

National Open entry deadline June 1
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Center Court

USTA Pres visits Tennis Fest



BTC Director Kent Sligh, USTA President Franklin Johnson and BTC President Robin Rodger.

Nearly a thousand people swarmed BTC for our annual Tennis Fest, and one of them was the President of the USTA, Franklin Johnson.

Long championed by BTC Tennis Director Geoff Griffin, Tennis Fest grows bigger and more diverse every year.

Franklin Johnson attended as part of his emphasis on promoting tennis in our nation's parks. Johnson grew up in the San Diego area. If you want to see him as a junior player, check out the Harper Ink photos in the clubhouse.

Head Coach Gene Carswell and some of the San Diego State University players put on an exhibition in our stadium.

Presented by the San Diego District Tennis Association, Tennis Fest is a free event featuring USPTA Pros, celebrity

coaches and dozens of tennis-oriented manufacturers and organizations.

With music and all sorts of trade booths, Tennis fest was once again a huge party dedicated to tennis!

Open to players of all levels, from seasoned players to first time players, free clinics focused on a variety of skills, including forehands, backhands, volleys, serves and footwork.

All the biggest names in equipment were there, including Wilson, Head, Pro Penn, Dunlop, Babolat, Reebok, Volkl.

The first 700 people who pre-registered received a welcome bag which included a 2005 Tennis Fest t-shirt. See photo of volunteers on page 6. More photos are available online at www.balboatennis.com.

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BTC buys AED

Lifesaving technology here now

BTC now has an Automated External Defibrillator (AED) we can use to rescue a heart attack victim.

An AED is a device about the size of a laptop computer that analyzes the heart's rhythm for any abnormalities and, if necessary, directs the rescuer to deliver an electrical shock to the victim.

The machine won't shock unless it's needed, so it can't be misused.

AEDs are designed for use by non-medical personnel.

You can use an AED even if you've never been trained.

Just open the cover and the machine literally talks to you. A clear, loud voice tells

the user what to do step by step.

BTC bought its AED from San Diego Project Heartbeat. We received a discount, and we signed up for a program that will insure the proper maintenance of our AED over the years to come.

In January the Balboa Tennis Club began a policy of providing CPR training to its staff.

Don, George, Gil and Kent have been CPR certified, and Alex will attend an upcoming class.

The pros are being trained too. Geoff and Chaz recently took the CPR class, along with David. Kevin and Mario will be certified

soon.

The goal is for the desk staff and teaching pros to maintain current CPR certification from now on.

The AED is possibly the most important part of our life-saving plan. An AED is much more effective than traditional CPR alone.

The AED is stored behind the reservations area.

In an emergency, call 911 from the nearest available phone and notify the reservations clerk to get the AED.

If the reservations clerk is making their rounds, use the air horn at the window to signal

them that the AED is needed.

The air horn is only to be used in life-threatening emergencies.

The BTC staff knows the key to surviving sudden cardiac arrest is the speed of response.

In addition to CPR, most cardiac arrest victims need an immediate electrical shock to restore the heart's rhythm.

If a victim receives a shock within 1 minute, there is a 90% chance of resuscitation.

If a victim must wait ten minutes for a shock, the chance of survival drops to less than 5%.

In an emergency, call 911 and notify the reservations clerk.



2221 Morley Field Drive
San Diego, Calif. 92104
295-9278

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Board Members

Kent Sligh
Director

Geoff Griffin
Tennis Director

Board meetings are at 7 p.m. every third Tuesday of the month in the BTC Clubhouse. All members are welcome.

The BTC Main Office is open Monday through Friday.

The reservations desk is open 8 a.m. to 8 p.m. Monday through Friday; 8 a.m. to 6 p.m. Saturday and Sunday

The club is closed on New Years Day, Thanksgiving, and Christmas.

Reservations & Info... 295-9278

Director's Office..... 295-4242

Pro Shop..... 291-5248

Tennis Café 299-8787

Submissions to the newsletter are welcome.
Call 295-4242

Why not lighten up for spring?

By Robin Rodger, BTC President

The rainy season seems to have past, and spring is here. That is certainly a cause for celebration.

We at Balboa Tennis Club are very supportive of each other and strive to appreciate each others strengths.

As our level improves and we stretch to gain new heights in our game, we need to remember that there are new members and players continually starting to play this game we all love.

Try to encourage these people and be patient as they learn the rules of court etiquette.

Don't assume someone is being rude if they throw a ball back in the middle of the point, or if they don't know the number of balls they are using, or they enter the court in the middle of a point.

