



# THE COURT REPORTER

September 2002

Newsletter of the  
Walnut Creek Racquet Club

## President's Message

### The WCRC...Home of the "Full Third Set"

After taking an early exit in our Club Championships, I had the opportunity to take in some great matches from the other side of the fence. Court 4, with its stands, gave everyone a chance to view some excellent play. I was even able to get a picture or two - you can check them out at [www.canterburytrails.com/Championships/shots.htm](http://www.canterburytrails.com/Championships/shots.htm). Who knows, you might even see yourself there. It was interesting to watch several of the club's founding members compete with newer members, proving once again that tennis is a game for a lifetime. Congratulations to all the winners, and to everyone who played, especially if you played on the first Saturday of the tournament.



No... that's not the speed of a 5.0 serve above, that's the court temperature during match play that day -- 134 degrees! The heat took its toll on players and fans alike.

### USTA Update

I want to issue a *Well Done* to the USTA for providing a venue for intense competition at all levels of play. With that said, I can't

*continued on page 3*



**Kent Lindeman slices his way to a third consecutive Men's A Singles Championship**

## Inside the Reporter

- 2 FOCUS!
- 4-5 Club Championships
- 6 Men's 3.5 Team to Carmel
- 7 Ley & Berger Winners
- 7 New Members

## Walnut Creek Racquet Club

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## FROM THE PRO

# FOCUS!



**Coach Mac**

As entire books have been written on the subject of focus, I would be hard pressed to try and summarize or condense all that it encompasses within these few paragraphs. It's one area best left to sports psychologists and the like. Nevertheless, I can speak of my personal experience with focus.

There are two things (at least) that I see an athlete must do to stay focused – overcome doubt and master distractions. Overcoming doubt means understanding that people are genetically the same, but individually different. Sickness, disease and injuries removed, everyone can run, but some individuals run faster. Everyone can jump, but some individuals jump higher. Yet, drop a bowling ball on anyone's foot and it hurts. A hot stove touched with a bare hand burns everybody. The athlete must overcome any doubt that they are doing something of which they are incapable. This doesn't mean we should all start training to play center for the Lakers, it means the athlete should not doubt whether or not they can play basketball. At what level, however, depends on the individual characteristics that include intangibles such as hard work.

The major distraction I've seen for most individuals is other people. This is followed closely by being overly concerned with results. I've always enjoyed playing my matches away from spectators -- I like Court 10, and I like being sent away from the club down the street to play my early round matches. I don't want to see my friends eating burgers, or hear the grunting from another court-- I don't want to be distracted. If I'm playing against a pusher,

*continued on page 3*

## CALENDAR

### SEPTEMBER 27-30

Summer Singles  
League Tournament

### NOVEMBER 16

Turkey Tournament

### JANUARY 25, 2003

Annual Awards Banquet & Silent Auction

### FEBRUARY 14, 2003

Siebel Open Bus Trip (quarterfinals)

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



## President's Message

continued from page 1

understand why the USTA NorCal would ever consider the super tie-breaker in lieu of the third set in any of their events. It's bad enough the super tie-breaker is already being used in the District, Sectional and National playoffs, but now they are proposing to use it in the regular season as well. I know it helps with the scheduling of matches in post-season play, but why mess with the regular season? I grew up with the notion that a BIG part of tennis was strategy and conditioning. Around the WCRC, I don't think I've heard one player say they like the third set 10-point tie-breaker, so why do we have it? Taking the third set out of the picture changes one of the basic concepts of the game - you need to be in shape to play tennis. More and more I'm hearing "It won't be long 'til we just flip a coin, and go home." To let the USTA know your thoughts/feelings, I encourage you to email Bruce Hunt, USTA NorCal Executive Director at [hunt@norcal.usta.com](mailto:hunt@norcal.usta.com) or Sandi Kaney, Director of Competitive Tennis at [kaney@norcal.usta.com](mailto:kaney@norcal.usta.com).

