



Center Court

MAY 2018

Two Options to Get Fit at BTC Cardio Tennis and Boot Camp

As we all know, tennis is a game which requires fitness and skill. If you have any desire to improve your fitness level and enhance your game, there are now two options available at the Club.



BTC Tennis Pro Armando Sandoval offers Cardio Tennis every Thursday for an hour at 6:15 p.m. on the teaching courts. All participants wear heart monitors, hit tennis balls and move constantly to improve cardio fitness. Email Armando at sdtennis10s@gmail.com for additional information. The cost is \$20 per class.

For daytime fitness seekers, Aaron Miter offers Tennis Boot Camp every Thursday at 12:30 p.m. on the stadium court. Aaron of Maximum Fitness instructs the class for all around fitness, yet with a tennis slant. RSVP to Aaron at maxfit1@cox.net or text him at: 619-261-7233 for more information on future classes. Cost is \$20 per workout which lasts one hour.

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Welcome Newbie!



BTC Teaching Pros Hiromi Sasano and Trent Aaron are proud parents of future pro Hana Lulu. Hiromi is back in action hitting, teaching and playing, while she and Trent juggle baby responsibilities. Congrats to the new parents. The club members are excited to watch baby Hana grow up.

New Date for Tennis Fest!



The 18th Annual TENNIS FEST, presented by the SDDTA is a **free** afternoon of tennis fun! The Balboa Tennis Club will once again host the event. It's been moved to a new date this year to **Sunday, June 10**. The fun starts at noon so mark your calendar and bring a friend!

President Serves it Up

By BTC President Janene Christopher



So what do members who play at night think about our “test” lights on Courts 9 and 10? We retrofitted the existing poles with new arms (which effectively throws the lights onto the courts) and installed new LED fixtures (Vue by NLS Lighting). Each light saves 350 watts of energy and the fixture is guaranteed to last more than 10 years! Over the past several months, BTC member Jesse Menczer and I have been trying to evaluate our existing upper court lighting and decide which LED fixture would be most effective from both an energy saving standpoint and light quality on the court.

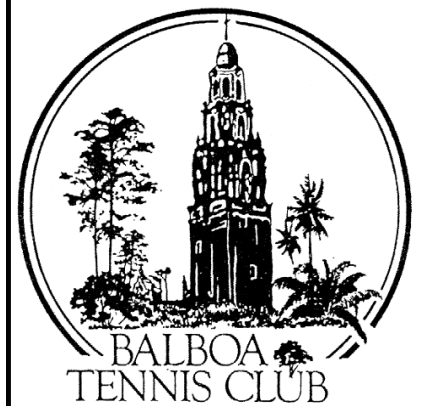
The locations of the existing (upper court) pole locations were installed from a purely economic perspective, which may have been fine in the 60’s, but now is in-

adequate. There is a pole every two courts instead of a pole between every court, so that area is “darker”. Perimeter poles were placed at the fence and they do a great job of lighting the green areas at the back of the court and the adjacent walks, but doesn’t help the middle lighting of the court. Tennis players prefer to light the white lines and blue court zone!

Over 15 years ago, the Club added additional light packs to boost the lighting levels. That solution may have marginally increased the light levels, but overall lighting on the upper courts is poor. The light levels range from 11 foot candles on the teaching courts to 21 foot candles on court 8. (A foot candle is a measurement of illumination of one candle at a distance of one foot).

The lower courts have an average of 65 foot candles. If you look around at most other well-lit courts, you’ll see the poles are in line with the baseline and at the net, and there is typically a light pole between courts. Check out the pole placement on our lower courts which were designed properly. Even with metal halide lights, the lower courts provide the best publicly lit courts in San Diego. We retrofitted the poles on Court 9 & 10 to compensate for the pole placement. The arms (the structural pieces between the poles and the light fixture) were changed to allow the fixtures to be installed and throw the light further into the court.

