



# NORTHERN EXPOSURE

MAGAZINE

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OCTOBER 2016

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# Apply Today For 2017-18 USTA NORTHERN COMMITTEES

USTA Northern is one of 17 sections that comprise the USTA and our mission is to “promote and develop the growth of tennis.” However, did you know that USTA Northern is a 501 (c)(3) non-profit organization which relies heavily on volunteers, like you, to grow the game?

The benefits of volunteering are countless. You can learn or develop a new skill. You can enhance the community you live in or a program/initiative you care deeply about. Volunteering can be motivating by providing a sense of achievement. Through volunteering, you can find new interests and hobbies. You can meet a diverse range of people, and much, much more.

USTA Northern has 15 committees which oversee the majority of our priority programs and services. Those committees include: **Adult Leagues Committee, Adult Leagues Medical Review Committee, Adult Leagues Self-Rate Appeal Committee, Adult Leagues and Tournament Grievance Committee, Awards Committee, CTA/NJTL Committee, Diversity and Inclusion Committee, Grants Committee, Hall of Fame Committee, Junior Competition Committee, Junior Player ID Committee, Junior Team Tennis Committee, Serving Up Love Committee, Officials Committee, Officials Disciplinary Committee.** More specific details about the committees and their charges are available at [northern.usta.com](http://northern.usta.com).

The primary roles of a committee member include:

1. Recommending ideas, thoughts and changes to Committee Chair and Staff Liaison on any new or existing programs, services or initiatives the Committee oversee.
2. Review, monitor and evaluate those programs and activities connected to Committee duties to ensure the Committee and Staff Liaison meet its goals.
3. Work together with volunteers and staff in the spirit of cooperation and teamwork.

Service terms are two years (2017-18) and candidates are welcome from all geographical areas of the Section (Minnesota, North and South Dakota and Northwestern Wisconsin). Committees meet anywhere from 2-8 times per year, and much of the work can be done via teleconference or webinars to accommodate all committee members, no matter where they reside.

The deadline to apply is Friday, Oct. 21. To apply, visit <http://bit.ly/2bRy14u>.

**A reminder ... If you are currently serving on a committee, you must reapply to be considered once again for the 2017-18 term.**

USTA Northern prides itself on providing the best possible services to our members. We can only do this with the help from our volunteer base. Working together, volunteers and staff, we can and will continue to impact lives through this wonderful game.

Questions? Please contact **Mike Goldammer** at [goldammer@northern.usta.com](mailto:goldammer@northern.usta.com) or at (952) 887-5001.



Apply for a committee today at <http://bit.ly/2bRy14u>.  
 Deadline to apply is October 21.





# CommUNITY Tennis Workshop November 18-19

Tennis enthusiasts unite by attending the 2016 CommUNITY Tennis Workshop November 18-19, at Minnesota Valley Country Club in Bloomington, Minn., and the Fred Wells Tennis & Education Center in St. Paul, Minn.

Be inspired, form connections and equip yourself with the knowledge and tools needed to make tennis grow in your community. There will be opportunities to network, share best practices, learn from industry leaders on and off the court and PLAY tennis. Keynote speakers for the 2016 CommUNITY Tennis Workshop are former ATP Players Council President and freshly retired pro **Eric Butorac** of Rochester, Minn, USTA National Director of Junior Play and Competition **Craig Jones** and USTA General Manager of Community and Youth Tennis **Craig Morris**.

Friday's events, at Minnesota Valley Country Club, start with breakfast and a Tennis Facilities Manager/Tennis Directors Forum, followed by Jones, who will introduce the USTA's new 10U Pathway that takes effect January 1, 2017, in USTA Northern (see page 7). Jones will also go over the new Junior NTRP Ratings. Morris then provides an overview of the USTA's new direction regarding community and youth tennis. **Christine Nickels** will also give a preview of USTA Northern programs and services for 2017. Following lunch, a roundtable for park and rec/community educators will take place, in addition to table topics about junior tournaments, 2017 USTA Junior Team Tennis changes, the new 10U Pathway, grants and more.

Butorac, who won 14 ATP Doubles titles in his career and was a finalist at the 2014 Australian Open, will be leading two sessions on Saturday afternoon at Fred Wells. The first is a session on youth development and

Butorac's personal journey to playing on the pro tour. That will be followed by a question and answer session about life on the ATP Tour and his term as the Players Council President. These two sessions are also open to those not attending the entire workshop for \$15. Prior to Butorac will be on-court sessions, including Cardio Tennis by **Jamie Gaard Chapman** and **Megan Gaard**, more table topics and a session on Tennis Court Construction, Maintenance and Repairs by **Fred Kolkmann**.

While in town for the CommUNITY Tennis Workshop, be sure to attend the USTA Northern Annual Meeting and Section Awards banquet on Friday evening at Minnesota Valley CC and the Play It Forward Tennis Mixed Doubles Swingle on Saturday night at Fred Wells.

Cost for the entire workshop is \$100, which includes admission to everything both days, but the Mixed Doubles Swingle on Saturday night (which is a stand-alone event for only \$30 more). Single-day passes can be purchased for Friday (\$35) and \$50 (Saturday).

To register for the workshop, visit [www.ctw.ezregister.com](http://www.ctw.ezregister.com). The deadline to register is November 15, 2016. Scholarships and small travel grants are available for USTA Northern

Organizational Members by contacting Nickels at [nickels@northern.usta.com](mailto:nickels@northern.usta.com) or at (952) 358-3290. The deadline to redeem a scholarship is October 24, 2016.

For those attending from outside the Twin Cities, a block of rooms has been reserved at the new Hyatt Regency Bloomington-Minneapolis. Room rates are \$98 plus tax. To reserve a room, call (952) 922-1234 and mention USTA Northern. Hotel deadline for this special rate is November 3.



## Donate Gently Used Equipment To High School Programs



USTA Northern has started a new initiative, "Play it Forward," as part of its Serving Up Love campaign. We are collecting gently used racquets, tennis shoes, grip and cases of tennis balls to distribute to high school tennis teams

in need throughout the year. Donations can be brought to the USTA Northern office at 1001 W 98th Street, Suite 101, Bloomington, Minn. 55431. If you are a high school team in need, please contact **Sandy Smith** at [ssmith@northern.usta.com](mailto:ssmith@northern.usta.com) or at (952) 358-3288.

## Donate Today To The Urban Youth Tennis & Education Campaign And Have Your Donation Matched

USTA Northern and Youthprise have joined forces to support tennis and education programs targeting underserved youth in the Twin Cities through the Urban Youth Tennis & Education Campaign. This initiative directly supports the collaborative efforts of local partners (InnerCity Tennis, Fred Wells Tennis & Education Center and St. Paul Urban Tennis) that bring tennis to underserved youth and use the sport as a channel for emotional, physical and academic development.

Youthprise has pledged to match all donations up to \$125,000. Contributions collected since the start of the campaign are making an impact this school year by funding a series of free indoor tennis nights, a Level 8 tournament series, shared bus transportation to tennis and leadership programs and a new pathway manager position.

Go to <http://bit.ly/2bYZkts> and donate today. Or you can send a check, payable to Youthprise, and note in the memo line: Urban Youth Tennis & Education Fund to Youthprise, 615 First Avenue NE, Suite 125, Minneapolis, MN 55413.



# Executive Director's Message

MIKE GOLDAMMER



SafeSport and Sportsmanship — two topics which should be top of mind for every tennis player and provider. From beginners to professionals, kids to adults and local public parks to private facilities, SafeSport and Sportsmanship are complimentary initiatives emphasized by both USTA Northern and USTA National ensuring a safe and enjoyable environment for all those involved in the great game of tennis.

About five years ago, former USTA Northern President **Jeff Baill** gathered a group of Northern staff and board members, teaching professionals and junior parents to discuss these initiatives, as well as recent situations and events that had taken place in tennis and other sports across the country. After much conversation, the group felt USTA Northern needed to be more proactive in further developing and enhancing existing policies to promote positive experiences. The group asked for more in terms of educating all constituents in the areas of SafeSport and Sportsmanship, ultimately asking USTA Northern to develop a training component and a zero-tolerance policy when violations did occur. Finally, the group wanted a plan on how to communicate these enhancements to players, coaches, pros, providers and junior parents.

We talked to a number of similar organizations to see what they were doing in promoting SafeSport and Sportsmanship, eventually finding that Minnesota Hockey had a good start on these initiatives. After asking for input and advice, we soon formed a task force which began working in earnest on how to make tennis safer for all those involved. The end result is our newly published SafeSport Handbook, which was approved by the USTA Northern Board of Directors earlier this year and is now available online at [www.northern.usta.com](http://www.northern.usta.com) or in hard copy form by calling the USTA Northern office at (952) 887-5001.

The Handbook contains policies and procedure in how to deal with various cases of abuse — including sexual, physical and emotional violations, as well as bullying, threatening behavior and hazing. The new policies bring to light areas where this misconduct can occur including the rapidly growing area of social media and electronic communications. It also addresses reporting abuse concerns and the processes used for investigating allegations, while recognizing and respecting the importance of confidentiality. USTA Northern has engaged the services of an experienced investigator, who also works with Minnesota Hockey and USA Hockey in the same capacity. Lastly, it describes the consequences when violations of the policies happen.

By combining all of these elements into a comprehensive program, USTA Northern intends to reduce the risk of potential abuse and create the safest possible environment for everyone involved in the game. In recent months, we have put the zero-tolerance philosophy into action and have followed the processes described in the Handbook. We know they work, and will continue with training, communicating and reducing circumstances for potential abuse in the future.

