



Center Court

MARCH 2011

Geoff Griffin Receives Channel 10 Leadership Award

Geoff Griffin has been Tennis Director at Balboa Tennis Club for 22 years, yet he has never considered himself a leader. On February 17, 2011, he received the "Leadership Award" from Channel 10 News for his tireless efforts in providing an outreach program for the Wounded Warriors of San Diego, his countless contributions to young people whom he provides free clinics and lessons, his efforts with Tennis Fest which he directs each year for nearly 1000 people of all ages to enjoy the great game of tennis in every capacity and his continuing efforts to coordinate a Holiday Gift Drive which now reaches out to two



Geoff Griffin with Hal Clement from Channel 10.

Channel 10 finally recognized the illusive leader with this great and deserving reward.

"One of the nicest things someone ever said to me was that I was a 'yes man,' says Geoff. "I won't say no when someone asks for help. This club allows me to reach out to low income families. I've always wanted to help and donate my time to worthy causes." In every capacity possible, Geoff Griffin gives his time and energy to be of assistance. Thank you Geoff, for your contributions to tennis, the community and the club on this most deserving award.

teen centers and a rescue mission. Perhaps this is a case of modesty instead of missed identity as

Court Lights are Coming!!!

by Gerald Bischoff, Facilities Chairman

The Balboa Tennis Board of Directors is in the process of moving forward on the lighting project for the lower six courts. Engineering documents have been completed and City approvals have been obtained. We are interviewing contractors, and are optimistic that we will have an affordable pricing agreement soon. Construction will, however, restrict some play, but we will make every effort to keep this at a minimum. When completed courts 19 through 24 will offer some of the best lighting of any facility in San Diego, and we are sure that these courts will become extremely popular.



inside...

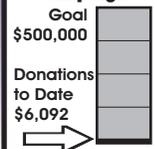
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BTC Fundraising Campaign



The President's Court Chatter

by Dwight Van Slyke

I thought it would be a nice idea to select a sister tennis club, just like San Diego has sister cities. As I have been working with the Mt. View Tennis Club getting them set up with the Ten & Under program, I thought they would be a natural to be our sister club.



The board approved the idea and you will be hearing more about this in the future. The concept here is that public clubs that have a lot of resources (us 1400 members - them 167 members) should share with clubs that don't have as much.

The first thing that they need help with is getting volunteers to teach the Ten & Under program to the kids. They have a pro that teaches two afternoons per week, but the kids want to come everyday. These are free classes and they have about 50 kids so far. These kids are the future of tennis in America and they love this new format.



If you can donate a few hours please contact Roderick Smith @ rlsmith6@gmail.com or 858-776-1337. They have seven newly surfaced blue courts. Please help if you can.

LIGHTING: We are very close to signing the contract to install the lower court lighting. This lighting will be collegiate lighting levels or better; you will want to play on these courts. In addition we are working very hard to improve the upper court lighting. I would like to ask the members for suggestions as to how we might pay for the additional electrical costs related to the new lights, both lower and upper lights. Should we charge night players more, or should the additional costs be reflected among all of us? I don't use the showers here, but still pay my share of the cost. The board of directors is open to any and all suggestions. Please provide them in writing by email or hand written and left at the reservation desk.



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

www.balboatennis.com

President

Dwight Van Slyke

Vice President

Jim Winters

Treasurer

Jane Pulliam

Secretary

Spike Lowndes

Board Members

Kevin Barton

Gerald Bischoff

Peter Conneely

Mary Gunset

Brad Hasper

Pat Mason

Melinda Murray

Director

Colleen Clery Ferrell

Tennis Director

Geoff Griffin

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 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



By definition, one of the main responsibilities I have here at BTC is to enforce the rules and regulations of the club. I didn't make the rules as they were drawn up way before I arrived as director of the club. When it comes down to making a decision, the BTC Board of Directors vote: I merely present the information. When there is any type of incident with the members, my responsibility is to follow through with both parties and bring this information to the Board for discussion and possible disciplinary action.

The employees at the Reservation Desk work diligently to enforce the rules as well. Every once in awhile, the members need to be reminded of basic rules for etiquette and various reservation policies. The following reminders were brought to my attention by members and staff.

