



The Cottonwood Tennis Club News

The Cottonwood Tennis Club News February 2009

Volume 3—Issue 5

Message from the President

Thank you everyone for allowing me this special year !

Susan Stewart, President

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President's Message—Susan Stewart

The February and March Dinner Meetings will be our final Membership Meetings for the year. All of you who attend in February will be voting for next year's officers, and in March the installation of next year's officers. Thank you this year's officers for your time and dedication to the CTC community and for your generous help to me: Keith Nelson, Vice President; Pam Lenar, Secretary; Kelz Kelzenberg, Treasurer; Wayne Mangold, 1st Past President and Historian; Al Wagner, Tournament Director, and to Ron Petersen and Jack Fitzsimmons for their support.

Our scheduled events enjoy great success because of the commitment and hard work of the League Directors, Pat Davidson, Pete Dalecio, Donna Nelson, Lou Galiano, and the efforts of the Organized Coordinators: Mary Jane Williams, Bob Walk, Gerry Picker, and to all the monthly organizers who manage the schedules. Thanks to Peter Gorman, Bradshaw Director, and to his super-star committee, Paul Riedell, Linda Gorman, Kathy Klotz, Wayne Mangold, Art Miller, and Bud Kile, for their many hours of hard work for a great Bradshaw Tournament. Thanks to our Tournament Director, Al Wagner, assistants Kathy Klotz, Lilian Plant, and Bill Triquart, for providing us with lots of good competition and camaraderie at our socials and tournaments. Thank you Bud Kile for all the pictures. Thank you Susie Welker, Publicity Chair, for the excellent articles. Thank you to the Rating Committee for your time and efforts: Keith Nelson, Chair, Pat Bowlus, Kathy Klotz, Al Wagner, Mike DeMalleville, Jack Fitzsimmons. And to our handymen who keep our tennis facilities in good order, Bob Walk, Don Neu, Jack Szatkowski, Al Tayrien, Paul Thorhauer, and so many others.

Special thanks to JoAnn Flachsmann, who holds two titles: as webmaster

she has fine-tuned our website into one of the most outstanding of its' kind, including posting pictures of us taken by Peter Gorman & Bud Kile at our events; and, as Newsletter Editor, she develops and produces our monthly Newsletter and calendars, sending them to us by email at a notable cost savings to CTC. Thanks Mary White, Membership Chair, for tackling new procedures so well, and the Orientation Committee, Susie Dunn, Carol Mitchell-Gears, and Bud Kile, for making new members feel so welcome. Thanks to Wayne Mangold for his skillful preparation of our Membership Directory. All the work of these special people must be coordinated with one another, a big job.

Thanks to the wonderful Refreshment Coordinators, Judy Crane, Faye Haynes, Carol Kile, to the numerous and wonderful people who volunteer at the Food Court, to Dan Rosler and all who fed us so well. Thank you monthly Dinner Coordinators who made our evenings special: Jesse Stewart, Neda & Bill Mead, Kay & Richard Strauman at Christmas, Kaipo & Tony Simonelli, Nadine Sutter & Carol Mitchell-Gears, and Bev & Al Tayrien. And to our upcoming March CW/PV Recreation Evening coordinators, Maurice & Joy Allen, and to our April Picnic coordinators, Paul & Cindy Sue Thorhauer.

Thanks to Don Neu-evening clinics; Bob Walk-Apparel Coordinator; Roger Diddock, Keith Welker, and Karl Woodman for graciously providing spectator chairs; Gerry Carr, Umpire Captain; Ron Petersen, Chuck Hall, and Jim Shattuck-ball machine coordinators; Donna Nelson, Sunshine Coordinator; Carol McCulley for the tidy bulletin boards; to our Election Committee, Jack Fitzsimmons, Kelz Kelzenberg, Pat Davidson and Ron Petersen; and to our Recreation Committee Rep-



representatives Terry Heichelbech and Jack Szatkowski.

