



# **NORTHERN EXPOSURE**


**DECEMBER 2019**

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## Executive Director Message



As we approach the end of 2019, we reflect on what we've done over the last year and recalibrate for the new year.

Just a few weeks ago, USTA Northern held its annual meeting and conference in Bloomington. Over two days, attendees witnessed our committees in action and heard from USTA staff on a variety of important subjects. Leaders from throughout our section gathered to share ideas, learn from one another, and influence important decisions that will affect our efforts to grow the game in coming years.

Taking every opportunity to meet with the stakeholders who share our goal of growing the game is critically important for our organization. Your voices help to improve our services and shape our priorities. In 2019, our focus was on supporting program providers, expanding adult social play opportunities beyond the USTA League program, and offering team-based play for youth.

We connected over 100 schools to community partners in 2019, providing free tennis equipment for use in physical education programs and ensuring students had a pathway to continue playing at a facility nearby. At those partner facilities and beyond, we worked to support quality tennis programming and experiences through free coach training, on-court curriculum, and an investment of over \$100,000 in funding for junior scholarships, facility renovations, community association capacity building, staffing, equipment and outreach efforts. Our providers are the best in the nation and continually work to improve player experiences and innovate to capture the attention of new audiences.

We were happy to partner with many organizations in 2019 to offer adult lessons in the park, and expanded our intro to play classes to include social play opportunities. Many longtime USTA League players supported this effort by sharing their love of the game with beginning adult players, and helped us surpass participation goals for our Tennis in Your Park program.

We also sought to attract adults to the sport through social events and leagues, launching a series of brewery events featuring pop-up tennis courts and supporting social leagues offered through partners such as St. Paul Urban Tennis, the Sioux Falls Tennis Association, and Stonewall Sports. More than 800 players took part in those programs - and it's an area ripe for even more growth in the future.

It's a social game. People enjoy meeting new friends through tennis and deepening bonds through team play. This, of course, is true at any age and was a factor in the growth of our Jr. Team Tennis program by over 150 percent this year, with five of our teams recently representing us at JTT National Championships in San Antonio. And this year, our junior players didn't just represent us but also experienced huge success on the national stage with 12 Northern juniors in the top 100 nationally. Congratulations to all those who experienced success this year and to their team of coaches, parents, and opponents who helped them get there.

As I look back on this year, I'm grateful to our staff for their hard work in pursuit of our mission. I'm grateful to our committee members and the board for their dedication and commitment in upholding the values of this special organization. But above all, I'm grateful for you. Whether you are a program provider working alongside us, a parent navigating the tennis landscape for your kids, or a player of any level, your support and engagement with USTA Northern is a gift I - and all others affiliated with USTA Northern - truly appreciate.

# Annual Meeting Recap

Over two days in November, more than 100 players, CTA representatives, pros among others attended USTA Northern's Annual Meeting and Conference at the Hilton Minneapolis/Bloomington.

Sessions covered a wide range of topics and attendees had the opportunity to see the USTA Northern committee structure in action. By opening the doors to the vital work volunteers contribute to the organization, attendees can gain a better understanding of how USTA Northern functions. Nearly a dozen of the section's committees held open meetings and conducted work at the annual meeting.

In addition to committee meetings and section staff-led information sessions, USTA staff attended to share updates on changes at the national level.



Attendees heard an in-depth explanation of the changes coming to the junior competitive pathway in 2021 from USTA Director of Junior Player Development Dan Holman and a breakdown of available digital tools from USTA Technical Services Manager Kathy Myers.

Sweeping modifications to the junior competitive pathway are designed to make the game more attractive, convenient and insulate young players from the burnout that has crept into the sport.

"We as a culture have really professionalized youth sports. We've taken the fun out of them. This is an opportunity to do something about it," Holman said. "The research also shows that kids want team opportunities and we're making more team opportunities that don't cost an arm and a leg."

The committee meetings and information sessions are of vital importance in sharing USTA Northern's work, but the conference centers around the Annual Meeting, which delivers a detailed report on the section's performance during the year.



## Key Highlights Adult

USTA Northern had 12,709 men and women register to play USTA League in 2019.

Both the Twin Cities and Fargo recorded increases in local league participation.

Forty-three teams represented USTA Northern at League National Championships in 2019.

Two teams have won the National Championship; the Men's 55 & Over 6.0 and 7.0 teams, both captained by Eric Narvaez.

USTA Northern's Adult Recreational Lesson Program, Tennis In Your Park, grew by 15 percent for a total of 508 registrations.

Partnerships with multiple breweries including Lake Monster, Urban Growler, Badger Hill provided red ball pop-up tennis onsite throughout the summer.

With an emphasis on social play, USTA Northern partners like St. Paul Urban Tennis, the Sioux Falls Tennis Association and Stonewall Sports Tennis ran numerous successful programs

## Junior

Registration fees were cut by 25 percent for players attending a National Team event to represent USTA Northern in an effort to make participation more affordable. The plan is to reduce the fees again in 2020.

USTA Northern hosted two Team USA Camps in April and September and eight Early Development Camps throughout the year.

Junior Team Tennis participation grew by 143 percent in 2019.

Growing tennis is at the core of USTA Northern's mission. Recent

research shows that there are 16 million people in the country who don't currently play but are interested in getting into the game. Finding and integrating those players, whether they're adults or juniors, into play environments they find exciting and meaningful is chief among the tools USTA Northern has to continue growing the sport.



