

THE COURT REPORTER

Newsletter of the Walnut Creek Racquet Club

January 2010



Jay Bains keeps his eye on the ball in deep concentration for his forehand groundstroke during the combo men's playoff match.

Photo by Robert Young

Walnut Creek Racquet Club

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OFFICERS

President	Tammie Snyder 957-0604 tammie@gte.net
Vice President	Position Open
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Treasurer	Hilde Chan 228-4783 luf2play@aol.com



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Mailing	Janet Neilsen 837-8664 janneilsen@juno.com
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Newsletter	Tammie Snyder 957-0604 tammie@gte.net
Website	Shari Gonzalez 691-9196 webmaster@wcrc.net
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New Member Liason	Nancy LeSage 937-9802 nlesage@astound.net
Marketing/ Doubles League	Lynne Weinschelbaum 285-9503 lweinschelbaum@yahoo.com
Summer Singles	Cory Carr 935-3273 ccarr@astound.net

THE PRESIDENT'S REPORT



Tammie Snyder
2010 WCRC President

Congratulations to **Brian Costello's 6.5 Combo Men's Team** who are heading for Sectionals in February. They snuck in with a wild card after a long weekend of great tennis. **Sterling Fairholm's 7.5 Combo Men's Team** put up a great battle but came up just short in the end. Great tennis guys, check out the back cover for more details!

The **Fall Mixed Tournament** is scheduled for **January 8th-10th**. There will be a BBQ on Saturday and also plenty of exciting tennis!

Next up is our very popular **Winter Doubles League**. **ON LINE REGISTRATION ENDS JANUARY 2ND!** The season begins January 4th and ends May 9th. The new end of year ratings will be used to determine your level for this league. Find a partner and sign up today. You can sign up on line at <http://www.wcrc.net/events/DoublesSignUp.asp> only until January 2nd. If you have any questions, please contact league commissioner **Lynne Weinschelbaum** at lweinschelbaum@yahoo.com.

I'd like to take this time to thank my amazing board of 2009. Many have been long time members and I appreciate everyone always coming together to resolve whatever issues might arise. I'm sad to see **Pege Amann** resign her position this year! Pege has been on the board since 2004 and was always the first person to submit her membership report even if she was on vacation! **Tim Tamura** has agreed to take over Pege's position. Special thanks go out to **Shari Gonzalez** who is ALWAYS there for whatever calamity comes up and some how finds a way to make each catastrophe seem small. Thank you also to **Bret Jones** who has worked very diligently at avoiding becoming the next president as well as tackling the job of USTA Leagues Coordinator. This job I assure you requires a lot of patience and tenacity of which Bret some how always comes up with. I'd like to welcome **Sarah Lindahl** as our newly appointed Tournament board member and **Cory Carr** who is taking over the Summer Singles position!

We are still looking for a Vice President for 2010. If you are interested in getting involved, enhancing tennis at WCRC, and getting a free meal once a month as well as FREE entry to all WCRC Leagues (Summer Singles, Fall Mixed and Winter Doubles), please contact any board member for more information.

We had 30 entries for logo designs and 178 members voted for the top 5! After calculating all of the results the winning logo design was submitted by **Rob Corder**. Congratulations and please contact me regarding receiving your free court usage card! Check out the top 5 logos and Rob's winning logo on page 2.

If you are interested in going to the **SAP Open** this year, check out pages 4-5. Lifetime Tennis is putting together a bus trip with some great tickets.

I hope everyone had a wonderful holiday season and that 2010 brings much love, health, happiness and of course tennis into your lives.

Happy New Year...



**New Member
Information
Removed for
Privacy**



Lifetime Tennis and the 2010 SAP Open Are Joining Forces:

The Professional Men's Tennis Tournament is coming to San Jose (February 8-14, 2010). Pete Sampras, Andy Roddick, Lleyton Hewitt, Tommy Haas, Marty Fish, Sam Querrey and the Bryan Brothers have all committed to play. Lifetime Tennis has worked with the SAP Open for the past 12 years and will have the very best Lower Sideline tickets for the entire week's feature matches. All tickets will be sold thru the Lifetime Tennis Pleasanton Pro Shop (in person or by phone at 931-3449). Tickets will be sold at face value without any surcharges or processing fees. Lifetime Tennis is not receiving compensation for its involvement in the event.

