

The 50+ Tennis Experience
Senior Tennis Times

November 2021 Newsletter

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



SENIOR TENNIS PLAYERS CLUB
www.seniortennismn.org



Congratulations are in order for Marilyn Kelley and Jim Handy, who recently received the STPC annual Jack Dow Award.

The Senior Tennis Players Club presents the Dow Award to members who best merit the trophy for their efforts to keep the club healthy and vibrant. All former recipients of the trophy vote for the person they believe worked in time-tested and sometimes highly creative ways to meet our goals.

The winners of the Dow Award are Marilyn Kelley, former president, and Jim Handy, former vice president of STPC.

STPC recognizes their hard work and commitment. President Jon Holmgren quoted that the recent work of Marilyn and Jim has been “simply outstanding.”

The nearly three-foot-tall trophy will move between the two households on a semiannual basis, under armed guards!

Noteworthy

Holiday Mixer Friday, Dec. 10

There will be plenty of good food and tennis at the annual Holiday Mixer at Fred Wells Tennis & Education Center. The fun begins at 7:00pm. More info & registration details on page 3!

PRO TIP with Coach Roger Boyer



To regrip or not to regrip? Find out Roger's opinion on page 6.

Jack Dow Round Robin, May 2022

In May, if things get back to “normal,” STPC will be hosting the Dow Round Robin at InnerCity Tennis, which unfortunately has been suspended the last few years. Keep posted for updates!

Letter from the Board President

Grateful to be entering the indoor season with so many opportunities to connect.



With the pent-up demand for tennis, I see courts full and membership strong!

I recently experienced scheduling court time and finding an open drill a challenge – which is a good sign that near normal activities are resuming.

With winter weather upon us, the covered courts are a blessing.

We can continue to enjoy tennis and our fine fellow members.

STPC welcomes all members to either volunteer for a specific task or apply for a Board position. Either way, it is an opportunity to help further the mission of STPC. Check out the article on page 11 with details on volunteering or applying for a Board position.

A shout out to Nancy Tarbox & Pam Campbell for the wonderful

Halloween Tennis Mixer they organized recently at the Fred Wells Tennis Center! Don't miss the next STPC event: the Holiday Mixer on Friday evening, December 10, also at Fred Wells.

Let's keep on playing, it keeps us young, and it sure is fun:)

-Jon

Jon Holmgren
Board President

STPC 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, Jon Holmgren	612-702-7509
Vice-President, Katie Grove (Drills)	812-219-7008
Secretary, Tom Campbell (Long-Range Planning)	763-458-3708
Treasurer, Steve Bruell (Webmaster)	952-807-9941
Mike Dalton (Summer Leagues)	763-234-1690
Bonnie Niles (Group Play)	952-474-6442
Nancy Tarbox (Socials)	952-927-9368
David Sommer (Communications)	612-276-1313
Mike Woolsey (Summer Team Tennis, eUpdates)	952-937-2546
Marilyn Kelley (Membership)	952-334-2146
Richard Lockett	612-721-1486
Mark Thompson (Pop-Up Event Captain)	515-269-9788
Tom Worthington	612-812-6687

All Board Members serve as volunteers without compensation.

Non-Board Volunteers

Pam Campbell (Socials)	612-822-0587
Sharon Gribble (Membership)	651-283-1069
Sheila Bjore (Help Desk)	763-213-9041
Brian Kretsch (Advisor)	kret0010@umn.edu
Dick Peik (Google Groups)	612-655-6569
David Mark (Pop-Up Ticketbud e-mail invites)	
Wanda Davies (Pop-Up Ticketbud e-mail invites)	
Carol Rothe (Pop-Up Event Captain)	

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 to the newsletter editor by the 15th of the month for publication the following month.

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 email. Deadline: 15th of the month for publication the following month. All material submitted is subject to editing. Send submissions to: bschmidt26@gmail.com.

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.

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

Web: seniortennismn.org | **Help Desk:** 763-310-123

Membership Total: 552

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HOLIDAY MIXER

FRIDAY, DECEMBER 10, 7:00-10:00PM

What: Plenty of tennis and good food!