USTA Northern Past Presidents

## Awards and Hall of Fame

### AWARDS

Nominations are open until Feb. 10, 2020. To nominate someone for one of the following awards, visit this link: [bit.ly/2LiTtiy](https://bit.ly/2LiTtiy)

#### Ward C. Burton Junior Development Award

Presented to an individual/organization who has promoted the growth of tennis for juniors and served the junior tennis community in USTA Northern

#### Frank Voigt Pro of the Year Award

Presented to a tennis teaching professional who demonstrates leadership skills on and off the court

#### Family of the Year Award

Presented to a family that has been outstanding in promoting tennis both on and off the court

#### Jerry Noyce Junior Sportsmanship Award

Presented to one boy and one girl who not only display the finest qualities of sportsmanship during tournament play, but who demonstrate exemplary conduct away from the court as well

#### Albert Teeter Adult Sportsmanship Award

Presented to the adult player who displays fairness and generosity while winning and losing with respect and integrity

#### Jack Dow Adult Development Award

Presented to an individual whose efforts have had the greatest impact on improving adult competitive and recreational play that year

#### Rocky Rockwell Grassroots Official Award

Presented to an official who has done outstanding work at the grassroots level

#### Wolfenson-Ratner Community Service Award

Presented to an individual for his/her outstanding fieldwork

in recreational tennis, awarded for significant contributions in developing community-based tennis programs through community centers, schools, parks and CTAs

#### Member Organization of the Year Award

Presented to a club, CTA, school, NJTL chapter, Park & Recreation agency or other member organization for their outstanding service

### HALL OF FAME

Nominations are open until Feb. 10, 2020. To nominate someone for the Hall of Fame, visit this link: [bit.ly/2LgzXTC](https://bit.ly/2LgzXTC)

USTA Northern is actively looking for nominees from all tennis backgrounds for induction into its Hall of Fame. Candidates can be players, administrators, teachers, coaches, media, volunteers, supporters, contributors, professional players, umpires, active members of USTA or CTAs, wheelchair or adaptive athletes, club owners and others. Candidates do not have to be living.

#### Qualifications (Guidelines)

1. At least 45 years old
2. Has lived in USTA Northern at least 5 years during their accomplishments
3. Past records, rankings, titles and his/her length of participation at the appropriate level of play in USTA Northern
4. Contribution to tennis in USTA Northern by his/her actions, deeds, promotion or dedication to the game
5. Effect on tennis at the National/International level through USTA participation and/or professional or collegiate activities
6. Effect on tennis in their locality (large or small)



USTA  
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**2020 Awards & Hall of Fame Banquet**

**Saturday, April 18**  
**5:30 - 10 p.m.**

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The USTA logo is located in the top right corner of the image. It consists of the letters "USTA" in a bold, white, sans-serif font, followed by a stylized graphic of a tennis racket head.A teenage boy with brown hair, wearing a blue t-shirt, is shown from the waist up. He is holding a tennis racket and looking off to the side with a focused expression. The background is a blurred outdoor tennis court with green trees.

**DARE TO  
BE GREAT FACE**

A young girl with dark hair, wearing a white t-shirt and green shorts, is shown from the waist up. She is holding a tennis racket and has a joyful expression with her mouth open. Her hair is flying up, suggesting movement. The background is a blurred outdoor tennis court.

**IN IT TO  
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# Junior Team Tennis Results

Five teams represented USTA Northern at the USTA Junior Team Tennis National Championships in November. Having punched their tickets to nationals following strong performances at the Section Championships this summer, the five teams headed to Texas to compete against teams from around the country.

## 14U

In the 14U Intermediate bracket, the South Suburban All-Stars bounced back from a difficult start in flight play to win the Lone Star Playoff, notching wins over Pacific Northwest and Florida en route to a 13th place finish.

Two teams represented USTA Northern in 14U Advanced play, both playing out of St. Louis Park. The SLP Yetis went 1-1 in flight play before being eliminated in the Alamo Playoff, ending with an eighth-place finish. Northern's second 14U Advanced team, SLP Fed, were winless in flight play but won the Cowboy Playoff with wins over Texas and Northern California to finish ninth.

### LINEUPS

#### SLP Yetis (14U Advanced)



**Coach:** Wyatt McCoy, Ashish Thotakura, Ashwika Thotakura, Collin Beduhn\*, Hugh Perrill, Jay Shapiro, Kelsey Phillips, Sami Hankinson

\*Tournament Sportsmanship Award Winner

#### SLP Fed (14U Advanced)



**Coach:** Brian McCoy, Aaron Beduhn, Annika Olson, Isabelle Einess, Lily Cade, Nolan Beduhn, Roman Mattison, Samuel Wolden

#### South Suburban All-Stars (14U Int)



**Coach:** Spencer Jones, Anirudh Vadrevu, Bode Campbell, Greta Campbell, Greta Johnson, Humza Chaudhri, Lou Smith, Maddox Lundell, Noah Hong, Reese Burton

## 18U

The SLP Djokers competed in the 18U Advanced bracket and took third in the Lone Star Playoff, beating Hawaii for a 15th place overall finish. Northern's 18U Int representative, Winter Is Coming, went 1-2 in flight play before winning the Cowboy Playoff. Recording wins over Florida and New England, they finished ninth overall.



### LINEUPS

#### SLP Djokers (18U Advanced)

**Coach:** Wyatt McCoy, Clayton Haberman, Jayho Hong, Jessica Ip, Kevin Thomas, Nicole Snezhko, Otto Schreiner, Racquel Fhima, Ryan Schenck, Victoria Epshteyn



