



Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc. August 2012

Get ready for fall/winter!

That's right—starting September, most of us will be playing indoors. A *preliminary* fall/winter schedule is on pages 12-15.

Players—find places to play!

Old hands know the routine, but if you haven't played indoors, here are some tips to get going:

- Look at the **Players wanted** story on page 3. Here are captains who *need you!*
- Look at the fall/winter schedule. Call captains where the level of play and location looks good for you. The captain may not have an opening for a regular, but most captains will accept additional subs. (That's how I got started—subbed in 3 or 4 groups. By end of the season, I was a regular!)
- Really new to STPC? Go to our website, click Membership, and read the Getting started article.

Captains

- Check the preliminary schedule and send any changes. The *final* will be in the September newsletter.
- Check that all your players are members this year. You can get a current list of members on our website—click Membership.

On the inside

Page 3: "Players wanted"

Page 6: Signup for the Sommer Tennis Clinic & Luncheon. Meet your editor!

Page 7: "Why do married teams struggle?" Excellent article by Steve Wilkinson. It's not just for married teams, and like everything Steve writes, it's not just about tennis.

Page 8: Signup for the InnerCity Tennis Men's Adult & Senior Clay Court Championship. Great competitive tennis on beautiful clay courts.

Page 9: Signup for Grandparent/Grandchild Round Robin.

Page 12: Preliminary fall/winter schedule.

Page 15: "Ideas for captains" Your editor shares the secrets of his smooth-running groups.

Tennis events

By Bob Busch

Clay Court Championships

Don't delay! Register today for the InnerCity Tennis benefit tournament scheduled for August 11-17 at Bearpath and Interlachen



Country Clubs in Eden Prairie and Edina. Great to see the interest of STPC members who will play on clay against players in their own age brackets. Matches for this USTA tournament will again feature men's play in five-year increments in ages 40-85. See the registration form in this newsletter and complete your entry by the August 6, 2012 deadline.

High School Tennis

The highlight of the State Tournament was the record-setting performance by **Dusty Boyer**, the senior from Forest Lake in class 2A. Boyer won his 4th consecutive State High School Championship with his win in the singles final over **Scott Elsass** of Eden Prairie. Boyer is the only boy to win four singles titles in the 84 year history of the tournament. Both Boyer and Elsass will be on tennis scholarships at the University of Nebraska next season.

In team play, Elk River advanced to tournament play for the first time as an undefeated team ranked #1 with a 28-0 record in Class 2A. They defeated Wayzata 5-2 in the championship final. Breck defeated Rochester Lourdes 4-3 in the Class 1A final after winning a tough semi-final match 4-3 against Blake. Breck junior, **Myles Tang**, led Breck to its 3rd team championship in four years. On Friday of tournament week, Tang won his

(Tennis events—continued on page 7)



Upcoming Events

Grandparent/Grandchild Tennis Event

Saturday, August 11. Signup page 9

ICT Men's Adult & Senior Clay Tournament

August 11-17. Signup page 8.

Sommer Tennis Clinic & Luncheon

Monday, August 13. Signup page 6.

Senior Tennis Players Club, Inc.

A nonprofit corporation, P.O. Box 5525
Hopkins, MN 55343
On the web: www.seniortennismn.com

Senior Tennis Times

The Senior Tennis Times is published ten times annually by and for the members of the Senior Tennis Players Club, Inc.

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David Sommer 612-276-1313

Advertising

Send by email or USPS to the newsletter editor by the 15th of the month for publication the following month. **Please send all payments to the newsletter editor.**

Ad rates (first month/additional months):

Full page (7.5x10) \$165/135

Half page (7.5x4.9) 110/85

Half page on back cover 125/100

Quarter page (3.7x4.9) 70/50

Eighth page (3.7x2.4) 45/30

Business card special 30/20

Horizontal strip ads: \$55 first two inches; \$20 each additional inch. Vertical: \$75 first two inches; \$25 each additional inch.

2-line ad (members only), first three months free, then \$5/issue. Additional lines \$5/issue.

Membership information changes, newsletter delivery problems, etc., can be made by writing Senior Tennis Players Club, P.O. Box 5525, Hopkins, MN 55343 or email dsommer7@usiwireless.com.

Membership total: 1,329

August 2012, Vol. 25, #6

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In Memory...

Bob Tischbein



Bob passed away July 14, 2012 at age 90. He was born May 19, 1922 in Cincinnati, Ohio. He relocated his family to Minnetonka, Minnesota in 1970. Survived by his wife of 66 years, Jane; children, Scott (Rebekah), Robyn (David) Slipka, Bruce & Douglas (Sara); 10 grandchildren; 6 great-grandchildren. Memorial Service will be held at Westminster Church Chapel, 1200 Marquette Ave S, Minneapolis at 2:00 PM on Saturday July 21. Visitation & "Bob's Breakfast" following the service at church. Memorials preferred to The Animal Humane Society, 845 N Meadow Lane, Golden Valley, MN.

Bob joined Senior Tennis in 1990, and was our president 1998-99.

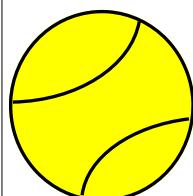
Letters to the editor

Editor's note: We welcome letters, and also Peerves. I invite readers to submit their own Peerves. It's OK to be peerish—anonymity protected if you wish.



Oh no! No letters this month! Don't make your editor cry—he wants to hear from you.

As a non-profit organization, the Senior Tennis Players Club gratefully accepts donations, memorials and estate gifts.



Mission Statement

The primary purpose of the STPC is to provide tennis playing opportunities to people 50 and older for their mental, physical, and social well-being; and to support the growth of tennis.

Newsletter Submissions

To help make the newsletter as correct as possible, please submit all items in writing only, by mail or email. The deadline is the 15th of the month for publication the following month. All material submitted for publication is subject to editing. Enclose a self-addressed stamped envelope if you want materials returned.

Send your submissions to:

David Sommer, 3657 17th Avenue S, Minneapolis, MN 55407.

Email: dsommer7@usiwireless.com.

Opinions expressed in articles, letters or advertisements are those of the author, and do not necessarily represent views of the newsletter editor or the Board or officers of STPC.

Mark's corner

By Mark Mudra

First I'd like to thank all the people who made the last two clinics so successful. Both were sell-outs.



