

# SENIOR TENNIS TIMES

THE 50+ TENNIS EXPERIENCE

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



## Good Times!

2024 Delray Beach Open attendees: Front row (l-r) Cathy Richlovsky, Alice Anderson, Nasser Pooladian. Back row (l to r): Dan Anderson, John Bantle, John Pottebaum.

**In February, five STPC members and one guest had a great time at the 2024 Delray Beach Open men's pro tennis tournament. The tournament was small, but the draw included four of the world's top 20 male tennis players.**

Because of the tournament's small size, seating close to the action was easy to access.

The stadium is in downtown Delray Beach, which is a "happening" town with lots of shops, restaurants, bars, and a beautiful beach.

Because of the wonderful experience, Board member John Bantle (bantl001@umn.edu) plans to organize a trip to

the 2025 Delray Beach Open for STPC members and their guests.

In addition to tennis, optional activities will include visits to the Wakodahatchee Wetlands, the Henry Morrison Flagler estate, and the Morikami Japanese Gardens.

Mark your calendars for the 2025 Open, which will be held February 10-16.



## UPCOMING EVENTS

### 25<sup>th</sup> Annual Jack Dow Round-Robin May 6-9 at InnerCity Tennis

Join us for the 25th Annual Jack Dow Round Robin doubles tournament on May 6-9. 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 2024 Jack Dow an event to remember!

### STPC August Tennis & Potluck

This annual STPC event will take place on Tuesday, August 27. Check out page 15 for more details.

### Fall Tournament October TBA

Volunteers are wanted to create a fall event similar to the Jack Dow spring doubles tournament. If you'd like to volunteer, please contact Tom Worthington at [worthington.tom@yahoo.com](mailto:worthington.tom@yahoo.com) or 612-812-6687.

# NEW BOARD MEMBERS

Starting in April, STPC welcomes two new members to our Board of Directors.



**John Denis** played tennis in high school and continued to play recreationally for several years beyond. Wanting to restart a sport he enjoys, he joined STPC in 2020. He plays in the singles ladder league, men’s double league, summer Team Tennis, senior drills, and has participated in the Jack Dow tournament.



**Rolf Krogstad** has played tennis since the 6th grade, with a number of years off during and shortly after college. He has been involved with STPC group play, summer flex leagues, and, in the past few years, summer Team Tennis.

## 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

<b>President</b> –Katie Grove.....	812-219-7008
<b>Vice-President</b> –David Minke .....	612-757-6248
<b>Secretary</b> –Tom Worthington .....	612-812-6687
<b>Treasurer</b> –Mark Thompson .....	515-269-9788
John Bantle (Board Nominations) .....	651-699-9724
Diane Bundlie (Marketing, eUpdates).....	612-886-5953
John Denis.....	952-884-0194
Alice Douthwaite (Socials, Newsletter).....	763-954-1392
Rolf Krogstad .....	612-597-7249
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 Diane Bundlie at diane.bundlie@gmail.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:** 844-729-9277

**Membership Total:** 482

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# NEW SEASON, LOTS GOING ON!

## Board Member Transitions, USTA Northern Partnership, Summer Leagues & More



Welcome to your 2024 spring STPC Newsletter. I have missed winter, the snow, cold, and even my car getting stuck coming out of the garage; maybe it is the North Dakota girl in me. You may have a very different view, but how else can we really appreciate spring and outdoor tennis if we don't have winter?

This is also the time of year when the STPC Board gains new members and loses others. Mike Dalton is stepping off the Board. During his tenure, Mike served as Vice President, Membership Director, coordinator of the men's and mixed doubles summer Flex Leagues and the Annual Jack Dow Round Robin Tennis Tournament, all at the same time. I think of it as Mike doing two crossword puzzles at the same time and in ink. But I digress. You can see that Mike's departure is a big loss; his dedication and willingness to help on all projects will be strongly missed. David Minke, a current Board member, will be serving as Vice President, and other Board members have agreed to cover summer flex leagues and the Jack Dow tournament. I am proud to announce that we have two new members to add to the

Board: Rolf Krogstad and John Denis. You can find out more about them in this newsletter.

