



# Tennis Newsletter

## Winter 2014

### Tennis Director's Message



Happy New Year! I hope one of your resolutions is to play more tennis! The weather has been unusually warm this winter which means more players on the courts.

Weekday mornings are filled with ladies leagues. We have eight teams playing this season. In the afternoons, the juniors take to the courts for lessons and clinics. The evenings find both men and women out getting a great workout. And everyone is on the courts on the weekends!

SRSRC has something for everyone. For those tennis enthusiasts who are new to the club or for those who have been out of the swing of things, here is what we have to offer:

**MEN'S and LADIES' LEAGUES**-These leagues run at different times throughout the year. Men play on Sunday mornings and ladies play weekday mornings. We are also offering a Mixed Doubles League on Saturday afternoons. All of these leagues compete against other clubs throughout the county. If you are not into traveling and don't want to be so committed, we have an "in-club" Ladies Progressive League on Wednesday evenings.

**MEN'S and LADIES' SINGLES LADDERS**-These ladders are very popular at SRSRC and competitive. You set up your own times and matches. If interested, contact Vince Petrucci at [vpetrucci1@att.net](mailto:vpetrucci1@att.net) for the men's ladder and Janice Kirstein at [janicek@san.rr.com](mailto:janicek@san.rr.com) for the ladies.

**CARDIO TENNIS**- a great, fun way to burn some calories and at the same time, work on your game. Classes are held Monday evenings and Saturday mornings.

**"CHALLENGE THE PROS"**- held the 1st and 3rd Thursday of the month.

Don't miss a chance to challenge the club pros, work on your doubles strategy and receive some very useful tips to improve your game. The best part is it's Free!

**FRIDAY NIGHT TENNIS SOCIAL**- the last Friday of each month is our tennis social for adults of all levels. We provide water and balls and it's BYOB and a dish to share. Enjoy the tennis, meet some new players and have a good time!

**MEN'S OPEN DOUBLES PLAY**- men of all levels of play are welcome to come out to Men's Night on Tuesday evenings or Men's Day on Saturday mornings. You don't need a partner to participate. Just show up and we'll work you in for some fun doubles play.

**JUNIOR TENNIS**- for our junior players, we have lessons, clinics, and workouts tournaments and summer camps. On Friday afternoons, we have a free workout and match play for junior players who are ready to begin competing.

**BALL MACHINES**- SRSRC has a ball machine at both Scripps Trails and the Aviary facility. You may rent the ball machine by reserving court E at Trails or court 6 at Aviary.

For more info on any of these events and programs, contact Tennis Director Robin Harris at 858 271-6222 ext. 107.

FYI: Courts #5 and #6 will be resurfaced in March with the addition of pickle ball lines added on court #5.

*Robin*



# Calendar of Events 2014

By Robin Harris

**FEBRUARY 28**  
**Friday Night Social Mixer**

**MARCH**  
**Member Appreciation Month Raffle**

**MARCH 3 - 16**  
**BNP PARIBAS OPEN (Indian Wells)**

**MARCH 16**  
**Junior Singles Round Robin**

**MARCH 28**  
**Friday Night Social Mixer**

**APRIL 25**  
**Friday Night Social Mixer**

**APRIL 27**  
**TENNIS PARTY & OPEN HOUSE**

**MAY 25 - JUNE 8**  
**FRENCH OPEN**

**MAY 26**  
**Memorial Day "Challenge the Pros"**

**MAY 30**  
**Friday Night Social Mixer**

**JUNE 7- 8**  
**Senior – Sprout Doubles**

**JUNE 23 - JULY 6**  
**WIMBLEDON**

**JUNE 28**  
**Wimbledon Mixer (no social on 27)**

**JULY 13**  
**Junior Singles Round Robin**

**JULY 25**  
**Friday Night Social Mixer**

**AUGUST 25 - SEPTEMBER 8**  
**U.S. OPEN**

**AUGUST 29**  
**Friday Night Social Mixer**

**SEPTEMBER 21**  
**Junior Singles Round Robin**

**SEPTEMBER 26**  
**Friday Night Social Mixer**

**OCTOBER 24**  
**Halloween Tennis Party**

**NOVEMBER 22**  
**Turkey Scrambler**

**JUNIOR TENNIS CAMPS**  
**June 16th – August 29th**

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# Singles Tennis Ladders

## Winter - Spring 2014

By Janice Lee Kirstein

### Erin Rowland SRSRC's Champion of the Ladies Singles Ladder - Fall/Winter 2013 Season

Fourteen players enjoyed countless exciting matches throughout the Fall/Winter 2013 season of the Ladies Singles Ladder. Erin Rowland (2) and Michelle May (1) met in a final playoff match where Michelle beat Erin 10-5 to win overall first place, but because Michelle is not an official member of SRSRC, Erin, coming in 2nd place, reigns as the champion for SRSRC.

