

SENIOR TENNIS TIMES

THE 50+ TENNIS EXPERIENCE

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



SENIOR TENNIS PLAYERS CLUB
www.seniortennismn.org



UPCOMING EVENTS

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

Join us for the 24th Annual Jack Dow Round Robin doubles tournament on May 1-4. Look for details on pages 4-5. If you don't have a partner, let us know, and we'll find a player for you to pair up with. Register now to help make the 2023 Jack Dow an event to remember!

Welcome, New Board Members! Bundlie, Bantle, Hicks & Minke Begin Terms April 1

Diane Bundlie became involved with the board of STPC when Alice Douthwaite asked her to be her co-chair on the social committee. Last year, Diane served as the coordinator of the women's summer flex leagues and hopes to do that again this summer. As the incoming chair of the Marketing committee, she is looking forward to developing opportunities to increase our membership and develop ties with other groups.

John Bantle started playing tennis in high school after he was cut from the baseball team. He joined STPC in 2019, and has participated in Team Tennis, the summer men's doubles league, and the summer mixed doubles league. As a new Board member, John hopes to help organize STPC

trips to national and, eventually, to international tournaments.

Barb Hicks has been an active member of STPC for over 20 years. When she joined STPC, it was the largest tennis club for seniors in the country, with over 1,500 members. Her goal as a Board member is to increase our present membership for the social welfare and health of all members.

David Minke joined STPC in 2017 when David Sommer invited him to join. Before joining, he was unaware that there were so many seniors who played tennis and who were so good at it. As a new board member, he'd like to bring the joy of competing to other players. He also hopes to increase the diversity of the membership of STPC.

MN Senior Games are August 3-6 in Saint Cloud

All athletes ages 50+ are welcome to register. More info on page 14.

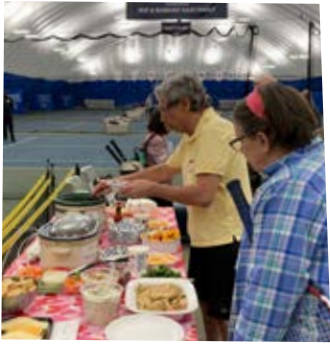
STPC August Tennis & Potluck

This annual STPC event will take place the fourth week in August. Watch for details to come in future eUpdates this summer.

February 10 Valentine Party!

STPC hosted a fun tennis party on the evening of February 10 at InnerCity Tennis.

Thirty-six members and guests played doubles, drank and ate (the chili was a hit!), and got to know each other. Our next tennis social event will be an outdoor potluck picnic in the fourth week of August. Look for more information in the August *Tennis Times* newsletter and monthly eUpdates.



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	763-234-1690
Secretary, Tom Worthington	612-812-6687
Treasurer, Mark Thompson	515-269-9788
John Bantle.....	612-385-3571
Steve Bruell	952-807-9941
Diane Bundlie	612-757-6248
Alice Douthwaite.....	763-954-1392
Barbara Hicks	605-251-1761
David Minke	612-886-5953
Kevin Veenstra	651-695-1706

All Board Members serve as volunteers without compensation.

Non-Board Volunteers

Sheila Bjore (Help Desk)	763-213-9041
Wanda Davies	
Marilyn Kelley	
Brian Kretsch	
Rolf Krogstad	
Mike Woolsey	

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: 454
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Board Members Make Lasting Impact

Jon Holmgren, Marilyn Kelley, Bonnie Niles, & Mike Woolsey Finish Terms



As I write this, I'm sitting on my couch composing the April President's letter, but it's March and it's still snowing outside. I know spring is coming because the calendar tells me so, and I anticipate that by the time you receive this newsletter it will. Right?

