

June 1, 2007

Volume 1, Issue 5

# Passing Shots

*Cupertino Tennis Club Newsletter*

Did you know the **BANK of the WEST CLASSIC** is being held at Stanford **July 23 through July 29**? If you would like to volunteer, contact Mary Ann Cochrane at [macochrane@pacbell.net](mailto:macochrane@pacbell.net)

## My Spin On Things by Bob McCord, President

Last month I mentioned the significant growth in Club membership over the past few years. That is a good thing. Between the additional members and the USTA having added a couple of new leagues over the same period, we all have more opportunity to play. At least that's true if you play USTA as most Club members do. But, with that comes a challenge – more teams require more captains.

In Walt Whitman's poem "O Captain! My Captain!" each stanza ends with the ship's captain lying "cold and dead". (Not exactly an uplifting piece of literature.) At times, that can happen – figuratively I mean – to our USTA captains. Many form teams season after season and year after year and we should all thank them for that. But sometimes one may feel the need for a break. Or perhaps something

comes up with family or work that necessitates missing a season.

Whatever the reason, lately we have more people wanting to play than there are teams to accommodate them. This year we have one less Adult League team and two fewer Fifty Mixed teams because of a shortage of captains.

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## UP THE LADDER..... by Bob Gonzales, Ladder

**A little housekeeping announcement this month: the Ladder will be adjusted to exclude those who have not renewed their Cupertino Tennis Club membership for this year.**

**Those of you who just renewed may not be listed in the 2007 CTC Roster so please LET ME KNOW IF YOU ARE TAKEN OFF THE LADDER IN ERROR.**

**For the rest of you on the ladder, keep up the good work and keep those scores coming in.**

**Prizes are waiting!**



## My Spin on Things..... continued

It's true that being a new captain can be a bit daunting but if that's what holds you back there is help. Experienced captains are willing to mentor you and the Club is happy to facilitate that. Yes, it does take some time but it isn't necessary to do everything yourself. Team members are willing to help out. The hurdle seems to be taking responsibility. It's pretty easy to arrange line-ups via email. Ask a team member to coordinate refreshments or set up practices.

Want a competitive team or a more social one?

If you are new to the club and feel you don't know enough people we have a USTA coordinator who is eager to help.

I'm sure there are other reasons for a certain reluctance to jump into the pool. What are they? How can the Club help?

A large majority of Club members play USTA. If a shortage of captains means members cannot find a team, how long will they remain with the Club?

Teams are starting to form for the Combo Doubles league. Play starts mid-July. Think about it and if you would like to go for a swim, lifeguards are standing by.

Play well and have fun.  
*Bob McCord*

## A Doubles Lesson

By **Dana Gill**

Executive Director, Lifetime Tennis

There is a fundamental ingredient to being an "active" net player in doubles, especially when your partner is serving. The key is to NOT overprotect the alley! Many players stand near or in the doubles alley when their partner is serving. This dramatically hurts your team's chances of holding serve.

**An ideal place to stand is in the MIDDLE of the service box**, approximately 10 feet back from the net. This position allows the net player to protect half of the doubles alley simply by taking one lateral step and extending the racquet. The remaining 2-3 feet of the alley is left alone.

**The upside to standing more in the middle is....**

- \* more returns are forced wide of the court
- \* the returner pays attention more to the player, affecting concentration and shot selection
- \* allows net player a greater chance of finishing the point right away with a high volley from a close position
- \* creates a sense of uneasiness for the returner's net partner

Trust me on this. If the returner is so good that they can consistently hit the ball in a 2-3 foot range down the line over the high part of the net.....they can do that anywhere on the court. The overwhelming majority cannot.

Contact Dana at [danag@lifetimetennis.com](mailto:danag@lifetimetennis.com)

# USTA Happenings.....by Bob Larocca, USTA coordinator

**District Playoff results:** Three of our teams participated in the NorCal District Seniors and Mixed Doubles playoffs. The two men's Senior teams, captained by Ron Lee (4.0) and Fred Tierney (3.5), made it through the first two days in Fresno undefeated. On Sunday, the rain washed out the final day of play so both teams had to reschedule their final and deciding match. Ron's team traveled to Solano where they lost a close match 2-1. Bob Slavik and Bud West went 3-0 during the Districts. Fred's team met Clubsport Valley Vista in Pleasanton where the rain forced them to play indoors. We lost another very close match 2-1.