Another initiative — a Sportsmanship Task Force — was convened at the beginning of 2015 by USTA National President and Chairman of the Board **Katrina Adams**. This was one of four task forces she determined were important in continuing to fulfill the USTA's mission of

"Promoting and Developing the Growth of Tennis."

A group of 11 people from various Sections and professions around the country, including myself, as well as USTA National staff, identified ways to improve the level of sportsmanship as we are one of the few sports which competition is self-policed. In most cases, there are no officials or referees and calls are made by the players under the auspices of The Code found in *Friend at Court*. Good sportsmanship is extremely important for the overall integrity and spirit of the game.

One tactic the task force has rolled out is a Junior Tournament Player Promise and Sportsmanship poster. The Player Promise is read and signed by each player competing in certain tournaments and says:

*"I recognize that tennis is a sport that places the responsibility for fair play on me. I promise to abide by the rules of the game, which require me to give the benefit of the doubt to my opponent. At all times, I shall strive to compete with the true spirit of sportsmanship, recognizing that my behavior on the court is a direct reflection of my character. Whether this match ends with my victory or defeat, I promise to conduct myself in a way that honors my opponents, my team, those who support me and the game of tennis."*

At a recent national meeting, many Sections described very good results from the implementation of the Player Promise and have the sportsmanship posters hanging at tournament sites, thus reminding players and parents the importance of good sportsmanship principles.

Practicing good sportsmanship applies to all of us who enjoy the sport - young kids, juniors, college players, all the way to adults playing in our USTA Leagues and Tournaments. Here's what you can do to demonstrate good sportsmanship:

- ▶ Learn as much as you can about the sport and play by its rules. Read The Code, which is in *Friend at Court*, and can be found online at [www.northern.usta.com](http://www.northern.usta.com). One can also order a hard copy for \$10 by calling the USTA Northern office.
- ▶ Keep your cool. Even if others are losing their tempers, it doesn't mean you should. Remind yourself no matter how hard you've practiced and played, it is, after all, just a game.
- ▶ Trust your opponents are playing with the best of intentions. Let your opponents make the calls on their side of the court, and believe they are playing by the rules.
- ▶ Cheer on others with positive statements, and avoid disparaging remarks towards your opponents.
- ▶ Whether you win or lose, congratulate your opponents on a game well played.
- ▶ And as I learned many years ago from our very own tennis legend, the late **Steve Wilkinson**, there are only three things you can ultimately control on the tennis court - your effort, your attitude and good sportsmanship.

Through these initiatives, USTA Northern is committed to creating the safest and most rewarding environment for participation in tennis. For more information about any of these initiatives, please contact me at (952) 358-3284 or at [goldammer@northern.usta.com](mailto:goldammer@northern.usta.com).

See you on the courts,

Mike Goldammer  
USTA Northern Executive Director



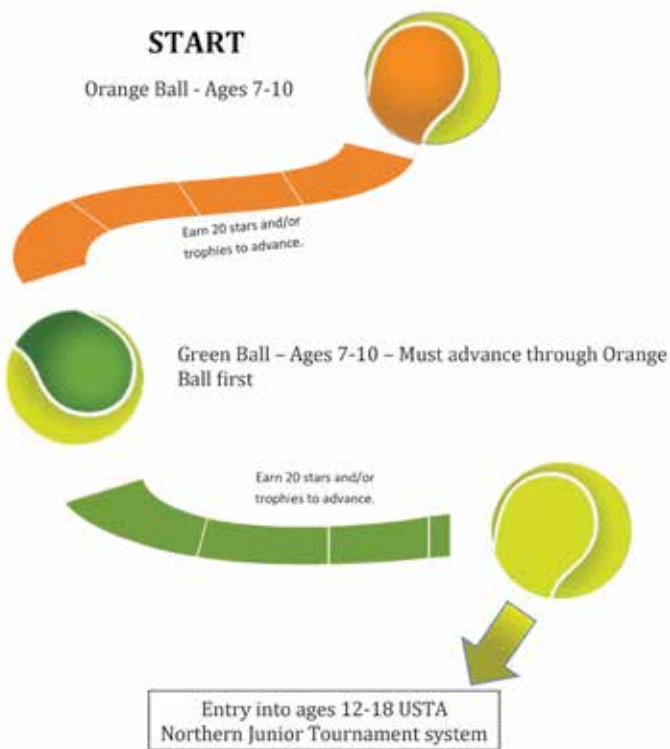
# NEW 10 and Under Pathway STARTS JANUARY 1

The USTA launched a new 10 and Under Pathway in which USTA Northern will implement starting January 1, 2017. Starting New Year's Day, players will have to collect "stars and trophies" in order to move to the next level on the Player Progression Pathway. All players, ages 7-10, will begin with zero stars and trophies in their Player Profile and will need 20 stars or trophies to advance to the next level. There will be no exceptions!

Players are able to collect stars and trophies through Play Days, Youth Progression Tournaments and 10U Junior Team Tennis. Events will take place throughout the Section and a preliminary schedule will be available in the December issue of Northern Exposure.

For more information, please contact **Pat Colbert** at colbert@northern.usta.com.

## The USTA Northern 10U Pathway (Beginning January 1, 2017)



### FAQ's About The New 10U Junior Pathway

**Q. When does the new system launch?**

**A.** January 1, 2017

**Q. When the new system launches, will all players start with zero stars and trophies?**

**A.** Yes, every player starting in the system will begin with zero stars and trophies in the Player Progression Profile.

**Q. How many stars and/or trophies does a player need to advance to the next level?**

**A.** A player will need 20 stars and/or trophies to advance to the next level.

**Q. Where will a player find out how many stars and trophies they have?**

**A.** After January 1, 2017 a player may login to the [www.usta.com](http://www.usta.com) "My Tennis Page" to see how they are progressing through the system. (You will need to set up a username and password on [usta.com](http://usta.com) for the USTA number, if you have not already done so, to access the "My Tennis Page".

**Q. An orange player tried to enter a 12's yellow ball event and received an error message.**

**A.** Yes, starting January 1, 2017, the system will not allow an ineligible player to enter a yellow ball event.

**Q. How many play opportunities will there be to collect stars and trophies?**

**A.** Players will have the ability to accumulate stars and trophies by participating in the following: Play Days, Youth Progression Tournaments and 10U Junior Team Tennis.

**Q. At what age can a player start in the new system?**

**A.** When the player turns 7 years of age. No one under the age of seven will be allowed to compete.

**Q. How can a player advance out of the orange ball/green ball system to yellow ball?**

**A.** When they accumulate the appropriate number of stars and/or trophies they move through the levels or on the first day of a player's 11th birthday month they will automatically advance out of the 10U - orange ball/green ball tracking system.

**Q. What if a player 7-10 years of age is currently, or has in the past, played yellow ball tournaments? Will they have to go back and play orange and green ball?**

**A.** No. USTA Northern will grandfather and allow those players who have played a yellow ball event previous to January 1, 2017, to continue playing yellow ball events.

### 2017 USTA NORTHERN YOUTH PROGRESSION CHART — STARS & TROPHIES

	10U Orange	10U Green
<b>Participation</b>		
Play Days	1 Star	1 Star
Youth Progression Tournaments	4 Stars	4 Stars
10U Junior Team Tennis	5 Stars/Season	5 Stars/Season
<b>Results</b>		
Progression Tournament Winner	4 Trophies	4 Trophies
Progression Tournament Finalist	3 Trophies	3 Trophies

To clear each level, players will have to reach a combination of 20 virtual stars and/or trophies. Minimum age to start playing orange ball tournaments is 7 years old. On the first day of a player's 11th birthday month they will automatically advance out of the 10U progression tracking system





## USTA Northern Introduces Team Northern Junior Training Program

USTA Northern is accepting applications for its new Team Northern program for junior players born in 2003-06. Team Northern is another step on the Junior Development Pathway in conjunction with the already existing Early Development Camps and Team USA programs offered through USTA National and USTA Northern.

Team Northern is designed to challenge, inspire, educate and unify USTA Northern's most committed junior players, and their support systems, by combining the highest level of integrity and innovation with a best-in-class training environment. The program will bring top-level coaches and promising junior players together, preparing these players for competition on a National level. It will deliver top training practices by pushing players to achieve higher levels of play in a motivating, inspiring and competitive environment, while promoting the highest level of teamwork and sportsmanship. Based on a team philosophy, Team Northern emphasizes the need for the Section's best players to grow and develop as a group of players by competing with and against each other on a consistent basis. It also encourages the development of a peer support system that will push them to greater heights.

Intended to supplement a player's current training regiment - not replace it - Team Northern staff will communicate transparently and often with the participants' parents and primary coaches. The program structure invites and encourages primary coaches to attend each training session and be directly involved in a player's development. Team Northern coaches will perform player evaluations at each group meeting, sharing this information with parents and primary coaches as a supplement to their current training programs.

The team will consist of 24 players selected through a collaboration process with section coaches, staff, the USTA Northern Player ID Committee and the Manager of Team Northern. There will be a heavy emphasis on the player recommendations required in the application process.

Team Northern will meet eight times during 2017. Six sessions will be one-day, six-hour training programs at different locations throughout the Section (January 7, May 21, June TBD, September TBD, October TBD and December 2). The two other meetings will be multi-day events, including a weekend session (February 25-26), and an optional five-day

training trip (April 26-30) to the new USTA National Campus in Orlando, Fla. Players are also expected to play additional matches outside of scheduled trainings and tournaments.

Working in conjunction with USTA National High Performance, Team Northern will directly leverage National's resources, tools and learnings for each player's benefit including the National Campus - scheduled to open in March 2017.

