

Summer 2025



## Calendar

7/9 @LuHi  
 8/11 @Island Quest  
 Summer Tennis Kids' Days (Nassau & Suffolk locations)

10/15 USTA LI Awards Celebration

USTA Adult Tournaments at Sportime Kings Park:

7/19-20 Women's and Men's 3.0

8/2-3 Women's and Men's 3.5

8/9-10 Women's and Men's 4.0

8/23-24 Women's and Men's 4.5

8/30-31 Mixed Doubles 3.0/3.5/4.0/4.5/5.0

visit [www.usta.com/longislandregion](http://www.usta.com/longislandregion) for details on all events

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And Instagram [USTA](http://USTA)

# On The Ball: News From LI



## Remembering Our Good Friend & A Tennis Legend

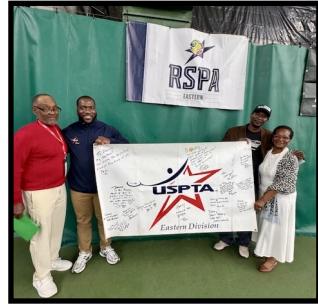


Daniel Burgess, former USTA Long Island Regional Council

president and a longtime leader in local tennis events and programs, was inducted posthumously into the RSPA Eastern Hall of Fame in May.

Burgess was the founder of *"On the Ball: News from LI."*

Burgess, a tennis pro in Freeport who taught many,



Burgess family at Hall of Fame

many players over the years, had a special place in his

heart for introducing his favorite sport to children. In addition to teaching at various clubs, he launched PAL tennis in Freeport and taught innumerable kids at his local community park. He passed away in 2020.

The RSPA (Racquet Sports Professionals Association, formerly USPTA) recognized Burgess for his unmatched commitment to the organization and the tennis community. Present at the induction ceremony were members of the Burgess family including his wife, Agnes.

One of Burgess' most treasured accomplishments was the launch of his LITLSS non-profit (Learning Institute of Tennis Life Skills & Sportsmanship), created to introduce children in the community to tennis.

LITLSS has continued to be a tennis mainstay in Freeport under the leadership of Burgess' son, Daniel Burgess Jr., and other family

members. This year for the first time, LITLSS held a Gala fundraiser, at which USTA Long Island Regional Council member Herb Harris was honored with the "Love of the Game Award."



Agnes Burgess & Harris at Gala



## SAVE THE DATE!!

The 2025 USTA Long Island Awards Celebration has been scheduled for Wednesday, October 15th. Mark your calendars and keep an eye on our Facebook page for the request for nominations, coming soon!

## College & School Tennis Achievements

### Farmingdale State Rams

Senior Vansh Aggarwal (Mumbai, India) was named Most Outstanding Player for the 2<sup>nd</sup> straight season for his clinching win at No. 3 singles, helping 2<sup>nd</sup>-seed Farmingdale State College win its 3<sup>rd</sup> consecutive Skyline Conference Men's Tennis Championship this spring.

With the win, FSC (16-3) earned the Skyline's automatic bid to the 2025 NCAA Division III Men's Tennis Championship. Long Islanders on the team include Alan Sabovic (Bohemia), Ryan Hendel (Merrick) and Zakaria Ahmed (Manhasset). For the 2<sup>nd</sup> straight season, Sabovic was selected as Player of the Year by the Skyline Conference. Joining him on the All-Skyline First Team was Ahmed, while Aggarwal garnered 2<sup>nd</sup> team kudos. Hendel was named to the Skyline's All-Sportsmanship Team.



Adam Waterhouse, in his 17th year of coaching, repeated as Coach of the Year in voting by his peers. He now has 13 such honors across both the men's and women's tennis programs at Farmingdale State. Waterhouse is joined on the Rams sidelines by long-time associate head coach Rich Hume.

### Hofstra Pride

The Hofstra women's tennis team has earned the ITA (Intercollegiate Tennis Association) Northeast Regional Community Service Award for excellence on both the court and in the community. The award recognizes the team's dedication to service with 122 community service hours earned this academic year.

As a team, the Pride volunteered at Long Island Cares, a local food bank committed to fighting hunger across Long Island, and partnered with a local elementary school to teach tennis.

In addition to the group community service, women's tennis student-athletes participated in individual service projects including volunteering weekly at a hospital and tutoring younger students in mathematics.



### Adelphi Panthers

Adelphi University's men's tennis team secured their 2<sup>nd</sup> NE10 title, showcasing their incredible growth and resilience. The team headed to the NCAA championships this spring.