In the **Mixed Doubles playoffs** at Stanford, our 7.0 team went in a little short-handed when two of our top ladies suffered injuries the prior week. So, our results weren't that great but we gained some good experience.

**Current leagues:** The **Adult and Super Senior 65** seasons are going well. George Bassi's 3.5 team is cruising at 7-0 thus far. Nebojsa Avdalovic's Super Senior team is holding on in 2<sup>nd</sup> place. A few other teams are also in contention for league playoff spots.

The **50Mixed** season has just started. We have two teams at the 7.0 level and one at the 6.0 level.

**Upcoming Leagues:** **Super Senior 60's** will begin in early June. We have one women's 7.0 and two men's teams registered.

**Combo Doubles** teams are now forming. We already have several captains who have entered teams. We're looking for someone to captain the men's 7.5 team this year. Any volunteers?

## Speaking of talented CTC players.....

thanks to Kathy Manchuk for submitting this great article.

The Senior Women's 3.5 team, The Rackettes, took home some extra baggage after placing first out of a field of 24 teams at the Fourteenth Annual Palm Desert Senior Cup held March 19-22 in the Palm Springs area. The team, captained by Sue Williams, rostered seven players. Cupertino Tennis Club members Cindy Bjorkquist, Kathy Manchuk, Satomi Muramatsu, Carol Nakao, Sue Williams and Laura Worden joined with Courtside member Bea Pezino for the tournament win.

This year the tournament drew 1000 senior men and women of all levels from throughout the United States. Teams played seven eight-game pro sets at various country clubs in the Palm Springs area over a three-day period followed by best two-out-of-three set championship matches on the fourth day. Off-court activities included a kick-off breakfast the first day and a player reception and banquet at the end of the third day to announce tournament finalists and distribute pictures.

The ladies are definitely looking forward to next year's tournament.

# *Congratulations to our AVAC Tournament winners!*

A special thanks to Julie Brittis for sharing her photos with us!

Pictures really **ARE** worth a thousand words –**get the hint :-)**



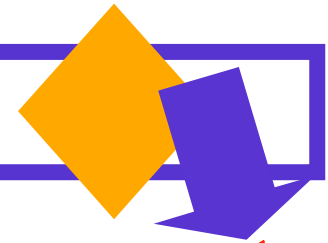
**Finalists** in the 4.0 Women's Doubles AVAC tournament:  
Annes Kim and Sue Kim

**Champions** in the 3.5 Women's Doubles AVAC tournament:  
Jessica Ma and Natalya Bach



**Champions** in the 4.0 Men's Doubles AVAC tournament:  
E.G. Kim and Anthony Brittis

Los Altos Tennis Club will host a **Smash Cancer Team Tennis Tournament** on June 16<sup>th</sup>. All are welcome to play. Teams include Men's & Women's singles, doubles and mixed dbls. Entrance fee payable to the **American Cancer Society**. For more info go to [www.losaltostennisclub.org](http://www.losaltostennisclub.org)



## Secret Recipe Revealed

There is a story that the ladies of the CTC Interclub tell about a legendary chocolate cake that comes from a magical cook named Jean. She has agreed to share her secret recipe so get ready for a super chocolate-laden, but not overly sweet surprise.

