



New Member Welcome 2010 Newsletter

P.O.Box 239, Arvada, CO 80001-0239

Greetings!

We're very happy that you are interested in the North Jeffco Tennis Club. This special edition has been prepared to tell you about our club. It includes a summary of our activities throughout the year to give you an idea of just how active we are. We have included some information about our relationship to the United States Tennis Association, and we have tried to answer many of the questions you may have at this point. You will also find some names and phone numbers of several of our members who will be happy to answer any additional questions you may have.

If you like to play tennis and have lots of fun, NJTC is the place!

What Will it Cost?

NJTC Membership	\$40 per person per year
USTA Membership	\$42 per person per year

League fees vary depending on how many you choose to participate in. This writer typically participates in the Spring Mixed Doubles (\$19 for eight weeks), USTA Adult Team (\$21 for eight weeks), Twilight (\$18 for eight weeks) and Fall Mixed Doubles (\$19 for eight weeks.) Each time you register for a league you will pay an additional \$3.00 for use of TennisLink.

What is USTA?

The United States Tennis Association is the national organization that coordinates and guides most of the tennis activity in the United States. USTA has over 600,000 members. They do so much that it isn't possible to describe it all here. Their website (www.usta.com) is very interesting and informative.

USTA membership is \$42 per year. When you join USTA, you receive Tennis Magazine and USTA magazine. You also receive Colorado Tennis, which is the newspaper of the Colorado Tennis Association.

Summary of NJTC Activities

January/February

General meeting, election, potluck, and tennis social at Meadow Creek Tennis and Fitness Center in Lakewood

March

Free drop-in tennis at Arvada Tennis Center-6430 Miller St. Potluck and tennis social at Meadow Creek Tennis and Fitness Center in Lakewood

April

Drop-in tennis at Arvada Tennis Center continues Potluck and tennis social at Meadow Creek Tennis and Fitness Center in Lakewood, USTA Mixed Doubles league starts

May

USTA Adult men's and women's leagues start.

June

USTA Super Seniors league starts
CTA Women's Daytime Doubles league starts
USPTA Women's Doubles league start
World Team Tennis League Starts

July

President's Social
USTA Senior league starts

August

CTA Women's Fall Daytime league starts
CTA Twilight league starts
ITA Fall Mixed Doubles league starts

September

NJTC Club Championship Tournament

Arvada Tennis Center Activities

(Operated by APEX PARKS AND RECREATION DISTRICT)

March

Tennis Night in America—March 1,3-7 PM /volunteers needed

Drills-contact tennis center for information

APRIL

Youth and Adult lessons begin

Drills continue

2.5 Tuesdays begin

MAY

Arvada Tennis Center officially opens May 1

Glen Hines Senior Age Division Tournament

May 3—May 9

Senior Breakfast League

Tennis Block Party, Saturday May 22

Volunteers/Racquets needed

JUNE

Youth/Adult activities continue-apexprd.org

Summer Swing Junior Satellite Tournament

June 15—June 19

JULY

Summer Smash Tournament-NEW-All Levels!

July 18—July 25

AUGUST

24 Hour Tennis marathon

Aug 27& 28

SEPTEMBER

Arvada Tennis center closes Sept. 30

NJTC Second in CTA Participation

There are about 110 tennis clubs in Colorado and each year the CTA publishes statistics showing overall participation for each one. In 2007, NJTC was ranked number four. Currently NJTC has just over 360 club members. On average, each NJTC member participates in two to three leagues.

About the Leagues

The USTA or their local branch, Colorado Tennis Association (CTA), coordinate most of the leagues.

Each club fields several teams for league competition with other clubs in the area. League coordinators handle scheduling teams for home matches, share information from CTA and share information about interested players with team captains. Players are not assigned to specific teams and NJTC membership does not guarantee a spot on a team.

For example, this writer is currently active on a USTA mixed doubles team and a USTA men's team. The mixed doubles team has ten players (5 women, 5 men), and we play on Sunday afternoons. On a given Sunday, three pairs will play. We will play against teams from Broomfield, Boulder, Lakewood, Denver, etc. We

rotate so that everybody plays the same number of days. For our home games, we provide balls and snacks. For the away games, we drive to the other club, and they provide balls and snacks.

The team that wins the most matches during the regular season will go to regional championships. The regular season usually lasts seven or eight weeks depending on the number of teams in the division.

For more specific information on leagues, visit www.coloradotennis.com or contact the NJTC league coordinator.

It's fun. It's competitive. It's tennis!

What's the Difference Between a League and a Tournament?

League play is a team activity and your team plays every other team in your division. CTA tries to put eight teams in each division if possible. If your team wins in its division, you go on to play regional championships.

A tournament is usually a single elimination event, which you enter as an individual (or as a pair if entering doubles). Opponents for the first round are determined by a random draw. The first round of play eliminates half of the players. The second round eliminates half of those who made it through the first round. It continues in this way until only two players remain to play the final round. Tournaments usually start early rounds on a Tuesday evening and end up with semi-finals on Saturday and finals on Sunday. Cost to enter a tournament is usually between \$20 and \$25.

About NTRP Ratings

NTRP stands for National Tennis Rating Program. The system rates players by ability levels ranging from 1.5 to 7.0. The USTA NTRP is an enhanced tennis rating system that generates players' ratings at regular intervals over the course of the USTA Adult and USTA senior league seasons. Why does the USTA use DNTRP?

