



NORTHERN EXPOSURE

MAGAZINE

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DECEMBER 2015



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InnerCity Tennis NAMED 2015 USTA CTA of the Year



InnerCity Tennis is honored at the 2015 USTA Tennis Development Workshop. (l to r): Former tennis great and USTA Foundation Chairman James Blake, ICT Executive Director John Wheaton, ICT Director of Education Song Thao and USTA National Chairman of the Board/President/CEO Katrina Adams.

The USTA has selected the **InnerCity Tennis Foundation** of Minneapolis as the 2015 Community Tennis Association of the Year. The organization was honored at an awards banquet involving more than 600 community tennis leaders during the annual USTA Tennis Development Workshop, November 5-7, at the Sheraton San Diego in San Diego, Calif.

InnerCity Tennis becomes the first organization in USTA Northern history to receive the USTA National CTA of the Year Award as 2015 has been a banner year for the organization. They were also named *Tennis Industry* magazine's Community Tennis Association of the Year as part of its Champions of Tennis Issue in January and was one of 13 facilities nationally to receive the USTA Outstanding Facility Award in September. The home of InnerCity Tennis, the Reed Sweatt Family Tennis Center in Minneapolis, also underwent a complete renovation with new bubbles, lights, courts, nets, air conditioning, offices, pro shop and reception area, while celebrating its new Best Buy 21st Century Classroom in July.

The InnerCity Tennis Foundation, founded in 1952, was designed to help young people with limited means to thrive physically, emotionally and socially through an involvement in tennis. More than 60 years later, the program is still going strong, serving nearly 4,000 youngsters with free and low-cost programming. Programming ranges from summer tennis at 23 parks across Minneapolis to free indoor programming in the winter, both onsite and in the Minneapolis schools. Recently the program has expanded its focus to serve the entire community after purchasing the Reed Sweatt Family Tennis Center, which averages more than 3,500 adult and junior check-ins each week. InnerCity Tennis depends on nearly 250 volunteers who spent approximately 2,750 hours on projects both on and off the court in 2014.

"The InnerCity Foundation in Minneapolis defines what it means to be a great CTA," said **Kurt Kamperman**, USTA Chief Executive of Community Tennis. "For more than six decades the tennis community in the Twin Cities has worked tirelessly to introduce children to tennis. We are proud to honor the organization's leaders and many volunteers with this well-deserved award."

"We see tennis as a vehicle to not only develop good players, but good individuals as well," said **John Wheaton**, Executive Director of the InnerCity Tennis Foundation.

The USTA CTA of the Year Award was established in 2002 to honor a CTA for outstanding service in growing and developing the sport of tennis in its community. The award recipient is selected from 17 nominees, one from each of the USTA sections, by a panel of USTA Community Tennis Association Development Committee members.



6.0 55 & OVER MEN

WIN

NATIONALS



Congratulations to the 6.0 55 & Over men's team from the Twin Cities, captained by **Eric Narvaez** and **Peter Haan**, who won the 2015 USTA League Tennis National Championships October 25 in Surprise, Ariz., after defeating Northern California 2-1 in the finals.

After finishing fourth with match point on their racquets twice in 2014, the Northern team logically seemed like a favorite heading into this year's tournament, but not so according to Narvaez as they only returned three people to the roster from that team, and two of those players, **Richard Branstner** and **Mark Duthoy** did not travel due to injuries. Not only did the injury bug hit Northern, but they lost another team member, **Don Crofut**, to his 50th high school class reunion that weekend, and Narvaez, who was recovering from hip replacement surgery in early August, was playing in the men's 40 & Over 3.5 Nationals in Tucson, Ariz., (about 100 miles down Highway 10) that same weekend, leaving them with seven active players. Finally, **Terry Kirihaara** had just returned from Europe and feared that jet lag from that journey would hinder his play.

"We practiced outside every Saturday at St. Paul Academy, St. Catherine's and Macalester the past several months working on strategy, position and consistency," Narvaez said. "Our goal was to get to Sunday, but with all the injuries and our small roster, it seemed a bit lofty to be able to accomplish this."

Although undermanned, Northern won its round-robin flight 3-0, not losing an individual match on Friday and Saturday. Northern opened the tournament with a 3-0 win over Southern, followed by sweeps of Eastern and Missouri Valley. In the semifinals on Sunday, Northern remained undefeated taking out Texas, 3-0, setting up the title match against Northern California, who had won the championship in 2013 with many of the same players currently on its 2015 roster.

Against Nor Cal, the Northern team of **Bob Brose** and **George**

Kimball won at #1 doubles 6-0, 6-3, while the #2 team of Narvaez and **Terry Sheehy** lost a tough third-set match tiebreaker after taking the first set 6-3, setting up the deciding match at #3 doubles. In that match, **Francois Nguyen** and **Eric Saugen** had won the first set 6-0 and were leading 4-1 in the second before the Northern California twosome took a bathroom break. The Nor Cal duo changed up their strategy after the break, lobbing the Northern duo over and over again and taking the second set 7-5, sending it to a 10-point match tiebreaker for the championship.



Francois Nguyen celebrates match point giving Northern the championship.

In the match tiebreaker, Northern California raced out to an early lead, having multiple match points at 9-10 and 10-11 before Nguyen and Saugen fought back to even. Finally, with Northern up 12-11, Nguyen hit a great serve and Saugen, who is six-foot-three and was a volleyball star in his younger days, put an overhead away bouncing the ball over the fence and landing on the court behind them, giving Northern the hard-fought 2-1 victory.

"I was so stunned, I did not realize it was over until about 15 spectators ran onto the court giving us high fives," Nguyen said. "It was a spectacular scene!"

The win marked USTA Northern's first USTA League championship since Narvaez and **Boy Toy's** 3.5 Senior team won the crown in 2012, and with everything seemingly working against them, the championship was a big surprise.

"Honestly, it is amazing to me that we did so well this year," Narvaez said. "I did not expect it, nor did the rest of the team."

"It was such a thrilling and memorable experience," Nguyen said. "I've always been involved with my kids' tennis, but never experienced anything like this myself. Not just having the national title, but the way we won it. Our team was not that strong, but we had the chemistry and strong will to win and we achieved it. It made it such a sweet and great feeling that I will carry with me for the rest of my life."



Executive Director's Message

Sitting in the crowd listening to biographies and acceptance speeches at the 2015 USTA Northern Annual Award Banquet in November was amazing. Hearing the stories of all the individuals honored that evening and how they are supporting USTA Northern's mission of promoting and developing the growth of tennis around the Section in their own unique way was awe inspiring and humbling. There were Guinness world record holders in the crowd, League National Champions, adults and juniors rewarded for their outstanding sportsmanship, teaching professionals recognized for growing the game at both the grassroots and high performance levels, local volunteers who want to give back by teaching beginning adults or working with Special Olympians, officials who want to make the game fair to all, media members who talk about the impact tennis can make on a community, families and Community Tennis Associations who want to introduce to the game to everyone - both young and old - in their local communities and tennis providers who offer a whole array of tennis opportunities for frequent players, as well as those new to the game.

It is the people and organizations who were honored, and the many others like them taking part in our Community Tennis initiatives, that are the backbone of tennis within USTA Northern. Although we are known for our signature programs like USTA League Tennis, Junior Team Tennis and Adult and Junior Tournaments - and trust me, we appreciate every single one of you who participate in these offerings as they are what help fund Community Tennis, we are first and foremost a non-profit (501(c)(3)) always striving to promote the development of tennis. Did you know that our Section also works feverishly with...

- ▶ **Schools** – We work with both physical education classes and out-of-school providers, getting racquets in the hands of kids so they can be introduced to the sport of a lifetime.
- ▶ **Education and Training** – USTA Northern staff goes out to communities and attends many workshops around the Section training volunteers, local coaches/instructors and tennis professionals to effectively teach and deliver tennis to people of all ages and ability levels.
- ▶ **Tennis Infrastructure and Grants** – One of our highest priorities is developing and strengthening the tennis infrastructure around the Section as the USTA and USTA Northern gave over \$150,000 to communities or organizations in 2015 for necessary items like new courts, facility improvements, blended lines, equipment, marketing help, transportation and much more.
- ▶ **Diversity & Inclusion** – USTA Northern works with a number of diverse populations to promote the sport and make it more inclusive to everyone. One of the ways we do that is through attending local festivals and events. In just 2015, USTA Northern has had a presence at Twin Cities PRIDE, Rondo Days, Cinco de Mayo, the African American Leadership Forum, Twin Cities In Motion, the Jeremiah Project, Buffalo (Minn.) Open Street Festival, Eagan YMCA Summer Clinic, Hispano Connect Event, Bolder Options, New Lens African American Youth Tennis, Hispanic Marketing Workshop,

Freedom Schools Reading Program, World Cup Hispanic Street Festival, the Boston Scientific Health & Wellness Fair and more. We also have a presence in wheelchair tennis and adaptive tennis programs such as Special Olympics and the VA Hospitals.

