

TTA NEWSLETTER

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Letter from the Editor

The year 2013 has been a fantastic year for USTA league teams in Topeka, Kansas. There were numerous teams who won a spot at Sectionals and several who made it to Nationals. Throughout this newsletter you will read about their successes.

Congratulations to everyone who played USTA league this year. We are dedicating this newsletter to all of you and your spectacular accomplishments!



Sectionals/Nationals Teams from Topeka:

The 3.0, 18 & Over Women advanced to sectionals. Team members included: Deb Kennedy (captain), Cristine Millard, Janet Frieden, Jan Roth, Kathleen Ambrosio, Tammy Miller, Charressa Gray, Carol Tenpenny, Cyd Schmidt, Vicki Sundberg, Joan Silovski, Mary Robinson, Karen Bettis, Carolyn Weinhold.

The 3.5, 18 and over women's team captained by Deb Frost made it all the way to the semi finals in St. Louis and played extremely well throughout the tournament. Team members included: Deb Frost (captain), Marci Shipp, Diane Pavelka, Linda Hicks, Michelle Bettis, Jerri Lovoy, Angela Griffith, Rebeka Boydston, Gayle Shaw, Jodi Gee, Deb Flynn, Teresa O'Neal, Deb Schwarz, Paula Szuwalski, Karen Kinderknecht, Kathy Barks.

Diana Holmes and Danny Williams took their 8.0 mixed team to sectionals, barely losing to a tough Heart of America team in the quarter finals. Team members included: Diana Holmes (captain), Danny Williams (captain), Jesse Sherer, Jerri Lovoy, Kurt Davids, Deb Flynn, Steve Holmes, Val Holmes, Lori Church, Sara Neiswanger, JoAnn Lind, Carlos Dezamacona, Andrew Sanchez, Diane Pavelka, JB Bauersfeld.

Kurt Davids' 4.0, 18 & Over Men's team went to sectionals in Des Moines, taking third place. Team members included: Kurt Davids (captain), Peter Sanchez, Carlos Dezamacona, Gary Shipp, Tom Alexander, Kris Dubach, Dave Barks, Bob Schmidt, Chris Turner, Andrew Sanchez, Jason Shipp, James Sandstrom, Jim Keller, Tom Perkuhn.

Led by Tom Perkuhn, the 40 and over men's teams made it to their Sectional championships in St. Louis. The 40 and over men barely lost in the final match. Team members included: Tom Perkuhn (captain), Kurt Davids, Gary Shipp, Tom Alexander, Greg Lutz, Jim Keller, Mike Norris, Mike Chico, Carlos Dezamacona, Bob Schmidt, Tim McManus, Peter Sanchez, Dave Barks.

Danny Williams captained the 4.5, 18 and over men's team which made it all the way to Nationals in Tucson, Arizona where they lost only to the team that won Nationals! Team members included: Danny Williams (captain), Todd Chapple, Robert Horton, Jesse Sherer, Daryl Greenstreet, Chris Boiteau, Boomer Saia, Brendan Gore, David Price, Steve Holmes, Samad Ahmadian, Kenneth Blair, Kevin Kohersperger, Austin Davids, Jacob Long, Andrew Shipp.

Captain Terry Cobb led his 8.0 Men's 55 and Over Team to Sectionals where they won! They will head to Nationals in April in Surprise, Arizona. Team members included: Richard Strange, Paul Darrough, Bobby Stacks, Tim McManus, Greg Lutz, Jim Keller, Mike Chico, Fred Bohnenblust, Joseph Rishmany, Joe Rothwell, Gary Butler.

The 9.0 Men's Team captained by Steve Pigg advanced to sectionals. Team members included: Steve Pigg (captain), Tim McManus, Michael Hiebert, Bob Keeshan, Kenneth Blair, Weston McKee, Don Gordy, Jim Keller, Dale Hendrickson, Jim Werner, Harold Rothwell, Ron Dreher, Jack Johnson, Dave Hoover.

Margo Stewart's Team

Margo Stewart's 4.0, 18 and over team won both the winter and summer league. The summer session was a nail-biter and came down to the last match, which the team won 3-2. They went to sectionals in Des Moines and played well especially considering they were short singles players (only had one) and other team members bravely filled that position.

Team members included: Margo Stewart (captain), Diane Pavelka, Cindy Snavely, Sue L'ecuyer, Rebeka Boydston, Linda Crandall, Deb Schwarz, Laura Bettis, Ann Broxterman, Laurette Jennings, Anita Collister, Colleen Lippe, Linda Lee, Yu Welch, Shelly Allen, Janice Price, Hannah Wittmer, Mary Hamilton.

Margo also captained the missed going to sectionals. She will captain the same season, along with a new Sectionals right here in



According to Margo, the secret to her team's success was that every player was team-oriented, respectful of others and willing to do whatever was best for the entire team. "And they are just really good athletes!" Margo was also thankful for the significant amount of support from the Topeka pros - Daryl, Danny and Junior!

