

Passing Shots

The Cupertino Tennis Club Newsletter

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My Spin On Things *Marilee Adams, President*

First of all, as we reported back in November, the city was considering improving the lighting on the CSC tennis courts from “poor” to “very good”, as defined by the USTA. On January 20th, the city awarded the contract to Cupertino Electric to improve the lighting on the 12 lower courts. Kudos to Ed Hirshfield for staying at the City Council meeting until 1:40AM to make his presentation and the Department of Parks and Recreation for their efforts in getting approval for the new lights for the CSC.

There is no date as to when the project will commence, but it is anticipated that it will be soon. The construction will have an effect on the availability of the courts for USTA matches and casual evening play as a couple of courts will be taken off-line at a time. We ask for your patience during the period of construction.

Secondly, the CTC Board is wondering if there is any interest in building up the ladder program. We are looking for suggestions or input as to whether members would be interested in participating. If you have any comments, please contact the Ladder Coordinator at ladders@cupertinotennisclub.org.

Lastly, CTC has provided grants to local organizations to promote tennis in the community. If you are involved in an organization or know of any organizations that need funding to promote tennis in underserved communities, preferably in Cupertino, please feel free to submit a grant request to the CTC President at president@cupertinotennisclub.org.

Thanks,
- Marilee

Hot off the press.....

A Lighting Update from Ed Hirshfield

On Tuesday, 20 January, the Cupertino Council approved a contract to Cupertino Electric to upgrade the lights on courts 1 – 12 to “very good” by USTA standards. This is the culmination of more than 15 years of work by members of your Board. The total cost exceeds \$300,000. The work will be conducted over the next 3 – 4 months but the exact schedule is yet to be determined. As soon as it is known, we will disseminate the info and its effect on court availability. Work on the upper courts is not yet budgeted but we are working on it.

-Ed

TENNIS TIP OF THE MONTH Dana Gill, Exec. Director, Lifetime Tennis

Whether you play singles or doubles, the drop shot can be a fantastic weapon. The problem is, for 75% of the players, it is hardly ever used. That's because most people don't understand how to hit a proper drop shot. In my opinion, it's the 2nd easiest shot in the game; just behind the short-range overhead. So what makes for a great drop shot? **UNDERSPIN** and a lot of it! With this spin, the 2nd bounce of a drop shot tends to land near the 1st bounce location. That's the whole trick! Poor drop shots carry too far on the second bounce and opponents can run them down.

Practice tip! Using the

continental grip (standard volley grip), hold your racquet so that a ball can rest on it without falling onto the ground. Your racquet should be parallel to the ground. The bottom side of the ball that is touching the strings is the part you are suppose to hit when executing a quality drop shot. Try tossing the ball up a foot or so and swing your racquet right to left in a sweeping motion. This should impart backspin (underspin) on the ball and will serve as a right-handers forehand drop shot.

If you don't hit the bottom of the ball, it will travel forward. Think of your strings shaving off some of the ball's felt.

Successful striking of the bottom will also cause the ball to pop straight up and will lead to heavy underspin.

With practice, you can even keep the ball bouncing time after time without your feet moving.

New Wilson Racquets Arriving Soon!

Stop by the tennis shop to check out the latest demo racquets for 2009. Also check with Jennie Shem, Shop Manager, regarding restringing and grip specials for the upcoming tennis season.

USTA News Bob Larocca, USTA Coordinator

SENIORS

The Senior season is wrapping up and several of our teams are advancing to the local league playoffs.

On the Ladies' side, our 3.0 teams finished 1-2 during the regular season. "Nice job" goes to the teams captained by Diane Detig and Debbie Argabright. Sue Williams' 3.5 team survived the loss of several players from last year's District champs due to ratings promotions and will be hosting a first round match in the playoffs. Kathy Wheeler's 3.5 team is currently in 4th place with two matches to go. Shannon

Thwaite's squad is vying for a shot at the last spot in the 4.0's.

The Men's teams have done well, too. Fred Tierney and George Bassi have 3.5 teams that will likely finish on top. Ron Lee's 4.0 team will play Courtside for the right to advance to the District Championships.

Good Luck to all the teams as they enter the post-season!

MIXED

Ten Mixed Doubles teams kicked off their season earlier this month s than Thanks to all the captains for being willing to take on these jobs.

ADULT & SUPER SENIOR 65

Teams are being formed now. Play starts in early April. Members wishing to join a team should contact the captain before registering.

USTA League Preparation Lessons

Information on this page is courtesy of Dana Gill, Exec. Director:

Lifetime Tennis

*Ball Machine &
Private Lesson
Pass Reservation
Call
(408) 777-3169*

2009 SAP Open

February 9 – 15th
HP Pavilion, San Jose.

Find schedule info at the
[Lifetime Tennis Pro Shop](http://www.sapopentennis.com)
or on-line at
www.sapopentennis.com

Come see
Sampras.Blake, Roddick,
Del Potro and the Bryan
Brothers



Winter is the time to improve your tennis game for USTA league results. Sign up today for a 3 lesson special preparation lesson series. Enjoy 3 ninety-minute group lessons for only \$299. That's just \$75 per person for a group of 4. Tom Uyehara, a USPTA Pro (level 1) is available Monday or Wednesday mornings and Thursday afternoons/evenings.

Call the Lifetime Tennis Office at 408-777-3169 today!

Free Tennis Balls And \$1000 in Prize Giveaways

To commemorate our 10th year supporting the SAP Open (professional men's tournament), Lifetime Tennis is giving away over \$1000 in free prizes. Simply buy 1 or more SAP OPEN tickets through the tennis office by Sunday, February 1st and be entered into the giveaway. See flyer in the tennis shop for details.