Here a schedule of the matches; each of which we have tickets for sale:

Monday, February 8th at 7pm - Pete Sampras exhibition with Fernando Verdasco, followed by another featured match

Tuesday, February 9th at 7pm - Lleyton Hewitt singles match, followed by Tommy Haas and the Bryan Brothers

Wednesday, February 10th at 7pm - Andy Roddick singles match, followed by Fernando Verdasco singles match

Thursday, February 11th at 7pm - Matches TBD

Friday, February 12th at 7pm - Matches TBD

Saturday, February 13th at 1pm - Matches TBD

Sunday, February 14th at 1pm - Matches TBD

Who Said There Was No Free Ride?

Lifetime Tennis will provide FREE bus transportation for the 1st 45 interested ticket purchasers for the Saturday, February 13th matches at 1pm. The Walnut Creek Bus will pick up and drop off all persons at the **Pleasanton Tennis Center**. In future years, the bus will pick everyone up at the aquatics center parking lot (across from the tennis center).

This year's bus will arrive at the Pleasanton Tennis Center Saturday, February 13th at 11:15 am and depart at 11:30 am; allowing for ample travel time prior to the 1:00 pm match time. Seats for all matches are now on sale; with ticket distribution occurring in mid to late January.

SAP Open Ticket Contest

Lifetime Tennis is planning to sell more than 500 tickets to this year's SAP Open. Since the event fell short of budget in 2008, we wanted increase our efforts to further support this world class tournament. As a bonus, we're holding a contest with each tennis location.

Each person that buys a ticket to the SAP Open from Lifetime Tennis will be entered into a once in a lifetime raffle. And one lucky fan will win...

Two 1st Row Floor Tickets to Saturday's 1pm Matches (these are autograph seats!)

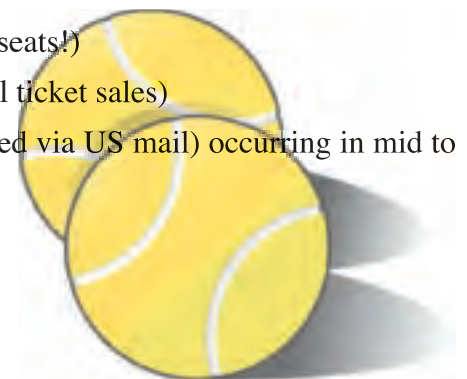
+ A Chance to Conduct the On-Court Pre-Match Coin Flip (pending 500 total ticket sales)

Note: Seats for all matches are now on sale; with ticket distribution (delivered via US mail) occurring in mid to late January.

Best regards and Happy Holidays!

Dana Gill

Executive Director, Lifetime Tennis, Inc.



Below are the specific seat locations along with an arena map.
 All of our seats are in the Sideline Lower (Green) Section.

