



Senior Tennis Times

The 50+ tennis experience

April 2015

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 4-7. We will use the basic categories of play based

(Dow—continued on page 7)

Tennis great Steve Wilkinson dies at age 73

By Dennis Hykes

Retired long-term Gustavus Adolphus college professor and tennis coach Steve Wilkinson died on January 21st, after a seven-year fight with cancer. Known as the "winningest coach in college tennis," over the course of his 39-year coaching career, Steve led the Gusties to multiple conference and national championships. Steve was an accomplished tennis player himself, playing for Iowa, and later representing the U.S. in Dubler Cup, Perry Cup, and Austria Cup play. He also competed on the Senior Tennis Circuit, where he ranked No. 1 several times.

In 1977 Steve and his wife Barb founded Tennis and Life Camps (TLC). Many of our Club members have attended these camps and I know a number of you are planning on being there this summer. Steve and TLC have been good friends to STPC. Steve spoke at our Annual Luncheon three years ago, as did his TLC successor, Neal Hagberg, the following year. You may

(Steve Wilkinson—Continued on page 7)

Tennis events

By Bob Busch

We extend our sympathy to the family of Steve Wilkinson, who died on January 21 at the age of 73. Steve coached tennis at Gustavus Adolphus from 1971-2009, compiled a record of 923 wins, two national titles, and 35 MIAC championships. He battled cancer for seven years and was inducted into the US Professional Tennis Hall of Fame in 2013. Steve was ranked #1 in the US in four different age divisions and was a member on teams that represented the USA in Dubler Cup, Perry Cup and Austria Cup competition. He was on the team that won the world championship in Montevideo, Uruguay in 1989. Steve and his wife Barbara founded the Tennis and Life Camps that served over 50,000 players over 35 years.



GOPHER TENNIS Gopher men continue to deliver results and meet the high expectations set for this group of talented players. They pulled out a 4-3 victory in early March to improve their record to 10-4 and 7-0 on the home courts. Minnesota, ranked #34, upset Drake #24 on March 8, giving them a winning record against ranked opponents. The Gophers won 5 of 9 matches against teams ranked in the top 75. Freshmen

(Tennis events—continued on page 6)

STPC Annual Extravaganza!

Where: Town & Country Club

300 Mississippi River Boulevard N
St. Paul, MN

When: April 18, 2015

Time: 11:00 AM - 2:30 PM

Cost: Free for captains, \$25 all others

Tickets available now on our website. [Please click here for tickets.](#) Scroll down to the bottom of web page to purchase tickets or see page 5.

Event Organizer: Jon Holmgren @ 612-702-7509 or e_jon_holmgren@yahoo.com



Senior Tennis Players Club, Inc.

A nonprofit corporation, P.O. Box 5525
Hopkins, MN 55343. On the web:

www.seniortennismn.org

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
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Ken Landro763-544-9757
Pam Campbell612-822-0567
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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.
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Membership total: 870

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The *Senior Tennis Times* is published 7 times/year for the months February, April, May, August, September, October, and December.

Find a mistake?

It is our policy to include something for everyone. 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?



Dottie Gardner

Gardner, Dorothy S. Age 81, of Minneapolis, formerly of Bloomington, MN passed away on February 28, 2015. Dottie was born in Ligonier, Pennsylvania on October 28, 1933 to Emma Jean and John Edgar St. Clair. She graduated from Edgewood H.S. (PA) and attended College of Wooster (OH). In 1954 she married Robert Gardner, living in Pennsylvania and California before settling in Minnesota 57 years ago. Dorothy had a loving and generous heart, always caring for others. She cherished her family, church, friends, animals and laughter. She was an avid tennis player and active volunteer in many community organizations. Her interests were many including: gardening, sewing, reading, music and "Dottie Fix It" projects.

Dottie served on the Board of Senior Tennis for several years, acting as New Member Chair. David Sommer worked with her on those membership matters, and remembers her as always conscientious and organized. He also recalls her solid tennis game: mobile, strong strokes, and fun-loving.



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 summer program will begin outside on May 4, 2015. We are excited to offer all our members who are both working and retired a chance to play and improve their game in the summer.