The STPC Board meets on the first Thursday of each month for two hours, but a lot more is going on behind the scenes. The Board is a lively bunch with all viewpoints and ideas welcome. There is a lot of discussion about how we can get you, the STPC member, to renew your membership and about how we can gain new members. So, John Bantle suggested and coordinated a winter travel opportunity to the Delray Beach Tournament. He has written a short piece in this newsletter about how it went and plans to do it again next year. With the help of Mike Dalton, the STPC tried to launch a new tournament in the fall with the hope of engaging the younger members among us. We did not get the response we had hoped for, but we learned a lot and will likely come back to some variation of this tournament in the future. Pop-ups which started with Covid have stopped; in their place is an indoor singles flex ladder, developed and coordinated by Mark Thompson. The singles ladder has been a success and will continue to develop.

Our partnership with USTA Northern has given us some

opportunities to elevate how we are handling tennis playing opportunities. We are now using a program from the USTA Northern called Serve Tennis to register for the 2024 Jack Dow Tournament May 6 - 9. This program requires you to get a USTA player number, but you do not have to pay for a USTA membership, I promise. One benefit for us is that we now have our tournament advertised through the USTA Northern. Tom Worthington, the STPC Secretary, is running the 2024 Jack Dow. If you are struggling with registering, please don't hesitate to call the STPC Help Line at 844-729-9277.

If you are interested in volunteering to help with any of our projects or to serve on the Board, let any Board member know.

See you on the courts!

*Katie*

Katie Grove,  
STPC President



25TH ANNUAL STPC

# JACK DOW ROUND ROBIN TENNIS TOURNAMENT

**MAY 6-9, 2024**  
9:00 a.m. –  
1:00 p.m.

## TOURNAMENT DETAILS

### REGISTRATION

- All matches will be played at InnerCity Tennis, 4005 Nicollet Avenue, Minneapolis
- Sign Up On-Line at <http://tinyurl.com/Jack-Dow-Tournament> (preferred), or mail in registration form.
- Fee (per person): \$25 for one event; \$40 for two events.
- Applications must be received by April 26.
- No refunds issued after April 26.

### DIVISIONS / FORMAT / RULES

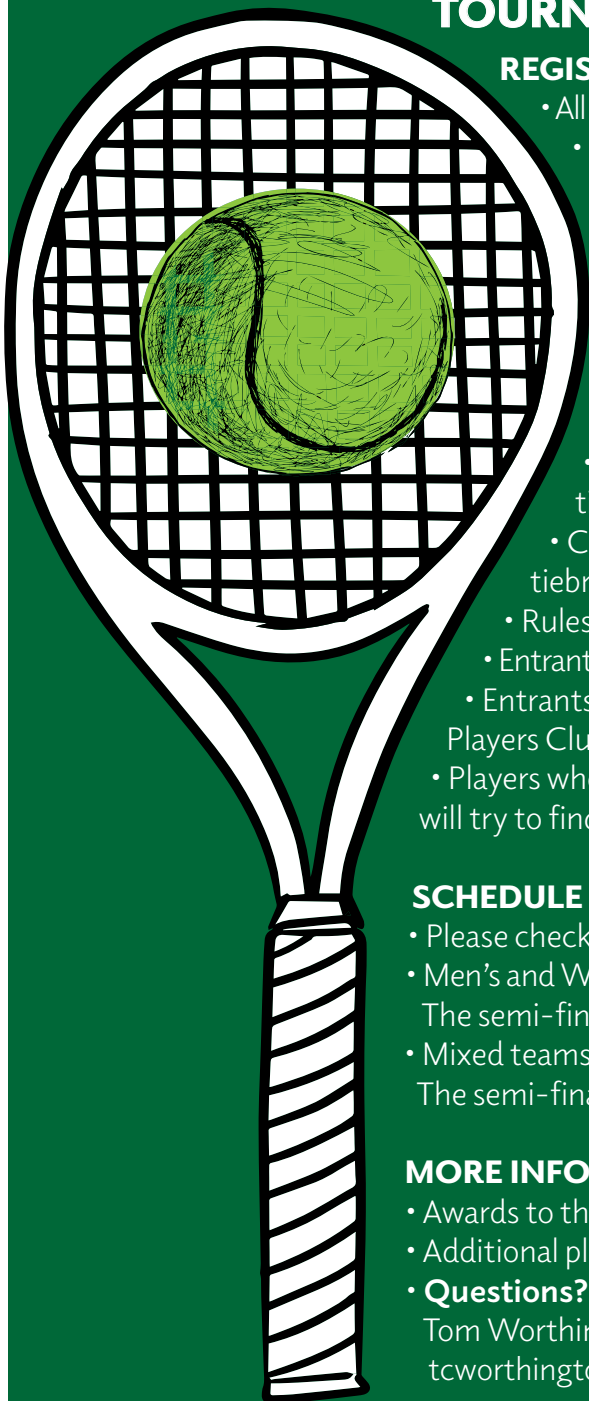
- Divisions 2.5, 3.0, 3.5, 4.0 Men's, Women's, Mixed Doubles.
- Round Robin Format: 6-game sets for first round with 45-minute time limit, 5-minute change over between matches.
- Championship rounds will be two out of three sets with a 10-point tiebreaker if the teams each win one set.
- Rules may change at game day.
- Entrants may play in up to two events, one of which must be mixed doubles.
- Entrants should play at or above their published play level in the Senior Tennis Players Club roster.
- Players who need a partner must indicate that on their registration form. We will try to find a partner for players who need one.

