



# Center Court

JUNE 2009

## Tennis Fest 2009

by Geoff Griffin

I was a little worried a few months ago about this year's Tennis Fest. Our committee was slow getting organized and we didn't have a committed master of ceremonies. Wayne Bryan, the father of the Bryan brothers, was the guy we wanted but he hadn't committed yet. Then off I went to Europe where near the end of my trip I had to deal with Manuela's terrible injury. Needless to say, I was very worried that the 2009 Tennis Fest would be a letdown. Fortunately, some people really stepped up and got the Tennis Fest balls rolling.

Our Tennis Fest Chair Bill Rennie was able to secure Wayne Bryans time. Steve Kappes took over my job of signing up and organizing the 70 – 80 volunteer pros and District Secretary Jeff Anderson, who did just about everything else. When I finally did



get back two weeks before the big show, I was relieved to see that with everyone's hard work, we would be able to pull it off.

Wayne Bryan was excellent. He never stopped entertaining for over four hours. Our pros kept 25 courts going non stop without a complaint. We honored one of San Diego's favorite tennis pros Ed Collins. Ed received the Annual Ben Press Award for his lifetime

contributions to the sport in San Diego. The sign up desk was staffed by BTC's most active member volunteers. We had great raffle, goodie bags and booth sponsors once again this year.

To see a list of sponsors please go on [Sandiegotennis.com](http://Sandiegotennis.com). I would like to acknowledge a few of our sponsors who have given graciously to Tennis Fest for many

*See Tennis Fest continued page 2*

### inside...

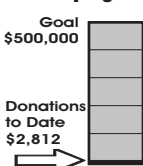
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#### BTC Fundraising Campaign



### Credit and Debit Cards at BTC

Beginning June 1, Balboa Tennis Club will begin accepting Visa, Master Card and Discover as a form of payment for memberships and daily permits. These forms of payment have been accepted previously at the Pro Shop and Tennis Café. Now members who wish to renew or individuals joining the club for the first time can utilize credit or debit.

# Donate Now for the Lower Six Courts Lighting Project

at [www.balboatennis.com](http://www.balboatennis.com) or  
[www.active.com/donate/balboatennis](http://www.active.com/donate/balboatennis)

**Tennis Fest** continued from page 1



years. Some are members of our club, some have businesses nearby and some are both. Thank you so much: Ginseng Yoga, Family Karate, Paisano's Italian Restaurant, Olympic Café, A New Kitchen, D Street Bar and Grill, Court Tech, Kashi, Danger Baseball Cards and The Racquet Bracket.

It looked like we had at least 900 people again this year. Finally, after many years of pestering them, the USPTA recognized our event in their national magazine. They wrote a very nice article which you can probably find by going online at [www.uspta.org](http://www.uspta.org).

Thanks, Geoff

## Tennis Legacy for BTC



Leave a wonderful tennis legacy in your name that will significantly help carry forward the BTC tradition of service to the tennis community. You can arrange a bequest in your will or trust. You could also make BTC the beneficiary of an insurance policy, an IRA or a bank account. It's easy to do. For additional information, call the Club Director, Colleen Ferrell at 619-295-4242.



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[www.balboatennis.com](http://www.balboatennis.com)

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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

## The Director's Report *by Colleen Clery Ferrell*



Thank you to all the members for your patience during the city of San Diego ADA project. As previously mentioned, the club had no control over the timing or the scope of the project. When the Hendrickson Wheelchair Tournament took place a few weeks ago at the club, many of the participants were very pleased with the new accommodations. The ADA upgrades have made life for the wheelchair participants much better at BTC.

Beginning in 2010, the club will no longer be sending out newsletters through the mail. We will have hard copies available at the Reservations Desk and in the clubhouse. Due to rising cost of mail and the increased communication through electronic mail, the BTC Board of Directors has decided to make this change. If you would like to receive club updates and the newsletter electronically, please make sure I have your correct e-mail address on file. The club e-mail list is only used for Balboa Tennis Club information. Presently, I have nearly 600 of our 1450 member addresses.

