

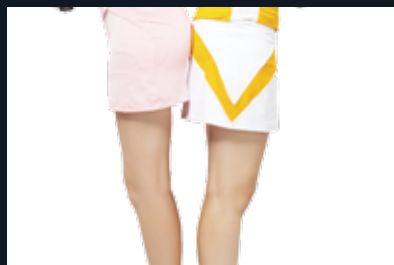
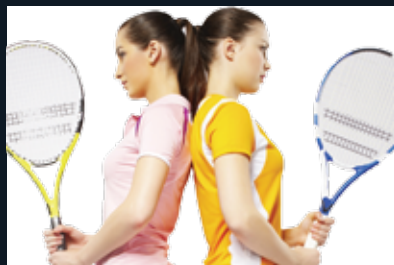
colorado | tennis

spring 13

Year 38, Issue 2

The Official Publication of Tennis Lovers

Est. 1976



It's Spring. It's time to dust off the racquet, empty the old energy bar wrappers from your tennis bag and get on the court! With so much tennis fun to choose from, there's a program for everyone!



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Date:	Camp:	Level:
May 17 – 19	Adult Camp	4.0 – 4.5
May 31 – June 2	Adult Camp	3.5 – 4.0
June 14 – 16	Adult Camp	3.0 – 3.5
June 24 – 26	Junior Camp	Competitive Ages 11 – 18
June 28 – 30	Adult Camp	3.0 – 4.0
July 1 – 3	Junior Camp	Intermediate Ages 7 – 11
July 5 – 7	Adult Camp	3.5 – 4.0
July 20 – 22	Adult Camp	3.5 – 4.5
July 26 – 28	Adult Camp	3.5 – 4.5
July 29 – 31	Junior Camp	Intermediate Juniors Ages 9 – 13
August 4 – 6	Junior Camp	High School Varsity Ages 14 – 18
August 9 – 11	Special Adult Camp	...Conducted by Dennis Ralston
August 23 – 25	Adult Camp	3.0 – 4.0
August 30 – Sept 1	Labor Day Weekend Adult Camp	3.0 – 4.5
September 6 – 8	5th Annual Culinary, Wine-Tasting Camp	3.0 – 4.5

Special Events & Packages

June 7 - 8	5th Annual Rally for the Cure Tennis Tournament
September 6 - 8	5th Annual Culinary & Wine-Tasting Tennis Camp Weekend



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MW Singles/Doubles/Mixed

JUNIOR CHALLENGER
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18/16/14/12/10
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spring 2013 colorado | tennis



FEATURES

6 FIND YOUR PROGRAM

It's Spring. It's time to dust off the racquet, empty the energy bar wrappers from your tennis bag and get on the court! With so much tennis fun to choose from, there's a program for everyone!

On tap for 2013 are a couple of significant changes to both Adult and Junior Leagues, as well as to Junior Tournaments. In this issue, we'll help you sort them out so you can find the right tennis opportunity for you or your child.



HIGHFIVE

16 H5.15

A set of five profiles on local players, coaches and tennis advocates for their on/off-court achievements:

Linda Bartels
Julie Gall
Ken Mason
Jordan Pease
Ram Vuppala

Presented by Lodo's Bar & Grill

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Youth who play tennis get better grades, are better behaved and are less prone to risky behaviors says the latest report from USTA Serves.

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20 INSPIRATION

For the boys of Montbello High School, this past tennis season wasn't just a series of matches to be played, it was a life-affirming experience.

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News and notes from USTA CO Headquarters

The Editor on the future of The Official Publication of Tennis Lovers

About USTA Colorado and contact information

About COLORADO TENNIS

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One of the country's largest recreational league tennis menus, the Colorado Adult League Series provides organized and structured team matches for more than 30,000 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.

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COLORADO TENNIS newspaper
The BIG BOOK OF COLORADO TENNIS
TENNIS Magazine
TENNIS 15-30 & BOUNCE 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 175 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 for more information, to become a USTA member, or to change your address. It's Your Game.



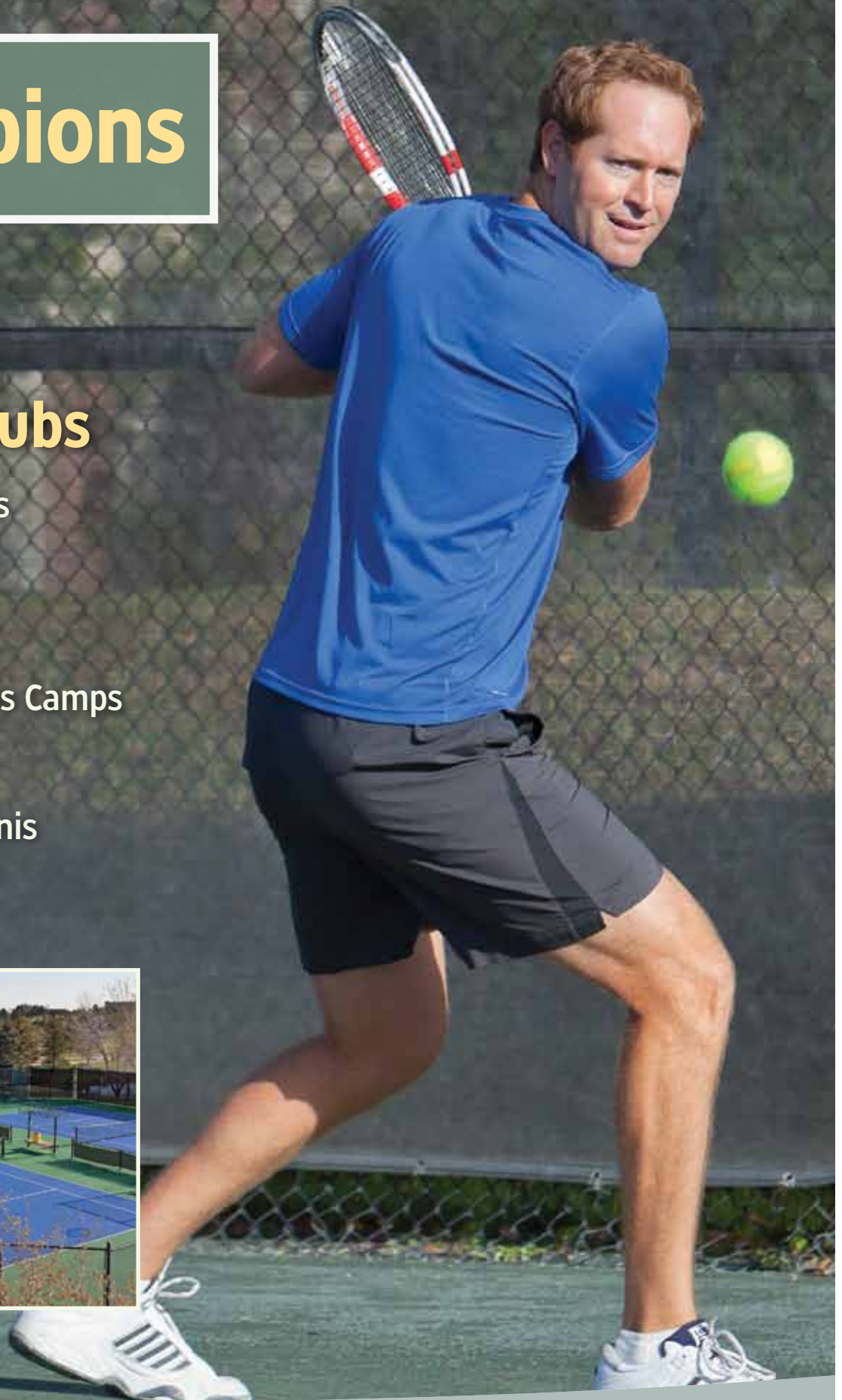
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THE COVERSTORY

SPRING HAS SPRUNG, AND CHANGE IS IN THE AIR

HELPING YOU NAVIGATE THE SEAS OF CHANGE IN USTA COLORADO PROGRAMMING THIS YEAR

As the sun crosses the equator, marking the vernal equinox and portending warmer days ahead, tennis players' thoughts turn to long hours whiled away on the court.

Here in Colorado, we have dozens of options to consider when we prepare our 2013 tennis schedules – junior and adult league play along with hundreds of tournament offerings and free tennis events across the state.

And while many players have their annual tennis schedules already thoroughly mapped and plotted, there are several changes in store for players this year that might prove to be confusing if they aren't expecting them. We've alerted you to many of them in the **2013 Big Book of Colorado Tennis**, but wanted to highlight them just one more time as league and tournament registration gets into full swing for the year.



non-gender specific leagues coming to JTT, page 7

tennis: the original social network

12U divisions seeing green page 8



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adult leagues get new age divisions page 10

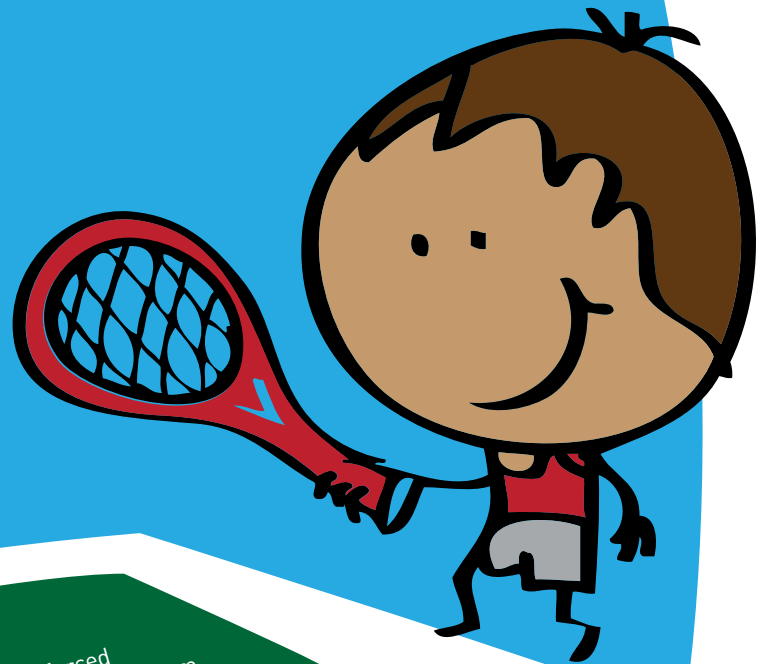
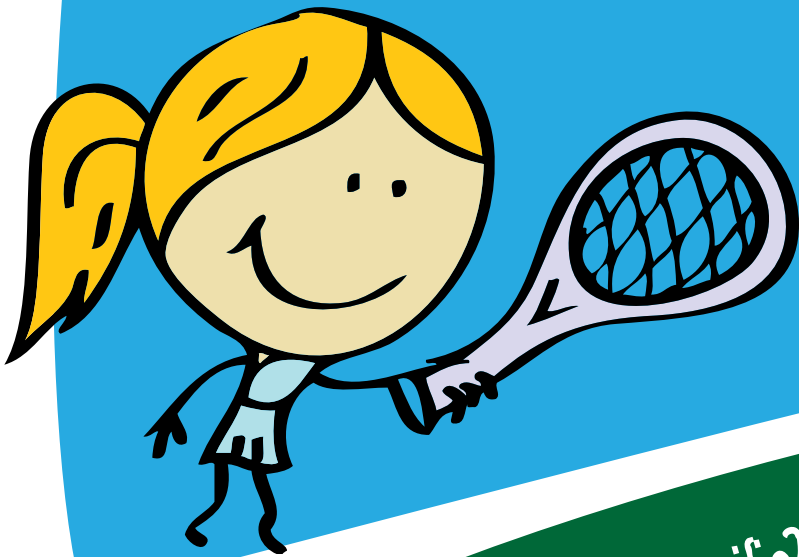