The optional five-day training trip to the new "Home of American Tennis" provides each player the opportunity to work with USTA National High Performance coaches, strength and conditioning staff members and athletic trainers. Team Northern players will train alongside, and compete against, the country's best players with live streaming available on every court at what will be the largest tennis facility in the world.

Cost of the Team Northern program is \$2,100, not including the Orlando training trip, and outfits each player in exclusive Team Northern clothing. Price for the Orlando training trip will be determined at a later date and players must be accompanied to Orlando by a parent or guardian.

To apply for Team Northern, please complete the application form at <https://form.jotform.com/USTANorthern/2017TeamNorthernPlayer> by October 28. In addition to the online application, two letters of recommendation are required with the application form or can be e-mailed to **Tricia Moorhead**, Manager of Team Northern, at [moorhead@northern.usta.com](mailto:moorhead@northern.usta.com). Players do not need to supply video with their application.

For more information about the program or how it fits into the Junior Development Pathway, please contact **Pat Colbert** at [colbert@northern.usta.com](mailto:colbert@northern.usta.com) or at (952) 358-3283.



### Tricia Moorhead Hired As Manager of Team Northern

Current USTA Northern staff member **Tricia Moorhead** is the new Manager of Team Northern. Previously working with Junior Team Tennis and Junior Tournaments, Moorhead will now handle all administrative aspects with Team Northern including selecting players, planning yearly calendars, securing facilities, organizing team camps and more.



### Applications Being Accepted For Team Northern Coaches

Applications are being accepted for both the Lead Coach and Assistant Coaches for Team Northern. Responsibilities include developing and planning curriculum for Team Northern, running camp practices, attending all coaches and player meetings during camps and other duties as assigned. To apply, please visit <https://form.jotform.com/USTANorthern/2017CoachesTeamNorthern>. Please

indicate on your application if you would like to be considered for the Lead Coach position.

Coaches are paid per day worked and must submit to a full background check as mandated by the USTA Northern SafeSport Handbook. Applicants must have experience working with and coaching high performance junior players.

For more information, please contact **Pat Colbert** at [colbert@northern.usta.com](mailto:colbert@northern.usta.com) or (952) 358-3283.

### Boys 18s National Team Wins Sportsmanship Award

Congrats to the Boys 18s National team - **Nick Beaty** (Wayzata, Minn.), **Jackson Allen** (Shakopee, Minn.), **Kaleb Dobbs** (Sioux Falls, S.D.), **Nikita Snehzko** (Minneapolis, Minn.), **Charlie Adkins** (Maple Grove, Minn.), **Alex Exsted** (Shakopee, Minn.) and coach **Scott Boyer** (Rochester, Minn.) - who won the Sportsmanship Award at the Boys 18s National Team Championships in Champaign, Ill.

The Northern 14s Zonal Team of **Aashish Bharath** (Rosemount, Minn.), **Justin Bobo** (Rochester, Minn.), **Johana Brower** (Sioux Falls,



S.D.), **Sujit Chopuri** (Minneapolis, Minn.), **Isabelle Exsted** (Shakopee, Minn.), **Caleb Fridinger** (Woodbury, Minn.), **Aili Hietala** (Duluth, Minn.), **Shaelyn Johnson** (Grand Forks, N.D.), **Tanna Lehfeldt** (Brandon, S.D.), **Ava Leonard** (Sioux Falls, S.D.), **Nisal Liyanage** (Eagan, Minn.), **Luke Little** (Minneapolis, Minn.), **Matthew Metz** (Rochester, Minn.), **Thomas Metz** (Rochester, Minn.), **Cecelia Obetz** (Minneapolis, Minn.), **Clare Palen** (Rochester, Minn.), **Ryne Reger** (Edina, Minn.), **Nicole Snezhko** (Plymouth, Minn.), **Sourabh Terakanambi** (Apple Valley, Minn.), **Bjorn Swenson** (North Oaks, Minn.), **Alexandria von Tersch Pohrer** (Minneapolis, Minn.), **Lauren Splett** (Mahtomedi, Minn.), **Alexandra Welty** (Wayzata, Minn.) and **Michael Yousef** (Sioux Falls, S.D) also claimed the Sportsmanship Award in Kalamazoo, Mich. The team was coached by **Danny Kantar** (Minneapolis, Minn.).



The Boys 18s National Team (from L to R): Nick Beaty, Jackson Allen, Kaleb Dobbs, Nikita Snezhko, Charlie Adkins, Alex Exsted and head coach Scott Boyer.

## Hunter Heck Wins Gold Ball At National Doubles Championship

Congrats to **Hunter Heck** (New Brighton, Minn.) and **Alex Lee** (Oak Brook, Ill.) after winning the Boys 14s at the USTA National Doubles Championships in Winston-Salem, N.C. Heck and Lee, the third seed,



Hunter Heck (left) and Alex Lee

Junior player **Hunter Heck** was asked to hit with 2016 Olympic Gold Medalist for women's singles **Monica Puig** of Puerto Rico in Florida.



won five matches, including defeating fourth seeded **Andrew Dale** (Leesburg, Va.) and **Benjamin Kittay** (Potomac, Md.) 6-1, 5-7, 6-4 in the finals.

## Izabella Edin Wins Novo Nordisk Donnelly Award

Congratulations to **Izabella Edin** of Staples, Minn., who was named the 2016 Novo Nordisk Donnelly Award national winner at the New York Empire WorldTeam Tennis match July 31 by **Billie Jean King**. Edin received a one-time \$7,500 scholarship towards education, tennis development and/or medical care.



Izabella Edin (left) and Billie Jean King

Edin, who is a Type I diabetic, is one of the top-ranked players in the Northern Section for Girls 18. She recently represented USTA Northern on the Girls 18s WorldTeam Tennis squad in San Diego, Calif., and was named to the USTA National Junior Leadership Team in March. Edin was the 2015 USTA Northern Jerry Noyce Junior Sportsmanship Award Winner and won the Girls Sportsmanship Award for USTA Northern at the 2015 16s Zonals team event in Waco, Texas.

## Four Win USTA Foundation College Scholarships

USTA Foundation, the national charitable arm of the USTA, granted four USTA Northern high school students a variety of college scholarships totaling \$34,000.

**Lauren Clark** of Eau Claire, Wis., received the Marian Wood Baird Scholarship Award, awarded to one high school senior who has excelled academically, demonstrated achievements in leadership and participated extensively in an organized community tennis program. Clark will receive \$15,000 toward her college studies.

**Chloe Hall** of Prior Lake, Minn., and **Meg Simon** of South St. Paul, Minn., each received the USTA Foundation College Education Scholarship which is a \$10,000 award. This award is given to high school seniors who have excelled academically, demonstrated community service and participated in an organized tennis program.

**Hanna Zevenbergen** of Wilson, Wis., received a USTA Foundation College Textbook Scholarship. The one-time award of \$1,000 assists students in purchasing textbooks or supplies.





After watching the recent US Open, one can't help but marvel at the level of excellence these tennis players have achieved. Observing these individuals perform on the world stage is truly an awe-inspiring experience and, if you're like me, you frequently wonder how these players became so skilled. Often you hear announcers describing these athletes in language that depicts them as superhuman, as though they are gifted with special powers. However, I would argue the world-class performer isn't born, but rather built. If we can learn how these athletes develop their skills, then we can begin to learn how to unlock the expert performer within our students.

### The Myth of Talent

One of the biggest obstacles to excellence is the belief that some people are more "naturally talented" than others. No one is simply born gifted, and yet, this outdated and incorrect notion still permeates the belief systems of countless individuals. Excellent books such as *Talent Code* and *Mindset* provide incredible insight and research into how skills are introduced, nurtured and developed by excellent and experienced teachers in environments that foster challenge, creativity, exploration and security. Therefore, if one can accept that we control our destiny and shape our skills, then the real question one must ask is, "What is the best way to acquire and nurture skills?" The answer can be found in purposeful practice.



### Purposeful Practice

**K. Anders Ericsson**, arguably the preeminent scholar in the world on expertise, has devoted his working life to scientifically researching the elements that lead to the highest levels of excellence. In his most recent book *Peak*, Ericsson shares the extensive research he has conducted throughout his career with expert performers. In this research, he identifies the key element which links elite performers' success, a concept he calls purposeful practice. Purposeful practice requires well-defined and specific goals, demands intense focus, involves regular feedback and reflection and constantly pushes one just outside of their comfort zone.

Purposeful practice stands in stark contrast to naïve practice, a process Ericsson describes as more of a mindless repetition of previously achieved skills. A typical naïve practice session can be observed when a student trains for an hour by merely rallying, or by playing baseline games without rules in an open environment. Here they are simply going through the motions, rehearsing moves previously achieved without any thought or intention as to how the exercises can move them forward.

# Building the Expert Performer

### Application of Purposeful Practice

How can you begin to incorporate more purposeful practice into your training sessions? First, start by goal setting. You should have short-term goals for your daily practice sessions, and those should relate to long-term goals that you have set for your game. Have a notebook in your bag with these goals so you can keep them in mind. Review each session by tracking your progress, and reflecting on their success and usefulness.

Second, make sure that your training sessions aren't just repetitions of previously learned skills. Remember, purposeful practice requires you to push yourself slightly beyond your comfort zone. Find an expert coach who can help plan your training sessions and provide guidance on how to keep your practices challenging and engaging.

Last, make sure that you spend enough time in individual practice sessions where you can effectively rehearse the skills you are attempting to master. There are numerous ways to achieve this, but one of my favorites is through the use of the ball machine. The consistent feed of the machine creates the opportunity for proper repetitions, and it also allows you to incorporate various degrees of challenge through the addition of speed, spin and/or direction change.