Due to the immense popularity of the leagues, the club is imposing some restrictions. In my four years here, I've seen continual growth of the morning and evening leagues. All team captains have been very punctual about letting me know if they intend to put together a team for the upcoming season. The challenge occurs when there are too many leagues for the club to handle without impacting the non league playing members. In the morning, no more than six courts will be designated for league play during a time period. In the evening when lights are necessary, the maximum number of league courts is four. (September - May) The summer months allow more flexibility with increased daylight thus we were able to accommodate more 4.0 and 4.5 teams for this upcoming season. Please see the league policy located in this issue of Center Court for further clarification.

Lastly, tournament season is upon us. Perhaps this is the year you may decide to try out the competition and see how you fare against others in a competitive environment. Over the next three months, there will be many options on tournaments to play at BTC. Perhaps you will stay with the regulars you hit with and be satisfied with getting your exercise on the court three to four times per week. There's no pressure either way. That's the great thing about our club. There's a place for all types of players whether it be competitive or pleasure. Most important, keep enjoying your time on the court and have a great summer.



## Revised Balboa Tennis Club League Policy



Balboa Tennis Club is home for over 30 leagues per year. Up until this year, there hasn't been an overload of teams, especially since Leslie Waite and Carol Jory required each team to let the director of the club know when a captain intended to put a team together. With more teams desiring to play at BTC, the Board of Directors came up with the following BTC League Policy to ensure fairness to all teams currently playing and those desiring to play at Balboa when the club has already reached its quota. In addition, the club would like each captain to submit a current roster of players to the Reservations Desk prior to the start of the league.

This way the attendants can get the list of current members names checked prior to the start of the league. Many thanks for your cooperation.

1. A "team" shall consist of a captain, with a yearly membership, and the designated number of players for that league. 75% of the members of the team must have yearly memberships. All team members must be Balboa Tennis Club members.

2. A team wanting to represent BTC when there is no opening can challenge the bottom team in the league's ranking, provided the team meets the eligibility requirement.



## Spotlight on BTC Juniors Tiffany and Francis Filipovich

"I was watching Serena play tennis at Wimbledon," said Tiffany, "and after that match, I wanted to play tennis so I started hitting." Francis, the younger brother followed Tiffany by hitting regularly and taking group lessons. They both arrived at Balboa three years ago by testing their skills on the Challenge Court. Under the supervision of Coach Geoff, they are continuing to improve with hard work and dedication.

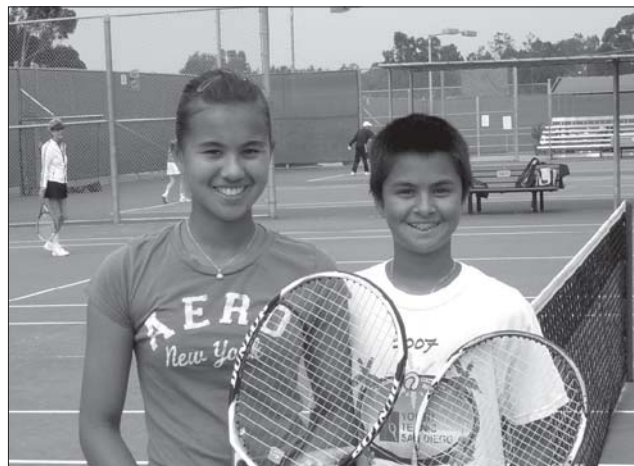
Tiffany and Francis are home schooled so they work their tennis around independent classes on line through CAVA California Virtual Academy which is a public school over the internet. They don't get a chance to interact with other kids so they talk on line and attend field trips for social interaction. Life at BTC also helps as they play many different types of players and all ages. "We don't feel like we're discriminated because we are

kids," said Tiffany.

At 15 and 11 years old respectively, Tiffany and Francis are both aiming for college scholarships. They are straight "A" students with academic and athletic discipline. "We want to play for a college and maybe even go pro," says Tiffany. "It will take lots of hard work and we will need to get in shape."

Francis says he cross trains by bicycling, swimming and playing ping pong. He likes his serve and forehand, and Tiffany agrees these are her best weapons as well. In addition to playing at BTC, both siblings volunteer to help at the tournament desk and "give back" to the club.

