



THE COURT REPORTER

Newsletter of the Walnut Creek Racquet Club

September, 2008

**Fenny Widjaja keeps
her eye on the ball for
a mid court volley.**

Photo by: Robert Young

Walnut Creek Racquet Club

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THE PRESIDENT'S REPORT

I hope everyone is as excited as me to welcome our new **WCRC Mixed League**. The season opened September 1st and we have 97 teams signed up! This will be a great warm up for everyone before the USTA League begins after the first of the year. I hope to see everyone out there on the courts!



Tammie Snyder
2008 WCRC President

Congratulations to **Mike Willis' 4.5 men's team**, **Ron Huxley's 3.5 men's team** and **Shari Gonzalez's 4.0 women's team** who all played Districts in Napa. Unfortunately the Walnut Creek teams didn't come out on top but played some very competitive matches!

If you have a chance go out and cheer **Dave Sperry's Super Senior 65 Men's 3.5** and **Jim Farber's Super Senior 65 Men's 4.0** teams at Sectionals September 15-17th at Harbor Bay Club in Alameda.

The **Summer Singles League** ends September 21st. If you haven't gotten in your 6 qualifying matches please try to get those in before our deadline. Our tournament is scheduled for October 3-5 and 11-12.

On a different note, many of you might have heard of the copper wire theft on courts 1-3. Last month, someone came and vandalized our lights, removing the copper wiring leaving all three courts without lights. Good news, the city of Walnut Creek got right on it and now we have lights again. If you ever notice any unusual activity please don't hesitate to contact the authorities.

See you on the courts...



Upping Your Game . . .

by Leonard Young

In order to get to the next level, you must know where to start. Often I find stronger hitters wanting to hit harder; touch players to hit shorter; and retrievers to be steadier. This reminds me of visits to the gym where you find big strong people pumping iron and smaller slight frame folks doing yoga. I say, "If you want to make a difference, focus on something different." Here are a few suggestions-

POWER BROKERS- Most of your opponents expect your hard crosscourts and laser shots at the net person. They'll tend to stay deep to hit from their strikezone and brace at the net.

Develop a lob. The net person will be flatfooted and the baseliner will be scrambling. Lowering the shoulder of your hitting arm will instantly give you more depth. Just point to the top of the fence on the opposite side and let it fly. Lifting with your shoulder is alot easier than the wrist.

Practice with a netperson holding the racquet fully extended to the sky. This will help you on height and depth. The peak of a good lob is over your opponent's service line.

TOUCH PLAYERS- Opponents will have the total opposite preparation for you. Loose on the court, and ready to run in all directions. There's a good chance that the net person will be in no mans land or the serviceline to assist on dropshot coverage.

Learn to attack the ball on the rise rather than let the ball fall into your strings. Moving through (not stop, step, swing) will get you more horse-power. Then start driving your shots rather than parking them. Drive some high volleys then work your way back until you're mid court. The forward motion of the volley and mid court are identical.

BASELINE CAMPERS- Opponents will look for your high deep strokes. The net person will be itching for any center strap crosscourts while the partner will hang loose for unforced errors.

Work on hitting angles. Rather than using your prep time to take major backswings, work on getting around the ball. Here's a simple drill. Stand behind the center of the baseline. Toss a tennis ball about shoulder height just a couple of steps ahead of you. Now hit a forehand to the deuce side corner. Next up the middle. Then the ad side corner. Then follow with the same pattern for the backhand. You've just learned how to work the ball You'll find that it can be loads of fun doing the self feed for volleys too."Laying down" angles is a game that players can't "stand". They'd rather have someone who hits harder not smarter.

NET MONSTERS- Your aggressiveness is usually a great asset. Too bad that if an opposing team possesses a decent lob and play double back(2 at the baseline) formation will be reaping more profits.

In doubles should be played in halves. Someone covers the right half. The other covers the left. Up and back is another combination. Being belly button to the net gives the netperson 25% of the court. Your partner ends up with 75%. In Monopoly terms, you have Baltic Ave. and your partner has Boardwalk with apartments. I just want the cool car token.

