

Center Court

MAY 2017

Cardio Tennis Gaining Global Exposure



New USTA tennis facility in Lake Nona, Florida

Balboa Tennis Pro, Armando Sandoval, was invited by the Tennis Industry Association (TIA), to participate in the US Cardio Tennis Summit. There were 13 US coaches and 3 more from Belgium/ UK, who shared experiences regarding Cardio Tennis and discussed the latest in the fastest growing tennis activity in the US, according to the TIA. After the summit, coaches took part in a level two course on how to deliver a Cardio Tennis session to a larger number of participants. Cardio Tennis Global Education Director, Michele Krause, emphasized how "Conditions can change, but standards remain the same," regardless of how many participants are in the group."

The Coaches Education program segment was held at the USTA National Campus, a state of the art and

what's inside...

ARTICLES

Cardio Tennis	1
President's Report	2
Director's Report	3
Aviators	3
Junior Spotlight on Diego Sandoval, BTC Spring Championship Results	4
League Captain Mark Bauer	5
Liane Bryson Profile	6
Mo Jackson Tennis Trip to China	7
Run and Roll Returns to BTC	7
Events Calendar	8

the biggest tennis facility in the world which was recently completed in Lake Nona, Florida. There are 36 and 60 feet junior tennis courts, Hard Tru courts, Red Clay, Hard Courts (US Open and Australian Open surface), a college tennis arena with stadium seating, 26 "smart courts" with Playsight Technology that records the match, 6 indoor courts, gym, pro shop, conference and locker rooms. All these courts and facilities in 64 acres of pure tennis delight!

The last day, Armando attended the TIA's Tennis Owners and Manager Conference, where experts from the Tennis Industry, including all the leading tennis brands, the USTA and the ITF discussed the state of the industry. They came to the conclusion that the healthy benefits of playing tennis, should be the number one reason people are encouraged to participate in the game. In addition to being the "sport of a lifetime," tennis also can tout being the best sport for anti-aging and healthiest for the heart due to interval training. This is how the officials want to promote tennis: play for life and stay healthy.

Armando is planning to increase the number of Cardio Tennis classes offered at BTC in the upcoming months. Besides the traditional Thursday night session at 6:00 p.m., he is adding a morning session on Fridays starting at 9 and one for the weekends, every Sunday starting at 11. On Friday, May 26th @ 9 and on May 28th @ 11, two free cardio tennis sessions will be offered. Make sure you reserve a spot. These free sessions are offered for members that have not tried Cardio Tennis before. For more details go to sandovaltennis.com

President Serves it Up

By BTC President Janene Christopher



May is here and our club tournament season is almost upon us. Make sure to check out the list on the calendar page of this newsletter.

Earlier this year, your Board all expressed their visions and hopes for the upcoming year. The following were some of their goals:

1. Tournament Pavilion.
2. Upgrade the upper court lights to LEDs.
3. Add fence at hitting wall.
4. Online reservation capability.
5. Balanced Budget.
6. Post league schedules and BTC team standings.
7. Tennis ambassadors for new members & guests.
8. Resurface courts 1 thru 4 and 11& 12, so all courts will be blue in the club.

Item 4 can be crossed off! Hope many of you have signed-up and are using the system. BTC is the largest tennis facility providing this service to its members in the county! I want to thank Don Dudley for his expertise in helping BTC staff get the reservation system interfaced with our database and our Tennis Director – Colleen, who took this online reservation task from start to finish.

Item 5 is ongoing & ever changing, but we are balanced to date.

Item 8 is budgeted and scheduled for Nov.