The **Hughes Clinic** was great thanks to all the hard work by Roger Boyer, Dilcia Pederson, Mike Vidmar and their staff. I was so impressed by Roger's speech on volunteering I went out and bought the book "the Blue Zone."

The **Kaminsky Clinic**, run by Tim Jachymowski and his staff with speeches by Tony Stingley and Kristi Businski of the USTA should help our understanding of the rules and help find extra paid referees (I know several STPC members are applying now with Kristi. If interested contact me for a flyer with all the information she discussed.) Our members were able to see what a fine tennis facility Tim has. He gives special rates and classes to STPC members. The gourmet meal was out of this world. All that for only \$12.50. **Mary Kaminsky** was a great host. She shared cooking secrets with the chef and several STPC members after lunch. It was a "Kodak Moment".

The last two clinics were sold out, so get your form in early for the **Sommer Clinic**. *See more details and signup in this newsletter.*

We offer free group lessons on Saturday and Sunday at noon, Tuesday/Wednesday evenings, and Tuesday/Thursday mornings. We have free lessons available to all our members at a variety of locations and times.

Players wanted

Baseline Monday & Thursday 10:00-noon. Regulars & subs for 3.5+ MW. David Sommer 612-276-1313. Competitive and congenial!

Baseline Fridays 9:30-11:00. Regulars & subs for 3.0-3.5 MW. Judy Sweeney 612-866-5298. Fun group!

Reed-Sweatt Tuesdays 9:00-10:30. Subs needed for 2.5-3.0 MW. Start play September 4. Donna Borgerding 612-721-7038 or 612-810-4549.

Reed-Sweatt Tuesdays 10:30-noon. 3.0 MW. Regulars and subs needed, new players welcome. Contact Dennis Moody at 651-488-8124.

Fred Wells Fridays 9:00-11:00. Women (3.0-3.5) wanted to play in a great mixed-doubles group. Men & women subs also needed. Caryl Minnetti 952-884-5136.

Our summer program features work on volleys, serves, return of serves and ground strokes.

The first day of the month is review day so if you missed a class or two the coach will review previous lessons and shots.

An advantage of our summer classes is that we have several courts at each of our locations so the coaches can break the class in groups based on ability. See page 4 for times, places and coaches.

My Saturday class has 8 courts and we split the class, which has been averaging 23 players the last couple of weeks, into warm up drills, drills that feature the shot of the month, and competitive games.

The focus skill for August is the **forehand ground stroke**. See page 4 for details.

Now for our fitness tip of the month. Previously, we urged you to drink more water and protect your skin.

This month will be a little tougher. Try to give up processed foods in a bag. What I mean is items like potato chips, nacho chips, crackers. Anything in a bag is loaded with additives and salt. Questions pertaining to any of the above please contact me.

Mark Mudra markmudra@aol.com

Want ads

These two-liner want ads are available to all STPC members. Your ad is free for three issues. After that, there is a charge of \$5 per publication.



Expert Racket service. Fred Jurewicz 952-496-1018 (H); 612-250-3185. 10% STPC discount.

Time for spring/summer project? Kitchen, bath, paint, lighting/electrical, plumbing, tile. High quality attention to detail. Home Improvement Specialist 612-710-7055, ericostergaard@yahoo.com.

2 Greek homes 3BR 2.5BA near Nafplio. €770-€994/wk. MN owner Sally Howard 612-340-9706 for details.

Rent Villages FL. Activities for all. 2BR, 2BA, den, garage. \$1200/month Sep-Dec. Vernon 952-935-5670.

For sale: upright piano \$100, couch \$50, TV \$25, 1940's big band records, doll clothes, Lawrence Welk things. 952-882-0106.

Want to play tennis pain free? Try acupuncture. Dr. Donna Peterson 952-270-7439.

Personal Gardener—garden help in Bloom., Edina, S. Minneapolis, & near areas. Lee Peterson 952-270-9472.

Frnished mobile hme. Apache Jct AZ. 2BR, 2BA AZ rm. Wkshp/comp rm, lndry, pantry \$11,500. 763-571-2287.

•• STPC lessons and drills—May through August—All levels ••

Some court locations are subject to change during the season. No reservations necessary.

Location	Day	Start	Time	Instructor	Phone	
3M Tartan Park. 20th Street N between Cty Rds 17 and 15, Lake Elmo. Enter through picnic/sports area. Follow sports complex signs to end of road.	Tue	5/8	9:00-10:30 AM	Tom Bauman	651-738-6726 tcbauman@hotmail.com	
Lions Park in Golden Valley until about 6/15. Check with Duncan. Then Breck School 123 Ottawa Ave. Golden Valley	Tue	5/8	5:30-7:00 PM	Duane Ryman	763-557-8607 dhrtennis40@hotmail.com	
	Wed	5/9	5:30-7:00 PM	Duncan Welty	952-933-8592 idwelty@q.com	
Aquila Park Mtka Blvd & Aquila Ave St. Louis Park	Thu	5/10	8:00-9:30 AM	Paul Stormo	952-944-6286 pjstormo@aol.com	
Central Middle School. 8025 School Road, Eden Prairie. Hwy 5 to Mitchell Rd. S about 3 blocks. W on Technology Dr about one mile to Wallace Rd. See 8 tennis courts ahead.	Sat	5/19	Noon-1:30 PM	Mark Mudra	952-833-1469 markmudra@aol.com	
Donaldson Park, Richfield 35W West Frontage Road, just north of 76 th Street	Sun	5/13	Noon-1:30 PM	Sunday Showcase! Coaches: Tom – 5/13, 6/10, 7/8, 8/5; Mark – 5/20, 6/17, 7/15, 8/12; Duane – 5/27, 6/24, 7/22, 8/19; Duncan 6/3, 7/1, 7/29, 8/26.		

Free or low-cost lessons are offered as part of your STPC membership. New members are encouraged to take advantage of them. Lessons are free during outdoor season; they cost \$7 when indoor (to pay for court time). You may continue taking lessons as long as you are a member of the club.

