

colorado | tennis

summer 13

Year 38, Issue 3

The Official Publication of Tennis Lovers

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VEHICLE FOR CHANGE:
Donated racquets are changing
the lives of Colorado kids



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FEATURES

6 VEHICLE FOR CHANGE

Racquets For All began with the idea of making gently used racquets that were sitting idle in garages and storages areas around the state available to those who could not afford tennis equipment, giving them the opportunity to play tennis. Now in its sixth year, the program has provided racquets to thousands of Coloradans young and old.

The real story, however, is not how the program started, but how Racquets For All has become a vital resource for our community. This is a story about transforming lives through tennis, and how easy it can be to make a difference in the lives of others.



HIGHFIVE

16 H5.16

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

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John Nelson
Susan Wright
Jon Yunt

Presented by Lodo's Bar & Grill

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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.

Free subscriptions are available, contact the editor.
Periodical postage paid at Denver, CO.

POSTMASTER, SEND ADDRESS CHANGES TO:

USTA Colorado, 3300 E Bayaud Ave, Suite 201
Denver, CO 80209

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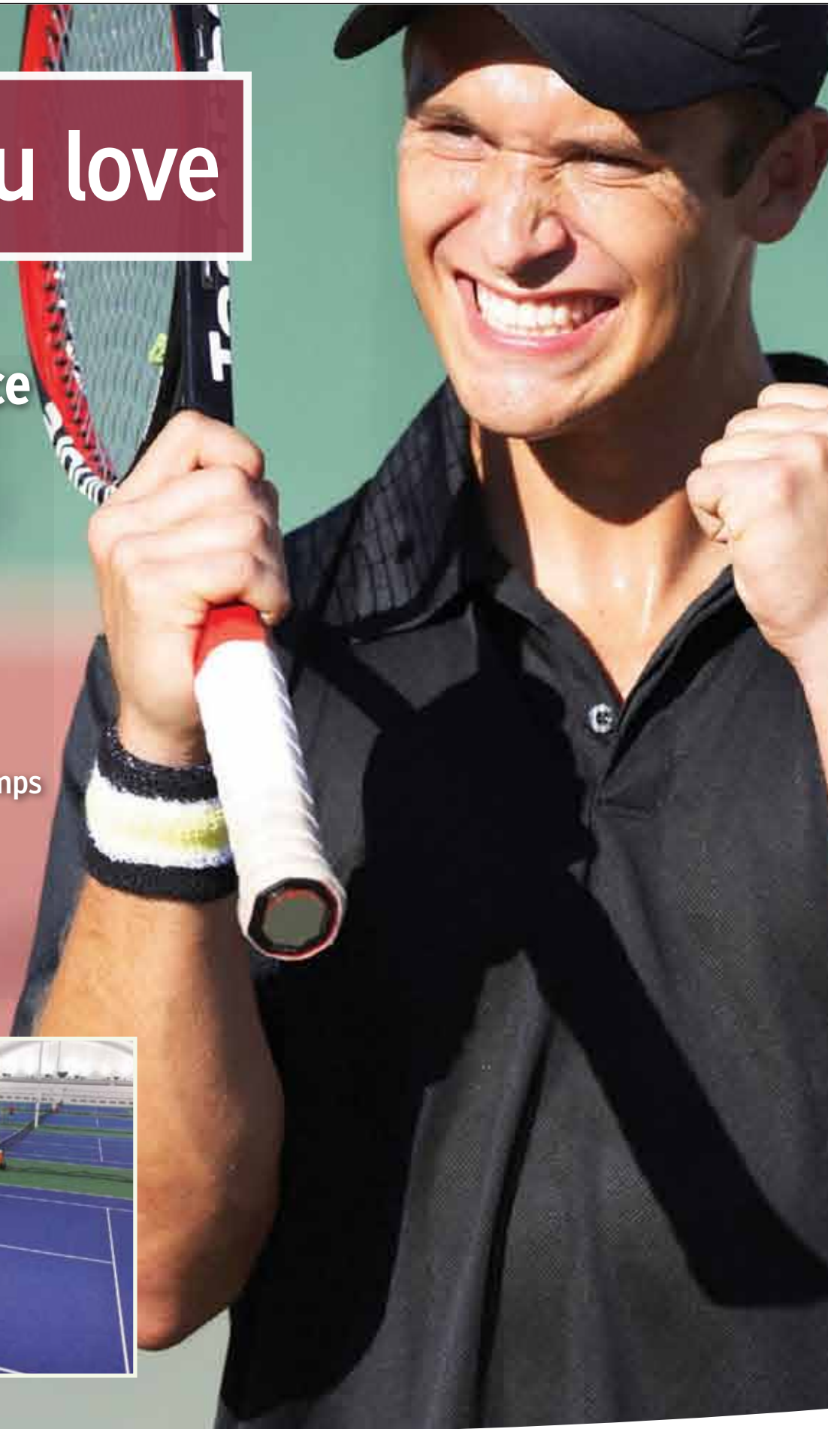
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THECOVERSTORY

TURNING OLD RACQUETS INTO NEW DREAMS

HOW RACQUETS FOR ALL IS MAKING AN IMPACT IN THE LIVES OF COLORADO'S YOUTH

LISASCHAEFER

USTA COLORADO ASSOCIATE EXECUTIVE DIRECTOR

Mine was a hand-me-down. She wasn't using it anymore, so my mom asked me if I wanted her old tennis racquet while cleaning out the garage one day.

"Sure," I said. I was about ten.

I wasn't unfamiliar to the sport because my friend and I would hang out on the playground at the park while our parents played doubles together. We'd sometimes shag balls for them or try to hit a few over the net after they were done playing, but that was the extent of my exposure.

But, now I had my own racquet, and that meant something to me. It was varying shades of brown with a tan leather grip, and a big red Wilson "W" on the butt. I loved that it had Chris Evert's signature on the throat.

I'll never forget that racquet — what it looked like; the sound the ball made as it hit the strings and how it felt in my hands as I struck ball after ball against the garage door; and the way playing with it gave me blisters that eventually developed into calluses — the ones that say "I play tennis every day!"

That racquet was MY entry into the sport, and the first of many along the way. It fueled my life-long love affair with the game that's given me so much. Tennis has kept me fit. It helped put me through college and gave me a career. I've built friendships through tennis that have lasted a lifetime, and have

learned lessons that I continue to take off the court and into life. I am forever indebted to the sport.

And while this is my story, you will hear versions and variations of it repeated over and over when you ask other players if they remember their first introduction to tennis. But for every mother/father/brother/sister/grandparent story you hear, there are literally hundreds of stories that never had the chance to be told — kids who grew up never knowing the feel of a racquet in their hands or the unmistakable smell and feel of a new tennis ball.

So, decades after I first explored the court with my used racquet, I am excited to be a part of a program that is looking to give others that life-changing experience.



THE MISSION

Racquets For All (RFA) is the equipment re-use program of the Colorado Youth Tennis Foundation (CYTF). Now beginning its 6th year, RFA collects "gently used" racquets, re-strings and refurbishes them and gives them to those who can't afford to buy racquets. Used balls and other tennis equipment is also collected, re-conditioned and put back into our community.

The program is the brainchild of David Van Liere, an avid local tennis player, who decided to do something about the unused

racquets piling up in his Morrison home. "When I purchased two identical new racquets, I had six old racquets hanging up in my garage doing no one any good," he said. Van Liere didn't have the heart to toss his old frames because they were in great shape. He wanted to get them in the hands of people who could use them. He also figured that there were others in the same situation.

He met with USTA Colorado Director of Community Development, Kristy Harris, and they worked to develop the volunteer-driven

Racquets For All program under the auspices of the CYTF, USTA Colorado's fundraising charity arm.

A committee was formed and in the first five years of existence, more than 2,000 of the nearly 3,000 racquets that were collected were cleaned up, re-strung, re-gripped and redistributed to people of all ages, from the Western Slope to the mountain communities and up and down the Front Range.

Van Liere sees the early success of the program as proof of the viability of the con-

cept, one that is ripe for replication in other communities. "I would like to see Racquets For All adopted by all the other states to suit their needs so that it's a national program embedded in the mind of the tennis community," Van Liere said. "Ideally, tennis players would know that when they buy a new racquet, there is an easy way to dispose of their old racquet and know that someone else is going to learn the great sport of tennis. It's a way to pass the torch and give back to the sport of tennis."

THE COLLECTORS

It's no doubt that there are many unused racquets floating around Colorado and the RFA Committee continues to work to make it as easy as possible for players to make donations.

Twenty three racquet collection centers exist across the state, making it easy for tennis players to make donations. RFA volunteers coordinate the pick-up of collected racquets from the centers.

Meadow Creek Tennis and Fitness Club was among the first to sign on as a collection center. The club received a collection barrel and began promoting the donation program to their membership.

"We recognize the importance of getting equipment in the hands of kids who can't afford it," said Adam Kahn, Meadow Creek's owner. "Tennis is one of the healthiest alternatives for kids and we recognize that collecting racquets for the RFA program is one of the ways we can help kids get into the game."

A longtime supporter of the CYTF, Meadow Creek organizes numerous fundraisers each year to benefit the cause, many of them specifically geared towards racquet donations from participants. "Our membership loves to help us support the CYTF and has responded generously with donations, both monetary and of equipment," noted Kahn.

Players can also easily drop racquets off with event staff at all USTA Colorado and CYTF events throughout the year. One of the biggest collection events is the annual Colorado Tennis Hall of Fame Gala where nearly 100 racquets are traditionally collected during the evening.

A few years ago, the CYTF initiated the **RFA High School Challenge**, where teams compete against one another to collect the most racquets. The team that brings in the highest number receives an incentive prize, which can help the team with their budget for the season.

Sometimes, there are people out there who have a number of older racquets sitting around, or they have friends who buy new racquets frequently, and they take it upon themselves to launch their own personal racquet drives.

Now you may be tempted to ask, "but how much of an impact can I make on my own? I mean, I'm just one person."

Meet **Zack Fox**, a 12-year-old from Littleton. He could be described as somewhat of a tennis fanatic, as you'll likely find him on the court honing his game on any given day of the week.

Wanting other kids to be able to share his joy, Fox volunteered to help collect racquets for RFA, his goal was to collect and donate 100 racquets this spring. He began his collection drive at three area schools that yielded 20 racquets. Babolat then contributed fifteen additional frames to his cause. Even so, he was less than halfway to his goal.

Those folks who didn't have racquets to contribute but wanted to support Fox's efforts made monetary gifts. With cash donations in hand, Fox reached out to Don Hightower, president of internet retailer Tennis Warehouse, and requested a discount so he could buy even more equipment with what he had to spend. Not only did Hightower offer a discount for the RFA purchase, but he generously supplemented the order by sending an additional 78 new and gently used demo frames to Fox, pushing him well over his goal of 100 racquets.

When asked what he learned from his involvement, Fox noted, "Never give up. Even when it gets tough, help comes from odd places, one person can make a difference."

In addition to continuing to collect racquets for the program, Fox would like to begin re-stringing racquets for the program ... when he learns how.

Nicholas Finan is a varsity member of the Peak to Peak High School Varsity Tennis Team in Lafayette. He saw a story about Racquets For All in Colorado Tennis newspaper. "I realized how lucky I was to get to play tennis. When we lived in Michigan, I remember there was a store that gave away junior racquets once a year," he remembers. "I thought that was a great way to give kids a chance to play tennis. Even if you didn't have a court, if you have a racquet, you can play," said Finan.

Finan recently started collecting and re-stringing racquets for the program. "This year my racquet stringing abilities really improved and I had a lot of fun collecting racquets at my school. In the fall, it would be great to get my team involved. Maybe we could host a tennis day or event at school and encourage people to bring in their old racquets," he described.

Like Fox, Finan has already learned a good deal about people and about giving back through his involvement, and said, "Probably the most heart-warming thing I've learned is that so many people are willing to help if asked. Neighbors, classmates, friends of friends, teachers...they all offered to help for a good cause." He added, "Something as simple as a racquet can bring so many possibilities for joy — joy for the kids who get the racquets and joy for the people who donate them."

Finan encourages others to get involved saying, "It doesn't matter how old you are, you can make a difference. Knowing that you made a difference is well worth the time and energy you spend."

THE ORGANIZERS

After being collected, racquets are inventoried, re-gripped and re-strung if needed. In all likelihood, if you've donated a gently used racquet to RFA in the past, RFA North Denver-Metro/Boulder regional coordinator **David Thompson** has had it in his stringer. Thompson has re-strung hundreds of racquets in the last few years for the program, collecting hundreds as well. An avid tournament player, Thompson's been wildly successful in his role because he works directly with players and tournament committee members at the many events he competes in.

What motivates him? "I believe in the mission of the RFA program," he explains. David's children, Matthew and Emily play for Pomona High School and have also learned to string racquets to help out, which means that David can continue to focus on his family while making a difference in the Colorado tennis community.