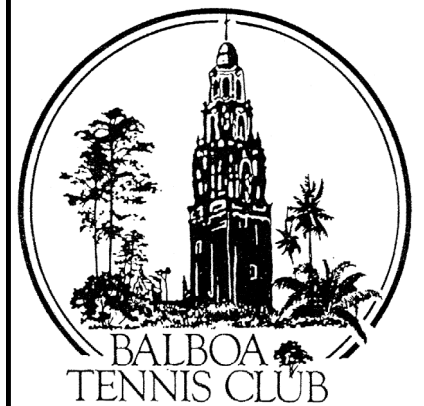
Item 2 is progressing! The upper court lighting upgrade is a big project for us. Fixtures alone will be over \$100K. BTC Member Jesse Menczer has agreed to assist the club with some of the more technical aspects of light selection. We are always grateful for member expertise. Thank you Jesse for stepping up! The subcommittee working on this project need to consider not only the reduction in operational cost (utility bill) but manufacturer reputation, expertise in sports lighting, warranty and maintenance. These fixtures last over 10 years! (No dead lights!) We also want to see how these lights are performing for other facilities...this means a road-trip up to OC or LA. Once fixture selection is made, Courts 9 and 10 will be done first as the “guinea pig” courts. We will be able to see how well the fixtures are performing using the existing poles and arms, knowing the pole locations are not optimum for tennis court lighting.

Item 1, the architect is working on the drawings.

That leaves Item 3, 6 and 7...it's only May, so we're going to keep working on those.

Once again it's about you - the members - and how we can make your tennis playing experience a great one.

A very big thanks to our Social Media Wiz Julie Prichard (Twitter & Instagram) and tournament photographer (with the huge lens); our Webmaster Paula Di Dio who keeps our web page looking good and up to date and “Dan the Landscape Man” who has our corner of the park looking great!



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Club hours of operation:

Monday - Friday 8am – 9pm

Saturday & Sunday 8am – 8pm

The Director's Report

By Colleen Ferrell



Happy Spring to all BTC members! Of course, the big news of this quarter/century, is the successful implementation of online reservations. With the help of BTC member Don Dudley, who is an experienced computer programmer, the system fell into place rather seamlessly. For those using the online system, I'm sure you are enjoying the convenience. Any current member is welcome to utilize the online reservation system. Simply let the desk know and a password will be sent to your email.

The next step of "growing up" for BTC will be online billing. As with other businesses, members will have the option to receive an email letting them know their dues need to be paid or they can still receive a letter in the mail. Both options will be available. Just the same, members are welcome to pay their membership dues on the home page of the BTC website at www.balboatennis.com or you can pay at the reservation window or send in a check. Many options are available for your convenience. Management encourages you to stay current because the online

reservation system will not allow you to book a court if your membership has lapsed.

One more change to the operation at the reservation desk is one to help keep the line moving. Please allow members checking in for courts to go first before renewing a membership or asking for a new court reservation. This will help get the players out to the courts quicker. With just one person working at the desk, this will stop the buildup that sometimes occurs at the popular 9:00 and 10:30 a.m. time slots.

Lastly, a recent guest from Canada took the time to write a note about how friendly he found the members of Balboa Tennis Club to be during his visit. He was especially impressed with the Challenge Court and all the friends he made. Thank you to everyone who goes out of their way to welcome our nearly 6000 guests per year who visit locally, nationally and internationally. Word of mouth from former guests clearly enhances our visibility and continues to attract new visitors all year round.

About the San Diego Aviators

The San Diego Aviators are the professional tennis team of San Diego that provides fans with unmatched tennis competition and the most unique sports spectator experience. Comprised of the finest tennis players that compete on the ATP and WTA tours, the Aviators battle in the World Team Tennis professional season and play tennis that is fast paced, exciting and different than what most tennis fans are used to. The key differences from traditional tennis event are:

- ◊ Team vs. Individual Player
- ◊ Male & Female players compete together vs. Separate matches and events.
- ◊ Match Scoring = Quicker, more intense matches and every point matters.
- ◊ Singles, Doubles and Mixed Double vs. One format
- ◊ Event is lively and festive; more like an NFL game rather than Wimbledon.
- ◊ Yes, they have a DJ!

