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MEMBERSHIP

One year--June 1 to May 3--\$20.00

Three years-----\$50.00

Family > than 3-----\$50.00

Same household-----\$30.00

Senior (age 55+)------\$15.00

Junior--up to age 18-----\$12.00

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"ALL THE NEWS THAT'S FIT"

**PADDLE
TENNIS
TIMES**

December 1995

The Paddle Tennis Monthly News
Volume Four, Number 59

Reorganization for

Southern Cal Region



LOS ANGELES--Southern California Beginning in January, this newsletter will be published under the sponsorship of the Southern California Region. The Southern California Board of Directors of the USPTA have decided to concentrate their efforts on the SC region. Any person who has a USPTA membership will continue to

receive this newsletter, regardless of where he/she lives but the majority of the newsletter will concern primarily Southern California. (We will also still print any news from other regions.) The USPTA will continue to publish its own newspaper. We feel that by concentrating on the Southern California Region, we will be able to direct our efforts to increasing our local membership. We still welcome anyone's comments and/or feedback.

Paddle Tennis Times

Erin Hemenway, Editor
Phil Ender, Statistician
Nancy Millard, Advisor
Judy Villanueva, Creative Advisor

Staff
Carrie Cimino
Niki Wilentz
Ela Priola
Patricia Roen
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- ☆☆☆☆☆ Peace & Best
- ☆☆☆☆☆ Wishes to each and everyone of you
- ☆☆☆☆☆ for a Wonderful Holiday Season and a Joyful New Year!

COMING ATTRACTIONS

ANNUAL YOUNG & RESTLESS TOURNAMENT

South End Club is holding the most fun Mixed Doubles event of the year on December 9:

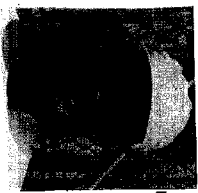
THE YOUNG & RESTLESS

- Rules as follows:
- There must be 1.5 years' difference in your and your partner's age! (Sorry folks-Lucy Taylor is spoken for!)
 - If you don't have a partner and want to play, contact Hoosh Nader at 310-316-3213 (home) or 330-0630 at the Club.
 - Entry is \$20 per person and there will be T-shirts as well as other goodies!



**Female Player Profile of the Month:
Casey Bedi**

Casey is a Venice "Regular" who began playing paddle tennis ten years ago through her (then) new boyfriend Steven Scott. Steven taught her paddle tennis and now it wouldn't be the weekend if they weren't on one of the Venices courts!



moving to LA at the age of 7. She went to Santa Monica College and studied business. Casey worked as a hospital business manager for 17 years until the health business started downsizing a couple of years ago. She now works as an Operations Manager for Golf Reservations of America-a job she loves. "It's great to be talking to people who are going to play golf or go on a traveling holiday-- they're always happy!"

Casey said that she loves playing at the beach--"all that fresh air and exercise." She's one of the most congenial people to play with and is always willing to take new players under her wing with an encouraging word--Casey is expecting her second grandchild any minute--(It's supposed to be another girl!) and we know Casey and Steven will have her down at the courts as soon as possible!

PADDLE TENNIS TIP OF THE MONTH: Be a Smarter Player!

- ☆☆☆☆
- There are four things that the recreational player falls prey to easily:
- Poor preparation
- Poor shot choices
- Overconfidence
- Nerves

If you use a smarter, simpler approach to your shots and strategy, you can avoid these pitfalls and play a better game!(which usually means winning more matches!)

1. BE PREPARED

Many players who would never go into a business meeting unprepared, come flying into a court and in 30 seconds, they're playing. No plan--no stretching, and then one or two things begins to happen: Frustration at his/her poor or inconsistent shotmaking and possible injury. We're not saying you need to spend hours getting ready to play. We're just saying that if you're going to play, why not help yourself play as well as possible? Take time to do a little stretching or limbering up--at least get some blood flowing to your joints. And while you're stretching, spend a little time thinking about your playing day. Is there a stroke you'd like to develop? If you do it in practice, you'll always do it. By the way, practice your concentration like you do your strokes. You'll find your game will do nothing but improve.