### SCHEDULE

- Please check in for your match at least 15 minutes early.
- Men's and Women's teams play first-round doubles matches on Monday, May 6th. The semi-finals and championship rounds will be played on Tuesday, May 7th.
- Mixed teams play first-round doubles matches on Wednesday, May 8th. The semi-finals and championship rounds will be played on Thursday, May 9th.

### MORE INFORMATION

- Awards to the top two finishers per category.
- Additional play may be available – depending on times.
- **Questions?** Contact Tournament Director Tom Worthington at 612-812-6687 or [tcworthington@gmail.com](mailto:tcworthington@gmail.com).



# 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 25th Jack Dow Round Robin tennis tournament is scheduled on Monday, May 6 – Thursday, May 9; if you are not able to register online, you may use the optional mail-in registration form below. This is a special event for fun, fellowship, and exercise! Sign up today!

## 2024 Jack Dow Round Robin Registration

*Fee (per person)*  
*\$25/one event, \$40 two events*

*Send registration and check payable to STPC to:*  
*Tom Worthington*  
*4355 Brook Ave S*  
*St. Louis Park, MN 55424*

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 IN MAY & JUNE

STPC, Twin Cities Club, & Community Education Drill Options

## SUMMER DRILL SCHEDULE • Pre-Registration Required

Drills Coordinator: Kevin Veenstra 651-695-1706



	Coach	Level	Day/Time	Park	Cost
	Denny Wagner 612-578-8477 Dennis8477@gmail.com	3.0 or below	Mondays 8:30-10:00 a.m. <b>Begins June 3</b>	Donaldson Park 7400 Humboldt Ave S Richfield	\$10
	Roger Boyer 612-802-5719 Rogerboyer2@gmail.com	2.5+	Tuesdays & Thursdays 8:30-10:00 a.m. <b>Begins May 14</b>	InnerCity Tennis 4005 Nicollet Ave S Minneapolis	TBD
	Denny Wagner 612-578-8477 Dennis8477@gmail.com	2.5+	Wednesdays Time TBD <b>Begins May 15</b>	Breck High School 123 Ottawa Ave N Golden Valley	\$10

**1. STPC Sponsored Tennis Drills:** This summer, STPC will sponsor weekly drills at the above locations starting the week of May 13th and going through the end of August. Outdoor drills are subject to cancellation for heat, rain, or coach conflict. Each drill will be led by credentialed tennis professionals. We will send out a weekly email on Wednesday mornings with a link to Ticketbud to buy a ticket(s) for the following week's drills.

