



# Senior Tennis Times

*The 50+ tennis experience*

November  
2017

## Finances

**By Steve Bruell, STPC Treasurer**

STPC maintains full transparency of our finances by including Profit/Loss Statements, Balance Sheets, and Total Assets for over a decade on our website. To view this information, go to our website [seniortennismn.org](http://seniortennismn.org), click About Us, and then Financial.

Our current financial condition is good. On page 7 is a statement as of the end of September.

## On the inside

*Much more for your money!*

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**P. 4—Fall/winter Drill Schedule. Find drills to fit your schedule and need.**

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**P. 15—Dynamic stretches for seniors. Pay attention! These will help avoid injury and improve your game.**



## Prez Presents

**By Jon Holmgren, STPC President**

Dear Members,

As required, I hereby report that the club is healthy and thriving. See our Treasurer's report on this page and page 7.

After a great summer the fall drills have started (see schedule on page 4). I hope you take advantage of the wonderful chances to have fun on the courts and improve your game. The small fee for drills resulted in the drills paying for themselves. We look forward to adding drills when doing so is financially responsible.

The Annual picnic, Captains boat trip and Annual luncheon went well. I thank the volunteers and board members who helped with the activities.

## Upcoming Events

### Halloween Tennis Mixer & Spaghetti Party

Friday, October 27, 7:00 PM 'til whenever  
Fred Wells Tennis & Education Center

### Holiday Tennis Party

Friday, December 15, 7:00-9:00  
Fred Wells Tennis & Education Center

### Wheaton Clinic with Roger Boyer

Sign up on ICT website or at desk.  
Mid-January, pro on each court,  
Cost \$20 for STPC members.  
InnerCity Tennis.

### Valentines Day Tennis Party

Friday, February 16, 7:00-9:00  
Fred Wells Tennis & Education Center

## Good stuff on website

Lots of members still don't use the website! Quick primer: go to [seniortennismn.org](http://seniortennismn.org). Then... Click on Play. In the drop-down, you can click on Tennis Schedules, where there are links to both group play and drills. The Events Calendar is a quick way to find drills and events you might like. Also try clicking on the About Us, then click on Tennis Resources, where you'll find the Rules of Tennis, The Code, and a list of Related Organizations, like USTA Northern.

## Newsletter past issues

You can view past issues of the newsletter on our website. Just click on About Us, then on Tennis Times Archive. To find a particular story, it may be easiest instead to use our index: About Us, then Tennis Times Index. Use the usual Search capability on your PC to find what you need. The Index currently goes back through 2008, but will continue to grow.

## Senior Tennis Players Club, Inc.

A nonprofit corporation, P.O. Box 5525, Hopkins, MN 55343. On the web: [seniortennismn.org](http://seniortennismn.org)

### Senior Tennis Times

The Senior Tennis Times is published four or five times annually by and for the members of the Senior Tennis Players Club, Inc. Next newsletter: February, 2018.

### Board of Directors

President: Jon Holmgren .....612-702-7509  
Vice-President: Jim Handy .....612-743-3314  
Secretary: Thue Rasmussen ..651-917-0075  
Treasurer: Steve Bruell.....952-938-7594

#### Group play:

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#### Membership:

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#### Webmaster

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Marilyn Kelley .....952-922-3675

Nancy Tarbox .....952-927-9368

Mike Woolsey .....952-937-2546

All Board members serve as volunteers without compensation.

### 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 issue/additional issues):

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.

2-line ad (free for members only), 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 to David Sommer at [dsommer7@usiwireless.com](mailto:dsommer7@usiwireless.com).

November 2017, Vol. 30, #4

Membership total: 726

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## In Memory...

### Lee Johnston

Lee, age 87, passed away July 19. He is survived by his wife Lynn Shackelford and sons Brian, Kevin, and their families. A memorial service was held on September 15 at Plymouth Congregational Church, Minneapolis. Lee joined Senior Tennis in 2010.

## Winners

These four played for the Mixed 4.0 Dow title last May. But there was a twist: the women proposed they do a "battle of the sexes." Men agreed. It was an incredible match, with the men eventually prevailing. All four



agreed "great match, great fun." Left to right: Megan Bennett, Steve Bruell, Mike Woolsey, and Sheila Bjore.

## 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:

David Sommer, 3657 17th Ave 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.



## Membership renewal time?

Is it time for you to renew your STPC membership? On the address label of this newsletter we have printed the expiration date of your membership. You may also see a message alerting you if your membership is expiring soon, or has already expired. Please renew if it is time to do so. You can renew via the website ([seniortennismn.org](http://seniortennismn.org)) or use the form to the right. Some explanation:

Your email address is needed so we can remind you to renew and to send you the monthly E-Update.

Enter your home address if it has changed.

Membership options: Printed & mailed newsletters are **included** as part of your basic membership. The only option is to get a printed & mailed Roster for \$4.

Send the form and your check to:

Sharon Gribble  
1381 West County Road B2  
Roseville, MN 55113



DR. RACHEL MARSTON, Au.D.



AUDIOLOGIST  
7745 2ND AVENUE SOUTH • RICHFIELD, MN 55423  
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Over 25 Years of Conservative Shoulder Care  
**See us at: [tcshoulder.com](http://tcshoulder.com)**

## Want Ads

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

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

## Renewal Form

Name \_\_\_\_\_

Primary phone \_\_\_\_\_

Secondary phone \_\_\_\_\_

Email address \_\_\_\_\_

Skill level (1.0 to 4.5): \_\_\_\_\_

If your home address has changed, enter here:

\_\_\_\_\_

\_\_\_\_\_

Choose one of the following membership levels:

☐ Basic membership: \$30

☐ Basic membership + printed roster: \$34

## Players wanted

Regulars and subs needed Tuesday mornings from 9:00 until 10:30 at Reed-Sweatt Tennis Center. M/W, 2.5-3.0. Play begins September 5. Call Donna Borgerding at 612-721-7038, or 612-810-4549.

