



BASELINE BANTER

www.CVTAtennis.org

Winter/2012

CVTA Board Set For 2012

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The Centennial Valley Tennis Association (CVTA) finalized its nine-member board of directors for 2012 by adding three new members and electing a new president, secretary and treasurer.

The three new members-at-large are Terry Tessier, Chuck Robertson and Gabe Spradlin. Additional members-at-large serving their second year are Rami Boneh and Thai La.

The new president is Dan Johnson, who was the secretary and treasurer in 2011. He will also serve as the newsletter editor for 2012.

John Kennedy was elected to a two-year term and retains his position as vice-president. Lisa Varga, serving her second year, will be the new secretary. Yannick VanDoosselaere, also serving his second year, is the new treasurer.

Yeida Chang, who is the CVTA website coordinator, will assist with membership. Paige Hayes returns as the league coordinator.

All CVTA members will be able to meet the board of directors on Saturday, February 25th at Casino Night at the Arapahoe Ridge clubhouse in Erie. This meeting also serves as the board of directors annual meeting.

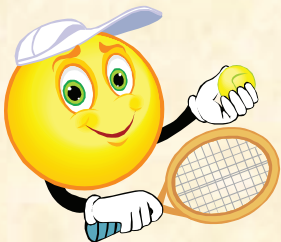


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January Social at the Ranch Country Club - Participation Limited!



The CVTA is pleased to announce it will hold its annual winter tennis indoor social at the Ranch Country Club on **Saturday, January 28th from 7 to 9 pm**. The format for the event will be "social tournament doubles" with everyone having an opportunity to play at least three thirty-minute matches.

The CVTA will assign doubles partners if participants do not make a specific partner request. Every effort will be made to match players according to level of play to make the tennis as competitive as possible. All skill levels are welcome.

The cost is \$12.00 per person made payable to the CVTA. **Participation is limited to the first 24 players** who submit their payment in care of John Kennedy at 855 W. Dillon - #J201, Louisville, CO 80027. Questions, etc. please contact John at 303-819-8403.

City of Louisville Review of Recreational Facilities, Parks & Open Space

Over the course of the past eighteen months, the City of Louisville Parks & Recreation Department has worked with GreenPlay, a nationally renowned park and recreation consulting firm, in reviewing Louisville's Parks, Recreation, Open Space & Trails Comprehensive Master Plan. A public meeting was held at the Louisville Recreation Center on October 27th where GreenPlay provided feedback based on department surveys and focus groups.



One of the reoccurring themes GreenPlay identified was the need to focus on sustaining & maintaining a maturing infrastructure by determining what improvements are needed. GreenPlay noted that the Louisville Recreation Center is experiencing capacity constraints as the community grows.

Focus groups of local citizens stated that athletic facilities and sports fields met the needs of the community with a 77% approval rating. GreenPlay's evaluation of Louisville's amenities, which includes parks and open space, had the following results: below expectations (7%); meeting expectations(83%); exceeding expectations (10%).

GreenPlay's recommendations included improving trail connections; maintaining an existing high level of service as the city matures and evolves; maximizing efficiency through organization of staffing; coordinating code enforcement; and periodic staff review as the department grows. Currently 46% of the Department's revenue comes from programs & facility use. The balance is funded by the City.

Expansion options noted by GreenPlay were the Louisville Recreation Center; Memory Square Pool, and possible removal of the Skate Park, which could create the potential for a community swimming pool and additional tennis courts. There are no immediate plans for this.

- The Louisville Planning Commission will be holding a meeting on **Thursday, January 12, 2012** at City Hall in the City Council Chambers beginning at 6:30 pm. On the agenda that evening is a presentation by GreenPlay to the commissioners for their review and acceptance of GreenPlay's recommendations relative to the Parks, Recreation, Open Space & Trails Comprehensive Master Plan. It's important that the CVTA's voice is heard in providing adequate tennis facilities for the CVTA members and Louisville residents. **Please try to attend and speak on behalf of the CVTA!**

Membership Fees Discounted for Early Registration!

Save a few bucks and **sign-up before March 1st** to be a CVTA member in 2012.

- Prior to March 1st: Seniors (50+) - \$20.00; Adult - \$25.00; Family - \$30.00.
- After March 1st: Seniors (50+) - \$25.00; Adult - \$30.00; Family - \$35.00.

Registration is now available at www.cvtatennis.org



Seniors!

Players must turn fifty on or before the end of this league season.

2011 CVTA YEAR IN REVIEW

Did you have trouble finding a tennis court to play on at times this year? Had to perch your posterior on the cold metal benches at the Louisville Recreation Center and watch others play?

That may be because the Centennial Valley Tennis Association (CVTA) had one of its most productive years ever. According to league coordinator Paige Hayes, the CVTA fielded 34 teams in 2011; exceeding the previous record of 31 teams. CVTA members totaled 183; accounting for 168 home matches, 406 home individual matches, and 609 total court hours. That added-up to a lot of used and abused tennis balls, worn tennis shoes, and we would surmise a few nagging injuries.

Paige Hayes, league coordinator, did an excellent job of fitting all these teams, players and matches into the available courts in our area. Matches were played at the CVTA home courts at Centennial Park, at Pirates Park, at Monarch High School and at Centaurus High School. The CVTA has maintained communication with the University of Colorado Athletic Department regarding potential use of the CU South Courts, if needed.



There were a variety of social events offered to the members this past year - indoor winter play at the Ranch Country Club; socials in January, March and July; Casino Night in February; clinics in July; and the Boulder County Cup Tournament in September at the CU South Courts. There was something for everyone.

