

THE COURT REPORTER

Newsletter of the Walnut Creek Racquet Club

March, 2012



Karl Brown shows off his
winning overhead form
in the Mixed Doubles
Tournament Final.

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Walnut Creek Racquet Club

P.O. Box 4574 • Walnut Creek, CA 94596
(925) 945-0105 • www.wcrc.net

OFFICERS

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Vice President	Position Open
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Mailing	Janet Neilsen 837-8664 janneilsen@juno.com
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USTA Leagues	Bret Jones 890-1416 bretjones@comcast.net
Mixed Doubles Leagues	Pam Maloney 385-7205 pam4tenis@gmail.com
New Member Liason	Nancy LeSage 937-9802 nlesage@astound.net
Marketing/ Doubles League	Lynne Weinselbaum 285-9503 lweinselbaum@yahoo.com
Summer Singles	Cameron Coltharp 510-717-2107 ccoltharp@telecarecorp.com

THE PRESIDENT'S REPORT



Sterling Fairholm
2012 WCRC President

Hello WCRC,

I hope everyone is taking advantage of this beautiful winter and hitting the courts. **Winter Doubles** is going strong and there is still time to sign up and join in the action, paper form is on page 5 or sign up online at

WCRC.net.

The biggest league of the year is ready to begin as **Adult League** teams are registered now and we have an amazing 20 teams playing out of Heather Farm this year. The season kicks off in just a few weeks so make sure to find a team if you want to participate. The **Senior season** is also in full swing with many of our teams in playoff contention.

Keep your eyes peeled for our most popular event of the year the **Calcutta** taking place **April 27th and 28th**. Sign-ups will be opened on the next newsletter and space is limited. All will be welcome to come to the Friday night party to bid on your favorite teams.

See you on the courts!!

Sterling





**New Member
Information
Removed for
Privacy**

From the Pro...

Questions and Answers

Dealing with Confidence or the Lack There of:

I find it best to eliminate the 2 negatives. It's much harder to think of how to not lose confidence than to think of growing confidence. Here are my suggestions of getting your mojo back:

1) Be positive. There are occasions when I hear a player verbally abuse himself after losing a point in practice. I then will stand next to his court and give him similar dialogue after he misses the next point. I repeat the process one more time. I then ask him, "How does that make you feel?" Usually angry and disgraced is the reply. Then I turn the tables and give positive feedback following each error. I use phrases like, "That's ok. Next time.", "Hang in there." or say a keyword like focus, move, or relax. The player usually prefers these comments much better. I explain that there is an "inner coach" in all of us. Choose which one that you want to listen too. Be sure that your doubles partner is supportive too.

2) Set simple goals. Some examples are make the 1st volleys, return the majority of 2nd serves, a low number of double faults per set or win the first 3 points of tiebreakers. With simple goals, success is gained much quicker. My motto for goal setting is, "The closer the rungs are on a ladder, the faster you can climb it."

3) Seeing is believing. If you discover that a certain shot is not working, do repetitive drills. I recommend talking to a pro or coach first. Repeating the same mistake and reinforce bad habits. If you feel that the level of your game has dropped off a bit, do what Bjorn Borg does. I read that when Borg lost unexpectedly in a tournament, he would go to a local country club and take on their members just to gain confidence.

4) Inspiration. Watching videos of great comeback matches can set the right frame of mind. My choice is the Sampras/Becker Masters Final in Munich. Books is another media form that can help put the fire back like, "Winning Ugly" by Brad Gilbert, "A Champion's Mind" by Pete Sampras, and "Inner Tennis" by Tim Gallaway.

Just remember, if you find yourself falling, you can always bounce back. You just need to know where the trampoline is.

If you have a question you would like to submit, please send them directly to Leonard Young at virtualpro@webtv.net.



Leonard Young is a long time WCRC member and a private teaching pro. He is currently the tennis specialist at Sports Chalet in Concord.

