

February 2023 Newsletter

SENIOR TENNIS TIMES

THE 50+ TENNIS EXPERIENCE

Serving up news & event updates to keep STPC's members informed, connected, and enthusiastic about playing tennis!



UPCOMING EVENTS

Valentine Mixer Friday, February 10

Save the date for this popular social tennis event at InnerCity Tennis: Friday, February 10, from 5:00-8:00pm. Find all the event details on page 5.



24th Annual Jack Dow Round-Robin May 1-4 at InnerCity Tennis

Think Spring! Group Captains, encourage your groups! Start planning your pairings in Men's, Women's and Mixed Doubles groupings at multiple levels.

Watch upcoming eUpdates for more details and registration information.

More Than a Game.

Pictured (L-R) Pam Telleen, Vicky Kline, Jean Campbell, Anne List (Co-Captain), Katie Leuthold, Holly Rakocy, Dee Neeley (Co-Captain), Norma Hanlon, Carol Lord, Judy Sorenson (Ball Girl), Sharon Engel, Linda Miller and Margit Berg.

Tennis is much more than just playing the game for the Dee Neeley / Anne List group.

Nor only does the Dee Neeley/ Anne List tennis group play on Wednesday mornings at InnerCity Tennis but they also go out for lunch the second Wednesday of the month.

They have three courts and all enjoy being able to sit and socialize at these lunches. One of the players volunteers each

month to find a non-chain place in Minneapolis that can hold their group, sometimes 12 or more. This way they introduce some local restaurants to their group and they really want to support the local restaurants after the rough pandemic years.

So far this season, they have been to Lowbrow, Berry Sweet Kitchens, Christos and Heathers on Chicago Avenue. They are definitely a hardy group as well as they played outside until November 28th!

December 16 Holiday Party!

STPC hosted a fun tennis party on the evening of December 16 at InnerCity Tennis. Thirty-two guests mingled, laughed, ate, and played doubles.

Very few guests were able to guess the name of the famous person or character on a sticker on their backs in our game of "Who Am I?" People who attended said they had a great time and enjoyed meeting new people and playing tennis with others at their level.



STPC Mission: The Senior Tennis Players Club (STPC) provides tennis-playing opportunities for those 50 years and older to enhance their mental, physical, and social well-being. STPC provides a welcoming environment that seeks to reflect the diversity of the Twin Cities metropolitan area and to support the growth of tennis.

Board of Directors

President, Katie Grove..... 812-219-7008
Vice-President, Mike Dalton (Membership) 763-234-1690
Secretary, Tom Worthington 612-812-6687
Treasurer, Mark Thompson 515-269-9788
Bonnie Niles (Group Play)..... 952-474-6442
Alice Douthwaite (Socials)..... 763-954-1392
Mike Woolsey (Summer Team Tennis, eUpdates) 952-937-2546
Marilyn Kelley (Marketing)..... 952-334-2146
Jon Holmgren (Pop-Up Event Captain)..... 612-702-7509
Kevin Veenstra (Drills) 651-695-1706

All Board Members serve as volunteers without compensation.

Non-Board Volunteers

Diane Bundlie (Socials) 612-886-5953
Richard Lockett (Communications) 612-721-1486
Sheila Bjore (Help Desk) 763-213-9041
Brian Kretsch (Advisor)..... kret0010@umn.edu
Steve Bruell (Advisor) 952-807-9941
David Sommer (Advisor)..... 612-276-1313
Nancy Tarbox (Advisor)..... 952-927-9368
David Mark (Pop-Up assistant)
Wanda Davies (Pop-Up assistant)
Carol Rothe (Pop-Up assistant)

Donations: 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.

Advertising: Send by email to the newsletter editor by the 15th of the month for publication the following month.

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 ad	\$55 first two inches
.....	\$20 each additional inch
Vertical strip ad	\$75 first two inches
.....	\$25 each additional inch
2-line text ad.....	free for members only
.....	additional lines \$5/issue

Senior Tennis Times: The newsletter is published three times annually for the members of the Senior Tennis Players Club.

Newsletter Submissions: Submit all items in writing only, by email.

Deadline: 15th of the month for publication the following month.

All material submitted is subject to editing. Send submissions to: bschmidt26@gmail.com.

Contact Information Changes: Membership information changes, newsletter delivery problems, etc., can be made in writing to Senior Tennis Players Club, P.O. Box 5525, Hopkins, MN 55343 or email to Mike Dalton at mdalton121@msn.com.

