



National Senior Women's Tennis Association

Magazine

2017 Vol. 3

Intersectionals

Boca Raton, FL
November 13-18

The 30-year-old Intersectionals Tournament was founded by the NSWTA and at well over 300 participants is the largest senior women's tennis event in the United States. Carol Wood, then-President of the NSWTA, launched the first tournament for women over 35 and 45. Over the years the tournament added the 55, 65, 75 and 80 year old divisions. Teams are formed by invitation from captains in the USTA's 16 sections. The teams disband after a week of lively camaraderie and great tennis. The winning teams this year:

35s-Southern: Julia Dimitrov, Nanely DeMartini, Candy Reid-Harrop, Lizl Kotz, Agata Cioroch won the 1956 US Open Championships Cup won by and donated to the tournament by Shirley Fry Irvin.



45s-Mid-Atlantic: Leslie Butterworth, Alicia Rowley, Julie Ogborn, Andrea Rice, Kristen Elim won the cup donated by the Doris Hart Fund in memory of Sally Barnes Bondurant.



55s-Southern: Sally Smith, Susie Brown, Susan Love, Diane Barker, Bunnie Allare, Aimee Norris won the trophy donated to the tournament by Fran Wakefield from her winnings.



65s-New England: Bernadette Lehmann (non player), Molly Hahn, Sue Kimball, Judy Dixon, Vicky McEvoy won the trophy donated by Betty R. Pratt to the tournament.



75s-Southern California: Suella Steel, Norma Veal, Cathie Anderson, Judy Janc, Teri Eggers won the trophy donated by Jacqueline Piatigorsky to the tournament.



80s-Southern California: Barbara Oldfield, Sheila Palmer, Roz King, Barbara Milliken, Pam Mason won the trophy donated by former NSWTA President Mary Lenore Blair.



National Senior Women's Tennis Association

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NSWTA Website:

www.nswta.org
Member only login: seniortennis-beyond
Website Coordinator: Kim Mark

Send Magazine corrections to:

Pam Ellis Simons
pesimons@aol.com

Send address changes to:

Julie Gillaspie
8406 Raylin Drive, Houston, TX 77055
juliegillaspie@gmail.com



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.

Deadline for the next issue
of the NSWTA Magazine:
March 25, 2018

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Contributing Writers

- Leslie Airola-Murveit*
- Marie Allman*
- Cindy Babb*
- Andrea Barnes*
- Kathy Barnes*
- Carolina Blouin*
- Erin Boynton*
- Sue Bramlette*
- Brenda Carter*
- Kandy Chain*
- Judy Dixon*
- Burnette Herrick*
- Judy Janc*
- Lizl Kotz*
- Fay Martin*
- Carolyn Nichols*
- Rita Price*
- Angie Ray*
- Gail Warden*
- Anna Hayden Zimmermann*

Contributing Photographers

- Bonnie Champion*
- Leslie Airola-Murveit*
- Carolyn Nichols*
- Andi Polisky*
- Rita Price*
- Angie Ray*

President's Message

by Kathy Foulk



As the year comes to a close, let's take the time to reflect on the lives of all of those we have met in passing or played against. Whether we win or lose, our friends are more than likely the ones on the other side of that net. Take that extra moment and let's be thankful they came to play. Let's be appreciative they cared enough about the sport to come and support the game. Let's be grateful that our health is good as we are aging and our competitors are aging with us. We couldn't do what we do without those other ladies, our friends, our competitors. Let's be supportive and compassionate about all who play this sport called "tennis."

We have two NSWTA members who will be turning 100 next year: Marian Lowe and Vivian Schulte, who loved this game called tennis. Two other members Cecily Grange and Mary Hill will be whirling to 99. Of those whose ages we know, about one third of NSWTA is older than 77. Watch those that still play into their 80s and then win their First Ball like Caroline Haynes, reported on in this issue. Even better, watch those in their 90s like Rita Price, Joyce Vanderpol, and Betty Cookson who fought for and then played in the first 90s Grass Courts, written up by Rita later in the magazine. That is many of us in the future. I see their excitement, their wonderment and the fact that these strong women are still trying to learn, never giving up and wanting to win. I want to be like that.

I recall myself playing in the 30 Grass Courts. I was still young enough to think I could kick anyone's bum. Well, I lost a match and while sitting in the locker room, wondering what went wrong, a much older lady walked in, dejected over her loss. She was

playing the 70 Grass Courts. She threw her racquet down and said, "Damn it! I will never beat her! I have played to her all of my life!" And she continued to say, "I will die before I ever beat her." I'm thinking, hey, this is pretty harsh but I'm right there too, I had just lost. But I vowed: I'm not about to lose to the same person I just lost to the rest of my life. No way. I'll figure out some way to win. Well, here I am 30+ years later and there are still those that I haven't beaten after numerous tries. Darn! But, I love this sport and I will support this game till I say the same thing that Corky Murdock said those many years ago about her arch nemesis Dodo Cheney. My competitors are my friends for life and I'm grateful I have been given this opportunity to meet and play against such wonderful ladies. I want to play against you all my life.

The NSWTA is a place where we can grow and share as we age. We encourage players of all ages to join our organization and share in our memories and to help continue our history. We need you all to help us find them. The NSWTA's 'youth' (born in the 1960s, 70s and 80s) total only 90 members. Can we especially encourage the young to look to the future of their tennis, share their memories, and help nurture the future of women's competitive tennis while growing relationships that will last a lifetime? I was sold on that when Corky said she had been playing Dodo all her life. What is your story?

Happy Holidays,

Kathy Foulk

NSWTA President

BUSINESS NEWS

United Airlines Discount Discontinued

United has restricted the use of the discount it gives NSWTA to the point that very few if any of our members are using it. Given this lack of demand plus the reluctance of United to renegotiate, we feel this is the moment to discontinue this membership perquisite.



CONTRIBUTIONS

NSWTA Donations

Elly Leary \$100

Margaret Lumia \$200

New England 80s Intersectional Team \$100

In honor of their captain Judith Smith

NSWTF Donations

Jan Kirkland-Cochran \$50

Dorothy Matthiessen \$200

Lynn Little \$200

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.

A LOOK AHEAD TO THE 2018 ITF WORLD CHAMPIONSHIPS

Young Seniors will compete in Mendoza, Argentina April 1-6, 2018

Seniors will compete in Miami, FL in October/November 2018

Super Seniors will compete in Umag, Croatia September 16-21, 2018

In each case, the ITF Individuals will follow a week later

TAIL

TAIL IS PLEASED TO OFFER
NSWTA MEMBERS 25% OFF
THEIR ONLINE PURCHASE.

ENTER CODE NSWTA-25 DURING
CHECKOUT AT TAILACTIVEWEAR.COM

PLEASE NOTE THE DISCOUNT CODE HAS CHANGED.



CHANGES TO THE NSWTA DIRECTORY

New Life Member

Jolene Watanabe (former annual member)
9 Jarvis Creek Court
Hilton Head Island, SC 29926
(843) 368-2377
Jwatanabe00@aol.com

Barbara Pflanz (former annual member)
143 E. Palm Lane Dr.
Redlands, CA 92373
(909) 793-6106
barbara_pflanz@redlands.edu

New Annual Members

Ligia Bottinelli
26 Moor Green Ct.
Ocoee, FL 34761
(407) 970-5994
ligia@cfl.rr.com

Susie Brown
2007 Beckwith Lane
Waxhaw, NC 28173
(831) 595-7649
susiebrv@yahoo.com

Candy Doud
8925 Lake Washington Blvd. NE
Medina, Washington 98039
(425) 941-3562
candydoud@msn.com

Anne Fitzpatrick
68 Beacon Street
Boston, MA 02108
(617) 653-4929
studio@annefitzpatrick.com

Zagorka James
175 S. Delaware St.
Hobart, Indiana 46342
(219) 789-6005

Barbara Kinloch
9208 Coolidge Rd.
Yakima, WA 98903
(509) 307-8510
bjkinloch@hotmail.com

Lizl Kotz
19 Joggling St.
Mt. Pleasant, SC 29464
(843) 367-0684
Lizl.kotz@gmail.com

Alice Lewis
3867 W. Market #199
Akron, OH 44333
(330) 352-8201
Ajlewis2@kent.edu

Sue McCandless
P.O. Box 462
Jacksonville, OR 97530
(541) 690-9187
msmccandless@juno.com

Drew Meyers
216 Oakwood Drive
Lafayette, LA 70503
(337) 278-5028
Drew.meyers.sr@gmail.com

Joan Mohr
5694 Whalen Rd
Fitchburg, WI 53575
(608) 843-7166
joaniemohr@gmail.com

Aimee Norris
4820 Drakestone Court
Charlotte, NC 28226
(704) 608-7532
Adnorris1@me.com

Nell Sale
754 Camino Francisca
Santa Fe, NM 87506
(505)269-6112
ngsale@gmail.com

Hanni Seitz
914 Angelus Way
Monterey, CA 93940
(831) 236-3736
hdseitz@comcast.net

Katherine Shelburne
93 Fountain View
Durham, NC 27705
(919) 475-2662
kpschelburne@nc.rr.com

Camilla Sutherland
1410 E. Paul
Fresno, CA 93710
(459) 647-2713
c-sutherland@sbcglobal.net

Ellie Trimble
321 Robins Lane
Sparta, MI 49345
(616) 460-4143
detravelers@email.com

Judy Wiegand
9223 E. Rocky Lake Drive
Sun Lakes, AZ 85248
(626) 827-2804
wudi@earthlink.net

Sally Zasloff
400 E. 70th St. #1804
NY, NY 10021
(917) 860-8623
szasloff@gmail.com

Deceased Members:
Mary Jane Stangby
Cynthia Hunt

In Remembrance

Mary Jane Stangby

(1923-2017)

Mary Jane Stangby died August 27 in St. James, NY. She was a lifetime member of the NSWTA and donated to our cause in 2016 "in memory of Betty Eisenstein, a competitive and enjoyable person." Philip Stangby reported that Mary Jane entered the hospital on July 9 and was diagnosed with a rapidly growing sarcoma in her leg which was untreatable.

