

# 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

## NEW YEAR, NEW FACES

### STPC Welcomes Board Members

(l-r) Amy Arbetter, Neil Hill, and John Holmgren



**AMY ARBETTER** - A recent transplant to Minnesota, Amy lived in the New York City metro area for 30 years. Over the past couple of years, she has taken advantage of many tennis offerings at both ICT and STPC. Amy is a certified holistic health practitioner, nutritional consultant, and licensed BIE practitioner who serves clients with complex digestive and neurological conditions.

**NEIL HILL** - Certified by the Racquet Sports Professionals Association as teaching professional, Neil is a former college tennis player and currently coaches tennis at Southwest High School in

Minneapolis. He's also an instructor at InnerCity Tennis.

**JOHN HOLMGREN** - A life-long tennis player, Jon recalls, as a young man, playing on the clay courts at the White Bear Country Club. He remembers rolling the courts and, in the rain, having the roller sink into the clay. He eventually became part of a 10-man group that played together for forty years. Many of the men became his best friends. The tennis was great and the after-tennis parties were super. Jon is a former STPC president and a recipient of the Jack Dow award for service to the club.

## STPC CALENDAR



### MAY 4-7 27<sup>TH</sup> ANNUAL JACK DOW ROUND-ROBIN

Join us for the 27th Annual Jack Dow Round Robin doubles tournament, held at InnerCity Tennis, on May 4-7. Look for details and registration on pages 4-5.

### AUGUST 17 STPC SUMMER TENNIS & POTLUCK

Mark your calendar for STPC's annual free end-of-season picnic and pop-in, pop-out doubles at Valley View Park in Bloomington from 5-8 p.m. The 2026 Jack Dow Award will be presented to one volunteer for their service to STPC.

Please bring a dish to share, your racquet, and a water bottle. All members and guests are welcome. Don't miss this fun event!

# FROM THE PRESIDENT'S DESK



Last year at this time I was thinking about March birthdays, and yes Happy Birthday to all of us. But this

year, we have all been through a lot over the last few months in the Twin Cities and across the state. Many would argue we are not

done yet. Hang in there and take care of yourself, your family, your friends, and your neighbors.

The Senior Tennis Players Club (STPC) has continued to meet and consider all of the ways we can better serve you, and we have a few ideas, some of which came from you and will be unveiled in the next couple of months.

Unlike last year, the STPC Board is undergoing some major changes. Three Board members are stepping off the Board after serving for several years, and I can't say enough good things about their work.

Tom Worthington has served as the STPC Secretary, and he has also been the voice on the other end of the Help Desk to answer

## 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
Vice-President .....	John Holmgren
Secretary .....	David Minke
Treasurer .....	Keith Benson
Communications .....	Amy Arbetter
Nominations / Travel .....	John Bantle
Membership / Marketing .....	Diane Bundlie
Summer Team Tennis.....	Rolf Krogstad
Group Play.....	Kevin Veenstra
At Large .....	Neil Hill

*All Board Members serve as volunteers without compensation.*

### Non-Board Volunteers (Advisors)

Steve Bruell, Alice Douthwaite, Marilyn Kelley, Mark Sulander, Mark Thompson, Mike Woolsey, Tom Worthington.

**Senior Tennis Players Club, Inc. (STPC)** is a nonprofit corporation, P.O. Box 6943, Minneapolis, MN 55406.

**Donations:** As a non-profit organization, STPC gratefully accepts donations, memorials and estate gifts. Please send to Senior Tennis Players Club, P.O. Box 6943, Minneapolis, MN 55406.

**Senior Tennis Times:** The newsletter is published twice a year for the members of the Senior Tennis Players Club.

**Newsletter Submissions:** Submit all items by email to Amy Arbetter (amy@wellamy.com). 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 6943, Minneapolis, MN 55406 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:** 394

your questions—it is nice to talk to a real person, isn't it?—and will continue to serve in this role for the time being. I cannot say enough positive things about what he has meant to me as he keeps me on the straight and narrow during a Board meeting. If I get off topic, he is the voice of reason in a room full of wonderful competing ideas. The role of the secretary is not always easy, but the minutes are always completed in a timely and concise manner. If you play in the Jack Dow Round Robin Tennis Tournament, Tom has been the one who has made it run, and even when we tried some new ideas he kept us going. He's not really going anywhere—at least that I know of—and will continue to serve as a Non-Board Advisor. David Minke will be serving as Secretary and will head up the Jack Dow Tourney.

