



Senior Tennis Times

The 50+ tennis experience

February
2015

It's time to renew your STPC membership for 2015!

Give yourself the gift of tennis + fun for another year by renewing your STPC Membership.

The new SeniorTennisMN.org website is up and ready for you to sign up online. Signing up is easy and secure. The website online credit card transactions are processed by Stripe. Stripe is certified to PCI Service Provider Level 1, the most stringent level of certification available.

Signing up online also saves the club valuable administration time.

To sign up for your STPC Membership now, click here: Join STPC. Please see last page for sign-up tips.

***There is an option for check paying members to enter your information online and mail in a check.**

Ronnae Garrity superstar

By Ken Landro and David Sommer

The name Ronnae Garrity is known to almost everyone who has been a part of STPC over the last 25 years. Ronnae has helped with dozens and dozens of activities and events during that time period.

(Ronnae—continued on page 5)



Some of the Committee & volunteers from the 2014 Jack Dow Round Robin tournament. Jim Handy, Larry Bordsen, David Sommer, Ronnae Garrity, Joan Thomas, Roz Bernstein, & Marv Schneider.

Tennis events

By Bob Busch



HAPPY NEW YEAR! Best wishes for health and happiness in 2015. Be sure to put tennis at the top of your list when scheduling your priorities for the new year. I'm sure most of you know we are experiencing some difficulty getting our membership renewal system to function on a member friendly basis. Please help us avoid the loss of any potential members by being as helpful as possible in the renewal of our existing membership base and also help rebuild our base with the addition of new members. If you have questions or need help, please call Ken Landro [Members] 763-544-9757.

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 Twin City area. Our nationally recognized programs continue to be provided by InnerCity Tennis in Minneapolis, St. Paul Urban Tennis and Fred Wells Tennis & Education Center. Call Omar Warfa at ICT 612-584-4736 or one of the other programs to schedule your volunteer commitment in a way that best fits your individual interest.

(Tennis events—continued on page 6)

Fred Well's and STPC Valentine's Tennis Mixer



Where: Fred Wells Tennis & Education Center
100 Federal Drive

St. Paul, MN 55111

When: Feb 14, 2015

Time: 5:30 p.m. - 7:30 p.m.

Cost: \$14 per person

Tickets: 26 tickets available through February 10, 2015 @ <http://seniortennismn.org/event/spring-fling-valentines-day/>

Scroll down to the bottom of web page to purchase tickets.

Event Organizer: Jon Holmgren @ 612-702-7509

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 seven times annually by and for the members of the Senior Tennis Players Club, Inc.

Board of Directors

President: Dennis Hykes952-929-7595
Vice-President Richard Winga 612-886-1935
Secretary: Sharon Gribble651-633-0324
Treasurer: Wanda Davies612-750-8987
Help Desk and Members:
Ken Landro763-544-9757
Pam Campbell612-822-0567
Linda Haller612-558-1654
Jon Holmgren612-702-7509
Julie Nelson651-402-1867
Darlene Moynagh651-436-8927
Andreas Papanicolaou612-825-8617
Ray Ranallo612-823-5368
Denis Woulfe651-263-0749

Other positions

Renewing Members:
Sharon Gribble651-633-0324
Training Director:
Mark Mudra952-833-1469
Tennis schedules:
Thue Rasmussen651-917-0075
Newsletter Editor and Webmaster
Tanja Sayles952-807-5247


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 tanjasayles@gmail.com.
February 2015, Vol. 28, #1
Membership total: 1197

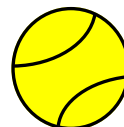
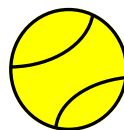
©2015 Senior Tennis Players Club. All rights reserved.

The *Senior Tennis Times* will be published 7 times/year, starting in 2015, for the months February, April, May, August, September, October, and December.

Find a mistake?

It is our policy to include something for everyone. Some some people like to find errors, we regularly include a few in our publications to meet this need.

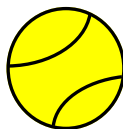
Anyone sensing the presence of the past Editor/
Webmaster
David Sommer?




The 50+ tennis experience

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.



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.

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:

Tanja Sayles, 5525 Concord Avenue, Edina, MN 55424.
Email: tanjasayles@gmail.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

Our winter indoor drill season is in full swing. There are 11 drills, all drop in, no reservations needed, just show up and play. All levels welcome and all just cost \$8.00. See exact details on the website. We play, learn, and have fun. There are certified professional instructors at each drill.



