



2015 40 & Over League Section Championships Packet

May 8-10, 2015 Tucson, Arizona



Penn
OFFICIAL BALL



USTA SOUTHWEST SECTION, INC.
7010 E. Acoma Dr. Suite 201
Scottsdale, AZ 85254
www.southwest.usta.com

Telephone 480-289-2351
Fax 480-289-2701

February, 2015

USTA League Captain/Player:

Congratulations to you and your teammates for having a successful season and earning a berth to the 2015 USTA Southwest 40 & Over League Section Championships.

The next step on the road to becoming a National Champion is the USTA Southwest Section Championship which will held May 8-10th in Tucson, Arizona.

This packet has all the information you and your team will need to answer all questions regarding the Southwest Section 40 & Over League Championships. Please review the entire packet carefully and pass this information onto your team.

All league players advancing MUST complete the on-line registration. NO teams may advance with out enough players to fill all courts for every match. Registration will be open March 18th, until April 27th. Any registration after April 27th, 2015 will have a late fee applied. (www.southwest.usta.com)

I look forward to meeting everyone attending the this years Section Championships. If you have any questions please feel free to come introduce yourself to me at the tournament or contact me at (480) 289-2351 ext. 102, (murrieta@southwest.usta.com) if you have any questions.

Good luck to your team, and the USTA Southwest looks forward to seeing you in Tucson, Arizona.

Sincerely

Liz Murrieta

Adult /Senior Competitive Tennis Manager
USTA Southwest Section
480-289-2351 phone ext. 102
480-289-2701 fax
murrieta@southwest.usta.com

40 & Over Section Championships

(Men & Women Levels: 3.0, 3.5, 4.0, 4.5+)

When: May 8-10, 2015

Where: Tucson, Arizona

Host Hotel Hilton Tucson El Conquistador Golf & Tennis Resort
1 (800) 325-7832 ask for the USTA SW 40 & Over Section Champions
Online Booking: hiltonelconquistador.com **Group Code : "SOS"**
Additional Hotel: Fairfield Inn & Suites

Registration: Thursday, May 7th from 6:00 – 7:00 p.m.
Hilton Tucson El Conquistador –Oro Valley Meeting Room

Captain's Meeting Thursday, May 7th 7:00 p.m.
Hilton Tucson El Conquistador –Oro Valley Meeting Room
This meeting is mandatory for all captains or a representative of the captain

Format of Play: Round robin

Play Begins: Friday, May 8th at 7:00 a.m.

Awards: Champion and Finalist will be given out, up to 8 per team.
extra for additional charge

Official Ball: Penn (provided and handed out prior to each match)

Surface/Sites: Hardcourts
Hilton Tucson El Conquistador / Country Club

Player Amenities: Sectional Championship Towel and Player Party.

Player Dinner/Party: Friday May 8th –Doors open at 6:00pm
Hilton Tucson El Conquistador– Turquoise Ballroom

General Schedule of Events

2015 USTA SOUTHWEST 40 & OVER LEAGUE SECTION CHAMPIONSHIPS

All times are tentative and subject to change

<i>Day</i>	<i>Date</i>	<i>Time</i>	<i>What</i>	<i>Where</i>
<i>Thursday</i>	<i>5/7/15</i>	<i>6:00pm-7:00pm</i>	<i>Team Registration</i>	El Conquistador Golf & Tennis Resort Oro Valley Meeting Room
<i>Thursday</i>	<i>5/7/15</i>	<i>7:00pm-7:30pm</i>	<i>Captains Meeting</i>	El Conquistador Golf & Tennis Resort Oro Valley Meeting Room
<i>Friday</i>	<i>5/8/15</i>	<i>7:00am-Conclusion of Championship Play</i>	<i>Play Begins</i>	El Conquistador Golf & Tennis Resort / Country Club
<i>Friday</i>	<i>5/8/2014</i>	<i>6:00pm-9:00pm</i>	<i>Players Party</i>	El Conquistador Golf & Tennis Resort -Turquoise III Ballroom
<i>Saturday</i>	<i>5/9/15</i>	<i>7:00am-Conclusion of Championship Play</i>	<i>Play Begins</i>	El Conquistador Golf & Tennis Resort / Country Club
<i>Sunday</i>	<i>5/10/15</i>	<i>7:00am-Conclusion of Championship Play</i>	<i>Final Day of Play</i>	El Conquistador Golf & Tennis Resort / Country Club

