



THE COURT REPORTER

Newsletter of the
Walnut Creek Racquet Club

March 2003

**Martin Dunlap serves while
Melanie Pizzoli awaits a
chance to volley during the
2002 Mixed Doubles Club
Championships**

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Walnut Creek Racquet Club

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THE PRESIDENT'S REPORT

CCTA: A New League in our Future?



Jennifer Scriabine
2003 WCRC President

Hopefully by the time you all are reading this, the controversy regarding the USTA's online tennis system, TennisLink, will be resolved. As it stands today NorCal is trying to work out a deal where we can continue to use the current NorCal system and have it send the data over to the TennisLink system. It is not clear that the USTA will deem that an acceptable compromise. If they do not reach an agreement, then Norcal will not be able to officially participate in 2003 USA League tennis. If that happens we will not be able to send any teams to Nationals! Check the USTA Norcal website www.ustanorcal.com for the latest information.

Yet another NorCal controversy, the implementation of the 3rd set match tie-break, has sparked our past president Kent Lindeman and the former WCTC teaching pro Fred Safipour to begin work on an alternative league.

Beginning with a survey of local tennis players to establish the level of interest, they were surprised to find that over 80% of the respondents were definitely interested in playing in a new league. It also showed that getting to play and the use of traditional rules/scoring were the top two reasons stated for joining a league.

Under the moniker of the Contra Costa Tennis Association (CCTA), they've been working with a number of the local tennis clubs, including WCRC, to pull together this new league. Monthly meetings have been well-attended and, although the exact format of team matches as not been worked out, the league is scheduled to start this summer.

The Racquet Club will continue to support and nurture this effort. If you have any suggestions or would like to volunteer to help please contact Kent Lindeman at jklindeman@astound.net or Fred Safipour at safipour@sbcglobal.net

See ya' on the courts,

Jennifer Scriabine



Coach Mac

FROM THE PRO...

The Summer League season is about to begin which means it's time to start preparing your body for upcoming competitions, social outings, skirts and shorts. Rob Goldstein, a WCRC member and active player, is a certified Health/ Fitness Instructor by the American College of Sports Medicine. He was nice enough to grant me an interview on this subject Rob recently opened the Ygnacio Exercise Therapy and Fitness Testing Center inside the Park Professional Center complex just above the Tennis Center.

Pro: Rob, when I started playing sports as a youth, I wasn't allowed to start any sports season without having at least a checkup. In midget football, you weren't even allowed on the field until the local physician gave you a clean bill of health. Later, when I started signing contracts (small, extremely tiny) to shoot hoops overseas, those checkups turned into 3-hour examinations. Why don't most people start their tennis seasons with some type of checkup?

Rob: Mac, hopefully many members do see their physician regularly. Sometimes for check ups about general health and other times to deal with more specific issues. As an exercise physiologist, I evaluate a person's specific fitness level. This includes an in depth pre screening and testing for aerobic capacity, body composition, muscular strength and endurance and flexibility testing. This gives each person a baseline with norms compared to other people their age. From here we can determine a safe and efficient exercise program with measurable goals to track improvement. For anybody about to start a fitness program or looking to improve, testing is a great way to start.

Pro: How about my mirror and I'm out of breath, doesn't the scale tell a lot of the tale?

Rob: I always tell people to not get obsessed with the scale. After testing, I work with clients to understand all the benefits of exercise that cannot be shown only by the scale. Many times people who are just starting or increasing the intensity of their program may actually gain a few pounds. Simply stated, muscle weighs more than fat. So, very important other benefits of exercise not seen by the naked eye would include lowering blood pressure, lowering body fat percentage, decreasing resting heart rate, increased strength and loss of inches in circumference measurements. Not to mention developing healthier cholesterol ratio levels while increasing self-confidence and sense of personal accomplishment.

Pro: O.K I'm convinced the mirror and scale won't do the trick, where should a person begin?

Rob: Mac; I think after establishing a baseline level that cross training is the key. Although tennis is an anaerobic sport, it is still important to have aerobic interests and also to strength train. Every individual is different, at the tennis center we have many competitive members in their 50's, 60's, and 70's. As we get older, we become wise on the tennis court using our experience to combat opponents. I would recommend cycling, brisk walking, swimming

and light forms of resistant training. If you combine your experience on the court with an increased level of fitness, you will feel more confident in your matches.

I watched Agassi at the Siebel Open last week beating players much younger than him and he's into his 30's, he's supposed to be in the twilight of his career yet he's the #2 player in the world. At age 39, Jimmy Connors was doing the same thing, that is, concentrating on his overall condition. His chronological age was 39 yet he was biologically able to compete with those 15 years younger. Will we ever forget him getting to the semi-finals of the U.S. Open in 1991? How about Martina lasting so long at #1 in woman's tennis and still competing on the doubles tour at age 47? The Williams sisters level of fitness has changed the game of womens tennis.

Pro: After a fitness test then it's down to the local gym for a couple of hundred workout sessions with a PT, right?

Rob: Nobody stays with a trainer or therapist forever. My goal is for people to be as independent as possible. Fitness testing and the knowledge you'll glean from it will arm you with information. Some people may want to do a few other sessions with me to get started. Others are ready to fly after testing. I also treat clinical diagnoses such as high blood pressure, low back pain, diabetes, weight loss and cholesterol management. These cases are a bit more complicated, but again, the goal is quick independence. We want to get you out on the court playing and winning those longer points and smashing overheads!

Pro: Why don't more ladies consider weight training?

Rob: Great question Mac! More and more women are involved in resistance training. Some may still fear they're going to bulk up and gain weight. I work with women to overcome that fear. Working with lower weights and higher repetitions women can increase lean body weight without big muscle.