### Holy Child Graduation

Congratulations to all the tennis graduates from Holy Child Academy who participated in and graduated from the spring session of Robbie Wagner's Tournament Training Center's off-site tennis training program. Looking forward to watching them grow on and off the court!



## Spring 2025 Boys' HS Recap

### NYS Team Tournament

#### Small School Champion: Friends Academy



#### Large School Champion: Syosset (3rd straight title)



### Long Island Small and Large School Champions

The USTA LI Regional Council provided Champion & Runner-up plaques to the following:

#### LI Boys Championships

Small Schools Champion: Friends Academy (Nassau)

Runner-up: Ross School (Suffolk)

Large Schools Champion: Syosset (Nassau)

Runner-up: Half Hollow Hills East (Suffolk)

#### Nassau/Large Schools

Champion: Syosset

Runner Up: Roslyn

#### Nassau/Small Schools

Champion: Friends Academy

Runner Up: Wheatley



#### Suffolk/Large Schools

Champion: Hills East

Runner Up: Commack



#### Suffolk/Small Schools

Champion: Ross School

Runner Up: Bayport-Blue Point



#### Nassau/Individuals

##### Singles

Winner: Max Golubenko (Manhasset)

Finalist: Ethan Solop (Roslyn)

3rd Place: Will Bohner (Friends)

4th Place: Devan Melandro (Syosset)



##### Doubles

Winner: Christian Bravo & Ben Wiese (Garden City)

Finalist: Hiro Honda & Nick Chin (Jericho)

3rd place: Leonardo Villacreses (Sachem)

4th place: Ignacio Pena Lopez (Ross School)

##### Doubles

Winner: Lohit Madisetty & Marcus Gonzales (Hills East)

Runner Up: Jeffrey Behar & Eric Benderly (Commack)

3rd place: Tommy Walsh & Sam Stein (Hills East)

4th place: Ray Hidaka & Kai Hidaka (Shoreham-Wading River)

3rd Place: Nikhil Shah & Aayan Mehta (Syosset)

4th Place: Anish Pylla & Wyzer Concepcion (Jericho)

#### Suffolk/Individuals

##### Singles

Winner: Sam Lopez-Cardenas (Walt Whitman)

Finalist: Shashank Pennabadi (Ward Melville)

(photos courtesy of Long Island Tennis Magazine)

## Sportsmanship Honors

### USTA Eastern Sportsmanship Honors

Stephanie Marcheret, a rising senior member of the Syosset High School tennis team, will be honored by USTA Eastern with a Junior Sportsmanship Award for 2024. Players receiving this prestigious honor were selected by the section's Junior Tournament Committee and receive the distinction for demonstrating a high level of respect and compassion for their fellow competitors and teammates. Marcheret and other recipients will be recognized at a special ceremony at the 2025 US Open.



### Sportsmanship Honors During Boys' Season

Long Island's boys high school tennis players were recognized for outstanding sportsmanship during the spring tennis season in several ways.

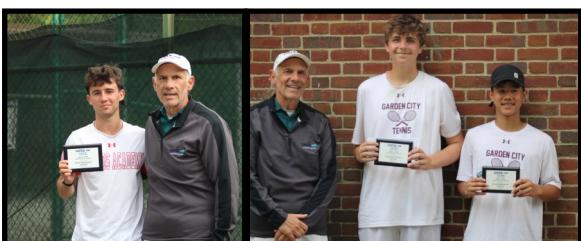
The USTA Long Island Regional Council made a plaque available to each high school team to present to one member. Please visit our [website](#), [Facebook](#) and [Instagram](#) to see photos and a complete list of honorees.

The Council also provided sportsmanship plaques to one singles player and one doubles team from Nassau and Suffolk Counties during the each county's individuals tournament. For the 3rd consecutive year, Jay Harris of Sportime Port Washington donated scholarships to the JMTA College Combine for the Nassau tournament.

Awardees were:

William Bohner, singles, (Friends Academy)

Ben Wiese & Christian Bravo, doubles, (Garden City)



### Free High School Training

Prior to the start of the boys' season, Bethpage Park Tennis Center held its annual free High School Coaches Workshop to help demonstrate drills, exercises and more that high school coaches can use with their teams.



