



PACIFIC NORTHWEST

Newsletter of the USPTA/PNW Division

SUMMER 2008



La Quinta Resort & Club in La Quinta, Calif.

TESTING

AUGUST 16
BEND, OR
Bend Golf & Country Club

OCTOBER 11
SEATTLE, WA
Forest Crest

USPTA World Conference to feature star lineup of speakers

September event will feature close to 40 seminars and courses

Many of tennis' most interesting and prominent speakers will be at the United States Professional Tennis Association's World Conference on Tennis, to be held Sept. 15-20 at the La Quinta Resort & Club in La Quinta, Calif. Tracy Austin, Dr. Martin Baroch, Nick Bollettieri, Wayne Bryan, Jack Groppe, Ph.D., Tom Gullikson, Brett Hobden, Jim Loehr, Ed.D., Rick Macci, Debbie Graham Shaffer, Anne Smith, Ph.D., and John Yandell are among the featured speakers who will be discussing a variety of topics related to the tennis industry.

Close to 40 seminars and four-hour specialty courses will be offered during the conference, which is attended by nearly 1,500 tennis professionals and coaches, manufacturer representatives and media. USPTA members and nonmembers are welcome. The conference includes several other events as well (see box).

A detailed agenda, complete list of speakers and

KEY LIST OF DATES + EVENTS

Sept. 15-18	International Championships
Sept. 16-20	Education seminars and courses
Sept. 16	USPTA division parties
Sept. 17	Welcome party
Sept. 18	Awards breakfast, buying show, silent auction
Sept. 19	National Cardio Tennis feeding contest finals

registration information is available at www.uspta.com.

Founded in 1927, USPTA strives to raise the standards of the tennis profession while promoting greater awareness of the sport. USPTA offers more than 60 professional benefits to its 14,500 members worldwide, including certification and professional development. With more than 300 days of educational opportunities throughout the year, USPTA offers the most comprehensive continuing education program in the tennis industry. For more information, call 800-877-8248 or visit www.uspta.com. ●



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From the Master of Web

By Travis Rood, Northern Oregon Representative

I am pleased to have been selected to act as your USPTA/PNW Northern Oregon district representative. Earlier this year, I took on the responsibility as Webmaster for www.usptapnw.org. If you haven't been to the website recently, please take a moment to drop by and familiarize yourself with the newly renovated design.

Some new features...

- Photo gallery (over 130 pictures from the '08 convention)
- Drills gallery (3 winners from this year's convention have been added; more added weekly... check back regularly!!!)
- Send your regional rep an email by clicking their picture

- '08 convention feedback form (any and all feedback is greatly appreciated)

Upcoming features...

- More drills in the drill gallery (did I mention drills?)
- Late summer '08: A USPTA/PNW member forum (view forum at tenniswarehouse.com to see working model)
- Late 2008: An employer education section (teaching owners/managers about the merits of hiring USPTA-certified teaching pros)

If you have questions or comments, please feel free to email me at t.rood@mac.com.

Best regards, Travis Rood, USPTA/PNW N. OR Rep
Prince Elite Team Member; Director of IT/Asst. Pro
Vancouver Tennis Center
www.travistennis.com (360) 566-2768

President's Message

By Ross Eaton

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Real Time Convention: Thanks for making it real!



In case you missed it, the convention in real time May 29th through June 1st was a huge success! Please join me in thanking the many people that are pivotal to making our convention a great event.

Your USPTA PNW Board members do so much to make our division run smoothly; their unflinching devotion to the USPTA PNW is to be commended and I thank them for all their hard work in making the convention a huge success. Thank you to Executive Director Don Patch who continues to be the glue that holds the USPTA PNW together.

Yakima Tennis Club's Manager/Host Jerry Findlay and his staff did a fantastic job keeping the entire event running smoothly. Thank you to Barry Laing and Ted Sayrahder who continue devoting themselves to the front line of our division by their commitment to testing for our division. They have together in various venues tested over 50 people in the last year. Thanks to our partners at the USTA PNW for sponsoring lunch on Friday and having Ruth Turner, Jim Markin, Mark Toppe and Blair Thompson give us updates on what is happening with the USTA PNW. A big thanks

to our HEAD/Penn reps (Brad McElroy and Chris Brandt) they were a dynamic presence and were on hand to answer questions on what is happening in the equipment realm of HEAD/Penn.

