



New "Practice Facility" — page 2
2003 Special Event schedule — page 6
Club Tournament application — page 7

Center Court

Big day at Balboa — be there!

At 1 p.m. on Saturday, March 22 the Balboa Tennis Club will hold a ribbon cutting to celebrate the completion of two vital facility upgrades – the patio remodel and the lighting improvement project.

The ribbon cutting coincides with the first day of our Annual Spring Tournament (you'll find an entry form on page 7 of this issue).

County Supervisor Ron Roberts and City Councilmember Toni Atkins have both been invited to join us at the ribbon cutting because of their ongoing support of our club, and both are planning to attend.

We would like to invite every Balboa Tennis Club member to make time to attend this ribbon cutting and take the opportunity to thank the many people who have given so much of themselves for the improvement of our club.

The patio remodel and the lighting improvement projects were the culmination of years of hard work by many

members of the BTC community, the City and County of San Diego, and many outside volunteers – all organized by BTC President Robin Rodger.

Arnold and Esther Belinsky's \$10,000 donation, along with matching funds from the city, made it possible for the patio remodel to occur at minimal expense to the club.

Arnold Belinsky, longtime BTC member and founder of Legacy Home Furnishings, said he and his wife Esther wanted to do something to honor some of the special people from the Balboa Tennis Club who have made a difference in so many lives over the years.

Club members James Robbins and Janene Christopher, along with their associate Patricia Trauth, from the award-winning architectural firm Robbins Jorgenson Christopher, developed several plans for the project at no cost.

The general contractors for the patio project, Chris and Izzy Maggay from

(Continued on page 4)

Free clinic this Saturday open to everyone

On Saturday February 22, the Balboa Tennis Club is sponsoring the first in a series of four free clinics the club will offer in 2003.

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

Last year the club sponsored two such clinics, and both were extremely successful.

There are usually five courts going at once, with five 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 7.

inside...

President's message from Robin Rodger	page 3
Tennis Tips from the pros	page 4
Member Spotlight	page 5
Spring Tournament Entry	page 7
Calendar of events	page 8

BTC's Practice Facility — *more than just a wall*

By Stan Griffin

Recently, I was asked to share my thoughts about the practice wall here at the Balboa Tennis Club. The present wall is dedicated to Mr. and Mrs. Brock (see plaque), and leaves a lot to be desired.

It is dangerous, with cracks and steps in the court surface. This has been bothering me and others for some time.

I finally mentioned the need to upgrade to my son Geoff, and discovered that a plan was already being reviewed by the board. It was a welcome surprise to many of us.

Changes recommended by Pete Sullivan, and Frank McCabe, et al, have been submitted, and the plan is to install a facility four courts wide, facing south. Each would be a full half court including runback.

The only "bone of contention" is the height of the wall, which is a major cost factor. I feel that the present height is sufficient, and if there is additional money, use it to add some lighting. This would provide a safety measure, and extend the useful playing time.

The proposed new wall is a significant addition to what is already a first-class tennis facility. It will generate broad interest, and high usage. It is something that will suitably honor Mr. and Mrs. Brock.

I really believe that the new wall, as proposed, is equivalent

to two new tennis courts. Many clubs have a wall, in San Diego and elsewhere, but most are limited in areas such as:

- wall height
- width and runback of court
- no outline of court
- no simulation of net
- poor court surface
- a common wall allowing play from both sides, with balls coming over, sometimes intentionally.

Most of the walls are an afterthought, and do not come close to matching the proposal of the Balboa Tennis Club and its PRACTICE FACILITY.

The limitations of other facilities have all been addressed and incorporated in the design of the new facility.

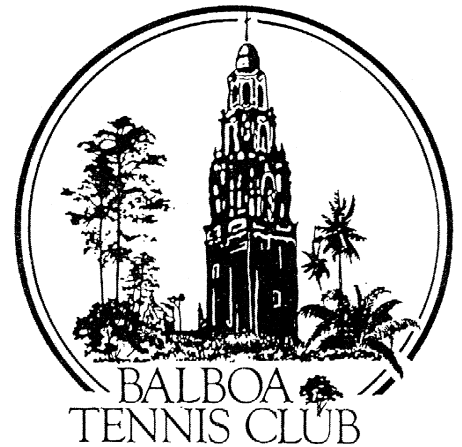
In conclusion, I would like to comment on the use of the wall.

Over many years, and in many locations, I have observed players practicing against a wall and believe that many do not benefit sufficiently for the time they invest.