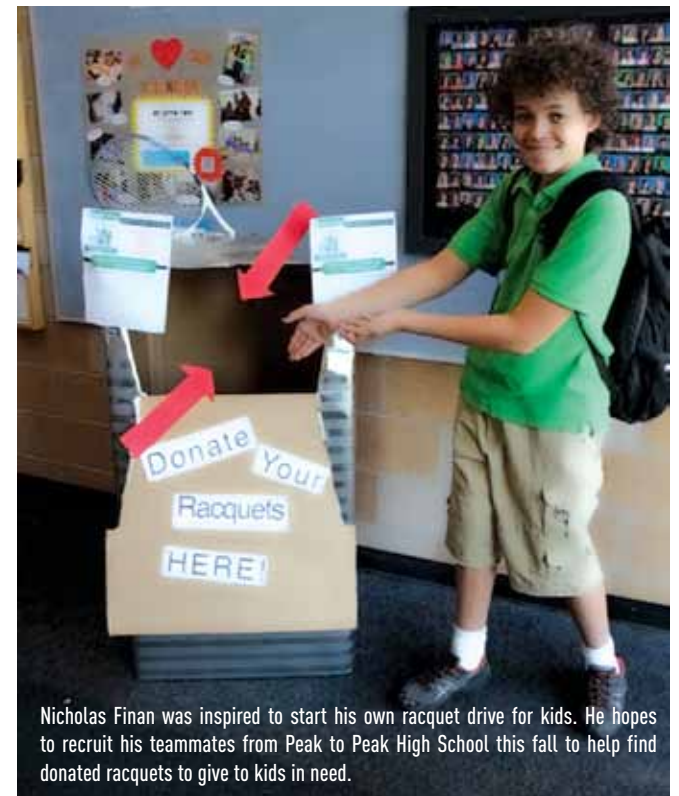
Once the racquets have been successfully refurbished to playing condition, they are combined with the many new racquets that have been donated to the program. The RFA inventory is stored at the home of **Tom Talmadge**, CYTF president and active member of the RFA volunteer committee, who fulfills and delivers equipment to those in need.

Talmadge is so passionate about RFA that he literally transformed his basement into a warehouse for the donated equipment. "I had a lot of room in my basement so I suggested that I create a storage place for all of the equipment which would allow me to sort through the equipment and pull together equipment for the various requests at my convenience versus going to some storage facility somewhere," explained Talmadge. It's an ideal situation for the CYTF because more dollars can go back into providing tennis opportunities for youth instead of paying for a place to store equipment. "This not only saved costs to the program it was also a lot easier for me which made it a win-win situation," added Talmadge.

Non-profit organizations in need of tennis equipment for



Zack Fox set a goal of collecting 100 racquets. After focusing locally, Zack stumbled upon the idea to ask one of the nation's largest retailers and one of the world's most successful racquet companies for help. Their tremendous response pushed Zack well above the 100-racquet goal he set for himself.



Nicholas Finan was inspired to start his own racquet drive for kids. He hopes to recruit his teammates from Peak to Peak High School this fall to help find donated racquets to give to kids in need.



Tom Talmadge has embraced the Racquets For All project so completely that he has transformed a section of his basement into the RFA inventory storage. He describes the feeling of getting these racquets into the hands of kids as "one of the greatest feelings you can have."



Racquets For All and Shifting Gear Pet Products share a fundamental vision of re-using products so that they don't wind up in a landfill.

There are two Shifting Gear Pet Products toy styles: The 1-Ball Toss-and-Tug Toy is great for play between the dog and its owner. The 2-Ball Toss-and-Tug Toy (not pictured) is great for "Tug of War" between two dogs.

program participants who don't have access to racquets can make a request at <www.CYTF.net>. Once received, Talmadge takes great care in filling the requests and most always personally delivers the racquets and equipment. "When I give some used tennis equipment to a program or young kids, I see their eyes light up and big smiles on their faces," said Talmadge. "Helping kids out like this who otherwise won't have the opportunity is one of the greatest feelings one can have," he added.

THE PARTNERS

A re-use program, Racquets For All helps keep tennis equipment and balls out of landfills. Many of the balls collected are given to schools and other community programs that don't have resources to purchase new ones, but that only accounts for a smattering of the tens of thousands of used balls in Colorado.

Beginning in 2012, the Colorado Youth Tennis Foundation initiated a relationship with **Shifting Gears Pet Products** <www.SHIFTINGGEARSPET.com>, a company that puts years of life back into used materials by turning them into unique durable dog collars, leashes and toys. Through the partnership, the CYTF receives a percentage of sales from all Shifting Gears dog products.

"Our dog toys are made from 100% reclaimed materials," said Scott Flora, owner of Shifting Gears Pet Products. "The handle and body of the toys are made with repurposed rock climbing rope while the part that catches your dog's eye is the reclaimed tennis ball." The toys are handmade here in Colorado. "While the balls may not be suitable for tennis anymore, they are definitely suitable as a dog toy! You can get two total different uses out of one object," said Flora. "There is no need to produce new materials when there are already suitable materials out there. You just need to repurpose them."



THE RIGHT PARTNER MAKES ALL THE DIFFERENCE

Thanks to its donation of 400 youth racquets to the Colorado Youth Tennis Foundation's Racquets For All program, Subaru proves it is a partner kids can rely on.



Subaru of America rekindled its official vehicle partnership with USTA Colorado in 2013 and also signed on to promote Racquets For All. Their support of the program fits closely with their commitment to the environment as well as their desire to give back to the community.

"The partnership we have formed with USTA Colorado and the Colorado Youth Tennis Foundation aligns with our brand philosophy of supporting our local communities that we live and work in by giving back whenever possible," said Brian Kotenko, Western Regional Marketing Manager for Subaru of America. "We believe the Racquets For All program is a great opportunity to put tennis racquets into the hands of local youth and encourage them to stay active," he went on to say.

Through the partnership, Subaru will match community racquet donations with the gift of new junior racquets for the first 400 racquets collected in 2013. "The hope is that the community will match Subaru's donation of 400 racquets to assist in helping youth pick up a healthy lifetime sport," said Kotenko.

At this time, most of the racquets collected through the program are adult racquets, so Subaru's gift of youth racquets is very meaningful, especially since there are more and more young children who are being exposed to the sport through 10 and Under Tennis.

"Appropriate sized racquets give kids the best chance for success and it makes tennis even more fun for them because with equipment sized right, they are able to rally and play from the get go," explained Fritz Garger, Executive Director of the CYTF and USTA Colorado. "We approached Subaru with the need of more youth racquets and they came through in a very big way. It's fantastic to have them as our partner in this program as well as for tennis in general in Colorado," Garger said.



Most of the racquets the Girls Tennis Team from Denver's North High School played with in 2013 were donated by Racquets For All, giving players quality equipment for match play.

THE RECIPIENTS

Tony Delacruz is the tennis coach at Denver's **North High School**. He learned about the donation program on the RFA website and called to learn more about how it works. "We received racquets last year and this year for the boys and girls tennis team here at North High School," Delacruz said. "I worked with Racquets For All who was very responsive and helped us with racquets and used tennis balls." Like most schools, North High is plagued with a small budget for athletics. Delacruz noted, "Our girls team grew from last year, and we are hoping to have the boys build as well."

Heart and Hand Center for Youth and Their Families is located in Denver's Five Points neighborhood and receives CYTF financial support for tennis by way of program grants as well as equipment support from RFA. Ninety-five percent of the youth at the Center have at least one parent who is, or was, incarcerated. "We have been able to cultivate a genuine interest in tennis with our youth," said program director, Terri Wash. "Many of the youth that we work with live in or around communities that are plagued by gangs, drugs and crime. The support provides our participants the opportunity and choice to pick-up a racquet and



Latha Grant

a game instead of a joint and a criminal record. We could not have a tennis program without the RFA program," said Wash. "The impact is tremendous. As a small non-profit, we do not have the financial resources to purchase tennis equipment," she went on to say. At the Center, tennis is offered for young children as well as those in high school. "Having the correct size racquets is the first requirement," said Wash.

Because of a racquet donation, **Latha Grant** was able to participate in the tennis program at Heart and Hand for Youth and Their Families for many of his formative years. He's 20 now, and continues to play. "Looking back, being a participant of the summer tennis program has had multiple positive impacts on me. It kept me physically involved and active. Even though it was really physically demanding it was easy to catch on to how the game was played. Not only was it easy to learn, it was also fun learning how to play," Grant said. He went on to reflect further about what he's taken from the sport, "Participating in those summer tennis lessons was also the kick-start to the competitive drive that I still have now."

Bear Creek High School tennis coach Scott Harguth is grateful for the RFA donations he receives on a regular basis. "Due to the racquet donations we now offer tennis classes to our student body," Harguth said. "We have a high rate of students on free and reduced lunch and without the donation they would not be able to play," he said, then added, "Once the students complete the course many go out for the tennis team the following year. We have one of the larger boys' teams in Jeffco with about 35 players."

Most of the kids who show up for tennis don't have a racquet or come with old equipment that won't allow them to advance their games. "The donation helps their games grow," he said. "They are shocked when I hand them a racquet to play with," Harguth noted.

"I am not always about wins and losses but about introducing a lifelong sport. There is so much data that equates good grades to participation in sports and I can definitely see this in our tennis program," Harguth said.

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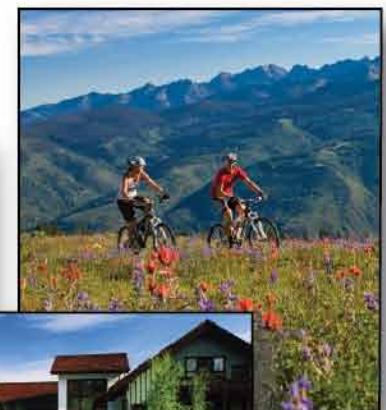
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SPOTLIGHT

TENNIS: A UNIVERSAL LANGUAGE

WORLD CULTURES JOINED THROUGH TENNIS, UNITED BY DONATED RACQUETS

TOMFASANO

photos courtesy of Pam Hollenbeck

Pam Hollenbeck may arguably be coaching the most unique high school tennis team in Colorado. Hollenbeck, the head girls tennis coach at Denver South High School who also coaches the boys in the fall, had 50 girls out for the girls' team this past spring. Thirty-one of those girls came from other countries.

Hollenbeck said Denver South's culturally diverse enrollment includes one-third of its students from the local neighborhoods, one-third are choice students from other areas and one-third from

In Hollenbeck's tennis program, she has developed a place for these girls to fit in. Some of the girls still dress in their native garb, complete with headdress and long sleeves, etc.

"The thing that they really love is being part of the team. They love the association with the tennis team," Hollenbeck said. "They love wearing their uniforms around school. It identifies them with something positive, exciting and athletic. My varsity team did really well this year, and all of these kids are really proud of the girls' varsity team."

Hollenbeck emphasized how appreciative she is of the support she's received from so



Saje Zargelin (Libya),
Fatuma Mugoya (Kenya),
Honey Hodafo (Somalia).



Dah Moo (Burma),
Mu Yo (Burma)

other countries who are in the school's English Language Acquisition (ELA) program, which is designed to teach students who speak languages other than English how to understand, speak, read and write in English.

"There's two reasons they're in the United States. In general, they want to pursue a better education or lifestyle, and they're refugees," said Hollenbeck, a special education paraprofessional at Denver South.

Sixty-two percent of Hollenbeck's team comes from all over the world including Burma, Thailand, Mongolia, China, Rwanda, Iraq, Libya, Pakistan, Somalia, Korea and Sudan.

"All of the countries, except for a couple of them, are in difficult parts of the world," Hollenbeck said.

Tennis has been the saving grace for the girls.

"On the court, I run into language barriers," Hollenbeck said. "I'm really good at hand signals now. The good news about these kids is they're so anxious and eager to learn, and they really try hard. Their attendance is nearly perfect."

Prior to the season, 25 of the girls had no tennis racquets, so the Colorado Youth Tennis Foundation's Racquets For All program supplied Hollenbeck with racquets that fit every girl.

"I cannot tell you how meaningful it was to the girls. They don't get things like that often where people just hand you stuff and don't expect anything from it," Hollenbeck said. "I use it as a vehicle to promote goodwill and happiness."

There are no ELA students on the varsity roster, but it doesn't matter to those girls.

"In some of these cultures, girls tennis is perceived as an acceptable sport," Hollenbeck said. "It's perceived as a girls sport by this range of kids that I have. I don't see them on the volleyball team like I do the tennis team. I don't see them on the soccer team like I do (tennis). I want to give them a chance to play. I don't cut anybody."



Zam Zam Hirsi (Somalia)

many people including varsity volunteer coach Art Quinn, the boys varsity tennis coach at Cherry Creek who helped the ELA girls get the proper racquets from the Racquets For All program; junior varsity coaches Pam Rogers and Cristina Chacon; Denver South principal Kristen Waters and athletic director Antoinette Laguerre, team captain Meagan Monaghan, a Class 4A No. 1 singles state champion in 2011 and a state runner-up in 2012-13 who earned a tennis scholarship to Southern Illinois University, and fellow team captain Haris Hupperts as well as a group of supportive parents and the staff and volunteers at USTA Colorado and the Colorado Youth Tennis Foundation.