Under president Steve Caulk's stewardship, the board met its financial goal of having annual revenue exceed annual expenses by 8% (actual was 9.2%). The board continued the practice of offering discounted CVTA membership fees for early renewal by members for a limited time in the first quarter of the year. Basic membership fees remained the same in comparison to 2010 fees. (The 2011 CVTA Board of Directors Report to Membership can be viewed at www.cvtatennis.org.)

A special thanks to **Steve Caulk** (president), **Carey Beneke** (membership coordinator), and **Ian Kogan** (facilities coordinator) who are leaving the board. Their expertise and good humor will be missed.

Casino Night February 25th - Free to All CVTA Members



The CVTA will hold its annual **Casino Night** on *Saturday, February 25th from 7 to 10 pm* at the Arapahoe Ridge clubhouse located at 1750 Powell Street in Erie. Join us for a fun evening of blackjack, Texas Hold 'Em, food, drink and prizes.

There is no charge for this event, which doubles as the CVTA's Annual Meeting. At the end of the festivities, there will be a "brief" meeting and introduction of the 2012 CVTA board of directors.

This is a great opportunity to meet other CVTA members in a social environment, do a little gambling in the process and maybe when a prize. All levels of card players are welcome. There were around fifty members present at last year's event.

To attend, please send an e-mail to **Rami Boneh** at rami.boneh@gmail.com or give him a call at **303-815-2437**. Hope to see you there!

Stretch Those Muscles Before You Step On the Court!

by Nora Harrison, USPTA

If you're like most league players, your pre-match stretching exercises consist of double tying your shoelaces and slipping out of your warm-up pants. What about all those other things you should be doing to get those muscles working or getting into that Zen like mental state?

Have you ever heard another player (or yourself) say they are a slow starter when they begin to play a match. It takes them (you) three or four games (maybe a set) to get into the mental and physical rhythm of the match. If so, by that time they are experiencing the proverbial uphill climb to get back in the match.



Here are some basic warm-up exercises (with thanks to Suzanna McGee/Tennis Fitness Examiner) you can do to get the juices flowing before you actually have to hit or return that first serve. **Remember, the real warm-up should occur long before you step on the court.**

- Elbow curls, arm circles, wrist circles.
- Huge arm circles – forward and backward. To challenge your coordination, move the arms in opposite directions: one goes forward, one backward.
- Jog straight forward, 3 times around the tennis court, or an appropriate distance if you are on the grass or in the park.

- Shuffle sideways one lap; switch the direction for another lap.
- Jog backwards one lap.
- Walk on the toes only from one doubles line to the other or similar distance (36 feet).
- Walking Knee Hugs – lift one knee high up, hug it with your arms and pull it to your chest, while rising high up on your other toe and holding the position for a second. Walk across the court.
- Walking quad pull – in each step, grab your foot behind you and pull it to your butt, while rising on the toe of the other leg, and holding the position for a second.
- Jog across the court while lifting your knees as high as possible
- Frankenstein walk – as you step, swing your straight leg as high as possible before you put it down on the ground and step with the other leg.
- Walking lunges with arms over your head.
- Walking lunges with upper body twists – step forward with your right leg. When you are at the bottom position, twist your body to the left and then maximum to the right. Then step forward with your left leg and twist to the right and then to the left. Keep walking across the court.
- Sideways walking sumo squats – stand up straight, hands behind your head, chest and head lifted. Step with your right leg to the side and sink into a deep squat. Then raise yourself up while stepping in with the left leg. Step with your right into another squat and move across the court. Switch the leading leg and sumo-walk across the court again.

While you're doing all those crazy gyrations with your body, guess which of the following your opponent will be doing: (a) Making fun of you. (b) Adjusting their wrist bands. (c) Double tying their shoelaces. (d) All of these.

IDM (It Doesn't Matter); get out there and work-up a little sweat; feel the burn; well maybe not quite that intense. Don't forget to hydrate well after you're done warming-up; you need to get some liquids in you so you don't cramp-up. See you on the court ... stretching!

Nora Harrison, USPTA

Ranch Country Club

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Contact Nora for group
and individual lessons
and clinics.

Growing Pains For the 4.5 Teams!

Mark Ackermann aptly described the CVTA 4.5 team he played on in 2011 as one in “transition”.

“There were two new 4.5 teams last year,” Ackerman said. “Both teams had losing records transitioning from one level to another. Acclimating to a different level of play takes time to adjust. It was tougher than I thought. You need to make a mental adjustment and adapt to the competition.”

Ackermann, who plays mainly doubles, attributes the high quality of play at the 4.5 level to the fact there are no 5.0 double leagues available for players. Thus, those higher rated players participate at the 4.5 level.

Despite the losing record, Ackermann said the team he played on “had good camaraderie and were a fun bunch of guys”.

“I think both 4.5 teams were very equitable and evenly matched,” he said.

In describing his own game, Ackermann said he was hobbled with a sprained wrist and ankle for much of the season.

“I’m fifty-seven years old,” he said. “Most of the players I played against were twenty years younger than me. I didn’t play anyone my age or older than me.”



“It’s never just a game when you’re winning.” George Carlin



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Membership Classifieds - Members can run an ad free of charge in the newsletter. All ads run for one issue unless noted otherwise.

Business Classifieds - If your business would like to advertise in the Baseline Banter, business card ad space can be purchased for \$24/year.

Comments, announcements, information, advertisements, photos and articles can be e-mailed to newsletter@cvtatennis.org or sent to the CVTA PO Box below.

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