



*New lights, new courts, new “friends”!  
Geoff has new players seeing double(s)  
Are you in the Spotlight? Page 5...*

# Courts Center

## **New snack shop opening soon!**

The new snack shop, called the Morley Field Tennis Café, opens March 1.

After an open bidding process that started in December, Susan Trump, owner of Hudson Bay Seafood in Point Loma, was selected to provide food service at BTC.

Susan has been developing a menu just for us — she’s even tried out a number of recipes on some of our members.

The Morley Field Tennis Café will offer a variety of high quality foods and beverages at reasonable prices.

She wants to open early to serve the morning players as they arrive, and she plans to stay open at night to provide for evening players.

Susan approached the bidding process with a great deal of enthusiasm, and lots of creative ideas about how to make the Morley Field Tennis Café a hit.

One idea is to offer a healthy and delicious “brown bag” type meal that players can order in advance so it’s ready when they want to pick it up.

Susan also hopes the public will soon be buzzing about her gourmet coffees.

Headed by board member Chuck Splitgerber, a committee met with nearly a dozen interested applicants until three were recommended to the board. Ultimately the board decided that Susan was the candidate that was most prepared to succeed at our tennis club.

## **Reserve your spot for 2002 Annual Dinner**

Beginning February 8, the Balboa Tennis Club will begin to take reservations for our popular Annual Dinner, set to take place Saturday, March 9.

Every year the Balboa Tennis Club throws an upscale party open to all of its members. Characterized by great food, lively conversation, dancing and various awards, the Annual Dinner is a time to spend some quality time with your favorite members – off the tennis court for a change.

The board always tries to select a beautiful venue for the event, and this year is no exception. This year’s dinner will be held at the Bay View Restaurant

at MCRD. The Bay View Restaurant just won the “2001 Finest Service Award” presented by the San Diego Convention and Visitor’s Bureau.

The award-winning Bay View Restaurant features a generous buffet – dinner guests will choose from London Broil with a Bordelaise sauce, or Athens Chicken marinated in lemon, olive oil, herbs and garlic, grilled and topped with a mixture of Feta cheese, fresh tomato and basil. There will also be salads and other accompaniments to choose from.

The DJ from last year’s dinner, Music As You Like It, was so popular Patty booked them again for this year’s party.

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# Balboa Open Update: BTC needs a little help from its "Friends"

By Jim Gallagher

In the December newsletter we explained some of our plans for financing capital improvements for BTC. These include improving court lighting, the patio area, the upper deck over the clubhouse, and the snack shop.

To help pay for improvements, we are planning a combination tennis tournament and festival – the Balboa Open.

To ensure a solid draw for the tournament, prizes have been increased to \$5,500. We'll have exhibition tennis featuring San Diego area players. As an added attraction, we'll have a radar gun available to measure the speed of your serve.

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## We've launched a program called "Friends of BTC"

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Underwriters (major sponsors) will be invited to support the tournament for \$5,000. There will be paid sponsor/trade booths around the perimeter of the stadium court. The fee is \$500 per booth. Booth sponsors will be able to develop good will and prospects over two weekends (July 19-21, 26-28). We're expecting approximately 2,000 people, including players, family, friends, BTC members, television, print media, etc.

We've also launched a program called "Friends of BTC." This is

a way for club members and friends to donate \$100 to support our capital improvements. Since December, the following people have sent checks in the amount of \$100 as a commitment to support your club:

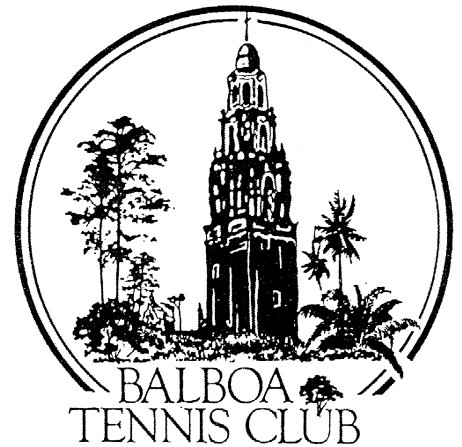
- Jim Apprill**
- Ron Celeste**
- Jim Gallagher**
- Brad Hasper**
- C.T. Martin**
- Robin Rodger**
- Chuck Splitgerber**
- Phyllis Webster**

All of the "Friends of BTC" funds will be used to upgrade our facility. Here are just a few of the improvements which are either in progress or under consideration:

1. *The Tennis Café* The board of directors recently allocated about \$5,000 for renovations to our snack shop area. A new café will open on March 1<sup>st</sup> (see the article on page 1).

