

**VERNON TENNIS ASSOCIATION (VTA)**

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

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**PRESIDENT'S PASSING SHOTS**

A Happy New Year to everyone. There may be some snow still around but already Joe Fabi and others have been down at Marshall playing a few games. Regular tennis outdoors is not too far away.

Last year we not only continued with the programs we already had in place but also started up some new ones. A very big thanks to so many who stepped up to the plate to ensure opportunities were there for players of all levels and interests. Your efforts were very much appreciated.

Our leagues and ladder have been very popular. It is, though, also important to have the drop-in times for those who simply just want to play some less competitive tennis. The aim here, of course, is to have players playing with others of a similar level. It is certainly our plan to continue all of these programs.

Our skills and drills proved to very popular and it is certainly planned to continue them. The Tennis Canada FAST program was also a hit and will certainly continue for those adults just starting the game.

For those people interested in playing organized tennis in the mornings, our volunteer members have coordinated programs with Vernon Parks and Recreation, that include a mixed social and women's and men's leagues. Check Parks and Recreation "Active Living Booklet" for the full details and registration procedures.

Last year, we offered lessons for children ages 5 (though a couple of 4 year-olds snuck in) to 17 through the Spring and Summer. Predator Ridge then came along and offered to work in partnership with us to provide lessons the young players through the fall and winter. The support and cooperation we received was greatly appreciated. A Rogers Rookie Tour is now in the works to run at Predator Ridge in April.

Full details about our programs and registration procedures will be posted on our web site.

There are many tournaments around for players of all levels. Don't be afraid to enter these tournaments. Besides playing, it is great to get to know players from other clubs.

I see our organization will continue to grow but we need to ensure we meet the expectations of players at all levels and abilities. This is your club. If you have any suggestions please let one of our board members know, and please try to attend the Annual General Meeting on April 15. 2020.

Good luck, Graham Cooper, President

PUT THIS DATE ON YOUR CALENDAR NOW!

**VTA ANNUAL GENERAL MEETING**

**WEDNESDAY, APRIL 15, 2020**

**7:00 PM**

at

**The People Place**

**101-3402 27 Ave., Vernon**

**(take note of the new location)**

Attending the meeting is the best way to find out what is happening with the VTA and tennis in Vernon and area. Your help is needed as a *participating member*. You can have a direct impact on tennis in Vernon. We welcome your input. **Your 2019 VTA Membership is valid until after the April 2020 AGM – YOU ARE A VOTING MEMBER.** 2020 Memberships will be available after the AGM.

**STANDINGS FOR THE  
VTA TENNIS LADDER AS OF – February 28, 2020**

- |                    |                      |
|--------------------|----------------------|
| 1. Jeremy Bell     | 10. Willy Raine      |
| 2. Jon Widing      | 11. Cliff Winter     |
| 3. Jerry Reinhardt | 12. Peter Evans      |
| 4. Ricardo Leiva   | 13. Graham Cooper    |
| 5. James Cotter    | 14. Bob Annand       |
| 6. Kirbey Lockhart | 15. Sarah Kennedy    |
| 7. Blake MacLeod   | 16. Alexandre Sauve  |
| 8. Ben Johnson     | 17. Mitchell Cousins |
| 9. Johnny Tran     |                      |

Cont'd.....

= remained in the same position following match(es)  
↑ moved up following match(es). ↓ moved down following match(es). If blank, no matches played in most recent week of play.

**No one played over the winter – why not?**

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**LADDER INFORMATION:**

The VTA Singles Tennis Ladder continues ALL YEAR ROUND – indoors or outdoors – anywhere you wish to play (all players must have a current VTA Membership). This provides an opportunity for those players interested in competing in singles matches to be ranked according to their results.



The VTA Ladder is gender-neutral. Ladder matches are "best of 3 sets" with 7-point tiebreakers being played at 6-6. A 10-point super tiebreaker is used should there be the need for a deciding third set. Matches are arranged at a mutually convenient time and location. Ladder matches cannot take place during VTA reserved times at Marshall Fields unless the court is not being used.

Results are sent out weekly and posted on the VTA website – "VTA Singles Tennis Ladder". The updated ladder is also posted at the Fabi Shack every Thursday evening.

**All players interested in participating in the VTA Singles Ladder should e-mail the following information to Wendy Bell at:**  
[jerwenbell@yahoo.com](mailto:jerwenbell@yahoo.com)

**Name:**

**Contact information: to be used for ladder matches (phone and email)**

**Playing level:**

It is always the responsibility of players to organize their own matches and to send results **by e-mail** to Wendy. The opportunity for new VTA members to sign on is still available. New names will likely be added to the bottom unless tournament experience or level dictates otherwise.

***Climb the ladder to your tennis success!***



**SALMON ARM MIXED DOUBLES TOURNAMENT**  
**ASKEW TENNIS CENTRE – Salmon Arm**  
**FEBRUARY 14-16, 2020**

Predator Ridge (PR) members had a strong showing in the Salmon Arm Tournament. Section "A" Mixed Finalists are all PR members (Cal Benazic, Meryl Ogden, Wendy Bell, Jeremy Bell) and "B" Mixed Winners (Marnie Perrier and Antonio Braz) are also PR members!

Jeremy and Wendy Bell were the only VTA members in the tournament, however they also are PR members.



Mixed Doubles "A" winners and runners-up: Cal Benazic, Meryl Ogden, Wendy Bell, Jeremy Bell.  
Congratulations to all!

