

Senior Tennis TIMES

NEWSLETTER OF THE SENIOR TENNIS PLAYERS CLUB, INC.

MAY 1996

ANNUAL MEETING AND SOCIAL

by Phil Steinberg

As of April 24, the STPC Annual Meeting has come and gone and is now in the history books. But the legacy it left behind will be long remembered. Above all it showed that the good ship STPC is made of heavy timbers and is on a true and straight course.

After a warm welcome by Kent Dickerman, Sue Larson, our President, was introduced. Sue had spent the first hour as a gracious host,

greeting everyone from notables like Charley Boone to newcomers who had been members as little as two weeks. She made certain that everyone had a place to sit in the filled-to-capacity room.

Once this gentle and compassionate soul banged her gavel on the podium and called the meeting to order, we knew for certain this was some kind of tough cookie on and off the tennis court. With tongue in cheek, she wittily apologized for her failure to have reached her goals as President. But we all know she is no failure. Under her guidance during the last year, STPC has flourished in size and splendor. We are all aware of the tremendous time and effort she willingly spends on our behalf. We are delighted to have her as our President for another year.

The remarks Jim Dow made about his father Jack were exceptionally warm and meaningful. The anecdotes he told about the founder of STPC reminded us of Jack's determination and tenacity.

Jim Dow's remarks were followed up by those of our Senior Vice President, Matthew Little, who announced the formation of the Jack Dow Annual Senior Tennis Tournament and Round Robin to be held in August. He let us know that the tournament is open to all members of STPC; and he emphasized the importance of each of us getting new ratings. As Matt said, this is a Tournament of Celebration.

A treasurer's report was given by our most capable treasurer, Jim

Tornoe. He assured us that he had not absconded with any of our funds and that we are financially healthy. How fortunate we are to have as our treasurer a man who was once the Vice President of the Dayton Company and a multitude of other worldly accomplishments. Of course, Jim's greatest accomplishment was the hole in one he had just recently.

Chuck Slocum then talked about Programs and Facilities and praised our captains. After door prizes were given out, Percy Hughes and his fantastic trio provided dance music. The Annual Meeting Committee certainly deserves recognition for the outstanding job they did. The Metropolitan was the perfect place for our meeting and the meal provided by D'Amico was most delicious.

As Jack Dow looks down from that Tennis Court in the Sky, he must be very proud of what's happening to his STPC. ■

CALENDAR OF EVENTS

May 14 Captains' Dinner,
Olympic Hills Golf Club

May 21 John Bolger Tennis
Clinic & Luncheon, Nicollet
Tennis Center

June 15 Vision-Tennis
Clinic with Michael Zosel,
Nicollet Tennis Center

July 20 Grandparent-
Grandchild Round Robin,
Valleyview Courts,
Bloomington

August 19-23 Jack Dow
Annual Senior Tennis Tourna-
ment and Round Robin,
Northwest 98th Street Racquet
Club



MENTAL TECHNIQUES FOR BETTER SERVES

by Michael Zosel

We've all experienced it. Ad out, second serve. Our shoulder muscles tighten and we start thinking of what might happen, "Uh Oh, don't double fault or I'll lose my serve. Then, I'll really be in trouble..." Sure enough, our second serve hits the middle of the net. Double fault.

What perplexes most players is that they can hit second serves in flawlessly during practice but they have difficulty executing them during tough match situations. Why? Our thinking process disrupts our natural ability to execute second serves. In the story *Vision Tennis*, Tony Randzinger, the main character, discovers four mental techniques that allow him to block his negative thinking when he serves.

1. "Go to the Movies"

The first mental technique Tony learns to use is called "Going to the Movies." It is a term that renowned golfer Jack Nicklaus uses for visualization. He once wrote, "I never hit a shot not even in practice without having a clear picture of it in my mind." To go to the movies, you pick out your target. Then, imagine an optic yellow path of the ball is hitting the target. The process can be compared to Superman's heat vision. Instead of a straight path, the path has an arc which lands in the corner of the service box. Numerous studies prove that visualization enhances an athlete's ability to execute his/her shots with greater accuracy.

2. Perform a Consistent Ball Bouncing Ritual

Most everyone bounces the ball before they serve. But when the pressure is on, we have a tendency to bounce the ball differently causing inconsistent results. By quietly counting out the same number of ball bounces in a rhythmic manner "1, 2, 3", you will generate the essential rhythm and timing for an automatic and consistent serve. Tony compares it to "a fun dance step." It also deepens concentration and relaxes muscle tension for a smooth serving motion.

