

The 50+ Tennis Experience
Senior Tennis Times
Quarterly Newsletter • Spring 2020

Serving up quarterly news & event updates to keep STPC's members informed, connected, and enthusiastic about playing tennis!



SENIOR TENNIS PLAYERS CLUB
www.seniortennismn.org



Brian Kretsch's Monday Group Tennis Team pictured above at InnerCity Tennis before weekly play.

Team Captain Spotlight on Brian Kretsch

Meet STPC player/captain Brian Kretsch, a group tennis captain and member of STPC for 16 years.

Brian started playing tennis as a teenager, but had little time for tennis when he and his wife were busy raising a family.

Initially Kretsch was drawn to STPC because of the Dow tournament, held at InnerCity Tennis each year. STPC player Clarence Krueger invited him to play on his team at St Paul Indoor. Sixteen years later Brian is still active playing with STPC.



He currently captains a team with John Dickinson, who is a great help. They have 24 regulars, which play Mondays at InnerCity Tennis.

He continues to play because of the fun tennis opportunities and regular court time with a great group. Brian began serving on the STPC Board in April, 2018.

Upcoming Events

2020 Jack Dow Round Robin Postponed

Due to the current COVID-19 (coronavirus) situation and with concern for the health of all STPC members and families, the Jack Dow Round Robin will be postponed until late summer or early fall. A final date will be determined according to conditions at that time.

If you have already registered for the May 4-7 Jack Dow, your entry fee will be refunded.

Thank you for your patience and cooperation in these unprecedented times.

2020 Annual Picnic August at a park TBD

Check the website and E-Updates for details as they become available this summer.

Letter from the President



If someone had asked me earlier this year “What is the biggest challenge being STPC’s President,” I would never have thought that dealing with a pandemic would be a possible response. We are in uncharted territory as COVID-19 has disrupted our lives in every aspect. Winter group play, pop-ups, and drills are not happening and although all fitness centers were temporarily closed through March 27,

I’m guessing when you receive this newsletter that fitness centers remain closed. In addition, the Jack Dow Round Robin is being postponed until late summer or early fall. STPC will continue to monitor the situation and send out E-Updates (and letters to members who have not provided us an email address) as all unfolds.

One of the biggest things that I learned about myself is that 20 seconds is longer than I thought. Every expert says the best way to fight most illnesses and, especially, the coronavirus is to wash

your hands for a minimum of 20 seconds. Whether you sing “Happy Birthday” twice or slowly do your ABC’s (personally, I say 1 Mississippi, 2 Mississippi ...) this is our first line of defense. The STPC website (seniortennismn.org) in the News section provides links to info on the coronavirus. Check it out!

One of the reasons we are so healthy is because we play tennis. Check out the article – Health Benefits of Tennis: Why Play Tennis on the back cover. It is more important now than ever

Senior Tennis Players Club, Inc. (STPC) is a nonprofit corporation, P.O. Box 5525, Hopkins, MN 55343.

Web: seniortennismn.org | **Help Desk:** 763-310-1234

Mission: 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.

Senior Tennis Times: The Newsletter is published four or five times annually for the members of the Senior Tennis Players Club.

Board of Directors

President, Marilyn Kelley	952-922-3675
Vice-President, Jim Handy	612-743-3314
Secretary, Sheila Bjore (Help Desk)	763-310-1234
Treasurer, Steve Bruell (Webmaster).....	952-807-9941
Tom Campbell (Long-Range Planning).....	763-557-8638
Mike Dalton	763-234-1690
Katie Grove (Drills)	812-219-7008
Brian Kretsch (Membership).....	651-363-2283
Bonnie Niles (Group Play).....	952-474-6442
Nancy Tarbox (Socials)	952-927-9368
David Sommer	612-276-1313
Mike Woolsey (Summer Team Tennis).....	952-937-2546

All Board members serve as volunteers without compensation.

Non-Board Volunteers

Pam Campbell (Socials).....	612-822-0587
Sharon Gribble (Membership)	651-283-1069
Jon Holmgren (Drills)	612-702-7509
Dennis Hykes (Advisor).....	952-929-7595
Dick Peik (Google Groups).....	612-655-6569

Donations: 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.

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 ad	\$55 first two inches
.....	\$20 each additional inch
Vertical strip ad	\$75 first two inches
.....	\$25 each additional inch
2-line text ad.....	free for members only
.....	additional lines \$5/issue

Newsletter Submissions: Submit all items in writing only, by mail or email. Deadline: 15th of the month for publication the following month. All material submitted is subject to editing. Enclose a self-addressed stamped envelope if you want materials returned. Send submissions to: Brady Schmidt, 2324 36th St E, Minneapolis, MN 55406 or bschmidt26@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 of Directors of STPC.

