



THE COURT REPORTER

Newsletter of the Walnut Creek Racquet Club

June 2007



Calcutta champion Violeta Franco (with help from partner Bill Ogden) jumps up to return a high lob in the back court only to hit another winning lob to her opponent's base line.

Walnut Creek Racquet Club

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(925) 945-0105 • www.wcrc.net

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THE PRESIDENT'S REPORT

Well, it's been a very busy month, between the Winter Doubles End of season tourney, a great Calcutta and some very exciting news coming out of the USTA Senior Sectionals, I'll do my best to try and recap everything up for you.



Shari Gonzalez
2006 WCRC President

First off, we had a fabulous end of season tournament for the Winter Doubles league that was held over the weekend of May 4-6th. Many people volunteered to help make this tournament a great event including: Tournament Director **Pam Maloney**, League Coordinator **Susie Dunlap**, **Rita Utz**, **Neal Dawson**, **Paula Austin**, **Pauline Hanley**, **Carol Papke**, **Janet Neilsen**, **Kate Duane** and cooks **Al Johns** and **Bill Clayton**. As you can see, it takes a whole group of volunteers to pull off a tournament like this, thanks to all of you who made this year's event such a success. For tournament results see the article in this newsletter. For all tournament results, including draw results, go to wcrc.net, click the Leagues tab and then select the 2007 Doubles League Tournament link.

Then, just one week later, the WCRC board and volunteers came together again to host the 2007 Calcutta. Between the Friday night party and the action on Saturday, the event was a total blast. Big thanks to the following: **Nat Bitton** as always for being such an entertaining auctioneer, **Tammie Snyder** for her great bookkeeping (and congrats on winning the Consolation round, even if you did take out my husband in the process!), **Adam Borovkoff** for all of the coordination, **Tammy Chan** for hosting Friday night's event and coordinating the caterer (great choice by the way – New Mecca is my new favorite!), **Al Johns & Nat Bitton** for BBQ'ing on Saturday, **Gabe Goldstein** for writing the checks (isn't that the most important part), **Pam Maloney**, **Bret Jones** and **Carol Kennedy** for helping out with the desk and scorekeeping, and finally, thanks to **Jim Farber** for closing up the tennis center for us on Saturday afternoon. Jheesh, after those back-to-back weekend events, I was absolutely exhausted, as I'm sure were the rest of the board. Great job to everyone over the past month.

Finally, in some very exciting news, the WCRC will once again send a team to Nationals! Congratulations to **Robert Brockman's Men's 3.0 Senior team** who will finish their 19-1

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President's Report

cont. from page 2

season with a trip to Indian Wells over the weekend of October 26-28th. It's truly a great accomplishment to get that far and we wish you the best of luck. In other Senior Sectionals results, **Jim Farber's Men's 4.0 team** had some really close matches in a very competitive field, but were edged out by eventual champions Gold River who took the championship by 1 set from Solano Athletic club. Great results for that team and now Farber gets to add one more ribbon next to his name!

Finally, a quick note regarding **Janet Couchot's Women's 3.5 team** that I inadvertently left out of the President's Message last month, great job on making it to Districts, they were barely edged out by the team from Dan Gamel in Fresno. Looks like it was a really close match, great job ladies and I love your matching outfits.

See you on the courts

Shari



Tennis News



WCRC 3.0 Senior Men Going to Nationals!

Robert Brockman's 3.0 Senior Men's team returned from Sectional's at Fresno with a rain out. After playing and winning their matches locally (2-1), they advance to Nationals!

They were told by many in Fresno that SF had a penchant for bad calls. They got called on it in Fresno many times. One man called a ball "OUT"...only to have a linesman say "IN". That point was game/set/match against SF.

For the St. Mary's match they all decided to hire a USTA linesman. Well worth it. Darn near the same thing happened. Their opponents called a shot "OUT"...linesman called "IN". It would have given St. Mary's the 10 point tie breaker. Instead...Steve and King came back and won the line. "Best \$6/per person we've ever spent!", stated player Max Sylver.