**See also** group play schedules pp. 6-7.

**Captains:** let the Editor know if you need a notice in this section.

## Advertisers: reach 800 tennis players!

**The Senior Tennis Times is published February, April, August & November. Mail delivery, plus web presence. Deadline 15th of month preceding publish date.**

Ad rates (first issue/additional issues):

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

Contact David Sommer for details. 612-276-1313 or [dsommer7@usiwireless.com](mailto:dsommer7@usiwireless.com).

# Senior Tennis Players Club

Indoor Drill Season: September 2017 – April 2018

Location	Day	Time	Instructor	Fee*
<b>InnerCity Tennis.</b> Reservations required. Call 612-825-6844	Mon	1:30-3:00 PM	Dilcia Pederson	\$15
	Tue	9:00-10:00 AM 2.5-3.25 players	Staff	\$10
		9:00-10:00 AM 3.5+ players	Staff	\$10
	Wed	11:00-noon All levels	Staff	\$10
		1:30-3:00 PM All levels	Dilcia Pederson	\$15
	Thu	9:00-10:00 AM 2.5-3.25 players	Staff	\$10
		9:00-10:00 AM 3.5+ players	Staff	\$10
	Fri	9:00-10:30 AM 2.0-3.5 players	Roger Boyer	\$15
<b>Fred Wells</b> Reservations required. Call 612-252-8367, ext. 0	Tue	2:00-3:30 PM	Staff	\$12
<b>Williston</b> Reservations not required	Wed	7:00-8:30 PM	Dennis Wagner	\$13

\* Fee is for STPC members.

## Halloween Tennis Mixer & Spaghetti Party

**Where: Fred Wells Tennis & Education Center**

**When: Friday night, October 27, 7:00 PM 'til whenever.**

**What: Come to play, eat, and socialize.**

Courts, balls, and spaghetti for an amazing \$15.00

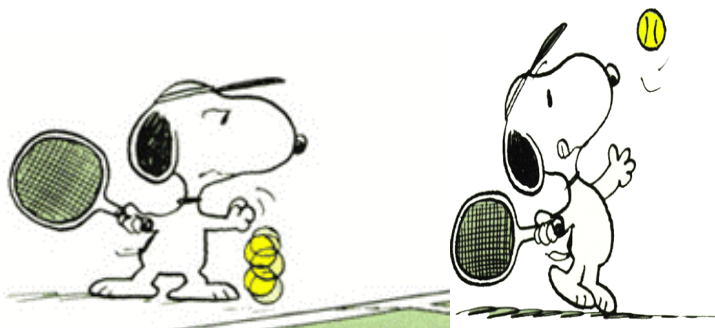
Call or email Pam Campbell 612-822-0567

[pmscampbell@juno.com](mailto:pmscampbell@juno.com) to register

or mail checks payable to STPC

@ Jon Holmgren, 5529 Queen Ave S,  
Minneapolis MN 55410

Registration ends October 23



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## Holiday Tennis Party

When: Friday, December 15, 7:00-9:00

Where: Fred Wells

What: Plenty of tennis and good food

Cost: Just \$15!!

How: Pay by mail. Write check to STPC for \$15, indicate also your tennis rating. Send to Jon Holmgren, 5529 Queen Ave S, Minneapolis, MN 55410

More information, call or email

- Jon Holmgren 612-702-7509  
[e\\_jon\\_holmgren@yahoo.com](mailto:e_jon_holmgren@yahoo.com)
- or Pam Campbell 612-822-0567  
[pmscampbell@juno.com](mailto:pmscampbell@juno.com)

Happy  
Holidays!



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## Valentines Day Tennis Party

Celebrate Valentines Day with a Tennis Party

When: Friday, February 16, 7:00-9:00.  
Tennis followed by tasty snacks.

Where: Fred Wells.

Cost: Just \$15!!

How: Pay by mail. Write check to STPC for \$15, indicate also your tennis rating. Send to Jon Holmgren, 5529 Queen Ave S, Minneapolis, MN 55410

More information:

- Call or email Jon Holmgren 612-702-7509 [e\\_jon\\_holmgren@yahoo.com](mailto:e_jon_holmgren@yahoo.com)
- or Pam Campbell 612-822-0567  
[pmscampbell@juno.com](mailto:pmscampbell@juno.com)



# Fall/Winter schedule 2017-2018

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

Want to find a place to play? Here's what you do:

- Locate one or more locations, times, and skill level that you'd like.
- Call the captains responsible and ask if they have any regular or sub positions available.
- If this doesn't accomplish what you want, call Facility Coordinators for places you'd like to play. They may be able to help you get a new group together. If no Facility Coordinator is shown, call Thue Rasmussen.
- **Note: some captains are actively seeking subs and/or regulars.** Highlighting used as follows:

Regular players wanted	Subs wanted	Regulars and Subs wanted
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Play is usually September-April. Check with Captains for start/end dates. For corrections or changes to this schedule, contact David Sommer at 612-276-1313 or [dsommer7@usiwireless.com](mailto:dsommer7@usiwireless.com)

## ●● St. Paul Area ●●

Location	Day	Time	Cts	Skill	Captain	Phone
<b>St. Paul Indoor Tennis Club</b> 600 Desoto, St. Paul Facility coordinator Annette Adam 651-455-9319.	Mon	2:30-4:00 PM	3	2.5-3.5 MW	Lois Brink	612-251-5650
	Wed	7:00-9:00 AM	3	3.0-3.5 MW	Annette Adam	651-455-9319
	Thu	9:00-10:30 AM	2	3.0-3.5 M	Woody Gillette	651-436-2614
	Fri	7:00-9:00 AM	3	3.0-3.5 MW	Annette Adam	651-455-9319
<b>Wooddale Recreation Center</b> 2122 Wooddale Dr, Woodbury 651-209-9768 Facility Coordinator: needed.	Mon	8:30-10:00 AM	2	3.0-3.5 MW	Fred Johnson	651-459-6258
		10:00-Noon	2	3.0-3.5 M	Woody Gillette	651-436-2614
	Fri	8:30-10:00 AM	2	3.0-3.5 MW	Ron Leitner	651-739-9732

