



Center Court

NOVEMBER 2013

Senior Champion of the World at 75 – Roz King



BTC member extraordinaire Roz King sets a great example for everyone who aspires to fulfill their tennis dreams and hasn't arrived yet. She took up the game late at the age of 40. She followed her instincts to become a true champion and reached the pinnacle of success at 75 years young by winning a world championship in Austria this year.



After Roz won the World Championship, the City of San Diego proudly proclaimed at a chamber meeting that October 29th was officially named Roz King Day. Many BTC members and friends attended the day with Roz in celebration of her great tennis accomplishments. Her overall ascendance to the top of the country and world at 75, in a sport she loves, proclaims it's never too late. Congratulations Roz for paving the path as a late blooming trail blazer and becoming a true champion of tennis.

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More Senior Tennis Champions



Sonia West with established champion Anne Russ won a Bronze Ball at the Chamisal Sr. Nat'l Tournament in October. This was Sonia's first national honor. Anne continued her winning ways at the 2013 Intersectional Championships recently held in Boca Raton, Florida. She inspired her teammates by playing an estimated 14 hours of tennis, winning two singles matches in tight third sets to help her team capture the bronze medal. Congratulations to both these Balboa Champions.

Estate Planning—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. For additional information, call the Club Director, Colleen Clery Ferrell at 619-295-4242.

The President's Court Chatter

By Dwight Van Slyke



The clubhouse remodel will begin in early January 2014. Phase one will be removing all of the bathroom fixtures, tile, flooring & ceiling material. Drywall will replace the existing ceiling material. The floors in both bathrooms will be opened up to install new drains. All of the showers will receive new tile and new fixtures, grab bars, new electrical, new lighting and solar tubes. After painting, we plan to install the fixtures, new mirrors, etc. This process will take about 3 months.

After the completion of the bathrooms, we will start on the clubhouse. The furniture will be given away or donated; we will remove all of the wood planks from the walls and replace with dry wall, install new electrical, insulation, new lighting and a larger TV. We may keep the carpet or if the budget allows it, install new carpet that can be more easily cleaned. This will take about 30 to 45 days.

The Director's Report

By Colleen Ferrell



Thanks to everyone who contributed to the Jim Ray Bench Fund. The new bench is proudly displayed to the left of the Reservations Building. One of Jim's best friends, Ed Richardson, organized the efforts and did a great job with his Celebration of Life and rallying many of Jim's friends to collect for the bench. The Club was fortunate to have Jim Ray as a player, friend and "tennis/sports consultant" for so many years.

I'm sure many of you have noticed the tremendous growth of league play at our club. We are proud to announce that four

BTC teams qualified for National competition this November and competed admirably. Some people have approached me about wanting to start a team of their own. This is possible as long as there are never more than two teams playing at the Club, at the same time. I have tried to keep league play balanced, just like tournament play. There needs to be parity between general recreational players, leagues, outside court rentals, tournaments, socials, high school teams and fundraisers. This is an important part of my job as Director and I want the membership to know it is a top priority.

As we move into the holiday season, I want to say thank you to the members and Board of Directors. We have a great club which so many of you are proud of and support. Thank you to Griffin Tennis and Babycakes Café for being integral parts of this wonderful club. We will soon be saying goodbye to 2013 and moving forward with a major club remodel, thanks to the generosity of the Belinsky family. More details are forthcoming. May 2014 be a healthy and fantastic tennis year for all.



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Reservations & Info..... 619-295-9278

Director's Office..... 619-295-4242

Pro Shop..... 619-291-5248

Babycakes..... 619-220-4990

Club hours of operation:

Monday - Friday 8am - 9pm

Saturday & Sunday 8am - 8pm

Francis Filipovich – A Rising Star



For the past ten years at BTC, two siblings have been hitting tennis balls daily with passion and desire. Older sister Tiffany and younger brother Francis both possess an equally diligent work ethic which has begun to pay off. Last year Tiffany received a full tennis scholarship to the other SDSU in America – South Dakota State University. Francis hopes to be following in Tiffany's footsteps by rapidly working his way up the junior rankings and opening up his eyes to his great potential. "My sister is motivating me to play pro tennis," he said. "Right now my goal is to attend college in Southern California and then see what happens."