2. *Upper Deck of our Clubhouse* BTC has applied for nearly \$4,500 in matching funds from the City of San Diego to add rooftop seating overlooking the tennis courts. A viewing area of sorts already exists up there with a railing all around a portion of the clubhouse roof, but there is no seating and the floor is covered in roofing material. The plan would provide tile, benches and a counter top along the south

(Continued on page 7)



2221 Morley Field Drive  
San Diego, Calif. 92104  
295-9278

Robin Rodger  
President

Richard Barndt  
Vice President

Ron Celeste  
Treasurer

Pam Fullerton  
Secretary

Brad Hasper

Roz King

Bev LaRue

Chuck Splitgerber

Linda Stadelli

Patty Sweeting

Board Members

Kent Sligh  
Director

Geoff Griffin  
Tennis Director

Roz King  
Editor, Center Court

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.

Office ..... 295-4242

Reservations..... 295-9278

Pro Shop..... 291-5248

Snack Shop ..... TBA

Submissions to the newsletter are welcome.  
Call 295-4242

# New year brings lots of changes

**By Robin Rodger, Balboa Tennis Club President**

You, as a member of BTC, will be seeing a lot of changes around the old place this year. We all love BTC and all the history wrapped around it. It's important to keep the wonderful traditions and history in place as we move to modernize our surroundings.

Dick Fowler has been kind enough to help us make a few changes in the snack shop area by moving Dennis' supply closet to a dead space in the men's locker room.

The removal of the air conditioner hanging on the outside wall has improved the appearance already. I felt as if we were going back to the 1970's as we decided to put a pass through window from the snack shop into the clubhouse. Lo and behold, we took the siding off the wall and there was an old pass through window from past years.

Our patio remodel has gone out to bid. Some things to remember in the coming months- all the concrete from the snack shop to the pro shop will be replaced, due to large cracks, discoloration and holes that will be created by removing the current metal tables and chairs.

Things will be messy for a bit, but well worth our patience. A large tree will be craned in to land in front of the pro shop in the middle of the new concrete planters that will double as seats. So we will have instant shade if everything goes according to plan.

Wide stairs will replace the drop off and black chain along with concrete planter boxes. New concrete tables with benches will replace the old ones.

You might have noticed our newly repainted signs in our entryway. The signs were old and peeling and have been given a face-lift while still letting the public know we have been "serving the community since 1924."

At our January Board meeting, your board of directors voted to put in a matching funds proposal to activate the roof patio area.

We are proposing to put tile on half of the roof for the patio floor and then add a bar running the length of the roof patio fronting on court 9 and 10. We would put in non-moveable high benches, so people can eat up there or view tournaments. This would be started after the current patio remodel is complete. I have been told that the patio remodel will be complete by our tournament dates in June.

The lights at BTC need to be improved. Will Tappen, our "mad scientist" lighting chairman, is in the process of measuring the candle watt strength on our courts, to check short poles verses higher poles and old bulbs verses new ones.

When his study is complete we will be able to formulate the best plan to upgrade our light strength.

