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13 IN 20138
REASONS AND WAYS FOR
YOUR CHILD TO PLAY
10 AND UNDER TENNIS

ALSO IN THUS ISSUE:

- THE SERVE WITH MACKENZIE HILL
- Q & A WITH USPTA MISSOURI VALLEY PRESIDENT ANGIE KOUMARIS
- On Court with Mary Weatherholt
- 2013 USTA Missouri Valley Event Calendar





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CrossCourt

SPRING 2013

THE SERVE

Mackenzie Hill, a high school senior from Topeka, Kansas, talks about good sportsmanship and her love of the game.

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13 IN 2013

Thirteen reasons and ways to get your child involved in 10 and Under Tennis this year, as well as a Q & A with USPTA Missouri Valley president, Angie Koumaris.

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ON COURT WITH

Mary Weatherholt – a Missouri Valley native and senior at the University of Nebraska – discusses winning the US Open National Playoffs Sectional Qualifying Tournament and the semifinals of the US Open National Playoffs.

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2013 EVENT CALENDAR

Keep this calendar handy to stay on top of all the important events taking place in the Missouri Valley this year.



theSERVE

with Mackenzie Hill

Mackenzie Hill, a high school senior from Topeka, Kansas, earned the 2012 USTA Missouri Valley Girls 18 Sportsmanship Award. She shared her thoughts about being a good sport and why she loves the game with **CrossCourt**.

1. How and when did you get started playing tennis?

I didn't start playing tennis until I was 13. I heard there were tryouts for the middle school team so I randomly decided to go out and I fell in love with it, then I started getting competitive with it from there.



2. What's your favorite thing about playing tennis?

My favorite thing about tennis would have to be being independent on the court, and knowing I only have myself to rely on. Also, almost all of my best friends I have are those I met through tennis.

3. Do you play any other sports?

I used to play competitive softball for years, but eventually I quit just to focus more on tennis.

4. Why is being a good sport important to you when you're out on the court?

Being a good sport when you're playing is incredibly important because at the end of the day that one tennis match probably will not affect your life a significant amount, and you will move on from either the loss or win. It's relative to real life; you're going to have some off days and people show their true colors when they experience defeat, it just matters how you handle it.

5. Who is your favorite professional tennis player, and why?

My favorite player is Victoria Azarenka. I've always loved the way she plays and how much fire she has.

6. What items do you always make sure you have in your tennis bag?

No matter what I always have to have my lucky towel, Biofreeze, my iPod and headphones.

7. What is your best shot?

My best shot is probably my backhand down the line.

8. What is your favorite tennis memory?

My favorite tennis memory would probably be my sophomore year when my doubles partner, Gwen Shepler, and I came back in a super tiebreak from being down 4-9 and qualified for the semis of our 6A state, and then to look over and see my other teammate win a tiebreak in her singles match to qualify for the semis also.



9. You'll be graduating high school this spring. Do you have any plans yet after graduation?

After I finish my senior year, I plan on going to play tennis at the University of Nebraska at Omaha (UNO).

10. What do you like to do when you're not playing tennis?

When I'm not playing tennis I'm always on the go, either working or spending time with my friends and family.

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13 Reasons & Ways To Get Your Child Involved in

- 1. Tennis is wonderful for your health because it's a great source of exercise that works your entire body. According to studies of caloric expenditures, competitive tennis burns more calories than aerobics, inline skating or cycling.
- 2. Tennis can be played as an individual sport, team sport or a family sport.
- - 3. As a team sport it helps to develop social skills and is a great way to make new friends. Tennis outperforms golf and most other sports in developing positive personality characteristics, according to Dr. Jim Gavin, author of "The Exercise Habit."
 - 5. There are so many ways to play tennis - you don't even need a court!
- 6. It teaches sportsmanship and mental toughness. Tennis players scored higher in vigor, optimism and self-esteem while scoring lower in depression, anger, confusion, anxiety and tension than other athletes and nonathletes, according to Dr. Joan Finn and colleagues at Southern Connecticut State University.
- 8. Tennis makes children use critical thinking skills. Since tennis requires alertness and tactical thinking, it may generate new connections between nerves in the brain and promote a lifetime of continuing development of the brain, reported scientists at the University of Illinois.





