



# The Drop Shot

Official Newsletter of the Peninsula Tennis Club

Jeff Tateosian, editor

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## January 2009

### President's Note

*2008 will be a year to be remembered at the PTC.*

We marked the 75th anniversary of the founding of the Club. What started with a few friends in 1933 to fund the land our club now sits on cumulated in 2008 with a major renovation of the club and its courts. Most noticeable are the changes in and around the pool area, the new court colors, new fencing throughout the club and the new mechanical systems for pool filtration, spa pumps, water heaters, and furnace for the south wing. The relocated and expanded exercise facility has seen a big increase in use by members. The new machines and TV have proven to be a hit! None of this would have been possible but for the tremendous efforts of a large number of Club members.

As we bring 2008 to a close I would also like to extend my appreciation to our Board. Leaving the Board at the conclusion of the January meeting will be **Bob Sinclair, Alan Klein, and Melissa Smith**. I cannot say enough for the countless hours Bob has given to this club over the past three years. As Club President in 2007, Bob worked to fill 28 vacancies and bring the club back to full Membership, he oversaw the start of the Capital Improvement Project, and worked to



*Stuart Batchelor*

### Upcoming Events

#### Annual Membership Meeting

January 20

#### Super Bowl Party

February 1

update the Club by-laws. During the second half of '07 and most of '08 he co-chaired the club renovation project with me. The last thing Bob ever wanted to do was pick tile colors, but he stepped up to all the challenges and the project would not have fared as well had he not been a major part of it. Alan has served as the Club finance chairperson for the past two years. Under his direction the Club instituted a new financial reporting system which he made sure was fully documented and easy to follow, and was responsible for securing the funding for our renovation project at terms that were very favorable to the Club. Melissa has served the Club first as our Tennis Committee Chairperson in 2007 and as head of membership for 2008. Had the Club been fully functional during her term on the Board, this would have made her job much easier. But, since it was not, she found ways to get the job done in both cases.

Joining the Board in 2009 will be **Dennis Mayer, Kelly Kemp, & Jerry Ceglia**. We will announce the roles each of the returning Board members **Erik van Dillen, Rob Delantoni, and Becky Showen**, as well as those of our new Board members at the January Membership meeting.

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Lastly I would like to thank the long list of volunteers who have given of their time and effort on behalf of the Club and its members. Our tennis activities, social functions, membership, house & grounds, and other committees simply could not function without volunteer help. As with any company or organization, a leader is only as good as those that surround them. I have been very fortunate to have a great group surrounding me for the past year and thank the Board and all of you for your help and commitment to doing the job and doing it well. *Thank you for a great year.*

## Manager's Corner



*Lona Means*

A heartfelt thank you from **Lona, Mary, Ramon** and part-time staffers for your kind and generous contributions to the Holiday Fund. The thoughtfulness is very much appreciated by all. We would all like to wish you and your families a healthy and happy New Year!

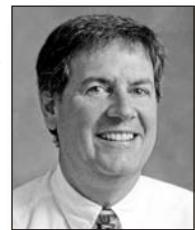
**Our next Yoga series by Jean Yves** will be Thursday's January 8th thru February 26th from 7:15 p.m. to 8:30 p.m. Please contact Jean at 415-336-8577 or via e-mail: [jeanyvesyoga@gmail.com](mailto:jeanyvesyoga@gmail.com) for more information.

**Winter Snack Bar hours:** 10:00 A.M. to 4:00 P.M. Please stop by my office if you need assistance from 8:30 A.M. to 5:15 P.M. and I will be happy to assist you.

**Please check with in the Snack Bar for any lost personal items.** We have hats, gloves, glasses, shoes, etc. which will be donated to the Goodwill on February 1.

## Editor's Note

As 2008 comes to a close, I'd like to take this opportunity to thank our Board members as well as various members who have contributed both news and articles to the Drop Shot over the past year. The newsletter is a great source of information for all members and we look forward to improving the way we bring fresh and interesting news to you in 2009. I would also like to thank **Bob Sinclair and Nancy Batchelor** for their continued involvement in helping me bring the final draft to press, and a special thank you to **Dennis Mayer**, an editor's best friend, for producing the final product.



