

SENIOR TENNIS TIMES

April 2022 Newsletter • The 50+ Tennis Experience

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



SENIOR TENNIS PLAYERS CLUB
www.seniortennismn.org



Are you Ready for Outdoor Tennis?

Get connected today! There are so many ways to play tennis with players your age and ability this summer!

With so many great and free public outdoor tennis courts available to play on in the Twin Cities during the warm weather months, it is such a great time to increase your playing time and tennis circle(s)!

STPC has your tennis needs covered with an abundance of programs conveniently located all across the Twin Cities.

Highlights of the upcoming summer season are 19 outdoor locations of group doubles play, 4 outdoor drill locations, and 2 different league opportunities: team tennis and flex leagues.

If after reading through the newsletter you are still not sure what to try - contact any board member listed on page 2 - they would be happy to assist you in finding the right tennis group(s)!

Noteworthy

Jack Dow Round Robin • May 2-5

It is finally here! After the 2020 & 2021 events had to be canceled due to COVID, this tournament is back for 2022! Play mixed, women's or men's doubles at one of STPC's signature events of the year! Info on pages 14 & 15.

PRO TIP with Coach Bill Stark



Struggling with your overhead? Check out Bill's tips on page 8.

Summer Social Tuesday, August 23 6:00-9:00 PM

Mark your calendar early for STPC's end of summer party! The location will again be Valley View park in Bloomington. Tennis, friends and great food!

Changing of the Guard

Per the club's By-Laws, the term of Board officers is only one year, expiring on April 1. They may then either be re-instated in their offices for another year or give way to other Board members. This April 1, all four officers for the coming year will be new to their roles.



Katie Grove is moving from Vice-President to President, replacing Jon Holmgren. Jon will continue as a Board member and coordinate the Pop-Up program.



Michael Dalton is replacing Katie Grove as Vice-President. Michael has lately served as one of the Summer Flex Leagues coordinators, and will continue to be involved in that role as well.



Mark Thompson is replacing Steve Bruell as Treasurer, who is retiring from the Board after reaching the maximum Board member term-limit of 6 years.



Tom Worthington is the new Board Secretary, replacing Tom Campbell, who is leaving the Board after completing the initial Board member term of 3 years.

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 as well as to support the growth of tennis.

Board of Directors

President, Katie Grove.....	812-219-7008
Vice-President, Mike Dalton (Membership)	763-234-1690
Secretary, Tom Worthington	612-812-6687
Treasurer, Mark Thompson	515-269-9788
Bonnie Niles (Group Play).....	952-474-6442
Alice Douthwaite (Socials).....	763-954-1392
Mike Woolsey (Summer Team Tennis, eUpdates)	952-937-2546
Marilyn Kelley (Marketing).....	952-334-2146
Richard Lockett (Communications).....	612-721-1486
Jon Holmgren (Pop-Up Event Captain).....	612-702-7509
Kevin Veenstra (Drills)	651-695-1706

All Board Members serve as volunteers without compensation.

Non-Board Volunteers

Diane Bundlie (Socials)	612-886-5953
Sheila Bjore (Help Desk)	763-213-9041
Brian Kretsch (Advisor).....	kret0010@umn.edu
Dick Peik (Google Groups).....	612-655-6569
Tom Campbell (Advisor).....	763-458-3708
Steve Bruell (Advisor).....	952-807-9941
David Sommer (Advisor).....	612-276-1313
Nancy Tarbox (Advisor).....	952-927-9368
David Mark (Pop-Up assistant)	
Wanda Davies (Pop-Up assistant)	
Carol Rothe (Pop-Up assistant)	

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

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

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: 510

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Introducing President Katie Grove



Spring has arrived and with that, changes to the Board of Directors (BOD) and Non-Board Volunteers for the Senior

Tennis Players Club (STPC). My name, Katie Grove, may be familiar to those of you who participated in summer drills for the past two years. We made it through Covid (fingers crossed) so now I begin a new journey as the STPC President.