Baseline This drill is on the University of Minnesota campus (see our website for instructions and parking available for \$4 in a lot right behind Baseline). We start this drill at 9:30 so traffic and parking is not an issue. I teach this event for only \$8 for 1 1/2 hours of tennis (a real deal vs. my usual \$50 a hour for private lessons). This drill has a good court situation so we usually have only 4 players per court.

Williston This drill is in Minnetonka—our only evening offering, taught by Denny and Duane.

InnerCity (Reed-Sweatt) We offer drills at this facility on Monday afternoon and Thursday morning taught by HP, Dil, Paul, and Duncan. There are always two courts available and the coaches try to divide the class by level. There are always two instructors at these classes to help you get personalized attention. The bubbles have been replaced, with *much improved lighting and air conditioning*, to enhance your tennis experience.

Public Indoor Offers a 12:00-1:00 instructional drill Tuesday and Friday for 3.5 and below players, in which we have more coach feeding drills vs. playing. Our 1:00-2:30 drills on Tuesday and Friday offer the 3.5+ players a high level of competition. We feature drills such as the Gopher, senior singles, and Badger drill—a ton of fun plus movement. We usually end with a king of the court doubles competition.

Life Time For Life Time members only, Tuesday morning 8:00-9:00 we have an instructional class (3.0 or less players) that several of our staff volunteer to coach—myself, HP, Bob, and Denny. You have coaches feeding plus individual instruction for only \$8. The average players per court/coach is 3. Plus a 3.5+ drill at 8:00-9:30.

This month fitness tip is to try and drink more water.

- For the next thirty days try to drink five 8 oz glasses a day
- I try to drink water every time I change over - a good habit to get into when playing in the heat
- This should be on top of any water you need to replace what was lost during activities
- As we age our thirst impulse is reduced so we have to make a point of hydrating
- Lack of water will increase your recovery time
- Think water bottle before, during and after tennis to help you keep fit

For all drills, see our web site for exact time and place.

Focused skill for February drills is **Doubles Play**.

- 80% of points won when both players inside the service line
- Serve, move three steps in, 70% to T to reduce ROS angles
- Play %'s target T on volleys target on Ground strokes/ROS

Any questions on any of the above, please contact me.

Mark Mudra markmudra@aol.com

Publicity/Marketing?

Do you have **interest or experience in publicity and marketing?** Senior Tennis needs your help. As you know, we are experiencing a slow decline in membership, a trend which we must reverse.

If you would like to consider volunteering to help, please contact Penny Ream psream@comcast.net for more info.

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.

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

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

Lake Harriet Florist. Naomi Strom, owner. 5011 Penn Ave S, Minneapolis. 612-259-8211 info@lakeharrietflorist.com www.lakeharrietflorist.com
10% STPC member discount.



Players wanted

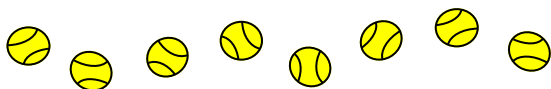
Regulars M/W 3.0-3.5 at Reed-Sweatt. Wednesdays 9:30-11:00 and Fridays 9:00-10:30. Call Ronnae Garrity 952-938-0374.

Subs W 2.5, Thurs. 10:00 AM at Baseline Tennis at U of M. Call Alletta Jervy 651-917-7595 or email ajervy7595@msn.com.

Subs MW 3.0-3.5 Fred Wells, Fridays 9:00-11:00. This is a great mixed-doubles group. We also need one full-time woman for January and on. We're competitive and fun! Call Caryl Minnetti 952-884-5136.

Regulars and Subs M/W 3.0-3.5, at St. Paul Indoor Tennis Club Mondays 7-9AM. Please contact Peter Plagemann at 651-633-0466 or plage001@umn.edu.

Regulars & subs, MW 3.0, Williston Fitness Center, Fridays 2:00-3:30. Two courts, mostly men, and ladies that enjoy beating the men. Arnie Nelson 763-473-2089 or e-mail arnie55447@gmail.com



A suggestion for all captains

by Louise Halverson

Since the club is changing the way members renew, now is a good time to check to see if all your players and subs have renewed. Everyone should have received an email around Dec. 17 giving instructions on the new renewal process. It's quite simple, but different. The only members receiving an envelope with a paper renewal will be those without email addresses. I am a captain and noticed that most of my players had not renewed, so I sent out an email. We can also remind them when we play tennis. Since it is so late in the year that the notices were sent out, I don't think anyone will not be allowed to play right away, but it would be good if we captains can help with the renewal process. If someone has lost the email, he or she can go to seniortennismn.org, create a username and password, and renew.

