

Maybe you should rent a locker... page 2
Spotlight on Local Leagues... page 5
2005 Calendar of Events... page 6

Court Center

Balboa staff to be CPR certified

This year the Balboa Tennis Club began a policy of providing CPR training to its staff.

Don, George and Kent attended a CPR class in January. Alex and Gil will attend an upcoming class, along with members of Geoff Griffin's staff.

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

Another very important improvement is the club's plan to buy an automated external defibrillator (AED).

An AED is a device about the size of a

laptop computer that analyzes the heart's rhythm for any abnormalities and, if necessary, directs the rescuer to deliver an electrical shock to the victim.

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

Current plans call for the AED to be stored at the reservations desk.

In an emergency, call 911 from the nearest available phone and notify the reservations desk.

We are working with San Diego Project Heartbeat and expect to have our own AED on location this month.

In an emergency, call 911, notify the reservations desk

Saturday Sundae Social

The January rains may have delayed the first round robin social of the year, but that doesn't mean it won't be a sweet event!

On Saturday, February 26, the Saturday Sundae Social round robin will hit the courts at 3:30 p.m.

At 5:30 it's time to build your own ice cream sundae!

The Tennis Café will provide dinner, but you're forehand will provide the ice cream — winners line up first to build their super sundae's first!

The cost is only \$5, whether you attend for the tennis, the food, the ice cream or the small talk.

The round robin will be organized by our pros, and the balls will be provided. We expect this social will fill up fast, so sign up at the reservations desk today!

Has your address or phone number changed? Check your membership card — if your card is out of date, odds are our database is out of date too... Stop by the Reservations Desk and let them know about any changes or corrections to your address and telephone number. The new directories are free to all members and will be available to pick up later this month.

New membership roster coming soon

Has your address or phone number changed? Check your membership card — if your card is out of date, odds are our database is out of date too...

Stop by the Reservations Desk and let them know about any changes or corrections to your address and telephone number.

The new directories are free to all members and will be available to pick up later this month.

inside...

President's message from Robin Rodger	page 3
Tennis Tips from the Pros	page 4
Spotlight on Local Leagues	page 5
SDTF makes donation for Junior Program	page 7

Lockers are available for you

One of the little-known benefits of a Balboa Tennis Club membership is the ability to rent a locker in our clubhouse locker room.

Like everything else at BTC, renting a locker here is a bargain at only \$5 per month!

Lockers fees are collected

quarterly, so most members pay \$15 four times a year, although members do have the option of paying for the whole year in advance.

At this time there are a number of lockers available to rent in both the men's and women's locker rooms.

Good tennis etiquette helps everyone

Okay, we've got one of the best public tennis facilities in the nation (according to the USTA), so how can we make it even better?

Why not make sure we're using the best tennis etiquette in the nation? Good manners help everyone to have a good time.

Here are some of the most important things to keep in mind:

Never walk onto a court — or off a court — during a point. Allow the point to end before

you open the gate.

Never cross one of the front courts to reach a back court (unless the front courts are *completely* empty). Remember, walking is a good warm-up.

Never chase your ball onto an occupied court. Ask the players on that court to retrieve it for you — after they've finished their point.

These are small items, but they really make a big difference!



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295-9278

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10% Discount for all BTC members!

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

The BTC Main Office is open Monday through Friday.

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

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

Reservations & Info...	295-9278
Director's Office.....	295-4242
Pro Shop.....	291-5248
Tennis Café	299-8787

Submissions to the newsletter are welcome.
Call 295-4242

Rain doesn't dampen enthusiasm

By Robin Rodger, BTC President

The recent January rains just reinforced my knowledge that tennis makes my heart sing.

A few weeks of bad weather reminds me how fortunate we are for the weather in our fair city and the fact that our bodies let us play tennis.

To be able to visit Balboa Park and enjoy the benefits we have at BTC for a reasonable amount make us all very lucky people.

The recent weather also made me want to voice my appreciation to Gil Mahaney and Kent Sligh for their attention to detail and their flexibility in problem solving. They took care of the windscreen, tree and debris problems very efficiently, which enabled the players at BTC to play the maximum hours safely.

We are very lucky to have both of these men and appreciate all the things they do for us, but most of all we acknowledge their "can do" attitude.

The board is looking forward to a productive year and is starting with two new members, Mark Gregory and Darice Carnaje. The board consists of 10 board members and a president (that would be me!).

At our January board meeting we looked at our accomplishments in 2004, which include creating an electricity reserve fund, a bulb replacement fund, a dues increase, finishing our light improvements, and developing a capital campaign strategy.

We are still working with the city on the first step in the backboard project, which is to put in a new ADA-compliant handicap access ramp in our parking lot. (The American's with Disabilities Act requires that whenever we make an improvement to our facility a small portion of the budget goes to bringing our decades-old facility into compliance).

