a 7-1 record for Gopher singles players. Their fall singles record was 13-11. Both **Yuliana Umanets** and **Kendall Heitzner** finished 3-0 at Kitty Harrison. **Jessika Mozia** and Yuliana Umanets completed the fall season tied for the team lead with 10 wins in singles. **Tereza Birchacova** finished with 9 wins. Gopher women will start the spring season at the U of M on January 19 against Eastern Michigan and Northern Iowa.

High school girls

Edina won its national record 17th straight Class 2A title and 32nd overall. Breck won its first Class 1A title in 17 years. Edina defeated Minnetonka 5-2 and Breck took out Rochester Lourdes 6-1 in the finals. Breck defeated last years champion Blake during the season. However, Blake was moved to the Class 2A bracket by the State High School League for 2013 play and was defeated by Wayzata in Sectional play. Wayzata also handed Edina its only loss of the year 4-3 in the final of the Edina Invitational tournament. The Gopher women's coach's daughter, **Caitlyn Merzbacher** won her first Minnesota Class 2A title with an exciting 1-6, 6-2, 7-5 win over 2012 champion **Summer Brills** of Mounds View. **Sonya Das** of St. Paul Academy won her second championship with a 6-0, 6-1 win over **Danielle Gannon** of Holy Family. **Patty Zhao** and **Sunny Tang** of Breck were victorious over teammates **Grace Zumwinkle** and **Kendall Kozikowski** 7-5, 6-2 in Class 1A. Rochester Mayo players **Kylie Boyer** and **Kate Rosenow** won their second doubles state championship in Class 2A with a win over St. Paul Central sisters **Helen** and **Zoe Klass-Warch** 6-2, 6-2.

ATP World Tour Finals

The city of London again hosted the final men's pro tour tournament in early November. Only the top eight singles and doubles teams qualified for this season-ending tournament. Defending champion **Novak Djokovic** (World #2) defeated World #1 **Rafael Nadal** 6-3, 6-4 for the 2013 championship and a record payoff of \$1.92 million in prize money. Djokovic extended his winning streak to 22 matches and earned this title for the 3rd time. Nadal achieved the World #1 ranking during the tournament and became the first player to hold, lose and regain the year-end #1 spot only nine months after returning from a

serious knee injury. The **Bryan twins** from the USA lost the doubles championship to **Fernando Verdasco** and **David Marreso** from Spain 5-7, 7-6(3), 7-10. However, they continue to hold the world #1 ranking in doubles.

Mixed doubles December 7

USTA Northern will host the Swingle & Jingle Mixed Doubles Tournament Saturday, December 7 from 2:30-6:00 PM at Reed Sweat Family Tennis Center. This event will feature 6.0, 7.0, 8.0, & 9.0 levels with limited draw sizes. USTA Northern will provide light fare and adult beverages. Players are asked to bring a plate of holiday treats to share and an unwrapped toy for Toys For Tots. Entries are open to the first 48 teams to register, Registration is \$20 per person. You may register on the USTA web-site www.northern.usta.com.

Florida Grand Prix

The 2014 schedule is set for the Super Senior Grand Prix on the west coast of Florida. STPC members looking for competitive tennis will again have an opportunity to compete in 55-90 age brackets on clay in singles and doubles. The first four tournaments are scheduled for the Naples/Fort Myers area and then move north for three tournaments in the Sarasota/St. Petersburg area. All doubles matches will be two sets with a match tie-break for the third. Also age divisions 80 and older will now play two sets with a match tie-break in both singles and doubles. You may register on-line at flsupersenior.com for the following tournament schedule: January 6-12, Colonial Country Club, Fort Myers; January 13-19, World Tennis Club, Naples; January 20-26, Sanchez-Casals, Naples; January 26-February 2, Super Cat. II-Sterling Oaks Country Club, Naples; February 10-16, Palm Aire Country Club, Sarasota; February 17-23, Meadows Country Club, Sarasota; February 24- March 2, Super Cat II, St. Petersburg Country Club.