While there is no denying the incredible skill of world-class performers, it's highly misleading to buy into the belief these individuals are simply gifted and born with unattainable abilities. The truth is talent isn't inherited and all students can achieve excellence. No matter the skill or subject matter, improvement begins with an understanding of not just what you need to practice, but how you are actually practicing. By learning to engage in regular purposeful practice you will rapidly accelerate the skill-building process, and find improvements in your tennis game you never before thought possible!

*Danny Kantar received his Master of Arts in Teaching from Hamline University, and graduated Summa Cum Laude from the University of Minnesota with a major in Communication Studies. A past winner of the Northern Section's Ward C. Burton Junior Development Award, Kantar is a USTA High Performance Specialist in Player Development, USPTA Elite Professional, Northern Section Team USA and Early Development Camp coach, and head coach of the 14 and Under Northern Section Zonal Team. He teaches at Life Time Fridley, and welcomes questions and comments at [dannykantar@gmail.com](mailto:dannykantar@gmail.com).*



# CONGRATULATIONS JTT SECTION

## Life Time Fitness-Fridley, Fargo Win 18U Titles

Congratulations to **Life Time Fitness - Fridley** and **Fargo** for winning the 18U Advanced and Intermediate titles, respectively. Both teams now qualify for the Junior Team Tennis National Championships October 20-23 in Cayce, S.C.

Fridley defeated **Life Time Fitness - Bloomington South** 29-27. Fridley led 21-20 going into the final mixed doubles match. They jumped to an early 5-2 lead before Bloomington South fought back, forcing a tiebreaker. Fridley took the tiebreaker 7-4 and clinched the title. Members of the winning team included **Alexandra Kopiecki, Charlie Adkins, Jake Trondson, Meagan Brown, Nikita Snezhko, Olivia Paradise, Samuel Hohenshell** and coach **Zach Adkins**.

Fargo defeated **Hibbing** in the Intermediate finals 39-19. Members of the Fargo team include **Anna Steinwand, Chessa Jones, Damien O'Donnell, Joseph Beske, Lauryn Andre, Nathan Young, North Knewtson, Preeti Chemiti** and **Trevor Jacklitch**.

**Lakeville** won the 18s Advanced Silver Flight, while **Life Time Fitness - White Bear** won the Advanced Titanium. In Intermediates, **Hastings Blue** won the Silver and **Sioux Falls Huether Family Match Pointe** won the Titanium brackets.

The Sportsmanship Award winners were **North Knewtson** (Fargo) and **Molly Hynes** (Saint Paul Urban Tennis) in the Intermediate division and **Parker Law** (Life Time Fitness - White Bear) and **Kenzie Youngs** (Twin City Tennis Camps).



18U Advanced Champions: Life Time Fitness - Fridley



18U Intermediate Champions: Fargo



Parker Law  
18U Adv. Sportsmanship



North Knewtson  
18U Int. Sportsmanship



Molly Hynes  
18U Int Sportsmanship

## Life Time Fitness-Fridley, Bloomington South 14s JTT Champions

**Life Time Fitness - Fridley** took the Advanced title and **Life Time Fitness - Bloomington South** the Intermediate championship at the 14U Junior Team Tennis Section Championships.

Fridley defeated **Life Time Fitness - Bloomington South** in the Advanced championship match 38-17. Members of the Fridley team included **Aili Hietala, Bjorn Swenson, Christo Alex, Courtney Kallas, Hank Trondson, Jonathan Nudler, Justin Bobo, Sarah Shahbaz, Sujit Chopuri, Tomas Jay** and **Zoe Adkins**. Fridley is coached by **Sion Wilkins**. They now advanced to the JTT National Championships October 13-16 in Cayce, S.C.

With its second-place finish, Bloomington South also advances to



14U Advanced Champions: Life Time Fitness - Fridley





# AND SPORTSMANSHIP WINNERS



14U Intermediate Champions: Life Time Fitness – Bloomington South



Yasser Mohiuddin  
14s Adv. Sportsmanship



Lucia Fernandez  
14s Adv. Sportsmanship



Will Smith  
14U Int. Sportsmanship

the National Championships after receiving a wild card from USTA National. Members of the BLS team are **Allen Gong, Gwendolyn Kelly, Isabelle Lynch, Jessica Ip, Nicolette Keller, Nisal Liyanage, Tharun Inturi** and coach **Spencer Jones**.

In the Intermediate division, Bloomington South defeated **Sioux Falls Great Life** 39-29 and will play at the National Championships in October. Members of the team included **Allison Agerland, Amisha Kshetrapal, Andrew Liu, Anirudh Vadrevu, Ashish Thotakura, Jack**

**Ouyang, Kelly Wu and Sonya Ramesh**. They are coached by **Brady Shannon**.

Congratulations also go out to Sportsmanship winners including **Yasser Mohiuddin and Lucia Fernandez** of Twin City Tennis Camps, **Anna Lee** of Life Time Fitness - Fridley and **Will Smith** of Brainerd.

Winner of the Advanced Silver Flight was **St. Paul Urban Tennis**, while the Intermediate Silver Flight winner was **Mankato** and the Titanium Flight was **Northfield**.

## Life Time Fitness - Bloomington South, Hibbing Claim 12U Crowns



12U Advanced Champions:  
Life Time Fitness – Bloomington South

**Life Time Fitness - Bloomington South and Hibbing** won the gold brackets respectively in the Advanced and Intermediate divisions at the 12s JTT Section Championships.

Bloomington South coached by **Spencer Jones and Taylor Heltne**, defeated **Twin City Tennis Camps** 28-21 in the finals. Members of the winning team included **Allen Gong, Anirudh Vadrevu, Ashwika Thotakura,**

**Elizabeth Trevathan, Kira Lehman, Luke Fjelstad and Reese Burton**.

Hibbing defeated **Life Time Fitness - Bloomington South** 28-18 in the Intermediate final. Members of the winning team were **Abigail**

**Sullivan, Courtney Brandt, Drew Anderson, Jared Delich, Lydia Delich and Tristen Babich**. **Gary Conda** was the head coach.

**Life Time Fitness - White Bear** won the Advanced Silver flight, while in the Intermediate Silver division, **Lost in Transition** from Sioux Falls defeated **Shakopee** 24-13. **Hastings** beat the **Dropping Lobsters** 28-14 from Sioux Falls in the Titanium division.

The Sportsmanship Award winners were **Breck Sufficool** (Valley City), **Jared Delich** (Hibbing) and **Logan James** (Twin City Tennis Camps).



12U Intermediate Champions: Hibbing



Logan James  
12s Adv. Sportsmanship



Jared Delich  
12s Int. Sportsmanship



Breck Sufficool  
12s Int. Sportsmanship

## Twin City Tennis Camps Wins 10U JTT Spectacular

Congratulations to **Twin City Tennis Camps #3** for placing first at the 2016 10U JTT Spectacular. **Twin City Tennis Camps** also placed second at the event which featured over 50 juniors.



10U Champions: Twin City Tennis Camps





# OLIVER SUMMERS

## Named National JTT Organizer of the Year



*Oliver Summers with daughter Sofia and Billie Jean King.*

**Oliver Summers** of Fargo, N.D., was honored as the 2016 Janet Louer USTA Junior Team Tennis (JTT) National Organizer of the Year at the USTA Semiannual Meeting September 4 at the Grand Hyatt in New York City. Summers is the first person from USTA Northern to ever win the award which is given to an individual who positively influences children's lives and substantially impacts their community. The award is named after **Janet Louer**, who was instrumental in the development of junior tennis during her lifetime in her home state of Georgia.

"There has been a great amount of growth and development in North Dakota junior tennis programs over the last few years thanks to Oliver's hard work and dedication," USTA Chief Executive for Community Tennis **Kurt Kamperman** said. "We are proud to recognize him for his continuous efforts in growing the game on a junior level."

Originally from London, England, Summers has worked as a Professional Tennis Registry (PTR) and United States Professional Tennis Association (USPTA) certified teaching professional the past 16 years at Court Plus Community Fitness in Fargo, where he is now the Tennis Director and in charge of teaching private and group lessons, supervising and managing staff, organizing USTA and other tennis leagues, tournaments, Junior Team Tennis and Play Days.

Summers has been involved with Junior Team Tennis since 2011, when it was run by the local Community Tennis Association – the Fargo Moorhead Tennis Patrons. In 2013, Fargo Parks and Recreation took over Junior Team Tennis and Summers became the coordinator of the program. At that time, he also became the USTA Local League Coordinator, which in North Dakota encompasses the entire state. In 2015, Summers started two new seasons (fall and winter) of JTT play at Courts Plus, in addition to his traditional summer programming, adding 22 teams and registering a 118 percent increase in overall participation. For his efforts, Summers was named the 2015 USTA Northern Junior Team Tennis Organizer of the Year.

Still looking for more offerings to bring back to Fargo, Summers heard about a flourishing high school tennis program in San Diego while attending the USTA Community Tennis Workshop last November that was based on a similar format to JTT. Calling it "Friday Night Lights," Summers organized play for over 60 players at six high school programs from around the state on Fridays during the winter. Match play was often followed by pizza provided by Courts Plus and a movie, bowling or other fun activity organized by the kids.

"It has been fantastic having the kids play here on Friday nights,"

Summers said. "The high school coaches have gotten involved, as well as the parents. It is great to hear kids talk about how tennis is the cool thing to do on Friday nights!"

Building on the momentum, Fargo currently offers Junior Team Tennis Advanced and Intermediate programming for kids ranging in age from nine to 18 years of age, and Summers hopes to add an 8U program in the near future as his daughter **Sofia** is now six and quite the player. He is also seeing great rewards from the added play opportunities as four teams advanced to the USTA Northern Section Championships in July and the 18s Intermediate team won the Section title and will play at the JTT National Championships in Cayce, S.C., this October.