At our February meeting we will be compiling a list of BTC goals for 2005.

If you have any suggestions please submit some-

thing in writing to a board member or to our club director, Kent Sligh. Please include your name with your suggestion so we can get back to you on the results of your submission.

Last year our club social round robins were more successful than ever. The Turkey Shoot was one of the largest ever, with more than a dozen courts battling for the bird. Geoff actually had to create two divisions and give out two turkeys!

While interest in tennis socials grew, attendance at our annual picnic continued to ebb. The board has decided, for now, we will cancel our annual picnic or dinner due to lack of interest. Instead we will focus on the things everyone has fun attending, which are the four socials and four free clinics.

The first free clinic will be on Saturday, February 19, from 3 until 4:30 p.m. Our own BTC pros will conduct this great clinic.

The social on February 26 will start with round robin tennis from 3:30 to 5:15 p.m. and food at 5:30 p.m. All of this for only \$5.00!

It's a real bargain and you will meet new people and play with

people you've never played before.

There will be three more socials and three more free clinics spaced through out the year, so join in and have some fun.

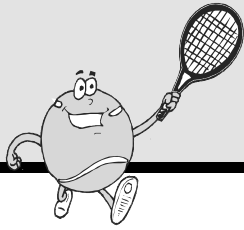
Check the 2005 BTC event schedule in this issue for the dates of all future events.

You can find our schedule on our web site at www.balboatennis.com. If you haven't visited our web site, check it out. It has lots of tournament and league information.

Balboa Tennis Club is a jewel in the heart of Balboa Park, but it's our people that make this place so special.

Whether you volunteer on the Tournament Committee, participate in a club social or just use good tennis etiquette, make sure you're doing your part to help us be all that we can be.





Tennis Tips...

...from the pros

Open your mind, open your stance

By Mario DiLonardo, USPTA

Tennis has evolved so much from when I started, sometimes I wonder if I am playing the same sport.

So many changes have been made over the last quarter century. Racquet technology. Stances. Grips. Training methods. All have changed drastically.

If you are making an effort to help your game and help yourself to play “like a pro,” first you have to know what the pros are doing.

It’s not a bad idea. If you want to be great at something, find someone who is already great and learn from how they do it.

Here are two examples of what pros practice that you can incorporate into your game.

1. Open stances. More pros hit from an open stance than a closed stance. Now even the open stance backhand has become popular, especially on the women’s tour.

Closed stances are used on the minority of shots, particularly off the forehand and the return of serve.

It can be hard to let go of old school fundamentals, but video tape doesn’t lie. Watch a pro match and you will see open stances dominate the majority of play.

2. No spin, no win. Good players know how to use spin to their advantage.

If you haven’t learned to put a significant amount of spin on the ball, you’re selling your game short.

Without spin you will have limited control, you will not be able to take full swings, and it’s possible you will never feel all the joy you should out of the game.

Spin gives you safety by allowing you to hit higher over the net and opens up new angles by forcing the ball to “dip in” without going wide.

No roll, no control! Just because you see a pro drive a ball low over the net doesn’t mean it is a flat ball with no spin. The opposite is usually true.

Andre Agassi and Rodger Federer both hit with loads of spin to control the touch on a ball, even when

they are hitting winners.

“Jimmy Connors flat, low-over-the-net style wouldn’t work against modern players today.” Who said this? Jim Courier!

Here are two things NOT to practice in order to look more like a pro:

1. Playing with a locked wrist. A locked wrist limits the amount of “feel” you get when you strike a ball. It reduces the amount of racquet speed you can generate and it can cause you to tighten up. You rarely see a pro “muscle” a ball.

2. Forcing a closed stance. Great players use a variety of stances in order to feel comfortable. The key is knowing how to position yourself for a variety of different shots and incoming balls.

I hope these eye-openers get you thinking about your own game. Tennis is a creative, artistic, thinking game, and that’s what makes it so great.

I am still learning new things and adapting them to give me the best competitive advantage for my game and for my students.

Old school vs. new school. If you’re still using a wooden racquet, disregard everything I’ve just said. But remember, there is no time like the present.

If you haven’t met Mario DiLonardo yet, you haven’t been by the teaching courts lately. If he’s got a little swagger, it’s because he’s confident he can really improve your tennis game. “It’s my job!”

In the early 90’s Mario had the opportunity to train with the likes of Goran Ivanisivic and Pat Cash, both Wimbledon champions. Mario has coached nationally ranked juniors and adults.

Currently ranked number 3 in the Men’s 35s in Southern California, Mario has received a lot of attention due to recent tournament wins against local talent. Mario uses a mixture of modern, innovative methods, including video analysis of today’s top pros, combined with an eye for technical detail to get you playing your best.