The STPC has accomplished a lot this past year and the members leaving the Board have been instrumental in these changes. Jon Holmgren (2013 – 2023), Marilyn Kelly (2017 – 2023), Bonnie Niles (2017 – 2023), and Mike Woolsey (2017 – 2023) have volunteered a lot of time on the STPC Board. They have stayed true to our Mission by working to increase tennis playing opportunities for all. Because of their love of tennis, they have worked to enhance favorite tennis activities and also develop new opportunities for tennis.

Membership on the Board is a three-year commitment but can be renewed for up to three years, which all of them have chosen to do. All four attended their last meeting in March but continue to work until April when the new Board members start their terms.

It is Jon Holmgren's fault that I became a member of the Board.

He caught me coming out of ICT one day, and I must have looked lost or maybe bored because he asked me if I was interested in serving and before I could think much about it, I said yes. He has been a genius at engaging community, and as Activity Director he organized socials and a luncheon for the Team Captains. He has participated in Super Saturdays and the Dow Round Robin tournament. Jon has served as STPC Vice-President and President. Jon has been the one who always volunteered when there was a need. He is always willing to make that phone call to ask for support.

When I came on the Board in April, 2020, Marilyn Kelley was the President. Marilyn has served as Chair of Marketing and Development, Long-Range Planning, Membership, Nominating Committee, and the Dow Round Robin. When the Board needed someone to serve on a task force, Marilyn always stepped up. Her knowledge of the history of the Board and the STPC has been crucial. She was always available for a conversation when I needed to bounce an idea off her. Positive and dedicated are two words I would use to describe Marilyn.

Bonnie Niles has been the Group Play Coordinator (2017-2023) for as long as she has been on the Board. She has also served

as a member of the Nominating Committee. Because of her tenure as Group Play Coordinator, this tennis-playing program runs smoothly, and Bonnie is able to handle any issues quickly. Bonnie stands out because of her love of working with volunteers. She may not remember this, but the first time I attended a social, Bonnie was the first person to come up to me and welcome me.

Mike Woolsey has worn several hats while serving on the Board: Team Tennis Coordinator, Chairperson of the Nominating Committee, and Producer of the eUpdate, and all at once. That monthly email newsletter you receive—he sends it out like clockwork. Mike is thoughtful and offers a steady hand to the Board.

I cannot adequately express how much these Board members have meant to the STPC. If you should happen to see one of these individuals, please thank them; they have worked hard for you. I send a big thank you to each of them.

If anyone has questions about serving on the Board or ideas for us to tackle, please feel free to contact any of the Board members.

Katie

Katie Grove,
STPC President

24TH ANNUAL STPC

JACK DOW ROUND ROBIN TENNIS TOURNAMENT

MAY 1-4, 2023

**9:00 a.m. –
1:00 p.m.**

TOURNAMENT DETAILS

FEE (PER PERSON) / REGISTRATIONS / CANCELATIONS

Members: \$20/one event, \$35/two events

Non-Members: \$50/one event, \$65/two events

- Applications must be received by Friday, April 21.
- Cancel after close date (April 21)—forfeit entire fee.