You have seen Alice Douthwaite's face if you attended a Social or, as I understand, played some high-level tennis. Alice has coordinated Socials with Diane Bundlie and has been in charge of STPC's Senior Tennis Times newsletter. To save money but keep you updated on happenings within our 50+ tennis community, we have moved from four paper newsletters to three, finally settling on two per year. This means that Alice has had to ensure that you have all the information you need to continue playing something you love in a timely manner. Overseeing the newsletter, Alice works with Brady Schmidt, Newsletter Editor to get this produced,

but she gently reminds the Board when we need get our information to her. It takes a strong but kind hand to do that, and Alice is all of that. She has been a very active member of the Board and volunteered when needed to review any new documents we produce. Alice and Diane were co-chairs of the Social Committee, so Diane will take over, but Diane is always open to volunteers who would like a short-term project. Like Tom, Alice has agreed to serve as a Non-Board Advisor.

Finally, the man who controls our finances and shares a birthday with me, although he is just slightly younger (only one year), Mark Thompson, Treasurer of the STPC. Mark has a great sense of humor, or at least he makes me laugh. Before every meeting he produces a lengthy financial report for the STPC. This is no small feat, since he works with a variety of people on the Board who have receipts for socials, dues, financials, tennis-playing expenses, and assorted other bills related to software, etc.... Mark also ensures that we are able to continue to cover annual donations to groups that work with youth or advance the game of tennis. Keith Benson will be taking over the position of STPC Treasurer. Mark has also agreed to serve as a Non-Board Advisor. It was Mark who initiated the STPC Flex Tennis league with the USTA. This has been very popular, and I do know that he periodically communicates with someone in Europe about the

functionality of the flex league scheduling app. He has worked with Diane Bundlie on the Flex League, so she will continue to ensure this runs.

Tom, Alice, and Mark will be missed by all of us on the STPC Board. A Board only runs well if people are willing to engage, listen, and compromise, and each one of these people are the best. Who can say that they look forward to meetings? I do, and Tom, Alice and Mark have been a big part of why that is.

Our new members start their terms of service on April 1. In this newsletter, you'll read about two new STPC Board members, Amy Arbetter and Neil Hill, as well as Jon Holmgren, a past president of the STPC who has agreed to come back on and serve as Vice-President in place of David Minke. Please feel free to come to one of our meetings, which are held at InnerCity Tennis from 1–3 p.m. on the first Thursday of the month (except April's meeting, which will be held on Thursday, April 9th because several Board members will be on STPC's trip to watch the WTA tournament in Charleston).

See you on the courts!

*Katie*

Katie Grove,  
STPC President

27TH ANNUAL STPC

# JACK DOW ROUND ROBIN TENNIS TOURNAMENT

**MAY 4-7, 2026**

**9:00 a.m. –  
1:00 p.m.**



## REGISTRATION

- All matches will be played at InnerCity Tennis, 4005 Nicollet Avenue, Minneapolis.
- All registrations will be by mail this year. Use registration form on the next page.
  - Fee (per person): \$25 for one event; \$40 for two events.
  - Applications must be received by April 25.
  - No refunds issued after April 26.
  - One player on the team must be a member of STPC.