Our featured speakers Brad Stine, Greg Patton, Anne Pankhurst and Gundars Tilmanis did a fantastic job illuminating expert techniques of working with our students of all ages and abilities. Pros Teaching Pros returned once again and participants picked up some new drills and got some exercise at the same time. Oregon came up with a big win in the battle of the states dominating the wiffle ball game.

This year we had a great Karaoke night where our Pros showed how much...uh...“talent” they have, thanks Travis for being a great DJ/host. Most of all I want to thank those of you who came and participated. Our convention continues to be an incredible gathering of friends and a wonderful time of renewal.

While on the subject of conventions I hope you will join me at La Quinta in California in September at the USPTA world conference. The lineup looks great, the setting is perfect to extend the summer and the activities will be a lot of fun. For more information see the article in this newsletter or go to uspta.com. ●

July 2008 Treasurer's Report



By Hunter Lipscomb,
Division Treasurer

As we come out of the 2008 Yakima convention, our division's financial picture looks good. Our profit and loss from this year's convention was close to the same as 2007.

This is one of our bigger expenditures of the year, and what the Board of Directors spends the bulk of their time coordinating. Our big accomplishment during the last 12 months on

ACCOUNT INFORMATION

USPTA/PNW checking account	\$18,280.45
USPTA/PNW savings account	\$12,662.71
Total Assets	\$30,943.16

the treasury side of things was consolidating our assets from three to two accessible bank accounts. Above is a snapshot of our account balances as of July 15, 2008, after most of our convention expenditures have been paid.

As always, feel free to contact me to view a copy of any reports or financial statements.

Welcome new members to the USPTA/PNW

The following are new members as of July 2008.

Elliot O. Beam – Bainbridge Is., WA

Tyson W. Bond – Everett, WA

Michael V. Brock – Bend, OR

Charles C. Cochrane – Ashland, OR

Derek A. Cooley - Vancouver, WA

Trenton Corvino – Eugene, OR

Alex D. Eli – Edmonds, WA

Drew E. Eli – Edmonds, WA

Daniel M. Harris – Mukilteo, WA

Chris L. Johnson – Portland, OR

Rebecca L. Johnson – Portland, OR

George D. Kosanke – Bellevue, WA

Toby J. Krauel – Portland, OR

Kindsay D. Leite – Eugene, OR

Daniel Y. Lum – Lynnwood, WA

Alex J. Martin – Wilsonville, OR

Sandi K. McKenzie – Freeland, WA

Horace Mells, Jr. – Oak Harbor, WA

Mirco Piazzzi – Camano Island, WA

Luke M. Rencher – Eugene, OR

Owen Suagee – Beaverton, OR

Gary L. Summerfield – McMinnville, OR

William D. Taylor – Vancouver, WA

Mona Yarnall – Auke Bay, AK



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See pictures of Division Convention highlights and award presentations at usptapnw.org!



Congratulations to the following USPTA PNW Members!
Our division is very proud to honor you with the following awards:

Award Recipients for 2007

- USPTA PNW Industry Excellence Award ● **Ted Sayrahder**
- USPTA PNW Professional of the Year Award ● **Brian Stanley**
- USPTA PNW Coach of the Year Award ● **Jeff Northam**
- USPTA PNW Men's Player of the Year Award ● **Craig Pearce**
- USPTA PNW Women's Player of the Year Award No recipient
- USPTA PNW Women's Sr Player of the Year Award ● **Kay Lorrain**
- USPTA PNW Men's Sr Player of the Year Award ● **Eric Quiroz**
- USPTA PNW Assistant Pro of the Year Award ● **Jesse Walter**
- USPTA PNW/USTA Partnership Award ● **Matt Look**

Contest Winners

- Cardio Shootout Contest**
- **Chad Smith**
- Drill Contest**
- **Walter Seidel, 1st**
- **Will Taylor / Mike Mon, 2nd**
- **Bill Fletcher, 3rd**
- OR vs WA Wiffleball Match**
- **Oregon**