DIVISIONS / MATCH FORMAT / RULES / CHECK-IN

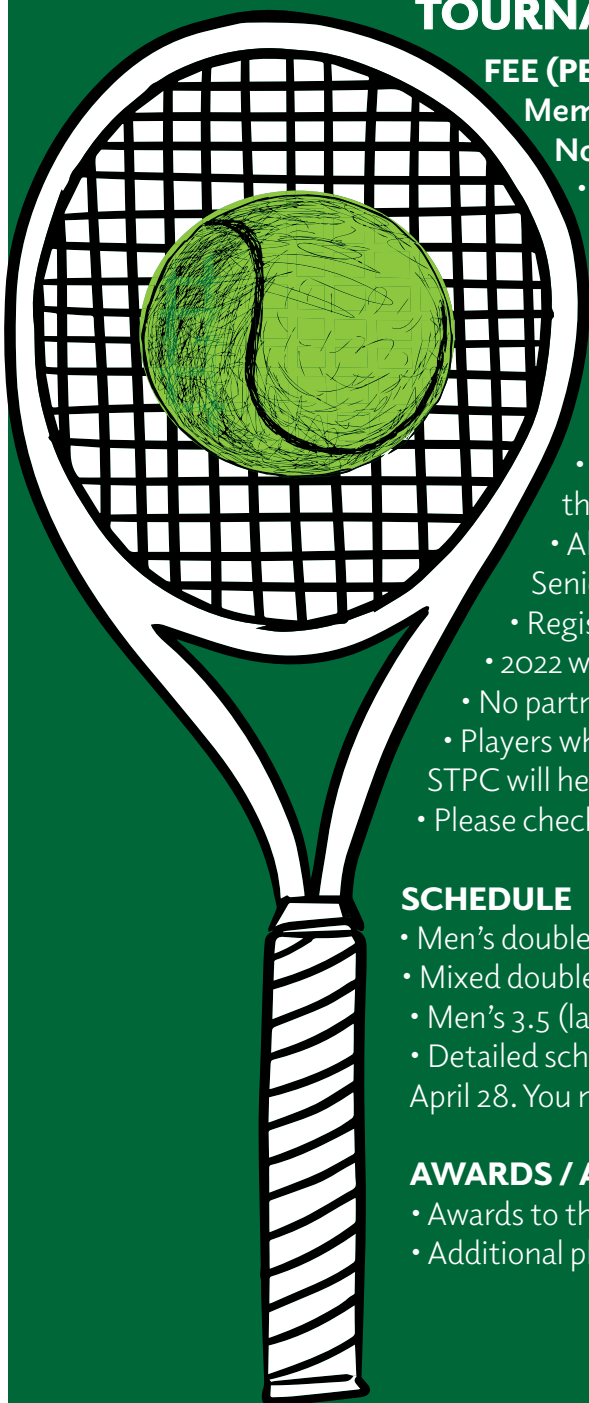
- Divisions 2.5, 3.0, 3.5, and 4.0 Men's, Women's, & Mixed Doubles.
- Round-robin format, 8-game pro sets, 40-minute time limit, 5-minute change over between matches.
- Championship matches will be two out of three 6-game sets with the final set, if required, played as a 10-point tiebreaker.
- All entrants must play at or above their rating as published in the Senior Tennis Roster.
- Registrants may play in same sex event and /or Mixed event.
- 2022 winners in each category must move up to next play level as appropriate.
- No partner substitution after first set.
- Players who are unable to find a partner must state that on the application. STPC will help you find a partner.
- Please check in for your match at least 15 minutes early.

SCHEDULE

- Men's doubles and women's doubles will be played on May 1-2 (Monday-Tuesday).
- Mixed doubles will be played on May 3-4 (Wednesday-Thursday).
- Men's 3.5 (largest division) may require finals to be played Thursday morning.
- Detailed schedule will appear on STPC website, SeniorTennisMN.org, Thursday, April 28. You must appear on the first date and time shown on that posting.

AWARDS / ADDITIONAL PLAY

- Awards to the top two finishers per category.
- Additional play may be available.



History Behind the Jack Dow

The Senior Tennis Players Club (STPC) came about in 1982 when Twin Cities businessman Jack Dow brought a small group of senior tennis enthusiasts together to form a club exclusively for their age group. These 60- and 70- somethings incorporated under the name of Senior Tennis Players Club and proceeded to organize doubles matches for themselves at the old Parade Stadium courts near downtown Minneapolis.



Jack Dow passed away in 1996 at the age of 89. He loved the game of tennis and played five to seven times a week. Dow was inducted into the Minnesota Tennis Hall of Fame, served as president of the Northwest Tennis Association and, at his peak, was ranked No. 6 in Minnesota.

Following his death, STPC initiated an annual round robin tournament in his name. This year, the 24th Jack Dow Round Robin tennis tournament is scheduled on Monday, May 1 – Thursday, May 4; the registration form is below. This is a special event for fun, fellowship, and exercise! Don't miss it - mail your registration form today!