Let's all lengthen our fuses and patiently and nicely explain a rule, not sneer or roll our eyes or verbally abuse someone who may be totally unaware of what they have done.

Our lives don't depend on each point so let's be supportive of each other and RELAX.

The City has brought our wheelchair ramp in the parking lot up to code. Fortunately we did not have to use any of our funds for this improvement.

We have gotten our estimate for the backboard improvement plan we've had in the works for a while. It is \$88,000. We do not have that amount saved up yet, so it's back to the drawing board and trying to find more funds.

We are still looking into getting the patio on the roof of the clubhouse rehabilitated to allow members to sit up there and enjoy a sandwich.

We recently met with Kathleen Hasenauer from the Park and Recreation Department, and she is trying to get a structural engineer to look at the project for approval. The lower lights are still on the radar screen, but need a large amount of money.

Our bench campaign will be beginning soon. This is a good way to contribute and get a bench with

your name or your group on it. So pick your court and get your money in first!!

Our youth program is reaching out to many children that would otherwise not be exposed to tennis.

Armin Afsahi is heading up an effort to get corporate contributions for this worthy project. If you would like to assist our pros on Tuesday or Thursday afternoons for an hour or two tossing balls, please call Geoff Griffin, our Tennis Director. If you have any leads on corporate donations, please call Armin Afsahi.

Which reminds me, if you haven't picked up the new club directory they are available at the desk for no charge. These are great for finding phone numbers to volunteer or to set up games.

We are looking into several ways we can improve our annual Member Tournament. The date this year had conflicts and we would like to add a dinner in the clubhouse, on the first Saturday night of the tournament if possible.

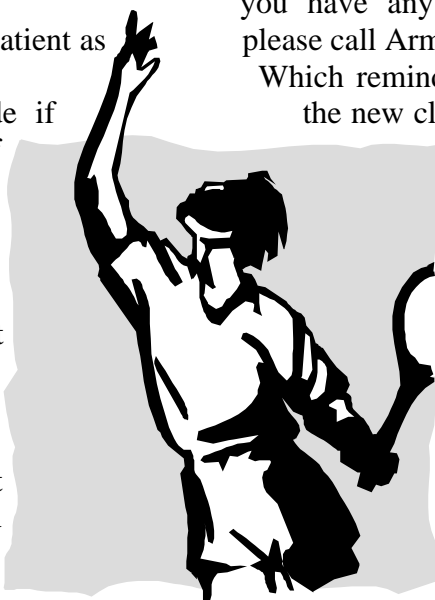
A committee will be bringing ideas to the next board meeting. If you have any ideas to improve this tournament please contact our Director, Kent Sligh (619) 295-4242.

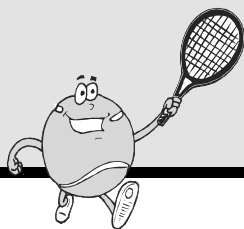
Think about entering some of the upcoming tournaments in the next several months, or join our volunteer group, which helps with court monitoring using walkie talkies during the tournaments.

Terry Overbey is the chairman of this group and would love to add you to his committee. You can call him or call Kent.

Linda Stadelli is in charge of several committees. If you enjoy gardening, or would like to help revitalize the picture cases in the club house, or help start a club scrap book, Linda can use your help. Call her at 688-0784.

There is something for everyone, so get involved and get to know more of our wonderful and interesting members.





Tennis Tips...

...from the pros

What do you want out of your tennis?

By Geoff Griffin
BTC Tennis Director

April 17 – 19, I was in Houston, Texas. I joined all the presidents and vice presidents from the 15 or so USPTA divisions for our semi annual meeting. A large part of our discussions were about the changing styles of tennis.

If you haven't noticed, tennis has become a very powerful game. Perhaps the reason you don't see many serve and volleyers anymore.

It's just too hard to counterpunch the vicious forehands and backhands being pounded at you. Volleyers today feel they must end the point very quickly or pay the consequences.

Open stance groundstroke is the hottest topic of our country's top teaching professionals. We all know that this style is dominating the pro circuit. What is hard for us is that there is a lot of disagreement on when to start teaching it to our students.

In my opinion all beginners junior and adult should begin tennis learning to close their stances. Turning sideways with your feet pointed to the side fence is the easiest way for a new player to get to the point where they can eventually have a rally.

The argument against this is that if the player is committed to becoming a great player one day, won't changing their stances later on be difficult? I personally don't think so. Plus even world class players still need to close their stances at times.

There are exceptions to this. Some beginners are such great athletes that they can pick up things very quickly. Experienced teaching pros will see this and move on to high performance technique sooner.