#### Winter Is Coming (18U Intermediate)

**Coach:** Oliver Summers, John Wuitschick, Kareem Kamel, Logan Sandberg, Raquel Egge, Shaelyn Johnson, Sofia Egge

# 2021 Nationwide Junior Competitive Structure:

## Top 10 Things to Know

1. **ONE Nationwide Structure of Tournaments.** The 17 sectional structures and one national structure will be replaced with ONE nationwide structure of junior tournaments. The structure will consist of seven levels of ranking tournaments, with the lowest level of intermediate tournament classified as a Level 7 and USTA National Championships classified as Level 1. For entry-level to intermediate players of all ages, a non-ranking series of events called the Net Generation Circuit will focus on age-appropriate competition, development and fun.
2. **ONE Nationwide Points-Per-Round Ranking System.** The 17 sectional ranking systems and one national ranking system will be replaced with ONE nationwide ranking system for the Level 1-7 ranking tournaments. One set of nationwide ranking tables will determine the points earned in all ranking tournaments.
3. **ONE Standings List.** At least monthly, the USTA will continue to publish National Standings Lists (NSLs), using the same Best of 6 singles and Best of 6 doubles results system, with 15% of a player's doubles results counting toward a player's standing. Points will count up and count down as they have in the past. These lists will be filtered by section or district when they are used for selection into closed tournaments and team competitions.
4. **EVERYTHING Counts.** While sections will continue to hold two Closed Level 3s and four Closed 4s, and in some cases Closed Level 5s, all other tournaments sanctioned by the sections will be open to all players and all results will count in the ranking system. This also permits sections to hold Open Level 4s. This means that, for example, if you are vacationing out of section and play a tournament, it will count. It also allows players who live near section borders to play across section lines and have their results count.
5. **ONE Quota list criteria for every Section -- no more endorsement requirements for Nationals.** Sections will no longer impose minimum requirements to appear on a section's endorsement list. Sections will continue to get a minimum Quota number of players into USTA National Championships, but these lists will all have the same criteria and will be published on a monthly basis so players better understand their chances of making Nationals. The criteria provides an incentive for players to compete in-section as follows:
  - In the BG 18, 16 and 14 divisions, no more than three singles and three doubles results can be from tournaments sanctioned by an entity other than the Sectional Association; and
  - In the BG 12 divisions, no more than two singles and two doubles results can be from tournaments sanctioned by an entity other than the Sectional Association.
6. **NEW Ranking Events.** For the first time, the ranking system will be able to count results from mixed doubles events, including mixed doubles matches that are played as part of a team tournament. The new structure has also created the opportunity for sections to organize two high-level ranking events — a Level 2 Intersectional Team Tournament between two or more sections and a Closed Intrasectional Level 4 Team Tournament.
7. **GETTING Into USTA National Championships.** No change has been made to the number of players selected into the USTA National Championships — this includes the total players accepted as well as the number of players selected as part of each step in the selection process (Direct Acceptance, National Level 2 Qualifiers, players from the NSL, Quota, and Wild Cards). What has changed is the order of the players. Beginning in 2021, the NSL players will be selected before the Quota players. Any player accepted based on their NSL who is also on a Quota List within a section's Quota will result in the next-highest player on the Quota List that enters getting in.
8. **UNIFIED Residency Requirements.** Sections will all have the same residency requirements, and residency will determine eligibility to play in closed tournaments and represent a section or district in team competition. A player may be a resident of only one section (and if applicable, one district). Residency will be based on where a player resides, except that a player may change their residency one time per calendar year so long as it is based on:
  - The address of the player's legal guardian; or
  - The physical address of a boarding school or tennis academy, so long as the player is enrolled and residing at the school or academy.
9. **EVERY Section Is Not The Same.** Every section is slightly different — in size, geography, population, climate—and the new regulations allow for sections to make decisions that best meet the needs of their junior players. Examples of what sections will be deciding include:
  - Draw sizes of their tournaments;
  - Numbers of tournaments at each level;
  - When the tournaments take place on the calendar (except that one of the Closed Level 3s must take place in May or June); and
  - The draw and match formats.
10. **IT All Starts in 2021.** All of the changes will take effect in January 2021. In the coming months, be on the lookout for webinars and other educational materials that will take a deeper dive into the details of the new structure.



## One Doubles Results

Eighty-four teams competed in the 2019 Winter One Doubles Championships. In addition to the Twin Cities, the women's draws had teams from Rochester, Fargo, Sioux Falls and Rapid City and the men had teams from Twin Cities, Rochester and Fargo.

The winners from the 3.5, 4.0 and 4.5 levels will form the Men's and Women's Northern Tri-Level teams to play at the 2020 BNP Paribas Open Tri-Level Championships at Indian Wells, a doubles competition representing each USTA Section from around the country held over the final weekend of the BNP Paribas Open.



**3.0 Men - 4 teams**  
Winner: Garcia team: Eliseo Garcia and Tim Wiltshire.  
Played Fall season at Rochester



**3.0 Women - 12 teams**  
Winner: Malone/Legris team: Brigitte Malone, Heather Legris, Amy Rutherford.  
Played Fall season at Life Time - Bloomington South.



**3.5 Men - 10 teams**  
Winner: Fermstad team: Derek Fermstad and Kaushal Kalyanasundaram.  
Played Spring season at LifeTimeBloomington South.



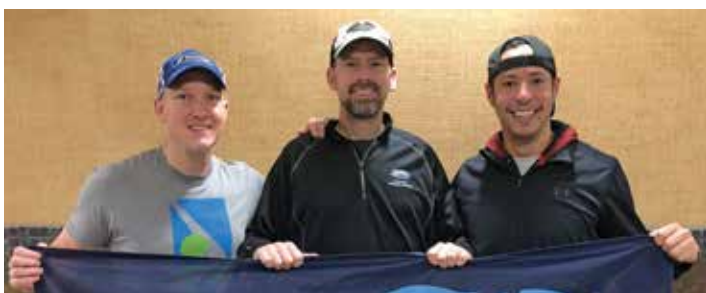
**3.5 Women - 16 teams**  
Winner: Cerhan team: Jane Cerhan, Jodi Kruse, Susan Krecke, Rhonda Khan.  
Played Fall season at Rochester Tennis Connection.



**4.0 Men - 14 teams**  
Winner: Miller/Holcomb/Wilkinson team: Dustin Miller, Austin Holcomb, Max Wilkinson.  
Played Fall season at Baseline Tennis Center.



**4.0 Women - 16 teams**  
Winner: Heywood team: Kristin Heywood, April Bleske-Rechek, Kristen Kolpek, Kay Conway.  
Played Fall season at Rochester Tennis Connection.



