



Senior Tennis Times

The 50+ tennis experience

February
2018

Summer captains & players

By David Sommer

It's time to check what we have for you in the Summer Schedule! See pages 11-12. Please send any problems to me, dsommer7@usiwireless.com. This is very important, as the next newsletter in April will have the *final* schedule, and we want it to be right.

There are a few groups with "Captain needed." We must have a name of an STPC member, or the entire entry will be deleted.

On the inside

- P. 2:** Getting started in Senior Tennis
- P. 3:** Membership renewal time
- P. 4:** Tennis & Pizza Party—incredible deal, only \$15
- P. 4:** Valentines Tennis Party—don't miss this!
- P. 5:** Jack Dow Round Robin—the tournament for everyone: divisions by skill-level
- P. 6:** In Memory—Ronnae Garrity
- P. 7:** Indoor Drill Schedule
- P. 7:** Volunteer with kids at ICT—a great way to help kids learn tennis and develop character
- P. 8:** Ten tips to avoid injury when shoveling snow
- P. 9:** Fall/Winter Indoor Schedule—look it over and make some calls to get on court!
- P. 10:** Summer Team Tennis
- P. 11:** Spring/Summer Court Schedule—captains and players please review. Some captains needed or the location goes away.



Good stuff on website

Lots of members still don't use the website! Quick primer: go to seniortennismn.org. Then... Click on Play. In the drop-down, you can click on Tennis Schedules, where there are links to both group play and drills. The Events Calendar is a quick way to find drills and events you might like. Also try clicking on the About Us, then click on Tennis Resources, where you'll find the Rules of Tennis, The Code, and a list of Related Organizations, like USTA Northern.

Prez Presents

By Jon Holmgren, STPC President

As the New Year arrived and the cold weather, we need to get out and play more tennis in all the wonderful indoor facilities our area offers. If you're not playing enough, see the Drill Schedule on page 7 and the Group Play Schedule on page 9.

I'm happy to brag that David Sommer, a long-standing member of the Senior Tennis Players Club and Board member received the USTA Senior Service Award for 2016. The award ceremony was at the annual meeting of USTA, held in Carlsbad, CA in March, 2016. Just recently, we found that the video of David and friends is available on YouTube. To see this fun two-minute video, type this into your browser's command line: tinyurl.com/SommerHonor

Two fine hardworking soft-spoken members of the board are retiring after having served their terms. Thank you to Thue Rasmussen (three years on the Board) and Sharon Gribble (five years) for all their great efforts to make the Senior Tennis Players Club strong and lasting.

May you serve all aces next time on courts.

Upcoming Events

Note: see inside for info & signups on all of these events

Valentines Tennis Party—page 4

Friday, February 16, 7:00-9:00
Fred Wells Tennis & Education Center

Pizza Tennis Party—page 4

March 24, 6:00-10:00
St. Paul Indoor

Jack Dow Round Robin—page 5

May 1-4, 9:00-1:00 each day
InnerCity Tennis

On our website, you can find out about all our events. On the Home page, the **News and Events** gives a quick view of what's coming. If you click Play, and then Tennis Parties you'll get an overview of the entire year. Finally, use the Events Calendar to click on anything interesting!

Senior Tennis Players Club, Inc.

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

Senior Tennis Times

The Senior Tennis Times is published four or five times annually by and for the members of the Senior Tennis Players Club, Inc. Next newsletter: April, 2018.

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All Board members serve as volunteers without compensation. A non-Board volunteer:

Membership:

Sharon Gribble651-283-1069

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 issue/additional issues):

Full page (7.5x10).....\$165/135

Half page (7.5x4.9).....110/85

Half page on back cover125/100

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 (free for members only), 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 to David Sommer at dsommer7@usiwireless.com.

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Membership total: 593

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SENIOR TENNIS PLAYERS CLUB

Getting started in Senior Tennis—how to do it!

We've published this before, but it's worth repeating, both for new members and for those who feel "I've joined, but now nothing happens!" Truth is, it's up to you! Help is available but you need to ask.

Getting started indoors—fall/winter

The indoor group play schedule is repeated in this Newsletter on p. 9. It is always available on our website, updated as needed. Look it over and decide where you want to play.

