



THE COURT REPORTER

Newsletter of the Walnut Creek Racquet Club

June 2007



Pat Beauchemin seves up a high kick serve at Calcutta.

Walnut Creek Racquet Club

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

OFFICERS

President	Shari Gonzalez 691-9196 webmaster@wcrc.net
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Secretary	Carol Kennedy 798-3870 caken@astound.net
Treasurer	Gabriel Goldstein 798-2036 gagoldsteinea@sbcglobal.net

ACTIVITY CHAIRPERSONS

Mailing	Janet Neilsen 837-8664 janneilsen@juno.com
Membership	Pege Amann 934-5128 pegek@yahoo.com
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Website	Shari Gonzalez 691-9196 webmaster@wcrc.net
Tournaments	Tammy Chan 837-0227 tammychan@sbcglobal.net Adam Borovkoff 330-3154 aborovkoff@longs.com
Leagues (Non-USTA)	Jennifer Scriabine 939-4328 scriabine@astound.net Susie Dunlap 228-1641 susied98@aol.com
USTA Leagues	Bret Jones 228-7621 bretjones@comcast.net
Daytime Leagues	Carolyn Spady 938-0893 carhsa@aol.com
Photography	Robert Young 906-0614 robert@canterburytrails.com
City of Walnut Creek Liason	Pam Maloney 939-1403 pam4tennis@hotmail.com
New Member Liason	Deanna Fong 952-9935 deanna_fong@yahoo.com

THE PRESIDENT'S REPORT

It's July and the Adult USTA season is almost wrapped up. The WCRC has 6 teams right now that have clinched playoff spots. I am sure there will be many more as most of the flights still have matches left to play. For flights that are completed, the matches that are posted are listed below. We'll be sending out a club email as we get closer to the first weekend of playoffs, which is the first weekend in July, but many of those will not make the deadline for this newsletter. Look for the club email and get out and cheer on the home team if you can!



Shari Gonzalez
2006 WCRC President

Captain	Team	Opponent	Date\Time
Cass Flatley	W3.0A	Rancho Colorado	June30 st , 9am, Nothgate
Sam Vanacek	W3.0B	Crow Canyon	June30 st , 2:30, Nothgate
Judy Stillman	W3.5A	Clubsport VV	July 1 st , 3:30, Rudgear
Carolyn Spady	W3.5B	Crow Canyon	July 1 st , 9am, Northgate
Tammie Snyder	M3.5B	Clubsport VV	July 1 st , 2:30, Northgate
Ron Huxley	M3.5D	Clubsport VV	July 1 st , 4:30, CSVV

On other piece of exciting news this month – due to the overwhelming popularity of the Calcutta tournament the WCRC has decided to host a **Fall Calcutta** this year. Sign up form and details can be found in this newsletter. Be sure to sign-up way early as the Spring Calcutta filled up quickly. Also, if you sign up on-line make sure that you receive a receipt from PayPal confirming your registration. If you do not, your registration may not have been successful.

Something new in the club house. We are now offering a member box where you can find other players at your level looking to pick up a match. Just fill out a card or use the card file to find someone to hit with.

See you on the courts...

Shari



Free Bar-B-Que at St. Mary's College



Saint Mary's College is hosting the Walnut Creek Racquet Club with a day of tennis and bar-b-que. This is a FREE event to any WCRC members.



Date: July 21st
Time: 10:30 am - 1:30 pm
Levels: All Levels welcome!



Tennis will include current and past St. Mary's players so there will be some stiff competition. This is also St. Mary's reunion weekend so there will be LOTS of spectators!

Name: _____

Phone: _____

Email: _____

USTA Rating: _____ Age: _____

Mail to address below. Entries found in gray box in club house will NOT be accepted.

