

Senior Tennis

TIMES

You are cordially invited to attend the

ANNUAL DINNER DANCE

in the Olympia Room of the Decathlon Athletic Club
Saturday night, April 13, 1991

6:00 Social Hour (cash bar)
7:00 Dinner

Dinner Menu

Olympia Salad
Chicken Dijonnaise - Tomato Parmesan and Green Beans
Grasshopper Ice Cream Pie - Beverage
(Special entree selection upon request)

President Joseph Stoutenburgh will give a brief report
on the progress of the Tennis Club.

SPECIAL EVENT - VARIETY SHOW

Delightful entertainment will be furnished by talented club members.
Dancing will follow to music furnished by the Percy Hughes Trio.

Cost of the evening is \$15 per person. Your check is your reservation
which must be sent by or before April 8. Please make out your check to
the Senior Tennis Players Club, Inc. and mail to:

Bernice Hanson
120 Windsor Court
New Brighton, MN 55112

For additional information call
Bernice Hanson, 633-3276, or Bob Curran, 450-6243.

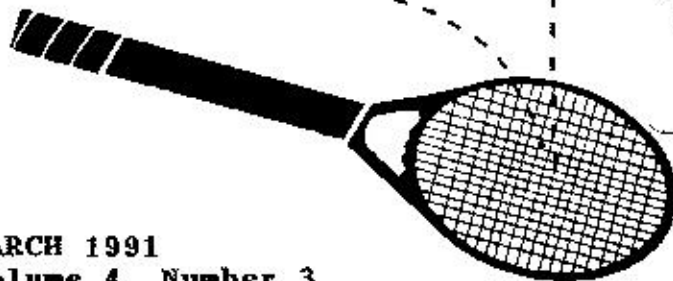
An exciting evening has been planned for your enjoyment.
It also is an opportunity to meet and socialize with club members.
You are urged to join in the festivities.

DIRECTIONS TO DECATHLON

Decathlon Athletic Club is in Bloomington on
the south frontage road located immediately
south of Interstate 494.

Traveling west on 494, get off at the 12th St
& Portland ramp. Cross the freeway at 12th St
(first light), turning left at the end of the
bridge and continuing to Decathlon. Traveling
east on 494, get off at the Portland & 12th St
ramp which leads directly into the south frontage
road. Continue across 12th to Decathlon.

MARCH 1991
Volume 4, Number 3



TENNIS TIPS by Ernie Greene (USPTA and USPTR)

PROBLEM

One of the most common mechanical problems some players have is hitting the forehand and backhand groundstrokes from a position above the ball. (The Drive)

SOLUTION

If you are having the problem, you must become more aware of where your racquet face is during every portion of your strokes. The forehand and backhand should be practiced slowly, in front of a mirror, and you should freeze (stop) the stroke at various stages to see exactly where you are swinging the racquet face.

Once you know where your racquet face is on your groundstrokes, concentrate on dropping it (racquet face) below the level of the contact point as you start your forward swing. Even with a so-called loop forehand, dropping the racquet face should be part of the backswing, not the forward swing.

It also helps to flex your knees during the stroke, helping to lift the swing up and over the ball by straightening the knees slightly as you complete the stroke.



LEARN TENNIS

BEGINNER LESSONS AND DRILLS 1990-1991 SCHEDULE

<u>LOCATION</u>	<u>DAY</u>	<u>TIME</u>	<u>INSTRUCTOR</u>	<u>TELEPHONE</u>
NICOLLET TENNIS CENTER 4005 Nicollet Avenue Minneapolis 825-6844	Thurs	9:00-10:30 am	Percy Hughes Ginny Owens	545-7696 546-9666
NORTHLAND FITNESS CENTER (South) 5250 West 84th Street Bloomington 831-2660	Wed	5:30- 7:00 pm	Ernie Greene	488-6359
WILLISTON CLUB 14509 Minnetonka Drive Minnetonka 935-8638	Mon	5:30- 7:00 pm	Connie Custodio	824-2569
WOODDALE RECREATION CENTER 2122 Wooddale Drive Woodbury 835-6214	Mon	6:30- 8:00 pm	Virginia Morgan Lois Nordman	459-6059 735-6214

**ST. PATTY'S DAY SENIOR TOURNAMENT
AT WOODDALE**

A senior tournament will be held at the Wooddale Recreation Center, 2122 Wooddale Drive, Woodbury, Monday, March 18, through Friday, March 22, from 9:00 am to 4:00 pm. (You must call for match times.) The entry deadline is Wednesday, March 13.