**4.5 Men - 6 teams**  
Winner: Seltz team: Kake Seltz, Rick Slachta, Derek Garcia, Kyle Olson.  
Played Spring season at Life Time - Bloomington South.



**4.5 Women - 6 teams**  
Winner: Opfer Meger team: Patrice Meger, Julie Opfer, Marla Zitelman, Laurel Krebsbach.  
Played Spring season at LifeTime St. Louis Park.

# Adult Results

Through November 2019, Northern was represented at the National Championships by 33 teams:

**18 & Over** - 9 teams from 2.5 to 4.5 men & women.

**40 & Over** - 8 teams from 3.0 - 4.5+ men & women.

**Mixed Doubles 18 & Over** - 4 teams from 6.0 - 9.0 (combined ratings).

**Mixed Doubles 40 & Over** - 4 teams from 6.0 - 9.0 (combined ratings).

**Where they played:** 14 teams were in Surprise, AZ; 12 were in Orlando, FL; 4 played in Oklahoma City, OK and 3 were in Las Vegas.

**Top finishers:** The 55 & Over 6.0 Men captained by Eric Narvaez and George Kimball and 55 & Over 7.0 Men captained by Eric Narvaez and Michael Schneider were crowned National Champions.



## 55 & Over 6.0 Men (Narvaez/Kimball)

Eric Narvaez	Keith Saylor
George Kimball	Gary Huber
Ron Saver	Allen Miller
Steve Middleton-Koller	Carl Johanson
Roger Stevens	Shoua Yang

## 55 & Over 7.0 Men (Narvaez/Schneider)

Eric Narvaez	Rick Hancks
Michael Schneider	Thanh Pham
Ron Saver	John Genz
Thomas Petersen	Mark Alschlager
William Boyes	Randall Paulson
Richard Iverson	Lawrence Wong
Robert Jensen	



## Other teams advancing to Sunday semi-final play were:

**18 & Over 3.0 Men**, captained by Brad Sundick - 4th place

**Mixed Doubles 18 & Over 7.0** captained by Dan Edwardson - 4th place.

**Mixed Doubles 18 & Over 9.0** captained by Marla Zitelman and Patrice Meger - 4th place.

## Other results of note:

**18 & Over 2.5 Women** captained by Valerie Larsen and Alyssa Benson - 5th place

**40 & Over 4.0 Women** from Rochester, captained by Jocelyne Renault and Ruth Church - 5th place

**40 & Over 4.5+ Women** captained by Linnea Benson - 6th place

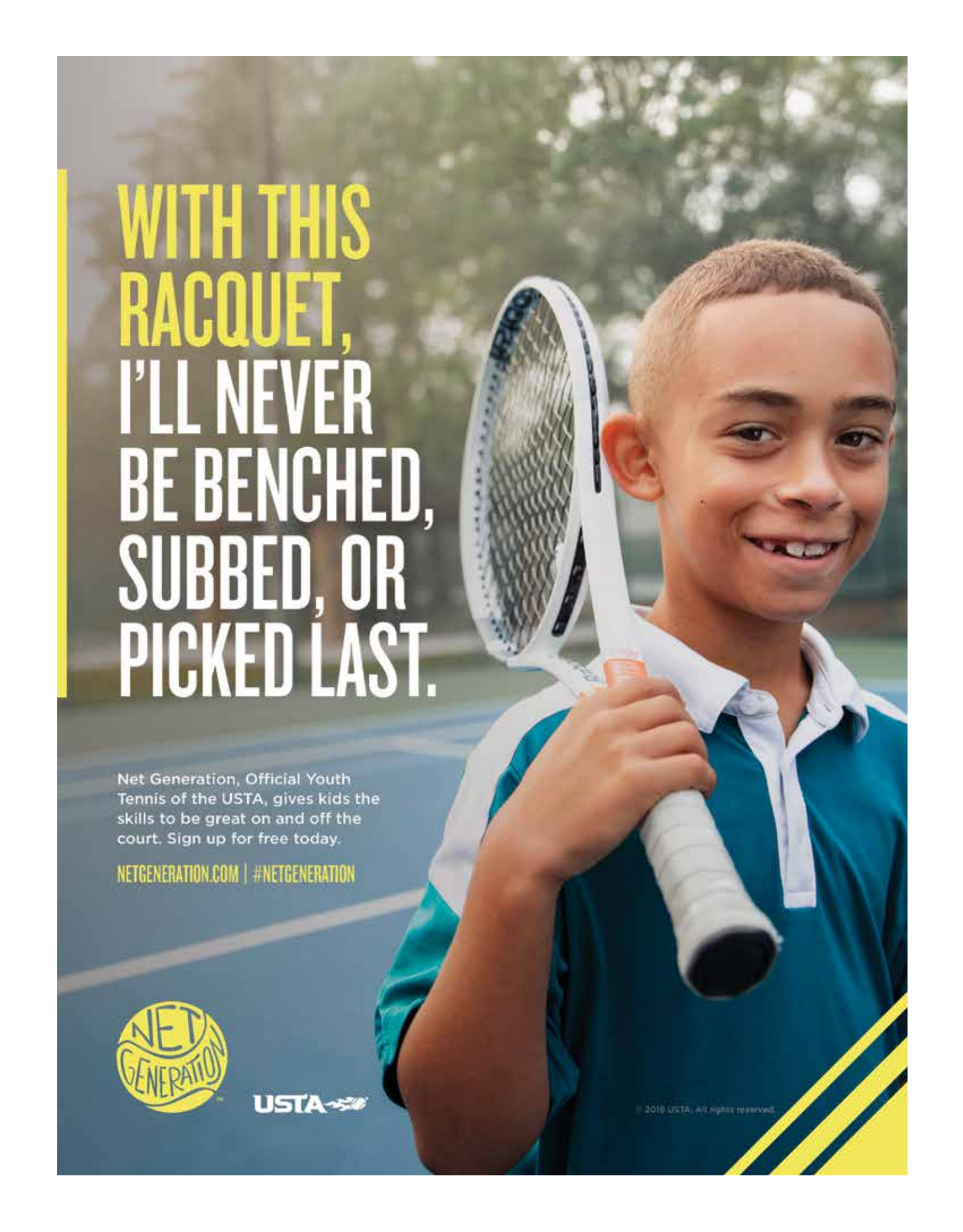
USTA Northern will have teams competing in the following Invitational National Championships:

Six teams at the 65 & Over events in Orlando in January and February. Men's and women's at the 6.0, 7.0 and 8.0 levels.