South tied for first place in the Denver Prep League this season, 23 of the 50 girls were honor athletes and the squad earned Academic All-

State honors.

The girls from the various countries may not ever make varsity, but they're part of the team.

"I've got a pretty strong varsity team and pretty decent depth within my JV team," Hollenbeck said. "Some of them will get somewhere, but most of them are just learning a great sport that they can laugh and giggle and have a good time and be a part of something. The most important thing for me is they all come up to me in the hall and they tell me how much they love tennis. The thing that I'm most proud of is every last one of these girls absolutely adores tennis and is always going to play. For me, that's a win."



Morgan Simmons

Loveland's **Morgan Simmons** has blossomed into a fine young tennis player due to the support she's received from the CYTF and RFA. "It meant I could play tennis and not have to use a borrowed racquet. It also gave me confidence, and helped me be more grateful for what I have," said Simmons, who admitted, "I probably wouldn't be playing on my school team. The one I borrowed — I had to return it on regular basis and it did not fit my grip or size. But, at the time it was better than nothing. Tom (Talmadge) found the perfect racquet for me, and what a difference that was."

Simmons often wonders who donated her racquet. "I can imagine they were very talented and good at tennis because they also donated a Babolat Team racquet backpack which came with a little keychain that said that they were a part of the '2009 Colorado USTA Mixed Division Champions'." I think that that is pretty awesome and I feel like I got a pro's racquet and their bag," she added.

When asked what she'll do with her racquet once she's done with it, Simmons said, "I won't stop playing tennis after high school and my racquet will never see a dusty old basement. If I do stop playing, I would give my racquet back to RFA so another person can experience great things in the world of tennis. Tennis has opened up doors for me and changed me as a person, it's a sport you can carry on for the rest of your life, unlike basketball and other team sports. I've met so many wonderful people. I am a blessed and better person for the game."



I Have a Dream Boulder County

I Have a Dream Foundation of Boulder County serves youth from low-income communities. Tennis is a mainstay offering for the kids involved in their Healthy Bodies, Healthy Minds program. "This donation has allowed us to encourage Dreamer participation within tennis, as we are far less limited by our organization's tennis supply inventory," said Lori Canova, IHADBC Chief Executive Officer. The donation has provided the opportunity for more students to play on any given court at a time, as students do not need to share racquets in order to participate. She went on to say that "Many of these students had not previously been exposed to the sport or the many benefits that tennis has to offer. This added assistance has enhanced our after school tennis program tremendously."

Denver South High School's head coach Pam Hollenbeck was in a bit of a dilemma. She had two dozen girls who wanted

to join the tennis team but did not have racquets. She made a call to Art Quinn, who had an idea.

"Art reached out to Racquets for All, and arranged for 25 selected racquets that were perfectly suited for high school girls—lighter weight and smaller grip sizes," Hollenbeck says.

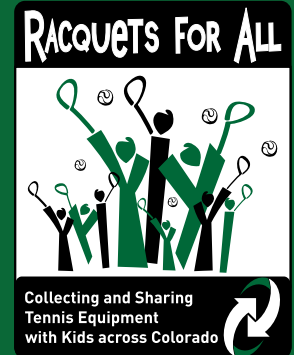
Most of the girls that received racquets had never even played tennis before, as many of them had only recently emigrated from other countries (see story, opposite page).

"Once given the opportunity to play tennis, by having the proper equipment, the girls embraced learning and playing tennis whole-heartedly. They regularly attended practice and matches, steadily improved and naturally developed a love for the game," said Hollenbeck.



Are you inspired to turn old racquets into new dreams?

Visit www.CYTF.net and learn where you can drop your donation. Racquets will also be collected at the three remaining USTA Colorado Community Tennis Series events (see page 13).



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THEBUZZ

NOUNS IN THE NEWS

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

7th Annual Diversity TennisFest heads to Berkeley Park

USTA Colorado's **7th Annual Diversity TennisFest** will take place Saturday, June 29, from 10-2pm at Denver's Berkeley Park. The event offers free tennis instruction and games for the whole family, and is conducted in partnership with Denver Parks & Recreation. As the headline act of the 2013 Summer Community Tennis Series, which also includes the 36' Sport Court Tour, the DTF helps introduce families to tennis who would otherwise not have the chance to experience the Sport For a Lifetime. Last year, more than 250 participants, including nearly 150 kids, joined in the fun. The remaining stops of the Sport Court Tour are at the **Rocky Mountain State Games** in Colorado Springs (Friday, July 26), followed by the **Old Fashioned Corn Roast Festival** in Loveland (Saturday, August 24). Thanks to Sport Court of the Rockies and Subaru for their support in sponsoring the Summer Community Tennis Series in 2013.

Adoption Exchange announces Love Set Match

The Adoption Exchange will be hosting its inaugural tennis event, **Love Set Match**, at Gates Tennis Center on Saturday, August 17, from 6-9pm. The event will raise money to help find homes for children waiting in foster care. Local tennis professionals Jeff Salzenstein and Ian Ayler will be on-hand for an evening of mixed-up doubles, where fun competition and socializing are the order of the evening. All levels of players are welcome. The Adoption Exchange recruits families for children who have survived abuse and neglect, supports adoptive families throughout every phase of the adoption process, and trains child welfare professionals. Your support will help The Adoption Exchange create a world in which all children are valued and grow up in safe and permanent families, and where families are supported in their critical roles. For more information please visit <<http://adoptex.org/tennis>>.

CYTF events help raise money to introduce kids to tennis

Two upcoming events will raise money to assist the Colorado Youth Tennis Foundation in its mission to provide tennis opportunities to youth in need. The 14th Annual Punk Relic to benefit the CYTF's Memorial Funds (see ad, page 14) and the 6th Annual Tennis With the Stars event (see ad, page 21).

CWTF to host 6th Annual Rocky Mountain Wheelchair Open

The 6th Annual **Rocky Mountain**

Wheelchair Open will be held at Gates Tennis Center, July 26-28. At the 2012 edition of the event, 31 players from six states battled in out in Denver for three days of amazing tennis. The **Colorado Wheelchair Tennis Foundation** has worked hard to make this event one of the top wheelchair tennis tournaments in the country, providing players a world-class experience they won't forget. While many wheelchair tennis tournaments focus their efforts on catering to Open level wheelchair players, our focus is on making this the best tournament in the country for top lettered division players — A, B, C and Quad players alike. The CWTF has put in an enormous effort to create the best wheelchair tennis tournament experience at the best venue in the country for players of all abilities. In other wheelchair tennis news, **Jess Sparte** has been selected as the new Executive Director of the Colorado Wheelchair Tennis Foundation.

Western Tennis Academy gearing up for third summer

An organization committed to increasing the number of urban youth who participate in the sport of tennis, the Western Tennis Academy (WTA) is a community tennis association operating in the Park Hill Community of Denver. Beginning its third year, the 2013 WTA summer program for kids 10-18 will again be held at Smiley Middle School, July 5-August 12, every Monday/Wednesday/Friday from 3-6pm. This year, the program plans to extend the practice opportunities well into the fall and hopes to develop a relationship with indoor facilities so that the WTA participants will have the chance to train and compete year-round. The WTA is seeking help in the form of grant writers, volunteers and board members. Financial contributions are also accepted. For more information, contact Kerry Nash <<mailto:kerrymnash@gmail.com>> at 303/322-9512.

USTA Tennis Development Workshop registration open

USTA's Community Tennis Development Workshop is the largest annual gathering of Community Tennis Association/National Junior Tennis & Learning leaders in the country. The 2013 event is coming to Denver November 1-3 at the Downtown Denver Sheraton. Attendees enjoy top notch sessions lead by specialists in their field and networking opportunities with more than 500 grassroots community tennis leaders from across the country. Save the date and start planning today to send representative(s) from your local organization to the 2013 CTDW. Registration opened June 1 <<http://www.usta.com/ctdw>>.

10 and Under Tennis Grant Funding

USTA Colorado is making available an additional 25% funding support towards the cost of painting 36' and 60' tennis lines on existing public tennis courts in good condition. USTA Colorado supplemental Line & Conversion Grant funding is available on a "first come, first served basis" due to the limited amount of dollars available. Contact Dan Lewis for details, 303/695-4116 x207 <<mailto:dan@coloradotennis.com>>.

Updates:

Colorado Tennis congratulates Montbello High School senior **Chris Urias**, who was a member of the Boys High School team we profiled in our Spring 2013 issue. Chris was recently announced as a Daniels Scholarship award recipient. The award is a four-year scholarship that applies toward the expenses of attaining a bachelor's degree at any nonprofit, accredited college or university in the United States.



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NOW #TRENDING

WHAT'S HOT ON USTA COLORADO'S TWITTER FEED

 <http://twitter.com/ustacolorado>

12 Jun Recently crowned #copreps 4A champ Kalyssa Hall (CoSpgs) takes on Nevada Apollo (NV) in G16 singles finals. #ITASummerSectional

12 Jun Samantha Martinelli (Denver) ready to take on No. 2 in the nation Kim Yee (NV) in finals of #ITASummerSectional G18 singles championship.

12 Jun #copreps 5A tennis champ Hayden Sabatka on court now in finals of #ITASummerSectional Boys18 singles championship.

12 Jun Jessica Aragon (Fort Collins) and Madison Gallegos (Denver) have just begun their battle for the #ITASummerSectional G12 singles title.

11 Jun Colorado players in 6 of 8 singles finals at #ITASummerSectional. Tomorrow's action starts at 9am at Gates Tennis Center.

10 Jun 2013 @usopen tickets now on sale! Aug26-Sep9

10 Jun A scorcher on tap for Day 3 of the #ITASummerSectional. 31 out of 64 quarterfinalists are from CO.

6 Jun Video highlights of Boulder's Ashley Lahey in the G14 Easter Bowl finals. Lahey fell to the No. 3 seed in three sets.

5 Jun Congrats to Coloradans Chris Coopriider-UNC Wilmington (No 22) and Casey MacMaster-Harvard (No 45) on their final NCAA DI doubles rankings.

4 Jun Congratulations to @Vol_Tennis Sam Winterbotham, Wilson/ITA National Coach of the Year. @volscoach led the CU men to a top-25 rank in 2006.

3 Jun Excited to bring the 36' portable SportCourt to @GetOutdoorsCO this weekend as part of our #summertennisseries

29 May New photos from USTA Colorado DiverseCity reception. Thanks @DAAbrams1 for sharing @usta vision of tennis future.

16 May First stop of the 2013 @USTAColorado #summertennis-series at the Five Points Jazz Festival. Bring the kids and try out our 36' Sport Court.

15 May Nice @Denverpost article at long-time Englewood tennis coach Jim Tucker....

10 May Denver Men's Tennis Stuns No. 15 Florida 4-3 to Win First Ever NCAA Tournament Match #DU_MTennis

10 May 5A state tennis final is set: Weissmann v Kalhorn; 4A final will feature Hall v Monaghan. #copreps

10 May Defending 5A champ Kelli Woodman ousted by Tate Schroeder in rd1 of State 64,61. #copreps

9 May This pic about says it all for today. Hoping for sunshine tomorrow. #copreps

7 May Nice write-up @SteveQuinne on 6th Annual Tennis with the Stars event benefitting CYTF, WOL.

6 May For those young players beginning their college search, here's a great article on the rise of DIII tennis programs.

25 Apr UNCW's Chris Coopriider has played a key role in the program's rise to prominence in the NCAA tennis rankings....

28 Apr Congrats to @du_mtennis on winning the 2013 WAC Tennis Championship! @ Gates Tennis Center

27 Apr @DU_WTennis falls to San Jose State in a WAC Finals Thriller, 4-3

25 Apr A beautiful day on tap for the @wacsports Tennis Championships. @DU_WTennis set to take on NMSU at 10am at Gates.

19 Apr NorCO tennis folks, bring the kids by the #Greeley Tennis Festival on Sunday, 1-3pm, for free tennis, fun and more...



18 Apr Bill & Loretta Conway making an impact in Steamboat schools. Introduce kids to tennis early and good things happen.