## ●● Minneapolis Area ●●

Location	Day	Time	Cts	Skill	Captains	Phone
<a href="#">Baseline Club</a> 1815 4th St SE, Minneapolis 612-625-1433 Facility coordinator: Thue Rasmussen 651-917-0075	Mon	10:00-Noon	2	3.5+ MW	David Sommer	612-276-1313
	Wed	10:30-Noon	2	3.0 MW	Louise Halverson	612-722-7132
	Thu	9:30-11:30 AM	3	3.5+ MW	David Sommer	612-276-1313
		10:00-11:00	1	2.5 W	Peg Houck	651-645-4453
<a href="#">Fred Wells Tennis and Education Center</a> 100 Federal Drive, Ft. Snelling 612-252-8367 Facility Coordinator George Burbie 651-688-2338 or 651-442-6704	Mon	8:30-10:00 AM	2	3.0+ MW	Skip Pederson	952-831-0684
		9:30-11:00 AM	1	3.0-3.5 W	Sandra Loewenstein	651-454-3699
		9:30-11:00 AM	1	3.5-4.0 W	Shirley Shimota	612-285-1699
	Tue	8:00-9:30 AM	1	2.5-3.0 MW	Marilyn Woolley	651-452-1691
	Wed	9:30-11:00 AM	2	3.0+ MW	Skip Pederson	952-831-0684
	Thu	9:30-11:00 AM	1	3.0-3.5 W	Sandra Loewenstein	651-454-3699
	Fri	9:00-10:30 AM	2	3.0-3.5 MW	Shar Kiecker Nancy Harris	952-890-1470 952-891-1239
		9:30-11:00 AM	1	3.5-4.0 W	Betty Culligan	651-698-4660 612-961-7003
<a href="#">PublicIndoorTennis.com</a> 7833 Highway 65 N.E., Spring Lake Park, 763-231-3109 Facility Coordinator: Diane Lehman 651-488-6147	Mon	1:00-3:00 PM	4	3.5-4.0 MW	Gary Melby	763-755-7252
	Thu	8:30-10:30 AM	3	3.0-3.5 MW	Gary Melby	763-755-7252
		10:30-Noon	3	2.5-3.0 MW	Roberta Williams	651-631-1201
					Carol Pierce	763-424-6665
<a href="#">Reed-Sweatt Family Tennis Center</a> 4005 Nicollet Avenue S Minneapolis. 612-825-6844 Facility Coordinator: Marv Schneider 952-540-6419	Mon	NOTE: RSFTC has many open courts. If you need permanent court time for your group, call the tennis desk at 612-825-6844.				
		7:00-8:30 AM	3	3.5-4.0 MW	Rick Van Doeren	952-897-3888
		7:00-9:00 AM	2	3.0 MW	Carol Thompson	952-929-0844
		8:30-10:00 AM	2	2.5-3.0 W	Joan Petroff	952-893-9149
		10:00-11:30	3	3.0 W	Bonnie Bolton	612-922-9290
		11:00-12:30	2	2.5 MW	Charlotte Grantier	952-934-3425

<b>Reed-Sweatt Family Tennis Center (continued)</b>	Mon	11:30-1:30 PM	5	3.5-4.0 MW	Brian Kretsch	651-645-6393
					Thue Rasmussen	651-917-0075
	Tue	7:00-8:30 AM	2	3.0-3.5 MW	Ann Barten	612-724-0712
		9:00-10:30 AM	2	2.5 MW	Donna Borgerding	612-721-7038
		9:30-11:00 AM	1	3.5 MW	Fred Sewell	612-285-3216
		9:30-11:00 AM	1	3.0-3.5 MW	Ken Rich	612-377-4682
		10:30-Noon	3	2.5-3.0 MW	Dennis Moody	651-488-8124
		1:30-3:00 PM	2	3.5 W	Gwen Orstad Mary Gleason	952-285-6948 612-925-2026
	Wed	9:30-11:00 AM	3	3.0-4.0 W	Joanne Schmid	952-474-6022
		10:30-Noon	2	3.0-3.5 W	Marsha Jarvela	612-790-1246
		11:30-1:30 PM	2	3.5-4.0 MW	Ken Landro	763-544-9757 763-377-5597
		1:00-3:00 PM	2	3.5-4.0 M	Dick Mills	952-925-5851
	Thu	7:00-8:30 AM	4	3.0-3.5 MW	Jean Robbins	952-738-1704
					Charlie Robbins	952-934-0209
		8:30-10:00 AM	2	2.5-3.0 MW	Linda Wright	952-895-1142
	Fri				Bill Kruckeberg	952-926-3397
		9:00-10:30 AM	2	3.5 MW	David Butler	612-798-0402
		10:30-12:30 PM	3	3.0-3.5 M	George Foulkes	952-544-9242
		12:30-2:30 PM	6	3.5-4.0 MW	John Dickinson	763-533-9300
<b>Williston Fitness and Sports</b> 14509 Minnetonka Drive Minnetonka Facility Coordinator Bryan Kennedy 763-404-2691 or 763-449-6419	Mon	7:00-8:30 AM	2	3.0-3.5 W	Sharon Engel	763-383-0575
		8:30-10:00 AM	1	3.0 MW	Arnie Nelson	763-473-2089
	Tue	8:00-9:30 AM	2	3.0-3.5 MW	Doug Reeder	952-934-8921
	Thu	1:00-2:30 PM	1	3.0-3.5 W	Jenny Caldwell	763-473-6015
	Fri	2:00-3:30 PM	1	3.0 MW	Arnie Nelson	763-473-2089
	Sat	3:00-5:00 PM	3	3.0-4.0 MW	Marv Schneider	952-540-6419

## Treasurer's Report: September 2017

By Steve Bruell

We started the year with approximately \$45,000 in the bank. The table shows our surplus through the end of September. (highlighted in green).

We are still doing well financially. I project a surplus of around \$7K-\$9K at the end of the year. (We are \$2K ahead of where we were at this time last year.)



