



Senior Tennis Times

The 50+ tennis experience

February
2014

Have you renewed?

There's an easy way to tell. *If you got this newsletter by USPS*, look at the mailing label. If there is "2014" after your name, you're good! But if "2013", this is the *last* newsletter you'll receive, and you can't participate in any STPC group play, etc., until you renew. Use your renewal form, mailed in October, or call Ronnae Garrity 952-938-0374.

If you got this newsletter by email, and you haven't renewed, there would be a reminder in the email itself.

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. Our annual cost/person was \$15! Your club ran a deficit the last few years—we need to stay in

(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 last year), those who want a printed copy and USPS delivery will be asked to pay

(Printed Roster—continued on page 2)

Captains: players renewed?

Time to check on this. For a [list of members](#), go to our website; click Membership. Anyone not renewed by now should be removed from your list of players.

On the inside

P. 3 "Talking footwork"—a tip from a pro to improve your game.

P. 7 "Spring Fling Tennis and Social Party"—information and signup.

P. 7 "Your rating and Jack Dow"—you may want to change your rating to compete better.

P. 8 "Tennis & Life Camps, and InnerCity Tennis"—help send an eager young player to TLC!



Tennis events

By Bob Busch

Happy New Year! Best wishes for 365 days of health and happiness in 2014. Be sure to put your weekly tennis schedule at the top of your list when scheduling your priorities for the new year.

Keep swinging

The benefits of tennis have been well-documented in this column in recent years. Scientists and physicians around the world believe tennis is the most healthful activity. Some sports can provide health benefits and mental and emotional growth but can't compete with tennis in delivering physical, mental and emotional gains to those that play. The late **Dr. Ralph Paffenbarger**, an internationally recognized exercise authority who studied over 10,000 people for 20 years concluded that people who participate in tennis three hours per week at a moderately vigorous intensity cut in half their risk of death from any cause. **Dr. Joann Finn** and associates at Southern Connecticut State University determined that tennis players scored higher in vigor, optimism and self-esteem and scored lower in depression, anger, confusion, anxiety and tension than other athletes and non-athletes. **Dr. Jim Gavin**, author of "The Exercise Habit" states that tennis outperforms golf and most other sports in developing positive personality characteristics. It's never too late for adults of all ages to start playing the game. The important thing is to make sure you *keep swinging* to get the

(Tennis events—continued on page 6)



Upcoming events

Open Houses at Life Time Fitness Clubs

- 98th Street: February 8, 2:00-4:00 PM
- White Bear: February 15, 2:00-4:00 PM

This is an opportunity for STPC members to try these Life Time Fitness clubs. Details page 5.

Spring Fling Tennis and Social Party

Reed Sweatt Family Tennis Center

Time: Saturday March 29, 6:00-8:30 PM.

Details page 7

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.

Board of Directors

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Thue Rasmussen651-917-0075

Newsletter Editor and Webmaster

David Sommer612-276-1313

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.

February 2014, Vol. 27, #1
Membership total: 1047

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The Senior Tennis Times is published 10 times/year. All 10 issues are delivered by email. For those who choose USPS delivery, the Newsletter comes in February, April, May, August, September, and December. No Newsletter in January and June.



Letters to the editor

Editor's note: We welcome all letters, including Peeves. It's OK to be peevish—anonymity protected if you wish.



FIPO For Tennis

In the driver training courses authorized by the Minnesota Commissioner of Public Safety, the acronym FIDO, "Forget It, Drive On" is offered and impressed on your driver mentality. The point of the phrase is that there is nothing to gain from taking action to protest or retaliate to a non-damaging incursion into your lebensraum. So, applying a parallel acronym and phrase FIPO, "Forget It, Play On" is a useful thought process to ease out of a minor tennis squabble. "Senior Tennis" players, because of their age, tend to be opinionated. The time they spend in discussions is wasted from playing time. So..... FIPO.

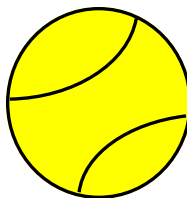
—felix perry

(Printed Roster—continued from page 1)

\$7. The email version of the Roster will remain free. We will send the email Roster to everyone who has indicated they want a Roster (and has an email address). If instead 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

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

We now have two open houses a month, on the second Saturday of the month at Bloomington Life Time and third Saturday of the month at White Bear Lake Life Time. Both are drop in drills, no reservations needed. 2:00-4:00 PM, two hours of tennis for only \$8.00.