27 Mar Please pass this along to anyone considering considering wheelchair tennis! Incredible resource for new players!

2013 7th Annual DIVERSITY TENNIS FEST JUNE 29 BERKELEY PARK DENVER FREE TENNIS INSTRUCTION & GAMES FOR THE WHOLE FAMILY SATURDAY, 10-2

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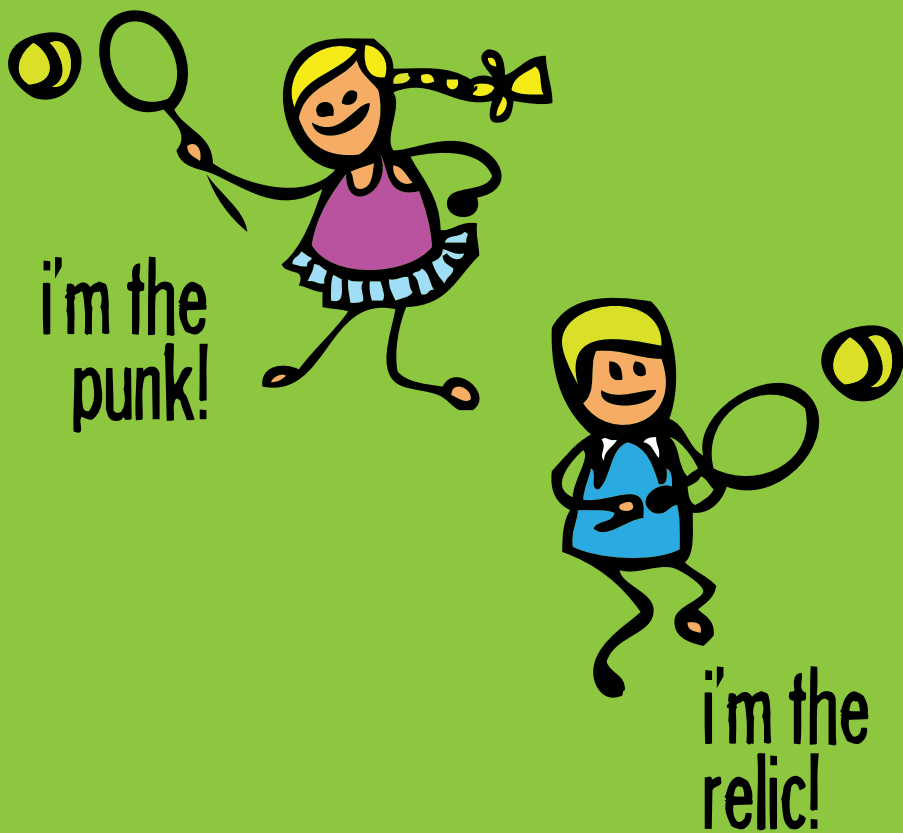
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INDUSTRYNEWS

Tennis Leads Pack Among Traditional Sports In Participation Growth

In a recently released US Sports, Fitness, and Recreation Participation Report from the Physical Activity Council (PAC), despite fluctuating participation trends among traditional sports, tennis continues to lead the pack in long-term participation growth, which is up 31% from 2000-2012.

The study, which is the nation's largest physical activity study covering a sample of more than 40,000 individuals in the US, shows tennis as one of only two sports with positive participation growth during the previous 12 years. Gymnastics, a distant second in terms of participation growth, up 5%, is the only other traditional sport with positive growth over this period. Other "traditional" sports include: badminton, baseball, basketball, fishing, football, golf, gymnastics, ice hockey, racquetball, soccer, and softball.

"The fact that tennis is one of only two traditional sports in the US with positive growth over the past 12 years is a testament to tennis not only being a 'sport of a lifetime,' but also to the concerted and collaborative efforts across this industry to grow the sport," says Tennis Industry Association Executive Director Jolyn de Boer. "Since 1974 our industry and trade

has come together to measure and impact change on this sport and the results of our joint efforts has led to tennis maintaining its lead among traditional sports participation growth over the past decade."

Perhaps even more importantly, the study shows that tennis is the only traditional sport with positive linear growth in participation rates between kids ages 6-17. Among that age range, the percent of the population participating in tennis steadily increases, starting at approximately 5% of the population aged 6-7 and increasing to nearly 9% of the population between ages 15-17, whereas other sports typically see a steady decrease in participation percentage rates beginning around ages 12 and 13.

"The USTA and the industry continues to build a strong base of young players through various programs and initiatives, such as 10 and Under Tennis, NJTL, Junior Team Tennis, etc., for the long-term sustainability of the sport," de Boer adds. "Getting children into the game and keeping them in the game is a key priority for not only growing the game, but also the business of tennis."

"While the industry has not been without some challenges over the past few years, as have numerous other sports, it is encouraging to see the 'staying power' tennis has had over the long-term with the participation base," de Boer says. 🎾

TENNIS BUSINESS FOR SALE!

TGA Tennis of Arapahoe County is currently for sale.

TGA provides tennis lessons using USTA curriculum for kids ages 5-14. We are in 15 schools and recreation sites across Arapahoe County, including Aurora, Cherry Creek and Littleton schools. The program continues to grow throughout the area.

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PlayTGA.com/Arapahoe



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HIGH FIVE

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

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



PROFILES BY
KATIENEWELL



SUSANWRIGHT

There's an old song that says, to make new friends, but keep the old, some are silver and the other gold. And for Grand Junction's Susan Mehmedbasich-Wright, who tops the national rankings in the Women's 55s Singles and Doubles divisions, friends of gold are just one of the beautiful gifts a life of tennis has given her.


Originally introduced to tennis by her father, Enver, Susan is proud that most of her closest friends today are athletes she played with in the 12 and under division years ago. "These girls are still my best friends," Susan explains of the lifelong relationships that have followed her on and off the court. "We feel like 17-year-olds when we are together."

There's the other gold, too, of course. Namely the 60 gold balls in senior play (to go along with her nine gold in the juniors) she's received in recent years (joined by 26 silver and nine bronze). She's been a member of eight winning ITF World Championship Cup teams, including the Margaret Court Cup in 2004 and 2006, the Maria Bueno Cup in 2007, 2008, 2010, and 2011, and the Maureen Connolly Cup in 2012 and 2013. In addition, she and her father are the number one father/daughter team in the Ultra Seniors where the father must be at least 80 years of age.

For Susan, however, success on the court has a then-and-now feel, having been a top ranked NorCal junior who joined the professional circuit at age 17 for a two-year stint. After leaving the tour, she got married and raised children. Twenty-five years later, she stepped back on the court in a big way, racking up more than 60 USTA wins in singles and doubles competition. Last year alone, Susan set a personal record, winning 12 gold balls (National Championship titles). She attributes her success to a general appreciation of the sport, and how it allows her to focus, train and stay in shape preparing for upcoming tournaments.

"I hired a trainer two years ago," Susan explains, "and that has definitely made me stronger." Lucky to have escaped injuries, she is truly grateful for the venues that competing at this level takes her, and the people she gets to meet. She enjoys singles and doubles with some of the best players in the country, and mixed doubles that gives her the opportunity to play occasionally with her husband, Tim.

"Getting to travel to great places and meeting the nicest people," Susan answers when asked her favorite part of being an elite player. "I enjoy all of it!"



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THE 2013 SUMMER ISSUE WINNER IS JON YUNT.

To say Jon Yunt was introduced to the sport of tennis at a young age would be an understatement. In fact, he was still in the womb when his parents decided hitting the tennis courts might help his mother go into labor, well passed her due date. It would still take a week, but Jon would eventually arrive and no one could argue that tennis, and writing about tennis, would be in his blood from the beginning.

Jon played varsity tennis at Douglas County High School, narrowly missing a trip to State when he was defeated at Regionals 7-6 (6), 6-7 (8), 7-5.

Following in the footsteps of his father, Gary Yunt, who was also a Denver Post writer (1983-2005), Jon now covers 340 Colorado high schools, following the young tennis players as they develop. While covering that many schools seems staggering, Jon is thrilled that he gets to do what he loves for a career.

"It's easy for me," he explains of his work, "because my wife will tell you I have a bit of Peter Pan syndrome. I can relate to these kids and I try hard to make them comfortable right away." He believes that the fact he truly loves what he does translate into a carefree attitude that puts them at ease.

Because of his reputation, Jon has the opportunity not just to write about the top players across the state, but he gets the chance to really get to know what makes them thrive, sometimes gets to hit with him, and will often be on the court as their destinies unfold.

"It's incredible how the level of play is better than ever," he describes of the talent he sees.

As a child living in the influence of a sports writer, Jon would get some great opportunities that helped solidify his own path in life. He met many professionals including Jimmy Connors, Mats Wilander, the Gullickson brothers, and even President Ford at the Kiva Classic.

Receiving his degree in Broadcast Journalism from the University of Northern Colorado in 1997, Jon jokes that he doesn't consider himself to be a good writer naturally and says his only C in college came from a writing course. He also says that advancements in technology has changed how he goes about things, with the ability to take videos on the court real-time, etc.

Taking a break from his own playing, Jon spends time with wife, Jonine, and daughter, lyla, and boasts that his life is full and happy. "I am passionate about what I do and lucky to live doing what I love," he said.

Editors note: Shortly before Colorado Tennis went to press, we learned that the Denver Post and Jon parted ways after 22 years. Our thoughts go out to Jon and we wish him well on his next endeavor.



JONYUNT

When you make your career doing what you love, you have set yourself up for a great life and one that can also make a difference to others. Such is the reality for Susan DiBiase, 2012 Racquet Sport International's Person of the Year.

Susan, who was at the French Open wining and dining Babolat dealers when we spoke about her accomplishments, has been blessed to work in the sports and fitness world her entire career, the result of her being Top 10 in the world in both free-style skiing and mountain bike racing. She is also an accomplished tennis player, playing two years at Penn State, prior to coming to Colorado from Pennsylvania where she grew up.

"I loved that Colorado was such a healthy place," she explains of relocating to our great state, "because in some places you are a considered an oddball for being so active!"



photo courtesy of Babolat

SUSAN DIBIASE

Now with her leadership role handling marketing for Babolat, her contagious enthusiasm for sports translates into success that permeates into all aspects of her life. Not only is she passionate about discussing the product launch of a new electronic tennis racquet that can help analyze a player's game, but she's equally passionate about helping kids like Zack Fox, who she helped in his Racquets for All drive. Although she was an individual sport competitor, being part of a great team is also critical to her.

While Susan has established herself as an elite athlete on the slopes, trails, and courts, she is equally respected in her career and as a person who likes to help those around her succeed.

"I'm very happy in what I'm doing," Susan said. "I've been able to surround myself with like-minded people who are also passionate about fitness."

Seeing athletics as the key to a healthier community, Susan will continue to use her gifts to promote sports and opportunity for all athletes, elite as well as recreational. She especially appreciates the lifelong competition and social interaction that tennis players can enjoy.

Helping people stay active through sports and better equipment is important to Susan.

"Being active in sports just makes life better," she concludes.



photo by Bernard Grant

JOHN NELSON

Tracing the life path of Colorado umpire, John Nelson, it is fitting that his post-retirement career is on a tennis court, and that he's there to insure that the game is called fairly.

Growing up in a segregated Mississippi in the 1960s, John wasn't welcome to play on public courts, a reality that shaped his strong commitment righting that particular wrong. A young adult before he'd get the opportunity to play himself, tennis became a passion that fueled him on both a physical and psychological level.

John received his undergraduate degree from Jackson State in 1974 and went on to receive his graduate degree in Clinical Psychology from Washington State in St. Louis in 1976. He would spend the next 35 years dedicated to the mental health profession. As his retirement was looming, he started looking around for an avocation that would give him purpose, flexibility, and enjoyment. Becoming an umpire seemed like a natural progression for him.

Being a referee for tournaments for all levels of play, including events such as the Powershares Series Battle of the Champions in Denver last November — which featured American tennis legends Jim Courier, John McEnroe, Michael Chang and Andre Agassi — John gets a chance to make a difference and use his training in psychology.

"I run into everything," John explains of the negative attitudes that can happen in competitive play. "I just try to keep the peace and help people stay composed and not start slamming their racquets."

Passionate to help attract people of all backgrounds, races and lifestyles into roles as referees and umpires, John works just as hard off the court. He has committed himself to filling administrative roles including being Chairman of the Intermountain Diversity and Inclusion Committee, being part of the USTA Colorado Diversity and Inclusion Committee, and serving on the Board of Directors for the Colorado Tennis Umpires Association.

"Tennis can offer better health and a more positive lifestyle," he offers when asked about what tennis has meant to him. "Being involved betters yourself and your community."

If you are trying to find a teenager appreciative of the opportunities they have before them, you don't have to look further than Illijah Bailey. Mature beyond his years, this 13-year-old is making waves for his strokes on the court and his personal conduct off the court. His enthusiasm for tennis is contagious and his appreciation of those sacrificing their time and energy to make it happen is refreshing.

Jason Colter, Director of Player Development for USTA Colorado, appreciates the strong character Illijah shows and says that he is admired by coaches and players alike. "He's one of the hardest working players out there," Jason says of Illijah, adding that despite his young age, "even older kids look up to him."

Illijah's first real introduction to tennis came when his grandmother, Dora Johnson, enrolled him in USTA Colorado's Star Search program. As the family's first generation tennis player, Illijah is the first to talk about the support he feels from both of the women in his life — his mother, Lauren, and his grandmother, who Illijah credits with doing anything and everything for him — his brother, Desmond, and his Jack Russell, Lola.



photo courtesy of the Bailey family

ILLIJAH BAILEY

Currently standing at No. 74 in the Intermountain Boys 14s division, Illijah feels his speed may be one of his advantages. He is also a competitive runner, competing in races such as the 100-meter dash and relay.

Lauren explains that Illijah has always been self-driven in tennis. "He has never had a coach," she explains, but has dedicated himself to the sport which he loves. His pre-game ritual consists of listening to music and talking with his mom and grandma who he said always support him.

Illijah describes himself as someone who "hates to lose more than anything," and says he models himself after Rafael Nadal. "I think he is the best role model because of the way he handles himself," he said.