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Date	Balance	Surplus/ (Deficit)	Credits	Debits
Dec. 31, 2016	\$44,813.07			
Jan. 31, 2017	\$47,035.00	\$2,221.93	\$4,297.12	\$2,075.19
Feb. 28, 2017	\$50,110.10	\$5,297.03	\$4,087.62	\$1,012.52
Mar. 31, 2017	\$52,481.68	\$7,668.61	\$2,386.01	\$14.43
Apr. 30, 2017	\$52,055.01	\$7,241.94	\$2,770.40	\$3,197.07
May 31, 2017	\$53,933.61	\$9,120.54	\$3,311.02	\$1,432.42
June 30, 2017	\$53,052.74	\$8,239.67	\$1,529.23	\$2,410.10
July 31, 2017	\$54,760.03	\$9,946.96	\$2,657.29	\$950.00
Aug. 31, 2017	\$54,163.01	\$9,349.94	\$3,134.35	\$3,731.37
Sep. 30, 2017	\$55,222.05	\$10,408.98	\$2,302.09	\$1,243.05

## Blog #4: Is golf a sport?

By Bill Cosgrove

You know how tennis is regularly promoted as a lifetime sport? You can start it young and keep going with it non-stop until you're satisfied just sitting on the dock of the bay watching the sun go down. How many sports is that true of, anyway?

For some lucky, good-gened souls a lifetime sport can be running, slow pitch softball, squash, racquetball, pickleball, swimming...maybe a few others. Golf, too, like tennis, is often said to be a lifetime sport. Even more so than tennis, some say. Many seniors are playing it, I'm told, and some play both golf and tennis.

But I've heard some noise about whether golf is actually a sport at all. In the way that, say, running, softball, basketball, and tennis are. It's certainly a physical activity, but is it a "sport"? I suppose that depends on how you define a sport.

What physical demands are required for an athletic activity to be considered a sport? Hand-eye coordination? Speed, quickness, balance, movement, running, jumping? How about foot speed, endurance, stamina, coordination, conditioning, agility, dexterity, timing, durability, strength, flexibility, fitness, power?

Do you remember a flap a number of years ago over a golfer who wanted to use a motorized cart while playing in a PGA-sanctioned tournament? The PGA refused this accommodation, and the golfer sued.

Casey Martin was a disabled tournament-level golfer who couldn't walk the entire course without severe pain and, apparently, even the risk of serious physical injury. He suffered from **Klippel-Trenaunay-Weber Syndrome**, a painful, degenerative, circulatory disorder that obstructed blood flow from his right leg back to his heart. Walking caused him pain and fatigue, as well as a serious risk of hemorrhage, blood clots, and even fracturing his leg. Amputation was not common but possible.

In 2001 the Supreme Court ruled 7-2 that under the Americans with Disabilities Act of 1990 (ADA), Martin could use a "golf cart to ride between holes on the PGA tour." The supporting arguments in the lower courts, District Court, and the Supreme Court are many, varied, and quite interesting. Worth a read, for themselves and especially for what they say about the physical demands, such as conditioning, endurance,

stamina, and durability, of golf as a sport.



Bill Cosgrove

Guess which two justices dissented? Many golfers disagreed as well, including Jack Nicklaus who said of SCOTUS, "I think we ought to take them all out and play golf. I think they'd change their minds." Truth be told, the arguments made by the two dissenting judges, Antonin Scalia and Clarence Thomas, are also quite interesting and worth a look, too.

The seven majority justices, however, determined that a "competitor with a disability" using a golf cart would not "change the nature of the competition fundamentally." The PGA's so-called "walking rule" requiring that every tournament golfer had to walk the course was denied, as well.

Walking the 18 holes (about 5 miles) was not determined to be sufficiently fatiguing to affect negatively a golfer's performance on the course. And **not** being required to walk the course would not give an unfair advantage to a golfer.

Here's an excerpt from the SCOTUS decision denying the petitioning PGA's attempt to keep Martin from using a cart:

"... the factual basis of petitioner's argument is undermined by the District Court's finding that the fatigue from walking during one of petitioner's 4-day tournaments **cannot be deemed significant**. The District Court credited the testimony of a professor in physiology and expert on fatigue, who calculated the calories expended in walking a golf course (about five miles) to be approximately 500 calories—nutritionally ... less than a Big Mac." [Caselaw.findlaw.com]

The court further determined that the purpose of the walking rule was to "inject fatigue into the skill of shot-making, but that the fatigue injected 'by walking the course **cannot be deemed significant under normal circumstances**.'" This insignificant fatigue caused by walking in golf is matched by the low degree of the energy and intensity required, according to this excerpt:

"What is more, that energy (the '500 calories') is expended over a 5-hour period, during which golfers have numerous intervals for rest and refreshment. In fact, the expert concluded, because **golf is a low intensity activity**, fatigue from the game is primarily a psychological phenomenon in which stress and motivation are the key ingredients. And even under conditions of severe heat and humidity, the critical factor in fatigue is

(Blog: Is golf a sport?—continued on page 9)

fluid loss rather than exercise from walking.”

As Melissa Ressler in the Loyola Law Journal puts it, “the slow pace of the game and frequent opportunities to rest can easily replace the lost calories.” The so-called “walking rule” was regarded as not critical to the PGA’s “athletic events” and could be waived without a “fundamental alteration” of the game itself.

As we have demonstrated, however, the walking rule is at best **peripheral** to the nature of petitioner’s athletic events, and thus it might be waived in individual cases without working a fundamental alteration. (Incidentally, nowhere is the term “sport” used of golf in the written decisions that I saw. “Game” is used regularly.) But what if the purpose of the walking rule **were** to “subject players to fatigue” and test their physical conditioning, as sports usually do? Walking could then perhaps legitimately affect their performance by favoring the better conditioned athlete, which a sport customarily does, and affect the outcome of the tournament. Here’s what the courts had to say about that:

“Even if the rule does serve that purpose, it is an uncontested finding of the District Court that Martin ‘easily endures greater fatigue even with a cart than his able-bodied competitors do by walking.’ (994 F. Supp., at 1252). The purpose of the walking rule is therefore not compromised in the slightest by allowing Martin to use a cart. A modification that provides an exception to a peripheral tournament rule without impairing its purpose cannot be said to ‘fundamentally alter’ the tournament.”