The Bloomington Life Time program last year at this time had 5 members. Now we have over 40 STPC players paying \$100 a month to play free 7:00-9:00 AM 6 days a week. If you have a question on the Bloomington program, email me at markmudra@aol.com

Life Time is raising the rates to \$110 February 15, 2014 for new members so now is the time to join the program.

The White Bear Lake program offers free tennis 5 days a week—twice a day—7:00-9:00 AM and 2:00-4:00 PM plus a free class Thursday morning 8-9:30 AM taught by Denny Wagner. If you have a question email Denny at dennis8477@gmail.com

Both of these programs are like attending a tennis camp every day. For instance this summer I had two players, both around 70, who were playing at the 2.5 level. Now both are playing at the 4.0 level. Several of my summer students have joined the Bloomington program and are playing everyday while improving at a similar rate.

The ability to play and hit with better players, free



hitting on the ball machine, and instructors that focus on your tennis and fitness development pays dividends to anyone who really wants to improve. Others just play 3-4 times a week—still a good deal for the cost.

STPC now offers over 15 hours of indoor drills per week. See page four for a complete schedule or check it out on our website. These drills are for all levels. Cost is only \$8.00 (\$5.50 for the Baseline class), all are drop-in drills—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 February:

Backhand ground stroke

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

Any questions pertaining to any of the above please contact me. Mark Mudra markmudra@aol.com

Talking footwork

By Taylor Hanson

Taylor Hanson is a USPTA certified pro with InnerCity Tennis.



The quality of one's footwork has a tremendous influence on performance at all levels of play. Improved footwork leads to better balance, court position, and control of the ball. My experience has taught me that improved footwork is often the low-lying fruit for those who wish to improve their game and their physical fitness. I have found that many players have become quite adept at hitting shots with minimal movement, in some cases hitting shots without taking even one step.

A simple way to improve your game is to take just one more step than you usually would when moving to hit a shot, and one additional step following the shot. If you can do this, you will likely find that several additional steps are often possible, and your balance and court coverage will improve significantly. Superior balance and mobility will grant you greater control over your rallies, so that it will be your opponents scrambling for balls rather than you!

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.

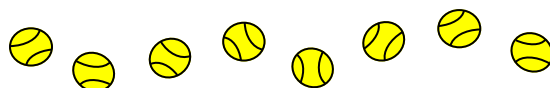


Time for winter project? Bathroom, kitchen, insulate, paint, tile, lighting/electrical, plumbing. High quality attention to detail. Ostergaard Home Improvement, LLC. Eric 612-710-7055 ericostergaard@yahoo.com

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

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

Family or Friend In Need of Medical Alert? Best service/terms. 10% off for STPC members. www.LivewellAlert.com Jean Murdock 952-941-5362





Senior Tennis Players Club, Indoor Drills

The 50+ Tennis Experience

www.seniortennismn.com. Revised 01/11/2014

Drills September through April. Just drop in—all levels welcome.

Questions? Contact Mark Mudra, Director of Training: markmudra@aol.com

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, hunghuyphan@gmail.com Duncan Welty 952-933-8592 ldwelty@q.com	\$8.00
Tue	Life Time 98th St – only open to Life Time Members. FREE for Unlimited Tennis Pass; \$8.00 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	\$8.00
	Life Time 98th St – only open to Life Time members. FREE for Unlimited Tennis Pass; \$8.00 for others. 3.5+ level players only. 952-830-7900.	9:00-10:30 AM	Mark Mudra 952-833-1469 markmudra@aol.com	\$8.00
	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	\$8.00
Wed	Baseline Tennis Center , 1815 4th St SE, Mpls, 612-625-1433. No drill January 15, 2014.	9:30-11:00 AM	Mark Mudra 952-833-1469 markmudra@aol.com	\$5.50
	Williston Fitness & Sports , 14509 Minnetonka Drive, Minnetonka 952-939-8370.	5:30-7:00 PM	Duane Ryman 612-865-9517 dhrtennis40@hotmail.com	\$8.00
Thu	Life Time Fitness White Bear Lake – only open to Life Time members. FREE for Unlimited Tennis Pass; \$8.00 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	\$8.00
	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	\$8.00
Fri	Life Time 98th St – only open to Life Time members. FREE for Unlimited Tennis Pass; \$8.00 for others. 3.5+ level players only.	8:00-9:30 AM	Mike Johnson or his staff	\$8.00
	Public Indoor Tennis . 7833 Highway 65 N.E., Spring Lake Park, MN 55432. 763-231-3109. 3.0 level & below.	Noon-1:00 Start 1/3/14	Mark Mudra 952-833-1469 markmudra@aol.com	\$8.00
	Public Indoor Tennis . 7833 Highway 65 N.E., Spring Lake Park, MN 55432. 763-231-3109. 3.5+ players only.	1:00-2:30 PM	Mark Mudra 952-833-1469 markmudra@aol.com	\$8.00
Sat	Life Time 98th St . Open houses 2/8/14, 3/8/14, 4/12/14 for all STPC members.	2:00-4:00 PM	Mark Mudra 952-833-1469 markmudra@aol.com	\$8.00
	Life Time Fitness, White Bear Lake . Open houses 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	\$8.00

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 Fitness to attend.