Cynthia Holt Hunt

(1934-2017)

Cynthia died July 8 in Concord, NH, after a long illness. During her years in Montpelier, VT, she was elected to various school boards; while living in Concord, she served on the school board, was a development director at a local non profit and in the 1980s was involved with New Hampshire public radio. Cynthia was a lifelong avid tennis player and was ranked in doubles in New England.



Dear NSWTA Member:

It is my privilege to serve as a board member of the NSWTA and chair one of its important fundraising events: the Silent Auction. This fun event is held during the National Clay Court Championships in Houston, late February. My objective is to obtain quality donations and you can help. If you have any connections to businesses that you think would be interested in donating, please reach out to them.

Please find the donation form below. And if anyone is interested in co-chairing or helping with this event, please contact me.

Margaret Lumia
561-374-3550 or info@studiomargaret.com

SILENT AUCTION DONATION FORM
NATIONAL SENIOR WOMEN'S TENNIS ASSOCIATION

GIFT DESCRIPTION: _____
 In-Kind Monetary Other
Value: \$ _____ Opening Bid: \$ _____

DONATION WILL BE DELIVERED VIA:
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 Bringing to tournament Needs to be picked up [®]

NAME OF DONOR: _____
(As it will appear in promotional materials)

Contact: _____
Address: _____
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—
Donor Signature: _____ Date: _____

*Please mail the donated item along with this form to:
NSWTA Julie Gillaspie
8406 Raylin Drive
Houston, TX 77055

Congratulations To:

Erin Boynton, the Tournament Physician responsible last year for the overall medical care of the WTA's Rogers Cup/Toronto tournament, was chosen to receive the World Tennis Association's Irving Glick award of Excellence. This is the WTA Sport Sciences and Medicine Department's highest honor, which is in memory of the accomplishments of Dr. Glick, the Chief Medical Officer for the US Open for over 20 years.



Erin is an orthopaedic surgeon, expert medical witness, consultant to the Toronto Blue Jays, and past-chair of the research committee for the Canadian Orthopaedic Foundation. Throughout her career as a surgeon and sports doctor, she has worked with many professional sports teams, including the Toronto Maple Leafs and the Toronto Argos, and she was the first female orthopaedic surgeon to work in the MLB and NHL. For the last sixteen years, she has acted as the Medical Director for the Rogers Cup WTA tennis tour.

Erin Boynton

Dr. Boynton has also worked as assistant professor of surgery and physical therapy at the University of Toronto, and is the co-author of over thirty academic papers. She has lectured at hospitals, universities, and conferences around the globe, and is the recipient of multiple research grants, honors, and awards, including the J. Edouard Samson Award which recognizes the best career orthopaedic research in Canada.

In addition to treating thousands of professional and amateur athletes as a doctor, Dr. Boynton is also a championship tennis player who has represented Canada on multiple World Cup teams, and is currently ranked 13th in the world in the W55 category.

Tina Karwasky won a Grand Slam in 65 singles this year. Congratulations to a real star!



Tina Karwasky

THE NSWTA Championships/Anne Geier Cup held in Charleston April 26-30 was voted South Carolina Tournament of the Year.

Youthful Rita Price, newly aging up to the 90s, got a Gold Slam in singles. She and dubs partner Betty Cookson should have won a Gold Slam in doubles (maybe USTA will say they did) as they won three of the four surfaces this year but had to play 'down' in the Clay Courts due to no competitors. Well done, both of you - you are something we all aspire to!



Rita Price, Gold Slam in the 90s, with Betty Cookson, Gold Slam doubles partner.

Wendy McColskey of Durham, NC, was named Slew Hester Female Player of the Year in the USTA Southern Section. This award is presented annually to a ranked male and female adult player in the section in recognition of their outstanding tennis performance.

Sally Smith was awarded the Pat Staley Distinguished Competitor Award, given to one female each year at the Alan Fleming Tournament at Seabrook Island SC for proven playing ability, fine sense of sportsmanship and good fellowship.

FIRST BALLS

Caroline Haynes from Maryville, TN, and one of the perennial friendly faces at national tennis tournaments, won her First Ball—a Bronze—in the 80s women's Indoor Doubles Championships, playing with Theo Shepherd.



Caroline Haynes with her First Ball

FIRST GOLD BALL

Vicky Nagy, from Hilton Head, SC, won her First Gold Ball playing with Gavin Cox in the National Mixed Doubles 60s Tournament held at Seabrook Island, SC.



Vicky Nagy



Lizl Kotz (left) with finalist Carolina Blouin

Lizl Kotz from Charleston, SC, won her First Gold Ball playing singles at the National 40s Clay Court Championships in Naples, FL.

Kathy Barnes received the NSWTA's prestigious Margaret Russo Sportswoman Award, given annually to a female NSWTA member for her outstanding sportsmanship both on and off the court. The award is in memory of Margaret M. Russo, an NSWTA member from Mid-Atlantic States who not only played world-class tennis but epitomized outstanding sportsmanship.



Kathy Barnes

Ralph & Mary Wilson Friendship Cup 2018 US Team

Ann Hunt, Bonnie Champion, Cathie Anderson, Charleen Hillebrand, Helga Lukacsy, Jacquie Van Haelst, Jane Pang, Judy Levering, Norma Veal, Robbie Dimond, Sheila Weinstock, Teri Eggers

*First Alternate; Dorcas Miller
Second Alternate; Kathie Meyering*

REGULAR ARTICLE

USTA Competition Committee Report

by Doug Wenger

Chair, USTA Adult Competition Committee



Before I give you my report I want to congratulate the many United States players who were members of TEAM USA and/or individual competitors in the Senior and Super Senior World Championships in Florida. Many of you took home world championship honors. It was a pleasure to be a volunteer at the Super Senior event, which afforded me the opportunity to meet many of our players and watch some incredible tennis.

The USTA Adult Competition Committee, which is finishing up the first year of its two-year term, continues to focus on broadening our player base while also increasing participation across our tournament products.

Our key action areas:

1. Improving the health of National Schedule Events.

We formed a task force to review the entire spectrum of our National Schedule Events to develop short-, medium- and long-term actions to improve the participation levels of these events. Key actions we are taking or considering include: A) Combining some events to create a better experience for players; B) Eliminating some surface championships with very low attendance (some indoor and/or grass) and possibly replacing them with additional hard court or clay court events; C) Reducing the length (in number of days) of some Category 1 events in the younger age divisions; D) Expanding the social media presence of the Adult Tournament products, including possible alliances with third-party organizations; E) Updating our tournament standards and expectations; and F) Updating the criteria for our various National Schedule Events (Cat 1, Super Cat 2, Cat 2, Cat 3, etc.) We also aim to pursue adjustments to the overall schedule to make it more “optimal” from the standpoint of location, time of year, proximity to larger player populations, etc.

2. Implementing a national NTRP singles and doubles championship playoff. In 2018, we will be crowning a national champion in singles and doubles at the NTRP levels of 3.5, 4.0 and 4.5, in both men’s

and women’s 18 and over and 50 and over. Local playoffs and qualification events are starting soon and will be played using the Fast-4 format. Initial feedback from prospective players looks positive and we hope this product will create a pathway for Adult League players to begin playing more tournaments, including NTRP and age-group events. The national championships will be held in Arizona and Florida in April 2018.

3. Continuing to roll out TEAM-Up Tournaments.

This is a tournament product that is time- and level-based, focused on providing competition for players with a big appetite for tennis and a robust social experience, but minimal time in their schedule. Several sites have held TEAM-Up events and have reported positive feedback. This local tournament product can excite players to pursue NTRP and/or age-group events within their district and section.

4. Increasing the “Ground Game” through personal outreach to 500-1,000 potential adult competition players.

Each one of our committee members is making personal contact with dozens of potential league players in our “network.” We believe that this will build awareness and expose hundreds of new players to adult competitive events—and if they each tell a few others we will reach more than 1,000 players.

Other areas we are considering for 2018 include updating our Sanction and Schedule process, a sportsmanship program, and developing alternative options to our Points Per Round System.

Wishing you all a safe and happy holiday season and a great 2018.

HEALTH & FITNESS

Prehabilitation — an ounce of prevention is worth a pound of cure

by Lizl Kotz, Physical Therapist and Certified Tennis Performance Specialist

Prehab. Just a catchy word or is there more to it? The term prehabilitation was originally applied to patients awaiting orthopedic surgery. The thought is that the fitter and stronger the patient is before surgery, the quicker they will recover in the post-surgical period. With healthcare costs soaring, patients are often on a high deductible plan and paying an expensive fee for medical or therapy visits. A proactive mindset is becoming more necessary because it saves money in the long run. Once thought to be a luxury, prehabilitation is now becoming the standard of care.

