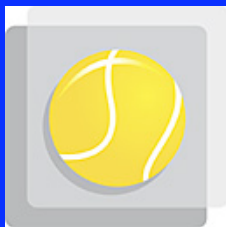


Passing Shots

The Cupertino Tennis Club Newsletter



CONTENTS:

PAGE 1:

New process
for USTA play

PAGE 2:

FAQ's

PAGE 3:

Lifetime

Tennis news/
information

PAGE 4 & 5:

Feeling the
Heat

PAGE 6:

Cook's Corner
CSC Updates

PAGE 7:

What a
Journey!

PAGE 8:

Remembering
Dr. Olsen

PAGE 9:

CTC Men's
3.5 wins Palm
Desert

PAGE 10:

CTC 3.0/ 3.5
Interclub news

New process required for playing USTA at Cupertino Tennis Club

Our tennis club membership has increased dramatically over the past couple of years. While it's nice to know that interest in the tennis club is high, it does cause some problems when it comes to putting together our USTA teams. We have many more teams but the same number of courts. So, we are trying out a new system in an effort to make sure all of our members have the opportunity to play on a USTA team each season.

PLAYERS:

If you want to play on a USTA team, you will need to declare your intent to play using a simple form that is available on the club website. You don't need to find a captain or a team. Just let us know that you want to play so we can figure out how many teams we need to register with NorCal.

On the form, you will be asked to specify the level (3.0, 3.5, etc) and the type of team (competitive, recreational or developmental) you would like to play on. If you wish to play on multiple CTC teams in a season, you will need to prioritize your choices. Our definitions of the team types are as follows:

Competitive – This team strives to win the league, and will predominately play only the best players.

Recreational – This team is composed of players who may not be at the top of their level, but still enjoy good competition. This team might also be composed of a group of friends who just enjoy playing with each other. Captains will try to play everyone equally.

Developmental – This team is composed mostly of players who are "playing up" at a level above their rating or who have recently moved up a level.

You can find the link to the form under the "What's New" section of the CTC home page or go directly to the form at http://www.cupertinoennisclub.org/league_interest_signup.html.

Please remember, **all USTA players must complete this declaration process 2 -3 weeks prior to the close of team registration** in order to give the league coordinators the opportunity to decide how many teams can be supported and to recruit captains if necessary.

CAPTAINS:

If you wish to captain a team, there is a special place to indicate that on the form when you declare as a player. If you already have most of your team committed to play, you can send your player list to the USTA coordinator (Usta@Cupertinoennisclub.org) to help with the team planning phase. **Do NOT register any Cupertino Sports Center teams with NorCal.**

Frequently Asked Questions about the new League Interest Sign-up Process

Why do we suddenly need to do this?

The recent growth in club membership and the number of league teams is approaching the limit of court availability during some league seasons. This "suddenly" came to our attention when 22 captains registered teams for the 2009 Adult season. The lighting upgrade is also reducing the number of courts at this time.

Some of the links on the page said that the sign-up period was not yet open. How will we know when to do it?

Each league will have its own form and period in which to use it. Each sign-up period will be announced by email and on the website.

I wanted to sign up for the whole year and get it out of the way. Why can't I do this?

To do the best job of scheduling, we need the most up-to-date information possible. Lots of things can happen during the year; vacation plans can change, jobs can change, injuries happen (suddenly), ratings get changed, personal interests can change, etc.

What if I am on an extended business trip during the sign-up period? Can there be an exception in such cases?

Of course! The process is not meant to exclude anyone, but your question highlights the reason why everyone needs to use the form. A small number of people can be added to teams, if necessary, but if a lot of people ignore the process, it could lead to there not being enough teams registered for everyone to play on a team of a reasonable size.

Does this mean you are going to assign players arbitrarily to teams?

No. That would only happen in the small number of cases where a new member wanted to play but didn't know anyone. The intent is to determine how many teams we need to support the level of interest expressed by the members. Some captains know they already have a full roster before the season starts and others are looking to fill open spots. Hopefully, we can get the uncommitted players in touch with the captains who need people. Or, we can form new teams of players who are not committed to a particular team.