- ▶ **Community Tennis Associations (CTAs)** – CTAs are volunteer-based organizations that support or provide programs which promote and develop the growth of tennis. We currently have 48 Community Tennis Associations in USTA Northern, and one of those organizations, **InnerCity Tennis**, was just honored as the 2015 USTA National Community Tennis Association of the Year.
- ▶ **National Junior Tennis & Learning Programs (NJTLs)** – Developed by **Arthur Ashe**, **Charlie Passarell** and **Sheridan Snyder**, NJTL is a nationwide network of community tennis organizations seeking to develop the character of young people through tennis and education. We currently have 16 NJTLs in our Section.
- ▶ **Youth Scholarships** – Over \$5,470 was awarded locally to individuals for participation in National Tournaments, Section Tournaments, equipment and training. USTA Northern also had three recipients of college scholarships through the USTA Foundation which totaled over \$28,000.
- ▶ **Northern Tennis Foundation** – USTA Northern has its own fundraising arm called the Northern Tennis Foundation whose mission is to provide resources and financial support to young people in need who have the dreams, the goals, and the desire to succeed both on and off the court. Also new in 2016, the Northern Tennis Foundation is partnering with Youthprise and the Urban Youth Tennis & Education Initiative. This project will break down barriers to participation, expand no- and low-cost play opportunities, enhance the incorporation of academics and art, build confidence in young people and provide safe spaces with caring adults who are invested in mentoring and keeping youth on a path to success. Youthprise has pledged a match of \$125,000 to kick-start this campaign, and the USTA Foundation has signed on to be the first cornerstone supporter with a \$50,000 contribution.

This year has been a remarkable year for USTA Northern, but we are far from done. Our Section motto for 2016 is Tennis Unites Us All as we look to develop new family tennis initiatives and fun, social alternative format events, in addition to all of the great programming and community tennis initiatives we offer. But try as we might, we cannot do it alone. We need your help! Come join us!

See you on the courts,

Mike Goldammer



Like **Mike Goldammer** said in his Executive Director's message (page 5), the backbone of our Section is Community Tennis and all the different initiatives that fall under this massive umbrella in achieving our mission of promoting and developing the game of tennis.

From supporting and developing tennis infrastructure and the delivery system, to providing financial assistance and opportunities through individual player scholarships and organizational grants that support programming and facility improvements to helping Community Tennis Associations and National Junior Tennis and Learning programs grow the game and support our youth, Community Tennis is the lifeline to keeping the game relevant and vibrant throughout the United States for people of all ages and from all backgrounds. Did you know that ...

- Community Tennis Grants help grow the game through strategic funding to community-based tennis organizations for programming efforts and organizational capacity building. Over \$23,000 was invested into the following organizations in 2015:

- ▶ **Altoona (Wis.) Middle School, St. Paul (Minn.) Johnson HS** – Tennis equipment
- ▶ **InnerCity Tennis** – Summer programming, ACE Camp
- ▶ **Aberdeen (S.D.) CTA** – Capacity Building support to file for 501c3 status
- ▶ **Black Hills (S.D.) Tennis Association** – Play Days support, Marketing Support
- ▶ **Hastings (Minn.) Tennis Association** – Capacity Building to build website and add adult programming in 2016
- ▶ **Menomonie (Wis.) Area Schools** – Funding to support volunteer-led middle school program
- ▶ **Park Rapids (Minn.) CTA** – Funding of new lessons program for low-income youth

- ▶ **Huether Family Match Point (Sioux Falls, S.D.)** – Outreach partnership with Volunteers of America to add early childhood tennis program
- ▶ **Owatonna (Minn.) Tennis Association** – Funding for new adult lesson program
- ▶ **St. Paul Urban Tennis, Fred Wells Tennis & Education, Eau Claire (Wis.) YMCA Tennis Center, Fargo (N.D.) Parks District** – Tennis Development Workshop Scholarships
- ▶ **South Dakota School of Mines** – Funding to add Tennis on Campus program
- The USTA Facility Assistance Program provides advocacy support, technical assistance and financial grants to local facility projects. Through November 30, 2015, the USTA and USTA Northern have awarded \$51,775 and \$43,626.94, respectively, toward the following projects:
 - ▶ **Harrisburg (S.D.) HS, Barron (Wis.) Tennis Courts, Huether Family Match Pointe (Sioux Falls, S.D.)** – New construction
 - ▶ **Cook County (Minn.) Tennis Courts** – Reconstruction
 - ▶ **Buffalo-Hanover-Montrose (Minn.) Community Education** – Conversion to four permanent 36' courts
 - ▶ **St. James (Minn.) HS** – Shade Canopy
 - ▶ **Robbinsdale Cooper (Minn.) HS, Rapid City (S.D.) Central HS, Aitkin (Minn.) HS, Brainerd (Minn.) HS, Faribault (Minn.) HS, St. Paul (Minn.) Harding HS, Montevideo (Minn.) HS, Sleepy Eye (Minn.) HS, St. Paul (Minn.) Washington Technology, Coon Rapids (Minn.) HS, Menomonie (Wis.) HS, Fridley (Minn.) HS** – High School Facilities Equipment Grant
- All of the above court projects will include blended tennis lines upon completion. In addition, the USTA and USTA Northern combined to award \$4,730 in funding to add permanent blended lines





at the following facilities: **Faribault (Minn.) High School, Pine City (Minn.), Country Club of Sioux Falls (S.D.) and Crookston (Minn.)**. The Section also awarded \$3,800 to communities for beginning player equipment.

- Individually, USTA Northern awarded \$5,470 in scholarships for participation in National Tournaments, Section Tournaments, equipment and training. In addition, three junior players within USTA Northern – **Kelly Reger** (Edina, Minn.), **Peter Benton** (Eau Claire, Wis.) and **Lisa Anderson** (Aitkin, Minn.) received college scholarship totaling over \$28,000 from the USTA Foundation.
- There are 48 Community Tennis Associations currently registered in USTA Northern, including 16 NJTL Chapters, all helping grow the game of tennis at the grassroots level or providing education and life skill opportunities to many of the Section's youth.
- Almost \$13,800 in equipment grants were awarded by USTA Northern to school and out-of-school time providers in 2015.
- USTA Northern staff members trained 145 teachers and out-of-school time providers at seven Teacher Workshops including the St. Paul (Minn.) Public School District.

- Exhibit booths and school tennis presentations were done at the South Dakota, North Dakota and Minnesota SHAPE Conventions, the Wisconsin PE Convention and the MCEA Convention.
- Almost 150 Physical Education tennis programs and 145 Kids' Tennis Clubs were registered in 2015.
- Over \$8,600 in equipment grants were awarded to schools in which 40 percent or more of the student population was eligible for the free and reduced lunch program.
- USTA Northern staff conducted nine Youth Tennis Workshops with 218 attendees and two Specialty Workshops with 51 attendees.
- The Section was active once again in its Diversity and Outreach initiatives across the Section including having a presence at Twin Cities PRIDE, Rondo Days, Cinco de Mayo, the African American Leadership Forum, Twin Cities In Motion, the Pine Ridge Indian Reservation in Pine Ridge S.D., and the World Cup Latino Street Fair to name a few. We also worked with the Courage Center and the VA Medical Center in offering tennis programming and ran the Special Olympics Minnesota Area and State Games and a Level 1 Coaches Training.

USTA Northern Partners With Youthprise on Urban Youth Tennis & Education Initiative

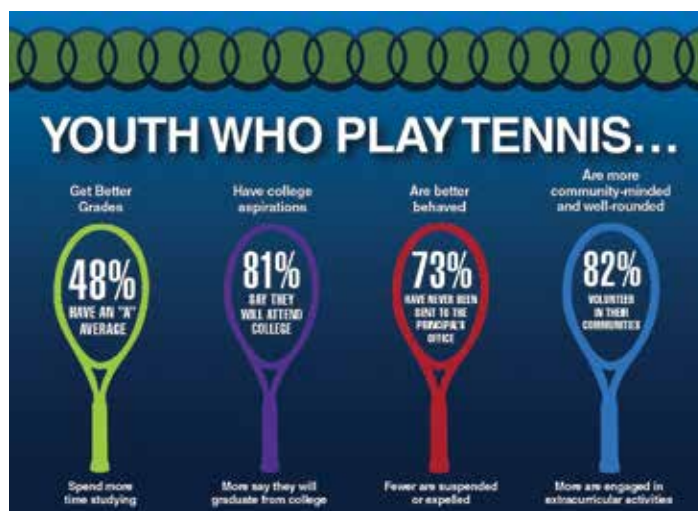


There is a strong body of evidence that points to a positive correlation between involvement in tennis and academic performance, community involvement and healthy behaviors.

Sadly in 2015, a child drops out of high school every 26 seconds and nearly 1 in 3 children in the United States are overweight or obese and are expected to have a shorter life expectancy than their parents. Also, many of these youth who are most at-risk for poor outcomes are from lower income homes and often face significant barriers to participating in sports.

On the flip side, research shows active kids do better in life as up to 40 percent record higher test scores, they are less likely to engage in risky behavior including drugs and alcohol and are 15 percent more likely to go to college. Studies also show that tennis participation positively influences the lives of youth across all socioeconomic levels in the United States.

That is why USTA Northern and the Northern Tennis Foundation are partnering with Youthprise in launching the **Urban Youth Tennis & Education initiative** benefitting the **Fred Wells Tennis & Education Center** and **St. Paul Urban Tennis** in St. Paul, Minn., and **InnerCity Tennis** in Minneapolis. Youthprise, founded by the McKnight Foundation, and USTA Northern are looking to systematically leverage resources, strengthen infrastructure and maximize the effectiveness



of local partners for this groundbreaking collaboration.

Currently in the Minneapolis/St. Paul area, more than 7,000 youth are served each year through the three urban tennis and education programs. However, there is a critical need to do more both in terms of depth and reach. Through the Urban Youth Tennis and Education Initiative, we will break down barriers to participation, expand no- and low-cost play opportunities, enhance the incorporation of academics and art, build confidence, resilience and grit in young people and provide safe spaces with

caring adults who are invested in mentoring and keeping youth on a path to success.

Youthprise has pledged a match of \$125,000 to kick-start this campaign, and the USTA Foundation has signed as the first cornerstone supporter with a \$50,000 contribution.