In a lower flight, Katherine Lam (8) beat Donna Rullo (7) to take 3rd place overall, leaving Donna with 4th place. In the consolation bracket, Janice Kirstein (4), Kiersten Bousquet (5), Kathy Goecke (3), and Kay Olmstead (6) are playing their quarter final matches to battle it out for the final 5th place prize.

Janice also will receive honorable mention for playing the most matches 18 during the season.

Prizes will be awarded as follows at the annual Tennis Open House in April, where all tennis families are welcome to attend and enjoy the club sponsored taco truck and refreshments:

1st	Michelle May (1)	\$100
2nd	Erin Rowland (2)	\$80
3rd	Katherine Lam (8)	\$60
4th	Donna Rullo (7)	\$50
5th	TBD	\$35
HM	Janice Kirstein(4)	\$25

The new Ladies Spring Summer 2014 Ladder is already underway and will conclude with playoffs at the end of July. For more information on how to join this tennis ladder please contact Janice Kirstein: [janicek@san.rr.com](mailto:janicek@san.rr.com) or 858-663-6238.



L to R: Janice, Katherine, Kiersten, Michelle, and Erin



# Brag Board

## Janice Kirstein won the LeagueTennis.com 4.0 Ladies Singles San Diego City Championship.

Janice was in the finals last year, but sprained her ankle right before her match. This year, she came back and made up for it. A 2:15 hour match against Katie Wood from Coronado resulted in final scores 3-6, 7-6 (7-5), 7-6 (7-3).

Katie Wood won her division of 6 players, earning her #2 seed position with 200 points out of a possible 280, while Janice went undefeated in her division of 6 players to gain the #1 seed position with all 280 possible points. Going into playoffs, the two ladies won their first round matches to meet in the final.

Congratulations to Janice. All those singles ladder matches she played this year paid off.



## Club Pro, Robin Harris, earned Silver medal in the 2013 USTA National Women's Intersectional Team Event held in Boca Raton, Fl.

Eleven teams, from various regions of the United States, competed for the title played on green clay courts. Robin was a member of the Southern California team. Seeded #2, she and her teammates defeated Mid-Atlantic and Florida on their way to the finals.

In the final match, So. Cal lost a close nail biter to #1 seeded Southern 3-2 in matches. They received silver medals for their efforts and Robin was undefeated in match play.



# Scripps Ranch Swim & Racquet Club

## Clean Sweep!

By Donna Dickinson

The SRSRC "A" players have been enthusiastically competing, practicing and faithfully showing up for Wednesday league matches for the past couple of seasons without much success. Playing competitive matches they always seemed to end on the three set losing side of a match final score. Today "Ya Lah" a break through.....a clean two set winning streak for all six teams. Congratulations ladies for your spirit, good sportsmanship and hard work.

Photo montage: Caresse Muir



GIRLS JUST WANNA HAVE FUN!

WINNING IS SURE MORE FUN THAN LOSING!

READY FOR A VICTORY!

I'LL DRINK TO THAT!

JANICE FOUND TIME TO DO SOME SHOPPING TOO



## Winning Without Errors

This article is a follow up to Nick Porter's excellent article in the last newsletter. Nick's top notch research concluded that winners only accounted for a small percentage of points won in pro tennis. The majority of points lost were due to unforced and forced errors, poor shot selection, and footwork.

When a recreational player is trying to improve his/her game, they should focus on a few simple things, mainly figure out how to cut down unforced errors. This is obviously not an easy thing to do, otherwise the quality of tennis would be at a much higher level. The single biggest limitation is time. Without playing four to five times a week on a regular basis, a player does not see the ball well enough to make quick decisions in regards to footwork. Once a player hesitates, the footwork and spacing are compromised.

Being realistic with people's time constraints, here are a few key things you should do when you are on the court.

1. Do a wide stance split-step just before your opponent hits the ball.
2. Keep moving all the time other than serving, hitting a shot, or split stepping.
3. Keep balanced when hitting.
4. Make a good decision on shot selection.

