

Walnut Creek Racquet Club

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THE PRESIDENT'S REPORT

Happy March!

Hello again, friends. I hope you're all staying dry during through these storms so far this year. I'm sure it's tough to get matches in, whether it's USTA or WCRC.

Speaking of WCRC leagues, there's just about a month left to register for our WING Singles League,



Garvin Tom 2024 WCRC President

so you still have time to get some matches in before the season ends in mid-April. We also have our Winter Doubles League going on, and you have until mid-May to get those matches in.

On another leagues note the WCRC Fall Mixed **Doubles Tournament** had to get suspended due to weather. We will be playing the semi-finals and finals on March 30th. Come on down to see some great tennis! If you played the league and you haven't picked up your participant gift yet, you can grab it then!

On the USTA end, registration is open for 18+ and 55+ Adult leagues. We're also winding down the regular seasons for 18+ Mixed and 40+ Adult leagues. It's going to be a crazy couple of weeks with a bunch of makeup matches coming up (and with a lot of players going to Indian Wells). I would also like to thank the staff at Lifetime Tennis for working with us in rescheduling our rainouts.

And for everyone who is going down to Indian Wells this month, I hope you all have a wonderful time down there.

Speaking of Indian Wells, if you are heading down to the desert, Tammie is requesting WCRC at IW - 2024 photos so please email (not text) her your photos to tammie4tennis@amail.com. She'll put them in next month's newsletter.

See you on the courts!

Garvin Tom



Welcome to Our 41 New Members Current Membership: 1274

Lonnie Arroyo	Bay Point	3.0	Geoff Mora	Fresno	N.A.
Miho Bell	Emeryville	4.0	Beth Negrete	Danville	N.A.
Suresh Bhat	Castro Valley	4.0	Lisa Ng	Danville	N.A.
Teresa Brannon	Danville	2.5	Tatiana Omolo	Walnut Creek	2.5
Erin Brindley	Orinda	N.A.	Kal Peters	Danville	4.5
Michelle Chapple	Gold River	5.0	Michelle Plattel	Dublin	N.A.
Adriana Ciarnuto	San Ramon	4.5	Sharon Ressa	Danville	4.5
Mike Connerley	Fairfield	4.0	Janet Riley	Orinda	4.0
Navi Dhillon	Clayton	3.5	Mario Rizzo	Lafayette	N.A.
Selvam Doraisamy	Pleasanton	4.0	Susan Rossi	Moraga	N.A.
Lynn Dowse	Moraga	4.0	Seena Shanker	Napa	4.5
Andrew Fisher	Lafayette	3.5	Noelle Sheehan	Danville	3.0
Liza Geary	San Francisco	4.5	David Tang	San Francisco	3.0
Jane Gee	Castro Valley	4.0	Kranthi Tappita	San Ramon	3.5
Dirk Gilliard	Alamo	4.0	Evan Vercellini	Vallejo	4.5
Rosy Gu	Walnut Creek	N.A.	Alfredo Vigil	Fairfield	N.A.
Richard Krinks	Alameda	4.0	Clark Walmer	Brentwood	4.0
Angela Logan	Oakland	3.5	Scott Wood	Brentwood	N.A.
Daisy Ma Piel	Danville	N.A.	Jing Wu	Orinda	N.A.
Mark Maroongroge	Walnut Creek	3.0	Eduardo Zerbini	Martinez	N.A.
Jeannette Michiels	Danville	3.0			



Membership questions contact: Pam Maloney at 925-787-3970 or email at: pam4tenis@gmail.com

Scan here to renew or sign up for WCRC membership.



NEW MEMBERSHIP RAFFLE

Each month a random draw will pick a WCRC member's name to receive free WCRC membership for a year!

This month's winner is: Parag Bhatt





Sharing the Gift of Tennis:

Jeff Forbes

Interview and article by Ian McLaughlin

As an effort to get to know our membership the Board has decided to have a monthly column "Member Spotlight". We will be interviewing WCRC members and getting to know them. This article will help us find out how they got introduced to tennis, their background, any favorite memories, etc. We hope you enjoy this commentary.

s Director of Instruction for Lifetime Activities' Walnut Creek operations, WCRC member Jeff Forbes feels that his job is more than just teaching people the game of tennis, it's about sharing with them the gift of the game. Jeff has a philosophical, almost spiritual approach to the sport, which to him transcends the court and interconnects with almost every other aspect of a player's life. Echoing a sentiment he once heard from Lifetime's CEO Dana Gill, they see their role as "giving people joy" through the game of tennis once a week, or however often they play.

Jeff has been a ubiquitous presence at Heather Farm since 2018, when he taught classes under Joe Noth. Since 2021, Jeff manages instructional development for all sports that fall under Lifetime Activities' umbrella, but his true passion is still to be on the court teaching tennis, and whenever there is a class or session on court that needs to be covered, Jeff gladly jumps in to teach players of all ages and skill levels.