The new STPC Board members are: Mike Dalton - Vice-President, Tom Worthington - Secretary, Mark Thompson - Treasurer, Alice Douthwaite - Socials, and Kevin Veenstra - Summer Drills Coordinator.

A sincere thank you to Jon Holmgren who is stepping down from the Presidency. I believe this was his third time serving in this position. How many of us would agree to do that? A definition of dedication if there ever was one. Thank you, Jon, you are an inspiration.

Finally, a special thank you to our winter captains who cover just about every indoor facility within the Twin Cities: Lois Brink, Annette Adam, Ron Leitner, Louise Anderson, Louise Halverson, Peg Houck, David Minke, Sandra Lowenstein, Al Crow, Irene Suddard, Shar Kiecker, Bruce Bester, Mark Thompson, Diane Hurley, Rick Van Doeren, George Farrah, Garfield Clark, Ann Barton, Fred Sewell, Ken Rich, Dennis Moody, Bonnie Bolton, Mike Dalton, Jean & Charlie Robbins, Bill Kruckeberg, Linda Burich,

Sharon Engel, Arnie Nelson, Doug Reeder, Gary Melby, David Sommer, & Janet Mullen.

The Board meets monthly and is always open to your questions and concerns. The annual membership fee of \$30 may be the best deal in town, but that does not stop us from trying to improve our services to and for you. You have all worked long and hard to get to the point where you should be able to enjoy your free time so hopefully, we are giving you lots of options. Speaking of options, don't forget to register for the upcoming Jack Dow Tournament on May 2-5! Check out more info on pages 14 & 15.

Katie

Katie Grove, President

Message from Outgoing President Holmgren



As departing STPC President, a big thank you to the board and all of you as members for your support. It has been a rewarding and fun year. April 1 is the time of the year when new board members take their place, which means that some members are stepping off the board or will continue to serve as non-board volunteers.

It is appropriate then to acknowledge publicly the tireless work and dedication the people stepping off the board have shown.

- **David Sommer** who has worked tirelessly for many years as editor of our newsletter and as keeper of all documents on Google, a truly never-ending job, thank you.
- **Steve Bruell**, as treasurer, incorporated some great programming into the financial aspect of STPC and made it a lot easier for board members to find and use information. The most recent change to our website is an example of his creativity.
- **Nancy Tarbox** headed up the social committee. She developed and promoted social events, coordinated food and tennis for these events, and with the socials as a backdrop worked tirelessly to involve more members. Great job Nancy.

- **Tom Campbell**, as secretary, worked with me to develop agendas, recorded, and distributed the monthly meeting minutes and organized the zoom meetings. Thank you for being the glue that held us together.
- Finally, **Sharon Gribble**, who as a non-board volunteer spent countless hours maintaining membership renewals, answering phone calls about membership, and ensuring that the board was kept-up-to date. Your attention to detail was outstanding.

Please accept my gratitude to all board members - those coming in and those leaving - your service is unmatched.

Jon

Jon Holmgren, former President



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 interest you at your skill level.*
- 2. Contact the captain and let them know you are interested in playing.*

SUMMER 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.

- "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	Courts	Skill	Captains	Phone
Irondale High School 2425 Long Lake Road. South of Cty Rd H, New Brighton	Mon	9:00-11:00am	4	3.0-3.5	Clyde Carpenter	763-221-1315
	Thu				Not drop in, call!	
	Sat	8:30-10:00am	4	3.0	Wes Barnes	651-639-1034
St. Anthony High School 3303 33rd Ave NE, St. Anthony	Mon	9:00-11:00am	4	3.5+	David Minke	612-757-6248
	Thu					
Mendota Heights Marie Ave & Lilac Lane	Thu	8:30-10:00am	2	2.5-3.0	Marilyn Woolley	651-452-1691

