

# COLORADO TENNIS

Year 34, Issue 2

The C of Tennis Lovers

Est. 1976

SPRING 2009

## CHILD'S PLAY

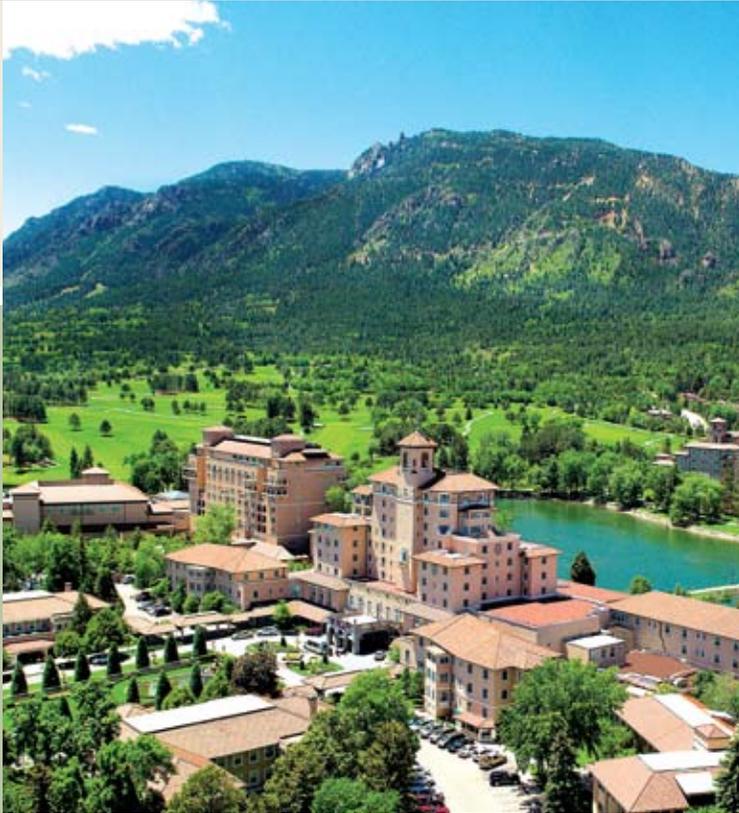
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New for 2009 are two unique "specialty" camps combining our award-winning tennis with our spectacular Broadmoor lifestyle including fly-fishing, wine tasting and cooking!

### Summer 2009 Adult Camps • *Three Days, Three Nights*

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May 29 – 31	Dennis Ralston "Premier"
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June 26 – 28	Broadmoor Adult Camp
June 30 – July 2	Broadmoor Adult Camp
July 10 – 12	Broadmoor Adult Camp
July 31 – August 2	Broadmoor Adult Camp
August 14 – 16	Dennis Ralston "Premier"
August 21 – 23	Dennis Ralston "Premier"
August 28 – 30	Broadmoor Adult Camp

### 2009 "Specialty" Tennis Camps

August 10 – 12	3.0 – 4.5 Tennis & Fly Fishing Camp
September 18 – 20	3.0 – 4.0 Tennis & Wine Tasting, Cooking Weekend

### Tennis Camps Include:

- Lunch with the pros on Day One
- 4:1 student/pro (players are grouped with others of their level)
- Dartfish video analysis
- Camp notebook and gift
- Complimentary court time & match arranging daily
- Intensive instruction and supervised match play
- Special package rates with luxurious Broadmoor room included or commuter rate available
- Special schedule & inclusions for specialty camps

### Summer 2009 Junior Camps

*Camps include four hours of instruction and lunch daily. Please call for details!*

June 12 – 14	Competitive (Ages 12 – 18)	July 27 – 29	Advanced Juniors (Ages 8 – 14)
July 20 – 22	Novice Juniors (Ages 7 – 13)	Aug 5 – 7	High School Varsity (Ages 14 – 18)

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Includes room, incidental service fee, two drills per person, court time, match-arranging and round-robin. We offer four drills each day – for beginners to the most advanced levels of play. Starting at \$220.00 per person, per night, double occupancy.



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### SUMMER JUNIOR PROGRAMS



**WEEKLY CAMPS** (ages 7 and up)  
9am-1pm (\$189/members; \$199/non-members)  
**QUICKSTART TENNIS CAMPS** (ages 4-6)  
Three 2-week sessions: T/Th 12-1pm (\$68/session)  
Session 1: June 9-18  
Session 2: July 7-16  
Session 3: August 4-13  
**JUNIOR INTERCLUB/TEAM TENNIS**  
Monday matches, W/F practice  
**SUMMER SLAMMERS** (supervised match play)  
T/Th 1-3pm (\$12/members; \$18/non-members)  
**BOYS HIGH SCHOOL BOOTCAMP**  
August 10-14 (\$189/members; \$199/non-members)

### SUMMER MEMBERSHIP SPECIALS



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### HIGH SCHOOL TRAINING & CHAMPS CAMPS

Keep your skills sharp, or gear up for the summer tournament season with our all-new specially designed programs. Sessions begin in June, visit our website for more details.



### SUMMER ADULT PROGRAMS

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# COLORADO TENNIS

Year 34, Issue 2

The Official Publication Of Tennis Lovers

Est. 1976

SPRING 2009

## 6 COVER STORY: CHILD'S PLAY

Kids love to play. Through sports, they learn the fundamentals of teamwork, fair play and sportsmanship. But finding the right sport for your child can be a real puzzle, especially with all the choices confronting parents these days. Finding the right opportunities to get your kid into a sport can be intimidating, overwhelming and downright frightening. But if you're looking to fit your child into the tennis puzzle, we can help.

**10 The Case For QuickStart** How the "new way to play" for kids 10 and under will change the sport

**11 Solving the Puzzle** The quick guide to finding the right tennis program for your child

**12 The Tennis Code** A parent's guide to player and spectator etiquette

## 14 AT PLAY: CHANGING THE WORLD, ONE PLAYER AT A TIME

The Colorado Youth Tennis Foundation has been making tennis dreams come true for kids since 1961.

## 19 SPOTLIGHT: TAYLOR MCKINLEY

An intern for USTA Colorado's Junior Team Tennis program back in 2007, Taylor McKinley is back to put the RAD into Colo-RAD-o league tennis.

## 20 SPOTLIGHT: THE USTA COLORADO DIVERSITY PLAN

Strategic partnerships and outreach highlight USTA Colorado's updated 5-Year Diversity Plan.

## 21 SPOTLIGHT: RACQUETS FOR RECOVERY

For this group of stroke survivors, tennis isn't just recreation, it's rehabilitation.

## 26 PROFILE: TOURNAMENTS CELEBRATING LIVES WELL LIVED

There are more than a dozen memorial events in the Colorado Tournament Schedule. We introduce you to a few of the people whose lives are commemorated by these annual celebrations.

## 28 BODY TALK: BATTLE OF THE BANDS

The story of how four intrepid tennis players waged a war against a rubber band. And lost.

### DEPARTMENTS

- 16 BUZZBUZZ: Nouns in the News doing This, That & the Other
- 22 JUNIOR COMPETITION: Star Search winter program gets underway, and Team Colorado goes Davis Cup
- 24 COLLEGE SCENE: The Fuzz is Da Buzz on college campuses across the state
- 29 USTA CO NEWS: What's the latest from the Big Chair?
- 30 THE LAST WORD: Uncovering the conspiracy
- 31 411: About USTA Colorado and contact information

### About COLORADO TENNIS

COLORADO TENNIS (USPS #013-371) is the official publication of USTA Colorado, a District of the United States Tennis Association. It is published quarterly (March, June, September & December), plus a special keeper issue in February – THE BIG BOOK OF COLORADO TENNIS.

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## JOIN THE USTA

### THE BENEFITS OF MEMBERSHIP

#### ADULT LEAGUE TENNIS

One of the country's largest recreational league tennis menus, the Colorado Adult League Series provides organized and structured team matches for nearly 28,000 men and women throughout the state. Whether you're a beginner or you're in a league of your own, we've got a team for players like you.

#### FREE PUBLICATIONS

COLORADO TENNIS newspaper  
The BIG BOOK OF COLORADO TENNIS  
TENNIS Magazine  
USTA & SMASH Magazine

#### TOURNAMENT TENNIS

Sanctioned tournament play is wrongly thought to be for "serious competitors only." But in Colorado, there is a tournament for every level player, novice to expert. And with more than 160 events featuring divisions for kids under 10 to seniors 90 and up, there's no age limit for having fun.

#### FIND OUT MORE

Visit [USTA.com/membership](http://USTA.com/membership) for more information, to become a USTA member, or to change your address.

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# CHILD'S PLAY



# K

ids love to play.

Through sports, they learn the fundamentals of teamwork, fair play and sportsmanship.

But finding the right sport for your child can be a real puzzle, especially with all the choices confronting parents these days. Finding the right opportunities to get your kid into a sport can be intimidating, overwhelming and downright frightening.

But if you're looking to fit your child into the tennis puzzle, we can help.

VIRTUE

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confidence

responsibility

creativity

SELF-CONTROL

HONOR

FUN

concentration

FRIENDSHIPS

teamwork

HUMILITY

endurance

COORDINATION

fitness

competition

FLEXIBILITY

AGILITY

resourcefulness

character

### A Sport for a Lifetime.

Tennis provides a place for youngsters to make new acquaintances and strengthen existing relationships with family and friends. It teaches the importance of physical, emotional and mental fitness; of making good choices; and developing good character.



# A PERFECT FIT

## How to Solve the Tennis Puzzle and Find the Perfect Program for Your Child

### **TENNIS FOR TOTS**

Introducing tennis to preschool age kids is an ideal time to begin their love affair with the sport, provided you remember the number one rule: keep it fun.

Most tennis professionals and facilities offer their own version of a preschool tennis program. They provide tot-sized racquets, easy to handle foam balls and mini-nets to bring the game down to the kids' level.



### **QUICKSTART TENNIS**

The new way to play for kids 10 and under, the QuickStart format is the ideal way for kids to Play to Learn (see page 10).

Introduced in 2008, QuickStart Tennis is just getting going here in Colorado. The Micro Tennis program (for ages 5-8) will adopt the QuickStart format this year.



### **USTA SCHOOL TENNIS**

There's one place where more people are being introduced to tennis than anywhere else in Colorado: SCHOOLS!

More than 400 schools from throughout the state are introducing tennis to their students through PE, which means close to 140,000 kids have access to the comprehensive, lifetime benefits of the sport.

Contact your local school to find out if tennis can be part of your child's PE curriculum. USTA Colorado can not only help your school integrate tennis into the curriculum, but offers training and access to discounted equipment as well.



### **JUNIOR TEAM TENNIS**

When was the last time your kid felt passion for something other than a joystick?

Junior Team Tennis makes the game so fun, they won't even realize they're learning it.

And how many other sports teach ethics while teaching the game? In JTT, kids call their own lines, judging right and wrong while calling in or out.

Boys and girls compete on teams, building skills in a sport they can play for a lifetime. And making friends and memories that will last just as long.

Junior recreational players of all ages and abilities (beginner-advanced) compete in weekly team matches where the action is lively but social. Teams are set up to assure compatibility of play, matching players of similar ages and skills.

JTT is also perfect for high school players looking to keep their skills sharp, or get more match play in a team atmosphere. The JTT season runs June-August.



## **TOURNAMENTS**

For many players, the word "tournament" conjures up images of professional athletes slugging it out on a far-away continent in front of thousands of fans and with millions of dollars on the line.

But for the vast majority of players, tournament tennis is really about sowing their competitive oats at a local event, far removed from the cameras and the throngs of cheering spectators.

In fact, most of the crowds at these events consist of parents, children, husbands and wives and perhaps a handful of friends and other familiar faces.

The environment is competitive, but nurturing. Tournaments also provide a chance to meet new friends, see old acquaintances, and get in a great workout. Some events even host player barbecues and dish out cool giveaways. A growing number of junior events provide lunch, a player pool party and a full day's worth of scheduled match play, so you can plan your life around the event.

Youth tournaments offer a wide variety of formats, and accommodate any age or level of player.

### **QuickStart / Novice Tournaments**

If your youngster is just learning the game, she would be right at home at a Novice tournament. This year there are more than a dozen novice events on the tournament calendar, plus an additional half dozen QuickStart novice events for kids 10 and under.

Novice events do not require a USTA membership, and first-time novice players are given a free membership from USTA Colorado to encourage them to participate in future Satellite and Championship events as they improve their skills.

### **Satellite Tournaments**

Intermediate-level players with some experience will be right at home in satellite tournaments.

Last year, more than 3,000 youngsters competed in the more than 40 satellite events listed in the Colorado Sanctioned Tournament Schedule, an all-time high.

### **Championship Tournaments**

More accomplished players and those seeking to compete at the Sectional and National levels will find the toughest competition at the championship level of junior tournaments.

With more than 45 tournaments and more than 4,000 juniors participating annually in championship events across Colorado,



## **SINGLES LEAGUES**

For year-round tennis, USTA Colorado's Spring and Fall Singles Leagues give intermediate and advanced junior players (ages 10 and up) a chance to play singles matches against other players of similar ages and abilities.

Jump start the season through organized play on Saturdays in April and May, or extend the season into fall on Saturdays in September and October.



## **MIDDLE SCHOOL**

USTA Colorado is partnering with interested schools and select school districts to offer organized inter-school team play as a part of their after-school programming. Contact USTA Colorado for more information regarding existing programs, or to find out how you can help your school get involved.