## DIVISIONS / FORMAT / RULES

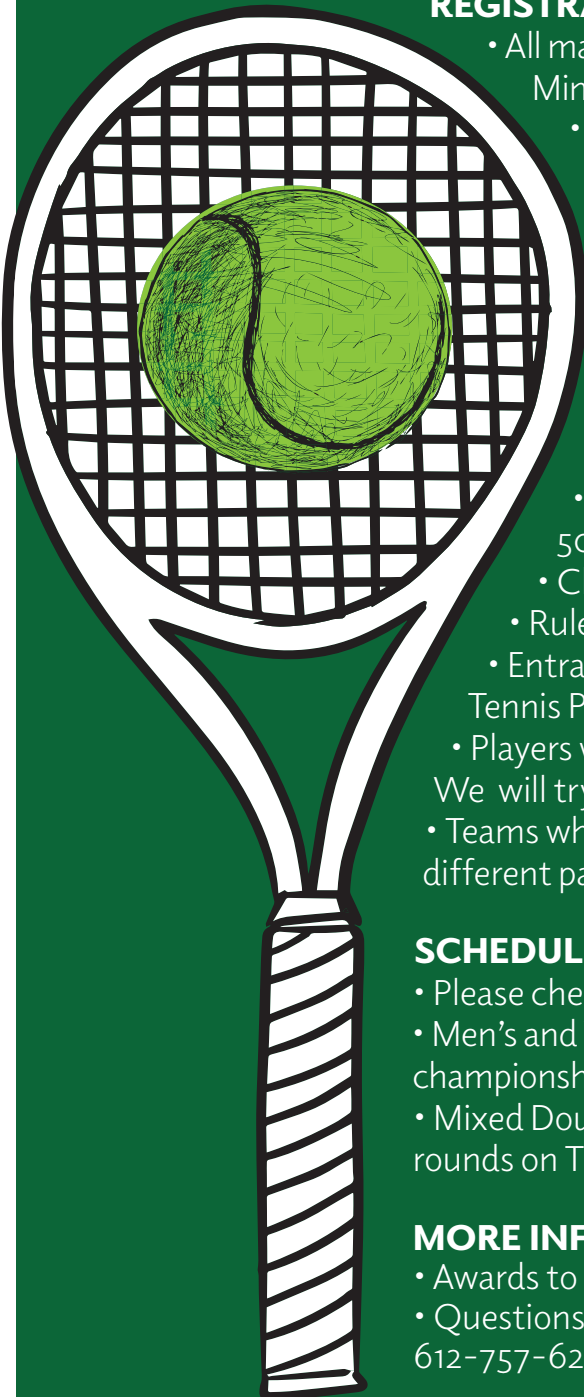
- Divisions 3.0, 3.5, 4.0 Men's, Women's, Mixed Doubles.
- Round Robin Format: 6-game pro-set for the first round with a 50-minute time limit, 5-minute changeover between matches.
- Championship rounds will be an 8-game pro-set.
- Rules may change at game day.
- Entrants should play at or above their 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.
- Teams who won their event in 2025 must play at a higher level or play with different partners.

## SCHEDULE

- Please check in for your match at least 15 minutes early.
- Men's and Women's team doubles play first rounds on Monday, May 4, championship rounds on Tuesday, May 5.
- Mixed Doubles play first rounds on Wednesday, May 6, championship rounds on Thursday, May 7.

## MORE INFORMATION

- Awards to the top two finishers per category.
- Questions? Contact Tournament Director David Minke at 612-757-6248, or email at [big10mink@gmail.com](mailto:big10mink@gmail.com).



# HISTORY BEHIND THE JACK DOW

The Senior Tennis Players Club (STPC) started 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 27th Jack Dow Round Robin tennis tournament is scheduled on Monday, May 4 – Thursday, May 7. This is a special event for fun, fellowship, and exercise! Sign up today!

## 2026 Jack Dow Round Robin Registration

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

*Send registration and check payable to STPC to:*  
*David Minke, 3106 Arthur St NE*  
*Minneapolis, MN 55418*

Your Name: \_\_\_\_\_ Your Rating:  2.5  3.0  3.5  4.0

Phone: (\_\_\_\_) \_\_\_\_\_ E-Mail \_\_\_\_\_

Men's Doubles:  3.0  3.5  4.0

Women's Doubles  3.0  3.5  4.0

Mixed Doubles  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 OUTDOOR DRILLS

## Three Options to Improve Your Game

### 1. STPC SPONSORED DRILLS • Pre-Registration Required

Drills Coordinator: John Denis, 952-884-0194



This summer, STPC will sponsor weekly drills at the below locations starting the week of May 10th and going through the end of August. Each drill will be led by a credentialed tennis professional.

	Coach	Level	Day/Time	Park	Cost
	<b>Roger Boyer</b> 612-802-5719 Rogerboyer2@gmail.com	3.0+	Mondays 8:30-10:00 a.m.	Utley Park 4521 W 50th St, Edina	\$12
		2.5+	Thursdays 8:30-10:00 a.m.	Utley Park 4521 W 50th St, Edina	\$12
	<b>Neil Hill</b> 612-296-9251 coachhilltennis@gmail.com	3.5+	Tuesdays 6:30-8:30 p.m.	Breck High School 123 Ottawa Ave N Golden Valley	\$12
	<b>Denny Wagner</b> 612-578-8477 Dennis8477@gmail.com	2.5+	Wednesdays 6:30-8:00 p.m.	Breck High School 123 Ottawa Ave N Golden Valley	\$12

Each week on Wednesday, you will receive an email notifying you of the following week's drills. The green "GET TICKETS" link will take you to Ticketbud to buy a ticket for that week. If you are not getting the email link, email John Denis at [denis\\_jf@yahoo.com](mailto:denis_jf@yahoo.com) so you can be added to the invitation list. Note, you will need to add this email to your contact list, so invitations don't go to your SPAM/junk folder.

**2. Twin Cities Tennis Club Drills:** If you are a beginning tennis player, are ranked below 2.5 or just need to refresh 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.

