



National Senior Women's Tennis Association

Magazine

2017 Vol. 1

**Young Senior Cup team playing hard in
Cape Town, South Africa
March 19-April 1**



National Senior Women's Tennis Association

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* Deceased

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www.nswta.org
Member only login: haveaball2017
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The NSWTA Magazine is published three times a year and distributed free to all members of the Association. Stories, comments, contributions, photographs and information are provided by the members of the Association and all members are encouraged to participate. Send material to: Pam Ellis Simons at pesimons@aol.com.

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October 2, 2017



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ITF/Young Seniors CupTeam Championships, Capetown, South Africa March 19-April 1 22-23

National Women’s 35, 45, 55, 65, 75, 85, 90 Clay Courts, Houston, TX March 27-April 2 23-26

National 60, 70, 80 Clay Courts, Bocage Racquet Club, Baton Rouge, LA April 17-23 27-28

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- Leslie Airola-Murveit*
- Marie Allman*
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- Sue Bramlette*
- Vicki Buholz*
- Brenda Carter*
- Kandy Chain*
- Bonnie Champion*
- Susanne Clark*
- Lee Delfausse*
- Robbie Dimond-Stonisfer*
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- Brenda Carter*
- Terri Eggers*
- Kathy Foulk*
- Abbi Neuthaler*
- Carolyn Nichols*
- Jayne Robertson*
- Captain Ric Stonesifer*

Outgoing President's Message

by Kathy Langer

I have been honored to lead this wonderful organization for the past two years, but I know I am leaving it in good hands.

Thanks to all of you who have been faithful members, supporting senior women's tennis in so many ways. You have helped by supporting the tournaments, volunteering, buying our logo clothing, passing out brochures, serving as Board members and Ambassadors, and even attending Annual Meetings. It is you who make NSWTA the success it is.

Please go to our website, nswta.org, to the member page (Login: haveaball2017) and read what we have accomplished these past two years. You will be proud.

I thank my great Board of Directors and Support Team for their help and enthusiasm in continuing our mission to promote and support women's age group tennis.

Kathy Foulk, the new President, has already put together her new Board and Support Team and they are raring to go! They will be great.

Thank you for letting me serve you. It has been my pleasure.

See you on the Courts!

Kathy Langer



Incoming President's Message

by Kathy Foulk

WOW! My year has flown by as the President Elect of NSWTA and I wonder how many things did I miss? As the year progresses I'm sure things will come up and I know right where to go. I have speed dial and access to the world's smartest women.

But, as we move forward in 2017, working on our membership growth and encouraging members to become more involved, we look forward to the ideas that will be available to us. These new ideas, along with our past experiences, will enable NSWTA to push into the future, maintaining a strong and solid organization. So pass on your ideas, thoughts, plans, and notions.

We will work diligently this year to recognize all of the opportunities that we have available to keep competitive tennis going strong for senior men and women. We see the changes from the USTA but we can and will work to find common ground and continue to promote competitive tennis. Join us, work with this new board and support us at every tournament you enter. Numbers speak volumes; as NSWTA grows, so does our voice.

It's tournaments like the NSWCCC in Houston that continue to inspire and validate our sport. We need clubs, sponsors and volunteers like this at every turn, to improve and grow the spirit of competitive tennis in this day and age of cutting costs. Many thanks go to those at the Houston Racquet Club for continuing to support our efforts and fun for this sport of tennis.

Please feel free to email or call me anytime with your comments and suggestions. I look forward to leading this new NSWTA Board and following in the footsteps of some very exciting women.

Contact me at kathyfoulk@bellsouth.net

Kathy Foulk



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BUSINESS NEWS

2017 United Airlines Discount for NSWTA Members

The United Airlines discount Code for all NSWTA members for 2017 is ZXWZ 906448.

There is no charge if you book online, using the discount. For those who cannot book online, you can call United Reservations Meetings Desk at 800-426-1122 and give them the number but you will be charged \$25 for this arrangement.

Due to a change in "policy," United Airlines has modified our contract regarding discounts for NSWTA members. The amount of the discount will remain the same, but it is required that your travel be to and from a tournament. We have listed the Category I and II tournaments in the United agreement and given dates that incorporate travel one week before the start of the tournament and one week after, for those members who want a longer trip.

If you have any difficulty making your online reservations, please email suebramlette@comcast.net.

The 2018 Friendship Cup will be held late May/ early June. Deadline for entries: October 15, 2017
 To qualify, you must be at least 75 yrs old in 2018, have participated in at least one Category I plus one other sanctioned tournament in 2017 and be a current member of the NSWTA.
 Drawing will be held mid November 2017. To enter the drawing, you must include a recent passport size photo for the Friendship Cup program, a short biography including how you became interested in tennis, and a list of your 2017 tournament participation information. See the NSWTA website for more information, including address to send your entry.

Contributions

Carolyn Nichols	\$500	
Betty Hill	\$500	In memory of Pat Jackson
Michaelin Watts	\$500	Glad to continue my support of the NSWTA
Gail Murayama	\$109	Domain name and 5 year renewal
Mimi Kibbey	\$ 50	
Mary Lenore Blair	\$100	
Florence Malizola	\$ 25	In honor of Jean Selvig
Leslie Arakelian	\$100	
Normal Veal	\$100	
Trish Faulkner	\$345	In memory of Margaret Russo (Award)
Susanne Clark	\$ 36	(towel sales income)

Member dues, auction and raffle proceeds plus other donations to the NSWTA are used to cover the costs to run the organization, primarily publishing the magazine, the printed directory, salaries of the magazine editor, treasurer, web master, and the membership chair.

Donations to the NSWTA Foundation (NSWTF) go toward some tournaments (Intersectionals, NSWTA Championships, the National Clay Courts in Houston and others as the Board of Directors determines), speakers, the Margaret Russo Sportsmanship Award, and other special projects determined by the Board. These donations are tax deductible.

TAIL

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CHANGES TO THE NSWTA DIRECTORY

New Annual Members:

Penny Maag

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(520) 269-2682
Born: 1940

Kelly McKinley

5 Asheland Ridge Court
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(336) 288-2462-H
(336) 908-7114-C
USTA #: 2000856540
Born: 1969

Anita Page

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Born: 1950

Lisa Rux

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USTA #: 10712075
Born: 1962

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(202) 255-5293
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Born: 1941

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165 E. Exeter St.
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Robin Dugan

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(239) 272-9230

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Additions and Corrections:

Elly Leary (second address)
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2016 Volume 3 Corrections:

Add to Contributions (page 4):

Ruth Jones

\$50 in memory of her sister Jewel Chubbuck

Directory (page 6):

Maria Koba's correct email is
mkscooter@verizon.net

International Cups correction (page 20):

Our US Kitty Godfree Cup Team beat Great Britain for the Bronze. It was incorrectly stated that Great Britain beat the U.S.

Our Bronze-winners: Kathy Barnes, Toni Novack, Sue Bramlette, Molly Hahn



Intersectionals results correction (page 29):

Southern California won the 75s tournament, beating Eastern. It was incorrectly stated that Eastern won. Here is a correction from SoCal 75 captain Norma Veal:

Southern California played Eastern for the Championships. Our singles split 1-1. Doubles was then on the line. Southern California swept both doubles for a 3-1 win. Our team consisted of Suella Steel, Roz King, Judy Janc, captain Norma Veal and newcomer Nancy O'Neal. The win was especially coveted this year as it was the 4th consecutive win for the SoCal 75's team.

Intersectionals Photo omission (page 27):

The magazine inadvertently left Eastern 55s player Carol Levine on the proverbial cutting room floor. The complete photo (below) is of (left to right): Eileen Walker, Carol Powers, Abbi Neuthaler, Sally Zasloff, and Carol Levine.



MEMBER NEWS

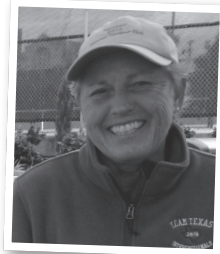
Congratulations To:

Trish Faulkner has been named Tennis Professional Emeritus at the BallenIsles Country Club in honor of her 23 years of service there as well as her lifetime dedication to the sport of tennis. An elite USPTA professional, and current President of the USPTA Florida Division, Trish is recognized for her talents in the Florida Tennis Hall of Fame, the Palm Beach County Walk of Fame, she holds the Key to the City of Palm Beach Gardens, and is soon to be inducted into the Palm Beach County Sports Hall of Fame.



She has played at Wimbledon six times, is the author of *The Complete Idiot's Guide to Tennis*, has been ranked No.1 in three different senior age divisions: 40's, 50's and 55's, and has won 36 U.S. National Senior Titles. According to Trish, her greatest accomplishment was winning the 55-and-over International Tennis Federation World Championship in Perth, Australia, in 2001. Over the past two decades, Trish has solidified BallenIsles' position as one of the top tennis facilities in the country. Trish is a keen philanthropist and supports Dana Farber Cancer Institute, Play for Pink, and other breast cancer and local charities through her personal and charity tennis work.

Sue Bramlette received USTA Texas' 2016 Julius Zinn Senior Service award at the section's annual meeting in February. Established in 1997, this award honors a senior member of the USTA Texas Section who has made a contribution through his/her efforts, willingness, cooperation, and participation, most deserving of the respect and honor of the seniors, either in play and/or organizational work for the betterment and furtherance of senior activities. Other members recently honored with this Texas award are Margaret Canby, Mary John Lynch, Kathy Langer.



Vicky McEvoy was given the Les Grande Dames Player of the Year award at the Crawford Cup tournament in Fort Lauderdale in February. On the court and off, Vicky, a pediatrician in Boston, sets a good example. She jumped in to give CPR to a player who had collapsed on the next court during Intersectionals, until the paramedics arrived.

Wendy McColskey and sister **Dale McColskey** got their First Gold Ball at the Houston National Women's Clay Courts 65 doubles.



Michaelin Watts was awarded the Houston Racquet Club's prestigious Betty Gray Washington Sportsmanship Award. This award is given annually at the National Senior Women's Clay Court Championships at the Houston Racquet Club. Voted on by the tournament players, selection is based on a player's on-court conduct, friendliness, and overall contribution to women's tennis. The trophy resides in the trophy case at HRC. Michaelin Watts is from Apalachicola, Florida and Carmel, California.



Vicky Nagy and Mary Jackson, new additions to national age-level tournaments, won their First Ball, the Bronze, in the National 60 Clay Court Championships in Baton Rouge, LA. Well done, ladies!

In Remembrance

Joyce Jones' husband Don died January 22 due to complications from brain surgery following a fall at home. A celebration of his life took place January 29.



Letters to The Editor

Dear Editor:

Here is a link to the documentary that Alex Rappoport did on "Having A Ball" at the Houston Racquet Club in 2003. Please let our members know of its availability. It's about 30 minutes long and features many of our older members who are no longer with us. It can be downloaded or just watched. Enjoy.

<https://vimeo.com/198723672>

Belmar Gunderson
dropshot34@aol.com

Dear Editor:

Just wanted to ask if you could please add the women's 90's grass in your next issue. The dates are 10/30-11/2/17 at Mission Hills. There was no

tournament for them the last few years but now there will be.

Thanks.
Andi Polisky

(Editor's note: The Clay Court 90s is part of the Houston Racquet Club's National Clay Court Championships. The 90s Hard Courts is part of La Jolla's National Hard Courts. The 90s Indoors is part of the Club Green Meadows' National Indoors tournament. And now the 90s Grasscourts has a home at Mission Hills Country Club, Rancho Mirage, CA.)

Dear Editor:

I recently traveled to sunny Naples, Florida to visit a friend and participate in the JoAnne Russell Grande Dames Tournament. This was my first Grandes Dames tournament and my expectation was to enjoy competitive tennis in good weather while building old and new friendships. I can truly say that my expectations were exceeded. Not only did the tournament committee organize an outstanding event, the weather cooperated fully and the camaraderie of this group of competitors was amazing. A collective love for the game of tennis was evident whether it was on the court, spectating from the sideline, sharing a meal or during casual conversation.