I have had personal experience with adding a “p” to rehabilitation. Two years ago, I started playing tennis again after taking ten plus years off to raise four lively (and lovely) kids. I was so excited to be back on the court and felt invigorated by the fast progress I was making. In the back of my head, Jiminy Cricket kept whispering “it’s too much too soon.” I had all of the knowledge I needed to work on my mobility and core strength, yet I kept choosing to walk past the gym to go smack more tennis balls instead. As a result, I suffered a serious back injury that took me out of the game for nine months. I was miserable but mostly disappointed in myself because I knew better.

Once I recovered, I made a vow to take prevention seriously. I chose to strengthen my body through pilates before stepping onto the court. I have never felt stronger and I continue to make core strengthening a priority over hitting balls. It’s paying off! Because my stabilizer muscles are strong, I am able to hit the ball harder and most importantly, I am pain-free.

I encourage you to make an appointment with a physical therapist who can identify areas of movement deficiencies and build a strengthening program specific to your body and your sport. A long distance runner for example may be able to run fifteen miles a day yet fail a strength test for the gluteus medius. The gluteus medius is one of the important stabilizer muscles in the hip and serves to stabilize the pelvis during walking and running. A weak gluteus medius will lead to injuries in the ankle, knee and hip region. Once identified, a therapist will progress the hip stabilizer program from exercises in supine to exercises in standing and lastly functional exercises on one leg to emulate locomotion.

My personal experience with injuries has persuaded me to make prevention one of the main objectives when working with athletes at “Lizl Kotz Performance Center.” The good news is that prehab exercises are specific, not time consuming and can often

be done courtside. It will keep you out of the doctor’s office and on the court.

Exercises from the Lizl Kotz Performance Center, Mount Pleasant, SC



Medicine Ball Rotation with Lunge: This exercise covers several different functional aspects for tennis. As we age, we lose spinal rotation and as a result we have less power. It is very important to maintain the rotation we have in our spine. One way to accomplish this is to use a medicine ball around 5-8 pounds and rotate the ball from side to side, gently breathing into the end ROM.

As a progression a lunge can be added so that the ball is rotated over the front knee.

Low Hurdle Jump: Plyometric training (jump training) is very beneficial for a tennis player. Not only does plyometrics work on agility which is important in tennis but the breaking phase, (slowing down phase) or eccentric phase of jumping has been shown to prevent injuries in athletes.



Wrist and Forearm Strengtheners and the Weighted Pulley:

The forearm strengthener can be purchased on Amazon for \$20. With the scapulae retracted or set for work, extend the elbows and slowly roll the weight down towards the floor and then roll it back up. The first motion eccentrically strengthens the forearm extensors, which is very important in preventing tennis elbow or lateral epicondylitis.



Single Limb Squat and Low Volley: The best volleyers would agree that volley technique is only sound when the legs are involved. This drill has one partner tossing the balls low over the net while the volleyer focuses on loading the front leg with the back knee close to touching the court.

The player can gently pop the ball back to the player tossing. Do 10 repetitions and then complete on other side. This is not a volley drill as much as reminding the body to get very low.

FEATURE ARTICLES

A Lesson with Mr. Federer in Life

by Kandy Chain

I meet the most interesting people teaching tennis. In fact, I continue to teach and play tennis because it keeps life interesting and often intriguing.

I recently received an email from the mother of one of my 10-year-old students. This woman informed me that her father who was in his 80's was visiting from New Jersey. He had played tennis for over 50 years but was unable to continue because of his Parkinson's disease. He had mentioned to his daughter, Alyssa, how much he missed hitting tennis balls. Alyssa contacted me to set up a lesson with him. She wasn't sure how long he would last or even if he could still play. I accepted the challenge.

A big Suburban arrives to the park. A group of people begins unloading from the SUV. I saw an older gentleman with a cane shakily descend from the car and walk off in the opposite direction from the tennis courts. I assumed that was my intended lesson. His wife, daughter and son-in-law corralled him and assisted him in the correct direction.

I was thinking to myself—how is this going to work—he's disoriented, he has poor balance and he needs a cane to keep him from falling over. Upon introductions and shaking hands with me he informed me that his name was 'Roger Federer.' For the rest of the lesson I referred to him as Mr. Federer.

I brought Mr. Federer a racquet to use for the lesson. (Fortunately he didn't notice it was a Babolat and not a Wilson.) He took the racquet by the grip and shook it checking its weight and balance. He turned to his wife and handed her his cane. He stood up a little straighter and began to stride unassisted onto the tennis courts—a man with a purpose.

I decided to approach Mr. Federer as a beginner and just drop balls to him. His chaperones surrounded him with hands forward as if he might fall at any moment. I was starting to wonder if my USPTA insurance covered this occasion. Mr. Federer stood solid and swung firmly through the ball. I moved back and tossed balls to him from the net. Forehands first, then backhands—I didn't get too technical; I was just happy he didn't fall over. I decided not to switch up or mix the groundstrokes—no sense pressing my luck.



Kandy Chain

Next I brought Mr. Federer to the net. He loved his volleys. I tried to get him to hit to me so I could rally a little bit with him. His pleasure, however, was to put the ball away. I kept asking him how he was doing—he kept responding—"a few more, a few more".

Then it was suddenly over. He started to stagger and lose his balance. His entourage closed in on him and assisted him to a nearby picnic table in the shade. It was only 15 minutes. His daughter said she hadn't seen him that happy in several years. For a short moment Mr. Federer had taken back control over his disease. The simple act of hitting a tennis ball gave him back his clarity and confidence.

As we get older we are often reminded that these "Super Senior" golden years pretty much suck. It seems more often we are finding ourselves in that "road of recovery." The maladies of age keep piling up—arthritis, knee and hip replacements, bad backs, strains, tendonitis...of course it gets much worse... cancer, heart disease, Alzheimer's and, like Mr. Federer, Parkinson's disease.

But whatever life throws at us we seem to have that inherent attitude to get better. Tennis gives us that carrot to rehabilitate, improve and move forward. Our goal becomes to hit one more tennis ball, play many more league matches, and graduate to another age group. Mr. Federer reminds me of how much I enjoy finding my way to a tennis court.

The National Junior Tennis League: How To Give Back

by Judy Dixon

Over a year ago near Ludlow, MA, a group of USTA New England league teammates created a way to give back to the community. They formed a Western Massachusetts chapter of the National Junior Tennis League, the organization created by the USTA over 12 years ago to give inner city children a chance to learn to play tennis. There are currently more than 350 non profit youth development programs like the Ludlow Tennis Club's chapter in this country and they serve over 220,000 youth each year. And it is not hard to start one yourself.

The Ludlow chapter calls its organization Moving On Up with Tennis and Education or MOU.



Judy Dixon (right) teaching last summer's clinic



Now watch me carefully

It is a completely volunteer organization funded by grants from the USTA and donations. USTA New England contributed \$1,000 for starters, then added \$2500 for diversity and inclusion. Another \$3,000 came from the USTA itself. All expenses are for marketing and promotion. MOU's mission is to promote physical and mental development through tennis and education in the greater Springfield (MA) area, where I live. There is a Board of Directors that includes the president, vice president, treasurer, secretary and a lawyer who helped configure the articles for non profit status. There are 5 other board members of which I am one.

The board meets monthly to evaluate its programs and to determine next steps. I am writing a 3-year plan for us, looking to expand our outreach and program offerings while staying within our potential. Currently we have a Facebook page and are in the process of developing a website. This year alone MOU implemented the following programs:

- A six-week program in downtown Springfield at the local YMCA that ran after school.
- In May a program at the Sullivan Street apartments on the existing basketball courts, using portable nets.
- A program at Camp Weber, the local YMCA summer camp.
- The Van Horn Park program that started as a 4 week program but has continued on the weekend now that school has started.
- A trip to Arthur Ashe Kid's Day at the US Open

I was selected to be on the Board in April and after I retired in June from the University of Massachusetts I taught the program at Van Horn Park. This was a free clinic offered daily from 9-10:30 am for all kids ages 6-17. We provided the racquets, courts, balls and in some cases shoes for all of the attendees. Advertising for the clinic was done using social media in conjunction with flyers that were distributed by volunteers throughout the neighborhood. The first week we had 15 kids, and 8 volunteers (2 per court). T-shirts for the staff and participants were donated. As new children came it was clear to us that we needed name tags each day for all so each day the children would sign in at the desk, fill out a name tag and grab a racquet to use. Volunteers also came and went so that there was a daily in and out

of new staff. We knew that we had something good going when we saw the same faces each day and then saw the parents getting involved. Each court required different color balls from Nerf up to live ball and each court required a different goal. By the end of week 2 the numbers increased to 20. Now, on the weekends, as the program draws to an end, we average 30 children.

The Ludlow Tennis Club in its generosity has taken 9 of the children into its indoor program for the winter months through scholarship. Next week there is a fundraiser for the program to help defray the cost of these scholarships. These are children who in most cases never played tennis before or who played sparingly. Now they have an opportunity to play year round. In another case a local charter school is being asked to start a tennis program where one did not exist. This is due to the newfound interest by the parents and the kids.

For me this program is about a heart connection. Watching the children learn a new skill, watching their self esteem grow, experiencing the warmth of the connection between the volunteers and the children... this is what is important for all of us who are driven to make MOU succeed.

A Sisterhood of Tennis: Why the WTCA Matters to Me

by Dr. Erin Boynton (Medical Director: Women's Tennis Coaching Association)

As a young athlete, I didn't feel like a champion—I felt like an outcast. Young male leaders were admired and exalted, status symbols to which their peers could aspire. But young female leaders like me were shunned and ostracized. It was a sports culture that prized jealousy over camaraderie, and encouraged a very toxic type of competition.