3. Keep Your Chin Up

It can be very discouraging to miss first serves. When this happens, players tend to drop their heads slightly causing them to hit their second serves into the net. While tossing the ball, it is important to keep your chin up both emotionally and physically. Make a conscious and deliberate effort to point your chin straight up so it can almost "touch the clouds." Miraculously, your second serves will start landing in almost every time.

4. Breathe Out At Impact

When under pressure, Tony held his breath while striking the ball. Martial Arts masters preach the technique of breathing out when breaking boards. They say "If you do not breathe correctly, you will not move correctly." Some players enjoy grunting when they serve. Grunting is another form of exhaling that generates additional rhythm and power. You might want to try it

sometime. It's fun and it works!

While lining up to serve, remember to: 1) Pick out a target and go to the movies, 2) Perform a consistent ball bouncing ritual, 3) Keep your chin up while tossing the ball, and 4) Breathe out at impact. It may seem like a lot to remember at first. But with practice, you will be able to execute your serves as automatically as a pro—especially when the pressure is on. But more importantly, you will never hear your disruptive negative thoughts again. © Michael Zosel, 1996. All rights reserved. ■

Michael Zosel is the author of Vision Tennis: A Story That Teaches the Keys to Mental Toughness. \$15.95 To order, call (800) 480-3717.

JACK DOW ANNUAL SENIOR TENNIS TOURNAMENT NEEDS PARTICIPANTS

by Carol Hall

The location has been chosen, the dates set and the winner's trophies ordered for the First Annual Jack Dow Senior Tennis Tournament. It will take place at the Northwest 98th Street Racquet Club in Bloomington, August 19-23.

All that remains is for YOU to register to play!

Tournament committee chairperson, Matt Little, declared "getting as many participants as possible" as his major goal. With 11 courts

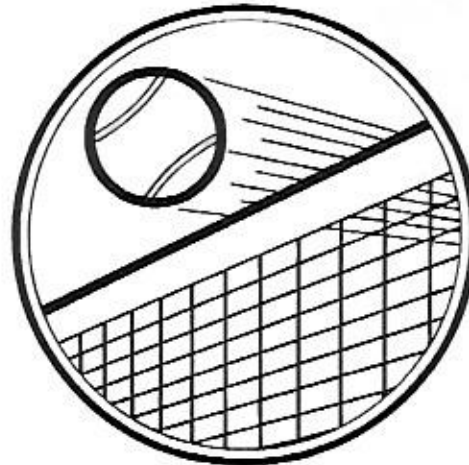
see **Tournament**, page 4

**Senior Tennis Players Club, Inc.
Jack Dow Annual Senior Tennis
Tournament and Round Robin**

Tournament Entry Form

- Door prizes to lucky number holders
- Refreshments
- Trophies awarded to all event winners

*Two players may use this form to register.
If you don't have a doubles partner,
the committee will match you with someone.*



	Name	Rating	Phone No.
Men's Doubles	1.		
	2.		
Women's Doubles	1.		
	2.		
Mixed Doubles	1.		
	2.		

Waiver must be signed by contestant: As a condition to my entering this tournament, I agree to participate at my own risk in the activities of the Senior Tennis Players Club, Inc., which may include tennis lessons, clinics, weekly scheduled tennis, social events and any scheduled tennis trips or extra activities. Further, I waive and release the Senior Tennis Players Club, Inc., a nonprofit organization, and its officers and members providing services on behalf of the Club, and all claims for damages due to injuries that I may incur as a result of my participation in any of these events.

Player 1 Signature _____ Date _____

Player 2 Signature _____ Date _____

Tournament, from page 2

available for five days, Little hopes to have 200 STPC members out enjoying the summer sun and the competition.

All levels of players, from beginners to 4.5, are eligible to enter. Entrants must be STPC members.

Matches are planned for mixed doubles, men's doubles and women's doubles. Anyone wishing to participate in more than one type of match may do so. A \$3 per match charge will be collected in advance.

Level 2.5 and below players should enter individually. Tournament Director, Ernie Greene, is planning a round robin competition for them, with the winners splitting and playing one another.

Those with 3.0 and higher ratings can enter to play with a partner. A partner will be found for anyone entering individually in this category.

Each player will be assigned a time for their match(es) following registration. Play will commence at 2 p.m. and run until 5 p.m. each day.

A registration form for tournament participants can be found in this newsletter.

