

Senior Tennis TIMES

NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

MARCH 1996

Physical Activity Helps Prevent Diseases of Aging

Printed with permission from HealthPartners in Discover magazine, Summer 1995.

Here's a demographic eye-opener: In 1900, only 4 percent of Americans were older than 65. Now, about 12 percent of us can claim that distinction, and by 2030 a whopping 22 percent of the nation is expected to have reached that milestone.

That's a lot of birthday candles. But will those long lives also be healthy lives? It depends. Heart disease, diabetes, osteoporosis, some cancers, high blood pressure and other diseases become increasingly common with age. They're not inevitable, however.

You can reduce your chances of developing those chronic problems by changing just one thing in your life: Increase your physical activity level.

Numerous studies suggest that obesity is associated with an increased risk for diabetes, as well as for hypertension and high cholesterol, both of which can lead to heart disease. A more active lifestyle can help control obesity—and reduce your risk for many diseases.

Thank You!

Dear Senior Tennis Players Club:

Thank you for your gift of the beautiful hibiscus plant. It is very unusual and very lovely. It is now occupying a special place in front of a sunny window and I know Jack would be pleased to know about it.

The Tennis Club was the most important thing in Jack's life. He cared very much for all of the members.

Again thank you so very much for your thoughtfulness.

Sincerely,

Jane Dow

Physical activity is important even for older people who are at healthy body weights. It helps muscles burn sugar efficiently and it keeps hearts and lungs operating at a higher capacity.

Just 20 to 30 minutes of moderate activity most days of the week is all people at every age need to help reduce their risk for obesity and many diseases.

And that activity doesn't even have to be done all at once. A 10-minute walk after breakfast, a little gardening in the afternoon and a few trips up and down the stairs is all it takes. Walking is great exercise for many people. It's a weight-bearing activity, which means it helps keep bones strong, yet it's low impact and easy on joints. It also burns calories, which helps you maintain a healthy weight and keeps your large muscles in shape. Staying in shape through moderate physical activity most days of the week can affect not only disease risk but also a person's ability to carry out activities of daily living such as cooking, dressing and reaching shelves.

And there's one more good reason to be physically active in the later years: You may be able to prevent a hip fracture. Not only does physical activity increase your bone mass, it also gives you stronger muscles, which keep you more stable and thus help prevent falls in the first place. ■



Ad In by Sue Larson, President

Membership renewal time is here, and each year we lose about 20% of our members. So send in your renewal form and talk to others about the importance of STPC in your life.

Bill West, Chair of the Membership Recruitment Committee, and a real STPC booster, reports a lot of promotional activity:

- 59 corporations have received mailings encouraging future retirees to join STPC. Responses have come from General Mills, Modern Controls and SuperValu. (If your company has a retiree's program, call Bill at 475-2869.)
- Carol Hall reports that Paragon Cable will interview a couple of our members on a show broadcast April 25 from 7:15-8 p.m on Paragon channels 33 and 34.
- WCCO will let STPC promote our activities in their community booth at the Mall of America.
- Marv Schneider has contacted Honeywell and various Twin Cities newspapers to publicize STPC.

Bill West is a key player in the vision of how to enlarge the membership, whether through additional publicity, corporate involvement or the Jack Dow Memorial Tennis Tourna-

ment. Three cheers to Bill and his hard-working team!

Another way of telling friends about STPC is to invite them to the Wednesday, April 24 Annual Meeting at the Metropolitan on Wayzata Boulevard at 12 noon. D'Amico is serving the food and Percy Hughes and his jazz ensemble is supplying the music. I can assure you of a fun-filled afternoon and a chance to hear more about the club. Jackie Rouillard has many plans for a successful event.

Ron Liddiard announces that the annual John Bolger Tennis Clinic will take place on May 21 at 9 a.m. at the Nicollet Tennis Center. Roger Boyer and friends will provide the drills. Each year this has been a sell-out, so get your reservation in early.

A slate of new board members will be on the agenda for the March 19 board meeting. Rolly Arndt has worked hard to find board members that will offer new visions for us. As always, all members are welcome to attend. The meeting will be at 1 p.m. at the Roseville Public Library.