Years later, I faced a similar battle as the only woman in orthopaedic training. And it wasn't just from men either—many of the female nurses and practitioners, people whom I counted on, treated me in a way they would never have treated my male counterparts.

What I needed then is what I finally have now: camaraderie and community, and organizations



Erin Boynton

like the NSWTA whose goal is to use tennis to uplift and empower. Yes, we have our rivalries and intense matches, but it's never about crushing the competition, and even our best opponents can still be our good friends. This is what drew me to the Women's Tennis Coaching Association (WTCA), the first organization of its kind devoted solely to support coaches working with female players.

Like the NSWTA, the WTCA believes in changing the culture of women's tennis—to teach young women that competition can be both fierce and fun, and that the better your teammate is, the better you are. The WTCA believes in empowering female leaders, and that the lessons they learn on the court will serve them in the boardrooms and university halls of their future.

Of course, high-minded goals need action to become reality. And to reach these goals, the WTCA has educated thousands of coaches about the unique challenges and opportunities of working with female players through articles, videos, online courses, and a massive conference of international experts in New York City. They've also acted as a fierce advocate for increasing the number of female coaches in the game.

As the Medical Director, my role is to educate

the WTCA leadership and the coaches they serve about the training requirements of young women, ranging from their unique psychological needs to the necessity of building core strength to prevent injuries to which female players are more predisposed.

With that said, does the WTCA sound like an organization you want to get behind? If so, here's how you can help:

1. Be a role model

As a veteran player, young women look to you as role models, so be the kind of player you'd want your daughter to be.

2. Support other women

Our job isn't just to play our best, it's to support other women so they can play their best, too. So, if you see bullying, don't be a bystander—shut it down. Immediately.

3. Get to know us

Do you like what the WTCA is doing? Great! Head over to our website (<https://wtcatennis.org/>) and read more about us.

4. Let us know about opportunities

Know of a great job or internship for a young female coach? Spread the word by emailing the WTCA's Sarah Stone at sarahstone5280@gmail.com.



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www.CuteTennisStuff.com
for tennis gifts and accessories.

NSWTA logo apparel and gifts can be found in the
"Tennis League Wear" section.

Enter promo code: NSWTA at check out for free
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TOURNAMENTS

National 40 & 50 Indoor Championships

Lakewood, CO
August 17-20

40s

First seed Simona Bruetting was beaten in the finals by unseeded Yana Ruegsegger, 6-0, 7-5. Unseeded Jill Vanderkooi took the Bronze in a walk over.



40s-Bruetting (Silver), Ruegsegger (Gold)

Simona and doubles partner Millie Yablonicky won the doubles round robin; Rhona Kaczmarczyk and Jill Vanderkooi got Silver. Mai Ichikawa-Abel and Stacy Swiggart won the Bronze.



40s-Millie Yablonicky, Simona Bruetting (GOLD), Rhonda Kaczmarczyk, Jill Vanderkooi (SILVER)

50s

by Anna Hayden
Zimmermann

The USTA National Women's 50 Indoor Championships was held at the Meadow Creek Tennis and Fitness Club in Lakewood, Colorado.



50- Alissa Finerman, Nathalie Herreman Bagby (GOLD) Shannon Cross, Stacy Swiggart (SILVER) 50 doubles

Players were welcomed by club owner Adam Kahn and tournament director Jaime Stokes. A hearty thanks to the staff and members of Meadow Creek for hosting this event and providing the players with breakfast, lunch, practice courts, and everything we needed for a great week of competition.

The first morning of play there was an unexpected power outage. Fortunately, maintenance was on top of it and had the power company out early so play was delayed for only 15 minutes.

Singles: There were 17 singles players in the draw and matches were highly contested throughout the week. A few notable ones in the quarters were unseeded Maria Nunez pushing top seed Shannon Cross to 3 sets (6-1,3-6,6-3), and #2 seed Nathalie Herreman-Bagby was pushed by Rhona Kaczmarczyk

(6-1,7-6). In the semis, #4 seed Alicia Rowley beat Herreman-Bagby in straight sets (6-2,6-1), and Cross beat Anna Zimmermann in straight sets (6-4,7-5). In the finals, Rowley beat Cross (6-3,6-2) and Herreman-Bagby took third by beating Zimmermann(7-5,6-4). Kaczmarczyk took 5th by beating Julie Ogborne.

The longest singles match was in the quarters of the consolation where Kristin Fudalla lost to Julie Ogborne 6-2,6-7,6-7 in 4 hours. Every point was a battle with long rallies.

Doubles: There were only 7 teams but many tough teams resulting in great match ups. In the quarters, Ogborne / Rowley had a tight match with #2 seed Cross / Stacy Swiggart (7-6,6-1). Then in the semis, Mary Dailey / Erika Smith pushed Cross / Swiggart to 3 tight sets (4-6,6-3,7-6). Top seeds Herreman-Bagby / Alissa Finerman won in straight sets against Cross / Swiggart (6-4,6-0) to take the Gold. Dailey / Smith took the Bronze over Fudalla / Zimmermann (6-1,6-2). Kristen Tourangeau / Ann Young took 5th by beating Teresa Merkin / Christine Roth (7-6,7-6).

Congratulations to Nathalie in winning her first Gold Ball!



50s Stacy Swiggart, Teresa Merkin, Maria Nunez, Julie Ogborne, Anna Zimmermann, Alissa Finerman

National Women's 60 Indoor Championships

Seattle Tennis Club
August 21 -26

by Andrea Barnes

The 2017 National Women's 60 Indoors was played at the beautiful Seattle Tennis Club. The highlight of the first day was not the tennis, but the chance to get a good look at the solar eclipse in the glorious Seattle summer. Huge thanks are due to



60-Barnes/Airola-Murveit (Silver), Wright/Nichols (Gold)



60s- Castells, Wrights

the club members and staff who did their usual job of running a first class event with morning coffee and fruit available daily, a welcome party the day before the event plus both member and

club hosted dinners during the week.

In the singles, the top three seeds advanced fairly easily to the semifinals, but 4th seed Andrea Barnes needed to fight through a tough three-set battle with savvy Shannon Gordon-Carney who is new to national senior play, but an accomplished junior, collegiate, and open level player. In the semis, the two top seeds prevailed with Diane Barker taking down Barnes and Susan Wright beating Leslie Airola-Murveit. The final was a beautiful match displaying heady play with the all court game of the second seeded Wright proving to be just a bit too good as she took out the top seed Barker, 6-2, 2-6, 6-4. Airola-Murveit was very solid in the 3/4 playoff for the Bronze ball, easily handling Barnes, 6-1, 6-1. In the consolation final Gordon-Carney came back from a 1-6 first set to take down Frances O'Sullivan 6-0 in the third set in a match that featured long points with both players adjusting their games throughout to try to find the winning strategy.

Form held in the doubles as well with top seeds Wright and Carolyn Nichols using the combination of Nichols' steady play and Wright's shot making to defeat Airola-Murveit and Barnes 6-3, 6-3 in the final. In the semis Wright-Nichols proved too solid for the tough local team of Anne Corsano and Carolann Castell. Airola-Murveit and Barnes survived a very tight first set to advance over 3rd seeded O'Sullivan and Mary Morgan. Morgan/O'Sullivan defeated Castell/Corsano 6-1, 4-6, 6-1 in an entertaining match filled with long points and great shot making to win the Bronze ball.

Form held in the mixed doubles as well. The top seeded team of Kurt Chan and Jennifer Shorr moved through the tournament without losing a set. Their powerful



60s- Barker (Silver), Wright (Gold)



60 Mixed- Persons/Wright (Silver), Chan/Shorr (Gold)

games proved a little too tough for Susan Wright and Ross Persons in the 6-2, 6-4 final. There were two quarterfinal upsets with Diane Barker and husband Jack taking out the fourth-seeded team of Kevin Kearney and Frances O'Sullivan and Rollin Rhone/Shannon Gordon-Carney playing very tough mixed in beating the third seed Barnes and Kenny House. Gordon-Carney/Rhone won the Bronze ball, defeating the Barkers in straight sets.



60s turned out

National 70, 80 & 90 Indoor Championships

Vancouver, WA
September 13-18

70s

by Brenda Carter with Chris Grant and Nell Sale

'Then and Now'

Club Green Meadows, Vancouver, WA, was a great place to be September 13 – 18, 2017. Nancy Ansboury, TD and her volunteers made everyone feel special and "at home." It's very easy to look up the scores to see who won each match, but as so often happens, the best stories occur off the court.

An amazing highlight among the 70's was the reunion of Chris Grant and Nell Sale. They were doubles partners for the first time, but they had competed against each other with different partners when they were in high school in Charleston, WV—56 years ago!! They had not seen each other since high school, but this great game of tennis reunited them. Chris produced an old news photo from one of their high school competitions. In that photo (right) are: Marsha Ragland Musser (Charlottesville, VA), her doubles



70-Musser, Sale, Bradley, Grant in high school



70-Nell and Chris, reunited

partner, Nell Sale (Sante Fe, NM), Ann Bradley (Charleston, WV) and her doubles partner, Chris Grant (Princeton, NJ). To everyone's surprise, another player, Sherry Daniels (Richmond, VT) walked up

and spotted Nell's partner Marsha in the photo and said "Oh my goodness, Marsha and I attended the Shipley School (Bryn Mawr, PA) together and played #1 and #2 and were doubles partners on the school's tennis team (1961 – 64)." Amazing!

