



# Senior Tennis Times

*The 50+ tennis experience*

April 2014

## What is the Dow and why should I play in it?

**By Ken Landro, Dow Chair**

The Senior Tennis Players Club is the largest not-for-profit tennis club for men and women age 50-and-over in the United States. It was started by Jack Dow in 1982. I didn't have the opportunity to meet Jack but I am so thankful that he started the Club and it has thrived for 32 years. The Club has one big tournament each year and in honor of Jack, we call it the Dow Tournament. Your opportunity for *fun, exercise, and to meet new people* is some of what the Dow provides.

This year's round robin tournament will be held on May 5-8. We will use the basic categories of play based on current ratings (2.5 play 2.5, 3.0 play 3.0. etc). Men and women can play in a maximum of two events, men's or women's doubles and/or mixed doubles. All players must be members of STPC.

A knowledgeable and energetic committee is at work to assure the fun, treats, rewards, and good times of the Dow. More info and an application (page 6) is in this newsletter and on our website. Questions? Call me at 763-544-9757.

**Captains**—please talk up the Dow with your team members: fun, meet new people, treats, and awards. An award will be made to the Captain who has the most team members playing in this year's tournament.

## On the inside

**P.2.** Minnesota Senior Games. Includes info about open houses for tennis registrants.

**P.4.** Winter drill schedule. April is last month for our extensive indoor drill schedule. Just \$8.

**P.5.** Starting in May we have **eight** clinics—four free, four just \$12.50.

**P.6. Jack Dow Round Robin** info and signup. Don't miss it—this is our biggest event of the year! \$15.

**P.8. Spring Fling.** Just a few days left to sign up.

**P.10-12. Summer play schedule. CAPTAINS!**

**Please check carefully—people depend on you!**

**P.11.** All about inventing new “rules.”



## Tennis events

**By Bob Busch**

As many of you know, our membership numbers have declined to a level not seen in over a decade. We need the help of our existing members to rebuild our membership base. Take advantage of upcoming programming and invite a potential new member to join you in doubles play at the Jack Dow tournament, for social lunch at the annual meeting at Town & Country Club in May or for any of our tennis drills or doubles play scheduled throughout the Twin City area. Our annual membership fee of \$25 is the best deal in town, and by increasing our membership you will help spread our fixed costs over a larger membership base. You can make a difference by assisting our volunteer Board in achieving this objective.



### Jack Dow Round Robin

The annual **Jack Dow Round Robin** is scheduled for Monday thru Thursday, May 5-8. This event offers men's, women's and mixed doubles at 2.5 to 4.0 rating levels. Start swinging with your partner and be sure to register for this annual club tournament.

### BNP Paribas Open

**Novak Djokovic** beat **Roger Federer** 3-6, 6-3, 7-6(3) in Indian Wells, California, in mid-March to win the tournament for the third time. Federer rallied from a 5-3 deficit in the third set to force the tiebreaker loss but still leads 17-16 in matches with Djokovic. New

*(Tennis events—continued on page 7)*

## Upcoming events

### Open Houses at Life Time Fitness Clubs

- 98th Street: April 12, 2:00-4:00 PM
- White Bear: April 19, 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

InnerCity Tennis

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

Details page 8

**Senior Tennis Players Club, Inc.**  
A nonprofit corporation, P.O. Box 5525  
Hopkins, MN 55343. On the web:  
[www.seniortennismn.com](http://www.seniortennismn.com)

### Senior Tennis Times

The Senior Tennis Times is published ten times annually by and for the members of the Senior Tennis Players Club, Inc.

### Board of Directors

President: Dennis Hykes .....952-929-7595  
Vice-President Richard Winga 612-886-1935  
Secretary: Sharon Gribble .....651-633-0324  
Treasurer: Wanda Davies .....612-750-8987  
New Members: Dick Brandt .....612-803-5786  
Linda Haller .....612-558-1654  
Ken Landro .....763-544-9757  
Julie Nelson .....651-402-1867  
Darlene Moynagh .....651-436-8927  
Andreas Papanicolaou .....612-825-8617  
Ray Ranallo .....612-823-5368  
Penny Ream .....612-328-8364  
Denis Woulfe .....651-263-0749

### Other positions

Renewing Members:  
Ronnae Garrity .....952-938-0374  
Training Director:  
Mark Mudra .....952-833-1469  
Training Advisor: Roger Boyer  
Tennis schedules:  
Thue Rasmussen .....651-917-0075  
Newsletter Editor and Webmaster  
David Sommer .....612-276-1313

### 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 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 additional inch. 30% less for issues after first.