2023 Jack Dow Round Robin Registration

Fee (per person)

Members - \$20/one event, \$35 for 2 events

Non-members - \$50/one event, \$65 for 2 events

Send registration and check payable to STPC

*to: Pam Campbell, 4934 Bryant Ave S,
Minneapolis, MN 55419.*

612-822-0567 • pmscampbell@juno.com

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

Women's Doubles 2.5 3.0 3.5 4.0

Mixed Doubles 2.5 3.0 3.5 4.0

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 _____





Summer Drills to Begin May 8!

Three Locations Available to Players Rated 2.5+

OUTDOOR DRILL SCHEDULE • Pre-Registration Required

Drills Coordinator: Kevin Veenstra 651-695-1706



	Coach	Day/Level	Time	Park	Cost
	Roger Boyer 612-802-5719 Rogerboyer2@gmail.com	Mondays 3.5+	8:30-10:00 a.m.	Countryside Park 6240 Tracy Ave S Edina, MN, 55436	\$10
	Dilcia Stromberg Pederson 612-388-3218 Dilcia.Pederson@ innercitytennis.org	Mondays 2.5+	6:00-7:30 p.m.	Donaldson Park 7400 Humboldt Ave S Richfield, MN 55423	\$10
	Roger Boyer 612-802-5719 Rogerboyer2@gmail.com	Tuesdays & Thursdays 2.5+	8:30-10:00 a.m.	Countryside Park 6240 Tracy Ave S Edina, MN, 55436	\$10
	Denny Wagner 612-578-8477 Dennis8477@gmail.com	Wednesdays 2.5+	6:30-8:00 p.m.	Breck High School 123 Ottawa Ave N Golden Valley	\$10

This summer STPC will sponsor weekly drills at three locations (see above) starting May 8th through the end of August. All are outdoors, and are subject to cancellation for heat, rain, or coach's conflict.

Each drill costs \$10 and will be led by a credentialed professional. Every week you will receive an email notifying you of the following week's drills. STPC will send out a weekly email the Wednesday morning the week before with a link to Ticketbud to buy a ticket(s) for the week.

If you are a beginning tennis player, are rated below 2.5, or just need to refresh your skills, we recommend three different sites in the Twin Cities through the following facilities:

- 1. Inner City Tennis** (www.innercitytennis.org/adult-tennis/group-lessons) offers Adult Step 1 & Step 2 drills.
- 2. St. Paul Urban Tennis (SPUT)** (<https://stpaulurbantennis.org/adult>) offers two outdoor drills.
- 3. Fred Wells Tennis and Education Center** (the

Fort) (www.fwtec.org/clinics-drills) offers a beginner's drill.

Be sure to check out the community education senior tennis offerings in your area too! See your local recreation center department's websites and catalogues for additional information. STPC is excited to provide various options for each one of you to find the drill(s) which work best for you. See you on the courts!

Summer Storms

Be Prepared When Playing Outdoor Tennis

Lightning is a potential severe hazard and life-threatening consequence of an approaching storm. Players and coaches involved in outdoor tennis matches and tournaments should be prepared for immediate cessation of all warm-ups or matches in the event of lightning. If lightning is sighted, all activity should stop, and everyone should seek appropriate shelter.

The shelter could be a building with working electricity, telephones, and plumbing. But while inside, avoid using electrical

devices or corded phones (cell phones are fine) and plumbing such as showers. A vehicle is also a safe location; the vehicle should have a metal roof and closed windows.

Use 30-30 rule

- If lightning is sighted, count the seconds until you hear thunder. If you count 30 seconds or less, everyone on site should be instructed to seek appropriate shelter immediately. Lightning has been known to strike from as far away as 10 miles.

- Activity should not resume until a minimum of 30 minutes has elapsed since the last thunderclap.

