



THE COURT REPORTER

Newsletter of the Walnut Creek Racquet Club

August 2007



Denny Santos aims his backhand during the St. Mary's Bar-B-Que event in July.

Walnut Creek Racquet Club

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OFFICERS

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Mailing	Janet Neilsen 837-8664 janneilsen@juno.com
Membership	Pege Amann 934-5128 pegek@yahoo.com
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Website	Shari Gonzalez 691-9196 webmaster@wcrc.net
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THE PRESIDENT'S REPORT



Shari Gonzalez
2006 WCRC President

After some really exciting and close playoff matches, 3 teams have made it to the District Championships weekend to be held at Napa's Vintage High School over the weekend of August 10th-12th. Both **Adam Borovkoff's** and **Shari Gonzalez's** 4.0 teams will be heading to Napa as well as the Women's 3.0 team captained by **Sam Vanacek** and fondly known on the USTA website as team Happy Feet.

Also congrats to the teams below who also made it to the playoffs:

● Women's 3.0A:	Cass Flatley
● Women's 3.5A:	Judy Stillman
● Women's 3.5B:	Carolyn Spady
● Men's 3.5B:	Tammie Snyder
● Men's 3.5D:	Ron Huxley
● Men's 4.0B:	Bret Jones

Well, it's getting to be the time of year when we start looking for new board members for 2008. We are currently looking to fill the following positions for '08: Treasurer, Tournament Coordinator and New Member Liaison. If you're interested in any of these please contact any board member. While it is a volunteer position (so the pay is pretty poor), we have a great group of people and we really do have a good time.

The Fall Calcutta is filling up quickly so make sure to get your sign up in soon. Sign up form and details can be found in this newsletter. Also, if you sign up on-line make sure that you receive a receipt from PayPal confirming your registration. If you do not, your registration may not have been successful.

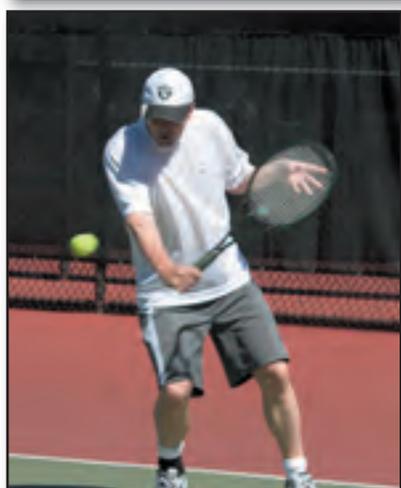
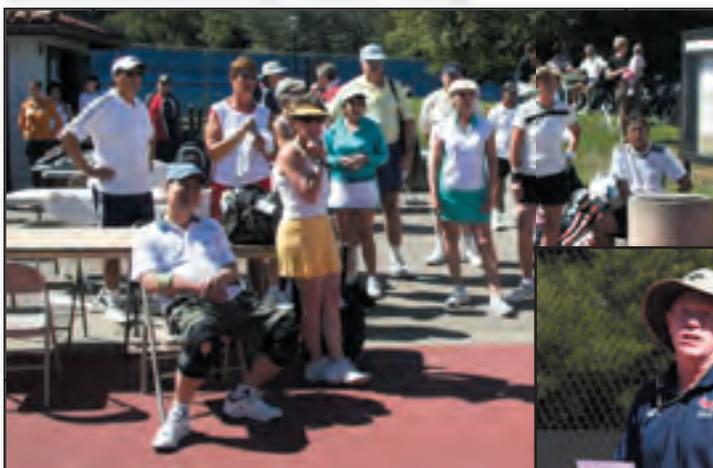
Finally, I'd like to share my final round playoff experience with everyone. I have to say, that after playing competitive USTA leagues for the last 7 years, I feel like I've seen it all, some great examples of sportsmanship as well as some really poor ones – I'm sure that you can all relate! In all that, I've never had quite the experience that I had playing at Oakhurst for our final round. After the match was over and we had won, several of our opponents stayed with us after the match, sharing their end of season champagne and toasting to our win. Without getting to sappy, what a great feeling! That is truly the ultimate in sportsmanship, to toast to your opponent's success. Thanks ladies!

See you on the courts...

Creekers Sighted at St. Mary's College

photos and article by Robert Young

Saint Mary's invited WCRC members out for some good tennis and free food, so it was pretty much a no-brainer the event would be well attended. Everyone was guaranteed 3 rounds of match play with players of equal or better skills, and a barbecue. All 12 courts were filled, and another 14 players feeding in. There were many SMC players/coaches on hand as well as a few ranked high school players to stand-in when needed. Match format as explained by SMC Head Coach Michael Wayman was no-ad scoring, change on odd games, play for 1/2 hour and turn in your scores (even if you are up 11-0, 40-love and time is up, you only get to claim 11 games). The top 4 players with the greatest number of games in each of the three brackets were given a SMC Tennis t-shirt.





Tennis News



Hold that Date - Oct. 30, 2007

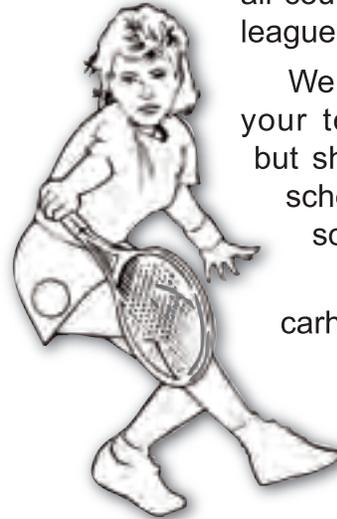
WCRC will be hosting a women's daytime tennis invitational on October 30 so hold that date as we get you more information about this exciting event.