Ultimately, to maximize the power of this effort, USTA Northern is seeking passionate committee members and supporters to help us engage additional funding partners or to become contributors themselves. To learn more about joining the cause, please contact **Christine Nickels** at nickels@northern.usta.com or at (952) 358-3290.

To make a difference through a tax-deductible contribution, please visit <http://bit.ly/21ePUef>.

THERE IS A LOCAL USTA REPRESENTATIVE IN YOUR BACKYARD LOOKING TO HELP YOU **GROW YOUR PROGRAMS AND SO MUCH MORE!**

WHAT IS A USTA TENNIS SERVICE REPRESENTATIVE (TSR)?

TSRs help represent the USTA in communities across the U.S. They play a unique role in helping to fulfill the USTA's mission to promote and develop the growth of tennis by helping to support our country's vast network of coaches and organizers. **There are more than 85 TSRs serving communities nationwide, so there's a good chance there is one is near you!**

HOW DO TSRs HELP GROW TENNIS PARTICIPATION?

TSRs stay up to date on the latest trends, initiatives and improvements in the sport. **They gather ideas and information from the best and most innovative programs across the country** – and they use this knowledge to help provide consultation, resources and custom programming solutions to assist local tennis providers (tennis facilities, pros, coaches, clubs, parks, schools, etc.).

HOW CAN A TSR HELP YOU AND YOUR PROGRAM(S)?

- On-court and off-court trainings
- Starting a Community Tennis Association
- Facility Assistance – technical and financial assistance to renovate or build new courts
- Starting an NJTL (National Junior Tennis & Learning) chapter for under-resourced youth
- Adult and high school programming ideas
- Youth Tennis
 - Kids' Tennis Clubs and School Tennis
 - Play Days and other events for new audiences
 - Junior Team Tennis
- Grants and incentives
- Free advertising
- Custom marketing materials





“

My local TSR Molly regularly reaches out to me and my tennis center staff to share USTA information, news and grant opportunities. She helped us host USTA trainings, youth tournaments and Kids' Tennis Club programs.

Billy Specht, Executive Director
Titusville YMCA
Titusville, FL

My local TSR Bill is a Rock Star! Having a local USTA representative who is a consistent presence at our Club and is just a phone call away has such an impact on the success of our programs and events. I am thankful every day for our relationship and his support. Bill is a guiding force in tennis in our area.

Jeff Chandley, Director of Tennis
Atlanta Athletic Club
Atlanta, GA

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FIND YOUR LOCAL TSR
USTA.com/TSR



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YEAR-END RATING & WINTER LEAGUES INFORMATION

Twin Cities Winter League Registration Now Open; Must Use Year-End Rating

Registration is now open for the 2016 Twin Cities Winter League season. Twin Cities Winter Leagues run from January 4-April 3, 2016. When registering for a team, you **MUST** use your 2015 Year-End Rating. Team registration deadline is December 11, 2015. Questions? Please contact **Kelley Okerman** at Okerman@northern.usta.com.

SA-TUR-DAY Hey!!

40 & Over Mixed Leagues Now Saturday Night

Come join us on a new night as 40 & Over Mixed Doubles Leagues are now Saturday nights during the Twin Cities Winter League Season at Life Time Fitness – Bloomington South, Life Time Fitness – St. Louis Park and the Fred Wells Tennis & Education Center in St. Paul. Team registration deadline for all levels is December 11, 2015 and you must use your 2015 Year-End Rating. For more information, contact **Kelley Okerman** or to find a team contact matchline@northern.usta.com.

Year-End Ratings Out December 1

Year-End Ratings for 2015 are available starting December 1. To find out your Year-End Rating, visit <http://bit.ly/1liVfAu>. As in previous years, all rating appeals must be done online. For more information about Year-End Ratings, please contact **Nancy Lundberg** at Lundberg@northern.usta.com or **Kelley Okerman** at Okerman@northern.usta.com.



Recruit Three; Play For FREE

Current USTA Northern members are eligible to receive one FREE 2016 Twin Cities League team registration for recruiting and registering three new or lapsed USTA League players for the 2016 USTA Northern Twin Cities League Program between December 1, 2015 and July 31, 2016. Please contact **Kelley Okerman** at Okerman@northern.usta.com for questions or to claim your prize.

SENIOR TENNIS PLAYERS CLUB:

“I Know We Had Fun”

By David Sommer

Seniors... looking for more fun and social tennis opportunities to fill your days? Look no farther than STPC or the **Senior Tennis Players Club** based in the Twin Cities. What's that you ask? The Senior Tennis Players Club was born in 1982 when Twin Cities' businessman **Jack Dow** brought a small group of senior tennis enthusiasts together to form a club exclusively for their age group. These 60-and 70-somethings organized doubles matches for themselves at the old Parade Stadium courts near downtown Minneapolis, and quickly, their numbers swelled. Today, STPC membership exceeds 1,000 members, ages 50 to 90-plus, who participate regularly in organized drills and activities, playing year-round at outdoor courts during the summer and indoor tennis clubs in the winter scattered throughout the greater Twin Cities area. It is the largest organized group of senior tennis players in the United States and it is right here in Minneapolis/St. Paul.

STPC and the USTA have had a long-standing partnership over the years. Both organizations work to grow the game of tennis, but STPC focuses on those 50-plus **and** on youth; while the USTA concentrates on all ages. Many of us, me included, are members of both organizations as both offer their unique experiences and benefits. USTA Northern has always been a great help to STPC over the years, including some very generous Community Tennis Grants that have kept us financially solvent because they realize the more tennis opportunities available to the masses leads to the continued growth and development of the game on all levels.

While both STPC and USTA work to build tennis for its many benefits – recreation, social contact and character building – the Senior Tennis Players Club's focus is to provide tennis playing opportunities to people 50 and older for their mental, physical and social well-being; and to support the growth of tennis.

Don't get me wrong, we still enjoy friendly competition. Our leagues vary in skill level from 2.0 to 4.0, so everyone can find a proper level of play, but we don't keep records of who won or lost. We host a large senior tournament every year where the winners and finalists are featured in our *Senior Tennis Times* monthly newsletter which provides valuable tennis and health information, as well as our daily league and drill schedules. We also host four tennis parties a year and four tennis- and health-related clinics.

As a non-profit organization, we are also volunteer-run from the ground up as members make up the Board of Directors, serve as team captains and run our drills, events and tournaments. We also give back to the game and community by helping youth get into tennis by offering financial support to programs such as **InnerCity Tennis** and **St. Paul Urban Tennis**. Many of our members volunteer on court and in the classroom with these programs and were the backbone of InnerCity Tennis being named the 2015 USTA Community Tennis Association of the Year!

Learn more about all we have to offer both on and off the court by visiting our website at seniortennismn.org. Costs are low as our annual membership is \$30; outdoor leagues are free; and indoor leagues are approximately \$15 for two hours of doubles play.

If you are 50+, or know someone in the prime of their life who would benefit from our many programs, check out our website. Remember... no experience is needed as many of our current members were absolute beginners when they joined. As most of us will say at the end of the day, "I can't remember who won, but I know we had fun." You will too.



CONGRATULATIONS

2015 Award Winners

Congratulations to the following winners who were honored at the USTA Northern Annual Awards Dinner on Friday, Nov. 20, at Minnesota Valley Country Club in Bloomington, Minn.

Albert Teeter Adult Sportsmanship Award



Chris Bushaw, of Rochester, Minn., is the winner of the Albert Teeter Adult Sportsmanship Award given to the adult player who best displays fairness, is generous, is a gracious winner and good loser. A USTA League player since 2004, Bushaw has represented USTA Northern at the local, Section and National levels. She has captained teams since 2009 and in just the past four years alone, she has led 12 teams. She has been a part of the Rochester Area Leagues Committee,

serving as co-chair and has been a member of the USTA Northern League Committee since 2013. She also has volunteered at Section Championships.

Jerry Noyce Junior Sportsmanship Award – Boys Winner



Mark Johnson of Hudson, Wis., is the Boys winner of the Jerry Noyce Junior Sportsmanship Award given to the junior player who not only displays the finest qualities of sportsmanship during tournament play, but who also demonstrates exemplary conduct away from the court. An active high school, tournament and Junior Team Tennis participant, he plans to play college tennis at the University of North Dakota next year. Johnson has represented USTA

Northern and the Fred Wells Tennis & Education Center at two Junior Team Tennis National Championships and has been a part of the Northern 14s and 16s national teams. Johnson always displays respect for opponents, partners, teammates, tournament directors, officials, coaches, chaperones and spectators both on and off the court. He has received many accolades for his sportsmanship over the years including being named the Boys 18U Advanced winner at the 2014 and 2015 USTA Northern Junior Team Tennis Section Championships and the Boys 14s Zonals in 2012.

Jerry Noyce Junior Sportsmanship Award – Girls Winner

Izabella Edin of Staples, Minn., is the Girls winner of the Jerry Noyce Junior Sportsmanship Award. Edin is currently ranked 13th in the Section for Girls 16s and 26th for Girls 18s and was the Girls



her love of the game to the next generation of players.

