

**USTA**  
NORTHERN

# **NORTHERN EXPOSURE**

[WWW.USTA.COM/NORTHERN](http://WWW.USTA.COM/NORTHERN)

DECEMBER 2017



***55 AND OVER  
6.0 NATIONAL CHAMPIONS***

# Serving low rates and home purchase expertise.

- 22+ years of experience in the South Metro housing market
- Conventional, jumbo, FHA and VA expertise
- Fast and convenient online application with Guaranteed Rate's Digital Mortgage
- First-class customer service around the clock

**I'm so proud to sponsor the USTA Northern Adult League Tennis.**  
**Contact me to explore your home financing options!**



## Doug Roseth

VP of Mortgage Lending  
O: (952) 466-6443 C: (773) 328-1802  
Rate.com/DougRoseth  
Doug.Roseth@rate.com



14070 Commerce Ave NE, Ste 300, Prior Lake, MN 55372

NATIONAL HOUSING LENDER NMLS ID: 209011; MN - MN-MLO 209011 - MN-MLO 20526478  
NMLS ID #2611 (Nationwide Mortgage Licensing System www.nmlsconsumeraccess.org) • MN - Lic #MN-MLO 20526478

Guaranteed Rate, Inc. is a private corporation organized under the laws of the State of Delaware. It has no affiliation with the US Department of Housing and Urban Development, the US Department of Veterans Affairs, the US Department of Agriculture or any other government agency.

# GAME. SET. MATCH. YUM.







## NORTHERN

1001 West 98th Street, Suite 101  
Bloomington, MN 55431  
(952) 887-5001 • (800) 536-6982  
Fax: (952) 887-5061

**Pat Colbert** (952-358-3283)  
*Assistant Executive Director  
Director of Junior Competition*  
colbert@northern.usta.com

**Mike Goldammer** (952-358-3284)  
*Executive Director*  
goldammer@northern.usta.com

**Brandon Jackson** (952-358-3291)  
*Director of Junior Teams*  
jackson@northern.usta.com

**Carolyn Kramer** (701-238-1515)  
*Director of Schools Tennis/Tennis Service  
Representative (ND & SD)*  
kramer@northern.usta.com

**Nancy Lundberg** (952-358-3286)  
*Director of Adult Competition*  
lundberg@northern.usta.com

**Tricia Moorhead** (952) 358-3292  
*Manager of National Teams/  
Junior Competition Assistant*  
moorhead@northern.usta.com

**Lisa Mushett** (952-358-3282)  
*Director of Marketing and Communications*  
mushett@northern.usta.com

**Kelley Okerman** (952-358-3287)  
*Director of Twin Cities Leagues*  
okerman@northern.usta.com

**James Poehler** (952-358-3281)  
*Controller*  
poehler@northern.usta.com

**Kathy Schneider** (952-358-3295)  
*Twin Cities Leagues Scheduler*  
schneider@northern.usta.com

**Rumeal Setts** (952) 887-5001  
*Director of Officials/Junior Teams Assistant*  
rumeal.setts@northern.usta.com

**Vanessa Sexton** (952-887-5001, ext. 0)  
*Executive Assistant*  
admin@northern.usta.com

**Sandy Smith** (952-358-3288)  
*Director of Membership & Sales*  
ssmith@northern.usta.com

**Mya Smith-Dennis** (952) 358-3289  
*Training & Diversity Coordinator/  
Tennis Service Representative (MN & NW WI)*  
mya@northern.usta.com

**Carol Thies** (952-358-3285)  
*Adult Competition Assistant*  
thies@northern.usta.com



# NORTHERN EXPOSURE

## 6.0 55 & Over Men Win League National Championship... Again!

They did it again, but this time it was totally unexpected if you talk to captain **Eric Narvaez** and the 6.0 55 & Over men's team, who won its second USTA League National Championship in the past three years.

Having to split up their championship team for one year after winning the title in 2015 due to USTA rules, Narvaez and **George Kimball** decided to get the guys back together for another run at the 6.0 level. The team, based out of St. Paul Academy and Summit School in St. Paul, won the regular season championship, as well as the Section title, earning a return trip to Nationals – this time at the new USTA National Campus in Orlando, Fla.

Unfortunately, Northern drew the toughest team in the tournament in the opening match of round-robin play - defending champions Southern California captained by **Jack Yu**. Yu's team had also claimed the 6.0 65 & Over titles in 2015 and 2016, defeating Narvaez's teams each time during their championship runs.

Yu's winning streak remained intact as Southern California once again got the best of Northern, but barely this time, as all three matches went to third-set tiebreakers with So Cal winning the #1 and #2 positions.

"After such a heartbreaking loss, our team knew that we would likely have to win our next three matches 3-0 in order to win the flight or be in contention for the wildcard," Narvaez said.

Northern did just that, handling Pacific Northwest, Hawaii and Intermountain 3-0 to finish second in its flight. After doing the math, Northern received the wild card, winning 73% of its total-games played compared to only 63% percent of the other second-place teams in the three flights.

With new life, Northern faced Texas in the semifinals, winning all three matches – losing only nine total games – and setting up a return match with Yu and Southern California for the title. Northern decided to roll the dice and change its lineup from the first-round matchup. It paid off as the Northern team of **Peter Haan** and **Gary Bilbrey** won easily at #3 doubles 6-1, 6-1, giving Narvaez's team an early 1-0 lead. The other two matches saw So Cal take the first set, but Northern stormed back on both courts, taking the second set by identical 6-3 scores. The Northern #1 team of Kimball and **Thanh Pham** and the #2 duo of **William Boyes** and **Tu Van** both prevailed in match tiebreakers, giving Northern another trophy.

"We knew we had a good team, but it was a real surprise to pull it out in the finals," Narvaez said. "Being able to come back and beat them 3-0 after losing to them in the opening match was definitely the highlight of the weekend. The Southern California team advanced to the finals of the 7.0 55 & Over championships as well this year which shows how fortunate we were to win."

This marks the third National Championship in as many years for four of the players on the Northern team as Boyes, Kimball, Narvaez and Haan were all members of the 7.0 55 & Over team that won the title in 2016.

Congratulations to the entire team! We are Northern!



# PRESIDENT'S MESSAGE



The end of year always brings mixed emotions for me as it is a time to evaluate how we have done as an organization, celebrate our numerous successes and admit where we fell short in accomplishing our mission of growing and developing the game of tennis.

It is always best to start on a positive note and we certainly have had much to shout about within USTA Northern this year. First, I would like to personally congratulate our two

newest Hall of Fame members — **Timothy Burke** of Minneapolis and **Brent Frueh** of Rochester, Minn. Thank you for all you have done to grow the game of tennis at the youth, adult and community levels, as well as with our special populations. Your lifetime of dedication to the game, as well as your commitment to serving in leadership positions, is why tennis is thriving in USTA Northern.

Next, I would like to congratulate our 2017 USTA Northern Annual Award winners. All of you have brought your passion and unique talents to our organization in making tennis accessible to everyone and part of the daily conversation on both the local and national level. Please take a moment to read about our award winners and all of the amazing things they have done over the past year in this issue of *Northern Exposure*.

Congratulations are also in order for a number of organizations and individuals who have been recognized on a National level as well in 2017. **Huether Family Match Pointe** in Sioux Falls, S.D., was honored by USTA National as one of 12 outstanding facilities in the nation at the Tennis Innovation Workshop in Orlando in October. The **Hastings Tennis Association** in Hastings, Minn., was selected as one of three new Capacity Building Chapters nationwide by the USTA Foundation and was also a Top 5 Community Tennis Association in the United States. Former USTA Northern President and current USTA National Nominating Committee member **Roshan Rajkumar** won the 2018 Volunteer Exceptional Service Award in the category of up to 10 Years of Service, and finally, the **Fridinger Family** of White Bear Lake, Minn., and Woodbury, Minn., led by patriarch and USTA Northern Hall of Famer **Tom Fridinger**, was selected as the 2018 USTA National Family of the Year. Both Roshan and the Fridingers will be honored in March at the USTA Annual Meeting in Carlsbad, Calif.!

We also have another USTA League National Champion as **Eric Narvaez** and his **6.0 55 & Over Men's team** from the Twin Cities claimed its second title in three years (not to mention Narvaez and many of the same players won the 7.0 55 & Over title in 2016). The **6.0 55 & Over Women's team**, consisting of all Matchline players who came together last year and captained by **Kelly Stordahl**, were one match tiebreaker away from a spot in the finals, ultimately placing third, while the 9.0 18 & Over mixed team also advanced to the semifinals. It is very exciting to see Northern teams doing so well on the national stage. We might be small, but we are mighty!

We continue to create new tennis opportunities for both existing junior and adult players, or those who want to find themselves in the

game with the implementations of the Stars & Trophies Youth Progression Pathway for players ages 7-10, World TeamTennis for our junior intermediate players, Team Northern for our junior high performance players and our Tennis In Your Parks program focused on beginning or lapsed adult players. We also have increased our participation in a number of multicultural events throughout the Section, and in November, hosted our first-ever Girls & Women in Tennis event. We have seen great success with these new initiatives and look forward to developing them even more in 2018.

But with our successes, we must also be willing to admit our shortcomings. One such area was on a National level with our highly-anticipated digital transformation involving TennisLink, usta.com, the Single Sign-On User Experience and the Net Generation Provider Registration. The pain points associated with these initiatives nationally, in turn, trickled down to the Section, and ultimately, the local level. Almost everyone was affected in some way by our missteps throughout the process, and all we can say is we are so sorry.