Francis is currently ranked #71 in Southern Cal for Boys 16 and rapidly rising. No longer in his sister's shadow, "Baby Francis" has sprouted to 6'1 and has acquired offensive skills on the court to match his physical presence. With his sister away at school, Francis claims he is becoming more self motivated and independent. He has been traveling to Los Angeles on a regular basis for better competition and ranking points. At the end of the month, Francis hopes to cross another rite of passage when he gets a driver's license.

The road of development for a promising junior with high hopes began at age 6 for Francis. Once again his sister Tiffany set the table for little brother. While watching Wimbledon, she told her father that she wanted to start playing tennis. Francis agreed this would be a good idea so both of them enrolled at North Park Recreation Center in a tennis

class. They took lessons for a year and then began participating in Novice tournaments until age 8. "I really loved the sport of tennis from the beginning," says Francis.

The siblings segued to Balboa Tennis Club and took part in the Club's Tennis Clinics. Coach Geoff Griffin somewhat adopted the duo and both became very involved in their tennis activities as well as philanthropic opportunities.

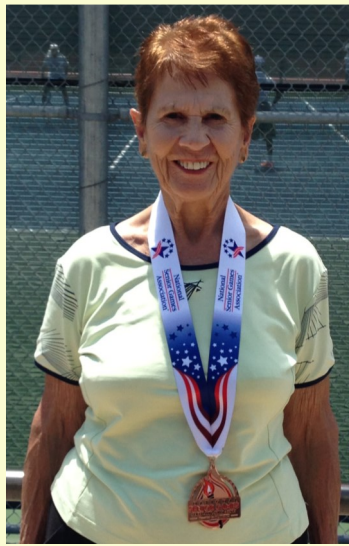
"I started working with Francis and Tiffany about 10 years ago. I sponsored them in my junior classes. As they got older and better they moved into my adult classes. They were both always anxious to repay me by helping in every charity I was involved with. It would be almost unheard of, if they were not by my side working with Wounded Warriors, Homeless Kid Gift Drives, Free After School Kid's Lessons, etc...Now with Tiffany away at college, Francis continues to volunteer when time allows. His tennis is really improving and he needs to spend a lot of time on the court. Francis is a very nice young man. He is extremely gifted in his tennis, but also modest and reserved. A lot of us think he could be a phenomenal tennis player as he gets a little older," said Geoff Griffin.

Another important part of Francis development in tennis has come from former BTC Pro Catalin Chira, who specializes in junior development. At age 14, Francis started working to improve his footwork and the technical part of the game. "The quickness drills of running side to side have really improved my stamina on the court," he said. "Now at 16, I still attend his workouts and I try to hit with other junior and some adults to keep improving my game."

Home schooling since 6th grade has enabled Francis to juggle his schedule, academics and tennis matches favorably. He attends a charter school three times a week, which is a cross between home schooling and being in a classroom. "I like the charter school because it allows me to work at my own pace and focus on tennis," he says.

Francis credits his parents, as well as big sister, for his tennis opportunities. Neither Mom nor Dad ever played serious tennis, yet they have actively supported Francis throughout the years. He also gives kudos to his home club. "I love this Club," he says. "Balboa has made me a better person by being around the Club and also volunteering. The Club has done so much for me."

Senior in Search of Gold!!! Barbara Callahan



BTC Member Barbara Callahan recently competed in the Senior Olympics Volleyball Championships in St. George, Utah and won a bronze medal. She was recruited by a team from Texas to compete in this event held every year in October. "It was a really fun atmosphere with a parade of athletes from all sports," she said.

Barbara took up tennis and volleyball at the same time while in her thirties. The local YMCA in her home state of Michigan had a Japanese Director who inspired Barbara to get in shape. "He was brutal back then," she said. He threw medicine balls at us; force them to run a mile each practice and work hard to get in shape. It all paid off."

Around the same time, a friend suggested she learn to play tennis. Along with her three children, the family would hit the ball around for fun. Consequently, everything she learned at first was self taught.

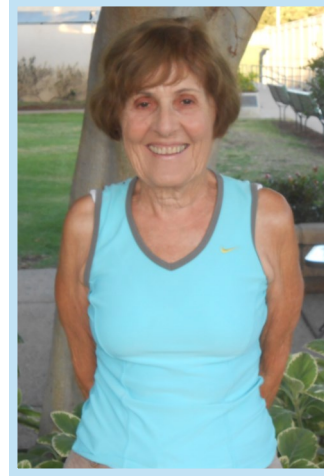
As her interest in tennis grew, Barbara decided to join an indoor club. She took lessons, participated in clinics and savored the opportunity to play all year long.