## **DEVELOPMENTAL PROGRAMS**

**Team Colorado** A junior excellence program aimed at helping 12 and under players succeed at the Sectional and National levels, Team Colorado has been home for the state's top juniors for more than 20 years. Team Colorado players are selected in October, with the season running mid-November through mid-spring.

**Star Search** Star Search develops, nurtures and promotes the tennis skills of dedicated 8-12 year-olds from diverse backgrounds. A free program for the players, Star Search is a year-round program offering summer sessions at City Park (Denver) and a winter session at Colorado Athletic Club Monaco.

## **HIGH SCHOOL**

For many junior players, one of the most exciting experiences they can have is to compete for their high school in interscholastic competition. With more than 7,300 players in 270 Colorado schools participating, players of all abilities still have the opportunity to compete on their high school squads.

## **COLLEGE TENNIS**

The USTA's Tennis On Campus program is designed to provide college students with opportunities for team camaraderie, social networking, and rivaled competition through tennis without the rigors of a varsity program. Perfect for athletes who have chosen not to make the jump from high school to college varsity, Tennis On Campus offers co-ed team-based play, regional and national championship competition, and helps students maintain active and healthy lifestyles through their college years. Currently, the program is offered on over 500 college campuses and services over 30,000 students nationwide.



## THE CASE FOR QUICKSTART

Today, kids have more options than ever for what to do with their free time. Tennis no longer has to compete with other traditional sports alone. The marketplace in the sporting world has continued to grow exponentially with the rise of "extreme" and other non-traditional sports. And, of course, in addition to athletics, tennis goes head-to-head with technology – including computers, the internet, video games, and iPods.

Tennis is just one sport that can get children physically fit (as it works out the arms, legs and cardiovascular), but tennis is also a sport that has psychological benefits to go with it.

Studies have indicated that those taking part in sports activities on a regular basis showed an increase in academic performance and memory. Scientists at the University of Illinois found that tennis might actually generate new connections between the nerves in the brain, due to the sport's requirement of alertness and tactical thinking.

The vast array of play choices for children means that tennis has to be – more than ever before – especially accessible, fun and easy to play. To get children into the game and to keep them playing, there needs to be a fast and fun way for them to get started.

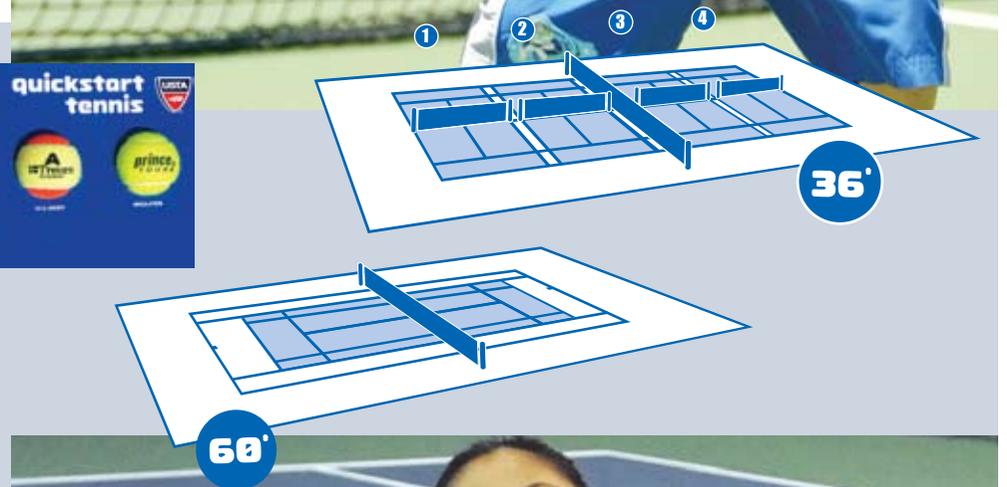
### AT A GLANCE: QUICKSTART TENNIS

QuickStart Tennis is an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. It is divided into two different levels – ages 8 and under and ages 10 and under. It's the fast, fun way to get kids into tennis – and keep them playing.



#### Downsized!

Just as kids need a court that suits their size (36' for 8 years and under, 60' feet for 10 year-olds), they also need the right equipment. Racquets are downsized in order to facilitate easy learning and fun, from 19" (at left) to a full sized 27" racquet at right. Depending on age and skill, players use oversized, slow-bouncing foam balls to low compression balls.



### GETTING STARTED: EQUIPMENT

**Racquets:** For players to succeed at tennis, racquet control is essential. Kids need racquets that are proportionate in length and weight and have a grip that fits their smaller hands.

**Balls:** Kids need a ball that's sized and paced to their playing abilities. A regulation tennis ball moves too fast, bounces too high and is too heavy for their smaller racquet. Each age group, therefore, uses a ball better suited to their size and unique playing ability – an oversized foam ball for the younger, less experienced kids, and a pressureless ball for players who have a bit more experience.

**Courts:** Instead of having kids run around a full-sized tennis court, QuickStart scales the playing surface down to a more manageable size to help maximize the players' enjoyment and skill development: a 36'x18' for the 8 and unders who find it easier to sustain a rally and develop angles at a much earlier age; and a 60'x21' court (60'x27' doubles) for the 10s, which effectively cuts in half the amount of court a developing player has to cover.

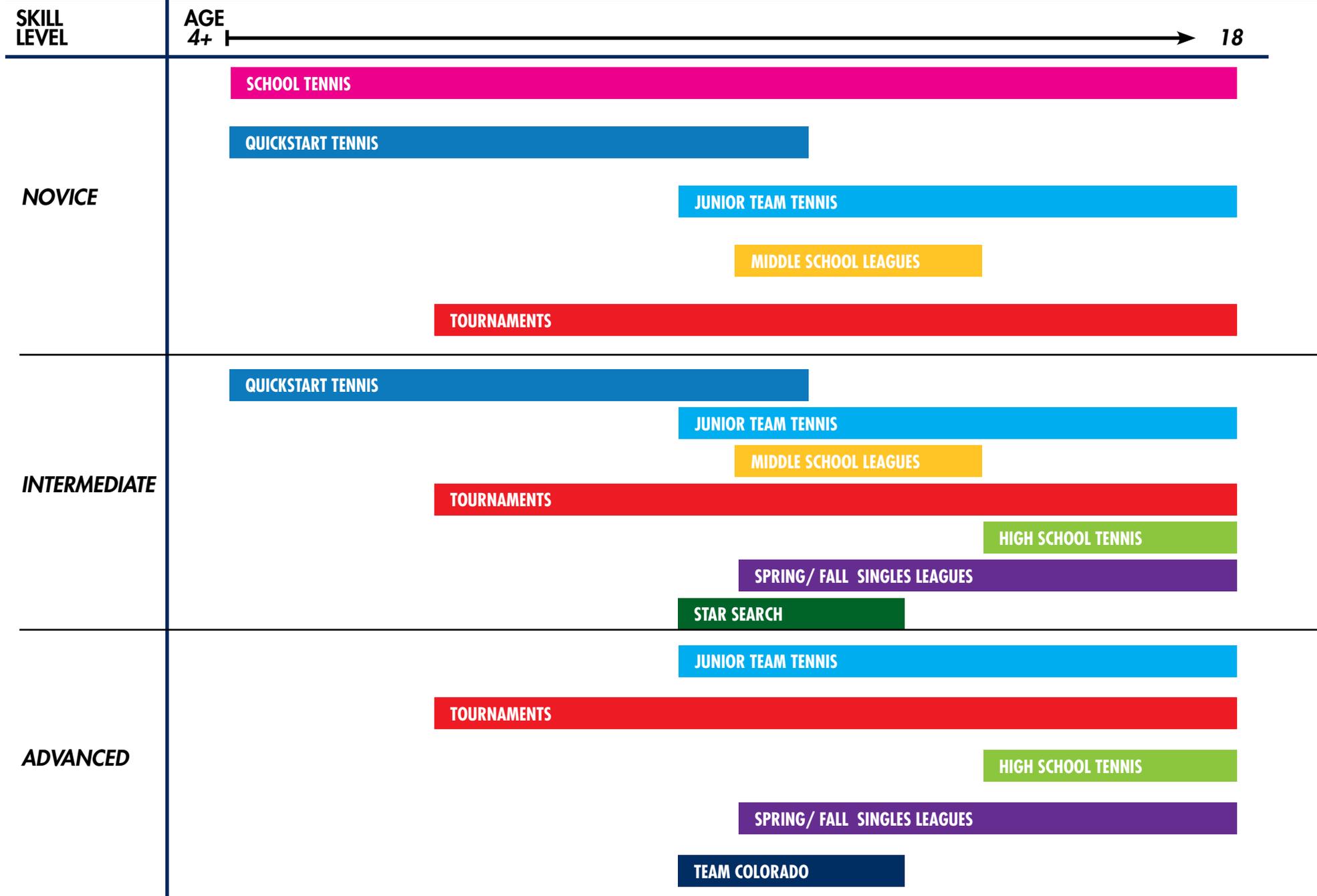
### INTRODUCING: QUICKSTART LEAGUES & TOURNAMENTS

Kids have more fun with QuickStart than with other approaches to the game because it is real tennis. Instead of pulling at the grass while waiting their turn to hit balls, kids are on the court in an actual match. Real tennis means real competition, and competition means leagues and tournaments. QuickStart events don't crown champions or establish rankings, they help kids learn strategy and tactics by actually playing matches. The more matches kids play, the more they learn about the game.

This year, USTA Colorado's Micro Tennis league will be following the QuickStart format, and we are anticipating introducing the QuickStart format into Junior Team Tennis (10 and under divisions) in the future. In addition, we are working with several local facilities to promote the QuickStart format in tournament play for 2009. A USTA membership is not required to participate in any QuickStart events.



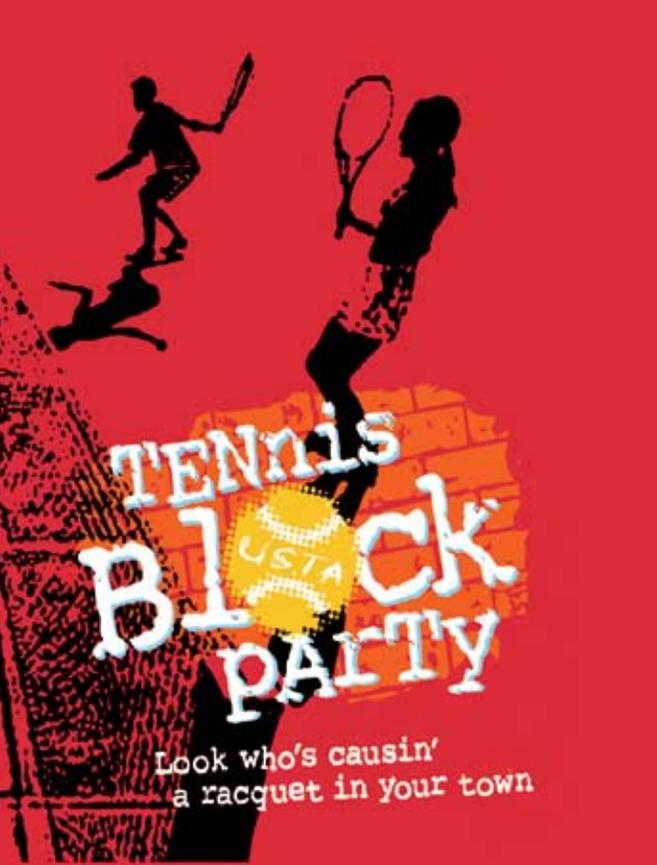
# SOLVING THE PUZZLE THE QUICK GUIDE TO FINDING THE RIGHT TENNIS PROGRAM FOR YOUR CHILD



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**CASTLE ROCK / BISON PARK**  
Sunday, May 3, 12pm-4pm  
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**STEAMBOAT SPRINGS / TENNIS CENTER AT STEAMBOAT**  
Tuesday, May 5, 10:30am - 1pm  
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**ARVADA / ARVADA TENNIS CENTER**  
Saturday, May 16, 9:30am-12noon  
Michele Crouse  
Tel: 303/467-7158 • michelecrouse@yahoo.com

**DENVER / GATES TENNIS CENTER**  
Saturday, May 16, 11am-3pm  
World Team Tennis Kickoff Bash  
Kailey Jonas  
Tel: 303/695-4116 • kailey@coloradotennis.com

**FRASER / FRASER TOWN COURTS**  
Saturday, May 16, 10am-12noon  
Kate Walker  
Tel: 970/726-8968 • walkerkate@yahoo.com

**DENVER / CITY PARK**  
Saturday, May 23, 9am-12noon  
cityparkracquetclub.org  
cityparkracquetclub@yahoo.com

**PARKER / RAILBENDER PARK TENNIS CENTER**  
Saturday, May 30, 11am-3pm  
Barry Riddle  
Tel: 720/979-6880 • parkertennis@gmail.com



## A PARENT'S GUIDE TO TENNIS ETIQUETTE **THE CODE**

One of the most challenging things for parents as they watch their youngsters play a sport is keeping from becoming personally involved in the action. You read about situations across the country where rival parents wind up embarrassing themselves and their kids because they become part of the action, rather than a spectator of it.