We offer nine free drills a week: three on the weekends, three in the evenings, and three in the morning. Over 200 hours of free tennis this summer! Each drill is one and one half hours of tennis. Indoor tennis is still available at Public Indoor on Tuesday's 12:00 PM (a 3.0 class) and 1:00 PM (a 3.5 drill) for only \$8.00. No reservations needed for any of our summer drills.

My noon Saturday drill at Edina has seven courts and is usually 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 also offer four indoor clinics the second Monday of each summer month for only \$15.00 each. The coaching staff will focus on one skill in each session so by the end of summer you can work on your serve, return of serve, and ground strokes.

June Lifetime Clinic. Will focus on serving. Each coach/station will work on one aspect of this skill and then move to work with another group every 20 minutes. This way you will be able to get instruction on all elements of that shot. You don't need to be a member of Lifetime to attend. There will be a Lifetime representative who will discuss their free Lifetime membership program for STPC players over 65 and using a Lifetime partner insurance company. My group has over 22 STPC players receiving free Lifetime memberships now.

July Kaminsky (Public Indoor). Will focus on the return of serve. Each coach/station will work on one aspect of this skill and then move to work with another group every 20 minutes. This way you will be able to get instruction on all elements of that shot.

August Baseline. Will focus on groundstrokes. Each coach/station will work on one aspect of this skill and then move to work with another group every 20 minutes.

This way you will be able to get instruction on all elements of that shot. These clinics are filling up fast so don't delay in getting a spot!

Two solid hours of instruction plus a free lunch is a great deal for only \$15.00. Sign up soon as space is limited by clicking on links at the end of this page.

We also offer **four free outdoor clinics** the first Monday evening of each summer month from 5:00 - 7:00 PM at St. Kate's.

Also **The Hughes Clinic** hosted by Samantha Smart and her team will be May 11 at 10:00 AM—noon. It will be a great time to check out the new facility at ICT. The staff at ICT puts on a great tennis clinic/lunch for us, plus we discuss the benefits of volunteering for the ICT Saturday program.

Focused skill for our drills in March:

Advanced Doubles play

Australian

I formation

Poaching

Drifting—active net person

Lobbing—Offensive and Defensive Signals

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

Sign up now for spring and summer tennis clinics

[Free Tennis Clinics through STPC & SPUT](#): May 4, June 1, July 6 and August 3.

[Hughes Clinic '15](#): 2 hrs. of Drill & Play, Monday, May 11th at InnerCity Tennis—lunch included 10 AM–Noon

[Lifetime Serving Clinic & Luncheon](#): Monday, June 8th at Lifetime Fitness Bloomington South, 8-10 AM—free brunch at 10:00 AM

[Kaminski Return of Serve Clinic & Luncheon](#): Monday, July 13th at Public Indoor Tennis. 9-11 AM

[Babolat Ground Stroke Clinics & Luncheon](#): Monday, August 10th at Baseline, 9-11 AM, luncheon begins at 11:00 AM

If you are receiving this newsletter via email, to register click on the links above to print the form and follow the instructions to register. If you receive this only in print, you can get the registration forms on our website by going to www.seniortennismn.org. Please contact Mark Mudra at markmudra@aol.com with any questions.

The following letter to the editor was recently published in the SWJournal and we thank the signers and our many wonderful STPC volunteers.

A perfect match: Senior volunteers and throngs of rambunctious children

by Ardelle Hansen, Mary Ann McGuire, Cal and Joy Schadel, Herman and Nel Swanson, and Bob Hokanson

As passionate members of the Senior Tennis Players Club, we have the secret to leading a happy, physically active and infinitely rewarding life—volunteer at the InnerCity Tennis Super Saturday program.

Almost every Saturday from 3 to 6 PM, InnerCity Tennis, located at the Rev. Dr. Martin Luther King Park, opens its doors to hundreds of diverse children and families, at no cost. A lean staff of five is buoyed by at least five dozen volunteers—most of whom hail from Senior Tennis. Together, we facilitate physical activity, healthy nutrition, positive coaching, and just pure fun for children as their parents catch a few breaths in their hectic lives.

Many of us have volunteered for years—some close to two decades. Our elder statesman is Ray Ranallo, 92 years old and a Senior Games champion.