The format will be women's doubles and, based on entries, we will have A, B and C levels playing in a round robin format. It's going to be lots of fun with food and good tennis. The pricing for entry is being worked out, along with which charity will benefit from the proceeds of the event. We'll have a Halloween theme and there may even be a prize for the doubles pair with the best costume!

We'll have more information in the next newsletter along with a sign-up sheet. We do expect to have to limit the number of players so don't delay when the details come out. In the meantime, hold October 30 for what we think will be great fun, along with raising a little money for a worthy cause!

Women's Day Time Leagues

ALL CAPTAINS of Ball, Sr Ball, Fall and USTA leagues who have league matches starting in August and September, please notify me when you receive your schedule as I will be handling all court scheduling for day time leagues.



We hope to be able to schedule your team on their usual day but should we have conflicting schedules we will have to do some adjusting.

Please contact me at carhsa@aol.com

Carolyn Spady

Women's Day Leagues

Summer Singles League - Current Leaders

Men's

	W	L
3.0		
Kevin Porep	5	1
3.5		
Steve Mehlman	5	1
Tom Hansel	5	1
Brian McConnell	5	1
Ronald Knibbs	5	1
4.0		
Mario Roeschke	7	1
4.5		
Steve Andrews	7	1
5.0/5.5		
Bryan Golledge	4	0

Women's

	W	L
2.5		
Natasha Kapoor-Acuna	3	1
3.0		
Cherie Charbonneau	7	0
3.5		
Suzy Brunel	6	0
4.0		
Caroline Balazs	7	1
4.5/5.0		
Nicole OBrien	3	2

To Stretch or Not to Stretch - That is the Question!

Part 2 of 3

Two main components will dictate the range of motion for any joint – the integrity of the joint itself and the flexibility of the muscles around the joint. A chiropractor can help improve the integrity of a joint through adjustments, but YOU can control the flexibility of the muscles around a joint through proper stretching!!!

In today's athletic world, every athlete is taught a stretching program. Did you know that Tiger Woods can bend to his side from a standing position to a nearly 90° angle? No wonder he can generate so much power in his swing. There is so much torque generated by his back due to an unbelievable amount of range of motion. More range of motion means more torque which provides for a larger and wider swing plane or arc. You can translate that improvement into any tennis stroke. With improved flexibility, you can enhance power, spin, and control. That is my argument for anyone who feels that they are "ok without stretching." Sure, you may be ok and your game might be alright...but how do you know that you aren't stunting the growth of your game by not stretching for 10 minutes before and after you play? What if you are not reaching your full potential? What if your game could improve much more simply by adding a stretching routine? Stretching is not something that is just beneficial for the professionals, we can all benefit from stretching – even at the recreational level!!!

Some keys to stretching: 1) Warm up first (stretching muscles when they are cold will increase your risk of pulling a muscle). 2) Hold your stretches for at least 30 seconds. 3) Do NOT bounce (bouncing as you stretch can cause small tears in the muscle, which leaves scar tissue as the muscle heals). Scar tissue makes muscles tighter, making you less flexible. 4) Focus on a pain-free stretch (if you feel pain as you stretch, you've gone too far). 5) Don't hold your breath while you're stretching. 6) Stretch before and after you play.



LUMBAR EXTENSION - Prone Press Ups

1. Lie on your stomach on the floor as shown in the picture.
2. Place your palms flat on the floor. Push down on your hands, straightening out your arms and putting an arch in your back. Straighten your elbows fully, while keeping your hips on the floor.
3. Hold this position for 30 seconds.
4. Return to the starting position.

STRETCH - Quadriceps, Prone

1. Lie on your stomach as shown in the diagram.
2. Bend your knee, grasping your toes, foot, or ankle. If you are too "tight" to do this, loop a belt or towel around your ankle and grasp that.
3. Pull your heel toward your buttock until you feel a stretching sensation in the front of your thigh.
4. Keep your knee together.
3. Hold this position for 30 seconds.



RANGE OF MOTION - Wrist Flexion

1. Hold your wrist as shown with the fingers pointing down toward the floor..
2. Pull down on the wrist until you feel a stretch..
3. Hold this position for 30 seconds.
4. This exercise should be done with the elbow bent to 90 degrees/straight.



FLEXIBILITY - Hamstrings/Abductors, V-Sit

1. Sit on the floor with your legs spread as wide as possible in front of you. Your knees must be straight.
2. Lean over one leg with both hands. Keep your chest upright and reach for your toes. (Position A)
3. Hold this position for 30 seconds. Relax and return to your starting position
4. Now reach forward between your legs. (Position B)
5. Repeat for Position C.



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.





**New Member
Information
Removed for
Privacy**

CALENDAR OF EVENTS

Aug

- 3-5:** USTA Adult District Championships
5: USTA Registration for Mixed League Season closes
 USTA Registration for Senior League Season closes
6: USTA Combo Doubles Season Opens
10-12: USTA Adult District Championships
13-19: USTA WCRC court assignment meeting for Senior & Mixed League matches, exact date TBD, Team Captains must attend
17-19: USTA Fifty Mixed Local League Playoffs Round II
24-26: USTA Adult Sectional Championships

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

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**

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**

Profit (Loss) **- \$ 4,585.33**

Balance June 30, 2007 **16,354.41**



WCRC
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Walnut Creek 4.0 Women head to Districts.



Heidi Belton won her singles line and helped her team win 4-1 in playoffs against Oakhurst July 21st. Now the team will head to Districts in August.