report: youth who play tennis better students, citizens



free tennis in your neighborhood page 22

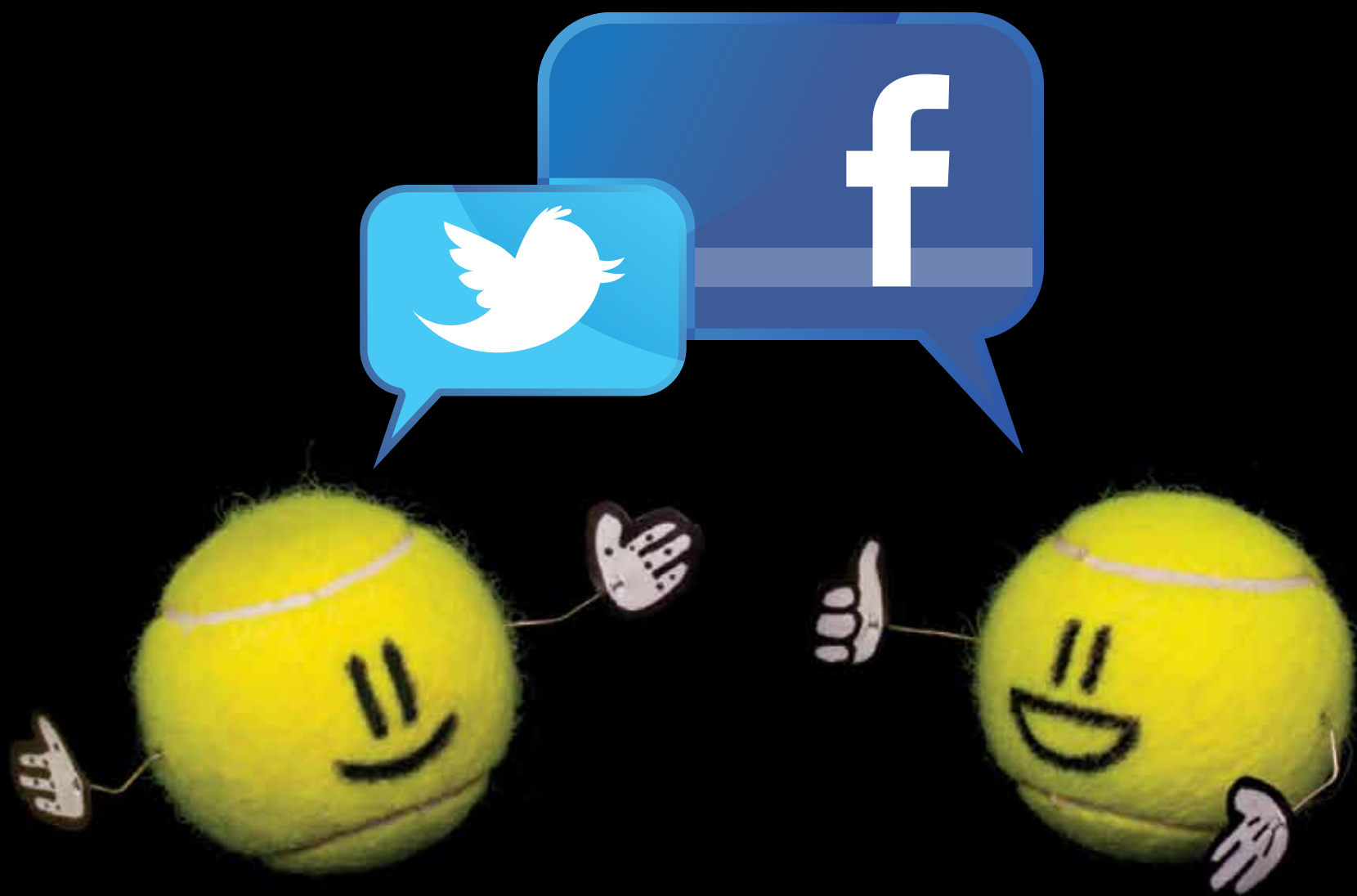
BEGINNING IN 2013,
 ALL DIVISIONS OF 10 AND UNDER TENNIS
 (INCLUDING COLORADO JUNIOR TEAM TENNIS &
 COLORADO SANCTIONED TOURNAMENTS) WILL BE
NON-GENDER SPECIFIC*



...so, what is *non-gender specific? Think of "non-gender specific" as unforced co-ed athletics. In co-ed sports, teams are designed so that an equal number of boys and girls comprise each team. Non-gender specific means that teams may be comprised of all boys, all girls, or a combination of boys and girls. In gender-specific sports, a team comprised of all boys plays against other teams made up of all boys, whereas teams made up of just girls plays against other all-girl teams.

...how it works In Colorado Junior Team Tennis, all teams in the 10 and Under division (both Intermediate B and Intermediate A) can be comprised of boys, girls or boys and girls. All teams in those divisions will compete against other teams of a similar distribution. So a team of all girls could compete against a team of all boys, or any combination. In Sanctioned Tournament Competition, 10s divisions (Futures only) will remain gender specific, with distinct boys and girls divisions. But if either the boys draw or the girls draw fails to have enough registrants to hold the event (just 1 or 2 players), those who did sign up have the option to compete in the other draw against players of a different gender.

...why did we do this We heard from a number of smaller facilities that our gender-specific rules for Junior Team Tennis (10 and Under) kept them from fielding teams. After consultation with a number of tennis professionals and organizers, USTA Colorado made the decision to open up the 10s division with a number of players of all genders. On the tournament side, several Futures tournaments had to cancel 10s events last year due to inadequate registration. It is our hope that by opening up the option to play in the opposite gender draw, we give those kids who are wanting the opportunity to play to have that chance.



Join the conversation



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...how it works In 2013, all JTT 12 & Under Novice/Futures and Intermediate/Challenger tournament players will utilize the lower compression **GREEN** ball for competition.

Beginning this year, only the JTT 12 & Under Advanced and 12 & Under Championship tournament players will compete with a traditional **YELLOW** ball.

12S DIVISIONS SEEING GREEN



...why did we do this Did you know that since 2008, competitors in the men's draw of the US Open play with a different ball than in the women's draw? The extra duty felt that the men play with helps to slow the ball down just a fraction while the women's ball is designed to speed up the game.

If the principle works at the highest professional level, surely it isn't such a bad idea when it comes to helping 11 and 12 year olds develop confidence in their strokes and getting them to enjoy the game a bit more.

Whether a youngster is just entering the sport (novice) or s/he is developing skills as an intermediate player, the use of a low compression ball makes all the difference between having fun—or not—and developing proper technique—or not. A softer ball means players can compete using greater racquet head speed on shots, balls are easier to track down due to slower speeds, and points last longer as players gain confidence and develop patience and consistency.

USTA Colorado's goal is to create a pathway that enhances skill development in a fun and active setting which will facilitate the objective of attracting thousands of youngsters to our sport.

To that end, USTA Colorado mandated the Green ball for the Junior Team Tennis 12s Novice division in 2012. After its successful debut, the Green ball will become the new standard for both JTT 12s Intermediate divisions (IA/IB). We will also be utilizing the same ball in the tournament arena for the 12s Futures (novice) and 12s Challenger (intermediate) divisions. The addition of the Green Ball to the tournament line-up will especially benefit those players who are progressing from the Orange ball/60-foot court stage and are transitioning to a full-size court.

A handful of parents and coaches of talented juniors may have concerns that a Green ball is a "step backward" from "real" tennis, but the benefits of playing with a slower, softer ball will far outweigh the drawbacks. And for those highly skilled 12s, play will continue with the yellow high compression ball in the Championship (advanced) division.



SAME JOB, DIFFERENT TOOLS
At the US Open, men and women use different balls to alter the speed of the game.

DID YOU KNOW...
Talented 12 and Unders selected by USTA Player Development all train and compete with the GREEN ball at the Regional Training Centers.



PULLING THE WRAPS OFF THE NEW USTA LEAGUE DIVISIONS

IN 2012, THE USTA FINALIZED ITS PLAN FOR THE UPCOMING CHANGE IN THE MINIMUM AGE LIMITS OF ITS EXTREMELY POPULAR ADULT LEAGUE STRUCTURE.

HERE'S OUR FINAL PRIMER FOR THE NEW STRUCTURE.

HERE IN COLORADO, IT'S EASIEST TO THINK OF THE SWITCH IN TERMS OF WHEN THE LEAGUE SEASON WILL TAKE PLACE:

- BECAUSE OF OUR COURT CAPACITY ISSUE, THE 40 & OVER DIVISION WILL PLAY DURING THE FORMER USTA SENIOR LEAGUE SEASON.
- THE 55 & OVER WILL OCCUPY THE FORMER USTA SUPER SENIOR LEAGUE SEASON.
- THE 65 & OVER WILL BE PLAYED DURING THE FORMER SILVER SENIOR SEASON.
- AND THE 18 & OVER WILL STAY IN THE USTA ADULT SLOT.

NEW DIVISIONS, SAME SEASONS

2012 LINE-UP	2013 LINE-UP
USTA Adult (18+)	USTA ADULT 18 & OVER
USTA Senior (50+)	USTA ADULT 40 & OVER
USTA Super Senior (60+)	USTA ADULT 55 & OVER
CTA Silver Senior (70+)	CTA ADULT 65 & OVER



USTA ADULT 18 & OVER

2 singles; 3 doubles / 4.5/4.0/3.5/3.0
1 singles; 2 doubles / 5.0+/2.5

NEW FOR 2013:

Flights of 6 teams will have one Friday evening match; National holidays are now included in league season.

Two (2) 5.5 rated players can be added to a team's 5.0 roster. "+" players must play at the No. 1 singles or No. 1 doubles position (one per team match).



USTA ADULT 40 & OVER

1 singles; 2 doubles / 4.5+/4.0/3.5/3.0 — Local season only
2 singles; 3 doubles / 4.5+/4.0/3.5/3.0 — Districts & beyond

NEW FOR 2013:

The league season has been extended up to 10 weeks (mid June-August); flights of 6 teams will have one Friday evening match; National holidays are now included in league season.

Two (2) 5.0 rated players can be added to a team's 4.5 roster. "+" players must play at the No. 1 singles or No. 1 doubles position (one per team match).



USTA ADULT 55 & OVER

3 doubles /
Combo NTRP 9.0/8.0/7.0/6.0

NEW FOR 2013:

The USTA 55 & Up District Championships will move from September to August in preparation for the Sectional Championship date change in 2014.



LEAGUE FORMERLY KNOWN AS USTA SENIOR MOVES SECTIONAL FROM IDAHO TO COLORADO

With the change in Championship formats (see the **Insider's Report: 40s Format Finagle** from the 2013 Big Book of Colorado Tennis), the Intermountain Section League Department has decided to relocate the Adult 40 & Over League Sectional Championships in September from Boise, ID to Colorado.



40s FORMAT FINAGLE: Due to court limitations throughout most of Colorado, the local league format will be 1 singles and 2 doubles positions per team match for the USTA Adult 40 & Over league. Since the District Championships are part of the

National advancement process, we are required to follow the USTA National format for Districts, which is 2 singles and 3 doubles. All teams entering this league must have at least 8 players rostered by the team minimum deadline prior to the beginning of the league.

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THE BUZZ

NOUNS IN THE NEWS

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

Bruetting narrowly misses double gold

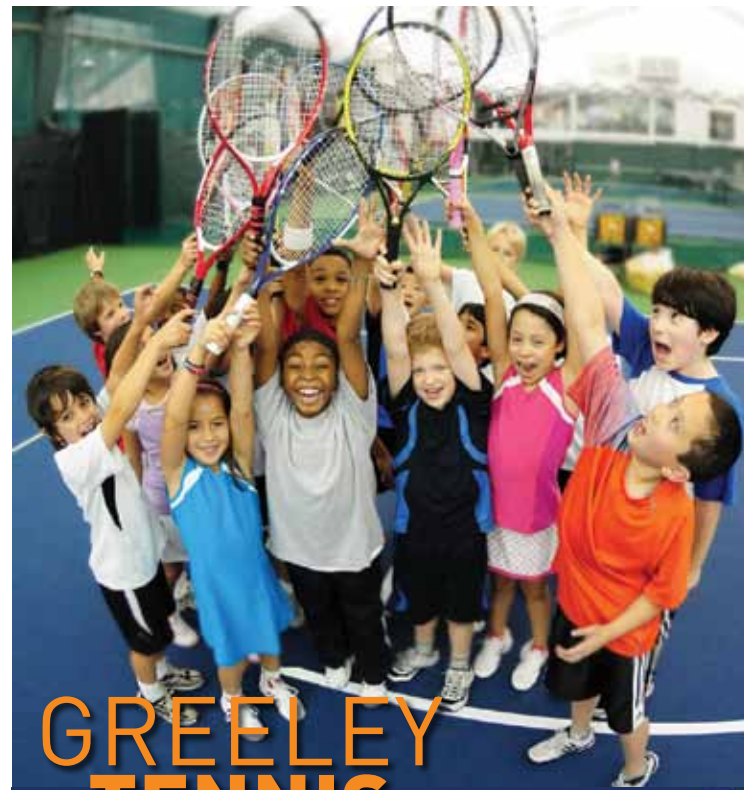
Team Colorado coach **Simona Bruetting** (Highlands Ranch) lived up to her No. 2 seeding at the USTA National Women's Clay Courts in Houston, Texas, reaching the Women's 35 finals without dropping a set. But her bid for a second career gold ball fell just a handful of strategic points short against unseeded Jorgelina Torti in the final. With Bruetting leading 5-4 in the third, Torti staged a furious come-from-behind rally, pushing the match to a tiebreak where she ultimately prevailed 67 63 76. But Bruetting wouldn't leave the tournament without that second career national title, as she and her partner Gee Gee Garvin took out Torti in the quarterfinals, upended the No. 2 seeds in the semifinals and cruised to an easy victory in the finals to capture the USTA National Women's Clay Courts W35 Doubles gold ball.

Wright adds gold, silver to collection

Susan Wright collected some new hardware at the USTA National Women's Clay Courts, winning the Gold ball for Women's 55 doubles and the silver ball in singles. The Grand Junction resident has now amassed 51 gold balls in her career, to go along with dozens of silver and bronze balls as well. Wright is also a double champion at the 2013 Babolat World Tennis Classic, capturing both the W55 singles and doubles titles. Her on-court success has garnered her another invitation to captain the Maureen Connolly Cup squad (W55) at the 2013 ITF World Team Championships in Antalya, Turkey later this month.

Price doubles up on silver before injury derails bid for gold

Unfortunately for Colorado's tap-dancing queen of the courts, **Rita Price** went down with an injury in the Women's 85 National Clay Court Championship Doubles match, and had to default her singles final. Price, seeded No. 1 in the doubles and No. 2 in singles, was looking to grab her 13th and 14th career gold balls, but she fell awkwardly trying to retrieve a lob at 1-2 in the first set of the doubles final.



TENNIS FESTIVAL:

A Tennis Festival provides an opportunity for kids of all ages and skill levels to experience tennis through a variety of activities.

Parents are welcome to participate and experience first-hand how tennis is sized right for age and ability.

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Fort Collins husband/wife duo capture National Grass Court title

Congratulations to **Steve** and **Judy Schultz** of Fort Collins, who recently won the Tennis Channel USTA National Husband Wife Combined Age 100, 120 & 140 Grass Court Championships in Palm Springs, CA. In the Combined 100, the Schultzes dropped the No. 1, No. 4 and No. 5 seeds en route to the couple's first gold ball.