"Oliver is not afraid to think outside the box and try new formats to keep the kids engaged and wanting more," **Brandon Jackson**, USTA Northern Director of Junior Teams, said. "What started out as a summer activity in Fargo has blossomed into a year-long fun fest."

The fun never ends for Summers. In addition to his JTT responsibilities, he is the head women's coach at Minnesota State Moorhead – a Division II program – and is the personal coach of many high school players in the area, including **Parker Lawley** who won the 2015 North Dakota Boys State Singles

championship last fall. He also leads assemblies and physical education classes at area schools and is a volunteer at community events for both the Fargo Moorhead Tennis Patrons and Fargo Parks and Recreation. He is an active USTA tournament and league player, and in 2004, he was named the PTR's North Dakota Professional of the Year.

"There is nothing like coaching a team and playing team tennis," Summers said. "To have 10 or 11 players all working their hardest for a common goal and all wanting the same thing is a fantastic feeling. The best part about coaching is making a difference in someone's life, whether it be on or off the court and I can do that through team tennis."

His players agree.

"Oliver is hands down the best coach I have ever had," said **Anna Steinwand**, a participant in Friday Night Lights, as well as a member of the 18s Intermediate JTT team that qualified for Nationals. "From his incredible organizational skills to his enthusiasm on the court, he shows his passion for the game. He makes sure everyone is involved and enjoying their tennis experience. He is always encouraging people to be a part of more and more tennis programming. Oliver brings fun, competition and a sense of belonging to Junior Team Tennis."





# CROSSCOURT

## Bethanie Mattek-Sands Wins Gold Medal and US Open Title

**Bethanie Mattek-Sands**, formerly of Rochester, Minn., claimed the gold medal in Mixed Doubles at the 2016 Rio Olympics as she and partner **Jack Sock** defeated Venus Williams and **Rajeev Ram** in the finals 6-7 (3), 6-1, 1-0 (7).



**Mattek-Sands** went on to win the Women's Doubles championship at the 2016 US Open as she and partner **Lucie Safarova** defeated **Caroline Garcia** and **Kristina Mladenovic** 2-6, 7-6 (5), 6-4. **Mattek-Sands** and Safarova have won three of four Grand Slam titles, only missing Wimbledon.



## Dan James, Jon Rydberg Represent Team USA At Paralympics Games



Dan James and Jon Rydberg

**Dan James** (formerly of St. Paul, Minn.) and **Jon Rydberg** (Woodbury, Minn.) represented the United States at the 2016 Paralympic Games in Rio de Janeiro, Brazil. James served as the squad's head coach for the fifth consecutive Games, helping **Nick Taylor** and **David Wagner** claim a silver medal in quad doubles in Rio. Rydberg, who is the head girls tennis coach at East Ridge High School in Woodbury, Minn., played in his fourth Paralympics

Games. In Rio, he lost in the second round of singles to fourth seeded **Nicolas Peifer** 6-2, 6-2 and the first round of doubles with partner **Steve Baldwin** to **Stefan Ollson** and **Dan Wallin** of Sweden 6-3, 6-2.

Before heading to Brazil, the entire United States team participated in training camp August 15-18 at the Baseline Tennis Center on the University of Minnesota campus.

## Rochester's Eric Butorac To Join USTA

The USTA announced that outgoing ATP Player Council president and former Top 20 doubles player **Eric Butorac** of Rochester, Minn., has been named Director, Professional Tennis Operations and Player Relations, USTA, starting in October 2016. In this newly created role, Butorac will be responsible for enhancing player relations year-round across all of the USTA's professional tennis events, including the US Open, and he will work closely with both professional tours. Additionally, he will assist USTA Player Development with doubles coaching and mentoring and will work with Player Development and Professional Tennis Operations on enhancing the USTA Pro Circuit, among other duties.

Butorac, 35, won 18 ATP doubles titles in his 14-year professional career and reached the doubles final at the 2014 Australian Open. He



served eight years on the ATP Player Council and succeeded **Roger Federer** as its President in 2014. He was a three-time ITA all-American while playing college tennis for Gustavus Adolphus College in Minnesota and won the NCAA Division III singles and doubles titles in 2003. He also served as a volunteer assistant coach for Harvard's men's tennis team from 2010-14. He retired from the game after the 2016 US Open.

## Receive Text Messages From USTA Northern

Get the latest USTA Northern news and updates directly to your mobile device. Opt-in and receive text messages and emails at <http://bit.ly/2ch141r>.

## Jason Olson Named National High School Coach of the Year

Congratulations to **Jason Olson** of Rapid City, S.D., for being named the National High School Athletic Coaches Association National High School Tennis Coach of the Year at banquet June 29 in Louisville, Ky.



## Jon Pickett Named USPTA Wisconsin Pro of the Year

Congratulations to **Jon Pickett** (Eau Claire, Wis.) for being named the 2016 USPTA Wisconsin Pro of the Year. Pickett is a teaching pro at the Eau Claire YMCA Indoor Tennis Center and was honored at the Western & Southern Open in Cincinnati, Ohio.







# Adult Competition Assistant and Matchline Coordinator **Carol Thies**

**Q. How long have you been at USTA Northern?**  
**A.** Over 10 years.

**Q. What is your tennis background? How did you Find Yourself in the Game?**  
**A.** I started playing when my daughter played on the junior high team in 1985. I fell in love with tennis the first time I picked up a racquet.

**Q. Where did you go to college, major, play college/high school tennis?**  
**A.** I attended the University of Minnesota and have a Master's Degree in Business Administration. I did not get introduced to tennis until I was almost 40.

**Q. Describe your job responsibilities?**  
**A.** I run Matchline for Twin Cities Leagues. I help captains find players for their teams and help players find teams. I run the USTA Northern monthly tournament rankings and assist the leagues department when they need help on other projects.

**Q. What is the favorite part of your job?**  
**A.** Helping people find a way to play tennis.

**Q. What are some challenges in your job?**  
**A.** Finding volunteers to captain teams of Matchline players.

**Q. What are your top memories while working with USTA Northern?**  
**A.** Transitioning from a long-time volunteer to an employee of USTA Northern and attending the USTA Semi-Annual meeting in New York City.

**Q. Outside of tennis, what are your hobbies and interests?**  
**A.** Digging in the dirt. I love summer and have many types of gardens: veggies, fruits and flowers. I enjoy creating scrapbooks. I am a sweeper also.

**Q. What three words describe you best?**  
**A.** Achiever, happy and thankful

**Q. Favorite food?**  
**A.** Raspberries—eaten while picking them in my garden. My second choice is any of the dozens of veggies I grow. Everything tastes so

yummy right after being picked.

**Q. Favorite TV show?**  
**A.** NCIS - Mark Harmon - what else can I say?

**Q. Favorite Movie?**  
**A.** Dances with Wolves.

**Q. Favorite Musical Genre or Group?**  
**A.** Elvis Presley—Guess I'm really dating myself.

**Q. Favorite Place To Visit?**  
**A.** Going to Palm Desert (Calif.) in March and attending the BNP Paribas Classic in Indian Wells. The hot sun feels so good after a long, cold Minnesota winter.

**Q. Family? Married, kids, animals?**  
**A.** Married for 47 years to David. One daughter, **Teresa**, and her hubby **Carl**. One grandson, **Zachary**, who just turned 13. Lots of fish in aquariums and I feed all the wild life that visit my backyard.

**Q. If you did not work at USTA Northern, what would be your ultimate job?**  
**A.** A tennis pro on the WTA circuit—only in my dreams.

**Q. When you were growing up, what did you want to be?**  
**A.** Forest Ranger.

**Q. Who are your heroes or people you admire the most and why?**  
**A.** My grandmother **Teresa**. I lived with her in the summers when I was a child. She taught me to love, laugh, garden and play cards. As a 10-year old, I was part of the church ladies card group and could hold my own with all of them. My daughter is named after her.

**Q. If you could take 24 hours and do anything you like, what would it be?**  
**A.** Visit my favorite places in Hawaii—all in one day. Barking Sands Beach, before they closed it most of it off to the public, is my favorite place.

**Q. In your mind, why should people play tennis?**  
**A.** I have met some of my best friends on the tennis courts. It is a lifetime sport and can lead to lifetime friendships. It is also great stress relief.





