

**VERNON TENNIS ASSOCIATION (VTA)**

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

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



**PRESIDENT'S PASSING SHOTS**

**YOUR CHANCE TO HELP TENNIS IN VERNON**

Over the years, our association has worked with the City of Verbib to have the lights installed at Marshall Field, and has also worked with the City so anyone may use them at no cost. The backboard, wind screens, and benches, the picnic tables, the water fountain are all a result of efforts from our association. We can make a difference and everyone in our community can benefit.

The City of Vernon is currently looking for input in their next budget and five-year plan. Here's how you can help. Go to <https://www.engagevernon.ca/budget2022> . If you go to the bottom of the page, you will see a survey. Go into the survey and then go to #10. When you press "No" you will be asked "How could your satisfaction be improved." Put what you want but you might wish to include:

- Repair the cracks on the tennis courts. Should they not be repaired the courts could need to be resurfaced.
- In 2004, the Parks report suggested that over the next 10 years four more courts would be needed and suggested they be at Marshall Field. In 2014, a draft Parks report showed 14 courts in Vernon but the final document showed 16 courts. Vernon currently has a population of 42,574 which indicates we should have 17 courts. Frankly, I can only count 12 public courts in Vernon. Now with 4 courts combining with Pickleball, there is even more pressure in finding a court. Simply, Vernon needs another four courts at Marshall Field.
- Indoor facility. Many people have seen me about an indoor facility in Vernon similar to the one in Salmon Arm. However, unfortunately, I do not see us in the same situation as Salmon Arm. While they have done a great job there, each situation is different. In my view, I see us in a similar light to Langley, North Vancouver and Coquitlam where the municipality owns the facility and either runs it or has someone run it for them. Simply, though, we do need an indoor facility. You only have until June 30 to complete the on-line City survey, so please do not wait. The more people who complete the survey, the better it is and the more pressure the better. Remember that this is just the start, not the finish. Two days back, when I checked, there were 65 responses. Today there are 98.

**Drop-in opportunities** – This is a time to get together and get to know other players. Please plan to drop in to

at least one session and get to know others in our association. Some players like to play sets while others might like to just rally and practice their ground strokes. If you do not know other players or find you are not playing, please check with a coordinator, or if I am there, please see me. A very special thanks to our drop-in coordinators Alyssa Pembleton, Coral Rosario, Joe Fabi and Jackie Labuhn.

**Competitive Leagues** – These are arranged so you can play with others at your level of play. They are obviously more competitive than drop-in sessions. Our 4.0+ is held on a Thursday, the 3.5 on Tuesdays and our 2.5 to 3.0 on Fridays. A very big thanks to Kirbey Lockhart who coordinates the 4.0 league and Brian VanBolhuis who coordinates the 3.5 league. I am currently running the 2.5-3.0 league. Our spring leagues finish on June 25, while our summer leagues will start on July 6. There will be no league play from June 28 to July 2. If you are interested in playing in a summer league, please contact the coordinator concerned. We are looking for both regular players and spares.

**Skills and Drills** – Our Skills and Drills program runs for 6 sessions with one session a week and is held on the drop-in nights. However, as only one court is used, I do encourage players not taking Skills and Drills to please use the other courts. Also, I encourage the Skills and Drills players to spend an hour playing and an hour at the Skills and Drills program. It is a good way to practice some of the strokes covered. The plan is to start up new Skills and Drills groups in mid-July.

**FAST – Fun Adult Starter Tennis** - Unfortunately, there are only so many hours in a day. As soon as the present Skills and Drills sessions have finished, this program will commence. Information will be sent out when this program will start in mid-July. This is for players who are just starting off in tennis. After finishing this program, players could then take the Skills and Drills.

**Vernon Parks & Recreation Morning tennis programs** - These are Greater Vernon Recreation Services programs and are not connected to the VTA. However, many years ago, the VTA offered to ensure there were coordinators to run these programs and had signed an agreement to do so. While that agreement is no longer in place, our association members still look to ensure the programs run. It is another way our association looks to support tennis in our community.

When the men's league folded a few years back, one of our members got it going again

**Ball Machine** - Our ball machine is quite expensive, but is capable of doing much more than other less expensive ball machines. Unfortunately, it was damaged. When it was repaired it was found that the electronics were an added issue. It will be repaired as soon as possible. A very big thanks to Frits Bakker for all of the hours he has spent trying to get the ball machine fixed up so it can be used.

**Our Junior Development Program** - This year our program was delayed in starting, but since we now have some clarification from Vernon Recreation Services, we will be able to move ahead. In July, some lessons will take place at Predator. Many thanks to Joachim Nierfeld for his support. In August, lessons will be given at MacDonald Park in Vernon, while in the Fall the plan is to run a Community Kids Team Tennis program.

Enjoy your time on the courts!  
Graham Cooper, VTA President

---

### **VTA 2021 RESERVED COURTS TIMES AND WEEKLY PROGRAMS**

Please check the website regularly ([www.vernontennis.com](http://www.vernontennis.com)) for the Calendar and the Adult Programs.

**MONDAY – Skills and Drills** 7:00-8:00 & 8:00-9:00 PM – Please register with [graham\\_cooper@shaw.ca](mailto:graham_cooper@shaw.ca). Only 1 court is used for Skills & Drills, so please Drop-in and play on available courts - All levels of play On-court coordinators: Alyssa or Coral

**TUESDAY – 7:00 – 8:30 pm.**  
COMPETITIVE TENNIS LEAGUE – 3.5 League.  
Registration required for 3.5+ League. Spares are always needed. Spring session will end June 25. Sign-up for summer session. Contact: Brian – [bvanb@live.ca](mailto:bvanb@live.ca) You must be a VTA Member to participate in any Leagues.