A native of New Orleans, Louisiana, Jeff has one of the most interesting and eclectic sporting backgrounds of anyone you'll ever meet. His parents were both heavily involved in the sailing



community, so Jeff began racing sailboats himself at a young age. He also started fencing in second grade through his private school in New Orleans, and took to it so readily he competed in the junior olympics in fencing twice and rose to a 9th place ranking in the United States for 11-year-olds.

Because Jeff's mother trained horses, he also became involved in the sport of dressage as a young child, which he describes as like a horse ballet. Jeff dabbled in horse jumping as well but gave that up after he was brutally thrown from his horse on a jump. That's also when he learned

the literal meaning of the phrase "getting right back on the horse", because that's exactly where his trainers put him.

In addition to this eclectic mix of activities, Jeff also began playing tennis at a young age, when he'd visit his grandparents in Orlando, Florida, and his grandfather would hire a pro to give Jeff tennis lessons at a local park and would sometimes join the lessons himself. Jeff caught the tennis bug and eventually began playing regularly and building both his skills and his confidence. He played tennis in high school and then in some juniors tournaments in the New Orleans area and rose up the juniors rankings. Once Jeff competed against the #1 ranked player in the state in a tournament match and vividly remembers the experience because he says he had never seen a ball that big before, and that the match (a double bagel loss) felt like he was playing under water. Jeff describes himself as probably about a 3.5/4.0 level player coming out of high school and he tried some club tennis before embarking on his



undergrad studies at Louisiana State University in Baton Rouge, when he put down his racquet for a while. At LSU Jeff studied creative writing with a minor in French, and writing has remained one of his lifelong passions, right alongside tennis.

Jeff took a somewhat circuitous route from Baton Rouge to Heather Farm after his graduation from LSU, first moving to Orlando, Florida for an internship with Disney and to follow a relationship. Soon after the relationship ended Jeff picked up the racquet again, but it was around that time that Jeff says the "bottom fell out" for him personally and he decided it was time for another major life move so he packed up and moved out west to live on a farm in Clayton where his mother had once purchased a mare for breeding. No longer a horse farm, Jeff lived on the farm and worked there as well in the gardens as he transitioned to life in the Bay Area.

As Jeff lived and worked on the farm he developed his new life on the west coast he returned to one of his other passions, the game of tennis. He had heard a lot about Heather Farm through word of mouth so he came out to hit at the club, met club member Pam Maloney and played some mixed with her. As so often happens at Heather Farm, Jeff quickly met the entire tennis





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community and began playing on Sean Barnacascel and Glenn McBee's teams and has been competing through WCRC ever since, in addition to teaching and now working in management.

When Jeff isn't working or playing tennis you can often find him mountain biking or riding his motorcycle. He began mountain biking at LSU but says there are much better hills to ride here in NorCal. His love of that sport led Jeff to start riding motorcycles as well, which he describes as a zen experience because he's totally present, connected, and exposed in both a good and a bad way when he rides. Jeff cites the short motorcycle commute from his home behind John Muir hospital to Heather Farm as his favorite part of each day

Jeff spends a lot of time at Heather Farm not only because his

job demands

it, but also because he loves both the game of tennis and the people at the club. A true Renaissance man, to Jeff tennis is more than a game, it mirrors life because it requires "commitment and a certain amount of suffering" at every level in order to improve and become your best. And in his words, the game has "given him everything", from close friendships to his job to his roommate Jay Dunlavy, a friend and former teammate. And Jeff, who doesn't take life's simple beauty for granted, is grateful for it all. Sober since 2014 and working in just about the perfect job for him, Jeff contentedly



says that he's achieved a life he barely dreamed he could have, and he tries to pass that feeling of joy along to the people who receive instruction through Lifetime Activities, striving to share the



"gift" of tennis and to provide a fun experience on the court along with a new perspective on how tennis fits into an overall joyful life. Because he's able to see and appreciate the beauty all around him, WCRC member Jeff Forbes would like nothing more than for others to receive the gift of tennis and the same perspective on their good fortune to be playing such a great game with so many wonderful people in such a beautiful area. Life is good. •



What's Happening at the Courts?

OPERATING HOURS AT WCTC

Monday - Friday: 8am-10:00pm • Saturday & Sunday: 8am-8pm

COURT BENCH UPDATE

Court Benches have arrived and are on the Courts! We ask that you please do not move the court benches from where they are on court the legs may damage the courts. If you have any questions, please email the General Manager, davidr@lifetimeactivities.com.

DIRECTOR OF INSTRUCTION EMAIL LIST

Interested in learning about 1 day drop-ins, round robins, and other events? Come into the office and sign up for our Director of Instruction email list. For more information, please email the Director of Instruction, jefff@lifetimeactivities.com.