There is one prerequisite for registration. So that play will be even and the competition entirely fair, each person who participates must be rated by STPC pros before the tournament. Several rating clinics will be held 9-11 a.m. at Wolfe Park, 5005 W. 36th Street, Saint Louis Park (behind the ice arena). The rating clinic dates are: May 16, June 20, July 13, Aug. 3

and 10. (Dates and places for St. Paul rating clinics will be announced in June.) STPC pros Ernie Greene, Percy Hughes and Lois Nordman will serve as "raters." Should none of these dates be convenient, please make other arrangements with one of the pros by calling (612) 659-6398, the new STPC telephone number.

An orientation clinic for potential tourney players also is scheduled for July 18 at Wolfe Park, beginning at 10 a.m.

The tournament promises to be fun for the gallery as well as the participants. Tournament sponsors HealthPartners, Prince Co., KLBB Radio and Michael Lynne's Tennis Shop are donating door prizes which will go to several lucky spectators. KLBB is the official radio station of the tournament.

Special promotions and interviews with tournament planners will take place in upcoming months. Be sure to listen to KLBB.

And—make Matt Little's day. GET RATED AND SIGN UP TO PLAY! ■

HAVE A TENNIS VIDEO TO DONATE?

The STPC Training Committee is considering the feasibility of having a tennis video rental library for STPC members. We would like to know if any of you would be willing to donate your good, current tennis videos so that they may be circulated among members. If so, please call Mary Wenz at 457-5347. ■

USTA/NWTA League Tennis

League play for seniors (at least 50 during 1996). Play starts June 17; roster dropoff June 1. Need a player or a team? Call the Matchline at 333-6030!

Verification clinics will be held May 7, 6-7:30 p.m. and May 25, 9-11:30 a.m. at Augsburg Park, 71st and Nicollet. Call 546-0709 (ask for Liz or Jean) to sign up for verification. Verification takes 45 minutes.

Senior Picnic May 17, 4-7:30 p.m.

For new and returning Senior League players! Picnic lunch and tennis provided. \$5 charge for your Significant Other. Limited to the first 200 players. RSVP by May 13 to Liz or Jean at 546-0709.

New senior players must be willing to sign up for a team at this time. Discount offered on your first-time USTA membership!

Super Seniors

For players 65 or older. Team Tennis—1 men's singles, 2 mixed doubles. Play at Wolfe Park on Thursdays starting in July. If interested, call 546-0709, ext. 17 for more information.

ANNOUNCING STPC 1996 SUMMER TEAM TENNIS

The proposed 1996 STPC summer league will consist of eight teams. The teams will be split equally between a North and South Division. Each team will play men's doubles, women's doubles and mixed doubles. Each match will count one point for a total maximum score of 8 points, each week.

Each team has four men, four women and four alternates. Their ratings are to be from 2.5-4.0.

Matches will be single pro-sets. The first team reaching 8 games wins. A 12-point tiebreaker will be used if the score reaches 7-7.

Play is on Tuesday mornings June 11-Aug. 6, between 9-11 a.m.

The team captains are:

North Division

Team Captain

1. Grace Dahlbeck, 488-7386
3. George Farr, 473-5112
4. Deni Sahr, 483-8880
6. Glen Gullikson, 784-4539

South Division

Team Captain

2. Carol Curry, 920-2222
5. vacant
7. Jack Wallin, 457-2266
8. Roy Rincon, 724-4623

If you'd like to participate as a regular, sub or captain, call one of these captains or John Connelly at 771-2664.

The captains are now choosing playing sites throughout the metro area. ■

Ad In by Sue Larson, President

Today STPC is at the crossroads! For 13 years we have continued to increase our membership which as of March 1996 totals 1,333. There are some members who believe that our numbers are now sufficient for the facilities available. Why rock the boat by recruiting new members and making it more difficult for present members to find space for their tennis games? Besides, you may say, the tennis parties are filled by the time you can call for a reservation!

There are others, however, certainly including me, who note that each year STPC loses about 15-19% of its members due to people moving, physical impairments, death, etc. So we need that many new members to offset the losses.

Many of us believe that STPC offers opportunities for seniors to learn the game of tennis, to find others of an equivalent skill, enjoy socializing time and improve our health through regular exercise. Peter Burwash maintains that only about 10% of the senior tennis players reaching retirement age have opportunities to play tennis. Our pool of potential members is great in this area.