DU Pioneers to host WAC Tennis Tournament

The University of Denver Pioneers will play host in April to the Western Athletic Conference Tennis Championships at Gates Tennis Center. Scheduled for April 25-28, the Championships will be DU's last WAC season, as the University has already signaled its move to the Summit League for the next academic year.



Babolat's DiBiase is RSI's Person of the Year

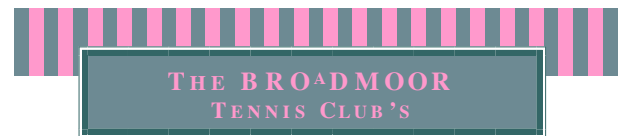
Director of Marketing for Babolat, **Susan DiBiase** (Golden) was recently acknowledged by the Racquet Sports Industry as its Person of the Year for 2012. A former world class mountain biker and freestyle skier, DiBiase left Schwinn/Nautilus fitness and moved to Babolat in 2007, and has been recognized as a major force in helping the brand go from a 9% US market share in 2003 to 35% in 2012, including having the No. 1 selling racquet at specialty stores for every quarter since early 2007.

**The countdown is on!
Two lucky captains will attend 2014 BNP Paribas Open.**

In 2001, USTA Colorado introduced The Captain's Incentive Program to recognize primary team captains for their efforts. Over the last decade, numerous changes have been implemented to the program and last year, USTA Colorado sent two lucky captains (primary only) on a trip for two to the BNP Paribas Open in Indian Wells, CA.

THE DRAWING FOR THE 2014 BNP PARIBAS TRIP WILL TAKE PLACE LATER THIS YEAR, SO STAY TUNED FOR THE DETAILS.

USTA Colorado's guests at the 2013 BNP Paribas Open were **Joe Caston**, and **Julie Schmiedeler**. In 2012, USTA Colorado sent **Ashley Banister-Riley** and **Aaron Phillips**.



5th Annual Rally for the Cure Tennis Event

June 7 & 8, 2013

The country's largest Rally for the Cure tennis event... is now adding Mixed Doubles! Players Register by April 15th and Receive 20% Off!

Schedule of Events		Register by April 15th!
Friday, June 7th		\$250 pp \$199 by 4/15 Two Tennis Events \$280 pp \$224 by 4/15 All Three Tennis Events
<i>Ladies "Pinks vs Whites" 3.0-4.5+ team round-robin, changing partners every round. All games count toward your team's total. You will be notified of your play time and team affiliation one week prior to the event. Day ends with a new mixed doubles tournament and cocktails!</i>		
8am	Registration & Continental Breakfast	In addition to the tennis events, all ladies' registration fees include: <ul style="list-style-type: none"> • Exclusive Player's Gift Bag • Commemorative Player Photograph • Awards for Winning Teams • Continental Breakfast Daily • Luncheon & Fashion Show • "Mixed Troubles" Cocktail Party on Friday • Center Court Slam Cocktail Party on Saturday
8:30-10:30 am	Ladies Flight One	
10:30-12:30pm	Ladies Flight Two	
12:30-2pm	Buffet Luncheon, Speaker & Fashion Show	
2-4 pm	Ladies Flight Three	
4-6pm	Mixed Doubles Tournament	
	Combined 7.0, 8.0 & 9.0	
6pm	"Mixed Troubles" Informal Cocktail Party	
	All Players. Championship Patio	
Saturday, June 8th		
<i>Ladies Doubles Tournament & Silent Auction. Partners stay together in this level-specific doubles tournament.</i>		Gentlemen's & Non-Player Fees: \$125 pp Mixed Doubles Tournament, "Mixed Troubles" Party & Center Court Slam Party \$75 pp / \$140 per couple Center Court Slam Cocktail Party Only Call for Discounted Hotel Package!
8am	Registration & Continental Breakfast	
8:30-10:30 am	3.5 Doubles Play	
11-1 pm	3.0 & 4.5+ Doubles Play	
1:30-3:30 pm	4.0 Doubles Play	
6:30-9 pm	Center Court Slam Cocktail Party	
	Tennis Exhibition & Live Auction	
	The Broadmoor Golf Club. Cocktail attire.	



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 Call (719) 471-6174
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- Team photo



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Give us a call at 303.449.5033
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great one for you and your kids.



USTA tracking higher tennis participation

The USTA (United States Tennis Association) has worked hard these past few years to get kids more involved in tennis. Recent numbers show all that effort is paying off.

According to Tennis 15/30 magazine, overall tennis participation grew four percent in 2012, topping 28 million players for the first time since 2009. The even bigger news is that the increase in participation among kids ages six through 11 was up an amazing 13 percent from 2011.

The results are from an annual participation survey conducted for the USTA and the Tennis Industry Association by Taylor Research and Consulting. The phone survey was taken by more than 7,500 individuals, making it one of the largest annual surveys of any sport.

The results also pointed to a large increase in African American (reaching a 10-year high) and Hispanic participation (third-highest level in the past decade.)

Over the past two years, the USTA has invested heavily in 44 target markets throughout the country to introduce more kids to the sport. Through their 10-and-under tennis initiative, the association has helped install or build more than 4,400 youth-sized courts, constructing nearly 10,000 kid sized courts overall since 2010.

"We are very gratified that our efforts geared to young players are paying off," said Jon Vegosen, outgoing USTA board chairman and president. "We want to grow the game and make it look like America, and therefore we find it very encouraging that we are seeing growth among young players and in diverse communities."

TOURNAMENT ADDITIONS:

Please make note of the following changes to the 2013 Colorado Tournament Schedule:

10/12-10/20 NEW

Gates NTRP Outdoor Championships in honor of Rob Fortino

250007413

MWs 5.0/4.5/4.0/3.5/3.0; Md 4.5/4.0/3.5; Wd 4.0/3.5/3.0; MXd 4.5/4.0/3.5

Gates Tennis Center, 3300 E Bayaud Ave, Denver, CO 80209. 303/355-4461. MWs \$32; MWMXd \$19d/player. Entries on TennisLink or to Chris Croxton by 10/5.

7/28-8/4 ADDED FAMILY DIVISIONS

Colorado State Open – Junior & Family Divisions

Family Events Only – 250010713

Junior Event TennisLink Registration is as listed in 2013 Big Book of Colorado Tennis



Cardio Tennis Training Course coming to Valley Country Club

Calling all fitness and tennis professionals. Valley Country Club in Centennial, CO is hosting a CardioTennis training course from 9am-4pm on Friday, May 17th. Lunch is included.

The 7-hour course includes a CD manual, CD drills and CD music as well as a 1-year Authorized Provider membership for CardioTennis.com.

USPTA Professionals receive ECUs, PTR Professionals receive MAPs and Fitness Professionals receive CEUs for NASM for taking either the CardioTennis Training Course and /or the TRX training course. There is a discount if you are taking both CardioTennis and TRX training courses offered back to back at one site.

Participants will learn how to run CardioTennis and increase their income. For more information, visit the workshop website <<http://cardiotennistrainingvcc.eventbrite.com/>> or contact Diane Selke at dsgogreengowhite@gmail.com.

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HIGH FIVE

For the past 37 years, Colorado Tennis (née High Bounce in 1976) has been bringing you profiles of local players, coaches, administrators and anyone else in the Colorado tennis community who shares their passion for the sport with others.

In each issue, we are profiling five individuals who deserve recognition for their efforts and accomplishments. As always, some you will know, while others will be fresh names and faces. We encourage readers to help us recognize others who they think deserve special recognition. Email Kurt Desautels <kurt@coloradotennis.com> with your comments or suggestions.



PROFILES BY
KATIENEWELL



EACH ISSUE, ONE LUCKY HIGH FIVE WILL BE RANDOMLY SELECTED TO RECEIVE A \$50 GIFT CARD COMPLIMENTS OF LODO'S BAR AND GRILL.

THE 2013 SPRING ISSUE WINNER IS RAM VUPPALA.

PROUD TO BE SALUTING THOSE MAKING AN IMPACT THROUGH TENNIS

For those of you trying to find role models in today's high pressure society, you don't have to look any farther than to Lakewood High School's Ram Vuppala. With a maturity beyond his years, Ram is an incredibly balanced young man, achieving great success on the tennis court, in the classroom, and in his personal life.

With the support of his parents who came from India 20 years ago, Ram's early commitment to self-discipline was evident in his karate skills where he earned a black belt. Equally successful in Taekwondo, he soon turned his focus to tennis and by 10 was tearing it up on the court. He's been in Star Search, Urban Youth Tennis Academy, got selected into Team Colorado 12s in 2010-2011 and just this last year, playing No. 2 at Lakewood High School, made it to the Regional High School finals.

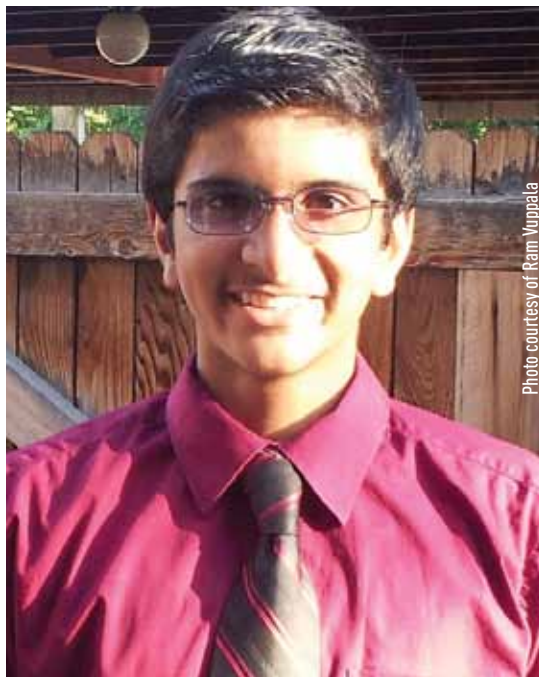
Ram's achievements in the classroom are the result of his self-discipline and his strong sense of self which is apparent when you have the chance to speak with him.

"I believe I do live with cultural differences and that has given me a state of mind that helps me." That state of mind has been recognized by others and he was awarded USTA Colorado's 2012 John Hough Award, which is presented to a boy, 14-and-under, who exemplifies sportsmanship, leadership and achievement.

He also received the award for Outstanding Excellence in the 8th grade and was accepted into the prestigious International Baccalaureate program at Lakewood. When asked how he balances his life on and off the court Ram explains that, "They are both a commitment I have made. I have to be careful not to get distracted."

As if the success in those two arenas isn't enough, Ram is a born leader with a desire to have a full social life. He was elected to Class Senate as President for his freshman year and volunteers at Meadow Creek Tennis Club helping the pros teach QuickStart, Star Search, and other junior programs. It's his way of giving back into his community. He feels he can make a positive impact by being involved.

There is a humility and kindness about Ram that makes you wonder how a young man has been able to balance such a demanding schedule with such a grateful spirit. "I'm just very outgoing," he says. "I am willing to do what it takes to maintain the balance."



RAMVUPPALA



Photo courtesy of Julie Gall

JULIEGALL

For having such a big impact on the Colorado tennis community, one would think Julie Gall grew up playing tennis herself. But that's not the case. She was, in fact, a competitive figure skater in her youth. It wasn't until she hit her 30s that she found herself regularly on a tennis court in the parks and recreation system in California.

As is true for many of us netters, it wasn't long before Julie found herself addicted to tennis. She moved from California to Colorado and brought with her the knowledge of how to start and sustain a thriving social tennis program.

So began the incredible TANS (Tennis Addicts & Nuts) program at the Arvada Tennis Center. Having just celebrated its 10th Anniversary last year, the premise of the program is simple: The tennis is open to all players (usual range is 2.5-4.0), the temperature needs to be 40 degrees or above, and you need to opt in or out by email for that week. There is no pressure to play every week, and that's one reason the group just keeps growing.

TANS started out with approximately 25 players. Now, with six dedicated courts and over 550 tennis addicts are on the email list, the social group plays weekly in a rotation double format.

"The coolest thing is that I've met so many people," Julie explains. "There really are just 6 or 7 degrees of separation from one another and it connects us off the court, too." There have been jobs found and relationships started in addition to the great tennis that TANS brings.

"We have people from all over the country and even the world," she said, "including players from Poland and China, in addition to players from across the United States."

When asked if she was shocked that one person was able to start such a large tennis wave, Julie just laughs.

"I did it for myself, to make more friends here!"

If you think TANS or a similar concept would benefit your community, Julie is happy to discuss how to make it happen: juliegall@sprintmail.com or 303/688-2773.

For anyone who loves the sport of tennis, there is an understanding of the dedication it takes to become a nationally ranked player. And for anyone who's ever worked hard in the classroom, there is a deep appreciation for what it takes to receive an Environmental Engineering Degree from the Colorado School of Mines and be pursuing a Masters in Mechanical Engineering.

But when you speak with Jordan Pease who has managed to do both, it isn't about the things he's accomplished that he's passionate about discussing. It's about the journey he's been on and he proudly sums it up with the words from The Serenity Prayer. "God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference," he recites about the words he's lived by his whole life.