SPRING 2024 YOUTH & ADULT CLASS REGISTRATION COMING SOON!

Spring 2024 class registration is now open for both youth and adult tennis & pickleball classes. Please visit our website for more information, and contact Jeff Forbes (Director of Instruction) at jeff@lifetimeactivities.com for questions.

MARCH PASSHOLDER SPECIAL

During the month of March, 3/1-3/31, all Passholders can spin our "Prize Wheel" for a chance to win a prize! Limit 1 spin per site visit and 1 prize win per passholder. "Spin the Wheel" prizes cannot be combined with any other offers.

March "St. Paddles Day" Drop-In Scheduled for 3/10!

On March 10th, Lifetime Activities will be hosting a St. Patrick's Day themed Pickleball Round Robin play day. Passholders and Students that are registered in Spring I and/or Spring II classes are eligible for a discount. If you are passholder and/or Spring student and wish to join, please come by the main office to register in order to receive your discount. Non-Passholders may register online or in office.

Date: March 10, 2024 Time: 10am-12pm

Cost: Non-Passholders: \$30, Passholders/Spring Student Registries: \$15

Schedule

Advanced Beginner Play (2.0-2.9): 9:00 – 10:30am Intermediate Play (3.0-3.49): 10:30am – 12:00pm

Advanced Play (3.5+): 12:00 – 2:30pm



Visit us online at www.lifetimeactivities.com or stop by the the office at 1751 Heather Drive.

Please call with any questions at 925-945-0105.





WCRC Men's & Women's 2024 Winter Doubles League



Available Divisions

- Men's 3.0
- ☐ Men's 3.5
- ☐ Men's 4.0
- ☐ Men's 4.5/5.0

- ☐ Women's 2.5/3.0
- ☐ Women's 3.5
- ☐ Women's 4.0
- ☐ Women's 4.5/5.0

League Cost

\$40 per team (both Walnut Creek Racquet Club Members)

\$50 per team (one WCRC Member, one non-member)

\$60 per team (both non-WCRC members)

League Information

Players may enter the WCRC Winter Doubles League in more than one division (i.e, 3.0 and 3.5), as long as he/she is playing at or above his/her level.

If a player is entering in more than one division, he/she may enter with the same partner or a different partner but may not enter with different partners at the same level.

The league runs from January 1, 2024 - June 2, 2024.

The tournament is scheduled for June 14-16, 2024.

Once league play is complete and registration for the end-of-League Tournament begins, a player may NOT enter the Tournament at more than one level.

No exceptions will be made.

Questions? Call Garvin Tom at (209) 969-5445 or via e-mail gtom12@hotmail.com



WCRC Men's & Women's 2024 Winter Doubles League Registration Form (Also on-line at www.wcrc.net)

	PLAYER 1	PLAYER 2
Name		
Mailing Address		
City		
ZIP Code		
Home Phone		
E-mail address		
NTRP level		
WCRC Member?	☐ YES ☐ NO	□ YES □ NO
Division	for which you are registering (plea	se check one): NTRP (check one)
	Men's 3.0Men's 3.5Men's 4.0Men's 4.5/5.0	□ Women's 2.5/3.0□ Women's 3.5□ Women's 4.0□ Women's 4.5/5.0

Registration Fees (note - if you are interested in joining the Racquet Club, please download a membership form from http://www.wcrc.net/about/membership.htm and return it with this application):

- * \$50 per team (both Walnut Creek Racquet Club Members) \$40 per team for on-line registration
- * \$60 per team (one WCRC Member, one non-member) \$50 per team for on-line registration
- * \$70 per team (both non WCRC members) \$60 per team for on-line registration

If you would like to register by mail, return this form with a check for registration fees (payable to Walnut Creek Racquet Club **NOT** WCRC) mail to: Walnut Creek Racquet Club, P.O. Box 4574, Walnut Creek, CA 94596.

Questions? Call Garvin Tom at (209) 969-5445 or via e-mail gtom12@hotmail.com

League Information: Players may enter the WCRC Winter Doubles League in more than one division (i.e, 3.0 and 3.5), as long as he/she is playing at or above his/her level. If a player is entering in more than one division, he/she may enter with the same partner or a different partner but may not enter with different partners at the same level.