Does this mean that you plan to limit the number of teams a member can play on, even if several captains want that member and the member wants to play?

Not necessarily. We really have no way to keep players from registering on teams once the team has been registered, but we do feel obligated to help find spots for all of our members to play somewhere.

Does this mean that you may have a cut off for the number of teams, even if you have captains who want to captain and players who want to play for them?

That is a possibility. The city effectively limits the number of teams we can field for USTA by some of their policies. The growth in membership puts us in jeopardy of exceeding those limits. These procedures are intended to maximize the number of members who get an opportunity to play USTA while not exceeding the court usage capacity.

I'm confused by "level" on the form. I'm a 4.0, but the only "levels" available are 6.0 and higher.

The "level" on the form refers to the League combined level of play for each doubles partnership. For example, players in the 7.0 league can combine as two 3.5 players, or a 3.0 player and a 4.0 player. (All of the NorCal leagues are "combined" leagues except Adult, Senior, and Super Senior 65.)

To ask a question or voice a concern, please email the club USTA Coordinator at USTA@Cupertinotennisclub.org.

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

Lifetime Tennis



WE HAVE A WINNER!

Dana Gill turned 40 on April 21st and about 20 pass holders took their best shot at winning points and tennis balls. No one walked away empty-handed, but Richard Chuang claimed a victory and 40 cans of new tennis balls. On his second 9-point tiebreaker, Richard went on to win 5 points to 4 as he hit a winning lob over the aging tennis pro :-). Way to go Richard! Dana says he'll run the same promotion next year.

-Tip of the Month -

Staying **COOL** when the Temperatures are **HOT**

By Dana Gill, Executive Director Lifetime Tennis

Last year I played in a Men's Open Tournament at Santa Clara University. I played 5 matches over 48 hours in 90-100 degree weather. Even though I was playing guys half my age, I was able to weather the heat better than most of them. Here are some of the things that help me endure the heat, physically and mentally.

Things To Do Before And After The Match:

- * Eat carbohydrates (pasta, bread, fruit, juice) the day/night before
- * Avoid excess salt throughout the event
- * Drink plenty of water the night before the match (over-hydrating the morning of or during the match is less effective)
- * Wear white clothing and a white cap
- * Sit in a cool (shade or air-conditioned, etc.) space at all times when not playing
- * Apply sunscreen 1-2 hours before the match
- * Skip the 20-30 minute pre-match warm-up many people do before arriving at their league or tournament match location

Things To Do During The Match:

- * Drink a little water on **EVERY** changeover whether you're thirsty or not
- * Take a full 90 seconds on changeovers to cool down and slow your breathing
- * Sit in a shaded area if one is available on court (you don't have to sit on the benches provided)
- * Apply water onto a towel and drape over your neck on changeovers (to lower your core temp)
- * Reapply **spray-on** sunscreen (to prevent greasy fingers) as needed during the match
- * Change clothing as convenient. This provides a sense of regrouping.
- * Change socks after sets. This helps prevent blisters and provides a sense of regrouping also.

SUMMER PRO SHOP SPECIAL!

This summer, Lifetime Tennis will sell all drinks at ½ price and give away FREE popsicles on any day that reaches 100 degrees.

JUNIOR TENNIS CAMP SPECIAL!

Register for a morning tennis camp and receive a 50% off voucher for an afternoon tennis camp.



Meteorological Musings

Feeling The Heat

By Jan Null, Certified Consulting Meteorologist



You have a match in the afternoon and the forecast says it's going to be 90 degrees!

- What does that temperature really mean?
- When is too hot to play tennis?
- What are the signs of heat cramps, exhaustion or stroke?
- What should you do if one of the players experiences heat-related symptoms?

What does that temperature really mean?

