



# THE COURT REPORTER

*Newsletter of the Walnut Creek Racquet Club*  
*November, 2008*



**5.0 Men's Summer  
Single Champion  
Shane Valez  
powers over a huge  
serve.**

**Photo by: Tammie Snyder**

## Walnut Creek Racquet Club

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

### OFFICERS

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<b>USTA Leagues</b>	<b>Bret Jones</b> 890-1416 bretjones@comcast.net
<b>Daytime Leagues</b>	<b>Pam Maloney</b> 787-3970 pam4tennis@hotmail.com
<b>City of Walnut Creek Liason</b>	<b>Don Loeffler</b> 330-1605 donloeff@pacbell.net
<b>New Member Liason</b>	<b>Myrl Kan</b> 827-2406 mckan@webtv.net

## THE PRESIDENT'S REPORT

It's that time of year again...

Winter Doubles. Grab a partner and join up for our annual Doubles League. If you join up on line you save some money. The registration form can be found on page 7. Registration opens November 17th.



Tammie Snyder  
2008 WCRC President

Congratulations to our successful Summer Singles league. We had a over 250 players this season. Highlights from the tournament can be found on pages 8-11.

Thanks to everyone who helped make this league and tournament successful. **Jennifer Scriabine** for all of her hard work this season in coordinating the league. Also a thank you to tournament director **Bob Walgren** and food and drink coordinator **Tammy Chan**. Thanks also to **Neal Dawson** and **Jesse and Shari Gonzalez** for helping out during the tournament. With that said a couple of end of season notes for you. Tournament results have been posted at the WCRC website. Tournament pictures have been posted at Zenfolio. Extra T-shirts are available in the clubhouse for those that did not pick them up over the tournament weekend.

The **WCRC Mixed League** ends January 4th and teams will need 6 completed matches to compete in the end of season tournament. Mark your calendars, the Mixed Doubles Tournament is scheduled for Janaury 9th-11th at Heather Farm.

Congratulations to **Gerry Brown's Senior Mixed 7.0 team** who went to Sectionals October 3-5th They came out strong the first two matches but a bit short on the last match. Great season!

Last month I missed **Jon** and **Annie Lien** who are bucking the system and expecting a boy!

With the recent presidential election results, we are also looking for new faces for the **2009 WCRC Board**. We have a few positions open and are looking for people who want to make a difference. If you are interested in joining the board please contact any board member for details.

See you on the courts...



# From the Pro...



## *Mental Conditioning*     *part 2 of 2*

One of the most important aspects of functioning under pressure is to have a pre-point routine. This is achieved by implementing a step by step thought process prior to every pressure filled point. While there are no set rules on what routine will work best for you, and since I can't possibly know every scenario, I can say that player's feel the most pressure at the start of a point when they're about to receive or serve. With this in mind, I have found the following sequence to be very functional;

1. **Focus.** Take 1 full second to make a quick assessment about your opponent and their court position. Do they look tired? Nervous? Are they trying to pressure your serve by standing closer than normal, or are they trying to gain an advantage by serving from a different position than normal?
2. **Make a decision!** Determine where you want to return the ball or hit the serve. Just telling yourself to "get it in" doesn't give the brain enough information. Where is "in"?
3. **Breathe.** I tell the junior players to "smell the flower, blow out the candle".
4. **Get ready.** Set-up in the proper position based on your decision.
5. **Aim.** You've made your decision, you know the target, it's time to play.
6. **Fire!** There's nothing left to do except execute.
7. **Emotion.** After the point is over give yourself 3 full seconds of positive self-talk, (it needn't be verbal) even if you've double faulted. It may simply be that you stuck to the routine.
8. **Re-focus.** Start the routine over as soon as you or your opponent has retrieved the balls. The ball pick-up is the mental cue to re-start the routine.