Spotlight on Local Leagues



*Reprinted from the SDDTA's
2005 San Diego Tennis Yearbook*

SCTA/NTRP Grand Prix and SCTA Senior Grand Prix both offer tournaments held throughout Southern California with competition at NTRP levels or age divisions. Participants have the opportunity to accumulate points in both singles and doubles. Year-end Masters Championships are invitational. Contact: Annette Buck (310) 208-3838 ext. 224.

USA Adult Spring & Senior League Tennis are team leagues for grassroots players at six NTRP levels. Playoffs in all divisions are held sectionally and nationally. Contact Lesley Waite (858) 755-8110.

SCTA Fall Combo Doubles & USA Winter Mixed Doubles Leagues are formed at five NTRP levels. Area winners compete at SCTA Sectionals. USA Mixed Doubles sectional champions advance to the Western Regional Playoffs. Contact: Lesley Waite (858) 755-8110.

San Diego Super Senior League (65+) sponsored by the SD District Tennis Assn. at NTRP levels 3.5 and under as well as 4.5 and under plays throughout the county September thru November at 12 noon Tuesdays (men) and Wednesday (women). Contact: Lesley Waite (858) 755-8110.

Ad-In Play. A, BB, B & C level doubles play for women. Fall, Winter & Spring on Wednesday & Thursday, 9-11:00 a.m. at the Barnes Family Tennis Center. Contact: Anne Podney (858) 551-1162.

Fall League. Women's 'A' and 'BB' Doubles Teams from various clubs compete from September thru November. There are five divisions of play with 50

teams and approximately 900 women. The 2003 winning teams were: A-San Diego Tennis & Racquet Club BBI-Coronado I; BBII-University City; BI-Point Loma; BII-Lake Murray. Contact: 'BB' Vickie Bamberger (619) 656-6202; 'A' Geri Dance (619) 303-4300; or visit the Website at: www.groupweb.com/mview for Fall results.

Winter League. Women's Doubles Teams from various clubs compete from January thru April. In 2004 the winning teams were: A-Balboa TC II; BB (Red)-Balboa TC; BB (Blue)-Scripps Ranch; B (Red) Britannia II; B (Blue)-Helix South; Contact: Vickie Bamberger (619) 656-6202 or visit the website at www.groupweb.com/mview.

Club Winter Doubles League. Clubs field 7 doubles teams who compete from January through March on Saturday mornings. Contact: Ronald Svalstad (619) 469 0197

North County Winter League. Men's and Women's Doubles Teams play January thru April. Contact: Bonnie Bagheri (760) 591-3809, email: bbagheri@cox.net or visit the website www.ncctl.com.

World Team Tennis League. City League. 40 teams compete in a Spring, Summer and Fall season at 3.0, 3.5, 4.0, 4.5, 5.0 levels. Contact: Carol Jory (858) 270-7587.

Senior Men's League. One Senior League (70's) compete Tuesdays and Thursdays from January thru April. The winning team in 2004 was Hilton Hotel. Contact: Bill Peaker (760) 639-1874.

Balboa Pac Life Tournament winners to play at Indian Wells

The Pac Life Tournament in November was small but a great event, with a number of clubs throughout Southern California participating.

The Pac Life Tournament benefits the Prostate Cancer Founda-

tion, and was played here at BTC on November 13 and 14, 2004.

Balboa's winners, Richard Ooms/Craig McDonald and Peggy Jung/Robyn Leong will play the winners from the other clubs during the Indian Wells Tournament

in March 18-20.

All winners of the Pacific Life Open Club championships will be honored on Stadium Court following the men's singles final of the Pacific Life Open on Sunday, March 20, 2005.

Free clinics open to all players, all ages, all abilities

On Saturday February 19, the Balboa Tennis Club is sponsoring the first in a series of four free clinics the club will offer in 2005.

If you haven't done so already, hurry to the pro shop and sign up.

This is the third year in a row that the club has sponsored free clinics, and they have been very popular.

There are usually five courts going at once, with four pros and about forty players.

The free clinics were inspired by the desire to promote adult tennis at our club.

Anyone is welcome to sign up, and all different levels are encouraged to participate.

After Saturday, the second free clinic is June 4.