Thanks for your continued support and if anyone has ideas for ways we can improve STPC, please feel free to call me at 929-4673—and may all your lobs rise 15 feet in the air! ■

Thanks for the Balls!

Percy Hughes, Coordinator of Lessons, and his teaching pros, Connie Custodio, Ernie Greene, Lois Nordman, Jason Sowder and Paul Stormo, thank all STPC members who have turned in their used tennis balls for our summer teaching program.

Percy is running out of storage room, but please hold onto the balls until spring. Percy will be glad to pick up the balls—later.

Donations Acknowledged

We would like to thank the following people who generously donated money to the Jack Dow STPC Fund as a memorial to our founding president, Jack Dow:

Grayce and Leonard Aberle, James Binger, Lois and Ned Bunday, Gerry Cochran, Jeff Dow, Exchange Resources, G. Friedman, Eugene Gibson, Charlotte Hall, Donald and Margaret Ittner, Mary Kaminski, Sue Larson, W. Miller, Charles Stenvig and Chuck Supplee.

The funds donated will be used to further STPC's tennis activities.

If you wish to make a donation, send your check, payable to STPC, to Jim Tornoe, P.O.Box 44336, Eden Prairie, MN 55344. Be sure to write "Jack Dow STPC Fund" on the check. ■

Your 1996 Membership Roster Is Here!

This issue of the *Times* includes your copy of the 1996 STPC Membership Roster. Please check your listing to make sure it is accurate—we try to get it right the first time, but with over 1,200 listings, mistakes are inevitable. Call Nancy Kaminski at 781-3271 or 672-6882 with your corrections, and they'll be published in upcoming issues.

You'll notice that there's something new with the skill ratings—some of them have a "v" after them. This means that it is an NTRP (USTA) rating, not a self-rating.

So if you attend an NTRP rating clinic, let us know, and you'll get a "v" after your rating, too! ■

A Reminder

Have you returned your Member Information Form to Chuck Slocum yet? If you haven't (it was included in the December, January and February issues of the *Times*), please do so! The information on them will help your club serve your tennis needs better. ■

Spring Fling!

What **Indoor Tennis Party**
Two hours of great tennis followed by snacks, beverages and fellowship

Where **Northwest Health Club**
at Highway 100 & France Ave N (4001 Lake Breeze Ave, Brooklyn Center, 535-3571)

When **Saturday, March 23, 1996**

Time **6-8 p.m. and 8-10 p.m.**

Cost **\$10 per player, \$5 per non-player.**
Players must be members. You will be paired by skill or you can request your favorite partner for the first round. New partners every half hour. No refunds after March 14.

Send check (payable to STPC) and reservation form to:

Bill and Louise Storie
14220 Starlite Dr
Rogers, MN 55374
428-2052

Spring Fling Party, Mar. 23 1996

Send this reservation form with your check for \$10 per person (\$5 for nonplayers), made out to STPC, to:

Bill & Louise Storie
14220 Starlite Dr
Rogers, MN 55374

For more information, call 428-2052

Player #1: Name _____

Phone _____

Rating _____

Time (6 or 8) _____

Player #2: Name _____

Phone _____

Rating _____

Time (6 or 8) _____

Check enclosed for \$ _____

The *first* step
toward *improving*
YOUR HEALTH
should be in this
direction.



Partners For Better HealthSM
PHONE LINE
883-7800

Can improving your health really be as easy as picking up the phone? With HealthPartners it can be. That's because we've created a health improvement phone line just for our members.

With a single phone call that's both convenient and confidential, you can be connected directly with a health educator or registered dietitian who can provide personal counseling and establish an individualized action plan to help you improve your health.

HealthPartners members also have access to a wide variety of other resources, from health education classes to special member discounts on safety products and services.

For example, thousands of our members have purchased bike helmets at discounted prices. Many others enjoy reduced rates in area health clubs and walking programs throughout the Twin Cities.