Three teams representing Northern in Portland, OR, in April at the Mixed Doubles 55 & Over at the 6.0, 7.0 and 9.0 levels.







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## North Dakota Tennis Hall of Fame

The North Dakota Tennis Hall of Fame was established in 2014 and now, with the induction of this year's class, boasts 17 members. Nominees may be either natives of North Dakota or participated extensively in tennis activities within North Dakota. Candidates can be players, administrators, teachers, coaches, media, volunteers, supporters, contributors, professional players, umpires, active members of USTA or CTAs, wheelchair or disabled athletes, USTA employees, club owners, Park & Recreation employees, among others. Candidates do not have to be living or members (past/current) of the USTA.

Choice Health and Fitness in Grand Forks, N.D., is the permanent home of the North Dakota Tennis Hall of Fame. Located at the entrance of its indoor tennis facility, the North Dakota Tennis Hall of Fame serves as a tribute to those who made a lasting impact on tennis in North Dakota.

### Ron York

Ron York is known as an "all-around tennis guy" as a player, club owner, teaching professional and enthusiast. He got his start playing college tennis at Jamestown College and then moved to Fargo N.D. where he participated in many tournaments in the section. Since the early 1970's, Ron has been winning tournaments throughout the Northern section and teaching people to love playing tennis. His athletic skills have served him well in tennis and his teaching skills have brought his students many championships.

Ron's accomplishments as a player are many, including winning 11 National Public Parks Championships; ranked #1 in the 1980 men's singles and doubles; eleven #1 rankings including men's singles and doubles/35 singles/40 singles/50 singles; twelve sectional championships in Men's doubles, 35 singles/doubles, 40 singles/doubles and 45 singles and has been a finalist 14 times. Ron was ranked #1 in men's doubles in 1974, 1976 and 1977 each year with a different partner and held national rankings in several age groups. In 1984, he was awarded the USTA Northern Al Teeter Sportsmanship Award. His coaching awards are just as impressive throughout the years. He has been the regional coach at seven Olympic festivals, received the USTA Northern Ward Burton Junior Development Award in 1981 and coached many successful juniors and women's teams in the Burnsville M.N area. In 2001, Ron was inducted into the USTA



Ron York (L) and Vic Youngs (R)

Northern Hall of Fame.

Ron is currently a teaching professional at the Woodbury Country Club in Woodbury M.N. Fellow tennis teaching professional and nominator Tom Wynne said this, "Ron was fond of his ND roots and would let tennis players stay at his home in MN to play tennis tournaments. His participation in ND tournaments helped draw players to our area as he was the top dog! Ron is well-deserving of this award as a lifelong tennis person."

### Vic Youngs

From his tennis roots as a high school player in Madison W.I. to his collegiate career at Concordia College in Moorhead M.N., Victor has been an integral part of tennis coaching in North Dakota for over 41 years. He has served as the Head Boys tennis coach at Fargo South for 31 years and their Girls Head tennis coach for 7 years. Among his accomplishments, he has coached four championship teams at Fargo South (1980, 1995, 2015, 2017), coached eight ND State singles champions and five ND State doubles champions

and had eight ND Outstanding Senior Athlete award winners. He has accumulated an overall record of 318-132 as a Fargo South boys tennis coach (71% winning percentage). Among his coaching achievements, he has received the ND Coach of the Year award for Boys tennis six times, the Eastern Dakota Conference (EDC) Boys Tennis Coach of the Year three times and has been a finalist six times for the National Coach of the Year.

His passionate involvement in other coaching capacities throughout the years has grown area tennis, including founding the Fargo South JV Invitational tournament which gives younger players in the state an opportunity to play each other in a competitive atmosphere. Vic has also served as Director of the EDC tournament four times and volunteers for programs such as ND State Coaches convention, Fargo/Moorhead Tennis Patrons and Junior Team Tennis.

Nominator Jerry Caufield noted, "Vic has been a terrific contribution to tennis at Fargo South and Courts Plus programs. He has been great at getting more kids playing tennis by doing camps and promoting tennis in the area."

Fellow nominator Paul Thibedeau wrote, "I will always be grateful for Coach Youngs for convincing me to stay on the tennis team all those years ago. Not only did I improve at tennis, but I also developed the love of the game."





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## Warm Up Revisited



As we approach a new year and many folks look forward to (at least for a day) resolutions or learning new things, it is important to understand one of the most important elements of learning—review. While there are many reasons for review, these are three of the most important:

- 1) Much of our learning is cumulative and connected**
- 2) Learning doesn't happen overnight**
- 3) Review builds confidence.**

If Brideshead can be revisited

then so can our warm-ups.

A rampant situation in leagues and tournaments is people not having enough time to finish their matches. One of the primary factors for this situation is how people warm up. The intent of this article is to educate on proper warm-up procedures and etiquette to be more efficient and productive. Whenever possible, one should do a dynamic warm-up before coming out to the courts.

If you're in a training program that includes the dynamic warm-up at the start you don't have to do it twice but—when allowable - for a tournament or league, always show up early and be warmed up physically and mentally before you hit the first ball.

The warm-up I am going to be referring to is for a match or a tournament. If you're a player at a team practice, there can be some tweaks such as short court and a longer warm-up time.