What are regular and substitute players?

A regular player makes a commitment to play every week at a

particular place and time. The other people signed up at that location depend on you to show up so that there is the correct number of people present to play doubles on all courts. If you don't show up and don't find a substitute to take your place, they're forced to play three on a court or singles, and that isn't fun.

If you want to play but can't make a commitment, you can be a substitute player. Substitutes play when regulars can't show up, for instance when they are on vacation or sick. You can sign up as a substitute at several times and locations to increase your chances of playing frequently.

How do I sign up to play?

(Getting started—continued on page 10)

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 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 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 Ave 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.

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. You may also see a message alerting you if your membership is expiring soon, or has already expired. Please renew if it is time to do so. You can renew via the website (seniortennismn.org) or use the form to the right. Some explanation:

Your email address is needed so we can remind you to renew and to send you the monthly E-Update.

Enter your home address if it has changed.

Membership options: Printed & mailed newsletters are **included** as part of your basic membership. The only option is to get a printed and mailed Roster for \$4.

Send the form and your check to:

Sharon Gribble
1381 West County Road B2
Roseville, MN 55113



Want Ads

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

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

Free size 13 men's sport footwear! In-line skates, ice skates, x-ctry boots. David Sommer 612-276-1313.



Over 25 Years of Conservative Shoulder Care
See us at: tcshoulder.com

Newsletter past issues

You can view past issues of the newsletter on our web-site. Just click on About Us, then on Tennis Times Archive. To find a particular story, it may be easiest instead to use our index: About Us, then Tennis Times Index. Use the usual Search capability on your PC to find what you need. The Index currently goes back through 2008, but will continue to grow.

Renewal Form

Name _____

Primary phone _____

Secondary phone _____

Email address _____

Skill level (1.0 to 4.5): _____

If your home address has changed, enter here:

Choose one of the following membership levels:

☐ Basic membership: \$30

☐ Basic membership + printed roster: \$34

Players wanted

Regulars and subs needed Tuesday mornings from 9:00 until 10:30 at InnerCity Tennis. M/W, 2.5-3.0. Call Donna Borgerding at 612-721-7038, or 612-810-4549.

See also group play schedules page 9.

Captains: let the Editor know if you need a notice in this section.

Advertisers: reach 600 tennis players!

The Senior Tennis Times is published February, April, August & November. Mail delivery, plus web presence. Deadline 15th of month preceding publish date.

Ad rates (first issue/additional issues):

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

Contact David Sommer for details. 612-276-1313 or dsommer7@usiwireless.com.

Baby, it's *cold* outside!

But March 24 we have tennis *inside* at St. Paul Indoor!
A FOUR HOUR Tennis & Pizza Party!

Yes, a party especially for those of you on the east side. We've reserved all five courts from 6:00 to 10:00 on Saturday, March 24. You can play up to four hours, forming your own groups if you wish. Informal! And plenty of pizza and beverages. Questions: Nancy Tarbox, 952-927-9368 or nancytarbox@yahoo.com

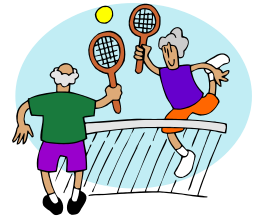


To reserve your place, send a check for \$15 (made out to STPC) to Nancy Tarbox, 5128 Juanita Ave, Edina, MN 55424.

[St. Paul Indoor Tennis Club](#) is at 600 Desoto, Saint Paul, MN 55101. East on I94 to 7th St exit. Left on 7th to Lafayette. Left on Lafayette to DeSoto (1/4 m). Right on DeSoto, one block; club is on left.

Valentine Tennis Party!

