

**VERNON TENNIS ASSOCIATION (VTA)**

[www.vernontennis.com](http://www.vernontennis.com)

Email: [vtavernon@gmail.com](mailto:vtavernon@gmail.com)



**PRESIDENT'S PASSING SHOTS**

A Merry Christmas and a Happy New Year to everyone. A great time of the year to focus on family and friends. It is, though, a time of mixed blessings for us as Marsha White, as our former president and her husband Roy have sold their Vernon home and will be moving back to the States.

Marsha is one of the founding members of our association and through her efforts and leadership has assisted so much in the development of tennis in our community.

I have only been here a relatively short time but I soon found out about her dedication and commitment when the 55+ Games where in Vernon. Besides being on the 55+ Games Committee she simply did not leave a stone unturned to ensure tennis would be a success at the Games. This included even weeding the walk way at Marshall and painting the benches. With Joe Fabi she made sure there were centre-straps on all of the courts plus secured \$4,500 to provide windscreens for the courts at Marshall Field. All this plus assisting Gary Davidson in the actual running of the tournament. I could go on but I am sure you will know a lot more than I do as to the contribution Marsha has made not only to 55+ Games but to tennis in Vernon over the years.

A big thank you to Marian and Ed Wilson for opening up their home for a chance for us to say good-bye to Marsha and Roy. Some great memories shared and thanks to the creativity of Wendy Bell, Marsha found herself on the cover of *Tennis Canada* magazine plus had a special article inside.

Marsha received an outstanding service award from our association with the inscription that read, "Marsha White, in grateful recognition and appreciation of your outstanding service to the Vernon Tennis Association".

Marsha and Roy, we wish you both the very best for the future and certainly hope you are able to take some time to swing by Vernon in 2019.

Graham Cooper  
President  
Vernon Tennis Association



**We'll miss you, Marsha!**

**TOURNAMENTS IN THE VALLEY  
AND BEYOND**

**KAMLOOPS TENNIS CLUB**  
**SINGH DALIN MEN'S DOUBLES (INDOOR)**  
November 16-18, 2018

Congratulation to our Champions!

"A" Doubles Champions  
Jeremy Bell (VTA) and Thomas Friesen (KTC)

"B" Doubles Champions  
Gary Edwards (VTA) and Joe McFadden (VTA)



Jeremy Bell & Thomas Friesen and opponents  
Harminder Bhupal & Pierre Robinson



Joe McFadden and Gary Edwards

Cash prize of \$80 per team in A's and B's. Does this mean they now have "professional" status as money earners!?

Second place team received eight cans of balls! Balls are good...makes sure you read the article about balls above.

**MEMORIAL MIXED DOUBLES  
TENNIS TOURNAMENT**  
**Nov. 30 through Dec. 2, 2018**  
**Global Fitness – Kelowna**

A memorial tournament in memory of Yvonne Faulkner who passed away suddenly in 2016 was held for the second year at Global Fitness in Kelowna. Yvonne was a dedicated tennis player along with her husband Dan. Most players in the Okanagan Valley, and further afield, remember Yvonne playing at every tennis tournament that was held in the Okanagan and some as far away as Omak, WA.

There were 36 team entered in "A" and "B" categories. Four VTA members participated this year: Jackie Labuhn/Graham Cooper and Bonnie Anderson/Gary Edwards. It was great to renew acquaintances from past years and past tournaments, and to pay tribute to Yvonne and Dan. The tennis was very high quality and although the four VTA's didn't win any of the tennis prizes, Bonnie came home with a new high-tech tennis racquet in the prize draws! You will have to ask her what wonderful things her new racquet is capable of doing??

Many thanks to the great job and the many hours put into the organization of the tournament by Rosie Schaich – a tremendous job, Rosie.

Look for information about this memorial tournament next year.....

