



Good reasons for tournaments... page 2
Many remember Jessie Coffey... page 4
BTC's annual Turkey Shoot... page 7

Court Center

BTC named "Outstanding" by USTA

We've long said we might be the best public tennis club in the country, and recently we got some more evidence to back up that claim.

During the US Open in September, the Balboa Tennis Club was named the 2003 Outstanding Tennis Facility in our region by the United States Tennis Association.

BTC is now in some pretty impressive company. Seven other clubs were honored in the "Large Tennis Center" category, including a private country club.

"We are pleased to

honor these outstanding tennis facilities for providing a top-notch environment for people around the country to enjoy the game," said Curt Kamperman, Chief Executive, Community Tennis, USTA.

"Their efforts insure players of all ages and abilities have access to facilities that enable them to enjoy this sport for a lifetime."

On Friday, September 5, BTC President Robin Rodger accepted the award in New York City.

In addition to being a tremendous honor for the

club, the award is a nice accolade for Rodger and the other members of our board of directors who all volunteer their time without any financial compensation.

The USTA's Facility Awards Program was established to stimulate high standards in public tennis facilities and to recognize those facilities whose efforts make such a positive statement about the vitality of the game.

The Balboa Tennis Club achieved this honor once before, in 1989, when it was known as the Morley Field Tennis Center.

Court courtesy now more important than ever

While a large, active membership is great for tennis, it can lead to congestion on our courts. More than ever, it has become important for us to operate efficiently so we can serve as many tennis players as possible.

And you can help! Especially at our busiest times — 9 a.m. to 10:30 a.m. and from 5 p.m. until 7:00 p.m.

How? We need your help to keep us informed when you don't need a court.

Everyone knows it's a nice courtesy to call and let us know when you need to cancel a reservation, but there are other

situations that aren't as obvious.

If you're playing singles and you get drawn into a doubles game on another court, it's really helpful to tell our staff. Or if two members of your foursome meet in front of the clubhouse and realize they've each picked up a different court, please walk back and let us know. Better yet, decide ahead of time who will get the court so we don't waste the reservation.

This kind courtesy is contagious, and it's a form of karma. So remember, the court you save may be your own!

inside...

President's message from Robin Rodger	page 3
Member Spotlight	page 5
BTC leagues earn trip to national championships	page 6
Calendar of Events	page 8

Despite court concerns, there are lots of good reasons for tournaments

Tournament season has drawn to a close again this year and, though many of our members enjoy these events, we recognize another substantial segment of our population is drawing a collective sigh of relief.

Tournaments limit the courts available to the membership, and they can be a headache for those who don't participate.

Last month BTC's Activities Chair, Annette Howell, sponsored a potluck after the free clinic to say "Thank you" to all the members who showed their patience throughout the season.

So why do we have these tournaments here? You'll be glad to know there are many good reasons.

The first has to do with our role as the center of tennis in San Diego. We have a responsibility to host these events because we are in a unique position to do so. Also, there is a great historical tradition that has been established over the decades. The District Tournament and the Balboa Open have been played at this site for over 75 years, and the Metropolitan has been here nearly 60 years.

This club has sound financial reasons for hosting these events.

This year, tournament revenues have accounted for 20 percent of our gross revenues so far, and \$18,000 of profit to our club. We're a non-profit organization, and without that money our budget wouldn't balance. One of the reasons we're able to keep our dues so low — without com-

promising the quality of our world-class courts — is because of money we get from tournaments.

And there are other vital considerations that must be weighed when evaluating the value of tournaments to this club.

Our reputation as the "Home of San Diego Tennis" is one of the reasons we were able to convince local government to spend \$500,000 to rebuild eight of our courts, nearly \$20,000 on our patio, and \$50,000 on our lights.

The two national league championships we have hosted over the last few years have moved on to another city (they do that from time to time), but we hope to get another opportunity to host those events in the future. National events like those and the National Open Hardcourt Championships (which are still played here) draw players from all over the nation and bring in hundreds of thousands of dollars to our local economy.

Oh, and there's one other good reason for hosting tournaments here at our club — they're fun!