Being a relatively new retiree, having the flexibility to move beyond regularly scheduled nighttime USTA league matches to being able to participate in a multi-day tournament seems almost liberating! I met many veteran tournament players who travel extensively to participate in these events. Some play to improve their game and ranking while others are hardcore, point-gathering contenders for ratings or national teams. However, each player I met was eager to offer a kind word or gesture to this rookie and make me feel as if I was welcome here, also. Why, JoAnne Russell even willingly posed for a picture with me!

Although my win-loss record wasn't impressive (0-4), I still feel as if I gained a great deal from participating in this tournament. At this stage in my life, tournaments supported by the NSWTA offer a niche not found in league or social play. I am in awe of some of the more senior ladies, their level of fitness, enjoyment of the game and desire to continue to participate. Hats off to each person who played a role in the JoAnne Russell Grande Dames Tournament and here's hoping everyone will return next year to make the Naples event another outstanding experience.

Dottie Kinlaw, Rutherfordton, NC



JoAnne Russell and Dottie Kinlaw

(Editor's Note: The NSWTA has been supporting these multi-day, age-level tournaments like the JoAnne Russell Cup since the 1970s. Members, please encourage the young to join our organization and support this niche of tennis so that when they retire, like Dottie, there will still be these kinds of tournaments.)

NSWTA Annual Meeting

The **NSWTA ANNUAL MEETING** was held Tuesday March 28, 2017 at the Houston Racquet Club. President Kathy Langer thanked her Board and announced the retirement of Treasurer Sandy Cooper and the NSWTA Foundation's Pat Greer. She also introduced Jade Tammer-Nordness, owner of cutetennisstuff.com, as the new marketer of our NSWTA logo clothing.

Kathy Langer listed the accomplishments of the NSWTA these past two years: Launching the NSWTA website; Revising the ByLaws; Registration of our logo as a Trademark; Wine gatherings, a marketing brochure and banners for marketing the NSWTA; launching the Ambassador program; introducing a new line of clothing.

Membership Committee Report by Sue Bramlette
Membership has increased for the first time since 2012, thanks to the Ambassador program, the ability to join on-line and a membership drive at Intersectionals. It is now at 944 people. Sue reminded attendees to keep their contact information current with the membership chair, especially those getting the magazine electronically.

Sue announced her retirement, gave a final thanks to Bob Bramlette's law firm Gardere for helping her with her job and introduced Julie Gillaspie as her replacement.

Magazine Report by Pam Simons
Please keep her in mind, suggesting names for our Game Changers series of women and men who have given back to the sport, plus any awards or prizes you have been given. Also suggest "where are they now" members to Bonnie Champion.

Website Report – New password: haveaball2017
Carolyn Nichols' NSWTA Facebook Group is now administered by the NSWTA; ask to join it. Kim Mark will remain our website guru. Web master Gail Murayama is retiring.

ITF Cup Teams Report by Molly Hahn
The Super Seniors Team Championships is in Orlando October 8-13. The surface will be clay. Deadline to apply is April 15, 2017. Applications are available online at NSWTA.com. All players should be able to play singles

and doubles.

The Seniors Team Championships (ages 50, 55, 60) is in Miami October 29-November 3. Application deadline is May first. The male and female US teams will be chosen by an 8-member committee, which includes Sue Bramlette, Molly Hahn, Roz Nideffer, Christine Costamagna.

Ambassador Program Report by *Cindy Babb*

Volunteers are wanted to welcome new players to age-level tournaments. These newcomers often join the NSWTA as a result. Anyone can become an Ambassador; ask Cindy for small NSWTA business cards to hand out to prospects.

Tournaments Report

The NSWTA Championships/ Anne Geier Cup will be played in Charleston, SC this year, after five years in Alexandria, VA. The dates are April 26-30. It is for 35-75s. The Intersectionals will be played November 13-19 in Boca Raton. San Antonio and Phoenix are bidding for the 2018 tournament.

Election of the 2017-2019 President of the NSWTA

Kathy Foulk, who was nominated last year to be our future President, was voted in unanimously and presided over the rest of the meeting. Departing President Kathy Langer was given a NSWTA charm to a standing ovation.



Langer passing the gavel to Foulk

2017 Budget

President Kathy Foulk proposed a budget of \$43,310. This amount is larger than usual due to money set aside in 2015. We will take \$7,000 of this carryover and put it in savings, to make \$46,000. Kathy's budget will allow us to spend more on tennis tournaments in 2017, if we chose, and we could do more outreach.

Support Team Changes

Changes at the NSWTA

Pat Greer retires...again.

The NSWTA thanks Pat Greer for service beyond the call of duty and wishes her many years of no lingering NSWTA responsibilities. Pat actually retired from us at the end of 2011, but continued on as a volunteer with the Foundation. She has been the 'memory stick' of the NSWTA. Pat's replacement will be announced at a later date.



Pat Greer

The NSWTA also thanks Membership Chair Sue Bramlette and her husband Bob for their service over the last five-plus years.



Sue Bramlette

Among Sue's jobs: keeping track of our peripatetic members' winter versus summer addressees, and all of our multiple changes in emails. With Bob's help, Sue annually sent contribution appeals to lifers, notices of annual dues to annual

members and the electronic version of the magazine to over 200 of you. Fellow Houston player Julie Gillaspie will take over Sue's responsibilities.



Julie Gillaspie

Sandy Cooper also gets the thanks of the NSWTA for five plus years as our Treasurer. Sandy has been our financial brake, for which we thank you. Her replacement is Yodie Therrien.



Yodie Therrien

Introducing Jade Tammer-Nordness, owner of cutetennisstuff.com, as the new marketer of our NSWTA logo clothing. Jade had a nice selection of sun guard merchandise at the National Clay Courts tournament. We will have a page on her website for purchases and she will try to have a table at some of our largest tournaments.



Jade Tammer-Nordness

Notice: The WTCA (Women's Tennis Coaching Association) in partnership with the Professional Tennis Registry is holding a first-ever international conference on coaching female players. Participants include Lindsay Davenport, Mary Pierce, Craig O'Shannessy, Dr. Mark Kovacs, Dr. Erin Boynton (NSWTA member), Dr. Michelle Cleere (who appears later in this magazine) and many more.
 Date: August 26 and 27, 2017
 Place: Marriott East Side Hotel, 525 Lexington Ave, NY, NY
 Cost: \$199
<https://wtcatennis.org/event/2017-wtca-conference-nyc/>

REGULAR ARTICLES

Sally's Alley

SPRING 2017 Rule Clarifications

by Sally Utiger

USTA Official, New England



Sally Utiger

There are relatively few significant changes to the 2017 edition of the *Friend at Court*, most of which relate to changes in **USTA Regulations** intended to offer tournament organizers and officials more flexibility in using alternative scoring formats to encourage greater tournament participation.

From my point of view as an official and a player, the most important clarification since the previous publication is the additional emphasis on Hindrance Issues. This emphasis means that there have been more questions and problems than the USTA would like. If you read the player Q and A sections in the various tennis publications, most inquiries concern when to play a let, for what reasons and when if ever is a point replayed. I know myself that the hindrance thing doesn't sink in until a player has had a personal experience with it.

I therefore am reprinting section #36 under **Hindrance Issues** in *The Code*, the player's guide to fair play and the unwritten rules of tennis.

36. Let due to unintentional hindrance and loss of point due to deliberate hindrance. A player who is hindered by an opponent's unintentional act or by something else outside the player's control is entitled to a let only if the player could have made the shot had the player not been hindered.

A player's racket coming out of the hand or a shoe coming off is not the basis for either player claiming a let.

A let is never authorized for a hindrance caused by something within a player's control, such as when a player's racket comes out of a hand, when a player's shoe comes off, or when a player trips over the player's own hat. However, if a player's hat falls off during a point, an opponent may immediately call a let due to unintentional hindrance.

Out calls and other noises from spectators are not hindrances and therefore are not considered grounds for a player calling a let or claiming the point.

A ringing cell phone is a deliberate hindrance; if an opponent's cell phone rings during a point, the player may immediately stop and claim the point. Another example of a deliberate hindrance occurs when the receiver asks the server to stop discarding the second ball after serving, and the server continues to discard the second ball. Continued discarding of the ball constitutes a deliberate hindrance, entitling the receiver to immediately stop play and claim the point.

It bears repeating here that calls of deliberate hindrance as noted above must be called immediately. The player cannot wait until the point is over to call a let or to demand a replay.



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What's Happening at the USTA

by Doug Wenger

Chair, USTA Adult Competition Committee

The 2017-18 USTA Adult Competition Committee is up and running and I am happy to report that we have some interesting and exciting strategies on tap. These strategies are focused on our committee charge of driving participation growth in adult events across the entire adult competition product spectrum – from Red/Orange/Green ball to NTRP to adult age group events and others.



Our 2017-18 committee consists of a nice balance of experience in all areas of adult tennis. We have people who are strong advocates for adult competitive tennis, including facility owners, general managers, industry leaders, tournament directors, tournament players, teaching professionals and Tennis on Campus/collegiate players. In addition, our start-up with the new national staff has gone very well and we are working closely with Jo Wallen, Michael Hughes and Rob Gorden. They are bringing a strong customer focus and have personally visited a number of our adult events.

I'd like to highlight a few of the key actions we are taking to build on the foundational Friend at Court changes that were implemented in 2016.

1. National Adult Age Group Events Task Force. This task force within the national Adult Competition Committee was formed to conduct a comprehensive review of our National Adult Age Group Events and design and develop strategies to reverse the multi-year decline in participation. Our task force is co-chaired by Todd Sprague and Chrissie Costamagna, and its other members are Drew Meyers, Ed Trost, Mas Kimball and Jo Wallen. Michael Hughes and I are providing support to the task force within our areas of responsibility.

The task force presented an update at the USTA Annual Meeting and Conference in March, including some initial findings and recommendations. Areas of focus included tournament size, draw size and player recruitment expectations; a review of the sanction and site selection process with consideration of locations with large player populations; scheduling considerations; establishing a platform for communications and outreach to existing and potential players; improvements in tournament promotion; consistency in tournament standards; considerations for formats in the 30-45 age groups; and many others. More specific design work is underway and will be communicated throughout the two-year term.

2. Adult Product Line Audit. The USTA national staff is in the process of completing an audit of the Adult Product Lines – including Adult Tournament products. The findings and strategies were presented at the USTA Annual Meeting in March. These include a team tournament product for players in the lower NTRP

levels, a college alumni championship geared toward 20,000+ former college tennis players who would like to play in a competitive team tournament atmosphere, as well as an individual singles/doubles advancing national NTRP tournament product.

These product strategies are being designed through the formation of subcommittees and task forces. Mike Vandegriff from the Adult Competition Committee will be one of the leaders of the NTRP product design. Kelly Johnson and Ryan Knarr will represent the committee on a cross-functional work group designing the college alumni championship product. Other work groups will be formed as other follow-up ideas and strategies are identified.

3. Player Advocacy Network (PAN). We believe that word-of-mouth and networking is critical to recruiting new players to our events as well as encouraging existing players to continue and expand their play calendar. Carol Clay and Donna Fales have agreed to lead an organized process for our committee members to reach out to hundreds of players who are directly in or adjacent to our personal network of players and potential players. Carol and Donna are just starting this initiative. As it progresses, I expect to see a lot of communication channels being expanded.

4. Ongoing Subcommittee Actions. Our committee performs a number of continuing and ongoing activities, including rankings, PPR table maintenance, seeding assistance, sanction and scheduling and others. Gee Gee Garvin is chairing the Rankings & PPR Subcommittee and Michael Hughes is chairing the Sanction and Scheduling Subcommittee. Steve Cornell is overseeing and “coaching” our committee responsibilities to support a local event that promotes new participants. Carol Clay and Steve Hayden are chairs of the seeding assistants.

5. National Tournament Director Workshop. The national staff has revamped the national tournament director workshop and will be conducting this workshop in May of this year. The timing of this workshop will allow for our tournament directors to understand what is changing and what is not, which will help them prepare for the 2018 sanction cycle.

I believe these strategies and actions are a part of the puzzle that will reverse the downward trend of participation. There are some very creative and exciting ideas put forth that will take some work to implement – but have a lot of promise.

