

# Tennis Club of Rio del Mar



**22nd Annual  
Grandmothers'  
Tournament  
benefitting the  
Santa Cruz  
Cancer Benefit  
Group.**



## **New Member Referral Program**

How awesome would it be to get a FREE month of dues? Totally awesome! Well, now you can! Do you have a friend or neighbor that you think would be interested in a Club membership? We have a few spots available. So, start recruiting. If you refer a person or family that joins the Club, you get ONE MONTH FREE. For details, contact the office or the Membership Committee.

## **STAY CONNECTED!**

**OFFICE HOURS:**

Mon-Fri 9-2 & 4-7 | Sat & Sun 10-3

**OFFICE PHONE:**

831-688-1144

**OFFICE EMAIL:**

[riotennisclub@gmail.com](mailto:riotennisclub@gmail.com)

**BOARD EMAIL:**

[tcrdm.board@gmail.com](mailto:tcrdm.board@gmail.com)



**COURT RESERVATIONS:**

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

**CLUB PRO PAUL ZARETSKY:**

[paul@paulzaretsky.com](mailto:paul@paulzaretsky.com)

**NEWSLETTER SUBMISSIONS**

[tcrdmnewsletter@gmail.com](mailto:tcrdmnewsletter@gmail.com)

**Be sure to bookmark:**

[www.riotennis.net](http://www.riotennis.net)

# MARK YOUR CALENDARS!

## BOARD MEETINGS

4th Thursday of the month, 6:30pm  
Located in the Club Lounge  
Meetings are fun and informative.  
Please attend!

**NOTE:** no meeting in December

## FRIDAY SOCIAL FUN NIGHTS

1st Friday of the month, 6:00pm  
Enjoy a potluck, tennis, games  
pickleball, ping-pong,  
cornhole, and more! Guests FREE!

## KICK-OFF SUMMER PARTY

Saturday, June 16, 1 - 4pm  
Hot dogs, fixin's, chips provided  
BYOB and side dish  
Ping pong, croquet, cornhole,  
tennis activities for the kids  
Sign up in office or call to RSVP

## FOURTH OF JULY TENNIS TOURNNEY

1 - 5:30pm, hot dogs & fixin's provided  
BYOB and side dish

## GRANDFATHER TOURNEY

Sunday, September 9, 10am - 3pm  
Burgers • Brews • Beans  
Benefitting SC Cancer Benefit Group

# July 4<sup>th</sup> Celebration

Back by popular demand – the TCRDM Second Annual Team Tennis Tournament. Random teams consisting of all player levels are formed to create fun teams such as the “Sparklers” and the “Patriotic Poachers.” No matter what your level of play, be on the lookout for announcements about this year’s tournament and sign up. You’re guaranteed a lot of laughs.

Not interested in playing tennis? Bring your family and friends and join in on a fun day of swimming, games, music and a potluck. Bring a side dish to share. The Club will provide BBQ hotdogs and hamburgers. Guests are free!



## Board Update

New board members were confirmed at the Shareholders meeting on April 26. They are Vern Hart, Scott Taylor and Don Peattie. A new board member was appointed to replace Margo Chisholm who resigned. Jan Baines will fill her spot. Thank you David Miyashita and Ginny Taylor for your years of hard work on the board and your committees!



## BOARD OF DIRECTORS & OFFICERS

Don Peattie, President  
Scott Taylor, Vice-President  
Tami Harrington, Treasurer  
Rob Gaskill, Recording Secretary  
Lauren Granlund, Corporate Secretary  
Jan Baines  
Vern Hart  
Becky Herry  
Neal Woods

**WELCOME  
NEW MANAGER  
HOLLY MARKOFF**



Arne  
Mitchell  
Holly  
Marie

**Question:** What would you think of someone who collects wooden signature tennis rackets, is married to a 4.5 USTA league player, and has a son who played tennis on the Monte Vista Christian varsity team?

