

# Senior Tennis times

Newsletter of the Senior Tennis Players Club, Inc.

## STPC Cleans Up at Senior Olympics

Senior Tennis Players Club members fared very well at the 1994 Minnesota Senior Olympics in Duluth. Our STPC-member medal winners are listed on page 4 — we think we have everyone, but our apologies to anyone we missed.

Congratulations to everyone who participated, and especially to those who won more than one medal, such as STPC member Everett Trulson (pictured). Everett, although he didn't play tennis, not only won four gold medals but also set three records in Track and Field. Watch out next year if he decides to play tennis as well!



Record-setter Everett Trulson models his four gold medals.

## TeamTennis Competition in Full Swing

TeamTennis play has been gratifyingly close in most matches: scores of 8-6, 8-5, 9-7, or tie breakers at 8-8 have been frequent, making for some very enjoyable playing. The skill levels of the participating players range from 2.0 to 4.0: there are eight 4.0 players, eleven 3.5s, thirty-one 3.0s, twelve 2.5s, and two 2.0s, which is pretty close to a nice, statistically valid bell-shaped curve. In other words, the people playing nicely reflect the skill levels of STPC's members.

Talk to those who are playing to see how they like TeamTennis. If you are interested in being a substitute during the remainder of the season, which ends on August 16, (or a week or two later, if we make up rainouts), contact one of the captains or Larry Bordsen (781-3289). Or put your name on a list for possible participation in TeamTennis next summer!

*related stories:*

- Who's playing TeamTennis? Roster on page 7
- TeamTennis box scores on page 4

### Inside...

*The 1994-95 indoor playing schedule*

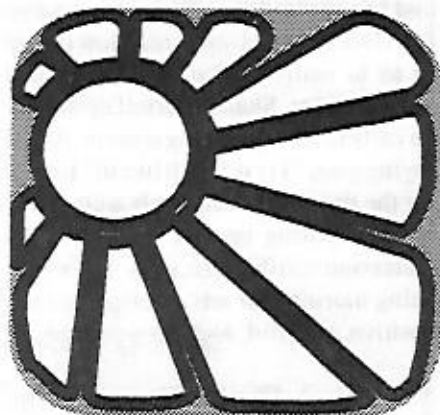
*Sign up for the season opener indoor tennis party at Lilydale*

*Results from the Senior Olympics, Senior Sports-A-Rama, and TeamTennis*

*Arthur Ashe Foundation Round Robin Info*

*Tennis Tips*

*How to Avoid Tennis Elbow*



**August 1994**



## Baseline

**John Stecklein**  
STPC President

**W**e are well into August already!! Where did the summer go? Based on the reports of our many traveling members, summer was scattered to the four winds and was hard to keep track of.

Those who stayed around, however, were getting the most out of our generally fine weather through STPC organized play at more than 80 playing sites, men's and mixed team competitions, informally organized playing sessions, as well as special events like the Duluth Senior Olympics, the Fargo Sports Classic, the Bloomington Senior Sports-a-Rama, municipal tennis tournaments, special invitational tournaments, the Aquatennial Senior Tennis Tournament, and the upcoming Arthur Ashe Foundation Round Robin. Many members also participated in various tennis camps and drill sessions. When you put it all down, it is apparent that we are indeed fortunate to have so many opportunities to enjoy this wonderful sport of ours.

We will soon begin our new indoor season. Our new Vice President for Facilities, Chuck Slocum, has been very busy renewing our previous tennis playing sites and has succeeded in finding some new ones (see article elsewhere). Now it is up to us to really utilize these additional opportunities. Shake yourself up and try an early morning playing session. As the saying goes, "Try it, you'll like it!" Except for the depth of winter (only a couple of weeks), getting up and driving to the tennis courts in the fresh, early sky-brightening morning air sets a person up for a positive, cheerful, and enjoyable day.

As of July 2, Charley Peterson has resigned as a Board Director and Vice Presi-

dent for Tennis Programs. Over the past two years Charley spent many hours coordinating the various playing groups and their captains and the Club is indebted to him for all he accomplished.

Chuck Slocum has graciously volunteered to serve as interim coordinator of captains for the various playing sites until the Board considers how best to handle the vacancy. If you want to serve your Club by acting as a captain, or if you have questions about playing sites or groups, please call Chuck Slocum at 941-4059.

The next Board meeting will be held September 8, in the community room of the Norwest Bank in New Brighton, just north of Hwy. 694 on Silver Lake Road. The meeting will begin at 1:30 p.m. Primary items on the agenda will be final approval of the bylaws, replacement of resignees from the Board, consideration of a policy regarding listing in the *Times* of drills and/or lessons offered by tennis pros associated with clubs that permit STPC members to play on their courts, the second quarter financial report, and approval of the social activities proposed for the year, among others.