In the case of absolute beginners any hitting will help, and dependant upon their goals, they should seek help from a teaching pro, or watch better players and try to copy them.

To others, I would suggest the following:

- Limit your time on the wall. The tendency is to get lazy and not move your feet.
- Limit your practice rallies to 3



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

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Kent Sligh
Director

Geoff Griffin
Tennis Director

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 299-8787

Submissions to the newsletter are welcome.
Call 295-4242

(Continued on page 7)

One big, happy (tennis) family

By Robin Rodger, BTC President

“Tennis is the sport for a lifetime. Regardless of age or ability, tennis enthusiasts know the sport is the tie that binds. Why? Because tennis is motivating, exhilarating, elevating, and unifying.”

I love this direct quote from Tennis Magazine, it says it all.

Here at Balboa Tennis Club we come from various backgrounds, but we share a common passion for the game of tennis. Many friendships, and even marriages have started on our courts.

We are very much a family joined by the common bond of tennis, and a true love of health, maintaining a quality of life, and sportsmanship.

The great diversity we enjoy as a public tennis facility is one of the things that makes us unique. But the differences we celebrate also makes adhering to our rules and regulations doubly important.

Maybe it's because we are a family that the code of ethics at Balboa Tennis Club is a very important part of our by-laws. We adhere to it not only in the name of sportsmanship and a caring for one another, but also to maintain and uphold an appropriate level of conduct at BTC. Following a set of basic guidelines is an important part of being a member of any community.

Lately I have noticed an increase in incidents where individuals are behaving badly on our courts. Please remember that, while it may seem minor, the language we use on the courts has a cumulative effect on the overall atmosphere here at Balboa.

I have asked the board to look at our discipline policy. Often I think we have looked the other way when foul language has been used.

Our code of ethics states that it is considered unbecoming conduct if any member or non-member, while on the property of the Balboa Tennis Club, engages in abusive or threatening language, obscene language or gestures.

Please do not use bad language on the premises, it is very disrespectful of those around you and is a very

poor example to set for children or beginning players.

Tennis is a vehicle to quality of life as we age. Let's remember that and how lucky we are to be able to be out there playing a sport we all love.

Enough about bad words – I want to say a few good words about all we have accomplished in the past several months! We have a new patio, new women's showers, a fence between courts 4 - 5, and new lights!

And we're not done yet... Last year when the board identified the backboard as a necessary project, I started by asking Pete Sullivan to look into remodeling it. He and Frank McCabe came up with a plan.

After talking with several people with the City and Park and Recreation to see if we could start

putting together a plan, I obtained an estimate. Then I found out Stan Griffin had been thinking along similar lines, except his version is a “practice facility” (see the article opposite this one on page 2). And – what luck – Stan is an engineer!

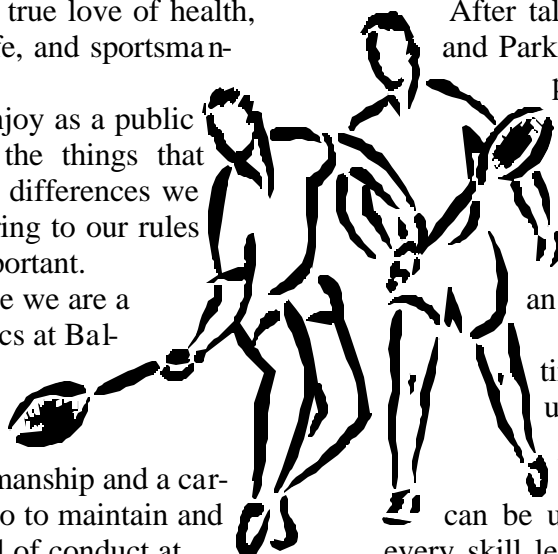
Stan was kind enough to volunteer his time to draw up some plans that we can use to proceed. I feel that this is a perfect project for Balboa Tennis Club.

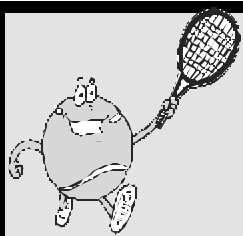
The practice facility is something that can be used by every member and will benefit every skill level, which is perfectly in line with our goals. You will remember last year the board authorized four free clinics per year, so that players could work on their tennis skills.

Since we would put lights on the practice facility, both day and night players would use it. It would also enable four or more other players to have some exercise if the courts were full when they arrived. We are currently refining our estimates and obtaining a light estimate. Once that's done we can begin figuring out how best to finance this project.

If you have any comments or concerns about this project, or any other issue here at BTC, why not leave us a note in one of our suggestion boxes?