**A MOMENT IN TIME - TIME FOR TENNIS  
ALL ABOUT TENNIS BALLS**

(reprinted from Tennis BC's Tennis Insider Newsletter  
– October 2018)

As you open that new can of tennis balls take a moment to read the label. All tennis balls are not created equal. Penn, Wilson, Dunlop and other major ball manufacturers divide their balls into three tier levels based on the expectations of how that ball will be used. Tier 1 is designed for professional or highly competitive play (usually labeled "Pro"), Tier 2 for tournament and advanced play, and Tier 3 for recreational and perhaps practice. Tier 2 and Tier 3 balls may have a slight lopsided bounce and lesser quality felt, but these factors are subtle.... unless you are on the pro circuit.

"**Extra duty**" and "**regular duty**" on the label tell us which court surface these balls are best used on and appear on Tier 2 cans. "Extra duty" has thicker felt recommended for hard court and grass surfaces. These are usually more durable, lasting 2 – 4 matches, depending on the intensity of play. Thicker felt helps improve the spin factor. After a few hits, thicker felt fluffs up, making your topspin even better. "Regular duty" balls have a thinner layer of felt, making them better suited for indoor play and clay or sand courts. Thinner felt prevents the ball from picking up pieces of clay and sand and absorbs the bounce. On "regular duty" balls, the brand name is printed in red, "extra duty" balls have the brand name in black. The numbers on the balls range from 1 – 4. Their purpose is to identify your set of balls from those who might be playing on the next court – just in case a stray ball comes your way.

***Ever wonder how to reliably do the "ball bounce test"? Drop (not throw) the ball from 100 inches onto a hard surface. A good ball will bounce straight up 53– 58 inches. Or...if you can't reach up 100 inches, hold the ball at your forehead height and drop it. The ball should bounce up to your belly button.***

As always, there is a ball for almost every situation. For those with tennis elbow tendonitis, Dunlop has designed the **Abzorber™** ball which has a 15% reduced impact on your arm. Gamma balls are known to have very good bounce, but wear out quickly. Wilson and Penn Championship (Tier 2) balls have heavier felt and recommended for those who like a lot of spin in their game. Penn also makes a high-altitude ball for play at 4,000 ft and higher – perfect when you play in Denver.

All the balls above are pressurized with a hollow rubber core, containing pressurized air or nitrogen. These balls are light, allow for spin, faster pace and harder hits. Another choice are pressure-less balls – these have a solid rubber core. They often come in large

quantities in bags or buckets and are most often used in ball machines and for practice or training. Although heavier, they are very durable with a long lifespan. New pressure-less balls have less bounce when first used, but bounce quickly improves with use.

There are over 200 ball manufacturers in the world, somewhere out there is the right ball for you.

### **Just a Thought**

“Never look down on anyone.....unless you’re admiring their tennis shoes.”

---

## **HAVE YOU TRIED “TOUCH TENNIS”?**



Greater Vernon Recreation is offering **TOUCH TENNIS** at the Priest Valley Gym on Friday from 12:00 until 1:30 pm. If is a drop-in event - \$6.00/time or use your punch-pass card. Check it out in the Winter 2018 Leisure Guide.

**Touchtennis will break for the Holidays on December 14<sup>th</sup> and recommence on Friday, January 11<sup>th</sup>, 2019 – see you there!**

This is an addictively simple alternative to regular tennis. It’s played on a badminton-size court with a mini tennis net, 21” junior tennis racket and foam balls. The game is designed to create long, intense rallies and clever angle play in an attempt to outwit your opponent. Quick reflex actions, gentle touch, and controlled power is quickly recognized in this game. If you wish to see more about the rules of play go to: <http://www.touchtennis.com/gb/rules.php>.

All equipment is supplied. Touch Tennis is good exercise and a great way to retain and sharpen your tennis skills over the winter.

---

## **KEEPING YOURSELF FIT TO PLAY™** **ADDING YEARS TO LIFE**

By Carl Petersen BPE, BSc. (PT)

Great news for tennis enthusiasts of all ages; recent research indicates that tennis is the best sport for a longer life. In fact, tennis tops the list of sports for longevity with players living an average of 9.7 years longer than their sedentary peers. The increase in age expectancy benefits seen in tennis players is more than 3 times longer than in runners and 6 times longer than gym goers.