# 2017 TWIN CITIES LEAGUES

## DATES, DEADLINES & DAYS OF PLAY



LEAGUE TYPE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Adult 18 & Over		3.5 Men & Women	4.0 Men & Women	2.5 Women 4.5 Men & Women	3.0 Men & Women 5.0+ Men & Women		
Adult 40 & Over		4.5+ Men & Women	3.0 Men & Women	3.5 Men & Women	4.0 Men & Women		
Adult 55 & Over		6.0 & 8.0 Men & Women			7.0 & 9.0 Men & Women		
Women Summer Daytime Adult 18 & Over		4.0 Women	3.5 Women	3.0 Women	4.5 Women		
Mixed 18 & Over	7.0 & 9.0					6.0 & 8.0	
Mixed 40 & Over	6.0 & 8.0					7.0 & 9.0	

ONE Doubles	Women	Men	Mixed
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LEAGUE SEASON	REGISTRATION OPENS	TEAM REGISTRATION DEADLINE	PLAY SEASON
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<b>EARLY START</b> Adult 18 & Over Adult 40 & Over Adult 55 & Over Mixed 18 & Over	August 1, 2016	Friday, August 26, 2016 (for Adult 18 & Over, Adult 40 & Over and Adult 55 & Over) Wednesday, September 7, 2016 (For Mixed 18 & Over)	October 3, 2016 - December 18, 2016
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<b>WINTER</b> Adult 18 & Over Adult 40 & Over Adult 55 & Over Mixed 18 & Over	After Year End Ratings are published (December 1, 2016)	Friday, December 9, 2016	January 6 - March 26, 2017
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<b>SPRING</b> ONE Doubles	January 15, 2017	Friday, March 10, 2017	March 28 - May 4, 2017
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<b>SUMMER</b> Adult 18 & Over Adult 40 & Over Adult 55 & Over Mixed 18 & Over Mixed 40 & Over	January 15, 2017	Friday, April 7, 2017	May 5 - July 30, 2017
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<b>FALL</b> ONE Doubles	January 15, 2017	Friday, July 28, 2017	August 14 - Sept 28, 2017
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## 6.0 55+ Women Heading To NATIONALS Courtesy of MATCHLINE

It started as a USTA Northern staff member's goal and a random group of women looking to play more tennis. It is turning out to be so much more, including a trip to Arizona for USTA League National Championships in October. Meet "The Matchliners" - **Margy Berlute, Andrea Chatfield, Fay Gallus, Sandra Kessler, Kirsten Mogren, Anita Pfeifer, Celeste Rekieta, Denise Rud, Kelly Stordahl, Amy Sullivan and Sue Welsh.**

The story must begin with a brief history lesson. Prior to 2015, USTA Northern never fielded any 6.0 55 & Over women's league teams on a local level. That year, staff members **Carol Thies** and **Kelley Okerman** made numerous phone calls to players from the Twin Cities area, hoping to scrape together two teams, which they were able to accomplish. Always trying to grow the game, and knowing many other women in this age group interested in more tennis opportunities, Thies made it her personal goal to expand the 6.0 league by one more team in 2016.

Enter Matchline – an initiative USTA Northern created from the ground up that really took off in 2010 when Thies was hired part time by USTA Northern to assist with the growing League Tennis program. Often times mistaken for a dating service because of its name, Matchline actually matches individuals looking to play USTA League Tennis in the Twin Cities with a team. It also helps existing captains who are looking for more players complete their rosters. In 2015, Matchline placed 763 out of 786 players on USTA League teams and created 30 teams. Of those players, 219 of 221 were new to the USTA League program. In another amazing statistic, Thies has created 113 teams and placed over 2,500 players using Matchline the past four years.

Thies had seven women in her Matchline database who were interested in playing at this level, but none of them wanted to be the captain. With only two weeks until the scheduled start of play, Thies sent out one last desperate email looking for anyone to assume the role or she would have to serve as the surrogate captain which she was hesitant about due to her own teams and schedule.

In the meantime, Stordahl and Sullivan were talking one day about the teams they were playing on during the summer season when Sullivan mentioned her new 55 & Over team. Stordahl, not realizing Sullivan was 55, mentioned she was 55 as well and would like to play if there was room on the team. She called Thies immediately, and like a beacon from above, Thies' prayers had been answered as Stordahl had been named the USTA Northern Women's Captain of the Year in 2014.

"I was so happy when Kelly asked me if she could play on the team," Thies said. "I told her none of the players knew each other and were in dire need of leadership. I begged her to captain the team, and thankfully, she agreed."

After hanging up with Thies, Stordahl quickly got to work. She knew of a couple of the players on the roster from other leagues and drills she had participated in over the years. She asked around trying to figure out what everyone's strengths and weaknesses were. Not knowing

what was going to happen, she threw three doubles teams together for their opening match, and much to her surprise, the team eeked out a 2-1 victory as Stordahl and Sullivan won a third-set tiebreaker in the deciding match. After sweeping their next two matches, Stordahl recognized she might have something special with her new team and gave Thies another phone call.

"After we won our third match, I started thinking, 'Could Nationals even be a possibility?'" Stordahl said. "On a whim, I checked the team's availability for October 21-23, but only four of us were available. Knowing I needed six to field a team, I called Carol to see what my options were."

Thies suggested Stordahl try adding more players to the roster, but it had to be quick as they needed to play the required two regular-season matches before the season ended in three weeks. Stordahl had a friend who joined the team and Thies found another player through Matchline.

Finally, Thies sent out an all-call with the subject line, "Want to Play at Nationals?" leading to their final player. Working her magic and rotating all of the new players into the lineup, Stordahl's "Matchliners" finished 6-0 on the season, becoming the first team comprised primarily of Matchline players to represent the Section at a National tournament.

"I received that e-mail from Carol about who would want to play at Nationals," Rud, the final team member, recalled. "I thought it sounded like a blast as I have played League Tennis for years, but never made it to Nationals. I told Carol I would sign up, and it worked out perfectly as they needed a 2.5 player to partner with another person on the team who was going to Nationals as well."

In preparation for their dance on the National stage, they are practicing twice a week, playing outside as much as possible so they are ready for the elements, including the fighter jets from the nearby Air Force Base in Surprise. Stordahl is also working to find the best pairings possible with the seven players available so they can



put their best foot forward.

"We really do not know what to expect," Stordahl said. "None of us has ever been to Nationals, but we have a lot of good players so hopefully we will win some matches."

"It would be great if we won, but really, we just want to make Minnesota proud," Rekieta said. "Ultimately, we want to win the Sportsmanship Award and shower everyone with some 'Minnesota Nice.'"

No matter what happens, Stordahl and the team are soaking it all in, remembering how this team of tennis vagabonds came together in forming this unique group. Captaining over 20 teams the past five years, Stordahl is an avid user of Matchline. In fact, she estimates she has met over 275 new people since playing her first league match in 2011.

"I am so happy Matchline is an option for players in our Section," Stordahl said. "How else would we ever find these players? It is great that we have this incredible system that brings all these people together with a common interest in tennis."



Now that this year's US Open has come to a close, there were many lessons to be learned which are helpful to any level of player. First and foremost, if you are serious about elevating your game, you should watch tennis on television whenever possible — especially during the Slams as the world's best players are on display. Here were some of my takeaways during the two weeks.

### LESSON 1 – Everyone is Beatable

While it sometimes seems like **Serena Williams** and **Novak Djokovic** are gods amongst mortals, they are human like everyone else and can be beaten. It is imperative, however, to believe that you can win no matter what the odds, like **Karolina Pliskova** and **Stan Wawrinka** did. Too many matches, both recreationally and professionally, are lost before the match even starts as the lower-ranked player is intimidated and does not believe they can win.

### LESSON 2 – Basic Fundamentals Should Never Be Underestimated

Throughout the thousands of points played at the Open, just like every tournament, the number one way to force an error is by hitting the ball deep in the court. The highest winning percentage of points was by serving and volleying or hitting an approach shot and then volleying. Does that mean everyone should rush the net mindlessly? No, but it does show that taking advantage of opportunities to attack are often times the difference between winning and losing.

### LESSON 3 – It Is Still A Game Of Errors

There are exceptions, but the majority of the matches come down to who makes more errors. When someone dictates the match and hits a lot of winners, such as Wawrinka, they can afford to make more errors.



## Lessons From The OPEN



### LESSON 4 – Fitness Counts

Both women's champion **Angelique Kerber** and men's winner Wawrinka exhibited strong physical and mental fitness that ultimately led them to the title. Neither player ever tired physically, which helped their mental games. Each delivered clutch shots when needed by having the courage to go for it under pressure. Remember the old adage – "Get in shape to play tennis" rather than "Play tennis to get in shape." The game is physically and mentally more demanding as your skill level improves.

### LESSON 5 – Never Underestimate The Value Of A Good Coach

Djokovic's Slam performances and overall wins, especially against Top 10 players, have increased dramatically since joining forces with former tennis great **Boris Becker**. Wawrinka, or Big Match Stan as he is affectionately called, has made 11 of 15 majors quarterfinals since working with **Magnus Norman** and has won his last 11 finals, including three Grand Slams by beating the top-ranked player in the world.

Look at Rochester's **Eric Butorac**, who concluded a very successful pro career in doubles after the Open. He likely would have never made it to the professional ranks if not for the mentorship of his college coach, the legendary **Steve Wilkinson**.

Another lesson to be learned from the coach-player relationship is that successful players stay with one coach much longer and take responsibility for their own results, unlike those players who have incredible talent but place the blame on others and are frequently changing coaches. For example, the talented **Borna Coric** of Croatia has had five coaches in the last 18 months. While he is young and has time, the merry-go-round of coaches does not bode well for his future and eventually becoming a Grand Slam champion.

### LESSON 6 – The Margins Are Small At All Levels

In the men's final, Wawrinka won 6-7 (1), 6-4, 7-5, 6-3 yet he won 144 points compared to 143 for Djokovic. The separation between winning and losing is often times just a few points. One thing to keep in mind is other than winning the last point of the match, which is a 100% winning percentage, the stat that predicts the winner of the match over 98% of the time is total points won. Thus, a reminder to all of us that we need to try our best on each and every point.

There are always lessons to be learned from watching the very best players in any sport. If you were not able to watch the US Open, try making it a point to watch the men and women year-end championships in November and the Australian Open in January. You will be amazed at what you can take away and apply to your own game free of charge.





# Summer Tournament Recap



Tony Larson won his seventh Aquatennial title in eight years.

## Tony Larson Wins Seventh Aquatennial Title

**Tony Larson** (Fridley, Minn.) won his seventh Aquatennial men's singles title in the past eight years with a 6-3, 6-0 win over **Tim Larson** (Bloomington, Minn.). The University of Minnesota was also well represented as current Gopher **Maja Vujic** (Minneapolis, Minn.), won the women's singles title, former Minnesota Tennis on Campus player **Kelsey Frechette** (Rochester, Minn.),

won the women's doubles and former Gophers **Julian Dehn** (Minneapolis, Minn.), and **Tobias Wernet** (Minneapolis, Minn.) won the men's doubles. **Nicole Copeland** (Edina, Minn.) also became the youngest ever Aquatennial champion when she and partner **Kevin Whipple** (Minneapolis, Minn.) won the mixed doubles title. **Copeland** is only 14 and is a freshman at Edina High School in Edina, Minn.

