

NORTH JEFFCO TENNIS CLUB

A Colorado Non-Profit Corporation

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LETTER FROM THE PRESIDENT

I hope that everyone is having a fun successful season of tennis. We now have nearly 320 members in our club. Over the next few months I would like to know more about the expectations of the club members, such as leagues, socials, and payment of dues. By learning your needs and desires, the club can offer services that are more satisfying to the greater number of members. I hope that we can conduct a survey of the members to obtain the necessary information. If you have any suggestions for the survey, or general recommendations, please send them to me in the near future.

The President's Social will be held on Saturday 19 July 2008 at the Arvada Tennis Center. See page 6 for the sign-up form.

Again, best of luck to everyone in this current tennis season! I hope to be hearing from you or seeing you soon.

Bob Hix
Club President



Contact Info:

Leslie Hauschildt:
lhauscht@jefferson.lib.co.us
303-423-4601

Warren Lawson:
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303-423-8474

A MESSAGE FROM THE LEAGUE COORDINATORS

Hello all – at this point, more than half the league season is either under way or done with registration. So let's cover what leagues are still out there getting set up! That would be some traditional leagues, WTT, a special league for men, and a tournament just for ladies.

The traditional leagues with registration dates that have NOT passed yet are:

CTA Women's Summer Daytime (2 doubles and 1 singles) – registration deadline is July 11, with play starting July 30 and going until Sept. 22. A minimum of 7 players is needed for a team.

ITA Fall Mixed Doubles (combined levels, 5.5, 6.5, 7.5 and 8.5) – registration deadline is July 18, with play starting August 10 and going until Sept. 28. A minimum of 8 players is needed for a team.

Leslie Hauschildt is coordinating the CTA Women's Summer Daytime and the ITA Fall Mixed, so let her know if you have a team ready to go, or are looking for a team or additional players. It seems like league season just started, but the deadlines for these leagues are just around the corner!!

WTT is World Team Tennis. This year WTT is not a regular season, instead it will be a special tournament weekend. A team for WTT is composed of men and women, with a round being a set of six matches. The matches are one set each of men's singles, women's singles, men's doubles, women's doubles, and two of mixed doubles. The combined total number of games won from these six matches is a team's score for that round. The tournament this year will take place probably in late July (it hasn't been set just yet).....this format is fast and furious – and very, very social. Contact Leslie Hauschildt is you would like to be in this tournament.

The special league is just for men! It is the CTA Men's Tri-Level Singles League. A team is made up of 3.0, 3.5, and 4.0 men. A team match consists of one match at each level, so the minimum needed for a team is five players, with at least one at each level. This league will play Saturday afternoons at 3 p.m. The registration deadline is Aug. 1, with play starting August 16 and going until Oct. 4. Leslie Hauschildt will be coordinating this league.

The tournament just for ladies is the USPTA Intermountain Ladies Doubles Championships in late July. A team must have at least four ladies, as a match consists of two doubles sets. Each set consists of 12 games, and the team with the most game wins is the ultimate winner. The winners of each level at this tournament (3.0, 3.5, 4.0, and 4.5) get to go to the USPTA regional play-offs in Houston, Texas – and North Jeffco has had at least one team going for one of the levels for the past four years. Let's keep it up! To register for this event, please contact Judy Courtney at Bicourt2@aol.com, or contact Leslie Hauschildt.

Other IMPORTANT information for league play: The weather has not been completely cooperative so far this year. If you have a league match that ends up having to be rescheduled, please contact Michele Crouse at the Arvada Tennis Center when you have a date lined up with your opponents. Unfortunately the high schools we are able to use for regular league play, are NOT available for other dates – which means rescheduling dates will either need to be for times that are available at the ATC, or when the courts at Majestic View or Davis Lane are available. Michele will be able to tell you if those are courts are available for a make-up match, or if they are already being used.

