



THE COURT REPORTER

September 2007

Newsletter of the Walnut Creek Racquet Club



DISTRICTS!



Walnut Creek Racquet Club

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

OFFICERS

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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



Shari Gonzalez
2006 WCRC President

First off, congratulations again to the 3 League Champion teams that made their way up to Napa over the weekend of August 10-12 to Vintage High School to compete in the **Adult District Championships**.

Adam Borovkoff's Men's 4.0 team faced tough competition on Day 1 in the Benicia HS team and dropped a close 2-3 decision.

Unfortunately strong wins on Days 2 and 3 were not enough to get the team to the Sectional championships in Carmel. **Sam Vanacek's Women's 3.0 team** also faced some stiff competition in Benicia HS on Day 1 but were able to take the match with a 3-2 victory. On Day 2 they faced eventual League and Section winner Golden Gate Park and lost the match 1-4, but ended strong on Day 3 with a 3-2 victory over Mt. Tam.

Shari Gonzalez's Women's 4.0 team started the weekend strong with a 5-0 win over Napa CC and never looked back, taking victories on Days 2 (3-2) and 3 (4-1) to clinch the District title. They headed down to Carmel over the August 24-26th weekend to compete in the Sectional Championships, once again starting the weekend off with a strong win on day 1 with a 4-1 victory. On Days 2 and 3 the competition only got tougher and after losses to eventual champions Santa Clara (1-4) and Reno (2-3) their season finally came to an end. The good news – now they don't have to split up next year!

On another note, the Esurance Tennis Classic will be held at Harbor Point Tennis Club in Mill Valley over the weekend of October 12-14th. This is a charitable event that features WTT matches with legend and collegiate players. All proceeds benefits several charities including: **To Celebrate Life Breast Cancer Foundation, Youth Tennis Advantage, and US Too** Prostate Cancer Education and Support Network. See the insert in this month's newsletter for more information or check out their nifty website at <http://www.tennisclassic.org>.

The 38th (that's right 38th!) annual **WCRC Club Championships** are scheduled to be held over the weekend of **November 2-4th** at the Heather Farm Tennis Center. Format will be Men's Singles/Doubles, Women's Singles/Doubles and Mixed Doubles. Participants are encouraged to sign-up for more than one event and matches may be shortened to accommodate scheduling over the weekend. Sign-up either on-line or using the entry form in this month's



**New Member
Information
Removed for
Privacy**

To Stretch or Not to Stretch - That is the Question! *Part 3 of 3*

Tennis is a great sport because it utilizes so many large and small muscles in the upper and lower body. At times, it requires lightning speed, and at other times, it requires endurance. Most of the time, it requires both!!!! The game emphasizes hand-eye coordination and spatial awareness. Very few sports require the integration of so many anatomical and physiological responses.

Tennis also places a great demand on certain muscles. And these muscles require extra attention, especially in regard to stretching:

- Leg Muscles – quadriceps, hamstrings, gluteals, and calf muscles.
- Chest muscles.
- Shoulder and arm muscles – rotator cuff, biceps, and triceps.
- Muscles of the wrist and hand – forearm muscles (used extensively during the tennis swing).
- Lower back muscles – your CORE muscles.
- Abdominal muscles.
- Neck muscles.

Preventing injuries is assisted by:

- Flexibility and strength training – this helps to avoid overuse and traumatic injuries.
- Proper racquet selection and grip size – this assists you in performing tennis swings with the proper technique.
- Utilizing larger racquet head sizes, or avoiding high string tensions – smaller racquet head sizes and higher string tensions will place more stress on the forearm muscles, which can lead to tennis elbow.
- Use a stiffer framed racquet with a larger head – this offers an enhanced sweet spot causing less muscle stress through vibration dampening.



If you ever get a chance, go to www.youtube.com and search “Roger Federer + Slow Motion.” If you ever wanted to see what a racquet does when it make impact with the ball, please watch this. Even with a guy who makes such good contact on the ball, the racquet is vibrating tremendously (and his racquet frame is VERY stiff)....imagine what this does to those who do not strengthen or stretch their tennis muscles????!!!!



Summer Singles League - Current Leaders

Men's

	W	L
3.0		
Raanan Sagy	7	0
3.5		
Brian McConnell	8	1
4.0		
Mario Roeschke	9	3
4.5		
Steve Andrews	7	1
5.0/5.5		
Bryan Golledge	6	0

Women's

	W	L
2.5		
Yvette Irby	4	1
3.0		
Cherie Charbonneau	9	0
3.5		
Suzy Brunel	9	0
4.0		
Caroline Balazs	9	1
4.5/5.0		
Marianne Dundon	7	0

To Stretch or Not to Stretch - That is the Question! *Part 3 of 3*



LUMBAR ROTATION

1. Lie on your back with your hips and knees bent, feet flat on the floor.
2. Keep your arms out at your sides and your shoulders flat on floor.
3. Rotate hips and knees to one side as far as you can while keeping arms and shoulders flat on floor. Hold this position for 10 seconds.
4. Return to the starting position.

FLEXIBILITY - Hamstrings

1. Lie on your back with your leg bent and both hands holding on to it behind the thigh as shown.
2. Your hip should be bent to **90 degrees** and the thigh pointing straight at the ceiling.
3. Straighten out your knee as far as you can. Keep your thigh pointing straight toward the ceiling.
4. Keep the other leg flat on the floor.
5. Hold this position for 10 seconds.



SHOULDER - Internal Rotation

1. Place one hand behind your back.
2. Drape a towel over your opposite shoulder and grasp it with the hand that is behind your back.
3. Use the towel to gently pull your hand farther up your back until you feel a gentle stretch.
4. Hold this position for 10 seconds.