1. Please wait until the players ahead of you have finished their point before opening the gate and entering the court.
2. If you are on the court and get bumped off by another group, you may try and secure another court by having someone in your group come to the Reservation Desk and get another court slip. A phone call to the desk will let you know if a court is available, but will not be enough to get the court reserved.
3. Back to back reservations are not allowed. Please be respectful of this rule. With 1450 members, everyone deserves a chance at getting a court during prime time.
4. By presenting your current membership card to the reservation agent when you pick up your court slip, there is no doubt about your status. This helps prevent system abuse and increases club revenue. Also by making sure everyone in your group is a member, all players will be accounted for prior to starting your game. One of the reservation agents duties is to walk the courts to make sure everyone has paid or is a member. Your assistance in this matter is appreciated.
5. Lastly, a member was accidentally locked into the club after the gates were shut. Both Don and George shut the majority of the lights off at 9:00 p.m. during the week and 8:00 p.m. on the weekends. They leave the lights on two courts while they finish locking up all the other courts. Please take this time to gather all your belongings and exit immediately. Your safety is our main concern.

State of the Club

by Joe Campbell, BTC Club CPA



Balboa Tennis Club is in a sound position from a financial perspective. The club is able to provide a quality facility for the community, the City of San Diego and for people all over the world who come to play tennis. This serves as a testimonial to the City of San Diego that a nonprofit organization, bolstered by a volunteer board of directors and a caring staff of employees, can operate a great recreational tennis club in a very efficient manner. Membership dues and daily permit fees are kept extremely reasonable, while the facility management strives to provide a well maintained venue.

**Joe Campbell has been associated with Balboa Tennis Club since 1983. He served on the board for several years and has since been the club CPA since 1989.*



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.

Hendrickson Wheelchair Tournament

Joaquin Picazo is returning to Balboa Tennis Club after a six year hiatus to direct the 2011 Hendrickson Wheelchair Tournament, May 20-21. He is taking over for good friend Sherman Schnelllar who has been in charge of the Hendrickson Tournament since 2004. "I'm back to doing what I love," says Joaquin.

In 1982, Joaquin injured himself while riding motor cross and faced some major challenges in his life. As a result of the accident, Joaquin would need to get around in a wheelchair. To get around, he wanted to get his van modified so he could drive. A good natured and very giving gentleman named George Hendrickson helped Joaquin get hand controls in his car. George helped so many people in his life that the tournament was eventually named after him. Joaquin is still grateful to this day for the impact George Hendrickson made in his life.

While Joaquin was in the rehab facility, someone gave a speech on tennis and invited him to Balboa Tennis Club to watch the wheelchair tournament. He had some experience playing racquetball, but never

tennis. He and pal Sherman Schnelllar both attended the tournament and were amazed. "I couldn't believe all the wheelchairs – they were everywhere." This was the beginning of his tennis career. Joaquin eventually took over the tournament in 1999 and ran it until 2003. Sherman continued as tournament director up until this year when Joaquin will once again take over the reins.

"I hope to get a majority of the tournament sponsored," he says. "All the proceeds will go directly to the San Diego Wheelchair Tennis." BTC Member Ken Pecus from Ascent Real Estate will sponsor the balls and Joaquin is securing other sponsors for food and shirts. He is expecting between 50 – 60 players in the draw. "I want to get wheelchair tennis going once again at Balboa," says Joaquin. With 1 in 200 affected by disability mobility issues, this tournament is great

exposure for the handicapped population and for able bodied individuals to see. Please come out and support the Hendrickson 2011 Tournament.



Help for a painful Knee

by Barbara Gregorio



After meniscus surgery in 2003, I was fortunate to have no real pain until the summer of 2010. While running a 5k, I met a woman who worked at a clinic. She suggested I try synvisc shots to relieve my pain. I decided to try this treatment and have been very happy with the results. The shots can be given in one large dose or weekly shots for three weeks. The three shot dose was recommended. The shots are placed directly into the anterior or lateral side of the knee after a novocaine shot is administered. Rest is prescribed the day of the shot and then the player can resume activity the next day. The synvisc lasts about 6 months. I had my last shot in October and I've been playing regular pain free tennis ever since. Would you believe Synvisc is made from the chicken/cock's combs and an elastoviscous fluid is the result? It resembles the synovial fluid that the knee once had for mobility. www.synvisc.com is the website for additional information. From my perspective, synvisc is a good temporary relief for the ailing knee. If you have any questions, feel free to contact me.