(contributed by Margo Stewart)

4.0, 40 and over team which by two, three-set tie breaks. teams again into the 2014 tri-level team that is playing in Topeka November 8-10.



Bob Bundy's Teams

Bob Bundy and his co-captain Duane Pomeroy had an amazing year of tennis. In addition to last year's winning Super Senior team, they captained five USTA teams this year, all of whom went to Sectionals! The teams and their accomplishments are listed below:

7.0, 55 and Over Men

Team members included: Martin Albrecht, Rogers Brazier, Mahasen Desilva, Al Frost, Robert Goodwin, Steve Mumert, Duane Pomeroy, Ronald Taylor.

Six players took to the courts at Sectionals in Springfield, Missouri to bring home the second place trophy and the "Xtreme Team Sportsmanship" award. This team barely missed a first place finish, losing in the final match 2-1.

7.0, 40 and Over Men

Team members included: Martin Albrecht, Vlad Dimitriu, Robert Goodwin, Ed McMurphy, Steve Mumert, Mark Orozco, Duane Pomeroy, James Robison, Ronald Taylor, Nick Trejo and Steve Younger.

Sectionals were held in Des Moines. This team did very well and tied St. Louis with a 4-1 record. Unfortunately St. Louis lost fewer courts so this team settled for second place.

3.5, 18 and Over Men

Team Members included: Matthew Alexander, JB Bauersfeld, Andrew Crandall, Don Eccles, Sean Frost, Steve Mumert, Mark Orozco, Duane Pomeroy, James Robison, Zharif Shariffudin, Steve Younger.

This team exceeded expectations with a 4-1 record and the second place trophy. They even found time to watch the Cardinals play in a sold out stadium!

7.0, 18 and Over Mixed

Team members included: Michelle Bettis, Andrew Crandall, Jodi Gee, JoAnn Lind, Tammy Miller, Steve Mumert, Daniel Offield, Duane Pomeroy, Gary & Jason Shipp, Joan Silovski and Steve Younger.

With only six players available to go to sectionals, this team swept play and ended with a 3-0 record. They are headed to Nationals in Tucson on November 14th. This team also won the "Xtreme Team Sportsmanship" award at Sectionals.

7.0, 40 and Over Mixed

Team members included: Tom Alexander, Deb & Rick Flynn, Max Linder, Tammy Miller, Steve Mumert, Jim Robison, Jean Sanchez, Deb Schwarz, Gary Shipp, Joan Silovski, John Stupka and Carol Tenpenny.

Winning sectionals with a 4-0 record guaranteed a trip to Nationals in Hawaii. This team will head to the Royal Lahaina resort on the beaches of Maui April 10 – 13, 2014.

Bob's teams had a few things in common. They all went to Sectionals and they all had Steve Mumert as a player! Congratulations to Bob, Duane and all of the players who represented Topeka well this summer.



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Pro's Corner

Performance – the ability to get it done when it counts.

Good ball striking and sound, high percentage decision making are crucial to tennis – no doubt about it. However, the key is allowing both to happen when it counts which is “performance.”

To best sum up what allows for great competitors to perform is their ability to have high yet relaxed energy with high visual alertness. To go one step further, their visual alertness may not be even a conscious action. When competitors are performing at their best they are unconsciously competent. This can be referred to as the “zone.”

Good performing competitors are not “thinking”, rather, “seeing”. They see themselves play the right shot – they see themselves moving well. They see themselves perform – they are not directly conscious of great decisions or hitting, rather, unconscious. They rely on the training they have had and the skills they possess. By “seeing” and not “thinking” they give themselves the best chance of performing and functioning on an unconscious level.

When they do their rituals between points, they are not doing it to “think” rather, to let go of the mental, physical or emotional baggage so that they can go back to their unconscious visual focus.

To perform better in matches, start with recognizing when you are thinking. Next step is to focus on something visually between points – your strings for example.

During the point, focus visually on what matters and that is what the ball

is doing or what you want it to do. After time and practice you will start to get a better feel of doing this and soon will do so without being aware that you are. You will start performing better when it counts.
(contributed by Daryl Greenstreet)



Inspirational Quote

Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.

Norman Vincent Peale

Diana Holloway runs a tennis camp every summer for kids to introduce them to the game. This summer she had over 80 kids in attendance. This is a wonderful way for tennis players and TTA members to get out and help juniors get started.

(Contributed by Mike Clutter)



The "Senior Drill Ladies" have been together for 15 years and Ann has had the pleasure of being their coach for 7 years.

According to Ann, "I definitely learn more from them. Peggy and Dotty are both in their 80s and can play better than most players in their 50s. They are a true inspiration!"
(contributed by Ann)

KDTA News by Bob Keeshan

Tri-Level Sectionals will take place at Wood Valley November 9-10. Come support Danny Williams' Team.