What I don't like to see, however, is a new player hitting the ball like Juan Carlos Ferrero but missing

9 out of 10, some of which launched into Florida Canyon.

Bottom line is this: If you want to learn high performance technique make sure you are willing to be patient and do a lot of work.

We studied a lot of video while in Texas. We studied in slow motion the open stance forehands of Federer, Hewitt, Safin and Ferrero.

Though there were differences in grips and follow throughs, there were some very distinct similarities. The two things consistent in all four players were:

1. Loading on their right foot. You can describe it as loading or maybe anchoring. Regardless, what they are getting is a solid platform to generate a great deal of power from their legs.

Now try to picture a closed stance forehand. You can't get much load on the right foot. It is too close to the body. There is just a little pause before all the weight shifts to the left foot.

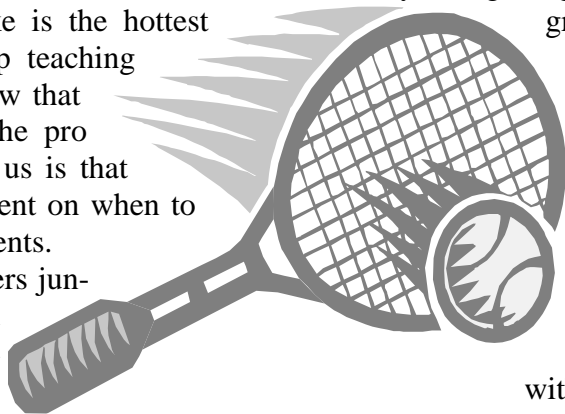
2. The other consistency among these four players is body rotation.

A closed stance forehand finishes with the chest and right elbow pointed to the net. All four of these players ended their swings with their chest and right elbow another quarter turn further.

Today's forehand is a powerful one. Here is a three word comparison of the closed stance forehand and the open stance forehand. The closed stance: Turn, Step, Hit. The open stance: Load, Pound, Land.

If you looked at all the tennis players in the world, the forehand would be the most important shot to master.

Now it's up to you to decide what your goals are and then begin to achieve them through your forehand. We as professionals don't want to lose you.



Spotlight on Balboa's best



A legend leaves a legacy

By Pete Sullivan

In mid November, Don Sacco, Warren Kohmen, Bill Wright, Herb and Shelby Bistrow and myself were joined by Bob McDonald in Pacific Beach for an Italian lunch.

The conversation was typically “guy” stuff. We got to focusing on Bob’s tennis career.

In his usual fashion, Bob was minimizing his athletic feats, on and off the court.

Eventually he was asked what was his greatest tennis victory.

His initial response was typical Bob — something to the effect that he couldn’t remember which was the best.

Dominic simply exploded, snorting that he knew, absolutely, which of Bob’s victories was his best:

In San Francisco, with Dom watching in the stands, Bob McDonald and Ed Doane were playing in the nationals.

Of course Bob and Ed reached the semi-finals (why else the story) and had to face two well known tennis champions — Robin Hippenstiel, a frequent gold ball winner — and a little guy by the name of Bobby Riggs.

By now Bob was caught up telling the tale (with

obvious enjoyment).

Bob and his partner won the first set. Then Bob said he slowly proceeded to choke big time.

With Hippenstiel and Riggs leading in the second set, Bob decided he had nothing to lose — no one expected them to win.

His nervousness vanished. Bob and Ed won in straight sets, 6-3, 7-5.

He and Ed won the finals against Bob Galloway and Charlie Lass the next day, 6-4, 3-6, 7-5.

By the end of the story Bob had a major smile on his face and was happy to respond to questions from the rest of us.

Without a doubt, the best question was when Bill Wright asked if Bob could remember the winning point.

Bob smiled, paused, and replied, “I remember every shot.”

The Balboa Tennis Club has lost a member who represented the club very well at the highest levels for a long time.

For those of us fortunate enough to have known Bob and played with him — we have lost a great friend.

League update: New captains needed, correction

There has been some interest in creating a new A team, but Thursdays are full.

Balboa could use an A team on Fridays, however, and there is a lot of room for B, BB and C leagues here at BTC. Anyone interested can find out more by contacting Geri Dance (619) 303-

4300, Carol Jory (858) 270-7587 or Leslie Waite (858) 755-8110.

Our last issue contained an error in this space, incorrectly listing the starting age for Super seniors as 65 — in fact this is the first year the age division begins at sixty! So here it is again, with the corrected information: USA

Super Senior League (60+) at NTRP 'combo' levels 6.0, 7.0, 8.0, 9.0 plays throughout the county July and August - Friday mornings (women) and Saturdays (men). Area Winners advance to SCTA Sectionals. Contact Leslie Waite (858) 755-8110. Senior League (50+) begins in July too.