Why do we do it? We love tennis as a lifelong sport that keeps us aging healthily. We love the interaction with children and being part of the reason they are all smiles and joyful noise. We love seeing each other every week and benefitting from court time together as a volunteer perk. We love InnerCity Tennis, which just won two prestigious awards, the USTA Northern Member Organization of the Year Award and the Tennis Industry Association Community Tennis Association of the Year Award. We are part of a vibrant tennis community that puts the health and wellness of children at the center of our efforts—join us!



Players wanted

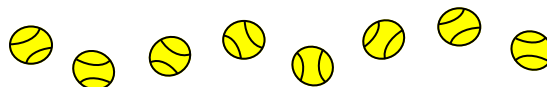
Regulars M/W 3.0-3.5 at Reed-Sweatt. Wednesdays 9:30-11:00 and Fridays 9:00-10:30. Call Ronnae Garrity 952-938-0374.

Subs W 2.5, Thurs. 10:00 AM at Baseline Tennis at U of M. Call Alletta Jervey 651-917-7595 or email ajervey7595@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



Want ads

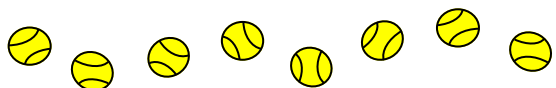
Two-line want ads are available to all STPC members. Your ad is free for three issues. After that, there is a charge of \$5 per publication.

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.

Personal Gardener. Garden help in Bloomington, Edina, S Mpls & near areas. Lee Peterson 952-270-9472.





STPC Annual Extravaganza!



All Member Celebration

Captains' Recognition * Jack Dow Trophy Award
Latin Dance Class * Luncheon * Music * Fun



Saturday, April 18, 11:00 AM - 2:30 PM
Town & Country Club, 300 Mississippi River Boulevard N., St. Paul

Featured Guest Neal Hagberg



Nationally known singer and songwriter,
Director of Tennis and Life Camps at
Gustavus will present a Tribute to
Steve Wilkinson

www.tennisandlifecamps.org



Special Latin Dance Class with René

Straight from Cuba * No partner necessary!

www.renecdance.com



Send reservation form by Saturday, April 11 with check for \$25
payable to STPC to:

Jon Holmgren, 5529 Queen Ave S, Mpls, MN 55419 *612-702-7509

To pay by credit card go to www.seniortennismn.org

Captains attend for free

Please call or email e_jon_holmgren@yahoo.com to cancel if unable to attend.
(Cancellations accepted up to Friday, April 10)

STPC Luncheon Reservation form for members and guests

Saturday, April 18, 11:00 AM - 2:30 PM. Cost: \$free captains; \$25 all others

Name: _____ Captain Member Vegetarian

Name: _____ Guest Vegetarian

Phone: _____

Important: CIRCLE "Captain", "Member", "Guest" & "Vegetarian" as needed.

*Meal choice Chicken Veronique or Portobello Mushroom Tower (vegetarian)

(Tennis events—continued from page 1)

Felix Corwin and Matic Spec are tied for the team lead in singles with 20 wins. Leandro Toledo and Corwin are now 12-1 as a doubles team. Head coach Geoff Young said that freshmen Felix Corwin and Matic Spec are “a huge part of our success. I think they’ve adjusted great and quicker than normal. I couldn’t imagine freshmen adjusting better.” Corwin and Spec are roommates and took a lot of the same classes together in the fall. Like the men, Gopher women are delivering results. They are ranked #70 and have a 9-4 record following wins over Marquette and Carleton at home in early March, increasing their home success to 7-1. Tereza Brichacova and Paula Rincon-Otero have a 5-2 spring record at #1 doubles. The team is 24-11 in doubles through early March. Mehvish Safdar was 3-0 in spring singles matches. Be sure to put Gopher tennis on your spring schedule. It’s the best tennis in town for FREE.

Fed Cup Captain Mary Jo Fernandez led the USA team comprised of Serena and Venus Williams, CoCo Vandeweghe and Taylor Townsend in Fed Cup play against Argentina in early February. The USA team advanced to the playoffs in April with a 4-1 win over Argentina. Venus lead the way with two singles victories. Other points were won by Townsend/Vandeweghe in doubles and Serena in singles. Venus has a career record of 17-2 in Fed Cup singles play. The USA has won a record 17 Fed Cup championships since 1963.