Esther Leeftang's Team Rises to the Top

Esther Leeftang's A2 ladies tennis team epitomizes the classic saying, "Cream rises to the top." Of course in the tennis world, continued success doesn't occur without hard work, diligence, patience and practice. In the case of the A2 team, camaraderie and fun must also be included as this group of ladies knows how to compete hard, yet have so much fun along the way.

Holiday parties, Martini Tennis and After Tennis Tacos represent some of the themes adopted by the group to combine tennis and fun. When they have a team match, everyone shows up to cheer on each other, even when they aren't in the starting lineup. "They are all friends as well as tennis partners," says Leeftang.

In addition to the great social aspect, this team has risen up from the 2.5 level beginning in 2007 to a very respectable A2 level of league in four years. Leeftang began with a group of eight ladies at Urban Village, under the direction of tennis pro Stan Jefferson, who now also instructs the group at Balboa. In time, they ventured over to Balboa to play on the "Ladies Challenge Court," which was instituted a few years ago for Wednesdays only.

"I had the fortune of running into Pat Mason," BTC Board Member and Club Ambassador Extraordinaire, says Leeftang. Pat asked if Esther and her group were interested in playing on the B League. So together they assembled a B team in the winter of 2008, then graduated to BB League in 2009. They spent one season at this level and then moved up to A2, where the tennis is very challenging, yet worth the effort.

"It's a privilege to play with pressure," says Leeftang, captain, coach and motivator. "There are two kinds of players – players that get beat and players that get fired up!! Right now our players are getting beat, yet the group is encouraged and challenged. We have an awesome team with a winning mentality."



Back row: Esther Leeftang, Stacy Begin, Tina Jordan, Cindy Bennett, Maria Ward, Kathy Scribner, Chie Tomita. Front row: Denise Lyon, Chi Luong, Mieko Kato, Muan Knight, Angie Marty. Missing: Shawna Chatman, Ginny Watson, Teresa Weinstein, Debi Boehm, Doni Corcoran, Tory Palecek, Terry Rowell

One of her players passed along the two page e-mail synopsis which Leeftang sends out after each match. Even the husbands and family members have commented how they enjoy reading Ester's entertaining recaps. A portion reads, "Final score Coronado 90/Balboa 12. Can anyone remember the last time when we scored so little? Welcome to A2 ladies!!! We are at the bottom and getting our butts kicked. Cup full: There is no other place to go but up! Certainly we get prize points for having the best supportive team ever. Many thanks to the cheerleading crowd!"

Next destination for this united team is to win at the A2 level and keep rising to the A level. There's no stopping the momentum and pleasure they are combining. Nonetheless, they do plan on making time to attend the Pro Tournament coming up at Indian Wells and of course they will be there as a team. Three rules will guide them on the next journey: No kids, No spouses and What happens at Indian Wells stays at Indian Wells!

Congratulations to the coach and the TEAM on continued success!!!

Member Profile – Dr. Peter Lathrop

Long time member Dr. Peter Lathrop remembers Balboa Tennis Club in the 70's when he first started tennis and says, "I could show up any time of the day and always get a game." Thirty years later, Lathrop is still happily playing tennis at Balboa to "get a release" and fulfill a need in his life. "The club hasn't changed much," he says.

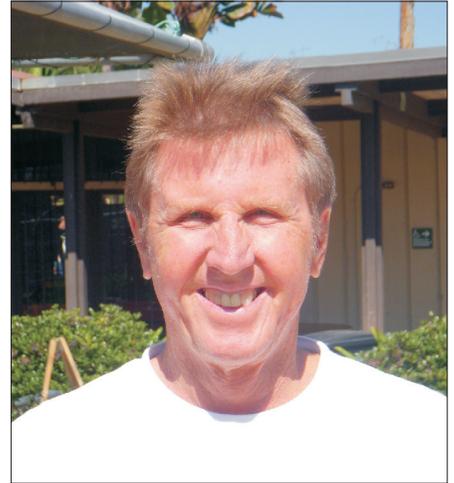
While Dr. Lathrop's desire to play tennis for relaxation remains a constant, the rest of his life endeavors have evolved steadily into a plethora of achievements. Presently Dr. Lathrop is in private practice, working on pain relief by using state of the art electro-medicine technologies. "Treating patients is my passion," he says.