Where: Fred Wells Tennis Center

Cost: \$15 and bring an hors d'oeuvre to share

Contact: Nancy Tarbox, 952-927-9368 or
nancytarbox@yahoo.com

Register early. Limited Court Space!



HOLIDAY MIXER REGISTRATION

- Checks (\$15) should be made out to STPC
- Mail checks and registration form to:
Nancy Tarbox, 5128 Juanita Ave, Edina, MN 55424
After December 3, call Nancy (952-927-9368) before mailing your
check to confirm availability.

Name: _____

Email Address: _____

Phone: _____

Tennis Rating: _____



STPC SPONSORED EVENT

Indoor Group Play

Sept. - April
2021-22

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

Get Playing with a Group in Two Easy Steps

1. Locate groups that meet at a convenient time, location, and at your skill level.
2. Contact the captain and let them know you are interested in playing.

DID YOU KNOW? Group Doubles Play occurs at six locations across the Twin Cities at different times and skill levels. Senior Tennis negotiates deals with tennis clubs so in most cases you do not have to be a member of the club.

INDOOR GROUP PLAY is made up of Men's, Women's, and Mixed Doubles. Groups have set players who agree to play at an appointed time and location, because court time costs money for indoor play.

- "Regulars" agree to play every week or on a regular basis. "Substitutes" get called when a regular can't make it to a scheduled group play session. Subs may say yes or no to each request, depending on their availability.
- After finding a group you are interested in joining, contact the captain (contact information is located below). If you want to be a regular, ask if spots are available. Don't be discouraged if no regular spots are open. As a sub, you will likely get called often and can move into a regular spot when one opens up and you can sub for multiple groups.
- Be sure to show up. Once you've got your tennis group play date set, make sure you come. The whole group is counting on you!

ST. PAUL AREA

Location	Day	Time	Cts	Skill	Captains	Phone
St. Paul Indoor Tennis Club 600 Desoto, St. Paul, Facility Coordinator: Annette Adam, 651-455-9319.	Mon	8:30-10:00 AM	2	3.0-3.5 MW	Ron Leitner	651-739-9732
	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 MW	Call Help Desk	763-310-1234
	Fri	7:00-9:00 AM	3	3.0-3.5 MW	Annette Adam	651-455-9319

MINNEAPOLIS AREA

Location	Day	Time	Cts	Skill	Captains	Phone
Baseline Club 1815 4th St SE, Minneapolis, 612-625-1433, Facility Coordinator: Thue Rasmussen 651-917-0075.	Mon	9:00-11:00 AM	1	3.0-3.5 MW	David Minke	612-757-6248
	Thu	10:00-11:00 AM	1	2.5 W	Louise Anderson	612-354-0927
	Fri	9:30-11:00 AM	2	3.0-3.5 MW	David Minke	612-757-6248
Fred Wells Tennis and Education Center 100 Federal Drive, Ft. Snelling, 612-252-8367.	Mon	9:30-11:00 AM	1	3.5-4.0 W	Irene Suddard	651-210-7322
		9:30-11:00 AM	1	3.0-3.5 W	Sandra Loewenstein	651-454-3699
	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	612-306-8987
		10:30AM- 12:30PM	2	3.0-3.5 MW	Janet Mullen	952-212-5096
InnerCity Tennis 4005 Nicollet Avenue South, Minneapolis, 612-825-6844. NOTE: InnerCity Tennis has many open courts. If you need permanent court time for your group, call the tennis desk at 612-825-6844.	Mon	7:00-8:30 AM	3	3.0 MW	Bruce Bester	612-240-6712
		8:00-9:30 AM	1	3.0-3.5 M	Mark Thompson	515-269-9788
		8:30-10:00 AM	1	2.5-3.0 W	Diane Hurley	612-866-0301
		8:30-10:00 AM	3	3.5-4.0 MW	Rick Van Doeren	952-897-3888
		10:00-Noon	2	3.5 MW	George Farrah	612-206-7910
		11:30 AM-1:30 PM	6	3.5-4.0 MW	Larry Becklund	651-554-8848
	Tue	7:00-8:30 AM	2	3.0-3.5 MW	Ann Barten	612-724-0712
		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
	Wed	9:30-11:00 AM	3	3.0-3.5 W	Bonnie Bolton	612-922-9290
		10:00-11:30 AM	2	3.0 MW	Louise Halverson	612-722-7132
		11:00 AM-1:00 PM	6	3.5-4.0 MW	Bill Warner	612-275-7813
					Garfield Clark	612-868-8314
		1:00-3:00 PM	4	3.5-4.0 MW	Mike Dalton	763-234-1690
	Thu	7:00-8:30 AM	4	3.0-3.5 MW	Jean Robbins	952-738-1704
					Charlie Robbins	952-807-7258
		8:30-10:30 AM	2	3.5 MW	Dick Peik	612-655-6569
		8:30-10:00 AM	2	2.5-3.0 MW	Bill Kruckeberg	952-926-1337
	Fri	10:30AM-12:30PM	3	3.0-3.5 M	Call Help Desk	763-310-1234
		12:30-2:30 PM	6	3.5-4.0 MW	John Dickinson	612-212-5469
					Garfield Clark	612-868-8314
PublicIndoorTennis.com 7833 Highway 65 N.E., Spring Lake Park, 763-231-3109 Facility Coordinator needed.	Mon	12:30-2:30 PM	4	3.5-4.0 MW	Gary Melby	763-755-7252
	Thu	9:00-11:00 AM	3	3.0-3.5 MW	Gary Melby	763-755-7252
Williston Fitness and Sports 14509 Minnetonka Drive, Minnetonka. Facility Coordinator needed.	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
		8:00-9:30 AM	2	3.0-3.5 MW	Call Help Desk	763-310-1234
	Fri	2:00-3:30 PM	1	3.0 MW	Arnie Nelson	753-473-2089

