

www.northjeffcotennisclub.com

NORTH JEFFCO TENNIS CLUB

A Colorado Non-Profit Corporation

JUNE 2011

Note from the President

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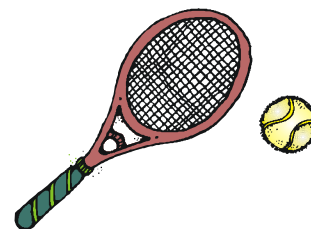


We are almost to the mid-point of the 2011 tennis season. The following are a few of the upcoming events and activities that might be of interest:

- Fall Mixed and Summer Daytime leagues are now forming. If you are interested in playing on one of these leagues, please contact Leslie Hauschildt, our league coordinator.
- The Annual Summer Social is July 16 at 3:00 pm at the Arvada Tennis Center. Look inside this newsletter for additional information and the sign-up form.
- The NJTC Membership Directory will be published in July. If your contact information or NTRP rating has changed, or if you don't want your contact information published, please see inside for instructions.
- The NJTC Board wants to gauge member interest in a family social that is open to tennis playing family members under 18 years of age. Please see inside for how to send feedback or indicate interest to the board.

Hope you are having a successful tennis season.
See you on the courts!

Julie Gall
President



NJTC T-Shirts Available

\$10

Contact: Julie Gall at
juliegall@sprintmail.com or
303-688-2733

July Board Meeting

Date: Sunday, July 10th
Time: 6:00 pm
Place: Home of Diana Bliss
7069 Xenon Court
Arvada, CO 80004
303.424.7841

Message from the League Coordinators



Wow! It's almost the end of June already! It may be the middle of the summer, but for league tennis in Colorado that means it is nearing the end of the team registration period for leagues. ITA Fall Mixed and Ladies Summer Daytime Leagues are the only leagues still registering – and their deadlines are July 15. There is definitely still time to get teams for those leagues set up!!

HOWEVER – once a team is registered, remember that team members can still be added. So, Captains- if you could use a player or two more for your team, please let Leslie (Fall Mixed or Daytime) or Warren (Seniors or Twilight) know. We frequently hear from players who would like to get on a team after the team registration has passed but before the league starts, so a perfect match for you could be right around the corner.

ITA Fall Mixed is a great opportunity to play with new folks! The levels of 5.5, 6.5, 7.5 and 8.5 for the teams provides a chance for mixing ratings (a 3.0 could play with a 3.5 for the 6.5 team, for example), AND you can play on two teams, as long as they are at different levels. So a 3.0 player could play both 6.5, and 5.5 – or a 3.5 player could play both 6.5 and 7.5. The 6.5 and 8.5 teams play at noon on Sundays, while the 5.5 and 7.5 teams play at 3 p.m.

A special plug for 3.0 guys for ITA Fall Mixed! We have a great group of new players, who happen to all be ladies. This is your opportunity to help some new players find out how fun mixed doubles can be. Please let Leslie know if you'd be up for this, as she's working on putting a 5.5 team together. Remember that you can play on both a 5.5 team and a 6.5 team!

A question has come up from some captains about how to respond when the opposing captain asks for special accommodations. While remembering that tennis is a civil game, and we *all* would like to play as much as possible for the money we spend to play rather than taking forfeits – saying yes to accommodation requests from captains is YOUR decision. Rescheduling because players are out of town due to an emergency, or injury, is one thing. Rescheduling because players are on vacation is not the same thing (vacations get planned J). Likewise, playing earlier or later than the CTA scheduled time for the league, or having to pay for indoor courts or such, are not expected accommodations. If you want to get the match done, and accommodation works for you, say yes. If it is a hardship, you can say no. (of course, having to get together later to finish a match because the sun went down is a hardship on you too – as we all know from experience).

We do want to say THANK YOU to the NJTC team captains! Nearly every team in our club carries more than the minimum on a team, providing the opportunity to play league tennis for more people. I know we all want to play as much as possible, but it actually often works out for the best for teams to have more players anyway (as many of us captains have found out!). But in any case, we appreciate the fact that North Jeffco Tennis Club captains and players both want to play AND want to help as many players as possible get to play!

League Coordinators:

Leslie Hauschildt

(303) 423-2601

Leslie.Hauschildt@JeffcoLibrary.org

Warren Lawson

(303) 423-8474

wlaw6461@q.com

NJTC Member Tournament Results



Austin Scott Tournament

Karan and Craig Tierney: 3.5 Mixed Champions

To have tournament results published in the NJTC newsletter, please contact the newsletter editor.