So, is golf a sport in the way baseball, basketball, soccer, etc. are by demanding a host of rigorous physical skills and athletic actions? Or is it more of an athletic activity, a skilled one, to be sure, but otherwise not requiring, among other things, the athletic skills, the physical conditioning, and the endurance levels of other such activities we routinely call sports? Should it be called, as some do, a game—a game of skill, but a game? What do **you** call it?

As a postscript, I found this in a political rather than a sports essay: “Trump is, in fact, the first modern president to engage in no regular exercise (sorry, golf doesn’t count).” [[Newsweek, February 17, 2017](#)]

A second postscript: in 2004 ESPN asked a panel of experts, including sports scientists, academics, and journalists, as well as former pro athletes, to identify the most demanding of 60 sports.

Various activities were graded on 10 components of athleticism: endurance, strength, power, speed, agility,

flexibility, nerve, durability, hand-eye coordination, and analytic aptitude. Boxing ranked first, followed by hockey, football, basketball, wrestling, and martial arts. Tennis was #7, above gymnastics, baseball/softball and soccer in the top ten.

Guess where golf ranked? Wait for it—51st out of the 60 sports, just behind table tennis and horse racing. And just ahead of cheerleading and roller-skating. Fishing finished last.

## Appendix

From the ESPN 2004 study of the most demanding sports:

**ENDURANCE:** The ability to continue to perform a skill or action for long periods of time. Example: Lance Armstrong.

**STRENGTH:** The ability to produce force. Example: NFL linebackers.

**POWER:** The ability to produce strength in the shortest possible time. Example: Barry Bonds.

**SPEED:** The ability to move quickly. Example: Marion Jones, Maurice Green.

**AGILITY:** The ability to change direction quickly. Example: Derek Jeter, Mia Hamm.

**FLEXIBILITY:** The ability to stretch the joints across a large range of motion. Example: Gymnasts, divers.

**NERVE:** The ability to overcome fear. Example: High-board divers, racecar drivers, ski jumpers.

**DURABILITY:** The ability to withstand physical punishment over a long period of time. Example: NBA/NHL players.

**HAND-EYE COORDINATION:** The ability to react quickly to sensory perception. Example: A hitter reacting to a breaking pitch; a drag racer timing acceleration to the green light.

**ANALYTIC APTITUDE:** The ability to evaluate and react appropriately to strategic situations. Example: Joe Montana reading a defense; basketball point guard on a fast break.

**Editor’s Note:** Bill Cosgrove has just published a short novel based on a true story of kidnapping and vengeance in the Twin Cities entitled May The Road Rise to Meet You (2017). He published a memoir in 2016 entitled Sligo Town to So. St. Paul, and is presently working on a third book based on true crimes set in St. Paul-Minneapolis. He assures me both are available from your favorite bookseller—and even directly from him at a tennis players special rate. Golfers, too.”

## Getting started in Senior Tennis—how to do it!

We've published this before, but it's worth repeating, both for new members and for those who feel "I've joined, but now nothing happens!" Truth is, it's up to you! Help is available but you need to ask.

### 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 newsletter, or look on our website [seniortennismn.org](http://seniortennismn.org)—click Play, then Tennis Schedules. Pick out one or more groups convenient to you and right for your skill level. Questions? Call the captain of the group.

### Getting started indoors—fall/winter

The August issue of our newsletter contain the indoor tennis season schedules. The schedule is always available on our website, updated as needed. Look it over and decide where you want to play.

### What are regular and substitute players?

A regular player makes a commitment to play every week at a particular place and time. The other people signed up at that location depend on you to show up so that there is the correct number of people present to play doubles on all courts. If you don't show up and don't find a substitute to take your place, they're forced to play three on a court or singles, and that isn't fun.

If you want to play but can't make a commitment, you

can be a substitute player. Substitutes play when regulars can't show up, for instance when they are on vacation or sick. You can sign up as a substitute at several times and locations to increase your chances of playing frequently.

### How do I sign up to play?

First, look over the schedule. Find a location and time that looks good to you. Then call the captain listed and sign up as either a regular or substitute. Do this for as many groups as you wish.

### How much does it cost?

The cost to play varies from location to location—captains can tell you just how much.

### I still have questions—who should I talk to?

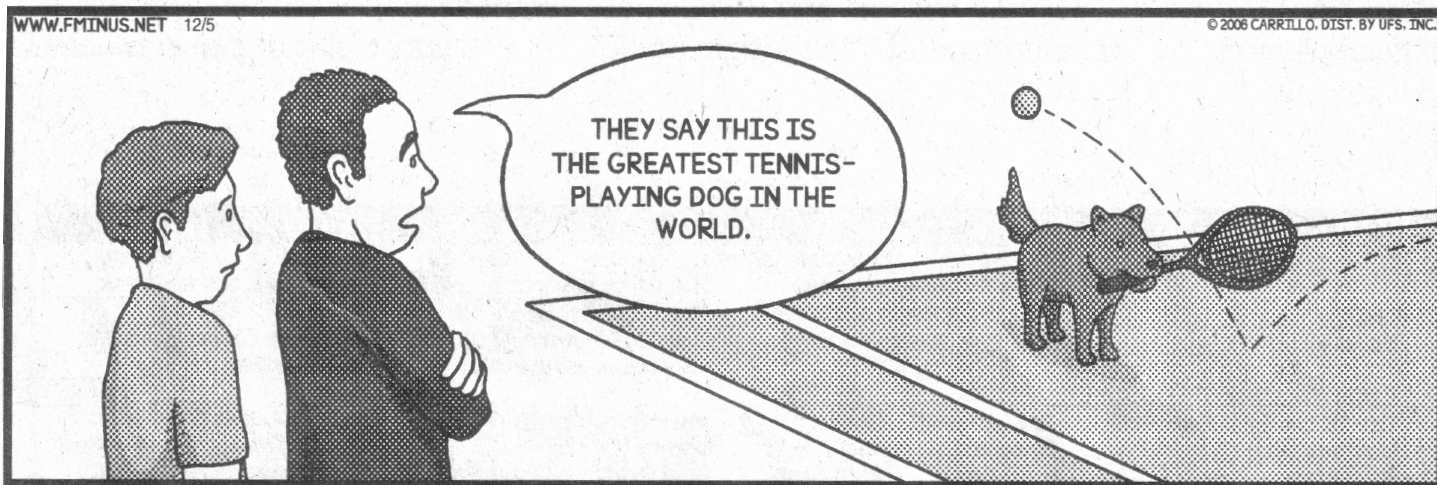
Talk to the court captains for more information on starting dates, fees, rotation of playing, and anything else about playing at that captain's location. Captains run their sessions differently.