Tennis and volleyball became a big focus in her life. After three of her four children migrated to San Diego in the late eighties, Barbara decided she needed a change so she sold her rental properties in Michigan and started a new life in San Diego. She joined BTC shortly after arriving in 1994. While still playing tennis 19 years later, Barbara cross trains with swimming and biking to round out her active life.

When asked how much longer she will compete in the Senior Olympic Volleyball competition, Barbara replies, "I still want the Gold!!!" This is just one example at BTC where members love the competition and savor the opportunity to better themselves.



Julia Gregory Joins BTC Board of Directors



Julia, our newest board member, moved to San Diego in 2001 when she retired from being a trust lawyer in Cambridge, MA. She tells us that this is the best thing she has ever done for herself. A lifetime tennis lover, she now has the time to devote to playing almost daily in the great atmosphere at Balboa. When she is not playing, going to the gym, playing bridge and reading, she likes to help Geoff with his Tuesday afternoon youth tennis program.

Happy Autumn from Babycakes!



Interim Mayor Todd Gloria with Babycakes owner Christopher Stavros

As it starts to cool down in San Diego, Babycakes Balboa Park will be there to warm you up! We have invested in an espresso machine to keep you warm and give you that extra energy that need to keep your game going. Babycakes will soon be offering Cappuccino, Espresso, Lattes and many other buzz worthy drinks. We will also be offering Fruit Smoothies and other "Grab & Go" items so that you can get back on the court. By the way... **Babycakes Discount Cards** exclusively made for Balboa Tennis Members are available at the Tennis Club check in. Simply bring in the discount card to Babycakes every time you are feeling hungry or thirsty you will receive 20% off!!! We thank you for all your continued support and hope to see you swing by the cafe. Peace, Love & Cupcakes!

Ortuno Family Tennis



From left to right: Raul Ortuno Sr., Mario Moreno and Ramon Ortuno

The legacy of tennis in the Ortuno Family started in the late 1950's when Raul Ortuno Sr. and his nephew Ramon took up the game. Soon they were playing doubles together in tournaments in and around San Diego County. Because Ramon lived only blocks from Morley field, they could be found almost daily on the courts. Both young men imparted their love of the game to their families as they began to grow, and Raul's son Teo would go with them to Morley Field and spend hours watching his dad and uncle play.

Once he was able to hold a racket at the age of 7, Teo was completely taken with the game and eventually became the most accomplished of the Ortuno tennis family. Over the years, numerous Ortuno children and grandchildren have played at Morley field, and the heritage of the game is alive and well in this San Diego tennis family. Teo, who is now 51 years old and has been playing there since 1969, has passed on his love of the game to his two sons Diego and Israel. Raul Sr., who is now 87 years old, recently told Teo "Son, the only two sports you can play at 87 are tennis and golf, and you have too many kids to put through school to play golf so stick to tennis."

Shadow Tennis and Jump Rope for Improved Quickness

by Mike Rogers



Mike Rogers with teaching legend Vic Braden

All players at one time try to practice good footwork. Similar to boxing skills, shadow swinging is the key. Practice the motions of the strokes on an empty tennis court, swinging like you were playing a real match. For example, serve and volley with good footwork without hitting a ball. Always keep your feet moving like you would in a real match. Jump roping will also improve your footwork and stamina. Jump rope three minutes and then rest a minute, while working up to 12 rounds, like the boxers do! Together shadow tennis and jump roping will help improve your quickness overall on the tennis court. Watching Serena Williams with her improved footwork on the court and quick first step is an inspiration to improve your own footwork.

3rd Annual WW Camp

BTC will host the 3rd annual national Wounded Warrior Tennis Camp May 19-25, 2014. This is the only event of its kind in the country, and has been lauded by senior officials from the Department of Defense and the USTA for its excellence and impact. Between 40-50 service members and veterans are expected from over 15 states. We are striving to cover all the participants' costs (airfare, lodging, meals, local transportation and tennis equipment) through contributions from local businesses, veterans organizations, and the tennis community. If you would like to help support this worthy event, please contact Geoff Griffin or visit www.balboatennis.com.

Business Banners at BTC!!!!