TENNIS FEST PROS

BTC thanks our volunteer pros: Geoff and Chaz Griffin, Mario DiLonardo, Mike Feldman and David Soucek. Members included Darice Carnaje, Eddie and Eduardo Corvera, Mark Schmursal, Neil Johnson, Susan Pratt, Ben Press, and Dennis Warde among others!



Board vote affirms BTC as positively pro pooch

Since our last newsletter was published, BTC President Robin Rodger received a complaint about dogs at the Balboa Tennis Club.

There was a suggestion that dogs not be allowed on the court, in part because they might relieve themselves.

Certainly everyone agrees that dogs don't have any business on the playing surface.

But what about owners who like their well-behaved dogs to sit courtside while they play?

Robin and BTC Director Kent Sligh each had separate conversations with Park and Recreation and confirmed that the city has no regulations that would suggest dogs be prohibited from our courts.

The matter was then brought before our Board of Directors and, after some discussion, there was a vote to approve a motion that dogs be allowed beside the courtside benches as long as they are not creating a disturbance.

The board recognized that our proximity to the dog park means there will always be dogs at our facility, and many of our members own dogs.

Of course BTC will not permit any dog to interfere with the public's ability to use and enjoy our facility.

BTC staff will ask the owner to remove any dog that is creating a disturbance.

Please report any errant dogs (or any other disturbance) to the Reservations Desk immediately.

Sponsor a bench!

Support our campaign to replace courtside benches

After evaluating a number of designs, a committee has selected a very sturdy 6 foot bench made from solid recycled plastic. Plans call for all courtside benches to be replaced as funding allows.

Your contribution of \$600 will provide the necessary funding to replace one bench. In recognition of your gift, the Balboa Tennis Club will acknowledge your gift on each bench.

To learn how to make your support tax-deductible or if you have any other questions, please contact Armin Afsahi at (619) 278-8780 or via e-mail at armin@traxus.com.

Or fill out this form and mail it to: BENCHES, Balboa Tennis Club, 2221 Morley Field Drive, San Diego, CA 92104.

Participation is limited. Priority will be given to those who respond first.



NAME: _____
 ADDRESS: _____

 PHONE: _____
 E-MAIL: _____
 NUMBER OF BENCHES: _____
 PREFERRED COURT(S): _____

Free Clinics for Kids

This is a picture from one of Geoff's Tuesday classes, which is free to all kids every Tuesday at 4 p.m.

Geoff gave all the kids a t-shirt on this particular Tuesday. Pictured with Geoff are Steve Kaplan and Dennis Warde. Geoff's other great volunteers who are not pictured are James Felder, Mark Gregory, Chuck Miller, Steve Myatt, and Chuck's friend Frank Rohrbach.



Theft won't dampen kids enthusiasm for tennis

As many of you know, Geoff Griffin runs our Junior program here at the Balboa Tennis Club. Along with other volunteers, Geoff provides free clinics for children on Tuesdays at 4 p.m.

A few weeks ago Geoff's ball shed was broken into and approximately 30 tennis racquets were stolen. Unfortunately, these were the racquets we loan to kids who don't have their own racquet.

The racquets themselves were not particularly valuable, as most of them were old, donated racquets, but the Junior Program can not afford to buy

that many replacement racquets for the kids.

Do you have an old racquet you're not using? The kids could put it to good use.

Also, volunteers are always needed to assist pros, especially with kids under 6 years old. No teaching experience necessary, just the ability to hand toss a ball!

The best part is the feeling of satisfaction you'll get: The kids will call you "Coach."

Whether you have a racquet or a donation or you want to volunteer, ask for Geoff in the pro shop.

Calendar of events

May

1	TENNIS FEST 2005!
14-15	HENDRICKSON MEMORIAL WHEELCHAIR TOURNAMENT
17	BTC BOARD MEETING

June

4	3 PM FREE TENNIS CLINIC—OPEN TO EVERYONE!
13-19	USTA NATIONAL OPEN CHAMPIONSHIPS
21	BTC BOARD MEETING

July

2-4	SD TENNIS FEDERATION SAN DIEGO OPEN
19	BTC BOARD MEETING
22-24, 29-31	76th MAUREEN CONNOLLY BTC OPEN

August

1-5	BALBOA JUNIOR CHAMPIONSHIPS
17	BTC BOARD MEETING
20	3 PM FREE TENNIS CLINIC—OPEN TO EVERYONE!
26-28, Sep 3-5	77th SD DISTRICT CHAMPIONSHIPS

Center Court

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