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RBCTC



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Introducing the New RBCTC Quarterly Newsletter

Your one stop for all updated information regarding the happenings at RBCTC!



Welcome to the new Rancho Bernardo Community Tennis Club's Quarterly Newsletter. Our goal for this newsletter is to provide information to all our members in a fun and relaxed way. Member input is encouraged so if you have something you'd like to share with the club membership, drop us a note and we'll try to include it in the next newsletter scheduled for

January 2012. We are especially interested in candid photographs of the club activities, special recognitions for accomplishments of our members and their families, and any other submissions/articles that would be of interest to our tennis playing membership. The more input we get, the better the newsletter so

please don't be shy!

For the next newsletter, please Submit your photos, articles or other submissions by December 20, 2011 to Sue Linnett via email: suelinnett@san.rr.com. Thanks for your help!



Scott's Corner

One of the most common afflictions for tennis players is the dreaded Tennis Elbow. Those of us who have suffered from this nagging injury know that it can affect our game in many ways. Technically, tennis elbow, or *lateral epicondylitis*, is a



painful condition of the elbow caused by overuse. Not surprisingly, playing tennis or other racquet

sports can cause this condition. Tennis elbow is an inflammation of the tendons that join the forearm muscles on the outside of the elbow. The forearm muscles and tendons become damaged from overuse — repeating the same motions again and again. This leads to pain and tenderness on the outside of the elbow.

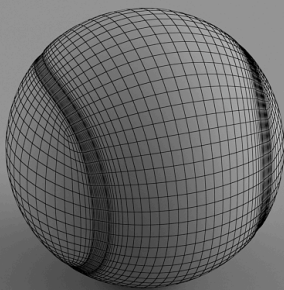
If you have it or had it, you know it is no fun. Of course rest and ice can help. Your racket strings can also make a big difference. Try stringing with a softer string and a lower tension. This will help cushion the impact when you hit the ball. Your racket grip is also very important. If the grip is worn out and slippery, you have to hold on tighter which adds to the

problem. One other hint, make sure you wash your hands after putting on lotion or sunscreen!

See you on the courts!



Tennis Tech



Smartphone or iPad "Apps"

Technology can be fun, especially in Tennis! And almost all of these are **free!** One of the favorite year round "Apps" for smartphone or iPad is the **USTA Mobile** application. Check it out! You can track your leagues & tournaments, access hot links to your opponents results and more. Download it from your smartphone App Store or get it from the USTA website. Also, don't forget to simply search for "tennis" applications by searching your App Store sites. Other Apps are "**Tennis Rules**", "**Tennis News**", "**Tennis Talk**" and "**Tennis Maps**". Tennis Maps uses GPS and has locations of tennis courts in your area. For tournaments, you can't miss using the IBM Apps for the **USOpen, Australian Open and Wimbledon**. These incredible Apps with players, scores, draws, stats, streaming live video of matches, venue maps and transportation at these venues. Amazing technology at your fingertips. These tournament apps even have radio you play live through your MP3 in your car.

Links

[YouTube.com](#)

This is a resource worth checking out for tennis tips and training. For example, you have a match with a known pusher and need some quick tips! Go to YouTube, search for "Tennis Pusher" and see the results! You will be amazed about what is out there. Disclaimer: Watch out for colorful comments in the written comments section on YouTube. Also, training is best implemented in person with the assistance of a tennis professional. However, there is a lot of credible training tips out there and worth checking out!!

[USTA.com](#)

A must for all tennis players. Tournaments, leagues, and access to a lot of great tennis. Set up your own "Dashboard" where you can track your USTA sanctioned leagues and tournaments. The "Tennis Link" section of this site is run by [Active.com](#), who is located here in San Diego.

[Active.com](#)

For all types of sports and health in San Diego, California and the nation. This is a fabulous site and is worth visiting for any sport, work out activity or healthy lifestyles. This is a very well done site and is the company that manages "Tennis Link" as part of the USTA. Another note, [Active.com](#) headquarters are located right here in San Diego.

Special Thanks to Debbi and Scott Scher! They instigated the purchase of our fabulous refrigerator last year. And to all the members who contributed toward the purchase – a BIG thank you!

Hats off to Patty Smith! We just love the new clubhouse furniture. Thanks for leading the effort and for coordinating the purchase of the furniture. And again, to all the members who contributed toward the purchase – another BIG thank you!

The generosity of our membership is something to be admired!





Hang around the tennis courts long enough on any given day and you're bound to hear a spirited discussion between opponents as to "the rules" of tennis. The fact that most of the players -- despite perhaps decades of playing experience -- have never read "the rules" is seemingly irrelevant. More often than not, the loudest voice wins the debate and play continues, but often with lingering doubt as to the "real rule" which should have applied.