| Gopher Men Tennis | | |
|-------------------|----------------|---------|
| 01/31/14 | Wisc-Green Bay | Noon |
| | Marquette | 6:00 pm |
| 02/02/14 | Arkansas | Noon |
| 02/07/14 | Tulsa | 6:00 pm |
| 02/08/14 | Harvard | 3:00 pm |
| 02/22/14 | Drake | 6:00 pm |
| 03/01/14 | Wisconsin | 1:00 pm |
| 03/23/14 | Nebraska | Noon |
| 04/04/14 | Ohio State | 3:00 pm |
| 04/06/14 | Penn State | Noon |
| 04/11/14 | Michigan | 6:00 pm |
| 04/13/14 | Michigan State | Noon |

| Gopher Women Tennis | | |
|---------------------|------------------|----------|
| 01/19/14 | Eastern Michigan | Noon |
| | Northern Iowa | 6:30 pm |
| 01/26/14 | North Dakota | 10:00 am |
| | South Dakota St. | 4:00 pm |
| 02/14/14 | Oklahoma State | 5:00 pm |
| 02/16/14 | Oregon | 11:00 am |
| 02/21/14 | Iowa State | 6:00 pm |
| 02/23/14 | Marshall | 11:00 am |
| | Carleton College | 6:00 pm |
| 03/23/14 | Iowa | 3:00 pm |
| 03/28/14 | Purdue | 5:00 pm |
| 03/30/14 | Indiana | 11:00 am |
| 04/18/14 | Illinois | 3:00 pm |
| 04/20/14 | Northwestern | Noon |

No court fees to play 5 days a week, Monday-Friday 7:00-9:00 AM and 2:00-4:00 PM

Life Time/Senior Tennis Unlimited Tennis Pass

- For \$139.95 a month you can play unlimited tennis, 7:00-9:00 AM **and** 2:00-4:00 PM Monday through Friday at [Life Time White Bear Lake](#). Couples membership just \$229.95.
- This includes a free weekly drill—Monday 2:00-3:30 PM taught by Mark Mudra, Director of Training, or his STPC/Life Time-approved USPTA-certified staff
- Free use of ball machine during the 2:00-4:00 PM time slot

This offer is only available to members of Senior Tennis Players Club.

Life Time White Bear Lake offers 10 inside courts all fall-spring season.

This Unlimited Tennis Pass includes free access to all Onyx level services offered by Life Time White Bear Lake anytime the club is open: weight room, pool, spinning, yoga, etc.

STPC members can go inactive or drop out, with only a 30 day notice.

No initiation fees to join this program.

For questions or additional
information contact:

Mark Mudra

Markmudra@aol.com

952-833-1469

Please sign up for this program
with Life Time:

Mary Freshwater

651-292-2317

mfreshwater@lifetimefitness.com

(Cut mail delivery—continued from page 1)

cost of \$15 each! Your club ran a deficit the last few years—we need to stay in balance for our long-term financial health.

What does this mean?

To keep the newsletter as relevant as possible for all members, we've also changed the schedule. For 2014, newsletter by USPS will occur in February, April, May, August, September, and December. ***In addition to those deliveries***, the newsletter will also be published in March, July, October and November for email delivery only. As always, all newsletters are available on our website.

I get it by USPS. What can I do?

We find that more than 3/4 of our members who get the newsletter via USPS do have Internet access. You can do one of two things:

1. Switch to email delivery. This version reaches you 15 days sooner, is in color, and has live "links" to

web content. You'll like it! And you save the club \$\$\$ which we can better use to serve all members. To switch, just email me: dsommer7@usiwireless.com.

2. Or you can continue to have USPS delivery, but for those four months of no delivery (March, July, October, and November), view the newsletter on our website.

Indoor courts in Shakopee?

A recent [StarTribune story](#) tells of the effort of the Shakopee Tennis Association to build a **public** indoor court facility. The Shakopee city council endorsed the idea. City involvement would include a land-lease at low cost. Construction cost is likely to be \$4-5 million. Donors are being sought. Our former president, Fred Jurewicz said, "It's a pretty ambitious project. I'm sure a lot of [Senior Tennis] members that are south of the river would take advantage of it."

USTA Code on court etiquette

By Steve Keefe

Editor's note: Steve wrote this article some years ago. I've added a few comments, but it's mostly Steve. Thanks, Steve!

"1. Courtesy. Tennis is a game that requires cooperation and courtesy from all participants. Make tennis a fun game by praising your opponents' good shots and by not ... losing your temper, using vile language, throwing your racket, or slamming a ball in anger; or sulking when you are losing."

You heard your mother! No sulking!