Of the ladies featured in the teenage picture, three are lawyers (Nell, Chris and Ann) and are actively involved in NSWTA and national tournaments. Also, note the picture of Chris and Nell taken at the Indoors. Hence—Then and Now! Nell joined NSWTA while at the Indoors and was recognized as being the organization's newest member. Sherry had joined at Forest Hills in July when she played her first national tournament.

Don't you agree that tennis is amazing in so many ways? It's certainly not about winning all of the matches one plays. The blessings of the relationships we build and the reconnections that occur give a much deeper meaning to why we keep at it.

Additional tourney highlights: Margaret Anderson, a previous NSWTA president, came to visit two of the tournament days. It was so great to see her. Gotta love Margaret's curls!

Thanks to Nancy Ansboury, her volunteers and Green Meadows Club for hosting a wonderful tournament. The players are very appreciative!
70s Order of Finish:

Singles: Brenda Carter, Betty Wachob, Liane Bryson, Carmen Almodovar, Carolann Castell, Allyson Bolduc.

Doubles: Carter/Wachob, Peggy Andry/Castell, Bryson/Sheila Johnson, Almodovar/Ann Loose, Allyson Bolduc/Sherry Daniels, Chris Grant/Nell Sale.



70,80,90s gussied up

80s

by Burnette Herrick

How to beat up on old ladies: hit it where they ain't. Find out where their ailments are, and maybe what operations they've had. Hit the ball high and low, short and deep. Mix it up. Remember how we were told to stay out of no man's land? Well, Dodo Cheney played no man's land and won over 400 Gold balls and played until she was 96, hitting high and low.

Better match than any at the US Open (no kidding!) was a practice set, 7-5, Roz King and Dori Devries (no.1 Seeds in the 80's) over Betty Wachob and Brenda Carter (no.1 in the 70's). The winners were down 3-5 and made a brilliant come back.

Lucky 13. That's how many 80's singles players there were. Of the seeds, only Kathy Langer got the advantage of playing and winning 6-3, 6-1, in the first round against Theodora Shephard. Dolores Beck won over a local, Molly Hall, 6-0,6-2, then lost to No.1 Roz King. Ingrid Rehwinkel won over June Rose Wurden. Sheila Palmer won in three sets over Caroline Haynes. Carol Branson beat Barbara Pflanz, then lost to Dori Devries. In the semis, Roz King, No. 1 seed, won over Kathy Langer. In the finals, Roz King prevailed in a 3 setter over Burnette Herrick. Dori won the Bronze over Kathy Langer. Caroline Haynes won the backdraw.

In the doubles, King and Devries beat Herrick/Dorothy Wasser; Caroline Haynes/Theo Shepherd won the Bronze, giving Caroline her First Ball.

It was a great tournament. Staybridge Suites gave us good rates, free breakfasts, and free shuttle service. Tournament Director Nancy Ansboury did a great job. She had many volunteers and ball people. Every day we got a free lunch. We got a terrific banquet: very posh, wonderful food. We also got a 10 % discount at the pro shop. Next year, Nancy plans to have more younger age groups. On behalf of all of us, thank you from the bottom of our hearts.

90s

by Rita Price

For a couple of us few (only four) nonagenarians, it was a family affair. Joyce Vanderpol was accompanied by her twin sister, Renie for photo shoots and encouragement. Madeline Smith, our



80- Herrick



80,90



90s Price/Cookson (Gold), Smith/Vanderpol (Silver)

famous stewardess for Pan Am, brought her daughter, Valerie (who kept score) and Kevin, her grandson whose "fleet of foot" shagged our loose balls. Margaret Anderson came by to root for Betty Cookson and Rita



90s Margaret Anderson, Rita Price

Price. Margaret was a former President of the NSWTA and is still active at our Board Meetings in Houston as our Parliamentarian. She looks great in spite of health issues.

Betty and Rita won the doubles and Joyce and Madeline took Silver. In singles Price won Gold, Joyce won Silver and Madeline

won Bronze, so everyone was delighted! Nancy Ansbury was splendid keeping us well supplied with lunches and snacks and the banquet was delicious with a finale of the group photo shoot, so we were all "happy campers!"

The Staybridge Suites supplied free shuttle services to and from the airport and also to the Club, but the healthy buffet breakfasts won "top billing" to this reporter. Hope to be back for an encore of fun in Vancouver!



Past NSWTA Presidents at Vancouver Indoors (Carter, Anderson, Langer, Shepherd)

National 35-85 Hard Court Championships

La Quinta Resort & Club, La Quinta, CA
September 25-October 1

35s

Amanda Parson Siegel defeated #2 seed Mariel DeYoung for the Gold, 6-3, 7-5. Debbie Higa won the Bronze in three sets over Alisa Yee.

Mariel DeYoung/Millie Yablonicky defeated Dina McBride/Amanda Parson Siegel for the Gold ball in the round robin doubles, 3 and 3. Julie Silveira/Alisa Yee won the Bronze.

45s

First seed Dina McBride defeated unseeded Marlo Carruth for the Gold, 6-1, 7-5. Third seed Tangerine Manning took Bronze. Second seed Jolene Watanabe won the backdraw.

Kristina Jong/Michelle Saunders won the doubles Gold over Kristin Hartley/Jeanne Hulsen, 1 and 1. Lis Andrade/Leora Grimshaw took Bronze. Leslie Shuffleton/Kiersten Woods won the backdraw in three sets over Christy Foreman/Gail Warden.

55s

by Gail Warden

This was my first time playing the 55 National Hard Court held at the La Quinta Resort and Spa. My husband Duncan and I decided to make a vacation out of it by staying for ten days and playing golf on the days I didn't have matches. There is so much to do in the desert. We toured the Palm Springs Air Museum where we sat in the pilot seat of a cargo plane and climbed into the belly of the B17 bomber. I came away with an even deeper appreciation of what it takes to be a member of the B17 crew. More than 50% of the B17 bombers perished on their bombing runs to Berlin. The living Desert museum is also a must. And of course the golf. We played on some of the most amazing courses at discounted rates because it is off-season. Do what we did and bring a spouse or friend along for a wonderful experience in the desert. You won't be disappointed.

If you haven't had a chance to play at La Quinta I strongly suggest you give it a try. The setting is magical so much so that it can become hard to concentrate. The courts are surrounded by a ring of mountains that turn the most beautiful shades of pink in the morning and evening—wonderful to look at during the change-overs. The 55's started on Wednesday with a draw of 16 for the singles and 8 teams for the doubles. Players came from all over the USA: East-Coaster's Jean Hulsen, Kristin Hartley and Gail Warden; Gayle Prejean from Dallas; and, of course many Californians rounded out the list.

In the doubles Judy Newman and Gayle Prejean won the Gold, defeating Christy Foreman and Maria Nunez, who nonetheless won their First Ball. Congratulations! You both worked hard to earn that Silver and it is an inspiration to those of us who are still waiting for their first ball. The Bronze was won by Diane Kakareka-Ann Young.

The singles final was a battle



55s Bronze winners Diane Kakareka and Ann Young



55s doubles Nunez/Foreman (Silver), Newman/Prejean (Gold)



55s Houk (Gold in singles)

between Ann Whitney and Tracy Houk in a long three setter. Tracy came out on top with some amazing gets off of both wings. These players left it all on the court. The Bronze medal was awarded to Gayle Prejean.

A big shout out has to go to the tournament director Andrea Poliski for always wearing a smile even though we asked for the moon. The button she wore on her shirt said it all: "My no drama shield is activated." Too funny! Thank you, Andi, for making this tournament such an enjoyable event for us all.

65s

by Kathy Barnes and Sue Bramlette

Tina Karwasky once again swept the singles, winning Gold Balls in singles and doubles. She only dropped a game here and there with her top-notch skills. Kathy Barnes got Silver. Cynthia Reyes had a good tournament, beating the #4 seed Sue Bramlette. Cynthia lost to Kathy Barnes in the semies but won the Bronze in a three-set battle with Barbara Hubbard, which came down to a tie-breaker. Anna Cummings won the backdraw.

The weather was pretty playable in the morning but by 11:00 am and the afternoon the heat was quite a challenge.

Eleven teams competed in the 65 doubles. In the first round, Farzaneh Kia (Cathedral City, CA)/Ledeane Nilsen (Palm Desert, CA) played a tough match against Cindy Babb (Mt. Pleasant, SC)/ Barbara Hubbard (Lihue, HI). Babb/Hubbard survived 61, 46, 61. In the quarters, # 3 seeds Barbara Jo Graves (Palm Springs, CA)/Donna Kenyon (Lake Forest, CA) won in 3 against Babb/Hubbard 26, 61, 61.

The semifinal matches were between all 4 seeds. #2 seeds Kathy Barnes (San Jose, CA)/Sue Bramlette (Houston, TX) defeated #4 seeds Jan Hasse (Prescott Valley, AZ)/

Fay Matsumoto (Prescott, AZ) 64, 63. #1 seeds Tina Karwasky (Glendale, CA)/Jan Kirkland-Cochran (Fayetteville, GA) defeated Graves/Kenyon



65 singles Karwasky (Gold), Barnes (Silver)



65 Tina Karwasky/ Jan Kirkland-Cochran (Gold), Kathy Barnes/Sue Bramlette (Silver)

61, 61. In the finals, Karwasky/Kirkland-Cochran proved their strength once again by defeating Barnes/Bramlette 61, 60. The ¾ playoff was well played. Hasse/Matsumoto held the net just enough to defeat Graves/Kenyon 36, 61, 76.