The Aviators play home games at the world renowned Omni La Costa Resort in beautiful Carlsbad, California during the summer. No other team sport provides the highest level of competition with such intimate fan access. Fans are up close and personal to the action and players happily provide autographs after the event – even high fives during the match. An evening with the Aviators is a wonderful experience for the entire family.

The San Diego Aviators are the reigning WTT Champions and the only professional team from San Diego to win a championship. Based on this astounding achievement the San Diego Aviators will be recognized for "Significant Achievement" at the 71st Annual Salute to the Champions by the San Diego Hall of Champions.

Schedule and players for the 2017 team and tickets are available at www.sandiegoaviators.com.



Junior Spotlight on Diego Sandoval



- ◆ Age – 15
- ◆ Born – Mexico City (Dual Citizenship – Mexican and American)
- ◆ Mom – Andrea - Former Pro Soccer player, Mexican National Team Captain, 1999 Women's World Cup
- ◆ Dad – Armando – Tennis Pro at BTC – Nationally ranked as a junior, travel coach for Mexican Tennis Federation
- ◆ Sister – Anahi' – Junior competitive player
- ◆ Racquet – Head Extreme strung at 48

Diego Sandoval played five years of soccer before making the transition to tennis. With deep family roots in the soccer world, Diego was naturally introduced to this family sport first. "I liked the game, but not the competition," he said. "I prefer individual sports."

At 10 years old, his dad Armando introduced Diego to the great game of tennis. He currently plays satellite and some open tournaments, as well as competes on the San Diego High School team, playing the #2 singles position. He trains

six days of week, yet admits the need to put in more hours in order to get better. "I should train more seriously," he says. Diego likes his forehand best while working on improving his backhand and serve to become a more complete player. He believes in setting up the point from the backcourt and then coming into the net to finish.

When asked about his favorite pro tennis player, Diego replied Roger Federer. "I like his style and image. He is a classy player and very calm." Diego admits to having a temper on the court, yet is trying to eliminate this tendency. "I'm working on being positive on the court instead of beating myself up over matches," he says.

After high school, Diego has set the lofty goal of attending Cal Berkeley and hopefully playing college tennis, possibly even the pros. Educationally, he enjoys astronomy, computer science and math. In the meantime, he will continue with clinics at BTC, play tournaments this summer and ride his bike for pleasure. "I hope to keep improving," he says with a smile.

BTC Spring Tournament Results



Winners Kathy Lundstedt, Evelyn Irving and finalists Katy Falkowski, Becky Jones.



Men's 4.5 Dbls (left) David Gonzales, (right) David Saranglao

Photo by Julie Prichard



5.0 sgls winner Nancy Sanchez (right) and finalist Kathy Lacy (left).

Due to online sign ups the BTC Spring Championships had more entrants this year. A big thanks to members and friends who played as well as Geoff and Manuela Griffin for running the tournament and providing the snack bar.

Men's 3.5 Singles: Edson Salazar d. Glenn Espinoza 4-6; 6-2; 10-3
 Men's 4.5 Singles: (1) Marcelo Hernandez-Gamez d. Doru Tifui 6-3; 4-0 Ret (inj)
 Women's 3.5 Singles: Gina Goldstein d. (2) Carolina Carreno 3-6; 6-0; 11-9
 Women's 5.0 Singles: Nancy Abler-Sanchez d. Kathleen Lacey 6-3; 6-3
 Men's 3.5 Doubles: Adams/Adams d. Phirman/Wood 6-4; 6-2
 Men's 4.5 Doubles: Hernandez-Gamez/Hills d. Sabio/Tifui 6-1; 6-3
 Women's 3.5 Doubles: (1) Irving/Lundstedt d. Falkowski/Jones 2-6; 6-4; 10-3
 Women's 4.5 Doubles: Gallego/Mecklenburg d. Christopher/Howell 6-2; 6-4
 Mixed 3.5 Doubles: (2) Espinoza/Irving d. Moua/Warrear 7-5; 6-1
 Mixed 4.5 Doubles: (2) Ancira/Johanson d. Autry/Christopher 6-4; 6-3