We have learned a lot from our mistakes and are feverishly working to get it right for 2018. We have already made great progress in many areas including relaunching usta.com for a second time, allowing one to find Section content much easier, and making the Net Generation registration process and viewing of the Safe Play component more seamless. This is only the beginning. We know there will be more unanticipated bumps in the road, but please stick with us and do not hesitate to reach out to our amazing USTA Northern staff for assistance with any struggles you might encounter along the way. We also welcome your suggestions in helping us make the process more consumer-friendly in the future.

Speaking of our amazing USTA Northern staff, we are losing two amazing members of our team. After more than 20 years with the Section serving adults, juniors and officials, **Kristi Bushinski** has decided to focus on her private counseling and ice cream businesses, while **Christine Nickels** is taking the next step in her professional development as the new Assistant Executive Director at the Fred Wells Tennis & Education Center in St. Paul, Minn., after more than 10 years with the Section. Both have been invaluable members of our team and have gone above and beyond in growing the game of tennis. I would like to personally thank them for all of their service to our organization and wish them the best of luck in their new endeavors (although I know they don't need it). We will miss both of them greatly.

Finally, I would like to extend a special thank you to each and every one of you for all you do in making tennis the sport of a lifetime. We are only as strong as each person involved in this great game in whatever way that might be — as a player, coach, community organizer, provider, volunteer, parent, official, etc. Together, we can achieve amazing things in the future.

Have a safe and wonderful holiday season and we will see you on the court in 2018!

A handwritten signature in black ink that reads "Liz Hamburg". The signature is fluid and cursive, with a large initial "L" and "H".

Liz Hamburg  
USTA Northern President



# LET'S SHAPE THE FUTURE OF TENNIS



Net Generation, powered by the USTA, makes it easier and more fun to get kids and teens into tennis. We provide the tools, world-class curricula, marketing materials and training to empower coaches, teachers, parents, volunteers, NJTL networks and community organizations to grow the game.

## The next generation of tennis starts now!

Here's what we're serving up:

- Comprehensive print and digital curricula
- Equipment starter kits and/or welcome packs (depending on provider)
- Free online and in-person training
- Marketing campaigns promoting your program
- Free registration with helpful digital tools including a Program Management Center, educational support, and the Net Generation Coaching App



Join The Net Generation today:  
**NETGENERATION.COM**



© 2017 USTA. All rights reserved.

## 2017 Award Winners Honored

Congratulations to the following winners who were honored at the USTA Northern Hall of Fame and Annual Awards Social and Banquet on Friday, Nov. 17 at Minnesota Valley Country Club in Bloomington, Minn. Former multiple-time USTA Northern award winner **Marc Stingley**, who now is the Diversity and Inclusion Coordinator for the Professional Tennis Registry in Hilton Head Island, S.C., served as emcee for the evening.

### Ward C. Burton Junior Development Award

**Meredith Lawrence**, of Prior Lake, 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 USTA Northern.

Lawrence has helped grow the City of Mendota Heights (Minn.) youth tennis program from 80 participants in 2011 to over 250 in 2017. Mendota Heights also boasts one of the largest 7-and-under programs in the state, introducing over 75 youngsters to tennis for the first time each year. Lawrence organizes Junior Team Tennis programming as well, and this summer the 18U Intermediate team advanced to its first-ever Section Championship, placing eighth. Also this summer, Lawrence worked with USTA Northern in bringing the Tennis In Your Park Adult Beginner Lessons program to Mendota Heights and is hoping to start league play in the future. With a wait list for all of her programs, Lawrence is currently working with the Section to upgrade and expand the tennis facilities at Marie Park in Mendota Heights.

"Meredith is great with the kids and equally as great with the parents," nominator **Sloan Wallgren** said. "Her enthusiasm and passion for tennis are evident and she has introduced the game to a lot of youth, and now adults, in our community."



### Frank Voigt Pro of the Year

**Nguyen Vo** of St. Paul, Minn., and the Fred Wells Tennis & Education Center, is the 2017 Frank Voigt Pro of the Year given to a tennis teaching professional who demonstrates leadership skills on and off the court.

Vo works with a wide variety of students varying in age and skill levels - including many of the top junior tournament players in the Section. He constructs detailed lesson plans and drills that fit each student's ten-

nis needs while ensuring everyone is able to improve his or her game in a comfortable environment.

He provides discounted private lessons to many of his under-resourced students who show the desire to improve their tennis skills and be a complete person, mentoring all of his players to be kind, humble and respectful human beings. With emphasis on giving back, he practices what he preaches first-hand by organizing volunteer opportunities for the junior players and creating the Nguyen Vo Family Scholarship which provides funds to high school seniors for college application fees and general college expenses, committing \$1,000 annually for the next 10 years. He also created a "Wall of Fame" at Fred Wells which recognizes the accomplishments and college aspirations of the high school seniors in the program.

"Nguyen has been one of the most influential figures in my life," nominator **Natalie Tsai** said. "He goes beyond the means of a coach as he is a contributor, leader and listener. He often goes unnoticed because of his humbleness, but those who work with him will never forget what Nguyen has done for them in helping them grow in mind, body and spirit."

### Family of the Year

The **Allen Family (Erik, Susan, Jackson, Brooks & Lily)** of Shakopee, Minn., has been selected as the 2017 Family of the Year. The award is given to the family that has been outstanding in promoting tennis both on and off the court.



Susan is a teaching pro, coach and board member of both USTA Northern and the Shakopee Tennis Association. She has worked with people of all ages and ability levels and was a standout player at St. Cloud State. She is currently spearheading efforts to build an indoor tennis facility in Shakopee. Erik was a star basketball player at Gustavus Adolphus and is an active tennis parent and supporter of the Shakopee Tennis Association.

Jackson is a standout tennis player, winning the Minnesota Class AA Singles title (2016) and was a multiple-time USTA Northern Section champion. He was a member of the 2017 USTA National Leadership Team and currently plays at the University of Minnesota. He also teaches lessons with the Shakopee Tennis Association and works with the USTA Northern Team Northern program as a mentor. Brooks plays tennis at Shakopee High School and has played Junior Team Tennis with the Shakopee Tennis Association, while Lily is ranked in the Top 40 of the Section in Girls 12s and plays Junior Team Tennis.

"The Allen Family has dedicated so much time to the sport of tennis both on and off the court," nominator **Kevin Hamlin** said. "They put faith, family and the game first and are great role models for all those they come in contact with."





# USTA NORTHERN AWARD WINNERS



## Jerry Noyce Junior Sportsmanship Award

The late **Marit Swenson** of North Oaks, Minn., is the 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.

Swenson was a long-time Junior Team Tennis participant and junior tournament player. She was a member of two teams from Life Time Fitness Fridley that played at the USTA Junior Team Tennis National Championships. She played at Mounds View High School and was named a captain for the 2017 season, while also serving as the manager of the boys tennis team.

In February of 2017, Swenson was diagnosed with brain cancer and passed away on August 29.

"Marit was God's blessing," her obituary in the *St. Paul Pioneer Press* said. "Marit lived life to the fullest and touched others with her love, kindness and positive spirit. Marit had the ability to always find the positive in a person or situation, no matter the challenge. She saw the beauty that most do not see. She was everyone's Sweet Marit."

## Albert Teeter Adult Sportsmanship Award

**Kamran Ahrar**, of Lakeville, 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 long-time high school, college, USTA League player and captain and USTA Tournament player, Ahrar is constantly looking to develop and grow tennis in the Section. In addition to his league and tournament play, Ahrar served as the title sponsor of the Advanced Eye Care Lakeville Open and NTRP Tournament from 2013-15, bringing many of the nation's best players to the Section.

"Kamran is the epitome of a good sport as he always competes with dignity and class," **Bruce Gullikson** said. "With his infectious smile, you can never tell whether he won or lost as he just loves the opportunity to compete. He has helped get many players back into the sport and is always promoting the game by volunteering his time and resources."

## Jack Dow Adult Development Award

**Lori Keller** of Rapid City, S.D., and the late **Rogina Cusic** of Bismarck, N.D., are the recipients 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.

Keller, who is the Rapid City Area League Coordinator, and Cusic, who was the driving force in promoting adult tennis opportunities in the Bismarck/Mandan area

by serving as a player, captain and coach, collaborated the past three years to provide more USTA League opportunities for those in North and South Dakota. With limited numbers, Keller and Cusic worked with USTA Northern's **Nancy Lundberg** in forming creative options so teams and players from these areas could qualify for the USTA Northern League Section Championships in the Twin Cities. The teams played a weekend qualifying tournament, organized by Keller and Cusic, of three matches in either Rapid City or Bismarck with the winner advancing to Sections.

"Lori and Rogina should be commended for their dedication to tennis and for giving many ladies in North and South Dakota the opportunity to play more tennis and to compete at the Section championships," USTA Northern President and nominator **Liz Hamburg** said. "Their dedication to growing the game is appreciated by all of us in the Dakotas."

## Bob Larson Media Excellence Award



**Brad Elliott Schlossman** of the *Grand Forks Herald* in Grand Forks, N.D., is the 2017 winner of the Bob Larson Media Excellence Award given to the person who has provided exemplary tennis media coverage for his or her local community.

