



# The Drop Shot

Official Newsletter of the Peninsula Tennis Club

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## November 2009

### President's Message

**Here it comes! Winter is here.** Daylight savings time is ending and it's going to be darker earlier. Right now, there's enough light until about 5:30PM, which is good news for our Juniors as Riaz is running a full program starting at 3:30. See Riaz's article for details.



*Rob Delantoni*

**The most important event in November is the quarterly membership meeting on November 17.** At that meeting, you will be asked to vote for 3 new members for next year's Board. Your club nominating committee has recommended **Ron Martinucci, Karen Harrigan, and Rob Adams.**

**The quarterly meeting is also a great time to ask questions of the Board,** tell them how much you appreciate all their hard work, and generally sing their praises. It's a great time to express your points of view on club issues to your fellow members and the Board, as well as learn about the club, or just hob-nob with your fellow club members and hear their concerns. I'm looking forward to seeing you all there.

**Hey – there are still plenty of PTC tennis caps for sale** in Lona's office, – in a variety

### Upcoming Events

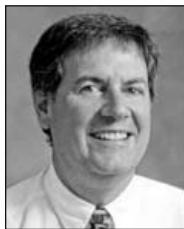
• **Quarterly Membership Meeting**  
**November 17th**

• **Annual Holiday Party**  
**December 12th**

of colors and in three styles. Also, a few PTC logo tennis shirts are there too. Take a look! They look great, and the prices are VERY reasonable. And the club makes a few bucks on each sale, so it's all good.

Have a Happy Thanksgiving!

### Editor's Note



*Jeff Tateosian*

**How would you like to be the club's biggest loser?**

No, it's not what you are thinking. As we head into the less busy winter months, this may be the time for some of us to start working on losing those added pounds we somehow didn't take off during our active summer. Yours truly needs to lose about 15 lbs. and would like to challenge those members who feel the same way. Whether your goal is as little as 5 pounds or as much as 30, please email me at [jeff@ptctennis.com](mailto:jeff@ptctennis.com) and sign up for a friendly three-month challenge. Tell me what your current weight is, what you

## The Drop Shot ~ Official Newsletter of the Peninsula Tennis Club

would like to be on February 1st, and how you plan to go about it. This will be a non-published challenge, though we may share success stories in the February Drop Shot. The member with the greatest % weight loss will receive a dinner certificate for two. Why wait until January 1st to decide that it's time to "cut back again?" Hello Valerie Bertinelli (sans the bikini) - goodbye Kristi Alley!

**To help members get in the fitness spirit,** last week **Dennis Mayer** invited club members to meet with Eric Haugen, a local personal trainer. He discussed physical fitness and gave a demonstration of the proper use of the exercise equipment in our fitness room. Twenty-six club members joined in on the session. If anyone is interested in contacting Eric, he holds regular fitness boot camps next to the club at both Burlingame High School and at Washington Park. You can reach him at 387-3137. Check out his website at [www.getoutfit.com](http://www.getoutfit.com).

**Finally, be sure to read the article that Riaz wrote for us on "nutrition for tennis," located at the end of the newsletter.** Thank you Riaz for sharing your healthy ideas.

Here's wishing each and every one of you a safe and Happy Thanksgiving.

## Manager's Corner



Lona Means

**Please plan on attending the quarterly membership meeting** on Tuesday, November 17th at 6:30pm. The main item on the agenda at this meeting is to vote and confirm the three new candidates for the Board of Directors. If you

are not able to attend please e-mail manager@ptctennis.com, or drop off your proxy at my office.

**Last month, we sent a contact form along with the quarterly invoices** that asked you to update your cell numbers and email addresses. To date, we have received responses from about two-thirds of the club. If you haven't already, please complete the short form and either drop it off, fax it (347-1440), email it or just give me a call with the updates.

**From the staff of PTC, I would like to thank you for your loyal membership and wish you and your family a very Happy Thanksgiving!**

## Club News

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

**Don & Sharon Bartels** 5 Years

**The Second Annual Club Poker Tournament** was held last week and was a tremendous success. We had 18 players filling up three tables doing battle against each other. At the end of the evening, it was heads up between **Ben Chew & David Hyman** for all the chips with Ben coming out on top. Last year's champ **John Stone** was third, **Torry Bryant** came in 4th, and your editor coming in a disappointing 5th. The night was full of laughter (sarcasm), crying (bad bets) and all around good times.