2. BE ON YOUR TOES

Poor shotmaking is invariably the result of being "stuck". The average player plays with their feet too far apart and usually flat footed. Make a conscious effort to at least

move your weight "up"--at least lift your heels up and shift your feet forward, that way you're ready to move. Try it a couple of times and see if this doesn't improve your shotmaking.

Next time we'll talk about over-confidence and nerves.

**Male Player Profile of the Month:
Rod Shapiro**

Rod is a New York native (from Queens) who came to LA 23 years ago. He owns his own business that specializes in marketing gourmet coffee companies.



He began playing paddle tennis through Gary Hunt, Gary played racquet ball and Rod played tennis, and within one month to play the other's sport so they compromised and started playing paddle tennis. Since they thought the Venice Courts were private, they would play at 7 AM. He had never heard of paddle tennis when he came to California and now he's become addicted to it! Rod lives with his partner Pat Wang who is a graphic artist on the Venice Courts. He's also gotten Pat hooked on paddle tennis! Rod says the Venice courts are a very special place. "It's a rare example of a picture perfect society where people of different age, sex, race, color, religion and economic background can all hang out together and just have fun. I love this game but most of all I enjoy being with the people who play it!"

Look for Rod at the Venice Courts-the skill plays singles weekends at 7 AM!



REFLECTIONS

by **Erin Hemenway,**
**SC USPTA Board of Director,
Director and Co-founder of
WPTA of Southern California.**

As another New Year approaches, I want to take this opportunity to thank each and everyone of you for all the help, support and assistance you given me over the past year-- together we have accomplished many things:

- Adult clinics were begun in January and 82 individuals have taken at least one or more clinics.
- The newsletter has been published and sent on a more regular basis.
- Membership cards have been issued to all members.
- Statistics and rankings have been issued on a regular basis.
- We sponsored and produced the National Men/Women/Mixed Doubles Tournament in October with 100 teams participating-- the largest turn out in Southern California this year.
- We also sponsored the largest youth clinic at the Nationals with 38 juniors participating.

Some of our goals for 1996

- ▶ Forming committees to meet on a regular basis and formulate plans for the year.
- ▶ Beginning an instruction program for teens and including them in the year-end tournament.
- ▶ Getting the rules published and distributed.
- ▶ Establishing a format for certifying instructors.

- ▶ Providing instruction in Spanish.
- ▶ Doubling our membership (currently 310).
- ▶ Expanding our publicity and promotions.
- ▶ Finding a way to have professional referees.
- ▶ Holding a seniors tournament.



If you have any ideas or proposals, please do not hesitate to contact me. I can be reached by phone at [310] 826-3240 or fax [310] 826-1615.

LET'S GET GOING!

1996

We're forming committees to plan for next year--if you are interested in any of the following groups, call the chairperson at the number listed.

- ◆ **Tournament Schedule & Statistics:**
Phil Ender, 310-839-0770
- ◆ **Rules Administration:**
Chuck Garcia, 310-823-6893
- ◆ **Social Events/Potlucks, Round Robins etc!:**
Eisa Provia, 310-551-7384

Southern California LEXUS Classic Tournament to be held in October 1996 at the California Yacht Club!
Erin Hemenway, 310-826-3240.
Membership:
Niki Milani, 310-397-1991

Publicity & Marketing:
Courtney White, 310-822-8675 & Damon Escudero, 310-836-1703

Youth Player Development:
Open
(Carrie Cimino, Advisor),
310-827-4474

Referee & Official Development:
Open

Instructor Development & Certification
Jamie Murphy (310) 378-2669.

☆
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Succeed or Fail,
By the Image You
Hold In Your
Own Mind.**

