



# Senior Tennis Times

*The 50+ tennis experience*

Be In the Know

By Linda Haller, President STPC

**Don't miss out, sign up now for our upcoming 20th Annual Jack Dow Tournament in honor of our founder Jack Dow.** In this fun, social event there are separate divisions based on a player's rating (2.5, 3.0, 3.5, 4.0). Men and women can play in a maximum of two events, men's or women's doubles and/or mixed doubles. I've played in this tournament in the past, and win or not, I've always had a great time. An application form for this event appears on page 2 of this newsletter.

If your membership has expired, page 3 contains a simple form so that you can easily renew your membership. We appreciate your continued support by renewing today!

We are excited about our new summer drill program that includes new instructors as well as new venues. We welcome Roger Boyer who has agreed to teach Tuesdays and Thursdays at Utley Park in Edina. The full schedule will always be on our website. We have included a preliminary schedule on page 5 of this newsletter. We are in the process of finalizing the group-play schedule, and it will soon be available on our website.

The annual Hughes Clinic will be held at Inner City Tennis on Thursday, April 28, 12:30-2:30. Two hours of drill and play *including* video analysis of your serve. Register on-line via the Inner City Tennis website.

Happy Hitting!

## David Sommer Recognized

We are proud of our long-standing member, David Sommer, who recently won a national service award from the USTA. The following article about the award appeared on the USTA Northern website:

The Seniors' Service Award was established in 1958 to recognize and honor a person for service to senior tennis. It is awarded annually on the basis of the recipient's willingness, cooperation and participation—either in play or organizational work—to work for the betterment of senior tennis competition.

Sommer has played tennis for more than 60 years and is an active USTA League participant. He helped promote the Minnesota Senior Tennis Games in 2014, as well as the National Senior Tennis Games in Minneapolis last summer that featured more than 700 players.

"David truly epitomizes tennis being the sport for a lifetime with his more than six decades as a tennis player, volunteer and leader in our sport," said Kurt Kamperman, Chief Executive, Community Tennis, USTA.

"David's commitment to tennis has been unmatched over the years and we applaud his volunteer effort in the Minneapolis area."



**Senior Tennis Players Club, Inc.  
20th Annual Jack Dow Tennis  
Round Robin**

**May 2-5, 2016, 9am-4pm**

Reed-Sweatt Family Tennis Center

4005 Nicollet Ave. S. • Minneapolis, MN 55409 • 612-825-6844



**Round Robin Rules**

- **Fee:** \$15 per event, per person
- Applications must be received by Friday, April 22.
- Round-robin format—you will play *at least* three regular sets, or two 8-game pro sets. Round-robin groups will have 3 or 4 teams each.
- Divisions 2.5, 3.0, 3.5, and 4.0 Men's, Women's and Mixed Doubles.
- All entrants must play at or above their rating as published in the Senior Tennis Roster.
- No partner substitution after first set.
- No participant may play in more than 2 events. If in 2 events, one must be Mixed Doubles.
- A first place winner in an event in 2015 automatically jumps to the next rating or *must* change partners.
- Those unable to find a partner *must* state that on the application. We'll help you find a partner.

- All entrants *must* be current members of STPC.
  - **Please check in for your match at least 15 minutes early.**
  - **Cancel after close date (April 22)—lose entire fee.**
  - **Schedule:** Men's doubles and women's doubles will be played on May 2-3 (Monday-Tuesday). Mixed doubles on May 4-5 (Wednesday-Thursday).
  - Men's 3.5 (our largest division) may require finals to be played Wednesday morning.
  - Detailed schedule will appear on our website Friday, April 29. It will also be posted at Reed-Sweatt. You **must** appear on the first date and time shown on that posting.
  - Medal awards to the top two finishers per category
- More info:** Jon Holmgren e [jon\\_holmgren@yahoo.com](mailto:jon_holmgren@yahoo.com)  
612-702-7509 or  
Thue Rasmussen [thueor32@comcast.net](mailto:thueor32@comcast.net) 651-917-0075

**Donations needed!**

Entry fees do not cover the cost of this great event. We need donations from individuals and

organizations! Recognition of your generosity will appear in the Senior Tennis Times newsletter.

**IMPORTANT! Keep upper part; send only Application!**

**Dow Application**

Your Name: \_\_\_\_\_ Your Rating:  2.5  3.0  3.5  4.0

Phone: (\_\_\_\_) \_\_\_\_\_ E-Mail \_\_\_\_\_

Men's Doubles  2.5  3.0  3.5  4.0  N/A

Women's Doubles  2.5  3.0  3.5  4.0  N/A

Mixed Doubles  2.5  3.0  3.5  4.0  N/A

Check one or two events only!