Thanks to these other special volunteers: Cathy Dittmann, Dorothea & Horst Flachsmann, Anita & Sander Frindell, Dick Haynes, Catherine & Bill Koral, Margaret Moore, Carol & Bruce Raskin, Mary & Dick White, Kathy & Larry Sundsrud, Dee Rasmussen, Nancy Riggs, Jane Atkins, Dan Rosler, Dick Clark, Ray Johnson, Gene Brown, Ernie Laenerz, Bill Brenner, Dick Tallman, Charlie Sivertson, Malcolm Amos, Lou Simmons, Terry Kilbreath, Dick Aplin, Bill Griffiths, John Hood, Tom Traver, George Thomas, Roberta Arpan, Teddy Cole, Mary Ann Hall, Marilyn Brenner, Lois Koening, Lucy Kastin-Geller, Jean Aplin, Nancy Kelley, Marcia Coffman, Sherry Manier, Pam Johnson, Christy Thomas, Sue Fuller, Rae Lewis, Janice Kilbreath, Jill Seager, Millie Wurtz, to their helpful spouses, and to all the of CTC's special volunteers.

I know an endless number of you are left out but you are very much appreciated. We are almost 300 members now – **so in the coming year please become one of our Special Volunteers by contacting our new President !**

Club Events

Socials

Tournaments

Events

Meetings

**UPCOMING
EVENTS !****MARK YOUR
CALENDAR !**

- February 2 --
Calcutta Charity @
Oakwood
- February 4 --
Polar Bear Sr. Open --
Gilbert
- February 14 --
CW Inter-club
@Leisure World
- February 18 --
CTC Dinner/Meeting --
- February 21 --
The Robson Cup @
Sun Lakes
- February 23-27--
CW Closed Tournam-
ent-Mixed Doubles

Tournament News — Al Wagner, Tournament DirectorDoubles Ladders

At the suggestion of several club members, we've started three doubles ladders. You can follow the results of the competition by looking at the magnetic board at the entrance to the exercise area. If you wish to join the ladder, let the ladder keeper know. Their names are posted on the ladder board.

The ladders work well if enough people join. A minimum of 15 or 20 teams are needed to keep a ladder functioning well. The rules are generally as follows:

1. You can challenge up the ladder, but only within 4 teams listed ahead of your team. The team in 12th place could not challenge the team in fourth place, for example.
2. You need to play at least once per month or you will be lowered on the ladder by one place.
3. Teams need to accept challenges or be removed from the ladder.
4. Regular tennis scoring is used - two out of three sets, etc.

Our mixed doubles ladder has enough teams to be successful -- the men's and women's could use a few more teams. If you are on the ladder, you can get another team to join by inviting them to have a match.

Doubles Championships

We had a great week of tennis with beautiful weather. 81 matches were played. Many matches were very close. 24 of the matches split sets and 12 tiebreakers were played. 18 sets had a score of 7-5. Only 5 sets had a score of 6-0. So, as you can see, there were many tight matches. As an experiment, we tried having a super senior division for players over 70 years old. No women signed up and only five teams of men participated. We'll study the situation to try for more participation. It was my feeling that we need more involved to make this type of division successful.

Upcoming Events

When a new sign up sheet is posted, it can be identified easily -- bright dayglo colors are used to announce the

event. In the next three weeks, you can sign up for the social with Leisure World, the Cottonwood Tennis Club Mixed Doubles Tournament, and the East West Social.

New Event on the Horizon

At the end of March we will be trying our first "Spring Fling" event. This will be held for one or two days with the purpose of showing what our club is all about to non club members. Try to be thinking of a neighbor or friend who might enjoy some time at the courts sharing tennis and some of our fine cuisine. Go ahead and invite a beginner or a ringer - the purpose will be to have some fun. At least one court will be reserved for absolute beginners who will be given instructions.

**Al Wagner,
Tournament Director**

**CTC February Dinner Meeting**

Wednesday, February 18, 2009 — SanTan Ballroom

No host bar—4:30 Dinner—5:30

Meet the HOA Board Candidates—6:30

Membership Meeting & CTC Board Election—7:30-8:15 PM

Sign-up deadline: Wednesday, February 12, 2009

Cost per person \$13.00

Menu — Grande Fiesta Buffet-Tacos & Taco Salad with all the fixings - Spanish Rice, Beans, Sopapillas, Coffee

Hosts —Carol Mitchell-Gears & Nadine Sutter

“NEW” Lower Prices

Extra

Publicity

Rating
Committee

Miscellaneous

Publicity—Keith & Susie Welker 802-9704

Please send any newsworthy publicity items to Keith & Susie Welker. Every month, articles and photo(s) are sent to local publications, and we would be delighted to include your league's results (be sure to give me a written script). If anyone has photos for publication, please e-mail those as well

and be sure to include a caption. Publicity articles for the winter editions of the SPLASH have been recently limited to 500 words. Names of some participants and/or winners may have to be omitted in order to report more of the news. My apologies!
keithsusan@earthlink.net



Important

2009-2010 dues must be paid by March 15th to have your name included in the Membership Directory! Checks for \$40 per member should be made payable to Cottonwood Tennis Club!