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2023 Men's and Women's WING (WInter SpriNG) Singles Leagues Registration Form



Full Name		Dates:	November 6th - April 14th
Address		Entry Fee:	\$10 (per bracket)
Address		Format:	Men's Singles/Women's Singles
City Z		Divisions:	Men's 3.0 - 4.5+ & 50+ Women's 3.0 - 4.5+ & 50+
Work Phone		Scheduling:	This is an open schedule. Players are responsible for scheduling their own matches. Players will be provided with a contact list of participants within their division.
Email	○ 4.5○ 5.0○ 5.5	Match Format:	Best best two out of three sets. When opponents agree, a super tiebreaker (10 point) can be used in lieu of the third set.
O 4.0		Match Site:	Any site mutually agreed upon
I would like to enter the following division: O Women's 3.0 O Women's 3.5 O Men's 3.5		Scoring:	The winner is responsible for reporting the match score by logging on to www.wcrc.net.
 Women's 4.0 Women's 4.5/5.0 Women's 50+ (3.0-5.0)	○ Men's 4.0○ Men's 4.5/5.0○ Men's 50+ (3.0-5.0)	Standings:	Division standing will be updated on a real time basis as scores are posted
50+ Division is 1 flight with ALL levels (3.0 - 5.0) I am a: O WCRC Member (\$10) O Non-Member (\$10)		Tournament:	End-of-season tournament by arrangement for top 4 players in standings. Playoff matches to be complete 4/15 to 5/31.
		Match Min.:	1 match
Only \$10		Checks to:	Walnut Creek Racquet Club (NOT WCRC) c/o Cameron Coltharp 336 Blue Ridge Drive Martinez, CA 94553
		Or Online:	were.net/login
		Questions:	camcoltharp@gmail.com 510-717-2107

CALENDER OF EVENTS







Mar 18	USTA 55+ League Opens
Mar 22	USTA 40+ DT League Closes
Mar 24	USTA 40+ League Closes
	USTA 18+ Mixed League Closes
Mar 30	WCRC Fall Mixed Tourny (Rain Makeup)
Apr 4-7	USTA 18+ Mixed League Playoffs Round 1
Apr 8	USTA 18+ League Opens
	USTA 18+ DT League Opens
Apr 8-12	USTA 40+ DT League Playoffs Round 1
Apr 11-14	USTA 40+ League Playoffs Round 1
	USTA 18+ Mixed League Playoffs Round 2
Apr 12	USTA 65+ League Closes
Apr 14-May 31	WCRC WING Singles Tournament
Apr 15-19	USTA 40+ DT League Playoffs Round 2
Apr 18-21	USTA 40+ League Playoffs Round 2
	USTA 18+ Mixed League Playoffs Round 3
Apr 22	USTA 40+ Mixed Team Registration Opens
Apr 22-26	USTA 40+ DT League Playoffs Round 3
	USTA 65+ League Playoffs Round 1

WCRC LEAGUES

Winter Doubles League - Jan 1 - June 2, 2024
Fall Mixed Rain Make Up - March 30-31
WING Singles Playoffs - April 14 - May 31
Winter Doubles Tournament - June 14-16, 2024

TREASURER'S REPORT

Cara Mia Barnacascel January - December, 2023



Income	
League Dues	
Fall Mixed Doubles League	1,474.28
Summer Singles League	4,432.50
WING singles	210.34
Winter Doubles League	1,174.39
Total League Dues	\$7,291.51
Membership Dues	21,215.47
Tournament Dues	
Total Calcutta Tournament	\$6,246.46
Total Tournament Dues	\$6,246.46
Total Income	\$34,753.44
Gross Profit	\$34,753.44
Expenses	
Board expenses/Captains meetings	4,206.51
League Expenses	
Fall Mixed League Expenses	
Total Fall Mixed League Expenses	\$3,052.33
Summer Singles Expenses	
Total Summer Singles Expenses	\$4,054.07
Total League Expenses	\$7,106.40
Nationals Fee	1,200.00
Nationals Stipend	1,000.00
Office Supplies	77.82
Post Office Box	216.00
Total Printing and Reproduction	\$525.54
Sectionals Fees	2,030.00
Software	320.00
Supplies	60.87
Tax Preparation	335.00
Taxes	25.00
Tournament Expenses	
Total Calcutta Expenses	\$12,144.75
Inch by Inch	500.00
Total Tournament Expenses	\$12,644.75
Website	1,261.53
Total Expenses	\$31,009.42
Net Operating Income	\$3,744.02
Net Income	\$3,744.02

Balance through December, 2023 \$74,634.92

WING Singles League - Standings

Men's			Women's			
3.0	M	L	3.0	W	L	
Sushil Rajendran	2	0	Audra Lutter	2	0	
Nader Azari Sushil Rajendran Dorukhan Oguz	2 2 2	0 0 0	No matches played yet			
Jeff Smith	8	1	No matches played yet			
4.5 Jeff Magidson	2	0	No matches played yet			

Fall Mixed League - Standings

Miwa Yoneyama/Robert Mimaki	4	0
Melissa Bach/Steve Lehmer	5	1
Rayla Baier/Alex Baier	4	1
9.0 Kimiko Kearney/Glenn Teixeira	2	0