

SUMMER 2011

# COLORADO TENNIS

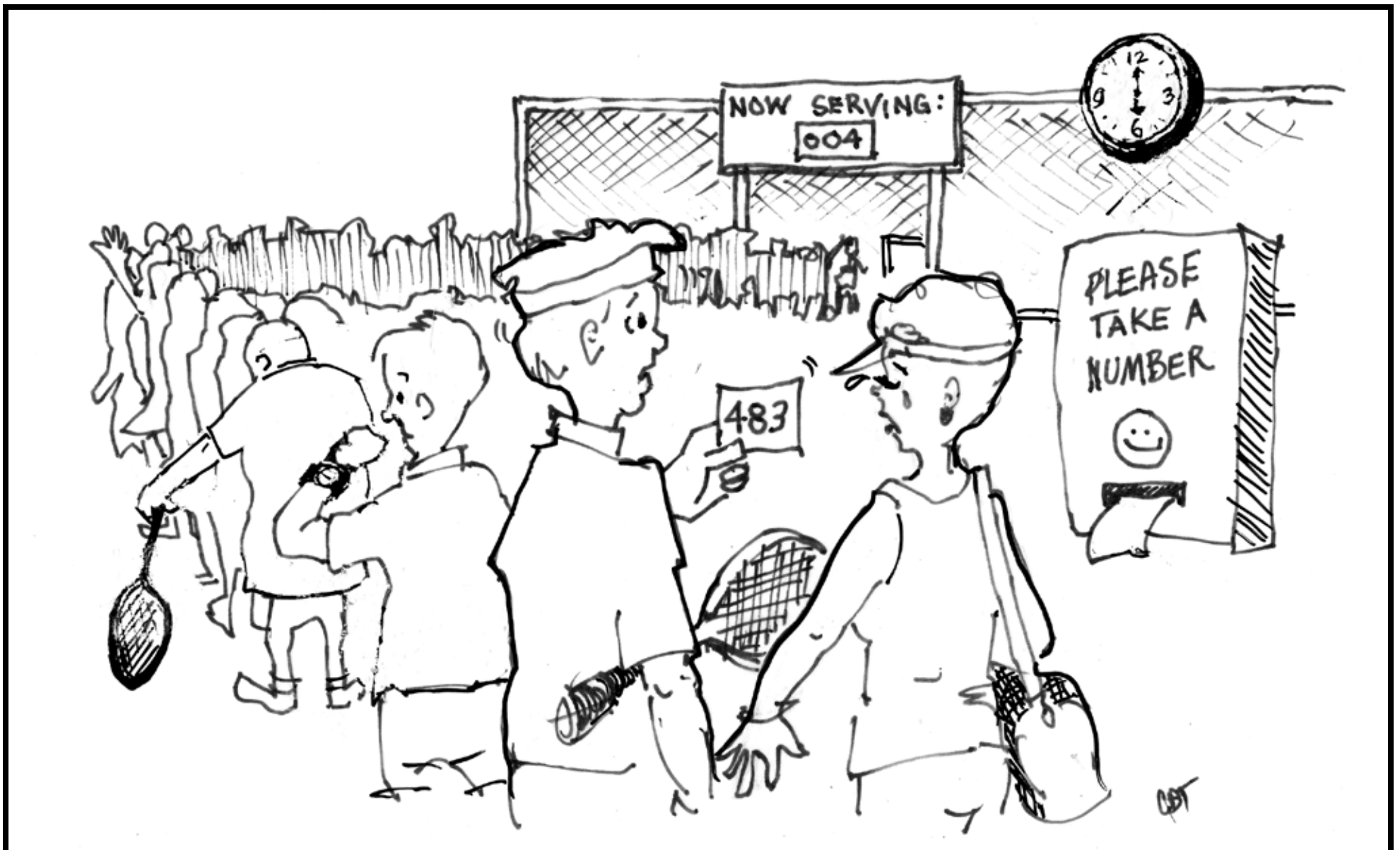
YEAR 36 ISSUE 3

THE OFFICIAL PUBLICATION OF TENNIS LOVERS

SINCE 1976

The Colorado Adult League Tennis Series is so popular, USTA Colorado is introducing an additional time slot in 2012.

## INTRODUCING THE 4:00 PM LEAGUE MATCH.



"LOOKS LIKE I SHOULD HAVE SIGNED UP FOR THE 4 O'CLOCK LEAGUE THIS YEAR."

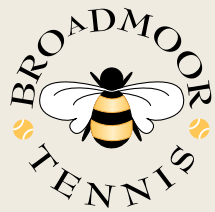
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# COLORADO TENNIS

YEAR 36 ISSUE 3

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SINCE 1976

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Cover illustration by Charlie Tucker.

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**Pruning the Playoffs:** How USTA Colorado is "weather-proofing" its league championships.

### About COLORADO TENNIS

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

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## JOIN THE USTA

### ADULT LEAGUE TENNIS

One of the country's largest recreational league tennis menus, the Colorado Adult League Series provides organized and structured team matches for 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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# THECOVERSTORY

## INTRODUCING THE 4:00 LEAGUE MATCH:

League tennis is so popular at some facilities, it's getting harder to find time to play it. So USTA Colorado is creating more time.

story by TOM FASANO

**G**rowing pains are never fun, but they are decidedly less enjoyable—and far less expected—when you get them in your thirties.

That's the consensus, anyway, of USTA Colorado and its Adult League Program Department and committee, which have been charged with the unenviable task of growing league tennis at a time when the infrastructure is struggling to handle any more players.

League tennis was born more than 30 years ago, in 1980, and has exploded in popularity all across the United States. Here in Colorado, league tennis has experienced steady growth for decades. Last year, nearly 31,000 players competed in the Colorado Adult League Tennis Series, an 8% jump over 2009.

While the upward participation trend bodes well for the future of the sport and for leagues in particular, it also comes with some uncomfortable growing pains, both for the regular season and for the district championship events held at the end of each league season.

### introducing the 4pm league match

Conventional wisdom dictates that growth is good. But what happens when you grow beyond your physical limits? The last thing you want as the governing body of tennis in Colorado is to have your flagship recreational program reach its limits and not have a plan in place to allow for future growth.

"The crux of the situation," says Jason Rogers, USTA Colorado Adult Leagues Program Director, "is that we simply don't have enough courts to meet the demand of all the new competitors who are looking to participate in adult leagues. Two of our leagues are at or near capacity in the Denver metro area because many facilities simply can't field any new teams. There just aren't enough courts."

The answer, says USTA Colorado Executive Director Fritz Garger, would be more courts, but in the interim, the solution is the addition of a new time slot for the Series' two most popular leagues.

"Facilities can't accommodate more teams because of court limitations, so we are creating a second time slot next year at 4pm in the Denver metro area (and possibly southern Colorado depending on demand) for two of our leagues, the CTA Twilight and the USTA Adult League," Garger said. We hope the second time slot is very successful as it will be available to all Denver metro facilities. The goal is to ease the pressure on the 6 o'clock time slots, but it also gives facilities the opportunity to grow and to keep adding teams and creating new teams so that they can play in what many consider to be two of our best leagues in the state."

By opening up another time slot, it allows the clubs to maximize their current infrastructure and continue to offer more opportunities for players.

"Northern Colorado, the mountains and Western Slope are not at capacity yet for how many teams they have and how many courts they're using, so it doesn't look like those areas will be taking part in a 4 o'clock time slot in 2012," Rogers said.

The problem, says Rogers, is a good one to have. Too many players is better than not enough, but with the demand increasing steadily, he says now was the time to get out in front of the situation and try to help facilities welcome the new players instead of waiting for new courts or other facilities to come online.

"The only reason for time is so that everything doesn't happen at once."

albert einstein



"Over the last 30-plus years, we've had half-a-million league participants, and we are adding to that number every year. Knowing that our league programs are continuing to grow and to not help foster a structure that provides for growth would be irresponsible. The 4 o'clock time slot is the most impactful change we can implement without leaving it up to our facility partners to bear the cost of building additional courts."

These changes are a result of facility input and suggestions along with the review and assessment of our staff, committee and board members. It has been a concerted effort to find a solution to a problem – albeit a good problem to have (i.e. such growth that many facilities are at capacity).

It's important to remember, notes Garger, that every facility will have the choice as to whether or not to offer the additional time slot, even if it isn't running at or near capacity for leagues. "Obviously, it will help with schedules, the number of local league matches and match proximity (less travel) if more facilities offer the 4 o'clock option," says Garger. However, we realize that each facility is unique and every one of them will address the new time slot as it relates to their players and the facility's programs.

The benefits of playing at 4 o'clock, adds Garger, might be appealing to players who can manage to fit it into their schedules. "All five matches (USTA Adult) would start at the same time, so the team match will be completed by 6pm. Clearly that may not work for any number of players and their schedules, but for those who can make that one day of the week work – there are many benefits to be realized. Keep in mind this time slot will feed into the exact same structure for our season-ending championships—with teams advancing to a Flight Playoff round and the winner of that dual match proceeding on to our District Championship." Several other Districts currently offer this format and it has been well received by facility representatives and players alike. It's an opportunity for us to provide choices to facilities so we can implement a solution to address growth.

# PROFILE: Colorado Adult League Tennis Series

Offering one of the nation's largest recreational tennis menus, the USTA Colorado Adult League Tennis Series is a thirty-year success story. The four hallmarks of league tennis have helped fuel the continued popularity of the program for three decades: competition, fun, fitness/health and social. Add to these the fact that players can continue to enjoy all of them well into their golden years and you've got a recipe for long-term growth.

Since its inception in 1980, adult league tennis has grown almost every year. In 2010, more than 30,000 Colorado players competed in the Colorado league series, an 8% increase over the previous year, and one of the largest increases ever recorded. Leading the way in this tremendous growth were USTA Adult (8%), USTA Senior (11%), USTA Super Senior (10%) and CTA Twilight (7%) leagues.