The temperature reported on the local weather station, or in the newspaper or internet, is usually for a temperature at a local airport. For example, if you type "Cupertino" in a search engine, you will often get the forecast and temperatures for Moffett Field in Mountain View. And on a typical warm summer day, Cupertino will be 3 to 4 degrees warmer than Moffett.

When is too hot to play tennis?

For example, on a 90-degree day, a dark concrete surface like a tennis court, can easily have a surface temperature of 150 degrees or higher and the air above it can be over 100 degrees. Add to this playing in direct sunlight and there are very real possibilities of heat-related health issues. These can include cramps, heat exhaustion and heat stroke. All of these are serious unto themselves, but they can also aggravate existing medical conditions.

What are the signs of heat cramps, exhaustion or stroke?

Signs of Heat Emergencies*

- **Heat exhaustion:** Cool, moist, pale, or flushed skin; heavy sweating; headaches; nausea or vomiting; dizziness; and physical exhaustion. The body temperature will be near normal.
- **Heat stroke:** Hot, red skin; possible loss of consciousness; rapid, weak pulse; and rapid, shallow breathing. The body temperature can spike as high as 105 degrees F. If the person was sweating from heavy work or exercise, skin may be wet; otherwise, it will feel dry.

-Meteorological Musing continued on page 5-

Meteorological Musings continued

What should you do if one of the players experiences heat-related symptoms? [Heat Emergency Treatments*](#)

Heat cramps: Get the person to a cooler place and have them rest in a comfortable position. Lightly stretch the affected muscle and replenish fluids. Give a half glass of cool water every 15 minutes, but no liquids with alcohol or caffeine.

Heat exhaustion: Get the person out of the heat and into a cooler place. Remove or loosen tight clothing and apply cool, wet cloths. If the person is conscious, give a half glass of cool water every 15 minutes, but no liquids with alcohol or caffeine. Make sure the person drinks slowly.

Heat stroke: Heat stroke is a life-threatening situation. [Call 9-1-1.](#) Move the person to a cooler place. Quickly cool the body. Immerse victim in a cool bath, or wrap wet sheets around the body and fan it. Watch for signals of breathing problems. Keep the person lying down and continue to cool the body any way you can. If the victim refuses water or is vomiting or there are changes in the level of consciousness, do not give anything to eat or drink.

Prevention: Heat-related problems can be prevented or at least mitigated if you hydrate well, chooses the right clothing and takes adequate and timely cooling measures.

- **HYDRATE!!**
- Start to drink even before warming-up and continue drinking between games. In a match lasting longer than 1.5 hours it is advisable to use an isotonic or hypotonic sports drink. This will also replace electrolytes (salts in the blood) as well as carbohydrates. A general rule of thumb is to drink at least one glass (8 oz.) every 10 to 15 minutes.
- **Get Acclimated**
- If you are not used to playing in the middle of the day, pace yourself. Otherwise, try and play early or late when the air is cooler and the sun angles are less intense.
- **Clothing**
- Clothing is important in preventing heat-related problems. Choose light, breathable and loosely woven fabric so that sweat can evaporate more easily.

If you or any players experience heat-related symptoms, promptly seek medical assistance and always contact your captain and Cupertino Sports Center staff. *-Jan Null*

Contact Jan with questions/comments at jnull@ggweather.com.

* To reference medical symptoms/treatments, please go to:

<http://www.redcross.org/portal/site/en/menuitem.1a019a978f421296e81ec89e43181aa0/?vgnnextoid=a69ff6c5fd47b110VgnVCM10000089f0870aRCRD&vgnnextfmt=default>



The Return Of Cook's Corner

Marie's Extraordinary Broccoli Salad Recipe submitted by Marie Shrodes

6-8 cups finely chopped broccoli (raw or slightly blanched 1 minute)
3-4 green onions (or red onion if your want a stronger flavor)
2/3 cup raisins (plump them up with a hot water soak for ½ hr.)
6-7 slices cooked crumbled bacon (or use Real Bacon Bits)
½ cup dry roasted peanuts (salted or unsalted)

Then, for variety and color add any or all:

Chopped water chestnuts (at least ½ can)
Chopped peppers (yellow, red, even orange)
Diced jicama
Chopped celery

Salad dressing:

1 cup light mayonnaise
¼ cup sugar
1 tbsp. cider vinegar

Mix all but the peanuts. When ready to serve, mix in peanuts and salad dressing.