Parents have to learn the basic etiquette that defines each individual sport – what is acceptable in soccer, for example, is not necessarily welcome at say, a golf tournament. Players and spectators are encouraged to abide by The Code, a set of procedures and unwritten rules that are part of the tennis tradition.

Even the most well-intentioned and well-behaved parent may not know all the rules pertaining to behavior at a tennis match, so to help out, we thought we should reprint some of the more important details. You'll find this banner hanging at various tennis courts across the state as a reminder of how tennis players and spectators are expected to behave.

### **courtesy**

Tennis is a game that requires cooperation  
and courtesy from all participants.

#### **PLAYER'S CODE:**

Always keep track of the score;

Make all line calls promptly; and

Handle all scoring and line call disputes in a  
respectful and productive manner

**IT IS VERY IMPORTANT THAT SPECTATORS  
DO NOT BECOME PART OF A TENNIS MATCH.  
AT NO TIME SHOULD SPECTATORS ASSUME  
ANY OF THE PLAYER'S RESPONSIBILITIES.**

#### **SPECTATOR'S CODE:**

Exhibit polite behavior and decorum at all times;

Save applause and cheers for a break in the action; and

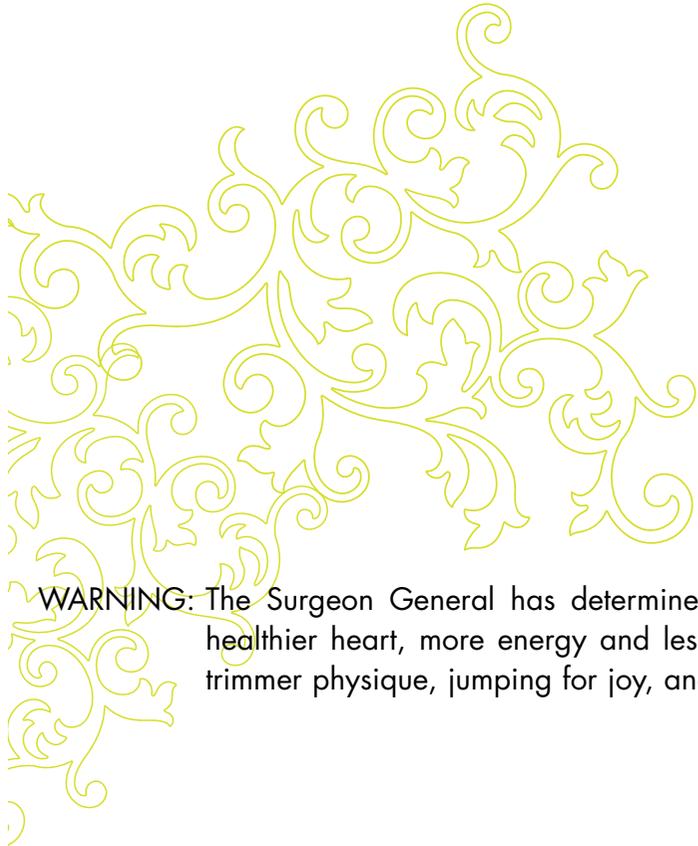
Be appreciative of the effort on both sides of the court.

## **know the code:**

You can help make tennis fun by exhibiting sports-  
manship, respect and courtesy.

# Tennis.

*The cure for the common workout.*



**WARNING:** The Surgeon General has determined that playing tennis may result in a healthier heart, more energy and less stress. Common symptoms include a trimmer physique, jumping for joy, and uncontrolled giggling.

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**INTERMOUNTAIN  
COLORADO**

# atplay

## WHAT YOU SHOULD KNOW ABOUT THE COLORADO YOUTH TENNIS FOUNDATION

The Colorado Youth Tennis Foundation raises money through our two premier events – the Colorado Tennis Hall of Fame Gala and the ever-popular Punk Relic Charity Tournament, as well as through donations from foundations, corporations and individuals.

In 2009, the CYTF's goal is to raise \$15,000 in individual gifts to help us provide tennis opportunities to kids in need across Colorado. Please help us reach our goal by

making a tax deductible gift today. Your dollars will go a long way in making sure that all kids who have an interest have a chance to play tennis.

To make a gift – big or small, visit our website at [COLORADOTENNIS.com](http://COLORADOTENNIS.com) and click on the CYTF logo. Your gift will be acknowledged in the next issue of Colorado Tennis newspaper.

If you are aware of corporations who might be interested in sponsoring one of our events please contact us at 303/695-4116 x 201.

### ADULT LEAGUE PLAYERS WANTED

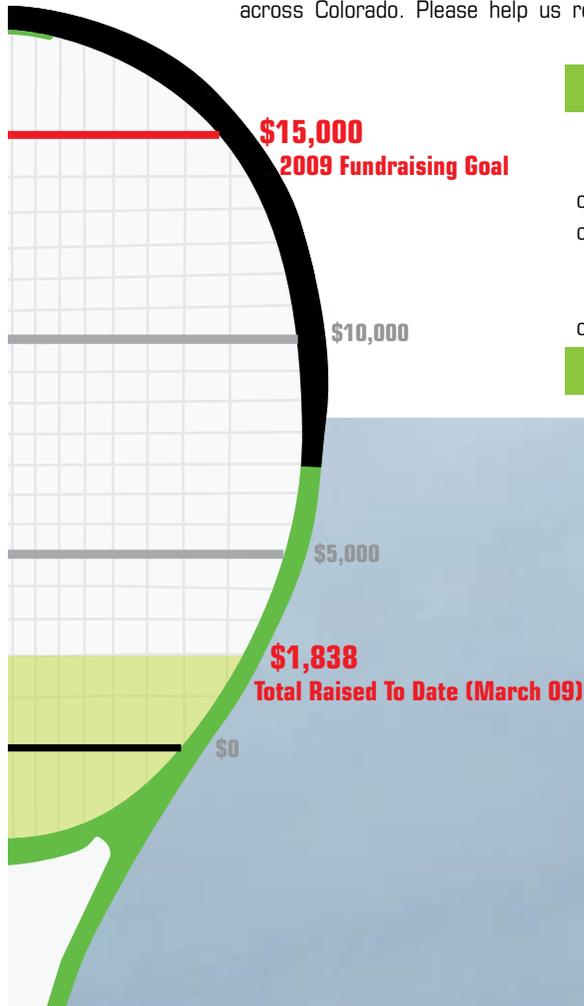
Last year, more than 27,000 players competed in the adult leagues throughout Colorado.

If each one made a small gift of \$10 (the cost of just two venti lattes or one glass of nice chardonnay), the CYTF could invest more than a quarter million dollars back into the tennis community, helping juniors across the state join the game.

Now just imagine if every league player gave a bit more....

Help us save the world, one player at a time. Please donate to the CYTF. There's a child counting on your help.

### WE CAN CHANGE THE WORLD



#### Thank you to the following donors who have supported the CYTF in 2009:

Sara Anundsen  
 Ronald Carboy  
 Joe & Sally Casey  
 Thomas & Deborah Clark  
 Marilyn Fleischauer  
 Richard & Carol Gugat  
 Isle Hine  
 Emily Jewett  
 Joanne Johnson & Friends  
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 Bruce & Sarah Karlberg  
 Lakewood Tennis Association  
 Gene Milstein  
 Homer & Jody Reed  
 Robert & Kelly Ryan  
 Suzanne Sindt  
 Connie Tucker  
 Ann West  
 Gary & Jill Williams  
 Alvie Willis  
 June Wooldridge

#### Colorado Youth Tennis Foundation seeks volunteers

Are you passionate about kids and tennis? Are you interested in making a difference in the lives of children? If so, the Colorado Youth Tennis Foundation is looking for you. The CYTF is a fundraising arm of USTA Colorado. Its mission is simple, yet important – to provide tennis opportunities to kids in need across the state. The CYTF is currently seeking volunteers in the following areas:

**Development Committee** This group raises money through corporate, foundation and individual asking.

**Punk Relic Charity Tournament Committee** The 2009 adult/junior combined tournament will be held on August 23. Volunteers are needed in the areas of event promotion and marketing, sponsorship acquisition and fundraising.

**Colorado Tennis Hall of Fame Committee** The 2010 Colorado Tennis Hall of Fame Gala will be held early next year. Volunteers are needed in the areas of promotions and marketing, sponsorship acquisition, fundraising, logistics and auction management.

If you have an interest, call our offices at 303/695-4116 x 201 and get involved. Visit our website to learn more at [COLORADOTENNIS.com](http://COLORADOTENNIS.com) or email [lisa@coloradotennis.com](mailto:lisa@coloradotennis.com).

WE'RE CHANGING  
THE WORLD.

ONE PLAYER AT A TIME.

We live in a time when the issues facing the health and focus of youngsters are pressing and significant. Childhood obesity is prevalent in communities throughout our state, and our kids are tested daily with decisions surrounding drugs, gangs and other potentially life changing choices that may have a profound effect on their future.

Tennis is much more than just a healthy activity that promotes physical fitness. It fosters decision-making skills and instills self-confidence, sportsmanship and teamwork. It extends beyond the boundaries of age, color and economic background.

Tennis provides a place for youngsters to make new acquaintances and strengthen existing relationships with family and friends. It teaches the importance of physical, emotional and mental fitness; of making good choices; and developing good character.

We envision communities where all kids are introduced to tennis in their schools, where they are given the opportunity to then get involved in after-school programs in elementary, middle school and high school.

We believe tennis gives kids the tools to learn, compete and win in life – through proper practice, dedication, knowledge and respect.

We need to focus on the future and make sound investments in the lives of our youth. Through tennis scholarships and grants, the Colorado Youth Tennis Foundation is reaching out to kids of all ages and backgrounds in the hope that kids receive the many benefits of the sport.

To learn more about the CYTF Scholarships and Grants program, or to help us change the world, one player at a time, please visit [COLORADOTENNIS.com](http://COLORADOTENNIS.com).

Colorado   
 Youth Tennis  
 Foundation

**ADVANTA**    
**WTT**

**COLORADO**  
**WORLD TEAM TENNIS**  
**KICKOFF EVENT**

**May 16, 2009**  
**Gates Tennis Center**

Join former ATP Tour professional and Colorado Tennis Hall of Famer, Jeff Salzenstein and 2008 Colorado Tennis Hall of Fame inductee, Jeff Loehr, along with other top Colorado players for a WTT Exhibition.

Special guest Craig Kardon, recently named coach of WTA Tour Champion Ana Ivanovic and former coach of tennis legend, Martina Navratilova, will share his tennis insight and perspective with the crowd.



**INTERMOUNTAIN**  
**COLORADO**



**PRO-AM**

Team up with one of Colorado's Division I collegiate players for the inaugural Colorado WTT Pro-Am.

Pro-Am Registration ends April 15,  
 first 100 players get a spot.  
 \$25/player, includes a shirt and lunch.

**QUICKSTART**

Bring the family for a day of QuickStart, the way to play for kids 10 and under. Register now, only 48 spots.  
 \$15/player, includes a shirt and lunch.

**DEMO DAYS**

Demo the latest racquets from Babolat, Head, Prince, Wilson & more.

**411**

Visit [COLORADOTENNIS.com](http://COLORADOTENNIS.com) for registration and details.

# buzzbuzz

## NOUNS IN THE NEWS

PEOPLE, PLACES & THINGS DOING THIS, THAT AND THE OTHER.



### Matarazzo receives Humanitarian of the Year Award from PTR

Vicky Matarazzo (Lakewood) was honored with the Professional Tennis Registry (PTR) Humanitarian of the Year Award at the 2009 PTR International Tennis Symposium, held in February at Van der Meer Shipyard Racquet Club on Hilton Head Island, South Carolina. Matarazzo received the award for her work with numerous charitable organizations ranging from USTA School Tennis to wheelchair tennis to Special Olympics.

Seven years ago, Matarazzo began offering free tennis at the Easter Seals Camp in Empire, CO. The tennis court was in terrible condition, so Matarazzo worked with a company who resurfaced the court at a reduced rate. She rallied friends who donated much of the money, and the balance came from her pocket. This past summer, with the court in a state of disrepair again, Matarazzo has begun another campaign to have it resurfaced. But in the meantime, Matarazzo sets up portable nets and uses foam balls on the portions of the court that are safe from deep cracks that could injure a camper.

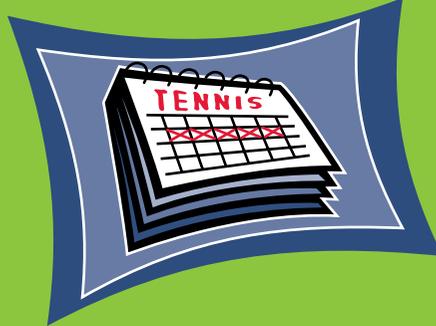
Matarazzo is famous for her infectious passion, inspiring not only the students, but the counselors, physical education teachers and anyone else who can help her grow the game. As the recipient of this award, Matarazzo receives a \$2,500 grant from the PTR Foundation.

### Dann to captain American Italia Cup in Spain

Willie Dann (Denver) will lead the American Italia Cup (M35) team at the 2009 ITF Seniors World Team Championships, April 27-May 2, on the red clay in Mallorca, Spain. The annual event brings players from around the world to compete against each other in a team format.

Dann has represented the American Italia Cup squad several times, most recently in Turkey last year. He finished 2008 as the second-ranked player in the US (M35) and enters 2009 as the #3 ranked player in the world. Last year, Dann earned double gold balls at both the US Indoor and Grass Court Championships, winning both the men's 35 singles and doubles titles at both events. Dann was named the USTA Colorado Player of the Year for 2008.