Senior Tennis Players Club, Inc. (STPC) is a nonprofit corporation, P.O. Box 5525, Hopkins, MN 55343.

Web: seniortennismn.org | **Help Desk:** 763-310-123

Membership Total: 508
February 2023, Vol. 36, #1

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Happy New Year!

Many Opportunities to Get Involved in 2023



The beginning of another year is upon us. I have tried to make New Years' resolutions, but have

never been good at it, so I continue to do what I love: travel, play tennis, box, strength train, read murder mysteries, ride my electric bike and eat chocolate, lots and lots of chocolate!

When I retired and moved to the Twin Cities in May of 2017, I was scared about what retirement would mean. Will I have anything to do, or will I just lay on the couch? So I decided to say yes to the STPC...and am happy to say that my life is fuller for it. Tennis was my saving grace in retirement!

"So I decided to say yes to the STPC.. and am happy to say that my life is fuller for it. Tennis was my saving grace in retirement!"

When I joined the STPC Board of Director's in 2019 – thank you Jon Holmgren – I immediately took on summer drills – thank you Dennis Hykes. Covid was just beginning – thank you Universe? Nothing like a pandemic to force you to understand what you are doing – and fast.

With a lot of help from the Board, particularly Jim Handy and Marilyn Kelley, I survived. Here I am three years later and now STPC President. I forgot

cruciating document. Gone is the trifold replaced by what is now called a rack card, which I think is nifty. Please grab one or two and pass them around.



to say no when asked if I would serve in this role, so you have me for another year!

The STPC Board, all volunteer, has been busy. The Bylaws have been redone and reworking the Policies and Procedures is in progress. Many of you have attended the wonderful tennis socials this past fall. Thanks to Alice Douthwaite and Diane Bundlie for arranging these, putting together a tennis social is no small feat.

For those of you who have been to InnerCity Tennis, Fred Wells Tennis & Education Center or Saint Paul Urban Tennis, you may have also seen a new re-

In April we have new people stepping on to the Board and others stepping down, but more on that for the next newsletter. In the meantime, we have plans for the new year which I hope you will find exciting and innovative.

As usual the STPC Board welcomes new ideas so please contact any of us and I guarantee you it will be discussed.

See you on the courts!

Katie

Katie Grove,
STPC President

STPC Membership Benefits

Whether it's been a few days or a few years since your new-member introduction to STPC, it's time for a quick refresher on the many things that are included in your membership.



1 Group Play is the heart of STPC. Players set a regular time and location to play doubles year-round. If you are looking for a group of tennis friends to play with regularly, check out the winter group play schedule on pages 12-13 or our website - seniortennismn.org for both winter and summer schedules. To create a group, contact Bonnie Niles (the.c.niles@mchsi.com), Group Play Coordinator.

2 Pop-Up Tennis is an opportunity to play 90 minutes of doubles, at your skill level, without a season-long commitment. Pop-Up invitations come by email. If you don't have an email address or have not shared one with STPC, but would like to be included, call Jon Holmgren at 612-702-7509.

3 Summer Team Tennis is a social, competitive tennis league. Play is on Tuesday mornings during the summer on outdoor courts. If you are interested in being a regular, sub, or captain of a team, contact Michael Woolsey, Team Tennis Coordinator; mj_woolsey@yahoo.com.

4 Summer Flex Leagues were started in 2020 in response to COVID-19 restrictions. 2022 leagues included Men's, Women's and Mixed doubles. STPC coordinates weekly schedule and players schedule match locations and times. Interested players should email Mike Dalton at mdalton121@msn.com.

5 Low-cost Summer Drills Led by USPTA pros, drills are held weekly throughout the summer. In addition, STPC provides a list of facility sponsored drills during the indoor season.

6 The Jack Dow Round Robin is an event that allows you to partner with another STPC member in doubles and/or mixed doubles. Play is the first week of May at InnerCity Tennis. If you don't have a partner, STPC will find one for you!

7 Tennis Parties are a good way for members to meet you. An evening of fun - play tennis, have a bite to eat and socialize with other members. Details are published in the Senior Tennis Times Newsletter, eUpdates and on the website. Register early as registrations fill quickly.

8 The Senior Tennis Times Newsletter is published three times / year (February, April, and August) and mailed to STPC members. It informs members of what is happening within the club and upcoming events.