In the future, Illijah hopes to play high school tennis (and beyond) and is quickly developing the skills he needs to accomplish his goals. After tennis, he wants to become a pharmacist like his mom.

SPOTLIGHT

LOVE AT FIRST SWING

DIVERSITY TENNISFEST LEADS YOUTHS TO TAKE THEIR GAMES TO THE NEXT LEVEL

CHARLESEMMONS

Players know that tennis is unlike any other sport, providing a healthy mental and physical workout. Physically demanding, yet at the same time its social, teaching life skills like discipline, hard work, fair play, respect and self-control. Whether you first picked up a racquet at City Park or Cherry Hills, the lessons of the game are similar, but there must be a willingness to learn them. And the earlier we start the greater our success.

Jadin Curry (pictured at right) first handled a tennis racquet at age 3. His father Brian loved the game, and wanted his son to learn it. At first, Jadin says he did not like playing, but by age 5, taking group lessons at Denver's City Park, he began to enjoy it more. "I wanted to see how far you can grow in it," said the young Curry. Jadin participated in one of USTA Colorado's Annual Diversity TennisFest free youth tennis clinics. Now 11, he plays tennis throughout the year and plays in competitive tournaments often against older and bigger opponents.

Reaching out to shake his hand when I met him, he is not yet 5-feet tall, and weighs just 80 pounds. Despite his slight build, Jadin Curry plays with his father's adult sized Völkl racquet, and frequently wins against larger and older opponents. The oldest opponent he has defeated was 16. His dad nicknamed him, "Giant Killer", a moniker Jadin seems to have embraced. Curry has played in USTA Colorado's Star Search program since 2009, and attended the week-long intensive Nike Tennis Camp in Colorado Springs in 2012. He just finished the Star Search Winter Development program, playing 10 Saturdays at Colorado Athletic Club Monaco, and will start tournament play this summer. The young Curry has exceptional skills and talent that have been recognized by a number of coaches. In his father's opinion, he is on the cusp of continuing to be a great competitive player or just being an exceptional recreational player. How far he goes is dependent upon Jadin and his confidence in his abilities.

"Winning helps build confidence and losing can too," said Curry. "Frustration doesn't help." These are lessons of the game that not everyone learns. Players understand that tennis is largely mental, and that through playing you grow and glean other meaningful insights into winning, losing and competition.

Like Jadin Curry, **Samson Johnson** (below, right) picked up a racquet at an early age, at 8. Living in Denver's Park Hill neighborhood he and his brother **Savion** began playing in City Park, just "messing around" at first. They told their parents they liked playing and soon USTA Colorado Marketing & Diversity Director, Paula McClain, invited them to attend a Diversity TennisFest tennis clinic, which inspired the two brothers to enroll in Gates Tennis Center's Tennis Everyday (TED) summer program.

Samson enjoyed TED, and as his skills improved he was invited into USTA Colorado's Star Search Program (2008-2010) and the Nike Tennis Camp for two years. "I like hard work and working hard," said Samson Johnson. The 15-year-old loves tennis, but also plays other competitive sports — basketball, football and lacrosse. He says that tennis has been great cross training for his footwork for these other sports. But like Jadin Curry, he shows remarkable insight into playing and competition.

"When you are playing a match over a period of time, you see that person's emotions when they make or miss a shot," said Johnson. "There is a lot of friendship. You bond without saying something to that person. It's kind of trippy."

The tennis temperament between the two Johnson brothers is like night and day. Savion, says his mother Ghandia Bundhi, is a tenacious smasher, whereas Samson is the finesse player. He has reached the semi-finals of tournaments three times. "Tennis is a mental game," said Samson. "If you can't stay focused, you can't play tennis." On losing — "I look at losing in two different ways. Letting your opponent win knowing you can beat them and losing when your opponent is better than you. Playing people like that makes you want to become better."

Samson, Savion and Jadin are lucky young men, fortunate to have caring insightful parents willing to expose them to a sport they might not otherwise play. Coaches like Clarence Milton and Tobias Ortegon have nurtured their skills and talent. It's up to these young men to

harness their attitudes on the court and off to be the best. Bundhi said that although she had played tennis in high school and had a father who played tennis that she would have never considered her sons playing tennis if not for their introduction to tennis at the Diversity TennisFest.

Minority youth have historically been drawn to football and basketball or perhaps soccer. But typically, you need strength, size and other physical attributes to be successful. Tennis is for everyone despite or because of their skills or attributes. Everyone can be successful at his or her own level as long as you stay out of your own way. Jadin, Samson and Savion are proving that, given the chance and opportunities they received through their introduction to tennis at the Diversity TennisFest, they can go as far as they want.



photo by Eliza Nolte/Skipping Rocks Photography



Going on its seventh year, the annual **Diversity TennisFest** has impacted more than 1,000 youth in the metro Denver area, and distributed 550 racquets to encourage young people to continue playing tennis.

Partnering with Denver Parks and Recreation, this year's Diversity TennisFest will be held on Saturday, June 29, 10am-2pm at Berkeley Park Tennis Courts (W 46th and Tennyson, near Lakeside Amusement Park). There will be tennis activities for all ages and abilities. The free tennis clinic enables USTA Colorado to continue our outreach efforts to introduce tennis to communities who would not otherwise have the opportunity to learn about tennis and to inspire a whole new generation of tennis players.



photo by Bernard Grant

YOURGAME

CHALK TALK

HEAT & HYDRATION CONCERNS FOR TENNIS PLAYERS

USTA SPORTSSCIENCE

When the air temperature is above 95 degrees, you can make up to 60 mistakes per hour. Think about that for a minute.

Dehydration can affect a tennis player's performance in less than an hour, even sooner if the athlete comes into the practice session or match dehydrated. Dehydration of as little as 1-2% of body weight (only 1.5-3 pounds for a 150 lb. athlete) has been shown to reduce performance. Dehydration of 3% or more of body weight increases a tennis player's risk of heat-related illness (heat cramps, heat exhaustion or heatstroke). For every percent of body weight that is lost during play, an athlete's core body temperature can rise by 0.5°F. This results in the athlete's heart working harder by 3-7 beats per minute at the same work rate.

When a tennis player loses 3% of body weight due to sweating, it can result in an increase in core body temperature of more than 1°F and an increase in heart rate of between 10-20 beats per minute. This results in an athlete needing to work more than 10% harder to accomplish the same amount of work as when he/she is fully hydrated.

Dehydration is not only a health concern, but it also reduces a tennis player's on-court performance.



10 STEPS TO SUCCEED IN HEAT

1. PHYSICALLY PREPARE

The more physically fit the tennis player is, the less likely s/he will experience heat-related issues.

2. DRINK, DRINK, DRINK

Drinking a combination of water and electrolyte-enhanced beverages throughout the day will help keep the tennis player well-hydrated.

3. DON'T RELY ON THIRST

Drink consistently, not just when thirsty. The body may be 2% dehydrated by the time thirst is experienced.

4. INCREASE SALT CONTENT IN FOOD AND DRINK

As salt is the major electrolyte lost in sweat, it is essential to replace this important electrolyte throughout the day. Foods that contain high salt content include vegetable juice, canned soups, sports drinks and salted pretzels.

5. USE ICE AND OTHER COOLING MECHANISMS

Keeping the body cool before, during and after practice or competition is helpful in maintaining an appropriate body temperature. However, putting ice directly on muscles and joints during play is not advised due to the possibility of muscle and joint stiffening.

6. APPROPRIATE FUEL BEFORE, DURING AND AFTER PRACTICE OR MATCH

Eat a regular diet with a little extra carbohydrate and take in extra carbs during competition to keep up sugar stores. Sodium is a key ingredient in helping athletes hold extra water to help prevent dehydration caused by heavy sweating.

7. CLOTHING

It is best to choose light colored, breathable and loosely woven fabrics to help sweat evaporate easily.

8. SUNSCREEN

In addition to helping reduce the instances of skin cancer, which is important for long-term health, applying liberal amounts of sunscreen will also prevent short-term sunburn that increases an athlete's skin temperature and may make him/her more susceptible to heat-related problems.

9. ACCLIMATION

It is important to get the body adapted to a hot environment. Most occurrences of heat illness take place in the first 2-3 days of training or competition in a hot and humid environment.

10. REDUCE CONTACT WITH DIRECT SUNLIGHT WHEN NOT PLAYING

After competing, find a shady spot or go indoors where the body can cool down.

WHETHER YOU THINK YOU'RE GOING TO WIN OR YOU THINK YOU'RE GOING TO LOSE... YOU'RE RIGHT! THOUGHTS FROM A PSYCHOTHERAPIST ON YOUR TENNIS GAME

Have you ever noticed how much your thoughts influence your actions and behavior? How, "what you think about you bring about?" Clients come to my office predicting doom and gloom and then are "surprised" when their predictions come true. Really? What choice do we give ourselves when our minds think and speak negative, limiting directives? What outcome other than failure can we possibly expect?

As early as 1949, researchers discovered that new concepts/ideas were learned as neurons linked together in new ways and then fired within this new pattern. Behavioral psychologist, Donald Hebb, hypothesized that when two neurons fire, the reactions get stronger and stronger. Each time we repeat a particular thought or action, we strengthen the connection and form new ways of thinking and behaving.

As the brain changes, so does the mind, and vice-versa. This idea combined with the discovery of the brain's plasticity demonstrated that the mind and brain are changeable and that each influences the other. Sharon Begley, author of Train Your Mind to Change Your Brain concurs: "We are not stuck with the brain we were born with..."

Once we become conscious of this mind/body relationship we can utilize this power for change. First, we must become conscious of the beliefs, thoughts and emotions leading to our experiences.

Researchers have noted the influence of negative thoughts on the outcome of tennis matches; when negative thoughts/emotions

were sensed before matches, they often ended in losses. Players experienced heavy-feeling/slow-moving limbs, anxious thoughts and numerous distractions, leading to unfocused, erratic play. Conversely, when positive "affect" was exhibited by players, matches were won. Individuals felt lighter, happier, more powerful and "in the zone."

With a little help, you can learn an effective strategy called mental rehearsal. Visualize the kind of match you want to play before you play it. By utilizing all of your senses - and leaning on your strongest one; be it visual, auditory, or kinesthetic - take the time to see/feel/hear yourself playing the best tennis of your life! By mentally rehearsing your game before play, you'll fire and wire the neurons necessary to feel and play your best.

Take the time to hone your mental skills as much as you practice your physical ones:

- learn to monitor your thoughts—be conscious of what you say to yourself
- visualize and mentally rehearse your strategies; create a mind movie of your game
- imagine yourself playing your best match; your brain does not know the difference between imagining and/or visualizing versus what you perceive as reality

So remember, whether you think you're going to win, or you think you're going to lose, you're right! Leave the negative thoughts at home and play your best game...because YOU CAN!



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JUNIOR COMPETITION

Colorado players give dominant performances at Intermountain Summer Sectional

The Intermountain Summer Sectional Championships returned to Colorado after a one-year hiatus, but whether the tournament is held in Salt Lake City or Denver one thing is certain—this annual event draws the region's top junior players, competing for a Sectional endorsement into the National events slated for later in the summer. This year's event, which ran June 8-12 at facilities around the Denver metro area, showcases incredible talent from Colorado, Idaho, Nevada, Montana, Utah and Wyoming.

Each day of the event dawned warm and sunny, with hot winds contributing to the sweltering temperatures that saw the on-court mercury rise into the triple digits. On championship Wednesday, smoke from the Black Forest fire sixty miles to the south blanketed Gates Tennis Center with a thick haze and cast an orange, ashy pall over the trophy presentations.

As has become the norm in the last few years, Colorado players have risen to the occasion on this, the biggest stage. Of the eight singles champions that were crowned, half call Colorado home.

Maybe the biggest upset in the tournament came when 14-year-old **Samantha Martinelli** (Denver), the No. 8 seed, upended top-seeded Kimberly Yee (NV) for the Girls 18s title. Martinelli became the first Colorado champion in the G18 division since Krista Damico earned the crown in 2008.

Top-seeded **Kalyssa Hall** (Colorado Springs), fresh off her 4A High School singles title (see page 24), pounded out a convincing win against **Tate Schroeder** (Centennial) in the semis before dismissing the No. 4 seed Nevada Apollo (NV) in straight sets for the Girls 16s title, Colorado's first G16s win since 2006 (Simone Kalhorn).

Colorado players have traditionally fared well in the Girls 14s, and this year proved to be no exception as neither top-seeded **Jessica Aragon** (Fort Collins) nor fifth-seeded

Madison Gallegos (Denver) lost a single set en route to meeting each other in the finals. Gallegos earned her first-ever Sectional title with her straight-set victory over Aragon, then partnered with **Amber Shen** (Broomfield) to capture doubles gold a few hours later.

On the boys' side, No. 1 seed **Hayden Sabatka** (Highlands Ranch) needed three sets for both his Boys 18s quarterfinal and semifinal victories, but couldn't keep his momentum up in the final, falling to No. 6 Sam Tullis (Utah) in straight sets. In doubles action, Sabatka and **Matt Sayre** repeated their 2012 championship performance, downing the Nevada duo of Trevor Johnson and Yannik Mahlangu.