Jim Courier

Davis Cup In early March, Britain defeated the USA team for the second straight year by the score of 3-2 in Glasgow, Scotland. In a similar pattern in 2014, Britain had two wins on opening day singles followed by a five-set loss in doubles to Bob & Mike Bryan and a singles loss to Donald Young of the USA team. Andy Murray of Britain won the deciding match against John Isner of the USA. The USA will need a win in September in the

World Group playoffs to stay in the top tier in Davis Cup play. US captain Jim Courier said Britain deserved to be among the favorites with a great player and champion like Andy Murray on the team.

Getting started outdoors—spring/summer

Most of our spring/summer groups are “drop-in.” So just look at the spring/summer schedule—it’s published in the April and June/July newsletters, or look on our website www.seniortennismn.org—click Tennis Schedules. Pick out one or more groups convenient to you and right for your skill level. Questions? Call the captain of the group.

What’s this about free lessons?

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

You don’t have to commit to a set series of lessons—just pack your racquet and show up. Balls are provided. There’s a listing of lessons in every issue of the Times. Check it out! If you have any questions about the lessons, just call the instructor listed in the schedule.



(Dow—continued from page 1)



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 8) 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.

Sign up for the Dow Tournament! Tournament runs from May 4 - 7, 8AM-3PM daily at the Reed-Sweatt Family Tennis Center. Applications must be received by Monday, April 27. Please click on, print, fill out, and mail this form - [19th Annual Jack Dow Round Robin Entry Form](#). Mail to Joan Thomas. Her address is at the bottom of the form. **For payment**, either pay by credit card online by [clicking here](#) and scrolling down to Tickets; or send a check payable to STPC for your entry fee (\$15 per event, per person), along with the filled-out form. More info: Ken Landro (763) 544-9757 or David Sommer (612) 276-1313. **Thank you!**



If you haven't renewed yet, 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.

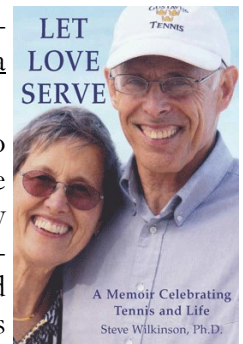
Signing up online also saves the club valuable administration time.

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.**

(Steve Wilkinson—Continued from page 1)

want to consider Steve's recently-published book, Let Love Serve: a Memoir Celebrating Tennis and Life.



I first met Steve almost 30 years ago when I showed up for the first time at TLC. Attending camp faithfully through the years I came to understand more fully what the Camp had to offer – not only first-rate tennis instruction, but an introduction to a broader appreciation for the sport, with the help of the Three Crowns (borrowed from the Gustavus logo) – positive attitude, full effort, and good sportsmanship. A TLC cornerstone is reliance on the Serenity Prayer, and a commitment to concentrating only on those things within our control, whether on or off the court.

Steve was about my age, and over time I got to know his family and the senior staff at TLC. A couple of times a year we'd exchange mail or emails, typically in connection with a newspaper article on sports or sports ethics, but sometimes concerning a situation I had encountered on the court, when I needed his advice.

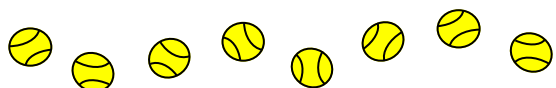
The memorial service for Steve was held on the campus at Christ Chapel. It was a heartfelt celebration of a life well-lived. Thanks, Steve, for your gift to my Tennis, and your gift to my Life!

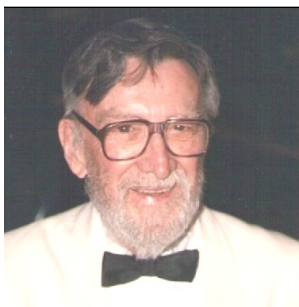
David Sommer let us know of Steve's passing with the words, "Steve has left us, but he leaves thousands of changed lives. Let love serve." Ken Landro responded, "Steve was a giant in the state and the nation for ethical and competitive tennis." Steve will be missed greatly by the community, but his legacy lives on through his teachings and lasting friendships.