- 4. Tennis develops hand-eye coordination by judging the speed of the oncoming ball and the timing of one's swing. It also helps with agility because a player can be forced to change direction as many as five times in 10 seconds during a typical point.
- 7. It's the sport of a lifetime! People who participate in tennis three hours per week at a moderately vigorous intensity cut their risk of death in half, according to the late Dr. Ralph Paffenbarger.
- 9. Because it's **FUN** healthy feelings of enjoyment, competitiveness and physical challenge are inherent to the sport.

Source: www.usta.com/Improve-Your-Game/Sport-Science/114688 Health Benefits of Tennis Why Play Tennis/

10. Visit USTA.com to find information on 10 & Under Tennis and Jr. Team Tennis.



12. Find a Tennis Across America event in your area by going to USPTA.com.



11. Attend a Tennis Festival check out YouthTennis.com to find one in your area.

13. According to the annual participation survey conducted for the USTA and the Tennis Industry Association, 2012 participation among ages 6-11 was up 13 percent from 2011. Get your child in on the action! Visit:



10ANDUNDERTENNIS.COM



1. How did you get started teaching tennis?

Actually, I started teaching tennis lessons in my hometown, Ponca City, Oklahoma. I played for my high school team and later in college and thought it was a great way to earn money and continue playing the sport I have always loved! After college, I got my first "real" tennis job at Oklahoma City Golf and Country Club. I started off in 2001 as Associate Professional and was promoted to Head Professional in 2007. I have been teaching at Oklahoma City Golf and Country Club for 12 years.

2. Tell us a little bit about the USPTA Missouri Valley.

The USPTA Missouri Valley is one of the smaller USPTA divisions with 314 active members across the five-state area. The USPTA offers continued education throughout the year including our divisional convention in February.

3. Why did you want to become president of the organization? I have been a member of the USPTA Missouri Valley board for eight years. When I became a member of the board I never really thought that I would eventually be President. I had many different roles on the board to prepare myself: Member-at-Large, Secretary, Treasurer and Vice President. When the time came I was actually a little reluctant. Then I remembered why I wanted to be a member of the board in the first place; to make a difference.

4. What is the biggest opportunity for pros to grow the game? Running grassroots programs and incorporating 10 and Under Tennis into their free events. Pros also need to take advantage of all the resources offered to them through the USTA and the USPTA.

Angie Koumaris, USTA Missouri Valley Oklahoma member, was recently elected president of the United States Professional Tennis Association Missouri Valley division. She is dedicated to teaching tennis to anyone who wants to learn!

5. Do you see 10 and Under Tennis making an impact on how kids are learning the game?

Yes! I think 10 and Under Tennis is helping kids improve faster than they would just doing dead ball drills with yellow balls. It also gets kids playing matches sooner so they can see how fun tennis can be. Also, more children can be accommodated on one court, and they are not standing around. It is amazing to see children who have only played a handful of times playing matches and being successful. That is making a tennis connection for life.

6. What is one thing people don't realize they can benefit from being a member of USPTA Missouri Valley?

There are so many reasons to be a USPTA member. Two of the main assets are the online USPTA education and other resources. Visit USPTA.com and click on Benefits to learn more.

7. What 13 things are in your tennis bag?

I probably don't even know everything in my bag. Scary! Two Head Extreme racquets, a towel, visor, Penn marathon balls, sunglasses, sun screen, athletic tape, bandaids, extra socks, flipflops, change of clothes and my phone (which of course is off during matches)!

8. Finally, the number 13 – lucky or not? Luckv!



Missouri Valley

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[Q + A]

MARY WEATHERHOLT

Mary Weatherholt – a Missouri Valley native and senior at the University of Nebraska – won the 2012 USTA Missouri Valley US Open National Playoffs Sectional Qualifying Tournament, starting

a run that took her all the way to the semifinals of the US Open National Playoffs. As registration opens for the 2013 section event, Weatherholt took the time to talk with **CrossCourt** about her experience in last year's tournament and her run in the national event.

1. What made you want to play in the 2012 US Open National Playoffs? To get some practice matches in before my last year of college tennis.

