

December 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!



SENIOR TENNIS PLAYERS CLUB
www.seniortennismn.org

UPCOMING EVENTS

STPC Holiday Party December 9th

Bring your racket and your smile to STPC's annual Holiday Tennis Party on Saturday, December 9 at InnerCity Tennis. Food, drinks, music, tennis and more! Look for more details on page 4.

STPC Valentine Party February 9th, 2024

Mark your calendar for STPC's annual Valentine Tennis Party on Friday, February 9, 2024. More details can be found on page 5 of this newsletter and in future STPC eUpdates.

Jack Dow Round Robin, May 6-9, 2024

The Jack Dow Round Robin tournament will be back in 2024 in early May. There will again be Men's, Women's, and Mixed doubles divisions. Think about who you may want to partner up with!



2023 JACK DOW AWARD

Sharon Gribble receives the Jack Dow award for service to STPC from last year's recipient, Steve Bruell.

Congratulations to Sharon Gribble for receiving the Jack Dow award for her volunteer work for STPC. At the August picnic, last year's honoree, Steve Bruell, passed the hefty trophy along to Sharon for the year (photo above).

Sharon joined STPC in 2011 and served two 3-year terms on the Board from 2014 until 2019. Among other things, when the club developed a new website, she volunteered to help with entering all the members' accounts into the new database. Steve Bruell was responsible for upgrading the website to a more user-friendly site, and when he would make changes, he would have her test those changes.

She was described by her nominator as "working tirelessly behind the scenes for many

years to get all aspects of STPC's current membership system to work.... Her efforts have been indispensable to STPC's success." Another supporting comment in her nomination for the award was that "for many years Sharon was not able to play tennis and yet, continued to attend to all the membership duties. She definitely went above and beyond!" Thank you, Sharon.

Interested in volunteering?
Contact STPC President Katie Grove at kagrove@iu.edu.

TENNIS FRIENDS

Photos of Informal Tennis Groups Wanted for Newsletter

Have you been playing tennis with the same bunch of friends for years? In upcoming editions of the *Senior Tennis Times*, STPC would like to include pictures of informal 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.

ASK YOUR TENNIS FRIENDS
"DO YOU REMEMBER HOW LONG WE
HAVE BEEN PLAYING FOR? HOW DID OUR
GROUP FORM?" HMMM.....



STPC INFORMATION CENTER

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 (Help Desk).....612-812-6687
Treasurer—Mark Thompson515-269-9788
John Bantle (Board Nominations)651-699-9724
Diane Bundlie (Marketing, eUpdates).....612-886-5953
Alice Douthwaite (Socials, Newsletter).....763-954-1392
David Minke (Community Relations)612-757-6248
Kevin Veenstra (Drills, Group Play).....651-695-1706

All Board Members serve as volunteers without compensation.

Non-Board Volunteers

Steve Bruell (Advisor)952-807-9941
Bonnie Niles (Advisor)952-474-6442
Mike Woolsey (Advisor).....952-937-2546
Jon Holmgren (Advisor)612-702-7509
Brian Kretsch (Advisor)..... kret0010@umn.edu
Marilyn Kelley (Advisor).....952-334-2146

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

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

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

Newsletter Submissions: Submit all items by email to newsletter coordinator Alice Douthwaite at jetsetalice7@gmail.com by the 5th of the month for publication the following month. All material is subject to editing.

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.

Advertising: Send to the newsletter editor Brady Schmidt bschmidt26@gmail.com by the 5th 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

Web: seniortennismn.org | **Help Desk:** 763-310-1234

Membership Total: 482

December 2023, Vol. 36, #4

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FROM THE PRESIDENT'S DESK

Welcome to the Indoor Tennis Season - still LOTS going on!



As I write this, all of us have just gone through another Daylight Saving Time change. I lived

in Indiana for several years, where we didn't change at all. I think there is a joke there somewhere, and believe me people complained about it, a lot. I am not sure you can ever win on this subject.

But back to a happier topic: tennis. The Senior Tennis Players Club Board has been discussing challenges, such as how we can offer more opportunities for all our members and how we can encourage more people in the Twin Cities to pick up a tennis racket.