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**PARENTS: SOME GOOD REASONS TO ENROL YOUR CHILDREN IN TENNIS**

Reprinted from Tennis Canada -  
<http://www.tenniscanada.com/new-to-tennis/tennis-benefits/>

In an article titled, **Health Benefits of Tennis: Why Play Tennis?** Dr. Jack L. Gropple curated research from

renowned scientists to prove the validity of the old adage: "tennis is the sport of a lifetime." Inspired by his list of compelling reasons why everyone should play tennis, we decided to create our own list outlining why we believe tennis is a healthy and safe sport specifically for children, because a lifetime has to start somewhere, right? (Except from "**Tennis BC Insider – Your Tennis Community Update**")

### 1. No Contact

Collision and contact sports over the years have started to gain attention for the lifelong injuries they can cause. While tennis doesn't come without its fair share of accidents — if you've played long enough you've been hit with a tennis ball more than once — racquet sports have definitely become a favourable option for parents looking for a safe and healthy exercise for their child.

### 2. Expert Supervision

Again, safety first! With coaches on-hand during lessons to teach beginners proper technique and form, there is inherently less chance of acquiring any injuries. While shoelace trips and strains may occur, their likeliness is minimized with practice and patience.

### 3. Physical Development

A great way to tire your little one out, the game of tennis includes a lot of running around, quick movements, and the use of the entire body. As a result, the development of muscular body strength is inevitable. Couple this with the strengthening of the cardiovascular system — with tennis you're looking at nothing but healthy aces.

### 4. Mental Development

According to scientists from the University of Illinois, because tennis requires alertness and tactical thinking, it could possibly create "new connections between nerves in the brain, thus promoting a lifetime of continuing development of the brain." It also an effective sport to master fine motor-skills and hand-to-eye coordination.

### 5. Immunity Booster

By improving physical strength, flexibility, balance, and fine motor-skills, tennis will lend to helping your child master other activities off the court. One better, by staying fit and healthy, your child will also have a stronger immune system to help combat passed school yard germs and flu season.

### 6. It's social and fun!

We could go on and on about the health and safety benefits of playing tennis, but above all else, we truly believe that when it comes to any sport it should start with fun. A strong rooted history in good sportsmanship, teamwork, and camaraderie among players, tennis has forever been a social sport that leads to enjoyment. Also, the fresh air doesn't hurt!

♥ In April 2020, check out the Junior Tennis page on the Vernon Tennis Association website: [www.vernontennis.com](http://www.vernontennis.com) for the best in local tennis instruction for your children. ♥



## A WINTER STORY FROM PUERTO VALLARTA, MEXICO!

It was 31 degrees, 84% humidity. Not a cloud in the sky. It was obvious Joe Fabi was in town as all nets at the Sheraton tennis club were suddenly at the correct height! The first day there Joe got in some doubles with the French Canadian contingent. We shared a beer after - Joe got them free from his room.



Joe was complaining that his tennis was rusty but was looking forward to improving as the week went on. Joe arranged a doubles match for us on Saturday. Saturday morning was already 30 degrees but the humidity had dropped to a mere 71%. No clouds in the sky all week and today was no different.

I met Joe at the clubhouse and he introduced me to our opponents. Two younger men (62 and 64). After a fairly vigorous warm up, we were ready to play. I could see Joe was still quite rusty and wasn't seeing the ball well.

They won the spin and started with the "first ball in" rule. The first game went fairly quickly - game at 15. Joe lost his serve at love to go down 2-0. The next game they won their serve at 30 to go up 3 - 0. We won the fourth game, my serve, after several deuces and advantages in and out. Down 3-1. They start their serve and Joe gets back one of his patented drop shots. I get a good return and Joe hits a perfect lob to win the point. 0-30 for us, and Joe is gaining confidence. They ace Joe and I miss the service return, 30-30. Two service winners give them the game but Joe is starting to look good. Down 4-1, Joe hits his slice serve short and wide for a winner. Drop shot second serve and we're up 30 - 0. Two more good serves from Joe with a great shot up the line to give us the game. 4-2 and they have a love service

game. 5-2. On the changeover I say to Joe it's the perfect score to come back from.

We won my serve at 15 and Joe is showing some court agility and great shot making. 5-3. We break and Joe wins again. 5-5. Joe is moving on the court like he's 40 and making some great shots. We take the set 7-5. The next set we run out of time at 5-4 on serve. Joe and I go and have a couple of his free beer and re-live some of the great plays.

I head home on the bus and marvel at this 85 year-old man who has such a competitive heart. We love you Joe!

Thank you to Ron Burton for this light-hearted story!

**DON'T FORGET TO ATTEND THE**

**VTA ANNUAL GENERAL MEETING**

**WEDNESDAY, APRIL 15, 2020 – 7:00 pm.**

(see item on first page for new meeting location)

**YOUR PRESENT BOARD OF DIRECTORS:**

President: Graham Cooper - [graham\\_cooper@shaw.ca](mailto:graham_cooper@shaw.ca)  
V. President: Carol Jenkins  
Secretary: **Position "up for grabs"**  
Treasurer: Paul Boyko  
Facilities Coord's: Joe Fabi, Frits Bakker  
Public Relations: Wendy Bell  
Directors at Large: Mike Kozlowski, Ron Burton and Jeremy Bell  
Communications & Membership Coordinator: Jackie Labuhn - [vtavernon@gmail.com](mailto:vtavernon@gmail.com) or website [www.vernontennis.com](http://www.vernontennis.com)

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**THINKING ABOUT GETTING YOUR RACQUET RE-STRUNG**

The conventional 'rule of thumb' is to restring a racquet 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 if required:

**Racquet stringing**

Jeremy Bell 250-503-5489



REMEMBER WHEN.....  
(ducks on Kalvista courts)