### What's this about low-cost lessons?

An important objective of STPC is to encourage more people over 50 to learn and appreciate tennis. So every member is entitled to lessons from our own STPC pros.

There's a listing of drills in every issue of the Times. Check it out! If you have any questions about the drills, just call the instructor listed in the schedule.

## F MINUS TONY CARRILLO



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# Tennis doubles—a challenge

By Paul Stormo

**Editor's note:** *Paul died this past year, but we remember him for his dedication to Senior Tennis, and all he gave the club. Excellent coach, plus lucid writer on tennis topics. Here's one of his finest, first published several years ago.*

It has been 21 years that I have been teaching tennis to the Senior Tennis Players Club. It is hard for me to believe that I have been teaching that long, but I still remember very fondly the first lessons I gave under the tutelage of Percy Hughes and Ginny Owens. Teaching tennis has been fun, but learning from the members has been rewarding.

One thing that has bothered me in the last few years is how much more fun the game of doubles would be if it were better understood by the players. I include all levels of play when I make this statement. I assume I can exclude those who were well-coached in high school or college, but I suspect my statement applies to most.

In order to bring better understanding to the doubles game, I have created a series of questions that I hope you will answer. We won't keep score. It is for your benefit only.

The answers to the questions are found at the end of this article. If you don't agree with my answers or want to discuss the answer, contact the Newsletter Editor at [dsommer7@usiwireless.com](mailto:dsommer7@usiwireless.com)

1. On a doubles team, which partner has priority in taking the shot?
  - a. The player hitting the forehand.
  - b. The player hitting the backhand.
  - c. The player closest to the net.
  - d. The better player.
2. You arrive to play a doubles match and your new partner announces that she/he does not come to the net. What do you do?
  - a. Ignore them and play your usual attacking game.
  - b. Stay back at the baseline with them during the match.
  - c. Compromise by playing the match in "no man's land."
  - d. Refuse to play.
3. What do the lines mean on a tennis court?
  - a. They define the boundaries for the players.
  - b. They define whether a shot is in or out.

- c. They mean nothing.
  - d. They define "no man's land" which is "no-no" territory.
4. You are playing a match and your partner is having trouble returning the ball away from your opponents' net man. You suggest to your partner that a lob return might work. She/he responds that lobs are for sissies. What do you do?
  - a. Get in a better ready position to try to return the volley from your opponent.
  - b. Back up a few feet to give you more space to return the opponent's volley.
  - c. Move back to the base line with your partner.
  - d. Argue with your partner that a lob is a perfectly legitimate shot.
5. You are playing a very important match. You and your partner have won the first set 6-4, but are behind in the second set 1-3 because your partner's serve is very weak. The rest of her/his game is pretty solid. Your partner is about to serve. What do you do to win this game?
  - a. You begin using signals; you poach and fake poach every point.
  - b. You show your partner how to serve more effectively.
  - c. You move back to the baseline with your partner.
  - d. You try distracting your opponents with movement and noise.
6. Your partner has hit a very wide shot to your opponents. Your partner then moves to cover the down-the-line shot which has him standing very near the doubles alley. Where do you go?
  - a. Halfway between my partner and opposite alley to cover the rest of the court.
  - b. Wait to see where the opponents hit the ball.
  - c. Ten feet from my partner and closer to the net.
  - d. Move back in the court to cover the expected lob.
7. At a social tennis gathering you, a 4.0 player, are paired with a 4.0 partner playing against two 3.0 players. It is obvious very early in the match that you can win 6-0, 6-0. What do you do?
  - a. Win the match quickly so that you and your partner can move on to the next match.
  - b. Suggest that you change partners so that each

(Tennis doubles—continued on page 12)

team has a 4.0 and a 3.0.

- c. Goof around with silly shots to make the match interesting.
  - d. Hit no winners, but keep the ball in play.
8. Player A hits a **short** lob while his partner, player B, is at the net. What does player A do after hitting the lob?
- a. He moves toward the center of the court and gets in the ready position.
  - b. He runs toward the net with his racquet in front of him.
  - c. He yells “short”.
  - d. a and c.
9. You and your partner like to play at the net, but your opponents are hitting ground strokes at your feet which you either hit into the net or up high which allows them to pass you. What do you do?
- a. Move back closer to the service line.
  - b. Move closer to the net.
  - c. Go back to the base line.
  - d. Try hitting drop shots.
10. Player A, at the net, steps over the center line to poach a return. What are the next moves by player A and his partner player B?
- a. A moves back to his side of the court and B stays on his.
  - b. A stays where he is after poaching the ball and B moves to the other side of the court.
  - c. A stays where he is after poaching the ball and B crosses behind A and moves toward the net.
  - d. A stays where he is and B moves toward the center of the court in anticipation of the lob.

## Answers—think before you look!

### 1. Which partner has priority in a doubles match?

In almost all cases (c) is the correct answer. The person closest to the net has total authority to cross over the entire width of the court to take a shot if she/he believes they can make it. The partner farthest from the net can see the cross and can cover the empty court behind her/his partner. One of the exceptions to this rule is the lob which we will cover in a later question.

### 2. Partner says she/he won’t come to the net. What to do?

You could try (a) your usual attacking game, but if your partner will not come to the net, you are left “naked.” Your opponents will repeatedly drive the ball through the very large gap between you and your partner. Accept your partner’s choice (b) and go back to the baseline. If you are good, you and your partner can drive your opponents crazy with lobs. Incidentally, “no man’s land” is definitely a misnomer. Ernie Green, who played in many national senior tournaments, played his entire match from “no man’s land”. By moving in from the baseline closer to the net he was able to narrow the court. As we get older we will take any help we can get.