In fact, HealthPartners members are actively involved in programs specifically designed to improve their health in areas such as the reduction of heart disease, diabetes,

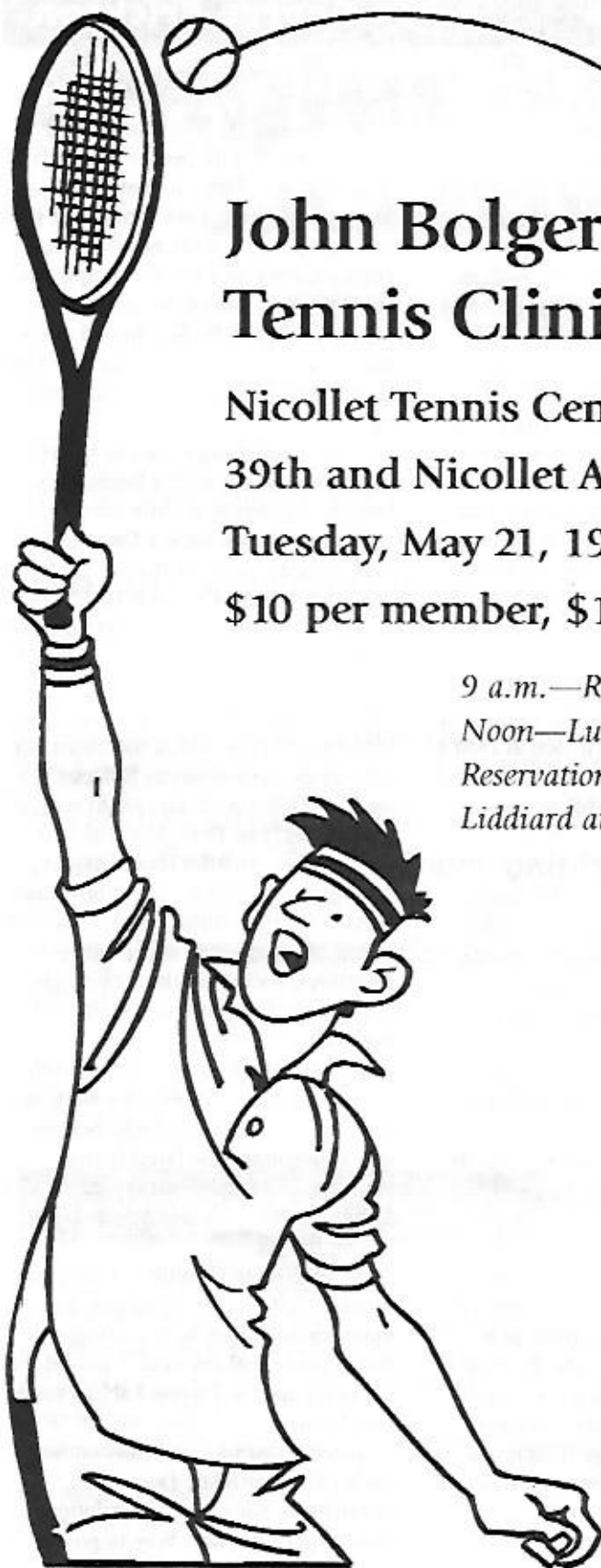
breast cancer, childhood injuries, preterm births and domestic violence.

If you're a HealthPartners member and you want to take that first step toward better health, call 883-7800 today. You'll be assisted by someone who really does care about helping you get started.

After all, that's why we're called HealthPartners.

 **HealthPartners**

Your Partner For Better Health



John Bolger Tennis Clinic & Luncheon

Nicollet Tennis Center
39th and Nicollet Ave S
Tuesday, May 21, 1996
\$10 per member, \$15 per guest

*9 a.m.—Roger Boyer and other pros give instruction
Noon—Luncheon, provided by Bolger Creative Printing
Reservations close May 10—sign up early! Call Ron
Liddiard at 829-7530 if you have any questions.*

John Bolger Tennis Clinic Reservation Form

Name: _____

Phone: _____

Skill Level: beginner
 intermediate
 advanced

Send your check for \$10 (\$15 for guests) and
this coupon to:

Ron Liddiard
9713 Dorset Lane
Eden Prairie, MN 55347

Captain's Profiles

by George Erickson

Don Bratt

For some folks, tennis is just for having fun and for limbering up our bones. But for Don Bratt, it's much more than that. Don first played tennis in his early teens and has hardly missed an hour since.