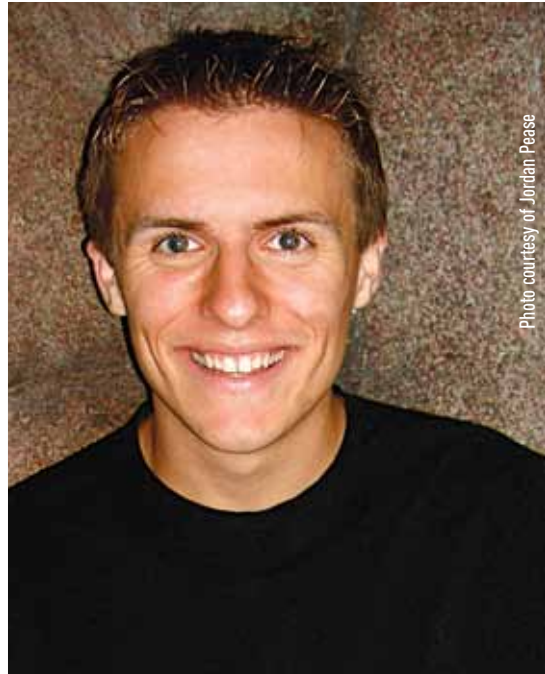


Photo courtesy of Jordan Pease

JORDANPEASE

He's also picked engineering because he wants to make a difference in the world, as well. In terms of tennis, he said he'll focus on USTA leagues, especially doubles which is his passion.

Losing his right hand in a hay grinder accident at the age of 5 while living in Minnesota forced Jordan not only to become a lefty, but to quickly learn how to accept the things out of his control. It also gave him the gift of seeing life from a deeper level. That ability to accept the ups and downs that life brings has translated into his desire to work to his best ability both off and on the tennis court. He played varsity tennis from the 7th grade forward, securing the No. 1 singles position starting his sophomore year. He played in over 600 junior tournaments. Most recently he helped lead Mines to the semifinals of the USTA Tennis on Campus Fall National Invitational.

"Tennis has always been a rock or an anchor in my life," he explains of the sport introduced to him by his father, Londell Pease, who was a collegiate player himself. Having traveled to Germany to study abroad for a couple of years and having the ability to socialize through tennis regardless of his location, he feels it opens doors to meeting people.

Jordan feels that the sport of tennis really mirrors life on many levels. "Some things are in your control, some things aren't," he explains. Describing himself in his younger days as somewhat of a "hot-head," he said he's learned to be in control. He also jokes that other coaches have made their players stop and watch his ability to toss a ball accurately. Jordan lighthearted explains that he's overheard others say, "if that guy can do it, you certainly can!"

Helping others and making a difference are what drives Jordan now. He taught tennis for several years and now he's helping the Mines Club team by taking potential players on tours and working to try to get the

There are at least three things in life that Linda Bartels feels extremely passionate about; children, wellness, and tennis.

Being a valued volunteer and tireless advocate of health and wellness at Cottonwood Elementary school and the Cherry Creek School District, Linda's love extends beyond her two sons, Ian and Mitchell, to all of the children who she can impact.

She is passionate about exercise and nutrition and eager to discuss the obesity and sedentary issues that plague our nation's young people. She's also a tennis enthusiast who knows it's a sport that can open the door to both social and physical well-being.

And because Linda is one of those rare people who have the ability turn their passion into productivity, she's been planting seeds that are producing true results and will continue to do so for many years to come.

Linda, a 2012 Parents are the Power Healthy School Hero recipient, took the \$500 grant she received and put in motion a plan to expose elementary age kids to the sport of tennis.



Photo courtesy of Linda Bartels

LINDABARTELS

Why tennis? First of all, because she loves the sport that brought her joy throughout her life. And secondly, because she knows what all tennis enthusiasts know – that tennis is a lifelong sport that leads to a life of health and fitness, and one that fills a different niche than those sports traditionally promoted by the school.

"Not every child enjoys the dynamics of team sports," she explains.

Combined with USTA Colorado's 10 and Under Program, she rallied 28 elementary and middle school PE teachers to learn about how they could bring tennis into their own schools. "It was a blast!" she said about the dynamics of the group and the enthusiasm for the program.

In addition to volunteering and advocating for healthy meals, Linda was able to help plan a week of healthy activities that exposed the students to various aspects of healthy living from a crunch day (everyone got apples and crunched together!) to recycle awareness and another with a visit from a dentist to talk about oral health. But her favorite was probably "Bike to School Day" where for once, the congestion from cars gave way to the eager students on bikes.

In terms of choosing to spend the award money on tennis she says, "If I can get just one child passionate about tennis at this age, it's worth it!"

George Washington High School's head coach Ken Mason has a fairly simple life philosophy. "You get back what you put in." That commitment to effort isn't something he just preaches to his players, he lives it himself.

Refusing to cut anyone who wants to play, Coach Mason has his challenges – more than three-quarters of his players are in the International Baccalaureate (IB) program at school – meaning that their academic requirements and time commitments to the classroom supersedes their time on the courts. He also works with players who have no tennis background, but he's game if they are, which is unique in world of high school sports. They compete against power house teams that get the top talent and each season he has his work cut out to help his team be competitive.

Because he was a top flight player himself at Cherry Creek High School – winning a pair of Colorado High School doubles titles and competing for the 1976 Cherry Creek Team that has been nationally recognized as possibly the strongest ever – he understands what it takes to succeed.

"I tell the kids what I know to be true, and that's that you aren't always going to be successful. You have to learn to accept that."



Photo courtesy of the Ken Mason

KENMASON

Mason was named coach of the year in 2008, the same year GW finished third at the CHSAA State Tennis Championships. Since 1999, his team boasts a .690 winning percentage. He's also proud that all of his 27 players over the last season got to be in a varsity match.

Describing tennis as a gift that "has seen me through some very difficult times in life," Mason encourages his athletes to leave it all on the court. And they do. George Washington has had 16 qualifiers in the last six years. There have been four All-State Players from GW in the last three years.

But that success isn't what really motivates Coach Mason.

"The energy I get from these kids, to see them develop and progress – that's what it's all about."

JUNIORNEWS

Special Report shows positive results for youth who play tennis





How does a child end up with a tennis racquet in hand? What kinds of shifts in self-image and expectations are set in motion? Who else in the family, school or community recognizes and pulls a novice into the orbit of play? How do the social networks around the game unfold in ways that engage, inform and inspire young persons? To what does the game lead? What cultural values and life lessons are learned on the court and across the net, and how do they mesh with the development of a young person's identity, friendship networks and educational aspirations?

USTA Serves, the national charitable foundation of the United States Tennis Association, recently announced the results of the USTA Serves Special Report, **More Than a Sport: Tennis, Education and Health**. The study, conducted among high school students, is the first nationwide study to analyze the educational, behavioral and health benefits to adolescents who participate in tennis.


Results from the study show that, when compared to non-athletes and participants in many other sports, young people who participate in tennis get better grades, devote more hours to studying, think more about their future, aspire to attend and graduate from college, and have lower suspension and expulsion rates.

Many of the results discussed in this report provide evidence that tennis participation positively influences the lives of US adolescents. While tennis remains a predominantly White sport, gender representation is equitable, and there is some evidence that youth participation is expanding in middle- and lower-socioeconomic levels. The data paint a portrait of tennis players as well-rounded, basically successful at school and involved with extracurricular activities. Tennis players also appear to be healthy overall and less prone to key adolescent health-risk behaviors than non-athletes and contact sports participants.

YOUTH WHO PLAY TENNIS...

<p>Get Better Grades</p>  <p>48% HAVE AN "A" AVERAGE</p> <p>Spend more time studying</p>	<p>Have college aspirations</p>  <p>81% SAY THEY WILL ATTEND COLLEGE</p> <p>More say they will graduate from college</p>	<p>Are better behaved</p>  <p>73% HAVE NEVER BEEN SENT TO THE PRINCIPAL'S OFFICE</p> <p>Fewer are suspended or expelled</p>	<p>Are more community-minded and well-rounded</p>  <p>82% VOLUNTEER IN THEIR COMMUNITIES</p> <p>More are engaged in extracurricular activities</p>
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ARE HEALTHY AND LESS PRONE TO RISKY BEHAVIORS



Less binge drinking, cigarette smoking and marijuana use and are less likely to be overweight or at-risk for being overweight



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Some—but not all—types of sports do an effective job at recruiting and retaining young participants, as well as helping them to develop friendships, excel on the academic front and adopt healthier behaviors. The evidence uncovered here shows that tennis is achieving these objectives and, in the process, serves as a powerful catalyst for education and health among US adolescents.

Key findings from the report include:

- Tennis is a unique catalyst for educational advantage. Tennis players spent more time doing homework, and were more likely to report receiving “A” grades. A full 48% of students in the report have an “A” average and 81% say they will attend college.
- Tennis players had significantly lower rates of suspension from school and other disciplinary measures than participants in other sports and non-athletes. In fact, 73% have never been sent to the principal’s office.
- Educational advantages among tennis players occurred across all socioeconomic levels.
- Adolescent tennis players are well-rounded. Participation rates within extracurricular activities and community involvement were higher among adolescent tennis players. Indeed, 82% volunteer in their communities.
- Tennis contributes to adolescent health. Tennis players reported lower rates of unhealthy behavior such as drinking and smoking, and are less likely to be overweight or become obese.
- Adolescent participation in tennis varies by race/ethnicity and gender, as well as across geographic regions. Among all adolescent tennis players in the US, whites constituted 77%, Hispanics 14%, and African-Americans 9%.

THE RESULTS CONFIRM USTA SERVES’ BELIEF IN TENNIS AS A SPORT OF OPPORTUNITY AND VALIDATE ITS MISSION TO SUPPORT PROGRAMS THAT ENHANCE THE LIVES OF CHILDREN AND FAMILIES THROUGH THE INTEGRATION OF TENNIS, HEALTH AND EDUCATION.

based research will encourage more educators, health policy makers and parents to promote tennis in physical education classes as well as in school and community-based sports programs so that students across the country will reap these important education and health benefits.”


“The evidence shows that tennis participation is clearly linked with educational achievement, health, and social involvement among US adolescents,” said Don Sabo, Ph.D., principal investigator. “USTA Serves is commended for its use of evidence-based research to evaluate the contributions that tennis makes in the lives of US adolescents”.

“While most people may not be surprised to learn that the majority of adolescent tennis players score better than most other athletes (and all non-athletes) on education and social behavior, what is less known is that those benefits also cross all socio-economics levels in varying degrees,” said Deborah Slaner Larkin, Executive Director of USTA Serves. “Hopefully, this evidence-

The results confirm USTA Serves’ belief in tennis as a sport of opportunity and validate its mission to support programs that enhance the lives of children and families through the integration of tennis, health and education. To date, USTA Serves has awarded more than \$15 million in grants and scholarships to people and programs throughout the country in order to provide at-risk and underserved youth with greater opportunities to realize success.

Fritz Garger, Executive Director for the Colorado Youth Tennis Foundation, says these data confirm what the Foundation sees here in Colorado.

“We’ve been tracking social, physical and academic success of kids we’ve awarded scholarships to locally, and this study supports our mission. Through CYTF scholarships, kids across Colorado are achieving great things on the court and in life.”

More Than a Sport is based on an analysis of the Monitoring the Future data—a highly respected, federally funded survey, which contains the responses of a nationwide sample of US high school students—to compare the educational, social and health characteristics of tennis players with participants in other sports as well as nonathletes. The sample of 54,048 eighth and 10th graders is representative of a large cross-section of US high school students by geography and race/ethnicity between 2006 and 2010. A total of 4,278 tennis participants (8%) were included in the national sample. 



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SPOTLIGHT

MEASURES OF SUCCESS

FOR THE BOYS WHO COMPETE ON THE MONTBELLO HIGH SCHOOL TENNIS TEAM, SUCCESS IS MEASURED NOT IN WINS AND LOSSES, BUT IN PERSONAL GROWTH, FRIENDSHIPS AND CAMARADERIE.

STORY BY
TOM FASANO

The future for three Montbello High School seniors is filled with high expectations and excitement. But it's their past as members of the Warriors boys tennis team that they'll never forget.

Cody Jackson, Richard Villa and **Chris Urias** are planning big things down the road once they graduate from Montbello.

Jackson, 17, is going to attend New Mexico Military Institute for one year with plans to enroll at the Air Force Academy.

Villa, 18, is headed to Colorado School of Mines on an Army ROTC full scholarship where he will major in mechanical/electrical engineering.

Urias, 17, has been accepted to the University of Colorado at Boulder and is waiting to hear back from Stanford and Harvard. Urias plans to major in aerospace engineering.

Villa is ranked No. 2 in the Montbello senior class with a 4.065 grade-point average; Urias is No. 5 in the same class with a 3.9 GPA, and Jackson is ranked in the 20s with a 3.5 GPA.

NO POWERHOUSE

Montbello will never be confused with perennial powerhouse Cherry Creek when it comes to winning percentage on the tennis courts, but the Warriors are winners in so many other ways.

"It's as important as graduation itself, honestly," said Jackson of what playing for Montbello in Denver meant to him. "I've been playing tennis for about nine years, and I always knew whenever I got to high school that I'd play for my high school team. The only problem was that I was home-schooled my entire life all the way up to 10th grade, so going to Montbello High School and being on the tennis team was something that I never really thought would actually happen, but it was something that I always really wanted. For me, it's as important as finishing high school, being part of the high school itself and graduating from that high school."

The Montbello boys tennis team looks like a contingent of United Nations members with racquets and tennis shorts. Blacks, whites, Hispanics and Asians make up the roster of 12 boys. Their coach, **Qua Nguyen**, was born in Vietnam, and his players came from other local schools such as Martin Luther King, College Prep Academy at Montbello, Noel Community Arts School in addition to Montbello, which is being phased out to make room for three programs/schools.

"Even when we lost, we always supported each other and had some good laughs," Urias said. "We made sure we gave 100 percent."

EMBRACING THE CHALLENGE

Nguyen, 24, who played tennis at Abraham Lincoln High School in Denver, said he embraced the challenge of coaching at Montbello, even when he tried to coach a kid who was living couch to couch. Nguyen was faced with kids not having the proper tennis gear or coaching a kid playing in loafers because he had no tennis shoes.