FLEXIBILITY - Hamstrings, Ballet

1. Stand and prop the leg you are stretching on a chair, table or other stable object.
2. Place both hands on the outside of the leg you are stretching.
3. Make sure that your hips/pelvis are also facing the leg you are stretching.
4. Slide your hands down the outside of your leg.
5. Lead with your chest/breast bone. Keep your chest upright and back straight. Do not hunch over at the shoulders. Keep your toes pointing up.
6. You should feel a stretch in the back of your thigh.
7. Hold this position for 10 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.



38th Annual CLUB CHAMPIONSHIPS



2006 CHAMPIONS:

Women's 3.5 Singles	Deanna Fong
Women's 3.0 Singles	Anne McCormick
Men's 4.0 Singles	Charles Kearney
Men's 3.5 Singles	Dan Boeriu
Women's 4.0 Doubles	Marianne Dundon & Jennifer Rowen
Women's 3.5 Doubles	Cory Carr & Tammie Snyder
Men's 4.5 Doubles	Gary Harris & Carlos Manuel
Men's 4.0 Doubles	Debashis Panda & Pec Untal
Men's 3.5 Doubles	Shashi Kamath & Dave Engle
Mixed 8.0	Martin Dunlap & Marianne Dundon
Mixed 7.0	Don & Sandra Maker

WHEN: November 2-4 - Singles/Doubles/Mixed

WHERE: Walnut Creek Tennis Center

DIVISIONS: Men's Singles/Doubles
A (4.5+), B (4.0), C (3.0-3.5)
Women's Singles/Doubles
A (4.0+), B (3.5), C (3.0)
Mixed
A (8.0+), B (7.0), C (6.0)

FEES: \$15/person - Singles; \$30/team

***Entry fees include tennis balls and BBQ. Participants are guaranteed at least two matches -- consolation rounds will be held (some may be held at satellite sites).*

Note: You must be an active member of the WCRC to play in the Club Championships.

Number of divisions based on number of entries. Please donate old or broken racquets for special event TBA.

ENTRY DEADLINE:

Must be postmarked by **Monday October 15**
(late entries \$10 extra, and only if space available)

Sign up on line and save!!!

\$12/person - Singles; \$24/Team

REGISTRATION FORM - PLEASE REGISTER ONLINE!!

Name _____ Phone _____

Email _____ Rating _____

Name _____ Phone _____

Email _____ Rating _____

Please check the appropriate event(s)/division you would like to play:

<input type="radio"/> Male	<input type="radio"/> Singles	<input type="radio"/> A (see above for division)
<input type="radio"/> Female	<input type="radio"/> Doubles	<input type="radio"/> B (see above for division)
<input type="radio"/> Senior	<input type="radio"/> Mixed	<input type="radio"/> C (see above for division)

Play at higher level? Prefer Willing Not Willing
Senior Division? Prefer Willing Not Willing

Make checks payable to WCRC and send to:

Gabe Goldstein • 3075 Citrus Circle #205 • Walnut Creek, CA 94598

Questions? Email Martin Dunlap at dunlap911@sbcglobal.net

on-line registration available at www.wcrc.net

CALENDAR OF EVENTS

Sept



- 11-13:** USTA Super Seniors Sectional Champs
- 14-15:** Fall Calcutta Party & Tournament
- 24:** USTA Mixed Doubles Season Opens
USTA Senior Season Opens

Oct



- 5-7:** USTA Fifty Mixed Sectional Champs
- 6-7:** WCRC Summer Singles League
Tournament - Round I
- 13-15:** USTA 50 Mixed Sectional Champs
- 13-14:** WCRC Summer Singles League
Tournament - Round II
- 14:** USTA Super Seniors 60 Season ends
- 17-19:** USTA Super Senior 65 District Champs
- 19-21:** USTA Super Seniors 60 Local League
Playoffs - Round I
- 26-28:** USTA Super Seniors 60 Local League
Playoffs - Round II

Nov



- 2-4:** WCRC Club Championships
- 16-18:** USTA Mixed Doubles Nat'l Championships
USTA Super Sr. 60 Sect. Championships
- 17:** WCRC Turkey Tournament
- 18:** USTA Combo Doubles Season Closes

MARK YOUR CALENDARS

TREASURER'S REPORT

Gabe Goldstein

Income Statement:
as of June 30, 2007



INCOME

Winter Doubles League '07	3,484.00
Awards Banquet '07	2,440.00
Mardi Gras Fees	360.00
Interest	10.85
Advertising	400.00
Membership Dues	9,435.00
Board Dinner	150.00
Summer Singles League	8,367.00
Calcutta Tournament Spring	\$3,279.50

Total Income	\$27,926.35
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EXPENSES

Awards Banquet 2007	3,844.90
Court Resurfacing	8,000.00
Club Championships 2006	200.00
Mardi Gras	233.29
Nationals Stipend	1,000.00
Commission	656.23
Dues & Subscriptions	25.00
Light Fund Paymen	3,053.00
Newsletter - Court Reporter	3,500.10
Postage	1,308.80
Post Office Box Rental	63.00
Supplies	823.17
Website	437.70
Board Dinner Expenses	665.07
Court Resurfacing - Northgate	8,000.00
Winter Doubles 2007	4,175.49
Membership Brochures	32.48
Calcutta Tournament Spring	4,493.45

Total Expenses	\$ 32,511.68
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Profit (Loss)	– \$ 4,585.33
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Balance June 30, 2007	16,354.41
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WCRC
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