During his early years in South Minneapolis, he played in junior high, then made the tennis team at Central High and, at the University of Minnesota, became, as Don put it, "number seven (an alternate) on a six-man team."

With such a background, it follows that Don joined Senior Tennis some 10 years ago and now captains a 6-court team that plays at Nicollet on Mondays. Don also captains a Tuesday summer league.

When World War II came along, Don switched from tennis shorts to Navy blues for duty in the Admiralty Islands, south of New Guinea. With the war over, Don joined the reserves and went to the U. When he was three credits short of graduation, he was recalled to duty, this time for two years in Japan. There he became the Navy table tennis champion in that theater. (What sort of ribbon does one get for that, Don?)

Free at last, Don returned to the U, picked up his three credits and a new bride, Vivian. Forced to choose between attending either the graduation or his wedding, Don took the long-term view and opted for the wedding, then went into real estate and never left. He is still semi-active in the business. Vivian eventually succumbed to tennis too, taking up the game about twenty years ago.

Although Don's primary hobby is (guess what) TENNIS, he and Vivian enjoy travel. Their favorite areas are Florida, San Antonio and Phoenix. But when asked where he'd like to go in the future, Europe topped his list.

Like most of our captains, Don finds few faults with Senior Tennis. Although he realizes that rating systems are very subjective, he wishes we could find one that would help players realistically evaluate themselves. As a captain, his few complaints concern the occasional player who forgets and doesn't show, and those who come late. Fortunately, says Don, "That's a rare occurrence."

Don particularly likes Senior Tennis for the opportunities to meet new people, and for the play that it provides for both men and women. Don now supervises the tennis holidays of varying lengths in Naples, Florida (during February and March) that Jack Dow began. Last year, Don filled 94 reservations, most of them with members from Senior Tennis.

When I asked for advice that we all could use, I wasn't surprised at Don's answer. "Look at the ball," he urged, "and get in position—MOVE." ■

Dorothy Schlichting

When I asked Dorothy Schlichting when she began to play tennis, she laughingly replied, "When it began," filling my mind with visions of the grassy, English courtyards where oddly dressed ladies and gentlemen bobbed about, saying, "I say, good stroke!" and "Smite the ball, Reggie." Dorothy had taken my question to mean, "When did you start SENIOR tennis?", which is why she answered "When it began."

In the lively and lighthearted conversation that followed, Dorothy explained that, as the daughter of a school superintendent, she grew up in a number of communities: Dawson, Ortonville, Glencoe and Fairmont, beginning tennis at age fifteen. As Dorothy put it, "I've been playing a lonnng time!"

Dorothy currently captains a

Nicollet group that plays Tuesdays from 1:30 to 3:00, and particularly enjoys playing with people of similar skills and being able to play inside during the winter. Like most of us she has high praise for the new Nicollet Tennis Center and has no complaints about the way Senior Tennis is run, but would like to be able to add a few more players to her substitute list. She added, with emphasis, that "We have a lot of fun in our group."

After graduating from the University of Minnesota with a Bachelor's Degree in Interior Architecture, Dorothy started work on her first million at Powers department store at the generous salary of 13 DOLLARS PER WEEK. "However, 13 dollars bought a lot more in 1936," Dorothy reminded me.

Four years later, Dorothy moved to Minnesota Paint, which increased her already exorbitant pay to \$18 per week. (What would anyone do with all that money?) In 1941, Dorothy married Gordon, another tennis player, who also had a degree in architecture. That done, they embarked upon a long career of remodeling and creating new structures, including three children who live in Bloomington, Haiti and Wayzata.

Always one to contribute, Dorothy has put in years of volunteer work at schools, the American Field Service and at hospitals, the latest being Hennepin County Medical Center. Her family, needlework and tennis keep her on the go.