### **1) Know The Rules...**

...and try to comply. Anyone who's participated in USTA Nationals knows the rule is five minutes and there are roving officials to enforce it. This can be a rude awakening for players who are not properly versed in how to warm up. For most leagues or tournaments, 10 minutes is the maximum amount of time allowed to warm up and yes, this includes serves. Unfortunately, most people pay about as much attention to warm-up rules and procedures as they do to flight attendant instructions.

### **2) No Short Court**

While mini tennis has many benefits and can be a great practice tool if done correctly, it isn't efficient for warm-up for leagues or tournaments where time can be an issue—especially when playing indoors which we in the land of ten thousand snow storms do many months of the year.

### **3) Don't Overdo Groundstrokes**

Many people prefer to play from the baseline which is a personal preference but you should not have to hit umpteen thousand groundstrokes to get a groove; you'll hit more ground strokes than any other shot in a match so hit some and get moving. Two to three

minutes should be more than adequate.

### **4) Start Further Back On Volleys...**

...not right on top of the net. Move your feet and volley back to the person as best as possible. When hitting groundies to the net player remember you are not trying to pass them; give them balls they can play so you can be efficient and start on time.

### **5) Don't Go Over The Fence On Overheads**

It's unproductive and bad manners to do it in warm up. Remember your opponent and you only have three balls and now you're wasting time having to chase the ball down while the clock is running.

### **6) Save Time For Serves**

Most people hit the fewest of the most important shot (the serve). This is one reason why the easiest game to break serve is usually the first game of the match. While the return is a very important shot, don't return the serves unless you are warm with your serve as again, this is a time waster. Stop the ball and serve them back. When you start to return them that's your signal to your opponent that you're done with serves.

### **7) Be Observant**

Notice if your opponent favored one side or the other or did not move well in a particular direction. These observations can often help you develop a winning game plan. Please notice if they're left handed (sorry, south paws, but too many folks never notice).

### **8) Don't Try To Win The Warm-up**

Make it a point to be as consistent and focused as you can. Make your opponent a bit apprehensive about their chances by being consistent and not a spray monster.

### **9) Keep Talk To A Minimum**

Don't discuss politics, your kids, the weather or anything else for minutes after the warm-up; you can chat about these things after the match but once you're warmed up it's time to start. For those that play doubles, you can and should chat between points but sound burst a few seconds; you don't need to have a thirty-second discussion between every point (which is against the rules anyway).

### **10) Get Equipment Ready Early**

Have your equipment taken care of before the match. Don't wait until after the warm-up to put a new overgrip on. Do it before you get to the courts. The same applies to shoes and other pieces of equipment; have them laced and ready. Finally, make sure your phone is off. This is not the time to check how your stock is doing or what the Kardashians are up to.

### **11) Start Your Warm-Up Before You're On Court**

If you warm up dynamically before getting to the court and efficiently when on the court this should allow for a much greater chance of the completion of your match and will also help build better practice habits.

Good luck and may all your matches finish on time and in your favor.

Thanks for reading and Happy Holidays.



## USTA Northern sends first athlete to National Adaptive Championships



USTA Northern broke new ground in 2019 by holding its first ever Unified Section Championships. The Unified model pairs adaptive tennis players with non-adaptive players in a tournament format with the overall winner earning a berth at the USTA National Adaptive Championships.

The team of Katie Vandenbosch and Greg Anderson triumphed during the section championships held at Fred Wells Tennis and Education Center in late summer, punching their ticket to Orlando.

Katie Vandenbosch is the first player to represent USTA Northern in the USTA Adaptive National Championships.

## USTA Northern JTT Organizer wins national organizing award

Sadie Reiners of Hastings, MN was named the 2020 Janet Louer Junior Team Tennis Organizer of the Year by the United States Tennis Association.

Junior Team Tennis brings together boys and girls ages 6-18 for competition with a focus on unity, sportsmanship and working together to achieve success.

Named after Janet Louer, a longtime USTA JTT administrator credited with taking the program to new heights of popularity and participation in Georgia, the award is presented to an individual who has successfully implemented and administered JTT in their community, generated the participation of Community Tennis Associations and created interest through local promotions.

"Winning this award showcases Sadie's commitment to growing tennis in Hastings," said Becky Cantellano, USTA Northern Executive Director. "The success of this program and, more importantly, the positive environment and experiences it creates for young players wouldn't be possible without her."

Reiners' efforts are not limited to the court. As president of the Hastings Tennis Association, she organizes tennis instruction during the summer for students taking part in the free meal program. Additionally, the HTA offers a free camp to under resourced kids with classes in wellness, literacy and community.

Reiners will be recognized at the 2020 USTA Annual Meeting and Conference next March in Orlando, FL. The victory represents USTA Northern's second Janet Louer Junior Team Tennis Organizer of the Year award in the past three years, with USTA Northern's Oliver Summers winning it in 2016.

## John and Fay Menard YMCA Tennis Center wins USTA Outstanding Facility Award

The John and Fay Menard YMCA Tennis Center in Eau Claire, WI was one of the national recipients of the USTA Outstanding Facility Award.

Each year, the USTA recognizes facilities throughout the country to encourage increasingly high standards for construction and/or renovation. The Eau Claire facility was one of eight facilities to receive the distinction in the Public Courts (Small) division.

Facilities are judged based on the quality of court area and surface, lighting, layout, accessories and amenities and good maintenance practices.

Matt Boughton, the 2019 USTA Northern Frank Voigt Pro of the Year serves as the Tennis Center Director at the John and Fay Menard YMCA Tennis Center.

## Tennis In Your Park

USTA Northern's Tennis In Your Park program encourages adults all over the metro to get outside and enjoy fun, fitness and friends. In 2019, there were more than 500 player registrations throughout the Twin Cities area. Adults enjoyed weekly lessons and a play component at their local park during the summer and fall. The season wrapped up with a Social Match Play event in Minneapolis at Kenwood Park. Want to join the fun? Invite a friend and check in with your local park and rec community or contact Kathy Schneider at [schneider@northern.usta.com](mailto:schneider@northern.usta.com).



