



Center Court

NOVEMBER 2014

Welcome New BTC Board Members!

- Member of BTC for 9 years
- Volunteer tennis instructor for Balboa's weekly kids' free clinics
- League player and captain for Balboa's league teams
- Served on the US Open Wheelchair Tennis Championships for 7 years
- Served on the SDDTA board for the last 6 years
- Received the SDDTA Community Service award in 2014
- Served on the USTA National Committee (Adult & Senior Competition) for the last 4 years
- Nationally ranked as a junior tennis player
- Nationally ranked senior adult tournament player when not sidelined with 12 knee surgeries
- Camp Coordinator for the annual Wounded Warriors National Military Tennis Camp and the 2014 USTA Wheelchair Tennis Camp
- Favorite pastime includes off-roading in the desert, reading, and scrapbooking
- Married for 20 years with two adult children



M.A. Hillier

"My goal is to have a one day up/down tournament in the next 6 months at Balboa Tennis Club. This will consist of Balboa members playing doubles with a wheelchair tennis player. Be on the lookout for a flyer advertising the tournament!! Balboa members will also have the opportunity to experience what it's like to play tennis in a wheelchair!

I love playing at Balboa and all the things that are happening here at the club! I want to be a part of the great improvements and opportunities that are constantly being offered to the club members."

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- Elected on Board of Directors for Peppertree Estates HOA (San Diego County)
- Served as Superintendent for two school districts (Tulare County and Kern County – Central California)
- Served as high school principal in Michigan in mid 70's through early 1980's until move to California
- Served as elected city council member (Imperial County)
- Served as elected mayor – (Imperial County)
- School site council member – San Diego County
- Served as high school principal at school with 3600 students – Delano High –in mid 90's



Gary Smith

Gary and his wife have five children who either played Division I tennis on full ride scholarships or were ranked in the top ten USTA nationally. "I am a team player, with no agendas. I use common sense and possess the ability to work with others for the best decisions. Wisdom is in the counsel of many."

The President's Court Chatter

By Dwight Van Slyke



President Dwight Van Slyke will begin the final year of his 4th term as President of Balboa Tennis Club in 2015. He began his presidency January 1, 2008, succeeding Robin Rodger who was also president for eight years. Here are a few questions Dwight candidly answered in regards to the past seven years in office.

Of all the great accomplishments during your 4 terms of office, what are you most proud of?

"The major club improvements started with the tin stops under the bleachers

on court 8, which were installed to keep the balls from rolling over to court 9. Adding fencing to the area between courts 8 and 9 and court 18 to keep the main area of the club locked up became a great deterrent to vandals. Other valuable improvements include the green storage area for the teaching pros, white storage containers on court 1 and the divider net for the teaching pros between court 2 and 3. Another big change was the dividers between the courts and of course, the vastly improved lower court lighting project designed by BTC member Jerry Bischoff and myself. One of the biggest overall improvements was when I purchased patio tables and chairs. Everyone used to sit in the bleachers and now everyone hangs out there and in front of the Pro Shop to gather and visit. In the past, people came, played and left....now they sit for a spell (or all day) and relax. The Clubhouse remodel has to be the icing on the cake."

What has kept you motivated to keep improving the Club during your presidency at BTC?

"Being at the club almost every day, hearing the responses from the members and staff has been a huge motivation. I really feel loved, appreciated and respected."

Twenty years ago, could you ever picture yourself as the President of an organization?

"I have never joined or been involved in any type of organization. In my wildest dreams I would have never thought that I would do something like this. Ben Press encouraged me to join the board in 2003 and it has been such a rewarding experience."

What aspirations do you have for the upcoming year at BTC?

"I would like to see the tournament center completed, to get the west end of the reservation building for use by BTC and improved lighting for the upper courts. The cost to upgrade the lighting on courts 8,9,10,17,18 and stadium is \$35,000."



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President
Dwight Van Slyke

Vice President
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Julia Gregory

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Janene Christopher
Mary Gunset
Dan Hays
C.T. Martin
Pat Mason
Gregg Ward

Director
Colleen Clery Ferrell

Tennis Director
Geoff Griffin

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

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

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

Club hours of operation:

Monday - Friday 8am – 9pm

Saturday & Sunday 8am – 8pm

The Director's Report



2014 is coming to a close with so many things to be proud of and thankful for at Balboa Tennis Club. Of course the main accomplishment was the clubhouse and locker rooms remodel, thanks to the Belinsky family generosity. A special note of gratitude to President Dwight Van Slyke and architect extraordinaire Janene Christopher, who both researched and stayed on top of every detail until the project was completed. We are all very pleased with the final product.