**Looking to improve your game?
CTC has it all !!**

**CTC Qualified
Tennis Instructors:**

Al Wagner
H.S. Tennis Coach
802-7142

Dick White, USPTR
895-0858

Don Neu, USPTA
895-2762

Jack Sanders, USPTA
883-7421 or 221-6388

**Free Tennis Lessons
by Don Neu
October—April**

**Monday 7:30 pm—
Beginners**

**Tuesday 7:30 pm
Intermediate
Beginners**

Rating Committee—Keith Nelson 802-7330

The Committee met on January 15 and reviewed 14 club members. 8 were new members, 5 had submitted rating review requests and I was committee selected. Our next meeting will be in February. Please submit appeal request forms by February 7 to be considered at this meeting.

Anyone who wishes to appeal a rating decision may request a personal presentation to the committee. To do so contact the committee chairperson to schedule a time.

Keith Nelson, Chair
Pat Bowlus, Kathy Klotz,
Al Wagner, Jack Fitzsimmons,
Mike DeMalleville

**Welcome New
Members ---
MARY BURKE
CAROL FOSTER
IAN KNOCKER
ERNEST SOCZKA**

*Mary White,
Membership Chair*

HOA Board Candidates: CTC members will have the opportunity to meet the candidates for the new HOA Board positions—Paul Graebke, Mel Rasmussen, Gloria Coombs, Richard Featherstone, Elise Gum, Dann Gerblick, and Gary Slater.
WHEN? February 18th **WHERE?** CTC Membership Meeting **TIME?** See earlier times listed on Page 2 Dinner Meeting Announcement.



In the event you miss the CTC articles and pictures in The Splash, you can find these Publicity articles by Susie Welker on the What's New page on our website --- www.cottonwoodtennisclub.com!

CTC Tennis Apparel

For our new members (and old members too) that would like to purchase a beautiful Cottonwood shirt, hat or towel for wear at our monthly socials, please give me a call, and I will do my best to fit you with our most up to date apparel at a very low cost. You will not only look your best, you will also play much better!

Bob Walk, Apparel Coordinator 940-6009

Visit the www.cottonwoodtennisclub.com website – the Photo Gallery page — pictures are always being added!

Tennis Tips for a Winning Serve

The tennis serve is the most complicated stroke in the game! There are many ways and traps of not doing the right thing. The most common problems with the tennis serve are: (1) a Forehand grip; (2) trying too hard; (3) using too many muscles; (4) hitting a lot into the net; and (5) looking down to the other court before hitting the ball. These problems are both technical and mental.

(1.) Hitting a serve with a Forehand grip: Why use Forehand grip when it is the Continental grip that works best for a good versatile serve? You probably started with that grip and kept it because you enjoyed your game and won matches. Unless you become really motivated—especially with matches lost to good players—you won't change it because it feels safe and you don't make mistakes. However, you are always on defense, particularly going into net, when your opponent returns the serve, so you may be missing the big picture - which is if you play for points - competitively - it doesn't matter who makes the least mistakes - it matters only who wins. **Tennis serve tip #1:** Start practicing with a Continental grip. Since your wrist and your arm are not used to this change you need to start slowly. Hit your serves with 25% speed at first. Gently grip the racquet and focus on your feel. It will improve. Gradually increase speed. Later serve your first serves with this grip at medium paced speed and use your safe serve for the second serve. Next, learn a top spin serve and gradually implement it into the game. Then decide that from a certain day on you will never play your old serve again. Now you're really on your way to good serving!

(2.) Trying too hard: If you watch really good servers, you'll see that it looks quite effortless to hit a powerful serve. If you try hard to hit a fast serve you contract too many contradictory muscles which work against each other. You will not get a fast and effortless serve by trying hard! You are going in the wrong direction. **Tennis serve tip #2:** Serve a couple of your serves as you normally serve. Notice the speed of the ball, how much you exert yourself, and how much effort it takes to hit a ball with this speed. Now stop and imagine that you want to hit with same speed but less effort. Just decide and hit a few. You may be surprised that you can still do it. Now go further with this and decide that you want to hit faster with even less effort. Let your body figure this out. Just imagine the end result - fast ball, easy effortless serving and see what happens. Do not judge your results after 3 serves - serve 20 or 30 balls and know the end result - a faster serve without effort. When you let go of your conscious control your serves will start flying!