Each month we have Open Houses at **two** Life Time Fitness clubs: White Bear Lake and 98th Street (Bloomington South). 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. All times are Saturdays, 2:00-4:00 PM (***please be there at 1:45 to***

When	Where	Cost
2/8/14	Life Time 98th St	\$8.00
2/15/14	Life Time White Bear Lake	\$8.00
3/8/14	Life Time 98th St	\$8.00
3/15/14	Life Time White Bear Lake	\$8.00
4/12/14	Life Time 98th St	\$8.00
4/19/14	Life Time White Bear Lake	\$8.00

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:** 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	

Donations to Senior Tennis

We gratefully acknowledge the following contributions:

Virginia Belford, in memory of Winnie Lund
Roselyn Bernstein, in memory of Winnie Lund

Ronnae Garrity, in memory of Winnie Lund
Joan M. Labernik, in memory of Winnie Lund
Sue Larson
Christine Salmen
Barbara Webb, in memory of Winnie Lund

(Tennis events—continued from page 1)

most out of these benefits during the remaining years of your life.

Thanks volunteers and contributors

A special “Thank You” is again due to the volunteers and contributors who continue to make it possible to provide free inner city programming in the Minneapolis and St. Paul area. Our nationally recognized programs are provided by InnerCity Tennis in Minneapolis, St. Paul Urban Tennis, and Fred Wells Tennis & Education Center. Every Saturday afternoon session at Reed Sweatt Family Tennis Center requires 100-150 volunteers to deliver this free inner city program during the fall and winter session. Call Chris at ICT, 612-824-6099, or one of the other programs to schedule your commitment in a way that best fits your individual interest.

Gopher recruits

Felix Corwin, a top-ranked Wisconsin player from Brookfield East High School, won the USTA National Winter doubles title and finished fourth in singles. Corwin won the doubles championship with **Aron Hiltzik** from Illinois in a field of 64 teams in Scottsdale, Arizona in early January. He also made it to the semifinal match in a draw of 128 singles players. He is the top-ranked high school player in Wisconsin and is #4 in the Midwest Section. He won the Wisconsin singles title in 2013 as a junior and is expected to join the Gophers in 2014/15 under coach **Geoff Young**. The U of M women’s coach, **Chuck Merzbacher**, expects to have recruits from Ohio and Illinois for the 2014/15 season. Letters of Intent have been signed by **Mehvish Safdar** from Mason, Ohio and **Caroline Ryba** from Glenview, Illinois. Safdar, currently at Ursuline Academy, recorded a singles record of 116-8 and 24-0 in doubles during her high school career. She won a state doubles championship as a freshman and subsequently added two singles titles. Ryba was a three-time conference champion while playing for Glenbrook South High School. She has been a highly-ranked USTA Junior competitor since the age of 10 and is currently ranked 3rd in Chicago. Gopher men and women spring play started in January.

See the best tennis in town for free—check dates on the calendars on this page.

Serena recognized

The Associated Press recognized Serena Williams as a worthy recipient of the 2013 Female Athlete of the Year. She compiled a record of 78-4 including 11 titles in singles. Her 2013 achievements included raising her Grand Slam Championship total to 17 with wins in the US Open and French tournaments. She also set a record with \$12,385,572 in tournament winnings. She became the oldest #1 in WTA rankings history during the year and is now 32 years old. Serena won the award for the third time following recognition by the AP in 2002 and 2009.

Djokovic adds coach

Novak Djokovic added six-time Grand Slam Champion **Boris Becker** to his coaching staff. Novak was ranked #1 in the world for most of 2013 when he won the Australian Open and lost in the finals of the US Open and Wimbledon tournaments. **Rafael Nadal** finished 2013 ranked #1 in the world and is the top seed in the Australian tournament. Djokovic will try to win the Australian Open for the fourth consecutive year. The Aussie Open was in the first week of play when this article was submitted for publication. Boris Becker is 46 and since retiring has been a tennis announcer but has never coached a top player. Becker will be renewing old playing rivalries with **Ivan Lendl** who coaches **Andy Murray**, **Stefan Edberg** who coaches **Roger Federer** and **Michael Chang** who is working with **Kei Nishikori**.