### 3. What do the lines mean on a tennis court?

Lines on the tennis court mean only one thing: (b) they define whether a ball is in or out. If you said the lines mean nothing you are not wrong. In terms of player positions on the court they mean nothing. Too often players feel they must get to a certain spot to hit a shot. That is true, but it has very little to do with the lines. I think we might be better off teaching tennis if the only lines we have on the court are the outer doubles lines. Players would have to learn position based on where your opponents will hit from and where the likely shot will go. I will explain this in later issues of this newsletter.

### 4. Partner says lobs are for sissies. What to do?

Never, never, never argue with your partner on the tennis court. The only words you should have for your partner are words of encouragement and support. No matter how bad she/he is playing. It is not likely that getting in a better ready position or moving back a few feet will do much good if your opponents are teeing off on your partner’s return. If your partner won’t change, then you must change. (c) is the right answer. Move back to the baseline to give yourself a chance.

### 5. Partner has weak serve. What to do?

Answer (d) is a rule violation. The rule book states that any unnecessary movement or noise that is used solely to distract your opponent is illegal and your opponents can call a hinder which means you play the point over. If I were playing in this situation I would try (a) first. There is a fairly subtle difference between (d) and (a) but if you do poach a few times and your opponents see you moving at the net they will be distracted, but not consider it a hinder. If my opponents are upset by my net movement or there is no change in the outcome I would move to (c) and go back to the

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*(Tennis doubles—continued from page 12)*

baseline. Do not try (b) during a match—save instruction for the practice court.

6. (c) is the correct answer. In doubles you should imagine that you and your partner are attached together with a ten foot chain. Every move by one partner requires a corresponding move by the other. Let me point out that most senior doubles teams cannot cover more than about two thirds of the court. That means that you have to give up about one third. The key to winning is to always give up the one third that is most difficult for your opponents to hit, which is usually the angled cross court. Never, never, never let your opponents hit the ball between you. That is the reason for the ten foot cord.

7. I strongly prefer (d). This was how Arthur Ashe played when he played with his wife as his partner against inferior players. I would consider (a) and (c) to be quite insulting if I was the 3.0 player. In tennis it is usually obvious who is the better player. There is no need to rub it in. (b) would be a good alternative to (d) if the 3.0 players would accept the suggestion. Some might not. Most tennis players like to play with players better than they are, but only if the better player is a good sport. Arthur Ashe is a good example of a good sport.

8. My preference is for (d). If you hit a short lob it is likely that your opponents will respond with an overhead. Your partner, at the net, is very vulnerable.

To yell “short” in that situation is to warn your partner to get out of the way or at least be prepared to receive the overhead. The statistics show that most overheads are hit down the middle of the court so moving to the center gives you a chance of returning the shot. One word of caution: Keep the yell to your partner down to one or two words. Any more can be considered a hinder by your opponents.

9. My preference is for (b). The closer to the net, the lower the chances that your opponents can hit at your feet. Drop shots will work when your opponents are deep, but you must be very good to pull it off. Seldom do players have that much touch.

10. This situation is very common on the doubles court. Very often it results in an “I” formation with one partner near the net and the other near the baseline on the same half of the court. Opponents can hit a winner to the empty half. (c) is the preferred answer, but if player B is very slow footed then (b) is better than the alternatives.

Comment: Unless you know your opponents lob often, do not try to anticipate lobs. If you and your partner are slow footed, stay farther from the net so that if a lob is hit you can get to it. Don’t start backing up because you expect a lob. This will leave you vulnerable to a reasonably well-hit ground stroke, which is a more likely shot. In my 40 years of playing tennis, I have never played against or with a really good lobber. Three reasonably good lobs in a row is the maximum I have

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## Advice from the pros

By Frederick C. Klein

**Editor’s note:** *Florence Halverson gave me this article. It’s old (newsprint was quite yellowed), and I don’t know when/where it was published.*

Did you know that tomorrow is Across America Tennis Day? Well, now you do. It’s been so designated by the U.S. Professional Tennis Association to focus attention on what its members do, which is teach people to play tennis. Some of the pros will mark the day by giving away, in the form of free clinics, what they sell. Check your local tennis facility for if and when.

It’s hard to respond to such gestures other than ap-  
provingly; if you are going to play tennis, you should play as well as you can, and a clinic might help you do that. Certainly, the time is right, it being spring, before the annual optimism of the weekend athlete has been trampled by a summer of reality. Who among us has not resolved at snowy New Year that this year—finally—we will dump our dinky serves for a better one,

or improve our impoverished backhands?

But having played tennis for a longish time (22 years), and golf for about the same period before that (I enjoy that game much more now that I don’t play it), I’ve come to believe that sports lessons should be required to carry the same sort of warning that comes on cigarette packages.

It’s been my experience that nothing screws up my game like a lesson. The few times I’ve taken them, it has taken me at least a month to get back to where I was before, by which point I’ve reverted to earlier, more comfortable patterns.

I don’t think sabotage was involved, at least not the intentional kind. Rather, I believe that the pros I consulted honestly sought to earn their fees by trying to correct each of the (many) faults they spotted. But instead of improvement, the result was sensory overload and near-paralytic confusion.

As I see it, the problem is simple: The whit or so that it

*(Advice from the pros—continued on page 14)*

*(Advice from the pros—continued from page 13)*

takes to strike a tennis ball does not admit the recognition of the placement of each of our bodily parts, much less their correction. Bend my, knees? Turn my shoulders? Extend my hitting arm? Keep my wrist firm? Follow through higher? I'll try, but the ball zipped past, unhit, about a minute and a half ago.

Teaching pros seem to have in mind an ideal swing, and try to nudge their pupils in that direction. Trouble is, most players in the broad "average" range (and a lot of quite excellent players, too) are so far from that ideal that we couldn't be nudged there with a bulldozer. Moreover, I suspect that most of us don't really expect to be transformed into Boris Beckers or Steffi Graf. We just want to play better, even a little bit.

And if we don't expect much, we don't ask much, either. We'd consider a lesson a great bargain if it contained one useful tip, a sort of mantra we could repeat as we step on court. No matter how small our abilities and capacities, few of us couldn't handle that, right?