New Editor/Webmaster

By Tanja Sayles

Hello, I'd like to introduce myself in the exciting role as your new editor and webmaster. After 12 years of David Sommer doing an exceptional job, I am pleased to know he will continue to be a trusted resource and guide as I take over his past responsibilities. I am grateful for all the wonderful people I have already met at STPC and am thankful for how kind and helpful everyone has been towards me. I look forward to meeting more members as time goes on. Thank you to the board for voting me in and trusting me in this role!

Now for a little trivia! The world record for the most tennis balls held in the mouth by a dog at one time is five. Augie, a golden retriever owned by the Miller family in Dallas, Texas, USA, successfully gathered and held all five regulation-sized tennis balls on July 6, 2003.



4 summer indoor clinics

All clinics run second Monday of summer months

- **Monday, May 11th @ Innercity Tennis** - Hughes Clinic '15 - 2 hrs of Drill & Play, lunch included 10 a.m.-noon
- **Monday, June 8th @ Lifetime Fitness Bloomington South** - Lifetime Serving Clinic & Luncheon, 8-10 a.m. - free brunch at 10:00 a.m.
- **Monday, July 13th @ Public Indoor Tennis** - Kaminski Return of Serve Clinic & Luncheon, 9-11 a.m.
- **Monday, August 10th @ Baseline** - Babolat Ground Stroke Clinics & Luncheon, 9-11 a.m., luncheon begins at 11:00 a.m.

More information on registering to follow. In the meantime, please contact Mark Mudra at markmudra@aol.com with any questions.

“Let Love Serve” a memoir by Steve Wilkinson

We are happy to inform you that “Let Love Serve,” a memoir by Steve Wilkinson, Gustavus tennis coaching legend, NCAA and USPTA Hall of Famer, and co-founder of Tennis & Life Camps, is available for purchase. STPC highly recommends this book to our members. Plus 100% of book proceeds go to support Tennis & Life Camps’ (now a non profit organization) scholarships for kids and families who are underserved. **“A powerful, life-changing philosophy...** Wilkinson gets it. His approach combines the drive for competitive excellence with a caring humanitarian perspective and delivers a unique perspective for dealing with adversity.”

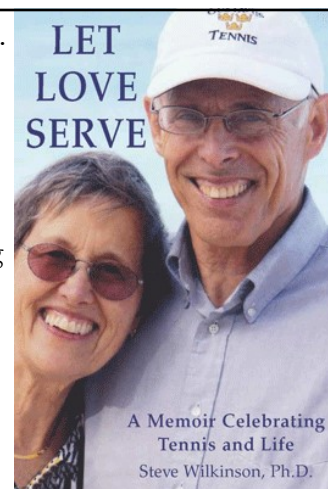
-Billie Jean King

“A valuable coaching approach that has shaped both my tennis game and my philosophy of life. My years on the professional tennis tour, both on and off the court, have

been enriched by his guidance. He taught me how to play tennis free of worry, to build personal relationships, and to assume leadership roles. As a result, his teachings are having the greatest impact on the trajectory of my career.” —

Eric Butorac, President of the ATP Players Council and Grand Slam doubles finalist

Order the book online by going to www.tennisandlifecamps.org and clicking on the “Order Now” button on the right side of the page. All books are autographed. If you would like the book personalized or gift wrapped, request this in the comment field.



(Ronnae continued from page 1)

One of her biggest jobs has been to manually re-enroll all returning Club Members (as many as 1800) and get their checks deposited for the next year. In addition, she has served several terms on our Board of Directors, has taken registrations for dozens and dozens of club events including our annual meetings, tennis parties, clinics and annual Jack Dow Tennis Tournament. We can also cite:

- * Group Play captain both summer and winter.
- * Team Tennis captain eight years.
- * Roger Boyer (now Hughes) Clinic - took reservations, helped with food, etc.
- * In charge of tennis parties many years.