Back Row: Dick Couchot, Darrel Fiske, Rob Brockman (captain), Dale Crabtree, Tom Beatty. Front Row: Gary Mochizuki, Tom Amann, Tom Roth, Max Sylver, Steve Mehlman, King Ng.

Womens Leagues

A reminder to last years captains of the Women's Ball, Ball, Senior Ball, Super Senior Ball, and Winter USTA Leagues that it is time to let your teams know that you will be returning as captain for the upcoming league play, or will be announcing to the group who will be taking over for you, Everyone did an outstanding job last year and now that you are a "seasoned veteran" as a captain, we hope you will return this season!

Last year's captains were as follows:

Fall A-2Rosemary Brown

Ball A-2Joan Yao

Sr. Ball A-1Karyn Hoyer

Sr. Ball C-1Barbara Reamy

Fall B-1..... Joy Monroe

Ball A-3..... Pam Maloney

Sr. Ball B-1 Janet Nielsen

Super Sr Ball.... Fran Bagnasco

Fall B-2 Denise Frazier

Ball B-1 Dee Karwoski

Sr. Ball B-1 Connie Looslie

2007 Winter Doubles Tournament Highlights

WCRC's 6th annual Winter Doubles League was wrapped up over the weekend of May 4-6th in and end of season tournament that saw 111 out of 214 teams participating. While the rain cooperated over the weekend, the wind did not and participants found themselves with the proverbial 5th man on the court in the form of gusting winds that sometimes reached up to 35mph. Despite the wind, there was great tennis played with some real nail-biting finals as 5 of the 8 finals went the full distance to a 3rd set.

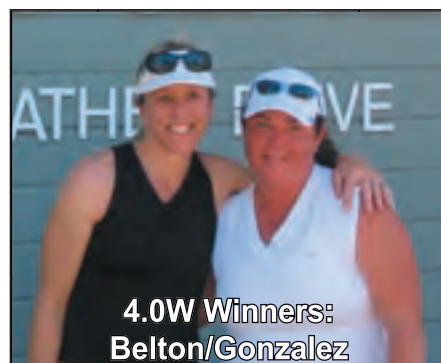
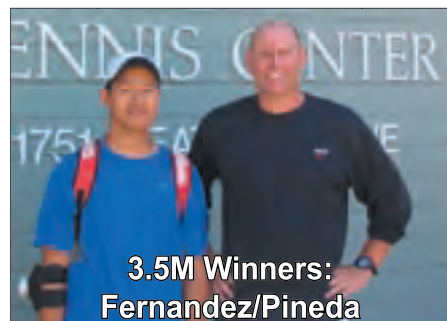
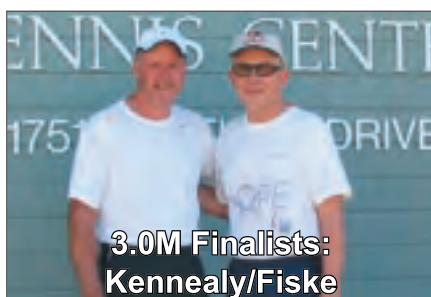
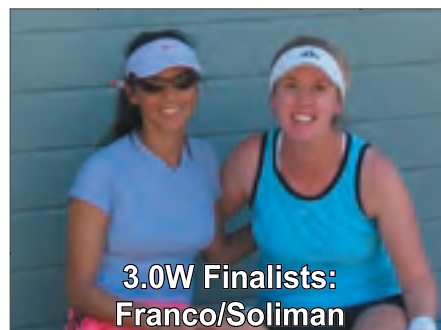
Participants were able to enjoy some great munchies over the weekend in the form of catering from Mary's Pizza Shack on Friday night and Sunday afternoon, and a full blown BBQ run by Al Johns and Bill Clayton on Saturday afternoon.