NJTC Summer Doubles Social—July 16

When: July 16, 2011 from 3-7 PM
Where: Arvada Tennis Center, 6430 Miller Street
Registration Deadline: Thursday, July 14
Fee: \$10 per person

Name: _____ **Tennis NTRP Level:** _____

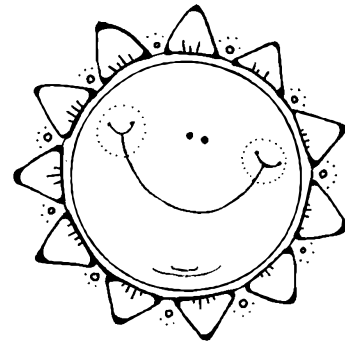
Name: _____ **Tennis NTRP Level:** _____

Phone: _____ **Email:** _____

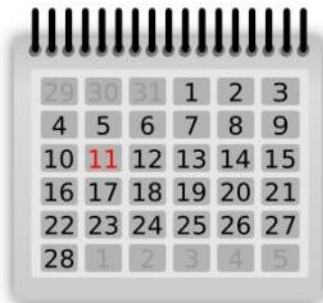
- ☉ BYOB: bring your own beverages
- ☉ Potluck: please bring your favorite side dish, dessert or hor d'oeuvres to share
- ☉ NJTC will provide fried chicken, lemonade/tea, paper goods, utensils and the tennis balls
- ☉ Doubles

Make checks payable to: NJTC
 Mail to: NJTC
 PO Box 239
 Arvada CO 80001-0239

Last minute RSVP and contact information:
 Sandra Lucero-Jacquez
 sjacquez@comcast.net
 (303) 420-8437



Upcoming Indoor Socials



Don't forget that the NJTC offers tennis year-round. Here are some upcoming fall/winter doubles socials that will be held at Meadow Creek Tennis and Fitness.

- October 22, 2011
- November 19, 2011
- December 31, 2011 (Annual New Year's Eve Social)
- February 4, 2012 (Annual Meeting)
- March 3, 2012
- April 14, 2012

Silver Senior Championships

by Gene W. King



ew this year is the Silver Senior league. It is made up of players who are 70 year old and over and are in NTRP's 3.0, 3.5, and 4.0.

In the 6.0 division, there were only 2 teams formed, which was not enough to establish a district. CTA mailed a postcard to eligible 3.0 players informing them they were establishing 6.0 teams to play in the Division Championships June 14 – 16. Wow! Go straight to the championships without winning a district first? Unfortunately NJTC did not have enough interested players to form a team.

I signed up with CTA and eventually received an email that established the Denver Orange 6.0 team with 8 players, and I volunteered to be team captain. I knew none of the other team members. I established 3 practice days and eventually all team members made at least one practice. One of the members drove from Longmont for all three practice days. He is one of our competitors on a Longmont Super Senior team.

I paired my players up and during the 4 matches in 3 days of the championships held at Ken Caryl; we managed to win 3 out of 4 matches and took second place. The Fort Collins Community College took first place with 4 wins. There were a total of five 6.0 teams and we played each team once.

Walt Scherer and Tom Knauer were the only other 3.0 club members from NJTC to sign up for the Silver Senior league, and they were placed on the North Denver team.

Ken Caryl also hosted the District winners of the Silver Senior 7.0 (3.5 NTRP) and 8.0 (4.0 NTRP) divisions during this 3 day playoff.

(League Coordinator's Note: Bev Avis captained a NJTC 3.5 ladies team for Silver Seniors this year. From Gene's report, it sounds like a fun, new league. Hopefully next year we will have more Silver Senior teams!)

Players Needed



ooking for a team? Warren Lawson is in need of two 4.0 men and two 4.0 women to play on his 7.5 Fall Mixed team. If you are interested, please call him at 303.423.8474. Or you can send him an email— wlaw6461@q.com.

Updates to NJTC Directory—July 8th Deadline



he NJTC Membership Directory will be published and distributed in July. All members will receive a copy. If your address, phone, email address or NTRP rating has changed from last year, please notify Sandra Lucero-Jacquez at sjacquez@comcast.net no later than **July 8** to update your information. **If you do not want your contact information published in the directory, please contact Julie Gall at juliegall@sprintmail.com no later than July 8.** Thank you!

APEX Park and Rec News

Arvada Tennis Center - (303) 420-1210

Michele Crouse
 Apex Park and Recreation District
 Tennis Program Coordinator
 michelec@apexprd.org
 (303) 420-1210

The rains are gone, and summer is finally here! It's great to see players enjoying the amenities the Arvada Tennis Center provides. If you follow recreation the way I do, you'll notice there is an increasing trend of the privatization of public tennis facilities, and increased outsourcing of tennis programs. Part of this trend is due to the cost of maintaining a facility—12 bucks for a center strap, \$180 for a net, \$3,000 to fill cracks, and the list goes on.