2. You had a long battle in your title match against Sherazad Benamar, of France, even being down triple-match-point in the third set. How did you come back from that?

I believed that I could. I love battles and high-pressure situations, so I just approached it without fear and played the best I could and it worked out. Having a big crowd cheering for me was also a major factor in that.

3. You had the opportunity to play in the US Open National Playoffs in Connecticut, against the other section winners. You made it to the semifinals and even beat a top-500 player (Nika Kukharchuk of Russia) in the process. What was the atmosphere like at the tournament?

The atmosphere was amazing. I was blessed to be able to play night matches, which I love, and to get some really great competition.



4 What would your advice be to anyone who's thinking of playing in this event?

Never give up and enjoy each match!

5. Switching gears, you were named the Big Ten Women's Tennis Athlete of the Year in 2012. What did that mean to you to receive that honor?

It was a pleasant surprise.

- 6. You hold many different records at Nebraska (singles winning percentage, season records for combined victories and singles victories). Do you have any goals for your senior season? I don't really care about records and those things. My goals for the season are to help my team achieve our team goals and to enjoy my last season at Nebraska!!!
- 7. Do you have any plans yet for after graduation? Nope!



JUNE 27-30, 2013 **HOMESTEAD COUNTRY CLUB**

Net Notes

Taylor, Wagner Notch Another Grand-Slam Title in Melbourne

Nick Taylor and his long-time doubles partner, David Wagner, notched their fourth Australian Open Grand Slam doubles title, January 25, in Melbourne.

The duo defeated Anders Hard of Sweden and Andy Lapthorne of Great Britain, 6-2, 6-3. The three-time Paralympic quad doubles gold medalists regained the title they last won in 2010. Taylor and Wagner then broke first-time doubles pairing Hard and Lapthorne to move 3-1 ahead en route to taking the first set.

In the first game of the second set, Lapthorne and Hard broke Taylor and Wagner and came back from game points down to level the set at 2-2. But Taylor and Wagner's history as partners proved valuable as Hard and Lapthorne missed out on an opportunity to pull a game back and Taylor and Wagner took no time sealing the victory.

The win kicked off a strong start to 2013 for the pair, which won the Paralympic gold medal in London in 2012 and was subsequently named the Paralympic Team of the Year.





George Honored with ITA Award

The Intercollegiate Tennis Association and United States Tennis Association have named veteran head coaches Peter Wright and Chuck Willenborg as recipients of two of the most prestigious awards in college tennis. Past President of the USTA Missouri Valley Shelley George was also honored for her work as associate women's tennis coach at Syracuse University.

A graduate of the University of Iowa, George was the head girls' tennis coach at City High in Iowa City from 1986-2005, and was named the USPTR Coach of the Year in 2004. She served as the Missouri Valley section's President from 2009-2010, and its Section Delegate from 2011-2012. She is currently in her sixth season as Associate Head Coach at Syracuse.

"I am honored to receive such a prestigious award," said George. "At Syracuse University we feel that our partnership with the USTA and the community are essential for a successful tennis program. It's a win for everybody when the community and university partner together to grow tennis!"

Nationally, Peter Wright of the University of California, Berkeley, is the winner of the 2012 USTA/ITA National Campus & Community Outreach Award, while Johns Hopkins University's Willenborg has earned the honor of being the 2012 USTA/ITA National Campus QuickStart Provider of the Year.

World TeamTennis News



Andy Roddick is returning to the tennis courts -- and the Missouri Valley section -- this

The former world number one was the top pick in the Mylan World TeamTennis Marquee Draft. Roddick, who first

started with WTT in 2000, will play for the Springfield Lasers. This will be Roddick's seventh Mylan WTT season and his first since 2010.

In other WTT news, the Explorers have played their final match in Kansas City. Jeff Launius, co-owner of the World TeamTennis franchise, announced in February that the team was leaving Kansas City after 20 years and moving to Irving, Texas.

The Explorers arrived in 1993, playing at Municipal Auditorium, Kemper Arena, Hale Arena and the Plaza Tennis Center until 2006 when it moved to Barney Allis Plaza. Our best wishes go out to Jeff and his new team, the Texas Wild.