Hundreds of our members participate in these events, and many other watch the matches. If you're reading this and you've never before participated in a tournament, maybe you should consider getting involved. There are divisions for every level of play, and even if serious competition makes your hands clammy and your knees go all wobbly, our tournament desk can always use volunteers.



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

Robin Rodger
President

Richard Barndt
Vice President

Ron Celeste
Treasurer

Randy Gerson

Brad Hasper

Annette Howell

Roz King

Terry Overbey

Linda Stadelli

Dwight Van Slyke

Will Tappen

Board Members

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

We're doing great — but we're not done yet!

By Robin Rodger, Balboa Tennis Club President

What an achievement!! Being named outstanding facility of the year for 2003. While I was in New York receiving the award I was thinking that the award is so exciting because it acknowledges the countless hours spent by countless people improving our club over the past four years.

It allows each member to feel a great sense of pride of ownership. It encourages all of us to ask how can we reach even higher and how can I help.

I think of a three-ring circus, or a juggler keeping three balls in the air at one time. The board of directors, Geoff Griffin and our pros, and Kent Sligh and his staff have all contributed to this honor.

I have been president for 4 years now and feel it is time for me to move on. I don't want to leave without someone who wants the job and who feels comfortable taking the reins.

With that in mind, I will be looking for that someone and working on training that person over the next year. It is important not to become stagnant. I will remain on the board to see the backboard project to its conclusion. This will allow others to focus on other areas of importance.

Also I have become extremely attached to all the board members. I have never worked with a group of such intelligent and fair-minded people. People who have the Balboa Tennis Club's interests at heart and are willing to do their part to help her stay strong and to help grow the game of tennis.

I was in Palm Springs with my 4.5 senior team seeing women and men from all over the United States come together for a wonderful competition. Everyone was 50 or older and in terrific shape. Tennis was the common element. "Physical activity is the closest thing that we have to a magic bullet for health," says Dr. I-Min Lee, associate professor of medicine at Harvard Medical School. "There is no single drug that can give the same overall benefit to health that physical activity does. Everything that gets worse as we get older gets better with exercise."

When we help grow the game of tennis, we are help-

ing people get off the couch, out of the house, and away from work to exercise. Tennis brings us mental as well as physical exercise.

It is fun and exhilarating and doesn't make exercise a "should" in our lives. Instead it is a treat, a mental challenge, a time you can socialize. It is not just for your body. It's for your soul.

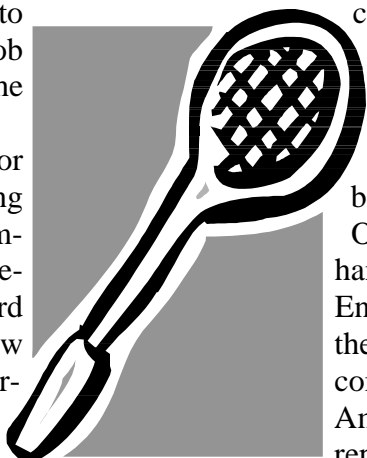
We have three officers returning to the board to serve new terms: myself, Vice President Richard Barndt and Treasurer Ron Celeste. A new board member submitted an Election Petition with 40 member signatures and will join the board in January. Armin Afsahi has impressed everyone with his outgoing demeanor and positive attitude.

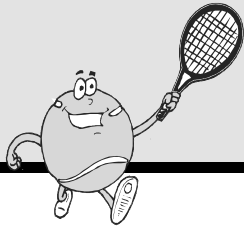
I want to thank our great staff for getting the courts clean and ready for play three days after the wildfire crisis started in San Diego. A new record was set for the number of courts washed in one day — a whopping 24! It was a real team effort and should be appreciated by everyone.

Our backboard project is currently in the hands of Steve Wong of Burkett and Wong Engineering. Steve and his staff are offering their services pro bono to give back to the community. We have met with the city's Americans with Disabilities Act compliance representative, and we will need to bring our

parking lot ramp up to current code as a part of the project. We have also been meeting with Charlie Daniels, Park Designer for the city, and Jake Orbin, Grounds Maintenance Manager for the park. The project is projected to cost between 80 and 90 thousand dollars. This will include ADA compliance, a new and longer pad of concrete, surfacing the pad to simulate a tennis court, drainage, new fences and lights. Currently we have \$15,000 from City Councilmember Toni Atkins, and we are looking for more funds (see the article on page 6). This project will not happen overnight, but it will be worth the wait.