Gopher Men Tennis *			Gopher Women Tennis *		
02/02/14	Arkansas	Noon	02/14/14	Oklahoma State	5:00 pm
02/07/14	Tulsa	6:00 pm	02/16/14	Oregon	11:00 am
02/08/14	Harvard	3:00 pm	02/21/14	Iowa State	6:00 pm
02/22/14	Drake	6:00 pm	02/23/14	Marshall	11:00 am
03/01/14	Wisconsin	1:00 pm		Carleton College	6:00 pm
03/23/14	Nebraska	Noon	03/23/14	Iowa	3:00 pm
04/04/14	Ohio State	3:00 pm	03/28/14	Purdue	5:00 pm
04/06/14	Penn State	Noon	03/30/14	Indiana	11:00 am
04/11/14	Michigan	6:00 pm	04/18/14	Illinois	3:00 pm
04/13/14	Michigan State	Noon	04/20/14	Northwestern	Noon

*** Occasionally Gopher match times change. Check with the desk 612-625-1433 or GopherSports.com**

Spring Fling Tennis and Social Party

Reed Sweatt Family Tennis Center

Time: Saturday March 29, 6:00-8:30 PM.

Cost: \$15/person. Non-members welcome.

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

Questions? Call Linda Haller 612-558-1654 or Darlene Moynagh 651-436-8927.



Spring Fling Tennis Party Reservation Form at Reed-Sweatt

Name: _____ Phone: _____

Skill Level: ☐ 2.5 ☐ 3.0 ☐ 3.5 ☐ 4.0 Email: _____

Send check, payable to STPC, and this form **by March 21** to:
Darlene Moynagh, 13506 Valley Creek Trail S, Afton, MN 55001
All players must sign the Release Form below:

RELEASE FORM

I agree that any participation by me in the activities of, or sponsored by, the Senior Tennis Players Club, Inc. (STPC), a nonprofit organization, including, but without limitation, activities such as tennis lessons, clinics, drills, rating sessions, camps, trips, playing in or attending tennis games, tournaments, groups or social events, shall be at my sole risk; and I hereby release and hold harmless STPC and its officers, directors, members, employees, agents, tennis pros, tennis clubs, courts and facilities used or licensed by STPC, and all independent contractors with STPC (all being "Associated Others") for all claims of damage, whether due to injuries to person or property; to any direction, conduct, scheduling or claimed discrimination, nonfeasance or malfeasance, or otherwise, arising out of, or occurring in connection with, any such activities or conduct of STPC or such Associated Others.

Signature: _____ Date: _____

(Cut mail delivery—continued from page 1)

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.

Your rating & Jack Dow

Thinking about playing in the Jack Dow Tournament? Remember, you must play "at or above" the self-rating as given in the 2014 Roster. If you want to change your rating, do so **now**. Send email to David Sommer at dsommer7@usiwireless.com with your name and new rating.

Tennis and Life Camps, and InnerCity Tennis

By Thue Rasmussen

Those of us who have attended the annual spring luncheons of STPC in the last two years will recall the excellent presentations by Steve Wilkinson, founder and past Director of Tennis and Life Camps at Gustavus Adolphus College in St. Peter, and subsequently by Neal Hagberg, current Director. The philosophy and activities that characterize these camps are remarkably affirming and of compelling worth for personal development—in addition to being top-notch in building tennis skills. As a result of having heard the aforementioned speakers, I attended camp two summers ago, and again last summer. Each time I came away feeling inspired and exuberant for having had that opportunity.

Knowing what a great staff and program one encounters at these camps, I readily appreciate what an experience like that could mean to young folk such as some of those participating in the learning environment provided by our Inner City Tennis volunteers at Reed-Sweatt Family Tennis Center and at other facilities in Minneapolis.

Therefore, when I noticed on a bulletin board at RSFTC that Inner City Tennis is planning to sponsor at least five young ICT participants to attend a session of Tennis and Life camps, and that donations for that purpose are invited, I was determined to support this endeavor. I have contributed a significant amount to this effort now, and I strongly encourage others of you to do the same. Just send your donation to Samantha Smart Merritt, newly-designated CEO of InnerCity Tennis, specifying its use for this Tennis and Life camp sponsorship. In this way you can be part of providing a monumental learning opportunity for underprivileged youth who aspire to improve their lives through tennis, and so much more that comes through this experience. Use this address:

Samantha Smart Merritt
InnerCity Tennis
4005 Nicollet Avenue
Minneapolis, MN 55409