**In keeping with our fitness theme, the weekly Yoga classes** taught by Jean Yves are accepting new members. The classes are held each Thursday from 7:15 pm to 8:45 pm and are \$18 a class. Please con-

# The Drop Shot ~ Official Newsletter of the Peninsula Tennis Club

tact **Joni Amaroli** ([amaroli@comcast.net](mailto:amaroli@comcast.net)) if you have any questions on the class or show up prior to the start of the class.

## House & Grounds News

**Jack Frost is nipping at our heals** and the rainy season has come both early and heavy to the PTC.



*Stuart Batchelor*

**Front Courts;** the half screens have been put up on the front courts. This is done to promote faster drying of the courts as it allows for better air flow and gives the opportunity for more sun light to shine on the courts. The half screens will stay up until March.

**Roof Leaks;** the heavy rains in October resulted in a small leak in the boy's locker room. The Club will be looking into having our roof redone in the near future. Our flat roofs have lots of large pools of water that collect on them and don't drain properly. This was not within the scope of the remodel.

**Pennants;** some of the pennants flying over the Club are looking a bit worn, especially after the heavy winds of Oct 13th. New pennants will be acquired over the winter and raised after the rainy season concludes.

Please keep **Lona** apprised of any maintenance or safety issues that you see in and around the Club.

**During October, we had one family submit their application to the club:**  
Sally & David Davenport - **Marissa Hauselt** (Sponsor) & **Nancy Chew** (Seconder)

## Membership News

### Your PTC Membership

**Committee** has been hard at work bringing in new members. In mid-November, we are having another Meet-N-Greet for prospective members who have submitted their applications.



*Becky Showen*

We have heard that a few of you have friends who are interested in joining the PTC. Now would be a great time to have them complete their application packets so that they can join in the fun at the next Meet-N-Greet. Please get that paperwork filled out and turn it in. We are so close to being at full membership, another couple new applications would do the trick. If you have any questions or need any additional information, please contact Becky Showen ([theshowens@comcast.net](mailto:theshowens@comcast.net)).

## Social Events News



*Nancy Batchelor*

**Please circle Saturday December 12th** on your calendar for the Club's Annual Holiday Party. Details about the party and sign-ups will be forthcoming shortly.

## Director of Tennis News



*Riaz Shivji USPTA*

### ADULT TENNIS

In early September our club hosted the 60th Annual Cal State Senior Championships. Over 110 players came to PTC to battle for the title of Cal State Champ. Age groups ranged from 30-85 years and many Senior players have been coming to play here at PTC for decades. Players said

## The Drop Shot ~ Official Newsletter of the Peninsula Tennis Club

they like the hospitality our club provides and that finalists and winners receive Gold Coins! The tournament BBQ is held on the middle Wednesday of the event where players, friends, coaches, and staff mingle and enjoy the great comfort food as well as relaxing amongst friends and competitors. The 2009 Championships had a number of PTC members play and highlights included **Rudy Giannini** (winner – M 75S), **Jim Friedman** (finalist – M 60S & M60D), **Dyle Anderson and Austin Sellery** (finalists – M 85D). For 60 years PTC has hosted this great tennis competition and volunteers over the years have put in many hours of time and effort to make sure this is one of our premier club tournaments. Next year we are looking to encourage more PTC members to compete and make this event one of the best ever.

Congratulations to PTC members **Lee Safran, Susan Lynch, and Joni Amaroli** for playing on USTA League teams that won their Sections and went to the National Invitational Championships this Fall. Lee and Joni played at the Indian Wells Tennis Centre in Palm Springs, and Susan is about to head off to the Darling Tennis Centre in Las Vegas.

Congratulations also to members **Ken March, Linda Benvenuto, Gerry Sydorak, and husband and wife Kevin & Louise Tierney**. Their USTA Fifty Mixed Team won the Section Championships this past weekend and will compete at the National Senior Fifty Mixed Championships in Florida in April of 2010. All these members play hard, fair, and always with heart, spirit, and fun!

I think it's very important that our tennis club maintains its tennis roots by promoting social and competitive play to members of all ages.