For all you lovers of tennis



When: February 16, 6:00-10:00 PM

Where: Fred Wells Tennis & Education Center

What: enjoy hours of tennis and tasty snacks

Cost: just \$15

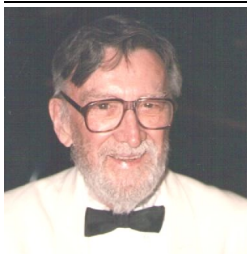
To sign up, send a check payable to STPC to

Pam Campbell, 4934 Bryant Ave S, Minneapolis, MN 55419

Call Pam with questions: 612-822-0567

F MINUS TONY CARRILLO





Senior Tennis Players Club, Inc.
21st Annual Jack Dow Tennis Round Robin
May 1-4, 2018, 9am-1pm
InnerCity Tennis, 4005 Nicollet Ave. S, Minneapolis, MN 55409
612-825-6844



Round Robin Rules

- **Fee:** \$15 per event, per person
- Applications must be received by Tuesday, April 24.
- 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 2018 automatically jumps to the next rating or *must* change partners.
- **Special rule for 3.5 divisions:** winners must move up a level for *the next two years*. This rule applies to winners 2017 and after.
- 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 24)—lose entire fee.**
- **Schedule:** Men's doubles and women's doubles will be played on May 1-2 (Tuesday-Wednesday). Mixed doubles on May 3-4 (Thursday-Friday).
- Men's 3.5 (our largest division) may require finals to be played Thursday morning.
- Detailed schedule will appear on our website Wednesday, April 25. It will also be posted at Inner-City Tennis. 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 612-702-7509
e_jon_holmgren@yahoo.com
or Pam Campbell 612-822-0567
pmscampbell@juno.com.

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

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 pmscampbell@juno.com

In Memory...

Ronnae Garrity

Garrity, Ronnae J. (Wagner) 84, of Edina, MN, died on October 6, 2017. Ronnae spent her final months in the care of Walker Methodist Care Center. Alzheimer's disease took her life. Ronnae was born in Chicago, IL to Charles and Vivian (Paulson) Johnston on March 16, 1933. Her family moved to Minneapolis as a child and she graduated from West High School in 1951. Ronnae married Gerald in 1952, and they raised their family in Linden Hills on Vincent Ave. Ronnae was employed thirty years, as the admitting director of Metropolitan Medical Center, and retired in 1990. She was a member of the Westminster Presbyterian Church, in Minneapolis. She was both an avid player and tireless volunteer for Senior Tennis. Ronnae loved to travel, visiting Massachusetts, Florida, and Scotland. Ronnae is survived by her son Michael Garrity (Mary), grandchildren Erin and Conor, brother-in-law Irving Michael of Bedford, MA, brother and sister-in-law Patricia and Raymond Juengel of Bloomington, MN, and many nephews and nieces. A memorial service for Ronnae, was held on November 25 at Westminster Presbyterian Church. A very nice video was created by son Michael. Go to

<https://vimeo.com/237265770>

Remembrance by Roz Bernstein

Yes, I saw Ronnae's obituary in that Sunday's paper. It was sad to see the Ronnae of now rather than the Ronnae we all knew in the past. I doubt there was anyone else as dedicated to STPC as Ronnae. I first met Ronnae at the STPC tennis lessons at Williston and Wolfe Park. We were all much younger way back then but we all formed a friendship and enjoyed the camaraderie of the group. Of course, one of our first instructors, Connie Custodio, had a great personality and made the lessons fun for all of us. There was probably no phase of STPC that Ronnae was not involved in over the years. We co-captained a group of beginning players once we learned how to actually play a game. Ronnae became very active in the club's activities and soon volunteered to host tennis parties at Flagship and various Northwest Athletic Clubs in addition to taking on the job of processing the annual renewable membership applications. She was a Team Tennis captain for many years. She was also very involved in setting up the annual STPC lunches for years. In the early years she participated in the

Dow Tournaments and later worked for many years as part of the Dow Tournament volunteer staff. She was a



board member for many years and was awarded the Dow Trophy for all her service to the club. I would almost say that STPC was the main purpose in her life and I know she was devastated by the way her association with the club ended. Yes, I realize that it was primarily her inability to recognize how her illness affected her ability to direct her groups that prompted the end of her leadership of her groups but to Ronnae, that was the beginning of the end. I feel it

is better to remember the way Ronnae was before her illness took so many things away from her.

I forgot to mention she also competed in the Minnesota Senior Olympics in both mixed and ladies doubles, often winning in the respective division. We all commented that we had to travel to Duluth or Alexandria just to play the same people we played back home. She and Winnie Lund even went to the National Senior Games in Florida one year but did not win anything; however they had a great time. Winnie insisted they get matching outfits but their games were late at night and they both wore jackets over their outfits so no one was able to see how "cute" they looked—Ronnae's words, not mine.