On the other hand, Walnut Creek Racquet Club puts on its own leagues, and I'm sure you'll never see a shortened match here, even in the season-ending tournament Singles League tournament, scheduled for the end of September. If a match runs long, we just adjust the schedule. We don't change the rules to fit the time and the players love it. On another subject: I've received some great suggestions for recipients of future funds raised during our Silent Auction in January 2003. Keep them coming.



**Robert Young**

See ya on the courts

-Robert

## From the Pro

continued from page 2

I don't want to be distracted by the image of being seen by other players pushing balls back while I'm waiting for a short ball I can pounce on.

Results can immediately affect an athlete's focus. Perhaps you've been working on your backhand and have recently switched from a one-hander to two-hander. Players you could beat before are now beating you because they give you a steady diet of backhands to hit. Of course, you're only human and start to look at the results as an indicator that the two-handed backhand will not work for you; the results have created a distraction that is leading you to doubt the change. The athlete must focus on the reason why they changed in the first place if the end result was not going to be an improvement.

Remember that you are individually different and that intangibles such as instruction, practice, competitive nature, and time play a larger role in your development than who your mother and father are. An athlete must firmly believe that what they've been taught will not only work for a select few, but for them also - this will help to remove doubt. They must change from within by mastering outside distractions from others, their image, and initial results. Once the athlete believes in themselves and can remove distractions, they can be focused.



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## Nguyen Upsets Four Seeds to Capture Men's B Singles Title

# Repeat Winners Dominate 2002 Club Championships

Chris Ramsower-Pearlstein and Kent Lindeman each won their third consecutive singles title while the teams of Chris Bown/Mark Litzau and Jane Ladrech/Valerie Fung-a-Ling defended their doubles crowns at the 2002 Club Championships, held August 10-11 & 17-18 at the Walnut Creek Tennis Center.

Ramsower-Pearlstein defeated newcomer Kirsten Riker in the Women's A Singles final 6-2, 7-6 (3), then teamed with partner Kim Lackey to win the A Doubles over Tammy Chan and Mary Green. Top-seeded Lindeman had a little tougher road in Men's A Singles, gaining a 7-5, 3-6, 6-0 victory over #6 seed Mark Litzau. Litzau gained a measure of revenge later in the day as he teamed with Chris Bown to defeat Lindeman and Rick O'Brien in the Men's A Doubles final, 4-6, 6-3, 6-3, for their second straight title.

The top seeded duo in Women's B Doubles, Ladrech/Fung-a-Ling met #2 seed Patti May/Darcy Lopes in the finals. May/Lopes saved 3 match points in rallying to win the second set, but were no match in the final frame, losing 6-2, 5-7, 6-0. Fung-a-Ling dominated the Women's B Singles division, losing only 10 games in three matches to re-capture the title she relinquished in 2001 to Ladrech. She defeated #5 Nancy O'Neil in the final, 6-2, 6-1.



**Double B winner Fung-a-Ling and Jane Ladrech**

The story of the tournament, however, was unseeded



**Long Nguyen**

Long Nguyen's run through the Men's B Singles draw. Nguyen outlasted #4 seed Charles Kearney and #5 Bret Jones in near 100 degree heat during the first weekend, then followed it up by upsetting top-seeded Stan Smallwood in the semis 6-3, 7-6 (7) and defending champion Eric Ladrech in the final 6-4, 1-6, 6-1.

In other action, Ladrech and Greg Lane defeated Roger Stone/Craig Simmons to win the Men's B Doubles, 6-3, 6-4. Club newcomer Philip Hensley edged John Williams 6-3, 7-6 (6) to win the Men's C Singles title. Top-seeded Bill Conk/Tom Whittington beat #2 seed Kurt Nesheim/Steve King 4-6, 6-3, 6-3 to capture the Men's C Doubles crown.

All champions will be honored with engraved trophies at the club's Annual Awards Banquet and Silent Auction, to be held Saturday, January 25, 2003 at the Heather Farm Community Center in Walnut Creek.

Special thanks to: Jennifer Scriabine and Kent Lindeman (tournament directors), Tammy Chan, John Bondon, Mike Jetland, Lynne Weinshelbaum, Neil Dawson, Bob Walgren, Jim Farber and Nat Bitton for their assistance in running the tournament.