9 STPC Website provides members with ready access to Club information and an online roster of over 500 members all looking to play!

10 Help Desk - Have a question and can't find an answer? Call 763-310-1234. Don't worry if your question is big or small. You will be sure to get a friendly response.



The All New...Rack Card

Grab some cards and spread the word about STPC!



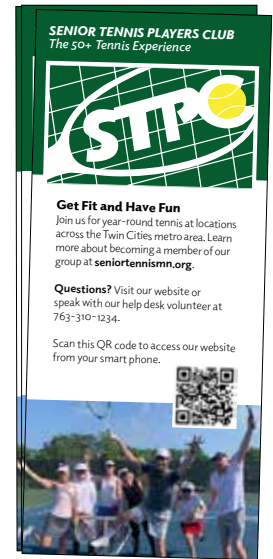
We encourage all STPC members to pick up some of the club's new rack cards for yourself and friends.

Please help spread the word about STPC to prospective members!

If you know of a location that might be open to displaying the rack card, let Marilyn Kelley (mkelley@blakeschool.org) know - thanks! **Use the QR code above to view the rack card!**

Cards are available at the following Twin Cities locations:

- InnerCity Tennis (Minneapolis)
- Williston (Minnetonka)
- Saint Paul Indoor Tennis
- Fred Wells (Minneapolis)
- Public Indoor (Spring Lake Park)
- St Paul Urban Tennis
- Edina Public Library (Grandview)
- Minnetonka Tennis Club
- U of M Baseline Tennis Center



Valentine Tennis Social – Friday, February 10

RSVP by text or email – please see details below.

You're invited to STPC's Valentine Tennis Party! STPC will provide food, drinks, music, and tennis balls, as well as a guessing game guaranteed to get you chatting! Join us for a fun evening of tennis doubles! – Alice & Diane (Social Committee)

When? Friday, February 10, 2023, 5:00–8:00pm

Where? InnerCity Tennis, 4005 Nicollet Avenue South, Minneapolis, MN 55409

Who? Everyone over 50, even players who are not club members!

How much? ... Pay at the door with cash or check made out to STPC for \$20 per person (no card payments accepted).

RSVP By text or email to: Diane Bundlie: 612-886-5953 or diane.bundlie@gmail.com. Please include your name, email address, phone number, and tennis rating.

Questions? Contact Alice Douthwaite at jetsetalice7@gmail.com.



SUMMER LEAGUES 2023 PLANNING



As we enter the new year, planning has already begun for the outdoor summer leagues: Team Tennis and the Flex Leagues (Mixed Doubles, Women's Doubles, Men's Doubles).

TEAM TENNIS

Over the last few years, we've been able to field six Team Tennis teams, each consisting of eight regular players (four women and four men). Substitute players are frequently needed, and last year there was a total of 23 substitutes across all teams, for a total of 71 players.

More teams are always welcome, although we've never exceeded six. Also, as experience has shown, some new team captains or co-captains are usually needed to step forward each year.

Last year two of the six teams officially listed co-captains; and it now seems advisable for every team to have co-captains. Given oft-conflicting personal schedules during the summer months, it's good to be able to share the team captain responsibilities.

The captain's role consists of:

1. Recruiting team regulars and subs (with help from the league coordinator).
2. Teaming players for each doubles match.
3. Recording match scores.
4. Submitting them on-line to the league coordinator each week.

Both the general quality of play and team parity seems to have increased over the past 5-6 years. It's still mostly a 3.5 level league, but has always included some 3.0 and 4.0 level players.

Summer Leagues, story continues on page 7

The courts reserved for matches last year, at Eden Prairie Central Middle School (8 courts) and Bloomington Dred Scott Fields (4 courts), were in great shape, and we're aiming to reserve those courts again this year. All matches are scheduled for Tuesday mornings, from mid-June to mid-August.

FLEX LEAGUES

These leagues were formed in 2020, when Team Tennis had to be canceled due to pandemic prohibitions on gathering groups larger than 10, even outdoors; but the leagues have since proven to have their own adherents, independent of Team Tennis.

Last year:

The Mixed Doubles League consisted of 16 teams and 33 regular players. 53 of 56 scheduled matches were played, from June 6 to July 25.