•• Private Club Drills Open to STPC Members ••

Location	Day	Cost	Time	Information
PublicIndoorTennis.com 7833 Hwy 65 N.E., Spring Lake Park	Tue Start 5/1/12	\$7.00	1:00-2:30 PM	Instructor: Mark Mudra Markmudra@aol.com 952-833-1469. Drop in drill. No reservations needed
Reed-Sweatt Family Tennis Center 4005 Nicollet Ave S, Minneapolis	Tue Thu	\$8.00	9:00-10:00 AM	612-825-6844 Call for reservation.
Williston Center , 14509 Minnetonka Drive, Minnetonka, MN 55345. Call 952-939-8370 to reserve. Members may call 1 week in advance; non-members 4 days in advance. Lower price listed is for members.	Tue	\$10/\$12	7:30-9:00 AM	3.0-3.0+ mixer w/critique. Runs mid-June thru mid-Aug.
	Wed	\$8/\$10	8:00-9:00 AM	Senior 3.0-3.5. Runs mid-June thru mid-Aug. Location is GroTonka Park, 17003 Prospect Place, Minnetonka

Skill for August—the **Forehand ground stroke**:

- Target: 4' x 4' square in court corner, 2' from sideline and baseline. Left hip dictates shot direction.
- Slight shoulder turn.
- Weight on back foot.
- Keep head down through the shot.
- Push palm through contact point.



Celebrate Summer with an old-fashioned picnic at the *free* annual STPC Picnic



When: Saturday, August 25, 8:30-3:30

Where: Augsburg Park in Richfield at 72nd and Nicollet

Reservations: None needed. This event is for STPC members and spouse

Cost: Zero! Your club is paying the reservation fee, and supplying tennis balls.

Potluck at noon: Bring your own beverages and a dish to pass. *There are no electrical outlets and no water at the site*; but the public library is nearby and open. If you feel like being green you can bring your own plates and utensils.

Bring a blanket or lawn chair to sit on.

What's to do: We'll have tennis, bocce ball and ladder golf. Or you can sit and enjoy friends under wonderful shade trees.

Put this on your calendar and come for a day of fun! Questions call Lee Peterson 952-270-9472 or Ann Barten 612-724-0712.

Directions:

From the east on 62: take Portland exit south to 70th St. Turn right and go to Nicollet Ave. Turn left on 72nd St. Proceed two blocks and the courts will be on your right.

From the west on 62: Take the Lyndale Ave exit south to 73rd St. Turn left and go to Wentworth Ave. Turn left and the park will be in front of you.

From the south on I 35W: Go east on I 494 and take the Lyndale exit north to 73rd St. Turn right and go to Wentworth Ave. Turn left and the park will be in front of you.

From the north on I 35W: Take 60th St exit. Turn right to Nicollet. Turn left to 72nd St. Turn right to Wentworth Ave.

From the west on I 494: Take the Lyndale exit north to 73rd St. Turn right and go to Wentworth Ave.. Turn left and the park will be in front of you.

From the east on I 494: Take the Nicollet Ave exit north to 72nd St. Turn left and proceed two blocks, the courts will be on your right.

Parking: You can park in the lot to the west of the courts, in the library parking lot, or on 72nd St, Wentworth Ave, or Blaisdell Ave.

Las Vegas tennis in October?

If you are interested, please call **Vernon Berkness, 952-935-5670** or **Pat Williamson 651-738-6953**, or email willi056@umn.edu. We are exploring a short trip to Vegas that some of us took several years ago when we played tennis, did some sightseeing, and had time to see shows. Either over a weekend or 3-4 weekdays (air fare and hotels are often cheaper), it would be fun to try again. A minimum of eight folks would make it work. Tentative expenses: air fare \$300-\$400,

depending on dates, and hotel \$75-\$150/night. Tennis pros are welcome to accompany the group! A speedy response is needed to see if this is worth following up. We have nine people interested at present. Does this sound like a fun trip? If so, please contact one of us as soon as possible. Hope to see you on the courts!



Sommer Tennis Clinic & Luncheon

Monday, August 13 • Baseline Tennis Center (on U of M campus)

Tennis from 9am - 11am • Luncheon Begins at 11:00

96 Player Limit, Register Soon!

Information

The Sommer Clinic, led by Dana Young, John Pratt, and Reven Stephens, the Baseline staff plus current and former U of M players, takes place Monday August 13, 2012 beginning at 9:00 (**please arrive by 8:45 AM**) at the Baseline Tennis center. (Visit our website www.seniortennismn.com for directions and parking options—click Tennis Schedule, then look for “Map showing Baseline and parking”.)

You'll improve your game, have a good time, and get a free lunch, so sign up now. Features:

- Door prizes provided by Babolat: apparel, free racquet stringing, balls, and other tennis accessories.
- Babolat representatives to discuss proper stringing, racquets, footwear and other tennis equipment questions.
- St Paul Urban Tennis representative to discuss volunteer opportunities & health benefits.
- Ball machine

Registration: closes August 1, and there is a limit of 96 players, so sign up now!

Cost: \$12.50 for STPC Members, \$15 for guests

Format: Two 50-minute segments, men and women - everyone plays!

8

Name	Phone	Skill level
Member:		<input type="radio"/> 1-1.5 <input type="radio"/> 2-2.5 <input type="radio"/> 3-3.5 <input type="radio"/> 4.0
Guest:		<input type="radio"/> 1-1.5 <input type="radio"/> 2-2.5 <input type="radio"/> 3-3.5 <input type="radio"/> 4.0

Registration Form

Send your check payable to STPC (\$12.50 per member, \$15 per guest) and this form to:

Mark Mudra • 5008 Nob Hill Dr • Edina, MN 55439 • markmudra@aol.com

Release Form (all players must sign and date)

As a condition of my participation, I agree that any participation by me in the activities of, or sponsored by, the Senior Tennis Players Club, Inc. (STPC), a non-profit organization, including, but without limitation, activities such as tennis lessons, clinics, drills, rating sessions, camps, trips, playing in or attending tennis games, tournaments, groups or social events, shall be at my sole risk; and I hereby release and hold harmless STPC (all being “Associated Others”) for all claims of damage, whether due to injuries to person or property; to any direction, conduct, scheduling or claimed discrimination, nonfeasance or malfeasance, or otherwise, arising out of, or occurring in connection with, any such activities or conduct of STPC or such Associated Others.

Signature	Date
Member:	
Guest:	



7th match in four days to win the Class 1A singles championship. In Class 2A doubles play, **Luke Elifson** and **Martin Beck** of Minneapolis South defeated **Toby Boyer** (Dustys' brother) and **Zachary Decker** of Forest Lake 6-1, 7-5. It was their 2nd consecutive State Doubles title. Great to see players who participated in the InnerCity Tennis program play so well. In Class 1A, Rochester Lourdes team **Robert Turlington/Brian Utz** defeated **Tucker Sjöblad/Andrew Engel** of Breck 6-2, 6-3 for the championship.