**2. Twin Cities Tennis Club Drills:** If you are a beginning tennis player, are ranked below 2.5 or just need a refresh with your skills, we recommend three different sites in the Twin Cities through the following facilities:

- **Inner City Tennis (ICT)** offers Adult Step 1 & 2 drills.  
▶ [innercitytennis.org/adult-tennis/group-lessons](http://innercitytennis.org/adult-tennis/group-lessons)
- **St. Paul Urban Tennis (SPUT)** offers two outdoor drills for beginners.  
▶ [stpaulurbantennis.org/adult](http://stpaulurbantennis.org/adult)
- **Fred Wells Tennis and Education Center (the Fort)** offers one beginner's drill.  
▶ [www.fwtec.org/clinics-drills](http://www.fwtec.org/clinics-drills)

**3. Community Education Tennis Drills:** 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 summer drill(s) that work best for you. See you on the courts!

# SUMMER STORMS

## Be Prepared When Playing Outdoor Tennis

**L**ightning 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

**D**uring 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°	149°			
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.

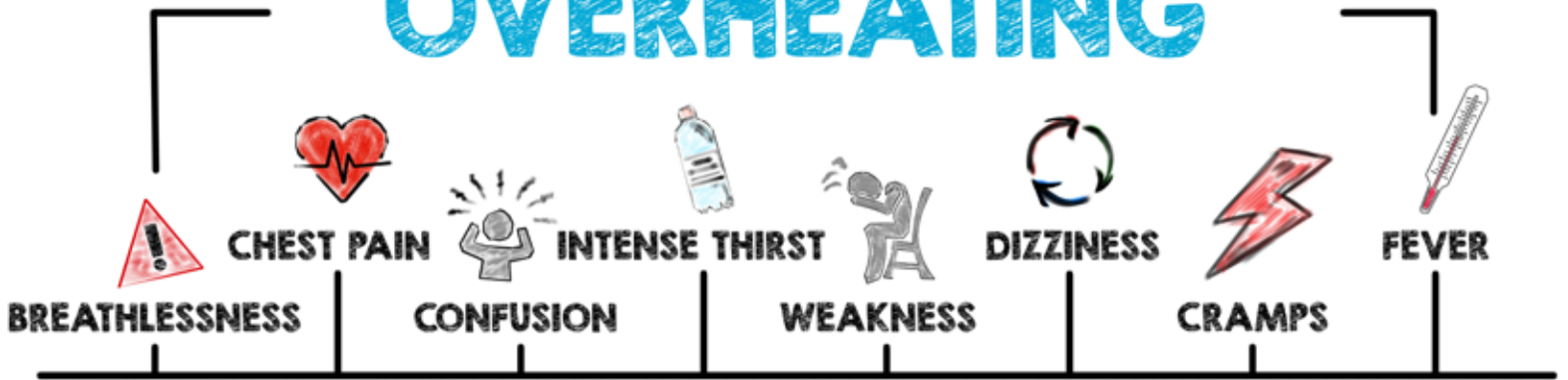
APPARENT TEMPERATURE	HEAT STRESS RISK WITH PHYSICAL ACTIVITY AND/OR PROLONGED EXPOSURE
90° - 105°	Heat cramps or heat exhaustion possible
105° - 130°	Heat cramps or heat exhaustion likely, Heatstroke possible
130° and up	Heatstroke highly likely

### 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

- Physical collapse.
- Excess sweating and/or flushed (red and warm) skin; high body temperature.
- Headache, dizziness, confusion, fatigue.
- Irrational behavior, 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

- Heavy sweating and pale skin.
- Headache, dizziness, fatigue, chills, weakness, nausea, fainting.

### Treatment

- Move to a cool/shaded area.
- Elevate legs.
- Cool down with ice towels, ice bags, or fan.
- Remove excess clothing.
- Drink plenty of fluids.

*\*If you are uncertain of the seriousness of the heat illness or if the person is not responding continue to cool down and 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 or air-conditioned area.
- Provide fluids, such as water and/or a sport drink which contains electrolytes.
- Ice massage on affected muscle.
- Stretch, massage and kneed the muscle in the extended position.

*\*All information 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.