Let me start with the first challenge. STPC continues to offer tennis playing opportunities, group play, team tennis, summer flex leagues, pop-ups, and summer drills. We have some great Board members with new ideas.

- First, Mark Thompson has developed a Singles Flex Ladder, which is our only program for singles play. In consultation with the USTA Northern, Mark is launching the program using a new phone app. This sounds like a great opportunity; who knows where it will lead?
- Second, Diane Bundlie and Dave Minke have introduced

Saturday doubles play at Baseline Tennis Center on the U of M campus. Yes, there are occasionally scheduling conflicts, such as other tennis tournaments, but why not try out some great courts, meet some new people, and enjoy your Saturday? (Parking is not as difficult as you may think.)

- Third, John Bantle has organized a trip for STPC members to Delray Beach, Florida, in February 2024. What a great opportunity to travel with other members of our club! Who doesn't like watching a good tennis tournament featuring some high-quality professional tennis players?

How do we reach more senior tennis players to encourage them to join STPC? The USTA considers STPC to be a Community Tennis Association (CTA), a not-for-profit volunteer organization supporting the growth of tennis. STPC now has an official Partnership with the USTA Northern. We are very different organizations, but we both love tennis and want to support the growth of the sport, so with this partnership we will have the opportunity to advertise STPC opportunities through their social media and they will be able to advertise their senior opportunities through our social media. USTA Northern uses a computer program called Serve Tennis, which

will make it easier to run tournaments, drills, socials, and more, all at no cost to us. Our alliance is all in the beginning stage, but our contacts at USTA Northern have been very helpful and supportive.

For the second year, in early November I attended the USTA Northern Annual Meeting. Most of the attendees are from surrounding states and Minnesota and run tennis facilities and/or supervise or coach tennis. We are in frequent discussions about new programming. They have been very interested in our travel opportunity to Delray Beach, for instance. I was asked to participate in a round table discussion about the state of senior tennis. I think some great ideas came out of that discussion, which I hope to be able to present to our membership soon.

Finally, if you're reading this article but have not renewed your STPC membership, please do so. If you're not sure if you need to renew, contact Mike Dalton at 763-234-1690 or mdalton121@msn.com. The price of an annual individual membership is \$30. Best deal in town.

See you on the courts!

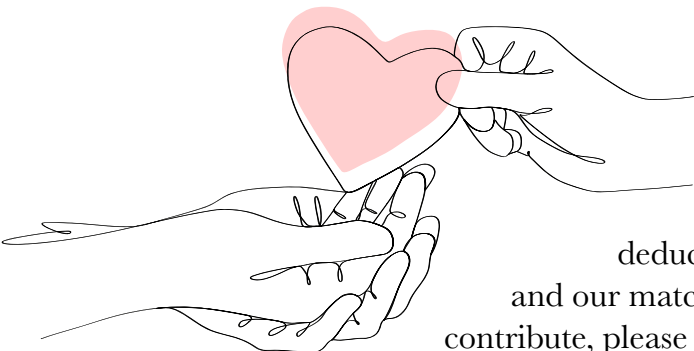
Katie

Katie Grove, President

'TIS THE SEASON FOR GENEROSITY

STPC will match all donations up to \$7,000 from now until December 20

Every year, STPC makes a donation to InnerCity Tennis, Fred Wells Tennis and Education Center, and Saint Paul Urban Tennis. Each of the tennis centers has programs to promote tennis for youth and beginner players, thus expanding STPC's reach in our mission to encourage the growth of tennis.



Between now and December 20, STPC will match your donations to InnerCity Tennis, Fred Wells Tennis and Education Center, and Saint Paul Urban Tennis, up to a total of \$7,000. All three facilities and STPC are 501(c)(3) nonprofit organizations, so your donations are tax-deductible. STPC will accumulate the donations and send them and our matching donation to your designated recipient. If you'd like to contribute, please send your check payable to the tennis center of your choice to STPC, PO Box 5525, Hopkins, MN 55343.