The FIC had some tight matches. Penny Dam (Cathedral City)/Yodie Therrien (Elkton, OR) defeated Kia/Nilsen in the 3rd set 10-point tiebreak. (One wonders WHY we had to play tiebreaks for the 3rd set in both singles and doubles!) Catherine Billecci (Fairfield, CA)/Sandy Lim (Fairfield) played a tight first set against Babb/Hubbard before succumbing 75, 60. Babb/Hubbard had to work hard in the FIC finals to defeat Dam/Therrien 63, 63.

It was quite hot on the courts, but this very amiable group of women enjoyed some high quality tennis and excellent camaraderie.

75s

by Judy Janc

Our group was given the early start for singles each day for the main draw. We were all pretty happy on the first day until it began to heat up and players started cramping. The trainer was a great help when he told us not to drink sport drinks but instead put emergen-C in our water. It really helped for the rest of the tournament.

In the singles final, Charleen Hillebrand retired in the 2nd set after winning the first in a hot and brutal tie break (15-13). Suella Steel took the Gold. Teri Eggers defeated Carolyn Clark in the playoff for the bronze ball.

Meanwhile as the temperatures began to soar, we in the back draw were relieved to hear that a super



75 Eggers, Doud, Lukacsy, Champion



75 Clark/Baetz (Bronze) with Veal/Janc



75 Giacomini/Willauer (Silver), Hillebrand/Steel (Gold)



75 Gold winners Steel, Hillebrand (left) with 65s Babb

tiebreaker would be played in lieu of a third set. I had all three of my final matches decided in the super tiebreak. I was lucky to prevail until the final when Lurline Fujii won 10-7. When I was leaving the courts sometime later, Lurline was on her way back in. She had the energy and drive to collect recyclables...now that is a great champ.

We had a small draw of 7 teams and no real surprises in the doubles. Janc and Veal barely survived our 1st round against Lukacsy/Champion. They came out swinging and played a great match... (6-7, 6-3, 7-6). We had 4 former champions in the final with Hillebrand/Steel def. Giacomini/Willauer for the Gold. Clark/Baetz def. Janc/Veal for the Bronze. In the consolations, Egger/Doud def Garcia/Fujii 6-2, 3-6, 1 (another super tiebreak decider)

As always, the banquet was wonderful. The food was outstanding and the DJ had us all up and dancing before it was done.

85s

by Angie Ray

We played a Round Robin doubles with 4 teams. Margaret Canby & Angie Ray, Joyce Jones & Carolyn Shumake, Jane Lutz & Rita Price, Sally Fuller & another Margaret, a new face, Margaret Marcroft. Canby and Ray won the Gold by beating all 3 teams. Jones & Shumake won the Silver and Lutz & Price won the Bronze.

The 85 singles had a perfect 8-player draw. In the first round Irene Bretzel, seeded one, beat Elizabeth Harrison. Jane Lutz beat Sally Fuller. Rita Price beat Angie Ray in three sets, in doing so bruised her toes so bad that she had to default the rest of her singles and the worst case for Rita was that she couldn't even dance at the dinner and she is our dancer. She did try to dance a couple times at the dinner and looked great. While we are talking about dancing we couldn't get Irene Bretzel and Caroline Shumake off the dance floor. They sure had the rhythm.

Back to the tennis. Margaret Canby, seeded two, beat Janet Hubbard 7-6(3), 6-1. Irene Bretzel, seeded one, had a four-hour marathon with Lutz;

Irene won 6-7(4), 6-4, 6-3. Margaret Canby would have played Rita but got a walk-over. In the finals Canby beat Bretzel 6-2, 6-2. Jane Lutz got the Bronze. What a tournament for Margaret Canby winning both singles and doubles and two Gold Balls.



85 Price/Lutz (Bronze), Jones/Shumake (Silver), Ray/Canby (Gold)

NATIONAL 40, 50, 60, 70 MIXED DOUBLES

Seabrook Island, South Carolina
October 4-8

by Cindy Babb

South Carolina's Alan Fleming Tournament director Mike Kiser and his very capable and enthusiastic tournament committee continue to amaze players each year with the improvements they make to this local tournament named after the father of former tennis pro, Peter Fleming. The mixed doubles has been a Gold Ball USTA National event for the past four years. Each year the field gets bigger and stronger. Good weather and southern hospitality are given credit, from the ever-present complimentary beer truck and ice cream freezer to two social events at the Seabrook clubhouse overlooking the Atlantic Ocean. The quality of play is heartily appreciated by both players and members who turn out in large numbers to watch the matches. This year 16 NSWTA members competed in the mixed doubles events alone.

The 40's mixed was won by Sophie Woorons / Shirish Deshpande over Derek Acker / Courtenay Middleton 6-1, 6-2. Third went to Ada Maroudas / Garth Thomson 6-3, 6-0 vs Andrea and Harvey Hines.

The 50's mixed was won by Susan Love / Jonathan Sawyer over Margaret Lumia / Mario Tabares 7-5, 6-4 in a riveting match on Center Court. Charlotte



85s spiffed up/ Price, TD Polisky, Lutz, Ray, Bretzel, Canby, Shumake, Jones



Mixed 60s Gavin Cox, Vicky Nagy (Gold), Janet Moseley, Junior Luffman (Silver)



Mixed 70s Jerry Thomas, Ann Hunt (Silver) with Sheila Weinstock, Hugh Thomson (Gold)



85 hardcourt winners Lutz (Bronze), Bretzel (Silver), TD Polisky, Canby (Gold)

Hartsock/Todd Hall won the Bronze over Ann Harrah/Frank Larkin.

The 60's mixed was won by Gavin Cox/Vicki Nagy 7-6 (3), 6-1 over Junior Luffman/Janet Moseley. Nagy, a lifetime NSWTA member, won her first Gold Ball! Jack and Diane Barker won the Bronze over Cindy Babb/Andy Steingold 7-6 (7), 6-3.

The 70's was won by Sheila Weinstock/Hugh Thomson 2-6, 6-4, 6-0 over Ann Hunt/Jerry Thomas. Sharon Greene/James Hendrix defeated Betsy McColl/Richard Lester for the Bronze 6-3, 6-4.

Think about marking the first weekend of October 2018 on your tournament calendar to play the Alan Fleming. It is well worth your time and your money!

National 40s, 50s Clay Court Championships

Naples FL

October 4-9, 2017

by Carolina Blouin and
Lizl Kotz

40s

In between hurricanes and an iffy forecast, some of us were brave enough to fly to Naples. The initial reaction was to complain about the lack of communication and all, but once we realized that Irma had destroyed 25 out of the 38 courts at the facility, we felt somewhat inspired to be thankful and just focus on playing tennis. The academy holding the event also needed a roof, flooring, and windows replacement so they were busy attending to their facility, their resident juniors, to us, and to the national mother-daughter all taking place at the same time. We were happy to realize once again that catastrophes bring the best out of our human nature and the attitude in FL was of mutual help. We players communicated with each other to make sure no one defaulted main draw matches, and Pros from other facilities, including Michael Baldwin from Mediterra, graciously allowed us to warm up in that beautiful facility.

In the singles tournament semifinals Lizl Kotz, Mt. Pleasant, SC beat Dianne Lee of Austin, TX and Carolina Blouin, Augusta, GA beat Kristin Fudalla, Portland, OR. In the finals, Lizl came ahead after a two-hour battle and won her first singles Gold Ball, and Carolina received her third singles Silver Ball. Kristin beat Dianne for the Bronze Ball. Within half hour of the singles final, we both played against what seemed to be



Blouin

a perfect combination of touch and volley placement by Kris McDonald/Katherine Zanon, and they defeated us in another two-hour battle (7-6 (7) 7-6 (4) for the doubles Gold Ball. Dianne Lee/Suzanne LippeSiegler came in third.

In the 50s, Jenny Klitch defeated Andrea Rice



40 doubles Kotz/Blouin (Silver) with Zanon/McDonald (Gold)

in the finals, 6-4, 6-2. Shelly Works got the Bronze by defeating Anna Zimmermann, 1-6, 7-5, 6-3. Mary Dailey and Andrea Rice won the round robin doubles. Shelly

Works/Anna Zimmermann got Silver.

Kris McDonald/Katherine Zanon won Bronze.

As we rushed to the airport after the finals, we both enjoyed the memories of incredible points, the new friendships, and the fact that the rain stopped just when we needed it, and the new hurricane approaching headed north. Rogelio from Sanchez-Casal Academy said he hopes to have more people coming to the 2018 Clay Court Championships, which he intends to have April 9-14, 2018, combining 40s, 50s, 60s, 70s, and 80s in a week of fun, full courts availability, and a renovated club house.

ITF Super Senior World Team Championships

Lake Nona, FL

October 8-15

by Carolyn Nichols

The USA women were undefeated during the ITF Super Seniors World Team Championships in



65 McEvoy, McColskey, Hahn, Karwasky

October. Despite some challenges (heat, airplanes and scheduling), nothing fazed the US women in the 65, 70, 75 and 80 divisions.