*Jeff Tateosian*

## Club News

**Please help me welcome our three new Board Members for 2009.**



**Dennis and Shari Mayer** have been playing tennis at the club since 1996. They are proud parents of two beautiful daughters, Allison (23) who is studying Physical Therapy in Boston, and **Dennis Mayer** Melanie (21) who is finishing up her senior year at Cal Poly. Both girls are active tennis players and grew up playing at the PTC. Dennis has been playing tennis since the family joined PTC, but Shari is the real player in the family.

Dennis' most memorable times at the club include losing in the van Dillen's consolation round to **Kenny Beer** back in the day (lots of people can claim a similar defeat). One of his favorite activities at the club aside from his weekly tennis games is hanging out in the new hot tub after hours. Dennis looks for-

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ward to serving on the PTC board and its many facets. Dennis' business is in graphic arts and photography. As you know by now, he created and maintains the club website. He also provides graphic and printing services for the club and publishes the Drop Shot.



**Kelly Kemp**

**Kelly and Natalie Kemp** have been members since March 2005. It sounds like it was love at first sight for these two as they were neighbors growing up and childhood sweethearts at the tender age of 4 years old. Kelly obviously had a sharp eye even back then!

Their daughter Mikayla (17) is a senior at BHS and has played varsity tennis all four years. She has held the positions of #1 singles, #1 doubles and captained the varsity team for the last two years. Their son Conor (14) is an 8th grader at Crocker Middle School. He enjoys most all sports and is currently playing water polo for the Burlingame Athletic Club.

Kelly has owned a tennis racquet ever since he was a kid, but really didn't start to play regularly until he joined the club. His improvement has been nothing short of amazing. Kelly's most memorable experience at the club has been when his family hosted two Junior players during the Bonnie Bell Tournament. His highlight at the club has been getting to know the members and creating some great new friendships. Asked what he would like to accomplish while on the Board, Kelly wants to make sure new members have an easier way to get involved/finding tennis games with players of their ability. He would also like to insure that all members have equal access to lessons and clinics.



**Jerry Ceglia**

**Jerry Ceglia** joined the club in March of 2006 and has quietly gotten involved with PTC. Like Kelly, Jerry had played tennis as a kid, but picked it up again once he joined the club. He also is an avid golfer and cyclist.

Jerry has two children. His son Chris (22) is a senior at SF State. His major is Video Production/Communications (watch out Rob Delantoni), and is a big sports fan. He works part-time for the SF Giants and other sports teams. His daughter Jena (17) is a senior at BHS where she is a cheerleader and dancer.

When asked what he enjoys best about the club, his response was the monthly newsletter... (I have a feeling he said that so that he would be invited to my next poker game. He loves the social and friendly atmosphere the club offers). Jerry calls the club a wonderful place to play tennis – especially after the remodel. Winning the Calcutta last year was one of his most memorable moments. He says that being asked to become a Board Member is quite a high point.

Join me in wishing Jerry, Kelly and Dennis well during their term on the Board. We appreciate their two or three year commitment.

**Congratulations to Adam Klein, son of Alan & Susie Klein** for being one of two exemplary California high school students selected as delegates to the prestigious and highly competitive U.S. Senate Youth Program (that is two out of the whole state of California folks). The selection was announced by State School Chief Jack O'Connell. He'll spend a week in Washington listening to and work with Senators, cabinet members, officials from federal agencies, as well as participating in a meeting with a U.S. Supreme Court justice. (I have had the opportunity to play poker with Adam and you can see right away that he'll make a good politician – in poker we call it bluffing, in Washington they call it .... )

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## New Membership Application

The success of our club has always been achieved through the quality and character of its membership. To ensure this success for the future, the Membership Committee and the Board felt that our current membership application has been, for lack of a better description, too casual and in need of updating.

**To that end, the Board has created a new and much more thorough membership application, the highlights of which are:**

- The entire application process is the responsibility of the sponsor
- An applicant must have a sponsor, a seconder and two references
- Sponsor and seconder must be Senior members for at least two years
- A member may only sponsor and second one applicant per calendar year

These revisions are intended to add more structure to our membership application and a greater sense of responsibility to the sponsor, seconder and references. This new application is effective immediately for all new potential applicants. Any applications currently in the queue will be processed with the old paperwork. The new membership application packets are self explanatory and available from the manager's office.