My hope in this column is to educate us on the "legal" rules of tennis, as well as traditional tennis court courtesies. Despite our amateur status, and engagement in "friendly" competition, I believe we owe it to ourselves, and those with whom we play, to be as knowledgeable of our sport as possible. The rules of our game have reasons, and a common knowledge of those rules across our membership will make our play more efficient and enjoyable. "Da Judge" will bring you typical cases of on-court disputes, and issue his well-reasoned decisions.

Before jumping into our first case, a few basics. The official "Rules of Tennis" are promulgated by the International Tennis Federation (ITF); those rules have been adopted by the USTA and govern our play.

A second basic USTA document is "The Code," a players guide for matches when officials are not present. As stated by the USTA, the Code is "a summary of procedures and unwritten rules that custom and tradition dictate all players

should follow. No system of rules will cover every specific problem or situation that may arise. If players of goodwill follow the principles of The Code, they should always be able to reach an agreement, while at the same time making tennis more fun and a better game for all. The principles set forth in The Code shall apply in cases not specifically covered by the ITF Rules of Tennis or the USTA Regulations."

Fortunately for us, the USTA has a publication titled "Friend At Court," available at usta.com, that contains The Rules (with USTA comments), The Code, and USTA Regulations (governing tournament play) all in one document. Thus, for an especially heated on-court debate about the "rules," for better or worse, a nearby smartphone can bring the rules right to the court. Or, call on Da Judge, and here he comes:

Case #1: Your Honor, In a recent doubles match, I hit a good first serve and the other player returned a floater at the net to my partner. He hit a sharp volley to the baseline. Both of the other players looked at each other and one person called it in and the other couldn't make a call, so the point should have been ours. My partner, who hit the ball, over-ruled them and said "no it was out" game/set/ match. It was a very close shot, and we obviously didn't have as good a look at it as they did. I'd like to know if: (1) Can I overrule my partner's "out" call, and (2) Does my partner even have a say in whether his shot was in or out?

Da Judge's Decision: Overlooking the fact that your partner seems to have lost his marbles, provisions of The Code suggest your partner displayed genuine sportsmanship in calling his own shot out. He may have had the clearest view of the line and in good conscious enlisted himself in aiding the call. Under The Code a player can call his own shots out (with the exception of the first serve). A player should call against himself any ball the player clearly sees out regardless of whether requested to do so by the opponent. The prime objective in making calls is accuracy. All players should

cooperate to attain this objective. Your opinion as to the mental competency of your partner is irrelevant.

Case #2: Your Honor, While playing doubles, I hit a definite winner -- right on the line -- and one of the opponents called the ball good, but her partner called it out. They couldn't agree with each other and decided we had to play a let. I didn't think that was fair. What's your ruling?

Da Judge's Decision: If opposing doubles partners disagree on a line call, The Code states they should always offer the benefit of doubt to the opponents. In the case you presented to this court, a let should not have been called. Instead, the point should have been yours and play continued.

Case #3: Your Honor, I was playing doubles and one of my opponents hit a return that was heading for the fence behind me. I was behind the base line, and to save time chasing after it I caught it as it was going by. The ball was clearly going out, yet our opponents claimed it was their point. Doesn't seem fair to me, Judge; they blew the shot and we should get the point.

Da Judge's Decision: The only thing "fair" in this world has the word "county" in front of it. As for the law, I understand you agree you lose the point if a ball hits you on the court before it bounces, but believe that rule doesn't apply when you're off the court and the ball touches you before it bounces. However, the Rules state that if the ball hits you, your racquet or any part of your clothing before it lands -- even if it was clearly going out -- the point goes to your opponents.

COURT ADJOURNED.

[Note: Ed Kolker is a former trial court judge, and presently a mediator and arbitrator in private practice. The cases and rulings in his column are from official commentary to the ITF Rules of Tennis and The Code.]





Men's League Update

Men's USTA 4.0 currently being played on Sundays this fall. Upcoming matches are scheduled for October 16th, 23rd and 30th.

Next Men's BB League starts in January 2012. We will be fielding a team for the North County Doubles League. Sign Up in the office to join in the fun. See Scott Davis for more details.

BOARD NEWS

We have many appreciations for the "summer cleaning" that has resulted in the refreshed appearance of the club.

You may have noticed the newly organized "luncheon/snacks cupboard".

A big thank you to the many members involved in straightening the cupboard and taking care of other areas of the tennis center.

Scott spent many hours on the general appearance of the grounds, cleaning and painting patio furniture, memo boards, and working with the chicken wire to keep the rabbits out.

Terri Adams, Director of Recreation, personally made certain we have more safety at night by helping with lights on the patio near the restrooms.