The 65s, Kitty Godfree Cup, had tough battles in the semis against Great Britain and final against Australia. Wendy McColskey, playing #2, didn't drop a set all week. Tina Karwasky, who was fresh off winning the 65s Gold Slam in singles only a week earlier, struggled in the semis and finals both with her tricky opponents (dropshots galore) and injuries, but her competitive spirit and never say die attitude got her through a marathon against Great Britain's

Pauline Fisher (she was down match points in the third set) and former world champion Kerry Ballard of Australia (down set points in the second set) to clinch both wins. Molly Hahn (captain) and Cup rookie Vicky McEvoy played the doubles.

In the 70s, the USA was unseeded but pulled off an upset on the first day, beating Great Britain, the defending champions, 3/0. After they won their group, USA easily beat South Africa 3/0 in the semis. That set the stage for a tough and as it turned out, two-day final against



Althea Gibson Cup members (70s) Sue Kimball, Carol Clay, Brenda Carter, Leslie Pixley

Netherlands. In the final, the USA: Brenda Carter, captain and team leader, Carol Clay, playing #2 singles, Sue Kimball, who won the deciding doubles match with Carter and Leslie Pixley, held off the Netherlands to win the Cup. For Carter and Clay it was the first time they had won playing #1 singles and #2 singles, respectively. In the final Clay won a tough battle at #2 singles. Carter fell to Dutch #1 Ellie Krocke (who won the individuals in the 70s the following week). That set the scene for the deciding doubles match. Carter and Kimball won the first set but were down 3-4, serving, when it poured! The match nearly resumed indoors but the parties involved and the USTA decided to see if the weather would clear on Saturday. It did and the final was played before a nice crowd on Center Court. The Americans were down set point at 5-4, but Carter won a lengthy rally, and the USA went on to win a second set tiebreak and the Cup. Carter was solid as a rock at the most critical moments. It was Kimball's second Cup and the first time she'd played a deciding match. They were excited to win, to put it mildly.

The 75s didn't cruise to a win as they had to get past Germany, headlined by NSWTA member Heide Orth. (Heidi Attlefellner and Nanda Fisher also played for Germany). Cathie Anderson won convincingly at #2 singles before Charleen Hillebrand fell in straight sets to Orth. Hillebrand and captain Suella Steel won the deciding doubles, coming back from a set point down in the first set before winning the second in less exciting fashion. Susanne Clark completed the USA team. The 75s had a three-team round robin group to decide the winner. They played Great Britain on the final day and won anticlimactically, 3/0.



75 Cathie Anderson, Charleen Hillebrand, Suella Steel, Susanne Clark

(captain) and Burnette Herrick, beat Canada 2/1 to win the Cup. DeVries beat Evelyn Hustwit at #2 singles; Inge Weber upset King at #1 singles but DeVries/King easily won the deciding doubles point in straight sets to win the Doris Hart Cup for the USA.



80s Burnette Herrick, Carol Wood, Dori DeVries, Roz King

Other NSWTA members did well in Orlando: John Powless led the US Men's 85 team to victory in the inaugural 85s Cup. They beat Canada 2/1 in the final. George McCabe (captain), Joe Russell and Clem Hopp were the remaining team members.

Powless/McCabe won the individual doubles the following week.

ITF Super Senior Individual Championships

Lake Nona, FL
October 15-21

by Carolyn Nichols

In the women's individuals event, Molly Hahn/Judy Dixon were finalists in 65 doubles; Karwasky/Jan Kirkland-Cochran were 65 doubles semifinalists. Brenda Carter/Betty Wachob won the 70 doubles. It was Wachob's first world title.

Donna Fales won the 75 singles, doubles (with Orth) and mixed (with Fred Drilling, USA). Orth was a finalist in singles, losing to Fales in three sets. Hillebrand/Steel lost a tight final to Fales/Orth, winning the first set before falling in a tiebreak in the second set.



Individual 65 doubles-(from left) Judy Dixon/Molly Hahn (Silver), Ballard/Walter (Gold), Love, Wilson



Individual 70 doubles Brenda Carter and Betty Wachob (Gold; 3rd and 4th from left) on their right: Petro Kruger (RSA)/Sue Kimball (Bronze)



Individual 75 doubles finals: Fales shaking hands with Steel, Orth with Hillebrand



Individual 75 singles Heidi Orth (Silver; on left), Donna Fales (Gold; center)

The match tiebreak which ensued was nip and tuck, finally won 10-8 by Fales/Orth. Steel was a mixed bronze medalist (with Karel Placek, USA).

In the 80s, King beat DeVries to win the 80 singles. DeVries beat Weber in the semis, while King edged Wood in a match tiebreak in the other semi. King/DeVries were doubles bronze medalists. Dorothy Wasser/Weber won the doubles.



Individual 80 doubles winners
Dorothy Wasser, Inge Weber

In the 85s, Margaret Canby was a singles semifinalist and doubles finalist with Angie Ray. Muffie Grieve, Canada won the singles over Rosie Asch; Asch won the doubles (with Margaret Fisher, AUS).



Individual 85 singles- Rosie Asch (Silver), Muffie Grieve (Gold), Bronze to French



Individual 85 doubles
Angie Ray, Margaret Canby (Silver)



Individual 80 singles, Weber (Bronze), King (Gold), DeVries (Silver)

Different Takes on the ITF Worlds

by Fay Martin

My husband Murray Martin and I had a wonderful time at the ITF Individuals. I had played in an ITF tournament in Austria in 2011, but this was Murray's first ITF tournament. It was a great experience being at the USA Tennis Center and seeing the flags of many nations waving in the breeze. It was also interesting to meet people from other lands.

I played Galyna Goryana from the Ukraine and she has invited me to stay at her house in Kiev! Murray played Jean Houdouin from France and he graciously invited us for drinks after the match. It was fun talking with him about France and sipping apple and cranberry juice. We overcame the language problem somehow, also in the case with my Ukrainian friend. We had no language problem when we played our Mixed 80 doubles, since our opponents Jean Stevens and Evan DeLarue were from New Zealand.



Fay Martin (center) with new friends

by Rita Price (who played in the 85 doubles)

It was such pleasure to be at the World Championships, to applaud the great tennis matches, listen to the variety of languages spoken, watch the 32 countries' flags flying over Center Court, be there to see our fellow hackers receive their gold medals and applaud their successes for yet one more glorious year of our favorite sport of a lifetime!



Rita Price

I was re-united with Darius Panah-Izadi, my 2013 mixed doubles partner from England (we won the 85's in Austria) but young Brits Tom Baron and partner Mary Durrans did to us what we did to our opponents in Austria. As Harvey Fialkov of South Florida's Sun Sentinel wrote: "An ambidextrous Panah-Izadi plays with one-hand forehands from each side, but he would've needed an extra hand as the cuddly couple went down meekly!"

As for this reporter's singles match, I again go to Harvey's thoughts: "Price took a bow, blew kisses to the Brazilian fans in the bleachers and showed off some tap-dancing skills. Price who applauds opponent's winners and actually laughs when she gets passed, still displays a deft touch, mixing in tantalizing drop shots with pinpoint lobs and solid cross-court forehands. She staved off three set points before dropping the first set 4-6, but dominated the second set 6-1. Instead of playing the 10-point match tiebreak, Price walked to the net, hugged her opponent, Teresinha de Jesus Acioly of Brazil, and retired claiming her toes were bothering her."

I made many new Brazilian friends that day! Jane Lutz and I played the number 2 seeds and lost the first set 5-7, were down 1-4 when the rains came, so we played the second set next day, got another game, but alas, we lost to a better team at 2-6.

by Marie Allman (who played in the 65s)

It's a great honor to play for one's country and great experience to play the Cup—meeting all the many excellent players from around the world. I played for the country of my birth, Sweden, but was equally proud to sing and stand for the National Anthem of the US as a brand new citizen.



Marie Allman (right)

There is a wide variety of levels of play and custom at the Worlds. A woman from Croatia for instance didn't even call the score in our match. The ladies from Argentina don't always speak English so I've had to call the score in Spanish. The Polish

players argued loudly about line calls etc, disturbing my opponent from Ireland greatly. US, AUS, France, Britain and Germany have very strong teams but others are less seasoned or skilled.

The USTA National Campus is impressive with its 100 brand new courts however exceedingly noisy. It seemed every time I'd call the score or start my service motion, a plane was almost landing on my court. The food on campus was great and the refs and staff very helpful. It did rain a fair amount so the courts were often heavy. If it didn't rain, it was windy or very hot.

The only disappointment was the so-called "gala dinner" where we were bussed for half hour to Sea World, only to have not so great food. When we arrived at the banquet, we looked for 15 minutes for a place to sit down, then asked the banquet manager for help. He said we weren't all meant to sit for dinner! I saw several of my US buddies sitting on the floor. My team captain and I flirted with some Argentinians and got two seats at their table. This was really bad after playing in the afternoon and attending the opening ceremony. Having lived here for 40 plus years, my experience is that this country is very efficient, masters at organizing events. But it fell through this time.

ITF Senior World Team Championships

Miami, FL

October 29-November 4

by Leslie Airola-Murveit

The 2017 ITF Team Cups were successful for USA women, achieving First (Alice Marble 60's), Second (Maria Bueno 50's) and Fifth place (Maureen Connolly 55's).



Alice Marble Cup team (60s) Leslie Airola-Murveit, Pat Purcell, Diane Barker, Susan Wright

The # 1 seeded Alice Marble team (60's) played on green clay courts, beating Turkey, South Africa and Germany before defeating Great Britain in the final. Diane Barker and Susan Wright defeated their opponents Kim Reid and Anne Clark by scores of 6-0,6-1 and 6-3,6-2 respectively. Leslie Murveit and Pat Purcell played doubles against Anne Clark and Jane Rushby, losing 6-3,6-3.