**Steve Wong** would like to give the following introduction to the PTC Men's 4.5 USTA Senior Team.....

"When Gerry Sydorak asked me to join his 4.5 Seniors team, I thought he was joking. Isn't '4.5 Seniors' an oxymoron? It's like saying 'honest lawyer.' I looked up the USTA rating system and found out that a 4.5 rating means: 'You have developed your use of power and spin and can handle pace'. I told Gerry I possessed none of those abilities. He replied that he just needed more bodies, so I joined. I've been asked to write this piece to introduce to you PTC's first 4.5 seniors team (at least in my memory). We have talented players such as **Dan DeWitt, Craig Zimmerman, Peter Grossman, Matt Colvin, Steve Livingston, Rudy Giannini, John Stone, Ken March, Mike Amaroli, Gerry Sydorak, and Kelly Kemp** on the team. Please come and support us and maybe one day you too will be able to develop the use of power and spin and handle pace."

Steve tells me that being asked to be on the team was one of the highlights of his career! His record is 2-0 and he wants a partner that doesn't double fault in critical situations. Steve also mentions that his serve has not been broken in five years. Good Luck Team!

### JUNIOR TENNIS

The 6th Annual PTC Kids Halloween Bash took place here on Friday, October 30th. Over 25 Juniors all dressed in various costumes played tennis games like Jail, Graveyard, Round The World, and Cardio with Riaz and his crew. Among the fabulous costumes were pirates, angels, clowns, penguins, Alice in Wonderland, Fred Flinstone, the balloon kid, and many other fun and scary outfits. Games, Prizes, Music (thanks to DJ Nooch), and of course plenty of candy on hand to please the kids! Thank

# The Drop Shot ~ Official Newsletter of the Peninsula Tennis Club

you **Marci, Lona, Jenny, Heidi, Palmer, Erik, Steve, Adrianna, and Zach** for their assistance in making this another great event for our kids. Frick Carey (Hippie), and Julia Arnett (Phillies Ballplayer), won the Costume Contest and received Wilson Backs full of goodies. Fun for All!

**STAR TENNIS** – The final STAR Tennis Series of the year is about to start on Wednesday, November 4th. This four week series will run here at PTC and space is open in Green, Blue, and Red Star. Please call Marci at the Tennis Office to register your child. The STAR Tennis Program is the best way to start your child on the road to improving and enjoying tennis. My philosophy is that Juniors learn best when having fun in a group environment with other children and will make friends and learn together. They will come back because they had fun and enjoyed the camaraderie that comes with being in a group. All Juniors that are now in Junior Academy (young tournament players), and Academy (older tournament players), started in the RS Academy STAR Program.

RS Academy is dedicated to providing a progressive Junior developmental tennis program geared to making sure children learn life skills through the sport of tennis. STAR Tennis is the first building block of progression.

Hope to see you on the courts!

## Tip of the Month

To stay with the Fitness theme this month, I thought we'd look at my 5 best foods for tennis players.

## Nutrition Tips

### 1. Whole grains

Whole grain food such as cereal, bagels, pasta, and bread give good, long-lasting energy to the whole body. As the most important food group, athletes should eat whole grain carbohydrates before an event.

### 2. Peanut butter

Peanut butter is a good source of protein and essential fats. Other protein sources will work as well, such as lean meat or dairy. The important thing is to get adequate protein before and after a workout. Protein helps the body in maintaining aerobic metabolism instead of anaerobic metabolism, which prevents the body from taking protein from lean tissue. Adequate protein speeds recovery and helps in actual performance situations.

### 3. Fresh fruits and Vegetables

Fresh produce is a great way to get vitamins and minerals that help the body function as normal. They are usually fat-free and contain lots of energy for the body to use during exercise. Some fruits, such as bananas, contain potassium, a mineral that regulates water levels in the body and stabilizes muscle contraction. Low potassium levels can lead to muscle cramps and fatigue, so eating potassium-rich foods is a good idea. However, it is important to regulate potassium intake, because too much too quickly can lead to a heart failure. Athletes should take in 435 milligrams of potassium for every hour they exercise. While potassium does not aid in actual performance, it speeds recovery and should be considered as one of the most important supplements to an exercise program.

### 4. Calcium-Rich Foods

Foods such as cheese, yogurt, and milk contain necessary calcium, which creates strong bones and protects athletes from

## The Drop Shot ~ Official Newsletter of the Peninsula Tennis Club

injury. These dairy products are also a good source of protein, but they should be eaten well before an event, as they take some time to process. If the body does not tolerate dairy well, supplements should be included to ensure that athletes receive the recommended daily intake of 1000 milligrams. As an example, a cup of skim milk provides about 300 milligrams of calcium.