**Answer:** A tennis fan!! That happens to be a fact about our new Office Manager Holly Markoff.

Holly is a 25 year resident of Aptos and feels connected to the community where she and her husband Arne chose to raise their family. She has a degree in Industrial/Organizational Psychology and a Masters in Counseling. As an active volunteer for the Alzheimer's Association she encourages others to join her at the Santa Cruz Walk to End Alzheimer's on September 22. In addition to her volunteer work, Holly has previous occupational experience as a Concierge, School Counselor, and Sales Manager.

It is her wish that members and guests feel welcome and remain safe while enjoying the club and amenities. She relies on office staff and committee members along with the board to continue improvements and positive experiences.

Holly is in the office Monday through Friday, 9am - 2pm. Please stop by and introduce yourself!

**COMMITTEE CHAIRS:**

**Membership:** Laurie Glynn

**Finance:** Tami Harrington

**Club Usage:** Co-Chairs Becky Herry & Ginny Taylor

**Building & Grounds / Beautification:** Scott Taylor

**Personnel:** Don Peattie

**USTA:** Terri Barroca

**Fun:** Ginny Taylor

**Newsletter:** Laurie Glynn

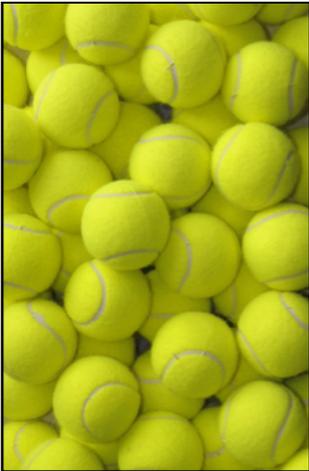
*please  
join us*

All members are welcome and encouraged to join a committee. Please call the office to join.



## The Knockout Punch

One of the biggest challenges in tennis, at any level, is to create your own pace on a ball when it's coming to you with none of its own. Opponents that give you a steady dose of this soft ball are often referred to as "pushers" and no one enjoys playing against this style for good reason. It's extremely difficult to return a soft shot (sitter) offensively without over hitting and sailing balls long or wide, or getting drawn into cautiously pushing the ball back into play for fear of making an unforced error.



Even the most elite pros regularly practice returning this type of ball. After all, the goal is to hit strong enough shots in a rally to earn the short, soft, midcourt ball to finally put your opponent away. It only makes sense to put some time into practicing the final knockout blow.

There are some simple exercises you can work on to improve your ability to hit the sitter back with pace and accuracy so you won't fear the "pusher" any longer. The first is to practice with a ball that is tossed straight up to the side of your body rather than coming from the other side of the net. Initially it may appear to be a simple task more suited for beginners (like tennis t-ball), but it can be surprisingly difficult when you're trying to hit an offensive shot from this type of feed. This is especially true if the ball is tossed with a high bounce and you have to let the ball drop back down into your strike zone before hitting. Your footwork, positioning, and timing will all be greatly challenged. I work with students all the time using tossed feeds, but it's easy enough to do this for your self on the practice court. Begin by tossing a ball about head high a few feet away to your forehand side. This should give you a comfortable bounce close to your strike zone with a little bit of time to move your feet and prepare your racket. Hit these with only moderate pace at first, and when you can successfully make at least 8 out of 10 to a target area you're ready to add more pace to your shot. As you get more comfortable and consistent you can challenge yourself with a higher ball toss and hitting from different positions around the court. Try it from the baseline, no man's land, service line, and even from inside the service box. Don't forget to work through the same progression for your backhand so you won't feel the need to run around it in order to hit an offensive shot. Two weapons are better than one!

Another useful exercise for learning to handle the sitter involves the ball machine. All too often I see conscientious players practicing on the machine set to feed a perfect ball at a comfortable pace right in their strike zone. While this may be fine to warm up or get some reps on a specific stroke technique you're working on, it's not a typical ball that you'll see very often in the real world. After an initial load of "feel good" shots, I suggest bringing

the machine well inside the baseline, lower the speed significantly, raise the elevation, and even add some backspin to the ball. It may take some tweaking but you'll soon find the settings to give you that soft, midcourt sitter that draws so many unforced errors. Be sure to slow down the interval setting a bit so you'll have time to start near the baseline and move inside the court for the shot and get back to your starting position again before the next feed. While working this shot on the machine, it's always good to give yourself various targets to aim for to test your control. A well-placed shot with moderate pace can actually be more effective than a stronger ball hit right back to a player.