Please fill out the above form and send to:

**SMC Athletics
Katie Davis, External Relations
P.O. Box 4380
Moraga, CA 94575**

**Any questions please contact Katie at 631-4699
or at kdavis@stmarys-ca.edu**



Mid-Summer Night Tennis

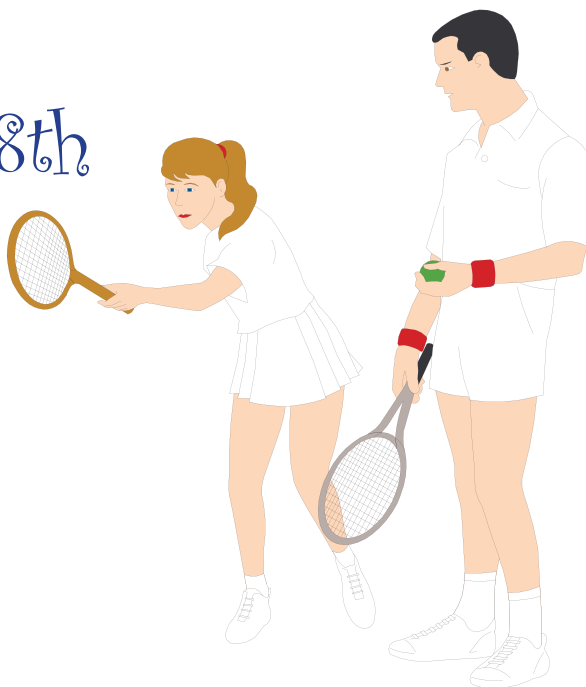
Date: Saturday, July 28th

Time: 6:00 pm

Place: Heather Farms

Cost: \$12.00/person

Format: Mixed Doubles



Name: _____

Phone: _____

Email: _____

USTA Rating: _____



Please make checks payable to: WCRC and mail to:
WCRC • 427 Dogwood Drive • Walnut Creek, CA 94598

Questions? Please contact Adam Borovkoff at 330-3154
or at adamborovkoff@aol.com

or sign up on line at wcr.net

To Stretch or Not to Stretch - That is the Question!

Part 1 of 3

Stretching is a huge topic in athletic training and rehabilitation. Research has shown that stretching can: 1) Increase flexibility and improve the range of motion of your joints. 2) Improve blood circulation (stretching increases blood flow to your muscles, which will bring nourishment and get rid of waste byproducts in the muscle tissue). This can improve one's recovery time in between playing, and reduces muscle soreness. 3) Improve posture (frequent stretching helps reduce muscle tightness, which makes it easier for you to maintain better posture). This will decrease aches and pains. 4) Stress relief (stretching relaxes tight muscles that often accompany stress). 5) Enhanced coordination (maintaining the full range of motion through your joints keeps you in better balance). One way to reduce your chances of injury is to improve muscle coordination and balance – this is extremely helpful as one gets older. 6) Improve energy levels (if your muscles and joints are under less stress, they are not having to work as hard for the same level of activity – this translates to higher energy levels and better function). Who couldn't use that in their tennis game? 7) Prevent injury (one of the greatest benefits of stretching is that you're able to increase the length of both your muscles and tendons). This leads to an increased range of movement, which means your limbs and joints can move further before an injury occurs. The more conditioned your muscles and tendons are, the better they can handle sports-related stresses, and the less likely that they will become injured.

In upcoming issues we will offer a series of stretches specific for tennis players:



STRETCH - Gastrocnemius

1. Stand **one** arm length from the wall as shown. Place calf muscle to be stretched behind you as shown.
2. Turn the **toes in** and **heel out** of the leg to be stretched.
3. Lean toward wall leading with your waist, allowing your arms to bend. **Keep your heel on the floor.**
4. First do this exercise with the knee straight, then bend the knee slightly. Keep your heel on the floor at all times.
5. Hold this position for 30 seconds.



FLEXIBILITY - Hip Flexors, Lunge

1. Assume the position shown in the diagram.
2. Lunge forward, leading with your hips. Do not bend forward at the waist. Keep your chest upright.
3. Hold this position for 30 seconds.