Remembrance by Dennis Hykes

In my previous stint on the Board, when Ronnae's health was such that she had to give up her duties, I got the assignment to go to her condo and retrieve all her stuff. Took two loads to get the well-organized files and historical records into my trunk. Of course she had tears in her eyes throughout, told me she never had any regrets about service to the Club. Bittersweet.

Remembrance by David Sommer

I worked with Ronnae for many years, handling the annual membership renewal process. I handled the ACCESS database side; Ronnae the receiving and recording the renewals as they came in from members. She was always careful and very conscientious—when there was any discrepancy, for example in counts of renewals, she would not rest until she tracked it down. She handled this and many other duties for the club up to about three years ago. She was always the welcoming face of Senior Tennis at the Jack Dow, the Annual Meeting, and many tennis parties. I miss her. On New Year's eve, I raised a glass to you, dear Ronnae.

Senior Tennis Players Club

Indoor Drill Season: September 2017 – April 2018

Location	Day	Time	Instructor	Fee*
InnerCity Tennis. Reservations required. Call 612-825-6844	Mon	1:30-3:00 PM	Dilcia Pederson	\$15
	Tue	9:00-10:00 AM 2.5-3.25 players	Staff	\$10
		9:00-10:00 AM 3.5+ players	Staff	\$10
	Wed	11:00-noon All levels	Staff	\$10
		1:30-3:00 PM All levels	Dilcia Pederson	\$15
	Thu	9:00-10:00 AM 2.5-3.25 players	Staff	\$10
		9:00-10:00 AM 3.5+ players	Staff	\$10
	Fri	9:00-10:30 AM 2.0-3.5 players	Roger Boyer	\$15
Fred Wells Reservations required. Call 612-252-8367, ext. 0	Tue	2:00-3:30 PM	Staff	\$12
Williston Reservations not required	Wed	7:00-8:30 PM	Dennis Wagner	\$13

* Fee is for STPC members.

Volunteering at ICT on Saturdays with the kids

If you're like most STPC members, you enjoy engaging in the wonderful game of tennis on the court with fellow seniors. But how about taking an hour and a half each Saturday to share the game of tennis with some appreciative kids?

Most Saturdays, from September through April, ICT devotes the entire Tennis Center to its "Super Saturday" program. Between 3:00 and 6:00 p.m., a couple hundred kids and juniors, from 3 to 18 years of age, descend on the courts for organized physical activity, basic tennis instruction, and tennis play. Activities, all pre-programmed, are directed by ICT staff and about 50 volunteer-coaches, some of whom are seniors.

As an example, level 2 (ages 7 to 10) takes place between 3:00 and 4:30 p.m., on courts six through eleven. These six courts are divided into 12 stations, which the coaches set up in advance with mini-nets, cones, and markers. Each station is committed to a single stroke, e.g., volley, ground stroke, two-ball drill. The kids rotate through in groups of four to eight kids each. They're at each station for eleven minutes, before mov-

ing on to the next station. Typically, one coach is feeding the USTA junior tennis balls from behind the net, while the other coach is out in front providing instruction.

Another example: from 3:00-4:30, courts 1-5 host the younger kids. Here, the stations focus on building skills, and of course, values like sharing and sportsmanship.

Coaches need to arrive a few minutes in advance to get organized and set up, but station take-down is quick and easy. Then you pick up your complimentary bottle of water and banana, at which point you're on your way, or you can remain for a few minutes to chat with other coaches, kids, and parents in the lobby.

As a volunteer, there's no need for advance prep, no follow-up required – you show up, volunteer, you're done. And your efforts are much appreciated by ICT staff and the kids you're serving—maybe it's a "super" way to spend part of a Saturday. Think about it! Contact ICT volunteer coordinator Dil Pederson (a good friend to STPC and one of our Drill Instructors) at dilcia.pederson@innercitytennis.org, or consult the ICT website.

10 tips to avoid injury or worse when shoveling snow

By Terry Buisman, PT

Editor's note: Terry is a Physical Therapist. His ad appears on page 3 of this newsletter. He provided this timely article at my request.