Contact Information Changes: Membership information changes, newsletter delivery problems, etc., can be made in writing to Senior Tennis Players Club, P.O. Box 5525, Hopkins, MN 55343 or email to Sharon Gribble at monchka@comcast.net.

Membership Total: 507

Spring 2020, Vol. 33, #2

©2020 Senior Tennis Players Club. All rights reserved.

to keep active and keep your immune system strong. STPC has developed a list of classes (free) that you can stream (cardio, strength, yoga, mat Pilates, etc.). For example, if you can't walk outside because of bad weather, check out the mile walk video! There are also videos on tennis tips for your enjoyment! The website (seniortennismn.org) provides links in the News section on classes and tennis videos.

The STPC spring/summer tennis season begins in early May. Check pages 4-7 for the schedules of summer group play, summer drills, and summer team tennis. If you have questions, the contact person for Group Play is Bonnie Niles (952-474-6442), for Drills contact Katie Grove (812-219-7008), and for Summer Team Tennis contact Mike Woolsey (952-937-2546).

The Valentine Tennis Mixer was fabulous and it was good to see so many new attendees.

Check out some photos on the back cover. A huge thank you to Nancy Tarbox and Pam Campbell for the fantastic job they do in organizing the socials.

Long-Range Planning (LRP) has been occurring this past year and continues in 2020. Check out the LRP article (page 7) as you will be receiving a short survey to help us understand what is working, what isn't, and suggestions for the future.

Finally, a special Thank You to our winter captains who called all members of their group(s) to gain an understanding of whether to continue play.

Winter Captains – Lois Brink, Annette Adam, Fred Johnson, Ron Leitner, Louise Halverson, Peg Houck, David Minke, Sandra Lowenstein, Mary Rogers, Shar Kiecker, Janet Mullen, Gary Melby, Kathy Giese, Carol Thompson, Diane Hurley, Rick Van Doeren, Bonnie Bolton,

David Sommer, Charlotte Grantier, Brian Kretsch, Ann Barten, Fred Sewell, Ken Rich, Dennis Moody, Marsha Jarvela, Bill Warner, Dick Mills, Jean Robbins, Charlie Robbins, Bill Kruckeberg, Linda Burich, Jim Handy, John Dickinson, Sharon Engel, Arnie Nelson, Doug Reeder, and Seymour Mansfield.

Captains do way more than just hand out the balls and find subs. We truly appreciate their efforts.

Stay well and I look forward to seeing you on the court!

-Marilyn

Marilyn Kelley
Board President

Is it Time to Renew?

Check your newsletter's mailing label and if your membership has expired, please contact Sharon Gribble (651-283-1069 or monchka@comcast.net) or renew online (seniortennismn.org). Thanks!



A special thank you to all the winter captains who contacted members during the coronavirus outbreak. John Dickerson's Friday Group is pictured above.



Summer Group Play 2020

If you're looking for a group of friends to play with regularly, you're in the right place!

Get Playing with a Group this Summer!

1. Locate groups that meet at a convenient time, location, and at your skill level.
2. Most groups are "drop in" so you can just show up. Contact the captain to get more details about the group you would like to join.

Group Play Schedule (May-August)

View Schedule Online: www.seniortennismn.org/play-tennis/group-play

For changes, contact David Sommer at dsommer7@usiwireless or 612-276-1313.

Regulars and Subs Wanted	Subs Wanted	Regulars Players Wanted
--------------------------	-------------	-------------------------

•• St. Paul Area ••						
Location	Day	Time	Courts	Skill	Captains	Phone
Irondale High School 2425 Long Lake Road. South of Cty Rd H, New Brighton	Mon thru Thu	9:00-11:00 am	4	3.0-3.5	Clyde Carpenter	763-221-1315
	Sat	8:30-10:00 am	4	3.0	Wes Barnes	651-639-1034
Lauderdale Community Park Fulham & Roselawn, Lauderdale	Mon Thu	9:00-11:00 am	2	3.5+	David Sommer Not drop-in. Call!	612-276-1313
Lilydale 1015 Sibley Memorial Hwy	Tue	8:30-10:00 am	2	2.5-3.0	Marilyn Woolley	651-452-1691
Roseville Middle School 15 County Rd. B2 E; Little Canada; 2 blocks E of Rice St.	Mon Wed Fri	8:00-10:30 am 5/1 – 9/30	8	3.0-3.5	Ken Mathews	651-260-6606
Tartan High School Greenway and 10 th St, Oakdale	Mon Wed Fri	9:00-11:00 am May and Sept 8:00-10:00 am June thru Aug	7	3.0-3.5		