Cupertino Sport Center Updates:



NEW FITNESS CLASSES – Monday and Friday from 9:00 – 9:30am. TRX Suspension Training harnesses your own bodyweight to create resistance as you train. This unique training apparatus builds strength, balance and core stability for people of all fitness levels.

Qigong – Tuesdays at 8:15am and Thursdays at 5:45pm.

Qigong is a form of Tai Chi and involves methods of accumulating and working with your breath and energy within the body. This class will help reduce stress, increase range of motion, and improve joint flexibility and resilience.

Hip Hop – Thursdays at 9:45am. Come join the fun and burn up to 400 calories per class with a great cardio workout!



Belly Dancing
Tuesdays at 5:45pm.
More details to come!





What A Journey by Diane Detig

What a journey, from zero to within 32nd in the nation in less than 20 months!

Two years ago, in the spring of 2007, I was frustrated that there were no Cupertino 3.0 women's teams for me to join. Inspired by Arlene Hanson, I started organizing and captaining the "Snoobie" 6.0 Mixed Fifty team.

Arlene soon suggested that I go a step further, thus the first Cupertino 3.0 Senior Women's team was born. Jean Hassoun assisted in tutoring me on the USTA rules so I could be a better captain and now, by the way, I am a USTA official! Erna Arnesen, Judy Davenport and I recruited hard and with the help of the August CSC membership special, we were able to form a team with 16 players. With unbelievably great coaching, a lot of help and strong support from Arlene and Raymond Yan, the 2008 season Snoobie team did quite well.

The Snoobie teams were growing and now poised to have success in the next three seasons. Winter went by and we had another strong Adult Women's Snoobie team. As summer came, Anne Neeter asked me to co-captain a 6.5 team, using a core group of the Snoobie 3.0 Senior team women. We all learned some new skills and met some new players. By that fall, Cupertino had 2 Senior Women's 3.0 teams. Snoopies, now older and wiser, came in number 1 in the South Bay and Lower Peninsula leagues. Both of the Senior 3.0 Women's had great seasons and both went to districts.

This is where my migraines began. Our original team lost five players to a neighboring Sunnyvale team, including all but one of the players that had been promoted to 3.5. As one of the healthy remaining players, I soon became immobilized with a foot injury. It was clear that permanent partners were not an option at this point since as anyone could be out at any time, changing the dynamics of our ragtag group of 8. Weekly practices established that we each had 2-3 potential partners.

Our group of 8 had a meeting and decided to keep going; hopefully we wouldn't have to default any matches along the way (which would result in a one year suspension for the original team). We practiced hard and with help from Jack Benkual arranging matches, we played on. Many club members encouraged and coached us, including Becky Yung, Nanette Vidales and Anne Neeter. This was a very difficult circumstance for any captain, let alone a beginner, but many Cupertino captains showed an interest in our dilemma and offered their advice to help us survive. Snoopies persevered due to our tough but fair personas and with the support of others, we did what we had to do: Play hard.

We played through the teammate threats that if lineups didn't meet their preferences, they would not go on. We played through the hate mail concerning partners, as we were seriously limited in our pairings options since there are only so many ways to match 6 people with specific ad and deuce skills. We played through the disharmony concerning the many other ways I could captain, as some teammates, having been captains before me, had different views of the situation. At times, it started to become more like many 1-2 person teams than a cohesive team. I changed my style some and demanded more attention to teamwork of everyone. I know I made mistakes but, in this case, such action was necessary to keep the team together.