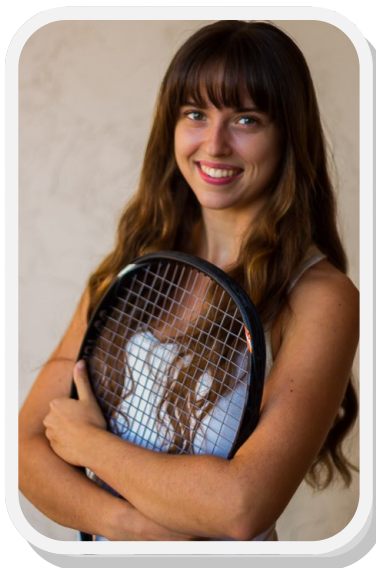
The landscape inside and around the club continues to improve with the dedicated efforts of Dan "Dandscape" Hays. In conjunction with his understudy Melissa Fillare, Dan and crew have totally enhanced the historic beauty of BTC with increased foliage, planters around the club and tender loving care. The Club has never looked so beautiful.

Special thanks to Vice President Peter Conneely who will be completing his fourth term on the board and moving on. Peter has been a catalyst for positive change throughout his board member sojourn and we are most appreciative. Treasurer Mark McDonough will also be completing his term this December. Mark's keen insight and perspective helped the Board make many important decisions regarding important issues. Hopefully both of these helpful members will remain on call for years to come.

Returning Board members include C.T. Martin, Mary Gunset, Pat Mason, Gregg Ward and Dan Hays. Returning for another term is Julia Gregory, Janene Christopher and Ruben Carriedo, along with President Dwight Van Slyke, who is in his final year. Each one of these individuals brings a unique background of specialization which helps make a great Board of Directors. Welcome to M.A. Hillier and Gary Smith who will be starting terms for the first time at BTC.

Thank you to all the members for your continued support. Balboa Tennis Club is comprised of a very unique group of tennis enthusiasts who all share one common goal: Love of the Game. Let us continue to move forward into 2015 with common interests in keeping the Club beautiful, respect for the game and one another.

Spotlight on a New Member-Shannon Sullivan



A familiar face can be seen snapping photos with her DSLR, digital single lens reflex camera, at Balboa Tennis Club these days. She hails from the Mt. Shasta area and in addition to her fondness for tennis, photography is another true passion. Meet Shannon Sullivan, one of seven children raised in Northern California yet most recently followed the light to warm and sunny Southern Cal.

"I love this area (North Park) and enjoy being close to the club," she says. Shannon started playing tennis recreationally at 18 years old and is now a solid 4.0 on the NTRP rating system. She entered the Maureen Connolly Brinker Balboa Open to test her skills and was satisfied with her results. "I want to have fun playing and eventually become an open player."

Shannon coached gymnastics for six years at the Mt. Shasta Gymnastics Club. As part of her responsibilities, she took videos and photographed the athletes. Shannon discovered she really enjoyed photography so she segued from hobby mode to professional. Actually, the seed was planted early in life when she won a drawing contest at the local Rite Aid. The prize for winning: a brand new Kodak Camera. "That camera made me so happy," she said. Nowadays, Shannon is available to

shoot portraits, sports, engagement and high school senior photos. Her email is shannonkphotography@gmail.com

What does Shannon like best about BTC? "There are so many characters here. It's very entertaining with positive energy. There's such an array of levels. It's a great club." Welcome to Balboa Tennis Club Shannon!!!

SDDTA Hosts Military Wheelchair Tennis Camp

By Steve Kappes, President, SDDTA



The San Diego District Tennis Association continued to expand its service to our nation's heroes by hosting its first-ever Wheelchair Tennis Camp for wounded, ill, and injured veterans from across the country September 25-28, 2014 at Balboa Tennis Club.

Florida-based USTA National Wheelchair Tennis Coach and retired Army officer Paul Walker spearheaded the training along with New York-based Erin Rogerson, a seasoned tennis player, coach, and Reserve Marine Corps officer. They held a pre-camp training session for a dozen local pros, VA recreation therapists and community tennis volunteers, and the group subsequently provided 15 hours of top-flight instruction and assistance to the 12 participants, most of whom were new to the sport. Evening outings to the San Diego Zoo and Old Town provided additional opportunities for camaraderie, bonding, and community reintegration.