Balboa Tennis Club is offering a great opportunity for all members interested in advertising your business at the club year round. All east/west facing fences are available for banners to be hung at the reasonable cost of \$600 per year. The new Graphic Interfaces banner is now featured on court #7. Please contact Colleen at director@balboatennis.com or call 619-295-4242 for more details. Banners are tax deductible.

Keep Working at Your Game and Enjoy the Journey!!!



Emilio De Pison represents the new generation of 80 year olds who still want more from their tennis games and life in general!!! He works out on the court daily and trains equally as hard off the court to remain in top shape for competition. Emilio is another example of a man who took up the game later in life at 39 years old and got hooked. His passion continues at 82. Here is his story:

“For those of you who have been my tennis friends and fellow competitors for 43 years, it is my warm desire to convey why I became the enthusiastic tennis player that I am today. In the summer of 1970, after becoming part of the Naval Electronics Laboratories as an electronics design engineer, and also becoming a father of two, I decided to learn the game of tennis. I joined the magnificent and unique Balboa Tennis Club. After traveling to Honolulu, Maine, Annapolis, Greece, Scotland and Western Australia, I couldn’t find a more reasonable facility. I remember vividly the drama involving my first ever tennis trophy at Morley Field. I was playing on the San Diego Industrial League comprising General Dynamics, Naval Electronics Laboratories, Honeywell and many others. By virtue of having lost to the eventual Men’s B singles winner in the first round, I would proceed to win the consolation B prize – a large silver plate. The problem was that there was only one trophy available for both A and B. Consequently we were told to play it out between the two of us. I beat the A player in a three hour match. Since then, I have accumulated more than 50 of these trophies from various tennis tournaments around South-

ern California. I appreciate having recently been awarded a national ranking of 18 in the 80 and over division. If this ranking does not motivate me to go on hitting, I don’t know what will!!”

Emilio continues to train at Balboa and play tournaments with tenacity and enthusiasm. Cultural reading, human biology, keeping up with new scientific trends and physical training, are his main interests.

The 18th Worldwide Coaches Conference by BNP Paribas



Balboa Tennis pro Armando Sandoval attended the ITF World wide Coaches conference held in Cancun, Mexico November 4 – 10th. The conference, which had the theme of “The long-term development of a high performance player”, welcomed 900 delegates to Mexico, represented by almost 100 ITF member nations. Throughout the five-day event held at the Iberostar Resort Cancun, invited keynote speakers were of the highest caliber with notable presentations from USTA Head of Player Development Patrick McEnroe (USA), Swiss Tennis Fitness expert Beni Linder, world renowned Sports psychologist Dr. Jim Loehr (USA), Carl Maes (Belgium) former coach of Kim Clijsters, Tom Gullikson (USA) and Nick Bollettieri (USA), Judy Murray (GBR) Fed Cup Captain and former Roland Garros Champion, Mary Pierce (FRA) among others.

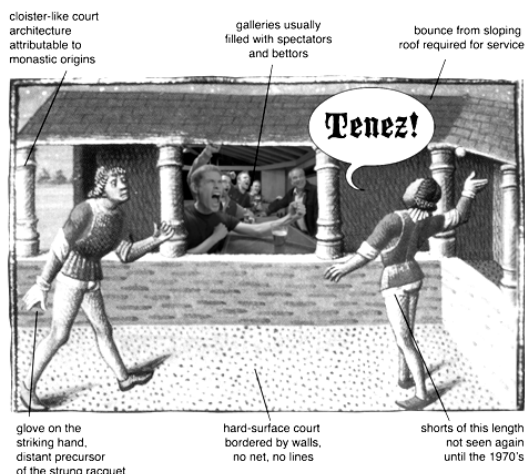
The Name of the Game

by Alastair McLeod

How tennis evolved as a game distinct from other ball games, and how it was named, is a remarkable story. First played in the 12th Century, what was later known as the royal game took root not on the estates of wealthy men, not on town streets or village greens, but in monastic cloisters. European noblemen first made contact with the game through their children, whom at that time they sent routinely to monks to be educated, monasteries being the principle centers of learning. It seems that medieval monasteries were homes not only to scholasticism and prayer, but also to competitive sport. Games like tennis (and before that, football, the oldest of ball games) flourished in cloisters because riotous displays of manly vigor were strongly disapproved of by the masters of the state. In open society, ball games tended to descend to the level of public brawls, if not veritable acts of municipal warfare. In the privacy of the monastery, out of the reach of public and official eyes, tennis, and very likely other forbidden amusements, could be indulged in with abandon. Whether the senior clergy approved of the practice, we do not know, but they condoned it, perhaps aware that their young acolytes' energies might otherwise have found less wholesome outlets.