Facilities recruited by Chuck Slocum are not filled. It is true that some are at 7 a.m. but Chuck continues to find additional courts. You may even have ideas for him to

pursue in your area.

So if you believe increased membership is not only advantageous to STPC but actually can improve the quality of life for seniors in our community, *help us find new members*. Through our member information survey we find new members come from referrals from present members.

Now about tennis parties—just leave your name with the coordinator, or better yet, call as soon as you see the information in the newsletter!

Now, after all this is said, you still want us to be an organization that continues as it is, please call me at 929-4673 and I'll listen to you. If you have time, I'll meet you at the nearest McDonald's for a cup of coffee. ■

Second Annual Grandparent-Grandchild Round Robin

Saturday—July 20—8 A.M. to noon
Valley View Courts
90th & Portland—Bloomington

Here's an opportunity for you to play tennis with your grandchild, share time together and most of all have fun together! Lee Warner and Firmin Alexander, event coordinators, are planning a fun round robin event.

Only \$2.50 per person! The deadline for reservations is July 15. Send your reservation form and your check, payable to STPC, to

Lee Warner, 5541 Aldrich Dr,
Brooklyn Center, MN 55430

For more information, call Lee at 560-0384
or Firmin at 423-6851.

Yes!

Send this reservation form with your check for \$2.50 per person, made out to STPC, to:

Lee Warner
5541 Aldrich Dr
Brooklyn Center, MN 55430

Your name _____

Phone number _____

Grandchild's name _____

Grandchild's age _____

SENIOR SPORTS-A-RAMA

ANNOUNCING

the FIRST-EVER State Qualifier for the
1997 National Senior Sports Classic (Olympics)
sponsored by Bloomington, Eden Prairie, Edina and Richfield

JUNE 11-15, 1996

FRIENDSHIP—FUN—FITNESS

FOR MEN & WOMEN

AGED 50 AND OVER

competitions divided by gender into these age groups:

50-54 55-59 60-64 65-69 70-74 75-79 80-84+

Win Medals ! Make Friends ! Have Fun

Over 30 events to choose from:

- archery
- badminton
- basketball
- bocce ball
- bowling
- cycling
- golf
- horseshoes
- racquetball
- shuffleboard
- softball
- swimming
- table tennis
- tennis
- track & field

EASY TO ENTER!

Fees: \$10, residents, \$20 nonresidents; nominal facility charges.

To receive complete registration information, please contact:

Bloomington Creekside Community Center, 948-3944

Eden Prairie Senior Center, 949-8300

Edina Senior Center, 920-1115

Richfield Senior Center, 861-9363

GENUINE SENIORS PLAN NEW SEASON

Genuine Seniors League play for STPC men with 2.5, 3.0, 3.5 and 4.0 ratings is planned again this summer with a schedule similar to that of the last several seasons.

League matches will be played Wednesdays at 9 a.m. and some teams will be practicing on Mondays. The tentative starting date for league play is June 5.

Six teams played last year and it is expected that at least six will play again this year. Two more teams would be desirable and if anyone would like to bring a group together to form a new league team they would be welcomed. Individuals who would like to start playing in the league this year are also welcome. There will be several openings on teams currently in the league. If you are interested in forming a team or just joining a team, please call Al Uhl at 644-9810.

Matches between the teams consist of four ranked doubles matches. The season will last 10-13 weeks, finishing around Labor Day. ■

INDOOR PARTY SEASON ENDS

The 1995-96 STPC indoor party season has come to a close. Six parties were held in numerous areas of the Twin Cities beginning in September and ending in March. Four parties were held at various Northwest Racquet Clubs and the other two parties were at the Lilydale

Club and the White Bear Racquet Club.

If you were not among the 208 people who attended the parties this year, you might consider joining in the fun next year.

The party committee members try to arrange for good tennis where players of similar abilities compete. The atmosphere at parties is always friendly. There are four rotations, and partners and opponents change every half hour. The intent is for all participants to have fun. Social time and tasty food and beverages are a part of every party.

Many thanks go to all the people who made these parties possible. They are Ginny and Jack Bakeman, Betty and Fremont Fletcher, Bernice Hanson, Marcia Hinitz, Blanche Lawrence, Mary Ann McCabe, Jeanne Schneider, Bev Sinniger, Louise and Bill Storie, Barbara Webb, and Chuck and Mary Wenz.