There is a tradeoff, as this design creates a bit more glare. Glare is defined as excessive and uncontrolled brightness. So to lessen that issue, we chose a fixture that had good optics based on a balance of the glare (optics), energy efficiency and amount of light on the court. We would like to have the upper court lights replaced with LED lights in the next 3-5 years (all courts) by being fiscally conservative, along with creative fundraising. We will be kicking off our “Upper Court Lighting Project” soon, so look out for more details. In the meantime, think about donating to the lights when you renew your membership. Every dollar helps!! Donate now so **you can benefit**.



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Club hours of operation:

Monday - Friday 8am – 9pm

Saturday & Sunday 8am – 8pm

The Director's Report

By Colleen Ferrell



Busy times are approaching for Balboa Tennis Club. A glance ahead shows the High School CIF Championships are here in May, the Wounded Warrior Camp and the Hendrickson Wheel-chair Tournament. At the end of the month, the National Open Hard Court Championships begin which showcases some of the finest young tennis talent in the country. The always popular Tennis Fest event has been moved to June 10 with local pros organizing drills on each court at BTC for every ability and age that plays the game. The following months, the Balboa Open, San Diego District Championships and SD Metropolitan Tournament will be played. Competitive players will get opportunities to play in local tournaments right here at BTC for ranking points. The Club will be busy, yet consideration for recreation time slots is of equal importance.

One of my personal duties and goals is to balance the out-sourced court time with member usage. As a public facility and also a membership club, making time for everyone's tennis is important. Regardless of how busy the club is, there will always be a Challenge Court available for drop in tennis. Also, the organizers of these events understand they need to give back courts as soon as they become available. The desk staff will in turn open the courts up ASAP for member and guest usage.

One additional community that the Club has served well over the past 20 years is the homeless population. Our recently passed and beloved friend David Ross collected water, socks, blankets, shoes and other useful articles of clothing from BTC members on a regular basis and then in turn would bring them daily to the needy people in the City. On behalf of David, "thanks for the donations to my cause and the memories on the tennis court." RIP John David Ross.

BTC bids farewell to a special friend. Memorial service for John David Ross will be held in Balboa Park, Saturday, May 12 at 11:00 a.m., on the corner of 6th and Laurel Street.



A Star on Both Courts - Eliza Wearren



Eliza Wearren sports "the look" of an athlete and talks "the lingo" of a budding superstar. She plays on the basketball and tennis teams at Gompers Preparatory Academy, which is a public charter school in San Diego. She has been awarded "athlete of the season" five times during her high school career – three for tennis and two for basketball. In addition to her aspiration to pursue a nursing career, she wants to become a "pro" at either tennis or basketball. "Maybe I'll play the WNBA or pro tennis," she says. "At this age, anything is possible."

Jim Winters, BTC member and Tennis Coach at Gompers, introduced Eliza to tennis in the 9th grade and within a year, she ascended to the #1 position. Her game has improved remarkably to include two opportunities competing in the CIF high school tennis tournament, which showcases the best tennis players in the area.

To keep improving her game, Eliza attends summer camps, takes clinics, participates on both BTC Challenge Courts, plays pickup games and competes against better players to get faster reaction times. Eliza says she is a "thinking player," yet sometimes "zones out." She's working on staying focused throughout an entire tennis match and staying calm.

Playing basketball concurrently as a post guard has improved her footwork and stamina, skills necessary for both sports. Eliza says the mental part of basketball differs in some ways from tennis, as she strives to get better in both arenas. On the basketball court, she is always aware of her surroundings, looking to get open and receive the ball with the game on the line. Recently, when her team was down by four points in the closing minutes, Eliza made two critical jump shots to seal the victory. "I do whatever it takes to win," she says.

Jim Winters commented that Eliza is "one of those passionate players you love to have on your team. She is honest, loyal and shows respect to everyone she meets. She has a great work ethic and holds one of the highest GPA's on the boys and girls tennis teams."

Eliza aspires to keep playing both sports. She is currently looking at all options before making a decision on where she will attend college. In the meantime, she's continuing to work on her tennis game here at BTC with a big smile on her face and great passion in her heart. She is certain to be a success at whatever court – be it basketball or tennis – she decides to pursue.