A final exercise I'll recommend is to take the same sitter ball and reverse your thinking a bit. Try returning the ball as a soft angle shot instead of a more powerful put-away. Quite often when an opponent has hit you a weak shot they're more prepared to defend a deep hard return and there may not be much open space for a strong drive to get by them, but the short angle is almost always open and can be a more effective way to put your opponent away. This is especially true if you're hitting from the midcourt or inside the service line as your opponent won't have much time to react to your short angle.

Try these exercises and over time you'll get more confident and consistent with delivering the knockout punch.

See you on the courts!!!

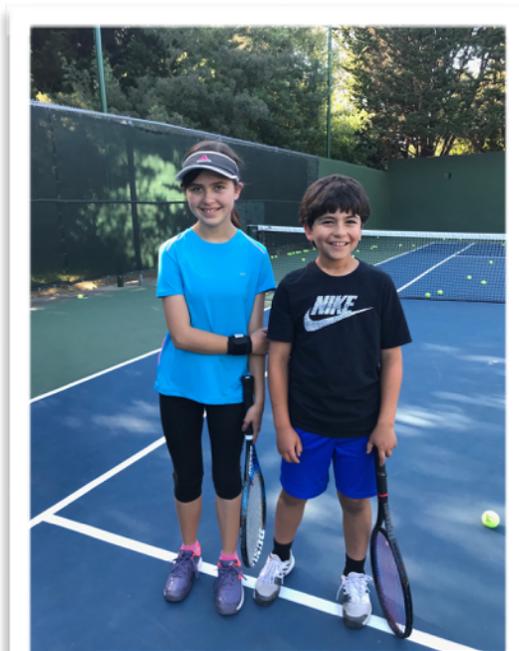
Paul

**Paul can be reached at:**

**TCRDM: 831-688-1144**

**Home: 831-685-2180**

**Email: paul@paulzaretsky.com**



**TENNIS FACT**

Researchers at Oxford University have concluded that tennis is the most useful sport for human health.

According to scientists, playing tennis regularly reduces the risk of premature death in older people by up to 47 %, while, for example, swimming reaches up to 28 % and riding 15 %.

**TENNIS: THE SPORT FOR LIFE**



**SUMMER JUNIOR CLINICS**

**If you're interested in summer classes for your kids please contact Paul with your availability. Classes will be set up by demand.**

### 3 TCRDM Players Lead Aptos High Boys Tennis to League Championship

After graduating seven seniors from last year's league title winning team, some thought that it would be a rebuilding year for the Aptos High Boys Tennis Team. But, that just wasn't the case as Aptos repeated as SCCAL tennis champion. Leading the way, and making it to CCS play, were none other than TCRDM's very own Kourosch Safari, Carter Bond and Jacob Kluger. Congratulations on an amazing season boys!



Photos  
by  
Pro & Coach  
Paul Zaretsky

# TEAM NEWS

18+ 3.5 women, captained by Karen Zivanovich, had a sweep at Spanish Bay and will be heading to playoffs.



Womens 65+ team, captained by Gay Finch, won their playoff 3-0 and are headed to Oakley for Sectionals June 18-20.



## CONGRATULATIONS!

Doug Harrington will be making his 20th visit to postseason play.

The 40+ 6.0 & 8.0 Mixed teams are heading to Sectionals June 21-23.