WCRC Men's & Women's 2012 Winter Doubles League Registration Form (Also on-line at www.wcrc.net)

PLAYER 1

PLAYER 2

Name		
Mailing Address		
City		
ZIP Code		
Home Phone		
Work or Cell Phone		
E-mail address		
NTRP level		
WCRC Member?	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> YES <input type="checkbox"/> NO

Division for which you are registering (please check one): NTRP (check one)

- | | |
|--|--|
| <input type="checkbox"/> Men's 3.0
<input type="checkbox"/> Men's 3.5
<input type="checkbox"/> Men's 4.0
<input type="checkbox"/> Men's 4.5
<input type="checkbox"/> Men's 5.0/5.5 | <input type="checkbox"/> Women's 2.5
<input type="checkbox"/> Women's 3.0
<input type="checkbox"/> Women's 3.5
<input type="checkbox"/> Women's 4.0
<input type="checkbox"/> Women's 4.5/5.0 |
|--|--|

Registration Fees (note - if you are interested in joining the Racquet Club, please download a membership form from <http://www.wcrc.net/about/membership.htm> and return it with this application):

- * \$45 per team (both Walnut Creek Racquet Club Members) • **\$35 per team for on-line registration**
- * \$55 per team (one WCRC Member, one non-member) • **\$45 per team for on-line registration**
- * \$65 per team (both non WCRC members) • **\$55 per team for on-line registration**

On-Line Registration will remain open until **February 1, 2012**. If you would like to register by mail, return this form by **January 25th, 2012** with a check for registration fees (payable to WCRC) to: WCRC, 1755 Trinity Avenue, #22, Walnut Creek, CA 94596.

Questions? Call Cory Carr at 925-324-8886 or via e-mail corycarr@gmail.com

League Information: Players may enter the WCRC Winter Doubles League in more than one division (i.e. 3.0 and 3.5), as long as he/she is not playing below his/her level. If a player is entering in more than one division, he/she may enter with the same partner or a different partner but may not enter with different partners at the same level.

Once League play is complete and registration for the end-of-League Tournament begins, a player may enter the Tournament at more than one level. However, if scheduling problems arise the Tournament Director will require the player with a conflict to forfeit the division of his/her choice. **No exceptions will be made for match rescheduling if this situation arises.**



Tennis News



Players Needed - 3.5 Super Senior Men

USTA Men's Super Senior 60 3.5 WCRC Team. Please e-mail Gerry Brown at g_rbrown@pacbell.net if you are interested in playing or call him at 925 939-0110.



Nick, Jennifer, Laura and Natalie Scribine pose with Pam Maloney

Pam Maloney traveled to Melbourne Australia in January to check out the Australian Open and met up with Aussie residents and WCRC members Nick and Jennifer Scriabine and their two daughters.



What's NEW at Lifetime Tennis!

Spring Classes are now available for registration on our website at lifetimetennis.com or in the tennis office at the Walnut Creek Tennis Center. Classes begin the week of March 26th. Stop by and get a flyer for specific days and times. If you are interested in adding power to your game, try our newest class titled "Fit to Hit", Mondays and/or Wednesdays at 6:00pm.

Lifetime Tennis will also be offering a March Pass Holder's Special. During the month of March, pass holders will be invited to demo our newest Wilson Racquets for FREE for one day here at Heather Farms. We have 9 new racquets to choose from and more on the way. Joe Noth, our Tennis Director, will also be hosting several FREE demo days to our pass holders. Get a chance to hit with Joe and demo the newest Wilson Racquets. Demo days will be offered,

Tuesdays	6-7pm	March 13th & 27th
Thursdays	11-12pm	March 15th & 29th

Friday Night Round Robin with the Pro has had great success here at Lifetime Tennis. It's a great way for players to meet potential hinting partners, as well as getting to meet and play with the Pro. It runs from 8-10pm every Friday, \$4 for pass holders and \$8 for non-pass holders. Sign up today to reserve your spot or feel free to drop-in on Friday night.