"I heard about some of the difficulties these boys were going through like students not having tennis shoes to wear because there's holes in them," said Nguyen, whose squad beat Abraham Lincoln for its only dual match win of the year. "Some of them are struggling, but I have students who aren't struggling. These boys were involved in ROTC. They were tutoring sixth- and seventh-graders. There's a lot more than just tennis they did during the season. That's what makes me proud of them is they're able to balance their schedule and still commit to their education."

Nguyen said Jackson was the heart and soul of the team. Jackson, the No. 1 singles player and team captain, is the glue that put the team together with his recruiting efforts.

"It was amazing. I actually thought that it was going to be really hard to find a lot of kids just because it's not really popular with most of the African American students, however it turns out a lot of them wanted to join because they saw how much fun we had and how much of a dude sport it could turn out to be," said Jackson, who is the battalion commander at the ROTC program at Montbello. "There were actually a lot of Hispanic students as well because the majority of our school is Hispanic. To have African Americans, Hispanics, some Asian kids and some Caucasian kids from all over, not just Montbello, to come together was something that was really amazing. It showed me the future of this team, and how close we ended up becoming."



PHOTOS BY
MICHAEL BLANCHETTE

The 2012 Montbello Warriors Tennis Team:

Diego Aguilar, Seung Baang, Manny Preap, Joel Avorque, Neftali Bardales, Tavaris Williams, Team Captain Cody Jackson, Richard Villa, David Archuleta, Chris Urias, Head Coach Qua Nguyen and Taryn Archer, volunteer coach (not pictured: player Mackenzie Cline and Michael Blanchette, volunteer coach)

Below: Coach Nguyen snaps a picture of the boys, who embraced their diversity and came together in support of each other throughout the year, regardless of wins or losses.



COACHING HER ALMA MATER

Chere Smith, 26, a 2004 Montbello graduate who played tennis for four years on the girls' team, coached the boys and girls from 2009-11. She said support from **Taryn Archer** and **Michael Blanchette** of the Eastside Tennis Association was huge for the program.

"They've overcome a lot. I actually started coaching because the coach (Darrel Riley) passed away suddenly in February 2009," said Smith, who played tennis on a scholarship at Midland Lutheran College in Nebraska.

Smith didn't have a full team of 11 players the first year.

"That first year I coached we only had eight boys," Smith said. "One year I had to go to Walmart and buy the uniforms myself just because the support for the smaller programs wasn't always there."

The second and third years she had a full team of 11.

"We had kids that never held a racquet before, but they wanted to come out and play. They cheered each other on like they were playing in the US Open," Smith said. "It was about going out there and giving it your best. It wasn't about winning or losing. It was about giving their all and supporting each other. They were very dedicated to improving, and they wanted to get better. They also did summer tennis league through the Eastside Tennis Association. They wanted to learn more about the game. It was very special. I'm still in contact with just about all of those kids. We'll play in the summertime. I'm very much invested in their lives. Because of all of the things that they had to go through definitely has made them stronger."

NOT ALL ABOUT WINS

Blanchette, a volunteer coach for the Warriors, said success isn't defined by how many times these kids win.

"It's not like coaching tennis at traditional powerhouse school," said Blanchette. "These kids don't play tennis at a club. When they go out for the high school tennis team, it may be the first time they've ever played tennis."

Blanchette said he never envisioned himself as a coach, but he's glad he got involved.

"It's so fun to give them basics and watch them have some success," Blanchette said. "We define success for them a lot differently than some coaches might. It's not in the win-loss column that's for sure. It's at the end of the season that you know a little bit more than at the beginning of the season, and you had fun. That's how we define success for our kids."

DIVERSITY RULES

Urias, who played for the Warriors for two years, said it was indeed a diverse team.

"It was pretty interesting, but we got along pretty fine," Urias said. "We loved representing the Warriors."

Jackson's mother, Audrey Jackson, said it was special seeing how the team banded together.

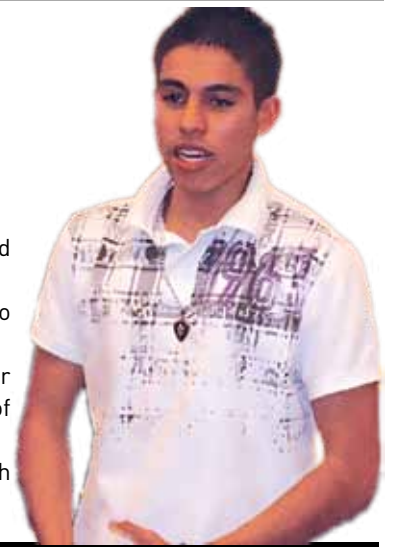
"It's Montbello High School and in that community there's a lot of Hispanics, a lot of blacks. There's just a lot of everything on that team, which makes it awesome to walk into a game and you see pretty much one color on one team and our team there's everything," Audrey Jackson said. "We are not the best, but we do it with sportsmanship and enjoy it. It's been a fun ride."

Urias said he got involved in tennis because he wanted to join a sport.

"I checked out tennis and I loved it," said Urias, who played No. 1 doubles last fall.

Villa, the No. 2 singles player, played at Montbello for four years. He said the brotherhood and the growth of the players were keys to the team sticking together.

"We always gave it our best and always cheered each other on and were never negative about anything."



Senior **Richard Villa**, the Warriors' No. 2 singles player, will be headed to Colorado School of Mines on an Army ROTC full scholarship where he will major in mechanical/electrical engineering. He is ranked No. 2 in the Montbello senior class with a 4.065 grade-point average.

EMOTIONAL BANQUET

The season-ending banquet in January showed what the program has meant to the boys. Tom Talmadge, president of the Colorado Youth Tennis Foundation, presented players with racquets, racquet covers, a can of balls and tennis bags for the seniors. It was an experience that impacted him tremendously. The players talked about why they chose to play tennis and what it meant to them. Talmadge left the banquet amazed at what he witnessed.

"I've played sports ever since I could hardly walk, and today's sports it seems like so many of the athletes are all about themselves," Talmadge said. "These kids had all the respect in the world for each other. When we were giving them racquets for our Racquets For All program where we refurbish racquets and give them to the kids who don't have them, one kid said, 'I'm from Mexico and I'm supposed to like soccer. I like soccer, but I love tennis.' One kid got up there and said: 'This is more than a team. This is my family.' It was things like that and watching these kids and the respect they had for each other in general, it was one of the most blessed events I've been to, and I've been to a lot. It was just an awesome experience."

Talmadge said a player came up to him after the banquet and thanked him for the racquet. "He gave me a hug and said, 'I always wanted a racquet of my own.' These are high school kids," Talmadge said. "I would never have expected that. Sometimes it's hard for me to talk about it because I get a little choked up about it. They don't have much. It's just amazing."

Urias said receiving the tennis racquets and other gear was enlightening and motivating. "It gave me a real sense of community," he said. "The racquets will inspire us to continue to work on our skills and to spread around the spirit of tennis," Urias said.

Jackson said when the players received the racquets at the banquet, they were told: You can keep these racquets and you can continue playing the game, or you can give your old racquet to one of your friends and increase the team.

"When they said that, I thought that was so true," Jackson said. "These guys love the game and they love playing it, but what they love more is a really strong camaraderie with each other. They all enjoy being around each other, and they all enjoy being around a lot of people. I think that since they gave them extra racquets, the team is going to be able to increase in size. From here on out, the team is only going to get better." 🙌

Meanwhile, back at The Ranch...

We offer annual tennis memberships. Come and check out our limited winter drop-in programs, open to non-members. For more information, contact Miikka Keronen, Director of Tennis, at 303/469-5372, or email miikkak@theranchcc.com.

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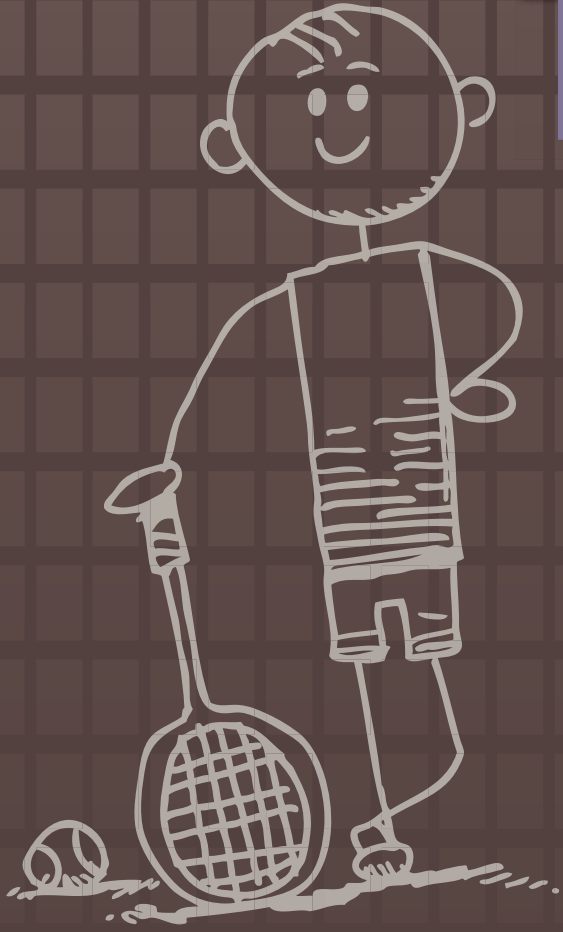
<p>JUNIORS MEMORIAL DAY CLASSIC TL# 250009413 BGs 18/16/14/12/10 05/24-05/27, deadline 05/17</p>	<p>RANCH ROUNDUP JR CHALLENGER TL# 257216513 BGsd 10, 12, 14, 16, 18 DESIGNATED 06/22-06/26, deadline 6/15</p>	<p>ITA SUMMER SIZZLER TL# 257200813 BGs 18 08/3-5, deadline 7/25</p>
<p>ADULTS RANCH CC TENNIS SHOOTOUT TL# 257214013 MWsdMXd 2.5, 3.0, 3.5, 4.0, 4.5, 5.0 DESIGNATED 3.5/5.0 06/02-06/09, deadline 05/26</p>	<p>2014 RANCH INDOOR OPEN TL# 257230314 MWsdMXd 35, 45, 55, 65, 75 DESIGNATED 02/12-02/17/14, deadline 02/05/14</p>	<p style="text-align: center; font-size: 1.2em; font-weight: bold;">The Ranch</p> <p style="text-align: center;">www.TheRanchCC.com</p>

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OUTREACH

HOW CYTF AFFILIATED EVENTS HELP MAKE A DIFFERENCE IN THE LIVES OF YOUTH

NEWS FROM CYTF HEADQUARTERS



Affiliated Events in Action

Scenes from the 2011 Debbie Boose Memorial Tennis Tournament's 10 & Under Tennis Clinic. This year's event will be one of many that will help benefit the Colorado Youth Tennis Foundation. Instructors from Amazing Athletes volunteer to lead the youngest preschool-aged players in fun QuickStart Tennis activities on the courts.



Colorado Youth Tennis Foundation Summer Tennis Camp Scholarships Available

The Colorado Youth Tennis Foundation (CYTF) will award several summer tennis camp scholarships to Colorado youth tennis players interested in attending a camp and who are in financial need. The application deadline is April 15. Email lisa@coloradotennis.com for application. Mail Submissions: Colorado Youth Tennis Foundation 3300 E Bayuad Ave, Suite 201, Denver, CO 80209.

More camp scholarships may be added, but the current list includes:

- NIKE Denver University Denver, CO; day-camp scholarship
- NIKE Denver University Denver, CO; day-camp scholarship
- NIKE Fountain Valley School, Colorado Springs, CO; overnight scholarship
- NIKE Fountain Valley School, Colorado Springs, CO; overnight scholarship
- NIKE Harvest House Millennium Hotel, Boulder, CO; day-camp scholarship
- WILSON Colorado College, Colorado Springs, CO; overnight scholarship
- ADIDAS Colorado State University, Ft. Collins, CO; overnight scholarship

Interested youth between the ages of 8 and 13 may submit an essay of 250 words or less that addresses the following topic:

Playing tennis keeps you fit and healthy, and it also teaches life skills that you can take off the court and into life - like being responsible, getting along with others, being fair, respecting yourself and others, etc. Share some of the positive life skills that you have learned from tennis and tell us how you have incorporated them into your life.

Submissions should be written by applicant. **Only those youngsters who could not otherwise afford to attend should apply.**

Please provide the following additional information about the applicant: (parent may complete)

- Name and complete contact information including email address and phone number
- Date of birth • Short summary of current tennis participation
- Looking at the camp list above, list in order the top three camp scholarships you'd like to attend, if selected
- Brief statement of financial need
- Application deadline: April 15, 2013

Those receiving awards will be contacted by May 1. Coordination of available week will be arranged with camp directly.

Starting in 2012, the Affiliated Events concept became a new priority for the Colorado Youth Tennis Foundation, and a standing committee was formed to promote the concept and increase the number of events overall.

Affiliated events give people a way to support the CYTF by running their own fun events, where proceeds benefit the Foundation. Affiliated events also raise awareness about the work the CYTF is doing in the community.

An affiliated event can be anything from a tennis mixer, a restaurant or store donating a percentage of sales to the CYTF, a ping pong tournament among friends, wine club or barbeque at your house. The options are endless. As long as it is raising money and raising awareness for the CYTF, it's an affiliated event.

Last year, Meadow Creek's Adam Kahn ran two golf events where Hole in One dollars benefited the CYTF. Colorado Athletic Club Monaco opened their facility to host a clinic organized by Eileen Pero and Diane Selke in the spring, and Pero ran her inaugural Pro-Am event there in the fall. The 5th annual Tennis with the Stars was held at Columbine Country Club, where event director, Andy Zodin, outdid himself again.