# SUMMER STORMS - BE PREPARED

**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!

**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 knead 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.*

# Summer Group Play

Don't Miss Out on Fun this Summer!



May - August  
13 Twin Cities Locations

**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 & Subs Wanted

■ Subs Wanted

■ 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 <u>Not drop in, call or email</u>	763-221-1315 clydecarp@gmail.com
<b>Kohler Meadows Park</b> 365 County Rd F Vadnais Heights	Sat	9:00-11:00 am Start in April	2+	3.0-3.5	Denis Woulfe Not drop in, call or email.	651-263-0749
<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>Two Rivers High School</b> 1897 Delaware Ave Mendota Heights	Tue	5:00 - 7:00 pm	2+	3.0-3.5	Tom Tait Drop in	651-206-0480 thomastait21@ gmail.com
<b>Walton Park</b> 1584 Hadley Ave N Oakdale	Tue Thu Sat	8:00 - 10:00 am May - September	3	2.5-3.5	Phyllis Hess	651-735-5490
<b>White Bear Lake High School</b> North Campus, 5045 Division Ave, White Bear Lake	Sat	10:00 - 11:30 Start in April	2+	3.0-3.5	Denis Woulfe Not drop in, call	651-263-0749

## Minneapolis Area

■ Regular Players & Subs Wanted

■ Subs Wanted

■ Full, Call First

Location	Day	Time	Courts	Skill	Captains	Phone
<b>Donaldson Park</b> 75th and Humboldt, Richfield	Mon Wed Fri	7:00 - 8:30 a.m.	4	3.0-3.5	Ann Barten Drop-in, no commitment needed	612-751-7252
<b>InnerCity Tennis</b> 4005 Nicollet Ave Minneapolis	Tue Thu	9:00 - 10:30 a.m.	1+	3.5	Shannon Keller Not drop in. Call!	408-623-6667
<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.neely@gmail.com
<b>Lions Park</b> 151 Louisiana Ave North Golden Valley	Wed	8:30 - 10:00 a.m.	2	3.0 W	Jean Campbell	763-458-3687
<b>Morgan Courts, Minneapolis</b> Morgan Ave and 52nd St W, Minneapolis.	Mon	8:00 - 9:30 a.m.	3	3.5	Mark Thompson Drop-in	515-269-9788
<b>St Anthony High School</b> 3303 33rd Ave NE, St. Anthony	Mon Thu	9:00 - 11:00 a.m.	4	3.5+	David Minke Not drop in, RSVP each week	612-757-6248
	Sat	9:00 - 10:30 a.m.	2	3.0+	Diane Bundlie Not drop in, RSVP each week	612-886-5953 diane.bundlie@gmail. com
<b>Northside Park</b> 2200 Nevada Ave S St. Louis Park, MN	Tue Thu	9:00 - 11:00 a.m.	2	3.5	Tom Campbell Not drop in, call	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 League

*Team Tennis offers fixed match times and location*



## Team Tennis

Every summer, STPC organizes Team Tennis on Tuesday mornings. Matches are played on outdoor courts on Tuesdays from 9:00 a.m. to about 11:00 a.m. from early-June through early-August. Teams consist of four women and four men. Each player plays one 8-game pro-set of same-sex doubles and one of mixed doubles. Team scores and standings are recorded each week, and at the end of the season the leading team is declared champion.

In addition to the regular team members, we're always looking for substitute players; subbing is a great way to get familiar with the program. **Please contact Team Tennis coordinator Rolf Krogstad ([rkrogstad@yahoo.com](mailto:rkrogstad@yahoo.com)) to help you find a team to play on.**

# True Play

ons, while flex leagues offer players options for match dates & locations each week.

## USTA Flex Tennis

### Men's & Women's Singles, Doubles, and Mixed Doubles

STPC currently has 13 men playing in our USTA Flex singles league. Summer Session 2026 (Part 1) runs from May 4 to July 13. Summer Session 2026 (Part 2) runs from July 13 to September 21.

In the summer sessions, both singles and doubles are offered for men and for women. This is a good time to recruit a doubles partner for either same-sex or mixed doubles play. **If you have questions about registering for or playing in a flex league, please contact Mark Thompson (markt52@outlook.com) for more information.**

- 1. Ladders are great for getting matched against others at your skill level.** The key is to have a lot of people in your range. Therefore, if you are a raw beginner or a competitive advanced player, recruit more of those types.
- 2. With the option of setting flexible location and time**
- to play,** more of the folks still contributing to the GDP can play. (By the way, thanks for funding the Social Security that a lot of us are sucking out.)
- 3. The USTA Flex leagues are the #1 option for singles** competition in STPC.
- 4. By playing a variety of oth-**
- ers, you learn different playing styles** and techniques for competing with them.
- 5. Flex leagues are a great way to meet more new tennis friends.**

### JOINING IS EASY

Download the USTA Flex app, search for your postal code, select your preferred league (should be listed by late-March), and hit the Join button.