Roseville Middle School 15 County Rd B2 E, Little Canada	Mon Wed Fri	8:00-10:30am	8	3.0-3.5	Ken Matthews Not drop in, call! Regulares & Subs Needed!	651-260-6606
Tarten High School Greenway and 10 th St, Oakdale	Mon Wed	9:00-11:00am May and Sept 8:00-10:00am June thru Aug	7	3.0-3.5	Jane Castro New Players Needed!	651-788-6739
Walton Park 1584 Hadley Ave N, Oakdale	Tue Thu Sat	8:00-10:00am May thru September	3	2.5-3.5	Phyllis Hess New Players Needed!	651-735-5490
White Bear Lake High School South Campus County Rd E and McKnight Rd White Bear Lake	Mon Wed	4:00-5:30pm	4	2.5-3.5	Larry Mahoney Not drop-in, call!	651-335-3467
	Sat	10:00-noon Start April	4	3.0-3.5	Denis Woulfe Not drop-in, call! Subs Needed!	651-263-0749 woulfeden@ hotmail.com

Minneapolis Area						
Location	Day	Time	Cts	Skill	Captains	Phone
Aquila Park , St. Louis Park	Mon	7:00-9:00am	5	3.5-4.0	Rick Van Doeren Not drop-in. Call.	952-897-3888
Bryant Park 85 th and Bryant, Bloomington	Tue Thu	8:00-9:30am	4	All levels	Bill Kruckeberg	952-926-3397
		8:30-10:30am				
Brookview Park Hwy 55 & Winnetka Ave Golden Valley	Sat	8:00-10:00am	6	2.5-3.0	Gloria Kumagai	763-377-5602
Donaldson Park 75 th and Humboldt, Richfield	Mon Wed Fri	7:00-8:30 am	4	3.0-3.5	John Humphrey Ann Barten	952-920-9712 612-751-7252
Dred Scott Courts 10820 Bloomington Ferry Road, Bloomington	Mon Wed Fri	8:30-10:30am	2	Open	Joy Montgomery	952-974-8014 952-240-1393
Holasek Park 6395 Pinnacle Dr., Eden Prairie Hwy 494 & 62	Mon	8:00-9:30am	2	3.0-3.5W	Bonnie Bolton Nancy Harris	612-922-9290 952-891-1239
Holy Family School 8475 Kochia Lane, Victoria	Tue Thu	8:30-10:30am	8	Open	Steve Nelson	952-288-5835
Lake Hiawatha Tennis Courts 43 rd St between 26 th & 27 th Avenues, Minneapolis	Mon	1:30-3:00pm	5	2.5-3.0W	Dee Neeley	612-695-8569
Lyons Park , Golden Valley	Wed	8:00-9:30am	2	3.0W	Sharon Engel Subs Needed!	763-383-0575
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 Thu Fri	8:30-10:30am	4	2.5-3.5	Arlene Kennedy	763-449-6419
Call for Location	Mon	8:30-10:30am	2-3	3.5	Mark Thompson	515-269-9788
St Louis Park City Hall Courts 5005 Minnetonka Blvd St Louis Park	Tue Thu	8:30-11:00am	4	3.5	Tom Campbell	763-458-3708

View Schedule Online: www.seniortennismn.org/play-tennis/group-play
 Corrections or changes: David Sommer, dsommer7@usiwireless, 612-276-1313

Summer Weather

Heat stress, thunderstorms and lightning present times when STPC and captains of groups may need to cancel play. The following general guidelines define when play should be canceled. Please review as everyone's safety is our top priority.

- **Heat Index** - Play should be canceled when the Heat Index may be over 90 (see chart).
- **Lightning** is dangerous. All play should be stopped immediately if lightning is sighted. Seek appropriate shelter, and activity should not resume until a minimum of 30 minutes has elapsed since the last lightning strike. The safest shelter is any substantial building. While inside, everyone should avoid using electrical devices or telephones attached to cords. Avoid any contact with running water in the building because lightning can travel through plumbing. If a building is not available, the next safest alternative is a fully enclosed vehicle with a metal roof and closed windows. Do not touch the metal framework while inside the vehicle. If someone is struck by lightning, call 911 immediately.
- **Thunderstorms:** Do not stand in or near the following during a thunderstorm: open fields, open water, trees, flagpoles, or light poles.