Congratulations are in order for the fine turnout of our members for the Senior Olympics in Duluth and for the inordinate success they had there. All of us who attended found the program to be very well organized this year, the weather was near perfect, and the events were enjoyably competitive. Plan to attend next year; we can't all win medals, but we can certainly have fun participating.

## Last Chance for STPC Caps!

Interest in buying STPC tennis caps seems to have waned, so no orders for caps will be taken after August 20, 1994, or after the current stock is depleted.

If you want to order a cap, send your order with a check for \$7.00 per cap (\$8.00, if you want the cap mailed to you) to Lee Patten, 313 Vincent Ave. N., Minneapolis, MN 55405, to arrive no later than August 20. Thanks to all of you who have shown your interest in our Club regalia.

### Senior Tennis Players Club, Inc.

A nonprofit corporation 1988 North Wheeler St.,  
Saint Paul, MN 55113 612-644-8304

#### Senior Tennis Times

The *Senior Tennis Times* is published monthly by and for the members of the Senior Tennis Players Club, Inc.

#### Editor

Nancy E. Kaminski, 3300 East Gate Rd., Saint Anthony, MN 55418-2545, 612-781-3271

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#### Advertising

Send camera-ready art and payment to the editor by the 20th of the month for publication the following month. We can create an ad for you for a \$10 fee. Ad rates are:

full page (7 x 9 in)	\$100
half page (7 x 4.5 in)	\$75
quarter page (3.5 x 4.5 in)	\$50
classified ad (available to members only, maximum 4 lines)	\$15

#### Publication Deadline

Submit articles to the editor by the 20th of the month for publication the following month. All material submitted for publication is subject to editing.

#### STPC Membership

As of July 1994, STPC membership totaled 1,314.

August 1994 is Volume 7, Number 8.

# Season Opener —

*Indoor Tennis Party at the Lilydale Club  
Saturday, September 17*

- 945 Sibley Memorial Highway  
(Highway 13, just northeast of 35E)
- Playing times: 6–8 p.m. and 8–10 p.m.
- \$7.50 per player.
- Light snacks and beverages will follow play.



*Reserve now! Limited space!*

Send your check, payable to STPC, with your completed registration form, by Monday, September 12, to:

Chuck or Mary Wenz  
1296 Charleton St  
West St. Paul, MN 55118

We request that weaker players play at 6 p.m.  
and stronger players take the 8 p.m. session.  
If you have further questions, call 457-5347.




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Name	Phone	Rating (1.5-up)	Time (6 or 8)	Amount
1. _____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____

Check Enclosed for: \$ \_\_\_\_\_

*Lilydale Tennis Party,  
September 17*

# Senior Olympics Medals Winners

## Women's Tennis Singles

55-59	2nd	Jaci Hagen
60-64	1st	Jean Murdock
	2nd	Ruby Rott
	3rd	Elsebeth Kozar
65-69	1st	Lois Bunday
	2nd	Connie Metcalf
	3rd	Betty Western

## Men's Tennis Singles

55-59	1st	Charles Peterson
65-69	1st	Glen Gullikson
70-74	1st	Ken Kinney
	2nd	Richard Pratt
	3rd	Mel Baken
75-79	2nd	Sam King

## Women's Tennis Doubles

50-64	1st	Vivian Bratt
	3rd	Ruby Rott
65-69	1st	Lois Bunday
	2nd	Betty Moorhead, Jean Murdock
	3rd	Nancy Lauring, Marian Murphy

## Men's Tennis Doubles

55-59	1st	Harold Hagen, Charles Peterson
60-64	3rd	James Tomoc
65-69	1st	Don Bratt, Glen Gullikson
70-74	1st	Richard Pratt, John Stecklein
	2nd	Bruce Clarke

3rd Chuck Slocum, Gerald Peplin

75-79 2nd Sam King

## Mixed Tennis Doubles

55-59	1st	Charles Peterson, Ruby Rott
	2nd	Jaci Hagen, Harold Hagen
60-64	1st	Jim Frier, Bess Marmas
	2nd	Glen Gullikson, Jean Murdock
	3rd	Harry Johnson, Connie Metcalf
65-69	1st	Mel Baken, Betty Western
	2nd	George Patten
	3rd	Elsebeth Kozar, Chuck Slocum
70-74	1st	Bruce Clarke
	2nd	Marilyn Cuneo, Ken Kinney
	3rd	Dorothy Ayres, Sam King
75-79	1st	Chuck Supplee