The # 2 seeded Maria Bueno Cup (50's) defeated Sweden, Ireland and Spain on green clay courts before falling to Germany 2-1 in the final. Jenny Klitch lost to Petra Dobusch 7-6,6-3 in #2 singles, Ros Nideffer lost to Anke Wurst 6-4,4-6,6-4 in #1 singles and Nathalie

Herriman-Bagby/ Shelly Works defeated Gabi Kirchner and Shabnam Siddiqi El Hatri 6-3,3-6, [10-8].

The # 2 seeded Maureen Connolly Cup Team (55's) played on hard courts, defeating Turkey and Norway before falling to Germany in their flight. They fought for a 5th place finish, and beat Argentina and Netherlands to capture 5th place. In their final match, Vicki Buholz defeated Carole De Bruin 6-0, 6-2 at #2, Tracy Houk beat Liselot Prechtel 1-6, 7-5, 6-0 at #1 and Judy Newman and Vicki Buholz defeated De Bruin/Karien Theeuwes 7-5, 6-2. Team member Tracy Thompson fell ill with the flu and was only able to play in the first two matches.



Maria Bueno Cup (50s) Shelly Works, Nathalie Herreman-Bagby, Ros Nideffer, Jenny Klitch



Maureen Connolly Cup (55s) Tracey Thompson, Judy Newman, Tracy Houk, Vicki Buholz

ITF Senior Individual Championships

Miami, FL

November 4-11

by Leslie Airola-Murveit

Women's 50—In singles, Ros Nideffer earned a silver medal, losing to Belgian Klaartje Van Baarle 6-1,6-3 in the final. Jenny Klitch and Andrea Rice both won bronze medals in singles after losing in the semi-finals to Van Baarle and Nideffer respectively. (In ITF Team Championships, there is a playoff for Bronze; in ITF Individuals, both semi-finalist losers get a Bronze medal.) Ros won a 2nd silver medal in doubles with partner Gretchen Rush,



50 singles/ USA's Nideffer (center), Klitch (far right)



55 singles/ USA's Buholz (second from left), Gayle Prejean (second from right)

losing the finals to Marian Metola/Monica Patron 6-4, 6-4. Americans Erika Smith/Tom Coulter were bronze medalists in mixed doubles. In the semi's they lost a heartbreaker to gold medalists Patron/De Marinis 6-7(2) 6-1 [12-10].

Women's 55—Vicki Buholz reached the finals in singles, losing to German Helga Nauck 7-5,6-1. She also earned two bronze medals, in mixed double with Sweden's Hans Carlson and in doubles, with Judy Newman. Gayle Prejean won a bronze medal in singles after her semi final loss to German Helga Nauck.

Women's 60's—In the singles finals, Diane Barker



60 singles Bronze winner Foulk

prevailed over Susan Wright 4-6,6-4, 7-5. Kathy Foulk earned a bronze medal after falling to Wright in the semi finals. In the doubles finals, Pat Madrado/Wright beat Jenny



60 singles Barker (Gold), Wright (Silver)

Cerff (South Africa) / Abbi Neuthaler 6-1,6-1. Leslie Airola-Murveit/Shannon Gordon-Carney, who lost to Cerff/Neuthaler 7-6, 4-6, [11-9] in the semi finals, earned a



60 doubles- Neuthaler/Cerff (Silver)

bronze medal. Shannon also earned a silver medal in mixed doubles with partner Rollin Rhone. They were unseeded and lost to first seeds Madrado/ Godfroid 6-2, 6-3 in the final.



60 doubles Bronze winners Leslie Airola-Murveit/Shannon Gordon-Carney (third and fourth from left)

sons (Jim with wife Allison Cookson from N.C. and Richard and wife Debra Cookson from Phoenix) came to surprise their awesome Mom. Joyce and Renie stayed at their time-share and drove a rental from the airport. Tournament Director Andi Polisky supplied us three other players with transportation to and from the airport as well as gourmet dining suggestions. Judy Louie took over as Director for the first round and brought us goodies for lunch at our spacious villa a walk from the courts.



90s Renie Vanderpol, TD Polisky, Joyce Vanderpol

Joyce and Mary played first, which Joyce won in two sets. Mary Hallowell, Betty Cookson, and this reporter dined with Jim and Allison Cookson at their Weston Hotel, toasting all with our favorite drinks—a perfect ending on Day One. The next day Mary and Rita played singles in the morning followed by the doubles with everyone on hand with applause for all the good shots, and even the misshits! It was a fun event and head pro, Tommy Tucker, did a walk-on during Price's serve—so I sang a little ditty for Tommy Tucker who sang for his supper, etc, etc, etc.



90s Grass - Joyce and Judy Louie



90s Grass - Betty Cookson with son Jim

The singles results: Price won her fourth Gold ball, Joyce won Silver, Mary was awarded the Bronze.

The doubles match was 6-4, 6-0, with Cookson and Price winning the third Gold ball of the year. We were given beautiful white vests

embroidered with logos of the Tournament and a goody bag from various sponsors. Dining with Mary, Betty and family was a joy at 'Si Bon,' followed by a second evening of another gourmet dining pleasure at 'Shame On The Moon' off Frank Sinatra Drive. All the streets make you think you are in Hollywood with stars' names everywhere!

In summary, we were treated like royalty by everyone at the club and came away with a promise to return to this paradise in Palm Springs. So everyone turning 90: do stay healthy to enjoy this Grass Court National at Mission Hills Country Club. P.S. We were promised higher bounces as the courts age!

National 90 Grass Court Championships

Palm Desert, CA
October 30-November 3

by Rita Price

Halloween was a HOOT at the Mission Hills Country Club's first 90's Grass Court National! Four hail and hearty nonagenarians (Mary Hallowell, Joyce Vanderpol, Betty Cookson, & Rita Price) christened the pristine grass courts at the club. Renie, Joyce's twin sister, joined her fan club. Betty's



90 doubles Price/Cookson (Gold) with Hallowell/Vanderpol (Silver)

Shots from Lake Nona



Belmar Gundersen, Palmer, Burnette Herrick, Dorothy Wasser



Carol Gay, Lianne Bryson, Sheila Johnson



Fay and Murray Martin (left) with their New Zealand opponents



Kathy Langer



Grace Woo



Pam Percy, Carol Castell, Betty Wachob, Brenda Carter



Patti Boyer, Lola O'Sullivan



Tina Karwasky (near left), Jan Kirkland-Cochran (near right)

More Shots from Lake Nona



Marie Allman (far right) with her Swedish team



Sheila Weinstock with her Aussie dubs partner



Teri Eggers (on right)



Yodie Therrien



Shula Feuer (right), who met #1 seed Jana Sedlickova



Rita Price (left), Jane Lutz (second from left) with the #2 team



Wendy McColskey, Dale McColskey



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2018 Major Tournaments Schedule

(As of November 28, 2017) Go to NSWTA.org for updates

Date	Tournament	Age Division	Surface
*January 17-21	Grandes Dames at Palm Beach Gardens, FL	30-80	Clay
*January 20-28	WILSON Classic, Rancho Mirage, CA Also the National Mixed Hard Courts	35-85 50, 60, 70, 75 ,80	Hard Hard
*February 7-11	Grandes Dames Tully Cup, Ft Lauderdale, FL	35-85	Clay
February 20-24	JoAnne Russell Cup, Naples, FL	40-80	Clay
Feb 26-March 4	National Clay Cts, Houston, TX	35-90	Clay
March 21-25	Grandes Dames Cooper Cup, Maitland, FL	35-85	Clay
April 9-14	National Clay Cts, Naples, FL	40-80	Clay
*April 25-29	NSWTA Championships/Anne Grier Cup	35-75	Clay
May 7-13	National Hard Cts, La Jolla, CA	40-90	Hard
May 17-20	Senior Slams at Yale, West Haven, CT	50-70,75	Hard
May 24-28	National Indoors, Lexington, KY	30, 35-85 (mixed 30)	Indoor
*May 24-28	Westwood Seniors, Austin TX	35-80	Clay/Hard
June 6-10	Marin Championships, Mill Valley, CA	35-70	Hard
June 8-10	National Hard Cts, Kansas City, MO	30(S,D, Mixed)	Hard
July 9-15	National Grass Cts, Forest Hills, NY	30-80	Grass
July 15-22	National Grass Cts, Philadelphia PA	35-85	Grass
August 20-25	National Indoors, Seattle, WA	60(S,D,Mixed)	Indoor
Sept 3-9	National Indoors, Vancouver, WA	40,50,70-90	Indoor
October 1-7	National Hard Cts, La Quinta, CA	35-85	Hard
October 4-7	National Mixed Clay Cts, Seabrook, SC	40-70	Clay
October 11-14	World of Tennis, Austin, TX	55-80	
Nov 1-4	National Grass Cts, Rancho Mirage, CA	90	Grass
Nov 26-Dec 2	National Hard Cts, La Jolla, CA	40 (S,D,Mixed)	Hard
Nov 28-Dec 2	Fiesta Bowl, Scottsdale, AZ	30-90	Hard
Nov 30-Dec 4	National Clay Cts, Ft. Lauderdale, FL	30 (S,D,Mixed)	Clay

Bolded Tournaments are Category 1

* Tournaments are Super Category II