Contact
Leslie or
Warren

League Schedule

The schedule for the leagues coming up next is:

Seniors – registration deadline is June 6, play starts July 14

Twilight – registration deadline is June 6, play starts July 21

CTA Women's Daytime – registration is July 11, play starts July 30

Fall Mixed Doubles – registration deadline is July 18, play starts August 10

2008 MEMBERSHIP FORM

Name(s) _____ Tennis NTRP Level _____

_____ Tennis NTRP Level _____

Address _____

City _____ State _____ Zip _____

Phone _____ Work Phone _____

E-mail Address _____

Mail to: NJTC
P.O. Box 239
Arvada, CO 80001-0239

Make check payable to: NJTC

Annual Dues \$40.00
Per Member



APEX PARK AND REC NEWS

Hopefully, the spring rains are past and June will be warmer and drier! The courts at the tennis center have been quite busy with leagues and make-up matches. Please remember you may reschedule your make up at the tennis center, even if you were scheduled at a satellite court, as far as 2 weeks in advance. Just let tennis center staff know it's a make-up, and we'll confirm court availability, up to 2 weeks in advance! Also, teams should consider playing their 3rd set at the tennis center, so no one has to worry about light issues. It is possible you may have to wait for a court, but staff will get you on and stay until the match is completed. For teams playing on satellite courts, consider checking out a roll-dri, when picking up your key, if there has been questionable weather. Not many teams know this has been available.

Michele Crouse
Apex Park and Recreation District
Tennis Program Coordinator
michelecrouse@yahoo.com
303-467-7158

Summer programming begins June 1st and the tennis center will be busy Monday through Friday with youth league matches, lessons, and junior team. More daytime leagues will need to play off site during the brief summer months, but we are fortunate to have access to some very nice satellite courts. Signs will be placed on the courts, by mid-June, once program numbers level out, and you can refer to the activities guide for a general overview of dates and times, as well.

Danny Thomas has left us for a location with a steadier stream of business. We are fortunate to have Chris Towell, our USPTA, step into Saturday morning drills: 3.5-4.0 level players drill at 9 am, 3.0-3.5 level players, drill at 10 am, and 2.5-3.0's drill at 11am. Cost for these drills is \$12. A minimum of 3 players is needed, with a maximum of 6 players, per drill. You must call the tennis center at (303) 420-1210 to reserve your spot by 5 pm on Friday. At this time, Tuesday evening and Sunday evening drills have been discontinued. We will gladly consider adding these drills back and offering other programs, provided there is enough consistent interest. Stop inside the tennis center and let us know what you would like to see. Gary Melillo, a PTR professional, will be joining our staff in June and will teach some adult classes, privates and semi-privates, and is available to work with teams.

Thank you to all the tennis club members that supported the May Block Party and shared their passion for tennis with others. If you did not receive your volunteer gift, give me a call. I am also looking for a couple of able-bodied 3.5 – 4.0 players willing to be a sub for the Wednesday evening up/down league. Staff is enjoying having players come into the new building and bestow all kinds of positive comments! Stop on in! We have a lost & found, small pro-shop, and water for sale! Punch cards are available for discounted court time and there is information on recreation district events, tournaments, and lots more.

Tennis Center Opens for the 2008 Season

Hours of Operation:
Monday – Friday 5-9 pm
Saturday & Sunday 7:30 am – 12 noon

Phone: (303) 420-1210

See you on the courts!

Tournament Results

Champions:

Bill Bricking : Men's 4.0 Doubles - Pinery NTRP Championships
 Steve Thompson: Men's 4.0 Doubles - Pinery NTRP Championships
 Ann Torkelson: Women's 3.0 Singles - Meadow Creek May Adult
 Becky Grace: Women's 3.0 Doubles - Meadow Creek May Adult
 Bill Bricking: 4.0 Mixed Doubles - South Suburban Doubles
 Steve Thompson: 8.0 Mixed Doubles—Aurora

Tournament Information was
 Provided by Angie Wewel

Finalists:

Sandra Jacquez: Women's 3.5 Doubles - Austin Scott Memorial
 Kelley Sober: Women's 3.5 Doubles - Austin Scott Memorial
 Bill Markoff: Men's 65 Singles - Glen E. Hines Senior Outdoor
 Barb Sosaya: Women's 4.0 Doubles - Meadow Creek May Adult
 Chris Weyer: Women's 4.0 Doubles - Meadow Creek May Adult
 Angela Jones: 4.0 Mixed Doubles - Meadow Creek May Adult
 Steve Thompson: 4.0 Mixed Doubles - Meadow Creek May Adult
 Bill Bricking: Men's 4.0 Doubles - South Suburban Doubles Classic
 Steve Thompson: Men's 4.0 Doubles - South Suburban Doubles Classic

Did I miss reporting your tournament win?