A New Passion for a BTC Regular



Sean Ortuno has been involved with Balboa Tennis Club since 11 years old. He comes from a long line of the Ortuno family who played at Morley Field back in the 50's. He took his first lesson from Tennis Director Geoff Griffin and enjoyed the experience, yet admits basketball was his first love in the sports world. After years of playing, competing, and learning from Geoff, Sean has decided to pursue a career in tennis teaching. He is working diligently on his accreditation with the United States Professional Tennis Association (USPTA), to become certified.

According to Don Goms, Executive Director and Head Tester for the San Diego Division, 40% of the USPTA applicants come from teaching or outside fields of work to become certified teaching pros. They need to be organized, know how to set up a lesson, knowledgeable about the inner workings and mechanics of the game and have people skills. Sean is currently observing Geoff, picking up tips from the more experienced pros and completing his certification from the USPTA.

Born in Bakersfield, raised in Philadelphia, Las Vegas and San Diego, Sean bounced around between cities during his youth, yet landed back in America's Finest City after earning a degree in micro biology from Villanova University in 2004. He's worked at the Club for the past 13 years in maintenance, reservations and now the pro shop. Last

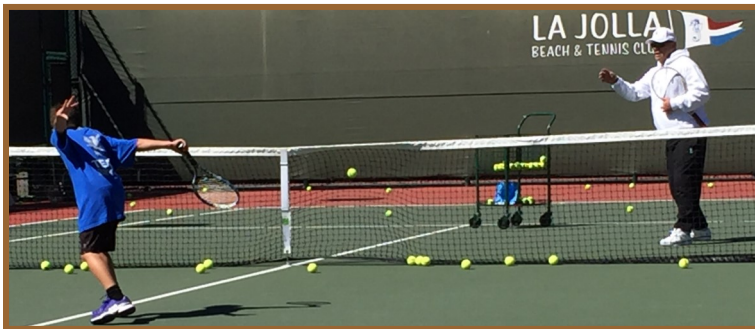
year Sean helped out with the summer tennis camp and received positive feedback from the children and parents. From this experience, he expanded his horizons and was given the opportunity to teach the kid's clinics and a few adult clinics under Geoff's supervision. "I bring a high level of energy to the court," says Sean.

In addition to pursuance of tennis teaching, Sean works at weight training and nutrition. After reaching an all time high weight of 302 in 2010, he realized he needed to make some changes in his life. So he began a personal program which he now advocates for all players. "Weight training and proper nutrition are necessary to help muscle endurance, metabolism and enable the player's body to work more efficiently," he says.

Last year Sean became involved with one of the up and coming programs advocated by the United States Tennis Association (USTA), called Sip N Serve. Along with former USC standout Amanda Fink, she and Sean are working to attract the 21-40 year olds to play tennis on a regular basis. After the workout, the players and coaches incorporate a social aspect by gathering at a local eatery for something to eat and drink. There is a need in tennis nowadays to keep every age group involved in the game for life.

Slowly Sean is finding his way in the teaching world. This is not an overnight process, yet worthy of respect as he's found a new passion and an opportunity to pursue a career. "I feel my strength as a coach is my ability to simplify instruction and create visuals for the students," he says. "My goal is to continue to improve as a teaching pro in all facets and help people enjoy the game."

Junior Standout and Racquet War Champions



BTC Junior Savo Simic works with Wayne Bryan, popular instructor and father of the world famous Bryan Brothers, at a recent USPTA clinic held at the La Jolla Beach & Tennis Club.



BTC Members Katy Falkowski and Lucia Denton recently participated in the Racquet War Tournament held at Balboa Tennis Club. It was their first tournament experience and they went all the way and won in the finals. They are pictured on the left holding the winning trophies.

Reg E Gaines – Tennis and Spoken Word Art



For years, Reg E Gaines has been traveling between coasts, playing tennis here in San Diego and then traveling to his other professional world on the East coast. Life at Balboa Tennis Club for Reg E is about fun, relaxation and enjoyment of the laid back Southern California lifestyle. His day to day existence back East is the exact opposite, full of excitement and challenges as a successful musical artist with noted accomplishments of four Tony awards and one Grammy nomination. At this juncture of his life, Reg E is getting the best of both worlds.