Sportsmanship Award winner for USTA Northern at the 2015 16s Zonals team event in Waco, Texas. Diagnosed with Type I diabetes last year, Edin has never used her condition as an excuse for a bad match, always giving her opponents credit for their play. She competes with the utmost respect for her opponents, the rules and the game of tennis itself. She also volunteers her time in helping teach the Red Ball/Orange Ball program in St. Cloud, Minn., so she can pass along

Bob Larson Media Excellence Award



KELOLAND TV's Matt Holsen of Sioux Falls, S.D., is the 2015 winner of the Bob Larson Media Excellence Award given to a newspaper, television, social media or radio person or outlet who has provided exemplary coverage in the Section. A home grown product of Sioux Falls, Holsen has been a major media contributor and supporter in the building of the new Huether Family

Match Pointe – a six-court indoor tennis complex – which opened in March of 2015. A graduate of the University of Minnesota, Holsen has worked in both radio and television in both Sioux Falls and Rapid City, as well as at KFAN in Minneapolis. A member of the Marine Corps, Holsen was deployed for eight months to Djibouti, Africa, before coming back to KELOLAND as the Midday/HealthBeat producer and eventually Weekend Sports Anchor and the Sports Director.

Rocky Rockwell Grassroots Official Award



Dennis Hayden of St. Paul, Minn., is the winner of the Rocky Rockwell Grassroots Official Award given to an official who has done outstanding work at the grassroots level. After looking for a way to give back to tennis, Hayden started officiating 18 years ago. A math teacher at both the junior high and high school levels, Hayden was exposed to the sport in a physical education class at the University of Minnesota and after his kids had grown joined Lilydale Tennis Club. He then started teaching



A W A R D S

kids with Woodbury Park and Recreation, but now his main focus is officiating as he has worked professional, college, high school and junior matches as a chair umpire, line official and roving official.

Jack Dow Adult Development Award



Jeanne Ewen of Apple Valley, Minn., is the recipient of the Jack Dow Adult Development Award which honors the individual whose efforts have had the greatest impact on promoting and improving recreational and adult competition for that year. Ewen has volunteered with Rosemount/Eagan/Apple Valley Community Education since 2013 teaching classes to beginning adults, offering private lessons, setting up beginning leagues and helping transition and

mentor these players to participate in USTA Leagues as both players and captains. She also worked with local media and the Section to help promote her programs and offered unique incentives to keep participants engaged. She has served as a USTA League captain multiple times since 2012 and is an active player. She coaches both boys and girls high school tennis at Lakeville North and Eagan and gives private lessons in the summer to many junior players. She also has served as an official for many years and has been an avid volunteer on committees at the Section level.

Ward C. Burton Junior Development Award



Kevin Whipple, of Minneapolis, Minn., is the recipient of the Ward C. Burton Junior Development Award given to the individual or organization who has promoted the growth of tennis for juniors and served the junior tennis community in the USTA Northern. A former NCAA Division III doubles champion with **Eric Butorac** and a three-time All-American at Gustavus Adolphus, Whipple transitioned into coaching and has developed many of

the top players in USTA Northern from a young age. In 2013, Whipple developed the PAES program which stands for Positive Attitude, Effort and Sportsmanship and shapes his instruction. This program focuses on goal setting, strategy, positioning, fitness, and nutrition and helps to keep players on track to achieving their personal goals both on and off the court. He also coaches Junior Team Tennis in the Section and is an assistant coach for the men's team at Gustavus. He is a former USTA Northern Albert Teeter Adult Sportsmanship Award and Hall of Fame Achievement Award winner.

Junior Team Tennis Organizer of the Year

Oliver Summers, of Fargo, N.D., is the 2015 Junior Team Tennis Organizer of the Year. The award recognizes an individual for his or her efforts in expanding an existing Junior Team Tennis league or developing a new league within the Section. Summers added two



new seasons (fall and winter) of Junior Team Tennis play at Courts Plus Community Fitness in 2015 to go along with the tradition summer session. His programs saw an increase in unique participation from 62 to 135 kids – a 118% growth rate – and overall participation to 176 kids. He added 22 new teams during 2015, and although based in Fargo, Summers worked with juniors from all over North Dakota and placed them on teams. His teams also participated in the Junior Team Tennis Section Championships where his 18U Intermediate team finished second and he had two players receive Sportsmanship Awards.

USTA No-Cut All-Star Team Award



Suzie Heideman of Woodbury, Minn., is the winner of the 2015 USTA No-Cut All-Star Team Award which recognizes 12 exceptional middle- and high school coaches throughout the nation who implement a “no-cut” policy which welcomes all interested students to be a part of their school's tennis team. Heideman, who coaches the boys team at East Ridge High School, has created opportunities for all 81 of her players to participate and play meaningful matches. She

staggers practices so the kids who did not make the junior varsity and varsity teams still have quality practices and matches and can experience this life-long sport. She goes above and beyond in being creative and flexible to find a way for everyone to be a part of the team despite the extra work load on her part. At the year-end banquet, she brought all 81 players forward and mentioned them all individually for their role in making the program what it is – one that finished as the consolation champion at the Minnesota Class AA State Team Championships in 2015, and third place in 2014.

Family of the Year



The Cantine Family (Larry, Loretta, Kevin, Greg and Scott) of Milbank, S.D., has been selected as the 2015 Family of the Year. The award is given to the family that has been outstanding in promoting tennis both on and off the court. The Cantines are tennis in Milbank and have worked with local

partners, the community and the USTA to grow the sport. The family organized the first-ever Level 8 tournament and USTA Play Day to introduce juniors to the sport. Kevin also ran a summer program aimed at kids ages 12-16 to teach them the fundamentals of tennis while improving their game at the same time. Currently, Kevin is the President of the Milbank Community Tennis Association after taking over from



his father this year, who had run it for 40 years. Larry, also known as "Mr. Milbank Tennis," was inducted into the South Dakota Tennis Hall of Fame in 2010 and had the tennis courts in Milbank named after him in 2003. He also was the recipient of the South Dakota Tennis Hall of Fame's Love Serving Tennis Grant in 2003 and continues to string racquets for players in the area. The entire family belongs to the USTA and plays area tournaments. They also organize leagues in Milbank, as well as team exchanges where they play against other communities. The entire family is also fundraising year-round to keep tennis vibrant in Milbank through high school play, Junior Team Tennis and camps, as well as working with Combined Appeal to show the value of tennis-related activities in the community.

Wolfenson/Ratner Community Service Award



Joyce Gavino, of Minneapolis, Minn., is the winner of the Wolfenson/Ratner Community Service Award given to the person for his or her outstanding fieldwork in recreational tennis. It is also awarded for significant contributions in developing community-based tennis programs through community

centers, schools, parks and Community Tennis Associations. Gavino is involved in multiple areas of community tennis including working with at-risk youth, Special Olympics, adult recreation players through league tennis, grants and more. She has worked as a Special Olympics coach at Powderhorn Park in Minneapolis since 2009 and volunteers annually at the Minnesota Special Olympics Area and State games. She has raised awareness for adaptive tennis with an inclusive showcase at the Twin Cities Tennis Challenge and an adult tournament that raises money for the organization. She also serves on the Northern Tennis Foundation and USTA Northern Section Grants Committee where she reviews proposals, speaks to applicants and is involved in funding decisions. Since her term began, the committee has given over \$110,000 in funding. As a league player since 2001 and captain since 2007, Gavino is always advocating for adult tennis opportunities. She was a member of the Twin Cities Leagues Committee and volunteers at the Section Championships. She is also passionate for youth and volunteers at the Fred Wells Tennis & Education Center with the Citizens of the Court program where she teaches life skills activities which focus on sportsmanship, respect, courage, problem solving and goal setting.

Frank Voigt Pro of the Year



Justin Jennings of Hopkins, Minn., is the 2015 Frank Voigt Pro of the Year given to a tennis teaching professional who demonstrates leadership skills on and off the court. A tennis professional at Life Time Fitness – St. Louis Park, Jennings works with many top juniors in the Section and nationally and works with the USTA Northern Junior Player ID Committee and Regional Training Centers. He has served as high performance coach at both Intersectionals and the

National Spring Team Event. He heads Life Time Fitness's Training Program and works in conjunction with Life Time Peachtree Corners in Atlanta, Ga., with those playing USTA National Tournaments.



Ace Award

Kristi Bushinski of Woodbury, Minn., is the 2015 winner of the Ace Award given to the USTA Northern Employee of the Year. Bushinski is the Manager of USTA Northern Officials and Junior Competition Assistant for the Section and is responsible for officials, including scheduling, and working with National teams and high performance tennis.



President's Award

Roshan Rajkumar of St. Louis Park, Minn., is the recipient of the 2015 President's Award given by the President of the Section to a person who has assisted the current president the most during the past year. The award was presented by USTA Northern President **Kathy Lundberg**.

Member Organization of the Year



The Hastings Tennis Association in Hastings, Minn., is the 2015 Member Organization of the Year in recognition of its outstanding service and setting the standards in which all organizations should strive to achieve. In a community of 22,000 people, HTA's mission is to inspire people of all ages

to live an active lifestyle, to instill that all members are mentors and leader and finally to create love for the game of tennis. HTA offers a full array of programming for adults and juniors including drills, lessons, leagues, clinics, Play Days, tournaments and Junior Team Tennis. They are creating partnerships with the schools and park and recs, and in 2015, assumed sponsorship for the Hastings Rivertown Days Tournament which drew 162 entrants in 2015. The Association also developed a social media presence in 2015 by creating a Facebook and Twitter account and a new website. Over 110 kids participated in programming in 2015 and participation in Junior Team Tennis has increased every year, topping out at eight teams in 2015. Three teams advanced to the Section JTT Championships and the Hastings Blue 14U team won the 14U Intermediate Section Championships and will represent Northern at the National tournament in December. Four players won Sportsmanship Awards at the JTT Section and Area Championships.



