

Senior Tennis times

Newsletter of the Senior Tennis Players Club, Inc.

Preventing eye injuries



by Douglas J. Holmen, M.D.

It is not an uncommon patient that presents himself to the ophthalmologist with an eye injury. Of these, the percentage related to sports activities is significant, and such activities most usually involve some sort of missile, be it a ball, puck or shuttlecock.

The injuries have a wide range of severity, some quite minor, such as a corneal abrasion which though painful for a short time will usually heal quite nicely in a relatively small amount of time. On the other hand, the injury may be a real tragedy, resulting in severe loss of vision or even of the eye itself.

Not too many years ago, racquetball became quite popular. The fact that it was played indoors was a positive aspect for Minnesotans just looking for some physical exercise in winter. It was an easy game to play, and it was enjoyable at whatever level of skill.

The down side of this phenomenon was a plethora of eye injuries, most caused by the ball, only occasionally by the racquet.

In more recent years, the number of tennis related injuries seems to be increasing and those from racquet ball decreasing. Does this mean a shift in popularity? Maybe. Or does it indicate a greater awareness of the possibility of injury among racquetball players, hence the more prevalent use of eye protection? A little bit of both probably.

The fact remains — the more tennis one plays, the more likely you will suffer an eye injury. Factors that play a part in this likelihood include:

1. the aggressiveness of play, especially at the net
2. the age of player, relating to reflex time
3. the skill of the player (being able to place the ball where one wishes or to keep the racquet in front)
4. fatigue, relating to reaction time and concentration
5. the game played (injury is significantly more likely in doubles)

This writer has played the game of tennis for many years. He is also a practicing ophthalmologist. He has destroyed two pairs of dress eyeglasses and suffered a single minor eye injury when hit with a ball resulting in no permanent damage. Though not a rocket scientist, he concluded long ago that wearing adequate protective eyeglasses made good economic and medical sense. Major draw-

Continued on page 3

1995 NWTA Tennis & Life Clinic scheduled for April 8

The NWTA branch of the USTA will be conducting the annual Tennis and Life Clinic on Saturday, April 8, 1995 at Eagan High School. Not only does the clinic attract high school coaches and their players, but the past few years this event has grown to include our area adult and senior players, and league, recreational and tournament players. Tennis and Life has something for everyone!

This year's exciting all-day program will feature Mr. Peter Burwash, former international circuit player (19 singles and doubles titles) and world reknown coach. Joining Pete will be Pat Etcheberry, fitness coach, Dr. Bryce Young, sports psychologist, Karen Bucholtz, USTA National Coordinator for Junior Recreation Tennis and Joe Kinoffer, an expert on creative drills.

Continued on page 6

Upcoming Events

White Bear Singles
Tennis Party Feb. 18
Spring Fling Indoor
Tennis Party Mar. 25
Tennis & Life Clinic Apr. 8
STPC Annual
Get-Together Apr. 29

February 1995



Baseline

John Stecklein
STPC President

“A calculus concretion in rotatory transition gleans slight bryophytic accretion.”*

Having quoted that familiar saying, I can state that the remainder of this month's column will illustrate that the STPC Board is heeding it.

The first news I have to report is the slate of new Directors that was elected by the Board at its January 10, 1995 meeting. The new directors, elected to three year terms, are:

Rolland Arndt, Lakeland
Kent Dickerman, St. Paul
George Erickson, New Brighton
Mary Kaminski, St. Anthony
William Storie, Rogers
Mary Wenz, West St. Paul

I am pleased that these fine people have agreed to serve on the Board. I am particularly pleased that they represent so many separate areas of the Twin Cities and, in combination with existing board members, give the Club an excellent geographic representation. Members of this group have reported a variety of experiences serving on other boards and are expected to bring expertise and new ideas to the Board.