2008 Division Convention Attendees

Annett	Jon	Belleveu Athletic Club	Bellevue	WA
Beeson	Kevin	Hood River Sports Club	Hood River	OR
Birchfield	Kim	Hood River Sports Club	Hood River	OR
Bottorff	Adam	Bally/Olympia	Olympia	WA
Brogdon	Zuzana	Belleveue Athletic Club	Bellevue	WA
Catlin	Tim	Courthouse Athletic Club	Salem	OR
Cooley	Derek	Vancouver Tennis Center	Vancouver	WA
Cox	Nancy	USPTA/PNW Board	Salem	OR
Doar	Amina		Pullman	WA
Eaton	Ross	USPTA/PNW Board	Bellevue	WA
Edwards	Dave	West Hills Racquet Club	Beaverton	OR
Falkin	Heather	Bellevue Athletic Club	Bellevue	WA
Fandino	Alejandro	Eugene Family YMCA	Eugene	OR
Fandino	Edgar	Eugene Family YMCA	Eugene	OR
Fletcher	Bill	USPTA/PNW Board	Richland	WA
Gellner	Tom	Vancouver Tennis Center	Vancouver	WA
Goyette	Kathleen	Yakima Tennis Club	Yakima	WA
Grobler	Charl	Wenatchee Rac/Ath Club	Wenatchee	WA
Hall	Brett	Courthouse Athletic	Salem	OR
Hunt	Andy	Mt Park Racquet Club	Lake Oswego	OR
Indic	Sanja	Vancouver Tennis Center	Vancouver	WA
Johnson	Becca	Vancouver Tennis Center	Vancouver	WA
Kanapeaux	Mike	Mt Park Racquet Club	Lake Oswego	OR
Kirsch	Patty	Columbia Basin Rac Club	Kennewick	WA
Laing	Barry	Bend Athletic Club	Bend	OR
Lipscomb	Hunter	USPTA/PNW Board	Corvallis	OR
Look	Matthew		Seattle	WA
Lorrain	Kay	USPTA/PNW Board	Auburn	WA
Markin	Jim	USTA/PNW	Portland	OR
Martin	Alex	West Hills Racuet Club	Portland	OR
Mckee	Roger	Mt Park Racquet Club	Lake Oswego	OR
McLaughlin	Doug	Columbia Ath-Pine Lake	Kirkland	WA
Moldrem	Lisa	Central Park Tennis Club	Kirkland	WA
Mon	Mike	Vancouver Tennis Center	Vancouver	WA
Nash	Brian	Bellevue Athletic Club	Bellevue	WA

Nelson	Sharon	North Kitsap School	Hansville	WA
Nelson	Tony	Vancouver Tennis Center	Vancouver	WA
Nelson	Vic	North Kitsap High School	Poulsbo	WA
Olson	Jack	USTA/PNW	Hillsboro	OR
Pankhurst	Anne	USTA: Admin	White Plains	NY
Patch	Don	USPTA/PNW	Forest Grove	OR
Patton	Greg	Boise State	Boise	ID
Pazourek	Mike	Mt Park Racquet Club	Lake Oswego	OR
Pickard	Wayne	Multnomah AC	Portland	OR
Riely	Julie		Bainbridge Is	WA
Robertson	Robin	Bellingham Tennis Club	Bellingham	WA
Rood	Travis	Vancouver Tennis Center	Vancouver	WA
Sandoz	Carol	Multnomah Athletic Club	Portland	OR
Santo	Daron		Prosser	WA
Sayrahder	Ted	Forest Crest Athletic Club	Arlington	WA
Seidel	Walter	USPTA/PNW	Portland	OR
Smith	Chad	USPTA/PNW Board	Woodinville	WA
Stanley	Brian	Gold Creek Tennis/Sports	Kenmore	WA
Stine	Brad	Speaker	Fresno	CA
Sumantri	Dea		Seattle	WA
Summerfield	Gary Lee		McMinnville	OR
Taylor	Will	Vancouver Tennis Center	Vancouver	WA
Thomas	Anne	The Sports Mind	Pendleton	OR
Thompson	Blair	USTA/PNW	Portland	OR
Tilmanis	Gundars	Lewis & Clark College	Portland	OR
Toppe	Mark	USTA/PNW	Portland	OR
Turner	Ruth	USTA/PNW: CTD	Portland	OR
Jeff	Urie	Spokane Racquet Club	Spokane	WA
Vaughan	Dorothy	Wild West Tennis Camps	Bend	OR
Vaughan	Steve	Wild West Tennis Camps	Bend	OR
Waddle	Brent	Vancouver Tennis Center	Vancouver	WA
Walter	Jesse	Boeing Employee TC	Seattle	WA
Watson	Mark	Vancouver Tennis Center	Vancouver	WA
Whiteside	Jacob	Yakima Tennis Club	Yakima	WA