The Women's Doubles

League consisted of 11 teams in two brackets, a 3.0 bracket and a 3.5 bracket, for a total of 22 regular players. There were 5 teams in the 3.0 bracket and 6 in the 3.5 bracket. Matches were played within each bracket from June 5 through August 14. 17 matches were scheduled and 16 played, 8 in each bracket.

The Men's Doubles League

consisted of 4 teams, 8 regular players, and 10 matches between June 14 and July 26.

STPC looks forward to supporting each of these leagues in 2023, according to the level of interest in each.

To reduce the difficulty often experienced in the Flex leagues, of agreeing on the time and location of a match among the 4 players involved, it's been suggested to encourage 3-player teams this year and to

encourage them to coordinate possible dates and locations within each team prior to contacting opposing teams.

This and any other suggestions will be evaluated after a member survey conducted in early March. In the meantime, questions, opinions, and inclinations to volunteer (either as a team captain or league coordinator) may be directed to Mike Woolsey or Mike Dalton (contact info below).

Mike Woolsey

mj_woolsey@yahoo.com
952-937-2546
952-393-5861 (mobile)

Mike Dalton

mdalton121@msn.com
763-234-1690 (mobile)

Giving Back to the Community

STPC donated \$7,000 to promote tennis in the Twin Cities in 2022



STPC recognizes that it takes partner organizations working together for tennis to continue to thrive in the Twin Cities.

Last year, the club was able to donate \$7,000 in total to three organizations: InnerCity Tennis, Fred Wells Tennis &

Education Center, and Saint Paul Urban Tennis.

The photo at left is of Christine Nickels, Executive Director of Fred Wells Tennis & Education Center, receiving STPC's 2022 donation from STPC Board member Kevin Veenstra.

Club Financial Update

STPC Remains in Stable Financial Health

STPC's receipts and disbursements fall into 4 buckets.

#1 - EVENTS - This includes pop-ups, drills, tournaments, social events, leagues, and group play. We budget to have this net to zero and in 2022 we were close with \$758 extra.

#2 - DUES & ADMIN - This includes insurance, IT costs and communications. Thanks to adding more members and frugal spending we were \$6,594 to the good side.

#3 - INVESTMENTS - Interest income in 2022 was \$2,317. Thanks to interest rates going from about zero to much happier numbers.

#4 - DONATIONS - We make donations to nonprofit organizations that promote tennis for both us seniors and the underage players who may grow up to be senior tennis players if they are lucky. In 2022, STPC



donated a total of \$7,000 to Inner City Tennis, Fred Wells Tennis Center and St Paul Urban Tennis Center.

In summary, you should spend more time working on your forehand than worrying about STPC finances!

Minnesota Senior Games

2023 Event to be held in St. Cloud from August 3-6



The Minnesota Senior Games event is a member of the National Senior Games Association, a non-profit organization dedicated to motivating active adults to lead healthy lifestyles through the Senior Games movement.

Senior Games is an athletic competition with over 20 different

events for athletes age 50 and older. Some of the events are archery, badminton, basketball, free throws, bowling, cycling, disc golf, golf, pickleball, power walk, race walk, racquetball, running, shuffleboard, softball, swimming table tennis, tennis, softball, and volleyball. A registration fee covers up to five sports.

The 2023 MN Senior Games will be held in St. Cloud, MN August 3-6. Mark your calendars and when registration information is available, members will receive this information by email, eUpdate, STPC's newsletter and posted on our website as well as Facebook.

This year is a national qualifying year! The site for the 2024 National Senior Games has not been determined at this time. Details to follow. Check out Minnesota Senior Games website - <https://www.mn seniorgames.com> and register online for their newsletter.

Indoor Drills Continue Through May 31

INDOOR DRILL SCHEDULE PRE-REGISTRATION REQUIRED

Note: Drills are run by the various clubs/ facilities. Consult their websites for details. STPC is only passing on this information to members.