# 2024 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						
<span style="color: #00AEEF;">■</span> Regular Players & Subs Wanted <span style="color: #FFC000;">■</span> Subs Wanted <span style="color: #A9A9A9;">■</span> Full, Call First						
Location	Day	Time	Courts	Skill	Captains	Phone
<b>Irondale High School</b> 2425 Long Lake Road. South of Cty Rd H, New Brighton	Tue Thu Sat	9:00 - 11:00 a.m.	8	3.0-3.5	Clyde Carpenter Not drop in, call or email	763-221-1315 clydecarp@gmail.com
<b>St. Anthony Village High School</b> 3303 33rd Ave NE St. Anthony Village	Mon Thu	9:00 - 11:00 a.m.	4	3.5+	David Minke	612-757-6248

<b>Macalester College</b> 168 S Macalester St, St. Paul	Tue Thu	8:00 - 9:30 a.m.	2	3.5	Michael Forman <u>Not drop in, call</u>	408-623-6667
<b>Roseville Middle School</b> 15 County Rd B2 E, Little Canada, 2 blocks east of Rice St.	Mon Wed Fri	8:00 - 10:30 a.m.	8	3.0-3.5	Ken Matthews <u>Not drop in, call</u>	651-260-6606
<b>Tartan High School</b> Greenway and 10 <sup>th</sup> St, Oakdale	Mon Wed	9:00 - 11:00 a.m. May and Sept 8:00 - 10:00 a.m. June thru Aug	7	3.0-3.5	Jane Castro	651-788-6739
<b>Walton Park</b> 1584 Hadley Ave N, Oakdale	Tue Thu Sat	8:00 - 10:00 a.m. May thru September	3	2.5-3.5	Phyllis Hess	651-735-5490
<b>White Bear Lake High School</b> South Campus County Rd E and McKnight Rd White Bear Lake	Wed	4:00 - 5:30 p.m.	4	3.0-3.5	Tom Carey <u>Not drop in, call or email</u>	651-335-3467 thomascarey@ gmail.com
	Sat	10:00 - noon Start April	3	3.0-3.5	Jane Kennedy <u>Not drop in, call or email</u>	651-328-9543 7-j@msn.com

<b>Minneapolis Area</b>						
■ Regular Players & Subs Wanted ■ Subs Wanted ■ Full, Call First						
Location	Day	Time	Courts	Skill	Captains	Phone
<b>Bryant Park</b> 85 <sup>th</sup> and Bryant, Bloomington	Tue Thu	8:00 - 10:00 a.m. 8:00 - 10:00 a.m.	4	All levels	Bill Kruckeberg	952-926-3397
<b>Brookview Park</b> Hwy 55 & Winnetka Ave Golden Valley	Sat	8:00 - 10:00 a.m.	2	2.5-3.0	Gloria Kumagai <u>Drop-in, no commitment needed</u>	612-201-7447
<b>Donaldson Park</b> 75 <sup>th</sup> and Humboldt, Richfield	Mon Wed Fri	7:00 - 8:30 a.m.	4	3.0-3.5	Ann Barten <u>Drop-in, no commitment needed</u>	612-751-7252
<b>Dred Scott Courts</b> 10820 Bloomington Ferry Road, Bloomington	Mon Wed Fri	8:30 - 10:30 a.m.	2	Open	Jean Roach	952-943-0004
<b>Holasek Park</b> 6395 Pinnacle Dr., Eden Prairie Hwy 494 & 62	Mon	8:00 - 9:30 a.m.	2	3.0-3.5W	Nancy Harris	952-891-1239
<b>Holy Family School</b> 8475 Kochia Lane, Victoria	Tue Thu	8:30 - 10:30 a.m.	8	Open	Cherie Tanghe	952-451-0243
<b>Lake Hiawatha Tennis Courts</b> 43 <sup>rd</sup> St between 26 <sup>th</sup> & 27 <sup>th</sup> Avenues, Minneapolis	Mon	1:30 - 3:00 p.m.	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
<b>Lyons Park, Golden Valley</b> 151 Louisiana Ave N	Wed	8:00 - 9:30 a.m.	2	3.0W	Sharon Engel Jean Carpenter	763-383-0575 763-458-3687
<b>Parkers Lake</b> County Rd 6 & Niagara Lane Plymouth. From 494, exit on Hwy 6. Go west about 1 mile. Courts on north side of road, about one block from road.	Mon Thu Fri	8:30 - 10:30 a.m.	4	2.5-3.5	Arnie Nelson	612-619-1389 C 763-473-2089 H
<b>Morgan Courts, Minneapolis</b> Morgan Ave and 52nd St W, Minneapolis.	Mon	8:00 - 9:30 a.m.	3	3.5	Mark Thompson <u>Drop-in</u>	515-269-9788
<b>St Louis Park Middle School</b> 2025 Texas Ave S, St Louis Park	Tue Thu	9:00 - 11:00 a.m.	2	3.5	Tom Campbell <u>Not drop in, call</u>	763-458-3708