We are looking forward to having your input regarding all areas of the club, so give us your ideas and suggestions.

We are hoping to have interested members serve on a variety of committees to help us implement those great ideas and continue to enrich our club with positive activities and action.

Women's Daytime Winter Tennis Leagues

Rosters for North County Doubles Women's League (6 lines) and the North Coast Invitational League (4 lines) are due December 1 and must be finalized by December 31. They usually begin play the first week in January. They are both being run by Becky Kuba (bkuba9319@aol.com). For more information about the leagues, go to www.ncdtl.com for North County Doubles and www.tenniscores.com for the Invitational League.

In the past, we have been able to field 2 A teams for each league and we now have enough BB players to field one in each league. Our current Fall league captains are Laura Steenstra and Patti Groves for the A Competitors teams (4 lines) and Cindy Greco and Heather Hodgson for the A Leah's League (6 lines). Debby Russell is the BB Competitor captain.

Patti and Heather have finally decided to retire after many years of dedicated and efficient service, having captained us in multiple leagues each year, so it is time for someone else to step up to the net and take a swing.

Rumor has it that some of our members who are also members at RBS&T, may form a 4 line team over there, so we may want to realign our teams to be sure we have enough players and subs to play a season without having to default a line. Ladies, how about some input on that idea?

We will have sign-up sheets in the office beginning in October. Please be sure to get your name on the list so we can decide how we want to proceed this season. If you wish to be a captain, please indicate your intention next to your name.

Let's go get 'em!



Women's League Updates

Evening Women's Leagues

USTA 2011 SCTA Doubles SD No County Women 4.0 - "Ladies Night Out" Started September 15th and runs through the end of October. The captain this season is Lori Zrake (thank you, Lori!) and official league is run through the SCTA. So far the team has played 1/2 of their matches and are in the top half out of 7 teams, so they are hoping to keep their lead. They have yet to play the #1 Team, so keep your fingers crossed that they keep up the points and remain in the top 50%!! Go Team!! View results at Tennis Link [Link http://tennislink.usta.com/leagues](http://tennislink.usta.com/leagues)

Sunset League Ladies Fall 4.0: Fall Season is underway! We will have matches through December 5th and Kay Pfeiffer is the team captain for this season. The Winter season will start early January 2012. If interested in being on the team roster for Winter, contact the club and let us know. The team roster has been pretty full, but don't hesitate to let us know if you are interested in playing as each season is a little different. If you are inclined to start a second team, contact the Sunset League Coordinator, Maria Webster, at mariawebby@gmail.com. View results at Sunset Scores <http://www.sunset.tenniscores.com>

Rally for the Cure

Join Us!

Join us for this wonderful event. Last year we raised over \$3000 for the Susan G. Komen Foundation. This fun, social morning starts with a lovely brunch then we hit the courts for a Team Tennis style event and contests. Also enjoy complimentary chair massages from Dr. Miranda and a silent auction. Each entry receives a goodie bag and free 1 year subscription to a magazine of their choice (*Self, Bon Appetit, or Architectural Digest*) **Be sure and register by 10/10.** The handy link on the RPTC home page is the easiest way to register. Or fill in this form and return to the RPTC office.



RPTC's 2011 Rally for the Cure

Date Sunday, October 16, 2011

Time 8:00 am 12:00

Location

Rancho Penasquitos Tennis Center
12350 Black Mountain Road
San Diego, CA 92129

Entry fee: \$25

Make checks payable to RPTC
Remember to wear Pink!

Register:

Name: _____

Address: _____

Email: _____

Magazine Preference:

Self *Arch. Digest* *Bon Appetit*

No Magazine

Enclose \$25 fee.

Look for event updates by email.

See you on the 16th!



Current Board Members:

(L-R) Ed Kolker-Secretary, Pat Langpap, Kay Pfeiffer-Treasurer, Swede Sorenson, Jean Davis, Scott Davis, John Hass-President
not pictured: Nick Monroe-Vice President, Carolyn Cassell, Ken Brandt



Special Thanks to Outgoing Board Members:

Roz Munn and Patty Groves
not pictured: Ray Funderburk, Chris O'Connor, Cathy Walsh

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Club Hours: Courts are open from 7:30 am to 9:00 pm. Office is staffed 7:30 am to 10:30 am Monday thru Sunday, 5:00 pm to 9:00pm Monday thru Thursday. Monday thru Friday one of our teaching pros are at the club between hours not staffed as listed above.

Need a Court? Court reservations are taken 2 days in advance starting at 8:00am via phone number 858.487.9698. Reservations are for one and one half hours. Play can go longer if the court is not reserved after the allotted time.

Reminders: Please close and lock the courts in the evening and on weekends to keep the rabbits off of our pristine courts!