1. Dynamic NTRP allows players without a valid NTRP rating to self-rate instead of attending a verification clinic. It makes entry into league programs much easier for players.
2. DNTRP was used initially in only the USTA Adult and USTA Senior Leagues for generating rating as soon as match results are reported. The advantage of using DNTRP is that the NTRP program will monitor players match results and report players who are significantly out-of-level to the District League Coordinators. A series of match results which cause a player's rating to be significantly over-level will result in disqualification.

If you have any questions regarding NTRP rating, please contact the CTA League Department at 303-695-4116.

About Equipment

Shoes. Tennis gives your feet and ankles a real pounding. So it is important to have as much cushioning, support, and stability as possible. The best tennis shoes are made by Wilson, Nike, New Balance, Prince, Adidas, and K-Swiss. Plan to spend \$80 to \$95 for the best.

Basketball shoes can be used, but the soles will wear down quickly. You should not play tennis in running shoes because they are not designed for side-to-side movement and your ankle may sprain. You should also avoid playing tennis in any shoe that leaves black marks on the court.

Racquet. Nearly all of the current racquets are made of composite materials such as graphite or fiberglass, and some of them are reinforced with titanium wires woven into the matrix. Prices range from around \$40 up to around \$300. There are big differences in performance and comfort, which are not necessarily related to price.

Beginning tennis players should look for a moderately stiff frame that doesn't vibrate when they hit the ball. The most popular class is known as oversize (head area of 107 to 115 square inches). Some of the older professional players still use smaller head sizes, but they are nearly obsolete.

Many stores (including tenniswarehouse.com) have demo programs so you can try before you buy. It is highly recommended that you test at least a dozen different racquets before selecting one.

You should also be aware that string tension has a great impact on racquet performance. Low tension gives a very soft springy feel, lots of power, but little control. High tension produces the opposite: hard pop, reduced power, and better control.

Balls. Here in the Denver area, you will find both standard tennis balls and high altitude balls. In general, the standard balls are too bouncy for serious tennis at this altitude. All tournaments and leagues use high altitude balls made by Penn, Wilson, or Dunlop.

Standard (low altitude) balls are good for practice wall use because of their extra bounce.

Hat, sunglasses, and sunblock. Because of our altitude above sea level and reflection from the court surface, conditions are rather harsh for the skin. Protection is highly recommended.

Where to Buy Tennis Stuff

This is not an exhaustive list of every tennis supplier in the area, but it will get you started.

High Country	
Racquet Sports	10372 Ralston Road, Arvada
Game-Set-Match	8375 S. Willow #208, Littleton
Game-Set-Match	333 S. Colorado Blvd.
Sports Authority	52 nd & Wadsworth, Arvada
Sports Authority	92 nd & Sheridan, Westminster
Golfsmith	17120 West Colfax
Rocky Mtn Sports	6 th & Kipling, Lakewood

Performance Corner

Most of us have been away from tennis for the winter months and our tennis muscles are a bit out of shape. There is a strong chance of injury if we charge into the new season with the same intensity as we had back in October. You can reduce this risk by giving your body a few weeks to adapt to the new season:

- Warm up thoroughly *before* stretching or starting play.
- Stay in your warm clothing if the weather is cold.
- Limit your hitting pace to about 80% of your normal maximum – especially your serve.
- Try to get some light exercise on the days you're not playing tennis.
- Eat right, drink lots of water, and get plenty of rest.

Did you know that dehydration slows your reactions? It's true! To maintain peak performance, it's best to drink moderate quantities of water throughout a match. Don't wait until you're thirsty. That's too late.

Also, it's very important to stretch after the match to prevent cramping.

Apex Parks and Recreation District

The Arvada Tennis Center is owned and run by the Apex Park and Recreation District, formerly North Jeffco. The recreation district is a separate entity from the North Jeffco Tennis Club! The two organizations work together to offer tennis fun to everyone! The Tennis Club coordinates adult leagues and socials. Apex Park and Recreation staff are responsible for everything else! Contact the Arvada Tennis Center at 303-420-1210 for more information.

Get Involved!

NJTC is a non-profit organization that exists solely for the fun of playing tennis. The officers are volunteers and volunteer members organize club events.

It is vital that each club member assist with a club function every year. You could be a captain, grill at a BBQ, put players on the courts at a tournament, assist with clean-up after an event, prepare a draw, etc.

When you are available to volunteer, please contact one of our club representatives.

It's a great way to meet new friends and share in the enjoyment of a well-run club.

The club supports the recreation District with special events and tournaments.

2010 NJTC Board

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Arvada Tennis Center

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North Jeffco Tennis Club 2010 Membership Dues Form

Name _____
(optional)
Name _____
(optional)
Address _____

NTRP _____
NTRP _____

City _____ Zip _____

Phone _____

Email* _____

Membership is \$40 per person per year.

Please make checks payable to North Jeffco Tennis Club and mail to:

North Jeffco Tennis Club

P.O. Box 239

Arvada, CO 80001-0239. Note: The club requests that payment of dues are mailed and not dropped off at ATC.

*Published newsletters will be distributed via email unless otherwise requested.