View Schedule Online: [www.seniortennismn.org/play-tennis/group-play](http://www.seniortennismn.org/play-tennis/group-play)  
Corrections or changes: Kevin Veenstra, [mnkevin4@gmail.com](mailto:mnkevin4@gmail.com)



SUMMER LEAGUES

# TEAM TENNIS

**Planning is well underway for the 2024 edition of Team Tennis. There was good response to the recent summer tennis survey sent out to all STPC members in February. 32 male and 26 female players expressed interest in Team Tennis.**

Consequently, it's safe to assume that there again will be six 8-player teams this summer, and possibly more by time match play begins (but there's never been more than six).

For the first time, the survey included questions about preferred court locations and match start-time. Of the 4 court locations suggested, the two preferred

by most respondents are the 8 courts at Eden Prairie Central Middle School and 4 courts at Valley View Park in Bloomington. The preferred match start-time is 9:00am

Accordingly, reservations have been made for those courts, all but one of them on Tuesday mornings at 9:00am, with one on Friday at 9:00am. Play will

begin on June 11, and end on August 20.

The Team Tennis Committee (Mike Woolsey, John Bantle, Rolf Krogstad, and David Minke) will be meeting again to review both league rules and team formation, with input invited from designated team captains.

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## HOLIDAY PARTY

**STPC hosted a fun tennis party on the evening of December 9 at InnerCity Tennis.**

On December 9, 2023, at InnerCity Tennis, 23 people played doubles, mingled, ate, and drank. What a fun way to enjoy a frosty evening!





# SUMMER LEAGUES FLEX TENNIS

## ***Flex leagues offer options for match dates & locations.***

From May 20 to August 26, STPC will offer five flex leagues for members in:

- Men's singles
- Women's singles
- Women's doubles
- Men's doubles
- Mixed doubles

The “flex” in flex leagues means that you arrange the match time and place with your opponents. Matches will be assigned via the USTA Flex app that you download to your smartphone. The app shows your scheduled matches, lets you chat with opponents, enables you to report your results, and allows you

to check on results elsewhere in the league. Matches count towards World Tennis Number (WTN) ratings.

### **How to register:**

1. Download the **USTA Flex app**.
2. Go to **Search**.
3. Search for **Twin Cities**.
4. **Select the ladder**, and tap **Join**.

All leagues are initially listed as ladders, but if fewer than 14 players sign up, the league will be a “box” league in which you simply play the others in the league.

**How flex ladders work:** Every two weeks, you are automatically matched to an opponent close to you on the ladder. You move up the ladder if you win against a higher-ranked opponent. For each cycle, you elect whether you want to play 0, 1 or 2 matches in that two-week period.

**How flex box leagues work:** You have assigned matches with the others in the league. You can do these in any order you and your opponents agree to.

**Questions?** Contact League Coordinator Mark Thompson at 515-269-9788.

# WHOSE CALL IS IT?

The following section is excerpted from the USTA's Rules and Regulations ("The Code"). The entire text can be found on the STPC website under the Play tab in Tennis Resources.

A player shall concede the point when:

- A ball in play touches that player;
- That player touches the net or opponent's court while a ball is in play;
- That player hits a ball before it crosses the net;
- That player deliberately carries or double hits a ball; or
- A ball bounces more than once in that player's court.