Thanks to SDDTA Board members Geoff Griffin, M.A. Hillier, and Bryan East, and community tennis volunteers Manuela Griffin, Cara Beltran and Keith Williams, all of whom helped make the camp a first-class event and unqualified success!

The Open Stance Forehand

by Eduardo Afini

Tennis is a sport that has evolved tremendously over the past years. Players have become taller, stronger and fitter, turning a professional tennis match into a battle of powerful hitting. The now old fashion "serve and volley" game was replaced by powerful services and ground strokes exchanges. Slice shots are much less used than before and flat shots practically disappeared, giving place to modern and heavy top spins from both the forehand and backhand wings.

Perhaps the greatest symbol of modern tennis is the open stance forehand. The traditional "turn-step-hit" pattern that establishes a linear type of hitting with momentum coming from stepping into the ball, has given place to the modern "load-explode-land" pattern, which establishes an angular style of hitting. The open stance forehand helps a player generate more power and pace to the shot, in addition to facilitating recovery and direction changing after the shot is executed. Below are basic guidelines to hitting an open stance forehand:



♦ **Early Preparation:** Start early by turning hip and shoulders as soon as the ball leaves your opponent's racket and you are able to identify that it is coming to your forehand. Make sure your non-dominant hand (that is your left hand if you are right handed, or your right hand if you are left handed) either holds the racket or stays close to it as you start rotating your body. This is very important to helping with the upper body rotation and for balance purposes as well.

♦ **Backswing:** Take your racket back with its head high, above your wrist.

♦ **Loading:** As you take the racket back and finish rotating your hip and upper body, load all the energy into the outside leg (that is your right leg if you are right handed or your left leg if you are left handed) transferring your body weight to it. Make sure your non-dominant hand is across your chest at this point, helping you to turn your body and keeping your balance.

♦ **Exploding:** Now drop your racket head below the flight level of the oncoming ball, as you want the racket to have an upward trajectory towards the point of contact. As you start the forward swing, the outside leg starts to explode into the shot, and hips and shoulders start to open up. At the moment of contact, you should be facing the net, as the weight continues to transfer to the front leg.

♦ **Follow Through:** At this point you will have created an angular momentum, your body weight will not come straight forward in the direction of the shot, and your racket arm will produce a follow through traveling across your body.

♦ **Landing:** Due to the angular momentum, your front leg will land to the side of your body, rather than in front of it.

The open stance forehand is a shot that emerged due to the necessity of players to adapt to the faster and more powerful playing conditions. It is widely used by professional and competitive junior players around the world, but it is by no means to be executed solely by advanced or high performance players. This is something you can definitely try at home!

Tiny But Mighty Champion of Senior Tennis



Cathie Anderson's resume of titles and accolades highlights the reason she has been chosen for the prestigious International Cup Team 17 times. Standing small in stature and slight in weight, she's a crafty player who knows how to win. With an admirable collection of 25 gold, 20 silver and 20 bronze balls, Cathie continues to compete with passion.

"I would never have traveled to so many beautiful cities in the world if it wasn't for tennis," she says. Some of her favorite places include Australia, New Zealand and South Africa, especially Portschach, Austria which was tops on her list. "In many of the small towns, we have a chance to get to know the sea sides and mountains as a break from the tennis." The blending of competition, friendships and travel has enhanced the overall tennis experience and kept Cathie playing national tournaments for many years.

Born and raised in Dayton, Ohio, Cathie liked tennis from the beginning. She took her first lesson at six years old and immediately embraced the game. "My mom wanted me to be an all around athlete, so I also played volleyball, basketball and rode horses," she said. "But tennis

I could play on my own and it was more fun." Her family took annual trips to Florida and she would play there while on vacation. Back in Dayton, there weren't any indoor courts so she was limited to four months of the year, nonetheless she stayed with the game and played recreationally as sports for girls even in high school were very limited.

Cathie attended junior college in New York with cartography as her major and then transferred to the University of California at Berkeley as a geography major, while finally graduating in economics. As a member of UC Berkeley Tennis, she was runner up in the National Intercollegiate Championships. After college, she worked as a cartographer professionally and taught tennis in the afternoons. Cathie married and had a baby girl in 1967. Her husband played golf on the weekends so at the same time she started playing local tennis tournaments. "It was fun and it kept me busy," she said. This was the beginning of her segue into the national tennis scene. By age 40, she began traveling and playing regularly.