"I've known these two kids for



about five years," says Tennis Director Geoff Griffin. "They have so much talent and dedication, along with being very personable and appreciative. Through the help of the Sumner Gil Fund, I have been able to invite them to a class every week for the last two years. I am proud that such nice kids feel at home here at Balboa. Keep an eye on them the sky is the limit!"

## Attacking a Weak Second Serve in Doubles

*By Mimi Loucks BTC Tennis Professional, USPTA Certified*

Do you ever find yourself hoping your opponent hits his first serve in so you don't have to return his off pace, powder puff second serve? When returning his soft, push second serve, do most of your returns go long or hit the bottom of the net? Why do most club players when playing mixed doubles have an easier time returning the man's serve as opposed to the woman's serve? When returning a weak second serve it is extremely important that you attack the ball correctly.

When I say attack, I do not mean hit the return as hard as you can. I understand the temptation to stuff the weak second serve down your opponent's throat is very tempting but this can lead to over hitting and utter frustration.

Think of the weak second serve as an approach shot. When hitting an approach shot, you should be moving



forward while hitting, following your shot into the net and setting up an easy volley. A common mistake, besides over hitting the weak second serve, is waiting for the ball to come to you. The serve loses what little power it had while you wait for the ball to come to you thus you now have to generate the power. Next time you face a weak second serve, try moving forward a couple steps during your opponents serve. Not only will you be meeting the ball before it drops, but the momentum of your body will be moving forward as you hit, positioning you closer to the net, ready for the volley. Remember not to over hit your return! Think of the return as an approach shot, setting yourself up for the volley and pressuring the server to try and pass you.

*Member Profile***Kirk Pfeiffer from Uptown Acupuncture**

Kirk Pfeiffer began taking group lessons at Balboa in 2006. Within a short period of time, Kirk added Cardio Tennis and private lessons to his workout regimen. Now he is playing three times a week, working on smoothing out his game and preparing to enter his first tournament. "I have a wicked forehand that I hit like Nadal," he says. Even though Kirk started tennis late in life, he's making up for lost time quickly. As a left hander, Kirk hopes to capitalize on his quickness and ability to hit the big lefty forehand for winners. All it took to get him hooked on tennis was a gift certificate for free lessons. Kirk lives close to the club so the accessibility to the club also makes it easy for him to practice regularly.

Balboa Tennis Club is also close to his business Uptown Acupuncture on University Avenue, where he practices acupuncture, Chinese medicine



and herbal therapy. Kirk received his license in 2001 after achieving his masters at Pacific College of Oriental Medicine and has operated his business since 2005

"I see a lot of rotator injuries," he says, "and most of them I can help." First off, he does muscle testing to determine imbalances. He treats all three stages of injury acute, sub acute and chronic differently. There are different massage techniques, herbal formulas and acupuncture styles which apply to each injury. Due to client demand, insurance companies now cover acupuncture. "It's cost effective," said Kirk, "and

cheaper than surgery." He can treat the patient without a prescription and the cost to the client can be as little as \$10. Kirk will happily check to see if the patient's insurance covers his services.

Kirk always has been a "fix it" guy as he used to be a handyman. In his quest to find himself, he discovered he wanted to help eliminate suffering. Now he considers himself to be a "Health Coach" as he treats pain, possesses the ability to describe to patients what's going on in the body and then prescribes the best way to cure the problem. Kirk feels he has the answers. "Anyone interested in preventing injury, optimizing performance or needs treatment, should set up an appointment." He's offering a complimentary 15 minute evaluation for Balboa Tennis Club members.

"Nip those nagging injuries in the bud before they start accelerating or become chronic," he says.