At the U.S. Open tennis tournament in New York last summer, I put this proposition to Billie Jean King, who knows as much about tennis as anyone, ever. While she didn't agree with it wholeheartedly (that's probably against union rules), she agreed to play along. Her one tip was this: Hit the ball earlier.

"Earlier?" I said. "Earlier than what?"

"Earlier than you're hitting it now," she replied.

"How do you know I'm not hitting it early enough already?" I countered. "You said you were an average player, didn't you?" she smiled.

And, of course, she was right. I'm trying to hit the ball earlier now, and, when I manage to do so, it usually helps.

That worked so well that I thought I'd toss my net wider and see what other tennis experts had to offer. Either directly or through their representatives, I polled more than a dozen present or former top professional players.

Alas, not all of them took the query seriously. "Give up women!" advised Frenchman Jean-Philippe Fleurian. Give up women? Most of us fellas would rather give up tennis. Well, many of us would.

Several players, however, replied thoughtfully, and here are their suggestions:

Helen Kelesi: "Watch the ball. It's something I have to tell myself every point, because it's the most important thing."

Brad Gilbert: "Move your feet. If you get to the ball

early enough, you'll have a lot of options about where and how to hit it. If you're late, you end up just 'arming' it, and you're lucky to get it back at all."

Pam Shriver: "Be in the best possible physical condition, both in terms of strength and aerobic capacity. That'll help you to move better and hit the ball more sharply."

Arthur Ashe: "Get your racket back. Imagine your racket as a pistol that has to be cocked before you pull the trigger. When the ball hits the court in front of you, your racket head should be at the very end of your backswing. As the ball continues toward you, your racket then will be in position to move to meet it."

Pete Sampras: "If you play a serve-and-volley game, get as close to the net as you can before you hit your volley. This allows you to make contact with the ball above net level, which will improve your consistency, accuracy and power."

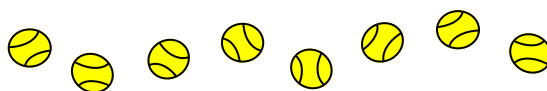
Monica Seles: "You should enjoy yourself on court; that's incredibly important. But to win, you've got to play each point all the way."

Okay, let's summarize. Hit the ball earlier. Watch the ball. Move your feet. Get in shape. Get your racket back. Get as close to the net as possible before volleying. Enjoy yourself. Play each point all the way.

That's enough to properly confuse everybody. I just saved you the trouble of taking a lesson. Have a happy Across America Tennis Day anyway.



Brian Kretsch and Becky Beck, Dow winners



# History of tennis

## Extracted from Wikipedia

Its establishment as the modern sport can be dated to two separate roots. In 1856, Alex Ryden, a solicitor, and his friend Joao Batista Pereira, a Portuguese merchant, who both lived in Birmingham, England played a game they named “pelota”, after a Spanish ball game. The game was played on a lawn in Edgbaston.

In December 1873, [Major Walter Clopton Wingfield](#) devised a similar game for the amusement of his guests at a garden party on his estate. He based the game on the older sport of indoor tennis or real tennis (“royal tennis”), which had been invented in 12th century France and was played by French aristocrats down to the time of the French Revolution.

According to most tennis historians, modern tennis terminology also derives from this period, as Wingfield borrowed both the name and much of the French vocabulary of royal tennis and applied them to his new game:

**Tennis** comes from the French tenez, the imperative form of the verb tenir, to hold: This was a cry used by the player serving in royal tennis, meaning “I am about to serve!”

**Racquet** comes from raquette, which derives from the

Arabic rakhat, meaning the palm of the hand.

**Deuce** comes from à deux le jeu, meaning “to both is the game” (that is, the two players have equal scores)

**Love** may come from l’œuf, the egg, a reference to the egg-shaped zero symbol; however, since “un œuf” is more commonly used, the etymology remains in question.

**The convention of numbering scores** “15”, “30” and “40” comes from quinze, trente and quarante, which to French ears makes a euphonious sequence, or from the quarters of a clock (15, 30, 45) with 45 simplified to 40.

In 1881 the desire to play tennis competitively led to the establishment of tennis clubs. The first championships at Wimbledon, in London, were played in 1877. In 1881 the United States National Lawn Tennis Association was formed to standardize the rules and organize competitions. The comprehensive I.L.T.F. rules promulgated in 1924 have remained remarkably stable in the ensuing eighty years, the one major change being the addition of the tie-breaker system designed by James Van Alen. The U.S. National Men’s Singles Championship, now the U.S. Open, was first held in 1881 at Newport, Rhode Island. For more on tennis, see <http://en.wikipedia.org/wiki/Tennis>.



## Dynamic stretch for seniors

By David Sommer

*Avoid injury and improve your game. Please!*

A New York Times article made the point that static stretches are **out**—they can actually weaken the muscle and don’t help with muscle warm-up. I’ve looked for stretches we could use. At the **Tennis Festival of the North** there was a session on this topic. Here are the five stretches recommended—I find I can do all of them, and they really work! I’ve added a few more easy upper-body stretches. **Suggestion:** clip out and keep in your tennis bag.

1. **Butt kicks.** Jog around kicking your legs up behind as high as you comfortably can. Young women can actually kick themselves in the butt. I can’t, but it’s a good stretch anyway.
2. **Walk on heels.** You probably did this when you were a kid. Just walk around with your toes off the

ground. Good for balance, too.

3. **Cross walk.** Walk around such that at each step you lift your foot up high enough that you can touch it with the opposite hand—right foot to left hand, then left foot to right hand, ....
4. **Pull knee to chest.** Again while walking around, on each step pull the knee of the foot that’s off the ground to your chest.
5. **Shuffle step.** Side step for 10-15 feet, then reverse and side step back. Continue.
6. **Windmills.** Rotate arms at the shoulder, making large, and then small circles.
7. **Trunk twists.** Extend arms to side, and twist to the right, then left, etc. Easy does it!

How much? I find five minutes total is a good warm-up and stretch. **Try it—you’ll like it!**

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