

2005 BTA NEWSLETTER



BOULDER TENNIS ASSOCIATION NEWSLETTER • VOLUME 318 • APRIL 2005

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League Coordinator : Sylvia Henderson

Valmont City Park Liaison : Gary Yost

Webmaster : Yeida Chang

Social Tennis Coordinator :

Graham Johnson

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UPCOMING EVENTS

Spring Fling Social
Sat. April 16th

39th Annual Austin
Scott Memorial
Tournament

President's Letter

PJ Trask

Hello Boulder Tennis Association,

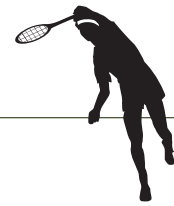
I am PJ Trask, your newest President, as well as excited and hopefully helpful volunteer. I am a graduate student currently at CU and recently moved here from Florida, where I spent most of my youth playing as well as instructing tennis. Last summer I became quite fond of the intimate tennis community here in Boulder, with my first acquaintances in Boulder being through the BTA. Boulder, I realized, contains a vastly different community than Florida tennis communities, in that the axis of Boulder tennis revolves tightly around sociality and interaction. BTA members know each other and interrelate on many levels through means such as league play, local tournaments, and most importantly tennis socials. It is through these tennis socials that I met numerous friends and only hope to continue meeting more. Therefore I am optimistic about attempting as many of these social events as enthusiasm from BTA members allow. I hope you are all as excited about this upcoming year as I am and looking forward to making tennis much more than just a sport but instead a community-building, social and entertaining event. I look forward to seeing all of you at some, but hopefully all, of this summer 's upcoming tennis and social happenings.

39TH AUSTIN SCOTT MEMORIAL TOURNAMENT

Please join the Boulder Tennis Association for the **39th Annual Austin Scott Memorial Tournament** held at the CU South Campus courts! This is a designated tournament for the 3.0, 3.5, 4.0, and 4.5 levels. We are building on the success of the event last year and hope to make our second year at the new CU courts our best Austin Scott ever. Visit <http://bouldertennis.org> for registration information or contact Gary Goff at austinscott@bouldertennis.org or 303-702-9733. We also need a number volunteers for this event. If you can help in any way, please contact Richard Stromp at rtstromp@hotmail.com.

By Bruce Ross

Describe the situation that concerns you followed by the specific question. Send e-mail to tenniscode@yahoo.com



2005 LEAGUES

Teams are forming and deadlines fast approaching for the first leagues of the season. These deadlines are:

USA COMBINED MIXED DOUBLES LEAGUE:

Team registration information to League Coordinator - March 18
Minimum 6 players per team
Contact: Ann Larson @ 303-494-3780

USA ADULT LEAGUE

Team registration information to League Coordinator - March 29
Minimum 8 players per team
Contacts: Women - Ann Larson @ 303-494-3780
Men - Sylvia Henderson @ 303-651-1292
2.5 level only registration deadline: April 25
Minimum 5 players per team

CTA WOMEN'S DAYTIME DOUBLES

Team registration information to League Coordinator - April 29
Minimum 6 players per team
Contact: Colleen Weaverling @ 303-666-6275

The 2.5 CTA Women's Daytime Doubles team is looking for more players. If you are interested in playing on this league at this level, call Colleen Weaverling and she will get you in touch with the team captain.

The ITA Fall Mixed Doubles League has a format change for this season. The level of play will be a combined .5 level: 5.5, 6.5, 7.5, 8.5, and 9.5. This will allow for a different mix of players and fun matches. Start planning your teams for this league now.

Check out your 2005 League Brochure for more detail on the leagues offered this season and check the BTA website at www.bouldertennis.org. You can also get great information about leagues @ www.coloradotennis.com. Please address any general league questions to Sylvia Henderson @ 303-651-1292.

TENNIS NEWS . . .