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## **Free Clinic for Kids**

Another successful season of our Tuesday Free Class came to an end on May 26th. At the peak, we had 60 – 70 kids showing up. The lucky kids who came on the 26th received a free Balboa t-shirt and a brand new tennis ball. We have offered this class for 10 – 15 years now and every year we have a new group of volunteers helping out. The class is open to any child between 5

and 16. We usually accept younger ones as long as their parents are around to help out. This year I would like to thank Steve Serna, Steve Myatt, Barbara Gregorio, Tiffany and Francis Filipovich and Greg Jones. There were a few others, but this group rarely ever missed a week. Thanks again, Geoff



# Skin Types, Sunscreen Products & SPF By Angela Perini

Whether you're outdoors for recreational or work purposes, repeated exposure to the sun will have its natural consequences for your skin. Regardless of color, skin that is repeatedly exposed to the sun tends to become tough and thick. Irrespective of the circumstances for sun exposure, selecting a sunscreen product that offers some degree of protection from the sun's UV rays can be one way to protect your skin from these ageing affects. Due to the variety and range of sunscreen products available, here are some basic factors to consider in making an appropriate selection:

**1. Ingredients:** Sunscreen products can be made with ingredients to protect against UVA rays, and / or other ingredients to protect against UVB rays (which are in fact more harmful for sun burning than UVA rays). The best products offer ingredients for protection from both UVA and UVB rays. Consider also the actual ingredient list. (I.e. Are they naturally derived / safe, or do they contain potentially harmful chemicals?).

**2. SPF (Sun Protection Factor):** The SPF number on the product's label refers to the strength of protection, and the length of time a sun-screening product will allow your skin to be in the sun without burning - relative to the length of time bare skin (or skin without the product applied) would burn or redden. To sum that up, the SPF number tells people how much longer they can last out in the sun with protection for their skin, without being burned. The higher the SPF number, the longer the period of protection against the sun.

For example, let's say 'Joe', a young student, would normally burn after 12 minutes of being out in the sun. He applies a sunscreen, also referred to as a sun block, with an SPF of 15. This means that he should be fine for 15 times his average amount of protection time. In

other words, 'Joe' would be protected for up to 3 hours. Here's the formula for calculating: 12 minutes x 15 SPF = 180 minutes (3 hours). (Now if 'Joe' applied a sunscreen with an SPF of 30, he'd be protected for up to 6 hours. E.g. 12 minutes X 30 SPF = 360 minutes (6 hours)).

**3. Skin Type:** When selecting a sunscreen, it's important to consider the different skin types and how they react with exposure to the sun. Young children: For ages 6 months+, consider a product with SPF of 15 or higher to protect against both sun tanning and burning. Also consider a product label that lists protection against both UVA and UVB rays (also known as the "broad-spectrum").

*Skin Type - Very Fair:* This skin type generally burns quickly. Tanning is rare. Consider sunscreen products containing SPF 20 to 30.

*Skin Type Fair:* This skin type almost always burns easily. Some tanning can occur, although not much. Consider sunscreen products containing SPF 12 to 20.

*Skin Type Light:* This skin type burns in the moderate range. Tanning is normally gradual, yielding a light brown shade. Consider sunscreen products containing SPF 8 to 12.

*Skin Type Medium:* This skin type burns in the minimal range. Tanning happens much of the time, yielding a moderate brown shade. Consider sunscreen products containing SPF 4 to 8.

*Skin Type Dark:* This skin type rarely burns. Tanning occurs big time, yielding a dark brown shade. Consider sunscreen products containing SPF 2 to 4.

*Skin Type Other:* This skin type includes people with moles (or whose close blood-relatives have a history of moles), people with skin cancer in their family histories (including melanoma), and people with very fair skin and hair. As this is a high-risk category for health damage from too much UV exposure, consider using sunscreen products with the highest SPF available, combined with light to moderate sun exposure.

Once you've selected the most suitable sunscreen product, apply your sunscreen 'before' going out into the sun's rays. To ensure the best possible UV protection, the sunscreen product should also be spread fairly thick, and in a uniform manner over all areas of the skin that will be exposed to the UV rays. Whatever your reason for going out in the sun, taking appropriate care of your skin 'now' will help determine a healthier and younger-looking skin in the future.

## Medical Tip

*By Len Karp,  
BTC Tennis Club Member*

Medial studies have indicated that administering full strength (2) aspirin at the first signs of any heart problems, or physical distress due to extreme exertion have been helpful in limiting the occurrence of stoke or heart attacks. It is advisable to carry a small package of aspirin in our tennis bags for prevention. Of course, it would be wise to check with your physician before taking any medication, and be sure that it would not be in conflict with anything else you may be taking.