Multiple League Captain Mark Bauer



Mark Bauer's "real job" as a mechanical engineer prepares him on a daily basis for the volunteer position he holds at BTC. Mark currently is the leader for three teams during the same season, which is no easy task. "Excel is my friend," he says as captain of a 4.0 WTT, Mixed 18 plus and Men's 40 plus teams. He needs a fairly large group to draw from when he balances out players to compete in sectional and national qualifiers. He uses the following criteria to steer his teams throughout the season. He starts out with a lineup at the beginning to get the team started. He advises players not to get their own substitutes as he has a definite plan in mind. He only puts himself, as captain, in half of the matches and takes time to listen to the other players as he strategies how to set the lineup. "Once I get a template set, it's easier to navigate throughout the season," he says.

Anyone who has been a captain before of only one team, can surely relate to the trials and tribulations. There is a fine line between fielding a team to play and captaining a team to win. That's when the tough decisions come into play. He says he has developed "thick skin" as he positions his players to maximize their abilities. Mark tries to find a balance with his teams and believes in socializing with them as well as providing leadership as captain. "Sometimes we have parties together and often the players go out to dinner after matches," he says. It's all part of the team and winning environment Captain Mark sets as a platform. His background in other sports provides a glimpse of where this tireless leader developed his work ethic on and off the court.

Mark started tennis at 14 when his older brother bought him a racquet. He said he was heavy when younger and at the time, focused mostly on academics and not sports. However, in his senior year of high school, Mark competed on the high school tennis team. Born and raised in Tucson, he attended the University of Arizona and graduated in 1983. During his college years, he competed in rugby. He said this was the first time he was exposed to people who were true athletes. He toured and competed in England and Wales with the team against U.K. players who had competed in rugby all their lives. Although the US players were bigger and stronger, his team ended up losing 52-3. As the tradition goes in rugby, they all set off to the bar together afterwards drink beer, sing songs, and listen to the English and Welsh players give out advice.

After graduation, Mark moved to Riverside to work in a government lab called FLTAC for six years. There were some tennis courts at the facility so he started to play again. His next move was to San Diego where he worked at SPAWAR. He competed on the Tennis Exchange and eventually added playing at BTC to his list, in addition to taking occasional clinics. He joined Lomas Santa Fe Country Club for a while, yet the cost was exorbitant. He started competing in World Team Tennis 2002-2003. In 2006, he was handed the reins to become captain, which he did for a few years until a team in Coronado picked him up. When the City of Coronado changed the rules and wanted players to show residency, Mark migrated back to Balboa and began taking on the role of captain once again. He has been a consistent multiple season captain ever since.

Carol Jory, World Team Tennis San Diego League Coordinator states, "Mark is a great leader with WTT and a great ambassador for working people. He is very active in the tennis community." Most of the teams that Mark is captain of are at night and on the weekends when working players can make time to be on a team. Janene Christopher, BTC Club President and player on Mark's team says, "Mark is very personable and is the sweetest, nicest guy ever. He tries to think about everybody."

As a player himself, Mark understands his limitations yet is still trying to improve along with the players on his team. "Today at 56 years old," he says, "I am better than I was last year and last year better than I was five years ago. Except for when I was sidelined with injuries, (two knee surgeries and tennis elbow) I can say that every year I get older, I get better at tennis. I am sure at some point, I will reach a peak, but that is not today."

*Photo taken of Mark and son Tyler competing on Ultimate Challenge Court.