THE 2015 USTA Northern *Hall of Fame Class*

USTA Northern inducted four new members into its Hall of Fame on Friday, Oct. 2, at The Minneapolis Club including Director of the Grand Slam Board **Bill Babcock** (originally of Minneapolis, Minn., and now of London, England); standout player and volunteer **Fred Budde** (Eagan, Minn.); player, coach and volunteer **John Mueller** (Minneapolis, Minn.), who was inducted posthumously; and high school coaching legend **Steve Paulsen** (Apple Valley, Minn.).

Bill Babcock

Currently the Director of the Grand Slam Tennis Board and living in London, England, Bill Babcock was the #1 singles player for Washburn High School in Minneapolis and played Division I tennis at Harvard. He went on to play Pro Circuits in Europe, South America, Asia and Australia, while still playing in local tournaments in the Twin Cities.

A USPTA professional since 1972, Babcock earned his law degree from the University of California-Hastings in San Francisco and went on to work with Oppenheimer Law Firm in Minneapolis. During that time, he was a teaching professional at Interlachen Country Club (1968-79) in Edina, Minn., worked on various committees for USTA Northern and was the Vice President of the organization in 1985.

It was then that Babcock accepted his first international position with the Men's Professional Tennis Council in New York City. Next, he was hired by the International Tennis Federation (ITF) in 1989 and later became Executive Director of the Davis Cup and Men's Tennis before overseeing all professional tournaments, in addition to serving as Administrator of the Grand Slam Committee. In 2011, he became Director of the Grand Slam Board and currently represents the Grand Slams on the ITF's Tennis Anti-Doping Programme and is the Grand Slam Professional Tennis Integrity Officer on the Tennis Anti-Corruption Programme.

His tennis resume is broad and robust as he has either been involved or currently works with a variety of aspects of the game including Grand Slam Rules, Regulations and Code of Conduct, Davis Cup, Rules of Tennis, Men's Future's Tournaments, ITF Circuit Rules, Regulations and Code of Conduct, Grand Slam legal contracts with the IFT, ATP, WTA and other third parties, the Grand Slam and Tennis Masters Cups, the Grand Slam Development Fund and Grand Slam Trademark registration and enforcement.



Sixteen Hall of Famers attended the 2015 ceremony including: (Back Row l to r) – Bill Babcock, Tom Boice, Jack Roach, David Yorks, David Mathews, Marcia Bach, Dick Riley, Fred Budde, Tom Muller (representing his late brother John Mueller), Steve Paulsen and Greg Lappin. (Front Row l to r) – Steve Champlin, Margie Champlin, Sue Gregor, Bob Larson and Ron York.

Fred Budde

Fred Budde of Eagan, Minn., is one of the most accomplished players to come out of USTA Northern amassing 57 #1 sectional rankings – the most of any player in the history of the Section. A high school (1974) and junior college state champion (1976-77) with partner **Kelly Tritz**, Budde went on to play Division I tennis at Iowa State. He was inducted in to the Riverland Community College Hall of Fame in 2003.

Budde has achieved success at every level including eight national championships and numerous top-20 national rankings. He was ranked #1 in 25 singles and doubles in USTA Southern

Alabama and has been ranked #1 in USTA Northern in Open, 35, 40, 45, 50 and 55. He also was #5 in the country in 55 doubles in 2012. He has won 37 Section championships over the years and is a five-time Pine Tree Apple Tennis Classic champion and six-time National Public Parks champion.

Originally from Austin, Minn., Budde has captained over 20 USTA League Tennis teams and has played on one or more league teams every year since 1985. His team won the 5.0 National Championships in 1996, and he captained the 35 Intersectional team to the National Championship in 1997.

Also an avid volunteer with USTA Northern, Budde contributed on court as a youth and then served on the Adult Tournament Committee for 10 years. He was the mastermind behind the computerization of tournaments for the Section and modeling tournaments after the USTA National format. He also assisted in determining tournament play grievances, fundraising for tournament play and modifying the economic model for the sanctioning of USTA Northern Tournaments.

Budde has also grown tennis in the community locally as he was



Congratulations to the 2015 USTA Northern Hall of Fame Class including the late-John Mueller (represented by his brother Tom), Steve Paulsen, Fred Budde and Bill Babcock.

a volunteer tennis instructor for the Eastview Athletic Association in Apple Valley, Minn., and volunteered as a middle school and high school assistant coach. He has worked with InnerCity Tennis and Saint Paul Urban Tennis and has raised numerous dollars for children's cancer research as part of the Pine Tree Apple Tennis Classic.

John Mueller

John Mueller was inducted posthumously after passing away on January 9, 2014, after a long battle with diabetes. Mueller, who started playing tennis at the age of 8, played number one singles at Augsburg College in Minneapolis, before serving in the Army and then coming back to play in the top spot at St. Cloud State University in St. Cloud, Minn.

Mueller started his teaching career as the Tennis Director at Golden Valley Country Club over 40 years ago, and later served as a Tennis Pro and Tennis Director for the Northwest Athletic Clubs. He also was the boys and girls tennis coach at Armstrong High School in Robbinsdale, Minn.

He took tremendous pride in being the unofficial historian for USTA Northern, spending countless hours researching tennis players from the Section. He was a three-time chair of the Hall of Fame Committee and responsible for inducting a long-list of deserving male and female tennis players from around the Section into the Hall.

He served honorably in the Vietnam War as a member of the Military Police in Thailand. While overseas, he taught and played tennis on the military base.

He also had a special love for fishing and hunting, especially with his family near Park Rapids, Minn. After Mueller's passing, an anonymous donor made a \$5,000 donation in his memory to the Park Rapids Community Tennis Association. The CTA is continuing his legacy by helping fund the boys high school tennis team, running summer leagues and starting recreational programs for players from lower income neighborhoods and those with special needs.

Steve Paulsen

Steve Paulsen of Apple Valley, Minn., is arguably the best girls high school tennis coach, not only in Minnesota, but United States history. Currently the head coach at Edina High School in Edina, Minn., Paulsen has led the Hornet girls to a national record 19 consecutive Minnesota state team titles (1997-current) and has lost only four team matches during that time. He was named the National High School Coach of the Year in 2007 and has coached numerous Minnesota singles and doubles champions including **Whitney Taney**, who was named the 2007 National Senior Girls Tennis Player of the Year. Paulsen also coached boys high school tennis at Edina where he led the Hornets to three state titles and at Eastview High School in Apple Valley.

An outstanding player, Paulsen played college tennis for St. Olaf College, advancing to the NCAA Division III Championships three times and earning All-America honors in 1984. He was a two-time team Most Valuable Player and was inducted into the St. Olaf Hall of Fame in 2000 and the Northfield Hall of Fame in 2015. He also has been ranked #1 in USTA Northern numerous times in men's doubles and was a member of the 35 Intersectional Team that won the National Championship in 1997. He is also a past winner of the Pine Tree Apple Tennis Classic.

Paulsen, a USPTA professional, has also given back to the game in a number of ways including presenting at the Minnesota High School Coaches Association clinics, Tennis & Life Camps and other teaching workshops. He has worked with Special Olympics and currently works with a number of other non-profits including InnerCity Tennis, the Fred Wells Tennis & Education Center and Saint Paul Urban Tennis. He has coached numerous USTA League Tennis teams and USTA High Performance Junior Groups and currently is Director of Tennis at Interlachen Country Club and a teaching professional at Life Time Fitness – Lakeville. He also recorded a DVD about coaching high school tennis in 2007. He was named the USPTA Coach of the Year in 1992.



CROSSCOURT

Five Named USTA Northern Premier Providers



Congratulations to the following tennis facilities and organizations for being named to the USTA Northern's inaugural

USTA Northern Premier Provider list for 2015: **Sioux Falls Tennis Association** (Sioux Falls, S.D.); **Eau Claire YMCA Indoor Tennis Center** (Eau Claire, Wis.); **Fred Wells Tennis & Education Center** (St. Paul, Minn.); **Courts Plus Community Fitness** (Fargo, N.D.) and **Baseline Tennis Center-University of Minnesota** (Minneapolis, Minn.).

USTA Northern achieves its mission of promoting and developing the growth of tennis through important partnerships with local tennis providers. In an effort to publicly recognize and thank those providers who go above and beyond offering tennis programming in their community, USTA Northern created the Premier Provider Program in 2015.

To be a Premier Provider, USTA organizational members must offer many USTA Northern play opportunities for all ages and ability levels, as well as fulfill other requirements including Youth Play Days, Tennis Festival/Play Events, Junior Team Tennis, Junior Tournaments, Adult Tournaments, Adult Leagues, Adult Recreational Play, Coach Youth Tennis Training and Permanent Blended Court Lines for 36' and 60' Play.

For being a Premier Provider, the five organizations will receive the following benefits:

- ▶ Choice of an Official Premier Provider plaque or banner to display
- ▶ An Official Premier Provider Window cling
- ▶ Recognition in the Annual Section Awards Banquet Program and Yearbook and USTA Northern Web site
- ▶ Feature story about their organization in an upcoming issue of *Northern Exposure* or on the USTA Northern Web site
- ▶ Priority Status for USTA Northern grants (non-profit organizations only)

For more information about how your facility or organization can be a Premier Provider in 2016, please contact **Sandy Smith** at ssmith@northern.usta.com or at (952) 358-3288.



Bolder Options Tennis Open Fundraiser January 30



6-10 p.m. Come enjoy fun and competitive tennis, interactive games, food, cocktails and a raffle including tickets to the 2016 US Open. Cost is \$100 per person or \$30 for spectators. Registration is limited so sign up today at www.bolderoptions.org/tennisopen. Your tax-deductible registration fee supports at-risk kids in Minneapolis, St. Paul, Rochester and surrounding communities who participate in Bolder

Do you have what it takes to be Champion of the Court? USTA Northern is partnering with the non-profit group Bolder Options for the 2016 Bolder Options Tennis Open Saturday, Jan. 30, at the Fred Wells Tennis & Education Center in St. Paul, Minn., from

Options' activity-based mentoring program. For questions or if you are interested in sponsoring the event, please contact **Sandi Williams** at sandiwilliams@bolderoptions.org or at (612) 379-2653.