Ignatius Castelino (Superior) entered the Boys 16s final having beaten his higher seeded opponent in three straight matches, but he couldn't make it four-in-a-row facing Clayton Alenik (NV), who beat top-seeded **Spencer Lang** (Longmont) in the quarters and the No. 3 seed in the semis. Castelino faced Alenik again in the B16d final, but this time the gold would go to Castelino and his partner Azat Hankuliyev (Utah).

Top-seeded **Ethan Hillis** (Centennial) faced four consecutive Colorado players in his run to the Boys 14s final where he finally faced Nevada's Zach Garner, the No. 2 seed. The two played an epic final with Hillis winning the final two points in the third set tiebreak to earn a 6-4, 3-6, 7-6 victory. The pair faced each other again in the B14d final, and once again Hillis came up golden.

The duo of **Christian Holmes** (Littleton) and **Jett Middleton** (Columbine Valley) upset the No. 4 and No. 2 seeds in the Boys 14 doubles draw before falling 9-7 in the final.

Long-time CHSAA State Tennis Tournament Director Kent Waryan was the site director at Gates Tennis Center for the event, and was hugely impressed by what he saw. "The level of tennis was unbelievable but what stuck out most was the class and poise of not only the players but also the parents."

Find more photos at [FACEBOOK.com/USTACOLORADO](https://www.facebook.com/USTACOLORADO). Complete draws can be found on TennisLink, tournament #250000413.



INTERMOUNTAIN SUMMER SECTIONAL RESULTS/COLORADO

GIRLS

Girls 12 Singles: Morgan Hall (3), Mavis Edwards (5), Ky Ecton (6)

Girls 14 Singles: Madison Gallegos (1), Jessica Aragon (2), Amber Shen (3), Alex Pessoa (6)

Girls 16 Singles: Kalyssa Hall (1), Gabrielle Schuck (3), Tate Schroeder (4)

Girls 18 Singles: Samantha Martinelli (1)

Girls 12 Doubles: Morgan Hall (2)

Girls 14 Doubles: Gallegos/Shen (1)

Girls 16 Doubles: Gabrielle Schuck (1), Tate Schroeder (2)

Girls 18 Doubles: Nicole Kalhorn (2)

BOYS

Boys 12 Singles: Christian Holmes (5), Kosta Garger (6)

Boys 14 Singles: Ethan Hillis (1), Kap Smith (3), Draden Hoover (4), Tom Melville (5)

Boys 16 Singles: Ignatius Castelino (2), Connor McPherson (4)

Boys 18 Singles: Hayden Sabatka (2)

Boys 12 Doubles: Christian Holmes/Jett Middleton (2)

Boys 14 Doubles: Ethan Hillis (1)

Boys 16 Doubles: Castelino (1)

Boys 18 Doubles: Sabatka/Matt Sayre (1)

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Madison Gallegos and Jessica Aragon pick up their 1st and 2nd place hardware in the Girls 14 singles division.

Ethan Hillis readies a backhand during his three-set victory in the Boys 14s singles championship.



Girls 18s doubles finalist Nicole Kalhorn shares a hug with G18 singles champion Samantha Martinelli.



Morgan Hall (left) earned third place in Girls 12s singles, and was a doubles finalist.

Christian Holmes and Kosta Garger played an all-Colorado 5/6 Playoff in the Boys 12s singles division.



All photos by USTA Colorado

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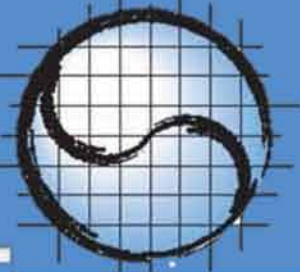


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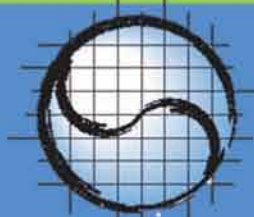
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PREP COMPETITION

FRESHMEN INTRODUCE THEMSELVES AT 2013 COLORADO STATE GIRLS' HIGH SCHOOL TENNIS CHAMPIONSHIPS

ANNOUNCING HER PRESENCE WITH AUTHORITY:

Cheyenne Mountain's talented freshman Kalyssa Hall is one of the state's rising stars. She marked her arrival on the prep scene with a convincing run to the 4A state title, the first 9th grader to capture a 4A title since Nicole Leimbach started her four-consecutive title run in 2001.



Photo courtesy of Chris McLean/Pueblo Chieftain

Call it a changing of the guard. Call it the Year of the Freshman. Call it whatever you want, but the prep tennis landscape seems to be going through a youth movement, if such a thing is possible. With the state's top tennis talent on display at the 2013 Colorado High School State Tennis Championships, a pair of freshmen took home the top prizes—the first time in Colorado history that both 5A and 4A No. 1 singles titles were won by 9th graders. The Class of 2016 also made its mark on No. 2 singles, as three of the four finalists at No. 2 singles are also freshmen. The wave of youngsters making such an early mark on the state tennis meet looks to continue into next year, as two of the top-ranked 8th graders in the country, Samantha Martinelli (Denver) and Ashley Lahey (Boulder), enter high school. Fans of prep tennis rejoice, the future looks very bright.

4A REPORT/CHEYENNE MOUNTAIN REACHES NEW HEIGHTS

Not that anyone expected an upset, but few thought Cheyenne Mountain could better their record haul of 89 team points in 2010 and 2011. But assistant coach **Doug Kretzinger**—who took the helm while longtime coach **Dave Adams** was attending the college graduation of his son, John, in Illinois—had his girls ready to play and the Indians rode five returning high school champions—**Alison Lynch, Payton Fielding, Caroline Fitzhugh, Lauran Renjard** and **Lara Walden**—to victory again, amassing a Colorado state record 92 points en route to the school's 5th consecutive victory, the program's 18th in its history.

Championship Saturday dawned maroon and white, as Cheyenne Mountain knew they had already clinched the team title having advanced into every final match. Freshman **Kalyssa Hall** got the ball rolling for the Indians, capturing the 4A title over 2011 champ and last year's runner-up **Meagan Monaghan** of Denver South. The first of just two stumbles for Cheyenne Mountain on the day took place at No. 3 singles, where transfer student **Suzy Xiao** of St Mary's Academy upended 9th grader **Daniela Adamczyk**. The Indians didn't drop a single set en route to winning doubles titles at No. 1, 2 and 3, before their final stumble at No. 4 doubles.

CLASS 4A RESULTS

TEAM SCORES: Cheyenne Mountain 92, St. Mary's 44, Kent Denver 42, D'Evelyn 34, Pueblo West 17, Denver South 14, Niwot 14, Colorado Academy 14, Air Academy 11, Valor Christian 10, Centaurus 9, Broomfield 8, Steamboat Springs 4, Peak to Peak 3, Mullen 2, Thompson Valley 2, Pueblo Centennial 1, Eaton 1, Discovery Canyons 1, Holy Family 1, Longmont 1, Palmer Ridge 1, University.

INDIVIDUAL RESULTS:

No. 1 Singles: (Championship) Kalyssa Hall, Cheyenne Mountain, def. Meagan Monaghan, Denver South, 6-3, 6-4. (Third Place) Alex Weil, St. Mary's, def. Glenna Gee-Taylor, Centaurus, 6-0, 6-1.

No. 2 Singles: (Championship) Payton Fielding, Cheyenne Mountain, def. Caroline Kawula, Kent Denver, 6-1, 6-2. (Third Place) Annie Horn, D'Evelyn, def. Ashley Burnett, Air Academy, 6-2, 6-3.

No. 3 Singles: (Championship) Suzy Xiao, St. Mary's, def. Daniela Adamczyk, Cheyenne Mountain, 7-6(5), 6-3. (Third Place) Lexi Reed, D'Evelyn, def. Allie Bravo, Pueblo West, 6-2, 6-2.

No. 1 Doubles: (Championship) Lauran Renjard/Jessica Metz, Cheyenne Mountain, def. Rachel Prokupek/Elizabeth Smedley, Kent Denver, 7-5, 6-4. (Third Place) Annie Hertel/Kaylee Pott, Valor Christian, def. Claire Chrisman/Nicole Schlatter, St. Mary's, 6-1, 6-1.

No. 2 Doubles: (Championship) Lara Walden/Allison Lynch, Cheyenne Mountain, def. Elaina Villanueva/Rachel Haas, St. Mary's, 6-2, 6-2. (Third Place) Abby Lydens/Kara Robbins, D'Evelyn, def. Lindsey Ross/Cassandra Ho, Broomfield, 6-4, 6-3.

No. 3 Doubles: (Championship) Caroline Fitzhugh/Tory Louis, Cheyenne Mountain, def. Lily Rogers-Masamori/Diandra Beckman, Kent Denver, 6-1, 6-3. (Third Place) Kaitlyn Skinner/Annika Jarvinen, Niwot, def. Amanda Seamann/Sarah Dinegar, D'Evelyn, 6-3, 6-1.

No. 4 Doubles: (Championship) Sage Lochhad/Claudia Morse, Colorado Academy, def. Megan Dibble/Elizabeth Stagnaro, Cheyenne Mountain, 6-4, 2-6, 6-3. (Third Place) Kate Herrington/Tempel Haifleigh, Kent Denver, def. Alicia Di Scipio/Janie Sieben, Niwot, 6-4, 6-4.

5A REPORT/CHANGING OF THE GUARD

Coming into the 5A tournament, all eyes were on nationally-ranked **Rebecca Weissmann**, the freshman sensation from Loveland High School. A sparkling talent, Weissmann was looking to become the first 9th grader to win a No. 1 singles title at 5A since Colorado Tennis Hall of Famer Alicia Salas did it in 1997. Salas would of course go on to win three more No. 1 titles, one of just three prep athletes to ever complete the sweep and the only player in 5A history to do so.

Weissmann didn't disappoint. Her methodical run through the draw culminated with a 6-3, 6-1 triumph over last year's finalist, Pine Creek sophomore **Nicole Kalhorn**. Although Weissmann has indicated she may not return to defend her title and seek to equal Salas' record, she has already made the record books with her win. Piggy-backing on her sister's (Jennifer) win in 2011, the Weissmanns became the first sister act to win a No. 1 title in state history.

On the team side, it looked to be a repeat of last year's battle between perennial powerhouse Cherry Creek—who boasted six former state champions in **Julie Berlinger**, **Madeleine Bernstein**, **Morgan Cohen**, **Mia Hoover**, **Julia Mannino** and **Kelli Woodman**—and three-time runner-up Fairview—who was returning two state champions in **Katie Kuosman** and **Katie Li**. But while Creek remained strong, winning at No. 2 singles (**Gloria Son**) and No. 1 (Bernstein/Berlinger) and 2 doubles (Cohen/Hoover), Fairview could manage just one state champ, Katie Li, at No. 3 singles. The surprise team of the tournament was Fossil Ridge, who put pressure on Creek going into Championship Saturday by putting teams in all four doubles finals. If Fossil Ridge could manage to win all four championship matches, it would knock Cherry Creek from the top spot. But as the losses started piling up, first at No. 1, then at No. 2, it became clear that Cherry Creek was going to win its 17th consecutive team title (31st overall). Fossil Ridge won at No. 3 doubles, as **Sam Penhale** and **Sam Lockwood** earned their school's first individual title since 2009. Creek finished with 67 points to Fossil Ridge's 46. Fairview finished just behind in third with 43 points.



CLASS 5A RESULTS

TEAM SCORES: Cherry Creek 67, Fossil Ridge 46, Fairview 43, Denver East 20, Arapahoe 19, Regis Jesuit 18, Loveland 17, Heritage 14, Pine Creek 14, Ponderosa 12, Ralston Valley 11, Highlands Ranch 11, Lakewood 8, Poudre 6, ThunderRidge 6, Rock Canyon 4, Doherty 3, Chatfield 2, Legend 2, Fort Collins 1.

INDIVIDUAL RESULTS:

No. 1 Singles: (Championship) Rebecca Weissmann, Loveland, def. Nicole Kalhorn, Pine Creek, 6-3, 6-1. (Third Place) Katie Kuosman, Fairview, def. Tate Schroeder, Arapahoe, 6-7 (5-7), 6-4, 7-6 (7-4).

No. 2 Singles: (Championship) Gloria Son, Cherry Creek, def. Natalie Munson, Fairview, 7-5, 6-1. (Third Place) Haley Chirico, Regis Jesuit, def. Isabella Melena, Ralston Valley, 7-5, 6-1.

No. 3 Singles: (Championship) Katie Li, Fairview, def. Natalia Dellavalle, Denver East, 6-2, 6-4. (Third Place) Rachel Scheper, Cherry Creek, def. Kari Keogh, Ponderosa, 6-1, 6-0.

No. 1 Doubles: (Championship) Madeleine Bernstein/Julie Berlinger, Cherry Creek, def. Andrea Motley/Shelby Mavis, Fossil Ridge, 6-0, 3-6, 6-3. (Third Place) Reily Cornell/Masha Nevski, Highlands Ranch, def. Sasha Harrison/Schafer Kowalchik, Lakewood, 6-1, 6-4.