Further evidence of the Board's activity is the preliminary report from the STPC 2000 committee chaired by Matt Little. The Committee is considering the following matters concerning the long range future of the Club:

1. Whether the Club should put a cap on membership, and if so at what level?

2. The desirability of a central office for consolidating and coordinating functions and services of the Board and its officers

3. The desirability of a part-time Administrative Assistant or Director to coordinate Board activities and functions (and manage a central office if one is established)

4. The desirability of adopting the USTA skill rating system to replace the one we now use

5. The possible sponsorship of tournaments for STPC members

6. The feasibility and desirability of the Club buying or leasing its own indoor tennis facility

Just a thought — the Club may be reaching a point where it is becoming too large to be managed effectively and efficiently with the present total reliance on volunteers. If we continue to strive for more members, can we serve them adequately with the present system? If we continue to grow in numbers, how many more would we need, without raising dues, to be able to afford even a part-time Administrator? Or should dues be raised in order to afford an Administrator or Coordinator and central office?

At this time, it is my intention to present at the Annual Meeting some options suggested by the Committee, for discussion by members. Further details will be included in the March and April newsletters. Think about the issues: should we stay the same size or

downsize? Should we work to increase our membership and develop a more formal structure to manage the larger enterprise? Discuss the issues with your friends, and offer your conclusions at the Annual Meeting, which will be held on April 29, beginning at 12:00 noon. Put the date and time on your calendars now!

Other matters are also being discussed, but those above seem to have the most potential for change or growth (if that is what Club members want). Members of the STPC 2000 Committee are: Irma Bong, Percy Hughes, Emily Day, David Brink, Ernie Green, Sue Larson, Larry Lepley, Chuck Slocum, Chuck Supplee, and Matt Little. If you have thoughts about any of the matters listed above, please convey them to members of the Committee. Or if you would like to work with them on one or more of the projects, please let Matt Little (947-9187) know.

Speaking of volunteers, the Club is doubly indebted to one of our super volunteers, Mary Kaminski. Not only has she served the Club capably and well for years, but this year she took advantage of a special program offered by Land O' Lakes (her previous employer) called "Dollars for Doers". In this program the company contributes amounts of money according to the number of hours of volunteer activity provided by the company's employees or retirees to any charitable organization that holds 501c(3) status (donations to the organization are tax deductible), which our Club does. As the result of Mary's service to STPC

* Loosely translated: A rolling stone gathers no moss.

Continued from page 2

last year, on committees and activities and with the newsletter, Land O' Lakes is contributing \$250 to our organization. Thank you, Mary, for finding this bonanza and bringing it to our Club. I understand that many other businesses have similar programs. If you can find one, you can "double your pleasure" (and the club's pleasure) with your volunteer work.

Correction regarding the March meeting date: The March meeting will be held on March 14 (not the 7th as previously reported) at Norwest Bank-New Brighton Branch (Silver Lake Road and I 694) at 1:30 p.m.

Videotaping Poll

The STPC Board is considering a project that would enable club members to have videotapes made of themselves playing certain strokes. The tapes would be your property, and you could have yourself critiqued by Club pros after the taping, if you want. Even if you didn't want to be critiqued, the tape would make an interesting memento of your senior tennis playing days.

Participants would be expected to supply their own standard VHS video cassette. We intend to do the videotaping for free or, if necessary, for a small charge (\$5 or less).

What we really need, however, is some feedback from you as to how many members would take advantage of a videotaping session if one were offered. We are asking you to let us know if you would like to be videotaped if the project is approved by the Board. It would take place sometime this spring or summer, depending on the demand.

If you would like to participate, please complete the form below and send it to John Stecklein as soon as possible. We need to know very soon so the project can be approved and organized.

Yes! I would like to be videotaped playing tennis sometime this spring or summer!

Name _____

Address _____

City/State/Zip _____

Telephone _____

Mail this reply form to: John Stecklein, 1988 N Wheeler St, Saint Paul, MN 55113.