There is a new suggestion box just outside the reservations window, and another suggestion box in the clubhouse. We don't bite, but we may use your thoughts and ideas.





Tennis Tips...

...from the pros

What condition is your conditioning in?

By Kevin Johnston
USPTA & USPTR

Let's talk a little bit about your off court training habits that you use to improve your tennis. That is if there are any training habits.

I will speak from personal experience. After tearing my anterior cruciate ligament in my knee about a year ago, I became lazy. I did absolutely no cardiovascular activity. When I tried to play tennis I would hyper-extend my knee. Not much fun for me. Basically, I just sat around and ate more than I should have.

About twenty pounds later I started to play a little tennis again. They say your mind is the first thing to go. Don't believe it, it's has to be the footwork. I could not move my feet at all on the court. What was worse was that I did not want to.

So there I was, gaining weight, and not liking how I was feeling at all on the tennis court. I made a decision to go on a pretty strict diet to lose the pounds I had put on. No problem, I have always been able to lose any weight that I wanted in the past.

After one month of watching my food intake I eagerly got on the scale to see how much I had lost. I was dumbfounded when I saw the result. A whole whopping three pounds. Three pounds for an entire month of dieting. It was hardly worth the sacrifices for the month.

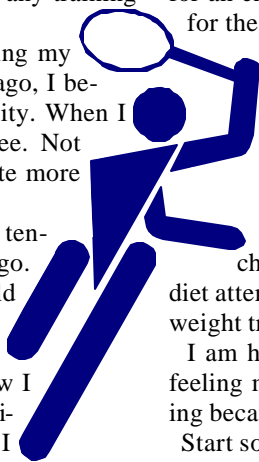
After a few more months, and I'm sure, several more pounds, I sat down to come up with a plan for myself. What could I do to improve my tennis and to increase weight loss.

As much as I hated the idea I decided to join a fitness gym.

Best decision I have made in a long while. I have changed my eating habits again like during my previous diet attempt. But I have incorporated cardiovascular training and weight training.

I am happy to say that it is working. I am losing weight and feeling more energetic. I even think my tennis game is improving because I am actually running for tennis balls again.

Start some sort of cross-training activity if you are not involved already. It will do wonders to improve your conditioning on the court.



Corrections...

An article in the December 2002 issue of this newsletter about BTC's Junior Program reported that the fund compensates the tennis pros at a reduced rate. In fact, the teaching pros all volunteer their time.

An article in the same issue incorrectly stated that the Saturday free beginners play day starts at 3 p.m. This weekly event — a free round robin open to all beginners — starts at 2 p.m. every Saturday.

Take the chance to say "thanks"...

(Continued from page 1)

Academy Engineering, donated their time and encouraged many of their sub-contractors to work at bare-bones rates.

Ron Roberts, Supervisor of the Fourth District, gave the Balboa Tennis Club a \$50,000 grant to finance the completion of the patio project and half of the funds for the lighting improvement.

Don and Linda Stadelli were charged with choosing charities for the estate of John Gerding, an avid tennis player who grew up in the North Park area and spent a lot of time playing tennis at Morley Field. After the will was finalized Balboa Tennis club was allotted \$35,000 to use toward improvements.

The public had complained about the lighting at our club for years, but we did not have the resources to correct the problem. A study performed by Will Tappen, then Chair of our Facilities Committee, found our lights produced less than half the light of those at the Barnes Tennis Center.

The acceptable standard for recreational lighting is 20 foot candles, and before the upgrade our facility averaged 13 foot candles. The lighting improvement has nearly doubled our lighting.

The improvement has also given us the ability to control the lights from inside the reservations desk, which will help to conserve energy in the future.

Member Spotlight

Balboa's good will ambassador

By Judy Bushnell

It's 8:40 on Monday morning, I watch as a lone figure walks back and forth from her car to the tennis courts unloading boxes, a table, tablecloth, and a vase with flowers.

She won't be playing today, she'll be standing on the sidelines watching a group of tennis players themselves, while supplying snacks, beverages (at her own cost) and encouragement.

These aren't the elite players of this club, just regular folks who are benefiting from this selfless woman's time and care. But that's what this person has done for years.

When I first came to the Balboa Tennis Club I was a bit intimidated by its reputation as the "players" club. Having only been playing tennis for a short time, I didn't think I would fit in. Luckily for me one of the first people I met was Pat Mason.

Her ready smile and warm personality made me feel instantly at home. She introduced me to other members and helped arrange matches with players of my own ability. Pretty soon I was playing league tennis and meeting life long friends.