Monday, February 8th

Section	Row	Seats
102	21	19-23
102	22	1-23
102	23	1-22

Tuesday, February 9th

Section	Row	Seats
102	21	19-23
102	22	1-23
102	23	1-22

Wednesday, February 10th

Section	Row	Seats
102	21	7-11
102	22	7-11
102	23	1-16
102	24	1-22
102	25	21-22

Thursday, February 11th

Section	Row	Seats
102	21	3-23
102	22	1-23
102	23	17-22

Friday, February 12th

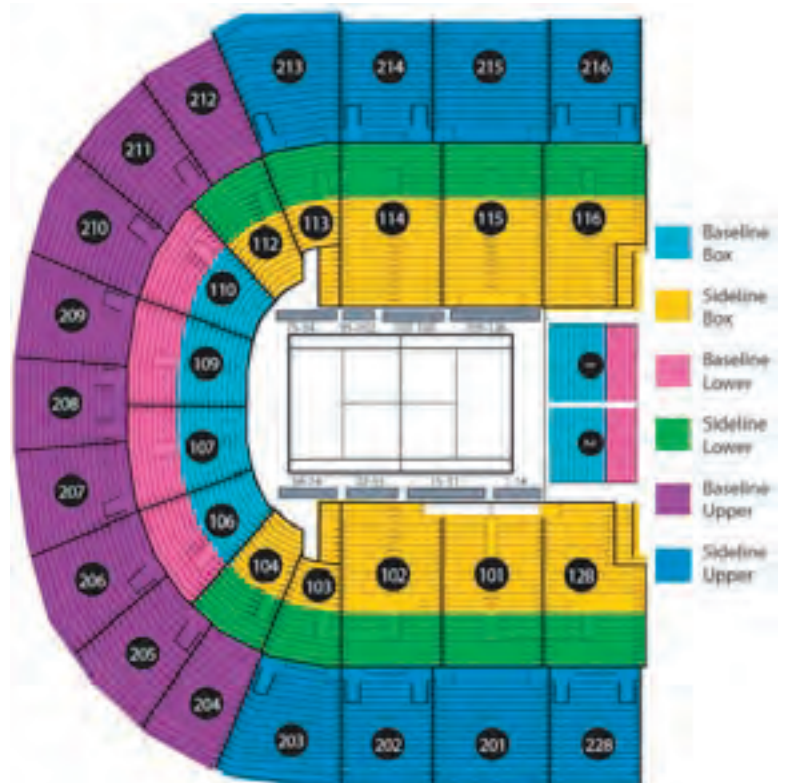
Section	Row	Seats
102	23	1-6
102	24	1-22
102	25	1-22

Saturday, February 13th

Section	Row	Seats
101	25	9-21
102	23	13-20
102	24	13-22
102	25	1-6, 8-22
103	20	1-2, 9-17
103	21	1-16
103	22	1-16
103	23	1-17
103	24	1-17
103	25	1-18

Sunday, February 14th

Section	Row	Seats
102	22	1-23
102	23	1-22
102	24	18-22



From the Pro...

Questions and Answers



QUESTION: Due to shoulder injury need to retool what little game I have. Would you be so kind as instruct me on the hand/grip positions on both sides? Any help is much appreciated. Thanks, BS

ANSWER: Converting to two hands for forehand & backhand will help take the pressure off your shoulder. I played double handed off for both strokes in college. The key to the proper grip is in your non-dominant hand. This is the support hand used for your one handed strokes. Start by using an eastern forehand grip with the non-dominant hand. This is commonly referred as the "handshake" grip. This grip will remain constant on both the backhand and forehand. Both hands must be together similar to holding a bat. Finding the right grip for your primary hand is fairly simple. As you pivot to setup for your backhand, lower the thumb of your primary hand behind the racquet handle. And lower your forefinger behind the handle as you setup for the forehand. This supplies extra reinforcement behind each stroke. Again, maintain a tight hold with the eastern forehand grip with your opposite hand. Focus on a strong grip on your support and loose grip on the other. You can practice changing grips with a rolled up magazine indoors.

In order to find success with this playing style, it is key to rework your footwork to hit with an open stance. This allows the correct hip and shoulder rotation. Since both hands are involved in your follow through, so should your shoulders and hips.

Here are a few more recommendations to make tennis less painful for you.

- 1) Switch to a more powerful racquet. You won't have to work as hard with the same result.
- 2) A higher energy string and looser tension works well too. Even the top pros are doing this to give them edge. Bob & Mike Bryan are at 43 lbs. I'm at 42 lbs. I'm stringing a lot of top players in Heather Farm at 45-48 lbs.

QUESTION: We played mixed doubles tonight and just as I started my serve, the receiver's partner moved over so he was blocking part of the service box. I questioned him on this and he advised that this was allowed. I see in the rules where receivers can stand anywhere on the court, but can they partially block the service box? Is this not a form of hindrance?

ANSWER: I have seen the "partial blocking" of the service box. The opponent's intention is for 2 reasons...One, be a distraction. Two, obstruct half the box to force the server to go to the forehand or to eliminate the up the middle serve. The 1st step is to notify the opponents that you're aware of the tactic. Next notify the captains if it continues. In college, I used run in to this problem. I had 2 easy solutions. Both will confuse your opponent.