According to Dorothy, "I once saw an older fellow playing tennis, and upon learning that he was seventy-five, I made that my goal. I passed that six years ago, so I guess I'll just keep on playing."

Having just played tennis on her eighty-first birthday, Dorothy Schlichting has my congratulations. Way to go, Dorothy! Way to go! ■

Singles Tennis Party

Saturday, March 30

Play doubles at the White Bear Racquet Club
for only \$10.50!

Tennis play will be from 5 to 7 p.m. We will do our best to match you with other players of similar level. Reservations are limited!

After tennis, plan for dinner at Ricci's in Hugo, north of White Bear Lake on Highway 61. Choose from a moderately-priced variety menu or a great buffet for \$9.95. There will be fun for everyone with entertainment, live music, dancing, pool and darts!

Mail your check, payable to STPC, with the registration form below to:

Jeanne McConnell
1200 Ravenswood Court
Shoreview, MN 55126

Send your check in early! Call Bev Sinniger, 698-8153 if you have questions.

Directions: Going north on 35E, exit on 96 and go east (right) a block to the stoplight, which is White Bear Parkway. Turn left. The club is just a few blocks off 35E at 4800 White Bear Parkway.

Singles Tennis Party, Mar. 30

The deadline is March 25. Mail Now!

Send this reservation form with your check for \$10.50 per person, made out to STPC, to:

Jeanne McConnell
1200 Ravenswood Ct
Shoreview, MN 55126

For more information,
call 698-8153

Name _____

Phone _____

Rating _____

I plan on dinner at Ricci's

Yes

No

Check enclosed for \$ _____

Ask Roger

by Roger Boyer

For a change of pace this month, I decided to test your knowledge by challenging you with a tennis trivia test.

The winner gets a free one-hour lesson with me, on the first beautiful spring day on an outdoor court of your choosing.

1. Name the first Grand Slam winner (male).
2. What year did he win it?
3. Name the second Grand Slam winner (male).
4. What year did he win it?
5. Name the most recent Grand Slam winner (female).
6. What year did she win it?
7. Who was nicknamed "Rocket"?
8. Who was nicknamed "Muscles"?
9. Name the Four Musketeers.
10. What country are they from?
11. What is the Greek name for tennis?
12. What do the letters "USNLTA" stand for?

Good luck! Send your entries to **Roger Boyer, 95 West Point Court, Tonka Bay, MN 55331.** ■

Membership Memo

by Charlotte Hall, Membership Chair

Many of you with your enthusiasm have influenced friends to join STPC; and we would like to give recognition to those of you who have brought in the most members. If you have referred at least two new members to the club since the last roster was published, please give me a call at 474-5873.

We reached the grand total of 1494 members before deleting the delinquent members. Now we are having a telephone campaign to get as many as possible "back in the fold". Our thanks to the many captains who reminded their players to renew their memberships.

We always list the new and renewed members in an update list at the back of each newsletter, so please tear off that page each month and tape it to the back of your roster so it will be complete.

Lastly, we must request that you lifetime members send in an updated signed membership form each year, even though no payment is due. If you need a form, please call me at 474-5873. ■

In Memoriam

Dr. Cheung Wei Teng, 76, of Golden Valley, died February 23 while playing tennis. Dr. Teng was the Professor of the Surgery Department of Sun Yat-Sen University Medical School in Canton, China. Our sympathy goes to his children Ling Ling, William and Eric, their spouses, and four grandchildren.

Terrance Hanold, 83, died January 28 in Sun City, AZ. Both he and his wife, Ruth, had been active STPC members until recently. We extend our sympathy to Ruth and to their eight children. ■

Captains Corner

by Chuck Slocum

Believe it or not, it will soon be time to play outdoors. We will have our outdoor schedules ready with your cooperation in the April issue of the Times. Please check now with the various facilities we've used in the past and reserve playing time for the outdoor season. I will be calling you to verify the schedules, or you can call me at 941-4059 to furnish the information.