Joining Dann on the 2009 Italia Cup team is his doubles partner,



## USTA Colorado unveils its COLORADO TENNIS MASTER CALENDAR

In an ongoing effort to provide Colorado tennis players and coordinators with improved organizational tools, USTA Colorado has developed a Master Calendar that will ultimately provide players with a complete picture of tennis opportunities statewide.

The initial roll-out will help players, captains and administrators navigate the sea of adult and junior league dates, and will also list the entire 2009 Colorado Sanctioned Tournament Schedule. Stay tuned for the second phase of the Master Calendar, which will include community events, additional play opportunities and a host of other vital information.

### NEVER MISS A DEADLINE

To access the Master Calendar, just visit [COLORADOTENNIS.com](http://COLORADOTENNIS.com) and look for the calendar graphic (as seen at top). From there you can customize which program information you need. If you're an information junkie, select it all, or be more discerning and select just the leagues or tournaments you're interested in. It's all available at the click of a mouse.

### HELP IS JUST A CLICK AWAY

Anyone having trouble finding the information they need can contact [SUPPORT@COLORADOTENNIS.com](mailto:SUPPORT@COLORADOTENNIS.com) for assistance.

Happy Planning!

Lew Miller (Denver), who qualified to represent the American squad by capturing both the US Clay Court and the US Grass Court doubles titles (M35), along with finishing second at the Clays and third at the Grass Courts.

The USTA also recently announced that Grand Junction's Susan Wright will be heading to Mallorca as well, as a member of the American Maria Bueno Cup (W50) team. Wright is a regular at the ITF Senior Championships, having represented the US numerous times throughout her tennis career.

Team Championships for Seniors age groups date as far back as 1958 when Leon Dubler of Switzerland presented the Dubler Cup trophy for the first time to the winning Italian team of men 45 and over.

The success of this event led the ITF to offer a full range of team competitions for 35 year-olds through to men ages 80 and over and women ages 75 and over. These 19 age categories have since been divided into two groups: the younger Seniors (35-55) players and the older Super-Seniors (60 and upwards) players.

Many of the team events are named after tennis greats such as Fred Perry and Maureen Connolly. Others are presented by National Tennis Associations which have contributed greatly to the tennis world.

As with all individual ITF Seniors tournaments the team competitions are divided into five-year age groups. Nations nominate teams of up to four players to contest the trophies annually. The competition is played on a round robin basis, followed by a knock out in the later stages to give a complete ranking of all teams.



### Sportswomen of Colorado honors tennis players

Three local tennis players were honored at the 35th Annual Awards Celebration by the Sportswomen of Colorado on March 8. Fifty top athletes were chosen from a variety of sports, as well as four members being inducted into the Sportswomen of Colorado Hall of Fame.

Caroline Schnell, the 5A High School singles champion from Cherry Creek High School and 2008 USTA Colorado High School Player of the Year was named to the list, as was USTA Colorado's Player of the Year Susan Wright, who earned a nod in the Masters Sports category. The ageless Rita Price (pictured above with emcee Marcia Neville), who also won USTA Colorado honors this year (for Senior Player of the Year) was given the Sportswomen of Colorado Special Award for Perverserance.

**Mozia, Martinez receive Intermountain accolades**

Jessika Mozia (Littleton) and Marcos Martinez (Denver) were honored by the USTA Intermountain Section for their achievements and contributions during 2008. Mozia was awarded the 2008 Nikos Ridle Award as the Section's junior tennis player of the year. She was also honored by USTA Colorado with the Margaret Rogers Phipps Award for junior sportsmanship at the Colorado Tennis Hall of Fame Gala. Martinez, who received USTA Colorado's 2008 Arthur Ashe Award for service to under-served tennis communities, was awarded the Section's Barbara Clark Multicultural Community Service Award for his contributions to multicultural populations. The pair were honored at the USTA Intermountain Annual Meeting Awards Luncheon in February.

**Price named National Boys Tennis High School Coach of the Year**

The National Federation of State High School Associations (NFHS) has named Cherry Creek High School boys tennis coach, Kirk Price, as its 2007-2008 Coach of the Year. The NFHS has been recognizing coaches through an awards program since 1982. Each year, coaches are selected from 10 girls programs and 10 boys programs. Winners of NFHS awards must be active coaches during the year in which they receive their award.

**Beard awarded STARS from USPTA**

Kevin Beard was honored with the prestigious STAR award at the February USPTA Intermountain Conference. Kevin is the founder and director of Life CARES, a non-profit organization in Loveland, CO that focuses on the life of youth and the overall health and well being of the community through tennis. Life CARES works to build athletes regardless of economic standing.

**In The Tennis Zone back for second year**

USTA Colorado is excited to partner with one of the nation's only all-tennis radio shows, In The Tennis Zone with Andy Zodin. The hour-long program airs each Sunday, 7-8 PM on AM1510, Mile High Sports Radio, with a re-airing of the broadcast on Tuesday mornings, 10-11 AM. Last year, Andy interviewed the likes of Martina Navratilova, Billie Jean King, the Bryan Brothers, Patrick McEnroe, Nick Bolletierri and many more. Don't miss another incredible year of insight from the greatest tennis minds in the business hashing it out with local tennis pro Andy Zodin, plus coverage of local events, newsmakers and players making a splash in our own tennis community. Sign up for BLAST! at [COLORADOTENNIS.com](http://COLORADOTENNIS.com) and get a schedule for upcoming shows. You can also download past shows at [TENNISZONE1510.com](http://TENNISZONE1510.com).

**Drop Shots Tennis opens second studio, adds golf**

Drop Shots Tennis, a unique tennis facility in Centennial that teaches tennis to children ages 2 to 10 years old, has opened up a second studio at Park Meadows Mall. The new location will not only continue to help kids learn the basics of tennis, owner Matt Nelsen has now added golf, where kids can learn the basics of the sport on a simulator. Of course, when the weather outside is frightful, Nelsen invites moms and dads to sign up for a round of indoor golf.

In addition to teaching tennis and golf, Nelsen's new location will keep kids active and in safe hands while mom or dad get some extra shopping done. The new studio opened up in early March, so be sure to stop by and ask how to extend your child's lesson by 2 hours by enrolling them in the Drop Shots "off-court learning center." For more information, visit [DROPSHOTSTENNIS.com](http://DROPSHOTSTENNIS.com).

**Arvada hiring tennis instructors**

Arvada Tennis Center ([APEXPRD.org](http://APEXPRD.org)) is hiring youth and adult instructors, for the 2009 season. In addition, a part-time pro position is available. Pro would handle some adult lessons, privates, and offer drills for youth, adults as well as being available to work with individual teams. The deadline to send resumes is April 30. Please contact Michele Crouse at 303/467-7158.

**City of Boulder Summer Tennis Camp Instructor positions available**

The City of Boulder is looking for summer tennis camp instructors to plan and teach tennis to kids ages 5-15. Summer camps begin June 1 and run through August 7. The deadline to apply is April 3, 2009. Please contact Derrick Tripp, Sports Coordinator at 303/441-4137.

*continued on next page*



**CAUTION: EXTREMELY SHORT SHORTS AHEAD**

**Colorado Tennis Juniors of the 70s, unite!**

Ever wonder what's become of your old doubles partner, or that guy who beat you in the finals of the state tournament? Stop sifting through 30+ year-old photos of junior tournaments and join us for a reunion of Colorado junior players from the 1970s. Players from that era (high school graduates between 1970-80) are encouraged to attend a dinner buffet in Lakewood, slated for Friday, July 17. There is also an optional gathering the following day in the metro area, site TBD. Please contact Stacy Reily Pardue ([stacypardue@earthlink.net](mailto:stacypardue@earthlink.net)) to put your name on the invitation list. Reunion committee members include Stacy Reily Pardue, Bonnie Benson Zeller, Ken Mason, Jimmy Miller and Fritz Garger. To view the invitation list and help locate players to go: <http://sites.google.com/site/tennisinvite09/Home>.



**Serving up tennis for breakfast**

Congratulations to the winners of the Senior Breakfast League 3.0/3.5 Division at Meadow Creek Tennis Club for the Fall 2008 session. The winning squad was captained by Ron Roberts, and included Jane Hastings, Carolyn May, Joe Gadd, Holly McDonell, Marshall Turner, and Tom Lew (SBL Coordinator Brad Brehmer is pictured in the middle). Not pictured are team members Bill Kaneer, Dean Hinderlitter, Zell Frickey, and Linda Roberts.

The USTA Colorado Senior Breakfast League is open to all USTA members ages 55 and up. Throughout the year, various divisions play at several tennis facilities around the metro area. The league emphasizes the fun and social aspects of the sport. New 16-week sessions run every few months: January-April, May-August, September-December. Registration begins 60 days and closes 30 days prior to the beginning of each session. For details call the USTA Colorado office at 303.695.4116.



### CYTF Racquets for All Equipment Collection Efforts Underway

Racquets and balls are being collected, refurbished and distributed to individuals and organizations lacking access throughout the state of Colorado through the Colorado Youth Tennis Foundation's Racquets for All equipment recycling program. Look for official Racquets for All collection barrels at the following partner tennis facilities and recycle your old equipment to make way for the new.

**Denver-Metro:** Arvada Tennis Center, CAC Monaco (Denver), CAC Inverness (Englewood), Gates Tennis Center (Denver), Ken Caryl Ranch Community Center, Littleton Golf & Tennis, Meadow Creek Tennis & Fitness (Lakewood)

**Northern Colorado:** Miramont Lifestyle Fitness (Fort Collins), Work Out West (Greeley)

We are still seeking volunteer coordinators to oversee Racquets For All collections in Boulder/Longmont, Central Denver and Colorado Springs. If you are interested in learning more about this or other volunteer needs, please email Kristy Harris at [KRISTY@COLORADOTENNIS.com](mailto:KRISTY@COLORADOTENNIS.com).

We are also seeking possible business/warehouse storage locations throughout Denver-metro, Fort Collins and Colorado Springs to store collected equipment temporarily while it is being assessed and distributed. If you know a business or business owner that may be interested in this or other sponsorship opportunities, please contact Kristy. Thanks to Lightning Labels for their donation to the program. Organizations in need of tennis equipment are welcome to submit the Equipment Request, available online at [COLORADOTENNIS.com](http://COLORADOTENNIS.com), at any time for consideration.

Pictured at left are players from South High School in Denver showing off the racquets and balls they received through the Racquets For All program. Nearly 3,000 tennis balls and 15 racquets were donated to the team, which hopes to attract 50 kids to its program this year.



*continued on previous page*

For more information, please visit the City of Boulder job link at [BOULDERCOLORADO.gov](http://BOULDERCOLORADO.gov) and look for seasonal job openings.

### CU Squad offering Free Tennis Wednesdays

University of Colorado Tennis coach Nicole Kenneally wants to invite anyone and everyone to come on out and participate in one of the team's free tennis clinics, which take place Wednesdays from 4:30-6 PM. The clinics are run by Coach K and her assistant, as well as guest appearances from members of the CU team. The clinics are open to all ages, and run each Wednesday (except for April 22) at the CU South Campus courts through April (weather permitting).

### A rose by any other name...

A pair of Denver-metro area facilities are changing their names. Evergreen Fitness & Tennis (aka Alpine Vista Tennis Club) is now called Evergreen Sports Center. League teams will be named ESC. Redstone Park Tennis Center in Highlands Ranch has been renamed Lebsack Tennis Center at Redstone Park. League teams will be designated LEBTC.

### Adult League Registration now open statewide

All adult leagues are now open for registration for the 2009 season. League dates can be found using the new Master Calendar (see article on page 16). For other area specific

information, such as league rules and regulations, please visit the detailed league information page under the ADULTS tab at [COLORADOTENNIS.com](http://COLORADOTENNIS.com). The registration deadline for many leagues is coming soon, so make sure you and your teams get registered today. If you need a team number, please contact your facility coordinator. For more information please contact the USTA Colorado league department.

### Playing leagues? Get BLAST!

A reminder to all Adult League players, captains, coordinators and Junior Team Tennis parents and coordinators, make sure you are signed up to receive BLAST! and either the Adult League or Junior League Alerts! in time for the upcoming 2009 season. Critical information is communicated through these publications, and you don't want to miss out on any of the details for your season.

To sign up, please visit [COLORADOTENNIS.com](http://COLORADOTENNIS.com) and click on the BLAST! logo. You can choose to receive Adult or Junior League Alerts! from the registration screen. 📧



## Meanwhile, back at The Ranch...

*Thanks to all the 2009 Northern Extreme and 2009 Ranch Indoor Open players. Join us for the 2009 Ranch Country Club Shootout and Roundup in June.*



#### RANCH CC TENNIS SHOOTOUT

TL# 257214009

MWsdMXd 2.5,3.0,3.5,4.0,4.5,5.0

DESIGNATED 3.5/5.0

06/07-06/14/09, deadline 05/31/09

#### RANCH ROUNDUP

TL# 257216509

BGsd 10,12,14,16,18

DESIGNATED Satellite

06/27-07/01/2009, deadline 6/20/09

We offer extensive Adult and Junior programs and memberships.

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Junior Coordinator, Ryan Walker  
Adult Coordinator, Nora Harrison  
and our certified USPTA Pro staff.