Ben Maes Hired As New Racquet Sports Director At Rochester Athletic Club

USTA Northern would like to welcome **Ben Maes** as the new Racquet Sports Director at the Rochester Athletic Club in Rochester, Minn. Maes started his new position in October.

Nash, Nelson Lead U.S. To Avory Cup



Congratulations to **David Nash** (Bloomington, Minn.) and **Alexis Nelson** (St. Paul, Minn.), who helped the United States defeat Great Britain in the 2015 Avory Cup 38-21 in Charleston, S.C. Nelson, who was the youngest person

to ever play in the Avory Cup, played Open Singles and won both singles matches before losing her final match in mixed doubles. Nash won both matches he played — with **Larry Turville** (men's doubles) and **Carolyn Nichols** (mixed).

Bryan Bieber and Mike Vidmar Named USPTA 45 and Over Doubles Team of Year

Congratulations to **Bryan Bieber** (St. Paul, Minn.) and USTA Northern Board Member **Mike Vidmar** (St. Paul, Minn.), who were named the USPTA 45 and Over Doubles Team of the Year.

USTA Northern Honors Seven No-Cut Coaches

USTA Northern recognized seven No-Cut coaches including **Suzie Heideman** of Woodbury, Minn., and East Ridge High School, who was honored by the USTA nationally as part of its 2015 No-Cut All-Star Team.

The other finalists from USTA Northern included **Chad Anderson** (formerly of West Fargo and now at West Fargo Sheyenne High School); **Jenny Arnfelt** (Shakopee High School); **Wendy Hastings** (Menomonie High School); **Jason Olson** (Rapid City Stevens High School); **Steve Tacl** (Rochester Lourdes High School) and **Koua Yang** (St. Paul Harding High School).

USTA National is providing East Ridge High School with a \$500 grant to support their tennis program in honor of Heideman, while the other finalists receive a case of tennis balls for their program, courtesy of USTA Northern.

Welcome To New Leadership Team At InnerCity Tennis

Congratulations to the new leadership team at InnerCity Tennis and the Reed Sweatt Family Tennis Center in Minneapolis which consists of **John Wheaton** as the new Executive Director, **Song Thao** as the new Education and Outreach Program Director, **Ann Wordelman** as Director of Advancement and **Brady Schmidt** as Director of Marketing and Communications.



John Wheaton

Congratulations

FALL STATE CHAMPIONS

J U N I O R S

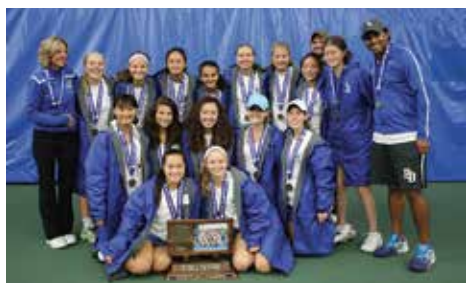


Congratulations to the all of the participants and champions of the 2015 Fall state tournaments around the Section.

Minnesota Girls

Congratulations to **Edina High School**, who continued its record-setting streak by winning its 19th straight Minnesota Class AA girls team title, and to **The Blake School** who won the Class A team title.

Edina, who came into the tournament as the #2 seed after an early-season loss to **Prior Lake**, opened the tournament with a 6-1 win over



The Blake School won the 2015 Class A Team title.

St. Cloud Tech. The Hornets followed that with a 5-2 over **Mahtomedi**, setting up a rematch against Prior Lake. This time, Edina left no doubt who the best team was as they won 5-2 with wins at #1 and #3 singles and all three doubles positions. Edina added to

its nationally-ranked streak for high school girls tennis programs with its 19th consecutive victory and 35th overall title.

The Blake School lost only three individual matches along the way in winning the Class A title. Blake beat the defending Class A team champions **Holy Family** 6-1 in the opening round, followed by a 5-2 win over **Rochester Lourdes** and then a 7-0 win over **Crookston** in the finals.

In the individual finals, senior **Hayley Haakenstad** of Chanhassen won her first Class AA singles crown with a 6-2, 6-2 win over sophomore **Isabella Lambert** of Minnetonka. In Class A, junior **Libby Rickeman** of Blake won her first singles state title with a 6-1, 6-0 win over teammate and eighth grader **Arlina Shen**. Rickeman won the Class AA doubles title in 2014 with partner **Jane Fraley** as The Blake School competed in the Class AA tournament before being reassigned to A in 2015.

In doubles, the sister team of **Paige** and **Taylor McLeod** of Benilde-St. Margaret won their second straight Class AA title with a 6-3, 7-5 win over sisters **Taylor** and **Katelyn Tarrolly** of St. Cloud Tech. In Class A, the team of juniors **Lauren Kosikowski** and **Grace Zumwinkle** defeated their sisters, seniors **Kendall Kosikowski** and **Anna Zumwinkle** 6-1, 6-4. Last year, Grace Zumwinkle won the Class A title with Kendall Kosikowski.

North Dakota Boys

After 17 consecutive state titles, **Grand Forks Red River** lost to **Fargo South** 3-2 in the championship of the North Dakota Boys State Tournament at Choice Health & Fitness in Grand Forks, N.D. The title was the first for Fargo South since 1995. That also was the last year a non-Grand Forks team won the championship.

South earned wins at #1 and #2 doubles, while Red River had wins at #2 singles and #3 doubles. The team match was tied 2-2 and came down to No. 1 singles where sophomore **Davis Lawley** reeled off the final three points of the first-set tiebreaker after being tied 4-4 and cruised in the second for a 7-6(4), 6-2 win over Red River senior **Andrew Godon**, giving South the title.

Lawley then went on to win his first state singles title defeating **North Knewtson** of West Fargo Sheyenne 6-0, 6-1 in the finals, while the team

of **Danny Pierce** and **Ryan Kenyon** of Grand Forks Red River defeated **Christian Wedin** and **Andy Manske** of Grand Forks Central 3-6, 6-3, 7-6(4) to win their first state doubles title. Fargo South head coach **Vic Youngs** was named Coach of the Year, and his son **David Youngs** was the Senior Player of the Year.

South Dakota Girls

St. Thomas More in Rapid City ended the eight-year winning streak of **Sioux Falls O'Gorman** in claiming its first-ever state team title at the 2015 South Dakota Girls State Tennis Tournament in Brandon, S.D. St. Thomas More won the title with 639 points, followed by O'Gorman with 592 points and **Rapid City Stevens** with 489 points.



St. Thomas More

In the individual finals, freshman **Danielle Sebata** of O'Gorman won her first Flight 1 singles title, defeating **Madison Fenske** of St. Thomas More 7-6, 6-3. Sebata finished the season with a perfect 33-0 record. In South Dakota, six singles champions are crowned - one per flight - and three doubles winners.

Samantha Czarnecki of O'Gorman won her first Flight 2 crown and fourth state championship with a 6-3, 6-2 win over **Grace Goble** of St. Thomas More. Czarnecki won the Flight 3 title the past two years and the Flight 4 championship in 2012. **Melissa Sierra** of O'Gorman won the Flight 3 title with a 6-1, 6-3 win over **Meghan Fenske** of St. Thomas More.

Grace Wittenberg of St. Thomas More won her second state championship at the Flight 4 position with a 5-7, 6-1, 6-3 win over **Ingrid Anderson** of Stevens.

Anna Eaton of St. Thomas More won the Flight 5 title this year with a 6-0, 6-0 victory over **Halle Vanderwerff**. In Flight 6, **Jaden Elliott** of Stevens beat **Maddie Nguyen** of O'Gorman 7-6 (8), 6-1.

In doubles, Sebata and Czarnecki took the Flight 1 title with a 6-1, 7-6(4) win over Madison Fenske and Goble. It was the third state championship in doubles for Czarnecki. Meghan Fenske and Wittenberg won the Flight 2 title 6-2, 6-3 over **Vanderwerff** and **Allyson Riddle** 6-3, 6-2. In Flight 3, Elliott and Anderson defeated Eaton and **Audrey Cope** 6-1, 7-6 (4).

Madison Fenske of St. Thomas More was the winner of the 2015 Spirit of Max Award, while **Huron** won the Team Sportsmanship Award.

Wisconsin Girls

USTA Northern juniors had strong showings at the 2015 Girls Wisconsin State High School Championships in Madison.

In the Division 1 team competition, **Eau Claire Memorial** advanced to the semifinals before falling to Brookfield East 4-3. In Division 2, **Altoona** defeated **Baldwin-Woodinville** 5-2 in the semifinals, before losing to Edgewood in the championship 7-0.

In Division 1 singles, Eau Claire Memorial's **Catherine Lindsay** placed sixth, while the doubles team of **Emily Pepperl** and **Devon Bourget**, also of Memorial, were fourth in the Division 1 doubles tournaments.

In the Division 2 doubles, the team of **Megan Jacobson** and **Hanna Zevebergen** of Baldwin-Woodinville were fourth.



Whether you are a junior player starting your tennis career, a dedicated tournament player, a casual USTA League player or a top professional, USTA Player Development National Coaches and USTA Player Development Mental Skills Specialist **Dr. Larry Lauer** have determined seven core values for success both on and off the court including being: Confident, Determined, Engaged, Professional, Resilient, Respectful and Tough.