A USTA member and tennis player himself, Schlossman has covered the North Dakota tennis scene at the high school and collegiate level for years, including state tournaments, the outstanding runs by Grand Forks Red River High School, the University of North Dakota programs and much more. In 2016, he was named the North Dakota Sportswriter of the Year.

He played tennis at Fargo South High School for **Vic Youngs** in the mid '90s. An active USTA member, he currently participates in local tennis drills and is a volunteer assistant coach at Minnesota-Crookston.

"What sets Brad apart is that he not only uses his tennis knowledge and expertise to highlight tennis news and events in North Dakota,



*The Cusic Family*



*Lori Keller*



# USTA NORTHERN AWARD WINNERS

but also uses that expertise on the court through playing and coaching," nominator **Ryan McGuigan** said.

## Rocky Rockwell Grassroots Official Award



**Doug Miller** of Hopkins, Minn., is the winner of the Rocky Rockwell Grassroots Official Award given to an official who has done outstanding work at the grassroots level.

Miller, who has officiated for the last 20 years both in the Section and nationally, works at the junior, high school, college, adult and professional levels as a rover, line, chair and referee. He has been the referee for every major tournament

in USTA Northern, as well as Gopher men's and women's matches. He has worked lines for a number of professional tournaments in his career, including many US Open Championships. He is a former USTA National Trainer/Evaluator and currently serves as a mentor for all officials in USTA Northern.

"His passion and dedication to his profession and his colleagues is second to none," fellow official **Lisa Mushett** said. "He is at every event, available for every phone call and willingly serves as a sounding board for those times when officials have a bad day on the court. He knows *Friend At Court* like the back of his hand and takes the time to impart his years and years of officiating wisdom on anyone who asks."

## Wolfenson-Ratner Community Service Award

**Neal Hagberg** 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.

Hagberg currently serves as the Director of Tennis & Life Camps at Gustavus Adolphus, assuming that role in 2011, after heading up the "Life" portion of the camps since 2001. Tennis and Life Camps have over 3,000 participants each year take part in its mission of developing in tennis players of all ages and abilities, improved tennis skills and an enriched approach to life.

He is also the chair of GAC's 40-Love Campaign which is trying to raise \$4 million in 40 months to celebrate the past 40 years of Tennis & Life Camps and to secure the future for the next 40 years. He is a member of the USTA Northern Grants Committee and has been a major contributor to USTA Northern's Play It Forward campaign,



donating over 400 racquets and other equipment from Tennis & Life campers to high school players in need.

"Through his life teaching, tennis knowledge and kind acts, he has changed the lives of so many people in such a positive way," nominator **Greg Emerson** said. "He has a heart of gold and is impacting lives on a daily basis."

## Junior Team Tennis Organizer of the Year

**Clay Sollenberger** of the Fred Wells Tennis & Education Center in St. Paul, Minn., is the 2017 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.

Sollenberger coached nine teams in 2017, including four as part of the new World Team Tennis program. In the past three years, he has continued the team tennis tradition at Fred Wells, including playing host to Area Championships in 2015 and boasting two finalists at the Junior Team Tennis Section Championships. He is also very active in team tennis forums and conference calls, organizes 10U team events and participates in the Section's non-summer team tennis offerings.

"Clay has done a great job of keeping up the team tennis tradition at the Fred Wells Tennis and Education Center," USTA Northern's Director of Junior Teams **Brandon Jackson** said. "He understands the uniqueness of team tennis and how it allows kids to participate in a competitive environment while having fun with their friends both on and off the court."



## Member Organization of the Year

**Mission Township, Minn.**, is the 2017 Member Organization of the Year in recognition of its outstanding service and setting the standards in which all organizations should strive to achieve.

This small, but mighty community runs summer-only programming with no paid staff, using strictly volunteers. In the Spring of 2017, the community raised over \$12,500 to resurface the existing four courts in town and add blended lines to further develop its junior programming. A former Tennis Welcome Center, Mission Township offers Adult Leagues three days a week for people of all



Greg Junker and Ray Holm



# USTA NORTHERN AWARD WINNERS

ability levels, Junior Team Tennis, Competition Training Centers, as well as a Sweet Sixteen Camp run by USPTA professional for kids in grades 7-12. This past summer, the community hired a tennis coordinator to run youth programming including a Fun Day and a red-, orange-, green-ball lesson program.

"This non-traditional community has done a lot with limited resources," former USTA Northern president and nominator **Jay Pfaender** said. "The tennis facility caters to the weekend and summer dwellers, keeping tennis as a viable option and top of mind for those in this rural community."

## USTA Northern President's Award

Former USTA Northern president **Kathleen Lundberg** of Minneapolis, Minn., received the Presi-

dent's Award which is given to the person who has assisted the current USTA Northern President in performing her or her duties in the past year. Lundberg has provided valuable insight and guidance to first-year president **Liz Hamburg**.

## USTA Northern ACE Award

Former Director of Community Tennis **Christine Nickels** is the winner of the 2017 ACE Award given by the USTA Northern Executive Director to the staff member which has done the most to promote and develop the game of tennis in the Section. Serving USTA Northern for more than 10 years, Nickels recently accepted a position with the Fred Wells Tennis & Education Center in St. Paul, Minn.



## Nguyen Vo Giving Back With Scholarship Fund

*"In whatever you do, you must do it with a servant's heart."*

**Nguyen Vo** lives by these words every day and is finally making good on a promise he made to his mother eight years ago.

Growing up in the Frogtown area of St. Paul, Vo's parents, who immigrated from Vietnam to the United States in 1975, worked long hours on the assembly line at Honeywell. Wanting to keep him and his two older siblings away from the bad influences in their low-income neighborhood, they introduced them to tennis.

"We had donated racquets, used balls and a rope," Vo recalls. "In the driveway, my dad would hit with each of us while the other two would hold the rope and that was our net. We would also hit against the garage. I found out quickly that I would never beat the garage."

When Vo and his siblings got older, they would go play at the local parks. It was at Como Park in St. Paul that they met USTA Northern Hall of Famer **Ernie Greene**, who would generously hit with the three of them, and from then on, tennis was Vo's main sport.

After high school, the first generation American attended the University of Minnesota, graduating with degrees in political science and computer science. He entered the work force and stopped playing tennis for close to 15 years until his nephew wanted to try out for his high school team and asked Vo to give him lessons. Soon realizing tennis was his true passion, he quit his day job and started volunteering at InnerCity Tennis in Minneapolis. Later, he served as a head coach for the ICT summer parks program before being hired as a teaching pro at the Fred Wells Tennis & Education Center in the fall of 2010. He is now one of the best high performance teaching professionals in the Section and was just named the 2017 USTA Northern Frank Voigt Pro of the Year.

"I was so very fortunate along the way," Vo said. "It has been the generosity of a lot of people – my coaches, parents and siblings – that allowed me to go to college and then turn my passion for tennis into

a career. Now it is my turn to give back and honor my mother's memory."

To do that, Vo and his wife, **Emi**, have created the Nguyen Vo Family Scholarship, committing \$5,000 over the next five years for three annual scholarships – two \$250 awards for college application fees and one \$500 general scholarship – for seniors participating in the Fred Wells education program to use at any post-secondary institution. They have also verbally committed to fund the scholarship for five additional years after that whether he works at Fred Wells or not.

"Talking to a lot of junior and senior players in our program, there was a common theme that high application fees were preventing them from applying to the colleges of their choice," Vo said. "I wanted to make sure I could help them knock on the door so they could have the chance to eventually walk through that door."

Reinforcing with all of his students that living a balanced life is much more important than anything one could do on the court, Vo is a visionary for others with his selflessness and his commitment to the kids at Fred Wells. Education is a top priority with him. He also emphasizes the importance of community and giving back to others, just like others did for him along his journey, hoping to create a never-ending circle.

"I am extremely lucky to do what I do and have had some great mentors in my life. Now is my chance to give back and I am excited to see what opportunities these scholarships will provide the kids who come through the doors at The Fort."

For more information about the Nguyen Vo Family Scholarship or to donate to the cause, please contact Vo at [nguyen@fwtec.org](mailto:nguyen@fwtec.org).



## Congratulations 2017 Fall State High School Champions

### Minnesota

Congratulations to **Edina** (Class AA) and **The Blake School** (Class A) on winning the team championships at the 2017 Minnesota Girls State High School Tournament at Baseline Tennis Center and Reed Sweatt Family Tennis Center in Minneapolis, respectively.

Edina defeated **St. Cloud Tech** in the finals 7-0 and has now won 20 of the last 21 Minnesota State Class AA Tournaments after avenging its loss to Mahtomedi in the semifinals last year. The Blake School won the Class A championship, once again, with a 7-0 win over **Holy Family Catholic** in the finals.

Edina sophomore **Nicole Copeland** won her first-ever Class AA state singles championship with a 6-3, 6-3 victory over **Meghan Brown** of Elk River, while The Blake School's **Lainey Axell** won her first state singles title with a 6-1, 6-2 win over teammate **Arlina Shen** in the finals. Axell won the Class A doubles championship last year with partner **Sophie Skallerud**.