TREASURER'S REPORT

STPC is in fine shape financially. We budget to break even on events, leagues, and drills, and we rely on membership dues to cover insurance, newsletter costs, and general overhead. Any excess profit is generally donated to tennis centers that promote tennis for youth. This year we are offering to match our members' donations to InnerCity Tennis, Fred Wells Tennis and Education Center, and Saint Paul Urban Tennis, as noted above.



HOLIDAY TENNIS PARTY – SATURDAY, DECEMBER 9

Have some indoor tennis fun early this winter!



When? Saturday, December 9, 6:00-9:00 p.m.

Where? InnerCity Tennis, 4005 Nicollet Avenue South, Minneapolis

Cost? \$20 per person, payable at the door by check made out to STPC, cash, or credit or debit card. Non-members who wish to join may pay the \$30 annual membership fee at the door and enjoy the party at no additional cost.

Bring? Your racquet, your water bottle, and your smile—STPC will provide balls, food, drinks (including water, lemonade, wine, and beer), and music.

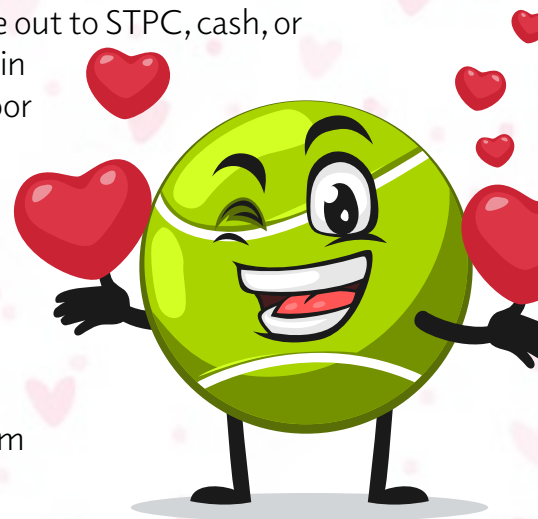
RSVP? Yes! Space is limited. Please text or email Diane Bundlie (diane.bundlie@gmail.com / 612-886-5953) to register. Include your name, email address, and phone number.

Questions? Contact Alice Douthwaite jetsetalice7@gmail.com

VALENTINE TENNIS PARTY – FRIDAY, FEBRUARY 9

Join us for an evening of tennis doubles and socializing!

- When?** Friday, February 9, 2024, 4:30 – 7:30 p.m.
- Where?** InnerCity Tennis, 4005 Nicollet Avenue South, Minneapolis, MN 55409
- RSVP?** Yes! Space is limited. Text or email Diane Bundlie (diane.bundlie@gmail.com / 612-886-5953) to register. Include name, email address, and phone number.
- Cost?** \$20 per person, payable at the door by check made out to STPC, cash, or credit or debit card. Non-members who wish to join may pay the \$30 annual membership fee at the door and enjoy the party at no additional cost.
- Bring?** Your racquet and your smile—STPC will provide food, drinks (including water, lemonade, wine, and beer), and tennis balls.
- What's Going On? ..** Five courts of doubles, an icebreaker guessing game guaranteed to get you chatting with other players, music, and plenty of appetizers.
- Questions?** Contact Alice Douthwaite jetsetalice7@gmail.com



STPC WELCOMES NEW MEMBERS

The recruitment efforts of our current members allow STPC to grow and continue offering year-round tennis opportunities such as group play, drills, pop ups, summer tennis leagues and flex leagues, doubles tournaments, and social events. The club appreciates our members' efforts!

Welcome to STPC's newest members: John Fisher, Sarah Fuller-Gipp, Zeny McCoy, Patricia

McNevin, Eric Roberts, Anitarose Brockman, Kirsten Deffner, Allan Eggers, Dawn Fleming, Emiley Gregg, Annice Miller, Glenn Miller, Houghton Smith, Troy Tonnessen, Pamela Nelson, Karol Rubin, Richard Spencer, Karen Wolner, Doug Allsup, Jim Grage, Robin Ryan, John Zech, Barbara Bates, Steven Palmer, David Williams, and Tiffany Wortman.

STPC is a volunteer organization. All membership fees are

used to provide tennis playing opportunities for our members and to support youth tennis programs through our annual contributions to local nonprofits serving kids. To learn how you can volunteer, call our Help Desk at 763-310-1234. If you have any questions regarding your STPC tennis membership, call Membership Coordinator Mike Dalton at 763-234-1690.