Originally born Reginald Elliott Gaines, Reg E was forced to come up with a new name. The Screen Actors Guild (SAG) couldn't write a check to him because another actor in SAG had the exact same name, thus evolved the adoption of Reg E Gaines. At the time, Reg E was involved in a sneaker commercial for LA gear with Joe Montana and Wayne Gretzky. The name has stuck and the career has continued to blossom.

As one of ten children growing up in Jersey City, Reg E always exhibited a knack for poetry. With music constantly playing in the house, the roots for a career in the arts were planted. In 4th grade, Reg E saw the Sound of Music at Radio City Music Hall and wrote an incredible critique about the experience which impressed his teacher. She recognized his tremendous talent at this young age and immediately advanced Reg E to the 8th grade English class.

Technique was impressed upon Reg E from this day forward and the training paid off. His word creativity segued into song lyrics and even love letters, as friends in high school paid him to write sweet passages to loved ones.

A huge loss occurred in life when his mom passed away at the age of 35 from a cerebral hemorrhage, leaving ten children, ages 18 months-12 years without a mother figure. Their grandmother – Marcella Victoria Quarles – raised the children along with his father, who was a homicide detective. Reg E credits Marcella with helping him become the person he is today.

After some turbulent days in high school, Reg E graduated and decided to take a trip to visit a friend who earned a track scholarship at Santa Monica City College. He met a girl and decided to stay out West. He migrated south, attended San Diego City College where he played basketball and ran track. The tennis coach at the time, Gary Druckman, spotted Reg E on the basketball court and encouraged him to try tennis. After a relatively short time, Reg E earned a spot on the team and played 2nd doubles. As a superior athlete, Reg E continued to improve and started looking for additional tennis opportunities.

He traveled back to New York to work a summer tennis camp and earned a two year scholarship to a Division 3 school called Hunter College in Manhattan, NY. During this time period, he also worked at a tennis camp in Naples, Maine and later at Port Washington Tennis Academy in New York, where he was in charge of traveling with the junior players.

Reg E claimed his strength as a coach was in applying strategy, as he understood offense and defense in tennis, just like he did in basketball. He had the benefit of learning from one of the greats – Pancho Segura – who was friends with one of his buddies. Pancho called Reg E, "Soul Brother" and left a positive impact on Reg E's coaching career. He eventually became a private coach in New York and worked with the Eastern Tennis Association as a traveling coach.

The position paid well, yet required Reg E to travel to some remote places such as Israel, where he stayed for 40 days. He kept a journal during this time period as often times he feared for his life, hearing bombs going off in Tel Aviv. "I think I'm going to die," he often thought to himself, yet survived long enough to finish the job and get back to New York.

When he returned, a girlfriend suggested he read his journal at the Nuyorican Poets Café, where poetry is read in a live performance setting. Reg E read his poem "Please don't take my new Air Jordans," which was about a kid who had his shoes stolen. After he read his poem, a woman gave Reg E her card and eventually offered him a Mercury Records deal that paid \$75,000 in advance. After this experience his career took off. He ended up working with MTV and traveling to 20 different cities with 2 different bands. *(Continued on bottom of page 6)*

Our Club Management

By Julia Gregory

We come to play tennis. We check in at reservations and off we go to enjoy our match. The courts are clean. The nets intact. The surfaces in good shape. Perhaps we walked into the club house, used the bathrooms, filled our water bottles, and walked by debris free sidewalks. Do we take this for granted? For many of us who volunteer at Balboa, we know the enormous effort it takes to continue making Balboa the Number 1 public tennis facility in the U.S. But lots of our 1200 plus players have busy lives outside of tennis and are not privy to what it takes to make Balboa great.

I have had the privilege of serving as Treasurer of the Board for the past few years. In doing my job of managing the finances, I have looked into every aspect of club management. I thought I might share some of my insights with regard to the management of our club.

I continue to be amazed at how well we are served by our Balboa staff whether employees or contractors. I want to tell you in particular what a great director we have. She is well regarded throughout the tennis community for her stewardship of our club. What we probably are not aware of is the extent of her job. You might find her putting up new nets which she regularly does with one of our staff. You might find her working closely with the City to coordinate our close relationship over matters such as sprinklers and roof repair. You might see her working with our maintenance crew to keep our premises in great shape...from freshening the front of our clubhouse with paint and repair to scraping the gum from our courts. You probably didn't see her working tirelessly with the various authorities to get our cafe in tip top shape. You probably didn't see her working with our Club president to facilitate the permits for our forthcoming Press Family Pavilion. You probably didn't see her working with the contractors for our new lighting. Colleen is everywhere!