Captains Meeting Agenda

2015 USTA 40 & OVER LEAGUE SECTION CHAMPIONSHIPS

Thursday, May 7, 2015

7:00 PM – 7:30 PM

Tucson, AZ

Welcome & Introductions

Team / Leagues Update

Captains' Call-Team captain or a representative must be in attendance. If you cannot attend please contact Liz Murrieta and notify her of who will be in attendance for your team prior to the meeting.

Team Photos

Court Location & Schedule:

Schedule of Play

Court Rules and 2015 Section Regulations

Team Line-Up Sheets: Completed cards must be turned into the Tournament Desk by the team captain at the playing location **30 minutes** prior to when the match is scheduled to start. All team members on the line-up card must be present at the scheduling desk before courts and balls will be assigned. A match could start as early as 30 minutes prior to the scheduled time, so it is very important that your team is present and ready to play when the captain turns in the team line-up card. All players must be prepared to present photo identification to the tournament desk staff prior to going on court.

Tournament Rules- Please review the enclosed tournament rules. Please keep in mind:

- When you are assigned a court please ask your opponent what position they are playing. Make sure you are playing the right team and position.
- When the team match is completed the captain from each team must go to the Tournament Desk to turn in scores and **SIGN** the scorecard.
- The 5-minute warm-up rule will be strictly enforced
- All Tie Breaks will utilize the Coman Rotation.
- Match format will consist of a Coman 10-point Match Tiebreak in lieu of the third set.

Awards-Awards will be handed out as play ends on Sunday after completion of each division's matches. The USTA South-west Section, will provide up to **eight** awards for each Champion and Finalist team. Additional awards may be purchased at the team's expense.

Player Party

Other Information/Questions

Tournament Rules of Play

Team line-up cards must be turned in to the Tournament Desk 30 minutes prior to the time of the scheduled match and ***all players*** must be present.

All players must present current photo identification to the tournament desk prior to going on court for their match.

Please review your 2015 Regulations book for Area, Section and National championship eligibility.

Line-ups **cannot** be changed without approval of the Tournament Director.

All Tie Breaks will utilize the Coman Rotation.

A 5-minute warm-up period and a 15 – minute default period shall be observed throughout the event, USTA Referee will discuss further at the Captain's Meeting.

At one set each, a Coman 10-point match tiebreak will be used in lieu of the third set.

At the conclusion of each individual match, the players of ***both*** teams must return to the Tournament Desk ***immediately*** to return balls and report scores.

When the ***entire*** team match is completed, **BOTH TEAM CAPTAINS** must report to the tournament desk to verify match scores and sign the scorecard.

Auto-Confirmation of Scores at Section Championships-If a team Captain fails to sign a scorecard and cannot be located on the premises, the scores for his/her team will automatically be confirmed after one hour.

A USTA Referee may be on hand to only enforce proper conduct and observance of rules, not line calls.

Sanctions for teams leaving Section Championships early:

- Teams leaving before completion of the Section Championship must get permission from the Tournament Director.
- Teams leaving without permission are subject to sanctions such as suspension up to, but not including, 12 months.

SCORING:

At local or championship competition, the scorecard should be recorded in the following manner 6-4, 3-6, 1-0. The winning team should be circled.

The winner of the third set shall be credited with **a set won and a game won.** (2.03C)

The loser of the third set shall be credited with **a set lost and a game lost.** (2.03C)

Should a tie occur the "Procedures in the Event of a Tie" will be followed 2.03H.

ALL INFORMATION WILL BE COVERED AT THE REQUIRED CAPTAIN'S MEETING

Tournament Information

Tournament Desk

The Main Championship Tournament Desk located at the El Conquistador Golf & Tennis Resort. This site will also have the certified trainer.

Team Pictures

Team pictures will be taken at the main tennis facility only. At the captains meeting, the process of how the teams pictures will be covered. All action picture will be posted on Facebook, Twitter and or Instagram. Team pictures can be purchased online after the Section Championships.