If you have any questions, please reach out to Michael Hughes at michael.hughes@usta.com.

Thank you for helping us grow participation in adult competitive tennis.

HEALTH & FITNESS

How To Heal Tennis Elbow

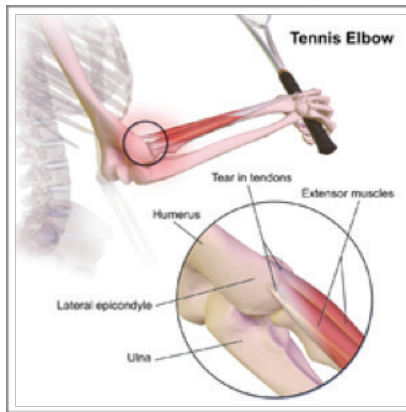
By Dr. Erin Boynton

<http://doctoreerinb.com/new-blog/2016/8/30/how-to-a-simple-rubber-band-can-help-you-recover-from-tennis-elbow>

Understanding the Problem

Crush enough backhands and you'll start to feel it—that nagging pain outside the elbow that flares up every time you swing your racquet. This is what we call tennis elbow.

Tennis elbow, or lateral epicondylitis, is a degenerative condition of the forearm's muscles and tendons caused by repetitive motion. It works like this: The repetitive motion—like hitting that backhand a thousand times—causes your forearm muscles to tighten, weaken, and shorten. These shortened forearm muscles then start to pull on the extensor carpi radialis brevis (ECRB) tendon, a wrist extensor, and its collagen fibres start to tear. Picture the ECRB tendon as a rope being pulled in two directions, its strands fraying and snapping under the pressure. Tear enough of these collagen fibres and you'll reach a tipping point—a small defect, or tear, in the ECRB itself.



The body, in an effort to fix the tear, fills the area with inflammatory granulation tissue, a

substance used to heal wounds. But it's too late—the ECRB is too far from the bone, the gap can't be bridged, and the granulation tissue creates that tenderness and pain you feel when you move your arm.

The Treatment

The problem at the heart of tennis elbow is the overloading of the ECRB tendon. So what's the fix? You have to relieve the pressure on the ECRB tendon by sharing the load, and you do this by strengthening the surrounding muscles. The stronger

the surrounding muscles, the lighter the load on the ECRB tendon.

Fortunately, it's a lot easier than it sounds. In fact, the only thing you'll need is a simple elastic band.

The Exercise

Take the elastic band and put it around any and every combination of your thumb and fingers, and make little motions—up, down, side-to-side, and around—to stimulate the muscles surrounding the ECRB tendon. Every combination—three of which you can see below—isolates different muscles in the forearm, so be sure to do them all.

To increase the tension, just wrap the elastic around the fingers, or thumb and finger, twice. Do this consistently and your forearms will grow stronger, the load on your ECRB tendon will lessen, and your tennis elbow will resolve itself.



<http://doctoreerinb.com/new-blog/2016/8/30/how-to-a-simple-rubber-band-can-help-you-recover-from-tennis-elbow>

The Difference Between Practice and Competition

by Dr. Michelle Cleere

Elite Performance Expert
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Practice is designed to help you build the skills necessary to compete. It is a time to build each skill set that's important for a sport or any type of competitive performance. For example, a swimmer needs to break down and learn each part of a stroke, how to dive off the blocks and how to flip turn. Practice is when you make mistakes and figure out how to correct them. Practice is also an important time to develop and use a mental training plan to go with your physical training plan. All of this is important during practice. This is how you grow and get better and stronger. At practice, you develop all the skill sets necessary to compete.

In practice, you get the opportunity to think about what you are doing, not doing, or what you need

to do differently. You get the chance to make a game plan for competition based on your skill set, athletic abilities, and your own goals and expectations. You get to decide what you need to do physically and mentally to perform optimally in competitive situations. However, competition is not practice.

How is competition different? Competition is different in many ways, the biggest being that there is not a lot of thinking during competition. Your brain can't handle the pressure of competition and thinking about it. You practice to be the best competitive version of yourself and you need to allow all that hard work to flow out of you. Too much thinking and nothing flows. You get tight. Your heart rate goes up. Your brain starts overanalyzing what you are doing at every turn. You can't let go of mistakes. All of this pulls you out of your ability to perform; to do the thing you are trying to do.

What needs to happen during competition?

During competition, you need to just do it! You need to bring out the best skills and let it flow. On competition day, many performers subconsciously think they 'need to pull out the big one' or 'will be so much better than yesterday.' There is no big one and you will not be much better today than you were yesterday. How does your brain interpret those messages? You want to what? When you don't pull out the big one or play way better than you did yesterday, you think you've failed. When you fail, your ego attaches itself to that and takes over your body.

Who's the driver of your body? It's important to understand that you will have nerves. Nerves aren't bad until you label them as such. They are a signal to let you know that something big...something important is going to happen.

Also, you will make mistakes and it's ok. What's not ok is how you interpret mistakes. Mistakes are not bad. They don't make you a bad person. Mistakes don't mean you are a terrible competitor. Mistakes mean you are human. When you learn to let them go and stay present, you become a good competitor.

My favorite quote – live it! *“If you are not failing regularly, you are falling so far below your potential that you are failing anyway.”* –Anonymous

Dr. Michelle is an elite performance expert and personal coach, helping top athletes, musicians, and executives in competitive fields create the mental toughness to be the best. She has a PhD in Clinical Psychology and a Masters in Sports Psychology. She helps clients deal with performance anxiety, gain more confidence, and build resilience via phone and Skype. She is a 15-year USAT Coach and also teaches how to use the mind as an ally to improve performance at John F. Kennedy University in Pleasant Hill, CA.

How Tennis Saved My Life

by Cheryl Smith



I suffered a heart attack on July 18, a Tuesday. My right coronary artery was blocked. I didn't really have any warning signs although in retrospect there may have been some 'suggestions' that something wasn't quite right--some light headedness in the morning, ongoing indigestion, but not really anything out of what could be called the ordinary. As most know, I am very mindful of diet and eat pretty clean. Don't drink, smoke or eat fast food and buy fresh veggies every day. I tried to do these things to prevent exactly what happened. Little did I know that genetics will prevail over lifestyle changes. I have had training in the past in First Aid and have seen so many events in sports that I am mindful of what things look like when they start to manifest. So, after playing 2 hours of tennis at Los Cab in Fountain Valley, I noticed my left arm, elbow, becoming VERY painful in the last two games.

When we finished I went over and sat down. The other three started to pack up. I knew there was something wrong. They left the court and I realized I probably could not stand up. As I sat on the bench, my breathing became very rapid and I regurgitated uncontrollably. I was able to get the attention of two guys still playing and asked for their help. I lay down on the bench, and told Bruce to call for an ambulance. I was cogent enough to tell him my name, give him Nancy's phone number and ask them to hurry. I remember the EMTs coming towards me and asking me my name and birthdate. One shoved an aspirin in my mouth and then they started prepping me for transport and things were getting fuzzy. I remember hearing the sirens and then some moving around and a big guy yelling at me, trying to keep me conscious. And I remember him yelling at someone to 'hurry up and get it inserted.' The answer was 'almost done.' (I found out later it was the angioplasty/balloon being inserted via my right femoral artery).

Then things went dark. And simply put, I died. They had to use the defib paddles on me four times before I came back. I remember the 4th as I let out a whole body scream. According to the doctor, I screamed every time but then would arrest again. As was explained to me, the blockage stops the blood flow, like a crink in the garden hose. The balloon inflates and pushes the blockage away and the blood gushes through in an arrhythmic manner. They apply the paddles to correct this so the heart can gain control of its normal beat. So I survived. At the end of it all I will not be hitting any tennis balls for a while, but the good

news is since all doctors determined it was hereditary/genetic, there will likely not be a recurrence. My Dad had a bypass in his early 70's, then lived to 96. So hopefully the drugs will prevent any recurrence. But it was a 50/50 attack. At my age, I should have expired.

I credit TWO major things. First is my constant and ongoing tennis. The doctors said that I was so healthy that even though I did nothing wrong and could not have prevented it, my good health kept me alive. Second is tennis (and many other sports I have played). I learned over the years to try and stay as calm as possible, especially if that is the only thing you have any control over. As soon as I knew I was in trouble, I lay down on the bench, closed my eyes and practiced CALM!

I am recovering quite well. Due to my good health, the doctor waived my cardiac rehab and I was off BP drugs within 6 weeks. Almost 100% and back playing my old schedule. Just get a bit tired if I have 3 days of 3 set matches. But that is just plain old age. I will see my 73rd in less than 2 weeks and treasure every day above ground.

FEATURE ARTICLES

The Gold Belles -- Alice B. Jones

By Bonnie Champion

(Bonnie is starting a series of catchups with members who are not playing as much tennis anymore.)

Did you know that Alice Jones:

- Was invited to play semi-pro softball when she was a sophomore in high school?
- Was invited to play on the men's tennis team in college, but the women's athletic director said, "No!"
- Was an electrical engineer?
- Played in her first national tournament at age 80 and won a silver ball in doubles with Mary Mentzer?
- Played mixed doubles against Belmar Gunderson in Mount Holyoke, MA in 1960.
- Played in an ITF Tournament in Barcelona, Spain in 1999?
- Still drives at age 97 and can do so for five more years?
- Has 11 silver balls and 6 bronze balls.

Women who have spent much of their lives

on the tennis courts could easily overshadow Alice B. Jones' contribution to the senior women's tennis scene. That's because she only arrived on the NSWTA scene at age 80! Even though she was introduced to the game of tennis when she was 12, Alice dabbled in many sports (softball, badminton, basketball, volleyball, archery, swimming, and skiing) as a young woman.

Alice played her first tournaments with her cousin Bill at the local country club, where they perfected their drop shots and angles. In those days, no one was trying to blast their opponents off the court. At age 18, Alice played her first adult tournament in Bridgeport, CT. After avoiding a default by five minutes, she lost in three sets to the #1 seed. It took Alice only three years to beat this woman, who also played championship badminton.

After attending Marietta College in Ohio on a scholarship, Alice followed her family to Oregon, where she planned on getting her masters in Physical Education. However, her co-workers at Machlett Laboratory (a CT manufacturer of x-ray, power tubes and Gamma cameras) convinced her to look into engineering. Upon arriving in Rosenberg, Oregon, Alice inquired about getting an electrical engineering degree. Dr. Weniger, Dean of the Graduate School at Oregon State, recommended that she major in physics and mathematics and take electrical engineering as an elective. He gave her reading material to "catch up" because she had arrived in the middle of the first semester. On account of her intelligence, hard work, plus working in the library and babysitting to pay the \$30.50 semester tuition, Alice got a Bachelor of Science in physics and mathematics.

The family moved back to Connecticut and Alice went back to work at Machlett Laboratory, where for the next 36 years she was a quality control engineer, foreman of small power tube, exhaust and test production engineer, and a safety director.

The best tennis strategy Alice ever received was from a young man who played prep school tennis: "Just put the ball where they ain't!" That's what she did when someone fell ill and she was called in to play with the Florida 75 Intersectional team. She also wishes that she'd heard about NSWTA when she retired at 62 rather than at 80 when Mary Mentzer invited her to play doubles at the indoor tournament in Cincinnati.

Alice first tore her rotator cuff in the 1950s and totally destroyed it in the 1980s; however, she developed a competitive underhand serve that



Alice Jones

allowed her to stay in the game. She actually played tennis for 50 years with a defective rotator cuff and 20 years with no rotator cuff. She had her right hip replaced in January of 2007 and she was back hitting the ball against the wall with no problem. It was the replacement of her left hip that took her out of the game. During the surgery, “they had difficulty breaking the joint which ruined my back and balance.” No more tennis. The last time she played tennis was in December 2006. She now uses a walker or cane. But this has not kept Alice from doing hip exercises every day, walking to visit neighbors, handling the trash and recycling bins, and walking to get the mail at her residence in Melbourne, Florida.