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](mailto:dsommer7@usiwireless.com).

April 2014, Vol. 27, #3

Membership total: 1111

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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.



## Minnesota Senior Games

Really close to home this time—will be held in Bloomington, St. Paul, and Minneapolis, August 2-9.

**And** next year we'll have the Nationals right here.

The 2014 Games is a qualifying event for the Nationals.

Tennis will be played at Baseline Tennis Center (cool inside!). Dates for tennis: August 7-8. Many other sports including pickleball, billiards, and several track & field events. Divisions for ages 50-54, 55-59, etc.

Besides the competition, **Open Houses**. 8 FREE hours of tennis, food and drinks for registered tennis athletes! Open House date, time, place:

**Saturday, August 2, 8:00-10:00am**, Baseline Tennis Center, 1815 4th St SE, Minneapolis, (612-625-1433). Sponsored by Babolat.

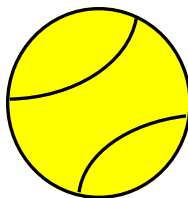
**Saturday, August 2, 2:00-4:00pm**, PublicIndoorTennis.com, 7833 Hwy 65 N.E., Spring Lake Park, MN, (763-231-3109). Sponsored by Senior Tennis Players Club of Minnesota.

**Sunday, August 3, 9:00-11:00am**, Life Time Fitness Bloomington South, 1001 W 98th St., Bloomington (952-830-7900). Sponsored by St. Paul Urban Tennis.

**Sunday, August 3, 2:00-4:00pm**, InnerCity Tennis, 4005 Nicollet Ave S, Minneapolis, (612-825-6844). Sponsored by Michael Lynne's Tennis Shop.

[More info and signup](#)

***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](mailto:dsommer7@usiwireless.com).

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

## Mark's corner

### By Mark Mudra

We now have only two Saturday open houses left: April 12 at Bloomington Lifetime and April 19, at White Bear Lake Lifetime, **Details page 5.**



Our summer program begins outside on May 5, 2014.

We offer 9 free drills a week, 3 on the weekends, 3 in the evenings, and 3 in the morning. Each drill is one and one half hours of tennis.

My noon Saturday drill at Edina has 7 courts, and is attended by over 20 players of all different levels each week. We play, learn and have fun.

All these are drop-in drills, no reservations needed, all levels of players welcome, certified professional instructors at each drill. We try to offer all our members, working and retired, a chance to play and improve your game in summer. See our web site and this newsletter, starting May, for exact time, place, and dates.

We offer 4 indoor clinics the second Monday of each summer month. The coaching staff will focus on one skill in each, so by the end of summer you can work on your serve, return of serve, volley, and ground strokes plus get a lunch for only \$12.50. Sign up soon as space is limited.

We also offer 4 free outdoor clinics the first Monday of each summer month. Evenings 5:00-7:00 at St Kate's like last summer. As with the indoor drills, the coaching

staff will focus on one skill in each, so by the end of summer you can work on your serve, return of serve, volley, and ground strokes

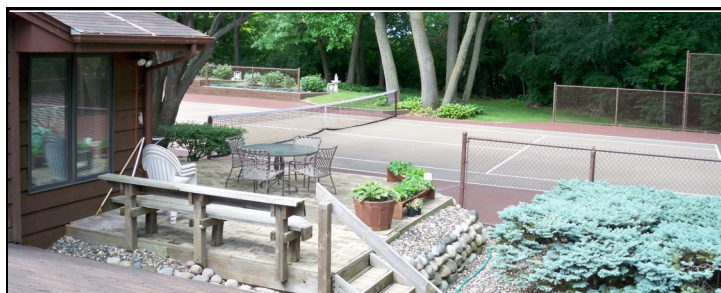
See our web site and newsletter (page 5) for exact time, place, and dates.

Any question's email me [Markmudra@aol.com](mailto:Markmudra@aol.com)

### April skill: Doubles play

- 80% of points won when both players are inside the service line. Get to the net!
- On serve, try to move three steps from the baseline to reduce ROS angles.
- Play percentages:
  - ⇒ target the T on volleys
  - ⇒ target cross-court 4x4 corner square on ground strokes and ROS.
- Always try to be within 10 feet of your partner. Move together.