All of last year's event organizers have signed on again, and many more are in the works.

One such new affiliated event slated for 2013 is a 10 and Under Tennis Clinic that will be held in conjunction with the **Debbie Boose Memorial Tennis Tournament** in Loveland, from June 3-9.

Now in its 13th year, the tournament features men's, women's, mixed and 60+ competition. Players are treated in style and enjoy multiple meals, an exhibition, prize drawing, and a tennis/fitness expo. The Debbie Boose Vision Award is also presented and the tournament raises dollars for Pathway's Hospice pathways-care.org, where Debbie was an avid volunteer.

Boose was also a longtime CYTF board member who was very involved in disbursing scholarships and grants. New this year, the 10 and Under Tennis Clinic becomes a CYTF affiliated event and will benefit the CYTF's memorial fund in Boose's name. Contact Cary Rentola cary.rentola@pathways-care.org to learn more about the event or register for the 10 and Under clinic. TennisLink registration for the tournament is at tournaments.usta.com (TennisLink #250007613).

Affiliated events can be big or small. For more information on how you can host an affiliated event of your own, contact the CYTF at lisa@coloradotennis.com.



RACQUETS FOR ALL CELEBRATING FIVE YEARS OF EQUIPMENT SHARING NEWS FROM CYTF HEADQUARTERS

Winter is slipping away here in Colorado, and for those of you tasked with spring cleaning, David Thompson and all of the other dedicated **Racquets for All** (RFA) area coordinators could use your help.

As many of you know, the RFA has been helping get donated racquets into the hands of deserving players since its inception. In 2012, they collected almost 600 racquets, and provided around 540 of them to almost 35 recipient organizations. In addition, Thompson himself has strung more racquets than he can count!

But what you might not know is that those wooden racquets you've hung onto can also make a substantial difference to this program, as well. "There's sort of a sub-market for wooden racquets," Thompson explains. Those racquets collecting dust in a box can translate into valuable dollars that can then go to purchasing equipment for the RFA program.

Thompson's children, Matthew and Emily, have joined their father's efforts as part of the HS Challenge (see inset at right) which encourages high school kids to volunteer to collect racquets. Getting the high schools involved has empowered students to use their skills to help benefit other students who might not otherwise get the chance to play. Finding youth racquets is one of the challenges.

"One of the biggest issues we have is that we get mainly adult racquets donated, so the grips are just too big for the smaller players," he explains. He also wants people to know that other donations are always accepted and appreciated including nets, balls, wind screens, etc.

In addition to the spring drive to help the RFA, Thompson has recently become interested in the Cross Court Community Tennis Foundation <www.crosscourctcf.net>. This group is fundraising and designing a public indoor tennis center in Broomfield that will welcome all players, but will support the unique needs of the Wheelchair Tennis Players, 10 and under netters, and Special Olympic Athletes. The CCCTF is working to break ground in 2014 on a facility with 4 indoor and 4 lighted outdoor tennis courts on 144th Avenue, adjacent to Holy Family High School. 📍



2013 HIGH SCHOOL CHALLENGE

All girls high school tennis teams across the state are encouraged to step up to the challenge of collecting racquets and giving others the chance to play.

Prizes will be awarded to the girls team that collects the most racquets based on the following: \$50 if the top team collects up to 10 racquets, \$100 if the top team collects between 11 – 25 racquets and \$200 if the top team collects 26 or more racquets.

NEW IN 2013: All teams that collect more than 25 racquets will be entered into a drawing for a case of balls for their team.

Find out more about the Racquets For All High School 2013 Challenge at coloradotennis.com or facebook.com/racquetsforall

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PLAYER DEVELOPMENT

COLLEGE RECRUITING LISTS

THE LATEST STANDINGS FROM TENNISRECRUITING.NET

Over the years, **Colorado Tennis** has published numerous articles to help young players and parents understand the many variables involved in finding the right college tennis program, but we are frequently asked by parents what more they can do. Beginning last year, we teamed up with **TennisRecruiting.net** to provide Colorado players, parents and coaches with the latest college recruit rankings and college commitments.

TennisRecruiting.net is the premier website for competitive junior tennis, offering articles, rankings, and networking features for players interested in playing college tennis. The site ranks players by graduation year for direct comparison of players who will be competing for scholarships.



TENNISRECRUITING.NET

All players who have competed in a high-level USTA or ITF tournament have free profile pages at <http://www.tennisrecruiting.net/player.asp>. Give college coaches the information they need—high school and career highlights, schools of interest, articles, and more. Updating your profile is quick and easy. Create a free account, link it to your profile, and then confirm and update your information. The three easy steps are listed here: <http://www.tennisrecruiting.net/about/GettingStarted.asp>. TennisRecruiting.net keeps track of coach visits to player profiles, and they make that information available to you. After you link your free account to your profile, see how many coaches have checked you out.

CLASS	RANK	PLAYER	HOMETOWN	CLASS	RANK	PLAYER	HOMETOWN	CLASS	RANK	PLAYER	HOMETOWN	CLASS	RANK	PLAYER	HOMETOWN				
GIRLS																			
2013	202	Meagan Monaghan	Denver (SOUTHERN ILL)	2017	823	Tiffany Parobek	Lonetree	2014	1024	Adam Rivera	Littleton	2016	1651	Dustin Bohuslavski	Peyton				
2013	241	Kelli Woodman	Denver	2017	835	Natalie Bronsdon	Highlands Ranch	2014	1038	David Rosencrans	Aurora	2017	124	Ethan Hillis	Centennial				
2013	308	Callie Morlock	Golden	2017	926	Annie Chen	Boulder	2014	1062	Matthew Jacobberger	Colorado Springs	2017	302	Draden Hoover	Aurora				
2013	311	Jordan Appel	Cherry Hills Village	2017	1050	Mateeha Chowdhury	Highlands Ranch	2014	1073	Ryker Brown	Lone Tree	2017	330	Ben Antonsen	Highlands Ranch				
2013	378	Elizabeth Fryberger	Littleton	2017	1075	Claire Cox	Parker	2014	1117	Benjamin Schlichting	Denver	2017	423	Kai Smith	Denver				
2013	427	Shelby Cerkovnik	Highlands Ranch	2018	79	Amber Shen	Broomfield	2014	1141	Michael Rosencrans	Broomfield	2017	530	Frederick Edwards	Bayfield				
2013	469	Madison Porter	Parker	2018	235	Anshika Singh	Greenwood Village	2014	1153	Matthew Matsuyama	Castle Rock	2017	591	Stefan Orton-Urbina	Colorado Springs				
2013	491	Jessee Clauson	Boulder (QUEENS UNIV CHARLOTTE)	2018	341	Marieta Hollines	Cherry Hills Village	2014	1197	Canyon Hill	Colorado Springs	2017	629	Robby Hill	Greenwood Village				
2013	527	Sarah French	Fort Collins	2018	381	Heather Volls	Colorado Springs	2014	1208	Jason Ferry	Lafayette	2017	718	Stefan Hein	Littleton				
2013	531	Morgan Cohen	Centennial (DE PAUW)	2018	382	Tamara Kattain	Steamboat Springs	2014	1209	Randall Ball	Boulder	2017	764	Aaron Weil	Highlands Ranch				
2013	595	Mary Edman	Boulder	2018	387	Tatum Burger	Steamboat Springs	2014	1254	Dakota Burns	Pueblo	2017	765	Erich Nuss	Castle Pines				
2013	614	Aimee Basinski	Grand Jct	2018	414	Annika Bassey	Denver	2014	1260	Drake Giese	De Beque	2017	822	Niko Hereford	Denver				
2013	616	Lorraine Smith	Littleton (STONEHILL)	2018	417	Emily Strande	Centennial	2014	1423	Joshua Efanti	Westminster	2017	824	Dillon Leasure	Carbondale				
2013	621	Morgan Blanco	Denver	2018	447	Micha Handler	Englewood	2014	1496	Naish Gaubatz	Colorado Springs	2017	839	Tom Hudson	Golden				
2013	710	Katharine Kirby	Thornton	2018	483	Ky Ecton	Fort Collins	2014	1554	Zachary Inman	Colorado Springs	2017	859	Matthew Chavez	Mead				
2013	858	Alexandra Purfield	Arvada	2018	648	Allison Murphy	Centennial	2014	1560	Chad Curd	Centennial	2017	905	Daniel Phan	Denver				
2013	887	Dayna Demeritte	Thornton	2018	656	Julia Pentz	Niwot	2014	1608	Taylor Ball	Colorado Springs	2017	924	Vinay Merchant	Englewood				
2013	896	Rachel Grubbs	Steamboat Springs	2018	671	Sarah Fleming	Grand Junction	2014	1618	Jason Krbec	Fort Collins	2017	952	Coulten Davis	Colorado Springs				
2014	33	Mira Ruder-Hook	Denver	2018	712	Rachel Nguyen	Westminster	2014	1731	Ethan Anderson	Fort Collins	2017	1026	Ryan James	Denver				
2014	146	Alexa Brandt	Broomfield	2018	830	Amanda Schlatter	Cherry Hills Village	2014	1749	Griffin Kosonogor	Fort Collins	2017	1035	Devin Harper	Westminster				
2014	185	Alex Middleton	Columbine Valley	2018	848	Darby Warburton	Littleton	2014	1762	Jackson Feld	Boulder	2017	1055	Jack Ferry	Lafayette				
2014	233	Kathryn Hall	Greenwood Village	2018	824	Emily Wilkins	Greenwood Village	2014	1797	Satvik Saini	Longmont	2017	1133	Samuel Hoelscher	Lakewood				
2014	346	Bria Smith	Denver	2018	990	Hailey Janson	Confier	2015	40	David Mitchell	Castle Rock	2017	1163	Dylan Zumar	Aurora				
2014	547	Eva-Lou Edwards	Bayfield	2018	1002	Savannah Mease	Littleton	2015	180	Spencer Lang	Longmont	2017	1259	Nicolas Savignano	Centennial				
2014	584	Natalia Dellavalle	Denver	2019	146	Morgan Hall	Colorado Springs	2015	246	Ignatius Castelino	Superior	2017	1269	Patrick Ross	Littleton				
2014	629	Rachael Scheper	Greenwood Village	2019	543	Sophie Pearson	Longmont	2015	338	Fletcher Kerr	Denver	2017	1292	Charlie Johnson	Fort Collins				
2014	803	Glenaa Gee-Taylor	Louisville	2019	566	Caroline Jordaan	Cherry Hills Village	2015	496	Tommy Mason	Boulder	2017	1377	Graham Blanco	Boulder				
2014	820	Kaitlyn Motley	Fort Collins	2019	571	Shelby Graber	Parker	2015	700	Harshil Dwivedi	Greenwood Village	2017	1393	Garrett Sutter	Denver				
2014	928	Shelby Mavis	Windsor	2019	618	Isabel Pan	Highlands Ranch	2015	783	Teller Hoskins	Centennial	2017	1421	Joshua Fields	Franktown				
2014	929	Katie Li	Boulder	2019	685	Samhita Bheemreddy	Highlands Ranch	2015	801	Andrew Pollack	Louisville	2017	1477	Jacob Stringer	Longmont				
2014	935	Kristin Jensen	Colorado Springs	2019	696	Josephine Schaffer	Greenwood Village	2015	820	Joseph Adducci	Colorado Springs	2018	84	Kasper Smith	Boulder				
2014	981	Kaitlin Ulbert	Highlands Ranch	2019	724	Ashlen Grote	Highlands Ranch	2015	886	Maxwell Weiner	Fort Collins	2018	165	Tom Melville	Boulder				
2014	1066	Heidi Dodgers	Evergreen	BOYS															
2014	1099	Kayl Ecton	Fort Collins	2013	72	Hayden Sabatka	Lone Tree (NEW MEXICO)	2015	925	Lucas Martin	Fort Collins	2018	178	Joshua King	Englewood				
2014	1120	Andrea Motley	Fort Collins	2013	215	Harrison Lang	Longmont (CREIGHTON)	2015	962	Dante Alcala	Pueblo	2018	179	Brett Finan	Broomfield				
2014	1158	Jazmin Gillette	Wheat Ridge	2013	376	Matt Sayre	Denver	2015	965	Keenan Kaltenbacher	Colorado Springs	2018	278	Jack Moldenhauer	Denver				
2014	1170	Madison Daig	Fort Collins	2013	444	Stephen Moore	Colorado Springs	2015	986	Austin Gruszczynski	Highlands Ranch	2018	303	Charlie Franks	Denver				
2014	1178	Courtney Brandes	Colorado Springs	2013	486	Daniel Steinhauser	Greenwood Village	2015	994	Jacob Fell	Longmont	2018	339	Mitchell Johnson	Cherry Hills Village				
2015	75	Nicole Kalthorn	Colorado Springs	2013	556	Justin Nguyen	Superior (NEBRASKA-KEARNEY)	2015	1044	Enzo Abbott	Lone Tree	2018	378	Daniel Guioit	Denver				
2015	92	Gabrielle Schuck	Colorado Springs	2013	570	Joseph Diaz	Loveland (WHITMAN)	2015	1197	Zachary Fluck	Canon City	2018	450	Patrick Seby	Denver				
2015	280	Alexandra Weil	Highlands Ranch	2013	573	Eli Winegardner	Lafayette	2015	1245	Benjamin Paddor	Centennial	2018	591	Carter Harrington	Aurora				
2015	454	Payton Fielding	Crested Butte	2013	607	Brandon Nachbar	Colorado Springs	2015	1290	Carter Pentz	Niwot	2018	610	Ililjah Bailey	Centennial				
2015	526	Chloe Brandt	Broomfield	2013	710	William Fielding	Crested Butte	2015	1328	Brian Ross	Littleton	2018	674	Jack Alexander	Littleton				
2015	636	Julia Mannino	Greenwood Village	2013	746	Jack Shanahan	Superior (LUTHER)	2015	1374	Baylor May	Monument	2018	675	James Hunsinger	Fort Collins				
2015	794	Isabella Metena	Arvada	2013	752	William Son	Aurora	2015	1377	Trace Collins	Parker	2018	708	Skyler Gates	Littleton				
2015	959	Emma Jo Wiley	Fort Collins	2013	828	Tanner Trace	Fort Collins	2015	1381	Garrett Schappell	Fort Collins	2018	710	Ryan Neale	Parker				
2015	1011	Jessie Murphy	Centennial	2013	861	Hayden Cramer	Colorado Springs (FERRIS STATE)	2015	1406	Marcus Hock	Arvada	2018	725	Brooks Savage	Boulder				
2015	1164	Kylie Simons	Colorado Springs	2013	894	Hunter Lacouture	Franktown	2015	1482	Jimmy Amundson	Littleton	2018	753	Laird Stewart	Englewood				
2015	1166	Paige Stockton	Lakewood	2013	911	Taylor Landstrom	Fort Collins	2015	1510	Michael Maxwell	Parker	2018	779	Henry Hawk	Boulder				
2016	10	Rebecca Weissmann	Loveland	2013	918	Samuel Buffington	Fort Collins (LUTHER)	2015	1513	Joseph Bove	Castle Rock	2018	809	Quinn Birmingham	Denver				
2016	95	Kalyssa Hall	Colorado Springs	2013	928	Kevin Chen	Boulder	2015	1549	Craig Moddelmog	Windsor	2018	832	George Kandet	Denver				
2016	137	Tate Schroeder	Centennial	2013	955	Adam Berry	Fort Collins	2015	1556	Jameson Lumpkin	Loveland	2018	878	Benjamin Murray	Englewood				
2016	260	Gloria Son	Aurora	2013	962	Howie Hill	Colorado Springs	2015	1612	Jadon Tanguma	Arvada	2018	919	Evan Nuss	Castle Rock				
2016	302	Caroline Kawula	Cherry Hills Village	2013	1008	Kellen Iverson	Littleton	2015	1629	Jackson Martin	Boulder	2018	997	Christian Ridings	Colorado Springs				
2016	375	Daniela Adamczyk	Colorado Springs	2013	1012	Kody Cassidy	Hot Sulphur Springs	2015	1640	Klyer Baumgartner	Parker	2018	1015	Stone Heyman	Englewood				
2016	480	Kristen Kirby	Thornton	2013	1028	Matthew Golub	Evergreen	2015	1653	Dylan Griffin	Longmont	2018	1034	Connor Campbell	Colorado Springs				
2016	535	Jessica Metz	Colorado Springs	2013	1100	Noah Grolnick	Longmont	2016	136	William Gold	Denver	2018	1054	Tyler Paddor	Centennial				
2016	545	Natalie Munson	Longmont	2013	1144	Connor Petrou	Centennial	2016	184	Casey Ross	Littleton	2018	1078	Ben Peterson	Broomfield				
2016	678	Tara Edwards	Littleton	2013	1146	Daniel Wright	Superior	2016	376	Alec Leddon	Boulder	2018	1079	Everett Martin	Boulder				
2016	812	Natalie Hagan	Lone Tree	2013	1149	Tucker Ellsworth	Denver	2016	402	Allen Fu	Longmont	2018	1083	Bradley Ma	Colorado Springs				
2016	813	Kendra Lavallee	Highlands Ranch	2013	1176	Ashton Blair	Denver	2016	501	Max Petrak	Golden	2018	1116	Ryan Madic	Pueblo				
2016	866	Erin O'Shaughnessy	Denver	2013	1203	Mac Howell	Pueblo	2016	521	Chanon Penvari	Aurora	2018	1123	Ben Shepherd	Highlands Ranch				
2016	872	Allison Smith	Parker	2013	1207	Colin Green	Edwards	2016	548	Jackson Hawk	Boulder	2018	1144	Connor Larson	Boulder				
2016	896	Sarah Casey	Monument	2013	1394	Thomas Van De Pas	Highlands Ranch	2016	579	Kevin Adams	Englewood	2018	1165	Brandon Nelsen	Longmont				
2016	928	Joanna Kempton	Littleton	2013	1423	Danny Kaprielian	Englewood	2016	632	Alec Zirkelbach	Boulder	2018	1224	Shreyas Gupta	Englewood				
2016	974	Bailey Koronich	Timnath	2013	1437	Brendon Bravo	Pueblo	2016	763	Erin Norwood	Englewood	2018	1240	Carter Holbrook	Boulder				
2016	1062	Hanna Fernley	Greenwood Village	2013	1463	Alexander Pedraza	Longmont	2016	769	Colton Hill	Colorado Springs	2018	1274	Zack Fox	Littleton				
2016	1161	Reilly Cornell	Highlands Ranch	2013	1478	Lucas Barnhill	Louisville	2016	811	Cutter Esson	Boulder	2018	1294	Alexander Wimer	Englewood				
2016	1214	Natalie Borchelt	Centennial	2013	1483	Will McShane	Westminster	2016	862	Gabriel Pagat	Fort Collins	2019	30	Nicholas Lorenz	Colorado Springs				
2016	1233	Gabriella Hesse	Colorado Springs	2013	1487	Cecil MacGregor	Longmont	2016	867	John Simpson	Littleton	2019	38	Richter Jordaan	Cherry Hills Village				
2016	1247	Sarah Megilligan	Pueblo West	2013	1488	Spencer Weinberg	Grand Junction (COLORADO MESA)	2016	868	Ben Blea	Littleton	2019	152	David Kijak	Aurora				
2017	14	Samantha Martinelli	Denver	2013	NR	Carson Smith	Longmont (Hobart & Smith)	2016	989	Vamsi Senthilvel	Highlands Ranch	2019	326	Kosta Garger	Englewood				
2017	21	Ashley Lahey	Boulder	2013	NR	Ryan Smith	Longmont (Hobart & Smith)	2016	1038	Jacob Maxwell	Parker	2019	339	Christian Holmes	Littleton				
2017	168	Jessica Aragon	Fort Collins	2014	220	Zachary Fryer	Centennial	2016	1075	Ram Vuppala	Denver	2019	471	Burt Shepherd	Highlands Ranch				
2017	187	Madison Gallegos	Aurora	2014	241	Jesse Ruder-Hook													