**Partner needed? Write "Needed" for Name in form below.**

1st Doubles Partner's Name: \_\_\_\_\_ Rating:  2.5  3.0  3.5  4.0

Phone: (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

2nd Doubles Partner's Name: \_\_\_\_\_ Rating:  2.5  3.0  3.5  4.0

Phone: (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

Send Application and Check\* payable to STPC for \$15 per event, per person to:  
Pam Campbell • 4934 Bryant Ave S • Minneapolis, MN 55419 • 612-822-0567

**\* If you paid online, don't pay again! But do send this form!**

## RENEWAL FORM

Name \_\_\_\_\_

Primary Phone \_\_\_\_\_

**E-mail address:** Your email address will be used to remind you to renew your membership and also to send you E-Updates. My E-mail address is:

\_\_\_\_\_

(If your home address has changed, please supply new address here:

\_\_\_\_\_ )

**About STPC Newsletters:**

Our website contains links to the online newsletter (free). The printed Tennis Times Newsletter (4 times in 2016) costs \$3/year.

**About the Membership Roster:**

Active members can get a fully updated online Roster anytime (free) using the website. The printed Roster is mailed once a year in May and costs \$2/year.

*Please review the following annual membership options and circle your preferred renewal option.*

\$30 Basic Membership includes access to newsletters/roster on-line

\$32 Basic Membership plus printed roster

\$33 Basic Membership plus printed newsletters

\$35 Basic Membership plus both printed roster and newsletters

**Mail check payable to STPC to:**

**Sharon Gribble  
1381 West County Rd B2  
Roseville, Mn 55113**

# MEMBERSHIP RENEWAL TIME???

Is it time for you to renew your STPC membership? On the address label of this newsletter we have printed the expiration date of your membership. Please renew if it is time to do so. You can renew via the website ([seniortennismn.org](http://seniortennismn.org)) or mail a check with your membership dues to:

Sharon Gribble  
1381 West County Road B2  
Roseville, MN 55113

Basic Membership.....	\$30
Basic + Roster.....	\$32
Basic + Tennis Times.....	\$33
Basic + Roster + Tennis Times.....	\$35

## Welcome New Members

We've added a number of new members in the past few months: Nana Amoako, Maggie Anderson, Ronald Barnes, John Becker, Will Durfee, Will Jones, Arlene Kennedy, Kelly Laughlin, Linda Lewis, Larry Mahoney, Larry Nelson, James Orr, Brent Ostwald, Ghulam Quraishi, Frank Segerstrom, Mark Simpson, David Storevik, Polly Talen, Kathy Valley, and Ingrid Welty,

If you see them on the court, please welcome them to STPC!



## Publicity/Marketing?

Do you have an interest or experience in publicity and marketing? Senior Tennis needs your help.

If you would like to consider volunteering to help, please contact Denis Woulfe at [woulfeden@hotmail.com](mailto:woulfeden@hotmail.com) for more information.

## Needed: Editor for Senior Tennis Times

Volunteer to publish and expedite printing and mailing of future newsletters. Please contact Steve Bruell [bruell@cs.uiowa.edu](mailto:bruell@cs.uiowa.edu) if interested.

## STPC needs accounting expertise to help with financial reporting.



Please call Steve Bruell if you are willing to help at 952-938-7594.

## Want Ads

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

**Private tennis lessons!** Contact Bob Weer, USPTA Certified Pro, 612-356-8999.

**Personal Gardener.** Garden help in Bloomington, Edina, S Mpls, & nearby. Lee Peterson 952-270-9472.

## Summer Tennis Drill Schedule

Season begins May 9, 2016 and runs through August 20, 2016

<b>Coach</b>	<b>Day</b>	<b>Time</b>	<b>Place</b>	<b>Cost</b>
<b>Roger Boyer</b> 612-802-5719 <a href="mailto:rogerboyer2@gmail.com">rogerboyer2@gmail.com</a>	Tues. & Thurs.	9-10:30AM	Utley Park Wooddale & 50th St. Edina	\$8
<b>Dilcia Pederson</b> 612-824-6099 <a href="mailto:dilcia.pederson@innercitytennis.org">dilcia.pederson@innercitytennis.org</a>	Mon. & Wed.	6:30-8 PM	Donaldson Park 35W West Frontage Road in Richfield Just North of 76th St.	\$3
<b>Duncan Welty</b> 952-933-8592 <a href="mailto:idwelty@q.com">idwelty@q.com</a>	Tues. & Wed.	5:30-7 PM	Aquila Park 32 St & Xylon Ave. St. Louis Park	\$3
<b>HP</b> 612-590-0181 <a href="mailto:hunghuyphan@gmail.com">hunghuyphan@gmail.com</a>	Fri.	9-10:30 AM	Donaldson Park 35W West Frontage Road in Richfield Just North of 76th St.	\$3
<b>Denny Wagner</b> 612-578-8477 <a href="mailto:dennis8477@gmail.com">dennis8477@gmail.com</a>	Sat.	9:30-11 AM	St. Kate's College Randolph Ave & Fairview Avenue St. Paul	\$3
<b>Fred Wells Tennis Center</b> 612-252-8367 <a href="http://www.fwtec.org">www.fwtec.org</a>	TBD	TBD	FWTC 100 Federal Drive S. St. Paul	\$8

## Technique: The Five Controls of the Ball

(The information in this article was taken or adapted from the High Performance Coaching Program Study Guide; see [https://www.usta.com/Improve-Your-Game/Sport-Science/114389\\_Technique\\_The\\_Five\\_Controls\\_of\\_the\\_Ball/](https://www.usta.com/Improve-Your-Game/Sport-Science/114389_Technique_The_Five_Controls_of_the_Ball/) for the complete article.)