Website Redesigned (SeniorTennisMN.org)

User friendly site totally remade for STPC Members

HOME PLAY ▼ MEMBERSHIP ▼ JOIN/RENEW ▼ NEWS ▼ ABOUT US ▼ CONTACT

LIVE LIFE TO THE FULLEST

SeniorTennisMN.org

Over the past year STPC has completely revamped our website (seniortennismn.org). The new design is mobile/tablet friendly. Also, the menu bar and drop-down items have been re-organized to make information easier to locate. **Try it out!**

PRO TIP with Roger Boyer Do I Need a New Grip?

Players often ask - “do I need a new grip” - my answer is always the same - YES.

If you don’t play with a fresh grip - or fresh overgrip - you are gradually changing the amount of pressure you apply to your racquet handle because it is “slippery” - “scuffed” - or “separated”. That in turn causes you to change your hand position on the grip - squeeze tighter on the handle - play errat-

ically - and may even lead to wrist
- elbow - and shoulder strains.

In a pro match most pros change racquets during the ball changes every 7 and 9 games - but it is not only about fresh strings but to get a fresh grip - when you see a pro change racquets in the middle of a game it is for a broken string or most often to get a fresh grip.

A new “fresh” over grip is only a couple of dollars but well worth it - learn to replace your own or have the stringer do it for you.

***Play Better. Play Safer.
Play Forever. –RRB***



Indoor Drills w/ Tennis Professionals

Daytime Drills Available Monday-Friday at InnerCity Tennis & Fred Wells

One of the great benefits of a STPC membership is low-cost tennis drills led by USPTA pros. Drills, 60 or 90 minutes long, are held weekly throughout the year. We want you to enjoy tennis, and improving your game is one way to do that!



Location	Day	Time	Level	Instructor	Fee
INNERCITY TENNIS 4005 Nicollet Avenue South, Minneapolis. <i>Note – As a courtesy, ICT has agreed to honor the STPC New Member Rewards card in place of payment for drills. The card provides for participation in up to three drills. Simply present the card to the ICT desk attendant for initialing, instead of paying. Reservations required. Call 612-825-6844.</i>	Monday	10:30-Noon	3.5+	Staff	\$18
		1:30-3:00 PM	2.5-3.25	Dilcia Pederson	\$18
	Tuesday	9:00-10:00 AM	All Levels	Bill Stark	\$13
	Wednesday	11:30-12:30	2.5-3.0	Roger Boyer	\$13
		1:30-3:00 PM	2.5-3.25	Dilcia Pederson	\$18
	Thursday	9:00-10:00 AM	All Levels	Bill Stark	\$13
	Friday	9:00-10:30 AM	2.0-3.5	Staff	\$18
FRED WELLS TENNIS & EDUCATION CENTER 100 Federal Drive, St. Paul. Reservations required. Call 612-252-8367.	Tuesday	1:30-3:00 PM	All Levels	Staff	\$15

Public Clay Courts Now Open!