We are counting on the usual standby volunteers to help us get this schedule ready for publication and use. Put this item on your calendar. You know the only way STPC works is that everyone pitches in and helps. Thanks in advance! ■

Love Tennis?

The Northwestern Tennis Association (NWTAA) wants Seniors for a fun summer of Senior Team Tennis! It's easy to join—all levels are invited.

You must be at least 50 years of age in 1996, be a member of USTA and have an NTRP rating. (NTRP verification clinics will be held on May 7 and May 25.)

If you are interested in being a team captain, please attend the special meeting on April 18, 7 p.m. at Midwest Tennis Club.

Also, a picnic and tennis for all former USTA/NWTAA Senior League players and new prospects will be held May 17 at Augsburg Park in Richfield at 3 p.m. This party is limited to 200 participants, so please call with your RSVP.

To RSVP the picnic, or if you want more information, call the Matchline at 333-6030 and ask for Ron or Joan. ■

STPC

Annual Meeting & Social

Wednesday, April 24, 1996

the Metropolitan,
5418 Wayzata Blvd, Minneapolis

catering by D'Amico, music by
Percy Hughes

\$12 per person. Social hour starts at noon, luncheon served at 12:45 p.m. D'Amico is serving Coq au Vin—braised chicken with red wine, mushrooms, pearl onions, roasted potatoes and French-style green beans.

Reservation deadline is April 19. For more information, call Barbara Webb at 922-0757 or Jackie Rouillard at 553-9895.



STPC Annual Meeting and Social Reservation Form

Send this form with your check for \$12 per person, payable to STPC, to
Barbara Webb, 4039 Xerxes Ave S, Minneapolis, MN 55410. Deadline April 19.

Name 1 _____ Phone _____


Name 2 _____ Phone _____

Amount Enclosed: \$ _____

BIG NAME BRANDS ..AT LOW TENNIS PRICES!

Adidas, Babolat, Balle de Match, Boast, Cycle, Darlyn Designs, Dunlop, Ellesse, Fancy Pants, Fred Perry, Gift Items, Hanasport, Head Racquets, Head Sports Wear, IXSPA, K-Swiss, Kaelin, LeCoq Sportif, Lily's of Beverly Hills, Little Miss Tennis, Nike, Penn, Prince, Sergio Tacchini, Sport Panties, Tail, Thor-Lo, Videos, Wilson, Wimbledon, Volkl, Yonex and much more....and furthermore, if you don't find it, we will special order it for you!

Michael Lynne's
TENNIS SHOP
Miracle Mile Shopping Center
5007 Excelsior Blvd. - St. Louis Park, MN 55416

 * You will appreciate our friendly service

WE PAY
DELIVERY

NATIONWIDE
800-825-5107
612-926-1520
Fax 612-926-1595

IN TENNIS OR INVESTMENTS
YOU NEED AN ACCEPTABLE RETURN
CALL **MARV SCHNEIDER** FOR SOME IDEAS



MARV SCHNEIDER
Investment Services

5100 Edina Industrial Blvd., Suite 218
Edina, MN 55439 Phone 835-6465

Financial Planning

Specializing in Retirement and Pre-Retirement Clientele

Securities by Licensed Individuals offered through
Investacorp, Inc., a registered Broker/Dealer
Member NASD, SIPC

At Tennis I'm a Novice
But at Real Estate
I'M DEFINITELY A PRO!



Make "The Right Move"
call

NANCY LINDEMAN

Burnet Realty
827-9450



Two-Liner Want Ads

These free two-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 100 spaces long, so be brief!**

For Sale: 1991 burgundy 5-speed Isuzu Trooper, 53M, luggage rack, top condition. \$8500. 474-0526.

Save 10% on auto insurance w/AAA Driver Improvement Program. For all drivers 55+. Many sites in metro area. 920-9057.

For Rent: Paris apartment, furnished, sleeps 3, rent weekly, excellent address. Bev, 925-5369.

For Sale: Dunlop Pro Pulsar tennis racquet, 95 inch, nearly new, retail \$199, sell for \$65. 938-2975.