Confident

Players must have an unshakable self-belief in their abilities and skills. That is, they EXPECT to be successful. To play with confidence is to:

- ▶ Believe in yourself regardless of what obstacles exist.
- ▶ Be not afraid to play your game and hit out.
- ▶ Be optimistic – have an expectation of success even if others doubt you.
- ▶ Be positive – find the reasons to believe.
- ▶ Acknowledge doubts and fears, but do not focus on them and give them energy – accept that doubt or fear exists and is normal, but it is not what you believe.
- ▶ Use hard work to develop your skills and preparation for matches.
- ▶ Get in the habit of thinking positively and productively.
- ▶ Be not afraid to admit that you can lose. but that you will always work to improve next time.
- ▶ Believe you can perform well and win, even if you haven't been performing well or have lost to your upcoming opponent in the past.
- ▶ Step up when you need to step up, both on and off the court.



One also cannot wait for confidence to happen. You must build it by:

- ▶ Developing competence in your game through hard work.
- ▶ Enhancing your physical and mental capacities.
- ▶ Setting short, intermediate and long-term goals that direct your focus and enhance your motivation.
- ▶ Recognizing the successes you are having, as small as they may be at times, more than focusing on failure.
- ▶ Talking to yourself like a doubles partner would talk to you, always encouraging yourself and finding the positives.
- ▶ Spending the majority of your time focusing on and using your strengths while understanding and improving weaknesses.
- ▶ Visualizing your success every day and working toward it.

Core **VALUES,** of a *Champion*

Determined

The best players in the world are determined to compete and play their best game on every point, pushing through adversity and struggle and continuing to strive for success in a positive, productive manner. To play with determination is to:

- ▶ Be willing to do what it takes to succeed (in an appropriate way) and not let obstacles keep you from achieving your goal.
- ▶ See obstacles as challenges to move through and around.
- ▶ Be willing to fight and compete, especially when you are frustrated and angry.
- ▶ Very rarely become disappointed while you play. But if you do, you do not lower your commitment or energy and do not give in to doubt.
- ▶ Maintain high levels of energy and intensity even when you are losing and/or performing poorly. Keep fighting and trying to find a way to succeed.
- ▶ Understand that determination may just be more important than confidence.
- ▶ Put yourself in difficult training or match situations, have a plan for getting through it and stick with it. Determination only comes from exhibiting determination.

Engaged

Have you ever noticed the laser focus of top players? They are engaged at all times, during practice, matches and training, to ensure the highest level of success. Engaged players should have their full focus directed on what matters in that particular moment and be invested in their own success. To be engaged is to:

- ▶ Have full focus in the moment. Have all of your senses involved and be alert.
- ▶ Have the right mindset, developed from solid preparation.
- ▶ Have a goal or two for practice that relates to part of your game that needs improvement.
- ▶ Think about your goals prior to practice and see in your mind's eye achieving them.
- ▶ Talk with your coach about the plan for the training/practice/match.





- ▶ Have a good dynamic warm-up, getting the body and mind awake and ready and the heart rate up.
- ▶ Listen to your coach and look them in the eye. Ask questions if you are not sure about his/her instruction.
- ▶ Try your coach's feedback.
- ▶ Give yourself feedback on how you are doing on your goals.
- ▶ Move quickly between drills or balls.
- ▶ Be fully prepared for each drill or game and know the goal of what you are working on.
- ▶ Refocus on the purpose of practice during short breaks, even if there are distractions.
- ▶ Use the "breathe and believe" technique when things aren't going well.
- ▶ Write in a journal about your goals and how you did in working on them.
- ▶ Learn from your mistakes.

Professional

Players who are professional – in terms of how they conduct themselves – demonstrate character and exhibit the behaviors and attitudes of an athlete who is consistently prepared to practice and compete with full engagement and commitment. To be professional is to:

- ▶ Understand what is most important: your character. Do the right or appropriate things all the time.
- ▶ Be highly engaged in practice: be an excellent practice partner. Hustle for every ball and stay focused on getting better in practice.
- ▶ Prepare for tournaments or matches diligently. Have a plan for physical and mental preparation that is followed consistently.

- ▶ Always be looking to get better and learn. Try new ideas and techniques after examining them and talking them over with someone you trust, like a coach or teaching professional.
- ▶ Not avoid areas of weakness. Instead, work on them to improve.
- ▶ Not make excuses. Instead accept that you are not perfect and mistakes happen.
- ▶ Look for solutions and take responsibility instead of feeling bad for yourself and/or looking to place blame and make excuses.
- ▶ Control your emotions and respond to stress and adversity with respect and good sportsmanship.
- ▶ Stretch, eat healthy, hydrate, mentally prepare for matches, cool down after matches, journal about practices and matches. Being professional is not glamorous; it's about habits that make you successful.
- ▶ Follow a between-points routine that helps you be fully engaged (focused, ready, energized and believing) for the next point.
- ▶ Treat a coach like a coach. Be open to being coached, listen to your coach's advice, accept their positive push to train and become better, and ask questions and offer your own thoughts and opinions.
- ▶ Accept the other responsibilities that come with tennis. For a junior or adult recreational player, these include being a great practice partner and a good role model for others. For a player on the professional tour, these can be media requests and charity events.
- ▶ Not change your mindset and habits when things are not going well. Know that this is when you need to be disciplined, continue to work hard and be aware of why things aren't going well.





Resilient

The defining characteristic of resilient players is having the ability to bounce back and refocus after failure. To be resilient is to:

- ▶ Understand it is not about being perfect. In fact, to be resilient you have to struggle and fail.
- ▶ Have resilient thoughts. Instead of finding the reasons you will lose, find the reasons why you can succeed.
- ▶ Stick to your plan and routines, even when you struggle. Do not panic.
- ▶ Get back up and carry on. Resilience may be the most important value because in tennis, as in life, we are going to struggle and fail.
- ▶ Understand that you will need:
 - A reason, a drive to keep fighting.
 - Support from others because you cannot always do it alone.
 - Coping skills to deal with the stress and struggle because it won't come easy.
- ▶ Use the 'breathe and believe' routine. Take deep breaths, accept how you feel and what is happening and let it go. Then begin the process of refocusing by believing in yourself. Remind yourself of your strengths and the task at hand. Like Serena in the example below, use times when you have bounced back as a strong reminder that you can do it again.
- ▶ Look at struggles as opportunities to learn and grow. This mindset allows you to approach difficult situations with an optimism others do not exhibit.
- ▶ Not avoid the struggle, but go after it. Face it head on and be determined to find a way.



Respectful

Players who are respectful act in the way of appreciation, are courteous to others, are focused on the best in others and honor the rules of game. Respect is a hallmark of many great champions. To be respectful is to:

- ▶ Respect yourself, your coaches and the game.
- ▶ Act in a respectful manner. To be appreciative for what others do for you and giving you the opportunity to play the game you love.



- ▶ Enhance performance through respectful actions such as being prepared to play even if you think you will win easily (and know expressing that through your actions).
- ▶ Respect one's self. Have the ability to treat yourself well and demonstrate self-control.
- ▶ Respect others. Appreciate and truly understand that you need other people to do what you enjoy including tournament directors, officials, ball girls and boys and opponents.
- ▶ Consistently see the good in others and avoid downgrading the other person because you know no one is perfect and everyone has strengths and weaknesses.
- ▶ Respect your family, which you do through your actions on the court.
- ▶ Not be influenced by the prospects of winning and losing.
- ▶ Learn from consummate respectful players.
- ▶ Respect the game of tennis. You want tennis to be better in your community because you played, whether that is inspiring a child to play the game or being a good doubles partner, the game is only as good as the people playing it.

Tough

Tough players endure periods of hardship and adversity in training and competition, accept challenges, are fully motivated to succeed, embrace pressure and are physically and emotionally strong. To be tough is to:

- ▶ Have doubts, feel pain and to want to quit at times, but also to have an undying drive to achieve your goals and not give in to these temporary feelings.
- ▶ Be willing to endure stress, challenges, adversity and hardship.
- ▶ Recognize a situation could be difficult, but have the belief in your ability to get through it and succeed.
- ▶ Have a history of being tough by taking on a difficult situation and finding a way to be successful.
- ▶ Encourage yourself to fight and know you can get through the pain and difficulties.
- ▶ Take on challenges that others shy away from.
- ▶ Be tough-minded when struggling, including:
 - Remembering your strengths
 - Remembering your purposes for playing
 - Repeating a mantra such as "keep going" and "push through it"
 - Focusing on breathing and posture (looking confident and composed)
 - Knowing tough times will pass
 - Remembering the rewards
 - Distracting yourself

Players should continually strive to develop these values throughout their training and play – both on and off the court. Players that exhibit these seven core values every day will achieve the ultimate goal of competing – and behaving – like a champion. For more information, visit www.usta.com/improve-your-game.





New Suspension Point Rules In Effect

The USTA National Junior Competition Committee approved an amendment to Table 18 in the Friend at Court which amends the current Suspension Point Table. The amendment adds the term "flagrant inappropriate conduct" and specifies the various places where this conduct can take place, including ONLINE BEHAVIOR.

One of the biggest parts of this amendment now allows for judgment to be used in situations in defaults for flagrant unsportsmanlike or flagrant inappropriate conduct on or off court, as well as flagrant unsportsmanlike conduct or flagrant inappropriate conduct regardless of the venue or medium. This includes, but is not limited to, conduct at tournament sites, tournament activities, hotels or other housing, or online. Judgement may be used based on the seriousness of the situation and 8 to 10 suspension points can be issued for these offenses. This change goes into effect immediately. For further questions, please contact **Pat Colbert** at colbert@northern.usta.com.