## Volunteers Spread the Love

### LI Special Olympics

The USTA LI Regional Council was proud to be a vendor and co-sponsor tennis competition of the Long Island Special Olympics, which took place at Plainview High School this spring. Council volunteers presented all the tennis participants with Sportsmanship tags commemorating their participation, and for following the , and for following the Special Olympics Oath: "Let me win. But if I cannot win, let me be brave in the attempt."



### Westbury Schools

In April, Aspiration Concepts Sports and Education NJTL began offering red ball tennis instruction to students in all four of the Westbury UFSD's elementary schools. Kindergarteners at Dryden Elementary welcomed Aspiration Concepts CEO and Head Coach Kevin Boston-Hill at a pep rally to celebrate bringing tennis to the district as part of the phys ed program. Students – most of whom had never played tennis before – enjoyed age and developmentally appropriate lessons. At Drexel Elementary, 1<sup>st</sup> through 5<sup>th</sup> graders learned more advanced concepts. All told, the program reached more than 1,000 students throughout the district during 6 weeks. The middle school tennis coach received professional



development and support, and talks are underway to add further programming for high school students.

### Rally for Inclusion

What do you get when you mix an adaptive tennis coaches training with a clinic for adaptive athletes? It's a total ace. USTA Long Island collaborated with Love Serving Autism to bring this training to Adelphi University in Garden City.



After tennis coaches received training on how to coach adaptive athletes, they put those lessons to the test by helping to teach neurodiverse students in the "Bridges to Adelphi program." [View video here.](#)

### Senior Mixed Doubles

The Senior Mixed Doubles League that plays out of Hempstead Lake Indoor Tennis launched its 8<sup>th</sup> season on May 20<sup>th</sup> with 48 participants and three subs. The group, created and spearheaded by volunteers Susan D'Alessandro and Allan Silverstein, has been growing thanks to its regulars who spread the word and recommend their friends. Interested in joining this 65+ group? [Email](#) for details.



### Advantage All Fundraiser

Join Advantage All NJTL for a day of drills, match play and hitting with pros and college players, with proceeds benefitting the Advantage All Foundation. The event is scheduled for 8/3 from 4-6pm at the Glen Oaks Country Club. More information and registration [here](#).

## Volunteers Spread the Love

### Family Tennis Festival

As part of National Tennis Month in May, the USTA Long Island Region was proud to support the Family Festival held at Long Island Health and Racquet Club in Setauket. This free event gave kids and adults alike the opportunity to hit with former four-time Grand Slam Champion Arantxa Sanchez Vicario.



event was created in memory of nine-year old Robbie Levine, who died from sudden cardiac arrest. Forever 9 - The Robbie Levine Foundation provides Automated External Defibrillators (AEDs) free of charge to youth sports organizations and also offers free CPR/AED training classes. The annual Robbie's Run includes a 5K race and family festival featuring many activities for children. The LI Council has been supporting the event since the beginning, and this year, members of the Calhoun High School Girls Tennis team came out to help teach junior tennis.



### Suffolk Autism Event

The Bob Davis Play for Autism Tournament took place at Smithtown East High School this spring. More than 50 Suffolk County boys tennis players volunteered and helped raise over \$1,200 for ACEing Autism, a volunteer-driven non-profit dedicated to helping children with autism grow through the sport of tennis.

The tournament consisted of 24 doubles teams playing a round-robin format of eight minute mini-matches. Winners Shashank Pennabadi & Jeffrey Behar and runners-up Aidan Thomas & Leo Schoolman earned free entry to the Section XI tennis dinner.

Volunteers included Coaches John Selvaggio, Christine Klouda, Erick Sussin (and wife Kathryn Guteleber) and Section XI tennis chair Mark Mensch, who organized and ran this event with the support of the Suffolk County Tennis Coaches Association.



### Teen Tennis Evaluation

Long Island Health and Racquet Club and the USTA LI hosted a free event designed to help middle and high school athletes elevate their game through a comprehensive evaluation of their technical skills, tactical understanding and physical abilities. The event included drills and exercises, and each player received a personalized assessment report highlighting their strengths, areas for improvement and recommendations for growth.



### Family Tennis Day

The USTA LI Council and *Long Island Tennis Magazine* held a free family tennis day at Hempstead Lake State Park to celebrate the end of the PAL spring tennis season.



### Robbie's Run

The USTA LI Regional Council was happy to bring red ball tennis to the 18th Annual Robbie's Run in Merrick. The

## USTA Leagues Update

By Becky Bellino, LI Adult League Coordinator

May was National Tennis Month, and our adult league players had their fair share of participation to celebrate the sport. While our 40+ Mixed, 55+ Mixed and Tri-Level leagues were ending in May and June with Eastern Sectionals, our Men's and Women's Leagues are ready for launch, bringing a feeling of summer for our players.