In doubles, the Prior Lake team of **Charlotte Bowles** and **Taylor Jackson** won their first state crown together with a 6-2, 6-2 win over **Kelsey Dorr** and **Renee Schepper** of Princeton. It was the second consecutive doubles championship for Jackson as she also won the title with **Savanna Crowell** in 2016. In Class A, **Clare Palen** and **Natalie Allison** of Rochester Lourdes won their first state championship with a 6-3, 7-5 win over **Audrey Delich** and **Madilyn Jankila** of Eveleth-Gilbert.



### North Dakota

Congratulations to **Fargo South High School** and senior **Davis Lawley** on winning the 2017 North Dakota Boys State team and singles championships, respectively, at Capital Racquet and Fitness in Grand Forks, N.D.

Fargo South, who was one set away from falling in the first round of the tournament to Minot, upset #1 seed **Grand Forks Red River** in the semifinals and then #2 seed **Grand Forks Central** in the championship match to win its second team title in the last three years.

Lawley claimed his second state singles title with a 6-1, 6-0 win over Bismarck Legacy's **Micheal Janes**, the only game Lawley lost during the entire state tournament. For the season, Lawley was a perfect 23-0 in singles and lost only four games all year (276 out of 280). For his



efforts, Lawley was named the Outstanding Senior Athlete of the Year.

Red River's **Kaden Johnson** and **Gavin Loscheider** won their first state doubles championship with a 1-6, 6-1, 7-6 (6) win over South's **Geoffrey Youngs** and **Max Olson**.

Members of the All-State team included Grand Forks Central's **Logan Sandberg**, **James Votava**, **Gary Wu**; Grand Forks Red River's **Jack Lindgren**, **Stefan Curic**, Johnson, Loscheider; Bismarck Legacy's **Bradley Moylan**, Janes; Fargo Davies' **Kareem Kamel**; West Fargo's **Joe Beske**; Fargo South's Lawley, Youngs, Olson; and Fargo Shanley's **Finian O'Donnell**, **Jonah Jelinski**. The 2017 Coach of the Year was **Max Weisser** of Grand Forks Central.

### South Dakota

**Sioux Falls Lincoln** took home the team title, while junior **Danielle Sebata** of Sioux Falls O'Gorman won both the singles and doubles titles at the



2017 South Dakota Girls State High School Tennis Tournament in Sioux Falls. Lincoln finished first with 650 points, followed by **Sioux Falls O'Gorman** at 508 points and **Rapid City Stevens** with 494 points.

Sebata remained undefeated in her high school tennis career, claiming her third straight Flight 1 singles championship with a 6-1, 6-3 win over Lincoln's **Meredith Benson**. Sebata and her doubles partner **Maddie Nguyen** then defeated Benson and **Ava Leonard** in the Flight 1 doubles final 6-4, 6-2.

Leonard did not go home empty handed as she won the Flight 2 singles title 6-2, 6-2 over Nguyen. **Johana Brower** of Lincoln won the Flight 3 title with a 7-6 (4) 7-5 win over **Ashley Lundstrom** of Rapid City Stevens. In Flight 4, **Emily Whitney** of Lincoln beat **Megan Fannin** of Watertown 6-0, 6-1, while **Katie Conrad** of Stevens won the Flight 5 title with a 6-4, 6-2 win over **Elle Dobbs** of Lincoln. **Anni Cummings** of Watertown defeated **Sabrina Kintz** of Pierre 7-6 (4) 6-3 for the Flight 6 title.

In Flight 2 doubles, Brower and Whitney beat **Ingrid Anderson** and **Abbey Dehler** of Stevens 6-3, 7-5, while **Sarah Zimmerman** and **Madison Bohlen** of Mitchell withstood **Tatum Olson** and **Payton Crawford** of Stevens 7-5, 2-6, 7-5.

**Yankton** won the Team Sportsmanship Award, while Benson was the Spirit of Max winner.

### Wisconsin

**Eau Claire Memorial** fell in the quarterfinals of the team competition 4-3 to Neenah.



# Life Time Fitness Fridley Fifth At JTT Nationals

Congratulations to all of the teams who represented USTA Northern at the 2017 USTA Junior Team Tennis National Championships at the USTA National Campus in Orlando, Fla., in September.

## 14 & Under National Championships



**Life Time Fitness Fridley** was fifth in the Advanced tournament, and **Burnsville** 14<sup>th</sup>, in the Intermediate bracket in Orlando.

Fridley finished second in its round-robin flight with 148 total-games won. Southern California was first with 167, followed by Northern, Northern California (82) and Southern (63). Fridley then defeated Texas 52-46 to earn a spot in the fifth-place match where they beat Caribbean 54-40. Members of the Fridley team included **Aili Hietala, Amanda Diaio, Bjorn Swenson, Grace Kalan, Johnny Yue, Matthew Fullerton, Rohan Harle, Sujit Chopuri, Zoe Adkins** and head coach **Brian McCoy**.

Burnsville was fourth in its flight during round-robin play with 87 total-games won. Texas was first with 157 games, followed by Middle States at 146 and Hawaii Pacific with 113. Burnsville then defeated Missouri Valley 52-33, before falling to Pacific Northwest 45-36 for 14th place. Members of the Burnsville team were **Aaron Beduhn, Addie Bowlby, Aidan Suarez, Brooke Haddorff, Collin Beduhn, Hannah Lake, Henry McCormick, Josh Robb, Mara McMahon, Samantha Bowlby, Tyler Haddorff** and head coach **Ryan Haddorff**.

## 18 & Under National Championships

**Life Time Fitness Bloomington South** represented Northern in both the Advanced and Intermediate divisions at the 18U Championships.

The Advanced team, coached by **Craig Swanson**, was in the same flight as Eastern, Caribbean and Southern, but their scores did not count because they did not have enough girls available to field a full team. Members of the team were **Allen Gong, Cole Weitzel, Derek Davis, Erik Beckers, Evann Welty, Harrison Tuttle, Henry Smith, Isabella Lambert, Jake Swanson, Katie Mulvey, Lexi Lehman, Luke Haddorff, Nisal**

**Liyanage, Savanna Crowell** and **Yelena Hallman**.

Coached by **Spencer Jones**, the Intermediate team finished third in its flight with 135 total-games won. Southern California won the flight with 139 games, followed by Pacific Northwest at 138 games, Northern and New England at 131 games. Northern then advanced to the 9th-12th place bracket where it won its first match against Missouri Valley 48-37. Members of the team included **Allison Agerland, Benjamin Anderson, Benjamin Schriener, Brendon Sebring, Duncan Hohenstein, Isabella Lynch, Jack Puyang, Jessica Ip, Kyle Scislow, Lexi Bauman, Luke Wyly, Maggie Buechler, Nicolette Keller** and **Rachel Saxen**.

## Hunter Heck Wins ITF Junior Event

Congratulations to 15-year-old **Hunter Heck** (St. Paul, Minn.), who won his first International Tennis Federation Junior Circuit title in Austin, Texas, winning six matches. Heck opened with a 6-1, 6-0 win over **Zac Kara** of Canada, before defeating Americans **Matthew Che** (6-4, 4-6, 7-5) and **Aidan Mayo** (6-1, 6-2) in the next rounds. In the quarterfinals, Heck took out **Julian Noah Steinhansen** 6-4, 7-5 before handling another American **Stefan Leustian** in the semis 6-2, 6-3. Heck claimed the title with a 6-4, 6-2 win over **Yeudy Villar** of the Dominican Republic.



Hunter Heck (left)

## Eight Players, Two Coaches Selected For USTA Regional Training Camp in Tulsa

Congratulations to the following Northern players and coaches who participated in the USTA Regional Training Center in Tulsa, Okla., in September, including **Reegan Mullaney** (Edina, Minn.), **Zoe Adkins** (Maple Grove, Minn.), **Annika Munson** (Stillwater, Minn.), **Vunnisa Vu** (Maplewood, Minn.), **Max Exsted** (Shakopee, Minn.), **Emmanuel Alex** (Arden Hills, Minn.), **Hank Trondson** (St. Paul, Minn.), **Tygen Goldammer** (Rosemount, Minn.) and coaches **Danny Kantar** (Minneapolis, Minn.) and **Viet Pham** (St. Paul, Minn.).



## *Developing A Better Tournament Selection Process*

Throughout the years, I have had numerous conversations with parents and coaches regarding how to build better tournament schedules for their junior tennis players. Typically, these individuals want to know what events they should enter to get the best level of competition for their children, while developing their sectional and/or national rankings. This is a perfectly valid inquiry, but instead, I wish more people asked me, "Are the tournaments my child is playing helping my athlete grow as a tennis player?"

Developing a strong tournament selection process is critical and we need to understand how each event fits into the yearly periodization of the player, as well as how it effects their overall physical and emotional growth. What then is the correct way to approach tournament selection to maximize growth? It is different for every player as each child grows physically and emotionally at a different rate. In addition, skill acquisition occurs at vastly different speeds for players. Finally, when your child enters the tournament scene and their experience level plays into the process as well. However, I feel there are some simple rules to help improve your selection process, while promoting a healthier developmental program for the player.

### **#1: Play an Appropriate Amount of Tournaments**

When determining a general range for how many tournaments a junior player should compete in each year, my formula is to use the individual age of the athlete plus six as the ceiling. For example, if the player is 12 years old I would like to see them compete in 12-18 tournaments throughout a calendar year. In this way, the student has more than enough officially sanctioned competition time to test their skills and earn an accurate ranking without over-competing and risking burnout and/or injury. Additionally, this places a greater value on each tournament, which I have found actually produces greater effort and motivation on the part of the athlete as the player approaches each tournament with even more energy and excitement.