Walton Park 1584 Hadley Ave N, Oakdale	Tue Thu Sat	8:00-10:00 am May thru September	3	2.5-3.5		
White Bear Lake High School South Campus County Rd E and McKnight Rd White Bear Lake	Wed	5:30-7:00 pm	4	2.5-3.5	Larry Mahoney Not drop-in.	651-335-3467
	Sat	10:00-noon Start April	4	3.0-3.5	Denis Woulfe Not drop-in. Call!	651-263-0749 woulfedn@ hotmail.com

•• Minneapolis Area ••

Location	Day	Time	Cts	Skill	Captains	Phone
Aquila Park , St. Louis Park	Mon	7:00-9:00 AM	5	3.5-4.0	Rick Van Doeren Not drop-in. Call Rick.	952-897-3888
Bryant Park 85 th and Bryant, Bloomington	Tue Thu	8:30-10:30	4	All levels	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
Donaldson Park 75 th and Humboldt, Richfield (Sometimes Logan & 68 th St)	Mon Wed Fri	7:00-8:30 am	4	3.0-3.5	Donna Schmidt Ann Barten	952-270-7439 deschmidt83@ aol.com 612-751-7252
Dred Scott Park West Old Shakopee Rd & Ferry Bridge Road, Bloomington	Mon Wed Fri	8:30-10:30 am	5	Open		
Holasek Park 6395 Pinnacle Dr., Eden Prairie Hwy 494 & 62	Mon	7:30-9:00 am	2	3.0-3.5 W	Libby Hargrove Call first – subs may be needed	952-941-1313
Holy Family School 8475 Kochia Lane, Victoria	Tue Thu	8:30-10:30 am	8	Open	Steve Nelson	952-288-5835
Neill Park 13501 Upton Ave, Burnsville	Mon Wed Fri	9:00-10:30 am	6	2.5-3.5	Warren Porter	952-431-5850
Lake Hiawatha Tennis Courts 43 rd St between 26 th & 27 th Ave- nues, Minneapolis	Mon	1:30-3:00	5	Open	Dee Neeley	612-695-8569
Lone Lake Park June 2 through August 30	Mon Wed Fri	9:00-11:00	2	3.0-4.0 MW	Jack Baloga Not drop-in. Call!	952-944-5194
Lyons Park , Golden Valley	Wed	7:30-9:00	2	3.5 W	Joan Kruse	763-593-7604
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	Arlene Kennedy	763-449-6419
Terrace Oak Park ½ mile E of Cty 11 on Burnsville Parkway, Burnsville	Fri	9:00-10:30 am	2	2.0-3.0 W	Ann Listug	952-890-9643 exerciseann@ gmail.com
12000 Ridgemount Rd, Plymouth (N on Hopkins Cross- roads, 4 blks, turn left (west) on Ridgemount Rd 4 more blocks, courts on right)	Sat Sun	3:00-5:00 Start May 16	4	3.0+ MW	Seymour Mansfield	612-701-4295

2020 Team Tennis **One Captain Still Needed!**

Coordinator: Mike Woolsey • 952-937-2546 • Regular Players & Subs Wanted

Court Locations	Day & Time	Skill Level	Captains	Phone
Eden Prairie* Richfield* Bloomington* Fred Wells Tennis Center** Mendota Heights** *Probable Location **Possible Location	Tuesdays 9:30-11:30am	3.0-4.0 Men & Women It's mostly a 3.5-level league, but it's flexible, currently including several players who rate themselves as 3.0 or 4.0 players.	Sheila Bjore	763-476-9149
			Don Harnish	651-227-8387
			Carol Rothe	952-920-4504
			Steve Wollman	763-486-9161
			David Minke	612-757-6248

Summer Team Tennis matches are played from mid-June to mid-August, at various outdoor locations in the metropolitan area. Each team consists of four men and four women, each player playing one pro-set of men's or women's doubles and one set of mixed doubles.

Each team has a captain, who (with input from the Coordinator) is responsible for forming his/her team, pairing players, keeping and reporting scores, and finding substitutes. Standings are kept from week to week and, at the end of the season, a winning team is declared.

All regular players must either be STPC members or on a team sponsored by another metro-area tennis club, and at least 50 years of age.

2020 Team Tennis Schedule details TBD.

Long-Range Planning

What is Working and What Could be Improved with STPC?

The STPC Board is starting work to develop a plan to help guide decisions over the next 3 to 5 years. The Club's mission statement tells us to support the growth of tennis and to provide playing opportunities for those 50 and older.

What does this mean to you? How can we improve on delivering on our mission? Membership has stabilized after a decline a few years ago. Why the drop? What can be done to encourage members to ask others to join? Skill development and social offerings throughout the year are attended by some, who enjoy and value the event; why don't more participate?