Location	Day	Time	Level	Instructor	Fee
InnerCity Tennis Reservations are required. To register call: 612-825-6844 or register online at: https://inner-citytennis.org/adult-tennis/drills . Reward cards not accepted.	Monday	10:30-Noon	3.5+	Roger Boyer	\$20
		1:30-3:00 PM	2.5-3.0	Dilcia Stromberg	\$20
	Tuesday	9:30-10:30 AM	All Levels	Bill Stark David Petersen	\$15
	Wednesday	11:30-12:30 PM	2.5-3.0	Roger Boyer	\$15
		1:30-3:00 PM	2.5-3.0	Dilcia Stromberg	\$20
	Thursday	9:30-10:30 AM	All Levels	Bill Stark Howe Siegel	\$15
	Friday	9:00-10:30 AM	2.0-3.5	Roger Boyer	\$20
Fred Wells Tennis Center Reservations are required. To register call 612-252-8367, ext.0 Website: https://www.fwtec.org . Reward cards are not accepted.	Tuesday	1:30-3:00 PM	All Levels	Staff	\$18
Saint Paul Indoor Tennis Reservations required via email. Send invitation requests to Stpltennis@hotmail.com . Reward cards are not accepted. No senior only drills, but sign-up via email (at left) for other drills.					

What Exactly are QR Codes?

QR codes are appearing at restaurants, movie theaters and even on your TV Screen. But what do you do if your phone can't scan the QR code?



First of all, let's understand what a QR (Quick Response) code is all about.

The barcode scanner manufacturer Denso Corporation invented the QR code in Japan in 1994 as they were trying to come up with new codes that could store a lot more information. The result is the square code we see today which, unlike a regular barcode that can only be scanned in one direction and hold far less information, can be

read 10 times faster because of its two-dimensional shape.

The easiest way for you to scan a QR code is with the camera on your smartphone. You don't take a photo of the QR Code but hover over the code until your device recognizes the code, a link will appear on the screen to take you to a webpage where you can access more information.

But what happens if your phone can't recognize the QR code? Establishments have to ensure their QR codes are up to date

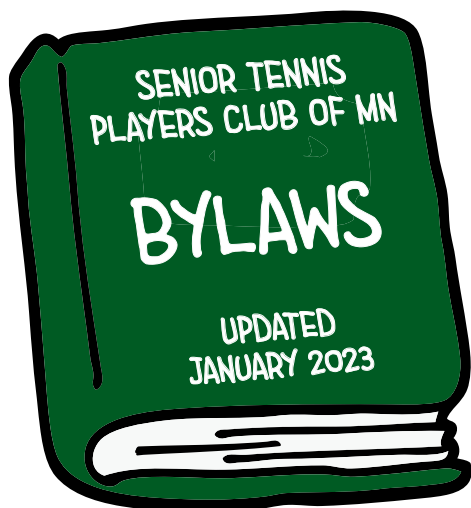
and the right size so if there are any issues it's likely to be your device rather than the code itself.

If you're using an iPhone and it is running IOS 11 or later if your Android is running Android 9 or higher you will be able to pick up the QR code through the camera. If not, you will need to install Kaspersky QR Scanner. It is one of the best free third-party scanning apps for IOS and Android.

Look for the QR code on page 2 to access the new STPC Rack Card!

Club Bylaws Updated

Mission Statement, Procedures Handbook, Board Director Processes Altered



Like most non-profit organizations in Minnesota, the Senior Tennis Players Club is governed by a set of Bylaws. Every few years, the Board reviews and updates this document. This past year we made several updates and reorganized some of its sections. While most of the changes

were minor, we did make several important changes.

#1 We revised the Mission Statement to reflect our interest in being a more inclusive and welcoming organization: “The Senior Tennis Players Club (STPC) provides tennis-playing opportunities for those 50 years and older to enhance their mental, physical, and social well-being. STPC provides a welcoming environment that seeks to reflect the diversity of the Twin Cities metropolitan area and to support the growth of tennis.”

#2 We renamed and clarified the purpose of our Procedures Handbook, the docu-

ment that describes day-to-day operations of our various subcommittees, and we made it easier to keep the Handbook updated.

#3 We consolidated several subcommittees, focusing our efforts on court play, and membership communications and events.

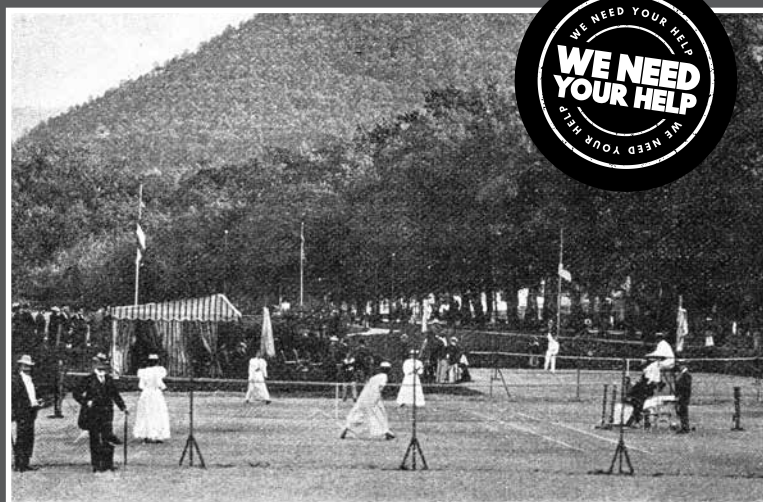
#4 And lastly, we clarified the Board Director nomination process and terms of office.