## Men's Table Tennis

80-84 1st Walt Fineberg

## 100M Dash

Women	60-64	1st	Bess Marmas
Men	70-74	1st	Everett Trulson

## 50M Dash

Women	60-64	1st	Bess Marmas
Men	70-74	1st	Everett Trulson

## Long Jump

Men 70-74 1st Everett Trulson

## Swimming, 50M Backstroke

Women 65-69 1st Irma Bong

## Swimming, 50M Breaststroke

Women 65-69 1st Irma Bong

## Swimming, 50M Freestyle

Women 65-69 1st Irma Bong  
2nd Helen Stecklein

## Bowling, Mixed Doubles

60-64 1st Mary Ellen James

## Men's Horseshoes

Class D 1st Everett Trulson

## Senior Sports-A-Rama

The 1994 Senior Games, coordinated by Bloomington's Human Services Division in partnership with Eden Prairie, Edina and Richfield's Parks and Recreation Departments, started on June 16th and ended in a pool of sweat on June 24th with a picnic luncheon in the "great white tent" at the Marriott hotel. The guest speaker was "Benchwarmer" Bob Luertsema, who regaled us with his self-deprecating wit and great presence.

The Tennis play was heavily weighted with STPC members, who walked away with most of the medals. The format grouped players by age, starting at 55 and upward in 5 year increments into the 90s, with doubles teams adding their ages together and dividing by 2 to determine their bracket. Singles, same sex doubles and mixed doubles were played in each age bracket, which took six days of playing time.

The gold, silver and bronze medal winners are listed on page 5. Congratulations to all our STPC winners!

## Team Tennis Box Scores

Date	Match	Score	Place	Team	Wins	Losses	Forfeit
6/28	Team 1 vs. Team 3	2 - 6	1	Team 4	36	11	1
	Team 6 vs. Team 4	0 - 8	2	Team 3	32	16	0
	Team 5 vs. Team 2	7 - 1	3	Team 5	26	22	0
7/05	matches rained out						
7/12	Team 1 vs. Team 4	2 - 6	4	Team 1	24	24	0
	Team 2 vs. Team 5	6 - 2	5	Team 2	16	32	0
	Team 3 vs. Team 6	5 - 3	6	Team 6	9	38	1
7/19	Team 1 vs. Team 5	4 - 4					
	Team 2 vs. Team 4	1 - 7					
	Team 6 vs. Team 3	2 - 6					
7/26	Team 2 vs. Team 6	5 - 3					
	Team 5 vs. Team 1	5 - 3					
	Team 4 vs. Team 3	4 - 4					



## Senior Sports-A-Rama Medals Winners

Name	Gold	Silver	Bronze	Name	Gold	Silver	Bronze
Aase, Ruth	1			King, Samuel	2		
Anderson, Norma	1			Kneisl, Roger	1		
Baken, Melvin	1	2		Levin, Addy	1		
Bratt, Vivian		1		Lundegaard, Bob		1	
Bunday, Lois	2	1		Marmas, Bess	1		
Bunday, Ned	1			McDaniel, Lorraine	1		
Clarke, Bruce	1	1		Moorhead, Betty	1		
Erlar, James	1			Neal, Wallace	1		
Feilzer, Peggy	1			Peterson, Charles	1		
Frantsen, Kearney	1			Rickert, David	1		
Gibson, Gene	1			Rott, Ruby	3		
Glad, Goldie	1			Slocum, Charles	1		
Gullikson, Glen	1	1	1	Tornoc, James	2		
Halverson, Frances	2			Warner, Lee	1		
Hoaglund, Mary	1			West, William	1		
Hullsick, Dave	1			Western, Betty	1		
Jacobs, Duane	1			Wishart, Harley	1		
Johnson, Harry	1						

## Fall Kickoff Luncheon Announced

*Steve Wilkinson to be  
featured speaker*

Steve Wilkinson, nationally-rated senior tennis player, will be the featured speaker at the STPC Fall Kickoff Luncheon. He runs the Tennis and Life Camps, and he is the tennis coach at Gustavus Adolphus College.

The luncheon will be held at the Minnesota Valley Country Club on October 18, 1994. Mr. Wilkinson will be talking about seniors and tennis. Save this date! Further details will be in the September *Times*.