Drill contest a great success

By Nancy Cox and Kay Lorrain

Once again, the Drill Contest was an extremely successful closing event for the division convention. A big group came down to the courts at Yakima Tennis Club on Sunday morning to show off the best that they had to offer. All of the competitors brought excellent drills and enthusiasm but the first prize cash of \$150 once again went to **Walter Seidel** with "Fire Ball". Second prize went to **Will Taylor/Mike Mon** with their drill "Shock the Monkey", and third prize to **Bill Fletcher** for "3-2-1 (21)." Descriptions and diagrams of all of the drills from the contest can be found on the division website at usptapnw.org.

Cardio Shootout Results

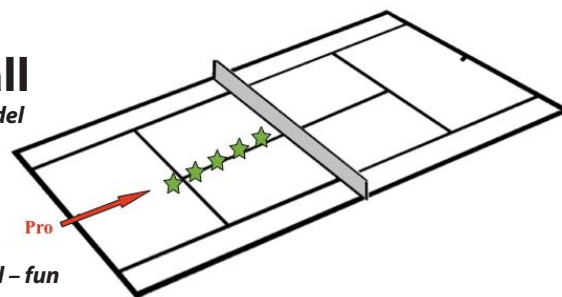
By Walter Seidel and Kay Lorrain

The targets were marked, the ball carts were full and the music was jumpin' for over 20 competitors in this year's Cardio Shootout. With one minute to get as many balls into the 3 target areas, and \$200 as the prize, the competition was fierce. Last year's winner, Walter Seidel, was heard saying "just keep feeding and don't care about the last ball", for advice. **Chad Smith**, heard that and hit 40 targets to become this year's new champion. Way to Go Chad, and thanks to all the competitors. Practice up for next year.

Drill Contest 1st Place Winner

Fire Ball

By Walter Seidel



Objective:
Footwork drill – fun
for little kids

Description:

All players (8 and under) line up on the center line. Coach feeds balls at player who needs to jump out of the way (up and down) to avoid being hit by the ball. If player gets hit, he or she has to go back to the end of the line (feet have to be on either side of the center line).

Goal is to get players to split-step, move their feet, and have fun!

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34 reasons to play tennis

Health, fitness, fun make sport excellent choice

by Jack Groppe, Ph.D., USPTA Master Professional

We've all heard tennis referred to as the "sport for a lifetime." But, is this really true? According to world-renowned scientists from a variety of disciplines, there is no doubt that tennis can improve your overall health, including your mental and physical fitness.

Here are the facts:

- People who participate in tennis three hours per week at a moderately vigorous intensity cut in half their risk of death from any cause, according to the late Dr. Ralph Paffenbarger, who was an internationally recognized exercise authority and studied more than 10,000 people for 20 years.

- Tennis players scored higher in vigor, optimism and self-esteem while scoring lower in depression, anger, confusion, anxiety and tension than other athletes and nonathletes, according to Dr. Joan Finn and colleagues at Southern Connecticut State University.

- Since tennis requires alertness and tactical thinking, it may generate new connections between nerves in the brain and promote a lifetime of continuing development of the brain, reported scientists at the University of Illinois.

- Tennis outperforms golf and most other sports in developing positive personality characteristics, according to Dr. Jim Gavin, author of "The Exercise Habit."

- Competitive tennis burns more calories than aerobics or cycling, according to studies in caloric expenditures.

With these facts in mind, review the 34 specific reasons why you should consider playing regularly!

Why play tennis?