HEAT INDEX												
ENVIRONMENTAL TEMPERATURE (°F)												
	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°	
Relative Humidity	Apparent Temperature*											
0%	64°	69°	73°	78°	83°	87°	91°	95°	99°	103°	107°	
10%	65°	70°	75°	80°	85°	90°	95°	100°	105°	111°	116°	
20%	66°	72°	77°	82°	87°	93°	99°	105°	112°	120°	127°	
30%	67°	73°	79°	84°	90°	96°	104°	113°	123°	135°	148°	
40%	68°	74°	79°	86°	93°	101°	110°	123°	137°	154°		
50%	69°	75°	81°	88°	96°	107°	120°	138°	157°			
60%	70°	76°	82°	90°	100°	114°	131°	153°				
70%	70°	77°	85°	93°	106°	124°	148°					
80%	71°	78°	86°	97°	113°	135°						
90%	71°	79°	88°	102°	122°							
100%	72°	80°	91°	108°								

*Combined index of heat and humidity... what it "feels like" to the body

APPARENT TEMPERATURE	HEAT STRESS RISK WITH PHYSICAL ACTIVITY AND/OR PROLONGED EXPOSURE
90° - 105°	Heat cramps or heat exhaustion possible
105° - 130°	Heat cramps or heat exhaustion likely, Heatstroke possible
130° and up	Heatstroke highly likely

Bloomington Com Ed Lessons



STPC is sponsoring senior tennis lessons through Bloomington Community Education. Sessions will be led by Dilcia Pederson, USTPA & PTA Teaching Professional, at Olson Middle School (4551 W 102nd St).

Session Dates (Tuesdays, 6:00-7:30pm)

- Session 1: June 7-June 28
- Session 2: July 12-August 2

Registration: <https://bloomington.ce.eleyo.com> and search Adult Enrichment, then Fitness.

Minnetonka Com Ed Lessons



STPC is sponsoring senior tennis lessons through Minnetonka Community Education. USTPA and PTA Professional Roger Boyer will lead tennis drills at Minnetonka Middle School East.

Session Dates (Thursdays, 3:30-5:00pm)

- Session 1: June 2-30
- Session 2: July 7-28
- Session 3: August 4-30

Registration: <https://minnetonka.ce.eleyo.com> and search Adult Enrichment, then Senior Tennis.



2022 Team Tennis & Flex Leagues

Registrations accepted until May 15. Play begins the first week of June!

Planning for the 2022 Summer Leagues (Team Tennis, Flex Leagues) is in progress. A survey has been sent to all STPC members to determine willing participants. Flex Leagues will again be organized with Men's, Women's & Mixed Doubles, as well as Women's Singles this summer.

These leagues were started in 2020 in response to Covid restrictions on large gatherings, such as are required by Team Tennis; but we discovered in 2021 that both types of leagues can co-exist, with 56 players participating in the Flex Leagues and some 90 players in Team Tennis. Taken together, the two leagues got more players on outdoor courts for league play last summer than in any previous year.

The Flex leagues provide registered players with weekly match schedules and allows them to coordinate date, time, and location for each match amongst themselves (hence the word "Flex"). There has been some feedback that the Flex Leagues season is too long, at 10 weeks, from mid-June to mid-August, so we are considering shortening it to 6 weeks. Feedback on any of the leagues is always welcome.

As for Team Tennis, commitments have been received from 5 of the 6 Team Tennis captains of last summer and from one new captain, David Minke. Experience has proven that 6 teams is the optimal number for Team Tennis. We wouldn't complain should the league grow to 8 or

10 teams, but it hasn't been the case in past years that there were enough willing players for that many teams.



Members interested in registering to play in any of the leagues, to volunteer as team captains or assistant league coordinators, or both, should respond to the published survey that was eMailed last month to all members of STPC. If you can't find the survey, contact either Mike Dalton, mdalton121@msn.com, 763-234-1690, or Mike Woolsey, mj_woolsey@yahoo.com, 952 937-2546.