If you are interested in receiving a copy of the Senior Tennis Players Club Bylaws, contact Club Secretary Tom Worthington (Worthington_tom@yahoo.com).

Have a Passion for Tennis History?

The STPC Board is looking for a volunteer to chair the History Committee. This individual would collect and maintain documents online related to the history and development of the STPC: newspaper clippings, photographs, and tennis playing activity documents.

Please contact Katie Grove @ 812-219-7008 if you are interested or need more information.



24TH ANNUAL STPC
JACK DOW
ROUND ROBIN
MAY 1-4, 2023



50+ DOUBLES
MEN, WOMEN &
MIXED

EVENT HELD AT
**INNERCITY
TENNIS**

**REGISTRATION DETAILS
AVAILABLE SOON!**

DAILY PLAY
MONDAY-THURSDAY
9:00AM-1:00PM

**START
THINKING
ABOUT WHO
YOU COULD
PARTNER
WITH ?!**

STPC SPONSORED EVENT



Indoor Group Play

**Sept. - April
2022-23**

If you're looking for a group of friends to play with regularly, you're in the right place!

Get Playing with a Group in Two Easy Steps

1. Locate groups that meet at a convenient time, location, and at your skill level.
2. Contact the captain and let them know you are interested in playing.

DID YOU KNOW? Group Doubles Play occurs at six locations across the Twin Cities at different times and skill levels. Senior Tennis negotiates deals with tennis clubs so in most cases you do not have to be a member of the club.

INDOOR GROUP PLAY is made up of Men's, Women's, and Mixed Doubles. Groups have set players who agree to play at an appointed time and location because court time costs money for indoor play.

- "Regulars" agree to play every week or on a regular basis. "Substitutes" get called when a regular can't make it to a scheduled group play session. Subs may say yes or no to each request, depending on their availability.
- After finding a group you are interested in joining, contact the captain (contact information is located below). If you want to be a regular, ask if spots are available. Don't be discouraged if no regular spots are open. As a sub, you will likely get called often and can move into a regular spot when one opens up and you can sub for multiple groups.
- Once you've got your tennis group play date set, make sure you show up. The whole group is counting on you!

ST. PAUL AREA

Regulars & Subs Wanted

Subs Wanted

For corrections or changes to this schedule, contact Kevin Veenstra at mnkevin4@gmail.com, email strongly preferred. If truly needed, text or call 651-695-1706. If you are playing regularly and are not on the schedule, please tell us by e-mailing Bonnie Niles, group coordinator at the.c.niles@mchsi.com.

Location	Day	Time	Cts	Skill	Captains	Phone
St. Paul Indoor Tennis Club 600 Desoto, St. Paul, Facility Coordinator: Annette Adam, 651-455-9319.	Mon	8:30-10:00 AM	2	3.0-3.5 MW	Ron Leitner	651-739-9732
		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
	Fri	7:00-9:00 AM	3	3.0-3.5 MW	Annette Adam	651-455-9319

MINNEAPOLIS AREA

Regulars & Subs Wanted

Subs Wanted

For corrections or changes to this schedule, contact Kevin Veenstra at mnkevin4@gmail.com, email strongly preferred. If truly needed, text or call 651-695-1706. If you are playing regularly and are not on the schedule, please tell us by e-mailing Bonnie Niles, group coordinator at the.c.niles@mchsi.com.