Continued from page 1

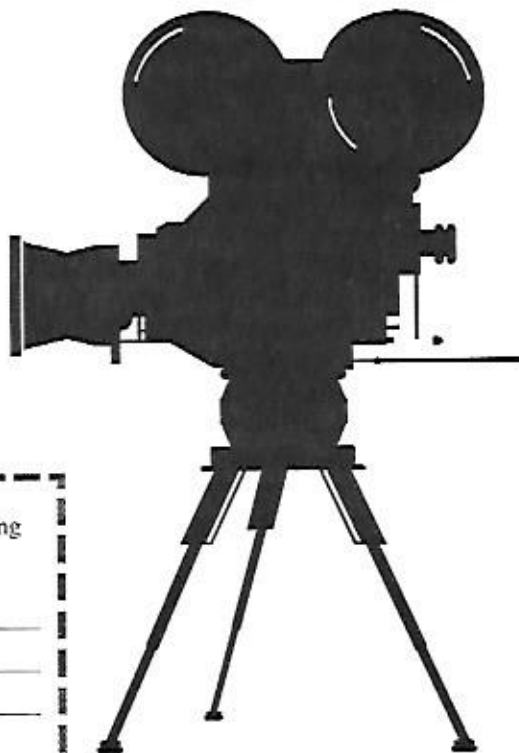
back — they're not very attractive. He didn't care and continues to wear them faithfully.

Are they necessary for everyone? Probably not. If your tennis consists of gently hitting from the baseline, you can forget about them. However, as the risk factors increase, they may become more and more worthwhile.

For players having good vision in only one eye, wear them. If you have a bleeding tendency or are on blood thinning medication, wear them. If you have undergone corneal surgery, such as transplant or radial keratotomy, wear them. If you have undergone cataract surgery with an intralocular lens, wear them. If you have suffered a retinal detachment, or have been told you are at risk for this, wear them.

A surefire way to avoid an eye injury from playing tennis — don't play the game!

Don't do that! It's too terrific a pastime. But be smart. It won't be long before good eye protection will incorporate good fashion!



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ANNUAL MEETING

saturday, april 29
crown sterling suites
175 east 10th street
saint paul

...SOCIALIZE at noon

...LUNCH at one

...HEAR Jim Klobuchar

...BE HEARD at the meeting

RESERVATIONS BEGIN NEXT MONTH

Spring Fling indoor tennis party

2 hours of great tennis followed by snacks, beverages & fellowship

**Northwest Health Club
at Hwy 100 & France Ave North**

4001 Lake Breese Ave, Brooklyn Center, 535-3571

Saturday, March 25, 1995

6-8 P.M. and 8-10 P.M.

\$10 per player, \$5 per non-player

you will be paired by skill levels or you can request your favorite partner for the first round.
New partners every half hour.

Send check (payable to STPC) and reservation form to **Bill & Louise Storie,**
14220 Starlite Dr, Rogers, MN 55374. Phone 428-2052.

Reservation Form

name 1 _____ phone _____ rating _____ desired time _____

name 2 _____ phone _____ rating _____ desired time _____

amount enclosed \$ _____

**Hwy 100 & France Ave N
party, March 25, 1995**

Continued from page 1

Our schedule this year is full and exciting, including demonstrations and exhibition matches. Join University Women's Tennis Coach Martin Novack, for instance, as he discusses The Big Five of Tennis: first serve, service return, first volley, approach shot, and first passing shot.

Mark April 8 on your calendar and join us! Register now and save money with your prepaid admission: \$15/student, \$30/adult, \$20/senior. Group discounts (5 or more) are also available. For further information or registration, call the NWTAs office at 612-546-0709 or 1-800-536-NWTA.

Court News

Williston schedule change

Dick Abbott, captain at Williston on Thursday for the 8-10 A.M. session, can no longer serve as captain. Please mark this change on your schedule.

Nordman substitutes for Morgan at Wooddale

Lois Nordman, USPTA and USPTR teaching professional, is substituting for Virginia Morgan at the Wooddale Recreation Center Mondays from 8 to 9:30 p.m. through the winter months. Virginia will return for the outdoor season.

Lois is popular with senior players, has been a staff member at most of the Saint Paul clubs, and she worked at the River Falls and Arizona camps. We welcome her aboard.

Percy Hughes

A health memo

by Chuck Slocum

On December 30, an ultrasound test discovered that I had a blocked left carotid artery, even though the cardiologists couldn't find any symptoms. A subsequent angiogram confirmed the ultrasound reading, and surgery was performed immediately. The doctors said I was a walking stroke waiting to happen.