"2. Counting points played in good faith. All points played in good faith stand. For example, if after losing a point, a player discovers that the net was four inches too high, the point stands. If a point is played from the wrong court, there is no replay. If during a point, a player realizes that a mistake was made at the beginning (for example, service from the wrong court), the player shall continue playing the point. Corrective action may be taken only after a point has been completed." According to USTA (ITF) rules this also applies if one doubles partner serves out of turn. The error should be corrected as soon as it is noticed but points played stand.

"3. Warm-up is not practice. A player should provide the opponent a 5 minute warm-up (ten minutes if there are no ball persons) ... Some players confuse warm-up and practice. A player should make a special effort to hit shots directly to the opponent."

And **please!** Don't try to "win the warm-up! Your anti-role model here was Jimmy Connors who, as a young player would hit very hard at opponent when opponent was at net warming up his volleys.

"7. Ball touching any part of line is good.A ball 99% out is still 100% good."

"9. Calls when looking across a line or when far away. The call of a player looking down a line is much more likely to be accurate than that of a player looking across a line. When you are looking across a line, don't call a ball out unless you can clearly see part of the court between where the ball hit and the line. It is difficult for a player who stands on one baseline to question a call on a ball that landed near the other baseline." This is particularly true when a ball lands right at one's feet, usually at the baseline. The trajectory of the ball viewed from above is very close to a straight line with no obvious visual cue when it bounces. Several times I have had partners who are scrupulously honest insist a ball was out when I saw it clearly good from another angle. I try to play the ball and hope my partner will see if it is out. The Code adds later:

"25....In doubles the Receiver's partner should call the service line, and the Receiver should call the sideline and the center service

line. Nonetheless, either partner may call a ball that either clearly sees." I am a little skeptical about this "should" because the receiver has a lot to think about right then. Of course it is true that when a ball lands just outside the center line, the space will be hidden from the receiver's partner by the ball. But I have missed returns trying to watch the line.

"15. Audible or visible calls. No matter how obvious it is to a player that the opponent's ball is out, the opponent is entitled to a prompt audible or visible out call."

Probably calls in Senior Tennis should be pretty loud since not all of us hear as well as we once did.

"19. Lets called when balls roll on the court. When a ball from an adjacent court enters the playing area, any player shall call a let as soon as the player becomes aware of the ball. The player loses the right to call a let if the player unreasonably delays in making the call."

I (editor) was in a doubles game. Server, who fortunately is no longer with STPC, hit a serve that was way out. A ball rolled onto the court **after** he had hit the ball. He demanded a first serve!

"12. Out calls reversed. A player who calls a ball out shall reverse the call if the player becomes uncertain or realizes that the ball was good. The point goes to the opponent and is not replayed. However, when a receiver reverses a fault call on a serve that hit the net, the server is entitled to two serves."

"23. Server's request for third ball. When a server requests three balls, the receiver shall comply when the third ball is readily available. Distant balls shall be retrieved at the end of a game."

Better players usually strive to avoid delay and don't take time to pick up all 3 balls and pass them to the serving team after every point unless that can be done without delaying the server. Three people can pick up three balls about as fast as one can pick up one, and fewer people are standing around waiting.

"30. Delays during service. When the Server's second service motion is interrupted by a ball coming onto the court, the Server is entitled to two serves. When there is a delay between the first and second serves:

- the Server gets one serve if the Server was the cause of the delay;
- the Server gets two serves if the delay was caused by the Receiver or if there was outside interference."

(But!) "The time it takes to clear a ball that comes onto the court between the first and second serves is not considered sufficient time to warrant the Server receiving two serves unless this time is so prolonged as to constitute an interruption. The Receiver is the judge of whether the delay is sufficiently prolonged to justify giving

(USTA Code on court etiquette continued on page 12)

In Memory...