On October 9th, the Minneapolis Community Clay Courts and the Minneapolis Parks and Recreation Board (MPRB) opened the first in a series of clay court facilities to be built in the MPRB system. They are located at

4300 Chowen Ave S in Minneapolis. **All are welcome, and there are no reservations or fees for play.**



Expand Your Tennis Circle with Pop-Ups!

Contact Mark Thompson • MarkT52@outlook.com • 515-269-9788

Pop-Ups are a chance to play with other STPC players at your level. There are three or four Pop-Ups scheduled each month. You should receive a Ticket-Bud invite late in the preceding month. Those invitations let you get a “ticket” for each Pop-Up that you want.

Each Pop-Up is a 90 minute event where you play for three 30 minutes sessions. You change

partners after 30 minutes and play 30 more minutes and change partners again for the last 30 minutes. This is a good way to meet and expand your circle of tennis buddies.

If you have group of at least four players and want to request a Pop-Up, we will do that. You specify the playing level, time of day and gender (optional) and we will send an invite to



STPC members that meet your requirements. We need to send invitations at least one week prior to the event. Easy peasy!



Halloween Mixer Fun Friday, October 22



Financial Health Excellent

STPC maintains full transparency regarding 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 seniortennismn.org, and click About Us and then Financials.

Our current financial condition is excellent. Our annual expenditures should be approximately equal to our annual revenue this fiscal year.



STPC welcomes new members who have joined from August 15 - October 10!

It is only through the recruitment efforts of our current members that allow STPC to grow and continue offering year round tennis opportunities like group play, drills, pop ups, summer tennis leagues & flex leagues, Dow round robin and social events. The club appreciates our members' efforts!

Please welcome our new members: Darrell Charboneau, Christopher Coyne, Linda Dahl, Carl de Borhegyi, Kathy Ebel, Kinberly Ehrick, Roger Friedell, Barbara Guth, Cynthia Hanson,

Margaret Hasse, Chuck Jackson, Lee Johnson, Stephanie Lenartz, Tirza Ludwig, Matt Millett, Anita Pfeifer, Gary Rosch, Liv Smith, Richard Termuhlen, Peter Wiliging.

STPC is a volunteer organization. All membership fees are used to provide tennis playing opportunities for our members and to support youth tennis programs with our annual contributions to local nonprofits serving kids. Call our Help Desk at 763-310-1234 to learn how you can volunteer!

Questions? If you have any questions regarding your new STPC tennis membership, call Marilyn Kelley at 952-334-2146!

Reward Cards are for new members and for STPC members who invited them to join. Each receives a card entitling them to 3 free drills and a free tennis social event or the Jack Dow Round Robin. When your friend joins, email Marilyn Kelley at mkelley@blakeschool.org or call 952-334-2146.

When should I Replay a Point?

The Situation: Our opponents couldn't decide whether our return was in or out. They offered to play a let. My partner and I thought a "let" should be used only if the served ball touches the net and the ball lands in the

opponent's service box legally. Should a "let" be called if opponents can't decide whether a return is in or out?

Answer: Doubt is always resolved in favor of the opponent,

so the return was in. A "let" should be used only for a let serve, or for when something outside players' control, like a ball from another court, interferes with play.

Serve & Volley Tip - Stay Low & Get to Net

One area of serve and volley footwork that is often neglected is what you do after you come out of the serve and transition to the net.

The goal is to serve, get low, and take bigger steps or strides up to the net before you initiate

the split step. Pretend you are moving under a crawl space with your body lower so that you can be ready for any volley that comes your way.