The rules of early tennis were markedly different from those of the modern game (and to some extent survive today in the little-known *real tennis*) but the two held these elements in common: players faced one another from opposite ends of an enclosed area (not separated by a net), and struck the flying ball (not with a racquet but with the open hand—hence *jeu de paume*) either in the air, or off the first bounce, with the aim of forcing the opposing side to permit a second bounce. Interestingly, importantly (as we shall see below), and in sharp contrast with the modern game, the second bounce was *not* the end of play. The player on whose side the ball fell for a second time had to stop the rolling ball as soon as he could. If the stopping point (or “chase”) was at a point deeper than the last one (the players switched ends after each chase), then the point was won. The drop shot was unknown. Depth was everything. Yes, there were the equivalent of linesmen to adjudicate the calls, and yes, there were heated, even violent, arguments about their decisions.

One might look into the oddly complicated mechanics of the early game for the origins of its name, but one would search in vain. The word “tennis” has nothing to do with the striking, volleying, or “chasing” of balls. It is, almost certainly, a corruption of the French imperative “*Tenez!*” This was the cry with which a 12th or 13th century player announced that he was about to put the ball into play. It operated in somewhat the same way that “Fore!” does in golf, as a warning of a missile in flight, but the analogy may be closer to “Check!” in chess, where the intention is to alert the opponent to a threat integral to the game, rather than bystanders to an accidentally dangerous by-product. Or it may have been both: the ball in medieval



tennis was small and hard (leather stuffed with hair), and the initial play (the serve) was onto a sloping roof at one side of the court from whence it would descend, after unpredictable bounces and caroms, into the opponents' end of the playing area. It is not difficult to imagine that under those conditions play should have properly begun with a shout equivalent to “Get ready! Here it comes!”

The actual meaning was possibly less polite—something more like, “Take this!” (The verb *tenir* may mean, depending on context, *hold*, *keep*, *accept*, or *take*.) Since team play, with up to five players on a side, was common, it may have been that the cry was as much intended to focus the

attention of teammates as adversaries, as if the server were to begin the point by yelling “Charge!” It seems equally likely that it would have been thought as unsporting then as now to put the ball into play without an assurance that the receivers were ready to receive. However it was—in some such way as this, or some other—the shout “*Tenez!*” became the signature ritual of the game, and hence its name.

It was one John Gowers, a contemporary of and personal friend to Geoffrey Chaucer, who in 1493 first put the word into print: “*Of the Tenetz to winne or lese a chace,/Mai no life wite er that the bal be ronne.*”

Roughly, this means: “No one knows who has won a point at tennis until the ball has stopped rolling.” The poem in which these lines appear is an address on the virtues of peace to England’s Henry IV. Gowers was advising his king that war is an uncertain business at best. A century or two after its invention, tennis was so deeply entrenched in popular culture that it could provide metaphorical meat for an important political argument.



NOVEMBER 2013

Calendar of Events

December

11	Volunteer Appreciation Party	6:00 p.m.
25	Closed for Christmas Day	

January

10	SDDTA Annual Dinner, La Jolla Beach & Tennis Club	7:00 p.m.
21	BTC Board Meeting	7:00 p.m.

February

18	BTC Board Meeting	7:00 p.m.
14-16, 21-22	Hector Ortiz Jr. Satellite Tournament	

March

1	Free Tennis Clinic	
14-16	K&W Junior Tournament	
18	BTC Board Meeting	7:00 p.m.
17-21	Paul Buskey Memorial, Ben Press Tournament	

April

5	Spring Fever Social	3:00 p.m.
10-12	Pacific Coast Community Colleges Tournament	
12-13, 19-20	BTC Spring Tournament	
15	BTC Board Meeting	7:00 p.m.

Dues for 2014

The BTC Board of Directors has decided to keep the renewal dues at the present rate.
However, for new members and those who let their membership lapse, the prices will be as follows:

♦ **Adult - \$300** ♦ **Senior- \$200**

Junior and four month rates will remain the same.