Liane Bryson Quest for Grand Slam at 70



As a nine year old growing up in Berlin, Germany, Liane Bryson took lessons at a tennis club across the park from her home. The early lessons she learned still resonate today as she continues to improve her game. In April, she embarks on a new adventure as a first year player in the 70 division. Beginning in Baton Rouge on clay, then hard courts in La Jolla, grass in New York and concluding with indoors in Washington State, Liane is essentially creating her own personal grand slam. Each tournament will be played with a different partner. "Of course there is an expectation to do well," she says. "Yet I will enjoy whatever happens." After years of lessons, competition, teaching, injury challenges and general enjoyment of tennis, Liane took some time to reflect on her journey.

Recounting her childhood exposure to tennis, she said, "I always loved tennis from the start". "Turn sideways and bend your knees," the elderly pro repeated over and over while firing tennis balls at her from a huge basket. With his instruction clicking and innate natural ability, Liane said, "I got really good really fast." By age 11, she was competing for the Berlin City Championship. With the Berlin Wall being built, her father decided it was best for Liane to attend boarding school in Switzerland. This was the start of an extended tennis hiatus. After boarding school, her dad decided she needed to learn English, so he sent her to boarding school in Boston. Here she stayed and eventually married an MIT man. They remained on the East coast until her husband was transferred to San Diego with the military.

Even though her life took some twists and turns, when she turned 21 and landed back in Southern California, the bug to play tennis resurfaced. Liane was driving down Draper Street in La Jolla, when she noticed a big tournament being played at the La Jolla Rec Center. She stopped to watch and decided she needed to get back into tennis again. So she started training at "Morley Field," which Balboa Tennis Club used to be called and one year later, she entered the La Jolla Championships. She was trounced 6-0, 6-0 by current friend, doubles partner and multiple national champion Cathie Anderson. A determined Liane Bryson vowed to herself: "I am practicing every day until my hands fall off. I am never going to lose 6-0, 6-0 again!"

Liane took a studious approach to the game with a flame lit inside her body to succeed. A new instructor named Ed Collins, who is iconic in the San Diego teaching world, taught her a simple approach that began paying off. Liane continued to improve until she achieved the #1 ranking in Southern Cal Women's Open Division.

During this time period from 21-35 years old, Liane competed regularly with many accomplished juniors like Marita Redondo. She played the Virginia Slims Circuit in singles and competed on the Canadian Circuit, traveling from Halifax, Nova Scotia to Vancouver. At the time, she was sponsored by Rothman Cigarettes – which is a sign of how different times were, as clearly, cigarette companies no longer sponsor tennis tournaments. A friend suggested Liane play the 35 Nationals in Milwaukee. At this indoor event, Liane won her first gold ball in singles. Shortly after, she was invited to play in the Junior Vet Tournament of the US Open for the 35 age division.

All her hard work was paying off, yet physically took its toll as well. Unfortunately, serious tennis elbow sidelined Liane at this high point of her career. This was the first of many injuries threatening Liane's tennis career. She ended up enduring elbow surgery and started rehabbing right away in hope of getting back on the court soon. After her recovery, she reentered the tennis world as an instructor, working at Parkway Tennis Club, Mission Valley Tennis Club and Rancho Bernardo Tennis College with former mentor Ed Collins. After getting remarried, giving birth to two daughters, Liane returned to school to earn her master's at UCSD and then taught Rhetoric at SDSU.

The drive to start playing again came back in her 40's when she and longtime doubles partner Marycaye Daniels, (formerly Christenson) successfully competed in a number of tournaments. Sadly, injury occurred again and Liane needed to endure back fusion surgery. Yet this woman is not one to sit around in self pity as she worked hard to get back on the court.

While raising the girls with husband Jeff, also a professor at SDSU, Liane occasionally made time to play national events and won some silver and bronze balls, yet injuries continued to interrupt her tennis goals. Three serious hip replacement surgeries at ages 53, 56 and most recently at 68, temporarily sidelined Liane, yet with her perseverance and grit, she has come back to tennis each time.