2005 LADDER

This year we will have a Women's Singles Challenge Ladder Kick Off Competition on Sat 5/21 starting at noon following the regular Sat.morning "Drop In" session at the Centennial Courts.The Men's Singles Challenge Ladder Kick Off Competition will be on the following Sat 5/28 at noon. Those women wishing to compete should indicate their desire by e-mail to Nancy Sheffield at sheffield@comcast.net along with your rating. Men should e-mail Dave Pratt at prattdd@comcast.net. We will arrange opponents off the same rating as much as possible with matches starting at noon and going as long as people want to compete.Matches will be an 8-game pro set. Soft drinks, munchies and balls will be provided by the BTA. Don't wait until the Ladder Kick Off Saturdays to start your challenging.Start on the next good day and get a leg up on your competition. The Tennis Engine is in place with last year's results eliminated. If you are not on the ladder, please e-mail to Nancy (women) or Dave (men) your name, tel #, e-mail address and rating and we'll add you to the ladder.From there you challenge and post the scores on the Tennis Engine yourself. The Tennis Engine does the calculations and adjusts the ladder position of players.

SPRING FLING

The BTA will be hosting a kick-off indoor potluck Spring Fling Social at Meadow Creek in Lakeside, CO (near 6th Avenue and Sheridan) on Saturday, April 16, 2005 from 6pm-10pm. The format will be round-robin doubles (mixed, women and men) and it is geared for all levels. Prepare to play 2-4 rounds between 6-10pm with breaks for eating and drinking. Depending on the registration, the cost will range from \$25-30 per person. BTA membership is not required. This event is designed to be the first of many BTA social tennis events (hopefully outdoor!) this year. We are excited to get to know each other through the sport we all love: tennis. Please register for the Spring Fling Social by contacting Claire Douthit at ClaireEDouthit@aol.com or 303-898-1178. Checks should be made out to BTA. Claire will give you more information about what to bring for the pot-luck after you have registered. This is going to be a fantastic and fun tennis event, please sign-up quickly and bring your friends, there will be a cut-off if more than 35 people register.

PSYCHO-TENNIS CORNER

So it's Spring! As those cold ski days slowly transform into more temperate sunny tennis days, I realize that I've dusted off enough mountain slopes with my ski mis-adventures. It's time to play a much safer sport with grand opportunities to challenge my mind and body- hopefully with a bit more grace and skill. I look to the infamous book "The Inner Game of Tennis" to gather some inspiration and to get some advice on cultivating mental challenges that constitute a "good head" in tennis. I can hear my dad in the background saying "tennis is 90% mind and 10% skill." I'm not sure where he got his numbers, but I tend to generally agree with his analysis. W. Timothy Galway playfully represents this as the dialogue between "self 1"- the thinking mind, and "self 2"-the doer. Yes, this is enough to make me crazy, knowing that I analyze using lenses that are critical, encouraging, and distracting. Particularly amusing to me are those shopping list-making mental gymnastics occurring typically as I wait to return serve. "Yes, I think I need to remember to pick up those artichokes that are on sale at Albertsons." This does wonders for my not so great return-of-serve.

Continued...



BOULDER TENNIS ASSOCIATION

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As many of you know, one thing that facilitates having a “good head” or being “in the zone” on the court is the concept of mindfulness from the Zen Buddhist tradition. Some of the qualities of mindfulness are: non-judging (observing the present without evaluation), non-striving (remaining unattached to outcome), patience (allowing things to unfold in their own way), trust/confidence (in oneself, one’s body and intuition), and openness (creating possibility by paying attention to all feedback in the present moment). The short version of this all is that mindfulness is about letting go of “self 1”- the thinking mind- and tuning into or paying attention to your moment to moment experience (e.g., your breath) and then letting that go, trusting yourself. Well, easier said than done. But it maybe worth a try to take a deep long breath, connect with the present moment, let go of your shopping lists, thoughts, expectations, pre-planned killer forehand deep return-of-serve, and be open to whatever kind of shot comes your way; knowing it will be fabulous. If it’s not immediately fabulous, know that the next one will. If not that one, then the next one...keep the confidence, let go of the chatter. Try it, it may work! Cheers, and see you on the courts!

SAVE A TREE...

If you currently receive this newsletter via snail mail, please keep in mind, the newsletter is also sent via e-mail and posted to the website. If you’d like to save a tree, please e-mail membership@bouldertennis.org to be taken off the printed mailing list and added to the e-mail list.