The dead tree was finally removed from the patio and will soon be replaced by a lovely shade tree called a Rusty Fichus. The fichus' roots are better suited for the wet soil conditions we have here at Morley Field, and it should turn into the beautiful tree we all had in mind for that location.





Tennis Tips...

...from the pros

Spin helps all aspects of your game

By Kevin Johnston
USPTA & USPTR

Can you relate to those days when no matter what you try to do on the tennis court, it just doesn't work? You try to hit the ball with pace to blow it by your opponent...that only makes it worse because you start missing more shots than usual.

Then you decide to "push" the ball over to compensate for your errors. However, this only allows your opponent to hit winners on you because you are giving them easy mid-court, cupcake balls to put away.

You are left with two options. Call everything out or fake an injury and default the match.

Think about adding spin to your game. When you add spin to your shots you are taking speed off of the ball.

The advantage to this is that you will gain control on your shots and not make as many unforced errors.

Try to incorporate topspin on the forehand and backhand side whenever possible when playing from the baseline. This will allow you to swing out more aggressively with control instead of "pushing" the ball.

The topspin you put on your groundstrokes will make the tennis ball arc down into the court making it less likely you will hit the ball past the baseline. By

swinging aggressively on your groundstrokes, you will also stay more relaxed on your shots and not tense up or "choke".

When at the net hitting volleys, you should try and put underspin on your shots. By putting underspin or slice on the volley you will gain control of the shot more effectively.

When your opponent hits a ball



with pace to you at the net, you need to decrease the speed of their shot with underspin.

Many times you will hit a volley out because you attempt to hit the ball back almost as hard as it was hit to you. Like the groundstrokes, putting the necessary underspin on the shot will allow you to keep the volley in play much more effectively than if you tried to hit the ball flat.

Are you one of those players who have a testosterone overload on their first serve and then become an eighty-pound weakling

on the second serve? If this sounds like you try to incorporate the same principals of spin into your serving.

Go ahead and try to serve like Andy Roddick on the first serve and blast the ball flat.

On your second serve, come around the side of the tennis ball for slice or topspin. This will allow you to take a full swing upward on the ball and not get the dreaded alligator arm syndrome (short arm). By adding spin to your serve, you will be gaining control on the tennis ball and not serving up as many double faults.

Remember, when all else fails, use your spin to keep you in the match.

Flat is out, spin is in.

They'll call you "Coach"

Every Tuesday at 4 p.m. you'll find 50-plus kids on our teaching courts learning to love the game of tennis!

The clinics are free for the kids and Geoff and his staff don't charge for their time, but volunteers are always needed to assist pros, especially with kids under 6 years old. *No teaching experience necessary, just the ability to hand toss a ball!*

The best part is the feeling of satisfaction you'll get: The kids will call you "Coach."

Ask for Geoff in the pro shop.

Member Spotlight



Most everyone knows we have waiting lists to play at 9 a.m., but here is tennis after 10:30 a.m. at the Balboa Tennis Club.

Max Hinson is BTC's man in black, and most days you can find him playing on the Challenge Court dressed in all-black tennis clothes. When asked where he acquired his southern manner (somewhere between Rhett Butler and Johnny Cash) Max says, "Home is Texas, but I've lived all over the south." A writer and a photographer, Max travels to Italy every year. "The photographs are my excuse."

One of our most popular senior players, **Herb Bistrow** has long been a fixture at our club, and his son **Shelby Bistrow** has long been a fixture in the bleachers. Recently, Shelby finally walked on to the court, and it turns out he has a pretty good serve. When asked why he decided to join the club, Shelby said, "I didn't decide – my dad did."

Anthony Jungers is another player you can find on

our courts many mid-days.

He's going to school to become a nurse, and his job waiting tables leaves his days free. Just in his early thirties, Anthony has already dealt with more than many of us, recently surviving a bout with Hodgkin's Lymphoma. The San Diego Tennis Federation (a successful local gay and lesbian organization) is responsible for introducing Anthony to our club in 1997.