To highlight our early 2025 leagues, the 18 & Over Mixed Doubles Sectional was held the last weekend in May in Greenburgh, NY. Congratulations to the following teams:

18+ Mixed 6.0: Lynbrook, captain Donna Healy

18+ Mixed 7.0: Deer Park, captains Suresh Patel & Kevin Bunting

18+ Mixed 8.0: Christopher Morley, captains Ahmad Amin & Courtney Sokol

18+ Mixed 9.0 : Point Set, captain Danny Burgess, Jr.

Our June Sectionals included the 2025 Tri-Level Leagues and the 55+ Mixed. This year, Long Island ran both a men's and women's 4.0 tri-level league. The winners advancing to Sectionals were the women's Long Beach team captained by Atara Simpson and for the men, the Deer Park team captained by John Ramo. We also ran the high-level 5.0 tri-level league for the women, in which the Carefree team — captained by Susan Bacey & Alyssa Bonadonna — won outright for the 2nd straight year.

In our 55+ 7.0 Mixed League, Jennifer Mao & Dawn Shosberg are trying to make a repeat of last year by making it all the way to Nationals. Let's see how the team does for 2025. If their performance at the Invitational is any indication (they earned themselves 3rd place overall!), expectations are high! It is a tight race between them and the Lynbrook team. Check here for the winner in the next issue of "On the Ball: News from LI." Good luck to you all.

While the 40+ Mixed Sectional is not until September, our winners for the 6.0, 8.0 and 9.0 levels have been confirmed. For the second year in a row, David Ng has advanced his 40+ 6.0 Mixed team to Sectionals. David and his team made their way to Nationals last year, so we can only hope for a repeat in 2025. Patty Siler & Terry Kossegi's 8.0 mixed team from Carefree has advanced, and Roslyn Chua-McAlonie's Deer Park team will represent Long Island at the 9.0 level.

With the start of summer, our true busy season has begun. Our 18+ and 40+ men's and women's teams kicked off in late April and early May. Our 55+ and 65+ leagues began in June. With **189** teams participating in our various leagues and almost 900 matches scheduled across the Island, May truly was National Tennis Month, and it is amazing to see Long Island's representation.

Thank you all for your efforts and participation as tennis continues to grow each year. I hope for a fun-filled, action packed season for everyone.

Looking forward to seeing everyone on the courts!



Christopher Morley: Captains David Ng & Sophia Yang



Long Beach: Captain Atara Simpson

## NYP Doctor Explains The Many Health Benefits of Tennis

Over the years, study after study has affirmed the vast health benefits of tennis. To sort through the different ways in which tennis improves your physical and mental well-being, we talked to **Dr. William Levine**, the Chief of Orthopedics at NewYork-Presbyterian/Columbia University Irving Medical Center and Chair of the Department of Orthopedic Surgery at Columbia. He explains the many reasons you should lace up those tennis shoes any chance you get.

### **The varied types of movement on a tennis court can make a lasting impact on your body.**

"Players are almost always moving," Dr. Levine says. "They're running, shuffling, sprinting and recovering. This burns a high number of calories and improves heart health."

Of course, the *way* players specifically move while playing tennis also contributes to overall positive health outcomes. Dr. Levine notes that the explosive sprints—the short bursts of speed a player employs while chasing down a ball—strengthen fast-twitch muscle fibers, while rapid changes in direction and footwork—all those times you feel like your opponent has you on a string—can improve balance, agility and reflexes. Even the smaller rotational movements you make when serving or hitting a groundstroke have a beneficial effect.

"You are engaging and strengthening the core," Dr. Levine says.

### **Tennis players can enjoy improved cognitive function...**

Those pesky rallies with the player who fashions himself the next Rafael Nadal might be frustrating in the moment, but they can ultimately boost your mental focus and

concentration, Dr. Levine says. The rapid hand-eye coordination required to track the ball and hit your shots can also increase brain function. This is true for players of all ages.

"Studies on children and adolescents show that tennis helps with discipline, time management and goal setting, skills that obviously carry over into school," Dr. Levine notes.

Adults, he adds, often report better mental focus, strategic thinking and productivity in their professional lives. Older players develop stronger executive function, like working memory and sustained attention.

Beyond cognitive function, the sport has also been shown to help stress relief and mental clarity.