**Philip Hensley**



**Men's B Doubles Champs Greg Lane & Eric Ladrech**

## Club Championships Results

### Men's A Singles - Champion: Kent Lindeman

First Round: Morra d. Breza 6-2, 6-1; Wheeler d. Nelson 6-2, 6-3; Martinez d. B. Graham 6-2, 6-1. Second Round: Lindeman (1) d. Morra 6-1, 6-1; Lum (8) d. Healey 6-1, 6-4; Dunlap (4) d. Engstrom 6-4, 6-1; Schreck (5) d. Saputo 6-4, 7-6 (4); S. Jones (3) d. Wheeler 6-3, 6-2; Litzau (6) d. Samuels 6-0, 6-2; Riker (7) d. Kaiser 6-0, 3-2 ret.; Bown (2) d. Martinez 6-3, 6-0. Quarterfinals: Lindeman d. Lum 6-1, 6-4; Schreck d. Dunlap 6-3, 6-4; Litzau d. Jones 6-3, 6-4; Riker d. Bown 6-2, 6-4. Semifinals: Lindeman d. Schreck 6-3, 6-4; Litzau d. Riker 6-4, 2-6, 6-4. Finals: Lindeman d. Litzau 7-5, 3-6, 6-0. Consolation Final: Saputo d. Breza 6-2, 6-2.

### Men's A Doubles

#### Champions: Chris Bown & Mark Litzau

First Round: Italia/Squire d. B. Graham/Boccius 6-2, 6-2; Boeka/Sowinski d. Martinez/Saputo 6-3, 6-2; Schreck/Rizzari (4) d. Jur/Healey 6-2, 6-3; O'Brien/Lindeman d. Lum/Sobelson 7-6 (5), 6-0; Kaiser/Jones d. Miller/Crusit 6-3, 6-4. Quarterfinals: Bown/Litzau (1) d. Italia/Squire 6-1, 6-4; Schreck/Rizzari d. Boeka/Sowinski def.; O'Brien/Lindeman d. Loscavio/Dubrasich (3) 6-2, 6-4; Kaiser/Jones d. Weingart/Lucido (2) 7-5, 5-7, 6-4. Semifinals: Bown/Litzau d. Schreck/Rizzari 3-6, 7-6 (3), 6-1; O'Brien/Lindeman d. Kaiser/Jones 7-6 (5), 6-7 (2), 6-1. Finals: Bown/Litzau d. O'Brien/Lindeman 4-6, 6-3, 6-3. Consolation Final: Saputo/Martinez via default.

### Men's B Singles - Champion: Long Nguyen

First Round: Harrell d. Boccius 6-0, 6-3; Fardanesh d. Dalsey def. Second Round: Smallwood (1) d. Harrell 6-4, 6-2; Bondon (8) d. Lisi 6-4, 6-4; Nguyen d. Kearney (4) 2-6, 6-2, 4-0 ret.; B. Jones (5) d. Chew 6-3, 6-2; Walgren (3) d. Simmons 6-2, 6-4; Bove (6) d. Quandt def.; Goins d. Scriabine (7) 6-1, 6-4; Ladrech (2) d. Fardanesh 6-4, 6-2. Quarterfinals: Smallwood d. Bondon 6-3, 6-4; Nguyen d. Jones 6-4, 4-6, 6-3; Walgren d. Bove 6-0, 7-5; Ladrech d. Goins 6-0, 6-4. Semifinals: Nguyen d. Smallwood 6-3, 7-6 (7); Ladrech d. Walgren 6-3, 7-6 (6). Finals: Nguyen d. Ladrech 6-4, 1-6, 6-1. Consolation Final: Simmons d. Quandt 7-5, 7-6 (5).