Wimbledon

Considered to be the oldest tennis tournament, Wimbledon has been held at the All England Club in Wimbledon, England since 1877. It is the biggest and most prestigious of the four Grand Slam tournaments. The **Williams sisters** of the USA, **Serena** and **Venus** from Compton, California, dominated women's play in this international event with both singles and doubles championships. Serena's power game was dominant throughout the tournament as she set a tournament record with 102 aces in winning her fifth Wimbledon title. Serena defeated **Agnieszka Radwanska** 6-1, 5-7,

6-2 in the championship match. Five hours later, Serena and Venus teamed up to win their fifth Wimbledon doubles championship, defeating **Andrea Hlavackova/Lucie Hradecka** 7-5, 6-4. Rochester's **Bethanie Mattek-Sands** and partner **Sania Mirza** lost to the Williams sisters in the third round. The sisters also defeated the USA team of Huber/Raymond in the semi-final match. **Andy Murray**, the home-town favorite in men's singles, was the first British man to reach the singles final since Bunny Austin in 1938. However, the strong play of **Roger Federer** propelled him to his seventh Wimbledon singles title, his 17th Grand Slam title and the #1 World Ranking in his 4-6, 7-5, 6-3, 6-4 win over Murray. Federer defeated **Novak Djokovic** in the semi-final match in four sets. In Men's doubles an unseeded wild card team **Jonathan Murray/Frederik Nielsen** defeated **Lindstedt/Tecau** 4-6, 6-4, 7-6, 6-7, 6-3 in a very close championship match. Although the **Bryan twins** from the USA lost in the men's doubles semifinal, **Mike Bryan** and **Lisa Raymond** won the mixed doubles championship. Overall, US players won five major championships and represented their country very well.

Why do married teams struggle?

By Steve Wilkinson, USPTA

Editor's note. I received this from Steve today. It's a long article but well worth reading. Steve said, by way of introduction to the article, "Soon the United States Professional Tennis Association (USPTA) will publish the attached article, which centers on communication between husband/wife doubles teams. However, the four principles that are emphasized apply equally to relationships by all people, both on and off the tennis court."

"The article reflects the message that is being convincingly taught at every TLC camp by Neal Hagberg, Dan McLaughlin, and the entire TLC staff."

Many people realize that tennis-playing husbands and wives have a difficult time pairing up for doubles with each other. Some clubs do not even allow husband-wife teams to play together in mixed doubles tournaments.

So why do married couples tend to struggle in their on-court relationships? In other words, why do two people who have pledged to love each other (no matter what) have more issues than most other doubles teams?

The reasons are simple and the on-court solutions are straightforward. If couples used the four keys to communication (explained below) in the rest of their lives, their marriage relationships would be sig-

nificantly enhanced. And these principles not only help married couples, they apply to everyone.

The good news is that some couples do know how to work and play well together on court. Take the husband/wife national championship team of **Josh Heiden** and **Christin Tiegs-Heiden**, who won the 2010 USTA National Husband and Wife Hard Court Championship. Both were NCAA Division III All-Americans who played for colleges in Minnesota; Josh played for Gustavus Adolphus College and Christin for St. Benedict. They were both teachers at Tennis and Life Camps, where they met and fell in love.

Jennifer Johnson, the Tennis.com writer who covered the 2010 Hard Court Championship, was struck by the contrast between the Heidens and many other husband/wife teams.

There are no "mixed troubles" with this couple—no glaring, squabbling or under-the-breath mutterings that plague a lot of husband-and-wife teams. "We don't worry too much whether we win or lose," says Christin. Adds Josh: "We have a lot of respect for each other. We don't get uptight or grumpy."

Both know the tennis court can be a contentious playground, but Josh, a teaching pro at The Tennis Connection in Rochester, Minn., has this advice for other married partners: "The most important thing is

(Why do married teams struggle? Continued on page 10)

InnerCity Tennis Men's Adult & Senior Clay Court Championships

A Benefit for the InnerCity Tennis Foundation

What: Northern Sectional event sanctioned by the USTA.

Where: Bearpath Country Club, 18100 Bearpath Trail (off Dell Road), Eden Prairie and Interlachen Country Club, 6200 Interlachen Blvd. Edina.

When: Saturday, August 11, 2012 through Friday, August 17, 2012.

(Weekday matches will start at 11 AM, and when possible, all matches in the 40, 45, 50, 55 and 60 age groups will be scheduled at 4:00 p.m. or later)

Who: All men 40 and above with divisions at 40, 45, 50, 55, 60, 65, 70, 75, 80 and 85.

How much: \$50 for singles and \$80 for a doubles team payable to InnerCity Tennis.

Additional contributions to help InnerCity Tennis are greatly appreciated! InnerCity Tennis is a 501 (c)(3) non-profit organization.

Registration Form

-Entries must be received by Monday August 6, 2012.
-Draws and match times will be posted on USTA's Tennis Link for the tournament ID# 555111712 by 9:00 p.m. on Thursday, August 9, 2012.

- | | |
|---|---|
| <input type="checkbox"/> Men's 40 Singles | <input type="checkbox"/> Men's 40 Doubles |
| <input type="checkbox"/> Men's 45 Singles | <input type="checkbox"/> Men's 45 Doubles |
| <input type="checkbox"/> Men's 50 Singles | <input type="checkbox"/> Men's 50 Doubles |
| <input type="checkbox"/> Men's 55 Singles | <input type="checkbox"/> Men's 55 Doubles |
| <input type="checkbox"/> Men's 60 Singles | <input type="checkbox"/> Men's 60 Doubles |
| <input type="checkbox"/> Men's 65 Singles | <input type="checkbox"/> Men's 65 Doubles |
| <input type="checkbox"/> Men's 70 Singles | <input type="checkbox"/> Men's 70 Doubles |
| <input type="checkbox"/> Men's 75 Singles | <input type="checkbox"/> Men's 75 Doubles |
| <input type="checkbox"/> Men's 80 Singles | <input type="checkbox"/> Men's 80 Doubles |
| <input type="checkbox"/> Men's 85 Singles | <input type="checkbox"/> Men's 85 Doubles |

Name _____

Phone (_____) _____

Address _____

City _____ State _____ Zip _____

Birth date _____ USTA# _____

My Doubles partner is:

Name _____

Phone (_____) _____

Address _____

City _____ State _____ Zip _____

Birth date _____ USTA# _____

Waiver: I, hereby for myself, heirs, executors and administrators, waive and release all rights and claims for damages against the InnerCity Tennis Foundation, the USTA, and Bearpath and Interlachen Country Clubs and/or their respective agents, representatives, successors and assignees for any participation in this event.