Any questions pertaining to any of the above please contact me. Mark Mudra, [markmudra@aol.com](mailto:markmudra@aol.com)



### Home for Sale with Tennis Court

## 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 spring 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](mailto:ericostergaard@yahoo.com)

**Personal Gardener**—garden help in Edina, Bloom., S Mpls. & near areas. 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](http://www.LivewellAlert.com) Jean Murdock 952-941-5362

**Always wanted to play piano?** Call Eileen Reagan 612-823-0046

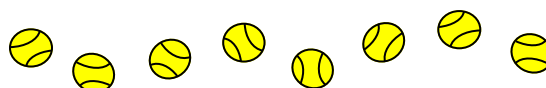
## Players wanted

**CAPTAINS:** *having trouble finding enough players? Send your request for a notice here.*

**Tuesdays 9-10:30, InnerCity Tennis, 3.0-3.5 MW,** need regulars and subs. New players welcome. Must be STPC members. Contact Bob Snyder: leave voice-mail message on cell phone 612-801-5247 or email [snyde021@umn.edu](mailto:snyde021@umn.edu). No text messages.

**Partner wanted** for the **Minnesota Senior Games.** Men's doubles and pickleball, 80-84 age group. Contact Roger Kneisl 928-443-1807 or [tennisdad@yahoo.com](mailto:tennisdad@yahoo.com) See page 2 of this newsletter about the Senior Games.

**Fridays, 10:00-11:30, 3.5-4.0 MW, Fred Wells.** Need subs! Mary Rogers 952-927-9168 or [minnesotamaryann@gmail.com](mailto:minnesotamaryann@gmail.com)





# Senior Tennis Players Club, Indoor Drills

*The 50+ Tennis Experience*

[www.seniortennismn.com](http://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](mailto:markmudra@aol.com)

Day	Location	Time	Instructor, Phone, Email	Cost
Mon	<a href="#">InnerCity Tennis</a> 4005 Nicollet Ave S, Minneapolis, 612-825-6844	1:30-3:00 PM	HP, 612-590-0181, <a href="mailto:hunghuyphan@gmail.com">hunghuyphan@gmail.com</a> Duncan Welty 952-933-8592 <a href="mailto:ldwelty@q.com">ldwelty@q.com</a>	\$8.00
Tue	<a href="#">Life Time 98<sup>th</sup> St</a> – 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 <a href="mailto:markmudra@aol.com">markmudra@aol.com</a>	\$8.00
	<a href="#">Life Time 98<sup>th</sup> St</a> – 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 <a href="mailto:markmudra@aol.com">markmudra@aol.com</a>	\$8.00
	<a href="#">Public Indoor Tennis</a> . 7833 Highway 65 N.E., Spring Lake Park, MN 55432. 763-231-3109.	1:00-2:30 PM	Mark Mudra 952-833-1469 <a href="mailto:markmudra@aol.com">markmudra@aol.com</a>	\$8.00
Wed	<a href="#">Baseline Tennis Center</a> , 1815 4th St SE, Mpls, 612-625-1433.	9:30-11:00 AM	Mark Mudra 952-833-1469 <a href="mailto:markmudra@aol.com">markmudra@aol.com</a>	\$5.50
	<a href="#">Williston Fitness &amp; Sports</a> , 14509 Minnetonka Drive, Minnetonka 952-939-8370.	5:30-7:00 PM	Duane Ryman 612-865-9517 <a href="mailto:dhrtennis40@hotmail.com">dhrtennis40@hotmail.com</a>	\$8.00
Thu	<a href="#">Life Time Fitness White Bear Lake</a> – 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 <a href="mailto:dennis8477@gmail.com">dennis8477@gmail.com</a>	\$8.00
	<a href="#">InnerCity Tennis</a> 4005 Nicollet Ave S, Minneapolis, 612-825-6844	8:30-10:00 AM	Paul Stormo 952-944-6286 <a href="mailto:pjstormo@aol.com">pjstormo@aol.com</a> Dilcia Pederson 612-824-6099 <a href="mailto:dilcia.pederson@innercitytennis.org">dilcia.pederson@innercitytennis.org</a>	\$8.00
Fri	<a href="#">Life Time 98<sup>th</sup> St</a> – 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
	<a href="#">Public Indoor Tennis</a> . 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 <a href="mailto:markmudra@aol.com">markmudra@aol.com</a>	\$8.00
	<a href="#">Public Indoor Tennis</a> . 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 <a href="mailto:markmudra@aol.com">markmudra@aol.com</a>	\$8.00
Sat	<a href="#">Life Time 98<sup>th</sup> St</a> . Open house 4/12/14 for all STPC members.	2:00-4:00 PM	Mark Mudra 952-833-1469 <a href="mailto:markmudra@aol.com">markmudra@aol.com</a>	\$8.00
	<a href="#">Life Time Fitness, White Bear Lake</a> . Open house 4/19/14 for all STPC members.	2:00-4:00 PM	Mark Mudra 952-833-1469 <a href="mailto:markmudra@aol.com">markmudra@aol.com</a>	\$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
4/12/14	<a href="#">Life Time 98th St</a>	\$8.00
4/19/14	<a href="#">Life Time White Bear Lake</a>	\$8.00