Interclub SC B League Rio 1 (Captained by Ann Fitts) finished in **FIRST PLACE** and the newly formed this year Rio 2 (captained by Cathy Atwood) finished in **THIRD PLACE!**

**MEN'S INTERCLUB:** Tired of traveling to Gilroy and Chamisal and playing against squads of former 4.0 and 4.5 players in the men's 65-and-over, 3.5 USTA league... representatives from four area clubs met in the Imperial Clubhouse in early February to chart a new direction. In the span of not much more than one hour, a framework for a new men's interclub league was created involving teams from Imperial, Jade, Rio, and Seascape. Today, we are in the home stretch of our inaugural and very successful season that will conclude on June 22. Rio home matches have been held at noon on Wednesdays, coinciding with the day-off in the Nooners schedule. Club members participating in this year's program include: George Armstrong, Fred Cooper, Frank Damato, Rob Gaskill (captain), Lauren Granlund, Owen Hand, Howdy Kirkbride, Keith Miller, Chris Murray, Tony Rallojay, Peter Salter, Joe Shelton (co-captain), Norman Shiffman, and Denis Webb.



## USTA TEAMS STARTING SOON!

Interested in playing? Sign up now or feel free to contact the specific captain or the office with questions.

We welcome all Club members to sign up for a team at their designated level. Haven't picked up a racket in a while? Nervous about getting back in to tennis? Now is the time - our goal is to create a strong tennis community where all members feel welcome. We hope to see some new faces.

**ADULT 55+** Season begins June 11

**Women's 8.0 Jan Baines (gwbaines@sbcglobal.net)**

**Men's 7.0 Doug Harrington (dh.likes.10ace@gmail.com)**

**18+ MIXED** Season begins June 25

**6.0 Tami Harrington (dtktr@sbcglobal.net)**

**7.0 Rob Gaskill (beachnit@pacbell.net)**

**8.0 Susan Rettig (sgrettig10@gmail.com)**

## A Few Reminders for Captains and Players:

- Please clean lounge after home matches.

- Empty garbage and recycling bags if 1/3 full.

- Last team brings in cushions, checks floor, starts dishwasher, locks door.

- PLEASE TAKE ALL ALCOHOL HOME AFTER MATCH. (NO ALCOHOL LEFT IN REFRIGERATOR AT END OF DAY)

- Parking: Captains should notify their opponents of limited parking and ask them to carpool. Also, pay attention to parking signage and respect parking area for our townhouse neighbors.

Please refrain from using our parking lot as a carpooling point for away matches when home matches are held.

-Please help ensure your USTA guests sign in and complete the waiver.

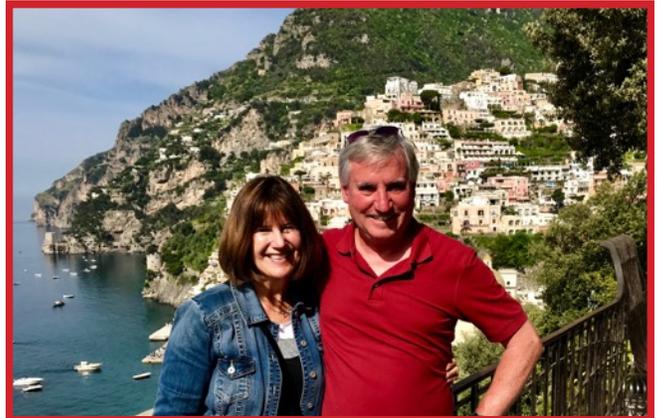
## USTA Rating Changes for Team Captains and Players over 70

Once you turn 70 if your rating increases you can petition the USTA to return your rating to the previous level. Your petition cannot be denied. This rule means that if you were rated a 3.0 player, for example, but the USTA changes your rating to a 3.5 you can return to a 3.0 if you choose. This gives you more flexibility regarding the teams you can play on than if you remained a 3.5. It can also be a win-win situation for you and your team. The rule has interesting implications for League Captains because it can be to your team's benefit not to take an older player's listed rating at face value. Find out what the actual skill set is because he/she may be the perfect - albeit unexpected - example of a "Ringer."