Signature(s) Required:

_____ Date _____

_____ Date _____

Registration Options

1. Register and pay online with USTA's Tennis Link access to the tournament at www.northern.usta.com. The tournament ID # is 555111712.
2. Complete the form and mail with payment to:
**ICT Clay Court Tourney
5229 Duggan Plaza
Edina, MN 55439**

Format:

Best two out of three sets will be played with regular scoring. There will be a first match consolation bracket unless division play is a round robin. A 7-point tiebreaker will be used at 6 games all in each set. The 15-minute default rule will be strictly followed. Scores must be reported immediately after each match.

Gift and Awards:

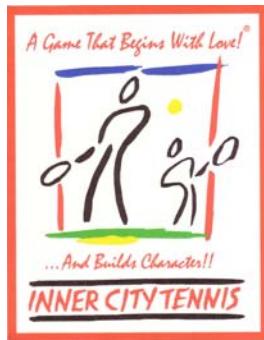
Your entry fee includes a gift from InnerCity Tennis. Prizes will also be awarded to finalists in all divisions.

Restrictions:

All entrants must be USTA members.

TO JOIN THE USTA call: 1-800-990-8782.

Please contact Tournament Director Bob Busch with any questions at 952-941-1204.



www.innercitytennis.org

17th Annual

Grandparent/Grandchild

Round Robin

Saturday, August 11, 2012
Check in 7:30, play 8:00-11:00 AM
Richfield High School Courts

7001 Harriet Ave S, Richfield



Here's an opportunity for you to play tennis with your grandchild, share time together, and most of all, have fun!

Only \$4 per person. Deadline for reservations: postmarked by August 7, 2012.

Send this reservation form with your check for \$4 per person, made out to STPC, to:

Gary Rother
Grandparent/Grandchild
5208 16th Ave S
Minneapolis MN 55417-1814

Grandparent _____ Rating _____ Phone # _____

Email: _____

Grandchild _____ Age _____

Grandchild's level: 10Under 12Under Intermediate School varsity

I agree that any participation by me in the activities of, or sponsored by, the Senior Tennis Players Club, Inc. (STPC), a nonprofit organization, including, but without limitation, activities such as tennis lessons, clinics, drills, rating sessions, camps, trips, playing in or attending tennis games, tournaments, groups or social events, shall be at my sole risk; and I hereby release and hold harmless STPC and its officers, directors, members, employees, agents, tennis pros, tennis clubs, courts and facilities used or licensed by STPC, and all independent contractors with STPC (all being "Associated Others") for all claims of damage, whether due to injuries to person or property; to any direction, conduct, scheduling or claimed discrimination, nonfeasance or malfeasance, or otherwise, arising out of, or occurring in connection with, any such activities or conduct of STPC or such Associated Others.

Signature _____ Date _____



just to have fun. Keep it a game."

Sounds like great advice for keeping the tennis court from turning into a divorce court!

Why many married couples struggle

One reason married couples struggle rests in a genuine desire to help their tennis partner. Each wants the other to play better. Sometimes one half of the team really appreciates several key recommendations given by the tennis pro the preceding week. Therefore, the reason for the mistake on the last point was plain to see, as far as that person is concerned. "Certainly my partner would appreciate reinforcement of the pro's advice," he or she thinks.

The intention is good, but trying to help is usually counterproductive. The partner may respond defensively, telling the other to quit pointing out mistakes. Reminders of what the pro said are not necessary. The spouse offering advice is hurt by the negative response, and finds it hard to understand. ("Honey, I was just trying to help.") The adviser shuts up, but now the damage has been done, and people around feel the tension.

Another reason that married couples often do not fare well on the doubles court together is familiarity. Most people are reluctant to correct a stranger, boss, minister, or anyone else, but a wife or husband is different. Suggestions for improvement, for a better way of doing things, just seem to flow out of a spouse's mouth. And when they do, they cause trouble on the court.

Realizing this, a spouse may try to keep quiet, but body language is very transparent to the spouse, more so than it would be to another partner. The criticisms and judgments continue, even as the spouse tries to avoid them. Even silence is interpreted as criticism.

Another problem for married couples is that off-court conflicts can resurface on the court when the pressure builds and either partner is feeling insecure. Ideally, the tennis court is a place where each can leave behind their cares and just have fun. Unfortunately, sometimes it does not work that way, particularly when both persons involved in the off-court conflicts are now present. Unrelated issues can trigger their responses to each other on court.

The four keys to positive doubles relationships

As previously mentioned, Josh and Chris Heiden, the 2010 national husband/wife champions, have avoided the pitfalls that entrap many married couples at every

level of play. They demonstrate that four key actions can transform relations between all doubles partners – both married and unmarried. They work best when all four are combined after every point.

The first key is touch. Handshakes, high fives, low fives, knuckle touches, hip bumps, hugs, and an arm around the shoulder are all appropriate ways for doubles partners to celebrate a winning point or match. A peck on the cheek seems natural for a husband/wife pair. Also, some male teams—most notably professionals Mike and Bob Bryan—celebrate and establish touch with a jumping chest bump.

Touch establishes connectedness, care, and support. It is the first form of communication between newborn baby and mother. Studies in hospitals and orphanages have repeatedly shown that infants do not develop properly without significant touching. Young children instinctively seek to be held when they need it. Think of how important a kiss or hug can be after a cut, bump, or fall. The benefits from touch are just as strong for adults.

Realizing this, the highly-ranked professional doubles team of **Eric Butorac** and **Jules Rojer** made contact after every point in a 2011 New Zealand pro tournament in Auckland. A television interviewer expressed surprise after observing this in a quarterfinal victory. "Do you touch all the time...even when you are playing poorly and losing?" she asked. Butorac responded, "Yes, we do, and it is even more important then."

The second key is eye contact. When we are disappointed in our own accomplishments, we instinctively look down. Therefore, "Hold your head high!" is common advice to someone dealing with a setback. Also, when our partners let us down, we find it hard to look in their eyes.

We instinctively look away.