### **#2: Choose the Correct Level of Competition**

Finding the correct level of tournament can prove to be far more complicated as it is more an art than a science. Some people want their players to win all of their matches and tournaments, believing these build the strongest, most confident tennis players. Others think the contrary, choosing instead to place their athletes in more difficult situations to develop toughness in the player and stretch them beyond their limits. There are others whose primary goal is just building their ranking.

Taken to the extreme, all of these viewpoints can be highly detrimental to the overall development of the player. Developing a better tournament selection process is not just about building the highest ranking, but rather finding the right types of events to play to present challenges and promote growth in your students. Furthermore, when considering the appropriate levels to play, one must consider that both winning and losing are valuable. It goes without saying that we are all training our

players to achieve victory, but winning too much can promote over-confidence, lead to an unrealistic perspective of one's ability level, reduce motivation and place too much pressure on results leading to fearful performance. Losing is never easy for anyone, but learning to

cope with losing is a crucial skill to develop in our athletes as it can promote greater resilience, toughness, maturity and increase motivation for improvement.

The key here is to seek balance with your tournament selection in order to provide the greatest range of growth-based experiences. Most of the time, I want my students to compete at levels where the match is competitive and the result is in doubt, as it will produce the highest level of creativity, effort and engagement on the part of the player. However, I also want them to experience the roles of both favorite and underdog as they learn what it feels like to deal with the different pressures and emotions that those situations produce. In my experience, the end result is greater maturity, composure and skill in these tennis players' performances.

### **#3: Balance Your Tournaments with Training**

What do we do with all of the extra time available on weekends if we are not playing tournaments? We develop skills! When students play in too many tournaments, they are in a constant state of developmental limbo. Here, they are simply trying to use their current assortment of skills to the best of their abilities to produce the strongest result. However, by adding a degree of periodization to my students' training schedules and limiting the amount of tournaments they play, I have now freed up considerable amounts of time to actually develop their games. Additionally, I am creating space when they have time available for other things, and are the most rested, which is on the weekend. Every weekend, my students are still training hard as they compete in on-court tactical situations and guided practice match play. However, instead of being concerned with results and ranking, we use this additional time to add things to their game as we move through developmental limbo and into a state of steady improvement.

In order to promote the healthiest environments for our junior players we need to develop a better tournament selection process. By following these simple guidelines I've found a system that works for me, and hopefully I've given you some thoughts as you find the best system that works for your players. Spend some time developing a better tournament selection process that works for you and your students will thrive!





## Brandon Jackson... Director of Junior Teams

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

**A.** I am the Director of Junior Teams and I've been with USTA Northern for 5½ years.

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

**A.** After quitting other sports in middle school, I picked up a racquet after watching **Venus Williams** play in the 1997 US Open final. It wasn't until 1999 when her younger sister, **Serena**, lifted up the US Open trophy that I knew I was hooked to this sport. I then went on to play in the top spot on my high school varsity team.

**Q. Where did you go to college and what was your major? Did you play tennis in college?**

**A.** I attended the University of Minnesota, where I earned a B.S.B. in Marketing and Entrepreneurial Management and a M.Ed. in Sport Management. While attending college I had the opportunity to play on the club tennis team and help build it into the program that is today.

**Q. Describe your job responsibilities.**

**A.** I oversee our team tennis programs for juniors and college players which include Junior Team Tennis, World Team Tennis and Tennis On Campus.

**Q. What is the favorite part of your job?**

**A.** Putting on Section Championships for the different programs.

**Q. Favorite Food?**

**A.** I'm from the south, so I am going to say chitterlings. OK, I'm joking about that. I would have to say fried green tomatoes or my mama's dressing.

**Q. Favorite TV show?**

**A.** Touched By An Angel.

**Q. Favorite Movie?**

**A.** The Color Purple.

**Q. Favorite Musical Group or Artist?**

**A.** There is no way I can only choose one. I have to give you a list. **Adele, Etta James, Patty Griffin, John Legend, Dixie Chicks, Destiny's Child, Luther Vandross, Jennifer Hudson** and of course **Whitney Houston**...just to name a few. I love to listen to artists that can plant their feet and rear back and SANG!

**Q. Favorite Place to Visit?**

**A.** I love visiting both New York City and Los Angeles. I know it sounds weird, but I feel a strong connection to both of those cities.

**Q. Family? Married? Animals?**



**A.** If you know me, you know how this question makes my nauseous. NO, I'm not married! And animals...no comment. My mother and father, **Bruce** and **Winifred**, live in my home town of Ore City, Texas, while my sister, **Passion**, lives in Dallas.

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

**A.** I would be an entertainer performing around the world at sold-out venues, whether it was singing or acting.

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

**A.** I wanted to be a singer. We used to have a house that had an elevated porch, and I would stand out there and belt my face off singing the entire soundtrack from *The Bodyguard* and *Pocahontas*. We then got a storage shed where my parents put my piano, and I moved my concerts to

there. The neighbors loved me!

**Q. Who are your heroes and why?**

**A.** I guess I have to start with the reason that I have life, my parents. They always encouraged me to strive for more and be the best. If someone has to be number one, why not you? And even though this is going against every fiber of my being to admit this, I have to acknowledge the Venus to my Serena, my older sister, for the impact that she has had on my life. Everything she did growing up, I had to follow in her footsteps to try and do it better. From sports, to math and science teams, band and even twirling, if she tried it, so did I. I don't even know if I would have played tennis if it was not for her trying the sport first and failing, because my first racquets were her barely used, hot pink hand-me-down-frames.

**Q. If you could have dinner with any three people who would they be and why?**

**A. Serena Williams** - Is an explanation needed? She is one of the greatest athletes to walk this earth, and plus her love for tacos is uncanny. Secondly, **Adele** as she is hilarious and the connection that she is able to make with an audience is something that I have not seen before. Finally, congresswoman **Maxine Waters** is the clapback queen and everything about her gives me LIFE.

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

**A.** I would perform on some of the world's most prestigious stages with some of my favorite artist. Of course, we would have to resurrect some of them that have passed on, and teleport between all of the venues, but who is keeping track?

## Burke, Frueh Inducted Into Hall of Fame



Brent Frueh and Timothy Burke

**Timothy Burke** (Minneapolis, Minn.) and **Brent Frueh** (Rochester, Minn.) became the 107th and 108th members of the USTA Northern Hall of Fame on November 17. Burke is a long-time player, coach, teaching professional and volunteer in USTA Northern who made his mark by starting wheelchair tennis in the Section, while Frueh is a storied teaching professional, coach, facility manager, community tennis leader and USTA volunteer.



## Huether Family Match Pointe Receives USTA Outstanding Facility Award

Congratulations to **Huether Family Match Pointe** in Sioux Falls, S.D., as they were one of 12 facilities nationwide presented with the 2017 USTA National Outstanding Facility Award at the USTA Tennis Innovation Workshop October 13 in Orlando, Fla.



Anthony and Alex Scheglowski

## Serving Up Love Running Team Raises Over \$10,000

Congratulations to all of the runners who participated on USTA Northern's Serving Up Love Running Team September 30-October 1 at the Twin Cities 5K, 10 Mile and Marathon. Runners raised over \$10,000 for USTA Northern's Serving Up Love campaign which supports all giving opportunities within the Section including grants, scholarships, the Urban Youth

Tennis & Education initiative and the Play It Forward high school equipment donation program. Runners included:

**Marathoners:** **Steve Brum** (Eden Prairie, Minn.), **Amy Lamparske** (Tonka Bay, Minn.), **Christine Nickels** (St. Louis Park, Minn.), **Vanessa Sexton** (Lakeville, Minn.), **Tom Nickels** (St. Louis Park, Minn.), **Jenny Arnfelt** (Minnetonka, Minn.), **Kari Seurer** (Minneapolis, Minn.), **Susan Furtney** (Apple Valley, Minn.), **Lisa Proepper** (Apple Valley, Minn.) and **Jenny Gaard** (Minnetonka, Minn.).



Christine Nickels



Vanessa Sexton

**10 Milers:** **Kara Kreutzer** (Lakeville, Minn.), **Becky Cantellano** (St. Paul, Minn.), **Dave Brenner** (Minneapolis, Minn.), **Kelley Nelson** (St. Paul, Minn.), **Jenny Paxton** (St. Louis Park, Minn.), **Michael Russell** (Andover, Minn.), **Tina Spurr** (Mendota Heights, Minn.), **Sammi Jo Coryell**, **Matt Nelson** (St. Paul, Minn.), **Brian Jacobsen** (Minneapolis, Minn.), **Megan Burke**, **Kelly Bolin** (Portland, Ore.), **Nate Kabat** and **Taylor Reiners** (Hastings, Minn.).

**5K Runners:** **Alex Scheglowski** (Lakeville, Minn.) and **Anthony Scheglowski** (Lakeville, Minn.).

## Gustavus Senior Mohaned Al Houni Wins Division III Oracle Cup

Congrats to Gustavus Adolphus senior and former USTA Northern junior player **Mohaned Al Houni** who won the Division III Singles National Championship at the Oracle Cup in Rome, Ga. With the win, Al Houni advanced to the Oracle ITA National Fall Championships in Palm Desert, Calif.