Name tags and court assignments at registration

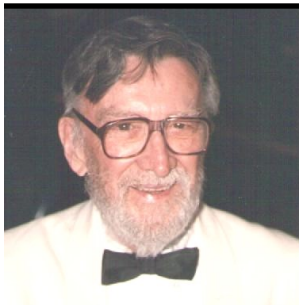
**Questions?** Mark Mudra, Director of Tennis [markmudra@aol.com](mailto:markmudra@aol.com)

## Senior Tennis Summer Clinics

Event	Location	Date/Time	Contact	Cost
<a href="#">SPUT-STPC Clinic Info/Signup</a>	<a href="#">St. Catherine University Tennis Courts</a> Near Fairview & Hartford, St. Paul	Mondays: May 5, June 2, July 7, August 4 5:00-7:00 PM	<a href="mailto:markmudra@aol.com">markmudra@aol.com</a> St. Paul Urban Tennis: 651-222-2879	Free!
<a href="#">Hughes Clinic Info/Signup</a>	<a href="#">InnerCity Tennis</a> 40 <sup>th</sup> & Nicollet Ave S, Minneapolis	Monday May 12 10:00-12:30	<a href="mailto:markmudra@aol.com">markmudra@aol.com</a> InnerCity: 612-825-6844	\$12.50
<a href="#">Life Time Clinic Info/Signup</a>	<a href="#">Life Time Fitness Bloomington South</a> 1001 W 98 <sup>th</sup> St	Monday June 9 8:00-10:30 AM	<a href="mailto:markmudra@aol.com">markmudra@aol.com</a> Life Time: 952-830-7900	\$12.50; guests \$15.00
<a href="#">Kaminski Clinic Info/Signup</a>	<a href="#">PublicIndoorTennis.com</a> 7833 Highway 65 NE, Spring Lake Park	Monday, July 14 9:00-11:30 AM	<a href="mailto:Timj@publicindoortennis.com">Timj@publicindoortennis.com</a> 763-231-3109	\$12.50; guests \$15.00
<a href="#">Babolat Clinic Info/Signup</a>	<a href="#">Baseline Tennis Center</a> SE 4 <sup>th</sup> St & SE 18 <sup>th</sup> Ave Minneapolis	Monday, August 11 9:00-11:30	<a href="mailto:markmudra@aol.com">markmudra@aol.com</a> Baseline: 612-625-1433	\$12.50; guests \$15.00

### ●● Private Club Drills Open to STPC Members ●●

Location	Day	Cost	Time	Information
<a href="#">InnerCity Tennis</a> 4005 Nicollet Ave S, Minneapolis	Tue Thu	\$12.00	9:00-10:00 AM	Call 612-825-6844 for reservation.
<a href="#">Williston Fitness &amp; Sports</a> 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	



# Senior Tennis Players Club, Inc. 18th Annual Jack Dow Tennis Round Robin

**May 5-8, 2014, 8am-3pm**

InnerCity Tennis

4005 Nicollet Ave. S. • Minneapolis, MN 55409 • 612-825-6844



## Round Robin Rules

- **Fee:** \$15 per event, per person
- Applications must be received by Monday, April 28.
- Round-robin format—you will play *at least* three regular sets, or two 8-game pro sets. Round-robin groups will have 3 or 4 teams each.
- Divisions 2.5, 3.0, 3.5, and 4.0 Men's, Women's and Mixed Doubles.
- All entrants must play at or above their rating as published in the March 2014 Senior Tennis Roster.
- No partner substitution after first set.
- No participant may play in more than 2 events. If in 2 events, one must be Mixed Doubles.
- A first place winner in an event in 2013 automatically jumps to the next rating or *must* change partners.
- Those unable to find a partner *must* state that on the application. We'll help you find a partner.

- All entrants *must* be current members of STPC.
  - **Please check in for your match at least 15 minutes early.**
  - **Cancel after close date (April 28)—lose entire fee.**
  - **Schedule:** Men's doubles and women's doubles will be played on May 5-6 (Monday-Tuesday). Mixed doubles on May 7-8 (Wednesday-Thursday).
  - Men's 3.5 (our largest division) may require finals to be played Wednesday morning.
  - Detailed schedule will appear on our website Wednesday, April 30. It will also be posted at InnerCity Tennis. You **must** appear on the first date and time shown on that posting.
  - Medal awards to the top two finishers per category
- More info:** Ken Landro 763-544-9757, Ronnae Garrity 952-938-0374, Roz Bernstein 952-938-7698.