In 2011, emergency rooms across America treated about 11,500 injuries and medical emergencies related to shoveling snow, according to a study in the American Journal of Emergency Medicine (7% of those injuries resulted in death). Things have been quiet so far this winter, but don't hold your breath.

We know that it is necessary to shovel driveways and clear sidewalks, but there are steps you can take to minimize your chance of ending up in the emergency room after the next snowstorm hits. Our team here at **Ortho Rehab Specialists** offers 10 simple tips our Physical Therapists recommend to all of their patients on how to avoid becoming one of these statistics:

1. If you have a heart ailment, don't smoke, eat or drink alcohol before shoveling.
2. Dress in layers, take off a layer at the first sign of breaking a sweat and remove your hat for a short period of time to enhance the cooling process.
3. Carry your cell phone with you in case you fall or have concern regarding a health issue.
4. Warm-up with these three simple stretches before you start shoveling. Do them on the garage floor as opposed to the driveway to make sure you don't slip. All three are done with the shovel in your hands grasping the handle with your hands at shoulder width apart. ***If you experience pain or discomfort with the following stretches, stop immediately and schedule a visit with your MD or PT to assess whether shoveling is appropriate activity for you.***
 - Lunge forward with one leg while simultaneously raising the shovel overhead. Hold the stretch for a few seconds feeling a general stretch through the legs as well as in the lower back. Return to a neutral position with your legs and stride forward with the opposite leg, again with arms and shovel reaching overhead. Repeat for five times with each leg.
 - With feet as close together as possible, reach toward your toes until a stretch is felt through the back of the thighs and into the buttock. Return to an upright position and repeat the process 5 to 10 times.
 - Again with feet as close together as possible, bend at the elbows such that the shovel handle is at shoulder height. Slowly rotate the torso to the right and left until you feel a mild stretch through the trunk and pelvis. Repeat in each direction 5 to 10 times.
5. Choose the lightest shovel possible. A heavy metal shovel just adds additional load to your spine in shoulders.
6. If a curved handle shovel (one that is ergonomically designed) allows you to stand up straighter, use it.
7. Multiple rounds of shoveling make the job less dangerous, especially in deep snow: Attack the snow by layers and stages. Scoop the top lighter snow first, then go deeper as your energy levels allow. Truly deep snow may require taking a break and coming back for a second session.
8. Push the snow along the driveway surface as far as you are able. If you can use your foot to kick the shovel and subsequently throw the snow onto the snow bank, it will place less stress on your back.
9. As long as a surface is not icy, pick up the snow loaded shovel and throw it on the snow pile while on one leg. This will allow you to use the more powerful muscles of your hip and pelvis to do the work as well as allow you to rotate on the axis of your hip instead of rotating through the back, alternate legs as able. Use this concept whenever you are push/pulling or lifting while your body is rotating; it takes a tremendous amount of torque off of your back while exercising gluteal muscles and enhancing your balance and coordination. This can be applied with everything from raking leaves to putting things in the dishwasher.
10. If the snow is relatively light and fluffy, get more use out of your leaf blower by blowing the residual snow off the driveway and walk. This will help prevent the buildup of ice over the course of the winter. Take care to keep any electrical cord connections dry and free of ice buildup to prevent electrical shocks.

Winter is one of the seasons we enjoy here in the Midwest, but it is tough to enjoy them if you are laid up with an injury or worse. Please always use cautionary measures when dealing with snow removal, and supervise younger children and elderly individuals to ensure their safety as well. For more tips and training please check out www.orthorehabpt.com.

Fall/Winter schedule 2017-2018

Up-to-date schedule is always on our website: www.seniortennismn.org. Click Play...