When we feel confident and proud, eye contact with a tennis partner comes naturally. Making eye contact after every point, even when we do not feel like it, guarantees that we will always project confidence. And when we act confidently, we become confident. Partners can help each other. Eye contact with our partners after mistakes communicates our continuing confidence, no matter how easy the mistake was.

The third key is a smile. When we smile, we relax and communicate trust. We let our partner know that we are having fun, that we enjoy the competition, and that

(Why do married teams struggle? Continued from page 10)

we like being there. Conversely, when we frown, we tense up and communicate doubt, unhappiness and stress.

When we frown or act upset with ourselves, we may be tempted to think this is supportive behavior. After all, we are taking the blame for a lost point and diverting responsibility from our partner. However, the opposite occurs. Our partners may blame themselves. They may say, for example: "If only I had put the overhead away two shots before, we would have won the point." When this happens, both partners focus on mistakes and get trapped in negative, self put-downs. Consequently, the team is pulled down and its energy is sapped.

So why is a smile appropriate after we have played a poor point? Shouldn't smiles be reserved for well-played, winning points? Don't smiles after a lost point appear sarcastic and condescending? They can, if the smiles have been preceded by critical comments and negative body language. However, if the emphasis is placed on things within our control, there can be good reasons to smile after lost points. If my partner and I gave our full effort and stayed positive, then we were successful at the most important level.

The fourth key is positive verbal communication. We are a cheerleader for our partner, not a coach. We should praise the things our partner does well and ignore the mistakes. Most importantly, we do not tell our partner what should have been done. This creates pressure, leading our partner to fear that he or she is not good enough to play with you. Or it may induce resentment, and raise the question: "Why is he criticizing me when he has made more than his share of mistakes?"

If we dwell on our own mistakes, we are more likely to make the same ones again. Even though we are thinking, "Don't make that mistake again," we mostly hear **mistake**. We tighten, and then we repeat it. Things work far better when we retain a clear vision of a successful shot and that shot fills our minds as we prepare for the next.

We undermine our partners and ourselves when we agonize over missed shots by either one of us. Therefore, avoid saying, "I am sorry" after a miss. Instead, we aid our positive visualization and the successful execution of future shots when we express excitement over good shots. Offer praise after successful points and encouragement after poor points "No big deal! We will get the next point! Great hustle! Nice try!" These are all good choices of positive

messages for a partner. And whenever our partners say something positive to us, we return that praise with a "thanks."

Picture what this approach looks like. Partners are moving with energy, avoiding negative body language or self put-downs, praising each other, saying thanks when complimented, ignoring each other's mistakes, encouraging but not coaching each other, touching, making eye contact, and flashing smiles between every point.

This is what you see when Josh and Christin Heiden play. It often strikes observers as unique and unusual. But should it? This type of play is possible for every doubles team that steps on a tennis court. It is a joy to watch and the results are impressive, win or lose.

This same relational approach can be applied to job settings, the classroom, family settings, other team sports and games, friendships, and, of course, marriages. **Tennis relationships are a microcosm of life!**

Steve Wilkinson, USPTA, retired in 2009 as the all-time winningest coach in men's college tennis history with 929 victories during his 39-year tenure at Gustavus Adolphus College in St. Peter, Minn. Wilkinson was twice named the NAIA National Coach of the Year and the NCAA Division III Coach of the Year three times. He was inducted into the Intercollegiate Tennis Hall of Fame in 2010. Wilkinson also has been an internationally competitive tennis player, ranked No. 1 in the United States in the 45, 50, 55, and 60 age divisions.



Fall/winter schedule 2012-2013

Up-to-date schedule is always on our website: www.seniortennismn.com

Want to find a place to play? Here's what you do:

- Locate one or more locations, times, and skill level that you'd like.
- Call the captains responsible and ask if they have any regular or sub positions available.
- If this doesn't accomplish what you want, call Facility Coordinators for places you'd like to play. They may be able to help you get a new group together. If no Facility Coordinator shown, call the Area Director.

•• ST. PAUL AREA ••

Play is usually September-April. Check with Captains for Start/end Dates

**For corrections for St. Paul and suburbs call the Area Director:
Thue Rasmussen at 651-917-0075 or E-mail him at thueor32@comcast.net**

Location	Day	Time	Ct s	Skill	Captains	Phone
St. Paul Indoor Tennis Club 600 Desoto, St. Paul Facility Coordinator ??	Mon	7:00-9:00 AM	2	3.0-3.5 MW	Peter Plagemann	651-633-0466
	Wed	7:00-9:00 AM	3	3.0-3.5 MW	Brian Kretsch	651-341-8860
	Fri	7:00-9:00 AM	3	3.0-3.5 MW	Annette Adam	651-455-9319
Wooddale Recreation Center 2122 Wooddale Dr., Woodbury Facility Coordinator: Darlene Moynagh 651-436-8927	Mon	9:00-11:00 AM	2	3.0-3.5 MW	Connie Alt	651-450-4580
	Tue	9:00-11:00 AM	2	3.0-3.5 M	Woody Gillette	651-436-2614
	Wed	8:00-10:00 AM	2	3.0-3.5 MW	Ken Simmons	651-436-8857
	Fri	8:00-10:00 AM	2	3.0-3.5 MW	John Booher	651-578-6794

•• MINNEAPOLIS AREA ••

Play is usually September-April. Check with Captains for Start/end Dates

**Corrections for Minneapolis and suburbs call the Area Director:
Rod Johnson 763-588-2107 or E-mail him at r-john@umn.edu**

Location	Day	Time	Ct s	Skill	Captains	Phone
Baseline Club 1815 4th St SE, Minneapolis 612-625-1433 Facility coordinator: Thue Rasmussen 651-917-0075	Mon	10:00-Noon	3	3.5+ MW	David Sommer	612-276-1313
	Tue	8:30-10:00 AM	2	3.0-3.5 MW	Ann Dillon	651-645-6091
	Wed	10:00-Noon	1	3.5 M	Art Fudenberg	763-784-9716
		10:30-Noon	2	3.0 MW	Louise Halverson	612-722-7132
	Thu	10:00-Noon	3	3.5+ MW	David Sommer	612-276-1313
		10:00-11:00 AM	1	2.5 W	Brenda Zimmerman	651-645-1662
	Fri	9:30-11:00 AM	2	3.0-3.5 MW	Judy Sweeney	612-866-5298
Daytona Club 14740 Lawndale Lane Daytona. Facility Coordinator: Donna Mueller 763-421-8436	Tue	9:30-11:30 AM	4	2.5-3.5 MW	Donna Mueller	763-421-8436
	Thu	9:30-11:30 AM	4	2.5-3.5 MW	Captain needed	