- 1) Have your net person stand in center toe to toe with their net person. This makes their net person uneasy. This also eliminates your opponents cross court return.
- 2) Serve hard and flat up the middle. If you really want to raise the fear factor, serve slightly to the outside of the net person. This will force the net person to "dance" into the box completely or duck. Now the receiver is trying to outguess their net person's move to direct the return.

Also according to the USTA's rules any intentional movement to throw off someone striking the ball is considered a distraction. Remember, in tennis, games are best played on the court, not in the mind.

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

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

CALENDER OF EVENTS

Jan

Jan. 4	Mixed Doubles Season Opens
Jan. 8-10	Fall Mixed Doubles Tournament
Jan. 11	Adult Team Registration Opens
Jan. 11	Super Senior 65 Team Registration Opens

Feb

Feb. 7	Senior League Season Closes
Feb. 15	Adult Team Registration Closes
Feb. 28	Super Senior 65 Team Registration Closes

Mar

Mar. 5-7	Senior League Playoffs Round 1
Mar. 15	Adult League Season Opens
Mar. 19-21	Senior League Playoffs Round 2

Apr

Apr. 5	Super Senior 65 Season Opens
Apr. 12	Mixed Doubles Season Closes
Apr. 16-18	Senior League Districts
Apr. 30-May 2	Mixed Doubles Playoffs Round 1

TREASURER'S REPORT

Hilde Chan

as of November 30, 2009



Walnut Creek Racquet Club Profit & Loss January through November 2009

	Jan - Nov 09
Income	
2009 Winter Party	45.00
Advertising Income	540.00
Board Dinner	182.00
Calcutta Tournament	3,020.48
Interest Income	183.57
Membership Dues	14,720.00
Midsummer Tournament 2009	375.00
Mixed Dbls. League 2009/2010	4,405.00
Summer Singles League	6,514.00
Winter Doubles 09	8,290.00
Total Income	38,275.05
Expense	
Accounting/Tax Preparation	145.00
Awards Dinner 2009	25.00
Bank Service Charge	18.87
Board Dinner Expenses	906.92
Board Meeting Expense	407.85
Calcutta Tournament Expense	4,576.40
Court Repairs & Equipment	4,058.68
Donations	1,000.00
Member Directory	2,845.42
Midsummer Night T. 2009 Exp.	379.52
Mixed Doubles League '08/'09	2,399.91
Newsletters-Court Reporter	987.84
Non-Profit Fees	35.00
Paypal Fees	1,076.87
Postage	189.46
Summer Singles League Expenses	3,026.39
Supplies	392.44
Website	2,178.29
Winter Doubles '09	5,172.43
Total Expense	29,822.29
Net Income	8,452.76

Balance November 30, 2009 \$36,110.65

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

Deadline for the February issue
is Monday, January 25th.



WCRC
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www.wcrc.net

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KEEPING UP WITH THE MEN'S 6.5 COMBO TEAM

We finished the regular season with the best record in the league. Our first playoff match was against Big C whom we beat 2-1 to set up a rematch against Valley Vista. The V.V. match was tied 1-1 and everything hinged on Mike Bercilla and Derrick Holt. They were down 4-1 in the third set and pulled out an amazing 6-4 third set win. Local League champs roll into Fresno and the District tournament.

On day one of the district's we lost 2-1 to a tough Vallejo team. Each match went to a third set tie breaker. Agonizing. On day two we beat Tony Tse's Sunnyvale team 2-1 as Justin Snyder/ Jamie Guzzaldo and Jay Bains/ Chris Dundon won and Alan Chan/ Goran lost in a tough third set tie breaker. At 1-1 over all everything hinged on a strong day three performance and perhaps a little help. Things fell into place nicely as we swept Silver Creek 3-0, Justin/ Jamie, Jay/ Chris and Dan/ Goran each pounded out straight set wins to secure the wild card spot and a trip to the Section tournament in Sacramento this coming February.

Thanks for all the fan support along the way especially Robert Young for his practice support and photographic expertise.

*Chris Dundon, Jamie Guzzaldo,
co-captain Alan Chan,
Goran Kalas, Jay Bains,
Dan Slaven, Robert Young,
Derrick Holt, Justin Snyder and
Captain Brian Costello*