Our outstanding co-captain, Eunice Yan, could not make it to districts so new pairings were inevitable. Our first day at Districts was tough. We won 1 and lost 2 in 3rd set tiebreakers, to Walnut Creek, the eventual winners of the sectionals. Then, one out of our 7 players took ill and the remaining 6 players had to play all 3 days. On the second day, we were saved by a win due to the excellent playing of Mary Ann Weingartner and Ellen Lee, winning in the #1 position against two 3.5 players. In 100-degree weather, with no further illnesses or injuries, we managed to make it through districts. Preparation for sectionals began.

For Sectionals, new partners were assigned. Arlene arranged for lessons to strengthen our partnerships and CTC 3.0 Interclub organizer, Emi Kawamoto, gave us the option to play together to continue our new partner experiences. Weeks before Sectionals, Linda Chen, our most seasoned USTA Snoobie, created practice scrimmages between the Snoopies and other members of CTC/CSC. We were committed to make our team better and members of the club were there to make us work harder.

Continued on page 8.....

What A Journey by Diane Detig continued from page 7

We had just enough people to field a team with one person acting as captain and alternate. Unfortunately, disgruntled team members refused to be an alternate. Arlene Hanson graciously offer to come to Sectionals to be our captain and alternate, even though she was injured. More last minute juggling occurred, issues that could have been showstoppers if you let them, but we were not dissuaded.

We placed 2nd in Sectionals, which put us in the top 32 senior women's teams in the nation. We won 2 days out of 3. Our only loss was to the Sectionals winners, Walnut Creek, who has requested that the Snoopies help them get ready for Nationals. In the true spirit of Cupertino tennis, of course we will!

Looking at the other teams in Sectionals, we had the fewest promoted 3.5's, the fewest 3.0 adjusted from 3.5 and the fewest 3.0 self-rated players. We were just as we always saw ourselves, 3.0 senior women Snoopies, just trying to get better at tennis while having fun! What a great journey and experience for all. Our bodies hurt from the playing and the heat, our families missed us, but we learned that competition could begin at 50 or even 65 years of age, if you are willing to work hard. Our determination to participate and the support of the Club became our greatest assets.

Only at Cupertino could this happen. So many people selflessly, with concern, love and support, helped us to prepare and participate.

THANK YOU SO MUCH CUPERTINO... FROM ALL OF THE SNOOPIES!!!!



Unfortunately, we need to cancel the **2009 Cupertino NTRP Summer Classic**. The construction currently in progress will not be completed in time to have courts available for the tournament. We apologize to those of you who were eagerly looking forward to this event. ~ CTC Board

In
Remembrance
of Dr. Perry
Olsen

Please join us in a
Celebration of
Life and Sobriety
July 31st, 7:00 pm
1st Congregational
Church, San Jose

Our thoughts, our prayers, and our support go out to a very special CTC Club member, Diane Olsen. Diane's beloved husband, Dr. Perry Olsen, passed away on May 16th. Perry had been admitted to O'Conner Hospital for surgery to remove two aneurysms. His operation was successful and he was recovering slowly when he experienced a number of complications that resulted in cardiac arrest.

Diane and Perry had been married for 30 years and were constant companions in a variety of activities that enriched their lives and their marriage each and every day.

Since Perry would have celebrated his 32nd year of sobriety on **July 31st**, Diane would like to invite everyone to attend a Celebration of Sobriety in his honor on that date. The Celebration will be held at the **First Congregational Church, 1980 Hamilton Avenue** (on the corner of N. Leigh and Hamilton) in **San Jose**, starting at **7:00 pm**. Refreshments will be served.



Champions!
Cupertino Senior 3.5 Men
WIN
2009 Palm Desert Senior Cup
Tournament! By Mark Bailey

Palm Desert hosted the 16th Annual Palm Desert Senior Cup Tournament for Senior and Super Senior 3.0 through 4.0 rated players, March 23-26, 2009. Four teams from Cupertino (Senior 3.0 Women, Senior 3.5 Men, Super Senior 3.5 Men, and Senior 4.0 Women teams) attended the event along with 73 other teams from places such as Australia, Nebraska, and Arizona with about 600-610 players. The Palm Desert Senior Cup Tournament is the largest Senior Tournament in the Continental United States. Over 1000 matches are played in the 4-day event.