### Men's B Doubles

#### Champions: Eric Ladrech & Greg Lane

First Round: Bove/Nguyen d. Loeffler/Harrow 6-1, 6-4. Semifinals: Ladrech/Lane (1) d. Bove/Nguyen 6-1, 6-2; Stone/Simmons d. B. Jones/Scriabine (2) 6-3, 7-6 (4). Finals: Ladrech/Lane d. Stone/Simmons 6-3, 6-4. Consolation Final: Jones/Scriabine d. Loeffler/Tamura 6-2, 7-6 (1).

### Men's C Singles - Champion: Philip Hensley

First Round: Stirewalt d. Cucci 6-1, 6-0; Pearlstein d. Perera 6-1, 4-6, 6-4. Quarterfinals: Candelario (1) d. Stirewalt 2-6, 7-6 (2), 6-2; Hensley d. Nesheim 7-6 (3), 7-5; Williams d. Kim 6-1, 6-2; Goldstein (2) d. Pearlstein 6-1, 6-1. Semifinals: Hensley d. Candelario 6-2, 6-1; Williams d. Goldstein 3-6, 7-6 (4), 7-5. Finals: Hensley d. Williams 6-3, 7-6 (6). Consolation Final: Cucci d. Nesheim 6-3, 6-1.

### Men's C Doubles

#### Champions: Bill Conk & Tom Whittington

First Round: Maker/Hanichandran d. Agis/Ly 6-2, 6-3; Pearlstein/DeSousa 7-5, ret.; Goldstein/Stirewalt d. Seymour/Grove 6-1, 6-3. Quarterfinals: Conk/Whittington (1) d. Maker/Hanichandran 7-6 (6), 5-7, 6-2; Vincent/J. Lane d. Brown/Bennett (4) 7-5, 6-2; Young/Loo (3) d. Pearlstein/DeSousa 6-2, 6-1; Nesheim/King (2) d. Goldstein/Stirewalt 6-2, 6-2. Semifinals: Conk/Whittington d. Vincent/J. Lane 6-3, 6-2; Nesheim/King d. Young/Loo 6-3, 6-2. Finals: Conk/Whittington d. Nesheim/King 4-6, 6-3, 6-3. Consolation Final: Seymour/Grove d. Agis/Ly 6-4, 4-6, 6-4.

### Women's A Singles

#### Champion: Chris Ramsower-Pearlstein

Final: Ramsower-Pearlstein (1) d. Riker (2) 6-2, 7-6 (3).



### Women's A Doubles (above)

#### Champions: Kim Lackey & Chris Ramsower-Pearlstein

Quarterfinals: Weinselbaum/Sodos d. Suh/Parayre 6-2, 6-0; Chan/Green d. Riddle/R. Brown 6-3, 6-2. Semifinals: Ramsower-Pearlstein/Lackey (1) d. Weinselbaum/Sodos 6-1, 6-3; Chan/Green d. Riker/Pizzoli (2) 6-3, 6-1. Finals: Ramsower-Pearlstein/Lackey d. Chan/Green 6-2, 6-0.

### Women's B Singles - Champion: Valerie Fung-a-Ling

First Round: Richardi d. D. Jones (8) 6-3, 6-4; Knapp (4) d. Bryggman 6-2, 6-2; O'Neil (5) d. Kennedy 7-6 (4), 6-1; Warren (3) d. Nelson 6-3, 6-1; Duarte d. Scriabine (6) 6-4, 6-4; Foong (7) d. Puyear def. Quarterfinals: Ladrech (1) d. Richardi 6-4, 6-1; O'Neil d. Knapp 6-3, 6-1; Duarte d. Warren 3-3, ret.; Fung-a-Ling (2) d. Foong 6-4, 6-1. Semifinals: O'Neil d. Ladrech 3-6, 7-6 (3), 7-6 (3); Fung-a-Ling d. Duarte 6-1, 6-1. Finals: Fung-a-Ling d. O'Neil 6-2, 6-1. Consolation Final: Scriabine d. D. Jones 5-7, 6-1, 7-5.