## Donations needed!

Entry fees do not cover the cost of this great event. We need donations from individuals and

organizations! Recognition of your generosity will appear in the Senior Tennis Times newsletter.

**✂ IMPORTANT! Keep upper part; send only Application!**

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## Dow Application

Your Name: \_\_\_\_\_ Your Rating: ☐ 2.5 ☐ 3.0 ☐ 3.5 ☐ 4.0

Phone: (\_\_\_\_) \_\_\_\_\_ E-Mail: \_\_\_\_\_

Men's Doubles ☐ 2.5 ☐ 3.0 ☐ 3.5 ☐ 4.0 ☐ N/A

Women's Doubles ☐ 2.5 ☐ 3.0 ☐ 3.5 ☐ 4.0 ☐ N/A

Mixed Doubles ☐ 2.5 ☐ 3.0 ☐ 3.5 ☐ 4.0 ☐ N/A

Check one or two events only!

**Partner needed? Write "Needed" for Name in form below.**

1st Doubles Partner's Name: \_\_\_\_\_ Rating: ☐ 2.5 ☐ 3.0 ☐ 3.5 ☐ 4.0

Phone: (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

2nd Doubles Partner's Name: \_\_\_\_\_ Rating: ☐ 2.5 ☐ 3.0 ☐ 3.5 ☐ 4.0

Phone: (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

Send Application and Check payable to STPC for \$15 per event, per person to:  
Ronnae Garrity • 6085 Lincoln Drive #115 • Edina, MN 55436 • 952-938-0374

## Thank you, Jim Dow!

Senior Tennis gratefully acknowledges continuing

generous gifts from **Jim Dow** to support the Jack Dow Round Robin, on behalf of the entire Dow family.  
**Thanks all!**

(Tennis events—continued from page 1)

faces in the women's final had **Flavia Pennetta** winning over an injured **Agnieszka Radwanska** 6-2, 6-1 for the biggest win of her career. Pennetta was ranked 166th in June after wrist surgery in 2012.

### **Eric Butorac**

Following his appearance in the doubles final of the Australian Open, **Eric Butorac**, Rochester, MN, and partner **Raven Klaasen**, South Africa, won the doubles title in Memphis in February. They defeated the #1-ranked **Bryan brothers** in the final of the US National Indoor Championship in Memphis. This was their second win over the Bryans in less than 30 days.

### **Gopher tennis**

In early March, **Gopher women** have a spring record of 10-3 following a 6-1 win at Marquette. Their only losses were incurred in February to Marshall, Washington State and Oklahoma State. Recent wins were recorded over Marquette, Wisconsin, Carleton, Iowa State, Oregon and Montana. Gopher men were ranked #42 with a 6-7 record in early March. They recorded wins over Brigham Young, Arkansas, Marquette, Green Bay, Drake and Wisconsin. Be sure to see the Gopher men and women play in April. Only four men's and two women's Big Ten home matches remain in April. See the enclosed Gopher calendar of home matches. Watch high quality Gopher tennis for *free* at the U of M Baseline Center.

### **Hall of Fame**

**Lindsay Davenport** and **Nick Bollettieri** have been elected to the 2014 class of the International Tennis Hall of Fame. Lindsay was a three-time Grand Slam winner. She won

<b>Gopher Men Tennis *</b>		
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

the US Open in 1998, Wimbledon in 1999 and the Australian Open in 2000. She also won an Olympic gold medal in 1996 and was ranked #1 in the world for 98 weeks during her career. Nick Bollettieri, a current member of the Board of Directors of InnerCity Tennis, coached 10 players to a #1 ranking including **Andre Agassi**, **Jim Courier**, **Monica Seles** and **Boris Becker**. Nick founded IMG Bollettieri Tennis Academy in Florida in 1978. It was the first full-time tennis boarding school to combine on-court training with a custom-designed academic curriculum.

### **USTA awards**

**USTA Serves**, the national charitable foundation of the USTA, awarded \$450,000 in grants to 40 organizations that provide tennis and education to underserved populations. Local organizations, **InnerCity Tennis** (\$22,500) and **Fred Wells Tennis & Education Center** (\$20,000) were two of the groups receiving the awards. ICT also received \$1,500 for development of a strategic marketing and communications campaign.