**Club Anniversaries for January (5+ years)**  
Congratulations to the following members:

**Tom & Gladys Callan**

**45 Years**

**The 2009 Spring USTA Leagues will be starting up in early January.** So far, the PTC has two teams signed up. The 8.0 Mixed team will be captained by **Mindy Wong** (578-0645). The 7.0 Mixed team will be headed up by **Eileen Lewis** (342-9977). Please contact either captain should you be interested in finding out more about the teams.

## In Memorium

**December brought some sad news to the club:**

**Bob Cookson**

joined the club in 1958 and had been an integral part ever since. He



served as President twice, received many PTC awards, and along with his wife Betty, was very involved in the many tennis tournaments held at the club. Bob also held many executive positions with the USTA including the office of President from 1991 – 1992. Please refer to the March 2008 Drop Shot (on the PTC website) for a full story on Bob while at the club.

There will be a Celebration of Bob Cookson's Life in San Francisco on Saturday January 10th, 2009 from 3:00–5:00 PM. Anyone wishing to attend should contact Betty Cookson (650) 344-9411 or by email at [bbcookson@comcast.net](mailto:bbcookson@comcast.net) to receive information on the exact location.

**John Schroeder** had been a member of the club for 62 years. He also served as President twice, participated in many PTC committees and club tennis tournaments. John loved playing Gin Rummy and Poker with the boys in the clubhouse. For a full story on John while at the club, please refer to the April 2008 Drop Shot.

**Margaret Cunningham** joined the PTC in 1952 and was one of the first women to hold membership in her own name. She was a strong tennis player as well advocate for women's rights at the club during the next 45 years. In her later years, she became a regular at the bridge tables along with her member friends.

*We will miss each of these fine members.*

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## Tennis Activities News



**Becky Showen**

**It was the Tennis Committee's pleasure to host six tournaments** in six months this year: the Men's Singles Tournament; the van Dillen Men's Doubles Championship; the van Dillen Women's Doubles

Championship; the Calcutta Tournament; the Team Tennis Tournament; and the Mixed Doubles Championship. All of these events had great Club member participation and were quite fun as well.

I would like to extend my great appreciation to the members of the Tennis Committee for their dedication and hard work this year: **Steve Brooks, Torrey Bryant, Rick Kasuga, Kelly Kemp, Patty Kunse, Sharon Marson, Marci Martinucci, Debbie Oldham, Mark & Jane Pearcy, Sue Peletta, Lisa Rogers, Mark Showen, Melissa Smith, Steve Wong and Riaz Shivji.** In addition, I would also like to thank **Dennis Mayer and Nancy Batchelor** who, although not "official" members of the Tennis Committee, graciously and willingly stepped in on numerous occasions to help us out in many ways. When you see any of these folks around, please take a moment to thank them for doing such a tremendous job on your behalf this year.

**The new Board will soon begin forming committees for next year's events.** If you would like to help out with Tennis events, please leave word with our manager, **Lona Means** ([lona@ptctennis.com](mailto:lona@ptctennis.com)). We especially encourage newer members to consider volunteering your time as it is a great way to meet people and get more involved with the Club! Finally, if you have comments on any of this past year's events or new ideas for next year's events, feel free to email them to the Board care of me, Becky Showen at [theshowens@comcast.net](mailto:theshowens@comcast.net).

## Membership News

During December, we have had the following members resign from the club. We wish them all well.

**Sam & Julie Marty** (Emeritus) 43 years

**Tom Eastham** (Emeritus) 48 years

**Rosemary Marcinak** (Emeritus) 49 years

**Ted & Ruth Davis** (Associate) 48 years

**Doug & Kathryn Howe** (Senior) 13 years

**Troy & Tracy Otus** (Senior) 5 years

**Lisa Lang/Jack Hickethier** (Senior) 2 years

**Larry & Sandy Onderdonk** (Senior) 12 years

**Marshall Behling** has transferred his membership to Inactive beginning January 1.

To recap our 2008 membership, we had 10 new members join the club. During the same period, seven Senior Members, one Associate Member, two Emeritus Members and one Honorary Member submitted their resignations.