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Visit  
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for details.

For more information or to schedule a tour, contact Miikka Keronen, Director of Tennis, at 303/469-5372, or email [miikkak@theranchcc.com](mailto:miikkak@theranchcc.com).



**The Ranch**

11887 Tejon Street, Westminster

# spotlight

## USTA COLORADO WELCOMES TAYLOR MCKINLEY

AN INTERN FOR USTA COLORADO'S JUNIOR TEAM TENNIS PROGRAM BACK IN 2007, TAYLOR IS BACK TO PUT THE **RAD** INTO COLO-**RAD**-O LEAGUE TENNIS.

### STAFF REPORT

**H**ow often do you get to meet someone who picked up the sport of tennis while on vacation in Hawaii, has a passion for Yatzee and whose forehand has a nickname?

Meet Taylor McKinley, USTA Colorado's newest hire. An intern for the USTA Colorado Junior Recreation Department back in 2007, Taylor joins Jason Rogers and Kailey Jonas in the Adult League Department, where she'll coordinate the following leagues: USTA Mixed and Senior, CTA Twilight and Women's Daytime Doubles, and ITA Fall Mixed.

Born across the border in Laramie, Wyoming, Taylor's family moved to Colorado when she was in kindergarten. Her passion for tennis began on a family trip to Kona, Hawaii, where she started taking lessons from Keauhou Kona Surf and Racquet Club tennis professional Ralph Green at the age of five.

"I was so small, the racquet was twice my size," recalls Taylor.

She grew up in Littleton, playing junior leagues at Columbine Knolls and Columbine Country Club. At Littleton High School, Taylor played #3 singles. While she was at Littleton, Taylor began working with Brion Salazar, the tennis professional at Glenmoor Country Club.

She caught the eye of Regan Dodd, women's tennis coach at Baker University, a small NAIA school in Baldwin City, Kansas, a suburb of Kansas City. Taylor played for Dodd for four years on scholarship, earning NAIA Region 5 All-Conference accolades in 2006. She



credits Brion with helping her develop her game, especially her forehand, which was dubbed the "ripper" while playing at Baker.

After graduating with a Business Marketing major with a minor in Art History from Baker in 2007, Taylor returned to Colorado and went back to work at Pinehurst Country Club, where she had been involved in a variety of jobs dating back to summers in high school. It was there that she heard about an intern position working for USTA Colorado Junior Recreation Director Dan Lewis, helping to coordinate the Junior Team Tennis summer program. Taylor jumped at the chance to get back involved with a program that meant so much to her while growing up. It was a chance to give back, and a chance to see a different side of the sport.

The internship ended in August, and Taylor moved on to find a job with Sports Authority as the Softlines Manager, and later taking on the role of Nike Brand Coordinator.

Having found that she enjoyed the administrative side of tennis so much, Taylor volunteered as an assistant site director during the 2008 Junior Team Tennis State Championships.

Despite her youth, Taylor has already been involved in many aspects of the tennis industry, and has developed a skill set that allows her to wear the hats of both player and administrator.

"I'm really looking forward to a great league season," says Taylor. "Being here (at USTA Colorado) is a great opportunity to be involved with tennis both on and off the court."

"We're really excited to have Taylor on board," says Jason Rogers, USTA Colorado Adult League Director. "She proved to be a tremendous asset for the Junior Team Tennis program a couple of summers ago and has assisted with various adult league playoffs over the last two years. Her enthusiasm and passion for tennis will make her a valuable member of the adult league staff." 🎾

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# spotlight

## FIVE-YEAR DIVERSITY PLAN APPROVED BY BOARD

USTA COLORADO UPDATES ITS DIVERSITY PLAN FOR 2009-13, AND FOCUSES EFFORTS ON PARTNERSHIPS WITHIN COMMUNITY

### STAFF REPORT

**T**he USTA Board of Directors has voiced its approval of the proposed 2009-2013 USTA Colorado Diversity Plan by adopting it at its first meeting of the year. The intent of the plan is to establish our commitment to achieving greater diversity throughout the sport and fostering a tennis environment that is more inclusive.

The plan includes five Strategic Focus Areas, all of which have been carried forward from the original plan. For 2009, particular emphasis will be placed on the following Focus Areas:

- Build and strengthen internal commitment and external image;
- Strengthen and maintain leadership commitment to diversity as a key business priority; and
- Institutionalize strategic partnerships.

To achieve our diversity outreach goals, an exuberant public relations and marketing campaign will take place, which involves strong community presence – talking to individuals and community leaders one-on-one, raising awareness, asking questions, developing allies, supporting and getting support.

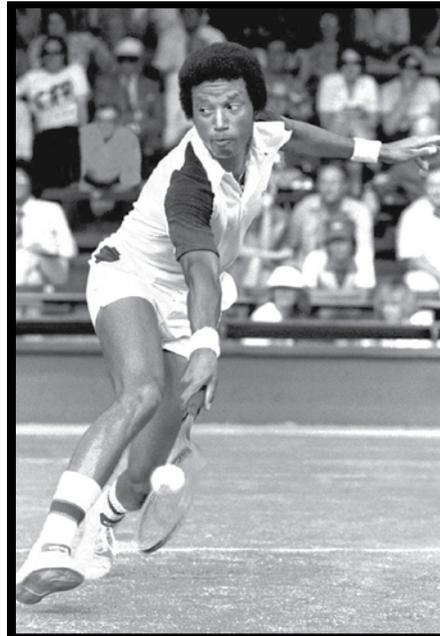
Building on our past success, this summer we are expanding the Celebrating Diversity Tennis Fest by developing a series to introduce tennis to more diverse communities at cultural events. We will strengthen our partnerships with the Colorado Women's, Asian, Hispanic, Black, and Rocky Mountain Indian Chamber of Commerces. Long-term, USTA Colorado's Diversity Plan will strategically focus on greater multicultural inclusion for committee and board selection, awareness training, staff diversity, community grants, and diversity suppliers.

By embracing diversity, we gain different perspectives that can increase the flow of new ideas, expand community outreach and advance business opportunities, all contributing to the promotion and growth of tennis.

We are excited to celebrate the various rich cultural backgrounds represented in Colorado by serving the communities we live in. We have many exciting activities planned to impact minority youth and adults through tennis. Come be a part of the fun and help us reach out to a whole new generation of players. Share your passion for the game and be an ambassador for tennis. Partner with us. You can make a difference in someone's life, just by getting involved and doing something you love.

Arthur Ashe said, "From what we get, we can make a living; what we give; however, makes a life."

For more information or to get involved, contact Paula McClain, USTA Colorado Marketing and Diversity Director, at 303/695-4116 x220 or paula@coloradotennis.com. ♻️



## Dr. King marched, so he could play.

USTA Colorado is proud to celebrate the lives of Dr. Martin Luther King, Jr. and Arthur Ashe – heroes who lived in the service of humanity.



INTERMOUNTAIN  
COLORADO

www.COLORADOTENNIS.com

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# THE 93<sup>rd</sup> ANNUAL DENVER CITY OPEN

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**JUNE 13-21, 2009**  
Age Division/NTRP events • TennisLink #257215309

Events include Championships (MWsdMXd), 4.0, 4.5 (MWsMXd) 35-80 (MWsdMXd).  
Entry deadline is June 6 on TennisLink or to the DTC.

Contact the Zachary Smith, Denver Tennis Club for information, or register online.  
400 Forest Street, Denver, CO  
303 322 4524

# spotlight

## STROKES OF RECOVERY

FOR THIS GROUP OF STROKE SURVIVORS, TENNIS ISN'T JUST RECREATION. IT'S REHABILITATION.

STAFF REPORT

**W**hen most of us think about tennis and strokes, we're usually conjuring up images of forehands and backhands, topspin and slice, volleys and overheads.

But for a group of stroke survivors who have been coming to Littleton Golf and Tennis (the Bubble) for the past several weeks, "stroke" conjures up a completely different set of images and challenges. They are survivors, and they are using tennis as a way to recuperate from the third-leading cause of death in America – stroke.

The idea to use tennis as a rehabilitative exercise for stroke survivors was the brainchild of Katherine Hatch, a South Suburban tennis instructor, who has been an intern with the Rocky Mountain Stroke Association (RMSA) for the past six months. She approached South Suburban about the idea, and with the support of RMSA, Racquets For Recovery was born.

The major emphasis of Racquets For Recovery is on safety, ability to participate, and love of the sport. Participants are pre-screened by Katherine and the Rocky Mountain Stroke Association, and the players meet every Tuesday for on-court rehabilitation.

Amy Diller, Program Director of the Rocky Mountain Stroke Association, relates that "Stroke survivors benefit from a variety of experiences as they struggle to normalize their lives and rehabilitate their bodies after stroke. Adaptive tennis not only provides fun, but does so in a unique way that develops balance, strength and endurance not found in other forms of rehabilitation. The partnership between Rocky Mountain Stroke Association and South Suburban Parks and Recreation has proven to enhance both programs and offers the stroke community a unique and special experience."

Vicki Holthus, Tennis Coordinator for South Suburban, credits the program's early success to her staff's willingness to be creative when it comes to programs and partnerships with other agencies. "We recognize the need to reach out to tennis participants at all levels and abilities, and we welcome the challenge of this incredible program," she says.

### WHAT IS STROKE?

A medical emergency, stroke is a leading cause of death in America. A type of cardiovascular disease that affects the arteries leading to and within the brain, a stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, portions of the brain cannot get the blood (and oxygen) they need.

Stroke-related disabilities include:

- Paralysis on one side of the body
- Vision problems
- Speech/language problems
- Behavior changes
- Memory loss

### RISK FACTORS

There are numerous risk factors associated with stroke. Remember, stroke is related to heart disease. Many of the same risk factors associated with heart attacks can also lead to stroke, including age, hereditary, gender, obesity, high blood pressure, poor diet and smoking.

### FIGHTING BACK

Although heart disease and stroke account for the vast majority of deaths each year in America, you can do things to lessen your risk, including eating healthy, exercising daily, lowering your blood pressure and quitting smoking.

For more information about reducing your risk of stroke, please visit the American Stroke Association website: [STROKEASSOCIATION.org](http://STROKEASSOCIATION.org).



### Helping Stroke Survivors rebuild confidence, strength

The Racquets For Recovery are all smiles after a workout session at Littleton Golf and Tennis. From left: Coach Ben Hilliard, Randy Vaughan, Beryl Helms, Vicky Palmero, Coach Mary Zirbel and Coach Kat Hatch stand behind Whitney Sherban and Alyssa Helms.

### Racquets For Recovery Participants

Stroke survivor **Randy Vaughn** is the passion behind the program, says Vicki Holthus, Tennis Director for South Suburban Parks and Recreation, "Racquets For Recovery would not exist without him." In his early 60s, Randy approached Kat the first day he found out she was a tennis player and never stopped coming up with ideas, strategies, and plans for getting a tennis class going. A prolific landscape artist, Randy is becoming almost as proficient with a tennis racquet as he is with watercolors. "He shows constant optimism about new ways to approach the game and has a wicked overhead that we are all a bit scared of," Vicki says. "He is an avid athlete and also enjoys golf, especially with the golf for fun program every summer." Randy's quote for the program is "Play hard or go home."

Another one of RMSA's most distinguished artists, **Vicki Palermo** is a constant reminder that life gives us ample opportunities to laugh. A vibrant and energized player, Vicki sports a dominant forehand and is working up to acing Randy soon enough.

**Alyssa Helms**, 22, shows up on clinic day not only ready to play, but more than willing to compete. Full of spirit and energy, Alyssa divides her time between volunteering at a food bank in Colorado Springs, helping her mom, Beryl, with pottery classes and projects, and skiing in Winter Park. You always know when Alyssa's team is ready to play by the group cheer of "Gandolf" – Alyssa's household parrot.

Also in her twenties, **Whitney Sherban** faces the future with a spunky sense of humor and a straightforward approach to life, keeping the group constantly on its toes – or maybe that's her fearsome overhead. A driven individual who recently began working with a Catholic Charities organization, Whitney had never picked up a racquet prior to her stroke, but her coaches and co-participants agree that she is picking it up quite rapidly.

For more information on Racquets To Recovery, please contact Vicki Holthus, 303/794-6933 or Amy Diller, Program Director for Rocky Mountain Stroke Association, 303/730-8800.

### The Coaches

Katherine, "Kat", is a special person, says Vicki. In the process of getting her Masters Degree in Social Work at the University of Denver, Kat also volunteers as an assistant coach for the DU Tennis Team, teaches tennis classes for South Suburban and enjoys yoga and running in her "free time". Vicki says Kat is "proud to be a part of this program and has learned about persistence, patience and perspective from each of the participants."

In addition to Kat's fortitude and patience, Racquets For Recovery benefits from another coach who brings a unique perspective to the program. Ben Hilliard is coaching his first Racquets For Recovery session this spring. Back in high school, Ben was a recreational tennis player, but he had largely retired his racquet until just a few years ago when he picked it back up again to begin playing with his wife. At the time, Ben had no idea that tennis would help him recover from a stroke that would leave the left side of his body paralyzed. Through relentless and almost obsessive rehabilitation, however, he has recovered significantly. When he discovered the Rocky Mountain Stroke Association about four months ago, there was also the thrill of an Adaptive Tennis Class being offered in conjunction with South Suburban Parks & Recreation, which he immediately signed up for. In Ben's words, "when you are focused on a game or sport, you tend to focus on the object at hand and forget about any disabilities. It is a fantastic program and I am happy to be a part of it."