### Super Sport Pro/Am Tennis Cruise

Norwegian Cruise Line's SS Norway  
*Seven nights — largest cruise ship afloat*

**March 25, 1995 to April 1, 1995**

sail the eastern Caribbean: St. Thomas/St. John/  
St. Maarten/Great Stirrup Cay  
Enjoy snorkeling and a private island beach party

app \$1,500-\$1,600, includes air, cruise, port taxes,  
and cancellation insurance

Outside/inside cabins, \$25 deposit holds space

*Last Call — 8 Cabins Left!*

Daily clinics and contests, Play with the  
10 pros on board and in the ports.

Broadway musical Will Rogers Follies, casino,  
three dance floors, full fitness center, two pools,  
and more!

**Call Marilyn Thorne, 471-9813**

### Men's Senior Clay Court Tourney

at Brackett's Point, Minnetonka  
August 22-28



Singles: 55 - 60 - 65 - 70  
Doubles: Saturday, August 27 only  
(round robin)

Entry fee \$25 per person per event

payable to: Inner City Tennis  
P.O. Box 29677  
Minneapolis, MN 55429  
Tax Deductible

Proceeds go to Inner City Tennis.

Contact: Bernie Gunderson  
944-1028

## Arthur Ashe Foundation Round Robin

Percy Hughes, our pro, Jack Roach of the Northwest Racquet Clubs and WCCO's Mark Rosen are the cohosts of an Arthur Ashe Round Robin fundraiser. It will be held on Saturday, August 13, from 9 to 11:30 a.m. at the Northwest Racquet Club on Cedar Lake Road in Minneapolis.

The entry fee is \$20, with the proceeds going to the Arthur Ashe Foundation. Court time, tennis balls, refreshments, prizes and professional tennis staff will be donated by Northwest Clubs to ensure the tournament's success.

No reservations are necessary — just show up and have fun!

## Doubles Players Needed at Northland North

George Erickson is seeking doubles players of skill level 3.5 or more for the 94-95 season (October through April) at Northland Fitness Center on Boone Avenue North.

The time available is Tuesday afternoon from 1:00 to 3:00. If you're interested, call George at 639-3985 and leave your name and phone number.

## Schedule Changes South Campus

From now until August 14, the schedule is as published: daily at 8-10 a.m. The captains are Bob Hinz, 771-4480, and Betty Livingston, 777-9723.

Starting Saturday, August 20 until Sunday, October 2, the days are Saturday and Sunday only, 8-10 a.m.

## Sunrise

Starting Monday, August 15 until Friday, September 30, the schedule is changed from 8:30-10:30 a.m. daily to 8-10 a.m., Monday through Friday. The captains are Bob Hinz and Betty Livingston.

### WHAT'S YOUR PLEASURE???

TENNIS??	There's a private court right on site!!
SWIMMING??	Outdoor pool & heated indoor pool!!
FITNESS??	Fully equipped exercise center!!
BOATING??	Marina & docks at your doorstep!!
SCENERY??	St. Croix River views — all ways!!

### IT'S ALL AT SUNNYSIDE ON ST. CROIX!!

Our 2-bedroom, 2-bath condominium at 6351 N. St. Croix Trail (½ mile south of Stillwater on Highway 95) is truly a jewel on the river!! A mirrored wall reflects St. Croix River views in your living room. Newly wallpapered with designer paper, the all-white Tech Line furniture gives a light, airy Eurostyling feel. Decorator upgrades are found throughout — in bath fixtures and in light fixtures as well. Self-contained washer/dryer in the unit. Electric range, refrigerator and microwave built in. Everything's included. Our unit has not one, but two underground heated garage stalls (one can handle your boat!!) plus yards of built-in storage, locked cabinets. Maintenance fees include everything but electricity and phone at \$127 monthly. Annual taxes are just \$1300. What's all this cost? We're asking only \$104,000 unfurnished — \$109,000 with all the furnishings. Possession can be any time after September 15. If our condo's so great, why are we selling, you might ask? Because we've moved to Rio Verde, Arizona, where we can do golf, tennis and all else 12 months a year!!

**CALL ROY ERICKSON AT 602/471-2809 NOW!!!**  
Our unit is available for inspection now by prior appointment.

## Michael Lynne's TENNIS SHOP



Where you can get it all!  
Friendly service while you shop for top name brands in tennis apparel and racquets:  
Babolat, Boast, Colmar, Cyde, Darlyn Designs, Diadora, Donnay, Dunlop, Ellesse, Fancy Pants, FILA, Fred Perry Gift items, Head Racquets, Head Sportswear, IXSPA, K-Swiss, Kaalin, Keddie Kreations, Le Coq Sportif, Lily's of Beverly Hills, Nike, Prince, Sergio Tacchini, Slazenger, Sport Panties, Tail, ThorLo, Timandra, Wilson, Wimbledon, Yonex and the popular Jan Atlas Designs.  
We also offer racquet stringing and 20% discount on team orders!  
Can't find it? We'll gladly order it for you.