Leland (Lee) Anderson

Lee Anderson died at home October 2, 2013 surrounded by his loving family. Survived by his beloved wife of 63 years, Georgia; children, Tom (Jess), Becky Hustedt (Jack), Bruce (Linda), Carol (Stephanie Smith); sister Evelyn Anderson, grandchildren and great-grandchildren. Lee was born to John and Arvida Anderson on October 27, 1929 in Minneapolis. He served in the Korean War, graduated from the University of Minnesota with a business degree, and worked much of his career at Pillsbury becoming Director of Corporate Staff. He took early retirement from Pillsbury to follow his desire to start his own consulting business, Lee Anderson Associates, of which he was President. He developed and perfected a Comparable Worth System which was adopted and implemented by the many school districts and counties with which he worked in Minnesota, Iowa and South Dakota. Lee was proud to have started and managed this successful business for over 20 years. Lee was an honorable man, devoted to his family, and admired for his great integrity, warmth and wit. He enjoyed nature and was an avid reader, particularly of historical biographies. Lee was interested in staying fit and healthy, and loved outdoor activities. Of the many activities he enjoyed, running was number one. He ran nearly every day, participating in many races including the Freedom Five 4th of July race in Siren, WI which was near his cabin in Danbury, WI. This annual event included the entire family with everyone gathering at the cabin to run this race with him every year, and one in which he often medaled. Lee was a member of Senior Tennis from 1999.



a tennis racquet and became a champion on the courts. Most importantly, though, Winnie was a champion in the hearts of her family. Memorials preferred to St. Paul Urban Tennis, 1043 Grand Ave., No. 252, St. Paul MN 55105 or www.sput.us. Winnie and doubles partner Mary Haviland had an impressive record of wins at the Senior Games: in 2004, silver medal in the 75-79 division at the Northland Senior Games; in 2008, gold medal in 80-84 at the Minnesota Senior Games. And finally in 2009, they were fourth place in the 80-84 at the National Senior Games. Winnie was a member of Senior Tennis from 1988.

Mark McGraw

Mark McGraw 68, died peacefully on October 15, 2013 at his home in downtown Minneapolis. Mark was a loving husband to his wife of 46 years, Joni McGraw (nee Klammer), a devoted father to his two daughters, Kelly McGraw and Kristen Heise. He was the proud grandpa to his five beautiful granddaughters, and to his many nieces and nephews. Mark was born on May 28, 1945 in Hutchinson, Minnesota to Ray McGraw and his 100-year-old surviving mother, Evelyn McGraw. He was the youngest of four children, including his two surviving brothers, Ronald J. McGraw (wife Kathleen) and David McGraw (wife Sheila) and his predeceased sister, Joan Froemming (husband John). Mark attended the University of St. Thomas in St. Paul, where he received a Bachelor's Degree in 1967. Mark was always a family man and friend first. And a career man second. Early in his career, Mark was a high school Spanish teacher in Mount Morris near Flint, Michigan. After the birth of his two daughters, Mark returned to Minnesota to start his restaurant, The Burger Shoppe, and eventually launched McGraw Concessions. Mark cherished the concession business, specifically the 13 years and thousands of family memories at the McLeod County Fairs. If your last name was McGraw or Froemming, or you knew someone with that name, chances were you flipped a burger, fried a mini donut or were tortured by the cotton candy machine. Like every true Minnesotan, he was a devoted fan of the Minnesota State Fair, attending ever year, multiple times each year, without fail. It was his church and state. Mark was deeply loved by his family, friends, colleagues and all who knew him. He was always caring, thoughtful and generous. He had a one-of-a-kind sense of humor and wit that will be impossible to replace. Mark was a member of Senior Tennis from 1996.

Winnie Lund

Winnifred Lund died Nov. 4, 2013. She was born June 11, 1925. Winnie is survived by her husband, Bill Connell; and her children, Jimmy Lund; Paula Gleeson; and Peter Lund. Winnie was also a beloved grandmother and great-grandmother. She was preceded in death by her first husband, Paul Lund, and their daughter, Carol. Winnie lived her life peacefully, with dignity and kindness. She was a runner, walker, and at age 63, she picked up



Tennis players' quirks, tics, & superstitions

By Bill Cosgrove

Editor's note: In the November newsletter, we published the first part of Bill's essay, mostly covering Rafael Nadal. Here is the remainder of the essay. Enjoy!

What about other modern, open-era players – what kind of quirks do they have in comparison to Nadal? Too many players to mention avoid stepping on the white lines, including Nadal, **John McEnroe**, **Bjorn Borg**, **Maria Sharapova**, **Ana Ivanovic**, **Justine Henin**, **Martina Hingis**. Like Nadal, many have similar courtside habits not directly affecting play, though they may believe otherwise. Some may even have rituals rivaling Nadal's lining up of his water bottles, for example.

Bjorn Borg had a habit of taking the same player chair furthest from the chair umpire when he played Wimbledon on Centre Court. He also apparently always wore the same green pinstripe Fila shirt at Wimbledon. Similarly, **Martina Navratilova** apparently always wore the same pair of earrings during a tournament and often wore the same dress in the finals. Serena is said to wear the same pair of socks during tournaments, and to always tie her shoes in exactly the same way for every match. Doesn't everyone?