If you can cut down on your unforced errors just a small percent, your results will definitely improve (double faults do count as unforced errors). If you can cut out most of your unforced errors, you are on your way to some very satisfying tennis.

## Shot Selection

What is a good shot in tennis? For me as a teacher, its a ball struck cleanly, with purpose. Sometimes its heavy topspin, sometimes its flat, sometimes its sliced.

Regardless of whether its singles or doubles, a good shot is one that a person is capable of making in a particular situation.

Far too often, players are trying to do too much when their positioning really limits them. Be realistic of what your capabilities are, and what your body balance is for a particular shot. Also keep in mind the level of your opponent. If you are playing an individual or team with limited abilities, keep the ball in play until you have a realistic opportunity to finish off the point.

Winning tennis in singles is generally when balls are hit deep in the court, forcing your opponent to move, but keeping the unforced errors down. Winning tennis in doubles is getting a high percentage of serves and returns in, and keeping balls up the middle with a willingness to come to the net with your partner.

So what is a good shot in tennis? A realistic, high percentage shot, with some directional intent, that stays in the court. I know this doesn't sound flashy, but its a winning formula at all levels.

Good Luck and see you on the courts,

*Doug Denton*



## To honor Lefty's mighty victory, here's a golf course

By Richard Lederer

Mark Twain called it a good walk spoiled, and Oscar Wilde defined it as a man fanning a ball with a stick.

The activity, of course, is golf.

Personally, I don't play the sport for two linguistic reasons: First, the word *golf* is, appropriately, *flog* spelled backward. Second, I have dedicated my life to being above par and don't wish to flog myself in an effort to be subpar.

"O frabjous day! Callooh! Callay!" we San Diegans chortled in our joy when, back on July 21, our own Phil Mickelson crafted a surpassing final round to capture his first British Open title, proving that nice guys can finish first. Honoring Lefty's come-from-way-behind triumph, I offer a glossary of golf terms:



Despite what the Internet may tell you, the word *golf* is not an acronym for "gentlemen only, ladies forbidden." In truth, *golf* is derived either from the German *kolbe*, which like the Dutch *colf* and French *chole*, means "stick, club," or from the Scottish *gowf*, "to strike."

In Old and Middle English the word for a young girl was *brid*, from which we get *bride*. By a semantic shift known as metathesis, the *i* and the *r* became transposed, and in the late 18th century, *bird* resulted. Crossing the ocean in the mid 19th century, *bird* became American slang for a person or thing of excellence. In the early 1920s, possibly at Atlantic City Country Club in New Jersey, the popular word attached itself to golf, in the diminutive form of *birdie*, to signify one stroke under par.

The eagle, the king of birds, is often a symbolic mark of excellence. Eagle Scout is the loftiest of Boy Scout ranks, and the eagle is an emblem of high military rank. It is no surprise, then, that a score of two below par in golf is an eagle, even better than a birdie.

In Great Britain in the early 1890s, a bogey was a ghost or specter. That word gives us both the bogeyman that causes little children to scurry to their beds in fright and the golf term *bogey*, one stroke over par. The operative metaphor here is that the fixed ground score became like a monstrous opponent, hence, a frightening bogey.

According to legend, Mary, Queen of Scots, was the first female golfer. When she returned to Scotland from France in 1560, several French youths accompanied her to serve as pages and porters. These young men were likened to cadets, "young soldiers," and a golf club porter came to be known as a *caddy*.

*Fore*, the traditional vocal warning to golfers who might be playing ahead that a ball is about to be struck or is in flight, derives from the Old English preposition that means "in front," as in *forecast* and *forehead*.

A *mulligan* is a free shot to compensate for a mishit ball, sometimes permitted in a casual game. No one can say for sure how this word came into golf in 1949, but here's my best guess: In family-type saloons there was always a bottle called Mulligan on the bar. The basic ingredients of this sauce were hot pepper seeds and water. If you were insane enough to swish a few drops of this concoction into your beer, it ate out your liver, stomach, bladder and finally your heart. In the psychological sense, this is precisely what happens on the course when you accumulate too many mulligans.

A *stymie* was originally a situation in which a player's ball rests between the cup and another ball, obstructing its path. Some suggest that *stymie* issues from the Gaelic *stigh mi*, meaning "inside me," while others point to the Dutch *stuit mij*, meaning "it stops me." Now that players mark their balls and remove the impediment, the word has soared off the fairway of golfing parlance and into general use to mean "frustrated, thwarted, blocked in reaching an objective."

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