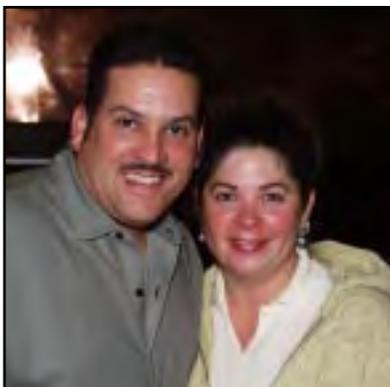
A great product for this type of training is a Dyna-Band. They can be used for pre-match warm-ups and are a super source for improving muscle tone. It is also portable so it can be taken to work or on a trip.

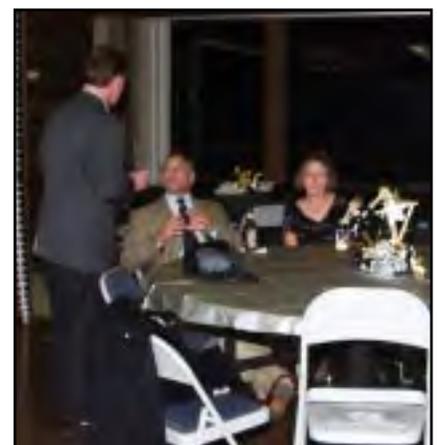
Pro: Rob, this has been great, what else would you tell club members as the summer season approaches?

Rob: You can't put a price on your health or mental fitness. I also coach one of the clubs men's 3.5 teams. Just keep getting the ball back over the net one more time, work on consistency, don't go too big and cut down on mental errors. Mac, thank you for this opportunity to meet with you!



Annual Winter Party Highlights





HENNESSY CAPTURES MILLENNIUM TOURNAMENT

Walnut Creek's Kevin Hennessy, a member of the WCRC's National Champion Mixed Doubles 6.0 team, showed that he possesses some singles "chops" as well in winning the Millennium SportsClub WinterCup NTRP tournament in Vacaville in mid-January. Hennessey won four matches, including a 6-3, 2-6, 6-0 victory over Fairfield's Brian Weston in the Men's 3.0 final. Past President Robert Young teamed with Jay Hoyer during the same tournament, but came up just a little short in the Men's 3.5 Doubles final. They dropped a tough 7-6 (4), 2-6, 7-5 decision to the local tandem of Fischer/Weller.

In other action, Kent Lindeman of Walnut Creek upset top-seeded Dan Prislin of Alameda in the second round and won four total matches in the Chabot Canyon 5.0 NTRP tournament before losing 6-3, 6-3 to Harbor Bay's Leo Fuchs in the final.



Jay Hoyer (l) and Robert Young.

Valentine's Day Tournament Rained Out



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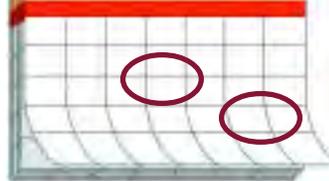
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*One racquet only. Limited to first-time customers. May not be combined with other offers.

Calendar of Events



MARK YOUR CALENDAR

MARCH

- 7-9** USTA Senior Local League Playoffs - Round 1
- 14-16** USTA Mixed Local League Playoffs - Round 1
- 21-23** USTA Senior Local League Playoffs - Round 2
- 28-30** USTA Mixed Local League Playoffs - Round 2
- 22-23** Walnut Creek NTRP Spring Fling
- 30** WCRC Winter Doubles Leagues Ends

APRIL

- 7** USTA Adult Season Begins
- 7** USTA Super Seniors League Begins
- 11-13** WCRC Winter Doubles League Tournament
- 11-13** USTA Senior District Championships

The WCRC's purpose is to promote the game of tennis in Walnut Creek and Contra Costa County by providing a wide variety of activities (tournaments, league play, clinics and social events) for enthusiasts of all ages and skill levels. The club is sponsored by the City of Walnut Creek.



**New Member
Information
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NTRP TOURNAMENT SCHEDULE • 2003

March 22 & 23 - 29 & 30

WALNUT CREEK NTRP SPRING FLING
MW (3.5, 4.5, 5.5) sd; MX (3.5, 4.5, 5.5) d
Walnut Creek Tennis Center
Entry deadline: March 10
TOUCH TONE/TENNISLINK #500003603

March 22 & 23 - 29 & 30

CLUBSPORT VALLEY VISTA HEAD/PENN NTRP
M (3.0-5.0) sd; W (3.0-4.5) sd; MX (3.5-4.5) d
ClubSport Valley Vista
Entry deadline: March 6
TOUCH TONE/TENNISLINK #500004003

April 5 - 8

CLUBSPORT OF SAN RAMON NTRP
M (3.0-5.0) sd; W (3.0-4.5) sd; MX (3.5-4.5) d
ClubSport of San Ramon
Entry deadline: March 20
TOUCH TONE/TENNISLINK #50005103

April 19-20 & 26-27

SALINAS VALLEY NTRP CLASSIC
MW (3.0-5.5) sd, MX (3.0-5.5) d
Sherwood Tennis Center
Entry deadline: March 8
TOUCH TONE/TENNISLINK #50006003

May 3-4 & 10-11

JOHN CRAMER MEMORIAL NTRP
MW (3.5-4.0) sd; MX (3.5-4.0) d
Pacific Tennis Courts
Entry deadline: April 21
TOUCH TONE/TENNISLINK #500006603

May 3-4 & 10-11

LAKE MERCED 4.5, 5.0, 5.5 NTRP
MW (4.5-5.5) sd; MX (4.5-5.5) d
San Francisco State University
Entry deadline: April 21
TOUCH TONE/TENNISLINK #500006703