No. 2 Doubles: (Championship) Morgan Cohen/Mia Hoover, Cherry Creek, def. Nicole Newell/Lauren Rhoda, Fossil Ridge, 6-1, 6-1. (Third Place) Katherine Nemechek/Jessica Butler, Regis Jesuit, def. Koy Ecton/Raven Dick, Poudre, 6-3, 7-6 (7-3).

No. 3 Doubles: (Championship) Sam Penhale/Sam Lockwood, Fossil Ridge, def. Madelyne Roberts/Julia Mannino, Cherry Creek, 1-6, 7-6 (7-5), 7-6 (7-3). (Third Place) Amy Farmer/Ginny Handcock, Heritage, def. Caroline Berzens/Laura Wells, Denver East, 7-5, 6-3.

No. 4 Doubles: (Championship) Callie Nicoulin/Lauren Myers, Arapahoe, def. Tara Teslow/Taylor Topeke, Fossil Ridge, 6-3, 6-2. (Third Place) Jessica Murphy/Anna Hewett, Cherry Creek, def. Erin Myles/Caroline McLeod, Heritage, 6-3, 3-6, 6-2.

UNBEATEN:

One of the country's best young players, Loveland's Rebecca Weissmann started her prep career on the highest note by winning the 5A singles title without dropping a set.

Photo by Kurt Desautels/USTA Colorado

COLLEGIATE NOTES

USAFA senior Dake earns national recognition

After a series of school firsts, US Air Force Academy senior **Hannah Dake** (Minnesota) was named the 2013 Women's ITA/Arthur Ashe Jr. Award for Leadership and Sportsmanship winner. Dake, this year's team MVP, has helped contribute to a number of firsts in Air Force women's tennis history. The three-time co-captain was part of the first Air Force doubles pair to win a round at the ITA/Riviera Women's All-American Championships, along with helping her team finish with a winning record for four consecutive seasons, a feat never before accomplished in the history of the program. She finished her career with a total of 82 doubles victories, the third most of any Air Force player.

During her career at Air Force she devoted her time to a number of community service efforts including organizing cadets to help out with the Skyway Elementary Halloween Carnival and the Starfit Kids 5K Race. She also spent time to help raise money for causes such as the March for Babies, which raises funds and awareness for premature babies, and the 5K Buddy Walk, which raises funds for children with Down Syndrome.

"Hannah's Arthur Ashe Award is the biggest honor a player can receive," said Air Force head coach Kim Gidley. "We are so proud of Hannah for her outstanding representation of the women's tennis program and the Air Force Academy. It is so great to see that Hannah's efforts on and off the court have been recognized and I know she will continue to serve and be a leader as she embarks on her Air Force career. For a coach, this is as big as it gets."

The ITA/Arthur Ashe Leadership and Sportsmanship Award recognizes outstanding individuals in all divisions at the regional and national level. In August the national winners are honored during a special ceremony hosted by the USTA during Arthur Ashe Kids' Day inside Ashe Stadium. This award which dates back to 1982, goes to NCAA Divisions I, II and III, NAIA and JUCO men's and women's players who have exhibited outstanding sportsmanship and leadership as well as scholastic, extracurricular and tennis achievements.

DU netters nab 10 WAC All-conference awards

Ten University of Denver tennis players were selected to All-conference teams by the Western Athletic Conference (WAC): Senior **Enej Bonin** (Slovenia) was named Western Athletic Conference men's tennis player of the year, while Bonin and **Jens Vorkefeld** (Germany) were each named to the All-WAC Singles First Team. Redshirt senior **Max Krammer** (Perchtoldsdorf, Austria) was selected to the All-WAC Second Team in singles. The senior tandems of Bonin and Vorkefeld, and Krammer and **Fabio Biasion** (Germany) were selected to the All-WAC First Team in doubles. In women's tennis, head coach **Jeremy Wurtzman** was named WAC women's tennis coach of the year. Seniors **Emma Isberg** (Sweden) and **Steffi Rath** (Austria) along with freshman

Kathryn Hughes (Wales) were named to the All-WAC Women's Singles First Team, while **Sophia Bergner** (Germany) and **Mandy van den Eerenbeemt** (Netherlands) were selected to the All-WAC Second Team in singles. The team of Hughes and junior **Caroline Schnell** (Greenwood Village, CO) were named to the All-WAC Second Team in doubles.

CU's Janssens & Quevedo named ITA Regional Winners

A pair of University of Colorado women's tennis student-athletes received Intercollegiate Tennis Association (ITA) accolades this week as freshman **Dhany Quevedo** (Venezuela) was named the Mountain Region Rookie of the Year, and senior-to-be **Winde Janssens** (Belgium) was named the region's Cissie Leary Award for Sportsmanship winner.

Quevedo is the fourth CU regional rookie of the year since 2004, while Janssens is the third CU tennis student-athlete since 2005 to earn the sportsmanship award.

The ITA/Cissie Leary sportsmanship honor is awarded to a Division I women's player who displays inspiring dedication and commitment to her team, which has enhanced her team's performance and exemplified the spirit of college tennis. It dates back to 1997 and is in memory of the late and widely admired University of Pennsylvania women's tennis coach Cissie Leary.

"Winde has always performed with a lot of heart on the court and she is a great representative to herself, her family and to the Buffalo family," Coach Nicole Kenneally said. "This award is a testament of how other schools and coaches view Winde in the heat of competition. We are excited to have Winde gracing us with her abilities for one more year before she graduates."

Big Sky Conference honors UNC players

One week after winning Northern Colorado's ultimate honor, the department of athletics outstanding athlete of the year, senior men's tennis player **Brandon Lupo** (Broomfield, CO) became the first Big Sky All-Conference First Team selection in school history. Both **Ben Gendron** (Texas) and **Claire Uhle** (Pennsylvania) were honorable mention picks as well.

Lupo finished his senior season with a 15-3 overall record, all at No. 1 singles, and was 6-3 against Big Sky Conference foes. Lupo was named to the All-Conference Second Team in 2012 after winning a team-best 15 matches in the fall and spring.

"Brandon had an amazing season and great career here at UNC," Coach Tim Bearman said. "I'm glad to see that the other coaches recognize his achievements and rewarded him with this honor. There are so many great players in the Big Sky and to make the first team is a great accomplishment. Brandon leaves a legacy here and I know his hard work and determination have made a huge impact on our program."



The **ITA Summer Circuit** will begin in July, with events held across the country in eight regional circuits (East, Mid-Atlantic, Southeast, Midwest, Central, Mountain, Texas and West). These open tournaments lead up to the USTA/ITA National Summer Championships in Bloomington, Indiana in August. The following events comprise the Mountain regional circuit:

July 6-8/Univ. of Colorado Boulder

Nicole Kenneally
<nicole.kenneally@colorado.edu>

July 12-14 /University of Denver

Jeremy Wurtzman
<jeremy.wurtzman@du.edu>

July 20-22 /US Air Force Academy

Kim Gidley
<kim.gidley@usafa.edu>

Nearly 30,000 men and women have competed in ITA Summer Circuit events since its inception in 1993. Although the primary focus of the circuit is to provide incoming freshmen and collegiate players the chance to compete in the summer months, ITA Summer Circuit events are categorized as "open"; therefore anyone is eligible to compete in these events as long as he/she is a current ITA member. Additional information can be found at <<http://www.itatennis.com/AboutITA/Membership.htm>>

Memberships are available for current college players, junior players, alumni and more.

Meanwhile, back at The Ranch...

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PROFILE

WESTERMAN MAKES THE GRADE WITH DU TENNIS

SINCE TAKING OVER THE UNIVERSITY OF DENVER MEN'S TENNIS PROGRAM IN 2006, COACH DANNY WESTERMAN HAS HELPED TRANSFORM THE PIONEERS INTO A PERENNIAL NCAA TOURNAMENT CONTENDER.

STORY BY
DOUG MCPHERSON

On a sunny, cool April day, Danny Westerman huddled his team on the show court at Gates Tennis Center in Denver — it looked like a huge mushroom had blossomed: white legs as the stem and a mass of maroon colored shirts as the umbrella top.

Westerman's squad, the University of Denver men's tennis team, had just dropped the first point in doubles to New Mexico State University in the semifinals of the 2013 Western Athletic Conference tournament.

DU was the top seed. But now they were down.

"Stay composed guys," Westerman told his players. "If we stay calm and play close to our potential, we can find four points. Trust your first thoughts and believe in each other. Play with energy and stay positive."

Suddenly a loud cheer erupted and the mushroom dispersed — players paced to their respective courts and roughly 90 minutes later, handed their opponents a tournament exit.

A day later, DU sent the University of Idaho packing, 4-0, to capture the WAC, a men's team first, and a berth into the NCAA tournament.

In the NAAs, DU faced the University of Florida, the 15th best team in the country and the top-ranked squad in their section of the draw. And if that wasn't enough — Florida was on its own turf in Gainesville, Fla. But none of that mattered on May 10th. DU took 'em out 4-3. The men's first-ever NCAA tennis tourney win.

Westerman's phone lit up with texts telling him it was one of the biggest upsets in the NCAA tournament ever.

"That's up for debate, but nevertheless, we wrote history," Westerman said. "That's our highest ranked win ... an incredible moment for our program."

DU lost the next round to California 4-1, but Westerman was still savoring the Florida win. "That was the highlight of my coaching career."

Westerman, 33, had one heck of a playing career, too. At the University of Wisconsin he rose to 16 in the nation.

After college, he played a few of the minor league events but ankle surgery stopped him cold. He became a coaching assistant at Wisconsin in 2003 and immediately liked it. "I love the competition and trying to get the most from players."

In 2006, the DU position opened and he snagged it.

During matches, Westerman walks between courts with his hands linked behind his back — taking in the action and forming strategy for his players at change overs.

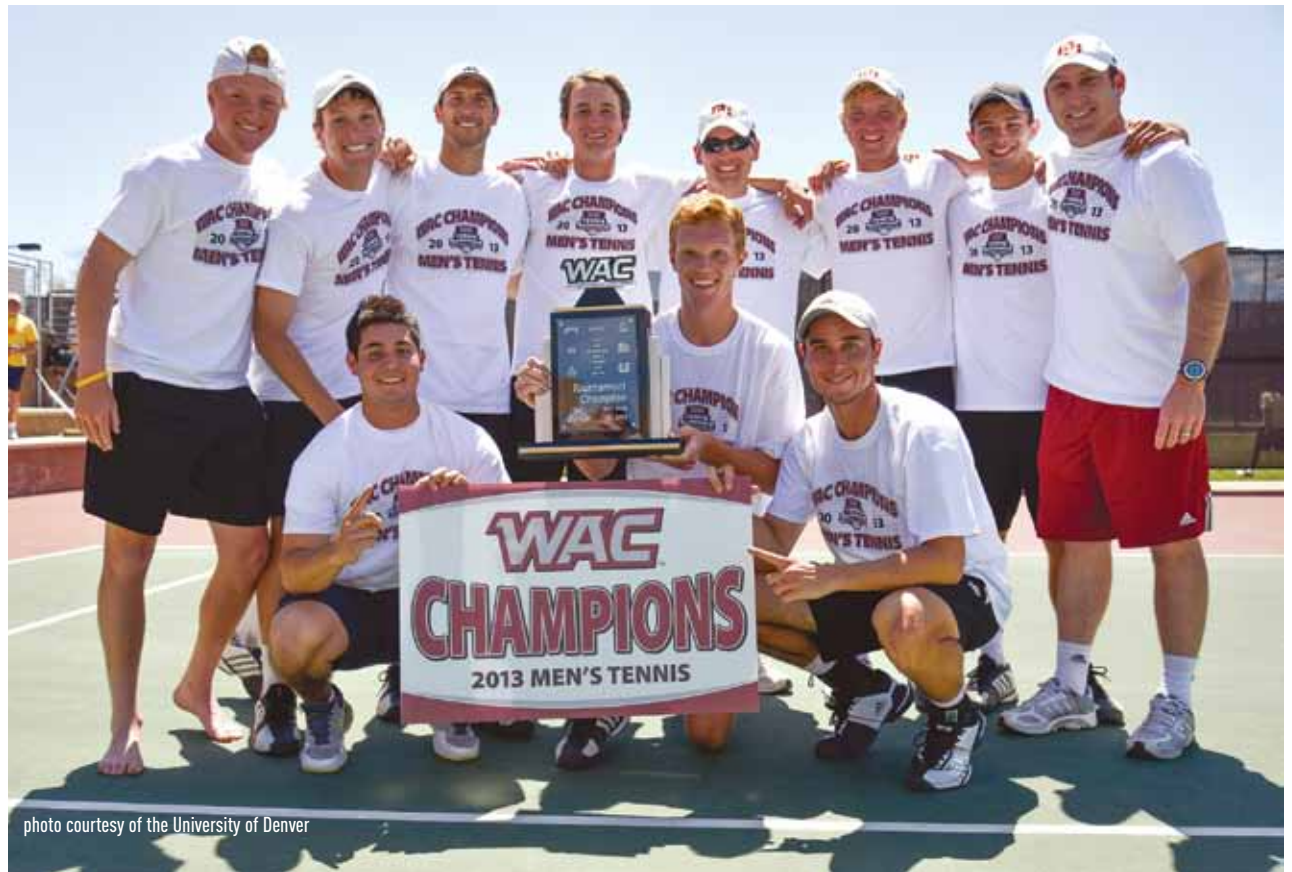
Evidently something he's good at. One of his players, Alex Clinkenbeard, a junior from Loveland, Colo., credits Westerman for making "light-year-like improvements" to his game.