Tournament Director Pam Maloney and League Coordinator Susie Dunlap put in 3 back-to-back full days of work to pull off a very well run event – great job ladies! Also, helping out were Rita Utz, Neal Dawson, Paula Austin, Pauline Hanley, Carol Papke, Janet Neilsen, Kate Duane and cooks Al Johns and Bill Clayton. Thanks to all of you for making this year's tournament such a great success.

Final results are below and all tournament results can be found at:

http://www.wcrc.net/events/2007_Doubles.asp?SeasonID=55

Division	Results	Score
M3.0	Orlik\Sylver (2) d. Fiske\Kennealy (1)	6-2, 7-6
M3.5	Pineda\Fernandez (11) d. Whittington\Conk (2)	6-7, 6-2, 6-2
M4.0	Dalsey\Panda (6) d. Fairholm\Hoenecke (2)	6-3, 6-2
M4.5	Manuel\Willis (7) d. Huang\Wagner (5)	3-6, 7-6, 6-4
W3.0	Himenez\Britto-Tang (2) d. Franco\Soliman (6)	6-4, 2-6, 7-5
W3.5	Richardi\Kirk (7) d. Bruna\Hellmann (6)	Default
W4.0	Belton\Gonzalez (2) d. Williams\DeSchane (1)	3-6, 6-4, 6-4
W4.5/5.0	Dundon\Riker d. Hennessy\Robbins (2)	6-4, 4-6, 6-4





**New Member
Information
Removed for
Privacy**



Mid-Summer Night Tennis

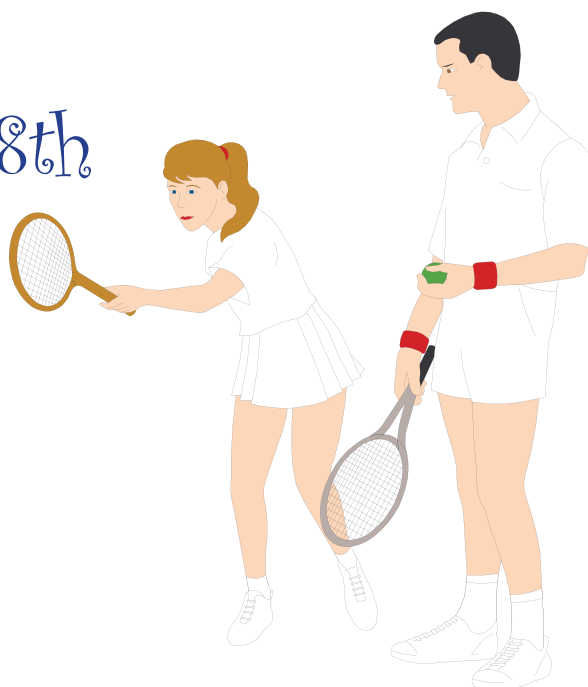
Date: Saturday, July 28th

Time: 6:00 pm

Place: Heather Farms

Cost: \$12.00/person

Format: Mixed Doubles



Name: _____

Phone: _____

Email: _____

USTA Rating: _____



Please make checks payable to: WCRC and mail to:
WCRC • PO Box 4574 • Walnut Creek, CA 94596

Questions? Please contact Adam Borovkoff at 330-3154
or at adamborovkoff@aol.com

or sign up on line at wcrc.net

Is Tennis Elbow Affecting Your Tennis Game?

Everyday, my office is busy with tennis players who want to get treatment for one of the most common tennis ailments - **Tennis Elbow**. As an athlete who has been involved in competitive tennis for 27 years, I have seen and treated all of the different causes of this common tennis injury.

Some of the most common causes include: **1) Poor joint movement of the neck and/or elbow.** The nerves that come from the neck go to the muscles of the elbow. If the neck is not moving well, it may cause weakness of the elbow muscles. This will cause more strain to the tendons and ligaments of the elbow; **2) Repetitive muscle overuse** affecting the forearm muscles. Most tennis players will have over-development of their palm side forearm muscles (the flexors) vs. the opposite side forearm muscles (the extensors). This causes an imbalance in muscle function leading to more strain at the elbow; **3) Bad equipment** relative to one's own personal swing plane and speed, grip technique, racquet string tension, racquet type, racquet string type, etc. In this case, equipment changes may be necessary.