The rule gives Team Captains the opportunity to LEGALLY pair players in ways that increase the team's chance of winning. For example, for a 7.0 league, if one of the players holds a USTA 3.0 rating, but actually plays at a 3.5 level, then that person could be legally paired with a 4.0 player thus increasing the likelihood that they will win a match against two players whose skills actually combine to be a 7.0 team. But there can still only be 1 number difference in the partner's listed ratings. And, of course, it allows a 3.5 level player to participate as a 3.0 in singles as well.



Ciella's brothers help her celebrate her graduation from St. Francis High School while proud parents John and Karen (KZ) Zivanovich look on!



Ann and Dave Fitts, Positano, Amalfi Coast



Charlaine & Marty at Pt. Bonita lighthouse



Rio friends go camping.



Alisa with her friend Cynthia and "desert love" cactus.



Margo loves this picture of a sloth coming down for his WEEKLY bathroom break!



## **TCRDM Goes Green with New Tennis Ball Recycling Program!**

Did you know that there are 125 million tennis balls sold annually in the United States? Did you know that almost all of those end up in a landfill? It is estimated that it takes 450 years for one ball to break down completely. Shocking, right? But the good news is, we get to make a difference!



Be on the lookout for the new tennis ball recycling bins at the Club. Just drop your used balls in the bins - once the bins are full, we'll send them to a RecycleBalls facility where they can be successfully mixed with another composite and used to create recreational surface such as park and equestrian turf surfaces. And, tests are now underway to use recycled balls as 25% of the surface of a new tennis court – a wonderful example of the magic of recycling.

So, no more blasting your balls over the fence, tossing them on the grass or leaving them on the court for someone else to deal with. Now is the time for YOU to make a difference!

**Learn more: [Retourtennis.com](http://Retourtennis.com) is the organization that produces the recycle bin. [Recycleballs.org](http://Recycleballs.org) is the non-profit that actually recycles the balls.**

# Welcome

## **NEW MEMBERS**

Nick Arreguy & Margaret Wang  
Patrick & Debra Carroll  
Jeff & Jennifer Ursino  
Aaron & Stacey Montalbo  
Tom & Michelle Voorhees  
Keith & Amy Jeske  
Markus & Jordi Duran  
John Maenchen & Karen Cogswell  
Paula Rettig  
Barry Austin

## **NEW BABY**

Baby Annabelle Bartley



## National Hard Court Championships by Jan Baines

Recently, four women from our club headed to the historic La Jolla Beach and Tennis Club for the National Hard Court Championships. This is a Category 1 tournament and brings together the best senior players (50's, 60's, 70's, 80's and even 90's) from the whole country. It is an Open tournament with many of the seeded players former players on the pro circuit. For example, the woman who won the 50's (both singles and doubles), not only played on the tour but won two French Open doubles titles and made over a million dollars. We all learned so much just watching her play. Gay Finch (and her partner Hilda) played in the 70's division, while Jeannene Rawlsky (and her partner/sister from New Hampshire Barb) and Becky Herry and I (Jan Baines) played in the 60's division. While Gay, Becky, and I lost both of our matches, Jeannene and her sister played five matches in six days finally losing in the Consolation finals in a third set tie break.....so close! The tennis that is played is phenomenal and extremely inspiring. We had a blast playing, watching, and hanging out in beautiful La Jolla. The tournament itself is so well run and everyone is extremely friendly. As part of the tournament we enjoyed a beach barbecue one night and a fabulous sit down dinner another night. Lots of great tennis, great camaraderie, and great fun. Can't wait until next year to go again.

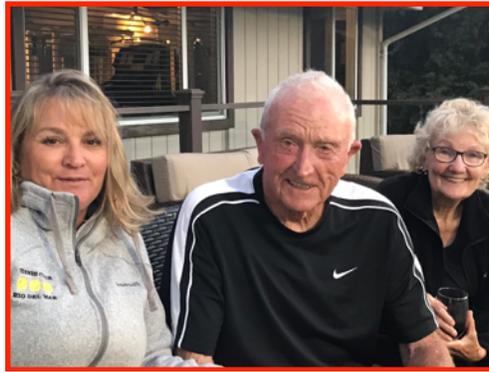


**Coaches Gay & Bill enjoy a day at Stanford with their St. Francis tennis team.**



**Owen Hand and his partner, Miguel Mejia, winning the bronze at the National Hardcourt 85's in Laguna Woods California**





