



Newsletter

Linda Douglas
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Margaret Peterson
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Abel Sanchez
Communications Director

Meredith Burks
Newsletter Editor

President's Letter-TENNIS AT THE UNIVERSITY OF MINNESOTA

If you haven't yet visited Baseline Tennis Center, I am going to go out on a limb and suggest that you do! Located on the U of M campus, Baseline is a premier tennis center for the Gopher tennis teams and for us as well. We can reserve courts without having a membership (612 625 1433)! The indoor courts are heated in the winter and air-conditioned in the summer, lighting is excellent and the courts have a plexi-type of pavement that provides more cushion than typical hard courts – easier on our joints! The 12 outdoor courts are equipped with windscreens. The tennis center offers drills, racket stringing, shoes, apparel and other tennis accessories. Full-time students working part time at the center are at the tennis desk.

Also, and this is my favorite part, we can watch terrific tennis up close and personal! The U of M tennis teams play there as well as other top-notch players. There are 6 "viewing" courts in a row, so when watching team competition, all the on-going matches can be viewed at once. A schedule of events is at BaselineTennisCenter.com.

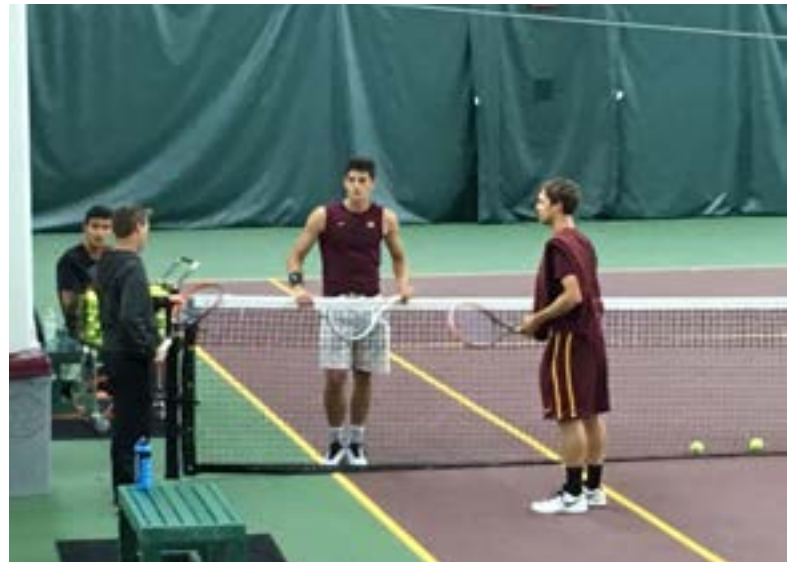
Don't be surprised if I shoot you all an email when a great event is scheduled. We can make it a tennis social!

This past week, Steve Chesla and I visited with Dana Young, Baseline's head tennis professional since October 2008. Young began playing tennis at age 13. She found her passion for the game, playing for Apple Valley High School and then for the University of Minnesota. She was the Gopher's Team MVP, a member of the All Big Ten Team, the Senior Student Athlete of the Year, an Individual NCAA Tournament Qualifier, and a two-time Top 5 recipient (an award given to the five women athletes with the highest GPAs among all Gopher women's teams. Young was headed to med school, but claims one of the "turning points" of her life was when she

decided to become a tennis coach, meeting and marrying Geoff Young, also a tennis coach from Alabama. Both Dana and Geoff took coaching positions at the University of Denver where they stayed from 1999 to 2006, at which time they returned with three young children to Apple Valley and began positions at the University of Minnesota. Young advises her three children, ages 14, 13 and 7 (no surprise, all excellent tennis players) to remember why tennis is their passion, not to take the game too seriously and, when frustrated, go back to their original passion for the game and remember why they love it so. She also shared this wisdom with Steve and me. She suggested that whether we love the competitiveness, the physical enjoyment or the sociability of it all, we need to keep savoring those parts and remember the origin of our passions!



Young also gave us her exercise suggestions and routines, with emphasis on keeping the body toned by working on the core, rotator cuff, shoulder & gluts. She recommends squats and yoga for improved flexibility; even 10 minutes a day on those important exercises will help keep us on the courts where we belong. The daughter of a nutritionist, Young recommends a diet of fruits, vegetables, plenty of water, fish oil and a multi-vitamin. She looks to be the epitome of health. It was indeed a pleasure meeting her.





We have 4 open board positions! If you want to join the board, please sign up and let us know which position you would like to fill:

Vice President

Assistant Tennis Director

Co-Social Director (2 positions are open)

For information about duties and benefits, please contact one of our board members.

REMINDERS!

Outdoor Summer Tennis

Weekly Summer Tennis is off and running. Check these out! Tennis players already established on Friday Nights at Hopkins High School and also on Sunday Mornings at Hopkins High School. Also, Wednesday Nights at St. Paul Academy (if courts occupied, moved to St. Kates).



Memorial Day Tennis and Picnic May 29

Aquila Park, Xylon Ave. S. and W. 32nd St., St. Louis Park
From 10:00 AM to whenever.

Bring a dish to share for the picnic, and a lawn chair if you want to sit and eat.. MSTC will provide catered meat at Noon, soda, water, and tableware.

MSTC Members \$10 for the picnic, non-members \$20
(the club is subsidizing it more than in the past)



We've reserved **all 8 courts** so there should be plenty of room for everyone to come and play.

It is very helpful to our planning, especially for the catered food. However, if you do not sign up but then find you can come, please do come. Or if you sign up but then find you cannot come, we will miss you. To let us know go to http://www.mstctennis.com/memorial_day_registration.html

[Click for Google Maps: 3110 Xylon Ave S, St Louis Park, MN 55426](#)

THANK YOU!

Thanks to **Abel Sanchez** and **Fran Mankowski** for their work this month updating our website. More tennis players are finding our site and contacting us. We appreciate their efforts!

See you on the court!
-Meredith Burks, newsletter editor