Fred Wells Tennis and Education Center 100 Federal Drive, Ft. Snelling 612-252-8367 Facility Coordinator??	Mon	7:00-8:30 AM	5	3.5-4.0 M	Rick Van Doeren	952-897-3888
		8:00-9:30 AM	1	3.5 W	Mary Rogers	952-927-8168
		8:30-10:00 AM	2	3.0 + MW	Skip Pederson	952-831-0684
		9:30-11:00 AM	1	3.0-3.5 W	Sandra Loewenstein	651-454-3699
		10:00-Noon	3	3.5 + MW	Dave Fridgen	612-521-4063
		10:00-Noon	2	3.0-3.5 MW	Loren Barber	651-770-6887
	Tue	8:00-9:30 AM	2	2.5-3.0 MW	Carrie Howes	651-406-9583
		8:00-9:30 AM	3	3.0-3.5 M	John Hilleren	952-831-1907
	Wed	9:30-11:00 AM	2	3.0 + MW	Skip Pederson	952-831-0684
		10:00-12:00 AM	2	3.5-4.0 MW	Marty Plitnick	612-247-7412
		1:00-2:30 PM	1	3.5-4.0 W	Mary Lou Dyrhaug	651-690-2094
Lifetime Fitness Oakdale 1201 Ford Road, Minnetonka Facility Coordinator: Glenn Fuller 763-588-0464	Thu	8:00-9:30 AM	1	3.0 MW	Ariel Dickerman	651-292-1933
		8:30-10:30 AM	3	3.5 MW	Dave Fridgen	612-454-3699
		9:30-11:00 AM	1	3.0-3.5 W	Sandra Loewenstein	651-454-3699
		12:30-2:00 PM	1	4.0 M	Dennis Barrett	651-457-1801
	Fri	7:30-9:00 AM	3	3.0-3.5 M	John Hilleren	952-831-1907
		9:00-11:00 AM	2	3.0-3.5 MW	Loren Barber	651-770-6887
		9:00-11:00 AM	2	3.0-3.5 MW	Caryl Minnetti	952-884-5136
		10:00-11:30	1	3.5-4.0 W	Mary Lund	952-929-8075
		10:30-12:30 PM	2	3.0-3.5 MW	Gordy Manaige	651-429-4046
Match Point Tennis Center 9913 214th Street W, Lakeville. Facility coordinator: Bruce Abrahamson 952-461-2617	Wed	7:00-8:30 AM	3	3.0-3.5 M	Bob Carr	952-944-2662
		7:00-8:30 AM	3	3.0-3.5 M	Glen Fuller	763-588-0464
	Mon	8:30-10:30 AM	2	3.0-3.5 M	Bruce Abrahamson	952-461-2617
		8:30-10:30 AM	4	3.0-3.5 M	Bruce Abrahamson	952-461-2617
		Noon-1:30	2	3.0-3.5 W	Pat Judge	651-452-1124
		8:30-10:00 AM	2	3.0-3.5 M	Bruce Abrahamson	952-461-2617
		Noon-1:30	3	3.0-3.5 W	Pat Judge	651-452-1124
	Tue	8:30-10:30 AM	3	3.0-3.5 M	Bruce Abrahamson	952-461-2617
		8:30-10:30 AM	3	3.0-4.0 MW	Mike Schleeter	651-274-2011
		10:30-Noon	3	2.5-3.0 MW	Diane Lehman	651-488-6147
PublicIndoorTennis.com 7833 Highway 65 N.E., Spring Lake Park, MN 55432. 763-231-3109. Facility Coordinator: Diane Lehman 651-488-6147	Thu	10:30-Noon	3	3.0 MW	Jan Swanberg	651-633-7178
		10:30-Noon	3	2.5-3.0 MW	Diane Lehman	651-488-6147

Reed-Sweatt Family Tennis Center 4005 Nicollet Avenue S Minneapolis 612-825-6844 Facility Coordinator: Marv Schneider 952-975-1895	Mon	7:00-9:00 AM	2	3.0 MW	Carol Thompson	952-929-0844
		8:30-10:00 AM	1-2	Available permanent court time – call RSFTC		
		8:30-10:00 AM	2	2.5-3.0 W	Joan Petroff	952-893-9149
		10:00-11:30 AM	3	3.0 MW	Fred Easter	612-869-4560
		11:00-12:30 PM	2	2.5 MW	Cleome Hennessy	763-767-9689
		11:30-1:30 PM	6	3.5-4.0 M	Ken Landro	763-544-9757
					Thue Rasmussen	651-917-0075
		12:30-2:00 PM	1-2	Available permanent court time – call RSFTC		
		3:00-4:30 PM	1-2	Available permanent court time – call RSFTC		
	Tue	7:00-9:00 AM	2	3.0-3.5 MW	Herman Swanson	612-861-4313
		9:00-10:30 AM	2	2.5 MW	Donna Borgerding	612-721-7038
		9:00-10:30 AM	2	3.0 M	Patrick Meekin	612-874-8319
		9:30-11:00 AM	1	3.0-3.5 M	Ken Rich	612-377-4682
		10:30-Noon	3	2.5-3.0 MW	Dennis Moody	651-488-8124
		11:30-1:30 PM	1	3.5 M	Bill Sampson	763-566-4085
		1:30-3:30 PM	3	3.0-4.0 MW	Marv Schneider	952-975-1895
		1:30-3:00 PM	2	3.5 W	Jean Murdock	952-941-5362
		1:30-3:00 PM	1-3	Available permanent court time – call RSFTC		
		2:00-3:30 PM	1	2.5-3.0 MW	Mike Bosanko	952-881-0258
	Wed	3:00-4:30 PM	1-4	Available permanent court time – call RSFTC		
		9:30-11:00 AM	3	3.0-4.0 W	Joanne Schmid	952-474-6022
		9:30-11:30 AM	3	3.0-3.5 MW	Ronnae Wagner	952-938-0374
		10:30-Noon	2	2.5-3.0 W	Shirley Pratt	651-291-1493
		10:30-Noon	1	3.5 M	Bob O'Brien	952-920-1571
		11:30-1:30 PM	2	3.5-4.0 MW	Jo Rolling	651-777-3773
		1:00-3:00 PM	2	3.5-4.0 M	Tom Jackson	763-550-1369
		3:00-4:30 PM	1-4	Available permanent court time – call RSFTC		
	Thu	7:00-9:00 AM	4	3.0-3.5 MW	Herman Swanson	612-861-4313
					Ann Barten	612-724-0712
		8:30-10:30 AM	4	2.5-3.0 MW	Linda Wright	952-895-1142
					Bill Kruckeberg	952-926-3397
		10:30-Noon	2	3.0-3.5 MW	Greg Lipelt	612-724-9871
	Fri	2:30-4:00 PM	1-4	Available permanent court time – call RSFTC		
		7:00-9:00 AM	4	3.0-4.0 MW	Marv Schneider	952-975-1895
		7:00-9:00 AM	1-4	Available permanent court time – call RSFTC		
		8:30-9:30 AM	1	2.5-3.0 W	Florence Halverson	952-835-5999