**Michael Lynne's  
TENNIS SHOP**  
Miracle Mile Shopping Center  
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Phone (612)926-1520



## Who's Playing Team Tennis?

The article in the July *Times* did not provide any information about who is on the teams playing in the Team Tennis League. The teams elected not to pick names for themselves, but the anonymity was even greater than intended! So here's Who's Who (our apologies to anyone we accidentally omit):

Team 1: John E. Stecklein, Captain    Helen Stecklein  
 Dick Pratt                                Shirley Pratt  
 Bill Eldredge                             Karen Porter  
 Don Bartolerio                          Carmen Montgomery  
 Conway Villars                          Homa Amir-Fazli

Team 2: Jim Bernstein, Captain        Rosalyn Bernstein  
 Bill Connell                               Donna Lucker  
 Hal Hagen                                 Jaci Hagen  
 Lynn Thiele                                Ronnae Wagner  
 Raymond Ranallo                        Elsebeth Kozar

Team 3: Don Bratt, Captain            Vivian Bratt  
 Fred Trautz                                Dorothy Ayres  
 George Farr                                Nancy Fretz  
 Albert Nuhn                                Nancy Tracy

Team 4: Larry Bordsen, Captain       Kay Sheehan  
 Lloyd Marengo                            Deni Sahr  
 Dave Zimmer                              Jean Ann Durades  
 John Brooks                                Joyce Olsen  
 Tom Bednar                                Pat Kondziolka

Team 5: Ken Shannon, Captain        Jan Hagen  
 Glen Gullikson                            Charlotte Hall  
 Firmin Alexander                        Lucille Bryant  
 Matt Little                                 Jean Olson  
 Otto Trettel                                Norma Anderson

Team 6: Jim Schneider, Captain      Karla Sand  
 Bill Wigdahl                               Harriet Kidder  
 Erik Erickson                              Ruth Erickson  
 Felix Norman                              Carol Curry  
 Stockton Shaw                            Maruja Norman

Substitutes: Rosemary Hagen, Orville Dahlbeck, Grace Dahlbeck, Bob Eidem, Betty Western, Carl Weiser, and Marge Nath.

## a Patriotic Fourth



Aldean Cummings hosted 30 Senior Tennis players on the Fourth of July at her condo on Excelsior Bay. It was a great celebration with tennis, swimming, bridge, a potluck supper and fireworks on Lake Minnetonka. Pictured are those who dressed in the red, white and blue — Aldean Cummings, LaVerne Wilger, Bill Connell, Sharon Bernhagen, Winnie Lund, and Dot Blomquist.

## Tennis Tips by Virginia Morgan

At the beginning of a game the racquet is turned or spun to decide which side serves. Please don't spin your racquet on the court and let it fall — it could fracture the frame. Assuming you are the spinner and after you ask the opponent "up or down?", show the opponent what the racquet reads — they have a right to know that they won or lost. When pros play, a coin is flipped by the referee, and it is then shown to both sides.

On the serve, you can step on the baseline only after you have made contact with the ball; stepping on the line before that is a foot fault, the same as a serve that is a fault. However, in social tennis, usually this is not called unless extreme situations exist. However, it's a good idea to practice not foot faulting, because when you play in sanctioned tournaments, you're expected to follow the rules.

Should you have a sore shoulder and can't serve in the usual way, you can toss the ball up and out to the side about shoulder height and slice the ball, stroking across from right to left or high to low, as long as you don't let the ball bounce on the ground.

During a match, if you're having trouble concentrating, try these ideas: look only within your court; look at your racquet; adjust your strings; take a deep breath; hum a tune or think of the next point.

# Thinking About Winter? Here's the Schedule!

These four pages contain the playing schedule for indoor courts for the 1994-95 winter season. We have Chuck Slocum to thank for being able to publish the winter schedule this early. It's hard to believe that fall (and winter!) is just one or two months away, but now you can start picking out where you want to play for the indoor season.

Northland Fitness Center South has closed their tennis courts and will no longer be available. However, STPC has four new facilities for this season: Oakdale Racquet Club, Richfield Racquet Club, Southdale Racquet Club and the St. Paul Indoor Tennis Club. We need volunteer captains for each location and 12 to 24 players for each location. Please call Chuck Slocum at 941-4059 as soon as possible. We must fill these spots so we need players!