Alice smiles as she recalls how much fashion has changed in the world of women’s tennis. “When I started playing tennis in 1932, the dresses were long. Now some of the outfits look like the tank suits we used to wear in the pool. Also, the color of the outfits is a distraction.” Alice believes that television has ruined a lot of sports. “Everyone thinks they have to jump around when they have done well. And vocalizing has gotten out of hand.” Too often she has witnessed players who would qualify for a “hog-calling contest.”

Over the course of her life, Alice has met many people who have influenced her game. Her only regret is that she did not keep a log of the names of people she’d met on the courts and the places she’d been in her tennis career. Back then, she did not know that her memory would be so fragile.

Alice is thankful for television so she can watch her favorite TV programs and tennis, of course.

Tennis Book Reviews: Comparing and Contrasting Two Doubles Tennis Books

By Lois Harris

The Art of Doubles – Winning Tennis Strategies, Pat Blaskower (1994) 133 pp.

Dynamite Doubles: Play Winning Tennis Today! Helle Sparre with Jim Schock (2012) 144 pp.

Answer true or false to these few questions to see if your doubles game could benefit from a close read of a book on strategy, positioning, court coverage, and shot selection.

1. A ball hit from the deuce court down the middle belongs to the player who is closest to the net.

2. If you are receiving serve from a team playing the ‘I’ formation, a good plan is to move a step or two closer to take the return.
3. Home base for a volleyer is two steps from the net.
4. At the net, you should aim to be side by side with your partner.

The Art of Doubles (ART) covers topics such as choosing a team, communicating on court, court position and shot selection, poaching, net control, roles on the court, and other intangibles such as mental toughness and flexibility. The foreword includes the ten most misguided statements about doubles.

Dynamite Doubles (DYNAMITE) deals with court positioning, zones of the court, roles on the court, high percentage tennis, service location, shot selection and partner selection as well as intangibles such as motivation and anticipation. Forewords by Rosie Casals and Vic Seixas add motivation.

As you can tell by the descriptions, there is significant overlap with not too much disagreement. *ART* relies on a “wall axiom” to visualize court positioning. *DYNAMITE* adds to that positioning discussion by breaking the court into the defense, transition, offense and attack zones—a useful way of understanding your role and shot selection in the various zones. Both books discuss the ideal doubles team composition with minor variations and subtleties. *ART* says that each team should have a setter and a hitter. *DYNAMITE* refers to the same roles as the workhorse and terminator.

Both authors are tennis players and teachers, and the books are organized and summarized to make them easy references. I found the *ART* book easier to follow initially, but the *DYNAMITE* book had some extra nuggets if you were willing to dig through the later chapters.

If you answered false to all four quiz questions, you probably have more than a few gold balls sitting on a shelf. If you were unsure of the answers, perhaps one or both of these classic books is for you. In question #1, both books would agree that the ball from the deuce court down the middle belongs to the player on the diagonal from the ball. In question #2, good advice playing an active poacher in the ‘I’ formation is to back up a step or two to return service so that you can read what is happening on the other side. In the third question, both books generally agree that two steps from the net is too close to be your home base or your offense zone. *ART* says that the neutral or home base position is two steps behind the center of the service box, which corresponds roughly



Lois Harris

to the wedge-shaped offensive court position of *DYNAMITE*. The fourth answer is that there should be a distance between partners based on the ball that has been hit and one should be lagging behind the other at the net to aid in covering lobs. According to *DYNAMITE*, partners should aim to be in the same zone with the implications therein.

Various editions of the books are available at resellers and on Amazon for print and e-readers. It is a testimony to their popularity that they still command relatively steep prices given their initial copyrights.

May reading them add both *ART* and *DYNAMITE* to your doubles tennis!

TOURNAMENTS

Les Grandes Dames at BallenIsles

Palm Beach Gardens, Florida

January 18-22

Overview

by Elly Leary

This year marked the 24th consecutive year that the BallenIsles Country Club has hosted a Les Grandes Dames tournament for senior women 40 -80. As always, attendance was great. 140 participants came from all over: New England, New York, Mid-Atlantic, Southern States, Missouri, California, Arizona, Europe, and of course, a sizable delegation from Canada. Florida's weather in January can be downright chilly and windy, but this year the skies were bright and the sun was out --a situation players, organizers and officials all long for.

But solid competition is not the only thing one expects when playing at BallenIsles. Tournament director and BallenIsles Tennis Director Trish Faulkner is known for hosting a phenomenal Player's Dinner. This year was no exception. There was keen competition for the "best dressed" in this year's Neon theme. Team Canada had a strong showing with their matching neon yellow ski-hats (what else?). But Ellen Goodman and Carol Clay stole the show with their matching outfits and flashing neon gloves (yes, you read that right).

Unfortunately, next year BallenIsles is beginning some renovations to the Club. As Trish Faulkner reported, it will mean that for next year at least, the tournament must be held elsewhere. Trish is currently in conversation with the Polo Club in Boca Raton, Florida, but nothing is yet firm.

Results

40 Singles:

Sophia Ronan

40 Doubles:

Andrea Piski
and Jenny Klitch

50s

by Monica Salazar

Life stages.... barely reach the age to watch rated R movies, then you hit legal drinking age and finally you're old enough to play 50s.... ha ha! So nice that we all have to age a little at a time while enjoying tennis. While some have retired from their careers and set out on new life adventures others are enjoying additional court time. Each day new acquaintances shared stories of past matches or silly giggles and stories from previous tournaments. It is awesome to see that competition at this stage is fierce and can sometimes consume more of our energy than our bodies can cover. But my favorite moments are the unorthodox miss hit winners that make those on and off the court laugh and break the seriousness of competition. It was great to play in warm sunny weather at a fabulous location!

Singles Finals: #1 seed Shelly Works def #4 seed Terri Gaskill, 5-7, 7-5, 1-0 (ret). #3 seed Renee Tharpe def #2 seed Erin Boynton for third place, 0 and 1. Terri Thomson won the Consolation.

Doubles Finals: #4 seed Jones/Klitch def #1 seed Hollman/Works, 1 and 3. #5 seed Bottinelli/Florin def #2 seed Gaskill/Neuthaler for third place in a walkover.

Boyer/Boynton won the Consolation.



Klitch, Piski, Myslivecek, Ronan



Shelly Works



Erin Boynton



Terri Thomson



50s Gaskill, Neuthaler



50s Susan Boyer

60s

by Barbara Beck Squires

This year's Grande Dames Tournament in BallenIsles was dramatic and exciting as ever, so when asked to write about the 60s singles and doubles, I was flattered and honored. Not only did I watch the matches with the new eyes of an amateur sports journalist, but I had great fun meeting new and interesting people whom I normally wouldn't have an opportunity to talk with.

As always, the competition was fierce. I had the pleasure of watching Diane Barker, the #1 seed, meet Patty Hirsch in the 1st round. Diane glides around the court using penetrating shots and precision from both sides.

Patty commented how thrilling an experience it was to play Diane. Carolyn Nichols, the #2 seed, met Diane in the finals on a hot and windy day. Diane walked away with the win, but watching both of these women compete was poetry in motion.



60s Diane Barker, Carolyn Nichols

Frances O'Sullivan #5, with her backhand slice, is a fierce competitor. Frances had a 7-year hiatus from tournaments but has been tuning her strokes the last 6 months. She met another #5 seed, Janet Moseley, in a consolation match that became a real battle. Janet drove from North Carolina to compete. She showed her skills and toughness against Frances, pulling it out in 2 long sets.

Kathy Foulk had a good match against Ellen Solondz, a lefty from New Jersey. Kathy, the #5 seed, triumphed to move on and play Carolyn Nichols. The other #5 seed, Bunnie Allare, had a 3-set match against Wendy McColskey #3. Wendy, whose sisters cheered her on, told me, "It all came down to who had the remaining legs." Wendy was able to pull out the 2 1/2 hour match by winning with a drop shot.

In the consolations, Anna Greer battled neck and neck against Anita Paige to capture the win, 7-5,7-5. Anna has been playing 4 years, her husband Robert told me. Robert is a teaching pro in New Jersey who coincidentally had given me lessons 20 years ago. Elizabeth Froehling had a competitive match against Kathy Foulk in the consolation quarters to win 4-6,6-4,7-5. Elizabeth then lost to Suzanne Lippe-Siegler in the consolation semis.

The doubles was very exciting as #2 seeds Betsy Savitt and Kathy Zanon were defeated in 2 sets by Bunnie Allare and Laurie Tonnell, 4 and 4. The #4 seeds, the McColskey sisters Wendy and Dale had a close 3 sets, beating Patty Hirsch and Debbie

Rhodes 10-7 in the 3rd. Patty and Debbie, hailing from Cleveland, have been friends for 25 years. Their chemistry both on and off the court is clear to see.



60s Foulk, Neuthaler, Faulkner, Purcell, Nichols

Bunnie and Laurie then played the #3 seed team of Kathy Foulk and Abby Neuthaler. Their competitive match ended with the #3 seeds, Kathy and Abby, winning in 3 sets, 10-4 in the 3rd.

For the finals, in 25 mile per hour winds, Kathy and Abby played the #1 seeds Carolyn Nichols and Pat Purcell. Pat, who has taken a hiatus from teaching, has gotten back into playing—and has she ever! This was a competitive match, ending in a third set tiebreak, with the #1 team of Nichols and Purcell pulling it out 10-6.

Finally, my doubles partner Shula Feuer and I had a fun tournament, losing in the main draw to the #1 team and losing in the consolation to the #2 team. But according to yours truly, we won in the best-dressed team category!

70s Singles: Carol Clay; **70 Doubles:** Betty Wachob and Charleen Hillebrand

80 Singles: Inge Weber; **80 Doubles:** Inge Weber and Dorothy Wasser



70s Clay, Faulkner, Wachob



70s Hillebrand, Wachob, Kimball, Delfausse

ASICS World Tennis Classic

Rancho Mirage, CA

January 21-29

40s

Amy Alcini fared well in this 9-competitor draw, with a walkover, a 2 and 2 win over Michele Heine in the semies before losing in the finals to first-seed Millie Yablonicky 4 and 2.



mixed 40s winners/ Jesse Ponwith, Tracie Currie



40s Amy Alcini

50 and 55s

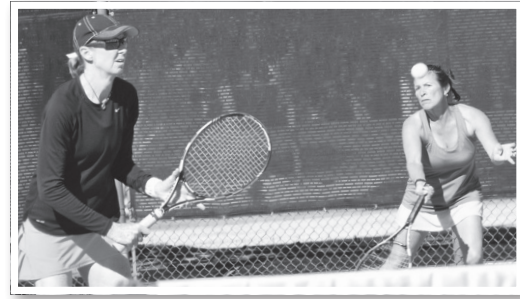
by Kathy Vick

The ASICS World Tennis Classic was held at Mission Hills, which is a beautiful facility in Rancho Mirage, Ca. I competed in the tournament when I was a youngster (in the 50's, ha) but have not been back in awhile. I had forgotten how amazingly beautiful the area is. By the time the 50's and 55's started, the weather was just perfect. I guess the age groups that played early in the week were not so fortunate as they had cool temps and torrential rains. We enjoyed sunny, calm days and the temperature made it to the mid 70's each day.

Again, the venue is amazing. There are mountains everywhere and some are snow capped which was nice to see. The courts are surrounded by palm trees, well kept green grass and beautiful flowers everywhere. In addition, the courts, clubhouse, pro shop, dressing rooms are in fantastic shape.

I did not get to see any 50's matches but the results were as expected. #1 seed Nathalie Herreman-Bagby only lost 5 games in all of her matches combined. She defeated #2 seed Vicki Cosio in the finals. The 50's doubles draw was a round robin and Nathalie teamed up with Alissa Finerman and they won all three matches played, losing only 4 games total.

In the 55's, the seeds did what they were supposed to but there were some long matches along the way. #1 seed Tracy Houk won her quarterfinal and semifinal matches by a score of 6-2, 6-2 in both matches and each lasted between 2 and a half to 3 hours. She played Ana Tessadro and Tracey Thompson. I was seeded #2 and had a long and



55s Vick, Houk

competitive match with Phyllis Zilm in the semis, 6-2, 4-6, 6-1. Tracy Houk and I played for 3 and a half hours in the finals. I had a 6-4, 4-2 lead but Tracy is a warrior and just seems to find a way to win the last point when she competes. We took an hour break and then faced Tracey Thompson and Lucia Romanov in the doubles finals. It was a very good match and Tracy Houk and I prevailed 6-4,6-3.