AVOID

- Open fields – do not lie flat.
- Open water – do not get close to or in.
- Trees, flag poles, and street-light poles.

If someone has been struck by lightning, activate emergency medical services immediately. The injured person should be moved to a safer location.

**IF YOU SEE IT, FLEE IT. IF YOU HEAR IT, CLEAR IT.
IF THUNDER ROARS, GO INDOORS.**



Beat the Heat this Summer!

Exertional Heat Stroke, Heat Exhaustion, Heat Cramps

During times of high heat and humidity, STPC coordinators, coaches, group captains, and members may need to cancel play. The chart at right gives general guidelines about when play should be suspended.

When the apparent temperature hits 90 degrees, play should be canceled, BUT play may be stopped at a lower apparent temperature. Please review this information, since STPC aims to keep everyone as safe as possible.

HEAT INDEX											
ENVIRONMENTAL TEMPERATURE (F°)											
	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°
Relative Humidity	Apparent Temperature*										
0%	64°	69°	73°	78°	83°	87°	91°	95°	99°	103°	107°
10%	65°	70°	75°	80°	85°	90°	95°	100°	105°	111°	116°
20%	66°	72°	77°	82°	87°	93°	99°	105°	112°	120°	130°
30%	67°	73°	78°	84°	90°	96°	104°	113°	123°	135°	148°
40%	68°	74°	79°	86°	93°	101°	110°	123°	137°	151°	
50%	69°	75°	81°	88°	96°	107°	120°	135°	150°		
60%	70°	76°	82°	90°	100°	114°	132°	148°			
70%	70°	77°	85°	93°	106°	124°	144°				
80%	71°	78°	86°	97°	113°	136°					
90%	71°	79°	88°	102°	122°						
100%	72°	80°	91°	108°							

*Combined index of heat and humidity...what it "feels like" to the body.

APPARENT TEMPERATURE	HEAT STRESS RISK WITH PHYSICAL ACTIVITY AND/OR PROLONGED EXPOSURE
90° - 105°	Heat cramps or heat exhaustion possible
105° - 130°	Heat cramps or heat exhaustion likely, Heatstroke possible
130° and up	Heatstroke highly likely

Prevent heat-related illnesses by following these guidelines:

- **Adapt to exercise** – take 10–14 days to progressively increase duration and intensity of exercise in hot and humid conditions. Take rest breaks to hydrate and cool down.
- **Fitness** – if your fitness level is poor, or if you are overweight or obese, take extra time to adjust to heat and humidity.
- **Recognize the signs and symptoms** of heat exhaustion and exertional heat stroke to modify or stop activity before a medical emergency arises.
- **Hydrate, hydrate, hydrate** – before, during and after exercise. Cold water is better than warm water; sports drinks will work as exercise length increases. Avoid caffeine.
- **Temperature** – Exercise in the cooler part of the day; early morning and evening are best. Follow the chart to determine if heat and humidity are too high to play tennis.
- **Illness** – If you have been sick, get a doctor’s approval before you return to strenuous activity.
- **Sleep** – Ensure you have adequate sleep (6–8 hours per night).
- **Nutrition** – Eat a well-balanced diet.
- **Clothing** – Wear loose fitting, absorbent, or moisture-wicking clothes.

OVERHEATING



1

Exertional Heat Stroke - This is a Medical Emergency!

Signs and Symptoms

- Excess sweating and/or flushing skin.
- Headache, dizziness, confusion, fatigue, and disorientation.
- Confusion, aggression, seizures, and loss of consciousness.
- Increased heart rate; rapid breathing.

Treatment

- Cool as quickly as possible. Use cold wet towels and move to a shaded cool area.
- Activate emergency medical system: Call 911

2

Heat Exhaustion

Signs and Symptoms

- Excess sweating and/or flushing skin.
- Headache, dizziness, confusion, fatigue, and disorientation.
- Confusion, aggression, seizures, and loss of consciousness.
- Increased heart rate; rapid breathing.