## Social Events News



**Nancy Batchelor**

Wow! I hear from many confirmed sources that Holiday cheer was abounding at the PTC on Saturday, December 13th! This year's Holiday celebration was attended by over 125 people who dropped by the clubhouse throughout the evening with their shared Holiday nibble in hand to raise a toast with their fellow members. I am pleased to hear that many new members were on hand to meet and mingle with some of our most seasoned members. What a better way to make all feel a part of our PTC family. I sadly was not able to attend this special event but must pass thanks on to the best Social Committee ever! Everyone on the committee chipped in to make sure that

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we could make this event happen with a minimum impact to the club so that everyone could enjoy this special celebration. Please thank them personally for a job well done as well as for their hard work on the membership's behalf on all the activities throughout the year. As Social Committee chair, I cannot communicate how indebted I am to them and would like to recognize their efforts: our Board member extraordinaire, **Bob Sinclair** who deserved a much easier job for his third year of duty, **Joni Amaroli, Boo DeWitt, Teri Gregory, Marissa Hauselt, Laura Hesselgren, Eileen Lewis, Marci Martinucci, Dennis Mayer, Mary McGee, Erica Reilly, Lisa Rogers, and Jeffrey Tateosian**. I also must recognize 2 additional "satellite" social committee members who gave so much of themselves whenever asked: **Lynn Currie and Heather Sinclair**...thank you so much for your precious time and incredible talent!

The Social calendar is winding down with the last "official" social event of the year, the **7th annual Super Bowl party and Chili-Cook Off on Sunday, February 1st**. Plan on being at the club for the kick-off with your special chili dish to share. If you are not a chili connoisseur, then plan on bringing a side dish to share and enjoy the potluck party and (hopefully) exciting Super Bowl game. **The pre-game gathering will begin at 2:00 PM**. A sign-up sheet will go up in the club room in early January. Please sign up so we know how many people to expect and what they plan to bring to share. Don't forget to bring a few extra dollars so that you can "participate" in Taddy's Super Bowl pool & other side wagers.

**Again, thank you to everyone who attended the many social events this past year.** I hope you all had fun. Also, consider putting your hat in the ring to join next year's social committee and having fun creating social memories for the PTC. Let **Lona** know and she can pass on your name to the new Social Board member for 2009-2010. Cheers!

## House & Grounds News



*Rob Delantoni*

**Happy New Year tennis buffs.** Welcome 2009 – the beginning of our first full year as a remodeled club. With the final CIP touches now in place, the club should be returning to some resemblance of normal as we begin again to attend to

the details of making and maintaining "the club" as the best club in the universe. Your House and Grounds guy wants to thank everyone for all the help, guidance, and suggestions I received this past year, especially from **Stuart Bachelor**, my mentor and guru, and **Bob Sinclair**, an inspiration to all of us. Also, thank you to all the members that had input, criticisms, and suggestions on how to make our club better. May all your cheeseburgers be juicy, your water fountains always work, your roofs never leak, and your clocks keep good time. Onward and upward PTC into 2009!

## Director of Tennis News



*Riaz Shivji USPTA*

**It was a shorter but action packed year for the Tennis Program in 2008.** Opening Day back in May was a great way to kick-start our program and each month we had many members come out to enjoy our new courts and facilities. Looking forward to another great year of tennis!

### ADULT TENNIS –

**The Men's Saturday Clinic was a hit** and I'll be continuing this popular program in 2009. It is a great way to train and gain insight for your doubles game and to meet other members that you can play and practice with. We have many regulars now and I want to thank

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all the guys that joined our group and hope to see more of you in the New Year. If you would like to join us please contact me to be placed on the email list. Saturdays 7:30-9:00 A.M. (\$20)

**Men's 4.0 and up doubles is regularly played on Tuesdays and Thursdays at PTC between 12-2pm.** Come on out and mix in with the fellas.

**The Women's Drop-In Clinic will be starting in mid-January.** I'm hoping to build a core group that can also play/practice regularly. Please contact me if interested.

**The PTC Women's Day League Team** is having a solid season so far. In our last match, all six pairs played well in a very close loss against the first placed team. Team practice will continue in January and we will look to consolidate our position in the division. I have had some calls from players wanting to join our ranks, but have told Serena, Venus, Jelena, Dinara, and Ana that our roster is full and frankly they weren't up to par yet!