**The opponent is not entitled to make these calls. The principle of giving the opponent the benefit of any doubt applies.**

## VALENTINE PARTY RECAP

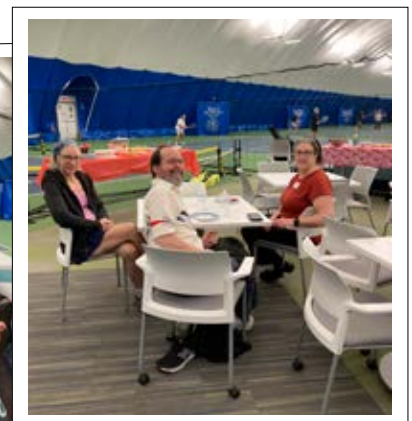
We had a small (22) but fun group at our annual Valentine event on February 9. There was plenty of tennis at all levels, music, and delicious food and drink in a relaxed atmosphere. Since the party ended at 7:30, about ten players met afterward at Pat's Tap down the street from ICT for more socializing and some good discussion.

*"I thoroughly enjoyed the tennis party last eve. Good company and food, & tennis fun. I was happy to play with some new people. Your work on organizing this is much appreciated."*  
-Rita G.

*"Many thanks to Diane and Alice, for organizing a wonderful gathering last night! As a brand-new member, I felt warmly welcomed by them and the rest of the group. Thanks!"*  
-Mark S.

*"The event was fun and very social. My friend, Scott, has joined our Seniors membership. Really enjoyed my time and the time afterwards."*  
-Bob N.

*"As a newbie Friday night, I echo everyone else's comments. It was a fun event and I look forward to more senior tennis."*  
-Scott C.



# RACKET STRINGING TIPS - BY INNERCITYTENNIS STAFF

## Answers to Two Frequently Asked Questions about Racket Stringing

### Question #1. “How often should I restring?”

The most common answer is that for as many times in the week you play, you should restring your racquet that many times per year. So if you play twice a week, you should string your racquet twice a year. Even with this general rule in place, most people don't restring nearly enough. You want your strings to be close to the same tension most of the time for consistency of play and “feel” of the ball. Most Minnesotans love the changes in weather, even welcome the challenges of the extreme temperatures we must face. However, your strings (and racquet) do not share that feeling. In high exposure to those large temperature changes (on a hot summer day in July or a cold winter day in January), strings will easily lose their integrity if left in your car all day. The player will then suffer with soft or brittle strings that have a higher risk of breaking and also give the player a worse match experience.



### Question #2 “What tension should I string my racquet?”

Every racquet has a recommended range of string tension. For example, your racquet might have listed 55-65 pounds. We will string a player's racquet in the middle of this range unless the player wants more power (lower tension, so 55 in this example) or more control (higher tension, so 65 in this example). Remember, the string and its tension are the “fine tuning” of the racquet!

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## SAVE THE DATE • TUESDAY, AUGUST 27 • POTLUCK PICNIC

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*Mark your calendar for our next tennis social on Tuesday, August 27 from 5-8 p.m. at Valley View Park in Bloomington. Sign up at the picnic shelter for half-hour sessions of doubles at your level of play; we'll have all six courts reserved for the event. Please bring a dish to share—STFC will provide plates, utensils, and paper napkins. Also at the picnic, STFC will award the Jack Dow trophy to a member who has provided outstanding volunteer service to the club. Join us for the opportunity to socialize with your fellow tennis players at one of the summer's last outdoor events!*



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

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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)!*

## USTA "Cubbies"

Blue lockers stocked with tennis supplies

As you drive around the Twin Cities, you may see a small blue tennis "cubby" (like a free-standing locker) in a corner of some public outdoor tennis courts. The cubbies are supplied by USTA Northern and contain a few tennis racquets and balls for people to use. STPC President Katie Grove won one of these cubbies (pictured) and placed it at some tennis courts on Fairview Avenue North in St. Paul. Katie is dedicated to keeping that tennis cubby supplied, so if you have a used or new tennis racquet, please let her or any Board member know.



## 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](http://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