### **Alexis Nelson # 1**

**Alexis Nelson** earned a #1 ranking in January for Girl 16's and became the first junior girl from USTA Northern to be ranked #1 in the country. Nelson was one of six top US junior girls to be invited to the Fed Cup Development Camp in February.

<b>Gopher Women Tennis *</b>		
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
* Occasionally match times change. Check with tennis desk 612-625-1433 or www.GopherSports.com		

## **Which tennis ball?**

### **By David Sommer**

When I started playing tennis, I'd buy the cheapest balls available. They were "good enough." But then I learned from **Roger Boyer** that one should always play with *regular duty*, not *extra duty*. The "regular" are kinder to your arm. And they are what the pros use in all tournaments.

But there's more. Regular duty balls come in standard and premium quality. The premium quality have two useful characteristics: they don't "fuzz up" as fast as standard, and they hold pressure much longer. Both characteristics mean that you get more use out of the ball. My experience: with premium balls, my Baseline 3.5+ groups play two hours, then Louise's group plays

with the same balls, and then they go in my hopper for practice. *Six months later* most of those balls still have decent pressure and compact felt.

You can buy extra duty balls at Target and elsewhere for about \$2.25/can by the case. I pay a little over \$3 for premium balls. My players are happy to pay me \$9 for four months of play with quality balls. Yes, I could save them \$2-\$3 with cheapos, but what cost to the quality of play and to their arms?

I've bought premium balls both locally and on the Internet. I've had good luck with these: Prince Tourney, Dunlop Grand Prix, and Dunlop A Player. Dunlop A Player is what I'm using now. Best price I found was at Michael Lynne's Tennis Shop for \$76/case. (A case has 24 cans.)

# Spring Fling Tennis and Social Party

**Where: InnerCity Tennis**

**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.**



## Why come to the Spring Fling?

- Fun way to socialize, meet new people and celebrate the arrival of Spring
- Price is right for good tennis and snacks.
- Chance to win prizes as King or Queen of the Hill
- Non-member that signs up for membership at night of the event, plays for free. Prior registration appreciated.

## Spring Fling Tennis Party Reservation Form at InnerCity Tennis

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: \_\_\_\_\_

## New website—photos wanted!

Senior Tennis will have a new website, going live by August 1. Our existing website has the information that our members need, but it's not very effective in encouraging new members to join. We very much need some good photos, so send them to me, your newsletter editor. [dsommer7@usiwireless.com](mailto:dsommer7@usiwireless.com). The photos should include a mix of genders, ages, and skill

levels. Some of play, some of drills, and some of people smiling and having fun on the tennis court. With each picture, please give the names of those shown. Or if taking a new picture, just explain to those on the court that the picture may be used on our new website—if anyone objects, don't include them.

We can also use "testimonials" of the fun and benefit of membership in Senior Tennis. And, of course, your ideas to make the website exciting and appealing to people looking for tennis opportunities.

# Senior TUNE UP time

All Racquets Re-Strung Professionally.

**FREE** Can of Premium balls with every string job.



A simple rule of thumb: Restring your racquet as many times a year as you play. on average, in a week.



## 2 Listen

When you tap a strung frame against your hand, fresh strings will produce a resonant sound or "ping". While dead strings will produce a deep "thud". So if you don't hear a ping, it's time to restring.

## 3 Haven't Played

Even if you don't hit one shot, your racquet will lose tension. If you haven't played for a few months, you should restring. Even the perfect racquet won't perform if your strings have lost tension. After all, your strings are the only thing that touches the ball.



## 4 No Control

When your strings lose tension, you have less control. So missing that cross-court shot by four feet doesn't necessarily mean you are playing worse than you were last week. It could easily mean that your racquet needs new strings.

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## 2014 Spring/Summer Court Schedule—Senior Tennis Players Club

Play is usually May-August. Check with captains for start/end dates

Up-to-date schedule is always on our website: [www.seniortennismn.com](http://www.seniortennismn.com)

For corrections or changes to this Schedule, call

Thue Rasmussen at 651-917-0075 or E-mail him at [thueor32@comcast.net](mailto:thueor32@comcast.net)