You will see many of the top pros take really big strides as they move forward to serve and

volley. They might take only 2 steps (maybe 3) before they split step for the volley.

Next time you play, use the serve and volley tip of coming in lower and taking bigger strides as you transition to the net.

Summer Leagues Recap

It was a banner year for STPC Summer Leagues! Team Tennis and the new Flex Leagues proved they could co-exist, given both the number of participating players and the prevalence of competitive play. Thanks to all team captains and league coordinators!

TEAM TENNIS (87 Total Players) • Top Finishers and Photos Below



Team Harnish/Bruell (1st place)



Team Bjore (2nd place)



Team Bantle/Richlovsky



Team Hawkins/Headrick



Team Naistat



Team Rothe

FLEX LEAGUES (56 total players) • Top Finishers and Photos Below



Women's Singles (4 players)

- 1st place: Laura Maki (pictured)
- 2nd place: Nancy Sherwood-Johnson



Mixed Doubles (46 players)

- 1st place: Steve MacLennon / Jane Davidson (pictured)
- 2nd place: (Tie) Cathy Richlovsky / John Bantle & Kathy Valley / Doug Anders

Women's Doubles (27 players)

Division #1

- 1st place: Bonnie Niles / Patti Norman
- 2nd place: Therese Durhman / Rita Grev

Division #2

- 1st place: Sue Ensign / Jill Kohler
- 2nd place: Louise Halverson / Nancy Quinn

Men's Doubles (21 players)

- 1st place: Scott Weatherhead / Peter Podany
- 2nd place: Nasser Pooladian / John Glasenapp

Board Update

The STPC Board is pleased to announce Tom Worthington as its newest member!

Besides being a frequent and enthusiastic tennis player, Tom brings an impressive history of volunteer work to the Board. He has volunteered at Inner City Tennis (ICT) on both Super Saturdays (4 years) and with the Head Start program (2 years). Moreover, he was a high school Girls Varsity Lacrosse Coach in St. Louis Park (9 years).



Join the Board!

Open your camera to scan the QR code and get the application.

Although the Board is now at its prescribed limit of 13 members, 3 of them will reach the term-limit of 6 years come April 1, 2022. Please consider either becoming a Board member yourself or nominating another STPC member whom you think would be a good candidate. The initial term is for 3 years. It's a convivial and hard-working group, always intent about both maintaining the club and ways to improve it.

In addition, there are many members who serve the club in various capacities as non-Board volunteers. A both current and anticipated need is for members to help organize and implement club social events.



FOR MORE INFO, CONTACT

Mike Woolsey, mj_woolsey@yahoo.com, 952 937-2546
Nancy Tarbox, nancytarbox@yahoo.com, 952-927-9368



Summer Picnic Fun!
Thursday, August 26



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

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

Name - A
Address - B
City, State Zip - C & D

*Placeholder text only.
Please replace with mailing file data.*

Renewal date: February 27, 2020 - F
You are receiving this newsletter because you are a current STPC member. - G

Check your Renewal Date!

If you need to renew your membership, please fill out the form below (or online)!

Coach Dilcia (Dil) Wins Coaching Award

Coach Dilcia Pederson Stromberg (Dil) has been chosen as the recipient of the InnerCity Tennis inaugural Nick Bollettieri Coaches Award! She currently coaches players ages 3-80 and exemplifies dedication to youth development, to the sport of tennis, and to growing the game for over 20 years! STPC is lucky to have Dilcia as one of our certified teaching professionals. You can play tennis with Dilcia in one of her 50+ daytime drills at InnerCity Tennis on Mondays & Wednesdays from 1:30-3:00pm. Advance registration required.



Membership Renewal Form

On the address label of this newsletter we have printed the renewal date of your membership.

There are two options for renewal:

1. Electronic: www.seniortennismn.org
2. Mail: Forms and checks can be sent to:
**Sharon Gribble, 1381 West County Road
B2, Roseville, MN 55113.**

Name _____

Primary phone _____

Secondary phone _____

Email address _____

Skill level (1.0 to 4.5) _____

If your home address has changed, enter here:

Choose one membership level:

☐ Basic \$30 ☐ Basic + printed roster: \$34