The University of Minnesota also had three players qualify for the National event after sophomore **Stefan Milicevic** won the singles crown and **Felix Corwin** and **Matec Spec** won the doubles title at the ITA Central Regional Championship held at the University of Minnesota's Baseline Tennis Center.



Mohaned Al Houni (r) and head coach Tommy Valentini



### Great Tennis Coming To Gustavus In February

**Gustavus Adolphus** will serve as host of the Men's ITA Division III National Indoors February 23-25, 2018, at the Swanson Tennis Center in St. Peter, Minn. Gustavus will be joined by reigning NCAA Division III National Champion Emory, Claremont-Mudd-Scripps (#2), Washington University in St. Louis (#6), Chicago (#9), Carnegie Mellon (#10), University of Redlands (#11) and Trinity (Texas) (#13).

### University of Minnesota To Host 2018 Big Ten Women's Tournament

Save the date as many of the nation's best female tennis players, including defending NCAA Women's Singles Champion **Brienne Minor** of Michigan, will visit Baseline Tennis Center April 26-29 as the University of Minnesota will play host to the 2018 Big Ten Women's Championships.

### Rochester's Ingrid Neel Earns Finalist Honors at 2017 US Open Women's Collegiate Invitational

Congratulations to **Ingrid Neel** (Rochester, Minn.), who earned finalist honors in the Women's Collegiate Invitational at the 2017 US Open. Neel, who played at the University of Florida last year before turning pro this summer, lost a close three-setter to **Francesca Di Lorenzo** of Ohio State 4-6, 6-4, 6-4.



*Ingrid Neel (r) shakes hands with Francesca Di Lorenzo at the 2017 US Open.*

## Dan James Named USOC Paralympics Coach of the Year

*by Erin Maher*

Former head coach for Team USA's Paralympic tennis team and wheelchair tennis ambassador **Dan James** was honored at the 2017 US Open by the United States Olympic Committee (USOC) for his outstanding contributions made to the sport of tennis.

James had served as the head coach for the Paralympic tennis team for the last 17 years, and most recently coached professional wheelchair tennis players **David Wagner** and **Nick Taylor** to medal finishes at the 2016 Rio Olympics. Wagner earned a bronze in quad singles, and the duo took home the silver in quad doubles. James also led the junior team to a second consecutive World Championship at the 2016 World Team Cup in Tokyo. For his efforts, James was named the USOC Paralympics Coach of the Year.

"Dan James' work with wheelchair tennis players, as an administrator and a coach, has made the sport more visible in the U.S., inspiring hundreds of wheelchair athletes around the country," said **Martin Blackman**, USTA Player Development General Manager.

A native of Northfield, Minn., James had dreams of becoming a professional tennis player in his youth.

"I was one of those kids who wanted to go play tournaments in Europe, I had dreams of grandeur, so I had no plan," James said. "Then reality set in; I wasn't that good. So I became a teaching pro with absolutely no plan."

In 1992, after he graduated from Gustavus Adolphus with a bachelor's degree in communications, James became a teaching pro at a local club. In need of professional development hours, James learned about wheelchair tennis and quickly fell in love with the sport. James went on to volunteer for eight years as a coach. He became the USTA's National Manager of Wheelchair Tennis in 2003 and served as tournament director for the US Open Wheelchair Competition, beginning in 2005.



Throughout his career, James has coached five U.S. Paralympic teams and has been an integral part in exposing wheelchair tennis to a wider audience. His passion for the game has brought him to more than 30 countries, coaching teams on six continents. James has also served on the International Tennis Federation's Wheelchair Tennis Advisory Panel for 11 years.

After the 2016 Paralympics in Rio, James retired from his role as the Paralympic coach, but he has not strayed far from the game. He attended the 2017 US Open, helping run the wheelchair competition and working in broadcast. He also is still engaged in his local wheelchair program in his adopted hometown of Seattle where he now works as the Executive Director of the Positive Coaching Alliance's Seattle chapter.

"You'd think that it's the Paralympic medals and watching my athletes succeed, but it's really watching the sport of tennis as a vehicle to change lives," said James. "I think every person, regardless of disability or ability, should have that opportunity to use something like sport, like tennis, to foster the life lessons to become your best self."

## USTA Northern Well Represented At USTA/USPTA Tennis Innovation Workshop

USTA Northern was well represented at the 2017 USTA/USPTA Tennis Innovation Workshop in Orlando, Fla., in October. Attending were USTA Northern staff members **Carolyn Kramer**, **Christine Nickels**, **Lisa Mushett** and **Mya Smith-Dennis**, as well as **Sadie Reiners** (Hastings Tennis Association), **Becky Cantellano** (St. Paul Urban Tennis), **John Wheaton** (InnerCity Tennis), **Brian McCoy** (Life Time Fitness Fridley), **Christin Thurston** (Life Time Athletic St. Louis Park), **Bruce Gullikson** (Life Time Fitness Bloomington South), **Oliver Summers** (Center Court Fitness Fargo), **John Sanny** (Baseline Tennis Center), **Lydia Healy** and **Virginia DeBoer** (Sioux Falls Tennis Association), **Marcia Bach** (Crystal Park and Recreation), **Neal Hagberg** (Tennis & Life Camps), **Greg Lappin** (Life Time Fitness), **Ajay Pant** (Life Time Fitness) and **Roger Boyer** (InnerCity Tennis).

The following individuals and organizations received scholarships to attend courtesy of USTA Northern including Cantellano, Wheaton, Reiners, Hagberg, Bach, Healy and Summers.



Oliver Summers (center) and Sadie Reiners (right) served on a panel at the Tennis Innovation Workshop.

## Christine Nickels Named Assistant Executive Director At Fred Wells

The Fred Wells Tennis and Education Center announced the hiring of **Christine Nickels** as the Assistant Executive Director/Director of Education and Partnerships of the St. Paul-based nonprofit center. Nickels began her new position in late-November.

As the Director of Education and Partnerships, Nickels will provide leadership, planning, communication and implementation of TennisWorks, FWTEC's education program for youth who live in under-resourced Twin Cities neighborhoods. Nickels will also assume the role of Assistant Executive Director, supporting Executive Director **Esther Tsai** with other strategic initiatives.

Prior to joining The Fort, Nickels was the Director of Community Tennis for USTA Northern where she administered section grant programs, provided support to Community Tennis Associations and National Junior Tennis and Learning Chapters and oversaw all



community tennis programs.

"It is with great pleasure we welcome Christine to The Fort family," Tsai said. "Christine's experience and skills in a leadership role will advance our TennisWorks program and the Fort's mission."

## Three Communities Awarded September Community Tennis Grants

Congratulations to the following community and organizations who received USTA Northern Community Tennis Grants in September.

- **Hastings Tennis Association (Hastings, Minn.)** - \$3,000 to support their participation in the USTA Foundation Capacity Building Program. Hastings was one of three organizations nationwide named to the Capacity Building Program in 2018.
- **Crystal Community Center (Crystal, Minn.)** - \$800 to start a new POP Tennis program.
- **Princeton High School Booster Club (Princeton, Minn.)** - \$890 to support organizational start-up costs, as well as an additional \$500 to support basic tennis facility needs at Princeton High School.

## USTA Northern Celebrates Coaches On National Coaches Day

On September 19, 1972, former President **Richard Nixon** signed proclamation 4157 declaring October 6, 1972, as National Coaches Day. Nixon said, "Coaches are highly qualified teachers in highly specialized fields. But more than that, they are friends and counselors who help to instill in their charges important attitudes that will serve them all their lives. A coach can help a young person learn how to win gracefully and how to grow from defeat. A coach can help build moral fiber on which our future as a nation depends."

Today, the best coaches are committed to helping young athletes develop into more confident, talented and disciplined student-athletes. They don't coach for the money, for the victories, or for the personal accolades—they coach because they are passionate about helping young athletes become better athletes, and more importantly, better people.

USTA Northern recognized the following coaches as part of National Coaches Day in 2017. Each honoree was nominated by individuals in their community. Read all the great things about how these coaches are impacting lives on a daily basis both on and off the court.