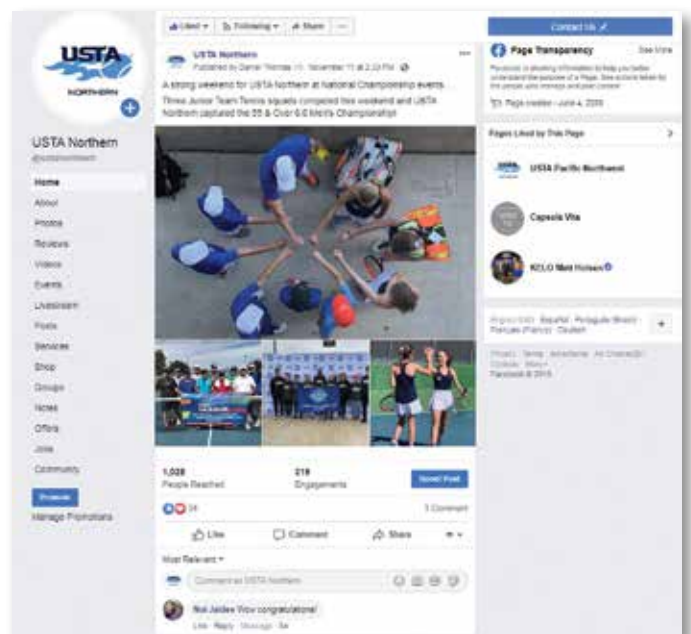
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# HS Tournament Results

The 2019 MSHSL Girls' State Tennis Tournament was held Oct. 22-25 in Minneapolis, MN. Split between Baseline Tennis Center on the University of Minnesota campus and Reed Sweatt Family Tennis Center, the four days of action crowned champions in Class A and AA team competition, as well as singles and doubles champions for both classes.

Podium finishes are listed below. A complete listing of results in bracket form is available on the MSHSL website.

## Class AA Team

1. **Edina** def. **Minnetonka** 5-2
3. **Mounds View** def. **Rochester Mayo** 4-3

## Class A Team

1. **The Blake School** def. **Rochester Lourdes** 6-1

3. **Litchfield** def. **Pequot Lakes** 4-3

## Class AA Singles

1. **Karin Young** (Eastview) def. **Nicole Copeland** (Edina) 6-4, 6-1
3. **Delaney Schurhamer** (Woodbury) def. **Zoe Adkins** (Maple Grove) 7-5, 6-3

## Class AA Doubles

1. **A. Elvestrom/S. Shahbaz** (Minnetonka) def. **J. Baber/P. Sargent** (Rochester Century) 6-3, 3-6, 6-2
3. **S. Reger/J. Ip** (Edina) def. **K. Smiricinski/A. Diao** (Mounds View) 6-1, 6-3

## Class A Singles

1. **Arlina Shen** (The Blake School) def. **Sonia Baig** (The Blake School) 6-2, 6-2
3. **Clare Palen** (Rochester Lourdes) def. **Megan Muller** (Pequot Lakes) 6-1, 6-1

## Class A Doubles

1. **B. Suk/A. Jay** (The Blake School) def. **A. Stilwell/E. Bierbaum** (Litchfield) 6-2, 5-7, 6-4
3. **E. Melin/C. Cameron** (The Blake School) def. **A. Seitz/A. Warren** (Virginia) 6-3, 7-6 (1)

## NORTH DAKOTA

The 2019 North Dakota Boys High School Tennis Tournament took place Oct. 10-12 at Grand Forks Choice Health & Fitness in Grand Forks, ND. Team champions were crowned along with individual champions in singles and doubles.

**Fargo South** won the team competition with a 3-2 win over **Grand Forks Central**. Meanwhile, **Grand Forks Red River** captured the third place spot with a 4-1 win over **Fargo Davies**.

In singles, **Kaden Johnson** (Grand Forks Red River) triumphed over **Logan Sandberg** (Grand Forks Central). **Mason Pitcher** (Bismarck Century) defeated **Gary Wu** (Grand Forks Central) to take home third place.

On the doubles side, **Geoffrey Youngs and Maxwell Olson** (Fargo South) won the title. **John Wuitschick and Jack Wanzek** (Fargo Davies) prevailed in a three-setter over **Mason Urlacher and Ethan Raan** (West Fargo Sheyenne).

Congratulations to those listed below and all participants who

qualified for this year's tournament. Full results are available on the NDHSAA website.

## TEAM

1. Fargo South def. Grand Forks Central 3-2
3. Grand Forks Red River def. Fargo Davies 4-1

## SINGLES

1. **Kaden Johnson** (Grand Forks Red River) def. **Logan Sandberg** (Grand Forks Central) 6-2, 7-5
3. **Mason Pitcher** (Bismarck Century) def. **Gary Wu** (Grand Forks Central) 6-3, 2-0 (ret.)

## DOUBLES

1. **G. Youngs/M. Olson** (Fargo South) def. **C. Svihovec/P. Krom** (Bismarck Legacy) 6-2, 6-2
3. **J. Wuitschick/J. Wanzek** (Fargo Davies) def. **M. Urlacher/E. Raan** (West Fargo Sheyenne) 6-2, 6-7(5), 6-2

## SOUTH DAKOTA RESULTS

The South Dakota High School Girls' Tennis Tournament was held Oct. 7-11 in Sioux Falls. 2019 marked the first year the

girls' tournament was split between Class A and Class AA, with champions crowned in team, singles and doubles categories.