Ronnae remembers some great times in Senior Tennis, like the several years Don and Marilyn Bratt organized a group to go to Naples, FL (tennis in the mornings; side trips in the afternoon). She qualified for the national Senior Olympics that was held in Orlando, with 20,000 other seniors. The opening and closing ceremonies were held in the Citrus Bowl, where all marched with their team mates. She remembers that the club was “a lot more social back in the 80’s and ‘90’s - lots of trips (like a boat trip on the Mississippi) and dinners together.” Still, Ronnae says she went

through the club Roster and found she knew over 400 of our current members!

One of Ronnae’s best friends and a key volunteer with her is Roz Bernstein. Roz said, “Ronnae is totally committed to the Club and is the hardest working person I have seen in all that time.” It is impossible to count the thousands of hours that Ronnae has given to the Club over 25 years. Now, with our new web site and on line payment system, Ronnae, (and Roz too) can drop one of the many jobs that they have done for so many years. Thank you Ronnae, (and Roz) for your outstanding leadership and service to the Club.



GOPHER TENNIS

Expectations for Gopher men's coach Geoff Young are high for the 2015 season. They are ranked 49th in the country as they prepare for spring play. Based upon the fall performance, the Gophers have three top level singles players led by senior Leandro Toledo, ranked #22, and two freshmen teammates, Felix Corwin from Elm Grove, Wisconsin and Matic Spec from Maribor, Slovenia. Corwin and Spec made the November Big Ten Indoor Tournament - an all-Gopher Championship with Corwin defeating Spec for the title 7-6<6>, 6-3. Corwin finished the fall season with an 11-1 singles record and Spec finished 9-3 with two wins over ranked opponents. Gopher women's head coach, Chuck Merzbacher, enters his third season as Minnesota's head coach, with a team ranked 71st. Last year Gopher women won 17 matches, their highest total since 2003 and also recorded 6 Big Ten wins. Gopher men play Green Bay and Dartmouth on January 30 and Oklahoma State on February 1 both at home at the U of M Baseline Center. Gopher women play at home against Drake on February 20 and Dartmouth and South Dakota State on February 22. Be sure to take advantage of the best tennis in the Twin Cities for FREE.

USTA AWARD WINNERS

Congratulations to the **Fridinger family**, recognized as Family of the Year, to **Tony Stingley** the recipient of the Rocky Rockwell Grassroots award and to **InnerCity Tennis** as the Member Organization of the Year at the 2014 USTA Northern Awards Banquet. The Fridinger Family, Tom, Ellen, Steve, Beth, Evan, Caleb & Luke of White Bear Lake and Woodbury, was recognized for promoting tennis both on and off the court. Tom has played the game for over 60 years and was inducted into the USTA Northern Hall of Fame in 2009. He serves on the Board of Directors of St. Paul Urban Tennis. He and his son Steve and wife Beth are active in the tennis program in Woodbury and at East Ridge Athletic Association. Tony Stingley of St. Paul was recognized for work at the grassroots level. Tony has been a certified USTA Referee since 1994. He has officiated at every level including the U S Open, Pro Circuit events and professional exhibitions. InnerCity Tennis was recognized as the 2014 Member Organization of the Year. This long overdue recognition of a nationally recognized program developed by former executive director, Roger Boyer, has served 3,000 to 4,000 children and youth annually with free and low-cost

programming. The program continues to work with the Minneapolis Park Board and Schools in delivering summer programs in the parks. It also continues to offer free indoor programs on Saturdays during the fall and winter season. Many members of the STPC continue to volunteer for this Saturday program which serves 250 to 350 youth and children every week.

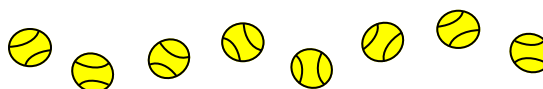
WARD WINS CHAMPIONSHIP

Caroline Ward, former Edina High School player and current sophomore at Claemont-Mudd Scripps won the Division III National Doubles Championship with partner Katie Kuosman. They also earned finalist honors in the National Super Bowl of Champions. **ICT RECEIVES USTA GRANT---**The USTA Facility Assistance Program awarded \$25,000 to InnerCity tennis. The grant will be used to support replacement of the tennis domes and installation of new lighting at the Reed Sweat Family Tennis Center.



SERENA REACHES RECORD

Serena Williams recorded her 18th major tennis title in 2014 with her victory over Caroline Wozniacki in the U S open final. This milestone victory gives her a total equal to Chris Evert and Martina Navratilova. The 2014 Grand Slam season was difficult for Serna as she did not advance past the fourth round in the previous three events. It came 15 years after her first major win.