2005 Special Events Schedule

February 19	Free Clinic # 1	3:00 pm — 4:30 pm	Sign up at the pro shop
February 26	Saturday Sundae Social	3:30 pm Round Robin	Food served at 5:30 pm
March 7-11	Paul Buskey Memorial	18 courts used	Scheduled 11 am — 6 pm
Mar. 25-27, Apr. 1-3	Spring Tournament	15 courts used	6 courts open for reservations
April 16	Spring Social round robin	3:30 pm Round Robin	Food served at 5:30 pm
May 1	Tennis Fest	15 courts used	6 courts open for reservations
May 14-15	Hendrickson Memorial	8-13 courts used	8-13 courts open for reservations
June 4	Free Clinic # 2	3:00 pm — 4:30 pm	Sign up at the pro shop
June 13-19	National Open Champs	15 courts used	6 courts open for reservations
July 1-4	SD Tennis Federation	8-18 courts used	3-18 courts open for reservations
July 22-24, 29-31	Balboa Open	18 courts used	3 courts open for reservations
August 1-5	Balboa Junior	8-15 courts used	6-13 courts open for reservations
August 20	Free Clinic #3	3:00 pm — 4:30 pm	Sign up at the pro shop
Aug. 26-28, Sep. 3-5	San Diego District	18 courts used	3 courts open for reservations
September 17	Club Social #3	3:30 pm Round Robin	Food served at 5:30 pm
Sep. 23-25, 30-Oct. 2	Metropolitan	18 courts used	3 courts open for reservations
October 22	Free Clinic #4	3:00 pm — 4:30 pm	Sign up at the pro shop
November 19	Turkey Shoot	3:30 pm Round Robin	Food served at 5:30 pm

Committee seeks seasoned tournament players

The BTC board has appointed Terry Overbey to head a new Tournament Committee that will play an important role in upcoming events, especially large tournaments like the Maureen Connolly-Brinker Balboa Open and the Metropolitan Championships.

BTC is well-regarded in the local tennis community, hosting the oldest, most important tournaments in San Diego. The sheer size of many of these events, however, makes coordination between the players, umpires and tournament desk challenging. Knowledgeable tournament volunteers are needed to help with a number of vital tasks, assisting tournament officials and umpires. Please call Kent Sligh at (619) 295-4242 to find out how you can help.

Got flowers?

For those who are looking for another reason to visit the Park, may we suggest some light gardening?

The Garden Club is looking for volunteers to maintain the planters at the club. They meet the first Monday of the month at 11:00. Call Kent Sligh at (619) 295-4242 for more information.

A chance to get off your seat and sponsor a bench!

We are embarking on a fundraising effort to replace all the white courtside benches at the club.

The benches we use now are made out of hollow plastic. They break easily and are often hazardous until they are repaired.

A committee has been formed that is currently studying different benches to find a better solution.

The committee will select a bench that will be sturdy and low maintenance as well as attractive.

A fundraising campaign will begin soon that will enable you, your friends, teams, and companies to sponsor benches.

Sponsors will receive recognition of their generous contributions.

Look for upcoming announcements regarding details.

In the meantime, contact BTC board member Armin Afsahi at (619) 278-8780 if you have questions or are interested. Who knows? There may be a bench with your name on it!

SDTF invests in Balboa's Junior Program

The San Diego Tennis Federation recently made a donation of \$500 to support the Balboa Tennis Club Junior Program.

The cornerstone of the Junior Program is a free clinic that Geoff Griffin runs with volunteers every Tuesday from 4 to 5 p.m. The clinic is always free to any child with an interest in tennis.

The Junior Program also makes tennis available to kids from St. Vincent DePaul Village and sponsors other children for local outings like the Toyland Parade in North Park.

2005 marks the San Diego Tennis Federation's (SDTF) 22nd anniversary.

A member of the Gay and Lesbian Tennis Alliance (GLTA) and United States Tennis Association, the SDTF puts on the San Diego Open surrounding the Fourth of July at the Balboa Tennis Club every year.

The San Diego Open is one of the largest tennis tournaments of its kind and one of the most successful national tournaments on the GLTA circuit.

A sizable percentage of BTC members are also SDTF members.

The group considers Balboa Tennis Club as their home court, and our large facility gives SDTF members several opportunities a week to play or practice tennis in an organized and fun environment.

More information about the San Diego Tennis Federation and the San Diego Open is available at the SDTF web site. www.sdtf.org.

If you would like to make a donation to the Balboa Tennis Club's Junior Program, or to find out how you can volunteer, contact Geoff Griffin at the pro shop (619) 291-5248.

Calendar of events

February

15 BTC BOARD MEETING
19 FREE CLINIC — SIGN UP AT PRO SHOP
26 SATURDAY SUNDAE SOCIAL 3:30 TENNIS, 5:30 FOOD

March

7-11 PAUL BUSKEY MEMORIAL SENIOR TOURNAMENT
15 BTC BOARD MEETING
25-27, April 1-3 BALBOA SPRING CHAMPIONSHIPS

April

March 25-27, 1-3 BALBOA SPRING CHAMPIONSHIPS
16 SPRING SOCIAL ROUND ROBIN 3:30 TENNIS, 5:30 FOOD
19 BTC BOARD MEETING

May

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

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inside...

Rent a locker page 2
President's Message page 3
Tennis Tips from the Pros page 4
2005 Special Events Calendar page 5