Dr. Lathrop attended school for 15 years to arrive at his level of professionalism. He attended UC Berkely for under grad in Pre Med. He received his masters at SDSU in Clinical Psychology and then went to UCLA Medical School for 2 years. Next he traveled overseas to

the U of Brussels for his PHD in Neuro Psychology and then finally completed his education with a post doc at the U of Munich with degrees in Bio Chemistry and Verology (Viris).

Dr. Lathrop's practice has focused on the utilization of electronic medical devices for treatment of pain and repair of injuries. He is the co-inventor of the Tens Unit, a pain treatment device which was invented while working for Med Tronic in Minnesota. "TENS" is the acronym for Transcutaneous Electrical Nerve Stimulation. A "TENS unit" is a pocket size, portable, battery-operated device that sends electrical impulses to certain parts of the body to block pain signals. The electrical currents produced are mild, but can prevent pain messages from being transmitted to the brain and may raise the level of endorphins (natural pain killers produced by the brain).

Dr. Lathrop is a licensed bio



medical engineer which enables him to practice electro medicine. This procedure programs cells to repair themselves. The utilization of the tens unit combines engineering and the medical field to treat pain. For additional information or a free consultation, contact Dr. Lathrop at 858-603-4802 or e-mail him at drpeterlathrop@gmail.com. His new office is located at 3675 Ruffin Road, Suite 120, San Diego, Ca 92123



Hector Ortiz Memorial Junior Tournament

Oksana and Lani West pose for a picture with referee Doug Fitzgerald during play at the First Annual Hector Ortiz Memorial Junior Tournament. Hector was 48 in July when he died of a heart attack while playing tennis in his native Mexico City. Hector played his high school tennis at La Jolla High. He then went on to play college tennis at Pepperdine University.

"Hector was a great competitor and a wonderful man on and off the court, says Tournament Director Geoff Griffin. "We thought it fitting to name a junior tournament after him."

BTC Newly Elected Board Members



Jane Pulliam **BTC Club Treasurer**

I have been a member here at Balboa for about 10 years and have been playing tennis since I was a teenager. I consider this club to be the best deal in town, in addition to having the friendliest players and staff. I try to play every day either in league matches, social games or participate in Geoff's great clinics. I am fortunate to have been able to retire from my career as a CPA 22 years ago so I could raise my 3 kids. Now that two of my children are in college (Cal Poly SLO and UCLA) and the third one is driving, I am able to spend lots of time on the courts!

Kevin Barton - Board Member

I moved here two years ago from the southwestern part of Virginia and immediately fell in love with the city, the weather and especially the Balboa Tennis Club and the San Diego Tennis Federation. Coming from a place where indoor court time is very expensive and hard to come by, I feel fortunate to be a member of such a fantastic club. With the weather to play year round in San Diego I've found that over the course of the last two years the activities of the club and the SDTF have become a big part of my life. As a BTC Board Member, I look forward to the opportunity to contribute my time and energy to serving the club and striving to make it a better place for all members. I look forward to working with other board members to meet the long term goals of the club, such as lighting the lower courts. It's my hope that I have the opportunity to contribute and enrich the club the same way that it has enriched me.



Mary Gunset - Board Member



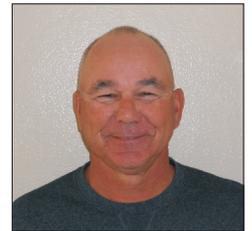
I am the middle child in a family of 5 with four girls and the youngest is a boy. I have 14 nieces and nephews, no children of my own. I have been divorced for 4 years now. I started playing tennis when I was 6 years old for fun, mostly by myself against the garage door for 3-4 hrs a day. I never had a formal lesson until

I got to high school and played varsity tennis for all four years. I gave it up when I started college. I attended the University of Wisconsin-Parkside to get my 4 yr pre-med followed by Life Chiropractic School in Marietta Georgia to become a Chiropractor. I moved to

San Diego in 1995 and became a Board Certified Chiropractor. I have been practicing in San Diego for the past 15 years. I currently have my own practice in Mission Valley. I have been a member at Balboa Tennis Club for the past 7 years. I am Captain of a WTT 4.5 league on Thursday evenings. My team has finished in first place locally and at sectionals for the past several years. We have finished 2nd and 3rd in the nation on three separate occasions. I was also on a 2010 Women's USTA 4.5 League that won the National Championship in Tucson. My Passion in life has always been tennis and my profession. I love to help and be around people whenever I can. I feel very honored to be asked to be a part of the Balboa Tennis Club Board to do whatever I can to make a difference and make the club a better place for all the members.