For any suggestions or offers of assistance for next year's parties, please call Chuck or Mary Wenz at 457-5347. ■

JASON SOWDER

Our popular young teaching pro, Jason Sowder, is very busy at his profession. He's one of our staff at Wooddale, he coaches at Mahtomedi High School and during the summer months he's a pro at the Town and Country Club, Saint Paul.

He's also ranked number 7 in open doubles in the USTA Northwest Section. Way to go, Jason! ■

TWIN CITIES TENNIS FEST, JUNE 22-29

Twin Cities Tennis Fest, now in its third year, is one of the state's largest combined festivals of tennis and philanthropy. The celebration of tennis, originally planned by Northwest Racquet, Swim & Health Clubs and other area tennis organizations in memory of Arthur Ashe, includes events designed to promote tennis and encourage players of all age groups and ethnic backgrounds to experience the lifetime benefits of tennis.

Minnesota Senior Tennis and Northwest Clubs will offer free senior clinics during Twin Cities Tennis Fest. Last year more than 100 senior players met for three hours of drills and play. Tennis demonstrations at one of the largest Twin Cities area malls are planned as well.

The Arthur Ashe Endowment for the defeat of AIDS, the Children's Heartlink, and the NWTN Multicultural Program will share proceeds generated from the week's events.

Next month's Times will carry details of the drills STPC will have as part of this event. Look for the details then! ■

Captain's Profiles

by George Erickson

Mary Ellen Mercer

Like some of the captains I interview, Mary started out by saying that she probably didn't have anything interesting to say, and then proved herself wrong.

When Mary's husband died in 1990, her bowling friends, the Mercers talked her into giving tennis a try. Not long after, she started attending drills at both Edina's Northland Center and Williston. After first captaining at Northland, she now captains a three-court group at Williston, which she "thoroughly enjoys," because of the helpful and friendly people in her group.

Mary uses and enjoys the opportunities of Senior Tennis as much as anyone, perhaps more than many, having taken winter tennis trips to San Antonio, Palm Desert and Naples, Florida. In fact, she says, "I'd never have gotten to any of those places if it weren't for Senior Tennis." In addition, she says that Senior Tennis was a great help in making the adjustment after her husband died, and that once she became acquainted, she really enjoys the tennis parties.

In addition to raising a son and daughter (who still live in the Twin city area) Mary's worked part-time for a while in the auditing department of B Dalton. Over the years, Mary has done volunteer work for the Thrift Store, for Loaves and Fishes and for the Girl Scouts.

In addition to tennis and bowling,

Mary is heavily into needle-work. So if you're passing through Bloomington and you hear a loud clicking sound, you're probably getting close to Mary's place where she's knitting, crocheting and hooking rugs between evenings out with her line-dancing group, the Dandi-Liners.

Harold Krantz

When Harold Krantz first heard of Senior Tennis while playing at Williston, he jumped right in. He'd played off and on for some forty years, so he figured he might as well get serious.

For the last six years, Harold has co-captained with Frank Locke at Williston, where he "has a ball" playing, exercising and just enjoying good company. As a captain, Harold likes to keep the skill level of his group fairly even so that no one is bored and no one is swamped.

Harold grew up on a farm near Canistota, South Dakota. After high school Harold worked at an optical lab in Sioux Falls until World War II came along, then enlisted in the Army, which shipped him off to Italy.

Fortunately, Harold returned to Sioux Falls undamaged, where he studied economics and education for four years before adding a fifth year at the University of Nebraska. One year of teaching in a tiny South Dakota town followed, convincing him to move on to other things, the first being a job as an insurance adjuster for eight years in Illinois.

In time, Harold moved to Columbus, Nebraska as a branch manager. As his family grew, Harold moved on to Edina, St. Paul and St. Louis Park, finally capping his career with his own insurance agency in Minnetonka.

With two boys, three girls and a passel of grandchildren in the Twin Cities area, Harold still manages to find time for tennis and golf, and for many years coached softball and taught tennis for the City of Minnetonka.

Thinking back, Harold has simple advice for seniors who are thinking of starting tennis: Go to the drills and learn the fundamentals. If you pay attention you'll learn more quickly and have more fun, and that's what it's all about. ■

CONGRATULATIONS

The latest STPC members to complete twelve lessons are:

**Jim Crawford
 Cal Hanson
 Wally Johnson
 Joan McCarthy
 Roger Newinski**

Remember, notify your instructor when you've completed twelve lessons. ■

back by popular demand...