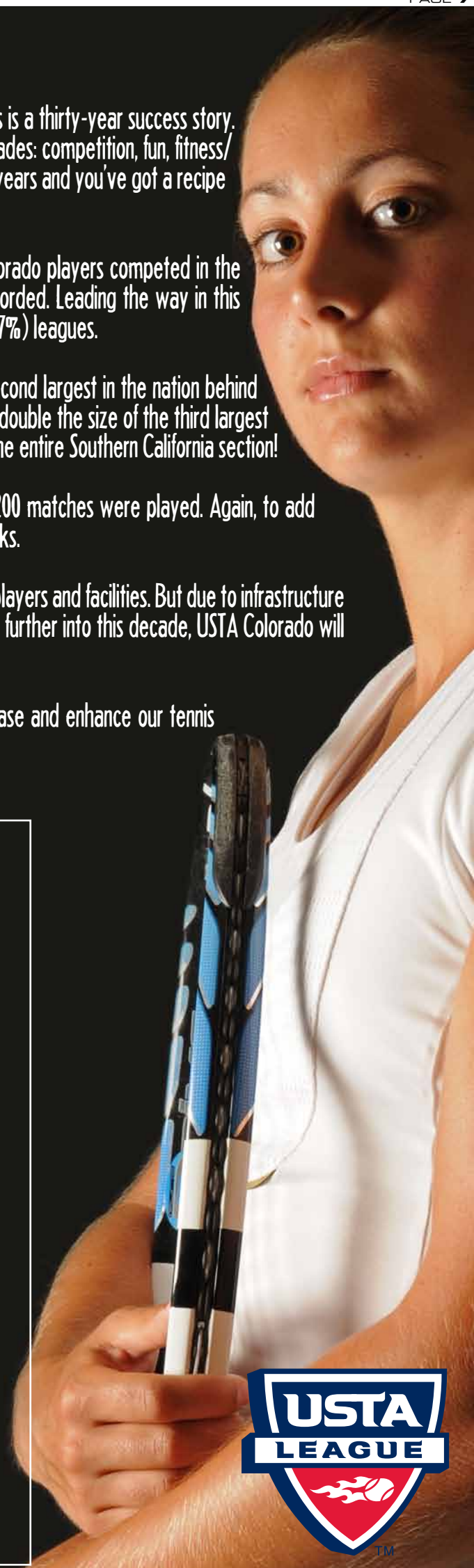
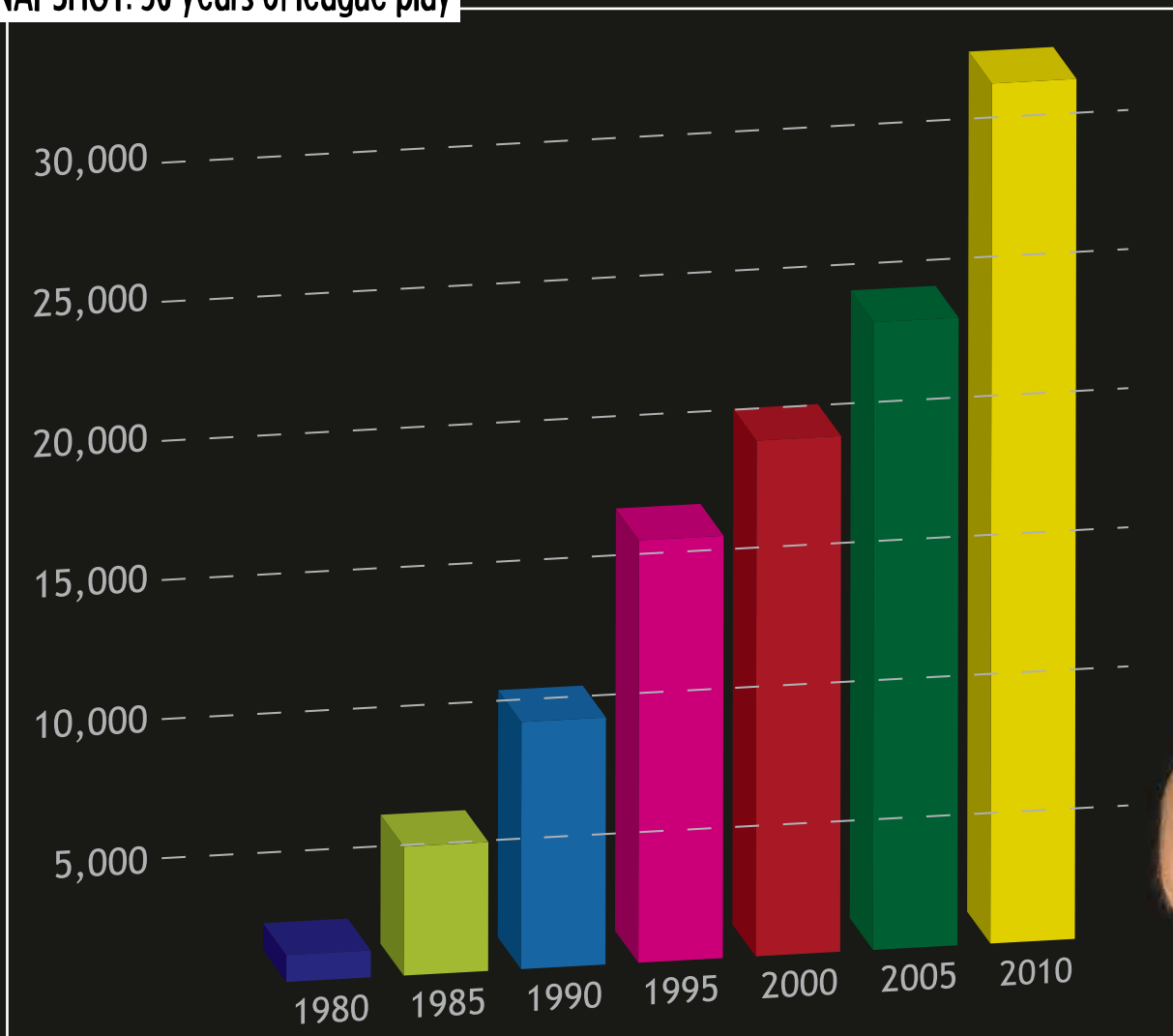
To put the local league tennis series into perspective, consider this: the Denver metro area ranks as the second largest in the nation behind tennis hot-bed Atlanta in the Southern Section. With more than 23,000 league players, Denver is more than double the size of the third largest area (which is also located in the Southern Section). Colorado's 30,000-plus league players ranks ahead of the entire Southern California section!

Equally impressive is the fact that over the three days of the USTA Adult District Championships, nearly 1,200 matches were played. Again, to add perspective, only 800 matches were contested during the 2010 US Open, and that event lasted two full weeks.

The sheer size and scope of the Adult League Series is impressive, and continued growth is a benefit to both players and facilities. But due to infrastructure limitations, parks and clubs are being forced to get creative with their league scheduling. As we move a bit further into this decade, USTA Colorado will be exploring different ways to ensure a quality experience for all league players.

In addition to format changes, USTA Colorado is actively working in communities across the state to increase and enhance our tennis infrastructure, not only to accommodate current growth, but to encourage future growth as well.

## SNAPSHOT: 30 years of league play



## PRUNING THE PLAYOFFS:

The old saying goes, "if you don't like the weather in Colorado, wait 10 minutes". But when you're home to two of the largest adult league championships in the country, you don't want to wait for the weather to make up its mind.

story by TOMFASANO

**W**hile the Adult League department is working with facilities to help them meet the future demands of an ever-growing adult league series, some significant changes are afoot this year for the USTA Adult and CTA Twilight playoff structure, changes that will reduce the number of participants by 50% in the season-ending Adult District Championships (July 29-31) and the Twilight District Championships (September 23-25).

As is the case with any major tennis event, weather plays an enormous role in the ability of the organizers to provide the best experience possible for players and spectators. And while USTA Colorado strives to deliver the best event it can with the greatest number of participants possible for the Championships each year, inclement weather can reduce even the best laid plans to puddles.

It seems that every year, a major tennis event is saddled with rain that threatens to completely derail the draw. Two of the Grand Slam venues have already installed roofs over their showcase courts, and the other two are seriously considering doing so. Numerous tournament directors have taken to saying "the R-word" when discussing rain, because few other circumstances have the capability to cause as much havoc. For some superstitious organizers, even the mention of rain causes anxiety and hand-wringing.

The threat is no less serious at the local level, where the number of attending players has reached the point where even a modest amount of rain would effectively ruin the entire event. There simply isn't sufficient indoor court space in the Denver metro area to complete these events should weather shut down play outside.

"The ultimate goal is for us to make sure that we are putting on a good event, even if we have poor weather, that we have the ability to really put together a professional piece so that players can enjoy the experience regardless of rain or shine," said USTA Colorado Executive Director Fritz Garger. "We've had some good fortune with weather. We already use indoor courts just to accommodate the standard number of matches. If we'd had bad weather, there was nowhere for us to go."

Garger remembers a Sectional Championship some time ago where, because of inclement weather, teams sat around in the clubhouse and flipped coins to see who was going to advance to the National because they couldn't get all the matches completed.

"That's not the kind of experience that we want to have people leave with even if we have bad weather," Garger said. "We realized that the playoffs, whether it be Adult or Twilight, were getting so large that you really need to have manageable backup in inclement weather."

So in an effort to make the two largest events a little more "weather-proof", USTA Colorado and its adult league programs committee have approved the following: USTA Adult and CTA Twilight leagues will feature a flight playoff beginning the week after the last regular

season match. The flight playoff will determine which teams advance to round robin play at each league's Colorado district championships. This will happen whenever there is more than one flight at a specified NTRP level within a geographic area. For example, if there are two flights of 4.0 women's teams in Colorado Springs, the winning team from each flight will play each other for the single spot into districts. If there are 20 flights of 4.0 women in Denver, the winning teams will be paired up in single elimination competition, with the 10 winning teams advancing to districts. The net result is that

Garger remembers a Sectional Championship some time ago where, because of inclement weather, teams sat around in the clubhouse and flipped coins to see who was going to advance to the National because they couldn't get all the matches completed.

the number of participants at these two events will drop by about half, which might confuse the more than 500 players who will not be in attendance at this year's Adult League and Twilight Championships.

USTA Colorado wants the tennis players around the state to know that a lot of thought and discussion went into this before making the decisions.

"This went from our adult programs committee that reviewed all the different options on these issues and came up with the recommendation, and then it went to our full board of directors for their approval both to the reduction of the playoff literally to half the size of a given year and also the added time slot to the local league schedule next year," Garger said.

Organizers and players were very fortunate in 2010 to have good weather. With more than 108 courts used for the first two days—including a big chunk of the metro area's indoor courts—any bad weather would have created enormous and insurmountable problems for the schedulers. This move is a proactive approach by USTA Colorado officials in an effort to avoid what happened at the 4.5 National Championship in Alabama.

Tom Van De Hey is the director of tennis at Garden of the Gods Club in Colorado Springs, and an Adult Programs Committee member. He was an NTRP official at the Alabama event, and describes what happened.

"I got in on a Thursday and they were predicting rain. We got up Friday morning and put our first round of matches on, and we spent the entire day and never completed a team match," Van De Hey recalled. "We'd no more than get people on and it'd rain again. This went on all day long. We got up Saturday morning and

the Coast Guard was predicting tornadoes. We had to just simply say, 'We're done.' We had players waiting and waiting and waiting. It was the most disastrous thing I've ever been at. We never got a match off. People were mad at the USTA."

Van De Hey said that for a number of years USTA Colorado has been very lucky with nice weather.



"Last year, at the much smaller CTA Summer Daytime Championships, rainouts caused massive disruptions to the event," he said. "What it did was made them cognizant of the fact that if it happened with the adult districts, they were in trouble—too many matches, not enough indoor courts—and so the idea was to try and trim down the field so that if

in the future we did run into any kind of weather issues it was more manageable."

As adult tennis continues to boom with more teams and divisions involved in Colorado, the choice was either to keep gambling and hope that the weather would cooperate or to recognize ahead of time that if the number of teams coming weren't pared down, that it could lead to a disaster at districts.

"The intent was to try and reduce the field almost in half by having these preliminary flight playoffs, which the USTA considers part of the regular season" Van De Hey said. "I think Jason Rogers and his staff realize how lucky they have been never to have had really bad weather. Ultimately, at some point, it's going to happen. With that as a backdrop, I think the league committee decided, rather than wait for disaster to hit, let's do something that allows us to be a little bit more prepared for the inevitable."

Van De Hey, also a past president of USTA Colorado, said that the changes will mean that some players hoping to be able to go to the district championships won't make it.

"I think some of the players are going to be frustrated because they want to go to districts, but if there was

continued on next page



eric johnston  
"an overabundance of bigness is not necessarily better."

"The dinosaur's eloquent lesson is that if some bigness is good,



## RAIN, RAIN, GO WAY OFF, COME AGAIN SOME OTHER PLAY OFF!

For the past several years, the two largest Colorado league championships have beaten the odds and avoided the plague of rain.

But ignoring the inevitable isn't a good game plan.

So beginning this year, USTA Colorado is changing the playoff format for Adult and Twilight leagues in the hopes that it can avoid the kind of disaster that has befallen Sectional and even National Championships.

A pessimist sees the difficulty in every opportunity;

an optimist sees the opportunity in every difficulty.

winston churchill

▶ continued from previous page

any chance of sustained bad weather, it was going to be very unpleasant for everybody. At least the teams that go are going to have a better chance of having a successful event," Van De Hey said. "We, as a committee, felt pretty comfortable making the decision because if we had a few people that were a little bit upset now, that's better than having everybody angry as the event gets canceled. Then you've got that progression of teams going from districts to sectionals to nationals, and there's not enough time in the schedule to make up the matches. The idea that we'll just schedule it the next weekend pushes up against deadlines for flights and all kinds of things."

Even with the new changes, Garger said that Colorado will continue to host one of the largest state playoffs in the country.

"Even with the reduction to half the number of participants—because they actually have a flight playoff between two divisions to get to the championships—we are still providing the opportunity for more players to come to our event than just about any other district or state in the country. Just half of what we offered in years past is still far more than what most other states across the country are doing."

Judy Anderson, the director of tennis at Ken Caryl Ranch and the chairwoman of the Adult Programs Committee, said it's a good idea to pare down the number of participants for the district championships.

"The size of these events has gotten out of control with the number of courts that are needed and the number of sites that are needed," said Anderson, a past president of USTA Colorado. "Regardless of the weather, we're still trying to get it done in a timely manner. If we have really bad weather, there's no way we can get it done. It's kind of going back to where we were 10-15 years ago."

Anderson admitted that some players aren't going to like the change, claiming that it was hard enough to reach districts as it was, and now they'll be facing one more difficult hurdle to reach the championship event.

"Half of the teams involved in the flight playoffs won't reach the championships, but at least it extends their regular season by one more match," Anderson said.

Taryn Archer, president of the board of directors for USTA Colorado and also a member of the Adult Programs Committee, said the changes make a lot of sense.

"It makes a lot of sense to me. You have many of the top teams involved in single-elimination round, with the winner going on to districts. It's a significant change and shift to be sure, but the best of the best are still going to the championships."



# THEBUZZ

## NOUNS IN THE NEWS

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



photo courtesy of Sheryl Flater

### Evergreen's Flater earns three national titles

Colorado Tennis Hall of Fame inductee **Roald Flater** added to his already impressive collection of national championship hardware by winning the USTA National Indoor 85 Singles Championship in Vancouver, WA, defeating No. 2 seed, Lewis Stevenson (CA) 6-1, 6-0 in the final. He also won the 85 Doubles Championship with partner Don Tobey (CA), upending the California duo of Torsten Calvert & Jorgen Hildebrand, 2-6, 6-2, 6-1 in the final.

A few days later, Flater won the USTA National Hardcourt 85 Doubles Championship at Rancho Santa Fe, CA, with Tobey to collect his third Gold Ball in 2 weeks.