The 2016 tournament was supported by USTA Northern; Champion Sponsors **Hempel, Life Time Fitness, Minneapolis Downtown Council, Tetchy Tech and Sport Court North Minnesota** and Advantage Sponsors **Baseline Tennis Center, The Nic on 5th, Los Osuna Blue Agave Spirits, PGA Superstore and Take Care Chiropractic**. This was an official associated event of the Minneapolis Aquatennial.

**Women's Singles Championship:** Maja Vujic (Minneapolis, Minn.) def. Caitlyn Merzbacher (Eden Prairie, Minn.) 7-5, 5-7, 1-0 (6)

**Men's Singles Championship:** Tony Larson (Fridley, Minn.) def. Tim Larson (Bloomington, Minn.) 6-3, 6-0

**Mixed Doubles Championship:** Nicole Copeland (Edina, Minn.)/Kevin Whipple (Minneapolis,



Gopher player Maja Vujic defeated teammate Caitlyn Merzbacher in the women's singles final 7-5, 5-7, 1-0 (6).



A special thank you to all the sponsors of the 2016 Aquatennial including (from L to R): Dr. Michael Oste, Take Care Chiropractic and Wellness; Tiffany McCoy from The Nic on 5th; Deanna Kalkman, Hempel; and Mark Remme of the Minneapolis Downtown Council.



Minn.) def. **Toolie Wilkins** (Burnsville, Minn.)/**Nazhone Wilkins** (Burnsville, Minn.) 2-6, 7-6 (6), 1-0 (6)

**Women's Doubles Championship:** **Toolie Wilkins/Kelsey Frechette** (Rochester, Minn.) def. **Diana Bukajeva** (St. Paul, Minn.)/**Brenna Kelly** (St. Paul, Minn.) 7-5, 7-6(2)

**Men's Doubles Championship:** **Julian Dehn** (Minneapolis, Minn.)/**Tobias Wernet** (Minneapolis, Minn.) def. **Andres Osorio** (St. Paul, Minn.)/**Sion Wilkins** (Maple Grove, Minn.) 6-1, 6-3

## Alexis Nelson Wins US Open Northern Section Doubles Crown

**Alexis Nelson** (St. Paul, Minn.) and partner **Anna Sanford** (Westerville, Ohio) claimed the 2016 women's doubles title at the US Open Northern Qualifier at Baseline Tennis Center. **Nelson** and **Sanford** defeated current University of Minnesota players **Caitlyn Merzbacher** (Eden Prairie, Minn.) and **Mehvish Safdar** (Minneapolis, Minn.) 6-1, 6-3. With the win, Nelson and Sanford qualified for the US Open National Playoffs in New Haven, Conn., in August, where they lost in the first round to Alexis Merrill of the United States and Anastasia Revzina of Russia 6-7 (4), 6-2, 1-0 (7).



*Alexis Nelson (second from left) won the women's doubles title at the 2016 US Open Northern Section Qualifier.*

**Dusty Boyer** (Ham Lake, Minn.) advanced to the finals of both the men's doubles and mixed doubles in Minneapolis. Boyer and younger brother **Toby** lost to **Nicolas Meister** and **Eric Quigley** 6-1, 6-3, while he and Sanford lost in mixed to **Evan King** (Chicago, Ill.) and **Emina Betkas** (Indianapolis, Ind.) 6-2, 6-2. Meister and Quigley and King and Betkas went on to win the US Open National Qualifier and played in the first round of the main draw at the 2016 US Open.

**Women's Singles:** **Kelsey Laurente** (Miramar, Fla.) def. **Ayaka Okuno** (Cupertino, Calif.) 2-6, 7-5, 7-5

**Men's Singles:** **Nicolas Meister** (Trabuca Cyn, Calif.) def. #2 **Evan King** (Chicago, Ill.) 2-6, 6-1, 6-1

**Women's Doubles:** **Alexis Nelson** (St. Paul, Minn.)/**Anna Sanford** (Westerville, Ohio) def. **Caitlyn Merzbacher** (Eden Prairie, Minn.)/**Mehvish Safdar** (Minneapolis, Minn.) 6-1, 6-3

**Men's Doubles:** **Nicolas Meister/Eric Quigley** (Pewee Valley, Ken.) def. **Dusty Boyer** (Ham Lake, Minn.)/**Toby Boyer** (Ham Lake, Minn.) 6-1, 6-3

**Mixed Doubles:** **Evan King** (Chicago, Ill.)/**Emina Betkas** (Indianapolis, Ind.) def. **Dusty Boyer/Anna Sanford** 6-2, 6-2

## Rochester's Nick Crossley and Alexa Palen Win Pine Tree Apple Classic

Congratulations to **Alexa Palen** (Rochester, Minn.) and **Nick Crossley** (Rochester, Minn.) who won the open Division at the 2016 Pine Tree Apple Tennis Classic. **Palen/Crossley** defeated **Julian Dehn** (Minneapolis, Minn.) and **Melanie Yates** (New Brighton, Minn.) 3-6, 6-4, 6-4. **Larissa Mavros** (Minneapolis, Minn.), and **Kevin Werwie** (Lakeville, Minn.), won the Masters Division with a 6-3, 6-7 (3) 1-0 (3) win over **Megan Kimber** (Duluth, Minn.), and **John Trondson** (Vadnais Heights, Minn.), while **Felicia Raschiatore** (Minnetonka, Minn.) and **Mike Olson** (Ham Lake, Minn.), won the Grand Masters with a 6-2, 6-3 victory over **Robin Coverdale** (White Bear Lake, Minn.), and **Brian Bieber** (St. Paul, Minn.).



*Nick Crossley and Alexa Palen*

## Dick Nelson, Ron York and Dan Halvorsen Win Consolation Titles at USTA 65 National Indoors

Three USTA Northern players won consolation titles at the 65 & Over Category I National Championships at Eden Prairie Life Time Athletic. **Dick Nelson** (Hopkins, Minn.) won the consolation singles title with a 7-6 (0), 6-1 win over **Eddie Brantley** (Alexandria, Va.) while the doubles team of **Ron York** (Eagan, Minn.) and **Dan Halvorsen** (Sunfish Lake, Minn.) defeated **Bill Cohon** (Shoreline, Wash.) and **Tom Reber** (Tacoma, Wash.) 7-5, 3-6, 1-0 (6) in the consolation doubles final.

Third-seed **Paul Wulf** (Salem, Ore.) won the singles championship, defeating second seeded **Leonard Wofford** (Portland, Ore.) 6-7 (3), 6-2, 6-4. The third-place match saw top-seeded **Brian Cheney** (Chandler, Ariz.) defeat **Doug Ruffin** (Colorado Springs, Colo.) 6-3, 6-0.

**Wofford** and **Wulf** also won the doubles gold ball with a 6-3, 6-4 win over third seeded **Cheney** and **Phil Landauer** (Naples, Fla.). **Roger Pearce** (Columbus, Ga.) and **Marvin Pearson** (Oxford, Miss.) won the bronze ball with a 6-3, 6-2 win over **Bill Matthews** (Rancho Mirage, Calif.) and **Ruffin**.



*The 65 and Over Indoor Nationals Singles Winners (from L to R): Brian Cheney (Bronze), Leonard Wofford (Silver) and Paul Wulf (Gold).*





# North Dakota AND South Dakota *Hall of Fame*

## Borgen, Ward Inducted Into SD Tennis Hall of Fame; Sims and Blue Win Achievement Award

Congratulations to **Cynthia Borgen** of Sioux Falls, S.D., and **Theresa Bell Ward** of Aberdeen, S.D., who were inducted into South Dakota Tennis Hall of Fame Sunday, July 24, at McKennan Park during the Asfora/Clayton South Dakota Adult Open.

Borgen was a two-time state champion at Washington High in Sioux Falls and played in the era before high school tennis was offered for girls. She won back-to-back women's singles and doubles titles at the South Dakota Closed as a teenager in the late 50's.



Theresa Bell Ward and Cynthia Borgen

Bell Ward, who now lives in Edina, Minn., learned her game on the Aberdeen courts and made her mark while playing at the University of Minnesota. She played in the Big Ten three years and led the team with 26 doubles wins 1980-81.

The 2016 South Dakota Tennis Achievement Awards went to **Doug Sims** of Madison, S.D., and **Becky Blue** of



Doug Sims

Brandon, S.D. Sims promoted community tennis and coached at Madison High School for four decades. Blue has served in every capacity promoting community tennis in Brandon, highlighted by the construction of an eight-court tennis complex in 2008. Brandon was named the 2008 USTA National Community Tennis Association of the Year and Blue was the 2010 USTA Northern Wolfenson/Ratner Community Service Award winner.



Becky Blue

## Frueh, Nagel Inducted Into North Dakota Tennis Hall of Fame

**Brent Frueh**, formerly of Minot and Bismarck, N.D., and now of Rochester, Minn., and **Lee Nagel** of Wahpeton, N.D., were inducted into the North Dakota Tennis Hall of Fame July 9 at Island Park in Fargo, N.D., during the Pepsi Red River Open.