**PAT ALLAR**

**Williston Fitness Center (Minnetonka, Minn.)**

"Coach Allar works with senior citizens who are often tennis beginners, hard to teach and gifted with their own way of doing things. Tennis is happiness, and to encourage it through creaky joints and sometimes deficient strokes takes a thoughtful person. Pat is that." — Mike Hendley



**MOLLY AMBROSE**

**Williston Fitness Center (Minnetonka, Minn.)**

"Molly is a mother of four children, owns her own business, but yet is quite often one of the first pros to fill in for others when they need help. She is a team player and loves the opportunity to share her love of the game. Her positive energy and contagious enthusiasm for the game and the kids is overwhelming! You will



# COMMUNITY TENNIS UPDATE

ALWAYS be able to hear Molly as she cheers on her students... no matter what court you are on." — Felicia Raschiatore



## PAUL CHRISTEN

**Mandan High School (Mandan, N.D.)**

"Coach Christen always knows what to say whether the team is winning or losing. He is one of the most dedicated coaches I have ever met!" — Kenna Heidt



## DOUG DEXHEIMER

**Spearfish High School (Spearfish, S.D.)**

"Coach Dexheimer has had a tremendously positive impact in our community and at Spearfish High School. He keeps tennis fun for the kids, while at the same time, coaching them in the basics of the game. Not only does Coach Dexheimer teach tennis,

he also inspires other to perform better and work hard to achieve their goals." — Joe Doerges



## CRAIG GORDON

**USTA Northern Lead Faculty Coach (Farmington, Minn.)**

"For the past 7 years, Craig has given his time and energy as a USTA coach in growing the game of tennis in USTA Northern. His passion lies in the development of the orange-ball player as he has been the Section's lead Early Development Camp faculty coach for the past 3 years. He spends numerous weekends away from his family in leading our camps. He also does an amazing job training and educating coaches so that they have the ability to pass the information along to other coaches, players and parents." — Pat Colbert



## WENDY HASTINGS

**Menomonie High School (Menomonie, Wis.)**

"Wendy is a very experienced and passionate coach. Over her three decades of coaching - 34 years to be exact - she has sent many singles and doubles teams to the state tournament. Wendy has had 30-plus players every season in her career. She was also the boys head tennis coach for 10 years. Wendy has written and secured many grants for her program. She is truly the heart and soul of Menomonie tennis!" — Greg Emerson



## ERIK KRINGLIE

**Valley City State University (Valley City, N.D.)**

"Erik founded and continues to volunteer coach the Valley City State Tennis on Campus Club team. For over 11 years, he has welcomed new and returning players to the small, rural campus and has created a culture of tennis as a lifetime sport. His tireless efforts of coordinating practices, traveling to tournaments, fundraising and road trips to play indoor tennis during the winter months are often unnoticed by our tennis community. Erik

lives and breathes tennis, whether it's coaching JTT, high school or college tennis." — Susan Kringlie



## SCOTT MCPHERSON

**Bismarck Legacy High School (Bismarck, N.D.)**

"Scott McPherson has been very active in promoting tennis in the community through encouraging his players to play in tournaments, JTT and lessons. Scott's teams have been counted on many times to assist with the local Band Day Parade tennis float or helping with the Tennis Block Party. Scott has been an active member of the Bismarck-Mandan Tennis Association, the local Community Tennis Association where he has served on the youth committee. His good natured demeanor and positive attitude make him a favorite with his athletes and respected by his fellow coaches." — Kevin Allan



## LEE MEIER

**Crookston Tennis Association (Crookston, Minn.)**

"Lee has been a charter member in our tennis association since its inception and volunteers his time every week to coach and drill the adults in our community. He does this because of his love for the game and to help get adult interested in tennis." — David Geffee



## JACK NELSON

**Washburn H.S./InnerCity Tennis (Minneapolis, Minn.)**

"Jack Nelson is the reason I keep playing tennis. He always knows how to make the girls smile and could tell when any of us were sad. Tennis is now the highlight of my day and I know I can always go to him if I ever need anything. He made our team more than just a team. He made it our family." — Isabel Frye



## MARC WHITE

**Cameron Indoor Tennis Center (Minot, N.D.)**

"Coach Marc teaches not only the fundamentals of tennis, but a true love for the game. Coach Marc knows how to get kids engaged and inspire them to love the sport of tennis. He continues to make a profound impact on my young son (who insists he will be a Wimbledon champion one day), and I'm incredibly grateful for his dedication and influence." — Carolyn Moore



## NEDDA ZETAH

**Long Prairie Grey Eagle School District (Long Prairie, Minn.)**

"Nedda is an exceptional coach! She is dedicated to tennis and her players and every single day, bringing a positive attitude and a drive in helping her girls grow and learn. Nedda is dedicated to teaching, devoted to coaching and committed to make her community a better place." — Jennifer Strom

# Let Success Take Its Due Course; Do Not Chase It



One of the actions I have taken as a coach is to get players more focused on the process of improving their game rather than chasing quick results. Tennis is a high-skill sport and the reality is that improvement takes time and much effort. This understanding is often under-appreciated by players, which is evidenced by how quickly frustration sets in when they are unable to execute a new skill presented to them.

As coaches, we have a role to play in influencing the perspective of our players, which in my opinion determines their full potential. I have found through my own experience as a player, and by watching the best players in the world, that an immersion into the process of getting better is required to maximize one's potential and to achieve success. This fundamental understanding can profoundly impact player development and performance at all levels.

Here are six suggestions that coaches can take when it is necessary to re-align a player's perspective to a more process-oriented approach:

- **Communicate the need for commitment:** This involves both the need for a high level of sustained effort in training and a complete buy-in to the plan and outlined objectives. If you sense that either the player's effort level is fluctuating or they are not bought-into the plan, make sure to set some time aside to understand the player's situation, including any barriers they may be facing and work to find a solution.
- **Pay attention to detail:** At any given time, there can always be a multitude of things that a player can work on. A process-oriented approach is centered on an eye for detail that presents the player with a clear and focused development plan to maximize their time and potential.
- **Prepare to perform:** Too often, I see players at all levels (including touring pros) not planning out their tournament schedule in advance. Players who take the time to learn from past experiences, work on making improvements and periodically play tournaments are following a process-approach that sets them up for future success.
- **Have a big-picture mindset:** A player's team that learns from every situation, be it a practice session or match, is continuously moving forward and keeping the big picture in mind. This is vital in staying balanced through the inevitable ups and downs that derail most others on the journey to accomplishing their goals.
- **Enjoy the game:** When players get too serious or emotional with every result or adverse situation, it is useful to remind them of the time when they first started and the joy they felt in simply hitting the ball. During such times, coaches can encourage their players to take a step back and cultivate an enjoyment again for the game. This will facilitate a valuable shift in a player's mindset and allow them to reset their attention to working on the things they need to improve.

- **Appreciate the journey:** It is important for us as coaches to communicate the broader value that the tennis journey provides. Too often, players (and parents) only see value in the accomplishment. For example, if the player becomes a Division I collegiate player or professional player, it is all worth it, otherwise, it is considered a 'failed attempt'. This perspective misses the mark as we learn many character building traits and values, as well as make many friendships that come in handy down the road in whatever we choose to do. Instilling an appreciation for the journey will enable players to find deeper value and meaning in their tennis journey irrespective of the results they encounter.

The above actionable steps are powerful when implemented to channel the player's perspective to a more process-oriented approach. You may find, as I have, that success 'happens' as a result of consistently doing all the right things and following through on the plan. To the contrary, it can be quite elusive when one 'chases' it without commitment or an appreciation of the work that is involved through the journey.





## Return To Sender

The age-old adage that you are only as good as your second serve has a lot of merit, but many tennis geeks also look at the flip side of that adage, arguing you are only as good as your second-serve return. If you look back at the top players of the last 10 years, you will see they are generally ranked in the top three in the world in second-serve return. Of course there are exceptions, but if you look at this year's leaders, world #1 **Rafael Nadal** is currently second (trailing **Diego Schwartzman**) on that list.

If return of serve, and especially second serve return, is so important then why according to coaches is it the least practiced shot in tennis? There are some reasons for this, albeit most of them not good, but there are reasons such as:

- When most people practice their serve, they do so hitting at targets alone, which is not nearly as exciting as playing a groundstroke or volley competition in a drill.
- People often do not have access to someone who will serve to them and a ball machine cannot do it for us.
- Most people wait until the end of practice to work on their returns when one is tired and not as focused.

In general, even great returners struggle to win more than 35-40 percent of their first-serve return points as the first serve is a huge weapon. It is on the weaker second serve where the opportunity lies to take immediate control of the point.

I know you are saying, "I get it Bruce...it is really important to be able to return second serve well, but how do I do that?" Here are some tips that should help:

- Most great returners tend to keep things simple in terms of backswing and preparation.
- They also have a plan ahead of time as to what they are going to do with the return and do not just react to it.
- Good returners have more than one way to hurt their opponent with their return.

Perhaps the greatest returner of serve all-time is **Andre Agassi**. Agassi did not have a strong serve and knew he needed to develop a good return strategy based on the type of player he was facing to win matches. If he was playing a baseliner, Agassi would try and hit the return deep, but not necessarily hard. If the player was more consistent, then he would take a few steps back on the return to give himself more time, not taking a chance on the return. If he faced a serve and volleyer, then he was aggressive but made sure to

keep the height of his return low so they would have to volley up.

Some other return options to practice include the chip and charge or the rip and charge. This has been the catalyst of **Roger Federer's** return to dominance in the last year, but this strategy has been around for decades. Go on YouTube and watch old matches featuring **John McEnroe**, **Martina Navratilova**, **Stefan Edberg** and many others. They all moved in on the second-serve return and put immediate pressure on the server by approaching the net behind it. This tactic can affect the server as

her or she feels more pressure to hit a good serve. That may lead to a double fault by trying to hit a deeper and harder second serve, or they might take something off the first serve just to make sure they get it in.

Another tactic, especially for club players to practice on second-serve returns, is the drop shot return. Most players' two biggest weaknesses are their second serve and their ability to move up and back. The drop return exploits both of these. If you can perfect this return, you may need to purchase ear muffs as you will hear a lot of

cursing from your opponent, but those naughty words mean your return is very effective.

A third option is to move around the backhand and clock a forehand to a predetermined target (hopefully their backhand). We are living in the age of the forehand, so this is not only an effective play, but it is also fun.

A fourth strategy is to move back further, like Nadal or **Stan Wawrinka**, and hit a heavy, deep return to take control of the rally.

When playing practice sets, try all these options and see what works best for you. I also encourage you to limit the server to only one serve during these matches. Playing doubles also help with the return of serve as you have the pressure of a net person and need to hit to a smaller target.