Match Format

Matches will be the best of three sets using regular scoring with a 10-point match tiebreak in lieu of the third set. We will be using the Coman tiebreak rotation for all set and match tie-breaks.

Teams may be required to play two matches any given day. Possible rain delays should be considered. In the event of rain or conditions that prevent or delay play as scheduled, alternative scoring may be used. All captains must stay in contact with the Tournament Director to receive further information. Please REMEMBER this is a 3 day tournament.

Cancellation of Tournament

If the championship, or part of the championship, is cancelled due to rain or unforeseen circumstances, the championship will not be rescheduled. The USTA Southwest Section will not be responsible for reimbursement of any travel expenses due to cancellation of the event.

Identification

We will periodically check teams and players identification throughout the Championships. Please make sure all players have a picture id.

USTA Membership

All team members **must have current** USTA memberships through the tournament or players will be required to renew prior to their first match. Please instruct your players to renew ahead of the tournament to avoid any delays.

Awards

Awards will be presented to the Champions and Finalists upon completion of each division's match play on **Sunday, May 10, 2015**. Up to eight awards will be provided for each Champion and Finalist team. Additional awards may be ordered at the teams expense. **Please see the tournament director for the appropriate order form.**

ALL INFORMATION WILL BE COVERED AT THE REQUIRED CAPTAIN'S MEETING

Host Hotel Information

Host Hotel: Hilton Tucson El Conquistador Golf & Tennis Resort

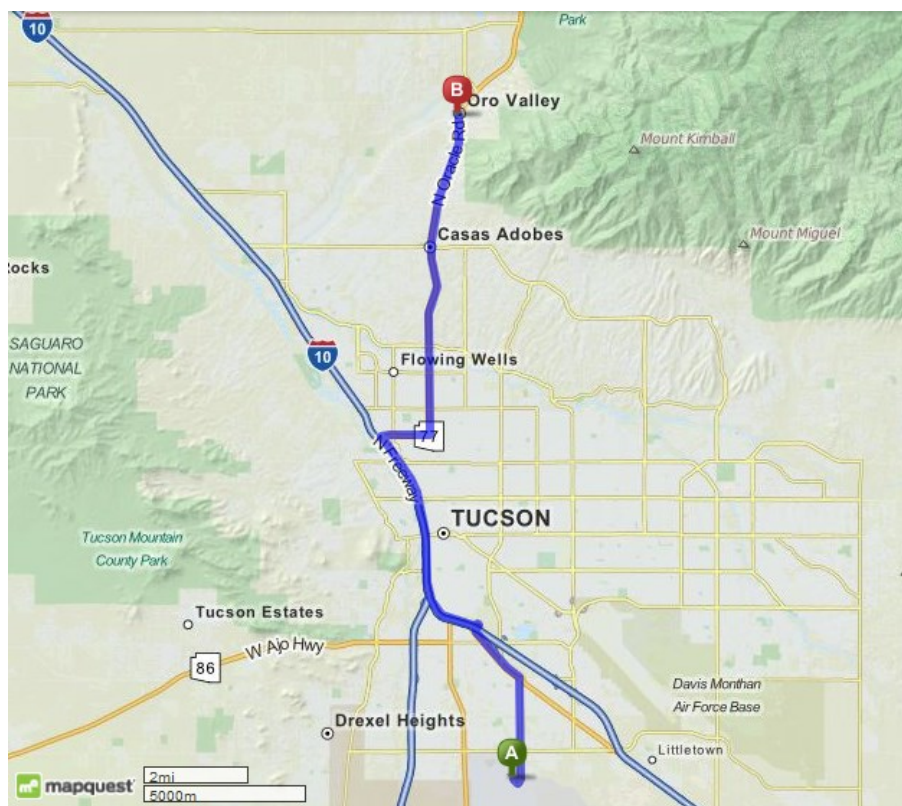
Address: 10000 North Oracle Road
Tucson, AZ 85704

For Reservations:

Call: 1-800-325-7832 and ask for the USTA SW 40 & Over Section Championships
www.hiltonelconquistador.com **Group code :SOS**

The Hilton El Conquistador Golf & Tennis Resort has blocked off rooms for tournament players and is offering the participants a room at an rate of \$129 per night plus tax and fees .