### **Triple Chocolate Bundt Cake** submitted by Jean Carvalho

#### Ingredients:

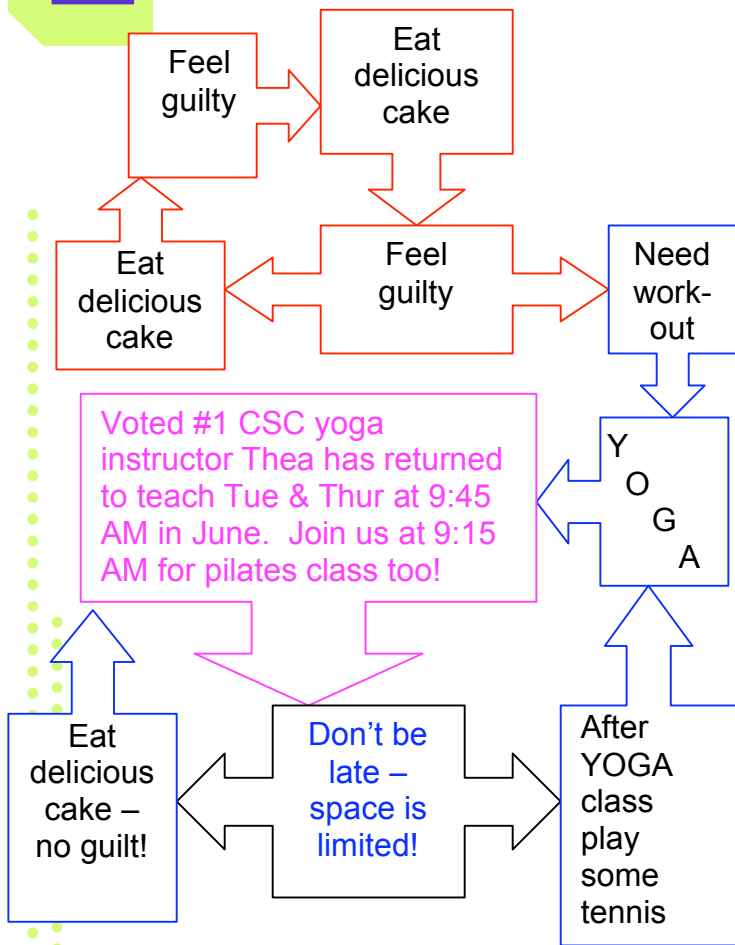
- 1 package chocolate cake mix
- 1 large package instant chocolate pudding\*
- 2 cups sour cream
- 4 eggs
- 1 cup oil (I use canola)

- 1 package (12 oz) chocolate chips

Mix first five ingredients. Add chocolate chips. Pour into greased (PAM works) bundt pan. Bake at 350 degrees for 55-60 minutes – may be as long as 70 minutes. Check for doneness with wooden toothpick. Cool about 5 minutes. Invert onto serving platter. When cool, dust with powdered sugar.

\* When I use a chocolate cake mix that already has pudding in it, I use a small package of instant chocolate pudding.

### Sports Center Shorts



Get ready!  
The  
Tournament  
is coming!



## It's Time to Get Ready For the 2007 CTC Summer

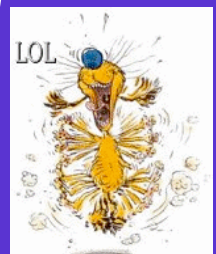
I am sure it still seems in the far distance to you, but remember to set aside August 11-12 and August 18-19 for the Cupertino Summer NTRP Classic. Play singles, doubles or mixed at levels 3.0 – 4.0. Registration opens July 1<sup>st</sup>. Doubles players - if you are only available the second weekend, don't despair. Last year, with the exception of Men's 3.5 and 4.0, the doubles matches were played exclusively in the second weekend. If you let us know that there is a constraint for you we may well be able to accommodate you. Just think, here is an opportunity for you to play with a partner of your choice, not someone your misguided captain chooses for you. Win or lose, you will have FUN. We guarantee it!

We have many opportunities for you to help make this a successful and fun experience for you and your fellow players. You can participate in the preparation for the tournament or during the tournament itself. No experience is needed. All that is required is a willingness to put in a little time and a smiling face. Get in touch with me at [sperindejohn@mindspring.com](mailto:sperindejohn@mindspring.com) if you would like to join the support group. Hope to hear from you.

tennis **Match.com**  
By Candace Danielson, CTC Vice-President



*Seeking fun-loving man, woman, or a couple, over age 18, must like tennis and be open to new experiences, to lead a group of like-minded people who will plan one measly CTC social event. We're not too proud to beg. If interested, please contact the CTC board at [board@cupertinotennisclub.org](mailto:board@cupertinotennisclub.org) or Candace Danielson, CTC Vice-President, at [candyroger@sbcglobal.net](mailto:candyroger@sbcglobal.net).*



WANTED: Articles, ideas for articles, photos. Come on – send 'em in!