Because there are different causes for tennis elbow, it requires different treatments. That is why exercises, equipment changes, and other treatments work for some people and not for others. You have to find what works for you. A treatment that is effective for one person might not be effective for another person.

Nearly all injuries begin with inflammation (which leads to pain), and scar tissue build up (which leads to decreased range of motion and weakness). Pain killers and anti-inflammatory drugs only serve to mask the symptoms of the injury, but will never address the true cause. By masking the pain and inflammation, you will continue to allow the cause of your dysfunction to perpetuate, which could lead to a worsening of your injury.

Some Helpful Exercises To Perform Before AND After You Play Tennis: 1) Stretch the flexor muscles of your forearm (3 sets of 20 seconds); 2) Perform wrist extensions to warm up your forearm extensor muscles (3 sets of 20); 3) During the first few minutes of the warm-up, hit flat balls. Do not use excessive amounts of pronation in your swing until the extensor muscles are warmed up. [You would never go out and run sprints without first doing a light jog to warm up. For tennis elbow, it is no different!!!] You must first warm your muscles up before increasing the intensity level of your play.

If you have any questions about chiropractic neurology, exercises, stretches, diet, nutrition, health, skin care, or tennis, you can use the Ask The Doctor link on www.drwellens.com for FREE ADVICE!!!

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.



Calcutta Party & Tournament Highlights



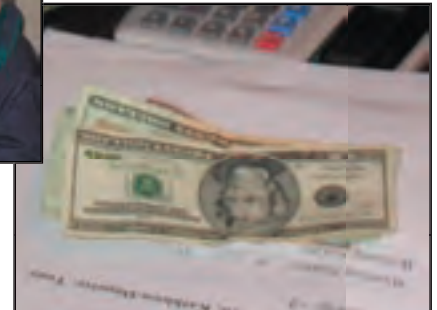
Calcutta emcee and long time WCRC personality Nat Bitton warms up the crowd.



Tammie Snyder handles the paperwork and the cash for the bidding wars.



Tournament Director Adam Borovkoff with player Tom Jur talk some bidding strategy.



This year's Calcutta party and tournament were on course to be one of the best ever. Beginning with the delicious food provided by the New Mecca. Nat Bitton stayed true to form and kept the crowd amused with player antics and commentary to increase bidding on team partnerships. We collected \$2,500 in team bids with 13 teams bringing in \$100 or more! The top seeded team with a whopping -18 handicap were Bal Louis and Pat Beauchemin. But it was the dark horse team of Violeta Franco and Bill Ogden with a +5 handicap that left the winners for the day beating main draw finalists Gerry "I got two new hips" Brown and Pauline Hanley (+8 handicap). Violeta and Bill were too strong for Gerry and Pauline with Violeta running down everything in the back court and hitting lob winner after winner. The winning team was bought by Brett Jones (and group) for a steal of \$100. For winning the event Violeta and Bill split \$225 and Brett took home a hefty \$825! (Just like the owners to take the bigger cut!)

In the consolation round Violeta's husband Jerry O'Neal and his partner Cassandra Gallien (-7 handicap) met up against the team of Brad Belton and Tammie Snyder (-8 handicap). It was a close match with the lead changing sides numerous times. Brad and Tammie got a lucky break and won the consolation round. They split \$150 with their owner Charles Kearny receiving \$375.