## Friday Fun Nights

What happens at the Club on the first Friday evening of each month? Fun, that's what. Starting at 6:00 (but just show up when you can), we start gathering together to play tennis, pickleball, cards and games. We can pull out the ping pong table, bean bag toss, giant Jenga..... the opportunities are endless. Had a hard week and just want to relax on the deck with a glass of wine? That's great too. We bring food and/or drinks to share. It's a fun



time to gather, meet new people and build a sense of community.



And, guests are free during Friday Fun Nights. So, invite the non-members on your team, bring the neighbors to swim, or let a friend from work see why you are always talking about how much you love the Club.



Don't know anyone? That's perfect. It's a perfect time to meet people in a casual environment. See you at the next one!





## Rules of Tennis

There are two rules that sometimes seem confusing.

### Play a Let or First Serve?

According to the USTA.com website, when there is a delay between first and second serves, the Server is entitled to only a second serve if the Server or the Servers partner caused the delay. If the delay was caused by the opponents or for some other reason, the Server is entitled to two serves IF the opponents determine that the time involved constitutes an interruption.

### Out...No, good?

In the Court of Appeals column in the May/June issue of Tennis there was a question regarding what happens if a player's first serve was returned for a winner but there was a disagreement between the receivers whether the serve was actually in or out. Most would probably say that when there is a disagreement that the call goes to the benefit of the opposing team. And that would be consistent with Item #6 of The Code. However, Item #14 introduces an interesting twist. To quote: "If one partner calls the ball out and the other sees the ball as good, the ball is good. Interestingly, the Court of Appeals admits the conflict, but also admits there is no specific answer.



Madi Glynn and her dear friend looking forward to prom!



Lara Walker has been enjoying hikes in Nisene Marks following shoulder surgery.



Safari kids have fun at the Memorial Day Tournament at Seascap.



Eric & Robin celebrate at their son's wedding.



Cyndi Emme celebrates her 50th!



Karen, Charlaine and her long time friend at Indian Wells

**James F. Van Houten**  
**July 22, 1930 - May 10, 2018**

A long time Rio del Mar member, we're sorry to announce that James Van Houten passed away on May 10th. Jim was an enthusiastic 3.5 level competitor until he had a stroke. He continued to support the Nooner's group by showing up to help get it started every day until he could no longer manage.

When asked about Jim, Lauren Granlund had the following comment: "Jim is to be credited with re-starting the Hillside Erosion issue between TCRDM and the County of Santa Cruz that has been going on for the past thirty-five years. This effort on his part was the spark that got us to where we are today in litigation with the County. On June 6, 2016, Jim met with Supervisor Zach Friend, Aide to Zach Friend, Patrick Mulhearn, Director of Public Works, John Presleigh, Travis Rieber of Public Works and Bob Brusca, owner of 418 Robin Drive (where broken pipe is located). The meeting was held at the sight of the damage and Jim prepared a complete report of this meeting and his recommendations for future action."

Jim was a fifth generation Santa Cruz Country resident and was a licensed Civil Engineer who retired from the US Navy in 1982 with the rank

of Captain. Jim is survived by his wife of 65 years, Ellie, his sons Douglas (Lori) Eric (Linda) and Tom, his grandchildren Laura Johnson (Max), Kevin, Alec, Milo and Lita, great-grandson Cooper and brother Peter. If you would like to offer condolences to Jim's family, share your memories and light a candle in his honor, please visit [www.scmemorial.com](http://www.scmemorial.com).



**THIS QUARTERLY NEWSLETTER BROUGHT TO YOU BY:**

**Newsletter Committee: Laurie Glynn, Lynn Miyashita, Ann Fitts, Joe Shelton**

**We welcome articles and photos. Please email contributions to:**

**[tcrdmnewsletter@gmail.com](mailto:tcrdmnewsletter@gmail.com)**