### ●● St. Paul Area ●●

Location	Day	Time	Cts	Skill	Captains	Phone
<a href="#">Irondale High School</a> Long Lake Road south of Cty Rd H, New Brighton	Sat	8:30-10:00 am	4	3	Jim Vint	651-890-2486
<a href="#">Marie Park, Mendota Heights</a> Near Marie Ave and Victoria	Tue	7:30-9:00 am	2	2.5-3.0	Carrie Howes	651-406-9583
<a href="#">Marthaler Park</a> 1625 Humboldt Ave (across from Police & Fire Depts.), West St. Paul	Tue Thu Sat	9:00-11:00 am	2	2.5-3.0	Bob Class	651-699-8728
<a href="#">North Valley Park</a> Hwy 52 So to 70 <sup>th</sup> , left ¼ mile Inver Grove Heights	Mon Wed Fri	8:30-10:30 am	4	2.5-3.5	Jan Machacek	651-455-5236
<a href="#">Roseville Middle School</a> 15 County Rd. B2 E; Little Canada; 2 blocks E of Rice St.	Mon Wed Fri	6:30-10:00 am 5/1 – 9/30	8	3.0-3.5	David Howard	651-353-8564
<a href="#">Skillman Courts, Roseville</a> East of Cleveland on Skillman	Mon Wed	8:00-10:00 am	4	2.5-3.0	Anne Carchedi	651-494-9050
	Tue Thu	8:00-10:00 am	4	3.0	Svetlana Shavzin	651-699-6891
<a href="#">3M Tartan Park</a> 20 <sup>th</sup> Street N between Cty Rds 17 and 15, Lake Elmo. Enter through picnic/sports area. Follow sports complex signs to Pavilion #1.	Mon	9:00-11:00 May & Sept	4	3.0-3.5	Darlene Moynagh	651-436-8927
	Wed	8:00-10:00 am June-Aug			Lois Burns	651-777-8723
	Fri				Captain needed	
<a href="#">Walton Park</a> 1584 Hadley Ave N, Oakdale	Tue Thu Sat	8:00-10:00 am May 10 thru October	3	2.0-3.5	Dick Wigfield	651-983-1351
<a href="#">White Bear Lake High School</a> County Rd E and McKnight Rd White Bear Lake	Wed	6:00-8:00 pm	7	3.0-3.5	Shirley Kresko After May, ask Shirley for time	651-399-9431
	Sat	10:00-noon Start April	7	3.0-3.5	Denis Woulfe Not drop-in. Call!	651-263-0749

### ●● Minneapolis Area ●●

Location	Day	Time	Cts	Skill	Captains	Phone
<a href="#">Aquila Park, St. Louis Park</a> Not drop-in. Call Rick.	Mon	7:15-9:30 AM	5	3.5-4.0	Rick Van Doeren	952-897-3888

**Captains! Please check. Send changes to Thue Rasmussen.**

<b>Bryant Park</b> 85 <sup>th</sup> and Bryant, Bloomington	Mon Tue	8:30-10:30 am	4	All levels	Chuck Supplee	952-884-2575
	Wed Thu				Irmi Habeck	952-881-6852
	Fri				Bill Kruckeberg	952-926-3397
<b>Brookview Park</b> Hwy 55 & Winnetka Ave Golden Valley	Sat	8:00-10:00 am	6	2.5 – 3.5	Gloria Kumagai	763-377-5602
					Rod Johnson	763-588-2107
<b>Central Middle School, Eden Prairie.</b> Technology Drive and Wallace Rd. Behind the school	Sat Sun	3:00-5:00 pm	7	3.0+	<b>Captain needed</b>	<b>Marv Schneider now has Parkers Lake group</b>
<b>Creekside Courts.</b> 52 <sup>nd</sup> and Morgan S, Minneapolis	Tue	8:00-10:00 am	4	All levels	Jean Murdock	952-941-5362
<b>Donaldson Park</b> 75 <sup>th</sup> and Humboldt, Richfield (Sometimes Logan & 68 <sup>th</sup> St)	Mon Wed Fri	7:00-9:00 am	4	3.0-3.5	Ann Barten	612-724-0712
<b>Dred Scott Park</b> West Old Shakopee Rd & Ferry Bridge Road, Bloomington	Mon Wed Fri	8:00-10:00 am	5	Open	Robert Ostlund	952-934-6306
<b>Fridley High School</b> 61st Ave & 7th St (park behind Community Ed Building). <b>NOTE:</b> during June-July, play will be at the Middle School courts – north across 61 <sup>st</sup> Ave, just beyond water tower.	Tue Thu	9:00-11:00 am	6	3.0 - 4.0	Ken Buhl	651-636-4746
<b>Junction Park, Hopkins.</b> Excelsior Blvd & Fairview Ave. Call first, subs may be needed.	Thu	9:00-10:30 am Start June 7	2	3.0+ W	Roz Bernstein	952-938-7698
<b>Holasek Park</b> Call first – subs may be needed	Mon	7:30-9:00 am	2	3.0-3.5 W	Martha Johnson	952-942-9588
			2		Bonnie Bolton	612-922-9290
<b>Holy Family School</b> 8475 Kochia Lane, Victoria	Tue Thu	8:00-11:00 am	8	Open	Steve Nelson	<a href="tel:952-288-5835">952- 288-5835</a>
<b>Kenwood Trail Middle School</b> 19455 Kenwood Trail (Kenwood Trail & 192 <sup>nd</sup> St), Lakeville	Mon	8:30-10:30 am	4	2.0-3.0	Warren Porter	952-431-5850
	Tue	8:30-10:30 am	4	3.0-3.5	Bruce Abrahamson	952-461-2617
	Wed	8:30-10:30 am	4	2.0-3.0	Rick Specht	952-423-5974
	Thu	8:30-10:30 am	4	3.0-3.5	Bruce Abrahamson	952-461-2617
	Fri	8:30-10:30 am	4	2.0-3.0	Warren Porter	952-431-5850
<b>Lone Lake Park</b> <b>No walk-ons.</b> Call Skip Pederson at 952-831-0684 or <a href="mailto:sapederson11@earthlink.net">sapederson11@earthlink.net</a>	Mon Tue Wed Fri	9:00-noon	4	3.0-4.0 MW	Skip Pederson	952-831-0684
<b>Monterey Courts</b> 36th Street and Monterey St. Louis Park			2	2.5-3.0 MW	Captain needed	
<b>Minnetonka Junction Park</b> Excelsior Blvd ½ mile west of Shady Oak	Fri	8:00-10:00 am	2	3.0-3.5	Herb Bacal	612-750-8318
<b>New Hope Park</b> 4300 Xylon Ave N (behind swimming pool), New Hope	Mon thru Fri	8:00-10:00 am	5	2.5 – 3.5	Richard Brandt	612-803-5786 763-533-0579