Two Section Organizations Receive USTA Serves Grants

USTA Serves, the National Charitable Foundation of the United States Tennis Association, announced that it has granted 34 community tennis and education organizations in the U.S. more than \$340,000 in grants. Combined with scholarship awards, USTA Serves distributed \$1.7 million in 2012.

Two organizations in the Missouri Valley, Genesis School Inc. (Kansas City) and the YMCA of Greater Kansas City were among the organizations that received grants.

The bi-annual grant process, a national initiative of USTA Serves, was developed to provide disadvantaged, at-risk youth with the opportunity to participate in tennis and strive for academic excellence, and to help combat childhood obesity by promoting healthy lifestyles.

SHARE YOUR NEWS

Have news for CrossCourt? Send an email to CrossCourt@movalley.usta.com

2013 CALENDAR

Event	Date	Location
USTA Missouri Valley Tennis on Campus Section Championships	March 2-3	Springfield, Missouri
USTA Annual Meeting & Conference	March 16-18	Weston, Florida
USTA Missouri Valley Semiannual Meeting	April 6	Kansas City, Missouri
Oklahoma City Pro Circuit Tournament	Week of April 8	Oklahoma City, Oklahoma
USTA Missouri Valley Adult 5's and Open Indoor Championship	April 12-14	Joplin, Missouri
6th Annual Eastern Iowa Adapted Sports Clinic	April 13	Cedar Rapids, Iowa
SportAbility of Iowa Wheelchair Tournament	April 14	Cedar Rapids, Iowa
Wheelchair Tennis Weekend	April 26-27	Lincoln, Nebraska
USTA Missouri Valley Central Regional NTRP Championships	May 3-5	St. Louis, Missouri
USTA Missouri Valley Adult NTRP and Open Indoor Championship	May 17-19	Overland Park, Kansas
USTA Missouri Valley Segment 2 Super I	May 31-June 4	Oklahoma City, Oklahoma
Adaptive Tennis All-Star Team Event	June 1-2	Omaha, Nebraska
USTA Missouri Valley Segment 2 Super II	June 7-11	Omaha, Nebraska
Jim Thorpe Games Tennis Tournament	June 9-15	Oklahoma City, Oklahoma
USTA Missouri Valley Segment 2 Sweet 16	June 18-23	Kansas City, Missouri
US Open National Playoffs	June 27-30	Prairie Village, Kansas
USTA Missouri Valley Senior and Super Senior Husband and Wife Championship	July 5-7	Kansas City, Missouri
Joplin Pro Circuit Tournament	Week of July 15	Joplin, Missouri
Godfrey Pro Circuit Tournament	Week of July 22	Godfrey, Illinois
National Public Parks Tennis Championships	July 27-August 4	Springfield, Missouri
Jr. Team Tennis Section Championships	July 29-31	Tulsa, Oklahoma
Edwardsville Pro Circuit Tournament	Week of August 5	Edwardsville, Illinois
USTA Missouri Valley Adult League Section Championship I	August 8-11	Des Moines, Iowa
USTA National Women's Senior 65, 75, 85 Indoor Championship	August 12-18	Overland Park, Kansas
USTA Missouri Valley Adult League Section Championship II	August 22-25	St. Louis, Missouri
USTA Tennis Teachers Conference	August 23-26	New York, New York
US Open USTA Wheelchair Tennis Championships	August 26-September 1	St. Louis, Missouri
USTA Semiannual Meeting & Conference	August 31-September 4	New York, New York
USTA Missouri Valley Super Doubles League Section Championship I	September 11-17	Oklahoma City, Oklahoma
USTA Missouri Valley Super Doubles League Section Championship II	September 25-October 1	Springfield, Missouri
USTA Missouri Valley Adult NTRP and Open Outdoor Championship	October 4-6	Kansas City, Missouri
Staff Development Workshop	October 28-31	Denver, Colorado
Community Tennis Development Workshop	November 1-3	Denver, Colorado
USTA Missouri Valley Annual Meeting	December 6-8	Overland Park, Kansas

VISIT MISSOURIVALLEY. USTA. COM FOR EVENT DETAILS