Another program volunteer is Mary Zirbel, who at age 79 "can outwit any one of us on court with her angle volleys and serving expertise," says Vicki. Her warm and welcoming aura keeps everyone's spirit high, despite the barriers. ♻️

# juniorcomp

## Star Search Winter Program developing crop of new talent

Now in its third winter session, the USTA Colorado Star Search program continues to help develop, nurture and promote the tennis skills of blossoming young talent (8-12 year olds) from culturally-diverse communities throughout Colorado. Coaches Frank Adams (pictured at left), Tobias Ortegon, George Tavarez and Wayne Emerick (pictured at right) are working with 14 selected players from the summer program, which had nearly 50 participants.



### Star Search Winter Participants

- Shakira Ajani
- Angel Avila
- Quenten Balzer
- Kelsi Fichtne
- Brett Finan
- Nicholas Finan
- Madison Gallegos
- Draden Hoover
- Mia Hoover
- David Kijak
- Alex Pessoa
- Della Phan
- Daniel Phan
- Vignesh Senthil
- Vamsi Senthil

A special thanks to Colorado Athletic Club Monaco for hosting Star Search for the second consecutive year.

## One Weekend - One Lifetime of Memories: Team Colorado goes Davis Cup

It's not often that a tennis coach gets the urge to take eight kids across the country, from Denver to Birmingham, Alabama, to watch some tennis matches. Of course, it's not every day that the Davis Cup comes to Birmingham. And when the opponent is Roger Federer and Switzerland, well, it's a must-see for any kid that eats, sleeps and breathes tennis.

So when the announcement came that the American Davis Cup squad would be facing off in Birmingham, Team Colorado Director Randy Ross picked up the phone and called USTA Colorado Player Development Director Jason Colter and said, simply, "Get Us There!"

The hardest part of the trip for the coaches was deciding which coaches got to go, and who had to stay home. In the end, Team Colorado coaches Gay West, Carey Brading and Randy Ross escorted Team Colorado members Shannon Hickey, Delaney Nalen, Joe Bove, Willie Gold, Teller Hoskins, Luke Lorenz, Connor McPherson and Casey Ross.

Despite the last-minute withdrawal of Federer, players and coaches all agree that the experience was fantastic. For most of the kids, watching Andy Roddick, James Black and Bob and Mike Bryan play live was awe-inspiring, not to

mention how exciting it was for many of the players who were traveling without their parents for the first time.

Even more memorable was meeting with Jay Berger, Head of Men's Tennis for the USTA and Assistant Davis Cup coach, for about 20 minutes after the first days matches. Jay passed along his wisdom about what it takes to get better and answered all the questions we could throw at him. Before the doubles match on Saturday morning, the squad went to Hoover Country Club and took part in a 2 1/2 hour doubles clinic put on by Wayne Bryan, the Bryan Brothers' coach and father. Lots of story-telling and role playing kept the kids' attentions focused, and the bevy of prizes handed out to all the participants certainly made their day.

After the Bryan boys won their doubles match, several of the players and coaches went back to Hoover CC and played on the clay for a while. Of course, it wasn't all drills and clinics. Team Colorado got to watch four really good matches, learning quite a lot along the way. They bonded with friends, found motivation to have fun and work hard, and take home a lifelong memory for good measure.

A full roster of players and coaches is available at [COLORADOTENNIS.com](http://COLORADOTENNIS.com), then click the JUNIORS tab.



Team Colorado players and coaches at a clinic conducted by Wayne Bryan.



Team Colorado hanging out with US Davis Cup assistant coach Jay Berger at BJCC Arena in Birmingham, AL.



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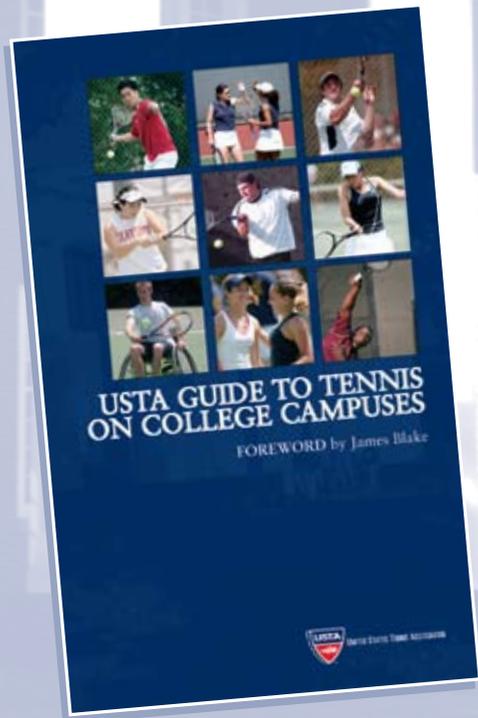
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# collegescene

## CU dominates at Sectional Campus Championships

With enough players to fill three teams, it's no wonder that CU dominated the play at the USTA Intermountain Campus Championships, held at the Darling Tennis Center in Las Vegas, February 27-28. Nearly 70 students competed in the event, representing the University of Colorado, Colorado State University, the University of Denver (DU), the University of Utah (UU), Utah Valley University (UVU), and Montana State University (MSU).

The format of the Championship is World Team Tennis, each match consisting of five no-ad sets and including men's singles and doubles, women's singles and doubles, and one set of mixed doubles. Teams were divided into three pools of three teams on day one, with the winner moving on to the gold division, second place teams in each pool went to the silver division, third place teams to the bronze.

All three teams from the University of Colorado advanced to the gold division, but it was CU-Gold who went on to win the Championship without ever dropping a match. The win gives the University of Colorado an automatic bid into the USTA National Campus Championship, April 16-18, in Surprise, Arizona.

The USTA Tennis On Campus program is designed to provide college students with opportunities for team camaraderie, social networking, and rivaled competition through tennis without the rigors of a varsity program. Perfect for athletes who have chosen not to make the jump from high school to college varsity, Tennis On Campus offers co-ed team-based play, regional and national championship competition, and helps students maintain active and healthy lifestyles through their college years. Currently, the program is offered on over 500 college campuses and services nearly 30,000 students.

For more information or to follow the action at the Tennis On Campus National Championships, visit [TENNISONCAMPUS.com](http://TENNISONCAMPUS.com).



### CU Gold comes up Golden

The University of Colorado-Gold squad didn't yield a single match during the Sectional Campus Championships, earning an automatic bid to the USTA National Campus Championships in Arizona in mid-April.



### CU Black falls short in all CU final

The University of Colorado-Black team came up just five games short against CU-Gold, dropping their match 26-21 to finish second at the Intermountain Campus Championships in Las Vegas. Team members include Celia Hill (captain), Colton Dealy, Shane Weaver, David Uekert, Renee French and Kendra Liebowitz.

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**DU Men and Women, CU all lose ground in Intercollegiate Tennis Association polls**

The Denver Pioneer women's tennis team improved to 8-3 and rose on the year by defeating in-state rivals CSU (7-0) and CU (7-0). The victories are the fifth and sixth consecutive wins for the Lady Pioneers as they gear up for a tough stretch where they'll face four more ranked teams in March – at #38 UC Irvine, at #25 Long Beach State University, at #8 California then home for a battle against #58 Brigham Young University. DU is led by 2008 Colorado Female College Player of the Year Mallory Voelker and Utes Schnoy (14-2 on the season), the February 11 Sun Belt Conference Player of the Week. Voelker, ranked #64 in the nation (03/03/09) with a 14-5 singles record and a 12-7 doubles record, earned SBC Player of the Week honors the week before.

The Pioneer men are led by David Simson and SBC Player of the Week Benny Althaus. Currently ranked #74, the 7-6 men's team have faced numerous ranked opponents this year, and will face four more ranked opponents (hosting #64 UC Irvine and #58 Middle Tennessee State University before going on the road to visit #68 Univ. of Central Florida and #26 Boise State University) before the SBC tournament begins in April.

The CU Lady Buffs will face 13 ranked opponents this spring, and are currently sitting at 6-5 with tough tests to come when they serve it up against perennial Big 12 powerhouses Baylor and Texas. The team has dropped from #39 down to #60 after a series of setbacks against ranked

opponents – #20 Louisiana State University, #11 Stanford, #57 University of Oregon, #30 Boise State University and #39 DU).

**Mesa State appears in rankings**

The Mesa State Lady Mavericks (in Grand Junction) have earned the #45 spot in the first NCAA Division II ranking list of the year. Mesa currently sits at 10-1, 2-0 in Rocky Mountain Athletic Conference action.

**ITA Summer Circuit returns to Mountain Region**

Over 22,000 men and women have competed in Intercollegiate Tennis Association (ITA) circuit events since they began in 1993. The circuit is the brainchild of Indiana head women's tennis coach Lin Loring and provides college (and junior) players the opportunity to compete in organized events virtually year round. It is made up of seven regional circuits (East, Southeast, Midwest, Central, Mountain, Southwest and West) and six of the seven regions consist of four consecutive open tournaments played during the month of July, leading up to the August 8-12 ITA National Summer Championships in Bloomington, Indiana. New in 2008 were two extra circuit events in the state of Colorado, with a third added in 2009.

- #1 July 4-6 Air Force Academy
- #2 July 11-13 University of Colorado
- #3 July 18-20 University of Denver

Go to [ITATENNIS.com](http://ITATENNIS.com) for registration information. Follow all the collegiate tennis action at [COLLEGETENNISONLINE.com](http://COLLEGETENNISONLINE.com).

**Local colleges partner with USTA Colorado for WTT Pro-Am**

Join players from the University of Denver, University of Colorado and more at the World Team Tennis Pro-Am, May 16 at Gates Tennis Center in Denver. Registration to play in the event is limited to the first 100 registrants, and is now open (through April 15). The cost to play is \$25/person and includes lunch and a t-shirt.

If you're not one of the lucky-100 who gets to play alongside a college player, you'll still find lots to enjoy at the kickoff bash, including an exhibition featuring Colorado Hall of Fame players and demos from Babolat, Head, Prince, Wilson and more. Bring the whole family for QuickStart Tennis, the latest innovation from the USTA in getting kids to play the sport. Registration is now open for the QuickStart event, check out the ad on page 15 for more details, or visit our website, [COLORADOTENNIS.com](http://COLORADOTENNIS.com) for more information or to register.

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# profiles

## CELEBRATING LIVES WELL LIVED

THERE ARE MORE THAN A DOZEN MEMORIAL EVENTS IN THE COLORADO SANCTIONED TOURNAMENT SCHEDULE. WE WANTED TO INTRODUCE YOU TO A FEW OF THE PEOPLE WHOSE LIVES ARE COMMEMORATED BY THESE ANNUAL CELEBRATIONS. PART I OF A SERIES.

BY TOM FASANO AND KATIE NEWELL

Editor's note:

*Congratulations to Colorado Tennis correspondent Tom Fasano for his special recognition at the Colorado Press Association Awards Banquet. More on page 30.*

Have you ever signed up for one of the many memorial tournaments listed in the Colorado Tennis Sanctioned Tournament calendar and thought, "I wonder who this person was? What was their story? Who were they?" With each passing generation of players, these people retreat further and further away from our collective memory.

But many times we make their name synonymous with an event, only to forget who they were. So over the course of this year, we will honor them by telling you a bit about who they were, and why these tournaments bear their names.

### GLEN HINES

Things just won't be the same when a popular tournament kicks off in May at the Arvada Tennis Center.

For the first time in 29 years, the word "memorial" will be included in with the Glen Hines Memorial Senior Tournament.

The tournament, which will be held from May 4-10, was named after Hines, a tennis lover who was the auditor for the North Jeffco Park and Recreation District for a quarter of a century. Because of Hines' involvement with North Jeffco and tennis, the tournament was named after him almost three decades ago.

Hines, a certified public accountant, passed away at the age of 88 in December, but he was still a presence at the tournament last year.

Michele Crouse, the tennis coordinator for Apex Park and Recreation District in Arvada and the Hines tournament director since 2001, said the tournament will be different without Hines walking around the courts.

"There's definitely going to be a hole in the tournament this year. The tournament's going to lose its spark without Glen. Glen would come and reminisce. He loved that," Crouse said.

"He'd always have to leave and go home for his nap, and then he'd come back and watch some more matches. A lot of the people at the tournament for the longest time didn't know

Glen. I didn't think they realized he was alive. On occasion, people would ask me, 'Who is this guy and when did he pass away?' I would be able to say, 'Why don't you ask him. He's standing right here.' "

Hines' wife of 62 years, Phyllis, 85, said her husband started playing tennis as a kid in Denver.

"He played a little bit in tournaments before the war, and when he came back he went to Denver University. He played all four years at DU, singles and doubles, and he played in local tournaments," Phyllis said. "He's been involved in tennis forever and ever. We have five children and all of them played."

Hines strung racquets for Sam and Sid Milstein's Denver Tennis and Ski Shop, and even won the



*Glen steals a kiss from Phyllis at the 25th Annual Glen Hines Tournament*



*"Glen loved his wine and he loved his tennis," says Tournament Director Michele Crouse*

1948 City Championships, which is now the Denver City Open.

"He was very much involved in tennis forever," Phyllis said.

Phyllis said her husband played in the tournament for many years, and when he wasn't feeling like he was competitive enough to play, he'd hang out and watch.