LUMBAR FLEXION - Single Knee to Chest

1. Lie on your back with both legs flat on the floor.
2. Bend one hip and knee up toward your chest.
3. Grasp knee with your hand(s) and pull it gently toward your chest.
4. Keep the other leg flat on the floor while doing this exercise.
5. Repeat with opposite side
6. Hold each repetition 30 seconds

SHOULDER - Horizontal Adduction

1. Stand or lie on your back, grasping your elbow as shown in the diagram.
2. Keeping your arm at shoulder height, pull your arm across your chest until you feel a gentle stretch in the back of your shoulder.
3. Hold this position for 30 seconds.



Dr. Stephen C. Wellens is the only Board Certified Chiropractic Neurologist in Walnut Creek, and one of only 400 in the world. He is a Professor at Life Chiropractic College West, and has 14 years of experience in diet and nutrition. Dr. Wellens was formerly a nationally ranked junior tennis player, and has been playing tennis for 27 years.





**New Member
Information
Removed for
Privacy**

CALENDAR OF EVENTS



- 2** USTA Super Seniors 60 Season begins
- 8** USTA Combo Doubles Team Registration Closed
- 13-15:** USTA Adult Local League Playoffs - Round I
- 16-21:** USTA WCRC court assignment meeting for Combo Doubles League matches, exact date TBD, Team Captains must attend
- 20-22:** USTA Adult Local League Playoffs - Round II
- 21** St. Mary's FREE Bar-B-Que & Tennis
- 25** USTA Registration for Mixed League Season opens
USTA Registration for Senior League Season opens
- 27-29:** USTA Fifty Mixed Local League Playoffs - Round I
- 28:** WCRC MidSummer Madness Tourny



- 3-5:** USTA Adult District Championships
- 5:** USTA Registration for Mixed League Season closes
USTA Registration for Senior League Season closes
- 6:** USTA Combo Doubles Season Opens
- 10-12:** USTA Adult District Championships
- 13-19:** USTA WCRC court assignment meeting for Senior & Mixed League matches, exact date TBD, Team Captains must attend
- 17-19:** USTA Fifty Mixed Local League Playoffs Round II
- 24-26:** USTA Adult Sectional Championships

MARK YOUR CALENDARS

TREASURER'S REPORT

Gabe Goldstein

Income Statement:
as of May 31, 2007



INCOME

Winter Doubles League '07	3,484.00
Awards Banquet '07	2,440.00
Mardi Gras Fees	360.00
Interest	9.54
Advertising	400.00
Membership Dues	9,435.00
Board Dinner	150.00
Summer Singles League	67.00
Calcutta Tournament Spring	\$3,279.50

Total Income **\$19,625.04**

EXPENSES

Awards Banquet 2007	3,844.90
Club Championships 2006	200.00
Mardi Gras	233.29
Nationals Stipend	500.00
Commission	348.77
Dues & Subscriptions	25.00
Light Fund Paymen	3,053.00
Newsletter - Court Reporter	2,2925.78
Postage	1,308.80
Post Office Box Rental	63.00
Supplies	717.08
Website	387.70
Board Dinner Expenses	665.07
Court Resurfacing - Northgate	8,000.00
Winter Doubles 2007	3,655.49
Membership Brochures	32.48
Calcutta Tournament Spring	4,493.45

Total Expenses **\$ 30,453.81**

Profit (Loss) **– \$ 10,828.77**

Balance May 31, 2007 **10,135.97**



WCRC
P.O. Box 4574
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Robert Brockman's Team Heads to Nationals...

WCRC President Shari Gonzalez presents Robert Brockman a stipend check for \$500 for getting to Nationals with his Senior 3.0 Men's team.

Congratulations to: Tom Amann, Tom Beatty, Dave Benley, Robert Brockman, Gerald Choi, Frank Concepcion, Dick Couchot, Dale Crabtree, Darrel Fiske, Stuart Levitas, Steve Mehlman, Gary Mochizuki, King Ng, Tom Roth and Max Sylver on a phenomenal season!