## A new rule!

*From “Court of Appeals,” Tennis, Mar/Apr 2014.*

**Q:** In a USTA mixed doubles league match, my team was ahead 5-2 in the first set when one of our opponents said that my tennis ball holder was worn inappropriately. She claimed that according to USTA

rules, it has to be worn on my backside. I obliged, but did she have a legitimate claim?

**A.** Don’t you hate it when people just make up the rules? There’s nothing in the USTA rules or *The Code* that in any way addresses this subject. And here’s my new rule: Anyone caught making up a rule gets immediately defaulted.

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

April 2014

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<b><u>Parkers Lake</u></b> County Rd 6 & Niagara Lane Plymouth. From Hwy 494, exit on Hwy 6. Go west about 1 mile. Courts on north side of road, about one block from road.	Mon thru Fri	8:30-10:30 am	4	2.5 – 3.5	Ed Fischer	763-550-9770
	Sat Sun	3:00-5:00 pm	4	3.0+	Marv Schneider	952-540-6419
<b><u>Pershing Courts</u></b> 48 <sup>th</sup> St & Chowen Ave S, Mpls.	Thu	8:00-10:00 am	4	3.5-4.0 MW	Captain needed	
<b><u>Rivers Bend Park in Ramsey</u></b> 14201 Waco Street	Tue Thu	8:00-10:30 am	4	2.5 – 4.0	Captain needed	
<b><u>Terrace Oak Park</u></b> ½ mile E of Cty 11 on Burnsville Parkway, Burnsville	Tue Wed Fri	9:00-10:30 am	2	3.0+ W	Ann Listug	952-890-9643
<b><u>Valley View Park</u></b> 90 <sup>th</sup> St between Nicollet and Portland, Bloomington	Mon Wed Fri	7:00-9:00 am	4	3.0+ MW	Ken Gjerde	612-827-2073
<b>Team Tennis</b> Organized team play at various west metro locations. Contact coordinator Marv Schneider or any of the team captains for information.	Tue	9:00-11:00 am	4	3.5+ MW	Don Harnish	651-227-8387
					Lois Bergerson	952-472-3774
					Nancy Read	952-388-9847
					Marv Schneider	952-540-6419
					Clay McCartney	952-913-8107
					Ken Landro	763-544-9757
<b>Women On Wednesday</b> June-August team play. Courts in New Hope and Golden Valley. Call Jane Tischbein or Al Simcoe.	Wed	9:00 am	6	2.5-3.5 W	Al Simcoe	763-379-5597
					Jane Tischbein	763-315-0657 952-938-9348