Racquet Talk

(3.) Hitting a lot into the net: The reason for this lies in your imagination. When you imagine your tennis serve in a straight line, you connect your point of contact and the place where you want to hit your serve with a straight line. Unfortunately, if you're not 6'5", the net is in between. Many serves end up at the net. **Tennis serve tip #3:** Hit above the net! Imagine your serve going above the net and into the court.

(4.) Looking down to the other court before hitting: When you look down at your target you obviously lose sight of the ball. This means that you probably can't hit it in the middle of the racquet and that you are not focusing on the ball anymore. When your head moves during the stroke it pulls your arm too - resulting in many mishits and mistakes. When you look down your mind goes into the future - resulting in disruption of your mind-body connection. This disruption is especially evident in serve as there is only a small window above the net where you must hit in order to keep the ball in the service box. When you play from the baseline you have a much bigger target and can make these mind-body disconnects and still keep the ball in play. The tennis serve is very sensitive to your mental activity - every thought, fear, indecision, past, present and future, affects your serve, and you often miss the window above the net—either below into the net or above out of the service box. **Tennis serve tip #4:** Stay focused with mind and body with the ball until it disappears. The only part of the tennis serve that you can control is the point of impact - focus on that and practice keeping your mind in the present moment-hitting the ball. This will keep your head there too - and you won't disrupt your serve. Decide beforehand where you want to serve and then focus only on the ball and the clean contact with it. When that happens, move on - with your mind and body.

One more tip - work on these serving tips until they work, don't just try these ideas for a couple of minutes. Practice them for at least a couple of weeks - and you will see a noticeable improvement of your serve.

**Semi Singles
Friday's at 1:00
Contact — Mary White 895-0858**

Mens Leagues

Tuesday League The Men's 2008 Fall Tuesday League completed play on Jan. 20th 2009. The first place winner was team #4, composed of Jim Rinehart, Dan Rosler, Bud Kile, George Thomas, Pete Dalecio and captained by Ernie Laenertz. Second place, by a mere 3 points, was won by Art Miller's team #2. Art was assisted by Larry Sundsrud, Dan Hoover, Chuck Hall, Joe Wallis and Bob Baker.

The Men's 2009 Spring Tuesday league will start on January 27th and run until April 7th. The league is composed of 6 teams with 7 players on each team. This is a new concept for the Men's Tuesday league. We went with a seven player team so that we could ensure that every player who signed up to play in league play would be drafted on a team. How all this plays out remains to be seen, but I believe it should please the majority of the players. I hope everyone will give it a chance to succeed before condemning this new approach. Should we run into problems, we can make any necessary adjustments for the second half of season.

I really believe the 2009 Tuesday Spring league will be fun and very competitive.

Thanks to Gene Brown, George Thomas, Ernie Laenertz, Art Miller, Ron Petersen and Bert Wall for their time and efforts for volunteering this year to be captains.

Pete Dalecio, Director 895-7704



Thursday League The Men's Thursday league had its final week of the fall session 1/22/09. Ten weeks of hard grueling doubles produced the following results -- Jack Peterson's Chrome Domes came in 1st by a margin of 23 points. Congratulations to Jack and his team of Dick Perrine, Dennis Chastain, Tony Simonelli, Dag Grudem and Horst Flachsmann. In 2nd place was the Kiddie Corps led by Bill Gosiak. Jessie Stewart, Roger Diddock, Pete Gorman, Maurice Allen and Tony Garcia rounded out the team. Jack Epps' Oldies but Goodies followed in third place. Fourth place went to Jim Dittmann's Sly Foxes. Tied for fifth (last place) was Mike DeMalleville's French Legion and Jack Szatkowski's Polish Falcons. A party was held with chicken and beverages the last day and prizes were handed out. A good time was had by all even without the dancing girls who didn't show up again.

The spring session will start on Jan. 29th and run for 10 weeks. Captains for this session are Jack Peterson, Bill Gosiak, Keith Nelson, Jack Szatkowski and two newcomers, Maurice Allen and Tony Simonelli. Come on out and watch some good tennis on Thursday's. See you on the courts.

Lou Galiano, Director 895-6093

Racket Exchange

Want to sell your racket, want to buy a new used racket, want to trade your racket? If you're interested in a Racket Exchange, please let one of the board members, Maurice Allen or myself know. We'll see what we can come up with!