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 is shown, call Thue Rasmussen.
- **Note: some captains are actively seeking subs and/or regulars.** Highlighting used as follows:

Regular players wanted	Subs wanted	Regulars and Subs wanted
------------------------	-------------	--------------------------

Play is usually September-April. Check with Captains for start/end dates. For corrections or changes to this schedule, contact David Sommer at 612-276-1313 or dsommer7@usiwireless.com

●● St. Paul Area ●●

Location	Day	Time	Cts	Skill	Captain	Phone
St. Paul Indoor Tennis Club 600 Desoto, St. Paul Facility coordinator Annette Adam 651-455-9319.	Mon	2:30-4:00 PM	3	2.5-3.5 MW	Lois Brink	612-251-5650
	Wed	7:00-9:00 AM	3	3.0-3.5 MW	Annette Adam	651-455-9319
	Thu	9:00-10:30 AM	2	3.0-3.5 M	Woody Gillette	651-436-2614
	Fri	7:00-9:00 AM	3	3.0-3.5 MW	Annette Adam	651-455-9319
Wooddale Recreation Center 2122 Wooddale Dr, Woodbury 651-209-9768 Facility Coordinator: needed.	Mon	8:30-10:00 AM	2	3.0-3.5 MW	Fred Johnson	651-459-6258
		10:00-Noon	2	3.0-3.5 M	Woody Gillette	651-436-2614
	Fri	8:30-10:00 AM	2	3.0-3.5 MW	Ron Leitner	651-739-9732

●● Minneapolis Area ●●

Location	Day	Time	Cts	Skill	Captains	Phone
Baseline Club 1815 4th St SE, Minneapolis 612-625-1433 Facility coordinator: Thue Rasmussen 651-917-0075	Mon	10:00-Noon	2	3.5+ MW	David Sommer	612-276-1313
	Wed	10:30-Noon	2	3.0 MW	Louise Halverson	612-722-7132
	Thu	9:30-11:30 AM	3	3.5+ MW	David Sommer	612-276-1313
		10:00-11:00	1	2.5 W	Peg Houck	651-645-4453
Fred Wells Tennis and Education Center 100 Federal Drive, Ft. Snelling 612-252-8367 Facility Coordinator George Burbie 651-688-2338 or 651-442-6704	Mon	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
		9:30-11:00 AM	1	3.5-4.0 W	Shirley Shimota	612-285-1699
	Tue	8:00-9:30 AM	1	2.5-3.0 MW	Marilyn Woolley	651-452-1691
	Wed	9:30-11:00 AM	2	3.0+ MW	Skip Pederson	952-831-0684
	Thu	9:30-11:00 AM	1	3.0-3.5 W	Sandra Loewenstein	651-454-3699
	Fri	9:00-10:30 AM	2	3.0-3.5 MW	Shar Kiecker Nancy Harris	952-890-1470 952-891-1239
		9:30-11:00 AM	1	3.5-4.0 W	Betty Culligan	651-698-4660 612-961-7003

PublicIndoorTennis.com 7833 Highway 65 N.E., Spring Lake Park, 763-231-3109 Facility Coordinator: Diane Lehman 651-488-6147	Mon	1:00-3:00 PM	4	3.5-4.0 MW	Gary Melby	763-755-7252
	Thu	8:30-10:30 AM	3	3.0-3.5 MW	Gary Melby	763-755-7252
		10:30-Noon	3	2.5-3.0 MW	Roberta Williams	651-631-1201
Carol Pierce	763-424-6665					

InnerCity Tennis 4005 Nicollet Avenue S Minneapolis. 612-825-6844 Facility Coordinator: Marv Schneider 952-540-6419	Mon	NOTE: RSFTC has many open courts. If you need permanent court time for your group, call the tennis desk at 612-825-6844.				
		7:00-8:30 AM	3	3.5-4.0 MW	Rick Van Doeren	952-897-3888
		7:00-9:00 AM	2	3.0 MW	Carol Thompson	952-929-0844
		8:30-10:00 AM	2	2.5-3.0 W	Joan Petroff	952-893-9149
		10:00-11:30	3	3.0 W	Bonnie Bolton	612-922-9290
		11:00-12:30	2	2.5 MW	Charlotte Grantier	952-934-3425