55s Thompson

60s and 65ss

by Leslie Airola-Murveit

Unusual desert rain canceled the first two days and forced an alternative format for the first two rounds of singles to make up the time. The 60's singles draw consisted of 12 entrants and included a number of strong players from Colorado, Canada, and Arizona in addition to Nor Cal and Southern Cal. When play resumed, matches began with the score 2-2, no ad scoring and a 3rd set tiebreaker. Unseeded Colleen Clery Ferrell, new to the 60's this year, defeated 3rd seeded Andrea Barnes in the quarterfinals in a nail biting well-fought battle. Both players approached the net at strategic times and executed volleys and overheads beautifully. After each had a couple of match points, Colleen prevailed in the tiebreaker 14-12.

In the semifinals, first seeded Susan Wright, also new to the 60's this year, defeated Colleen Clery Ferrell 6-2, 6-1. In the other semifinal, Leslie Airola-Murveit defeated Sherri Bronson 6-4, 6-0. Leslie had defeated Vicki Schlappi in the first round and Sherri ousted Ginny Beneke. In the final, Susan took the offense with deep and well placed groundstrokes and serves, defeating Leslie Murveit 6-0,6-4.



60s Wright, Airola-Murveit

Doubles play was delayed by two days due to rain and scheduling conflicts with mixed doubles. Nine teams entered doubles and the four seeds advanced to the semi finals. First seeds Susan Wright and Tina Karwasky overtook third seeded Leslie Murveit and Andrea Barnes 6-0, 6-1 and second seeds Robin Harris and Jackie Heston defeated fourth seeded Sherri Bronson and Una Davis, 6-3, 6-4. Unfortunately the final wasn't played due to Wright/Karwasky conflicts with the delayed schedule and Heston/Harris received a walkover.

A silver lining to the rain delay is that many of the players ages 60 and over stayed at the tournament until Friday and were able to attend the annual dinner party at the Mission Hills Country Club on Thursday night. Usually the 60 and over age groups finish play on Thursday and miss out on the fun dinner with music and dancing. In addition, the storm brought plentiful snow to cover the San Jacinto and San Bernardino mountains, creating a backdrop for beautiful sunsets.

In the 65s, only six women entered the singles, but they hailed from afar - Texas, Canada and Oregon. Michelle Hall from Ontario, Canada, beat Susan Thurber 6-2, 6-2 and Catherine Billecci overtook Yolanda Therrien 6-1, 6-3. In the semi-finals, second seeded Kathy Barnes defeated Billecci 6-0, 6-1 and first seeded Karwasky beat Michelle Hall, a cup team player for Canada, 6-1, 6-1. Karwasky then defeated Barnes 6-1, 6-3 in the final. Barnes succeeded in keeping Karwasky away from the net in the second set, resulting in a better-matched set.

In 65 doubles, nine teams competed and snowbirds arrived from Canada, Illinois, Colorado, Michigan to participate (plus one from Hawaii). Unfortunately second seeded Kathy Barnes had to withdraw from doubles due to family conflicts, but her partner BJ Graves was able to substitute in Pamela Larson. Unseeded Canadians Michelle Hall and Janice Holloway, an experienced doubles team having competed in several cup teams for Canada including in San Diego, France, Turkey, Finland and Spain, fared well. They are spending a couple of months in the desert and are taking full advantage of practice opportunities. They ended up winning the tournament, defeating second seeded Graves and Larson 6-7, 6-3, 6-3 in the semifinals and then overtook first seeds Ann Stanley and Kathy Bennett 6-2, 6-1 in the final. Stanley/Bennett had defeated Bellicci/Selkey in the semi-finals 6-4, 6-0.

Thanks to Ed Trost and Jayne Robertson for their hard work, especially the overtime this year to reschedule matches. A two-day rain delay is unusual in the desert and they did everything they could to remain flexible and to complete as many matches as possible.

70 and 75s

by Mary Alice Pisani

The desert got two days of needed rain and Rancho Mirage got some extra sales tax revenue as women tennis players in the 2017 ASICS tournament met each other while shopping for two days instead of playing each other. When play did begin for most players, the modified format added some pressure by shortening match times. Cathie Anderson won her first 75's singles title, however, without much pressure, only losing 7 games in 3 matches. Teri Eggers was runner-up after beating #2 seed Nanda Fischer in the semis. Cathie paired with Liane Bryson to win 70 doubles by only losing 5 games in 2 matches after #2 seeds Peggy Andry and Carolann Castell had to default in the semis. In 75 doubles, Dori Devries and Roz King reunited to win the title over Sheila Palmer and Jane Pang who beat #1 seeds Katie Koontz and Diane Willauer in the semis. In 70 singles nearly every match was closely contested in a very even field. Mary Alice Pisani survived 3 close matches, defeating Carolann Castell in the final when she was forced to withdraw in the third set. Many of us returned home later than expected with some new clothes and good memories of a winter break in the desert.

80s

by Janet Hubbard

Rain, Rain, Rain, was on the menu for the first few days! Once it cleared up, what a spectacular view: snow-capped mountains in the background, beautiful tennis courts in the foreground, and plenty of wonderful tennis players. What a facility! The tennis scheduling got a little tough with the rain throwing everybody for a loop, but with the fantastic efforts of the staff, and especially the director Ed Trost, the tournament moved on. The 85's went into a round robin format where Janet Hubbard defeated Liz Harrison 6-3, 6-2 in the finals. It was a great match! We appreciate Liz coming from all the way from the state of Washington and hanging through the rain delay. Thank-you Liz! Once a match was finished, well it rained again! Even though it rained a lot making this tournament a challenge, through Ed's passion and professionalism the tournament was a big success. See you all next year.

In the 80 singles, Roz King defeated Dori Devries in the finals, 6-3, 7-5.



85s Liz Harrison and Janet Hubbard

National Mixed 50, 60, 70 Hard Court Championships

Mission Hills Country Club, Rancho Mirage CA

January 21-29

At the same time as the ASICS, Mission Hills hosted three national mixed doubles hard court championships. The results:

50s

Jennifer Lyons and Patrick Crow won Gold Balls in a match against first seed Mary Gunset and David Bushnell, 6-3, 6-2. Michele Saunders and Frederick Lageman took the Bronze as a result of a default by Una Davis and Brett Buffington.

60s

After dropping the first set, Susan Wright and Kurt Chan prevailed over Tina Karwasky and Ross Persons for the Gold Balls, 3-6, 6-1, 6-0. Fifth seed Andrea Barnes and Brent Abel scrambled to beat fourth seed Jackie Heston and Tom Rettenmaier for the Bronze, 5-7, 6-3, 7-5.

There was a small army of NSWTA members who played in this tournament: Sue Sprague (playing with husband Todd), Sherri Bronson (with Victor Aguilar), Robin Harris (with Kevin Kearney), Julie David (with Bill Matthews), Heather Fiscalini (with Salvatore Dellabarca) who got to the finals of the backdraw, Colleen Clery Ferrell (with John Lyons), Ann Stanley (with husband Andrew), Kandy Chain (with Stephen Ward), and Kristen Padberg (with David Bowman) who got to the semies of the backdraw. It was obviously the place to be last January!



60 mixed Bronze winners-- Andrea Barnes and Brent Abel with Tournament Director, Ed Trost in middle

70s

The seeding was darn good at this tournament as #1 seed Linda Bucklin and doubles partner Frank Zebot

defeated #2 seed Judy Louie and Dean Corley in the finals, 4-6, 6-2, 7-6. Third seed Andy Polisky and John Popplewell won the Bronze over #4 seed Jane Pang and Tad Yukawa, 7-5, 7-6.

Lurline Fujii and Louis Ramirez won the backdraw, beating Carmen Almodovar and Bud Simrin in three sets in the semies and then Abbott and Abbott in the finals.

Other NSWTA-ers in this tournament: Teri Eggers (with Bob Randolph)

Crawford Cup –Les Grandes Dames

Fort Lauderdale, FL

February 1-5

55s

by Terri Thomson

The 55's draw at the Crawford Cup was filled with very talented players. There were a lot of tough matches starting with the first round all the way through the main draw and the consolation. Ann Clark had a great tournament starting with a win in the first round, beating Sally Zasloff 6-4 in the 3rd, then upsetting the #4 seed Sally Smith. She continued to play great tennis and beat Gail Warden 6-3, 7-6. Fortunately for Ann but not fortunate for Fran Chandler, she received a default due to an injury to Frans's knee. Let's hope Fran has a speedy recovery. Other great matches in the 55's were Kathy Foulk's win over Tami Bass 7-5, 2-6, 6-3 and Gail Warden's win over Suzanne Lippe-Siegler 6-7, 6-2, 6-4.

Carolyn Nichols ate up the bottom half of the draw, meeting Susan Boyer in the semis. Unfortunately Susan had to default at 6-3, 2-1 due to a foot injury. Carolyn ended up winning the finals over Ann Clark 6-0, 6-3. Everyone had great matches and enjoyed all the good tennis.

The consolation draw was also filled with great matches like Sally Zasloff beating Sally Smith in the 3rd set super tiebreaker 10-8 and beating Suzanne Lippe-Siegler 10-7 in the 3rd set super tiebreaker. Tami Bass ended up winning the consolation against Meg Barclay in another super tiebreaker. What a tournament!

The 55 doubles was even more exciting than the 55 singles. All of the seeds progressed as expected to the semis. The #1 seed Kris McDonald-Kathy Zanon had an amazing 3 set nail biter against the #4 seeds Susan Boyer-Abbi Neuthaler 6-4, 5-7, 7-6(5) in the semis. On the bottom #3 seeds Ligia Bottinelli-Mary Ginnard outlasted #2 seeds Carolyn Nichols-Pam Cooke 6-1, 4-6, 6-4 in another extremely close match.

"I have never experienced another tournament that there were so many close matches..."

For the finals, there was a very nice crowd watching an amazing display of angles, lobs and crafty play with Bottinelli-Ginnard winning 6-3, 6-7(3), 6-3.

I will say that I have never experienced another tournament that there were so many close matches and so many players having so much fun with fellow competitors and friends.

65s

by Sue Bramlette

We had a beautiful week of weather in Ft. Lauderdale. The tournament was extremely well run by Margy Edmunds and a stellar tournament committee. Thank you so much! The tennis was of excellent quality as well.

In singles the seeds held up all the way through the draw of 18 singles players. Carol Clay won in three sets over Simmy Pell. I enjoyed playing a new competitor from Montreal named Helaine Kliger.

In the quarters, the top 4 seeds prevailed easily (Anne Guerrant, Wendy McColskey, Toni Novack, and Vicky McEvoy). I did not win a game against Wendy, but was able to repair the toilet in the ladies' locker room before the match, so all was not lost for the day. The semifinal match between Toni and Anne was gripping. Both players showed all-court games with consistency and preciseness. Anne won the first set in a tiebreak, and then took the second 6-1. On the other half, Vicky fought hard for 3 hours but succumbed to Wendy's smooth strokes and effortless movement 6-3, 6-3. Vicky then tried body surfing at the Ft. Lauderdale beach, but was outdone on every wave by the ever-competent plumber, Sue Bramlette. Vicky did, however, receive the Les Grande Dames Player of the Year award (for tennis!). Congratulations!!

The finals match was a beauty! Both Anne and Wendy showed very high quality shotmaking and low unforced errors. Cindy Babb reports it was the most classic match she had seen in a long time. The fans were extremely appreciative. Wendy is the Crawford Cup champion 6-3, 6-3. Simmy Pell won the consolation 6-3, 6-1 over Shula Feuer.

In the doubles, 16 teams competed. All of the matches were competitive and fun, until the semis when Cindy LePrevost and I lost to Sue Kimball/ Lil Peltz-Petow. Well, it was fun, but. Lil in particular played really, really well on her new knee. She showed us once again what commitment and hard work can do during recovery. The finals featured Cindy Babb/Wendy McColskey

defeating Kimball/Peltz-Petow 6-1, 6-1. McEvoy/Novack finished third, 7-5, 7-5, over Bramlette/LePrevost.