Thirty years later, tennis and training dogs are the two mainstays of her life. Cathie is the proud owner of three chocolate and one black lab – Harley 12, Olive 13, Decker 8 and Mousse 2, a descendent of her most beloved dog Dros-te who passed away from cancer. She walks her dogs daily, two at a time and also takes them to agility trials at Liberty Station in Point Loma. Dogs and tennis provide balance in her life.

As for what keeps her healthy enough to compete all year long, Cathie credits her personal trainer of 10 years, weights, being lucky and avoiding any major injuries. In 30 years of continuous tennis, she's endured one ACL knee and one shoulder surgery. Otherwise, she has played tennis 5-7 times per week, both singles and doubles on a regular basis.

Cathie resides in Del Mar, plays at Rancho Valencia Tennis Club and BTC. She likes the great network of players at Balboa. Most recently, she helped her team win the 55 and over 9.0 National Championship. As a member of the Tennis Hall of Fame in Dayton, Ohio and also the Southern California Senior Hall of Fame, Cathie is certainly not sitting on her laurels counting trophies and awards. She just finished competing on the International 70 team in Turkey, is playing in the 55 National Tournament next week in Arizona and then heading to Texas to be part of the USTA Intersectional 65 Team. "I intend to keep playing until the body says no more." With her durability and fighting spirit, Cathie will be on the courts for many years to come.



The 13th Player

by Esther Leeflang

Deanne Brewer put a name to it: The 13th Player. What is The 13th Player? It is arguably the most important role a team member can assume. Balboa Sisters do it collectively and we have been doing it for years. We do it while waiting to get on the courts. We swing by the courts even when we're not on the line up. We hang around after our matches and partake until every last player is finished. It is the reason for our success.

Balboa Sisters have risen in the local leagues from B level tennis through BB -3, BB-2 and BB-1, earned our winners' plaques at A and have reached the final destination in AA. In the USTA leagues we have similarly evolved from 2.5 steadily up to 4.5. Yes we trained individually and jointly, but we could never have achieved without The 13th Player, who is the voice we hear urging us on in our matches, telling us we CAN do it and receiving us in a celebratory group hug of support regardless of the match outcome.



This year The 13th Players took a road trip to urge on our USTA 4.0 teams at 18+ Playoffs and at 40+ Sectionals. Lisa Fortman arrived at playoffs with cheer gear (look for the lightning bolts on our shoes!), Wonder Woman T-shirts, chilled Gatorade and a spread of rejuvenating hummus, fresh vegetables and bags of nuts. Former BTC member Julie Howard (and player at our very first USTA Sectionals) divided her time supporting various players on the courts. At Sectionals Cindy Bennett, Ginny Watson and Celia Zimmerman donned festive hats and provided much needed restorative laughter in the evenings.

When our team missed going to Nationals by ONE point after literal blood,

sweat and tears, we were nursed back by The 13th Player.

Balboa Tennis Club supports us in countless ways, from the challenge court folks, the friends in the bleachers, to the director of the club: We thank you for being The 13th Player!

Janene Christopher, Board Member Extraordinaire!



Janene Christopher is a partner in the San Diego Architectural Firm, RJC Architects. She has been responsible for projects affecting over 1,000 public buildings in Southern California. A former president of Women in Architecture, she was named as one of "25 Women Who Mean Business" by San Diego Business Journal in 2007. She has had leadership positions on design/build projects with an aggregate construction value of over \$700 Million.

Janene has been living in the Greater North Park Area for the last 25 years. She's a single mom with a 17 year old college bound daughter, Sydney, a cat, bird, tortoise, two guinea pigs (Jake & Elwood) and a hermit crab. She has served on the Board of North Park Community Association, San Diego Pacific Children's Theatre and the Port of San Diego Public Art Committee.

She has served on the Balboa Tennis Club Board for the last 2 years, appointed by President Dwight Van Slyke to fill vacant position left by Spike Lowndes. She most recently worked with the general contractor to design and select the finishes installed in the newly renovated clubhouse.

While serving on the board she has spearheaded the Club's Facebook page, its YouTube Channel (Bag Checks) and the Club's Master Plan which provides the Club with a solid road map for capital improvement projects in the future.

Janene plays tennis at least 5 days a week and is involved in the SDTF, USTA and WTT leagues at the 4.0 and 4.5 levels. She has been an 8am Saturday clinic attendee for over 20 years because she loves to hear Geoff describe her tennis abilities (gems such as "she even grunts for a drop shot!").