Now's a good time to get a midcourt attack. Starting from the back of the serviceline opens up great opportunities.

Now you can cross and cover those nasty drops. Also hitting your own overhead will be a nice experience. The best part is giving your partner a much needed break. It takes you 4 steps at the net to cross over on a lob. Your partner is taking 12 steps. And if you start late by holding your racquet up, turning around to see if it's in, and then cross. Your partner will be taking more steps. Steps on finding another partner. The key to good midcourt is lowering your racquet head to your waist or lower. More shots will at your feet than at your face. face. Being at the service line should be planted in the mind but not the feet. In other words, this is where you start. Don't live there throughout each point. If your partner has a super setup serve, then by all means start in more. If your partner has awesome returns, don't miss that opening too. The important thing, is plot your game plan, but keep your eyes and minds open.

LOBSTERS- The players are the Rodney Dangerfields of tennis. They get no respect. Often players treat a lob as a last resort. Similar to going to Jack In The Box because all the restaurants are closed. Though Sourdough Sirloin is pretty good(get the curly fries).

Your opponents after a few points(if they're sharp)will fade back to the service line and deep behind the baseline.

This gives you a great chance to work a touch game. Rather that meeting the ball below your waist and lifting from your side, catch it in front while moving forward. Hitting a lob is like bending down and picking up a suit case. Touch is more like stepping forward and reaching to get your BART ticket from the machine. Fast feet and soft hands are 2 strong traits for good touch players. Close in and meet the ball at the highest point possible and give it an easy push. Practice with 4 netplayers on the opposite side. Once they have faith that you won't whack the ball, have them catch the ball in their hands. Your shot should be as soft as an easy ball toss. A good measure of touch is have your shot land in the service box without a target. The goal is doing 2 bounces inside both service boxes. Don't be shy of hitting higher over the net. As long as it's shorter. If the players are backed up waiting for your lethal lob, they can't attack your short ball.

So these are some of the ways to put a different look to your game. This is not a total makeover. It's a way of making the game less predictable. I always like to compare doubles in tennis to eggs. If you don't "scramble or poach" then it's "over easy".



Leonard Young is a long time WCRC member and a private teaching pro. He is currently the tennis specialist at Sports Chalet in Pleasanton. He will be moving to their new Concord store when it opens in November.



Tennis News



2008 Walnut Creek Men's 3.5

by Ron Huxley

This was a very special season. We had the opportunity to combine two teams and bring on some new teammates. The mix proved to be arduous in terms of finding the balance and winning combinations. In due time the team found its character and its balance. We went through the season and met the numerous challenges.

The season gave rise to a variety of rivalries and the team showed its character and managed to prevail. We managed to get through the league and end up in first place the last weekend of the season. In addition, we went through three levels of post season playoffs and were rewarded with the honor to represent our league into the Districts in Napa.

We went into the battlefield with the mission to tangle with the best of the best. Our first day our team rose to the occasion--winning 4-1. So many special moments...**Sterling Fairholm** and **Siva Kolli** getting us out in front with some fine singles action. Our dynamic of AL2 (**Alan Chan** and **Al Rubino**) established themselves...**Jeff Shuttleworth** and **Josh Hohman** had a great day... **Bert Lubin** and **Dave Alyono** showed us what they can do.

On the second day we knew we were going to have our hands full. Our strategy was to win our singles and "steal" one of the doubles. Ugh...did not work out...great tennis and great energies.

On the third day our position was going to be the same...take the two singles and wobble out one doubles. Well our doubles specialist...**Marc Jimenez** and **Al Yeader** pulled out a great win...down a few courts **Josh** and **Hank Holmes**...were trying to recapture magic from the past...ugh we came up short...Our other team **Al Rubino** and **Tim Tamura** tried to apply some hurt...came up a tad short. And finally our singles man **Siva** was undone by some USTA umpiring.

All in all we had a magical weekend and represented our league and ourselves quite nicely and had a great run. We will relish the great season and all of the new friends we made along the way.