FALL TOURNAMENT IDEAS WANTED

Due to less than anticipated numbers of participants, in early October, STPC canceled what was going to be our inaugural fall tournament. In March 2024, we'll start preparing to host next year's fall tournament. Please share your ideas for making our newest tournament a success with Mike Dalton at mdalton121@gmail.com.



INDOOR GROUP PLAY

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

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!

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 see if they have any regular or sub positions available.

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.

ST. PAUL AREA						September - April 2023-24
Regulars & Subs Wanted						Subs Wanted
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

For corrections or changes to this schedule, email Kevin Veenstra at mnkevin4@gmail.com.

MINNEAPOLIS AREA

Regulars & Subs Wanted

Subs Wanted

September - April
2023-24

For corrections or changes to this schedule, email Kevin Veenstra at mnkevin4@gmail.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	3.0 W	Louise Anderson	612-354-0927	
	Sat	1:00-2:30 PM	1+	3.0-3.5 MW	Diane Bundlie	612-886-5953	
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-12:00 PM	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-12:30 PM	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-12:00 PM	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	1	3.5-4.0 M	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	
		9:00-10:30 AM	1	3.5 MW	Michael Forman	408-623-6667	
		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	
		11:00 AM-1:00 PM	6	3.5-4.0 MW	Bill Warner Garfield Clark	612-275-7813 612-868-8314	
		1:00-3:00 PM	4	3.5-4.0 MW	Mike Dalton	763-234-1690	
Thu		7:00-8:30 AM	4	3.0-3.5 MW	Jean Robbins Charlie Robbins	952-738-1704 952-807-7258	
	9:00-10:30 AM	1	2.5-3.0 MW	Bill Cricketer	952-926-3397		
	9:00-10:30 AM	1	2.5-3.0 MW	Michael Forman	408-623-6667		
Fri	10:30AM-12:30 PM	3	3.0-3.5 M	Jerry Turbeville	706-463-1546		
	10:30AM-12:30 PM	3	3.0-3.5 MW	Tom Tesarek	763-234-2692		
	12:30-2:30 PM	6	3.5-4.0 MW	Garfield Clark	612-868-8314		
Public IndoorTennis • 763-231-3109 7833 Highway 65 NE, Spring Lake Park	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	
	Fri	1:00-2:30 PM	1	3.0 MW	Holly Rakocy	952-693-8291	
		2:30-4:00 PM	1	3.0 MW	Arnie Nelson	763-473-2089	

HALLOWEEN PARTY RECAP

On October 28, STPC hosted a Halloween-themed tennis social at InnerCity Tennis. Here's what some participants said about the party:

"A big thanks to Sr Tennis & particularly Alice & Diane for organizing a wonderful Halloween party! Lots of tasty food & fun tennis with everyone. Very well done! Looking forward to the Dec 9 holiday party." -Rita G.

"Great party! Loved meeting new friends!" -Stacey B.

*"What a great party! We saw old friends and met new ones! Yummy food! Thanks to everyone making this event so much fun!"
-Maryellen and Tom M.*

"Had a great time, tennis & food for all, kudos to Alice [and Diane] for a well-planned party." -Al E.



"I enjoyed playing in this tennis gathering last Saturday and enjoyed the food and getting to visit with several players that I have not met before. I hope to see you all again at the 12/9 holiday party." -Al P.

FROM THE STPC ARCHIVES (2006)

HOW CAN I IMPROVE MY SERVE?

By Laurie Kozlak, former teaching professional at InnerCity Tennis

How can I improve my serve? This is one of the most common requests for help that tennis instructors get. The answer depends on where the player is on the continuum of development for the serve.

- First and foremost, getting the serve "in" (consistency) is essential to getting the point started.
- Next, work on keeping the serve deep in the service box to make it more difficult to return as well as forcing your opponent to position further

back making it more difficult for them to get to the net.

- Being able to hit your serve to specific targets such as to the opponent's weak side or down the middle to the "T", can be key to forcing errors from your opponent.
- Adding spin is another component in developing the serve and one of the biggest improvements any player can make on their serve. Spin is as easy as getting the proper grip and swing, and is necessary for adding the beloved pace.