75s

by Susanne Clark

About our tournament director Margy Edmunds: I have known Margy on both Tennis and Platform courts. We even teamed up on occasion with great fun and gusto.

What I did not know about Margy: she is a superb tournament director. One way this showed in particular is how many wonderfully qualified people were glad to help her as volunteers. She made it look effortless. It's maybe her history as a teacher; her friendly and firm style of managing some of us benefits everybody.

There was once again a much appreciated complimentary dinner and Margy as MC had us all in stitches. A total delight.

About the tennis:

After a gentle reminder that team matches are relevant (thank you Carol Wood for tirelessly working on those details), the seedings were on the dot:

Kathy Anderson 1, Charleen Hillebrand 2, Susanne Clark 3, Sheila Weinstock 4. 14 players and only 2 matches went to 3 sets: Kathy beat Charleen in the Finals, Susanne beat Sheila for third place.

The 75 doubles only had 6 entries, and Charleen and Sheila beat Ria Graham and Carol Wood 6-3, 6-2, Charleen having miraculously recovered from the tough match against Kathy. Charleen does that.

A great week in sunny Florida.

85s

Jane Lutz defeated Rosemarie Asch in the only match of the tournament, 6-2, 6-0.

**Les Grandes Dames/
JoAnne Russell Cup
Naples, FL
February 15-19**

Overview:

by Brenda Carter

It was very exciting to have the opportunity to return to Naples Bath and Tennis Club for a competitive event. With approximately 36 very nice

“I did not win a game against Wendy, but was able to repair the toilet in the ladies' locker room before the match, so all was not lost for the day.”

clay courts, there was ample space for the JoAnne Russell Cup as well as activity for the Sanchez-Casal Tennis Academy. The Academy juniors are amazing. However, there were many very exciting women's matches in all divisions.

The tournament committee was fabulous. They made all of us feel welcome -- it was great to see some new faces in the tourney. We certainly hope we will see them at future tournaments. We feasted on a delicious Mexican dinner -- ending with a "hard to pop" piñata! Luckily, no one threw an arm out of whack trying to pop it. Julie, a volunteer, ran the tournament desk -- she deserves a special pat on the back. She was so efficient, and did everything with a beautiful smile.

Having JoAnne Russell as part of the event was a special treat. She was so approachable, effervescent and a source of encouragement for everyone. She played two feature doubles matches in the afternoons. Tournament players and club members showed up in mass to enjoy the great play. She and the entire tournament committee were fabulous and all are committed to build on what they have begun, hoping to host an even larger and better event next year (in the writer's opinion, it'll be easier to make it larger than it will be to make it better).

So thank you to the Sanchez-Casal Academy staff, the tournament committee, the volunteers and the club members for staging a very enjoyable event.

45 Doubles

Carolyn Nichols and Leslie Wargo defeated Valerie Khamash and Hillary Kuker (1 and 0) in the only match in this draw.

50s

Third seed Kris McDonald won this tournament, defeating Heather Herman, 0-6, 6-1, 6-1. Herman had upset first seed Sheila Chiricosta in the semies. #2 seed Daniela Esswein defeated Sheila in the playoffs, (1 and 2).

55 Doubles

Margaret Lumia and Ligia Bottinelli were first seeds and winners of this tournament, defeating Kris McDonald and Betsy Savitt in the finals in a three set battle, 6-4, 3-6, 6-4. Sheila Chiricosta and Patricia Hirsch won the playoffs, beating Caroline Cerniglia and Lynn Taylor, (1 and 0).



55s Savitt, McDonald with Bottinelli, Lumia

60s and 65s

by Janet Moseley

Naples Bath and Tennis Club is a wonderful place to host a tournament. The weather was perfect, the food was good and the onsite condos were convenient. My friends and I from North Carolina will be back next year.

In the 60 singles, Carolyn Nichols, the No. 1 seed dominated, not losing a game in 3 matches. In the semifinals, she defeated No 4 seed Frances O'Sullivan and in the finals Janet Moseley. Congratulations Carolyn!

Kathy Foulk, the No 2 seed, was defeated in the quarterfinals by Elizabeth Froehling in a hard fought 3 set match. Foulk recovered nicely to win the consolation



60s Nichols, Moseley



60s Foulk, Russell

finals against Margie Pettit from Charlotte, NC 6-1, 6-4. Janet Moseley, No 3 seed, pulled out a tough match against Pat Hirsch in the quarters. Pat was up 5-3 in the first set and Moseley won the next 10 games to win 7-5, 6-0. Moseley then defeated Froehling in the semis 6-2, 6-1; no small feat as Elizabeth is a tough competitor.

The champions of the 60 doubles were JoAnne Russell and Terry Solins. They defeated Foulk/Savitt in a late night 3-set match 2-6, 6-0, 6-1. Yes, that's correct-- JoAnne Russell, Wimbledon doubles champion in 1977. JoAnne is from Naples and the tournament is named in her honor. Numerous fans came to watch her play. The consolation winners were Crowley/Hostrup defeating Kinlaw/Lietz 6-2,6-1. The 65 doubles had 4 teams and played a round robin. The winners were Susan Kimball and Lil Peltz-Petow. The finalists were Milly Back and Elly Leary of Naples, Florida. Many thanks to Elly for her help with the tournament.



60s Peltz-Petow

70s

by Betty Wachob

The JoAnne Russell Cup Tournament held at the Sanchez/Casal Tennis



70s Aranow

Academy in beautiful Naples, Florida did attract a nice group of ladies. There were many very competitive matches in several age divisions. The tournament committee decided to add the 55, 65, and 75 divisions in doubles. By adding the odd divisions it made for smaller draws and this was exciting for the teams. It allowed them to play a round robin format against each of the other teams.

In the 70's division, players came from eight states and two players from Canada, so it was a diverse group of ladies who came to enjoy the tennis and the Florida sunshine. We all came ready to play but Brenda Carter came a little more ready than the rest of us.... she only lost eight games in singles. Sue Kimball played well and she made it to the finals. Brenda took control right from the start and Sue came back strong in the second but Brenda would not allow it to go to three sets. Yours truly defeated Ellen Goodman in the 3/4 playoff and it was a good match.



70s Carter, Kimball

In doubles we had some seasoned teams and Inge Weber and Rosi Fortna were playing together for the first time. Rosi



70s Goodman, Clay, Russell, Wachob, Carter

does not normally play doubles so it was nice to get her teamed up with Inge. We played them in the semi finals and they played Elly Leary and Sue Smylie in the 3/4 playoff. Ellen Goodman and Carol Clay played Elly and Sue in the semi finals to get to the finals against Brenda and myself. We had a fun match with some very good points against our good friends.

Brenda was the big winner in both singles and doubles. We will all go home and back to the practice courts and get ready for the first national tournament at Bogue in Baton Rouge. Congratulations

75 and 80

by Judy Smith

Our passionate group of fourteen 75 and 80+ year old tennis players enthusiastically welcomed the opportunity to compete in this inaugural Naples event. We're not sure anyone of any age group can top Fay Martin's endurance and passion. She played 7 matches in 3 days including 3 matches on the last day and then happily got on a bus for the 24 hour trip back to her

home in Oak Ridge, TN! Proud of you Fay and happy to have you on the 80s roster.



70s Vera Konig, with 80s Fay Martin, Dorothy Wasser, Burnett Herrick

Also in the 80s Burnett Herrick and Dorothy Wasser won the doubles championship without losing a set and Inge Weber won the singles but not before Carol Wood competed valiantly to win the first set from her 7-6. Other tight matches saw Dolores Beck win a 3 setter 7-6 in the 3rd set.

Our eight 75 year olds played a round robin with Sylvia Will and Catrina Poindexter winning a tight doubles match 3-6, 6-4, 6-3 and Michaelin Watts and Judy Smith winning 6-4 in the 3rd and final match for first place. The team of Laura Baetz and Dorothy Salski had to default due to injury but Carole Sue Remley and Flo Malizola competed aggressively in two very competitive 3-set matches. For Flo this was her first time playing in a National tournament. Welcome Flo. Come back. The odd years only played doubles which worked out very well.



80s Smith, Wood

ITF/Young Seniors Cup Team Championships

Cape Town, South Africa

March 19-April 1

By Carolyn Nichols

The "Young Seniors" (35, 40, 45) World Team Championships were held in March in South Africa on hard courts in Cape Town. The USTA selected the teams' players based on tournament play during the two years prior to the selection cut-off date. The first three days of the



Court Cup--Hilliard, Spence-Nasim, Dawson, Cass

competition involve round robin play. The next three days are used to determine the Cup winners and placement of the remaining teams. Julie Cass (Austin, TX), Jennifer Dawson (Carlsbad, CA), Debbie Spence Nasim (Carlsbad, CA, captain) and Nancy Hilliard (Corpus Christi, TX) represented the USA on the Margaret Court Cup team for women 45 and over. The USA was seeded #5 and drawn into the group with #4 Germany, Netherlands and Argentina. The USA played Netherlands on the first day and beat them 2/1 behind wins from Dawson at #2 singles and Cass/Spence Nasim in the deciding doubles.

The USA Court team beat Argentina and Germany 3/0 to win their group. That put them into the semis against top seeded Spain. Spain swept the singles to clinch the win. USA won the doubles point. That put the USA into the playoff for bronze against France on an extremely windy day. Dawson won a protracted three-set battle against a very consistent opponent whose moonballs and lack of pace were effective in the sunny, windy conditions. Cass then fell in two tight sets to the French #1. After a short break, during which Hilliard warmed up Spence Nasim (who had been sitting on the bench, coaching, for hours), Cass/Spence Nasim won the doubles point and the bronze. Cass commented that it was the happiest she'd ever been to win a bronze. It was a true team effort. Spain won the Court Cup.

The USA Lenglen and Young Cup teams also played Netherlands on the first day and both lost, scuttling their chances for a medal.

The Lenglen Cup team members were; Julie Thu (Austin, TX), Kaysie Smashey (San Angelo, TX, captain), Yulia Bolotova (Philadelphia), Katja Kovacic (Brookfield, W). After falling to the Netherlands on the first day, they beat Canada 3/0, Great Britain 2/1 (with Smashey and Thu winning the singles points) and Ireland 3/0 to finish fourth. France won the Lenglen Cup.

The Young Cup team members were: Fanny Gamble (San Rafael, CA), Simona Bruetting (Highlands Ranch, CO), Millie Yablonicky (Encinitas, CA) and Tracie Currie (Ventura, CA). The



The Lenglen Cup: Thu, Smashey, Bolotova, Kovacic



Young Cup team, Gamble, Currie, Yablonicky, Bruetting

team lost 2/1 to Netherlands, then beat Argentina 2/1 and Turkey 3/0. In the 5-8 playoff, they edged Germany 2/1 with Yablonicky winning at #2 singles and combining with Currie to win the doubles, and fell in the 5-6 playoff 2/1 to South Africa (who swept the singles). The USA finished 6th. France won the Young Cup.

No USA women players stayed for the individuals; instead most took advantage of the location and went touring in the Cape Town area and/or went on safaris. South Africa is a beautiful country and Cape Town is lovely. It's worth a visit.

National Women's 35, 45, 55, 65, 75, 85, 90 Clay Courts

Houston Racquet Club, Houston, TX

March 27-April 2

35s

This was an all-Texan tournament, testament to the difficulty this age group has in getting away for a tournament and to the deep strength of talent in the state. Why go out for hamburger, when you have steak at home?



Lang, 35 Bronze winner Zerdan

First seed Julie Thu beat #2 Kaysie Smashey, 6-4, 4-6, 6-1 in the finals. Third seed Patricia Zerdan beat Erin Arnold for the Bronze, 0 and 0. Smashey and Thu teamed up to win Gold in the doubles, beating Tammy Morris/Jennifer Toney in the finals, 6-2, 6-0. Correne Loeffler/Masha Phillips won Bronze.

45s

by *Andrea Hines*

I was happy to escape any "love" sets at the All You Need is Love themed championships. As a matter of fact, despite a very strong group of 45s, I had my way with Bye, Walkover and Walkover (and got to play a few fun matches to scrap my way into the consolation finals where the hard courts and Theresa Merklin's howitzer shots got the best of me).