THE DEADLINE FOR ALL RESERVATIONS IS April 21st, 2015. RESERVATIONS MADE AFTER THE CUT OFF DATE MAY NOT HAVE THE GROUP RATE HONORED SO MAKE YOUR RESERVATIONS EARLY.



Additional Hotel:

Host Hotel: **Fairfield Inn & Suites Tucson North/Oro Valley**

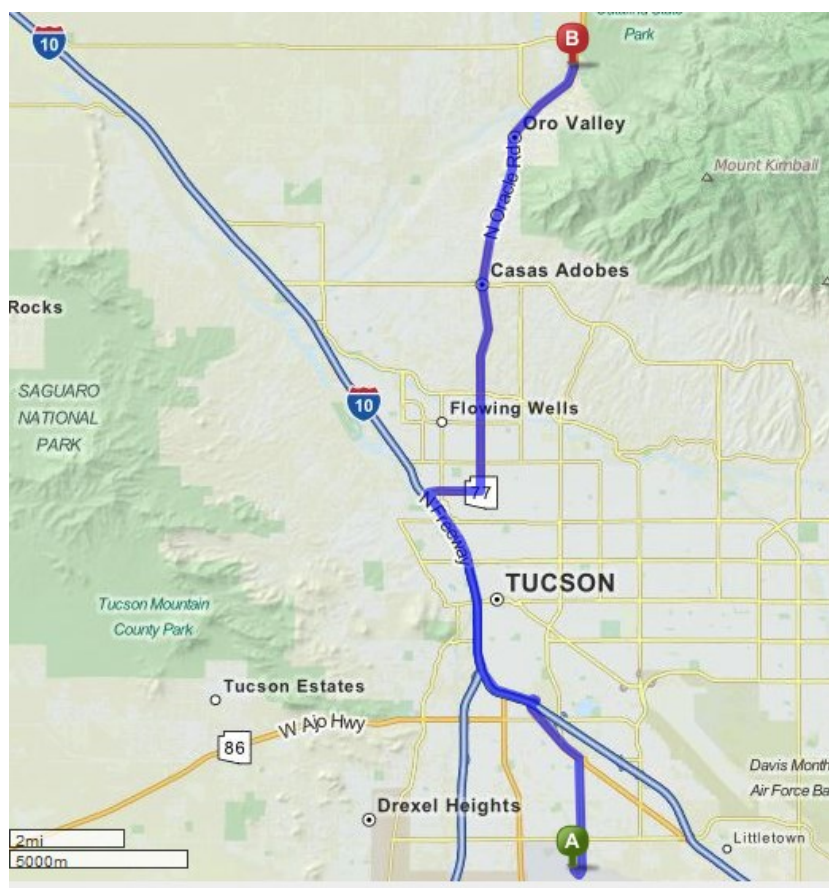
Address: **10150 North Oracle Road
Oro Valley, AZ 85737**

For Reservations:

Call: **1-520-202-4000** and ask for the USTA SW 40 & Over Section Championships
[Book your group rate for USTA 40 Over Sectional](#)