Please send an email with details to
 Angie Wewel at
mikeandthechicks@aol.com

Congratulations to all! To find an upcoming tournament, check out your
 Colorado Tennis magazine or go to USTA.com.

Tennis Diet Question

Permission to Print
 the Tennis Fitness
 and Diet were
 Obtained by
 Greg Miller

Question: Your pre-match routine calls for complex carbohydrates with a little protein, which could be turkey or chicken. I understand an element in turkey tends to put you asleep and I have first experience that turkey slows me down during a match. Chicken is OK but why are you suggesting turkey before a match?

Love: Tryptophan is the amino acid often deemed to cause the "sleepy" side effect after consuming turkey. However, most turkey sandwiches are made with processed lean turkey products that are lower in tryptophan than the typical "whole turkey" you eat on Thanksgiving Day.

The amount of tryptophan in a standard size turkey sandwich (3 ounce meat portion) should not impair your tennis performance. A well balanced meal that includes a turkey sandwich on whole grain bread, a low-fat dairy product and a piece of fruit should not cause any more drowsiness than a lean ham or chicken sandwich.

Page Love, MS, RD, LD, CSCS is a sports nutrition and eating disorders consultant and a member of the USTA Sport Science Committee. She works frequently with the USTA and the WTA Women's Professional Tour as well as the Atlanta Braves baseball team, US Synchronized Swimming, and US Figure Skating. Page also played Division I tennis at Baylor University.

NJTC President's Social Sign-up Form

When: July 19th, 2008, 5:00 p.m.- 9:00 p.m.
Where: Arvada Tennis Center, 64th and Miller
Registration Deadline: July 12th, 2008
Fee: \$20.00 per person

Name(s): _____ Tennis NTRP level _____

_____ Tennis NTRP level _____

Phone: _____ E-mail address _____

Special Request for time to play (will be honored if possible) _____

BYOB and Potluck: Bring your own beverages and a favorite side dish, dessert or hor d'oeuvres to share.

Main dishes to be provided by the NJTC Board

Format is 40 minutes of play, then 40 minutes off, then 40 minutes of play, etc.
All doubles

Mail to: NJTC
P.O. Box 239
Arvada, CO 80001-0239

NJTC BOARD MEMBERS

President Bob Hix
(303) 431-6690
rjhix47@comcast.net

Vice President Julie Gall
(303) 688-2733
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michael.catalano@comcast.net

WebMaster Trevor Vaughn
tvaughn@TrevorVaughn.com

Have you moved?

Have you changed email addresses?

Do you have a new phone number?

If so, please contact Sandra Jacquez to update your contact information in the NJTC Membership files:

sandra.jacquez@level3.com
(303) 420-8437

June Board Meeting

Date: Saturday, June 7th
Time: 4:30 pm
Location: Bob & Chris Hix's House
10555 W. 78th Ave, Arvada

All NJTC Members are Welcome!

North Jeffco Tennis Club
PO Box 239
Arvada, CO 80001-0239

First Class Mail

Advertising in the NJTC Newsletter:

Ads may be placed in the newsletter at a rate of \$20.00 per issue for a business card size ad. Get one free month with payment in advance for nine issues published during the year for a rate of \$160.00. To place an ad, contact:

Sandra Lucero-Jacquez
NJTC Treasurer
(303) 420-8437
sandra.jacquez@level3.com



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Arvada, CO 80003

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Travel Planner
NJTC Member since 1978*

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