KDTA Annual meeting will be held Sunday November 17th in Salina. Please visit the KDTA website for details. The TTA will be receiving an award for Outstanding Adult Tournament (Jayhawk).

For additional info, go to the KDTA website here: <http://www.kansas.usta.com>



RAYBURN GIFT TO YOUTH TENNIS

Topeka Tennis Association was honored to receive a \$10,000.00 bequest from the estate of William “Billy” Rayburn. Billy recently passed away and through his generosity directed that this gift be utilized for tennis scholarships for youth.

Billy had been an avid tennis player all of his life, beginning as a young boy at the Hughes courts many years ago an outstanding career at Topeka High School, and a college player at Doane College.

Tennis meant so much to Billy as a youth; tennis eventually turned into a lifetime passion. He felt it was important that other kids have the same opportunities to learn to love the game that he had received as a young boy.

The TTA has an ongoing youth scholarship fund that assists kids with the costs of professional teaching. The kids are supported at Wood Valley through the winter and Kossover in the summer. The program is proud of its numerous recipients whom have benefited through the years including a number who have gone on to earn college scholarships.

It is the intent of the TTA to permanently honor this generous gift with an appropriate plaque at the Kossover Center.



Center Court (contributed by Jean Sanchez)

For the past ten years Bryan Hayes has been a constant presence at Wood Valley Tennis Center. He has never missed a day of work and each day he brings endless amounts of energy and enthusiasm to his job educating players from seven to seventy eight, beginners to advanced collegiate players. I recently sat down with Bryan to learn more about him, his job and his philosophy for becoming a successful tennis player.

Tennis wasn't Bryan's first choice in sports; gymnastics and running were his passion. He liked tennis, though, and his mom would take him out to practice on their street. He would also practice by hitting tennis balls against the wall, often for 6 hours at a time. Without financial resources for lessons, he taught himself to play the game through reading and self-education. He ended up playing high school tennis for two years and loving it.

Bryan began his career at Wood Valley accidentally. While working at The Buckle, he decided to join a spin class. He could either attend the class at Wood Valley or at an all women's gym to complete his mission. He chose the former and thanks to Rhonda Lammers' persistence and a free gym membership, Bryan began working at the front desk. It didn't take long for the Head Tennis Pro, Adam Wood, to begin asking Bryan for help in the tennis department. It took a good bit of convincing, along with some practice on the ball machine, before Adam finally convinced Bryan to teach on courts one and two. While beginning his employment at Wood Valley, Bryan continued to have a successful management career at The Buckle however it was quickly becoming difficult to work both jobs. Through much soul-searching, he chose to take a chance on re-creating the success he had at The Buckle through an entirely new career at Wood Valley. Bryan asked only of his new employer to allow him freedom to be creative. "Please don't ever limit me" was his request of Rhonda Lammers. According to Bryan, that freedom has been the greatest gift he has received during his tenure at Wood Valley.

It is Mr. Hayes' philosophy that tennis is a sport that requires constant conditioning. He is proud of the fact that Wood Valley's young players have the least amount of injuries and he attributes this to placing a focus on strength, endurance and flexibility training. "Prehab" is a term he uses to describe conditioning that focuses on preparing the athlete for the rigors of the court. Bryan stresses the need for adults to consider this type of functional training especially as many players age and compete on multiple teams or play many matches throughout the week. He also believes in focusing on tennis-specific movement during his conditioning sessions.

His suggestions for becoming a successful player begin with "remembering why you play tennis". Is it for competition, exercise, fun or a combination of these things? He believes that you can have fun while continuing to improve. He also encourages competitors to not worry about who is on the other side of the net. According to Bryan, it doesn't really matter what their record is; you just have to go out there and do the best you can on that day. Finally, he

asks us all to remember that “tennis is what we do but it is not who we are; we should not be defined by tennis. We should be good people first”.

Many things have changed over the years and employees have come and gone. Bryan continues to run drills, teach private/group lessons and is director of sports camps. He continues to attend annual continuing education to improve his understanding of the game. He is PTR certified and has attended Pat Etcheberry’s tennis fitness/conditioning courses and Vern Gambetta’s functional athletic training. His favorite part of the job continues to be “the moments and relationships, seeing growth, watching players graduate and go to college”. He feels emotionally invested in each of the people he works with, from young to old.

Bryan Hayes is part psychologist, physiologist and philosopher on the court. He is an extraordinary teacher who understands not only the game of tennis but also the human body and how mind, body, spirit connect to allow one to achieve their highest level of performance. He is passionate about his job, life and what he brings to the court everyday. One of his favorite possessions is a poster of a young student standing in front of tanks in Tiananmen Square. The quote on the poster states, “your character is your destiny”. Bryan Hayes embodies that spirit each day as Senior Tennis Professional at Wood Valley.