PRO TIP with Brandon Keuther: All About Restrunging Racquets



Tennis is a complex sport. While equally about athletic ability as well as tactical awareness, it is often forgotten how important equipment can be in determining one's success on the court. With so much focus on what type of racquet you play with, an often forgotten component in the equipment is how often you should restring your racquet.

Let's talk about why we need to restring our racquets. Every time that you hit a ball, the string stretches and loses tension. This stretch leads both to a loss in control, as well as limits the string's ability to absorb shock upon impact. If you do not restring your racquet often enough, not only do you lose on playability, it can actually also cause injury.

As a general rule, as often as you play per week, you should

restring your racquet that many times. For example, if you play tennis 3 times per week, restring your racquet at a minimum of 3 times per year.

For more helpful tips on how to improve your game, please consider joining Adult Lessons with Saint Paul Urban Tennis. More information can be found by visiting stpaulurbantennis.org/adults.



PRO TIP with Bill Stark: Improving Overheads



Overheads are a tough shot for everybody, and for seniors it can be even more so. Here are 3 things that have helped me with this shot.

- 1. Move properly to the ball.** We shouldn't run backwards, facing the net, but rather pivot on our left foot (if a right-hander), moving into position by sidestepping. I find seniors always pay lip service to this footwork pattern but often neglect it.
- 2. Learn to modify the "scissor kick".** When we move and find ourselves "falling

back" to strike the ball, we don't have to leave the ground like the pros do. Rather, as we move and fall back on our right foot (as a right hander) and turn our body to strike the ball, we catch ourselves with our left foot. This helps us cover more ground and hit more smashes, yet in a manner that we can do!

- 3. Give it your best effort, no matter how tiring or difficult it is.** This is the most important factor, because let's face it; hitting an overhead smash expends a lot of energy. I always ask the players that I coach, "is one point really worth all the energy spent in hitting a proper, and hence, a more effective smash?" The answer is always yes!

Outdoor Drill Season to Begin in May!

Drills Coordinator: Kevin Veenstra, 651-695-1706



This summer STPC will sponsor weekly drills at four locations from May through August. Except for Saint Paul, all will be outdoors. We are finalizing details around the Saint Paul based indoor drills so please stay tuned to your monthly emails and our website for more details.

The cost for each drill is \$10 and will be led by credentialed tennis professionals. Each week you will receive an email notifying you of the following week's drills. You will be able to use Ticket Bud (link will be attached) to buy a ticket(s) for that week.




If you are a beginning tennis player, ranked below 2.5, or just need a refresh with your skills, we recommend three different sites in the Twin Cities:

1. **InnerCity Tennis** offers adult step 1 & step 2 drills.
www.innercitytennis.org/adult-tennis/drills/
2. **St. Paul Urban Tennis** offers two outdoor drills.
stpaulurbantennis.org/adult
3. **Fred Wells (the Fort)** offers a beginner's drill.
fwtec.org/clinics-drills

Be sure to check out the community education senior tennis offerings in your area too! See your local recreation center department's websites and catalogues for additional information.

STPC is excited to provide various options for each one of you to find the drill(s) which work best for you! Remember the camp song "meet new friends and keep the old"? Let's add 'have fun and improve your game. See you on the courts!



	Coach	Day	Time	Park	Cost
	Roger Boyer 612-802-5719 Rogerboyer2@gmail.com	Tue & Thu	8:30-10:00AM	Countryside Park 6240 Tracy Ave S Edina, MN, 55436	\$10
	Dilcia Stromberg Pederson 612-388-3218 Dilcia.Pederson@innercitytennis.org	Mon (2.5) Beginners Wed (3.0+)	6:00-7:30PM	Donaldson Park 7400 Humboldt Ave S Richfield, MN 55423	\$10
	Denny Wagner 612-578-8477 Dennis8477@gmail.com	Wed	6:30-8:00 PM	Breck High School 123 Ottawa Ave N Golden Valley	\$10
	TBD (indoor)	M or W TBD	Later AM, TBD	St. Paul Indoor 600 DeSoto St. St. Paul, MN 55130	\$10