David Soucek, Balboa's newest teaching pro can often be found loitering at our club during the day – when he's not teaching or working at the pro shop. David, who is from the Czech Republic, has traveled all over Europe and Asia, and even lived in Australia for six months. He first visited BTC last June, and only returned to the Czech Republic to finish his bachelor's degree in Business Administration.

Many gather to celebrate Jessie Coffey's life

"How do you like your coffee?" yelled the young school chums of Jessie Coffey. This was one phrase that would guarantee a good chase and head thumping by Jessie.

Jessie's long arms, big heart and spiritual dedication reached from the tennis tournament desk, basketball courts, football and baseball fields that he loved, to his many friends in the church community.

Those of us who attended the memorial celebration of Jessie's passing were moved by the beautiful services, starting with the military presentation of the flag and the beautiful and soulful choir selections.

His brother, the various ministers and many friends talked of their life experiences with Jessie, which were inspiring, colorful and humorous.

As we all know, Jessie was indeed unique and private. He marched to his own drummer and, as we learned, also sang in the choir to his own tune.

His minister said Jessie "delighted in doing all the jobs that nobody else wanted to do around the church."

Jessie had soared to great athletic heights (Harlem Globetrotters), lettered in football and baseball, and yet was comfortable doing the most humble of tasks.

Jessie passed on the same day as

his San Diego High class reunion of which Gale Harlan was a classmate. Among the many attendees, the tennis community was well represented by: Gale and Marion Harlan, Pat Mason and Ollie Maland. Phyllis Webster, Fran Wakefield, Sonny Gift, Chaz, Stan and Jo Griffin, Fred and Catherine Circo, Jim Ray, David Gill, Fritz and Marissa Offner, Tad Yamaguchi, Roz King and Bill Franklin.

Those members who were unable to attend or did not know of the services will be inspired by talking about the services to any of those who attended, because we all felt more privileged to have spent some time with Jessie on this train of life.

Balboa begins campaign to fund practice wall improvement project

As you probably can imagine, the BTC Board of Directors along with its Director Kent Sligh are challenged each month in staying within the budget on club expenditures.

Our goal is to maintain a beautiful public facility while keeping the fees to our membership as low as possible. This is not an easy task, but we constantly strive to keep our budget balanced on a month to month basis.

We have been very fortunate to have made significant capital improvements to our club over the past few years.

Without the help from the City of San Diego and significant contributions from our membership, these improvements would have never become a reality.

Our patio project was a direct result of a generous donation from long-time members Arnold and Esther Belinsky, along with matching funds from the City of San Diego.

Our light renovation project became a reality when we received a grant for \$50,000 from County Supervisor, Ron Roberts and a bequest of \$35,000 from the Estate of John Gerding, through BTC members Don and Linda Stadelli.

Our next major improvement is the renovation of the Practice Wall behind court 18.

Steve Wong, of Burkett & Wong, a structural engineering firm, is donating the services of the firm for developing the plans.

We have also received a commitment from City Councilwoman, Tony Atkins, for a grant from the City of San Diego of \$15,000 to be used for the project. We estimate the renovation to cost upwards of \$80,000, which means we will have to rely on significant donations from our membership.

Our membership has really stepped up in many ways to improve our club.

We have highly talented members on the Board of Directors with areas of expertise that cover every facet of our operation. They always put the best interest of the Club first when making their decisions.

Members have made significant donations toward specific projects at our club which turned many dreams into realities. Other members have stepped up to captain the various teams that are represented at BTC.

Our many volunteers who help run tournaments and social events are also a key factor in our success. We have recently been recognized by the USTA as one of its outstanding facilities of the year. This recognition is a result of the hard work of so many people involved with our club.

We hope that the membership appreciates the work done by so many active people at BTC and that you will step up to the challenge that lies before us.

Your donation toward the renovation of the Practice Wall would be welcomed and appreciated. Should you need your donation to be tax deductible, please make your check payable to "The Greater San Diego City Tennis Counsel," a 501 (c)(3) organization. The Counsel will forward your gift directly to BTC to be used for our Practice Wall Project.

We look forward to the challenges that lie ahead and with your help we can achieve even greater heights.

If you have any questions regarding this Fund Raising Campaign, please call either member of the Legacy Committee: Richard Barndt (619-253-8805) or Ron Celeste (619-840-7455).