YOURGAME

CHALK TALK

KEEP A TENNIS JOURNAL TO TRACK SUCCESS, AREAS TO IMPROVE

JASON COLTER
TEAM COLORADO/USTA COLORADO
PLAYER DEVELOPMENT DIRECTOR

One of the best ways to constantly improve your tennis game is to set goals and chart your progress. One of our goals and recommendations to our players in the Team Colorado program is to get a small notebook or journal and start to monitor your progress.

In the notebook, write down some of your tennis goals and chart how much you're working towards achieving them. To be successful in life or in tennis, you need to be accountable to what you want to achieve.

Similar to what players fill out on their Team Colorado application, you can establish short term goals, like "I want to win a district tournament in my age group and become a better all court player", and then a long term goal like "I want to be a Sectional champion" within two years. Setting goals for yourself gives you something to shoot for, and once those goals are realized, establish a new set of goals and continue to work hard to achieve those as well.

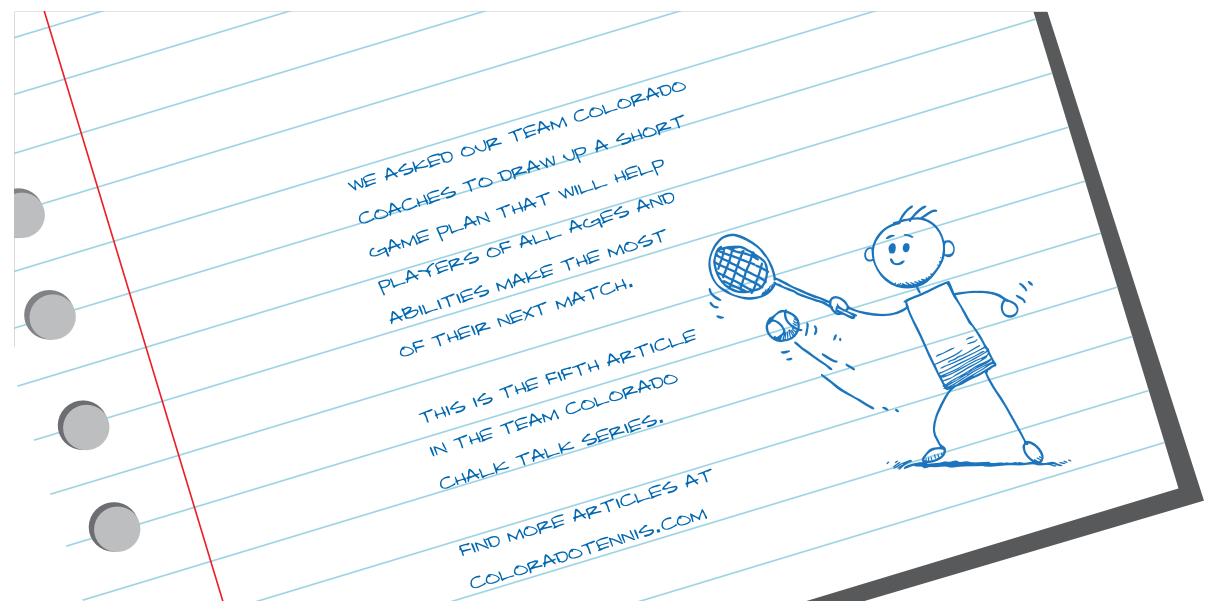
In your notebook or journal, make sure to keep yourself accountable as to how much you're working on these goals by charting your daily or weekly work.

Chart when you played, for how long, with who, and what particular skill or game style you worked on. Whether you played a practice match or a tournament match, write the scores and jot down some notes and highlights – what you did do well, what part of your game still needs some work, etc.

Also, use this time to chart your opponents strengths and weaknesses, what worked against their game style and what didn't. This can be very helpful if you ever play that person again in a tourna-

ment, or other players who approach you with the same style. You can review your notes on the player beforehand and put a game plan together. As with the Team Colorado Top Gun Program, also chart every time you do cardio workout, weight training, read tennis articles, watch a match on TV or call a friend for a practice match.

Following these steps will not only help you monitor your progress, but will make you a better player and hopefully allow you to reach the goals you have set for yourself.



TENNIS AND THE MIND-BODY CONNECTION

THOUGHTS FROM A PSYCHOTHERAPIST ON YOUR TENNIS GAME

As a psychotherapist I hear many stories about my clients' inability to perform as well as they would like – in work and in play. In terms of tennis – which is (or should be) a combination of both, the mind, and especially our thoughts and feelings, play a significant role in the way our body reacts, focuses, and performs.

The following cases illustrate how our minds affect our bodies:

"I don't understand how I can be such a star during practice – my serve rocks and my forehand's a missile – and such a loser during matches! Why does my body work the "right" way during practice and fall apart during a match? How does it know the difference between the two?"

"I begin to get sick to my stomach – a real tightening sensation in my gut – just by seeing my name on the schedule."

"Before a match, I mentally go over my game, 'rehearsing' different scenarios and visualizing myself doing everything 'right'. Then, even before I walk onto the court, something clicks, and my anxiety kicks in – I feel light headed and nauseated; my heart races and I begin to sweat; my legs feel like lead and I can't focus. I forget everything I mentally rehearsed before the match. I'm a total mess."

Each of these players is describing a classic "stress response", more commonly known as our "fight or flight" reaction. Originally meant to keep us (human beings) safe, it's a response to a perceived threat that signals our nervous system to kick into high gear as when surprised by the saber tooth tiger; helping us to "fight the good fight" or "run like hell." Even now, the sympathetic nervous system is triggered anytime we feel threatened or scared and maximizes our ability to move quickly. As adrenalin pours into our bodies, the brain signals the blood to flow away from our internal organs and into our arms and legs—we are supposed to "run like the wind", or "fight to the death". As neither of these actions generally takes place, we end up internalizing this unused stress and weakening our immune systems (a topic for another column!)

In as much as we are hard wired with a stress-response that keeps us out

of harm's way – alerts us to danger and mobilizes all of our energy when experiencing a perceived threat—what, if not the saber tooth tiger, a fire or a flood, are we responding to? In 2013, are our greatest threats to our safety ones being created in our own minds? And in terms of tennis, does our FEAR OF FAILING/LOSING, set off this alarm? Do our thoughts really have this much control?

Clearly, the answer is YES! Tennis players come to see me with concerns of personal humiliation or disappointing/angering their doubles partner. In terms of the youth I have treated, this concern (and fear) is for their coach and/or parents, sometimes escalating to the point where quitting is more easily reconciled than losing; the latter hurts too much.

The fact is, once understood, stress can work for, rather than against us; and when channeled correctly, can even enhance our performance! The goal is to short-circuit the negative cycle by implementing various techniques to channel this excess energy appropriately.

One of the best ways to do this and improve performance is to focus on your breath—in other words, check your breathing, especially on the court, to guarantee your brain is getting enough oxygen to direct your body to perform correctly.