Pat's "career" in tennis started over thirty years ago. In the early 1980's she worked at the Waialeai Country Club in Hawaii where she was also a coordinator for the USTA Men's circuit for Hawaii.

In 1996 the family moved to Sacramento where Pat worked for the McKinley Park Tennis Club. She captained the Woman's Adult 4.0 USTA team which won the Sacramento District Championship.

1988 Balboa Tennis Club became home and she quickly formed a second Women's "A" league team, persuading many career woman to sacrifice work time in order to participate. This non-USTA team

captured the City of San Diego Championship in their second year. Pat also started to help fill in at the BTC reservation's desk, which she still does from time to time.

Pat went on to participate in the USTA Women's 4.0 Adult team, acting as captain for three years. This team won three San Diego District Championships. In the mid 1990's she went on to form the USTA's Women's Senior 4.0 team. She captained this team for three years and played a fourth year.

The Senior 4.0 team took the Southern California Sectional Championship each year. Not one to quit... in 1999 she formed the Senior Woman's USTA 3.5 league team, serving as captain for four years. For many years she's been working with the Woman's "BB" team and is the current co-captain.

Pat is unique in her level of commitment to league play, even going so far as sacrificing her own enjoyment by substituting better players in her place to make the team more competitive.

If you ask Pat about all she's done for tennis, she'll tell you about all tennis has given her, instead. But from league organization, board membership, helping at the BTC tournament desks, and acting "good will ambassador" to newly arriving members, I'd say the Balboa Tennis Club and tennis are definitely ahead.

Ray Bos Bound for Vegas

Balboa regular Ray Bos left word with this newsletter that after five years in San Diego it's time to make the move to Las Vegas and return making his living in the casino industry.

"Thanks to all BTC members who got to know and play tennis with me. I'll miss you."

More special events, less tournaments this year

Below you will see we the tournament schedule for 2003, renamed the "Special Events Schedule" because we have included the club socials and the free clinics.

The clinics are free to all, and the club socials have been more popular than ever lately. Make sure to take advantage of these opportunities.

You will notice that we are not hosting either of the huge national league championships this year, so our

tournament schedule is a little lighter.

As always, I want to remind you that just because there is a tournament doesn't mean you can never get a court.

Experienced players know that the last day of a tournament is usually much smaller than the rest.

Although we need to block off courts in case of an unforeseen contingency, you can almost always get a court on the last day of a tournament.

2003 Special Events Schedule

February 22	Free Clinic # 1	3:00 pm — 4:30 pm	Sign up at the pro shop
March 10-14	Paul Buskey Memorial	18 courts used	Scheduled 11 am — 6 pm
March 22-23, 28-30	Spring Tournament	15 courts used	6 courts open for reservations
April 15	Club Social # 2	3:30 pm Round Robin	Food served at 5:30 pm
May 11	Tennis Fest	15 courts used	6 courts open for reservations
May 17-18	Hendrickson Memorial	8-13 courts used	8-13 courts open for reservations
June 7	Free Clinic # 2	3:00 pm — 4:30 pm	Sign up at the pro shop
June 9-15	National Open Champs	15 courts used	6 courts open for reservations
July 4-6	SD Tennis Federation	8-18 courts used	3-18 courts open for reservations
July 18-20, 25-27	Balboa Open	18 courts used	3 courts open for reservations
July 28-August 1	Balboa Junior	8-15 courts used	6-13 courts open for reservations
August 9	Free Clinic #3	3:00 pm — 4:30 pm	Sign up at the pro shop
Aug. 22-24, 30-Set. 1	San Diego District	18 courts used	3 courts open for reservations
September 13	Club Social #3	3:30 pm Round Robin	Food served at 5:30 pm
Sept. 19-21, 26-28	Metropolitan	18 courts used	3 courts open for reservations
October 18	Free Clinic #4	3:00 pm — 4:30 pm	Sign up at the pro shop
November 22	Turkey Shoot	3:30 pm Round Robin	Food served at 5:30 pm

Improve your practice time

(Continued from page 2)

or 4 strokes, then rest.