"He knows how to exploit opponents' weaknesses," Clinkenbeard says. "And overall, he reformed my technique and he gave a lot of time to help me."

Westerman's secret to making players better? "I wish I could say I have a specific philosophy. But mine is to work as hard as you can where you can have no regrets. If our players can look in the mirror and say they've done everything they can, then I'm ok with everything. A full 100 percent effort is the minimum to be on the team. You ultimately get what you deserve. There are no shortcuts to success."

The son of gritty, smart and hard-working parents who came here in 1979 from the former Soviet Union, Westerman has a no-nonsense approach to coaching, and he doesn't suffer idle feet or lack of effort well.

"He's passionate and intense. I've heard some four-letter



DU wins WAC Championship in final year before moving to Summit

In its final year of competition in the Western Athletic Conference, the University of Denver Men's Tennis Squad rode its top seeding to a championship win in Denver. Coach Danny Westerman (standing at right) then led his team to a first round upset of No. 15-ranked Florida in the NCAA Division I Championships. DU moves to the Summit League beginning next school year.

"... WORK AS HARD AS YOU CAN WHERE YOU CAN HAVE NO REGRETS. A FULL 100 PERCENT EFFORT IS THE MINIMUM TO BE ON THE TEAM. YOU ULTIMATELY GET WHAT YOU DESERVE.

THERE ARE NO SHORTCUTS TO SUCCESS."

words while I've been here, but I'm okay with that," Clinkenbeard says. "If you mess up and don't do your job, you have to be held accountable — accountable to yourself and the team."

A few days after the season with reflection time under his belt, Westerman, whose overall DU record is 93-64, said of the history-making season, "What I'm most proud of is my relationship with my players. Hopefully their time here helped them prepare for life after college. Learning about teamwork, true hard work, handling pressure, doing more and talking less, learning to be uncomfortable, unselfishness and being open to criticism."

Earlier this year, Westerman added a new man on his roster: he and his wife had a son.

"Being a parent truly changes everything. Yeah, the losses are never easy, but coming home and picking up my son certainly helps." 🙏

HEY JUNIORS... WANNA PLAY COLLEGE TENNIS?

5 tips from a DU coach Danny Westerman....

1. See the big picture. Tennis should be fun and teach you hard work, discipline and dealing with losses. The end game shouldn't be a college scholarship. It should be to get as good as you can through hard work and hopefully a college is interested.
2. Understand you don't deserve to win just because you try hard. You deserve the opportunity to win.
3. Learn from your losses and play to win.
4. Play a lot of practice sets to try new strategies and techniques without pressure.
5. Work harder than others. Don't try to be the cool guy that makes it look easy.

Source: Danny Westerman, head coach of men's tennis at the University of Denver.



THEBIGCHAIR

STATE OF THE DISTRICT NEWS FROM USTA COLORADO HEADQUARTERS

FRITZGARGER
USTA COLORADO EXECUTIVE DIRECTOR

Greetings from USTA Colorado headquarters! We went from winter to summer in a blink of an eye, with virtually no spring season to speak of, weather-wise. And in another blink of an eye we'll be into July!

Some significant changes have been implemented in our programming for 2013. Some of these changes (i.e. Adult/Senior League age divisions) were mandated by USTA National; and others (12s entry level and intermediates use of green balls and 10s division non-gender specific options in league play) were instituted by our own respective committees and Board.

Not knowing how the adult league play participation would pan out, we are just now getting our first glimpse with this inaugural season with the new age structure. Without question we knew there would be some shifting, but the aggregate is still showing how strong our league program is, as there continues to be solid increases in overall play. The increase in number of teams for our Junior Team Tennis 10 & Under level is a good indication that facility representatives are receptive and taking advantage of being able to assemble teams to accommodate all of the 10s players, regardless of gender. That's exciting!

And while a more subjective barometer, from first-hand experience as a spectator, the 60' court/orange ball league and tournament play is a major step in the right direction. And we anticipate the use of the green ball for the intermediate and entry-level 12 & Under league play will be beneficial and well-received by the competitors as well as our tournament participants in the Challenger and Futures events in the 12s. The primary goal is to create the best possible environment for kids to enjoy the sport. And in those ages and skill levels—being able to track down more balls, hit more shots (thereby having longer rallies) with greater success in more points, equates to a far more enjoyable experience. We want to get people engaged in our sport—but then we have to 'keep' them engaged. These changes are designed to do just that.

These changes when coupled with our outreach efforts are a perfect marriage in the promotion and development of the growth of tennis in Colorado. The support of Subaru (the official vehicle of USTA Colorado) for our Racquets For All initiative (see cover story) is

incredibly meaningful as we strive to get more racquets in the hands of youngsters to experience the sport. Partners like Subaru are invaluable and make a big difference in building strong communities across the state. Kids get involved in an active sport and they often entice a parent, aunt, uncle or grandparent to get out on the court as well.

Another partner who has proven instrumental in bringing tennis into communities has been Sport Court of the Rockies. We've set up our 36' court at two festivals already this year (with two more planned) with the goal of introducing and attracting new players to the sport, especially kids 10 and under. The first two festivals were the Five Points Jazz Festival in downtown Denver, and the Get Outdoors Day in Denver's City Park. Both events drew huge crowds and gave tens of thousands of families the chance to see tennis in action and to participate on court.

The next two events (see page 13) will be in Colorado Springs (July 26) and Loveland (August 24), where we'll bring tennis to a whole new generation of players. Our Sport Court is an exceptional product and ideal in a wide variety of situations. Their support and commitment has been tremendous and has enhanced significantly the image and appeal of USTA Colorado and our promotions at these events. We now have a first-class court to showcase our sport to thousands of people across the state.

We are trying to get more people into the game. Our community outreach and the programs we offer and the changes we've made over the years exemplify that effort. And we're excited about future opportunities as well. We will review and assess all our existing programs and fine-tune as needed. But we will also continue to explore additional opportunities that make a difference in getting people out on a court to stay (or get) fit and socialize.

As has been noted time and again, it's a team effort. We appreciate everyone who supports the mission of promoting this sport. Tennis is a big part of the lives of so many Coloradans—we're hoping to build on that base to affect more people so they (and their communities) can benefit from all this sport has to offer. 🎾

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THE LAST WORD

THE LATEST INTERNET CRAZE CRACKING THE NTRP CODE

Pop quiz: "What is X+10?" Let's get back to your answer in just a minute, but first let's discuss your NTRP fantasies. If you were told that you could find out your NTRP rating right down to the hundredth—that you are a 3.23 and not just a 3.5—would you want to know?

The question is reminiscent of The Matrix movies.... What would you do differently if you swallowed the red pill and followed the rabbit hole down to reality, right down to the hundredth?

Many league players around the country have recently discovered some of the internet sites that are publishing players' purported NTRP ratings beyond the first decimal. Some of the sites provide the information free of charge <<http://tennisleaguestats.com>> and some do it for a "small" fee <twitter.com/computerratings>. Apparently, there are a handful of very bored people out there in Internetland that have taken the time not only to write code to predict NTRP ratings to the hundredth, but have then undertaken the task of linking the results to players' results. It's very slick.

The problem? They aren't accurate. They aren't even close, and by "not even close" I mean WAY OFF. How far off? I had our Adult League Department run a list of 20 random Colorado league players and compared their NTRP ratings with the results provided on one of these sites. Of the 20 compared, only one was within 10% off... and it was 10% off. More than half returned the wrong NTRP rating altogether. It's no wonder the site contains the fine print: "The USTA Does Not Create Or Endorse TLS Ratings."


So now you ask, "what does that mean?" Remember our quiz? The "X" variable makes it impossible to answer the question with any degree of accuracy. That's what is going on here. The matrix used and marketed by these internet peddlers is fun, but pointless, because it has no relationship to your actual rating. So you think you're swallowing the red pill, but it doesn't lead down the rabbit hole to reality. These sites approximate the starting point hoping that its manufactured version of reality is close enough to the real version so that you're unable to discern which version is real.

So my recommendation is, before you load up your favorite search engine and Google yourself, hoping to discover the ever-elusive hundredths-place in your rating, remember this—you're better off throwing darts at a board or asking the Magic 8 Ball for its perspective.

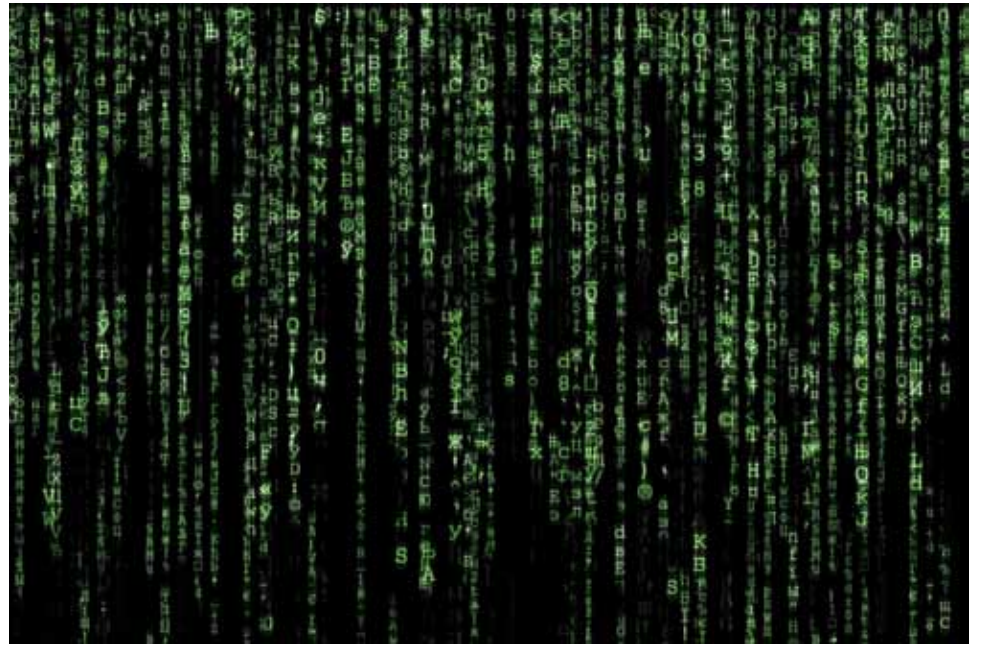
There is no Neo, no Morpheus and no Mr. Smith.

Just take it all with a grain of salt. And please pass the french fries. ☺

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KURT DESAUTELES
EDITOR, COLORADO TENNIS



The Elusive Hundreth....

Ever since web sites have popped up on the internet that promise to give players their NTRP rating down to the hundredth, we've been peppered with calls as to whether or not the information was accurate, if it's worth the time and money, and if it's genuine.

The long version of the answer can be found in the article. The short version is....NO.

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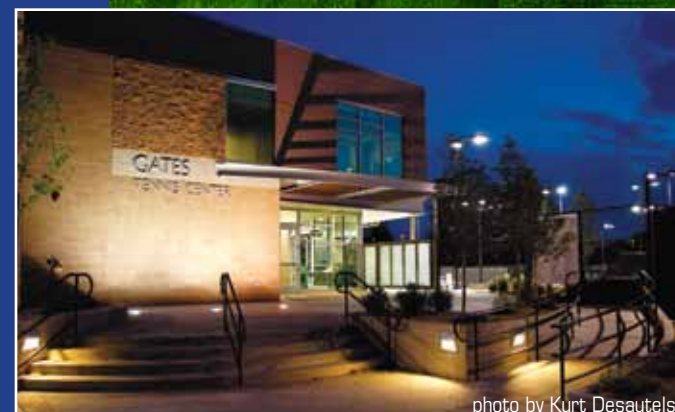


photo by Kurt Desautels

ABOUT USTA COLORADO

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

We provide grants to organizations that want to introduce tennis to their communities and we offer scholarships to junior players who seek to take their game to the next level. We coordinate adult league play for more than 33,000 players across the state, and offer programs for junior players of all ages and abilities. Our sanctioned tournament schedule offers more than 170 events this year, including opportunities for wheelchair athletes.

We are in the parks. We are in recreation centers and in private clubs. We are in schools helping physical education teachers introduce our kids to a game that they can play for a lifetime, keeping them fit and healthy. We believe that fundamental tennis principles like sportsmanship, hard work and personal responsibility translate into every area of life. Through tennis we are helping people realize their potential both on and off the court.

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

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

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USTA COLORADO

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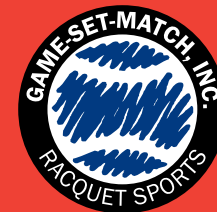
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