Out of all of the steps in the routine, the most important of them is number 2. Don't worry about number 3, because if you don't breath your body has its own solution for that and it requires a visit to the coroner☺. I want to stress strongly that you should **NEVER** step up to the baseline to play a pressure filled point until you know **100 percent** where you want to serve or where you want to return the ball, and, that you're going to be successful. If you're not **100 percent** convinced that you're going to be successful, then change your decision to something you know you can do. This includes hitting an underhand serve or a lob return - - you have to know your going to do it.

Once you've played about 20 to 25 points using this conscious check-list, you will find that your mind has shrunken it down to four or less (example: ready, aim, fire, focus). I have found this process to be very helpful in pressure situations. The intensified thought allows the player to focus on execution, rather than the outcome, therefore maintaining a relaxed demeanor. Simply stated, you are so busy thinking, you do not have time to **choke**; which is nothing more than allowing your emotions to overcome your powers of reason.

Pressure and the associated feelings of clammy hands, a queasy stomach, shaky knees, blurred vision, and an accelerated heart beat can never be totally controlled. If, and when, you learn to relate to these reactions as being normal, you have conquered a very formidable enemy. Meanwhile, the harder you concentrate on your routine at hand, the less you're aware of the outcome of the last point, and the easier it becomes to play under pressure. Remember, your opponent cannot jump over the net and play defense, consequently they have no control over the outcome of you following your routine, your adversary under pressure is all in your mind.

**Coach Mac**



# Tennis News



## Walnut Creek 50 Mixed 7.0 Team at Sectionals....

*by Gerry Brown*

On the Weekend of October 3-4-5, your WCRC 7.0 Fifty Mixed team with its tremendous depth of players- Gerry Brown, Rosemary Brown, Karl Brown, Cory Carr, John Carr, Cherie Charbonneau, Nancy Crakow, Sue Danner, Sharon Green, Dick Harrow, Peter Hellmann, Debbie Hellmann, Karen Hoyer, Ed Hockbrueckner, Mary Jane Kiefer, Ed Padrones, Linda Richardi, Mike Storno, Joel Schaffer, Tim Tamura, Jon Van Ossbree, and Sally Van Ossbree - headed off to Tahoe Donner to compete in the USTA 50 Mixed Sectional Championships.



With visions of adding the title -California Champions- to their Diablo North Championship, the Creekers kicked off a fun weekend on Thursday evening with a very lively barbecue at the Tahoe Donner Tennis Facility. But at 8:00 a.m. the next morning, it was all business. The WCRC group opened with a strong 2-1 win over Gilroy, the Monterey Bay representative. Winners on the day were Ed Padrones and Rosemary Brown, and Cory Carr and Jon Van Ossbree.

This exciting win was followed by a 2:30 match against the South Bay champions Almaden Valley. The Creekers jumped out quickly and carved out a very sweet 2-1 victory. Mike Storno and Linda Richardi, and Ed Hochbrueckner and Cherie Charbonneau brought home the wins.

With two wins under our belts, the team celebrated with some great food and wine at Truckee's Cottonwood restaurant; and looked forward to their Saturday morning match. The scheduled opponent was Aragon – the Upper Peninsula Champions who had also won their first two matches. However, the Gods had different ideas as the rains came and washed out all play on Saturday.

With Saturday's play suspended, the USTA was forced to change Sunday's format to Eight game pro sets. Although we gave our best effort, the 8 game pro sets did not prove to be our strong point. WCRC came up on the short end 0-3. As a result, we were 1 set short in the tie breaking system that would have allowed us to advance to the semi-finals as the Wild Card Team...

Despite the disappointment, it was a great experience for everyone as 15 players were given the opportunity to play in Sectionals. We had a great time sharing some fun moments shopping, play board games, dining on some great food, sharing a "carbo-load" pizza night out, and getting to know each other in various settings off the court.

We have vowed to win the Diablo North Championship for a third straight year and return to Sectional to win it all.