I would like to express my gratitude to everyone on the team that contributed in their special way. Finally, I would like to thank everyone for giving me the chance to captain teams over the years. This was my final season and I will take away memories and will certainly miss everyone...**Ron Huxley**

WCRC's 4.0 Women do it again!

For the 2nd consecutive year **Heidi Belton** and **Shari Gonzalez's** Women's 4.0 team headed up to Vintage High School in Napa to represent Diablo North in the District Championships.

On Day 1 the team came out strong and fresh with a 4-1 victory over Millennium Racquet & Swim from the Napa\Solano District.

On Day 2, with Walnut Creek tied with Marin TC at 2-2 in the match everyone rushed to the lower courts to watch WCRC singles player **Nicole O'Brien** clinch the win for the Walnut Creek team with a victory over the Marin TC singles player.

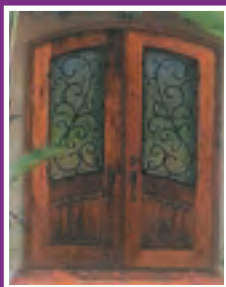
Finally, on Day 3 the undefeated WCRC team faced off against the undefeated team from Golden Gate Park in San Francisco. The SF team proved to be the stronger team that day taking the match 4-1 and moving onto the Sectional Championship round. All in all, a great season for the team however with a final record of 18-1.





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CALENDAR OF EVENTS

Sept

- 1** WCRC Fall Mixed League Begins
5-7: USTA Fifty Mixed Local League Playoffs – Round I
12-14: USTA Fifty Mixed Local League Playoffs – Round II
11-13: USTA Super Seniors Sectionals
15-17: USTA Super Senior 65 Sectionals
19-21: USTA Super Senior 60 Local League Playoffs – Round I
26-28: USTA Super Senior 60 Local League Playoffs – Round I

Oct

- 3-5** USTA Fifty Mixed Sectionals
4-5 WCRC Summer Singles Tournament
10-11 WCRC Summer Singles Tournament
10-12 USTA Super Senior 60 Sectionals
14 USTA Super Seniors 60 Season Ends
26 USTA Combo Double Season Ends
19-21 USTA Super Seniors 60 Playoffs – I
26-28 USTA Super Seniors 60 Playoffs – II

Nov

- 7-9:** USTA Combo Doubles Playoffs – I
14-16: USTA Combo Doubles Playoffs – II
21-23 USTA Mixed Doubles Nationals

Dec

- 5-7:** USTA Combo Doubles Districts

TREASURER'S REPORT

Lynne Weinshelbaum
as of July 31, 2008



Walnut Creek Racquet Club Profit & Loss January through July 2008

	Jan - Jul 08
Income	
Awards Dinner 08	1,954.00
Winter Doubles 08 Income	8,781.00
Interest Income	10.91
Advertising Income	350.00
Membership Dues	11,293.68
Board Dinner	233.00
Summer Singles League	6,325.00
Calcutta Tournament	3,445.00
Total Income	32,392.59
Expense	
Winter Doubles 08	5,261.74
Board Appreciation	483.55
Awards Banquet '08 Expenses	3,401.35
Club Championships 07 Expenses	475.38
Board Meeting Expense	181.42
Summer Madness Expenses	208.89
Paypal Fees	826.47
Dues & Subscriptions	185.00
Donations	75.78
Member Directory	2,145.52
Newsletters-Court Reporter	3,694.71
Non-Profit Fees	55.00
Postage	1,083.00
Post Office Box Rental	70.00
Supplies	1,079.63
Website	757.50
Board Dinner Expenses	878.27
Calcutta Tournament Expense	3,575.07
Total Expense	24,438.28
Net Income	7,954.31

Balance July 31, 2008 \$15,647.59

If you are looking to advertise, submit an article or photograph for an upcoming newsletter, please contact Tammie Snyder at 925-957-0604 or email her at tammie@gte.net.

Deadline for the October issue is Friday, September 26th.



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