### More hardware for Colorado players

It's not hard to imagine what keeps **Rita Price** moving after all these years. What's hard to imagine is what it would take to make her slow down. The 85 year-old from Aurora won her 8th career gold ball in singles at the USTA National Women's 65,75,85 Indoor Championships in Overland, KS. Her doubles partner, Mary Hollowell, fell during her first round singles match and couldn't compete in doubles. Price teamed up with a partner-less Lovie Beard and earned the bronze ball for third.

Earlier this year, Price and Hollowell collected a silver ball in W85d at the USTA National Women's 35, 45, 55, 65, 75 & 85 Clay Court Championships. The award matched her silver ball from singles at the same event.

Grand Junction's **Susan Wright** has also added some new hardware to her trophy case, picking up a bronze ball in singles and a gold ball in doubles at the USTA National Women's 40 & 50 Indoor Championships at Meadow Creek Tennis & Fitness in Lakewood, and another gold ball for doubles at the USTA National Women's 50,60,70,80,90 Hard Courts. Earlier in the year, she partnered with her father Enver Mehmedbasich at the USTA National Father-Daughter Indoors where the duo went undefeated in four round robin matches.

Colorado Tennis Hall of Famer **Rhona Kaczmarczyk** earned a gold ball in W40s singles and a silver ball in doubles with Denver's **Shannon Cross** at the USTA National Women's 40 & 50 Indoor Championships.

### Anundsen earns ITA Assistant Coach of the Year honors

Former three-time Colorado High School state champion **Sara Anundsen** (Columbine High School) has been named the Women's Assistant Coach of the Year by the Intercollegiate Tennis Association. A standout at North Carolina, Anundsen is quickly becoming one of the nation's top young coaches. Her coaching resume is quickly becoming just as impressive as her playing one, as Carolina has advanced to the NCAA round of 16 twice in her three seasons, including a program-best run to the national semifinals in 2010. This season, the 26-6 Tar Heels won their first Atlantic Coast Conference title since 2002 and advanced to the national quarterfinals. The former NCAA doubles champion and two-time ITA All-America performer was named assistant coach for the North Carolina's women's tennis team in the summer of 2008.

Anundsen earned All-America honors in 2006 and 2007, and helped lead the Tar Heels to a pair of Sweet Sixteens and an Elite Eight. A native of Littleton, Anundsen teamed with Jenna Long to capture the 2007 NCAA doubles title—the first national championship in program history—after falling in the national semifinals in 2006. The duo finished the 2007 season 29-6 and was named ITA National Doubles Team Of The Year.

### ITA Summer Circuit returns to Colorado

Colorado State University will join CU and DU as hosts this year of the 2011 ITA Summer Circuit/Mountain Region. The first event kicks off at the University of Colorado, July 9-11. The University of Denver will play host July 16-18, and CSU will be the Mountain region's final host site July 23-25.

Nearly 30,000 men and women have competed in ITA Summer Circuit events since it began in 1993. The circuit provides college (and junior and alumni) players the opportunity to compete in organized events virtually year round. Although the primary focus of the circuit is to provide incoming freshman and collegiate players the chance to compete in the summer months, for NCAA compliance purposes, the events within the ITA Summer Circuit are categorized as "open"; therefore anyone is eligible to compete in these events as long as he/she is a current ITA member. To register or learn more, visit [ITATENNIS.com](http://ITATENNIS.com).



### Season 4: In the Tennis Zone with Andy Zodin

The award-winning In the Tennis Zone with Andy Zodin has returned for season 4, running through late September. The show airs live on Sunday nights from 6-8pm on AM 1510/FM 93.7, and streams live at [MILEHIGHSPORTS.com](http://MILEHIGHSPORTS.com).

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**TOURNAMENT NEWS**

THE LATEST NEWS FROM THE OPEN CIRCUIT



Photos courtesy of USTA Intermountain

**Colorado players sweep Intermountain US Open National Playoffs**

Former WTA Top 50 player **Vasilisa Bardina** (Evergreen) will head to the US Open National Playoffs Championships after her victory at the US Open National Playoffs Intermountain Sectional Qualifying Tournament held at the Gates Tennis Center in Denver. Also advancing were men's champion **Angelo Faustino** (Littleton) and mixed doubles champions **Miikka Keronen** (Longmont) and **Yana Ruegsegger** (Lakewood).

The 2011 US Open National Playoffs (USONP)—Men's, Women's and Mixed Doubles Championships—will be held in conjunction with the New Haven Open in August. The winners of the men's championship and the women's championship—which feature the winners or top available finishers from the 16 sectional qualifying tournaments being held throughout the country—advance to the US Open Qualifying Tournament, while the winners of the mixed doubles championship earn a main draw wild card into the 2011 US Open mixed doubles event.

Bardina, 23, did not drop a set in winning the tournament, defeating Meagan Monaghan (Denver), 6-2, 6-3, in the final. Originally from Moscow, Bardina has only been in the US for a year, and works at Evergreen Sports Center. She peaked at No. 48 in the world in 2007 and has played in all four Grand Slam events in singles and three of the four—all but Wimbledon—in doubles, reaching the second round in doubles at the Australian Open and French Open in 2007. Bardina's hoping to use the USONP as a springboard back to the pro circuit after battling injuries that caused her to leave the pro tour.

A former Metro State College Roadrunner, Faustino, 22, won the men's title with a grueling victory over Damon Gillette (Wheat Ridge), 6-3, 5-7, 7-5.

Faustino was a member of the MSC squad that won its conference and regionals, earning a spot at nationals. In the mixed doubles, Keronen and Ruegsegger soundly defeated Dayson and Carni Mathison in the final, 6-0, 6-3. Keronen, a former coach at the Finnish National Sports Institute, is the director of tennis at the Ranch Country Club in Westminster, while Ruegsegger was a finalist at last year's Denver City Open, an event she won back in 2000.



**Dann, Bardina tops at Denver City Open**

**Willie Dann** won his first Denver City Open men's singles title, defeating three-time champ **Jeff Loehr** 6-3, 5-7, 6-4 in the final. Dann, who turns 40 in August, and Loehr, who will turn 37 a few days later, each reached the finals without dropping a set. They faced each other again in the doubles final, where Dann and **Lew Miller** needed three sets to take down Loehr and **Stephen Nolen**. After her win at the USONP, Bardina kept rolling as she lost only four games all tournament en route to her first-ever DCO women's title, defeating **Erin Gebes** 6-1, 6-0 in the final. In doubles, she and **Lauren Strasburger** won their second title together, taking down top seeds **Jacqueline Carleton** and **Alexandra Leatu** 6-4, 2-6, 6-3 in the championship match. In Mixed, Carleton/Dann captured the title over Nolen/Strasburger.

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## WHEELCHAIR TENNIS IN THE NEWS

### Tennis a hit at the Colorado Junior Wheelchair Sports Camp

More than 100 physically disabled youngsters aged 5-18 from across Colorado attended the Colorado Junior Wheelchair Sports Camp at Aurora Central High School, June 13-17. Coached by adult wheelchair athletes and community volunteers, the children spent the week playing basketball, rugby, sled hockey, softball and tennis, also trying their hands at archery, bocce, bowling, fencing, hand cycling, kayaking, swimming and taekwondo.

"They go home totally exhausted because they're playing all day," said Patricia Morrison-Hughes, volunteer coordinator for the camp and a retired adaptive physical education teacher. "But it's neat that they're playing with kids who are like them. That doesn't happen a lot. And the research shows that children with disabilities have fewer recreational opportunities because they often don't have the friends down the street they can go do stuff with."

"These kids don't have as many opportunities to do healthy activity," Morrison-Hughes said. "As the obesity epidemic in this country grows, these kids are right in the middle of it. This camp is to say 'Hey, we do have some activities for these kids.' The opportunities have grown and flourished for our kids with disabilities."

A sedentary lifestyle contributes to obesity among children of all ability levels. But the results can be especially damaging to children in wheelchairs because they don't burn as many calories as children who are ambulatory, and a lack of muscle mass complicates the calorie-burning equation even further.

Morrison-Hughes says the camp is just as important for the parents as it is for the children, because it opens adult eyes to what's possible. "It gives them opportunities to carry forth, to provide healthy lifestyles for their children," she said. "When they see all the things their kids can do, they're blown away. A lot will coddle their kids because they don't know all that's out there for them. Our goal is to provide information on all the different avenues out there for them to be healthy."

Colorado Wheelchair Tennis Foundation board member **Akiji Koiwalakai** spent two days

at the camp teaching tennis to the participants. While the first day was rained out, forcing the group to go indoors to play in a gym, the next day was beautiful with lots of sunshine. "More kids showed up and the word was spreading about the class. The kids learned quickly, and the parents thanked me. It felt good to be able to share with the kids. It was fun and I learned quite a bit about teaching kids."



### USTA hosts Wounded Warriors in Colorado Springs

Wounded Warriors from Team Navy/Coast Guard participated in wheelchair and adaptive tennis training conducted by national wheelchair coaches and volunteers from the USTA May 13 in Colorado Springs.

The goal is to promote and develop recreational tennis opportunities for individuals with differing abilities and circumstances through inclusion, knowledge and support, and by providing, where needed, adaptive programming, equipment and teaching techniques.

"As part of the White House Joining Forces initiative, the USTA feels that Wounded Warriors and their families can benefit from playing tennis socially and competitively," said Robin Jones, USTA national military outreach consultant. "It is a sport that you can play at any age, skill development or at any socioeconomic level. It has no barriers, because it is readily accessible to everyone as tennis courts are in virtually every community."



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# SPOTLIGHT

DIVERSE CITY: Breaking the Barriers Exhibit and USTA Colorado Diversity TennisFest highlight a spring-time celebration of tennis.




# BREAKING *the* BARRIERS

## AN EXHIBITION IN COURAGE 2011

### Exhibit makes smashing Denver debut!

The Breaking the Barriers exhibit completed a three-month run at the Blair-Caldwell African American Research Library in Denver, leaving a major impact on the state of Colorado. Nearly 10,000 people toured the exhibit, which featured an historical timeline of African Americans in tennis, dating from the 1800s to Arthur Ashe's historical Wimbledon win in 1975.

The exhibit was enhanced through several ancillary programs, including school outreach with guided tours, an oral history lecture series, a portrait series of local tennis pioneers, and an original documentary short, *Crossing the Net: Denver City Park & The Black Tennis Experience*.

For many, it was an opportunity to connect with the great tennis champions of the past, and to learn about the history of black players in Colorado.

Terry Nelson, Special Collections Manager at the Blair-Caldwell Library, called the exhibit the best the library has featured, saying that "the local connection strongly resonated with our patrons, bringing new visitors from across the region to the library."

"In addition to building communities around tennis, the project could not have been completed without the commitment and enthusiasm of the Breaking the Barrier Task Force team," said Paula McClain, USTA Colorado Marketing & Diversity Director, and the person responsible for leading the project. "It is highly gratifying to achieve such a monumental endeavor that will have a lasting legacy on the Denver community and beyond."



### ^Original Documentary Short

As a part of the exhibit, USTA Colorado produced the original documentary short, *Cross the Net: Denver City Park & The Black Tennis Experience*. The film is available at the Blair-Caldwell library.

### Guided Tours/School Outreach^

USTA Intermountain Community Development & Diversity Director Keith Bell answers questions from the students of Vassar Elementary in Aurora.

Nearly 1,000 students from schools across the front range toured the exhibit.

"We all loved attending the student tour, the whole experience was so important to our new tennis players—particularly those of color," said educator Sonia Rao of Venture Prep.



### Oral History Lecture Series^

"USTA Colorado has done such a great job, this should be duplicated around the country," said Katrina Adams, USTA Vice President of the Board, during her visit to Denver—with Lori McNeil and Chanda Rubin—to participate in the oral lecture series, *Where are Blacks in Tennis, Today?*



### <Oral History Lecture Series

Brett Finan sits in on one of the four lecture series, with topics ranging from history to health to the future of black players in pro tennis.



Nominations are now being accepted for the **COLORADO TENNIS HALL OF FAME**

The deadline to nominate a candidate for consideration is **September 15, 2011.**

For a complete list of Hall of Fame inductees, or to download a nomination form, please visit [COLORADOTENNIS.com](http://COLORADOTENNIS.com).




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# OUTSTANDING PERFORMERS WANTED

Each year, USTA Colorado celebrates the outstanding efforts of players, benefactors, volunteers and organizations who have distinguished themselves through their on- and off-court performances, and their dedication and commitment to the sport of tennis.

Please help USTA Colorado recognize these outstanding performers at the 2012 Colorado Tennis Hall of Fame Gala. A list of awards and nomination forms are available at [www.COLORADOTENNIS.com](http://www.COLORADOTENNIS.com), and will be accepted through September 15, 2011.




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**^The Grand Opening**

Terry Nelson (Blair-Caldwell African American Research Library Special Collections Manager), Paula McClain (USTA Colorado Marketing & Diversity Director) and Taryn Archer (USTA Colorado Board President) officially open the Breaking the Barriers exhibit on April 29 at the USTA Colorado Diversity Reception, held at the Blair-Caldwell African American Research Library located in the Five Points neighborhood in Denver.