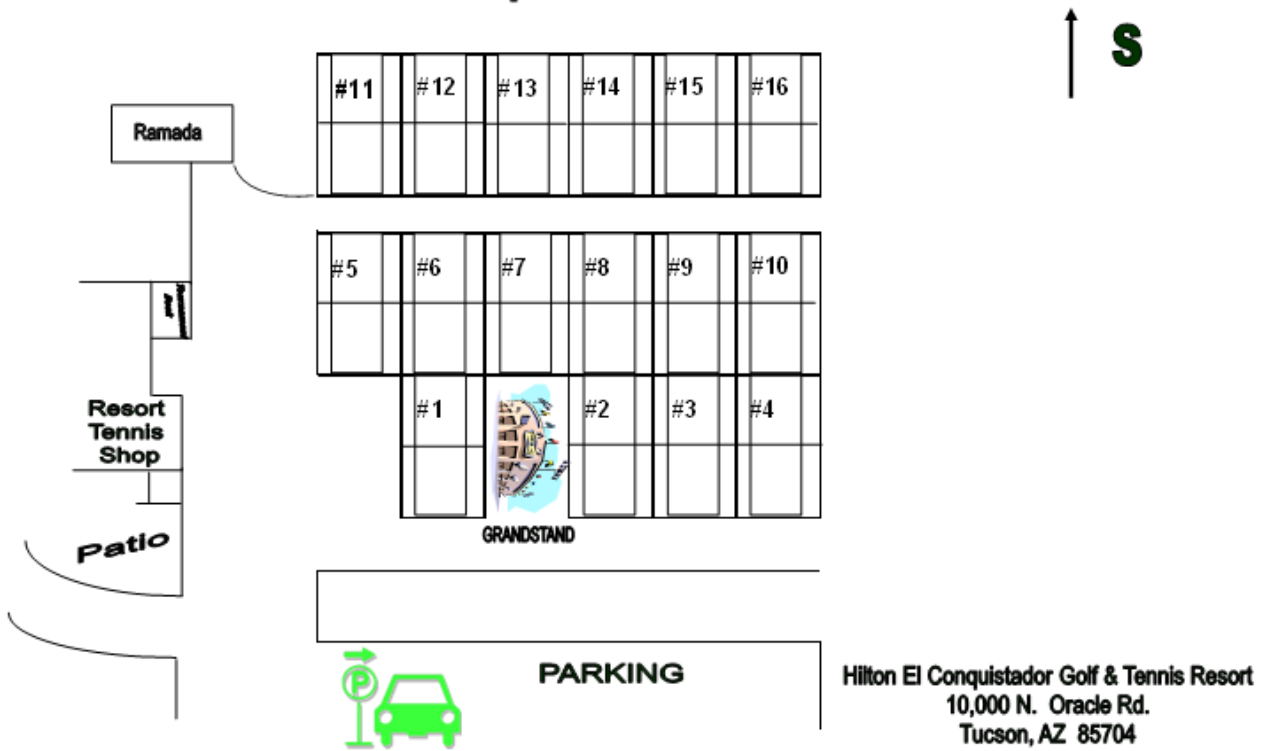
The Fairfield Inn and Suites by Marriott has blocked off additional rooms for tournament players and is offering the participants a room at an rate of \$109 per night plus tax and fees .

THE DEADLINE FOR ALL RESERVATIONS IS April 15th, 2015. RESERVATIONS MADE AFTER THE CUT OFF DATE MAY NOT HAVE THE GROUP RATE HONORED SO MAKE YOUR RESERVATIONS EARLY.