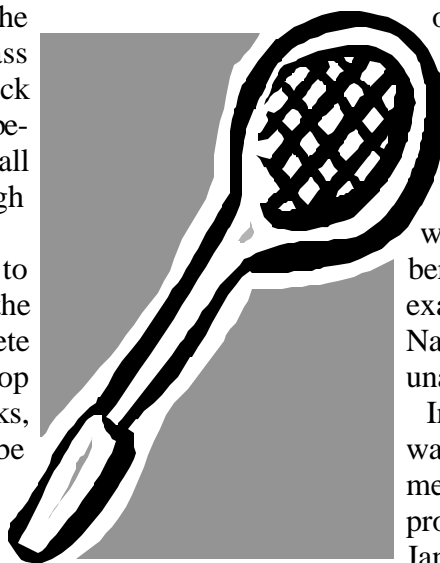
Our annual dinner date was changed from January to March. This change was made because so many of our members play tournaments in the desert, for example the Men and Women's Senior Nationals and the Snackwell, and were unable to attend our annual dinner.

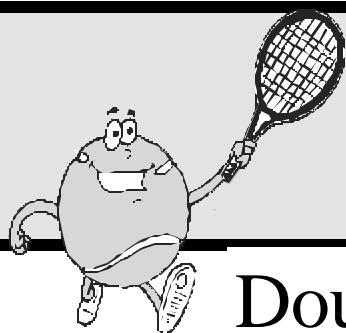
In past years the January board meeting was a half an hour before the annual meeting, which was inconvenient and unproductive. I found that we needed a full January board meeting to conduct business. Therefore we changed the annual dinner to March 9, since it is a relatively quiet tournament month.

I hope that you will all join us at MCRD for a fun evening of dining, dancing and laughter, and get to know some new faces.

As you can see there has been and will be a lot happening at BTC. We have one opening on the BTC board. If you would like to get involved and help make decisions and work on up coming projects please call me.

Our board is a very open minded group that believes in teamwork. We all enjoy working together and actually look forward to seeing each other at our monthly meetings on the third Tuesday of each month.





## Tennis Tips...

...from the pros

# Doubles troubles? Tips for beginners

**By Geoff Griffin**

Playing singles as a beginner is difficult enough. At least in singles though, your number one objective is to get to the ball and hit it. Doubles on the other hand is a lot more complicated. Now you have a partner. So now you most likely have two very inexperienced people trying to decide where to stand, where to go, and who to hit the ball.

In this tip I am going to cover two of the most important teamwork strategies for beginners. Ball hogging and communication.

### Ball Hogging

There are really only three reasons that you should ever run over onto your partner's side of the court. The first two are both related to reacting to returning an opponent's lob and the third is poaching. Anything else is ball hogging. Hogging is often annoying and usually affects your team's ability to play good doubles.

1. The Lob: When a ball goes over your head while you are at the net position, it is often much easier for your partner to run after it. The reason is that he or she is able to run to the ball at an angle rather than straight back. So this is one important reason for your partner to move to your side of the court. In the same point situation you must react to your partner leaving his or her side of the court by crossing over yourself. Seems obvious enough but often forgotten by beginning players.

2. The Poach: Though fairly advanced, poaching is when a player at the net position shoots across to their partner's side in anticipation of an easy volley winner. The act of surprise is critical to its success. And if you do it too much, your opponent will get wise to you and simply pass you down the line.

Also your partner might get annoyed at your apparent *Ball Hogging*.

If your team consists of players of similar abilities, then those are the only acceptable times in which you cross the imaginary line in the center of the court. If you do it any other time, you are, to an extent, infringing on your partner's turf, and will not become very popular on the doubles court.

**Communication** There are very few words allowed during a particular point in tennis. One obvious one is the word *OUT! USE IT!*

Help your partner to bounce balls that might be going out by saying quickly and loudly, *OUT!* or *BOUNCE!*

This is not a time to be polite. You must almost scare your partner, because, believe me, most beginners want to hit everything they can get their racquet on.