Visitors to the exhibit were treated to an incredible array of historical tennis memorabilia.

"I could not imagine the scope of such an exhibit. The depth and breadth took me through a journey of time, space to national and local events. Through it all, tennis prevails in our communities on this small planet with smiles of friendship to prove it," said visitor Angela Butcher Reid.



**^It Starts in the Parks**

Former WTA tour pro Katrina Adams shares a few tips and her experiences at the professional level with members of the Denver Parks & Recreation Competitive Sport Camp at City Park.

The participants, who range in age from 12-18, got the opportunity to personally interact with Adams, one of the USTA's next generation of leaders.



**^Diversity TennisFest celebrates five years**

USTA Colorado's Diversity TennisFest brought together hundreds of tennis enthusiasts of all ages and abilities for a day of tennis, music and food. This year's event was held at City Park in Denver.



**Rolling out the blue carpet at Juneteenth>**

USTA Colorado rolled out its 18x36-foot blue SportCourt during the Juneteenth Celebration in front of the Blair-Caldwell library. The court introduces players to the new 10 and Under Tennis model, and allows them to experience tennis in a new and exciting way. Thousands of kids took to the court during the one-day festival.

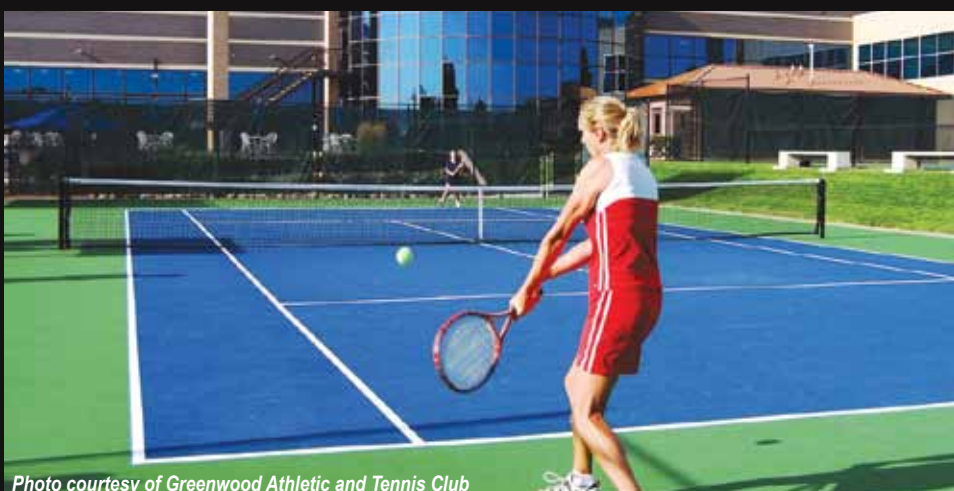


Photo courtesy of Greenwood Athletic and Tennis Club

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# SPOTLIGHT: RACQUETS FOR ALL



## HIGH SCHOOL CHALLENGE

The 2nd annual Racquets for All Girls' High School Challenge was a tremendous success with more than 165 racquets collected by Colorado 4A and 5A high school girls teams. High school girls' tennis teams throughout Colorado were asked to collect gently used tennis racquets and donate them to Racquets for All, which were then assessed, refurbished as needed and given to those in need. Once all racquets were counted, **Regis Jesuit High School** was named the 2011 winners with their donation of 73 racquets.

Regis Coach Ann Slocomb kicked off the season by presenting the program to team members and their parents in February and continued to push Racquets for All at every opportunity. But, she says much of the success the team had in collecting racquets was due to strong parental involvement which included putting out collection bins, talking with their friends about racquets they may have for donation and really continuing to promote the program within their community throughout the girls' tennis season.

For winning the Challenge, the team was awarded \$200 at the 4A State Championship tournament in Pueblo. The team plans to buy new ball hoppers and then donate the rest of the prize back to the Colorado Youth Tennis Foundation. This sense of generosity and giving back to the community is part of the Regis girls' team.

In April, the team donated three hours to help Net Results, a non-profit organization that strives to help kids improve their self-esteem through the many lessons they learn from the game of tennis. Coach Slocomb stresses to the team the importance of keeping the game in perspective and believes that any opportunity the girls have to give back to the game of tennis is a win-win situation. That certainly proved true for the 2011 Racquets for All Girls' High School Challenge winners.



## RACQUETS FOR ALL

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## RACQUETS FOR ALL BUZZ

It's been a busy year for Racquets for All with distributing racquets. In 2011, Racquets for All has distributed racquets to 23 organizations throughout Colorado. Here is what a few of them have had to say:

"Thank you so much for your generous contribution to the Wasson High School tennis program. I already had a couple of kids grab some racquets and are playing with them in a match today. I just wanted to let you know that our students at Wasson really appreciate all the help you gave to our program." *Kim Danielson, Wasson High School Head Tennis Coach*

"Your system for recycling racquets works! I received a call last night from my Racquets for All contact, and by 1:30 pm this afternoon, Mountain Vista special needs players were delighted to each have a racquet to play with (Peer Partners too!) and we received three tubs of low compression/QuickStart balls." *Michelle Arend, Highlands Ranch Community Association, Therapeutic Rec Department*

## RFA SPECIAL EVENTS

One of the easiest ways for a club or group to get involved with racquet collections for RFA is by having a collection bin at a special event, such as a fundraiser or tournament.

Recently, the Boulder Country Club Open served as a collection site and collected more than 55 racquets for RFA. Jon Winegardner, Director of Tennis at the BCC, had heard that the Boulder Open and Broomfield Open had collected a certain number of racquets in 2010 and challenged the BCC teams to collect more than that number. He even offered a free clinic to the winning team. "Having a Racquets for All bin at the BCC Adult Open was unobtrusive and also great advertising for such a worthy charity," said Winegardner.

If your club or group would like have a Racquets for All collection bin for a tournament or special event, please email [rfa@coloradotennis.com](mailto:rfa@coloradotennis.com) or call 303/695-4116 x300.

## EQUIPMENT COLLECTION/DONATION UPDATE

Through May 31, 2011 RFA has collected 484 tennis racquets, 292 dozen tennis balls and 106 racquet covers and bags.

Already this year, RFA has distributed 325 racquets and nearly 4,000 balls to schools and recreation districts throughout Colorado. RFA has also collected and provided racquet covers, bags, apparel and shoes, tennis nets, ball hoppers and carts.



# SPOTLIGHT: COLORADO YOUTH TENNIS FOUNDATION

## NEWS & NOTES

The CYTF is collecting item and certificate donations of at least \$50 in value for its **ANNUAL ONLINE AUCTION**. Much larger "live auction" items valued at \$1,500 or more are also being solicited. The CYTF is seeking volunteers to help solicit sponsors/donors and also secure auction items. Contact Lisa Schaefer <lisa@coloradotennis.com> at 303/695-4116 x201.

**COLORADO GIVES DAY** is slated for December 6. Online donations to the CYTF on that day will be incentivized. We'll have more details in the fall issue of Colorado and online at [COLORADOTENNIS.com](http://COLORADOTENNIS.com).

The CYTF acknowledges the tremendous financial support from the following:

### Eileen Pero's mixer

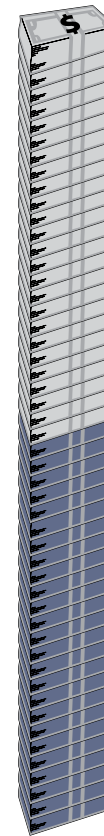
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### General Gifts made March 15-June 30, 2011—\$1,650

- |              |                          |                       |             |
|--------------|--------------------------|-----------------------|-------------|
| Cliff Andrus | Regis Jesuit High School | Stan & Louise Malnati | Tennis Camp |
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### GIFTS & GIVING

In 2011, the CYTF's goal is to raise \$31,000 in individual, corporate, foundation and "affiliated event" dollars. To make a gift – big or small – visit our website at [COLORADOTENNIS.com](http://COLORADOTENNIS.com) and click on the **CYTF logo**. Your gift will be acknowledged in the next issue of *Colorado Tennis* newspaper. If you'd like to host an event to benefit the CYTF, contact Lisa Schaefer <lisa@coloradotennis.com>, 303/695-4116 x201.



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# HIGH FIVE

profiles by  
**KATIENEWELL**

For the past 35 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.

**J**ust over a year ago, the Denver Public Schools board of directors voted to approve the merger of Denver Venture School and Envision Leadership Prep, the first such merger in district history.

Serving 450 students in grades 6 to 12 using a project-based learning approach, the newly created Venture Prep offers students the opportunity to focus on project-based learning, with a real audience and a real purpose.

While the school prepares its students to become the next generation of leaders and entrepreneurs, 7th grade math teacher Scott Franzblau is helping two dozen students prepare for their next tennis match.

Franzblau grew up playing tennis in New Jersey, and knows that it's not only a healthy activity for his students, but a chance to connect with his kids in a way that differs from the interaction in the classroom.

"Tennis is a sport that we can make one of the centerpieces. All charter schools are trying to set themselves apart." That being said, he is proud that charter schools can replicate successful programs and hopes other schools take the lead.



Photo courtesy of Venture Prep

## VENTUREPREP

In an effort to inspire this diverse group of kids, Franzblau has incorporated a trip to the Breaking the Barriers exhibit at the Blair Caldwell African-American Research Library in downtown Denver. The exhibit highlights the significant impact of black players in tennis, and showcases local tennis heroes who have made substantial contributions to the Denver tennis community.

"In our school, we don't have all of the traditional programs, so we have to rely on our individual talents and backgrounds," Scott explains, adding that he is thrilled to "see non-traditional team athletes getting to compete in a sport." He loves that it allows them to engage, and allows him to build relationships. "It's been a great pleasure," he said.

Scott isn't just looking to fill the courts for a season, either. He's hoping that he can turn tennis into a year-round offering at Venture Prep — no small feat given that most of the student's only previous exposure to tennis consisted of playing it on a Wii.

**H**er motto in life is, "When opportunity knocks, you'd better answer the door." So goes the great philosophy of Marge Sykes, an utterly delightful and skilled tennis player gracing the USTA Colorado Senior Breakfast League in Arvada.

Born in Minnesota, Marge's passion for tennis is evident. She credits the sport for keeping her young, and for introducing her to many great people, including many fellow netters who showed up at her recent 90th birthday party. There were "lots of buddies, just the most heartwarming thing you could imagine," said Marge.



Photo courtesy of Kathy Marold

## MARGESYKES

Tennis, Marge says, has been a source of genuine joy, and has helped her recover from a recent illness. She says that her recovery time from major surgeries was hastened by the desire to get better so "I could hold a racquet in my hand again." Over the years, she's played all kinds of tennis at a variety of levels and combinations—singles, doubles and mixed.

Crediting tennis for the reason she stays young, Marge explained that she got her start at 16 years-old and was self-taught, playing on a sand court with a fabric line. She also remembers those days as a time when there weren't many opportunities for girls to compete in sports—a tough thing for an athlete like Marge. But she stuck with tennis, and it's brought her many memorable experiences, such as taking home a bronze medal in the very first US National Senior Olympics—now called the National Senior Games—in 1987, in St. Louis.

It's also given her some of her dearest friends, including her tennis partner Kathy Marold. Kathy says that Marge is a delightful person, really gracious and good to everyone. "She's a truly wonderful lady and tennis is her great passion." She said that Marge and the whole group are "just one happy family."

Tennis keeps Marge young and fit enough to pursue her other interests. She climbed her first 14er at the age of 70 (Grays Peak), and at 74 climbed Huayna Picchu in Peru. She is an avid gardener, does wood-carving, writes children's stories and most recently completed a memoir for her family.

"It's been a wonderful life, and I've been so blessed," says Marge of her nine decades. "I've been given many opportunities and the smartest thing I did was to take them!"

**E**ntering the Girls' High School Tennis season, much of the attention was focused on 2010 runners-up Fairview, a stacked squad with loads of young talent who were poised to bring down the Cherry Creek juggernaut that had won 14 consecutive team championships. That didn't phase Jennifer Weissman, a junior at Loveland High School, who has grown accustomed to seeing the spotlight shine on others.

That Jennifer didn't receive much pre-tournament buzz is no reflection on her as a player—she's been a ranked Colorado player for several years, holding the No. 4 ranking in 2010 (Girls 16s) before moving up a spot to No. 3 in 2011.

It's just that when most Colorado tennis fans buzz about a Weissman from Loveland, they are focused on Jennifer's younger sister, Rebecca, who holds a national top-5 ranking in the 12s division and who many predict will be the next great Colorado star.

So when Jennifer ran the table at the Girls' 5A championship—avenging a regular season loss to Fairview's Katie Kuosman in the semi-



Photo by Bethany Schott

## JENNIFERWEISSMAN

finals and completing a remarkable comeback from 2-5 down in the third set in the championship match against Cherry Creek's Kelli Woodman—and delivered Loveland its first-ever tennis title, it was definitely her time to bask in the spotlight.