World's #1 Doubles Team Vs Lifetime Tennis #1 Junior Team

The Bryan Brothers are returning to the Cupertino Sports Center on Wednesday, February 11th, from 4:00 – 4:45 pm. They are fulfilling a promise they made to play the winner of our Bryan Brothers Cup Junior Doubles Tournament. Come join us in court 1 for the fun!

Lifetime Tennis Employee of the Month

Juan Garcia is unknown to nearly everyone in the Cupertino Sports Center, including many of the tennis staff. He begins work before dawn and finishes before the rush of afternoon tennis players. Juan Garcia is our Maintenance Manager. He quietly and tirelessly maintains the cleanliness of the tennis courts. During his 2 years of service, we have had the fewest number of court complaints ever recorded in the past 15 years! It's time that more people knew his name.

A Membership Message *From Danny Castellano, Membership*

This is a friendly reminder that it is time to **renew your annual CTC membership**. Don't forget that you must be a current CTC member in order to play on any USTA league team(s).

We ended 2008 with a record high of 394 CTC members. At the January 10th CSC Open House, we had 145 new and renewing members join, so 2009 is off to a strong start.

The 2009 CTC Membership Roster will be sent out in early March. To make sure your contact information is listed, if you have not yet renewed, go to **renew your membership now**.

Cupertino Summer Classic in August - OR NOT

John Sperinde, Tournament Director

The Cupertino Summer Classic is scheduled for August 15/16 and 22/23. You long term planners should put it on your calendar now.



Or, maybe we shouldn't have it. Each year we get only about 35 players from the Cupertino Tennis Club. This is a small fraction of the almost 400 total members. In addition, we need to do considerable friendly arm-twisting to get a similar number of volunteers to staff the event. Is it worth the effort? What do you think? Let me know. I'd like to hear from you, especially if you are a dedicated tournament player.

Contact me at tournaments@cupertinotennisclub.org.

CORE Muscle Training

The CORE muscles include those in the abdomen, pelvis, sides of the trunk, back, buttocks and hips. Twenty nine muscles attach to the CORE, so a stable midsection is vital to all movements and body positions. These muscles support your spine when hitting every stroke in tennis, absorbing the force from the legs and transferring it to the arms. Strong CORE muscles make movements more forceful and help prevent back pain. When specific core muscles

are weak or tired, your body will compensate using other muscles. This substitution will lead to muscle imbalances and instability, which causes undue stress to joints, decreases power and increases the risk of injury. By watching the top pros play, you will see how stable they are due to their strong and efficient CORE.

If you've never trained your core muscles, CSC is now offering CORE training

classes on Monday evenings from 5:45 – 6:45 pm in the multi-purpose room. The classes are taught by NASM certified personal trainer Cosie Sasaki. She will lead you through a variety of whole body core exercises that will build stability and reduce injury. Take advantage of this new opportunity to improve your CORE muscle fitness and take your tennis to the next level.

-Cosie Sasaki



THE RULES CORNER By Jean Hassoun

Not ready? Running late? Read what the rules say about that.....

QUESTION #1: My partner was not ready when I received a serve. Could I request a let and replay the point?

RESPONSE: No. The server is only required to check that the receiver is ready. The status of readiness of the receiver's partner or the server's partner cannot be used to request a let. A receiver cannot become "unready" after being ready, unless an external event comes up, like a ball from another court rolling into your court.

WHAT TO DO: If you are receiving serve, check that your partner is ready. If not, raise your hand to signal to the server that you (as a team) are not ready yet. If you are serving, first check on your partner's readiness, then check on your opponent, and serve.

Question #2: My opponent came to a match 4 minutes late. Shouldn't that player get a 1 game penalty?

RESPONSE: It depends. For a league match, the response is NO. The players have a maximum of fifteen minutes to arrive and be ready to play. A default cannot be claimed after the start of the match.

WHAT TO DO: For a league match, you should always keep an open mind and ask why a player was late. He or she could have a very valid reason and you can choose to waive your right to a default and agree to play the match. Use good sense and demonstrate good sportsmanship.

For a tournament match, the response is YES. As soon as a player is late, that player loses the toss and a game. After 5 minutes, the player loses a second game and after ten minutes loses yet another game. After fifteen minutes, the player is defaulted.

QUESTION #3: My opponent was late. Can I request that the match start right away?

RESPONSE: NO. This is a safety issue. For any match, league or tournament level, a player is always entitled to a proper warm-up. The time allowed is specific to each tournament or event.

WHAT TO DO: Be sure to check the rule for the warm-up time allotted. For example, USTA matches (usually) set a 5 minute warm-up time, while at Senior tournaments a ten minute warm-up is allowed.

Wishing you all a great New Year,

Jean Hassoun

USTA NorCal 2008 Referee of the Year

About this column: This is your opportunity to ask questions about rules and/or court situations and get reliable, up-to-date answers. Please send your questions to Rules@Cupertinotennisclub.org.

**Survey
Wrap - Up**

*Please send us
your opinions,
ideas and
suggestions.*

*Donations to
community
tennis
organizations?*

*Should we
continue the
Summer Classic
Tennis
Tournament?*

*Are you
interested in
ladder play?*

We're on the Web!

See us at:

www.cupertinotennisclub.org

The return of the Cook's Corner?

What ever happened to

A few members have asked me why there are no more recipes published in the newsletter. If you would like to revive the Cook's Corner, please send me a recipe (or two) and I will be happy to bring the Cook's Corner back.

-Dotti

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group players of
similar ability
together in a
local, organized
9 week season
that allows
players to*

*arrange matches
when it best fits
their schedules
at a convenient
location. Players
register, contact
opponents,
report scores,*

*track standings
and scout
opponents **ON-
LINE!***

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