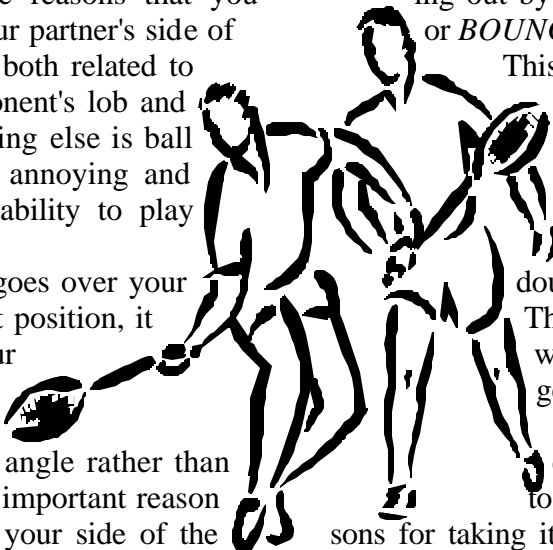
A few other invaluable words in doubles are *YOURS!* and *MINE!* These two words are most important when you and your partner are together at the net or the baseline.

When you are together and a ball comes between you. Who is going to take it? I could tell you many reasons for taking it or not taking it but that may not even come into play when you have a fraction of a second to make the decision.

The bottom line is that if you don't want it yell *YOURS!* and if you do want it yell *MINE!*

The worst thing that can happen is that you will both yell yours at the same time and the ball will harmlessly pass between the two of you.

I hope these little ideas will help you play more like a team and less like two individuals out their on the court. Good luck and have fun.



# Spotlight

By Roz King



Happy New Year!! The wonderful people of Balboa Tennis Club continue to delight me and it is wonderful to see **Gill Aguilera** back out with his morning group. **Virginia Blanchard** and **Masako Beppu** had a great trip to Japan in a National Japanese tennis playoff. Many of our members spend late January in Palm Desert where the first major tournament to get you "tuned" up for the Nationals is held. Most of the top ranked players from all over the US enter this event. Plan to attend or play next year as it is GOOD TENNIS.

Some things change and others remain the same!!! **Larry Kelly** still plays with his wood racquets, **Max** the wonderful gentleman from New Orleans, tips his hat to the ladies which just "Makes Your Day." Don't ever change!!!

BTC's Vice President (and evening player) **Richard Barndt** decided on a permanent doubles partner and married **Page Callahan** on Dec 21st. They met here at BTC in the fall of 1998 in one of **Chaz Griffin's** tennis clinics. "Congratulations!"

Now for more good news!!! **Darice Carnaje** was selected by the District Tennis Association for the Women's Sportsmanship Award of the year and **David Yu** received the Male Sportsmanship award... **Geoff Griffin** was the presenter and always adds special touches with his humorous stories.

Traditionally a time when families are out to dinner or a night at the movies, the courts at Balboa Tennis Club are full of activity every Friday night at seven... The San Diego Tennis Federation (SDTF) has long been based at BTC. In the year 2000 the club moved its evening round robin play to Friday. Since then, the SDTF has grown to 175 members, a historic milestone for the 19-year-old organization!!!

Founded in 1983, the SDTF was comprised of a small group of gay and lesbian tennis players. With

the founding of the Gay & Lesbian Tennis Alliance (of which the SDTF is a member organization) the club sponsored the San Diego Open for the first time in 1986 at the BTC. Since then the tournament has grown in size to accommodate more than 200 entrants each year, always with BTC as the main site.

The SDTF offers a variety of activities to its members, most of whom are also members at the Balboa Tennis Club. The relationship between the SDTF and BTC has been good for the sport of tennis!!!

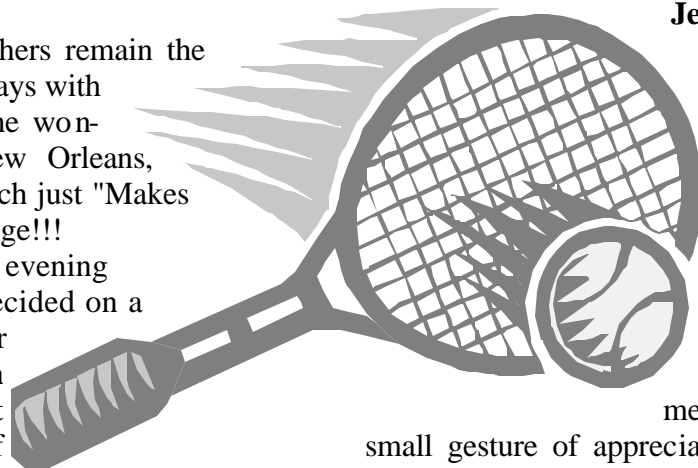
**Jerry Ortuno**, operator of Jerry's Wimbledon West, decided to transition to other opportunities rather than participate in the new snack shop bidding process... Jerry was honored during the January board meeting, where he received a certificate of appreciation and a year's membership to the club as a

small gesture of appreciation for his many years of service to BTC. Jerry assures us we'll see him playing tennis at BTC quite a bit this year!!!