Last Year, a Senior 3.5 Women's and a Super Senior 3.5 Men's teams from Cupertino were Senior Cup Champions. This year, a Cupertino Senior 3.5 Men's team won keeping the Cupertino tradition of winning at least one Palm Desert Senior Cup Championship over the last 3 years.

The 2009 Senior 3.5 Men's team consisted of eight (8) Cupertino Tennis Club members: Marc Argabright, Mark Bailey, Dennis Campbell, Jerry Fox, Karl Gong, Bob Larocca, Dave Lee, and Cliff Nishimoto. This team played 10 round robin rounds Monday through Wednesday, losing only once 1-2 to a Sacramento Team, amassing 251 of 270 possible points. Only the Sacramento team had a higher point total than our Cupertino Team. The two top teams advance to the Championship match on Thursday. Fortunately, the Cupertino Senior 3.5 team came in second and advanced to Thursday's Championship Match.

The Championship Match was played at the JW Marriott Resort in Palm Desert. The Cupertino team played the Sac Senior Team from Sacramento that had defeated Cupertino during the round robin play. The No. 1 Doubles Team of Bob Larocca and Dennis Campbell managed a very close three set win at 7-5, 3-6, 1-0. Jerry Fox and Karl Gong managed a two set win 6-4, 6-3 but the points were long and they were on the courts the longest time of the three matches. Marc Argabright and Cliff Nishimoto also managed a 6-3, 6-4 two set win with Marc's serve setting Cliff up for some spectacular put-away volleys at the net. So, the Cupertino Senior 3.5 men were declared Champions and given an etched Crystal Dish trophy for their efforts.

All in all, it was a very enjoyable 4 days of tennis at some really plush Palm Desert Resorts. What a way to live!!!!

Editor's note: Due to the large size of this edition of Passing Shots, we are unable to include the wonderful picture of the 3.5 CTC Senior Men's team. Find it posted on the CTC bulletin board on the fence just outside of court #2. ~Dotti



CTC 3.5 Ladies Interclub - An Added Bonus!

By Gayle Dilley

Everyone who attended the 3.5 Interclub team social had a wonderful time on May 19th. We had ideal weather and 6 full courts of ladies' doubles. We played 4 rotations allowing us to meet our newest club members and reunite with our veterans. After tennis, we had a delicious potluck lunch on the deck of the Sports Center. We had an abundance of homemade food and even extra desserts!

This year, as a bonus, we collected donations for the Second Harvest Food Bank. In this time of economic uncertainty and with more families finding themselves needing help, our players felt this was a good choice for community support. We had an outpouring of generosity and were able to bring 109 pounds of food and \$125 to the food bank in the name of Cupertino Tennis Club.

What a great team of gals and they're good tennis players, too!

... And a note from Emi Kawamoto, organizer of the CTC 3.0 Ladies Interclub:

The ladies attending the CTC 3.0 Interclub play day were delighted to bring donations of food and/or money to the end-of-the-year tennis round robin at the Sports Center. They collected and donated 80 pounds of food and \$115.00 to the Second Harvest Food Bank in the name of the Cupertino Tennis Club.

.... And a note from the editor: due to the large size of this issue of Passing Shots, I was not able to include a wonderful photo of the CTC 3.5 Ladies Interclub. See it on the CTC Bulletin Board (outside of Court 2.on the fence) ~Dotti



For all of you CTC iPhone users, the Wimbledon iPhone Application will be available from 22 June - 5 July

Download the Wimbledon iPhone Application to get the best of Wimbledon on the go.

This application will be available for download from the App Store during the Championships.

The Wimbledon iPhone Application will feature:

- * Latest News from Wimbledon
- * Live Scores and Scoreboards
- * Draws
- * Video Highlights