## Lessen Risk Of Tennis Elbow With Strong Body, Sound Strokes

by Jack Groppe, Ph.D.

**Question:** I have not seen very much recent information on the prevention of tennis elbow. Would you please share the latest thinking on how to prevent this common problem that faces many tennis-teaching professionals?

**Answer:** Although there are various suggestions for preventing tennis elbow, the importance of strengthening was noted by everyone. In fact, the surprising part was the almost unanimous agreement on this point. Obviously, the forearm extensors need to be strong since they support the main brunt of force. However, forearm extensor strengthening was closely followed by strengthening the entire upper arm and shoulder girdle, and on into the entire linked system. Most of our experts agree that, to truly prevent tennis elbow, a total body strength training program is necessary; one that involves the legs and torso as well.

In all cases, strength must not only be the maximum force exerted, but endurance must also be considered, especially in the forearm extensors since it has been proven that they constantly fire during the entirety of a tennis match. Muscle fatigue, from a lack of endurance, will prevent the muscle from adequately supporting the elbow joint, thus causing elbow pain. The next point discussed by almost everyone was flexibility. It has been found that joint range of motion is critical to creating optimum force and accommodating the impact forces of tennis strokes. So, specific stretching of the forearm extensors and general stretching of the other body joints is highly recommended.

The importance of a warm-up and cool-down were cited as well. A slow general warm-up that involves the entire body and then a specific warm-up that isolates the elbow muscles will be highly helpful in preventing elbow problems. A cool-down period should also be general (whole body) and specific with stretching involved. The stretching periods noted above should occur after the warm-up period and after play has stopped.

The next point mentioned by the majority of the experts was that you should always consult with your teaching professional regarding the best equipment for you, your body, and your game style. In general, you



will want to have a slightly larger grip size than what you might “feel” is ideal (again, your teaching professional can help you with this). Tennis racquets are developed with strict science and engineering technology in mind. Have your teaching pro help you with the racquet stiffness that fits your needs and keep the string tension within the recommended ranges noted on the racquet frame.

Finally, and in many ways, most importantly, you must examine your technique. Suboptimal technique will definitely lead to injury. But, this is where your teaching professional plays a huge role in your life. What looks like poor technique to a layperson may very well be quite efficient.

In summary, there are no guarantees, but we can minimize the occurrence of this problem if we stay diligent and thorough in our training.

*Send questions to [jgroppe@LGEPerformance.com](mailto:jgroppe@LGEPerformance.com).*



### Balboa Spring Tournament Results April 18-19, 25-26

NTRP 3.0 Men's Joseliso def. Conneely  
6-1, 6-1

NTRP 3.5 Men's Alberto def. Lowrey 6-1, 6-1

NTRP 4.0 Men's Talluri def. Douglass 6-2, 6-2

NTRP 4.5 Men's Talluri def. Rodriguez  
7-5, 5-7, 6-2

NTRP 5.0 Men's Winters def. Pratt 7-5, 6-4

NTRP 4.5 Women's Singles Filipovich Round  
Robin Winner

NTRP Men's 3.5 Doubles Delafuente/Valera  
def. Barton/Cannu 6-3, 3-6, 7-6

NTRP Men's 4.5 Doubles Winters/Loo def.  
Pratt/Worthington 6-1, 6-3

NTRP Women 4.5 Doubles Demes/Moore -  
Round Robin Winners

NTRP 4.5 Mixed Doubles Winters/Overson  
def. Filipovich/Seno 6-4, 7-6

**JUNE 2009**

# Calendar of Events

## June

6	Free Tennis Clinic
8-14	USTA National Open Hard Court Championships
16	BTC Board Meeting 7:00 p.m.

## July

3-5	SDRF San Diego Open
21	BTC Board Meeting 7:00 p.m.
24-26, 31- Aug. 2	80th Maureen Connolly Brinker Balboa Open Championships
27-31	Balboa Junior Championships

## August

1-2	80th Maureen Connolly Brinker Balboa Open Championships
15	Free Tennis Clinic
18	BTC Board Meeting 7:00 p.m.
28-30, Sept. 5-7	81th San Diego District Championships



# Center Court

**Balboa Tennis Club**  
2221 Morley Field Dr.  
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