Life Time Fitness – BLS Advanced

Northern Places Ninth, Tenth At JTT 18U Nationals

Congratulations to the USTA Northern teams at 18 and Under Junior Team Tennis Nationals where **Life Time Fitness Bloomington South** was ninth in the Advanced division and won the Team Spirit Award and 10th in the Intermediate Division in Cayce, S.C.

Bloomington South Advanced finished third in its flight with 105 points. Texas was first with 178 points, followed by New England with 121, Northern and Middle States with 69. BLS defeated Caribbean in the 40-39 after winning a match tiebreaker

when the two teams finished tied at 39-39. Northern then defeated Midwest 51-33 in the ninth-place match.

BLS Advanced was coached by **Spencer Jones** and was made up of players **Anna Letto, Ben Erickson, Chase Roseth, David Lu, Jacob Smith, Jacob Toffler, Lexi Lehman, Raghu Inturi, Savanna Crowell** and **Taylor Jackson**.

The Intermediate team finished third in its round robin flight with 120 total games won. Middle States was first with 175 games, followed by Caribbean with 134, Northern and Texas with 52. Northern then beat Pacific Northwest 56-33 and then lost to Northern California 58-43 in the ninth-place match.

The Intermediate team included **Chloe Asuncion, Christina Lu, Davis Olson, Derek Davis, Frank Kelly, Harrison Tuttle, Isabelle Ouyang, Michelle Ip, Preston Olson** and **Tanya Ramesh**. The squad was coached by **Craig Swanson**.



Eight Juniors Selected To Team USA Regional Camp; Hietala Wins Competitors Award

Congratulations to 12 year old **Aili Hietala** of Duluth, Minn., who won the Competitors Award at the Team USA Regional Camp in Tulsa, Okla., in September.

Hietala was one of eight kids from USTA Northern who attended the select camp.

Others attending included **Christo Alex** (Arden Hills, Minn.), **Sujit Chopuri** (Minneapolis, Minn.), **Tygen Goldammer** (Rosemount, Minn.), **Allyson Jay** (Edina, Minn.), **Nolan Ranger** (Edina, Minn.), **Bjorn Swenson** (North Oaks, Minn.) and **Karin Young** (Apple Valley, Minn.). Coaches included **Glenn Allsop** (Hopkins, Minn.), **Danny Kantar** (Minneapolis, Minn.) and **Dana Young** (Apple Valley, Minn.).

GAME. SET. MATCH. YUM.





WINTER IS COMING

To quote the popular television series Game of Thrones, "Winter is Coming." I know it is hard to believe as this has been a great fall weather wise in the upper Midwest. Shockingly, many are still playing outdoors and it's November, but deep down we know... Winter is coming. It is inevitable, right? Like a Boy Scout, we must be prepared. Most of us winterize our homes, cabins and cars for the brutal cold and snow that is in store this season, but do we winterize our tennis games? Probably not.

Why is that? We know the difference between indoor and outdoor tennis is night and day. Many of us have decided we like the always-controlled environment and just stay inside all year round, but where is the challenge in that? For those of us who do venture out from under the bubble and now have to come back in, here are some basic things you should consider so you are prepared for the elements — or lack of them.

Check Your Equipment

Now is a good time to take inventory of your equipment, especially your racquet(s). You do have two, don't you? If you have played a lot during the summer and have not had your racquet restrung, now is a good time to add fresh strings.

Also, how many of us keep our racquets in the car, and even worse, the trunk of our car? I can see a number of you reading this shaking your head. Regardless of whether it is winter or summer, you should never leave your racquets in the car, but for sure you should not during the cold of winter as the low temperature may cause your racquet strings to lose tension. The cold can also be hard on the frame which increasing the chances of it cracking. Remember, just like you, your racquet needs a few minutes to warm up as well.

While the temperature on most indoor courts in the winter is pleasant, it can be a cold journey getting to those warm bubbles. It is time to put the Speedo away (come to think of it, you can put that Speedo away permanently) and invest in a good warm-up outfit. Athletic wear is big business these days as its popularity is at an all-time high with so many choices. Most pieces are insulated, waterproof, moisture wicking and odor absorbent. They also come in a variety of styles and bright colors. So not only are you keeping your body warm, but you look good doing it. And we all know we play better when we look better — at least that is what all my Women's

Daytime League players tell me.

How many of you wear your court shoes out in the elements? Once again, I see a number of you shaking your head. You should always change into the shoes you are going to play in once you arrive at the court as the sludge, cold and snow make your shoes (and the courts) damp, slippery and dangerous.



Check Your Physical Self

I just read an article saying people gain more weight during the five weeks of the holiday season than during the rest of the year combined. While it is tempting to overindulge during the holidays, we are not bears and do not have the luxury of hibernating for six months (although many of us wish we could). We do not need the added layer of insulation that comes with that extra holiday cookie or piece of pie. Remember, eat and drink in moderation. It is also a great idea to start a fitness plan to maintain or improve your conditioning prior to the holidays as those New Year's resolutions tend to not last very long for most folks. Seek advice from a fitness professional on developing a plan for your own individual needs. There are general fitness components and principles that apply to everyone, but we all have different priorities and needs. A certified professional can help you develop a customized plan.

Check Your Mental Self

While the winter can be great fun with holiday cheer, a lot of people become depressed during this time of year. Exercise, such as playing a few sets, can get those endorphins going and help keep you in a better mood provided you do a good mental check and remember why we play tennis in the first place. If fun did not come to mind, then you should examine your mental game when you are going out to the court. If you take things too seriously, you are likely to get stressed out and not have fun. Don't be that person.

A Few Final Thoughts

Yes, we are lucky to have so many great indoor facilities in USTA Northern, but most people do not play as much during the winter due to court limitations or time constraints. This is a great time to still get your tennis fix in other ways like watching tennis on television (the Australian Open is coming in January), going to a college match (dual matches start in January and are FREE and tons of fun), watching an instructional DVD, reading a book or taking a lesson or two.

One last tip that is essential in winterizing your game — drink more water. People have a tendency not to drink as much water when the temperature dips, or when imbibing in those holiday drinks which remove the water from our systems. Just because it is cold outside doesn't mean you cannot get dehydrated, so remember to drink plenty of water.

Winter is coming as it always does, but prepare for it, embrace it and we will see you on the courts!





N.D., S.D. Tennis Service Representative Carolyn Kramer



Q. What is your position and how long have you been at USTA Northern?

A. Three years. Time has flown!

Q. What is your tennis background? How did you find yourself in the game?

A. I grew up in Waverly, Iowa, in a tennis family. My dad taught himself tennis while stationed in Hawaii, and he later taught me and others lessons in the summer. My whole family of six played at some point; my parents, sister and I played a lot. I took some breaks raising a family, but kept returning, pleased with how the skills stay with you — some more than others...

Q. Where did you go to college, major, play college/high school tennis?

A. Concordia College in Moorhead, Minn. I double majored in Business Administration and German, which helped land me an international banking job in Frankfurt, Germany. I played tennis in both high school and college, playing doubles with my sister in high school. What great memories!

Q. What are your job responsibilities?

A. Cultivate relationships and circulate! Match community needs with USTA programs and resources, promote offerings, share best practices, lead school visits/trainings, bring tennis to community festivals, assist with strategic events. I love my job!

Q. What is the favorite part of your job?

A. All of the wonderful people contributing to the game, bringing tennis to the elementary schools, the beautiful scenery driving around North and South Dakota.

Q. What are some challenges/opportunities of your job?

A. A golden opportunity is to get tennis going in elementary school physical education classes and after-school programs. Another is helping tennis communities work more effectively together towards shared goals.

Q. What are two of your top memories while working with USTA Northern?

A. Attending the US Open and Tennis Teachers Conference in 2013.

Q. Outside of tennis, tell us some of your hobbies and interests.

A. I love gardening and playing with plants and flowers, family time, hanging with close friends, playing games and laughing with my two sisters.

Q. What three words describe you best?

A. Positive, creative, organized.

Q. Favorite food?

A. All things peanut butter, a nice cheese platter.

Q. Favorite TV show?

A. The Middle, Modern Family, Saturday Night Live, House of Cards, Breaking Bad, Arrested Development. Oh, was I supposed to name just one?

Q. Favorite Movie?

A. Meet the Fockers, most anything with Will Ferrell, Airplane, Fargo. You said movies, plural, right?

Q. Favorite Musical Genre or Group?

A. I love Lady Gaga!

Q. Favorite Places To Visit?

A. Egypt, Hawaii, Junkyard Brewery in Moorhead, Grand View Lodge in Brainerd, Minn.

Q. Family? Married, kids, animals?

A. I am married and have two kids. My son is a sophomore in college and my daughter is a senior in high school; both play tennis. We have a darling guinea pig named Sawyer and two adorable fluffy rescue dogs named Toby and Teddy. The kids joke that the dogs have now replaced them. There's nothing wrong with that, is there?

Q. If you did not work at USTA Northern, what would be your ultimate job?

A. Being a rock star tennis pro, or running a greenhouse/florist business. Very similar lines of work.

Q. When you were growing up, what did you want to be?

A. A business woman. I have always enjoyed customer service, organizing, administration, and working with a wide spectrum of people---work that provides a lot of variety.

Q. Who are your heroes or people you admire the most and why?

A. My mom, my kids, Gloria Steinem. They are deeply thoughtful, walk their own path, and find joy in what they do.

Q. If you could take 24 hours and do anything you like, what would it be?

A. SPA time, of course!!!

Q. In your mind, why should people play tennis?

A. It is the most enjoyable, challenging, fun, lifelong sport on this planet.



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