Being a server is like being a pitcher in baseball. Your job is to make it difficult for the returner to "get a hit". So get a serve lesson and start serving up success!



WINTER INDOOR DRILLS (January 2 – May 3, 2024)

Improve your game by taking a drill from a USPTA pro!

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. Reward cards NOT accepted.					
Location	Day	Time	Level	Instructor	Fee
InnerCity Tennis To register call 612-825-6844 Website: www.innercitytennis.org/adult-tennis/drills .	Monday	10:30-Noon	3.5+	Roger Boyer	\$20
		1:30-3:00 PM	2.5-3.0	Dilcia Stromberg	\$20
	Tuesday	9:00-10:30 AM	All Levels	Bill Stark David Petersen	\$20
	Wednesday	11:30-12:30 PM	2.5-3.0	Roger Boyer	\$15
	Thursday	9:00-10:30 AM	All Levels	Bill Stark Howe Siegel	\$20
	Friday	9:00-10:30 AM	2.0-3.5	Roger Boyer	\$20
Fred Wells Tennis & Education To register call 612-252-8367, ext.0 Website: www.fwtec.org	Tuesday	1:30-3:00 PM	All Levels	Staff	\$20



HELP BY PHONE

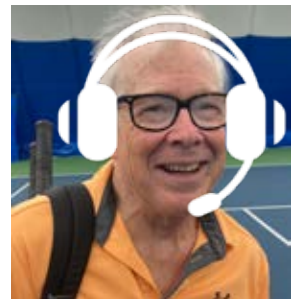
Sheila Bjore passes the Phone to STPC’s Help Line onto Tom Worthington

Have you ever called STPC’s Help Line? Since August 2018, Sheila Bjore has answered many phone calls from members and non-members alike, but soon she will step away from this volunteer position. Huge thanks to Sheila for over five years of dedicated service!

We’ve committed to continue to have a real person answer your phone calls. Starting this winter, Tom Worthington, the STPC Secretary, will be the new voice of the Help Line.



Sheila Bjore
The “voice” of STPC since 2018.



Tom Worthington
The new “voice” of STPC beginning in the winter of 2023.

STPC BOARD OF DIRECTORS

STPC is looking for several club members to join our Board of Directors. The Board meets on the first Thursday of each month from 1–3 p.m. and organizes and manages STPC leagues, drills, tournaments, social activities, tennis trips, and outreach programs. If you might be interested in serving on the Board, please contact Nominations Chairperson John Bantle at 612-385-3571 or bantl001@umn.edu.

Delray Beach Tennis Trip

February 10-14, 2024



PRO TENNIS TOURNAMENT TRIP

Delray Beach, Florida Adventure Planned for February 10-14, 2024

The Delray Beach Open men's professional tennis tournament will take place from February 9-18, 2024 (<https://yellowtennisball.com/schedule/>). Several STPC members plan to travel to Florida to watch the tournament, leaving MSP on Saturday, February 10 and returning on Wednesday, February 14. Please contact John Bantle (bantl001@umn.edu) or Diane Bundlie (diane.bundlie@gmail.com) if you have questions or are interested in joining the trip.

AUGUST END OF SUMMER PICNIC

Over 40 members turned out to enjoy summer one last time



President Katie Grove
at the August picnic.

Even though we had to postpone our annual potluck picnic by a week due to excessive heat, the event turned out to be fun and festive. Over forty members played doubles, feasted, caught up with old friends, and enjoyed a warm summer evening outdoors. A highlight of the event was Sharon Gribble receiving the 2023 Jack Dow Award for outstanding service to the club. See the front page article for the story.



Sharon Gribble receiving
the 2023 Jack Dow Award

THE BIG DIFFERENCES BETWEEN TENNIS & GOLF

Pro Tip from InnerCity Tennis Coach Scott Pennington



The big difference is that a golfer has 14 tools (clubs) tailored to each situation a player may face from those three areas, and a tennis player has only one!