Amazingly, Jennifer's dramatic come from behind victory in the championship match wasn't even the biggest comeback in her career. Just a few years ago, Jennifer decided she needed a break from tennis, and quit tennis altogether. "I definitely struggled a couple of years ago and needed to get off the roller coaster," she explains. Taking a break to spend some time with another passion, riding horses, she learned that "she really missed tennis and wanted to come back."

An emotionally strong person, Jennifer says that her return to the sport could not have happened without the support of her family, which includes six brothers and sisters and her parents Jeffrey and Colleen. "I couldn't have gotten to where I am without my family. They have always provided me with everything I need to succeed. God has blessed me with great support."

From an early age, the entire Weissman clan has focused on tennis. They grew up playing in their backyard, and were trained by some of the state's top pros, including former women's tour-great Ann Grossman. They've practiced together and supported each other as they find their own paths in the sport of tennis. The one constant, says Jennifer, is their parents' unconditional support. "My parents have definitely instilled in all of us that sportsmanship is important. I've always believed you have to try your hardest, and that God will help you do your best."

Jennifer's triumph at State is a testament to her tenacity, says her father, Jeffrey. "She's physically a strong person, and showed an impressive mental toughness at State. I was excited to see that come out."

In recognition of her outstanding play, the Denver Post has named Jennifer its 2011 High School Player of the Year (see page 22).

**T**here are very few experiences in life in which one gets to be inspired, impressed, and surprised all at the same time, yet that is exactly what Jenna Street, a United State Olympic Committee Athletic Trainer who was selected to travel with the USA Wheelchair Team to the 2011 World Team Cup in South Africa, experienced in April. The event is the wheelchair tennis equivalent of the Davis Cup and Fed Cup.

As the only medical staff for the 12 athletes (men, women, quad and junior teams), four coaches and one manager, Jenna's selection by the USTA was a natural choice—she has a Bachelor's Degree in Kinesiology at Michigan State University and a Masters in Educational Leadership and Policy Analysis from the University of Wisconsin, and for the past four years, she's worked with elite athletes at the USOC. And to top it off, she's a tennis player.

Jenna was inspired by "the phenomenal group of athletes," whom she became friends with on this unique journey, even though she met them for the first time at the airport in Atlanta just prior to the trip. She was impressed with many things starting with the fact that "the South African nation was so hospitable, welcoming all of us with open arms."

Jenna was surprised that despite the amount of preparation that is necessary to move the entire team and all its gear, it wasn't as challenging as she thought it might be. "The travel part was incredibly easy," she explains, even though each athlete travels with two wheelchairs and their required luggage. Figuring out how to



## JENNA STREET



Photos courtesy of USOC, USTA

pack her medical kit and supplies for the two and a half week adventure was probably her biggest challenge.

Luckily, Jenna didn't have to face any serious illnesses or injuries while at the World Team Cup. She did perform a lot of soft tissue work, extremely important in the prevention of injury for the elite athletes who relied on her expertise. Her efforts paid off, as the quad team captured the team championship while the men's team moved up to Group 1 play, the women's team finished 8th and the junior team finished 5th.

But for Jenna, the real success comes from having the chance of a lifetime to be with elite athletes and medical experts from around the world. It's one Jenna will never forget.

**T**here are some exciting new ideas bouncing around the Intermountain section recently, courtesy of new USTA Intermountain Executive Director, Matthew Warren.

Growing up in Florida, Matthew dreamed of becoming a tennis great as he smacked balls against his parents' garage. He played his first tournament at age 14 where a 10-year-old Andy Roddick sent him home after a crushing defeat.

Matthew's tennis dreams of becoming a champion were recognized in 2000, when his Trinity University squad captured the NCAA Division III National Championships. Matthew would earn Academic All-American honors, but still he dreamed of bigger and better things.

He worked with the City of San Antonio United Way. He obtained his Masters Degree in Nonprofit Administration from the University of Notre Dame, and started an international nonprofit called Interworldview, which created a curricula for kids in war torn countries, with the goal of understanding and communicating with the "other". He also decided at that point that tennis wasn't about wins or losses. "Tennis can transform your life, literally," Matthew explains, and he has committed his life to that realization.

If you want to see the type of changes Matthew brings about, just talk to the Idaho tennis community, where he had been the executive director for the Idaho Tennis Association for four years, expanding programs, increasing participation and spreading his belief that tennis is a tool for transformation.

Lucky for us, Matthew and Karen, his wife of two years, are here now and he's ready to dig in. In a nutshell, his vision wherever he goes is huge, inspiring, yet pretty basic: Get the sport of tennis to anyone and everyone! Matthew envisions building a "tennis social movement" with the 12 million people in six states he now governs. "It only takes 1% of the total population to create positive change," he explains, adding that he "sees nothing but opportunities," as he focuses on building up the districts, concentrating on adult leagues and 10 and Under Tennis.



Photo courtesy of USTA Intermountain

## MATTHEW WARREN

Currently, Matthew is conducting "Listening to You" sessions, where he meets with each district staff, Board of Directors and volunteers to get their input on challenges and opportunities. He's not playing very much these days, he says he is in a more cerebral/information gathering mood. "I've been on the road and heard the stories from tennis enthusiasts and casual players...how tennis has literally transformed their life."

It's that passion and mission that Matthew expects to bring to his new role, one that will likely intersect a huge number of Intermountain tennis players in the years to come.

# PLAYER DEVELOPMENT:

## 10 AND UNDER TENNIS: Rule changes go into effect in 2012

When the USTA launched the QuickStart Tennis play format in 2008, it chose the name QuickStart to convey that this new play format was a quick and easy way for kids to start playing tennis.

The format is designed for children featuring smaller court sizes, racquet sizes, foam and low-compression balls, a simple scoring system, and net heights adjusted to ease kids into the sport. Similar mini-tennis formats have long been popular in Europe, where current stars such as Roger Federer and Kim Clijsters first learned the game with age-adjusted racquets, balls and court sizes. After a few years of experience and feedback, they've discovered the following:

- For parents with young kids who already play tennis, the "QuickStart" name could have a negative connotation—that it's not "real" tennis or refers to just beginner tennis.
- Whether a 10 & under player (10U) is a beginner or an advanced player, they should be playing on smaller courts with lower-bouncing, slower-moving balls and lighter, shorter racquets. These specifications will help kids at all levels improve their skill development.
- QuickStart Tennis refers to a play format that can be used by anyone at any age to learn tennis more quickly—whether they are 6 years old, 12 years old or 70 years old. QuickStart Tennis is not a brand name that denotes "tennis for kids".

With the 2012 rule change for kids 10 & under requiring tournament play on smaller courts with lower-bouncing, slower-moving balls and lighter, shorter racquets, it was an opportune time to change the name for this audience. Listening to your feedback, the USTA decided on the name **10 and Under**

**Tennis** to leverage the promotion of the rule change and to position this as "real tennis" for all kids under 10, whether they are beginners or advanced players.

Earlier this year, the USTA Colorado Player Development Committee, Tournament Committee, Junior Recreation Committee and Board of Directors voted to adopt the USTA and ITF 10 and Under Tennis rule change for all sanctioned 10 and under leagues and tournaments in Colorado beginning January 2012.

This year, all 10U sanctioned tournaments must utilize one of the following three options: 78' court/traditional ball; 78' court/green dot ball; 60' court/orange ball.

For Colorado Junior Team Tennis, all 10U league matches must utilize a 78' court and green ball.

But beginning in 2012, all sanctioned leagues and tournaments must include all six variables—age, racquet size, court size, modified scoring, net and ball—of the QuickStart Tennis play format, including the 60-foot court and the orange low-bounce ball for competition.

The ruling follows that of USTA National and the International Tennis Federation, which in August of last year mandated modified courts and the use of slower balls for all 10U competition beginning January 2012.

"For tennis to grow in this age demographic, we have to make a radical change, a paradigm shift if you will, in how we approach offering competitive tennis to children under the age of 10," said USTA Colorado Executive Director Fritz Garger. "Adopting the 10 and Under Tennis rule change for all 10-and-under sanctioned events is the right thing to do in helping us grow and develop the game for younger children."

## Official 10 and Under Tennis Facilities

In order for a tennis program to become an "official" USTA Colorado 10 and Under Tennis/QuickStart facility, they must incorporate all six components of the QuickStart play format—age, scoring, balls, racquets, court and net height. The following Colorado facilities have registered as official facilities at <10andundertennis.com>. Check the website for an updated list of sites.

Arvada Tennis Center	Legend High School
Bison Park Tennis Center	Life Time Fitness
Boulder Country Club	Littleton Golf & Tennis
Bow Mar Tennis Club	Lone Tree Tennis Club
Boys & Girls Club of Fort Collins	Meadow Creek Tennis & Fitness
Brighton High School	Memorial Park Tennis Center
City & County of Broomfield	Millennium Harvest House
City of Loveland	Miramont Lifestyle Fitness
City of Woodland Park	Montrose Tennis Association
Colorado Academy	PEP Club Sports
Colorado Athletic Club Inverness	Pikes Peak Community Tennis Association
Columbine Knolls	Pinery Country Club
Crestmoor Community Associations	Piney Creek Clubhouse
Drop Shots Tennis	Pueblo Central Tennis Courts
Eagle-Vail Tennis Center	Pueblo West High School
Eastmoor Swim & Tennis Club	Railbender Park Tennis Center
Eisenhower Elementary	Ricardo Flores Magón Academy
Eldorado K-8 School	Rolland Moore Racquet Complex
First Serve Fort Collins	Tennis For Everyone
Foothills Swim & Racquet Club	Tennis Mania, Inc.
Ford Park Tennis Center	Tennis To Tots
Foxridge Swim & Racquet Club	The Club at Flying Horse
Genesee Tennis	The Country Club of Colorado
Grand Junction Parks & Recreation	The Tennis Center at Steamboat Springs
Greenwood Athletic & Tennis Club	The Tennis Project, LLC.
Highlands Meadows Tennis Club	Town of Crested Butte
Hiwan Golf Club	Western Eagle County Recreation District
Holly Tennis Center	Woodmen Valley Park
Ken Caryl Ranch Metro District	Woodmoor Pines Golf & Country Club
Lakeshore Athletic Club	Work Out West Tennis Center
Lakewood Park	Wulf Recreation Center
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IT'S A WHOLE NEW BALL GAME

▶ continued from previous page

Nationally, youth tennis lags behind basketball, football and soccer in capturing the 10 and under crowd. Where those sports see participation numbers in the 25% range for kids under 10, tennis stands at only 7%. Throughout Colorado, only about two hundred children age 10-and-under competed in at least one sanctioned tournament in 2010, and draw sizes were typically small. In Junior Team Tennis, fewer than 500 players participated in the 10 and under division last year.

"We have a tremendous opportunity to grow the participation numbers in our 10 and under tournament draws that are currently not meeting our expectations," said USTA Player Development and Tournament Director Jason Colter. "We have nothing to lose in trying something fundamentally different."

Colter said the decision will affect all levels of development for all 10-and-under players. "Studies show that players develop quicker and develop better technique by using the age-appropriate equipment and court size," Colter said. "High performance studies show players who learn and compete on the age-appropriate size courts with the proper equipment develop quicker with better techniques and match strategy. As an example, a 9-year-old who develops into a good basketball player isn't moved to a pro size court with a 10-foot basket to compete."

Garger added that one challenge will be integrating 10 and Under Tennis featuring the QuickStart play format into the current system of tournaments, public and private facilities and schools.

"This has been a year of transition," said Garger. "Due to insufficient infrastructure (painted 60' lines) throughout the state, we are making a strong push with facility representatives to incorporate the 60' lines so that all participating facilities are prepared with the proper court configuration for our complete transition in 2012."

Several facilities have committed to the new format and have already re-painted their courts with the new 60' lines, and others are in the midst of doing so. In an effort to help facilitate the process, the USTA is offering financial assistance to public, private and commercial tennis facilities who are ready to install permanent lines to accommodate the new rules.



photo by Kurt Desautels

## USTA SmashZone showcases 10 and Under Tennis at People's Fair

SmashZone, the premiere fan interactive attraction at the US Open, made its Intermountain debut at the People's Fair on June 4-5 in Denver's Civic Center Park. The mobile version includes several 36-foot courts made from SportCourt's high-performance PowerGame™ modular playing surface, and interactive games and activities inside the trailer. The purpose of the mobile tour is to help encourage young people across the country to get active and start playing the sport.

"Taking one of the premiere attractions of the US Open on the road to showcase our 10 and Under Tennis initiative allows us to reach audiences that might not have ever experienced tennis before," said Jon Vegosen, USTA Chairman of the Board and President. "To be able to get more racquets in kid's hands at a young age, and to share with them the idea that tennis can be played anywhere from schools yards, to parks, to clubs, and even at home, underscores the fact that tennis is the sport of opportunity."

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# JUNIOR COMPETITION: STATE HIGH SCHOOL TENNIS CHAMPIONSHIPS

## 5A: Cherry Creek gets No. 29, Weissman makes history for Loveland

After a rainy start to the 5A tournament, it appeared as though Cherry Creek's 14-year reign might be in jeopardy. Last year's runner-up, Fairview, seemed poised and ready to knock off the Bruins after falling just eight points shy last year.