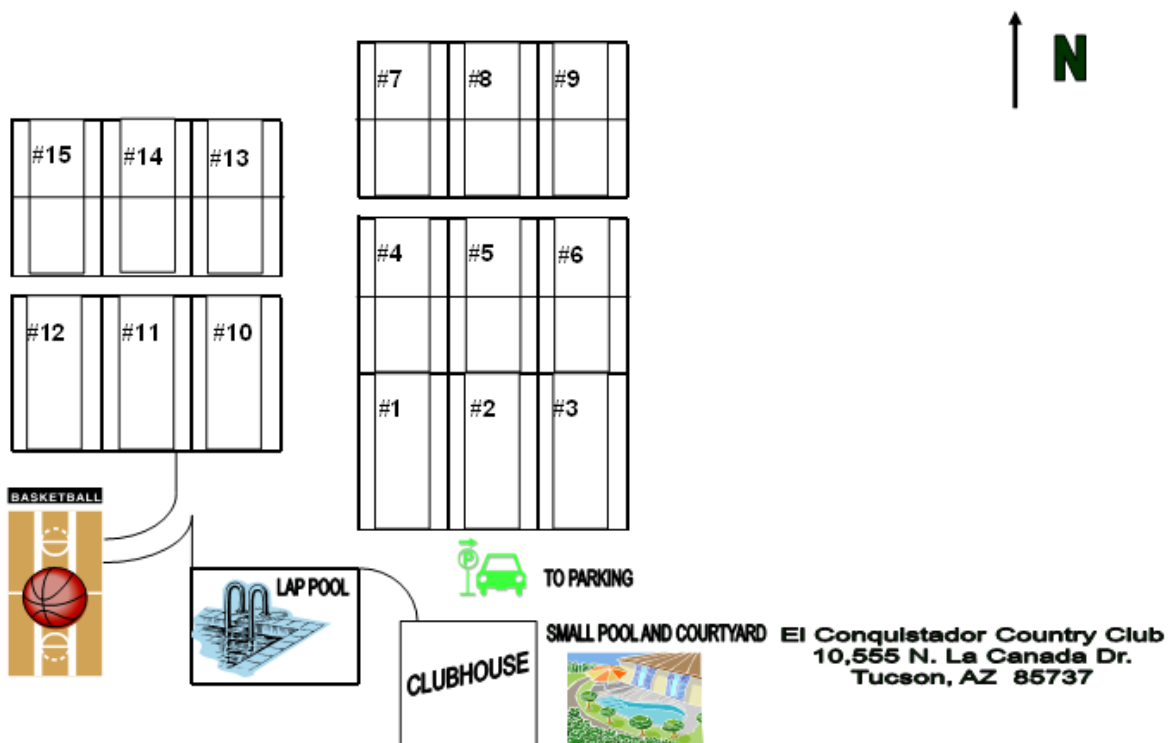


Tennis Court Layout

Hilton El Conquistador Golf & Tennis Resort



El Conquistador Country Club



DIRECTIONS FOR COMPLETING REGISTRATION FORMS (Captain's Only)

Step 1: Complete the form "Captain Information Sheet."

1. Write the name of your local league in space next to Area/District.
(Do not write the name of your team or your facility.)
2. Write your team's level in the space next to NTRP Level.
3. Place a checkmark next to the appropriate gender.
4. In the players column, write the name of the captain on the first line. If the original captain is not the acting captain for the Section Championships, list acting captain's name. **Enter all players by last name first.**

Step 2: The Team Registration Sheet is just those player who you believe are going to be signing up, this is just a method of double checking that players have signed up online correctly.

Step 3: Please mail or fax (480)289-2701 the following documents:
(Captain Information Sheet, Team Registration Sheet and \$100 Deposit)
Attention: Liz Murrieta
7010 E. Acoma Dr. Suite 201,
Scottsdale AZ 85254

Step 4: All document can be found on our websites www.southwest.usta.com
"Captain's Team Registration Information"

Deadline for Team Entry: April 20th 2015

Tournament Schedule



Tentative Match Schedules
Posted by: May 1st, 2015
(www.southwest.usta.com)
(TennisLink)

Times and Sites are subject to
change prior to the start of the tournament

Final schedules will be
distributed in the captain's packet
at the captain's registration

All teams advancing to Section Championships shall be required to submit a fully refundable \$100 security deposit (in form of a check) with the Team Registration Form. Security deposits shall be fully refunded to teams who complete all Section Championship matches immediately following their last match. Teams that withdraw twenty-two (22) days or more in advance of the start of the tournament will be reimbursed the full security deposit and entry fee. Teams that withdraw within twenty-one (21) days or fewer of the start of the tournament and posting of the draw will forfeit their security deposit and entry fee. Teams that withdraw once the draw is posted will forfeit their security deposit, entry fee AND are subject to a grievance filled by the Section League Coordinator.

Safety Precautions for Playing in Warm Weather

You may be playing your matches in conditions to which you are not accustomed. The temperature and/or humidity can get quite high. If you follow the suggestions below, there is no reason why you cannot have good matches and a good time.

YOU MAY WANT TO CONSIDER AN EARLY ARRIVAL IN ORDER TO ALLOW YOUR BODY TO BECOME SOMEWHAT ACCLIMATED TO NEW CONDITIONS.

You will lose fluid from your body through perspiration. Along with water you lose sodium, potassium and other electrolytes. It is necessary to replenish your body with BOTH water and these electrolytes.

All athletes should drink plenty of fluids (water, sport drinks, juice, milk, etc.) throughout the day. If you wait until you are thirsty, you have waited too long. Note: your body can lose a lot of fluid, via evaporation, while you are flying since the air in the passenger compartment is very dry. You should drink 1 cup of non-caffeine or non-alcoholic drink per hour.