Treatment

- Cool as quickly as possible. Use cold wet towels and move to a shaded cool area.
- Activate emergency medical system: Call 911

3

Heat Cramps

Signs and Symptoms

- Muscular fatigue and/or twitches leading to painful, involuntary cramping in the legs, arms, or abdomen when exercising.
- Dehydration, thirst, sweating, and fatigue.

Treatment

- Stop exercise.
- Rest in cool area, or air-conditioned area.
- Provide fluids, such as water and/or a sport drink which contains electrolytes.
- Ice massage on affected muscle.

- *All information above on heat illnesses is to be used as a guideline and is not comprehensive. References include the National Athletic Trainers' Association and the Korey Stringer Institute.*

Play is May - August at 18 Twin Cities Locations

STPC will keep website schedule up to date, but given that local authorities (cities, school districts, park boards etc.) are decision makers on whether the courts are available please check with captains before showing up.



2023 Summer Group Play

Don't Miss Out on Fun this Summer!

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 interest you at your skill level.
2. Contact the captain and let them know you are interested in playing.

SUMMER 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.

- "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						
■ Regular Players Wanted ■ Regular & Subs Wanted ■ Full, Call First						
Location	Day	Time	Courts	Skill	Captains	Phone
Irondale High School 2425 Long Lake Road. South of Cty Rd H, New Brighton	Tue	9:00-11:00am	8	3.0-3.5	Clyde Carpenter Not drop in, call or email!	763-221-1315 clydecarp@gmail.com
	Thu					
	Sat	8:30-10:00am	8	3.0-3.5	Clyde Carpenter Not drop in, call or email!	763-221-1315 clydecarp@gmail.com
St. Anthony High School 3303 33rd Ave NE, St. Anthony	Mon	9:00-11:00am	4	3.5+	David Minke	612-757-6248
	Thu					

Macalester College 168 S Macalester St, St. Paul	Tue Thu	8:00-9:30am	2	3.5	Michael Forman	408-623-6667
Roseville Middle School 15 County Rd B2 E, Little Canada, 2 blocks east of Rice St.	Mon Wed Fri	8:00-10:30am	8	3.0-3.5	Ken Matthews Not drop in, call!	651-260-6606
Tartan High School Greenway and 10 th St, Oakdale	Mon Wed	9:00-11:00am May and Sept 8:00-10:00am June thru Aug	7	3.0-3.5	Jane Castro	651-788-6739
Walton Park 1584 Hadley Ave N, Oakdale	Tue Thu Sat	8:00-10:00am May thru September	3	2.5-3.5	Phyllis Hess	651-735-5490
White Bear Lake High School South Campus County Rd E and McKnight Rd White Bear Lake	Mon Wed	4:00-5:30pm	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 ■ Regular Players Wanted ■ Regular & Subs Wanted ■ Full, Call First						
Location	Day	Time	Courts	Skill	Captains	Phone
Bryant Park 85 th and Bryant, Bloomington	Tue	8:00-9:30am	4	All levels	Bill Kruckeberg	952-926-3397
	Thu	8:30-10:30am				
Brookview Park Hwy 55 & Winnetka Ave Golden Valley	Sat	8:00-10:00am	2	2.5-3.0	Gloria Kumagai	612-201-7447
Donaldson Park 75 th and Humboldt, Richfield	Mon	7:00-8:30 am	4	3.0-3.5	Ann Barten John Humphrey	612-751-7252 952-920-9712
	Wed					
	Fri					
Dred Scott Courts 10820 Bloomington Ferry Road, Bloomington	Mon	8:30-10:30am	2	Open	Joy Montgomery For July contact Linda Miller	952-974-8014 612-462-5793
	Wed Fri					
Holasek Park 6395 Pinnacle Dr., Eden Prairie Hwy 494 & 62	Mon	8:00-9:30am	2	3.0-3.5W	Nancy Harris	952-891-1239
Holy Family School 8475 Kochia Lane, Victoria	Tue Thu	8:30-10:30am	8	Open	Steve Nelson	952-288-5835
Lake Hiawatha Tennis Courts 43 rd St between 26 th & 27 th Avenues, Minneapolis	Mon	1:30-3:00pm	5	2.5-3.0W	Dee Neeley Drop-in but call or email by Sunday for reserving courts	612-695-8569 dee.neeley@gmail.com
Lyons Park , Golden Valley	Wed	8:00-9:30am	2	3.0W	Sharon Engel	763-383-0575
Parkers Lake County Rd 6 & Niagara Lane Plymouth	Mon Thu Fri	8:30-10:30am	4	2.5-3.5	Arnie Nelson	612-619-1389 C 763-473-2089 H
Morgan Courts, Minneapolis Morgan Ave and 52nd St W, Minneapolis. For May, courts will change in June, contact Mark for more info.	Mon	8:00-9:30am	3	3.5	Mark Thompson	515-269-9788
St Louis Park City Hall Courts 5005 Minnetonka Blvd St Louis Park	Tue Thu	9:00-11:00am	2	3.5	Tom Campbell Not drop-in! Call!	763-458-3708