Chuck Slocum has contacted almost every captain from last year and has their agreement to continue. Each captain

should contact the particular facility for starting dates (which vary) and arrangements (if any) about payments for court time. You will not be able to use Flagship Club and Northwest Tennis facilities other than the assigned courts unless you are a member of that organization as well as a STPC member.

It will be each regular player's responsibility to make a substitute available if you can't attend. You should notify your captain in advance, and call your substitute the night before to remind them of the time and place.

If you are a new member, or wish to sharpen up your game, take a look at the Lessons and Drills schedule. The instructors are excellent, and you will benefit greatly from their help.

Please let us know of any errors in the schedule — they will be corrected in later issues of the *Times*.

## 1994/95 Winter Schedule for New Members Lessons/Members Drills

Location	Day	Time	Instructor	Phone
<b>Nicollet Tennis Center</b> 4005 Nicollet Ave. Minneapolis, 825-6844 Begins 9/15/94	Thurs	8:30-10 am M/W, all ratings	Percy Hughes Ginny Owens	545-7696 546-9666
	Fri	5:30-7 pm M/W, all ratings	Ernie Greene	488-6359
<b>Williston-Sagedahl Club</b> 14509 Minnetonka Drive Minnetonka, 935-8636 Begins 9/13/94	Tue	5:30-7 pm M/W, all ratings	Connie Custodio	824-2569
<b>Wooddale Recreation Center</b> 2122 Wooddale Drive Woodbury, 735-6214 Begins 10/3/94	Mon	8-9:30 pm	Virginia Morgan	459-6059
<b>Combination Play and Drill Sessions</b>				
<b>Northland Fitness Center North</b> 7624 Boone Avenue N Brooklyn Park, 425-5880 These sessions are combination drill/play: one 20 min session doubles drills, and two 40 min. sessions doubles play.	Mon	11-1 pm M/W, 1.0-2.0	Ted Kopren	425-5880
	Tues	10:30-12:30 pm M/W, 2.5-3.5	Ted Kopren	425-5880



# 1994-95 Schedule for Indoor Courts

Location	Day	Time	Men/ Women	# of Crts	Skill Rating	Captain(s)	Phone	
<b>Daytona Club</b> 14740 Lawndale Lane Dayton 427-6110	Tues	10-noon	M/W	4	3.0	Harvey Benson Bernard Ackerson	784-6778 537-5061	
	Thurs	10-noon	M/W	4	3.0	Vern Nelson	545-9028	
<b>Decathlon Athletic Club</b> 7800 Cedar Avenue S Bloomington 854-0322	Mon	7-9 am	M		3.0	Open		
		9:30-11:30 am	W	4	2.5-3.0	Jean Robb	922-4729	
		11:30-1 pm	M/W		2.5-3.0	Clara Carlson	922-8577	
		1-3 pm	M	4	3.5-4.0	Pete Robinson	443-3026	
	Tues	7:30-9:30 am	M		3	3.0-3.5	Gene Philipson	454-5355
		9:30-11:30 am	W			3.0	Ruth Aase	835-2392
		11-1 pm	M			3.0	Chuck Supplee	888-0551
		1-3 pm	W			3.0	LaVerne Wilger	929-8120
	Wed	7:30-9:30 am	M			3.5	Cliff McMinn	888-4989
		9:30-11:00 am	M			2.5-3.0	Mike Bosanko	881-0258
		10-noon	M		2	2.0-2.5	Chuck Mercer	866-8933
		11:30-1:30 pm	M		3	3.5-4.0	Vic Erdman Pete Robinson	922-0158 443-3026
	Thurs	7:30-9:30 am	M			3.0	Gene Philipson	454-5355
		10-11:30 am	M/W		2	2.5-3.0	Clara Carlson	922-8577
		11-1 pm	M		2	3.0	Harley Wishart	894-4523
1-3 pm		W		2	2.5-3.0	Mary Ellen James	881-4703	
1-3 pm		M		1	2.5	Open		
Fri	2:30-4:30 pm	M/W			2.5-3.5	Betty Fletcher	922-1685	
	7:30-9:30 am	M			3.5	Cliff McMinn	888-4989	
	9:30-11:30 am	M/W			3.0	Mary Wenc	457-5347	
		10-noon	M	3	3.5-4.0	Pete Robinson	443-3026	
<b>Flagship Athletic Club</b> 755 Prairie Center Dr Eden Prairie 941-2000	Mon	7:30-9:30 am	M	3	3.0-3.5	Phil Briant	866-6029	
	Thurs	7-9 am	M/W	3	3.0-3.5	Chuck Slocum	941-4059	
<b>Lilydale Racquet Club</b> 945 Sibley Mem Hwy Lilydale, 457-4954	Mon, Tues, Wed	7:30-9 am	M/W	2	2.0-3.0	Nancy Karasov Dot Guenther	452-3172 457-4682	
<b>Nicollet Tennis Center</b> 4005 Nicollet Avenue Minneapolis 825-6844	Mon	7:30-9 am	M	3	3.0	Cliff Northfield	884-6617	
		9-11 am	M/W	6	3.0	Dave Moore	941-2512	
		9-11 am	M	3	2.5-3.5	Walt Kofski	481-9123	
		11-1 pm	M	3	3.5-4.0	Glen Gullikson Don Bratt	784-4539 571-6762	