CALENDER OF EVENTS



Mar. 9	USTA Combo Sectionals
Mar. 25	USTA Senior Team League Ends
Mar. 26	USTA Adult League Opens



Apr. 9	USTA Super Senior 60 Opens
Apr. 13-15	USTA Senior Playoffs Round 1
Apr. 20-22	USTA Senior Playoffs Round 2
Apr. 27	Calcutta Party
Apr. 28	Calcutta Tournament
Apr. 30	USTA Mixed League Team Registration



May 4-6	USTA Senior Districts
May 13	WCRC Winter Doubles League Closes
May 18-20	USTA Senior Sectionals
May 27	USTA Super Senior 65 Closes
May 28	WCRC Summer Singles League Opens



June 4-6	USTA Super Senior 65 Playoffs Round 1
June 11	USTA Fifty Mixed Team Registration
June 11-13	USTA Super Senior 65 Playoffs Round 2

TREASURER'S REPORT

Tammie Snyder

as of January 31, 2012



Walnut Creek Racquet Club Profit and Loss Standard January 2012

	<u>Jan '12</u>
Ordinary Income/Expense	
Income	
Membership Dues	2,288.00
Total Income	<u>2,288.00</u>
Expense	
Office Supplies	11.14
Postage and Delivery	9.00
Tournament Food	1,263.00
Website	109.85
Total Expense	<u>1,392.99</u>
Net Ordinary Income	895.01
Other Income/Expense	
Other Income	
Interest Income	0.11
Total Other Income	<u>0.11</u>
Net Other Income	<u>0.11</u>
Net Income	<u><u>895.12</u></u>

Balance as of Jan. 31, 2012 **\$37,066.46**

Email Tammie Snyder at tammie@gte.net to place articles, photos or advertising in the April issue of the Court Reporter!

**Deadline for the NEXT issue
is Monday, March 26th.**





WCRC
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THE COMEBACK GALS

What a super awesome season. For the first half we were sitting in seventh place and the future looked a little bleak. Suddenly the team gelled and swept the next seven matches, taking us to fourth place. What an accomplishment. We then proceeded to playoffs and defeated #1 – Diamond Hills, then #3 Lafayette. Off to Districts we went.

We had an exciting and challenging run at Districts. Many of our opponents were bumped up to 4.0 and 3.5 and had overwhelming undefeated records. We were one point away from defeating the first place team. The advantage the other doubles teams had over us is that they have played together for more than one season, while our team spent the season playing with various partners due to availabilities. Imagine how it feels to face opponents that are on the average of 10 inches taller and 15 years younger! What we lacked in size and youth, we made up for it in spirit and determination resulting in long rallies, great gets and outstanding team spirit. Even though we didn't come home with a win at Districts, we are proud that we placed seventeenth out of one hundred eighty-four in NorCal and the Diablo North champions.

Kudos to those who were able to represent us at Districts:
3.0s - Cynthia Attiyeh, Rebecca Huang, Kristine Langenbahn, Diana Solero; 3.5s - Joni Brownstein, Jennifer Capson, Eva Delgado, Karen Gee, Sheryl Lawrentz

Our supporters: Travis, Maya and Ray Capson, Scott Gee and Molly, Chris Rascle, Marina Wills, Leonard Young

I would like to personally thank the entire team for their dedication, camaraderie and hard work that took us to Districts!



Pictured back row:

*Jennifer Capson, Sheryl Lawrentz, Cherie Charbonneau, Karen Gee
Marina Wills, Kristine Langenbahn, Linda Louie, Cynthia Attiyeh
Maria Chiang, Diana Solero, Eva Delgado, Rebecca Huang
Myrl Kan, Leonard Young*

*Not pictured: Christa Schenk, Femy Semilla, Karen Labella, Joni
Brownstein, Nancy LeSage, Nina Shetty, Sandy Park, Shirley
Valero, Violeta Franco, Jennifer Hayes, Kelly Williams, Lisa
Schaeffer, Rhonda Miller, Wendy Reiser*