You can practice breathing right now by counting (literally: 1 Mississippi, 2 Mississippi...) your breaths: inhale slowly (from the diaphragm, often called a "belly breath") and deeply for a count of 4; hold it for 7, then push out and slowly exhale (depressing the diaphragm all the way in) all of the air for a count of 8. On the court, pick any number higher than 4 and make sure to inhale and exhale equally to whatever number you choose. Especially when you are waiting for your opponent to serve, repeat as often as possible and your brain and body will feel more relaxed, focused and energized! ☺



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THEBIGCHAIR

STATE OF THE DISTRICT NEWS FROM USTA COLORADO HEADQUARTERS

FRITZ GARGER

USTA COLORADO EXECUTIVE DIRECTOR

Greetings! We hope this issue of **Colorado Tennis** finds you well. We're looking forward to another terrific year of tennis.

USTA Colorado is excited to have Subaru back as a sponsor and the Official Vehicle of our association. Their support of tennis and our organization mean a lot as we look to reach out to more and more people in the year and years to come.

There are many changes in store for Colorado players in 2013, including a change coming down from the national level related to the new adult league age divisions. Our **Big Book of Colorado Tennis** had extensive coverage of the new age divisions, and we've added some additional information in this issue. The Board also approved other committee recommendations for 2013 that are designed to enhance player development and most importantly, the enjoyment of our sport in the entry and intermediate levels of the younger age divisions (12 and Under leagues and tournaments). In addition, there are some new wrinkles for league team formation and tournament play in the 10 & Under division. All of these changes for 2013 are highlighted in the Cover Story, beginning on page 6.

Without question, our organization focuses on the present and the future. However, there are some significant metrics to mention coming off of 2012. Our overall adult league participation grew by 5.8% – a significant figure especially when one takes into consideration that we have one of the largest league programs in the entire country! It's exciting to see such growth – with new entry level players getting involved in our leagues as well as the more experienced players. We also had good growth in our junior league overall (nearly 5% increase), with the greatest percentage coming in the 10 and Under division (13% increase) which is really exciting (see graph at right)!

One goal is to support and promote the growth of programming for the 8 and Under (5-8 year olds) youngsters on the 36-foot court and red ball. Program directors who realize the potential of this largely untapped market will undoubtedly reap the rewards of 1) the satisfaction of getting these kids excited about the sport; and 2) the business benefits of a new market. Those programs coupled with our sanctioned 'competitive' offerings in the 10 and Under (and all age divisions) enable kids to experience the sport in all facets – as an individual and as part of a team. As parents know, having 'competitive' outlets makes the game that much more appealing to kids, and now, tennis has competitive offerings sized appropriately for all ages (and we incorporate all skill levels so every youngster can get involved). We expect participation numbers to go nowhere but up – which also makes all of our offerings that much more enticing (league divisions that are even more geographically inviting – more teams closer to one another; and tournaments with larger draws, better competition and more matches). And yet, with all these changes over the past year or two, we have held steady the championship level of rules and regulations for 12 and Under (through the 18s) to insure that the truly elite player has a format and system that is consistent across the country.

We also had an exciting year in 2012 with our outreach efforts: schools programs (before, during and after), diversity & inclusion and our SportCourt series of events at festivals. We have another big year planned for our outreach in 2013, so be sure to check our calendar of events. Our goal is to introduce new people to the sport and to our association.

The Colorado Youth Tennis Foundation is coming off a year of significant re-structuring and a refined set of three primary objectives: 1) strong focus and concentration of fund raising; 2) enhanced effort to expand the exposure of the Foundation so more are aware of our activities and efforts to benefit the youth of Colorado; and 3) recruitment of more volunteers on our committees to better support all our efforts. There are so many ways people can get engaged and help, and we recognize people's time is limited with lives being so hectic. Contact us for more information and make a difference in the lives of our youth.

Our publications continue to set a high standard and combine the essential administrative information to help player get in the game; as well as providing profiles and features that tell the story of people who make a difference and often inspire us all. We're constantly looking for ways to enhance the communication of our message – one example is this year's Big Book of Colorado Tennis. We want to inform existing players of what's happening here in Colorado as well as reach out to new players to make them aware of what our sport has to offer. We have another exciting year in store for everyone!

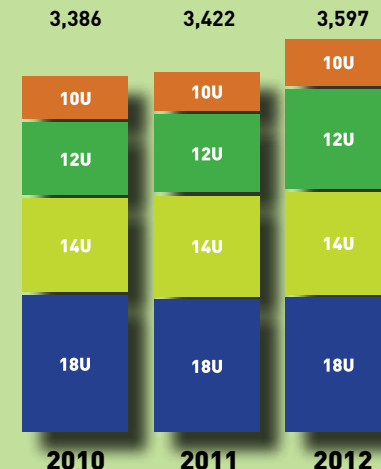
Thanks to all those who are a part of getting players on courts – the instructors, teaching professionals, physical education teachers (before and after school providers), facility coordinators, tournament directors, parks and recreation directors, directors of tennis, retailers (we continue to encourage people to buy local); our committee members and our Board of Directors. There's a real spirit of cooperation that exists in all aspects of our sport – it's not only enjoyable to be a part of it all – it's also a far more effective means in which to promote and develop the growth of our game.

Best wishes for a wonderful season ahead! 🍀

JUNIOR TEAM TENNIS PARTICIPATION

BY AGE DIVISION/LEVEL OF PLAY

	2010	2011	2012	3,386	3,422	3,597
10 Intermediate B	307	321	331			
10 Intermediate A	92	76	117			
Total 10s	399	397	448	10U	10U	10U
12 Novice	126	107	227			
12 Intermediate B	377	410	376			
12 Intermediate A	202	222	238			
12 Advanced	5	0	4			
Total 12s	710	739	845	12U	12U	12U
14 Novice	70	37	81			
14 Intermediate B	505	513	462			
14 Intermediate A	300	366	353			
14 Advanced	50	40	71			
Total 14s	925	956	967	14U	14U	14U
18 Novice	48	20	3			
18 Intermediate B	512	488	533			
18 Intermediate A	439	513	483			
18 Advanced	353	309	318			
Total 18s	1352	1330	1337	18U	18U	18U
Annual Participation	3386	3422	3597			
% Growth/Previous Year		1.05%	4.87%			



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THE LAST WORD

A BLUEPRINT FOR THE FUTURE

WHAT'S NEXT FOR ONE OF THE NATION'S OLDEST TENNIS-EXCLUSIVE PRINT PUBLICATIONS?

KURT DESAUTELS
EDITOR, COLORADO TENNIS

So what's going to happen with print media?" asks a friend/colleague of mine recently as we sat at the bar. On every side of us, patrons were studying their mobile devices, so engrossed in the liquid crystal glow emanating from their screens that no one seemed to be paying any attention to the dozen or so flat-screen televisions hanging around the restaurant. "If you can't get anyone to notice your commercial on a 50-inch TV hanging right over your head, how can newspapers and magazines succeed in gaining your attention?"

And thus began a highly spirited conversation between us. You see, we are first, and foremost, print guys. We both cut our teeth in small-town newspapers nearly 20 years ago, and fondly remember growing up receiving both the Denver Post and the Rocky Mountain News on the doorstep every day. But unlike Luddites who decry all technical innovation, he and I are early digesters of the many new digital media formats. We have embraced social media, gather our news from multiple sources and yet still love the touch, feel and smell of print.

We are of the generation that juggles our consumption of news between on-demand and traditional sources.

Why does this matter? Because in the next few months, the future direction of **Colorado Tennis** newspaper will be a topic of deep reflection here at CTA HQ. At this time, there is no plan for shuttering the 37 year-old publication, nor is there any plan to convert it exclusively to digital. For the last several years, we've been offering the publication in both print and digital formats, and while readership of the digital version has steadily climbed over the last couple years, the number pales in comparison to the print readership (based on takeaways from the various clubs we distribute to).

In the coming months, we will be focusing on delivering our new website, development on which will continue in earnest throughout the spring. But after the last code has been written on COLORADOTENNIS.com v3.0, our focus will shift to the future of one of this country's longest tenured tennis-specific publication. I can honestly say that as a print guy, my commitment this paper is profound. And speaking for our staff and our Board of Directors, I can promise you that their commitment is equally as genuine.



So as we approach the coming discussion, I am confident that we will be reaching out to you, our members and our readers, for guidance.

In the meantime, enjoy this publication in all its forms. We'll see you right back here in June, for the publication of our Summer issue. If you'd like to voice your opinion on the future of Colorado Tennis, or any other topic, join the conversation online:

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photo by Kurt Desautels

ABOUT USTA COLORADO

Founded in 1955, USTA Colorado is a district affiliate of the United States Tennis Association, and the governing body of tennis in Colorado. Its mission is to promote and develop the growth of tennis in Colorado, coordinating recreational and competitive tennis opportunities for players of all ages, abilities, and backgrounds. A not-for-profit organization, USTA Colorado invests 100% of its resources into growing the game.

We provide grants to organizations that want to introduce tennis to their communities and we offer scholarships to junior players who seek to take their game to the next level. We coordinate adult league play for more than 33,000 players across the state, and offer programs for junior players of all ages and abilities. Our sanctioned tournament schedule offers more than 170 events this year, 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 believe that fundamental tennis principles like sportsmanship, hard work and personal responsibility translate into every area of life. Through tennis we are helping people realize their potential both on and off the court.

We are more than 23,000 members strong, but our scope is not confined to those players alone. We represent the half-million tennis players in our state, providing information and opportunities to play for each and every one of them. We reach out to all players, including those of diverse cultural backgrounds, mentally and physically challenged athletes, and under-served communities. Diversity & Inclusion is a strategic priority for USTA Colorado and one of our core values.

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.

**GRASSROOTS TENNIS IS OUR GAME.
WE PLANT IT, GROW IT, AND NURTURE IT.
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IT'S TIME TO PLAY.**



USTA COLORADO

BACK ROW: Dan Lewis, Fritz Garger, Paula McClain, Kurt Desautels, Jason Colter.
FRONT ROW: Kailey Jonas, Lisa Schaefer, Taylor McKinley, Jarret Sutphin, Kristy Harris, Anita Cooper, Jason Rogers.

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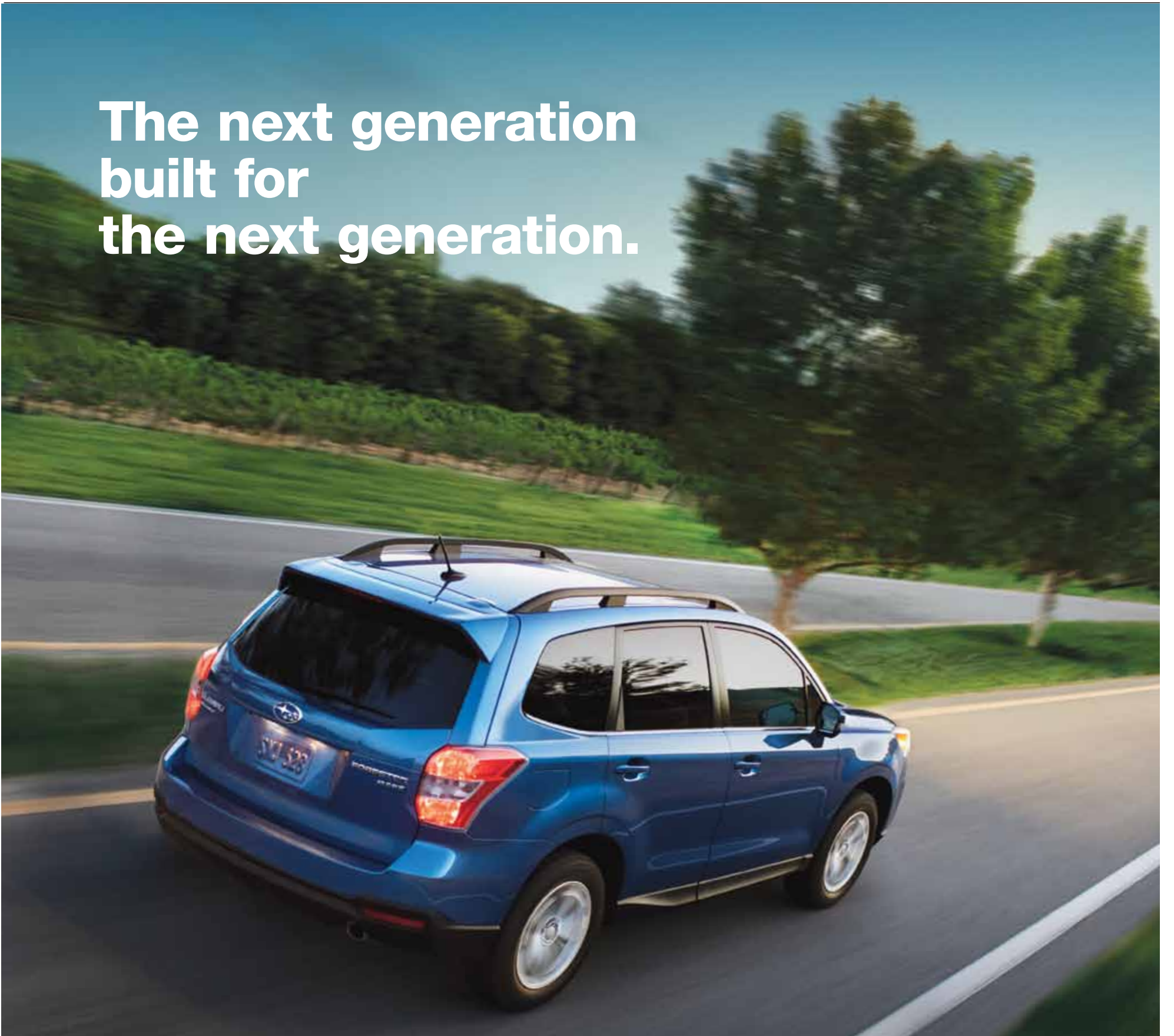
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