## Class AA Team Competition (by point accumulation)

### SINGLES

- |                    |                     |
|--------------------|---------------------|
| 1. SF Lincoln      | 7. Aberdeen Central |
| 2. St. Thomas More | 8. Harrisburg       |
| 3. O'Gorman        | 9. SF Washington    |
| 4. Brandon Valley  | 10. SF Roosevelt    |
| 5. Watertown       | t-11. Brookings     |
| 6. RC Stevens      | t-11. RC Central    |

### Flight 1

1. **Johana Brower** (SFL) def. **Tanna Lehfeldt** (BRV) 6-4, 6-1
3. **Avery Summers** (SFR) def. **Megan Fannin** (WAT) 8-3

### Flight 2

1. **Bridget Raymond** (STM) def. **Ava Leonard** (SFL) 6-0, 4-6, 10-6
3. **Megan Hauger** (WAT) def. **Annabelle Schultz** (BRV) 8-5

### Flight 3

1. **Vanessa Wittenberg** (STM) def. **Ella Barnard** (OGO) 6-3, 6-2
3. **Raeanna Zink** (WAT) def. **Rylie Nesheim** (SFW) 9-7







### Flight 4

1. **Elle Dobbs** (SFL) def. **Alastrina Scott** (STM) 6-2, 6-2
3. **Maya Jamous** (OGO) def. **Addy Jackson** (BRV) 8-4

### Flight 5

1. **Avery Blackman** (SFL) def. **Grace Abdallah** (OGO) 6-0, 6-0
3. **Josie Heyn** (WAT) def. **Marie Pelletier** (BRV) 8-4

### Flight 6

1. **Sydney Breit** (OGO) def. **Katie Johnson** (SFL) 6-2, 6-2

3. **Megan Thone** (ABC) def. **Allison Rokusek** (WAT) 8-0

## DOUBLES

### Flight 1

1. **J. Brower/A. Leonard** (SFL) def. **Ai. Scott/V. Wittenberg** (STM) 6-3, 7-5
3. **M. Fannin/M. Hauger** (WAT) def. **T. Lehfeltdt/A. Schultz** (BRV) 8-5

### Flight 2

1. **E. Barnard/M. Jamous** (OGO) def. **E. Hanson/E. Rangel** (HAR) 6-3, 6-4
3. **B. Quello/E. Dobbs** (SFL) def. **A. Jackson/M. Pelletier** (BRV) 8-2

### Flight 3

1. **A. Blackman/K. Johnson** (SFL) def. **A. Sherrill/M. Lundstrom** (RCS) 6-2, 6-2
3. **T. Badger/M. Jerke** (BRV) def. **E. Ringgenberg/A. Vogel** (ABC) 8-6

## Class A Team Results (by point accumulation)

- |                      |                      |
|----------------------|----------------------|
| 1. Mitchell          | 7. Huron             |
| 2. Yankton           | 8. Pierre T.F. Riggs |
| 3. Aberdeen Roncalli | 9. Lennox            |
| 4. RC Christian      | 10. Spearfish        |
| 5. Milbank           | 11. Vermillion       |
| 6. Madison           |                      |

## SINGLES

### Flight 1

1. **Josephine Krajewski** (YAN) def. **Ella Hancock** (RCH) 6-2, 4-6, 6-3
3. **Kelsey Dahme** (MIT) def. **Halli Essington** (MIL) 10-2

### Flight 2

1. **Maggie Schaefer** (YAN) def. **Atlanta Stahle** (MIT) 4-6, 6-3, 6-3
3. **Bridget Schneller** (RCH) def. **Hallie Haskell** (ABR) 10-6

### Flight 3

1. **Olivia Huber** (MIT) def. **Abby**



**Hanson** (ABR) 4-6, 6-4, 6-2

3. **Olivia Tennant** (YAN) def. **Julia Anderson** (RCH) 10-6

### Flight 4

1. **Allison Schock** (ABR) def. **Paige Wagner** (RCH) 6-2, 6-4
3. **Maddie Binder** (YAN) def. **Emma Kruger** (MAD) 10-0

### Flight 5

1. **Stacia Sherman** (YAN) def. **Ali Muller** (ABR) 6-0, 3-6, 6-4
3. **Amber Moller** (MIT) def. **Jenna Johnson** (MIL) 11-9



### Flight 6

1. **Ashley Jones** (MIT) def. **Peyton Tramp** (YAN) 6-0, 6-2
3. **Mia Shankle** (RCH) def. **Jemini Cantalope** (ABR) 10-8

## DOUBLES

### Flight 1

1. **K. Dahme/A. Stahle** (MIT) def. **H. Haskell/A. Hanson** (ABR) 6-3, 6-2
3. **H. Essington/H. Muellenbach** (MIL) def. **J. Krajewski/O. Tennant** (YAN) 10-7

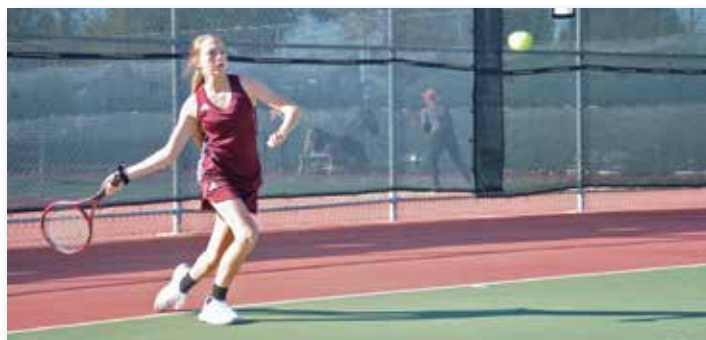
### Flight 2

1. **O. Huber/A. Moller** (MIT) def. **M. Schaefer/S. Sherman** (YAN) 6-1, 6-2

3. **E. Litzen/A. Muller** (ABR) def. **R. Cantine/R. Welberg** (MIL) 10-7

### Flight 3

1. **M. Binder/P. Tramp** (YAN) def. **M. Shankle/A. Ligtenberg** (RCH) 6-1, 6-3
3. **A. Mastel/K. Bathke** (MIT) def. **J. Corrales/C. Ott** (PIE) 10-4





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