Vision-Tennis Clinic with Michael Zosel

Saturday, June 15, Nicollet Tennis Center

**\$10 per person
Reservations due by June 10**

Sign up for the **Vision-Tennis Clinic**, presented by nationally-recognized writer and speaker Michael Zosel, the author of *Vision-Tennis*. STPC's Director of Training, Percy Hughes, will assist.

Michael will explain and demonstrate the visual, auditory and physical components that will help you improve your tennis.

- Tap into the exciting dynamics of playing "in the zone". Learn how to get "in the zone" and how to stay there.
- Improve your anticipation skills.
- Manage your time between points like a pro.
- Develop mental techniques for all your strokes and when your score is love-40.

Vision-Tennis Clinic

Yes!

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

**Mary Wenz
1296 Charlton St
West St. Paul, MN 55118**

For more information, call Mary at 457-5347.

Name _____

Address _____

City/State/Zip _____

Phone _____

Check time preferred: 7:30 a.m. warmup, 8-10 a.m. clinic, 10 a.m. snacks

10 a.m. warmup/snacks, 10:30-12:30 p.m. clinic

Love Stories

by Norm Diamond

Whether in formal or informal settings or playing on the Nicollet courts, Pat Hasselmo, 66, moves with grace and shows a commanding presence.

Pat showed an early interest in fitness and health. Graduating from Moline High where she was on the tennis team, Pat later attended Augustana College in Rock Island. There she made the varsity tennis squad and a Bachelor of Arts degree. She achieved her master's degree in Counseling and Guidance at the University of Syracuse.

For two years following graduate school, Pat was Assistant Dean of Students for Women at Gustavus Adolphus College in St. Peter. Then it was back to Augustana College and a post as Director of Alumni Relations. Romance blossomed when she met an exchange student from Sweden named Nils Hasselmo. Nils had a master's degree from a Swedish university and was adding an Art Education degree from Augustana. The two were married in 1958 in Moline.

After several years of teaching, Nils switched to administration. And after holding various administrative posts, he became President of the University of Minnesota in 1989. Pat's major focus is Eastcliff, home of U of M presidents for many years. It has been described as a "glass house continuously under great scrutiny". The Hasselmos are always with people from all walks of life and seldom alone. Some 4,000 people are entertained at Eastcliff

yearly under Pat's direct supervision. Although a staff may supervise functions, Pat provides the touch and style that makes the place operate smoothly.

Pat's hectic schedule includes fundraising, alumni contacts and countless social events throughout the country, all on behalf of the U of



M. She is very involved in private fundraising to build the U's Endowment Program. Also, there's an Eastcliff Legacy Fund to solicit private funds to improve the home and its surroundings.

"Whatever I do, I want to feel in my heart and mind I'm honest, that I'm living up to a personal sense of what is right. I have to live with myself and my own conscience." This quote comes from a depth of feeling and commitment that permeates Pat's entire being.

As a college president's wife in the public eye, Pat maintains neutrality in discussing anything controversial. However, she feels "there is too much political rhetoric and not enough accomplishment." What she believes is a disturbing trend is the continuous lack of civility and respect and inability of too many people to accept responsibility. Despite this serious note, she finds that she and her spouse have great senses of humor and laugh a lot.

When Dr. Hasselmo can spare the time, he joins Pat in attending the Minnesota Symphony, U of M theatre, St. Paul Chamber Orchestra and the Guthrie. Pat is a member of the U of M Women's Club, belongs to a book reading club and serves on the Colleagues Board of the Frederick Weisman Art Museum. She joined STPC in 1992 and finds tennis "invigorating and the members very friendly." She has a cat named Stefan, after Swedish tennis star, Stefan Edberg.

Nils is slated to retire in 1997. He might remain at the U of M and teach or Pat will coax him to return to Tucson where they've kept a home. Other than Nils Peter, the Hasselmos have two other children: Michael, a Harvard professor, and Anna, a teacher who was married to another teacher this year. There are three grandchildren in the fold. Patricia Hasselmo—Live your life so if someone says, "Be yourself," it's the greatest advice. ■

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 River Falls 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 your 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 _____

Captains' Corner by Chuck Slocum

CAPTAINS' CORNER

The indoor season is over, and barring unforeseen snowstorms we should all be playing tennis outside by now. Please look at the schedule published here and see if any changes made affect you. And if you know of any changes that should be made, please notify me.