Frueh was born and raised in Minot, where he started playing tennis as a sophomore in high school. He played collegiately at Minot State University before transferring to the University of North Dakota. After graduation, Frueh moved to Bismarck where he worked at Capital Racquet and Fitness Center and was the Tennis Program Manager for Bismarck Parks and Recreation. A USPTA and PTR certified coach and a USTA High Performance Coach, Frueh moved to the Rochester Athletic Club in Rochester, Minn., in 2001, and was promoted to the facility's General Manager in 2012. He also has been a long-time volunteer with USTA Northern, serving on its Board of Directors from 1995-2012. In 2009-10, he was the Section's President, and currently is still involved with the USTA on a National level where he completed four terms on the Junior Competition Committee and has served on three USTA Presidential Task Forces.



Brent Frueh and Lee Nagel

Originally from New Salem, N.D. and now making his home in Wahpeton, Nagel was a teacher and coach for 38 years. He started playing tennis at the age of 24 while teaching in Langdon, N.D., when it was suggested as a physical education activity after competing in wrestling, football and track in high school and college. He played in his first tournament in 1976 in Grand Forks and has 44 career singles titles and six doubles titles. Nagel has been ranked in the top 10 for his age group in USTA Northern over the years and is currently ranked #1 in Men's 65 singles and 87th nationally. He coached the boys and girls tennis teams at Wahpeton Public Schools for 41 seasons and was an eight-time East Region Coach of the Year and five-time North Dakota Coach of the Year. Nagel started the Huskie Tennis Academy in Wahpeton and has served as tournament director for many local tournaments there. He was a member of the North Dakota High School Association Advisory Board for seven years and is a member of the North Dakota Tennis Association.





## Eau Claire To Build New Indoor Tennis Center

The Eau Claire (Wis.) City Council voted unanimously to approve development and purchase agreement to build a new indoor tennis facility featuring eight indoor courts and the potential for 2-4 clay courts in the future. The \$10 million project is expected to be completed in late 2017 and will be named the Menard Family YMCA Tennis Center.



## Spearfish, Watertown, and Roseville Receive Facility Assistance Grants From USTA National



The **Spearfish (S.D.) School District** received \$10,000, the **City of Watertown, S.D.**, \$6,000, and **Roseville (Minn.) Area School District** \$4,000 from the USTA Facility Assistance program. Spearfish resurfaced three existing tennis courts at Spearfish Middle School, while Watertown built two new tennis courts and Roseville added on-court benches, aluminum bleachers, and windscreens. All three projects also included the painting of blended 36-foot and 60-foot lines. USTA Northern also contributed funded to these projects. Watertown received \$5,000, Spearfish received \$3,805, and Roseville received \$368.75.

Also, the **City of Cambridge (Minn.)** received \$650 from USTA and USTA Northern to add blended lines at Central Green Park.

## USTA To Pay 100% To Add Blended Lines To Your Courts

USTA National is offering 100% reimbursement for blended line projects submitted before October 31, 2016. To get started, submit an inquiry form by visiting <http://ct.usta.com/pfa/> and select 36- and 60-Foot Lines for Question #4. Lines must be completed by December 15, 2016. For more information, or for a list of contractors to perform the work, please contact **Christine Nickels** at [nickels@northern.usta.com](mailto:nickels@northern.usta.com).

## Le Sueur-Henderson and Prior Lake Pilot Parent Organized Play Programs

The communities of **Le Sueur-Henderson (Minn.)** and **Prior Lake (Minn.)** worked with the USTA this summer in piloting Parent Organized Play (POP) programs. The POP youth pilot is a national program developed to engage



more parents in the tennis delivery system, similar to other youth sports. Designed specifically for children ages 5-8, this pilot program is unique because it's skill-based, challenge-based, and organized by local groups of volunteer parents, who do not need a tennis background. The curriculum is designed to capture the imagination of our youth. Repetition and effort are rewarded and words like explore and experiment set the tone. Kids are encouraged to challenge themselves to achieve basic skills at their own speed. Challenge-based skill development is the focus through a progression referred to as PC2 or PCPC, which stands for Proficiency leads to Confidence, which leads to developing a Passion, which opens the door and increases the desire to Compete. Over 100 kids participated in the programs and both communities will continue to run programming in the fall. For more information on the Parent Organized Play program, contact **Christine Nickels** at [nickels@northern.usta.com](mailto:nickels@northern.usta.com).

## Congratulations Section Winners of Arthur Ashe Essay Contest

Congratulations to the USTA Northern winners of the 2016 Arthur Ashe Essay Contest. All received a personalized plaque and were nominated for the USTA National contest.

- Boys 10 - Jake DeNomme**, Sioux Falls, SD (Huether Family Match Pointe)
- Girls 10 - Mya Darby**, Sioux Falls, SD (Huether Family Match Pointe)
- Boys 12 - Caleb Miller**, Sioux Falls, SD (Huether Family Match Pointe)
- Girls 12 - Rosalind Foppe**, Minneapolis, MN (InnerCity Tennis)
- Boys 14 - Maxwell McKoy**, Minneapolis, MN (InnerCity Tennis)
- Girls 14 - Liliana Vang**, St. Paul, MN (St. Paul Urban Tennis)
- Boys 16 - Antonio Haskell**, Minneapolis, MN (Fred Wells Tennis and Education Center)
- Girls 16 - Nurfadila Khairunnisa**, Minneapolis, MN (Fred Wells Tennis and Education Center)
- Boys 18 - Christian Ruas**, Minneapolis, MN (Fred Wells Tennis and Education Center)
- Girls 18 - Fartun Hassan**, Minneapolis, MN (Fred Wells Tennis and Education Center)

## St. Paul Urban Tennis Wins NJTL Cup

Over 100 kids from **Fred Wells Tennis & Education Center, Saint Paul Urban Tennis** and **InnerCity Tennis** got together for the Third Annual NJTL Cup at InnerCity. Congrats to SPUT for taking home this year's trophy and to all the kids for participating! What a great day!





## We Need You! Become An Official Today!

If you or someone you know is looking to get into officiating, please contact **Kristi Bushinski** at [bushinski@northern.usta.com](mailto:bushinski@northern.usta.com).

## Vyasachar Mohan Selected To Work Davis Cup

**Vyasachar Mohan** (Maplewood, Minn.) was selected to work his second Davis Cup tie when the United States played Croatia in Portland in July. Congratulations!



## Mohan, Jacobus Work Cincinnati and US Open

Congratulations to **Vyasachar Mohan** (Maplewood, Minn.) and **Ron Jacobus, Jr.** (Lakeville, Minn.) on working both the Western & Southern Open in Cincinnati and the 2016 US Open in Flushing, N.Y. Mohan also called lines at the Citi Open in Washington DC.



*A special thank you to the officials who worked the 2016 US Open Northern Section Qualifier at Baseline Tennis Center including: (Back Row L to R) Rachel Reese, Doug Miller, Jan Schreier, Mike Yates, Tom Deroiun. (Front Row L to R): Joe Boyer, Heather Landrus, Ron Jacobus Jr.*

## What's Your Call?

**Q.** During the point, our opponent hit the ball and it appeared to be going out. I yelled out to my partner as the ball was coming toward us to tell him not to hit it. The ball was in and we returned the ball back to our opponents who had stopped playing because they thought we called the ball out and said it should be their point. Can a player talk during a point, or is that a hindrance?

**A.** In this case, you win the point because talking between doubles partners is allowed during the point when ball is traveling towards them (although I would recommend using a different word than 'out' when in this situation). Doubles players should not talk when the ball is moving towards their opponent. For example, if you hit a short lob toward your opponent and tell your partner to "get back," the opponent may claim the point based on a deliberate hindrance. (Code 34)

**Q.** In an unofficiated match, our opponent was putting a ball away at the net when it sounded like he hit the net with his racket on his follow through. My partner and I both thought we heard him hit the net and asked him if he did indeed hit it. He said he did not, but asked if we wanted to play a let? We said, "It is not a let, but our point." Who is correct?

**A.** You are correct that it is not a let, but it is not your point unless the opponent who hit the net concedes the point. According to the Code pg. 38, a player should concede the point if the player touches the net or opponent's court while the ball is in play. The opponent is not entitled to make these calls as the principle of giving the opponent the benefit of any doubt applies.

**Q.** Before I served in my doubles match, I announce the score as 15-30 and then proceeded to serve. After the serve was in play, my partner said, "Wait a minute, hold up." Our opponent had already hit the ball back to me, but I stopped playing to find out what was wrong

with my partner. My partner said the score wasn't announced correctly, and we had to correct it before playing the point. What should we do to continue play? Play a let? Correct the score and play a second serve? Or do our opponents win the point?

**A.** Your opponents win the point as your partner created a hindrance to your opponents. You would then confirm the correct score before serving the next point. As it says in Code 2, if during a point, a player realizes that a mistake was made at the beginning, the player shall continue playing the point. Corrective action may be taken only after a point has been completed.

**Q.** During the first set, the score was 6-6. Before beginning the tie-break, our opponents changed their service receiving sides (deuce player moved to ad court; ad court player moved to deuce court). Is this allowed as the set was not yet completed?

**A.** No, doubles partners are not allowed to change receiving sides during a set (Rule 15). They are allowed to change receiving order at the beginning of a new set or a match tiebreak.

**Q.** What if one point was played with the players on the wrong side as in the above scenario?

**A.** The players switch back to the correct sides and the point played stands as it was played in good faith.

**Q.** During my match, my opponent took a swing at her first serve and completely missed the ball. She claimed it didn't count, and she was still on her first serve. I told her that it should be her second serve. Who is right?

**A.** You are correct. The serve is a fault according to Rule 19.b, which states a serve is a fault if the server misses the ball when trying to hit it.

If you have a rule questions, please submit it to **Lisa Mushett** at [mushett@northern.usta.com](mailto:mushett@northern.usta.com).





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