Finally, watch the high-level players in the area. Whether it is the Gophers men's and women's teams or local standouts **Mickey Maule**, **Harsh Mankad**, **Justin Baker** and **Andres Osorio** on the men's side and **Amy Jamieson**, **Toolie Wilkins** and **Jessie Aney** on the women's side, these players know the importance of the second-serve return as it sets one up for the remainder of the point.

Practice on the shot and you will have many happy returns.





## USTA Introduces NTRP National Championships

For 2018, the USTA is launching a new national adult tournament that leverages the NTRP rating system as a way to create level-based competition at the 18 & over and 50 & over age groups with national champions being crowned in men's and women's singles and doubles at the 3.5, 4.0 and 4.5 levels.

The NTRP National Championships will be held in the spring of 2018 with the 18 & Over Championships April 6-8 at the Surprise Tennis & Racquet Complex in Surprise, Ariz., and the 50 & Over Championships April 20-22 at Academia Sanchez-Casall Florida in Naples, Fla. The event will feature eight four-player round robins that play into four eight-player compass draws. The non-elimination format promotes two matches per day (Friday-Sunday) using the new Fast Four scoring format (best of three sets to four games, no-ad scoring and a tiebreaker at 3-3).

USTA Northern is allowed one player in each singles division and one two-person team in each doubles division in both the 18 & Over and 50 & Over tournaments. To determine those players, one must be the highest-ranked eligible player in 2017 USTA Northern Year-End NTRP Ratings for singles 3.5, 4.0 and 4.5 divisions and 7.0, 8.0 and 9.0 doubles and registered for the tournament. If the same person is ranked #1 in both the 18 & Over and 50 & Over categories, the player must choose which tournament he or she would like to participate in and cannot play both events at that level. For doubles, both players must be rated at or below the given NTRP level (i.e. An 8.0 ranked 4.5/3.5 combo will not be eligible to play 4.0.).

Some additional rules regarding the advancement process include:

- Self-rated players and players with 0.0 rating will not be eligible.
- A tie in ranking points will be broken by the following:
  - a. Winner of more head-to-head matches in ranking tournament play
  - b. Highest winning percentage
  - c. Winner of the most number of matches
  - d. Player who has beaten the highest ranked player on current ranking list.
- Players in the Adult 50 & Over Division must have turned at least 50 in calendar year 2017.
- Following calculation of 2017 Final Rankings, USTA Northern will provide national tournament staff a list of eligible players.
- The tournament registration site will be made available to players once the final lists have been determined.
- Players will be responsible for online tournament registration.

If the highest ranked player/team does not apply to play in the National Championships, alternates will be chosen on the following basis:

- In the 2017 USTA/Northern Adult NTRP final rankings, the next highest ranked player/doubles team to register would be selected.
- If the ranking list is exhausted with no players/teams registering to play, USTA Northern will not be represented in the event.
- If there are no players on a final ranking list, USTA Northern will not will be represented in the event.

Questions in regards to this tournament or the selection process can be sent to **Nancy Lundberg** at [lundberg@northern.usta.com](mailto:lundberg@northern.usta.com).

## Looking for a good time? Call Matchline.



That was **Carol Thies'** motto five years ago when USTA Northern was looking for ways to help new players interested in playing USTA League Tennis. Enter Matchline — a service Thies runs for the Section which pairs individuals looking to play League tennis with captains

who need more players to fill out their rosters and vice versa.

Basically, a new player looking for more organized play opportunities can call Thies and have her walk them through the entire process of finding a team, self-rating (if needed), buying a USTA membership and registering for that team before finally hitting the court.

Since 2012, Thies has placed over 6,300 individuals on teams in the Twin Cities, including a record 827 so far in 2017. Of those 6,300 players, almost 20 percent (1,300 players) are new USTA members. She has an amazing 96 percent placement rate.

During that same period, Thies has formed 140 new teams at all

age and ability levels, and in 2016, had her first-ever team composed of all Matchline players qualify for the 6.0 55 and Over Women's National Championships. The members of that team, captained by **Kelly Stordahl**, loved their experience so much that they recruited many of their friends to play in 2017 and formed enough teams to have a full-fledged 55 & Over 6.0 league.

"It takes some effort up front, but once we find a team and get them on the court, they have such a good time," Thies said. "Seeing someone find themselves in the game — specifically leagues — makes that extra work at the beginning all worth while."

YEAR	Players looking for teams	Players found teams	New to USTA looking for team	New to USTA found team	New teams formed
2012	667	657	191	185	34
2013	692	681	224	220	26
2014	632	614	179	177	27
2015	786	763	221	219	30
2016	782	762	215	209	23
2017	847	827	205	199	23



# USTA LEAGUE SECTION CHAMPIONS

## 18 & Over



**2.5 Women:** Captained by coach **Boris Gonikman** and **Molly Kerr**; Minnetonka Tennis Club



**3.0 Women:** Captained by **Claire Schreiber** and **Amy Czaplewski**; Rochester Tennis Connection



**3.5 Women:** Captained by **Carol Thies** and **Michele Weddle**; Life Time Fitness Bloomington South



**4.0 Women:** Captained by **Julie Ouyang** and **Michelle Stein**; Life Time Athletic Oakdale Village



**3.0 Men:** Captained by **Jeffrey Nelson**; Life Time Fitness Bloomington South



**3.5 Men:** Captained by **Mike Torres** and **Morgan White**; Baseline Tennis Center



**4.0 Men:** Captained by **Trev Fenner**; Baseline Tennis Center



**4.5 Men:** Captained by **Ken** and **Sam Cychosz**; Life Time Athletic Eden Prairie



**5.0 Men:** Captained by **Ken Cychosz**; Life Time Fitness Bloomington South



**6.0 Mixed:** Captained by **Carl Bigby** and **Kelly Stordahl**; Life Time Fitness Bloomington South



**7.0 Mixed:** Captained by **Larry Miller**; Aquila Park, St. Louis Park



# USTA LEAGUE SECTION CHAMPION



**8.0 Mixed:** Captained by **Sharon Lorentz and Marti Estey;**  
Fred Wells Tennis & Education Center



**9.0 Mixed:** Captained by **Greg Garritty;**  
Life Time Athletic, St. Louis Park

## 40 & Over



**3.0 Women:** Captained by **Ruth Eliason and Tara Swanholm;**  
Minnetonka Tennis Club



**3.5 Women:** Captained by **Elizabeth Olig;**  
Life Time Athletic Oakdale Village



**4.0 Women:** Captained by **Jodi Carman Kortsha and Wendy Richards;**  
Life Time Athletic St. Louis Park



**4.5+ Women:** Captained by **Linnea Benson;**  
Life Time Fitness Bloomington South



**3.5 Men:** Captained by **Carl Bigby;**  
Life Time Fitness Bloomington South



**3.5 Men:** Captained by **Eric Narvaez and Brad Struve;**  
St. Paul Academy High School



**4.0 Men:** Captained by **Bill Henney and Tim Theisen;**  
Golden Valley Country Club



**4.5+ Men:** Captained by **David Komula;**  
Minnetonka Tennis Club



**6.0 Mixed:** Captained by **Carl Bigby;**  
Life Time Fitness Bloomington South



# USTA LEAGUE SECTION CHAMPIONS



**7.0 Mixed:** Captained by **Carol Thies** and **Eric Narvaez**;  
St. Paul Academy and Summit School



**8.0 Mixed:** Captained by **Dana Hansen**;  
InnerCity Tennis

## NO PHOTO AVAILABLE

**18 & Over 5.0 Women:** Captained by **Kelsey Frechette**  
and **Jessa Richards**  
Life Time Fitness Bloomington South

**9.0 40 & Over Mixed:** Captained by **Greg Garritty**  
Life Time Athletic St. Louis Park

## 55 & Over



**6.0 Women:** Captained by **Kelly Stordahl**;  
InnerCity Tennis



**7.0 Women:** Captained by **Shirley Draz** and **Cathy Carney**;  
Life Time Fitness Lakeville



**8.0 Women:** Captained by **Carol Seaberg** and **Mary Rolston**;  
Life Time Athletic Eden Prairie



**6.0 Men:** Captained by **Eric Narvaez**;  
St. Paul Academy and Summit School



**7.0 Men:** Captained by **Eric Narvaez** and **Peter Haan**;  
St. Paul Academy and Summit School



**8.0 Men:** Captained by **Paul Dalton**;  
Baseline Tennis Center



**9.0 Men:** Captained by **Ken Cychosz**;  
Life Time Athletic Eden Prairie





# Join the **SMART<sup>SM</sup>** revolution

**We're putting a new spin  
on how kids learn tennis**

Discover a cutting-edge curriculum that scales kids' tennis down to size, making learning more fun, productive and easier for all kids ages 4 to 18. As children grow and improve, the sport of tennis grows with them. How?

- Smaller court size
- Appropriately sized racquets
- Progressive ball size

Life Time's SMART program is laser-focused on your child's long-term athletic and tennis development. It lets kids experience success through playing, right from the start.

- 4-year-old beginners
- 8-year-old competitive players
- Junior Varsity and Varsity kids
- Sectional, National and International performance players



©2011 LIFE TIME, INC. All rights reserved. TSMQ171076

**Ask about kids' tennis at the front  
desk of your nearest Life Time.**