We have been very fortunate to have made significant capital improvements to our club over the past few years. Without the help from the city and contributions from our membership, these improvements would have never become a reality.

Many BTC league players compete for chance to become national champions

USA Senior League

Balboa's 4.5 women's team was an incredible success again this year in the USA Senior League.

Captained by Robin Rodger, our team swept the SCTA Sectionals in Whittier Narrows, earning a trip to the nationals. Team members included Masako Beppu, Ginni Blanchard, Elaine Hawkins, Marion Hinchy, Roz King, Deb Linder, Krys Ren, Beckey Smiser, Cathie Sobke and Georgia Turner.

We were then the Southern California representative to the USTA 4.5 Nationals held in Palm Springs, where our winning streak ended. Less than 1% of all players make it to Nationals, which amounts to less than 3,000 players. This includes all levels. The United States is divided into 17 sections. California is so large it represents two of the sections. Northern and Southern California.

USTA Team Championship

Balboa Tennis Club is well

represented in this year's USTA Team Championship Tournament.

Several of our members have been named to be on the various age group teams playing for SCTA in this year's national event, which pits the teams from each of the USTA's seventeen sections against one another in a compass format tournament.

Players are selected on the basis of their sectional and national tournament rankings, current tournament results, and, in SCTA, affinity for team play.

Competition is between age groups from each section, with the groupings each ten years apart from 35 through 85 for both women and men. Teams are composed of singles and doubles and are limited in number to between four and seven players.

Players are selected from the entire Southern California section and are given a stipend to assist in the travel expenses. Being a

national championship, each member of the age group team that places first through third is presented with a gold, silver or bronze medallion.

These matches also count toward the national ranking of the various players which is important for these tournament players.

The men play in Jackson, Mississippi, the last week in October, with Byron Smith captaining the 55 squad. Johnny Sanchez is named to the 65 team.

On the women's side, playing in November in Naples, Florida, are several 35ers, captained by Melinda Ainslie-Murray. Her squad includes club members Darice Carnaje, Andi Neugarten and Cassandra Caesar.

Roz King captains the 65 team which includes Georgia Turner, among the other sectional players. BTC I Captain Fran Wakefield and member Pat Poisett form half of the 75 team.

Balboa's Turkey Shoot: play for turkey, play for fun

Commercialism aside, Thanksgiving can be a wonderful holiday, a time to gather with family and reflect on life's blessings.

Unless you're a turkey.

But turkeys don't play tennis, so mark your calendars now for BTC's annual Turkey Shoot — a round robin club social — on November 22, from 3:30 p.m. to 5 p.m. with dinner to follow.

The winner will receive a big, fat turkey, so you won't have to go hunting this year (although you might have to poach a little!)

In order to insure fun for everyone, we do ask that

all who register be at a 3.5 level or better. There is an ongoing round robin Geoff organizes for 2.0-3.0 players at 2 p.m. each Saturday. Levels lower than 3.5 are encouraged play in the 2 p.m. round robin and then join the social for food.

Tickets are only \$5, and they include food and drinks after tennis.

The round robin will be organized by our pros, and the balls will be provided.

You can sign up starting today at the Reservations Window. Be sure to sign up early because space is limited.

Calendar of events

November

19	BTC BOARD MEETING
22	TURKEY SHOOT — SOCIAL ROUND ROBIN
27	BTC IS CLOSED ON THANKSGIVING

December

9	BTC BOARD MEETING
17	HOLIDAY APPRECIATION DINNER
25	BTC CLOSED CHRISTMAS DAY

January

1	BTC CLOSED NEW YEARS DAY
20	BTC BOARD MEETING
TBA	CLUB SOCIAL ROUND ROBIN

February

17	BTC BOARD MEETING
TBA	FREE CLINIC — OPEN TO EVERYONE

Center Court

PRSR STD
U.S. Postage
PAID
San Diego, CA
Permit No. 1898

Balboa Tennis Club
2221 Morley Field Dr.
San Diego, Calif. 92104

Dated material

inside...

Join the Gardening Group at BTC	page 2
President's Message	page 3
Member Spotlight	page 5
Metropolitan Tournament Results	page 6