# Tennis News



## Play Tennis

Are you new to the game of tennis or new to the area? Would you like to meet other players of your caliber in either a social or a competitive setting? If so, please join us on Thursday, January 29<sup>th</sup> for an informational meeting regarding USTA and leagues.

USTA leagues offer men and women fun team match play in the country's largest recreational tennis league. There are many exciting formats, which include Men's, Women's, Combo, Seniors, Mixed, Flex and Tri-Level leagues.

If you are interested in attending this meeting or would like additional information, please contact: Misty Bruns at [misty.bruns@yahoo.com](mailto:misty.bruns@yahoo.com) or by phone at 925-360-8812 or Tammie Snyder at [tammie@gte.net](mailto:tammie@gte.net) or 925-957-0604.

**Date: January 29, 2009**

**Location: Sports Basement**

**Address: 1881 Ygnacio Valley Rd. (across the street from Heather Farm)**

**Time: 6:30 pm**

*Everyone attending will get 15% off any purchase at Sports Basement. Food, drinks, beer and wine will be provided. There will also be fun games to win gift certificates.*

*Family and Friend are welcome to shop during our meeting.*



NORTHERN CALIFORNIA

## EXTRA!!! The Times EXTRA!!!

### LOOKING FOR PLAYERS



New players looking to get into USTA League? Misty Bruns has offered to captain a 2.5 women's and a 2.5 men's team next season.

If you are interested in registering on either team please contact Misty at [misty.bruns@yahoo.com](mailto:misty.bruns@yahoo.com) or by phone at 925-360-8812.





**New Member  
Information  
Removed for  
Privacy**



# Summer Singles League Tournament

Over two weekends in September, we wrapped up our 2008 Summer Singles League. We had 251 players participating with 192 completed at least 6 (out of 12) matches and qualifying for the season ending tournament. Seedings were based on the overall rankings at the end of the season. The tournament was played out over two weekends, with 144 players registered.

Special thanks to **Bob Walgren** for running the tournament desk the first weekend, **Jennifer Scriabine, Neal Dawson, Shari & Jesse Gonzalez** and **Tammie Snyder** for helping out the second weekend. And as always to **Tammy Chan** for ensuring we had enough food and drinks throughout the two weekends.



**2.5 Women**

**Rhonda Miller & Jennifer Golledge**

In the ladies 2.5 bracket number one seed **Jennifer Golledge** met up against **Rhonda Miller**. Rhonda made a run in the second taking it to a tie breaker but Jennifer proved too steady. **6-2, 7-6 (5)**



**3.5 Women**

**Donna Himenez & Charito Romualdo**

**Charito Romualdo** never gave up even after being a set and match point down. **Donna Himenez** easily took the first set and was about to close out the second. Charito dug deep and took it to a tie breaker. Charito was up 6-1 and Donna began her fight back to 7-6. Charito won the next two points for the set. **1-6, 7-6 (7), 6-3**



**4.0 Women**

**Carolyn Vogler & Christine Searight**

**Carolyn Vogler** and **Christine Searight** were bound to meet up in the finals. Both finished the season undefeated at 9-0. In the end it was Carolyn's power that kept the ball in the court through the heavy winds. **6-2, 6-1**



**4.5 Women**

**Kirsten Riker & Marianne Dundon**

Three year reigning champion and top seed **Marianne Dundon** met up against #2 seed **Kirsten Riker**. During the regular season Marianne narrowly edged out Kirsten. In the finals, it was Kirsten who came out on top. **6-2, 6-2**