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.





Senior Tennis Players Club, Inc. 19th Annual Jack Dow Tennis Round Robin

May 4-7, 2015, 8AM-3PM

Reed-Sweatt Family Tennis Center
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 27.
- 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 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 2014 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 27)—lose entire fee.**
- **Schedule:** Men's doubles and women's doubles will be played on May 4-5 (Monday-Tuesday). Mixed doubles on May 6-7 (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 29. It will also be posted at Reed-Sweatt. 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, David Sommer 612-276-1313.

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!



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:
Joan Thomas • 4248 Reiland Lane • Shoreview, MN 55126 • 651-249-6992

*** If you paid online, don't pay again! But do send this form!**

2015 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.org

For corrections or changes to this Schedule, call

Thue Rasmussen at 651-917-0075 or E-mail him at thueor32@comcast.net

●● St. Paul Area ●●

<u>Irondale High School</u> Long Lake Road south of Cty Rd H, New Brighton	Sat	8:30-10:00 am	4	3	Jim Vint	651-890-2486
<u>Lauderdale Community Park</u> Fulham & Roselawn, Lauderdale	Mon Thu	9:00-11:00 am	2	3.5+	David Sommer Not drop-in. Call!	612-276-1313
<u>Marie Park, Mendota Heights</u> Near Marie Ave and Victoria	Tue	7:30-9:00 am	2	2.5-3.0	Carrie Howes	651-406-9583
<u>Marthaler Park</u> 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
<u>North Valley Park</u> Hwy 52 So to 70 th , left ¼ mile Inver Grove Heights	Mon Wed Fri	8:30-10:30 am	4	2.5-3.5	Jan Machacek	651-455-5236
<u>Roseville Middle School</u> 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
<u>Skillman Courts, Roseville</u> 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
<u>3M Tartan Park</u> 20 th 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 June-Aug			Lois Burns	651-777-8723
	Fri				Captain needed	
<u>Walton Park</u> 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
<u>White Bear Lake High School</u> 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
<u>Aquila Park, St. Louis Park</u> Not drop-in. Call Rick.	Mon	7:15-9:30 am	5	3.5-4.0	Rick Van Doeren	952-897-3888
<u>Bryant Park</u> 85 th 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

Brookview Park Hwy 55 & Winnetka Ave Golden Valley	Sat	8:00-10:00 am	6	2.5 – 3.5	Gloria Kumagai	763-377-5602
Central Middle School, Eden Prairie. Technology Drive and Wallace Rd. Behind the school	Sat Sun	3:00-5:00 pm	7	3.0+	Captain needed	Marv Schneider now has Parkers Lake group
Donaldson Park 75 th and Humboldt, Richfield (Sometimes Logan & 68 th St)	Mon Wed Fri	7:00-9:00 am	4	3.0-3.5	Ann Barten	612-724-0712
Dred Scott Park West Old Shakopee Rd & Ferry Bridge Road, Bloomington	Mon Wed Fri	8:00-10:00 am	5	Open	Alena DeCandia	952-451-3949
Fridley High School 61st Ave & 7th St (park behind Community Ed Building). NOTE: during June-July, play will be at the Middle School courts – north across 61 st Ave, just beyond water tower.	Tue Thu	9:00-11:00 am	6	3.0 - 4.0	Ken Buhl	651-636-4746
Holasek Park 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
Holy Family School 8475 Kochia Lane, Victoria	Tue Thu	8:00-11:00 am	8	Open	Steve Nelson	952-288-5835
Kenwood Trail Middle School 19455 Kenwood Trail (Kenwood Trail & 192 nd 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
Lone Lake Park No walk-ons. Call Skip Pederson at 952-831-0684 or sapederson11@earthlink.net	Mon Wed Fri	9:00-noon	4	3.0-4.0 MW	Skip Pederson	952-831-0684
Monterey Courts 36th Street and Monterey St. Louis Park			2	2.5-3.0 MW	Captain needed	
Minnetonka Junction Park Excelsior Blvd ½ mile west of Shady Oak	Fri	8:00-10:00 am	2	3.0-3.5	Herb Bacal	612-750-8318
New Hope Park 4300 Xylon Ave N (behind swimming pool), New Hope	Mon thru Fri	8:00-10:00 am	5	2.5 – 3.5	Captain needed	
Parkers Lake 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
Pershing Courts 48 th St & Chowen Ave S, Mpls.	Thu	8:00-10:00 am	4	3.5-4.0 MW	Captain needed	
Rivers Bend Park in Ramsey 14201 Waco Street	Tue Thu	8:00-10:30 am	4	2.5 – 4.0	Captain needed	
Spring Lake Park HS SW corner 81 st ave & Hwy 65	Mon Wed	9:00-11:00 am Start May 12	4	3.0-4.0	Lisa Nelson	763-560-6060
Terrace Oak Park 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