For Sale: 1983 Itasca Suncruiser RV. Class A, 27 ft. A-1 cond, only 49,900 miles. Bunk style, fully equipped. John, 644-8304.

Heirloom videos—Grandma/Grandpa remembers—video photo albums—weddings—call 920-2945.

Tennis & Life Clinic Announces Special Admission Price for STPC Members

The 1996 Tennis & Life Clinic is once again taking place at Eagan High School. The date for this special event is Saturday, April 13. Our schedule this year is impressive. Sherwood Stewart, a senior tennis player himself who is currently on the ATP circuit, is our featured presenter.

Sherwood has 54 professional titles to his credit, including 5 Grand Slam Doubles titles. He is also a former US Davis Cup team member, and considers himself a true doubles specialist, the first such player to earn \$1 million in prize money.

The clinic has 24 individual topics contained in the full day's schedule. What interests you? Having trouble mentally staying in a match? Why not try "Emotional IQ: On Court Training for Confidence and Concentration" with Bruce Young, or "from Anger to Athletic Excellence" with this area's own Linda LeClaire.

Having trouble with a specific stroke? "Drills and Tips Which Improve Your Volleys, Overheads and Poaching for Doubles" may be just the ticket! Or perhaps, "Tennis Myths: How to Avoid Common Mistakes in Stroke Correction" with Burnsville's Ron York. The Tennis & Life Clinic has something valuable to give to *all* players at *all* levels. And, for the second year in a row, the NWTa has a special offer just for you, the senior player!

This exclusive offer is for members of the Senior Tennis Players Club only, and is not available to the general public. The normal \$20 admission price for seniors (age 50 and older) will be reduced *for club members only*, to just \$12!

Have any other questions? Call Rosemary Langley, Clinic Coordinator, at the NWTa office at 546-0709. A registration blank is provided below for your convenience (only this form will be accepted for the discount).

Hope to see you at the 1996 Tennis & Life Clinic!



NWTa Tennis & Life Clinic Senior Registration Form

Please Print

NAME (last) _____ (first) _____ (MI) _____

ADDRESS _____

PHONE (____) _____

ADMISSION PRICE: Senior Tennis Club Members: \$12

Send check payable to the NWTa and completed form to:
NWTa, 5525 Cedar Lake Road, Minneapolis, MN 55416

Additional Feature of the 1996 Clinic!!! Sign up at the clinic site to be a USTA member!! New individual membership specials available clinic day only at the NWTa booth (not applicable for membership renewals).

1995/96 Winter Schedule for New Members Lessons/Members Drills

Location	Day	Time	Court Fee	Instructor	Phone
Nicollet Tennis Center 4005 Nicollet Ave. Minneapolis, 825-6844	Mon	4:30-6 pm M/W, all ratings	\$2.00	Ernie Greene Jason Sowder	488-6359 966-5133
	Thurs	8:30-10 am M/W, all ratings	\$2.00	Percy Hughes Paul Stormo	545-7696 944-6286
Williston Fitness & Sports 14509 Minnetonka Drive Minnetonka, 935-8638	Tue	5:30-7 pm M/W, all ratings	\$2.00	Connie Custodio	824-2569
Wooddale Recreation Center 2122 Wooddale Drive Woodbury, 735-6214	Mon	8-9:30 pm	\$2.00	Lois Nordman	735-6214
Private Club Drills Open to STPC Members					
Decathlon Athletic Club 7800 Cedar Ave S, Bloomington	Tues	10-11 am M/W, 3.5-4.0	\$5.00	Brian Christensen	854-0322
	Wed	9-10 am M/W, 3.0			

There is a \$2/session court rental fee for indoor lessons and drills. **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.

10TH YEAR ANNIVERSARY
River Falls Adult Tennis Camps
 July 29 – August 16

1996 Tenth Year of Adult Tennis Camp *(Sixth year at River Falls)*

Every tennis player can improve. You can master more techniques and learn more strategy. By having a variety of instructors using a number of playing situation drills, improvement is guaranteed.

Many people plan to come yearly. As our camp is non-profit, we can pride ourselves on the reasonable prices. We all enjoy the fellowship and as we meet more and more players, the game gets better.