**3.0 Men**  
**Tim Brent & David Salita**

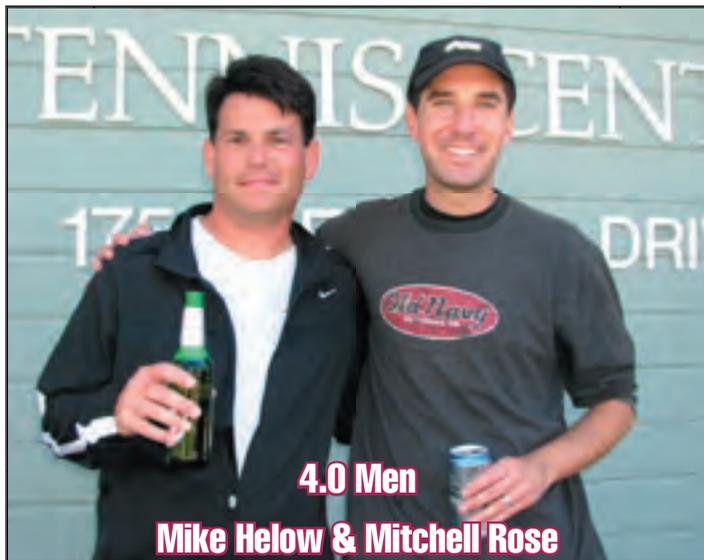
In the Men's 3.0 division **David Salita** and number three seed **Tim Brent** met up and were both very well matched. David's consistency pulled him through the match beating Tim in the end.

**6-3, 3-6, 6-3**



**3.5 Men**  
**Mike Bercilla & Jay Bains**

The 3.5 men had a large draw with 28 players. Mike, the number two seed met up against the number four seed Jay. This was the closest final of the tournament lasting nearly 3-1/2 hours. This match literally could have gone either way. It went the distance with three tiebreakers finally deciding the match. Amazing fun to watch. In the end Mike proved to have the edge. **7-6 (4), 6-7 (4), 7-6 (3)**



**4.0 Men**  
**Mike Helow & Mitchell Rose**

The men's 4.0 final matched up last year's winner **Mitchell Rose** new comer **Mike Helow**. The first set was very tight and ended in a tiebreak. Mitch interestingly serves left handed then plays right handed. After Mike got the first set, he dug in and took the second and the match. **7-6, 6-2**

The men's 5.0 final was also a fantastic match. It was such great tennis is almost like watching a Stead Open match. **Shane Valez** met up against **Bryan Golledge**. Although Shane started off slow, he picked up his game to close out the first set in a tie breaker. Bryan came back in the second set and Shane hit the deck with a leg cramp. In the third set it was on serve and again it went to a deciding tie breaker the first set was very tight and ended in a tiebreaker. Shane again cramps and literally cannot move. He takes a few minutes starts moving again and somehow finishes out the match and winning in the third set tiebreaker. Some very exciting points with huge serves, ripping serve returns, lobs, drops, slice, drives this match had everything! **7-6 (7), 5-7, 7-6 (4)**

**The Court Reporter • November 2008**



**4.5 Men**  
**Mario Mediati & Jackson Riker**

In the men's 4.5 draw, the number 4 seed and last year's returning champion, **Jackson Riker** overpowered **Mario Mediati** by coming out strong and never looking back. Jackson throughout the league never lost more than 4 games per match. He dropped two in the finals. **6-0, 6-2**



**5.0 Men**  
**Shane Valez & Bryan Golledge**







# Polynesian Paradise Party

**When:** Friday, February 27, 2009  
**Time:** 7:00 - 10:30 pm  
**Where:** Heather Farms Community Center  
**Cost:** 1 Ticket \$ 25 • 2 Tickets \$ 45  
5 Tickets \$ 110 • 10 Tickets \$ 200 (get a team table & save)



Dust off those flowered shirts and spray on some sunless tanner. Gather some flowers and a grass skirt and join us for the annual WCRC Winter Party. This year's theme is Polynesian Paradise!

We will be offering great food, drinks, prizes for best dressed, and even learn the hula!

We also will be recognizing all of our fantastic players who have been at the top of their games in league play, summer singles, and winter doubles.

Save some moola and reserve an entire team table for a reduced price!