Previous research points to the importance that general physical activity plays in staying healthy. There is no doubt that the bursts of high intensity exercise required in tennis improves general fitness benefits. The dynamic flexibility, stability, balance, and coordination required to play improves the general quality of life and also works the heart and lungs. In fact, German research (Fernandez-Fernandez et al., 2010) found hitting aggressive baseline rallies will push your MaxVO2 (aerobic capacity) close to the 80% mark.

This more recent study published in the Mayo Clinic Proceeding (Schnohr et al., 2018) indicates that the social connection in tennis is key to the longevity benefits. Perhaps it’s time to start playing more doubles with people you actually connect with. Enjoy the read and keep Fit to Play™.

(Read more on the topic at ABC News : [“Tennis tops list of sports for increasing life expectancy”](#) by James Bullen)



**Carl Petersen** is a partner/physiotherapist at City Sports & Physiotherapy Clinic in Vancouver. He is an internationally recognized speaker and has co-authored the book Fit to Play™ Tennis as well as a variety of other training resources with former WTA professional, current coach and exercise model Nina Nittinger based in Davos Switzerland.

---

## **VTA MEMBERSHIP & RATING INFORMATION**

**VTA Membership Lists** are only distributed to VTA Members for the purpose of arranging tennis games with other members. **If you wish to have a 2017 Membership List, please contact Jackie Labuhn at [vtavernon@gmail.com](mailto:vtavernon@gmail.com)**

**REMEMBER, if you change your phone number or email address let Jackie Labuhn, Communication Coordinator, know as soon as you can, so we can continue to keep in contact with you.** [vtavernon@gmail.com](mailto:vtavernon@gmail.com) . Thank you.

**RATING INFORMATION:** All VTA members rate themselves. The Tennis Rating you entered on your registration form when you joined is what we use as your rating on our Membership List.

Our lists are only as current as the information we receive from you. Tennis Self-Rating charts can be found on our website: [www.vernontennis.com](http://www.vernontennis.com) or on the TennisBC website: [www.tennisbc.org](http://www.tennisbc.org)

---

### **THINKING ABOUT GETTING THAT RACQUET RE-STRUNG**

The conventional 'rule of thumb' is to restring as often per year as you play per week, but no less often than twice per year. It won't hurt your racquet to restring less often, but your strings might lose their responsiveness.

The following people are listed as tennis associated resources available in the area. The VTA does not

endorse any tennis resource. It is up to individuals to request qualifications:

### **Racquet stringing**

Jeremy Bell 250-503-5489

### **Tennis Instruction & Coaching**

Murray Bennetto 250-306-6476 Pro./Coach/Instructor  
[bennetto@shaw.ca](mailto:bennetto@shaw.ca)  
Cost: \$50/hr. Private Lesson

Ricardo Leiva 250-308-4588 Coach/Instructor  
[ricardoalbertaleiva@gmail.com](mailto:ricardoalbertaleiva@gmail.com)

---

### **The Christmas Card** by Diane Bateman

*I wonder if you know the reason  
I send you a card each year at this season  
Do you think it's a habit I just can't break  
Or something I do for custom's sake?*

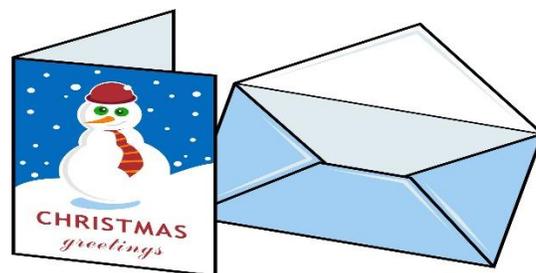
*I think you should know it is something  
more.*

*For me, Christmas opens the friendship  
door,  
And I find myself reaching across the year,  
And clasping the hand of someone dear.*

*To me it's a link I would want broken  
That holds s together when words are  
unspoken,*

*Christmas opens the door of the hearty,  
Whether we're close or far apart.*

*When I write your name, I think of you  
And pause and reflect and always renew  
The bond that exists since first we met  
And I found you somebody too nice to  
forget.*



---

The VTA Board Members wish you and your family the very best of everything this Holiday Season, and a happy and healthy New Year! Thank you for your continued support. We hope to see you again in the spring. Keep checking our website for the Newsletters and Spring information.

Merry  
Christmas