Reed-Sweatt Family Tennis Center (continued)	Mon	11:30-1:30 PM	5	3.5-4.0 MW	Brian Kretsch	651-645-6393
					Thue Rasmussen	651-917-0075
	Tue	7:00-8:30 AM	2	3.0-3.5 MW	Ann Barten	612-724-0712
		9:00-10:30 AM	2	2.5 MW	Donna Borgerding	612-721-7038
		9:30-11:00 AM	1	3.5 MW	Fred Sewell	612-285-3216
		9:30-11:00 AM	1	3.0-3.5 MW	Ken Rich	612-377-4682
		10:30-Noon	3	2.5-3.0 MW	Dennis Moody	651-488-8124
		1:30-3:00 PM	2	3.5 W	Gwen Orstad Mary Gleason	952-285-6948 612-925-2026
	Wed	9:30-11:00 AM	3	3.0-4.0 W	Joanne Schmid	952-474-6022
		10:30-Noon	2	3.0-3.5 W	Marsha Jarvela	612-790-1246
		11:30-1:30 PM	2	3.5-4.0 MW	Ken Landro	763-544-9757 763-377-5597
		1:00-3:00 PM	2	3.5-4.0 M	Dick Mills	952-925-5851
	Thu	7:00-8:30 AM	4	3.0-3.5 MW	Jean Robbins	952-738-1704
					Charlie Robbins	952-934-0209
		8:30-10:00 AM	2	2.5-3.0 MW	Linda Wright	952-895-1142
	Fri				Bill Kruckeberg	952-926-3397
		9:00-10:30 AM	2	3.5 MW	David Butler	612-798-0402
		10:30-12:30 PM	3	3.0-3.5 M	George Foulkes	952-544-9242
		12:30-2:30 PM	6	3.5-4.0 MW	John Dickinson	763-533-9300
Williston Fitness and Sports 14509 Minnetonka Drive Minnetonka Facility Coordinator Bryan Kennedy 763-404-2691 or 763-449-6419	Mon	7:00-8:30 AM	2	3.0-3.5 W	Sharon Engel	763-383-0575
		8:30-10:00 AM	1	3.0 MW	Arnie Nelson	763-473-2089
	Tue	8:00-9:30 AM	2	3.0-3.5 MW	Doug Reeder	952-934-8921
	Thu	1:00-2:30 PM	1	3.0-3.5 W	Jenny Caldwell	763-473-6015
	Fri	2:00-3:30 PM	1	3.0 MW	Arnie Nelson	763-473-2089
	Sat	3:00-5:00 PM	3	3.0-4.0 MW	Marv Schneider	952-540-6419

(Getting started—continued from page 2)

First, look over the schedule. Find a location and time that looks good to you. Then call the captain listed and sign up as either a regular or substitute. Do this for as many groups as you wish.

How much does it cost?

The cost to play varies from location to location—captains can tell you just how much.

I still have questions—who should I talk to?

Talk to the court captains for more information on starting dates, fees, rotation of playing, and anything else about playing at that captain's location. Captains run their sessions differently.

What's this about low-cost lessons?

An important objective of STPC is to encourage more people over 50 to learn and appreciate tennis. So every member is entitled to lessons from our own STPC pros.

There's a listing of drills in every issue of the Times (see page 7 in this issue). Check it out! If you have any questions about the drills, just call the instructor listed in the schedule.



Location	Day	Time	Cts	Skill	Captain	Phone
SUMMER TEAM TENNIS 1) Lone Lake Park, Minnetonka 2) Eden Prairie Central Middle School 3) Bloomington or Richfield??? COORDINATOR: Mike Woolsey – (952)-937-2546 THIS IS NOT DROP-IN	Tue	9:00-11:00 am	4	3.5+ MW	Don Harnish	651-227-8387
					Nancy Read	952-388-9847
					Carol Rothe	952-920-4504 612-280-6292 Carrothe@comcast.net
					Sheila Bjore	763-476-9149 763-213-9041

2018 Spring/Summer Group Play Schedule

Play is usually May-August. Check with captains for start/end dates. Up
-to-date schedule is always on our website: www.seniortennismn.org

For corrections or changes to this Schedule, call
David Sommer at 612-276-1313 or Email him at dsommer7@usiwireless.com