Rafa's apparel was initially unique in that he used to wear the longer, Capri-like, clam-digger tennis shorts when he first came up, not to mention his sleeveless muscle shirts. His taping nearly every finger on his left hand and one or two on his right seems less a quirk than a simple blistered fingers physical fact.

Ivan Lendl used to have a pocketful of sawdust to apply to his racket handle. But that pales next to his rather alarming habit of severely plucking hair from his eyebrows between points. And he is said to have started the tradition of changing rackets with each set of new balls. Bjorn Borg, too, used to have some kind of special treat in his pocket for his racket handle, but I don't know for sure what it was. One collector claims it was sawdust.

The treatment of tennis balls comes in for its share of quirky asides. Some players need to have them in the hands of certain ball persons at certain locations on the court when they are serving, Agassiz among them. When **Jelena Dokic** served, she always wanted the ball delivered to her with an underarm throw. Almost all players want a look at more than one ball to choose from for a first serve. A few require immediate return

of the same ball they served successfully the previous point. One player smells newly opened balls during play and has even explained her reason for it in a surprisingly convincing way.

Ball bouncing is a perennial potential quirk for some players. And a potential curse, in some cases. **Sylvia Hanika** in the 1980s bounced the ball up to 30 times before serving according to **Bud Collins**, and had to start the process all over if she faulted her first serve. **Jimmy Connors** in his memoir *The Outsider* tells of bouncing the ball incessantly while serving at his first Wimbledon, and being unable to stop “until it felt right.... I go to serve and now I can't stop bouncing the ball,” he says early in his book. Afterwards that night at the hotel he had to practice bouncing it fewer times for his next match.

Many of us recall when **Novak Djokovic** first came up seeing him bounce the ball well into double figures before each serve—sometimes 15, 19, up to 29 times I recall counting. He told CBS news that “My record was in 2007 during the Davis Cup against Australia. I made the ball bounce 38 or 39 times” before he served. He has since, it seems, largely overcome this habit, and even made fun of himself doing it, along with publicly parodying other players' quirks and tics. He has cleverly mimicked Maria Sharapova's graceful tucking of her hair behind her ears before each serve, as well as Rafa's shorts-plucking maneuver.

Arthur Ashe used what could be considered a one-time or even an anti-quirk to apparently unnerve the volatile Connors at their 1975 Wimbledon final. During every changeover, Ashe would calmly close his eyes and quietly meditate while Connors was presumably his usual restless self. Ashe won it in 4 sets. Ashe is also reputed to have had 16 different variations of his backhand that he could hit.

Men going without shaving, men and women going without changing playing clothes – from socks (for Serena Williams) and shorts to shirts and skirts -- and hosts of other such superstitions may not really qualify as tics or quirks engaged in during play or directly affecting it, I suppose. But they are legion and widespread. Bjorn Borg always grew a Wimbledon lucky beard, and apparently it has become one of the most popular active superstitions among men in all sports today. [I'd be interested in what favorite ones you know of or have observed. Email me any examples you have and/or links to sources: bill.cosgrove@ndsu.edu]

(Tennis quirks, tics, superstitions—continued on page 11)

(Tennis quirks, tics, superstitions—continued from page 10)

However, these quirks can, apparently, affect the on-court confidence of players who may really believe in them. For example, one could believe, I suppose, that not wearing underwear really does help one play well, as, indeed, Andre Agassiz seemed to prove at his first French Open. Or take the volatile, eccentric Marat Safin, the Russian Bear, who wore an evil eye pendant to ward off evil spirits and bad karma.

Some players had to take their first step onto the court with a certain foot, one would add a bounce to the pre-service ball bounce each time he lost a point, and another would not cross the net on the changeover before his opponent. Others had to stay in the same hotel room during a tournament, or use the same locker room shower.

Consider a few more superstitions of one of the all-time champions of off-court weirdness already mentioned above – Goran Ivanisevic. At his championship run at Wimbledon in 2001 when he beat Patrick Rafter in 5 sets, Ivanisevic is said to have started each day by watching “Teletubbies” and ended each day eating at the same restaurant table, each time having “fish soup, lamb with chips and ice cream with chocolate sauce.”