We have completed a facilities survey and have catalogued outdoor tennis courts in 66 communities around the metro area. We anticipate that we will have at least as many indoor courts for next season as we had this year, and probably more. I submit that we do not lack for courts indoors or outdoors, but we do sometimes lack players at the discount hours (which are the only available hours in most instances). I know many of you refuse to commit to being a regular player and prefer to substitute only when it pleases you to do so.

However, to reserve courts, we need regular participants. Also, many members refuse to play at 7 or 7:30 a.m. Wake up and smell the coffee! These are the only hours private clubs have available—and that will not change in the future. If you don't get to play because you prefer to be only a sub, or refuse to play at early hours, don't blame STPC.

See this month's ad about the upcoming Jack Dow Annual Senior Tournament. Many beginners are reluctant or intimidated about playing in a tournament. Don't be! This tournament will be divided between a round robin affair for skill levels from 2.5 or less and an elimination tournament for those of skill levels 3.0 and above. You will be playing with people with similar skill levels, and it will be a lot of fun. Send in your application today. You'll be glad you did! ■

IN MEMORIAM

STPC extends its sympathy to the families of **William Wigdahl**, **Dorothy East** and **Thomas Dickman**, husband of member Lorraine Dickman, all of whom died recently. ■

DR. TENG REMEMBERED

In memory of Dr. Chung Wei Teng, STPC member who died recently, William and Margaret Teng and Charles and Mary Weber made donations to STPC. We thank them for their generosity.

Dr. Teng's daughter-in-law, Margaret, wrote this thank-you note to the members:

"Thank you for the beautiful flowers. I know how much my father-in-law loved tennis. Everything that made him happier is a comfort to me and my family. Thanks for sharing some wonderful time with him. Special thanks to Connie Custodio and Dick and Shirley Pratt for the gift in Teng's memory." ■

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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!

PUERTO VALLARTA: Ocean-front estate, 5-bedrooms/private baths. Tennis, pool, cook, maid. \$3200/wk. 935-4578.

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

For Sale: Beautiful red classic '91 Firebird T-top. No winters, 28M, loaded. Perfect, CD player. \$12K. Dan, 777-7283

AAUW now offers 14 mos for 1 yr's dues. Enjoy educational programs Mons; day trips in June. Call 724-0313.

1996 SCHEDULE FOR OUTDOOR COURTS

98th Street Racquet, Swim & Health Club

1001 W 98th St, Bloomington, 884-1612.

5 courts every day, 7 A.M.-closing. Anyone can act as Captain. Restricted to Bloomington residents. You must show your driver's license. There are no guest fees; you must pay court fees depending on the number of players. Note: subject to previous reservations.

Armitage Park

56th & Penn Ave S, Minneapolis.

Mon 8-10 A.M. Nancy Lindemann 823-0304

Augsburg Park

72nd and Blaisdell, Richfield, 5/1-10/1

Mon-Fri 7:30-9:30 A.M. Lorraine McDaniel 869-7392
Ruth Aase 941-7116

Bell Courts at the Water Tower

Old Highway 12 and Minnetonka St, Wayzata

Wed 9-11 A.M. Marilyn Thorne 471-9813

Brookview Park

Highway 55 and Winnetka Ave, Golden Valley

call captain call captain Mary McNeil 545-7142

Christian Park

69th and Bloomington Ave, Richfield, 5/3-9/20

Mon, Wed, Fri 7:30-10 A.M. Chad Sharkey 866-7682
Cliff Northfield 884-6617

City Center Courts

Chanhassen

Fri 8:30-10:30 A.M. John Goulett, Jr. 455-4165
Marlyn Goulett 445-4165

College of St. Catherine

Randolph and Fairview, St. Paul. Courts are south of O'Shaughnessy Auditorium, begins 5/3

Fri 6-8 P.M. Connie Waterous 229-2122 or 291-1610 (eve)

Como Park

Horton Ave near Lexington, St. Paul.

Mon, Wed 7-11 A.M. Roy Rincon 724-4623

Dred Scott Park

W. Old Shakopee Rd & Ferry Bridge Rd, Bloomington

Mon 8:30-10:30 A.M. Bunnie Johnston 941-4059
Tues 8:30-10:30 A.M. John Herbst 881-4246
Wed 8:30-10:30 A.M. Stan Furber 830-9702
Thurs 8:30-10:30 A.M. Ruth Aase 941-7116
Fri 8:30-10:30 A.M. Chuck Slocum 941-4059