**WEDNESDAY – Skills and Drills** 7:00-8:00 & 8:00-9:00 PM – Please register with [graham\\_cooper@shaw.ca](mailto:graham_cooper@shaw.ca). Only 1 court is used for Skills & Drills, so please Drop-in and play on available courts - All levels of play On-court coordinators: Alyssa or Coral

**THURSDAY – 7:00 – 8:30 pm.**  
COMPETITIVE TENNIS LEAGUE – 4.0+ League. Registration required for 4.0+ League. Spares are always needed. Spring session will end June 25. Sign-up for summer session. Contact: Kirbey at [kirbey@telus.net](mailto:kirbey@telus.net) .

**FRIDAY – 7:00 – 8:30 pm.**  
2.5-3.0 COMPETITIVE LEAGUE. Registration required for 2.5-3.0+ League. Spares are always needed. You must be a VTA Member to participate in any Leagues. Spring session will end June 25. Sign-up for summer session. Contact: Graham at [graham\\_cooper@shaw.ca](mailto:graham_cooper@shaw.ca)

VTA Newsletter – June 2021

**SATURDAY – 9:00 – 11:00 am.** DROP-IN – All Levels of play. On-court Coordinator: Joe and/or Jackie

**Court lights are available from 6:00 - 11:00 pm. in 1¼ hour intervals.** If you want to use the lights longer than an hour, re-start the lights before they turn off because they take approximately 15 minutes to cool down and light up again.

---

### **NEWLY PAINTED BENCHES AT MARSHALL FIELD COURTS**

Two of our long-time and loyal VTA members recently took the bull-by-the-horns to clean and paint the 4 benches at the tennis courts. They were long over-due for a spruce-up (the benches, not the painters). Thank you so much, a job well done.



Stu Pike and Joe Fabi. Always ready to tackle a job.

You know, it always amazes me how things get accomplished at Marshall courts even though the VTA owns nothing in that park. We rent, plain and simple, yet we take care of these courts as lovingly as if we owned them. Whether it be helping to raise money for wind screens and lights, maintaining them, building a shack to store equipment, (and naming it the Fabi Shack), painting the shack and benches, re-attaching wind screens after storms, emptying garbage containers, replacing centre net straps, blowing off leave in the Fall, shoveling snow in the winter, or just picking up garbage, our VTA members are dedicated to making sure Marshall Field courts are a great place to play tennis and meet friends. We thank each and every one of our members for taking on the responsibility. Kudos to you all.

---

♥ At this time, we would like to pay tribute to Joe Fabi who is presently in the Vernon hospital after having suffered a stroke. Joe is our longest playing member and our oldest also. Our support and prayers go out to Joe and his family – every member is pulling for you Joe. We really miss you on the courts and everywhere else! Unfortunately, Joe cannot have any visitors right now, but we hope to see him soon. His son, Mike, says he is improving every day. ♥☺

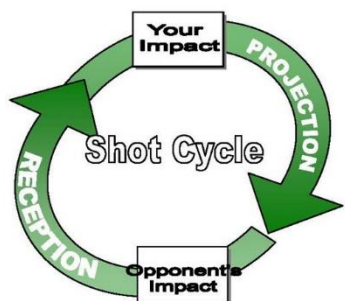
---

## TENNIS IS NOT LEARNED LIKE GOLF

(Reprinted from "Tennis BC Insider" June 2021, written by **Wayne Elderton** – Head Course Facilitator for Tennis Canada Coaching Certification in BC. Tennis Director-North Vancouver Tennis Centre)

**The Challenge:** I see it all the time. Even though tennis is a dynamic game with plenty of movement, players spend hours practicing their 'stroke' from a static position. The challenge is there is poor transfer between 'perfecting' a static stroke and having it work when you are moving. Tennis shouldn't be practiced like golf!

**The solution:** understand that every stroke (except Serve) goes through a cycle of movement (called in coaching lingo, the 'Shot Cycle'). The cycle has two halves. From your opponent's impact, all the preparation and movement you perform is the *Reception* half that takes you up to your impact. From your impact onward is the *Projection* half (which takes you back to the opponent's impact).



To practice effectively, we need to understand **tennis is a game of reception, then projection**. If players spent more time improving their reception of various balls (higher, lower, shorter, deeper, harder, slower, etc.) their shots would improve dramatically. The quality of how you send the ball is always in proportion to how well one receives it. Contrast that to the typical player on the ball machine where they set the machine up to send balls perfectly to them. What opponent is that dumb?

Make sure you don't practice strokes in isolation but, practice 'shots' instead. Move out to the impact, perform your stroke and recover appropriately. Keep the cycle intact and your real tennis (not the fake static stroke practice) will lift your game.

## 2019 VTA MEMBERSHIP & RATING INFORMATION

**2021 VTA Memberships are available on-line.**

**The fee remains the same for the 6<sup>th</sup> year (\$70/adult). You must have a new Membership to participate in any VTA tennis programs, including the Tuesday, Thursday and Friday evening Competitive Leagues, Drop-ins, Skills & Drills and the FAST program. There may be a small fee charged for programs like Skills & Drills and FAST, if necessary.**

Membership lists will be available at the end of June once all members have registered. Membership Lists are only distributed to VTA Members for the purpose of arranging tennis games with other members. If you wish to have a 2021 Membership List, please contact the Communication Coordinator at: [vtavernon@gmail.com](mailto:vtavernon@gmail.com) All the tennis rating on the list is self-assigned and not official.

Please respect the privacy of all our members by not sharing the list with anyone, and not using it for any other purpose than contacting other VTA Members. Thank you.

---

## THINKING ABOUT GETTING THAT RACQUET RE-STRUNG OR TAKING A LESSON

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 250-303-3113

### Tennis Instruction & Coaching

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

---