"He loved watching everybody and talking to all the participants," Phyllis said.

Phyllis said she's planning to go out to the tournament this year, but she knows it won't be easy going without Glen.

"I hope I can handle that. I know that Glen would like me to, but it's going to be tough," Phyllis said.

Crouse said Hines was a practical joker, a sensitive man, a great community servant, an accomplished woodworker who had a great sense of humor.

"One of the most endearing things about Glen since he was an accountant, for all the time I knew Glen until the last couple of years he would not tell you he was 80 years old or whatever age he was. He would tell you in the number of days," Crouse said.

Crouse said Hines liked a good glass of wine, too.

"We plan on doing a wine toast for Glen. I do a player barbecue on Friday evening and on Saturday, and so on Friday evening we'll probably spend a couple of minutes and toast Glen," Crouse said. "Glen would just be thrilled if we all had a glass of wine. Glen loved his wine and he loved his tennis."

### About the 29th Annual Glen Hines Memorial Senior Tournament

The 29th Annual Glen Hines Memorial Senior Tournament (for ages 40 to 85) will be held at the Arvada Tennis Center from May 4-10. Register online, TennisLink #257211909. Entry deadline is April 27. For more information contact Michele Crouse at 303/420-1210.

### JON COX

Jon Christopher Cox had just completed his freshman year at Southern Methodist University in Dallas, and he had returned home for the summer to be an assistant teaching pro at Valley Country Club, where he was preparing the club's young players to participate in Junior Team Tennis. A two-time state doubles champion at Cherry Creek High School, Jon was a prototypical Cherry Creek player – consistent and hard working. For a school widely known for its outstanding singles players, Jon was a prime example of Cherry Creek's depth, which has helped bring the program more than 30 state high school team championships.

On June 18, 1989, Jon was killed in an automobile accident. A fund-raising tournament that was originally planned to help kids raise money to visit China – the trip was cancelled following the Tiananmen Square Massacre in early June – was re-dedicated to commemorate

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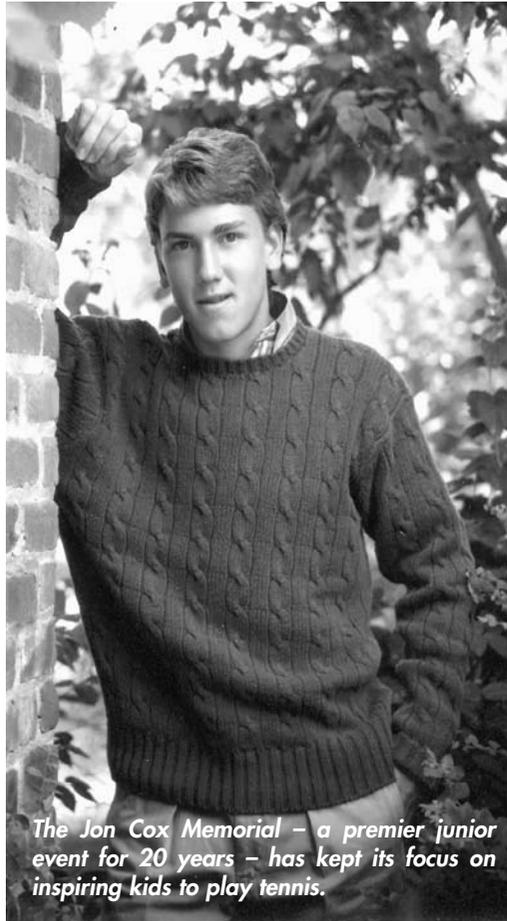


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Jon's life, and a scholarship fund was set up in his name, annually awarding a \$500 scholarship to a deserving member of the Cherry Creek team.

That first tournament was the brainchild of Dave Benson, Kirk Price and Tom Bancroft, teachers in Jon's academic and tennis life. And since 1991, Jon's parents, Jan and David Cox, have run the Jon Cox Memorial Tournament in his honor. Held every June, it is one of the largest, most recognized junior tournaments in Colorado, drawing more than 300 kids from all over the state and many of whom are out of state.



*The Jon Cox Memorial – a premier junior event for 20 years – has kept its focus on inspiring kids to play tennis.*

Jan says she's benefited tremendously from the community's generosity, singling out Geoff Bailey (Arby's) and Tammy and Chris Marsico for their tremendous support over the years. That's why, Jan says, she works so hard to make this event affordable for any kid who wants to play.

"I don't believe you can go through life preventing things from happening and you have to learn to deal with what's been given to you," says Jan, who has made her son's legacy helping other kids learn and play tennis.

In 1998, the Cox family set up the Jon Cox Memorial Scholarship Fund through the Colorado Youth Tennis Foundation in order to provide tennis opportunities to juniors and junior programs in Colorado.

And with so many families affected by the challenging economic conditions, Jan wants to reassure them that they are still wanted.

"Any athlete that wants to participate in this tournament can do so," she says. "I don't want any barriers because of entry

fees, etc. If they want to participate, we will take care of them."

Jan says that she couldn't do it all by herself, and she credits Cherry Creek High School tennis coach Kirk Price with helping keep the tournament going all these years.

"I couldn't keep this going if it wasn't for Kirk helping out and doing so much of the work," says Jan.

Now in its 20th year, neither Jan nor the event shows signs of slowing down.

"I take one day at a time and I don't even try to predict the future," says Jan, who still thinks that the Jon Cox Memorial still has a lot to offer young players. Since its inception, Jan's vision for the tournament has been single-minded. It's not about making money, she says, it's about honoring Jon and inspiring kids to play tennis.

"He loved the life he had and he loved playing tennis," says Jan. "He was just a normal everyday person."

#### *About the Jon Cox Memorial Junior Open*

A designated event, the Jon Cox Memorial Junior Open (offering boys and girls singles, doubles and mixed, ages 10-18) will be played at Cherry Creek High School, Smoky Hill High School and West Middle School from May 29-June 3. Register online, TennisLink #257213409. Entry deadline is May 22. Any junior who needs financial assistance to enter the tournament is encouraged to contact Jan Cox, 303/773-0465.

## **AUSTIN SCOTT**

Sylvia Henderson loves the Austin Scott Memorial Tennis Tournament in Boulder. Now in its 43rd year, the tournament's namesake was a former law professor at the University of Colorado at Boulder for two decades before he passed away from lung cancer in 1966. This year's event will be held April 25-May 3 on the grounds of the CU south campus tennis complex.

Henderson, the programs coordinator at Millennium Harvest House Tennis in Boulder, plays in the tournament each year.

"I started playing about 12 years ago or so. It's an exciting event particularly for the Boulder tennis players. They all come and see each other and play in it. It's just a wonderful kind of start-up to the tournament and league season," Henderson, 66, said. "It's very user-friendly for the players. The things that you look for in a tournament is the welcoming atmosphere and the willingness to work with scheduling conflicts, and the Austin Scott has always prided itself with being willing to do those things, being a player-friendly tournament."

Shortly after Scott passed away, the tennis tournament was named after the man who helped start the Boulder Tennis Association and who was instrumental in the construction of the 12-court Kittredge complex, which served as CU's home courts until the new law school was built in 2002.

"He was very instrumental in promoting tennis in Boulder," Henderson said.

Scott was a member of the CU Law School faculty for 20 years. According to the CU Law School Web site, Scott was an excellent and much beloved teacher as well as a prolific writer. His scholarly work was in the fields of criminal law and procedure. In 1973, former Colorado Law Dean Don W. Sears established the Lecture Series in Scott's memory. Each year, the Dean of the Law School selects a member of the faculty engaged in a significant scholarly project to lecture on his or her research.

The Austin Scott is run by the Boulder Tennis Association, and is one of the bigger tournaments in the state, attracting more than 300 participants each year.

"It's a very popular tournament in the Boulder area and throughout the Denver Metro area because it's one of the early tournaments that ... offers all levels, and is designated for most of the levels," said Henderson, who also coordinates leagues for the Boulder Tennis Association.

Brandon Walton became tournament director of the Austin Scott two years ago, and has transformed it into the first Zero Waste tournament in the country.

"It's got a real casual feel to it, as casual as a USTA-sanctioned tournament can be," Walton said. "We try and open the season on a good note for the tennis players. I'm all about the green tennis tournament idea. We've had pretty good success with that so far."



*The Annual Austin Scott Memorial became the nation's first Zero Waste tournament in 2007, a testament to how far the event has come since its inception 43 years ago.*

Walton said he tries not to create any waste during the tournament while it's being run.

"It's a challenge, but there are lots of different ways in which we try to do that," Walton said. "Little things like no longer giving out non-recyclable trophies. The standard tennis trophy you can't recycle that, and we can't reuse it locally. If you think of it that way, a tournament is giving out trash, and it's something destined for the landfill."

Walton said trophies have been replaced with \$25 and \$30 gift certificates to the local racket shops in town.

"The value of the gift certificate is worth way more than a plastic trophy," Walton said. "Our players, for the most part, are really excited about some of these ideas. And we do prizes for anybody who carools or drives a hybrid, bikes or buses to the tournament. We take tennis shoes at the tournament to recycle. I think we have like 13 environmental initiatives at the event."

The Austin Scott tourney has come a long way since it started 43 years ago. Just look at the Zero Waste concept.

"For the most part, people love the effort. We haven't perfected the system yet," Walton said. "They have suggestions on how we can do it better. I'm trying to push some buttons. I'm trying to get people out of their comfort zone from doing the same old thing at every tournament to thinking about tennis balls and used tennis shoes. Some people don't get it, but we're trying and we're making an effort. That's kind of what the Austin Scott is about. Above all, I try to hold a good, solid USTA-sanctioned tournament that's good for the players, and this other stuff is kind of icing on the cake."

#### *About the 43rd Annual Austin Scott Memorial*

A designated event, the Austin Scott Memorial (offering NTRP events 2.5-Open as well as several age division events) will be played at the CU south campus tennis courts from April 25-May 2. Register online, TennisLink #257235109. Entry deadline is April 18. ♻️

# bodytalk

## BATTLE OF THE BANDS

THE STORY OF HOW FOUR INTREPID TENNIS PLAYERS WAGED A WAR AGAINST A RUBBER BAND. AND LOST.

STORY BY KURT DESAUTELS

**J**ust five minutes after our first HalfHourPower session has concluded, and the four of us are slowly weaving out into the parking lot toward the car. We've each taken turns questioning the wisdom of our breakfast choices, and now we contemplate the horror that is choosing how to replenish our bodies after what we all concede is the hardest workout we've ever endured.

It's now 32 minutes after our workout ended, and I am having a hard time focusing on my monitor. My fingers aren't working properly, making my spell-check work extra hard, and the muscles in my arms are still twitching uncontrollably.

I have a strange, disconnected feeling from my legs, and it's impossible to tell if I had a hard workout or a bad automobile accident.

Howard reassures us that the first time is always hard, and that each time we go gets a bit easier. As if that's any kind of comfort to the four of us who had barely enough oxygen left in our bodies to make it out to the car.

The four of us entered the small underground workout studio in a Lowry office building with no expectations. If we had anything in common, it was the pig-headed notion that our past lives as college athletes would somehow sustain us through the initial workout.

"It's not like it could be hard," we rationalized. They're just rubber bands, after all.

Howard warmed us up quickly, taking us through some of the basics of band workouts. "Feel the band stretch, but don't let it pull you out of balance," he instructs as we go through some rudimentary exercises. "Keep tension on the band at all times."

We all started strong, at least feeling strong enough for some mild trash talking. Because you stand shoulder to shoulder with your workout partners during the workout, you can "compete" against them, trying to outpace and outstretch the others.

"It's natural to work harder when you're in a group," says Howard. "You try to out-hustle and out-work your buddies."

The trash talking didn't last beyond the first exercise, because we were all breathing too heavily to speak. Halfway through, we started encouraging each other to keep up the pace. By the time it was over, we were spent. The session lasted just 30 minutes. Thirty minutes of explosive maneuvers designed to burn fat, build and tone muscle and get you fit in half the length of a normal workout.

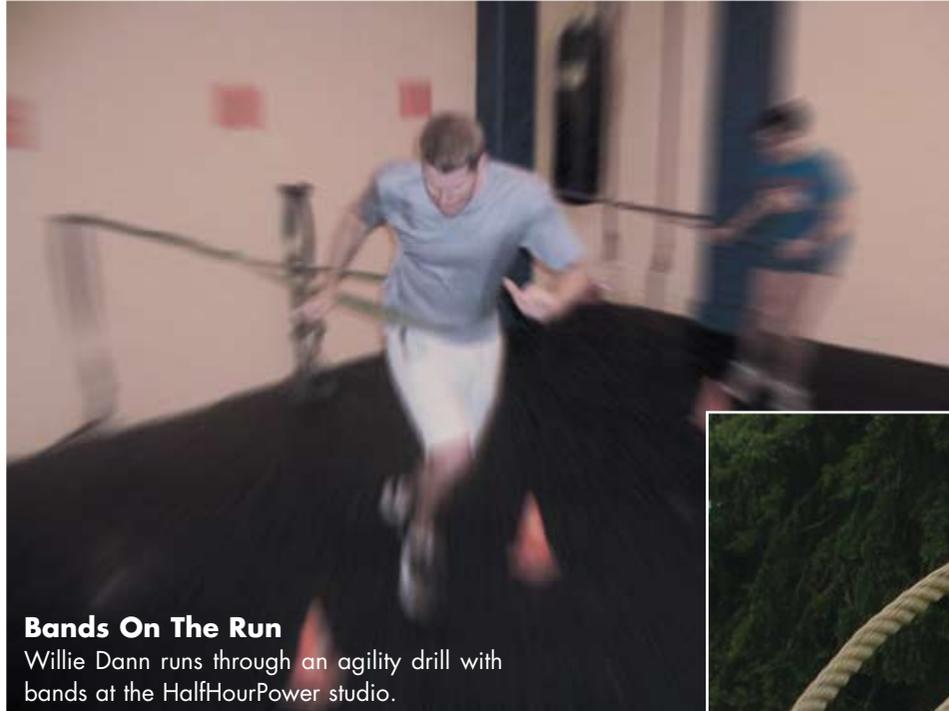
Howard Waldstreicher is the owner and founder of HalfHourPower. A top-25 competitive tennis player in both the Men's 45s and the 4.5 divisions, Howard knew that being in top physical condition was an important component of his game. After years of the classic bodybuilder routines, Howard faced constant joint aches and pains. He came to the realization that since he doesn't play tennis lying down or sitting down, why would he train that way?