In a previous article, I talked about her presence in the greater tennis community with regard to tournaments. Her behind the scenes work is equally if not more important. She has developed a check list to make sure that our courts are clean, our bathrooms supplied and trash is emptied each day. She works with her reservation staff to make sure that our court needs are meant efficiently and our members are met with a smile. She works with our maintenance and landscape folks to keep the premises in tip top shape. She negotiates contracts with our vendors to make sure we get good service. She oversees our social media to make sure Balboa Tennis gets local and national coverage.

Every month at our board meetings, she provides us with a log of usual and unusual activities with which she has had to deal. Recently it was those spring bees which required medical assistance to two members. Often it is dealing with issues such as our homeless visitors who like to find ways to use our facilities for showers and sleeping. Sometimes, but fortunately not too often, it is dealing with member complaints which Colleen handles professionally as well as in a caring manner. Thanks Colleen. It is a pleasure to work with you!

(Continued from page 5)

Established Tap Dancer Savion Glover saw Reg E on MTV and contacted him. "We should work together," Savion suggested. They collaborated on telling the History of Racism in America through tap. It was a musical that sold out and was transferred to Broadway, winning 4 Tony awards and also being nominated for a Grammy award, making over 10 million dollars. After this experience, Reg E could write his own ticket as he became established.

He is currently working on "The 88" – a musical tribute collaborated with his brother Calvin Gaines, as a tribute to their grandmother, who had such a great influence on their upbringing. 88 is the bus number the family rode into the City. Marcella Victoria Quarles wanted to show her grandchildren they belonged so she made a point to get them to the theatre and sit in good seats. Obviously, her influence rubbed off on Reg E as he has found himself in the stage life as a successful spoken word artist.

Reg E continues traveling back and forth between coasts – seven months in San Diego and five months back East. The time in San Diego he cherishes as it allows him "to chill," and continue playing the game of tennis he discovered back in the 80's. Reg E still recalls the day he took a walk around the neighborhood and discovered Balboa Tennis Club, where he's been a member ever since. "I heard some balls popping" and stumbled upon the Club. He sat on the bleachers and watched some junior players on Court 8. The tennis bug nailed him and has been with Reg E ever since. He's living the dream on both coasts of the United States and enjoying each day of the journey.

Tennis for Life - BTC Employee Robert Pe



Tennis in the life of Robert Pe has come full circle since he started working at BTC in January of 2017. He is the younger brother of his “famous sister” Maria who competed regularly at Morley Field in the late 70’s and early 80’s. Robert compares his tennis upbringing to the Redondo family – another iconic San Diego tennis family – in which all the children played tennis as well as the parents. His sister Maria was the “star of the family” as she competed well and was mentally tough. “My Dad used to get angry with me because he thought I didn’t take tennis seriously,” said Robert. “He thought I had talent, but I didn’t have the mental capacity that Maria had on the court.”

Robert played three years of high school tennis at Hilltop. He decided on a career in Law Enforcement and Administration of Justice while at Southwestern College, which led him to attending the San Diego Sheriff’s Academy. He was hired by the Sheriff’s Department where he worked for 12 years – 4 ½ years at the county jail and 7 ½ years patrolling Imperial Beach. “My Mom provided the influence to help people,” he said as she was a social worker for 20 years.

After all these years as a public servant, Robert survived enough “excitement” and decided to venture into the private sector where he provided executive protection behind the scenes for Sempra/SDG&E. He was eventually layed off so he accepted a position as a Club Ambassador at Bonita Golf Course until his current role at BTC.

In 2013, Robert rejoined the tennis world when he started coaching the boys and girls at High Tech High in Chula Vista. Most recently, he accepted the job of coaching at Hilltop High as well.” I never thought I would be coaching my former high school,” he said. “I believe in teaching the basics with patience as my number one attribute as a coach. I also want to hook them on the lifetime tennis concept.”