Ken Landro

Following is an excerpt from a letter sent by Ken Landro to a member who had asked about our recent dues increase.

As Membership Director and past President I have been asked to respond to some of your concerns. I am sorry to hear that you intend to drop your membership after being a loyal member for 14 or 15 years. I have been a member for 14 years now and have volunteered much time to the Club's programs because I believe we are providing wonderful exercise and fun tennis for us older folk. We offer group play, drills, parties and tournaments.

Dues have not been increased for 11 years and all of our expenses have increased during that time. I understand you may object to a charge for a printed and mailed newsletter and roster, but the \$3 and \$2 charges do not cover even a fraction of the higher costs of printing and mailing.

We encourage you to try our new website, www.seniortennismn.org. You can manage your membership and sign up for email delivery of club news. Almost 90% of our members can get newsletter, roster, play schedules, events, etc. right off their computer. The new website will also reduce the many hours volunteers have devoted to manually processing member renewals. I hope you can see the effort we are making to serve our members better.

You made a comment that we give all of the Club's money away. That is not true. Our mission is to provide tennis playing opportunities to men and women 50 years of age and older and to support the growth of tennis. As part of our mission of support, the Board has made relatively small gifts each year to two non-profit programs that provide free tennis programs for inner city children in Minneapolis and St. Paul. These kids would not have a program if it were not for us and dozens of other donors. We in turn are treated well by Inner City Tennis, (formerly Reed-Sweatt). Their facilities have recently undergone renovation which gives our players a safer and more enjoyable experience. I believe that we are not only helping to provide healthy, fun exercise for kids who can't afford a tennis program,

but by exposure to the benefits of tennis, some or many of them may grow up to be players on high school teams and in adulthood and later years will come back and play in a senior program. Perhaps I am biased, but I think it is a very worthwhile effort on our behalf. I hope you will reconsider and stay with the Club. Sincerely, Ken Landro.

Note: This member did decide to stay with STPC.

Tennis Toolkit

by Gary Milne

We have all had that feeling of losing a match that we felt sure we should have won, but we are at a loss to explain why things went wrong. Sure, we say to ourselves, "I didn't serve well" or "my forehand was off" but we don't really know for sure. In our Senior Tennis group this mystery will remain with us because we play for the fun of it. However, for a significant group of competitive players, understanding why they lost (or won) is a critical factor in improving their game.

In early 2014 I went in search of a cell phone app that I could use to track what strokes a player was using and where they were hitting the ball on the court. I tried out a range of serious tennis apps but was surprised to find nothing for the iPhone or Android that came anywhere close to the level of detail I had imagined would be available.

Being a retired IT guy with a knack for programming I started to experiment with writing some software to track tennis shots and before I knew it, I'm programming every day and adding all sorts of features and capabilities. After working on this application 3-4 days a week for around 6 months, I'm glad to say it is finally finished.

The result is an application for Android called Tennis Toolkit. Using Tennis Toolkit you can track a player throughout a match or practice session and quickly mark the type of shot they hit, the ball location on the court and the outcome of the rally. The system automatically tracks things like which player is serving, service side, score etc. as the match progresses. At the end of the

(Tennis Toolkit—continued on last page)

(Tennis Toolkit—continued from page 7)

match there are a lot of statistics and charts that the player\coach can use to analyze the game and answer the often asked question “Why did I lose?”

Tennis Toolkit is targeted at tennis parents, tennis coaches and competitive amateurs who wish to analyze their game and identify their strengths and weaknesses based upon comprehensive statistical information.

Now that Tennis Toolkit is in the Google Play Store the challenge is to build awareness of the product in a very crowded marketplace, but that is a story for another day. I can say that at this point I have over 100 downloads and 15 reviews with an average score of 4.2, but there is a long way to go before it claims the #1 spot in tennis scoring apps.

If you are curious about Tennis Toolkit you can watch a 2 minute Quick Tour video at www.tennistoolkit.com.

Tips For Joining STPC online:

- Go to www.seniortennismn.org/membership/join-stpc/
- When joining the Club, remember to join as a new member even if you are a renewing member. You will be a new member on the website, but next year will be able to join as a renewing member.
- Remember to make up a password so you will be able to get information you need and to pay for clinics, parties, and annual meeting, etc
- If you forget your password, you have an option of creating a new one.

Thank you for being a member!