**USTA League season is just around the corner** and if you need assistance in joining a PTC team let me know. I can help you with your self-rating and make sure you join the correct team for your level of play.

**Looking forward, I would like to add a Cardio Tennis Program here at PTC.** Cardio Tennis is a great way to get your heart rate up while hitting lots of tennis balls in a structured group training environment. Non-stop movement and tennis drills to work your tennis game but most importantly to raise your heart rate and improve your fitness. This program will be open to all adult members.

### **JUNIOR TENNIS – PLAYERS OF THE MONTH –**

Congratulations to Junior Academy players **Nate Safran and Steven Pantuso**. Noodle won the Split Step Novice and picked up the coveted Sportsmanship Award, and Skillet took 2nd place at the Los Gatos Novice. We have a core group of year-round Juniors that are beginning to show good promise and their hard work in the off season will pay off down the line.

**JUNIOR STAR CLINICS** will begin on Wednesday January 14th. Member registration is open now. Non-member registration opens on January 7th. This series runs for 12 weeks. The membership fee is \$300.

**Green Star (6-8 yr beg/nov) 3:30–4:30pm  
Blue Star (8-10 yr nov/int) 4:30–5:30pm**

For a description of this program please visit [www.rstennis.com](http://www.rstennis.com). To register email Riaz at [riaz@rstennis.com](mailto:riaz@rstennis.com).

**JUNIOR ACADEMY** will continue with the current Winter series starting up again in mid January. Juniors enrolled in this series have committed to a long term developmental program and will train through the winter time to prepare for the upcoming tournament season. To be placed on the wait-list for the spring series, please contact Riaz.

### **TIP OF THE MONTH**

**Last month I attended a tennis fitness training course designed by Dr. Mark Kovacs.** Mark Kovacs, PhD, CSCS, is the USTA Manager of Sport Science and is a tennis researcher, certified strength and conditioning specialist and certified tennis professional. He was a former tennis All-American and NCAA champion. The USTA Sport Science department is responsible for testing, training and tracking top Junior and professional tennis players as well as producing, evaluating and disseminating sport science and sport medicine information relevant to tennis.

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## Machines versus Free Weights

Which machines to use is a common question when you walk into a large fitness center because you may have access to over 100 different pieces of equipment. The benefits of strength training machines are that they have a stable movement plane and isolate certain muscle groups. This is traditionally a little easier to use and reduces the learning curve of the exercise. The negatives to machines are that they are not typically using movements and combination of muscles similar to that seen during tennis play. Also, stabilizing muscles are not trained as well by using machines as opposed to free weights. The positives of free weight exercises (dumbbells, medicine balls, resistance bands etc) is that the athlete can go through motions that mimic movement patterns seen on the tennis court and it requires smaller muscles to help stabilize the larger muscles when performing different exercises.

When performing strength training exercises it is important to make sure that all the important muscles and movements that are needed in tennis are trained. A focus of tennis training needs to be on the posterior (back side) of the athlete. Tennis play lends itself to the development of anterior (front-side) muscles. To ensure muscle symmetry and to reduce the likelihood of injuries, it is important to incorporate training focused on the muscles of the upper back and posterior shoulder muscles as well as the important hip extension muscles such as the glutes and hamstrings.

So, get in the new PTC Gym and start training and working that gluteus maximus! Start by doing some regular lunges and squats, trunk rotations with a medicine ball are a great way to work the core. Finish off with some front and side raises using the green resistance band. For more info or to set up a personal training session email riaz@rstennis.com.

*See you on the hard-courts or in the gym!*

## Welcome to Our New Members



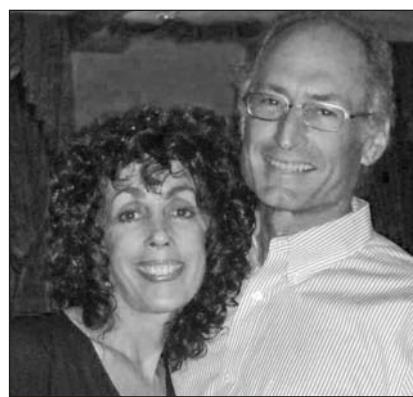
Robin & Steve Hurwitz



Jeff & Adrienne Schubiner



Christine & Tim McMurdo



Carol & Rick Soss