*Dress up and win a prize!*

*Learn the hula!*

**Sign up on line at:  
[www.wcrc.net](http://www.wcrc.net)**



Name: \_\_\_\_\_

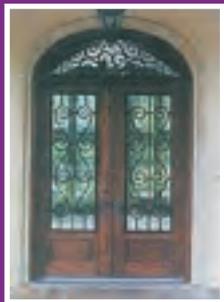
Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Number of Tickets: \_\_\_\_\_ Total Amount Due: \$ \_\_\_\_\_

Please make check payable to WCRC and send to: Shari Gonzalez, 1024 Julie Court, Concord, CA 94518  
Questions? Contact Shari at 691-9196 or at [shari.gonzo@gmail.com](mailto:shari.gonzo@gmail.com). **Sign up on line at [www.wcrc.net](http://www.wcrc.net)**

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# TREASURER'S REPORT

Lynne Weinschelbaum

as of Setpember 30, 2008



## Walnut Creek Racquet Club Profit & Loss January through September 2008

	Jan - Sep 08
<b>Income</b>	
Mixed Doubles League '08	310.00
Awards Dinner 08	1,954.00
Winter Doubles 08 Income	8,781.00
Summer Madness Tournament	348.00
Interest Income	13.89
Advertising Income	900.00
Membership Dues	13,053.68
Board Dinner	233.00
Summer Singles League	6,330.00
Calcutta Tournament	3,445.00
<b>Total Income</b>	<b>35,368.57</b>
<b>Expense</b>	
Winter Doubles 08	5,261.74
Board Appreciation	483.55
Awards Banquet '08 Expenses	3,401.35
Club Championships 07 Expenses	475.38
Board Meeting Expense	280.90
Summer Madness Expenses	395.33
Paypal Fees	898.57
Dues & Subscriptions	100.00
Donations	75.78
Member Directory	2,145.52
Newsletters-Court Reporter	3,789.26
Non-Profit Fees	55.00
Postage	1,350.00
Post Office Box Rental	70.00
Supplies	1,291.81
Website	926.35
Board Dinner Expenses	878.27
Calcutta Tournament Expense	3,575.07
<b>Total Expense</b>	<b>25,453.88</b>
<b>Net Income</b>	<b>9,914.69</b>
<hr/>	
<b>Balance September 30, 2008</b>	<b>\$17,60.97</b>

If you are looking to advertise, submit an article or photograph for an upcoming newsletter, please contact Tammie Snyder at 925-957-0604 or email her at [tammie@gte.net](mailto:tammie@gte.net).

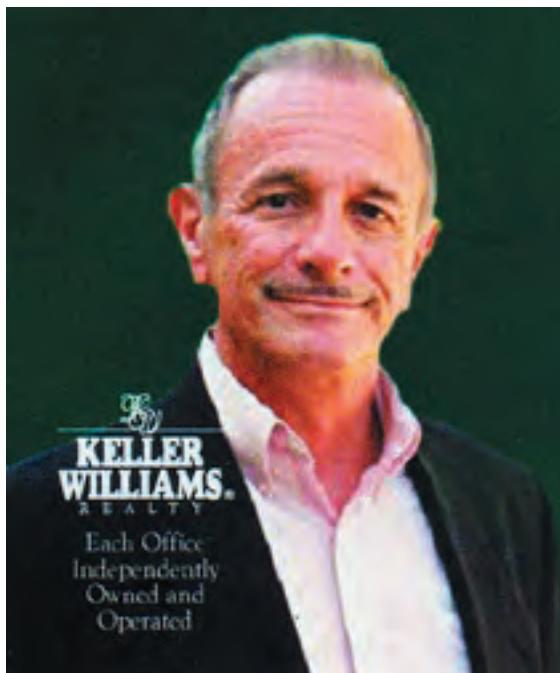
Deadline for the December issue is Friday, November 21st.





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