EVENTS

A AND B SKILL LEVELS, AGE 50 AND OVER

Men's singles & doubles - Mon & Tues
Women's singles & doubles - Wed & Thurs
Mixed doubles - Friday

Cost is \$16 for doubles team; \$10 for singles. Trophies will be awarded for first and second places in each division. Entry forms are available at Wooddale, 735-6214. Contact person: Lois Nordman.

The next tournament is October 28 through November 1, 1991.

MARCH 23 PARTY TIME IS ALMOST HERE

Call Ned Bunday at 831-7677 and send him your check for \$10 for tennis and food or \$6 for food only and join us at the White Bear Racquet & Swim Club.

Those playing tennis, remember to note on your check your level of play, A, B, C or D, "A" being the highest level.

Don't delay--courts are filling fast. Remember, too, this party starts at 7 pm, an hour earlier than usual. Thanks.

Dick Pratt

TALENT SEARCH

We are looking for talent for the Annual Party on April 13. If interested, contact Mona Mae Zarling at 822-5222 or Percy Hughes at 545-7696.

**Captains . . .
This Is For You**

CAPTAINS DURING THE PAST 1990 and 1991 OUTDOOR AND INDOOR SEASONS....Be sure to attend our Annual Dinner Dance on April 13. Don't miss out on a special appreciation gift to be given out that evening. Please call Dick Pratt, 433-3583, to confirm your attendance.

ATTENTION ALL CAPTAINS AT THE NICOLLET TENNIS CENTER....Please call Dick Pratt, 433-3583, to let him know how many courts you will need for the next indoor season of 1991-92. Jack Johnson, the owner, is now in the process of scheduling courts.

* * * * *

SPECIAL THANKS TO VIRGINIA MORGAN AND HER DAUGHTER, KATHY, for their handling of the beginners' session at Williston in December. Unforeseen circumstances prevented the other volunteers from coming, but Virginia and Kathy did an excellent job. --Dick Pratt.

* * * * *

THE GOLDEN AGERS (over 80) are still panning for gold. They need enough players that can play on the same day, at the same time, at the same place, and someone willing to be a captain. They'd like a mixed group so they're wondering where are the women? Please call Dick Pratt, 433-3583, with the pertinent information, and he won't even ask your age.

* * * * *

**TENNIS CLUB JUST FOR SENIORS PROMISES
YOU'LL LOVE IT**

That was the heading for a story on the Senior Tennis Players Club in the March issue of SENIOR NEWS, the monthly newspaper of the Senior Federation which is sent to 35,000 members statewide. It also included a photo of pro Virginia Morgan in action with her backhand.

The Minnesota Senior Federation - Metropolitan Region is a nonprofit membership organization of people 55 and older in the Twin Cities area. Members receive information, services and discounts, specifically in the areas of health, housing and retirement planning. The Federation promotes public policy action on local, state and national issues to protect the interests of the older population specifically, and the entire population in general. The Senior Federation addresses seniors' concerns more effectively than any other senior organization because they're located right here in Minnesota.

The Senior Federation hosts several special events during the year to entertain and inform, including the Spring Annual Convention, Boat Trip and Senior Options Expo in the fall. STPC was one of the exhibitors at the Expo in the past.

Cost for membership is \$11 per year for a single person or \$15 for a couple. For more information, call 645-0261.



**Virginia Morgan
A backhand at senior tennis club.**

CONNIE CUSTODIO SAYS "THANKS" to all the players in the Monday 11 am to 1 pm group at Nicollet for all the balls they are donating to his urban tennis program. Thanks very much!

* * * * *

Word came to us that there's more to life for senior men than just tennis. The Edina Community Senior Center is sponsoring a men's senior softball league. The season is May 1 to September 1, with play on Tuesday and Thursday mornings. For more information, call Paul Otness at 922-0875.

To register: Complete and mail to
Paul Otness
4513 Claremore Ct
Edina, MN 55435

Name _____

Address _____

Phone _____

* * * * *

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face tomorrow,
for I have seen yesterday
and I love today.*

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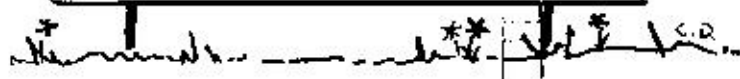
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and much more.



MICHAEL LYNNE'S TENNIS SHOP

MIRACLE MILE
SHOPPING CENTER.
5007 Excelsior Blvd.
St. Louis Park, MN 55416
(612) 926-1520



-PAID ADS-

COPY DEADLINE FOR NEXT ISSUE IS

MARCH 20, 1991

Spring



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porch, den, two large bedrooms,
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Senior Tennis Players Club, Inc.
7449 West Shore Drive
Minneapolis, MN 55435

MARCH 1991

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Organization
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1990-91

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Virginia Morgan, Director	459-6059
Mona Mae Zarling, Director	822-5522

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