Physical reasons to play tennis

Tennis enhances your:

1. aerobic fitness by burning fat and improving your cardiovascular fitness and maintaining higher energy levels.
2. anaerobic fitness by offering short, intense bursts of activity during a point followed by rest, which helps muscles use oxygen efficiently.
3. ability to accelerate by providing practice in sprinting, jumping and lunging quickly.
4. powerful first step by requiring anticipation, quick reaction time and explosion into action.

5. speed through a series of side-to-side and up and back sprints to chase the ball.
6. leg strength through hundreds of starts and stops that build stronger leg muscles.
7. general body coordination since you have to move into position and then adjust your upper body to hit the ball successfully.
8. gross motor control through movement and ball-striking skills that require control of your large muscle groups.
9. fine motor control by use of touch shots like angled volleys, drop shots and lobs.
10. agility by forcing you to change direction as many as five times in 10 seconds during a typical point.
11. dynamic balance through hundreds of starts, stops, changes of direction and hitting on the run.
12. cross-training through a physically demanding sport that's fun for athletes who specialize in other sports.
13. bone strength and density by strengthening bones of young players and helping prevent osteoporosis in older ones.
14. immune system through its conditioning effects, which promote overall health, fitness and resistance to disease.
15. nutritional habits by eating appropriately before competition to enhance energy production and after competition to practice proper recovery methods.
16. hand-eye coordination because you constantly judge the timing between the oncoming ball and the proper contact point.
17. flexibility due to the constant stretching and maneuvering to return the ball to your opponent.

Psychological reasons to play tennis

Tennis helps you:

18. develop a work ethic because improvement through lessons or practice reinforces the value of hard work.
19. develop discipline since you learn to work on your skills in practice and control the pace of play in competition.
20. manage mistakes by learning to play within your abilities, and realizing that managing and minimizing mistakes in tennis or life is critical.
21. learn to compete one-on-one because the ability to do battle on court trains you in the ups and downs of a competitive world.
22. accept responsibility by practicing skills and checking your equipment before a match, and by making accurate line calls during a match.
23. manage adversity by learning to adjust to the elements (e.g. wind, sun) and still be able to compete tenaciously.
24. control stress effectively because the physical, mental and emotional stress of tennis will force you to increase your capacity for dealing with stress.

25. learn how to recover by adapting to the stress of a point and the recovery period between points, which is similar to the stress and recovery cycles in life.
26. plan and implement strategies since you naturally learn how to anticipate your opponent's moves and plan your countermoves.
27. learn to solve problems since tennis is a sport based on angles, geometry and physics.
28. develop performance rituals before serving or returning to control your rhythm of play and deal with pressure. These skills can transfer to taking exams, conducting a meeting or making an important sales presentation.
29. learn sportsmanship since tennis teaches you to compete fairly with opponents.
30. learn to win graciously and lose with honor. Gloating after a win or making excuses after a loss doesn't work in tennis or in life.
31. learn teamwork since successful doubles play depends on you and your partner's ability to communicate and play as a cohesive unit.
32. develop social skills through interaction and communication before a match, while changing sides on the court and after play.

33. have fun - because the healthy feelings of enjoyment, competitiveness and physical challenge are inherent in the sport.

Summary and reason No. 34

Is it any wonder that scientists and physicians around the world view tennis as the most healthful activity in which you can participate? While other sports can provide excellent health benefits and some can promote mental and emotional growth, none can compete with tennis in delivering overall physical, mental and emotional gains to those who play.

All these benefits make tennis the ideal sport for kids to learn early in life. What parent wouldn't want their children to have these advantages through their growing years?

And, it's never too late for adults of all ages to take up the game. The human system can be trained and improved at any stage of life. The key is to start playing now to get the most out of these benefits throughout your lifetime.

And, that brings us to reason No. 34: Tennis is truly the sport for a lifetime! The proof is in the playing. ●



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- 4.5 male all-court player testing
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* RSI 2007 play test review



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- 3.5 male all-court player testing
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Sonic Pro



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- 5.0 male all-court player testing
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*Penn internal core softening data and abrasion box testing - new Pro Penn vs. original Pro Penn
Vectorscope digital test data 2/01



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