## 1994-95 Schedule for Indoor Courts (cont'd)

Location	Day	Time	Men/ Women	# of Crts	Skill Rating	Captain(s)	Phone
<b>Nicollet Tennis Center (continued)</b>	Tues	9-11 am	M/W	3	2.0-3.5	Frank McCabe	633-6319
		11-1 pm	W	2	2.5-3.0	Lorraine Neitz	333-4974
		1-3 pm*	M/W		2.0-3.0	Charlie Peterson	471-9524
		1:30-3 pm	M/W	3	2.0-3.0	Dorothy Schlichting	920-0965
	Wed	9:30-11:30 am	M/W	3	2.5-3.5	Lee Warner	560-0384
		9:30-11:30 am	W	2	3.0-3.5	Jean Wallace	925-4133
		1-3 pm	M		3.5-4.0	Dennis Christenson Larry Wennberg	433-3583 487-7628
	Thurs	9-11 am	M/W	4	2.5-3.0	Elvin Kolstad	869-7277
		10:30-12:30 pm	M/W	4	2.5-3.0	John Connelly Mary Kaminski	771-2664 781-3271
		11-1 pm	M/W	4	3.0-4.0	Jim Erler	471-9750
1-3 pm		M/W	4	2.5-3.0	Cleora Feuke	544-2991	
Fri	7:30-9 am	M	3	3.0	Cliff Northfield	884-6617	
	8:30-10:30 am	M/W	6	2.5-3.5	Will Robbins	546-1377	
	2:30-4:30 pm	M	3	4.0	George Sample	827-5086	
Sat	12-2 pm	M/W	1	—	Dave Moore	941-2512	
Sun	2:30-4:30 pm	M/W	2	3.0-4.0	Jean Olson	483-6003	
<b>Northland Fitness Center North</b> 7624 Boone Avenue N Brooklyn Park 425-5880	Thur	10-12 pm	M/W	2	3.0-3.5	Bob Metcalf	571-3596
	Fri	1-3 pm	M/W	2	3.0-3.5	Bob Metcalf	571-3596
<b>Oakdale Racquet Club</b> 1201 Ford Road Minnetonka 546-2231	Fri	7-9 am	Open	3	Open	Open	
<b>Richfield Racquet Club</b> 7620 Penn Avenue S Richfield 861-4528	Mon	7-9 am	Open	3	Open	Open	
	Wed	7-9 am	Open	3	Open	Open	
<b>Southdale Racquet Club</b> 6950 Xerxes Avenue S Edina 920-6530	Wed	7-9 am	Open	3	Open	Open	
	Fri	7-9 am	Open	3	Open	Open	
<b>St. Paul Indoor Tennis Club</b> Lafayette Fwy at 7th St. St. Paul 774-2121	Mon	7-9 am	Open	3	Open	Jack Wallin	457-2266
	Fri	7-9 am	Open	3	Open	Jack Wallin	457-2266