View Schedule Online: www.seniortennismn.org/play-tennis/group-play
Corrections or changes: Kevin Veenstra, mnkevin4@gmail.com

SUMMER LEAGUES

FLEX & TEAM TENNIS



Planning for the 2023 Summer Leagues (Team Tennis and Flex Leagues) is in progress. A survey was sent to all STPC members in early February to determine willing participants in each league. That survey is still active, but a second round will be sent in April to all members who did not respond to the first one.

FLEX LEAGUES

There are three Flex Leagues: Men's Doubles, Women's Doubles, and Mixed Doubles. They began in 2020 in response

to Covid restrictions on gatherings of over 10 people, which resulted in Team Tennis being canceled that year, but STPC discovered in 2021 that both types of leagues can co-exist. In 2022, there were 31 Flex league teams participating, and initial results of the February survey show continued interest.

The coordinator of each league schedules weekly matches for each registered doubles team but expects the opposing teams to decide the date, time, and

location for each match (hence the word "Flex"). Since the inception of these leagues, there have been some comments each year about the difficulty of getting agreement on match date, time, and location among the 4 players of a match. The advantage of flexibility is balanced by the disadvantage of negotiation.

Some suggestions have been made to alleviate this problem: 1) the members of each doubles team could establish possible dates, times, and locations

Summer Leagues, story continues on page 13

between themselves before contacting the opposing team, and 2) teams could be comprised of three players rather than two, thereby increasing the chance that at least two of the three players would be agreeable to one of the suggestions of the opposing team.

2018 it expanded to 6 teams and has remained at 6 teams since then. In 2021, there were 48 regular players and 42 substitutes, for a record-high total of 90 players. Conceivably, the league could continue to grow, but there haven't yet been enough willing players for more than 6 teams.

committee will be to balance the tennis skill levels between the teams, to the degree that is possible.

A match in this league requires 4 adjacent, or at least proximate, courts to be reserved. Accordingly, the 8

Team Tennis offers fixed match times & locations, while flex leagues offer players options for match dates & locations each week.

For questions and comments about the Flex Leagues, contact Michael Dalton at:

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

•••••

TEAM TENNIS

This league differs from the Flex leagues mainly in that its match dates are fixed (Tuesdays, from mid-June to mid-August), match time (9:00–10:30 a.m.), and match locations (Eden Prairie or Bloomington). Each team consists of 8 players, 4 men and 4 women, each of them playing one pro-set of either Men's or Women's doubles and one pro-set of Mixed Doubles per match.