# DOUBLES POSITIONING

BY TENNIS PRO LAURIE KOZLAK



STPC ARCHIVES, MAY 2006

## WHERE SHOULD I BE WHEN I PLAY DOUBLES?

**Being in the right place at the right time is essential for success in doubles.** Knowing when and where to go can be confusing to new and old players alike. Often senior players play the “split” (one up and one back) formation thinking they’ll cover for the lob, when actually they give their opponents a larger area with angles to hit to versus if they were at the net (mid-court) with their partner.

In addition, playing back makes it difficult to “finish the point,” since you give your opponent a long time to react to your ball and you almost have to rely on

them making an error. An exception to this may be if you have superior ground strokes and lobs (and inferior volleys/overheads); then staying behind the baseline may be your positioning of choice while you are improving your volleys and overheads. However, the best way to practice volleys and overheads is getting up toward the net where you will get the opportunity to hit these shots.

Bottom line? The strongest positioning in doubles is getting with your partner at the net (inside the service line), and the second-strongest positioning is

having both players behind the baseline. The split formation is a distant third place in the running for strong doubles team court positioning. So, get to the service line, improve your volleys and overheads, and start winning more matches!

**DID YOU KNOW** that past editions of the Senior Tennis Times going back to 1984 are available on our website [www.seniortennisismn.org](http://www.seniortennisismn.org)? You can even search the index for newsletter articles on a particular topic you’re interested in. Go to the News tab and scroll down to Tennis Times Archive or Tennis Times Index.

# 2025 JACK DOW AWARD FOR CHAPTER SERVICE



Last August at our annual potluck picnic, Mike Woolsey received the Jack Dow award for his years of volunteering with STPC. Sheila Bjore, last year's winner and Mike's long-time mixed-doubles partner, introduced Mike and presented the trophy to him.

On the Board of Directors for six years (2017-2022), Mike served as chairman of the nominations committee, helping recruit new Board members. While he was on the Board, he also posted monthly eUpdates, keeping members informed about club happenings.

For ten years, he was the coordinator of summer Team Tennis—lining up courts, informing captains of schedules, and keeping track of team scores. Thanks to Mike for all his volunteer work for STPC!

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## FALL PARTY 2025

Instead of a Halloween party, on Friday, October 10 we hosted a fall party at InnerCity Tennis. Eighteen people played fun “pop-in, pop-out” doubles.

Afterward, seven of us enjoyed refreshments at nearby Pat's Tap, including two new members, which was a nice social occasion.



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## WELCOME, NEW STPC MEMBERS!

Since the last newsletter, 32 players have joined STPC. Encourage your tennis-playing friends who are at least 50 years of age to explore our offerings at [www.seniortennismn.org](http://www.seniortennismn.org) or invite them to check us out at one of our fun tennis parties. (The next one is our August 17 tennis potluck, which is free for members and open to guests, too.) Welcome to our latest new members!

Barbara Arentson  
Ann Beecher  
Kim Bennett  
Neal Buethe  
Marie Coyne  
Janet Erickson  
Paul Gronneberg  
Phil Hallaway

Neil Hill  
Roger Hurd  
Amy Juffer  
Meg Kane  
Dan Khoury  
Tom Kraemer  
Todd Leegard  
Rimma Medelberg

Mary Ruth Mulcahy  
Rachel Orvik  
Rob Papke  
Michael Pederson  
Elizabeth Petersen  
Jim Porter  
Lee Prinkkila  
Pamela Prinkkila

Joseph Reischel  
Steve Riedel  
Daniel Ritchie  
JB Shank  
Gwen Sutter  
June Van Valkenburg  
Marty Welch  
Tom Williams



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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)!*

## VALENTINE PARTY



On Saturday 2/14, STPC hosted a Valentine-themed party at InnerCity Tennis from 3:30-6 p.m. Seventeen people mingled, noshed, and rotated through many games of “pop-in, pop-out” doubles. What a fun afternoon!



## 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 6943, Minneapolis, MN 55406**

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Cell phone \_\_\_\_\_

Secondary phone \_\_\_\_\_

Email address \_\_\_\_\_

Skill level (1.0 to 4.5) \_\_\_\_\_

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