45s Hines

Houston Racquet Club pulled off another fantastic tournament despite some weather challenges. When I wasn't beating a Walkover or losing to a Bronze Baller (congratulations Tosha Smith!), I enjoyed watching some great 45s tennis.

I missed seeing Silver Ball winner Amy Alcini play because she was always off the court so fast, but I did have the pleasure of watching the singles champion, Tangerine Manning, play an exciting match against Nora Harrison. Nora gave her best, but it is tough to beat a woman who looks just like Caroline Wozniacki, but even more buff.

On the doubles front, my partner, Sheri Lingnau, and I put up a respectable fight against Pam Cooke and Kim Lackey (Silver Ball winners) for a ticket straight to the consolations. My favorite 45s match was watching Pam and Kim play Abbi



45s dubs Guszak, Graham (Bronze), Burris, Neuthaler

Neuthaler and Liz Burris in the semis on center court. Now those ladies know how to play doubles. I never got the chance to see the champions, Tammy Morris and Jennifer Toney, play; but maybe I will if they "come down to Charleston y'all".

55s

by Vicki Buholz (with Marianne Caplan)

The start of the Senior National Clay Court Championships was a bit disconcerting for me. My doubles partner, Marianne Caplan and I arrived in Houston on the Saturday before the start. She arrived later in the day at our housing and was going to call me because I was already at the club practicing. Our housing friends told her that I had left my cell phone at their house. She then came to the club to drop off her racquets to get strung and left her cell phone on the counter in the pro shop. Upon arriving back at our housing she realized that she forgot her cell phone at the club and preceded back to the club to retrieve it and also bring me my cell phone. We then drove back to our housing and I realized I had picked up the wrong Babolat racquet bag! Marianne immediately drove me back to the club to find MY racquet bag and drop off the mistakenly taken bag! By this point we didn't know whether to laugh or cry. Luckily the lady in 65's was still warming up and hadn't noticed. At



55 consies Caplan, Buholz, Vick, Neuthaler

least I wasn't frantically looking for my sunglasses that were on top of my head or searching for my phone while talking on it, which I actually have done on several occasions. Welcome to Senior tennis!!!

The Singles draw was loaded with top players from all over the nation. The competition was intense. Three of the four quarterfinals matches went to three sets, however the match deserving the most attention was in the semi-finals. Both Gayle Prejean from Texas and Tracey Thompson from California had a very impressive tournament defeating the number two and three seeds respectively. Watching the match was a bit stressful, and I am surprised I have any fingernails left. Thompson and Prejean's match was determined by a few points as Thompson pulled out a win in the third set tie breaker.

I had worked my way through my half of the draw to meet Tracey Thompson in the Final. I was trying my best to stay calm and collected. On my way to the court, I was transported by golf cart from the entrance of the club to the courts, due to the construction, as every other tournament participant. My driver was "Barney Oldfield". I was hanging on for dear life, praying that I would survive as "Barney" hightailed around a corner and over two very big road bumps. I'm quite amazed that I survived. I was fortunate to have won the Gold Ball in singles. After winning the first set 6-0, and up 5-3, with two match points, Tracey made an impressive comeback to force a second set tiebreaker. Erin Boynton won the bronze in another three set battle against Gayle Prejean. Ann Whitney won the FIC when her opponent, Cynthia Johnson, withdrew due to injury when she was down 1-6, 0-1.

The women's 55 doubles was as deep as the singles with doubles specialists, Pam Cooke, Kim Lackey, Margaret Lumia, Abbi Neuthaler, and Una Davis competing. The dynamic duo of Cooke and Lackey both from California defeated Johnson and Prejean from Texas in a tight third set in the semis and cruised through to capture the Gold over Thompson and Davis who received the Silver. Johnson and Prejean went on to take the Bronze over Boynton and



55s- (bottom, left to right) Lackey, Cooke, Boynton (top, left to right) Vick, Neuthaler, Pellow, Lumia

Lumia in a couple of tight sets and Marianne and I defeated Vick and Neuthaler for the FIC title. I am sure there are a lot of resting bodies this week keeping the massage therapists in business.

This tournament continues to be a favorite as Sue Bramlette, Harriet Hulbert and their tournament staff do a phenomenal job in organizing and keeping it running smoothly. The players are so appreciative of the wonderful breakfast and lunch provided every day. Also, the club members are very understanding and supportive. Definitely need to calendar it for next year!

65s

by Marie Allman

As I'm sitting here in rainy San Francisco I can remember with delight our wonderful sunny week in Houston. This tournament offers all from numerous clay courts and Texas hospitality to tough competition and a flawless organization. It's a "must play" tournament.

As I was busy playing I also got to watch much excellent tennis. Tina Karwasky played flawlessly from the baseline and won the Gold over a new but experienced player Wendy McColskey 6-3, 6-0. The Bronze was taken by Anne Guerrant, another impressive player with lots of net in mind. She beat Vickie McEvoy (6-3,6-4), who rarely gives up a point.



65s McColskey, McColskey (Gold)
with Kirkland-Cochran, Karwasky (Bronze)

In doubles Wendy McColskey and sister Dale brought home the Gold winning over Hahn/McEvoy, a seasoned team with a long history (6-4,3-6,6-0). The Bronze was won by Karwasky/Kirkland-Cochran and I unfortunately missed those two matches. Tina/Jan won over Bramlette/Stanley 6-2,6-1 for 3rd place.

Barb Hubbard, Barbara Starnes and I get medals for the most 3-set matches in the singles and doubles— usually against each other. It is very tough to finish a point on clay. The first day I followed my first-round singles three-setter loss to Barb Hubbard with another three-setter win with partner Pam Simons against Connell/Rush from Texas. Pam and I then lost in a three setter against Ann Eaton and Barbara Starnes in the backdraw after Barbara Starnes had lost to Barb Hubbard in three that morning. All in all there were so many good players gathered in Houston with much experience—it's rewarding to be

in that kind of company and I have made lifelong friends—the biggest bonus!

75s

by Robbie Ralston Dimond-Stonesifer

The theme for the 2017 National Clays in hot and humid Houston was the Beatles' song: "ALL YOU NEED IS LOVE". Everyone experienced Southern hospitality with 'LOVE' being shown by the warm and welcoming staff and tournament committee at the Houston Racquet Club. In the 75's, a sparkling new team arrived and 'Sisterly love' was shown by two beautiful blonde Texan sisters, Paulette Newman and Runette Benbrook. Entry into the tourney was a 75th Birthday gift—and they won a few matches too! These charming ladies exuded love of the game and they cheerfully played tennis and were so kind to one another and gracious to their opponents. Okay! Love in the positive sense. Love as a negative? Tennis began in the French monasteries, so they say. L'ouef was the French word for goose egg or ZERO in the scoring when you had no games and the only thing keeping you going was 'Love of the game.' Many of us experienced that version of LOVE when trying to get even a few games from the top seeded players like Hillebrand or Anderson.



75s Sung, Dimond, Langer, Clark



75s Miller, Eggers



75s Jenkins, Woo

The results:

75 SINGLES: Gold for Charleen Hillebrand over Cathie Anderson 6-2; 6-3

Semis: Hillebrand d. Susanne Clark 3 & 1 Anderson d. Suella Steel 2 & 1

¼ playoff: Steel d. Clark 3-6; 6-2; 6-1

Consolations: Terri Eggers d. Ria Graham 3 & 2

75 DOUBLES: Gold to Hillebrand /Steele d. Anderson / Sheila Weinstock 3 &0.

Semis: Anderson/Weinstock d. Clark/Kathy Langer
 1 & 3 Hillebrand/Steel d. Dimond/Sung 2 & 0
 ¾ playoff: Clark/Langer d. Dimond/Roberta Sung
 4-6; 6-3; 6-1

Consolations: Grace Woo/Dorcus Miller d. Kathie
 Meyering/Jeanette Tubbs 6-4; 2-6; 6-2 on a rainy
 Sunday indoors.

Yes we love how HRC has the best-managed
 tournament of the USTA Cat. 1 circuit. The “love of
 the game” was demonstrated by the large field of
 players. There were 32 entries in the 75’s singles and
 24 teams [48 youngsters] in the doubles. That shows
 lotsa Love for this sport of a lifetime.

85s

by Jane Lutz

Aging into the “Eighty-five and Still
 Alive” division of the USTA National Clay Court
 Tournament held at the Houston Racquet Club
 were several members “new” to the age group.
 They include Irene Bretzel, Margaret Canby, Lucille
 Kyvallis, and Carolyn Shumake.

Out of the seven competitors entered in the
 singles play, Kyvallis captured the Gold Ball, Canby
 won the Silver, and Jane Lutz finished with the
 Bronze. Janet Hubbard, who finished fourth, was
 awarded a unique silver tray.

In the consolation play, Bretzel topped the
 other opponents, Elizabeth Harrison and Louise
 Russ, and also was awarded a silver tray.

Entered in the round robin doubles division
 were five teams. Canby and Angela Ray won the
 Gold, followed by Joyce Jones and Carolyn Shumake,
 who took home the Silver. The Bronze was awarded
 to Betty Cookson and Rita Price, who were playing
 down from the nineties since they were the only
 entrants in that division. The other two teams
 included Jane Lutz and Pat Wiedenmann and Janet
 Hubbard and Louise Russ.

At eighty-five and still alive makes each of
 those entrants playing in the tournament a grand
 winner!



85 and 90 Lutz, Price, Wiedenmann



85 Schumake, Jones



85s Jones, Bretzel

90s

by Rita Price

The 90 singles was a final because only
 two players came to play. Martha Smith came all
 the way from Satellite Beach, Florida, to play her
 very first National in the
 90 age division. She was
 a formidable opponent
 for Rita Price, who had
 played for the first time
 in the 90 age division last
 year. Martha was delighted
 to earn a silver ball and
 promised that like Arnold
 S. “she will be back!” Twice
 was nice, and Price came up
 with a win! Because there
 were no doubles for Price and her partner, Betty
 Cookson, they decided to play down in the 85 age
 division. It was twice for Betty Cookson when she
 and Price won on the very same court that Betty had
 played on ten years ago with Dodo Cheney and won
 that match, as well.



90s Price

The Beatle’s theme was “All You Need Is
 Love,” and once again Houston’s Board showed us
 hackers so much pampering with gourmet breakfasts
 and dinners with entertainment supreme in the
 attendance of Mickey Hobbs who belted out all the
 Beatle’s songs while we dancers got to “shake our
 booties” with abandonment!

In spite of one day’s delay with a rain storm
 and tornado warnings, the Director managed to
 catch up to end the tournament by April Fool’s Day!
 Hoorah!



85s (bottom, l to r) Russ, Ray, Hubbard, (top, l to r) photobomb by Harrison, Canby, Bratton

National 60, 70, 80 Clay Court Championships

Bocage Racquet Club, Baton Rouge, LA

April 17-23

60s

by Kandy Chain

When I left Montana to travel to Louisiana it was drizzling and snowing. Baton Rouge was definitely wet but mainly from the humidity. I haven't sweat that much since I played indoor basketball. The clouds kept the heat down to the 80's and except for a few rain delays the tournament kept on schedule and most of the finals were played by Friday.



60s O'Sullivan, Morgan

I would say that Mary Morgan played the most tennis in our division. It seemed that all the Marathon runners (I refer to them as rabbits) were on her side of the draw. In the second round she out survived Janet Moseley in a 3 set match. In the back draw she won a third set tie breaker against Ginny Beneke and then running on fumes and toe sleeves she lost a 3 set match with 3 tie breakers against Rita Giles. She, also, played a number of 3 set doubles matches and wound up winning the back draw doubles. Not bad for someone who was just recovering from Rotator cuff surgery.



Giles, Kitt

Pat Purcell had a terrific match against Bunnie Allare. Her backhand slice and speed were effective in beating the 4th seed. She succumbed to Diane Barker the next round but not before tweaking her knee. She later had to default the doubles final and her 3/4 match against Susan Wright.