"That is, unless you are prone to anger and breaking racquets!" Dr. Levine says with a laugh.

### **...as well as better sleep overall!**

Hit some serves, catch some zzz's. Tennis has a surprisingly beneficial effect on your nighttime routine.

"Playing regularly can lead to falling asleep more quickly," Dr. Levine says. "You're also more likely to have a more restorative sleep and reduced insomnia symptoms."

Nightmares about dumping that overhead into the net were likely not taken into account during this study, of course.

### **The sport offers so much that Dr. Levine even plays it himself.**

"Tennis sharpens your athletic ability, mental acuity and is adaptable to any age or fitness level," he explains. "And it does support long-term health and longevity."

Indeed, Dr. Levine notes a recent large published study found playing tennis can extend your life expectancy 9.7 years, more than any other activity measured. (Swimming, for instance, extends your life expectancy 3.4 years, soccer by 4.7.)

"I would tell anyone thinking about picking up a racquet to take up tennis immediately," Dr. Levine says. "It's a fun, healthy and social sport."



*Dr. Levine notes that tennis is classified as a moderate-to-vigorous intensity aerobic activity, which means that it can also improve heart health.*

### **USTA Eastern Provider Appreciation Day**

USTA Eastern hosted an interactive, educational journey for tennis operators in April in Holstville, highlighting current USTA initiatives, partnerships, and products designed to help them grow their business.





## Spots Available in NTRP Qualifier Tournaments

Represent the USTA Eastern section at a national championship!

USTA Eastern will hold NTRP National Qualifier tournaments on multiple dates this summer for the divisions indicated below\* at locations across the section. Champions at these events will qualify and advance to the 2026 NTRP National Championships, to be held in spring 2026.

### Schedule (more dates to be announced):

**July 12-13:** 40 & Over Men and Women (Schedule of events TBA)

[REGISTER HERE](#)

**(Location: Sportime Randall's Island)**

**July 19-20:** 18 & Over 2.5, 5.0 Men and Women (Schedule of events TBA)

[REGISTER HERE](#)

**(Location: Sportime Randall's Island)**

You can read more about NTRP National Championships (and the players representing Eastern at the 2025 event) [here](#) and [here](#).



*Rockville Centre's Casey Schnabel, left, poses with doubles partner Christopher Chan after winning the 18 & Over 4.5 Men's title at the 2023 NTRP National Championships*

## Volunteers Wanted!

The USTA is seeking volunteers to help support Arthur Ashe Kids' Day (AAKD) powered by USTA Net Generation®, the annual children's tennis event held just prior to the US Open. This year's AAKD is scheduled for Saturday, August 23<sup>rd</sup>. The event honors Arthur Ashe's legacy of

instilling the values of humanitarianism, leadership and academic excellence and helps promote the sport of tennis to young people. AAKD features a host of interactive games, activities, pro player interaction, live music and entertainment throughout the grounds of the USTA Billie Jean King National Tennis Center. AAKD is the world's largest single-day grass-roots tennis and entertainment event (with more than 50,000 guests), allowing young people of all ages and ability levels to discover the many benefits that go hand-in-hand with involvement in tennis. Volunteers will be able to choose whether they want to assist with on-court delivery efforts or off-court activities. Volunteers must be 16 or older by August 22<sup>nd</sup>.

To apply, click here: [2025 Arthur Ashe Kids Day Volunteer Application](#) Application Deadline: Friday, July 11th 2025 at 11:59pm EST

## USTA Eastern Long Island

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### USTA Eastern Long Island Regional Council Executive Committee

**Michael Pavlides, Regional Director**  
**Jonathan Klee, Past Regional Director**  
**Sunny Fishkind**  
**Tito Perez**  
**Jason Wass**  
**Randi Wilkins**

**Neil Thakur**, USTA Eastern Manager of Long Island Region Schools & Community Tennis

*We are committed to the promotion and growth of tennis, the "lifetime sport," for people of all ages and abilities to play and enjoy the game. Through the efforts of volunteers, USTA staff and strategic partners, we are dedicated to the highest standards of integrity, honesty and ethics in developing tennis programs in local communities throughout Long Island. Our mission will be served by having our youth, our adults and corporate partners enjoy the "sport for a lifetime."*

***On The Ball: News From LI*** is published quarterly by the USTA Eastern Long Island Region. Written and produced by Jacki Binder. Edited by Michael Pavlides. Founded by Daniel Burgess.