●● St. Paul Area ●●

Location	Day	Time	Cts	Skill	Captains	Phone
Irondale High School Long Lake Road south of Cty Rd H, New Brighton	Sat	8:30-10:00 am	4	3	Wes Barnes	651-639-1034
Lauderdale Community Park Fulham & Roselawn, Lauderdale	Mon Thu	9:00-11:00 am	2	3.5+	David Sommer Not drop-in. Call!	612-276-1313
Marie Park, Mendota Heights Near Marie Ave and Victoria	Tue	7:30-9:00 am	2	2.5-3.0	Marilyn Woolley	651-452-1691
Roseville Middle School 15 County Rd. B2 E; Little Canada; 2 blocks E of Rice St.	Mon Wed Fri	6:30-10:00 am 5/1 – 9/30	8	3.0-3.5	David Howard	651-353-8564
Tarton High School Greenway and 10 th St, Oakdale	Mon Wed Fri	9:00-11:00 am May and Sept 8:00-10:00 am June thru Aug	7	3.0-3.5	Captain needed	
Walton Park 1584 Hadley Ave N, Oakdale	Tue Thu Sat	9:00-11:00 May & Sep 8:00-10:00 June thru Aug	7	3.0-3.5	Captain needed	
White Bear Lake High School South Campus County Rd E and McKnight Rd White Bear Lake	Wed	5:30-7:00 pm	4	2.5-3.5	Larry Mahoney Not drop-in. Call!	651-335-3467
	Sat	10:00-noon Start April	4	3.0-3.5	Denis Woulfe Not drop-in. Call!	651-263-0749 woulfeden@hotmail.com

●● Minneapolis Area ●●

Location	Day	Time	Cts	Skill	Captains	Phone
Aquila Park, St. Louis Park Not drop-in. Call Rick.	Mon	7:00-9:00 AM	5	3.5-4.0	Rick Van Doeren	952-897-3888
Bryant Park 85th and Bryant, Bloomington	Mon Tue	9:00-10:30 Start March 20, weather permitting	4	All levels	Chuck Supplee	952-884-2575
	Wed Thu				Irmi Habeck	952-881-6852
	Fri				Bill Kruckeberg	952-926-3397
Brookview Park Hwy 55 & Winnetka Ave Golden Valley	Sat	8:00-10:00 am	6	2.5-3.5	Gloria Kumagai	763-377-5602
Donaldson Park 75th and Humboldt, Richfield (Sometimes Logan & 68th St)	Mon Wed Fri	7:00-8:30 am	4	3.0-3.5	Ann Barten	612-724-0712
Dred Scott Park West Old Shakopee Rd & Ferry Bridge Road, Bloomington	Mon Wed Fri	8:30-10:30 am	5	Open	Captain needed	
Holasek Park 6395 Pinnacle Dr., Eden Prairie. Hwy 494 & 62 Call first – subs may be needed	Mon	7:30-9:00 am	2	3.0-3.5 W	Libby Hargrove Bonnie Bolton	952-941-1313 612-922-9290

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

February 2018



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Holy Family School 8475 Kochia Lane, Victoria	Tue Thu	8:30-10:30 am	8	Open	Steve Nelson	952-288-5835
Neill Park 13501 Upton Ave, Burnsville	Mon Wed Fri	9:00-10:30 am	6	2.0-3.0	Warren Porter Ron Peterson	952-431-5850 952-237-6701
Lake Hiawatha Tennis Courts 43 rd St & 27 th Ave, Minneapolis	Mon	1:30-3:00	5	Open	Dee Neeley	612-695-8569
Lone Lake Park June 2 through August 30	Mon Wed Fri	9:00-10:30 11:00-12:30	4	3.0-4.0 MW	Captain needed	
Lyons Park, Golden Valley	Wed	7:30-9:00	2	3.5 W	Joan Kruse	763-593-7604
Parkers Lake County Rd 6 & Niagara Lane Plymouth. From Hwy 494, exit on Hwy 6. Go west about 1 mile. Courts on north side of road, about one block from road.	Mon thru Fri	8:30-10:30 am	4	2.5-3.5	Brian Kennedy	763-404-2691 763-449-6419
Terrace Oak Park ½ mile E of Cty 11 on Burnsville Parkway, Burnsville	Tue Fri	9:00-10:30 am	2	2.0-3.0 W	Ann Listug	952-890-9643 exerciseann@gmail.com
12000 Ridgemount Rd, Plymouth (N on Hopkins Crossroads, 4 blks, turn left (west) on Ridgemount Rd, 4 more blocks, courts on right)	Sat- Sun	3:00-5:00 Start May 16	4	3.0+ MW	Marv Schneider	952-540-6419