Liane and Jeff recently moved down town San Diego to a condo overlooking the city. With the girls grown up and her recent retirement from SDSU, she decided to take full advantage of her first year in the 70 division and pursue a grand slam goal. She has come full circle as she is back working out at Balboa Tennis Club/Morley Field, where it all began in her early 20's. "There are great players and camaraderie at BTC," she says. "I am grateful to be playing tennis considering all the surgeries I've had. This is a privilege after all that has gone on."

Friends of Liane Bryson have great respect of her as a player and person. Cathie Anderson states, "Liane is serious about her tennis, but always upbeat, helpful and supportive of her partner." Another multiple national doubles champion and friend Kathy Bennett states about Liane, "From the first time we played together, we clicked as partners, but even more as friends. Liane is solid as a rock as a partner and one of my favorite people in my life. I know she will do well in her quest." With respect abound, off Liane will go to embark on this great challenge. Hopefully positive health enables this great player and person to complete her grand slam of a lifetime.

A Tennis Trip of a Lifetime to China

By Mo Jackson



Five tennis players from San Diego, ranging from ages 60 to 78, travelled to China to compete at the Asian Cities Tennis Tournament which was held in Guilin, in November, 2016. The players were led by Crys Ren, one of our Balboa Tennis Club members. Crys, a former tour player took the team of senior tennis players from clubs around San Diego to China to participate in the 21st Annual Asian Cities Tournament, which is held in different countries each year in Asia.

The competitors were Crys Ren, Robert Schmied, Al Lieb, Peg Lieb and me, Mo Jackson. During the four day tournament, 16 teams competed and our team competed against teams from Beijing, Shanghai, Guangdong, Nanjing, Hainan, Japan, Singapore and a playoff against the New York team. "It was an amazing experience of a lifetime," the group all agreed. If any senior tennis players from San Diego are interested in being part of next year's competition and festivities in Korea, please contact Crys Ren. She can be reached at tennisocean@aol.com.

Annual Run and Roll Tournament Returns to BTC

By M.A. Hillier



The 5th annual Run and Roll Tournament returned to Balboa Tennis Club on Sunday, February 19th, 2017. There were a total of 30 participants (15 wheelchair and 15 able bodied players paired up together) on 6 courts playing in 3 divisions, between 3.0-4.5 NTRP rating. After the tournament, an awards ceremony was held in the clubhouse with winners in each division receiving \$50 gift certificates and finalists receiving \$25 gift certificates to the Griffin Pro Shop, followed by a delicious catered dinner by Becky Kuba's Ohana Café. The tournament will be back again next year in February or March. We hope to keep growing the event.

MAY 2017

Calendar of Events

May

9-12	CIF HS Boys Tournament	
16-21	4th Annual Wounded Warrior Camp	
21	Tennis Fest	Noon- 4:00 p.m.
23	BTC Board Meeting	7:00 p.m.
28	Free Guest Day	
29-June 4	USTA National Open Hard Court Championships	

June

18	Free Guest Day	
20	BTC Board Meeting	7:00 p.m.

July

1-4	SDTF Championships	
7-9	K&W Junior Tournament	
14-16	Hendrickson Wheelchair Tournament	
16	Free Guest Day	
18	BTC Board Meeting	7:00 p.m.
21-23, 28-30	Balboa Open Tournament	
24-28	Balboa Junior Tournament	

August

12	Free Clinic for Non Members	
15	BTC Board Meeting	7:00 p.m.
20	Free Guest Day	
25-27, Sept. 2-4	San Diego District Championships	

September

9	North Park Car Show	
17	Free Guest Day	
19	BTC Board Meeting	7:00 p.m.
22-24, 29-Oct. 1	San Diego Metropolitan Tournament	

October

6-8	Junior Satellite Tournament (Geoff)	
15	Free Guest Day	
17	BTC Board Meeting	7:00 p.m.
21-22	SD Tennis Federation Tournament	
27-29	K and W Junior Tournament	