When you're practicing tennis, be sure to spend equal time working on the three zones of the court:

1. The backcourt rally zone (playing off the bounce) and serving positions to build consistency and placement skills.
2. The midcourt transition area—no, it's not a no-man's-land—in order to steal reaction time and hopefully degrade your opponent's balance.

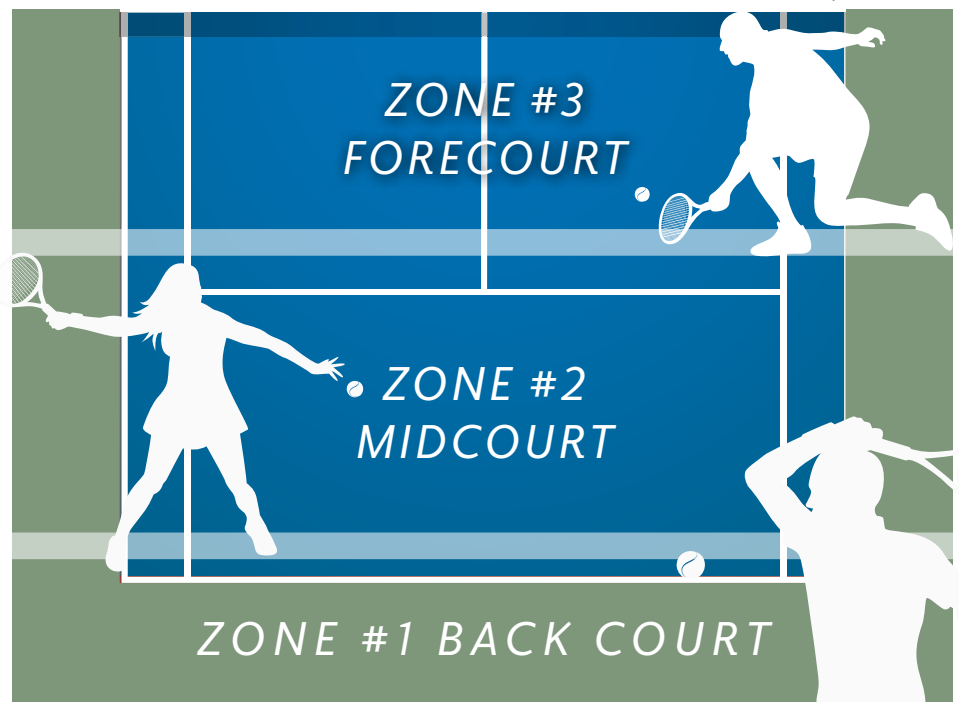
3. The forecourt (net position) to cut off the response from the opponent and place the ball decisively away from them.

If you are struggling to execute successfully from one particular zone of play, spend double the time honing your skill set in that area. Become a well-balanced all-court player, and you'll present your opponent a tough puzzle to solve!

Tennis and golf have a number of similarities. The obvious one is that you strike a ball with a stick. Less obvious is that each game has multiple zones of play.

- Golf has the drive from a tee. Tennis has the serve.
- Golf employs the approach shot to get to the green. Tennis has a mid-court area transition shot (sometimes out of the air, sometimes off the bounce) in order to get to the net position.
- Golf then has chipping or putting according to the quality of the approach. Tennis players must hit either a volley (out of the air) or an overhead smash once they arrive at the net position in order to win the point.

When practicing tennis, spend equal time working on the three zones of the court: backcourt, midcourt and forecourt!





Senior Tennis Players Club
4005 Nicollet Avenue South
Minneapolis, MN 55409

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TWIN CITIES, MN
PERMIT NO. 4665

Name - A
Address - B
City, State Zip - C & D

*Placeholder text only.
Please replace with mailing file data.*

Renewal date: February 27, 2020 - F
You are receiving this newsletter because you are a current STPC member. - G

Check your Renewal Date!

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

SINGLES FLEX LADDER LEAGUE

Players Wanted for New Opportunity

STPC is starting a singles tennis ladder league, open to players over fifty years of age. Matches will be assigned for each two-week cycle, and players will arrange the time and location for their match with each opponent.

If you're interested in playing singles, contact Mark Thompson at MarkT52@outlook.com.



Tom Worthington and Dave Minke before their singles ladder match in November 2023.

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