Brad Hasper - Board Member

I am 62 years old. I grew up in Michigan and graduated from Wayne State University in Detroit, Mi. on June 21, 1971 with a Bachelor of Science degree in Business Administration. After college, I worked for various incentive travel and Merchandise Companies, as well as account executive in sales. I moved to San Diego in 1978 and joined the Balboa Tennis Club around 1985. I had played tennis in high school and then returned to the game when I rejoined BTC. The best part of the club is the friendliness of the members and the ease of finding a game without prior scheduling. As for club improvements, I would like to see a larger membership base, corporate sponsors to help with club improvements and expansion of our player's lounges/social gathering areas.



Pat Mason - Board Member



I have been a member at Balboa Tennis Club for 22 years. Over all, I have played tennis for 45 years. I've been fortunate to live in some of the best places in the US and have been blessed to meet people with great talent who have helped keep me grounded!!! I feel very fortunate to have three wonderful daughters and grandchildren as well. Also of importance to me are my friends whom I put on the same level as family. I cherish them all. The thing I like most about BTC is the people, who are from all different backgrounds, yet seem to find a common likeness for tennis and each other.

Calendar of Events

March

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| 1-4 | Paul Buskey Memorial Senior Tournament |
| 15 | BTC Board Meeting – 7:00 p.m. |
| 18-20 | K and W Junior Tournament |

April

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| 9 | Spring Fever Social – 3:00 p.m. |
| 14-16 | Pacific Coast Championships – Boys High School |
| 16-17,23-24 | Balboa Tennis Club Spring Tournament |
| 19 | BTC Board Meeting – 7:00 p.m. |

May

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|-------|--|
| 1 | Tennis Fest – 1:00 – 4:00 Balboa Tennis Club |
| 14-15 | Hendrickson Wheelchair Tournament |
| 17 | BTC Board Meeting – 7:00 p.m. |

June

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|------|--|
| 4 | Free Tennis Clinic – 3:00 p.m. |
| 6-12 | National Open Hard Court Championships |
| 21 | BTC Board Meeting – 7:00 p.m. |



Gil Mahaney Tennis Teaching Professional Profile

- Home town: Jefferson City Missouri
Education: Graduate Jefferson City Senior H.S. 1977. Attended Lincoln University
- Athletics: 2 yrs. varsity basket ball Lincoln University H.S. 1yr AAU Basket Ball Jefferson City Flyer's (practice squad)
- Started playing tennis in 1978 recreationally.
- Began coaching in 1994 as a volunteer coach's aide in the junior match play after school program at Jefferson City YMCA. During this period, began attending coaching clinics and seminars. Observed friend and mentor David Stinemeyer, who was a high school tennis coach and tennis director for the YMCA.
- Coaching experience includes a total of 8 year's volunteer including 6 years with Boys varsity and JV.
- Volunteer Assistant Coach Lincoln Univ. Women's Tennis For Fall 2002 and Spring 2003.
- Teaching professionally since 1998. Former member of Professional Tennis Registry (USPTR) from 1999 to 2001 and has chosen to remain independent.
- Moved to San Diego Fall of 2003 started working



at Balboa Tennis Club as Maintenance Staff in 2005. Started filling in at clinics for Griffin Tennis.

- 2011 – Began part time maintenance at BTC and part time teaching for Griffin Tennis. Available for group and private lessons.

Gil has been working full time maintenance at BTC since 2005. Beginning in 2011, Gil will be working early morning maintenance hours to get the club ready for the day, as well as cleaning the courts at night and during the early morning hours. In between, he is resuming his teaching career here at Balboa. If you are interested

in booking a lesson with Gil, contact the Pro Shop or phone him at 619-301-8190

Practice Tip: Aggressive First Step: Play Catch! Have your practice partner stand at the net, while you wait at the service tee. Your partner then tosses a ball into either service box. Target objectives: Catch the ball on one bounce and catch it at the highest point after the bounce. This drill will help train your eyes to go after the bounce of the ball in a rally and be aggressive by swinging at the ball as it is coming up to its apex.