Drink another cup of fluid just prior to play. In fact, also drinking 16 to 20 ounces of water, juices, or sports drink 60-90 minutes before your match can further help in avoiding heat disorders.

Bring a large thermos with you on court and drink frequently (i.e., at every changeover). There will also be water available on the courts. Water and/or sport drinks are effective.

After your match, drink plenty of fluids. It could be water, Gatorade, lemonade, juice, etc. If you prefer, dilute any of these to your own taste. Water by itself does not replace necessary electrolytes. Don't forget to eat! Fresh fruit and fruit juices are excellent source of some electrolytes and carbohydrates, but you may have to make a special effort to replace some salt as well.

Wearing white really can help in hot weather. Use cotton/polyester blends rather than 100% cotton or tightly woven nylon. Have an extra dry shirt available for change. Perspiration can block ventilation when the shirt is soaked and on humid days, the cooling of evaporation is of little significance.

Use sunscreen. Use waterproof/sweat proof sunscreen that blocks both UVA and UVB rays. Have an SPF of at least 15, but an SPF 30 or above is preferred. Wear a wide-brimmed hat that is well ventilated and shades the neck as well.

Remember, you are allowed 25 seconds between points and 90 seconds at the changeover. Use this time to recover. Take advantage of shade during changeover as much as possible. Change the shirt frequently (and shorts if necessary), and use a cool towel on the face and upper back.

SIGNS AND SYMPTOMS OF HEAT DISORDER

Heat cramps: muscle spasms, usually due to extensive and repeated sweat losses, fatigue, normal body temperature.

Heat exhaustion: extreme weakness, exhaustion, headache, dizziness, nausea, profuse sweating, chills and cool skin, normal body temperature, rapid pulse, sometimes unconscious.

Heat stroke: hot, dry skin, headache, nausea, confusion, staggering gait, extremely high body temperature, collapse, unconsciousness, sometimes death.

IF ANY OF THESE CONDITIONS (#2 OR #3) SHOULD OCCUR:

- Call a doctor or emergency vehicle. (Keep applying ice water continuously and generously until medical assistance arrives).
- Loosen the player's clothing at once.
- Place player in a prone position in the shade.
- Apply ice to head and body (or whatever means are available to providing cooling).



FLUID PLAY



HYDRATION TIPS FOR TENNIS PLAYERS

Drink cool water or sport drinks during play. Sports drinks are especially helpful during long matches, in hot weather and for recovery after play.

Use a similar hydration routine before, during and after practice.

BEFORE PLAY

Drink 12-16 ounces about 1 hour before play begins.

Drink fluids often throughout the day.

Prepare at least 2 quarts (64 ounces) to drink during play.

Sports drinks are preferable for long matches or during play in hot weather.

DURING PLAY

Drink 4 to 8 ounces (4 to 8 normal swallows) after the warm-up and during every changeover.

Many players like to drink a sport drink and water, with an emphasis (e.g., 2:1) on the sport drink.

For some players, fluid requirements may even be higher in very hot or humid environments.

AFTER PLAY

Weigh yourself before and after play and drink about 20-24 ounces of fluid for every pound of post-play body weight deficit.

Immediately begin to replace fluid, electrolytes and carbohydrates with water, other fluids (e.g., juice, sport drinks, etc.) and food. Sport drinks are very effective if you are going to play again soon.

Consider adding salt to your food and/or drinks if sweat losses were extensive.



COURT COVERAGE

We've got the 'net covered with news, updates
& photos from USTA Southwest events

SHARE WITH US!



southwest.usta.com



USTA Southwest is definitely social: Hit Us Up!



#SWLEAGUE15

Tag 'USTA Southwest' with
photos and posts all year!



SPONSORS

USTA Southwest would like to express our sincere appreciation to our Section and USTA League sponsors who are helping us to promote and grow the game of tennis in the Southwest!



Official Ball of USTA Southwest League Tennis

Penn – www.pennracquet.com (BALL)

Penn is the national sponsor of USTA Leagues and has been for almost a quarter of a century. They provide balls for all of our USTA Section League Championship events, and are the No. 1 selling tennis ball in America.