Jack Szatkowski 802-3615

CTC Tennis

The **Best Tennis**
of **Your Life**

**DROP-IN tennis every Sunday— 7 pm—
for beginner and intermediate levels !**

League Information continued on Page 6

League Information

Mens

Womens

Organized

Womens Leagues

Monday League The Monday's Ladies League is now 2 weeks into their season and going great. We had several games recently that were so good that their final scores were one point apart. Keep up the good work girls!!!!

Pat Davidson, Director 883-9716

Wednesday League The Wednesday League will have 5 teams this Spring. Captains for the teams are Roberta Arpan, Marsha Coffman, Nancy Riggs, Christy Thomas, and Bernie Tighe. Each team will have 6 players, will have a bye for 2 weeks, and so will be scheduled to play 8 out of the 10 weeks. Team members having a bye can be called to substitute for another team on their week off. Each player will play as a partner with every other player on her team twice during the 10-week session. All team members will be scheduled to play at the same time period of 8:30 or 10:00. We will use courts 1, 3, and 4 each week. We are looking forward to having a good Spring session.

Donna Nelson, Director 802-7330

Organized Play

Mens Organized It's that time of year again to start looking for our volunteers for our Tuesday and Thursday organized leagues. I know you want to get involved, so give me a call and pick the month of your choice before they are all gone. It's a lot of fun and you get to meet a lot of the nice players in our club. You also get the chance to accept and resolve complaints from those that feel they could do a better job. Believe me, its amusing to hear some of the crying that goes on. Together we will have another great organized year!

Bob Walk, Coordinator 940-6009

Mixed Doubles Organized The tennis courts on Friday mornings continue to be very busy. At least four courts, and sometime all five courts, are filled at 8:30 am, and at least three courts are filled at 10:00 am. Apparently everyone seems to be enjoying their matches, thanks to the good job that the monthly schedulers have doing. There have been very few complaints or mix ups and a couple of them have pertained to the sign-up sheet.

If a player has signed up, and then erases their name on the sign-up sheet, technically, all the names below theirs automatically move up a line and the first name on the sub list will move up to the last line. Therefore, do not fill in the open line with somebody elses name who did not initially sign up, as that would not be fair to those who had already signed up. It would also be very helpful to call the scheduler and let him or her know. The one exception to filling in someone elses name on a line that has been erased, would be when the sign-up sheet has not been filled and there are no names on the sub list. Also, don't forget that if the Friday schedule has already been posted, and you are unable to play, you are responsible for getting your own sub. Again, call the scheduler to let him or her know, as they might want to make some adjustments to keep the level of play as even as possible. Lastly, if there is a specific person that you would like to play with {or not play with (did I say that! well, it did happen once)}, let the scheduler know so that they can put you on the same court. A reminder to the monthly schedulers, please put your name and phone number at the top of both the sign-up sheet and the schedule sheet for easy access. If all else fails, call the Coordinator, that's me (I have an unlisted number. Just kidding!).

Gerry Picker, Coordinator 802-6732

Womens Organized Ladies Wednesday Organized Play will have two courts available at 8:30 am and 10:00 am for sign-up beginning January 21. This is new scheduling during League play.

Mary Jane Williams, Coordinator 895-7666

League Information

continued



Visit us on the web —

www.cottonwoodtennisclub.com www.ctcnewsletter.com

Contact us — president@cottonwoodtennisclub.com webmaster@cottonwoodtennisclub.com



Sun Lakes, Arizona

www.cottonwoodtennisclub.com
www.ctcnewsletter.com

This newsletter is published monthly, six times a year, October through March, by the Cottonwood Tennis Club, Sun Lakes, Arizona. This club was established to provide opportunities for tennis playing residents of Cottonwood Palo Verde at Sun Lakes to participate in organized play, team play, tournament play and social events with friends and neighbors with a common interest. IronOaks and Sun Lakes Country Club residents may also join the club if they have paid the appropriate annual fee required by the Cottonwood Palo Verde Homeowners Association.

An annual club membership entitles members to participate in Monday-Friday mornings organized play, club tournaments, league participation, club-sponsored social events, and subscription to the newsletter and websites.

Membership meetings are held monthly, October through April. Time and place of meetings are posted on the club bulletin board, in this newsletter, and on the websites!

THE COTTONWOOD TENNIS CLUB NEWSLETTER

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