From 2015 to 2017, the league consisted of only 4 teams, but in

Each post-season, there's normally some player turnover. This year, there's a lot, as it appears that 2 of last year's teams will need a total of 10 regular player replacements, and both of those teams need a new captain. Survey responses are needed to find both regular players for those teams and willing substitute players (and the league can never have too many subs).

It's always been the prerogative of the Team Tennis captains to form their own teams, with help if needed from the league coordinator. That policy continues, but this year with input from a newly formed Team Tennis committee (John Bantle, David Minke, and Rolf Krogstad). One goal of the

courts at Eden Prairie Central Middle School, and 4 of the 6 courts at Bloomington's Valley View Park have already been reserved.

While it may be desirable to reserve courts that are more central to the Twin Cities metropolitan area, experience has shown that many such courts are either in disrepair or are expensive. By comparison, the courts in Eden Prairie have been a relative bargain.

For questions and comments about Team Tennis, contact Mike Woolsey at:

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

Improve Your Game Through YouTube

Many videos are available to help you learn more about tennis

Want to improve your tennis skills without spending a fortune on lessons or coaching? Online at www.YouTube.com, you can find hundreds of tutorial videos about a variety of topics.

Go to the YouTube website and type your topic of interest into the search bar (by the little magnifying glass), such as “tennis serve” or “tennis volley technique” or “tennis backhand slice.”

You’ll get a list of videos, including their running time and their producer. Some of the best videos are made by Tennis Hacker, Feel Tennis, and 2-Minute Tennis.



Join the 2023 Minnesota Senior Games

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



Where/When? St. Cloud, MN, August 3–6, 2023.

Who can register? All individuals age 50+ are eligible to compete. Participants register according to their age as of 12/31/23.

Cost? An individual registration is \$52 and includes up to five sports. There will be an additional \$5 fee per sport for competing in more than five sports.

Extras? The following sports require additional fees to be paid on-site: Archery - \$10, bowling - \$12 per event, and golf \$__ (depending on the course).

Deadline? The registration deadline is Monday, July 17, 2023.

Cancellations / Postponements / Refunds?

In the event of inclement weather or unusual/extenuating circumstances, Senior Games officials reserve the right to change the format of the competition, postpone events, or cancel. Registration fees are non-refundable.

Questions? Email info@visitstcloud.com or call 320-251-4170. Check out www.mnseniorgames.com for updates.



WHO WANTS TO TAKE A TENNIS TRIP THIS SUMMER?

Newport, Rhode Island (pictured above) & Cincinnati, Ohio are two group trip considerations

STPC would like to explore interest in organizing a group trip to a tennis tournament later this year. The two possibilities selected are:

1) Hall of Fame Open (infosyshalloffameopen.com) which will be held in Newport, RI from July 16-23, 2023.

We would probably attend the quarter finals, semifinals, and finals July 21-23. Ticket sales and prices are not yet available but will probably start at \$50-\$100 per session.

2) Western and Southern (Cincinnati) Open (wsopen.com) which will be held August 13-20, 2023 in Mason, OH. We would probably attend the quarter finals, semifinals, and finals August 18-20. Five-session finals weekend packages start at \$375. Single-session prices and tickets are not yet available but will probably start at \$70-\$100 per session.

For either tournament, STPC will not make bookings of any kind but will make recommendations for members to book tournament tickets, flights, and hotels. We will also try to organize several group meals and activities for those who don't want to spend every minute watching tennis. We will also coordinate rental car ride-sharing.

If you are interested in attending either tournament, please contact John Bantle at bantl001@umn.edu. We will then proceed with making recommendations and arrangements for the preferred tournament.



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)!

Share Tennis Group Photos with STPC

Have you been playing tennis with the same bunch of friends for years and years? In upcoming editions of Tennis Times, STPC would like to include pictures of tennis groups. Send pictures and information about how the group formed and how long you've been playing together to Alice Douthwaite at jetsetalice7@gmail.com.



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