In the Semis Susan Wright played some fabulous points against Carolyn Nichols, but couldn't

hang with Carolyn's determination not to make unforced errors. It was an entertaining and well played match. Susan had a quiet last day thanks to Purcell's withdrawal from the tournament. It was unfortunate because she had yet to wear her cutest outfit. Susan placed third in singles and she and Carolyn Nichols were the doubles Champions.



60s Wright, Nichols, Purcell, Allare

Diane Barker, as usual, was on point. She played each ball as if she was at a buffet. (Should I have an appetizer, dessert, or perhaps the main course.) She is trying to tease us with her knee brace, but there is no denying her domination in the 60 singles.

In doubles, unseeded Mary Jackson and Vicki Nagy from South Carolina upset the third seed Kandy Chain and Julie David. They lost in the semis to Nichols and Wright. Later they split sets with Janet Moseley and Sally Smith for 3/4. They had to complete the third set the next day because of rain and won the match. Jackson and Nagy were a very effective doubles team because they forced their opponents to play a lot of balls and were able to find the open court.



Nagey and Jackson



60s Moseley, Smith

Bocage Racquet Club put on a great tournament. The facilities were great, I recorded plenty of stairs on my fit bit, matches were on time and the lunches and dinners were tasty. I have just one thing to ponder. I did not get the crawfish experience. You pull off the head, pinch the tail, get your hands all messy, and create a pile of trash. Your reward – a micro size piece of shrimp-like meat? I am glad I don't have to work that hard for all my meals.

70s

by Lee Delfausse

When you turn 70 years old, make sure to put this tournament on your schedule: Bocage Clay Nationals where the East coast meets the West coast.

High drama became the routine in the 70 main draw singles where three 3- set matches led to three upsets. Brenda Winstead, with her cataract-free vision, prevailed over #3 Sue Kimball, 3-6, 7-5, 7-6 (5); Lesley Pixley outwitted Betty Wachob, using her new down-the-line backhand 5-7, 7-5, 7-5; and Ann Eaton out-sliced Carol Ann Castel 5-7, 7-5, 6-1. Meanwhile Brenda Carter cruised to the gold over Brenda Winstead after her opponents had exhausted each other.

The back-draw singles turned out to be a dream tournament with 5 of the 8 seeds dropping in. At the end Carol Gay prevailed over Brenda Winstead 6-2, 7-5 thanks to her fitness, tenacity and wing-span. To be noted, the back-draw semi and final players had to play two singles and a doubles each day.

In the main draw doubles finals, #3 Goodman/Clay attempted a comeback against #1 Wachob/Carter by overcoming a 5-1 deficit, only to drop the tie-break. Of course such quality tennis called for an intense consolation doubles finals. While all the exhausted competitors watched, Johnson/Gay outlasted Bryson/Taylor (10-8) in the third set tie-break.

Kudos to bionic Judy Louie who is fully back, placing third in main draw doubles and fourth in singles. Well done Judy.

In between all the drama on court, the players managed to enjoy many meals provided by the tournament: 7 breakfasts, 4 lunches, 4 dinners, including a 550 lb crawfish boil. Ed Meecham and John Srug organized a not-to-be missed event despite the innumerable cloud-bursts.



70s singles Clay (Bronze), Pixley (Silver), Carter (Gold)



Back-draw 70 finals/ Johnson, Gay, Taylor, Bryson

Rouge was the largest 80-women draw yet for a USTA National. Although, looking ahead, La Jolla may break that record. For any of you that think things get easier when you get to this age division, that would be an “alternative fact.” There were many fine players who aged up this year including the eventual singles and doubles winner Roz King. An interesting aside, when the seedings were first posted Roz was for some reason not among the seeds. Fortunately this was changed.

Roz played well during the entire event, beating Carol Wood in the semies and then last year’s winner Dori DeVries in a very close final. In the semie final, Dori won over Canadian (and NSWTA member) Inge Weber who is the current 80 world singles champion.

Inge and Kathy Langer upset #1 seeds Wood and DeVries in the semie final. They went on to lose to King and Burnett Herrick in a close final. DeVries and Wood took the Bronze over Mary John Lynch and Sheila Palmer in three sets.

In the FIC singles, Caroline Haynes advanced to the final with a surprise win over Kathy Langer. She lost to Herrick in the final in a very close match. Caroline, who moved up this year, has been playing very well. She teamed with Theo Shepherd to win the FIC doubles over Jeanette Tubbs and Cathy Kestle.

The week was not all about tennis in Baton Rouge! The club provided a number of fun social events including two lunches, several dinners and on Friday night a traditional ‘Crawfish Boil’—reminiscent of picking Maryland crabs, messy and the morsels are smaller. Some of our social events were with the men who were playing a super Cat II Championship, which started during the middle of our event. It was obvious during the week that the “Golden Girls” were enjoying themselves because we had Burnett Herrick to prove it.



80s Wood, Langer, Weber, DeVries

80s

by Carol Wood

Eighty and still standing and running. It appears that the draw for the 80s singles in Baton

NSWTA Championships

LTP, Charleston, SC

April 26 - 30

by Joan Oelschlager

The Live to Play tennis club in Charleston SC

was the site of this year's NSWTA Anne Geier Cup Cat II tournament. After several years in Alexandria, VA, the tournament found a new home here in the Lowcountry. And what a home it is.

Charleston is known as a city for its southern hospitality and this tournament was a perfect example. The Pink Ladies volunteer committee was responsible for a continental breakfast every morning with bagels, fruit, cereal, coffee of course, and pastries. At 11, the breakfast was replaced by homemade chicken salad, pasta salads, spinach salad, more fruit, corn bread, sandwich fixings, cookies the size of dessert plates, homemade brownies, and other wonderful things to choose from.

Joann Nicodemus, the wonderful masseuse and Helix rep, was on hand to take care of the aches and pains of the players. The Stretch Zone, one of the Gold level sponsors, offered free 15 minute stretching sessions for those of us with tight calves, hamstrings, and IT bands. They were busy most of the day. The players dinner on Thursday night started with donated Mira wine and cheese donated by NSWTA member Heather Fiscalini. The main meal was a wonderful southern style buffet: pulled pork barbecue and fried chicken, green beans, mac and cheese, "hash" on rice, salad and for dessert, small bites of delicious cakes from Anything bundt Cakes.

There were raffle tickets sold to raise money for a local tennis program benefitting low income area children. Everyone got in on the spirit. Raffle items included Shelby Rogers signed visors, wrist bands and tennis shoes, Dunlop backpacks, and 3 sweet grass baskets made by Cindy Babb, along with many other great items.

Combine all of this with great play in all age groups and you have a tournament you need to put on your calendar for next year. I know I will.

Results:

35s: Lizl Kotz won the round robin; Carolina Blouin was runner up.

35d: Kotz and Jessica Zaganczyk Van De Mije def Blouin and Maria Elliott 7-6(3), 6-3

45s: Charlotte Hartsock won the round robin; Andrea Hines was runner up

45d: Abbi Neuthaler and Ligia Bottinelli def Laurie Yarbrough and Maria Elliott 6-3, 4-6, 6-1

55s: Susan Love def Ann Clark, 6-3, 6-1

55d: Diane Barker and Sally Smith def Neuthaler / Bottinelli 6-4, 6-3

65s: Wendy McColskey def Vicky McEvoy 6-2, 6-3

65d: Cindy Babb and Wendy McColskey won the round robin; Vicky McEvoy and Pam Simons were runner up

75s: Betsy McColl won the round robin; Grace Woo was runnerup, defeating her doubles partner Dorcas Miller

the final day in three sets.



Herrick, Young, Clark, Raulston



Smith, Thomson, Foulk



Wood, Oelshlager, Machoian



Betsy McColl, winner of the 75s



Feuer, Novack



Charlotte Hartsock, winner of the 45s



Miller, Woo

Shots from Houston



More Photos



2017 National Tournament Schedule

Correct as of May 2017 For updates: Go to NSWTA.org and click on 2017 Calendar on the Home page
or link to USTA via www.carolynnichols.com

Date	Tournament	Age Division	Surface
January 18-22*	Les Grand Dames BallenIsles, Palm Beach Gardens, FL	30-80	Clay
January 21-29 *	ASICS, Rancho Mirage, CA	35-85 (W, M, Mixd)	Hard
	Also the National Mixed Hard Courts, Rancho Mirage, CA	50, 60, 70	Hard
February 1-5 *	Crawford Cup, Ft. Lauderdale, FL	35-85	Clay
February 15-19	JoAnne Russell Cup, Naples, FL	50-80	Clay
March 3-6	National Hard Cts, Austin, TX	30 (W, M, Mixd)	Hard
March 5-11	National Husband/Wife Grass, Rancho Mirage, CA		Grass
March 10-12	National Indoor F/D, M/S South Barrington, IL		
March 19-April 1	ITF Young-Srs World Team & Individ. Championships, Cape Town, South Africa		
March 27-April 2	National Clay Cts, Houston, TX	35-90 odds	Clay
April 17-23	National Clay Cts, Baton Rouge, LA	60, 70, 80s	Clay
April 26-30*	NSWTA Championships, Charleston, SC	35-75	Clay
May 3-7	National Husband/Wife Clay Cts, Charlotte, NC		Clay
May 8-14	National Hard Cts, La Jolla, CA	50, 60, 70, 80, 90	Hard
May 18-22	National Indoors, Western Tennis, Cincinnati, OH	35, 45, 55	
May 25-29*	Westwood Senior, Austin, TX	35-80	
May 26-29	National Indoors, Lexington Tennis, Lexington KY	30s (sgls, dbls, mixed)	
June 1-4	Senior Slams, Yale, New Haven, CT	50-75	
June 2-4	National Indoor M/D, Vancouver, WA		
June 8-12	Marin Seniors, Mill Valley, CA	35-70	Hard
June 9-11	National Husband/Wife Hard Cts, Kansas City, MO	(Open)	
June 19-25	National Indoors, Overland Park, KS	65, 75, 85	
July 10-16	National Grass Cts, Forest Hills, NY	30-80	Grass
July 16-23	National Grass Cts, Philadelphia, PA	35-85	Grass
August 2-4	National Grass Cts M/D, Chestnut Hill, MA		Grass
August 6-8	National Grass Cts F/D, Chestnut Hill, MA		
August 17-20	National Indoors, Lakewood, CO	40/50s	
August 21-26	National Indoors, Seattle, WA	60s (MW sgls, dbls, mxd)	
Sept 13-18	National Indoors, Club Green Meadows, Vancouver, WA	70,80,90	
September 25-29	National Husband/Wife Indoors, Charlottesville, VA		
Sept 25-Oct 1	National Hard Cts, La Quinta, Palm Desert, CA	35-85	Hard
October 4-8	National Mixed Dbles Clay Cts, Seabrook Is, SC	40, 50, 60, 70	
October 4-8	National Clay Courts, Palm Beach Gardens, FL	40, 50	Clay
October 8-21	ITF Super-Seniors World Team & Individual Championships, Lake Nona, FL		
October 26-30	Barbara Cooper Cup, Winter Park, FL	35-85	Clay
October 29-Nov 11	ITF Seniors World Team & Individual Championships, Miami, FL		
October 30-Nov 3*	Las Vegas Senior Open Cat II (MW50-85), Cat I (Mx 75 & 80) Las Vegas, NV		
October 30-Nov 3	National Grass Cts, Rancho Mirage, CA	90	
Nov 12-16	National Husband/Wife Hardcourts, Palm Desert CA	(combined ages)	
Nov 13 - 19	National Women's Intersectionals		
Nov 27 - Dec 3	National Hard Courts, La Jolla, CA	40 (sgls, dbls, mxd)	Hard
Nov 29-Dec 3*	Fiesta Bowl Senior, Scottsdale, AZ	35-85s (MW, Mxd)	
December 1-5	National Clay Courts, Ft. Lauderdale, FL	30s (sgls, dbls, mxd)	Clay

Bold= National Category 1 tournaments

*= Super Cat II



NATIONAL SENIOR WOMEN'S TENNIS ASSOCIATION

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If you didn't play in a Florida or California or Charleston, SC Category II tournament this winter/spring, here is what you missed!