A great **big** thank you to:



- captains encouraging teams to hold their practices at the ATC.
- those with standing reservations.
- all the Tennis Addicts and Nuts and wheelchair players choosing to call the Arvada Tennis Center “home”.
- those investing in privates, drills, and small group lessons.

It is disheartening to hear that players do not believe our facility is worth \$2 per hour when playing doubles (and even less when using a discount punch card) and decide to play elsewhere. Our tennis community is strong. Let's work together!

Save the date! The Summer Smash is just around the corner for 2.5-open level players, July 17-24th. Players must be members of the USTA. Entry forms can be found inside the tennis center or on the USTA website-tennis link.

Twenty four hours of tennis is being offered to raise money for the Arvada Food Bank. Details are in the works but help is needed contacting last year's sponsors and organizing the event. Team sizes are based on how much or how little you are interested in playing. Drills will be available for non-team members as well. Let's show Arvada what tennis means to us by filling our courts every hour for 24 hours and at the same time helping to stamp out hunger in Arvada!



Looking forward to seeing you all at the ATC.

Request for Interest for a Family Social



Do you have teens, tweens, and children that play tennis? Would you like to see the club host a family social that is open to tennis playing family members under 18 years of age? If so, the NJTC Board would like to know. The NJTC Board is trying to gauge interest and potential participation for a Family Tennis Social. Please email Julie Gall at juliegall@sprintmail.com to let us know.

Tennis Fit Tip - Post Match Stretches

By Cindy Cantrell – Originally published in the November/December 2009 issue of TENNIS.

Here are some post-match moves recommended by Gary Kitchell, a physical therapist who has worked with pros such as [Ivan Lendl](#), [Pete Sampras](#), [Jim Courier](#) and [Mats Wilander](#), to increase flexibility and improve your movement. Hold each stretch for 30 seconds and repeat three times on each side.

TWO-WAY ROTATIONAL HAMSTRING STRETCH Improves trunk rotation and prevents lower back and hamstring injuries. From a standing position, place your left heel on a table or the back of a chair with your leg straight. Keep your back in line and flex forward through your hips. Reach down toward the arch of your foot with your left hand. Bring your right hand over your head, rotate your chest open, and look up. Relax and take 6–8 full breaths. Now slide your right hand toward the outside of your foot. Bring your left hand overhead and rotate to the other side, looking up at your hand. Switch legs.

CHEST RELEASE Improves trunk rotation and reduces stress on the rotator cuff. Lie on your back with your arms out at your sides. Bring your knees to your chest and let them roll to the left. If the back of your right shoulder comes off the floor, slide your right arm under a couch to hold it down. Take 6–8 slow breaths and switch sides.

POSTERIOR HIP STRETCH Increases hip rotation and alleviates lower back tension. Stand with your right leg on a table or the back of a chair with your knee bent so the outside of your foot, ankle and calf are in contact with the surface. If your knee doesn't touch, fill the gap with a towel. Maintain good posture and lean forward at your hips. Hold for 6–8 slow breaths. Switch legs.

POSTERIOR SHOULDER CAPSULE STRETCH Reduces tightness in the shoulder. Lie on the floor on your right side with your head resting on your shoulder and your arm straight out on the floor in front of you. Bend your elbow 90 degrees so your forearm is perpendicular to the floor. Rotate your palm and forearm toward the floor and place your other hand just above your wrist. Press down gently to stretch the back of your shoulder. If you feel a pinch or pain in the front of the shoulder, stop and adjust the angle of your shoulder or place a small towel under the elbow. Hold for 6–8 full breaths and repeat on the other side.



2011 NJTC Board of Directors

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Making Payments to NJTC

 Please DO NOT drop off or mail dues payments, social payments or club championship payments at the Arvada Tennis Center, the Racquet Ball Center or Apex Center.

North Jeffco Tennis Club is a separate entity that rents courts from Apex Parks & Rec and the Arvada Tennis Center. These facilities will not accept payments for any NJTC activity.

Any NJTC payments should be sent to North Jeffco Tennis Club at PO Box 239, Arvada, CO 80001 -0239. We are currently working on setting up PayPal payments through the club website. We hope to have PayPal operational sometime this fall.



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

First Class Mail

Advertising in the NJTC Newsletter:

Per Issue Prices:

\$20 - Business Card

\$35 - Quarter Page

\$50 - Half Page

Nine issues are published a year. Purchase advertising for the year and pay for eight issues.

Contact: Sandra Lucero-Jacquez

NJTC Treasurer

(303) 420-8437

sjacquez@comcast.net

Have you moved?

Have you changed email addresses?

Do you have a new phone number?

If so, please contact Sandra Lucero-Jacquez to update your contact information in the

NJTC Membership files:

sjacquez@comcast.net

(303) 420-8437