The camps have helped many to become better players and increases our knowledge of tennis and life. Every person coming to River Falls accomplishes a higher level in life and sports, that only a small percentage of people their age achieve.

As an added feature, each camper may choose to be videotaped and individually critiqued at the start of each session.

The Camp Staff

We have a terrific staff of top teaching professionals under the guidance of Connie Custodio. Connie has been active for years in Tennis Camp, plus playing in tournaments and the last number of years helping run the Inner City Tennis Program.

Other well-known pros like Lois Nordman, Brian Christensen, Ernie Greene, Chris Lund and other instructors give the Camp a well rounded group of instructors.

*On the campus of the
 University of Wisconsin
 at River Falls*

**River Falls Adult Tennis Camp
 1996 Registration**

<input type="checkbox"/>	Camp 1	July 29–Aug. 1	\$225
<input type="checkbox"/>	Camp 2	Aug. 2–4	\$185
<input type="checkbox"/>	Camp 3	Aug. 5–8	\$225
<input type="checkbox"/>	Camp 4	Aug. 9–11	\$185
<input type="checkbox"/>	Camp 5	Aug. 12–16	\$265

Prices are for double room with air conditioning. Single rooms are \$4 a night more. A 10% reduction if enrolled in two or more camps.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE(S) _____

Please remit payment of \$50 (made out to Senior Tennis Camp) per person to:

- Ginny Heinzen, 4746 Barbara Drive, Minnetonka, MN 55343 (612-933-1613)
- or*
- Chuck Supplee, 5144 Balmoral Lane, Bloomington, MN 55437 (612-888-0551)

A \$25 service fee retained for cancellations after May 1. After July 1, half of fees paid will be forfeited, except in the case of a medical emergency. Mark on you checks the camp(s) attending.

WAIVER AND INDEMNITY AGREEMENT:

Acceptance of my entry to camp is without responsibility of any kind by Adult Tennis Camp. I do hereby on behalf of myself and heirs and legal representatives release and forever discharge the River Falls Camp from any and all claims, demands and injuries howsoever arising and all such claims are hereby waived and released and I covenant not to sue.

NAME _____ DATE _____

NAME _____ DATE _____

TENNIS ANYONE?

IT'S THE VERY LATEST
IN TENNIS RACQUETS...

YAH BUT?... DO
THEY COME WITH A
LONGER CORD?!



STPC
0

Senior Tennis Players Club, Inc.

A nonprofit corporation. 2888 Joppa Ave S #409, Minneapolis, MN 55416. 612-929-4673.

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 or 612-672-6882.

1995-1996 Board of Directors

H. Jack Dow, Founding President	
Sue Larson, President	929-4673
John Stecklein, Past President	644-8304
Matthew Little, Senior Vice President	947-9187
Jim Tornoe, Treasurer	941-9145
Marilyn E. Erickson, Secretary	835-2938
Charlotte T. Hall, Membership	474-5873
Alan W. Uhl, Newsletter/Public Relations	644-9810
Kent Dickerman, Activities	292-1933
Charles M. Slocum, Facilities/Programs	941-4059
Rolland Arndt, Director	436-7622
Don Bratt, Director	571-6762
David Brink, Director	332-4989
George Erickson, Director	639-3985
Dot Guenther, Director	457-4682
Mary Kaminski, Director	781-3271
Edward Sewell, Director	927-6890

Marilyn Thorne, Director	471-9813
Nathaniel L. Watkins, Director	636-6801
Mary J. Wenz, Director	457-5347
Percy Hughes, Coordinator of Lessons	545-7696
Emily W. Day, Historian	869-7024
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
2-line ad (members only, 50 spaces/line)	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 March 1996, STPC membership totaled 1,288. 1995 membership reached 1,494. March 1996: Volume 9, Number 3

Senior Tennis Times
3300 East Gate Rd.
St. Anthony, MN 55418-2545

Address Correction Requested

March 1996

Nonprofit Organization US Postage PAID Minneapolis, MN Permit No. 3270