The TV show *20/20* had a segment on this procedure January 6 which stated that only about 3% of physicians ever check the carotid arteries during a physical exam. To my knowledge, this has never been checked before in my case. So in your next physical exam, insist that your physician take his/her stethoscope and listen to your carotids to make sure that there is sufficient blood flow to your head. Wouldn't you rather play tennis than have a disabling stroke?

One-Liner Want Ads

These free one-liner want ads are available to all STPC members. If you would like to place a free ad, call or write the Editor, Nancy Kaminski. **Your ad can only be about 50 spaces long, so be brief!**

For sale: racquets — 2 Wilson Profile, 1 Dunlop. Call 544-0511

Sanyo AM/FM/cassette boombox, detach spkrs. 781-3271



Tennis Tips by Percy Hughes

In order to position your body in relationship to the ball so that perfect timing and control result, you must know, as you move into the hitting area, exactly where and when your racquethead should make contact with the ball. Perfect positioning can be achieved regularly if you follow this three-point procedure.

1. The ball's height:
 - Ground strokes.** The ball is best met between your knee and waist.
 - Volleys.** The ball is best met between waist and shoulder height.
 - Services.** The ball is best met in the center of the strings at the full extension of the racquet arm.
2. The ball's distance from the body:
 - Ground strokes.** The racquet is at arm's reach in the turn position, a comfortable distance away.
 - Volleys.** Slightly closer to the body than in ground stroke play.
 - Services.** Racquet arm's distance overhead.
3. The ball's relationship to the body:
 - Ground strokes.** Forehand — opposite your leading hip. Backhand — ahead of your leading hip.
 - Volleys.** In front of your body.
 - Services.** In front of your body.

And remember, always ask questions at the classes you attend. This is an important part of your learning process!

New members are welcome to take 12 (or more) lessons. After 12 lessons you will receive a free can of balls, a certificate of accomplishment, and congratulations from the STPC president. *You must notify the instructor when you have completed 12 lessons!* The lessons are offered free, as part of your membership.

Members are encouraged to attend lessons and drills at any time. If your game needs improvement, here is your opportunity.

Skill rating: If you need to know your skill rating, attend one of the lessons/drills and ask the instructor to rate you. If you have any questions, call the instructor.

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

Location	Day	Time	Fee	Instructor	Phone
Nicollet Tennis Center 4005 Nicollet Ave. Minneapolis, 825-6844	Thurs	8:30-10 am M/W, all ratings	\$1.50	Percy Hughes Ginny Owens	545-7696 546-9666
	Fri	5:30-7 pm M/W, all ratings	\$1.50	Ernie Greene	488-6359
Williston-Sagedahl Club 14509 Minnetonka Drive Minnetonka, 935-8638	Tue	5:30-7 pm M/W, all ratings	\$1.50	Connie Custodio	824-2569
Wooddale Recreation Center 2122 Wooddale Drive Woodbury, 735-6214	Mon	8-9:30 pm	\$1.50	Lois Nordman	774-3782

Combination Play and Drill Sessions

Northland Fitness Center North 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	\$7.50	Ted Kopren	425-5880
	Fri	9-10:30 am M/W, all ratings	\$7.50	Connie Custodio	824-2569
Decathlon Athletic Club 7800 Cedar Avenue S Bloomington	Tues	10-11 am M/W, all ratings	\$5.00	Brian Christensen	854-0322

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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Percy Hughes, Coordinator of Lessons	545-7696

Contributing Cartoonist Fritz Christensen

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 4½ in)	\$75
quarter page (3½ x 4½ in)	\$50
eighth page (3½ x 2¼ in)	\$30
classified ad (members only, max. 4 lines)	\$15
1-line ad (members only, 45 spaces long)	free

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.

Address Corrections

Please notify the Editor with any address corrections.

STPC Membership

As of February 1, 1995, STPC membership totaled 1,069.

February 1995: Volume 8, Number 2

Senior Tennis Times
3300 East Gate Rd.
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Address Correction Requested

February 1995

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