She believes BTC is one of the best public facilities in the country. Having already served on the board she believes the BTC Board makes decisions in the best interest of its membership and uses the funds from dues to operate the club to serve its members. The club is a hidden gem for visitors and even some community members are unaware of this wonderful, history filled facility. One goal Janene has would be to have the City/ Park and Rec add signage along Florida Canyon, Park Blvd and Upas showing drivers/motorists there are public courts nearby. The ones that say "TENNIS COURTS with an arrow", much like the ones which directionally indicate the zoo or golf course. This could increase court rentals by visitors. Recently she's been involved with the Club President to market the club to the communities of North Park, Hillcrest, Normal Heights and City Heights again to increase membership. Her long term goal would be to replace the lights on the upper courts.

Gay Games

By Todd Linke



Gay Games Cleveland and Akron took place in Northeast Ohio from August 9-16. It commenced with a high-energy opening ceremony in Quicken Loans Arena, home of LeBron James and the Cavaliers, and included a week of Olympic sports competition. The San Diego Tennis Federation had a contingent of nine players, and amazingly seven of them collected a total of 12 medals. Personally, I played singles, and was paired up with partners from Germany and Switzerland for doubles. It was amazing to meet and play with partners from Europe, but without the benefit of having played together, we didn't fair too well (we lost in the first round in both divi-

sions). I played well in singles, exceeding my personal goals and expectations by making it to the gold medal round. There, I played an opponent from Orlando who was clearly the better player. Gave him a run for his money, but ultimately his superior skills at the net and great angled shots earned him the gold. I was thrilled to earn the silver medal, and all of my



hard work and practice with my trainer and on the tennis court paid off in an exciting and successful week of tennis.

The event itself also exceeded expectations. The cities of Cleveland and Akron, and the many Gay Games volunteers were friendly and welcoming. The civic leaders were clearly ready to show the country and world that Northeast Ohio is a welcoming and affirming part of the country. They put on a high energy and very entertaining opening ceremony, hosted a festival village, and numerous entertainment venues every night of the Games. Cleveland made everyone feel welcome by lighting

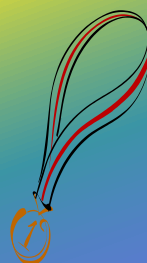


Terminal Tower in rainbow lighting, and business owners welcomed us by hanging rainbow flags all across the city. The tennis event in particular had its challenges, due to heavy rains at the beginning of the week that postponed matches and scheduling difficulties. In fact, one of the indoor tennis events was totally flooded, so the organizers had to reschedule matches overnight. But overall, the GLTA (Gay Lesbian Tennis Association) did an impressive job of organizing the tennis event and welcoming players from around the country and world to play tennis on the courts of Cleveland, Ohio.

BTC Member Accomplishments at Gay Games

9 members from SDTF attended the games and 7 won medals for 11 total medals overall.

- Andrew Hoffman and Allen Sanchez Gold Medalists in Men's C Doubles.
- Jim Wilson Gold Medalist in Men's Over 40 C Doubles.
- Vince Travaglione Silver Medalist in Men's A singles and Mixed A Doubles.
- Andrew Hoffman and Jill Waters Silver Medalists in Mixed C Doubles.
- Todd Linke Silver Medalist in Men's Over 40 C Singles.
- Brian Woolford Silver Medalist in Mixed Over 40 B Doubles.
- Allen Sanchez Bronze Medalist in Men's C Singles.
- Jill Waters Bronze Medalist in Women's Over 60 Singles.
- Jill also won a Gold Medal in Shot Put.



The GG is a wonderful event, filled with good sportsmanship, positive vibes, and new friendships. I highly recommend that any athlete, regardless of age, gender, ability, or sexual orientation make it their goal to attend the next one in Paris. It is an all-inclusive event, and is a wonderfully affirming experience.

NOVEMBER 2014

Calendar of Events

November

1-2	K&W Junior Tournament	
18	BTC Board Meeting	7:00 p.m.
22	Turkey Shoot Social	3:00 p.m.

December

10	Holiday Appreciation Party	
25	Club Closed for Christmas Day	

January 2015

16	SDDTA Annual Dinner, LJB&TC	7:00 p.m.
20	BTC Board Meeting	7:00 p.m.

February 2015

17	BTC Board Meeting	7:00 p.m.
13-15, 20-22	Hector Ortiz Jr. Tournament	



BTC member Fran Wakefield Hunter (right) presented Roz King (left) with her induction award at the SCTA Hall of Fame ceremony Sept. 17, 2014.



Artist's rendition of the proposed permanent tennis center structure along the sidewalk outside courts 7 & 8.

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.