### 5. Fiber-Rich Foods

Fiber is the nutritional component that keeps athletes full and regulates the digestive tract. Many of the foods already mentioned include fiber, but it is important for coaches to know which foods help athletes regulate fiber levels. Examples of fiber-rich foods include whole grains, apples, berries, almonds, and legumes. A simple way to determine the necessary amount of fiber is to add 5 to the athlete's age. For example, a 10-year-old athlete needs about 15 grams of fiber daily. After the age of 15, athletes need 20-25 grams of fiber a day.

Healthy Diet, Healthy Players!



**Tom Brown** posing in front of the photo of himself in the PTC gym taken on Court One at Wimbledon back in the day. When asked if he remembered the moment he said, "No, I was focused on the ball at that moment". He said that perhaps the photo was from the semi-finals, which he won, or the finals in which he lost to his doubles partner, Jack Kramer.

# The Drop Shot ~ Official Newsletter of the Peninsula Tennis Club

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 1 PM - 3 PM PTC Senior Men 4.0  3 PM - 5 PM PTC Senior Men 3.5	<b>2</b> 8 AM - 10 AM Court Washing - Courts 4-7  3:30 PM - 5:30 PM Junior Academy	<b>3</b>	<b>4</b> 11 AM - 12:30 PM Wednesday Women's Drop-In  3:30 PM - 5:30 PM Junior Academy	<b>5</b> 12 PM - 1:30 PM Men's Power Drop-In	<b>6</b> 3:30 PM - 5:30 PM Junior Academy	<b>7</b> 1 PM - 3 PM PTC Senior Women 4.0
<b>8</b>	<b>9</b> 3:30 PM - 5:30 PM Junior Academy	<b>10</b>	<b>11</b> 11 AM - 12:30 PM Wednesday Women's Drop-In  3:30 PM - 5:30 PM Junior Academy	<b>12</b> 12 PM - 1:30 PM Men's Power Drop-In	<b>13</b> 9 AM - 1 PM SFPTL Ladies League  3:30 PM - 5:30 PM Junior Academy	<b>14</b> 1 PM - 3 PM PTC Senior Men 4.0
<b>15</b> 1 PM - 3 PM Meet-N-Greet Courts 5-7  3 PM - 5 PM PTC Senior Women 3.5	<b>16</b> 8 AM - 10 AM Court Washing - Courts 4-7  3:30 PM - 5:30 PM Junior Academy	<b>17</b> 8 AM - 10 AM Court Washing- Courts 1-3  6:30 PM - 7:30 PM Quarterly Membership Meeting	<b>18</b> 9 AM - 1 PM SFPTL Ladies League  11 AM - 12:30 PM Wednesday Women's Drop-In  3:30 PM - 5:30 PM Junior Academy	<b>19</b> 12 PM - 1:30 PM Men's Power Drop-In	<b>20</b> 3:30 PM - 5:30 PM Junior Academy	<b>21</b> 1 PM - 3 PM PTC Senior Women 4.0
<b>22</b> 1 PM - 3 PM PTC Senior Men 4.5  3 PM - 5 PM PTC Senior Men 3.5	<b>23</b> 3:30 PM - 5:30 PM Junior Academy	<b>24</b>	<b>25</b> 11 AM - 12:30 PM Wednesday Women's Drop-In  3:30 PM - 5:30 PM Junior Academy	<b>26</b> 12 PM - 1:30 PM Men's Power Drop-In	<b>27</b> 3:30 PM - 5:30 PM Junior Academy	<b>28</b>
<b>29</b>	<b>30</b> 8 AM - 10 AM Court Washing - Courts 4-7  3:30 PM - 5:30 PM Junior Academy	<b>1</b> 8 AM - 10 AM Court Washing- Courts 1-3	<b>2</b> 11 AM - 12:30 PM Wednesday Women's Drop-In  3:30 PM - 5:30 PM Junior Academy	<b>3</b> 12 PM - 1:30 PM Men's Power Drop-In	<b>4</b> 3:30 PM - 5:30 PM Junior Academy	<b>5</b> 3 PM - 5 PM PTC Senior Women 3.5
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