## 1994-95 Schedule for Indoor Courts (cont'd)

Location	Day	Time	Men/ Women	# of Crts	Skill Rating	Captain(s)	Phone
<b>White Bear Racquet Club</b> 4800 White Bear Parkway White Bear Lake 426-1308	Wed	7-9 am	M/W	3	2.5-	Bill Michalko	777-9576
	Thur	7-9 am	M	2	3.0-3.5	Al Uhl	644-9810
<b>Williston-Sagedahl Club</b> 14509 Minnetonka Drive Minnetonka 935-8638	Mon	11-1 pm	M/W	2	3.0-3.5	Frank Locke	937-9394
		2-4 pm	M	1	3.0	Wally Threlkeld	934-6102
	Tues	7-9 am	M/W	2	3.0	Phil Fortin	473-7544
		8-9:30 am	M	1	3.0	Neil Messick	474-8574
		9-10:30 am	W	2	2.3-3.0	Kit Peterjohn	474-0154
		12-2 pm	M/W	2	3.0	Henry Flesh	546-7317
	Wed	11-1 pm	M/W	2	3.0-3.5	Frank Locke	937-9394
		1-3 pm	M/W	2	2.5-3.0	Bill Storie Dwayne Billbe	428-0052 938-5016
	Thurs	7-9 am	M/W	2	3.0	Dick Abbott	934-3746
		8-10 am	M	2	3.0	Henry Flesh	546-7317
		9-10:30 am	M/W		3.0	Adeline Levin	937-1709
		10-11:30 am	W	2	2.5-3.0	Vi Schaber	420-9749
	Fri	8-10 am	M		3.5-4.0	Woody Woodhouse	593-1117
		8:30-10 am	W	2	2.5	Jean Melony	474-9461
12-2 pm		M/W	2	3.0-3.5	Frank Locke	937-9394	
1-3 pm		M/W	2	3.0-3.5	Bill Storie Mary Hoaglund	428-2052 927-6742	
2-4 pm		M	2	2.5-3.5	Don Schneider	473-4823	
Sat	12-1:30 pm	W	2	2.5-3.0	Joyce Hautman Mary McNeil	545-4051 545-7142	
<b>Wooddale Recreation Center</b> 2122 Wooddale Drive Woodbury 735-6214	Mon	8-10 am	M/W	3	2.5-3.0	Paul Leonhart	739-3690
		10-noon	M/W		2.5-3.0	Gordon Strand	777-6813
	Tues	8-10 am	M/W	3	2.5-3.0	Rolli Amdt	436-7622
	Wed	8-10 am	M/W	3	2.5-3.0	Bob Western	735-5761
		10-noon	M/W	3	2.5-3.0	Bob Hinz	771-4480
Thurs	8-10 am	M/W	2	3.0	Darlene Moynagh	436-8927	
Fri	8-10 am	M/W	3	2.0-3.0	Bob Klein	699-7775	
	10-noon	M/W	3	2.5-3.0	Bill Michalko	777-9576	
	1-3 pm	M	2	3.0-3.5	Dick Pratt	433-3583	

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# A New Swing Can Be What Doctor Ordered

## change can erase tennis elbow

by Gordon Slovit. Reprinted with permission of the Star Tribune, Minneapolis-St. Paul.

**D**r. James Priest, an orthopedic surgeon and former college tennis player, developed tennis elbow several years ago.

"I changed racquets and I got better," said Priest, who treats scores of patients suffering from tennis elbow every year in his offices in Minneapolis and suburban Edina.

How did changing racquets help?

"I don't know," said Priest. "A year or two later, I started playing with the old racquet again and I was all right."

Priest, who plays three times a week, sends some patients who suffer from tennis elbow to physical therapists for heat and electrical treatments and some to tennis pros for lessons. "I think that stroke alterations can help people who don't swing smoothly," Priest said.

Cortisone injections? "Generally, one injection (to relieve symptoms) is all right," he said. "But the problem can return in six months with a vengeance. A second injection may last for just three months. You get diminishing returns."

Priest is responsible for one of the best studies of tennis elbow. He conducted it about 12 years ago on 2,633 students in a southern California tennis school.

More than 800 of them had experienced elbow pain, and 330 still had pain at the time of the study. The key findings:

- Height didn't make any differences in risk of tennis elbow. Neither did hand dominance or use of two-handed strokes.
- The more often a student played, the older a student was and the more advanced a student was increased the chances of having tennis elbow.

"Overall, the variables with the most significant difference (closest relationship to risk) were age and frequency of play," Priest said. "The older you were and the more often you played, the more likely you were to have tennis elbow."

Your risk rose five-fold if you went from playing once a month to every day; it was far higher for people in their 50s than for those in their 20s.

What treatment worked best?

"One hundred percent of those who said they changed their strokes said they improved," Priest said.

The main symptom of tennis or golfer's elbow is pain, usually worse on a backhand, around the bone on the outer side of the elbow.

The cause: putting so much pressure on the elbow tendons that small tears occur, setting up a painful inflammatory process.

Warning signs that tennis or golfer's elbow is coming are muscle spasms and fatigue in the forearm after activity, then days of pain.

Dr. A. Lee Osterman, an orthopedic surgeon at the University of Pennsylvania, advises tennis players and golfers to change swing mechanics as soon as muscle spasms begin.

Osterman suggests that golfers use their entire arms, not just their wrists, when they swing; avoid gripping their clubs tightly, and make sure they use a full follow-through.

He said tennis players should use regular rather than heavy-duty balls and play on slow courts such as Har-Tru or clay, and use the largest grip that feels comfortable.



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