After cramming in two days worth of tennis into a single session on Friday, Saturday's championship slate was full of Knights and Bruins, with Fairview earning spots in six finals, Creek in all seven. Trailing by 11 entering the final day of competition, the Knights needed to win four of the six head-to-head matches against Creek, and have Katie Kuosman complete a third-place run through play-backs, to end Creek's dynasty.

But after a promising start which saw Fairview go up a set in three of the championship matches, Cherry Creek demonstrated why no other school has stood atop the podium at 5A since 1996. Despite a Fairview sweep of the head-to-head contests at No. 2 and No. 3 singles by Fairview's Li sisters (Monica and Katie), Creek captured all four doubles titles to lock up the team title by a scant eight points, the same margin as 2010.

With their 29th overall team title secured, all eyes turned to the battle for No. 1 (singles) between Creek's Kelli Woodman and Loveland's Jennifer Weissman. The dramatic three-setter was a back and forth affair, but after Weissman sought medical attention down 2-5 in the third set, it appeared Woodman would become Creek's 10th state champion at No. 1 singles. But the junior from Loveland stormed back, winning the next five games to become the first player from her school to win a state tennis title (see **High5**, page 20).

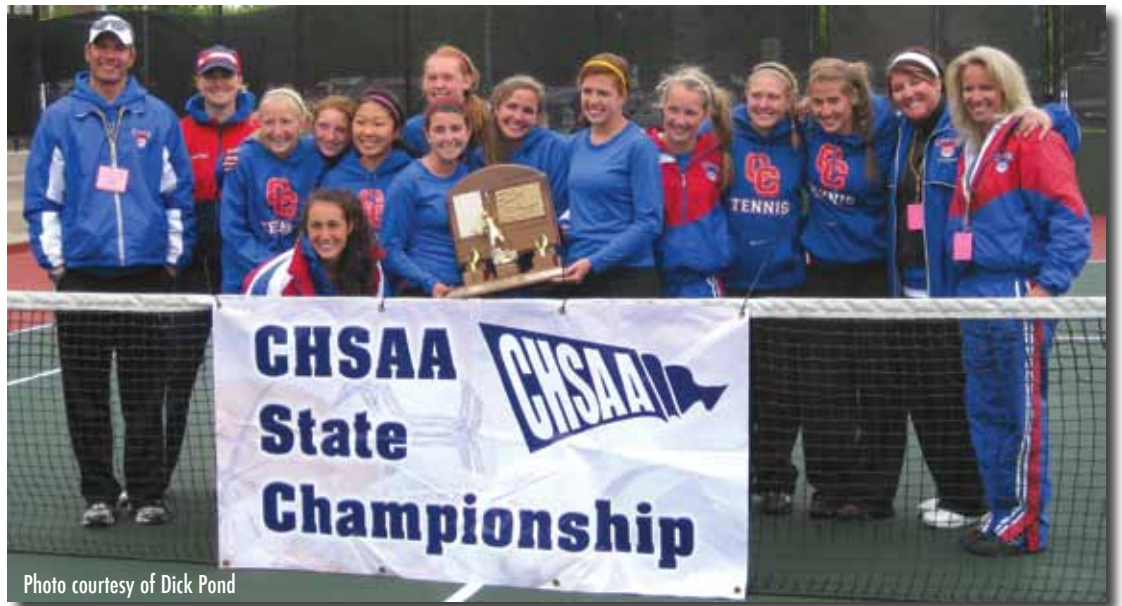


Photo courtesy of Dick Pond

## Cherry Creek claims 15th consecutive tennis title

Despite a fierce effort from rival Fairview, Cherry Creek extended its team championship streak to 15 by capturing all four doubles titles. The Bruins also put players into all three singles championship matches, helping to outlast the Knights by just eight points, the same margin as in 2010.

## TEAM SCORES

Cherry Creek 89, Fairview 81, Fossil Ridge 32, Arapahoe 26, Loveland 24, Chatfield 21, Grand Junction 17, Poudre 8, Denver East 7, Boulder 5, Heritage 3, Rocky Mountain 3, Doherty 2, Greeley West 2, Legend 2, Mountain Vista 2, Palmer 2, Brighton 1, Central (G.J.) 1, Douglas County 1, Fort Collins 1.

## CHAMPIONSHIP MATCHES

- No. 1 singles — Jennifer Weissmann, Loveland, def. Kelli Woodman, Cherry Creek, 6-4, 5-7, 7-5.
- No. 2 singles — Monica Li, Fairview, def. Keiko Kasho, Cherry Creek, 6-4, 6-1.
- No. 3 singles — Katie Li, Fairview, def. Rachael Scheper, Cherry Creek, 6-2, 7-5.
- No. 1 doubles — Samantha Henry-Lindsey Pond, Cherry Creek, def. Megan Moore-Becca Warren, Fairview, 6-2, 7-5.
- No. 2 doubles — Morgan Cohen-Madeleine Bernstein, Cherry Creek, def. Paris Hogan-Megan Thayer, Fairview, 4-6, 6-3, 6-3.
- No. 3 doubles — Julie Berlinger-Katya Golyenko, Cherry Creek, def. Sara Martin-Hayley Young, Fairview, 6-1, 6-2.
- No. 4 doubles — Lauren Broyhill-Anne Scharmman, Cherry Creek, def. Caroline Kruger-Kat Pepin, Fairview, 6-3, 6-3.

## THIRD-PLACE MATCHES

- No. 1 singles — Katie Kuosman, Fairview, def. Elly Fryberger, Arapahoe, 6-2, 6-0.
- No. 2 singles — Sarah Brown, Fossil Ridge, def. Saryn Mooney, Arapahoe, 6-2, 6-2.
- No. 3 singles — Sarah French, Fossil Ridge, def. Kimberly Arfsten, Chatfield, 6-0, 6-2.
- No. 1 doubles — Madison Gurley-Kylie Pond, Grand Junction, def. Kacey Hilgenberg-Kimberly Weissmann, Loveland, 6-4, 6-7 (2), 7-6 (4).
- No. 2 doubles — Madi Mamaghani-Sara Dubetz, Chatfield, def. Nicky Arja-Stephanie Skinner, Grand Junction, 6-1, 4-6, 6-4.
- No. 3 doubles — Rachel Fernandez-Shelby Mavis, Fossil Ridge, def. Caroline Blakney-Michela Zafferani, Arapahoe, 4-6, 6-2, 6-0.
- No. 4 doubles — Jessica Addington-Milica Notaros, Poudre, def. Kaye Johnson-Lauren Woody, Denver East, 6-3, 6-3.

## DENVER POST ALL-COLORADO GIRLS TENNIS

### ALL-COLORADO GIRLS TENNIS

PLAYER OF THE YEAR: Jennifer Weissmann (Loveland) Jr.  
COACH OF THE YEAR: Chris Jacob (Cherry Creek)

#### Singles:

- No. 1: Jennifer Weissmann (Loveland) Jr.
- No. 2: Mira Ruder-Hook (Colorado Academy) Fr.
- No. 3: Kate Carrol (Regis Jesuit) Sr.

#### Doubles:

- No. 1: Samantha Henry/Lindsey Pond (Cherry Creek) Jr./Jr.
- No. 2: Morgan Cohen/Madeleine Bernstein (Cherry Creek) So./So.
- No. 3: Julie Berlinger/Katya Golyenko (Cherry Creek) So./So.
- No. 4: Lauren Broyhill/Anne Scharmman (Cherry Creek) Sr./Sr.

### 5A GIRLS TENNIS

5A Player of the year: Jennifer Weissmann (Loveland) Jr.; 5A Coach of the year: Chris Jacob (Cherry Creek)

All-5A Singles: No. 1: Weissmann; No. 2: Monica Li (Fairview) Jr.; No. 3: Katie Li (Fairview) Fr.

All-5A Doubles: No. 1: Samantha Henry/Lindsey Pond (Cherry Creek) Jr./Jr.; No. 2: Morgan Cohen/Madeleine Bernstein (Cherry Creek) So./So.; No. 3: Julie Berlinger/Katya Golyenko (Cherry Creek) So./So.; No. 4: Lauren Broyhill/Anne Scharmman (Cherry Creek) Sr./Sr.

#### All-5A 5A Honorable mention:

Singles: Cara Cromwell (Rocky Mountain) Jr.; Keiko Kasho (Cherry Creek) Jr.; Katie Kuosman (Fairview) So.; Rachael Scheper, (Cherry Creek) Fr.; Kelli Woodman (Cherry Creek) So.

Doubles: Madison Gurley (Grand Junction) Sr.; Paris Hogan (Fairview) Jr.; Sara Martin (Fairview) Sr.; Megan Moore (Fairview) Sr.; Kylie Pond (Grand Junction) Sr.; Megan Thayer (Fairview) Jr.; Becca Warren (Fairview) Sr.; Hayley Young (Fairview) Jr.

### 4A GIRLS TENNIS

4A Player of the year: Meagan Monaghan (Denver South); 4A Coach of the year: Dave Adams (Cheyenne Mountain)

All-4A Singles: No. 1: Meagan Monaghan (Denver South) So.; No. 2: Mira Ruder-Hook (Colorado Academy) Fr.; No. 3: Kate Carrol (Regis Jesuit) Sr.

All-4A Doubles: No. 1: Kerbi Brisch/Megan Harrison (Regis Jesuit) Jr./Sr.; No. 2: Katie Stagnaro/Lainey O'Neal (Cheyenne Mtn) Jr./Jr.; No. 3: Lara Walden/Shelby Gilles (Cheyenne Mtn) So./Jr.; No. 4: Alison Lynch/Caroline Fitzhugh (Cheyenne Mtn) So./So.

#### Honorable mention:

Singles: Alexa Brandt (Broomfield) Fr.; Naomi Holopainen (Broomfield) Jr.; Jessika Mozia (Colorado Academy) Jr.; Kristen Sullivan (Cheyenne Mountain) Jr.; Emily Venner (Cheyenne Mountain) Sr.

Doubles: Frances Adams (Cheyenne Mountain) Jr.; Katie Boe (Cheyenne Mountain) Sr.; Tara Buck (Niwot) Jr.; Lynae Bustamonte (Niwot) Sr.; Elizabeth Dansky (Kent Denver) Jr.; Delaney Nalen (Kent Denver) Fr.; Secia Porreco (Mullen) Jr.; Kennedy White (Mullen) Sr.



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Photo courtesy of Chris McLean/Pueblo Chieftain

### Monaghan earns Denver South's first tennis title

South High School sophomore Meagan Monaghan defeated 4A favorite Jessika Mozia en route to winning the No. 1 singles title, the first-ever girls' title for Denver South and first tennis title of any kind since 1970.

### 4A: Monaghan makes history, Cheyenne Mountain cruises to third straight team title

The big question early on in the Girls 4A Championship was, "who can stop Jessika Mozia?" The 2010 champion from Colorado Academy was the early favorite to repeat, especially after it was announced that the only girl to defeat her in the last two years—and her opponent in last year's final—Erin Gebes of D'Evelyn, would be foregoing the 2011 state championship to compete at a tournament in Arizona. While acknowledging that Mozia was indeed the favorite, CA head coach Bob Ullrich made it a point to single out two other players in the draw that could prove problematic for his top player: Denver South's Meagan Monaghan and Broomfield's Alexa Brandt.

Ullrich's caution proved well-founded, as Monaghan upset Mozia in the quarterfinals, then held on against Brandt in the finals to win the No. 1 singles title, the first-ever girls' tennis title for Denver South and the school's first tennis championship of any kind since 1970.

In the team race, Cheyenne Mountain earned their third consecutive title and 16th in school history by capturing three of the four doubles titles.

### TEAM SCORES

Cheyenne Mountain 69, Regis Jesuit 52, Broomfield 44, Mullen 30, Colorado Academy 29, Niwot 25, Steamboat Springs 19, Denver South 17, Kent Denver 14, Thompson Valley 9, Eaton 8, Durango 3, D'Evelyn 2, Green Mountain 1, Holy Family 1, Pueblo Central 1, Pueblo County 1, Longmont 1.

### CHAMPIONSHIP MATCHES

- No. 1 singles — Meagan Monaghan, Denver South, def. Alexa Brandt, Broomfield, 6-4, 3-6, 6-4.
- No. 2 singles — Mira Ruder-Hook, Colorado Academy, def. Naomi Holopainen, Broomfield, 6-4, 6-0.
- No. 3 singles — Kate Carrol, Regis Jesuit, def. Kristen Sullivan, Cheyenne Mountain, 6-4, 6-4.
- No. 1 doubles — Kerbi Brisch-Megan Harrison, Regis Jesuit, def. Elizabeth Dansky-Delaney Nalen, Kent Denver, 6-2, 6-1.
- No. 2 doubles — Katie Stagnaro-Lainey O'Neal, Cheyenne Mountain, def. Tara Buck-Lynae Bustamonte, Niwot, 6-2, 6-0.
- No. 3 doubles — Lara Walden-Shelby Giles, Cheyenne Mountain, def. Secia Porreco-Kennedy White, Mullen, 6-4, 6-1.
- No. 4 doubles — Alison Lynch-Caroline Fitzhugh, Cheyenne Mountain, def. Abby Johnson-Abby Hegarty, Regis Jesuit, 7-5, 6-3.