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	Call Help Desk	763-310-1234
		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	Garfield Clark	612-868-8314
	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	Jerry Turbeville	706-463-1546
					George Foulkes	952-417-0399
		12:30-2:30 PM	6	3.5-4.0 MW	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

ICT & The Fort to hold Celebrations

We are so fortunate to have several outstanding indoor tennis facilities in the Twin Cities. Two of our most important tennis partners: Fred Wells Tennis & Education Center (The Fort) and InnerCity tennis (ICT) are celebrating important anniversaries this year. **Both ICT and The Fort provide excellent lessons and drills for seniors and adults; they also are vital centers for youth development. Please give them your support and thanks!**

InnerCity Tennis 70th Anniversary Gala
Saturday, April 30 • Marriott City Center
www.innercitytennis.org/2022-gala



ICT will be celebrating its 70th year of serving the community. The theme this year ***Serving through Generations*** celebrates not only ICT's work in the community spanning seven decades, but also the connections made with generations of families passing on the love of the game - like many of you have done! **Tickets are on sale now!**

Fred Wells 20th Anniversary Celebrations
May 14, May 20 & October 8
www.fwttec.org/20th-anniversary

Since 2002, The Fort community of all ages, abilities, and backgrounds has come together to enjoy the life-long game of tennis and help create a welcoming environment for all to experience the physical, mental, and social benefits of this great sport.



Mark your calendars for upcoming events:

- **May 14** - ProAm Event
- **July 20** - 20th Anniversary luncheon.
- **October 8** - CommUNITY Gala at the InterContinental Saint Paul Riverfront Hotel

How Would You Make the Call?

Question:

What is the call if a ball hits the scoring device but lands in the correct court?



Answer:

In the USTA's Friend of Court "The Code" states that if the ball in play touches a permanent fixture after it has hit the correct court, the player who hit the ball wins the point. If the ball in play touches a permanent fixture before it hits the ground, the player who hit the ball loses the point.

In this case the player who hit the ball loses the point because

the ball hit a permanent fixture (the scoring device) before landing in the court.

HELP WANTED!

Michael Lynne's Tennis shop at 5011 Excelsior Boulevard in St. Louis Park is hiring!

If interested, contact

Michael Lynne's Tennis Shop
952 926-1520
shop@mltennis.com



STPC welcomes new members who have joined from October 2021 – February 2022!

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: Ward Arms, Darrell Charboneau, Terry Danforth, Carl de

Borhegyi, Don Delp, Kimberly Ehrick, Michael Forman, Kathleen Gaynor, Mark Grelson, Kelly Haack, Pete Haack, Cynthia Hanson, Ronald Lambert, Michael Levine, Carol Lord, Monica Marx, Tim Marx, James McCann, Ken Murphy, Mary Ellen Murphy, Gay Russell-Dempsey, Donald Wagner, Carolyn Walkup, and MaryCat Young.

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!

Pop-Up Update

The winter season is ending, and we are happy to report that the number of people playing in the Pop-Ups hit a high of 45 in January and 35 in March. Summer Pop-Ups will be coming in June with some new locations and monthly schedules. Be on the look-out for updates as it gets closer. See you on the courts!

Valentine Mixer "Quotes"

February 11, 2022 @ Fred Wells



"Good party, good pizza and more great people and tennis! It was such fun!"
-Sally M

"I had a lot of fun and got in plenty of tennis. Good job in setting up groups based on level of tennis."
-Mark T

"It was great to chat with people who share my enthusiasm for tennis."
-Alice D

"It is always so organized...!"
-Joyce L

23RD ANNUAL STPC JACK DOW ROUND ROBIN

MAY 2-5, 2022 (9:00AM - 1:00PM)