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	9:00-11:00 AM	1	3.0-3.5 MW	David Minke	612-757-6248
	Thu	10:00-11:00 AM	1	2.5 W	Louise Anderson	612-354-0927
Fred Wells Tennis and Education Center 100 Federal Drive, Ft. Snelling, 612-252-8367.	Mon	7:30-9:00 AM	2	3.0-3.5	Al Crow	952-944-2418
		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	Irene Suddard	651-210-7322
		10:30AM-12:00PM	1	3.0-3.5	Al Crow	952-944-2418
	Wed	8:00-9:30 AM	2	3.0-3.5	Al Crow	952-944-2418
		11:00AM-12:30PM	1	3.0-3.5	Al Crow	952-944-2418
	Thu	9:30-11:00 AM	1	3.0-3.5 W	Sandra Loewenstein	651-454-3699
	Fri	7:30-9:00 AM	1	3.0-3.5	Al Crow	952-944-2418
		9:00-10:30 AM	2	3.0-3.5 MW	Shar Kiecker	612-306-8987
		10:30AM-12:00PM	2	3.0-3.5	Al Crow	952-944-2418
InnerCity Tennis 4005 Nicollet Avenue South, Minneapolis, 612-825-6844. NOTE: InnerCity Tennis has many open courts. If you need permanent court time for your group, call the tennis desk at 612-825-6844.	Mon	7:00-8:30 AM	3	3.0 MW	Bruce Bester	612-240-6712
		8:00-9:30 AM	3	3.0-3.5 MW	Mark Thompson	515-269-9788
		9:30-11:30 AM	5	3.5-4.0 MW	George Farrah	612-206-7910
		11:30 AM -1:30 PM	6	3.5-4.0 MW	Garfield Clark	612-868-8314
	Tue	7:00-8:30 AM	2	3.0-3.5 MW	Ann Barten	612-751-7252
		9:30-11:00 AM	1	3.5 MW	Fred Sewell	612-285-3216
		10:30-Noon	3	2.5-3.0 MW	Dennis Moody	651-488-8124
	Wed	9:30-11:00 AM	3	3.0-3.5 W	Dee Neely Anne List	612-695-8569 612-986-9900
		10:00-11:30 AM	2	3.0 MW	Louise Halverson	612-722-7132
		10:00-11:30 AM	1	3.0-3.5 MW	Tom Tait	651-206-0480
		11:00 AM-1:00 PM	6	3.5-4.0 MW	Bill Warner	612-275-7813
					Garfield Clark	612-868-8314
		1:00-3:00 PM	4	3.5-4.0 M	Mike Dalton	763-234-1690
	Thu	7:00-8:30 AM	4	3.0-3.5 MW	Jean Robbins	952-738-1704
					Charlie Robbins	952-807-7258
		9:00-10:30 AM	1	2.5-3.0 MW	Bill Kruckeberg	952-926-3397
	Fri	10:30AM-12:30PM	3	3.0-3.5 M	Jerry Turbeville	706-463-1546
					George Foulkes	952-417-0399
		12:30-2:30 PM	6	3.5-4.0 MW	Garfield Clark	612-868-8314
Public Indoor Tennis 7833 Highway 65 N.E., Spring Lake Park, 763-231-3109 Facility Coordinator needed.	Mon	12:30-2:30 PM	4	3.5-4.0 MW	Gary Melby	763-755-7252
	Thu	9:00-11:00 AM	3	3.0-3.5 MW	Gary Melby	763-755-7252
Williston Fitness and Sports 14509 Minnetonka Drive Minnetonka, Facility Coordinator needed.	Mon	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
	Fri	2:30-4:00 PM	1	3.0 MW	Arnie Nelson	753-473-2089

PRO TIP – KYLE BUCHMEIER USPTA TEACHING PRO, ICT



Return of Serve

The return is an important shot in any tennis player's game. There are different strategies and techniques you think about when returning a first or a second serve. Here are just a couple of quick tips to focus on a return of serve to help you improve your game.

First Serve Returns: When returning a first serve, go for the higher percentage shot. High percentage shots are hit cross court on your return when a serve comes in wide. Serves that come at the body or down the T should be returned to the middle of the court.

Second Serve Returns: What do you do when you're faced with a second serve? Take a step in. Get ready to be aggressive and to hit that ball with depth and spin.

Two General Tennis Tips from STPC Staff

Tip 1: Early Preparation

You cannot prepare soon enough – turn your hips and shoulders before the oncoming ball bounces on your side. GET THAT RACKET BACK!

Tip 2: Exaggerate Your Follow Through

The majority of players can improve by following through their shot. When you get a little nervous or your opponent is in

control of play and moving you around, exaggerate your follow through! Do not think just hit the ball. MOVE YOUR FEET!