### THIRD-PLACE MATCHES

- No. 1 singles — Jessika Mozia, Colorado Academy, def. Wanda Holopainen, Niwot, 6-4, 6-2.
- No. 2 singles — Emily Venner, Cheyenne Mountain, def. Alex Middleton, Mullen, 6-2, 4-6, 6-4.
- No. 3 singles — Claire Parsons, Steamboat Springs, def. Catherine Arend, Mullen, 5-7, 6-4, 6-2.
- No. 1 doubles — Frances Adams-Katie Boe, Cheyenne Mountain, def. Katie Chrisman-Madison Subry, Broomfield, 6-2, 6-3.
- No. 2 doubles — Bailey Schnoor-Shivaun Wood, Broomfield, def. Kathleen Hansen-Erin Root, Regis Jesuit, 7-6 (5), 6-2.
- No. 3 doubles — Lily Iacino-Alex Vossmer, Regis Jesuit, def. Alli Lowry-Rachel Grubbs, Steamboat Springs, 6-1, 6-1.
- No. 4 doubles — Beth Cheney-Maddy Shelton, Eaton, def. Kelsey Roseveare-Samantha Sheets, Thompson Valley, 6-3, 6-2.

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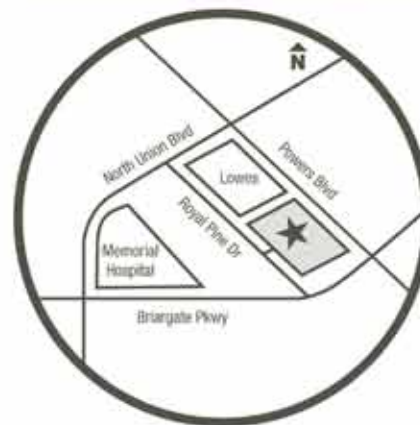
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# JUNIOR COMPETITION: ITA SUMMER SECTIONAL JUNIOR CHAMPIONSHIPS

## Colorado players impressive at 2011 Summer Sectional

Colorado juniors displayed their dominance over the rest of the competition, capturing numerous medals at the 2011 Intermountain Summer Sectional. This year, more than 750 entries (485 players) took to the courts at Colorado Athletic Clubs Inverness & Monaco, Gates Tennis Center, Holly Tennis Center, Lebsack Tennis Center and Highlands Ranch Recreation Center @ Northridge. They came from across the six-state Intermountain Section to compete for championship hardware, bragging rights and endorsement opportunities at National summer tournaments.

At the end of the six-day tournament, Colorado players had captured eight championship titles—half of the total championship events—doubling what they achieved in the 2010 edition of the event. In addition, Colorado also finished second in seven of the 16 events. Of the total 64 medals handed out at the end of competition, 26 stayed here in Colorado.

USTA Colorado Player Development Director, Jason Colter, was pleased with the "home" contingent's take. "All the kids played extremely hard. It's encouraging, especially as you look at the younger levels, where Colorado kids performed so well." Colter was referring to the Boys and Girls 14s and 12s divisions, where Colorado juniors were particularly dominant. The G12s division finals were nearly an all-Colorado affair, as Aurora's **Madison Gallegos** earned the rare double-championship in singles and in doubles (with **Amber Shen** of Broomfield) against Fort Collins' **Jessica Aragon** (G12s-3rd; G12d-2nd). **Ethan Hillis** took home the B12s singles title, while **Ignatius Castelino** and **Teller Hoskins** and **Tom Melville** and **Frederick Edwards** finished second in the B14s doubles and B12s doubles finals respectively.

Other Colorado highlights include **Kalyssa Hall** (Colorado Springs), who improved on her second-place finish last year in the G12s by winning the G14s title against Boulder's **Ashley Lahey**, and **David Mitchell** of Castle Rock who ran the table in B16s singles to capture his first Intermountain Sectional singles title since 2009 (B12s).

USTA Colorado extends a special thanks to tournament staff: Ed Anderson, Vicki Holthus, Mike Humphrey, Lew Kosich, Dan Lewis, Valerie Lewis, Bethany Schott and Mike Shellman.

And also a special thanks to all of our outstanding volunteer site assistants and umpires for a job well done!



## WTA Stars discuss education, dreams with players and families

Former WTA stars Lori McNeil, Chanda Rubin and Katrina Adams stopped by the Intermountain Sectional to meet with players and families. The topics ranged from the importance of education, what it takes to become a top junior player, and the status of black players in tennis today.

McNeil is a USTA National Coach, Rubin sits on the USTA Board of Directors and Adams is the USTA Vice President.

## 2011 SECTIONAL CHAMPIONSHIP RESULTS

### BOYS

**David Mitchell** (B16s-1st)  
**Harrison Lang** (B16s-4th; B16d-2nd)  
**Casey Ross** (B14s-6th; B14d-1st)  
**Ignatius Castelino** (B14d-2nd)  
**Teller Hoskins** (B14d-2nd)  
**Ethan Hillis** (B12s-1st)  
**Brett Finan** (B12s-5th)  
**Tom Melville** (B12d-2nd)  
**Frederick Edwards** (B12d-2nd)

### GIRLS

**Erin Gebes** (G18s-4th; G18d-1st)  
**Samantha Martinelli** (G18s-2nd)  
**Mira Ruder-Hook** (G16s-3rd; G16d-2nd)  
**Eva-Lou Edwards** (G16d-2nd)  
**Meaghan Monaghan** (G16s-4th)  
**Kelli Woodman** (G16s-5th)  
**Kalyssa Hall** (G14s-1st)  
**Ashley Lahey** (G14s-2nd)  
**Gaberille Schuck** (G14s-5th)  
**Madison Gallegos** (G12s-1st; G12d-1st)  
**Jessica Aragon** (G12s-3rd; G12d-2nd)  
**Amber Shen** (G12s-5th; G12d-1st)  
**Grace Koza** (G12s-6th)

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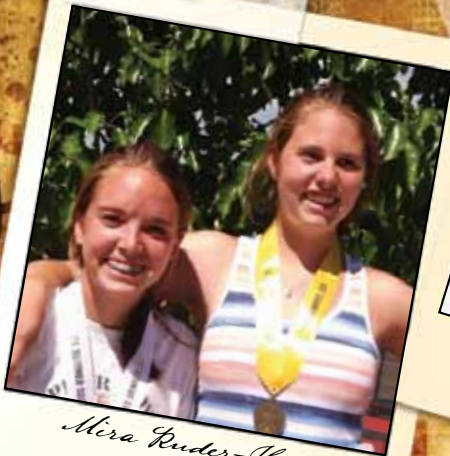
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# 2011 Intermountain Summer Sectionals Photo Gallery



*Mera Ruder-Hook  
Meagan Monaghan*



*Aquaticus Castaleno  
Teller Washins*



*Erin Gehes*



*Brett Finan*



*Ethan Hillis*



*David Mitchell*



*Madison Gallegos*



*Harrison Lang*



*Kalyssa Hall*



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## DOUGCO SPECIAL ED SERVES UP TENNIS

story by LINDASARGENT

**T**he unbridled enthusiasm and uplifting spirit of the participants in the Adaptive Tennis Challenge nearly blew the roof off at Highlands Ranch Northridge Recreation Center this past April. After months of practice and preparation, and all clad in bright-colored t-shirts emblazoned with the mantra, "I play tennis because tennis is my game", the athletes of the Adaptive Tennis Program in the School competed and were recognized for their hard work developing their tennis skills during the school year. The t-shirt saying came from one of the student athletes who so proudly took to the courts each week, further revealing the true essence of this program.

The students involved in the Adaptive Tennis Program in the School are high school and young adult ages. Their physical, emotional and cognitive disabilities range from low average to significantly below the average. Some are required to be in a wheelchair, on oxygen and/or have a feeding tube, and about 20 percent are non-verbal.

The Therapeutic Recreation Program at Highlands Ranch implemented and planned the Adaptive Tennis Program in the School using grant money from the USTA Adaptive Tennis Grant. Summer Aden, the coordinator for the program, shares, "We are excited to be able to recognize these athletes for their hard work. Highlands Ranch offers many sports programs for disabled children, but the tennis program has really grown this year as seen on the courts for this event. The students take pride in participating on a team and developing their personal skills in a physical activity that they can take part in throughout their lifetimes."

In the fall of 2010, the Adaptive Tennis Program in the School's pilot program was offered in two Douglas County high schools for eight weeks. Michelle Arend, the program's head instructor, brought tennis racquets and foam balls and worked with students for an hour every week at their schools inside either a gym or a large room in the school and on outside courts when possible. Arend is a 4.5 player, an instructor at Highlands Ranch, and has volunteered with the Special Olympics tennis program as well.

The pilot program was so successful that it expanded to include five high schools in Douglas County for the entire second semester. The participating schools—Legend, Castle View, Mountain Vista, Rock Canyon, and Highlands Ranch Bridges—rounded up a total of 68 students athletes, a sure sign that the program was on the right track. The Special Education teachers at these schools offered great support to the program as well. They found they could use tennis as a reward for their students—if the kids worked hard in school, they could participate in the tennis lesson that week.

Not only does the Adaptive Tennis Program provide opportunity to enhance the balance, coordination and cardiovascular health of the kids, it has also proven to be a confidence builder and a method of recognizing accomplishments in a way these students have not had before in their schools.

Ryan Johnson, 20, from the Highlands Ranch Bridges program, really enjoyed the tennis season very much. His mom, Michelle, remarked, "This is the first thing in his whole life that he has asked to participate in regularly. He never wanted to miss practice."

Typically, the Special Education students are invisible in the school hallways and are isolated from the routine high school environment, but this program allows them to represent their schools like other student athletes, something that they are extremely proud to do. Social interaction was a natural product of the Adaptive Tennis



Members of the Highlands Ranch Bridges school enjoy some post-match camaraderie.



Adaptive Tennis Challenge head instructor Michelle Arend presents Legend's Favian Portillo with a medal.



Volunteers for the Adaptive Tennis Challenge celebrate a highly successful and popular event.

continued on next page

photos by Kurt Desautels

## Meanwhile, back at The Ranch...

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▶ continued from previous page

Program in the School experience, between the athletes and with peer interns at their schools who were excited to help the participants improve their tennis skills.

Eileen Hernley, Special Education teacher at Mountain Vista, sees the long-term importance of the program. "We have about 50 peer interns who love to come interact with these kids. We have been successful with unified team sports, but tennis is an individual sport that these kids can carry on into adulthood."

The Adaptive Tennis Program doesn't use the unified format where the person with disabilities plays with an able-bodied player as a partner. Rather, the disabled player is unaided and is responsible for his own side of the court. Therefore, it was even more imperative that the students learned tennis skills well enough that they would make contact with the ball.

From an instruction perspective, this created challenges—and opportunity—for Arend and the Highlands Ranch Therapeutic Recreation Program to discover individual teaching methods for each participant, not an easy task when you consider that each student has unique limitations to his or her physical and mental condition and that the time spent with each student is limited as well.

Arend explains the teaching method, "There was a lot of trial and error working with the student athletes because of the difficulties each faced in just holding and/or swinging a racquet. For example, we'd ask them to try to swing the racquet a certain way and their wheelchair might get in the way. If that didn't work, we'd adjust their motion or their grip and try again. Over time, we did see progress."

In an effort to provide meaningful instruction during each interaction, Arend gathered pictures of kids in wheelchairs, used her husband's mechanical engineering knowledge, and read manuals on different cognitive and physical disabilities. No matter what their disability, she wanted each student to have a chance to develop his or her skills. She discovered that the kids would respond well to verbal cues, such as "swing", making the instruction and skill-building flow even better.

"It looks like mayhem, but we are actually working together very well out there. I challenge them to push themselves and the kids respond. They made a lot of improvement over the season," shares Arend.

Interestingly, Arend noticed that students who were familiar with Nintendo Wii Tennis seemed to have some understanding of tennis skills and knowledge of scoring. The students were also polite with their opponents and offer a "nice shot" to each other, perhaps another tennis tip picked up by Wii.

During the month of April, the official quest for championship glory and the sparkly trophy began with a series of competitions. The participants were given points based on their accomplishments. The schools accumulated points based on student participation and abilities. The more students who participated, the more points could be accumulated for the school. The school with the most points at the end of the month would win the championship trophy.

Sparkly championship trophy in hand, Arend visited each school to get the kids psyched up and to launch the first round competition—a skills test, fostering coordination. The students were tested on skills to emphasize what they had learned over the course of the season: "ups and downs" for hand-eye coordination; "shuffle catch" with a partner for footwork and movement to the ball; rallying on a wall to show consistency in hitting; and hitting through or at targets to prove directional control.