You may have seen **Dick Fowler** working on the snack shop recently... Dick is one of our most interesting members because he can do anything! A retired commercial contractor, when he first met his wife **Becky** he was creating sculptures and restoring sailboats. He next venture was restoring private aircraft. Since then he is restoring — and racing!!! — vintage Porches.

And now he's restoring our snack shop!!! He's one of the busiest retired people you could ever want to meet — but he wants to start playing more tennis.

Everyone seemed to have a great time at the round robin with Peninsula Tennis Club... a variety of different levels (and different personalities) made the day a huge success. Keep your eyes open for the next interclub mixer!



# Sharing medical experiences

## Stan Griffin reports on two operations that could be on your schedule

By Stan Griffin

**Two new knees (Nov. 2000).** Completed on the same day, surgery time two hours per knee.

**Angioplasty (Oct. 23, 2001).** Definitely unexpected, and unwelcome, but better than the alternative.

**KNEES:** Suffering from a lack of mobility, I just couldn't get to Dom Sacco's drop shots. Stairs were difficult, and getting in and out of the car was becoming a major problem.

*Problem* – Bone on bone, with arthritis rapidly setting in.

*Solution* – Complete knee replacement. As an elective, I chose to do both the same day. I believe the recovery time to be the same as for one knee. It is a shock to the system, but if you need both done, I would recommend the double operation.

*Result* – I played golf five weeks after surgery, and limited tennis (doubles) after three months. I did not push tennis in the early stages.

*Recommendation* – Select a surgeon who specializes in the procedure (mine does six per week). Take the early surgery time, i.e. 7:30 a.m. You want the surgeon to be fresh and alert. Most importantly, get into shape *before* surgery, and afterwards work hard with the physiotherapist. This is the painful part, but it also increases your rate of recovery. Don't offer the therapist a glass of chardonnay, he/she may get too enthusiastic.

*Conclusion* – I should have done this five years earlier. The procedure, however, is getting more refined all the time, so if you have waited, you may benefit from new technology.

**ANGIOPLASTY:** *Beware of unusual feelings*, the symptoms are often very insignificant.

In my case playing with Dominic, Jim Riley, and Ramon, I began to get a feeling in my left arm, not a pain. After one set I stopped playing.

Later in the week I played doubles again and the same thing happened. I was inclined to ignore it, particularly as the feeling went away as soon as I stopped playing. My friends however, thought that I should get it checked.

I noticed it one other time when I was walking. Again I should emphasize that there was no pain. The next day I visited the doctor, and an EKG showed nothing. He set me up for a stress test, my goal on the treadmill was a heart rate of 124. I

reached a rate of 118 very easily, at that point however, I failed, and within the next few days was undergoing angioplasty.

*Solution* – Arterial blockage was found in five places, and they inserted a stent in two of them. The procedure is now fairly common, they use a cutting balloon to clear the arteries, and where possible a stent. It's an invasive procedure, but a mild one. It's usually overnight,

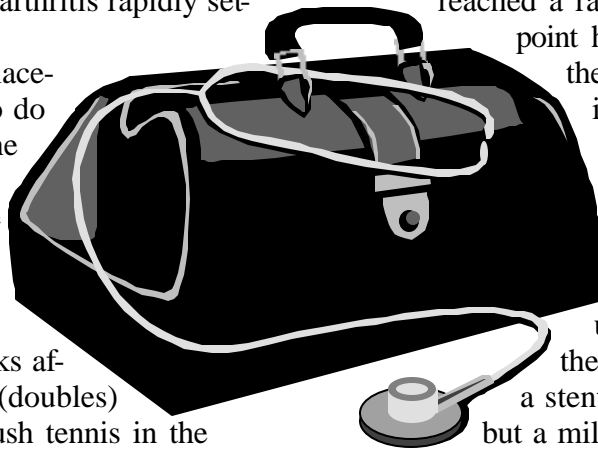
and the recovery time is short.