Winners: Bill Ogden & Violeta Franco
Finalists: Pauline Hanley & Gerry Brown



Consolation

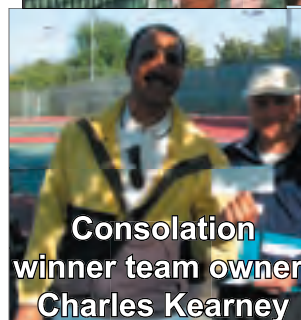
Finalists: Cassandra Gallien & Jerry O'Neal
Winners: Tammie Snyder & Brad Belton



Winning team owner:
Brett Jones



Finalist team owners:
Shari & Jesse Gonzalez



Consolation
winner team owner:
Charles Kearny



Finalist team owners:
Cassandra Gallien, Adam
Borovkoff, Marylyn Bustos
& Pru Pruden

CALENDAR OF EVENTS



- 11** USTA Combo Doubles Reg Opens
11-15 USTA Super Senior 65 Local League Playoffs - Round II



- 2** USTA Registration for Mixed League Season opens
 USTA Registration for Senior League Season opens
2 USTA Super Seniors 60 Season begins
8 USTA Combo Doubles Team Registration Closed
13-15: USTA Adult Local League Playoffs - Round I
16-21: USTA WCRC court assignment meeting for Combo Doubles League matches, exact date TBD, Team Captains must attend
20-22: USTA Adult Local League Playoffs - Round II
27-29: USTA Fifty Mixed Local League Playoffs - Round I
28: WCRC MidSummer Madness Tourny



- 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

TREASURER'S REPORT

Gabe Goldstein

Income Statement:
as of April 30, 2007



INCOME

Winter Doubles League '07	3,484.00
Awards Banquet '07	2,440.00
Mardi Gras Fees	120.00
Interest	7.59
Advertising	400.00
Membership Dues	7,525.00
Board Dinner	150.00

Total Income	\$14,126.59
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EXPENSES

Awards Banquet 2007	3,844.90
Club Championships 2006	200.00
Mardi Gras	142.74
Nationals Stipend	500.00
Commission	265.42
Light Fund Paymen	3,053.00
Newsletter - Court Reporter	2,395.46
Postage	1,260.00
Post Office Box Rental	63.00
Supplies	504.90
Website	218.85
Board Dinner Expenses	665.07

Total Expenses	\$ 13,113.34
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Profit (Loss)	\$ 1,013.25
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Balance April 30, 2007	21,952.99
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Jim Brown's team back from Nationals...

The Super Senior 60 National Championship was held at the Florida Tennis Center in Daytona Beach (April 27-29). Our Walnut Creek team won our flight with 2-1 wins over Intermountain (Ft. Collins, CO.), Missouri Valley (Overland Park, KS.) and Texas (San Antonio). This placed the team in the semi-finals against Southern (Hilton Head, SC). The semi final matches started at 8:30 a.m. on Sunday morning.

The Hilton Head team brought a group of boisterous cheerleaders some carrying signs that said "Go Slammers". The Hilton Head #1 team was very good beating Hank and David Sperry 6-4, 6-1. That was not an easy task as Hank and David had won their first 3 matches rather easily. Our #2 team of Dale Crabtree and Stan Orlik won their 3rd straight match. This time in straight sets. That set up the deciding #3 match which was still going on after #1 and #2 finished. Darrel and Rich lost the first set, but battled back to win the 2nd set to force a 3rd set Super Tie breaker. With a lot of cheering and great points they were up 6-4 in the Super Tie Breaker. Things got exciting with being so close to getting to finals which were played right after the semis. It was not to be as the Hilton Head team though prevailed in a very close and well played match. Suprizingly a team from New England (Maine) beat Southern to win at Nationals.

While it would have been nice to have brought that National Championship back to Walnut Creek, everyone was proud of what the team had accomplished. We all had fun, everybody got to play and we had a number of dinners together. I don't recommend eating aligator tail though!

*Players are left to right back row:
Stan Orlik, Dale Crabtree, Jim Brown,
David Tong, Hank Holmes and Andrew Hall,
Front Row: Rich Kennealy, Ed Ungerleider,
David Sperry, Darrel Fiske.*