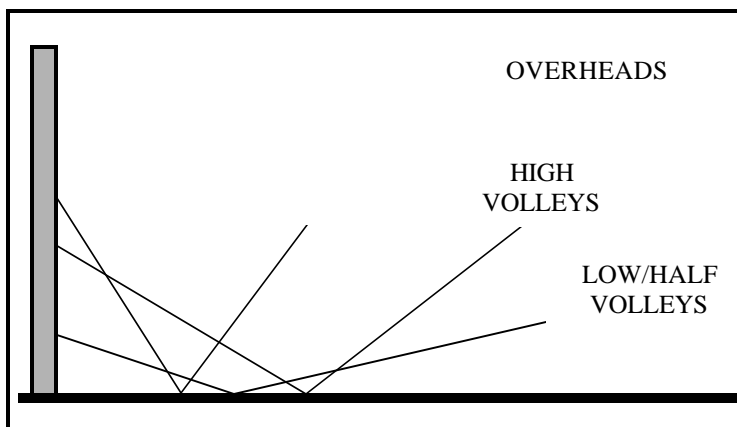
-The wall is vertical (although some walls are not). You must aim higher above the net to get a reasonably deep return.

-Go closer to the wall and hit down on the ball to get a better trajectory. This is excellent practice for volleys, half-volleys, and overheads. It's a single stroke. You hit down at an angle, and the ball comes off the front wall at the correct trajectory for a particular stroke.

-For half-volleys you hit a shallow angle, and volleys a little steeper.

-For high volleys you go closer to the wall, and hit at a steeper angle.

-Overheads. Steeper again, closer to the wall, and a little harder. You can create simple and difficult overheads.



-Hitting down on the ball takes practice. You might want to go more toward the Eastern grip to do this, and change to the Continental with the ball in flight.

-With a single stroke you can work on your footwork, and also grip changes.

Again, I would like to emphasize quality rather than quantity. Short duration max effort drills rather than longer duration with less effort.

The practice facility (wall) is not equivalent to real court time, but is very useful for warm-ups, and working on single strokes. The combination

of the wall, ball-machine, and court time will make you a better player.

I would encourage all BTC members to support the addition of the practice facility. It represents a major improvement and I believe it will create national interest.

Spring Tournament Entry

March 22-23, 28-30

Tournament Director: Geoff Griffin

Dunlop balls will be used.

Players will be limited to one singles and two doubles events.

Players must play up to level of better partner.

We will not combine or cancel events with 4 entries or more.

No refunds after draws are made.

Defaults will be 15 minutes and a 7 minute warm up will be allowed.

Draws will be posted in the clubhouse on Wednesday March 19.

Entry fee must accompany form. If playing doubles, please pay entire entry fee.

Awards will be given to all finalists.

Entry Deadline: Sunday, March 16th.

Tournament Desk number: 619-291-5248

Name _____

Address _____

City _____ State _____ Zip _____

Phone (Home) _____ (Work) _____

Partner's Name _____

Mixed Partner _____

Entry fees must accompany form. Make checks payable to the Balboa Tennis Club

Events

- Men's Open Singles
- Men's 5.5 Singles
- Men's 4.5 Singles
- Men's 3.5 Singles
- Men's 4.5 Singles
- Men's Open Doubles
- Men's 5.5 Doubles
- Men's 4.5 Doubles***
- Men's 3.5 Doubles
- Men's 5.5 Singles
- Women's 5.5 Singles
- Women's 4.5 Singles
- Women's 3.5 Singles
- Women's 4.5 Singles
- Women's 5.5 Doubles
- Women's 4.5 Doubles***
- Women's 3.5 Doubles
- Mixed 5.5 Doubles
- Mixed 4.5 Doubles
- Mixed 3.5 Doubles

Entry Fee:	Member	Non Member
Singles.....	\$20.00	\$25.00
Doubles.....	\$13.00 ea.	\$15.00 ea.

*** The Balboa Tennis Club is sponsoring two teams to represent us at the Scripps Cancer Center Tournament at the San Diego Tennis & Racquet Club on Saturday May 3rd. The winners of the Men's & Women's 4.5 Doubles will be going this year. For more information contact Geoff or look at their website. Scripps-spinoff.org

Calendar of events

February

18 BTC BOARD MEETING
22 FREE ADULT CLINIC—OPEN TO EVERYONE

March

10-14 PAUL BUSKEY MEMORIAL HEART TOURNAMENT
18 BTC BOARD MEETING

April

5 CLUB SOCIAL ROUND ROBIN
15 BTC BOARD MEETING

May

11 TENNIS FEST
17-18 HENDRICKSON MEMORIAL WHEELCHAIR CHAMPIONSHIP
20 BTC BOARD MEETING

Center Court

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Dated material

inside...

President's message from Robin Rodger
Tennis Tips from the pros
2003 BTC Event Schedule
Spring Tournament Entry Form

page 3
page 4
page 6
page 7