*Recommendation* – You should get a doctor that specializes in this procedure. The technology has improved dramatically in the past few years, but your comfort level increases in relation to the reduction in time taken to perform the procedure.

*Conclusion* – If I had continued to play, ignoring the "feeling," I might well have had a heart attack. Athletes tend to be "macho," downgrading these pains/feelings as being minor, take my experience as a warning, it could happen to you too.

Again, the symptoms can be insignificant, perhaps a feeling in the jaw, shoulder, chest, back, even a loss of energy. If it persists and is abnormal to you, get it checked out immediately.

If anyone wishes to discuss the above on a personal basis, I'll be happy to do so. Just contact me through Geoff, or Manuela at the pro shop. *Good health in 2002*, and thanks for your good wishes.



# Balboa Open to help fund major projects

(Continued from page 2)

side of the roof. This project still needs to be approved by city engineers.

3. *Discounted Tennis Lessons* Plans are under review to provide tennis lessons (strokes/strategies) for members at a reduced cost. The idea would be to develop the love of tennis among new adult players the way our Junior Program promotes the sport to young people.

4. *Improved Court Lighting* There are many different approaches to improving our lighting for nighttime play, but none of them are inexpensive. The board of directors is currently studying the situation to determine the most effective course of action. A number of proposals are under review.

5. *Clay Courts* Many members

support the addition of six new courts, possibly clay or a combination of clay courts and hard courts. The land behind courts 11-16 seems like a likely spot, but it's not part of our current lease. This project must still be negotiated with the City of San Diego.

6. *Lighting the Lower Courts* During most of the year court availability can be an issue at "prime time" in the evening, so it's always a shame to see nearly 25% of our courts disappear when the sun goes down.

These improvements are planned with no increase in member dues. These upgrades help BTC improve customer service to our members and guests, help us stay competitive in our market, keep current members, attract new members, and continue to be the best tennis

value in Southern California.

One of the ways you can help us pay for club improvements is to call us with suggestions for organizations who might become Major Sponsors. Ask your friends and neighbors if they'd be interested in becoming Trade Booth Sponsors. Finally, you can show your support by becoming a "Friend of BTC."

Below is an order form you can use to become a committed member – we'd like to add your name to the list of "Friends" shown earlier in this article. Remember, all of the proceeds from the Balboa Open come back to you and your club.

*For questions, suggestions, help in prospecting, etc., please call Kent Sligh (619) 295-4242, fax (619) 295-0233.*

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## Friends of BTC

I would like to become a Friend of BTC to support improvements at our tennis facility (\$100 commitment).

I would like to become a Trade Booth Sponsor during the 2002 Balboa Open Tournament to develop prospects for my business (\$500 commitment).

Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip Code \_\_\_\_\_

**PAYMENT INFORMATION** Please select payment below:

Credit Card

Check (payable to BTC)

For credit card orders select: MasterCard Visa American Express Discover

Card Number: \_\_\_\_\_

Expires: \_\_\_\_\_ / \_\_\_\_\_

\_\_\_\_\_  
Cardholder Name

\_\_\_\_\_  
Cardholder Signature

# Calendar of events

## March

9	BALBOA TENNIS CLUB'S ANNUAL DINNER
11-15	PAUL BUSKEY MEMORIAL HEART TOURNAMENT
16-17	HENDRICKSON WHEELCHAIR TOURNAMENT
19	BTC BOARD MEETING

## April

16	BTC BOARD MEETING
19-21, 26-28	BALBOA SPRING TOURNAMENT

## May

5	TENNIS FEST 2002
21	BTC BOARD MEETING

## June

10-16	USTA NATIONAL OPEN TOURNAMENT
18	BTC BOARD MEETING

# Center Court

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