### Women's B Doubles

#### Champions: Valerie Fung-a-Ling & Jane Ladrech

First Round: DeCoste/Marron d. Ammon/Carlton 6-1, 6-2; Gearhart/Lawrence d. Nelson/Shapiro 6-3, 6-1. Quarterfinals: Ladrech/Fung-a-Ling (1) d. DeCoste/Marron 6-4, 6-2; Smith/Stillman d. O'Neil/D. Jones (4) 6-1, 6-4; Scriabine/Gooner d. Hernandez/Foong (3) 6-1, 7-5; May/Lopes (2) d. Gearhart/Lawrence 6-3, 3-6, 6-3. Semifinals: Ladrech/Fung-a-Ling d. Smith/Stillman 6-1, 2-6, 6-3; May/Lopes d. Scriabine/Gooner 6-4, 6-2. Finals: Ladrech/Fung-a-Ling d. May/Lopes 6-2, 5-7, 6-0. Consolation Final: O'Neil/Knapp d. Ammon/Carlton 6-1, 6-1.





*USTA Adult League Playoffs*

## Men's 3.5 Team Move on to Sectionals

Don Loeffler's Men's 3.5 team continued their undefeated 2002 season by sweeping the competition at the USTA Adult League District playoffs held August 2-4 at Roundhill Country Club. Their 14-0 record will be tested during Sectional Playoffs in Carmel, scheduled for August 23-25.


The squad opened District play with a solid 4-1 win against Harbor Point (Marin). Spencer Wang easily defeated Randy Vigil 6-1, 6-0 at #2 singles, while the doubles tandems of Peter Hellmann/Nat Bitton, Jay Hoyer/Robert Young and Victor Gee/Francis Crusit each posted wins. The middle day of competition proved a little more problematic as they edged host Roundhill 3-2. Wang and Victor Gee gained important singles points with the decisive victory posted by Hoyer/Young. Loeffler's squad finished off San Francisco Tennis Club 5-0 on Sunday to advance to Sectionals.

Three other WCRC teams competing at Districts failed to win their respective roundrobin playoffs. The most surprising was the Men's 4.5 team, who saw their two-year undefeated streak halted with 3-2 losses to both Marinwood Park and eventual champion SF State University. The Women's 3.5 team finished 2-1, with a Day 1 loss to Rolling Hills (Marin) preventing them from advancing to Sectionals. The Women's 4.0 team lost three difficult matches to Rolling Hills, Johnson Ranch and Orange Park, respectively.



**Victor Gee**

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## **NTRP TOURNAMENT SCHEDULE • 2002**

### **September 21-22 & 28-29**

SAN LEANDRO TENNIS CLUB 5.0 NTRP  
MW (5.0) sd, MX (5.0) d  
San Leandro Tennis Club  
Entry deadline: September 9  
TOUCH TONE/TENNISLINK #500026302

### **September 21-22 & 28-29**

SHERWOOD FALL NTRP  
\*\*Tournament of the Year - 3.0  
MW (3.0-5.5) sd, MX (3.0-5.5) d  
Sherwood Tennis Club, Salinas  
Entry deadline: September 9  
TOUCH TONE/TENNISLINK #500026402

### **September 27-29**

PNI CORP NTRP  
MW (3.0-5.5) sd, MX (3.0-5.5) d  
Sonoma State University, Rohnert Park  
Entry deadline: September 16  
TOUCH TONE/TENNISLINK #500026702

### **October 5-6**

GREEN VALLEY NTRP CHALLENGE  
MW (3.5-4.5) sd  
Green Valley Country Club, Suisun  
Entry deadline: September 24  
TOUCH TONE/TENNISLINK #500027302

### **October 5-6 & 12-13**

LAKE MERCED 5.0, 5.5 NTRP  
MW (5.0-5.5) sd, MX (5.0-5.5) d  
\*\*Points apply to 2003 Grand Prix season  
SF State University  
Entry deadline: September 23  
TOUCH TONE/TENNISLINK #500027402

### **October 19-20 & 26-27**

HEAD/PENN NTRP GRAND PRIX  
MW (3.0-5.5) sd, MX (3.0-5.5) d  
The Club at Mission Hills, Fremont  
\*\*Top eight players in all NTRP divisions as  
determined by points gained in 2002