Reed-Sweatt Family Tennis Center (continued) Facility Coordinator: Marv Schneider 952-975-1895	Fri	9:00-10:30 AM	5	2.5-3.5 MW	Larry Mahoney	651-335-3467
		9:00-11:00 AM	4	3.0-3.5 MW	Mike Bosanko	952-881-0258
		10:30-12:30 PM	2	Available permanent court time – call RSFTC		
		12:30-2:30 PM	6	3.5-4.0 MW	Joell Anderson	952-881-5510
					Gerry Ludwig	763-522-9376
		2:30-4:00 PM	1-4	Available permanent court time – call RSFTC		
Williston Fitness and Sports 14509 Minnetonka Drive Minnetonka Facility Coordinator Ed Fischer 763-550-9770	Mon	7:00-8:30 AM	3	3.0-3.5 W	Ginny Morse	612-288-9121
		10:30-Noon	2	3.0-3.5 MW	Terry Clark	952-473-6296
		2:30-4:00 PM	1	3.0-3.5 W	Linda Kraft	952-934-1992
	Tue	8:00-9:30 AM	2	3.0-3.5 MW	Tom Shillock	952-475-2199
		11:30-1:00 PM	2	3.0-3.5 MW	Patrick Hurley	952-470-2110
		2:30-4:00 PM	1	2.5-3.5 MW	Peg Woellner	952-935-6187
	Wed	7:30-9:00 AM	2	2.5-3.0 W	Lois Kukuk	952-495-8067
	Thu	8:00-9:30 AM	2	3.0-3.5 M	Dennis Henriksen	952-475-2795
		11:30-1:00	2	2.5-3.5 W	Jeannie Rose	763-537-2455
		1:00-2:30 PM	1	3.0-3.5 W	Jenny Caldwell	763-473-6015
	Fri	2:00-3:30 PM	2	3.0 MW	Arnie Nelson	763-473-2089
		2:00-3:30 PM	1	3.0-3.5 W	Ginger Stees	952-476-2547
	Sat	3:00-5:00 PM	3	3.0-4.0 MW	Marv Schneider	952-975-1895
Corrections for Minneapolis and suburbs call the Area Director: Rod Johnson 763-588-2107 or E-mail him at r-john@umn.edu						

Ideas for captains

By David Sommer

Other captains have complimented me on the smooth running of my groups. “What’s the secret?” Not a secret at all—I’m glad to share.

Rules for players

Yes, I have some:

1. We’re out to play competitive and **fun** tennis.
2. Sportsmanship 1: benefit of the doubt on any line call goes to the opponent. And make calls only on your side of the net, unless opponents ask for help.
3. Sportsmanship 2: encourage, never criticize, your partner and opponents. Compliment on good shots. Accept your partner’s approach to the game—where he chooses to stand when you are serving or receiving, etc.
4. Stay positive. You can’t control whether you win or lose, and you can’t even control whether you’ll play

well on a given day. But you can choose to be positive and keep trying.

5. Be on time. Better: arrive 10 minutes early! This shows respect for your fellow players.
6. If you are unable to play on a given day, it is **your** responsibility to find a sub, not the captain’s.

Organization

To maintain the quality of my group, I usually “audition” a prospective regular. This consists of getting together with the player and hitting the ball for as much as 1/2 hour, to assess skill at ground strokes, volleys, and serves.

Unlike most groups, I have extra regulars. Rule of thumb: 5 regulars for each court. Example: with 3 courts I will have 15 regulars. This means that any given player plays about 80% of the time. You might think

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Senior Tennis Times
P.O. Box 5525
Hopkins, MN 55343

August 2012

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(Continued from page 15)

that this would cause dissatisfaction among my players, but it does not. Reasons:

1. Players have other commitments, like vacations. Before I **assign** Byes, I ask my players for any **requested** Byes. Especially in the January through March period, I get lots of such requests!
2. When a sub is needed, a player with an assigned Bye for the given date is very often available to play. This gives my regulars a ready pool of subs. (Of course I also keep a sub list, so those are available too.)

To keep the schedule clear, I distribute a spread-sheet with the details. (I use Excel, but a Word table or even a hand-drawn sheet would do. Contact me if you'd like to see a sample.)

I use email extensively to communicate player lists (regulars and subs), schedule, etc. My groups are 3.5+, and at that level virtually everyone has email, so this isn't a problem. If I did have a player without email, I'd ask them to provide the email address of a relative or friend, since I really don't want to be licking envelopes!

The hard part

There are two matters that very occasionally cause a

loss of sleep for this captain: sportsmanship issues and player ability.

Sportsmanship: See **Rules for players** above. When a player doesn't maintain good sportsmanship, I talk to the player, to try to get their cooperation and a change of behavior. This usually works. But if I see the behavior persist, and I see that it has a negative impact on other players, then that player must leave the group.

Ability: This is really hard. While I'm glad to have a considerable range of ability in my groups, sometimes a player's ability is too far below others, and it just isn't fun for other players to have him/her as a partner or opponent. I'll wait for a considerable time, and of course I talk to the player about what he/she could do to improve. But if necessary at the end of the season, or at mid-season, I'll replace the player. Often, the player may not be aware that he/she is "outclassed", but in reality it's not fun to lose all the time. So a captain really helps such a player by a move to another group. I always make recommendations as to other groups that would be a better fit, and I'll contact captains of such groups to let them know that the person is a good sport, etc.