In an interview, Ivanisevic kind of summed up an entire way of thinking about the purpose of rituals: “[It was] same breakfast, same time packing the bag, same parking space at Wimbledon, same shower ... don’t step on the lines, same ball, bloody hell [laughing].” When asked if he knew these rituals never worked, he replied: “I didn’t. Because it worked. I won Wimbledon [laughing].”

A question of interest is why players feel compelled to do some of the seemingly obsessive-compulsive things they do. Some experts claim that what players do between serves can be a kind of “readiness response” or “countdown to launch” that helps them keep focus. The 20-30 seconds between points is fraught with the dangers of distraction and losing concentration and focus. If not doing something constructive, the more chances there are of drifting away. So players learn to fill that time with sequential activities that help them avoid that. They are in effect counting down to blast-off.

Additionally, some of these quirks, tics, and superstitions seem to offer players a form of consistency in a tennis world teeming with uncertainties. As trivial as they may seem, in a game where there’s so much that players can’t control, these quirks may be, as Tracy Austin says, the “one thing you

can control,” and that can “bring you comfort, and that comfort gives you confidence.”

According to Jim Loehr, sports psychologist, Andre Agassiz was the “best at managing the between-point time of any athlete I’d seen to that stage.” After he played a point, Loehr says, you couldn’t tell from his behavior whether he had won it or lost it because he would follow his routine so completely and faithfully: “the walk, the movement of the eyes, it was absolutely the best.” Borg and Federer may belong here, as well.

A previously unmentioned quirk is particularly apt here, perhaps. Evonne Goolagong, the great Aussie aborigine champion, winner of 14 Grand Slam titles, and world’s no.1 women’s player for 2 weeks in 1976, would sometimes go on what were called “walkabouts” during matches. She would appear to completely lose concentration between points, and sometimes seemed so out of it she wouldn’t know when she was facing match points. And then when congratulated on being so calm while playing them, she would say, “What match points?”

These multiple quirks and tics engaged in by so many players make someone like Roger Federer seem positively bland in his relatively fetish-free on-court and off-court behavior. The Federer Moments of improbable and sublime shot-making famously described by David Foster Wallace in his 2006 article “Federer as Religious Experience” are achieved largely, it seems, without invoking quirks, rituals, or superstitions. The only ritual-like action I’ve noticed is the rather common one of twirling his racket -- in his case counter-clockwise – when receiving serve. When serving, it’s three or four ball bounces and he’s ready to go.

There is, though, one thing: a barely noticeable, tableau-like pause at the apex of Federer’s service motion in which he poses for a split second in a classic serving stance reminiscent, strangely, of Usain Bolt’s Superman pose. Check it out for yourself next time he plays.

And like Usain Bolt in sprinting, Federer is perhaps the best ever in the history of modern men’s tennis. Right up there with Rod Laver, many say. And even Laver is said to have had his own quirk – he apparently spent a good deal of time whittling the grips of his wooden rackets to fit perfectly the shape of his hand. What conclusion about tennis quirks and tics can we weekend players draw from that? Maybe that they are the necessary, rough-hewn adjustments we must make in ourselves for the privilege of playing tennis?

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*(USTA Code on court etiquette—continued from page 8)
the Server two serves.”*

This is a good rule for receivers to be liberal about.

Sadly, our role models on television don't always follow these rules. Still, they are just impulsive kids and they are playing in very important matches. (And many have been raised by tennis parents!)

“42. *Catching a ball.* If a player catches a ball before it bounces, the player loses the point regardless of where the player is standing.”

Tennis quotes

I've been playing against older and stronger competition my whole life. It has made me a better tennis player and able to play against this kind of level despite their strength and experience.

—Maria Sharapova

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 for a moment... and then he said “I hit the ball at the woman first.”

“When I was forty, my doctor advised me that a man in his forties shouldn't play tennis. I heeded his advice carefully and could hardly wait until I reached fifty to start again.

—Supreme Court Justice Hugo Black

“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

“Sex doesn't interfere with your tennis; it's staying out all night trying to find it that affects your tennis.”

—Andre Agassiz

“I soon learned it was not a good idea to beat a boy I liked. It's amazing how losing to a girl can turn a guy off. Most fellows consider the girl who is a better athlete a threat. The only men who don't think this way are, in my view, the real men; these are the men who have their own thing, too, and no one can take that away from them.”

—Billie Jean King