Valley View Park 90 th St between Nicollet and Portland, Bloomington	Mon Wed Fri	7:00-9:00 am	4	3.0+ MW	Ken Gjerde	612-827-2073
Walnut Ridge Park , 5801 Londonderry Rd, Edina. Call first, subs may be needed.	Thu	9:00-10:30 am Start June 5	2	3.0+ W	Roz Bernstein	952-938-7698
Team Tennis 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
					Nancy Read	952-388-9847
					Marv Schneider	952-540-6419
					Bob Tvrdik	952-303-3169 402-618-9157
					Carol Rothe	952-920-4504 612-280-6292
Women On Wednesday June-August team play. Courts in New Hope and Golden Valley.	Wed	8:30 am	6	2.5-3.5 W	Captain needed	

The ultimate competitor: How to be tough, fair and composed

By Steve Wilkinson, Tennis and Life Camps

1. Learn and use the Serenity Prayer in every aspect of your life: “God, grant me the Serenity to accept the things I cannot change, the Courage to change the things I can, and the Wisdom to know the difference.”

2. Believe that God comes first, others second, and you third. Put your ego and sense of self-importance in proper perspective. Know that God’s blessings and gifts stand behind every great accomplishment for which you like to take credit.

3. Identify clearly in your own mind the ultimate values associated with tennis, which transcend winning, championships, and personal recognition. The example of Arthur Ashe offers you a clear picture of the power to be found in sportsmanship, dedicated practice, and unselfish service to others, regardless of color or social status.

4. Realize that your commitment to ultimate values requires primarily courage. You may choose to be sportsmanlike, controlled, dedicated, and unselfish, no matter what others might do. These commitments and actions lie within your control.

5. Understand that winning, playing well, and the actions of others (opponent, coach, parent, spectator, or umpire) lie outside your control. When these things are not going your way, remind yourself to accept them. Repeat the Serenity Prayer until you feel a sense of calm coming over you.

6. Know that you get past poor play and stressful actions by others when you let go. If you anguish over your mistakes or inappropriate behavior by others, if you go over these things in your mind and struggle to change them, you prolong the negative situation rather than ending it. You are focusing on things outside your control.

7. Affirm with pride your ability to continue trying your hardest while remaining indifferent to how well you are playing, what others may think of your play, and what others may do or say.

8. Renounce the expectation that everything will work out fairly. It won’t. Never lose your resolve to treat others fairly; that is something within your control. You will not always achieve your goal, but you can always try. Do unto others as you would have them do unto you. This is the ultimate principle of fairness.

9. Reject retaliation or revenge as a valid response to injustice. If you retaliate, you are not the one who controls your action. You are like a reed, blown by the wind. If you cheat because your opponent has cheated, you also become a cheater.

10. Let go of the expectation that you are entitled to play at a certain level. No matter how simple a shot might be, it is unrealistic to assume you should never miss. Also it becomes a problem when you categorize certain players as inferior to you, ones to whom you should never lose.

Seeking scholarship support for tennis camps

By Samantha Smart Merritt

InnerCity Tennis is seeking support to send six high school youth in its Super Saturday program to Tennis and Life Camps with full scholarships this summer. ICT's goal is to raise \$3,000 to support youth who would not otherwise have the opportunity to access the in-

credible opportunity for tennis training and life lessons that TLC represents. If STPC members are motivated to support this cause - please see Samantha Smart Merritt, Executive Director at ICT at:

612-584-4732

Samantha@innercitytennis.org

Thank you!

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!