The second round of the competition was modified match play using the QuickStart format as a basis. Student athletes played doubles (due to limited availability of courts), scoring was the first team to five and win by a margin of two to make a set. The winner was decided in two out of three sets. The good sportsmanship that was emphasized by the coaches throughout the season was again encouraged during this match play with student athletes shaking hands and wishing "good luck" before the match and shaking hands and saying "nice match" after the match.

On April 25th, 40 of the 68 Adaptive Tennis Program participants were able to attend the season—ending event at Highlands Ranch Northridge Recreation Center thanks to the parents and teachers who transported them there. Most came from many miles away. Highlands Ranch generously donated the courts for the event, and their staff helped the event run smoothly.

That final day of competition included some enthusiastic doubles match play between



the high schools. The deciding match between Legend High School and Castle View High School ended with Legend coming out on top in a tight 11-9 third set. This helped Legend narrowly win the coveted first Adaptive Tennis Challenge championship trophy. Special recognition awards, such as "most improved", were also handed out to the athletes.

The ceremonious event was a memorable finale to a most remarkable season. The students stood together on court 1, in a sea of brightly-colored shirts, cheering each other on, and enjoying their tennis-playing peers as trophies and awards were presented. Parents, teachers and instructors could not contain their pride and admiration as joined in on the chorus of cheers for those kids who had benefitted from the program.

After so much joy and enthusiasm, it's a bit surprising that the roof of the Northridge tennis pavilion is still intact. ☺

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# YOURGAME

FEED ZONE: Top 10 Nutritional Mistakes Made by Active People

**T**hough tennis players typically pay close attention to their fitness regimen—proper cardiovascular workout, strength training and stretching—they may be making crucial mistakes in their diet. Not putting the right nutrients in your body could ultimately affect the overall fitness benefits of an active lifestyle. To stress the importance of proper nutrition, *Colorado Tennis* shares the American Council on Exercise's Top 10 Nutrition Mistakes commonly made by active people:

**1. Skipping Breakfast:** Most experts agree that if you skip breakfast, you'll make up for it later in the day with more calories. You may be hungrier later, and it will become difficult to control how much you eat. You don't need a huge breakfast, but a light balanced one can give you the right energy to start the day, especially for morning exercisers.

**2. Not Eating Before a Workout:** You will get more out of your exercise session by having the right fuel on board. A good pre-workout meal should have carbohydrates, protein and a little fat. You won't want a heavy meal before a workout, but a balanced light meal will provide what your body needs for energy and to build and tone muscles.

**3. Waiting Too Long After Exercise to Eat:** Eating after your workout is as important as fueling it beforehand. A small meal of protein and carbs within two hours of your exercise session will give your body what it needs to build and repair muscles and the blood vessels that supply them.

#### 4. Replacing Meals with Energy Bars or Replacement

**Drinks:** There is no substitute for whole foods. Your body needs the wide variety of phytonutrients and fiber found in real fruits and vegetables and whole grains. No "meal replacement" bars or drinks provide the variety that nature does. Use these convenience foods when necessary, but make it your steady habit to eat real food. Try mixing your own trail mix from dried fruits and nuts vs. having them processed and pressed into a bar.

#### 5. Eating Too Much Protein and Not Enough Carbs:

Trying to fuel your workout with poultry instead of pasta? You may love your low-carb diet, but carbohydrates are what your body needs for an effective workout. Give your body some carbs before your exercise session, and for endurance events such as long walks, make your snack carbohydrate based, such as trail mix.

#### 6. Trusting Dietary Supplements Labels and Claims:

You are reading marketing on the label, not research findings. The supplement industry is largely unregulated. Manufacturers can make many claims that would not be allowed for regulated drugs. Do your homework before putting anything into your body. You really don't need to be your own laboratory rat.

#### 7. Consuming Too Many or Too Few Calories for Your Activity:

An average player weighing 150 lbs burns 545 calories in an hour of singles, 409 calories playing doubles. You need to eat to fuel your body for your active lifestyle. But you probably fear eating too much so that

weight control becomes a challenge. Use a Calories-Per-Day calculator that can help you properly balance your calories in-calories out equation.

#### 8. Believing That You Can Eat Whatever You Want if You Exercise:

Many people exercise to lose weight but soon find that they need to track what they eat if they want to see weight loss. It is very easy to make up for calories burned with a single extra "treat" after your workout. Find healthy, balanced light meals and snacks relying on whole foods whenever possible. *NOTE: the typical league match snack food may taste great, but it likely isn't the best for your fitness routine. Snack smart, and have a leg up in your next match.*

#### 9. Not Drinking the Right Amount of Fluids:

Dehydration can be a serious problem, especially if you exercise in hot, humid environments. Drinking fluids before, during and after exercise will help you maintain adequate hydration levels, but don't go crazy with sports drinks, which can be loaded with calories. The newest wisdom is to let thirst be your guide and be ready to "drink when thirsty." Carrying a water bottle or using a hydration pack allows you be ready to drink when thirsty. *NOTE: the post-match beer or wine isn't an effective method of rehydration.*

#### 10. Jumping on the Latest Diet Craze to Get an

"Edge": It's tempting to believe there is some magic formula out there that will dramatically improve our performance or weight loss, but the best approach is to stick to the basics and follow a healthy, balanced diet. ☺

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# THEBIGCHAIR

STATE OF THE DISTRICT: news from USTA Colorado headquarters

FRITZGARGER Executive Director/USTA Colorado

**G**reetings! It's officially summer, although with all the tennis activity, it feels like it has been summer for quite a while already! Several of our leagues (junior, adult, senior) are up and running; tournaments for all ages and abilities are being held; and there is a whole host of tennis activity going on in communities throughout the state.

Our in-house staff, outlying area coordinators, and tournament directors do an exceptional job considering all the activity that takes place and all the components required to make programs and events as efficient as possible. We have wrapped up the ITA Junior Summer Sectional Championships; and the Breaking the Barriers exhibit and many of our ancillary pieces will be coming to a close at the end of this month. While there has been an amazing amount of staff time attributed to all these endeavors—in coming off these particular events right now, it is ever apparent how instrumental the support is of our volunteers!

The Summer Sectional volunteers were amazing! Thanks to you, the event was a considerable success. As always, our top-flight site directors and umpires did an outstanding job! Together, we demonstrated to the other five Districts how to put on a first-class event for nearly 500 participants.

To all the volunteers who have played a role with our **Breaking the Barriers** exhibit (see page 14), events and activities—you have been incredible! Like a Broadway play or musical, the 'run' has been filled with hundreds of hours of work, a lot of sweat, and all kinds of spent energy. You've helped to put on an amazing production! We hope that we've forged many new partnerships; exposed a lot of people to the trials and tribulations of those who were discriminated against (yet their love of the game kept them going to the point where barriers were broken and those who followed could have a better shot at getting involved than ever before); and brought people of all backgrounds 'together' to share a love of this sport. We've also made a concerted effort to highlight the many folks who have been instrumental in the development of the game in Colorado. As a staff, we could not have done this without the tireless support, dedication and leadership of so many volunteers! Thanks again!

Our Association and all our partners in delivering tennis throughout the state have a vested interest in involving people in our sport. After all, our mission is "to promote and develop the growth of tennis in Colorado". Our relatively new initiative—10 and Under Tennis (see page 20—along with our long-standing programs—Schools Program, tournaments and leagues—

are designed to attract and retain people of all ages, backgrounds and abilities in our sport. It is apparent that for us to be successful, we need to continue our collaborative efforts. As more people become involved in the coordination and delivery of programs, it will equate to more people being exposed to the sport and its many virtues.

Here in Colorado we have seen significant growth in a number of our programs and leagues. We will continue in our efforts to work with facilities to address how to best accommodate this growth. *Note: our cover story regarding the changes on tap for two of our largest leagues (USTA Adult and Twilight) illustrates our commitment to providing viable options for each respective facility (see page 6).* We are being responsive to input from facility representatives and are looking ahead to see how we can assist in accommodating this increase in growth—especially considering that many of the existing facilities don't have the option for adding infrastructure (i.e. courts). The options our Association have devised are just that—options. We recognize that each facility is unique and each facility will assess its priorities to accommodate their players and members. Our role as the governing body is to keep up or stay ahead of the curve and provide meaningful opportunities—which in most instances are the suggestions brought forth by facility representatives in the first place—that facilities both public and private have the choice to embrace or not based on their particular situation. If we do nothing, and we fail to create new opportunities to address the growth issue, we will undoubtedly fail in our efforts to shepherd the growth of the sport in our state, and tennis will suffer, particularly at those facilities that are already at or near capacity.

Shifting gears to another area of focus for our Association, we need to improve considerably in getting a multitude of 10 and under players onto the court. Our goal is to move closer to the levels of participation that exist in other youth sports. However, unlike those other sports where participation numbers show significant drops at ages 15 and 16, tennis participation continues to increase into the adult ages. The issue for us is our numbers of 7-10 year olds in the sport are anemic relative to most other youth sports. Our challenge is to make significant inroads to boost those numbers in the years to come. The changes in the rules of play for 10 and under tennis are a key element in making our sport more attractive to these youngsters.

Thanks again to all our volunteers who invest their time and energy in tennis-related events and activities across Colorado. What a difference you make! 🙏

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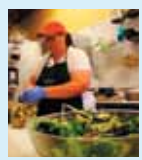
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# THE LAST WORD

POTPOURRI: finding inspiration and the final count toward 500K

KURT DESAUTELS Editor, COLORADOTENNIS

I want to share a few local tennis highlights with you, but these aren't the kind you'll see memorialized on SportsCenter, in Tennis Magazine or even in the local newspapers. We're all impressed when Nole extends his winning streak to 41 matches or when the Fed hits a tweener for a winner, we can't help but fawn over the athletic prowess on display for Rafa's six Roland Garros titles, and we shake our heads at the 11-hour Isner-Mahut 70-68 Wimbledon epic. We feel inspired by the historic performance of Li Na, the gritty determination by Francesca Schiavone and the remarkable returns to elite form by Kim Clijsters and Serena Williams after neither played a single match in over a year.

But while enjoyable, these performances pale in comparison to the wondrous and awe-inspiring personalities on display at the Colorado Adaptive Tennis Challenge (see page 26). As a father, I can think of no greater reward than to see my children achieve their dreams. For the many parents of the teenage and young adult children involved in this program, the sight of their kids on court, representing their schools, rising above their various disabilities and having the opportunity to experience the thrill of competition must have been beyond thrilling, even sublime. Kudos to Michelle Arend, Summer Aden and the rest of the Highlands Ranch Recreation Center crew who helped make this possible, and congratulations to the dozens of competitors and their families on their monumental accomplishments.

I want to encourage anyone who's interested in tennis history to seek out the newly released USTA Colorado documentary—*Crossing the Net: Denver City Park & the Black Tennis Experience*—which explores the growth of tennis in the Denver African-American community. I have had the opportunity to see the film several times now, and it's quite good. The film was conceived and created as a part of the Breaking the Barriers exhibit (see page 14), a chronological history of Blacks tennis players in America. What's most remarkable about Denver's history is that so many of the pioneers who helped break the barriers are still

living, and their appearance in the documentary helps to animate what would otherwise be a static timeline. These black tennis pioneers have universally acknowledged their debt to past generations, and have made a conscious effort to pay back that debt through service to the next generation of players. It's a remarkable ethic, one that can still be seen at the city courts at parks across the city of Denver.

## Celebrating 500K

For the last several months, we've been so wrapped up in the production of the Breaking the Barriers exhibit and the film documentary, we've completely neglected the count to 500,000. To refresh your memory, half a million Colorado league players have participated in adult leagues since their inception in 1980. Earlier this year, USTA Colorado passed the 500,000 league player milestone. We are in the final stages of planning the best way to celebrate this incredible number, and will have the big announcement in the next issue of Colorado Tennis.

Until then, USTA Colorado wants to thank the 500,000 players who have made the Colorado Adult League Tennis Series one of the most successful recreational programs in the nation. It has been our pleasure to serve you, and wish you the very best as you enjoy another successful summer of league play.

## Colorado Tennis returns in September

The deadline to advertise in and to submit stories for the Fall 2011 issue of Colorado Tennis newspaper is August 22. To reserve your space or submit a story idea, please email [kurt@coloradotennis.com](mailto:kurt@coloradotennis.com). ☺



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photo by Kurt Desautels



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## ABOUT USTA COLORADO

A District of the United States Tennis Association, USTA Colorado is the governing body of tennis in our state. USTA Colorado's mission is to promote and develop the growth of tennis in Colorado. We do this in a number of ways.

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 30,000 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 several 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 22,000 members strong, but our scope is not confined to those players alone. We represent the nearly 500,000 tennis players in our state, providing information and opportunities to play for each and every one of them. We reach out to all players, including those of diverse cultural backgrounds, mentally and physically challenged athletes, and under-served communities. Diversity and Inclusion is a strategic priority for USTA Colorado and one of our core values. Diversity allows us to touch *all of Colorado* and Inclusion allows *all of Colorado* to touch us.

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

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