Group play is the activity that attracts the largest number of members. Groups are playing at a variety of courts throughout the Metro during the summer and winter, with participation changing as play moves indoors and some players take a break to head south or just to take a break. A review of the group play schedule indicates there are 97 courts in play during the summer and 115 during the fall and winter! (And drills, pop-ups and social events add to this figure.)

Think about the group(s) you play in and consider the following: What is working and what could be improved? Age takes its toll on all of us; how can these groups be rejuvenated and attract

new — and younger — players? And how does the role of captain pass from one to another? How do new groups begin and what support can the Club provide to help with this?

The Board's first step in developing a long-range plan is to hear from our members on what is working and what needs attention. You should be receiving an e-mail or direct mail of a short survey in May to gather feedback on how STPC is delivering on our mission. Please respond to the survey questions or send your thoughts by e-mail, mail, or call to Board member Tom Campbell at tbcsoup@comcast.net, or 1860 Magnolia Lane in Plymouth, 55441, or 763-458-3708.

Pop-Up Season First of its Kind

Online Registration and Payment Successfully Pioneered

With the STPC 2020 Pop-Up season shut down due to the coronavirus, the volunteer Pop-Up crew would like to thank all who participated in Pop-Ups this season.

With the rare exception of illness or injury, everyone who registered attended or gave notice to ensure four people on a court. And,



thank you for helping us successfully pioneer online registration and payment for STPC events.

A special thank you to the volunteer Pop-Up crew who kept the program running smoothly: Wanda Davies and David Mark managed registrations and Jon Holmgren, Dennis Hykes, Jim Uttley, Mark Thompson and Jim Handy managed the events and filled in to play when necessary.

Welcome New January/February Members!

Cheryl Biegler, Dennis Flanagan, John Gibson, Robert Hokanson, and Edward Milolajczyk.

Outdoor Drill Season to Begin in May

Three Park Locations set for Edina, Golden Valley & Richfield

•• 2020 Outdoor Drill Schedule ••

Coordinator: Katie Grove • 812-219-7008

Edina	Golden Valley	Richfield
Tuesdays & Thursdays, 10:00-11:30am Countryside Park (new location) Instructor: Roger Boyer Cost: \$8	Wednesdays, 6:30-8:00pm The Breck School Instructor: Denny Wagner Cost: \$5	Mondays & Wednesdays, 6:30-8:00pm Donaldson Park Instructor: Dilcia Pederson Stromberg Cost: \$5

This summer STPC will sponsor weekly, outdoor drills at three locations during the months of May through August. The drills are inexpensive (\$5 or \$8), and will be led by credentialed tennis professionals.

No advance reservation is required – just show up to play, and pay with cash or by check made out to STPC.

Drills will be offered on Tuesday and Thursday mornings in Edina, on Monday and Wednesday evenings in Richfield, and on Wednesday evenings in Golden Valley. With one notable change (Edina location), the drills will follow the pattern of last year.

Participation in these drills offers an inexpensive way to enjoy tennis with fellow seniors each week and

without a prior reservation. Plus, it can improve your game!

In recent previous summers, both InnerCity Tennis and Fred Wells Tennis and Education Center have offered indoor drills for seniors. However, because of the coronavirus pandemic, on March 15th both of these organizations suspended senior drills. Check their websites for updates.



Senior Tennis Players Club
4005 Nicollet Avenue South
Minneapolis, MN 55409

NONPROFIT ORG.
U.S. POSTAGE
PAID
TWIN CITIES, MN
PERMIT NO. 4665

Spring Newsletter | 2020



Photos above are from the February Valentine Mixer at Fred Wells.

Health Benefits of Tennis: Why Play Tennis?

Check out the full article on seniortennismn.org for 34 specific reasons why you should consider playing tennis regularly. Article written by Jack L. Groppel, Ph.D.

Its historic phrase has been the “sport for a lifetime.” But is this really true? According to world-renowned scientists from a variety of disciplines, there is no doubt that tennis is one of the best sports for you to play.

Here are the facts:

- People who participate in tennis 3 hours per week (at moderately vigorous intensity) cut their risk of death in half from any cause, according to physician Ralph Paffenbarger who studied over 10,000 people over a period of 20 years.
- Competitive tennis burns more calories than aerobics, inline skating, or cycling, according to studies on caloric expenditures.
- Tennis players scored higher in vigor, optimism, and self-esteem while scoring lower in depression, anger, confusion, anxiety, and tension than other athletes and non-athletes, according to Dr. Joan Finn and colleagues at Southern Connecticut State University.
- Since tennis requires alertness and tactical thinking, it may generate new connections between nerves in the brain and thus promote a lifetime of continuing development of the brain, reported scientists at the University of Illinois.
- Tennis outperforms golf, inline skating, and most other sports in developing positive personality characteristics, according to Dr. Jim Gavin, author of *The Exercise Habit*.