"It was no longer good enough for me to be weight room strong and just happy with what the mirror said," Howard recalls. "It was about functioning at a level that most 30+ guys and gals only could dream about. It was about being

able to run with my kids until I was 70."

It was time, Howard realized, for a total mindset shift – a definite change in his slow iron pumping routines. If he was to become fast and explosive on the court, he needed to train fast and explosive.

"Personally, I wanted functional strength, balance, coordi-



### Bands On The Run

Willie Dann runs through an agility drill with bands at the HalfHourPower studio.

nation, speed, power and the ability to move anyway I needed to. I want to look athletic, feel athletic and do workouts that were going to improve the aspects of movement and performance that make an athlete athletic."

That focus helped Howard develop a series of dynamic band workouts that not only strengthen muscles but stretches them.

"The body is a total chain reaction, not a single muscle contraction," says Howard.

"Within eight weeks of continually training with my bands and rope doing the flexibility, speed strength, power and foot agility based workouts, my speed and quickness went to a whole other level. And more importantly, no back, no shoulder and no hip pain, especially after long hard tennis matches," recalls Howard.

"At first when people see the bands, they say that doesn't look so hard. It's a rubber band for crying out loud. After one exercise their look changes drastically. And as far as the rope, the looks on people's faces after 15-20 seconds tells it all.

Bands are a unique workout tool – they zig, they zag, they stretch in any direction you can move, which allows for infinite variety, flexibility and stimulation. In contrast, gym equipment (free weights and machines) isolate specific muscle groups by keeping your body still. The difference, says Howard, is that band workouts are dynamic, and can be tailored to specific exercises, like workouts that replicate hitting a backhand or moving quickly to track down a shot to the corner. And bands can be utilized to train for virtually any sport, whether it's tennis, golf, basketball, etc. Traditionally used for rehabilitating muscles and in yoga and pilates applications, bands are the new power tool to develop "functional strength".

Howard points out that anyone who has ever spent any time researching how to develop functional strength and power has probably realized that it requires speed as much as resistance. And there is nothing better at developing functional strength, says Howard, than the bands and rope.

"Bands strengthen muscle while stretching it, which feels good. This is what our body was designed to do."

For the past several months, Howard has been bringing HalfHourPower workouts to local facilities around the Denver metro area. At Meadow Creek Tennis and Fitness, he's developed a regular following among the players and staff. Currently, there are ten ladies who have signed on for the second session, which runs twice a week for five weeks.

"Everyone just loves it," says Robin Dann, Program Director at Meadow Creek. "It's a great workout." Robin should know, she's began HalfHourPower sessions last October. Her husband, Willie, is another HalfHourPower regular.



### Rope Burn

Howard demonstrates a workout with his new favorite toy – the Rope.

Ranked #3 in the world (M35s), Willie is amazed at how much better he feels after doing HalfHourPower for the past few months.

"I used to run distance to help me train for matches, but since working out with Howard, I am quicker to the ball, recover faster between points and my confidence is up."

Willie points to the fact that, as he ages (he's in his later-30s), he needs every extra edge to keep up with the younger guys he routinely plays against.

"I'm more fit to play tennis today than I've been in my entire life," he says, crediting HalfHourPower for the tennis-specific training. "The modern game demands more physical fitness. You've got to be fast to the ball and recover quickly, keeping more balls in play. It's the difference between winning and losing."

Willie figures to use his newly acquired fitness in Spain, where he will represent American on the Italia Cup squad.

As for the four of us who barely survived our first workout, we're already looking to go back for another set of sessions, having noticed a dramatic increase in quickness and strength. We may not be ready to take Willie to a third set, but we're betting that come tennis season, we're ready for whatever our opponent can throw at us. And look good doing it.

For more on HalfHourPower, or to contact Howard to set up a session, visit [HALFHOURPOWER.com](http://HALFHOURPOWER.com). ☺

# thebigchair

NEWS FROM USTA COLORADO HEADQUARTERS  
STATE OF THE DISTRICT

BY FRITZ GARGER, USTA COLORADO EXECUTIVE DIRECTOR

**U**STA Colorado / the Colorado Tennis Association and the Colorado Youth Tennis Foundation (CYTF) recently held our Annual Meetings to review the past year and to elect the new board of directors/trustees for 2009.

Our 2008 Annual Report is filled with a number of highlights and successes from the past year. And while the economy is less than favorable for so many people, we hope that our sport and programs – which are relatively inexpensive when compared to many other entertainment and sports activities – continue to provide the people of Colorado an opportunity to stay fit and to have a good time with family and friends this upcoming season.

Few sports can match tennis with all its attributes – for the younger, older and those players in between. So be sure to get out there – get away from the daily grind, enjoy yourself, network and meet new people – without having to take up an entire day. And for juniors, take advantage of the individual and team components of the programs offered to challenge yourselves and have fun at the same time.

I would like to welcome and thank the 2009 Board of Directors for USTA Colorado and Board of Trustees of the CYTF. Both organizations are going in a very good direction and much of the success is due to the volunteer support and leadership. The CYTF Board and officers were re-elected

this year. The officers include: Eileen Pero, president; Dave Kuosman, vice-president; Nikki Hola, secretary; and Nancy Sayre, treasurer. On the USTA Colorado Board we have a new board member appointment for Diversity with the addition of Ryan Pena from Greeley and the officers are as follows: Rob Scott, president; Taryn Archer, vice-president; Kathleen Winegardner, secretary; Karen Brandner, treasurer; and Nancy Pflughoeft, past president.

I would like to thank Nancy Pflughoeft for her past two years serving as our president. There have been a number of significant advancements that have taken place under her leadership. She has been and will continue to be a very fine ambassador for our sport and our association. We are pleased that she will continue to serve on the Board and has a position on our Executive Committee as past president. Thanks for your commitment and for your dedicated service. And welcome to Rob Scott, who will now take on the president's role and lead the association as we move forward. Rob brings a wealth of experience and energy to the position. Rob and the entire board will continue to be a big part of the success of the organization.

There are many exciting developments on tap for 2009 and beyond – both in programming and services. To highlight just two areas – the relatively new QuickStart format is one that our association believes has the capability to bring a

new wave of youngsters into the lifetime sport in a way that is truly fun, appropriate and technically sound. The three tiers are specifically designed for three age groupings (5-6, 7-8 and 9-10 year olds) and we are looking forward to a season of tournament and league opportunities for all. In addition, several of the concepts of the new format have application to players of all ages and can make the experience of learning a new sport that much more enjoyable for everyone! On the services side, we have rolled out Phase I and now Phase II of our Master Calendar – a product of our association and our Information Technology personnel and staff. We hope the information enables all those interested in tennis to map out the season and have access to dates and events on a timely basis. This is the first step – and a big one – for our organization's goal of providing this type of information in a well-packaged format for everyone's use statewide.

We realize this will be a trying year for many people across the state. Our hope is that our sport continues to provide meaningful and long-lasting benefits for everyone who participates and is involved. Tennis in Colorado has something for everyone – no matter what your age or skill level. Get involved or continue and stay involved in the sport that will make a difference for the rest of your life.

Have a wonderful season! 🎾

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## REVISIONIST HISTORY

FOR THE LAST DECADE, I MUST CONFESS THAT I'VE BEEN MISLEADING YOU. BUT NOW IT'S TIME TO COME CLEAN. PURGE THE SOUL. SET THE RECORD STRAIGHT.

BY KURT DESAUTELS, COLORADO TENNIS EDITOR

**I**t's been nine years since I took over the helm as Editor of *Colorado Tennis* newspaper. That's a lot of ink. Just this past week, I stumbled across a little secret that's sure to rock your world. It's shameful. It's a disgrace. It's a web of lies, borne from a conspiracy to hide the truth! Perhaps it will make you lose faith in the printed word altogether.

I've been lying to you, or rather, We have been lying to you.

Lots.

I don't think we intended to, it just sort of happened. But now that I'm aware of the deception, I can't hide it any longer. The truth must come out....

For the past 25 years, we've been listing the wrong Volume number on the cover of our publication. But that's not the worst of it. Some years we were off by three! Three!

Okay, maybe this isn't exactly Fox Mulder territory, but for an editor, it's right up there with alien viruses and redneck vampires.

And while I didn't have a hand in the conspiracy, by golly, I'm here to crack it open and shine the light of justice on it!

Here's how it all went down. For the first eight years of publication, *High Bounce* (as *Colorado Tennis* was formerly known) consistently followed traditional newspaper convention, Year One was also Volume One, followed by the unique issue number (the very first issue of *High Bounce* was Volume One, Issue One, year two saw the publication of Volume Two, Issue One, etc.).

But after issue two in 1981, we surreptitiously added a year. What should have been Volume Six, Issue Three was listed as Volume Seven, Issue Three. The conspiracy deepened

in 1984 when Volume Nine became Volume Eleven, and in 1985 the number magically jumped again, this time to Volume 13 (when it should have been Volume Ten).

For nearly 15 more years, *High Bounce/Colorado Tennis* editors continued to hide the truth, until former editor Brett Chalmers began using "Year" instead of "Volume" to categorize each issue. But what Chalmers tracked as the 23rd Year in 1999 was, in fact, not entirely accurate. In 1999, *Colorado Tennis* had completed 23 years of publication, not begun it. Or perhaps that is exactly what Brett had intended to do all along, and had it not been for the new editor, the entire conspiracy would have been resolved long ago.

You see, for the past nine years, I have been an unwitting participant in the deception, blindly following the numbering convention left to me by editors before me. But beginning with this issue, Volume 34, Issue Two, the Truth is now Out There!

There, the deed is done.

I feel better now. Do you?

*Editors Note: I want to take this opportunity to personally congratulate two exceptional people who I am very fortunate to know. The first is Tom Fasano, our northern Colorado correspondent who was recently honored at the 131st Annual Colorado Press Association Awards banquet in February. An exceptional writer who has earned numerous accolades, Tom won first place (Class 3 editorial category) for Best Sports Column writing, along with several other awards for headline writing, editorial and deadline news reporting. When I first met Tom, he was a writer for the Greeley Tribune. He took over the editorial helm at Windsor Now, which took home 14 awards including the Editorial Sweepstakes award, which is awarded to one newspaper in each classification for overall excellence in its news reporting. Windsor Now also won the General Excellence award, which is awarded to one newspaper in each classification for overall excellence as a newspaper. Colorado Tennis and its readers are extremely fortunate to have such a talented writer share the stories of our tennis community.*

*I also want to take this opportunity to congratulate Vicki Matarazzo (see BUZZ) for her Humanitarian Award from PTR. The Colorado Tennis community should be proud to call Vicki one of its own. She is a dedicated and passionate person who prefers to allow the light to shine brightly on others, but I think it's great that for at least a brief while, we get to shine the light on her. ☺*

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## ABOUT USTA COLORADO

A District of the United States Tennis Association, USTA Colorado is the governing body of tennis in our state. We are one of six districts in the Intermountain Section, which includes Idaho, Montana, Utah, Wyoming and Nevada.

Founded in 1955, USTA Colorado's mission is to grow tennis in our state. We do this in a number of ways. We provide grants to public and private groups who want to introduce tennis to their communities. We offer scholarships to players who seek to take their game to the next level. We coordinate adult league play for 25,000 participants across Colorado, and offer many recreational programs for junior players of all ages and abilities. We reach out to players of diverse cultural backgrounds, to mentally and physically challenged athletes, and to under-privileged communities across the state. Our sanctioned tournament schedule lists more than 150 events in 2009 for players of all ages and abilities, including opportunities for wheelchair athletes.

We are in the parks. We are in recreation centers and in private clubs. We are in schools helping physical education teachers introduce our kids to a game that they can play for a lifetime, keeping them fit and healthy.

We are 22,000 members strong, but our scope is not confined to those players alone. We represent the nearly 500,000 tennis players in our state, providing information and opportunities to play for each and every one of them. Our publications reach out to players around Colorado and in neighboring states. We strive to make tennis available to anyone who is interested in our sport – all ages, all abilities, all backgrounds.

We invite you to find out more about the lifetime sport of tennis. We will help you find a court, find a program, find a league or find a team. We will help you put the FUN back in FITNESS. So whether you want to learn to play tennis, get back into the sport, or just find more opportunities to play the game, we're here to help.



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