Edina Community Center

16700 Valley View Road, Edina

Lessons available, 6/10-8/16

Edina Senior High

6754 Valley View Road, Edina. Need Tuesday & Thursday participants

Tues 6-8 P.M. Jack Reynolds 831-5080
Thurs 6-8 P.M. Jim Bernstein 544-0511
Sat 4-6 P.M. Al Holter 537-1843
Sun 4-6 P.M. Jack Reynolds 831-5080

Fridley Commons

62nd and 7th Ave, Northwest corner. Begins 5/2

Tues, Thurs 9-11 A.M. Bob Metcalf 571-3596

Lone Lake Park

Shady Oak N of Bren Rd, Eden Prairie

Mon-Fri 8-10 A.M. Paul Weinreis 935-9463

Normandale College

96th St & France Ave, Bloomington

Wed 9-11 A.M. Chuck Supplee 844-8848

North Valley Park

Inver Grove Heights

Mon, Wed, Fri 9-11 A.M. Dorne Davis 457-3940

Brooklyn Center High School

65th & Humboldt Ave. N, Brooklyn Center

Tues, Thurs 8:30-10:30 A.M. Bernard Ackerson 537-5061

Shawnee Park

6515 Scheel Drive, Woodbury, near 494 & Valley Creek

Mon, Wed, Fri 10:00-12:00 A.M. Captains needed

3M Tartan Park

20th St. N, btwn Cty Rd 17 & Cty Rd 15, Lake Elmo. Enter at picnic & sports area. In case of rain or wet courts, play indoors at Wooddale Tennis Club.

Mon, Wed, Fri 8-10 A.M. Darlene Moynagh 436-8927

Valley Park

Marie, east of Victoria, Mendota Heights

Mon 7:30-9 A.M. Dot Guenther 457-4682

Tues 7:30-9 A.M. Bunny Dougherty 454-1353

Nancy Karasov 452-3172

Wed 7:30-9 A.M. Dorothy Greig 689-9139

Thurs 7:30-9 A.M. Dot Guenther 457-4682

Fri 7:30-9 A.M. Lee Williams 452-0152

Valley View Park

90th between Nicollet & Portland, Bloomington

Mon-Fri 7-10 A.M. captains needed

White Bear High School South Campus

Cty. Rd. E. & McKnight, White Bear Lake. 5/1-6/1 at Lakewood Community College

Mon-Sun 8-10 A.M. Betty Livingston 777-9723

Wed 6-8 P.M. Shirley Kresko 770-1272

Wolfe Park

W 36th St off #100, Saint Louis Park

Tues, Fri 9-11 A.M. LaVerne Wilger 929-8120

Mon, Wed 9-11 A.M. Bob Torbert 374-4288

Sat 9-11 A.M. LaVerne Wilger 929-8120

1996 SUMMER SCHEDULE FOR BEGINNER LESSONS AND DRILLS (INCLUDES INTERMEDIATE DRILLS)

Breck School

123 Ottawa Ave N, just east of Hwy 100 & Glenwood Pkwy, Golden Valley. Starts when school is out. Note: At Lyons Park, Glenwood & Harold St. Golden Valley. Begins 5/13

Mon 5:30-7 P.M. Connie Custodio 824-2569
Wed 5:30-7 P.M. Ernie Greene 488-6359

Wolfe Park

W 36th St. off #100, Saint Louis Park. Starts 5/18. One court for intermediate drills.

Thurs 8:30-10 A.M. Percy Hughes 545-7696
Paul Stormo 553-1112

Woodbury Senior High

2665 Woodland Drive, Woodbury. starts 5/15.

Wed. 9-10.30 A.M., 3.0 and up Lois Nordman 735-6214
6-7:30 P.M., 2.5 or lower

PRIVATE CLUB DRILLS OPEN TO STPC MEMBERS

Decathlon Athletic Club

7800 Cedar Ave S, Bloomington. \$5.00 court fee

Tues, Wed 10-11 am, M/W, 3.5-4.0 Brian Christensen 854-0322
..... 9-10 am, M/W, 3.0

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.

If there are any errors or omissions in this schedule, please call Chuck Slocum at 941-4059 with your corrections. ■

TENNIS ANYONE?



Senior Tennis Players Club, Inc.

A nonprofit corporation, P.O. Box 16163, Minneapolis, MN 55416. Voice mailbox at 612-659-6398.

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.

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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 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 April 1996, STPC membership totaled 1,416.
May 1996: Volume 9, Number 5

Senior Tennis Times
3300 East Gate Rd.
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Address Correction Requested

May 1996

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