The five primary controls of the ball are depth, height, direction, speed, and spin. Mastery of these controls is essential to mastery of tennis stroke production.

### Depth

One of the most important shot placement objectives is depth. Strokes that land near the baseline are much more difficult to return, limit the angles the opponent can play, and provide more time for a player to recover for the next shot. Players using excessive topspin must be careful to maintain depth during rallies.

*Example*—Remind players that the singles court is about three times longer than it is wide, so focusing on groundstroke depth is a safer strategy than focusing on side-to-side shot placement.

### Height

One of the best ways to achieve depth of placement is to aim groundstrokes high over the net. Under the pressure of a match players who hit the ball flat may tend not to lift shots over the net, aiming near the tape, so their shots often lack the depth necessary to prevent attacking play by their opponents. (Keep in mind that about 70% of groundstroke errors go into the net.) Good players use topspin to achieve high net clearance and keep their shot out of the opponent's hitting zone. They also use a higher ball to neutralize opponent's natural aggression.

*Example*—Emphasize to players the benefits of varying the height of their shots.

### Direction

The ability to change shot direction and the understanding of the tactical advantage, or percentages, of so doing is important to overall success. The following are general principles for shot direction:

- Crosscourt shots are easier and require less recovery but also have the greatest margin for error.
- Down-the-line shots are often more effective offensively but are more difficult. They must be stroked firmly to cancel out the lateral momentum of the ball and to avoid a higher net. These shots also require the athlete to recover a larger distance to stay in the middle of the opponent's shot options.
- *Example*—Emphasize to aggressive baseliners that an offensive down-the-line shot must be stroked aggressively for accuracy and must be followed up with aggressive recovery movements.

### Speed

The speed at which the ball is stroked is another important variable the tennis player controls. Greater ball speeds place more pressure on an opponent by decreasing the time needed to get to and prepare for the shot. Ball speed also limits the opponent's options and makes it more difficult for him or her to produce the shot. The negative aspect of ball speed is that the margin for error is lower, so it is more difficult to control the placement of the ball.

The speed and spin of the ball after a stroke are closely and inversely related, meaning more of one (speed) means less of the other (spin). The more direct the impact of the ball and the racket, the greater the ball speed will be leaving the racket, while the more glancing the collision is, the more spin the ball will have. Brody (1987) has an excellent discussion and several illustrations of how ball speed and spin affect shot accuracy and margins for error.

*Example*—Emphasize that margins for stroke errors are much larger for slow and moderate speed shots and that the margin for error decreases very rapidly at high stroke speeds.

### Spin

Ball spin is clearly one of the most important factors related to ball control in tennis. Putting the correct spin on the ball can increase a shot's margin for error and affect the bounce of the ball. All tennis shots are made with some ball spin; even "flat" serves and groundstrokes have some spin. However, it is the greater amounts of spin (1000 to 4000 rpm) produced by racket trajectory variations at impact that have the most dramatic effects on ball flight and bounce.

**Senior Tennis Players Club, Inc.**

A nonprofit corporation, P.O. Box 5525,  
Hopkins, MN 55343. On the web:  
[seniortennismn.org](http://seniortennismn.org)

**Board of Directors**

President: Linda Haller.....612-558-1654  
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**Other Positions**

Newsletter Editor: Steve Bruell.952-938-7594

The Board of Directors and Other Positions  
are staffed by unpaid volunteers.

**Membership information changes,  
newsletter delivery problems, etc.,** can be  
reported by writing Senior Tennis Players  
Club, P.O. Box 5525, Hopkins, MN 55343 or  
e-mail to Steve Bruell  
([bruell@cs.uiowa.edu](mailto:bruell@cs.uiowa.edu)).

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Membership total: 1062

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times/year.



**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.

*As a non-profit organization, the Senior  
Tennis Players Club gratefully accepts tax-  
deductible donations, memorials, and estate  
gifts. Please send to Senior Tennis Players  
Club, P.O. Box 5525, Hopkins, MN 55343.*

**Newsletter Submissions**

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

**Send your submissions to:**

Steve Bruell, P.O. Box 5525, Hopkins, MN  
55343 or e-mail: [bruell@cs.uiowa.edu](mailto:bruell@cs.uiowa.edu).

Opinions expressed in articles, letters, or  
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STPC.

*Note: STPC is a volunteer organization  
run by senior for seniors.*



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### **Renewal Reminder:**

Above the fold you will see your name and address; directly below that we have printed the date your membership has or will expire. After the date we have added a code letter (either E, N, or W). The meaning of the code is as follows:

W indicates that your membership will expire in the next 2 months, E indicates that your membership has already expired, and N signifies that you are a newsletter subscriber (whose membership may or may not have expired).

Please take the appropriate action if your membership has or will soon expire; see page 3 for a renewal form. Thank you for your participation in STPC!