Welcome our 17 New Members!

It is only through the recruitment efforts of our current members that allows STPC to grow and continue offering year-round tennis opportunities like group play, drills, pop ups, summer tennis leagues & flex leagues, the Jack Dow tournament, and social events. The club appreciates our members' efforts!

Please welcome our new members: Clark Kinser, John Messerich, Anne Schenk, Elliot Trach, Tom Tesarek, Jeff Lundblad, Ann Himmler, Jeffrey Kline, Karen Marinovich, Robert Schlosser, Larry Wang, Gayle Groebner, Joseph Richburg, Colleen Boyce, Janelle

Hill, Joaquin and Laura Dawis.

STPC is a volunteer organization. All membership fees are used to provide tennis playing opportunities for our members and to support youth tennis programs with our annual contributions to local nonprofits

serving kids. Call our Help Desk at 763-310-1234 to learn how you can volunteer!

Questions? If you have any questions regarding your new STPC tennis membership, call Mike Dalton at 763-234-1690.

RATEL NADAL TENNIS ACADEMY

STPC President Katie Grove Takes Dream Tennis Trip Overseas



I will confess that I had dreams of going to this camp and a coach telling me, “How did someone not see your potential? You could have been a superstar!” In reality, I am a 3.0 on my best day, but hey I can dream.

As I looked at the Nadal Tennis Academy website, I made the decision that if I was going to do this, I was going to go all out at the cost of a little over \$2000, the cost of the Total Tennis Plus Program.

This meant two-a-days with each session lasting for two hours for five days. The last day, Saturday, was one session.

Mornings were reserved for skill work, with the afternoons focused on play and some fun games. We had the use of 4 -5 clay courts and 6 -7 coaches for 15 to 16 people. I was the only person from the U.S. The coaches were in their late

20's, and from all over the world but all spoke English. I was probably the weakest of everyone in my group, but I was treated with the utmost respect, and they pushed and encouraged me, and we also laughed a lot.

My schedule after the morning drill was to go to the café on-site, have a Coke light, chat, and watch others play. If time allowed, I would go to the sauna or lift weights. I loved the cold bath immersion (but that's me). Most were happy with a hot bath or a sauna.

It was hot, but there was plenty of cold water. It rained for two of our sessions, but there are covered courts, so tennis was always on.

The coaches had heard of pickleball but in Spain it is all about Padel, a mix of tennis and squash and usually played in doubles. Padel is a quick moving racket sport played in

an enclosed court smaller than a tennis court but using the whole court including the walls. Looked wild but fun!

Did I ever see Rafa? Sadly no. I heard rumors he was around and saw a selfie of someone who met him. When he was around, he was usually in the weight room and that was during our morning session.

Now that I have had a few months away to think about it, I would do it all over again in a second if I had the money, of course. If you are considering going to a camp go, do not delay. It was fun meeting people from all over the world. I did the full week camp, but you can attend for half a week, which some in our group did.

Did I come back a superstar? Admittedly no, but boy did I have fun!



Senior Tennis Players Club
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Minneapolis, MN 55409

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Check your Renewal Date!

If you need to renew your membership, please fill out the form below (or online)!

Pop-Up Tennis Meet New Players!

Pop-Ups are a chance for you to build your tennis-playing circle of friends and meet and play with others at your level. Players play doubles for 30 minutes, then rotate partners and do the same thing for 2 more 30-minute sessions.

Pop-Ups are set up 4-6 times a month at Inner City Tennis (ICT). You will receive a Pop-Up invite email about a week in advance. If you are not seeing these emails, check your Junk or Spam folder.

The cost is \$12 / per pop up and registration requires an ICT account. You are welcome to bring prospective STPC members to Pop-Ups. Contact Jon Holmgren if you need help creating an ICT account or if you are bringing a friend: e_jon_holmgren@yahoo.com, 612-702-7509.

Membership Renewal Form

On the address label of this newsletter we have printed the renewal date of your membership. There are two options for renewal:

1. Electronic: www.seniortennismn.org
2. Mail: Forms and checks can be sent to:
STPC Membership Renewals
P.O. Box 5525, Hopkins MN 55343

Name _____

Cell phone _____

Secondary phone _____

Email address _____

Skill level (1.0 to 4.5) _____

If your home address has changed, enter here:

Choose one membership level:

☐ Basic \$30 ☐ Basic + printed roster: \$34