ROUND ROBIN RULES



- **Fee: \$15 per event, per person**
- Applications must be received by Wednesday, April 27.
- Round-robin format—you will play at least three regular sets, or two 8-game pro sets. Round-robin groups will have 3 or 4 teams each.
- Divisions 2.5, 3.0, 3.5, and 4.0 Men's, Women's & Mixed Doubles.
- All entrants must play at or above their ratings as published in the Senior Tennis Roster.
- No partner substitution after first set.
- No participant may play in more than 2 events.
- If in 2 events, one must be Mixed Doubles.
- Since the Jack Dow was cancelled in 2020 and 2021, the first-place winner in an event in 2019 does not need to jump to the next rating or change partners. Likewise, winners in the 3.5 divisions do not need to move up a level.
- Those unable to find a partner must state that on the application. We'll help you find a partner.
- All entrants must be current members of STPC.
- **Please check in for your match at least 15 minutes early.**
- **Cancel after close date (April 27)—lose entire fee.**
- **Schedule:** Men's doubles and women's doubles will be played on May 2-3 (Monday-Tuesday). Mixed doubles on May 4-5 (Wednesday-Thursday).
- Men's 3.5 (largest division) may require finals to be played Thursday morning.
- Detailed schedule will appear on our website Thursday, April 28. You must appear on the first date and time shown on that posting.
- Awards to the top two finishers per category.
- Additional play is available when player completes tournament play.



History Behind the Jack Dow

The Senior Tennis Players Club (STPC) came about in 1982 when Twin Cities' businessman Jack Dow brought a small group of senior tennis enthusiasts together to form a club exclusively for their age group. These 60- and 70- somethings incorporated under the name of Senior Tennis Players Club, and proceeded to organize doubles matches for themselves at the old Parade Stadium courts near downtown Minneapolis.



Jack Dow passed away in 1996 at the age of 89. Dow loved the game of tennis and played five to seven times a week. Dow was inducted into the Minnesota Tennis Hall of Fame, served as president of the Northwest Tennis Association and, at his peak, was ranked No. 6 in Minnesota. Following his death, STPC initiated a round robin in his name, which is held annually. This year the 23rd Jack Dow Tennis Round Robin is scheduled on Monday, May 2 – Thursday, May 5; the registration form is below. This is a special event for fun, fellowship, and exercise! Don't miss it - mail your registration form today!

2022 Jack Dow Round Robin Registration

Your Name: _____ Your Rating: ☐2.5 ☐3.0 ☐3.5 ☐4.0 ☐N/A

Phone: (____) _____ E-Mail _____

Men's Doubles: ☐2.5 ☐3.0 ☐3.5 ☐4.0 ☐N/A

Women's Doubles ☐2.5 ☐3.0 ☐3.5 ☐4.0 ☐N/A

Mixed Doubles ☐2.5 ☐3.0 ☐3.5 ☐4.0 ☐N/A

Partner needed? Write "Needed" for Name in form below.

1st Doubles Partner's Name: _____ Rating: ☐2.5 ☐3.0 ☐3.5 ☐4.0 ☐N/A

Phone: (____) _____ E-Mail _____

2nd Doubles Partner's Name: _____ Rating: ☐2.5 ☐3.0 ☐3.5 ☐4.0 ☐N/A

Phone: (____) _____ E-Mail _____

Send registration and check payable to STPC for \$15 per event, per person to:

Pam Campbell, 4934 Bryant Ave S, Minneapolis, MN 55419.

612-822-0567 • pmscampbell@juno.com

☐ I will use my STPC New Member Reward Card. (Present at Jack Dow Registration Desk).



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)!

Tell a Friend!

Please pick up some brochures & spread the word about STPC!

We encourage you to pick up some of STPC's one-page brochures for yourself and your friends. Please help spread the word about STPC to prospective members. Thanks!

Senior Tennis Players Club brochures are available at the following tennis facilities:

1. InnerCity Tennis in Minneapolis.
2. Williston Fitness Center in Minnetonka.
3. Saint Paul Indoor Tennis Club.
4. Fred Wells (Fort Snelling Tennis Center).
5. Public Indoor in Spring Lake Park.
6. Rogers Tennis Club in Rogers.
7. Baseline Tennis Center in Minneapolis.



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:
STPC Membership Renewals
P.O. Box 5525, Hopkins MN 55343.

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