As for his position at BTC, Robert says he enjoys being around the tennis environment. The members and employees of BTC are “all about tennis and absorbed in the game.” Robert is a good example of someone who had the early tennis influence, yet didn’t want the pressure of the game. He still found a path to success in one of the many offshoots tennis provides for lovers of the game. “I really enjoy teaching and coaching,” he says. “I never get tired of it. Coaching the kids has made tennis more of a passion for me.”

On the Road Back from Injury



- Linda Olson: BTC club member since 1999
- 3.5 singles player
- Was seeded #1 in Women’s 3.5 Singles in the 89th Annual San Diego District Championships on Sept 2-4, 2017. Very excited about the potential of going deep in the tournament.
- Had a tough quarterfinal match and was into the 3rd set. While playing at the net, she jumped up to hit a lob. Linda fell and broke her right foot and left hand at the same time. This was a very unfortunate accident that sidelined her from September-November 2017.
- Flash ahead to 2018 after several months of rehab, getting around on a scooter and using only one hand to function, she’s back and so thankful to be on the court once again. “I really missed playing tennis and being part of all the tennis action that the BTC has to offer.”
- Linda participated in the BTC Spring Championships for her first competition since her injury and did very well. Best of luck to Linda as she gets her game back on track.
- Condolences to BTC member Steve Hurry who is rehabbing from shoulder surgery. His road back will be featured in the next newsletter.

MAY 2018

Calendar of Events

May		
	7-10	CIF HS Boys Tournament
	7-11	5th Annual Wounded Warrior Camp
	15	BTC Board Meeting 7:00 p.m.
	19-20	Hendrickson Wheelchair Tournament
	20	Free Guest Day
	26	Free Clinic
	28-June 3	National Open Hard Court Championships
June		
	3-5	National Open Hard Court Championships
	10	Tennis Fest
	17	Free Guest Day
	19	BTC Board Meeting 7:00 p.m.
	30	Tennis Night at Petco Park
July		
	6-8	SDTF Championships
	14-15	K&W Junior Tournament
	15	Free Guest Day
	17	BTC Board Meeting 7:00 p.m.
	20-22, 27-29	Balboa Open Tournament
	23-27	Balboa Junior Tournament
August		
	19	Free Guest Day
	21	BTC Board Meeting 7:00 p.m.
	25	San Diego Hall of Fame Celebration 4:00 p.m.
	24-26, Sept. 1-3	San Diego District Championships
September		
	1-3	San Diego District Championships
	8	North Park Car Show
	10-13	Senior Olympics
	16	Free Guest Day
	18	BTC Board Meeting 7:00 p.m.
	22-23, 28-30	San Diego Metropolitan Tournament
October		
	6-7	Junior Satellite Tournament (Geoff)
	13	Free Tennis Clinic
	16	BTC Board Meeting 7:00 p.m.
	20-21	SD Tennis Federation Tournament
	21	Free Guest Day
	27-28	K&W Junior Tournament

BTC Spring Tournament Results

Men's 3.5 Singles: Gary Gilbert def. Richard Ortiz 6-2, 6-3
Men's 4.5 Singles: Hernandez-Gamez def. Stuart Ridge 6-0, 0-6, 12-10
Men's 5.0 Singles: Jesse Steinberg def. Varoun Misra 6-2, 6-2
Women's 3.5 Singles: Tami Strand def. Linda Olsen 7-5, 6-3
Women's 4.5/5.0 Singles: Katherine Nguyen def. Christina Martinez 6-3, 6-1
Men's 3.5 Doubles: Ortiz/Verde Prado def. Nelson/Schnydrig 6-4, 1-6, 10-5
Men's 4.5/5.0 Doubles: Bothwell/Steinberg def. Hernandez/Lombrozo 3-6, 6-2, 10-6
Women's 3.5/4.5 Doubles: Bennett/Pathammavong def. Larsongarcia/Loyson 6-3, 6-3
Mixed 3.5 Doubles: Gomez/Chavira/Mendiola def. Bergsma/Loyson 6-2, 6-1